Scott, Wysocki Win National One-Mile Road Championships

by JANNA WALKUP
Running legends Steve Scott and Ruth Wysocki sprinted to decisive wins in the USA Track & Field's National Masters Mile Championships during the Steve Scott Festival of Races held in Santee, Calif., on Feb. 1.

Hometown hero Scott, 41, led from wire-to-wire to defend successfully his national championship. Scott breezed through the course in 4:13, setting a course record for masters runners and crossing the finish line some 15 seconds ahead of runner-up Nolan Shaheed, 48, of Pasadena, Calif. Scott’s victory pocketed him $700 in prize money. Shaheed (4:28) took home $350. Jeangalan Ruleau, 40, Elk Grove Villa, Ill., grabbed third place (4:30) and $150.

In the women’s masters race, Wysocki, 40, of Sun City, Calif., made the win look easy. Her course record of 4:41 was well ahead of the 5:17 finish of runner-up Kimberlee Campo, 42, the defending champion from San Diego. Marcella Teran, 42, El Cajon, Calif., finished right behind Campo in 5:18. Wysocki, Campo, and Teran, were awarded $700, $350, and $150 respectively, for their efforts.

Sprinters Hot at Dartmouth in New England Blizzard

by JERRY WOJCIEK
Undaunted by one of the worst New England ice storms in decades, a strong contingent of sprinters heated up the confines of Leverone Field House at Dartmouth College, Hanover, N.H., in the 29th Dartmouth Relays on Jan. 9.

800 Expected at National Masters USATF Indoor Championships

More than 800 athletes from throughout the nation are expected to compete in the 1998 USATF National Masters Indoor Championships, March 27-29, in Boston. The annual event will be held at the Reggie Lewis Track and Athletic Center, site of the 1997 championships, where 33 world and 18 U.S. records were broken.

There are no qualifying standards for the Championships, except to be at least age 30. National championship medals will be awarded to the first three places in each event for each five-year age group for both men and women from age 30-34 to 95+. March 8 is the deadline for the early entry fee and a guarantee that confirmation of your entry and final instructions will be mailed to you. No entries, additions, or changes will be accepted after March 20. The entry form was published in the December, January, and February issues of NMN. For more information, call USATF-New England at 617-566-7600.

A 1998 USATF membership will be required for all U.S. resident entrants. Membership may be obtained through your local association, or at the meet for $15.

An athletes’ meeting will be held during the National Championships, Continued on page 5
Destination: Maine

All of Maine is divided into five parts by the Maine Office of Tourism: York County, the Portland area, Midcoast Maine, Downeast Maine, and the Inland Region. The University of Maine in Orono, site of the 1998 USATF National Masters Championships, July 30-Aug. 2, is located in the Inland Region but on the very edge of the Downeast Maine section, the most visited of the five.

This section of Maine, which begins with the popular sailing waters of Penobscot Bay and stretches all the way to Eastport – the most easterly point on the Eastern seaboard – still retains the feeling of “old Maine,” with its sparse, small towns and rusting fishing fleets. This area also holds some of Maine’s most popular spots – namely, the summer resorts of Deer Isle, Bar Harbor, and Southwest Harbor, as well as Acadia National Park, a 30,000-acre jewel of hiking trails, blueberry fields, mountains, and sea.

Dick Richards, 63, Encinitas, Calif., M60 triple gold medalist, 1997 USATF Masters Championships, San Jose, Calif. The 1998 Championships are being held in Orono, Me., July 30-Aug. 2.

Mountain peaks, remote lakes, sandy beaches, and granite cliffs can all be found at Acadia. It offers 125 miles of foot trails, ranging from lowland paths to rugged mountain routes. Connecting trails give ambitious hikers the opportunity to scale several mountain peaks in one trip. The park service also maintains 44 miles of carriage roads, which are open to hikers, bicyclists, and horse-drawn carriages. Camping is available in the park at two national campgrounds.

Orono is a few miles east of Interstate 95 between Bangor and Milford. Acadia is 47 miles southeast of Bangor.

Northeast of Acadia on U.S. Highway 1, Eastport sits on Cobscook Bay, remote, beautiful, and homeland to Maine’s Passamaquoddy tribe whose reservation is open for visitation at various times. Across the border from it is Roosevelt Campobello International Park in Canada.

The entry form for the USATF National Masters T&F Championships will be published in the April issue. Use their telephone, fax, or e-mail numbers listed in the schedule under National Masters Mile

Continued from page 1
San Diego, first W50 (6:01); Ursula Rains, 56, Chula Vista, Calif., first W55 (6:40) and Nessie Holliday, 66, Indio, Calif., first W65 (7:15).

Breaking the five-minute mark on the men’s side along with Scott, Shaheed, and Ruleau were Charlie Gray, 43, Lee’s Summit, Mo., third M40 (4:34) Tim Anderson, 43, Madison, Wisc., fourth M40 (4:41) and Phil Campo, 50, Chula Vista, Calif., first M50 (4:57). The race also featured octogenarians Vincent Malizia, 83, Northridge, Calif., and Walt Kuetzing, 85, La Jolla, Calif., who conquered the course with respective times of 8:08 and 8:47. According to race organizers, participation in the five-year-old festival almost doubled this year with more than 2000 walkers and runners competing in the various events.

The Southeastern U.S. Masters, Inc. Proudly Presents Our 28th Annual Masters Track and Field Meet

May 8, 9 & 10, 1998

RALEIGH, NORTH CAROLINA

A Throws Clinic with Coach Jeff Gorski
Friday, May 8, 1998

at NORTH CAROLINA STATE UNIVERSITY
(State of the Art – 400 Meter Martin 2000 Track)

RALEIGH, NORTH CAROLINA

The officials and sponsors of the Southeastern masters, invite all athletes 20 years of age and over to participate in one of the premier Masters Meets in the world. Headquarters will be the Brownstone Hotel. There will be three days of competition featuring men’s and women’s pentathlons, a weight pentathlon, 1K & 20K walks, team relays and all regular track and field events at the NCSU Campus. The “Throwing” clinic will be held on Friday at 8:45 am on the NCSU Track. In case of inclement weather the clinic will move indoors to the Brownstone Hotel at 7 pm.

OPERATED BY:
Southeastern United States Masters, Inc. Box 790, Raleigh, N.C. 27602. Contact Ray Fulghum or Dale Smith (919) 811-6404 Monday-Friday 9:00 am-5:00 pm; Eastern Time.

AGE DIVISIONS:
Based upon age on the first day of competition, all events will have a 20 to 29 age group and 5 year age groups for 30 and older (INDIVIDUAL ATHLETES).

ENTRY FEE:
$11.00 includes first event in track, field or road event, and final results booklet. $6.00 for each additional event. Relays entries are $11.00 per team. Entry on campuses by entry. P enciles in U.S. dollars; check drawn on a U.S. bank or by International Money Order mailed to Southeastern Masters, NO REFUNDS AFTER MAY 2, 1998.

SANCTION & REGISTRATION:
This event is sanctioned and certified by USATF and is part of USATF registration in required for all events except pentathlons (in the Pentathlon, foreign athletes, and active athletes). All other participants must have USATF cards which will be available at the meet for $12 in U.S. dollars, and $5 if for an individual masters.

AWARDS:
Distinguished, large medals to first 3 places and ribbons for the next 3 places in each event for each age division. Several special individual awards will be made.

LATE ENTRIES:
Additional $1.50 late fee required for each event if postmarked after April 24; or received after April 27, 1998. Events may be dropped at any time to not exceed the late entry fees or changes to track and field events will be announced after 3 p.m. EST, Tuesday, May 5, 1998. Entries in Saturday’s Team Relays and on Sunday’s 20K walk close one half hour before race time.

RUNNING SURFACE:
None line 400 meter track for track and events, and asphalt for 20K race walk.

PACKET PICKUP:
All participants must pick up their packets prior to reporting to the first event.
FRIDAY 11:00 am to 2:00 pm at the University Gymnasium, Orono, ME 04469.
SATURDAY 5:15 to 8:00 pm at track

EVENTS FOR WOMEN: All events are open to women 20 and over. Some events may compete as the same time as men, but awards will be given in competition with women in the same age group.

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

(Photo Copy If Needed)

Name Last
First

Age

Res. City

State

Zip Code

Contest Date

Event No.

Event Title

Meet Date

Event Title

Meet Date

Event Title

Name Last
First
Age
Contest Date

Event No.

Event Title

Meet Date

Event Title

Meet Date

Event Title

Number of dinner tickets: $17.00 each conclude payment with Total

Number of T-shirts: $9.00

Total Amount Enclosed

Mail check or M.O. for U.S. dollars payable to: Southeastern Masters, Inc.

Where did you hear about our meet?
Where did you get your entry form?
I have two comments in regard to the January 1998 issue of NMN.

