Coghlan — 3:58.15!!!

Irishman Runs First Over-40 Sub-4 Minute Mile in Boston

by MARILYN MITCHELL

Pandemonium erupted as Ireland's Eamonn Coghlan cemented his reputation as the best indoor miler ever by becoming the first runner over age 40 to run a sub-4 minute mile, posting a 3:58.15 on Harvard University's hard 220-yard track in Boston, Feb. 20, at a special exhibition mile staged during the Massachusetts high school track and field championships.

"I'm delighted that it happened on the superfast Harvard track," Coghlan said in a New York City press conference the next day. "I knew it was going to happen sometime. It was just a matter of getting it into my mind and my body."

The sub-4:00 performance was not unexpected because Coghlan, 41, was more fit than he was this time last year and he turned in two recent sensational performances, which, although they fell short of the sub-4 minute goal, were only a few ticks off his own world masters indoor mile record of 4:01.39, set last year at Madison Square Garden on February 26.

He ran 4:04.55 on the 11-lap, wooden, banked track at the Chemical Bank Millrose Games on Feb. 4, then came back 42 hours later with only five hours sleep to run 4:03.28 on a hard, flat 200-meter track at the Mobil One Invitational Grand Prix on Feb. 6 in Fairfax, Virginia.

Stones Sets World High Jump Record Twice

by MARILYN MITCHELL

Dwight Stones, 40, who set a new world masters high jump record of 2.02 (6-7 1/2) on Jan. 16, upped the mark twice in February with a 2.04 (6-8 1/4) at the Millrose Games in New York City, Feb. 4 and a 2.10 (6-10 3/4) at the Mobil One Meet in Fairfax, Va., on Feb. 6.

The latter jump exceeds the world 40+ outdoor mark of 2.07 (6-9 1/2) set by Hungary's Istvan Major.

"I focused better on technique at Mobil than I did at Millrose," the Irvine, Calif. resident said. "I felt that I could go seven feet at Millrose, but I wasn't concentrating; I kept waiting for guns to go off and award ceremonies to be over."

Over 500 to Compete in Nationals

More than 500 athletes from throughout the nation will compete in the 1994 USATF National Masters Indoor Track and Field Championships on March 25-27 in Columbia, Mo.

The annual event will be held on the 200-meter tartan track in the Hearnes Center Fieldhouse at the University of Missouri. Columbia is about a two-hour drive from St. Louis, and a 2 1/2-hour drive from Kansas City.

National championship medals will be awarded to the first three places in each event for each five-year age group for both men and women from age groups 30-34 to 95+. Ribbons will be awarded to the 4th, 5th, and 6th placefinishers. National champion patches

INSIDE
- World and U.S. Indoor Track & Field Records — page 17
- Indoor National Meet Records — page 24
- Training Advice from USA Masters Athlete of the Year — page 14

Continued on page 11

Continued on page 15
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WORLD CHAMPIONSHIPS

I call the WAVA Championships in Miyazaki my “Yo-Yo Championships.” A high point was being selected by the U.S. contingent to carry our flag in the parade of athletes at opening ceremonies. I was further honored with a “Survivor” award—a large, lacquer platter characteristic of Miyazaki—for being one of 23 athletes who participated in all nine prior WAVA Championships (although this presentation kept me up later than planned the night before the marathon). As for the marathon itself, a low point was not being able to learn my placement in the race until I read the December NNN (4:28:37-5th, W60).

Another problem was inadequate aid stations, with temperatures knocking 80°. A final fond memory is of a young Japanese woman who gave me a wet sponge near the 30K mark. This spurred me on to catch a faltering W60 with 5K to go.

Ruth Anderson
Oakland, California

I realize that in veterans meets the officials may be something much less than official and that controls of any type may be inefficient. But one should assume that at the very least results from official international and most national championships would automatically be put into the record books. Many of the alleged records are well below well-known, bona fide, definitive records already established, e.g., in the European Championships. Real records should be recognized. Precision is one of the prides of track, and glory should not be defended so cheaply.

As I have paper and pen at hand, let me add my full disappointment in the lack of illicit drug testing at the WAVA Championships. Some athletes unfortunately use a number of performance-enhancement drugs, even, at times, openly confessing the practice. Drug testing is certainly expensive, but should not be prohibitive. Or does somebody higher up in the WAVA echelon not like drug testing?

Angelo G. Giumannini
Udine, Italy

In this framework, I read the new world records list from the Miyazaki championships in NNN with great surprise and incredulity. Many of the alleged records are well below well-known, bona fide, definitive records already established, e.g., in the European Championships. Real records should be recognized. Precision is one of the prides of track, and glory should not be defended so cheaply.

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Steve Otagway
Sausalito, California

I read Hal Higdon’s “On the Run” in the January NNN with great interest. His suggestions for improvement on the Miyazaki World Masters Marathon Championship were, in my opinion, excellent in many regards, especially the introduction of multwave age-group starts.

In the latter part of that article he states that he would “like to see an army of sprinters and javelin throwers on rented bicycles accompanying their marathoning comrades” in an effort to dispense additional liquids. I respect Mr. Higdon as an author and athlete, but this suggestion borders on lunacy. Imagine a field of 1000 runners (let alone 6000), each with their own mobile aid station! Now imagine each of these individuals deciding to give personal splits at each mile marker, then deciding to help a little more by riding back and forth to time the gaps between “their” runner and his/her immediate competition. I believe the result would be pandemonium.

The marathon isn’t just a physical battle; it demands great slabs of heart and soul at any and all moments—each individual alone against themselves and the road. I would suggest to Mr. Higdon that if an aid station at 5K intervals is insufficient then the runner is poorly prepared for the event and should carry additional supplies themselves, or better yet, don’t enter the race at all.

Steve Otagway
Sausalito, California

I suspect the reason nobody else thought to use the “aging runner’s trick” in the World Championships Marathon mentioned in January’s “On the Run” is most runners would consider it taking unfair advantage.

What’s wrong with lining up where one belongs on the grid, as Ruth Anderson and apparently everybody else did? Then the start becomes a level playing field for everybody.

In another vein, I recently read “Ten Million Steps” by Paul Reese, and I agree with Mike Tymn. It’s really great reading about a great running advocate.

George Rasch, M.D.
 Munster, Indiana

I endorse all the comments made in NNN about Miyazaki, except I think the criticism about not having translators familiar with sports a trifle harsh. How many translators are planned for Buffalo?

Do we need to have two non-competition days in Buffalo as in Turku and Miyazaki? If so, I trust the opportunity will be taken to spread out the long distance events.

I was disturbed to find two U.S. and a number of Japanese former Olympians were invited to the Championships. I would like to see this practice of sponsorship by any official body stopped. Otherwise, we shall get into the vexing question of selection and the whole ethos of the Championships would change.

I trust the National Masters News will keep growing in stature and that you continue in your involvement in the furthering of athletics for the mature generation.

George Ross
Garden City, England

AGE-GRADING

Phil Mulkey is an athlete of considerable talent and ability.

I regret that he took my observations on age graded results as a “personal issue” (Feb. NNN).

He is right, I want the blood, sweat, and dust of the arena. That’s what it’s all about.

I look forward to lots of that this year, and to seeing everyone, for another year of competition in this great sport of ours.

John Poppell
Panama City, Florida

What a shame that Phil Mulkey and Phil Rascher went to the trouble of calculating all those age-graded performances in the 1993 WAVA Championships—using the outdated 1989 age-graded tables. The new tables were approved by WAVA and were available at Miyazaki. In case it’s important to know who had the highest age-graded scores (and I’m not sure it is, except to give new people their due), the 10 best performers, using names in Mulkey’s article, are as follows:

Men:
M60 Romain TRI 400 98.1
M55 Austin AUS 100 96.8
M60 Morita JPN TJ 96.7
M45 Murofusi JPN HT 96.3
M50 Willie GER HJ 95.9
M60 Selzer GER 400 95.8
M60 Vicente POR 10K 95.3
M60 Law USA 400 95.2
M60 Neuman GER 800 95.0
M55 Klimmer GER LJ 94.6

Women:
W65 Peterson NZL TJ 99.0
W60 Schaeffer GER HT 98.3
W55 Williams GBR HT 98.2
W45 Rascher USA PV 95.2
W45 Bejak USA 800 91.0
W75 Vibbling SWE 5K RW 93.8
W45 Piliske AUS HJ 93.5
W60 Ivanova RUS HT 93.5
W65 Orman NZL SC 92.4
W55 Schmalbruch GER LJ 92.3

Bev LaVeck
Seattle, Washington

(The new age-graded tables approved by WAVA last year will be available in book form within 60 days — Ed.)

DICK O’RAFFERTY

In your November 1993 issue one Robert O’Rafferty (GB) is included in the list of athletes entering a new division that month. The athlete referred to is probably the Irishman Richard O’Rafferty, who was born on the date stated, 10 November 1913. Dick O’Rafferty won 16 Irish high jump titles in his young days as well as the 1938 AAA championship in the same event. From 1977 he competed in European and World Veteran Championships in high jump, pole vault and hurdles, collecting a number of medals including gold, at a new world record height, in the M65 high jump at the 1979 Games in Hanover.

Sadly, Dick did not live to celebrate...
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Having viewed all 21 Honolulu Marathons from one vantage point or another — the first one as a spectator, the next four as a competitor, and the last 16 on the media truck as a reporter for the Honolulu Advertiser — I thought it about time to compile a list of records, including the fastest, slowest, best, worst, most, least, whatever. Looking back through my files that go back to the first Honolulu Marathon in 1973, I came up with these:

Most common name: Suzuki, 259, 1992

Most frequent pre-race quote: “It all depends on the weather.” — Marco Evoniuk.

Most frequent post-race quote: “The wind was the toughest part.” — Duncan Macdonald.

Second toughest part of the race: Getting up for the 3:30 a.m. start.

Biggest mystery: The real identity of 1988 second-place finisher Bradt Nava of Paraguay, who turned out to be David Tsebe of South Africa (South Africans were not then allowed to compete in international competition).

Second biggest mystery: Why several age-class winners, later disqualified for not having run the entire course, would come so far just for a trophy.

Third biggest mystery: The ages of some African runners. The media guide had Kenyan Benson Masya as 22; official results had him as 25; his agent put him at 24; Masya told one reporter he was 23 and another reporter 22. There were similar problems with two-time winner Simon Robert Naali of Tanzania.

Most controversial subject: The wheelchair division — separate race, integrated race, or no race.

Second most controversial subject: The Kamaaina Award (awarded to first Hawaiian male and female finishers) — native-born, half of one’s life in Hawaii, seven years, five years, or just live here at time of the race.

Most pre-race mistake: Simon Robert Naali, 1989 winner, did not properly tie a shoe and had to stop during the race to tie it. He then missed the men’s record by four seconds.

Most understanding official: Dr. Jim Romppanen, who gave Naali the $10,000 bonus for breaking the record anyway.

Most romantic finish: Ray Christiansen and Judy Tonelli of Sacramento, Calif., finished the 1986 in 5:28:37 while holding hands, after being married at the start of the race.

Most untidy race snack: Vaseline (as consumed by a number of Japanese runners at aid stations during the 1990 and 1991 races).

Most awesome moment: Dean Matthews, 1979 winner, taking aim with a sponge and just missing a basket at 23 miles. “Now that scares me. That shows confidence.” — Fred Lebow, who was betting against Matthews.


Best excuse for a poor performance: “You have to remember that Lasse is not so much a competitor now. He runs as a living legend.” — Eino Romppanen, Viren’s agent.

Best one-legged performance: Benson Masya, 1992 winner: “This knee was bothering me, so I had to change over to running on my other leg.”

Most confusing comment: “I had problems with all the people (running in the opposite direction) yelling at me. It was hard to concentrate. But I don’t think that hurt me, because it helped me to have them cheer me on.” — Ibrahim Hussein, after winning in 1986.

Best comment about the Honolulu Marathon: “Let’s just say it was something else.” — Albert Thomas, former world-recordholder at two miles, after walking the last six miles of the 1978 race.
ST. LOUIS — The 1994 USNSO Track & Field Senior Open, featuring competition for athletes age 55+, will be held June 17-19 at Washington University in St. Louis.

The national event, which will feature training workshops and an athletes' resource center, will be hosted by the U.S. National Senior Sports Organization (USNSO), which predicts participation of more than 2000 of the top senior track & field athletes from around the country.

This first single-sport competition hosted by USNSO is taking place in the year prior to its biennial event: the U.S. National Senior Sport Classic — the Senior Olympics, set for San Antonio in June, 1995.

