



Eamonn Coghlan after becoming the first masters runner to run a sub-four-minute mile in Boston, Feb. 20. (See updated story, page 17.)
AP Photo by Kevin Wisniewski

World Road Championships Set for Toronto

by DON FARQUHARSON

With just four months to go, preparations for the 2nd WAVA World Veterans Road Race Championships, July 30-31 in Toronto, are rapidly moving forward.

While the bulk of the entries has yet to be received, there is strong international interest, evidenced by requests for information from around the world and accommodation bookings.

From Europe, Britain (200), France, Germany, Italy, Spain, Portugal,

Sweden, Norway, Holland, Switzerland, Austria, the Czech Republic, and Romania have all stated that they will be well represented.

The Asians, following the tremendous success of the 10th WAVA Track and Field Championships, are very keen. Japan expects to send 200 or more runners. India (45), Hong Kong, and Pakistan will be sending in entries shortly.

To date, the only assured African

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National Indoor Pentathlon Held in Chicago

by J.P. WATRY

A record number 55 competitors entered this year's National Masters Indoor Pentathlon Championships held at Proviso High School, Chicago, on March 5. Twenty-two states and Canada were represented. Six age-group records were broken. Mark Spitzer, M30, Bill Lawson, M35, Harold Massie, M80, Irene Thompson, W35, Phil Raschker, W45, and Marlene Sachs, W50, set new standards with their totals.

While many of the medal positions were on the line going into the final event (1000m for men, 800m for women), the M65 division was the

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No, it's not the fun house. It's champion runners lining up for the "Legends Mile" in Miami, Jan. 22. From left: Starter Roger Bannister, Frank Shorter, Kip Keino, Peter Snell, Steve Cram, Marty Liquori, Jim Ryun and Wilson Waigwa.

Aimee Basile/Agence Shot

19,000 Run in Los Angeles Marathon

On March 6, more than 19,000 runners took part in the ninth annual Los Angeles Marathon — the United Nations in a five-hour package.

Winding through many of the city's ethnic neighborhoods, the race brought a bit of good cheer and optimism to a city beleaguered by riots, fires and earthquakes during the past 14 months.

Utah's Paul Pilkington, 35, was the overall winner in 2:12:13, with California's Gregg Homer claiming age 40+ honors in 2:34:20 as the 42nd male overall.

New Mexico's Olga Appell, 28, topped all female finishers in 2:28:12, with Italy's Emma Saunich, who turned 40 on March 1, second woman overall in 2:37:05.

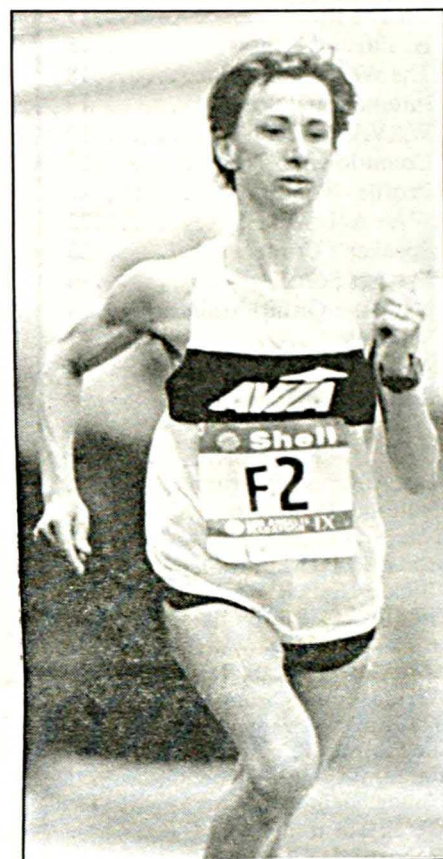
The race was one of the most fascinating marathons ever. Pilkington was paid \$3000 by race organizers to be the "rabbit." He was asked to run at a 5-minute-per-mile pace for 10 or 12 miles and then let the "elite runners" go by.

He did his job, clicking off a series of 5-minute miles, but the field chose not to go with him. By the 15-mile point, Pilkington was out of sight of the field with a nearly-two-minute lead. The weather was cool (58°F) and Pilkington was running easily.

Would he drop out? Or would he go on?

"I feel good," he told announcer Toni Reavis riding in the TV car. "I think I'll keep going."

Hardly slowing down, Pilkington



Italy's Emma Scaunich, 40, was first masters woman in 2:37:05 in the Los Angeles Marathon, March 6.

Andy Lyons/Agence Shot

stayed out of sight of the rest of the pack and cruised to victory, averaging 5:03 per mile. It was rabbitdom's finest hour.

Continued on page 7

Track and Field Rankings Book Now Available

The U.S. Masters Track & Field Rankings book for the 1993 outdoor season is now available through the *National Masters News* (see form on page 14). The book consists of marks for men and women in five-year age groups starting at age 30 and going through age 95+.

The book lists the standard track & field meet events, plus the steeplechase, 35-lb. and 56-lb. weights, multi-events (age-factored), and the 5K, 10K, and 20K racewalks. Over 100-deep in some events, it costs \$6.00, plus \$1.25 postage and handling.

The rankers for the 1994 indoor season are listed below. Indoor rank-

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NATIONAL MASTERS NEWS

The official world and U.S. publication for Masters Track & Field, long distance running and race walking

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The National Masters News (ISSN-07442416) is published monthly, with an annual subscription rate of \$24.00. Main office address: 6320 Van Nuys Blvd., Suite #207, Van Nuys, CA 91401. Mailing address: P.O. Box 2372, Van Nuys, CA 91404. Second class postage paid at Van Nuys, CA 91409.

The National Masters News is an official publication of USA Track & Field and of the World Association of Veteran Athletes. As an independent publication, its editorial policy is not necessarily that of USATF or WAVA.

USATF is a major funding supporter of NMN. Executive Officers of USATF: Larry Ellis, President; Ollan C. Cassell, Executive Director.

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 records, rankings, photos, articles, training tips, and all the inside scoops and information that affect the world of masters athletics competition.

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Subscriptions: A one-year subscription (12 issues) is \$24.00 (mailed 2nd class). Add \$15 for 1st class (USA & Canada) or \$19 for foreign air mail. Please send all correspondence on subscriptions to NMN, P.O. Box 16597, No. Hollywood, CA 91615. 818/760-8983.

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Mailing: The issue is mailed the last week of the month prior to the cover date.

Postmaster: Send address changes to: National Masters News, P.O. Box 16597, No. Hollywood, CA 91615.

National Masters News, P.O. Box 2372, Van Nuys, CA 91404. Phone: 818/785-1895; 818/786-1981. Temporary Fax: 818-989-7118.

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AGE-GRADING

I can see Phil Mulkey's point re age-grading (February, 1994), and, like everyone else, I read his Miyazaki stats. I can also understand John Pop-pell's objection (January, 1994), to the concept, and I'm inclined to agree with him.

Comparisons across the age-groups is a nice idea, but they should not be taken seriously; there are too many provisos, too many conditions to be taken into consideration. The most important of these is the fact that competition in the older groups is not as sharp as it is in the younger groups. You cannot rate groups 20 years apart as equal. It seems the compilers of the lists realize the marks they produced for the 60-plus groups are a might soft because there is another age-grading list in the pipeline that stiffens them up a bit. But, I still don't believe in the venture.

All right, it's a 'paper contest', but it's one that has WAVA's stamp of approval because it takes up a number of pages in the handbook. It lists eight reasons for having it in there, and the

best one seems to be that a meet organizer can work out who's the overall best performer. But, how on earth can you really compare an 80-year-old hammer thrower with a 40-year-old sprinter?

Don't get me wrong, I'm in favor of statistics. I sometimes write for the British equivalent of the National Masters News and it's nice to have them on hand, but I doubt if I'll ever refer to somebody registering 100% on age-grading. I would prefer to compare like with like, to compare performances of five years ago, ten years ago, with those of today, same group and same event. I would find that a lot more interesting.

On a personal note: I'm 58 and I've been on the scene since I was 40. At 40 I had a best 400 of 51.5; last season I ran 55.76. The 1989 age-grading tells me the 55.76 is the better mark. But I know it's not; instinct and a bit of common sense tell me so. It's a good mark compared with others in my group, maybe good compared with other M55s over the years, but that's all. Age-grading may be designed to make old men happy, but this old man isn't fooled.

Wilfred Morgan
Birmingham, England

LATE FLASH

The deadline for entries to the USNSO Track & Field Senior Open in St. Louis, June 17-19, has been extended to May 15. See entry form on back page.

RACEWALKING

Elaine Ward's "Masters Racewalking" column in the October 1992 issue contained an interview with Paul War-

burton and partly covered my exploits as a masters racewalker. In the opening question by Elaine Ward, it was implied that some concern (presumably in the USA) had been voiced as to the legitimacy of some of my performances. Most of the results that I have achieved have been in national open-grade championships, such as the open 50K title (4:16:36) and the open 30K (2:18:14), both in 1992 on "AIMS" certified courses with Athletics New Zealand accredited judges.

In the IAAF Racewalking World Cup in San Jose, Calif., in 1991, I set a time of 4:39:27 for the 50K. A week earlier, I finished fifth of 13 starters in a 5000m track event in the Bruce Jenner Classic in San Jose with an age-49 world record 21:15.46.

For any who may be skeptical of my performances, I would like to state that I have had a few DQs, but that all best time record claims are legitimate as far as competent judges and course measures can be relied on to provide sound judgments.

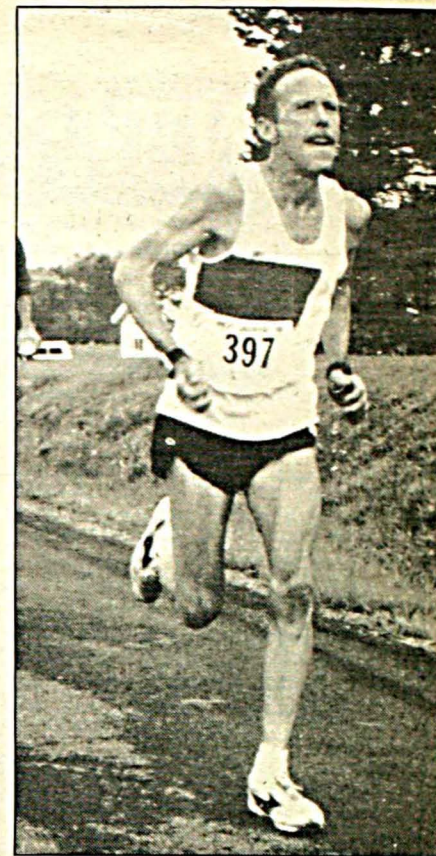
I hope the above details help to allay any fears as to the legitimacy of my results.