New Age-Groupers: I don't know how other persons use the age changing divisions, but I scan the list for either: "Oh no! I can't compete against that person" or "Aha! I won't have to throw against this person anymore."

Masters T&F New Rule: Changing the 60m javelins by moving the center of gravity forward by three centimeters probably came about because some throwers do not properly hold the spears in the palm of their hand.

This rule will result in a loss of distance. You'll be lucky to get the training javelin past your feet before landing point first. After all, the rules do not state the javelin has to end point first. After all, the rules do not state, "judging at straight leg will actually be done after ground contact, then why did he change the old rule?"

Legs that are straight between contact and verticality are always straight at verticality, so why not judge at the vertical straightening only, a much simpler task?

If Ms. Ward and Mr. Daniel, two self-appointed experts, are confused about the judging of racewalking, there isn't much hope for the rest of us.

Nick Scarfo
Richmond, Virginia

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continued on page 13

Fourteen 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:

John Burton
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Tulsa, Oklahoma
Waverly, Ohio
Norwich, Vermont
Davison, Michigan
Burnsville, Minnesota

CHARLIE KLUTTZ
Philip Rowan, 42, masters first (54-11), Virginia
10 Miler, Lynchburg, Sept. 27
landy@aol.com. We hope to compile a listing that will enable masters to take a step forward and greatly improve our ability to communicate among participants of all levels.

Anyone without a computer can go to the public library and open an e-mail address at no charge with one of the many e-mail companies. It's free, just ask the librarian.

Courtland Gray
Dallas, Texas

NMN WEB SITE
Great to see the NMN Web site! It looks very professional. Good luck
Top Athletes to Compete
by ED DANIELS

Athletes of note who have entered the 1998 National Indoor Championships in Boston, as of Feb. 10, are Joe Keshmiri, M60 shot put; 1997 USAF Masters Male Athlete of the Year Bill Collins, M45 60m and 200; Boo Morcom, M75 pole vault and shot put; Steve Robbins, M55 60m, 200, and 400; Emil Muller, M60 Canadian weight throw record holder; Tom McDermott, M80 shot put, weight, and super-weight; Alfred Guidet, M80 60m, 200, and 60mH; and Louise Clark, W40 60m, 200, and 400.

Leon Coleman, 1968 Olympian, fourth in the 110mH, currently an assistant track coach at U. of Massachusetts-Boston, is a strong possibility in the M50 60m.

Two individual event sponsors are New Balance for the men's and women's mile, and Walking Magazine for the men's and women's racewalks.

Boston television station WCVB-TV Channel 5, which produces a half-hour magazine program called "Chronicles," is interested in doing some coverage of the meet. I will be in touch with the show's producer in the next two weeks.

The Games Committee members are Ken Weinbel, Madeline Bost, Rex Harvey, Suzy Hess, and Scott Thorsley.

Boston Preview
Continued from page 1

Athletes who would like to bring up items for discussion, should have them placed on the agenda by contacting Suzy Hess, Masters T&F Secretary, before March 25.

First-time visitors to Boston headed for the Championships will find the city a rich mix of history, intellectual and artistic traditions, Old World ethnic neighborhoods, cutting-edge technology, and business centers. The Fidelity family of mutual funds makes its home there, as does a fund probably more familiar to older masters – the AARP Investment Program from Scudder – and other funds.

Logan International Airport is just three miles from downtown Boston, but rush hour traffic can turn an ordinarily short drive into nearly an hour. The water shuttle (reached by Bus 66) or the subway (reached by Buses 22 and 33) are good options for beating the traffic.

Athletes requiring taxis can find them outside the baggage claim at each terminal. The fare to downtown will be between $10 and $15.

The MBTA Subway (the T) is a good alternative, especially during rush hour. Free shuttle buses (Nos. 22 and 33) will take you to the Airport T stop. From there, you can take an inbound subway train to either Government Center or State Street for transfers. Subway fare is 85 cents. The shuttle bus operates daily from 5:30 a.m. – 1:00 a.m., every 8-12 minutes. Phone 800-23-LOGAN for more information.

The meet headquarters hotel Back Bay Hilton, the Howard Johnson Kenmore, and the Howard Johnson Fenway, offer shuttles to the track. For commercial shuttles, City Transportation stops at most major downtown hotels for $7.50 – phone 617-561-9000. Back Bay Coach posts the same rates for a similar service – phone 617-698-6188.

Bay Hilton, the Howard Johnson Kenmore, and the Howard Johnson Fenway, offer shuttles to the track. For commercial shuttles, City Transportation stops at most major downtown hotels for $7.50 – phone 617-561-9000. Back Bay Coach posts the same rates for a similar service – phone 617-698-6188.

For sports, cultural events, and the weather in Boston on the 27th-29th, check the Internet at Keyword: Boston. More information for the traveler to Boston can be found at http://www.cnfn.com and other Web sites.

Gregory Font, M35, waiting for the start of the triple jump, Eugene Indoor Meet, Eugene, Ore., Feb. 8.

Pre Knew No Limits

Steve Prefontaine was in the tunnel under the Olympic stadium in Munich in 1972 when he saw Kenny Moore walking his way after finishing the marathon. Pre, who had run the 5000 final while Moore was out on the roads, asked his friend how he had done. When Moore, looking a little dejected, told him he finished fourth, Pre tried to console him. "That's fourth in the world, fourth out of billions of people. You should be proud. That's spectacular," Moore recalls Prefontaine saying. Then Moore asked Pre how he had done. "F—in' fourth, the worst possible place you can finish," was the reply Moore remembers.

"He was clearly devastated," Moore adds, "but he had the emotional resilience to be a good friend. That's a scene we weren't able to show in the movie." Moore was referring to the Warner Bros. movie Without Limits, scheduled for release on April 17. Moore, a senior writer for Sports Illustrated, wrote the script for the film, which was produced by Tom Cruise and directed by Robert Towne. Another movie about Prefontaine was released by Disney last year.

Who was this guy, Steve Prefontaine? What was so special about him that two movies have been made about his life? Sure, he broke many American records, but he never won an Olympic medal, never set a world record. Moreover, he had a reputation of being arrogant, brash, and outspoken—not characteristics that are especially admired by most people. He died at the age of 24, when he flipped his small sports car on his way home from a party. His blood alcohol level was above the legal limit.

Redeeming Features

Certainly, he must have had some redeeming qualities to rate two movies.

"What you saw was a powerful, emotional command," Moore offers.

Sundling-Hunt Winner of 50 Mile Championships

Katrine Sundling-Hunt, Portland, Ore., was the first woman 40-and-over in the USAFT National Masters 50 Mile Championships, Huntsville, Texas. In the February article on the event, the first masters woman was identified as Janice Anderson, 41; her correct age is 31. Sundling-Hunt ran a 7:19:10 to win the women's masters race by 15 minutes. 

PHOTO FROM KENNY MOORE COLLECTION
Steve Prefontaine on his way to victory over Frank Shorter in a 5000 meter race the day before his death in 1975.

Stage actor and a newcomer to Broadway, who had had minor parts in a few other movies. "Technically, he was a better runner than Pre, because Pre stuck his butt out a little," Moore says. "He told us he was a slowpoke, but he was sandbagging us as he left me standing the first time we put him on the track. We knew then that he could run 150 yards over and over again, which is what it took."

The Final Lap

At Prefontaine's memorial service, Frank Shorter, Coach Bill Bowerman, and Moore spoke for 12 minutes and 36 seconds, which Moore explains was the time that Pre had set as his goal in the three-mile run, a standard track distance before the transition to meters. They then observed a moment of silence before standing and applauding for Pre, as if he were on his victory lap. When they filmed that scene, Moore and director Towne had a little surprise for the spectators. They hadCrudup, in Pre makeup, run from under the stands and take that victory lap.

"Many of those people knew Pre or had seen him run," says Moore, shaking his head and smiling at the recollection. "They were just absolutely staggered when Billy ran out there."

What is Prefontaine's legacy? "It's a rather mocking one," offers running writer Joe Henderson. "He's standing off in the distant past, his reputation saying, 'Match me if you can. No American has done that, and maybe that's why we remember Prefontaine so well. He represented not only a brief life and unfulfilled promise, but also the end of a brief era (early 1960s to mid '70s) when the U.S. could run with the best in track races of a mile or more."
It was bound to happen sooner or later. I guess all masters runners with kids face the possibility. Only I thought it would come later rather than sooner.

My 14-year-old son, Matthew, beat me in a road race.

Both of my sons, Mike and Matt, are athletic, more so than I was, and I played two sports in college. It was a bit of a shock, but not totally unexpected, when Mike started throwing the ball back to me harder than I did to him when we played catch in the street. And with their steady progression on the driveway basketball court, it wasn’t too hard to predict the day when they could both whip me in one-on-one.