"We are here to serve seniors' expanding interest in health and fitness, from training to education to competition," said Doug Corderman, President of USNSO. "Every indication we have from our athletes is that this type of event is needed and wanted by the senior sports community. By hosting an "open" event, we are hoping to expand our reach to senior track and field athletes all across the country."

Governed by standard rules of USA Track & Field, the competition, conducted in 5-year age groups, will feature the 100, 200, 400, 800, 1500, 4 x 100 relay, 5K and 10K road races, 1500 and 5K racewalk, a pentathlon, and all eight field events. Jim Ryun, three-time Olympian, will be a featured speaker at the event.

"Ryun is known for his motivational approach and will be a great inspiration to our senior athletes who are becoming increasingly interested in the psychology of sports," Corderman said.

Additionally, training sessions designed for senior track and field athletes and led by some of the country's leading senior sports trainers will provide insight and hands-on opportunities to further develop specific sport skills and training techniques.

Athletes will learn from these experts about the issues that most impact senior athletes today — nutrition, cross-training, performance techniques, and sports psychology.

Many of the nation's leading companies, which have joined USNSO in promoting fitness and sports to seniors, invite the athletes to the resource center. Athletes will have the opportunity to talk to company representatives, learn what business is doing to support healthy, active lifestyles for seniors, and have the opportunity to provide their personal feedback.

The Washington U. track will be resurfaced this spring with a state-of-the-art, all-weather, synthetic surface. The USNSO Senior Open will be the first event to be held on the "sandwich system," granulated rubber track.

Top athletic personnel from Washington U. will manage the event. Troy Engle, Meet Director, is currently the university's head coach for men's and women's track and field and cross-country. He currently serves on the Men's Development Committee and the Coaches Education Committee of USA Track & Field.

Phil Godfrey, Event Manager, is Associate Director of Athletics for Washington U. and is a member of USNSO's Board of Directors. He has been named Chairman of USNSO's National Games Committee for the 1995 U.S. National Senior Sports Classic.

USNSO is supported by national sponsor commitments from AT&T, Nuveen, General Mills-Whole Grain Total, Anheuser-Busch-O'Doul's, TWA, The Medicine Shoppe, and the TYLENOL Brand.

Athletes interested in registering for the event should contact USNSO at 314/878-4900, or fill out the entry request form on the back page of this issue.

—from Lisa Clough and Helen Harris

**USATF Sanctioned Meet**

**Crown Valley Senior Games**

**Track & Field - Sunday, April 24, 1994**

**Occidental College - Patterson Field**

**Meet Director: Christel Miller**

**Track & Field Coordinator: Pete Clentzos**

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**USA Field HIGHLIGHTS**

**USATF Sanctioned Meet**

**Crown Valley Senior Games**

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**Write On:**

Continued from page 4

his 80th birthday, having died in March 1991 in Dublin, where he lived all his life.

Tadhg Lynch
Dublin, Ireland

**STANDING LONG JUMP**

Add me to the growing list of those who want the standing long jump added to all masters meets.

After all, we've accommodated aging athletes in the weight event by reducing the weight of the implements as throwers get older.

The strain on the knees from the running long jump and triple jump increases the chance of injury as one gets older. The standing long jump would greatly lessen the risk of injury.

Dale Harder
Castro Valley, California

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**USATF Sanctioned Meet**

**Crown Valley Senior Games**

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**WAIVER:** In consideration of accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors or administrators waive and release forever any and all rights, claims or damages I may acquire against the Pasadena Senior Center, Occidental College, the Meet Directors and all sponsors of Crown Valley Senior Games, their successors, representatives and assigns of any and all injuries which I may suffer during this event, from and while participating in the Meet held April 24, 1994 at Occidental College. I certify that I have no physical defects or injuries that would prevent me from competing in this meet.

Signature Date
Plantar Fasciitis — Diagnosis and Evaluation

Plantar fasciitis can be defined as inflammation of the fascia and soft connective tissue at the site of the plantar fascial attachment on the inferior process of the calcaneal tuberosity. The lesion is quite painful and one of the most difficult of all athletic injuries to cure.

Diagnostic pointers

The pain of plantar fasciitis has a characteristic pattern. The pain is described as a "heel bruise" and can be quite sharp. It is often worse in the morning when arising or after prolonged sitting. The pain is often reduced after walking or jogging but is aggravated by standing in one place for long periods of time.

The site of the pain is usually over the medial calcaneal tuberosity. Palpation will reveal a point tender area. A heel spur, on the other hand, is more proximal and focused in the center of the calcaneus. Partial ruptures are associated with a mass of connective tissue, i.e., forefoot valgus, when known.

In comparison with other athletic injuries, plantar fasciitis more commonly strikes males. They tend to be taller and heavier, and average about five years older than those with other injuries. It is a common injury among long-distance runners, basketball players, and tennis players.

In addition to heel spurs and partial ruptures, differential diagnosis includes nerve entrapment, calcaneal bursitis, fracture, apophysitis, plantar fascial strain on the shanks over the parquet, the ice, the village green.

Try telling that legs go myth to road warriors. Ask the vets. Go to the Westchester Road Racers Winter Series and tell Denis Daly or Michael Goldman or Joe Handlerman that the vets have had to surgically release the plantar fascia in only one or two patients.

Two suggestions seem to help most of these patients with plantar fasciitis. One is to be sure that the patient is wearing good shoes. The second is to recommend that he or she wears good orthotics in the shoes, to balance the foot and to take the stress off the plantar fascia. After giving this advice, I have had to surgically release the plantar fascia in only one or two patients.

Contributing conditions

There are many theories as to the cause of plantar fasciitis. I feel that these are the primary etiologic considerations: trauma, overuse, hard training surfaces, biochemical imbalance, stability, training errors, and improper training flats. Obviously, stepping on a rock or edge of a curb while jogging can also be a cause.

Overuse and training errors, such as running too far, too fast, and too soon, place excessive strain on the feet and can lead to tissue breakdown and rupture of the fascial attachment.

Recent studies have shown that forefoot deformities, such as forefoot valgus, stretch the fascial band excessively and can cause fascial tears. Often we rest our patients and alleviate the pain, and when the athletes return to training, the pain remains. Clinicians should not forget to correct the cause, i.e., forefoot valgus, when known.

Poor training flats often cause plantar fasciitis. Athletes will train in a racing shoe that does not offer enough cushioning and protection to the heel. I recommend wearing highly cushioned training flats.

Proudly displaying their medals, the W65 10K cross-country team (L-R) of Dawn Russell (Oregon), Anne Barker (Utah), and Elizabeth Baker (California) was the only USA cross-country team to win gold at the World Veterans Championships in Miyazaki.

The Legs Go First — Fact or Myth?

by MAURY DEAN

Remember the Mick? Back in 1968, Mickey Mantle had to hobble gutly around the bases after Detroit Tiger 31-game winner Denny McLain tossed him that marshmallow of a home run ball — and it was tough to watch the old guy run. How old? 36. The legs go, they say, in sports. The gung-ho gusto also remains, but the legs go. In basketball, hockey or football, you rarely see old duffers of 35 creaking their weary shanks over the parquet, the ice, the village green.

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(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 2372, Van Nuys, CA 91404.)

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Southeast Regional Championships

by RANDALL BRADY
The USATF Southeast Regional Masters Indoor Championships were held on Jan. 23 at the Murphy Center on the campus of Middle Tennessee State U., Murfreesboro. One week before, the meet looked as if it were doomed to lack of participation; however, the athletes came through and saved what is becoming a very good meet.

One hundred and five masters showed, some from as far away as Arizona, Texas, and Florida. Phil Raschker, W45, Marietta, Ga., broke her indoor age-group world records in the high jump with a 4-11 and the pole vault with a 9-6 1/4. Sprinter Jim Mathis was hot with early season wins in the M55 200 (25.4) and 400 (56.1). James Gillard, M65, Boca Raton, Fla., won the high jump (5-2) and shot put (40-1/4). Pete Farmer, M40, hit the 53-3 mark with the 35-lb. weight.

The meet was administered by several officials closely associated with the Nashville TC, which is becoming one of the most competitive clubs in the Southeast.

Over 500 to Compete in Nationals

Continued from page 1

the requested event. No entries in the 60m, 60 hurdles, or 200 will be accepted after 6 p.m. on March 24.

The entry form was published on the back pages of the January and February issues of the National Masters News. Entries will be accepted on credit card payments only. Entries post-marked or faxed after March 10 will be assessed a late fee of $40 per room, per night (single) or $80 (double), including linens and phone.

Meet organizers have lined up low-cost hotel rates at the meet headquarters Ramada Inn ($42 per room, up to 4/room, per night) and on campus for $13.50 per night (single) or $15.50 per night (double), including linens and phone. For Ramada reservations, phone 314-449-0051 and mention the meet. For campus lodging, call 314-882-7211. The Ramada will provide a free shuttle every hour to and from the Fieldhouse, four miles away.

Meet organizers and reception and meeting will be held at the Ramada on Saturday. Barbara Kousky, USATF's National Masters T&F Chairman, will hold discussions on a number of items important to the masters program. Everyone is invited.

The new 1993 Masters T&F Rankings Book and other books and items will be available at the meet at the National Masters News booth. Senior Editor Jerry Wojcik and Assistant Editor Jane Dods will be on hand.

The complete results of the meet, with story and photos, will appear in the May issue of NMN.

FIVE YEARS AGO
March, 1989

- Mike Bolt, 40, Lowers World Indoor Masters Mile Mark to 4:15.88
- Australia's Tony Murray, 41, Breaks Ron Bell's World Outdoor Masters Mile Record With a 4:12.58
- Emmett Parker, M60, and Gina Faust, W50, are Top Age-Graded Runners in Paramount Masters 10K

Kurtis, Hansen Cash In at Las Vegas

by JERRY WOJCIK


In the adjacent half-marathon, Clay Stenberg, 40, Redmond, Wash., with a 1:27:28, and Diana Tracy, 40, Hermosa Beach, Calif., with a course record 1:27:17, each earned masters first-place prizes of $1000.

A record 4313 competed in the race, which was directed by Al Boka.
In Memoriam — Gordon Wallace

Gordon Wallace, rare spirit and very admired masters international race walking gold medalist, died of cancer in mid-January. At age 65, Gordon had triple bypass surgery, began his racewalking career, and became a champion. He last raced in Turku as an M80. Gordon remains an inspiration to all who knew him because he never ceased his love of living and learning. He obtained a Ph.D. in his 70s and started a teaching career in his 80s. Author of several books, he leaves a legacy of adventure from his days as a park ranger to the present. He will be sorely missed.

The following excerpts are from a letter Gordon wrote concerning the judging at Turku, a concern recently voiced by others about the judging in Miyazaki. When Gordon wrote this, he had competed in 12 races in six biennial World Veterans Games, winning a total of seven medals, four of them gold. At one point in his career, he won 30 consecutive races worldwide in his age group at distances from 2 miles to 25 kilometers. He never was disqualified and never failed to finish a race he started.

Gordon Wallace on Judging

I competed on July 21, 1991, in the 5K racewalk and was credited officially with 4th place in the M80 age division. Several of my associates who saw this race, one a former national champion and record holder, told me I had been “robbed of a silver medal.” They had watched the entire race and stated that the Norwegian who finished 2nd and the Finn who finished 3rd raced with bent knees all the way and wound up running at the finish to outdo the other.

On July 25, I competed in the 20K racewalk and again was credited with a 4th place finish in M80. Again, I was denied a medal (this time a bronze)

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Masters Racewalking

by ELAINE WARD

Start of the road walk at the 1993 Nationals in Provo.

Photo by George Clark

Southern Regional 5K Racewalk

by BOB FINE

Under the sponsorship of Dani Colby, Inc., the USATF Southern Regional 5K Racewalk Championships attracted 66 of the top walkers in Florida to Coconut Creek, Jan. 21. Miriam Gordon, 68, set a world best with a 31:33.7. Gordon won the WAVA 10K Championships W65 gold medal (65-28) last October in Japan. Linda Stein, 46, defeated Alba Campbell, 46, by three seconds with a 24:24 to win the overall women’s race. John Fredericks, 45, recently returned to competition, was first master and third overall in 24:56, behind overall winner Eric Schmook (28, 24:00).

Ten All-American performances were turned in.