Gary Little
Auckland, New Zealand

NEW AGE-GROUPERS

Unfortunately, Pete McArdle is no longer entering new age brackets (March 1994). The Irish-born McArdle had been one of the world's best distance runners in the early 1960s and represented the United States in the 1964 Olympic Marathon. He was inducted into the USA Track & Field Hall of Fame in 1972.

In 1984, after a 19-year-absence from the sport, McArdle began run-



David Whitten, chemistry professor at the University of Rochester, N.Y., won the M55 race (1:19:57), Phelps Sauerkraut 20K, N.Y.

Photo by Tim Matthews

ing again, at age 55. He was quickly setting world class marks. On June 24, 1985, at the end of a run in New York's Van Cortlandt Park, scene of some of his greatest cross country triumphs, McArdle died of a heart attack. A race in the park honors him. His wife Barbara, who still lives at their family home in Teaneck, NJ, said, "He died doing what he loves best."

Barry Spitz
San Anselmo, California

BILL ALLEN

Many masters who competed in the early 70s, particularly those who made the memorable trip to Europe in 1972, will remember Canadian Bill Allen for his hard-driving, distance-running style, and his off-track, friendly disposition.

Bill ran some great races in Britain,
Continued on page 5

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Write On:

Continued from page 4

Scandinavia, and Germany, including exciting clashes with Hal Higdon, Pete Mundle, Bill Gookin, Laurie O'Hara, and Dave Power.

During this series, Bill set two Canadian M40 records which stood for 11 years — a 15:06 5000 in England and a 31:23.6 10K in Helsinki.

Following the latter race, Hal, Pete Pystinen of Finland, and Bill found they had all finished in the top ten in the 1964 Boston Marathon.

Bill competed the following year in the Isle of Man, IGAL 25K, in which the gun went off with more than half the 600+ field adrift of the start line. Racing with Bob Bowman to catch up, Bill passed 600 runners to finish in 7th place.

In 1974 at Vandrevil, Paris — although not in top shape — he finished a strong 14th in the IGAL Marathon and also starred at the first World Masters Championships in Toronto, 1975.

While cross-country skiing, Bill badly injured a knee and was never again able to train at the distances upon which he thrived. But he continued to inspire and encourage masters for many years. He acted as Canadian team manager at the WAVA Cham-



pionships in New Zealand in 1981.

Bill replaced his beloved running with cycling, for which he won many Canadian masters titles, and even tested the younger champions on occasion.

Two years ago, we were saddened to learn that Bill had developed Alzheimer's disease. From there on, his story reads very much like that of John O'Neill, of whom Higdon recent-

ly wrote in NMN.

He could remember the sharpest details of his races of 30 years ago, but he couldn't find his way back to his hospital room if he left it.

Bill died on Feb. 21. Our condolences go out to Fay Allen, herself not in good health, and children Billie and Heather.

Don Farquharson
Toronto, Canada

TEN YEARS AGO April, 1984

- Gunter Mielke, 40, 1st Master (2:17:59) in L.A. Marathon
- Bill Stewart, 41, and Cindy Dalrymple, 41, Win Gasparilla 15K Titles

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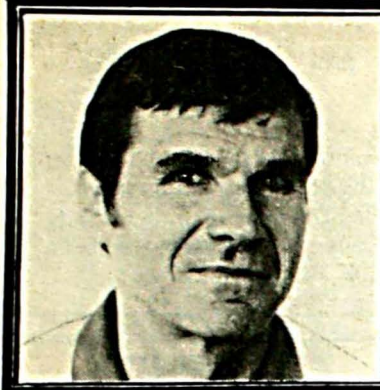
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Third Wind

by Mike Tymn

Recent Thoughts on Aging in the Athletic Arena

As I grow older, I tend to procrastinate a little more, at least in things involving personal organization. Whereas I used to balance my check book monthly, I now do it every six months or so. I put off filing my taxes until the last possible weekend. I don't get Christmas cards mailed until a few days before Christmas. There was a time when I'd have my columns to National Masters News filed a month in advance. Now I just beat the deadline. The same goes for my columns for The Honolulu Advertiser. Often, a day before the column is due, I still haven't thought about a subject. I started painting my house a year ago, and still haven't finished.

Whether this procrastination is a result of aging and a concomitant loss of energy or due to other interests (primarily reading metaphysical works) taking priority, I'm not really sure. When it comes to aging, it's hard to isolate the actual physical effects from all the other factors that go into measuring efforts, abilities and performances, especially the motivational.

In connection with my writing projects, I am constantly clipping articles and items from newspapers and magazines, an average of one a day. I file these by subject matter for future reference. The subjects range from "abnormalities" to "youth." I have one entire file drawer on the subject of "aging" with 15 sub topics, from "adaptation" to "women."

I used to file away my clippings every few weeks. But I just sorted through nearly two years worth which had not been filed, including about 50 on the subject of aging. Reading over these clippings reminded me of how difficult it is to say exactly what it is that makes us slow down. How much of it is physical? What part do injuries play in it? How do you factor in motivation and attitude? Does positive thinking help?

One of the articles to be filed is about Lawrence Taylor, the recently-retired outside linebacker of the New York Giants and future Hall of Famer. It appeared in the September 1992 issue of *Inside Sports*. It notes that Taylor had, according to his teammates, first

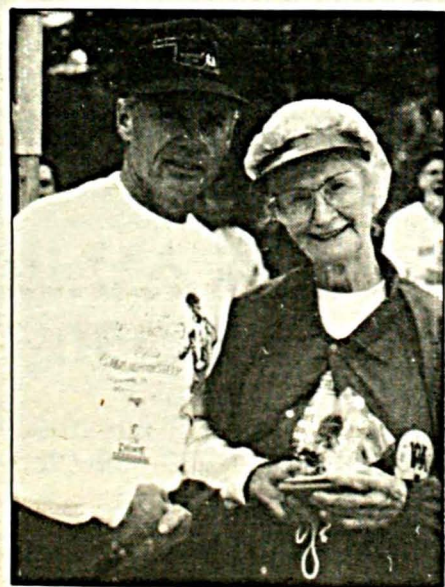
lost a step in 1987, at age 28. In 1990, Taylor showed signs of mental fatigue.

"The thing that all of them lose is that toughness, that physically dominant attitude that allows them to knock the crap out of people," said Bill Belichick, the Giants' defensive coordinator until 1991.

Beginning of the End

Beasley Reece, a former teammate agreed, "You're seeing the beginning of the end. You get to the point where you reach for the accelerator and there's nothing there. It happened to me, and it's happening to LT. Once you admit it psychologically, it makes you accept a new standard."

Said Taylor, then 33, "As you get older you tend to wonder about injury. It's not the physical play that scares you as much as doubting yourself, wondering if you can still do it, wondering if you can make that certain play, get over to the other side. That's the fear I'm faced with when I play football nowadays. Am I getting too old? Can I still do it?"



Susie Hughes, 86, Tyler, Texas, receiving her first-place (82:15) award from Lance Cornman, president, Oklahoma City Running Club, USATF National Masters 10K Championships.

Photo by Jim Smith

But while Taylor was lamenting the effects of aging, another 33-year-old, Great Britain's Linford Christie, was proving that sprinters can go on a lot longer than had been previously thought. The oldest man (32) to win the 100 in the Olympics, Christie became, at 33, the oldest to win the World Championship 100, when he clocked 9.87, the second fastest time in history, at Stuttgart last year.

Scientific Theories

"The knowledge of a few years ago said you couldn't run past age 26," said sprinter Mike Marsh in a *Sports Illustrated* article last August. "For guys to be doing this at 32 and 33 says a lot about those scientific theories — and says a lot to the rest of us coming up as well."

Christie had this to say about defending his Olympic championship in Atlanta: "I'd be 36 by then, but every year I seem to get better, and I don't think I'm anywhere near the pinnacle of my career yet."

But Christie has no way of knowing how those extra three years will affect him. If he listens to Evelyn Ashford, at 35 the oldest sprinter in the Barcelona Olympics, Christie might not be as optimistic.

"Well, it (aging) did become a factor this year," Ashford told Jon Hendershott in the December 1992 issue of *Track & Field News*. "I started feeling... old. I turned 35 and I started feeling changes in my body — and also in my whole attitude toward the sport. It was pretty difficult this year, just to get through it."

Maybe it's best, though, that Christie not hear about such things, that he continue to think positively. That's what tennis great Martina Navratilova would tell him.

"When you are 35, there is the temptation to listen to the voices telling you to retire," said Navratilova in a *USA Today* story. "But I look at myself as Martina the tennis player, not Martina the 35-year-old woman. I'm lucky to still be playing, and I realize that."

"I enjoy playing Wimbledon now as the underdog rather than the favorite, so it's easier emotionally. But when I do lose a match, sometimes I ask, 'Am I too old?'"

"Sometimes, it's a fight to keep those thoughts in the back of my mind. (The media) can all do me a favor and stop writing about it."

Dealing With Father Time

At 31, triple jump great Mike Conley was already effectively dealing with Father Time and revealing wisdom beyond his years, as evidenced by this comment to Hendershott in the December 1993 issue of *Track & Field News*: "As far as training goes, as you get older...well, I call it 'avoidance behavior.' I see it in dogs too. You usually avoid the things you're the worst at, but do the things you're best at. That's how people get old and don't improve. The things I hate to do are the things I've tried to emphasize in the last few years. That has helped a lot."

You don't find many athletes in their late 30s saying that they're as good as they once were.



Sprinter Lisa Mangiamiele, W35, competing at Senior Olympics, Twin Cities, Minn.

Photo from Rachel Lyga

"It's definitely tougher," said baseball's George Brett, in a television interview at age 39. "I think I've lost some bat speed. I know I've lost power. I have only seven home runs. I have a much more difficult time getting around on that high fast ball. I'm not as fast on the bases."

A Cerebral Approach

Willie Randolph, who starred for the Yankees at second base for many years, also admitted to physical decline, but compensated somewhat with a cerebral approach. "You play the game for a long time but then as you get older, you start to think the game," Randolph, then 38, is quoted in *The Sporting News*. "By that I mean you get to the point where your body stops reacting automatically, so you have to do more anticipating at the plate and in the field, more planning ahead."

At 38, Phil Simms, the NFL's oldest quarterback last season, had this to say: "I've gotten older and slower. The big thing this year, I'm a little more relaxed."

