National Half-Marathon
Ottaway Sets U.S. W50 Record, Romesser, Kennedy, Levisse Star

The 1996 USATF National Masters Half-Marathon Championships were held Feb. 11 in Las Vegas as part of the annual Las Vegas Half-Marathon/Marathon.

Calm but humid conditions greeted the 4000 runners. Temperatures were unseasonably warm, climbing to above 70°F by the time the marathon finished.


"Half-marathoners had to resist the lure of destroying themselves on the gradual descent during the initial miles," Ottaway told NMN, "but there were still many casualties as a result of an over-zealous early pace before reaching the endless flat stretch to the finish line."

France's Pierre Levisse, 43, was the first 40-plus runner to cross the finish line in 1:05:26, but Gary Romesser, 45, of Indianapolis won $1000 as the first U.S. master in 1:07:14.

Romesser was in Columbia, S.C., on the 10th, coaching a runner in the U.S. Women's Olympic Marathon Trials. From there, he had to make connections in Atlanta and Salt Lake City and finally arrived in Las Vegas at 11:30 p.m. Saturday night, just 7-1/2 hours before the race.

Continued on page 11

Thurau First W40 in Olympic Trials

by JIM OAKS
COLUMBIA, S.C. – There was no masters prize money awarded at the 1996 USA Women's Olympic Trials Marathon. But the honor of being among the 187 elite who had run sub-2:50 qualifying times was incentive enough to draw together perhaps the best U.S. women's field ever assembled.

The Feb. 10 race included a record 13 masters who had bettered the 2:50 standard during the past two years. Alice Thurau, 40, of Fisher, Pa., led the 40+ contingent with a smashing 2:40:36 on a tough course. She was followed by Honor Fetherston, 41, of Mill Valley, Calif. in 2:46:14. Marina Jones, 43, also from California, edged Colorado's Jane Welzel for the third masters spot, 2:53:36 to 2:53:40.

Finishing 1-2-3 to qualify for the U.S. Olympic team were Jenny Spangler (32, 2:29:54), Linda Somers (34, 2:30:06), and Anne Marie Lauck (26, 2:31:18).

Thurau's performance was no surprise. She had run 2:43:23 at the USA National Masters Championships last year.

Continued on page 15

1995 T&F Rankings
by JERRY WOJCIK,
Masters T&F Coordinator
The U.S. Masters Track & Field Rankings book for 1995 is in the layout stage and should be ready by the middle of March. The book ranks men and women athletes from age 30-and-up who have competed in a masters meet, the results of which were printed in the National Masters News. The ranked events go from the 100m through the walks, and include the mile, 1500m (track), relays, superweight, and multisports.

Continued on page 14

Greensboro Expects 800 For Indoor Nationals

More than 800 athletes from throughout the nation will compete in the 1996 USATF National Masters Indoor Track and Field Championships on March 29-31 in Greensboro, N.C. The annual event will be in the new Special Events Center of the Greensboro Coliseum Complex. The track, owned and used by the Atlantic Coast Conference, is a banked, six-lane board track with a separate 60-meter, eight-lane dash track.

National championship medals will be awarded to the first three places in each event for each five-year age group for both men and women from 30-and-up. Continued on page 8
After 47 years
Bill Rodgers is still running.
Bill Rodgers wears Etonic.

Just coincidence?
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METRICS REVISITED

Mike Tymn's column and Peter Mogg's letter hit every nail on the head except one in their correct appraisal of the English vs. metric systems.

One point not covered is my assumption that meet directors must be measuring and recording results in feet and inches—not in meters. I seriously doubt that long jump competitors hear their mark measured as "6.37 meters." Neither they, nor other competitors, nor spectators would have the slightest idea how far they jumped.

That would mean that someone is converting metric to English for your results. It makes little sense to go to an international publication, but I would guess that most subscribers live in the U.S. And yes, National Masters News is actually an international publication, but I would guess that most subscribers live in the U.S.

Therefore, it makes sense to do one of two things: a) publish both English and metric marks with English first and metric in parenthesis after it, or b) refund all subscribers (like myself) 1/3 of their subscription price for the 1/3 of your publication that we skip because it has no meaning to us.

As a track athlete who is contemplating training for field events, your "metrics only" policy is neither informative nor motivational. As a former publisher of a state-wide track and field newspaper, I know the term "unintelligible contents" will not serve the athletes, nor help your publication grow in acceptance and circulation.

Yes, the metric system is superior when used in a science lab, but this is track & field.

Scott Anthony
Colorado Springs, Colorado
(Both pro-metric and anti-metric arguments in these pages the past few months have been very persuasive. NMN's policy is to publish results as provided to us by meet directors. Some meet directors produce field-event results in meters, some in feet/inches. Some meet directors even print meters for one event and feet/inches for another event within the same meet. Admittedly, it's confusing, but we don't have time to convert results of every meet. For those marks we feature in our stories, we do take the time to convert and publish both measurements. The national master rankers convert feet/inches to meters, because the former won't fit neatly into a column format. The key to all this is that metric is the USA official measurement. USATF Rule 63 says: "All measurements...must be made with a certified tape...graduated in centimeters. In the case of a record, the measurement must...be made in meters." Clearly, that tilts the playing field.

USATF favors meters for simplicity and to conform to the rest of the world, since this is an international sport, unlike football or baseball, which have strictly U.S. measurements. Some say this is why T&F has become a minor sport in the USA—that it's too confusing to the average person. Yet T&F News and newspaper and TV reports still convey results in feet/inches. Younger readers seem to have less of a problem with meters than do older readers. Perhaps it will take a generation or more, but USATF clearly hopes to eventually make metric measurements understandable to all T&F fans.—Ed.)

WOULD YOU LIKE A COACH?

Are you a runner who's dreamed of having a top-notch coach? You have an opportunity to be coached by one of the best, Bill Stewart, for a nominal fee. Stewart is readily known by many as the coach of such luminaries as Olympic hopefuls Ann Boyd and Laurel Park, and four-time Detroit Free Press Marathon winner Karen Blackford.

You may be aware that Stewart is serving a 30-month sentence in a federal camp for copying some government maps.

Many are working on his behalf to rectify what they consider a travesty of justice. In the interim, Bill is interested in continuing to coach, using the mail and the telephone.

Write him with your goals and objectives at this address: William Stewart, 40706-083, P.O. Box 8000, Camp McKean, Unit B, Bradford, PA 16701.

Stewart tailors running programs, workouts and schedules on an individual basis. Groups of his athletes meet once a week, or during a workout, as is convenient. He coaches his runners on a "pay-as-you-go" basis, determined by how well they do in the races and in continuing to coach, using the mail and telephone.

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M.B. Dillon
Ann Arbor, Michigan

THE WEIGHT ROOM

Jerry Wojcik's February "Weight Room" article on where the women are appreciated was a bit off the mark. The reason for few women in the younger age-groups is simple. Forty- plus years ago, sports were accepted for women. Many in the 60- and 70- age groups speak of competition in college and high school.

When I was in high school (nearly 30 years ago), that had changed. There was no women's college track, and we were very actively discouraged from competing—both because of school rules and social pressures. We still carry the baggage.

Fortunately, this will change when those women come into the program who attended college after Title IX was enacted and were encouraged to participate.

Continued on page 13

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Lee Fidler and son at the Ready River 10K
Greenville, S.C., where Fidler was first M45 (34:37).
Photo by Charlie Kutz

In 1983, he set a world masters indoor record in the mile in 4:11, a mark not broken until Eamonn Coghlan ran 4:08 in 1992.

Bill still holds the American masters record for the 15K he ran in 45:57 at the 1983 Gasparilla Classic. For more information, call (810) 437-4302.

M.B. Dillon
Ann Arbor, Michigan

Twelve Join NMN Sustainers

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

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Metabolod 2 (4 lb. can) Retail $15.15
1-512.12, 2-668.22 (53.37 each)
Metabolod 2 (2.2 lb. can) Retail $29.45
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Tigers Milk
Sports Bar - Retail $1.29/Bar
12-$13.20, 24-$24.00
(Chocolate Blast, Coffee Rush & Vanilla Rush)

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Ultra Hair - 90 Tablets $18.95 - At Elite $15.16
Oxy Nectar - Ten Stage Anti Oxidant Beverage
(1.3 lbs. Powder) Retail $28.95 - At Elite $23.16
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1-12-16, 20-$23.00 ($1.15 each)
Energy Elixir (20-7.5 ml servings) - Retail $20.00 - At Elite $16.00
(Spirulina, Algae, Fruits & Vegetables, Royal Jelly, Bee Pollen, Guarana & More)
Super C Complex - Sustained Release - 60 Tablets 1000 mg C, 500 mg Bioflavonoid Complex - $11.30 - At Elite $9.00
Calciger (20-7 oz. packets) - $19.95 - At Elite $15.96
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Life Span 2000 - 50 Tablets $19.95 - At Elite $15.96
(4 Mind & Body Formula)
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Calcium, Magnesium, Potassium - 90 Tablets $9.50 - At Elite $7.60
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Chlorella - 120-500 mg. Tab. - $17.90 - At Elite $14.30
SOD (Super Oxide Dimutase) - 1000 Units
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Pycnogenol - 30-30 mg. Cap. - $15.00 - At Elite $12.00
Co Enzyme Q10 - 30-75 mg. Capsule - $27.40 - At Elite $20.40
Co Enzyme Q10 - 60-30-50 mg. Softgels - $7.10 - At Elite $5.85

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ASK FOR YOUR FREE SAMPLES
On March 10, the marathon becomes 100 years old. It was on March 10, 1896 that the first official marathon, a prelude to the first Olympic marathon the following month, was held over the Marathon-to-Athens route in Greece. Harilaos Vasilako covered the 40-kilometer (24.85-miles) course in 3 hours, 18 minutes, outrunning 11 other contestants. Unofficially, however, one G. Grigoriou tested the course a month before, recording 3 hours, 45 minutes. He was accompanied by J. Vanoulis, who covered part of the course in a horse-drawn cart.

Another preliminary marathon was held on March 24. Then, on April 10, the first Olympic marathon was staged. Spiridon Louis of Greece, who had finished fifth in the second preliminary, topped a field of 16 runners while covering the 40K in 2:58:30. He was rewarded with free meals and shaves for life and a gift of his choice from the King of Greece. His request was a horse and cart to be used in hauling water from his village to Athens.

No Girls Allowed

A Greek girl named Melpomena is said to have tried to enter the 1896 Olympic Marathon but was refused. She reportedly ran it without a number and finished in around 4:30.

Michel Breal, a French historian, is credited with recommending a long-distance race for the first modern Olympic Games when the International Olympic Congress met in 1894. While no such test of endurance had ever been held in the ancient Olympic Games (the longest being around three miles), Breal cited the legendary ill-fated run of the soldier-messenger Pheidippides from Marathon to Athens in 490 B.C. as appropriate precedent for the event.

Organized foot races in more recent centuries are said to have begun in England some time during the sixteenth or seventeenth century. Contests of 10 miles or more were arranged by English noblemen matching their “footmen” -- servants whose job it was to lead horse teams pulling coaches over rough terrain. Perhaps the first footman to distinguish himself was an Irishman named Langham. He reportedly ran 148 miles in 42 hours -- including time out for sleeping -- to fetch some medicine for Lady Berkeley.

