

# NATIONAL MASTERS NEWS

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

234th Issue

February 1998

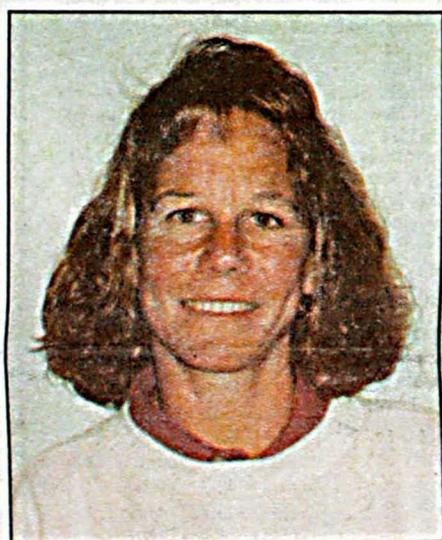
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## Keeler, Niemczak Blast to Wins in 21st Rocket City Marathon

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.

In the men's masters competition,



JIM OAKS

Cindy Keeler, 40, overall female winner (2:44:09), 1997 WZYP Rocket City Marathon.

Antoni Niemczak of Poland held off defending champion Doug Kurtis, Northville, Mich., for the win. Niemczak ran 2:28:27, with Kurtis second in 2:29:37.

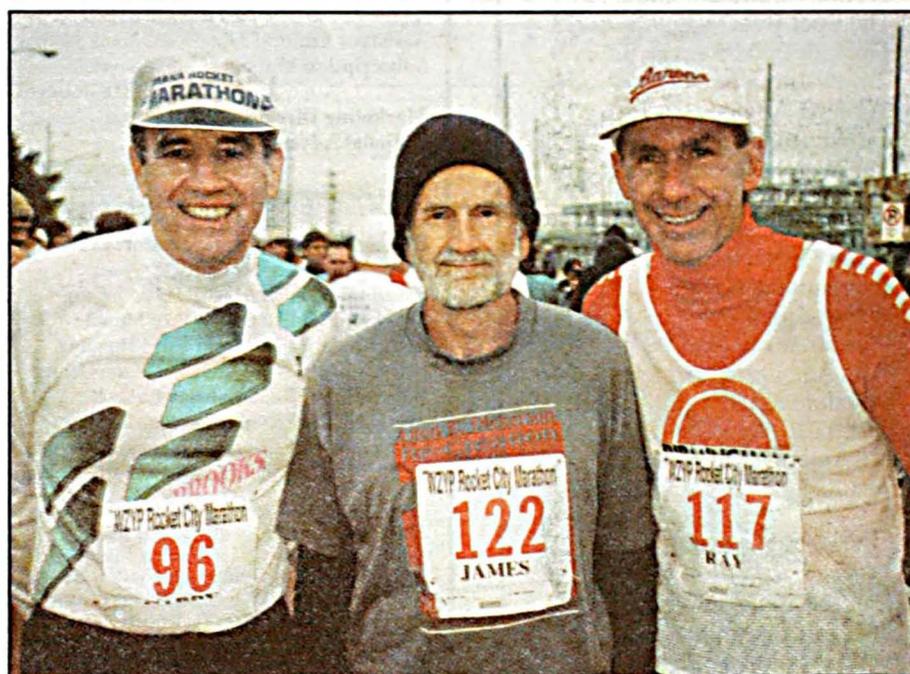
Although the men's field included two *Runner's World* top 10 masters runners for 1997 – Niemczak and Kurtis – along with Rocket City masters winners Robert Yara, La Vernia, Tex., and Gary Romesser, Indianapolis, Ind., and last year's runner-up, Uriy Mikhaylov, of Russia, it was Keeler's run that provided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



JIM OAKS

Three of the four runners who have finished all 21 Rocket City Marathons (l to r): Garry Elkins, Gadsden, Ala.; James Foreman, Huntsville, Ala., and Ray Giles, Birmingham, Ala. Note the first name of the runner, which was printed on each number for the 1997 race.

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

by JOHN WELCH

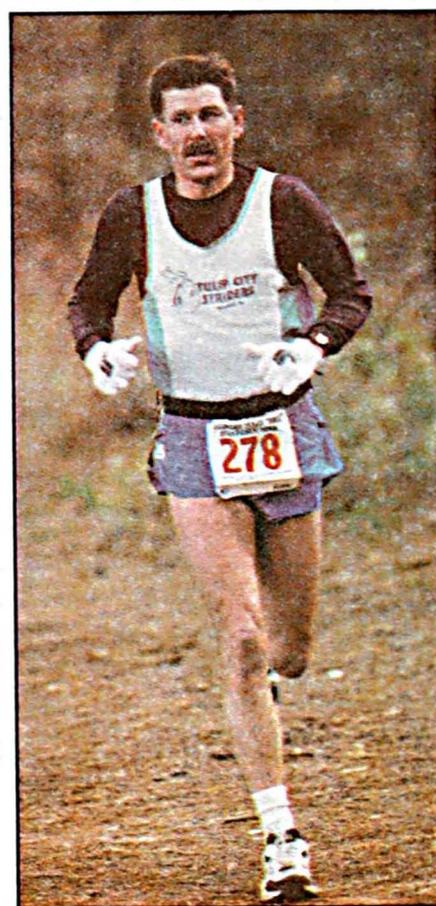
Nearly 900 runners from 40 states and several foreign countries – many of them masters athletes – descended upon Huntsville State Park, 60 miles north of Houston, for the Dec. 13 Sunmart Texas Trail Endurance Runs. The largest ultra distance event in the U.S. since 1995, this year's races were designated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

In the 50 miler, 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 5:52:07 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-

Continued on page 20



JOHN WELCH

Steve Webster, 41, first master and third overall in 6:11:11, USATF National Masters 50 Mile.

## USATF Indoor Nationals Return to Boston Next Month

by JERRY WOJCIK

Boston, Mass., the site of the 1997 USATF National Masters Indoor Championships, will again be the locale for the 1998 meet, and at the same venue, the Reggie Lewis Track and Athletic Center, on March 27-29. More than 800 athletes are expected. The 1997 championships drew a meet record 775 competitors from 46 states and Canada.

Last year, thirty-three world records were broken or established, a remarkable seven (six of them by women) in the 400m races on the six-lane, slightly-banked 200m Mondo track at the Lewis Center. Five of the records were in the 200.

Eighteen U.S. records, including four in the 3000, were also set on the track, which has an eight-lane straightaway for the 60m and 60mH.

As in 1997, the meet will offer the mile, rather than the 1500, giving runners a chance to compete in the most visible masters indoor event in the U.S. Three world records in the mile were set in the 1997 meet.

In addition to the shot put, throwers will also vie for titles in the weight and superweight. Race-walkers will compete in the 3000 on Sunday, starting at 9:00 a.m.

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# NATIONAL MASTERS NEWS

The official world and U.S. publication for masters track & field, long distance running and racewalking.

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**Production:** Kim McGill  
**Printing:** American/Foothill Publishing Co.  
**Track & Field Records:** Pete Mundle  
**Long Distance Records:** Road Running  
 Information Center  
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 The *National Masters News* (ISSN-0744216) is pub-  
 lished monthly, with an annual subscription rate of  
 \$26.00. Main office address: 14155 Magnolia Blvd.  
 #338, Sherman Oaks, CA 91423. Mailing address:  
 P.O. Box 50098 Eugene, OR 97405. Periodicals  
 postage paid at Van Nuys, CA 91409.

The *National Masters News* is an official publication  
 of USA Track & Field and of the World Association  
 of Veteran Athletes. As an independent publication,  
 its editorial policy is not necessarily that of USATF  
 or WAVA.

USATF is a major funding supporter of NMN.  
 Executive Officers of USATF: Pat Rico, President;  
 Craig Masback, Executive Director.

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

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

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

NMN welcomes contributions — results, schedule  
 info., photos, letters, articles, and opinions.  
 Manuscripts should be typed, doubled-spaced, but  
 legibly handwritten material is also acceptable.  
 Results should be typed, single-spaced. Please  
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 copy and ad space reservations is the 10th of the  
 month prior to the cover date.

**Mailing:** The issue is mailed the last week of the  
 month prior to the cover date.

*National Masters News*, P.O. Box 50098, Eugene OR  
 97405. Phone: 541-343-7716; Fax: 541-345-2436.

**Postmaster:** Send address changes to: *National  
 Masters News*, P.O. Box 16597, No. Hollywood,  
 CA 91615.

**Subscriptions:** A one-year subscription (12  
 issues) is \$26.00 (mailed 2nd class). Add \$16 for  
 1st class (USA & Canada) or \$19 for foreign air  
 mail. Please send all correspondence on subscrip-  
 tions to NMN, P.O. Box 16597, No. Hollywood,  
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## Destination: Maine

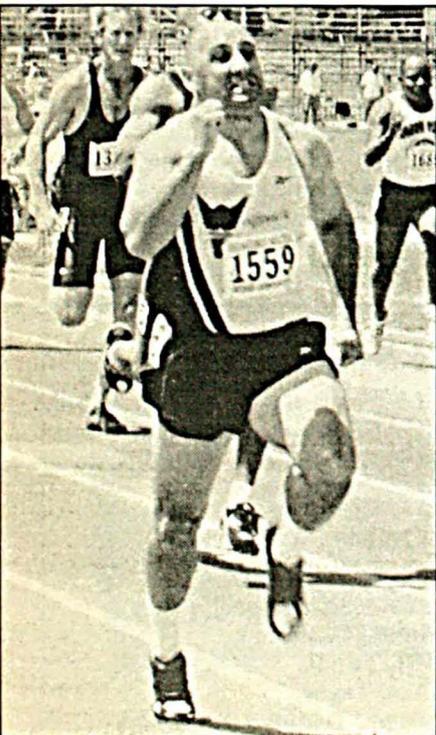
Maine offers more than just a few days of competition for those planning on participating in the USATF National Masters Championships in Orono on July 30-Aug. 2. Athletes who like to combine vacationing with their track & field might consider adding a week or two at either end of the 1998 championships 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



JERRY WOJCIK  
Marty Krulee, 40, won the M40 100 and 200, 1997 USATF Masters Championships, San Jose, Calif. This year's meet is scheduled for July 30-Aug. 2 in Orono, Me.

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-hole baked beans, seafood chowder, and blueberry pie. Maine was one of the first states to establish micro-breweries, 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](http://www.visitmaine.com). The site includes a 365-Day Event Calendar and lodging information. □



JERRY WOJCIK  
Rolland Ranson (l), Tom Eastler, and Val Foss from the Organizing Committee of the 1998 USATF Masters Championships, Orono, Me., to take place July 30-Aug. 2.



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 two 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 year age divisions, all events.
- HOST HOTELS:** **DAYS INN** - \$39.00 a night 1-800-448-4555, Two blocks from track. [SILVER STATE STRIDERS / U.N.R. RATES]  
**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.

**3/16 SPIKES ONLY**

**Schedule and the order of events are tentative.**

Running Events		Field Events
3000m Racewalk - 8:00	200m Dash - 11:15	Weigh-In and measure - 8:45
3000m Run - 9:15	1500m Run - 11:45	Pole Vault - 9:30
60m Dash - 10:00	60m Hurdles - 1:00	Long Jump - 9:30, followed by Triple Jump
800m Run - 10:15	400m Dash - 1:30	Shot Put - 9:30, followed by Wt. Throw then Super Wt. Throw
Relays as requested (4 X 200, 4 X 400, 4 X 800) - 2:00		High Jump - 10:45

Application and entry checks (Silver State Striders) and mail to Silver State Striders P.O. Box 21171 Reno, NV 89515 (702/329-2814)

NAME \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

ADDRESS \_\_\_\_\_ ZIP \_\_\_\_\_

CITY / STATE \_\_\_\_\_

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 \_\_\_\_\_





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

#### TEAM MANAGER SELECTION

I found Al Sheahan's editorial, "The Political Infighting in Big D," both enlightening and disturbing. Al Sheahan 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 championships 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 - schedules, food, starting times, transportation. You name it, the team manager hears about it. After a while anyone would get abrasive, answering the same questions over and over again. Sandy Pashkin may have ruffled some of the elite feathers with her methods, but from where I sat, she did a good job.

I have known Richard Lee for 12 years. He is professional, upbeat, intelligent, organized, and has a delightful sense of humor. A respected competitor, he has twice won national championships and was a U.S. record holder in the indoor shot put. As a WAVA official (Eugene, 1989) and in his many capacities at Hayward Field competitions, I have observed him confront problem situations, listen, and make fair decisions

for those involved.

Richard Lee has the ability to make competitors feel confident, just knowing that he is in charge. His resume outside the Track and Field venue is a thing to envy. The man is a leader, and yes, he too will ruffle some feathers.

If Dick Lee wants some help, he will simply ask for it, and from where I sit, it's his call.

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

#### RULE COMPLAINTS

Your publication has been very good, but NMN is devoting inordinate 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 resumed 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'm 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 Running 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

## NATIONAL MASTERS NEWS

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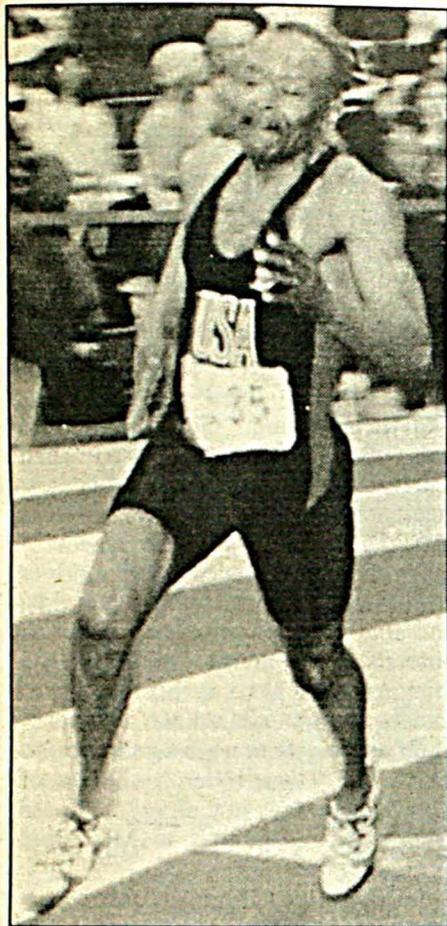
## Nine Join NMN Sustainers

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  
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Daniel Patt  
Andy Pittman  
Ralph Romain  
Edward Twomey  
James Young  
Herb Zehnder

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Warrensburg, Missouri  
Clairton, Pennsylvania



JERRY WOJCIK

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.



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.

## 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/7-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

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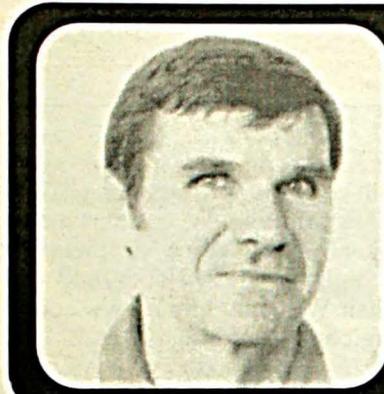
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## Third Wind

by MIKE TYMN

### Many Years, Many States, Many Miles

**N**o 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, but it was fenced off. Then, we found out that we'd have to go north another nine miles or thereabouts by the highway to get to Waipio beach and we figured there was no way to make it and still catch our plane. We decided to come back later and finish those nine miles."

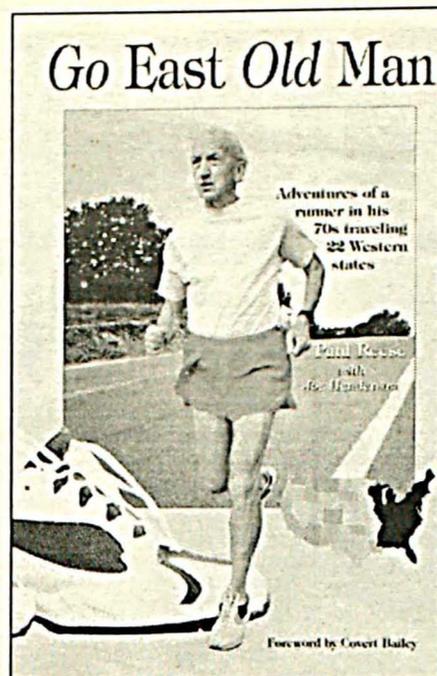
With the other part of the "we" — wife Elaine — remaining home, Reese returned to Hawaii on December 11 to finish off those final miles.

#### There At Last

When he dipped his toe in the ocean at Waipio, he satisfied himself that he had completed his run across all 50 states, an adventure that called for running 7644 miles and driving approximately 60,000 miles in his motorhome.

"...and considerable expense, much inconvenience, and more than a few risks," Reese added. "I'm not sure it would have happened if I had known the price before I ever started."

It began when Reese, an outstanding age-class runner who ran a 2:39:28 marathon at age 54, read a book about Don Shepherd, a South African who ran 3200 miles across the continental United States in 1964. "I read the book in 1972 and wondered if I was capable of doing it," Reese said. "But I had to wait 18 years to when Elaine and I were both retired to satisfy my curiosity."



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 out 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 road rest 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, that left 14 to run. We did those during the summers between 1992 and 1996, two to four states each summer."

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 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. "And having seen 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."

#### A Close Call

Reese, however, did encounter quite a few angry dogs during his runs. "Like when I was in North Carolina and went 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."

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 to 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 home 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 oversized RVs," he 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 not 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."

"Or, as Thoreau said, 'The danger is we might go through life without living.'" □

(Note: *Go East Old Man*, published by Keokee Co. Publishing, Inc., is now available in many book stores. If your book store doesn't have it, you can purchase a copy for \$15, including postage, directly from Reese at 308 Forest Court, Auburn, CA 95603.)

### 1998 BUDGET - USATF MASTERS TRACK & FIELD

Acct Nos.	Title	Name	1998
101	Chair	Ken Weinbel	4,970.00
103	Vice Chair	Graeme Shirley	470.00
105	National Meet Coordinator	Scott Thornsley	1,470.00
106	Administration		20.00
110	Awards	Don Austin	500.00
113	Board of Directors Delegate	George Mathews	170.00
114	Data Base-Membership		00.00
115	Games Committee-Indoor		00.00
117	Games Committee-Outdoor		00.00
118	Hall of Fame		00.00
120	Market Research		00.00
122	Meet Manual		00.00
125	Multi-Events Coordinator	Rex Harvey	1,370.00
127	Racewalking Coordinator	Bev LaVeck	320.00
129	Rankings Coordinator	Jack Lance	1,270.00
130	Records Coordinator	Pete Mundle	1,270.00
131	Regional Coordinators	(1,090)	7,630.00
141	Secretary	Suzy Hess	1,470.00
143	Substance Abuse Committee	Joan Stratton	00.00
145	Team Manager	Richard Lee	480.00
147	Treasurer	Madeline Bost	970.00
149	Weights Coordinator	Richard Hotchkiss	320.00
	TOTAL		\$22,700.00

Submitted by Madeline Bost, Treasurer

# PROFILE

## 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 the last 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 earned 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. Now 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 MENSA 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.

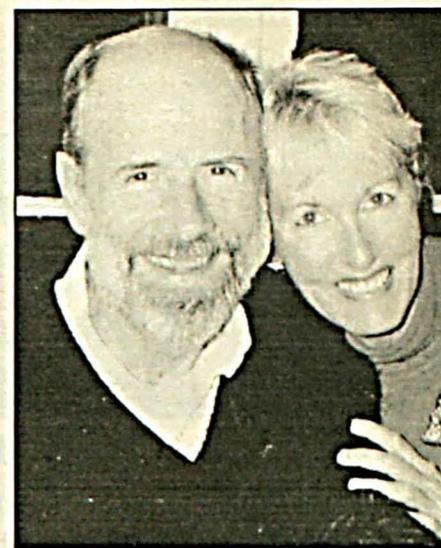
"We took a train up to 15,000 feet, and it was the clearest observation I have ever seen," Gillis said. "It was dark for about three minutes. There was a man there who had observed 38 solar eclipses. He said this was the most impressive of all he had seen."

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



JIM OAKS

Rocket City Marathon Race Director Malcolm Gillis in a less stressful pose the week before the 1997 race. Beth Benefield, one of many task coordinators for the race, brightens the scene.

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. □

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## The Foot Beat

by JOHN W. PAGLIANO  
D.P.M.

### Jones' Fracture

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, NMN, Box 50098, Eugene, OR 97405.)*

### Championship Meet Records – Yea Or Nay?

by JERRY WOJCIK

For years I've dealt with masters track & field results, from meets varying in size from small, local meets to regional championships, that indicated new 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 awash in statistics). I often see mention of meet records 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 Fine'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 Regionals.

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.

So, 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 50098, Eugene, OR 97405; fax: 541-345-2436. □

### Rocket City

Continued from page 1

into a pack of runners that included several men and Gormley.

"Debbie was setting a good pace," Keeler said. "I ran with her from around five miles to 17. By then we had caught some more men, and the group was getting a little big. I was afraid someone might clip my heel or something, so I took the lead and that was when I broke away from her."

When Gormley faded, that left Keeler with a three-minute lead over the rest of the female field – a lead she maintained to the finish. Defending women's champion Roxi Erickson, 35, Omaha, Neb., finished second overall in 2:47:16.

Jeanne Olash, 40, Louisville, Ky., crossed the finish line as the second master. Her time of 2:59:29 was good for ninth overall. Judith Hine, a 48-year-old native of New Zealand, who lives most of the year in Marietta, Ga., was third in 3:01:56. Vicki Crisp, W45, Nashville, Tenn., placed fourth in 3:15:05.

Keeler was rewarded nicely for her winning effort. She collected \$2000 for first place, \$1500 for finishing as the top master, and earned a \$1000 bonus for setting a new women's masters course record. She broke Jane Hutchison's record of 2:45:35, set in 1990.

"This is my biggest payday ever," said the former Mid-American Conference 10K champion while at Eastern Michigan University. "I won \$3000 two times when I won the Detroit Marathon, but this is tops."

Keeler, who has qualified for all four previous women's Olympic Marathon Trials, has three goals as a master. She wants to qualify again for the 2000 Olympic Trials race, she would like to break 2:40 for the marathon, and she wants to win the masters division at the Boston Marathon.

While Keeler was leaving the other female masters far behind, the men's masters race stayed interesting for the first 16 miles.

Kurtis opened a slight lead over Niemczak and Mikhaylov in the opening three miles of the race, but by mile five, Kurtis and Niemczak were within 20 meters of each other while Mikhaylov had dropped off, and it became a two-man race from that point.

Kurtis hung with the recent New York City Marathon masters title winner through mile 16, but Niemczak began to pull away over an uphill section near mile 17. Ironically, this was the same area where Kurtis had made his winning surge away from Mikhaylov the previous year.

Although Niemczak was not pleased with his winning time, it was good enough for third place overall, adding \$500 to the \$1500 he claimed for the masters win. Kurtis finished fifth overall and Yara was sixth overall in 2:30:16 to put three masters in the



JIM OAKS

Antoni Niemczak, 41, masters winner (2:28:27), WZYP Rocket City Marathon.

top six places. Mikhaylov was the fourth master in 2:36:18, and 49-year-old Terry McCluskey, Brookfield, Ohio, finished fifth in 2:36:41.

"I hope to come back next year and run faster," Niemczak said.

While the top masters were racing for prize money, many of the 434 masters in the finishing field of 797 runners were more interested in just reaching the finish line.

The husband-and-wife team of Tony Lopetrone and Nancy Broadbridge, Birmingham, Mich., were at the race to complete a marathon in Alabama to add one more state to their impressive list of marathons run in 48 other states and the District of Columbia – all in 1997. They were scheduled to complete this first-time feat for a husband-and-wife team at the Christmas Marathon in Olympia, Wash., on Dec. 21, making a grand total of marathons run in all 50 states plus D.C.

By finishing this year's race, Dr. Brent Weigner, Cheyenne, Wyo., added the state of Alabama to complete his quest for running in all 50 states and D.C. He has also run on all seven continents and in more than 80 countries. Weigner is a three-time cancer patient (age 12, age 35, and again at age 40) who believes one should "live life to the fullest and give back more than you take."

Norm Frank, Rochester, N.Y., and Wen-Shi Yu, Kew Gardens, N.Y., were back for another race in Huntsville. The two are the world record holders for most marathons, Frank with at least 648 and Yu with at least 273. The two run marathons so often that any number published is probably out of date by the time it is printed.

