Las Vegas Marathon Draws 6000

Costa Rica's Luis Lopez (2:25:39) and Russia's Irina Bondarchouck (2:46:45) were the overall masters winners in the 29th Las Vegas International Marathon, Feb. 4. A record 6029 runners came from all 50 states and 30 foreign countries to compete in the marathon, marathon relay, half-marathon, 10K, and 2-mile fun run.

All events finished at the Vacation Village Hotel/Casino on the Las Vegas strip. Presented by Las Vegas Events, the marathon is the largest running festival held annually in the state of Nevada.

More than $55,000 in prize money was passed out, including $2000 each to Lopez and Bondarchouck. Vladimir Krivy, of Halifax, Mass., was second in 4:26:24. Paul Oub, of Irvington, N.Y., was third. San Francisco's Lloyd Stephenson (2:28:18, $600), Michigan's Doug Kurth (2:29:54, $400), and Russia's Leonid Moceev (2:30:00, $300) rounded out the top five men's masters finishers.

Continued on page 19

Sparks Sets Three World M50 Indoor Records in One Night

by HUGH SWEENEY

Ken Sparks, 50, of Chagrin Falls, Ohio, ignited a spectacular M50 middle-distance explosion when he obliterated three world indoor M50 records in the space of an hour and a half at the Greater Boston Track Club Invitational, Feb. 12, in Allston, Mass.

Sparks, who turned 50 on Jan. 25, made his much anticipated M50 debut a successful one on Harvard's lightning-fast, banked, 220-yard Gordon indoor track as he streaked to a runaway 4:32.84 mile (passing 1500m en route in 4:13.85), and returned later to post a 2:03.5 in a hard-fought masters 800.

The occasion was the second event of the Etonic/Bermuda International Seniors middle-distance series held this winter on the quick Harvard oval.

Wally Herrala, 50, of Ann Arbor, Mich., had established a short-lived, world indoor M50 mile best of 4:39.95 at the First Etonic/Bermuda Seniors Mile, Jan. 21, in the Commonwealth Invitational at the same venue.


The previous M50 800 record is 1:51.00 by Wally Herrala, of Ann Arbor, Mich., on Jan. 25, 1995.

The previous M50 400 record is 48.3 by Louis Dickerson, of Chagrin Falls, Ohio, on Mar. 20. 1994.

The previous M50 mile record is 4:46.6 by Louis Dickerson, of Chagrin Falls, Ohio, on Jan. 25, 1995.

The previous M50 1500 record is 4:26.92 by Louis Dickerson, of Chagrin Falls, Ohio, on Jan. 25, 1995.

Continued on page 11

Philippine Wins Millrose Mile

by MARILYN MITCHELL

Marcel Philippine, of Irvington, N.Y., won his first Millrose Masters Mile in 4:26.24 at the Chemical Bank Millrose Games, Madison Square Garden, New York City, Feb. 3. Paul Mascali (NY, 4:28.42) was second with Harry Nolan (NJ, 4:32.40) third.

Don Sparanza, 35, the open rabbit, led the race through the half in 2:12 and dropped out on the bell lap as Philippine took over.

Without Eamonn Coghlan this year, the event was moved to an earlier 6:55 p.m. start, but still enjoyed a sizeable, enthusiastic crowd, as the meet drew a near-capacity audience of 16,789.

The new running magazine, American Runner, stepped in to sponsor the race, when no other sponsors could be found. Editor/publisher Jim O'Brien is a friend of Coghlan's and no one, including meet director Howard Schmertz, wanted to see the masters mile left off the program.

Coghlan, current indoor open and masters mile recordholder, was an honorary referee and starter.

"One of my last regrets is that I

Continued on page 19

Schlau, Warnock Win in Charlotte


Schlau's time equaled an age-graded, world-class 90.2%. Charlie Rose, 61, Mooresville, N.C., was fifth with a 40-minute barrier.

Continued on page 17

1994 T&F Rankings

by JERRY WOJCICK, Masters T&F Rankings Coordinator

The U.S. Masters Track & Field Rankings Book for 1994 is now available. It contains 60 pages and, for the first time, an index, a metric conversion table, and more photographs than previous issues.

After having overseen the compilation of the rankings into production of the book for six years, I think several things are apparent to anyone who compares the lists in all of the books.

Continued on page 17
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NATIONAL 15K RECORD

I would like to add an important note to Paul Murray's account of the USATF National Masters 15K Championships, held as part of the Schenectady Gazette Stockade-athon, Nov. 13 (Jan.; NMN).

Margaret Betz, 58, of Conklin, N.Y., finished in the remarkable time of 62:05, bettering the U.S. W55-59 record of 63:28, set by Margaret Miller Rockville, MD.

This should not be an option for the casually trained fitness walker, nor is it meant to suit anyone. There are many older racewalkers with excellent technique. Rather, I hope to avoid some of the disappointment of DQs.

Bev LaVeck
Seattle, Washington

VIDEOS OF NATIONALS

I wish to express my appreciation for the very fine videotape of the 100m and 200m events of the National Masters Championships last year in Eugene.

It was my first outdoor national event, and the video was an excellent way to recall a memorable experience and to share with friends who might be intrigued enough to attend in the future.

It's also a kind of training tape for me to watch some really excellent performances.

I highly recommend that you promote the continuation of this method of remembering, i.e., the videotaping.

Kay Lyons
Monterey, California

GO, SUBMASTERS

A word to submasters - keep it up. Spread the word. Remember, we're the masters of the future. It's important to keep our sport alive. We hear many negative statements about the state of athletics. It's also a kind of training tape for those who help the National Masters Championships in Eugene, I saw a lot of great athletes of all ages having fun and sharing in the competitive spirit of the sport.

So, let's recruit our old schoolmates or new fitness friends to continue the success of masters track, and thank you, masters athletes, for being such good examples for us submasters. I wanna be like you guys when I grow up.

Joy Upshaw-Margerum
Kamuela, Hawaii

1994 LDR AWARDS

I've been receiving NMN for the past 15 years, but, much to my disappointment and dismay, when I read your Jan. issue, I found I was not selected as top 1994 runner for my M75-79 age group by the Masters LDR Committee.

I keep track of the stats in my age group and I believe my times were not surpassed by anyone in 1994 (5K in 22:56; 10K in 48:01).

I feel a correction or a reasonable explanation is in order as this has deeply hurt and affected me. Your investigation and reply will be greatly appreciated.

Cokey Daman
Virginia Beach, Virginia
(Your 48:01 was outstanding and you had my vote, but there were about 30 committee members voting. Others may have been swayed by the number of national masters championships the winner had run. Your 22:56 was not considered because it was a track race; we just do roads. — John Boyle, Masters LDR Awards Chairman.)

JIM HARTSHORNE

I knew Jim Hartshorne for many years. The masters program started on the West Coast. Jim put on a masters mile race at Cornell University every winter. For many years it was the premier masters event for eastern masters milers. The organization was impeccable and the awards outstanding (silver plates to all participants).

Jim was a premier masters mile until injuries forced his retirement. Yet, he still contributed to the sport.

I last saw him this past summer in Eugene, at the National Championships, where his son was competing. Jim nonchalantly mentioned that he had terminal cancer. I was, naturally, saddened.

Many, including myself, would have liked to see him compete in Eugene in 1995, but circumstances conspired against that happening.

I'm very pleased to learn that he is taking part in the master's world games in the near future. I hope to see him compete.

Joy Upshaw-Margerum
Kamuela, Hawaii

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

Special thanks this month go to:

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Continued from page 1

M60 win in 38:03, was in the national-class range with an age-graded 86.9%.

In the women’s masters race, Alenda Vestal, 43, Brevard, N.C., won with a sixth-place 38:47, an age-graded 82.5%. Carolyn Mather, 46, Morgantown, Ga., was second in 41:24.

Finishers totaled 2061 men and 788 women.

In the Charlotte Observer Marathon, which served as the USATF Senior Men’s Championships (won by Keith Brantley, 32, of Florida, in 2:14:27), Jerry Clark, 46, and Ruth Warnock, 41, were the masters winners.

Clark, of Charlotte, took the title by 10 seconds from George Towle, Portland, Me., with a 2:48:42. Victor Rosado, Salisbury, N.C., was third in 2:54:34.

Roger Roark, Statesville, N.C., won the M45 race with a 2:58:59. Don Lein, Pittboro, N.C., was the winner in the M60 contest with a 3:10:25.

Warnock, Simpsonville, S.C., was third overall of the 213 female finishers with a 3:23:37.

Male finishers numbered 935. The weather was breezy and overcast with the temperature at 42°. Don King was the event director.

COMING NEXT MONTH
• Results, photos and story of National Masters Indoor Championships
• Updated List of Masters Clubs
• Countdown to Buffalo
• Training Advice
• And Much More

DEADLINE
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Ross Carter, M80, Eugene, Ore. (left) pictured here with Don Cumley, M70 shot putter, at the 1994 Hayward Meet, Eugene, where Carter broke the M80-84 world record in the shot put with a 12.27/40.3¼, and the U.S. record in the discus with a 37.08/121.8.

Photo by Jerry Sildorf
An Athletic Vagabond

Although swimming is not one of the sports covered by NMN, many readers will no doubt be able to identify with Vojislav Mijic and his "passion" for the athletic life.

Vojislav Mijic introduced himself as a Serbian from Yugoslavia. "But don't worry. I am not a fighter," he quickly added. "I am a swimmer."

Mijic was in Hawaii over the Christmas holidays to compete in the Christmas Biathlon and the Hawaiian Christmas Invitational Long Distance Roughwater Swim, a seven-kilometer ocean event off Waikiki. He stayed on into January to take advantage of the warm weather and prepare for a race in Brazil on January 28 and two more in Argentina during February.

"The conditions in my country are not so good for training now," he explained, referring to the civil war in what was Yugoslavia, and the cold weather there.

Mijic is taking part in the marathon swimming World Cup, eleven events held around the world, beginning in Canada last July 23 and ending in Canada on July 22, 1995. He has hopes of scoring enough points to finish among the top 10 in the series.

"I am 43 and not so fast now," he said, following his 17th place finish in the Waikiki swim. "I ask myself why I am doing this thing. Who will give me money for it? Nobody. But I am rich in my heart. It is my love."

Mijic admits that in his more than 20 years of marathon swimming he has never won an international event. He considers his third-place finish in the 1986 Capri to Napoli 33-kilometer (20 miles) swim, which served as the world championship that year, as his best competitive performance ever. He has, however, won his share of races in competition below the international level.

Challenge in Going Longer

As he has lost some speed to the years, Mijic now finds challenges that says have put him in the Guinness Book of Records—at least the European edition. In 1992, he swam 138 kilometers (86 miles) down the Sava River to Belgrade in 36½ hours. Last year, he covered 165 kilometers (102 miles) down the Danube to Belgrade, and this past July he said that he broke the Guinness river record by covering 170 kilometers (105 miles) down the Danube in 27 hours, 58 minutes.

"Everybody knows me in my city," Mijic said. "I will walk from my house to the coffee shop, maybe one mile, and many people will stop me and say, 'Mijic, I want to shake your hand.' It makes me feel good."

However, Mijic’s wife, Jasmina, doesn’t share in the appreciation of her husband. "She does not understand—how do you say—passion, yes, my passion for this sport. She asks me how much longer I will keep this up, and I say I continue as long as I can move my arms and legs."

Unemployed Due to War

A chemical engineer by profession, Mijic said that he has not worked in nearly four years as the war in his home country has shut down most of his employer’s operation and there are no other job opportunities available to him. His wife, an accountant, has managed to hold on to her job in the private sector.

So how does an unemployed person from a country where the annual per capita income is only around $3000 manage to travel the world and live for weeks at a time in places like Honolulu, Rome, Rio, and Cairo?

"It is very difficult," Mijic responded. "I have some sponsors, but since the war it is not always easy to get support from them. They say, 'Mijic, we do not have money for you now. The economy is not good because of the war.' Sometimes they give me just food, but other times they do this (putting his hand under a park table), and say not to tell anyone. They say I represent Yugoslavia to the world and they want me to continue."

His main sponsor is the Union Bank of Belgrade, which provides his air fare. Usually, he stays with other swimmers in the host country. "I do not need much," he said. "Just a little food and a place to sleep."

