Keeler, Niemczak Blast to Wins in 21st Rocket City Marathon

by JIM OAKS
HUNTSVILLE, Ala. - Cindy Keeler speaks with a soft voice, but she made a strong statement for masters runners in the 21st WZYP Rocket City Marathon here on Dec. 13. The 40-year-old wife and mother of two from Lake Worth, Fla., ran 2:44:09 to win the overall women's title.


Although the men's field included two Runner's World top 10 masters runners for 1997 — Niemczak and Kurtis — along with Rocket City masters winners Robert Yara, La Vernia, Tex., and Gary Romesser, Indianapolis, Ind., and last year's runner-up, Uriy Mikhaylov, of Russia, it was Keeler's run that provided the day's excitement.

Keeler, a native of Michigan who now lives with her family in Florida, was running her first marathon as a master.

"I turned 40 in November, and this race offered great prize money and was pretty close to home," she said. "I also thought I had a good shot at the masters record, and when I got here and saw who was in the field, I knew I had a chance for an overall win."

Keeler followed 31-year-old Debbie Gormley, a former three-time Rocket City winner from St. Paul, Minn., for the first five miles of the race. By mile seven, she had moved

Continued on page 8

Webster, Anderson Win 50 Mile Titles; McKenzie, Kasen Win in 50K

by JOHN WELCH
Nearly 900 runners from 40 states and several foreign countries — many of them masters athletes — descended upon Huntsville State Park, 60 miles north of Houston, for the Dec. 13 Sunmart Texas Trail Endurance Run. The largest ultra distance event in the U.S. since 1995, this year's races were designated by USATF as the 1997 National Masters 50 Mile and 50K Championships.

In the 50 mile, a four-runner pack, including Sheboygan, Wisc.'s Roy Pirrung, 49, set a fast early pace that only eventual winner Brian Teason, 36, Coral Springs, Fla., would manage to maintain throughout the race's four 12.5 mile loops through the park's pine-shrouded paths.

However, waiting patiently to make a decisive move during the event's final stages was Steve Webster, a 44-year-old running specialty store owner from West Olive, Mich. Webster claimed the 50 mile masters title as he moved into third behind Teason's winning effort of 6:52:07 and 35-year-old runner-up Al Hilsenbeck's clocking of 6:04:43. Webster stopped the clock at 6:11:11.

Janice Anderson, 41, Kennesaw, Ga., was second overall and the mas-
The official world and U.S. publication for masters track & field, long distance running and racewalking.

Photographers: George Basker (MD), Sunny Hess (OR), Hank Kessel (MO), Charlie Klutsz (NC), Vic Sailey (NY), Tesh Teshima (HI), Jerry Wojcik (OR).

Creative Art: Eugene Paasinen, Herb Parsons
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National Masters News
WAVA

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Destination: Maine

Maine offers more than just a few days of competition for those planning on participating in the USATF National Masters Championships in Orono on July 30-Aug. 2. Athletes who like to combine vacationing with their track & field might consider adding a week or two at either end of the 1998 championships to enjoy the state, off America’s beaten path, which combines a glimpse of contemporary New England life and a look at the past.

Much of what Maine has to offer is affordable. Campers and nature lovers will find a half-million acres of state and national parks and dozens of nature conservancy preserves. Some of the most popular parks – such as Acadia National Park – receive tens of thousands of visitors annually, but you can slip off into almost certain solitude at smaller preserves, like the Waterboro Barrens in southern Maine or Mast Landing Sanctuary in Freeport.

Those who like looking rather than doing can avail themselves of a slew of agricultural fairs during late summer, such as the Skowhegan State Fair, which takes place in August. Artists of all disciplines have found inspiration in the beauty and solitude of Maine, and many historic Grange buildings and opera houses host music festivals, art shows, theater, and dance performances during the summer.

If your persona is defined largely as that of a gourmand, there is no better way to get a taste of Maine than to sample its native foods. Okay, so you know that lobster is big here – 40 million pounds harvested annually – but did you know that Maine is the largest blueberry producing state in the nation? While Portland has the largest number of restaurants, you can eat your way across the state, sampling specialties such as popcorn shrimp, bean-hoe baked beans, seafood chowder, and blueberry pie. Maine was one of the first states to establish microbreweries, and brewpubs can be found in every major tourist area.

For more about Maine this summer, check out the Maine Office of Tourism Web site: www.visitmaine.com. The site includes a 365-Day Event Calendar and lodging information.

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SILVER STATE INDOOR MASTERS CLASSIC
February 15, 1998

The Third annual Indoor Masters Track and Field meet is sponsored by the University of Nevada and the Silver State Striders. The Track is the University of Nevada's Bill Cosby Wooden Track (the same facilities used in the 1995 National Masters Indoor Championships).

WHERE: Reno Livestock Events Center (Exit Wells Ave. off Interstate 80, proceed north on Wells for 2 blocks).
WHEN: February 15, 1998 (SUNDAY) TIME: 7:30 A.M.
WHO: All men and women 30 years and up (sub-masters 30-39, masters 40-95)
FEES: $15.00 for first event, $10.00 each thereafter - Relays $20.00 per team.
DEADLINES: Registration must be received by Saturday Feb. 7, 1998 for final schedule. (Walk-in registration is limited to lane & time availability).
REQUIRED: 1998 USATF Membership Card must be shown or purchased at registration. (USATF rules of competition will be used to conduct meet).
AWARDS: Medals, top 3 places, in all 5 age divisions, all events.
HOST HOTELS: DAYS INN - $39.00 a night 1-800-448-4555, Two blocks from track.
HOLIDAY INN - Hotel / Casino - $49.00 a night 1-800-648-4877, Three blocks from track.
TRUCKEE RIVER LODGE - Non Smoking / Kitchenettes - $40.00 a night 1-800-635-8950, Down town Reno.

Running Events
3000m Racewalk - 8:00
3000m Run - 9:15
60m Dash - 10:00
800m Run - 10:15
Relays as requested (4 X 200, 4 X 400, 4 X 800 - 2:00)

Field Events
200m Dash - 11:15
500m Run - 11:45
60m Hurdles - 1:00
400m Dash - 1:30
Relays

Weigh-In and measure - 8:45
Pole Vault - 9:30
Long Jump - 9:30, followed by Triple Jump
Shot Put - 9:30, followed by Wt. Throw then Super Wt. Throw
High Jump - 10:45

Application and entry checks (Silver State Striders) and mail to Silver State Striders P.O. Box 21171 Reno, NV 89515 (702/209-2814)

NAME ________________________________ Male _______ Female _______
ADDRESS ______________________________
CITY/STATE ____________________________ ZIP __________
DATE OF BIRTH _______________________ AGE _______
PHONE _____________________________
EVENTS ENTERED: 1ST _______ 2ND _______ 3RD _______ 4TH _______ 5TH _______ 6TH _______
BEST RECENT PERFORMANCE: ____________________________

WAIVER AND MEDICAL TREATMENT AUTHORIZATION
In consideration of my entry in the Reno Nevada - Silver State Indoor Masters Classic at the University of Nevada Bill Cosby Track, Reno, Nevada, on 15 February 1998, I intend to be legally bound, and I do hereby for myself and anyone entitled to act in my behalf, waive and release the University of Nevada, the Silver State Striders, the City of Reno, all Sponsors and their Representatives and Successors from all claims and/or liabilities of any kind arising from my travel to and participation in the meet. I grant permission to all of foregoing parties to use any photographs, video or motion pictures, record of any other record of the meet for any legitimate reason. I understand that all entry fees are final with no refunds. It is understood that this meet will entail physical activity and that various injuries may result. I certify that I am properly conditioned and have No physical injuries or defects that will preclude me competing. I authorize the Track Committee and its agents permission to request emergency medical treatment or care as necessary to insure my well-being.

Applicant Signature ____________________________ Date ____________

JERRY WOJCICK
Rolland Ranson (l), Tom Easter, and Val Foss from the Organizing Committee of the 1998 USATF Masters Championships, Orono, Me., to take place July 30-Aug. 2.
TEAM MANAGER SELECTION
I found Alan Sheehan’s editorial, "The Political Insighting in Big D," both enlightening and disturbing. Alan Sheehan is a very important cog in the wheel of Masters Track and Field. His contributions are too great to list. But should he tell us how we should run our organization? The person with the most votes wins, be it by one or one thousand. To second guess the committee in public forum is unacceptable.

I have been an active participant in Masters Track and Field for the past 20 years and have attended WAVA championship since 1987. On a few occasions, the team manager has assisted me in some way or other, and I have been grateful for it.

For the most part I attended meetings to get acquainted with the other members of our team. It was also interesting to listen to people complain about everything - scheduling, food, starting times, transportation. You name it, the team manager hears about it. After a while I have twice won national championship on a few occasions, and I have been waiting for the feature. I was happy to see that you’ve returned it, at least temporarily, but how about printing the 1997 October and November listings?

Since you solicited opinions, I cast my vote for keeping the feature. I was happy to see that you’ve returned it, at least temporarily, but how about printing the 1997 October and November listings?

Thanks to Pete Mundle for his efforts in keeping up the data base; his work is much appreciated. And thanks to you and your able staff for consistently putting out a superior publication, which I have enjoyed for many years.

Dick Hotchkiss
USATF Masters Weight Events Coordinator, Grass Valley, California

RULE COMPLAINTS
Your publication has been very good, but NMN is devoting inadequate coverage to complaints about masters track & field and racewalking rules. The coverage is making NMN seem like an old crotchety retirement village publication full of complaints by a small minority of malcontents with too much time on their hands.

If this minority would use the time wasted on incessant complaining to conform their performance to the rules, they wouldn’t need excuses or exceptions.

There are options: (1) Be thankful for your good health - get a training life and zip the lip; (2) Organize your own meet and make the rules; (3) Take up checkers and petition to change the “take your hand off” rule because of age-handicapped loss of upper body strength.

I subscribe to NMN for the good training and performance improvement articles, race results and race schedules, so give me more of those or you may erode your customer base.

Harry C. Bruner, Jr.
Charleston, West Virginia

NEW AGE-DIVISION FEATURE
I was disappointed that NMN dropped the feature “Athletes Who Enter a New Division” from your October and November issues. I entered the W70 division in October and had been anticipating seeing that fact in print. We older females are so few in number that we enjoy keeping track of each other.

Since you solicited opinions, I cast my vote for keeping the feature. I was happy to see that you’ve returned it, at least temporarily, but how about printing the 1997 October and November listings?

Thanks to Pete Mundle for his efforts in keeping up the data base; his work is much appreciated. And thanks to you and your able staff for consistently putting out a superior publication, which I have enjoyed for many years.

Ann Nauman
Las Vegas, Nevada

CASH PRIZES FOR 60+
The super Seniors (ages 60-69) and the Veterans (ages 70+) of the community of runners notice that whenever money is offered at many of the Pacific Association races, it stops at the Masters, and, on occasion, the Senior level (ages 50-59). This seems to be inequitable, as it does not show recognition of the older runner who continues to compete and support the sport of running.

Most of the older runners belong to running clubs and support those clubs with their dues, their time and help in sponsoring local races. It is important and it is gratifying to them to receive some recognition for a well run race and many are turning in race times that would be very respectable for much younger runners.

To not include the older runners for monetary awards in their age divisions is also very shortsighted as the older runner is on the leading edge of what will become a very large group of runners as time goes by.

It is not the money, but the recognition that is important, but unfortunately the recognition usually comes with the reward.

Please take this as a request by the Empire Runners Club and the Tamalpa Runners Club to at least consider having monetary awards go up through the Veterans age groups so that all may receive the recognition they richly deserve.

Carl Jackson
Ralph C. Harms
Santa Rosa, California

“CHAMPIONSHIP” AGE GROUPS
As an over-the-hill runner of 77, I read Bill Benson’s letter (December NMN) seeking clarification of the age groups, if any, mandated by any “official” long distance running organization for claimed “championship” races.

Who is authorized to designate a race a championship event? What rules or guarantees, if any, must those putting on the race follow? Are age-group championships required to include any specific ages?

On another note, after having run many races over 15 years, I am just wondering if there is, or can be, any limit to the number of race sponsors allowed on the front, back, and sleeves of official race T-shirts.

Mel Friedel
Dix Hills, New York
(Only the USATF Masters Long Distance Racing Committee is authorized to designate a race a USATF championship event. It does this each December at the annual USATF convention. The meet organizers must follow all USATF rules. Any championship must provide five-year age-group competition up to age 95 (Rule 250-2). We can find nothing in the USATF rule book re limits to sponsor messages on T-shirts. — Ed.)

NORM BOWER MEMORIAL MEET
I wish to thank the National Masters News for publishing the November article on the Norm Bower Memorial Weight Pentathlon. Joe Chadborne, who wrote the article, was a very close friend of my husband, Joe and Mary

Continued on page 13

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

Special thanks this month go to:

Edward Fox
David Galligani
Roar Lund
Daniel Patt
Andy Pittman
Ralph Romain
Edward Twoney
James Young
Herb Zender

These extra funds allow us to publish more photos, deeper results, an in-depth schedule section, and more.
Larry Colbert, of Maryland, broke world records in the M60-64 200 (25.15) and 400 (56.32), 1997 USATF Masters Indoor Championships at the Reggie Lewis Center, Boston. The 1998 Championships are scheduled for March 27-29 at the same venue.