Of the 434 masters finishers, 356 were men and 78 were women. □



# Track and Field Report

by **KEN WEINBEL,**  
Chairman, Masters T&F

## Choice Not Politically Motivated

I read Al Sheahan'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 infightings 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 nine-person 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



SUZY HESS

The Old State House and site of the Boston Massacre, marked by a plaque in the street, in downtown Boston, host city for the USATF Masters Indoor Championships, March 27-29.

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. □



Phil Raschker, 50, 1997 USATF Masters T&F Woman Athlete of the Year, with Mel Rosen (l), 1992 U.S. Olympic coach, Payton Jordan, 1997 M80 T&F Athlete of the Year, and Harvey Glance, 1976 Olympic team member and gold medalist in the 4x100, at the 1997 USATF Annual Meeting, Dallas.

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# Masters Racewalking

by ELAINE WARD

## Jane Dana (W75)

### 1997 Outstanding Masters Woman

(Jane made American Records in 1997 in the 5K, road 35:33 and track 35:31.0, and in the 10K, track 1:15:8.8.)

**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, golf or tennis. It didn't matter. I always wanted to excel.

But there is something more. Once I have decided to do something like racewalking, I work hard. I work out two to three hours most days during the racing season and I don't let weather stop me. During the late spring and summer, it is usually up in

the 90s at 6:30 in the morning where I live. I just drink lots of water and work out as usual because I think it is imperative to keep moving, especially at my age. If I were younger, I could probably get by with missing days, but I can't now in the W75 age group.

**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 will always put in eight miles.

Endurance workouts involve hills. I live in a foothill community and have four different courses: 8½ miles, 7½ 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 keep putting 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. □

## For The Record

Several readers asked me whether I was going to respond to Ron Daniel's article in the January issue of NMN. In my opinion, what Ron said and how he said it was totally predictable. For the record, this is what I said in my original, unedited article about the straight knee rule.

Though there has always been general acceptance that the IAAF sets the rules of racewalking, some masters have felt that the rules did not consider the problems of the aging athlete. They are correct. As Jack Mortland stated in his August 1997 *Ohio Racewalker* regarding the new straight knee rule: "Whether old men and women can straighten their legs at contact was not a consideration of the IAAF in changing the rule. The rules are made to define the sport at the elite levels, as they should be."

In reality, there was considerable grumbling among masters about the old straight knee rule that required that the knee only be straight in the vertical position. Grumbling has seemingly increased with the new requirement that the knee be straight from heel contact to the vertical position. — Elaine Ward

## Dave Romansky (M55) 1997 Outstanding Masters Man

(1997 highlights: 5K 24:03; 10K 49:49; 20K 1:45:32 (that was on the way to the 2-hour championship), 1 hour, 12,028; 2 hour 22,614; 40K 4:55:38. Dave enters M60 in April 1998.)

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

**DR:** When I first got into the masters program — after being on an Olympic team (1968) — it was hard to think, "Well, I am really going to be gung ho." Now that I have started to get into it and am racing guys like Jim Carmines and Don DeNoon, I find it exciting to be involved again.

There were a couple of experiences that really sold me on the masters program and how important it is. They both took place at the Masters World Championships in Buffalo in '95. The first story involves Jeannie Bocci (W55). Jeannie and I go back years. She is a veteran of the sport and has done so much for racewalking. She is a champion in her own right.

Jeannie received a team gold medal in Buffalo. We were sitting around waiting to get our awards and got to talking. The next thing you know, she was so happy, she broke down and cried. I started crying, too, as I realized why the gold medal was so important to her. She couldn't make the Olympics because they didn't have racewalking for women then. But here, finally, after all the years of competing and training hard, she was being recognized as world class.

The other story involves Harry Drazin. Harry is a living legend. Harry was 82 at the time of the Buffalo Championships. There were several age groups in his race, so he didn't know what his finish place was. He thought he was fourth. I said that I thought he got third, but he said, "No, I got fourth." One hour later, an announcement came through the intercom that Harry Drazin for the USA had finished third. Well, Harry didn't hear it. We couldn't find him at first.

Finally we spotted him over talking to the girls like he always does. We went

over and told him. He broke down and cried. It meant so much to him. He had come so close in the 20K where he got passed by three Germans with a mile to go. Then he gets the medal in the 5K.

I learned from both Jeannie and Harry that the dream is never lost.

**EW: What kind of training do you do?**

**DR:** One thing I have found out about training is that everybody is different. And everybody has a different philosophy. Basically, it comes down to how does it work for you? There are various ways of getting there. Someone will do all hard quality speed work; another, like DeNoon, does a lot of running. I do a lot of long distance work and hard speed work. I mix it up. Everybody has their own way.

One Sunday last summer, I said that I was going to do 150 miles the next week. Everybody laughed. It was 100 degrees every day. I ended up doing 165 miles. And the funny part of it was that the next Saturday night I had completed 145 miles and had one more day to go. Before going home, I decided to do a 1.1 time trial on a course I have, and made a personal best.

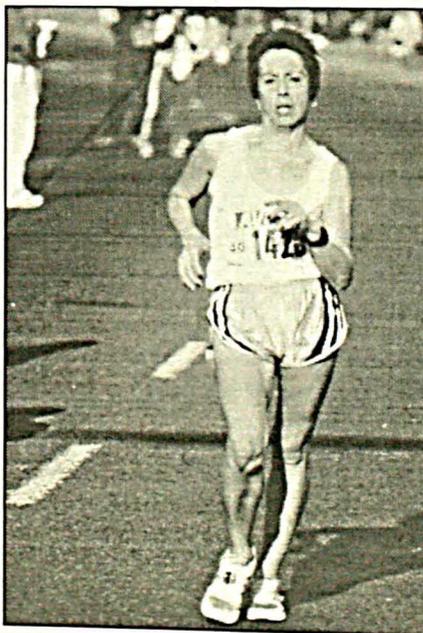
One day I did 40 miles. Everybody says "You are crazy for doing that." I answered, "The people who feel I am crazy are the ones I am beating." If you go out and do the work, you don't have to justify anything. When you win, the hard work pays off. If you do the work, and you lose or you don't do well, then they may have a point. But as long as you are winning and improving every week, then there is something right about what you're doing.

I was talking to a former Olympian. He had quit, retired and so forth and was now back running as a master. The guy asked me how I was getting to be so good. I replied, "Think young. When you go out and do a workout, don't say, 'Well, I will be 60 next year. I can't do the same things.' That is not true. You can do the same things. Your times might not be quite as good, but you can still do the same workouts. You just have to get the right mental attitude."

**EW: Do you think more Olympians are getting into the Masters Program?**

**DR:** Yes, guys are coming out of the woodwork and making comebacks. They see other people doing it and they are starting to do it.

One of the things I would really love to see more than anything else is for Larry Young, Ron Laird, Tom Dooley and some of those other Olympians of the 1960s and '70s to make a comeback. It would be a lot of fun. I think they are missing something. The problem is that it is hard to tell someone who won two bronze medals in the Olympics to come back out. But still it would be so nice to see those guys. There would be some good races. □



LEO BENNING  
Lidia Ojedadecarriego, Argentina, finished third (53:54), in the W40 10K racewalk, WAVA Championships, Durban.



## Training Advice

by HAL HIGDON

### 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 visually by having runners stand naturally and draw a chalk line across the

tips of their toes at a 90-degree angle to the direction in which they run. If they stand toes 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.)

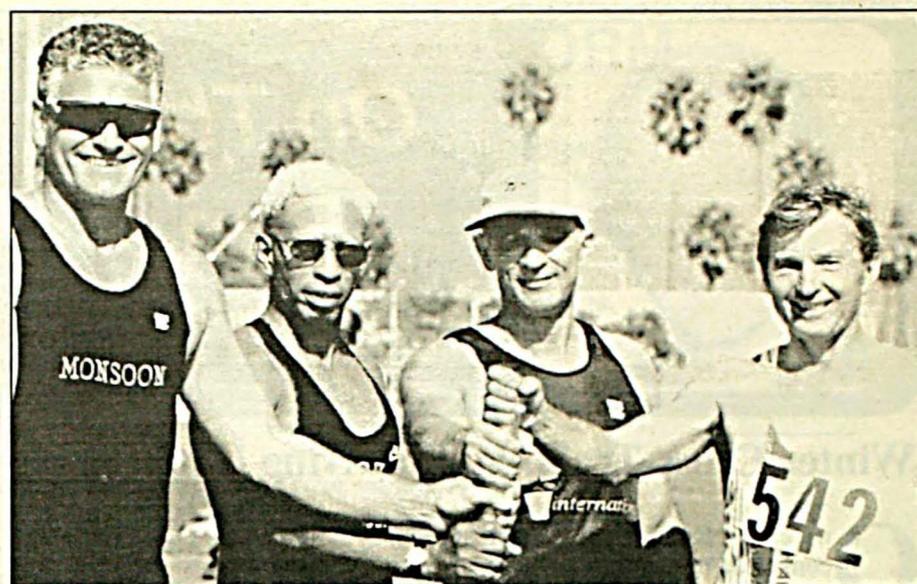
"Improve your stride by an inch and you can cut your time in the 100 meters by as much as a tenth of a second. Since races are won in hundredths of a second, this is worth every sprinter's attention. It is also worth the coach's effort to keep after the athlete until the change becomes a new habit with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

Coach Bell offers the following tips on arm carriage:

1. The angle of the lower arm to the upper arm should be natural, opening and closing as the arms move.
2. Keep the thumbs up and the wrists and hands relaxed.
3. The movement of the arm drives the elbow forward and back.
4. The arms can cross the body slightly, but the hands should never go past the mid-line of the body. Hands also should never get higher than the face on the forward arm swing or just behind the hips in the backward swing.
5. Shoulders should rotate as little as possible. Imagine that the upper body is a board and is going down the track with the arms hanging from it on a ball bearing. The board is stationary as far as sway or rotation are concerned.

Here is what Coach Bell has to say about body and head carriage:

1. Imagine you are hanging from a sky hook. In other words, run as tall as possible. Endeavor to maintain an upright posture with no visual body lean. Carl Lewis and Michael Johnson are straight-up sprinters, one reason



KATHRYN HERRING

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.

for their success.

2. Keep the shoulders relaxed. Concentrate on relaxation in practice to achieve this. If you find that you can sprint full-speed without tension during your workouts, it will be easier to achieve this when you race.

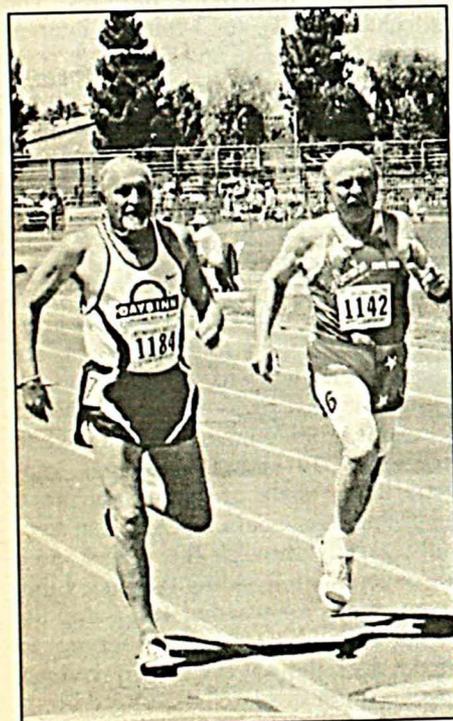
3. Look straight ahead, eyes forward. The chin should be up, the jaw loose. Think of your head as that sky hook, mentioned above, from which everything else hangs.

4. Shoulders should be directly above the hips, once momentum has

been achieved out of the blocks.

Another important factor in achieving success as a sprinter is achieving leg lift. Coach Bell comments: "Keep the knees up and straight ahead. Your knees should not point out any time during the race. Stay up on the ball of the foot so that you can maintain an active landing."

Coach Sam 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. □

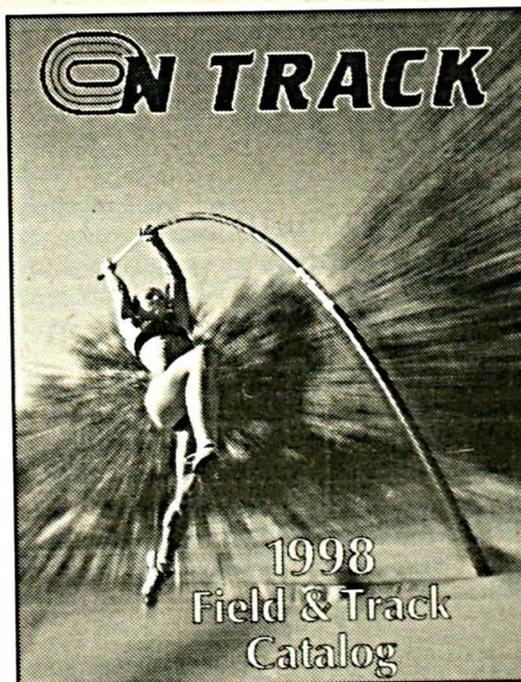


JERRY WOJCIK

Milton Siverstein, of Arizona, won the M75 200 (30.04) from Tim Murphy, (30.10), after losing the 100 to Murphy, of Texas, in a photo finish, 14.39 to 14.40, USATF National Masters Championships, San Jose, Calif.

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## On The Run

by HAL HIGDON

### Winter Cross-Training: Surviving Until Spring

**O**n 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! Unbowed, I began clomping down the highway — one ski on, one ski off — seeking a public phone. After I had clomped about a mile, a passing motorist took pity and offered a ride.

Minnesotans are polite. The motorist didn't ask if I was crazy to be out exercising in such chilly weather. I had a ready answer: "Yah, you

betcha!"

Actually, it hadn't seemed like 14-below. It took my hands and face only a few minutes to warm. Once that happened, the skiing was fun. Except for a few road-crossings, the Luce Line is flat and fast, though ungroomed. 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 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 bundled 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 deep woods takes the sting out of wintry winds. 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 clothes: moisture-wicking 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 clothes 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 \$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 snowmobilers). 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 resemble running.

**Aquarunning:** 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 mimic running movements, 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 1- to 3-minute interval 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](http://www.halhigdon.com).

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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 masters 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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_____	<b>Masters Racewalking</b> Thirty American coaches and athletes share ideas on Technique, Training and Racing. This book is a unique and complete resource. Edited by Elaine Ward. \$15.00.	\$ _____
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_____	<b>USATF Race Walking Patch</b> . 3-color embroidered 4" x 3" with gold trim. \$5.50.	\$ _____
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_____	<b>USATF Decal</b> . 3-color. 3" x 2-1/2". \$2.00.	\$ _____
_____	<b>National Road Race Encyclopedia 1997</b> Lists 100 of the nation's most popular road races, with race entry information, top 100 all-time men & 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 & Barry Perilli. \$24.95	\$ _____
_____	<b>Guide to Prize Money Races and Elite Athletes 1997</b> 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. \$58.00.	\$ _____
_____	<b>Running Research News</b> Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. \$35.00 per year.	\$ _____
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## The Weight Room

by JERRY WOJCIK

### 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 discus 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 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

"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 age-related — most people show signs of osteoarthritis by the time they are 40 or 45 — but not caused by age. In fact, previous joint injury is a primary cause of the development of osteoarthritis, Buckwalter says.

#### High Risk Sports

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 when 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.



GEORGE BANKER

First three in the M60-64 race, 1997 Army 10 Miler, Washington, D.C. (l to r): Alvin Marcy, 62, third (73:18); William Hoss, 62, first (69:59); and Bozia Hall, Jr., 60, second (70:43).

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/racquetball, 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. □

#### TEN YEARS AGO February, 1988

- Irishman Patrick Murphy, 40 (2:31:57) and Bobbi Rothman, 40 (2:49:34) Are First Masters in Rocket City Marathon
- Bill Rodgers Edges Frank Shorter — 30:49 to 31:10 — to Take the M40 Title in Charlotte Observer 10K
- 900 Japanese Masters Compete in the All Nippon T&F Championships in Hiroshima

# NATIONAL MASTERS NEWS

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

Records Section

February 1998

page 15



## Masters Age Records

### New Indoor Age-Group Records Compiled

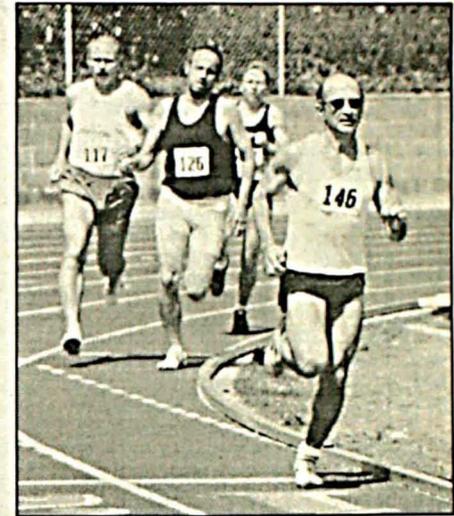
In this issue are the new world and U.S. five-year indoor age-group track and field records for men and women. The world marks are those compiled and approved as of January 5, 1998 by the Records Committee of the World Association of Veteran Athletes (WAVA). The U.S. records are those compiled and approved, 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.

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-USA 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. □



**GLEN WILLIAMS**  
Luis Pannarale, #148, on his way to the M45 first (2:10.7) in the 800, 1997 Visalia Classic, Visalia, Calif. Wayne Morris, #117, was second M45 (2:13.8). Thomas Yeadaker, #126, took the M40 gold (2:18.4). This year's meet is on May 16.

THIS FORM SHALL BE USED FOR AMERICAN AND WORLD RECORDS  
IT MAY BE USED FOR COLLEGIATE OR OTHER JURISDICTIONAL PERFORMANCES

### APPLICATION FOR RECORD

Send to:

Pete Mundle, Chairman, USATF and WAVA Records Committee,  
4017 Via Marina, #C-301, Venice CA 90291, USA.

#### To THE RECORDS COMMITTEE:

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

#### Description of Record:

World \_\_\_\_\_ American \_\_\_\_\_ Association \_\_\_\_\_ Championship \_\_\_\_\_ Collegiate \_\_\_\_\_  
Junior \_\_\_\_\_ Age Group \_\_\_\_\_ Masters \_\_\_\_\_

(All applications for Junior, Age Group, or Masters records must be accompanied by copy of birth certificate or other proof of age)

- Event \_\_\_\_\_ (Indicate)
- Date and Time of Day \_\_\_\_\_ Men/Women
- Record claimed (state time, distance, height or points achieved) \_\_\_\_\_ Indoor/Outdoor
- Where held (Arena, Town and Country) \_\_\_\_\_
- Force of following wind \_\_\_\_\_ Anemometer \_\_\_\_\_ Attendant's Signature \_\_\_\_\_

6. Name of Competitor, Club and Country \_\_\_\_\_  
(Surname) (Given Names) (print)

(In relay events, the full names of the competitors should be printed in their running order)

#### AUTOMATIC TIMING

(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.

(Photo Evaluator) (Address or USATF Official's Registration Number)

(Chief Timekeeper) (Address or USATF Official's Registration Number)

#### TIMEKEEPER'S CERTIFICATES

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)

Time \_\_\_\_\_ (Signature of Timekeeper) (Address or USATF Official's Registration Number)

Time \_\_\_\_\_ (Signature of Timekeeper) (Address or USATF Official's Registration Number)

Time \_\_\_\_\_ (Signature of Timekeeper) (Address or USATF Official's Registration Number)

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

(Signature of Referee or Chief Timekeeper)

#### STARTER'S CERTIFICATE

9. 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)

(Signature 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)

(Signature of Measurer)

(Address or USATF Official's Registration Number)

(Signature of Measurer)

(Address or USATF Official's Registration Number)

#### (a) Track Events

The above certify that we measured, with a metric steel tape, the course over which the above event was held and that the exact distance was:

\_\_\_\_\_ meters \_\_\_\_\_ centimeters, or \_\_\_\_\_ miles \_\_\_\_\_ yards \_\_\_\_\_ feet \_\_\_\_\_ inches,  
the length of one lap was \_\_\_\_\_ meters \_\_\_\_\_ centimeters or \_\_\_\_\_ yards \_\_\_\_\_ feet \_\_\_\_\_ inches,  
that there was a 2 inch raised border on the inner edge of track, and that the maximum allowance for lateral inclination did not exceed 1:100 and the running direction 1:1000.

#### (b) Field Events

The above certify that the lateral inclination of the runway or circle did not exceed 1:100 and in the running direction 1:1000. (Refer to Rules, in case of world record.)

#### THROWING EVENT IMPLEMENT CERTIFICATION

11. I certify that I weighed and measured the implement(s) used in making the throwing event distance mentioned above, and that said implement(s) were in strict accordance with the existing rules of the International Amateur Athletic Federation.

(Checker of Implements)

(Address or USATF Official's Registration Number)

#### JUDGES' CERTIFICATE (FIELD EVENT)

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.

(Distance or Height)

(Signature of Judge)

(Address or USATF Official's Registration Number)

(Distance or Height)

(Signature of Judge)

(Address or USATF Official's Registration Number)

(Distance or Height)

(Signature of Judge)

(Address or USATF Official's Registration Number)

#### CERTIFICATION OF FORM (Shot, Javelin, Walks)

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

(Event Chief Judge)

(Address or USATF Official's Registration Number)

#### 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)

(Address or USATF Official's Registration Number)

# World Track & Field Indoor Age-Group Records

Approved by the Records Committee of the World Association of Veteran Athletes as of January 5, 1998

n = noteworthy mark, p = pending verification of date of birth, wind velocity, etc.

