

NATIONAL MASTERS NEWS

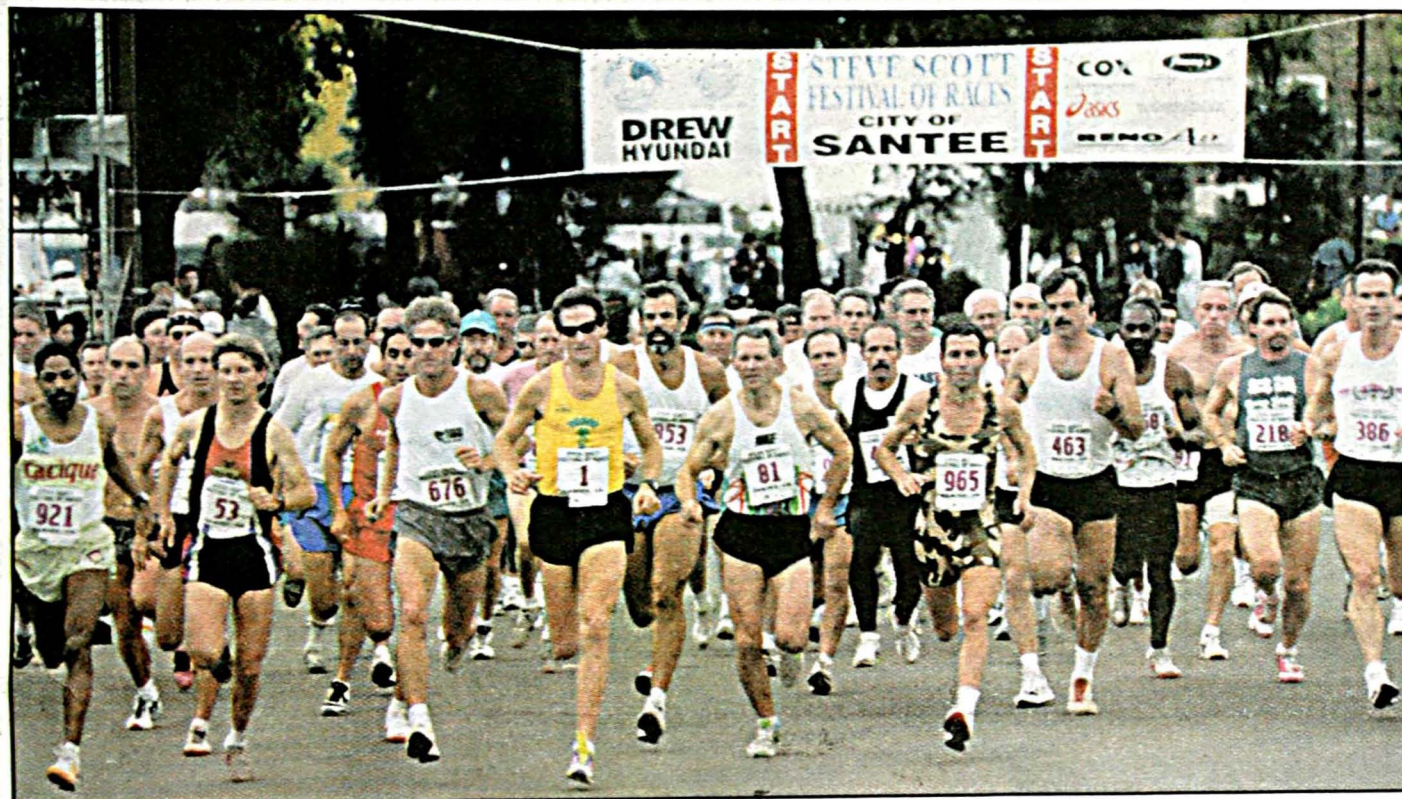
The official world and U.S. publication for Masters track & field, long distance running and race walking

222nd Issue

February 1997

\$2.50

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



Start of the men's 1997 USATF National Masters One-Mile Road Championships in San Diego, Jan. 12. Steve Scott, 40, (#1) finished first in 4:15. Dan Aldridge (#53, 4:18) was second.
Photo by Bob Betancourt

by TOM COATS

SANTEE, Calif. — Steve Scott used his signature kick to run away from the field in the 1997 USATF National Masters One-Mile Road Championships, held here on Jan. 12. Scott clocked a 4:15 to earn him \$1000 for the overall race and masters title, and netted an additional \$425 for turning in the top age-graded performance (92.7%).

Scott stood on the starting line not really knowing what to expect. The 40-year-old, who still holds the American record in the mile (3:47.69), had come into this mile that makes up part of his Steve Scott Festival of Races as healthy as he'd been in some time. But he also knew he wasn't race ready. For now, the finely tuned sense of knowing race pace was something Scott's muscles had forgotten.

"I just decided to run on how I felt," he said.

Some 58 seconds later, when Scott towed Dan Aldridge, Steve Gallagher, and the rest of the field through a frisky first quarter mile, there were a lot of mental adjustments going on in the heads of runners who were traveling much faster than they wanted to go.

As it turned out, the pace slowed, which played into the hands of Scott, who used his extraordinary kicking talents to pull away in the closing stages and claim the national title.

Continued on page 17

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 Yuri 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

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- Seven Elected to Hall of Fame — pages 20-21
- Indy Life Circuit — page 5

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 perfor-

mances, 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

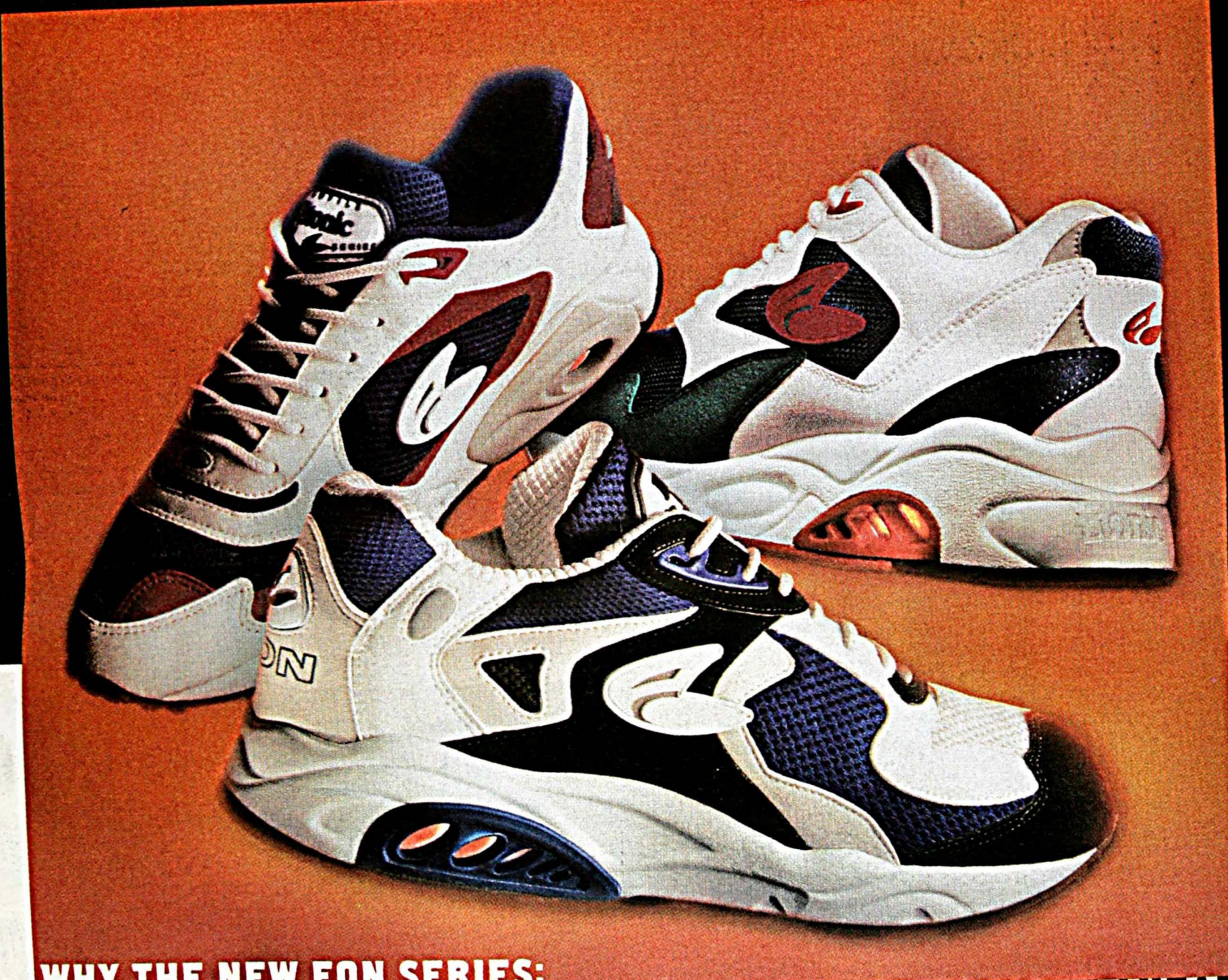
Continued on page 20



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



Shoes clockwise left to right: Men's Profile, Men's Pro4mance, Men's eon.



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NATIONAL MASTERS NEWS

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The *National Masters News* is devoted exclusively to track & field, long distance running, and racewalking for men and women over age 30. Each month it delivers 32 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, and all the inside scoops and information that affect the world of masters athletics competition.

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

Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to age 40+, 50+ or 55+ (please check the schedule for details). Some events require advance registration. Some require a current USATF card (\$12 to \$15 per year, depending on the region). To inquire about a USATF card, call USATF in your area, or 317/261-0500. There are no qualifying standards for most masters athletics events.

NMN welcomes contributions — results, schedule info., photos, letters, articles, and opinions. Manuscripts should be typed, doubled-spaced, but legibly handwritten material is also acceptable. Results should be typed, single-spaced. Please include a stamped, self-addressed envelope if return is desired.

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T&F AWARDS

We, as masters athletes, should all know that life is not always fair. However, when obvious mistakes are made, someone should attempt to make restitution.

In the January issue of NMN, you note that, using a special point-system, Rex Harvey and Johnnie Valien were the most outstanding multi-eventers in 1996. This must be the most unusual "Special Point System" ever devised. Results of three national championship competitions in 1996, including both Emil Pawlik, 55, and Rex Harvey, 50, seems to clearly indicate who is the "Outstanding Performer."

Following are the results of the three meets in which both Pawlik and Harvey competed: Indoor Pentathlon in North Carolina: Pawlik (4105), Harvey (3300); National Outdoor Pentathlon: Pawlik (3675), Harvey (3350); National Outdoor Decathlon: Pawlik (7809), Harvey (7279).

If the selection committee's special point system has merit, please let me know how it works.

Enjoyed everything else in your outstanding publication.

Charles Wimberley
Kenner, Louisiana

(The point system was developed by the Awards Subcommittee 11 years ago. It rewards participation as well as quality. Harvey competed in five multi-event championships during the year and won his division in four of them. Pawlik competed in only three, winning his division in each. Thus, Harvey received 21 total points to Pawlik's 12.

Anyone who wishes to participate in the awards process is invited to contact Don Austin, Awards Coordinator, or Ken Weinbel, Chairman (addresses on page 3). — Ed.)

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 take 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.

Robert G. Fine
Delray Beach, Florida

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 NCCWAVA 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 oftentimes 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



Robert Torchia, 45, first M40+ (2:04:14), holds the Skopp Trophy, awarded to winning man and woman masters, National Capital 20 Miler, Alexandria, Va. Making the presentation is Dr. Marty Skopp, the trophy's donor.

Photo by George Banker

and effort. His phone number is 503-234-4702.

Earl Fee
Mississauga, Ontario, Canada

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?

Max Jones
Leeds, England
(See scoring rules on page 5. — Ed)

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

NATIONAL MASTERS NEWS

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Metairie, Louisiana
Warrensburg, Missouri

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 either 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 for the Twin Cities 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 inverse of the age-graded place of finish (the highest finisher receives points equal to the number of eligible persons in the competition) and multi-

Continued on page 15

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



FRIDAY 3/21			MEET SCHEDULE			SATURDAY 3/22		
TRACK - Registration 3 PM			SATURDAY 3/22			SATURDAY 3/22		
4:30	3000Meters	All	FIELD			3:00	HighJump	Men 70+
						4:00	LongJump	Women ALL
4:00	PoleVault	Men 60+	9:00	Shot Put	Women	4:30	Weight	Men 40-49
	Weight	Women	9:00	Shot Put	Men 70+		Weight	Men 30-39
	TripleJump	Women	10:00	LongJump	Men 30-39	TBA General Meeting		
6:00	PoleVault	Women	10:00	PoleVault	Men 40-49	SUNDAY 3/23		
	Weight	Men 60+	10:30	LongJump	Men 40-49	TRACK - Registration 8 AM		
	TripleJump	Men 60+	10:30	Shot Put	Men 40-49	9:00	3000M	Racewalk
SATURDAY 3/22			10:30	Shot Put	Men 60-69	11:00	200M	Prelim
TRACK - Registration 8 AM			11:00	LongJump	Men 50-59	1:00	800M	Final
9:00	60Meters	Prelim ALL	12:00	Shot Put	Men 30-39	3:00	200M	Final
11:00	60Meters	Women then Men	12:00	HighJump	Men 30-49	3:30	4x400	Relay
11:45	Mile	Women	12:00	HighJump	Men 40-49	FIELD		
	Mile	Men	12:00	PoleVault	Men 50-59	9:00	TripleJump	Men 30-39
2:00	400Meters	Women then Men	1:00	LongJump	Men 70+	10:00	Superweight	
4:00	60 Meter H	Trials/Finals	1:30	HighJump	Men 50-59	10:00	HighJump	Women
5:00	4x800	All	1:30	HighJump	Men 60-69	10:30	TripleJump	Men 40-49
			2:00	PoleVault	Men 30-39	12:30	TripleJump	Men 50-59
			2:30	Weight	Men 50-59			

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.
- **ENTRY:** Deadline is March 1, 1997. Fees: \$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. Relays register on-site only (\$40). 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/day, children under 12 free. No additions/changes after entry deadline.
- **AWARDS:** USATF Championship medals will be awarded to the first three places in each age-group/event.
- **FACILITY/IMPLEMENTS:** 6 lane, lightly banked 200 meter Mondo track, 8 lanes on the straightaways. Starting blocks will be provided. There will be two shot/weight circles throwing on to a synthetic surface soft shell shot and bag weight 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, acceptable 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/infield.
- **COMPETITION ORDER:** Women followed by men - 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 body weight. Preliminary rounds of the 60M Hurdles, 60M & 200M will be run as Finals if the number of entrants in an age-group does not exceed the number of available lanes. 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 off ramp through lights (Mass Ave) on to Melnea Cass Blvd; follow 1 mile to Tremont St; go left & follow 1/2 mile. For more information call (617) 541-3535. Public transportation, Orange line of MBTA, Roxbury Crossing station. Shuttle bus service will run from meet hotel only.
- **RESULTS:** Mailed to all competitors, on-line: <http://www.brc.org>. Automatic timing by FinishLynx 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 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, mention the National Masters Meet. Boston Convention & Visitors Bureau at (800) 888-5515.
- **MEET INFORMATION:** Call (617) 332-3919, outside MA (800) 761-5787, web site: <http://www.brc.org>, fax (617) 964-8356.
- **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.

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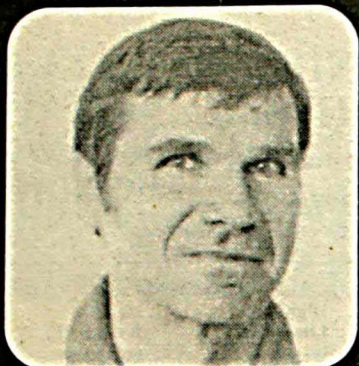
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EVENT _____		EVENT FEES: FIRST EVENT - \$25 SUBSEQUENT EVENTS - \$15	
1. _____		RECENT PERFORMANCE _____	
2. _____		FEE _____	
3. _____		_____	
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5. _____		_____	
6. _____		_____	
T-SHIRT ORDER - \$12 (PRE EVENT)		TOTAL FEES: \$ _____	
SM _____	MED _____	LG _____	XL _____
XXL _____	TOTAL NUMBER _____ @ \$12.00		
AMOUNT \$ _____			
FEES DUES: EVENTS: _____ T-SHIRTS: _____ FRIENDS: _____ TOTAL: \$ _____			
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 3/14/97. Fill out entry form completely or it will be returned. MAIL TO: National Masters Indoor Championships, 79 Manet Rd, Chestnut Hill, MA 02167.			

ENTRY DEADLINE IS MARCH 1, 1997 - LATE FEE OF \$10.00 PER EVENT AFTER MARCH 1, 1997 - NO ENTRIES AFTER MARCH 14, 1997.

Assumption of Risk: I hereby declare that I am in good health & properly conditioned for the competitions, & 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 Master Indoor T & F Championships in Boston, MA I do hereby, for myself & anyone entitled to act in my behalf, waive & release TRACS, Inc. BRC, USATF, NE, Reggie Lewis T & A C, Roxbury Community College, & all sponsors, volunteers, & their representatives & successors for all claims &/or liabilities of any kind which may arise or be occasioned as a result of my travel & participation to the competition. I authorize meet personnel & its agents permission to request emergency medical treatment or care as necessary to insure my well-being.

APPLICANT SIGNATURE _____

DATE _____



Third Wind

by MIKE TYMN

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'd tried nine times to get it; six times last year."

A native of England but now an American citizen, Keston has turned in other very impressive times since turning 70, including outdoor world record track efforts of 5:34.03 for the mile and 10:51 for 3000 meters, a 1:25:04 half-marathon in Las Vegas, and a 38:33 road 10K.

"I can tell I'm a little slower now than when I entered this age group,"

said Keston, who turned 72 on December 5, "but I've been a little smarter in my training and racing. I was racing too much at first. I ran three marathons in 27 days and eventually ended up with a stress fracture."

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

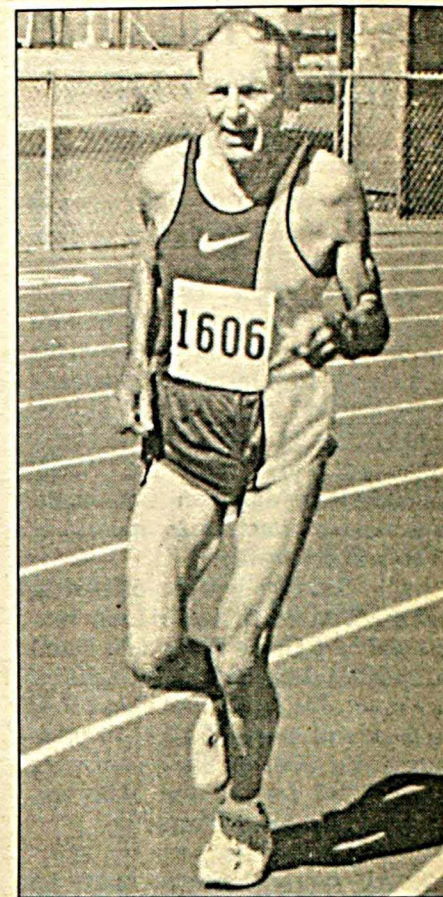
the university with some of his students "for the fun of it." He had been active playing squash three or four times a week before moving to Minnesota, but his "passion for the game was thwarted" when he could find no squash courts around his new home. He tried cross-country skiing, walking, swimming, 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, and oratorio, classical and modern theatre, films, television, radio, and nightclubs.

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



Oregon's John Keston was named the outstanding U.S. M70-74 long distance runner of 1996 at the USATF convention. He set a world M70 best of 3:00:58 in the marathon.

Photo by Jerry Wojcik

Once filming for *Raven* began, in San Francisco, Keston found it difficult to train the way he had been. "I'd run up flights of stairs in buildings, things like that, but it wasn't quite the same thing," he explained. "On top of that I took a terrible fall just before we started shooting and ripped some muscles in my ankle. My training was going so well up until that point. I thought I'd try to shave those extra 58 seconds off in Sacramento (Dec. 8)."

In spite of his fall and reduced training, Keston still managed a 3:05 in Sacramento.

Not Giving Up

But he is not giving up on the thought of dipping below three hours. That 10:51 3000 last year equates to a 2:59:30 marathon and gives him encouragement.

"Maybe if I just concentrate on the marathon and not continue to run the whole spectrum from the mile to the marathon, I can do it," he commented.

But that 10:51 3000 also equates to a 5:28.6 mile, meaning Keston could become the first man over 70 to run a mile under 5:30 and the marathon under 3 hours.

"Well that would be something to really shoot for," Keston ended. "Don't you think?" □

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Athlete's Foot Meet Opens Midwest Season

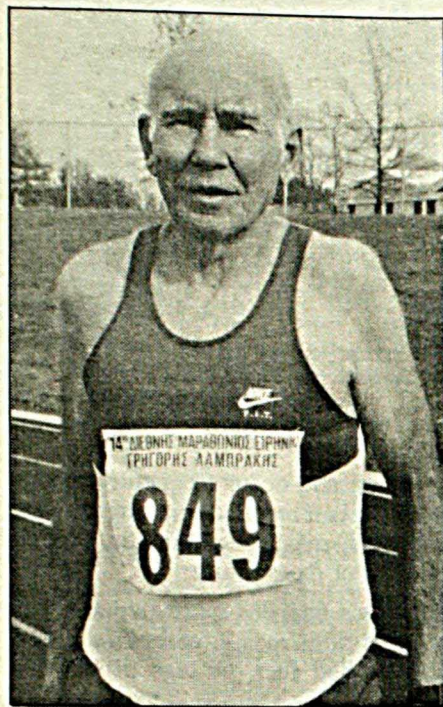
The 13th annual Athlete's Foot Indoor Masters Meet started the season in the Midwest at Augustana College, Rock Island, Ill., Jan. 4, on the Pepsico Recreation Center Track. Billed as a masters meet, it also included competition for younger athletes in

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. □



Patrick Gallagher, 71, St. Louis, Mo., finished 836th (2888) entrants, with 3:48:48 in the 100th annual Athens Marathon, in Greece, Oct. 20, 1996. Photo by Hank Kiesel

FIVE YEARS AGO

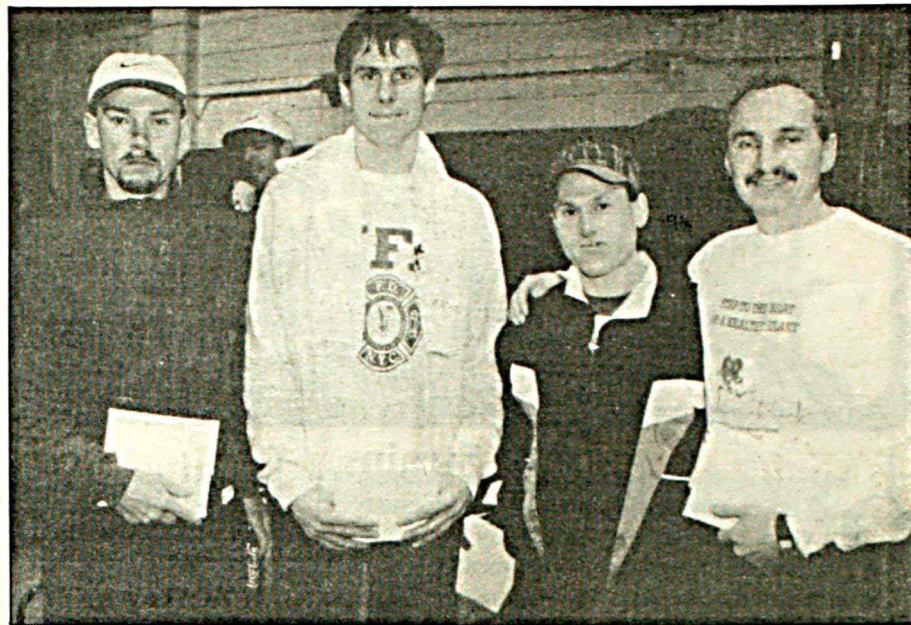
February, 1992

- Nick Rose (40, 29:57) and Nancy Grayson (41, 36:48) Tops in Charlotte 10K
- Benji Durden (40, 2:32:48) and Jane Hutchison (45, 2:51:42) Win in Rocket City Marathon
- Larry Stride (40, 25:59) and Carol McLatchie (40, 29:41) First in National 8K X-C

FIVE YEARS AGO

January, 1992

- Jack Greenwood, 65, and Betty Vosburgh, 60, Named Top U.S. T&F Athletes
- Laurie Binder, 44, and Shirley Matson, 50, Voted Best U.S. LDR Performers
- Max Green, 59, and Viisha Sedlak, 42, Picked as Top Racewalkers
- Other Awards Go To Jerry Wojcik, Nate & Evelyn White, Philippa Raschker, Payton Jordan, and Rex Harvey



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 Josepher, and Phil Roth.