But Mike, although quite fast in the sprints, had never shown any real interest in road racing. He ran cross-country in junior high, but only because that was the only sport our school district offered in the fall. In high school, he went for the “ball” sports. In fact, I remember him running only one 5K with me.

Matt, three and a half years younger, took more of a liking to the roads. He, too, ran junior high cross-country, the school district still claiming poverty. But we had done the Great Pizza Challenge, a 5K in Flint, Mich., together for three straight years. It was our race, and he always managed to talk me out of my free post-race pizza.

Faster Than Expected

On the other hand, I’ve been running for over 20 years, starting mostly to get rid of the 30 or so pounds I had mysteriously found since my days at Amherst College. I ran my first road race in 1986 and few years later began to take my modest times a bit more seriously.

I was pleased when, a couple of years ago, at age 46, I finally broke 18 minutes for a 5K. I even set a couple of PRs after turning 47, but this year saw fewer races with some inconsistent times, due in part to a growing spare tire around the midsection.

Last spring, just before Memorial Day, Matt brought up the Pizza Challenge, coming up in August. In passing, I asked him if he’d like to run a couple of other road races I had circled on my race calendar. I had in mind a particular 8K to be run the first week in June. He said he’d think about it, which in teen speak usually means, “Thanks but no thanks.” I dismissed it, but Matt brought it up a few days later, saying he and his friend Ryan wanted to run.

Matt and Ryan had been running track at school, so they had some training under their belts when they joined me for the Run for Your Life 8K in Novi, Mich. I had given Matt the obligatory fatherly advice—“Drink water at each stop.” “Don’t start out too quickly,” etc. —before we toed the starting line.

Faster Than Expected

I finished the race, grabbed a quick drink, and headed back out on the course to run in with Matt. I was surprised to find him only a few hundred yards from the finish, much fresher than I. His time was a full four or five minutes faster than I predicted. He took home a third-place age-group trophy, behind a college runner who the year before ran in the Kinney High School Cross-Country Championships and was a local high school track hotshot.

On the ride home, Matt starting asking about the Crim, the nationally known 10-mile run in Flint in August. I just figured he wanted to run the accompanying 5K or 8K, but he wanted the big one.

Surprised but skeptical, I told him he’d need to do some serious training, with one or two runs of seven or eight miles. He stuck with his training, including a couple of ten-milers, and kept badgering me about sending in our entry forms.

Getting Close

Along the way, Matt and I ran a few other races in June and July. After a particularly nasty 10K, with lots of hills and hot, humid weather, I figured he’d have second thoughts about the Crim. Instead, he finished just a couple of minutes behind me, in much better shape, and calmly announced to Mom that he was going to beat me at the Pizza Challenge.

When Karen told me about Matt’s plans, I smiled and told her that if he could stay with me until the last quarter mile or so, he could outkick me. But I was pretty sure he couldn’t stay with me.

The Pizza Challenge arrived while we were entertaining guests, my aunt and uncle from New York. They were eager to accompany us to Flint, as was Grandpa, who attends as many of his grandchildren’s events as he can. Of course, Mom wanted to see this, too.

At the start, I bolted out only to find Matt on my right shoulder at the half-mile mark in about three minutes. No way he can maintain this pace, I thought to myself. We chatted a bit and he matched a couple of surges I tried. At about two miles I said, “Let’s try to pass a few people.” I passed a couple of other runners and so did Matt.

But at about two and a half miles, I opened a bit of a gap on him, maybe 15 or so yards. I thought I had him. He made a good effort, I thought, but I just had too many training miles on him. I was proud of him.

See Ya Later

We weren’t done racing yet, though. With about a quarter mile to go, with the finish line in sight, Matt blew by me and there was nothing I could do about it. He beat me by four seconds and I was even prouder. We went home with a nifty second place age-group winner’s mug firmly in Matt’s position.

I suppose the anthropologists and sociologists would term this some sort of rite of passage. Earlier civilizations might have marked this something of becoming a man. I don’t know about that, but it sure was a moment I will never forget.

A footnote: Matt ran the Crim 10 Mile with me. He finished much faster and fresher than I had expected. As a surprise Christmas present, Mom gave us matching framed photographs of each of us crossing the finish line. Matt’s other Grandpa saw them and asked, “Why does Matt look like he’s just starting and you look like, well . . . ?”

After the race, when I asked him what was his favorite part of the famous Crim course, he replied in typical teen-age fashion, “The finish.”

Ron Marinucci is a masters long distance runner and school teacher in the Detroit area.
Injury Patterns Studied

As we move into the new year, I thought it would be interesting to review some of the more common athletic injuries seen in the veteran runner. We have often been told that, as we age, we are more prone to injury. Well, as it turns out, there are probably more similarities in injury patterns between those over 40 and those under 40. Unfortunately, injuries are quite common in runners, but very few of these are disabling and most runners can eventually return to their desired mileage and training programs.

All the statistical information in this article is taken from an on-going study of 4000 runners seen for athletic injuries. The minimum requirements for inclusion in this study are a clinical running injury and basic mileage of three miles daily with a frequency of three days a week. We now have over 8000 runners in our clinical study and hope to publish results in the near future.

Those of us who have been running for many years can take satisfaction in noting that, to date, no study has shown that regular exercise aggravates cardiovascular disease or causes major musculoskeletal injury.

It is also interesting to note, in this study, that there are gender-related issues among runners—a point to be dealt with in a future issue.

Analysis of athletes under 40 years of age revealed five major injuries. The most common were plantar fascitis (15.9%), shin splint syndrome (9.2%), “runner’s knee” (6.8%), fracture (6.5%) and Achilles tendinitis (6.2%). When we compared this to runners between the ages of 40-72, the most common injury among the veteran runners was, again, plantar fascitis. However, we did find a higher number of Achilles tendinitis pathologies in the older runner as well as higher incidence of lower back problems.

It is encouraging to note that there are many more similarities than difference between younger and older runners.

The study showed there to be fewer older female runners than male runners. Because the age groups are somewhat confounded by disproportional gender, the differences in diagnostic categories could be due to gender, not age.

As expected, we found that younger runners ran more miles per week relative to older runners. Younger runners also reported a greater tendency to use combined interval/distance training while older runners reported slightly more distance training.

I find it most interesting to note there are more similarities than differences between younger and older runners. The reliable differences found were quite small. It appears that variables other than age are the major determinants of injury.

(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 of Achilles question, write to Dr. John Pagliano, The Foot Beat, P.O. Box 50098, Eugene, OR 97405.)

Milo Lightfoot

Milo Lightfoot, 83, passed away Jan. 25 in his hometown of Warsaw, Ind. A graduate of Indiana University School of Law, Lightfoot, an attorney, business owner, and former judge, is also remembered as an active participant in masters track & field.

At one time, he held several records, and was competing as recently as last summer. At the WAVA Championships in Durban, he was a silver medalist in the M80 pole vault, and won the pole vault and high jump in the Nationals in San Jose.

The Foot Beat

by JOHN W. PAGLIANO
D.P.M.

Ruth Rothfarb

Ruth Rothfarb, who began running at age 69, died in early January in Cambridge, Mass. Rothfarb, who ran her first marathon while in her 70s and at one time held nearly two dozen age-group world records, was 96.

Observer Race Weekend Draws 7000

by JANE DODS

Over 7000 runners and walkers toed the line for the Charlotte Observer Marathon and accompanying events in Charlotte, N.C., Jan. 10, on a sunny, 40-degree morning.

In the marathon, Lon Milliron, 40, Shelby, Ohio, captured the masters men’s title in 2:36:14. Runner-up was Robert Slack, 41, in 2:42:01. Gary Julin, M50 winner, finished among the top masters with a 2:56:52.


In the NationsBank 10K, Tom Mathier, 40, Mt. Pleasant, S.C., in 32:45; and Dian Ford, 42, Piedmont, S.C., in 38:02, took the masters victories. Age-group winners included Tom Dooley, M50, 35:49; Charles Ross, M60, 38:30 and Susie Kluttz, W60, 45:12.

Race officials announced that Observer Race Weekend will move from January, where it has been a fixture on the national racing scene since 1991, to April between the Cooper River Bridge Run and the Boston Marathon.
Masters Coaching Update

On this page is a list of masters coaching groups throughout the USA. Sites and individuals listed offer a variety of different programs. Some are free, others require a membership or training fee. Some are informal gatherings in a support group without a professional coach. Often, an individual offers to serve as a leader without professing any coaching qualifications. Some coaches are very experienced, with Olympic-level athletes to their credit.

Most programs focus on specific or selected events/distances, which is noted on the chart. Interested athletes should contact the named individuals at the listed phone numbers.