## Men's World Indoor Records

60 Meters			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M40	6.97	Eddie Hart(USA)	40 3-24-90
M45	7.02	Stan Whitley(USA)	45 3-23-91
M50	7.37	Harold Morioca(CAN)	50 3-20-93
	7.40	Steve Robbins(USA)	50 3-20-93
	7.4	Ron Taylor(GBR)	52 3-15-86
	7.4	F. Taylor(GBR)	52 3-25-88
M55	7.53h	Hugo Hartenstein(USA)	55 3-24-90
	7.57	Hugo Hartenstein(USA)	55 3-24-90
	7.6	Ron Taylor(GBR)	56 3-31-90
M60	7.7	Payton Jordan(USA)	60 1-7-78
M65	7.8	Cecil Paul(CAN)	66 3-8-86
M70	8.45	Melvin Larsen(USA)	70 3-4-95
M75	8.95	Tim Murphy(USA)	75 3-1-97
	p8.9	Maribotti Guiseppi(ITA)	76 2-23-92
M80	9.81	Fred White(USA)	80 3-20-93
	9.81	Herbert Liedtke(SWE)	80 3-1-97
M85	11.33	Russell Randall(USA)	86 3-20-93
M90	17.47	Everett Hosack(USA)	94 3-30-96
M95	16.96	Everett Hosack(USA)	95 3-1-97

200 Meters			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M40	22.19	Bill Collins(USA)	44 2-26-95
M45	22.89	Bill Collins(USA)	46 4-23-97
	p22.70	Stan Whitley(USA)	46 4-5-92
M50	23.76	Harold Morioca(CAN)	50 3-21-93
	23.8	Ron Taylor(GBR)	52 3-15-86
M55	24.7	Ron Taylor(GBR)	56 3-31-90
M60	25.15	Larry Colbert(USA)	60 3-23-97
M65	26.41	Charles Williams(GB)	66 3-2-97
M70	28.00	Payton Jordan(USA)	72 4-2-89
M75	30.12	John Alexander(USA)	75 2-26-95
M80	32.9	Barry Ivers(USA)	80 3-17-91
M85	39.79	Russell Randall(USA)	86 3-21-93
M90	p68.6	Mikko Salonen(FIN)	90 - -87
M95	66.78	Everett Hosack(USA)	95 4-6-97

400 Meters			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M40	50.15	Fred Sowerby(ANT)	43 2-22-92
M45	49.89	Fred Sowerby(USA)	45 1-29-94
M50	52.72	Harold Morioca(CAN)	52 2-25-95
M55	56.17	James Mathis(USA)	56 3-23-91
M60	56.32	Larry Colbert(USA)	60 3-22-97
M65	59.53	Earl Fee(CAN)	65 2-25-95
M70	66.03	John Alexander(USA)	70 3-24-90
M75	71.84	John Alexander(USA)	75 2-25-95
M80	79.6	Aleksander Ernesaks(CAN)	80 3-7-92
M85	1:40.86	Russell Randall(USA)	86 3-20-93
M90	p2:47.3	Mikko Salonen(FIN)	90 - -87

800 Meters			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M40	1:55.5	Ken Popejoy(USA)	42 1-30-93
M45	1:57.32	Peter Browne(GBR)	45 1-29-95
M50	2:05.8	Ken Baker(USA)	50 1-17-88
M55	2:08.9	Ken Baker(USA)	55 3-22-92
M60	2:16.64	Earl Fee(CAN)	62 1-18-92
M65	2:16.80	Earl Fee(CAN)	65 3-27-94
M70	2:42.0	Austin Newman(USA)	70 3-23-86
M75	2:42.35	James Todd(GBR)	75 3-2-97
M80	3:20.57	Austin Newman(USA)	80 3-31-96
M85	5:51.29	Charles Espy(USA)	85 3-31-96

1500 Meters			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M40	3:45.3	Eamonn Coghlan(IRL)	40 2-26-93
M45	4:03.69h	John Potts(GBR)	45 3-9-90
M50	4:14.73	John Potts(GBR)	50 2-26-95
M55	4:28.9	James Sutton(USA)	55 1-4-87
M60	4:37.80	Maurice Morrrell(GBR)	61 3-20-94
M65	4:47.11	Earl Fee(CAN)	65 3-26-94
M70	5:27.4	Austin Newman(USA)	70 3-23-86
M75	5:42.26	James Todd(GBR)	75 3-2-97
M80	6:35.4	Austin Newman(USA)	80 2-11-96
	7:04.2y	Paul Spangler(USA)	80 3-18-79
M90	14:28.4	Mikko Salonen(FIN)	90 - -88

One Mile Best Performances			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M40	3:58.13	Eamonn Coghlan(IRL)	41 2-20-94
M45	4:21.90	Albin Swenson(CT)	46 2-26-93
M50	4:40.6	Victor Heckler(IL)	50 2-14-93
M55	4:53.14	Dan Conway(MN)	56 2-25-95
M60	5:19.9	Archie Messenger(NY)	60 3-18-84
M65	5:13.3	Earl Fee(CAN)	67 3-23-96
M70	5:32.4	Scotty Carter(MA)	70 3-15-87
M75	6:54.8	Byron Fike(OH)	75 3-20-83
M80	7:04.2	Paul Spangler(CA)	80 3-18-79

3000 Meters			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M40	8:20.16	Nigel John Gates(GBR)	40 1-23-94
M45	8:46.80	Renato De Palmas(ITA)	45 3-9-85
M50	8:58.8	Les Presland(GBR)	50 3-31-90
M55	9:23.43	Stephen James(GBR)	56 3-20-94
M60	9:43.88	Andrew Brown(GBR)	61 3-20-94
M65	10:32.28	William Marshall(GBR)	65 3-13-93
M70	11:17.99	James Todd(GBR)	71 3-13-93
M75	12:12.72	James Todd(GBR)	75 2-28-97
M80	14:10.79	Gordon Porteous(GBR)	80 3-20-94

60 Meter Hurdles			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M40	8.15	Stan Druckrey(USA)	40 4-1-89
M45	8.54	Stan Druckrey(USA)	46 2-25-95
M50	8.47	Walt Butler(USA)	51 3-20-93
M55	8.91	Emil Pawlik(USA)	56 2-25-95
M60	9.14	Phil Mulkey(USA)	60 3-20-93
M65	9.8	Buck Bradberry(USA)	66 2-20-93
M70	10.40	Melvin Larsen(USA)	70 2-25-95
M75	11.20	Frank Finger(USA)	75 3-24-91
M80	13.37	Ahti Pajunen(FIN)	80 3-3-90

High Jump			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M40	6-9 1/4	2.06 Jim Barrineau(USA)	40 3-30-96
M45	6-3 1/2	1.92 Mark Chelnov(URS)	46 3-18-90
M50	6-6 3/4	2.00 Thomas Zacharas(GER)	50 3-2-97
M55	5-7 1/4	1.71 John C. Brown(USA)	56 1-11-86
M60	5-5	1.65 Jim Gilchrist(USA)	62 3-24-90
M65	5-4	1.62 Jim Gilchrist(USA)	65 3-19-93
M70	4-9	1.45 Esko Kolhonen(FIN)	71 - -86
M75	4-5 1/4	1.35 Esko Kolhonen(FIN)	76 3-3-90
	p4-6	1.37 Ian Hume(CAN)	75 3-24-90
M80	4-1 3/4	1.26 Esko Kolhonen(FIN)	80 3-19-94
	p4-2	1.27 Esko Kolhonen(FIN)	81 3-19-95
M85	3-3 1/4	1.00 A. E. Pitcher(USA)	88 2-18-90
	3-3 1/4	1.00 Virgil McIntyre(USA)	85 3-29-96
	3-3 1/4	1.00 Ted Hatlen(USA)	85 3-29-96
M90	2-7 1/2	0.80 Everett Hosack(USA)	94 3-29-96
M95	2-10	0.86 Everett Hosack(USA)	95 3-2-97

Pole Vault			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M40	17-0	5.18 Earl Bell(AR)	40 8-26-95
M45	15-2 1/4	4.63 Jerry Cash(USA)	46 3-4-95
M50	13-7	4.14 Joe Johnson(USA)	50 2-25-95
M55	13-2 1/2	4.02 Boo Morcom(USA)	59 - -81
M60	12-4 3/4	3.78 Jerry Donley(USA)	60 2-25-90
M65	11-2 3/4	3.42 Jerry Donley(USA)	65 2-25-95
M70	10-4	3.15 Boo Morcom(USA)	71 1-8-93
M75	9-3	2.82 Carol Johnston(USA)	76 3-19-88
M80	7-10 1/2	2.40 Carol Johnston(USA)	80 4-4-92
M85	5-6	1.67 A. E. Pitcher(USA)	86 3-19-88

Long Jump			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M40	24-8	7.52 Barrington Williams(GBR)	40 3-2-96
M45	22-7 3/4	6.90 Tapani Taavitsainen(FIN)	45 2-3-90
M50	21-2 3/4	6.47 Stig Backlund(FIN)	50 3-3-90
M55	19-3 1/4	5.87 Boo Morcom(USA)	55 3-13-77
	p20-9 3/4	6.34 Stig Backlund(FIN)	55 3-19-95
M60	18-3 3/4	5.58 Dick Richards(USA)	61 3-22-97
M65	17-5 1/4	5.31 Melvin Larsen(USA)	66 1-13-91
M70	16-6 3/4	5.05 Melvin Larsen(USA)	70 2-25-95
M75	13-10 1/2	4.23 Ed Lukens(USA)	75 3-22-97
M80	11-9	3.58 Clarence Trahan(USA)	81 3-30-96
M85	8-8 3/4	2.66 Russell Randall(USA)	86 3-21-93
M90	6-8 3/4	2.05 Everett Hosack(USA)	93 3-19-95

Triple Jump			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M40	52-9 1/4	16.08 Ray Kimble(USA)	40 2-94
M45	48-7 1/2	14.82 Milan Tiff(USA)	46 2-26-95
M50	45-0 1/4	13.72 Stig Backlund(FIN)	50 3-4-90
M55	40-0 1/4	12.20 Olavi Neimi(FIN)	58 3-18-90
	p43-9 1/2	13.35 Stig Backlund(FIN)	55 3-18-95
M60	39-9 1/2	12.13 Amelio Comprici(ITA)	60 3-9-85
M65	35-10	10.92 Amelio Comprici(ITA)	65 3-3-90
M70	32-8 1/2	9.97 Ed Lukens(USA)	70 3-19-93
M75	30-9 1/4	9.38 Ed Lukens(USA)	75 3-21-97
M80	26-1	7.95 Esko Kolhonen(FIN)	80 3-19-94
M85	15-10 1/4	4.83 Konrad Boas(USA)	85 3-31-89
	p21-5 1/2	6.54 Ahti Pajunen(FIN)	86 3-18-95
M90	p12-6 1/2	3.82 Mikko Salonen(FIN)	90 - -87

DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M40	65-10 1/4	20.07 Brian Oldfield(USA)	40 1-17-86
M45	51-9 1/2	15.78 Ed Hill(USA)	45 3-19-88
	p56-11 1/2	17.36 Matti Jouppila(FIN)	45 3-3-90
M50	51-10	15.80 Carl Wallin(USA)	50 1-10-92
M55	51-7 3/4	15.74 Joe Keshmiri(USA)	56 2-25-95
M60	55-2 1/2	16.83 Reino Nokelainen(FIN)	60 - -81
M65	50-1 1/2	15.28 Voitto Elo(FIN)	65 - -82
M70	43-5	13.23 Ross Carter(USA)	71 3-30-85
M75	42-3	12.88 Voitto Elo(FIN)	75 3-3-90
M80	37-6 3/4	11.45 Ross Carter(USA)	80 2-25-95
M85	23-2 3/4	7.08 Ted Hatlen(USA)	85 3-30-96
	p27-5 1/4	8.36 Lamberto Cicconi(ITA)	86 2-23-91
M90	17-10 1/2	5.45 Vaino Sirula(FIN)	91 3-20-94
M95	13-2	4.01 Everett Hosack(USA)	95 3-22-97

3000 Meter Walk			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M40	12:25.9	Ray Funkhouser(USA)	42 1-10-93
M45	12:38.71	Donald Denoon(USA)	49 2-20-93
M50	12:34.9	Donald Denoon(USA)	50 2-4-94
M55	14:22.40	Ed Kousky(USA)	55 3-21-96
M60	14:44.51	Max Green(USA)	60 4-4-92
M65	15:39.67	George Chaplin(GBR)	65 3-2-96
M70	17:31.6	Pauli Mäkinen(FIN)	70 3-9-90
	p15:27.96	Tonetti Franco(ITA)	70 2-24-91
M75	18:35.8	Chico Scimone(ITA)	75 2-14-87
M80	17:41.4	James Grimwade(GBR)	80 3-20-93

## Women's World Indoor Records

60 Meters			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
W35	7.80	Jocelyn Kirby(GBR)	36 3-20-94
W40	8.01	Denise Foreman(USA)	40 3-22-97
W45	8.02	Phil Raschker(USA)	48 2-25-95
W50	8.05	Phil Raschker(USA)	50 3-1-97
W55	8.91	Una Gore(GBR)	55 3-20-94
W60	9.05	Irene Obera(USA)	61 2-25-95
W65	9.40	Joan Ogden(GBR)	66 3-20-94
W70	10.36	Mary Bowermaster(USA)	71 4-1-89
W75	11.45	Mary Bowermaster(USA)	78 3-30-96
W80	14.39	Pearl Mehl(USA)	80 2-25-95

200 Meters			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
W35	25.29	Jocelyn Kirby(GBR)	35 1-8-93
W40	25.67	Denise Foreman(USA)	40 2-8-97
W45	26.18	Phil Raschker(USA)	48 2-26-95
W50	26.52	Phil Raschker(USA)	50 3-2-97
W55	29.62	Brunhilde Hoffmann(GER)	57 3-2-97
W60	31.6	Joan Ogden(GBR)	61 3-26-89
W65	32.0	Joan Ogden(GBR)	65 3-20-93
W70	35.96	Mary Wixey(GBR)	71 2-8-92
W75	41.70	Mary Wixey(GBR)	76 3-2-97
W80	48.42	Nora Wedemo(SWE)	83 3-2-97

400 Meters			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
W35	57.47	Irena Gazda-Sagolla(GER)	35 3-2-97
	p54.48	Adina Valdez(USA)	35 3-22-97
W40	57.67	Denise Foreman(USA)	40 1-25-97
W45	59.86	Caroline Marler(GBR)	46 3-2-97
W50	65.63	Marjorie Hocknell(GBR)	50 3-20-94
W55	67.38	Diane Palmason(CAN)	56 2-25-95
W60	80.26	Betty Vosburgh(USA)	60 3-30-96
W65	80.38	Toni Borthwick(GBR)	66 3-2-97
W70	93.07	Patricia Peterson(USA)	70 3-22-97
W75	1:41.15	Louis Adams(USA)	75 3-22-97
W80	2:25.03	Pearl Mehl(USA)	80 2-25-95

800 Meters			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
W35	2:03.2	Ileana Silai(ROM)	36 2-7-78
W40	2:01.59	Yekaterina Podkopayeva(URS)	41 2-6-94
W45	2:23.33	Dee Dee Grafius(USA)	46 2-17-96
	p2:21.7	Pat Gallagher(GBR)	47 12-5-92

Continued from previous page

One Mile			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
W35	4:59.28	Carol Urish-McLatchie(USA)	35 3-28-87
W40	5:03.6	Erna Kozak(CAN)	41 1-11-87
W45	5:25.4	Marilyn Harbin(USA)	46 3-2-84
W50	5:40.1	Mila Kania(USA)	51 3-20-83
W55	5:51.0	Margaret Miller(USA)	55 2-22-81
W60	6:55.59	Grace Butcher(USA)	62 3-30-96
W65	7:35.0	Marie Stafford(USA)	68 1-30-88
W70	7:29.22	Pearl Mehl(USA)	73 3-28-87
W80	12:05.93	Ivy Granstrom(CAN)	84 3-30-96

3000 Meters			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
W35	8:43.49	Ileana Silai(ROM)	36 3-7-87
W40	9:52.8	Rita Marchisio(ITA)	40 3-4-90
W45	10:41.0	Dot Fellows(GBR)	45 3-31-90
W50	10:24.38	Pat Gallagher(GBR)	51 2-28-97
W55	11:42.90	Gerda van Kooten(HOL)	57 2-28-97
p11:39.6		Miniotti Bruna(ITA)	56 2-22-92
W60	12:33.4	Joselyn Ross(GBR)	61 3-31-90
W65	13:09.42	Joselyn Ross(GBR)	65 3-20-44
W70	14:13.7	Jose Waller(GBR)	70 3-20-93
W75	15:43.66	Louis Adams(USA)	75 3-21-97
W80	23:41.32	Ivy Granstrom(CAN)	84 3-29-96

60 Meter Hurdles			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
W35	8.20	Eddie Hart(CA)	40 3-24-90
W40	8.8	Judy Vernon(GBR)	46 1-4-86
W45	9.18	Phil Raschker(USA)	48 2-25-95
W50	9.38	Phil Raschker(USA)	50 4-6-97
W55	11.0	Carina Graham(GBR)	56 3-20-93
W60	12.3	Hilary Farmer(GBR)	62 3-31-90
W65	14.26	Leonore McDaniel(USA)	65 3-20-93
W70	16.89	Johnnye Valien(USA)	70 3-30-96

High Jump			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
W35	5-9 1/4	1.76 Leslie Eastwick(CAN)	35 3-1-96
W40	5-7 3/4	1.72 Debbie Brill(CAN)	41 2-25-95
W45	5-2 1/4	1.58 Phil Raschker(USA)	48 2-25-95
W50	5-0 1/4	1.53 Phil Raschker(USA)	50 3-23-97
W55	4-3 1/4	1.30 Rosemary Chrimes(GBR)	55 3-26-89
W60	4-3 1/4	1.30 Rosemary Chrimes(GBR)	63 3-1-97
W65	4-0 1/2	1.23 Leonore McDaniel(USA)	65 3-21-93
W70	3-7	1.09 Mary Bowermaster(USA)	70 3-19-88
W75	3-1	0.94 Katrina Smildzina(URS)	76 3-1-97
W80	2-7 1/2	0.80 Margareta Sarvana(FIN)	81 3-4-90

Pole Vault			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
W35	p8-0	2.44 Phil Raschker(USA)	35 3-14-82
W40	8-0 1/2	2.45 Phil Raschker(USA)	44 2-16-92
W45	10-10 1/4	3.31 Phil Raschker(USA)	49 3-17-96
W50	10-0	3.05 Phil Raschker(USA)	50 3-2-97
W55	7-2 1/4	2.19 Becky Sisley(USA)	56 3-29-96
W60	6-6 3/4	2.00 Dorothy McLennan(IRL)	61 3-2-97
W65	6-6 1/4	1.99 Leonore McDaniel(USA)	65 3-6-93
W70	4-7 1/2	1.41 Johnnye Valien(USA)	70 3-29-96

Long Jump			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
W35	20-2 1/2	6.16 Willye White(USA)	36 3-3-75
W40	18-5	5.61 Phil Raschker(USA)	40 3-28-87
W45	18-10 1/2	5.75 Phil Raschker(USA)	47 3-5-94
W50	16-5	5.00 Phil Raschker(USA)	50 3-1-97
W55	13-10 1/2	4.23 Asta Larsson(SWE)	55 - -87
W60	12-7 3/4	3.85 Edith Gray(CAN)	60 3-30-96
	12-7 3/4	3.85 Betty Vosburgh(USA)	64 3-30-96
W65	12-2	3.71 Leonore McDaniel(USA)	65 3-6-93
W70	10-10 1/4	3.31 Mary Bowermaster(USA)	70 3-19-88
W75	8-10 3/4	2.71 Mary Wixey(GBR)	76 3-1-97

Triple Jump			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
W35	39-3 1/4	11.97 Agni-Agnes Georgiou(GRE)	36 3-2-97
W40	35-4 1/2	10.78 Phil Raschker(USA)	40 3-20-88
W45	36-2	11.02 Danielle Desmier(WG)	47 3-2-97
W50	34-5	10.49 Phil Raschker(USA)	50 3-21-97
W55	28-1 1/2	8.57 Rosemary Chrimes(GBR)	55 3-26-89
W60	26-2 1/4	7.98 Elizabeth Steedman(GBR)	60 4-2-94
p26-5		8.05 Audrey Lary(USA)	60 3-21-97
W65	25-0 3/4	7.64 Magdalena Kuehne(USA)	65 3-29-96
W70	21-2	6.45 Johnnye Valien(USA)	71 3-21-97
W75	16-7 3/4	5.07 Mary Wixey(GBR)	76 2-22-97

Shot Put (35-49: 4kg; 50+: 3kg)			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
W35	44-1 1/2	13.45 Bronwin Carter(GBR)	35 3-27-87
p54-11 3/4		16.76 Svetlana Melnikova(URS)	35 3-19-89
W40	45-1 1/4	13.75 Janis Kerr(GBR)	42 - -89
W45	38-10 1/4	11.84 Mariet Thomas(HOL)	45 3-17-96
W50	41-6 1/2	12.66 Joanne Grissom(USA)	51 3-25-90
W55	41-2	12.55 Antonia Ivanova(URS)	56 3-19-89
W60	38-3	11.66 Rosemary Chrimes(GBR)	63 2-28-97
W65	30-3 3/4	9.24 Joan Ogden(GBR)	65 3-20-93
W70	25-5 1/2	7.76 Mary Bowermaster(USA)	71 4-2-89
W75	23-2	7.06 Irja Sarnama(FIN)	77 - -83
W80	16-9 1/4	5.11 Ivy Brown(USA)	80 2-25-95

3000 Meter Walk			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
W35	13:09.55	Maryanne Torrellas(USA)	37 3-2-96
W40	14:23.33	Viisha Sedlak(USA)	43 4-4-92
W45	15:52.71	Ann Lewis(GBR)	45 3-2-96
W50	15:35.7	Giuseppina Migliasso(ITA)	52 3-3-90
W55	15:58.47	Waltraud Seiler(GER)	55 3-1-97
W60	17:22.44	Josette Sommier(FRA)	61 3-1-97
W65	19:06.8	Ruth Leff(USA)	65 4-4-92
W70	20:35.87	Miriam Gordon(USA)	70 3-31-96
W75	22:17.08	Millie Crews(USA)	75 3-24-90
p21:12.2		Alda De Grandis(ITA)	75 3-2-90
W80	24:28.00	Nora Wedemo(SWE)	83 3-1-97
W85	28:47.11	Dorothy Roberts(USA)	85 2-24-95

# USA Track & Field Indoor Age-Group Records

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

## Men's American Indoor Records

60 Meters			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M40	6.97	Eddie Hart(CA)	40 3-24-90
M45	7.02	Stan Whitley(CA)	45 3-23-91
M50	7.40	Steve Robbins(WA)	50 3-20-93
M55	7.53	Hugo Hartenstein(CO)	55 3-24-90
M60	7.7	Payton Jordan(CA)	60 1-7-78
M65	8.14	James Law(NC)	65 3-23-91
M70	8.45	Melvin Larsen(IL)	70 3-4-95
M75	8.95	Tim Murphy(TX)	75 3-1-97
M80	9.81	Fred White(TX)	80 3-20-93
M85	11.33	Russell Randall(CO)	86 3-20-93
M90	17.47	Everett Hosack(OH)	94 3-30-96
M95	p16.96	Everett Hosack(OH)	95 3-1-97

200 Meters			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M40	22.19	Bill Collins(TX)	44 2-26-95
M45	22.89	Bill Collins(TX)	46 3-23-97
p22.70		Stan Whitley(CA)	46 4-5-92
M50	23.86	Steve Robbins(WA)	52 2-26-95
M55	24.94h	Hugo Hartenstein(CO)	55 3-25-90
M60	25.15	Larry Colbert(MD)	60 3-23-97
M65	26.92	James Law(NC)	65 3-24-91
M70	28.00	Payton Jordan(CA)	72 4-2-89
M75	30.12	John Alexander(TX)	75 2-26-95
M80	33.87	Barry Ivers(ME)	81 4-5-92
M85	39.79	Russell Randall(CO)	86 3-21-93
M90	76.4	Herb Kirk(MT)	91 1-11-87
M95	66.78	Everett Hosack(OH)	95 4-6-97

400 Meters			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M40	50.15	Fred Sowerby(NV)	40 2-22-92
M45	49.09	Fred Sowerby(NV)	45 1-29-94
M50	54.0	Larry Colbert(MD)	52 3-18-89
M55	56.17	James Mathis(TN)	56 3-23-91
M60	56.32	Larry Colbert(MD)	60 3-22-97
M65	60.67	James Law(NC)	65 3-23-91
M70	66.03	John Alexander(TX)	70 3-24-90
M75	71.84	John Alexander(TX)	75 2-25-95
M80	85.00	Fred White(TX)	80 3-20-93
M85	1:40.86	Russell Randall(CO)	86 3-20-93
M90	2:54.0	Herb Kirk(MT)	91 1-11-87

800 Meters			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M35	p1:49.79	Johnny Gray(CA)	35 2-19-96
M40	1:55.5	Ken Popejoy(IL)	42 1-30-93
M45	1:57.81	Ken Sparks(OH)	45 3-25-90
M50	2:05.8	Ken Baker(NJ)	51 1-17-88
M55	2:08.9	Ken Baker(NJ)	55 3-22-92
M60	2:17.09	James Sutton(PA)	60 4-5-92
M65	2:26.3	Archie Messenger(NY)	65 1-6-89

M70	2:42.0	Austin Newman(NJ)	70 3-23-86
M75	2:55.5	Austin Newman(NJ)	75 2-24-91
M80	3:20.57	Austin Newman(NJ)	80 3-31-96
M85	5:51.29	Charles Espy(FL)	85 3-31-96

1500 Meters			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M40	3:56.7	Ken Popejoy(IL)	40 3-16-91
M45	4:04.80	Ken Sparks(OH)	45 3-24-90
M50	4:21.19	Victor Heckler(IL)	50 12-12-92
M55	4:28.9	James Sutton(PA)	55 1-4-87
M60	4:43.75	James Sutton(PA)	61 3-7-93
M65	5:05.5	Archie Messenger(NY)	65 3-18-89
p5:02.50		Joe King(CA)	65 4-4-92
M70	5:27.4	Austin Newman(NJ)	70 3-23-86
M75	6:01.6	Austin Newman(NJ)	75 2-24-91
M80	6:35.4	Austin Newman(NJ)	80 2-11-96
M90	14:34.2	Herb Kirk(MT)	91 1-11-87

One Mile			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M40	4:11.00	Bill Stewart(MI)	40 1-22-83
M45	4:21.90	Albin Swenson(CT)	46 2-26-93
M50	4:40.6	Victor Heckler(IL)	50 2-14-93
p4:40.44		Dan Frye(US)	10 3-22-97
M55	4:53.14	Dan Conway(MN)	56 2-25-95
M60	5:19.9	Archie Messenger(NY)	60 3-18-84
M65	5:27.65	Paul Heitzman(KS)	65 3-30-96
M70	5:32.4	Scotty Carter(MA)	70 3-15-87
M75	6:54.8	Byron Fike(OH)	75 3-20-83
M80	7:04.2	Paul Spangler(CA)	80 3-18-79