He said he swims two hours a day and also runs twice a week, while lifting weights every other day.

Mijic is asked to make some sense out of the war in his country. "It is difficult to explain," he said. "It is of historical heritage. It is political. It is a war of business interest. It is very confusing. Always we Serbians get blamed for making trouble, but that is not the case. Our people have always been strong fighters, and if someone (attacks) us, we fight back and because we are stronger we win. But then we are blamed. It does not make sense."

"I think it will end in 1995. I hope so. I think I must retire also in 1995 and begin to teach others in my country to swim."

"I want to swim forever, but it is now time to stop."

"Then, my wife will be happy."
Southeastern Masters Meet Will Celebrate 25th Anniversary

by PAUL HRONIJA

This year will mark the 25th anniversary of the longest continuously-held age-group track and field meet in the country — the Southeastern Masters Meet to be held in Raleigh, N.C., May 5-7.

In 1968, Boal Boal read about a masters T&F meet in California. The concept was unknown in the eastern U.S. Boal checked around and competed in 1969 in a San Diego meet, which had about 200 participants in 10-year age groups.

Back in Raleigh, Boal conferred with officials at North Carolina State U. about what would be involved in putting on such a meet. Paul Derr, Mike Shea, and Al Britcher developed a budget for the meet and backed their way into what the entry fees would have to be in order to break even.

The first meet was held in 1971 at NC State, where it has been held for all 25 years. The meet is quite a feat, especially when no sponsor has been available. It takes a tremendous amount of dedication and work by an all-volunteer Board which works year-round to make the meet a success.

Jerry Cash, breaking the 445 yard world record with a 1:15.1, Eugene Indoor Meet, Feb. 5.

Photo by Suzy Hess

The Southeastern U.S. Masters, Inc. Proudly Presents Our 25th Annual Masters Track and Field Meet May 5, 6 & 7, 1995

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SCHEDULE OF EVENTS

FRIDAY, MAY 5

AT NORTH CAROLINA STATE UNIVERSITY (NCSU)

Event #1 Event Time (ET)
01 TREADS WITH DISTANCE EVENTS 6:00 PM
02 MASTERS TEN MILE RUN (males) 6:00 PM
03 MASTERS 10 K MILE RUN (males) 6:00 PM
04 BAZINGA MASTERS 5K MILER 6:00 PM
05 MASTERS 4 MILE RUN (males) 6:00 PM
06 MASTERS 1 MILE RUN (males) 6:00 PM
07 MASTERS 440 YARDS (males) 6:00 PM
08 MASTERS 100 YARDS (males) 6:00 PM
09 MASTERS 100 YARDS (females) 6:00 PM
10 MASTERS 150 YARDS (females) 6:00 PM
11 MASTERS 220 YARDS (females) 6:00 PM
12 MASTERS 440 YARDS (females) 6:00 PM
13 MASTERS 880 YARDS (females) 6:00 PM
14 MASTERS 1500 YARDS (females) 6:00 PM
15 MASTERS 5000 YARDS (females) 6:00 PM
16 MASTERS 10000 YARDS (females) 6:00 PM
17 MASTERS 30000 YARDS (females) 6:00 PM

SATURDAY, MAY 6

AT NORTH CAROLINA STATE UNIVERSITY (NCSU)

Event #1 Event Time (ET)
20 TREADS WITH DISTANCE EVENTS 9:00 AM
21 MASTERS 1 MILE RUN (male) 9:00 AM
22 MASTERS 2 MILE RUN (male) 9:00 AM
23 MASTERS 200 YARDS (male) 9:00 AM
24 MASTERS 440 YARDS (male) 9:00 AM
25 MASTERS 880 YARDS (male) 9:00 AM
26 MASTERS 1500 YARDS (male) 9:00 AM
27 MASTERS 5000 YARDS (male) 9:00 AM
28 MASTERS 10000 YARDS (male) 9:00 AM
29 MASTERS 30000 YARDS (male) 9:00 AM
30 MASTERS 1 MILE RUN (female) 9:00 AM
31 MASTERS 2 MILE RUN (female) 9:00 AM
32 MASTERS 200 YARDS (female) 9:00 AM
33 MASTERS 440 YARDS (female) 9:00 AM
34 MASTERS 880 YARDS (female) 9:00 AM
35 MASTERS 1500 YARDS (female) 9:00 AM
36 MASTERS 5000 YARDS (female) 9:00 AM
37 MASTERS 10000 YARDS (female) 9:00 AM
38 MASTERS 30000 YARDS (female) 9:00 AM

SUNDAY, MAY 7

RALEIGH CITY STREETS (See Map in Packet)

Event #1 Event Time (ET)
40 TREADS WITH DISTANCE EVENTS 9:00 AM
41 MASTERS 5K MILER (male) 9:00 AM
42 MASTERS 10K (male) 9:00 AM
43 MASTERS 15K (male) 9:00 AM
44 MASTERS 20K (male) 9:00 AM
45 MASTERS 25K (male) 9:00 AM
46 MASTERS 30K (male) 9:00 AM
47 MASTERS 1 MILE RUN (female) 9:00 AM
48 MASTERS 2 MILE RUN (female) 9:00 AM
49 MASTERS 200 YARDS (female) 9:00 AM
50 MASTERS 440 YARDS (female) 9:00 AM
51 MASTERS 880 YARDS (female) 9:00 AM
52 MASTERS 1500 YARDS (female) 9:00 AM
53 MASTERS 5000 YARDS (female) 9:00 AM
54 MASTERS 10000 YARDS (female) 9:00 AM
55 MASTERS 30000 YARDS (female) 9:00 AM

DEATH ENTRY FORM BELOW AND MAIL TO: Southeastern Masters c/o Raleigh Parks & Recreation, P.O. Box 590, RALEIGH, NORTH CAROLINA 27602

(Athletes Signature)

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The official sponsors of the Southeastern Masters, invite all athletes 20 years of age and over to participate in one of the premier Masters Meets in the world. Headquarters will be the Brownstone Hotel. There will be three days of competition featuring prestigous, weight-relays, team relays and all regular track and field events at the NC State Campus. A "Jumps" clinic and a "Threws" clinic will be held on Friday at 6:00 PM.
Plantar Fascitis Revisited

Q I'm a 50-year-old former world record holder (1990) for the indoor 200. Since 1992, I've had increasing soreness of both heels, particularly the right. My symptoms are heel pain on waking, but never any arch pain. Pressure on the outside of each heel bottom is very painful, especially on the right. I'm able to train with just a moderate amount of pain from the right heel, but my symptoms are heel pain on waking, but never any arch pain. Since 1992, I've had increasing soreness of both heels, particularly the right. My symptoms are heel pain on waking, but never any arch pain. Pressure on the outside of each heel bottom is very painful, especially on the right. I'm able to train with just a moderate amount of pain from the right heel, but when I finish it hurts badly, and the next few days are very painful. Spurs have been ruled out and I've received a heel MRI, cortisone, and orthotics for a diagnosis of plantar fascitis. One orthopedist has said the only option is to cut the plantar fascia to release it. I can't believe there's no other treatment. Is it possible there's a hairline fracture?

A Your injury certainly sounds like plantar fascitis, the most common injury in track and running athletes. Basically, it is a partial tear of the plantar fascia, at its insertion into the medial calcaneal tubercle. This usually forms a deposit of scar tissue which irritates the nerve, causing pain which is usually worst in the morning (rest pain). Pressure on the outside of each heel bottom is very painful, especially on the right. I'm able to train with just a moderate amount of pain from the right heel, but when I finish it hurts badly, and the next few days are very painful. Since 1992, I've had increasing soreness of both heels, particularly the right. My symptoms are heel pain on waking, but never any arch pain. Pressure on the outside of each heel bottom is very painful, especially on the right. I'm able to train with just a moderate amount of pain from the right heel, but when I finish it hurts badly, and the next few days are very painful. Spurs have been ruled out and I've received a heel MRI, cortisone, and orthotics for a diagnosis of plantar fascitis. One orthopedist has said the only option is to cut the plantar fascia to release it. I can't believe there's no other treatment. Is it possible there's a hairline fracture?

Some think the condition is caused by excessive stress on the plantar fascia. Others think it is an overuse syndrome caused by all the activity. It is probably a combination of the two.

The use of injection and orthoses was the right choice. In some cases, I know mine in particular, it can take several injections and a year-and-a-half to clear up the problem.

I am not impressed by an MRI of the heel. This may miss the problem. However, I think you may have answered your own question. Fracture. This is of some concern with those diagnosed with plantar fascitis. However, an x-ray will not show up a crack in the bone. You will probably need a bone scan, which will be specific for the fracture.

If there is a hairline fracture, you may want to go into a below-the-knee cast for six weeks. After the cast is removed, you will need several weeks of physical therapy. Going back to your original problem, if this is a plantar fascitis, ultrasound sound would be very helpful. This, along with orthoses and injection therapy, would respond most favorably.

A surgical correction, such as a plantar fascia release, is something we prefer not to do unless we have tried all other options. However, a properly performed plantar fascia release would only keep you from running for 3-6 weeks. This can be performed on an outpatient basis and should only take about 10 minutes. Again, surgery only if all else has failed.

(3) 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 Noy, CA 91404.)
28th Annual Hartshorne Masters Mile: A Final Tribute to Its Founder

by KEN ZESERSON
ITHACA, N.Y. — The Hartshorne Masters Mile, the first event of its kind, was run for the 28th consecutive year, Jan. 21, in Barton Hall, a dusty eighth-mile oval, in the heart of Cornell University.

There was one heartfelt moment prior to the event when race director Rick Hoebeke requested silence to commemoration the recent death of the man who lent the event his name and his class. Jim Hartshorne, the founder of the Finger Lakes Runners’ Club, passed away last December. Hartshorne, whom Hoebeke credited with pioneering the running community in this part of upstate New York, was remembered fondly by race participants and onlookers as the man who had initiated or reinvigorated their love of running.

For a few moments, the huge hall was silent as the runners and onlookers thought about Hartshorne and why we all pound those roads and tracks, day in and day out, as long as our legs and hearts can endure. Then it was time to race.

Several mile runs were held. First, Ed Stabler, 65, dug down deep in the veterans race to nip Gordon Walker in 5:40.64. Tony Napoli, 74, ran a good 6:26.20.

The Section II heat went to this writer, 47, in 5:10.35, squeaking by a hard-charging Derek Frecette, 50. Tom Homyer, 46, took the Section I contest in 4:55.82, followed by Terry Habeker (47, 4:59.05) and Reinhold Wotowa (45, 4:59.76).

The women’s race featured a mix of 30+ runners. Beth DeCiantis (32, 5:09.65) was first, but perhaps the best result belonged to Margaret Betz (58, 5:53.27).

The Elite Mile was won by Tim McMullen, going away in 4:26.92, followed by Swag Hartel (4:29.91) and last year’s victor, brother Charlie McMullen (4:32.28).

In what seemed a fitting tribute to his father and the event, itself, Tom Hartshorne took the lead behind “rabbit” Dennis Culine in the early going, eventually finishing in a strong 4:34.35.

A total of 45 men and 12 women competed in the event sponsored by Zeserson & Associates, and Northwestern Mutual Life Insurance.

_TEN YEARS AGO
March, 1985

* Barry Brown (30:18) Edges Pat Murphy (30:22) in TAC National Masters 10K

* First TAC Indoor Masters Pentathlon Held in Pennsylvania

* Elementary School Named After Sing Lum, M80 Sprinter

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_Crown Valley Senior Games
Track & Field - Sunday, April 23, 1995
Occidental College
1600 Campus Road, Los Angeles, CA. - Patterson Field
Meet Director: Christel Miller
Track & Field Coordinator: Pete Clentzos
Race Walk & Assistant Director: Jim Hanley
A Qualifier for the 1996 California State Senior Games Championships, Sacramento

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Offered by PacifiCare

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85 East Holly Street, Pasadena, CA. 91103

Entry Forms (please print)

<table>
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<th>Last Name</th>
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Address

Phone

DOB

T-Shirt: L XL XXL

Age as of 5/6/95

Events: 50M 100M 200M 400M 800M 1,500M 5,000M PV

MPV

HJ VT DT ST

400M Walk 1,500M RW 5,000M RW

Make checks payable & mail to: Pasadena Senior Center, 85 E. Holly St., Pasadena, CA. 91103

WAIVER: In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors or administrators, wave and release forever any and all rights, claims or damages I may accrue 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 while traveling to and from and while participating in the Meet held April 23, 1995 at Occidental College. I certify that I have no physical defects or injuries that would prevent me from competing in this Meet.