At 37, another quarterback, Joe Montana, had a fairly good year. "I know he's beaten the odds over and over in his career, coming back from injuries, particularly with his back injury," said Bill Walsh, Montana's former coach with the San Francisco 49ers. "He has that mind-set that he can do that. But there has to be a time when he can't beat the odds. At some time, he's going to run out of time. That'll be tough. In the meantime, he feels he can beat the odds."

Perhaps the reason for my procrastination was explained by Christopher Dean, bronze medalist in the pairs dancing competition at the recent Winter Olympics. "As you get older, you need less stress in your life," Dean said.

And he's only 35! □

Some readers provide additional support to the National Masters News by sending contributions of \$25, \$50 or \$100 a year. If you are able, we urge you to join them. All contributors will receive a free copy of the new Masters Age Record book and will be listed in the paper as a National Masters News sustainer.

19,000 Run in LA

Continued from page 1

Thirty-nine seconds later, Italy's Luca Barzaghi crossed the finish line with a smile on his face and his arms upraised. He thought he had won. He had even picked the color of his new Mercedes-Benz, and was surprised by the absence of a finishing tape.

"Where are the photographers," he wondered.

When told he finished second, Barzaghi was upset.

"They told me the rabbit would drop out," he said through interpreter Eugene Colombo.

"The rabbit is supposed to drop out, it's not fair, and we're going to do something about it," said Colombo.

Pilkington's agent, Bob Wood, said: "You've got to be smart enough to know you're not in first place. Get a brain, man. Those comments are bush league."

Middle-of-the-packer Reid Pressley (51, 4:20) caught the day's mood, saying: "I could have gone faster, but I thought all those guys ahead of me were going to drop out."

The race used five videotapes this year to monitor runners, according to race director Bill Burke. In the past, videos were not used and several age-group winners have been disqualified or suspect. (Last year's W40+ winner, Candy Dodge, was DQ'd months later after organizers determined she had not run the full distance.)

Mayor Richard Riordan and Muhammad Ali fired the gun at the start to the beat of Randy Newman's "I Love L.A."

The route took runners through downtown Los Angeles, Skid Row,

Little Tokyo, Chinatown, Koreatown, the Latin 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.

Perhaps the only downsides to the race were the serious traffic jams that had motorists fuming at the runners, and the drop in spectators from last year.

The TV coverage wasn't perfect, but with the addition of Larry Rawson as co-anchor, the announcing was a dramatic improvement over years past.

"It was one, big, beautiful festival," said one observer. □

— Al Sheahan



W50-54 top three in the Georgetown 10K, Washington, D.C., from left, Janice Stoodley (42:11), Elaine Unterman (42:25), and Elizabeth Rodriguez (45:13).

Photo by George Banker

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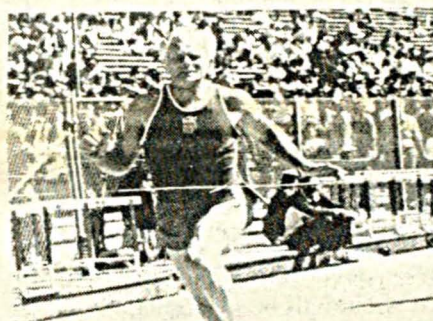
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Russ Hodge, Olympian and former world record holder in the Decathlon, is the designer of these products. Some of his notable performances include, at 230 pounds, 10:2-100 Meters, 61' Shot Put, 25' 4" Long Jump, 4:12-1500 Meters, 500 lb. Bench Press, 775 lb. Squat.



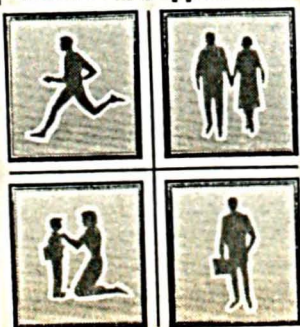
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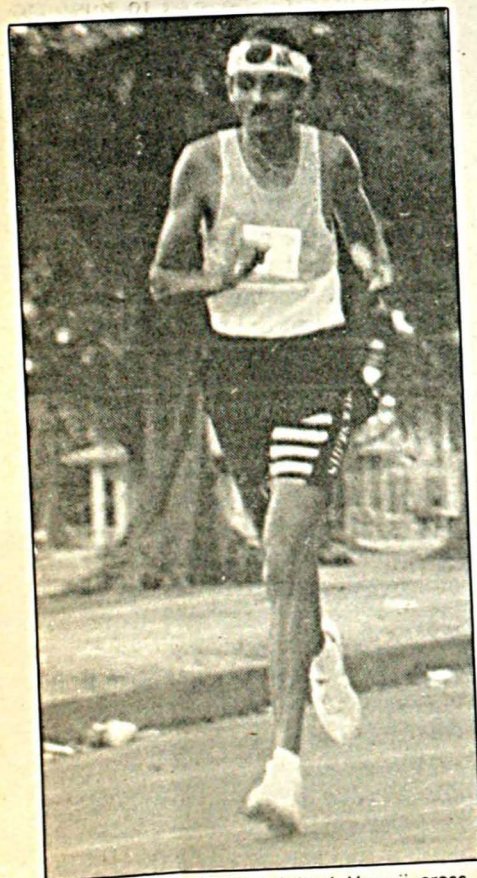
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Ron Pate, McKinley High School, Hawaii, cross-country coach, finished second M45-49 (57:37), Tamanaha 15K, Hawaii.

Photo by Tesh Teshima



Paaliano's Pediatric Pointers

THE FOOT BEAT

by JOHN W. PAGLIANO, D.P.M.

Plantar Fasciitis — Therapeutic Options

Treatment of plantar fasciitis usually depends on the severity of the injury. Conservative therapy early in the course of the injury is usually quite effective. This would include ice for the first 48-72 hours, then heat and ultrasound three times a week for three weeks, combined with arch taping applied daily. This locks the hallux and limits the pull on the plantar fascia. When free of pain, the athlete is then sent back to workouts on a grass or dirt surface with a well-padded shoe.

Treatment of Chronic Cases

In chronic plantar fasciitis, the treatment is more radical and will take longer — up to three months. Persistent scar tissue may be palpated over the plantar fascial tear, at the attachment to the medial tubercle.

If physical therapy, rest, and immobilization have not alleviated the pain, I recommend injection of a short-acting corticosteroid with a local anesthetic. Some suitable combinations include 1.5 cc of Celestone with

0.5 cc of 2% plain Lidocaine or a combination of 4 mg prednisolone acetate, 4 mg of dexamethasone phosphate, and 1 ml of 0.5 plain Marcaine.

Injection Techniques

These are injected from a medial approach. The skin can be prepared with ethyl chloride spray to reduce the pain of the needle introduction. The solution is then carefully deposited in the area of scar formation. Although there is some risk of injecting the corticosteroid into tendons and joints.



Christel Miller (sitting), track and field meet director, Pete Clentzos, meet coordinator, and members of the Pasadena Senior Olympics staff, at Occidental College, Los Angeles, site of the track and field portion of the Senior Olympics. This year's meet is set for April 24.

Photo by Cynthia P. Vaughan

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there is very little danger in plantar fascial injections.

A lysis effect may be used by moving the needle around the areas of excessive collagen build-up. Some recommend the use of ultrasound following



Fred Shanaman, winner of the M60 shot put (35-7½), Eugene Masters Indoor Meet, Eugene, Ore., Jan. 21.

Photo by Jerry Wojcik

the injection to increase the penetration of the steroid into the surrounding tissue. I usually follow this up with arch strapping and rest for three weeks with very little walking.

Treatment must be accompanied by a complete biomechanical examination. An underlying pronation problem, especially a forefoot valgus or varus which will cause eversion around the longitudinal axis of the foot, must be controlled with a sport orthosis. I recommend a subortholene type of sports prosthesis with good PPT heel cushioning.

Surgical Management

If all else fails, a plantar fascial release may be performed under local anesthesia and through a medial heel incision. A walking case or cast boot may be applied to immobilize the subtalar joint, thereby reducing stress on the plantar fascia. Residual scarring may occur after plantar fascial release. It is usually recommended that a proper foot orthosis be designed with a plantar fascial cutout to reduce the chance of scar formation.

During the rehabilitation period, the athlete can maintain fitness by bicycling and swimming. These sports will not aggravate the plantar fascia and the athlete will be able to return to his or her chosen sport in a more timely manner. □

(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 91404.)

USATF National 100K Championships

by RUTH ANDERSON

What an exciting event to witness firsthand! As a participant, I could watch the battle unfold, on Feb. 12, for spots on the USATF team to the International 100K Challenge in Japan, as well as championship division placings. The course was semi-figure 8, eighteen times around Gibson Ranch Park near Sacramento, Calif., part asphalt road, part dirt and gravel.

Early on, the runners came toward me, then lapped me before long as well. In the group of about six men was Kevin Setnes, 40, Germantown, Wisc., the eventual first master (6:58:06) and third overall, qualifying him for the third spot, albeit with his first sub-7 hour, for the USATF men's 100K team. Roy Pirrung, 45, Sheboygan, Wisc., also ran a PR and an M45-49 world best (7:22:31).

June Gessner, 41, an ultra novice from Richland, Wash., won the W40+ race, her first 100K, with a 10:19:16.

Not to be overshadowed by these "young masters," age-group bests were run by Ron Kovacs, 55, Mountain View, Calif. (9:21:53), and Ray Piva, 67, San Francisco (9:24:41), breaking his track-split time of 9:30:31.

Of the 75 starters, 55 finished, with 32 of them masters runners. It was good to see Ken Young, 52, back in competition and winning his age group (8:48:50). His pioneer work in age-division statistics with the National Running Data Center (NRDC) is primarily responsible for establishing the peer competition we all enjoy today.

Even though I was disappointed not to finish the 100K, I got so much vicarious pleasure from cheering on the performers that it was a pleasant experience after all. Even among my fellow DNs were some gallant efforts, especially by George Billingsley, 72, only one lap short when time ran out (13-hour cutoff). □

Long Beach Marathon

by JANE DODS

Known for its beautiful course and friendly people, the Long Beach Marathon (and related events) attracted 4013 participants to its start line on Feb. 6. Leading the masters home along the water's edge were John Bednarski, 43, of Albuquerque, with a 2:31:46, and 51-year-old Diane Eastman of Los Alamitos, Calif., in 3:17:56.

Age-group standouts included Patrick Devine (M65, 3:21:59) and Don Shanahan (M50, 2:58:56).