Photo by Mike Polansky

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PHONE: 810-445-7476

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\$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.**

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SHOT PUT
POLE VAULT

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440 YD DASH
MILE RUN

11:30AM

60YD HADLES (FINALS)
60YD DASH (FINALS)
880 YD DASH
220 YD DASH
2 MILE RUN
4 X 440 RELAY

REGISTRATION FORM

NAME _____ USATF MEMBERSHIP # _____
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I, _____ 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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The Foot Beat

by JOHN W. PAGLIANO
D.P.M.

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?

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 submittal 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. If 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. □



Tina Anderson, first (1:45:55), and Wanda Lavroff, second, W65-69 division, Peachtree City 15K/RRCA National Championships, Peachtree City, Ga. Photo from Carolyn Gulick

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 workouts. 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 type of physical therapy, including 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' ten-

don. 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.)

Masters Run Amok at Mulcahy's 5 Miler

by MAURY DEAN

Mike Baard, M40, and Diane Gordon, W40, scorched the drizzly December streets of Wantagh on Long Island, Dec. 14, with Gordon's magnificent 30:47 PR and Baard's fine effort over up-and-coming new master Steve Josepher, 28:09 to 28:26, in the Mulcahy's 5-mile run.

Despite a myriad of loop-de-loop switchback turns, 600 Long Island runners dashed merrily through the festive suburban maze to the finish at Mulcahy's mammoth pub, and produced some nifty age division times. Ageless (well, 58½) Joe Cordero, constant champ, nudged out a feisty effort by fellow Bohemia TC teammate Jose Mendez, 31:13 to 31:36. Nancy Tischler lambasted the W50 contingent with her sterling 34:39.

Forties flyers flew. Jack Porzio, Central Park champ, edged swift Kieran Kelly, 28:41 to 28:43, saying afterward, "Didn't realize he was in my age group." Julio Aguirre has been tearing up Central Park throughout

1996 in the wake of only Sam Skinner. Here, Aguirre busted the six-minute monster (29:57) for silver in the M50-54 race, won in 29:15 by some 53-year-old who had a lucky day. (Editor's note: It was Dean, himself.) In the W40-44 crew, Linda Hellenek zoomed to a 33:37 silver, behind Gordon.

Senior glories? You betcha. Incredible John McManus, 73, blasted a 36:20 to win the 70-74 division. Mary Murphy paced the W60-64s with a 49:16.

The race was won by Don DiDonato, as usual, in a supersonic 25:43. He merits a big mention this time for two reasons: Don is very close to Jack Benny's magic age of 39, and he asked me how to get a hold of a *National Masters News*, so he could subscribe.

This was the second to last race of the season on Long Island, and rollicking runners dressed as ginchy Christmas trees reveled in the balmy weather: 41°, drizzle, 10-15 mph north winds, and gold in the air. □



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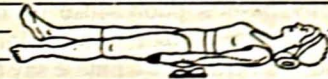
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Masters Racewalking

by ELAINE WARD

Chi Kung and the Immune System

(The following interviews with Loni Leblanc, W50, and Shirley Docksteder, 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 T.V. — one of those sign up, prepaid plans for so many weeks. That was step number one, and I lost 30 pounds. Then I started going to a chiropractor who did 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 all year long, weather permitting. I don't understand how people can spend their lives in a smelly old gym.

"Street" Walking

When I quit smoking and gained 30 pounds, I was doing what I called "street" walking. I was doing a lot of walking, but I wasn't losing weight. I figured I had to do something more. Just at that time, the local college of Marin Community Education catalog came and I saw a little box that said racewalking, "Come for the smiles not the miles." That pulled me and I thought, "OK, I'll try."

I started the class in January and really liked it. It went six weeks. At the end of the six weeks, I hadn't really caught the hang of it and realized if I didn't sign up immediately and do the next session, I probably wouldn't racewalk. So I signed up and did the next six week session. By the end of May, I was totally hooked.

There is a curious inversion in running and racewalking. There is very little impact in racewalking in comparison to running. At the same time, you exert much more effort racewalking than you do running. When I am working out and I need a little rest, I run to catch my breath.

The other thing that I totally love about racewalking ties in to being outside. I go out at 5:30 a.m. and go for five or six miles. I feel fresh in the



Doug VerMeer, M40 third (27:09), 5000m racewalk, 1996 Hayward Classic, Eugene, Ore.

Photo by Jerry Wojcik

morning and have lots of energy. My senses are keen and I can hear the birds singing and see the flowers coming 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 benefited your health?

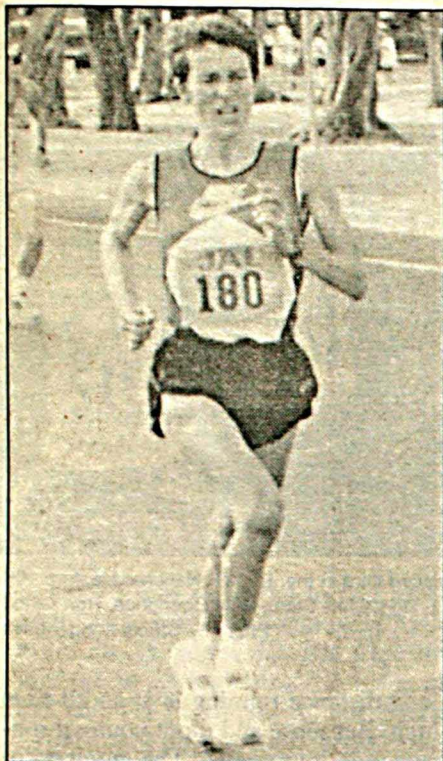
LL: I haven't had a cold or the flu in I don't know how long. There has been a lot of flu the last month or so at work. I keep thinking "Oh, gosh, I can't get sick now." So, as Shirley says, racewalking certainly must affect the immune system positively. Also, if I have a tiny hint of a sore throat or 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.)



Judy Heller, W50 first (30:26), 5000m racewalk, 1996 Hayward Classic, Eugene, Ore.

Photo by Jerry Wojcik



Carla Beurskens, 44, of the Netherlands, is shown here winning the Diamond Head Duet 5K, Honolulu, Dec. 5, in 16:57. Three days later, Beurskens, an eight-time winner of the Honolulu Marathon, ran a 2:38:19 for fifth female overall and first masters woman. Photo by Mike Tymn

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, bettered her 1995 time of 2:42:27, when she was hampered by an illness that jumped her temperature to 104 degrees.

Yoshihisa 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 M90-94 division featured Masayoshi Nakatomi, who finished in 10:48.

The masters women's division winners were more diverse in nationality.

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

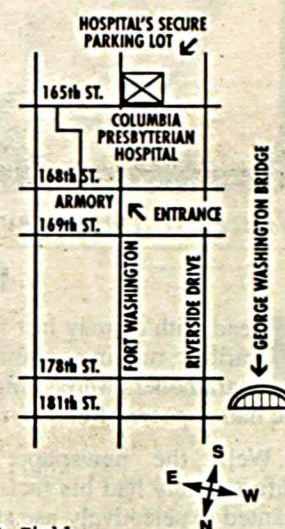
W60, Germany, 3:54:47.

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



1997

25TH USATF EASTERN MASTERS INDOOR REGIONAL TRACK AND FIELD CHAMPIONSHIPS SPONSORED BY THE EASTERN REGIONAL COORDINATOR AND VALIAN ASSOCIATES



DATE: Sunday, March 9, 1997 10:00 A.M. Track - 10:00 A.M. Field

SITE: 168th Street Armory, Fort Washington Ave, Manhattan, New York

DIRECTIONS: Take the #1,9 or A train to 168th St. Station at Bway. Walk one block west to Ft. Wash., turn right for entrance between 168th & 169th Sts. By car, G. Wash. bridge to 178 St. exit (East bound) right (South) onto Ft. Wash.; or X-Bx Exp to 181 St. exit right (South) onto Ft. Wash.; or Riverside Drive north to 165th Street right up to Ft. Wash. right into secure parking facility. SEE MAP. FACILITY: 6-lane Mondo brand new surface - fast - all runways. Pyramid spikes only - maximum 4". Dual jumping pits. Shot & weight indoors - soft shell only. TIMING: All running events will be FAT (Fully automatic timing).

AWARDS: New USATF Eastern Regional medals with custom ribbons to 1st, 2nd, 3rd in each event by five year age divisions. Place ribbons for 4th, 5th, 6th place in each event by 5 year age divisions. Only one USATF Eastern patch per winning athlete. DIVISIONS: Five year age groupings for men and women (30 - 90+). TEAM AWARDS: Total scores for men & women in 5-year age groups combined into ten year divisions: 30-39, 40-49, 50-59, 60-69, 70 Plus, & Overall. Scoring-1=5, 2=3, 3=2, 4=1.

ENTRY FEES: Pre-entries are \$15 for the first event, \$10 for the second event, \$10 for the third event, and \$40 total maximum fee for four or more events. (not Relays) Relays are \$15. Entries must be received with fees by Friday, February 22, 1997. Entry fees received after February 22nd must be paid in cash, money order, bank, postal or traveler's checks. Entries received after March 1st need post entry fees. POST ENTRY FEES: Entries received after March 1st up to the day of the meet are \$5 extra per event, provided additional heats or flights are not needed. Relays \$20.

USATF REGISTRATION: Post entrants must show a current USATF card or buy one at the meet for \$15. USATF insurance and sanction requirements demand compliance. USATF SANCTIONED AND OFFICIATED. MEET DIRECTOR: HAIG BOHIGIAN, EAST REG. COORD.

TRACK EVENT ORDER (FAT)

3,000 M Racewalk 10:00
55 M Hurdles 11:00
55 M (Trials/Finals) 11:45
1,500 Meter Run 12:45
400 Meter Dash 1:30
Official's Break* 2:00
4 x 200 Meter Relay 2:15
3,000 Meter Run 2:30
800 Meter Dash 3:15
200 Meter Dash 3:45
4 x 400 Meter Relay 4:30
4 x 800 Meter Relay 5:00
Other relays upon request.
* Also athletes' meeting.

FIELD EVENT SCHEDULE

EVENT/GROUP	30-39	40-49	50-59	60-69	70PLUS	WOMEN
Long Jump	10:00	11:00	3:00	2:00	12:00	1:00
Triple Jump	3:00	12:00	2:00	1:00	11:00	11:00
High Jump	2:00	3:00	10:00	11:00	1:00	12:00
Pole Vault	1:00	2:00	12:00	10:00	10:00	10:00
Shot Put	11:00	10:00	1:00	12:00	2:00	2:00
Weight Throw	4:00	4:00	4:00	3:00	3:00	3:00

For example, Men 50-59 will LJ from 3 to 4 P.M.
The weight throw may begin earlier - after the shot.
FIELD ATHLETES WILL HAVE TO COMPETE WITH THEIR AGE GROUPS. PLAN AND ENTER ACCORDINGLY. NO EXCEPTIONS.
NO FALSE START RULE IN EFFECT FOR ALL EVENTS.

TRACK EVENTS TAKE PRECEDENCE. TIMES ARE BEST ESTIMATES. TIMES WILL BE ADVANCED IF POSSIBLE - KEEP ADVISED. PLEASE COOPERATE AND DON'T ASK FOR EXCEPTIONS. IF SUFFICIENT SPONSORSHIP IS OBTAINED ENTRY FEES WILL BE REDUCED & REFUNDED. ALSO, A SOUVENIR GIFT COMMEMORATING THE 25TH ANNIVERSARY OF THIS MEET MAY BE PROVIDED.

PLEASE PRINT ALL SPIKES WILL BE CHECKED. USING THE WRONG SPIKES MEANS INSTANT DISQUALIFICATION. NO APPEALS. NO EXCUSES. NO REFUNDS. 4" PYRAMID SPIKES FOR SALE AT THE ARMORY STORE.

NAME _____ PHONE _____ SEX _____
ADDRESS _____ CITY & STATE _____ ZIP _____
AGE (ON 3/9/97) _____ BIRTHDATE _____ CLUB _____ (USATF) _____
EVENT _____ BEST RECENT MARK _____ EVENT _____ BEST RECENT MARK _____
1. _____ 4. _____ 7. _____
2. _____ 5. _____ 8. _____
3. _____ 6. _____ 9. _____

AMOUNT PRE-ENTRY POST-ENTRY MAKE CHECK PAYABLE TO:
ENCLOSURE: 1st event \$15.00 \$20.00 USATF EASTERN MASTERS AND MAIL TO:
2nd event @ \$10.00 \$15.00 HAIG BOHIGIAN
3rd event @ \$10.00 \$15.00 225 HUNTER AVENUE
4 or more events just \$5.00 more \$10.00 N. TARRYTOWN, NY 10591
USATF Registration (PENDING NOT OKAY) (15.00) (15.00) 914 - 631 - 1547 (11 AM TO 8 PM)
Relay entries @ \$15.00 \$20.00 ALSO A FAX BUT YOU MUST CALL FIRST.

USATF Eastern T-shirt @ \$10.00 \$10.00 CIRCLE SIZE: M L XL XXL
TOTAL AMOUNT ENCLOSED _____ Limited quantities.

Yes, Reserve me a \$10 sticker for unlimited Hospital parking.

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

DATE: _____ SIGNATURE _____

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH FEB. 1997

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
HAL BROSSMAN (TEMPLE, PA)	2-20-32	65-69
BJARNE BYRNTESEN (NOR)	2-23-12	85-89
RAY CARSTENSON (BABYLON, NJ)	2-1-32	65-69
ROB DE CASTELLA (AUS)	2-27-57	40-44
LARRY COLBERT (LANHAM, MD)	2-6-37	60-64
VIC COOK (WOODLAND HILLS, CA)	2-22-32	65-69
RICHARD CORT (ORANGE, CA)	2-17-22	75-79
WILLIAM DAPRANO (RIVERDALE, GA)	2-2-27	70-74
LEE EVANS (LOS ANGELES, CA)	2-25-47	50-54
WILLIAM FAIRBANK (MENLO PARK, CA)	2-24-17	80-84
DICK GANSLER (AK)	2-15-17	80-84
ARTHUR GATON (JAMAICA, NY)	2-15-37	60-64
ARNIE GREEN (NEW YORK, NY)	2-11-32	65-69
RAY HATTON (BEND, OR)	2-4-32	65-69
JOHN HEPNER (SPRINGFIELD, OR)	2-13-32	65-69
HAROLD HOLTON (CHARLOTTE, NC)	2-16-17	80-84
EVERETT HOSACK (HIGHLAND HTS., OH)	2-28-2	95+
NELSON KEYES (LAURELTON, NY)	2-24-47	50-54
DARL LOCKE (ALBUQUERQUE, NM)	2-27-42	55-59
CARLOS LOPES (POR)	2-8-47	50-54
MIKE MANLEY (EUGENE, OR)	2-14-42	55-59
GREG MIGUEL (MANHATTAN BCH, CA)	2-18-47	50-54
EILER NYGARDSETER (NOR)	2-25-22	75-79
ED OLEATA (LA JOLLA, CA)	2-2-37	60-64
PERICLES PINTO (POR)	2-15-37	60-64
LAWRENCE PRATT (CINNAMINSON, US)	2-21-32	65-69
RICHARD RIZZO (MASTIC, NJ)	2-16-37	60-64
GASTON ROELANTS (BEL)	2-5-37	60-64
HENRY RONO (KEN)	2-12-52	45-49
EINAR SAETER (NOR)	2-6-17	80-84
JAN SMIDING (SWE)	2-4-32	65-69
BERTIL TALLBERG (SWE)	2-25-32	65-69
ROGER VERHEUEN (BELGIUM)	2-2-27	70-74
RICHARD WEEKS (NASHVILLE, TN)	2-17-47	50-54
THOMAS WESSINGHAUSE (FRG)	2-22-52	45-49
JOHN WOODS (US)	2-6-17	80-84
GERIDA BERGMAN (CO)	2-3-17	80-84
GINA FAUST (SANTA CLARITA, CA)	2-23-37	60-64
JUDY FETHERSTONE (ALBUQUERQUE, NM)	2-29-32	65-69
CAROL FINSRUD (AUSTIN, TX)	2-20-57	40-44
BEV HARJU (CA)	2-23-42	55-59
THERESA HAYNES (AUBURN, WA)	2-24-57	40-44
MICHAEL MARIE HILL (PRINCETON, NJ)	2-13-47	50-54
BERNICE HOLLAND (CLEVELAND, OH)	2-28-27	70-74
JOHNNIE HILL-HUDGINS (PRINCETON, NJ)	2-27-47	50-54
BUNNY HUNTER (NEW ORLEANS, LA)	2-27-27	70-74
CAROL JACKSON (EUGENE, OR)	2-20-47	50-54
MARINA JONES (RSM, CA)	2-8-52	45-49
REGINA JOYCE (LYNNWOOD, WA)	2-7-57	40-44
ROSLYN KATZ (FLUSHING, NY)	2-26-42	55-59
HANNY KLEIN (NEW ROCHELLE, NY)	2-12-27	70-74
MIMI LERNER (ST. JAMES, NY)	2-3-37	60-64
PHIL RASCHKE (ATLANTA, GA)	2-21-47	50-54
LORRAINE TUCKER (HARTSDALE, NY)	2-11-47	50-54
JOAN TYKINSKI (ALMEDA, CA)	2-28-32	65-69
MARGARET AUERBACK (GB)	2-8-47	50-54
MARTHA BEHRENDT (WG)	2-10-42	55-59
CARLA BEURSKENS (HOL)	2-10-52	45-49
PATRICIA CARR (AUS)	2-18-32	65-69
LISELOTTE DEZENTER (GER)	2-11-17	80-84
EWA ERIKSSON (SWE)	2-15-17	80-84
HETTY EVERHARDUS (HOL)	2-23-57	40-44
YOSHIKO ISHIMARU (JPN)	2-19-37	60-64
LISA KIRSCH (AUS)	2-27-52	45-49
GUNNEL LUNDKVIST (SWE)	2-7-27	70-74
NINA NIKANOROVA (URS)	2-18-47	50-54
RITVA OLSSON (SWE)	2-1-37	60-64
UTA REINACHER (WG)	2-8-37	60-64
CATHERINE ROBERTS (CAN)	2-22-47	50-54
LIESELOTTE ROLLING (WG)	2-25-32	65-69
VASANTHA SAMUEL (IND)	2-11-37	60-64
GERTRAUD SCHONAUER (AUT)	2-27-37	60-64
LEENJE SIGAR (INA)	2-10-37	60-64
SUZANNE WESTBROOK (AUS)	2-8-42	55-59
LORRAINE WOODMAN (AUS)	2-13-37	60-64



On The Run

by HAL HIGDON

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 *Star-Tribune* need not look under a rock; tomorrow's marathoners were already here. "Goodness gracious," I wrote. "The Twin Cities Marathon filled its 6000 quota in record time, 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 450 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.

Run Ireland

Join Hal Higdon and Paddy Savage this summer on a trip to Ireland for a series of road races near Galway, Dublin and Cork: July 4-13. Connections to South Africa for the World Championships possible.

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Internet information: <http://www.halhigdon.com>



The Snohomish TC M50-59 team of Seattle, which placed third in the USATF National Masters 10K Cross-Country Championships, Stanford, Calif., Dec. 7. l to r: Chris Steer, Mike Donoghue, Ron Taylor, David Jones, and Gale Pfueller. Photo by Carole Langenbach

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.)

Subscription Problems? Moving?

To determine the status of your subscription, or to let us know of your new address, call or fax Circulation Director Richard Magana, at 818-760-8983; fax 818-985-1213. Or write to NMN, PO Box 16597, North Hollywood CA 91615.

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. "If I was an old car, I'd be traded in," he joked. "That's why I'm slowing down."

Dave Elger, M40, Port S. Lucie, 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 in 2:42:08.

The women's masters race went to Mary Hanlon, W40, Tampa, Fla., fifth in 2:54:26. Marina Jones, W40, Santa Margarita, Calif., was second W40+ and eighth woman in 2:56:13.

A dense fog and cloud cover provided a welcome relief to the 6512 starters, who feared running the hottest marathon in race history. Over 5500 finished. □



Frank Shorter, 49, finishes the Diamond Head Duet 5K, Honolulu, Dec. 5, in 17:49, seventh overall. Photo by Mike Tymn

PUBLICATIONS ORDER FORM

Quantity

Total (US\$)

Masters Age Records

Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1995. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$4.00.

\$ _____

Masters Track & Field Rankings

Men's and women's 1995 U.S. outdoor track & field 5-year age group rankings. 60+ pages. 150-deep in some events. Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman. \$6.00. \$4.00

\$ _____

Masters Track & Field Indoor Rankings (1996)

Same as above, except indoor rankings for 1996. 4 pages. \$1.50.

\$ _____

Masters Age-Graded Tables

Single-age factors and standards from age 8 to 100 for men and women for every common track & field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. \$6.00.

\$ _____

Masters 5-Year Age-Group Records

Men's and women's official world and U.S. outdoor 5-year age group records for all track & field events, age 35 and up, as of March 1, 1996; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$1.50.

\$ _____

Masters 5-Year Indoor Age-Group Records

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

\$ _____

Competition Rules for Athletics (1996 Edition)

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

\$ _____

USATF Directory (1996)

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

\$ _____

IAAF Scoring Tables

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

\$ _____

IAAF Handbook

1996/1997 rules and regulations handbook. \$15.00.

\$ _____

Masters Racewalking

Thirty American coaches and athletes share ideas on Technique, Training and Racing. This book is a unique and complete resource. Edited by Elaine Ward. \$15.00.

\$ _____

USATF Logo Patch 3 color embroidered 4" x 3". \$4.50.

\$ _____

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The Weight Room

by JERRY WOJCIK

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 U.S. weight people blamed, probably unjustly, on less-than-knowledgeable WAVA delegates: the recent shot diameter ruling (since

changed) and the good-bad javelin imbroglio of yore (now resolved through the passage of time) are examples. Some U.S. throwers are still fighting the three-attempt rule in weight pentathlon competition.

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,



Everett Hosack, 94, set two age records with the weights in the Wolfpack Fall Throws Meet, Columbus, Ohio. Photo by Jim Pearce

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 Struppeck, 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 Vegar, 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 at the 1995 Nationals in East Lansing 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 super-weight can be thrown indoors.

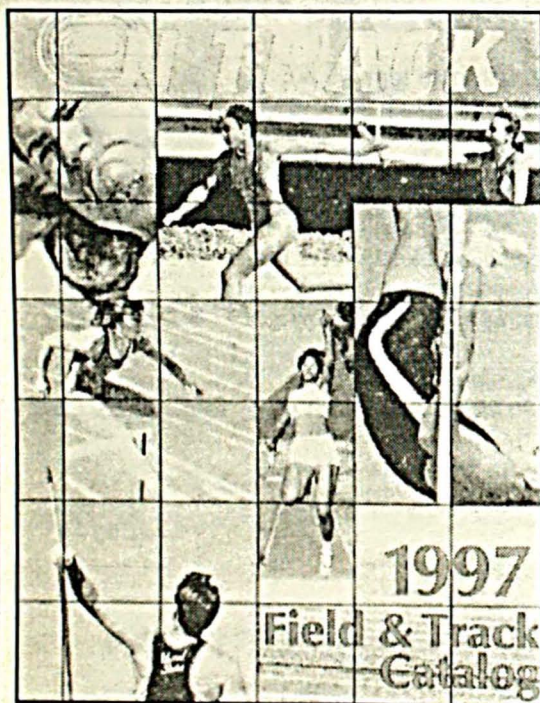
I'd like to think that we no longer have to entertain talk of holding a separate throws meet for the national championships or boycotting them, and that the days of throwing in the somewhat overstated "cow pasture from a chalk circle on the asphalt of a parking lot" are over. Actually, I do remember 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. □



David Vandergriff, South Carolina, silver medalist in the M40-44 weight throw, 1996 USATF Masters Championships. This year's championships will be held on March 21-23 in Boston, Mass. Photo by Suzy Hess

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Hammer throwers at the Northern California Seniors Meet, Berkeley, Sept. 8, presenting Bob Stone, M75, with a plaque honoring his support of the throwing events, from left: Stew Thomson, M60, Jim Hart, M60, Dick Hotchkiss, M55, Rasal Terhune-Young, M55, and Jerry Silsdorf, M70.