The Florida AC dominated the men’s team competition, winning the open, 50, 60, and 70 divisions. The women’s winners were the Miami Runners in W40-49, and Boca Raton RR, W50-59.
Stanley Redwine, the pacemaker in Boston, took Coghlan through 1000 meters with splits of 59.1 at the quarter, 1:59.44 at the half, and 2:59.22 at the three-quarter mark. Coghlan had been clipping Redwine’s heels throughout the race and was hoping that Redwine would stick with it up to the next-to-last lap, but Redwine didn’t hold out at the 3/4 mile mark and Coghlan had to make a go of it alone. Coghlan decided to run the next-to-last lap as hard as possible, in order to give himself a bit of a cushion on that last lap.

“High school kids [3500 of them] were screaming and my legs were hurting and I said, ‘Listen to the kids, don’t listen to your legs’.”

John Walker retired due to injury before he could make the sub-4 attempt and Rod Dixon became ill at the time he was to make his first attempt. Dave Moorcroft’s 4:02.53 mile last year at age 40 looked promising, but with England’s Moorcroft out since December with a broken foot after stepping into a pothole and no other masters milers currently running under 4:11, it looked as though the missing ingredient was competition and that Coghlan would have to return to an open mile field in order to achieve his goal. Masters records are allowed in mixed-age competition.

Even though Scotland’s David Strang, winner of the Fairwee Mobil Invitational mile (3:37.83) on March 14 that Harvard’s Albert E. Gordon track was underrated and extremely fast and that Eamonn could easily run 3:59 there; even though Eamonn had run a 1:55.05 open half mile in Gainesville on February 13 with only a five minute warmups due to an event schedule change; and despite those two spectacular February mile performances by Coghlan, speculation was that Eamonn would not really try to post a sub-4 minute mile at this time but was merely looking for a race to keep him “sharp.”

We did express surprise that he was choosing to run a mile distance at Harvard. We would have expected another 500 meter or 1000 meter race — but, hey, who do reporters know? Some of us felt that another mile attempt which fixed in Boston would look like a failure. Some of us did start to feel very uncomfortable when Dan Jansen won his Olympic Gold medal in the 1000 meter speed skating competition in Lillehammer, because we felt that this might inspire anyone to do anything. And Coghlan was not just anyone.

But we ignored those vague feelings of unease and did not fly up to Boston, opting instead to fly down to Atlanta March 5, should USA Track & Field arrange to stage an exhibition masters mile for Coghlan at our open championships. Ollan Cassell had felt that as well as Coghlan was running, all he needed was a couple of races under his belt to be in good race shape. Although the Atlanta event was not confirmed, we felt certain that Eamonn would save the sub-4 minute mile effort for an arena where there would be extensive national press coverage.

Sure enough, Dan Jansen did, unwittingly, play a role in Eamonn’s success. Victor Sailer, New York City fireman and professional sports photographer, convinced Eamonn that it made little sense to hold back, with the expectation of breaking the record at the last meet of the season; that he should go for it now at the Harvard meet. We feel certain that Jansen had won the Olympic gold medal, Coghlan was almost in tears. “This is it. I’ll do it [get the sub-four minute mile].” He readily indentified with Jansen because he himself had failed in his previous attempts to win Olympic gold.

American recordholder, Ken Popejoy, 43, reached by telephone at his Washington home, III, home for the comp, said, “I am thrilled for Eamonn... but I was afraid of that.” Afraid in the way that so many of the masters milers and reporters were, who have been involved in the story for the past year either as fellow competitors or as chroniclers of the event — afraid that the goal would be achieved when they were not present.

Popejoy was second in the Millrose and Fairfield races (4:16.16 and 4:17.01). Rod Dixon, the only man to have run a sub-4 minute mile and a sub-2:10 marathon, was expected to move into strong contention. He finished third at Millrose in 4:19.07. Ed Spinning, 40, of Eugene, Oregon, was fourth at Millrose (4:20.81) and third at Mobil (4:21.36).

Coghlan is still the only miler to run a sub-3:50 indoors, having run a 3:49.78 in 1983 as an open competitor at the New Jersey Meadowlands arena on a track which he himself designed. Still the same Coghlan as in 1983, the 1983 world outdoor champion at the 5000 meters, the winner of an unprecedented seven Wanamaker Milrose Games indoor mile titles, owner of seven of the fastest masters mile times, and now holder of 75 sub-4 minute miles, only an Olympic medal has eluded him. He has twice been fourth in the summer Olympic Games.

Coghlan filled the Madison Square Garden arena with 17,498 spectators — the first capacity Garden crowd for a track meet since 1987. That 1987 sellout was the year when Coghlan won his last Wanamaker Mile; this 1994 race was to be his last race ever there.

He received the loudest ovation of the evening — a thunderous roar when he was introduced. His photo was used in the full-page ads promoting the Games the week before — a masters event using up to publicize the prestigious Milrose Games.

“Runner’s World” and the Milrose Games had jointly offered a $50,000 bonus for a sub-four mile but it seems that only Ford Lockner and one or two other national sponsors will immediately reward Coghlan with bonus money, as the Boston race was not a part of the "Runners World Masters mile circuit. Nonetheless, Coghlan, with his attractive appearance and accommodating manner, can expect to reap lucrative endorsement contracts for his achievement.

He has always been cheerful and eager about supporting local road running and racing in the New York metropolitan area, as well as local and overseas charity events in a non-running capacity. As leader of a group of Irish runners last fall 1991 New York City Marathon, he posted a 2:25.10 in his only marathon attempt, and raised substantial funds for cancer research in the effort.

Coghlan has been training in Gainesville, Florida, doing repeat 400s with Mark Everett. He has also been having two-hour daily massage sessions with Gerard Hartmann, a top physical therapist, world-class athletes from around the world fly to Gainesville for his treatment. While Hartmann felt Coghlan should have had surgery, Eamonn didn’t want to take six months off from training and can now lift his “injured” leg 125 degrees, whereas this time last year he could not lift it 90 degrees.

A Villanova graduate with a bachelor’s degree in marketing, Coghlan is a marketing executive for fund raising at Our Lady’s Hospital in Philadelphia. He has a job, wife and family in Dublin which he leaves behind whenever he trains in Florida. He’s tentatively planning on running April 29th in the Pen Relays, at a May 7th mile race in London commemorating Roger Banister’s first sub-4 mile, and at the May 22nd New York Games which will be his last track mile. For his running and humanitarian contributions, he has received the Lord Mayor’s Award (Dublin), the highest civic honor in Dublin.

“Jumbo Elliott (the famous coach) used to always say, ‘Don’t you be chasing it [the sub-4 mile]. You just do the work and it will come to you.’ We don’t know if Eamonn has ever said it to Dan Jansen. But Eamonn have for us? If you believe in yourself, you can achieve your goals. Never were my prayers so much answered. This achievement is on par with winning the 1983 World 5K open championship and running the 3:49.78 indoor mile.”

What did Eamonn do differently prior to this Boston meet that enabled him to achieve his goal? We’ll tell you next month.

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Nate and Evelyn White
by Lori Duffy

Masters miler Tom Carter had no intention of renewing his membership in the Syracuse Chargers Track Club last fall. But Nate and Evelyn White weren't about to let him go.

The Fayetteville native, caught up with Carter in his hometown of Binghamton, N.Y., after a race all three had run. Carter had lost some of his enthusiasm for the sport, and with it, his interest in the Chargers.

The problem was his age, he said. As Carter approached his 40th birthday, he also moved farther from the front of the pack. If Carter couldn't win, he didn't see the point in being a Chargers member. The Whites changed his attitude and his mind.

"They are an impressive couple, the way they love running, the way it's part of their lives," Carter said. "He (Nate White) is the epitome of what the

PROFILE

"When you say the Syracuse Chargers, that's a quality endeavor," said Charles L. Dardins of Virginia, chairman of the USATF Masters Long Distance Running Committee. "If the Chargers name is involved, it's a good race."

USATF is the governing body of road running in the United States. Des-Jardins has known the Whites for about 15 years, he said. The Whites often attend national and regional conventions, where they make pitches to bring national championships to Syracuse.

"They usually succeed," he said. "They just work together as a great team. They are great leaders. They're full of energy and they are always looking out to the future. That's what it's all about — looking to the future."

USATF and the Road Racing Club of America have honored the Whites for their administrative work. In 1989 and 1990, Nate White outstanding athlete in long distance running in the age 70 to 74 category.

A Running Family

He still runs about an hour a day. His wife runs two miles at 7 a.m. each day with neighbors who matter what the weather. "It's too early to call anyone and cancel," Evelyn White said.

"Once you're out and dressed, it isn't too bad."

Nate White's love for running earned him a spot on Cornell University's cross-country team in his younger days. His father ran for Massachusetts Institute of Technology at the turn of the century. Nate White's son, who goes by the same name, also was a Cornell runner.

But after Nate White earned his degree from Cornell, he hung up his running clothes. Soon he began going to Henninger Track. He would run a few miles and then back onto the roads.

But after Nate White earned his degree from Cornell, he hung up his running clothes. Soon he began going to Henninger Track. He would run a few miles and then back onto the roads.

"I was really surprised. I didn't even know you'd done it," she said.

"They are such a skillful and talented team that their shoes would be impossible to fill," said David Oja, women's coach for the Chargers.

"Evelyn and Nate are the board member and host of a Syracuse running talk show," said an interview with Oja. "I know there have been lots of times when they've wished their loads were lighter.

Nate White worked to incorporate the running club, separately from its umbrella organization in 1985, a time-consuming task. The Chargers Track Club, Inc. is part of the Chargers, Inc., which also includes crew, rugby and swimming clubs.

The independent incorporation gives board members greater protection from personal liability should anyone sue the running club, he said. He also mentioned that it allows the club to hold weekly fun runs during the summer.

"That was a dreadful, awkward task that I would never, never want to do," Oja said.

The Chargers has left the Whites with little time for other activities they enjoy — hiking, canoeing and sailing. They plan their vacations around races. When they go to conventions, they usually extend their stay and split the expenses with the Chargers.

"Sometimes you want to give up," Evelyn White said.

Just when the Whites are ready to quit, a new success story becomes their inspiration. There was the father who said his son had a drug problem and the Tuesday night Charger runs had become his therapy. Then there was the recovering alcoholic.

"Whether it's alcohol or drugs or weight or medical problems, they come up to you and thank you, and you didn't even know you'd done something about it. That's really what keeps you going," Evelyn White said.

(Lori Duffy is a reporter for the Post Standard in Syracuse, N.Y. Although her regular beat is crime, she writes about running for their sports section twice a month. — Ed.)
CLASSIFIEDS

Classified ad rates are 75c a word. Count name and address as 5 words. Race notices are 50c per word. Prepayment required with copy. Deadline is the 10th of the month prior to the issue date. Send to NMN, PO Box 2372, Van Nuys, CA 91404.

- PERSONAL TRAINER for the 400m/400m. Six time 400m (81, 82, 83, 84, 88, 97) and 3 time 200m (81, 82, 85) champion at National Master Championships. World Age Record Holder 400m (age 37, 47, 6). Start with Fall training. For information call (213) 7-JUNKIE or write The Track Junkie, P.O. Box 62009, Dept. PT, L.A., CA 90062-2539.
- PEAR BLOSSOM RUN - 18th annual - April 9 - 10 miles, Mayor's Cup Mile & 2 mile - 4,000 entries: Parade - Street Fair - Barbecue - 'EVERYONE'S A WINNER' - Closes March 15 - Large SASE: Pear Blossom Run - PO Box 146 - Medford, OR 97501 - Jerry & Zellah Swartsley (503) 533-1205 even.

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c. Negative ok. No mats, cuts or plates.
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ADDRESSES:

WAVA Handbook
Contains WAVA Constitution and By-Laws, a history of Veterans Athletics, and World Records as of April 15, 1992. 170 pages. $5.00.

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

USATF Race Walking Patch. 3-color embroidered 4" x 3" with gold trim. $5.50.

USATF Cross Country Patch. 3-color embroidered 4" x 3" with gold trim. $5.50.

USATF Lapel Pin. - USATF Logo on 7/8" soft enamel lapel pin. (nail pin back with military clutch). $5.50.

The Masters Running Guide by Hal Higdon
160-page paperback. Higdon reveals tips that helped him win three world championships in masters competition: base fitness, improving with age, training smart. $9.95.

Run Fast by Hal Higdon
How to train for a 5K or 10K race. How to train smarter, enchance fun, build strength, achieve endurance and run faster. $14.95.

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Running Research News
Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. Written in an easy-to-read style, it offers many practical tips for improving individual workouts and overall training programs. "Simply the indispensable running newsletter." - Bill Burke. $16.00/year.