JERRY WOJCIK

SUZY HESS

Julie Wiedis, of New Jersey, was second W35 in the long jump, 1997 USATF Masters Indoor Championships, Boston. USATF New England will stage the 1998 Championships at the same site on March 27-29.

How About That! They're FREE!

We'll put both in the mail to you.
Our 1998 Track and Field Catalog
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Our New '98 Bumper Sticker from Our Collector Series.

Indoor Nationals Preview

Continued from page 1

Competition will be held in five-year age groups for all men and women age 30-and-over, including non-U.S. citizens. Relays will be held in ten-year age groups. A 1998 USATF membership is required for all U.S. residents and may be obtained through a local USATF association, or at the meet for $15.

March 8 is the deadline for the early entry fee and a guarantee that entry confirmation and final instructions will be sent to you. USATF Championship medals will be awarded to the top three places in each age-group. Foreign athletes will receive duplicate awards.

The first events start at 4:00 p.m. on Friday, March 27th, and the meet closes with the 4x400 relays on Sunday, the 29th, around 4:00 p.m. A general meeting, open to all athletes, will be held on Saturday evening at a time and place to be announced.

The Lewis Center offers seating to 3500 spectators. Admission is $5 per day. All participants receive two complimentary tickets with their entry.

Air travel arrangements and accommodations are available from Marathon Tours, 800-444-4097. The entry form, with more details, is published in this issue on page 32. For more information, call the meet organizers, USA Track & Field - New England, at 617-566-7600 or visit their Web site: http://www.cool-running.com/usatf.htm.

FIFTEEN YEARS AGO
February, 1983

• Comic Bill Cosby, 40, Begins His T&F Comeback With a 7.5 60y and a 5-2 HJ in the ARCO/Up Indoor Meet in Philadelphia

• Jack Foster, 50 (2:28:15) Is First Master in Honolulu Marathon

• Alton Miguez, 42 (2:30:07) and Ann Diaz, 42 (2:53:38) are Top Male and Female Masters in the Rocket City Marathon

IN THE '98 M-F CATALOG

• Vaulting Poles
• Javelins
• Discus
• Hammer and Shots
• Pits and Cages
• Hurdles and Crossbars
• Track Shoes/Uniforms
• Heart Monitors
• Weightlifting Equipment
• And More!
Many Years, Many States, Many Miles

No one is going to call Paul Reese a cheater, even if it’s a matter of spending over a thousand dollars to run a couple of miles. For all practical purposes, Reese, an 80-year-old retired Marine officer and school administrator, had accomplished his goal of running across all 50 states. There was, however, a little over a mile in Hawaii that Reese did not finish when he set out to run across the Big Island of Hawaii last March.

The approximate 38.5-mile route chosen by Reese would take him from the west side of the Big Island, north of Kona, to the east side, north of Hilo. But after covering some 37 miles to Honokaa, Reese encountered an unexpected problem. “On the map, it was only a mile or two from Honokaa to the ocean,” Reese explained, “but we couldn’t find a direct route through to the ocean. We found one road there, nine miles or thereabouts by the highway, but there was no way to make it there, and there were no further roads nearby.”

After running across all the western states, Reese had done 26 states and decided to go for broke in 1997 by finishing the 22 states east of the Mississippi River along with Alaska and Hawaii.

“Age was catching up with me and my energy was ebbing, so I have to admit to taking the shortest routes across most of the eastern states and Alaska,” Reese said. “I wanted to get to the states and make it through the states. I wasn’t too anxious to spend a lot of time there. The battle plan was to find the shortest route and the one we hit upon was from the British Columbia border on the Klondike Highway to the inland passage at Skagway. Fortunately, I didn’t encounter any wildlife.”

A Close Call
Reese, however, did encounter quite a few angry dogs during his runs. “Like when I was in North Carolina and was by a cabin where a burly guy, about 50, wearing a plaid shirt and overalls stood on the front porch. Out from the side of the cabin five dogs came charging toward me. I yelled, ‘Stay!’ But they didn’t get the message. The guy yelled, ‘Git back here!’ Still, they paid no attention. He then whipped out a pistol and fired a couple of rounds in their direction, whereupon they braked and hastily retreated to the cabin. ‘That’ll learn em,’ he called to me.”

On April 21, 1990, Reese, recently retired from his second career as a school administrator, dipped a toe in the Pacific Ocean at Jenner-By-The-Sea, north of San Francisco, and set out on his cross-country trek. On August 22, after crossing 12 states, covering 3192 miles, and wearing seven pairs of running shoes, he splashed into the Atlantic Ocean at Hilton Head, S.C. That four-month odyssey was chronicled in a book co-authored with running writer Joe Henderson, entitled Ten Million Steps.

Elaine accompanied her husband in their 20-foot motorhome, dropping him off for his runs and going ahead to wait at some town or roadside stop.

...Fourteen To Go
“Elaine and I enjoyed that experience so much that we started thinking about getting on the road again,” Reese said of his decision to continue with the other 38 states. “That led to phase two, which focused on running across the 22 states west of the Mississippi River. Since I had already done eight of them on the USA run, left 14 to run. We did those during the summers between 1992 and 1996, two to four states each summer.”

The battle plan was to find the shortest routes across all the western states, Reese had done 26 states and decided to go for broke in 1997 by finishing the 22 states east of the Mississippi along with Alaska and Hawaii.

“Age was catching up with me and my energy was ebbing, so I have to admit to taking the shortest routes across most of the eastern states and Alaska,” Reese started. “And having so many grizzlies and wolves on the roads in Alaska on previous trips, I wasn’t too anxious to spend a lot of time there. The battle plan was to find the shortest route and the one we hit upon was from the British Columbia border on the Klondike Highway to the inland passage at Skagway. Fortunately, I didn’t encounter any wildlife.”

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Next to the dogs and some rattlesnakes, teenagers posed the biggest risk. “Some of them were harmless, like their yelling, ‘Get a horse, old man.’ But some were scary, like when a driver, trying to impress his buddies, steered to the bike lane where I was and ran me out into the weeds. I remember one instance where a driver sped towards me, ran me to the weeds, and another guy in the car flipped an obscene gesture to me. Which left me thinking, good Lord, is this the type of society that we endured two wars for? Of course, there were also insects to deal with. ‘I was bitten by hordes of flies for two days in Colorado,’ Reese said. ‘The mosquitoes in Minnesota feasted on me.’

In Wyoming, a highway patrol officer and sheriff’s deputy, red lights flashing, suddenly swooped down on Reese. ‘Ye gods, I’m thinking, ‘what have I done?” Apparently, a passing motorist had seen Reese kneeling while taking a picture of a snake and had reported the police that he had been bitten.

All Except One
Reese commented that in every state except one, the highway patrol officers were enthusiastic about what he was doing. The only exception was his state of California, which seemed to barely tolerate ‘such foolishness.’

The most aggressive drivers, according to Reese, can be found in California, Colorado, Montana, and Pennsylvania. The most courteous are in Utah, Kansas, Rhode Island, and Wyoming. “Uniformly, the most discourteous, selfish drivers are those behind the wheels of oversize RVs,” Reese added. “Most semi drivers are alert and considerate. There are a couple of exceptions. Watch out for the guys who haul cars and who drive moving vans.”

Reese recently completed his second book, Go East Old Man, about his adventures west of the Mississippi. “This is a book about running, though,” Reese explained. “It’s about aging, about endurance, about travel, about adventure. It’s about living out a dream. For too many people, life is what happens when they’re planning something else.”

Go East Old Man
Adventures of a runner in his second year of 22 Western states.

by MIKE TYMN

1998 BUDGET - USATF MASTERS TRACK & FIELD

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Submitted by Madeline Bost, Treasurer
Huntsville's Mr. Marathon Becomes Mr. Director

by JIM OAKS

Editor's Note: Malcolm Gillis is a widely known member of the Huntsville Track Club in Huntsville, Ala. He is a regular competitor at the Boston Marathon, and won the 60+ division in 1995. He has competed in three World Veterans Championships. (Read his account of running down a mugger in Cape Town last summer on p. 26 of the January 1998 edition of the National Masters News.) This past year, the 64-year-old Gillis took over as race director for the WZYP Rocket City Marathon, succeeding Harold and Louise Tinsley, who completed 20 years at the helm.

When the thousand runners of the 1997 WZYP Rocket City Marathon came to pick up race packets for the 21st edition of the race last December, they saw very little difference from previous years. However, a major change—one that Malcolm Gillis hoped few would notice—was a new race director.

"We were trying to maintain the high quality race that Harold and Louise Tinsley worked so hard for 20 years to establish," said Gillis, who took over the directing job last year. "We have been voted the Favorite Southeastern Marathon for the past two years by the readers of Running Journal magazine. Runners must like what they get in Huntsville.

When the Tinsleys announced in 1995 that the 1996 race would be their last, no one volunteered to assume their responsibilities. It was imperative that a potential replacement commit before the 1996 race in order to observe race operations and assist the Tinsleys in transition. By the middle of 1996, still no new director had committed to Rocket City and there was talk that the 1996 race might be the last. On Aug. 31, the day after he retired from his computer/engineering job with Boeing, Gillis agreed to assume the race director duty. But the question in the minds of most Huntsville Track Club members was "How will Malcolm find time to do the job with all the running and traveling he does?"

Gillis holds more than 70 Alabama state age records at distances from the mile to the 50 mile. He started running in 1980 at the age of 47. By the time he turned 50, Gillis was among the top grandmasters in the area, and by age 55 he was setting state age records at all distances. Since turning 60 he has been competitive at the national and international levels. He won the M60+ age division at the 1995 Boston Marathon, and won a silver medal in the World Veterans Championships Marathon in Miyazaki, Japan, in 1993.

Gillis is most proud of his world record for the M60-64 division at the 50K distance. He established the record in January 1995 in Dallas, Tex., where his time of 3:35:51 not only set a new U.S. and world record for the age group, but was fast enough to make Gillis the race's overall winner.

"I was really motivated for that race," Gillis said. "I went there to set the record, and it was perfect weather. The course was a three-mile loop around a lake. It was flat and fast. I took the lead in the first lap and led the whole way.

With all the running Gillis has done in the past 16 years, one might think he has time for little else. But there are other interests.

Gillis has maintained his instrument rated pilot license from his days in the Air Force (1956-65). As an Air Force ROTC graduate and mathematics major from Mississippi State University (1955), Gillis gained his wings in 1956. While still in the Air Force, he received his masters degree in electrical engineering from Stanford University.

"My last year of flying in the Air Force was 'General Delivery,'" Gillis quips. "I flew T-39s and most of my missions were to fly Air Force generals to meetings."

In 1965 he left the Air Force and began working with Boeing in Slidell, La., then came to Huntsville in 1969 to work with Computer Science Corporation. He continued working in the computer programming field until retiring at age 63 last year.

"I had planned to work to age 65," Gillis said. "The contract I was last on with Boeing ran out, and the new contractor offered me a job at a $14,000 pay cut. I decided to just go ahead and retire. Nee, I have a job (as marathon director) that takes 70 hours a week and the pay is zero.

"But it's fun, I get to make decisions. If I want to put a rocket ship on the T-shirt, I just do it," he said, referring to the design of the 1997 marathon shirt.

Gillis is a member of American MENSAA and one of his many interests is astronomy. In 1970 he observed his first total solar eclipse while traveling on the East Coast. Since then he has seen four other solar eclipses. He drove to Atlanta in 1984 to watch an annular solar eclipse, then went to Hawaii in 1991 for another total eclipse. In May 1994 he drove up I-65 to Lafayette, Ind., after work to see another annular event the next day. But his most memorable trip came earlier that year when he traveled to Bolivia for another total.

"We took a train up to 15,000 feet, and it was the clearest observation I have ever seen," Gillis said. "It was dark for about three minutes. There was a man there who had observed 38 solar eclipses. He said this was the most impressive of all he had seen." For the next solar eclipse this February, Gillis has his reservations for a cruise to Aruba to witness this phenomenon for a sixth time.

But before taking that pleasure cruise, Gillis steered his own crew of marathon committee members to a successful race on Dec. 13, and is looking forward to directing the next edition.

"My goal is to organize the race so that I can still direct it, but also compete in it as a runner again," Gillis said. "I may not be able to in 1998, but I think by '99 I can."

For a man with the determination to hike the Appalachian Trail, to complete a five-day, 100-mile stage run that climbed to 12,000 feet in the Himalayas the week after the 10th WAVA World Championships in Japan, and to put 330,000 miles on a Volkswagen Rabbit before it died in Colorado last June after he attended the RRCA National Convention in Colorado Springs, that is probably an attainable goal.
A foot injury occurring occasionally in the masters athlete is the Jones’ fracture of the base of the 5th metatarsal. These fractures are more common among cross-country runners who frequently trip or stumble on the uneven terrain. Often overlooked, they also occur in those who have serious ankle sprains or fractures.

There is some controversy over whether this should be called a “Jones” fracture or be called by its medical term, fracture of the diaphysis of the 5th metatarsal. Usually a Jones’ fracture refers to a fracture of a shaft of the bone.

