Martin, Olash Win by More than an Eyelash in Rocket City Marathon

by JIM OAKS
HUNTSVILLE, Ala. — The WZYP Rocket City Marathon, conducted each winter by the Huntsville Track Club, has a long history of high quality and outstanding masters fields. But in recent years it has gained an unwanted reputation for less-than-ideal weather conditions. Saturday morning, Dec. 12, 1998, was no exception.

However, the cold rain and late-race head wind were not significant problems for 40-year-old Jeff Martin, Huntington Woods, Mich., nor 41-year-old Jeanne Olash, Louisville, Ky. Martin, in his first race in Huntsville, took the male masters title in 2:34:11. Olash improved her 1997 performance by one position to win the female masters crown in 3:01:05. Each won $1500 for their efforts.

Martin, a native of Canada, teaches exercise and sport psychology at Wayne State University in Detroit. His race in Huntsville produced his second masters title in three months. He had won the Detroit Free Press Marathon in 2:35:18 in October. Martin’s competition in Huntsville was stronger than he had faced in Detroit. The line-up included three former Rocket City winners: Robert Yara, 43, San Antonio; Doug Kurtis, 46, Northville, Mich.; and Gary Romesser, 48, Indianapolis, Ind.; along with one of the top current Southern masters runners, John Taylor, 41, Atlanta.

Even though Kurtis does not now consider himself a "serious" marathon competitor, he still had Martin guessing in the early stages of the race. "I caught Doug around the five-mile mark and told him I thought he had retired from marathoning," Martin said.

Kurtis was not the only master who led Martin. At the halfway point, Yara and Taylor were both about a minute up on Martin, who was then running

Continued on page 10

Hamalainen, 52, Takes Masters First in National 50-Miler

by JOHN WELCH
HUNTSVILLE, Texas — Masters athletes made quite a splash for themselves, literally, in the mud at the Sunmart Texas Trail Endurance 50-Mile & 50K/USATF National Masters Championships at Huntsville State Park, located 60 miles north of Houston, on Dec. 12.

With a sizable number of masters among the 977 entrants from 41 states and six foreign countries, the competition took on a new sense of urgency on a day nearly perfect for ultramarathoning, with temperatures in the mid-40s and a negligible wind. Although a bit muddy from several days of soaking rain prior to the event, the altered route, designed by Race Director Norm Klein, seemed to be right up Jussi Hamalainen’s alley. The Finnish-born Hamalainen finished

Continued on page 12

Third ILC Starts to Take Shape

The Indy Life Circuit, sponsored by the Indianapolis Life Insurance Company, returns for its third year in 1999 with a slate of eight races and $76,600 in race prize money (masters overall and age-graded), plus a $50,000 grand prize purse. The Outback Classic 12K, Orlando, Fla., on Feb. 20, opens the 1999 ILC season. More races are expected to be added to the Circuit shortly.

Like last year, the distances will range from 5K to the marathon; each Circuit race will offer at least $2500 in masters prize money per gender, and there will be a $50,000 grand prize purse — $22,000 masters division and $28,000 age-graded division. For 1999, the grand prize purse money will be available to more runners — four deep in the masters overall standings and ten deep in the age-graded standings (top eight in 1998) See Schedule, National LDR, for ILC races.

ILC Scoring Rules
1) To score ILC points, an athlete must be a) a member of USA Track & Field prior to the competition, b) 40 years of age or older and must provide...
The official website of U.S. Masters News provides valuable insights and updates for masters track & field, long distance running, and racing. The site features content such as event listings, rankings, and editorials. Below are some highlights:

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DRUG TESTING

The question was raised in the January Write-On that an On The Run column by me suggested there was no drug testing at the WAVA World Veterans Championships in Durban.

I didn’t mean to imply there was no drug testing in Durban or Buffalo, only that the testing was inadequate and more likely to catch the innocent than the guilty.

We’re only now learning what the East Germans were doing back in the 1970s. And who knows what the Chinese have been doing?

The much more organized procedures used to detect drug use by Olympic-level athletes fails to catch the most sophisticated cheaters. Passing a drug test conducted every other year when you expect it doesn’t prove much. Money spent by WAVA to placate the IAAF is like pissing down a rat hole. I’d rather see the cash used to promote the sport than for a system proven not to work.

Hal Higdon
Long Beach, Indiana

RESURRECTION OF A TRADITION

The Delray Beach, Fla., Holiday Weight Pentathlon is a tradition which had lapsed. This year’s Len Olson Holiday Weight Pentathlon on Dec. 27 resurrected the tradition.

Weight pentathlon pioneer Phil Partridge started the tradition in the early ’80s when he retired and moved to Delray Beach from New York. He figured that many throwers would be off work between Christmas and New Year and might want to vacation in Florida, especially with an attractive competition to lure them to the winter sun. He teamed up with Randy Cooper, the vice-principal at Atlantic High School.

It was successful in drawing many throwers from out of state, including such competitors as Bob Richards, Al Oerter, Brian McKenna, Len Olson, Pay Carstensen, and others. The annual tradition continued until about seven years ago. Partridge, suffering some physical incapacities from his 80 years, discontinued the holiday meets.

This year, Partridge decided to resurrect the tradition, naming the meet for competitors. He chose Len Olson as the namesake for this year’s meet. Appropriately, Olson’s 4694 points was the high score among the nine competitors. Partridge was unable to attend due to illness of his wife, Elizabeth, but Randy Cooper directed the meet. A worthy tradition was reborn.

Lorraine Quinn
Leesburg, Florida

TIM DICKENS

Tim Dickens died on Dec. 21 at the age of 51. Charming, urbane, kind, and gentle, Tim was a psychiatrist with a special interest in the adolescent. He was also a fine competitor in the 200 through the 800.

He’d undergone surgical excision of one eye because of ocular melanoma several years ago. In 1996, the cancer spread to his liver. Still, Tim continued to see patients, to train and compete, to become president of the Philadelphia Masters, and, in general, to keep acting as if nothing had happened. After the eye surgery, for example, he’d asked whether there were any races for “one-eyed runners.”

Tim’s final track performances were remarkable. On Jan. 11, 1998 he ran the 300m indoors at Swarthmore College in “45 and change.” Afterwards, Tim told me quite proudly that his time wasn’t bad for someone with metastatic cancer.

On July 1, Tim ran a brilliant 26.6 seconds in the 200 at Germantown Academy in Fort Washington, Pa. But in the fall he declined rapidly, and when I saw him on Oct. 25 at the Philadelphia Masters runners’ pentathlon he was dreadfully thin (he didn’t compete).

On Dec. 13, Tim was taken to the Philadelphia Masters indoor meet at Haverford College. He was in a wheelchair. Eight days later he died peacefully at his home in Blue Bell, Pa.

As a runner, Tim was intense but elegant, smooth, and in love with the sport. He was very British in speech, despite 25 years in this country, tall, handsome, and the father of three wonderful sons. Best of all, he radiated joy and spread goodness. His warm, effusive greeting, whether on the telephone or in person, his kindness, and his wide interests, from reggae music to birds, from agoraphobia to poetry, were all remarkable.

Tim appeared to perform good works with no effort, whether helping someone get needed medical care, rendering some sage advice about coping with life’s problems, or winning over an athletic director who might be skeptical of the masters – it didn’t matter. I imagine he secretly thrilled when he thought of all the good he did, just as I know his heart rejoiced when he arrived at a track meet, whether as a competitor or observer.