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Send to: National Masters News Order Dept. P.O. Box 2372 Van Nuys, CA 91404 City State Zip
How They Train: Phil Mulkey
by PHIL RASCHKER

Phil Mulkey, 61, of Atlanta, GA, had one of his best years ever in competition in 1993. Success was attributed to a more dedicated weight lifting routine that saw him in the gym three times a week, and out on the track days with one day off.

As he got deeper into the season, the track meets themselves took precedence over the training and, with as many as three days rest before and one day's rest after a tough meet, sometimes the mathematics didn't allow for such an idealized schedule.

"At my age," he quipped, "rest is very important." Still, for the first time since competing as a master, he took his weight training all the way, even lifting while in Miyazaki. Heretofore he had limited himself to the first three months of the season.

But, looking at past marks over the years, he began to realize that many times his indoor efforts would exceed his outdoor ones. So, he decided to make a change.

It would seem, from the obvious results (four World Championships golds), that it paid off. What do the age-grading tables predict he should have achieved in performance in those same events within the decathlon?

A cursory comparison, showing the difference between 1989 and 1993, gives the immediate appearance of a noble competitor well on the "downside." But with the age-grading tables we can get an evaluation of how Mulkey should have performed.

The flat running (100, 400, 1500) was virtually "dead on." The hurdles showed improvement over what was to be expected. The throwing events were skewed only a little. The shot was worth about 15 points more, the discus was exactly on the money, and the javelin cost him about 25 points.

The jumping events seemed to show some advancement, with the high jump gaining almost 30 points, the vault costing a bit more than those 30 points, and the long jump favoring him a fine 60 points.

In summary, what might at first appear a huge "drop" in performance, theoretically could be looked upon as follows: Running 0, Hurdling +40, Throwing -10, and Jumping +60, giving an overall +90 decathlon points over his 1989 performance. Was the training program worth it?

"Yeah, it was a lot tougher than before," he said, "but I guess I'd have to say it was worth the extra effort."

Finally, what about diet? "Nothing special," he said. "I just watch the calories somewhat, basically the volume, with an eye on the sweets and fats." Any vitamins or food supplements?: "None."

"Basically, I've found that most good programs are made up of consistent hard work. I had eased off a bit the past few years, I guess, in anticipation of turning 60. But this heavier weight training program has served me well," he said. "I'll probably stay with it."

"In 1992 in Spokane I had gotten up to 195 lbs., and while I miraculously won the long jump with 17-6 1/2, all of the other events really suffered a lot, he mused. "I went to Miyazaki at 169 lbs. and all my events were up, even the throwing events. But then I was a decent decathlon thrower in my prime days also." (54-8 SP, 167-3 DT, 221-3 JT.) "Up to a point," he explained, "the loss of extra weight increases my speed, even in the throwing events."

Any special goals for this coming season? "Not really," he remarked. "Just keep up my performance level and hold on until Buffalo."

Weight-Training Program:
1) Bench press free weight bar - a single rep each 100, 200, 215, 225, 240 (best of 250 pounds).
2) Bench press free weight bar to failure with 135 pounds (best of 30 reps).
3) Leg adductors = 12 x 125 pounds.
4) Leg adductors = 12 x 125 pounds*
5) Quad extensions x 200 pounds*
6) Hamstring curls = 12 x 200 pounds*
7) Leg press = 12 x 425 pounds*
8) Overhead pull = 12 x 135 pounds*
9) Treadmill jog = 1 mile @ 8 minutes.
10) Bench press free weight bar to failure 185 pounds (best of 13 reps) or 120 pounds (best of 42 reps).
11) Swimming - 50m breast stroke and 50m free style full out.
12) 10-minute hot tub with full body massage once a week.

As strength and endurance improved, a second and then third set were added.

Track & Field Workouts:
1) 6-12 x 50m run-throughs, each successively faster (best of 5.52).
2) 15-minute stretch.
3) Four easy runs over 50m high hurdles, followed by four runs full out.
4) Practice shot, discus, hammer, and javelin with a dozen throws ending with max effort.
5) Alternating jump practice with regular effort in high jump, and full run in pole vault but for plant only (rarely used bar). Long jump and triple jump were limited to six steps enabling several jumps for strength and timing.
6) 4-6 repeat runs over three intermediate hurdles when preparing for competition that week.
7) Finish with hard 300m (best of 44.88).
8) Hot tub.
Earthquake Update

Last month, we reported the 6.6 earthquake (since upgraded to 6.8) that hit the San Fernando Valley in Los Angeles on Jan. 17 had damaged the five-story building in Van Nuys where the National Masters News rents office space.

We said the building had been "yellow-tagged," meaning tenants could "enter at their own risk."

Some nervous tenants decided to move. Others, including NMN, decided to stay, based on an independent inspector's report that the building was "safe, needing repairs," our own gut instincts that the building was okay, and perhaps a macho sense of loyalty combined with a willingness to risk going down with the ship. Not to mention being too lazy to move.

Wrong, oh misguided one.

On Sat., Jan. 29, with no warning, the city "red-tagged" the building, meaning entry was now forbidden to everyone. The consequences of violation: a misdemeanor conviction with a penalty of $1500 and up to six months in the slammer.

What to do? The files and equipment of about 20 tenants were still in the building.

Without my lawyer present, I will not divulge how many of the critical NMN files were retrieved. The desks and file cabinets are still there, but the salvaged files are now residing at my place until the building either reopens or we find new space.

Our temporary phone number is 818-786-1981; our temporary fax number is 818-989-7118.

Sylvia Stoller, our managing editor, has her own problems with her "yellow-tagged" condo, and decided not to work out of my place which, itself, received serious, but not "condemning" damage in the shaker.

Angela Egremont, our associate editor, saved the day; however, and volunteered to brave the unhappy conditions and help get the March issue out. She's also performing yeoman duty in trying to keep up to date on the book and All-American orders.

"The show must go on," she said. Or maybe I said it, I don't remember.

We apologize if your orders are delayed, and we'll try to get back to normal as soon as possible.

—Al Sheehan

Stones Sets World High Jump Record Twice

Continued from page 1

Stones has been taping 25 episodes of "The Dream League" for TV in Atlanta, and brought his family to New York. He felt both made a difference in his performance.

In these open meets, Stones competes with open jumpers and pretty much is jumping by himself at the beginning of the competition, whereas in masters meets, he'll be jumping alone after everyone.

He hopes USATF will allow him to jump in the USA Mobil open National Championships in Atlanta, March 5, even though the qualifying jump is 7-4. He would attempt seven feet there, and feels that height might even place.

Stones wants to be the first over-40 athlete to jump seven feet. He decided July 15, 1988, at age 34, during his Olympic Trials jumps in Indianapolis, to attempt a 7-foot jump when he turned 40. In his trade-mark Mickey Mouse T-shirt, he admits the challenge of it all is somewhat boosted by the substantial bonus he'd get for a seven-footer. But it's not just the money. He brought his children with him so they could see what his life was like before they were born.

Stones likes masters competition and the opportunity to help market masters and open track & field to the public.

"Masters competition is far more fun than what I used to do," he said.

"It's very good for my physical and mental health."

Is there pressure to jump seven feet? "Yes, because I said I would do it, and because in June, 1995, James Barrineau turned 40. A fellow 1976 Olympic teammate, Barrineau has jumped 7-7¼ and cleared 2.14 (7-0¼) at the USA National Masters Championships in Provo last year.

Stones plans to compete in the USA National Masters Indoor T&F Championships this month in Columbus, Mo., and at the XI World Veterans Championships next year in Buffalo.

"My goal is to clear seven feet in Missouri," he said.
A Worldwide Thank You

The X World Veterans Athletics Championships in Miyazaki, a festival of the "lifetime" sport on a worldwide scale, ended in a great success, drawing more than 12,000 athletes from 78 nations.

It was an indescribable pleasure for me, as one of the organizers, to find the meet deserving of the first championships held in Asia, which was also the 10th commemorative meet. I would like to extend my sincerest thanks to everyone involved.

I am the only Japanese who has competed at the past nine consecutive WAVA Championships. I also work for the Nippon Masters Athletic Union as the Chairman of the Board of Directors.

I have privately admired the Olympic Games since I was a child. I began training seriously at the age of nineteen, which is not an early start. I had hoped to secure a chance of competing at regional or national meets, devoting my time to hard training. With this passion in my mind, I became a school teacher with high expectations of my children and students. However, I still had a long way to go.

Best Marks at Age 42

Both one's physical and mental strength tend to decrease with age. Because I continued competing and training with my students, I set my best records in the spring of 1975, in spite of my age (40). The energy of my previous years returned and my blood was stirred.

In the same year, the I World Veterans Championships were held in Canada. And I had the opportunity to participate in the II World Championships in Sweden in 1977.

At that time, each of my best records topped those set at the I World Championships and some were close to world records. My wife stood by me with encouragement. Though I had to borrow money to go to Sweden, my mind was full of hope and expectation. The result, however, was not what I had expected. Too much excitement and fatigue prevented me from making full use of my ability. For one thing, it was my first trip abroad. For another, it was a world meet. After all, my dream would be to win a gold medal, but it wasn't realized.

With the higher level and the larger number of participants, I had the impression that this second world meet was exactly the Olympic Games of Track & Field for the middle-aged and senior citizens. Duncan McLean (British Columbia, Canada) was there, dwelling with all his might in the 100m and drawing enthusiastic applause. On the other hand, a white-haired man was giving a toast in the same year, the I World Championships and some were close to world records.

At first, my mind was full of expectation. The world is a big place. We are a family of nations. With the higher level and the larger number of participants, I had the impression that this second world meet was exactly the Olympic Games of Track & Field for the middle-aged and senior citizens. Duncan McLean (British Columbia, Canada) was there, dwelling with all his might in the 100m and drawing enthusiastic applause. On the other hand, a white-haired man was giving a toast in the same year, the I World Championships and some were close to world records.

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At first, my mind was full of expectation. The world is a big place. We are a family of nations. We were exceptionally pleased to see all the participation of the people involved in the program, and three friends and myself ran an 8 kilometer marathon around the Japan Islands to promote our cause. This way, we gradually became longer to hold the World Championships in Japan.

We were exceptionally pleased to have held a very successful championships ten years after we started working for the bid.

I am a 400m hurdler. Though I was after a gold medal at Gothenburg, Melbourne and Miyazaki, I could not take it because of, respectively, a fall, failure of coordination after postponement caused by heavy rain, and an injury before the championships.

Miyazaki a Success

In spite of the worldwide recession, a lot of friends came to Miyazaki to compete, which surely contributed to the great success of the championships. I will never forget this throughout my life. I learned that visitors from overseas experienced Japanese culture and the friendliness of the Miyazaki people, and took home pleasant memories.

I hope you will sometimes remember the enthusiasm of the Miyazaki people, led by Governor Matsukata, and the Nippon Masters Athletic Union. We will never forget the opening ceremony, the competitions, the closing ceremony, nor especially your smiles.

I hope that the success of the championships in Miyazaki helped contribute to international peace. It is of great importance that we are promoting lifetime sports, and therefore, we will cherish this invaluable experience.

I would like to say, "Thank you very much," again to the veteran friends of the world. With this as our second start, we will make further efforts in the future. We will never stop enjoying the spirit of the World Veterans Championships.

We hope to see you again some time in Japan.

I wish you good health and continued success of the WAVA Championships. I
### Men's World Indoor Records

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### Notes
- The above records were set during the World Indoor Championships, which marked a significant achievement for athletes. The resulting record list is a testament to the athletic prowess and dedication of these world-class athletes.
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WOMEN'S AMERICAN INDOOR RECORDS

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400 Meters

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600 Meters

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1000 Meters

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<td>1240 Meters</td>
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<td>1300 Meters</td>
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1500 Meters

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<td>1740 Meters</td>
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<td>Harvard (Mass)</td>
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</tr>
</tbody>
</table>

Masters Age Records 1992

(1993 Edition)

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

- U.S. Age Bests for all racewalking events, age 40 and up as of Oct. 31, 1992.
- Men's U.S. Masters Indoor & Outdoor Championship Records.
- 56 pages. Thousands of entries. Lists name, age, state, and date of record.

Send $2 plus $1.00 postage ($5.00 foreign postage) to:
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Treasurer’s Report

In this issue is the final financial statement for the World Association of Veteran Athletes for the two-year period 1992-93, along with a comparison to 1990-91.

Total revenues in 1992-93 were $219,915.53, up a startling 138% from 1990-91. The increase was mainly due to fees received ($136,042.50) from the record number of entries at the 10th World Veterans Championships in Miyazaki in October, 1993.