3000 Meters			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M40	8:43.71	Steve Gallagher(FL)	40 1-7-96
M45	8:59.14	Domingo Tibaduiza(NV)	45 2-26-95
M50	9:13.40	Harry Nolan(NJ)	50 3-21-97
M55	9:51.8	Howard Rubin(NY)	55 3-10-84
M60	10:31.4	James Sutton(PA)	61 1-3-93
M65	11:10.70	Paul Heitzman(KS)	65 3-29-96
p10:59.8		Jim Forshee(MI)	66 2-14-93
M70	11:27.6	Scotty Carter(MA)	70 3-15-87
M75	13:10.84	Alfred Funk(MT)	78 3-21-93
M80	14:42.91	Austin Newman(NJ)	80 3-29-96
M85	26:12	Herb Kirk(MT)	87 2-5-83

60 Meter Hurdles			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M35	7.56	Greg Foster(US)	35 3-4-94
M40	8.15	Stan Druckrey(WI)	40 4-1-89
M45	8.54	Stan Druckrey(WI)	46 2-25-95
M50	8.47	Walt Butler(CA)	51 3-20-93
M55	8.91	Emil Pawlik(MS)	56 2-25-95
M60	9.14	Phil Mulkey(GA)	60 3-20-93
M65	9.99	Clarence Trinkner(WI)	65 3-22-97
M70	10.40	Melvin Larsen(IL)	70 2-25-95
M75	11.20	Frank Finger(VA)	75 3-24-91
M80	13.60	Frank Finger(VA)	80 3-30-96

High Jump			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M35			

Continued from previous page

Shot Put (35-49: 16#; 50-59: 6Kg; 60-69: 5Kg; 70+: 4Kg)

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	65-10 1/4 20.07 Brian Oldfield(IL)	40	1-17-86
M45	51-9 1/2 15.78 Edward Hill(AL)	45	3-19-88
M50	51-10 15.80 Carl Wallin(NH)	50	1-10-92
M55	51-7 3/4 15.74 Joe Keshmiri(NV)	56	2-25-95
M60	49-10 1/2 15.20 Cliff Blair(MA)	60	1- 5-90
M65	42-9 13.03 Len Olson(VT)	65	3-22-97
M70	43-9 13.33 Ross Carter(OR)	71	3-30-85
M75	40-4 1/4 12.30 Ross Carter(OR)	76	3-24-90
M80	37-6 3/4 11.95 Ross Carter(OR)	80	2-25-95
M85	22-9 3/4 6.45 Burt Degroot(CA)	86	3-21-93
M90	16-6 3/4 5.05 Everett Hosack(OH)	94	3- 2-96
M95	13-2 4.01 Everett Hosack(OH)	95	3-22-97

Weight Throw (35-59: 35#; 60+: 25#)

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	73-10 3/4 22.52 Ed Burke(CA)	43	1- 8-84
M45	64-3 19.58 Harold Connolly(CA)	45	1- 8-77
M50	64-1 1/4 19.54 Bob Backus(MA)	51	2-24-78
M55	46-1 1/4 14.05 Richard Hotchkiss(CA)	57	2-18-96
M60	45-5 3/4 13.86 Bill McWilliams(US)	56	4- 5-92
M65	59-6 1/4 18.14 Steward Thomson(CA)	62	2-18-96
M70	48-10 1/4 14.89 William Walmroth(MI)	65	4- 1-89
M75	40-2 12.24 Thomas McDermott(CT)	73	3-24-91
M80	37-3 3/4 11.37 Manual White(MT)	78	2-26-95
M85	24-0 3/4 7.33 James York(CA)	83	2-16-97
M90	15-10 1/2 4.84 Everett Hosack(OH)	92	1- 8-95
M95	12-0 1/2 3.67 Everett Hosack(OH)	95	3-23-97

3000 meters Racewalk

M35-39	11:29.87	Jonathan Matthews	1/22/94
M40-44	12:25.9	Ray Funkhouser	1/10/93
M45-49	12:38.71	Don DeNoon	2/20/93
M50-54	12:34.9	Don DeNoon	2/4/94
M55-59	14:22.40	Ed Kousky	3/31/96
M60-64	14:44.51	Max Green	4/4/92
M65-69	16:40.38	Vance Genzlinger	3/31/96
M70-74	17:23.46	William Flick	3/31/96
M75-79	19:45.31	Bill Tallmadge	3/25/94
M80-84	21:39.16	Bill Patterson	3/31/96

Women's American Indoor Records

60 Meters

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	8.09 Joy Upshaw-Margerum(HI)	35	3-30-96
W40	8.01 Denise Foreman(WA)	40	3-22-97
W45	8.02 Phil Raschker(GA)	48	2-25-95
W50	8.05 Phil Raschker(GA)	50	3- 1-97
W55	8.98 Kathy Bergen(CA)	55	2-25-95
W60	9.05 Irene Obera(CA)	61	2-25-95
W65	10.03 Patricia Peterson(NY)	65	4- 4-92
W70	10.03 Nikki Ryan(WA)	65	3-22-97
W75	10.36 Mary Bowermaster(OH)	71	4- 1-89
W80	11.45 Mary Bowermaster(OH)	78	3-30-96
W85	14.39 Pearl Mehl(CO)	80	2-25-95

200 Meters

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	26.91 Denise Foreman(WA)	38	2-26-95
W40	25.67 Denise Foreman(WA)	40	2- 8-97
W45	26.18 Phil Raschker(GA)	48	2-26-95
W50	26.52 Phil Raschker(GA)	50	3- 2-97
W55	30.30 Carolyn Cappetta(MA)	59	2-26-95
M75 p30.00	Adlin Mair(US)	10	3-23-97
W60	33.25 Betty Vosburgh(GA)	64	3-31-96
W65	35.08 Patricia Peterson(NY)	66	3-21-93
W70	36.08 Pat Peterson(NY)	70	3-23-97
W75	44.39 Millie Crews(WI)	76	3-24-91
W80	57.61 Pearl Mehl(CO)	81	3-31-96

400 Meters

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	60.91 Danis Willet(NB)	35	3- 6-93
M75 p54.48	Adina Vaidez(US)	10	3-22-97
W40	57.67 Denise Foreman(WA)	40	1-25-97
W45	62.55 Dee Dee Grafius(CA)	46	2-18-96
W50	72.86 Linda Upton(MA)	50	1- 7-94
W55	67.39 Carolyn Cappetta(MA)	59	2-25-95
W60	70.69 Carolyn Cappetta(MA)	60	1- 5-96
W65	83.06 Sumi Onodera-Leonard(CA)	68	3-22-97
W70	93.07 Pat Peterson(NY)	70	3-22-97
W75	1:41.15 Louise Adams(CO)	75	3-22-97
W80	2:25.03 Pearl Mehl(CO)	80	2-25-95

800 Meters

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	2:14.94 Nancy Shafer(OH)	35	2-20-87
M75 p2:12.07	Adina Vaidez(US)	10	3-23-97
W40	2:22.7 Barbara Pike(MA)	41	2- 5-83
M75 p2:22.46	Sue Parks(US)	10	3-23-97
W45	2:23.33 Dee Dee Grafius(CA)	46	2-17-96
W50	2:34.42 Linda Upton(MA)	50	1-23-94
W55	2:39.54 Jane Arnold(CT)	55	3-31-96
W60	2:44.22 Carolyn Cappetta(MA)	61	3-17-96
W65	3:13.74 Toshiko D'Elia(NJ)	67	3- 9-97
W70	3:39.55 Louise Adams(CO)	71	3-21-93
W75	3:46.79 Louise Adams(CO)	75	3-23-97
W80	5:19.86 Pearl Mehl(CO)	82	3-31-96

1500 Meters

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	4:36.12 Cindy Bremser(WI)	37	3-23-91
W40	4:48.40 Kathy McIntyre(NY)	41	2-20-90
W45	5:05.82 Robin Villa(NY)	46	2- 3-90
W50	5:12.43 Joan Ottoway(CA)	50	2-25-95
W55	5:46.0 Beryl Skelton(NY)	56	3-17-85
W60	5:58.55 Gloria Brown(NY)	61	3- 7-93
W65	6:24.59 Toshiko D'Elia(NJ)	67	3- 9-97
W70	7:17.7 Louis Adams(CO)	71	3-20-93
W75	7:43.3 Pearl Mehl(CO)	75	4- 1-89
W80	12:37.13 Pearl Mehl(CO)	80	2-25-95

One Mile

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	4:59.28 Carol Urish-McLatchie(TX)	35	3-28-87
p4:38.20	Ruth Wysocki(CA)	39	2- 3-96
W40	5:12.4 Barbara Pike(MA)	40	3-14-82
W45	5:25.4 Marilyn Harbin(CA)	46	3- 2-84
W50	5:40.1 Mila Kania(NY)	51	3-20-83
W55	5:51.0 Margaret Miller(CA)	55	2-22-81
W60	6:55.59 Grace Butcher(IL)	62	3-30-96
W65	6:59.89 Toshiko D'Elia(NJ)	67	3-22-97
W70	7:29.22 Pearl Mehl(CO)	73	3-28-87
W75	8:26.79 Louise Adams(CO)	75	3-23-97
W80	13:27.51 Pearl Mehl(CO)	82	3-30-96

3000 Meters

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	10:16.8 Carla Hervert(IL)	36	3-17-96
W40	10:19.8 Barbara Filutze(PA)	43	2-11-90
W45	11:06.77 Joni Shirley(CA)	45	4- 5-92
W50	11:44.0 Joan Ottoway(CA)	50	2-12-95
W55	12:23.13 Wava Mosbrucker(WI)	55	3-24-91
M75 p12:15.71	Carrie Parsi(MA)	10	3-21-97
W60	12:38.36 Gloria Brown(NY)	61	3- 7-93
W65	13:39.60 Toshiko D'Elia(NJ)	67	3-21-97
W70	15:15.10 Ellen McCoy(MN)	70	3-24-91
W75	15:43.66 Louise Adams(CO)	75	3-21-97
W80	26:53.20 Pearl Mehl(CO)	82	3-29-96

60 Meter Hurdles

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	9.57 Denise Foreman(WA)	38	2-25-95
W40	9.60 Phil Raschker(GA)	43	2-16-91
W45	9.18 Phil Raschker(GA)	48	2-25-95
W50	9.38 Phil Raschker(GA)	50	4- 6-97
W55	11.47 Christel Miller(CA)	55	3-25-90
W60	12.38 Christel Miller(CA)	62	3-22-97
W65	14.26 Leonore McDaniel(VA)	65	3-20-93
W70	16.89 Johnnye Valien(TX)	70	3-30-96

High Jump

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	5-4 1.62 Skipper Clark(NY)	36	3-24-84
W40	5-0 3/4 1.54 Phil Raschker(GA)	43	3-14-82
W45	5-2 1/4 1.58 Phil Raschker(GA)	48	2-25-95
W50	5-0 1/4 1.53 Phil Raschker(GA)	50	3-23-97
W55	4-1 1/4 1.25 Christel Miller(CA)	55	3-25-90
W60	4-1 1/4 1.25 Leonore McDaniel(VA)	63	3-24-91
W65	4-0 1/2 1.23 Leonore McDaniel(VA)	65	3-21-93
W70	3-7 1.09 Mary Bowermaster(OH)	70	3-19-88
W75	3-0 0.91 Vivian Nelson(PA)	75	3- 5-88

Pole Vault

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	p8-0 2.44 Phil Raschker(GA)	35	3-14-82
W40	p8-0 2.45 Phil Raschker(GA)	44	2-16-92
W45	10-10 1/4 3.31 Phil Raschker(GA)	49	3-17-96
W50	10-0 3.05 Phil Raschker(GA)	50	3- 2-97
W55	7-2 1/4 2.19 Becky Sisley(OR)	56	3-29-96
W60	5-5 3/4 1.67 Leonore McDaniel(VA)	64	2-20-93
W65	6-6 1/4 1.99 Leonore McDaniel(VA)	65	3- 6-93
W70	4-7 1/2 1.41 Johnnye Valien(TX)	70	3-29-96

Long Jump

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	20-2 1/2 6.16 Willye White(US)	36	3- 3-75
W40	18-5 5.61 Phil Raschker(GA)	40	3-28-87
W45	18-10 1/2 5.75 Phil Raschker(GA)	47	3- 5-94
W50	16-5 5.00 Phil Raschker(GA)	50	3- 1-97
W55	12-3 3/4 3.75 Betty Vosburgh(GA)	59	3-23-91
W60	12-3 3/4 3.75 Joanne Grissom(IN)	55	3-30-96
W65	12-7 1/4 3.84 Betty Vosburgh(GA)	64	3-30-96
W70	10-10 1/4 3.71 Leonore McDaniel(VA)	65	3- 6-93
W75	8-5 1/2 2.58 Mary Bowermaster(OH)	78	3-30-96

Triple Jump

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	35-0 3/4 10.69 Phil Raschker(GA)	37	3-18-84
W40	35-4 1/2 10.78 Phil Raschker(GA)	41	3-20-88
W45	35-6 10.82 Phil Raschker(GA)	45	3-19-93
W50	34-5 10.49 Phil Raschker(GA)	50	3-21-97
W55	26-7 1/4 8.11 Lucy Ann Brobst(NC)	58	4- 3-92
W60	25-5 1/4 7.75 Betty Vosburgh(GA)	64	3-29-96
M75 p25-5	8.05 Audrey Lary(USA)	0	3-21-97
W65	25-0 3/4 7.64 Magdalena Kuehne(CA)	65	3-29-96
W70	21-2 6.45 Johnnye Valien(CA)	71	3-21-97
W75	14-1 3/4 4.31 Libby Hagemann(MA)	75	3-29-96

Shot Put (35-49: 4Kg; 50+: 3Kg)

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	40-6 1/4 12.35 Joan Stratton(CA)	37	4- 2-89
W40	38-10 1/2 11.85 Joanne Grissom(IN)	41	1-25-80
W45	35-9 1/2 10.91 Joan Stratton(CA)	45	1-12-97
W50	41-6 1/2 12.66 Joanne Grissom(IN)	51	3-25-90
W55	38-11 3/4 11.88 Joanne Grissom(IN)	55	2- 5-94
W60	33-1 1/4 10.09 Bernice Holland(OH)	63	3-25-90
W65	28-1 1/2 8.57 Bernice Holland(OH)	65	4- 5-92
W70	25-5 1/2 7.76 Mary Bowermaster(OH)	71	4- 2-89
W75	21-2 1/2 6.46 Libby Hagemann(MA)	76	3-22-97
W80	16-9 1/4 5.11 Ivy Brown(CA)	80	2-25-95

Weight Throw (35-49: 20#; 50+: 16#)

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	41-0 1/2 12.51 Sarah Boslaugh(NY)	38	2-11-95
W40	40-7 1/2 12.38 Joan Stratton(CA)	44	3-30-96
W45	39-11 1/4 12.17 Joan Stratton(CA)	45	2-16-97
W50	50-7 15.42 Vanessa Hilliard(FL)	54	3-30-96
W55	49-2 1/4 14.99 Vanessa Hilliard(FL)	55	3-21-97
W60	32-11 3/4 10.05 Bernice Holland(OH)	63	3-24-90
W65	31-4 1/2 9.56 Bernice Holland(OH)	65	4- 4-92
W70	27-7 1/2 8.42 Libby Hagemann(MA)	72	3- 7-93
W75	20-2 1/4 6.15 Libby Hagemann(MA)	75	3-30-96
W80	13-9 4.19 Ivy Brown(CA)	80	2-26-95

3000 meters Racewalk

F35-39	13:09.55	Maryanne Torrellas	3/2/96
F40-44	14:23.33	Vilsha Sedlak	4/4/92
F45-49	15:56.75	Karen Davis	3/12/97
F50-54	17:25.86	Kathleen Frable	3/31/96
F55-59	17:35.06	Elton Richardson	3/25/94
F60-65	17:31.83	Ruth Eberle	3/25/94
F65-69	17:46.25	Ruth Eberle	2/8/97
F70-74	20:35.87	Miriam Gordon	3/31/96
F75-79	22:17.08	Millie Crews	3/24/90
F85-89	28:47.11	Dorothy Roberts	2/24/95



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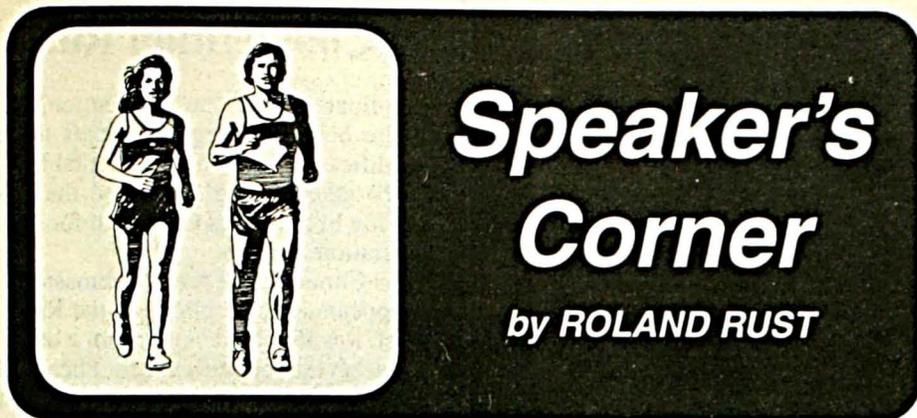
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## Speaker's Corner

by ROLAND RUST

### 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 45-49 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

### 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 (Ore.), 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.avon.com/running](http://www.avon.com/running), or fax: 212-282-6034, or write Avon Running, 27th floor, 1345 Avenue of the Americas, New York, NY 10105-0196. □

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) 16th 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. □

## 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. □

#### 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 50098, Eugene OR 97405

## TRACK & FIELD NEWS



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## Kurtis Calls It Quits

by RON MARINUCCI

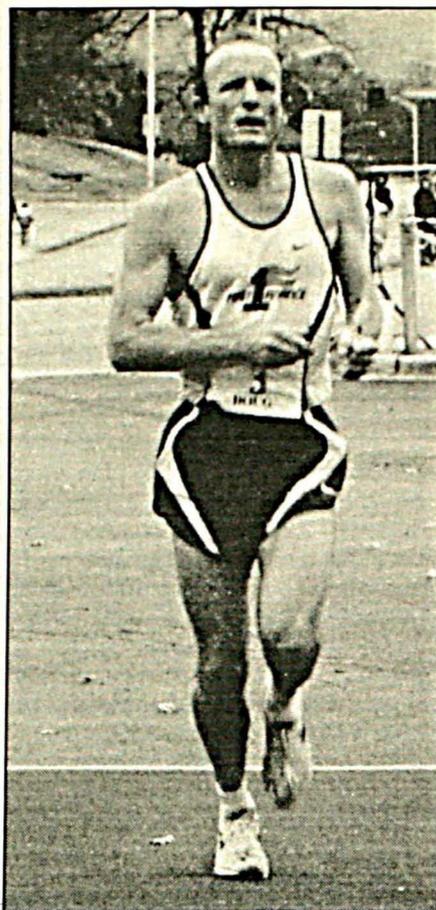
"I'm retiring in 1998." So announced Doug Kurtis, 45, the long-time runner who has established at least three world bests in the marathon. The San Diego Marathon in January was to be his last competitive marathon. Included among his records are the most career marathon victories (39), most sub-2:20s (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.

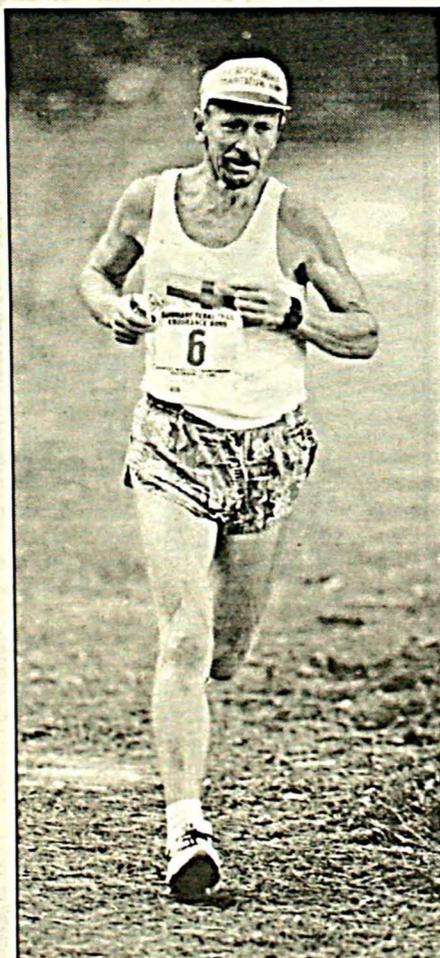
In 1997, he was runner-up in the inaugural Indy Life Masters Circuit, finishing first in the age-grade standings, and finished in the top five masters of all seven marathons he ran, winning two. Five of his times were faster than 2:30.

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.



**JIM OAKS**  
Doug Kurtis, 45, was second master (2:29:37), WZYP Rocket City Marathon.

Kurtis says he'll miss the competition: "I love going head to head." He added, "I've been blessed. I've made friends all over the world. Not being able to see them on a regular basis will be tough. I'll miss the traveling, the foreign trips, but not," he laughed, "the airports." □



**JOHN WELCH**  
Jussi Hamalainen, 51, first M50, with a course record 6:16:00, USATF National Masters 50 Mile Championships, Huntsville, Texas, Dec. 13.

## 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 recommended for approval prior to 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 read after adoption, with deleted language shaded and new language underlined. Please use a current set of Rules. One of my duties as Rules Coordinator is 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 the classifications ahead of Rule 1. 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(c) 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 that event determine 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-foot-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 steadying or replacing a bar from the pole vault to the high jump. □

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### Sunmart Runs

Continued from page 1

ters winner in 7:09:35. Luanne Park, a 37-year-old elementary teacher from Redding, Calif., claimed the women's open 50 mile title in 6:51:15.

In the 50K race, Scott McKenzie, 43, Orange, Calif., took the men's national masters title with a seventh place overall finish in 3:43:16. Andy Jones, 36, Cincinnati, Ohio, was the overall winner in 3:14:30.

Claudia Kasen, a 40-year-old 2:47 marathoner from San Antonio, Texas, finished second overall in her first ultra endeavor to take the women's national masters title in 4:05:47. Tracy Rose, 35, Ackworth, Ga., was the overall women's winner in 4:03:38. □

### 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 Brentwood Ave., Vallejo, CA 94591; Tel. 707-645-0200; fax: 645-0550; e-mail: prsport1@aol.com □



# International Scene

by **TORSTEN CARLIUS**  
WAVA President

## 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 strongly 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 Hoernecke-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 all 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 Championship 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
- S. America Porto Alegre, Brazil, November 1-8

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 espe-

cially 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



LEO BENNING

Isabel Hofmeyr, 69, South Africa, shown here in the S.A. Veterans Championships, took bronze medals in the W65 80H and 300H and a silver in the heptathlon, WAVA Championships-Durban.

#### Women's Committee (unofficial)

- Chairman Bridget Cushen, Great Britain
- Africa Hella Kuppe, Namibia
- Asia Glory Barnabas, Singapore
- Europe Marina Hoernecke-Gil, Spain
- North and Central America & Caribbean Ruth Anderson, USA
- Oceania Helen Tobin, New Zealand
- S. America Emilia Garcia de Fontan, Colombia
- Others To be nominated by the Chairman

# 1999 WORLD VETERANS TRACK & FIELD CHAMPIONSHIPS

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](http://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



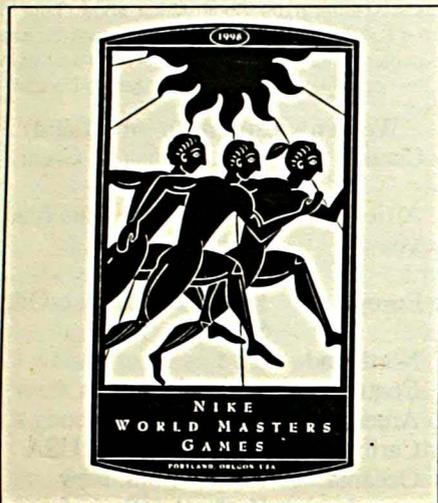
LEO BENNING

Catherine Hennessy #2025, Ireland, was second (18:05), Slavica Poznic #2369, Slovakia, fifth, and Zoe Buchan #75, South Africa, sixth, in the W35 5000, WAVA Championships, Durban.