At Tim’s memorial service on Dec. 27, in the spacious chapel of the Chestnut Hill Academy in Philadelphia, they ran out of seats for those who gathered to remember, to mourn, and to sing his praises. Remembrances in his name may be made to the Wissahickon Hospice, 8835 Germantown Avenue, Philadelphia, PA 19118.

Peter Taylor
Fairfax, Virginia

OUTSTANDING ATHLETE

As always, I truly appreciate reading about my fellow competitors, but was surprised by the USATF Masters Track & Field Committee’s selection of the 1998 M50-54 outstanding athlete. Curtis Wilson, Jr., was a solid selection with his two firsts in the 400 and 800. But did everyone forget about Chris Yorges, a four-time national champion this past year?

Chris was national champion in the indoor mile and placed second in the 3000 in Boston. Then he went on to take first in the toughest middle-distance triple of the 5000, 3000 steeplechase, and 1500. In each race, Chris took on all-comers regardless of age or stature and demonstrated true grit. His races in the steeple and 1500 were some of the most competitive battles at Orono, Me.

Congratulations to Curtis Wilson and the rest of the selectees. And way to go, Chris Yorges – your toughness at the Outdoor Nationals was truly inspirational and did not go unnoticed.

Pat Wagner
Oak Harbor, Washington

SAN JUAN IN 2003

A group of sportsmen has been organized in Puerto Rico with the purpose of bringing the XV World Masters Track and Field Games to the San Juan metropolitan area in the year 2003. This will be an opportunity for all my masters friends around the world to spend a glorious vacation in Puerto Rico with their families.

Please talk to your respective country delegates to sign San Juan, Puerto Rico, as the site to celebrate the XV WAVA Veterans Games.

Gilberto Gonzalez Julia
San Juan, Puerto Rico

END OF THE TRAIL

Upon returning home from the Nationals at Orono, Me., I had my yearly heart check-up. The results were very upsetting. The right aortic valve had closed down to a point where my doctor told me to quit not only running, but all heavy exercise.

After a week or two, Hermia, my wife and I made the decision to stop running and enjoy life. The thrill of running, the few rare times when everything comes together when sprinting, whether in practice or in a race, is a high that only a sprinter knows, and will be missed, along with all the friends we made along the way in 13 years of running.

The good news was on Sept. 22, 1998, I was honored to be inducted into the Texas Seniors Hall of Fame. My records will be broken – but the Hall of Fame is forever. We will miss all of you.

Tim and Hermia Murphy
Irving, Texas

MASTERS HALL OF FAME

I would like to express my thanks and gratitude to the members of the Committee which recently elected me to the USATF Masters Hall of Fame. It is quite an honor, and I greatly appreciate the recognition.

Al Sheehan
Los Angeles, California
Shull First Overall in Jingle Bell 10K

by GEORGE BANKER


"I felt strong and was hoping to break 37:00," said Shull. "I wasn't challenged. I will be doing the Houston Marathon next month. I really want to qualify for the Olympic Trials. I never did run in school or have a coach," she added.

Shull was runner-up and first master in last October's Marine Corps Marathon in 2:55:17. A sub-2:50:00 is needed to qualify.

Ofelia Perotti, 42, Kingstowne, Va., was second in 43:52. Sandra Adams, 49, Winchester, Va., defending masters winner, was third in 43:57.

Develand Campbell, 46, Lusby, Md., was first M40+ with a seventh-place 35:35. Steven Giorgis, 43, Herndon, Va., took second in 36:17. Fay Bradley, 60, Washington, D.C., was third with the best masters age-graded time of 38:21 for 85.4%. Dixon Hemphill, 73, Fairfax Station, Va., won the M70 race in 48:33.

In the 5K, Curtis Davis, 41, Gaithersburg, Md., set a masters record of 18:13. Jay Wind, 48, Arlington, Va., was second in 18:47. Nancy Glover, 48, Burke, Va., won the W40+ race with a 24:15.

Santa was spotted buying an umbrella.
As the crowd stirred in anticipation of greeting the winner, I found myself hooked up in a fierce duel with Filbert Bayi of Tanzania, the former world-record holder in the mile. I glanced over to Bayi as he was so often the smallest in our senior years. One must have the flexibility of a gymnast in order to crawl out of bed around 3 a.m. in order to get to the starting line before 4 a.m., when the police begin closing the streets to traffic in preparation for the 5 a.m. start of the race. That takes real endurance, dedication, and discipline. In the early minutes, the ever-started 2:30 and the streets were not closed to traffic.

Scaling the Rails

The media truck, a large flatbed with eight-foot high rails, is also something of a challenge, especially for those of us in our sixties or seventies. One must have the flexibility of a gymnast in order to climb over those rails and then maneuver into one of the roped-off stalls.

Since the truck moves along ahead of the runners, the best view is from one of the rear stalls; however, those stalls are always the smallest. Only some Japanese reporters can fit into them. The disgruntled reporter who ends up in the second row must then spend the entire race listening to the Japanese reporter talking on a cellular phone while giving some kind of race commentary.

What the Japanese reporter is saying is always something of a mystery, since the truck is so far ahead of the lead runners that it is impossible to see anything. Moreover, the TV people get a special truck and their vehicle blocks the view of the lowly print-media reporters.

Last year, the first time anyone on the print media really got a view of what was going on was somewhere around the ninth mile, after the vehicle had made a right turn. That allowed a right angle view of the leaders. While it was still impossible to identify any of them in the early morning darkness, one could make out that there were seven Africans and two Asians. The Africans move along with long, loping strides, the Asians with short and faster choppy strides.

Was the Question?

It’s really not until dawn breaks, somewhere around mile 22, that the reporters begin to see the leaders. On many occasions, the race has been pretty much won by that time.

Since many of the winners in recent years speak limited or no English, the next big challenge is finding someone who can interpret. After the reporter gives the question to the interpreter, the interpreter might spend an entire minute translating to the winner’s language. Then, the reply is often a simple “yes” or “no” to a question that doesn’t have a yes-or-no answer.

Writing the story presents still another challenge, especially for a reporter who wants to be accurate and is a semicentric of sorts. For example, you can’t write that 25,000 “runners” lined up for the start when there are so many joggers, plodders, trotters, frolickers, walkers, strollers, and meanderers. How do you classify the field? It would not be accurate to call very many of them “competitors” or “athletes.” And it doesn’t seem proper to refer to those who walk it as “marathoners,” even though they consider themselves as such. The best a reporter can do is to call them all “participants.”

Reporting is by no means easy these days. But having the opportunity to outkick the great Filbert Bayi makes it all worth it for me. So what if Bayi had a cast on his arm and wasn’t aware that I was racing him. I was giving away 17 years.
On and Off the Track

After a so-so season and a lackluster performance at the Nationals in Orono, Me., I watched the M60+ steeplechasers and said to myself, "I could do that. It's only 2000m and the barriers are a mere 30 inches, so you get a little wet, but you're not just running in a circle, plus you've got an audience."

Carrying it further, I mused that I had run 5Ks in the smog in Pasadena and on the dusty fire roads of Griffith Park in L.A. (not, however, in the infamous race which used nude men and women for mile markers, darn it). I ran fairly decent 1500s when I did pentathlons years ago.

Third way I train and throw does little for my cardiovascular system. I'm other throwers I know, even though I believe that size does matter, as do pentathlons years ago.

Bill Rodgers to Return to Cherry Blossom

Bill Rodgers, four-time winner of the Nortel Networks Cherry Blossom 10-Mile Race as well as four-time victor at the Boston and New York City marathons, confirmed that he will be back in Washington to try again for the U.S. 10-mile record for men 50-and-up.