The institution of sport as we now know it did not really begin to take shape until the latter part of the nineteenth century, and indications are that contests of speed, strength, and agility were much more popular than those calling for physical endurance. It may have been that life in general was considered struggle enough. Leisure and recreation time was best devoted to conserving energy for the necessary labors of life.

Seed Planted

With the seed planted in those first modern Olympic Games, the concept of the marathon returned to the United States with the Olympic team and officials. The first marathon on American soil was the New York Marathon, a 25-mile affair on September 20, 1896. The Boston Marathon was inaugurated on April 19, 1897, covering a distance of 24.7 miles.

Today’s standard marathon distance of 26 miles, 385 yards (42.195 kilometers) is derived from the 1908 Olympic marathon in London. The course was arranged so that England’s royalty could view both the start and the finish. The event began on the east lawn of Windsor Castle and ended in front of the royal box at White City Stadium. However the distance did not become standard until the 1924 Olympics.

Following the 1908 Olympics, a marathon “craze” griped the United States. People jammed into such places as Madison Square Garden and paid as much as $10 for a box seat to watch some of the country’s leading marathons go at it for prize money up to $10,000, a sizeable purse particularly in those days. The races were run completely on indoor tracks with 10 or 11 laps to the mile.

The Marathon is 100!

The first man to break 2:30 was Piet Van Alphen of Holland at 2:25:51 in 1926. The next best is 2:21:18 by Jack Foster of New Zealand at age 41 at Christchurch in 1974.

The first woman to break 3:00 was Marion Irvine with 2:52:45 at age 41 in the 1984 Olympic Games. Her request was that life in general was considered struggle enough. Leisure and recreation time was best devoted to conserving energy for the necessary labors of life.

Marathon Trivia

- The fastest marathon by anyone 40 or over is 2:11:04 by 41-year-old John Campbell of New Zealand in the 1990 Boston Marathon. However, Boston is considered an “aided” course. The next best is 2:11:18 by Jack Foster of New Zealand at age 41 at Christchurch in 1974.
- The fastest marathon by a woman 40 or over is 2:26:51 by 42-year-old Priscilla Welch of Great Britain in the 1987 London Marathon.
- The fastest marathon by a man 50 or over is 2:20:28 by Jack Foster of New Zealand in the 1982 New York City Marathon.
- The fastest marathon by a woman 50 or over is believed to be 2:50:26 by Shirley Matson of California in 1991.
- The first man 40 or over to break 2:20 was Mambo Wolde of Ethiopia while finishing third in the 1972 Olympic Marathon with a 2:15:08. Jack Foster, also 40, followed him in eighth place with a 2:16:56. Those are the two best performances by male masters in the Olympics.
- The first woman 40 or over to break 2:30 was Joyce Smith of Great Britain with a 2:29:57 at age 43 in 1981. She then ran a 2:29:43 at age 44, making her the oldest sub-2:30 woman.
- The best finish in an Olympic marathon by a woman was by Joyce Smith of Great Britain with a 2:32:48 11th place at age 46 in the 1984 Olympics.
- Clarence DeMar won the 1930 Boston Marathon at age 41 in 2:34:48.
- Priscilla Welch won the women’s race in the 1987 New York City Marathon at age 42 with a 2:30:17.
- Carla Beurskens of the Netherlands won the women’s race in the 1994 Honolulu Marathon at 2:37:06. Beurskens is the only other woman besides Smith and Welch, to have broken 2:30 as a masters runner.
- The oldest man to break 2:30 was Piet Van Alphen of Holland with 2:25:51 at age 56.
- The oldest to break 2:30 was John Keston with 2:58:33 at age 69. However, the oldest on an unaided course was Clive Davies with 2:52:45 at 86.
- The oldest woman to break 3:00 was Marion Irvine with 2:52:02 at 54.
- The oldest person to run in an Olympic marathon is believed to have been Lourdes Klitzke, an American who represented Guam in the 1988 Games. At age 48, she finished 63rd among 69 starters and 64 finishers with a 3:25:32.

(Thanks to Tom Peterson of Honolulu for some of the trivia above. Peterson hopes to publish his 500-question marathon trivia book in the near future.)
1996 NATIONAL MASTERS
OUTDOOR TRACK AND FIELD CHAMPIONSHIPS
AUGUST 15-18, 1996
SPOKANE FALLS COMMUNITY COLLEGE • SPOKANE, WASHINGTON

GENERAL INFORMATION
Eligibility is open to all men and women 30 and older. Individual events will be held in five-year age groups, relays in 10-year age groups. Age on August 15, 1996, will determine a competitor's age group. Proof of date of birth will be required.

USATF rules of competition will be used to conduct the meet. You must have a current USATF membership card. USATF championship medals will be awarded to the top three places in each age division.

Declarations must be made four hours prior to every running event. Field events may be scratched at any time. Declaration forms will be available beginning at noon Wednesday, August 14, 1996. Packet pickup will be from 6 to 10 p.m. Wednesday, August 14, 1996, at the meet headquarters in the Ridpath Hotel, and at Spokane Falls Community College Thursday, August 15, 1996, through Sunday, August 18, 1996.

Maximum spike length is 3/16-inch for all surfaces. Starting blocks and throwing event implements will be available. All master outdoor championship events will be included in the meet.

ENTRY INFORMATION
Entry fee is $25 for the first event which includes a championship meet t-shirt. The second and third event are $15 each, with each additional event $10 each. The pentathlon entry fee is $25 and cannot be counted as your first event. Relays are $40 per team. Payable the day prior to the day of competition.

Entries must be received by August 1, 1996.

AIR TRAVEL
Five percent discounts on lowest available discounted fares will be available on Northwest, Southwest, Delta and Horizon airlines through Global Travel. Phone 1-800-735-6363, direct line, 509-891-1234; or fax, 509-926-8250. Ask for 1996 Masters National Outdoor Championship rates.

ACCOMMODATIONS-HOTEL/MOTEL
Meet headquarters: Ridpath Hotel, $63-$73 per night for Hotel Tower or East Wing. Call 1-800-426-0670. These rates will be guaranteed through July 14, 1996. Other accommodations:

- Cavanaugh's Inn at the Park, $77-$97 per night. Call (509) 325-8000.
- Cavanaugh's River Inn, $62 per night. Call (509) 326-5577.
- Cavanaugh's Fourth Avenue, $55 per night. Call (509) 838-6101.
- Ramada Inn Airport, $70 per night. Call (509) 838-5211.

There are many other hotels in the Spokane area, however, blocks of rooms are set aside for the meet at properties listed above. Rates are for up to four people to a room.

VIP PACKAGE
A limited number of rooms have been set aside as VIP rooms at meet headquarters, the Ridpath Hotel. All the VIP rooms will be on the pool deck or overlooking the pool. The cost of $87.50 per night includes a continental breakfast each morning, a VIP shirt, VIP hat, one bottle of wine per room, plus extras. These rooms may be reserved only through the meet office. Call (509) 533-3644.

For complete meet information and an entry form send the attached form to:

Spokane Sports, Unlimited
MS 3070
3410 West Fort George Wright Drive
Spokane, WA 99204-5288

You may also call (509) 533-3644, or fax your request to (509) 533-4128.

MASTERS CHAMPIONSHIP INFORMATION FORM
Please send me more information about the Master's Championship and an entry form.

Name ______________________  Daytime Phone ______________________
Address _____________________  
City __________________________  State _______  Zip ________________
Peripheral Neuropathy

Q. I am a 48-year-old runner. Lately, I’ve been experiencing what seems to be a problem with the blood circulation in my feet. It always happens about midway to three-quarters through my run. The toes on both of my feet begin to tingle, then hurt. What’s causing this problem, and what can I do to stop the pain so I can continue to run?

A. It sounds to me as though you’re experiencing a disorder known as peripheral neuropathy. This is a fairly common condition in which the nerves of the foot become irritated and cause a tingling-burning sensation that’s most often centered in the toes. It has nothing to do with poor blood circulation.

Most likely, the cause is improperly-fitted running shoes. Shoes that are too narrow in the toe box can place an abnormal amount of pressure on the nerves, which results in the tingling sensation you describe. In severe cases, the toes become numb.

Another cause might be running on hard surfaces. This type of exercise traumatizes the nerve endings in the foot and produces a similar reaction.

In other cases, certain anatomical abnormalities may be at fault. To rule out this possibility, you should consult a sports podiatrist for a thorough examination and diagnosis.

Often a change to a shoe with a wider width – especially in the toe box area – solves the problem. Make sure the shoe is well-cushioned and has an extra layer of cushioning in the forefront. If you’ve been running on hard surfaces, switch to grass or dirt.

If the condition persists after these changes, I’d recommend seeing a neurologist to determine if there is any physical evidence of nerve damage that may be causing your discomfort.

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles' question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 50098, Eugene, OR 97405.)

Lake Erie T&F Championships Held

by REX HARVEY

The USATF Lake Erie Association held its annual indoor track and field championships Jan. 6 on the 300-meter oval at the Kent State U. field house in Kent, Ohio.

The best performance of the day was by Ken Sparks, 50, of Chagrin Falls, with a 9:26.1 3000. Chuck Sochor, 68, of Mich., clocked a good 27:7.200.

Former Olympians Bernice Holland, 68, of Cleveland, won the W65 shot and weight throw, and Ron Laird, 57, of Ashbula, the M55 3000 race walk in 17:26.

Ann Boyd, 32, of Mich., won the 800 shot just nine months after a quadruple bypass operation.


Greensboro

Continued from page 1

There are no qualifying standards for the meet, except to be at least age 30.

Individual entries must be received by March 10 or, with a late fee of $10, by March 22. Relay teams may be entered at the track registration table.

The entry form was published in the December, January, and February issues of the National Masters News. Athletes may call or write Ron Foster for a form (see Schedule for details).

Last year’s meet drew more than 700 participants to Reno, Nev.

Meet organizers have lined up low-cost hotel rates at the meet headquarters Holiday Inn/Four Seasons Hotel and at other hotels. For accommodation or travel info, call Laurie at 800-289-9099.

Rules require that all participants be a member of USA Track & Field. Memberships will be sold at the meet for $15.

Opening ceremonies will commence at 5:30 p.m. on Friday. The masters general meeting will begin at 8:00 p.m. on Saturday at the Holiday Inn. Barbara Kousky, USATF’s National Masters T&F Chair, will hold discussions on a number of items important to the masters program.

Everyone is invited.

The new 1995 Masters T&F Rankings Book and other books and items will be available at the meet at the National Masters News booth.

Senior Editor Joe Wojcik and Office Manager Suzy Hess will be on hand.

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

NR
Milner Sets M60 Record in Hartshorne Mile

by LOREN MOONEY


The time bettered the old mark of 5:19.9, set by Archie Messenger in 1984. John Conner, 60, who clocked a 5:18.85 mile last year, also ran but did not complete the race.

For a while, nine-year race director Rick Hoebeke wasn’t sure the race would happen at all. “Mother nature dealt us severe flooding and freezing in Ithaca and surrounding areas,” he said. “Runners braved poor travel conditions, and some didn’t make it, but overall we prevailed.”

The elite masters race may well be renamed the “McMasters Mile.” Either Charlie (44) or Tim (42) McMullen has won four out of the last five elite races. This year they went one-two, with Charlie taking top honors, 4:29.30 to 4:33.22.