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.

25 Sports: Athletics + Canoe/Kayak + Orienteering + Softball + Triathlon + Badminton + Cycling + Rowing + Squash + Volleyball + Basketball + Diving + Rugby + Swimming + Water Polo + Baseball + Fencing + Sailing + Table Tennis + Weightlifting + Bowling + Golf + Soccer + Tennis + Windsurfing

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 Yamhill, Portland, Oregon USA 97204-3331  
Phone: (503) 226-1998 • Fax: (503) 226-7700  
Website: [www.worldmasters.org](http://www.worldmasters.org) • E-Mail: [info@worldmasters.org](mailto: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

#### HURDLES

##### WOMEN

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

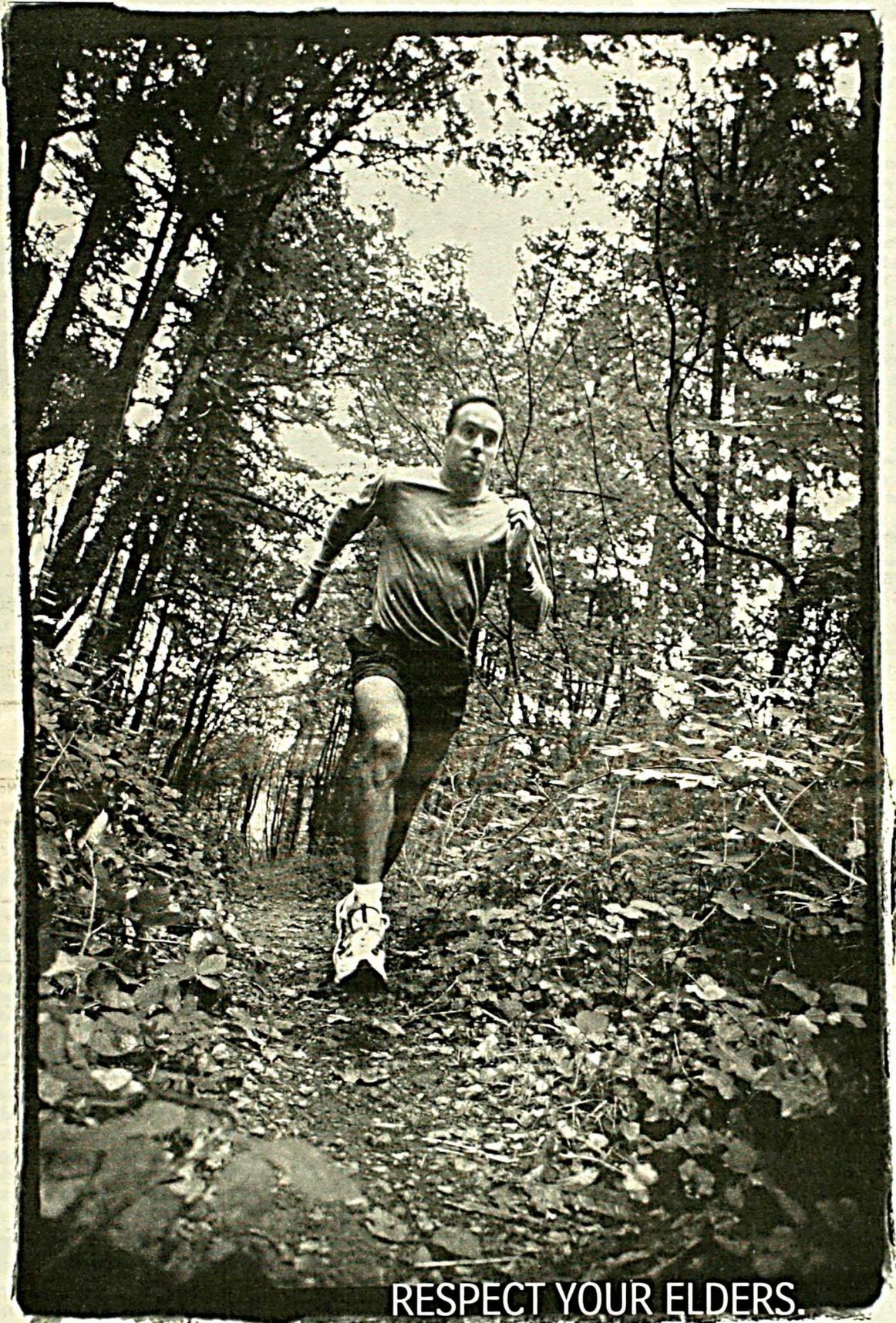
##### MEN

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

#### IMPLEMENTS

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

Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m)  
 Superweight: M30-69 56-lb.; M70+ 35-lb.; W30-49 35-lb.; W50+ 25-lb.  
 WAVA weights are used for USATF weight pentathlons.



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To learn more call 503-226-1998 or visit [www.worldmasters.org](http://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

• Paul Mascali, 45, Manhasset, NY, eighth overall in 15:56, and Kathy Martin, 46, Northport, NY, fifth female in 18:12, were first masters in a record-breaking field of 1251 in the Ho Ho Ho Holiday 5K, Bethpage, L.I., NY, Dec. 20. Helen Visguass, 42, Port Jefferson Station, NY, finished sixth female (18:44). John Del Maestro, 42, Woodbury, NY, was second M40+ (16:57). Winners in the 75+ races were Bill Benson, 78, Valley Stream, NY, in 29:16, and Althea Jureidini, 79, NYC, in 43:00. Proceeds from the race, sponsored for the second year in a row by *Frontier Communications*, were dedicated to the ASPIRE Program for the rehabilitation of young amputees.

• First masters to come to the end of the line at the Northern Central Trail Marathon, Sparks,

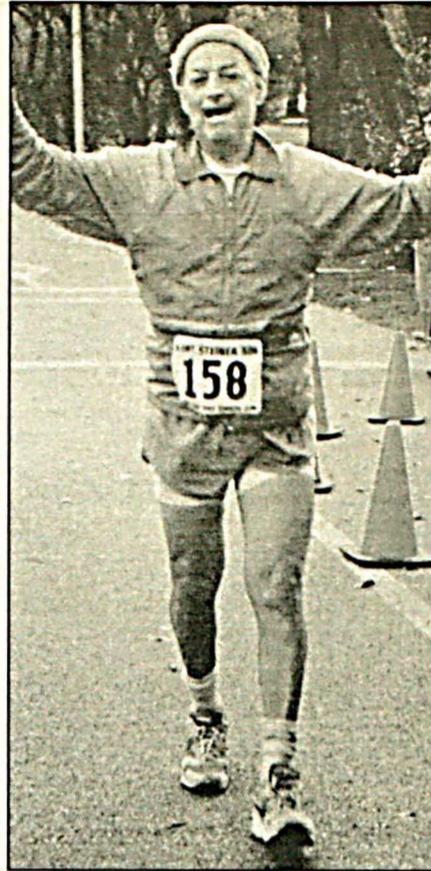
MD, Nov. 29, were Mark Courtney, 41, 2:43:23, and Betsy Callanan, 41, 3:22:48.

• Flying home in front of the other masters at the Turkey Classic 8K, Central Park, NYC, Nov. 23, were Skip Murphy, 41, 27:20, and Meryl Hornstein, 40, 34:44. Age-division winners of note were Samuel Skinner, 55, 29:21 (AG 84.4%) and Krystyna Turowska, 51, 35:50.

• First masters in line to pick up their cups of hot cocoa at the NYRR 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 NYRR Joe Kleinerman 10K. Donald Di Donato, 40, 33:05 (AG 84.2%) led the masters men, with Gillian Horovitz, 42, 39:15, (80.8%) taking the women's title. Joe Kleinerman, for whom the race is named, celebrated his birthday on Jan. 12, and is currently a senior advisor at the NYRR.

• Some 3000 competitors showed up for the



LARRY SILLEN

Willie Rios, 81, finishing the RRCA Kurt Steiner 50K in 6:58:01, Central Park, NYC, Nov. 29, his 55th Ultra race.

Jingle Bell 10K/Walk for Arthritis, Washington, DC, Dec. 14. The M40+ winner was Develand Campbell, 45, 36:24, followed closely by Fay Bradley, 59, 36:31 (AG 88.9%). Sandra Adams, 48, led the W40s in 44:11.

## ATHLETES WHO ENTER A NEW DIVISION THIS MONTH FEBRUARY 1998

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
EINO ANTILLA (FIN)	2-3-23	75-79
BILL ARNOLD (JOHNSTONE, CO)	2-11-33	65-69
YNGVE BRANGE (SWE)	2-7-13	85-89
ROBERT BROCK (US)	2-15-33	65-69
JOE CAREY (FRESNO, CA)	2-5-18	80-84
KEN CARNINE (SACRAMENTO, CA)	2-21-8	90-94
ROY CHERNOCK (OCEANSIDE, NJ)	2-18-28	70-74
SAM COMITINI (HONOLULU, HI)	2-6-28	70-74
JACK COOK (CA)	2-1-18	80-84
ALF EIDSATHER (NOR)	2-1-28	70-74
OTTO EISENMANN (WG)	2-26-13	85-89
AUGIE ESCAMILLA (SAN DIEGO, CA)	2-12-23	75-79
JOHANN HANSEN (GER)	2-23-38	60-64
KEN HARLAND (GB)	2-17-33	65-69
ROBERT HORMAN (AUS-WASH, DC)	2-16-18	80-84
KJELL ISAKSSON (SWE)	2-28-48	50-54
FELIKSS JEKABSONS (AUS)	2-12-23	75-79
ANDY MAJOR (US)	2-1-13	85-89
FRANCIS MCCABE (CO)	2-2-18	80-84
LARRY MCINTYRE (POTET, TX)	2-22-48	50-54
ALLAN MEDDINGS (GBR)	2-17-28	70-74
JOSE MOLINS (SPAIN)	2-7-33	65-69
HAROLD MORIOKA (CAN)	2-2-43	55-59
MAURICE MORRELL (GB)	2-18-33	65-69
TREVOR A. NEWMAN (RSA)	2-17-18	80-84
ORVILLE NICHOLS (BISHOP, CA)	2-28-13	85-89
ED VAN PELT (VENTURA, CA)	2-6-33	65-69
A. J. PUGLIZEVICH (MERCED, CA)	2-11-8	90-94
HEINZ SCHULZ (GER)	2-25-33	65-69
SKIP SHAFFER (FULLERTON, CA)	2-14-38	60-64
YULCHI TATEISHI (JPN)	2-27-13	85-89
LEE THOMAS (HONOLULU, HI)	2-15-33	65-69
FRANCISCO VICENTE (POR)	2-4-33	65-69
BOB WISEMAN (GB)	2-10-3	95+
GEORGE WOODS (CA)	2-11-43	55-59
CARMEN BROWN (US)	2-16-43	55-59
MARGARETT DECKERT (LAGRANGEVILLE, NY)	2-19-33	65-69
RITA DOHERTY (AMHERST, MA)	2-26-48	60-64
PEARL HAYMAN (LAFAYETTE, CA)	2-24-38	65-69
EDNA LAFLIN (SUN CITY, AZ)	2-2-38	80-84
MOLLY MACKOWN (SILVERHAUS, CO)	2-7-18	80-84
JAN NEWHART (HONOLULU, HI)	2-25-28	70-74
ARLENE PLATT (EUGENE, OR)	2-19-33	45-49
LORETTA SHERHAN (WEST SENECA, NY)	2-21-33	75-79
HELEN STEPHENS (FLORISSANT, MO)	2-3-18	80-84
DIANE STONEKING (EDINA, MN)	2-23-48	50-54
JANET FONDA WILSON (HUNTINGTN BCH, CA)	2-12-53	45-49
EDITH ANDERES (SWI)	2-4-48	50-54
JEAN BROWNE (GB)	2-8-48	50-54
JUSTINE BUCHER (WG)	2-7-8	90-94
URSULA BURMEISTER (GER)	2-24-28	70-74
BODIL BYHRE (NOR)	2-4-28	70-74
SHIELA CAMPBELL (RSA)	2-11-23	75-79
CHRISTINE DICKIE (AUS)	2-25-38	60-64
BRIGITTA EKLUND (SWE)	2-3-38	60-64
GUDRUN KVICK FLEETWOOD (SWE)	2-24-43	55-59
TAOKO HASHIMOTO (JPN)	2-22-38	60-64
BODIL HESTMANN (NOR)	2-4-28	70-74
BIRUTE KALEDIENE (URS)	2-2-33	65-69
SUN-YE KIM (KOREA)	2-4-18	80-84
MARIA LAMBROU (CYP)	2-23-53	45-49
ANNE LANG (AUS)	2-10-43	55-59
CHRISTIANE MARTINETTO (FRA)	2-16-43	55-59
PAMELA MARY MATHEWS (AUS)	2-8-58	40-44
PAT MCNAB (GB)	2-25-43	55-59
EDITH MARY MERCIER (NZL)	2-14-23	75-79
IRENE MORRISON (GBR)	2-26-53	45-49
RITSUKO MURAYAMA (JPN)	2-1-53	45-49
AURELIA PENTON (CUBA)	2-18-43	55-59
ZELIA PIERCE (NZ)	2-28-13	85-89
ELIZABETH SPRINGMANN (WG)	2-15-43	55-59
ERIKA SPRINGMANN (WG)	2-13-43	55-59
MARIANNE STENHOLM (SWE)	2-19-38	60-64
SUMAKO TASAKI (JPN)	2-24-53	45-49
BECKY WILLIS (CAN)	2-17-48	50-54

Compiled by Pete Mundle, World and U.S. Masters T&F Records Chairman

## SOUTHWEST

• Top masters among over 200 racewalkers at the Texas Largest Judged 5K Racewalk, Pharr, Dec. 6, were Jose Loberia, M45, 30:46, and Terry Hime, W40, 33:52. Presley Donaldson, M60, strode to a strong 29:35 finish (third overall) to win his division.

## WEST

• Milt Silverstein, 78, posted an age-graded performance of 100% with a 9.1 in the 60m at a first-ever age-graded event for M50+ in the U. of Arizona Winter All-Comers at Drachman Stadium, Tucson, Dec. 6. T.D. Tomkins, 80, was second best with a 98% 9.5. Six of the nine competitors were Tucson residents; the other three traveled 100 miles from Phoenix. Arizona masters hope that the meet will expand the number of masters events.

• The 1st Great Pumpkin Throws Meet drew throwers from ages 10 to 60+ to close out the season in Grass Valley, CA, Nov. 2. Dennis DeSoto, 1997 M30-34 National Outdoor Champion, hit a fine 18.41/60-5 in the shot. Richard Watson, M45, of Arizona, had a seasonal PR in the javelin with a 49.52/162-5.

• The California International Marathon, Sacramento, CA, Dec. 7, starred masters J. Tibaduiza, 41, 2:32:35, and Philomena Chandra, 45, 3:01:49. Stellar age-group performances included Bill McChesney, 69, 3:37:27, and Myra Rhodes, 65, 3:47:00.

• Yoshihisa Hosaka, 45, Shimoda City, Japan, 2:32:52, and Masako Matsumura, 46, Suitashi, Japan, 2:57:11, grabbed masters titles in the Honolulu Marathon, Dec. 14. Top U.S. masters finishers were Michael Georgi, 45, Honolulu, 2:41:15, and Connie Comiso-Faneli, 41, Honolulu, 3:21:37.

• The Los Angeles Marathon, long disparaged in elite runners' circles for a carnival atmosphere not conducive to serious competition, announced that Saucony, a shoe and apparel company in Peabody, Mass., has signed on for five years. Prize money for this year's race, March 29, will be doubled, to \$150,000. Bill Burke, the race's president, said the marathon has adopted a five-year plan to become one of the world's best marathons. Saucony has sponsored shorter races and was looking to sponsor a major marathon. Nike sponsors the New York Marathon; Adidas sponsors the Boston Marathon. "It's the first major marathon of the year," said Art Rogers, the company's vice-president of marketing. "We believe it's a race that has been overlooked by other athletic companies."

## NORTHWEST

• The best bargain around is *The Blue Streak*, the newsletter produced by Northwest Region Coordinator Becky Sisley. Masters office holders in the region get it free; others pay \$1.00 for three issues. Nobody's getting rich on this one. To see what a model newsletter looks like and assure its existence in the future, it wouldn't hurt to subscribe and add a little lagniappe. Those who assist with the cost of publishing the regional newsletter will be acknowledged in *The Blue Streak*. Sisley's address is 310 E. 48th, Eugene, OR 97405.

## INTERNATIONAL

• Ria Sleutjes, W50, 3:04:01, outran the women's masters field at the Dutch Championships Marathon, Etten-Leur, Oct. 26. Wim van Dijk, M45, 2:34:39, captured the men's masters title.

## SOUTHEAST

• Phil Raschker, W50, Masters Woman Athlete of 1997, takes her athletic prowess to a new level this month when she accepts her full grant in aid to Life University of Atlanta. She will participate in the pole vault, heptathlon, intermediate hurdles, and relays, and, at age 51, she will undoubtedly be the oldest scholarship athlete in college.

• Lanny Doan, 41, Virginia Beach, VA, 53:46, and Barbara Mathewson, 48, Virginia Beach, 67:43, captured masters titles in the Yorktown Battlefield 10 Miler, Yorktown VA, Nov. 15. Mel Williams, 59, Virginia Beach, was the M50+ standout with an AG 86.5% M55 win in 61:51. In an adjunct 5K, Sandra Turlington, 50, Newport News, VA, 24:29, and William Boyle, Jr., 42, Poquoson, VA, 18:53, raced to masters victories.

• Ed Sheehan, 40, Washington, D.C., 72:13, and Cecil Astrop, 43, Richmond, VA, 86:24, galloped to masters firsts in the Pomoco Group Hampton Coliseum Half-Marathon, also the RRCA Eastern Regional Championships, Hampton, VA, Dec. 7. Top Seniors (50+) were Harvey Goldstein, 50, Chapel Hill, NC, 81:53, and Jeanne Kruger, 50, Norfolk, VA, 93:29. In a corollary 5K, area meet director, Rick Platt, 47, Williamsburg, VA, 16:53, and Susan Cieslak, 43, Richmond, VA, 23:10, scampered to masters wins.

• Phil Mulkey, M60 decathlete, Atlanta, GA, had surgery performed on his right ankle to remove all of the cartilage. "According to the MRI, there wasn't much left anyway," said Mulkey. "It had quickly gotten to the point where the pain was preventing me from any kind of training." He rejected the advice to have the joints fused.

## MID-AMERICA

• Top 160+ Years Team in the St. Louis Marathon Relay, St. Louis, MO, Nov. 23, was the "We Don't Run That Much Anymore" quartet

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

## TRACK & FIELD

### NATIONAL

**February 21.** USATF National Masters Men's & Women's Indoor Pentathlon Championships, Kent State U., Kent, Ohio (Cleveland). 9 am. Rex Harvey, USATF Masters Multi-Event Coordinator, 6744 Connecticut Colony Circle, Mentor, OH 44060. 440-954-8122(w); 954-8111 (fax); 440-255-0851(h); e-mail: rexjh@aol.com

**March 27-29.** USATF National Masters Indoor Championships, Boston, Mass. Steve Vaitones, New England Association, 2001 Beacon St., Suite 207, Brookline, Mass. 617-566-7600; Fax: 617-734-6322.

**April 4-5.** USATF National Masters Heptathlon Championships, Proviso West H.S., Hillside/Chicago. SASE to USATF Illinois, P.O. Box 7019, Villa Park, IL 60181-7019. 630-953-2052; fax: 953-2053.

**July 25-26.** USATF National Masters Decathlon & Heptathlon Championships, Neosho, Mo. Tom Thorne, 525 Oak Ridge Dr., Neosho, MO 64850. 417-451-2655(w).

**July 30-August 2.** 31st annual USATF National Masters Championships, U. of Maine, Orono. U. of Maine, 5747 Memorial Gym, Orono, ME 04469-5747. 207-581-1077; fax: 207-581-3474; e-mail: ranson@maine.maine.edu. Web site: <http://www.ume.maine.edu/~track/trackfield.html>

**August 29.** USATF National Weight & Superweight Championships, Seattle, Wash.

## 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

**October 20-29, 1999.** U.S. National Senior Sports Classic VII, Orlando, Fla.

### EAST

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

**February 8.** DCRRRC Indoor Meet, Jefferson Community Center, Arlington, Va. 8 am-noon.

**February 8.** New Jersey Submasters & Masters Indoor Championships, Fairleigh Dickinson U., Hackensack. One Mile Open. SASE to Jim Manno, 792 Schaefer Ave., Oradell, NJ 07649. 201-261-7756.

**February 14.** Philadelphia Masters Indoor Meet, U. of Delaware, Newark. 1:00 pm. Bill Krieger, 215-722-8859 (6-8:30 pm), or Tom Yunker, 610-828-4672.

**February 15.** Finger Lakes RC Indoor Meet, Barton Hall, Cornell U., Ithaca, N.Y. 12 noon. Limited events. Chris Mansfield, 607-255-2734(w), or Ken Packman, 607-273-6822(h).

**February 27.** MAC Indoor Masters Championships, 168th St. Armory, NYC. Business-size SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 718-358-6233 (7:30-9:30 pm Eastern time).

**March 15.** Finger Lakes RC Indoor Meet, Barton Hall, Cornell U., Ithaca, N.Y. 12 noon. Limited events. Chris Mansfield, 607-255-2734(w), or Ken Packman, 607-273-5822(h).

**April 24-25.** 104th Penn Relays, Philadelphia. Masters: 100 (M40/M50/M60/M75+/W40+); 4x100 relay (M40+/M50+/W40+); 4x400 relay (M40+/M50+/W40+). Karl Castor, 44, North Penn St., Hatboro, PA 19040. 215-441-8584. Peter Taylor, 4014 Hallman St., #3, Fairfax, VA 22030. 703-385-4392. Deadline: March 31.

**June 12-14.** Massachusetts Senior Games, Springfield. Springfield College, 263 Alden St., Springfield, MA 01109-3797. 413-788-2457; fax: 788-2458.

### SOUTHEAST

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

**February 13-27.** Ft. Myers Senior Games, Fla. Florida Sr. Games, 8 Broadway, Kissimmee, FL 34741. 407-943-7992.

**February 16-22.** Bradenton Senior Games, Fla. See Feb. 13-27.

**March 7.** Virginia Indoor Masters Meet, Lexington. SASE to John Tucker, Dept. of Athletics, Washington & Lee U., Lexington, VA 24450. 540-463-8667.

**March 9-15.** Sarasota Senior Games, Fla. Florida Sr. Games, 8 Broadway, Kissimmee, FL 34741. 407-943-7992.

**March 22-28.** Sunrise Senior Classic, West Broward County, Fla. 55+. Sunrise Sr. Center, 954-746-3670.

**May 8-10.** 28th Annual Southeastern U.S. Masters Meet, North Carolina State, Raleigh. Pentathlon & Weight Pentathlon. Alex Almasy 5K & 20K RWs. SE U.S. Masters Inc., Box 590, Raleigh, NC 27602. Ray Fulghum or Dale Smith, 919-831-6640, M-F 9 am-5 pm, Eastern time.

**May 11-17.** Ft. Lauderdale Senior Games, Fla. Florida Sr. Games, 8 Broadway, Kissimmee, FL 34741. 407-943-7992.

**June 6.** Birmingham TC Classic/Southeast Police & Fireman Championships, Birmingham, Ala. Gordon Seifert, 1514 Ridge Rd., Birmingham, AL 35209. 205-879-8031; e-mail: GESEIF@aol.com. Entry form in April *National Masters News*.

**June 13.** Atlanta TC Masters Meet. ATC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305. 404-231-9064, x17.

### MIDWEST

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

**February 7 & 14.** Westwood Indoor Meets, Westwood Sports Ctr., Sterling, Ill. Y/H/S/O/M. Kevin Davern, 815-622-6201.

**February 15.** Byron Masters Meet, Byron HS, Byron, Ill. Mike Elliott, 815-234-8435.

**March 7.** USATF Midwest Regional Masters Indoor Championships, Indianapolis. Open to all competitors 20+ yrs.; 5-yr. age-groups. Very fast 200, moderately banked MONDO track. The National Institute for Fitness & Sport, Indianapolis, Ind. Vern LaMere, 317-274-3432.