Signature

Date
ly, though I continued to race, it was a real hindrance. I found out about a ski racing circuit in Europe, called the F.I.S. University circuit. Even though I had an excellent junior program. I lived in Colorado, took up skiing, and, living in Colorado, I was affiliated in some way. At the time, I had decided to attend the University of Grenoble in France to study French. The French ski team took me under their wing and I travelled with them, as there was no US team participating in this circuit. The ski teams had a reciprocal arrangement that led to a wonderful camaraderie.

The kids in the circuit were attending school, they raced at a pretty high level. It was fun and allowed me to travel around to 12 different countries and see different people. I had gone real curious about it. However, I was too hesitant to even try it in my way. No. I didn’t know what I was doing. I considered myself a runner and a racewalker. In my third year, I found a way to racewalk. As I was walking in the woods one day, and out of the blue came this big word, RACEWALKING. I said, What? You have to be kidding. The thought of racewalking kept happening to me, and I couldn’t believe it. I considered myself strong. Sally Ward’s report presented his view of the subject, I taught myself with Ward’s analysis. I had been trying that approach. I had been trying that for some odd reason, which I hope will be enforced fully. (The new rule is still only a proposal. — EW.) I have already entered the 20K and 5K walks in Buffalo and will probably be the youngest 80-year-old on the block.

For example, when the French team went to Austria to compete, our expenses were paid by the Austrians, and when they came to France to compete, their expenses were paid by the French. I lived in France for seven years and married a French medical student. When he finished getting his degree, we came back to this country so he could practice medicine here. We had two small babies, 13 months apart. I was going nuts. I felt that I had never reached my athletic potential in skiing and felt frustrated. I took up running out of a need for sanity, as most of us do. I started running marathons which had always been a big dream. I really enjoyed running and did fairly well from 1978 to 1992. However, I remarried in 1986, had two more children, and felt I couldn’t reach my potential as a runner either. By 1992, I was feeling burned out from running. I was living in Colorado and still enjoyed trail running, but I was very tired and athletically frustrated. I was at the point of thinking that I might hang it all up, and settle down to being a mother of four. Yet, always, there was this deep burning inside me that I had never really gotten a chance to show my stuff.

I am a Christian and definitely believe in God’s will and messages. I was walking in the woods one day, and out of the blue came this big word, RACEWALKING. I said, What? You have to be kidding. The thought of racewalking kept happening to me, and I got real curious about it. However, I was too hesitant to even try it in my neighborhood. So I went down to a local race where I thought no one would know me, and jumped into a 5K with the racewalkers. Within 20 yards, I had broken away from the group for the sport. I couldn’t believe it. I considered myself a fit person and I was dying. I realized there was a lot more to the sport than meets the eye. Gathering my resources together, I got into the race and ended up winning it.

EW: Had you ever been exposed to the technique?

SR: No, I didn’t know what I was doing. I had this mental image of racewalkers in an Alka Seltzer commercial that I saw in the 1960s. I hadn’t seen the sport done live and knew nothing about the rules. I was coming in at ground zero. What I recognized was the sport’s tremendous potential for fitness and competition. I thought racewalking was fabulous and was hooked.

I decided to take a couple of lessons. I also held a couple of seminars and basically tried to learn on my own. I discovered for some odd reason, which is still a mystery to me, that the racewalking technique was very compatible with my physical attributes. All through the years, my broken leg had remained weaker than the other. I had tried to strengthen it, but never really succeeded. In fonal championships, I aced the imbalance in my legs as I relied almost entirely on my legs.

More on Rule Changes

With reference to Professor Moreno’s report on the IAAF Racewalking Working Group’s proposed changes to the Racewalking Rules, Mr. Bowman, IAAF Racewalking Chair, states in the Feb. issue of National Masters News, “Elaine Ward’s report (Dec. ‘89) on proposed rule changes by the IAAF Racewalking Working Group is erroneous.” On two other occasions he states, “Contrary to Ward’s report” in introducing his analysis.

The report given in my column was written by Prof. Moreno exclusively. It was Prof. Moreno’s interpretation of the IAAF Racewalking Working Group’s proposals and of interest, as he was the Chair of the Group and his report presented his view of the three ideas being debated.

On this same subject, following is reprinted a letter to me from William Patterson, 80, of North Carolina. — EW.

“Did you do this on your own or were you affiliated in some way?”

SR: At the time, I had decided to attend the University of Grenoble in France to study French. The French ski team took me under their wing and I travelled with them, as there was no US team participating in this circuit. The ski teams had a reciprocal arrangement that led to a wonderful camaraderie.

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Sparks, 3 Records

Continued from page 1

800 best was 2:09.8 by New Jersey’s Ken Baker on Jan. 17, 1988.

Many-time national masters champion Kirk Randall, sidelined with a career-threatening hip injury, served as pion Kirk Randall, sidelined with a career-threatening hip injury, served as race announcer and warmed up the crowd of 1200 by introducing the all-star 50-year-old field: Paul Perry, 50, of Chicago, the 1966 IC4A 3-mile champion whose hot pace on Jan. 21 helped Herrala set his record;

• Ramsay Thomas, 51, of Lafayette, Calif., second in the 1994 M50 outdoor national 1500 in 4:25;
• Jim Gibbons, 50, Thomas’ West Valley TC club mate, third in the 1994 M50 1500 in 4:27;
• Dr. Tom Sullivan, 52, of Chicago, 4th in the 1994 M50 1500 and a U.S. national record-holding 4:03 high school miler in 1961;
• Summer Brown, 50, Belmont, Mass., the 1994 M50 8K XC champ­
• Race coordinator Hugh Sweeny, 50, Jersey City, N.J. (4:50.4 in the 1994 Fifth Avenue Mile);
• Richard Hammer, 50, of New York (4:51.8 in the same race);
• Sparks.

Sparks had run 4:22 outdoors at the Penn Relays last year, had run two marathons in 2:33, and one in 2:35 last autumn, and is expected to re-write the USA and world M50 record book this year. He passed up the Millrose Games and the nationals to peak for this race. Randall announced Sparks’ record intentions, and the crowd was primed.

Sparks flew from the gun, and his too-hot start probably preserved the all-time outdoor M50 mile mark of 4:30.06 by Australia’s Tom Roberts in 1987. An anonymous member of the local Boston Running Club provided splits he guarantees as accurate: 31.2, 33.8 (65.0), 33.6 (1:08.6), 34.3 (1:42.9), 34.6 (2:27.5), 35.3 (3:22.8), 35.7 (3:58.5), 34.4 (4:32.84). Sparks covered the last 440 in 70.1 and the last half in 2:19.9, slower than Herrala’s unofficial 2:19.0 on Jan. 21.

Randall’s announcements of the record pace kept the crowd noisy, assisting Sparks and the closely bunched group lagging far behind. Perry, recovering from his nightmare 88-second last 440, Jan. 21, ran a more conservative 2:22.5 first half to lead the trailing pack all the way. Only about 20 yards separated Perry’s second place 4:47.38 from Hamner’s 8th place 4:51.0.

It seems likely Sparks could have finished faster with an easier opening 220. A 33.6 pace per 220, 2½ seconds slower than his initial furlong, results in 4:29.12. Sparks and Sweeny had discussed the possibility of using a rabbit, but decided to play it straight. Sparks will have other chances to race younger runners.

As the world M50 indoor record holder, Sparks joins Herrala as a winner representing the USA in the International Senior Games, Bermuda, April 13-27, 1996.

M55+ Mile

A second mile race was held for runners over age 55 and slower M50s. Sid Howard (55, NJ), a 13-time national masters champ­ion, led in 76.5, 2:33.1, 3:55 before sprinting the last 220 in 32.3 to win easily in 5:06.2.

He was followed by Gabe Bernal (55, MA, 5:10.6), John Connor (59, NY, 5:13.8), Jim Laurent (52, MA, 5:17.6), Jim Sutton (63, PA, 5:20.6), and Oscar Moore (57, NJ, 5:41), who represented the USA in the 1968 Mexico City Olympics in the 5000.

Sutter woke up following a lazy 1320 in 4:05 to finish in 75 for a 5:20.6, just short of Archie Messenger’s U.S. M60 indoor record of 5:19.9. Connor ran 5:13.9 and was looking forward to turning 60 on Feb. 24.

Ken Sparks — A New Age Challenger

Ken Sparks turned 50 on January 25, and seems ready to do major damage to M50 records.

A 49.1 quarter-mile at Mount Comfort, Indiana High School in 1963, Sparks ran the 800 in 1:51 and the mile in 4:16 for Ball State (IN) U.

Running for Ted Hayden’s Track Club in the early 1970s, Sparks participated in four world two-mile relay records.

The highlight UCTC effort was a 7:10.4 at the King Freed­om Games, in Durham, N.C., May 12, 1973. (For the record, Tom Bach led off in 1:50.5, Sparks hit 1:47.1, Lowell Paul 1:48.0, and 1976 Olympic bronze medalist Rick Wholhuter matched the fastest split ever to that point, 1:44.8.)

The same four lowered the world indoor mark to 7:20.8 on Feb. 9, 1974, a time still #4 on the all-time 4x800/4x880 list.

Sparks ran 4:03 during his UCTC days, appeared on the U.S. 880 list as late as 1975 with 4:48.7, and participated briefly in the ITA professional circuit in the mid-70s.

During his 30s, he was a non­competitive jogger, and resumed serious training about 10 years ago when the “Runner’s World Masters Mile” circuit began. He ran 4:17.14 at age 45 (the world M45 best is 4:16.75) and a 4:00.52 U.S. M45 1500 record.

He ran 4:22 at the Penn Relays last year and posted marathons of 2:33 at Detroit and Columbus plus a 2:35 at Huntsville last fall.

Sparks works as an exercise physiologist at Cleveland State University and does almost all his training on a self-constructed 16 mph treadmill located in his garage. He did not race between the Huntsville Marathon and the GBTC Invitational, and had not run a mile since April, 1994.

— Hugh Sweeny

Sweeny’s Brainchild

The Etonic/Bermuda Seniors 50+ middle-distance series is the brainchild of Hugh Sweeny, who made “a thousand phone calls” to organize the event.

Etonic, producer of running shoes for older runners, paid for the called Sweeny’s motel and photography expenses, but 50-year-old miling is the last outpost of amateur running, and everyone paid their own way to try Harvard’s track.

Larry Sillen, a photographer/running buff from Brooklyn, N.Y., sup­plied the runners with photo albums and video tapes. Etonic tossed in shoes (Summer Brown ran his 4:48.9 in flats supplied by Etonic — an improvement of nearly three seconds over the previous race in which he wore “brand X”).

Meet directors Bill Clark of the Commonwealth Invitational and Jim O’Brien of the GBTC Invitational should be thanked for taking a chance on the M50 milers. Both were pleased with the crowd response and the level of competition, and promised to include similar M50 distance events next year. Interested participants can call Sweeny at 201-798-448.

Sweeny’s next project may be an M50 mile at the Penn Relays, or an attempt to convince road race directors to feature good M50 runners in their competitions. Anyone who would like to help can call.
Training Advice
by ALAN BRADFORD

Peaking With a 26-Week Program

I

oted with interest the requests for training programs in the October 1994 issue, and I am responding. I don’t think it matters what system is adopted by an athlete, so long as the correct balance is maintained, and the athlete is willing to participate honestly and conscientiously. The best method in the world will not make up for a lackadaisical approach. The rewards are proportional to the input.

Conversely, not all methods suit all people. It may require experimenting to click onto what works best. Athletes with compartment syndrome cannot handle endurance work and have to opt for interval work. My daughter fell into this category but still opt more for interval work. My handle endurance work and have to manage with respect. Athletes cannot achieve success without the solid ground-work of the first half.