Third in the elite race was Bill Lundberg, 41, with a 4:34.09. Lundberg ran for Kansas in the 1970s and rivaled Tim McMullen, then at Missouri.

Earl Bell’s Field of Dreams for Pole Vaulters

by BARBARA STEWART

Earl Bell, 40, three-time Olympian (bronze medalist) and former world pole vault record holder, has opened a “House of Vaulting” in Jonesboro, Ark. (a shuttle ride from the Memphis airport).

The Bell Athletics Training Center is the culmination of years of planning. It’s literally the “field of dreams for pole vaulters,” only indoors, which makes it even better, because it’s all-weather.

The huge facility is a vaulters’ fantasy come true — four mondo track runways, Olympic size pit, with weight lifting and gymnastics areas, throwing circles and long jump pits. In good weather, the ends open up like an airplane hangar. In bad weather, vaulters are enclosed.

Trying out and trading poles is a continuous process. Hundreds of poles — Cata-poles, Pacers, Sky Poles, Spirit Poles, even specially crafted poles for women — are neatly stacked like displays of giant candy sticks.

For more information, contact 501-935-7956.

SecureHorizons
Offered by PacificCare

Crown Valley Senior Games
Track & Field - Sunday, April 28, 1996
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

Schedule of Events

Track

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<th>Time</th>
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<tr>
<td>11 a.m.</td>
<td>400M Walk</td>
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<tr>
<td>11:10 a.m.</td>
<td>50M Dash</td>
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<tr>
<td>11:50 a.m.</td>
<td>1,500M Run</td>
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<tr>
<td>12:20 p.m.</td>
<td>400M Dash</td>
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<tr>
<td>12:45 p.m.</td>
<td>100M Dash</td>
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<tr>
<td>1:25 p.m.</td>
<td>1,500M Race Walk</td>
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<tr>
<td>1:45 p.m.</td>
<td>800M Run</td>
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<tr>
<td>2:10 p.m.</td>
<td>200M Dash</td>
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<tr>
<td>2:45 p.m.</td>
<td>5,000M Run</td>
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<tr>
<td>3:25 p.m.</td>
<td>5,000M Race Walk</td>
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Field

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<td>11 a.m.</td>
<td>Javelin</td>
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<tr>
<td>11:30 a.m.</td>
<td>Long Jump</td>
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<td>12:15 p.m.</td>
<td>Shot Put</td>
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<td>1 p.m.</td>
<td>High Jump</td>
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<td>1:30 p.m.</td>
<td>Discus</td>
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<tr>
<td>2:00 p.m.</td>
<td>Softball Throw</td>
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</table>

Entry Fees: $15.00 Registration Fee and $5.00 per event
Divisions: 5 year age divisions, for men and women, age 50 and above
Entry deadline is April 10, 1996
Miscellaneous: Competition order - oldest to youngest, women first (except HJ & PV which start at lowest height); Throwing implements not provided, except SP; must bring own vaulting pole; PV for experienced vaulters only.
Surface: All-weather track. 9mm elements for Track, LJ, PV, HV; 12mm for JT

For more information, please call:

Cynthia Vaughan
Crown Valley Senior Games - Pasadena Senior Center
85 East Holly Street, Pasadena, CA. 91103 (818) 397-4062

Entry Form (please print)

Last Name ________________________________ First Name ____________________________
Sex: M ______ F ______
Address ____________________________________________
DOB ____________________________ T-Shirt: M ______ L ______ XL ______ XXL ______
Events: 50M ______ 100M ______ 200M ______ 400M ______ 800M ______ 1,500M ______ 5,000M ______
PV ______ JT ______ LJ ______ SP ______
HJ ______ 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, waive 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 28, 1996 at Occidental College. I certify that I have no physical defects or injuries that would prevent me from competing in this Meet.

Signature ____________________________ Date ____________________________
Masters Racewalking

by ELAINE WARD

Strength and Flexibility Training

A s the new competitive season is starting, here’s a reminder of a few basics. The importance of strength and flexibility training is generally accepted by athletes of all ages. Such training is a component of being fit and capable of performing at a high level. Simply stated: tight, weak muscles restrict movement, and strong, flexible muscles facilitate movement.

Though it is not necessary to know what is going on when you stretch and strengthen your muscles, some understanding is helpful. Two basic training concepts involve: (1) working a muscle with or against gravity, and (2) working opposing muscle groups equally.

Gravity

When muscles work directly against gravity, a shortening of muscle fibers occurs as well as an acceleration of movement. When muscles lower a body part into gravity, a lengthening of the muscle fibers occurs as well as a deceleration of movement.

A good example is bending the elbow. When you bend your elbow, the biceps contract and work against gravity; when you straighten your elbow, they lengthen and work with gravity.

According to Mari Cypers, RPT, director and co-founder of SPORTEC Physical Therapy Center in Livermore, California, research has shown that approximately 40 percent more tension is developed when the muscles work against gravity than with gravity. For this reason, it is important to include exercises that work weak muscles against gravity to provide progression.

Opposing muscle groups

If you are seated in a chair and extend your leg out parallel to the ground, the quads (the muscles in the front of your thigh) are the prime movers in the straightening process, and the hamstrings (the muscles in the back of the thigh) are the opposing group. When the leg lowers and the knee bends, the relationship reverses, with the hamstrings becoming the prime movers bending the knee and the quads the opposing group.

The importance of balancing muscle strength and flexibility in opposing muscle groups is twofold: (1) it optimizes performance, and (2) it lessens the chance of injury. In racewalking, two areas of frequent discomfort or injury are the shins and hamstrings.

Because of the racewalking rules, considerable emphasis is given to strengthening the tibialis anterior (shin) muscles to facilitate raising the toes (dorsiflexing the foot) for heel contact with a straight knee. Strengthening exercises include heel walking and toe tapping. It is equally important to stretch the opposing muscle group, the calf muscles and Achilles tendon. As the shin muscles contract against gravity to raise the toes, the calf muscles elongate or extend with gravity. If these opposing muscles are tight, they restrict dorsiflexion.

When it comes to the pushing phase of the footwork, the reverse is true. The calf muscles become the prime movers contracting to plantar flex the ankle, and the shin muscles are the opposing group elongating with gravity. Strong calf muscles and supple shin and ankle muscles facilitate a maximum push.

In the new book, Masters Racewalking, Bernie Finch, D.C., discusses the importance of balancing the hamstrings and quads.

Interestingly, a hamstring injury is felt below the attachment of the hamstring to the buttock, right in or just below the fold of the buttocks. The first sign of injury may be behind the knee, followed by a big ‘pain in the butt.’

‘Based on what I have observed, the hamstrings are amazingly weak compared to other muscles of similar size. Why this is so, I am not sure. Take a woman and man of a similar weight, lay them on their stomachs and have them do some lifts with their hamstrings. Then turn them over and have them do some lifts with their quads. They will be amazed that their hamstrings are so weak. Comparatively, they might be able to lift 20 to 40 percent more with their quads than they can with their hamstrings.

‘This seemingly inherent weakness of the hamstrings is often the key to hamstring injuries. It also explains why the body compensates by recruiting the buttocck muscles to help the hamstrings perform. To test the strength of the hamstrings, the practitioner must put the athlete across the buttocks to prevent any outside assistance from the buttocck muscles.

‘Racewalking strengthens the hamstrings, but it is necessary to watch for signs of hamstring fatigue. Hamstring fatigue will show up as vague pain and tightness that wander through the hamstrings while an athlete is working out. Sometimes an athlete who has had a hamstring injury will have sensations of tension during a warm-up, a workout out or a cool-down. They will have to stop and stretch their hamstrings frequently. Max Green has told me that he stretches his hamstrings before every interval.

‘Many racewalkers come from running and their quads are too strong. There is apt to be considerable imbalance between the quads and hamstrings. These athletes really need to work on their hamstrings by stretching and exercising, stretching and exercising.

(Masters Racewalking, American Coaches and Athletes Share Ideas on Technique, Training and Racing is available through the North American Racewalking Foundation (NARF), P.O. Box 50312, Pasadena, CA 91115-0312, $14.95 plus $2.00 shipping. Californians add $1.23. Mastercard/Visa: 800-898-5117. The 1995 Regional/National 5-year Age-Group rankings and awards will be mailed by February 20 to NARF subscribers. The goal for mailing them was January 31. Hope burns eternal; maybe next year! — EW)
In the concurrent marathon (not a national championship), Mexico's Artemio Navarro, 46, was fourth overall in 2:21:02 ($1750). Oregon's Leonard Hill (43, 2:26:58, $600) was ninth overall.


Dave Krell, M50, and Anthony Washington, both of U.S. West, and Rudy Houg, M60, of O.E., at the National Corporate Championships, Des Moines, Iowa.

Photo by Andy Larabee

Blum, Simon First in Paramount 10K

Steve Blum, M40, ran an unchallenged 32:57 to claim the men's title in the special world masters division race in the Paramount 10K, Paramount, Calif., on Jan. 13. Nicholas Hernandez, M40, was second in 33:59.

Gaylon Jorgensen took the M65 contest in the race's largest group of five runners, with a 39:31.

The entire women's field in the world masters race, for which entrants had to meet qualifying standards, consisted of one runner, Judy Simon, 80, who ran a course record of 67:19.

In the open race, Ed Avel, M40, repeated his 1995 masters victory with a 35:18. Lorraine Colesworthy, M70, won the W40+ first in 40:27. Atsuko Fujimoto posted one of the better times in winning the W60 race with a 52:48.

Mary Wood won the bronze medal for the tough W50 division with a 1:20:35 in the National Half-Marathon in Las Vegas.

Dave Krell, M50, and Anthony Washington, both of U.S. West, and Rudy Houg, M60, of O.E., at the National Corporate Championships, Des Moines, Iowa.

Photo by Andy Larabee

Keenan, DeGrazia Lead Hangover Half-Marathon

by PAUL MURRAY


Dale Keenan and Martha DeGrazia were the masters winners in the half-marathon. Keenan was third overall in 1:16:05. DeGrazia was the fourth woman to finish, with a 1:39:18 clocking.

John Bradley won the M50 age group in 1:33:01. Not far behind was M60 winner Wade Stockman in 1:33:57. Margaret Ferrara won the W50 division in 1:53:53, just a few steps ahead of W60 winner Anny Stockman (1:54:00). Mike Bartholomew was the oldest finisher and M70 champion in 2:14:02.

Chip Button was the first master and fifth overall in the companion three-mile with a 17:14. Theresa Wuerdeman was the first female master and second woman overall in 21:40.

Bill Hogan was the race director.

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New Disease is Common to Many Runners

It's the new disease: sarcopenia. A lot of us have sarcopenia without realizing it. William J. Evans, Ph.D., of the U.S. Department of Agriculture's Human Nutrition Research Center, describes sarcopenia as a disease in which the body just wastes away.

If you feel you don't have sarcopenia, if you believe yourself in peak health for your age, you're a candidate for sarcopenia, no matter how fast your 10K time.

If you can't remember, if you rarely employ strength training, you're a candidate for sarcopenia, no matter how fast your 10K time.

