**Priscilla Welch Dominates Women’s Field**

**Nick Rose Sets 8K World Best at USRA Finals**

by HAL HIGDON

Great Britain’s Nick Rose, 40, a fixture on the U.S. road racing scene for much of the last decade, proved he has slowed little as a newcomer to the masters ranks. His 23:31 (96% Age-Graded) victory over Mexico’s Manual Vera at the Sorbothane/USRA National Masters Championships in Orlando, Fla., on February 1, established a new 8K world best time for runners age 40-and-over.

Vera ran 23:38 in finishing second, while another Brit living in Boulder, Colo., Priscilla Welch, 46, dominated the women’s field, cruising to a 28:00 time, while insisting she was far from peak-season form. Nancy Grayson of Columbia, S.C., took second with 28:49, but finished on top of the USRA circuit standings for 1991 based on her placings throughout the year.

Gary Romesser of Indianapolis won the men’s USRA circuit title. Romesser placed fourth in the race with 24:17, just behind Mexico’s Rodolfo Gomez, 24:11.

Rose’s time bettered by 18 seconds the previous 8K best by Mexico’s Mario Cuevas of 23:49, but Nick might have run faster. Rose pulled away from Vera with just over a mile to go, sprinting hard down a long incline to the finish line. Then, just before crossing it, he slowed.

Rose explained afterwards that he saw from the display clock that he was ahead.
agreed to take the field through a 61 or 62 quarter and a 2:06 or 2:07 half. Instead, Nolan ran a 63 quarter and a 2:11 half. Even with that slower pace, Waigwa was still far back in the 6-man field, and struggled to take the lead at 62 quarter, and a shade slower than his second-place Millrose finish. McMullen, who made his masters mile debut in the two races, was a surprise second in 4:18.23, while Ellensburg, Wash., resident Larry Almberg, the Mobil One winner for the last two years and the only fresh competitor in the contest, placed third in 4:20.26.

Sparks set the pace in 64 and 2:09, McMullen move to the front and made a serious bid to win. But Popejoy stayed right with him, and with 150m to go, found the ‘pop’ that was missing at Millrose to win handily. "It was like night and day," Popejoy smiled after the race. He said he felt "great" running in the Mobil meet.  

Conway Shatters World 50+ Mile Record

Howard, 52, of Plainfield, N.J. (4:45.57).

The race was unique in that it was exclusively for masters runners over age 50. Twelve runners toed the starting line, including Kenyta’s Kip Keino, 51, a gold medalist in the Olympics in 1968 (1500) and 1972 (steepleschase).

The race came about because Keino is a spokesman for the 3M Co. In commercials and with the company, Keino promotes 3M’s "Innovator" product line. 3M sponsored the "Masters Innovator Mile" to showcase Keino, whose son, Martin, ran in the open immediately after the masters race.

Heffernan set the pace with a 6:09 quarter over the banked track (11 laps per mile). Keino, Conway, Howard, and George Cohen, 52, of Los Angeles were close behind.

Keino dropped back approaching the half with Heffernan still leading in 2:21.5. The crowd of a reported 12,000 got into the race when the announcer said Heffernan was on world-record pace.

Heffernan still led at the three-quarter mark in 3:32, followed by Conway, Howard, Cohen, Neil Doherty of Los Angeles, Dan Hamner of New York, and Brian Fernee and Caterino Gonzalez, both of Los Angeles.

"At that point, I thought I had it won," Heffernan said after the race.

But with 2 1/2 laps to go, Conway, who had been tagging some 10 meters behind, made a bold move, sweeping by the startled Heffernan and opening up a 10-meter lead. Heffernan went after him, but Conway was too strong, keeping a sprint to the tape as the crowd cheered. Heffernan held off Howard for the place, with Doherty fourth (5:00.22), Gonzalez fifth (5:01.37), Hamner sixth, and Keino seventh (5:13).

"It went perfectly," Conway said. "I planned to make my move with about 2 1/2 laps to go and try to hang on to the finish." Heffernan, the M50 bronze medalist in last summer’s World Veterans 10K cross-country championships, said: "I took it out fast to try to pull the kick of the masters runners, but it almost worked." Conway, the 1991 TAC national M50 indoor 1500 champion (4:22), who married for the first time last year, said he’d been making a four-hour pace. He said the masters and open miles would "great" running in the Mobil meet.

Wilson Waigwa, 42, on his way to winning the Millrose Mile in 4:16.57.

Jack McManus/Agence Shot

Finishing fourth was Steve Ruckert, 42, of Hagerstown, Md. (4:21.84) followed by Sparks (4:23.81), Byron Dyce (4:27.04), Fanelli (4:29.92), and 45-year-old Englishman Ron Bell (4:31.26).

Waigwa skipped the event because he said the two days between meets did not give him enough time to rest. He injured himself in the contest last year after running Millrose. □

Wilson Waigwa, 42, on his way to winning the Millrose Mile in 4:16.57.

John Walker Retires

by MARILYN MITCHELL

New Zealand’s John Walker, who turned 40 on January 12, 1992, and was training to attempt to be the first over-40 runner to run a sub-four-minute mile, has retired, according to a report from New Zealand.

Walker postponed a January 12 bid to March 1, but an aggravated Achilles problem forced him to abandon plans to return to competition.

Eamonn Coghlin, who turns 40 on November 21, 1992, has expressed interest in the masters mile, but has not made any commitments yet. Nonetheless, we expect him to make his first attempt at the Millrose Games in February 1993. After a series of injuries, Coghlin recently returned to running with a very credible 2:25:13 for 42nd overall in the New York City Marathon. He still holds the world open indoor mile record of 3:49.8, posted in 1981 at the Meadowlands, New Jersey.

With two masters miles and two winners under our belts (Wilson Waigwa in 4:16.54 at Millrose and Ken Popejoy in 4:17.99 in Fairfax), it doesn’t look like any single runner is going to dominate this event this year. The times were not fast, but most of the Millrose Games’ times were slow this year, apparently due to a spongy track, whose installation was completed at 4:30 p.m. for the first time in 30 years. According to Meet Director Howard Schmertz, that was not enough time to make the track tight and compact. □
DRUGGED MASTERS?
Carl Wallin’s piece in last month’s Speaker’s Corner distressed me. Were drugs really a factor in some of the top performances in Eugene and Turku — or could the outstanding efforts be the result of another phenomenon? The masters movement has attracted individuals who have never previously entered the field of organized athletics — and some of these men and women have emerged as top performers, not through the use of drugs, but through training and effort.

Here in our little town, Al Funk took up running at 64 and won two gold medals in Eugene in the 5 and 10K. Herb Kirk was a standout in Turku at age 96, andalthough I’m not in their league, I run the 5K under 40 minutes at age 77.

If we had started our athletic careers in our 20s, we might have done better than some of those “top” athletes who Mr. Wallin says are currently in decline. Maybe those top performers began too early and have simply worn out as they’ve grown older. Maybe you’re “fresher” starting an athletic career at 65.

Whatever the reasons for the unknowns’ success and the apparent disparity in performances, should we denigrate the brilliant spectacles at Eugene and Turku by the suggestion that drugs might be involved?

Edna Berg
Bozeman, Montana

COMPLAINTS AND SUGGESTIONS
I am delighted with my subscription to the National Masters News, but:
1) There’s no easy way to tell the minimum age-group for an advertised masters event. Some meets start at age 30, some at 40, others at 55. What a mish-mash. Masters meets should include the lowest age in their title.
2) If age-graded times are referred to, a standard abbreviation should follow, such as 10.4 (ag). And while the age-graded tables obviously fulfill a need, I’m a bit skeptical of turning in better age-graded marks than my PRs from younger days. If I couldn’t high jump 6-4 in college, how come the AG tables say I can 15 years later?
3) The U.S. Standards of Excellence is a good idea, but can’t you run a photo of the patch so you can see what you are ordering for $10? And if you achieve two standards, do you need to order two certificates and two patches and two patch tags? Or one patch and two patch tags?
4) The Standards of Excellence seem overly generous with the 400H. A rough rule of thumb in college was you ran the 400H about four seconds slower than the 400. However, for the 30-34 group, the difference between the two standards is 6.6 seconds; for the 40-44 group it’s 8.0 seconds. Perhaps you should review these.