Some typical workouts are:

**Endurance Week:**
- 2 days fartlek
- 3 days long hilly runs
- 2 days time trials (5K & 10K)

**Anaerobic Week:**
- 2 days speed
- 2 days intervals
- 1 day trial
- 1 day race simulation
- 1 day long run

I race during this period in whatever competition comes up but do not let racing interfere with the long-term goal. It is easy to substitute a race for a time trial, which are both usually on the weekend anyway.

This mixture has allowed me to achieve success over 1500m at three world championships in the M40, M45, and M50, as well as considerable other success, including several world records. From this program last year, as an M55, have been able to produce the following times: 400: 57.2; 800: 2:08; 1500: 4:26; 3000: 9:28; 5000: 16:04; 10,000: 33:41; 3000 SC: 10:14; and half-marathon, 75:23. All of the above are from meets where I multi-evented (as much as 7 events in 2 days) or without tapering my training. Hence, not only do I achieve speed and endurance but also a solid base for quick recovery to perform again and again at maximum effort.

**Body Needs Recovery**

I do not believe that after completing the full phase one can cut back into the program and prepare for another championship in a reduced time span of say 10 weeks or so. The body does not respond to continual anaerobic pressure and needs a period of recovery. The length of this period increases with age, as in our case, and I feel that one major meet per year is sufficient, with general fitness training and road racing, etc. (no pressure) for the remainder of the year.

I hold no secret formulas for success, only hard work, determination and a very strong belief in my own ability. I am sure all athletes reading this article can relate to “feeling guilty” after an honest training session and “feeling guilty” when having shirked the gut work of a tough session.

The above program does not have set or specific times, only distances and number laps, etc., and these are variable, i.e., 16-20 x 400m. If you can manage 20 repeats, well and good, but if only 16, so be it. If 400s are too far, reduce to 300s; it can be flexible. Remember that conditions are not always going to be suitable. There’s not much sense trying to struggle around the track in the face of gale force winds, endeavoring to do a session of reps because this is the session set down for the day. Substitute. As is indicated, this particular program is not suitable for racing all year round. An athlete wishing to do so will have to look elsewhere for a general all-around fitness program that is not as specific with its tunnel-vision goal.

For whatever you are striving, to all fellow athletes, I wish you well in your quest.

Eugene “EEK” Keeler, Cincinnati, Ohio, first M80 (53.34), and Dudley Healy, Chatham, N.J., second M80, USATF National Masters 10K Championships, St. Louis, Mo., Dec. 4.

Photo by Hank Kiesel

One of the feature items in the ’95 M-F-Track and Field Catalog is the new Turn Machine, equally as beneficial in an athletic training room, or in a rehabilitation situation. It makes the body do the work correctly, forcing the athlete to use his/her hips, lower back and thighs instead of relying only on arm strength. After a short period of training with the Turn Machine, the user learns how to generate explosive power. Comes with instructional video. For more information on this item or for a copy of the ’95 Track and Field Catalog, call toll-free 1-800-956-7465 or Fax 1-800-682-4950, or write M-F Athletic Company, P.O. Box 8090, Cranston, RI 02920-0900.

(Alan Bradford still holds the world M50 800 record of 2:00.4, set in the World Championships in Eugene in 1989. He lives in Australia.)
Syracuse, N.Y. Margaret Betz, 58, of Conklin, N.Y. takes the 1994 National Masters SK W55 March, 1995 title. She was voted the top WSS CLASSIFIED for each odd edition. $5.00 for 20 words or less, $7.50 for each additional word. Ads closing: 10th of month prior to cover date. Call Karen Jenkins (610) 967-8758, FAX (610) 967-7793.

PUBLICATIONS ORDER FORM

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<td></td>
<td>Men's and women's world and U.S. age bests for all track &amp; field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1993. 56 pages. Lists name, age, state and date of record. Compiled by Peter Mundie, WAVA and USATF Masters T&amp;F Records Chairman. $4.00.</td>
<td>Men's and women's 1994 U.S. outdoor track &amp; field 5-year age group rankings. 60 pages. Over 100-deep in some events. All T&amp;F events. Coordinated by Jerry Wojcik, USATF Masters T&amp;F Rankings Chairman, and the National Masters News. $6.00.</td>
<td>Single-age factors and standards from age 8 to 100 for men and women for every common track &amp; field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. $6.00.</td>
<td>Ideal for use in age-graded scoring. Works directly in hours, minutes, seconds. Acts as stop watch and calculator. $29.95</td>
<td>Men's and women's official world and U.S. outdoor 5-year age group records for all track &amp; field events, age 35 and up, as of March 31, 1994; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundie, WAVA and USATF Masters T&amp;F Records Chairman. $1.50.</td>
<td>Same as above, except indoor records (M40 +, W35 +) as of December 31, 1994. 3 pages. $1.00.</td>
<td>U.S. rules of competition for men and women for track &amp; field, long distance running and racewalking — youth, open and masters. $12.00.</td>
<td>Official world scoring tables for men's and women's combined-event competitions. $12.00.</td>
<td>Contains WAVA Constitution and By-Laws, a history of Veterans Athletics, and World Records as of January 31, 1994. 180 pages. $5.00.</td>
<td>3 color embroidered 4&quot; x 3&quot;. $4.50.</td>
<td>3-color embroidered 4&quot; x 3&quot; with gold trim. $5.50.</td>
<td>3-color embroidered 4&quot; x 3&quot; with gold trim. $5.50.</td>
<td>3-color USATF Logo on 7/8&quot; soft enamel lapel pin (nail pin back with military clutch). $5.50.</td>
<td>3-color. 3&quot; x 2 1/4&quot;. $1.50.</td>
<td>160-page paperback. Higdon reveals tips that helped him win three world championships in masters competition: base fitness, improving with age, training smart, maintaining mobility, minimizing injury, motivation, diet, increasing your youthspan. $9.95.</td>
<td>Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. $16.00 per year.</td>
<td>$2.50 each.</td>
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The Weight Room
by JERRY WOJCICK

How To Conduct a Weight Pentathlon

(The weight pentathlon was approved for competition by WAVA in 1994; however, a few differences in the approved format from the one used in the U.S. for many years created some problems. This year the kinks should be worked out, and the event will be included in the 1995 rankings. To assure that all weight pentathlon directors understand procedures, I've asked Rex Harvey, USATF Multi-Event Coordinator, to write an article explaining the process of putting on the event.)

The Weight Pentathlon is an official WAVA event. Here is a quick overview of how to conduct a Weight Pentathlon correctly so that the results will be recognized by USATF for annual rankings and awards and by WAVA for record purposes. The savvy athlete will insist that meet administrators follow these procedures.

Event Order: First of all, the events must be contested only in the correct order. This is a combined event, and the events in any order other than specified, invalidates the results. The weight pentathlon has more gender equality than any other combined event as both the events and the order are identical for men and women. The order of events is hammer, shot put, discus, javelin, and weight. The sizes of the implements thrown must meet the WAVA Specifications (they are in the WAVA Handbook, 1994-95 edition, and published in NMN every month).

Number of Throws: Remember, WAVA allows a maximum of only three attempts at each throw, just like any other recognized combined event. Results from any competition that allows more than three throws will be invalid. If you want more throws than three, it's simple, take a few extra weighups. Remember the weight pentathlon is not simply a combination of individual throws, but an event of its own, stressing the combination of the throws in a very particular manner.

Time Between Events: It is recommended that at least 30 minutes be allowed between any person finishing one event and officially starting another, but that is at the meet director's discretion. Warm-up for the next event uses up a lot of that 30 minutes anyway.

Scoring: With one exception, the Weight Pentathlon is scored exactly like any other WAVA combined event. And WAVA scoring is exactly like IAAF scoring of open-class athletes, with the addition of age factoring.

The first step is to multiply the actual performance by the appropriate age factor. The approved WAVA weight pentathlon age factors are in a table on page 15 (they are also in the WAVA Handbook 1994-95 edition, available from NMN).

The factors apply to five year age groups, or, in other words, everybody in an age group is head-to-head because they have the same age factors applied. The age factored performance thus obtained is the theoretical distance that this athlete would have thrown in his/her prime. The factor automatically corrects for the lighter implements and gives an age factored performance as it would have been with the open-class implement.

The age factored performances for the shot put and the weight throw are rounded down to the shorter centimeter. Don't forget that the hammer, discus, and javelin (the long throws) must be recorded to the lesser, even centimer by IAAF directive. So there is no such thing as 36.77 meter hammer throw, it must be recorded as 36.76 (now, you know more than a lot of officials). Likewise, after multiplying by the age factor, hammer, discus, and javelin age-graded performances must be rounded down again to the shorter, even centimeter. If this is not carefully done, the resulting scoring will not be correct.

Scoring Tables: The age-graded performance is then looked up in the IAAF Combined Events Scoring Tables (or can be calculated by computer with the correct formula). Most throwing event scores are contained in the 1985 (or later) editions of the IAAF publication "Scoring Tables for Men's and Women's Combined Events Competitions," which is available from NMN for $12. Most of these editions do not contain all of the tables needed to score both men's and women's throws, as the hammer and the women's discus are usually not included.

For missing tables (or if you are interested in computer scoring) contact Rex Harvey, WAVA Multi-Event Subcommittee Chair (160 Chatam Way, Mayfield Heights, OH 44124 216-446-0559). Hopefully soon, NMN will sell a German scoring book "Internationale Leichtathletik-Mehrkampfwettung" that does contain all of the throws in a single small volume.

There is one other thing to remember for correct scoring. If the performance you are trying to look up is not listed in the scoring tables, you must fall back to the lesser scoring performance that is listed. Don't go to the nearest performance listed, but to the lesser performance listed (see last example below).

Example: W40-44 hammer throw of 36.77 must be recorded as 36.76 meters.

36.76 times 1.1140 age factor equals 40.95064.

40.95064 is rounded down to 40.94 (shorter even centimeter).

40.94 is looked up in the scoring tables to be worth 732 points.

Weight Throw:

All the other events, with the exception of the weight throw, are scored in a similar manner. The weight throw, being a relatively new event, has no IAAF scoring table, so an extra step must be performed. Treat the weight throw just like the shot put except, just before looking up the score in the shot put tables (since there are no weight throw tables), multiply the age factored performance by .938 and round to the shorter centimeter (.938 is the ratio of the World Records in the SP and the WT).

Example: A M70-74 weight throw of 14.67 meters (with the 16# Weight).

14.67 times 1.2088 Age Factor equals 17.733096 Age-Factored Performance.

17.733096 is rounded down to 17.73.

17.73 is multiplied by .938 correction factor to get 16.503084.

16.503084 is rounded down to 16.50 and looked up in Men's SP tables.

Continued on next page
The Weight Room

Continued from previous page

There is no Bader, Feb. 5. Photo by Jerry Wojcik

Results Reporting: All that is left to do is add up the total scores to see who won in each age group and to send in your results to NMN (see address inside front cover). Remember a bare total score is not nearly enough for verification, so a bare score will not get you into the annual rankings, etc.

As a minimum, report the name and date of the meet, the athlete’s one-year age (i.e., M37, W43, etc.), all the actual performances, in order, and the implements used. Simply state “WAVA implements used” if that is true.

Records Applications: WAVA records applications (which also serve as American Records Applications) are available in the WAVA Handbook, 1994-95 edition, or from Pete Mundie at 602) 213-1051. They also can be obtained from WAVA Headquarters.

Computer Software: Remember there are computer programs available that do all of the above, more or less automatically; all you have to do is put in the names, ages, and actual performances, and it does the rest. Hy-Tek “MEET MANAGER” software (which WAVA has standardized worldwide) is one example, but be sure to purchase the basic package, multi-event option, and the age-grading option to be able to score WAVA weight pentathlons as well as any other multi-event or to run regular track and field meets.

Have fun throwing and scoring. 

1994 WAVA Men’s Weight Pentathlon Age Factors

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ARIZONA MASTERS INVITATIONAL TRACK AND FIELD

McClintock High School; 1830 East Del Rio Drive; Tempe, AZ. – May 6, 1995

Sponsored by Arizona Association USA Track and Field
Age Division: 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90-94
Facilities: Eight lane all weather track
Entry Fee: $12 for the first three events chosen. Each additional event $3.
Relays $15.
Award: Medals to first three in each age division
Deadline for Entries: May 1, 1995

Entries: Make checks payable to Arizona USA Track and Field. Send entry to Bob Hort, 8436 East Hubbard; Scottsdale, AZ 85257. (Area code 602) 949-1991.