Rodgers, who turned 51 on Dec. 23, ran 53:06 last year, narrowly missing the current world M50 best of 52:53 set in the 1983 Cherry Blossom by Norm Green.

Rodgers, who was champion here from 1978 to 1981, will conduct a free clinic on Sat., April 10. The race is scheduled for Sun., April 11, during the National Cherry Blossom Festival.

"Bill was disappointed last year when a head wind over the last half of the course prevented him from getting the record," said event coordinator Phil Stewart. "This year, the participants and spectators alike can cheer Bill's latest attempt, and everyone hopes the weather will cooperate."
Plantar Fascial Tear

I am a 69-year-old man who recently started running the sprints for the first time since my college days. I had been running long distance until this year. While working out two months ago, I was running a 320 when a flash of pain hit me in the arch of my left foot to my heel. It continues to hurt, particularly while walking. I have put off seeing a doctor, but may have to do so soon. It felt like it was a hit me in the arch of my left foot to my heel. It feels like a strain, but now feels like a bone spur.

It sounds like you gave a plantar fascial tear or strain. This is a common injury in runners. It occurs in 14% of all the runners we see. With the older runner, there could also be a bone spur. This is called bone spur-plantar fasciitis syndrome.

Don’t worry too much about the spur. Your pain is probably coming from the partial tear to the plantar fascial insertion at the heel spur site. Obviously, you should see a sports podiatrist to determine if there is a bone spur. This is done through x-ray. You will also need an accurate diagnosis.

If it is plantar fasciitis, there are several things you can do. One is rest. Although one has to rest several weeks, most runners will not tolerate this. I would first try some physical therapy. This would include heat and ultrasound. Stretching the Achilles is good, as is a night splint.

Hot water soaks on a daily basis bring blood into the area and stretch out the fascia. You should have your podiatrist show you how to tape strap your foot. This will relieve the strain to the fascia.

If all else fails, we have very good results with steroid and Lidocaine injections into the scar tissue area of the fascial tear.

Once the symptoms have reduced, you may have a biomechanical examination performed to see if there is any type of foot deformity aggravating the fascia. Often, a good running orthosis will reduce pain and allow you to continue your running program. You will need a good pair of training flats to cushion and protect the heel area. If all else fails, a surgical release of the fascia can be performed.

(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 50998, Eugene, OR 97405.)

Official USATF Uniform Chosen

England and Associates/ON TRACK were chosen as official suppliers of USATF masters uniforms at the USATF Convention held in Orlando in December. The group was awarded the bid on the merits of an apparel line that stays the same year after year, a sharp design presentation, and the ability to distribute from a known track and field supplier who processes both cash and credit cards.

The new uniforms are manufactured by INSPORT of Beaverton, Ore., and will be distributed by direct mail from ON TRACK based in Burbank, Calif. The line consists of six pieces of competition apparel, including a warm-up suit, competition singlet, running slunks, muscle tights, and bun huggers.

There will also be five accessory pieces including team T-shirt, sweat shirt, polo shirt, baseball cap and shoulder bag. A new USA Masters Track and Field logo has been designed by renowned designer Paul Kennedy. It will be featured throughout the line in both silk screen and embroidery.

ON TRACK (1-800-697-2999) is taking pre-production orders now and hopes to be at the Indoor Nationals in March with apparel to sell. ON TRACK accepts Visa and MasterCard or prepayment by check. No C.O.D. Allow 4 to 6 weeks for delivery. Express delivery will be available on any in-stock items at an up-charge. Add $5.50 for shipping and handling per order. Add $4.00 for the sweatshirt and shoulder bag. — Gary England

Darrold Skartvedt

Darrold Skartvedt passed away Dec. 7, in Seattle, Wash., of cancer. He was 67. Skartvedt graduated from the U. of Washington in 1955, where he competed in track and was once the Pacific Coast League long jump champion. He completed a tour of duty in the U.S. Air Force, attaining the rank of captain in the reserve.

He was employed by The Boeing Corp. as an engineer for 30 years until 1986, when he opted for early retirement. Survivors include his wife, Mary, and two children, Brett and Stacie.

Skartvedt was an active masters athlete, winning age-group championships in both the decathlon and pentathlon. He held five single-age-world records for the 42" 110m hurdles and in 1997 was ranked fourth in the M65 javelin with a throw of 129-10.

M. Lloyd Houston

M. Lloyd Houston, 85, Albuquerque, N.M., passed away Dec. 24. He served as a staff sergeant cryptographer during World War II on the island of Trinidad from October 1942 to February 1946. He worked for the U.S. Forest Service for 35 years.

He was an active masters sprinter who won many medals, and was written up in New Mexico magazine and Runner's World. Survivors include his wife of 49 years, Norma Jean Houston, children and grandchildren.
Restructuring Under Way for a Dynamic Future

This year will witness worldwide preparation for the new millennium. Everyone is readying everything for a change to make the next one hundred years better. As a result of the diligent efforts of President Pat Rico, USATF, jump-started with a restructuring of the national governing body to improve operational efficiency, and CEO Craig Masback has been restaffing and reassigning areas of responsibility within the national office. Positive results are already evident.

It is important that our elected leadership fulfill campaign promises for change within USATF. As an elected administrator, I would have been remiss not to evaluate and identify areas of the masters program that could benefit from change and "restructuring." When I campaigned for the chairmanship in December '96, I spoke of change and not to evaluate and identify areas of the masters program. I plan to announce various committee appointments next month, and encourage all who have an interest in becoming more involved in the operational aspects of masters track and field and who are willing to devote the time and effort, to write me. (Address on p. 2)

will continue to evaluate, to develop an energetic and harmonious administrative team that will best serve the program.

One such change is the appointment of Scott Thorsmy of the USATF Board of Directors, replacing George Mathews. Scott will also chair a new Operational Committee, which will be responsible for the conduct of our championships. George Mathews is appointed Coordinator of Championships Site Selection.

I have also appointed Gary Miller, newly elected Vice Chair, to head up a committee responsible for producing the best meet manual for championship events. I plan to announce various committee appointments next month, and encourage all who have an interest in becoming more involved in the operational aspects of masters track and field and who are willing to devote the time and effort, to respond to me. (Address on p. 2)

EVENTS: Seminars (Conducted by author) and Marathon and Wheelchair events

Marathon designated as the Canadian Masters Marathon Championship

PRIZE MONEY: $34,000 Open and Masters Division
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For more info: Visit our Website www.mcm.ca, e-mail us at mcm@Ottawa.ca or call us at (613) 234-2227

ACTIVITIES: Seminars conducted all day Saturday, May 8, 1999. Special events include Joe Henderson, Author and Runner's World Columnist, and John Stanton, Owner and President of the Running Room.

Ottawa Citizen
National Capital Race Weekend

25th Anniversary Sponsoring

Regional USA Track & Field Offices
This is a list of the various USA Track & Field associations and the office phone/fax, or membership chair phone (if no office), as per the 1996 Governance Handbook.

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Gretchen Eastler on Physical Therapy

Gretchen Eastler is a national team member and certified physical therapist. She is the daughter of Tom Eastler, who was in charge of the racewalks at the 1998 Masters National Outdoor Championships in Maine. Below, Gretchen addresses various physical therapy procedures that athletes can use for rehabilitation from injury.

As athletes, we probably know our bodies better than the average person. I believe it is the job of every athlete who seeks treatment for an injury to be educated on treatment purposes, effects and alternative options. The purpose of my writing is to provide basic knowledge about physical therapy. I am not a sports physical therapist. I work mostly with unhealthy geriatric patients. However, many therapeutic treatments have universal applications.