Total expenses were $112,291.15, up 10% from 1990-91. Thus, the surplus for 1992-93 was $107,624.38, compared to a loss of $9239 in 1990-91.

WAFA’s net worth on December 31, 1993 was $188,692.02, compared to $81,067.54 on December 31, 1991 — increase of 133%.

WAFA received a $43,600 grant from the IAAF during 1992-93. In addition, a separate IAAF/WAVA account was set up in Monaco, IAAF headquarters, from which expenses were paid for printing the WAFA Handbook, travel and other WAFA-related items. These funds are controlled by the IAAF, and I regret I was unable to obtain any specific figures to report to you.

With $188,692 in the bank, WAFA is in a stronger financial position than it has ever been. I will shortly submit a proposed budget for 1994-95 to the WAFA Council for approval at its even-year meeting in Buffalo on April 10-14. I will publish the budget when it is approved.

I will also propose to the Council that we change our budget procedures to allow for more input from the general membership.

In a separate box is an analysis of some of the revenues and expenses for 1992-93. If you have any questions, comments, or suggestions, please contact me, your national delegates, or your WAFA regional representative and let your views be known.

Battle-torn Croatia was represented by two athletes in Miyazaki at the World Championships.
ANALYSIS OF REVENUES AND EXPENSES FOR 1992-93

Revenues increased 138% over the 1992-93 period mainly because:
1) A grant of US$43,600 from the IAAF replaced $11,250 in affiliate fees. Affiliate fees are no longer required to be a WAVA member.
2) Entry fees from Miyazaki were $136,042.50, a 102% increase over the $67,228 from Turku.
3) The Miyazaki sanction fee was $15,000, compared to $6000 for Turku.
4) We obtained sponsorship of $5000 from Mondo (for the ad on the back cover of the Handbook).
5) Entry fees from the first WAVA Road Racing Championships in Birmingham produced $14,000.

The total number of entries in Miyazaki was 12,175 — a 154% increase over the 4802 in Turku. As you remember from the discussion at the General Assembly in Miyazaki, the Organising Committee (OC) announced it had not charged the $15 WAVA fee to Japanese athletes. "It would have been too expensive for them, and we would have lost many participants," the OC said. The OC asked WAVA to waive those fees. In a compromise, the WAVA Council agreed the OC would pay WAVA $7.50 for those Japanese entities who competed only in the marathon or cross-country races. The breakdown was as follows:

Total expenses increased 127%, mainly because the IAAF paid the cost of the WAVA Handbook. Regional assistance was up 43% to $13,600.

As part of the compromise, the OC also agreed to pay for several thousand dollars of WAVA expenses which they were not legally contract-bound to pay, such as the cost of hotel rooms for the General Assembly, the WAVA Council, and regional meetings; and for printing, copying and miscellaneous expenses.

Office expenses (postage, fax, phone, etc.) were up 55 from 1992-93. Communication expenses were down 31%, mainly because the IAAF paid the cost of the WAVA Handbook. Regional assistance was up 43% to $13,600.

The even-year Council meeting expense was up 33% — despite the new contract which mandates free hotel rooms for Council members — mainly because of the higher air fare costs to Japan. Expenses at the World Championships in Miyazaki were up 172 over Turku, again reflecting higher air fare costs.

Total revenues in 1992-93 were $219,915.53. Total expenses were $112,291.15. Thus, the 1992-93 surplus was $107,624.38. WAVA's net worth on December 31, 1993 was $188,692.02.

COMPARISON OF WAVA REVENUES AND EXPENSES FOR 1992-93 AND 1990-91

<table>
<thead>
<tr>
<th></th>
<th>1992-93</th>
<th>1990-91</th>
<th>Increase (Decrease)</th>
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</thead>
<tbody>
<tr>
<td>REVENUES</td>
<td></td>
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<tr>
<td>Affiliation fees</td>
<td>$10,839.00</td>
<td>$6,722.00</td>
<td>61%</td>
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<tr>
<td>Grant from IAAF</td>
<td>$43,600.00</td>
<td>$2,330.79</td>
<td>1811</td>
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<td>Entry fees, Stadia</td>
<td>$304,00</td>
<td>$1,099.09</td>
<td>274%</td>
</tr>
<tr>
<td>Entry fees, Non-Stadia</td>
<td>$500.00</td>
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<td>0</td>
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<tr>
<td>Sponsorship fees</td>
<td>$5,000.00</td>
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<tr>
<td>WAVA Handbook</td>
<td>$283,00</td>
<td>$283,00</td>
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<tr>
<td>Bank Interest</td>
<td>$5,488.03</td>
<td>$8,120.34</td>
<td>(32%)</td>
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<tr>
<td>TOTAL REVENUES</td>
<td>$219,915.53</td>
<td>$92,486.54</td>
<td>138%</td>
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<table>
<thead>
<tr>
<th></th>
<th>1992-93</th>
<th>1990-91</th>
<th>Increase (Decrease)</th>
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<td>EXPENSES</td>
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<td></td>
<td></td>
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<tr>
<td>President</td>
<td>$16,700.56</td>
<td>$2,330.79</td>
<td>611%</td>
</tr>
<tr>
<td>Executive V-P</td>
<td>$2,900.47</td>
<td>$1,305.77</td>
<td>140%</td>
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<tr>
<td>V-P Stadia</td>
<td>$880.70</td>
<td>$466.28</td>
<td>94%</td>
</tr>
<tr>
<td>V-P Non-Stadia</td>
<td>$1,500.00</td>
<td>$1,099.09</td>
<td>36%</td>
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<td>Secretary</td>
<td>$5,604.74</td>
<td>$10,295.46</td>
<td>(44%)</td>
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<tr>
<td>Treasurer</td>
<td>$1,348.55</td>
<td>$1,050.77</td>
<td>31%</td>
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<tr>
<td>Women's Rep.</td>
<td>$340.00</td>
<td>$230.30</td>
<td>43%</td>
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<tr>
<td>Past-President</td>
<td>$93.60</td>
<td>$25.00</td>
<td>294%</td>
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<tr>
<td>General</td>
<td>$23,706.56</td>
<td>$22,378.28</td>
<td>6%</td>
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<td>Communications and Statistics</td>
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<td>Records</td>
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<td>Questionnaire in Eugene</td>
<td>$1,500.00</td>
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<td>TOTAL EXPENSES</td>
<td>$22,378.28</td>
<td>$22,378.28</td>
<td>0%</td>
</tr>
</tbody>
</table>

3. Regional Assistance

President's Travel| $415.00        | $415.00        | 0%                  |

4. Office Travel

6. President's Travel| $415.00        | $415.00        | 0%                  |

7. Other Travel| $4,888.43      | $3,693.91     | 33%                 |

8. Miscellaneous| $2,733.72      | $2,733.72     | 0%                  |

TOTAL EXPENSES| $112,291.15    | $101,737.26   | 10%                 |

SURPLUS (DEFICIT)| $107,624.38    | ($9,336.72)   |                     |

Prepared by Al Sheehan, Treasurer
WAVA Stadia Committee Meets in Buffalo

Members of the WAVA Stadia Committee met with the organizers of the XI World Veterans Athletics Championships in Buffalo in early February to prepare the schedule of events and discuss other technical matters pertaining to the 1995 Championships. Representatives of USA Track & Field, the national governing body for athletics in the USA, were also on hand.

The Committee’s recommendations will be presented to the WAVA Council for approval when the Council meets in Buffalo, April 10-14.

Representing the Stadia Committee at the meeting were Bill Taylor, Vice-President (England), Jim Blair (New Zealand), Heichnich Clausen (Germany), Rex Harvey (USA), and Al Sheahan (USA). The organizers were represented by Vito Borrello, Dick Barry, John Montalto, Emery Fischer, and Tom Jordan. USA reps included Barbara Kousky, Charles DesJardins, and Sandy Pashkin.

1994 WAVA Regional Championships
North & Central American & Caribbean Regional Association of WAVA
Strathcona Track & Field Arena, Edmonton, Alberta, Canada
August 4 thru 7, 1994 Masters "Pan-Am Games 94"

International Track and Field Championships for Masters Men 40+ & Women 35+ from this Region of the World, in five year age groups as specified by WAVA.

This Championship is fully sanctioned by WAVA, the World governing body for Masters Track and Field and its overseeing organization: the IAAF.

(Non-Championship Divisions: Men 35-39 & Women 30-34 will also be conducted)

(Guest Competitors from outside the North, Central American, & Caribbean Region are welcomed and will receive equivalent awards, but will not displace regional residents.)

TENTATIVE SCHEDULE (Subject to change according to numbers of entrants)

**Thursday, August 4**
8:00 AM: (W&M) Cross Country Race, 8 kilometers
9:00 AM: (W&M) Race Walk on Track, 3 kilometers
11:00 AM: (W&M) Pentathlon
(M) Long Jump, (W) Javelin, (Both) 200m Discus, 1500m
3:30 PM: (W) Sprints (W & M)
7:00 PM: Opening Ceremonies

**Friday, August 5**
8:00 AM: (W&M) 5000 meters
11:00 AM: (W&M) 800 meters - heats only as needed
12:00 Noon: (W&M) Hurdles - heats only as needed, then finals
3:00 PM: (W&M) Steeplechase
7:00 PM: NCCWAVA General Assembly

**Saturday, August 6**
8:00 AM: (W&M) Race Walk on Track, 10 kilometers
11:00 AM: (W&M) 100 meters - heats only as needed
12:00 PM: (W&M) 200 meters - heats only as needed
1:00 PM: (W&M) 400 meters - heats only as needed
2:00 PM: (W&M) 1500 meters - finals (needed heats if needed)
4:00 PM: (W&M) 100 meters - finals
5:00 PM: (W&M) 400 meters - finals

**Sunday, August 7**
8:00 AM: Road Race, 15 kilometers
9:00 AM: (W&M) 200 meters - heats only as needed
10:00 AM: (W&M) Long Hurdles
11:30 AM: (W&M) 200 meters finals
1:00 PM: (W&M) 4 x 100 meters Relays
2:00 PM: (W&M) 4 x 400 meters Relays
3:30 PM: Closing

Open to All! In the best tradition of Masters Track and Field, no Qualifying Times or Distances are required - just a desire to do Your best.

There will be former Olympians competing alongside beginners; it’s all part of using friendly competition to meet new international friends, stay fit, and have fun.

Gold, Silver, and Bronze! Especially struck medals will be awarded to first three in each age group in each event. (Equivalent awards will be awarded to non-resident guests and non-championship divisions.)

Become an International Champion! This is the highest level masters meet in the World this year. Ours is one of the six Regional Championship Meets that are held on the even years between the WAVA World Championships which are held in odd years.

Past Champions!
Here are some results from last NCCWAVA Championship held in Jalapa, Mexico in 1992 - how would you fare?

<table>
<thead>
<tr>
<th>W35</th>
<th>W40</th>
<th>W45</th>
<th>W50</th>
<th>W55</th>
<th>W60</th>
<th>W65</th>
<th>W70</th>
<th>W75</th>
<th>W80</th>
</tr>
</thead>
<tbody>
<tr>
<td>100 meters First</td>
<td>12.97</td>
<td>13.05</td>
<td>13.23</td>
<td>13.51</td>
<td>13.60</td>
<td>14.05</td>
<td>14.30</td>
<td>14.35</td>
<td>14.40</td>
</tr>
<tr>
<td>400 meters First</td>
<td>61.11</td>
<td>61.15</td>
<td>61.65</td>
<td>62.00</td>
<td>62.33</td>
<td>62.52</td>
<td>62.96</td>
<td>63.35</td>
<td>63.65</td>
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<tr>
<td>1500 meters First</td>
<td>5:26.98</td>
<td>5:34.00</td>
<td>5:43.68</td>
<td>5:53.40</td>
<td>6:03.12</td>
<td>6:13.75</td>
<td>6:24.21</td>
<td>6:35.48</td>
<td>6:47.72</td>
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<tr>
<td>5000 meters First</td>
<td>14:36.82</td>
<td>14:45.39</td>
<td>14:54.39</td>
<td>15:03.19</td>
<td>15:12.09</td>
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<td>15:30.06</td>
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<td>High Jump First</td>
<td>1.05</td>
<td>1.05</td>
<td>1.05</td>
<td>1.05</td>
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<td>1.05</td>
<td>1.05</td>
<td>1.05</td>
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<tr>
<td>Shot Put First</td>
<td>7.47</td>
<td>7.47</td>
<td>7.47</td>
<td>7.47</td>
<td>7.47</td>
<td>7.47</td>
<td>7.47</td>
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<td>7.47</td>
</tr>
</tbody>
</table>

Competition Rules! WAVA specifications and Rules will be used. Women first then men, oldest to youngest except as noted. 5-year Age Group Relay Teams may be from any country in the World, may compete together, and may enter up to one hour before scheduled race time. Awards ceremonies will be held immediately following the completion of events except non-stadia events for which they will be held at a later scheduled time.