In an accompanying half-marathon, the masters victors were Takashi Yagisawa (40, 1:17:26), Los Angeles, and Margaret Neville (49, 1:32:38), San Clemente, Calif.

The weather, which in past years has ranged from 90°F to gale-force winds, was unremarkable. □



Chris Stockdale, 49, was first W40+ (19:50), Freddie Mac Run for Shelter 5K, Washington, D.C.
Photo from George Banker

THE BOB WATANABE MEMORIAL T&F MEET UCLA DRAKE STADIUM SATURDAY, APRIL 23, 1994

ENTRY FEE: ONE ENTRY FEE OF \$25 FOR ONE TO MAXIMUM OF THREE EVENTS PLUS THE RELAY. (THERE IS NO CHARGE FOR RELAY TEAM ENTRIES). NO REFUNDS.....

DEADLINE: APRIL 15, 1994

DIVISIONS: MEN & WOMEN AGE 30 PLUS

AWARDS: MEDALS FOR FIRST THREE PLACES IN EACH AGE DIVISION.

FACILITIES: SYNTHETIC ALL WEATHER TRACK. (ONE OF THE FINEST TRACK STADIUMS IN USA)

NOTE: 1994 USA T&F REGISTRATION REQUIRED. (AVAILABLE AT MEET FOR \$12)

DIRECTIONS: EXIT 405 (SAN DIEGO) FREEWAY AT SUNSET BLVD., EAST TO UCLA ENTRANCE AT WESTWOOD BLVD. & TURN IN AT GUARD SHACK TO PICK UP A PARKING PASS FOR LOT 4 (CLOSEST TO STADIUM). CAMPUS PARKING \$5.

ACCOMMODATIONS: HOTEL ACCOMMODATIONS HAVE BEEN MADE FOR A REDUCED RATE OF \$35.50 PER PERSON, DOUBLE OCCUPANCY, AT THE WESTWOOD PLAZA HOTEL (10 MIN. FROM UCLA) WITH SHUTTLE BUS SERVICE TO & FROM HOTEL & UCLA ON SATURDAY, APRIL 23, 1994.

SCHEDULE OF EVENTS

TRACK EVENTS

8:30 AM	5,000M RACE WALK	1:30 PM	400M SPRINT
9:30 AM	3,000M RUN	2:15 PM	1500M RUN
10:15 AM	800M RUN	3:00 PM	200M SPRINT
11:00 AM	80M/100M/110M HURDLES	3:45 PM	300M/400M HURDLES
11:45 AM	100M SPRINT	4:15 PM	4X200 METER RELAY

(20 MINUTE LUNCH BREAK FOR OFFICIALS)

FIELD EVENTS

9:00 AM LONG JUMP/DISCUS/POLE VAULT (20 MINUTE LUNCH BREAK FOR OFFICIALS)
11:30 AM HIGH JUMP/SHOT PUT 2:00 PM TRIPLE JUMP/JAVELIN

ENTRY FORM (PLEASE PRINT)

LAST NAME _____ FIRST NAME _____ PHONE _____

ADDRESS _____ CITY _____ STATE _____

AGE ON 4/23/94 _____ DATE OF BIRTH _____ SEX: M _____ F _____

CLUB AFFILIATION _____ 1994 USA T&F NO. _____

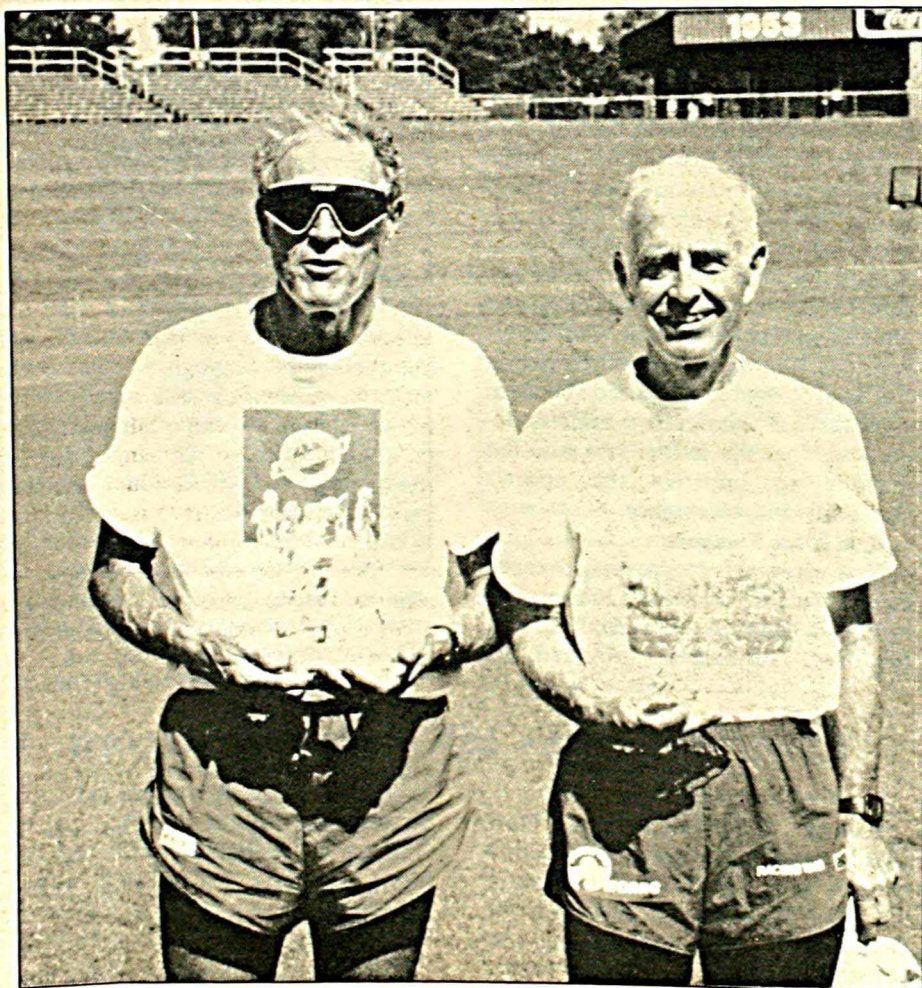
EVENTS (1) _____ (2) _____ (3) _____

\$25 ENTRY FEE ENCLOSED _____ PLEASE MAKE CHECKS PAYABLE TO: W.E. ADLER & MAIL TO:
435 E. TAHQUITZ CYN. WAY, PALM SPRINGS, CA. 92262.

HOTEL ACCOMMODATIONS: YES _____ NO _____ (RESERVATION REQ. WILL BE MAILED IF YES)

WAIVER: IN CONSIDERATION OF YOUR ACCEPTING MY ENTRY, I, INTEND TO BE LEGALLY BOUND, DO HEREBY FOR MYSELF, MY HEIRS, EXECUTORS OR ADMINISTRATORS WAIVE AND RELEASE FOREVER ANY AND ALL RIGHTS, CLAIMS OR DAMAGES I MAY ACCRUE AGAINST THE UNIVERSITY OF CALIFORNIA LOS ANGELES (UCLA), THE L.A. VALLEY ATHLETIC CLUB, USAIF, THE MEET DIRECTOR AND ALL SPONSORS OF THE TRACK & FIELD MEET, THEIR SUCCESSORS, REPRESENTATIVES AND ASSIGNS OF ANY AND ALL INJURIES WHICH I MAY SUFFER WHILE TRAVELING TO AND FROM, AND WHILE PARTICIPATING IN THE BOB WATANABE MEMORIAL T&F MEET HELD ON APRIL 23, 1994 AT UCLA DRAKE STADIUM. I CERTIFY THAT I HAVE NO PHYSICAL DEFECTS OR INJURIES THAT WOULD PREVENT ME FROM COMPETING IN THIS TRACK & FIELD MEET.

SIGNATURE _____ DATE _____



First M65-69, Annapolis 10 Mile; August 29: (from left) Dixon Hemphill, 68, 76:13, and Bill Morrison, 66, 78:29, Annapolis 10 Mile.

Photo by George Banker



Rules of Racewalking

Every year controversy breaks out over the rules governing racewalking among those competing at the Senior Olympics and at USATF Masters meets. As the 1994 spring/summer competitive season approaches, it seems an appropriate time to address the judging issues involved.

The two rules defining racewalking are the contact rule and the straight knee rule. The purpose of both rules is to differentiate the sport of racewalking from running. Over the years, an articulate group of masters has proposed that the straight knee rule should be adjusted or changed to accommodate older walkers who, through no fault of their own, can no longer straighten their knees as required by the rule. At the same time many novices, particularly those competing in the Senior Olympics, feel that the rule should be applied more leniently in consideration

of their new and enthusiastic interest in the sport.

Accommodate Special Groups?

The question that needs answering is how would it affect the sport if the straight knee rule was modified to accommodate these special groups? Light may be shed by briefly reviewing the controversy surrounding racewalking's other rule, the contact rule.

In the early 1970s, technique changes in racewalking brought dramatic increases in speed affecting the enforcement of the contact rule. World Cup and Olympic 20K and 50K times



Sandra Federspiel, W50 racewalker, USATF Northwest Regional Championships, Eugene, Ore.

Photo by Jerry Wojcik

Attention: All Clubs with Racewalking Teams

The Florida Athletic Club believes that we have the best men's masters racewalking team in the country.

The only way to determine which club has the best, overall, racewalking team, is by having a National Postal 5K Racewalking Team Championship. The Florida Athletic Club proposes the following:

1. During the first Saturday in October each participating club have a 5K walk. The walk can be done on a track or on a certified road course or circuit;
2. The walk be judged by at least three certified judges;
3. A minimum of ten members participate;
4. All club members, regardless of age, sex or ability, be encouraged to participate;
5. Scoring will be done using the WAVA Age-Grading Tables. The total points scored by a club will be divided by the number of participants from each club;
6. More than one club in a given area may jointly host the event;
7. The clubs will be on the honor system in terms of legitimate members on their teams, all club members encouraged to participate, certification of the course, and proper judging;
8. No entry fees will be charged, no awards will be given;
9. The Florida Athletic Club will compute the results and advise all participating clubs;
10. This competition will be strictly for bragging rights.

The Florida Athletic Club will have a club picnic after the event. Participating clubs can hold social functions after this event. The emphasis is to have fun.

If your club would like to participate, please complete the enclosed form. Mail to: FAC, 3250 Lakeview Blvd., Delray Beach, FL 33445.

