Perez, Marshall First Masters in Los Angeles Marathon

by JERRY WOJCICK

Mexico's Manuel Garcia Perez, 41, took the masters title with a 2:25:35, finishing 27th of over 19,400 runners, in the VII City of Los Angeles Marathon on March 1. Last year, New Zealand's John Campbell, then 42, ran a fourth-place 2:14:33 for the masters first.

Perez's closest competition came from Fred Schaaffstein, 43, Mt. Vernon, Ind., who finished in 2:33:37. Winner of the M45 race, Jussi Hamalainen, of Agoura Hills, Calif., was third in 2:34:59.

No masters woman broke three hours. Sandra Marshall, 44, San Diego, Calif., came the closest with a 3:02:47, followed by C. Dodge, 42, Encino, Calif., 3:03:08. In the 1991 W40-and-up race, Priscilla Welch, reportedly "attacked a police officer through Los Angeles' diverse neighborhoods without previous incident."

The number of finishers was up from 14,729 in 1991. Runners and spectators injected some of the essence of Los Angeles' uniqueness into the event. Peter Elkin and Lorin Johnson, who met while running in the 1990 marathon, ran 13 miles to be married by a minister in jogging shoes. Mariachi bands and Chinese dragons greeted the runners. A team of five Elvis impersonators, resplendent in white, gold-trimmed suits with bell-bottomed trousers, jogged the race at the back of the pack.

Open winners were John Treacy, 34, of Ireland, in 2:12:29, and Medina Biktasijova, 27, of the Commonwealth of Independent States, in 2:26:23, a course record.

The 1991 Track & Field Rankings Book Now Available

The 1991 U.S. Masters Track and Field Rankings book is now available.

The 56-page book features men’s and women's 1991 5-year outdoor rankings for all track & field events — over 100 deep in some events. The book also includes racewalking rankings for the 1500, mile, 3000 and 5000.

The price is $5.00 and is available from NMN. See form on page 153.

National Pentathlon Draws Entrants From 20 States

by SUZANNE HOPKINS

The TAC/USA National Masters Indoor Pentathlon Championships were held February 15 at the National Institute For Fitness and Sport in Indianapolis. Forty male and five female athletes representing 20 different states, plus the province of Quebec, filled the field. Patricia Peterson, 65, of Albany, N.Y., ran the 60mH in a handheld time of 14.8, establishing a world record for that age group.

As always in multi-event competition, scoring was based on the WAVA five-year age factors and the 1985 IAAF scoring tables. The top female point-getter was Atlanta's Phil Raschker, 44, with 3278 points, repeating as the W40 champion.

Peterson won the W65 title with 2434, followed by Lucy Anne Brobst (58, NC) who won the W55 gold with 2288 points. Cathy Primmer (45, IN) edged Mary Lou Platis (46, IN) for the W45 crown, 1929 to 1921, with the competition coming down to the last event.

In the men's action, Boo Morcom (70, NH) topped all scorers with 4009 points to take the M70 division. Buck Bradberry (65, AL) edged Denver Smith (66, OH) in the M65 bracket, 4005 to 3931.

Ham Morningstar (75, MI) was the only competitor in M75 with 2821 points. Dave Douglass (60, CA) won the M60 gold with 3264, while Phil Mulkey (59, GA) repeated as M55 champion with 3517 points.

Dale Lance (54, OK) led the M50 field of four with 3759, his second straight win, with Sammy White (54, GA) second at 3605. Rex Harvey (45, OH) took M45 honors with 3535.

The M40 group was the largest and most competitive division with 10 entrants. Only 561 points separated first from eighth place at Pat Candall (41, MD) scored 3283 points to best Ed Baskauskas (41, CA, 3079) and Mike Davis (42, IL, 3043).

Jeff Watry (36, WI) led the four M35 entrants with 3597, while David Caldwell (34, MO) garnered M30 laurels at 2992.

Had the scoring been done by single-
Sliding Past the Amityville Horror
by MAURY DEAN
Amityville’s no horror for the frozen February stampede. The Ides of February bring to Amityville, Long Island, the No. 1 race in Ralph and Steph Epifanio’s “Dreaded Winter Series,” a run-romp-slide skate among the icy avenues of sub-arctic southern New York. Overall crowds were down from the usual five hundred due to a snowy 24° at 2 p.m., and a whooshing northwest wind of 24 mph or so. Un-guanted, the L.I. masters contingent stormed the Slide with the Seal Run, and swift Dan Brach, 41, nearly wrested the overall gold from Harry Penn (13:02) over the odd-distance 2.67 mile course.

Brach ran 13:34, third overall. Equally astounding, he had run 16 miles earlier that morning. Sixty-four-year-old Bert Jablon won the entire 50+ field over a nice effort by Clydesdale seniors (190#) Rich Hollman and Rob Lawrence (200#) who ran 20:16 and 24:17. Speedy Sandra Ruppolo (23:38) celebrated her 60th by garnering top 60+ honors, with the silver going to Doris Pritchard (31:27).

Cheryl Skrivanek won the masters (18:52) from Mary Madeiros (20:17), while husband George Skrivanek (15:36) served notice to the other masters that he and pal Dave Oakley (14:54) will find their homes laden with hardware this year. Submaster Mary Von-Bevern (16:38) skated the last block to the overall distaff gold.

All runners were treated to a hardly-slippery, slightly-icy promenade through a town famous for an eerie haunted house and its ghostly denizens. Based on a true murder mystery, the movie house appears alone and desolate in the ghoul-haunted stormy woodlands.

In the real world, our Amityville race was highlighted by Victorian turret-tower-topped mansions, arts & crafts cottages bedecked by formal gardens frosted by light snow, and wide swift flat avenues of cozy-home prosperity. The thousand-plus stampede stomped along the cool Coney Island surf. 0

Snowflakes Flee, Fast Feet Fly
by MAURY DEAN
The Long Beach Snowflake Four-Miler kicked off the Long Island running this season (or capped the snowshoe season), and over a thousand boardwalk stompers raced to glory and/or sore feet, on February 22. Each year, the incumbent fear the overwhelming surge of birthday boys and girls who fly up to a new division. Fledgling 1992 saw the emergence of Steve Kaiser (outright winner of the Long Island Half about seven years ago in a 5000-strong field) as a master. Steve’s 22:08, however, only glommed the silver due to the semi-welcome arrival of New York City’s latest 40-year-old, Hari Kohl (21:46). Nancy Grever’s fine 26:06 (with daughter Chris won the 19-8-under by seven minutes, for third overall).

The thousand-plus stampede stomped the south-beach boardwalk for the first mile, caromed down the mini-ramp to Broadway Avenue to dodge potholes for two miles, and finally scampered back onto the bouncy deck under a simmering hint-of-spring sky to the faraway finish line. The usual senior superstars abounded: Colin Harris to an M60-69 26:05 gold; pert Chickie O’Toole to 25:13, which not only won the 60+ crew, but would have placed second in the fifties.

Though a race this big (complete with a Republican senator doling out trophies) should have five-year age groups, those of us at the far end of some decade were victoriously vindicated; two 55-year-olds won the 50-59 categories, Michael Goldman (24:22) over Joe “Faster-Each-Year” Mendez of the Bohemia Track Club, and Nancy Fraser (31:31). No flakes this 42° day—just fast feet flying alongside the cool Coney Island surf. 0
DRUGGED MASTERS

I must comment on the recent article by Carl Wallin (Speaker's Corner, Feb. NMN). The essence seems to be: I'm a damn good field man. I threw in college against some of the best. Now I see some nobodies with phenomenal performances in their older years. They must be taking drugs, because otherwise their performances would fall off just like mine did.

While I admit that they could be taking performance-enhancing drugs, there is a simple alternative view. A good friend of mine never played on any team except his college fraternity team in intramural sports. About ten years ago he discovered what a phenomenal sprinter he is through Corporate Cup competition. He has dominated the 100 and 200 50+ competition in New Mexico, and he won the 200 at Eugene in 1989. His is a case of slow maturation. Along with slow maturation goes slower aging. Unfortunately, this is a largely ignored relationship.

It is becoming evident that the best athletic years in many sports can come much later in life than previously thought. While many athletes peak in their early to mid-twenties, others may not until they are thirty or older. Even in old age some people can develop latent talents that weren't previously tapped. That is why many masters athletes are so pleased with the belated discovery of their athletic prowess: It is the fulfillment of a dream from their youth. Their time has finally come.

ATHLETE OF THE YEAR

What method is used to determine who wins TAC Athlete-of-the-Year honors? Marcia Hulse received the W35 award for track this year and, although she is a great sprinter and a good friend of mine, it seems her selection was based solely on her performance at the Outdoor Nationals.

I ran the 200 in 26.5 at the Eastern Regionals, and a 12.98 100 and 61-second leg of the 4x400 in Turku. I also hold the American Record for the indoor 60 and 400. Yet, I only received "honorable" mention.

Am I—and others—being penalized because we did not attend the Outdoor Nationals? If so, the TAC Masters Committee should re-consider some of its policies. If attending the Outdoor Nationals is a prerequisite for consideration, then my next question is: why?

Irene Thompson
New York

HURDLE COMPLAINT

It seems the L.A. Patriots Track Meet on March 14 chose to ignore male hurdlers 60+ and women hurdlers 50+. If other meets did the same thing, premier hurdlers like TAC Athlete-of-the-Year Jack Greenwood wouldn't even be allowed to compete. They also charge $2.00 for each person to get into the stadium. We all know how few spectators show up at masters meets; most onlookers are wives, friends or grandchildren. Why should they have to pay to root for their loved ones?

Come on, let's give the older athlete a break.

Alfred V. Guidet
California City, California

RACE AWARDS

All studies on the effects of aging on performance indicate little difference between ages 20 and 34, but significant differences in 5-year increments above and below this range.