Weight Pentathlon! This will be the first year of this event as an Official WAVA Event. Entry Packet will be sent to the first 100 registrants.

Join us in Edmonton! The venue was especially constructed to international standards for Commonwealth Games use. Compete in Edmonton one week after the WAVA Non-Stadia Championships in Toronto. Held 30-31 or one week before the United States National Championships in Eugene, Oregon Aug 11-14. Or attend on the way to the Commonwealth Games to be held in Victoria, British Columbia, Aug. 18-28. There are lots of activities planned for competitors and their families both on and off the Track. Put your name in the records books. There is a wade range of Hotel/Motel rooms and Dormitory rooms available - see the Entry Packet. Special transportation will be available between housing and venues.

Entry Packet! Get an Entry Packet by sending your name and address to:

Masters "Pan-Am Games 94", c/o Liz McBain, Meet Director, 10427 - 21 Avenue, Edmonton, Alberta T6J 5E9 or phone Meet Director, Liz McBain (403) 438-2911 or Fax to (403) 453-8553 att: Athletics Alberta

There are no small victories in the fight against heart disease.

© 1992, American Heart Association
Minutes
North and Central American and Caribbean Regional Association of WAVA
(MCCWAA)
1993 General Assembly
March 1994

The MCCWAA General Assembly was held at the Hotel Rusaka, in Miyazaki, Japan, and was called to order by President, Rex Harvey, at 9:05. Approximately 33 persons attended the meeting. Mr. Harvey asked, and Norman Green, MCCWAA Stadia Chair, accepted, the position of Acting Secretary in the absence of the absent MCCWAA Secretary, Zone Constance. Minutes from August 20, 1993
On motion by Brian Oseley and seconded by Ruth Anderson the minutes of the 1993 General Assembly held in Mexico, were approved as mailed. The leadership of the constitution of the association at large was published in National Masters News.

Introduction
Members of the MCCWAA Council present for the meeting were introduced. They included: Don Fanghanger, Stadia Chair; Marcello Conti, Vice President; Liz McElhinney, Multisport Chair; George Hackbarth, Norman Green, Stadia Chair; and Ruth Anderson. Women's Distance in the room introduced herself.

Constitution
On motion by Ruth Anderson and seconded by Lisa Torres the delegates adopted the association as adopted at Las Vegas.

President's Report
Mr. Harvey stated that he was thrilled to part of this organization and to be able to compete in these championships. Vice President's Report
Mr. Anderson brought greetings and expressed his anticipation that more countries would be joining the organization. Mr. Harvey expressed the difficulty of including representatives from less affluent countries in the meeting because of the expense of travel. He noted the absence of Zone Constance, the secretary. He also noted that Jack Loman, treasurer, was absent due to his illness.

Regional Finances
In the absence of Mr. Loman, Mr. Harvey stated that the region received approximately $1,800 (US) grant from WAVA, while Europe was given $1,800. Discussion of these funds from IAAFF, it was stated that Europe had been given the largest amount from the IAAFF, followed by the USA for South America, equal shared for Asia, Oceania, and Canada. Mr. Harvey stated that the councils received nothing. Mr. Harvey reported that the MCCWAA treasury had started the year with $300 and received income from the Jaapa games of $1,800.

A question was asked if there would be income from the Edmonton championships, with the answer being yes. A question was asked if the IAAF grant was only a one-time occurrence, with the answer being no. Mr. Harvey was expressing the WAVA Council to make the grants in equal share for all regions.

Non-Stadia Report
Mr. Harvey stated that his report in Jaapa had emphasized his desire to have non-Stadia events in cooperation with the Track and Field Federation of the region. He stated that they were trying to establish an event in Mexico. For the coming year, major road race events in Canada and the US gain the advantage in trying to attract championship events. He has been serving the region on the WAVA Non-Stadia Executive Committee.

Multi-Event Report
Mr. McElhinney reported that there will be a pentathlon held with the Edmonton championships. Mr. McElhinney of the USA asked Mr. McElhinney to check on the entry date of the Championships, depending upon the decision expected at the WAVA General Assembly on October 14.

Mr. Anderson expressed her appreciation for the Jaapa games, namely the participation in the region, among the 100 athletes. She is trying to work with the delegate to come up with various events.

Proposed 1995 Championship at Buffalo
WAVA President proceeded with the meeting and stated that the organization of the IAAF is just for a presentation. They believe they have a strong contender for the 1995 IAAF World Championship. The IAAF World Championships in 1993 made a presentation. They request that the WAVA in the immediate for WAVA's presentation in the World Championships.

Statement from Mr. Ernest Carsin
WAVA President delivered another statement that WAVA in the region should control their member in the organization and that we should expect future WAVA games to be even larger in attendance.

Statement from Mr. Robert Fiske
WAVA Executive Director reported that the WAVA Council has approved their drug testing. He indicated that Jean Strosnider has asked to serve on the drug testing committee. I asked them personally, with questions to discuss with the Mollardani, Sadiq, and other organizations.

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ATHLETES WHO ENTERED A NEW DIVISION THIS MONTH
MARCH 1994

ATHLETE (RESIDENCE) BIRTHDATE AGE GROUP

ART BARDARO (LA JOLLA, CA) 3-10-29 65-69
JOHN BOTTAS (ELLA) 3-10-29 65-69
MICHAEL BOURDEAUX (US) 3-10-29 65-69
ROSS CARTER (CO) 3-10-29 65-69
LEON DEFRANCISCO (FL) 3-10-29 65-69
DERICK DE LA GuRIA (MI) 3-10-29 65-69
DON FOLK (OK) 3-10-29 65-69
KARL HASLER (OH) 3-10-29 65-69
CANDINDO HENDRICKS (ALABAMA, CA) 3-10-29 65-69
RITA JANKUTIS (CT) 3-10-29 65-69
JACK KEDFIN (MI) 3-10-29 65-69
GEOFF KOLDEEN (MD) 3-10-29 65-69
GERGO KULCSAR (HUNGARY) 3-10-29 65-69
LEANDRO LAMPI (ARG) 3-10-29 65-69
MILO LIGHTFOOT (MARS, OH) 3-10-29 65-69
GEORGE MANN (SPRING, MD) 3-10-29 65-69
LEOPOLD MARIEN (BEL) 3-10-29 65-69
DEMPA MITCHELL (MILTON, ON) 3-10-29 65-69
ROB METTHE (IN) 3-10-29 65-69
GORDON NORDEGREN (COUGAVINTON, LA) 3-10-29 65-69
JEAN OBERL (BEL) 3-10-29 65-69
TIERO OHRA (AUS) 3-10-29 65-69
ED POOL (SAN CARNIEL, CA) 3-10-29 65-69
MEL SHIRE (LAFFAYETTE, CA) 3-10-29 65-69
DON RCOMBO (CA) 3-10-29 65-69
PAUL SPANGLER (SAN LOU OBISO, CA) 3-10-29 65-69
NAGSON STURGIS (OR) 3-10-29 65-69
ED STOPPENBERG (MALIBU, CA) 3-10-29 65-69
ALBERT WHITE (CA) 3-10-29 65-69
CORAL WILEY (NC) 3-10-29 65-69
KATE WILEY (IN) 3-10-29 65-69
JEFF WRIGHT (MA) 3-10-29 65-69
RONNIE GRIESE (CA) 3-11-29 65-69
CAROLE HARRIS (WOODSIDE, CA) 3-11-29 65-69
JORGE HERNANDEZ (GUAM) 3-11-29 65-69
JUDI RICHARDSON (CT) 3-11-29 65-69
CHRIS ALLEN (MALIBU, CA) 3-11-29 65-69
BERYL SKELTON (FAIRPORT, NY) 3-11-29 65-69
NICHOLAUS STACHE (AUSTIN, TX) 3-11-29 65-69
PAT STOREY (BEVERLY HILLS, CA) 3-11-29 65-69
AUSTINE WINTERS (FL) 3-11-29 65-69
ERLETINE YOHEMON (CANTON, OHIO) 3-11-29 65-69
ANDRE BROWN (FL) 3-12-29 65-69
ANN IRA FOLEN (WA) 3-12-29 65-69
SUZANE FOGEL (OH) 3-12-29 65-69
LIEE HUBER (NC) 3-12-29 65-69
ALFRED MCDOUGALD (NC) 3-12-29 65-69
ISABELLA OKENDRAL (RSA) 3-12-29 65-69

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<table>
<thead>
<tr>
<th>Event</th>
<th>Name</th>
<th>Age</th>
<th>Time</th>
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<td>Michael McDowell '89</td>
<td>22</td>
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<td>6:06.06</td>
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<td>10,000 Meters</td>
<td>Michael McDowell '89</td>
<td>22</td>
<td>22:00.00</td>
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*Note: Times are in minutes and seconds.*
McMullen, Blaszak Win Hartshorne Masters Mile

by STEVE LAWRENCE
ITHACA, New York - Just another Division I intercollegiate track and field meet. That’s what the scene looked like from the east entrance to Barton Hall on the Cornell University campus on Jan. 22.

Lean, strong, well-defined muscular bodies, unbounded by the ravages of time or careless living. Heads held high, backs held straight, the confident walk — these were, no doubt, serious athletes. A closer look began to raise questions. Did I just see a head of gray hair? Did I just hear a runner say that he hoped to run a sub-seven minute mile, then list his birthdate at 1919? Did I just see a 62-year-old woman pin her competition number and then do a series of graceful — not to mention quick — warm-up laps?

I soon remembered that I was at the 27th annual Hartshorne Masters Mile, and that I was in the company of some of the premier over-40 runners in North America. They had that unmistakable look in their eyes — like that of a cheetah that realizes his cage is open. They were focused, and the world was a million things could go wrong.

There would be four preliminary races, followed by the marquee event, the elite men’s masters mile. Race director, Rick Hoebeke, himself a masters runner, scurries around looking more collected than one might expect. The event is being held in conjunction with a collegiate meet, and the level of activity suggests that any one of a million things could go wrong. Hoebeke seems not to notice — a man on a mission. The crowd was growing by the minute.

The gun sounded (right on schedule) to start the women’s event, and it was soon clear that it would be a two-woman race. Anne Forbes, 37, and Beth DeCiantes, 31, both of Rochester, began a duel that would leave the other eight runners with a large gap to close. It would not happen. Forbes (who gave birth just six months ago) would cross the finish line in an impressive 5:02.65, with DeCiantes nipping at her heels in 5:03.38. Barb Blaszak, 43, Syracuse, turned in a 5:38.10 to finish first among the true masters. Lois Bell, Lafayette, N.Y., did not win, but her smooth-as- silk stride belied her 62 years as she hit the tape in 7:19.07.

The second heat featured the age 60-plus runners, and before the first turn had been reached, there was no doubt that Don Farley, 60, Ithaca, an engineering professor at Cornell, was the runner to beat in the seven-man contest, and blew away the field with a withering 5:52.74. Jack Garrity, 63, Buffalo, finished second in 6:18.75. As for Nate White, the 74-year-old from Fayetteville, N.Y., it turned out that he was unrealistic in his prediction that he could break 7:00. He ran 7:01.79.

The next race turned out to be a gem. Rick Cleary, 42, Cicero, N.Y., looked strong throughout in leading the 12-man pack for the first seven (out of eight) laps. Then, on the bell lap, Jim Bissoni, a 48-year-old Cornell engineering professor, made his move with 200 yards to go. With a truly impressive burst, he caught Cleary on the last corner, then fought to overtake him, virtually dwarfing across the finish line. The final result — Bissoni, 5:06.98, and Cleary, 5:07.23.

In the final preliminary race, Ithacan Joe Daley, 43, clipped 40-year-old Tom Hartshorne (the son of Jim, the race’s originator in 1968) by less than one-second — 4:42.54 to 4:43.45. Next across was Carl Cappello, 43, of Pine Hill, N.Y., who cranked out a 4:54.56.

