Coghlan Lowers World Mile Record to 4:01.39
Closes in on Sub-Four Mile with Amazing Effort in New York City

by MARILYN J. MITCHELL

Eamonn Coghlan set his third indoor world masters mile record this season with a time of 4:01.39 at the USA/Mobil Indoor Nationals in Madison Square Garden, New York City, on February 26.

In an unprecedented move, USA Track and Field and Mobil Corporation allowed a special invitational event and allowed a non-title sponsor, Runner's World, to support the masters mile, in order to give Coghlan the opportunity to break the four-minute barrier. Coghlan previously lowered the world masters indoor mark to 4:08.49 in Gainesville, Fla., on January 31 and again to 4:05.95 in New York on February 5.

His original game plan was to set a new world indoor record in Gainesville and to break the four-minute barrier at the Millrose Games February 5. As a result of a scar-tissue injury, he was only able to do five track sessions over a two-week period. But the results were so good that he felt sure that the sub-four mile was a reality. However, the hype, promotion and pressure of making arrangements for the many Irish countrymen who flew in from all over the world to see the attempt took its toll on his race-day fitness. Millrose meet organizers announced a crowd of 18,000-plus spectators, reportedly the largest indoor crowd for a U.S. track meet in a decade. And it was estimated that more than half of them were Eamonn supporters who came primarily to see him run. It was clearly the highlight of the evening.

Having missed the four-minute mark in Millrose, Coghlan came back in the Nationals, healthy and confident. It did not hurt that it was almost the anniversary of his 3:49.78 world indoor open mile record, set on the New Jersey Meadowlands track 10 years ago, a record which still stands. The Meadowlands track was designed by Coghlan and built to his specifications. It's one of the fastest indoor tracks in the U.S. The Madison Square Garden track is used only three times a year. It's not permanent and is considerably slower than the Meadowlands. The

19,073 Run In Hot Los Angeles Marathon
A total of 19,073 runners braved temperatures of 87° in the shade and 110° in the sun to survive the eighth annual Los Angeles Marathon, March 7. Winding through many of the city's ethnic neighborhoods, the race seemed

National Indoor Pentathlon Held In Tennessee
The 1993 USATF National Masters Indoor Pentathlon Championships were held at Middle Tennessee State U. in Murfreesboro, February 19, with 31 men and six women.

The competition may have been slightly fewer in number than last year (40 men and five women), but the performances suggested that multi-event competition is on the rise.

Phil Mulkey, 60, of Georgia led the way with a new world masters best of 4329 points in winning the M60 division. Mulkey, a 1960 Olympic decathlete, topped the previous mark of 4292 points, achieved by New Hampshire's Boo Morcom in 1987.


Dale Lance, 55, of Oklahoma was
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The National Masters News is devoted exclusively to track & field, long distance running, and racewalking for men and women over age 30. Each month it delivers 24 to 48 pages of results, schedules, entry forms, age groups, rankings, photos, articles, training tips, and all the inside scoops and information that affect the world of masters athletics competition.

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NMN welcomes contributions — results, schedule info, photos, letters, articles, and opinions. Manuscripts should be typed, double-spaced, but legibly handwritten material is also acceptable. Results should be typed, single-spaced. Please include a stamped, self-addressed envelope if return is desired.

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Raschker Sets Four World Records in Southeast Regionals

by PHIL MULKEY

About 140 participants turned up for the second annual USATF Southeast Regional Masters Indoor T&F Championships in Murfreesboro, Tenn., February 20.

After smashing her former world women's pentathlon record the previous day, Phil Raschker, 46, of Marietta, Ga., returned to the same facility to win five events and set four W45 indoor world records.

First, she pole vaulted 9-1½, a half-inch over her own WR. Then she sped 60 meters in 8.14, lowering her own mark of 8.35. Next she scissor-stepped the 60 hurdles in 9.38 to break the standard of 9.51, set by Britain's Judy Vernon in 1991. Finally, she long-jumped 18-2 to break her own mark of 17-7¾. Her fifth gold was a 33-7¾ triple jump, only three inches shy of her current WR.

Dale Lance edged Chuck Miller, 9.15 to 9.16, in the M55 60H. Both times were under the old WR, but Lance had beaten Miller in the previous day's pentathlon, 9.10 to 9.20.

The very firm running surface of the Murphy Center proved to be helpful for the sprinters. Sammy White, M55, won the 60 in 7.71 and the 400 in 57.6. Jim Law took the M65 60 (8.63), 200 (27.4) and 400 (63.6).

Swag Hartel took the M40 800 in 2:01.6, while Vicki Crisp captured the W40 2000 (10:58.5).

Leone Mc Daniels equalled her own W60WR with a 4-1 high jump. Jim Stookey, M60, leaped to golds in the LJ (17-4½) and TJ (32-10).

In the throws, Phil Mulkey, 60, took the shot at 45-11½, while Geraldine Young won the W60 shot at 17-3¾.

Raschker, Crisp, Young, White, Hartel, Stookey and Mulkey were awarded engraved wooden plaques as outstanding performers.

The Nashville Track Club, with president Randall Brady acting as meet director, hosted the meet.

After a very long day officiating the previous day's Pentathlon, Randall and his officials all showed up for this meet. While 98 percent of the athletes were very pleased with the meet, the other two percent failed to remember that the officials are volunteering their time so that athletes can compete.

One athlete suggested an official should retire from the meet, which he did at that exact moment. Without these volunteer officials, there would be no meet at all. A little foresight and consideration in the future, please.

From left: Henry Hopkins, 3rd in M45 pentathlon; Joe Johnson, M45 sprinter; Charles Polhamus, 1st in M45 pole vault; Murfreesboro, TN, February 20. Photo from Randall Brady

National Indoor Pentathlon

Continued from page 1 next with 4110 points, hurdles to a new world M55 record of 9.10 in the 60H, lowering Larry Pratt's standard of 9.21. Runner-up Chuck Miller was also under the former WR in 9.20.

Denver Smith, 67, of Ohio was the third-highest point-getter with 4017 points.

Philippa Raschker, 46, of Georgia topped the women with an amazing 4999 points, obliterating her own masters pentathlon record of 3889 points.

Leonore McDaniels, 64, was second-best female with 2990 points, followed by New York's Patricia Peterson, 66, with 2659.

The meet was directed by Randall Brady, and preceded the Southeast Indoor Regional Masters T&F Championships, held the next day (see separate story).

— from Phil Mulkey

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

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Edie Leiby, 70, finishes a smile in the Straub Hawaii Women’s 10K, March 7.

Photo by Tesh Teshima

USA Track & Field. There was a debate over women being “paced” by men, which was declared illegal. The policy may be misunderstood, but it is consistent. — Ed.

PREVENTION MAY BE THE ANSWER

The answer to the Achilles’ Ten-dinitis question (“The Foot Beat” — March) ignored the patient’s basic, excellent main question. The achilles are sore only in the warm weather, and he asks, “I wonder if I am losing something... in sweat...”

Traditional doctors usually have little training in nutrition, but that is often the answer. In this case, a multi-mineral supplement taken during warm seasons could be an answer.
weather might solve the problem. A professional who is knowledgeable in the whole body as well as nutrition, such as a chiropractor, might have an even better idea here. A question like this can often be handled by phone. Look in the yellow pages under "Chiropractors."

Alan Wood (not a chiropractor)
Pompton Plains, NJ

SHARE THE PRIZE MONEY
Your report on the Pittsburgh Great Race 10K prompted me to submit this to help a "great" race evolve into an "outstanding" one for all masters runners.

The Pittsburgh 10K treats masters better than many other major races in that masters prize money is not restricted to the 40-44 "youngsters," but made available to other age groups as well.

However, the current allocation is still skewed in favor of the 40s (S2300 for 40-44; S900 for 50-59; S600 for 60-69; and zilch for 70+).