Thus, age-group subdivisions for ages 20-34 should be eliminated in road races and the assets reallocated to provide more open awards.

Depending on the size of the race, I recommend three-to-five awards for open runners, and one-to-five awards for all other five-year age groups from 35-39 to 70+. I also suggest one-to-five awards for the 19-and-under group.

Any special masters awards should be based on age-graded performances so that all masters can compete equally.

Herb Chisholm
Alexandria, Virginia

THANK YOU

I'd like to publicly acknowledge Rex Harvey's contribution to the Southeastern Indoor Championships. He helped me tremendously in individual events, multi-events, and in meet administration.

His support and effort was greatly appreciated by all the athletes.

Randall Brady
Nashville, Tennessee

Eight 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:

Bob Moore
Yvette La Vigne
Burt De Groot
Stan King
Edward Koch
Oron Lott
Dr. A. Morris
Eddie Moss

Roswell, GA
Los Angeles, CA
San Clemente, CA
Beverly Hills, CA
Florham Park, NJ
Redmond, WA
Norfolk, VA
Trenton, NJ
Nancy Oshier, 43, posted the best masters age-standard percent in the Houston Tenneco Marathon held on January 26. Oshier, one of seven masters women who qualified for the Women’s Olympic Marathon Trials held along with the race, finished with a 2:44:22 for a 90.1%.

Carol Virga, 41, last year’s masters winner in 2:47:56, clocked a 2:45:17 for 88.4%. Laurie Binder, 44, the masters favorite, dropped out at mile 23. Eighty-nine women started the Trials, with 65 crossing the finish. Francie Larrieu-Smith, Dallas, Texas, at age 39 qualified for her fifth Olympics with a 2:30:39 (95.6%).

In the men’s masters marathon, Don Paul, 41, was first in 2:26:56 and top performer with an 89.1%. Richard Umberg, 41, was second in the race (2:28:01) and in performance (88.4%).

Robert Perez, 43, who was first overall in the TAC/USA National 10K Championships in Dallas, January 18, the week before, ran a 2:41:37 (82.1%).

Top performers from the age 50-to-59 runners were Allen McDaniel, 52, with a 2:53:03, and George Hirsch, 57, with a 3:01:02, both 81.8% performances. Anthony Castagna, 60, recorded the best percent among the 60-year-olds, with a 3:09:24 (80.5%). Among the non-Trials masters women, Joyce Gaskin, 54, in 3:19:44 (81.3%), and Yvette LaVigne, 51, in 3:16:56 (80.2%), were in the national class performance range.

Total finishers in this 12-year-old event have risen from 1539 in 1981 to 3788 this year. In 1981, 416 (27%) of the finishers were masters runners; this year 1503 (40%) were masters. Productions indicate that by 1995, 44% of the finishers might be 40-and-over, and by the year 2000, 50% could be masters.

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**PACIFIC SUN 10K & 2.5M**

15th Annual - Memorial Day, May 25, 1992

Presented by United Service Association for Health Care

TIME:
- 8 AM: 2.5 Mile
- 8:05 AM: 1st Wave 10K/Sub 45 min
- 8:10 AM: 2nd Wave 10K/Over 45 min

PLACE:
College of Marin, Kentfield, Marin County. Take Sir Francis Drake Blvd/San Anselmo exit off 101.

REGISTRATION:
$15 payable to "Pacifi c Sun 10K" ($6: 16-under). Pre-reg by 5/20. Complete form, sign waiver, enclose check, include self-addressed-stamped envelope (SASE)

4x10; mail to:
PACIFIC SUN
C/O Total Race Systems
San Rafael, CA 94903-2028

(Race nos. and instructions will be returned in SASE)
Place yourself in the correct WAVE please!

INFORMATION:
Pacific Sun Paper; 415/383-4500
TRSI: 415/472-RACE

BENEFICIARY:
Tamalpa Runners & 18 Local Middle Schools
Students, parents and friends can enter in the name of their school; $1 per entrant will go to that school.

ALL ENTRANTS MUST SIGN WAIVER. (Parent/Guardian if under 18)

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**Oshier Best Master in Houston Marathon**

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**PACIFIC SUN 10K & 2.5M**

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**LAST NAME**

**ADDRESS**

**CITY**

**STATE**

**ZIP**

**TEAM**

**TAC#**

**SCHOOL**

WAIVER: All entrants must sign waiver. (Parent/Guardian if under 18)

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**ALL ENTRANTS MUST SIGN WAIVER. (Parent/Guardian if under 18)**
A Senior Citizen at 55?

As a Senior Citizen 55 years or older, you'll also receive your choice of a case of saimin, a 10-lb bag of Hinode rice, a 12-can pack of Pepsi or a nylon waist pouch.
— from an advertisement by a Hawaii savings & loan association offering higher interest rates to people 55 or older.

My birthday this month is an especially big one for me. To begin with, I enter a new competitive age group and qualify for the Senior Olympics. On top of that, I become eligible for early retirement from my job. What's more, Uncle Sam will give me a tax break on my capital gains if I sell my home.

But the thing I'm looking forward to most of all is qualifying for a Senior Citizen's discount card at the Sizzler's restaurant down the road from me. Similar discounts will be available at various hotels, restaurants, and other commercial establishments around the country.

I'd long thought that senior citizenry begins at 65, at least 60, but if some agencies and firms want to make me a Senior Citizen at 55, I'm not going to complain about it.

Of course, one can qualify for certain "senior" discounts at age 50 by becoming a member of the American Association of Retired Persons (AARP), and you don't even have to be retired. I've taken advantage of a few of those discounts over the past five years.

While some standards I have qualified as a Senior Citizen, by that of Hippocrates I have not yet entered old age. The patron saint of physicians theorized that we begin old age at 56.

It's as if I'm caught in a time warp of some kind — old, yet young; young, yet old.

• I feel old when I realize how old my daughters are (30 and 28). I tend to think of them as still in their teens.
• I feel old whenever I try jumping, up or down. There was a time when I could high jump 5 1/2 feet, broad jump 20 feet and fly over a military obstacle course. Now, however, there are no springs or shock absorbers left in the legs, and I've injured myself by jumping just a few feet off the back of a flatbed truck. But I feel young whenever I'm pumping iron. I can bench press as much or more poundage than I could 30 years ago.
• I feel old whenever I note that most of the year's presidential candidates are younger than I am. I wonder how it is possible for guys in their late 40s and early 50s to have the wisdom to run a country. But when I'm around people their age or my own age, I tend to think of myself as 10-15 years their junior. Maybe it's because I've managed to keep most of my hair and hardly any of it has turned gray. Also, I've managed to avoid the sagging chin associated with so many people over 50.
• I feel old when I take the softball field during the company picnic and start running the bases with my fellow workers.
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The other hand, I feel as young as a teenager when visiting my father. He still gives me instructions on how to drive a car and introduces me to his friends in his senior citizens bowling league as "my kid." Come to think of it, I now qualify for that bowling league.

• I feel old when I note that most of this year's presidential candidates are younger than I am. I wonder how it is possible for guys in their late 40s and early 50s to have the wisdom to run a country. But when I'm around people their age or my own age, I tend to think of myself as 10-15 years their junior. Maybe it's because I've managed to keep most of my hair and hardly any of it has turned gray. Also, I've managed to avoid the sagging chin associated with so many people over 50.
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Track & Field Rankings Report

The U.S. Masters Track & Field Rankings book for the 1991 outdoor season is now available for $5.00, plus postage, from the National Masters News. An order blank appears on page 31.

Rankings for the 1992 indoor season (including December 1991 meets) will be done for the 55m/60y, 200, 400, 800, 1500, mile, 3000, 55m/60y/H, HJ, PV, LJ, TJ, SP, and 1500, mile, and 3000 walk. The indoor weight throw will be included with the outdoor marks in the 1992 outdoor rankings book.

If your best indoor marks have not appeared by the NMN May issue, forward them with verification to the event compilers listed below. Send all other event marks to me at 774 Blue Ridge Dr., Santa Maria, CA 93455, as soon as possible.

55m/60y: Larry Patz, RFD #1, Box 435, Contoocook, NH 03229.
400: Andrew McNeill, 1303 Mar vista St., Pittsburgh, PA 15212.
800: William Benson, 6 Eton St., Valley Stream, NY 11581.
3000: John Dickey, 9128 N. Swan Circle, Brentwood, MO 63144-1145.

High Jump, Triple Jump: Charles Mercario, 4927 W. 123 Place, Hawthorne, CA 90250.


Marks that have been sent to me already will be forwarded to the appropriate compilers.

Rascher Sets 4 WRs in Southeast Regionals

by PHIL MULKEY

New W45 Phil Rascher set world indoor marks in all four jumping events at the First Southeastern Regional Masters Indoor Championships in Murfreesboro, Tenn., on February 23. Her performances of 4-10 (HJ), 7-11 1/2 (PV), 17-8 (LJ), and 32-5 1/2 (TJ) highlighted the meet which was attended by more than 190 athletes from all over the country.

In addition, Rascher's pentathlon score of 3889 toppled all competitors, both male and female. Betty Vosburgh, W60, joined in the record-breaking spirit by setting new world marks in the triple jump (24-6 1/4) and the long jump (12-4 1/4).

"After the meet, Rascher noted that her accounting job hasn't allowed her to put as much time into training so she would have liked, "I feel I have a good chance to better all the marks at the Indoor Nationals in Ohio," she smiled.

National Pentathlon

Draws Entrants

Continued on page 1.