NIGHT TRACK MEET SCHEDULE OF EVENTS

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Hornor, Tracy Win in Paramount 10K


Jim O’Neill caught a hard-running Pat Devine before the six-mile mark to win the M65 race by eight seconds with a 41:59.

Diana Tracy, W40, not only won the masters race but finished first female overall with a 36:47. Sandy Robbins, W40, was second in 39:03.

Mary Story broke the W70 course record by three seconds with a 55:22.

Entrants in the World Masters 10K had to meet qualifying standards.

In the regular 10K, Ed Avoli, M40, with a 35:03, and Elaine Tripplett, W40, with a 39:26, were the 40+ winners.


About 500 runners finished the course in perfect weather. The event was sponsored primarily by the City of Paramount and directed by Finish Line International.

Cynthia Morrison, first W35 in the weight throw (21-10 1/2), Chuck Kiehm Memorial Pentathlon, Delray Beach, Fla., Dec. 21. Photo by Bill Burkle
Twins Win Sudafed Training Grant

by MARYLYN J. MITCHELL

The Women's Sports Foundation announced that 47-year old identical twins Michael Hill and Johnnie Hill-Hudgins have been selected as winners of a 1994 Sudafed Travel & Training Fund Grant in the amount of $1500 each.

During this fall grant period, $24,250 was awarded to 21 individuals and 6 teams. As far as we and the Foundation can ascertain, this is the first time that masters in the USATF running program have been awarded grants.

Michael and Johnnie live in Princeton, N.J., and, though they had previously competed in high school track, they only recently resumed competition with masters track and field in the spring of 1992.

Identical, the twins have different interests in track and field. Johnnie, who will tell you that she is your favorite twin, took three medals in the 1994 nationals at Eugene, Ore. (hammer/gold, shot put/silver, high jump/bronze) and Michael, who is equally convinced Grace Jones is your favorite twin, took four golds in Eugene (100, triple jump, long jump, hurdles). Both placed in the top ten in the WAVA World Veterans Championships in 1993 in Miyazaki, Japan.

They also participate in racquetball, where they are ranked 19th and 20th in the world in their age-group and where they were 1994 state and eastern champions of all age groups. In non-age-group competitions there is a system which ranks skills as novice/C/B/A/ Open with open being the highest level; Michael is a champion in the “C” category while Johnnie is a champion in the “B” category. Both expect to move up one skill level in 1995 and they deliberately compete at different skill levels to avoid head-to-head competition against each other.

Graduates of New Jersey’s Rider College, Johnnie is married and Michael is still single. Johnnie was named for an uncle who died in the military, and Michael’s name was chosen so that the twins would have “comparable” male-type names. Both are pursuing show business careers, and so identical are they that they frequently use one SAG/AGVA/AFTRA resume, listing height (5’8”), weight (135 pounds), hair and eye colors (both brown).

Their physical fitness has enabled both to serve as stunt doubles for Grace Jones in Eddie Murphy’s film, “Boomerang” and as themselves on the television show, “American Gladiators.” Their show business careers, which include singing/dancing, theater, modeling, film, television work and commercials, have taken them around the United States and to Asia, Europe and the Caribbean.

Show-business-and-track-buddie Julie Wiedis rounds out the group and they are so frequently together that they are jokingly referred to as the “Hill Triplets.” Julie also has recently been awarded a Sudafed Training Grant.

The Women’s Sports Foundation, founded in 1974 by Billie Jean King, is a non-profit education organization dedicated to promoting and enhancing sports and fitness experience for all girls and women and has a number of educational programs and publications. Current president is former Olympic gold medalist in swimming, Nancy Hogshead. Foundation members include anyone with an interest in women’s sports and $25 donors automatically become voting members. The Sudafed Travel & Training Fund was established in 1984 to provide direct financial assistance to aspiring female athletes with potential, in order to allow athletes to achieve that potential by alleviating financial worries and allowing the athletes to concentrate solely upon competition.

USATF President, Larry Ellis, was delighted that the twins were successful in obtaining the grants and said, “The story of their compelling success is one that needs to be told in an attempt to highlight the achievement of women in sports and at the same time serve as a motivation for other women and young girls to forge ahead in pursuing excellence in athletics, particularly on the masters level.”

Advertisers: Reach 6,000 Masters Runners In National Masters News

The official monthly newspaper devoted to Masters track & field, long distance running and racewalking.

Demographics

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Discounts

- 15% AGENCY DISCOUNT allowed on all display ads
- for all mail order and race advertisers

Contacts

Karen Jennings, Advertising Representative (610) 967-8758
33 East Minor Street, Emmaus, PA 18069
FAX: (610) 967-7793

RUNNER’S WORLD

### WAVA/USATF Hurdles and Implements Specifications

#### Hurdles

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<td>26 3/32&quot;</td>
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<td>70 Plus</td>
<td>39 3/4&quot;</td>
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#### Implements

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<td>4.00k</td>
<td>600 gms.</td>
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### 1994 T&F Rankings

Continued from page 1

For one, the steeplechase has not grown as much as other areas in masters T&F. I suspect that the reason for the short list stems more from a lack of opportunity, rather than lack of interest, because many venues don't have a steeplechase set-up. The steeplechase at the Nationals in Eugene drew 48 participants, including four women and five foreigners. About 70 steeplechasers are listed in the rankings; very few were omitted because of disproportionately poor marks; otherwise, the list would have been even shorter. The numbers of participants in the event in 1995 should pick up somewhat, as they did in 1989 for the WAVA Games in Eugene, because of interest in and preparation for the WAVA Games in Buffalo.

The mile, not on the list of events proscribed for a USATF event, was not popular outdoors, especially for runners age 50-and-over. Meanwhile, the indoor mile is growing with added opportunities this season for the 50+ age groups.

The most noticeable change in the rankings in the six years is the huge explosion in the age 55+ lists as a result of the increase in the number of Senior Games (Senior "Olympics") events throughout the country. The increase is particularly apparent in some of the field events, especially in the women's throws, which is why, in some cases, the W60+ groups are larger than the younger ones. Many of the listed individuals 55-and-over are one-timers, who compete in a local seniors meet but do not venture beyond that to USATF association or regional championships.

The book is available for $6, plus $1.25 for postage/handling from the National Masters News, P.O. Box 50098, Eugene, OR 97405.

The 1995 indoor event compilers are listed below. If your best marks in those events have not appeared by the May issue, forward them to the compilers not later than the end of May.

- 55m/200/400 Larry Patz, 534 Gould Hill Rd., Contoocook, NH 03229
- 800 William Benson, 6 Eton St., Valley Stream, NY 11581
- 3000 John Dickey, 9128 N. Swan Circle, Brentwood, MO 63144-1145
- HJ, TJ Charles Mercurio, 4927 W. 123 Pl., Hawthorne, CA 90250
- LJ Robb Bong, 420 Silver Saddle Rd., Monument, CO 80132

### Five Years Ago

March 1990

- Dave Stewart, 41, Lowers Masters Mile Record to 4:15.67 at Millrose Games
- Randy Taylor, 42, Bests Norm Green, 57, in National Masters 5K
- Jane Hutchison, 44, First Age-Graded Runner in Tulsa BK

### Now Available

NEW!

1994 U.S. Masters Outdoor T&F Rankings Book

- Men's and women's 1994 U.S. 5-year track & field age-group rankings.
- 60 pages, over 100-deep in some events.
- All T&F events.

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Eugene, OR 97405

Name: ____________________________________________
Address: _________________________________________
City: ___________________ State: __________ Zip: ____
Health and Fitness
by DR. JOHN Mc丹EL

Slipped Disc
Sometimes back pain is referred to as a slipped disc. You have probably heard someone say, "I once had a slipped disc." One way to slip a disc is to develop a disc protrusion. A disc is like a jelly doughnut — tough outside with a soft center. Such discs help you move and are found between each vertebra in your spine. A solid spine would be like a broom handle, hardly useful for movement.

Sometimes, discs get torn around the strengthening exercises. This program can be quite successful.

Most important, is to avoid re-injuring the back. Back schools can teach people proper lifting and carrying techniques to use at work and home to avoid re-injury. Healing of a disc injury takes a long time as there is ample opportunity to again hurt a partially healed disc. Proper technique will avoid further damage.

If your back hurts, avoid surgery, get more exercise, and try a chiropractor. If it works, you have saved yourself the problems associated with surgery. If your back still hurts, avoid surgery and try acupuncture. If it still hurts, avoid surgery and try anything else.

(John McDaniel, D.C., C.C.S.P., is a chiropractor at the Spinal and Sports Care Center in Mountain View, Calif.)

At 61, Malcolm Gillis Wins 50K Overall
by RUTH ANDERSON
On Jan. 21, the Jackson Five-0 (50K/50M) was held in Dallas, Tex. The most amazing result was that of the 50K overall winner, Malcolm Gillis, 61, who finished in 3:35:51, almost eight minutes ahead of second-place finisher Jack Weiss, 49. First-place masters female was Marylyn Patrick (50) in 4:53:26, who just outdistanced Marsha O’Laughlan (49) by 5:55:30.

The 50-mile men’s masters title went to Robert Perez, 46. His winning time of 5:40:05 set a new American record and placed him second overall. Bonnie Allison, 52, captured the women’s division in 8:10:36.

The races took place at lovely Bachman Lake (3+ mile circuit) where good weather contributed to many fine performances.

Book Review: Running Injury Free
by BARBARA T. ERSKINE
Most of us avoid visiting a doctor at all costs. We'll try to run through that nagging pain or sore muscle, ignoring the warning signs flashing from the wear on our shoes or radiating from feet, knees or legs. Joe Ellis, D.P.M., in his book, Running Injury Free (Rodale Press, 1994, $14.95, with Joe Henderson) will sell you on two ideas. One, it works. He teaches people proper lifting and carry­

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

- Men’s and Women’s World and U.S. Age Bests for all Track & Field Events, age 35 and up.
- U.S. Age bests for Men & Women for all racewalking events, age 40 and up.
- Men’s U.S. Masters Indoor & Outdoor Championship Records.
- 36 pages. Thousands of entries. Lists name, age, state, and date of record.

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P.O. Box 50908
Eugene, OR 97405

Name ____________________________
Address ____________________________
City ____________________________ State Zip ________

...and other records.
Millrose Mile

Continued from page 1

didn't do the sub-four mile at Millrose — I had to go up to Harvard to get my masters degree," he joked.

Coughlan said he has no desire to run at the Garden in the open Wanamaker mile. "I just put on 14 pounds and my New Year's resolution is to lose a stone (14 pounds)."

Coughlan will do the New York City Marathon again because “Not running. I was bored to tears.”

In his only previous marathon start, he finished 41st with a 2:25 + in the 1991 New York City race.

In the other masters event of the evening on the 11-lap-to-the-mile banked wooden track, D.C. Masters beat Central Park Track Club in a controversial men's 4 x 400 relay. Central Park was in the lead at the first exchange but was overtaken on the second leg by D.C. Masters' Ralph Penn. By the time powerhouse Fred Sowerby ran the anchor leg for D.C., he had a commanding lead and Central Park's Ed Gonera's valiant effort was not enough to close the distance.

East Texas TC was disqualified for impeding the progress of another team's runner.

This year there were more teams who wanted to run the Millrose relay than there were lanes, so teams were admitted on the basis of their best qualifying times in other indoor meets. The coordinator of the relay was Ed Small of the NY Pioneer Club.

Wally Herrala, with less than one lap remaining in the Commonwealth Invitation Etonic Seniors 50 + Mile, Jan. 21, in Cambridge, Mass., Herrala lowered the world M50 indoor mile mark to 4:39.95. Photo by Larry Silfen

Sparks, 3 Records

Continued from page 11

Masters 800

Sparks almost did not complete the double. An hour after the mile, he warmed up for the masters 800, open to runners over age 40, but complained of a headache. Ten minutes before the event, he had not checked in. Only after it was suggested that “as long as he was here, he should give it a shot,” did Sparks head for the starting line.