Photo from Jerry Silsdorf

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Indy Life Circuit

Continued from page 5

the value of each event, as noted above.

7. Athletes will accumulate points in each circuit event, which will determine the overall Grand Prix winners at the end of the Circuit.

8. Athletes can accumulate points in both the overall place finish category and the age-graded competition.

9. At the end of the Circuit, the \$50,000 total Grand Prix purse will be divided as follows:

Place Finish Category

	Men	Women
1st	\$6000	\$6000
2nd	3000	3000
3rd	1500	1500

Age-Graded Category

	Men	Women
1st	6000	6000
2nd	3500	3500
3rd	2500	2500
4th	1500	1500
5th	1000	1000

10. Runners may earn money in both categories.

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Final Schedule for the 1997 Indy Life Circuit:

February 9	Las Vegas Half-Marathon	Las Vegas, Nevada
March 8	Gate River Run 15K	Jacksonville, Florida
March 22	Azalea Trail 10K	Mobile, Alabama
May 2	Indianapolis Life 500 Festival Mini-Marathon	Indianapolis, Indiana
May 31	Freihofer's Run for Women 5K (women only)	Albany, New York
July 12	Bastille Day 8K	Newport, California
July 20	Chicago Distance Festival 5K (men only)	Chicago, Illinois
October 5	Twin Cities Marathon	Minneapolis/St. Paul
October 25	Tulsa Run 15K	Tulsa, Oklahoma

WAVA/USATF Hurdles and Implements Specifications

HURDLES

WOMEN

Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8 1/2"	8.5m 27'10 1/2"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
60-69	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
70 Plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
30-39	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
40-49	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
60-69	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
70 plus	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7

MEN

30-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"	10
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"	10
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"	8
30-49	400m	.914m 36"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	400m	.840m 33"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
60+	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7

IMPLEMENTS

AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT
Women					WAVA USATF
30-49	4.00k	1.00k	4.00k	600gms.	20# 20#
50 plus	3.00k	1.00k	3.00k	400 gms.	16# 16#
60 plus					12# 16#
Men					
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.	35# 35#
50-59	6.00k	1.50k	6.00k	800 gms.	25# 35#
60-69	5.00k	1.00k	5.00k	600 gms.	20# 25#
70-79	4.00k	1.00k	4.00k	600 gms.	16# 25#
80 plus	4.00k	1.00k	4.00k	600 gms.	12# 25#

Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m)

Superweight: M30-69 56-lb.; M70+ 35-lb.; W30-49 35-lb.; W50+ 25-lb.

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Training Advice

by ROSS DUNTON

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 specific goals for ourselves. There are three different types of goals: performance, process, and personal.

These goal types can be sub-divided 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?)

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Matt Heldberg (l) of sponsor Frontier Communications congratulates masters winners Kathy Martin, 45, 18:37, and Paul Mascali, 44, 16:09, Ho Ho Ho Holiday 5K, Bethpage, N.Y., Dec. 21.

Photo by Mike Polansky

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. 'I' needs to be included as much as possible in these thoughts. Some examples of positive self-affirmations are: "I am

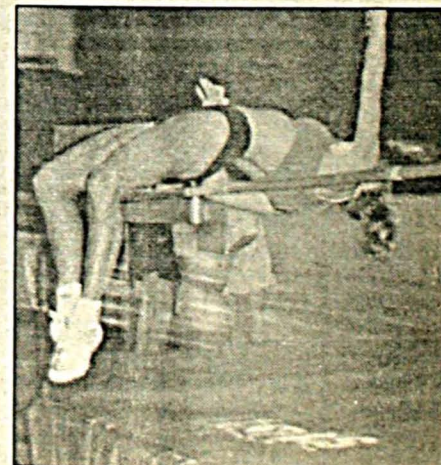
proud to be a masters athlete - I know that my teammates care about me - I am working hard to improve my performance - I'm fast - I had a good workout - I'm feeling good about myself - I discover more about myself every day, and I like what I am learning - I am good."

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 must 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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Martha Mendenhall, W35, clears 4-8 in the 1996 Silver State Indoor Meet, Reno, Nev. This year's meet will be held at the Reno Livestock Events Center on Feb. 16.

Photo by Suzy Hess

National One-Mile

Continued from page 1

Aldridge (40, Santa Rosa, Calif.) was second in 4:18 (91.6%), followed by Gallagher (41, Winter Park, Fla.) in third (4:19; 91.9%). Nolan Shaheed (47, Pasadena, Calif.), winner of the M45 division and sixth overall, turned in another top age-graded performance (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



Start of the women's National Masters One-Mile Road Championships. At left is winner, Kim Campo (#307, 5:07).

Photo by Bob Betancourt



Leaders in the 1997 USATF National Masters One-Mile Road Championships, San Diego, Jan. 12. From left: Dan Aldridge (2nd, 4:18), Steve Scott (1st, 4:15), Steve Gallagher (3rd, 4:19). Photo by Bob Betancourt

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-to-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."

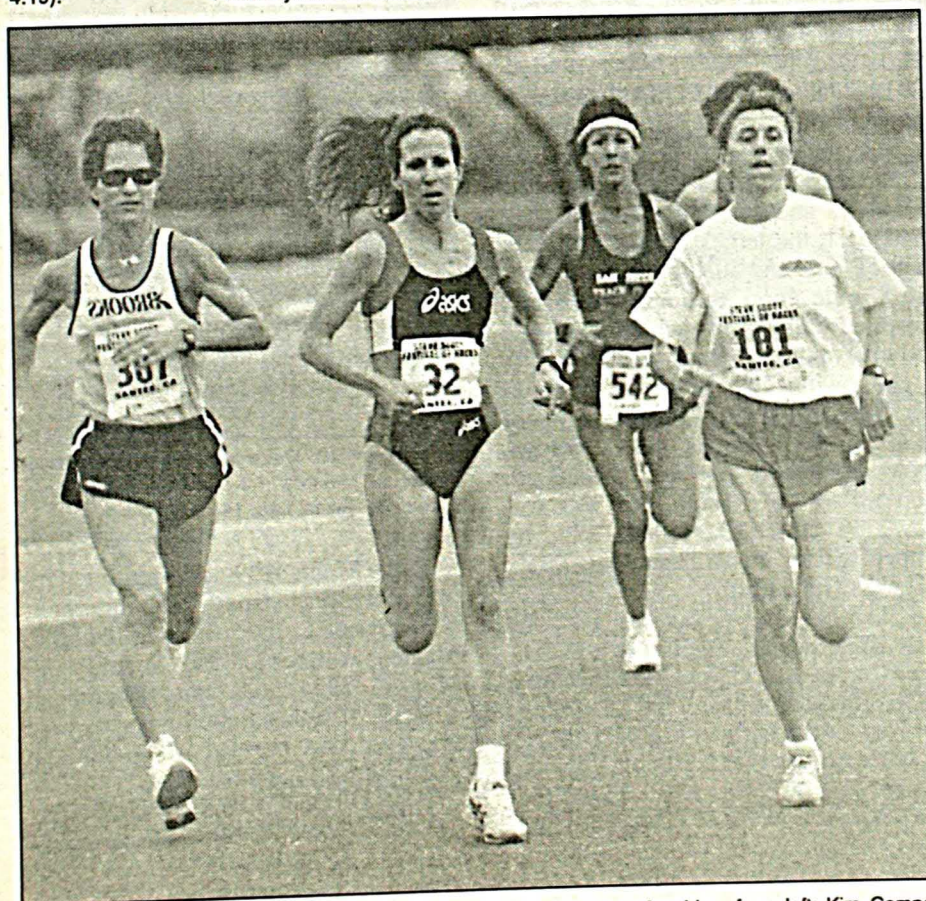
At 100 yards from the finish, Scott glanced to his left, threw it into another gear, and romped home. It was a good start to a season he hopes brings him his long-awaited 137th sub-four-minute outdoor mile and, more importantly, his first as a masters runner. Having overcome testicular cancer in his 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."

Continued on page 21



Leaders in the women's National Masters One-Mile Road Championships, from left: Kim Campo (#307, 1st, 5:07), Honor Fetherston (#32, 2nd, 5:08), Marcella Teran (#542, 3rd, 5:16), Beverly Robson (#181, 4th, 5:20). Photo by Bob Betancourt

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PROFILE

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.

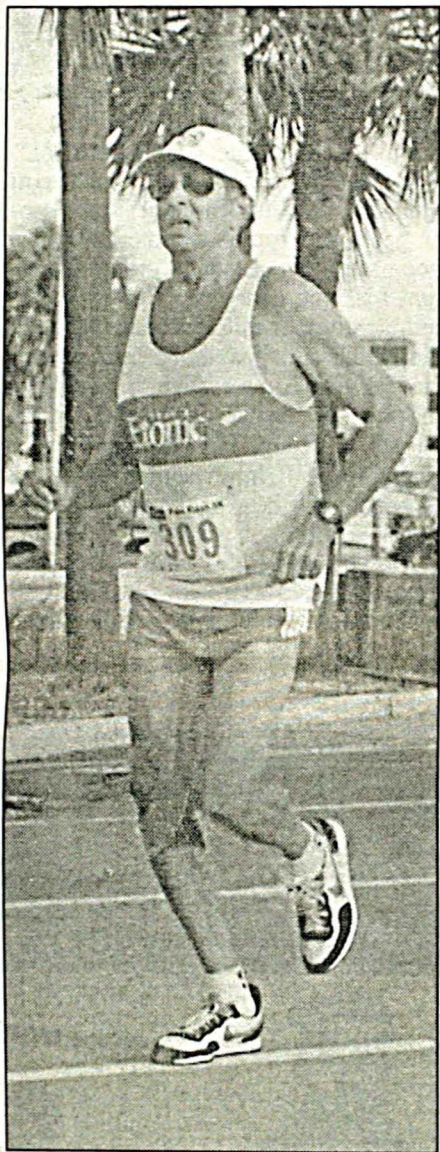
Sorbothane picked up the circuit for the fourth year when ICI had a change in management, but the circuit died in 1992.

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."



Bill Adams, 5K race; Ft. Lauderdale.

Adams was born in Chicago and went to Mattoon High School in Champaign, Ill. (1958). He earned degrees from the University of Wisconsin (1962, 1968).

"I got started in running when I was 40 pounds overweight and a friend suggested jogging," he said. "So I put on one of those plastic suits and jogged a couple of blocks, then a quarter mile and, after two months, I was running a race. I had no idea what it was all about."

Adams' favorite training spot is a loop around Fort Lauderdale Country Club Golf Course, as well as his neighborhood in south Plantation and a nearby high school track where he does occasional interval repeats.

His best times in masters competition are 35:59 for 10K, 17:21 for 5K, 28:29 for 8K, and 58:26 for 10 miles.

His running hero is Bill Rodgers, who won two of the three ICI national championship circuit races in 1988 and 1989.

"Bill is my favorite runner and friend. Absolutely what you see is what you get with Billy. He will run and talk with anybody."

Adams' advice to fellow masters: "Listen to your body. Pay attention to the little aches and pains. I don't believe in working through the pain. I listened to my body, and it saved my life." □

— Al Sheehen

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 Sunmart Texas Trail Endurance Runs at Huntsville State Park, Dec. 14.

Designated as the USATF National Masters 50K & 50 Mile Championships, the seventh annual Sunmart 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 top master 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 specialist at the Los Alamos National Laboratory in New Mexico. "I'm just very thankful for all the aid stations on the course."

Diane 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.



Debbie Peebles, 45, first W45 and second masters woman (7:35:26), USATF National Masters 50-Mile Championships, Huntsville, Texas, Dec. 14. Photo by John Welch



Leo Torres, 43, first master (6:16:26), USATF National Masters 50-Mile Championships, Huntsville, Texas, Dec. 14.

Photo by John Welch

Steve Mahieu, 49, a swimming pool manufacturer from Albuquerque, N.M., was the first master in the 50K. Mahieu, winner of the Sunmart 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, 30, Sherman, Texas, who ran 4:19:51. Helen Klein, 74, Rancho Cordova, Calif., won the W70-74 race in 6:54:25. □

Masters Regions Descriptions

Region	USATF Associations
East:	Maine, New England, Adirondack, Connecticut, Metropolitan, Mid-Atlantic, Three Rivers, New Jersey, Niagara, and Potomac Valley
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 Colorado
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, Inland Northwest, Oregon, Utah, Pacific Northwest, and Alaska

Write On

Continued from page 4

Lawyers for the defense, the Ravenscroft, spent much time blaming the victim and applauding 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 intentionally; many runners just don't know 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 and/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 DQ board operator that day, and I was never so impressed with the quality of the judging. Those officials spent a very long day-and-half standing in the hot sun calling those races in a very efficient and competent manner. My



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

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 Columbia, 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 Columbia. 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*

NORMAN 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 he continued running even though he fell a lot, got hit by cars, and battled cancer. When asked why he kept running, despite such adversaries, 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 1937, 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 WWSU (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 Sheahan 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*

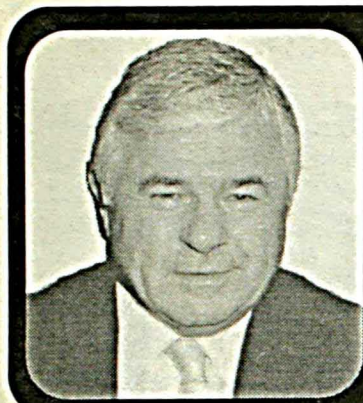


Members of the first-place M40-49 Toddy Toads team, USATF National Masters 8K Cross-Country Championships, Louisville, Ky., Oct. 27, from left: Bill Randell, 42, John Konight, 40, Steve Scott, 40, Craig Virgin, 41, and Sam Haij, 45.
Photo by Carroll DeWeese



Joy Upshaw-Margerum winning the W35-39 400H with a U.S. record 64.40, 1996 USATF Masters Championships, Spokane. She shared the 1996 Outstanding Track Athlete title for W35-39 with distance runner Kim Jones.

Photo by Suzy Hess



Track & Field Report

by KEN WEINBEL

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 teams for USA representation is major, and that maintaining quality staff for administrative programs for the entire constituency is a priority.

The revised budget reflects a considerable reduction from the October budget proposal. All committee bud-

gets were affected. Masters Track and Field's budget has been reduced accordingly. We must now adjust our own budget items to comply with the reduction.

A search firm was selected to assist USATF with the selection of a new Chief Executive Officer to succeed Ollan Cassell. Ollan has served the organization for many years and will continue in his present role during the search period. Ollan will also continue to serve in his role as IAAF Vice President through his term of office to 1999.

The Executive Committee concluded the Los Angeles Meeting on a positive note, unanimously expressing optimism for the future of USA Track and Field. □

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

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 Nationals Preview

Continued from page 1

high jump, long jump, triple jump, and pole vault in addition to practice dash lanes. The facility has a comfortable seating capacity of 3000. An adjacent gym provides an adequate athlete



**WORLD
VETERANS'
ATHLETICS
CHAMPIONSHIPS
17 - 27 JULY 1997
DURBAN
KWA-ZULU NATAL
SOUTH AFRICA**

warm-up and clerking area.

Competition in five-year age groups will get under way on Fri., March 21 at 4:30 p.m. USATF championship medals will be presented to the first three places in each age division in each event. Action will continue at 9 a.m. on Saturday, winding up at 4 p.m., Sunday afternoon.

Discounted air and hotel fares are available from Marathon Tours (800-444-4097).

The entry form is published in this issue on page 5.

Two USATF indoor regional masters championships will be used by many athletes as tune-ups for the Nationals: the Midwest Regional in Warren, Mich., on March 1 (entry form on page 7) and the East Regional in New York City on March 9 (entry form on page 11).

There are also plenty of local meets scheduled for this month and in March (see page 28 for details). □



Payton Jordan



Irene Obera

First Hall of Fame Selections Announced

Charles DesJardins and Barbara Kousky, immediate past chairmen of the USA Track & Field masters committees for long-distance running, and track and field, respectively, jointly announced the election of the following seven members into the first class 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

• Ruth Anderson

• Toshiko d'Elia

• Miki Gorman

Racewalking - female

• Beverly LaVeck

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



Ruth Anderson

of a combination of world and/or U.S. records and/or world and/or U.S. titles.

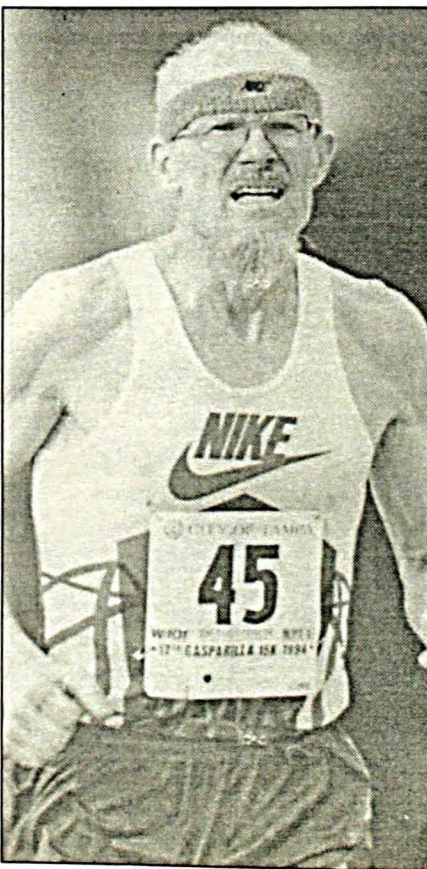
3) There was no age requirement for nominees in the "other" category, which was intended to honor contributors to the sport - those who gave of their time and/or money to facilitate events. This category included benefactors, sponsors, coaches, administrators, meet directors, officials and journalists.

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 at 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



Norm Green

Aimee Basile Agency Shot

Continued on page 21

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



Beverly LaVeck.

Photo by Suzy Hess

Weinbel (T&F) and Jerry Crockett (LDR) will shortly announce the formation of a new Hall of Fame Committee which will carry on the program, probably with new rules and guidelines. □

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 surprised Campo was first to the line, winning in 5:07 (87.1%), 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.

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

CLOSE OUT!

1995 U.S. Masters Outdoor T&F Rankings Book

- Men's and women's 1995 U.S. 5-year track & field age-group rankings.
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MEMBERS OF MASTERS HALL OF FAME

NAME	INFORMATION
Ruth Anderson female athlete long distance running	67 years old, Oakland, CA, long distance runner, all distances, including ultra distances (which exceed the 26.2 mile marathon distance). Numerous national records, world and national championship titles. 1976 time of 5:09:47 at age 47 for Pike's Peak round-trip run is still overall women's course record. First place in that race in 1976, 1980 and 1990. Has twice completed the Western States 100 Miler run. Has completed more than 66 ultra-running events and 100 marathons. Retired scientist from Livermore Laboratories, has contributed heavily in administration and organization of masters running, receiving national awards from the USATF for meritorious service in 1977 and 1991.
Toshi D'Elia female athlete long distance running	67 years old, Ridgewood, New Jersey, long distance runner, from 5,000 meters up to and including the marathon; 3rd woman overall at age 46 in New York City Marathon October 1976 (3:08:11); first woman over 50 years old to record sub-3 hour marathon (Glasgow, Scotland in 1980); 15-time winner of New York Road Runners Annual age group award 1978 through 1995; autobiography, <i>Running On</i> , published in Tokyo, Japan and subject of docu-drama production based on above autobiography produced by TV-Asahi of Tokyo and shown nationwide in Japan and Hawaii. Former communications skills specialist at the New York School for the Deaf. Currently produces annual special track and field events for students (nursery school through 6th grade) at New York School for the Deaf to promote physical fitness and to encourage good sportsmanship.
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 miles, 21:42) and 47 (100 k, 11:56); numerous world and national championship titles; in 1984, oldest track and field qualifier for 1984 Olympic trials at age 48 but decided to not compete. Certified USATF track and field official and racewalk judge. Although Hall of Fame selection recognizes Beverly's athletic ability, she has contributed heavily for years in coordinating masters track and field awards (all events) and in coordinating masters 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 and long jump; undefeated in age-group masters national competition from 1975 to present. Indoor national champion at 60 meters, 200 meters, 400 meters; world record holder at 60 meters, 200 meters, 400 meters (no world indoor championships held at this time); 1995 outdoor national and world champion, national and world record holder in 100 meters, 200 meters, 400 meters. Retired school principal.
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 in 1976 (age 41, time of 2:39:11) and 1977 (age 42, time of 2:42:10); 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 (time of 2:52:24); first 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 two fastest masters performances by an American in that race. Had a feature film made about her life, entitled <i>My Champion</i> 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 2:30:00 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 championships titles, selected outstanding masters athlete by various organizations and publications including USATF Masters Track and Field Committee and <i>California Track News</i> . Was outstanding athlete in his age group in every year in which he competed. In 1994 featured on cover of <i>Parade Magazine</i> 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.

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.



Diane Legare, W45, of Canada took second female master at the 1996 WZYP Rocket City Marathon. Photo by Jim Oaks



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

Youri Mikhailov

by JIM OAKS

HUNTSVILLE, Ala. — When Russian master Youri 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.

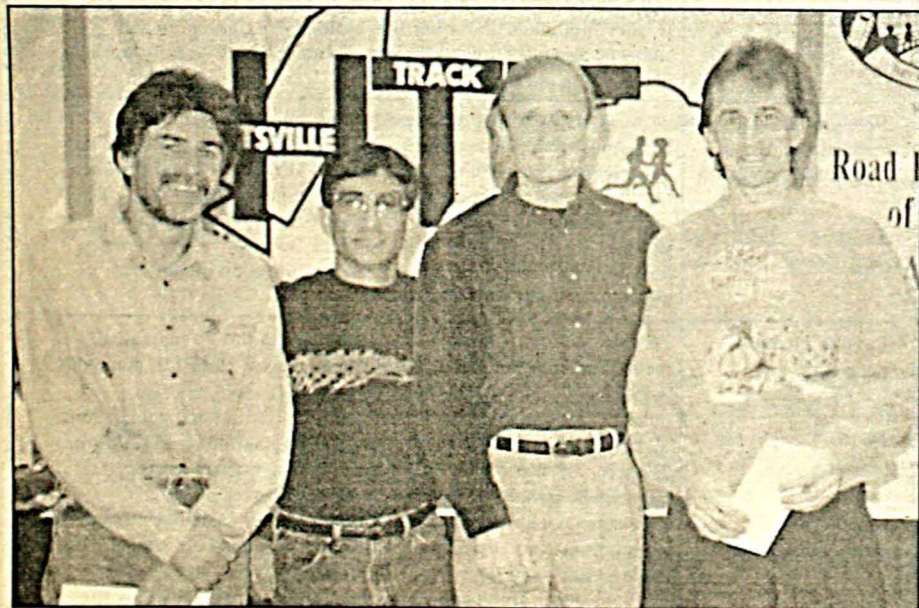
In a conversation with Eddy Hellebuyck, the Belgian open runner, who lives in Albuquerque and runs a training camp where Mikhailov was staying in December, Hellebuyck said he can understand why so many Russian runners are at some of the prize money races in the U.S.

"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 marathoners. 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. □



Youri Mikhailov, M40, of Russia took second at the 1996 WZYP Rocket City Marathon. Photo by Jim Oaks



Male masters prize money winners at 1996 WZYP Rocket City Marathon, l to r: Terry McCluskey, M45, Robert Yara, M40, Doug Kurtis, M40, Malcolm East, M40. (Youri Mikhailov not shown). Photo by Jim Oaks

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 1979, 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 the results book with a typewriter, and awards were made from processing

finish cards. Now we are able to dump results directly to our paper by modem for publication the next day, and awards are ready within minutes after the last runner finishes."

Harold Tinsley, an aerospace design engineer, was a part of the cutting edge of computer scoring. In 1979 he wrote software that allowed runners to be timed and placed using bar codes. This was four years before Alan Jones began marketing Run Score, the popular software now used by many clubs.

"One of my biggest compliments was when Harold finally started using my software to score the Rocket City Marathon," Jones said at the RRCA convention in Allentown, Pa., in 1995.

Tinsley is a bit hard-headed about some technology, however. He does not use an answering machine at home, and he does not have a fax machine.

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

Although that may seem archaic to present day Internet enthusiasts, Tinsley's policy of sticking with the written word proved effective. Whenever he offered runners travel expenses by phone, he always followed with a letter of confirmation.