My recommendations for their 1993 race:
1) Provide $4700 for masters prize money. That's equal to 1992's S3800 National Masters News page 5, cash and $900 for awards for eight age groups.
2) Allocate the money as follows:
   - best age-graded performances: S500 (1st, S250; 2nd S150; 3rd S100; each 5-year age-group, 40 to 69: S3000 (1st, S250; 2nd, S150; 3rd, S100); each 5-year group, 70 to 80+: S1200 (1st, S250; 2nd, S150).

Adoption of this system would attract outstanding national competition in all masters five-year age groups.

Herb Chisholm
Alexandria, Virginia

CONTROVERSY AT SOUTHEAST REGIONALS
The Southeast Regional Masters Indoor T&F Championships in Murfreesboro, Tenn., February 20, was a great meet with many outstanding performances.

Even though it was a positive experience, the meet, and the previous day's National Masters Indoor Pentathlon, were not without controversy.

Some officials felt insulted by some of the athletes. I was told some of the "boys" were trying to cheat in some events.

Is it any wonder we have a hard time finding dedicated officials to put in 6-8 hours of hard work for us? It's disturbing when a performer says he jumped one height/distance, but the official says another.

As a certified official who has worked the Olympic Trials, as well as a serious athlete, I try to see both sides. But when push comes to shove, I'll side with the officials first. We're all human and we make mistakes but where would we, as athletes, be

Continued on page 7

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Mysteries of Sport

Have you ever stopped to think about how many things in life seem to turn out the opposite of what you had expected? Even in the most mundane aspects of life we encounter contradictions, paradoxes, enigmas, and ironies.

For example, did you know that the death rate in Canada, Colombia, and Israel always goes down during a doctor's strike? Or that the two most visited graves in Hawaii's Punchbowl military cemetery belong to non-combatants (reporter Ernie Pyle and astronaut Ellison Onizuka)? Or that there is a positive correlation between creative play and manic depression?

It's that way in sport, too. Two articles in the February issue of Track & Field News got me thinking about this recently. Both had to do with speed. In the sport of track & field, success is usually measured in terms of speed. The greater the speed, the greater the chance of success, right?

Faster May Mean Slower

Wrong! Olympic hurdy-gurdy Combo Dees tells Jon Hendershot of T&FN that he'd be faster if he wasn't so fast. Run that by me again, you say. Dees' problem, as he explains it, is that the hurdles are too close together for him; thus, he has to shorten his stride or chop his steps. "If the hurdles were, say, 11 yards apart (instead of 10), there's not a hurdy-gurdy alive who would outrun me," Dees tells Hendershot.

Every track & field man knows that great speed is essential if one is to be a great long jumper. But in that same issue of T&FN, German sprinter/long jumper Heike Drechsler tells Hendershot that she didn't jump her best in the '88 Olympics because she was too fast. "I had too much speed to combine it with the jump," she explained.

Florece Griffith Joyner was too fast for her own good when she won the 100 and 200 at the Seoul Olympics. Because she won both races by such a wide margin, there are many people who believe that her performances must have been drug-aided.

You can be too fast for your own good in other ways. Consider Carl Lewis, probably the greatest sprinter and long jumper of all time. Following his four gold medals in the '84 Los Angeles Olympics, Lewis was shunned by commercial advertisers. "His refusal to push himself in the long jump, to risk himself, made his victory seem too easy," wrote Dick Schaap in Parade Magazine. "This was Lewis' second blunder. He made all his victories seem too easy. He not only didn't taste defeat, he didn't even get a whiff of it. His extraordinary excellence, paradoxically, made his extraordinary efforts seem commonplace."

Vulnerability Enhances Greatness

That reminds me of a comment made by Mike Tyson before he took on James "Bonecrusher" Smith for the heavyweight championship back in 1987. A great champion, Tyson offered, has to prove that he can take a punch. The only way he could prove that was to go down and then get off the canvas to win. In other words, he had to prove himself vulnerable to show that he was great.

It's like DC Comics having to kill off Superman. People believed that he was invincible. When he was brought back, they felt he might be in a stronger position if he was shown to be more vulnerable.

On the subject of boxers, did you know that the great heavyweight champion Rocky Marciano, known for his knockout punch, couldn't make it as a baseball player because of his "weak" right arm?

You'd think that champion boxers succeed because of their athletic talent, but that wasn't necessarily the case with former heavyweight champion Michael Spinks. Much of his success was said to be the result of his awkwardness. He was so awkward that other fighters had a hard time hitting him.

You'd also think that boxers are more aggressive than other athletes. Not according to Dr. Max Novich, the medical director of the World Boxing Hall of Fame and director of the National Boxing Safety Center. Dr. Novich claims that boxers are aggressive in the ring, but much less aggressive than other athletes outside the ring.

On the subject of athletes, why is it that the most idolized athlete of all time, Babe Ruth, was the antithesis of physical fitness? And isn't it ironic that Lou Gehrig, who set baseball's longevity record of 2,130 consecutive games, died so prematurely, at age 37?

Back to hurdling and sprinting, we see that a good tailwind makes for faster times. Renaldo Nehemiah, the former world record holder in the 110m high hurdles, doesn't agree.

The former world record holder in the 110m high hurdles, doesn't agree.

"There's nothing I fear more than a tailwind," he once said. "It can make you overstride in between hurdles so that you get too close to them. I have to run with more caution."

Speed Can Be Detrimental

Many people consider baseball too slow a game, but what happens when you have players with blazing speed in the game? It gets slower! When the speedy players get on base, the game is slowed down because the pitcher must then be concerned with holding the runner on the bag.

Speed can also be detrimental in football. It's often assumed that the best pass receivers are the fastest runners. Not so. Some world-class sprinters have never made it as football players because they're moving too fast to adjust their patterns. "Maybe because most sprinters are long-legged, their feet aren't as quick," Steve Largent, one of the great pro receivers of all time, explained.

Thus, being fast does not necessarily mean being quick. You might assume that the guy who catches the most passes is the best on the field. Not necessarily. The best receiver might be double covered, thereby giving another, less talented, receiver more chances.

If you're a football fan, you probably know that it is harder to score the closer you get to the goal line (because there is less room in which to execute)."

Plodders More Likely to Finish

Slow is easier than fast, right? Then why is it so much harder and more uncomfortable for some of us to run a 9-minute mile pace than a 6-minute mile pace? And why is it that the greatest percentage of non-finishers in a marathon is found among the elite rather than the plodders?

It stands to reason that we are at our best when we are feeling well. But long-time golf champion George Bayer had this to say a few years ago: "When you feel bad, you usually play well, but when you feel real good you usually try to hit the hell out of it. That's when you get in trouble." Likewise, in our sports of track & field and roadracing, we often fail because we're feeling so bad, and that makes us try too hard. In so doing, we lose the rhythm that is best for us and fail.

There's another analogy that one can draw between running and golf. Often, when you get in a sand trap, he will hit out in the opposite direction of the hole. A runner who suffers an injury can employ this strategy by backing off his training instead of attempting to run through the injury.

It's often been said that the best players make the worst managers. I think it's that way in running too; the best runners make the worst coaches.

Some of the most anatomically imperfect runners have been among the greatest. Bullet Bob Hayes and Jackie Robinson were pigeon-toed. O.J. Simpson was bowlegged. Said Aouita has flat feet.

It's a strange world.
Write On

Continued from page 5

without officials.

It's the 90s, and it's time for some masters athletes to forget what they did in the 50s, 60s, 70s and 80s and accept reality: performances do decline and we do have bad days in competition.

I'd like to thank the following for their unselfishness in the meet: Nancy Yee, Susan Hopkins, Rex Harvey, Phil Raschker, Jeff Watry, Liz McBlain, the Nashville Track Club and all officials.

Randall Brady
Nashville, Tennessee

50-METER DASH

I'd like to see the 50-meter dash — once an Olympic event — put back on the schedule. It will enable us of smaller stature to compete. Any distance over 50m gives an advantage to the taller runners.