The entries included:

- Marcel Philippe, 43, a 1976 French Olympian with a 1:45:48 PR who had won the Millrose Masters Mile, Feb. 4, in 4:26; and had run 4:28 earlier in the open mile.
- Tom Hartshorne, 41, son of the late Jim Hartshorne, fourth at Millrose and boasting a 2:01.45 in the Nationals last year in Eugene.
- Neil MacDonald, 51, of Bendigo, Australia, who had seen the notice of the race series in the National Masters News and arranged a business trip to correspond with the event. He had run 2:04:99 and 17:40 for a pair of M50 second places in the World Veterans Championships in Miyazaki in 1993. Years ago, he had trained with Percy Cerutty, ran a 4:11 mile, raced professionally, was banned, later reinstated, and has been racing again for five years. He was in fine shape, in the middle of a down-under summer.

The 800m lead group passed 440 in close to 60 seconds with Philippe and Hartshorne in front. Sparks was three yards behind with 110 to go. MacDonald was a close fourth.

Hartshorne dived at the tape to pass Philippe on the outside, with both timed in 2:02.7. Sparks outkicked MacDonald, 2:03.5 to 2:03.9.

MacDonald joins the club of hardluck runners who bettered an existing world record in a losing effort. Examples include:

- Merl Lincoln (3:55.9 mile behind Herb Elliott's 3:54.5 in Dublin, 1958, lowering Derek Ibbotson's 3:57.2).
- Glen Cunningham (3:48.9 1500 behind Bill Bontrong's 3:48.8 in Milwaukee, 1934, lowering Luigi Beccali's 3:49.0).

A pair of Etonic running shoes to each NMN subscriber who cites other examples of losers surpassing existing non-masters world records. Call Sweeney at 201/798-4489.

Las Vegas Marathon

Continued from page 1

Runners-up in the women's masters field were California's Sharlet Gilbert (2:50.00, $1000), Camilla's Diane LeGare (2:55.09, $600), Missouri's Jane Hutchison (2:55:48, $400), and Colorado's Ann Daxberger (2:57:18, $300).

In the half-marathon, Colorado's Doug Bell (1:05:44, $1000) and California's Honor Featherston (1:15:34, $1300) took masters honors.

Kathy Barton, 41, Houston, Texas, second W40 + (2:48:52), Houston-Tenneco Marathon, Jan. 15. Photo by J. Smith

USATF Midwest Masters Regional Indoor Track and Field Championships

Saturday, March 25, 1995

National Masters News page 19
Two Views of Age-Grading

Age-grading is defined as an attempt to mathematically equalize age-group runners and to compare times with open runners and other masters runners. Almost every sport has endured various experiments for some sort of equalization. The pitfalls of age-grading are:

- It is a false assumption that a 35:00 10K open time is comparable to a 39:00 10K masters time.
- Though masters have advantages such as experience and technique, the physiological advantage of youth is an overwhelming factor with several notable exceptions.
- Age-grading provides for less competition when compared with age division groupings. There is evidence runners are not enthusiastically embracing age-grading and herein lies its greatest liability.
- Age-division scoring creates more interest; as a result, more runners are inclined to register.
- It provides for more competition in narrower age divisions.
- It tends to neutralize physiological differences but also encourages masters runners to compete with open runners.
- Masters runners are providing new historical elements to road racing. Many credit masters runners with providing the incentive for Americans to be physically fit. To maintain one's fitness is what life is all about.
- Progressive race directors realize masters runners add a significant dimension to road racing. They encourage masters runners to compete. It becomes evident that age-grading is unproven, less popular, and has failed to stir competition. As a result, age-grading will die of its own accord in road racing.

--Jeff Hlinka
Brecksville, Ohio

The WAVA age-graded system is far more equitable than the age-division system. Most runners don’t know there’s a big gap in racing ability within age divisions. In the 40-44 division, few will ever run as fast at age 44 as they did at age 40.

The problem gets worse as this gap widens going up the scale. A 49-year-old runner is much slower, proportionately, than a 45-year-old runner and so on, until you get to the 65-69 and over, where there is a tremendous difference in ability at the top and bottom of the age division.

So why do we have age divisions? Maybe because it’s always been this way.

You cannot give equal money or awards to the winners in each age division because you may have two or three great performances in one age division and the winner of another division may have a very poor time. This results in disproportionate and unfair awards.

Do these 40-year-olds griping about the WAVA system really believe that super performances by the older masters should be overlooked? Never mind Roger Robinson’s 49:35 in the Tulsa 5K at age 50 or Marion Irvine’s 39:40 10K at age 52.

How should team events be scored where each team has various ages and both sexes, such as the corporate teams in the Tulsa Run? Three 65-year-olds on one team and three 40-year-olds on another running heads-up?

Masters Age-Graded Tables

- Keep track of your progress over the years.
- Compare performances of older and younger individuals in the same or different events.
- Select the best performance in an event among all age groups.
- Score multi-events.
- See how much your performance should decline with age.
- Chart your own performance progress.

- Includes single-age factors and standards for each age from 8 to 100 for men and women for every common track & field, long distance running, and racewalking event.
- Shows how to conduct an age-graded track & field meet, road race or racewalk.
- 60 pages. Easy to use.
- Detailed explanations, sample competitions, personal performance examples and charts.
- Compiled by the World Association of Veteran Athletes.

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Masters Glossary of Terms

To help explain and simplify the sometimes mysterious nomenclature of masters athletics, we present, in alphabetical order, the following "Masters Glossary of Terms."

Age Grading: A method to quickly and easily compare your performances at different ages and in different events. Age-graded tables are a series of "age factors" and "age standards." They correct a person's performance, no matter what his/her age, to what it would have been in their prime years. It also provides each individual with a percentage value which enables him/her to judge their performance in any event without bias toward age or sex. It is used to score masters multi-events.

Age Groups: Masters competition is divided into 5-year age group categories for both men and women and divided into 5-year age group categories for both men and women with a percentage value which enables him/her to judge their performance in any event while toward age or sex. It is used to score masters multi-events.

Age Records: Official world and USA indoor and outdoor five-year age group & 60+ records are kept and available through MNM (see Publications Order Form on page 11). An annual book of unofficial single-age records is also available. USA racewalk records are included in both of the above. USA LDR five-year records are published annually in MNM, usually in November. There are no official World LDR records.

All-American Standards: A program sponsored by the USATF Masters T&F Committees, which enables a person to earn an "All-American" certificate and patch by bettering the AA standard for their event. (See standards in this issue.)

All-Comer Meets: Open to all, young or old. Generally, low key, fun meets.

AR: American Record.

Athletics: The sports of track & field, long distance running and racewalking.

Certified: Generally used to mean a road-race course is "certified." It means someone has officially measured and calibrated the exact distance of the race. USATF designates the course as "certified accurate." It is encouraged that all road races be held on certified courses. This allows athletes to know the true run (or walked) actual distance.

Eligibility: There are no requirements needed to enter most masters athletics competitions, except to be at least the minimum age. (One should also be reasonably fit.) One may never compete in an older age group. The masters program operates on the honor system. Lying about one's age violates the spirit and purpose of the masters program and is not tolerated. Violators risk banishment from USATF masters competition for a period of two years.

Hurdles: To allow for the decrease in speed, stamina and flexibility as one ages, the standard distances for hurdle races are shortened, and the heights of the hurdles are gradually lowered as one gets older. (See "USA/USATF Specifications" in this issue.)

IAAF: International Amateur Athletic Federation, the international governing body for athletics, with more than 175 member nations. Its headquarters are in Monaco.

Implement: A shot put, discus, javelin, hammer, weight or pole vault is used as a repetitive athlete.

"WAVA/USATF Specifications" in this issue.

LDR: Long Distance Running.

Masters: Men and women age 40 or over.

Masters Clubs: Most areas have local running clubs, some of which cater to masters athletes. A list of clubs masters is periodically printed in the National Masters News.

Masters Competition: Every event from the 100-meter dash to the pole vault to the marathon is considered part of masters athletics and women. Medals are generally awarded to the first three places in each men's and women's age group. While everyone does his or her best, participation and friendship are the heart of the program. Masters help each other with advice, training tips and health suggestions. Many combine their vacations with trips to regional, national and international competitions.

Meet/Race Director: The person in charge of a T&F, LDR, or EW event. This individual is responsible for volunteers, pre-race preparation, meet/race management and post-meet/race requirements such as reporting results to the official recordkeepers. A few meet directors may make money from selling meet meet, and races, but many do it strictly for the love of the sport; to provide a service to the track and running community. If a meet is run well, athletes should take time to thank the director or the officials. Most of them work for nothing.

National Committee: Used mainly in open competition. National teams are selected by USATF for overseas competition. There are no masters national teams.

NGB: National Governing Body.

NMM: National Masters News is the bIe of the masters athletics program. An official publication of both WAVA and USATF, it is published monthly. It delivers 28 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, profiles, and all the inside news and information that affect the world masters athletics community. The magazine welcomes contributions from readers — results, schedule info, photos, letters, opinions, etc. — not mandatory to subscribe to NNM, but it is recommended to keep up on all the masters action. A one-year subscription (12 issues) is $24 (2nd class), $39 (1st class) or $43 (overseas). Send to NNM, Box 16597, North Hollywood, CA 91615.

Non-Stadia: Refers to events held outside a stadium (road race, etc.)

Postal Event: Generally a championship whereby athletes may compete in various parts of the country during the year, and mail "(post)" their mark to the event coordinator, who combines everyone's results to determine winners.

PW: Personal Record.

 Rankings: An annual book of masters T&F rankings is compiled and available through MNM. LDR rankings are available through the Road Running Information Center.

RRCA: Road Runners Club of America is a national organization composed of hundreds of clubs devoted to road running.

RRIC: The Road Running Information Center is the official record-keeping arm of USATF. It compiles USA road records and some world records. "RRIC receives race results for road races throughout the USA, and publishes the monthly newsletter On The Run.


RW: Racewalking.

Sanction: Although "sanction" has both negative and positive meanings in the general English language, in athletics it is a positive term. It generally means that USATF or WAVA has "sanctioned" or "approved" a masters race. An automatic sanction is granted by USATF to any meet or race, unless it's determined the event would be "detrimental" to the sport.

Seniors: A word of many meanings:

1) A WA senior is any individual age 50 or over.
2) A WA senior is any individual age 65 or over.
3) A WA senior is a person age 65 or over who competes in Senior Games throughout the USA.
4) Sometimes unofficially used by the media and others as a substitute for "masters."

Sponsorship: Masters events are sometimes supported by local or national sponsors. There is no single national sponsor at the moment.

Stadia: Refers to events held within a stadium (100-meter dash, etc.)

Sub-Masters: Men and women age 30-39.

T&F: Track and Field.

Uniforms: Some masters participants compete in their club uniform, some in a T-shirt and shorts. In the World Championships, each participant competes as an individual, not as a representative of any nation. Thus, national uniforms are entirely optional. USA uniforms are available from the Chair of the Masters T&F Committee (address on page 4).

USATF: USA Track & Field is a non-profit organization chartered by the U.S. Congress. It is the official "national governing body" (NGB) for athletics in the USA. USATF is the exclusive U.S. member of the IAAF. USATF's home office is in Indianapolis, with 56 "association" offices throughout the country. Two of its seven sports committees are the Masters T&F Committee and the Masters LDR Committee. The committees meet each December at the USATF Convention, and their executive councils meet at other times of the year. USATF conducts annual indoor and outdoor national T&F championships, as well as national championship LDR races from one mile and longer throughout the year. It also stages dozens of regional and local meets and races, for youth, open, and masters.

USATF Membership: It is advantageous for a participant to become a member of USATF ($12 to $15 per year, depending on the age category). With your membership, you receive insurance against injury while competing or travelling to, or travelling from, a USATF-sanctioned competition. It is necessary to become a USATF member to compete in some USATF-sanctioned events, such as national and regional championships. It is not necessary for a participant to join USATF to compete in non-sanctioned masters events (e.g., road races), but necessary for a foreign competitor to become a USATF member to compete in USATF events.

USATF Regions: There are seven regions in the USA masters T&F program: East, Southeast, Midwest, Mid-America, Southwest, West, and Northwest. (See Schedule for a state-by-state breakdown.) There are 15 regions in USA open and youth competitions.