David Orman
Seattle, Washington

(1. All meets in our schedule are open to age 30+ unless otherwise mentioned. 2. If you’re high-jumping an age-graded 6-4, you may be training better than you did in college. 3. A good suggestion. On this page are reduced photos of both the All American Certificate and Patch. The actual size of the certificate is 8x10, the patch is 3x4. Both are three-color (red, white, blue). Up to three performances can be included on one certificate. Many athletes order one patch, then buy separate patch tags for each performance. 4. The 400H standards are based by the AA Committee on actual performances; the four-second rule only applies to open-class hurdlers — Ed.)

KUDOS
National Masters News continues to be great! Enclosed is a check to provide my additional support for it.
As I begin my 85th year, I look forward to each issue to gauge my competition. Best wishes for a successful 1992.

Burt De Groot
San Clemente, California

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:

Thomas Miller
Fred Karlin
William Eppright
Alvin Ravenscroft
Phil Faciana
Terri Busby
James Dowling
Will Robinson
Jack McKinley

Briarcliff Manor, NY
Montecito, CA
Norcross, GA
E. Lansing, MI
Polk, OH
Las Vegas, NV
Rock Hill, NY
Thousand Oaks, CA
Malvern, PA
Jerry Crockett, President of the Oklahoma Association of TAC, has been named chairman of the nominating committee for all elected positions for the National Masters LDR Committee. Jerry brings a wealth of experience to the job, having been a competitor, race organizer, and administrator. The positions of Chairman, Men's Vice-Chair, Women's Vice-Chair, Treasurer, Secretary, Board of Directors Representative, and two WAVA delegates will each be elected for two years.

Jerry will present his slate of candidates at the next TAC convention in early December in Louisville, Ky. The slate — in addition to any nominees from the floor — will be voted upon by authorized association delegates to the convention. Voting delegates are usually the MLDR chairs for each association.

Each of these elected positions is important in the oversight of our growing sport. In addition, the chairman sits on the Executive Committee of TAC. If you have any suggestions for possible candidates — or if you wish to be a candidate — you may contact Jerry at 1124 W. Eskridge, Stillwater, OK 74075 or 405/372-4010.

Perrys Win National Masters Half-Marathon

The first finishers in TAC's National Masters Half-Marathon Championships, held with the DeLeon Springs Half-Marathon, in Florida on January 12 were husband and wife Bob Perry and Nancy Huay-Perry of Melbourne, Fla. Bob, 40, finished fourth overall with a 1:15:43, while Nancy, 41, was second woman in 1:36:44. While other husband-wife duos have won division titles in masters road and walk championships, this is the first time that a pair has been 40+ firsts.


Women's winners were Marilynne Denison, 47, Saudi Arabia, 1:54:39; Diane Leach, 50, Sarasota, 1:41:29; Margaret Deckert, 58, Tallahassee, 1:44:23; and Hildy Fosse, 62, Holderness, N.H., 1:49:43.

A computerized age-grading system was used to determine the top three masters men and women. Green was first with a 1:04:04, Benham a close second (1:04:07) and Blount third (1:07:14). Deckert was the best woman (1:15:25) with Fosse second (1:15:43) and Leach third (1:12:06).

Best age-graded performers were awarded hand-crafted ceramic bowls created by pottery maker Steve Howell of DeLand, Fla.

The race was produced by Central Florida Masters and Alta Vista Fitness Promotions, under the direction of John Boyle, in cooperation with the West Volusia Tourism Authority.
Carla Beurskens Crosses the Threshold

In the short history of women's distance running, two women over the age of 40 have broken 2:30 hours for the marathon — Joyce Smith and Priscilla Welch — both of Great Britain.

If she overcomes injuries that plagued her much of last year, Carla Beurskens of Belgium could become the third woman to do it. But even if she doesn't break 2:28, but my time was only 1:30.

Beurskens has made a name for herself on the world scene over the last eight years. She has run five sub-2:30 marathons with a best of 2:26:34 while finishing second in the 1987 Tokyo International Marathon. Her most recent one, at age 38, was a 2:29:47 while winning the 1990 Rotterdam Marathon.

Unsure of Herself

I had an opportunity to speak with Beurskens just prior to the Honolulu Marathon. According to Jon Cross, race director for the last Honolulu Marathon, Beurskens wrote to him last August that she would be unable to defend her championship in December because of a pelvic stress fracture that was diagnosed sometime around March. Indications were that she was back to training by the end of the year, although in far from competitive condition.

Started 20 Years Ago

Beurskens started her athletic career some 20 years ago as a sprinter and high jumper in club competition in her native Holland. She then gave cross-country a try and found that she was better suited for distance running. She ran her first marathon, a 2:42 effort, in 1982. She made her country's 1984 Olympic team and finished 24th in Los Angeles in 2:34.

It was not until after the L.A. Olympics that Beurskens had a real breakthrough. "Her training was much different after that," said Jac Roeme- man, her husband and coach. "She does much more speed work now and strength work, like running up stairs, as well. It has made the difference."

Modified Training

But Beurskens does not rely solely on quality training. During 1990 she was putting in as much as 175 kilometers (108 miles) a week in her training. She commented that she now builds up to that amount and tapers more before a big race rather than sprinting out 175 kilometers week after week as she had done in the years before.

Beurskens has come back from injuries before. She was out of action much of 1988, then came back with a number of strong performances in 1989 and 1990, including a 1:10:04 half marathon. Look for her to come very close to some of the records set by Priscilla Welch a few years ago.

(SPECIAL NOTE: Will the subscriber who wrote to me in January requesting information on treadmill conversions (slope to mph), please drop me a note with your full address. I have misplaced or lost your letter. Write to Mike Tynn, 1524 Uluhao St., Kailua, HI 96734.)
Five Years Ago

- Tracy Smith, 41, Wins Millrose Masters Mile in Record 4:20
- Norm Green, Jr. (54, 2:34:38) and Charlotte Swanson (44, 3:06:44) Win National Masters Marathon in Georgia
- David Oropeza (31:31) and Ema Kozak (34:38) Take Top Masters Honors in Paramount 10K

Masters Hit Jackpots in Vegas

by JERRY WOJCIK


Navarro, who owns masters world best times in the marathon (2:10:38 in Vera Cruz, Mexico, November 1991), the 15k (44:44), and the 10k (28:50), went into the race as the favorite. Speaking through an interpreter, Navarro said that he conserved his energy to make a late move. The first 13 miles of the course are uphill, with the remaining a gradual decline. Navarro trailed close behind the leaders, Stahl and Sam Sitonik, an open runner from Kenya, for the first 19 miles and made his move at 20 miles.

"That's the strategy I always use," said Navarro. "Sitonik was very premature with his move (at ten miles). He was trying to scare me, but I didn't buy it. If I would have gone with him, the same would have happened to me." Sitonik faded to 20th (2:26:45).

Stahl also faded enough for Navarro to slip by. "My strategy was to go out at an easy pace so I could feel good at the top of the hill," said Stahl. "I got out in front, though, and started to worry that the others had stayed back. I thought at that point that maybe I had misjudged things."

Luis Lopez, 42, of Costa Rica, finished sixth (2:18:48, $1000), and Domingo Tibaduiza, 42, of Nevada, seventh (2:18:51, $500).