National Masters News
Racewalking in Japan

Masako Nagate, W50, started racewalking after a serious bicycle accident after which she was told she would never be able to enter competitive sports again. Six weeks after the accident, she walked to the swimming pool on crutches with steel pins holding her thigh bone in alignment. After the pins were removed, she began walking. A friend passed by and shouted, "Why don't you start training for the racewalk?" She had never considered competitive walking but thought, "Why not?"

For the last three years, she has won the 3000 meter walk in her age group in the Japan Masters Athletic Meet. This year, the annual meet was held in Miyazaki, the site of the 1993 World Veterans Games. She set a W50 record of 17:47:42 in the 3000 meter walk. The following is taken from her recent letters.

Unlike the United States or the European countries, there aren't many racewalking events in Japan. It is almost impossible for women masters to take part in competitions. Women's racewalking isn't even included in the annual National Sport Meeting. Only men's events are.

Japan has always been a society for men in spite of the economic development, but I can feel everything changing little by little. Three years ago, the all-Japan Masters Athletic Meet opened its door to women's racewalking. Racewalking events are not welcomed everywhere. We don't have masters racewalking championships or racewalking foundations and the like at all, yet.

The traditional walking race has been held around the Meiji Shrine in Tokyo on January 1 for forty years. Serious young racewalkers, even Olympians, compete in this event to obtain good luck in the New Year.

It will be my pleasure to report any news about the World Veterans Games when it is available. The weather in Miyazaki, which is on Kyushu Island at the southern part of Japan, is mild to warm, but not humid. Following are the present Japanese masters men and women's 3000 racewalk records:

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Ten Years Ago

- National Masters Indoor Championships Draw 170 Competitors to Liberty, Mo.
- Sister Marion Irvine Sets W50 AR With a 1:03:23 in California 10-Miler; Sal Vasquez Posts New M40 AR in 60:34
- Vicki Bigelow, 45, Tops Bonnie Bell 10K in 37:15

Learn to race walk faster, more legally, with better results, at the:

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Name
Address
City State Zip
Racewalking Pros and Cons

Letters keep coming in for and against adding a competitive walk for non-racewalkers in masters meets and championships. It is the policy of the Racewalking Section of NMN to encourage an exchange of ideas among masters racewalkers to promote a strong program. The Pros and Cons space in the May issue of NMN will be devoted to readership letters on this subject, and will include an editorial summary.

TWO WALKS IN R.I. SENIOR OLYMPICS

The Rhode Island Senior Olympic Track & Field Meet for masters athletes will celebrate its 15th year when we host the games at Brown University on June 28, 1992. For the past 14 years, we have featured a 1500 meter walk.

We have always disregarded requests for the racewalk because the Olympic Committee felt there wouldn’t be enough racewalkers to warrant a “Special Walk,” and as you mentioned, the question of the knee-lock has always been a concern, considering the upper age groups we are serving.

This year we have decided to include the racewalk as one event, and we are having a Fitness Walk as another event. I intend to make large signs explaining the difference in the two walks, knowing all too well there will be some athletes who may not be familiar with the term racewalk.

- Dolores Casey Bergeron
State Games Coordinator

(I wrote Ms. Bergeron and asked if she would report on the two walks - E.W.)

THE TIME IS Ripe

As a 61-year-old walker for the past five years, I do think the time is ripe for a “Speed Walk” division for competitive walkers.

1. It would accommodate racers that are unable to meet current racewalk requirements.

2. In our area, competent racewalk judging is almost impossible. Judges would be easier to find to monitor this kind of race.

3. Competitive walkers, here, usually compete in a running-dominated road race. Speed walking would be more compatible to meet directors and organizers.

Ken Chomo
Montana

RUNNING A PROBLEM

I was in St. George, Utah, for the World Senior Games. They had a 5K “Speed Walk” only. No racewalk. No judges. I led for 11 laps then some jackass “ran” past me for the last lap and beat me by several seconds. I had people come out of the grand stands and tell me I should have won, as I was the only one racewalking and “looked good.”

When we were standing on the award platform for pictures and awards, the joker who beat me (by running) said that I really won the race and should get first place as he reached for the first place award for himself. I took second place and said nothing because it was a non-judged walk. I didn’t think much of the race and have vowed never to enter another race like it.

Mel Grantham
So. California

Racewalking Records

There are differences of opinion regarding the importance of keeping single age “best times” and other unofficial, non-TAC certified records, such as the Masters Age Records compiled by Pete Mundie with data from Alan Wood and Don Henry. Some competitors think that only TAC certified 5-year age group records should be kept, and that only TACSTATS record forms and procedures should be used and acknowledged. Others believe single-age records are interesting and motivating.

Why does this have to be an either/or issue? Each walker who makes a single age “best time,” or a TAC certifiable, 5-year age group record has a choice to submit his/her time or not. A walker who does not feel that single age record keeping is worthwhile need only apply for TAC certified 5-year age group records. However, such a personal choice should not be forced on others who enjoy going for unofficial, single age best times. Because there are dedicated people willing to keep both official and unofficial records, freedom of choice accommodates more athletes.

Those who walk fast enough to want to apply for records should learn to distinguish between the official, TAC age group record application form and the very much simplified, unofficial, single age form of Don Henry. To avoid these disagreements, clubs and meet directors can keep both types of record application forms on hand. (TACSTATS age group record forms and single age “best times” are available from Don Henry, 24 Fairview Ave., Brick, NJ 08724. (201) 899-1530)

40 racewalkers at the start of the 5K at the WAVA World Veterens Championships last year in Turku, Finland. Colorado’s Visha Sediak (far left) successfully defended her championship in a world masters record 24:17.2.
**Thumbs Up**

I have been running for so long that it is hard to remember by first race, but I believe it was at a school picnic when I was eight or nine years old. It was, of all things, an egg race. Anxiously I lined up with other participants, each of us holding in our hands an egg in a spoon, which seemed as wobbly as our nerves.

With the gleaming white eggs held out in front of our chests, we took off in a ragged herd, trying to see who could cross the finish line first without dropping his egg.

I didn't win the race, but somehow my egg stayed in my spoon, which was cause for some satisfaction. Others left broken shells and yolk stains in their path, but mine was clear. I learned that afternoon there are other things to be achieved in racing than seeing who crosses the line first, even trivial gains like keeping an egg on a spoon can seem worthy of a trophy at times.

In a sense, I still run as I did then, as if balancing an egg in each hand. My thumbs are poised on my index fingers, flat and straight as ice cream spoons, with my hands gently clenched and in line with my forearms. Always I try to maintain an even pace, running smoothly and carefully, not wanting to break these imaginary eggs and spoil my path.

Besides my own, I sometimes watch the thumbs of other runners, evaluating how they are doing by the way they carry their thumbs. I sympathize with those whose thumbs are down, knowing they are struggling, as are those who appear to be seeking divine intervention by piously steeping their thumbs beneath their chins. I am amused by others whose thumbs form a circle with their middle fingers, as if to indicate they are feeling better than they look.

And I envy the windmill runners whose thumbs are all over the place as they strain to pick up the pace, figuring they are likely to run a personal best or collapse in the attempt. They may not be able to carry an egg for more than a couple strides, but unlike me they have the speed and tenacity to win races.

"Thumbs up!" is like a mantra, something I whisper to myself when I am out running, hoping it will help me keep my balance. It is a reminder of the eggs I am pretending to hold in my hands.

Sometimes in a race, despite myself, my hands drop and I let my thumbs down. I am so tired I am sure the only way I'll raise them is to hitch a ride home. Then someone along the way, a spectator, another runner, flashes me the "thumbs up!" sign and suddenly I am revived and watch my own thumbs rise again.

It is a blunt, simple, ordinary sign. Unlike the V-for-victory sign, which is restricted to runners who win races, it is a gesture anyone can employ however far back in the pack he is likely to finish a race. It isn't boastful or elitist and is as democratic as a handshake. It is a sign of encouragement not conquest, affirming all that is shared and good and cordial in running.

I may have run in only one egg race but every time I go out to run I feel as if I'm back in that curious race, trying not to let my eggs drop as so many others did that afternoon. Sometimes it seems I am balancing not just eggs but everything that is important to me on my thumbs, as if I were crouched inside the eggshells. It is then I remember an outstanding young runner I knew as a boy who once won everything there was to win in racing then started to come undone, quitting running, quitting everything, until he found himself locked in a strange room somewhere. And I realize how even the strongest people, seemingly, can let go of themselves and drop to the ground and crack like an uncooked egg.

"Thumbs up!" I continue to mutter to myself, knowing I must not let what I am holding drop.

Sincerely,

Barry J. Brown

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Increasing Women's Participation In Masters Track & Field

Why are there so few women in masters track & field? Approximately one in five participants at last year's TAC National Championships in Naperville were women (22% in all running events and 20% in all field events). Most women 40 years of age and older did not have the opportunity to participate in sports during their youth because it was not fashionable at the time, "not lady-like." But times have changed!

Create an Attitude of Success
I believe there are a lot of women who would participate in masters track & field if they were introduced to the sport with support and encouragement. Clearly there are risks involved as these women reach beyond their comfort zone. Women may be intimidated by track competition and scared to death to put their body on display on the track.

There is that concept that track people are really good. To dispel this fear, we need to provide a safe and friendly environment for novice athletes to experience the joy of participation. Women need support from friends, pleasurable success and positive feedback. We're just the sort of people to provide it.

Make it a Club Goal
What specific action can be taken to increase the percentage of women participation? I believe concerted efforts must be made at the grass roots level. This means in our local track clubs. One NMM reader wrote: "the local level is the base that isn't here for our women." This base can be there if our clubs place an emphasis on it. Club members need to encourage spouses and women friends to participate and then support them.

Provide Club Coaching
Clubs should have available some kind of a coaching or mentor program. I define coaching sessions as more formalized than the mentor system where an inexperienced athlete would team up with a club member for one-on-one instruction in a casual setting. The critical factors are to make the experience fun, provide an environment to learn, and foster a sense of enjoyment.