**March 15.** USATF Illinois Masters Indoor Championships, Westwood Sports Ctr., Sterling. USATF Illinois, 630-953-2052.

**April 4-5.** Masters Indoor Open Meet, Hillside/Chicago. Same site as Heptathlon Championships.

### MID-AMERICA

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

**February 1.** 21st Century AGELESS Games, Minneapolis. SASE to Rachel Lyga, 122 NE 63 1/2 Way, Minneapolis, MN 55432. 612-574-9661.

**February 28.** USATF Minnesota Indoor Championships, Bethel College Sports & Recr. Center, Arden Hills. 2:00 pm. Jr/O/M. Mail registration encouraged: USATF MN Indoor, 5429 Wooddale Ave., Edina, MN 55424, by Tues., Feb. 24.

**June 26-27.** Missouri State Senior Games, Columbia. 50+. Out-of-state welcome. Jack Miles, U. of Missouri, 404 Jesse Hall, Columbia, MO 65211. 573-882-1462.

### WEST

Arizona, California, Hawaii, Nevada

**February 14-15.** Palm Springs Invitational Senior Games, Palm Springs, Calif. Ben Green, 619-323-5689.

**February 15.** Silver State Indoor Masters Classic, Reno, Nev. See entry form with schedule this issue. Silver State Striders, PO Box 21171, Reno, NV 89515. 702-329-2814.

**February 21-March 8.** Arizona State Senior Games, Phoenix, 50+. Senior Games, 1202 N. Third St., Phoenix, AZ 85004. 602-495-5490; 602-261-8765.

**April 17-19.** Mt. SAC Relays, Walnut, Calif. (near L.A.). 100 & 200 for M40+ (800 tentative); 100 & 800 for W40+. Men's Contact: Stan Whitley, 909-945-9880; e-mail: worldclass@aol.com;

## ON TAP FOR FEBRUARY

### TRACK AND FIELD

A mostly indoor meet schedule opens on the 1st with the Ageless Games, Minneapolis, followed on the 8th by New Jersey Championships, Hackensack, and the masters section of the Eugene, Ore., Indoor. The Philadelphia Masters Meet comes to the U. of Delaware in Newark on the 14th, and the Silver State Masters to Reno, Nev., and the Byron Masters Meet to Byron, Ill., on the 15th. The 168th St. Armory, NYC, hosts the MAC Championships on the 27th, and Bethel College, the USATF Minnesota Championships on the 28th. Overseas, the BVAF Indoor Championships close out the month on the 28th. Outdoors, Senior Games activity is available in Ft. Myers, Fla.; Palm Springs, Calif.; Bradenton, Fla.; and Phoenix, Ariz.

### LONG DISTANCE RUNNING

The USATF Masters One Mile Road Championships return to Santee, Calif., on the 1st, also the date of the Las Vegas Marathon. The Carolina Marathon is set for Columbia, S.C., on the 7th. Tampa will be inundated by thousands of festive runners for the Gasparilla 15K on the 14th, while others head for the Conoco 10K in Houston. Marathons on the 15th include the Washington's Birthday, Greenbelt, Md. On the 21st, the Edison Festival of Lights 5K goes on in Ft. Myers. On the 22nd, hardy souls can opt for the Hudson-Mohawk Marathon, Albany, N.Y.; others can head for the Colonial Half-Marathon, Williamsburg, Va., or the Blue Angel Marathon in Pensacola. The Cowtown 10K, Ft. Worth, Texas, and the Myrtle Beach Marathon in South Carolina wrap it up on the 28th.

### RACEWALKING

On the 1st, the Sam Martz Memorial, Honolulu, lists two 5K races. The Silver State Indoor Meet in Reno includes a race-walk, as do most of the indoor meets in the track schedule. □

women's contact: John Cosgrove, 310-823-9448; e-mail: cosgrove@CS.UCLA.EDU.

**May 2.** Arizona Masters Invitational Meet, McClintock HS, Tempe. Entry to USATF Arizona, Bob Flint, 8436 E. Hubbell, Scottsdale, AZ 85257. 602-949-1991; Information: Clifton McKenzie, meet director, 777-8503.

Continued on next page

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**May 9.** Southern California Striders Meet of Champions, Cal State Long Beach, Calif. Hugh Cobb, 3180 Camino Arroyo, Carlsbad, CA 92009. 619-436-7696.

**May 16.** Visalia Classic Masters Meet. Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 209-732-8030.

**May 24.** Dan Aldrich Memorial Meet, UC-Irvine, Calif. Mac McCormick, 714-586-9942.

**June 13-14.** California State Senior Games Championships, Occidental College, Los Angeles. Cynthia Vaughn, 85 E. Holly St., Pasadena, CA 91103. 818-397-4064; 397-4062.

**June 28.** Trojan Masters Meet, USC, Los Angeles. Russ Reabold, 626-917-6289.

**July 18-19.** USATF West Regional Masters Championships, Santa Barbara CC, Calif. Robin Paulsen, 805-965-0581; 805-563-1498(h).

**October 3.** Club West Meet, Santa Barbara CC, Calif. Beverley Lewis, 805-969-5851.

**October 11.** Sri Chinmoy Masters Games, Cal State Long Beach, Calif. 40+. Bigalita Egger, 310-645-0271.

### 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, Eugene, OR 97440. 541-345-3285.

**March 1.** Great Northwest Indoor Championships, Portland Exposition Center. College/Open/Masters. USATF Oregon, Harry Simonis, phone/fax: 503-668-0998; e-mail: runjumpthrow@compuserve.com, or Pam Reynolds, 503-239-4244; e-mail: PamPV@aol.com

**May 23.** Oregon Senior Games, Silverton. Amy Castle, Box 783, Silverton, OR 97381. 503-873-8577.

**June 6.** Seattle Parks Dept. Masters Meet, West Seattle Stadium. Paula Petesch, 206-684-7093.

**June 13-14.** Portland Masters Classic/USATF Oregon Association Championships, Mt. Hood CC. Paul Stepan, 503-666-8950.

**June 18-20.** Montana Senior Olympics, MSU, Missoula. 50+ Entries: Don F. Tavolacci, 465 Freedom, Billings, MT 59105; 406-252-2795, or Evelyn King, 406-542-1868.

**June 25-28.** Wyoming Senior Games, Riverton. WSG, PO Box BD, Riverton, WY 82501. 1-800-856-4398.

**June 27-28.** Hayward Masters Classic/USATF Northwest Regional Championships, Hayward Field, U. of O., Eugene. Ruth BreMiller/Frank Lulich, Co-directors, 590 W. 29th Ave., Eugene, OR 97405.

**July 11-12.** Oregon State Games, Mt. Hood CC, Gresham. Ron Allen, 503-520-1319.

### Need Back Issues?

Most back issues of the *National Masters News* are available for \$2.50 each, plus \$1.50 postage and handling for each order.

Send to:

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

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

**July 24-25.** Seattle Masters Classic/USATF Pacific Northwest Association Championships, West Seattle Stadium. Ken Weinbel, 206-932-3923.

**October 3-4.** Octoberfest Throws & Weight Pentathlon Meet, Helena, Mont. Manuel White, 406-227-5020.

### CANADA

**March 14.** Ontario Masters Indoor Championships, York U., Toronto. M&W35+. Brian Keaveney, 426 Valermo Dr., Etobicoke, Ont. M8W 2L9. 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 EH9 1BW.

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

**April 3-5.** RVSA Indoor Championships, Moscow. Vadim Marshev, 14-6, Pervomaiskaya St., Himki, Moscow Region, 141400, Russia. 7 095-535-3308; fax: 7 095-573-4150.

**May 2-3.** South Africa Veteran Championships, Bloemfontein.

**June 20-21.** International Meet (Holland/France/Belgium/UK), Calais, France.

**August 9-22.** NIKE World Masters Games (multi-sports), Portland and Eugene, Ore. M&W30+. 1-800-98-GAMES. Northwest Event Management, PO Box 10825, Eugene, OR 97440. 541-687-1989; fax 687-1016.

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

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

**October 14-18.** X Asian Veterans Athletic Championships, Okinawa, Japan. M40/W35. June 30 deadline. Japan Masters AA, Fuji-kasai Bldg., 1-25 Kitonashinchi, Wakayama City, 640 Japan. 0734-32-0787/7416; fax: 0734-32-7416.

**November 19-22.** North & Central American & Caribbean Regional Association of WAVA (NCCWAVA) Championships, Barbados. Contact: Rex Harvey, 6744 Connecticut Colony Circle, Mentor, OH 44060. Fax: 440-954-8111; e-mail: rexjh@aol.com.

**July 29-August 8, 1999.** XIII World Veterans Athletics Championships, Gateshead, England.

### LONG DISTANCE RUNNING

#### NATIONAL

**February 1.** USATF National Masters One-Mile Championships, Steve Scott Festival, Santee, Calif. Tracy Sundlun, 10509 Vista Sorrento Pkwy, #102, San Diego, CA 92121. 619-450-6510.

**March 22.** USATF National Masters 8K Championships/Shamrock Shuffle, Chicago. David Patt, 203 N. Wabash, Suite 1104, Chicago, IL 60601. 312-666-9836; fax: 312-781-1736; e-mail: cararuns@aol.com.

**March 28.** USATF National Masters 10K Championships/Run Old Mesilla, Mesilla, N.M. Don Shepan, 3007 Ronna Dr., Las Cruces, NM 88001. 505-524-7824.

**March 28.** USATF National Masters 100K Championships, Pittsburgh, Pa. Chris Gibson, 1475 Laurel Dr., Pittsburgh, PA 15235. 412-560-6406.

**March 29.** USATF National Masters Men's 5K Championships/Carlsbad 5000, Carlsbad, Calif. Tim Murphy, 10509 Vista Sorrento Pkwy, #102, San Diego, CA 92121. 619-450-6510.

**May 1. (Fri.).** USATF National Masters Half-Marathon Championships/Indianapolis Life 500 Festival Mini-Marathon, Indianapolis. Indy Life Circuit Race. Applications available Feb. 1. \$10,000 masters prize money. SASE to 500 Festival, 201 S. Capitol Ave., Suite 201, Indianapolis, IN 46225. Don Carr, 317-328-1632; 800-638-4296; fax: 317-264-5693.

**May 30.** USATF National Masters Women's 5K Championships/Freihofers 5K, Albany, N.Y. George Regan, 233 Fourth St., Troy, NY 12180. 518-273-0267.

**June 18-20.** 40th Anniversary RRCA National Convention, Peoria, Ill. RRCA National Office, 703-836-0558; Web site: www.ivs.org

**October 4.** USATF National Masters Marathon Championships/Twin Cities Marathon, Minneapolis/St. Paul, Minn. Indy Life Circuit Race. Scott Schneider, 708 N. First St., #CR-33, Minneapolis, MN 55401. 612-673-0778.

**October 11.** USATF National Masters 5K Cross-Country Championships, Rochester, N.Y. Peter Glavin, 160 Laney Rd., Rochester, NY 14620.

**October 25.** USATF National Masters 8K Cross-Country Championships, Louisville, Ky. Bob Ullrich, 1879 Douglass Blvd., Louisville, KY 40205. 502-459-6820.

**October 31.** USATF National Masters 15K Championships, Tulsa, Okla. Indy Life Circuit Race. Jack Wing, 4038 E. 48th St., Tulsa, OK 74135. 918-292-6553.

### EAST

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

**February 15.** Washington's Birthday Marathon, Greenbelt, Md. WBM, c/o DCRRRC, PO Box 1352, Arlington, Va 22210. 703-241-0395.

**February 22.** Hudson-Mohawk Marathon, Albany, N.Y. Sharon Boehlke, 314 New Scotland South Rd., Slingerlands, NY 12159. 518-435-4500.

**February 22.** North Medford RRC 7 Mile Handicap, Merrimac, Mass. 1:00 pm. 978-392-0034.

**March 15.** New Bedford Half-Marathon, New Bedford, Mass. Ed Talbot & Jim Ryan, PO Box 79546, North Dartmouth, MA 02747. 508-998-5068.

**March 29.** Tappan Zee 10K, Orangeburg, N.Y. TZSBC, PO Box 249, Orangeburg, NY 10962. 914-359-5425.

**April 5.** Cherry Blossom 10 Mile, Washington, D.C. Entry limit - 5800. SASE to PO Box 98, Calloway, VA

24067.

**April 20.** Boston Marathon. SASE to Boston AA, One Ash St., Hopkinton, MA 01748-1897. Qualifying window: Oct. 1, 1997 through March 1, 1998.

**April 26.** Jersey Shore Marathon, Sandy Hook. Jersey Shore Marathon, PO Box 198, Oceanport, NJ 07757. 908-542-6090.

**April 26.** Sallie Mae 10K, Washington, D.C. Scott Maker, 1050 Thomas Jefferson St., NW, Washington, DC 20007. 703-810-5855.

**May 3.** Buffalo Marathon. BM, PO Box 652, Buffalo, NY 14202. 716-837-7223.

**May 3.** Long Island Marathon, East Meadow. Patti Kemler, Sports Unit, Eisenhower Park, East Meadow, NY 11554. 516-572-0251.

**May 3.** Pittsburgh Marathon. Larry Grollman, UPMC/Pittsburgh Marathon, 200 Lothrop St., Pittsburgh, PA 15213. 412-647-7866.

**May 3.** Broad Street 10 Mile, Philadelphia. Robert Cameron, PO Box 18543, Philadelphia, PA 19129. 215-563-6184.

**May 24.** Vermont City Marathon, Burlington. VCM, PO Box 152, Burlington, VT 05402-0152. 802-863-8412.

### SOUTHEAST

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

**February 7.** Carolina Marathon, 10K, & Women's Open 8K National Championship, Columbia, S.C. CM, PO Box 5092, Columbia, SC 29250. 803-929-1996.

**February 14.** Gasparilla Distance Classic 15K, Tampa. SASE to GDCA-RT, PO Box 1881, Tampa, FL 33601-1881. 813-229-7866.

**February 21.** Gainesville 5K. Masters money. AVMED GGRR 5K, 10942 NW 33rd Place, Gainesville, FL 32606. Florida TC, 352-378-8725, or Dan Clark, race director.

**February 21.** Edison Festival of Light Classic 5K, Ft. Myers, Fla. Masters money. Fort Myers TC, PO Box 60131, Ft. Myers, FL 33906. 941-334-2999.

**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, 757-229-7375; e-mail: rickplatt@juno.com.

**February 22.** Blue Angel Marathon, Pensacola. BAM, 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. Myrtle Beach Marathon, PO Box 8780, Myrtle Beach, SC 29578-8780. 803-349-2733.

**March 7.** PrimeHealth Red Cross 8K, Mobile, Ala. Kathie Barton, 334-438-2571.

**March 7.** Keep Newport News Beautiful 5K. Cathlyn McPoland, 757-930-8209(h); 757-591-6259(w); Peninsula TC, PO Box 11116, Newport News, VA 23601.

**March 7.** Gate River Run 15K, Jacksonville. GRR, 3853 Baymeadows Rd., Jacksonville, FL 32217. 904-731-3187.

**March 21.** Shamrock Sportsfest Marathon, 8K, Masters 8K, & 5K RW, Virginia Beach, Va. SASE to Sportsfest, 2308 Maple St., Virginia Beach, VA 23451. 757-481-5090; fax: 757-481-2942.

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**March 28.** Azalea Trail Run 10K, Mobile. SASE to ATR, PO Box 6427, Mobile, AL 36660.

**March 28.** Ford's Colony 8K Run For Shelter, Williamsburg, Va. Rick Platt, Colonial RR, 113 Anthony Wayne Rd., Williamsburg, Va 23185. 757-229-7375.

**April 4.** Avon Women's 10K, Atlanta TC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305. 404-231-9064, x17.

**April 4.** Cooper River Bridge 10K, Charleston, S.C. MUSC Harper Center, 45 Courtenay Dr., Charleston, SC 29401. 803-792-2533.

**May 9.** Gumtree 10K, Tupelo. Johnny Dye, 1007 Chester Ave., Tupelo, MS 38801. 601-842-2039.

### MIDWEST

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

**March 22.** Shamrock Shuffle 8K, Chicago. David Patt, CARA, 203 N. Wabash, #1104, Chicago, IL 60601. 312-666-9836.

**March 29.** Heart Mini 15K, Cincinnati. AHA, 2936 Vernon Pl., Cincinnati, OH 45219. 513-281-4048.

**April 5.** Athens Marathon, Athens, Ohio. AM, PO Box 5780, Athens, OH 45701. 800-878-9767.

**April 19.** Glass City Marathon, Toledo. Pat Wagner, 130 Yale Dr., Toledo, OH 43614. 419-385-7025.

**April 25.** Kentucky Derby Festival Half-Marathon, Louisville. 800-928-FEST.

**April 25.** Crazylegs 5 Mile, Madison. Pat Jacobson, U. of Wisconsin Athletic Dept., 1440 Monroe St., Madison, WI 53711. 608-263-7894.

**April 26.** Michigan Trail Marathon, Ann Arbor. Running Fit, 123 E. Liberty, Ann Arbor, MI 48104. 313-769-5016.

**May 1 (Fri.).** Indianapolis Life 500 Festival Half-Marathon. Pam Hott, 201 S. Capitol Ave., Ste. 201, Indianapolis, IN 46225. 800-638-4296.

**May 3.** Cleveland Marathon, Cleveland, Ohio. CVS CM, PO Box 550, Twinsburg, OH 44087. 800-467-38926; 216-487-1402.

**May 9.** Old Kent River Run 25K, Grand Rapids. OKRR, PO Box 2194, Grand Rapids, MI 49501. 616-771-1590.

**May 9.** Race For The Cure Women's 5K, Peoria, Ill. Race For The Cure, PO Box 9695, Peoria, IL 61612. 309-691-6906.

**May 24.** Madison Marathon. MM, PO Box 5088, Madison, WI 53705-5088. 608-256-9922; fax: 508-241-2591.

**May 25.** Great Race XVIII 10K & Half-Marathon, Elkhart. Ron Schmanske, 421 S. 2nd St., Elkhart, IN 46516. 219-296-5862; fax: 219-293-8324.

### MID-AMERICA

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

**April 18.** 29th Longest Day Marathon/Relay/Half-Marathon/10K/5K/5K Racewalk, Brookings, S. Dak. Brenda Algood, 46731 210th St., Brookings, SD 57006-6214. Kurt Osborne, 605-696-2479.

**April 25.** Get in Gear 10K, Minneapolis. Jeff Winter, PO Box 19009, Minneapolis. MN 55419. 612-722-9004.

**April 26.** Cherry Creek Sneak 5 Mile. Denver. CCS, Bank of Cherry Creek, 3033 E. First Ave., Denver, CO 80206. 303-394-5170.

**April 26.** Trolley Run 4 Mile, Kansas City, Mo. Judy Miller, c/o Trolley Run, 400 W. 57th St., Kansas City, MO 64113. 816-361-5749.

**May 3.** Lincoln Marathon. Race Director, 5309 S. 62nd St., Lincoln NE 68516. 402-423-7223.

**May 3.** Run For The Zoo 5K, Albuquerque. RFTZ, 1320 Iron SW, Albuquerque, NM 87104. 505-764-6280.

**May 3.** Nation's Bank River Run 10K, Wichita. Clark Ensz, 2451 Winstead Cir., Wichita, KS 67228. 316-636-1266.

**May 9.** Avon Women's 10K, Denver, Colo. Avon Running, 27th Fl., 1345 Avenue of the Americas, NY, NY 10105-0196. 212-282-6034.

**May 25.** Bolder Boulder 10K. BB 10K, PO Box 9125, Boulder, CO 80301. 303-444-RACE.

### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**February 14.** Conoco 10K Rodeo Run, Houston. Conoco 10K, PO Box 4584, Houston, TX 77210. 281-293-2447.

**February 15.** Austin Marathon. AM, PO Box 684587, Austin, TX 78768. 512-505-8304.

**February 21.** Mardi Gras 12K/USATF Open Women's Championships, Galveston. MG 12K, PO Box 1675, Galveston, TX 77553-1677. 1-888-RUN-GALV.

**February 28.** Cowtown 10K & Marathon. Cowtown 10K, PO Box 9066, Fort Worth, TX 76147. 817-735-2033; fax: 735-2449.

**March 29.** Austin American Statesman-Capitol 10,000. Capitol 10K, Box 2936, Austin, TX 78768. 512-445-3596.

**April 11.** Crescent City Classic 10K, New Orleans. 504-861-8686; fax: 861-8686; e-mail: CCC10K@aol.com

**May 9.** Avon Women's 10K, Dallas, Texas. Avon Running, 27th Fl., 1345 Avenue of the Americas, NY, NY 10105-0196. 212-282-6034.

### WEST

Arizona, California, Hawaii, Nevada

**February 1.** 32nd Las Vegas International Marathon/Relay, Half-Marathon, & 5K. Al Boka, Director, PO Box 81262, Las Vegas, NV 89180. Phone/fax: 702-876-3870.

**February 16.** Great Aloha Run, Honolulu. Aloha Run, N. Nimitz Hwy., Bldg. A, Suite 152A, Honolulu, HI 96817. 808-528-7388.

**March 1.** Napa Valley Marathon/RRCA National Championships, Calistoga, 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. Ohio Ave., Suite 100, Los Angeles, CA 90025. 310-444-5544; fax: 473-8105.

**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, Santa Cruz, Calif. Enviro-Sports, PO Box 1040, Stinson Beach, CA 94970. 415-868-1829.

**March 15.** 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. RbodyCo Productions, 1417 Irving St., San Francisco, CA 94122.

415-564-0532.

**March 29.** 15th annual Paul Spangler Memorial 8K Run & 5K Racewalk, Palo Alto, Calif. 50+. Fifty-Plus Fitness Association, PO Box D, Stanford, CA 94309. 650-323-6160; fax: 323-6119; e-mail: fitness@ix.netcom.com

**April 26.** Big Sur Marathon, Carmel. BSM, PO Box 222620, Carmel, CA 93922. 408-625-6226.

**April 26.** 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.** Revlon 5K Run/Walk For Women, Century City, Calif. Judy Davis, Davis & Associates, 1132 Ventura Blvd., Suite 414, Studio City, CA 91604. 818-752-4233.

**May 9.** Southern California Hillsea 7.57 Mile Race, Huntington Beach. SASE to Finish Line, 7846 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. 415-808-5000, x2222.

**May 30.** Avon Women's 10K, Sacramento, Calif. Avon Running, 27th Fl., 1345 Avenue of the Americas, NY, NY 10105-0196. Fax: 212-282-6034.

### NORTHWEST

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

**April 4.** Trail's End Marathon, Warrenton, Ore. Gordon Love, Oregon RRC, PO Box 549, Beaverton, OR 97075. 503-646-7867.

**April 11.** Pear Blossom 10 Mile & 5K, Medford. Jerry or Zella Swartsley, PO Box 146, Medford, OR 97501. 541-772-6293(d).

**April 18.** Race To Robie Creek Half-Marathon, Boise. Cindy Andrews. PO Box 205, Boise, ID 83701. 208-368-9990.

**April 25.** Alaska Heart Run 5K, Anchorage. AHA, 1057 W. Fireweed Ln., Anchorage, AK 99503. 907-263-2044.

**May 3.** Lilac Bloomsday 12K, Spokane. Bloomsday, PO Box 1511, Spokane, WA 99210-1511. 509-838-1579; fax: 838-2922.

**May 17.** Capital City Marathon, Olympia. CCM, PO Box 1681, Olympia, WA 98507. 360-786-1786.

**May 17.** Avon Women's 10K, Portland, Ore. Avon Running, 27th Fl., 1345 Avenue of the Americas, NY, NY 10105-0196. Fax: 212-282-6034.

**August 28-29.** Hood To Coast Relay, Mt. Hood to Seaside, Ore. 195 miles. Also shorter Portland To Coast Run Relay & Walk Relay. SASE to HTC Relay, 5319 SW Westgate Dr., Suite 262, Portland, OR 97221. 503-292-4626; fax: 292-4113.

### INTERNATIONAL

**March 15.** BVAF 10K Championships, Eastleigh (near Southampton). Contact Road Race Organizer, Civic Offices, Leigh Road, Eastleigh, Hampshire SO50 9YN.

**March 28.** BVAF Cross-Country Championships, Croydon, Surrey. W35+/M40+. Entry Secretary, 8A Heather Park Parade, Heather Park Dr., Wembley, Middlesex, HAO 1SL, England.