<table>
<thead>
<tr>
<th>Name/Organization</th>
<th>Location/Site</th>
<th>Events</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Progressive Training Team</td>
<td>U. of South Florida, Tallahassee, FL</td>
<td>LD</td>
<td>C-Doe Vaknin 813-871-7627</td>
</tr>
<tr>
<td>AVCA/NJ Runners &amp; Friends</td>
<td>Bernards HS-Mon-Thurs, 5:30 p.m. Hunterdon Central HS; Sat &amp; Sun, 9 a.m. Flemington, NJ</td>
<td>S</td>
<td>L-Joe Hahn 908-563-7383</td>
</tr>
<tr>
<td>Terry Jessup</td>
<td>Dallas, TX</td>
<td>MD, LD</td>
<td>C-214-524-5318</td>
</tr>
<tr>
<td>Bob Wallace</td>
<td>Dallas, TX</td>
<td>MD, LD</td>
<td>C-214-361-6493</td>
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<tr>
<td>Robert Vaughn</td>
<td>Dallas, TX</td>
<td>MD, LD</td>
<td>C-214-820-7800</td>
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<tr>
<td>Kyle Hefner</td>
<td>McKinney, TX</td>
<td>MD, LD</td>
<td>C-972-562-2776</td>
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<tr>
<td>Leo Davis</td>
<td>West LA College, Culver City, CA</td>
<td>S, H</td>
<td>C-Leo 909-395-9764</td>
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<tr>
<td>Ross Dunton, CCS</td>
<td>Placentia, CA</td>
<td>S, F, MD</td>
<td>C-Ross 714-542-9966; <a href="mailto:Coachfit@pacbell.net">Coachfit@pacbell.net</a></td>
</tr>
<tr>
<td>Fred Husted, Riverside TC</td>
<td>Riverside, CA</td>
<td>S, PV, F</td>
<td>C-Fred 909-369-7071</td>
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<tr>
<td>LAVAC/CS/Smithers</td>
<td>UCL A - Sun 8:30 a.m.</td>
<td>S, H, MD</td>
<td>C-George 818-784-6969 or Jackson Steffes</td>
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<tr>
<td>Mac McCormick</td>
<td>UC Irvine, CA</td>
<td>S, H, F, MD</td>
<td>C-George 818-784-6969 or Jackson Steffes</td>
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<tr>
<td>George Mehale</td>
<td>CSU-Long Beach, CA</td>
<td>S, MD</td>
<td>C-George 310-498-8405</td>
</tr>
<tr>
<td>Dave Rodda</td>
<td>CSU-Long Beach, CA</td>
<td>S, F, MD</td>
<td>C-Dave 310-866-9771 (203) work</td>
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<td>C-Laslo, 818-556-1563 (work)</td>
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<td>Wilbur “Moose” Thompson</td>
<td>Long Beach, CA</td>
<td>TH</td>
<td>C-Moose 310-596-0300</td>
</tr>
<tr>
<td>Elaine Ward</td>
<td>Pasadena, CA</td>
<td>RW</td>
<td>C-818-577-2264</td>
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<tr>
<td>Stan Whiteley</td>
<td>Mt. SAC, Walnut, CA</td>
<td>S</td>
<td>C-909-945-9000 (home)</td>
</tr>
<tr>
<td>Janet Wilson</td>
<td>Orange County, CA</td>
<td>TH</td>
<td>C-310-598-9063</td>
</tr>
<tr>
<td>Pat Connelly</td>
<td>Birmingham H.S.-Tuscaloosa, AL</td>
<td>MD, LD</td>
<td>C-818-994-0682 (home)</td>
</tr>
<tr>
<td>Hawaii Masters TC</td>
<td>U of Hawaii-Manoa Saturday - 9 a.m.-11 a.m.</td>
<td>S, TH, F</td>
<td>C</td>
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<tr>
<td>Ft. Steilacoom RC</td>
<td>Tacoma, Wash, Thu 5:30 p.m. Steilacoom HS (April through Oct.)</td>
<td>LD, MD</td>
<td>C-RonDickerson 253-582-8188</td>
</tr>
<tr>
<td>Club West</td>
<td>Santa Barbara CC, Santa Barbara, CA</td>
<td>MD</td>
<td>C-Drew Cutsitich 805-687-7683</td>
</tr>
<tr>
<td>St. Louis Masters</td>
<td>Parkway South HS</td>
<td>S, MD, LD</td>
<td>C-L-Gordon Rember 314-230-9120</td>
</tr>
<tr>
<td>J. “Moose” Miller</td>
<td>Southington, CT</td>
<td>TH</td>
<td>C-860-621-3128</td>
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<tr>
<td>Powerline Sports</td>
<td>YMCA-Central El Paso, TX</td>
<td>MD</td>
<td>C-David McGeorge 915-353-9341</td>
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<tr>
<td>John Tansley</td>
<td>Canyon Del Oro H.S. Tucson, AZ</td>
<td>TH, J</td>
<td>C-520-825-2595</td>
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<tr>
<td>So. Cal Track Club</td>
<td>Mission Viejo, CA</td>
<td>S, MD, TH, F</td>
<td>C-Mark Cleary 714-889-0242</td>
</tr>
<tr>
<td>Tom Craig</td>
<td>Oakdale, CA</td>
<td>MD</td>
<td>C-510-633-1161</td>
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<tr>
<td>Personal Best Program</td>
<td>MD</td>
<td>C-303-250-9277; Dixon Hemphill; Dr. Ron Kulick; Dr. Neil Kaulphin</td>
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<tr>
<td>Eugene RC</td>
<td>Multiple Sites - Eugene, OR</td>
<td>MD, LD</td>
<td>C-Clyde G. T. Bellamy 541-343-4841</td>
</tr>
</tbody>
</table>

CoCoaches: L=Led by experienced athlete or volunteer of informal group; S=Spontaneous (100-400); MD=Mid distance (800-5K); LD=Long distance (5K-marathon); TH=throws; J=javelin; F=field events.

NNM would like readers from throughout the USA to let us know what masters training/coaching is available in your area. If you know of a group that’s training together, informally or formally, send the info to NNN, P.O. Box 50098, Eugene OR 97405.
Dave Romansky - Never Lose the Dream

(Recently, the Journal asked questions of Dave Romansky and Jane Dana. Though their backgrounds are very different, their answers revealed an approach to training and competition that clearly explained why they were voted the Outstanding Male and Female Masters Racewalkers for 1997. The following is a portion of Dave's interview. It tells of character, discipline and integrity — qualities that are often referred to as belonging to the "old school.""

On Ron Laird

I am a competitor. I like to race. If I win, great. If I lose, I congratulate the guy who beat me. That is the way Ron Laird and I both felt when we competed. It's the way of trying to destroy his competition psychologically. He would warm up where no one could see him. Then, about 40 seconds before the race, he would pop onto the track and blow everybody's mind. I knew what he was doing. That night he came in as usual and told me, "It won't work this time Ron. I'm on to you!" I then proceeded to beat him.

On Jessie Owens

I met Jessie Owens in 1968. I went to a meet and introduced myself. The next time I saw Jessie, I was warming up for a race and he came over to me and asked, "Dave, how are you doing?" It just blew my mind that he would remember me. I talked to him and he asked if my wife was with me. I told him she was sitting up with the kids. He said, "Do you mind if I sit with them?" He sat with them the whole meet.

When I got home I asked my wife what they talked about. She said, "Mostly about you." She told me that he was impressed by the fact that I was a world class coach and a world class athlete who had a full-time job and had a family to take care of.

At the time, I was not only competing as a racewalker, I was also coaching running. I coached Beth Bonner who was the first woman to get under 3 hours in a marathon. She won the New York Marathon in 1971. Jessie's recognition of what I was accomplishing was one of the greatest honors I could receive.

When I look back at my scrapbooks and read what I accomplished, I wonder how I did it all. My week day consisted of getting up at six in the morning to train, going to work, coaching kids for two hours in the late afternoon, and then training for 2 to 3 hours at night. Sometimes, I would come in from training, take a shower, go back out, give a speech to raise money for the track program and get home again at 10 o'clock at night.

On Waddle

Waddle didn't compete in the qualifying nationals at Madison Square Garden. Fisher did and was the second place finisher. The Americans wanted to win so badly that they brought in Waddle to take the place of Fisher. I talked to Ron Laird and we went out and started a boycott. We talked to the sprinters, to the high jumpers, to everybody. At first, a lot of them felt they weren't affected and said, "No, it doesn't concern me." I said, "Yes it does. If they switch protocol in this event, they can do it to you next time."