Ted Yenari
Metairie, Louisiana

HOW TO DIRECT A TRACK MEET

Becky Sisley's piece about conducting a track meet (Feb.) was excellent and should be sent to the Senior Olympians people at once.

In 1991, I attended the National Senior Olympians meet in Syracuse, N.Y. I paid big bucks for an entry fee. But at the track were homemade signs, written poorly. All times were by hand.

In the 1970s, I'd ever seen. I wrote to their national director. Liz McBlain, the Nashville Track Club was excited.

Nancy Vye.

But there is no way we can get the taller runners.

I'm sure performances do decline and we do have bad days in competition.

Mike Lacey

The article amply showed that.

It's the 90s, and it's time for some masters athletes to forget what they did in the 50s, 60s, 70s and 80s and accept reality: performances do decline and we do have bad days in competition.

I'd like to thank the following for their unselfishness in the meet: Nancy Yee, Susan Hopkins, Rex Harvey, Phil Raschker, Jeff Watry, Liz McBlain, the Nashville Track Club and all officials.

Randall Brady
Nashville, Tennessee

BYRON FIKE

After fighting cancer for 1 1/2 years, Byron Fike died last November, two weeks short of reaching 85, and a month before he was installed in the Summit County Sports Hall of Fame, Akron, Ohio.

Byron was a "man's man" yet gentle and soft-spoken, loved his fellow competitors and all he met. Born in West Virginia, he was not a worldly person, more comfortable in a "homey" atmosphere, but beneath the surface, there was a mountain of wisdom gleaned from his varied experiences as a butcher, food business owner, and a car salesman.

A semi-pro baseball player, he turned to T&F in his 60s and amassed about 1400 medals and trophies, winning almost every event he entered. He was a crowd pleaser, who loved to come about every day and I most certainly forget what they did.

Bill Weinacht
Rocky River, Ohio

“PITCH” RETIRES

I've learned that Arling E. Pitcher, M90, has retired from active Track & Field due to declining health. He has been a sterling example of competition in the upper, upper age groups. His last meet was the TAC National Outdoor Championships in Spokane last year where he entered 8 events, won 7, and set one world record.

Most of you know what a hard worker "Pitch" is. I remember a friend saying that he worried about running the 1500m in the 1986 TAC National Decathlon/Heptathlon Championships on a hot day in Des Moines, Iowa. I informed my friend that it was I he needed to worry about, not Arling, because he worked out about every day and I most certainly didn't.

Just 2 or 3 years ago, Arling was running the 400m, finishing the first day of the Thomasville, NC Decathlon when he stepped on the curb on the first curve and fell down. Well, he got right back up and finished the race anyway. But in a few minutes, he was asking the meet director if he could run another 400m because he "had trouble on the last one." So while the rest of us sat around exhausted from our 400m, Pitch ran another, and better, one. He is that kind of a guy.

He certainly would like to hear from his friends and fellow Track & Field Athletes. He is in the Indiana Masonic Home, 690 State Street, Franklin, IN 46131. We need to stay in touch.

Rex Harvey
Cleveland Heights, Ohio

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40-59 MILES 11:15 AM
MEN'S 100 M 11:30 AM
MEN'S 200 M 12:00 PM
"SPIKE" ALLOWED
MEN'S 800 M 12:30 PM
MEN'S 1500 M 1:00 PM
RELAY EVENTS

1600 M RELAY 2:00 PM
4000 M RELAY 2:30 PM

AWARDS

Male & Female 1st, 2nd, 3rd Place

FIELD ATHLETES' NOTE
Groups started immediately after preceding group. List for the announcement.

MENT DIRECTIONS RESERVE THE RIGHT TO RUN ALL GROUPS TOGETHER IN ANY EVENT, AND THEN SEPARATE THEM BY AGE, TIMES AND DISTANCE. THIS IS CASE WE DO NOT HAVE ENOUGH PARTICIPANTS IN ANY EVENT OR WE ARE RUNNING BEHIND SCHEDULE.

All races will be run as finals. If necessary, sections will be run for spares.

RULES

SPORTSMANSHIP: 1st or less
HURDLE HEIGHTS & IMPLEMENTS - USAFT (TAC) Masters Rules.
ELIGIBILITY - USAFT (TAC) membership required. Available at meet.
FAIR START - One foot start rule will apply.

FEES

$350.00 - Entry Fee
$100.00 - Team Fee

ADDITIONAL INFORMATION
Meet Directors: Morton Hahn (201-425-1744) or Dennis Weinacht (201-540-3282)

PREVIOUS WINNERS

PUBLISHED REPORTS

THIS IS THE EIGHTH ANNUAL "PIG" TRACK MEET.
Neuroma Pain

Q. I am a 55-year-old long distance runner. I have been diagnosed as having a neuroma on the bottom of my left foot. As I run, the pain becomes very sharp and I have to stop, remove my shoe and massage my foot. Then I can run for a few miles. What should I do? Should I have surgery? How long will I be off my foot?

A. Neuromas occur at a less common frequency than plantar fascitis or shin splints, but they are quite bothersome to long distance runners.

In runners, a neuroma is a thickening and fibrosis of the nerve that runs between the third and fourth metatarsal bones. In this area it is known as a Morton's neuroma, or traumatic neuroma. It was first described by Dr. Thomas Morton back in 1876.

This nerve thickening is usually caused by repetitive trauma, such as running, but can also be caused by wearing high-heeled shoes. The pain is usually described as sharp in nature and extends up into the foot. The most common area is between the third and fourth metatarsal areas.

Neuromas occur at a less common frequency than plantar fascitis or shin splints, but they are quite bothersome to long distance runners. In this area it is known as a Morton's neuroma, or traumatic neuroma. It was first described by Dr. Thomas Morton back in 1876.

This nerve thickening is usually caused by repetitive trauma, such as running, but can also be caused by wearing high-heeled shoes. The pain is usually described as sharp in nature and extends up into the foot. The most common area is between the third and fourth metatarsal areas. In severe cases, the third and fourth toes become numb. Squeezing the foot aggravates the neuroma and increases the pain sensation (positive Mulder's sign).

A. I would start out by using conservative treatment such as a shoe with a wide toe box. This will allow the nerve tissue and adhesions to be separated. The use of anti-inflammatory medication may be of limited use but you may wish to try a trial run of two weeks.

I have found that steroid injection into the intermetatarsal area is quite effective. This breaks up any adhesions and speeds up the healing time. Although it will not reverse the condition, it will certainly reduce the pain and discomfort and allow you to train.

If you have a biomechanical abnormality, you may wish to try a foot orthosis or metatarsal padding to reduce the stress and trauma to the forefoot. Foot strapping is also effective.

If conservative treatment fails, you may wish to undergo a surgical removal of the offending neuroma and adhesions. The incision for this procedure is made on the top of the foot, not the bottom. This avoids excessive scar tissue on the bottom of the foot. The nerve tissue and adhesions are removed. In some cases, there may be some numbness in the toes following the surgery.

You will probably not be able to run for 3-6 weeks. Although it is a 'minor' procedure, it is still surgery and it is in the foot. In most cases, two days at home then limited weight-bearing for two weeks, after the two week period, you could certainly swim or use the stationary bike and lift weights.

This is considered an out-patient procedure and could be performed under local anesthesia.

Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 2372, Van Nuys, CA 91406.)
Rankings Report

The U.S. Masters T&F Rankings Book for 1992 is now available from the National Masters News. In addition to the usual events, the 1992 edition includes: the multi-events ranked by age-grading rather than by age groups; the 56 lb weight; and the 10K and 20K racewalks which in the past were published in the NMN.

The 1992 mile and 3000 walks on the track were not included in the book but are published in this issue at the end of the racewalk-results section.