With an inversion sprain, avulsion fracture of the tuberosity of the bone occurs. A fracture of the shaft of the bone usually results from repetitive running on hard surfaces. It is more of an “overuse” fracture.

The pain is usually quite severe, and the athlete is unable to run. There is swelling, and, in some cases, a black-blue discoloration. X-rays are needed to determine the severity of the fracture. I have seen cases in which the bone is fractured into three separate segments.

In most cases, the fracture is an incomplete one and the bone is just “cracked.” However, if the athlete continues activity, the fracture can widen and spread medially.

In most cases, the fracture can be treated with a below-the-knee cast and non-weight bearing for 6-8 weeks followed by physical therapy and rehabilitation. In more severe cases, surgical intervention is needed. (Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, MNM, Box 50089, Eugene, OR 97405.)

Championship Meet Records – Yea Or Nay?

by JERRY WOJCICK

For years I’ve dealt with masters track & field results, from meets varying in size from small, local meets to regional championships, that indicated meet records.

Championship records are deemed of significance at all levels of track & field, as well as in other sports (baseball, basketball, football championships are awarded for the highest place, and meet records are often mentioned in newspaper coverage of high school track championships. Televised collegiate and open meets often list meet records beneath the world and U.S. bests in the lower corners of the screen. On the highest level, the Olympic records carry almost more impact than world records because they are made in competition with the best athletes on earth in the arena of worldwide television.

I’ve seen all-comers meet results that showed meet records. I know that Bob Fin’s masters meets in Florida often indicate records. The Hayward Meet in Eugene keeps meet records, as do the USATF Oregon Association Championships and the USATF Northwest Regions.

Records aren’t always indicated on the results sent to us and published, but they are available if we want to highlight an individual’s performances or the overall quality of the meet’s participants. Admittedly, not everyone is interested in records set at an indoor, all-age-group, all-comers meet, except the record breakers themselves, but records at a national championships are at a higher level.

Results from foreign countries often show national championship records. But, there are no complete U.S. national championship meet records that I know of. Why don’t we have championship records more importantly, are they worth the effort that it’ll take to put them together, or will they be a set of suspect numbers, revived once a year, for us to haggle over because of their inaccuracies, omissions, and other problems (no wind readings, for one; converting feet and inches to meters, for another)?

I’ve given the idea of meet records some thought, and I have a plan of sorts. Before I present it, I would like to hear from anybody who has done work on championship meet records, either outdoor or indoor, or knows of somebody who has, or had, compiled those records.

I’m not asking for volunteers to do the work, just to hear from people who may have already compiled data. I don’t want to re-invent the wheel.

I can be contacted at National Meet Records, National Masters News, P.O. Box 50089, Eugene, OR 97405; fax: 541-345-2436.
Choice Not Politically Motivated

I read Al Sheahen’s column in last month’s National Masters News and feel it warrants comment and clarification. He implies that there is dissension within the Masters Track and Field Committee and that it is between supporters of the past administration and those of the new. He also implies that the Executive Committee’s selection of Dick Lee as Team Manager was politically motivated. He could not be more wrong in both instances.

The political infighting to which he alludes might be better described as “territorial protection.” It is understandable that when one has strong interest in something, whether it is for group betterment, personal attainment, financial gain or whatever, one will promote and defend that interest accordingly. I respect and accept that.

The energies projected by our Masters Marketing Chairman and the Eugene contingency during the 2000 site selection discussions should be applauded, not criticized. It indicates that those involved care for the well being of Masters Track and Field. Maybe the two parties did not agree as to what they individually thought was best for the program and thus created some controversy, but I find that far more acceptable than an apathetic, no-action alternative.

I agree that Masters Track and Field members best forget politics and concentrate on what is best for our programs. Be advised that this administration is non-political and that each and every one of us who has accepted responsible positions with the committee does it selflessly because we love the sport and want to make a contribution of our time and energy, as have others in the past.

Practical Timing
With regard to the Executive Committee, be assured that we conduct committee business according to our bylaws. The bylaws dictate that the Executive Committee has the responsibility to select a team manager. No specific time (odd or even years) is stipulated. It was considered practical to make the appointment at the Dallas meetings, so the appointee would have sufficient time to prepare for the WAVA championships (1999). Two candidates expressed interest in the position: Sandy Pashkin, New York City (former team manager) and Richard Lee, Eugene, Oregon. Each candidate was duly nominated and received endorsements from members in attendance. Seven members of the Executive Committee (a quorum) were present and voted by written ballot. Richard Lee was selected. I am totally shocked that anyone would think that the selection was politically motivated and for what reason?

Full Confidence
I have the utmost confidence that Dick Lee will do just fine. He is a capable and responsible person. I also fully expect that Sandy Pashkin will be more than willing to lend assistance to Dick during the learning process he will undoubtedly experience as he prepares for his new task. Her help will be invaluable.

In response to suggestions to alter the outcome of the Executive Committee’s selection, I suggest that anyone may submit an amendment to a Masters Track and Field bylaw for consideration by the entire committee. Until such appropriate amendment is approved, it does not seem prudent to take any further action.

Let me conclude by emphatically agreeing that Masters Track and Field members should forget about politics and perceived slights and that they should bury the hatchet for the good of the program. Have no fear, the leaders of our sport are capable of making sensible decisions, just give them a chance.

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EW: What motivates you to want to make an American Record?

JD: I think some people are born competitive. I have always been a competitive person. I have been involved in all kinds of sports and it has always been my hope to be on The Team, whether it was basketball, volleyball, or tennis. I have always wanted to excel. Spring and summer, it is usually up in baseball, golf, or tennis.

It has always been my hope to be on The Team. I have always been competitive. I have always been a competitive person. I have been involved in all kinds of sports and it has always been my hope to be on The Team, whether it was basketball, volleyball, or tennis.

EW: What kind of training do you do?

JD: I usually walk a mile easy and then do warmup exercises before my workout. During the racing season, I do both speed and endurance workouts. Off season, I basically just do endurance. When I am doing speed, I train on a dirt track which makes it slow and easy on the legs. I vary what I do, but I always put in eight miles.

Endurance workouts involve hills. I live in a foothill community and have four different courses: 81/2 miles, 71/4 miles, 6 miles and 4 miles. I use my metronome and try to keep step as I go up and down the hills. I don't always keep pace perfectly, but the metronome brings to my attention how fast I want to go and how fast I'm not going. When it comes to going downhill, I often let it all out and put the metronome up to about 200 steps per minute. I know that many people find going down hill hard on their legs, but I have found if I keep rhythm and form, they protect me.

EW: What do you consider the secret to your success?

JD: You cannot win at anything unless you are willing to go the extra mile. Nothing in life comes easy. Success is hard work. Of course, that is what makes the rewards sweeter. I also try to set an example for other people in their 70s so they can know that they can do it too if they try. It is just like Dorothy Roberts said, "You can either sit in a rocking chair the rest of your life, or get up and do it." Dorothy is an inspiration to me. I feel as she does. I have many friends who can hardly walk across the room. I keep saying, "Why don't you get up and move?" They'll answer, "Oh, I can't," and I say, "Yes, you can if you just put one foot in front of the other.

Perhaps my strongest motivation is to be an example for my six girls. That may be the bottom line.
Sprinting 101: Technique

The majority of the readers of Runner’s World are adult distance runners. Surveys suggest that their primary interests are health and fitness. Setting personal bests and doing well in 5K and 10K races – though important – remain a secondary concern. The same is somewhat true for those who visit my “Ask The Expert” column on American Online – although larger percentages of those who seek advice on-line are high school athletes. Most of this sub-group participate in cross-country and track, at distances between 800 and 3200 meters. A few followers of my AOL column have questions about sprint events and how to improve their speed – questions I haven’t always been able to answer to my satisfaction, much less theirs.

Here, finally, is some information related to sprint events (and distance runners probably should pay attention too). To expand my knowledge, I went to Sam Bell, head track & field coach at Indiana University. Here is what Coach Bell has to say about Improving sprint technique:

“There are many things that we, as coaches, can do to teach better technique: to correct flaws in form, to build strength in areas of weakness so an athlete in any event can perform better. This is true in sprinting as it is in any sport in which speed is basic to success.

“The first things we work on are foot placement, arm carriage and upper body carriage. We illustrate the importance of correct foot placement in any sport in which speed is basic to success.

“Foot placement: The tips of their toes at a 90-degree angle to the direction in which they run. If they stand foot out or toes in, we have them rock back on their heels and rotate their toes so they are straight ahead. If the runners do this, it becomes immediately clear to them that by straightening their foot placement, they can gain 1 to 4 inches with each stride.” (Sometimes orthotics may be necessary to correct this foot fault.)

“Improve your stride by an inch and you can cut your time in the 100 meters by as much as a tenth of a second. Since races are won in hundreds of a second, this is worth every sprinter’s attention. It is also worth the coach’s effort to keep after the athlete until the change becomes a new habit with the old habit eliminated.”

Coach Bell’s sprint lessons will continue. Sprinting 102 next month will describe sprint drills that will help you improve your strength and form – and eventually speed.

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The Monsoon Express M50+ 4x100 relay team clocked a 48.87, 1997 Club West Meet, Santa Barbara, Calif. (l to r): Dale Herring, Frank Little, Dan Durante, and David Naylor.
Winter Cross-Training: Surviving Until Spring

On a chilly winter day, I went cross-country skiing on the Luce Line, a rail-converted-to-trail in the western suburbs of Minneapolis. Over the holidays, my wife Rose and I were visiting our daughter Laura, who works for Dayton-Hudson, the department store conglomerate in that city. Three feet of snow covered the trail. The sun shone brightly in a cloudless sky. A perfect day for winter cross-training.

Well, there was one inhibiting factor that probably kept most people indoors that day: a temperature of 14 degrees below zero, Fahrenheit. After a two-hour ski, I returned to the trailhead and discovered: a) my van wouldn’t start; b) my cellular phone wouldn’t phone; and c) one ski binding was frozen, meaning I couldn’t remove the ski!

Actually, it hadn’t seemed like 14-below. It took my hands and face only a few minutes to warm. Except for a few road-crossings, the Luce Line is flat and fast, though ungrolumned. I encountered one other skier on the trail, and we strode along together for a while. Good cross-training for running, my main sport.

Loathsome Climate

Despite what many along the Gulf Coast consider the world’s most loathsome climate, Minnesota runners survive — even thrive. The state boasts two top marathons: Grandma’s in June, Twin Cities in October. Its roster of past marathon greats includes: Buddy Edelen, Ron Daws, Garry Bjorklund, Dick Beardsley and Barney and Janis Klecker. The Kleckers, particularly, understand the value of winter cross-training.

Barney once ran at 4:51:25 for 50 miles, then a world, still the American record. Janis won the 1992 U.S. Olympic Trials Marathon in 2:30:12. She remained in Minnesota to train for that race, even though it was held in balmy Houston in January. The Kleckers combine snowshoeing and strength training with running to survive until spring. Barney believes that running through a Minnesota winter is an advantage, rather than a disadvantage.

"Winter causes a number of changes," Klecker explains. "First, it forces you to rest a while. Second, you need to do different workouts, so you get out of the grind of 70-80 miles a week and nothing changes. There’s no way you can run fast when you’re bumbled up against sub-zero winds and running on roads covered with ice and snow. You have to slow down to survive."

Klecker recommends doing some workouts indoors: treadmill running, stationary biking, aquarunning, strength training. Outdoor cross-training workouts can include: snowshoeing, cross-country skiing or even hiking, in addition to running at a slower pace, as dictated by weather conditions.

Barney’s favorite winter workout is snowshoeing: "We discovered that you can run extremely hard on snowshoes, but there’s no pounding. The next day, you can bounce right back."

Another advantage of snowshoes is that moving off the roads and into the woods takes the sting out of wintry weather. Snowshoeing also offers such a strenuous workout that you create more body heat and stay warmer. Cross-country skiing offers similar advantages, except you use slightly different muscles than those used in running or snowshoeing.

Winter Training Tips

Runners planning to train through the winter should consider the following exercises as part of their winter training regimen:

Outdoor Running: Bundle up. For maximum warmth, use layers of moisture-shedding fabrics on the inside, moisture-shedding fabrics on the outside. A knit hat and mittens are essential. In the coldest weather, you can wear a scarf over your mouth for protection, or cover exposed skin with a lubricating protector such as Vaseline. Don’t worry about running fast. Just cover the distance at a comfortable pace. The extra weight of winter clothing slows you down, but adds resistance.

Indoor Running: The December issue of Runner’s World featured a review of treadmills; many runners now own models, even though the best cost around $2000 or more. On a treadmill, you can do any type of speed workout (interval, repeats, fartlek) that you could on an outdoor track. Many health clubs feature indoor tracks in addition to treadmills.

Snowshoes: For fast workouts, snowshoe on packed trails (used by skiers or snowmobiles). For endurance workouts, head into the woods and trudge through snowdrifts. Barney Klecker estimates that snowshoe miles are anywhere from one to four minutes slower than running miles. Occasionally, the Kleckers don snowshoes during the summer — although they get strange stares. Barney says: "Janis was coming back after a stress fracture one year and was able to snowshoe on grass two weeks before she could have started running. There was less pounding."