We got the boycott going and they had to bow down to us. The boycott brought the team closer together. When I competed against the Russians, Vladimir Golubnichiy and Nikolai

Masters Racewalking
by ELAINE WARD

Marlene Coe, of California, second W35 (29:41.34), 5000 racewalk, in the 1997 National Masters Championships, San Jose. The 1998 Championships are scheduled for July 30-Aug. 2 in Orlando, Fla.
Sprinting 102: Speed Drills

In Sprinting 101, I offered readers of this column information on the proper technique necessary for sprint success. My source was Coach Sam Bell, head track & field coach at Indiana University. Here are several drills used by Coach Bell to improve both speed and technique:

Arm Movement Drills: Begin by standing still. Start swinging your arms in a running movement, slowly at first, then gradually increasing the tempo. This shows you the value of correct arm action, since moving the arms will cause you to want to move your legs to maintain rhythm.

High Knee Work: Start to run, picking up speed gradually from a standing start to approximately half speed over 15 meters. At that point, lift your knees so the upper thigh is at least parallel to the ground, higher if possible. As the knee lifts, the lower leg remains in its normal recovery position. Land on the ball of the feet. Avoid the stiff leg motions seen in drum majors. The foot should be dropped slightly, but in front of the knee. The upper body remains completely erect, no back lean. (Lifting should come from the lifter muscles, not from a counter-balancing action of backward lean.) Continue for 50 meters, then float to a stop within the next 15 meters.

Leg Reach Drills: Lift the knees the same as in the previous drill. Then snap the lower leg out in front emphasizing leg reach. As in the previous drill, land on the ball of the foot.

Fast Leg Drills: Keep your knees up and feet dropped as in the high knee drill. However, the speed should be 7/8 effort. Leg action should be as quick as possible.

Quick Lift and Reach Drills: Utilize the high knee and leg reach action as rapidly as can be accomplished correctly. In this drill caution must be used to not diminish the quality of each effort. It is necessary to improve the speed of the drills so that their action can be translated into a useful commodity in race or top-speed running situations.

Relaxation Drills: Run tall, jaw loose, shoulders relaxed, arms forward and back, knees up where they belong, normal leg reach. Run at about 7/8 effort after a 15-meter build-up. Maintain speed for 50 meters, then float for 15.

Runners frequently fail to do these drills correctly at first. Concentrate on form, particularly as you begin to fatigue. When tired, runners often find that their knees go out and they cannot lift them fully. These drills not only teach correct technique, but they are great conditioners as well.

U.S. Standards of Excellence Revised

by LEN OLSON

At the end of 1997, review and modification of the existing U.S. Masters Standards of Excellence were completed. In early spring, 1997, Ken Weinbel asked me to take over the job of revising these standards, previously handled by George Woods, who for health reasons, could no longer continue.

Initially, I added missing standards as well as modifications to the men’s and women’s weight pentathlons, weight, and superweight events. Later in the year, I started the job of revising, where required, all the track & field event standards. The overall goal was to provide a fair but challenging set of standards for every event at five-year intervals starting at age 30 up through 89.

The current revisions (see page 26) were primarily based on all the rankings for 1995 and 1996, as the 1997 rankings were not available. Basically, a statistical approach was utilized for the events which encompassed 20 or more competitive results, involving averages for top 20 and top 10 to establish a fair standard. The events with fewer than 20 involved more interpolation and judgment to arrive at a proper standard.

Some standards remain the same, like those done last spring, because of the same data base, while many standards were changed only slightly, and a few had significant changes. Overall, these revisions resulted in a slight relaxation of the existing standards, which is more fair for almost everyone, but still challenging.
Mozart, Motivation and the Marathon

The silvery strains of the bass clarinet filled the air at the United Church of Hyde Park on the South Side of Chicago. Is there any work of music more lyrical than the Mozart Concerto in D Major? Particularly its haunting adagio second movement, especially when played by as gifted a player as Larry Combs, principal clarinetist with the Chicago Symphony Orchestra. At the Hyde Park concert, Combs was playing not with the CSO, but rather was backed by the music of the Baroque Orchestra, Thomas Wikman conductor.

What does Mozart have to do with running? First, I had stopped at the player. Second, Larry Combs' wife Gail Williams (horn player for the daughter of a colleague with the music of the Baroque Orchestra, Thomas Wikman conductor) was raised in the Running Association's annual awards years passed before that day arrived. Then she learned that the daughter of a colleague with the CSO had leukemia, which inspired her to join the Leukemia Society of America's Team in Training (which raises money to cure that disease) and run Chicago last fall.

Gail enjoyed the race so much, she plans to run a half-marathon in Berlin while playing a concert there next spring and maybe run Chicago again in the fall. Larry walks, bikes and supports his wife. He watched the marathon from several points along the course, then met Gail after she finished. "Larry was more emotional at the finish line than I was," she recalls. "I was jumping up and down with joy, but he was crying.

But what does Mozart have to do with running? Music at the end of the twentieth century was all about simplicity. The musical instruments common in today's symphony orchestras were still being invented. Even the clarinet was relatively new during the time of Mozart. The horn did not yet have valves to control the sound. Themes were repeated again and again for audiences who did not yet own CD players. Theme and variation was a familiar symphonic form. As in the baroque or the classical period.

The violinist's trick is to make what seems to stretch forever, think Brahms, or Bruckner.

Mozart Marathon

Wolfgang Amadeus Mozart died young, at age 35. I often have rued the loss of music he might have produced had he lived a few more decades, and wondered which direction that music might have taken. What sort of music might Mozart have produced had he been living in America at the end of the millennium? Would he have played in a rock band and written musicals like Rent?

Then again, Mozart might have been motivated like so many others of us to run a marathon.

(Hal Higdon is a Senior Writer for Runner's World and also a Chicago Symphony Orchestra season ticket holder. For more of his writing, visit his web site at www.halthigdon.com.)

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Write On

Continued from page 4

and thanks for all you do for track & field. I maintain an age/record site for outdoor rankings for 1996. 4 pages. $1.50.

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Masters 5-Year Age-Group Records

Same as above, except indoor rankings for 1996. 4 pages. $1.50.

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Masters 5-Year Age-Group Records

Same as above, except indoor rankings for 1996. 4 pages. $1.50.


Men's and women's official world and U.S. outdoor track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1996. 56 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. $4.00.

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  33:07) in Phoenix Runner's
  Den 10K

• Steve Ferraz (40, 31:33)
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  37:30) Capture “World
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The Weight Room
by JERRY WOJCIK

Don't Judge a Book by Its Cover (or Its Size)

A t the awards presentation at the 1995 National Weight Pentathlon Championships in Grass Valley, Calif., I was asked by Dick Hotchkiss, the meet director, to read an explanation of the Phil Partridge Outstanding Performance Awards, which were being instituted at that meet. Always on the alert to garner a few laughs by poking fun at myself, I prefaced my reading by saying, “Dick has asked me to do this because I’m one of the few throwers around who can read well.” This was met with a couple of boos. I then proceeded to read “Dick Hotchkiss” as “Dick Hotkiss” and “Phil Partridge” as “Phil Pheasant.”

Afterwards, I was sorry that I hadn’t played it straight. First, because my timing was off. My usual lack of patience did me in again. The athletes were milling about, eating and talking. And my opening line was poorly worded and potentially offensive. Some heard the first but not the second; others caught the second part but not the first. I should have waited until I had their attention, and even then, this might have been too subtle, too cute for any crowd.

But, primarily, I felt bad because I think the boos were a response to my hitting a nerve — a sense among throwers that they are perceived by non-throwers as hulking Neanderthals throwing rocks and sticks, while runners and jumpers are seen as sleeker descendants from an advanced evolutionary branch, engaging in physical pursuits indicative of Homo sapiens’ cerebral development having surpassed the muscular.

A Matter of Degrees

I don’t know much about the backgrounds of younger throwers, but of the ones in my age range of 60-69, and ten years above and below, there are doctors, professors, engineers, attorneys, successful businessmen and women, teachers, sales representatives for major companies, educational administrators, high-ranking government employees, civil servants, and coaches. I know of at least one college librarian, an environmentalist, a financial advisor, a licensed psychologist, and an airline pilot.

Based on the high level of creativity in our tales of distances reached in workouts, our ranks probably include some inventive types like artists, poets, and writers.

Surveys show that masters athletes are better educated than the general populace in the U.S., and I venture to say that throwers may rank at the top of the educational category in those surveys. Many of them come with at least one diploma from a university. Institutions such as Yale, Dartmouth, Michigan, Illinois, U. of Southern California, and Cal Tech are well-represented among masters throwers.

You don’t have to go off to college to learn how to run fast or long, but you’ll have to go to Comatose State or Cal State Nowhere to learn how to throw the hammer and javelin because those events are not available in the high school track & field programs in many states.

Just the Facts, Ma’am (or Man)

I hesitate to use names for fear of omitting some and spotlighting others who may not want the attention, but to show that I’m not just talking about myself, surveys. Many of them come with at least one diploma from a university. Institutions such as Yale, Dartmouth, Michigan, Illinois, U. of Southern California, and Cal Tech are well-represented among masters throwers.