For 1992, the 5000 walk rankings were separated by track and road times. However, the difficulty of distinguishing one from the other in the results, particularly from sources other than the NMN, has persuaded the walk compilers to combine the two events for 1993, as was done in the past and which brought no objections.

The rankers for the 1993 indoor season are listed below. Marks sent to me rather than the appropriate compiler will not be forwarded.

This issue also contains the rankings by age-grading of the indoor pentathlon compiled by Rex Harvey, who did the outdoor multi-event rankings.

Submasters and masters athletes whose best marks for the 1993 indoor season have not appeared in the NMN by the May issue should send them and any changes or corrections to the event compilers, with some verification, before May 15, to assure inclusion in this season’s lists. Indoor season 35-lb. weight marks will be combined with the outdoor marks and published in the rankings book for 1993.

Athletes whose best marks were made in a 10-year age-group meet or mixed-age event, such as "Masters Mile," and for whom a single-age was not given in the NMN results, should inform the compilers of their correct age group.

55m/60yH, 200, 400:
Larry Patz, 534 Gould Hill Rd., Con toook, NH 03229
William Benson, 6 Eton St., Valley Stream, NY 11581

3000:
John Dickey, 9128 N. Swan Circle, Brentwood, MO 63144-1145

HJ, TJ:
Charles Mercurio, 4927 W. 123 Place, Hawthorne, CA 90250

PV:
Tomlinson Rauscher, 85 Sunset Blvd., Pittsford, NY 14534

LJ:
Robb Bong, 420 Silver Saddle Rd., Monument, CO 80132

1500, 55m/60yH, weight, mile racewalk, and 3000 racewalk:
Jerry Wojcik, 774 Blue Ridge Dr., Santa Maria, CA 93455

SP:
Sally Polk, P.O. Box 71, Sandia Park, NM 87047
Don DeNoon — Part-Time Racewalker

(Don DeNoon is a runner who happens to be an extraordinary racewalker. Returning to the sport in 1992 after an absence of many years, Don is making his presence felt among the masters walkers as he did with the Olympics of the past. At age 49, he has set four unofficial records: MM 10K Championship in Niagara (45.00), 20K in Washington, D.C. (1:36:09), 3000 meter indoors on 2/20/92 (12:38.71), and 3000 meter outdoors (12:47. Don is presently the women’s running coach at Southern Illinois University and very willing to coach race walking.)

EW: As a running coach, what type of training do you feel is best for racewalking?

DD: First, let me say I have never had a racewalk coach; that is, I have never had anyone sit down and tell me what to do or what is right or wrong. But I do know how to develop athletes and I honestly believe that racewalkers need to train with running.

EW: How much running?

DD: You need to do all of your base work running, or the majority of it running; and you need to do most of your form training walking, but at much higher accelerations than you do when competing. My typical week is to train seven days a week. I will run five and walk two days doing high speed, intense intervals on the track.

EW: That is all the walking you do?

DD: That’s right. This past year I put in between 50 and 65 training miles a week both running and walking. The only disadvantage I found to that schedule is that my walking muscles didn’t adapt totally.

EW: Another elite athlete who runs is Larry Walker. However, when he goes into the competitive racewalking season, he switches to doing more walking than running.

DD: I used to use a 60/40 ratio, 60% running and 40% walking when I was training in my early days. When I really got into the heavy season, I would go 60% racewalking and 40% running; but 100% of my racewalking was on the track doing intervals.

EW: It is my observation that running is okay if you have no tendency toward a knee problem.

DD: I have never had a form problem. If I have ever received warnings, it was because I was off the ground and going too fast. People who saw me walk last year, Alongi for one, commented that my form is compatible with what is being taught today. Yet, my form has always been the same.

I guess I was ahead of the times because when everyone was walking straight up and pulling with their heels, I knew I needed to lean forward and push with my toes. The only thing I would like to experiment with today is walking with short steps in short, fast races. I think the spikes would give me a bit of an advantage and it would stabilize my foot because I push off so hard that sometimes I get some slippage.

EW: What mental preparation do you do before a race?

DD: I am an extremely focused athlete. I don’t think I have ever met anyone who was more focused in competition than myself except for Mary Decker. When I am on the line getting ready to race, I don’t think anything else goes through my mind except driving toward the finish line.

EW: How would you compare racewalking in the 1960’s with today?

DD: In the 60’s, people were intimidated by others exercising. Many times people in their cars would swerve into you and throw beer cans, coke cans or water. Today, exercise is more accepted by the people who don’t exercise. In the 60’s, there were so few people who trained, it just wasn’t an acceptable thing to do.

Also people are more curious today. If I am out on the track doing interval sessions, they want to know what I’m doing and will come up to talk. In the 1960’s, they would look at you as a leper. You were considered a strange person and someone to avoid.

At the same time, in the 60’s we had a lot of crowd appeal as a novelty in the indoor circuit. People would be laughing their heads off up until race start, and then they would get into the race. When I broke the world mile record in 1966, the crowd was screaming and yelling.

Today, acceptance by the general public is good. Walkers are flocking to local runs and walks. We had a local race a couple of weeks ago which I judged, and there must have been 60 or 70 walkers with double that number of runners. I gave a little five-minute clinic right before the walk and people really listened.

EW: What do you teach in five minutes?

DD: Racewalking is easy to teach if you know how to teach. I give instructions about the rules and then explain how to abide by the rules. I tell people that they need to think as a jogger and how to go from a jog to racewalking. Then, I get them jogging and guiding themselves by their mental image. I have them change from jogging to racewalking. A person must straighten their legs and use their hips to racewalk. It is very easy for people to learn to racewalk from jogging rather than trying to teach them how to racewalk from a street walk. It’s much easier for them to get the mental concept of how to drive and how to push.

Don DeNoon
Masters Racewalking

Continued from page 10
EW: As a coach, you must have definite ideas about eating.

DD: Recently I was persuaded to try a drink called "GO" by a friend of mine. Maybe it is psychological, but after five days of drinking the stuff I had more energy than I ever imagined having. When I stopped the drink for a week, I could barely put one foot in front of the other. It took me about three weeks to figure out what had happened. When I ordered another case, I picked right up again.

EW: What is "GO"?

DD: It is an amino acid drink invented by the man who came out with Gatorade. It has all the essential amino acids and is easy to digest. I have been in tune with my body almost from the day I started running at 13. I know how my body reacts to high stress and how it functions in different conditions. I am recovering more quickly from my workouts. I am racing strong. I have an abundance of energy. And I am doing it with less calorie intake because I have almost from the day I started running with the Fiesta Supermarket the primary sponsor.

Therefore, you get the benefits of protein calories over a longer period than you get from carbohydrates. Other than GO, I eat a good ol' American diet. I love meat. I love milk and drink nearly 2 gallons a day.

EW: How do you feel about masters racewalking?

DD: Probably one of the most ego-defeating things that has happened to me is to be awarded the national 10K masters championship in Niagara Falls because I admitted that I was "old." I beat all the "old" people. Up to then, I had been competing against the kids and was one of the kids. It was a reality shock for me to all of a sudden come back in tune with the "old" people who are younger than me who are still masters.

I think that masters racewalking is great because it provides an opportunity for the masters males and females in athletics to pursue. Goals are what makes life go. My goal last year was to try to make the Olympic Trials and it kept me going. Other people have the goal of winning the masters division in a particular race, but I am beating a master's record. That is something they can grab hold of at a new age in their lives to make them feel alive and get the physical benefits out of training.

EW: What is your present goal?

DD: I am nine pounds lighter than I was in June. I need races right now to see what I really can do. Instead of being a 45:00 10K walker, I think I could be a 42:00 10K walker if I can keep up the training intensity. I finished sixth in the New York open championships. Maybe, I am fantasizing, but I see myself as being able to win a national championship in the open division.

McLatchie, Gaskin Break 30K Records

by JERRY WOJCIK

Carol McLatchie, 41, and Joyce Gaskin, 55, chalked up U.S. age-group records in the First Colony 30K in Sugar Land, Texas, on Dec. 12.