"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."

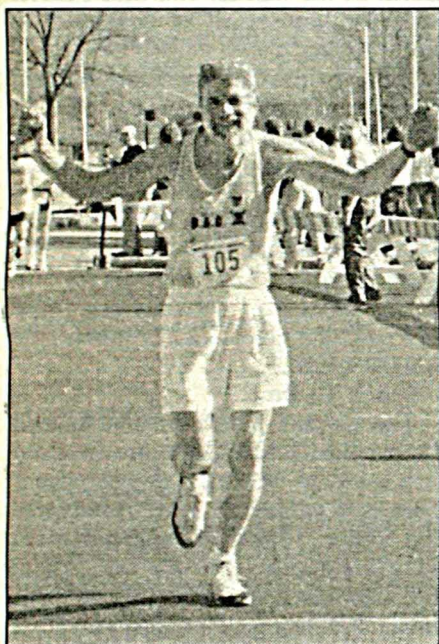
One of Tinsley's least favorite things was dealing with agents.

"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



The original race directors of the first Rocket City Marathon in Huntsville, Ala., in 1979, l to r: Wayne Smith, Al Black, Harold Tinsley. Photo by Jim Oaks



Malcolm Gillis, winner of the M60 division at the 1996 WZYP Rocket City Marathon, will take over as race director in 1997.

Photo by Jim Oaks

LOSE 20 POUNDS IN TWO WEEKS!

Famous U.S. Women's Alpine Ski Team Diet

During the non-snow off season the U.S. Women's Alpine Ski Team members used the "Ski Team" diet to lose 20 pounds in two weeks. That's right - 20 pounds in 14 days! The basis of the diet is chemical food action and was devised by a famous Colorado physician especially for the U.S. Ski Team. Normal energy is maintained (very important!) while reducing. You keep "full" - no starvation - because the diet is designed that way. It's a diet that is easy to follow whether you work, travel or stay at home. (For men, too!)

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Send only \$8.95 (\$9.60 in Calif.)-add .50 cents RUSH service to: American Institute, 630 Quintana Road, Suite #136, Morro Bay, CA 93442. Don't order unless you expect to lose 20 pounds in two weeks! Because that's what the Ski Team Diet will do. ©1995

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. Olympian 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 Filutze ran the second fastest time, 2:45:57,

the year Hutchison set the course record.)

Tinsley was one of the top southern master 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." □

Masters Age Records

(1996 Edition)

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

- 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.
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5 Months to Go



Countdown to Durban

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 Thekweni - "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



Relaxing in the Botanical Gardens while inspecting the facilities in Durban last year were, front row, from left: Monty Hacker (Organizing Committee), Winston Thomas (WAVA), Jim Blair (WAVA), Rex Harvey (WAVA). Top row, from left: Basil Carnie (OC), Leo Benning (WAVA), Willie Ward (OC).

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

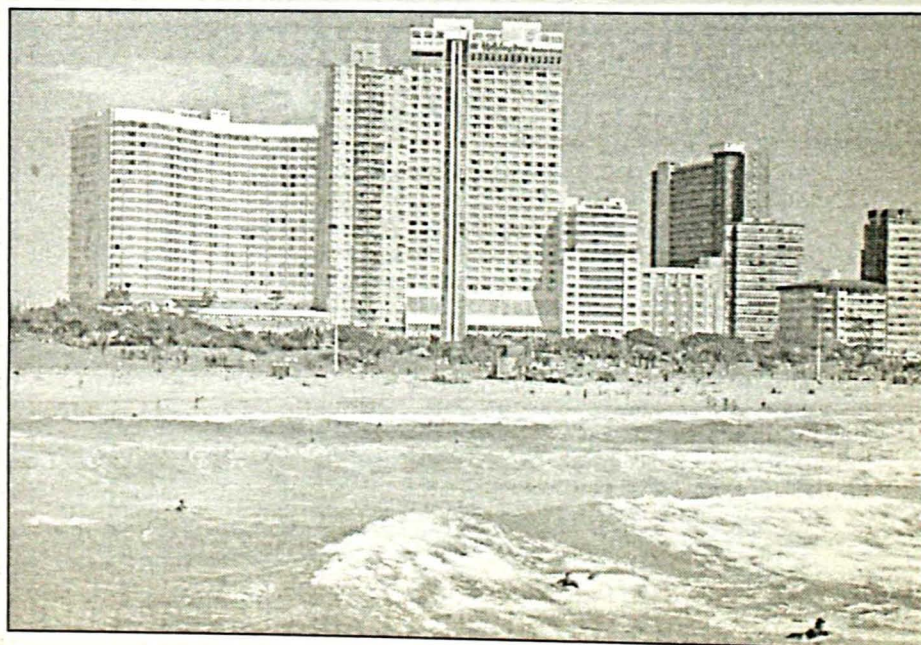
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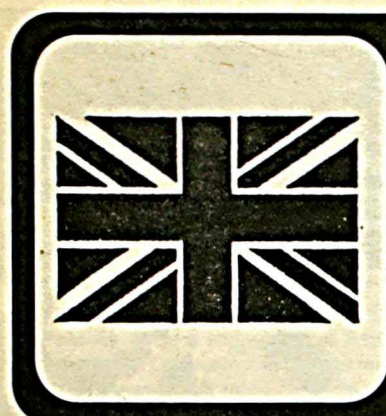
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The Golden Mile hotels, about a mile from the stadiums, provide the backdrop for swimmers in the Indian Ocean in Durban.



Report from Britain

by BRIDGET CUSHEN

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 idea two years ago, but he never doubt-

ed the need for such a championship. As Britain and most of Europe are currently in the grip of severe weather, athletes have welcomed the opportunity of some testing races indoors.

The youngest entrant will celebrate her 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. □

Countdown

Continued from page 24

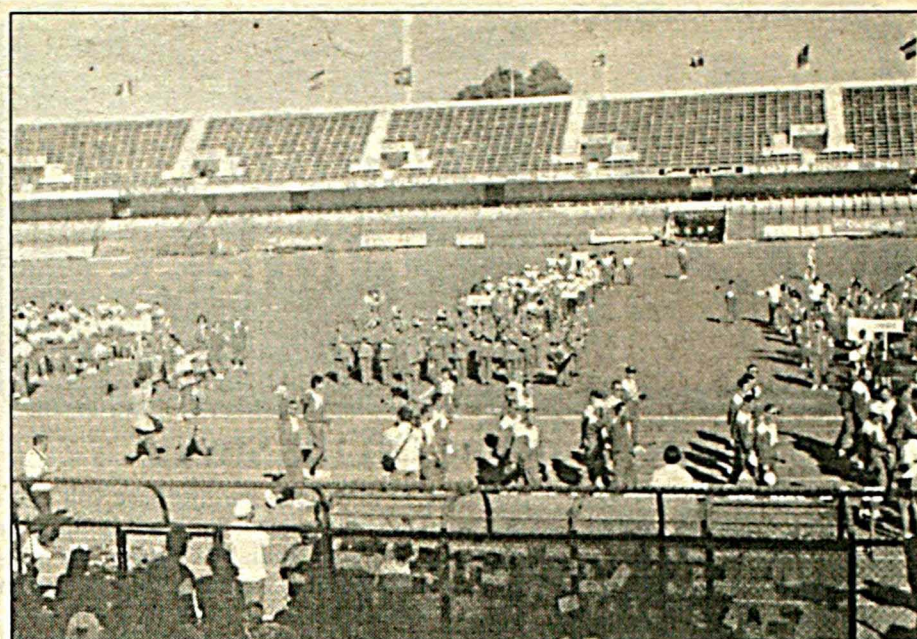
Schedule for address), from any of the masters travel agents hosting low-cost tours (see ads in this section), or from Ken Weinbel, USA Masters T&F Chairman (address on page 3).

"I would like to extend a personal invitation to you to come and see for yourself the splendor of South Africa," Mandela said. "I know my people will be delighted to welcome you and I think you will be enchanted by their warmth and hospitality." □

— Al Sheahan



Visitors to Durban, South Africa in July will see signs in English, Afrikaans, and Zulu.



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

South American Championships Draw 1650

by JORGE ALZAMORA

The WAVA South American Regional Track and Field Championships drew 1650 athletes from nine countries to Concepcion, Chile on Nov. 20-23.

The largest number of competitors (550) came from Chile. Next came Brazil (320), Argentina (270), Uruguay (100), Peru (94), Colombia (90), Bolivia (35), Venezuela (23), and Paraguay (20). In addition, 12 athletes from Puerto Rico competed as guests.

Twenty-nine men's and 46 women's South American five-year age-group records were established.

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

Cesare Beccalli, 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. □

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Health and Fitness

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. Specialty 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.

"The knee is like a mechanical device," says Dr. David Lintner, an orthopedic surgeon at the Baylor College of Medicine. "It can stand only so much wear and tear without proper maintenance."

Lintner recommends weight-training exercises that develop strength in the quadriceps and hamstrings, the muscles leading down the legs and around the knees. He also suggests strengthening the gluteus muscles, which add support to the hips. Stretching these areas develops needed flexibility.

Eating After Running

Should you eat or drink immediately after you run? What foods will best help your muscles recover?

"Muscles absorb carbohydrates most effectively within the first 30



Laura Schay, second W50-54 (24:39), Islip, N.Y., heads down the roads of Bethpage in the Ho Ho Ho Holiday 5K, Bethpage, Long Island, Dec. 21.
Photo by Mike Polansky

minutes following exercise," says Brennan. "It is important to begin taking in fluids, including sports beverages that are high in carbohydrates, almost immediately after exercise."

While fluids help you rehydrate,

complex carbohydrates such as beans, pasta, and bread help speed muscle recovery. ☐

(Information provided by Baylor College of Medicine in Houston, Texas.)

Masters Age-Graded Tables

- Keep track of your progress over the years.
- Compare performances of older and younger individuals in the same or different events.
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- Score multi-events.
- See how much your performance should decline with age.



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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 age. 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. ☐



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Masters Scene

NATIONAL

• Several readers have commented on the recent death of **Eulace Peacock**, 82, of Yonkers, NY. Peacock, while a sophomore at Temple U., defeated **Jesse Owens** in 7 of their 10 meetings in 1935. Peacock never made the 1936 Olympic team because of a hamstring injury, while Owens became a four-time gold medalist in Berlin and famous for the snub by **Adolph Hitler**. From M75 sprinter **Tim Murphy**, Irving, TX, "Peacock was a great man. When 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)."

• **Loni LeBlanc**, 53, Sausalito, CA, was identified as **Jackie Kerby-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 catalogues are indicated as such and are described as having a polyvinyl plastic casing; they don't bounce much and will not harm floors, according to the catalogues. The entry form on page 5 of this issue says that only "soft shell shot and bag implements" will be used in Boston.

• **Joe Henderson**, featured columnist for *Runners World*, editor of the monthly newsletter, *Running Commentary*, and the author of more than a dozen books on running, has another book on the market. *Marathon Training*, subtitled "The Proven 100-Day Program for Success," offers a 100-day blueprint to preparation for, participation in, and recovery from the 26.2 miler, and includes programs for three levels of runners: Cruisers, who just want to finish; Pacers, who want to improve their times; and 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., Eugene, OR 97405.

• Where can you find a good running trail in Nanjing, China? A scenic walk in Antananarivo, Madagascar? A flat and fast marathon in South America? If you're planning to travel internationally and don't want to leave your running shoes behind, head for your computer and check out *Run 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 garner a Moscow Marathon or Tahiti 10K shirt via the T-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 athletics. RTP's internet address: <http://www.dada.it/rtp>.

EAST

• **John Thoren**, 41, Alexandria, VA, in 36:30, and **Sandra Adams**, 47, Winchester, VA, in 44:08, dashed to masters firsts in the Jingle Bell 10K For Arthritis, Washington, DC, Dec. 8. Local runner **Mike Golash**, 53, broke the 40-minute barrier with a 39:40. In the adjunct 5K, **Greg**

Price, 40, Takoma Park, MD, took third in 18:19, and **Sue Pferchy**, 46, Gaithersburg, MD, was second female, with a 21:21.

• **Tony Cerminaro**, 60, Jermyn, PA, cruised to a top M40+ age-graded performance with an 88.8% 2:50:30, sixth overall in the Steamtown Marathon, Scranton, PA, Oct. 13. First masters were fourth-place **Charles Woldt**, 42, Binghamton, NY, 2:42:40, and **Kathy Mannkorf**, 40, Farmingdale, PA, 3:32:58. Overall men's winner in the area's first-ever marathon was **Father Paul Leonard**, 34, of Scranton's St. Patrick's Church.

• **Paul Mascali**, 44, Manhasset, NY, with a fourth-place 16:09, and **Kathy Martin**, 45, Northport, NY, with a third-female 18:37, pranced to masters firsts in the Ho Ho Ho Holiday 5K, Bethpage, L.I., NY, Dec. 21. Among the 1166 finishers were Santas, elves, Wise Men, Christmas trees, and reindeer, ranging in age from 14-year-olds to 83-year-old **Herman Simon**, Queens Village, NY, third in the M75+ race. Proceeds from the Plainview-Old Bethpage RRC-conducted race went to the ASPIRE Program for the rehabilitation of young amputees and the Bretton Bowl Fund for needy families in the area.

• Of the 28,182 finishers (20,749 men; 7433 women) in the NYC Marathon, 10,268 (7473m; 2795w) or 36% were in the age 30-39 age bracket. Masters runners, ages 40+, made up over 41% of the finishers: 9664 men and 2342 women. As for listed occupations, airline pilots-67 (60m; 7w) outnumbered librarians-47 (19m; 28w) and bartenders-61 (53m; 8w) but not waiters/waitresses-80 (46m; 34w). Politicians numbered 19 (16m; 3w). The largest group was the administrator/manager listing with 1571 (1174m; 397w).

• Coming in seventh overall in the men's race (out of 1262) **Mark Genter**, 41, sped to a 26:53 masters victory in the Turkey Classic 8K, Central Park, NYC, Nov. 14. **Kristine O'Shea**, (42, 32:47) took top honors for the masters women. Age-group standouts included **Samuel Skinner** (54, 28:43), **Wilfredo Rios** (80, 47:04), and **Toshiko d'Ella** (66, 39:45).

• Masters champions in the Hot Chocolate 10 Mile, Central Park, NYC, Dec. 7, were **Jaime Palacios** 41, 55:14 and **Karl Proffitt**, 40, who turned in a decisive 1:02:37. The age-group star of the day was **Anna Thornhill**, 56, whose 1:08:22 was an 86% A-G effort.

SOUTHEAST

• Without warning, **Lillian 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 found that Snaden had lost her ability to do things most people take for granted, such as lifting the right arm to waist 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 wife's results using first the shot and then other weight events 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 NCCWAVA 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:

Tom Thorne, 525 Oakridge Drive, Neosho, MO 64850. 417-451-2655 (am); 417-451-7417 (eve).

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 Aguirre**, 31:41, and **David Aguirre**, 31:45, placed 1-2 in the M60-64 race and third and fourth M40+.

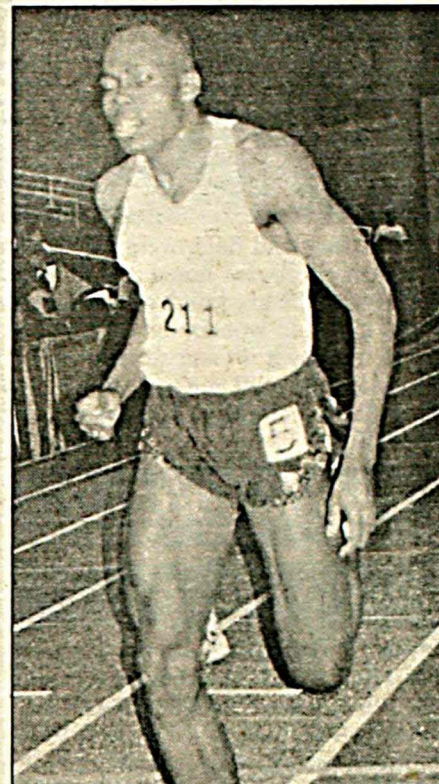
WEST

Stew Thomson, 63, Atascadero, CA, bettered his single-age, world-best of 28-9/16.77, on Nov. 16, 1996, for the 56# weight with a 30-4/9.25 on Dec. 14 at the Kelfield Throws Meet #55, Santa Cruz, CA. In November 1994, Thomson became the first M60+ to heave the 56# over 30 feet, with a 30-3/4 toss.

• New master **Steve Plasencia**, of Minnesota, set a pending U.S. masters 5K record with a 16th-place 14:25 in the USATF Open Men's Championship, Palm Desert, CA, Dec. 15. **Doug Bell** holds the current record of 14:36, set in the Twin Cities Marathon 5K in 1992. Two 1995 U.S. Olympians in the 5000, **Mary Slaney**, 38, of Oregon, and **Amy Rudolph**, 23, of Rhode Island, battled for the women's title in the invitational, non-championship 5K, with Slaney prevailing 15:24 to 15:26. Both times are U.S. single-age records, as is the 15:55 by **Lynn Jennings**, 36, of New Hampshire, who finished seventh.

• **Mark Belger**, 40, San Diego, CA, in 16:51, and **Marcella Teran**, 41, San Diego, in 18:49, were masters firsts in the Palm Desert 5K, Dec. 15. **Carlos Valle**, 61, San Bernardino, CA, won the M60-64 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 up 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 to outrun some 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



Tracey Fox, New York, M30-34 400 winner (50.82), 1996 USATF Masters Indoor Championships. The 1997 Championships are scheduled for March 21-23 at the Reggie Lewis Center in Boston, Mass. Photo by Suzy Hess

positive attitude and penchant for setting - and achieving - high goals have transformed Loyola-Marymount into a West Coast Conference cross-country power.

"I think what makes me a good coach is that I listen to the kids," Frankel said. "I don't know every answer, but they know that I am there for them. Because of my breast cancer, I was not able to have children. So, these are my kids. I've found my personal niche in life." Frankel has also found a niche in the world of elite masters running. This past summer, she won the 400m championship for the second year in a row, and finished second in the 1500. Her coach, **Pat Cady** of the Santa Monica TC thinks Frankel's ready for some big times. "I'm telling you, the talent is really there," said Cady. "In only a few years of training, she can run with anyone in the world. I'm not going to be satisfied until she sets a world age-group record, she's just amazing!"

Placing seventh overall, new master **Miguel Tibaduiza** (40, 2:23:20) was victorious in the men's masters division at the California International Marathon, Sacramento, CA, Dec. 8. The masters women's winner was **Brazilian Maria Gomes** (42, 2:59:08). Age-group superstar was **John Keston**, 72, who set a single age U.S. best of 3:05:00 (96% A-G), erasing **Warren Utes'** 3:09:10, 1992.

• Famed coach **Laszlo Tabori** is conducting training sessions for runners of all ages in the L.A. area. Mon. & Wed. at Culver City High School; Tue. & Thu. at Burroughs High School, Burbank. All workouts start at 5:30 p.m. For info, call 818-556-1562.

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 Millrose 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.



Joerg Herbrechtsmeier won the M35 800 (2:04.51), 1996 Silver State Indoor Meet, Reno, Nev. This year's meet is scheduled for Feb. 16.

Photo by Suzy Hess

Schedule

USA track and field events feature competition for men and women over age 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. International T&F meets 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 50098, Eugene OR 97405.

TRACK & FIELD

NATIONAL

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

March 21-23. USATF National Masters Indoor Championships, Boston. TRACS, Inc., 79 Manet Rd., Chestnut Hill, MA 02167. Fax: 617-964-8356. Entry form in December and January issues.

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. 630-953-2052; fax: 630-953-2053.

May 21-28. U.S. National Senior Sports Classic VI, Tucson, Ariz. TLOC 4 East Congress, 2nd floor, Bank One Annex Bldg., Tucson, AZ 85701. 520-791-5555.

August 7-10. 30th annual USATF National Masters Championships, San Jose, Calif. San Jose Sports Authority, 99 Almaden Blvd., Suite 975, San Jose, CA 95113. Steve Hess, meet director. 408-288-2935.

August 16. USATF National Masters Weight & Superweight Championships, Seattle, Wash. George Mathews, 5701 6th Ave. South, Seattle, WA 98108. 206-764-7000(w).

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

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

EAST

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

February 9. DCRRC Indoor Meet Series, Jefferson Community Center, Arlington, Va. 8 am-12 noon. Top 4 M&W40+ milers will be invited to run in masters mile at Grand Prix, George Mason U., Feb. 23.

February 9. New Jersey Submasters & Masters Indoor Championships, Fairleigh Dickinson U., Hackensack. SASE to Jim Manno, 792 Schaefer Ave., Oradell, NJ 07649. 201-261-7756.

February 28. MAC Indoor Masters Championships, 168th St. Armory, Manhattan. SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 718-358-

6233 (7-9:30 pm EST).

March 9. USATF East Regional Masters Indoor Championships, 168th St. Armory, NYC. Haig Bohigian, 225 Hunter Ave., North Tarrytown, NY 10591. 914-631-1547; fax: same.

April 25-26. Penn Relays, Philadelphia. 25th: 4x100m (M40+; M50+ & W40+ run in same race), 100m (W40+, M40+, M50+, M60+), 4x400 (M50+ & W40+ run in same race). 26th: 4x400 (M40+), 100 (M75+). April 1 deadline. Karl Castor, 44 N. Penn St., Hatboro, PA 19040; 215-441-8584, or Peter Taylor, 4014 Hallman St., #3, Fairfax, VA 22030; 703-385-4392.

June 13-15. Massachusetts Senior Games, Springfield College. Springfield College, 263 Alden St., Springfield, MA 01109-3797. 413-788-2457.

July 12. USATF East Regional Masters Championships, U. of Maine, Orono. Site of 1998 Championships. Rolland Ranson, 5747 Memorial Gym, U. of Maine, Orono, ME 04469. 207-581-1058.

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(h); 365-7204(o).

April 5. Naples On The Gulf Meet, Naples HS, Fla. Field events: 4:30 pm; track 6:00 pm. Rudy Vlaardingerbroek, 10311 Windsor Way, Naples, FL 34109. 941-597-6870.

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

June 7. Birmingham TC Classic. Gordon Seifert, 1514 Ridge Rd., Birmingham, AL 35209. 205-879-8031. GSEIF@aol.com. Entry form in April NMN.

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 Chatham Way, Mayfield Heights, OH 44124. 216-446-0559(h); 216-531-3000, x3366 (w).

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

February 16. USATF Michigan Open & Masters Indoor Championships, Grand

Valley St. U. Bill Friberg, Grand Valley St. U., Office 97 Fieldhouse, Allendale, MI 49401. 616-895-3360.

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

March 1. USATF Midwest Regional Masters Indoor Championships, Macomb County Community College, Warren, Mich. Ed Stanton, 14500 E. 12 Mile Rd., Warren, MI 48093. 810-445-7476; fax: 801-445-7491.

March 8. USATF Illinois Championships, Lewis U., Romeoville. USATF Illinois, 630-953-2052.

April 5-6. Masters Indoor Invitational Meet, Proviso West HS, Hillside/Chicago. SASE to USATF Illinois, PO Box 7019, Villa Park, IL 60181-7019. 630-953-2052; fax: 953-2053.

June 7. Athlete's Foot Meet, Augustana College, 639 38th St., Rock Island, Ill. Pete Stopoulos, PO Box 465, East Moline, IL 61244. 309-792-1015.

MID-AMERICA

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

February 2. The 21st Century AGELESS GAMES. See the Master Board. SASE to Rachel Lyga, 122 NE 63 1/2 Way, Mpls, MN 55432. 612-574-9661.

February 22. USATF Minnesota Indoor Championships, Bethel College, Arden Hills. USATF MN, 5429 Wooddale Ave., Edina, MN 55424. Deadline Feb. 18. Open 19-39; masters 40+, 5-yr. age groups.

February 23. USATF Colorado Indoor Championships. US Air Force Academy. Jerry Donley, 719-835-1264; 471-1650; fax: 471-1663.

May 15. Denver TC Meet, All-City Stadium. 6 pm. DTC, POB 9723, Denver, CO 80209.

May 16-17. Western Slope Senior Games, Montrose, Colo. 50+. Out-of-state welcome. Evelyn Lawson, PO Box 730, Montrose, CO 81402. 970-240-1058 or 800-873-0244.

June 19. Denver TC Meet, All-City Stadium. 6 pm. DTC, POB 9723, Denver, CO 80209.