Jim Pelarske (2:28:40) and Jack Miller (2:33:42) won $300 apiece for winning the M40 and M45 races respectively. Herb Phillips (2:35:26) took the M50 race, and Andre Tocco (3:01:05), the M55, for $300 each in prizes. Pete Petracek (3:13:10) won the M60 contest, and Logan McGinniss (3:23:03), the M65+, each worth $150.


Margie Lloyd-Allison won $250 for her 3:06:20 in the W40 division. Jane Lauscher pocketed $150 with a 3:01:42 in the W45 race. Other masters prize winners were Ginger Bryan, 50 ($325:41); Sally Byam, W55 ($3:58:00); and Colleen Mershon, W60+ ($4:18:28). Each won $100.

Gail Kingma of Seattle won the women's race (2:46:48). In all, masters leaders shared over $14,000 in prizes.

Press, Hall Best Masters in Paramount 10K

By JERRY WOJCIK


Entrants in the Special Masters Race, in its tenth year, had to qualify by meeting time standards in every division.

Other men's division winners were M45, Peter Stern, 34:08; M50, Dan McCaskill, who won from a strong field of seven in 34:42; M55, John Brennand, 35:22; M60, Paul Saucedo, 39:59; and M65, Ray Gill, 43:47.

There were no qualifiers in the M70 group. Eddie Ledin won the M75 race (48:41); Chick Dalsten, the M80 (51:14); Willard Benton, the M85 (65:31); and Paul Spangler, the M90+ (92:34).

In the women's divisions, there were no qualifiers in the W50, W60, W65, and W70 races. Wendy Watson took the W45 contest (40:39); Tami Graf, the W55 (45:55); and Judy Simon, the W75 (61:16).

In the open race, the top masters were John McAndrew, M40 (34:22) and Leslie Caldera, W40 (37:51). Albert Noboto won the M60 with a speedy 41:04, and Lois Edds took the W70+ in a swift 60:52.

Oscar Rosales of Finish Line International directed the event with primary sponsorship from Bud Light and support from the City of Paramount and the Paramount Rotary Club.

Grandma's Marathon

Duluth, Minnesota

Saturday, June 20th, 1992

7:30 a.m.

Limited to 6,000 Runners
Masters Racewalking Rules

The following is the second installment of a report given by Masters Racewalk Rep, Bev LaVeck, to the National Masters T&F Committee at the TAC Convention in New Orleans. The governing body for Masters RW is the Masters T&F Committee and accordingly, all desired rule changes must be approved by the Rules Committee of Masters T&F.

Masters racewalking has no effective voice regarding the rules which govern our event and impact the broader RW program. Consideration should be given to placing Masters RW Rules within the RW Committee rather than the Masters T&F Committee. Masters RW Rules need to be evaluated to ensure that they are consistent with competitors’ needs while being practical at the local level.

1. Recommendations should be pursued to permit Association and Regional Championships at distances less than 5000 meters. In practice, many meets already include shorter distances. Masters T&F Rules should be changed to be consistent with practice. The shorter distances are more compatible with the realities of meet scheduling, summer temperatures, and the performance level of most masters participants at Association and Regional Championships.

2. A 1990 rule change eliminated the provision that masters men and women RWers could compete together on the track. It’s a far greater problem to schedule separate sex walks of 40 minutes each for a small number of competitors than it is to schedule separate heats of 400 meters! Moreover on the local level, there aren’t even three RWers of each sex participating.

In practice, it appears that Regional Championships often combine men and women on the track in violation of TAC Rules. There needs to be an exemption from the Separation of Sex Rule for all masters T&F RW events, at least for the longer distances or for those with few competitors.

3. A proposal to include a masters 5K Road Championship was supported by the RW Committee, but ignored by the Masters T&F Committee. For this reason, there can be no 5K Road Championship.

DO YOU WANT TO LEARN TO RACEWALK FASTER?

U.S. NATIONAL RACEWALK TEAM MEMBER DAVE McGOVERN WILL HOST AN INTENSIVE RACEWALK TRAINING CAMP AT NATIONAL MASTERS CHAMPION GARY NULL’S BEAUTIFUL HEALING SPRINGS RANCH IN TIoga Texas APRIL 2-5, 1992.

The camp is designed to help you improve your walking technique and to show you how to train more effectively for faster times and fewer injuries. Dave and members of the National racewalk team and coaching staff will lead you in workouts and lectures, and will use videotape style analysis to help you correct technique flaws that lead to inefficiency, injury and possible disqualification.

Fees for the camp will be $495 per person and will include meals, lodging and use of all facilities at the Healing Springs Spa, transportation from Dallas/Fort Worth International Airport, and all lecture materials.

For further information please contact:

Dave Mc Govern
29 Garden Drive
Alexandria, VA 22304
(703) 370-9841

DO YOU WANT TO LEARN TO RACEWALK FASTER?

Interview With Adeline Crocker

Adeline Crocker lives in Hawaii and started racewalking in her late 60’s. She won medals in two National Championships, 1984 and 1987, and won a bronze medal W73-79 in the World Veterans Games in Eugene. Now 80, Adeline is beginning to think of the 1993 Games in Japan.

How did you get introduced to racewalking?

Things began to happen when Dan Fitzpatrick came to Hawaii with the army and met Jim Moberly who was with the Honolulu Marathon. They formed a racewalking group of about 10 or 15 people. Eugene Kitts was one. I was just a regular walker at that time, and when I entered a race that Dan and Jim judged, I was DQed. I came home and cried and thought I would never go back. However, I did and I was so glad because I found out what was wrong and that I could work on it. My enthusiasm grew, and I tried to practice as much as possible.

How did you train for the Nationals and Eugene?

When I started walking, I walked at least five miles every day. On weekends I did longer distances going from Waikiki up Diamond Head, and quite often would do fartleks from tree to tree in the residential areas. I also liked to go to the track and do intervals.

Are you naturally competitive?

I think I have always been. I like to be in front. However, in Eugene, I had to work hard to win a bronze medal because the other three ladies in my division were very good.

How about the World Veterans Games in Japan?

I haven’t been competing recently, but I’ve been thinking about starting to train again.

— Elaine Ward

Racewalking Pros and Cons

Last month, NMN published a suggestion by Bev LeVeck on how to manage the influx of regular walkers in racewalking events. Some readers’ responses are published below; others will be in the future.

NO FITNESS WALKERS

Please! Keep fitness walking exactly where it belongs. I can appreciate the fact that more and more fitness advocates want to be included in RW events; however, I don’t believe the average fitness walker would remain interested in dedicating the day-in and day-out effort and training needed to develop the speed and endurance to be competitive, especially when they understood that they must adhere to the rules.

If we are to have any recognition in track and field nationally or internationally, we must abide by the rules without consideration of ‘leniency,’ and I would have to see the rules altered by event directors wanting to attract more entrants.

Carl Acosta
North Hollywood, CA

I read with great interest your column in the February National Masters News. After eight wonderful years of racewalking competition, both locally and nationally, I find myself unable to straighten my knees.

I love the sport of racewalking too dearly to seek out unjudged races, and my only solution has been to enter as a runner or “jalker” as a friend of mine describes it.

I would strongly support your idea of a new sport of “speedwalking” or whatever name is chosen. It would give me and many of my contemporaries a new lease on life, as a friend of mine describes it.

I would strongly support your idea of a new sport of “speedwalking” or whatever name is chosen. It would give me and many of my contemporaries a new lease on life, as a friend of mine describes it.

Dave and members of the National Masters T&F Committee.