First woman overall, McLatchie ran a 1:53:59 to break the W40-44 record of 1:56:37, held jointly by Barbara Flutze and Gabriele Andersen and set in 1986 in Minneapolis. McLatchie's time was equal to an aged-aged 90.3%.

Gaskin's 16th-place 2:17:30, an age-graded 84.1%, eliminated Helen Dick's W55-59 unvalidated time of 2:19:00 made in Pasadena in 1980.

First masters man was Gene Timberlake, 14th overall in 1:51:43. Michael Carnes won the M50 race with a 1:55:40.

The race, with 1515 registrants, the largest 30K in the U.S., was directed by Andy Stewart of Finish Line Sports, with the Fiesta Supermarket the primary sponsor.

19,073 Run in Hot Los Angeles

Continued from page 1

unite, if only for a day, a nervous city still remembering the riots of last spring.

Although the heat forced many exhausted runners to drop out early and kept times slow, organizers said the race was perhaps the best L.A. Marathon yet. Race president Bill Burke said the event drew hundreds of thousands of spectators along its 26.2-mile route.

Surprisingly, there were no reported serious injuries. More than 15,000 cups of water were available at each mile station. A few stations actually ran out. Masters runners also opted for frequent water sprays in their efforts to keep hydrated.

The heat and lack of prize money kept many top masters at home. The first over-40 runner across the finish line was listed as Dennis Bock, 45, in 2:36:32. Candy Dodge (3:03:10) was the first 40+ female finisher. Patrick Devine won the M60 division in a good 3:15:52.

Brazil's Joseildo Rocha (27, 2:14:29) and Ukraine's Lubov Klokcho (33, 2:39:49) were the overall winners. Each won a Mercedes-Benz car, but, with prize money available only for fast performances, Rocha earned only $2500 while Klokcho won no cash at all.

Burke and others said the race was a vindication of their resistance to suggestions that the race be rerouted away from neighborhoods hard-hit by the riots.

"There were many winners," said Mayor Tom Bradley. "It's always an event that pulls the city together. Some idiotic people wanted to change the route, but people know better. This is still a city of harmony."

The high point of the start was the appearance of Muhammad Ali, whose presence has become a tradition.

The route took runners through downtown, Skid Row, Little Tokyo, Chinatown, Koreatown, the Latino Community, Hollywood, upscale Hancock Park, Wilshire Boulevard, and the African-American community.

Along the way, singers and musicians of nearly every musical persuasion entertained the runners and spectators.

"It was one big, beautiful block party," an observer said. □
Repeat and Interval Workouts

by ROSS DUNTON

To improve your race time, whether you are a masters middle-distance track runner or a long-distance road racer, you have to do race-specific repeat and/or interval workouts.

Although many masters runners and coaches use the words “interval” and “repeat” interchangeably, there is a vast difference between them. The repeat workout is designed to improve the body’s aerobic capacity, while the interval workout is anaerobic. While running a hard 800-meter race, the body is in oxygen debt and accumulating lactic acid for about 60 percent of the race. While running a 10K, this percentage drops to 10 percent or less. Therefore, if training for the longer race, the concentration should be on the repeats, while the shorter races require more interval work.

What's the difference? Basically, it's the recovery time. In an interval workout, you are trying to improve your body's ability to do the work without breaking down. Begin gradually, see how your body responds, and build up to it.

Recovery Workouts

In the repeat workout, you are trying to improve aerobic capacity. Therefore, the work is done at slightly below the “deflection point.” That’s the point at which the body can no longer carry away all the lactic acid which is being produced. This point can be determined through blood testing or through pulse-rate testing. Many of us know where that point is through trial and error.

A good repeat workout for a masters 10K runner would be 12 x 400 at a speed slightly faster than race pace, with a 300 walk between each 400. The walk allows for recovery between repeats so the body doesn't have a large accumulation of lactic acid.

Frequency

When you can handle it, repeat/intervals should be done three times a week. A typical schedule looks like this:

Monday: intervals; Tuesday: intervals; Wednesday: 3 miles easy; Thursday: repeats; Friday: rest; Saturday: race or time trial; Sunday: 6 miles easy.

Summary

It is very difficult to run faster races if the body never does any work at those speeds. To run faster, you must train the body to do just that.

By running fast intervals, the body develops the ability to run for a sustained period in the anaerobic range. Running fast repeats develops the ability to run for a sustained period in the upper end of the aerobic range.

Ross Dunton is a 60-year-old masters middle- and long-distance runner who coaches middle-distance runners at Sonora High School in Los Alamos, New Mexico. At age 59, he ran 11th in the 1992 M55-59 800 rankings with a time of 2:23.9, which he hopes to improve upon this year, using the hard interval training he describes above. He recently completed four days of coach-training classes put on by the Amateur Athletic Federation in Los Angeles, which qualified him to be certified as a level-1 coach through USATF.

Coghlan Lowers World Mile Record

Continued from page 1

boards were loose and shaking during the masters mile. Contributing to its slowness is the fact that it is assembled and disassembled for the flat sprints/hurdles and usually the time allotted for the re-assembly does not allow for a tight-fitting track.

The pacesetter was Brad Schlapak, New York Athletic Club, who dropped out with two laps to go. The announced splits were 58.3 at the quarter, 1:59.8 at the half, and 3:01.3 at the three-quarter mark. With Coghlan close on Schlapak's tail and using his unusual negative split for the last part of the race, he felt confident that he could — and had — run a sub-four minute race. Unfortunately, he fell just short of the mark.

Wilson Waigwa, Kenya and the U.S., was second in 4:11.15 and John Birmingham, Australia and Canada, was third in 4:11.58.

"Obviously, I am very, very disappointed," said Coghlan. "At the same time, to run one-point-four on this track and set a world record is somewhat satisfying. One of these days in the next few meets, I’m going to do it. The pace was fantastic... the quarters were even... I lost it in the fourth quarter when I ran on my own. I have mixed emotions." Coghlan said he was not overconfident.

"I wanted to be confident but not ‘cocky’-confident... I ran hard all the way... with every bit of energy... the crowd was electrifying. I used the crowd and officials and everybody to my advantage and I hoped that it would lift me up."

He said he felt like he was running 58 seconds.

"I even remember coming off the last turn and running through the finish line to make sure I did it. I was surprised and disappointed all in one. I didn't watch the clock at all."

Coghlan said he received tremendous support from his fellow competitors in the race.
Birmingham, Blaszak Claim Victories
At Hartshorne Masters Mile

by DIANE SHERKER

Some of the nation's best milers, ages 40-and-older, had an appointment in February with Ireland's Eamonn Coghlan at the Millrose Games. But on their way, they stopped by the 26th annual Hartshorne Masters Mile on Jan. 30 — the oldest event of its kind in the United States — for an impressive tuneup.


Behind Birmingham, a dramatic duel unfolded over the final quarter-mile stretch, as defending champion Charlie McMullen, 41, of Rochester, N.Y., held off a late-charging 40-year-old Tom Carter of Binghamton, N.Y., to grab second in 4:21.67.

"I was hoping to run the first 200 (meters) in 30-31 seconds, and we went through in 33. I was looking to do the 400 in 62, and we were 66. But my second 800, I felt good and strong. I could have kept going, but the race was over," said Birmingham.

"I thought if I could stay with him the last lap, I could outkick him, but he was much too strong today," said McMullen. "I pushed it a bit but John took it at the half, so it was a fair race. The better 'old guy' won."

In the Hartshorne Masters Mile men's sections I and II combined heats, frontrunner Ben Brockwell, 44, of Lavalette, N.J., posted a decisive victory over Derek Frechette and Dennis Featherstone, with a time of 4:49.46.

Defending champion Barb Blaszak, 42, of Syracuse, N.Y., won the women's masters mile title with a time of 4:43.40.