Women who take the risk to try new skills may have fear of failure and may lack the courage to put themselves on display. Coaches and mentors play a key role in engendering a supportive and fun environment, an environment which will encourage women to continue to participate. They need to offer skill instruction that is appropriate to each woman's ability.

Women interested in running events will need to learn about technique, injury prevention, pacing, adapting to running on a track, etc. Those who want to try shorter races will need an introduction to, and practice with, starting blocks. Training for field events will require appropriate equipment and facilities, and fundamental skill development in the techniques.

The Oregon Track Club Masters, for example, maintain a videotape library for such use by its members. These resources can be very beneficial for basic instruction, drills and technical analysis.

Conduct Mini-meets
Clubs should make it their goal to increase the participation of women in their mini and all-comer meets. These are the low-key meets which provide an avenue for competition, and also the atmosphere to introduce first-time performers to the protocols of a meet.

Prior to the mini-meets, there needs to be opportunities for women to have basic instruction on the rules governing competition. Ideally, mentors or club coaches would be with the women at these meets to assist the new athletes.

Officials Must Be Supportive
In addition to coaches and mentors, track meet officials can positively influence women novice track & field athletes to continue their participation. These are the people at the mini-meets who can help the novice performers of both genders to better understand the rules associated with the events.

The manner in which procedures are explained is crucial. People new to the sport need to be treated gently and in a kindly manner. Help them determine where their take-off board needs to be placed for the long jump. Watch their take-off foot and provide feedback. Allow them the opportunity to take some practice high jumps with the bar at the height appropriate for them. Make sure they know how to leave the ring for the shot put or discus without fouling. Be positive and helpful!

---

**BIRMINGHAM TRACK CLUB CLASSIC**

**SPONSORED BY THE MAGIC CITY TRI-SHOP**

**DATE**
May 23, 1992

**SITE**
Samford University in Birmingham, Alabama

**FACILITIES**
Six lane Chevron track, Chevron high jump, and pole vault runways (1/4 spikes maximum), concrete throwing rings and grass javelin runway.

**AGE DIVISIONS**
Masters (age 30 and over) men and women will compete in 5 year age groups. Open division for all entrants under 30.

**ENTRY FEES**
Entries post-marked by May 18: $5.00 first event, $3.00 each additional event. $10.00 each team each relay race. Late registration (including day of meet, one hour prior to event) $10.00 first event, $6.00 each additional event, $15.00 each relay.

**LODGING**
Red Mountain Inn 1-800-347-2031 (special transportation to and from Samford track and Birmingham Airport).

**AWARDS**
Medals to first 3 places in each age group & open category.

**SPECIAL AWARDS**
To be announced.

**DIRECTORS**
Gordon Seifert (205)879-3031, Wallace McCoy (205)877-3579

**SCHEDULE OF EVENTS**

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**CONTACT INFORMATION**

**NAME**

**BIRTH DATE**

**AGE**

**SEX**

**ADDRESS**

**Please read and sign**

I certify that I have declared my participation in the BTC Classic with full knowledge of the being physically fit and sufficiently trained are necessary to prevent injury to myself. My heirs, executors, administrators, and assigns forever waive, release, and discharge any and all claims against the Birmingham Track Club, Samford University, Magic City Track Club, Red Mountain Inn, agents, or representatives arising out of my participation in the BTC Classic. The Releaser further agrees to abide by all decisions of the BTC Committee regarding rules and eligibility requirements. Releaser further agrees to release and hold harmless the BIRMINGHAM TRACK CLUB from any injuries or damages allegedly caused by rules and eligibility. Releasers made by the BTC Committee.

**SIGNATURE**

**DATE**

**MAIL TO:** BIRMINGHAM TRACK CLUB

c/o Gordon Seifert

1514 Ridge Road

Birmingham, Alabama 35209
**Rigid Cavus Foot**

Q. I'm a 64-year-old woman runner. In the past few months I've broken both second metatarsals — each after running a marathon. My bone density measurements do not indicate the presence of osteoporosis, but my doctor tells me that my feet are not of the best construction for running. He says I have a "rigid cavus foot" and "almost" hammertoes. I don't intend to give up running, so is there anything I can do to protect my foot so the metatarsal breakage doesn't recur?

A. The high arch rigid cavus foot would not be my first choice in a running foot, yet there are many long distance runners who do just fine with that type of foot construction.

Hammettes are very common with this type of foot. As the toes become more deformed, they also place excessive pressure on the metatarsal heads.

Cavus feet also suffer from tight Achilles' tendons. Stretching the Achilles' tendon on a daily basis is highly recommended.

I'd also suggest changing to a shoe with more cushioning, and perhaps adding an over-the-counter insole for even more protection. Using a crest pad on the toes will help to prevent a backward force on the metatarsal area. Consult with your foot specialist about taping your feet for added shock absorption. With a little care and protection, you should be able to maintain your running without experiencing too many problems.

---

**18th Colgate Women's Games**

By Marilyn J. Mitchell

The 18th Annual Colgate Women's Games finals took place February 16th on the Madison Square Garden boards, the same track as the famed Millrose Games (11 laps/mile banked track).

Top New York area middle-distance runner Alicca Moss led the 30+ 1500 meter field from the gun and quickly opened up a 30-meter lead to break her own games record, posting a 4:22.14 victory. Runner-up Gillian Beschloss, 33, overtook Warren Street teammate Sarah Sauvayre, 31, in the 10th lap to maintain her overall second place position. Both Moss and Beschloss had impressive performances in the Tokyo half-marathon in January (Moss, 5th place in 1:14:42; Beschloss, 9th place in 1:16:28).

The 30+ 200 meter division, run in two sections against time, was won by Marilyn Gilliard, 30, a 2:05 half-miler, who took second place overall. A fall in the fifth week semifinals caused her to lose her overall first-place position. Renee Sterrett, 30, second in the finals event, was the eventual overall winner of the series. The 200-meter record for this age group (25.43) was posted by Carmen Brown in 1982 at age 39.

This year Bill Cosby, a long-time track aficionado and supporter of masters track, demonstrated his support for the meet by spending more than three hours providing general hilarity and presenting awards.
Stride, Grayson Tops in Carolina 10K

by JERRY WOJCICK


Floridians Dick Ruzicka and Jim Larson battled for the M55 win, with Ruzicka prevailing by ten seconds with a 37:00.

In the marathon M40-44 race, Fred Wraybright (2:38:19) took the masters first from South Carolina's Bob Schlau (2:41:51). Janet Hancock, W40, was first masters woman (3:50:18).

Fields in both races totaled over 1100.

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PROFILE

Ray Piva

by MIKE TYMN

Ray Piva, 65, ranks in his age-class as one of the best ultra-distance runners in the world. Last April, Piva, a retired San Francisco sausage maker, broke the M60-64 American Record for 100K (62.2 miles) by some 33 minutes as he clocked 8 hours, 58 minutes, four seconds, while circling San Francisco’s Lake Merced 13 times in the Ruth Anderson 100K. A month later, he recorded a speedy 6:58:29 in the West Coast University 50 mile in Fountain Valley, Calif. In that event, he placed 11th overall among 73 competitors.

Then in August, after graduating College at Hayward. Not only did Piva break the world record for the 12-hour run but he bettered the record for 50 miles and 100K enroute.

“ar just wanted to do something different,” Piva told a reporter following his victory in the Rust Anderson race. “I guess I’ve gotta be nuts. That’s what my wife tells me.”

Piva took up running at age 55. “My son made some comments about the size of my stomach and advised that I start an exercise program,” explains Piva, who now carries 130 pounds on his 5'6 frame, 26 pounds less than when his son goaded him into exercising.

Until then, Piva had never participated in sports, not even at Galileo High School in San Francisco. “We had to work after school in those days,” he says. “Those were pretty hard times, you know.”

Piva’s exercise program began with a stretching class. Part of that class called for the participants to go out of the gym and run around the track. Piva recalled that he barely made it around the track once, then just walked off. But, inspired by Bob Luhari, his fitness instructor, Piva rapidly progressed and placed second in his age division in his first race, just four months after his one lap around the track.

“That experience spurred me to become a competitive racer,” Piva says. By age 59, Piva was down to 36:50 for 10K and 2:55 in the marathon, his PRs. However, his most memorable race came at age 63 when he ran the Boston Marathon in 3:00:50.

Even though Piva can still be very competitive in the 10K to marathon range, he now prefers the ultra. “I don’t feel I’m fast enough for the shorter distances,” he says. “I’ve been able to get my name into the record books in the longer races and it’s more of a mental thing than physical. You have to be mentally prepared to go the distance.”

A typical week of training for Piva looks like this: Monday — 15 min. warmup, 40 min. tempo run, 15 min. cool down; Tuesday — 15 miles, easy; Wed. — 5 x 1320, 2 x 440 on the track; Thursday — 12 miles of hill running; Friday — rest; Saturday — 30-mile long run every other week alternating with a 13-mile long run; Sunday — 10 miles, easy.

“I have no problem getting out of bed at 5 in the morning,” he said. “And, I’ve disciplined myself to get out there and train in any weather. At my age, every day is a new experience; I feel lucky to be able to run.”

Piva’s short-range goals include running the Western States 100 miler this year, while his long-range objective is to get his name in the record books in the 210-74 age group.

“So far,” Piva concluded, “age has not been a barrier to strenuous activity and has not prevented me from accomplishing my goals.”