When the men’s elite milers lined up after an hour-and-a-half intermission, the energy level of everyone in cavernous Barton Hall was sky-high. These guys looked fast just standing there, like a pack of two-legged greyhounds. One of the true characters of the running world was there — Gary Fanelli, 43, Philadelphia, who has run a 4:06 mile and a 2-hour, 14-minute marathon. In fact, he represented American Samoa in the ‘88 Olympic marathon, and has been known to run in a Blues Brothers costume. Also at the starting line was Tom Carter, 41, of Binghamton, N.Y., who has been one of the region’s most durable and successful runners for a quarter of a century. Swag Hartel, 42, who ran a 3:57 mile in college and a 4:01 at age 33, made the trip from Louisville, KY., to compete. Charlie McMullen, 42, Rochester, who ran a scorching 3:56 mile in college, was one of the favorites. Rounding out the elite field were Mika Lawson, 40, New South Wales, Australia; Dave Reinhart, 41, Wilbraham, Mass.; Tim McMullen, 41 (Charlie’s brother), Churchville, N.Y.; and Al Swenson, 47, Wolcott, Conn.

The starting gun echoed throughout Barton Hall’s depths, and the greyhounds were off. Led by “rabbit” Sean Livingston of Ithaca, they hit the first quarter in 1:03, and reached the 800 mark on a 4:18 pace, looking strong. At the bell lap, Livingston bailed out, and McMullen, who looked so smooth that a cup of water could have been balanced on his head at full speed, held on to win in 4:21.78. His spoils for winning: a pair of free airfares from primary sponsor Continental Airlines/Continental Express. Unable to finish was Fanelli, who pulled out after aggravating a long-standing injury.

After the main event, I spoke to several of the runners. Their bright eyes revealed that they were still buzzing from their adrenaline/endorphine cocktails, and they spoke respectfully of the Hartshorne Masters Mile.

“…along with the Millrose Games and the Mobil I Invitational, is no doubt among the top three masters miles in the country,” said Charlie McMullen. I asked the winner what he had on this day that the others didn’t. “Well, it must be that I’m blessed with talent and mental tenacity, because it sure didn’t come from training,” he speculated. “This is my first indoor race of the season.”

Hartel, who finished second, (4:23.73), said that he “never dreamed in college that I would be running at this level in my forties,” and that he was “very impressed with the organization of the meet.” Reinhart shared McMullen’s perception regarding the Hartshorne Masters Mile’s place among the top-shelf masters events in the country.

A total of 34 men and 11 women competed in the event sponsored by Continental, Zeserson & Associates, and Advantage Sport & Fitness.
NATIONAL

• Got a funny running story to share with runners worldwide? Send it to Paula Barnes, 900 NW 17, Oklahoma City, OK 73106, who is compiling them for a book titled "Run, Run, Run." (Run, Run, Run has already been published, and the author released a new book, "Run, Run, Run Again," in 2009.)
• Overlooked in the 1993 hooria of the outstanding marks in the U.S. Masters and WaVa Championships was the M55-59 world record 209.1 javelin throw by Brian Stajn, age 55, which equals (1989) tables an age-graded 105.8% or 322.0% performance, probably the best ever for an athlete 55 and over.

• Irene Thompson's 26.95 for the indoor 200 in 1993 places her on short notice to the five in the rankings, published in July.

• Last month, a photo caption identified Tim Murphy as coming up with an idea for the Atlanta American patch and patch tag. Credit should also go to Alex Pappas, of Concord, Calif., who not only also came up with the idea, but implemented it by arranging for a manufacturer for both the patch and patch tag. It was not available through MNN to anyone who meets the AA standards (see page 31).

• Disappointed in your last race? Maybe it was too early. The Canadian Journal of Sport Science says findings that aerobic capacity peaks in the late afternoon have now been joined by a recent study at the Universities of Texas at Dallas. On test, early morning and late afternoon showed subjects 5 percent more powerful, both aerodynamically and anaerobically, at the end of the day.

• If Eamonn Coghlan fails to break the 45-year-old 5000-m. barrier this year, will Steve's Joe Scott be the next challenger? Scott, now 38, told Earl Gusthey of the Los Angeles Times, "Every so often, I compute how many months are left. It'll be a great challenge for me — as important to me as anything I've ever done." His 3.47 in Oslo in 1982 is still the fastest mile run by an American. "I didn't notice any problem with training until I was 34 and 35," he said, "I noticed I needed extended recovery periods from workouts. Before, I went hard every day. All of a sudden, I needed three to four days to recover from a tough workout."

SOUTHEAST

• Cram went on to win the 1993 Mid Atlantic Association of USATF Grand Prix. The age-graded 12 race series ranged from a 5K to a half-marathon and attracted over 800 competitors. Anne is currently training for the Framingham Marathon on April 28 (Bonne chance, Anne). Two fine performances turned up at the MAC 30K Championship in Central Park. Dec. 6, Sofia Tarchin (2:14:44) and Erik Kure (2:28:24) came in 1:2 in the W55 division. Peter Hanorga won his class in the M70 division with a 2:45:13. In the accompanying 4-mile run, top masters were Kevin O'Connor (21:42) and Amy Bahrt (27:24).

• A special "Legends Mile" was held in Miami, Jan. 22, with distance handicaps being given to some of the all-time greats. Marty Liquori and Kip Keino took first in 5:23:6; followed by Peter Snell (3rd, 5:57:6); Steve Cram (4th, 5:15:3); William Waiga (5th, 4:11:6); Rod Dixon (6th, 4:17:9); Frank Shorter (7th, 4:46:3); Jim Ryun (8th, 5:20:9). "These were my boyhood heroes," said Cram. "This is one memory (I) keep back on when I was older." Liquori, whose leukemia is in remission, said tears came to his eyes as a spectator shouted, "Don't quit to him and Keino. Liquori said he'd like to see a mini-marathon organized.

• Robert Anastasio, 41, kicked to the M40+ victory with a fifth-place 16:09 of 744m.

• The Brown U. Masters & T&T meet, Jan. 16, drew 175 participants. Three sub-masters broke 2.00 in the 800. Jack law clocked a fast 2.7 in the M50; Marlene Sanches set four W50 meet records in the 55, 200, L2, and HJ; meet director Neil Steinberg set an MAC 200 meet record of 24.35.

• A free seminar for masters athletes "who want to stay fit for life" will be held on Tue. April 5 from 5 p.m. to 8 p.m. at the West Side Athletic Club, 19 West St., NYC. Sponsored by the USATF Metropolitan Sports Medicine Team in conjunction with Masters Spors and the Greater New York Chapter of the American Col-

iage of Sports Medicine, the program will be moderated by Lewis Maharam, M.D., MAC Medical Director. Topics will include: "Who Really is the Masters Athlete?" "Are Older Athletes More at Risk?" (Stephen McVeen, M.D.); "Fueling for Maximum Endurance." (Stephanie Sturiale, R.D.); "Masters, Know Thyself. (Rod Katz)." The program of the Masters Mind (Michael Simon, Ed.D.) and more. For info, call the MAC office at 212-227-0071.

• Anne Webb, 40, who only began jogging in 1992, topped the women's field in the 1993 Mid Atlantic Association of USATF Grand Prix. The age-graded race series ranged from a 5K to a half-marathon and attracted over 800 competitors. Anne is currently training for the Framingham Marathon on April 28 (Bonne chance, Anne). Two fine performances turned up at the MAC 30K Championship in Central Park, Dec. 6. Sofia Tarchin (2:14:44) and Erik Kure (2:28:24) came in 1:2 in the W55 division. Peter Hanorga won his class in the M70 division with a 2:45:13. In the accompanying 4-mile run, top masters were Kevin O'Connor (21:42) and Amy Bahrt (27:24).

SOUTHWEST

• George Billingsley, 72, Loomis, CA, set an age record 4:49:35 for 50K on the track Jan. 16 at the Trackathon races at American River College in Sacramento. The Trackathon races are unique in that a runner may choose any one of these five distances, 10K, 30K, marathon, 50K, all of which are run simultaneously on the track.

• Joe Keshmiri, 56, M55 gold medalist in the 1993 WAVA Championships at Myazaki, has become sole proprietor of the Pondersosa Hotel in Reno after buying out former partner. Keshmiri will be starting a new night club — Dream Factory — on the ground floor of the hotel. The club will be managed by a separate company co-owned by his son Kamy, 24, an NCAA discus champion, who was banned from amateur athletics after testing positive for drugs. Father and son reconciled last year after a highly-publicized falling-out. The 1995 Masters Indoor Championships are scheduled for Reno.

• The Paramount 10K (CA) which features a Special World Masters Division always produces some earth-shattering times. Run on Jan. 15, just two days before Southern California's big quake, the race was no exception this year. In the M80 division, Chuck Dallsten (59:40) and Ernest Van Leewen (58:45) hot-footed it neck-and-neck 1-2 to the finish.

• Philippa Raschker started in this season where she left off last year — breaking records. On Jan. 23 at the Southeastern Indoor Regional Championships in Murrettoboro, TN, Raschker topped her indoor W54 world vault mark from 9-3.5 (2.83m) to 9-6 (2.90m), then followed the high jump bar at 11-11 (3.50m). On Feb. 12 at the Southern Age-Group Indoor Championships in Decatur, AL, she topped 9-6 1/2 (2.91m) in the vault for another world mark and then spun around the 200-meter banked board track for another WR — a 62.70 in the 400. The previous world W54 high jump mark was 5-11 1/2 (1.82m) set by Ida Minto in 1991. The 400 record (53.56) was held by Erna Kovacs of Canada. Raschker lives in Atlanta, and is now participating for the Powerbar Racing Team in the W54 division.

MID AMERICA

• National T&F Hall of Fame member Helen Stephens, 75, died of a stroke in St. Louis, Jan. 17. Stephens, a gold medalist in the 1936 Olympics in the 100 and 4 x 100, began running in 1933 and never really stopped, competing in masters competition up to last year.

• Vladimir Krivos, 43, Halfax, MA, and Donna Stenns, 40, Sugar Land, TX, collected $1500 each for 40+ wins in the Houston Tennis Marathon, Jan. 16, with Krivos, a 2:27.30, left second to Mexico's Arturo Navarro, 43, who closed in 2:29-40. Stenns finished in 2:52:35 and was Poland's Stawolowska, 48, W44 division finishers numbered 591. Primary sponsors were the Downtown Houston Association; Tennon Company, and Continental Airlines.

• Jim McCadden, 54, Coweta, OK, was first overall with a 2:53-9.1 in the Oral Roberts U. Indoor open mile RW, Tulsa, Jan. 29.

• Top masters in the New Orleans Mardi Gras Marathon, Jan. 29, were Kenneth Royster, Place, FL, in 2:52:13, and Pat Carey, Metairie, LA, with a 3:39-38. Malcolm Gills, 60, Huntsville, AL, finishing his 46th marathon (2:56-30), garnered as much crowd support as the overall winner. The 29th running of the race was directed by Chuck George, with sponsorship by The Rehabilitation Institute of New Orleans.

• Steve Cram (right) and Martha Liquori tie for first in 5:23.6 in the Legends Mile in Miami, Jan. 22. Cram's actual time was 4:15.3. Waiga clocked 4:11.6. Victor Sailer/Agence Shot

NORTHWEST

• Al Phillips, M60, posted meet's bests in the HJ (5:5) and LJ (17-3), Eugene Masters Indoor Meet, Jan. 21. Alan Beck, M45, was the quickest of all in the 3000 (9:26).
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 NMN, P.O. Box 23722, Van Nuys, CA 91404.


MARCH

March 5. USATF National Masters Men's & Women's Indoor Pentathlon Championships, Proviso West HS (near O'Hare Airport), Chicago, IL 60634. 312/243-7717. 77th St., Paddock Lake, WI 53168. 414/884-3567(b); 708/473-3700.


May 6-8, Southern Regional Masters Perspectives, Orlando, Fla. Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445. 407/399-3370.

May 28-29, USATF Southeast Regional Masters Championships, Pensacola, Fla.

July 12, Southern Regional Masters Classic, Greenville, S.C. Dick Bloomfield, 103 Crestwood Dr., Greenville, SC 29601. 864/318-5919.


WEST

California, Arizona, Hawaii, Nevada


Mid-1994, 4th Championship, Santa Cruz, Calif. Santa Cruz TC, PO Box 2013, Capitola, CA 95010. Bill Johnson, meet director, 408/335-0460.

INTERNATIONAL

March 12-13. Russia Indoor Championships, Chelyabinsk. RAVA, Pervomayskaya 14-6, Himki, 141400, Moscow Region, Russia. 7-093-5734150; fax 7-093-5734150.