Cross-Country Skiing: The popular Nordic-Track machines deliver a total-body workout just like the outdoor exercise they mimic. Unlike running, cross-country (or Nordic) skiing utilizes the shoulders and arms. The only problem is you use different muscles skiing. If you’re serious about your running, you need to mix some running with your skiing. Skating is the preferred technique for going fast on skis, but classic (in-track) skiing probably is a better cross-training for runners, because its movements more closely mimic running movements.

Aquadawing: Running and/or swimming in a pool offers another winter option. Most specific is running in chest-deep water in the shallower end of the pool. Flotation vests allow you to run without moving, the best exercise if you have a weight-bearing injury that prohibits you from running. Any form of swimming will maintain your aerobic fitness.

Stationary Bicycle: Indoor biking offers a good workout while being gentle on the legs, since there is no pounding. "Spinning" (biking with minimal resistance) is a good way to stretch and loosen leg muscles. The Kleckers do 20-30 minute intervals of sprints on the bike and find there is no residual fatigue to limit their running workouts the following day.

Strength Training: Runners would benefit by training with free weights or machines, whether or not there’s snow on the ground. It is possible to turn weightlifting into an aerobic exercise if you combine high repetitions with light weights with short periods of rest between different routines. There are many, many ways to strength-train.

Although runners living in warmer climates seem to have the advantage in preparing for spring marathons, runners in the state of Minnesota prove over and over again that you can train successfully through the winter. As I discovered while skiing the Luce Line, even minus 14 weather can’t stop us. Next time, however, I’m going to make sure the battery on my cellular phone is not dead.

Hal Higdon is Senior Writer for Runner’s World magazine and author of 29 books, including "Marathon: The Ultimate Training & Racing Guide." His writing also can be found on the Internet at: www.halhigdon.com.
Write On

Continued from page 4

Chadborne hosted the competition, which was held by the Over The Hill TC of Ohio, and all those involved in the meet's organization and participation were nothing short of wonderful.

Although Norm's passing has left us all with a huge void in our hearts, the legacy he left has surrounded me and my daughter with a very supportive group of wonderful track & field friends.

I am extremely grateful for masters track & field and all that your publication has offered to it.

Sue Ann Bower
Cleveland, Ohio

MASTERS HALL OF FAME

I would like to express my appreciation to the USATF Masters Committee which chose to elect me to the Masters Hall of Fame at its second convocation of electees to the Hall. Since I am no longer active in the USATF, having turned to another sport and therefore having no current following of supporters, the recognition of my earlier efforts to establish masters athletics is most gratifying, particularly since it was not posthumously awarded.

I am informed that two years ago Bob Fine put my name up as a nominee. His having done so is greatly appreciated in that Bob and I frequently disagreed on policy matters. Nevertheless, he must have recognized the fact that had not I and the San Diego Track Club and others, initiated masters (age 40 and over) age group competition for mature adults, the masters as we know it might never have come to pass.

Obviously, the timing and concept was right for masters sport which now permeates virtually all sports disciplines. For example, in my newly adopted sport, cycling, the U.S. Cycling Federation master membership exceeds 50% of its total members and the number of masters competing in road, track and mountain bike races compares favorably with the members engaged in track and field and long distance running. I feel confident that the number of masters engaged in other sports is comparable.

Although I have not seen any validating statistics, and most sports periodicals other than those such as the National Masters News give scant coverage to masters sport; it may well be that there are more masters engaged in sports worldwide today than either juniors or open competitors.

During the past 25 years, many masters athletes have personally thanked me for introducing them to a new and lasting enrichment of their lives. To have been elected to the Masters Hall of Fame is an added, and greatly appreciated, acknowledgment of my earlier contribution to the sport.

David H.R. Pain
San Diego, California

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<td><strong>Masters 5-Year Age-Group Records</strong>&lt;br&gt;Men's and women's official world and U.S. outdoor 5-year age group records for all track &amp; field events, age 35 and up, as of March 1, 1997. 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&amp;F Records Chairman.</td>
<td>$1.50</td>
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<td><strong>Masters 5-Year Indoor Age-Group Records</strong>&lt;br&gt;Same as above, except indoor records (M40+, W35+) as of August 1996 (world) and January 31, 1997 (USA). 4 pages.</td>
<td>$1.00</td>
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<td></td>
<td><strong>Competition Rules for Athletics (1997 Edition)</strong>&lt;br&gt;U.S. rules of competition for men and women for track &amp; field, long distance running and racewalking—youth, open and masters.</td>
<td>$12.00</td>
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<td><strong>USATF Directory (1997)</strong>&lt;br&gt;U.S. Bylaws and operating regulations. Includes names and addresses of national officers and staff, board of directors, sport and administrative committees, etc.</td>
<td>$12.00</td>
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<td><strong>IAAF Scoring Tables</strong>&lt;br&gt;Official world scoring tables for men's and women's combined-event competitions.</td>
<td>$12.00</td>
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<td><strong>IAAF Handbook</strong>&lt;br&gt;1996/1997 rules and regulations handbook.</td>
<td>$15.00</td>
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<td><strong>Masters Racewalking</strong>&lt;br&gt;Thirty American coaches and athletes share ideas on Technique, Training and Racing. This book is a unique and complete resource. Edited by Elaine Ward.</td>
<td>$15.00</td>
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<td><strong>USATF Logo Patch</strong>&lt;br&gt;3 color embroidered 4&quot; x 3&quot;.</td>
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<td><strong>USATF Race Walking Patch</strong>&lt;br&gt;3-color embroidered 4&quot; x 3&quot; with gold trim.</td>
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<td><strong>USATF Lapel Pin</strong>&lt;br&gt;3-color USATF Logo on 7/8&quot; soft enamel lapel pin (nail pin back with military clutch).</td>
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<td><strong>USATF Decal</strong>&lt;br&gt;3-color. 3&quot; x 2-1/2&quot;.</td>
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<td><strong>National Road Race Encyclopedia 1997</strong>&lt;br&gt;Lists 100 of the nation's most popular road races, with race entry information, top 100 all-time men &amp; women each race, top 20 all-time age divisions each race, 41,000 performer and champion listings, 300+ photos, 100 full-page maps, race histories and trivia, and guide to national running organizations. Compiled by Mike Weddington &amp; Barry Perilli.</td>
<td>$24.95</td>
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<tr>
<td></td>
<td><strong>Guide to Prize Money Races and Elite Athletes 1997</strong>&lt;br&gt;Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 800 addresses and phone numbers, calendar for over 400 prize money events, and more.</td>
<td>$58.00</td>
</tr>
<tr>
<td></td>
<td><strong>Running Research News</strong>&lt;br&gt;Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. $35.00 per year.</td>
<td>$35.00</td>
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### ORDER FORM:

Name _________________________
Address ________________________
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Zip ____________________________

### ORDER FORM:

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Address ________________________
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State __________________________
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Osteoarthritis Anyone?

A news release from the University of Iowa caught my attention for several reasons. All personal. First, I’ve been nagged for the last three months by severe discomfort on the right side of my neck at the shoulder. My G.P., after examining the x-rays, mumbled something about possible arthritis in the cervical area and shipped me off to the physical therapist, who thinks the problem might be a combination irritated nerve and muscle pull.

And, get this, it is more painful when I eat with my right hand. Okay, so I’ll start eating with my left hand. After pain killers, Tylenol, and five sessions of P.T., nothing has changed. Instead of being a pain in the neck, I’ve got one.

Second, I think the problem started when I felt a slight pain in that area as I was playing golf, listed as a low-risk sport in the release, and I exacerbated it by continuing to lift and work out with the weight and discuss a week later.

Third, if high-risk sports are baseball, softball, basketball, etc., as indicated in the release, how does Professor Buckwalter rank shot putting, hammer and weight throwing, and how about goofing around with the 56-lb. weight? Where does that ranked in the release, how does it affect the 56-lb. weight? Where does that rank? I would imagine off the charts. The phrase “when there is torsional loading – a twisting motion –” is of particular concern.

I’ll try to contact Professor Buckwalter, through the U of Iowa’s Medical Laboratory to get his take on “people middle-aged and older” who indulge in the throwing events, and report on his response later.

Here’s what the news release said: Osteoarthritis is not inevitable for older people who play sports.

You may not be 20 anymore, but that doesn’t mean the warranty on your joints has run out.

Osteoarthritis is not inevitable for people middle-aged and older who want to start playing sports or continue exercising regularly.

Moderate regular exercise in middle-aged and older people who are in good health and have no previous joint problems does not increase their risk of developing osteoarthritis, the most common form of arthritis, says a University of Iowa professor and U.I. football team physician.

No Ball-Bearings

“The joints aren’t like the bearings on your car which wear out after a certain number of miles,” says Joseph Buckwalter, U.I. professor of orthopaedic surgery. “The joint is a living structure; the cells are continually renewing themselves, and adapting to the load placed on them. Using the joints doesn’t necessarily hurt them; in fact, the more you use them, the better off you may be.”

This is the conclusion of Buckwalter’s review of the often conflicting literature on the relationship between athletics and osteoarthritis, published in a current issue of The American Journal of Sports Medicine.

Osteoarthritis is a degenerative process of the joints where the articular cartilage is lost, producing stiffness and joint pain. The condition is not reversible. Each bone of the joint is lined with a cartilage layer called articular cartilage. The articular cartilage contains fluid. When force, or stress, is put on the joint, through an activity such as jumping or running, the fluid moves to evenly distribute the impact. When the force is suddenly repetitive and there is torsional loading – a twisting motion – the articular cartilage and muscles don’t have time to properly absorb the shock, increasing the likelihood of a joint injury. Football and soccer players and baseball pitchers are examples of athletes at high risk for damaging their joints.

However, lifelong participation in sports and exercise doesn’t necessarily result in osteoarthritis. Buckwalter points out that studies of long-distance runners show that runners don’t have a higher incidence of osteoarthritis than non-runners.

“Physiological use of the body doesn’t cause or accelerate degenerative joint disease,” Buckwalter says. “In fact, it might be good for the joints.”

Low-impact sports and exercise programs can improve strength and mobility in older people with normal muscle strength and normal joints and in people with mild and moderate osteoarthritis, Buckwalter says.

People who are at high risk for developing sports-related osteoarthritis are those who have: previous joint injury or surgery, muscle weakness, joint incongruity or dysplasia, unstable joints, sensory or motor defects, or are overweight.

Decreased Risk

The risk of joint degeneration may be decreased by: selecting sports/exercise programs that have low impact and low torsional loading, using equipment and playing/running surfaces that decrease joint impact and torsional loading, maintaining and improving muscle strength, tone and conditioning, decreasing body weight, and alternating sports/exercise activities to decrease repetition of same patterns of joint loading and motion.

High-risk sports and activities include: baseball/softball, basketball, volleyball, football, handball/raquetball, winter skiing, and karate.

Moderate-risk sports include: bowling, bicycling, rowing, ice skating, mountain climbing, ballet, canoeing, and in-line skating.

Low-risk sports include: recreational swimming, golf, ballroom dancing, and walking.

Top World Weight Pentathlon Scores

by MANUEL and HELEN WHITE

We have compiled the best weight pentathlon scores for the past five years - 1993-1997 – by age groups for men and women, based on WAVA rules. The report is from results published in the National Masters News. The scores were recalculated for accuracy and verification.

Perusal of the scores reveals highest marks among men and women ages 55+. By nationality, men from the USA were preeminent, with seven age group bests, and Germany, second with three. Women from the USA have overtaken the Germans from the last compilation, with four USA vs. three from Germany. Australian women also showed prodigious strength, with three age-group bests, equaling the Germans.

Based on the number of entries in recent years, the weight pentathlon has become the most popular multi-event. It should be included in more local, state, regional, national, and international meets.

We agree with Phil Partridge, who was instrumental in this event being adopted officially by WAVA, that the weight pentathlon should be given consideration as a potential Olympic event, utilizing the present WAVA rules and specified implements.

For a copy of the four-page compilation, send a legal-size SASE to Jerry Wojcik, NMN, P.O. Box 50098, Eugene, OR 97405, with your request.
New Indoor Age-Group Records Compiled

In this issue are the new world and U.S. five-year indoor age-group track and field records for men and women. The world marks are those compiled and approved as of January 5, 1998 by the Records Committee of the World Association of Veteran Athletes (WAVA). The U.S. records are those compiled and approved, as of December 5, 1997 by the Masters Track and Field Records Sub-committee of USA Track & Field (USATF). Both committees are headed by Pete Mundle.

To THE RECORDS COMMITTEE:
Application is hereby made for a record in support of which the following information is submitted:

1. Event: __________ Date and Time of Day: __________ Men/Women
2. Record claimed: (state time, distance, height or points achieved): __________
3. Where held (City, Town, and County): __________ Indoor/Outdoor
4. Force of following wind: __________
5. Name of Competitor, Club and Country (Surnames): __________
6. Name of Official Timekeeper (Address or USATF Official's Registration Number): __________
7. Name of Event Committee (Address or USATF Official's Registration Number): __________
8. Name of Judge (Address or USATF Official's Registration Number): __________
9. Name of Measurer (Address or USATF Official's Registration Number): __________
10. Name of Chauffeur (Address or USATF Official's Registration Number): __________
11. Name of Timer (Address or USATF Official's Registration Number): __________

I certify that proper form was used in the record performance hereby applied for.