We don't think that the Florida Athletic Club is so good. We accept the challenge. Sign us up and send information to:

Name of Club: _____ Contact: _____

Address: _____ City: _____ St: _____ Zip: _____

Phone: _____

DeNoon Oldest Competitor In Open Championships

by MARILYN J. MITCHELL

Fifty-one-year-old Don DeNoon, women's track and field coach at Southern Illinois University (Carbondale, IL), was the oldest competitor at this year's open Mobil USATF Indoor Championships in Atlanta.

USA Track & Field does not keep record of competitors by age, but Bob Hersh and other press pundits recalled, by name, racewalkers and throwers in past championships who were older; Hersh's recall was phenomenal.

DeNoon, who was in the lead pack of walkers for the first five or six laps, finished 11th out of a field of 17 walkers in the 5000-meter track walk with a time of 21:42.71, less than two minutes off Jonathan Matthews' winning time of 20:01.50, and a U.S. M50 record. Two walkers were disqualified.

Don is hoping to be at the indoor and outdoor national masters championships, although his schedule as a coach is so hectic that he cannot commit to those events with certainty. He has been a Division I track coach for 16 years and was Mary Decker Slaney's coach in California in the late 1960s. In addition to his college team, he currently coaches Mary Rellinger by

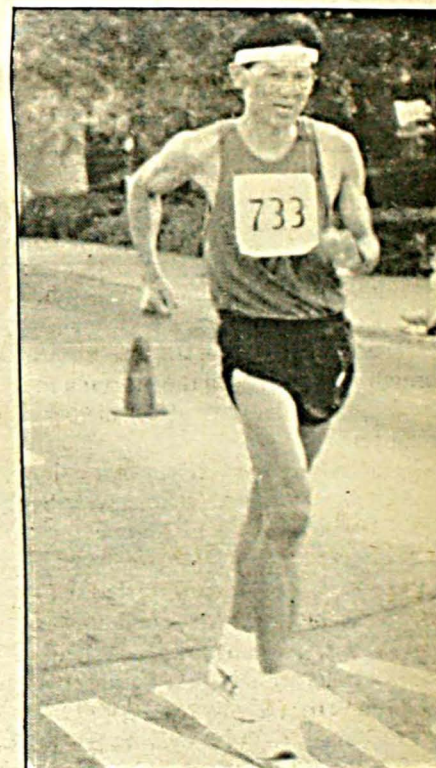
Continued on page 11

dropped ten minutes or more. Simultaneously, a public perception problem developed as the television camera clearly showed many of these faster walkers "off the ground" or "lifting" with attending judges standing by apparently unable to see the rule infractions. Rather than addressing the apparent deficiency in human vision by aggressively supporting the development of technology to assist in the strict enforcement of the rule, the judging leadership tried to manipulate public opinion by stating that "lifting" was to be judged only by the human eye. This "human eye" amendment carried the implication that lifting unseen by the human eye was okay and athletes interpreted it that way. In effect, the rule modification created an "official" double standard between what the T.V. camera saw athletes doing and what the judges saw, and did nothing to improve the sport's credibility and acceptance.

Rule is for Everyone

Now why is this controversy over the contact rule a concern to masters? A rule is a rule. A rule establishes a uniform, objective standard of

Continued on page 11



Alan Yap, 51, Longmont, Colo., finished 20K racewalk in 1:52:08, 1993 National Masters T&F Championships, Provo, Utah.

Photo by George Clark

Carmines Breaks 15K Racewalk Record

by JERRY WOJCICK

James Carmines, 50, New Cumberland, Pa., finished first with a pending U.S. M50 record 1:15:36 in the USATF National Masters 15K Racewalk Championships in New Orleans on Feb. 19. The previous M50-54 record of 1:17:37 was set by John Elwarner in 1990.

Gary Null, 49, NYC, was second in

1:18:36, with Ed Whiteman, 55, Covington, La., third in 1:19:55.

Deborah vonSeuter, 41, Jackson, Miss., won the W40+ race with a 1:30:20, followed by Alba Campbell, 46, St. Petersburg, Fla., in 1:31:14.

Seven judges, led by Chief Judge Natalie Winowich, monitored the race on the 12-loop course. Dottie Clemmer was the meet director. □

North Jersey Masters Victorious Again

by JAMES MANNO

Blizzard-like conditions and icy roads did not stop 191 hardy submasters and masters from competing in the USATF/NJ Indoor Track & Field Championships at Fairleigh Dickinson University, Feb. 13, in Hackensack.

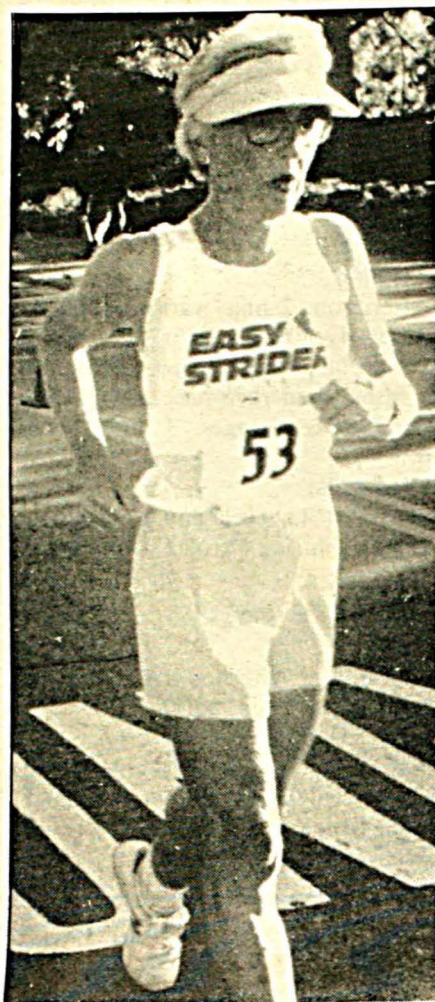
The NJ Masters, led by Melva Murray's 21 points and Bob Naylor's 18, won its sixth consecutive indoor championship by scoring 186 points. Garden State AC garnered 128 points, followed closely by Shore AC with 125. Two relative newcomer masters organizations, South Hudson (29) and Achievements Unlimited International (25), took fourth and fifth places.

The submasters title went to the NJ Striders for the third consecutive year, with 70 points to runner-up Shore AC's 41 and Achievements Unlimited's 31.

The oldest meet competitor was Max Popper who, at 91 years, ran the 1500 in 13:08.1.

The featured George Sheehan Invitational Mile was run in three sections with Harry Nolan taking the 40-49 gold in 4:41.7. Sid Howard was the winner

of the 50-59 group in 5:03.2 and Bill Fortune the 60+ in 5:47.7. □



Joann Beers, 67, Lakewood, Calif., first W65 (1:10:01), 10K racewalk, 1993 National Masters T&F Championships, Provo, Utah.

Photo by George Clark

DeNoon

Continued from page 10

phone, who finished fifth in the women's walk in Atlanta.

Says Don, "I was into the meet. This is probably the best indoor track I've ever competed on. When my race was over . . . I wasn't wiped out. Five minutes after my race I said, 'I think I can do this all over again . . . in the same time'." He felt that, going into his race, he could have gone under 21:30, which would have placed him 9th overall in the Atlanta field. But he drove from Illinois to Atlanta and, while he says that typically he drives overnight and arrives in the morning to race, it has to adversely affect his performance.

At an indoor meet in Carbondale, Ill., Feb. 4, DeNoon set a new U.S. 3000 RW mark with a 12:34.9.

Don must be as nice a person as he is a good competitor — his wife was temporarily disabled for two years and was not working, and the racewalk community spontaneously and voluntarily raised funds for his Miyazaki trip. One person donated a St. Louis-to-Tokyo air ticket. Another, a Tokyo-to-Miyazaki ticket. Others paid for the hotel or the phone calls or the entry fees. And they were rewarded by his overall first place finish in the 20K Roadwalk.

Don thinks his longevity secret is that he has maintained his fitness from the days when he was an open athlete. He was indoor national open champion in 1967 (mile/1500 meters) and outdoor national champion in 1968 (3000 meters), but is racing faster now than he did as an open athlete. His 12:34.8 3000-meter qualifying time this year is faster than his 12:36.2 3000-meter time in 1967. Don's not getting older — he's getting faster. □

Masters Racewalking

Continued from page 10

fairness. It is for everybody, without exception. The straight knee rule that bothers some masters is essential to differentiating racewalking from running. If adjustments are made so that some walkers, say those 65 and over, can move with bent knees, the line between walking with a bent knee, creeping, and running becomes blurred and judging becomes strictly subjective. Or, if novices are allowed to break the rule in sympathy for their newness, how about the legal walkers competing with them? Subjective, selective judging opens the doors to controversy and bad will.

Last month's article by Gordon Wallace offers a testimony of how a very legal walker feels cheated when those with bent knees are not DQ'ed. And from the judge's perspective,

there is little feeling of competency in overlooking athletes with bent knees to spare them the discomfort of a DQ. From the athlete's perspective, from the judge's perspective and from the public's perspective, a clearly stated and well enforced rule is essential to our sport's integrity.

It is a fact that walking with a straight knee is easier for some than it is for others, but this is not a matter of the rule being unfair. If we want to preserve racewalking's credibility as a masters sport, then judges must enforce the straight knee rule and athletes must support its enforcement. Compromising the straight knee rule will work against the sport's acceptance at the masters level, just as compromising the contact rule has worked against the sport's acceptance at the level of open international competition. □

THE NINTH ANNUAL RANDOLPH TOWNSHIP & GARDEN STATE ATHLETIC CLUB INTERNATIONAL TRACK & FIELD MEET SUNDAY, JUNE 26, 1994

EVENTS SCHEDULE FOR SUBMASTERS (AGE 30-79) AND MASTERS (AGE 40+) IN 5 Year Age Groups RUNNING EVENTS

5000 METERS	10:00 AM	1500 METER RACE WALK	1:30 PM
110 METER HH	11:00 AM	400 METER DASH	2:15 PM
MILE RUN	12:00 PM	800 METERS	2:30 PM
100 METER	1:00 PM	200 METER DASH	3:00 PM
		4X400 RELAY	3:45 PM

A NEW JERSEY GRAND PRIX SERIES MEET



USATF-NNJ SANCTIONED

	30-39 MEN	40-49 MEN	MEN 50-59	MEN 60+ WOMEN
POLE VAULT	10:00 AM	10:00 AM	10:00 AM	10:00 AM
SHOT PUT	10:00 AM	10:45 AM	11:30 AM	12:30 PM
WEIGHT THROW	1:30 PM	2:45 PM	2:15 PM	1:00 PM
HIGH JUMP	10:30 AM	10:30 AM	10:30 AM	10:30 AM
LONG JUMP	10:00 AM	11:00 AM	12:00 PM	1:00 PM
JAVELIN	11:15 AM	12:15 PM	1:30 PM	10:00 AM
DISCUS	12:30 PM	1:30 PM	10:00 AM	11:15 AM
TRIPLE JUMP	2:00 PM	2:00 PM	3:00 PM	3:00 PM

EVENTS SCHEDULE FOR YOUTH, HIGH SCHOOL & OPEN RUNNING EVENTS			
MILE RUN	AGES 9-10, 11-12, 13-14, 15-29	11:30 AM	MALE & FEMALE
100 METERS	AGES 9-10, 11-12, 13-14, 15-29	12:30 PM	MALE & FEMALE
400 METERS	AGES 9-10, 11-12, 13-14, 15-29	2:00 PM	MALE & FEMALE
4x400 METER RELAY	AGES 9-10, 11-12, 13-14, 15-29	3:30 PM	MALE & FEMALE

EVENT SCHEDULE - Above order will be followed. Events may run ahead of schedule. Athletes will be responsible for noting schedule changes. If athlete misses calls or fails to check in, event fee is forfeited.
FIELD ATHLETES' NOTE - Groups will start immediately after preceding group. Listen for the announcements.