Ultrasound

Ultrasound is a term heard often in the medical community. It is a name given to sound waves that are not detectible by the human ear. In physical therapy, ultrasound is a treatment technique used for soft-tissue shortening (joint contracture, scar tissue), subacute and chronic inflammation, and painful conditions such as muscle guarding and trigger-tender points. Ultrasound can also be used for wounds and warts.

Sound waves are capable of reflection, refraction, penetration, and absorption. When applied to humans, the sound waves are absorbed by various tissues with the production of heat. The advantage of ultrasound vs. superheated tissues with the production of heat.

One disadvantage of ultrasound is that the sound waves are absorbed by various tissues with the production of heat. The advantage of ultrasound is that it can penetrate up to 5 cm. beneath the level of the skin to reach deep tissues otherwise not affected by superficial heat. In addition to the therapeutic effects of heat, ultrasound also produces non-thermal effects from vibration of molecules produced by the sound waves. These effects include:

1. Separation of collagen fibers, which increases the extensibility of connective tissue, such as the joint capsule, ligaments, and tendons. (Heat also plays a role in this process.)
2. Increased membrane permeability, allowing for increased ionic exchange (nutrients, metabolites, etc.).

Fast Treatment

The advantages of ultrasound include the deep heating effect, the ability to treat a very local area, and short treatment times. The average treatment time, depending on the size of the area treated, is five minutes. One disadvantage is that there is very little sensation with sound waves, which makes treatment dosages difficult to monitor. Therapists work within ranges of intensity widely accepted to be beneficial. Another disadvantage is that pressure from the sound head can sometimes aggravate tender areas.

It is possible to use ultrasound without the effects of heat by decreasing the duty cycle of the sound waves. You would not want a heating effect if you were treating a tendinitis, as the effects of heat would aggravate this condition. Conversely, the heating effects of continuous ultrasound work really well for relaxing very tight muscles (muscle guarding) such as in low back pain.

It is impossible to explain the intricacies of ultrasound briefly, but this gives you some insight into what those probes are doing. Of course, if you are receiving ultrasound, you should ask your therapist "why" it is being used on you. A good therapist will always give you a reason for the treatment technique being used.

Rocket City Marathon

Continued from page 1

With 50-year-old Terry McCluskey, Brookfield, Ohio, Rosmesser was trailing in fifth place and would drop out before the finish. Michael Fuller, Chesapeake, Va., and Kurtis were next. As the race turned north at mile 15, Martin's fresher legs began to pay off, and he pulled in Yara and Taylor to take the title. Taylor moved past Yara in the late stages of the race to take second in 2:35:58 and the runner-up prize of $750. Yara's third place time of 2:36:59 would have earned $250, but he chose to take second place age-graded money, worth $400. Fuller finished fourth in 2:45:14, and McCluskey was fifth in 2:46:06.

Race director Malcolm Gillis added five age-graded awards to the prize money structure for masters this year, with $500 going for the best performance. Thys Bax, 52, Carmi, Ill., was the age-graded winner with a time of 2:47:41, that equated to a 2:30:37 performance.

Overall masters prize money winners could not "double dip" in the age-graded money, but had the option of taking the larger amount. The awards ceremony reminded one of the TV show The Price is Right, as masters studied the ceremony structure to see what offered the better deal. Next year Gillis plans to limit the age-graded money to masters 50 and over. That should offer more incentive to grandmasters to enter the race, and cut down on some of the confusion at awards.

Martin, a former Canadian National Marathon team member, participated in the 1985 and 1987 World Cup Marathons for Canada. He has won 13 marathons ranging from Charlotte, N.C., to Milan, Italy, and has run nine sub-2:20 marathons. His personal best is 2:16:04.

Last year, Jeane Olash's second place finish in this race was overshadowed by the outstanding performance of 40-year-old Cindy Keeler, who was the overall female winner in a new masters record time of 2:44:09.

This year the Louisville housewife and mother of three only had to contend with former two-time winner Joyce Deason, Shreveport, La., whom she beat to the finish by more than a minute. New Zealander Judith Hine was third in 3:09:44; Sheri Segal, Virginia Beach, Va., fourth in 3:12:30; and Jeanne Geurin, Mount Vernon, Ind., fifth in 3:18:04.

Olash began running after graduating from Catherine Spalding College in Louisville and has been racing about 14 years. She was born in Birmingham, Ala., but has lived in Louisville since junior high school. This was her sixth marathon. She ran her PR of 2:59:29 in her second-place finish at Rocket City in 1997.

"During the race I had no idea where the other masters were," Olash said. "A friend (Suzanne Klapheke) and I ran together for about 19 miles. She knew who Joyce Deason was and pointed her out to me. Suzanne went by her first and then I passed her, but I did not know what the rest of the masters field was like. My time goal was between 2:58 and 3:00, and we were pretty much on target around the half. We were right around 1:29. The two splits that killed me were miles 24 and 25. I had a 7:25 for mile-24 and that was too much to make up."

Entries grew by eight percent at Rocket City this year. Of the 1086 entrants, 866 made it to the finish line with more than half this number masters. Among the 476 masters finishers, 21 percent (100) were women. An increase in female race participation has been noted in all HTC races for the
Rocket City Marathon

Continued from page 10

past two years. The field in some of the shorter races has been about one-third women runners.

• Two 78-year-old runners shared the title of oldest finisher this year: John Laughlin (5:55:54), Charlotte, Tenn., and Tony Azzaro (5:55:45), Oak Lawn, Ill. Lynn Edwards, 75, Brevard, N.C., was the oldest female finisher in 5:50:46.

The Huntsville TC's Joe Francica, Richard Rodenhuser, and Steve Rice defeated the Atlanta TC's entry of Malcolm Adams, Sam Norman, and Jim Struve for the male masters team title. The HTLC's female team of Cheryl Ibarra, Janet Haenisch, and Barbara Meyer was unopposed.

• Jane Hutchison, Webb City, Mo., a five-time masters winner at this race, just missed the overall prize money with a sixth place finish in 3:19:32. However, this performance by the 52-year-old elementary teacher earned $200 in the age-graded category.

• Masters runners can accept additional overall prize money if they finish in the top 10 overall. Olash and Deason earned an additional $220 each for their eighth and ninth place finishes among the women.

• The top local female this year was 39-year-old Barbara Saunders of nearby Harvest, Ala. She ran 3:00:40 for seventh place and should be one of the favorites for the masters title next year.

Some readers provide additional support to the National Masters News by sending contributions of $25, $50 or $100 a year. If you are able, we urge you to join them. All contributors will receive a free copy of the new Masters Age Records book and will be listed in the paper as a National Masters News sustainer.