Evans invented the disease -- or at least coined the term in his book *Biomarkers* (Simon & Schuster, 1992), written in collaboration with Irwin Rosenberg, M.D.

"Sarcopenia" means a reduction in amount. It means a weakening of the body caused by a change in body composition where fat replaces muscle.

"Penia" means a reduction in amount. Sarcopenia thus describes a weakening of the body caused by a change in body composition where fat replaces muscle.

In *Biomarkers*, Evans states: "If you're the average middle-aged person, your problem is not excess weight so much as it is excess body fat coupled with too little muscle."

Many people take pride in maintaining even weight. Some scales are measured pounds tells little about body fat percentage.

In winter, my body fat normally increases as protection against the cold. I'm four pounds above my normal weight now. By mid-summer, when I reach full running form, I will have lost those pounds, and a few more.

I control my weight by training: burning more calories by running more miles. Or I stop eating between meals. Combining exercise with diet is the only proven way to control weight.

But that's not enough for optimum health, claims Evans. "Even though your weight stays the same, your lean body mass (i.e., muscle) declines and is replaced by inert fat. You lose strength." That's one reason you run slower as you get older.

At the far end of the age spectrum, you may not be strong enough to lift your potato body off the couch, so you become bedridden. You fall into what Evans calls the disability zone.

"Our focus is not on postponing death," he writes, "but on maintaining health for the longest period of time."

Among ten biomarkers (measurements of aging) listed in his book, Evans includes: muscle mass, strength, basal metabolic rate, and body fat percentage. Each of those biomarkers can be improved with strength training.

At the Human Nutrition Research Center, Evans has had remarkable success pulling people -- even those in their 80s and 90s -- off the couch and training them on strength machines. He can double or triple a person's strength and increase their muscle mass while lowering body fat percentage -- even if their weight fails to change. Because muscles burn more calories than fat, their basal metabolic rate increases, meaning they can eat more food and hopefully ingest more vitamins, which also can increase health, particularly in older people.

Why don't we all, runners particularly, incorporate more strength training in our exercise regimens? We're lazy. We'd rather spend our available time outdoors on a sunny day running. But though we maintain aerobic fitness, we gradually lose muscle and strength. We get sarcopenia.

I'm guilty. Each fall, I increase my level of strength training. Coming in from a run, I pump some iron. I work on my upper body to get ready for cross-country skiing. In winter, that sport keeps my upper body in shape.

But in spring, I spend more time running to get ready for summer 10Ks. I pass the weights heading for the shower.

Don't tell me I'm not in shape, but I've allowed my biomarkers to slide. No fancy gimmicks, just a great workout every time, because you provide the push that moves you forward -- just like on the road or track.
Write On!

Continued from page 4

participate. In a few years, we'll start to see the 30's groups grow - we need to welcome them!

Joan Stratton
Carmichael, California

Enjoyed reading Jerry Wojsik's article a few issues back on the javelin throw. When I started throwing three years ago after a 40-year lapse, I couldn't tie my shoes for about a month, so the piece really hit home.

Athletes who have the chance, should think about going to the Naples-on-the-Gulf Meet in early April. It's really well-run and always features top-notch competitors (e.g. Joe Keshmiri, Jim Gillcrist, Bill Duckworth, Tom McDermott).

The National Masters News is the periodical I really look forward to receiving every month. You're doing a great job.

Skip Meneely
Montgomery, Texas

FOREVER YOUNG

My congratulations to the youthful-looking ladies adorning the front page of the NMN February '96 issue. Who says this sport of running doesn't keep you looking young and fit? There's not one in the group who looks over 45!

Dixon Hemphill
Fairfax Station, Virginia

HAM MORNINGSTAR

Ham (Hamilton J.) Morningstar passed away on Nov. 14, 1995, from lymphoma cancer. His son informed me that he battled the disease to the very end.

The last time I saw Ham compete was in June during the National Decathlon at Eugene, Ore. - in the middle of his illness. Although thin, haggard, and bent over, he competed with his usual intensity and humor in the wet and cold conditions.

Ham was a natural athlete, excelling in both masters t&f and swimming. He was well-known for his enthusiastic, exuberant behavior, and he easily revealed his highs and lows.

I would not be surprised to hear that Ham is now head t&f coach of the Women's Reformatory in the great land beyond.

Yes, Ham, I hear you chuckling.

A.U. (Ric) Ricciardi
Reno, Nevada

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To determine the status of your subscription, or to let us know of your new address, call or fax Circulation Director Richard Magana, at 818-760-8983; fax 818-985-1213. Or write to NMN, P.O. Box 16597, North Hollywood CA 91615.

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P.O. Box 50098
Eugene OR 97405

Name ____________________________
Address __________________________
City ______ State ______ Zip ______
The Northwest Message

I'm in addition to being the progenitor of designer coffee, micro-breweries, and grunge, the Northwest, particularly Oregon and Washington, has had a virtual monopoly on national championships. Four of the five most recent outdoor championships will have been held in the "great" Northwest: Spokane, 1992; Provo, 1993; Eugene, 1994; and Spokane again in 1996.

It's convenient for those of us in the region, but I don't know how good it is for the program, which is why I'm glad that the indoors at the end of this month will be held in North Carolina. Greensboro, despite its Southern flavor, encompasses within a 500-mile drive (a hard day's drive, except for Californians) radius some hot throwing spots: the Mjolnir club, with Farmer and Vandergriff's bunch, the Florida gang (Olson, Carsten, Hilliard, McDermott), the Ohio and Illinois throwers, the MAC area (Katz, Boslaugh, Cirullnick), and the Potomac Valley people. The turnout from just those areas could be an interesting mix, and if a few of the West Coast and Northwest throwers show, the place will be jumpin'.

But back to the Northwest for 1996. A thrower with sufficient time and bucks could probably OD this summer here, starting with the Hayward Classic in Eugene, June 29-30, which will offer for the first time ever a $25 prize for the best age-graded weight throw, via the generosity of the Seattle Masters Athletic Club (SMAC). Prior to the Northwest Regionals in Tacoma, Aug. 3-4, a veritable weightperson's Celestial City—offering the works, from the shot through the superweight—you could be working out by day and competing there at night in low-key, all-comers meets, minus the condor-size mosquitoes that reside east of the Mississippi.

After Tacoma, you can hop up to Victoria, B.C., for a little internationalism at the Canadian Masters Championships on Aug. 9-11. In top shape by now, from Aug. 15-18, you'll be at the Nationals in Spokane competing with—in addition to the same old (meaning here "familiar") faces—athletes from Canada, Mexico, and other nations who have come to Spokane to warm up for the WAVA North American Regionals to be held Aug. 21-24. Here, at what has now become your home field, Hayward in Eugene, you will get an opportunity to compete in a weight pentathlon.

A week later, on the 31st, you can be in Seattle, an easy one-day drive from Eugene, for the national Weight & Superweight Championships, staged by the SMAC folk. The event is followed by the 100-, 200-, and 300-

1995 T&F Rankings

Continued from page 1

The 1994 edition consisted of 60 pages. The 1995 book will be somewhat larger because many of the age-division lists are longer. For instance, the M40-44 100m is 150 deep as compared to 120 in the 1994 book. The M50-54 1500 is 100 deep, while last year's list was 80 deep. The W55-59 high jump for 1994 listed 12 women; the 1995 list shows 22 jumpers' marks. The 1994 M70-74 javelin ranking was 35 deep; the 1995 list is 50 deep.

The 1995 edition is available for $6, the same price as last year's, plus $1.25 for postage/handling, from the NMN, P.O. Box 70098, Eugene, OR 97405.

The 1996 indoor event compilers are listed below. If your best marks in those events have not appeared by the May issue, forward them with documentation to the compilers not later than May 24.

- 55m/60m/200/400: Larry Patz, 544 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
- H/TT: Charles Mercurio, 4927 W. 123rd Pl., Hawthorne, CA 90250
- LJ: Robb Bong, 420 Silver Saddle Rd., Monument, CO 80132
- SP: Russ Reabold, 1125 N. Stimson Ave., La Puente, CA 91744
- 55mH/60mH/PV: Palmer Sweet, P.O. Box 5469, Charlottesville, VA 22905
- 1500/mile/3000 RW/WT: Jerry Wojcik, NMN, P.O. Box 70098, Eugene, OR 97405
Thurau First Master

Continued from page 1

October at Twin Cities. She went out strong in this race and came through the 2-mile mark in 11:42.

"I was going faster than I planned," Thurau said. "I had planned to run about a 6:10 pace, but, boy, we were 5:40 at the first mile. I was running so comfortably, just gliding along. My coach said, 'just go with the flow, let them pull you along.' That lasted about 10 miles, then I started to feel it and I had to work harder the rest of the way."

Peterson, USATF's 1995 Women's long distance runner of the year, was 49th overall. "I'm thrilled to be the third California finisher," the marketing director, who is a triplet, said.

Jones passed Welzel in the final mile for 87th overall. Oregon's Nancy Hinkel, 41, was fourth 40+ in 2:57:18. Chicago's Charlene Soby, 45, was fifth in 2:58:42, and California's Sharlet Gilbert, 43, was sixth (126th overall) in 3:00:19. Of the 160 starters, 129 finished the race.

Soby, an international banker who works in Bulgaria for a Chicago bank, was the oldest qualifier. She has an MBA from Indiana, and is fluent in seven languages. The only language she needed after the race was English. "Hey, I'm happy," she said. "I was first in my age group."

Other masters qualifiers included Alaska's Suzanne Ray, 43, and Denver's Maureen Custy-Roben, 40, who were not able to make the trip to Columbia. Montana's Debbie Raunig, 40, and Houston's Kathy Barton, 42, were injured and only planned to run a short part of the race. Also on hand were qualifiers Kathy Ward, 41, of Sacramento and Colorado's Virginia Egger, 42.

Classes from schools in the Columbia area "adopted" runners as they met the qualifying standard. Barton was paired with Bunny Wessinger's fourth-grade class at Lephart Elementary. Over the past six months the students had written Barton and followed her training progress. The day before the race, Barton and her husband visited the class. Barton brought each of the students a t-shirt from one of the Houston races she helps organize. The kids were excited to meet her in person.

The city of Columbia made an outstanding display of hospitality. It was truly a community effort, under the direction of Russ Fite, a professor at the U. of South Carolina.

Some of the runners will be featured in August's Runner's World for a story on masters women.

Peterson, Kurtis Finish in Olympic Trials

by MARILYN J. MITCHELL

Dave Peterson, 40, of Bend, Ore., finished in 2:34:33 (5:54-per-mile pace, 80th place) in the USA Men's Olympic Marathon Trials, Feb. 17 in Charlotte, N.C.

Michigan's Doug Kurtis, 43, was the only other reported masters finisher, coming in 98th overall in 2:53:20.

Peterson, profiled in NMN (December '95) ran a personal record 2:17:12 in 1991. Kurtis, a five-time visitor to the Trials (1980, '84, '88, '92, and '96), and the oldest of the 187 qualifiers, has run a record 75 sub 2:20 marathons and has a career-best 2:13:34, posted in 1982.

A total of 90 of the 117 starters completed the course under bright sunshine with temperatures ranging from 27°F at the start to 38°F at the end, with 53% humidity and winds up to seven mph.