August 5-10. Rocky Mountain Senior Games, Greeley, Colo. Cole Kathman, 970-350-9433.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

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

April 6. Greater New Orleans Regional Senior Games, New Orleans. 50+. Jack Dunn, 4029 Metairie Ct., Metairie, LA 70002. 504-833-6870.

WEST

Arizona, California, Hawaii, Nevada

February 1 & 8. Long Beach St. U. Winter All-Comers. 10 am. Track Office: 310-985-1700.

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

February 8-9. California Senior Olympics, Palm Springs, Calif. 50+. Ben Green, 619-323-5689.

February 8. KELfield Throws Meet #57,

ON TAP FOR FEBRUARY

TRACK AND FIELD

Action opens early with the Sooner State 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 Hackensack, 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 activity under the roofs in 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 in 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 climate races include the Carolina Marathon, Columbia, S.C., on the 8th; Aloha 8.25 Mile, Honolulu, the 17th; and Blue Angel Marathon, Pensacola, Fla., 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, Milford, Conn., or take a chance on the 3000m in the Reno Silver State Indoor Classic.

Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202. Contact Kelmenson before attending meet.

February 15. Orange Spring Games, Rancho Santiago College, Santa Ana, Calif. 25+. Al Siddons, 714-564-6936.

February 15-17. Paradise Pentathlon, Honolulu. Weight Pentathlon. Hawaii Masters Track Club, PO Box 15763, Honolulu, HI 96830-5763. Ed Costello,

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808-988-2379.

February 16. Silver State Indoor Masters Classic, Reno. Events added this year: pole vault, super weight, hurdles, race-walk. See entry form with schedule (Jan. NMN). Silver State Striders, PO Box 21171, Reno, NV 89515. 702-329-2814.

April 19. Orange Spring Games, Rancho Santiago College, Santa Ana, Calif. 25+. Al Siddons, 714-564-6936.

May 3. Visalia Classic Masters Meet, Visalia, Calif. Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 209-732-8030.

May 3. USATF Arizona Masters Invitational, McClintock HS, Tempe. Evening meet, starting at 5 pm. Bob Flint, 8436 E. Hubbell, Scottsdale, AZ 85257; 602-949-1991. Clifton McKenzie, meet director, 602-777-8503.

May 4. Crown Valley Senior Games & Racewalk, Occidental College, Los Angeles. 50+. Cynthia Vaughan, Crown Valley Senior Games, 85 E. Holly St., Pasadena, CA 91103. 818-397-4064; 397-4062. Christel Miller, t&f director; Jim Hanley, rw director.

May 10. Southern California Striders Meet of Champions, CSU-Long Beach. Hugh Cobb, 3180 Camino Arroyo, Carlsbad, CA 92009. 619-436-7696.

May 25. Dan Aldrich Memorial Meet, UC Irvine, Irvine, Calif. Mac McCormick, 714-586-9942.

June 8. USATF Southern Calif. Association Championships, Occidental College, Los Angeles. Christel Miller, 818-843-2139 (until 9 pm), only local calls will be returned. SASE to 1740 Grandview Ave., Glendale, CA 91201. Entry form in May NMN.

June 14. 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. 408-395-9486.

June 28. USATF Pacific Association Championships/Age-Graded Meet, Soquel, Calif. Open & masters compete together; places determined by age-graded scoring tables; men & women separate. Santa Cruz TC, Bill Johnson, 408-335-0460.

June 29. Trojan Masters Meet, USC, Los Angeles. Russ Reabold, 818-917-6289.

July 12. USATF West Regional Masters Championships, San Jose City College, Calif. Site of 1997 National Championships. Monica Townsend, 138 Johnson, Los Gatos, CA 95032. 408-395-9486.

October 4. Club West Meet, Santa Barbara City College, Santa Barbara, Calif. Beverley Lewis, 805-969-5851.

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

November 15. Long Beach Senior Games, Long Beach City College, Long Beach, Calif. 50+. Karla Yuki, 310-570-1776.

NORTHWEST

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

February 1-2. Eugene Indoor Meet, Lane County Fairgrounds, Eugene, Ore. Masters on Feb. 2nd, starting at 9 am. Glenn Fortune, 541-782-3771; Erin Regali, 541-687-8453.

February 15. Oregon Indoor, Portland. Jim Puckett, 503-654-5469.

May 24. Silverton Senior Games, Silverton, Ore. Amy Castle, PO Box 783, Silverton, OR 97381. 503-873-8577.

June 7. Seattle Parks Meet, Seattle, Wash. TBA.

June 14-15. Portland Masters Classic, Mt. Hood CC. Paul Stepan, 503-666-8950.

June 19-22. Wyoming Senior Olympics, Riverton, Wyo. Wyoming Senior Citizens, Inc., PO Box BD, Riverton, WY 82501. 1-800-856-4398.

June 28-29. Hayward Classic. Hayward field, Eugene, Ore. Ruth BreMiller, 590 West 29th Ave., Eugene, OR 97405. 541-687-9675(h); 346-4923(w); e-mail: brem@uoneuro.uoregon.edu.

July 12-13. Oregon State Games, Portland, Mt. Hood CC. 503-520-1319.

July 26-27 (tent.) USATF Northwest Regional Masters Championships, Spokane, Wash. Laurie Ticknor, 509-536-6060.

CANADA

March 8. 28th annual Ontario Masters Indoor Championships, York U., Toronto. 35+. Brian Keaveney, 427 Valermo Dr., Etobicoke, Ont. M8W 2L9. 416-252-7047.

INTERNATIONAL

February 22. British Masters Indoor Championships, Glasgow, Scotland. Henry Morrison, 40 Arden St., Edinburgh, Scotland EH9 1BH.

February 28-March 2. 1st WAVA European Indoor Championships, Birmingham, England. Foreigners welcome. EVIC Entry Secretary, 48 Ford Close, Harrow, Middlesex, HAI 4AZ, England. Fax: 181-248-2271.

June 28-29. British Masters Championships, Blackpool, England.

July 10-25. 15th Maccabiah Games, Tel Aviv, Israel. US Maccabiah Committee, 1926 Arch Street, Philadelphia, PA 19103. 215-561-6900.

July 17-27. XII WAVA World Veterans Athletics Championships, Durban, So. Africa. P.O. Box 1044, Durban 4000, South Africa. Fax: 27-31-304-6196.

August 10-22, 1998. 4th International Masters Games (multi-sports), Portland, Ore.

LONG DISTANCE RUNNING

NATIONAL

February 9. USATF National Masters Half-Marathon Championships, Las Vegas, Nev. Indy Life Circuit Race. Al Boka, race director, PO Box 81262, Las Vegas, NV 89180. Phone/fax: 702-876-3870.

February 22. USATF National Masters 12K Championships, Tomball, Texas. Mick Midkiff, 4808 Palmetto St., Bellaire, TX 77401. 713-667-2902.

March 8. Gate River Run 15K, Jacksonville, Fla. Indy Life Circuit Race. Doug Alfred, 3853 Baymeadows Rd., Jacksonville, FL 32217. Hotline 904-739-1917; fax 904-731-3187.

March 22. Azalea Trail 10K, Mobile, Ala. Indy Life Circuit Race. Richard Dorman, PO Box 2846, Mobile, AL 36652. 344-432-3444.

March 23. USATF National Masters 8K Championships, Chicago, Ill. David Patt,

59 E. Van Buren #1716, Chicago, IL 60605. 312-666-9836.

April 12. USATF National Masters 10K Championships, Plainview, N.Y. Michael Polansky, 62 Sylvia Lane, Plainview, NY 11803. 516-433-0919.

April 12. USATF National Masters 100K Championships, Pittsburgh, Pa. Chris Gibson, 1475 Laurel Dr., Pittsburgh, PA 15235. 412-824-4508.

April 13. USATF National Masters 5K Championships, Carlsbad, Calif. Tim Murphy, 10509 Vista Sorrento Pkwy, #102, San Diego, CA 92121. 619-450-6510.

May 2 (Fri.) Indianapolis Life 500 Festival Half-Marathon, Indianapolis. Indy Life Circuit Race. 3X points. Don Carr, 4314 Matrea More Court, Indianapolis, IN 46254. 317-328-1632.

May 31. Freihofer's Women's 5K Run, Albany, N.Y. Indy Life Circuit Race. USATF Adirondack Association, 233 4th St., Troy, NY 12180. 518-273-5552.

June 5-8. RRCA 40th Convention, Colorado Springs. RRCA, 1150 S. Washington St., Suite 250, Alexandria, VA 22314.

July 12. Bastille Day Celebration 8K, Newport Beach, Calif. Indy Life Circuit Race. Food Distribution Center, 426 "A" W. Almond, Orange, CA 92866. 714-771-1343.

July 20. Chicago Distance Festival 5K, Chicago, Ill. Indy Life Circuit Race (counts for men only). Carey Pinkowski, 54 W. Hubbard #600, Chicago, IL 60610. 312-527-2200.

September 1. USATF National Masters 8K Cross-Country Championships, Pasco, Wash. Jim Peterson, 520 Franklin, Richland, WA 99352. 509-376-6731.

October 5. USATF National Masters Marathon Championships, Minneapolis/St. Paul, Minn. Indy Life Circuit Race. 1 1/2X points. Scott Schneider, 708 N. First St., #CR-33, Minneapolis, MN 55401. 612-673-0778.

October 25. USATF National Masters 15K Championships, Tulsa, Okla. Indy Life Circuit Race. Jack Wing, 4038 E. 48th St., Tulsa, OK 74135. 918-742-5418.

EAST

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

February 23. Hudson-Mohawk Marathon, Albany, N.Y. Debbie Beach, 112 Jay St., Scotia, NY 12302. 518-372-1352.

March 16. New Bedford Half-marathon, New Bedford, Mass. Ed Talbot & Jim Ryan, PO Box 79546, North Dartmouth, MA 02747. 508-998-5068.

March 16. Tappan Zee Sports Run 10K, Orangeburg, N.Y. Coordinator, Shelly Morgan, 49 Gregg Ct., Tappan, NY 10983. 914-359-5425.

April 5. Trevera Twosome 10 Mile, NYC. NYRRC, 9 E. 89th St., New York, NY 10128. 212-860-4455.

April 12. Nationwide Insurance 10K Run for ASPIRE, Matlin Middle School, Plainview, L.I. 9 am. Mike Polansky, 516-433-0919.

April 13. Cherry Blossom 10 Mile, Washington, D.C. SASE to Cherry Blossom, PO Box 884, Middletown, MD 21769. 301-340-6699.

April 21. Boston Marathon. Boston Athletic Association, Marathon Applications, PO Box 1997-A, Hopkinton, MA 01748. 15,000 limit; entries accepted until Feb. 1.

April 26. Hudson-Mohawk RRC Masters



Connie Comiso-Fanelli, 40, finished the Diamond Head Duet 5K, Honolulu, Dec. 5, with a second-place masters woman 20:42. On Dec. 8, she ran the Honolulu Marathon in 3:16:07.

Photo by Mike Tymn

10K, Guilderland HS, Albany, Ed Neiles, 456-2855.2.

May 4. Pittsburgh Marathon. U.S. Open Men's Championships. Susan Manko or Frank Raczkiwicz, 412-647-3555; Fax: 412-624-3184.

May 4. Long Island Marathon, East Meadow, N.Y. SASE to LI Marathon, Sports Unit, Eisenhower Park, E. Meadow, NY 11554. 516-0248.

May 4. Broad Street 10 Mile, Philadelphia. Bob Cameron, Dept. of Recr., 16th & Arch, 5th Flr., Philadelphia, PA 19103. 215-563-6184.

SOUTHEAST

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

February 1. Flatlander's Challenge 10K, Brooksville, Fla. Red Mule RC, PO Box 1724, Brooksville, FL 34605. Judy Hensley, 352-796-1047(h), or Ernie, 352-796-2132.

February 8. Carolina Marathon & 10K, Columbia, S.C. U.S. Women's Championships. Marathon, PO Box 5092, Columbia, SC 29250.

February 15. Viking Classic 10K/USATF Georgia Open Championships, Rome. Jim Dugger, 490-575 Berry College, Mt. Berry, GA 30149-0575.

February 22. Blue Angel Marathon, Pensacola, Fla. BAB, MWR, Code 22000, 190 Radford Blvd., NAS Pensacola, FL 32508-5217. 904-452-4391.

February 23. Colonial Half-Marathon & 5K, Williamsburg, Va. Bonita Flesher, PO Box 399, Williamsburg, VA 23185. 757-221-3362. Rick Platt, 757-229-7375.

March 15. Shamrock Sportsfest Marathon, 8K and Masters 8K, Virginia Beach, Va. SASE to Shamrock, 2308 Maple St., Virginia Beach, VA 23451. 757-481-5090; fax: 481-2942.

March 15. Music City Marathon, Nashville. MCM, 3161-B Parthenon Ave., Nashville, TN 37203. 615-298-3435.

April 5. Cooper River Bridge 10K, Charleston, S.C. CRB 10K, MUSC

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Wellness Center, 45 Courtney Dr., Charleston, SC 29401. 803-792-2533.

July 4. Peachtree 10K, Atlanta. SASE (after March 1) to Atlanta TC, Peachtree, 3097 E. Shadowlawn Ave., Atlanta, GA 30305. 404-231-9064.

MIDWEST

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

April 26. Kentucky Derby Festival Half-Marathon, Louisville. 1-800-928-FEST.

May 4. Revco-Cleveland Marathon & 10K. 1-800-GO-REVCO.

May 10. Race For The Cure 5K, Peoria, Ill. RFTC, Box 9695, Peoria, IL 61612. 309-691-6906.

MID-AMERICA

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

April 19. Longest Day Marathon & Relays, 5K, 10K, Half-Marathon, 5K RW, Brookings, South Dakota. Dr. Charles Roberts, 1345 First St., Brookings, SD 57006. 605-692-2334 or 697-5252.

May 25. Med-City Relays & Marathon, Rochester, Minn. SASE to Relays & Marathon, 1417 14th Ave. NE, Rochester, MN 55906. 507-282-1411.

May 26. Bolder Boulder 10K, Boulder, Colo. Bill Reef, PO Box 9125, Boulder, CO 80301. 303-444-RACE.

June 8. KRDO Garden Of The Gods 10 Miler/RRCA National Championships, Colorado Springs. Fred Mais, 809 N. Cascade Ave., Suite F, Colorado Springs, CO 80903. 719-473-2625.

June 21. Grandma's Marathon, Duluth, Minn. Grandma's Marathon, PO Box 16234, Duluth, MN 55816. 218-727-0947.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

February 8. Conoco Rodeo 10K, Houston. Rodeo Run, PO Box 4584,

Houston, TX 77210. 713-293-2447.

February 16. Austin Marathon. SASE to Marathon, PO Box 684587, Austin, TX 78768. Lyle Clugg, race director, 212-505-8304.

February 22. Cowtown Marathon & 10K, Fort Worth, Texas. Cowtown Runs, PO Box 9066, Fort Worth, TX 76147. 817-735-2033.

February 22. Camellia City Classic 10K, Slidell, La. New Orleans TC, PO Box 52003, New Orleans, LA 70152-2003. 504-482-6682 or 468-1488.

March 1. Alamo Independence Day 5K Run/Walk, Alamo, Texas. 7:30 am. A.C. Jaime, 210-686-2337.

March 16. Express-News 10K, San Antonio, Texas. \$1400 masters. E-N 10K, PO Box 500324, San Antonio, TX 78280. 210-543-0444.

March 22. West End 5 Mile, Dallas. Tom Short, 6333 E. Mockingbird, #147-112, Dallas, TX 75214. 214-821-0909.

March 29. Crescent City Classic 10K, New Orleans. Mac DeVaughn, 8200 Hampson St., #217, New Orleans, LA 70118. 504-861-8686.

April 6. Austin American Statesman-Capitol 10K. Capitol 10K, PO Box 2936, Austin, TX 78768. 512-445-3596.

April 26. Whirlwind 5K/Racewalk, Tishomingo, Okla. Masters money (age-graded). Jim Kennedy, 1500 E. Main, Tishomingo, OK 73460. 405-371-2371; fax 405-371-9844.

April 26. MSC Masters Mile, Tishomingo, Okla. Masters money (age-graded), 40+. See above.

WEST

Arizona, California, Hawaii, Nevada

February 8. Great American Adventure Cross-Country, Huntington Beach. Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

February 9. Las Vegas International Marathon & Half-Marathon & 5K. PO Box 81262, Las Vegas, NV 89180. 702-

876-3870.

February 17. Great Aloha 8.25 Miles, Honolulu. Aloha Run, 1130 N. Nimitz Hwy., Bldg. A, Ste. 121A, Honolulu, HI 96817. 808-528-7388.

February 23. Spirit Run '97 10K & 5K, Newport Beach, Calif. Hotline: 714-224-9899; Kinane Events: 619-434-7706.

March 1. Trail's End Marathon, Seaside, Ore. Gordon Lovie, Oregon RRC, PO Box 549, Beaverton, OR 97075. 503-646-7867.

March 2. City of Los Angeles Marathon & 5K. LA Marathon, 11110 W. Ohio Ave., Ste. 100, Los Angeles, CA 90025. 310-444-5544; fax: 473-8105.

March 2. Sutter Home Napa Valley Marathon, PO Box 4307, Napa, CA 94558-0430. 707-255-2609.

March 9. Mercury News 10K, San Jose. Mercury News 10K, 750 Ridder Park Dr., San Jose, CA 95190. 408-920-5755.

March 15. Big Basin Redwoods Marathon. Enviro-Sports, PO Box 1040, Stinson Beach, CA 94970. 415-868-1829.

March 16. St. Patrick's Day 10K, Torrance, Calif. Elite Racing, 19671 Beach Blvd., Suite 204, Huntington Beach, CA 92648. 714-374-3200.

March 22. Azalea Festival 5K, 10K run, 5K walk. South Gate, Calif. SASE to The Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

April 6. Fifty-Plus Fitness Association 8K Run & 5K Racewalk, Sanford U., Calif. 50+. 50+ Fitness, PO Box D, Stanford, CA 94309. 415-323-6160; fax 323-6119.

April 13. Laura Stegman Memorial Women's 5K Run/Walk, Lompoc, Calif. Women only. SASE to: Bill Graham, 1309 East Palmetto St., Lompoc, CA 93436. 805-736-4696.

April 20. Jimmy Stewart Relay Marathon, Griffith Park, Los Angeles. Relay, 1328 22nd St., Santa Monica, CA 90404. 310-829-8968.

May 4. Avenue of the Giants Marathon & 10K, Northwestern, CA. SASE: NMN, 281 Hidden Valley Rd., Bayside, CA 95524.

May 11. Great Trans Koolau Trek 10 Mile, Hawaii. Meet officials expect 100,000. \$3 non-refundable fee for commemorative race entry booklet to Race Headquarters, 50 S. Beretania St., Suite C-211A, Honolulu, HI 96813. 808-521-4351.

May 18. Examiner Bay To Breakers 12K, San Francisco. SASE to BTB, PO Box 429200, San Francisco, CA 94142. 415-808-5000, x2222.

NORTHWEST

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

February 2. Sweethearts 5K, Marcola, Ore. 1 pm. Random drawing prizes. Jim or Bev, 541-933-2732; Gene Solomon, Run Pro in Eugene, 541-343-1842.

March 15. "Dutch" Triebwasser Memorial 10K & 5K, Mt. Hood Community College, Gresham, Ore. Portland Masters TC or MHCC, 26000 SE Stark, Gresham, OR 97030. Paul Stepan, 503-666-8950.

March 23. Toledo Dietetic Association National Nutrition Month 4-Mile Run, Oregon, OH. Contact: Barb Kuzma-O'Reilly, 3635 Swallow Tail Lane, Sylvania OH. 419-843-2724.

April 12. Pear Blossom Run 10 Mile & 5K, Medford, Ore. Jerry or Zellah

Swartsley, PO Box 146, Medford, OR 97501. 541-535-1205.

May 4. Lilac Bloomsday 12K. SASE April 15 to Bloomsday, PO Box 1511, Spokane, WA 99210-1511. 509-838-1579.

July 26-August 1. Eugene Running Camp, Eugene, Ore. Coaches & speakers Bill Dellinger, Tom Heinonen, Mike Manley, & Joe Henderson. Limited to 40 adults, all levels. 800-622-8444.

August 22-24. Hood To Coast Relay, Mt. Hood to Seaside, Ore. 195 miles. Also shorter Portland To Coast Run Relay & Walk Relay. New categories: 50+ men's, women's and mixed teams. SASE to HTC Relay, 5319 SW Westgate Dr., Suite 262, Portland, OR 97221. 503-292-4626; fax 292-4113.

INTERNATIONAL

July 4-13. Road race series near Galway, Dublin and Cork, Ireland. Roadrunner Tours, PO Box 1034, Michigan City, IN 46360-1034. 219-879-0133. Internet: <http://www.halhigdon.com>.

July 17-27. XII WAVA World Veterans Athletics Championships, Durban, South Africa. P.O. Box 1044, Durban 4000, South Africa. Fax: 27-31-304-6196.

RACEWALKING

February 16. Indoor Mall 3K Championships, Connecticut Post Mall, Milford. Gus Davis, Conn. Racewalkers, 789 Donna Dr., Orange, CT 06477. 203-384-3157; fax: same.

February 16. Silver State Indoor Masters Classic, Reno, Nev. See T&F Feb. 16.

March 21. USATF National Masters Indoor Championships 3000m Racewalk. See National T&F.

May 18 (tent.) USATF National Masters 15K Racewalk Championships, Elk Grove, Ill. Diane Graham-Henry, 442 W. Balden, Chicago, IL 60614.

June 22. USATF National Masters Women 20K & Masters Men 25K Racewalk Championships, Albany, N.Y. Elaine Humphrey, 7048 Suzanne Ln., Schenectady, NY 12303.

July 12. USATF National Masters Men 10K Racewalk Championships, Niagara Falls. Dave Lawrence, 94 Harding Ave., Kenmore, NY 14217.

July 17-27. XII WAVA Championships, Durban, South Africa. W10K roadwalk; M20K roadwalk; 5000m track. See T&F International Schedule.

August 7-10. USATF National Masters T&F Championships, San Jose, Calif. W10K roadwalk; M20K roadwalk; 5000m track. See T&F National schedule.

September 13. USATF National Masters 5K Racewalk Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660.

September 14. USATF National Masters 40K Racewalk Championships, Long Branch, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764.

October 12. USATF National Masters 1-Hour Racewalk Championships, Cambridge, Mass. Justin Kuo, USATF New England, PO Box 1905, Brookline, MA 02146-1905.

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 Banks 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 marathoners.