**March 28-29.** IV WAVA World Veterans Road Race Championships, Kobe, Japan. Mercator Travel, 122 E. 42nd St., #3006, New York, NY 10168; 800-294-1650; Fax

212-682-7379; World Veterans Championships, Kaijima Bldg., K-14, Dojima 2-3-4, Kita-Ku, Osaka 530 Japan.

**April 11.** Two Oceans Ultra-Marathon (56K) & Half-Marathon, Cape Town, South Africa. T-O Marathon, PO Box 2276, Clareinch 7740, Cape Town, South Africa. 27-21-61-9407; e-mail: twooceans@iafrica.com.

**June 28.** 25th International Veterans Grand Prix 10K & 25K, Brugge, Belgium. Jacques Serruys, Korte Zilverstraat 5, 8000 Brugge, Belgium. 00-329(0)50 34 17 81; fax: 00-32(0) 50 33 25.

### RACEWALKING

**February 1.** Sam Martz Memorial Race, Honolulu, HI. Two 5K races, prizes. Contact: Barbara Steffens, 808-942-9567.

**February 15.** Silver State Indoor Masters Classic, Reno, Nev. M&W30+. 3000 racewalk. See entry form with schedule this issue. Silver State Striders, PO Box 21171, Reno, NV 89515. 702-329-2814.

**March 7.** Lorraine 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 RWers, USA, 320 E. 83rd St., Box 18, NYC 10028. Tel/fax: 212-628-1317.

**March 29.** USATF National Masters Indoor 3000 Championships, Boston, Mass. See National T&F.

**April 19.** MAC & Open 10K Championships, Central Park, NYC. Jr/O/M. Stella Cashman, Park RWers, USA, 320 W. 83rd St., Box 18, NYC 10028. Tel/fax: 212-628-1317.

**May 3.** USATF National Masters Men's 30K & Women's 20K Championships, Albany, N.Y. George Regan, USATF Adirondack, 233 Fourth St., Troy, NY 12180. 518-273-5552.

**May 4.** BVAF 50K Championships, Burrator, Devon, England.

**May 24.** USATF National Masters 15K Championships, Elk Grove, Ill. Diane Graham-Henry, USATF Illinois, PO Box 7019, Villa Park, IL 60181. 630-953-2052.

**May 24.** MAC & Open 20K Championships, Central Park, NYC. O/M. Stella Cashman, Park RWers, USA, 320 E. 83rd St., Box 18, NYC 10028. Tel/fax: 212-628-1317.

**June 28.** MAC & Open 15K Championships, Central Park, NYC. O/M. Stella Cashman, Park RWers, USA, 320 E. 83rd St., Box 18, NYC 10028. Tel/fax: 212-628-1317.

**July 11.** USATF National Masters Men's 10K Championships, Niagara, N.Y. Dave Lawrence, 94 Harding Ave., Kenmore, NY 14217. 716-875-6361.

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

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

**September 12.** USATF National Masters 5K Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 423-229-4364.

**September 13.** USATF National Masters 40K Championships, Ft. Monmouth, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 732-222-9080.

**October 4.** USATF National Masters One-Hour & Two-Hour Championships, Worcester, Mass. USATF New England, PO Box 1905, Brookline, MA 02146. 617-566-7600.

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

<b>M30-34</b>					
Todd Adलगren	Shot Put	50-7	7-20-97		
<b>M35-39</b>					
Tomas Silva	Javelin	61.10	8-10-97		
Doug Schnebeck	400 hurdles	56.91	8-31-97		
Alan Tucker	200	22.67	8-7,10-97		
	400	51.9	7-12-97		
<b>M40-44</b>					
David Cook	3K Steeplechase	10:53.8	7-12-97		
Mark Gershon	Long Jump	6.06	9-28-97		
Neil Howk	800	2:07.13	5-3-97		
<b>M45-49</b>					
John Baylies	Long Jump	5.80	5-3-97		
Rick Hammond	800	2:12.53	7-13-97		
Karl Johnson	Shot Put	50-5 1/2	9-28-97		
Richard Watkins	Weight Pentathlon	3400	11-2-97		
	Javelin	49.52	11-2-97		
	Hammer	39.98	11-2-97		
	Javelin	48.34	10-11-97		
	Weight Pentathlon	3273	10-11-97		
	Javelin	48.82	9-21-97		
	Decathlon	5392	9-20-97		
	Weight Pentathlon	3304	9-27-97		
	Weight Pentathlon	2944	5-24-97		
	Weight Pentathlon	2979	4-12-97		

<b>M50-54</b>					
Dale Carter	5K	17.28	10-25-97		
Arthur Lawrence	Javelin	174-11	5-23,28-97		
Oron Lott	Long Jump	5.10	8-7,10-97		
	Triple Jump	10.42	8-7,10-97		
Douglas Spencer	100	12.37	7-19-97		
	400	58.17	8-22-97		
	Weight Pentathlon	3919	8-16-97		
<b>M55-59</b>					
Rudy Vlaardingerbroek	200	27.11	11-8-97		
Steven Bowles	400	59.68	11-8-97		
	Decathlon	5853	9-20,21-97		
Philip Byrne	Javelin	42.60	8-7-97		
	Pentathlon	3252	8-7-97		
	High Jump	1.52	9-20,21-97		
	Long Jump	5.24	9-21,21-97		
	Javelin	43.74	8-31-97		
John Lang	High Jump	5.0	11-15-97		
Davie Perry	Long Jump	16-8 3/4	5-23-97		
Charlie Richard					
<b>M60-64</b>					
Jerry LeVasseur	5K	19.28	12-14-97		
Vernon Spencer	25# Weight	11.71	3-21,23-97		
	56# Weight	5.51	4-25,27-97		
	Weight Pentathlon	3768	8-30,31-97		
	Hammer	121-9	6-8-97		

Don Truex	Mile	5:32.62	5-25-97		
Jim Hart	Shot Put	43-5	4-5-97		
	Discus	150-0	4-5-97		
	Weight Pentathlon	3802	1-18-97		
	Hammer	125-0	7-12-97		
	25# Weight	13.83	6-14-97		
	56# Weight	5.99	6-14-97		
<b>M65-69</b>					
Allan Trefry	Javelin	35.12	11-15-97		
<b>M75-79</b>					
Michel Kagan	800	3:21	8-15,17-96		
	5K	24:30	8-15,17-96		
	10K	52:16	8-15,17-96		
	800	3:15	10-23,25-96		
	1500	6:49	10-23,25-96		
<b>M85-89</b>					
Pete Allen	100	19.33	8-10-97		
	200	43.61	8-10-97		
	Discus	17.49	8-10-97		
<b>W50-54</b>					
Ingrid Mancini	Shot Put	8.31	11-15-97		
<b>W55-59</b>					
Fay Richard	Javelin	87-0	6-13-97		

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

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
Mile	4:31	4:35	4:42	4:53	5:07	5:25	5:49	6:14	6:51	7:38	8:42	10:10
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:00	32:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:15	68:30
110H	15.3	16.4	17.75	18.75								
100H					18.0	19.0	20.0	21.3				
80H									18.0	21.0	25.0	30.0
400H	57.6	59.7	62.0	64.4	67.2	70.6						
300H					48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC	10:00	10:20	10:55	11:40	12:30	13:20						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.13	1.02	.92
	6-4 1/4	6-7/8	5-9/8	5-6	5-2 1/2	4-11	4-7 1/2	4-4	4-1/2	3-8	3-4	3-1
PV	4.40	4.15	3.90	3.60	3.30	3.05	2.80	2.55	2.30	2.05	1.80	1.50
	14-5 1/4	13-7 1/4	12-9 1/4	11-9 1/4	10-10	10-0	9-2 1/4	8-4 1/4	7-6 1/4	6-8 1/4	5-11	4-11
LJ	6.55	6.20	5.85	5.45	5.10	4.75	4.40	4.00	3.65	3.35	3.00	2.65
	21-6	20-4 1/4	19-2 1/4	17-10 1/4	16-9	15-7	14-5 1/4	13-1 1/4	11-11 1/4	11-0	9-10	8-8 1/4
TJ	13.35	12.65	11.90	11.15	10.40	9.65	8.90	8.20	7.50	6.80	6.10	5.50
	43-9 1/4	41-6	39-3/8	36-7	34-1 1/4	31-8	29-2 1/4	26-11	24-7 1/4	22-4	20-1/4	18-1/4
Shot	15.20	14.10	13.00	12.00	12.40	11.20	12.00	10.80	10.00	8.80	7.65	6.50
	49-10 1/4	46-3 1/4	42-8	39-4 1/4	40-8 1/4	36-9	39-4 1/4	35-5 1/4	33-0	28-10 1/4	25-1 1/4	21-4
Discus	44.80	42.60	40.60	38.00	40.00	36.40	40.00	36.80	31.60	26.40	21.40	16.20
	147-0	139-9	133-2	124-8	131-3	119-5	131-3	120-9	103-8	86-7	70-2 1/4	53-2
Hammer	47.24	44.20	41.14	38.10	38.40	36.00	36.00	33.00	29.00	25.00	22.50	18.00
	155-0	145-0	135-0	125-0	126-0	118-1	118-1	108-3	95-2	82-0	73-10	60-0
Jav	62.00	57.00	52.00	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
	203-5	187-0	170-7	157-6	141-1	126-4	131-3	114-10	95-2	78-9	62-4	49-2
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.00
25#Wt.							11.00	10.00	9.00	8.00	7.00	6.00
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
Pen	2800	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600
Dec	5500	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250
Wt. Pen	2800	2800	2800	2900	3000	3000	3000	3000	2900	2800	2700	

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

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

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0
400	63.5	65.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	96.5	103.3
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48
Mile	5:34	5:44	5:55	6:07	6:26	6:49	7:19	7:46	8:47	9:39	10:45
5000	19:45	20:30	21:20	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.5	79.9	84.4	88.8							
300H					66.0	72.0	79.0	87.0	96.0		
HJ	1.42	1.35	1.27	1.19	1.12	1.07	1.02	.97	.92	.89	.84
	4-8	4-5 1/4	4-2	3-11	3-8	3-6 1/4	3-4 1/4	3-2 1/4	3-0 1/4	2-11	2-9
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70
	8-10 1/4	7-10 1/4	6-11	5-11	4-11	3-11	3-7 1/4	3-3 1/4	2-11	2-7 1/4	2-3 1/4
LJ	5.00	4.60	4.25	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.00
	16-5	15-1	13-11 1/4	12-9 1/4	11-8	10-6	9-4 1/4	8-6 1/4	7-8 1/4	6-11	6-7
TJ	10.00	9.20	8.60	7.80	7.18	6.40	5.70	5.20	4.70	4.20	3.80
	32-10	30-2 1/4	28-2 1/4	25-7 1/4	23-7	21-0	18-8 1/4	17-1	15-5	13-9 1/4	12-5 1/4
Shot	10.30	9.30	8.40	7.70	7.95	7.20	6.50	5.80	5.25	4.70	4.25
	33-9 1/4	30-6 1/4	27-7	25-3 1/4	26-1	23-7 1/4	21-4	19-0 1/4	17-3	15-5	13-11 1/4
Jav	39.50	33.50	27.50	21.50	25.00	19.00	18.00	16.00	15.00	14.00	13.50
	129-7	109-11	93-6	70-6 1/4	82-0	62-4	59-1	52-6	49-2	45-11	44-4
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.5
	98-5	91-2	85-4	78-9	72-2	65-8	59-1	52-6	49-2	45-11	44-4
Hammer	35.0	32.5	30.0	25.0	23.0	22.0	20.0	18.0	14.0	12.0	9.0
	131-3	114-10	98-5	82-0	75-6	72-2	65-8	59-1	45-11	39-5	29-7
20#Wt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75
16#Wt.					8.00	7.00	6.00	5.50	5.25	5	

# TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 2 1/2" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

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

## EAST

### MAC Season Opener 168th St. Armory Manhattan, NYC; Dec. 5

<b>60m</b>	
M30 Joseph Bencivenga	8.10
M35 Alex Rivera	7.80
Gary Eveland	8.30
M45 Edward Gonera	7.20
Billy Byrd	7.90
M50 Eddie Watson	7.90
Ken Kienzle	8.30
Gilbert Sanders	8.50
<b>300m</b>	
M30 Patrick Smith	43.60
M35 Juan Castro	41.40
M40 Frederick Denworth	40.20
M45 Edward Gonera	37.90
Jesse Norman	38.90
Errol Lee	39.20
RG McDonald	42.00
M50 Ron Johnson	39.40
Thaddeus Morris	43.20
M55 Allen Watson	53.30
M60 Cliff Pauling	45.10
John Hurley	59.40
W30 Aletha Morris	43.80
Helena Nelson	45.80
W35 Marilyn Vaughn	46.10
<b>600m</b>	
M30 Nathan Havdenscheld	1:31.60
Vincent Goodman	1:31.90
M40 Joe Gonzalez	1:39.90
M45 Robert Jackson	1:33.60
Don Hodge	1:37.20
Jose Martinez	1:43.01
M50 Walter Mosley	1:49.70
John, Jr Stokes	1:56.70
Steve Rozakis	1:59.70
M65 Joe Kernan	2:28.90
W30 Dawn Best	1:56.80
<b>1500m</b>	
M30 Grover Prince	4:42.30
M40 Anthony Watson	4:33.10
Merrell Noden	4:52.90
Herb Medina	4:56.40
Seth Okrend	4:58.60
Victor Rodriguez	5:20.80
M45 Remulus Dellavalle	4:45.60
Ron Salvio	5:22.90
M50 Victor Diaz	4:55.10
Tom Byrnes	5:26.90
M60 Steve Kozakis	5:47.50
Cliff Pauling	5:49.10
John Hurley	6:22.60
M65 Robert Kahn	5:40.80
<b>High Jump</b>	
M35 Rob Doran	1.52
M45 Ron Salvio	1.52
M55 Norm Cyprus	1.52
M60 John Hurley	1.00
<b>Pole Vault</b>	
M30 Duncan Littlefield	4.40
M35 Rob Doran	3.05
M45 Ron Salvio	2.45
M55 Norm Cyprus	2.75
<b>Long Jump</b>	
M50 Bill Walsh	4.26
W30 Dawn Best	3.52
<b>Shot Put</b>	
M45 Rich Dunphy	11.02
M50 Carl Levine	9.28
W30 Virginia Les Palmer	9.75
<b>1500m Racewalk</b>	
M45 Ron Salvio	8:23.70
W30 Valerie Silver	7:16.60

<b>60m</b>	
M30 Joseph Bencivenga	8.08
M35 Alex Rivera	7.99
M40 Steve Steven	8.08
M45 Jesse Norman	7.72
Dave Friedman	9.34
M50 Ron Johnson	7.81
Thaddeus Morris	7.89
Ken Kienzle	8.64
M60 Richard Rizzo	8.70
Cliff Pauling	8.73
W30 Althea Morris	8.35
Edna Crawley	9.25
Dawn Best	9.27
W35 Marilyn Vaughn	8.88
<b>400m</b>	
M30 N Havdenscheld	56.49
Ed Papo	57.64
Bo Petkovich	1:07.09
M35 Kirt Makita	59.21
Juan Castro	59.41
M40 Keigh Royster	55.56
M45 Edward Gonera	54.69
Francis Schiro	55.77
Paul Mascali	58.56
M50 Ron Johnson	55.52
Frank Handelman	1:01.65
M55 Edward Small	1:01.13
M60 Cliff Pauling	1:03.64
W30 Althea Morris	1:02.21
Charlene Landron	1:06.40
Dawn Best	1:09.40
W40 P Dickson-Taylor	1:07.47
W45 Mary Rosado	1:14.64
<b>800m</b>	
M30 Ken Martin	2:25.88
M40 Joe Gonzalez	2:18.18
Herb Medina	2:20.22
Seth Okrend	2:20.94
<b>Mile</b>	
M30 Charles Weeks	5:35.40
Joseph Corcoran	5:38.40
Carlos Font	5:45.01
M35 Jorge Hernandez	4:47.49
Doug Miller	4:49.38
Jim Celson	5:08.51
M40 Anthony Watson	4:52.38
Adrian Sterrett	4:58.01
James McFarlane	5:09.17
M45 Tony Plaster	5:10.17
M50 Victor Diaz	5:28.23
John Stokes	5:51.30
Tom Byrnes	5:52.77
M55 Stan Edelson	6:05.09

<b>MAC New Balance Indoor Classic, 168th St. Armory NYC; Dec. 12</b>	
<b>60m</b>	
M30 Joseph Bencivenga	8.08
M35 Alex Rivera	7.99
M40 Steve Steven	8.08
M45 Jesse Norman	7.72
Dave Friedman	9.34
M50 Ron Johnson	7.81
Thaddeus Morris	7.89
Ken Kienzle	8.64
M60 Richard Rizzo	8.70
Cliff Pauling	8.73
W30 Althea Morris	8.35
Edna Crawley	9.25
Dawn Best	9.27
W35 Marilyn Vaughn	8.88
<b>400m</b>	
M30 N Havdenscheld	56.49
Ed Papo	57.64
Bo Petkovich	1:07.09
M35 Kirt Makita	59.21
Juan Castro	59.41
M40 Keigh Royster	55.56
M45 Edward Gonera	54.69
Francis Schiro	55.77
Paul Mascali	58.56
M50 Ron Johnson	55.52
Frank Handelman	1:01.65
M55 Edward Small	1:01.13
M60 Cliff Pauling	1:03.64
W30 Althea Morris	1:02.21
Charlene Landron	1:06.40
Dawn Best	1:09.40
W40 P Dickson-Taylor	1:07.47
W45 Mary Rosado	1:14.64
<b>800m</b>	
M30 Ken Martin	2:25.88
M40 Joe Gonzalez	2:18.18
Herb Medina	2:20.22
Seth Okrend	2:20.94
<b>Mile</b>	
M30 Charles Weeks	5:35.40
Joseph Corcoran	5:38.40
Carlos Font	5:45.01
M35 Jorge Hernandez	4:47.49
Doug Miller	4:49.38
Jim Celson	5:08.51
M40 Anthony Watson	4:52.38
Adrian Sterrett	4:58.01
James McFarlane	5:09.17
M45 Tony Plaster	5:10.17
M50 Victor Diaz	5:28.23
John Stokes	5:51.30
Tom Byrnes	5:52.77
M55 Stan Edelson	6:05.09

<b>Finger Lakes RC Indoor Meet Ithaca, NY; Dec. 7</b>	
<b>55m</b>	
Tim Karski 38	7.5
Howard MacMillan 71	8.5
<b>200m</b>	
Tim Karski 38	24.7
Casey Carlstrom 38	27.4
Joe Simpson 38	27.5
Jeff Juran 41	28.1
Bob Congdon 52	30.9
Howard MacMillan 71	31.9
Jeff Knutson 45	31.9
MaryJo Petry 41	39.6
<b>Mile</b>	
James Schools 32	5:00.7
Joe Daley 48	5:01.6
Joe McGee 33	5:03.6

M60 John Hurley	6:40.36
M65 Robert Kahn	6:09.61
Joseph Kernan	7:50.65
M75 William Benson	7:35.27
<b>Short Hurdles</b>	
M45 Ivan Black	10.35
<b>High Jump</b>	
M45 Ron Salvio	1.47
Ivan Black	1.42
Dave Friedman	1.22
M60 John Hurley	1.17
W30 Edna Crawley	1.32
<b>Pole Vault</b>	
M45 Ron Salvio	2.59
<b>Triple Jump</b>	
M45 Ivan Black	10.12
Dave Friedman	8.07
<b>Shot Put</b>	
M45 Rich Dunphy	10.84
W30 Virginia Palmer	9.21
W40 Sarah Boslaugh	9.70
W55 Roslyn Katz	7.15
<b>Weight Throw</b>	
M45 Ron Salvio	7.98
W30 Virginia Palmer	9.63
W40 Sarah Boslaugh	10.53
W55 Roslyn Katz	9.51
<b>Mile RW</b>	
M50 Gary Null	7:33.23

<b>DCRRC Indoor Meet Arlington, VA; Jan. 11</b>	
<b>Men's Masters Mile</b>	
1 Paul Ryan 47	4:54
2 Terry McLaughlin 37	4:57
3 J.J. Wind 47	5:06
4 Jack Barrar 46	5:10
5 Dante Ciolfi 42	5:13
6 Brian Bradley 41	5:19
7 Brent Ayer 42	5:20
8 Bill Weaver 44	5:21
9 Walter Hill 46	5:28
10 Larry Cunningham 46	5:33
11 Fred Gedrich 55	6:00
12 Grant Pettrie 43	6:06
13 Peter Blank 43	6:15
<b>Open Women's Mile</b>	
1 Sascha Scott 22	5:46
2 Bernadette Flynn 40	6:05
12 Bernadette Marriott 49	7:39
<b>3000M Racewalk</b>	
1 Warrick Yeager 43	13:52.5
2 Steve Pecinovsky 43	14:18.7
4 Sal Corrallo 67	17:42.5
6 Bob Parillo 51	19:41.3
7 Denice Patterson 30	20:40
8 Rick Dean 50	21:07

<b>MAC Season Opener 168th St. Armory Manhattan, NYC; Dec. 5</b>	
<b>60m</b>	
M30 Joseph Bencivenga	8.10
M35 Alex Rivera	7.80
M45 Edward Gonera	7.20
Billy Byrd	7.90
M50 Eddie Watson	7.90
Ken Kienzle	8.30
Gilbert Sanders	8.50
<b>300m</b>	
M30 Patrick Smith	43.60
M35 Juan Castro	41.40
M40 Frederick Denworth	40.20
M45 Edward Gonera	37.90
Jesse Norman	38.90
Errol Lee	39.20
RG McDonald	42.00
M50 Ron Johnson	39.40
Thaddeus Morris	43.20
M55 Allen Watson	53.30
M60 Cliff Pauling	45.10
John Hurley	59.40
W30 Aletha Morris	43.80
Helena Nelson	45.80
W35 Marilyn Vaughn	46.10
<b>600m</b>	
M30 Nathan Havdenscheld	1:31.60
Vincent Goodman	1:31.90
M40 Joe Gonzalez	1:39.90
M45 Robert Jackson	1:33.60
Don Hodge	1:37.20
Jose Martinez	1:43.01
M50 Walter Mosley	1:49.70
John, Jr Stokes	1:56.70
Steve Rozakis	1:59.70
M65 Joe Kernan	2:28.90
W30 Dawn Best	1:56.80
<b>1500m</b>	
M30 Grover Prince	4:42.30
M40 Anthony Watson	4:33.10
Merrell Noden	4:52.90
Herb Medina	4:56.40
Seth Okrend	4:58.60
Victor Rodriguez	5:20.80
M45 Remulus Dellavalle	4:45.60
Ron Salvio	5:22.90
M50 Victor Diaz	4:55.10
Tom Byrnes	5:26.90
M60 Steve Kozakis	5:47.50
Cliff Pauling	5:49.10
John Hurley	6:22.60
M65 Robert Kahn	5:40.80

<b>MAC New Balance Indoor Classic, 168th St. Armory NYC; Dec. 12</b>	
<b>60m</b>	
M30 Joseph Bencivenga	8.08
M35 Alex Rivera	7.99
M40 Steve Steven	8.08
M45 Jesse Norman	7.72
Dave Friedman	9.34
M50 Ron Johnson	7.81
Thaddeus Morris	7.89
Ken Kienzle	8.64
M60 Richard Rizzo	8.70
Cliff Pauling	8.73
W30 Althea Morris	8.35
Edna Crawley	9.25
Dawn Best	9.27
W35 Marilyn Vaughn	8.88
<b>400m</b>	
M30 N Havdenscheld	56.49
Ed Papo	57.64
Bo Petkovich	1:07.09
M35 Kirt Makita	59.21
Juan Castro	59.41
M40 Keigh Royster	55.56
M45 Edward Gonera	54.69
Francis Schiro	55.77
Paul Mascali	58.56
M50 Ron Johnson	55.52
Frank Handelman	1:01.65
M55 Edward Small	1:01.13
M60 Cliff Pauling	1:03.64
W30 Althea Morris	1:02.21
Charlene Landron	1:06.40
Dawn Best	1:09.40
W40 P Dickson-Taylor	1:07.47
W45 Mary Rosado	1:14.64
<b>800m</b>	
M30 Ken Martin	2:25.88
M40 Joe Gonzalez	2:18.18
Herb Medina	2:20.22
Seth Okrend	2:20.94
<b>Mile</b>	
M30 Charles Weeks	5:35.40
Joseph Corcoran	5:38.40
Carlos Font	5:45.01
M35 Jorge Hernandez	4:47.49
Doug Miller	4:49.38
Jim Celson	5:08.51
M40 Anthony Watson	4:52.38
Adrian Sterrett	4:58.01
James McFarlane	5:09.17
M45 Tony Plaster	5:10.17
M50 Victor Diaz	5:28.23
John Stokes	5:51.30
Tom Byrnes	5:52.77
M55 Stan Edelson	6:05.09