Steve Plasencia, 39, of Eugene, Ore., placed fourth in 2:14:29 and took home $20,000. John Barbour (41, Menlo Park, CA) and Ric Sayre (42, Ashland, OR) were the other two masters qualifiers.

Winner Bob Kaimpenen took home $100,000 for his 2:12:45 win, the richest-ever marathon purse. Both the men's and women's trials had $250,000 overall purses. The men's committee chose to divide the money 15-deep with a top prize of $100,000, while the women chose to go 20-deep with a first prize of $45,000.

FIVE YEARS AGO

MARCH, 1991

- Wilson Waigwa Wins Millrose Masters Mile in 4:13.05
- Wes Wessely (42, 16:19) and Stephanie Holt (40, 22:57) Win National 5K in Deland, Fla.
- Domingo Tibaduiza, 41, Runs 1:08:10 in Redding, Calif., Half-Marathon
- Doug Bell Captures Paramount 10K in 31:02

YOU HAVE TO MAKE THIS ONE!

6th Great Gainesville Track Meet

Saturday, April 27, 1996

This masters meet (also open to age 19 and above) is being held at the completely renovated Percy Beard Track, University of Florida*

The finest facility in the Southeast

Besides a beautiful facility, there will be a minimum of 15 USTAF officials and more than 25 courteous and fun volunteers.

For entry form and lodging information send your self addressed stamped envelope to:

Frank Abrams, GGTM Director
528 NW 28th Ave.
Gainesville, Florida 32609
Tel 352 372 7293 (home)

*Hammer throw at an adjacent facility

The Florida Athletic Club and The Florida Track Club
Compartment syndrome is perhaps best explained by comparison to a sausage being boiled to the point of swelling. Wasting. I have always strived to keep myself in top physical condition even though I couldn't run any great distance. The key lies in biking, water running, walking, weight training, and a little land running (4-5K of running). All I needed was to focus on these five areas plus determination, commitment and judicious juggling of my health problems. Simply put, this meant building a good aerobic base using these five disciplines.

Over a nine- to ten-day period for eight to ten weeks I did approximately nine hours a week of quality aerobic work, mostly in interval form (i.e., 2-5 minutes of 80%-+). This plus some speed bursts in the pool once every seven to nine days; i.e., 8-12 15-second bursts at 100% maximum heart rate (MHR). Most of the workouts during this period took less than 35 minutes, and were immediately followed by liquid intake plus food for quick recovery.

Diet is critical for top performance. Intake plus food for quick recovery. Diet is critical for top performance quality training efforts.

Over the next phase of about six weeks, the same pattern was applied but with increased intensity (two to three times a week), targeting the event speed or faster (i.e., anaerobic work to adapt the body to lactate tolerance, since 800-meter runners need to be able to tolerate lactate build-up).

In winter this meant quality interval sessions at simulated race pace and faster with correct water running techniques and rest periods. Most of the bike work consisted of controlled 15-degree hill repeats of one to two minutes off the seat at 85-90%+ MHR.

Event Specific Work
In the gym I did event specific work with a total body workout — mostly leg work with a full range of movement. Flexibility and mobility exercises are the keys. I used the walks to warm up for the land run and for recovery enhancement. I walked 20-30 minutes every day. The runs targeted event specific running with quality form repeats — not much of this, but always good form and quality on the rare occasions when my legs were...
Training Advice

Continued from page 16

okay — over 100, 200, 400 and 600. On most occasions, after 10 minutes total running, I had to stop and walk or ride the bike for a warm-down. I also did specific drills to develop lower leg power.

I exercised visualization (always focusing on success) in the water, on the bike, in the gym and when running. This is tremendously important next to the physical and nutrition work.

I chose my races carefully, always having a predetermined goal, knowing (a) that I would not be able to race or train on land until at least four days after the race when my legs had settled down, and (b) that I might not be able to race on a particular day. During this time I did water running (no land running), biking, walking, and gym work to maintain condition and form.

Following are some key points in this training regimen:

- Target the correct energy system.
- Check your pulse every morning to monitor training/recovery.
- Recover in order to train better.
- Take a day off when you need to. (I took a day off every five to nine days, but on this day walked/stretched and enjoyed the luxury.)
- Take an easier week about every third or fourth week.
- Keep off the bike seat when going uphill — don’t roll but keep on the toes for full-range movements.
- Do quality biking, water running, walking and gym work.
- Try to eliminate “garbage” workouts unless they represent planned recovery.

(Reprinted from the New Zealand Veteran Athlete)
I've recently had the pleasure of making a short visit to Durban, South Africa, site of the 1997 WAVA Championships to be held July 17-27. The occasion was the initial Stadia Committee inspection and consultation visit. These visits were started by Bill Taylor, the late WAVA Vice-President, Stadia and they have proved invaluable for the interests of both the Local Organizing Committee (LOC) and WAVA's competitive athletes.

Four members of the WAVA Stadia Committee attended: WAVA Vice-President, Stadia, Jim Blair; WAVA President, South Africa; Rex Harvey, United States; and Winston Thomas, Great Britain.

Our schedule was full with technical meetings, site and route inspections, meetings with the various committees and individuals who will be conducting the championships, and "get-acquainted" social gatherings. We spent two days in Johannesburg, five in Durban, and two in Pretoria. All of the following information is current planning. It may change and is, of course, subject to final approval by the WAVA Executive Council which will meet in Durban next month.

Travel: South Africa is seven hours ahead of New York. This didn't seem to be too bad as it took me only a few days in each direction to get my sleep adjusted. This, of course, varies per individual. I sleep fairly well on airplanes and some do not. I flew on a South African Airways flight that went direct and non-stop on a 14-hour flight from New York to Johannesburg, which is more or less in the middle of the WAVA Regional President for the Africa Region who lives in that area. We then traveled by air to Durban itself (about 1-1/4 hours) which is on the Indian Ocean coast of South Africa. The cost of this flight was quite reasonable as part of the overseas flight package. The rand is running about 3.5 to the dollar now and, in general, we found the costs at or below U.S. rates. We stayed at Holiday Inn Hotels and found them excellent.

Weather: Durban is sub-tropical (it's a sugar cane growing area), February is the hottest month of the year and there was an especially hot spell while we were there. The maximum temperatures were 95°F or so and it was humid. But, not to worry, our championships are to be held in July, the middle of the South African winter when the weather in Durban is at its best of the year. The average high and low are 72 and 51. The humidity in July is at its lowest of the year, the winds are relatively calm, it's sunny and rain is rare. I was told by many fellow travelers, not only there, but even before I left New York City, that Durban's wintertime weather is as ideal as any in the world.

It certainly simplifies the scheduling of the meet as even the longer races can be conducted through the day. Being winter, it does get dark about 5:30 in the afternoon, but both stadiums are lit very well. Stadium 1 has television quality 14 lux lighting and Stadium 2 is receiving additional new lighting, bringing it up to 12 lux.

Durban: Durban is a beautiful Indian Ocean coastal city with a large natural harbor, Africa's busiest. We saw as many as a dozen ships at a time waiting out at sea to get into the harbor which forms the southern border of the city. The downtown area is fairly flat but, as one goes inland, large hills rise with lovely residential neighborhoods, beautiful parks and botanical gardens. Extending north from the harbor inlet are about 3 miles of well developed beachfront. There are parks, pavilions, flea markets, restaurants, nightclubs, and a well marked (and well used) 10K course along the beachfront sidewalks and road (closed to traffic).

Right across the street from this beachfront area are the hotels. Many, many of them. Most are built such that every room has a beautiful panoramic view of the ocean. This is where most people will be staying, as dormitories will not be very available that time of year, and they cost nearly as much as the hotels anyway.

The beach and ocean are beautiful. More than 30 meter waves also tumble in continually. There are jetties out into the ocean on which to fish or stroll and the areas between these jetties are protected by shark nets. The beach is not too steep and the waves, while good enough to board or body surf, do not seem to pound you like some I've seen. Remember the 60s movie called "The Endless Summer" about surfers going around the world looking for the perfect wave? Well, they found it in Durban. I went into the water a couple of times early in the morning and found it very refreshing.

The entire downtown, hotel and beachfront area is well patrolled by foot, bicycle, and motorbike and is monitored entirely by a manned video camera security system. Concerning crime and security, certain precautions should be taken, but certainly no more than one would take in most big American cities. In fact, I would rather be there than in many of our own cities. There are places and times not to be out and about but, in general, daylight and evening anywhere in the beach/downtown area seemed fine. They have the same problems we do where economic disparity leads to criminal activity.

Party: A big beach party is planned for Wednesday evening before the day-off for the WAVA General Assembly. When I say beach party, I mean that it will be in one of the beach side parks near the hotels. So you can party in the water, in the sand, on the park grass, or on the pavement of the courtyard. It should be a lot of fun and very convenient to the housing areas. The opening ceremony is planned for Saturday evening at the Stadium and is planned to be relatively short and sweet, emphasizing the visiting athletes and
Williams, Gallagher Set World Indoor Marks

Making her 73rd international appearance for her country, 37-year-old Judy Oakes won the shot put with an 18.13, well inside the Olympic qualifying mark, in an indoor match against Russia on Jan. 27. The following weekend she won her 36th national title in a championships record 18.57. Clot Court, close to her 36th birthday, got pulled to an 8.38 in the 60mH.

At an earlier open meeting, Barrington Williams set a new M40-44 indoor long jump world record of 7.36. The old record was held by Stan Whitely, U.S., at 7.03. At the same meeting, Pat Gallagher, gold medalist in the 1500 and silver in the 800 at Buffalo, broke the W50-54 world record for the 3000, held by Joan Ottaway, U.S., at 10:44.0, with a 10:35.58. Gallagher’s mark came on the superb 200m track at the specially built arena which will be the venue for the first European and Open Indoor Championships next year.

Peter Gordon is now back on top of the M40 discus ranking list with a throw of 49.88 after his successful bat

Venus: The main venues are all in a compact area about a mile from the hotel area by the beach. There will be continuous bus service running the loop between the housing and competition area on about a 15-minute cycle, although the distance can be easily walked in 20-30 minutes. Most of the venues are in a single park (King’s Park) which contains a very large rugby stadium in addition to the two track stadiums and other cricket and rugby fields.

Stadium 1 is a combination track and soccer field. It is a pleasant surprise, as a rather ordinary looking exterior conceals a beautiful new track as good as any I’ve seen anywhere in the world. It has nine full-size lanes and 10 on the straightaway. This will allow us to run fewer preliminary rounds, although the preliminary decision has been made to advance only eight to all finals from 400 meters down and in all field events. The South African Olympic team was working out there when we visited, getting used to the heat and humidity for Atlanta.

The stadium has handsome, dual side-by-side, bi-directional long and triple jump runways outside the track directly in front of the main stands and a bi-directional pole vault runway outside the back stretch. Its throwing cages are inside the track at both ends of the back straight with several shot put areas also inside the track itself. There are three javelin runways, two at one end and one at the other end, all of which cross the track. Both ends of the track are filled and there is plenty of room for two or more high jumps at both ends.

Under the main stadium are plenty of rooms and covered open areas that will be used for registration, declaration, reporting, information, results, etc. There is a tunnel under the track from the reporting area into the infield which will reduce congestion. The Stadium is well equipped with locker, training, medical, press, computer and other specialized rooms. A large glassed-in VIP area at the top of the stadium will be used for an athletes’ restaurant and gathering area, all with a full view of the track activity. The stadium seats continue completely around the track so one can get very close to whatever event they wish. A special effort is being made by the Stadia Committee and the LOC to schedule as many running, throwing, and jumping finals as possible in Stadium 1.