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<http://www.halhigdon.com>

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

M30-34			
Steven Horton	400	48.59	8-10-96
M35-39			
Ray Blackwell	800	2:04.0	5-19-96
	400	49.21	8-16-96
	400H	57.34	8-17-96
Tom Silva	Javelin	213-11	8-18-96

M40-44			
Mark Courtney	5K	16:05	7-10-96
Peter Lewandowski	1500	4:11.0	6-8-96
Neil Steinberg	100	11.63	6-23-96
	200	23.40	6-29-96
Tim Edwards	Hammer	44.06	9-14-96
	Discus	41.94	8-04-96
	35# Weight	14.14	8-22-96
	56# Weight	8.67	8-31-96

M45-49			
Jimmie Jones	100	11.9	9-14-96
William Sikorsky	100H	18.73	8-11-96

M50-54			
Terry Shuman	Shot Put	12.86	5-19-96
	Discus	45.90	5-19-96
	Hammer	41.78	5-19-96
	35# Weight	12.91	5-19-96
Dave Walter	100	12.13	5-25-96
	200	25.4	6-08-96
	400	55.39	6-15-96

M55-59			
Philip Byrne	Pentathlon	3985	8-15-96
	Javelin	129-5	6-16-96
	Long Jump	4.95	6-29-96
Michael Davidson	High Jump	4-11	10-26-96
	400	68.6	10-26-96
James Hart	Shot Put	41-5	2-18-96
	Discus	40.34	5-25-96
	Hammer	36.36	8-03-96
	35# Weight	10.17	3-16-96
Al Salmon	Shot Put	39-1/4	6-13-96

M60-64			
Alan Brevik	100	13.12	10-12-96
	200	27.23	10-12-96
	400	62.86	10-12-96

Chuck Coutts	Javelin	41.39	4-23-95
James Hart	Shot Put	43-9/4	9-08-96
	Discus	44.24	10-05-96
	Hammer	38.52	9-08-96
	25# Weight	6.38	8-31-96
Glendale Markwell	Triple Jump	9.42	6-29-96
	200	28.47	9-21-96
	High Jump	4-7/2	10-26-96
	Long Jump	4.56	10-26-96
Thom Phillips	Decathlon	5680	10-27-96
	200	28.00	8-03-96
	Triple Jump	29-9	6-28-96
	Long Jump	15-4	6-28-96
James Young	Discus	138-5/4	6-13-96
M65-69			
Charles Deuser	1.5K RW	8:23	5-23-95
	5K RW	29:50	6-29-96
	10K RW	62:32	5-12-96
	20K RW	2:06:35	2-11-96
William Patrick	Shot Put	11.17	4-14-96
	56# Weight	4.31	3-31-96
	Discus	37.14	4-14-96

Jack Starr	30K RW	3:18:37	6-29-96
	15K RW	1:32:55	9-22-96
M70-74			
Tim Murphy	100	13.85	9-15-96
	200	29.89	9-15-96
M80-84			
John Gray	5K	31:10	12-21-96
W30-34			
Denise Watson	800	2:32.21	8-11-96
	1500	5:11.63	8-11-96
W45-49			
Esther Buchser	5K	21:32	6-02-96
W50-54			
Nina Bryant	100	15.47	6-29-96
W55-59			
Janet Higbie	5K RW	30:24.4	10-19-96
W75-79			
Melanie Reske	16# Weight	5.12	6-30-96
	Discus	14.32	8-18-96
	Hammer	14.84	8-24-96
	Shot Put	6.01	8-24-96

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:00	32:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:15	68:30
110H	15.3	16.4	17.75	18.75								
100H					18.0	19.0	20.0	21.3				
80H									18.0	21.0	25.0	30.0
400H	57.6	59.7	62.0	64.4	67.2	70.6						
300H					48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC	10:00	10:20	10:55	11:40	12:30	13:20						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.13	1.02	.92
	6-4/4	6-4/4	5-9/4	5-6	5-2/4	4-11	4-7/4	4-4	4-1/4	3-8	3-4	3-1
PV	4.40	4.15	3.90	3.60	3.30	3.05	2.80	2.55	2.30	2.05	1.80	1.50
	14-5/4	13-7/4	12-9/4	11-9/4	10-10	10-0	9-2/4	8-4/4	7-6/4	6-8/4	5-11	4-11
LJ	6.55	6.20	5.85	5.45	5.10	4.75	4.40	4.00	3.65	3.35	3.00	2.65
	21-6	20-4/4	19-2/4	17-10/4	16-9	15-7	14-5/4	13-1/4	11-11/4	11-0	9-10	8-8/4
TJ	13.35	12.65	11.90	11.15	10.40	9.65	8.90	8.20	7.50	6.80	6.10	5.50
	43-9/4	41-6	39-1/4	36-7	34-1/4	31-8	29-2/4	26-11	24-7/4	22-4	20-1/4	18-1/4
Shot	15.20	14.10	13.00	12.00	12.40	11.20	12.00	10.80	10.00	8.80	7.65	6.50
	49-10/4	46-3/4	42-8	39-4/4	40-8/4	36-9	39-4/4	35-5/4	33-0	28-10/4	25-1/4	21-4
Discus	44.80	42.60	40.80	38.00	40.00	36.40	40.00	36.80	31.60	26.40	21.40	16.20
	147-0	139-9	133-2	124-8	131-3	119-5	131-3	120-9	103-8	86-7	70-2/4	53-2
Hammer	47.24	44.20	41.14	38.10	38.40	36.00	36.00	33.00	29.00	25.00	22.50	18.00
	155-0	145-0	125-0	125-0	118-1	118-1	108-3	95-2	82-0	73-10	60-0	60-0
Jav	62.00	57.00	52.00	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
	203-5	187-0	170-7	157-6	141-1	126-4	131-3	114-10	95-2	78-9	62-4	49-2
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.00
25#Wt.							11.00	10.00	9.00	8.00	7.00	6.00
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
Pen	2800	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600
Dec	5500	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250

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

U.S. MASTERS ALL AMERICAN STANDARDS OF EXCELLENCE FOR RACEWALKERS

	WOMEN											
	1.5K	Mile	3K	5K	8K	10K	15K	20K	25K	30K	40K	50K
W30	7:13	7:47	14:50	25:38	42:04	52:43	1:21:56	1:52:06	2:24:43	2:59:15	4:08:45	5:37:30
W35	7:22	8:03	15:18	26:27	43:11	53:56	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:23
W40	7:37	8:21	15:53	27:26	44:47	55:56	1:26:37	1:58:06	2:32:33	3:08:56	4:22:13	5:55:48
W45	8:03	8:41	16:32	28:33	46:35	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:25
W50	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:09
W55	8:55	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	3:36:33	5:01:03	6:49:24
W60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:43
W65	9:48	10:35	20:06	34:43	56:33	1:10:37	1:49:50	2:30:12	3:14:51	4:02:20	5:37:25	7:39:46
W70	10:26	11:15	21:22	36:54	1:00:02	1:15:01	1:56:49	2:39:54	3:27:38	4:18:30	6:00:18	8:11:30
W75	11:10	12:01	22:51	39:28	1:04:10	1:20:14	2:05:05	2:51:18	3:42:50	4:37:46	6:27:35	8:49:28
W80	12:03	12:58	24:41	42:37	1:09:13	1:26:38	2:15:15	3:05:24	4:01:36	5:01:39	7:01:26	9:47:35
W85	13:13	14:15	27:05	46:45	1:15:50	1:35:01	2:28:37	3:24:00	4:26:20	5:33:10	7:46:16	10:39:15
W90	14:56	16:06	30:36	42:14	1:25:30	1:47:18	2:48:13	3:51:12				
	MEN											
M30	6:31	7:01	13:21	23:05	37:57	47:49	1:13:10	1:38:18	2:05:12	2:32:17	3:27:30	4:31:00
M35	6:43	7:14	13:47	23:46	38:55	48:53	1:14:28	1:39:43	2:06:56	2:34:14	3:30:17	4:34:53
M40	6:58	7:29	14:16	24:24	40:15	50:32	1:17:03	1:43:13	2:11:29	2:39:47	3:37:53	4:44:49
M45	7:13	7:46	14:47	25:31	41:44	52:25	1:19:58	1:47:10	2:16:35	2:46:05	3:46:36	4:56:24
M50	7:33	8:05	15:23	26:33	43:25	54:32	1:23:14	1:51:37	2:22:20	2:53:13	3:56:29	5:09:29
M55	7:50	8:26	16:04	27:43	45:19	56:55	1:26:56	1:56:38	2:28:52	3:01:19	4:07:41	5:24:22
M60	8:13	8:51	16:50	29:02	47:28	59:38	1:31:10	2:02:23	2:36:20	3:10:33	4:20:30	5:41:23
M65	8:38	9:19	17:43	30:33	49:56	1:02:45	1:36:01	2:08:58	2:44:53	3:21:11	4:35:15	6:01:01
M70	9:08	9:50	18:44	32:18	52:46	1:06:21	1:41:37	2:16:35	2:53:56	3:33:31	4:52:23	6:23:51
M75	9:43	10:28	19:55	34:20	56:04	1:10:35	1:48:13	2:25:34	3:05:02	3:48:05	5:12:40	6:50:54
M80	10:26	11:14	21:22	36:50	60:06	1:15:44	1:56:15	2:36:31	3:20:50	4:05:57	5:37:34	7:24:11
M85	11:21	12:13	23:14	40:04	65:20	1:22:26	2:06:43	2:50:48	3:39:31	4:29:18	6:10:11	8:07:50
M90	12:41	13:39	25:58	44:45	72:52	1:32:08	2:21:52	3:11:28	4:06:38	5:03:17	6:57:43	9:11:37
Age-grade time / 8 for mid-point of each 5-year interval (e.g., age 32, 37, 42, 47, etc.).												

TRACK & FIELD RESULTS

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

EAST

Maryland Senior Olympics Towson; Oct. 3-5

100m	
M50 Melvin Fields	11.91
M55 Larry Colbert	12.60
M60 Joe Hemler	12.98
M65 Jim Stookey	13.53
M70 Bernie Fowler	16.19
M75 Ed Matthews	15.25
M80 Earl Wentz	17.43
M85 Dee Nelson	17.96
M55 Evelyn Wright	16.04
M60 Audrey Lary	16.24
M65 Bobbie McGarvey	20.13
M70 Dottie Brill	18.42
M75 Della Gross	21.41
M80 Edna Seibert	24.04
200m	
M50 Melvin Fields	24.97
M55 Larry Colbert	26.12
M60 Joe Hemler	26.90
M65 Jim Stookey	27.94
M70 Bernie Fowler	32.75
M75 Ed Matthews	31.81
M80 Earl Wentz	37.70
M85 Regina Nair	42.78
M60 Audrey Lary	33.94
M65 Bobbie McGarvey	43.57
M70 Dottie Brill	37.82
M75 Anna Romagna	45.37
M80 Edna Seibert	1:18.20
400m	
M50 Melvin Fields	55.90
M55 Larry Colbert	57.80
M60 Don Beck	1:09.00
M65 Jim Stookey	1:08.50
M70 Bernie Fowler	1:18.70
M75 Ed Matthews	1:20.00
M80 William Schlichtig	2:05.60
M50 Susan Woodward	1:30.00
M60 Audrey Lary	1:28.60
M70 Dottie Brill	1:32.00
M75 Anna Romagna	1:47.60
800m	
M50 Jim Wich	2:13.60
M55 Walter Cole	2:33.79
M60 Stephen Rosasco	2:46.72
M65 Charlie Reynolds	2:48.43
M70 Bill Foley	3:00.93
M75 Denzil Pritchard	3:22.75
M80 Frederick Poland	7:16.31
M50 Merideth Bonta	2:58.10
M60 Tami Graf	3:14.00
M65 Helen Schley	3:49.00
M70 Dottie Brill	3:54.00
M75 Anna Romagna	4:09.00
1500m	
M50 Jim Wich	4:43.00
M55 John Elliott	5:11.80
M60 Stan Witomski	5:39.50
M65 Charlie Reynolds	5:55.00
M70 Bill Osburn	6:12.40
M75 Denzil Pritchard	6:51.90
M80 Marnie Crump	12:23.00
M50 Susan Woodward	6:37.40
M60 Tami Graf	6:44.00
M65 Helen Schley	7:43.00
M70 Mary Batten	15:16.00
5000m	
M50 Charlie Koester	17:08.00
M55 John Elliott	17:56.00
M60 Stephen Rosasco	20:49.00
M65 Thomas Brown	21:14.00
M70 Bill Osburn	22:31.00
M75 Denzil Pritchard	23:34.00
M80 Merideth Bonta	21:35.00
M55 Patricia Rich	35:38.00
M60 Tami Graf	23:46.00
M65 Yvonne Aasen	27:45.00
M70 Kay Morrison	29:17.00
10000m	
M50 Charlie Koester	36:16.00
M55 John Elliott	37:45.00
M60 Richard Miller	45:58.00
M65 George Waxter	47:42.00
M70 Dwight Swanson	1:05:55.00
M75 Robert Overholser	1:13:26.00
M55 Susan Rouch	58:50.00
M50 Joyce DiTamaso	53:20.00
M65 Yvonne Aasen	58:30.00
HJ	
M50 Bill Walsh	5'
M55 David Hutchinson	4'-4"
M60 Doug Alberts	4'-2"
M65 Jim Stookey	4'-6"
M70 Samuel Griffith	4'-2"
M75 Charlie Irwin	3'-8"
M80 William Schlichtig	3'

W70 Wally Dashiell		3'
PV		
M50 Bill Walsh	9'	
M55 David Hutchinson	7'-6"	
M60 Earnest Michaelson	6'	
M70 Samuel Griffith	7'	
LJ		
M50 Mike McDaniel	17'-10 1/4"	
M55 Charles West	14'-0 1/2"	
M60 Don Beck	13'-5"	
M65 Jim Stookey	15'-5 1/4"	
M70 Samuel Griffith	11'-10 3/4"	
M75 Ed Matthews	11'-9"	
M80 William Schlichtig	7'-4"	
M55 Patricia Kloss	9'-1 1/2"	
M60 Audrey Lary	11'-4"	
M65 Frances Haywood	10'	
M70 Mary Clark	8'-9"	
M75 Della Gross	8'-9"	
M85 Elizabeth Dow	3'-9"	
SP		
M50 John Berry	41'-2"	
M55 Jack Hoppenstein	34'-7 1/2"	
M60 Gerald Snyder	34'-6 1/2"	
M65 John Scott	28'-3 1/2"	
M70 John Haywood	30'-4"	
M75 Charlie Irwin	24'-1 1/2"	
M80 Ted Eldund	23'	
M85 John Ey	18'-8"	
M55 Evelyn Wright	26'-6 1/2"	
M60 Audrey Lary	24'-7 3/4"	
M65 Jackie Hyatt	18'-1"	
M70 Barbara Martin	21'-10"	
M75 Della Gross	17'	
M80 Mary Knieriem	11'-2 1/2"	
M85 Elizabeth Dow	14'-2"	
Discus		
M50 John Berry	123'-3"	
M55 Jack Hoppenstein	104'-5"	
M60 John McDonald	73'-8"	
M65 Ed McComas	147'-9"	
M65 Bob Leishear	102'-7"	
M70 Samuel Griffith	105'-3 1/2"	
M75 Charlie Irwin	72'-6"	
M80 William Schlichtig	56'-6"	
M85 John Ey	62'-7"	
M55 Evelyn Wright	70'-1"	
M60 Audrey Lary	64'	
M65 Jackie Hyatt	41'-3"	
M70 Barbara Martin	53'-4"	
M75 Della Gross	34'-3"	
M80 Polly Harris	22'-6"	
Javelin		
M50 Bill Walsh	137'-8"	
M55 Dick Fox	105'	
M60 Herman Blinichikoff	102'-6"	
M65 Bob Leishear	91'-2"	
M70 Bud McGarvey	92'	
M75 Herbert Gross	51'-3"	
M80 William Schlichtig	53'-10"	
M85 John Ey	47'-4"	
M55 Evelyn Wright	75'-1"	
M60 Sue Smith	52'-4"	
M65 Bobbie McGarvey	46'-8"	
M70 Barbara Martin	50'-0"	
M75 Suzanna Walker	26'-1"	
M80 Emma Taylor	22'-4"	
1500m RW		
M50 David Downin	8:34.00	
M55 Edwin Geisendaffer	9:54.00	
M60 Art McIntyre	9:54.00	
M65 Peter Hui	8:58.00	
M70 Frank Luff	10:52.00	
M75 Harvey Geller	11:20.00	
M70 Bill O'Reilly	10:05.00	
M75 Alvin Gurttag	13:06.00	
M80 Robert McNitt	12:11.00	
M85 John Ey	13:28.00	
M55 Anne Powell	10:35.00	
M60 Margaret Keimig	11:43.00	
M65 Patricia Johnson	12:26.00	
M70 Kay Morrison	11:39.00	
M75 Marie Crump	12:23.00	
Market Street Mile		
Frederick, MD; Oct. 5		
Overall		
Tyler Newcomer	4:34	
Alexis Petrosky	5:08	
M40 Paul Zink	4:45	
Dave Buzzell	4:49	
Joel Hoffsmith	4:51	
M50 Tom Sheahen	5:43	
Jim Parson	5:52	
M60 Copley Smoak	6:20	
M40 Joyce Adams	5:42	
Kate Fulkerson	6:04	
M50 Chris Stockdale	5:39	
Leslie Nuse	6:45	

MAC/Crown Trophy Kick Off Meet

168th St. Armory, NYC; Dec. 6

55m	
M30 Joseph Bencivega	7.4
M35 David Cherry	6.6
Aubrey Jones	7.0
M40 Bob Richardson	6.8
Howard Jordan	7.3
M50 Thad Morris	6.9
Chip Robinson	7.5
W30 Cheryl Alston	7.7
Denise Jones	8.3
W35 Edna Crawly	8.7
200m	
M30 Jos Bencivega	26.2
M35 David Cherry	23.8
Pat McDonough	28.2
M40 Bob Richardson	25.1
Fred Denworth	25.4
M45 Jesse Norman	26.4
M50 Eddie Watson	28.1
W30 Aletha Morris	27.1
Cheryl Alston	30.2
400m	
M35 Keith Hockabay	58.0
M40 Fred Denworth	55.6
Bob Gill	60.4
M45 Don Hodge	59.4
Dennis Brown	59.5
M50 Ron Johnson	56.1
Tom Cannon	63.6
W30 Aletha Morris	62.7
Dawn Best	69.5
W35 Alicia Johnson	68.3
W40 Marilyn O'Connor	99.2
W45 Cassandra Clark	74.9
800m	
M30 Pat McPhillips	2:18.8
M40 John Roselli	2:46.2
M45 Victor Diaz	2:29.5
M50 Tom Cannon	2:31.0
W30 Dawn Best	2:54.3
Laura Frisch	2:54.8
W35 Julie Hastings	3:07.5
W40 Paula Dickson Taylor	2:46.7
Regina Cahill	2:50.6
1500m	
M35 Pat Mangus	5:04.6
M40 Walt Brown	4:38.4
Seth Okrend	4:55.2
W40 Regina Cahill	5:26.8
3000m	
M35 Stuart Calderwood	9:44.8
Joe White	10:52.9
M40 John Roselli	11:20.7
High Jump	
M35 Rob Doran	1.47
M50 Mike DeJesus	1.37
Pole Vault	
M35 Rob Doran	2.74
Duncan Payne	2.44
Triple Jump	
M40 Bob Richardson	11.29
W35 Edna Crawly	8.18
Shot Put	
M35 Rob Doran	9.60
M45 Rich Dunphy	9.66
M50 Carl Levine	9.20
M60 Bill Barker	10.98
Weight Throw	
M50 Carl Levine	7.30
M55 Norm Cyprus	10.68
M60 Bill Barker	8.07
MAC/Reebok Season Opener	
Meet	
168th St. Armory, NYC; Dec. 13	
55m	
M30 Darryl Judge	7.41
M35 Aubrey Jones	7.36
M40 Bob Richardson	7.26
Ken Kienzle	7.96
Mike Campbell	7.99
M45 Dennis Brown	7.63
M50 Chip Robinson	9.08
W30 Aletha Morris	7.78
B Parrish-Hakim	8.77
W35 Louise Clark	8.03
W40 Marilyn O'Connor	8.80
300m	
M30 Vince Goodman	39.47
M40 Bob Richardson	41.01
Keith Royster	43.06
Tony Baker	45.10
M45 Jesse Norman	39.64
Errol Lee	39.80
D Brown	42.25
W30 Aletha Morris	43.86
Dawn Best	48.52
B Parrish-Hakim	54.07
W35 Louise Clark	47.82
W40 Marilyn O'Connor	50.81

500m	
M30 Vince Goodman	72.1
Lewis Jefferson	72.8
M35 Keith Hockabay	75.9
Pat Mangus	81.6
M40 Fred Denworth	77.0
Tony Baker	82.2
M45 Victor Diaz	85.1
W30 Dawn Best	91.3
W40 Marilyn O'Connor	1:40.4
800m	
M45 Joe Rhodes	2:29.40
M55 John Hurley	2:56.96
1500m	
M30 Larry Glazer	4:29.4
M35 John William	4:24.8
Anthony Wilson	4:26.9
M40 Seth Okrend	4:52.1
M45 Victor Diaz	4:52.5
Ron Salvio	5:02.7
M55 Jack Brennan	5:07.8
John Hurley	5:55.3
W40 Regina Cahill	5:16.8
W45 Mary Rosado	5:25.0
55mH	
M45 Ivan Black	10.92
High Jump	
M30 Todd Wolin	1.52
M35 Rob Doran	1.47
M45 Ivan Black	1.52
Ron Salvio	1.42
M50 Mike DeJesus	1.42
Pole Vault	
M30 Dan Bertolami	4.11
M35 Duncan Payne	2.74
Rob Doran	2.44
Long Jump	
M45 Ivan Black	4.67
Shot Put	
M35 Rob Doran	9.34
M45 Rich Dunphy	9.39
Ivan Black	6.40
M50 Carl Levine	9.29
M60 Bill Barker	10.96
M65 Tom Brooks	8.95
Weight Throw	
M50 Carl Levine	7.52
M60 Bill Barker	11.92
W50 Roslyn Katz	9.14
Mile Racewalk	
M30 John Soucheck	7:36.3
M60 Robert Barrett	8:24.4
Philadelphia Masters Indoor Meet	
Haverford, PA; Dec. 15	
55m	
M35 Steve Galetta	7.1
M40 M McPherson	7.1
Ken Kring	7.3
M45 Kary Castor	7.3
John Borden	7.4
M55 Fred Riley	9.1
M60 Joe Hemler	7.5
Earl Mege	8.5
M65 Jim Stookey	7.7
W60 Audrey Lary	9.3
200m	
M35 Tom Yunker	29.8
M40 Tony Natale	25.4
Ken Bauersfeld	26.1
M45 Karl Castor	26.2
Phil Felton	26.5
M55 Bob Fuhrman	28.4
M60 Joe Hemler	27.2
Earl Mege	35.1
M70 Manny Herscher	34.6
M75 Ed Matthews	32.9
W40 Renee DiGiacomo	34.0
400m	
M35 Tom Yunker	1:03.1
M40 Tony Natale	55.6
Ken Kring	57.1
M45 Phil Felton	57.9
J Paul Jones	1:06.3
M55 Bob Fuhrman	1:03.5
M80 Frank Levine	1:53.9
800m	
M30 Dean Lent	2:08.5
Craig Lowthert	2:09.1
M35 Gerry Mayerhofer	2:33.6
M40 Bill Krieger	2:12.0
M45 Tom O'Loughlin	2:33.9
Dick Green	2:21.7
M50 Gary Gordon	2:19.4
Rich Myers	2:22.7
M60 Bruce Gilbert	2:47.0
M70 Bob Parsons	3:22.4
M75 George Blyn	3:51.5
M80 Frank Levine	4:11.4
W45 Diane McManus	3:29.0
Mile	
M30 Craig Lowthert	4:47.0
M35 Jack Hauler	4:48.5

Phil Matraxia	4:53.7
M40 Steve Shalke	4:43.6
Warren Walker	5:11.1
M45 Fred Dedrick	5:05.6
M50 Rich Myers	5:10.2
Bob Bennett	5:32.0
M60 Bruce Gilbert	6:08.6
M75 George Blyn	8:13.9
M80 Frank Levine	8:43.5
W45 Diane McManus	7:16.2
Short Hurdles	
M45 J Paul Jones	8.8
M65 Jim Stookey	9.8
Tom Delany	11.4
M70 Manny Herscher	12.7
Long Hurdles	
M35 Tom Yunker	1:03.1
M40 Tony Natale	55.6
Ken Kring	57.1
M45 Phil Felton	57.9
M55 Bob Fuhrman	1:03.5
M80 Frank Levine	1:53.9
W35 Mary Ellen Malloy	1:06.0
High Jump	
M45 Bryant Hesinger	4.8
Ed Laurelli	4.6
M50 Bill Walsh	4.8
M55 Jim McGrath	4.6
Fred Riley	4.4
M65 Jim Stookey	4.6
Tom Delany	4.2
M80 Claude Hills	3
Bob Detweiler	2.4
Long Jump	
M40 M McPherson	5.96
M50 Bill Walsh	4.68
M60 Earl Mege	4.47
M65 Jim Stookey	4.50
Tom Rice	4.20
M70 Manny Herscher	3.