NMN Expands Web Site

National Masters News has expanded our web page and now has a private domain. We now include a home page, both the WAVA and USATF officers, All American Standards charts and applications, a review of back issues, the Publications Order Form, an application for a subscription, coaches list, and links to other sites of interest. People can sign on from the world wide web. The page may be viewed by entering the address: http://www.nationalmastersnews.com

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<th>Quantity</th>
<th>Masters Age Records (1998 Edition)</th>
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<td>Men's and women's world and U.S. age bests for all track &amp; field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1997. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundie, WAVA and USATF Masters T&amp;R Records Chairman. $5.00.</td>
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<td>Same as above, except indoor rankings for 1998. 5 pages. $1.50.</td>
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<td>Masters Age-Graded Tables</td>
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<td>Single-age factors and standards from age 8 to 100 for men and women for every common track &amp; field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. $6.00.</td>
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<td>Same as above, except indoor records (M40+, W35+) as of January 1, 1999 (world) and December 4, 1998 (USA). 4 pages. $1.00.</td>
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<td>Official world scoring tables for men's and women's combined-event competitions. $12.00.</td>
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<td>International Scoring Tables</td>
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<td>Complete scoring tables for 21 men's and 17 women's individual events. All events, and the event orders, in normal multi-events are included: decathlon, heptathlon, indoor &amp; outdoor pentathlon, indoor heptathlon, and weight pentathlon. Brief scoring instructions, age factors for the common WAVA multi-events, and instructions for hand times and automatic times are included. In English and German. Pocket size (4½ x 6). $12.00.</td>
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<td>Lists 100 of the nation's most popular road races, with race entry information, top 100 all-time men &amp; women each race, top 20 all-time age divisions each race, 41,000 performer and champion listings, 300+ photos, 100 full-page maps, race histories and trivia, and guide to national running organizations. Compiled by Mike Weddington &amp; Barry Perrilli. $24.95.</td>
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<td>Guide to Prize Money Races and Elite Athletes 1998</td>
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<td></td>
<td>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. $60.00.</td>
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February 1999
I Just Can’t Wait To Be King

Checking into Disney’s Caribbean Resort Hotel, we discovered our room in Building 26. At Disney’s Animal Kingdom the next morning we found a parking space in Row 26. And on Sunday, I would complete the string of 26’s by running that many miles in the Disney World Marathon.

Setting the Pace

I had come to Orlando, Florida to lead one of the Runner’s World pacing teams in the marathon. I was in charge of the 4:30 group, meaning I would chug along at a steady 4:30 pace (10:18 per mile), and anyone wanting to finish in that time could join me. The magazine has been providing pacing teams in select marathons since 1995, and runners love them.

I was uncertain about my own finishing ability. Despite being in shape for shorter distance events, I hadn’t put in the miles to get ready for a marathon. Longest runs of 10-12 miles are okay if you’re running 1500 meters (as I did at the NCCWAVA meet in Barabados in November), but not much help if you’re planning to go 26 miles 385 yards.

Still, I didn’t want to pass on a trip to Disney in January. I figured I could keep people on pace for 20 miles, after which everyone was on their own. As insurance, I recruited Leesa Weichert, coordinator of pacing teams for The Runner’s World and the NCCWAVA meet pacing team at the 1999 La Salle Banks Chicago Marathon. For training schedules leading to that and other races, visit his web site at: www.halhigdon.com.

I was inspired by the success of Rose that the animals were Disney robots, but she wasn’t fooled. After our attendance at the World Veterans Championships in England, I hadn’t planned to participate, but having now seen the facilities in Orlando, I may change my mind. I spoke to a USATF official manning a booth at the Expo. He said they hadn’t yet finalized the schedule for the Nationals, but suspected that distance races would be conducted early morning.

Rainstorms are common in late August, so they need to program time in the schedule for possible delays.

The marathon started at 6:00 a.m. on Sunday, requiring me to set my alarm for 4:00 and settle on a Power Bar for breakfast. Chaos reigned in the starting area, but most runners seemed to find us. Leesa Weichert arrived wearing a cap with Mickey Mouse ears. Jim Kirwin as Pinocchio arrived with several other runners dressed as characters in that movie.

Closing the Gap

With 13,000 runners on a narrow course, we lost three minutes off our planned 10:18-per-mile pace, but I brought our group through the half-marathon point within a few seconds of 2:15. With a large group in tow, I still had everybody chanting that we were “best looking,” but around 20 miles the chant got weaker. People started to drift away, both to go ahead and drop back. I had done my job, but despite plans to drop out at that point, I kept going, focusing on Leesa’s mouse ears to keep on pace.

Leesa finished in 4:29:46; I crossed in 4:30:27, having lost half a minute between miles 22 and 25. I felt exhilaration at a task well done.

Since our visit to Animal Kingdom, the lyrics to “I just can’t wait to be king” had been playing through my mind like a broken record. Past the finishing chute, a volunteer hung a medal around my neck. It was a Mickey Mouse medal, complete with the distinctive ears. It was a crown worthy of any king.

(Hal Higdon, Senior Writer for Runner’s World, will be leading another pacing team at the 1999 La Salle Banks Chicago Marathon. For training schedules leading to that and other races, visit his web site at: www.halhigdon.com.)

BOUND & GAGGED

Tonight meeting Overeaters Anonymous?

Said we thought it said Codesters Anonymous.

(just a little bit of fun on the last page)
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 1, 1999, by the Records Committee of the World Association of Veteran Athletes (WAVA). The U.S. records are those compiled and approved, as of December 4, 1998, by the Masters Track and Field Records Sub-Committee of USA Track & Field (USATF). Both committees are headed by Peter Mundle.

This form shall be used for American and World Records
It may be used for Collegiate or Other Jurisdictional Performances

Application for Records
Send to:
Pete Mundle, Chairman, USA Track and Field Records Committee, 4017 Via Marina, #C-301, Venice CA 90291, USA.

To the Record 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)

1. Event______________________________________________
2. Date and Time of Day __________________________ Men/Women
3. Record claimed (race, date, distance, height or points achieved):__________ Indoor/Outdoor
4. Where held (Arena, Town and Country): _______________________________
5. Force of following wind_______________________ Anemometer__________ Attendants Signature ________
6. Name of Competitor, Club and Country __________________________

(If 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.

(Photograph)________ (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 Rule).

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)

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 April 1998 issue of NMN. It will again be printed in the April 1999 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.
World Track & Field Indoor Age-Group Records

Approved by the Records Committee of the World Association of Veteran Athletes as of January 1, 1999

Men's World Indoor Records

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<td>800 M</td>
<td>Brian Domm (USA)</td>
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<td>1500 M</td>
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<td>3000 M</td>
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Women's World Indoor Records

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Medical miracles start with research.
American Heart Association
Fighting Heart Disease and Stroke
### Men's American Indoor Records

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<tr>
<td>Pole Vault</td>
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<tr>
<td>Triple Jump</td>
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Sightseeing in Great Britain

Organizers of the XIII WAVA World Veterans Athletics Championships now expect up to 9000 participants to come to Gateshead, England from July 29 to August 8. Three stadiums will be used to handle the track and field activity while the road racewalk, marathon, and cross-country events will be held on well-suited courses nearby.

The biennial event will bring together many of the top veteran athletes in the world. Competitions will be held in the traditional five-year age groups, starting at age 40 for men and 35 for women. There are no qualifications to enter except to be at least the minimum age. Everyone is invited to attend.

Gateshead is located in the northeast of England, not far from the Scottish border. There will be many organized tours available, both during the time of the Championships and afterwards.

- The Castles: The castles and market town of Northumbria feature British history and the picturesque villages of Northumberland.
- York: A famous historical English city, with its famed cathedral, cobbled streets and antique shops.
- Beamish: An open-air heritage museum, which shows the history and culture of Northeast England.
- Holy Island and Bamburgh: Reputedly, the finest castle in the area causeway and offers magnificent coastal scenery with the seal and nature islands clearly visible.
- Durham: A historical city close to Newcastle and only minutes from the Riverside stadium.
- Edinburgh, Royal Yacht and Tattoo: This will likely be the most popular tour. Visit the world famous royal yacht Britannia with its luxury suites, including the honeymoon suite used by Prince Charles and Princess Diana. See Princess Street for sightseeing and shopping. In the evening, go to the castle for the world famous Tattoo with its marching bands and displays.

Blank entry forms are available from the Gateshead organizers, from any of the U.S. masters travel agents, or from the U.S. team manager, Sandy Pashkin, at 301 Cathedral Pkwy, #6U, New York, NY 10026.