Stadium 2 is only 200 meters from Stadium 1 and formerly was the city’s municipal golf course just a half-mile or so from the main stadium area. The course will be rolling hills along a river next to a bird sanctuary. As we toured the course, some monkeys came down to eat oranges from the Course Director.

The 5K and 10K on the track and the 5K track walks will be held primarily on the newly refinished track in Durban.

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Counts down to Durban

Continued from page 18

the local culture. The final Sunday, after the relays, a closing ceremony will also be held.

Distance Running and Walking: Jacques Serruys, WAVA Vice-President Non-Stadia and the WAVA Executive Council, has yet to approve these arrangements but the LOC showed us the tentative plans for the longer races. The cross-country races will be held the very first day of the championships to allow rest time for other races. They will be held on a municipal golf course just a half-mile or so from the main stadium area. The course will be rolling hills along a river next to a bird sanctuary. As we toured the course, some monkeys came down to eat oranges from the Course Director.

The 5K and 10K on the track and the 5K track walks will be held primarily on the newly refinished track in Durban.

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Countdown to Durban

Continued from page 18
William Shinnick

by JAN DUNHAM

In August 1991, 61-year-old William Shinnick received devastating news—he had Alzheimer disease. In the military for 39 years and accustomed to leading an active life, Shinnick and his wife Lorraine were obliged to reassess their lifestyle and consider what changes they might have to make.

As a young man, Shinnick had been an amateur boxer, played handball and lifted weights. Following retirement, he still played handball and lifted weights, and added running to his regimen.

Fighting the desire to isolate themselves from the world, they decided instead to do whatever they could to overcome any obstacles this disease might put in their way. Drawing strength from family, friends, and a local support group, and encouragement from the health care team at the Southern Illinois University Center for Alzheimer Disease and Related Disorders in Springfield, Ill, Shinnick entered a clinical drug trial in early 1992.

The Center’s research director, Dr. Robert Becker, encouraged Shinnick to take up competitive running, an activity enjoyed by Becker himself. At his second race, a 5K, Shinnick won first place in his age group for which he was awarded a trophy.

Subsequently, he received a 10K second place, first place in a 2-mile “fun run” and a second place medal for—a team run. Of particular note is that the team run was an open age race which pitted Shinnick against competitors in their 30s.

Proud of Shinnick’s success, particularly in view of his illness, both he and his wife are the first to encourage others with diseases—such as Alzheimer’s—to keep on doing what they enjoy for as long as possible.

An added benefit to their newfound enjoyment in the sport is the socializing after the race, which boosts the Shinnicks’ interest and keeps them involved.

“I see many people with Alzheimer disease,” said Dr. Becker. “The popular press emphasize the negative aspect of this ultimately devastating condition. Shinnick’s story is an illustration of a point I try to bring out to patients and families: Alzheimer disease does not mean that an affected person cannot live a happy fulfilling life today and for many tomorrows.”

Lorraine and Bill are hopeful that Metrifonate or some other drug will be able to help Bill improve his memory, or at least slow the progression of the disease. But, even if the drugs don’t help, Bill and Lorraine are determined to stay active for as long as possible.

Countdown to Durban

Continued from page 19

the adjacent Stadium 2 in groups of 24 maximum. Stadium 1’s nine and 10 lanes will be more efficiently used for events requiring preliminaries. The road walks will probably be held on a flat, smooth loop along the beachfront roads (closed to traffic).

Preliminary rounds will be held Sunday morning, the last day of the Championships, primarily because of the need to close public roads. It will be a very fast two-loop course starting outside Stadium 1, going along the entire length of the city beachfront, then looping through the city itself along a portion of the world famous Comrades ultra marathon course. However, unlike the Comrades course, this one has very minimal hills. The marathon finish is planned to be within the main stadium which should be exciting.

New Throw Areas: Several new throw areas will be built to handle all the competitors expected. One I anticipate to be especially popular with the throwers, will be built just off one end of Stadium 2 track and will feature a full IAAF cage adjacent to a shady area where they plan to place some seats. The area is ringed with trees and very pleasant. I understand there is very little wind at that time of year in Durban. In addition to this, two more throwing circles will be built on an existing cricket/rugby field just behind Stadium 2. Just outside of Stadium 1, two additional javelin runways will also be built consisting of synthetic surfacing over an asphalt base.

Technical Matters: The longtime WAVA goals of conducting one event in one day will be scheduled as much as possible except, of course, for those events with preliminary rounds. This will greatly reduce possible conflicts between events. Women before men and oldest to youngest will be followed whenever possible.

Throwing events will be conducted per IAAF rules. Preliminaries of three throws (which do not count in the competition) will be held with groups up to 16. The top 12 will then proceed to the finals where they will receive three more throws, and then the top eight will advance for three more throws.

The horizontal jumping events will be held in seeded flights (best jumpers in last flight) leading to a final on the same runway. The main stadium will be used much more than ever before to try to keep activity centralized.

We met with 14 of the top level track and field officials in Durban who were very keen about the championships. They have many hundreds of people on their mailing list but many fewer than that who are actually active in officiating. They would like to conduct the meet mostly with local help, but quickly realized that this will be nearly impossible as something like 600 direct officials and helpers will be required.

The officials will work in shifts to eliminate the long hours that they have seen in previous championships. The LOC is sending out invitations to all the other South African provinces, and all over the world asking for additional officials of all levels. They plan to provide at least lodging, meals, and local transportation for all officials. So if you want to build up your resume of international experience, please step forward.

Jim Blair had set up that we stay an extra two days in South Africa, in the Pretoria area, to observe and talk with the officials at a Provincial championships and it was time well spent. We found the officials, in general, efficient and knowledgeable. If they have a weakness, it is that they have not yet been exposed to the WAVA rules. Their national governing body does not include veteran rules in their publications and so they are not well known. However, they did hunger for WAVA Handbooks and I’m sure that problems will be addressed before the Championships.

Summary: Durban truly has the potential of being the finest WAVA World Championships yet. It is a beautiful place in an exotic land. Its facilities are excellent and I am not alone in very much looking forward to these Championships.
Masters Scene

EAST

- On a 15-degree January 7th, in a heavy snowfall, 913 runners showed up in Central Park to run the NYRRF Fred Lebow Classic 8K. Triumphant over the conditions and the entire women's field was Suzanne Reiner (4:34:08) Steven Schallenkamp (41, 28:30) aced the masters men (fifth overall).

- The NYRR Holiday 25K, Central Park, Dec. 17, drew some 800 runners. The men's 2002 masters were Jaime Palacios (40, 1:28:52) and Kathy Gibbon (42, 1:46:37). Arthur Bowen (70, 2:04:42) easily snapped his division. In the accompanying 4-mile run, 22:30 topped the masters men (7th overall). Gillian Horvitz (40, 23:50) took command on the women's side coming in second overall, and Janine Maltas (69, 39:04) won her division decisively.

- Running like the wind in the NYRR Northwind 10K, Central Park, Jan. 21, were masters winners Luis Tipton (41, 33:09) and Gillian Horvitz (40, 39:45). A nice 50:53 was turned in by Helmlma Wilson in winning the W40 division, not to mention John McManus' 46:32 which won the M70 division.

- Super Stars at the NYRR Super Bowl Sunday 5K, Central Park, Jan. 26, were Paul Mascali (43, 16:06) and Sylvia Kimche (49, 20:49). Age-group stars included Samuel Skinger (65, 17:49), Patty of Delaware (25, 23:12), and Muriel Mele (70, 27:24).

- The Dartmouth Relays results in this issue show the title race for Phil Raschker, 48, who re- hearsed on Friday night but stayed over to vault with the open vaults on Saturday. She cleared 3.211/0.6 1/2 an aged-graded 95.9%, to qualify for the indoor National Open Championships in her hometown of Atlanta, March 1-2.

- The stay-over resulted in her being stuck at Dartmouth until Tuesday because of night flights, cellphones caused by the snowstorm that blan- keted the East Coast. Outstanding perfor mance not mentioned in last month's coverage of the meet included an A-G 96.9% 7.82 in the 55m by Ross Mitchell, 67, and an A-G 86.9% SP of 12.54/50-0 by death director Carl Walill, 54, On Jan. 20, at a vault clinic in Reno, Raschker sprained her left (take-off) foot badly but is mending well and hopes to make both the Open and Masters Championships.

- In the December Masters Scene, p. 26, Mary Rosado, W45, should have been credited with the W40+ first (20:02), not Wendy Silber, W40, in the NYRRC outdoor 5K, Oct. 14.

- Leo Rivera, an active RW competitor and instructor in the NYC area, succumbed on Jan. 13 to injuries suffered when he was struck by an automobile several months ago, which left him in a coma since that time. In lieu of flowers, memo­ rial donations can be sent to The Leo Rivera Scholarship Fund, c/o Lintz Rivera, 75 Gilcrest Rd., Valley Cottage, NY 10989.

- Rose Malloy, 47, Annapolis, MD, bested the female field in the Delaware Marathon, Middletown, Dec. 10, for an overall win in 3:08:56. Dennis Packard, M40, took the men's masters title in 2:41:57.

- The MAC banquet, held on Feb. 3 at the Chemical Bank executive dining room in Manhattan, featured a superb cocktail hour and a delicious dinner, according to the host, Andre Tocco, M50-59 winner (3:47:47), Kilauea Volcano Marathon, Hilo, Hawaii.

Photo by Tesh Teshima

NORTHWEST

- Free, informal runs continue on the second and fourth Saturdays of each month at 9 a.m. in Eugene, OR. Call Eric Zemper, 541-485-4360.

- Ed Kousky, Eugene, OR, has been selected to carry the Olympic torch in Eugene on May 5 and as part of the Olympic flame's nationwide jour­ney to Atlanta. Kousky was an M50-54 silver medalist in the 20K racewalk in the World Championships in Buffalo last year.

- The Guide is a top reference for race directors seeking contact information and bio sketches about top distance runners; elite athletes seeking timely info about events; sponsors seeking event information; and members of the media. The Guide contains over 1,100 athlete phone contacts and addresses. It's available for $59.50 at RMRG, 4904 Glen Cove Pkwy., Bethesda MD 20816. Or call 301-320-6685.

- Track athletes ages 14-19, of all skill levels, are invited to join a track team traveling to Holland this summer. For info call 1-800-TEENAGE.

- On Sunday, April 14, the Learning Channel will present a new mini-series, Peak Performance, that examines the physical and mental aspects of sports that athletes undergo in striving to be the best. The show features world-class athletes in six sports, including hur­dler Allen Johnson. The show airs 8:00- 11:00 p.m. (ET) and again from 11 p.m. to 2 a.m. (ET).

- Two movies about the life of Steve Prefontaine are in the works. 21 years after his death at age 24. "Pre" is the tentative title of both versions, one from Hollywood Pictures, one from Warner Bros. Two-time Olympic marathoner Kenny Moore has completed the screenplay for Warner. Both studios hope to have the film in theaters by July.