PHOTO EVIDENCE

(If fully automatic timing was used, complete this section, regardless of the distance of the race and attach a print of the photo)

7. A fully automatic timing device, made by __________ was used.
The time recorded was __________, and this was the official time.

8. I, the undersigned official timekeeper of the event above-mentioned, do hereby certify that the time set opposite my signature was the exact time recorded by my watch, and that the watch used by me has been certified and approved by my National Association. (Refer to Rules)

TIMEKEEPER'S CERTIFICATES

I confirm that the above timekeepers exhibited their watches to me and that the times as stated are correct.

(Signature of Timekeeper)

S. Time

(Signature of Timekeeper)

(Signature of Timekeeper)

(Signature of Timekeeper)

No hand times recorded after May 1, 1994 (world) or Jan. 1, 1991 (USA) for races of 400 meters or less are considered for five-year age-group records. However, hand times achieved prior to those dates will continue to be included in the lists until broken by a superior time.

The official USATF record form is printed on this page. U.S. athletes and officials should use this form when applying for a U.S. or world record.

Non-U.S. athletes should use the WAVA record form, which is published in the WAVA Handbook and the May 1997 issue of NMN. It will again be printed in the May 1998 NMN along with the new list of outdoor records.

Both the world and USA Records Committees are working to prepare one uniform record form to be used in the future. □

STARTER'S CERTIFICATE

1. I hereby certify that I was the starter for the event above-mentioned, that it was a fair start and no advantage was given to or taken by the claimant. (Refer to Rules)

S. Name of Starter (Address or USATF Official's Registration Number)

A newspaper clipping and marked program should be attached and made part of the application.

10. Measurers' Certificate for Track and Field Events (a or b)

(a) Track Events

The above certificate is printed on this page. U.S. athletes and officials should use the WAVA record form, which is published in the WAVA Handbook and the May 1997 issue of NMN. It will again be printed in the May 1998 NMN along with the new list of outdoor records.

(b) Field Events

The above certificate is printed on this page. U.S. athletes and officials should use the WAVA record form, which is published in the WAVA Handbook and the May 1997 issue of NMN. It will again be printed in the May 1998 NMN along with the new list of outdoor records.

THROWING EVENT IMPLEMENT CERTIFICATION

11. We hereby certify that the measurement stated opposite our respective signatures is exact as measured with a metric tape ( Judges and Referee shall read measurement.)

We also certify that the implements used and circle or runway complied with the IAAF specifications.

12. We hereby certify that the measurement stated opposite our respective signatures is exact as measured with a metric tape ( Judges and Referee shall read measurement.)

We also certify that the implements used and circle or runway complied with the IAAF specifications.

CERTIFICATION OF FORM (Shot, Javelin, Walks)

13. I hereby certify that proper form was used in the record performance hereby applied for.

(Signature of Referee)

GUARANTEE BY REFEREE

14. I hereby certify that all the information recorded in this form is accurate, and that all the appropriate rules of the International Amateur Athletic Federation were complied with.

(Signature of Referee)
### Men's World Indoor Records

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### Triple Vault

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**USA Track & Field Indoor Age-Group Records**

Approved by the Records Committee of USA Track & Field as of December 5, 1997

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### Men's American Indoor Records

#### 60 Meters

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<td>John Jackson</td>
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<td>2/22/90</td>
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<td>Arnie Henderson</td>
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<td>Ben Johnson</td>
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<td>Herb Korkitz</td>
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February 1998

National Masters News

Page 18

Continued from previous page
USATF – A Grass Roots Viewpoint

The January issue of National Masters News mentions many of the current problems of USATF, as seen from the viewpoint of top management. As a medalist in several USATF masters track & field championships, coach of several national masters track & field champions, and Chair of Masters LDR in Tennessee, I am in a position to complement their view from the grass roots level.

In my opinion, the main problem with USATF Masters Track & Field Championships, is that competing in and winning such championships is not seen as prestigious. Nobody wants to participate in a national event that is not important, with medals won that do not mean anything.

The goal should be to greatly increase participation in the national meet by making participation and medaling more meaningful. From a short-sighted viewpoint, this may be seen as driving away participants by making the meet more exclusive, but in my view the very small handful of people who would be driven away would be far outnumbered by the increase in participants who would now perceive the event as prestigious, and medaling more meaningful.

**Proposed Solutions:**

1) Eliminate the 30-34 and 35-39 age groups. Rationale: These are always weak, and the obvious reason is everyone knows the top athletes are not there. That is because many athletes in those age groups still compete in open competition. Including age groups that do not feature the best competition cheapens the meet. For example, most of the men’s 30-34 winning times/distances last year were worse than the 40-44 performances, and the men’s 30-34 10,000m gold medal was won in 39:09. This undermines the credibility of the meet.

2) Streamline the National Masters Track & Field Championships by eliminating unpopular events. Rationale: Speeding up the meet is in everyone’s interest, and that is easily accomplished by eliminating lengthy events that have limited support. As a distance runner who has competed in both events, I nevertheless nominate the 10,000m and steeplechase as two obvious candidates for deletion. Few distance runners want to run a summer 10,000 on the track, and there are few masters steeplechases available anywhere, which means there is no strong support for the event. This also strengthens the meet, by eliminating weak events that cheapen the meet.

3) For medals, require that an athlete’s performance be compared to all athletes in his/her age group and older. Rationale: This is how it would work. Suppose Joe runs 11.50 to win the 44-49 100m, but Sam runs 11.40 in 50-54. Joe can hardly feel like a masters champion if there is an older runner who beats him. He should receive a silver medal instead of the gold – or a bronze if there are two older runners faster, or no medal at all if there are three older runners faster. This plan is yet another way to prevent the meet from being cheapened by weak performances receiving undeserved medals.

4) Require athletes to qualify for the National Masters Track & Field Championships. Rationale: Whenever I tell a friend that I intend to compete in the National Masters Championships, they ask whether I had to qualify. When I say no, that anyone can show up and run, they immediately show a reduced interest. This no doubt happens to every participant.

A national meet is not seen as prestigious unless one must qualify, even if qualification is relatively easy. This point of view is proven by the National Senior Games, which requires qualification, and generally draws a deeper field than the USATF meet.

I propose that an athlete qualify for the National Masters Track & Field Championships by exceeding a standard that is the faster of: a) 100m best performance in that age group or older in the most recent championships, or b) 1.2 times the winning time in the most recent championship (for field events, 80% of the winning distance).

**Realistic Standards**

These are not difficult standards (for example, using this plan would result in a men’s 40-44 5000m standard of 17:32, which is a good local time, but nothing special nationally), but would add immeasurably to the prestige of the meet. If there were no competitors in the event at that age group or older, then the qualification standard would be 1.5 times the winning time in the oldest age group in the most recent championships. (For example, this would make the men’s 80+ standard for the 5000 43:52, which would be sufficient to weed out complete invalids, but would add some dignity to participation for those who make the standard.)

I am confident that these improvements would make participation more prestigious and medals more valued, leading to a significantly improved image of the meet, and a resultant large increase in participation.

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**Indy Life Circuit Nears Completion**

The masters Indy Life Circuit of races for 1998 is one step away from a final schedule, according to Circuit coordinator Charles DesJardins. The eight races for the women are in place; seven races are set for the men. All that is needed is the eighth race for the men, preferably a 5K, says DesJardins.

The series starts with the Indianapolis Life 500 Festival Half-Marathon in Indianapolis, Ind., on Friday, May 1. Among other races on the 1998 schedule are Freihofer’s Women’s 5K, Twin Cities Marathon, Tulsa 15K, Pacific Sun 10K (Kentfield, CA) on Labor Day, and Joanie’s 10K (Portland, ME) on August 1.

The Indianapolis Life Insurance Company, sponsor of the 1997 series, will continue its support in 1998. DesJardins said he would announce the complete list of races next month.

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**Deadline**

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material, results, schedule items, and advertising is the 10th of the month before date of issue. Send to National Masters News, P.O. Box 30098, Eugene OR 97405

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**Atlanta to Host First Avon Circuit Race**

The 1998 Avon Global Women’s Circuit series of 10K road races and 5K fitness walks will debut April 4 in Atlanta. Additional U.S. venues include Denver, Dallas, Portland (Or.), Sacramento, Baltimore, Hartford (Conn.), Kansas City (Mo.), and Cincinnati. The circuit will conclude with the National Championships, which will take place in Chicago on Nov. 8.

The circuit has also scheduled Avon races in 15 countries around the world. Each race on the circuit has prize money available to top overall and age group finishers, including masters women. Award divisions include mother/daughter teams and wheelchair racers. Top runners also will accumulate points to earn a trip to the National Championship.

For more information, entry forms, or event results, check the Avon Running Web site: www.avonrunning.com, or call 212-282-6034, or write Avon Running, 27th floor, 1345 Avenue of the Americas, New York, NY 10010-0196.
Kurtis Calls It Quits
by RON MARINucci
"I'm retiring in 1998." So announced Doug Kurtis, 45, the longtime runner who has established at least three world bests in the marathon. The San Diego Marathon in January was to be his last competitive marathon. Included among his records are the most career marathon victories (39), most sub-2:20s (76), and most sub-2:20s in one year (12 in 1989).

This is just "retirement from competitive running" after more than 25 years of it, "But," added Kurtis, who lives in Northville, Mich., "I'll still run, for fun. I'll go to some races I haven't been to around Michigan." His running itinerary has included Thailand, Sweden, Germany, South Africa, Australia, Brazil, Vietnam, Canada, Argentina, England, Korea, the Philippines, and Spain.

Kurtis denied being injured and said "not really" when questioned about the wear and tear of years of training and racing. "I've accomplished everything I wanted to. I can't train at 100 miles a week as fast any more. I'm not getting a good return on my training," he said.

In 1997, he was runner-up in the inaugural Indy Life Masters Circuit, finishing first in the age-grade standings, and finished in the top five masters of all seven marathons he ran, winning two. Five of his times were faster than 2:30.

He plans "to stay involved in running," as a race director, speaker, and coach. He's also going to do "family things" with his wife and two sons.

Proposed Amendments to Competition Rules
by GRAEME SHIRLEY, USATF Masters T&F Committee Rules Coordinator

Article 26D of the USATF Bylaws presents the procedures for submission of proposed amendments to the Competition Rules. In brief, the article states that members of USATF may submit proposed amendments prior to ninety days before the 1998 convention. This time limit is approximately Labor Day.

The proposals may be submitted through me to the Chairman of the Rules Committee. The proposals must be approved for submission. This approval may come from, among others, the president of any Association or a member of the Rules Committee (such as myself). The submission should be in a form which shows the section of the Rules as it will be read after adoption, with deleted language shaded and new language underlined. Please use a current copy of the Rules Coordinator to help members get their proposals in a form suitable for submission. If you communicate clearly to me what you want, I will try to get it in a form the committee can deal with.

Submitting the proposal is just the first step in a longer process of actually amending the Rules. After submission, the Chairman assembles the proposals in the order of the specific Rule numbers being revised. A preliminary package goes out to some of us for editing and comments. If the volume is sufficient, a subcommittee meets over Labor Day weekend to eliminate duplication, continue editing, make preliminary recommendations, and assemble a publication, which is mailed to Association Secretaries for delegates around the beginning of November.

At the Convention, each committee (Masters Track & Field being one) makes recommendations on the proposals. The Rules Committee assembles these recommendations, continues amending the amendments, and makes its own recommendations. On the final day of the convention, the entire body of delegates adopts those modifications which are acceptable.

To date, I have submitted the following to the Rules Chairman for consideration in 1998:

1) Eliminate the term "submasters." It appears in three places in the Rules. First, it would be deleted from a definition in Rule 4.2. Second, it would disappear from Rule 260.2, so the new sentence would read: "The committee may conduct championships for athletes aged 30 through 39." Third, Rule 261.2(d) would define the Association team championships by age bands as is done for the Regional teams. Thus, neither the Bylaws, Operating Procedures, nor the Competition Rules would define what this group is called. Someone else can decide that.

2) Modify Rules 250.4 and 250.5 to having the age of a competitor in a given event on the day of the first final in one of my comments define the age group for that event. (I have contradictory submissions on this. This version is the one that may work best, if a change is needed, but this submission would open the Rules for any of the proposals.)

3) Modify the final event in Rule 261.1(g), the Indoor Heptathlon, to 1000m(M)/800m(W) to conform to current practice.

4) Eliminate 262.2(d), the "two-feet-off-the-ground" hurdle rule.

5) Eliminate Rule 262.2(g), the "no-false-start rule."

6) Still in the works: A rather lengthy proposal to guarantee a minimum number of slots for American citizens advancing through rounds and in the finals of track and field events.

7) In Rule 93 (which applies for all ages), extend the prohibition against stealing or replacing a bar from the pole vault to the high jump.

1998
It's a Rules Year
by EDDIE SEESE
Masters Sports Committee Representative, USATF Facilities & Equipment Committee

At the 1998 USATF Convention in Orlando, Fla., we will be deciding what changes to make in the Competition Rules. Many of you may have some great ideas as far as rule changes go, but don't know how to get change suggestions to the right people.