USNSSO: U.S. National Senior Sports Organization, which conducts the senior sports championships, which sponsors a national multi-sport competition (archery, softball, swimming, track, etc.) each odd-numbered year for men and women age 55-and-up. USNSSO helps promote state and regional competitions throughout the USA, mainly in conjunction with local government recreation departments, some of which allow 50+ entrants. Qualification for the nationals is generally required by competing in state meets.

Veterans: The international term for "masters," with the exception that "veterans" will generally have been in some form of war service. "Veterans" (The term "veterans" is also unofficially used in some USA road races to define seniors age 50-59.)

WAVA: World Federation of Master Athletics, the official world athletics governing body for athletics, recognized by the IAAF as the official organization to oversee veterans activities. WAVA stages World Veteran Championships each odd-numbered year for men 40+ and women 35+. It holds a World Veterans Road Race Championships each even-numbered year. It has more than 110 member nations, called "affiliates," which meet every two years at the World Championships. With no central office or paid staff, its business is handled by volunteers throughout the world.

WAVA Regions: There are six worldwide regions: Europe, Africa, North America, South America, Asia, and Oceania. WAVA Regional T&F Championships are held in each region every even-numbered year. Some regions also stage LDR Championships.

WR: World Record.
University of Buffalo Primed to Host World Vets

Only four months remain before the start of the XI WAVA World Veterans Athletics Championships in Buffalo, N.Y., USA, July 13-23. More than 5000 athletes (men age 40+, women age 35+) from more than 70 nations are expected for the biennial event. There are no qualifying standards, except to be at least the minimum age.

The entry and accommodation forms were printed in the February issue of MNM. The entry deadline is May 15. Entry and accommodation forms are also available from the WVC, Box 150, Niagara Square Station, Buffalo NY 14201.

Two stadiums at the University of Buffalo will be the primary sites for the competition. The 16,500-seat main stadium — built at a cost of $23 million for the 1993 World University Games — will be the location for the majority of the action and all track & field finals, while a supplemental stadium, 1000 meters away, will handle the remainder.

The main stadium is an eight-lane, 400-meter track encircling a natural grass infield, 186-foot free-standing light towers to illuminate nighttime action, state-of-the-art training facilities, physical conditioning equipment, two large locker rooms for up to 800 athletes, luxury suites, and a 100-seat press box.

The second stadium, built to accommodate the 1985 and 1986 Empire State Games, features a synthetic Omni turf field surface surrounded by an eight-lane, 400-meter Royal Athletic Track surface running track, an electronic scoreboard and message board, and seating for 4000 spectators.

“Masters athletes will be surprised at the offerings at the University of Buffalo,” said Nelson Townsend, director of UB’s Division of Athletics. “They’ll see everything is outstanding and that you can’t pick a better climate to participate in anywhere in the world than in Western New York.”

It used to be that when one thought of Buffalo, chicken wings and the Buffalo Bills were the first things to come to mind.

That perception is quickly changing, especially in amateur athletic circles. With the success of the World University Games and this summer’s WAVA Championships, Buffalo is quickly becoming known as one of the world’s leading venues for amateur sporting events.

“We know the World Veterans Championships are a community-sponsored project, but we feel we are the host of this event,” said Townsend. “We believe we are an integral part of the program and we are putting our best foot forward to ensure this is one of the best events ever sponsored by the World Association of Veteran Athletes.”

What works to UB’s advantage as an attraction for major amateur athletic events is the growing reputation of its athletic staff.

“Our is a battle-tested staff,” said Bill Breene, assistant athletic director for UB. “We gained a tremendous amount of experience with the World University Games two years ago, and we know what we’re doing. We feel we could run the Olympics with the talent we’ve recruited and developed here.”

Breene said the attraction of events like the WAVA Championships enhances the university.

“It helps to rally everyone behind a common goal,” Breene said. “The administration, faculty, campus police, food service, student associations, as well as the athletic department are all focused on working hard to cast a favorable light on UB nationally and internationally.”

High-Tech Results in Buffalo

by TOM TAYLOR

As we reported in the January issue of National Masters News, Hy-Tek’s MEET MANAGER is the software of choice to run the 1995 World Championships in Buffalo. Hy-Tek has some very special automation plans to help make our meet run smoothly and also provide timely results to our athletes and spectators.

Hy-Tek has developed a very extensive registration system just for our meet. As meet entry forms are processed, information about each competitor is entered into Hy-Tek’s MEET MANAGER database. Confirmation letters are automatically generated by MEET MANAGER and are sent to each athlete detailing the events they have entered, any additional administrative fees required, and forms that were not completed.

Not only will Hy-Tek’s MEET MANAGER do the seeding, print the meet program, and provide meet results, it will also provide real-time communication with the FinishLynx automated photo finish system so that race results will be communicated quickly and accurately. MEET MANAGER will also be displaying information about the current race in progress as well as race results, directly onto the alpha-numeric scoreboard at the University of Buffalo. Competitors’ names, country, and results will be displayed for all to see.

It sounds like this year’s world championships are going to be the most automated yet. See you there! □

Niagara Falls

Road: 10-25 Km
Walk: 20 Km Women
30 Km Men

Entry forms, information and accommodation:
Jacques Serruys
Korte Zilverstraat 5
8000 Brugge - Belgium
Tel. 00 32 50 341 781
Fax: 00 32 50 334 325

The art deco style of Buffalo's City Hall. © Greater Buffalo Convention and Visitors Bureau.

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FREE DEMO - (919) 633-5111
Brownie Sets World 8000 Record

Peter Brownie, M40 world indoor record holder for the 800 (1:55.6) and outdoor (1:51.25), broke Ken Sparks M45 world indoor mark of 1:57.81, running in an international meet in Budapest, Jan. 29, with a sparkling 1:57.32.


Continued from page 4

... taken aback. In fact, it seemed that I was more upset than he was. Jim handled his impending demise with the challenge of the other masters early in life.

Mike Corden, 46, most outstanding performer at the 1994 British Veterans Decathlon Championships, Sheffield, England, hurling the shot.

**Write On!**

Mihailov, 41, and Keston, 70, Run 1-2 in First Age-Graded Marathon in Spain

The First Worldwide Age-Handicap Marathon was held in Valencia, Spain, Feb. 5, with the first three places going to a 41-year-old, a 70-year-old, and a 35-year-old.

"Exhausted but happy, we can now say that our idea of organizing an age/sex-compensated marathon was a good one," said Francisco (Paco) Borao, Press Information Officer of the event.

Using age standards prepared by the World Association of Veteran Athletes (WAVA), the race featured different starting times for each runner based on age and sex.

The first runner to cross the finish line in an age-graded time of 2:14:55 was Yuri Mihailov, 41, of Russia, whose actual running time was 2:20:38.

Next to cross was Oregon's John Keston, 70, with an AG time of 2:16:40 (actual time 3:02:50).

All the 60+ women started first, followed by the 70+ men 2:45 later, the W55s shortly after that, and so on until the youngest runner took off 48:55 after the 60+ women.

"To say the least, it was exciting," Borao said. "We are already planning next year's marathon." Sponsors of the race included Coca-Cola, Reebok, and Canon. Any race director interested in staging a similar event may contact Borao at Pinto Petru, 10-7a-46010, Valencia, Spain, or race director Toni Lasra, fax: 96/362 68 23.

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**Report from Britain**

by MARTIN DUFF & BRIDGET CUSHEN

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5-22726 Helsingborg, Sweden
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Hugh Coogan, Brisbane, Australia, wearing an Estonian singlet, which he swapped for an Australian one, at the World Games in Turku, Finland, 1991.

Hugh Coogan, Brisbane, Australia, have enclosed a photo of myself wearing an Estonian singlet which I received in a swap for my Australian shirt.

Estonia definitely had a competitor there, again proof that these Games really do link the world in friendly and competitive ways. Good luck, Estonia, perhaps we will meet at the next Games in Buffalo.

**Hugh Coogan**

**Brisbane, Australia**

---

**Hugh Coogan**

I am having the opportunity of meeting and getting to know people like Jim. He'll certainly be missed.

---

**Tim Murphy**

Irving, Texas
(Yes, it's a misprint. The dates for all M200 finals should read Wed. July 19. Thanks for noticing and bringing it to our attention. — Ed.)
Walt Stack

Walter Stack (1908-1995) of Potrero Hills, Calif, died Jan. 18 at age 86 in a nursing home after a long illness. Stack took up running when he was 58 to improve his swimming stamina.

As chronicled in a Sports Illustrated article, Dec. 15, 1975, Stack started his daily routine at 3 a.m. with a five-mile bike ride to the Dolphin Swimming and Boating Club, where he would don his running gear for a 17-mile over the Golden Gate Bridge to Sausalito and back; take a chilly 45-minute swim in the Bay, followed by a 20-minute stay in the sauna to thaw out and the bike ride back home. Then, he would bike to work by 7 a.m. as a hod carrier with loads of 100 lbs. for eight hours.

His training routine alone would be hard to match, but his ability to promote and encourage others outstripped his athletic prowess. He organized the Dolphin South End RC in 1966, promoting scenic runs through San Francisco every Sunday and encouraging family participation, particularly women, who he felt had been left out of athletic opportunities. The DSE club T-shirts carried the club's motto: "Start Slowly and Taper Off."

Buell Crane

Buell Crane (1900-1995) passed away in his sleep from heart failure at his home in Twin Falls, Idaho, in the early evening of Feb. 19, one month short of his 95th birthday. He was sitting in his easy chair in front of his medal display with his dog, Pepe, on his lap.

Crane held many U.S. and world records in the sprints, jumps, and throws. In 1993, he suffered a heart attack but rallied for his last major competition, the 1994 USATF National Masters Championships in Eugene, Ore., where he won seven first places, received acclamation from the crowd, and was featured in a special segment on national television.

Born in St. John, Wash., in 1900, he was raised on a wheat ranch and attended Washington State University, where he hurdled and high-jumped. He joined the Student Army Corps (now ROTC) during World War I, and later graduated with a degree in agronomy. He worked as a wheat rancher and an agronomist for the U.S. Department of Agriculture, and was a consultant for the Steve Reagen Co. of Salt Lake City, retiring in 1979.

Valden Sadul

Friends of Valden Sadul (1924-1995) will be saddened to hear of his death while running in a time trial in a Toronto indoor. 1500. Valden was a strong, determined and well-liked 70-year-old competitor at middle distance, hurdles, and steeplechase events and will be sorely missed.

Winner of numerous Canadian and U.S.A. events, his finest achievements were at the WAVA Championships in Eugene, Oregon, 1989, when he won the M65 steeplechase in dramatic fashion and followed up with a second gold in the 300 hurdles.

Onlookers in Toronto were shocked when Valden, a very fit athlete, suddenly pitched forward and died instantly after the third 200 lap of the 1500. Moments earlier he had appeared at ease. Dr. Bob Moore, who was on hand, applied instant resuscitation endeavors without success. Our deepest condolences to Valden's family. We know not the hour...

--- Don Farquharson

Dick Lacey

Dick Lacey, often called "the guru of running" in the Clearwater, Fla., area, died Jan. 26, at age 84.

His wife, Isabel, said he had been hospitalized since Nov. 30, suffering from tuberculosis, pneumonia, and other ailments.

Lacey was a four-year letterman in the sprints and hurdles at Colgate U. from 1929-32, holding the Colgate record in the 100-yard dash.

He was a track coach at Pelham, N.Y., high school for 25 years while posting 106 victories in 125 meets, including 12 undefeated seasons.

He held world masters records in the 200, 400, 110 hurdles, 400 hurdles, and high jump. He was a double gold-medal winner in the 1975 (Toronto) and 1977 (Goteborg) World Veterans Championships. In 1985 in Rome, he won the high jump. He competed in 1993 in Miyazaki and had planned to be in Buffalo, N.Y., this year.

Last year, he competed at the 100th running of the Penn Relays, 66 years after he first competed in the meet in 1928.

Born in England, he moved to the USA in 1926. His career in education included work as an English teacher, guidance counselor, director of personnel and coach at the high school level, and as a college administrator.