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, APRIL, 1992

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<td>SUE HUTCHISON (PALOS VERDES, CA)</td>
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NATIONAL MASTERS NEWS
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Van Nuys, CA 91404
Report from the Treasurer

I
n this issue is the final financial statement for the World Association of Veteran Athletics for the two-year period 1990-91, along with a comparison to 1988-89. Total revenues in 1990-91 were $92,498.54 down 8% from 1988-89. Total expenses were $101,737.26, up 78% from 1988-89. Thus, the deficit for 1990-91 was $9238.72, compared to a surplus of $43,049.92 two years ago.

Cash in the bank on December 31, 1991 is $81,067.64, compared to $90,306.36 on December 31, 1989.

Expenses were higher due to increased correspondence costs with new affiliates and the IAAF, higher travel costs to Turku, and additional financial assistance to help develop WAVA's regional programs.

It is always discouraging to have to report a deficit. However, it is my goal and the goal of the Council to never incur a deficit again. We do not want to dip any further into our modest cash reserve.

In January, I submitted a balanced budget for 1992-93 to the Council for its approval. But shortly thereafter, President Cesare Beccalli announced that the IAAF would give WAVA a $50,000 yearly subsidy, and establish a special reserve. "At $25,000, the Council has decided to wait until it number of delegates who actually budget for 1992-93. I will publish the (Along with 14 voting Council members, the maximum votes cast on any ballot measure or Council election was 108.)

Voting Delegates
Also in this issue is a new list by nation of WAVA affiliate fees, competitors and delegates.

The list includes a total of 84 nations which have been represented in the last three WAVA World Veterans Athletics Championships. Of those 84 nations, 70 are paid-up WAVA affiliates through 1991. That's an increase of 49 percent from the 47 affiliates at the end of 1989.

1) The first column shows the amount of fees paid by each affiliate for the 1990-91 period. (Affiliates are listed alphabetically by region.)

2) The second column shows the number of delegates each affiliate was entitled to in Turku, based on the formula used to determine delegates, as stated in the WAVA Constitution, Section 4 (B):

"At the General Assembly, each affiliate shall be entitled to one delegate and also one additional delegate for each 100 of its competitors in the last three World Veterans Athletics Championships (excluding the current Championship), but no affiliate shall be entitled to more than five delegates."

3) The third column shows the number of delegates who actually showed up in Turku and voted. Of the 114 eligible delegates, 94 were there. (Along with 14 voting Council members, the maximum votes cast on any ballot measure or Council election was 108.)

4) The next four columns show the number of competitors from each nation at each of the last three World Championships, and the combined total. (In Turku, 5065 athletes signed up, but 264 didn't pay, leaving a net total of 4802.)

5) The next column shows the number of delegates each affiliate is entitled to in Turku, based on the formula used to determine delegates, as stated in the WAVA Constitution, Section 4 (B):

Continued on page 18

M50 and M55 cross-country runners battle an uphill stretch of the course at the 1991 WAVA World Veterans Championships in Turku, Finland.
October Dates Chosen
For World Championships

The dates of the X WAVA World Veterans Athletics Championships are now firm. The event will be held on October 7-17, 1993, in Miyazaki, Japan. More than 5000 veteran athletes from over 60 nations are expected to attend.

The original dates proposed by the Miyazaki organizers and approved by the WAVA General Assembly in Turku, Finland last summer were late August. The Japanese later requested that the dates be changed to October 7-17 because of 1) possible adverse weather conditions in August, and 2) the fact that they will construct a new secondary track which they would have difficulty completing by August 1993.

All WAVA affiliates were polled to see if they preferred August or October.

Sixteen affiliates representing 39 delegates favored October; seven affiliates representing 16 delegates selected August. The other affiliates either did not respond or said they would go along with any decision made by the Council.

Based on that poll and on the request of the Japanese, the WAVA Council voted 10-0 (with five abstentions) to approve the October dates.

The 1993 Championships promise to be the most elaborate and successful ever staged. The Japanese will build the new second track close to the main track in the beautiful Miyazaki Prefectural Sports Park — about a 15-minute drive from downtown Miyazaki.

Miyazaki is a city of 290,000 on the southwest island of Kyushu, one of four islands which comprise Japan. The weather in October should be ideal; the average high temperature is 75°F (24°C); the average low is 57°F (14°C).

Air fares from the USA’s west coast are currently running about $1100; the Miyazaki hotel prices are among the lowest in Japan. Masters travel agents will attempt to put together low-cost package tours, as usual.

The proximity of the two tracks should guarantee a convenient, friendly type of atmosphere similar to Melbourne in 1987. Unlike Turku, which used three widely-separated tracks, participants in Miyazaki will be able to see almost all the action. A warm-up track and throwing field are next to the main stadium.

The Japanese have established a budget for the event of a stunning $23 million. That compares to $1 million for Eugene in 1989 and about the same for Turku last year. The Governor of Miyazaki Prefecture (state) is solidly behind the event. The Japanese culture has great respect for older people. The Miyazaki community will be heavily involved. The meet will be covered on local and national television.

The schedule of events and more details will be announced shortly after the WAVA Council meets with the Miyazaki organizers next month in Miyazaki.

Ralph Roman of Trinidad & Tobago accepts the gold medal for winning the M55 400 in 53.41 at the 1991 WAVA World Veterans Championships in Turku, Finland.

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# 1992 WAVA North American Regional Track & Field Championships

## August 19-23, 1992 Jalapa Veracruz Mexico

**Eligibility:** Competition is open to all men age 40 or over, and all women age 35 and over, as of August 19, 1992. Competition will be held in 5-year age groups.

**Proof of Age:** Date of birth will be required from all competitors at on-site registration. A driver’s license, passport or birth certificate will be acceptable documentation.

**Awards:** WAVA Regional Championships medals will be awarded to the top three North American finishers in each event in each age bracket. Duplicate awards to non-region participants.

**Deadline:** Entries must be received by July 1. Confirmation of entry will be sent no later than July 31. No entries will be complete unless accompanied by payment of fees in full.

**Relays:** Relay entries will be taken at on-site registration only. Relays will be held in 10-year age-groups by nation.

**Accommodations:** All competitors are responsible for making their own accommodation and travel arrangements. Two U.S. masters travel agents – Helen Palm and Barbara Kousky recently went to Jalapa to examine the facilities. Both are putting together low-cost group tours. For details, please contact Helen Palm or Diana Schneider, who is also planning a tour.

## Tentative Schedule of Events

### Events for All Age Groups Oldest to Youngest Women Before Men

#### Wednesday, August 19

**AM:**
- 8:00 100M Cross Country Men
- 8:15 100M Cross Country Women
- 8:30 3000 M Track Men
- 8:45 3000 M Track Women
- 9:00 Pentathlon Men
- 9:15 Pentathlon Women
- 9:30 Long Jump Men
- 9:45 Long Jump Women
- 10:00 Javelin Throw Men
- 10:15 Javelin Throw Women
- 10:30 Discus Throw Men
- 10:45 Discus Throw Women
- 11:00 Shot Put Men
- 11:15 Shot Put Women
- 11:30 Triple Jump Men
- 11:45 Triple Jump Women
- 12:00 High Jump Men
- 12:15 High Jump Women
- 12:30 Pole Vault Men
- 12:45 Pole Vault Women
- 1:00 Hammer Throw Men
- 1:15 Hammer Throw Women
- 1:30 Discus Throw Men
- 1:45 Discus Throw Women
- 2:00 Shot Put Men
- 2:15 Shot Put Women
- 2:30 Javelin Throw Men
- 2:45 Javelin Throw Women
- 3:00 Long Jump Men
- 3:15 Long Jump Women
- 3:30 Pentathlon Men
- 3:45 Pentathlon Women

#### Monday, August 24

**AM:**
- 7:30 100M Run-Walk Men
- 7:45 100M Run-Walk Women
- 8:00 3000 M Track Men
- 8:15 3000 M Track Women
- 8:30 Pentathlon Men
- 8:45 Pentathlon Women
- 9:00 Long Jump Men
- 9:15 Long Jump Women
- 9:30 Javelin Throw Men
- 9:45 Javelin Throw Women
- 10:00 Discus Throw Men
- 10:15 Discus Throw Women
- 10:30 Shot Put Men
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- 11:30 Discus Throw Men
- 11:45 Discus Throw Women
- 12:00 Shot Put Men
- 12:15 Shot Put Women
- 12:30 Javelin Throw Men
- 12:45 Javelin Throw Women

### Family Name

**Telephone Number:**

**Address:**

**City:**

**State:**

**Country:**

**Zip Code:**

**Gender:**

**Date of Birth:**

**Year:**

**Age:**

**As of August 19, 1992**

**Event Name:**

**Women's Age Group:**

**Men's Age Group:**

**Age Group:**

**Best Time:**

**Send this entry form and payment by check or money order to:**

Comite Organizador
Ramiro Lopez Velez No. 28
Col. Sta. Maria la Rivera
92000 Mexico D.F.
Tel. (512) 52 5 5471029
Fax 512 5 5471964

**Payment:**

**To verify your requests, please write your NAME OF EACH EVENT ENTERED:**

**Para verificar tus inscripciones, por favor escríbale el nombre de las pruebas inscritas:**

**Signature:**

**Date:**

**Waiver:**

I hereby declare that I am in good health and am properly conditioned for the competitions. I absolutely relieve WAVA (World Association of Veteran Athletes), the 1992 WAVA North American Track & Field Championships, the sponsoring non-profit organizations and the corporate sponsors of any responsibility for any injury, loss, or damage to myself or my property which I may sustain in the course of (or in connection with) 1992 WAVA North American Track & Field.
Report from Britain

By ALASTAIR AITKEN of Athletics Today, and MARTIN DUFF of Athletics Weekly

Pat McNab, 49, who pioneered women’s hammer throwing in Great Britain, has turned her attention to the pole vault. She cleared 2.40 at Crystal Palace on February 29.