All USA athletes must send their completed entry forms to Pashkin no later than April 19. She will process each entry, making sure that birthdate, citizenship and USATF membership are correct.

Athletes looking for pre-post-meet competition can find it in Edinburgh on July 17-18 for the British Veterans T&F Championships, and near Dublin, Ireland on Sat., August 14 for the Irish Veterans T&F Championships. See schedule for details.

Four-Day WAVA Non-Stadia Championships Proposed

A proposal to change the WAVA Non-Stadia Championships from a two-day to a four-day schedule will be made by the WAVA Non-Stadia Committee to the WAVA Council and General Assembly in Gateshead, England, in July.

The idea was approved by the Committee at its annual meeting, Oct. 25, in Philadelphia, Pa. "The committee had been charged by the Council to find ways of increasing the number of participants at the Non-Stadia Championships," said Great Britain’s Ron Bell, chairman of the Committee.

Following a "brain-storming session," the following action was approved:
- Thursday: Cross-country relay (5x4K for men 40-59, and 3x4K for men 60+ and all women). Also 50K walk and run.
- Friday: Ekiden at marathon distance, possibly on 5K loops.
- Saturday: 10K run.
- Sunday: Half-marathon; 20K walk for women; 30K walk for men.

The committee also agreed that:
1) Altitude be restricted to 800 meters.
2) Fees should be flat fee of $25 or $25/$37 as at present.
3) Prize money be paid based on age-graded performance.
4) Cross-country must remain an event in the WAVA T&F Championships.

Kobe Championships

The group agreed there were some problems with the 1998 World Non-Stadia Championships in Kobe, such as congestion on the bridge and lack of non-Japanese runners, but the finishing system was highly efficient.

The Kobe Championships did far too many runners who treated the event as a fun run by their dress and attitude," Bell said. "WAVA should address this in the future, as well as having the courage to stand by its contracts and withdraw its support if cities do not adhere to them."

Bell cited the example of Kobe staging both running events on the same day as unacceptable, and said wave starts should not be used without WAVA’s okay.

Cross-country Distances

WAVA cross-country championships are held at the 10K distance for both men and women. The committee noted that the IAAF distances are 8K for women and 12K for men. No decision was reached other than to support the principle of gender equality, whatever the distance run.

WAVA Financial Assistance

Members felt all Non-Stadia committee members should attend the annual meetings. It was agreed that full financial support should be sought for all members in even-numbered years. It was agreed the East Coast of the U.S. offers the best access for most members.

Valladolid 2000

An encouraging report was given re the progress for the 2000 WAVA Non-Stadia Championships in Valladolid, Spain.

(Note: On Dec. 1, Bell visited Valladolid and met with Felipe Mendez, meet director; Josep Antentas, European Non-Stadia delegate; and Marina Hoernecke-Gil, EVA Secretary.)

"I am convinced all competitors will be delighted with the start area, course and finish areas," Bell said. "Such is the planning that only minor changes to detail were needed. The finish area in the City Square is one of character and beauty with its majestic town hall, and I feel we will experience our best ever Non-Stadia Championships."

There are many local attractions and a social/sightseeing package will be available for competitors.

"Even though my visit was short," Bell said; "I felt I had experienced the real Spain compared to the tourist Spain. It's my desire to make Valladolid a true world championship destination.

Continued on page 18
Report From NCCWAVA Meeting at the Regional Championships in Barbados

by RUTH ANDERSON

Since 1998 was designated by the IAAF as The Year of the Woman in Athletics, I’d like to focus on the programs which encouraged women’s participation. A great deal of interest was generated by the Avon Global Opportunities for Women’s Participation in numbers and quality of performances. At the end of the Life Circuit in the U.S., for instance had a total of 940 participants, and Mexico City had 1138.


WAVA has proposed that an award be given to the outstanding performance by a woman veteran from each of the WAVA Regions to honor the IAAF Year of the Woman in Athletics. The following list of nominess was selected of candidates from track, field, racewalking, and LDR, by a screening panel, which considered age-grading rankings, records, and the competitive nature of the events. Preference for 1998 marks has been suggested. The final decision is to be decided by NCCWAVA General Assembly vote.

Non-Stadia

Continued from page 17

with participants from many different countries.’”

2002 Championships

No written articles have been received. Interested parties are New Zealand (Auckland), Czech Republic, and Colombia.

The Chip

A long debate revealed some parties are totally committed to the use of the chip with others having concerns about the net time vs. gun time. Since the chip is little used in England and its cost is very high, it will not be used in Gateshead,” Bell said.

Present at the meeting were Ron Bell, Chair, Norm Green, Jim Tobin, Josep Antentas, Brian Keaveney, Ruth Anderson, Barbara Dunford, Charles Desjardins, and Rex Harvey.

—Al Sheahan

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For More Information Contact

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Switzerland
Phone: 41-56-401-2311
Fax: 41-56-401-2319

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Surrey CR0 XBR, England
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44-1-171-928-6969 (p)

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Fax: 39-45-742-6061

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27-1-114-408-013 (o)
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Perry Sound, Ontario
Canada P2A 7W7
Phone: 705-746-4942
Fax: 705-746-9748

WEB SITE: http://www.wava.org
Masters Scene

EAST

... of the 31,539 finishers in the 1998 NYC Marathon, about 43% were aged 40-62 (10,621 men;2850 women). New York (8227) and New Jersey (1951) were 1-2 in supplying runners. Surprisingly, California (826) was third, Masters National Championships fourth (889), and the largest occupation category was "Administration/Manager" with 1639 (1216/423w), with "Teacher/ Educator" second at 1288 (699/619w). "Positional" was the smallest with 111 (78/33w). The largest number of international entrants came from France with 2816 (2350m/466w), followed by Great Britain at 2103 (1602/501w). Switzerland had 776 runners (958/177w). John Williams, 42, Freeport, NY, continued to dominate the masters ranks on Long Island with a seventh overall 16:18 in the Ho Ho Holiday 5K, Bethpage, NY, Dec. 19. Kathy Martin, 47, Northport, NY, scored a fifth female overall in 18:24. Second in the John Del Maestro, 43, Woodbury, NY, in 17:41. A record 1309 runners and walkers crossed the finish line in the race, staged by the Plainview-Old Bethpage RRC, which became the largest Long Island RC on Jan. 1. Proceeds from the race went to the Breton Bowl Fund for Needy Families in Bethpage, and the ASPER Program for the rehabilitation of young amputees.

SOUTHEAST


WEST

... John Brennan, 63, was the top M40+ AA performer in the New Year's Resolution 5K, Santa Barbara, CA, Jan. 1, with an 84.5% 18:57. Elaine Triplett, 48, topped all females overall with an 82.0% 19:45. Best A-G performances overall in the 10K went to masters Greg Horner, 44, also first male overall with an 87.3% 32:53, and Jean Wise, 59, with a 76.8% 48:59. Masters racewalkers went 1-2 in the 5K walk, with Tony Chapman, 60, first in 31:25, and Sandy Ross, 42, first female in 41:26.

CANADA

... Jerry Koomans, 43, in 28:18, and Jen Bevca, Czech Republic, of a suspected heart attack. He was 61. He won the Masters WP Championships, not Armando Ricciardi. The Outstanding Male Multi-Event Award recipient, as noted in the January issue. Ricciardi was second.

INTERNATIONAL

... WAIA's South America region held its regional assembly in Porto Alegre on Nov. 5. Hugo Barbieri, ARG, was elected new President while the former President, Walter Kupper, BRA, was elected Vice-President. Jorge Alzamora, CHI, was reelected as Secretary while Jose Figueras, URU, was elected new regional delegate to the WAIA Council.