Notable sprint performances were by Tom Rewolinski, 35, Wisconsin, who won the 50m in 6.32 and the 200 in 27.09; Jim Weaver, 55, Texas, in the 200 (27.09); Chuck Sochor, 65, Michigan, in the 400 (64.3); and Charles Johnson, M30, Missouri, in the 50m (6.26).

Continued on page 21

Midwest Regionals Held in Illinois

by HARRY BROWN

The USATF Midwest Regional Masters Indoor Championships were held at Glenbrook South H.S., Glenview, Ill., on Feb. 20. The new fieldhouse, which was opened in 1991, was excellent; Coach John Davis, the assistant coaches, and the Glenbrook track team ran a first-class meet.

Athletes came from as far away as California and Texas. The oldest competitors were Mel Flachs of Iowa, and Milo Lightfoot, Indiana, both 78.

Notable sprint performances were by Tom Rewolinski, 35, Wisconsin, who won the 50m in 06.32 and the 200 in 27.09; Jim Weaver, 55, Texas, in the 200 (27.09); Chuck Sochor, 65, Michigan, in the 400 (64.3); and Charles Johnson, M30, Missouri, in the 50m (6.26).

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Masters Health
and Fitness

Coffee, Anyone?

Can a cup of coffee boost your performance? Results from caffeine studies are mixed. Some report a positive effect; others don’t. Those who usually avoid coffee have the most to gain from a cup or two before competition. The research also suggests you can improve your performance with a pre-race meal of whole grain toast or cereal, fruits or juices, or by drinking a glass of high-concentration glucose polymer drink two or three hours before your competition. (M.D. Becque, H.J. Engels, and F.A. Kulling, at meeting of the American College of Sports Medicine, Dallas.)

Weight Training Helps

Muscle strength can be improved by weight training in people even older than age 85, according to Maria Fiatarone, M.D., of the University of Washington (The Physician and Sports Medicine, Dallas.)

Relieve Depression

Running relieves the symptoms of depression in older people. One study reports runners have much less anxiety and depression compared to non-exercisers. Running can improve sleep, appetite, concentration, academic performance, and cardiovascular fitness. (The Physician and Sports Medicine, Vol. 14, No. 9).

Improve Your Love Life

Regular exercise can dramatically improve your love life, whether you’re 40, 60, or older. But too much exercise diminishes sexual appetite, according to the same study of masters swimmers. It found exercising about three days a week, 45 minutes a day peaked sexual desire. More than that diminished it. (Philip Whitten, Harvard U. sociologist.)

Take a Nap

A new study shows napping may be good for your health. The U. of Athens Medical School found Greek men who nap at least 30 minutes a day are 30 percent less likely to have heart problems than those who don’t nap. “Nature intended that older adults should sleep in the middle of the day.” said William Dement, director of the Sleep Disorders Clinic at Stanford U.

A Little vs. A Lot

The latest research indicates that a little exercise — three 10-minute sessions weekly — may have almost as much benefit as long workouts. The study by Robert DeBusk of Stanford Univ. School of Medicine showed that the biggest improvement in life expectancy and health occurred between least fit people and the next level of fitness. Less benefits were derived as the length and duration of exercise increase.

Top 20 Masters Road Runners in 1992

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Note: the above rankings were compiled by the Masters Running Information Center, the official LDR records and research arm of USA Track & Field, the National Governing Body for Athletics in the USA.
Eamonn Coghlan

U

sually, trying to pick the Sorbothane Masters Athlete-of-the-month is an exacting task. Poring through dozens of outstanding performances in the past 60 days in track & field, long distance running, and race walking to try to find a "best" performance can be frustrating. Without the masters age-graded tables, it would be impossible. With the tables, it is merely difficult.

But this month was easy. No one came close to the amazing string of performances turned in by Ireland's Eamonn Coghlan. In the space of 30 days, he smashed the world mile record for men over age 40 three times. On January 30 in Gainesville, Fla., he lowered Wilson Waigwa's world 40+ mark of 4:13.05 to 4:08.49. On February 5 at the Millrose Games in New York City, he again dropped the standard to 4:05.95. Then, on February 26, again in New York, he brought the record down to 4:01.39, an astonishing 100.4% on the age-graded scale.

As reported elsewhere in these pages, Coghlan will likely make another attempt to be the first over-age-40 athlete to run a sub-four-minute mile, at the Penn Relays in Philadelphia on April 22.

Sorbothane produces lightweight, shock-absorbing, air-infused insoles which can be found at most sporting goods stores. The company sponsors the athlete-of-the-month award every other month in NMN.

For his efforts, Coghlan will receive $100 from Sorbothane. (*)

Coughlan Lower World Mile Record

Continued from page 12

"They were proud to be in the same race with me and to be given a chance to make history. They hugged me and kissed me and said, 'Don't be disappointed.' The camaraderie in masters' running is phenomenal." He further praised Schlapak, the pacesetter. He did a great job. The pace was good. He made me run and yet kept me in contact. I thought I was running faster than I did. Even though the crowd kept me going and I made a gallant effort, it was still only my third race of the year."

Coghlan noted that David Morcroft of England will be 40 in April. "He'll probably be delighted that I didn't make it," he said.

Finally, he said, "I had a conversation with Noreddine Morceli tonight and I said to him, 'One of us is going to break a world record tonight.' He said it would probably be me."

Coghlan returned to Dublin the day following the race, but plans to be at the Penn Relays on April 22 and at the New York Games in May for the outdoor attempts. He does not feel that he is racing against the calendar, but nonetheless is not necessarily planning upon doing the circuit next year. The latest New York attempt proved to him that a sub-four was attainable. Currently doing fund-raisng for a children's hospital in Dublin, he also has a consultancy business. Both Millrose and USA/Mobil meet management shared an insurance premium with Runners World in order to pay $50,000 prize money for a sub-four minute result. Undoubtedly, endorsements would have increased the value of a successful attempt. There were rumors of amounts well into the six figures, but no one — including Eamonn himself — can quite figure out where those numbers came from. There is a possibility that a women's event will be considered with Francie Larrieu, now 40, and Grete Waitz, turning 40 soon, but this would depend upon additional sponsorship and is only in the "talking" stage.

Discussions with Dr. Andres Rodriguez, Drug Testing Site Coordinator, revealed that Eamonn was tested for drugs both at the Millrose Games and at the USA/Mobil meet, because he established a new world record and it was felt that this was required by the IAAF guidelines.

A promising newcomer this season was John Bermingham, formerly of Melbourne, Australia and currently living in Edmonton, Canada, who finished second at Millrose (4:10.93) and third in the USA/Mobil meet (4:11.58). He started running at the end of high school and has posted a marathon best of 2:17 (1973) and a 5K best of 13:35 (1976) and made the Olympic qualifying time but had a bad race in the selection trials and missed making the Australian Olympic team. He retired in 1978, tired of the discipline of running — he wanted to travel without having to do "doubles" every day. However, he resumed racing in 1991 after moving to Edmonton and looks to be a promising competitor for Waigwa, Popejoy and the others. In the near future he plans on concentrating upon road races.

Masters Age Records 1991

(1992 Edition)

Compiled by WAVA and TAC Masters T&F Records Chairman Pete Mundle with Don Henry, Shirley Dietderich, Gordon Wallace, and Alan Wood.

- Men's and Women's World and U.S. All Track & Field Events, see pages 31, 32, 33, 34, 35, 36, 37, 38, 39, 40.
- U.S. Masters T&F Records for all race-walking events, see pages 41, 42, and 43.
- 52 pages. Thousands of entries. Lists name, age, state, and date of record.

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An Opportunity To Explore A New Culture

Only six months remain until the 10th WAVA World Veterans Athletics Championships get under way in Miyazaki, Japan, October 7.

More than 5000 participants from over 60 nations are expected to take part in the 11-day biennial event. It's the first time the Games have been staged in an Asian country.