MEET DIRECTORS RESERVE THE RIGHT TO RUN ALL GROUPS TOGETHER IN ANY EVENT; AND THEN SEPARATE THEM BY AGE, TIMES AND DISTANCE. THIS IS IN 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 SPRINTS.

RULES
SPIKES ALLOWED - 1/4" or less
HURDLE HEIGHTS & IMPLEMENTS - USATF (TAC) Masters Rules.
ELIGIBILITY: USATF (TAC) MEMBERSHIP REQUIRED FOR ALL ATHLETES, NO EXCEPTIONS. AVAILABLE AT MEET.
FALSE START - One false start rule will apply.

FEES - Free to Randolph residents.
Pre-registered - (Received on or before June 14.) \$5 per event.
Received after June 14 - \$5 late fee added to first event.
Relay Teams - \$16 per team, for Open and Masters, \$12 per team for youths.

ADDITIONAL INFORMATION
Meet Directors: Morton Hahn days 201-625-1764 evenings 201-361-3282
Ken Brinker days 201-540-3860 evenings 201-366-8367

AWARDS - Medals for first, second, and third place in each age group.

CONCESSION STAND AND SHOWER FACILITIES AVAILABLE
SITE - Randolph High School, Millbrook Road, Randolph, New Jersey

DIRECTIONS - From George Washington Bridge, take Route 80 West to Route 287 South. Take Route 10 West, about 7 miles. Look for Dunkin Donuts on the left at the intersection of Millbrook and Route 10. Turn left on Millbrook Ave by making a right on the jug-handle. Go about 1.5 miles, and turn right into the first entrance of the High School.

FILL OUT AND RETURN TO:
GARDEN STATE ATHLETIC CLUB, C/O MORT HAHN, 19 BEDMINSTER ROAD, RANDOLPH, NJ 07869
(PLEASE PRINT)

NAME _____ MALE ☐ FEMALE ☐ AGE AS OF 6/26 _____
(first name) (last name)
ADDRESS _____ CITY _____ STATE _____ ZIP _____
CLUB _____ USATF NO. _____
EVENTS ENTERED _____

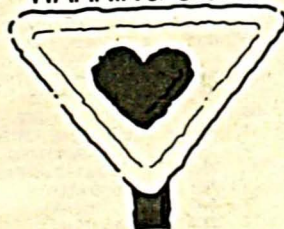
PLEASE MAKE CHECKS PAYABLE TO GARDEN STATE ATHLETIC CLUB (GSAC)
I hereby waive any or all claims I or my heirs may have against Randolph Township Parks & Recreation Dept. Randolph Township, The Randolph Board of Education, Garden State Athletic Club or the Meet Directors and Officials resulting from my participation in this meet.
I understand that the activity will be supervised and that the Township of Randolph DOES NOT INSURE participants with accident insurance and I will participate at MY OWN RISK. It is understood that this program is a physical activity and various injuries may occur. I also understand that it is my responsibility to make sure that the registrant is physically capable of participating in this program and that a medical physical by a doctor is recommended.

SIGNATURE _____
Parent/Guardian signature (if competitor is under 18)
☐ Check here if you would like to be put on mailing list for next year's meet.
☐ Check here if you would like to be put on mailing list for membership in GSAC.

FIVE YEARS AGO April, 1989

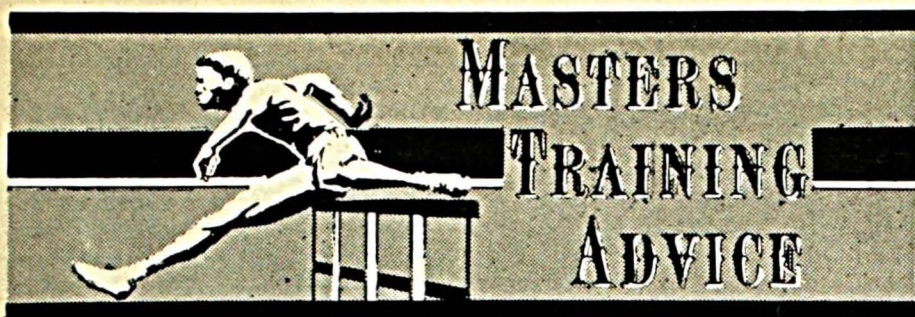
- John Campbell (2:17:51) Defeats Bill Rodgers (2:22:14) To Win Masters Title in Los Angeles Marathon
- Wilson Waigwa, 40, Sets World Masters 1500 Record of 3:50.42
- Victor Mora, Priscilla Welch Top Masters in Gasparilla 15K

OBSERVE THE
WARNING SIGNS.



If you have chest pain lasting two minutes or more, see a doctor.

American Heart Association
© 1992, American Heart Association



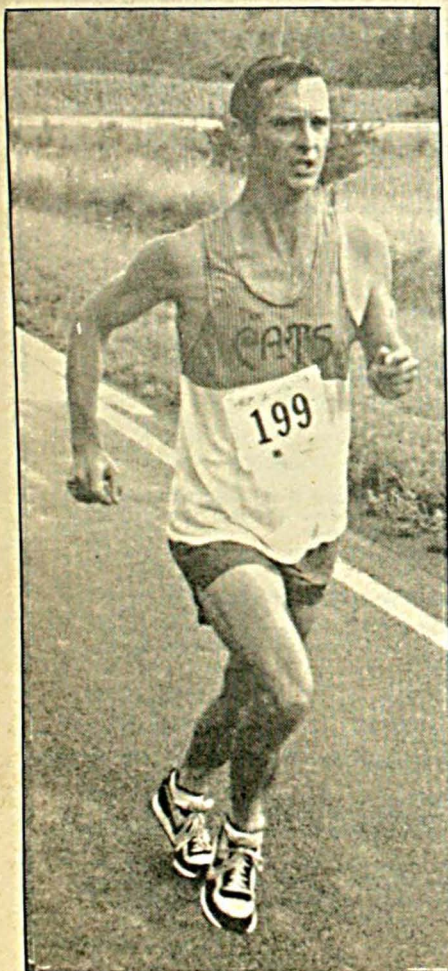
Just Who Can Become A National Class Runner?

by JIM LARSON

Almost everyone. You might even ask a less obvious question: How can an overweight, heavy-drinking, non-exercising executive become a national class runner? Answer: A change in lifestyle. Running and racing became my world at the ripe old age of 44, and will continue to be that way for as long as God wills it.

Almost everyone has a desire to live life to the fullest. I was no exception. A complete executive burn-out literally brought me to my knees. This was not living life to the fullest. It was time for a total lifestyle change, or suffer the consequences. A move to Florida in 1979 did the trick. An introduction to running shoes, and an invitation from a friend to run in a race, led me to the promised land of wellness and euphoria that only running (well, almost) can give me.

Almost everyone was able to finish far ahead of me at first. The revered "older" Florida runners became my heroes, my motivation . . . and my subjects to whip. I believe that any of us who takes the time to race has goals: to set a personal record, to outrun a certain individual, etc. If you keep taking



Tom Lamme, Penfield, N.Y., took the M45 race in a 60-man field, with a 1:13:36, Phelps Sauerkraut 20K, N.Y.

Photo by Tim Matthews

these goals to higher levels, you will soon find your competitive juices flowing. After consistently conquering the 50-54 age group around Florida, I set out to become a national class runner by participating in the old Southeastern Regional *Racing South* (now the *Running Journal*) Grand Prix Series as a "grandmaster" (50+). This led to two consecutive grandmaster championships at ages 52 and 53. Through it all, I tried not to get so serious that running and racing would become work. I went out and had fun.

Almost nobody wants to stop having fun and make sacrifices to become a national class runner. I'm telling you that you don't necessarily have to. I still enjoy life's pleasures, in moderation (eating almost anything, dancing, beer, sunsets, sunrises, beaches, bikinis, etc), but I am totally committed to my training, which I usually do alone. I believe it is very important to do the majority of your training alone. This way you can control your own pace and listen to your body. As I've grown older, I've incorporated cross-training to help keep me injury-free (cycling, swimming, and my other love, dancing).

Almost nobody wants to do speedwork. I thrive on this. The track separates the men from the boys. After a certain point in your basic running program you will not get faster without speed workouts, believe me. In the Senior Olympics in Baton Rouge, La. last June, I won my 800 heat in 2:28 (6th timewise - there was no final heat) and grabbed a silver medal in the 1500 with a 4:56. My speedwork for long

distance running paid off. I also took home silver in the 5K (17:50) and 10K (37:24).

Training (prior to Senior Olympics
in June, 1993):

Sunday:

Morning: Long Run - 8 to 12 miles
(in 2 mile increments @ 8 min. pace
start, down to 7 min. pace . . . last mile
under 7 min.)

Afternoon: Swim - ½ mile, Bike - 20 miles

Monday: Day off

Tuesday:

Afternoon: 2 mile warm-up; Track (4×800 , 4×400 , 4×200); each stage I try to do faster than the previous stage (all faster than race pace). Walk/jog 200m between stages. 1 mile cool-down.

Wednesday:

Day off (May cycle and/or swim)

Night: Dancing (7 to 11 - 4 hours)

Thursday:

(same as Tuesday)

Friday:

Morning or Afternoon: 4 to 6 miles
slow (7:30 to 8 min. pace)

Night: Dancing (8 to ?)