Paula Fudge was first W40 (56:18) for 10 miles at Woking in Surrey, March 1. Banking official Anne Roden took the W45 division with a PR of 56:36, fine tuning her performance in preparation for entering the Boston Marathon this month. Mike Hurd, 46, topped the male masters in 51:55.

Elsewhere, Steve Sear turned in a 68:52 to win the vets section of the Essex Half-Marathon, February 23, while Tony Simmons, 44, added another Hillingdon 5 Mile title with a 24:47.

Meanwhile, 1984 Olympic 10,000 silver medalist Mike McLeod, who won his first two masters races as a 40-year-old, has again been sidelined with a foot injury.

Electronic Scoreboard gives results of W75 1500 final at 1991 World Championships in Turku.

Report from the Treasurer

Continued from page 15

entitled to in 1993 in Miyazaki, based on the above formula. The total is 115.

Thus, Canada, for example, with a total of 367 competitors in the last three Championships, gets four delegates. Norway, with a total of 261, gets three delegates. India, with 149, gets two. And so on.

6) The last column shows what each affiliate’s 1992-93 fees would normally have been. However, last year the Council voted, 10-2: “In the event the IAAF awards a subsidy to WAVA of not less than US $15,000 per year, the WAVA affiliation fee for the NGOs will be waived.”

Last month, President Beccalli announced that the IAAF will, indeed, provide such a subsidy. So when the Council meets in Miyazaki on May 21-25, 1992, it is expected to ratify its 1991 decision and waive all affiliate fees.

If you have any questions or comments on WAVA financial matters, please contact me, your national delegates or your WAVA regional representative and let your views be known.

WORLD ASSOCIATION OF VETERAN ATHLETES

PROMOTING VETERAN ATHLETICS THROUGHOUT THE WORLD

LIST BY NATION AND REGION OF
AFFILIATE FEES, COMPETITORS AND DELEGATES

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ANALYSIS OF REVENUES AND EXPENSES FOR 1990-91

Revenues
The largest source of revenue in 1990-91 was $67,228 in athletes' entry fees in Turku. That represents 4802 paid entrants at $14 each. The organizers had originally announced 5066 entries, but that included many who traditionally pay at the meet, if they can get there. The final paid count was 4802.

The sanction fee which the Turku OC paid to WAVA was only $6000, compared to $12,000 in Eugene. For Miyazaki, the sanction fee has been raised to $15,000.

Because the number of affiliates increased from 45 to 70, this source of revenue jumped 90% from $5883 to $11,150.

Expenses
Office expenses (postage, fax, phone, etc.) were up 13% in 1990-91 compared to 1988-89 and to $2,578 from $8774.

That reflected the increased costs of communication with new affiliates, contact with the IAAF, and coordination of ballot proposals for the General Assembly.

Communication expenses rose 152% to $23,936 from $9509. Assistance to the regions jumped from $5000 to $27,650. Aid to the National Masters News rose to $8400 to help cover the extra costs of publishing year-long election coverage.

The even-year Council meeting expenses rose 91% to $14,369 from $7511 -- mainly due to higher air fares and higher costs in Turku compared to the modest expenses in Eugene.

The costs of the 1993 Championships in Turku were 54% higher -- $32,721 in Turku vs. $20,947 in Eugene. Some of the Turku expenses were too high, in my judgment, such as the $2631 to feed 155 people rolls and coffee at the General Assembly. The Council is establishing even tighter cost controls and we hopefully can avoid excessive expenditures in the future.

Summary
Total revenues were $92,498.54. Total expenses were $101,737.26. Thus, the 1990-91 deficit was $9238.72. Cash on hand on December 31, 1991 is $81,067.64.

Note: all figures are in U.S. dollars

Al Sheahan, Treasurer
Masters Health and Fitness

Life Span May Be Extended

Normal human life spans may be extended beyond the currently accepted norm of about 70 years, according to findings presented at the American Assn. for the Advancement of Science.

Scientists reported they have been able to prolong the life spans of the roundworm and fruit flies by manipulation of the "methuselah" gene. That gene is the blueprint for an enzyme which destroys "free radicals," which are thought to speed aging by the breakdown of normal cells. The new study suggests that the life span of humans can soon be altered by drugs or genetic engineering.

"Aging is something we can manipulate and analyze," said Michael Rose, a biologist at the U. of California at Irvine. "Aging can be changed." Rose has doubled the life span of flies, giving them the equivalent of a human life span of 150 years.

- Loss of a night's sleep doesn't hurt performance, according to results of studies by David Hill, Ph.D. at the U. of North Texas in Denton. Women and men were tested on a bicycle ergometer on different days. They performed the same amount of anaerobic work regardless of whether they slept normally or lost a night's sleep.
- VAX-D is a new therapy for people suffering from severe low back pain, says Dr. Allan Dyer of Mississauga, Canada. The patient lies face down on a patented VAX-D therapeutic table, which is fully automated by computer logic.

"Under the guidance of a trained technician, the patient is treated with a series of precisely-controlled adjustments along the natural anatomical lines of the spinal column, decompressing the vertebral column of the low back," said Dyer. For more details, contact Mike Donia at 416-695-3293.

- A cholesterol-reducing drug used by hundreds of thousands of people can not only slow the progress of coronary artery disease but it can also reverse it, according to findings by researchers at the U. of Southern California. The drug lovastatin — also known as Mevacor — is used to fend off the fatty deposits that can clog coronary arteries. The USC study was led by Dr. David Blankenhorn, Professor of medicine at the USC School of Medicine. His team tracked the progression or regression of coronary artery disease in 270 men and women over a two-year period.
- Lower your mileage when you don a new pair of running shoes. Your body needs time to adjust to the new shoes, cautions Angus McBryde, M.D. of the U. of Alabama in Mobile.

"Wear the new shoes for shorter runs at first and slowly increase the distance," he says.

Here's What Readers Say ABOUT THE MASTERS RUNNING GUIDE

This book is filled with information including chapters on: Minimizing Injury, Secrets of the Masters, Maintaining Mobility, Diet, Improving With Age, and Training Smart. I recommend this book for those of us "transitioning" into the "improving with age" category. (Great gift idea too.)

—Joyce Rankin, Reston (VA) Runners

I wish I had read the book ten years ago. I wish it had existed ten years ago.

—Gordon Pitz, River to River (IL) Runners

The book describes masters sports and discusses the safety of intensive competition for older athletes... It's tough to read the first chapter and not get an urge to slip on a pair of shoes and go for a run.

—Mike Davis, Indianapolis News

I generally stay away from endorsing books, but this one is worth making an exception for.

—Jim Ferstle, St. Paul Pioneer-Press

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April, 1992
Airlines Antitrust Litigation
by MARILYN J. MITCHELL
There are pending airlines antitrust litigation and settlements with a number of airlines, including American, Continental, Delta, Midway, Northwest, Pan Am, TWA, United and USAir involving flights going through hubs in Pittsburgh, Baltimore, Dayton, Charlotte, Minneapolis/St. Paul, Memphis, Detroit, Houston (IAH), Newark, Atlanta, Cincinnati, Salt Lake City, Chicago (O'Hare), Denver, Dallas/Ft. Worth, Nashville, Raleigh/Durham, St. Louis, Philadelphia, Cleveland, San Jose, Syracuse and Washington/Dulles during the period January 1, 1988 to August 7, 1991.

One should retain all flight records, including any records indicating how much was paid for the tickets purchased during that period, and register with:

Airlines Antitrust Litigation
P.O. Box 209
Philadelphia, PA 19107-9711

For those masters athletes who are very active, this could include some sort of settlement for flights to as many as eight national championships (four indoor and four outdoor championships during the period) and three national conventions, as well as any other flights taken during the period falling within the parameters outlined above.

Chisholm's Laws of Running
by HERB CHISHOLM
1. All hilly courses are certified.
2. No matter how many port-a-johns are available for a race, there's never enough.
4. A "challenging course" will be mostly mountainous.
5. A "scenic course" will be hilly.
6. If temperature at race start is 39°F, the chances of being underdressed/over-dressed are 90%.
7. The more turns in a course, the greater the chances for an off-course maneuver.
8. If top age group is not specified in race flyer, it will be at least 10 years lower than your current age.
9. Course is guaranteed to be short if TAC course certification number is not listed in race flyer.
10. If nature of awards are not described in race flyer, it's definitely medals or trophies.
11. If depth of awards within each age group are not specified in race flyer, cutoff will be one above your finish position.
12. A race is a "non-event" if results are not sent to TACSTATS/USA.

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YURIY SYEDIKH'S SYBERVISION HAMMER THROW
Eastern hammer technique with drills explained by U.S. Coach Ed Burke

WILLIE BANKS  BANKS ON TRIPLE JUMP
Drills, weight training and bounding demonstrated by Willie Banks

Name__________________________
Address________________________
Card #__________________________
Exp. Date_____________________

GOLD MEDAL DISCUS $49.50
BASIC 70' SHOT PUTTING $49.50
DISCUS - SHOT COMBO $90.00
BANKS ON TRIPLE JUMP $59.95
SYBERVISION HAMMER $60.00
WA Sales Tax &/or Shipping __________
Add $3.50 1st class/$2.50 reg. mail
VHS ONLY TOTAL __________

MAC WILKINS PRODUCTIONS
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PHONE ORDERS (206) 562-1875
Masters Scene

National

- The life of Johnny Kelley, 84, the only athlete to have competed 60 times (winning in 1935 and '45) in the Boston Marathon and three-time Olympian, is told in his biography Young at Heart, by Frederick Lewis and Dick Johnson. Kelley is still in active competition. The book, with 224 pages plus 32 pages of photographs, is published by WRS Publishers, P.O. Box 21207, Waco, TX 76702-1207. 817-776-6461. The ISBN is 0-941539-87-3.