Here's your chance. If you have rule changes relating to facilities or equipment, please feel free to mail, fax, or e-mail them to me. I will forward them to the appropriate committee. You can reach me at 802 Bentwood Ave., Vallejo, CA 94591; Tel. 707-645-0201; fax: 645-0550; e-mail: przport1@aol.com.
Report from the President

Although some weeks have passed since New Year’s Eve and my last column for NMN, I would like to start where I left off and wish you all a Happy and Successful New Year. We have a big year ahead, with many activities, but I am convinced 1998 will bring much success to veterans all over the world and to WAVA. We look forward to the World Road Race Championships in Kobe, Japan, on March 28-29, plus Regional Championships. We will also be taking a strong position on IAAF’s “Year of Women’s Athletics” by supporting and putting the spotlight on our many female veterans.

Women in WAVA

WAVA has long had a Women’s Assembly at the World Stadia Championships and a Women’s Representative on the WAVA Council. In my presidential campaign, I stressed the need to move forward on the position of women in WAVA and, consequently, proposed at our first Council meeting in Durban after the General Assembly that we establish an unofficial Women’s Committee. The Council agreed and this will no doubt contribute to furthering the development of women’s athletics.

Bridget Cushen, our new Women’s Representative, will work with other women on the committee listed below. I can only guess that the Council will forward a proposal to our next General Assembly that this be a standing committee like all other WAVA Committees.

There is a possibility that WAVA will take part in the IAAF seminar in March in Marrakesh on women’s athletics and, if invited, we will be represented by Bridget Cushen and probably Marina Hoemecke-Gil of Spain, Europe’s Women’s Delegate on the Committee.

Road Championships in Kobe

The 4th World Veterans Road Race Championships are expected to be a great success. The organizers already have more than 9500 registered applicants, most of whom are Japanese, as the dead-line for entries was extended to January 15. I believe we will see a final figure above 10,000 competitors and my hope is that this will also represent a record number of participating countries. In Bruges in 1996 we had 2836 participants from 42 countries which, at that time, was the most ever.

Furthermore, this large number of participants will enable us to fulfill our contract obligation to contribute to the build-up of Kobe after the great earthquake some years ago – something we would very much like to do. The organizers are making great efforts to stage well-organized races which I hope will be appreciated by the participants. As our VP Non-Stadia, Ron Bell, is prevented from going to Kobe for family reasons, WAVA will be represented by Joseph Antentas and Barbara Dunsford as Technical Delegates, Hari Chandra, Area Delegate on the WAVA Council for Asia, and myself as WAVA President. Stadia Committee in Gateshead

Our next Stadia Championships will be in Gateshead, England, in 1999, and due to our commitment to retain firmer control on the organization of the World Veterans Championships, part of our Stadia Committee met in Gateshead in January to formulate technical preparations and outline how WAVA wants the Championships organized. It is also our intention to follow the preparations more closely than previously, through inspection visits and putting our Technical Delegates in place well before the Championships start.

The Entry Booklet is close to completion and, at the latest, will be printed and distributed after the Council meeting in Gateshead the first weekend of April.

Regional Championships

Even-numbered years are also the Regional Championships years. Therefore, 1998 will see the following Regional Championships:

- **Africa**: Mauritius at end of August
- **Asia**: Okinawa, Japan, October 15-18
- **Europe**: Cesenatico/Bellaria, Italy, September 11-19
- **North & Central America and the Caribbean**: tba
- **Oceania**: Hawkes Bay, New Zealand, January 17-24

These Regional Championships have always been on a high level with great numbers of competitors and 1998 should be no different. I have myself never attended the South American Championships, but have always been very impressed by the great number of participants and especially by the number of women competitors. As 1998 will be the Year of Women’s Athletics, I hope WAVA and its regions will see 40% of the competitors being women.

WAVA Business Plan

The Council has discussed a proposal to set up a business plan for WAVA and its development. A working group consisting of myself, Tom Jordan, Ron Bell and Stan Perkins will prepare a draft for the Council to discuss in Gateshead. It is essential to define where we want to go and how we can create the resources to achieve our goals.

Committees

In previous columns I have accounted for six WAVA Committees and below are another two:

- **Doping and Medical Committee**
  - **Chairman**: Stan Perkins, Australia
  - **Africa**: Bennie Schlechter, Namibia
  - **Asia**: Djoko S. Slamet, Indonesia
  - **Europe**: P.J.M. Milroy, Great Britain
  - **North and Central America & Caribbean**: Robert W. Moore, Canada
  - **Oceania**: Helen Tobin, New Zealand
  - **S. America**: Sara Montecinos, Chile
  - **Others**: Bridget Cushen, Great Britain (Women’s Representative) Karri Wichmann, Finland

- **Women’s Committee (unofficial)**
  - **Chairman**: Bridget Cushen, Great Britain
  - **Africa**: Hella Kuppe, Namibia
  - **Asia**: Glory Barnabas, Singapore
  - **Europe**: Marina Hoemecke-Gil, Spain
  - **North and Central America**: Ruth Anderson, USA
  - **Caribbean**
  - **Oceania**: Helen Tobin, New Zealand
  - **S. America**: Emilia Garcia de Fontan, Colombia
  - **Others**: To be nominated by the Chairman

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Gateshead, England
29th July - 8th August

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Dick Fosbury May Compete in World Games

Dick Fosbury, father of the infamous “Fosbury Flop,” is rumored to be competing in the athletics portion of the 1998 World Masters Games which will take place at Hayward Field in Eugene, Oregon, August 10-22.

According to Jack Elder, Director of Sports and Venues for the Games, “Dick hasn’t formally committed to competing, but he will be present at the Games. We hope his competitive nature will take over and we’ll see him compete. His decision will be made within the next couple of weeks.”

In addition to Fosbury, five-time Olympian, Lt. Col. Willie Davenport, is scheduled to compete as long as his duties with the U.S. Army don’t interfere. To date, Davenport does not know which disciplines he will compete in.

Registration requests for the Games are at an all-time high. Over 25,000 individual requests have been fulfilled by the Games Organizing Committee. Currently, the World Masters Games has registrants from over 41 countries, including Argentina, Australia, Bangladesh, Brazil, Czech Republic, Denmark, Estonia, France, Germany, Ireland, Italy, Japan, Nigeria, Peru, Singapore, South Africa, Spain, Sweden and Switzerland to name a few, making it a truly international event. The Games website (www.worldmasters.org) continues to be updated with new information. All registration information can be downloaded and most questions answered by browsing the site.

Lane Community College will also be used for track and field disciplines in addition to Hayward Field at the University of Oregon. Located a short drive from Hayward Field, Lane Community College boasts a dedicated synthetic track in a horse-shoe shaped berm. Locker room facilities are available on-site and free transportation for athletes will be provided between Hayward Field and Lane Community College. For additional information on the 1998 World Masters Games, please call 503-226-1998.

— Susan Carpenter, Director of Communications

1998 NIKE WORLD MASTERS GAMES
REGISTRATION INFORMATION

The World Masters Games brings together thousands of athletes for the largest international participatory multisport competition in the world. Inspired by the ideals of the original Olympic movement, the Games celebrate the simple joy of athletic competition. The competition will be held August 9-22 amid the natural beauty and urban sophistication of Portland, Oregon.

All competitors who meet the minimum age requirement in their sport (30 years old in most sports) are welcome. The Games are open to: past champions, people who have never competed at an elite level, and others returning to their sport after retiring. Athletes compete as individuals or as teams. The deadline for registration is May 31, 1998. Registration costs $200 and includes entry into competition as well as numerous entertainment events, athletic bag and T-shirt.

Mailing Address:
1998 NIKE World Masters Games
55 SW Yammhill, Portland, Oregon USA 97204-3331
Phone: (503) 226-1998 • Fax: (503) 226-7700
Website: www.worldmasters.org • E-Mail: info@worldmasters.org

To register, complete all information and mail or fax it to the above location.

Sport of Competition: ____________________________
Last (Family) Name: __________________________
First Name: __________________________
Middle Initial: __________________________
Street Address: __________________________
City: __________________________
State/Province: __________________________
Zip/Postal Code: __________________________
Country: __________________________
Gender: M __ F __
Date of Birth (day-month-year): __________________________
Daytime Telephone Number: __________________________
Fax Number or E-Mail Address: __________________________

WAVA/USATF Hurdles and Implements Specifications

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<tr>
<th>Hurdles</th>
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<tr>
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<td>40-49</td>
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<tr>
<td>70 Plus</td>
<td>300m</td>
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| MEN     |                          |
| Age     | Race Distance | Hurdle Height | To 1st Hurdle | Between Hurdles | To Finish | No. of Hurdles |
| 30-39   | 110m          | .919m         | 13.75m        | 9.14m          | 14.02m    | 10            |
| 40-49   | 39"           | 13.75m        | 9.14m          | 14.02m         | 10            |
| 50-59   | 100m          | .914m         | 13.00m        | 8.50m          | 10.50m    | 10            |
| 60-69   | 100m          | .914m         | 13.00m        | 8.50m          | 10.50m    | 10            |
| 70 Plus | 80m           | .762m         | 12.00m        | 7.0m           | 19.0m     | 8             |
| 80 Plus | 400m          | .914m         | 45.00m        | 35.00m         | 40.00m    | 10            |
| 50-59   | 300m          | .914m         | 147'7"        | 114'9"         | 131'2"    | 10            |
| 60+     | 300m          | .914m         | 147'7"        | 114'9"         | 131'2"    | 10            |

| IMPLEMENTS |                          |
| Age       | Gender | SHOT PUT | DISCUS | HAMMER | JAVELIN | WEIGHT |
| Women     | M __ F __ | 4.00k   | 1.00k  | 4.00k  | 3.00k  | 600gms. | 20"  | 20" |
| Men       | M __ F __ | 8.00k   | 1.50k  | 6.00k  | 3.00k  | 800gms. | 35"  | 35" |

Steeplechase: men 30-39: 3000m/36" (914m); men 60+ and women 2000m/30" (762m)
WAVA weights are used for USATF weight pentathlons.
RESPECT YOUR ELDERS.
PARTICULARLY IF THEY CAN STILL RUN A 4-MINUTE MILE.

THE 1998 NIKE WORLD MASTERS GAMES
Every four years the finest masters athletes gather together to compete in 25 world-class athletic events.
To learn more call 503-226-1998 or visit www.worldmasters.org.
Masters Scene

NATIONAL
- Rex Harvey, 50, National Masters Multi-Events Chairman and world age-group decathlon champion, will undergo surgery in Cleveland, Feb. 5, to repair a ruptured disc.

EAST

- First masters to come to the end of the line at the Turkey Custer 5K, Central Islip, Dec. 23, were Skip Murphy, 41, 27:20, and Meryl Hornstein, 40, 34:44. Age division winners of note were Sam Skinner, 55, 29:21 (AG 84.4%) and Krystyna Turowska, 51, 35:50.

- First masters in line to pick up their hot cocoa at the NYRRC Hot Chocolate 10 Mile Run, Central Park, NYC, Dec. 6, were Donald Di Donato, 40, 54:07, and Kathryn Martin, 46, 1:03:33. In the M55 division, Samuel Skinner, 55, 1:02:03 (AG 83.2%) just squeaked by runner-up Sidney Howard, 58, 1:02:16 (84.9%).

- Over 1200 runners crossed the finish line on a chilly 35-degree morning in Central Park, NYC, Dec. 12, to contest the NYRRC Joe Krystyna Turowska, 51, 35:50. Over 1200 runners crossed the finish line on a chilly 35-degree morning in Central Park, NYC, Dec. 12, to contest the NYRRC Joe Turowska, 51, 35:50.

- Records for the year in a row by Frontier Communications, were dedicated to the ASPIRE Project for the rehabilitation of young amputees.

- First masters to come to the end of the line at the Northern Central Trail Marathon, Sparks, MD, Nov. 29, were Mark Courtenay, 41, 2:43:23, and Betsy Callahan, 41, 3:22:48.

- Flying home in front of the other masters at the Turkey Custer 5K, Central Islip, Dec. 23, were Skip Murphy, 41, 27:20, and Meryl Hornstein, 40, 34:44. Age division winners of note were Sam Skinner, 55, 29:21 (AG 84.4%) and Krystyna Turowska, 51, 35:50.

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USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are generally limited to age 50 and over. 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 NNN, P.O. Box 50098, Eugene OR 97405.

FIVE YEARS AGO
February 1993

• Carla Beurskens, 40 (2:32:13) of the Netherlands, is First Female Overall in the 20th Annual Honolulu Marathon

• Claudia Ciavarella, 43 (3:04:39) and Gary Romesser, 42 (2:26:01) win Masters Titles in Rocket City Marathon

• Wilson Waigwa (43, 30:47) and Francie Larrieu-Smith (40, 34:55) win in Charlotte 10K

SCHEDULE

USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are generally limited to age 50 and over. 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 NNN, P.O. Box 50098, Eugene OR 97405.
**NORTHWEST**
Alaska, Idaho, Montana, Oregon, Utah, Washington, Wyoming

**February 7-8.** Eugene Indoor Meet, Lane County Fairgrounds, Eugene, Ore. Masters compete on 8th. Erin Regali, PO Box 932, EUG, OR 97440. 541-345-3285.