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Marty Martinez, of California, fourth M35 (44-24), 1997 National Masters Championships, San Jose. This year’s championships will be held in Orono, Me., July 30-Aug. 2.

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Suzi Hess
Year-Round Calendar for WAVA

The month of January passed with some important WAVA activities, and I think of our first Regional Championships for 1998, in Oceania, and the Stadia Committee meeting in Gateshead with discussions by the organizers of the next WAVA Stadia Championships in 1999. Our next big event will be the Road Race Championships in Kobe, which means that now we have WAVA activities all year round.

Seminar Postponed
Unfortunately, the IAAF's planned seminar in Marrakesh has been postponed until October 14-18 (to be confirmed) in connection with the World Calendar Congress in Granada, Spain. We have expressed interest in having a role at the seminar which will be taken into consideration when planning the program.

However, participation in this seminar must not be the only ambition for WAVA this year, so I have asked our Women’s Representative, Bridget Cushen, to present some target proposals for WAVA at our next Council meeting in Gateshead in April.

Result Books/Videos From Durban
I regret to report that result books and videos from the Durban OC will be delayed approximately another month. Corrections to the results are almost completed and distribution is now scheduled for March. I know they are equally frustrated as we are in the WAVA Council, and they are doing their best to speed up the work.

Road Championships in Kobe
The entry deadline for the 4th Road Race Championships has passed and the final number of entrants is 17,000. It is an amazing figure and a record that will be very difficult to surpass in future Road Championships. It will also cause some new problems as the numbers must be widened to give all participants a sporting chance.

WAVA Technical Delegates in Kobe
will be Joseph Antenata for the running events and Barbara Dunsford for the walking events – both members of our Non-Stadia Championships, experienced and well acquainted with the requirements for World Championships. Our inspections visits give us reason to expect very well organized Championships and I know the OC will do its utmost to handle the record figures in the participants’ best interests.

Committee Meeting in Gateshead
The January meeting with the organizers was a success, according to the short report I have had.

In Durban, we promised that WAVA will take a strong role in future WAVA World Championships and we will very closely follow the preparations in Gateshead. Our technical delegates will make follow-up and inspection visits to Gateshead and will be there well in advance of the Championships to ensure better control.

This is especially important, since Gateshead expects a record number of participants. Three stadia of good standard will be used, with Gateshead International Stadium as the main venue. The organizers have promised follow-ups in future issues of MNM to keep us all updated.

Committees
I have one final WAVA Committee to account for, i.e., our new Organizational Advisory Committee which is composed of the following persons:

Chairman: Tom Jordan, USA,
Timetable Close to Completion

A WAVA technical meeting took place in Gateshead, where the provisional timetable for t&f events was compiled for the L.O.C., under the guidance of Jim Blair, WAVA Vice-President (Stadia); Rex Harvey; Sandy Pashkin; Winston Thomas; and Heinrich Clausen. With a very large entry anticipated, the team worked into the small hours to ensure their task would be completed on time and that the program would cater for all the demands of our competitors.

While the t&f program was being compiled, Bob Gallagher from Gateshead M.B.C. and I were studying sured to IAAF/AIMS standard. We compiled the locations and courses for the non-stadia events. Crosses our famous Gateshead M.B.C. and I were studying sured to IAAF/AIMS standard. We compiled the locations and courses for the non-stadia events.

The marathon course is now established and will soon be measured to IAAF/AIMS standard. We will be using a two lap course, which crosses our famous "swing" bridge and follows the River Tyne for most of the distance. It is impossible to find a flat course in Gateshead. What Bob Gallagher has given us is a course that is fairly flat, but with a major climb of 800-1200m at the 25-mile mark, after which it is downhill to the finish. Both the start and finish are at Gateshead International Stadium.

The road walks will take place at the Team Valley Trading Estate, just 10 minutes from Gateshead International Stadium. The course has been designed to offer a good fast race to our walkers. The course is not totally flat, having an incline in the first third of the lap which is just under 2.5K.

At the time of writing, over 2000 accommodation enquiries have been received, with an anticipated avalanche when the entry booklet appears. My advice is to book early to avoid disappointment.

World Masters Games Housing Secured

The Valley River Inn, located near Hayward Field in Eugene, Oregon, has been named the "official sport hotel" for track and field during the 1998 World Masters Games, August 10-22. The announcement was made by the Games Housing Manager, Carole DeMar.

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Masters Scene

NATIONAL

• The National Multiple Sclerosis Society is sponsoring its annual spring walk over the April 18-19 weekend to raise funds for research and service programs. Since its inception in 1989, the event has grown to attract over 200,000 walkers in 600 or more locations representing all 50 states that raised some $20 million last year. For information on the Multiple Sclerosis Walk, call 1-800-FIGHT-MS.

• Bob Weiner, M50 middle distance runner and steeplechaser, had to take a leave of absence before the grand jury to answer questions about a telephone call he made to former neighbor Warren Hirt, an ex-Republican and now Republican, who lives in Maryland, regarding the legality of Maryland resident Linda Tripp's tape recording of phone calls about the Clinton affair. Weiner was subpoenaed to appear in the event has grown to a crime in Maryland. After the grand jury appearance, Weiner a speaksman for Gen. Barry McCaffrey, President Clinton's director of the Office of Drug Control Policy, is quoted by the New York Post as saying, "They asked me if there was any involvement by the White House. It is big brother at its worst." Weiner finished second in the M50 steeplechase (12:15.83) in the 1997 Championships in San Jose.

EAST

• In the DCRCRC Indoor Meet, Alexandria, VA, Feb. 8, 4 racewalkers Warrick Yeager, 43, Alexandria, VA, and Steve Pecinovski, 43, Falls Station, VA, qualified for the USATF National Indoor Championships, Atlanta, GA, on Feb. 28. They finished the 3000 RW almost together in 12:34, beating the qualifying time of 12:35 with Yeager getting the win.


• Central Park Track Club beat five other masters teams in 3:18:13 for masters 4 x 400 relay braggings in the 91st Annual Chase Milrose Games. Francis Shiro, Jesse Norman, Tom Hartshome and Ed Gorina comprised the winning team.

SOUTHEAST

• Bill Springer, 57, Lauderdale, FL, held off four-time Olympic marathon qualifier and 1997 Rock City Marathon first female (2:44:09), Cindy Keeler, 40, Lake Worth, FL, by eight seconds to win the overall title with a 5:18:10 in the Palm Beach Data 15K, Lake Worth, Jan. 3. For record. Harvey Goldstein, 40, 1:18:34. This year's edition of the Lebow Classic BK, Central Park, NYC, Jan. 4.

• The 2001 RRCA indoor championships were held in Van Cortlandt Park, Bronx, NYC, Nov. 10. Clarabel Pannell, 50, Arlington, VA, set a world record in the Indoor 1500. Founded 1998. Donald Kerber, 45, donated $500 to the World's Fastest master wins at the Masters T&F Awards, Don Austin, 1997 Administrator of the Year, was credited with salvaging the Southeast Regional when the original meet director quit. The actual reason for the cancellation of the original site and date was that the scheduled venue was withdrawn on short notice for no valid reason by a disgruntled school administrator.

WEST

• Hometown favorite Mary Burns-Prine, 40, 2:49:15, finished nearly 30 minutes ahead of her competition en route to winning the masters title at the San Diego Marathon, Jan. 18. Doug Kuntz, 45, 2:36:00, grabbed the men's masters crown, while Ken Sparks, 52, 2:41:29 turned in a fast time to top the M50 division. Half-marathon masters wins went to Joe Schieffer, M45, 1:16:15, and Brigitte Scalatter, W45, 1:33:33.

• James Willmore, 41, San Diego, 36:01, and Mary Burns-Prine, 40, 2:49:15, notched their masters wins at the Mainers Masters 10K, San Diego, CA, Dec. 20. Second fastest time was Fred Small, 42, 70:30 (30:07 adjusted), and Marcella Teran, 42, 70:30 (31:30 adjusted), won the race's age-graded competition.

• Steve Scott, 41, 41:07, and Ruth Wysocki, 41, 2nd female, were the top masters finishers in the annual Super Bowl Sunday one-mile road run, Redondo Beach, CA, Jan. 24.

INTERNATIONAL

• Jim Dingwall, M45, Great Britain, with a 35:25, and Carol Gage, W35, Malta, with a 35:37, turned in masters firsts in the Malta Veterans 10K, Jan. 17. Edgard Knookaert, Belgium, prevailed over a strong M60 group with a day's best age-graded 87.1% 37:37. In a 1M meet the next day, age-graded standouts were Tony Crotzer, M65, Great Britain, 89.2% 13.0 in the 100, and Ronald Panelli, M60, Great Britain, 88.7% 17:51 in the 5000. Tony Chircop, Malta Cars Club of Track & Field, Athletic Association, was the events director.