June 4-21. WAVA European Regional Championships, Athens, Greece. Europeans Only.


July 1-6. WAVA Oceanic Regional Championships, Suva, Fiji. Tony Compain, PO Box 1175, Suva, Fiji Islands.

July 21-30. 1994 Goodwill Games, St. Petersburg, Russia. Participation events for masters: Elizabeth Morris, AICEP, 10 Can­vin, Suite 33, Kirkland, Quebec H9H 4S4.


September 22. USATF Masters 5K Championships, Syracuse, N.Y. David Oja, 213 Scott Ave., Syracuse, NY 13224. 315/443-6456.


March 20, Mercury News 10K. Susan Zellers, 750 Ridder Park Dr., San Jose, CA 95190. 408/920-5533.
March 27, Carlsbad 5000, Carlsbad, Calif. Tim Murphy, c/o Elite Racing, 10509 Vista Sorrento Pkwy., #102, San Diego, CA 92121. 619/459-6510.
April 24, Graveyard (Pasadena) Senior Olympics. See April 24, T&F schedule.
August 12-14, USATF National Masters 1014/10K & W10K Racewalking Championships, Eugene, Ore. See National T&F.

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INTERNATIONAL
March 27, British Veterans Athletic Federation Cross-Country Championships, Tunbridge Wells, 30 miles south of London. David Coward, 10 Chestnut Ave., Southborough, Tunbridge Wells, Kent, TN2 4PU, 01892-515837; Fax: 01892-515834.

MIDWEST

MID-America
Month 15, YMCA Midwest Masters Classic, Dodge Park, Omaha. 5K & 2 Mile RW, Stan Shirk, 5019 Parker St., Omaha, NE 68104. 402/554-8645.

SOUTHWEST
March 6, Los Angeles Marathon. LA Marathon, 11111 W. Ohio Ave., No. 100, Los Angeles, CA 90025-3329. 310/444-5544.

CAROL JOHNSTON
set an age 62 world record with a 6:7.7 pole vault at the College of the Desert Meet in Palm Desert, Calif. Jan. 29. Photo by Jon Lomas

WEST
March 6, Los Angeles Marathon. LA Marathon, 11111 W. Ohio Ave., No. 100, Los Angeles, CA 90025-3329. 310/444-5544.

Mary Libal, W4D, finished with a 46:40 in the 3000m Eugene Masters Indoor Meet, Eugene, Ore., Jan. 21. Photo by Jerry Wojcik

continued from previous page
April 2, Catfish 5K, Crescent City, Fla. John Boyle, PO Box 1824, DeLand, FL 32721. 904/736-0002.
April 23, Second Annual Lejuene Marathon, Camp Lejuene, NC. Dr. Ron Gerughty, 910/451-5201.

March 17, Stramillano International Half-Marathon, Milan, Italy. 50,000 runners. Separate start for veterans. Stramillano-Via Balka, 18-20136, Milano, Italy. Phone: 02-894-04240; Fax: 02-581-1926.
June 30-1, WAVA World Veterans Road Racing Championships, Scarborough (Toronto), Ontario, Canada. 10K, 30K/25K & 10K RW, 31st WAVA RR Championships, 1220 Sheppard Ave. East, Rm. 218, Willowdale, Ontario, Canada, MK2X1.

RACE WALKING
March 25, USATF National Masters 3000m Indoor Racewalking Championships. See National T&F.

CLUB LISTINGS
We regret our promised updated list of masters clubs has been delayed until next month’s issue. We’re double-checking each club for address and phone accuracy, and making an attempt to include as many clubs as possible. Send your club’s name, address, etc. to NM Club Editors, Jane Dods, at 569 West “D” St., Springfield OR 97477.

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A LEJEUNE GRAND PRIX SERIES ‘94 EVENT
USATF CERTIFICATION PENDING
SATURDAY, MARCH 1954 • 1300 CAMP LEJEUNE, NORTH CAROLINA PRESENTED BY MWR

ENTRY FORM
Check One Individual Entry Team Entry

THIS SPACE FOR TEAM ENTRIES ONLY

Name
How Many Team Members?
Each team member must submit a completed entry form with a signed waiver. All team entries must be mailed together. This entry form may be duplicated.

Name
Address
City
State Zip Phone
Age on Day of Race
T-Shirt size: M L XL

SEX
WEAP MUST BE SIGNED BEFORE MAILING

GENERAL RELEASE:
By signing this entry form, the entrant is hereby accepting and releasing to be legally bound to recond, my heirs, executors, administrators, etc. in perpetuity, the National Masters Association, Camp Lejeune, and all those associated with the same, on my behalf, and on behalf of my assigns, executors, administrators, etc., for any and all damages incurred or arising from my participation in THE EUROPEAN CROSS COUNTRY 10K.

Signature
Date

CONTACT OR RUN GERUHTY 8845-648 OR MAIL THIS APPLICATION WITH APPROPRIATE ENTRY FEE TO COMMANDING GENERAL (ATTN: BMWR/MREG) MARINE CORPS BASE PSC BOX 20004 CAMP LEJEUNE NC 28502-0004

Make checks payable to: MWR ACTIVITY 2182 received by Winvast, 18 Mar 1993. $150 thereafter

Please complete and mail entry form to: CAMP LEJEUNE NC 28502-0004

Make checks payable to: MWR ACTIVITY 2182 received by Winvast, 18 Mar 1993. $150 thereafter
**RECIPIENTS OF CERTIFICATES/PATCHES AS ALL-AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE**

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

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<th>Event</th>
<th>10-34</th>
<th>35-39</th>
<th>40-44</th>
<th>45-49</th>
<th>50-54</th>
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Notes:
1. The 1000 is optional only during the first 5-year period.
2. **99** is the standard for running (e.g., 4:59.20)

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

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<tr>
<th>Event</th>
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<td>385.0</td>
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**APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH**

**NAME**

**AGE GROUP**

**ADDRESS**

**SEX** M F

**CITY**

**STATE** ZIP

**MEET DATE OF MEET**

**MEET SITE**

**EVENT**

**MARK**

**HURDLE HEIGHT**

**WEIGHT OF IMPLEMENT**

**CERTIFICATE**

**PATCH**

**PATCH TAG**

1. If you have equaled or bettered the standard of excellence, please fill out this application, completely.
2. A copy of your results or a note stating in which your results appeared MUST accompany this application.
3. Please send $10 for a certificate, $10 for a patch, and $10 for a patch tag showing event and year. The cost for both a certificate and a patch is $20.
4. Send to: All-American, National Masters News, P.O. Box 2372, Van Nuys, CA 91404.
5. A 3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 4" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.

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

**U.S. MASTERS ALL-AMERICAN STANDARDS OF EXCELLENCE FOR MASTERS RACE WALKERS**

**WOMEN**

**5K**

<table>
<thead>
<tr>
<th>Event</th>
<th>10-34</th>
<th>35-39</th>
<th>40-44</th>
<th>45-49</th>
<th>50-54</th>
<th>55-59</th>
<th>60-64</th>
<th>65-69</th>
<th>70-74</th>
<th>75-79</th>
<th>80-84</th>
<th>85+</th>
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Notes:
1. No standards are for American masters.
2. **99** is the standard for running (e.g., 4:59.20)
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**U.S. MASTERS STANDARDS OF EXCELLENCE FOR MASTERS RACE WALKERS**

**MEN**

**5K**

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<tr>
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<th>40-44</th>
<th>45-49</th>
<th>50-54</th>
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</tbody>
</table>

Notes:
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**INTERNATIONAL**

<table>
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</tr>
<tr>
<td>A. Lyons</td>
<td>2:25:52</td>
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<tr>
<td>B. Gossmin</td>
<td>3:12:58</td>
</tr>
<tr>
<td>B. B. Reback</td>
<td>2:21:10</td>
</tr>
<tr>
<td>C. M. 10</td>
<td>1:18:40</td>
</tr>
<tr>
<td>C. B. Reback</td>
<td>2:21:10</td>
</tr>
<tr>
<td>D. Reback</td>
<td>3:23:33</td>
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<tr>
<td>E. Reback</td>
<td>3:23:33</td>
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<tr>
<td>F. Reback</td>
<td>3:23:33</td>
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<tr>
<td>G. Reback</td>
<td>3:23:33</td>
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<tr>
<td>H. Reback</td>
<td>3:23:33</td>
</tr>
<tr>
<td>I. Reback</td>
<td>3:23:33</td>
</tr>
<tr>
<td>J. Reback</td>
<td>3:23:33</td>
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<tr>
<td>K. Reback</td>
<td>3:23:33</td>
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<tr>
<td>L. Reback</td>
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<tr>
<td>M. Reback</td>
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<tr>
<td>N. Reback</td>
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<tr>
<td>R. Reback</td>
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<tr>
<td>S. Reback</td>
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<tr>
<td>U. Reback</td>
<td>3:23:33</td>
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<tr>
<td>V. Reback</td>
<td>3:23:33</td>
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<tr>
<td>W. Reback</td>
<td>3:23:33</td>
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<tr>
<td>X. Reback</td>
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<tr>
<td>Y. Reback</td>
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<tr>
<td>Z. Reback</td>
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**Russian Athletics Veterans Association “Cup of Five” Independence Cup, December 31**

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<td>B. K. Reback</td>
<td>2:25:52</td>
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<tr>
<td>C. K. Reback</td>
<td>3:12:58</td>
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<tr>
<td>D. K. Reback</td>
<td>2:21:10</td>
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<td>Z. K. Reback</td>
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**New Orleans Mardi Gras Marathon/Half-Marathon Jan. 29**

<table>
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**New York City Marathon Nov. 14**

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1992 U.S. Masters Outdoor T&F Rankings Book

**Men's and women's 1992 U.S. 5-year track & field age-group rankings.**
**52 pages, over 100 deep in some events.**
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U.S. NATIONAL SENIOR SPORTS ORGANIZATION

St. Louis, home of the U.S. National Senior Sports Organization (USNSO) and Washington University, invites you to join the country's top senior track and field athletes for three days of competition, training and education at the 1994 USNSO Track and Field Senior Open, June 17-19, 1994.

A Golden Opportunity
Here's your chance to gather exclusively with 2,000 of the nation's most accomplished senior track and field athletes as you compete, train, and learn more about how to continue your ascent into sports prominence, while demonstrating the real changing image of aging in our country today.

USNSO's Commitment to Senior Athletes — We Take You One Step Further
USNSO, long recognized as the nation's leader in health and fitness for mature adults and host of the Senior Sports Classic, is now taking that role one step further. In addition to competition, USNSO is providing senior athletes the opportunity to train and learn from the best in the business of sports — from shoes to sprints, from weight training to nutrition. USNSO is committed to the development of the senior athlete to their highest potential. Benefit from the experience and expertise of these sports training and education professionals.

A Program Just For You
The 1994 USNSO Track and Field Senior Open features an exciting weekend with elements never before combined into a comprehensive program for male and female senior athletes age 55 and over.

COMPETITION
Competitions are in 5-year age groups for both males and females. Entry fee is $50.00. A full range of track and field events are available at this competition.

Track Events:
- 100M, 200M, 400M, 800M, 1500M
- 4x100 Relays
- Pentathlon

Field Events:
- Discus
- Hammer Throw
- High Jump
- Javelin
- Long Jump
- Pole Vault
- Shotput
- Triple Jump

TRAINING
Sessions designed for senior track and field athletes and led by the nation's senior sports trainers will provide insight and hands-on opportunities to further develop your specific sport skills and training techniques.

EDUCATION
Learn from the experts as they provide input on the issues that most affect senior athletes today — get an edge on competition by learning more about the role of nutrition, the benefits of an appropriate cross training program, how to enhance your training regimen and sports psychology.

RESOURCE CENTER
Many of the country's leading companies who have joined USNSO in promoting fitness and sports to seniors will join you in St. Louis at the event's Resource Center, specifically designed with the senior athlete in mind. Test products, talk to company representatives, learn what business is doing to support senior's healthy, active lifestyles and have the opportunity to provide your personal feedback.

☐ YES, I would like an entry form for the 1994 USNSO Track and Field Senior Open.

please print clearly
NAME ____________________________ (first) ____________________________ (last)
ADDRESS ____________________________ ____________________________
CITY ____________________________ STATE __________ ZIP __________
PHONE ____________________________

☐ MALE ☐ FEMALE DATE OF BIRTH _____ / _____ / _____
MAIL TO: USNSO, 14323 South Outer Forty Road, Suite N 300, Chesterfield, MO 63017. Phone: (314) 878-4900
MN