Ludvik Danek died on Sept. 15 in Horovice, Czech Republic, of a suspected heart attack. He was 61. He won the Olympic Dash in Munich in 1972. He placed second to Al Oerter in the 1964 Olympic discus, and third to Oerter in the 1965 Games. The two renewed their rivalry, both at age 40, in the 2nd WAIA World Veterans T&F Championships in Goteborg, Sweden, in 1977, where Oerter again emerged victorious...

... the men's masters crown at the South African 10K Road Running Championships, Port Elizabeth, Nov. 11, was Stewart Moot, 50, and 31:53. The women's masters title went to Sonya Williams, LAX, 40:22.

... Sports Travel International of San Diego, CA, has gone out of business following the death of its founder, Helen Pain, on Oct. 8. 1998. The travel agency conducted masters tours to WAIA World Veterans Championships for more than 20 years. Pain's son, Bruce, who was heading the agency during his mother's illness, decided, along with the rest of the family, to close the operation as of Dec. 31.

1999 27th USATF Eastern Masters Indoor Regional Track and Field Championships

DATE: Sunday, March 14, 1999 10:00 A.M. Track - 10:00 A.M. Field SITE: 168th Street Armory, Washington Ave., Manhattan, New York Divisions: Take the 1, 2, or 3 train to 168th St. Station at Duane. Walk one block west to Ft. Washington, turn right, loco entrants. 16th & 109th Sts. by car, G. Bingham, 178th St. exit (East bound) 8th (South) onto Ft. Washington, walk 3 blocks right toward Ft. Washington, or Riverside Drive north to 168th Street.

Timing: All running events will be timed (only automatic timing).

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541-343-7716
Closing is the 10th of the month prior to the cover date.
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**NATIONAL**

**March 26.** USA Track National Masters Indoor Pentathlon Championships (M&W), Boston, Mass. Held in conjunction with the Indoor Championships. See below.

**March 26-28.** USA Track National Masters Indoor Championships, Reggie Lewis Center, Boston, site of the 1997 & '98 Championships. TRACS, Inc., 79 Manet Rd., Chestnut Hill, MA 02167. 617-332-3919; e-mail: trackmatchnet@earthlink.net.

**April 10-11.** USA Track National Masters Indoor Heptathlon Championships (M&W), Proviso West H.S., Hillside/Chicago. Ray Vandersteen, USA Track Illinois, P.O. Box 7019, Villa Park, IL 60181-7019. 630-953-2052; fax: 953-2053.

**June 12.** USA Track National Masters Indoor Heptathlon Championships, Performer T&C Center, 168th St. & Fort Washington Ave., Manhattan, 10 am. Haig Boghian, 225 Hunter Ave., Sleepy Hollow, NY, 914-631-1547 (10 a.m. - 5 p.m.).

**September 4-5.** Potomac Valley TC Games, Alexandria, VA. PVTC, 3515 Slate Mills Rd., Sperriville, VA 22740. 540-457-4455; corrallee@orlos.com.

**SOUTHEAST**

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

**February 27-March 14.** Polk Senior Games, Bartow, Fla. 50+. Limited track events. Feb. 12 deadline. Dennita Wilbur, 941-533-0055.

**March 6.** USA Track National Masters Indoor Championships, Manhattan. 10 am. Haig Boghian, 225 Hunter Ave., Sleepy Hollow, NY 10591. 914-631-1547 (10 a.m. - 5 p.m.).

**March 6.** USA Track National Masters Indoor Championships, Park, n. of Denver).


**May 8.** Southern California Striders Meet, Cal State-Long Beach. Jim Selby, 93777 Cathy Dr., Fullerton, CA 92830. 760-723-2466.


**May 23.** Dan Aldrich Memorial Meet, UC Irvine, Calif. Mac McCormick, 949-586-9942.

**June 6.** Crown Valley Senior Games, Occidental College, Los Angeles. Cynthia Vaughn, 85 E. Holly St., Pasadena, CA 91010. 626-685-6724. Christel Miller, meet director, 818-242-8484 (until 9 p.m.).

**June 12.** USA Track Southern California Association Championships, Occidental College, Los Angeles. SCA to SCA Championships, 1740 Grandview Ave., Glendale, CA 91201-2623. 818-242-8484 (until 9 p.m.).

**June 19.** USA Track West Regional Championships, UC-San Diego. Ed Olea, 619-453-4570.

**NORTHWEST**

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

**February 5-6.** Great Northwest Meet, Portland, Ore. 503-668-0998; email: runjumpthrow@compuserve.com

**February 29.** Kel Field Throws Meet, Santa Cruz, Calif. No fees charged. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 832-458-0202; email: kelfield@aol.com.


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## ON-TAP FOR FEBRUARY

**TRACK AND FIELD**

The indoor season gets into high gear, starting on the 7th with the Michigan Championships, Grand Rapids, and the Ageless Games, Minn.-apolis. Sun and warmth should be plentiful at the Palm Springs Senior Olympics on the 13th-4th. Back indoors, meets on the 14th range from the New Jersey Championships, Hackensack, to the Silver Stakes Meet, Reno. The 20th features an indoor mile at Hobart College, in upstate N.Y., and the 21st shows the Colorado Championships at the USAF Academy's fine facility in Colorado Springs. Masters will converge on the NYC Armory T&C Center on the 26th for the MAC Championships. The Minnesota Championships will be held at Bethel College on the 27th.

## LONG DISTANCE RUNNING

On the 13th in Tacoma, the USA Track National Masters 6K/4K Cross-Country Championships is also the U.S. vs. Canada match-up. The Outback Distance Classic 12K on the 20th in Orlando is a triple whammy, serving as the National Masters Championships and the first Indy Life Circuit Race. Other important events include the Carolina Marathon, Columbia, S.C., on the 6th; Las Vegas Marathon/Relay & Half Marathon on the 7th; Motorola Austin Marathon on the 14th in Texas; Gasparilla 15K, Tampa, on the 20th; Colonial Busch Half-Marathon, Williamsburg, Va., on the 21st; and the Cowtown Marathon, Fort Worth, Texas, on the 27th.

## RACEWALKING

Most meets and many road races include a racewalk: Check with the meet or race directors for specifics.

---

**USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are usually 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 30-20 days prior to the event. Please send any additions or corrections to NNH, PO. Box 50598, Eugene OR 97405.**
February 1999

Previous page continued from

June 19-20. Hayward Classic Masters Meet, Eugene, Ore. Geoff Hughes, 1600 Russet Dr., Eugene, OR 97401. 541-484-1275(3); 433-6511(w).


April 2-5. Australian National Marathon Championships, Beetle, 3059, Habgood, Freemantle, Western Australia.


May 19-22. Virginia Beach. VA. SAE to Sharmark Sportfest Marathon. Virginia Beach, VA. SAE to Sharmark Sportfest, 2308 Maple St., Virginia Beach, VA 23454.


July 9. Gasparilla Distance Classic 15K, Tampa. SASE #10 to GDCA-RJ, PO Box 6013, Tampa, FL 33618-1897. 813-229-7866.

August 5. Riverfest Run By The River 5K & Life Circuit Race, Clarksville, Tenn. Joe Huber, Events & Mailing List, Box 1920, Box 1920, Clarksville, TN 37043. 615-647-3855.


June 2. long Island Marathon, East Meadow. SASE to Marathon, Sports Unit Eisenhower Park, East Meadow, NY 11554. 516-229-5400/2404.

June 20. Marathon of the South, Truro, Maine. Dr. Nina Woodall, PO Box 385, Ironia, NJ 07640. 973-584-9302.