Saturday: Whatever I feel like doing
(run, cycle, swim and/or dancing)
Total Mileage = less than 40
miles/week. ☐



Lynne Masuyama, first W45 (18:19), Windward
5K, Kailua, Hawaii.

Photo by Tesh Teshima

(Jim Larson, 57, is a civil engineer for the Southwest Florida Water Management District. He is presently on a video promoting the local Barnett Bank "Good Life Games" program which is a stepping stone to the Senior Olympics to be held in 1995 in San Antonio, Tex. Jim continues to run national class times in his age group. PRs include 5K (17:06), 8K (28:12), 10K (34:55), 15K (53:42) and marathon (2:55:13).)

Rose, Beurskens Win World Titles

Kurtis and McLatchie Top USA Runners in 1993 Masters LDR Rankings

England's Nick Rose, 41, who earned quality points in *all* of his 1993 races, finished first in the USATF Masters Road Running Rankings compared to second in '92.

Top American Doug Kurtis finished a solid second overall moving up from #6 in '92. Newcomers to the men's list were Nigel Gates, Paul Cummings and Ric Sayre. Takeshi Soh's 2:15:32 (a 29:06 10K equivalent) at the Beppu Oita Mainichi Marathon was the best masters performance in 1993.

Holland's Carla Beurskens, 41, repeated as top female masters runner in the world. Unbeaten as a master, Beurskens also won several races outright such as the Honolulu Marathon. Her 2:30:10 (a 32:06 10K equivalent) at Nagoya Marathon was the best women's masters performance of the year.

Top American and second overall, Carol McLatchie, 41, improved on her 7th position in '92. Masters newcomer Francie Larrieu Smith placed third. Other new American names were Diana Tracy, Sandy Robbins and Rae Baymiller. Nancy Grayson, 43, maintained her #5 position while Barbara Filutze, 47, moved up impressively from #18 in '92 to #6 in '93.

In 1993, 48 men (150 performances) and 42 women (167 performances) earned points in the masters rankings. To reflect the increased quality at the masters level, the equivalent 10K time used as the minimum standard for points was lowered from 31:45 to 31:20 for men and from 37:20 to 37:00 for women. □

(Reprinted from USATF's *On The Roads*, March/April, 1994; Vol. 8, No. 2)

MEN	CTZ	HOMETOWN	TOT. PRIZE	RACES w/Points	TOT. RACES	TOT. POINTS
1 NICK ROSE	GBR	Bristol, England	\$ 14625	15	15	12367
2 DOUG KURTIS	USA	Northville, Michigan	\$ 58200	20	25	10559
3 PIERRE LEVISSE	FRA	Paris, France	\$ 9950	9	9	7912
4 MANUEL VERA	MEX	Mexico City, Mexico	\$ 4700	5	5	5099
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Masters Age-Graded Tables (1989)

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MASTERS TRACK & FIELD REPORT

by JERRY WOJCIK
Masters T&F Rankings Coordinator

Continued from page 1

ings will start to be published in the June issue. Many marks, indoor and outdoor, are left out of the rankings because, for various reasons, they are not published in the NMN results section, from which most of the rankings are taken, and are not sent with verification to the appropriate compilers. To assure that your best marks are included in the rankings, check your name, age group, and accuracy of marks as they appear in the NMN; if errors or omissions occur, notify the event rankers.

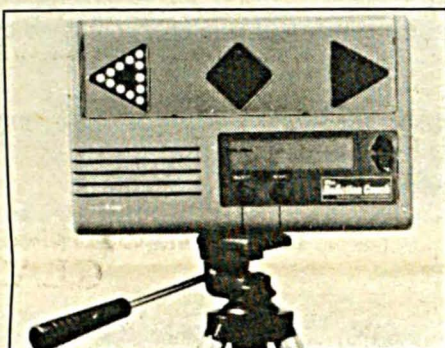
Long distance road records and rankings data should be sent to the Road Running Information Center, 5522 Camino Cerralvo, Santa Barbara, CA 93111, 805/683-5868.

Track and field record applications should be sent to Pete Mundle, 4017 Via Marina #C-301, Venice, CA 90291.

The indoor rankers:

55m, 200, 400 — Larry Patz, 534

Gould Hill Rd., Contoocook, NH 03229; 800 — Bill Benson, 6 Eton St., Valley Stream, NY 11581; 1500, mile, 55mH, PV, weights, 3000 RW — Jerry Wojcik, 240 N. Adams #10, Eugene, OR 97402; 3000 — John Dickey, 9128 N. Swan Circle, Brentwood, MO 63144-1145; HJ, TJ — Charles Mercurio, 4927 W. 123 Pl., Hawthorne, CA 90250; LJ — Robb Bong, 420 Silver Saddle Rd., Monument, CO 80132; SP — Sally Polk, P.O. Box 71, Sandia Park, NM 87047. □



The Reaction Coach™ is a new training aid that's included in the 1994 edition of the M-F Track & Field catalog. The unit trains muscles to "fire" faster so that the athlete can explode off the mark with greater first step quickness. It's a total program designed for use daily or 3 times weekly and includes 6 different drills that can be utilized individually or with groups. Ideal to develop quickness to recover loose balls, steal more bases, beat your competitor one-on-one. Excellent for that split second where one athlete wins and the other loses. For a demo video or for a copy of the '94 M-F Everything Track Catalog, call toll-free 1-800-556-7464 or write M-F Athletic Company, P.O. Box 8090, Cranston, RI 02920-0090.

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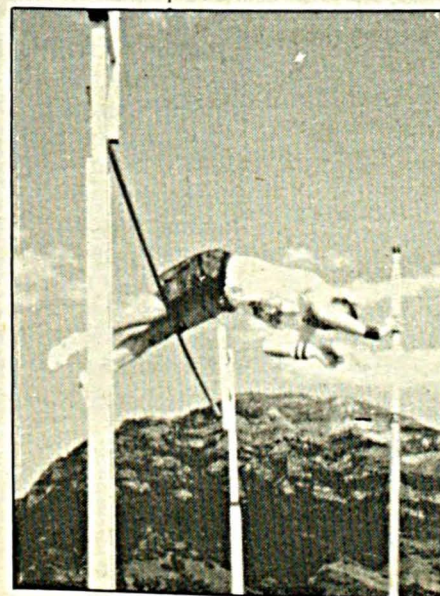
Bumper Emerson, M55, with an event best 6.80 50m, Eugene Masters Indoor Meet, Eugene, Ore., Jan. 21.

Photo by Jerry Wojcik

Florida Track Circuit

The 1994 Florida Track Circuit swings into action with a meet in Naples on April 9, followed by another in Boca Raton, April 23. May shows a full menu with meets on the 7th, 14th, and 21st, capped by the USATF Southeast Regional Masters Championships in Tennessee on the 28th for wandering Sunshine Staters. The fun continues in June with meets on the 3rd, 10th, and 28th.

Check the T&F schedule for details, or send a SASE to Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445. 407/499-3370. Fine is also an excellent contact for South Florida racewalking information throughout the year. □



James Blaylock, M40, Orem, Utah, clears the bar and a mountain that served as the backdrop, USATF National Masters Championships, Provo, Utah.

Photo by Jerry Wojcik

National Pentathlon

Continued from page 1

tightest, with Gordon Seifert running an excellent 3:33.97, an age-division individual event meet record, to overtake Denver Smith.

Numerous individual event meet records were set by various athletes, with 27% of the men's marks and 42% of the women's marks falling. Phil Raschker led the way by exceeding the existing world record marks in the 60mH, high jump, and long jump. Liz McBlain, the meet director for summer's NCC-WAVA North American Regional Championships, set a Canadian record in the W45 high jump and pentathlon.

A special thanks to the Midwest Masters T&F Club, Paul Massie and the Northview TC, and Hycor Corporation for their assistance in staging this meet and providing able officials and workers. As Rex Harvey, the National Multi-Events Coordinator said, "Without the help of clubs such as the Midwest Masters, we would have a difficult time staging a meet like this."

Thanks to Hinckley & Schmitt, "the Pure Water People," and PowerBar for the donation of their products, which the athletes gladly used.

And most of all, thanks to all the athletes for a fine competition. □

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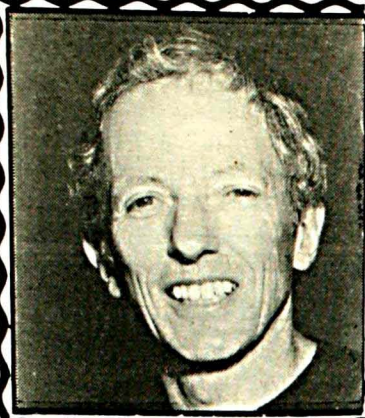
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On The Run

by Hal Higdon

Aging Athletes Maintain Remarkable Fitness Levels

Last year, I was one of 4346 individuals who attended the American College of Medicine's annual meeting in Seattle, Washington. The ACSM is the world's leading body of scientists charged with understanding sport and finding better ways to improve performance. I was in Seattle reporting on the meeting for *Runner's World*.

Over a period of four days, we heard 1152 reports on everything from mountain climbing to (my favorite title): "Exercise and Gluconeogenesis in the Depancreatized Dog."

I skipped that one, but made certain I had a seat when Michael Pollock, Ph.D. appeared. For the last two decades, the exercise scientist from the University of Florida has been studying a select group of masters track and field athletes.

I'm one of that group, so naturally I was interested. But so were a lot of other people at the ACSM meeting, who jammed the lecture hall for Pollock's talk. Other scientists seem to be sincerely fascinated by the people in his study: two dozen athletes, most of us physically active despite our ages of 60 to 92. Pollock got his biggest audience response when he showed a slide of one athlete, aged 80, who appeared for tests with a vaulting pole strapped to the roof of his car.

Human Performance Lab

Pollock recruited me in 1971, the year I turned 40 and won the 10,000 meters at the national masters championships in San Diego. I'm the youngest in the group. Every five or ten years, Pollock has invited us back to his human performance laboratory for several days of physical examinations.

Pollock began while at Wake Forest University in North Carolina, and since has moved from Milwaukee to Dallas to Gainesville, Florida. He started with 27 individuals and still has 21, which is remarkable in itself.

Three suffer problems that limit training. One distance runner has a hip replacement, caused by an accident outside sports. A sprinter suffers from a bad back. Another has Alzheimer's disease.

One (Walt Fredericks) is missing, presumed dead. Another died in his 80s from cancer. A third was murdered by his wife. (That might serve as a warning to anyone tempted to spend too much time training.)

Most of the remainder continue to exercise, if not compete. Several of us

still win world and national championships.