He never stopped coaching, volunteering his time in Clearwater almost from the day he arrived from New York in 1979 to help coach the Clearwater High School girls' track team and to coach adult distance runners.

"Dick always had a kind word to say about everybody," said Vicky Renner, one of his runners. "He never complained about anything, even in the hospital." Dick Lacey developed a pentathlon running meet, encouraging road racers to transfer their abilities to the track.

"Dick was extremely devoted to everyone he met," said Charles Espy, a friend and also an English teacher. "He was constantly searching in people for latent talent. He'd see it, and he was an excellent writer, too."

Lacey was a regular contributor to Making Tracks, the newsletter of the West Florida Y Runners Club. His articles were published in national magazines, including Reader's Digest. His club regularly called on him to be their dinner speaker.

He is survived by his wife of 62 years, whom he met on a blind date, and a son, Bob. Donations may be sent to the Dick Lacey Scholarship Fund, West Florida Y Runners Club, 1005 Highland Ave. S., Clearwater, FL 34616.

--- Bob Henderson and Charles Espy
### RECORDS SET AT INDOOR EAST REGIONAL TRACK & FIELD CHAMPIONSHIPS THRU 1994

Prepared by Haig Bohigian

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Masters Scene

NATIONAL
- The final televised event in the five-meet Mobil Indoor T&F series is slated for Sat. March 4, live, from 2:40 p.m. EST: the USA Mobil Indoor Championships.
- Steve Scott, 38, who has run more sub-four-minute miles than anyone, turns 40 in May. His goal is to better Eamonn Coghlan’s world indoor masters mile record of 3:58.15 — outdoors — in June, 1996, and the U.S. Olympic Trials. He took six months off from the Big Four Indoor masters in San Francisco.
- Dahlkoetter, masters running coverage.
- Rochelle, Canada’s to world indoor masters mile record of 3:58.15 — four-minute miles than anyone, turns March 4, live, from Mobil Houston-Tenneco Marathon, Jan. 15.
- Need a sports psychologist speaker for your clinic, race, or expo? Contact Dahlkoetter, Ph.D. at 415-367-6869. A past master of the West Coast, SF, CA, 740-93.
- Canada’s Hazeltine Cameron finished second overall in the W70 70 race in the corrected time of 7:04:73; Louise Adams, CO, was first in 7:03:00. Tom Jordan and Barbara Kousky apologize for the error to all concerned.

EAST
- Keith Brown (41, 56:06) and Kathy Gribbon (41, 67:04) ceded 40+ wins in the NYRRC Frostbite 10 Miler, Central Park, NYC, Jan. 15.
- Richard Bigelow (45, 58:55) and Ethel Aut Coca (65, 59:33) blew to division wins in springtime weather with temps in the low 50s.
- Sean Doyle (40, 33:40) and Jude Talley (44, 41:49) blasted off to 40+ firsts in the NYRRC North Wind 10K, Central Park, Jan. 22.
- Richard Murphy (60, 39:50), Bill Fortune (66, 41:35), at the USATF Western 10K, 2:50:59 took masters titles in the main event 20 miler.
- Nick Casswell (44, 17:01) and Kathy Gribbon (41, 17:07) scored masters wins in the NYRRC Super Bowl Sunday 5K, Central Park, NYC. Jan. 29. Hugh Sweezy, 50, was runner-up by one second with a 17:28 over Maury Dean, 52.
- The Fred Lebow Classic 1K, Central Park, NYC, drew 1975 runners on Jan. 7. Top age-graded masters were Bill Fortune (50, 83.7%), Cheryl Ralya (50, 32.13, 82.2%), and Nick Cossell (44, 27.44, 81.9%). Edith Forbes, 70, ran a good 45:56 (73.4%).

SOUTHEAST
- Dean Reinke, director of the ICI Masters Road Running Series five years ago, filed for bankruptcy in U.S. Bankruptcy Court in Orlando, FL, on Dec. 28, 1994. “It appears there are no assets from which any distribution can be paid to creditors,” a court document stated. Creditors may contact Trustee Gene Chambers, PO Box 533987, Orlando FL 32853. The case number is 94-06619-667.

MIDWEST
- Hal Carlson (42, 35:21) and Susan Koch (43, 41:02) glided to overall victories on a snow-covered, slippery course in the Samson Group 10K, Milwaukee, Jan. 22.

MID AMERICA
- Charlie Gray (M40, 30:57, 90.0%) and Janis Gisler (W40, 40:01, 78.0%) were the top age-graded masters in the Groundhog Run 10K, Feb. 5, in Kansas City, MO. There were 92 finishing teams, all scored on an age-graded basis. Jeff Morrison directed, volunteers from the Mid-America Running Association.

SOUTHWEST
- Ricky Calais (40, 2:50:03) and Lesley Marley (40, 3:29:45) ran to masters wins in the Mardi Gras Marathon, New Orleans, Jan. 21.
- Shot putter Marger White, 100, was the focus of TV coverage at the Sooner State Indoor Games, Oklahoma City. Jan. 29. Palmer-White, who will be 101 on June 15, is the first centenarian to hold a WR. She is the mother of M60 WR-setter in the discus Wendell Palmer, Pampa, TX.
- John Stuckey (41, 16:48) and Trudy Calloway (47, 20:25), took overall titles in the Pro Tees Run Short 5K, Tulsa, Jan. 21. Masters winners in the 20K were John Maness (41, 1:31:08) and Val Oliver (41, 2:02:11).

NORTHWEST
- The pole vault in the Eugene Indoor Meet, Feb. 5, drew more entrants than any other event and produced two WRs. Steve Smith, M60, raised the M60 world record of 15-3 of Rex Christop in 1992, with a 15-6. Jerry Cash, M45, improved on an earlier 15-0 at the USATF PV Summit, Reno, NV, with a 15-1 to up his M45 indoor record of 14-7 in 1994.

Members of the winning M50-59 team championships, USATF National Masters 5K Cross-Country Championships, Columbus, Ohio, Nov. 6, from left: Jim Forse (photographed but not a member of the team), John Ragucci, Don Sleastan, Carroll Deweese, Doug Goodhue, Jim Fitch, Richard Ferguson, and Wally Herrara. Picture from Don Sleastan

INTERNATIONAL
- Eamonn Coghlan (41, Ireland) and Yuliya Levchenko (42, Russia) were named the world masters male and female athletes of 1994 by Runner's World. Coghlan became the first over-age-40 runner to run a sub-four-minute mile. He ran his historic 3:58.15 in Alston, MA, Feb. 20, 1994. Podkopayeva’s times are so remarkable that they were “thrown out” in compiling the masters age-graded standards; such as her 3:59.78 1500 and 1:59.25 800.
- Martin Mondragon (MEX) and Suzanne Ray (USA) were named outstanding world masters road racers for 1994 by Runner's World. Runners-up were, men: Nick Rose (GBR), Doug Kurtis (USA), Jose U. Silvado (ESP), women: Rebecca Stokke-Wooley (CT), Barbara Flutie (PA), Emma Scannich (ITA), Judith Hine (NZL), Diane LeGere (GBR), Nancy Grayson (MI), Diana Tracy (CA), and Shariel Gilbert (CA).
- The Veterans Championships in Montevideo, Uruguay, Nov. 19-20, drew 267 participants. Nelson Paredes, M35, of Uruguay, doubled in the 1500 (4:00.62) and 10,000 (30:23.6). Luis Caetano Flores, M60, of Brazil, hurled the discus 150-00. Ingeborg Noll, W60, of Argentina, set a South American W60 discus record of 30.10. Antonio Fonseca, M80, of Brazil, set an W80 South American mark of 35.51:4 in the 5000 walk.
- Erling Svennevien, 76, Norway, scored 4869 points in the weight pentathlon, Lyngdal, Norway, Oct. 16, with these marks: SP 12.60 HT 37.62/DT 35.30/VT 27.58/WT 16.52.6.
- Doug Kurtis, 42, Northville, MI, who was profiled in Mike Tymn’s column in the February issue of MMN, could finish only fourth in the San Miguel Hanoi Marathon in Vietnam, Jan. 15. Winner of the past two Vietnam Marathons, Kurtis had some tougher opposition this year but also had an off day, which saw him run a time of 2:37:00. Hugh Jones (UK), 39, led for the first half of the race with a much younger Kenyan, Philip Keoou, stormed past as he had just joined the race to win in 2:22.22. Jones finished in 2:23:33 and looks set to win a few more titles before he turns 40 later this year.
- The first masters woman was Susanne Parry (SIN), 37, in 3:44:54, ninth overall.
- The IAAF World Championships in the first-ever women’s open world pole vault record: China’s Sun Caiyun’s 3:13.3 (40.5m), at age 18, on May 21, 1994, in Nashville. That’s a 91.0% performance, according to the WAC world age-graded standards, which projects the eventual WR at 4:45. The best women’s age-graded pole vault ever recorded was 3:38.38 which was set by Pippa Raczker, who vaulted 3:38.38 last year (11-1) at age 47. On Feb. 10, in Berlin, Sun Caiyun raised her WR to 4.12 (13-6.4).
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 NNPN, P.O. Box 50098, Eugene OR 97405.

### TRACK & FIELD NATIONAL

**EAST**

- Connecticut, Delaware, Massachusetts, Maryland, New Jersey, New York, Washington, Vermont

**MIDWEST**

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

**SOUTHEAST**

- Alabama, Florida, Georgia, North Carolina, South Carolina, Tennessee, Virginia

### MID-AMERICA

- Colorado, Iowa, Kansas, Minnesota, Missouri, New Mexico, North Dakota, Nebraska, Wisconsin, West Virginia

### SOUTHWEST

- Arkansas, Louisiana, Mississippi, Oklahoma, Texas

### WEST

- Arizona, California, Hawaii, Nevada

### ON TAP FOR MARCH

**TRACK AND FIELD**

Several quality meets are still available after the Indoor National, with the East and Southeast Indoor Regional Championships on the 19th and the Midwest Regions on the 25th, plus indoor meets earlier in the month in NYC, Philadelphia, Virginia, and Arizona. The Master's area offers a decathlon/heptathlon at Occidental College on the 11th-12th, and the John Ward Meet in Santa Ana on the 11th.

**LONG DISTANCE RUNNING**

The USATF National Masters 8K Championships are scheduled for the 19th in Chicago. The Austin and L.A. Marathons take place on the 5th. The River Run 15K hits the Sunshine State on the 11th. Marathons prevail on the 18th in California, Tennessee, and Virginia. So host the Mercury New 10K on the 19th. The Azalea Trail 10K, Mobile, Ala., is slated for the 25th. The first-ever Disneyland Marathon and the long-time Capital 10K in Austin are booked for the 26th.

**RACEWALKING**

The USATF National 20K/10K/3K walk will be held in Washington, D.C., on the 25th.

*Note: Full information on meet entries in February issue. Each issue carries the next month's preparation sheet.*
Naval Air Station Joint Reserve Base
Willow Grove Navy & Community

**Armed Forces Day**

**10-K Run**
2 Mile Fun Run

**Saturday, May 20, 1995**

**9:00 a.m.**

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**REGISTRATION**

The 10-K Run and Fun Run at the Naval Air Station is open to all persons, military and civilian, male and female, of all ages. Make out check or money order to:

MWRF
Mail To: Attention: 10-K Run
MWR Department, Building 2
ITT Office, Naval Air Station
Willow Grove, PA 19090-5010

Include Social Security Number and Driver's License Number on all checks. Advance registration (prior to April 15) is $10.00 per person. Entries received after April 15 and race day registration will be $12.00 per person. T-Shirts are guaranteed to pre-registered runners. For day-of-registration, T-Shirts available while supplies last.

**MASTERS' AWARDS**

Trophies will be awarded to the top two finishers in the divisions:

Men & Women 40-49 and 50 and over

**COURSE**

10-K is USA Track & Field Certified.
Continued from previous page

George Mason U., VA: Jan. 7 Warren Fisher 61.7

M70 A

James Brady 4.13
c

B45

Bill Cooper 5:09

B20

Annmarie Mullen 5:42

B60

John F. Kennedy 7:05

B90

Colin McLeod 4:04

M60

Perri Edwards 11:38

M90

Mark Porter 13:01

M120

Continued from previous page

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Where your world becomes the next

nike running
two strides