International


TEN YEARS AGO

February 1989


\* Don Coffman (45, 2:30:56) and Jane Hutchison (42, 2:34:57) Take Masters Firsts in Rock City Marathon

\* Kjell-Erik Stahl (42, 2:19:59) and Laurie Binder (41, 2:44:57) Each Take Home $10,000 in Twin Cities Marathon

John Whittemore, Montecito, Calif., wearing his number and age, won the M85 javelin and discus, 1998 Club West Masters Meet, Santa Barbara, Calif.

BBM, PO Box 8780, Myrtle Beach, SC 29578-893. 843-293-7223.

February 27. Blue Angel Marathon, Pensacola, Fla. BAM MWR, Code 2200, 190 Radford Blvd., NAS Pensacola, FL 32508-5277. 850-472-3491; 452-3318.


March 20. Shamrock Sportsfest Marathon, Masters 8K, Open 8K, and 5K Racewalk, Virginia Beach, VA. SASE to Shamrock Sportsfest, 2308 Maple St., Virginia Beach, VA 23454.


March 27. Cooper River Bridge 10K & 10K RW, Charleston, MUSC Harp, Student Center, 45 Courtyard Dr., Continued on next page


February 13. Gasparilla Distance Classic 15K, Tampa. SASE #10 to GDCA-RJ, PO Box 1881, Tampa, FL 33601-1881. 813-229-7866.


February 27. Myrtle Beach Marathon.
MIDWEST
Illinois, Indiana, Kentucky, Michigan, Ohio, Wisconsin, West Virginia

April 24. Kentucky Derby Festival Mini-Marathon. Louisville. Kentucky Derby Festival, Pool 1001 S. Third St., Louisville, KY 40203. 1-800-928-FEST.

May 2. Cleveland Marathon & 10K. Cleveland, Ohio. 800-467-3826.

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


July 4. Peachtree 10K, Atlanta. SASE (before March 1) to Atlanta TC, 3097 E. Shadowland Ave., Atlanta, GA 30305. 404-231-9064, x17.

SOUTHWEST
Arkansas, Louisiana, Mississippi, Oklahoma, Texas


May 3. Lone Star 15K, Houston. SASE. 713-526-6823.


JUNE


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ARTICLES

MID-AMERICA
Colorado, Iowa, Kansas, Minnesota; Missouri, New Mexico, N. Dakota, Nebraska, S. Dakota


April 24. Get In Gear 10K/USATF Minnesota Championships, St. Paul. SASE to Get In Gear, PO Box 6727, Minneapolis, MN 55406-0727. 612-722-9004.


February 2. Cowtown Marathon & 10K. Fort Worth, Texas. CM, PO Box 9066, Fort Worth, TX 76177-2066. 817-735-2033; email: cowtown@starstext.net.


June 27. Cowtown Marathon & 10K. Fort Worth, Texas. CM, PO Box 9066, Fort Worth, TX 76177-2066. 817-735-2033; email: cowtown@starstext.net.


August 27. USATF National Masters 5000 (track) RW Championships, Orlando, Fla.

SEPTEMBER


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The American masters have been changed to reflect current marks set by athletes all over the nation. The changes were made by the American Standards Committee; however, the old tables may be used for one year after people have adjusted to the newer version. This was not done to make it more difficult for the athlete, but to make it more equitable after analyzing all the data. —American Standards Committee
The image contains a page from a document with various statistics and names, likely from a sports event or competition. The page includes data such as times and positions for different individuals participating in various categories. The text appears to be related to a specific event, possibly a race or a competition, with names, ages, and time details listed.
**MEET SCHEDULE**

<table>
<thead>
<tr>
<th>DAY</th>
<th>EVENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>SATURDAY, MARCH 27</td>
<td>FIELD EVENTS</td>
</tr>
<tr>
<td>9:00 Shot Put (W30-59)</td>
<td>9:00 Shot Put (M30-64)</td>
</tr>
<tr>
<td>9:00 Long Jump (M30-59)</td>
<td>9:30 Triple Jump (all W)</td>
</tr>
<tr>
<td>9:30 Pole Vault (M60-69)</td>
<td>10:00 Long Jump (M40-49)</td>
</tr>
<tr>
<td>10:00 Shot Put (M50-59)</td>
<td>11:00 Long Jump (M30-39)</td>
</tr>
<tr>
<td>11:00 Long Jump (M40-49)</td>
<td>12:00 High Jump (M70+)</td>
</tr>
<tr>
<td>12:00 Pole Vault (M50-59)</td>
<td>12:30 Long Jump (M60-69)</td>
</tr>
<tr>
<td>13:00 Triple Jump (W)</td>
<td>13:30 Shot Put (M30-39)</td>
</tr>
<tr>
<td>2:00 Long Jump (W)</td>
<td>3:00 Weight (M50-59)</td>
</tr>
<tr>
<td>4:00 Pole Vault (M40-59)</td>
<td>6:00 200m Prelims</td>
</tr>
</tbody>
</table>

| SATURDAY, MARCH 27 | SEMIFINALS |
| 10:00 200m Trials |
| 6:00 60m Semifinals |
| 7:00 400m Prelims |

| SATURDAY, MARCH 27 | FINALS |
| 11:30 60m Hurdles |
| 1:15 440m Finals |
| 2:15 400m Finals |
| 3:30 3K Racewalk |
| 8:00 800m Prelims |
| 7:00 200m Trials |

**SUNDAY, MARCH 28**

| FIELD EVENTS |
| 9:00 Triple Jump (M60+) |
| 10:30 Triple Jump (M50-59) |
| 11:00 High Jump (M40-49) |
| 11:00 Pole Vault (M30-39) |
| 12:00 Triple Jump (M40-49) |
| 1:30 Triple Jump (M30-39) |

| TRACK EVENTS |
| 10:00 200m Semifinals |
| 11:30 800m Finals |
| 1:20 200m Finals |
| 2:30 4x800m Relay |
| 3:00 4x400m Relay |

**ENTRY APPLICATION**

<table>
<thead>
<tr>
<th>Name (last, then first)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address: ____________________________</td>
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<tr>
<td>City: ____________________________</td>
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<tr>
<td>State: ____________________________</td>
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<tr>
<td>Zip: ____________________________</td>
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<td>Country: ____________________________</td>
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<td>Ph (W): ____________________________</td>
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<tr>
<td>Ph (H): ____________________________</td>
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<tr>
<td>Email: ____________________________</td>
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<tr>
<td>Date of Birth: ____________________________</td>
</tr>
<tr>
<td>US Citizen Yes/No: ____________________________</td>
</tr>
</tbody>
</table>

Please include a copy of your birth certificate or passport with this entry form.

**EVENT FEES**

- Preliminary - $35, 1st Event - $30, Subsequent Events - $15

- Preliminary (Note this does not count as your 1st event) - $35

- 1st Event - $30

- Subsequent Events - $15

- Entry Fee - $15 each $2

- 1st Event Name - Recent Performance
- 2nd Event Name - Recent Performance
- 3rd Event Name - Recent Performance
- 4th Event Name - Recent Performance
- 5th Event Name - Recent Performance

Late fee for entries after 3/19/99 - $25

- Please indicate size: ______ M ______ L ______ XL

- Friends of the National Masters Championships

- Platinum Donation - $250
- Gold Donation - $100
- Silver Donation - $50
- Bronze Donation - $25

- Masters Committee Surcharge (mandatory*) - $5

TOTAL DUE: $5

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*Special thanks to the Boston Running Club for their support and assistance.*