LET THEM BE JUDGED

My main concern is with the TAC Masters National T&F Meet and the suggestion of having two types of competitive walks included. This presents a definite problem somewhat on the order of a long jumper saying, “What the heck. We came all this way. Let’s do the walk, too. It oughta be fun!” My position is: Let them find out how much fun it is! Let them find out what a strong and serious discipline racewalking is! Let them be judged.

A rule is a rule and made for a specific reason. In racewalking, these rules are what make the sport. To bend these rules would be disastrous. Do other sports such as figure skating, the long jump, diving, etc., soften their rules and/or create separate events to accommodate those unable to adhere to them?

A competitive “regular” walking event which does not permit running, but has no rules of technique and no judging, is no more than a fitness or recreational walk. To include such an event in a National Championship would lessen the credibility and integrity of racewalking to the observer. Racewalking with judging is a sport. The sport belongs in a national meet. The other does not.

Richard Oliver
Studio City, CA
How I Got My Picture In The Deli

Sitting down in the corner booth at the Deli, I found myself next to Alan Page. Not Page in person, but Alan's picture. Among several hundred photos on the wall, mine had been hung next to that of the former Notre Dame football star.

I was visiting the new headquarters in Beaverton, Oregon of Nike, Inc., the sports shoe company whose sales reached $3 billion last year.

Before lunch, I had taken a tour of the 175-acre grounds with eight buildings, each named after a star (Michael Jordan, John McEnroe, Alberto Salazar), who wears Nike shoes. Each building displays memorabilia from the star; a Bulls uniform for Jordan, a tennis racket for McEnroe, the singlet Salazar wore when he broke the world marathon record.

I was not invited into the design department, where future innovations in sporting gear are planned. Nike has a reputation for innovation from waffle-soled running shoes to air-cushioned basketball shoes, but they don't advertise plans in advance.

For good reason: not all designs succeed. Some years ago, I served as consultant to develop a computerized running shoe that would record pace and miles on a wrist monitor. The shoe would cost $300. It never made it to market.

Following the tour, I changed in the Bo Jackson Sports and Fitness Center and ran on a 1.2-mile woodchip trail with Keith Peters, Nike's public relations manager.

"Reporters often ask how much this complex costs," said Peters. "Phil's response is, 'It's paid for.'"

Keith referred to Phil Knight, Nike's chief executive. A runner at the University of Oregon, Knight got an MBA at Stanford University in 1962, then took a world tour, stopping in Japan where he convinced Kihachiro Onitsuka, the head of Tiger (now Asics) running shoes to cede him U.S. rights.

Knight sold the shoes out of the trunk of his car. He asked his former coach, Bill Bowerman, to design new models. Bowerman used his wife's waffle iron to mold a shock-absorbing sole, instantly popular with road runners.

So successful was Knight's venture that by 1971, his Japanese suppliers moved to limit his market. Knight formed his own company, seeking support from friends, who eventually became millionaires. Jeff Johnson, his first employee, came up with the name "Nike," after the Greek Goddess of victory.

I once told Jeff that I may have been the first American runner to have worn their shoes. It was 1963, and I was being coached by Fred Wilt of Lafayette, Indiana. Before the Boston Marathon, Fred obtained Onitsuka shoes, custom-made from a tracing of my foot. Knight didn't get his first shipment from Japan until eight months later. I wore the shoes the following year when I was first American finisher at Boston.

I thought Jeff might dismiss my claim. Instead, he smiled: "I had your picture on the wall of our Los Angeles store. You were the only runner anybody knew back then wearing our shoes."

Better athletes such as Steve Prefontaine and Frank Shorter later wore Nike shoes, although a recent biography (Swoosh: The Unauthorized Story of Nike and the Men Who Played There) suggests that they were paid to do so. Today, it hardly seems shocking that Shorter might have cashed a $15,000 check before defending his Olympic marathon title in 1976, but back then it would have resulted in his suspension from competition.

One of the book's authors is Julie Strasser, wife of a former Nike executive. She portrays Knight unkindly, claiming his main motivation was to make money. In rebuttal, Nike notes that Strasser's husband now works for a competing shoe company.

Knight and Nike's success seems to stem from having been in the right place at the right time with the right idea, and associating themselves with the right people.

While working on the computer shoe in 1965, I visited Beaverton and saw a sign welcoming a basketball player being courted by Nike. A limousine soon appeared with that player.

I remember thinking, "Who's Michael Jordan?"

Alas, nobody considered marketing the computer shoe as Air Higdon. I missed my shot at millions. Perhaps it is enough to have my photo hung in the Deli next to Alan Page.
How Come We Don't Get No Respect?

We bring it on ourselves. We expect the world to beat a path to our door, but "the running shoe is the door." We want the media to give good coverage to our masters track and field meets, but the sports desk editor either doesn't know about them or doesn't care. And why should he? Or she? Maybe we tried once to get the local newspaper interested in one of our meets, but it didn't work, so we gave up. Maybe that's because we went at it on our terms, rather than the paper's.

Let me explain. It's a "given" that most newspaper sports reporters (and TV sportscasters, as well) think that the only sporting events worth reporting on have names ending in "-ball." Hockey is one of the few exceptions. Running, including track and field, get short shrift. Bicycling and swimming in events worth reporting on have names encastled in the media that masters track and field is every program. We haven't convinced the sportswriters that only one of ten readers has ever heard of.

That's in the job selling their Games. They stirred up a few interest in "community calendar" in the local paper. They convinced the media that the readers and press that much more credibility when you go into the community for volunteer support and donations. Another side benefit is increased registrations - more people involved and competing in the sport is good for all of us.

One spin-off of all this is more community support for our events. Publicity will give your meets much more credibility when you go into the community for volunteer support and donations. Another side benefit is increased registrations - more people involved and competing in the sport is good for all of us.

Yeah, it's more work for the overburdened meet director but it'll pay off in spades. Finding a volunteer PR rep for your club is the first step. □

Gloria Brown Sets W60 AR

by DIANE SHERREY


M45 winner was Connecticut's Al Swenon (4:26.0), with Dennis Featherstone of Ontario, Canada, taking the M50s in 4:53.5. John Garrity paced the M60s with a 6:03.3.

Record Day at Dartmouth

by JERRY WOJCIK

Dartmouth Indoor Invitational Indoor T&F meet, and sponsored by Mobil, High Noon A.C., and the Finger Lakes Runners Club. Meet director was Richard Hoebeke. □

Masters competitors opened the major indoor season with a flurry of records in the Dartmouth Relays in Hanover, N.H., on January 10.

Pat Peterson, running for the Syracuse Chargers, broke the W65-69 world records in the 200 with a 35.8 (old record 36.1, Mary Wixey, of Great Britain, March 1986) and the 400 with an 87.6 (old record 90.6, Marie Stafford, U.S., February 1989). Peterson also established a U.S. record of 13.87 for the 55mH.

Carolyn Cappetta of the Liberty AC changed the W55-59 400 world record to 67.6 (old record 75.61, Betty Voburgh, Atlanta, Ga., March 1991) and the U.S. world record in the 200 with a 31.8 (old record 32.97, Voburgh, March 1991).

In the 800, Barbara Pike, also of the Liberty club, smashed the W50-54 U.S. record with a 2:40.5 (old record 2:44.40, Sandra Knott, Cleveland, Ohio, March 1990). Meet director and Dartmouth head track and field coach, Carl Wallin, convinced sufficient good to break the U.S. masters mile shot record with a 7:10 (old record 8:34-34, Stewart Thompson, California, February 1986). □

McMullen, Blaszak Tops in Hartshorne Mile

In the women's division, Barb Blaszak of Syracuse, N.Y. captured the W40 title in 5:44.0, well off the meet record of 5:15 set by Nancy Osher last year. W60 winner was Gloria Brown of Grand Island, N.Y., with an astounding time of 6:43.9 - more than a minute faster than the current indoor American Record of 7:47.6 held by Jean Price.