Continued from previous page

W50 Lucia Schatteley	81.4
W60 Lupe Parsons	85.87
W70 Helen Lindsey	2:27.62
W75 Hope Fage	2:21.63
1500m	
M50 Richard Quevillon	5:06
M55 Miroslav Mitusina	5:21
M60 Jim Larson	5:24
M65 David Long	5:32.08
M70 Bart Ross	6:22.21
M75 Max Quackenbos	7:04.22
W50 Lucia Schatteley	6:17
W60 Lupe Parsons	6:23
W65 Ann Kahl	7:21.53
W70 Pepper Davis	8:16.40
W75 Hope Fage	13:23.54
Long Jump	
M50 Jerome Belinson	18-4
M55 Vincent Remson	15-1
M60 William Rothly	14-2
M65 Lester Rudy	12-2
M75 Seymour Duckman	11-0
M80 F L McFadden	6-8
W50 Lucia Schatteley	11-3
W55 Barbara Cleveland	12-1
W60 Shirley Smith	12-5
W65 Ethel Lehman	9-3
W75 Hope Fage	4-0
High Jump	
M50 Charles Betts	4-4
M55 Larry Judd	4-5
M60 John Reed	4-6
M65 Les Rudy	3-10
M70 Jim McGray	3-8
M75 Seymour Duckman	3-8
M80 F L McFadden	2-10
W55 Barbara Cleveland	4-0
W70 Harriette Boyd	2-8
Shot Put	
M50 Mike Stalling	45-0
M55 Jim Burke	42-2
M60 Pay Carstensen	38-2
M65 Len Olson	39-8
M70 Bob Horsley	30-1
M80 Ernest Dennison	24-1
M85 Otto Scherini	20-0
M90 Leonard Stone	19-5
W50 Bonnie Theall	24-0
W55 Jane Mills	25-9
W60 Shirley Smith	32-8
W65 Gloria Bortell	24-6
W70 Harriette Boyd	20-0
W75 Hope Fage	15-1
Discus	
M50 Gary Lane	132-3
M55 Jim Burke	145-0
M60 Octavian Opris	116-0
M65 Len Olson	149-1
M70 Bill Strong	92-4
M75 Roy McCoy	82-1
M80 Ernest Dennison	67-0
M85 Otto Scherini	56-8
M90 Leonard Stone	49-6
W55 Barbara Cleveland	62-1
W60 Erika Messner	80-0
W65 Ethel Lehman	52-8
W75 Mora Arnold	40-2
Javelin	
M50 Mike Stallings	114-1
M55 Lewis Nierman	113-4
M60 Jim Cleveland	96-3
M65 Len Olson	117-5
M70 Jim McGray	81-8
M75 Seymour Duckman	74-2
M80 Ernest Dennison	52-3
M85 Otto Scherini	46-2
W55 JaneMarie Mills	48-0
W60 Shirley Smith	80-4
W65 Ethel Lehman	72-2
W70 Harriette Boyd	42-0
W75 Hope Fage	24-7
1500m Racewalk	
M50 Steve Feith	7:47
M55 Miroslav Mitusina	9:32
M65 Ron Schupp	10:11
M70 B J Ross	10:10
M75 Eldon Hobson	13:25
W55 Charlene Aldrich	10:11
W70 Helen Lonnroth	11:22
5000m Racewalk	
M50 Steve Feith	30:20.90
M55 Ron Shepard	31:46.02
M65 Marv Goldenberg	32:29.97
M70 John Ross	nta
M75 Joe Biersteker	nta
M80 Lou Pesca	43:32.26
W50 Mindy Beinert	35:42.88
W55 Jill Brown	37:13.65
W70 Miriam Gordon	33:47.76
W75 Bette Hoffman	nta

MIDWEST

Athlete's Foot Indoor Meet	
Augustana College, IL; Jan. 4	
55m	
M30 Scott Thomas	6.7
Chris Wolf	tie 6.7
Eric Goodlow	7.2
M35 Warren Washington	6.7
Tim Coombs	7.0
M40 Gerry Krainik	6.8
Al Wright	7.1
Nick Juenger	8.7
M45 Jim Doeze	7.0
Mike Oliver	7.5
M55 Don Amery	7.9
Bruce Mills	8.0
M60 Alan Brevik	7.5
Pete Stopoulos	7.7
M65 Harry Brown	7.6
Bill Melville	7.7
M70 Mel Larsen	7.8
Ken Yahiro	9.1
M80 Mel Flachs	11.3
W40 Martha Lutz	8.6
W45 Shirley Morton	10.9
W50 Penny Danielson	8.8
Nina Bryant	9.2
W60 Janet Amery	11.8
200m	
M30 Eric Goodlow	25.7
M35 Ken Ellis	25.0
Tim Coombs	25.6
Warren Washington	25.7
M40 Gerry Krainik	23.6
Al Wright	25.9
Nick Juenger	28.1
M45 Jim Doeze	26.1
Mike Oliver	29.2
M55 Dave Eidahl	28.8
Don Amery	29.7
M60 Alan Brevik	28.3
M65 Harry Brown	28.8
Bill Melville	28.8
Clarence Trinkner	29.0
M70 Mel Larsen	30.3
M80 Milo Lightfoot	40.4
Mel Flachs	44.9
W35 Mary Otto	33.6
W40 Martha Lutz	33.3
Jean Roeder	39.8
Paulette Arans	47.1
W45 Shirley Morton	43.3
W50 Penny Danielson	35.9
W55 Judy Tepple	37.7
Kay Schleusener	41.2
W60 Janet Amery	48.9
400m	
M30 Eric Goodlow	61.6
M40 Gerry Krainik	53.7
Al Wright	63.3
Nick Juenger	64.1
M50 Gordon Reiter	58.8
Rick Peterson	78.8
M55 Dave Eidahl	67.4
M60 Jim Hollenstiner	71.7
M80 Milo Lightfoot	1:36.0
Mel Flachs	2:07.6
W35 Mary Otto	73.5
W40 Paulette Arans	1:53.5
W45 Shirley Morton	1:24.3
W60 Donna Gulley	1:32.0
800m	
M35 Fred Hervet	2:13.4
Ben Gorecki	2:18.4
Bruno Hodel	2:24.2
M40 Rick Easley	2:10.0
Jim Dickey	3:03.1
Bob Garien	3:32.4
M50 Gordon Reiter	2:23.4
Paul Perry	2:33.6
M65 Clarence Trinkner	3:09.7
W35 Carla Hervet	2:30.3
W40 Martha Lutz	2:51.4
Paulette Arans	3:47.4
W45 Jan Daker	3:09.5
W55 Kay Schleusener	3:16.7
1500m	
M30 Jerry Lack	4:34.4
M35 Bruno Hodel	4:49.7
Dennis Munson	5:47.5
M40 Charlie Lutz	4:31.1
Brad Scott	4:51.9
Bob Thompson	5:04.8
Jim Christensen	5:19.2
M45 Mike Tappero	4:46.0
M50 Paul Perry	4:35.8
M55 John Robinson	5:30.0
M75 George Rajcevic	7:41.8
W30 Kelley Timmerman	5:18.1
W35 Carla Hervet	4:57.1

W40 Muriel Naumann	5:18.4
Jean Roeder	6:23.7
Paulette Arans	7:39.3
W45 Claudia Scott	5:45.7
Jan Daker	6:18.1
Shirley Morton	6:39.5
W55 Judy Tepple	6:19.1
Kay Schleusener	6:25.7
W60 Donna Gulley	7:03.3
Jogger's Mile actual/predicted	
Men: Bob Garien	7:24/7:55
Women: K Schleusner	7:54/7:55
3000m	
M35 Jerry Lack	9:48.80
Bruno Hodel	10:29.40
M40 Brad Scott	10:21.60
Bob Thompson	10:51.50
Jim Christensen	11:25.00
M45 Mike Tappers	10:23.10
M55 John Robinson	11:51.50
W30 Kelley Timmerman	11:05.40
W40 Muriel Naumann	10:59.80
Jean Roeder	12:51.90
Shirley Morton	13:49.90
W45 Claudia Scott	11:52.80
Jan Daker	12:53.40
Marcia Brevik	15:15.50
5000m	
M30 Steve Kilburg	16:22.4
M35 Bruno Hodel	18:43.2
Mark Mehall	23:32.8
M40 Bob Thompson	19:22.1
Jim Christensen	20:13.4
Jim Dickey	23:44.4
M45 Mike Tappero	18:38.9
W40 Paulette Arans	27:13.3
55mH	
M30 Scott Thomas	7.9
M35 Tim Coombs	8.5
M55 Bruce Mills	14.6
M60 Alan Brevik	9.9
Pete Stopoulos	10.9
M65 Clarence Trinkner	8.8
4x200m Relay	
40-44 Smith/Murphy/Robinsn/	2:10.4
Krebs	Naumann/Roeder/
	Scott/Daker
	2:24.4
Standing Long Jump	
M35 Ken Ellis	8-5.25
M40 Rick Easley	8-10.25
M45 Jim Doeze	8-7
M55 James Mills	8-1.75
M60 Pete Stopoulos	7-11.75
M65 Don Sibigroth	6-4.75
M70 Ken Yahiro	7-3.50
M75 Mel Buschman	6-4.75
W50 Nina Bryant	6-25
W55 Jane Mills	4-9
W60 Janet Amery	4-5.50
Long Jump	
M30 Scott Thoms	16-11
M35 W Washington	19-1.75
Dennis Munson	13-8.50
M40 Tom Krebs	13-11
Mike Messenger	11-3
M45 Jim Doeze	15-7
M50 John Meisner	14-4.75
M55 Dave Eidahl	15-8
James Mills	14-2.50
M60 Alan Brevik	15-3
Pete Stopoulos	14-11.75
M65 Don Sibigroth	11-1
M70 Ken Yahiro	11-6
M75 Mel Buschman	10-8
Geo Rajcevic	10-3
M80 Mel Flachs	8-50
W50 Penny Danielson	12-5.50
Triple Jump	
M50 John Meisner	32-11.50
M55 Dave Eidahl	31-3.25
Don Amery	24-9
M60 Pete Stopoulos	29-3.25
Alan Brevik	29-0
M65 Don Sibigroth	23-11.25
M75 Geo Rajcevic	22-1.25
Mel Buschman	21-7.75
W50 Penny Danielson	23-9
High Jump	
M30 Eric Goodlow	5-6
Scott Thomas	4-10
M35 Jeff Smith	4-6
N40 John Valiska	5-8
M45 Jim Doeze	4-8
Mike Oliver	3-10
M50 John Meisner	4-10
Gordon Reiter	4-8
Kent Hall	4-6

M55 Bruce Mills	4-6
James Mills	4-4
Mike Murphy	4-2
M60 Floyd Smith	4-8
M65 Clarence Trinkner	4-6
Phil Brusca	3-6
M75 Mel Buschman	3-10
Geo Rajcevic	3-4
M80 Milo Lightfoot	3-6
Wib Ragland	3-4
Pole Vault	
M30 Kyle Pavelonis	14-6
Dave Gilbert	14-0
M35 Ken Ellis	14-6
Brett Anderson	13-6
M40 Tom Krebs	10-0
M45 Jim Doeze	10-0
M50 Kent Hall	10-6
Merle Norberg	10-0
M80 Milo Lightfoot	5-0
Shot Put	
M35 Ken Ellis	39-2
Jeff Smith	29-9.25
Dennis Munson	24-0
M40 Mike Messenger	29-7
M45 Jerry Seters	40-1
M55 Ed Schmit	36-4.25
Don Amery	32-5
Ron Sholes	31-9.25
M60 Floyd Smith	32-7.25
M65 Phil Brusca	36-11.25
Clarence Trinkner	32-5.25
M70 Mel Larsen	33-8
Ken Yahiro	29-3.75
M75 Mel Buschman	29-10.50
Geo Rajcevic	25-6
M80 Milo Lightfoot	23-11.75
W50 Jane Mills	19-3.25
1500m	
M45 John Sanders	8:51.6
M55 Dave Eidahl	7:31.4
M65 Don Sibigroth	9:55.0
W40 Paulette Arans	9:25.3
W55 Rachel Norton	9:18.4

WEST

KELfield Throws Meet #55	
Santa Cruz, CA; Dec. 14	
-Shot Put	
M45 Gary Kelmenson	35-1
M60 Stew Thomson	42-1
-Discus	
M45 Gary Kelmenson	111-0
M60 Stew Thomson	167-1
-Hammer	
M45 Gary Kelmenson	137-11
M60 Stew Thomson	170-6
-Javelin	
M45 Gary Kelmenson	100-2
-Weight Throw	
M45 Gary Kelmenson	44-8
M60 Stew Thomson	57-6
Don Hughes	34-8
-56# Weight	
M45 Gary Kelmenson	44-8
M60 Stew Thomson	30-4
(age-63 WR/Thomson/28-9.5)	
Don Hughes	19-0

Winter Decathlon	
Long Beach St. U., CA; Dec. 14-15	
(100/LJ/SP/HJ/400/H/800/PV/JT/1500; actual marks; age-graded total)	
M30-39 Tim Hanna 38	5518
(12.8/17-8.25/35-9.25/5-5/58.6/18.3/110-0/11-9.75/143-5/51.8)	
Andy Miller 39	5378
(12.6/18-8.5/39-5.25/5-7/61.4/19.3/131-0/8-6.25/156-0/6.16.3)	
M40-49 David Perrin 42	5702
(12.2/17-1.5/36-2.25/4-11/63.1/16.9/100-11/9-10/162-0/6.25.3)	
Don Dwight 40	4649
(12.8/17-7/32-7.5/4-11/59.9/22.1/89-3/7-2.50/112-5/5.20.8)	
M50-59 Gary Miller 59	7308
(13.7/16-1.75/37-7.25/4-9/65.3/19.4/99-0/9-10/136-11/6.27.9)	
Jim Ball 50	1838
(15.1/12-5.5/33-9.5/4-1.25/84-3/wd)	

M55	
Ed Fras*	TX 4:18:42
Larry Worth*	TX 4:27:43
Jack McDearmon	TX 4:31:55
Martin Houg	TX 4:32:22
Ken Ruane	TX 4:32:58
Bill Harding*	TX 4:50:39
R E Hoekman	LA 5:20:45
Charlie Viers	TX 5:34:32
David Harvey	TX 5:43:42
Fred Holmes	TX 5:55:44
Doug Keathley (10)	TX 6:21:48
Jimmy Davis	TX 6:22:01
Rich Ferguson	TX 6:30:59
D C Winkley	TX 6:35:23
Bob Koester	TX 6:41:13
Buddy Jones	OK 6:46:29
M60	
Ray Boytim*	TX 5:12:17
Jack Swanson*	WA 5:16:03
Fred Bagnall	TX 5:56:39
W R Smith	TX 6:15:32
W H Hamlyn	TX 6:24:26
Clifford Click	TX 6:27:02
Rob MaGruder	AR 6:42:21
Jim Braden*	CO 7:01:18
M65	
Dick Twietmeyer	CA 6:50:50
Wallace Rapozo	CA 8:06:05
M70	
Ray Piva*	CA 5:07:34
George Bashen*	TX 7:15:36
Ross Waltzer	OK 7:23:19
M75	
Odino Soligo	CAN 6:15:10
W40	
Paulette Dow*	MN 4:23:03
Barb Dutrow	LA 4:46:23
Debbie Wernet	TX 4:52:26
Marianne Roller	CO 5:02:56
Carole Uttecht	TX 5:15:02
Joyce Prusaitis	TX 5:40:18
Nancy Clark	LA 5:42:09
Lisa Browning	GA 6:01:05
Leslie Peterson	TX 6:04:38
Deb Drueppel* (10)	TX 6:05:28
Alice Webber	UT 6:08:23
Teresa Collipp	TX 6:20:40
Becky Caywood	TX 6:23:50
Chris Keller	TX 6:36:10
Dianna Hager	TX 6:36:24
Judy Thieme	LA 6:40:38
W Bergstresser	TX 6:41:15
Denise Wenner	TX 7:01:45
Norma Salinas	TX 7:09:30
G A Addicks	TX 7:10:40
W45	
Mary Mettenbrink*	TX 5:06:19
Debbie DeLong	CA 5:07:22
Deb Kempler Smith	TX 5:15:05
Sharon Grant*	CA 5:15:47
Jeannie McDaniel*	OK 5:29:32
Susan Brasel	TX 5:33:22
Nancy Gilbert	MN 5:45:54
JoAnn Collier	TX 5:51:02
Diane Lay	OK 5:54:10
Sarah Freeman (10)	MA 5:58:11
Carol Bagnall	TX 6:06:22
Carla Morris	OK 6:27:37
Sharon Kavanaugh	LA 6:30:06
Kathy Thompson	LA 6:31:34
Cher Barron	TX 6:42:20

Continued from previous page

-50 Mile-

Overall

Tom Johnson 37	CA 5:40:35
Ellen McCurtin 29	NY 6:44:39
Donna Perkins 38	WI 6:44:39
M40	
Leo Torres*	NM 6:16:26
Clement Grum*	WI 6:25:48
Chris Gibson*	PA 6:55:04
Randy Albrecht	KS 7:02:30
Wendell Robison	WY 7:11:52
Donny Horadam	TX 7:15:06
Vicente Ledesma	TX 7:27:31
Steve Webster	MI 7:30:29
Rodney Hammons	TX 7:45:10
David Stephens(10)	TX 7:52:17
Don Allison	MA 7:53:50
Ken Ashby	TX 7:54:42
Jose Mendo	TX 8:08:00
Jimi Sellars	WI 8:15:12
Steve Burns	MO 8:17:00
Roger Braun	TX 8:23:55
Bob Kite	AZ 8:36:55
Joe Prusaltis	TX 8:39:33
Jerry McDonald	TX 8:50:23
John Black (20)	CA 9:00:00
George McDonald	AR 9:15:53
Dave McGuire	MO 9:23:16
Dave Harrison	TX 9:29:00
Dennis Halpin	TX 9:31:10
Jerry Bloom	TX 9:35:08
Rex Friend	OK 9:42:32
Denis Tallini	LA 9:46:17
Gary Valestro	MS 9:50:01
Carter Bise	MS 9:51:16
G Bohuslawsky	CAN 9:53:32
Weldon Kolb (31)	TX 9:59:53
M45	
Danny Dreyer	CO 6:33:30
Roy Pirrung*	WI 6:39:57
Richard West*	WA 7:08:44
Roger Boak	TX 7:23:48
Pat Shannon	TX 7:35:16
John Durham*	TN 7:37:08
Doug Beagle	TX 7:57:03
Miles Krier	FL 7:57:15
Steve Shopoff	TX 8:07:32
Mike Price (10)	UT 8:13:05
Howard Culp	TX 8:15:36
Blair Zimmerman	TX 8:18:08
Stan Fortuna Jr	MI 8:18:10
Bill Kinman	LA 8:22:40
Scott Demaree	TX 8:26:02
R M Stanton III	VA 8:26:31
Leigh Wilcox	IA 8:27:43
Jeff Miller	TX 8:36:20
Lee Norris	TX 8:39:09
Don Griffiths (20)	TX 8:42:07
Ken Webster	TX 8:47:15
Tom Shopoff	TX 8:53:21
C K Choy	CA 8:56:35
Mario Martinez	TX 8:58:44
Steve DeReamer	MS 8:59:52
Bob Marston	MO 9:01:10
Reg Richard	OH 9:03:44
Olin Stanbrough	TX 9:07:21
Pat Farrell	TX 9:08:58
Ron Dunbar (30)	TX 9:24:31
Rich Limacher	IL 9:25:26
David Richards	TX 9:28:33
John Renick	AR 9:32:51
Bill Robertson	TX 9:51:16
Carey Stoneking	NC 9:54:20
Stephen Fulton	MN 10:10:54
M50	
Jussi Hamalainen*	CA 6:16:46
Frank Bozanich*	NV 7:04:30
Tom Wright*	CA 7:20:15
Don Mathieu	MN 7:36:35
Jim Smith	OK 8:19:14
Ken Thompson	TX 8:29:15
Dan Bowers	CO 8:30:01
John Rodee	WI 8:39:28
John Hargrove	OK 8:48:30
Victor Bhatt (10)	TX 8:49:41
Richard Gunther	TX 9:19:22
Dan Edwards	MS 9:41:48
Eugene Curnow	MN 9:44:25
Richard Randall	UT 9:57:08
Carl Grubert	CA 10:04:14
Dick Hogan	IA 10:18:34
M55	
Alfred Bogenhuber*	CA 7:30:19
Don Hampton*	MI 7:45:36
Larry Carroll*	WA 7:57:13
Glenn Murray	TX 8:31:13
Guadalupe Ovalle	TX 8:38:20
Stan Neumann	MD 9:23:02
Ron Zadroga	NC 9:49:35
Carl Touchstone	MS 9:54:08

Robert Risser	MO 9:59:55
Terry Shelden (10)	TX 10:11:36
Russ Cheney	CA 10:12:10
Chuck Chandonia	TX 10:29:44
M60	
Jerry Labodda*	WI 8:56:22
Joe McReynolds*	AL 9:11:11
Roy Haley	TX 9:43:55
Aaron Goldman	NM 10:03:45
Sherman Hodges	IL 10:53:21
Lee Miksch	TX 11:11:35
M65	
Marvin Johnson*	CA 9:29:37
Chuck Bundy	IL 9:42:46
Beacham Toler	TX 10:03:45
Glen Zirbel	IA 10:23:27
Gordon Alldredge	TX 11:01:39
John Stowers	TX 11:32:30
M70	
Burt Carlson*	MN 11:34:47
W40	
Sherry Kae Johns	AZ 7:44:55
Mo Bartley*	CA 7:47:00
Michele Hirschen	CO 8:44:30
Pat Muirheid	CA 8:45:44
Cathy Tibbets*	NM 8:57:31
Sarah Scot*	NY 9:21:13
Anita Allen	FL 9:46:57
Susan Rozanski	IL 9:51:36
Marilyn Lamm	KS 10:17:20
Mary Hoyt (10)	TX 10:17:58
W45	
Diane Ridgway	CO 7:30:57
Debbie Peebles*	TX 7:35:26
Diane Pepper	CO 8:44:32
Carla Branch*	AR 8:47:19
Brooke Alexander	TN 8:49:42
Linda Musil*	TX 8:51:22
Victoria Croft	TX 8:59:50
Angie Ransom	AR 9:05:31
Lynn Asbury (9)	NM 11:40:28
W50	
Gunhild Swanson*	WA 8:28:16
Linda Elam*	CA 9:11:40
Ann Ferguson	TX 9:23:30
Thelma Richardson	TX 10:17:57
Sharon Carroll*	WA 10:34:29
Jack Porzio	TX 11:06:32
Terri Hayes	WI 11:06:32
Dex Dobberpuhl	CA 11:14:31
W55	
Betty Norman	TX 11:07:02
Lucinda Fisher*	CA 11:12:58
W60	
Mary Beaton	TX 9:53:46

USATF National Masters One-Mile Road Championships San Diego, CA; Jan. 12

M40	Steve Scott	4:15
	Dan Aldridge	4:18
	Steve Gallagher	4:19
	Paul Fragua	4:28
	Kevin McCarey	4:32
	Mark Belger	4:38
	Rory Trup	4:39
	Ric Rojas	4:52
	Kim Uille	4:53
	Rob Beauchamp	4:59
M45	Nolan Shaheed	4:36
	Timothy Anderson	4:38
	Vasilis Kondylis	4:57
	Don Irvine	5:01
	Dennis Swick	5:05
	David Elhoff	5:11
	David Dunbar	5:14
	Robert Boyce	5:18
	Jeremiah Reid	5:19
	Alan White	5:21
M50	Herve Pastre	4:47
	Jim Hampton	4:55
	Lee Fitzgerald	5:15
	Willie Clarke	5:29
	Maurice Waters	5:47
	Pete Kane	5:51
	Simeon Baldwin	5:53
	Robert Ingertson	5:59
M55	Charles Burton	5:31
	Cliff Bedell	5:39
	Bobby Fischer	5:41
	Vic Dennis	6:38
M60	Sonny Monioz	5:22
	Edwin Gookin	6:02
	Ed Karas	6:51
M65	Robert Culling	5:46
	Jim Selby	5:54
	Ollie Olivares	6:13
M70	Bill Nyhan	7:12
M80	Walt Kuetzing	8:37

W40	Kimberlee Campo	5:07
	Honor Fetherston	5:08
	Marcella Teran	5:16
	Beverly Robson	5:20
	Cindy Bremser	5:38
	Carla Hoppie	5:55
W50	Christine Breining	8:39
W55	Bonnie Harkins	6:33
W60	Donna Gookin	7:25
W65	Nessie Hollicky	7:12
W75	Gerry Davidson	8:25

EAST

Steamtown Marathon Scranton, PA; Oct. 13

Overall		
Fr. Paul Leonard 34	2:31:13	
Charlene Lyford 30	2:52:24	
M40	Charles Woldt 42	2:42:40
	Tom Call 41	2:52:21
	Ed Bermudez 40	2:52:36
	Tim Rent 40	2:52:57
M50	B Radzelovage 57	3:08:54
	H Peterlin 55	3:11:00
	Dave Egger 56	3:14:26
M60	Tony Cerninaro 60	2:50:23
	Rich Hause 63	3:25:41
	Al Casey 64	3:59:34
M70+	Bill Haggerty 79	5:01:21
W40	Kathy Mannkorf 40	3:32:58
	Karen Mitchell 45	3:33:09
	S RobertsBaranik 46	3:37:38
W50	Carol Hopson 56	3:57:36
	Jean Chisarik 56	4:23:57
W60+	Becky Yencharis 77	6:25:28