- Reaf Johnson, 1960 Olympic decathlon champion; Payton Jordan, 1998 Olympic track and field coach and masters world sprint record holder; and Stephen Miller, renowned UC-Berkeley archaeologist and authority on ancient athletics, will lead a 12-day land and cruise jour­ney to Greece from May 22 to June 4. The tour, designed by Prof. Miller to celebrate the 100th anniversary of the modern Olympic Games (1896-1996), culminates on the ancient track at Nemea, where passengers can participate with amateur runners of all ages from around the world in the revival of the Nemean Games, one of the forerunners of today's Olympic Games. "This is a great opportunity for travelers and sports fans of all ages to see where the Olympic Games began," said Jordan. The tour price, from $2995 to $5550 per person, double occupancy, is virtually all-inclusive. For info, call Peter Volland, 800-795-5700 or 415-812-7355.

- Road Race Management, Inc., publisher of Road Race Management, a monthly newsletter for race directors and officials, announced the availability of the 1996 Guide to Prize Money Races and Elite Athletes. The Guide is a top reference for race directors seeking contact information and bio sketches about top distance runners; elite athletes seeking timely info about events; sponsors seeking event information; and members of the media. The Guide contains over 1,100 athlete phone contacts and addresses. It's available for $59.50 at RMRG, 4904 Glen Cove Pkwy, Bethesda MD 20816. Or call 301-320-6685.

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## Schedule

**March 9.** USATF National Masters Indoor Pentathlon Championships, Greensboro N.C. SASE to Scott Thorsney, 18 Colgate Dr., Camp Hill, PA 17011-7624. Meet director, Ron Foster.

**March 29-31.** USATF National Masters Indoor Championships, Greensboro, N.C. Ron Foster, meet director.

**March 15-18.** 29th annual USATF National Masters Championships, Spokane, Wash. Spokane Sports Unlimited, West 3410 Fort George Wright Dr., MS 3070, Spokane, WA 99204. 509-533-3644; fax 509-533-4128.

**April 3.** USATF National Masters Weight & Superweight Championships, Seattle, SASE to Ken Weinbel, Seattle, WA 98116. SASE to Ken Weinbel, Seattle, WA 98116. 206-932-3923; fax 206-932-3971.

**September 14.** USATF National Masters Weight Pentathlon Championships, Bozeman, Mont. Bob Sager, meet director.

### EAST


**March 9.** Philadelphia Masters Indoor Games, Haverford College. Karl Castor, 44 N. Penn St., Hatboro, PA 19040. 215-441-8854. (before 9 pm).

**March 10.** Greater Rochester TC Meet. U. of Rochester Fieldhouse, N.Y. 1 p.m. Rick Guido, 6 Timber Lane, Fairport, NY 14450. Meet hotline: 716-872-6652.

**March 17.** Ithaca Regional Masters Indoor Championships, Brandeis U., Waltham, Mass., (near Boston). Steve Gorski, Box 8521, Greensboro, NC 27419; or Jeff Molnar, Track Office, Kent, OH 44240.

**March 5-6.** (tentative.) Weekend In Valhalla Throws Carnival. USATF-Sanctioned Training Camp, Gibsonville, N.C. Invited guests: Janis Lusis, Brian Oldfield, Yuri Sydheik, Peter Farmer, PO Box 8321, Greensboro, NC 27419; or Jeff Gorski, 1130 Hwy 54 W., Chapel Hill, NC 27516.

**April 1.** Naples-On-The-Gulf Masters Meet, Naples HS, Naples, Florida. 5 p.m. George Linn, PO Box 9723, Naples, FL 34102.

**April 5-6.** (tentative.) Weekend In Valhalla Throws Carnival. USATF-Sanctioned Training Camp, Gibsonville, N.C. Invited guests: Janis Lusis, Brian Oldfield, Yuri Sydheik, Peter Farmer, PO Box 8321, Greensboro, NC 27419; or Jeff Gorski, 1130 Hwy 54 W., Chapel Hill, NC 27516.

**April 16.** Naples-On-The-Gulf Masters Meet, Naples HS, Naples, Florida. 5 p.m. George Linn, PO Box 9723, Naples, FL 34102.

**April 22-23.** South Florida Invitational Relays. Coral Gables, FL 33143. Meet hotline: 305-204-732-793.


### SOUTH


**April 5-6.** Tentative. Weekend In Valhalla Throws Carnival. USATF-Sanctioned Training Camp, Gibsonville, N.C. Invited guests: Janis Lusis, Brian Oldfield, Yuri Sydheik, Peter Farmer, PO Box 8321, Greensboro, NC 27419; or Jeff Gorski, 1130 Hwy 54 W., Chapel Hill, NC 27516.

**April 6.** Naples On-The-Gulf Masters Meet, Naples HS, Naples, Florida. 5 p.m. George Linn, PO Box 9723, Naples, FL 34102.

**July 13.** Masters Meet, Libertyville, Ill. $100 in cash prizes. SASE to Craig Dean, 719 Stonegate Ct., Libertyville, IL 60048.

### SOUTH-EAST

**SOUTHEAST**

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


  **April 5-6.** (tentative.) Weekend In Valhalla Throws Carnival. USATF-Sanctioned Training Camp, Gibsonville, N.C. Invited guests: Janis Lusis, Brian Oldfield, Yuri Sydheik, Peter Farmer, PO Box 8321, Greensboro, NC 27419; or Jeff Gorski, 1130 Hwy 54 W., Chapel Hill, NC 27516.

### SOUTH-WEST

**SOUTHWEST**

- **Arkansas, Louisiana, Mississippi, Oklahoma, Texas**

  **March 17-23.** San Antonio Senior Games, Texas. 50+.

  **April 13-24.** Dallas Senior Games, Texas. 50+.

### MID-AMERICA

**MID-AMERICA**

- **Colorado, Iowa, Kansas, Minnesota, Missouri, Nebraska, South Dakota**

  **March 27.** Denver TC Meet & Two Mile Runs, All City Stadium, 6 p.m. George Linn, PO Box 9723, Denver, CO 80209.

### ON TAP FOR MARCH

**TRACK AND FIELD**

This month’s main event—the USATF National Masters Indoor Championships, Greensboro, N.C., from the evening of the 29th through the 31st—is preceded by the Masters Indoor Pentathlon Championships at the same venue and on the same weekend. Masters Regional Championships take place in the Midwest at Glenview, Ill., on the 3rd, and the East at Brandeis U., Waltham, Mass., on the 17th. Greensboro indoor meets are also available in Virginia on the 2nd; Ohio, the 3rd; Pennsylvania, the 9th; Illinois, the 18th; and Michigan, the 23rd. The Ontario Masters Indoor Championships are set for the 9th in Toronto.

### RACEWALKING

The Indoor 3000 Championships are scheduled for Sunday morning the 23rd in Greensboro.

### WEST

**Arizona, California, Hawaii, Nevada**

**March 16.** KELField Throws Meet, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202.

**April 7.** Cougars Invitational, L.A. Southwest College, Marv Thompson, 3911 Verdugo Rd., Suite #2, Los Angeles, CA 90065-3724. 213-257-1285; fax 259-0265.


**April 28.** Crown Valley Senior Games (50+), Occidental College, Los Angeles. Christel Miller or Cynthia Vaughan, 818-397-4062.

June 1-2. USAF Alaska Decathlon/Heptathlon State Championships, Bartlett HS. Team Alaska TC, 907-338-1667.


June 29-30. Hayward Masters Classic, Eugene, Ore. SASE to Becky Sisley, 310 E. 48th Ave., Eugene, OR 97405. 541-342-3113(h); 461-3338(w). Entry forms available this month.


August 3-4. USAF Alaska All-Comers Championships, Mulchaly Track. 9 am. Team Alaska TC Hotline: 907-338-1667.


August 8. USAF Pacific Association Masters Championships, Los Gatos HS, Calif. HT/TT/TTW at KELfield, 408-458-0202. SC at West Valley College. Los Gatos AA, Monica Townsend, 138 Johnstone, Los Gatos, CA 95032. 408-395-9486.

June 30. Trojan Masters Meet, USC. Russ Reabold, 1125 N. Simson, La Puente, CA 91744, 818-917-6289.


July 20. USAF West Regional Masters Championships, Cerritos College, near Los Angeles. Marvin Thompson or Doug Wells, 213-380-5409.


August 3. USAF West Regional Masters Weight Pentathlon Championships, KELfield, Santa Cruz, Calif. Gary Kelmsen, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202.

October 5. Club West Masters Meet, Santa Barbara City College. Beverley Lewis or Gordon McClenathan. 408-805-9603.

October 27. Sri Chinmoy Masters Games, Long Beach, Calif. 40+. Bigalita Egger, 310-645-0271.

NORTHWEST

Alaska

Advertising Information & Rates

National Masters News 33 E. Minor Street Emmaus, PA 18098 FAX: 610-967-7793

Susan Hartman, Advertising Mgr 610-967-8316

Karen Jennings, Advertising Rep 610-967-8358

Closing is the 10th of the month prior to the cover date.


May 25. USAF Pacific Association Weight Pentathlon Championships, KELfield, Santa Cruz, Calif. Gary Kelmsen, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202.


June 8. USAF Pacific Association Masters Championships, Los Gatos HS, Calif. HT/TT/TTW at KELfield, 408-458-0202. SC at West Valley College. Los Gatos AA, Monica Townsend, 138 Johnstone, Los Gatos, CA 95032. 408-395-9486.

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October 5. Club West Masters Meet, Santa Barbara City College. Beverley Lewis or Gordon McClenathan. 408-805-9603.

October 27. Sri Chinmoy Masters Games, Long Beach, Calif. 40+. Bigalita Egger, 310-645-0271.
March 23, Azalea Trail Run 10K, Mobile. SASE to Azalea Trail Run, PO Box 6427, Mobile, AL 36600.
March 30, Cooper River Bridge 10K, Charleston, S.C. Masters money 5 deep m/kw, $1500 for 1st, $900 for 2nd, $900 for 3rd, $500 for 4th, $250 for 5th. Registration Center, 45 Bridge Dr., Charleston, SC 29401. Hotlines: 803-792-0345; 792-2533.
July 4, Peachtree 10K, Atlanta. SASE to Peachtree '96, Atlanta TC, 307 E. Shadowlawn Ave., Atlanta, GA 30305 before March 1.

MIDWEST
Illinois, Indiana, Kentucky, Michigan, Ohio, Wisconsin, West Virginia.
April 21, Glass City Marathon, Toledo. Pat Wagner, 130 Yale Dr., Toledo, OH 43614. 419-385-1072.
April 27, Kentucky Derby Festival Half-Marathon, Louisville. Metro Parks TC, PO Box 36482, Louisville, KY 40233. 1-800-928-FEST.
May 5, Revco-Cleveland Marathon/10K. Linda Beveridge, PO Box 550, Twinsburg, OH 44087.
May 11, Arts Fest River Run 12K, Evansville, Ind. Chuck Whoreby, 1409 Creative Ct., Evansville, IN 47715. 812-424-7230; 812-424-6671 (w).