The Hartshorne Masters Mile was held in conjunction with the Cornell University Invitational Indoor T&F meet, and sponsored by Mobil, High Noon A.C., and the Finger Lakes Runners Club. Meet director was Richard Hoebeke. □

Charles McMullen, 40, of Rochester, N.Y. (left) claims the elite men's division mile title in 4:22.9, while Barbara Blaszak, 41, of Syracuse, N.Y. (middle) captures the women's masters mile with a 5:44.0. At far right, Derck Freschette, 47, of Rochester, posted a 4:50.5 to outdistance Dennis Featherstone, 51, of Ottawa, Canada (4:53.5) and Caleb Rossetter, 40, of Washington, D.C. (4:55.5) in the men's Sections I and II combined heats.

Photos by Gerhard Schmidt
The Director's Corner

by DEAN REINKE

Sorbothane/USRA Masters Circuit

The fourth edition of the Sorbothane/USRA Masters Circuit established its second world record in the 4-year history of the event. Newly-turned 40-year-old Nick Rose blasted Domingo Tibaduiza's 10-month-old 8K record, running 23:31 over a hilly 8K course in Orlando, Florida as part of the Mitsubishi/Coca-Cola Running Festival. Mexico's Manuel Tibaduiza played cat and mouse with the former Olympian until just before the 4-mile mark. Rose was so strong, he stopped short of the finish line, so as "not to lower the record too far." Look for John Campbell to turn into a footnote in the history book as Rose plans to challenge records at every distance in 1992.

Five of the twelve age division champions repeated as Grand Prix Champions on the 25-city Sorbothane/USRA Masters Circuit. They were Nancy Grayson (M40-44), Ken Sparks (M44-49), Wen-Shi Yu (W55-59), John Hosner (M65-69), and Bill Fortune (M60-64), winning his third consecutive circuit crown.

Grayson, along with Gary Romesser, who finished in 4th, won the circuit grand prix titles and the accompanying $1500 prize. $7500 was distributed in Grand Prix money while $2500 was passed out at the Sorbothane/USRA Circuit National Championship.

It seems like only yesterday that Bill Rodgers and Frank Shorter turned 40. Frank and Bill will turn 45 this year as the circuit enters its 5th season. Circuit officials plan to announce the schedule within the next 60 days, with the Huntsville, Ala., Cotton Row Run to be one of the first events of the '92 tour. Discussions are being held with a number of sponsors and it appears that the National Championship will return to Orlando, home of the USRA National Headquarters.

Rookie Class

While Gary Romesser and University of Missouri grad Charlie McMullen both vied for "Master Circuit of the Year" honors, 1992 looks to provide yet another interesting crop of rookies. Leading the 1992 turnouts are two sports legends, Ireland's Eamonn Coghlin and 5-time Olympian Francie Larrieu-Smith (November 23). The Netherlands' Carla Beurskens turned 40, February 10, while this month marathon specialist Doug Kurits of Michigan joins the ranks.

On February 21, France's Pierre Levisse, a 4-time French cross-country champion turns 40. He has run a 2:18 within the last 2 years. TAC officials say that Joseph Nacou will join the masters ranks on April 14 while the legendary, but beleaguered, Henry Rono turns 40 on December 12th. After an injury-plagued year in 1991, Pennsylvanias Norm Green turns 60 on June 27.

Rose Sets 8K World Best at USRA Finals

Continued from page 1

of record time and decided he didn't want to put the record so far out of sight that he would have difficulty challenging it again! His slowed finish, thus, provided a more reminiscent of the classic British motion picture, The Loneliness of the Long Distance Runner. In that film, based on an Alan Sillitoe short story, the protagonist stops just before crossing the line in a cross-country race to demonstrate to the cheering and jering crowd that he runs for himself, not for others.

Regardless of motivation, times by Rose and others certified the Orlando course as fast despite complaints by some runners that race and circuit organizer Dean Reinke had picked "the only hill in Florida" for his event. The USRA Circuit final wound through a development on the western edge of Orlando known as MetroWest Village, elevation 155 feet.

That attitude is hardly high compared to Boulder, Colo., where Welch and Sorbothane spokesman Frank Shorter (7th in 26:22) live, but it was higher than the previous USRA finals sea-level course in Naples, Fla. The Orlando race featured a steady ascent in the first mile, repeated toward the end of the third mile on the two-lap course.

"To succeed on this course, you'd need to train in the Adirondacks," grumbled one local runner. Rose noted afterwards a difference of 20 seconds between his uphill and downhill splits; a runner who finished a half dozen minutes behind noted a 30-second difference.

Nevertheless, veteran road-racers often insist that rolling courses prove just as swift as flat courses, sometimes swifter, because the change of pace dictated by changes in elevation allow different muscles to be brought into play. Certainly, the proof lies in the performance. Sunny, cool weather in the 60s with just a trace of wind also helped runners seeking personal records.

In addition to Rose's fine run, other outstanding performances included age group wins by Mike Heffernan (M50, 26:36); Ken Sparks (M45, 26:42); and Barbara Filutze (W45, 29:22).

Competition was tight in several divisions, aided by the USRA practice of having competitors wear age-identifying numbers on their backs, which allows mid-pack runners to more easily locate their age-group competition. Orlando's Jim Blount won the M60 title in 30:39, then turned around in the chute and saw three runners in his division finish within 8 seconds of each other.

At a Saturday night banquet, Dean Reinke provided cash awards to winners in the year-long USRA Circuit. Reportedly, $75,000 in prize money was awarded to masters runners at circuit races throughout the year.

Along with overall Circuit sponsor Sorbothane, MetroWest Village (where the race took place) was one of the sponsors included: Mitsubishi Motors, Coca-Cola, Food Lion, and Outback Steakhouse. At a post-race raffle, a Mitsubishi Expo LRV and two round trip tickets on American Airlines to London were given away to lucky winners.

Following the day's activities, one M60 runner from the Midwest announced that he was going to Disney World even if he did get beat.

With the recession tightening the budgets of sponsors throughout running, Reinke has not yet announced plans for the 1992 USRA Circuit, nor identified which races will be Circuit events. He hopes to begin with a race in late spring and the finals again for Orlando in mid-winter.
One Team For Former USSR, Says Bragina

by MIKE TYMN

"All republics will be one team at Barcelona," said Lyudmila Bragina, a gold medalist at 1500 meters in the 1972 Munich Olympics. "This I know exactly."

Bragina was in Honolulu during late December as coach for the Russian team in the Young Women's (high-school) Ekiden, a 30-kilometer relay race involving teams from 13 countries. Her team finished 15th and last among the international teams (Japan and the U.S. each fielded two teams).

Although her team did not fare well in Honolulu, Bragina does not expect the political turmoil in her country to significantly affect performances by "Commonwealth" athletes participating in Barcelona.

"I think the support by the government is the same," she explained. "They train the same now as before."

Bragina set a world record of 4:06.9 for 1500 at the Russian Championships in 1972, then improved that three times in five days at Munich — to 4:06.5 in the heats; 4:05.1 in the semi-finals; and 4:01.4 in the final. In 1976, she concentrated on the 3000 meter and set a world record of 8:27.12 in the USA-USSR meet.

Bragina, 48, said she still runs three to five kilometers a day. She finished 9th in the 1500 at the World Veteran Championships last year. "I have no ambition to run for first place," she said, "I only want to take part in the competition. I run only for my health. That is all I run for."

Asked what she could run 1500 in now, Bragina laughed and said, "Fifty-three, but it would be very hard for me."

Lucy Brobst Sets World Pole Vault Record

Lucy Anne Brobst of Kitty Hawk, N.C. became the oldest woman to ever pole vault competitively when she vaulted to a world W55 record of 1.56 meters (5-1) at the Midwest Indoor Masters Classic on February 16 in Cincinnati.