EAST

- Hugh Sweeney, 47, floated to the masters title in NYRRC Snowflake 4 Mile, Central Park, February 2, with a 21:45. In the M60 race, Sid Howard, 52, shaded Victor Cruz, 51, for the win, both finishing in 23:20. Cheryl Ralya, 45, took the W40+ laurels in 25:58. Sweeney returned to Central Park on February 8 to freeze the masters first in the NYRRC Chill Chaser 5 Mile with a seventh-place 27:24 of 581m. Kathleen Morton, 43, was eighth of 305w in 33:10, with Betsy Harshberger, 46, ninth (33:23). Muriel Merl, 66, won the W60-69 race in 41:26.

- Daniel Brach, 41, and Ann Davies, 45,iced masters victories in the NYRRC Frostbite 10 Miler, Central Park, February 16. Brach finished seventh of 810m with a 55:14, and Davies made it a no-contest with a 66:08, seventh of 292w. Lisa Preskins, 57, won the W55 race in 73:32.


SOUTHEAST

- Indiana’s Gary Romesser, 41, took masters honors and $1000 with a 47:18 in the Jackson ville, FL River Run 15K on March 7. Colorado’s Doug Bell, 41, won $500 for 2nd 45:47 (47:50). Mexico’s Marco Cuevas, 43, was 3rd (52:50, 48:00), with Colorado’s Benji Durden, 40, 4th (50:27). England’s Allan Rusmer, 45, clocked 52:42. Top female masters were England/Colorado’s Priscilla Welch (47, 54:35, $1000). Texas’ Carol McLaughie (40, 55:22, $500), South Carolina’s Nancy Grayson (41, 55:28, $200), and Pennsylvania’s Barbara Flutez (45, 56:04). Welch’s time was a 94.3% age-graded effort; Romesser’s was a 93.2%.

- Lowry Foster, 40, of Florida, won the masters race and $400 with a 15:21 in the Edison Festival of Light 5K; Fort Myers, FL, February 15. Nancy Grayson, 41, won the same amount for her seventh-place 17:16.

- Tom McDermott, 73, Bradenton, FL, broke the U.S. single-age record for the 16-lb. hammer with a 93.9 at a Manasota TC meet in Sarasota, February 22. Jim York of California held the old mark at 70-4.

- New Zealand’s John Campbell, 43, set a masters course record of 29:45 to win $500 and finish fourth overall in the Heart of Florida Citrus Classic 10K in Winter Haven, FL, March 14. Florida’s Jim Pearson, who set the 45+ record last year (32:15), was 2nd master (14th overall) in 31:48. Colorado’s Frank Shorter was 3rd (33:15). Britain’s Allan Rusmer was 4th (33:38). Colorado’s Priscilla Welch, 47, led the 40+ women (34:55, $300) as 6th female overall.


Midwest

- Wesley Ward, 82, high jumped to an M80-84 indoor WR of 4-0 in a TAC meet at West Lafayette, IN, February 15.

West

- Stew Thomson, 58, Atascadero, CA, toppled the field with an age-taughted 4027 in the Citrack Weight Pentathlon, Glendora, CA, January 18. His score was bolstered by a single-age AR of 48-6 with the 35-lb. weight. Mike Deller, 43, was second with a 3316. On February 22, in the Foothill College Meet, Los Altos, CA, Thomson heaved the 56-lb. weight (an event at the Indoor Nationals in Columbus) 40-6.

Northwest

- Olympic hammer thrower in '72, Tom Gage, 48, Billings, MT, erased the single-age WR for the 35-lb. weight with a 59-10 in an all-comers at Montana St. U., Bozeman, January 24. Hal Connolly set the old mark of 55-9¾ in 1980.

- Becky Sisley, meet director for the 1992 Hayward Classic in Eugene, OR — which will also serve as the first-ever Oregon TAC Masters & F Championships — says masters athletes will be able to use the locker room facilities in the new William J. Bowerman Hall on the U. of Oregon Campus. Bowerman Hall is scheduled to open April 1. The 15,000 square-foot building houses memorabilia of Oregon track greats and provides track-side office space for coaches. Oregon Heritage Hall on the second floor offers meeting space or an administrative space for major meets. The facility meets two needs: locker and office space, and it shields Hayward Field from north winds that have invalidated potential record-setting sprints and jumps. This year’s 12th annual Hayward Classic is set for June 20-21.

International

- Kevin Jury, 40, was 1st vet in 2:28.12 in an Australian Gold Coast marathon.

Grandma’s Marathon

Duluth, Minnesota

Saturday, June 20th, 1992

7:30 a.m.

Limited to 6,000 Runners

16th Annual

15th Annual Grandma’s Marathon Champion Dina Deita (Montego) crosses the line.

For more information, send a self-addressed, stamped envelope to: Grandma’s Marathon, P.O. Box 16334, Duluth, MN 55816

218-727-0947

These six New York Pioneers won (3:42.60) the Millrose Masters Mile Relay, New York, February 7, and broke the MS0-59 U.S. indoor record at West Point, February 15. The Millrose quartet was composed of (l to r): Don Hodge, 41, Rob Jackson, 42, Bill Burrell, 50, and Ed Small, 52. The 50-59 team added Glen Shaine, 52 (hat) and Rich Rizzo, 54.

Photo by Ed Small
Track and field events feature competition for men and women over 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 2372, Van Nuys, CA 91404.

April 3-5, U.S. TAC National Masters Indoor Championships, Ohio State U., Columbus. James Pearce, 2449 Southway Drive, Columbus, OH 43221.


September 7, TAC/USA National Open and Masters 56+ Weight Throw Championship, Greenville, S.C. Dick Bloomfield, 103 Crestwood Dr., Greer, SC 29651. 803/879-7839.

EAST Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, N. Virginia Pennsylvania, Rhode Island, Vermont


May 9, Jacksonville TCC Masters Meet, Bolles School, Jacksonville, Fla. Florida Circuit Meet, Larry Brother, 1515 S. McDuff Ave., Jacksonville, FL 32205. 904/388-7860.

May 16, Florida TAC Masters Championships, Orlando. Open to m & w over age 19. SASE to Bob Fine, Lakeview Blvd., Delray Beach, FL 33445.


May 25, Florida Circuit Meet, Clearwater. yr. age groups from 19 to 80 +. SASE to Ed Wells Jr., 2315 Eastwood Dr., Clearwater, FL 34623. 714/799-0829.

May 27-29, Tennessee Masters Championships, U. of Tenn. Dean Waters, 123 Newport Dr., Oak Ridge, TN 37830. 615/483-9300.

June 6, Atlanta TAC Masters Meet, Emory U. John Curtin (Emory)/Julia Emmons (ATC), 3997 E. Shadowland Ave., NE, Atlanta, GA 30301. 404/311-9065.


June 27, Southeastern Masters Classic, Greenville, S.C. Dick Bloomfield, 103 Crestwood Dr., Greer, SC 29651. 803/879-7839.

July 11, Florida Circuit Meet, Ft. Lauderdale (Sunshine Games). Open to m & w over age 19. Full slate. Five-year age-group awards in SASE to Bob Fine, Lakeview Blvd., Delray Beach, FL 33445.


September 12, Florida Track Circuit Meet. Deland. 5-yr. age groups from 19 to 80 +. SASE to: John Boyle, P.OB 1824, DeLand, FL 32721. 904/736-0002.

September 26, Florida Circuit Meet, Tampa. 5-yr. age groups from 19 to 80 +. SASE to: Larry Simp, 814 Highland Ave., Tampa, FL 33606. 813/931-8997.

WEST

April 8, Foothill College Throws Meet, Los Altos, Calif. Foothill College, c/o Gary Kelmenson, 250 Friesland St., Santa Cruz, CA 95062. 408/479-0202(h).


May 3, Striders Meet of Champions, Cal-State Long Beach. John Cosgrove, 7411 Earlard Ave., Playa del Rey, CA 90293.

May 17, 25th Annual Striders Memorial Meet, UC-Irvine. Gary Kelmenson, 250 Friesland St., Santa Cruz, CA 95062. 408/479-0202(h).


May 30, Bruce Springbett, 220 Oakmeadow Dr., Los Gatos, CA 95030. 408/354-2003.

CANCELED

2005-2006 Schedule

Please see the following for the schedule for the 2005-2006 season:

- Spring/Summer
- Fall/Winter

On Tap for April

TRACK & FIELD

The Athletics Congress/USA National Masters Indoor Championships in Columbus, Ohio, on the 3rd-5th, wrap up the indoor season.

Outdoor action is available in April. FL., on the 4th, and in Sacramento, California, and the Penn Relays (invitation only) on the 25th.

On the 25th, the Australian Vets championships commence in Tasmania on the 25th.

LONG DISTANCE RUNNING

No championships this month, but April brings a shower of big races for masters, starting on the 4th with the Cooper River Bridge 10K in South Carolina, and the Cherry Blossom 10 Mile in D.C.; Austin Capitol 10K in Texas; and the Vivicita 12K in NYC.

On the 11th, masters qualifiers vie with openers for Olympic spots in the Columbus Marathon, and Medford, Ore., hosts the Pearl Blossom 10 Mile. The list on the 12th includes the Saltie Mae 10K in D.C.; Redbud 10K, Oklahoma City; and the MDA-Boston Milk Run 10K.

Easter weekend holds the Crescent City 10K, New Orleans, and the Longest Day Marathon in South Dakota on the 18th, topped by the Boston Marathon on the 19th.