FIFTEEN YEARS AGO

March, 1983

• England's Ron Hill, 44, Wins Masters Division in Both Orange Bowl 10K (31:27) and Orange Bowl Marathon (2:27:14) in One Week in Miami.

• Bill Stewart, 40, Runs Fastest Ever M40+ Indoor Mile (4:11.0) in Ann Arbor.

• Larry Walker, 40, Breaks M40+ Record for Indoor Mile Racewalk (6:22.3).

USATF NATIONAL MASTERS 10K CHAMPIONSHIP

4th Annual Run Old Mesilla Mesilla, New Mexico Saturday, March 28, 1998

Flat, "Super Fast" Course.

$5000 Minimum Masters Prize Money.

Run In Sunny Southern New Mexico.

Predictable Weather: High 70, Low 36, R.H.<15%.

Start / Finish On Historic Old Mesilla Plaza.

Run On El Camino Real ("The Royal Road," established 1598) During The 400th Anniversary Of The Olache Expedition.

More Runners Per Capita Than Any Other State Except OR.

"One Of Eleven Best In The West," Running Times, Jan '92.

Youth / Open / Masters Categories In 5 & 10K Events.

10K: NM Gran Prix Series / NM Selection Race For Freihofer's.

Organizers: Mesilla Valley Track Club / NM USATF.

Information: Phone / Fax: (505)524-7824.

Mail: MVTC - ROM98

3007 Ronna Dr.,
Las Cruces, NM 88001.

Website: www.doitsports.com/rom98

Las Cruces And Mesilla Are Side-By-Side Communities In Southern New Mexico, USA.

Come / Run / Stay / Play / See Sights! Good Time Of Year!
USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are generally limited to age 50 and over.

March 27-29, USATF National Masters Indoor Championships, Boston, Mass.

April 2-5, USATF National Masters Heptathlon Championships, Proviso West H.S., Hillside/Chicago. SASE to USATF Illinois, P.O. Box 7019, Villa Park, IL 60181-7019; 630-953-2052; fax: 953-2053.


August 29, USATF National Weight & Superweight Championships, Seattle, Wash.


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


March 15-16, Sarasota Senior Games, Fla. Florida Sr. Games, 8 Broadway, Kissimmee, FL 34741. 407-943-1792.

March 22-28, Sunrise Senior Classic, West Broward County, Fla. 55+ Sunrise Sr. Center, 954-746-3670.


April 24-25, 104th Penn Relays, Philadelphia. Masters: 100 (M40/M50/ M60/M75/+W40+); 4x100 relay (M40/ M50/+W40+); 4x400 relay (M40/M50/+W40+). Karl Castor, 44, North Penn St., Hatboro, PA 19040. 215-447-3854. Peter Taylor, 401 Hallman St., Suite 3, Fairfax, VA 22030. 703-385-4392. Deadline: March 31.

June 12-14, Massachusetts Senior Games, Springfield. Springfield College, 263 Alden St., Springfield, MA 01109-3797. 413-788-2457; fax: 788-2458.

**SOUTHWEST**

Texas

March 11-12, U.S. Masters Indoor Championships, 168th St. Armory, NYC. USATF registration required. Hajji Bohigian, 223 Hunter Ave., Sleepy Hollow, NY 10591-1316. 914-631-1547 (11 am - 8 pm); fax: 914-631-8280.

March 15, Finger Lakes RC Indoor Meet, Barton Hall, Cornell U., Ithaca, N.Y. 12

April 24-25, 104th Penn Relays, Philadelphia. Masters: 100 (M40/M50/ M60/M75/+W40+); 4x100 relay (M40/ M50/+W40+); 4x400 relay (M40/M50/+W40+). Karl Castor, 44, North Penn St., Hatboro, PA 19040. 215-447-3854. Peter Taylor, 401 Hallman St., Suite 3, Fairfax, VA 22030. 703-385-4392. Deadline: March 31.

April 25-26, 30th annual & National Weight Championships, Proviso West Indoor Meet, Villa Park, IL. 630-293-2052; fax: 953-2053.

**ON TAP FOR MARCH**

**TRACK AND FIELD**

The USATF Masters Indoor Championships return to Boston on the 27th-29th. Entries looking for a good workout before then can find it at the Midwest Regional Championships in Indianapolis on the 7th, the East Regionals in NYC on the 8th, and the L.A. Marathon and Fifty Plus Fitness Association Paul Spangler Memorial 8K, Palo Alto, Calif., both on the 29th.

**RACEWALKING**

The 3000m Indoor Championships racewalkers start at 9 a.m. on the 29th in Boston. The Lavonne Hottensmith 5K is set for the 7th in Lake Worth, Fla., and NYC's Central Park hosts the St. Patrick's Day 5K on the 8th.
March 1998

National Masters News

page 19

Continued from previous page

Center. College/Open/Masters: USATF Oregon, Harry Simonis, phone/fax: 503-668-0998; e-mail: runjumpthrow@compuserve.com, or Pam Reynolds, 503-239-4244; e-mail: PamPV@aol.com


June 25-28. Wyoming Senior Games, Riverton, WSG, PO Box BD, Riverton, WY 82901. 1-800-840-4398.


March 14. Ontario Masters Indoor Championships, York U., Toronto. M&W35+. Brian Keaveny, 426 Valvera Dr., Esh broth, Ont. M3W 2L9, 416-252-7047; e-mail: masters@sympatico.ca.


April 3-5. RVSA Indoor Championships, Moscow. Vadim Marshav, 14-6, Pervomaiskaya St., Himki, Moscow Region, 141400, Russia. 7 095-535-3308; fax: 7 095-573-4150.


August (date TBA). African Veterans Athletic Championships, Mauritius.


September 3-5. Russian Veterans Outdoor Championships, Moscow. Vadim Marshav, 14-6, Pervomaiskaya St., Himki, Moscow Region, 141400, Russia. 7 095-535-3308; fax: 7 095-573-4150.

September. 11-19. European Veterans Championships, Cesenatico, Italy. Dr. Maria Luisa Moriconi, Istituto di Fisica dell'Atmosfera (CNR), Area di Ricerca Tor Vergata. Tel: 39 6 4993428; fax: 39 6 4993423; e-mail: moriconi@atmos.ifa.rm.cnr.it.


November 1-8. South American Veterans Championships, Porto Alegre, Brazil.

November 19-22. North & Central American & Caribbean Regional Association of WAVA (NCCWAVA) Championships, Barbados. Contact: Rex Harvey, 744 Connecticut Colony Cir., Mentor, OH 44060. Fax: 440-954-8111; e-mail: rxjhj@aol.com.


GEORGE BANKER

March 22. USATF National Masters 5K Championships/Barbados. Contact: Rex Harvey, 744 Connecticut Colony Cir., Mentor, OH 44060. Fax: 440-954-8111; e-mail: rxjhj@aol.com.

March 28. USATF National Masters 10K Championships/Run Old Mesilla, Mesilla, N.M. Don Shepard, 3007 Ronna Dr., Las Cruces, NM 88001. 505-524-7824.

March. 7. NYRRC Brooklyn Half-Marathon, Brooklyn, N.Y. NYRRC, 9 E. 89th St., NY 10128. 212-860-4555.


March 21. NYRRC Rites Of Spring 10K, Central Park, NYC. See March 7.


March 29. Tappan Zee 10K, Orangeburg, N.Y. TZSBC, PO Box 249, Orangeburg, NY 10962. 914-359-5425.

April 5. Cherry Blossom 10 Mile, Washington, D.C. Entry Limit – 5800. SASE to PO Box 98, Calloway, VA 24067.


April 25. Trevira Twosome 2 Mile & 10K, Central Park, NYC. NYRRC, 9 E. 89th St., NY 10128. 212-860-4555.


May 24. Vermont City Marathon, Burlington, VCM, PO Box 152, Burlington, VT 05402-0152. 802-863-
March 7. Keep Newpost News Beautiful 5K, Cathryn McFauland, 757-930-8209(b); 757-591-6298(w); Peninsula TC, PO Box 11116, Newport News, VA 23601.
March 28. Azalea Trail Run 10K, Mobile, SASE to ATR, PO Box 6427, Mobile, AL 36606.
April 4. Cooper River Bridge 10K, Charleston, S.C. MUSC Harper Center, 45 Courtenay Dr., Charleston, SC 29401. 803-792-2533.
May 9. Gunter 10K, Tupelo, Johnny Dye, 1007 Chester Ave., Tupelo, MS 38801. 601-842-2390.