<b>Finger Lakes RC Indoor Meet Ithaca, NY; Dec. 7</b>	
<b>55m</b>	
Tim Karski 38	7.5
Howard MacMillan 71	8.5
<b>200m</b>	
Tim Karski 38	24.7
Casey Carlstrom 38	27.4
Joe Simpson 38	27.5
Jeff Juran 41	28.1
Bob Congdon 52	30.9
Howard MacMillan 71	31.9
Jeff Knutson 45	31.9
MaryJo Petry 41	39.6
<b>Mile</b>	
James Schools 32	5:00.7
Joe Daley 48	5:01.6
Joe McGee 33	5:03.6

<b>U. of Arizona Winter All-Comers M50+ Age-Graded 60m Tucson; Dec. 6</b>	
<b>Time A-G%</b>	
Milt Silverstein 78	9.1 100
T D Tomkins 80	9.5 98
Fred Kjer 60	8.3 92
Larry Armstrong 56	8.6 88
Charlie Bowles 57	8.7 86
Juan Martinez 63	9.2 85
Gary Cox 55	8.7 85
Tony Chavez 56	8.8 84
Bud Hamilton 67	9.7 77

<b>INTERNATIONAL</b>	
<b>Match-5 Indoor Meet (Russia/Ukraine/Belarus/St. Petersburg/Moscow) Vladimir Kutz Stadium Moscow; Dec. 13-14</b>	
<b>60m</b>	
M30 A Krekoten	7.0
M35 A Ribakov	7.1
M40 N Dantsevich	7.3
M45 A Bobrov	7.4
M50 S Sauliak	7.3
M55 V Fefelov	7.9
M60 A Romanov	7.9
M65 A Pridus	8.8
M70 N Metelkin	8.8
M75 A Erochov	10.0
M80 V Hachkardgi	11.4
W30 H Zaitceva	8.6
W35 H Alikulova	8.1
W40 T Potapova	8.2
W50 N Sedinkina	9.6
W55 E Sinitca	10.8
W60 N Aseeva	10.4
W65 M Klimentko	10.6
W70 L Sokolova	12.7
<b>200m</b>	
M30 A Krekoten	24.0
M35 A Ribakov	24.0
M40 A Poselenov	24.2
M45 V Antropov	25.5
M50 E Nikolaev	27.0
M55 V Fefelov	27.0
M60 V Saraev	28.1
M65 A Girmudus	30.0
M70 P Prudnikov	37.5
M75 A Erochov	33.8
W30 H Zaitceva	29.3
W35 I Romanova	28.5
W40 S Kazarina	29.2
W50 M Kislevitch	31.7
W55 E Sinitca	39.3
W60 N Aseeva	41.8
W65 V Shapkina	39.0
<b>400m</b>	
M30 V Kravtchenko	55.5
M35 A Ribakov	54.3
M40 A Poselenov	53.6
M45 P Kornienko	56.7
M50 V Govorov	63.9
M55 V Fefelov	60.7
M60 B Feodorov	65.0
M65 S Kudriashov	72.6
M70 N Metelkin	75.9
M75 L Nemov	81.7
M80 V Hachkardgi	94.0
W30 H Zaitceva	66.6
W40 N Izvekova	66.4
W50 G Ahmadullina	87.0
W55 R Vasina	73.9
W60 A Shemetova	85.8
W65 L Orlova	80.0
W70 N Naumenko	92.7
<b>800m</b>	
M30 O Lisenko	2:14.6
M35 A Kuzmin	2:08.8
M40 V Flentn	2:09.4
M45 P Kornienko	2:09.6
M50 Y Jaroshenko	2:13.4
M55 A Maliy	2:13.9
M60 A Prisiashniuk	2:20.1
M65 V Petrov	3:08.4
M70 Y Rozenbaum	3:30.2
M75 L Nemov	3:12.7
M80 A Medvedev	4:06.1
W35 I Guseva	2:2



Continued from previous page

M50 Harv Goldstein	81:53
Ben Dyer	84:16
Dan Turner	84:49
M55 John Haubert	87:58
Mike Brownley	90:24
Robert Bruce	92:20
M60 Tom Ray	96:22
Bill Spruill	98:07
M65 Lee Cooper	1:47:27
George Garrow	2:21:14
M70+DixonHemphill	72:14:52:28
Robert White 74	1:52:40
Cokey Damian 78	2:02:46
W40 Cecil Astrop	86:24
Sheri Segal	87:17
Sharon White	89:59
W45 Barb Mathewson	90:51
Linda Gulick	93:09
Peggy Frederick	99:26
W50 Jeanne Kruger	93:29
Barbara Biasi	1:44:53
Barbara Ivey	1:46:16
W55 Kathy Lewis	1:47:28
Pauline Ely	2:10:35
W60+Tami Graf 61	1:54:28
Pat Ewell 64	2:03:25

-5K--

**Overall**

Dan Tepovich 18	16:11
Julia Smith 29	19:49
M40 James Goggin Jr	18:18
Jerry Schenck	20:29
Wes Sheppard	20:57
M45 Rick Platt	16:53
Rob Astrop	18:51
David Cutler	20:24
M50 Ken Clark	20:49
Cecil Davis	20:59
George Fenigsohn	21:28
M55 Bob Wright	19:06
Bob Spencer	21:43
Jim Hickey	22:14
M60 Chan Robbins	19:19
Bob Ferguson	21:04
M65+John Cholish 68	23:57
John Anderson 65	25:37
Sam Stephens Jr 68	30:23
W40 Susan Cieslak	23:10
Nanette Phillips	26:08
Angela Cooper	26:12
W45 Ginny Maxwell	24:39
Leslie White	29:11
W50 Margaret Halley	32:54
Callie Edlich	37:36
W55+Mitzi Humphrey 61	41:39

**WZYP Rocket City Marathon  
Huntsville, AL; Dec. 13**

**Overall**

Greg Olszowik, 31, IL	2:26:07
Cindy Keeler, 40, FL	2:44:09
M40	
Antoni Niemczak PO	2:28:27
Robert Yara TX	2:30:16
Uniy Mikhaylov RU	2:36:18
Marc Romine MO	2:40:46
Michael Fuller VA	2:42:22
Kevin Moats GA	2:45:21
Lanny Doan VA	2:45:22
Michael Allen AL	2:49:02
Steve Butler AL	2:54:55
Bryan Jahnke MI	2:57:16
Henri Richard AL	3:03:13
Joe Hildebrand IL	3:05:05
Robert Ramser KY	3:05:27
Tim Lynch OH	3:07:57
John Trump KY	3:10:45
Danny Philpott FL	3:10:55
For. Callicut AL	3:11:43
Dennis Deyoung TN	3:12:04
Joe Wallace AL	3:13:44
Fred Sheats GA	3:14:24
Aubrey Henley KY	3:17:29
John Birge IN	3:17:30
Alexander Steel AL	3:17:41
Rh. Rodenhause AL	3:17:45
Steve Dorrough AL	3:18:45
David Beale TN	3:19:02
Rick Happle FL	3:19:05
Mark Stevens KY	3:19:53

M45

Doug Kurtis MI	2:29:37
Terry McCluskey OH	2:36:41
Gary Romesser IN	2:47:00
Terry McCullar AL	2:54:06
David Borlik TN	2:55:08
Rob Simbeck TN	2:57:28
Duane Wolff KY	3:07:25
Juan Moreno TN	3:08:11
Terry Lueders IL	3:09:18
John Broshers FL	3:09:26
Gary Grace AL	3:10:33
Michael Mathis KY	3:12:28
David Major AL	3:14:13
Dale McCuiston IN	3:14:19

Dan Lindley IL	3:14:42
Irwin Greenbaum MI	3:15:03
Iman Majid AL	3:15:32
John Whitlock AL	3:16:04
Robert Bachus GA	3:16:39
Guilio Pesca AL	3:16:43
Fran. Rodriguez NJ	3:17:56
M50	
Gary Julin NE	2:57:15
Jeffrey Hawkins AL	3:03:37
Ron McCrerey TN	3:09:30
Harvey Kunz NE	3:16:28
Dick Franklin AL	3:17:29
Gene Hartsfield AL	3:21:12
Ed Brice MA	3:30:18
Richard Dammer GA	3:31:32
Roger Quick AL	3:32:58
Doug Mathews GA	3:37:15

M55	
Peter Warner NC	3:18:22
Jerry Harris NC	3:20:28
Sammy Morris AL	3:21:07
Paul McCain AL	3:28:57
Andrew Kotulski NJ	3:31:09
Ben Fox AL	3:32:27
John Trabalka TN	3:32:43
David Knudson KS	3:35:10
Paul Hargrave FL	3:35:35
M60	
Raymond Mattle AL	3:30:21
Kelly Stinson AL	3:32:53
Ken Mitchell KS	3:40:07
Bill Tushaus MO	3:42:50
Ray Langton TN	3:42:57
Don Clark GA	3:44:59
George Nelson AL	3:48:26

M65	
Lou Joline MO	3:26:21
Gresh Downs AL	3:35:55
John Renaud MI	3:40:25
Joe Killen TN	4:16:22
Grady Edwards AL	4:22:07
Norm Frank NY	5:29:09
M70	
Joe Conrad FL	4:08:06
Ray Westgate AL	4:11:25
Ken Robinson TN	4:37:17
Michael Dooley AL	4:55:00
Les Longshore AL	4:58:07

W40	
Cindy Keeler FL	2:44:09
Jeanne Olash KY	2:59:29
Patti Minton GA	3:25:08
Sarah Bowen TN	3:26:48
Gail Leedy KS	3:30:06
Sheryl Crawford AL	3:31:06
Susan Woodward GA	3:44:59
Leda Riley TN	3:48:19
Jean. Hazleton AL	3:52:07
Beth Llewellyn TN	3:57:55
Jeanine Carlson MA	3:58:44

W45	
Judith Hine GA	3:01:56
Vicki Crisp TN	3:15:05
Suzanne Kurtis MI	3:54:35
Marlene Atwood GA	4:01:47
Cheryl Ibarra AL	4:04:36
Jenny Rosenberg TN	4:06:14
Marty Jones KY	4:06:35
Kathy Gray AL	4:09:04
Rhea Kinser KY	4:11:54
Ellen Liauba NJ	4:19:01
W50	
Nina Bovio MI	3:29:09
Gail McCaslin NC	3:41:34
Margie Rogers KS	3:51:06
Ester Brown TN	4:29:29
G. Marrero MS	4:31:45

W55	
Heather Yeowell NC	3:48:31
Eliz. Watkins MS	4:12:52
Marge Potter CN	4:27:28
Anne Park AL	4:29:50
Mary Thompson SC	4:35:00
W60	
J. Hodges-Hite GA	3:59:37
Wen-Shi Yu NY	4:21:01
Barbara Meyer AL	4:22:33
Carolyn Defonso KS	4:37:08
Dot Richter AL	4:45:56
W70	
Lynn Edwards NC	6:01:39

**SOUTHWEST**

**Dallas White Rock Marathon  
Dallas, TX; Dec. 7**

<b>Overall</b>	
Emelio Gonzalez 35	2:26:02
Ena MacPherson 38	3:07:21
M40 Jeff Roth	2:40:56
Matt Menemy	2:44:59
Terry Marcott	2:48:45
Derrell Davis	2:53:26
R A Pennington	2:53:50
Joel Richards	2:54:16
Mark Bravo	2:55:45
Roger Fell	2:57:43
Steve Lee	2:59:52

Stephen Brennan	2:59:59
Steve Standifer	3:03:13
Sergio Alarcon	3:04:20
Lupe Rodriguez	3:04:59
John Magnan	3:05:09
Gary Stansifer	3:05:13

M45	
Wes Byerly	2:48:01
Bill Bosmann	2:52:11
Craig Wanner	2:53:02
Ken Koestner	2:53:37
Clive Forrester	2:56:36
Fred Pedersen	2:59:10
Jesse Garves	3:00:09
L Faharendorff	3:06:34
Roger Quick	3:07:06
Joe Fennel	3:08:58
Mike Doud	3:13:31
Donnie Woody	3:14:10
David Holmes	3:14:32
Bob Lowe	3:14:53
Robert Benson	3:14:54

M50	
Richard Green	2:58:27
Arnold Cannon	3:00:36
Paul Shimon	3:02:45
Sergio Vargas	3:05:07
Bill Shaw	3:06:02
Ramon Mancera	3:09:40
Mark Hameister	3:14:03
David Cromer	3:14:37
Randy Rendon	3:17:24
Miguel C Mendez	3:17:25
Frank Bright	3:18:13
Butch Eichholz	3:21:57

M55	
J C Sanford	3:04:30
Bill Blackburn	3:11:56
Glenn Lumry	3:14:02
Mike Bender	3:15:00
Cary Howard	3:15:47
Sam Carey	3:16:36
George Eastes	3:28:01
Manuel M Calles	3:32:07
Doug Jochum	3:32:10
Carlos M Alanis	3:33:00
Pietro Maugeri	3:34:56
Hector Zarate	3:34:56

M60	
John Samson	3:24:34
Jack Henney	3:29:04
John Steger	3:30:01
Ray Nelson	3:34:21
Bill Gillett	3:44:30
Norman Pittenger	3:49:37
Don Potter	3:55:25
Tom Briggs	3:58:40
M65	
Beacham Toler	3:58:13
Billy Marti	4:06:04
Jesse Real	4:06:49
Len Hall	4:40:26

M70+Joe Brandstetter	4:57:45
Ted Brewer	5:05:54
Manuel Llanguno	5:13:35
W40 Vickie Luebbers	3:24:41
Kathy Phillips	3:31:56
Lisa Gerard	3:32:27
Lesia Hasan	3:34:31
Cindy Mann	3:36:12
Donna Weston	3:37:32
Karen Call	3:41:24
Carol Roehrig	3:42:14
Mari Rohr	3:44:39
R Lowrance	3:45:40

W45	
Betty Ackerly	3:38:43
K Ingraham	3:41:11
Darlene Hess	3:42:17
Joanne Jackson	3:46:04
Yoko Kumakura	3:47:01
Jeannie McDaniel	3:48:52
Linda Wylie	3:50:52
Barbara Arveson	3:52:40
W50	
Isabel de Zamora	3:26:29
Joanne Turner	3:59:35
Betty Cannon	4:12:06
Mary Craig	4:31:16
Jerry Nallon	4:32:35
Bernice Matthias	4:34:08

W55	
Marcia Balthazor	4:32:52
Lisa Clapsaddle	4:36:35
Judi Harding	4:43:30
Mary Richardson	4:55:01
W60	
Mary Ann Miller	4:10:29
Vera Zerger	4:19:40
W65	
Pat Brandstetter	5:52:50



**WEST**

**California International  
Marathon  
Sacramento, CA; Dec. 7**

**Overall**

Abderazzak Haki 27	2:16:31
Grace Chabet 30	2:40:30
M40 J Tibaduiza	2:32:35
Richard Flores	2:36:00
Harry Johnson	2:41:30
M45 Leonard Hill	2:41:21
Ronald Kubokawa	2:48:30
Sylvester Franklin	2:49:40
M50 Ty Schmalz	2:50:40
John Tolton	2:53:41
Dwight Cornwell	2:55:09
M55 Kim Layton	2:53:55
Joe Hurtado	3:02:49
Floyd Whiting	3:06:38
M60 Hugo Badgett	3:15:30
Marv Rexius	3:16:45
Bernie Hollander	3:23:00

M65	
Bill McChesney	3:37:27
Dick Yaeger	4:04:38
Marion Carter	4:06:20
M70 Frank Rodriguez	5:26:03
Robert Herrera	6:23:53
M75 Stan DeMartinis	5:11:43
W40 Kim Rupert	3:05:48
Mary Cooper	3:15:49
Mo Bartley	3:20:59
W45 C Philomena	3:01:49
Eunice Phillips	3:05:22
Darlene Wallach	3:19:40
W50 Joan Keeney	3:22:36
Toni Belaustegui	3:32:24
Jessie Stratton	3:36:05
W55 Rusty Barnett	3:45:04
Judy Shipman	3:50:27
Pat Brayman	3:59:16
W60 Sylvia Quinn	3:38:53
Khartoon Brown	4:06:54
Micki Kaderabek	4:38:18

**Honolulu Marathon  
Honolulu, HI; Dec. 14**

**Overall**

Eric Kimaiyo 28	2:12:17
Svetlana Vasilieva 27	2:33:14
M40 Harufumi Mori	2:33:07
Fujio Aoki	2:40:50
Alton McLendon	2:41:16
Miguel Tibaduiza	2:42:06
Armando Silva	2:44:49
Richard Were	2:45:03
Seichi Kawashima	2:47:06
Mark Shonter	2:47:21
Masashi Oi	2:47:59
Jim Eastman	2:48:41
M45 Yoshihisa Hosaka	2:32:52
Michael Georgi	2:41:15
M50 Jack Miller	2:47:38
Jitsuo Morimoto	2:47:44
N Morimoto	2:49:28
W40 Taeko Otani	3:08:50
Barbel Halfmann	3:15:41
Kazuko Moriyasu	3:19:17
Connie Fanelli	3:21:37
Mary Breton	3:24:23
Judith Fierro	3:25:34
Gail Stone	3:26:34
Jutta Baehr	3:27:23
Mayumi Tokunaga	3:27:34
Jackie Collins	3:27:43
Cathy Fitzgerald	3:30:46
Candas Smiley	3:32:42
Lynn Shaw	3:33:29

W45 M Matsumura	2:57:11
Taeko Otani	3:08:50
Tomoko Nomura	3:09:18
Rose Pals	3:16:24
Miwako Kawanabe	3:22:07
Lan Corwin	3:24:46
Valerie Wheadon	3:24:49
W50 Toyoko Maeda	3:16:48

**INTERNATIONAL**

**Dutch Championships  
Marathon  
Etten-Leur; Oct. 26**

M40 M Luytgaarden	2:36:49
M45 Wim van Dijk	2:34:39
M50 Johan Luyben	2:49:19
M55 Giel Koom	2:41:25
M60 Willem Landman	3:08:07
M65 Jan de Bruijn	3:22:13
W35 Ellen Abringh	3:54:56
W40 Marja Riegen	3:19:14
W45 Elly Liefink	3:10:08
W50 Ria Sleutjes	3:04:01

**RACEWALKING**

**Gran Prix #1 - 5K Racewalk  
Central Park, NYC; Nov. 23**

**Overall**

Anatoly Gorshkov 39	20:53
Valerie Silver 33	25:21
M30 A Gorshkov 39	20:53
M40 Gary Tunn 47	30:01
M50 Rifkhat Sultanov 52	25:11
M60 Bob Barrett 63	28:27
M70 Len Scheer 72	34:44
W30 Valerie Silver 33	25:21
W40 Nadia Dimitrov 47	31:12
W50 Julie Ora 58	34:31
W60 Rhoda Green 64	31:47
W70 Joan Rowland 71	36:45

**Gran Prix #2 - 5K Racewalk  
Central Park, NYC; Nov. 30**

**Overall**



# 1998 NATIONAL MASTERS INDOOR TRACK AND FIELD CHAMPIONSHIPS

Reggie Lewis Track and Athletic Center, Boston, Massachusetts

March 27 - 29, 1998

Presented by USA Track & Field - New England



**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 8, 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.

**FACILITY/IMPLEMENTS.** 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: (800) 888-5515

**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.**

**FRIDAY MARCH 27**

**3:00 pm Registration**

**TRACK**

**4:30 pm 3000 Meters All**

**FIELD**

**4:00 pm Pole Vault Men 60+**

**Weight Women**

**Triple Jump Women**

**6:00 pm Pole Vault Women**

**Weight Men 60+**

**Triple Jump Men 60+**

**SATURDAY MARCH 28**

**8:00 am Registration**

**TRACK**

**9:00 am 60 Meters Trials, All**

**11:00 am 60 Meters Finals, All**

**11:45 am Mile All**

**2:00 pm 400 Meters All**

**4:00 pm 60 m. Hurdles, Trials/**

**Finals, All**

**5:00 pm 4 x 800 m Relays, All**

**FIELD**

**9:00 am Shot Put Women**

**Shot Put Men 50-59**

**Long Jump Men 30-39**

**10:00 am Pole Vault Men 40-49**

**Long Jump Men 40-49**

**11:00 am Shot Put Men 40-49**

**Shot Put Men 70+**

**Long Jump Men 50-69**

**12 noon High Jump Men 30-39**

**High Jump Men 70+**

**Pole Vault Men 50-59**

Saturday, March 28 - continued

**1:00 pm Shot Put Men 60-69**

**Shot Put Men 30-39**

**1:30 pm High Jump Men 40-49**

**High Jump Men 60-69**

**Long Jump Men 70+**

**2:00 pm Pole Vault Men 30-39**

**2:30 pm Weight Men 50-59**

**3:00 pm High Jump Men 50-59**

**4:00 pm Long Jump Women**

**4:30 pm Weight Men 40-49**

**6:00 pm Weight Men 30-39**

**TBA General Meeting**

**SUNDAY MARCH 29**

**8:00 am Registration**

**TRACK**

**9:00 am 3000 M. Racewalk All**

**11:00 am 200 Meter Trials, All**

**1:00 pm 800 Meter Final**

**3:00 pm 200 Meter Final**

**3:30 pm 4 x 400 M Relays, All**

**FIELD**

**10:00 am Triple Jump Men 30-39**

**Superweight Women 60+**

**to follow Superweight Women 30-59**

**to follow Superweight Men 70+**

**High Jump Women**

**11:00 am Superweight Men 60-69**

**to follow Superweight Men 50-59**

**to follow Superweight Men 30-49**

**11:30 am Triple Jump Men 40-49**

**1:00 pm Triple Jump Men 50-59**

**COMPETITION/ORDER.** Women followed by men, oldest to youngest. Age groups may be combined to fill sections. Starting heights will be determined by facility equipment. If the number of entrants in an age-group does not exceed the number of available lanes, preliminary rounds of the 60 meters, 60 meter hurdles, and 200 meters will be eliminated; finals only will be run as scheduled. **NOTE** that field event starting times may need to be adjusted due to the size of fields.

FinishLynx Automatic Timing

**MEET INFORMATION** Call USA Track & Field-New England at (617) 566-7600 <http://www.coolrunning.com/usatf.htm>

**ENTRY FEE:**

**\$25 for first event.**  
**\$15 each additional event.**  
**After March 8, a late fee of \$10 per event will be added.**  
**After March 20, no entries, changes and/or additions will be accepted.**  
**Faxed entries will not be accepted.**

**PAYMENT:**

**Make checks payable to USATF - NE, US funds only, drawn on a US bank.**  
**All fees must be paid prior to the meet**

**MAIL TO:**

**National Masters Indoor Championships**  
**USATF-New England**  
**P.O. Box 1905**  
**2001 Beacon Street, Suite 207**  
**Brookline, MA 02146.**



1998 USATF NATIONAL INDOOR TRACK & FIELD CHAMPIONSHIPS ENTRY FORM

First Name \_\_\_\_\_ Last Name \_\_\_\_\_  
 Address \_\_\_\_\_ City/State \_\_\_\_\_ Zip \_\_\_\_\_  
 Telephone \_\_\_\_\_ Club/Affiliation \_\_\_\_\_  
 Male/Female \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age (as of 3/27/98) \_\_\_\_\_ 1998 USATF number \_\_\_\_\_

Event	Best Recent Performance	Fee
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____

T-shirt order (pre-event only)

S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_

**Total Entry Fees:** \$ \_\_\_\_\_

**Total:** \_\_\_\_\_ shirts x \$12 = \$ \_\_\_\_\_

**Friends' Contribution:** \$ \_\_\_\_\_

**TOTAL ENCLOSED** \$ \_\_\_\_\_

**All fees must be paid prior to the meet. Faxed entries will not be accepted.**

**WAIVER 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 administrators 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 their representatives, successors and assigns for any and all 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: \_\_\_\_\_