The event is open to men age 40+ and women age 35+. Competition will be held in five-year age-groups in all track & field events, two race walks, a marathon, cross-country and weight pentathlon.

The Japanese organizers have promised to roll out the red carpet for all athletes in Miyazaki. Hundreds of volunteers are being recruited from all over the city. More than 500 interpreters from throughout Japan will be on hand. The Championships will be one of the biggest civic events in Miyazaki's history.

Miyazaki is a city of 290,000 on the southern tip of Kyushu, the southernmost of the four islands which comprise Japan. Several masters travel agencies are organizing tours at moderate rates.

Entry forms may be obtained from any of the agencies or from Barbara Kousky or Marilyn Mitchell for $2.50 to cover postage (see addresses on page 2). The entry form will be printed in the June issue of NMN.

The trip will be a rare opportunity to become exposed to a much different culture than our own.

"We are anticipating warm exchanges of friendships with overseas visitors," said Suketaka Matsukata, Governor of Miyazaki Prefecture (state) and a strong supporter of the Championships. "We hope you have a chance to deepen your understanding of Japan by this face-to-face, direct contact with the people of Miyazaki and the culture of Japan."
Norfolk Island Hosts Oceania Championships

by MIKE HALL

Dubbed "the jewel of the Pacific," beautiful Norfolk Island played host to more than 500 veteran athletes at the VI Oceania Track and Field Championships, November 30-December 6. Nullifying any doubts that such an isolated, tiny community is capable of hosting a major event, the games — spearheaded by President Ian Anderson of the Norfolk Island Association of Veteran Athletes — were indeed an unqualified success.

Three years of meticulous planning and preparation, which included the mammoth task of developing an international-standard grass track, ensured the seven days of furious but friendly competition ran smoothly and efficiently, despite the occasional inclement weather.

Athletes from ten countries participated in a spectacular opening ceremony watched by almost the entire population of the island. The usual infectious camaraderie among athletes, officials, and spectators alike was clearly evident from the onset, as was the traditional friendly rivalry between the expected strong contingents of New Zealanders and Australians.

Star of the meet was undoubtedly Australia's world-record holder Alan Bradford. Displaying his renowned tenacity, the 53-year-old engineer systematically swept aside his opposition on his way to an undefeated haul of seven gold medals in every event from the 400 to the final 16k road race — the latter an amazing outright winner against all ages.

The memorable Oceania Championships will long be regarded as the most informal and friendly by all who took part. Congratulations to Anderson, Norm Coop, their great team of organizers, and, of course, the people of Norfolk Island for their wonderful hospitality.

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WAVA Handbook Available

The 1992-93 Handbook of the World Association of Veteran Athletes (WAVA) is now available.

The attractive, 170-page book contains the WAVA Constitution and By-Laws in English, French, German, Italian, and Spanish. The book features a history of veterans athletics, hurdle and implement specifications, world-record application forms, and the world records for each event and age-group as of April 15, 1992.

For a copy, send $5.00 plus $1.25 postage (USA) or $2.00 postage (foreign) to the National Masters News, P.O. Box 2372, Van Nuys, CA 91404, USA.
Masters Scene

East

- Richard Shaver (40, 22-47) and Ann Makoese (47, 27-02) blew to masters firsts in snow, wind, and 18° in the NYRR Snowflake 4 Mile, Central Park, Feb. 6. Roger Robinson, 53, of Virginia, won the M50 race in 23:23. In other NYRR activity, Dan Brach (42, 56-25) and Janet Piez (40, 71-07) iced 40+ firsts in the Frostbite 10 Miler, Central Park, Feb. 14. Wallace Cutler (70, 83-45) and Gudrun Philips (56, 74-39) had impressive division wins. On Feb. 16, Alan Resnick (42, 13-59), NYC, 98 of 96m, and Barbara Anderson (41, 14-37), NY, 9km of 26w, were first masters in the Empire State Bldg. Run-Up. Chico Scimone (81, 24-09), DC, and Keatran (60, 22-25), IN, were oldest. General Merrick was Second (24, 10-18) and Sue Case (29, 12-42) of Australia. Lawrence Torella (43, 33-07) and Anna Thorhill (52, 41-13) compared to 40+ firsts in the Sherran New York/NYRR Bagel 10k, Central Park, Feb. 21. Luis Flores (50, 36-05) took the M50 race. Zofia Turzos (54, 41-51) was second in 75.
- Peter Blomquist (40, 52-04), Worcester, MA, and Paula Holm (40, 61-54), Newport Bay, MA, took third places overall in the Great Stew Chase 15k, run in W-weather, Lynn, MA, Feb. 6.
- Lari Dunlap (M40, 1:08:15) and Susan Weibrod (W45, 1:29:56) collected masters winners' checks of $500 each in the USATF-NJ Masters 20K Championships, Newark, March 7. Lois Finley took the W60 race in 1:57:26.

SouthEast

- Linda Stein, 45, was second overall (27:15) and Bob Fine, 61, third (28:13), in the Dari Colby 5K RW, Coconut Creek, FL, Jan. 31. Max Gould, 75, finished eighth (32:17) among the 75 finishers.

Athletes Who Enter a New Division This Month, April 1993

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SouthWest

- Kassa Balcha, 42, of Ethiopia, was 11th in the 10,000 at Miler 10 Austin, TX, with a 29:26 worth $1000. Joseph Naai, 44, of Kenya, was second M40+ (49:29), with Doug Bell, 42, of Colorado, third in 50:33. Carol McLaughlin, 41, Houstan, TX, also won $600 for first W40+ in 59:06.
- Max Goldsmith, TX, the Site-Selection Chairman of the Masters T&F Committee, had a pace-maker installed in late February and is "doing great," according to Tim Murphy, who, himself, had a hernia repaired by adding a mesh patch.

West

- Bruce Springbett, M60 sprinter and USATF National Masters Outdoor Coordinator, suffers a broken heel on March 10 at Lions Club meeting in Los Gatos, Cal. He had retired from a long vacation on Christmas Island. He had an angioplasty operation after doctors found his arteries were 90% clogged. He's now resting at home and doing well. Springbett's father died of a heart attack at age 70. His diet is reportedly good, but his wife Pat says he's going to give up eating meat in the future.
- Bill McDermott (41, 24-40) and Laila Hough (40, 24-7) were top masters in the 3500-runner Long Beach, CA, Marathon, February 7.
- Domingo Bidulutu was 1st + (30:46) in the Sugar-Lips 10K, March 6, in San Jose, CA. Best M50 was Tim Rosteg (35-14) Joan Ottaway (37-21) upset Laurie Bodkin (38-35) for the W40 title, while Shirley Matson (37-50) took W50 honors. The annual event drew 10,000 runners.

Canada

- Jean Horne, W60, and Earl Fee, M60, broke indoor WRRs for the 800 in the Ontario Masters Championships, Toronto, March 6. Horne lowered Joyce Hals' 2:56.75 to 2:52.4. and Fee erased Jim Sutton's 2:17.09 with a 2:16.3. Their marks were hand timed and necessary to add the 24 seconds still produces WR times. Over 200 competitors registered the attendance at the meet, directed by Brian Keaveney.

International

- Clive Truter, 57, a popular, top South African athlete, who was 1992 M50100m champion with a 14.75, died unexpectedly of a heart attack while on a training run near his home in Rosebank. His fast time, his dedication and speed building programs, were a model for others.

The Masters Scene is the master index to intra-city track and field half-marathon races held in 1993. It is the official publication of the USATF Masters T&F Committee and serves as a primary source of information for track coaches in high school and college. It contains valuable data, such as cages, sophisticated timing systems and speed building programs. Available at no cost upon request by calling Toll-Free 1-800-556-7464 from the US or 1-800-556-7464 from Canada. Or, write to M60 Athletic Company, P.O. Box 8090, Cranston, RI 02920-0090.