Turkey Classic 8K Central Park, NYC; Nov. 24

Overall		
James Kempton 38	24:58	
Kim Griffin 35	28:27	
M30	Pedro Lima 30	25:11
	Karl Amundson 35	25:56
	Michael Keohane 31	26:07
M40	Mark Genter	26:53
	Larry Graham	27:38
	Skip Murphy	27:49
M45	Ad Lluysmans	28:24
	Jack Porzio	28:33
	Peter Gambaccini	28:57
M50	Samuel Skinner	28:43
	Julio Aguirre	30:05
	Michael Wilson	30:52
M55	Jeremiah O'Connor	30:40
	Ramon Ruiz	31:55
	Richard Creditor	32:48
M60	Witold Bialokur	31:12
	Alan Fairbrother	32:12
	Alfred Finger	32:41
M65	Joseph Burns	36:29
	Joseph Simonte	37:21
	Leo Schonhaut	37:41
M70	Sab Koide	41:32
	Bill O'Brien	50:28
M75	Mel Freidel	51:12
	Lawrence Adams	52:48
	Ted Singer	56:50
M80+	Wilfredo Rios 80	47:04
	V Carnevale 80	59:01
	A Weintraub 86	59:06
W30	Una Broderick 30	30:51
	Diane Kenna 32	32:14
	Diane Looney 35	32:55
W40	Kristine O'Shea	32:47
	Darcy McNabb	33:09
	Sandra Olivo	34:52
W45	Johana Carter	36:42
	Laurie Harris	38:49
	Arlene Decker	38:59
W50	Janell McDyer	36:54
	Krystyna Turowska	38:05
	Ruth Fairbrother	39:50
W55	Patty Parmalee	36:23
	Marilyn Richardson	37:46
	Edith Jones	40:28
W60	Rosa Nales	39:01
	Ruth Kassanga	43:15
	Naomi Vogel	44:13
W65	Toshiko D'Elia	39:45
	Betsy Frew	1:14:40
W70	Muriel Merl	44:27
	Edith Farias	45:32
	Janine Maltas	48:11

Manchester Thanksgiving Day 4.75 Mile Manchester, CT; Nov. 28

Overall		
Kalid Khanouchi	21:36	
Amy Rudolph	24:29	
M40	Gary Nixon	23:46
	Ed Sparkowski	24:20
	Geary Daniels	24:40
	Ray Treacy	25:07

	Bob Clifford	25:15
	Joe Sullivan	25:33
	Gary Johnson	25:41
	Mike McCusker	25:52
	Bob McCusker	26:12
	Rene Charland	26:20
M50	Larry Chaves	27:52
	Mike Groff	28:00
	John Brittain	28:11
	Jim Thompson Jr	29:02
	Dick Ashley	29:12
	Bill Marsh	29:24
	Amby Burfoot	29:37
	Joe Sinicrope	29:50
M60	Tom Butterfield	31:54
	Barrie Almond	33:07
	Ken Beyer	33:17
	Charles Dyson	33:24
	David Howe	34:30
	Peter Muzeroll	34:34
M70+	Frank DiMarco	35:27
	Phil Mongillo	36:22
	Charles Robbins	36:56
	Bill Tribou	37:32
	George Thompson	39:58
	Peter Pantelis	45:43
W40	Reb StockdaleWooley	27:29
	Eliz RemiginoKnap	31:33
	Karen Saunders	31:36
	Barbara Carpenter	31:45
	AnnBethDuCharme	32:51
	Linda Flavell	32:54
	Barbara Kream	35:03
	Allison Laudati	35:18
W50	Mary Ryzek	32:24
	Jane Arnold	33:27
	B RobbinsPlanka	33:32
	Judith Argazzi	34:19
	Beverly Heffernan	36:04
	Barbara Maloney	36:18
W60	Ann Gillis	41:20
	Gail Goddard	41:35
	Marcia Herbst	41:44
	Jeanette Cyr	42:26
W70+	Adeline Kearney	45:45
	Mirona Salomone	66:51
	Carol Phillips	77:58

Hot Chocolate 10-Mile Run Central Park, NYC; Dec. 7

Overall		
Gerralt Owens 25	50:54	
Jennifer Latham 28	58:47	
M30	Nikolic Srba 30	51:29
	Rachid Tbahli 31	52:24
	Donald DiDonato 39	52:43
	Jaime Palacios	55:14
	Steve Calidonna	55:33
	Mohsen Mechini	57:14
M45	Nicholas Caswell	57:49
	Larry Graham	58:22
	Rob Moritz	58:40
M50	Samuel Skinner	1:01:02
	Thomas McGee	1:04:30
	Julio Aguirre	1:04:47
M55	Sidney Howard	1:02:46
	Jack Brennan	1:04:49
	Herbert Navarro	1:08:16
M60	Witold Bialokur	1:05:52
	Alan Fairbrother	1:06:34
	Alfred Finger	1:09:10
M65	Joseph Simonte	1:21:33
	Robert Perry	1:22:31
	George Marr	1:22:35
M70	John Corrigan	1:19:41
	Arthur Bowen	1:22:48
	Sab Koide	1:28:58
M75+	Wilfredo Rios 80	1:42:17
	Mel Freidel 76	1:51:27
	B Needelman 78	2:12:26

Jingle Bell 10K & 5K Run For Arthritis Washington, DC; Dec. 8

-10K-		
Overall		
Eric Desautels 24	33:11	
Fiona Branton 37	38:04	
M40	John Thoren	36:30
	Douglas Moyer	37:58
	Tim Dowse	38:28
M45	Jay Wind	38:17
	Tom Wamslet	39:47
	Jim Porterfield	39:49
M50	Mike Golash	39:40
	David Gearin	40:49
	Russ Abbott	40:50
M55	Warren Prunella	41:50
	Klaus Hirtes	42:10
	Allan Green	43:34
M60	Stephen Block	53:50
	Dick Clement	54:02
M65	Don McCarten	48:03

	Marcel Bitoun	54:08
M70	Frank Haines	60:02
W40	Linda Hunt	46:48
	Fran Knoll	49:01
	Sylvia Travaglione	50:26
W45	Sandra Adams	44:08
	Nancy Crippen	48:21
	Louise Teel	49:22
W50	Christine Wright	48:26
	Priscilla Prunella	49:16
	Julie Trapp	50:22
W55	Jane Metzler	50:08
	Brenda Murray	53:30
W60	Tami Graf	50:31

Overall

Eddie Monnier 32	17:18
Colleen Dulin 28	21:02
M40 Greg Price	18:19
Greg Conway	23:23
Mike North	25:39
M45 Bruce Kaufmann	24:59
Darryl Crompton	25:20
Pete Pappas	26:32
M50 Jim Noone	23:48
Andrew Kolstad	24:37
John Short	28:50
M55 Sumner Jones	26:50
Jim Linhart	28:15
Earl Klioze	42:27
M60 Bill Rugh	30:46
Craig Thomas	34:19
M65 Jack Moskowitz	34:52
Larry Schaefer	46:16
W40 Sharon Seeley	21:51
Eliz Merritt	27:22
Rande Young	28:07
W45 Sue Pferchy	21:21
Carol Millspaw	24:34
Gail Tillery	26:45
W50 Carole Linhart	28:15
Maria Alves	30:26
W55 Ina Concaugh	43:38
Gail Schaefer	46:16
W60 Lillian Wolf	38:53
Barbara Blount	65:45
W65 Janet Huck	60:38

Continued from previous page

Kenneth Robinson	TN 4:34:44
James Blackwell	TN 5:08:02
Jay Grove	AL 5:24:55
Jack Paslay	TX 6:42:00
M75 Ernest Ritch	AL 5:53:20
F40 Joyce Deason	LA 2:59:46
Laurel Cihak	MI 3:06:01
Cathy Dwyer	SC 3:21:02
Alesia Ryals	AL 3:32:04
Mary Jean Yon	FL 3:33:12
Sandra Stark	GA 3:41:23
Athena Naugher	AL 3:42:47
Donna Swanson	MI 3:45:28
Jean Hazleton	AL 3:47:08
Sheila Byrne	MI 3:49:39
Lisa Sciscioe	IN 3:49:43
F45 Diane Legare	CN 3:03:13
Mary Preisel	TN 3:23:30
Carolyn Mather	GA 3:39:20
Lynn Woods	TN 3:50:28
Sue Norwood	GA 3:54:24
Nancy Nail	AL 3:55:20
Chris Hamilton	NC 3:55:31
Charlotte Swann	MI 3:56:58
F50 Jane Hutchison	MO 3:09:54
Sandy Berg	AL 3:35:29
Linda Tortora	IN 3:35:54
Mary Thompson	SC 3:50:26
Rita Bartczak	MA 4:00:31
Beth Watkins	MS 4:06:46
Dee Ann Aydelott	MO 4:09:10
F55 Marge Potter	CN 4:15:29
Dot Richter	AL 4:19:35
Selma Ridgway	GA 4:35:26
Mary Demattia	MI 4:45:43
Ann Mellott	MS 4:45:31
F60 Wen-Shi Yu	NY 3:46:26
Barbara Meyer	AL 4:39:53
Phyllis Crenshaw	TN 4:57:55
F65 Whayong Semer	OH 4:01:53

Walt Disney World Marathon
Lake Buena Vista, FL; Jan. 5

Overall	
Dick Hooper 40	2:31:19
Larisa Zyuzko 27	2:41:13
M40 Dick Hooper	2:31:19
Dave Elger	2:39:39
James Rasch	2:46:22
Victor Lopez	2:48:04
Tim Hewitt	2:48:17
Stanton Shirk	2:50:42
Steve Butler	2:53:09

M45 Terry Wiese	2:50:32
Gary Wall	2:55:26
Attilio Biagiotti	2:57:17
Pat Gaughan	2:58:59
Earnest Mitchell	2:59:41
M50 Ken Sparks	2:42:08
Anson Clapcott	2:51:16
John Wamsley	3:00:20
Lewis Loudon	3:11:54
Jake Mahoney	3:21:51
M55 Joe Burgasser	2:49:56
Gillano Orlando	3:00:51
John Boyle	3:06:10
A K Smith	3:14:29
Leo Tomasetti	3:14:30
M60 Ronald Hems	3:13:00
Richard Mines	3:56:30
Leo Sentis	3:58:07
Robert Wuthrich	3:27:12
M65 Juan DeLeon	3:57:31
Don Preven	4:12:20
Pete Peterson	4:16:30
M70+Ray Marshall	4:43:21
Sam Maxwell	4:56:52
Harold Cook	5:11:09
W40 Mary Hankon	2:54:26
Marina Jones	3:25:13
Kitty Sokoll	3:06:24
Marietta Sievert	3:19:17
W45ShokoTsunekawa	3:55:33
Carol Virga	3:23:33
Eunkyoung Ma	3:57:48
Ann Boldt	3:58:45
W50 Isabel Zamora	3:20:19
Dee Bays	3:25:11
Sue Branley	3:25:17
Sue Trent	4:00:29
W55 AnnemarieAltman	4:15:28
Glenda Walker	4:19:48
Willy Moolenaar	4:17:05
Terttu Barsch	4:31:40
W60+HelenaWhitmore	4:55:01
Ruth Fleck	4:59:17
Julia Velazquez	5:09:01

SOUTHWESTDallas White Rock Marathon
Dallas, TX; Dec. 8

Overall	
Gregorio Romo 34	2:30:57
Shannon Compton 27	2:58:34
M40 David Savage	2:40:15
Kimble Meagher	2:43:49
Bryan Emslie	2:43:51
Charles Block	2:45:59

John Case	2:48:09
Richard Pennington	2:49:15
John Gonzalez	2:51:18
Brad Walatne	2:52:34
Bud Wilder	2:54:37
M45 Robert Perez	2:46:46
Steve Sipes	2:53:20
John Howland	2:54:16
Lyle Claussen	2:54:18
Larmie Fahrendorff	2:57:02
Brian Harrison	2:59:57
Ronald Webb	3:03:57
Ken Jernigan	3:07:01
Gene Rath	3:07:24
M50 Denny Wintheiser	2:53:21
Jim Morton	2:59:05
J C Sanford	3:04:36
Marti Zapata-Alfredo	3:10:15
Paul Francis Shimon	3:11:14
Paul Jensen	3:11:53
Bob Trenchard	3:15:30
Bob Givens	3:18:06
M55 Bill Blackburn	3:13:21
Jim Tabor	3:13:26
Glenn Lumry	3:14:26
C Gomez Herrera	3:22:50
Charles Taylor	3:27:04
Bob Abbott	3:27:13
Mike Bender	3:29:49
Keith Burdick	3:03:08
M60 Ray Nelson	3:36:37
Koel Nakanishi	3:40:46
Cecil Earp	3:49:59
James Hague	3:58:46
Kevin J Kennell	4:05:56
Bud Tomlinson	4:10:56
Jerome Meyers	4:14:49
M65 Ed Jackson	3:47:35
Beacham Toler	4:01:18
Jesse Real	4:05:58
Robert Coffey	4:24:57
Donald Roberts	4:31:06
Luis Anaya-Chavez	4:43:20
Peter Butler	4:49:53
W40 Sue Beckman	3:21:32
Marnie Harden	3:27:37
Maurine Blomquist	3:28:10
Cindy Mann	3:29:13
Lesia Hasan	3:29:38
Kathy Phillips	3:33:09
Teri Gearing	3:36:21
W45 Jeannie McDaniel	3:29:09
Leigh Spruell	3:37:51
Charlotte Lindley	3:40:58
Eileen Shovlin	3:44:31
Norma Cousin	3:51:29
Tamara Betz	3:53:33

Judy Nichols	3:55:32
W50 Marilyn Patrick	3:39:37
Kathy Kaplan	3:49:03
Andrea Mulligan	3:54:55
Joyce Schaeffer	3:58:57
Joanne Turner	4:07:19
Betsy Penney	4:08:59
W55 Mary Kennard	3:51:10
Janet Littlefield	4:14:48
Sara Herz	4:18:16
Glendy Daughety	4:36:02
Rachel Boggess	4:57:31
Wanda Holden	5:01:36
W60 Mary Beaton	4:15:52
Mary Ann Miller	4:16:15
Barbara Moore	4:33:31
Betty Forsvall	5:17:47
Noriko Reaie	5:58:10

WESTCalifornia International Marathon
Sacramento; Dec. 8

Overall	
Patrick Muturi 25	2:14:19
Rizoneide Vanderlei 27	2:35:46
M40 J Miguel Tibaduiza	2:23:20
Brian Moroney	2:33:58
Frank Rajewski	2:38:24
Mark Drake	2:40:30
M45 Neil Gelblum	2:46:37
Chris Enfantie	2:48:38
Sylvester Franklin	2:50:03
Stephen Freitas	2:50:11
M50 Wayne Yetman	2:54:11
Perry Hayden	2:54:20
Ewar Gordillo	2:55:09
Howard Ferris	2:55:39
M55 Glenn Frick	2:47:49
Ken Young	3:07:15
Mike Hawkes	3:13:26
Floyd Whiting	3:14:21
M60 Donald Boyd	3:19:13
Patrick Quinn	3:22:51
Peter Fish	3:24:31
Ted Alarcon	3:25:48
M65 Marion Carter	3:44:23
John Milne	4:02:54
Ernesto Malagon	4:08:25
Dick Yaeger	4:14:56
M70 John Keston	3:05:00
George Billingsley	4:42:18
Gary Toji	4:48:06
Stanley Demartinis	4:56:13
W40 Maria Gomes	2:59:08
Shelley Sumner	3:07:29
Christine Iwahaski	3:09:17
Karen Johnson	3:10:28
W45 Darlene Wallach	3:20:46
Nina Lederman	3:28:13
Christel Stippich	3:30:38
Margaret Ryan	3:36:36
W50 Gynce Calvin	3:20:57
Helene Doneson	3:32:05
Rusty Barnett	3:35:00
Barbara Elia	3:45:55
W55 Barbara Miller	3:06:48
Judy Shipman	3:43:05
Gaby McQuitty	3:53:26
Louis Walters	4:11:26
W60 Wen Shi Yu	3:49:17
Myra Rhodes	3:54:42
Juliane Scheberies	4:40:15
Jenny Ketchum	4:44:53

Honolulu Marathon
Honolulu, HI; Dec. 8

Overall	
Eric Kimaiyo 27	2:13:23
Ramila Burangulova	3:52:34:28
M40 Isamu Yamada	JAP 2:35:57
Brian Bjornson	CAN 2:36:49
Harufumu Mori	JAP 2:36:59
Mike Georgi	HI 2:39:49
Kazuhiko Tsutsumi	JAP 2:44:54
Ensio Lehtonen	FIN 2:45:27
Tsutomu Ito	JAP 2:46:06
Ernst Brussel	GER 2:46:42
Hajime Komai	JAP 2:48:01
Glenn Tachiyama	WA 2:48:12
M45 Yoshihisa Hosaka	JAP 2:34:26
Nobu Morimoto	JAP 2:47:15
Karl Mayr	ITA 2:50:20
M Kawasaki	JAP 2:53:41
Jenaro Torres	HI 2:54:15
Hideaki Tanaka	JAP 2:55:18
Ken Menks	HI 2:58:22
Jim Mahonley	HI 2:58:50
M50 Hiroshi Yamada	JAP 2:54:06

C Nakakama	JAP 2:57:49
Robert Grant	CAN 2:58:43
T Moriguchi	JAP 3:00:26
Holger Groth	HI 3:00:40
Ron Pate	HI 3:02:03
M55 Takao Aida	JAP 2:46:48
Arne Kaati	SWE 2:50:57
Anton Risch	ITA 2:53:10
Mitsuo Kimura	JAP 3:00:47
Akiyoshi Kanno	JAP 3:03:53
M60 Kiyoshi Tanaka	JAP 2:54:03
Hiroshi Ogata	JAP 3:22:34
Manfred Schulze	GER 3:24:11
T Kimura	JAP 3:26:34
M65 Koichi Morishita	JAP 3:07:59
Piet Oudendyk	IRE 3:12:08
Keizo Yamada	JAP 3:13:12
M Yokoyama	JAP 3:19:56
M70 Y Yamamoto	JAP 3:48:17
Y Yasuzumi	JAP 4:04:43
Maurice French	CAN 4:17:55
M75 S Higashi	JAP 4:41:12
Kozo Oguchi	JAP 4:43:25
A-Chin Lee	TAI 5:02:10
M80 M Ryuji	JAP 4:45:48
Kiichiro Okawa	JAP 4:55:43
M85 Seigo Yamasaki	JAP 4:14:03
H Yokoyama	JAP 4:55:43
W40 Carla Beurskens	NET 2:38:19
Rachel Portner	HI 3:02:36
Kinue Sugio	JAP 3:03:59
Britta Mosby	CA 3:11:29
Julie Anderson	HI 3:12:04
C Comiso-Fanelli	HI 3:16:07
W45 Harumi Amano	JAP 3:14:53
Tomoko Nomura	JAP 3:17:47
Karin Schaaf	GER 3:19:07
Rose Pals	CAN 3:23:48
W50 Lisa Felder	CA 3:38:07
Setsuko Makino	JAP 3:39:19
Joan Stibbard	CAN 3:49:50
W55 Mae Palm	CAN 3:31:56
K Yoshikawa	JAP 3:48:36
Takako Suzuki	JAP 3:49:22
W60 HanneloreKueper	GER 3:54:47
Chizuko Inoue	JAP 4:10:06
Harriet Anderson	CA 4:17:16
W65 Hika Kaijanen	FIN 4:39:46
Barb Zamparelli	HI 4:45:37
A Westerberg	FIN 4:53:05
W70 Yoshiko Kosugi	JAP 5:25:52
Wakae Spencer	HI 5:40:42
W75 H Yamanaka	JAP 7:13:09
W80 Takeko Kawase	JAP 5:01:01
W85 M Kohaytani	JAP 5:33:14
First 40+ Racewalkers	
D Westphal	M56 GER 4:49:46
A Mance W42	WA 5:27:01

Palm Desert 5K
Palm Desert, CA; Dec. 15

Overall	
Oswaldo Servin 21	15:16
Angela Orefice 22	17:47
M35 Ralph Havens	16:26
Mike Anderson	16:42
Steve Jennings	17:23
M40 Mark Belger	16:51
Gary Foltz	16:57
James O'Brien	17:25
M45 Bill Sumner	18:38
John Davis	19:24
Roberto Perez	19:46
M50 Greg Burke	18:09
Duane Carney	19:11
Dale Stringer	20:07
M55 Thom Weddle	20:10
Cliff Bedell	21:05
David Sarty	22:10
M60 Carlos Valle	18:36
Don Rowan	23:43
Wayne Watson	24:27
M65 Orlo Kenniston	20:46
John Russell	22:41

CleavesHenderson	24:27
M70 Jim O'Neil	21:01
Larry Banuelos	21:04
Gerry Hopkins	22:26
M75 Wilton Headley	30:18
Cyril Amittin	34:33
W35 Pat Contreras	20:24
Pam Spadola	20:26
Geralyn Zimmer	22:50
W40 Marcella Teran	18:49
Joann Behm	19:10
Suzette Clark	22:29
W45 Gayle Bedell	23:51
Carol Alexander	24:19
Elaine Anderson	24:34
W50 Mary English	25:27
Bertha Hart	26:30
Patsy Mauleon	29:01
W55 Ursula Rains	23:49
Carole Davis	25:12
Nancy Cohee	29:50
W60 Kathy Johnson	25:31
Joanne Shecter	29:03
W65 Teresa Hurtado	28:52
W70 Mary Storey	26:54
W75 Iris Wise	51:31

RACEWALKINGFlorence TC Patriot Games
1-Hour Racewalk
Florence, SC; Dec. 7

M45 Andrew Smith	10,987m
M55 Paul Mailman	9,070m
M60 Al Clowser	8,502m
M65 Mike Michel	9,661m
M70 E B Lloyd	7,859m
W50 Judith Lewis	7,588m

Pharr Winter Festival 5K
Racewalk
Pharr, TX; Dec. 7

Overall	
Eduardo Losa 22	24:22
Shannon Walsh 32	26:41
M40 Maurice Hime	33:57
Richard Galvan	39:09
A J Cantu	40:28
Ruben Barreiro	41:08
Abraham Garza	41:22
M45 Jose Lobeira	31:02
Raul Garza	32:41
Rick Hoffman	34:48
James Helems	35:23
Joe Phillip	35:38
M50 Jose Sosa	34:43
Juan Martinez	37:23
Mike Tello	38:21
Hugo De la Cruz	42:15
M55 John Knifton	27:02
Chuck Barracato	36:54
Julio Baca	37:05
Jerry Nichlow	52:05
M60 Eduardo Aguirre	31:41
David Aguirre	31:45
Gonzalo Jimenez	33:42
Jesus Escobar	34:45
M65 Wilson Petefish	32:07
Ralph Nettleton	34:51
Wendell Jensen	42:12
M70 Leonard Stern	34:13
Harry Allen	44:23
M75 Ed McCaffrey	39:42
Lolo Gonzalez	42:09
T Santoyo	42:34
W40 Ann Atwater	32:40
Terry Hime	33:54
Maria Villareal	—
C Grafwallner	37:52
W45 Maria Castro	39:13
Valda Rispoli	41:04
Eliza Serrano	41:23
Griselda Puell	42:42
W50 Ruby Vargas	36:31
Lois Charles	37:08
Dixie Hoffman	38:09
Ann Selfick	39:03
Emma Robledo	40:13
W55 Carole Anderson	42:06
Mary Tarkowski	43:33
Virginia Rogers	46:16
W60 D Rodriguez	35:50
Kay Duplican	38:34
Barb Laprade	44:13
W65 Addie Kephart	41:52
Vivian Westrich	41:56
C Silva Leal	44:22
W70 Laura Steinbach	41:06
Marj Holmes	41:12
Alice Darrall	45:18
W80 Maria Cruz	54:17

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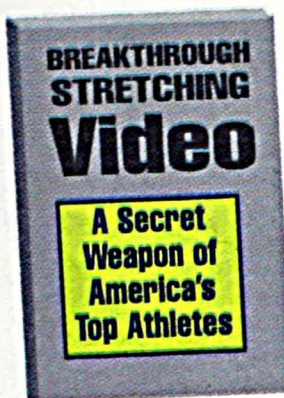
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