The 58-year-old broke the existing W55 mark of 1.40, set by Ireland's Dorothy McLennan at the WAVA World Veterans Championships last summer in Turku, Finland.

The previous day, Brobst won the W55 national TAC pentathlon championship in Indianapolis.

Brobst, who never vaulted until a few months ago, is being coached in the event by Atlanta's Phil Mulkey, a 1960 Olympic pole vaulter and frequent masters M55 multi-event champion.

"Her progress is amazing," Mulkey said, "but it just goes in to show what women can do in the vault, even when they've never tried it before."

196 Participate in Lake Erie TAC Meet

by LAWRENCE E. FINLEY

Over 100 masters athletes were among the 196 participants at the tenth annual Lake Erie TAC indoor track meet held on January 11th. The meet, held at Maple Heights High School (about 20 minutes from downtown Cleveland, Ohio), is one of three meets sponsored by the Over The Hill Track Club each year. Among the many outstanding performers were Rex J. Harvey and Bernice Holland. In addition to winning the men's 45-49 age group 45 yard dash and 45 yard hurdles (5.47 and 6.54), Harvey won the high jump (5'4") and the pole vault (11' 2""). Holland won the women's 45 yard dash (8.09), the 25 pound weight throw (24'3''), and the shot put (28' 8.75'') for the women's 60-64 age group.

Two outdoor meets have been scheduled for April 25th (North Coast Relays) and June 20th (Cleveland Track Classic). Details concerning these meets will be in future National Masters News issues.
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<td>Masters Age Records</td>
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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 all age records for books and up, as of May 1990. 48 pages. Lists names, ages, states, and date of record. Compiled by Jerry Wojcik, WAVa and TAC Masters T&amp;F Records Chairman. $4.00</td>
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**Women's World Indoor Records**

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### Men's Mile

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Update On WAVA And The IAAF

A very successful meeting was held with the IAAF at their headquarters in London. Present was Istvan Gyalai, the new IAAF General Secretary; Torsten Carlius, the WAVA Secretary; and Cesar Moreno, an IAAF Council member, who is the Chairman of the IAAF Veterans Committee, and also the IAAF representative on the WAVA Council.

Cesar Moreno is from Mexico. He has already proven to be a very good friend of WAVA. He indicated that he sought the position as the IAAF Representative to the WAVA Council because he feels that the Veterans are “pure” athletes. Much of the success of the recent meetings with the IAAF are due to his influence.

The IAAF will give a $15,000 yearly subsidy to WAVA. This means that there will no longer be affiliation fees required to both WAVA and the WAVA Regional Councils.

Mark Horley will coordinate veterans affairs at the IAAF office. Bridget Cushen, the Women’s Representative to the WAVA Council, has been invited to serve as the WAVA assistant to Mr. Horley.

A special budget for services to veteran athletes, with a limit of $25,000 per year, has been established. Cesar Moreno and myself are authorized to present bills to the IAAF for projects of benefit to the Veterans program. Such expenditures would be in the nature of trips to London to coordinate WAVA/IAAF activities; expenses for the translation, printing and distribution of the WAVA Handbook; increased participation of WAVA Continental or National delegates at our meetings; expenses for an extra WAVA Council meeting, if necessary; and, possible costs for simultaneous translations at WAVA meetings.

The IAAF will present WAVA as the official veterans body, recognized by the IAAF. Articles about WAVA and information about our program will be published, without cost to WAVA, by the IAAF and sent to all of the one hundred eighty IAAF affiliates, plus any WAVA affiliate not a member of the IAAF.

The next meeting of the IAAF Veterans Committee will take place in Jalapa, Mexico, at the North American Veterans Championships.

After the meeting in London, Cesar and I went to Rome and met with Dr. Nabiolo, the IAAF President. He promised his full support. He indicated that documents defining the IAAF/WAVA relationship will be prepared for approval by the WAVA Council at our meeting this May in Japan, and then presented to the IAAF Council for their approval. The terms of the documents will guarantee that WAVA will keep its identity and functional authority under the IAAF umbrella. All IAAF members will be invited to join WAVA.

All of the above is the culmination of eight years of negotiations with the IAAF. I thank all of those that have supported me in this effort and thank all of the Veterans for their patience in these protracted negotiations. We will now have increased funding to expand and improve our program, increased publicity, a central office and increased membership.

The original Championship dates selected for Japan were the end of August to early September. The Japanese requested that the dates be changed to the first two weeks in October. Their request was based on adverse weather conditions in August, with typhoons being a real possibility and the fact that they will have to construct a new secondary track, which they would have difficulty in completing by August 1993.

Since the WAVA Assembly voted to have the event in Japan in August, it was felt that the WAVA Council would not have the authority to change the date on its own. Accordingly, all of the WAVA affiliates were contacted and asked for their recommendations. The Council is evaluating their replies. All affiliates will be advised within a month as to the final decision.

Sprinters Nick Newton (1), M55, John Poppell (2), and Hugo Hartenstein, M55, at the IX WAVA Championships, Turku, Finland.

Photo by Terri Poppell
Report from Britain
By ALASTAIR AITKEN of Athletics Today, and
MARTIN DUFF of Athletics Weekly

Mike McLeod, 1984 Olympic 10,000 meter silver medalist, turned 40 January 25 and promptly posted the fastest veterans time in the Durham Cathedral Cross-country relays. McLeod's 16:52 over the 3.3 mile course was a minute faster than his closest competitor.

After the race, he confided that an injured foot had been giving him some pain — which makes his time even more impressive. McLeod said he is thinking about entering masters races in the U.S., but "only if the prize money is good enough."


Editor's note: NMN correspondent Alastair Aitken has written a 284-page book titled More Than Winning. In 45 chapters, over 60 athletes, trainers and officials from throughout the world talk candidly about how they began, how they train, their finest and worst moments, and what keeps them in the athletics world. Sebastian Coe, Edwin Moses, Jim Ryun, John Walker, Lasse Viren, Kip, Keino, Peter Elliot and many more are among the famous names Aitken interviews. For a copy, send £6.95 British pounds to Temple House Books, 25-6 High St., Lewes, East Sussex, BN7 2LU, England.

Rose, Welch Win in Gasparilla

Nick Rose, 40, of Great Britain, edged Manuel Vera, 40, of Mexico, 44:28 to 44:29, to capture master honors and $1000 in the annual Gasparilla 15K in Tampa, Fl., February 15. Rose was 23rd overall. Vera won $500. Mexico's Rodolfo Gomez, 41, was third master in 47:42.

Priscilla Welch, 47, of England and Colorado, won the female masters title and $1000 in 53:45 (18th woman overall), beating out Carolina's Nancy Grayson ($500, 5000). Complete results next month.

1991 World Veterans' Championships, Turku

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WAVA/TAC Hurdles and Implements Specifications

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EAST

• Hugh Sweeney, 47, ended with an eighth 27:04 of 1064m in the NYRRC Season Opener 70K Central Park, January 5, Bill Fortune, 63, won the M60 contest easily in 30:50. Ann Makoske, 46, was top W40+ (33:40), with Helene Bedrock, 56, second in 34:40. Sweeney returned on the 11th to again capture masters honors with a 1:12:09 in the NYRRC Central Park 20K. William Coyne, 70, who had won (30:50) the M70 race in the previous week's 8K, ran a 1:37:18 to take his division again. Ann Davies, 45, had no competition in a W40+ first (1:24:18). Sweeney added another M40+ first with an 18:05 in the NYRRC Super Bowl Sunday 5K, January 26. Coyne and Al Goldstein, 70, staged the tightest division race, with Coyne winning by four seconds in 24:19. Marilyn Greer, 48, was seventh of 446m, with a 21:43 on the snow-covered course.