**March 1.** Great Northwest Indoor Championships, Portland Exposition Center. College/Open/Masters. USATF Oregon, Harry Simonsen, phone/fax: 503-688-0998; e-mail: runjumpythrowcomp@compuserve.com, or Pam Reynolds, 503-239-4244; e-mail: PamPV@aol.com.

**May 23-24.** Oregon Senior Games, Silverton. Amy Castle, Box 783, Silverton, OR 97331. 503-873-8577.


**June 18-20.** Montana Senior Olympics, Missoula. Mike Terrill, 406-257-9296; or Evelyn King, 406-542-1866.

**June 25-28.** Oregon Senior Games, Riverton. WSG, PO Box BD, Riverton, WY 82021. 1-800-856-4398.

**July 26-27.** Hayward Masters Classic/USATF Northwest Regional Championships, Hayward Field, U. of O., Eugene. Ruth BleeMiller/Franklin, Co-directors, 503-444-1000, 503-494-8111; e-mail: rjxj@aol.com.


**LONG DISTANCE RUNNING**

**NATIONAL**

**February 1.** USATF National Masters Championships, Biltmore Sports Festival, Sante Fe, Calif. Tracy Sundition, 10509 Vista Sorrento Pkwy, #102, San Diego, CA 92121. 619-450-6510.

**July 17-19.** Big Sky Games, Billings, Mont. 406-254-7426.


**October 3-4.** Olympic Octfest Throws & Weight Pentathlon Meet, Helena, Mont. Manuel White, 406-252-7074; e-mail: masters@sympatico.ca.

**CANADA**

**March 14.** Ontario Masters Indoor Championships, York U., Toronto. M&W+35; Brian Keaveney, 426 Vavermo Dr., Etobicoke, Ont. M8W 2L5. 416-252-7047; e-mail: masters@sympatico.ca.

**INTERNATIONAL**

**February 28.** BVAF Indoor Meet, Kelvin Hall, Glasgow, Scotland, Henry Morrison, 40 Arden St., Edinburgh, Scotland EH18.

**March 13-14.** Russian Veterans Sports Association Indoor Meet, Penza. Vadim Marshev, 14-6, Pervomaiskaya St., Kimki, Moscow Region, 141400, Russia. 7 095-535-3308; fax: 7 095-573-4150.

**April 3-4.** Indoor Championships, Moscow. Vadim Marshev, 14-6, Pervomaiskaya St., Kimki, Moscow Region, 141400, Russia. 7 095-573-3308; fax: 7 095-573-4150.

**May 23-24.** South Africa Veteran Championships, Bloemfontein.


**September 3-5.** Russian Veterans Outdoor Championships, Moscow. Vadim Marshev, 14-6, Pervomaiskaya St., Kimki, Moscow Region, 141400, Russia. 7 095-535-3308; fax: 7 095-573-4150.

**September 11-19.** European Veterans Championships, Ceresano, Italy. Dr. Maria Luisa Moriconi, Istituto di Fisica dell'Ambosfere (CNR). Area di Ricerca Tor Vergata. Tel: 39 6 49934288; fax: 39 6 49934323; e-mail: moriconi@atmos.frm.roma.it.

**October 14-18.** Asian Veterans Athletic Championships, Okinawa, Japan. M40/W35. June 30 deadline Japan Masters AA, Fuji-ki Main Bldg., 12-25 Kita-shibach, Wakayama City, 604 Japan. 0734-324771; fax: 0734-3247-716; e-mail: start_japan@kun. m3c.or.jp.

**November 19-22.** North & Central American & Caribbean Regional Association of WAVA (NCCWAVA) Championships, Barados. Contact: Rex Harvey, 6344 Connecticut Colony Circle, Mentor, OH 44060. Phone: 440-945-8111; e-mail: rjxj@aol.com.


**February 15.** Washington's Birthday Meet, Greenbelt, Md. SASE to 500 Festival, c/o 201 S. Capitol Ave., Suite 201, Indianapolis, IN 46225. Dan Carr, 317-328-3197; 800-638-4296; fax: 317-264-5693.

**March 30.** USATF National Masters 15K Championships/Freelover's 5K, Albany, N.Y. George Regan, 233 Fourth St., Troy, NY 12180. 518-723-0267.


**March 30.** USATF National Masters 5K Championships/Freelover's 5K, Albany, N.Y. George Regan, 233 Fourth St., Troy, NY 12180. 518-723-0267.


**February 22.** Colonial Half-Marathon, Williamsburg, Va. CH-M, PO Box 399, Williamsburg, VA 23187. William and Mary Special Events, 757-221-3362; or Rick Platt, 757-229-7735; e-mail: rickj@juno.com.

**February 22.** Blue Angel Marathon, Pensacola, B.A.M., MWR Athletics, 190 Radford Blvd., Bldg. 632, NAS, Pensacola, FL 32508. 850-452-4391; 452-3922.

**February 28.** Myrtle Beach Marathon & Marathon Relay, Myrtle Beach, S.C. Maresa P. Norman, PO Box 8780, Myrtle Beach, SC 29575-8870. 803-349-2733.

**March 7.** PrimeHealth Red Rose 5K, Mobile, Ala. Katie Butter, 334-438-2571.

**March 7.** Keep Newport News Beautiful 5K, Cathlyn McPoland, 757-930-8209(h); 757-856-259(w); Peninsula TC, PO Box 1116, Newport News, VA 23601.

**March 7.** Gate River Run 15K, Jacksonville, GRR. 3853 Riverside Blvd., Jacksonville, FL 32217. 904-731-3117.

**March 19.** Shamrock Sportsfest Marathon, 8K, Masters 8K, & 5K Re, Virginia Beach, Va. SASE to Sportsfest, 23044 Virginia Beach, VA 23451. 757-481-5090; fax: 757-481-2942.
**MIDWEST**

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

- **March 22.** Shamrock Shuffle 8K, Chicago.
- **March 28.** Ford's Colony 5K Run For Shelter, Williamsburg, Va.
- **April 4.** Avon Women's 10K, Atlanta, TC.
- **April 13.** Cooper River Bridge 10K, Charleston, S.C.
- **May 9.** Gunner 10K, Tupelo, Johnny Dye, 1007 Chester Ave., Tupelo, MS 38801-614-820-2039.

**SOUTHWEST**

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

- **April 14.** Conoco 10K Rodeo Run, Houston. Conoco 10K, PO Box 4584, Houston, TX 77212-34-437.
- **April 15.** Austin Marathon, AM, PO Box 6548A7, Austin, TX 78786. 512-805-8904.
- **April 21.** Mardi Gras 12K/USATF Open Women's Championships, Galveston, MG 12K, PO Box 1675, Galveston, TX 77553-1677. 1-886-RUN-GALV.
- **April 28.** Cowtown 10K & Marathon, Cowtown 10K, PO Box 9066, Fort Worth, TX 76147. 817-7377-2033; fax: 7377-2449.
- **March 29.** Austin American Statesman-Capitol 10K, Capitol Box 2936, Austin, TX 78768. 512-445-3596.
- **April 15.** Crescent City Classic 10K, New Orleans. 504-861-8866; fax: 861-8866; e-mail: C110K@aol.com.

**WEST**

Arizona, California, Hawaii, Nevada

- **February 1.** 32nd Las Vegas International Marathon/Relay, Half-Marathon, & 5K Ai Boka, Director, PO Box 11220, Las Vegas, NV 89180. Phone/fax: 702-876-3870.
- **February 16.** Great Aloha Run, Honolulu. Aloha Run, N. Nimitz Hw., Bldg. A, Suite 152A, Honolulu, HI 96817. 808-528-7388.
- **March 1.** Napa Valley Marathon/RCCA National Championships, Calif. James Raia Communications, 2301 J St., #205, Sacramento, CA 95816. 916-448-5122.
- **March 1.** Los Angeles Marathon & 5K, L.A. Marathon, 11110 W. Oke Ave., Suite 100, Los Angeles, CA 90025. 310-444-5544; fax: 444-7305.
- **March 8.** Mercury News 10K, San Jose. MN 10K, 750 Ridder Park Dr., San Jose, CA 95190. 408-920-5755.
- **March 15.** Big Basin Redwoods Marathon, Sausalito. Calif. Pacific Trade Sports, PO Box 1040, Stinson Beach, CA 94970. 415-888-1829.
- **March 19.** 19th annual St. Patrick's Day 10K, Torrance, Calif. Kinane Events, 2987 Highland Dr., Carlsbad, CA 92008. 760-434-2312; fax: 434-7706.
- **March 22.** Houlihan's To Houlihan's 12K, San Francisco. RhodyCo Productions, 1417 Irving St., San Francisco, CA 94112.

**MID-AMERICA**

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

- **April 25.** Get In Gear 10K, Minneapolis. Jeff Winter, PO Box 19009, Minneapolis, MN 55403-0009.
- **April 26.** Cherry Creek Sneak 5 Mile. Denver. CCS, Bank of Cherry Creek, 3033 E. First Ave., Denver, CO 80206. 303-394-5170.

**NORTHWEST**

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

- **March 29.** 15th annual Paul Spangler Memorial 8K Run & 5K Racewalk, Palo Alto, Calif. Five-Toes-Plus Fitness Association, PO Box 28178, Stanford, CA 94309. 650-332-6160; fax: 332-6119; e-mail: fitness@ix.netcom.com.
- **April 1.** Big Sur Marathon, Carmel. BSM, PO Box 230, Carmel, CA 93922. 408-625-6226.
- **April 2.** La Jolla Half-Marathon. Jerry Gottlieb, PO Box 1664, La Jolla, CA 92038. 619-755-1775.
- **May 3.** Avenue of the Giants Marathon & 10K, Weott, Calif. SASE to Six Rivers RC, 281 Hidden Valley Rd., Bayside, CA 95524.
- **May 9.** Revers 5K Run/Walk For Women, Century City, Calif. Judy Davis, Davis & Associates, 1312 Ventura Blvd., Suite 414, Studio City, CA 91604. 818-752-4233.
- **May 9.** Southern California Hillsea 75 Mile Race, Huntington Beach. SASE to Finish Line, 7486 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.
- **May 17.** Bay To Breakers 12K, San Francisco. BTB, PO Box 429200, San Francisco, CA 94142. 415-858-5000, fax: 500-500.

**RACEWALKING**

February 2. Jan Martz Memorial Race, Honolulu, HI. Two 5K races, prizes. Contact: Barbara Steffens, 808-924-5967.


**March 7.** Lavonne Hottensmith Memorial 5K Racewalk, John Prince Park, Lake Worth, Fla. K. Coburn, 561-969-0677.

**March 8.** St. Patrick's Day 5K, Central Park, NYC. Stella Cashman, Park Runners, USA, 320 E. 83rd St., Box 18, NYC 10028. Tel/fax: 212-628-1317.

**May 3.** USAF Masters Men's 10K & Women's 10K Championships, Atlantic City, NJ. C/O Dr. Jack Stone, Cape Canaveral 32920, AAF. Tel/fax: 305-464-7805.

**May 4.** BAVF 5K Championships, Burrator, Devon, England.


**May 24.** USAF & Men's 20K Championships, Atlantic City, NJ. C/O Jack Stone, Cape Canaveral 32920, AAF. Tel/fax: 305-464-7805.

**June 28.** USAF Open 15K Championships, Central Park, NYC. OMA. Stella Cashman, Park Runners, USA, 320 E. 83rd St., Box 18, NYC 10028. Tel/fax: 212-628-1317.

**July 11.** USAF Masters Men's 10K Championships, Niagara, NY. Dave Lawrence, 94 Harding Ave., Kenmore, NY 14217. Tel/fax: 716-247-0082.

**July 31.** USAF Masters 5000 (track) Championships, Orono, Me. See National T&F.

**August 2.** USAF Masters Men's 20K & Women's 10K Championships, Orono, Me. See National T&F.

**September 12.** USAF Masters 5K Championships, Kingsport, Tenn. Bobby Baker, 318 Twiinhill Dr., Kingsport, TN 37660-6254.

**September 13.** USAF Masters 40K Championships, Ft. Monmouth, N.J. Elliott Denman, 28 N. Locust Ave., Weehawken, NJ 07086. Tel/fax: 201-963-2290.

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

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APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME

ADDRESS

CITY

STATE

ZIP

MEET DATE

MEET SITE

EVENT

HURDLE HEIGHT

WEIGHT OF IMPLEMENT

<table>
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<tr>
<th>CERTIFICATE</th>
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1. I have equaled or bettered the standard of excellence, please fill out this application completely.

2. A copy of your results or a note stating in which issue your results appeared MUST accompany this application.

3. Please send $10 for a certificate, $10 for a patch, and $10 for a patch tag showing event and year for a certificate and patch ordered at the same time is $12.