MIDWEST

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

April 5. Athens Marathon, Athens, Ohio. AM, PO Box 5780, Athens, OH 45701. 800-879-9100.
April 19. Glass City Marathon, Toledo. Pat Wagner, 130 Yde Dr., Toledo, OH 43614. 419-385-7025.
April 25. Kentucky Derby Festival Half-Marathon, Louisville, 800-928-FEST.
June 20. Steamboat Classic 4 Mile, Peoria, Ill. Running Center, 700 W. Main St., Peoria, IL 61606. 309-676-6378.

MID-AMERICA

Colorado, Iowa, Kansas, Minnesota, Missouri, New Mexico, N. Dakota, Nebraska, S. Dakota


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WEST

Arizona, California, Hawaii, Nevada

March 15. Big Basin Redwoods Marathon, Santa Cruz, Calif. Environosports, PO Box 1040, Stinson Beach, CA 94970. 415-868-1829.
March 22. Houlihan's To Houlihan's 12K, San Francisco. RhodyCo Productions, Continued on next page
March 14, Run For The Shamrock 10K & 5K Fun Run, Eugene, Ore. Rogue Herbert, 541-345-0519.
April 4, Trail's End Marathon, Warrenton, Ore. Gordon Love, Oregon RCC, PO Box 549, Beaverton, OR 97075. 503-646-8867.
April 11, Pear Blossom 10 Mile & 5K, Medford. Jerry or Zellah Swartsley, PO Box 146, Medford, OR 97501. 541-772-6293.
April 18, Race To Robie Creek Half-Marathon, Boise. Cindy Andrews. PO Box 205, Boise, ID 83701. 208-368-9990.
May 3, McDonald Forest 50K Ultramarathon, Peavy Arboretum (5 miles north of Corvallis), Ore. Clem LaCava, 541-758-8124(eve); 541-737-2373(days); e-mail: lacavcl@cmail.orst.edu.
May 17, Capital City Marathon, Olympia. CCM, PO Box 1681, Olympia, WA 98507. 360-786-1768.
May 24, Wyoming Marathon, Laramie. Brent Weigner, c/o Cheyenne TC, 402 W 31st St., Cheyenne, WY 82001. 307-635-3316; fax: 635-5297.
June 6, Governor's Cup Marathon, Helena, Mont. GC Festival, PO Box 451, Helena, MT 59624. 406-447-3414.
June 13, Sound To Narrows 12K, Tacoma, Wash. The News Tribune, PO Box 11000, Tacoma, WA 98411. 206-597-8566; 509-750-7223.
August 28-29, Hood To Coast Relay, Mt. Hood to Seaside, Ore. 195 miles. Also shorter Portland To Coast Run Relay & Walk Relay. SASE to Finish Line, 7846 Connie Dr, Huntington Beach, CA 92648. 714-841-5417.
June 6, Palos Verdes Marathon, Palos Verdes (Los Angeles suburb), Calif. W2 Promotions, 1666 Ashland Ave., Santa Monica, CA 90405. 310-828-4123.
June 27-28, Western States 100 Mile Endurance Run, Squaw Valley, Calif. Norm Klein, 11139 Mace River Ct, Rancho Cordova, CA 95670. 916-683-1161.

NORTHWEST

March 14, Run For The Shamrock 10K & 5K Fun Run, Eugene, Ore. Roger Herbert, 541-345-0519.
April 4, Trail's End Marathon, Warrenton, Ore. Gordon Love, Oregon RCC, PO Box 549, Beaverton, OR 97075. 503-646-8867.
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INTERNATIONAL

March 15, BVAF 10K Championships, Eastleigh (near Southampton). Contact Road Race Organizer, Civic Offices, Leigh Road, Eastleigh, Hampshire S0SO 9YN.
March 28-29, IJWA World Veterans Road Race Championships, Kobe, Japan. Mercator Travel, 122 E 42nd St., #3006, New York, NY 10168. 800-294-1650; Fax: 212-682-7379.
World Veterans Championships, Kaajima Bldg., K-14, Dofima 3-2-4, Kita-Ku, Osaka 530 Japan.
April 11, Two Oceans Ultra-Marathon (50K) & Half-Marathon, Cape Town, South Africa. T-O Marathon, PO Box 2276, Clareinch 7740, Cape Town, South Africa. 27-21-61-9407; e-mail: twooceans@iafrica.com.
June 28, 5th International Veterans Grand Prix 10K & 25K, Brugge, Belgium. Jacques Serruys, Korte Zilverstraat 5, 8000 Brugge, Belgium. 00-329(0)50 34 17 81; fax: 00-32(0) 50 33 25.

RACINGWALKING

March 8, St. Patrick's Day 5K, Central Park, NYC. Stella Cashman, PO Box 2009, USA, 320 E 83rd St., Box 18, NY 10028. Tel/fax: 212-628-1317.
March 29, USATF National Masters Indoor 3000 Championships, Boston, Mass. See National T&F.
April 19, MAC & Open 10K Championships, Central Park, NYC. Jt/O.M. Stella Cashman, Park RWers, USA, 320 W 83rd St., Box 18, NYC 10028. Tel/fax: 212-628-3137.
May 4, BVAF 50K Championships, Burrator, Devon, England.
U.S. MASTERS STANDARDS OF EXCELLENCE

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Notes:
1. Standards are for automatic time; use standard conversion for hand time.
2. Short hurdles: 36-49; 330
3. Shot put: 40-49
4. Hammer: 40-49
5. Discus throw: 40-49
6. Metric heights and distances are the standard; feet and inches listed for convenience.

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME: ________________________
ADDRESS: ______________________
SEX: _______ M _______ F _______
CITY: ________________________ STATE: _______ ZIP: _______

MEET: ________________________ DATE OF MEET: _______
MEET SITE: ______________________

EVENT: ________________________ MARK: _______

HURDLE HEIGHT: _______ WEIGHT OF IMPLEMENT: _______

□ CERTIFICATE □ PATCH □ PATCH TAG

1. If you have equaled or bettered the standard of excellence, please fill out this application completely.
2. A copy of your results or a note stating in which issue your results appeared must accompany this application.
3. Please send $10 for a certificate, $10 for a patch, and $30 for a patch tag showing event and year. The cost for a certificate and patch ordered at the same time is $15.
4. Send to: All-American Masters News, P.O. Box 79095, Eugene OR 97405.
5. A 3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 3" by 4" patch will be sent to you within six weeks. Eight tickets for a patch tag.
Madison Collier County Senior Games

5000m Run

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Central Park (F. Suto, J. Nomann, T. Horstman, E. Goczer)

SOUTHEAST

Colonial City Senior Games Naples, Fla., Jan. 17

100m: 1. M. A. Ox, 10.72; 2. M. A. Ox, 10.94; 3. M. A. Ox, 10.94.


400m: 1. M. A. Ox, 43.44; 2. M. A. Ox, 43.47; 3. M. A. Ox, 43.56.


Milwaukee Masters Games 4x400m Relay

Madison Square Garden, NYC, Feb. 13

1 Central Park (F. Suto, J. Nomann, T. Horstman, E. Goczer)

SOUTHEAST

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</table>
19th Annual

Philadelphia's
Premier
Spring Road Race
Weekend

10 Miler
SUNDAY, MAY 3, 1998
8:30 A.M.

Health and Fitness Expo—
Friday, May 1st and Saturday, May 2nd at
Memorial Hall with over 50 booths

Conte Luna Pasta Dinner—
Saturday, May 2nd

Three ways to register:
• For an official entry form, send a self-addressed stamped envelope to:
  Broad Street Run
  P.O. Box 18543
  Philadelphia, PA 19129
  or call 215-563-6184
• Register on the internet at:
  www.broadstreetrun.com
• Pick-up an official entry form at a participating
  Modell's Sporting Goods

Masters Open and Masters Wheelchair
Competition for 1998:
Over $4,200 individual prize money to be awarded with additional course bonuses!!

Individual prize money awarded as follows:
• 1st Place Male and Female $400 and Trophy
• 2nd Place Male and Female $300 and Trophy
• 3rd Place Male and Female $200 and Trophy
• 4th Place Male and Female $100 and Trophy
• 5th Place Male and Female $50 and Trophy

There will be a $300 course records bonus to the male and female winner if they better the course records.

Masters Team Competition for 1998:
• All Male and Female teams will consist of 5 members with the fastest three members scoring
• Club Masters male and female teams
• Corporate Master male and female teams

And new in 1998:
• Co-ed Master Club Teams
• Co-ed Master Corporate Teams
  All Co-ed teams will consist of 5 members with the fastest three members scoring (one must be a woman)

Fees:
Corporate $125 if postmarked by April 13
Late fee $150 if postmarked after April 13
Club Teams $100 if postmarked by April 13
Late fee $125 if postmarked after April 13

Call (215) 563-6184 for Team Entry Forms