• Daniel Brach (43, 33:44) and Kathleen Horton (43, 40:47) blew to masters firsts in the NYRRC Wind North 10K, January 19. The aptly named race was held in 14° with the wind at 12 mph, resulting in a wind chill of minus 2. Alan Finkerhoff, 35, blasted to a division win in 39:47. Vince Carnevale, 75, chipped the M75 entrants with a 49:46. Toshiko D'Elia, 62, iced the W60-69 first in 47:46.

• Ben Beach (42, 1:59:14), Bethesda, MD, was first overall in the DCRRC Greenbelt 20 Miler, MD, December 28. In the Illinois Flying Bugz, 45, State College, PA, broke the W40+ course record with a 1:09:30. Racewalkers Jim Lemert, 59, Washington, DC, and Judy Savitz, 51, Woodbridge, CA, took the W65 honors with a 1:12:09 in the NYRRC North Wind 10K, January 20. William Coyne, 70, who had won (30:50) the M70 race in the previous week's 8K, ran a 1:37:18 to take his division again. Ann Davies, 45, had no competition in a W40+ first (1:24:18). Sweeney added another M40+ first with an 18:05 in the NYRRC Super Bowl Sunday 5K, January 26. Coyne and Al Goldstein, 70, staged the tightest division race, with Coyne winning by four seconds in 24:19. Marilyn Greer, 48, was seventh of 446m, with a 21:43 on the snow-covered course.

SOUTHWEST

• In Dallas on January 11, Francis Larrieu-Smith, 39, warmed up for her fifth Olympic team contest with a 2nd overall 15:43 at the Snowman Shuffle 5K in the U.S. Women's Olympic Marathon Trials in Houston on January 26, she made her fifth Olympic team with a third-place (2:30:39) finish.

• Ann (30:50) the 8K, ran a 1:37:18 to take his division again. Helene Horton (43, 40:47)

WEST

• Fran Conley, national 4W0 javelin champ several years ago, was one of 19 women selected to the Feminist Majority Foundation for fighting for equality. The Stanford U Medical School neurosurgeon quipped over alleged sexism and sexual harassment at the school. She then returned to help make it a better place for women.

• John Keaton, 66, McMinnville, OR, was best age-factor performer overall with a 1:42:19/1:17:07 AF in the Mission Bay 25K, San Diego, CA, November 14.

NORTHWEST

• Leon Joslin, weightman from Seattle, who turns 80 in March, broke five single-age records in 91 with the 2kg (22:15m), 1kg (23:93), and 1kg (33:36) discs, 4kg (9:48) shot, and 4kg (24:82) hammer.

• The 1992 Hayward Classic will also serve as the first ever Oregon Athletics Congress Masters Track & Field Championships. All participants except foreigners must be TAC members. A non-Oregon TAC athlete cannot displace an Oregon TAC athlete for Oregon TAC medal awards. Equivalent (Hayward Classic) medals will be given to individuals who are not Oregon TAC members.

INTERNATIONAL

• Veterans from throughout the world are invited to compete in the 17th South African Masters Athletics Championships on May 8-9 in Krugersdorp - not far from Johannesburg. The IOC has removed South Africa from its "banned" list and S.A. athletes will compete in the 1992 Olympics in Barcelona. The IAAF has not yet "readmitted" the South Africans, but is expected to do so shortly. On the 15th, another major masters meet will be held in Durban, on South Africa's beautiful east coast. Hannes Booyzen, President of the South African Masters, will help arrange visitors with their travel plans. "Places of beauty include Cape Town, Kruger National Park, the game reserves of Zululand, and many other sites," Booyzen said. For more details, contact Booyzen at 5800, Delmenhove 1403, Germiston, South Africa; phone 827-7590.

Masters mile was scheduled for 9:10, the open mile for 9:20. "We asked (meet director) Al Franken to flip-flop the two races so we could show the open mile, Masback said, "but Al said no," Masback told NNN.

The masters mile began about 9:23 and ended at 9:28 before ESPN went to commercial.

"But we didn't want to take the chance of having to leave the masters race with a lap to go, so we just focused on Bobbik," Masback said.

In the open mile, won by Steve Scott in 3:58.34, Ken Pepojeoy, 41, of Wheaton, Ill., attempted to break Byron Dyce's official U.S. indoor masters mile record of 4:16.39, but fell short with a 4:16.8. Pepojeoy has a pending mark of 4:13.7, set a year ago in South Bend, Ind.

A recent letter from Barry Brown, America's most respected Masters runner, to the Vice-President of STIM-O-STEM:

In brief, I began using Stim-O-Stam in 1968 at the High Altitude Olympic Training Camp in Lake Tahoe, California. It was recommended to me by Tommy Farrell (the eventual Bronze medalist in the 800 meters in Mexico City). I have used Stim-O-Stam ever since, and I honestly believe it has enabled me to remain competitive for the past 23 years. With the high mileage training that I do, it is essential to keep my body in balance and my legs feeling fresh. Stim-O-Stam and its related products have definitely made a difference in how I recover and feel during hard training. I'm hooked on it!

Sincerely,

Barry J. Brown

(800) 562-7514

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Track and field events feature competition for men and women over 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. 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 MNM, P.O. Box 2372, Van Nuys, CA 91404.

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**Florida**

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**Texas**


**Pennsylvania**


**Illinois**


**Indiana**

April 4-6. Indiana Masters Indoor Championships, Lafayette, Ind. Dick Bloomfield, 5030 E. Shadowlawn Ave., NE, 53014.

**Missouri**

April 4-6. Missouri Masters Indoor Championships, St. Louis, Mo. Dick Bloomfield, 5030 E. Shadowlawn Ave., NE, 53014.

**Ohio**

April 4-6. Ohio Masters Indoor Championships, Columbus, Ohio. Dick Bloomfield, 5030 E. Shadowlawn Ave., NE, 53014.

**West Virginia**


**South Dakota**


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### U.S. MASTERS STANDARDS OF EXCELLENCE FOR MASTERS RACE WALKERS

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

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### APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

**NAME:**

**ADDRESS:**

**CITY:**

**STATE:**

**ZIP:**

**MEET:**

**DATE OF MEET:**

**MEET SITE:**

**MARK:**

**HURDLE HEIGHT**

**WEIGHT OF IMPLEMENT**

- [ ] certificate
- [ ] patch
- [ ] patch tag

**notes:**

1. All standards are for masters competition; some standards are for standard. The first and last times are for convenience.

2. The standards are only for certain age groups.

3. The standards are only for certain gender groups.

4. The standards are only for certain skill groups.

5. The standards are only for certain size groups.

6. The standards are only for certain time groups.

7. The standards are only for certain distance groups.

8. The standards are only for certain weight groups.

9. The standards are only for certain implementation groups.

10. The standards are only for certain height groups.

11. The standards are only for certain speed groups.

12. The standards are only for certain age, gender, skill, size, time, distance, weight, implementation, height, speed, and group combinations.

13. The standards are only for certain age, gender, skill, size, time, distance, weight, implementation, height, speed, and group combinations.

14. The standards are only for certain age, gender, skill, size, time, distance, weight, implementation, height, speed, and group combinations.

15. The standards are only for certain age, gender, skill, size, time, distance, weight, implementation, height, speed, and group combinations.

16. The standards are only for certain age, gender, skill, size, time, distance, weight, implementation, height, speed, and group combinations.

17. The standards are only for certain age, gender, skill, size, time, distance, weight, implementation, height, speed, and group combinations.

18. The standards are only for certain age, gender, skill, size, time, distance, weight, implementation, height, speed, and group combinations.