4. Send to: All-American, National Masters News, P.O. Box 5008, Eugene OR 97405.

5. A 3-color, 8" x 10" certificate, suitable for framing, and/or a 3-color, 4" x 6" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.
**February 1998**

**TRACK & FIELD REPORT**

*Please send reports to: National Masters News, P.O. Box 20009, Eugene, OR 97405. To get information to the readers, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 lines / 2½ wide) in our format receive preferential deadline is the 10th of the month prior to issue date.*

**NOTICE:** The National Masters News will no longer process results that are submitted handwritten.

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**EAST**

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<th>Name</th>
<th>Time</th>
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<tr>
<td>M45 David</td>
<td>5:40</td>
</tr>
<tr>
<td>M50 John</td>
<td>5:10</td>
</tr>
<tr>
<td>M60 Joseph</td>
<td>5:00</td>
</tr>
<tr>
<td>M70 Tony</td>
<td>5:50</td>
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</tbody>
</table>

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**INTERNATIONAL**

**M50 Vict or**

- M60 John Hurley: 6:40
- M65 Robert Kahn: 6:09
- M67 Gary Kienzle: 5:49
- M70 William Benson: 7:35
- M75 William Sisson: 10:35

**M60**

- M40 Ron Salvin: 4:14
- M45 John Burns: 4:28
- M50 Joseph Bencivenga: 8:10
- M60 Robert  | 6:30       |
| M70 David  | 5:40       |
| M80 John  | 5:10       |

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**RESULTS**

**DISTANCE RESULTS**

- Mile: 3:52
- 1500m: 4:20
- 5000m: 14:20
- Marathon: 2:20

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**NATIONAL**

**NATIONAL Masters News**

**Page 29**
I. Turkey Classic 8K

Central Park, NYC; Nov 23

Overall
- Kevin Sullivan 32
- Brandon Truesdale
- John Mundell 36
- Steve Greene 36
- Michael Smith 35
- John Johnson 35
- Brian O’Connell 35
- Tom Deegan 35
- Bill Cleary 35
- Steve Robinson 35

M40
- Thomas Williams
- Michael Champion
- Joseph Pesce
- John Mulcahy
- Larry Horstmann
- Mark Rakers
- William Hamlin
- Robert Bennett
- Thomas Bierma
- John Walsh

M45
- Bill Hickey
- John McKim
- Paul Tipton
- Mark Wamser
- John Johnson
- Joseph Pesce
- Joseph Farley
- Mark Rakers
- Bill Cleary
- Joseph Pesce

M50
- John Johnson
- Michael Champion
- Joseph Pesce
- John Walsh
- John Johnson
- Joseph Pesce
- Mark Rakers
- Bill Cleary
- Jeffrey Lovett
- Joseph Pesce

M55
- Bill Cleary
- Joseph Pesce
- John Walsh
- John Johnson
- Joseph Pesce
- Mark Rakers
- Bill Cleary
- Jeffrey Lovett
- Joseph Pesce
- Joseph Pesce

M60
- John Johnson
- Michael Champion
- Joseph Pesce
- John Walsh
- John Johnson
- Joseph Pesce
- Mark Rakers
- Bill Cleary
- Jeffrey Lovett
- Joseph Pesce

M65
- John Johnson
- Michael Champion
- Joseph Pesce
- John Walsh
- John Johnson
- Joseph Pesce
- Mark Rakers
- Bill Cleary
- Jeffrey Lovett
- Joseph Pesce

M70
- John Johnson
- Michael Champion
- Joseph Pesce
- John Walsh
- John Johnson
- Joseph Pesce
- Mark Rakers
- Bill Cleary
- Jeffrey Lovett
- Joseph Pesce

M80
- John Johnson
- Michael Champion
- Joseph Pesce
- John Walsh
- John Johnson
- Joseph Pesce
- Mark Rakers
- Bill Cleary
- Jeffrey Lovett
- Joseph Pesce

Women Overall
- Kristie Hagan
- Beth Ann Jordan
- Terry Flood
- Moira Dyer
- Joanne McDermott
- Maryann Matthews
- Mary Alice Devlin
- Eileen Young
- Susan Mancuso
- Helen Schilling

W40
- Kris Hagan
- Beth Ann Jordan
- Terry Flood
- Moira Dyer
- Joanne McDermott
- Maryann Matthews
- Mary Alice Devlin
- Eileen Young
- Susan Mancuso
- Helen Schilling

W45
- Kris Hagan
- Beth Ann Jordan
- Terry Flood
- Moira Dyer
- Joanne McDermott
- Maryann Matthews
- Mary Alice Devlin
- Eileen Young
- Susan Mancuso
- Helen Schilling

W50
- Kris Hagan
- Beth Ann Jordan
- Terry Flood
- Moira Dyer
- Joanne McDermott
- Maryann Matthews
- Mary Alice Devlin
- Eileen Young
- Susan Mancuso
- Helen Schilling

W55
- Kris Hagan
- Beth Ann Jordan
- Terry Flood
- Moira Dyer
- Joanne McDermott
- Maryann Matthews
- Mary Alice Devlin
- Eileen Young
- Susan Mancuso
- Helen Schilling

W60
- Kris Hagan
- Beth Ann Jordan
- Terry Flood
- Moira Dyer
- Joanne McDermott
- Maryann Matthews
- Mary Alice Devlin
- Eileen Young
- Susan Mancuso
- Helen Schilling

W65
- Kris Hagan
- Beth Ann Jordan
- Terry Flood
- Moira Dyer
- Joanne McDermott
- Maryann Matthews
- Mary Alice Devlin
- Eileen Young
- Susan Mancuso
- Helen Schilling

W70
- Kris Hagan
- Beth Ann Jordan
- Terry Flood
- Moira Dyer
- Joanne McDermott
- Maryann Matthews
- Mary Alice Devlin
- Eileen Young
- Susan Mancuso
- Helen Schilling

SOUTHEAST

Yorks tart Battlefied

10 Mile & 5K
York, VA; Nov 15

10K
- Kurt Smith
- Bill White
- Ken Cox
- Michael McDearmon
- Walter Waltzer
- Thomas Gibbons
- Joseph Pesce
- Brian Horan
- Fred Diekman
- Mark Rakers

5K
- Elizabeth Thomas
- Karin Jessen
- Helen Schilling
- Maryann Matthews
- Mary Alice Devlin
- Eileen Young
- Susan Mancuso
- Helen Schilling
- Susan Mancuso
- Helen Schilling

Governor’s Land 5K

Williamsburg, VA; Nov 22

Overall
- Mark Rakers
- Michael McDearmon
- Walter Waltzer
- Thomas Gibbons
- Joseph Pesce
- Brian Horan
- Fred Diekman
- Mark Rakers
- Michael McDearmon
- Walter Waltzer

Women Overall
- Helen Schilling
- Susan Mancuso
- Eileen Young
- Susan Mancuso
- Helen Schilling
- Susan Mancuso
- Helen Schilling
- Susan Mancuso
- Helen Schilling
- Susan Mancuso

West Virginia Half-Marathon & 5K

Morgantown, WV; Dec 7

Half-Marathon
- Rachael Ragozin
- Joseph Pesce
- John Walsh
- Joseph Pesce
- Joseph Pesce
- John Walsh
- Joseph Pesce
- John Walsh
- Joseph Pesce
- John Walsh

5K
- Maryann Matthews
- Mary Alice Devlin
- Eileen Young
- Susan Mancuso
- Helen Schilling
- Susan Mancuso
- Helen Schilling
- Susan Mancuso
- Helen Schilling
- Susan Mancuso

Virginia Half-Marathon

Richmond, VA; Dec 7

Overall
- Maryann Matthews
- Mary Alice Devlin
- Eileen Young
- Susan Mancuso
- Helen Schilling
- Susan Mancuso
- Helen Schilling
- Susan Mancuso
- Helen Schilling
- Susan Mancuso

Women Overall
- Helen Schilling
- Susan Mancuso
- Eileen Young
- Susan Mancuso
- Helen Schilling
- Susan Mancuso
- Helen Schilling
- Susan Mancuso
- Helen Schilling
- Susan Mancuso

Connecticut Half-Marathon & 5K

Stamford, CT; Dec 7

Half-Marathon
- Rachael Ragozin
- Joseph Pesce
- John Walsh
- Joseph Pesce
- Joseph Pesce
- John Walsh
- Joseph Pesce
- John Walsh
- Joseph Pesce
- John Walsh

5K
- Maryann Matthews
- Mary Alice Devlin
- Eileen Young
- Susan Mancuso
- Helen Schilling
- Susan Mancuso
- Helen Schilling
- Susan Mancuso
- Helen Schilling
- Susan Mancuso

Women Overall
- Helen Schilling
- Susan Mancuso
- Eileen Young
- Susan Mancuso
- Helen Schilling
- Susan Mancuso
- Helen Schilling
- Susan Mancuso
- Helen Schilling
- Susan Mancuso
ELIGIBILITY. Open to all men and women 30 years of age and older, including non-US citizens. Individuals will compete in five-year age-groups, relays in 10-year age-groups. Meet will be run in accordance with USATF Competition Rules and Regulations. 1998 USATF membership will be required for all US residents. Membership may be obtained through your local association, or on-site at the meet for $15.

ENTRY. March 6, 1998, is the deadline for the early entry fee, and a guarantee that confirmation of your entry and final instructions will be mailed to you. No entries, additions or changes will be accepted after March 20, 1998. The entry fee includes admission for two to the Championships. Additional tickets will be available at $5 per day, children under 12 free. Relay registration will take place on-site only ($20 per team).

AWARDS. USATF Championship medals will be awarded to the top three places in each age-group of each event final. Foreign athletes will receive a duplicate award.

FACILITIES/IMPLEMENTATION. Six lane, lightly banked 200 meter Mondo track, eight lane straightaway. Use of starting blocks is restricted to those provided by the facility. All shoes will be checked, with only 1/4" pyramid spikes or flats permitted, no hexagonal elements. There will be one weight and two shot circles, throwing onto a synthetic surface. Softshell shot and bag weight implements only, except for the Superweight (men 30-59), which will be contested outdoors. Pole vaulters should bring their pole, rated to their bodyweight.

HOTEL and TRAVEL INFORMATION. Headquarters: Back Bay Hilton, 40 Dalton Street, Boston, (617)236-1100 - $139, a world class hotel located near all area attractions (shuttle to track); Howard Johnson Kenmore, 575 Commonwealth Avenue, Boston (617)267-3100 and Howard Johnson Fenway, 1271 Boylston Street, Boston, (617)267-8300 - $109 (both shuttle to track); Holiday Inn, 399 Grove Street, Newton, (617)969-5300 - $69 (must have car, or use trolley). To get the special rates make reservations at least 30 days prior to meet and mention the National Masters Championships.

MARATHON TOURS, (800)444-4097, has information for your air travel and accommodation needs. Boston Convention and Visitors Bureau: (617) 889-5515

FRIENDS OF THE NATIONAL MASTERS CHAMPIONSHIPS. Help ensure the high quality of these Championships and future meets with a donation. All contributors will be listed in the official meet program and receive a set of meet results. Please consider:

- **GOLD** $100 contributors receive an event polo shirt and pin.
- **SILVER** $50 contributors receive a meet T-shirt and pin.
- **BRONZE** $25 contributors receive a pin. **THANK YOU.**

<table>
<thead>
<tr>
<th>EVENT INFORMATION</th>
<th>Call USA Track &amp; Field-New England at (617) 566-7600</th>
<th><a href="http://www.coollunning.com/usatf.htm">http://www.coollunning.com/usatf.htm</a></th>
</tr>
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<th>1998 USATF NATIONAL INDOOR TRACK &amp; FIELD CHAMPIONSHIPS</th>
<th>ENTRY FORM</th>
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<td>Last Name</td>
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<tr>
<td>Address</td>
<td>Club/Affiliation</td>
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<tr>
<td>Telephone</td>
<td></td>
</tr>
<tr>
<td>Male/Female</td>
<td>Date of Birth</td>
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<tr>
<td>Event 1</td>
<td>Best Recent Performance</td>
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<tr>
<td>Event 2</td>
<td></td>
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<td>Event 3</td>
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<tr>
<td>Event 4</td>
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<td>Event 5</td>
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<td>T-shirt order (pre-event only)</td>
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<td>S</td>
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<td></td>
<td></td>
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<tr>
<td>Total Entry Fees:</td>
<td>$</td>
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<tr>
<td>Total:</td>
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<tr>
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<tr>
<td>TOTAL ENCLODED</td>
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All fees must be paid prior to the meet. Faxed entries will not be accepted.

WAFER AND RELEASE: In consideration of your accepting this entry into the National Masters Indoor Track & Field Championships, I hereby for myself, my heirs, executors and assignees waive and release any and all rights and claims for damages I may have against USATF, USATF-New England, its employees, agents, officers, the Reggie Lewis Track and Athletic Center, Roxbury Community College, the sponsors, the volunteers, and all parties in the matter for injuries suffered by me in said event, or as a result of my travel to and from the competition. I attest and certify that I am physically fit and have sufficiently trained for the competition and that my date of birth is as stated on this application. I authorize meet personnel and its agents permission to request emergency medical treatment or care as necessary to insure my well-being. I agree not to cover or alter my competitor number in any way on pain of disqualification, and I acknowledge that my entry fee is non-refundable, including if the event is canceled.

SIGNATURE: _____________________________
DATE: _____________________________