The next weekend's skew shows at least 30 major events, including the Trevira Twosome, NYC; Derby Festival Half-Marathon, Louisville; Vintage 5 Mile, Pittsburgh, Pa.; and the Memphis 10K on the 25th, followed by the Natural Gas 8K, Portland, Ore.; George Washington 15K in Virginia; half-marathons in La Jolla and Redlands, Calif.; and marathons at Big Sur, Yonkers, and Toledo on the 26th.

RACEWALKING

The focus is on the Empire State, with a 10K on Long Island and two races in the NYC area.
Continued from previous page

June 13. TAC/Pacific Masters Championships, Los Gatos H.S., Los Gatos, Calif. Joy Margarum or Willie Harmatz, P.O. Box 1334, Los Gatos, CA 95031. 408/354-5600.

June 20. SCATAC District Championships, Occidental College, Los Angeles. SASE to Christi Miller, 1740 Grandview Ave., Glendale, CA 91201. 818/643-2139 until 9 p.m.


MIDWEST
Illinois, Indiana, Kentucky, Michigan, Ohio, Wisconsin, West Virginia.

April 11. Columbus Marathon, Columbus, Ohio.
Men's Olympic Trials, Dallas, TX 75243.

April 26. Cleveland Marathon, Cleveland, Ohio.

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

April 4. YMCA Midwest Masters X Annual 8K, Omaha, Nebr. 15 +
John Flint, 4919 Farnsworth Ave., Apt. 1B, Omaha, NE 68132.

MID-EAST
April 17. Tidewater Striders, 1349 Pamlico Bivd., Charleston, SC 29412.

MID-SOUTH
Arkansas, Louisiana, Mississippi, Oklahoma, Texas.

April 5. Austin American-Statesman Capitol 10K, Austin, Texas.

MID-SWEST
April 11. Tishomingo Whirlwind 5K, Jim Kennedy, Box 210, Letts, IA 52249.

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**RECIPIENTS OF CERTIFICATES AS ALL-AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE**

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**Masters All-American Standards for Masters Race Walkers**

- **Men**
- **Women**

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

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

- **For Men**
- **For Women**

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

**NAME**: AGE-GROUP

**ADDRESS**: SEX:. M. F

**CITY** STATE ZIP

**MEET**: DATE OF MEET

**MEET SITE**: 

**EVENT**: 

**MARK**: Hurdle Height _ Weight of Implement

**CERTIFICATE**: 

**PATCH**: 

**PATCH TAG**: 

If you have bettered the standard of excellence, please send $10 for a certificate, $10 for a patch, or $15 for both a certificate and a patch. (A patch tag, showing event and year, is an extra $5 each.) Send to: All-American National Masters News, P.O. Box 2372, Van Nuys, CA 91404. (Enclose close-up of results, or note in which issue they appeared.) A 3-color, 8" long certificate — suitable for framing — and/or a 3-color, 3" x 4" patch will be mailed to you within two weeks. (Allow six weeks for patches with tags.)
NATIONAL

1992 TACUSA NATIONAL MASTERS INDOOR PENTATHLON CHAMPIONSHIPS
National Institute for Fitness and Sport
Indianapolis, Indiana, February 15

Age Factored Results by Five Year Age Groups
(1985 IAAF Scoring Table & 1989 WAVA Five Year Age Factors)

30 - 34 AGE GROUP RESULTS
PL. AGE NAME NEK ENH LJ SP HJ 100M TOTAL
1 34 DAVID CALDWELL 9.02 785 5.44 578 10.21 805 1.78 836 3.18 268 518 2992
2 34 STEPHEN HILLS 9.38 635 5.24 578 11.31 941 6.58 582 2855
3 34 KEVIN KINNARD 11.06 204 3.90 460 8.20 383 6.82 324.60 401 2588
4 34 HARRY ROGERS 11.98 217 5.54 512 9.98 465 1.69 560 3.69 626 2456
5 35 - 39 AGE GROUP RESULTS
PL. AGE NAME NK ENH LJ SP HJ 100M TOTAL
1 35 JEFFREY WATRY 9.17 766 5.95 668 10.44 533 1.87 794 2.41 26 818 597
2 35 ROBERT ZAHN 9.79 689 5.24 578 11.31 941 6.58 582 2855
3 35 TED TIERMON 9.72 656 5.24 500 9.95 522 1.66 593 5.86 680 2845
4 35 DON SELLERS 11.14 395 5.90 563 11.05 592 1.48 641 0.00 1 991
5 40 - 44 AGE GROUP RESULTS
PL. AGE NAME NK ENH LJ SP HJ 100M TOTAL
1 40 PAT CRANDALL 9.29 804 5.41 612 9.80 674 3.69 641 3.01 623 3345
2 40 ED BISZKUSZ 9.71 803 5.95 668 10.44 533 1.87 794 2.41 268 518 2992
3 40 MIKE DAVIS 9.72 689 5.24 500 9.95 522 1.66 593 5.86 680 2845
4 40 JAMES SAIERS 10.04 656 5.24 500 11.31 941 6.58 582 2855
5 45 BOB CROHN 10.61 545 5.10 537 11.83 665 1.48 504 3.14 514 2452
6 45 GENE HOFFMAN 9.44 772 4.81 469 9.51 527 1.48 504 3.14 514 2452
7 45 BILL SCHOFIELD 10.84 504 4.66 435 9.56 531 1.60 610 3.14 526 2737
8 45 WILLIAM DEHOR 10.44 576 5.13 544 9.75 524 1.37 585 3.15 654 4722
9 46 NEAL SCHUSTER 12.16 202 3.99 292 5.60 266 1.30 315 2.71 513 1755
10 47 - 54 AGE GROUP NAME NK ENH LJ SP HJ 100M TOTAL
1 47 REX HARVEY 9.72 802 5.67 767 11.75 737 1.66 749 3.01 623 3345
2 47 HENRY HOPKINS 10.12 720 5.18 635 10.56 600 1.60 687 3.11 619 2452
3 47 RAY STARRS 10.29 687 5.89 830 9.75 582 1.45 536 3.17 719 3414
4 47 TOM THORNE 10.07 641 4.66 504 9.56 531 1.60 610 3.14 526 2737
5 47 BILL CHERY 11.56 203 3.97 337 7.71 436 1.15 276 0.00 1 120
6 50 - 54 AGE GROUP RESULTS
PL. AGE NAME NK ENH LJ SP HJ 100M TOTAL
1 50 DAVE LANCE 9.05 017 5.49 818 9.84 562 1.62 833 3.21 545 2459
2 50 SAMMY WHITE 9.78 877 5.40 780 9.44 569 1.60 667 3.14 526 2452
3 50 JOHN EWING 9.07 760 5.24 500 9.56 522 1.66 593 5.86 680 2845
4 50 REX HAN 11.75 357 3.97 396 8.66 440 1.09 276 0.00 1 120
5 55 - 59 AGE GROUP RESULTS
PL. AGE NAME NK ENH LJ SP HJ 100M TOTAL
1 55 PHIL MULKEY 9.16 559 4.66 668 12.01 768 1.68 740 4.14 384 3257
2 55 JIM PETERSON 11.63 637 5.95 589 11.67 961 1.39 231 3.29 342 2743
3 55 JAMES WAR 11.63 637 5.95 589 11.67 961 1.39 231 3.29 342 2743
4 55 ROBERT MOORE 10.10 10- 3 24 5.53 25 3.24 3- 2 4- 3
5 60 - 64 AGE GROUP RESULTS
PL. AGE NAME NK ENH LJ SP HJ 100M TOTAL
1 60 DAVE DOUGLASS 13.24 770 4.12 623 10.00 628 1.39 739 4.79 514 3264
2 60 GEORGE TAYLOR 10.04 536 5.24 566 10.80 784 1.38 449 1.67 268 2055
3 65 - 69 AGE GROUP RESULTS
PL. AGE NAME NK ENH LJ SP HJ 100M TOTAL
1 65 BOB BRADDELS 10.26 104 4.71 913 10.06 709 1.36 794 4.24 36 491 4005
2 65 DENVER SMITH 8.82 744 4.66 739 10.34 794 1.38 449 2.84 46 825 3931

EAST
Philadelphia Masters Development Meet Philadelphia, PA February 15

18th Colgate Women's Games NYC; February 16

30'S PLUS 300 METERS
NAME AGE MARK
Rose Garrett 20 36.34
Medley Millard 20 36.35
Louise Clark 20 36.90
Marcia Fredericks 20 37.03
Inez Thompson 20 37.17
Gracia Milan 20 37.33

MAC Masters Championships Princeton, NJ February 23

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Cricrnat Weight Pentathlon
Citrusc College, Glenora, CA, January 18

WEST

Great Swell Chase 15K
Lynn, MA, February 1

NYRR Snowflake 4 Mile
Central Park, NY, February 2

NYRR Frostbite 10 Mile Central Park, NY February 16

 Screening: 10am-4pm
Weather: 50°F-55°F/52°F-62°F

Foothill College Meet
Al Los Altos, CA, February 2

NYRR Bagel Run 10K
Central Park, NY, February 23

Trent Murray 26 31:26
Jefferson Larsen 24 31:38
Bob Giambattio 22 31:46
Lucas Cioca 17 31:47

Slade Williams 31:13
Vince Hinde 31:37

Overall
Tomm Wood 19:09

1st: Nancy Green 2:08 (35-11)
2nd: Mary Heights 2:10 (35-11)
3rd: Julie Ruhl 2:13 (35-11)
4th: Steve Kaiser 2:17 (35-11)

1st: Nancy Green 2:12
2nd: Mary Heights 2:15
3rd: Julie Ruhl 2:18
4th: Steve Kaiser 2:20

Photo Finish: Nancy Green

Details:
1st place: Nancy Green 2:12
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Tamara Mitchell 47 31:21

Central Park, NY, February 16

Sherry Kaiser 31:37

Bob Giambattio 31:46

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