19. The standards are only for certain age, gender, skill, size, time, distance, weight, implementation, height, speed, and group combinations.

20. The standards are only for certain age, gender, skill, size, time, distance, weight, implementation, height, speed, and group combinations.

21. The standards are only for certain age, gender, skill, size, time, distance, weight, implementation, height, speed, and group combinations.

22. The standards are only for certain age, gender, skill, size, time, distance, weight, implementation, height, speed, and group combinations.

23. The standards are only for certain age, gender, skill, size, time, distance, weight, implementation, height, speed, and group combinations.

24. The standards are only for certain age, gender, skill, size, time, distance, weight, implementation, height, speed, and group combinations.

25. The standards are only for certain age, gender, skill, size, time, distance, weight, implementation, height, speed, and group combinations.

26. The standards are only for certain age, gender, skill, size, time, distance, weight, implementation, height, speed, and group combinations.

27. The standards are only for certain age, gender, skill, size, time, distance, weight, implementation, height, speed, and group combinations.

28. The standards are only for certain age, gender, skill, size, time, distance, weight, implementation, height, speed, and group combinations.

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30. The standards are only for certain age, gender, skill, size, time, distance, weight, implementation, height, speed, and group combinations.

31. The standards are only for certain age, gender, skill, size, time, distance, weight, implementation, height, speed, and group combinations.
## Lake Erie Maples, OH  January 11

<table>
<thead>
<tr>
<th>Distance</th>
<th>Name</th>
<th>Age</th>
<th>Time</th>
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<tbody>
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<td>10K</td>
<td>John D.</td>
<td>205</td>
<td>30:30</td>
</tr>
<tr>
<td>5K</td>
<td>Jack C.</td>
<td>220</td>
<td>15:45</td>
</tr>
<tr>
<td>2K</td>
<td>Steve B.</td>
<td>190</td>
<td>4:30</td>
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## Westfield College Throes

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<th>Time</th>
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<td>205</td>
<td>30:30</td>
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<tr>
<td>5K</td>
<td>113</td>
<td>Jack C.</td>
<td>220</td>
<td>15:45</td>
</tr>
<tr>
<td>2K</td>
<td>114</td>
<td>Steve B.</td>
<td>190</td>
<td>4:30</td>
</tr>
</tbody>
</table>

## SAC Masters Half-Marathon Championships

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<thead>
<tr>
<th>Distance</th>
<th>Orleans, FL  February 1</th>
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<th>Age</th>
<th>Time</th>
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<tbody>
<tr>
<td>21K</td>
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<td>John D.</td>
<td>205</td>
<td>2:15:30</td>
</tr>
<tr>
<td>10K</td>
<td>116</td>
<td>Jack C.</td>
<td>220</td>
<td>1:02:45</td>
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<tr>
<td>5K</td>
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<td>Steve B.</td>
<td>190</td>
<td>32:15</td>
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## Long Distance Results

<table>
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<th>Name</th>
<th>Age</th>
<th>Time</th>
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<tbody>
<tr>
<td>10K</td>
<td>John D.</td>
<td>205</td>
<td>30:30</td>
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<tr>
<td>5K</td>
<td>Jack C.</td>
<td>220</td>
<td>15:45</td>
</tr>
<tr>
<td>2K</td>
<td>Steve B.</td>
<td>190</td>
<td>4:30</td>
</tr>
</tbody>
</table>

## SAC Masters Circuit Break Grand Championship

<table>
<thead>
<tr>
<th>Distance</th>
<th>Name</th>
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<th>Time</th>
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<tbody>
<tr>
<td>21K</td>
<td>115</td>
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<td>117</td>
<td>Steve B.</td>
<td>190</td>
</tr>
</tbody>
</table>
March, 1992

National Masters News

page 27

SOUTHEAST

Thanksgiving 10 Mile

(Texas Masters Championships)

Delaware, November 28

Overall

Doug Shooter 28 52:49
Marie Mazullo 30 56:45
Bob Berry 40 61:01
Herschel Short 50 67:15
Peter Sper 51 58:24
Ben Nelson 51 61:30
William Weller 71 77:58
David Bress 77 96:25
Gary Dwyer 79 1:02:47
Ken Windley 79 1:09:11
Jan Holm 79 1:15:31

Boomer Baby West 10K

Phoenix, Arizona; December 29

Overall

Bob Reed 29:10
Lisa Weidhacker 33:32
Tim Vainer 32:48
David Liberman 33:56
John Connors 33:13
Donald Tucker 36:56
Ed Dohogne 38:16
Jim Pollock 38:51
Sven Jorifeld 40:43
Bob Burke 42:18
Mike Chapman 42:35
John Rouss 42:11
Emill Olson 42:25
Herb Williams 42:17
gene Jaffa 42:10
Bob Martin 43:10
Mike Clark 50:47
Carrollan Grathan 39:35
Susan de Gennaro 40:07
Lucia Palacios 40:57
Mary Orton 41:58
Lainey Paterson 41:58
Silvia Jacob 42:19
Dave Shell 43:04
Bill Nalson 43:17
John Streb 45:35
Milo Macolm 47:10
Jean Galasso 3:22:12

San Antonio Indoor Marathon

Las Vegas, NV; February 3

Overall

Artemio Navarro 4:22:16
Galina Vinokurova 4:22:16

Men's Masters Overall

Eliel Eklund 4:22:16

Women's Masters Overall

Linda-winning 4:22:16

Las Vegas Indoor Marathon

Las Vegas, NV; February 3

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<th>EAST</th>
<th>MIDWEST</th>
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<td><strong>CLUBS</strong></td>
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<tr>
<td>Four Winds TC</td>
<td>Victory AC</td>
<td>Virginia Track Club</td>
</tr>
<tr>
<td>1303 Marvista St.</td>
<td>P.O. Box 6667</td>
<td>P.O. Box 5496</td>
</tr>
<tr>
<td>Pittsburgh, PA 15212</td>
<td>Louisville, KY 40206</td>
<td>Charlotteville, VA 22905</td>
</tr>
<tr>
<td>Selena Brown/Andrew McNell 412/322-9021</td>
<td>c/o Katie Knight-Perry 502/969-5067</td>
<td>c/o Tony Alldridges 752-781-9999</td>
</tr>
<tr>
<td>Liberty AC</td>
<td>530 E. 84th St.</td>
<td>803/521-5843</td>
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<tr>
<td>14 Redland St.</td>
<td>Chicago, IL 60614</td>
<td>Huntsville, AL 35805</td>
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<tr>
<td>Cambridge, MA 02138</td>
<td>Philadelphia Masters</td>
<td>305 South Barton</td>
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<tr>
<td>Syracuse Chargers Track Club</td>
<td>c/o Peter Taylor</td>
<td>Indianapolis, IN 46201</td>
</tr>
<tr>
<td>c/o N.E. White</td>
<td>3120 Schoolhouse Lane (J-A)</td>
<td>407 W. Lover's Lane</td>
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<tr>
<td>236 E. 78th, New York, NY 10021</td>
<td>Philadelphia, PA 19114</td>
<td>Daytona, FL 32709</td>
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<td>Finger Lakes BC</td>
<td>New York AC</td>
<td>St. Louis Masters AC</td>
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<tr>
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<td>54745-7051</td>
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<td>Newfane, NY 14467</td>
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<td>Over The Hill 4373 Wilmington Rd.</td>
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<td>Artie Brinsfield</td>
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<td>1072 Bemis St.</td>
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<td>3957 Washington Ave. NE</td>
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<tr>
<td>22 Addison Rd</td>
<td>507 N. 4th St.</td>
<td>North Carolina Masters TC</td>
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<tr>
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<td>c/o Dr. Larry Rand</td>
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<td>The Achilles Heel (disabled)</td>
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<td>Olympic TC</td>
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