MID-AMERICA
Colorado, Iowa, Kansas, Minnesota, Missouri, Nebraska, South Dakota.
April 6, YMCA Midwest Masters Classic, Omaha. 8K/2 Mile MW &W35+; Stan Shirk, 5019 Parker St., Omaha, NE 68104. 402-554-6645.
April 20, Longest Day Marathon/Relay! 10K/5K, Brookings, S.D. S. Drak, Dak. Dr. C. Roberts Jr., 1345 1st St., Brookings, SD 57006. 605-692-2334; fax 697-5396.
April 27, Rite of Spring 10K/2K, Minneapolis, SASE to 10K Entry, PO Box 19009, Minneapolis, MN 55419-0002. 612-922-3439.
April 27, Kansas City Ekiden (Masters). KCRC, 7201 W. 129th, #300, Overland Park, KS 66213. 913/685-2200(d); 681-8171(e).

SOUTHWEST
Arkansas, Louisiana, Mississippi, Oklahoma, Texas.
March 10, Lakeside Hospital 5K, Metairie, LA. New Orleans TC, PO Box 52003, New Orleans, LA 70122-5003. 1-504-882-6682; 483-1835.
March 24, Capitol 10K. SASE to Capitol 10K, PO Box 2936, Austin, TX 78768-2936. 512-425-9359.
March 13, KNOE 96 K, Monroe, LA. SASE to Monroe TC, PO Box 9067, Monroe, LA 71211. David Price, 318-3888.

WEST
Arizona, California, Hawaii, Nevada.
March 24, Mercy Marathon, 10K, San Jose. Mercy Marathon 10K, 750 Riddler Park Dr., San Jose, CA 95190. 408-929-5755.

RACEWALKING
March 17, 8th Annual St. Patrick’s Day 5K Racewalk, Central Park, NYC. (masters divisions in 10-year age-groups.) Park Racewalkers, USA, 320 East 83rd St., Box 18, New York, NY 10028. 212-628-1317. Stella Cashman.
March 17, Florida 5k Racewalk Championships, Orlando. Central Florida Walkers, 407-876-4467.
March 24, Eastern Regional 20K RW Championships, Damascus, MD. SASE to T&P National Schedule.
April 1 - October 1. 5K Racewalk Team Challenge. Each club stages own event on a track or a certified course. Minimum 10 club members, regardless of age, sex, or ability. Scoring from WAVA Age-Guided Tables. No entry fees. FAC, 3250 Lakeview Blvd., Delray Beach, FL 33445, Bob Fine, 407-499-3370; fax 407-495-5054.
April 14, MAC 14K Racewalk Championships, Central Park, NYC. (masters divisions in 10-year age-groups.) Park Racewalkers, USA, 320 East 83rd St., Box 18, New York, NY 10028. 212-628-1317. Stella Cashman.
March 19, WAVA North America 10K/20K Regional/State 10K Championships, La. Grange, GA. Helen Rice, La Grange Sports Authority, PO Box 2162, La Grange, GA 30240. 706-812-9000.
May 19, USATF Masters Men’s 10K RW Championships, Niagara Falls, N.Y. Dave Lawrence, 94 Harding Ave., Kenmore, NY 14217. 716-875-6341(h), 716-694-9250(f).
May 26, Olympic Trials Qualifier/MAC 20K Racewalking Championships, Central Park, NYC. (masters divisions in 10-year age-groups.) Park Racewalkers, USA, 320 East 83rd St., Box 18, New York, NY 10028. 212-628-1317. Stella Cashman.
August 15-18, USATF Masters Outdoor RW Championships, 5000 track (m/w), 20K road (m), 10K road (w), Spokane, Wash. See T&P National Schedule.
September 14, USATF Nationals 5K Road RW Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37661. 423-236-3464(w), 615-349-6406(h).
RECIPIENTS OF CERTIFICATES/PATCHES AS ALL-AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE

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

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

**NAME:**

**AGE-GROUP:**

**ADDRESS:**

**SEX:** M F

**CITY:** STATE ZIP

**MEET:** DATE OF MEET

**MEET SITE:**

**EVENT:**

**HURDLE HEIGHT:**

**WEIGHT OF IMPLEMENT:**

**DISCRIPTION:**

1. If you have equalled or bettered the standard of excellence, please fill out this application, complete it, and submit with a SASE.

2. A copy of your results or a note stating in which issue your results appeared MUST accompany this application.

3. Please send $10 for a certificate, $10 for a patch, and $10 for a patch tagging event and year. The cost for both a certificate and patch ordered at the same time is $15.

4. Send to: All-American, National Masters News, P.O. Box 500908, Eugene OR 97405

5. A 3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 4" by 6" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.
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### 18th ST Amateur Championships

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#### Women’s 300m

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### MAC Reebok Indoor Championships

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#### Women’s 400m

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### Greater Rochester TC Indoor Meet

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### National Masters News

**3000m**
- Frank Motion 8:30
- Bob Johnson 8:35
- John Smith 8:40

**5000m**
- Tom Adams 13:00
- Tom Johnson 13:15

**10,000m**
- Tom Adams 23:30
- Bob Johnson 24:00

**6000m**
- John Smith 20:10
- Bob Johnson 20:25

**15,000m**
- Tom Adams 45:15
- Bob Johnson 45:30

**50k**
- Tom Adams 3:30
- Bob Johnson 3:35

**100k**
- Tom Adams 6:00
- Bob Johnson 6:15

**3000m Walk**
- John Smith 13:15
- Bob Johnson 13:30

**5000m Walk**
- Tom Adams 25:10
- Bob Johnson 25:25

**10,000m Walk**
- Tom Adams 50:10
- Bob Johnson 50:25

**50k Walk**
- Tom Adams 3:30
- Bob Johnson 3:35

**100k Walk**
- Tom Adams 6:00
- Bob Johnson 6:15

### MAC Trophy

#### Manhattan College, NYC, Jan. 27

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<tr>
<td>Steve Adams</td>
<td>14:30</td>
</tr>
<tr>
<td>Dave Johnson</td>
<td>14:40</td>
</tr>
<tr>
<td>Tim Taylor</td>
<td>14:50</td>
</tr>
</tbody>
</table>

### Midwest Masters Meet

**4000m Relay**
- Team A 8:40
- Team B 8:45

**Philadelpha Masters 3141, Jan. 31**

**10,000m**
- Bob Johnson 30:00
- Tom Adams 30:15

**20,000m**
- Bob Johnson 60:00
- Tom Adams 60:15

**50k**
- Bob Johnson 1:30
- Tom Adams 1:35

**100k**
- Bob Johnson 2:30
- Tom Adams 2:35

**3000m Walk**
- John Smith 13:15
- Bob Johnson 13:30

**5000m Walk**
- Tom Adams 25:10
- Bob Johnson 25:25

**10,000m Walk**
- Tom Adams 50:10
- Bob Johnson 50:25

**50k Walk**
- Tom Adams 3:30
- Bob Johnson 3:35

**100k Walk**
- Tom Adams 6:00
- Bob Johnson 6:15

### Chemical Bank Millrose Games

#### Madison Square Garden, Feb. 2

**4000m Relay**
- Team A 8:40
- Team B 8:45

**Philadelpha Masters 3141, Jan. 31**

**10,000m**
- Bob Johnson 30:00
- Tom Adams 30:15

**20,000m**
- Bob Johnson 60:00
- Tom Adams 60:15

**50k**
- Bob Johnson 1:30
- Tom Adams 1:35

**100k**
- Bob Johnson 2:30
- Tom Adams 2:35

**3000m Walk**
- John Smith 13:15
- Bob Johnson 13:30

**5000m Walk**
- Tom Adams 25:10
- Bob Johnson 25:25

**10,000m Walk**
- Tom Adams 50:10
- Bob Johnson 50:25

**50k Walk**
- Tom Adams 3:30
- Bob Johnson 3:35

**100k Walk**
- Tom Adams 6:00
- Bob Johnson 6:15

### Eastern States 4000m Relay

**4000m Relay**
- Team A 8:40
- Team B 8:45

**Philadelpha Masters 3141, Jan. 31**

**10,000m**
- Bob Johnson 30:00
- Tom Adams 30:15

**20,000m**
- Bob Johnson 60:00
- Tom Adams 60:15

**50k**
- Bob Johnson 1:30
- Tom Adams 1:35

**100k**
- Bob Johnson 2:30
- Tom Adams 2:35

**3000m Walk**
- John Smith 13:15
- Bob Johnson 13:30

**5000m Walk**
- Tom Adams 25:10
- Bob Johnson 25:25

**10,000m Walk**
- Tom Adams 50:10
- Bob Johnson 50:25

**50k Walk**
- Tom Adams 3:30
- Bob Johnson 3:35

**100k Walk**
- Tom Adams 6:00
- Bob Johnson 6:15

### Western Masters Meet

**4000m Relay**
- Team A 8:40
- Team B 8:45

**Philadelpha Masters 3141, Jan. 31**

**10,000m**
- Bob Johnson 30:00
- Tom Adams 30:15

**20,000m**
- Bob Johnson 60:00
- Tom Adams 60:15

**50k**
- Bob Johnson 1:30
- Tom Adams 1:35

**100k**
- Bob Johnson 2:30
- Tom Adams 2:35

**3000m Walk**
- John Smith 13:15
- Bob Johnson 13:30

**5000m Walk**
- Tom Adams 25:10
- Bob Johnson 25:25

**10,000m Walk**
- Tom Adams 50:10
- Bob Johnson 50:25

**50k Walk**
- Tom Adams 3:30
- Bob Johnson 3:35

**100k Walk**
- Tom Adams 6:00
- Bob Johnson 6:15

### International Masters Meet

**4000m Relay**
- Team A 8:40
- Team B 8:45

**Philadelpha Masters 3141, Jan. 31**

**10,000m**
- Bob Johnson 30:00
- Tom Adams 30:15

**20,000m**
- Bob Johnson 60:00
- Tom Adams 60:15

**50k**
- Bob Johnson 1:30
- Tom Adams 1:35

**100k**
- Bob Johnson 2:30
- Tom Adams 2:35

**3000m Walk**
- John Smith 13:15
- Bob Johnson 13:30

**5000m Walk**
- Tom Adams 25:10
- Bob Johnson 25:25

**10,000m Walk**
- Tom Adams 50:10
- Bob Johnson 50:25

**50k Walk**
- Tom Adams 3:30
- Bob Johnson 3:35

**100k Walk**
- Tom Adams 6:00
- Bob Johnson 6:15

### Continued on next page
Masters

John Vuille 36
John Vuille 41
Mike Sisson 42
Cathy Tilberts 42
W6 Ruth Baxter 55

San Diego, CA; Dec. 16

New Years Resolution
Santa Barbara, CA; Dec. 30

New Orleans Mardi Gras Marathon
New Orleans; Jan. 20

Wendy Blount
Nickolas Hernandez
Larry Fritts
Gary Johnson
Mike Sisson
Nancy McDonald
Mike Redl
Patricia Devine
Richard Cahn
 raping
Steve Brown
Rafael March 42
Jill Black"
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- Bill Rodgers

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- Advanced Fitness Discount based on certified race time.
  Male, Age 40, With Marathon Advanced Fitness Discount
  $250,000 coverage = $75.98 per quarter
- Simple application process via telephone interview in the privacy of your home or office.
- Runner'sEdge™ is available only to runners who can provide certified completion of a 10K or longer event. For more information, call (800) 246-0331 or look for our web site at http://www.iquest.net/runnersedge.

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