Dealine

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for additional material and advertising is the 10th three months before date of issue. Send to National Masters News, P.O. Box 2372, Van Nuys, CA 91404.
### ON TAP FOR APRIL

**TRACK AND FIELD**

The USATF National Masters 56lb. Weight Throw Championships are set for the 17th in Illinois.

Naples, Fla., also hosts a meet on the 17th, followed by the Florida AC Championships on the 24th in Palm Beach Gardens. Also, on the 24th, Sacramento is the locale for the Ken Carnine Mile, with its Olympic level as is the rescheduled (from Feb. 20) John Ward Meet. The Penn Relays on the 23rd and 24th highlight a few masters events.

On the 25th, the Lincoln, Nebr., TC stages a meet.

The three-day Southeast Masters Meet opens on the 30th in Raleigh, N.C., and includes two pentathlons and two racewalks.

The Australian Veterans Championships start on the 9th in Adelaide.

### LONG DISTANCE RUNNING

On the 20th, the USATF National Masters 5K Championships take place in Anchorage, Alaska.

The first weekend’s activity includes the Midwest Masters 8K in Omaha on the 3rd, and the Athens Marathon in Ohio and the Cherry Blossom 10 Mile in D.C. on the 4th.

The Pear Blossom 10 Mile takes shape in Medina, Ore., on the 10th.

The 24th annual Longest Day Marathon goes off in Brookings, S. Dak., on the 17th, followed by the Sallie Mae 10K in D.C. and Bonnie Bell 10K in San Francisco on the 18th, and the venerable Boston Marathon on the 19th.

The NYRR Cordona Trescore will be run through Central Park on the 24th. The Northwest Natural Gas 8K, Portland, Ore., and Big Sur Marathon along California’s scenic Central Coast are scheduled for the 25th.

### RACEWALKING

The Ron Zinn 10 Mile, Ashbury Park, N.J., and New England USATF 10K Championships, Boston, strike off on the 4th, as does the MAC 15K Championships on the 17th in NYC.

---

**SOUTHWEST**

**Arizona, California, Nevada, New Mexico**

- **April 24**: Ken Carnine Classic, CSU-San Diego, Michael Ackley, 4649 Oakbough Way, Carmichael, CA 95608.
- **April 24**: Stanford U. Throws Series #14, 9:30 a.m. Gary Kellemson, 5601 Empire Grade, Santa Cruz, CA 95060.
- **April 24**: Stanford U. Throws Series #15, 9:30 a.m. Gary Kellemson, 5601 Empire Grade, Santa Cruz, CA 95060.
- **April 24**: CSU-Lang Beach Open/Submasters/ Masters. Jon Lumax, 213/666-0379.
- **June 6**: Pasadena Senior Games, Occidental College, Los Angeles, 50 +. Christi Mire, 714/443-3533.
- **June 26**: SCA-USATF Championships, UC Irvine, Calif. Marvin Thompson, 714/443-3533.

---

**SOUTH**

**South Dakota, Nebraska, Wyoming, Colorado**

- **April 20**: Landing Edge/Lincoln TC Open & Masters Meet, 613/262-2856.
- **June 19**: Cleveland Track Classic, site TBA.
- **Jeff Gerson**, 4173 Wilmington, South Euclid, OH 44121.
- **July 31**: Midwest Masters Championships, Marshall U., Huntington, W.Va. (Not the regional championship) John Blakey, 2317 Yorktown Court, Fairlief, OH 45014.

---

**SOUTH**

**South Carolina, Georgia, Florida**

- **March 25-27**: USATF National Masters Indoor Championships, Columbus, Ohio.
- **August 11-14**: USATF National Masters Decathlon/Heptathlon Championships, Columbus, Ohio.
- **July 10-11**: USATF National Masters Decathlon/Heptathlon Championships, Columbus, Ohio.
- **July 31**: Midwest Masters Championships, Marshall U., Huntington, W.Va. (Not the regional championship) John Blakey, 2317 Yorktown Court, Fairlief, OH 45014.
- **June 19**: Cleveland Track Classic, site TBA.
- **Jeff Gerson**, 4173 Wilmington, South Euclid, OH 44121.

May 29. Oregon Senior Olympics, Silverton Union HS. 40 + . 5 Mile Road Run at 8:30 a.m. Amy B. Castle, 6350 Cascade Hwy., N.E., Silverton, OR, 503-673-8577.


James Perry, Jr., of Beaumont, Texas, was second in the 100 (11.34) and third in the 200 (22.38), National Masters Championships, Spokane. An outstanding sprinter (100y in 9.7) at Alexander H.S., Louisiana, Perry decided to accept a band scholarship to Northwestern State University. He is presently an accountant for Gulf States Utilities in Beaumont. Photo by Walden Curry

406/227-5200.

July 17-18. USATF Northwest Regional Masters Championships (Hayward Classic), Eugene, Ore. Timothy Shelley, 2748 Agate, Eugene, OR 97403. 503/896-3120.

July 30-31. 15th Montana Masters Meet, MSU, Bozeman, Mike Carignan, P.O. Box 5132/MSU, Bozeman, MT 59717-5132.

LONG DISTANCE RUNNING NATIONALS


Cly, LstName -. CUI -~

M65-69 5000m medalists, 1992 National Masters championships. 7th place. Joe King (19:12.68); John McManus; and Jim O'Neil.

Photo by John McManus


INTERNATIONAL


July 17-18. British Veterans Athletic Federation Championships, Monkston Stadium, Jarrow, John Charlton, 31 Lyndhurst Rd., North Seaton, Ashington, Northumberland NE63 9SS.


## RECIPIENTS OF CERTIFICATES AS AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE

### M35-9

**Bob Sager**

**Shot Put**

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### M50-54

**William T. Wade**

**Wl. Throw**

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### M55-59

**Neil Saling**

**Discus**

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### M60-64

**Bill Brazelton**

**Pentathlon**

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**Michael Devlin**

**Wl. Throw**

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**Wayne B. Nicoll**

**Decathlon**

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**Loren Swanson**

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

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

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**NAME:**

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**SEX:** M  F  

**CITY:**

**STATE:**

**ZIP:**

**MEET:**

**DATE OF MEET:**

**MEET SITE:**

**EVENT:**

**MARK:**

**HURDLE HEIGHT**

**WEIGHT OF IMPLEMENT**

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If you have bettered the standard of excellence, please send $10 for a certificate and $10 for a patch.  
Officeetur or $15 for both a certificate and a patch. (A patch tag, showing event and year, is an extra $10 each.)

Send to: All-American Masters News, P.O. Box 2372, Van Nuys, CA 91404.  
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Continued from previous page

April, 1993 National Masters News page 25

SOUTHWEST

Oklahoma USAFT Indoor Meet Norman February 13, 1993

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Southern Association Meet Gonzales, LA; March 6

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INTERNATIONAL

VI WAVA Oceania Regional Championships Norfolk Island November 12-16, 1993

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Standford Throw Series #11 Stanford, CA; April 1, 1993

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Standford Throw Series #12 Stanford, CA; February 13

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NATIONALS 1993

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Wievalla Sports Journal

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continued
NYFRC Bagel Run 10K
Central Park, NYC, February 21

NYRRC Season Opener BK
Central Park, NYC; January 10

DCRRC Washington 10K
Greenbelt, MD, February 14

NYFRC Frostbite 10 Mile City Series
Central Park, NYC; February 14

NYRRC Snowflake 4 Mile City Series
Central Park, NYC; February 6

NATIONAL
USATF National Masters
10K Championships
Central Park, NYC; February 21

NYRRC Bagel Run 10K
Central Park, NYC, February 21

NYRRC Season Opener BK
Central Park, NYC; January 10

DCRRC Washington 10K
Greenbelt, MD, February 14

NYFRC Frostbite 10 Mile City Series
Central Park, NYC; February 14

NYRRC Snowflake 4 Mile City Series
Central Park, NYC; February 6

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<td>$2.00</td>
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