Can't Overcome Aging

Pollock discovered that, no matter how hard you train, you can't entirely overcome the effects of aging. Among those most active, oxygen uptake scores (a measure of aerobic capacity) declined from 55 to 51 to 43 in 10-year intervals.

Among those moderately active, declines were similar: 54 to 47 to 41. Only the least active showed a marked drop from 50 to 41 to 27.

Maximum heart rate declined by 5 beats per decade. Weight for most remained the same, although body fat percentages increased from 10 to 13 to 16 even for the fittest group. This indicated a decrease in muscle mass, a natural effect of aging.

Most interesting was the fact that study participants learned to modify behavior when they realized doing so could improve their health performance. During the first 10-year study period, participants actually improved cholesterol levels. "This was during a decade when attention shifted to diet," comments Pollock.

Majority Do Strength Training

During the second 10-year period, a majority added strength training to their exercise routines. "Our first report indicated that the most successful competitors did some weightlifting," says Pollock. "The others had picked up on that by the time they came back for retesting 10 years later."

Summarizing his research for the ACSM audience, Pollock offered the conclusion that habit and lifestyle were more important factors than age in declining performance. "Expect to lose some edge as you age," he offered, "but you're still ahead of the sedentary majority."

Probably fewer of us will be around when Pollock does his next round of testing, presumably in 1996, for what will be the study's 25th anniversary. I'm going to try to keep my training at its usual high level, so I don't let the group down. □

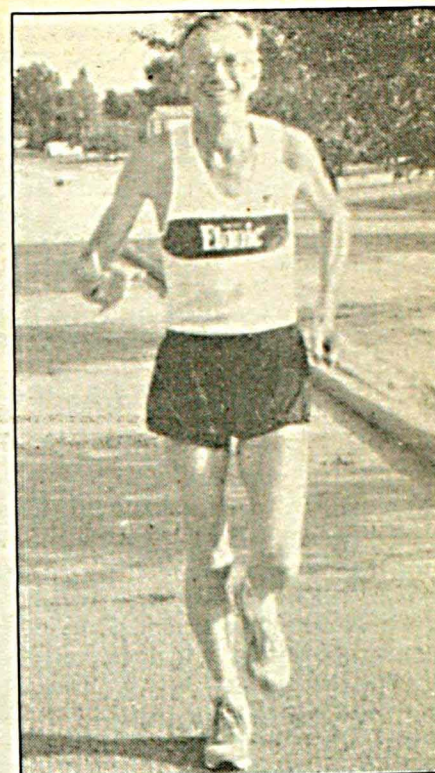
(Despite a thorough search, Michael

Pollock has been unable to trace Walt Fredericks, a well-known masters competitor from the early 1970s. Anyone having information on the whereabouts, or disposition, of Fredericks should contact Hal Higdon, Box 1034, Michigan City, IN 46360; (219) 879-0133.)

BTC Sponsoring Three Spring Events

The Birmingham Track Club will sponsor three spring events: an age-graded, 100-meter dash at the Samford University April 9th Invitational meet, an age-graded 4x400 meter relay at the April 23rd Samford Relays, and their annual BTC Classic scheduled for the 21st of May. Inquiries and entry information can be found in the entry form below.

The BTC Classic has added three new events: a 50-meter dash, a standing long jump and a distanced handicapped 100-meter dash (prize money for the winner). □



Dick Wilson, 61, Lawrence, Kansas, won the Senior Masters Division of the Rossville 8K, Rossville, Kansas, with a new state record 31:26.



BIRMINGHAM TRACK CLUB CLASSIC

Date..... May 21, 1994

Site..... Samford University in Birmingham, Alabama

Facilities..... Six lane Chevron track, Chevron jump and javelin runways

Age Division... Masters (age 30 and over) men and women will compete in five year Age Groups. Open and youth (18 and under)

Entry Fees..... Entries postmarked by May 12, \$10 first event, \$5 each additional. \$10 each relay race. Late registration (including day of meet, one hour prior to event) \$15 first event, \$10 each additional.

Lodging..... Holiday Inn located I-65 south, exit 256. Airport transportation (205) 942-2041

Awards..... Medals to first three places in each age group

Special Awards... To be announced

Director..... Gordon Seifert. (205) 879-8031

SCHEDULE OF EVENTS

10am 4 x 100 relay	FIELD EVENTS
10:15 50 meters*	11am 1st flite-High jump(women & 60+ men), pole vault(10+ ft), standing long jump*, long jump, shot, discus. FLITED ON FIRST COME BASIS.
11am Hurdles	Noon 2nd flite-HJ(M 30-59), PV, shot, discus.
80-100-110	1pm 3rd flite-HJ, shot, discus
Noon 1500 meters	2pm 1st flite-javelin & triple jump
1pm 100 meters	3pm 2nd flite-javelin & triple jump
2pm 400 meter	
3pm 200 meters	
3:50 KC 100 meters**	
4pm 300/400 hurdles	
4:30 4 x 400 relay	
5pm 5000 meters	

* NEW EVENT

** Top seven age-graded 100 meter finalist will compete in a distanced handicapped 100m dash. The winner receives a C-note.



NAME _____ BIRTH DATE _____ AGE _____ SEX _____

ADDRESS _____ street _____ city _____ state _____ zip _____ telephone _____

PLEASE READ AND SIGN: I certify that I have decided to participate in the BTC Classic with full knowledge that being physically fit and sufficiently trained are necessary to prevent injury to myself. My heirs, devisees, executors, administrators, and assigns hereby waive, release, and discharge any and all claims against the Birmingham Track Club, Samford University, Holiday Inn, agents, or representatives, arising out of my participation in the BTC Classic. The Releasor further agrees to abide by all decisions of the Race Committee regarding rule and eligibility requirements. Releasor further agrees to release and hold harmless the Birmingham Track Club from any injuries or damages allegedly incurred by rule and eligibility decisions made by the Committee.

SIGNATURE _____ DATE _____

MAIL TO: BIRMINGHAM TRACK CLUB
c/o Gordon Seifert
1514 Ridge Road
Birmingham, Alabama 35209

ENTRY FEES:
1st event \$10.00
Events x \$5.00
Relays x \$10.00
TOTAL FEE ENCLOSED _____

EVENTS ENTERED _____ BEST RECENT MARK or flite preference _____

1 _____
2 _____
3 _____
4 _____

Masters Health and Fitness

Gatorade — "They Couldn't Give It Away"

by MARILYN J. MITCHELL

Brady Greathouse, a warm, cuddly, and 60-something professional athletic trainer at the University of Florida in Gainesville, recalled having three incoming freshman football players in 1965 with heat prostration, who were hospitalized in serious condition for a couple of days.

Greathouse went to a medical doctor at the University of Florida Medical Center to discuss what to do to prevent these athletic-related heat problems. He ended up collaborating with Dr. Robert Cade in renal medicine and with other athletic trainers and physicians from the university. Their primary interest was in protecting people from heat problems, which were common in those days, using something like Koolaid to prevent water loss. In 1965, the University of Florida started fall football practice using early versions of the Koolaid-like substance and the inventors/collaborators had the product perfected and on the market within six months. The result was — you guessed it — Gatorade! ("Gators" — an abbreviation of "alligators" — is the moniker of the University of Florida athletic teams.)

Once they had perfected the recipe, they offered sole ownership to the University of Florida, since most of the inventors were on the university payroll. No interest. They offered it to the Department of Health, Education and Welfare, since at least one of the inventors had a grant from HEW to support some of his work. Again, no interest.

As a trainer with the Florida basketball team, Greathouse had met Mr. Stokely of Stokely-Van Camp at a basketball game in Tennessee and the ensuing relationship led the inventor group to conclude an agreement with Stokely-Van Camp to manufacture

and distribute Gatorade — there is a patent registration on the name but not on the ingredients — the first electrolyte drink on the market.

"No one connected with it (Gatorade) in the beginning ever dreamed there would be any money from it," Greathouse said. "We mailed out hundreds of flyers with the recipe to people," offering it free-of-charge. But the world was not interested. Eventually they gave the University of Florida 20% of the final proceeds.

He declined to specify the amount of the royalties which he receives every two months, but Brady is happy to say that the money enables him to continue helping his family and supporting sports. The 1992 Puerto Rican Olympic bobsled team and the 1993 Puerto Rican championship badminton team were unable to pay his full expenses as a trainer, but the royalties enabled him to give them his full support and to accompany them to their championship meets. He was also a trainer for the United States in the 1980 Moscow Olympics, which the U.S. did not attend, and in the 1984 and 1992 Olympics.

"The thing that I'm proudest of, is that there are now so many other (similar) products. I'm happy that there (have) been so many other people with similar products, because there's no way we could have contacted everyone with electrolyte drinks. As a result, people are getting protection



Top M50 discus throwers (from right): Lloyd Higgins (185-4), Los Angeles; Glenn Passey, Cheney, Wash.; Larry Pratt, Newark, Del.; Dick Hotchkiss, Grass Valley, Calif.; Gerry Moro, Santa Barbara, Calif., and Lloyd Long, Newark, N.J., 1993 National Championships, Provo, Utah.

Photo by Jerry Wojcik

from heat and loss of fluid."

Industry analysts estimate that Gatorade currently enjoys a market share of 80 to 85 percent of the electrolyte drink market in the United States, and is sold in 20 countries overseas. Beverage Marketing, a research firm, estimates that Gatorade's market share five years ago was 93%. Information Resources indicates that its current share is 82% due to increasing competition from such companies as Coca-Cola, PepsiCo and Suntory, who are now marketing high carbohydrate beverages. But with retail sales

estimated at \$1.18 billion for this segment of the beverage market, I'm sure that 82% is just fine with Brady Greathouse.

He made me promise that I would mention that horse breeders and trainers in Australia give Gatorade to their race horses. And he also made me promise to not describe him as being more important than the other co-collaborators, emphasizing that they each had equal participation in the development of this electrolyte drink. No dogging orphans for this man — he is truly the Mother Teresa of the sports world. □

Slippin' & Slidin' at the Ike Ice Jubilee

by MAURY DEAN

Hooray for tiny winter races; they're keeping our sport alive until the TV moguls discover us and pay multimillions for our frostbite escapades. January produced the worst racing month on Long Island in the last generation. We had little snowstorms, some sub-zero temps, and an ice storm that hoodwinked and shackled us dismally.

Fifty hopeful souls, awash with cabin fever, showed up to boot this cruel January a good kick in the rump (or vice versa) for the Eisenhower Park 8 Mile on Jan. 30. We were celebrating melt-off; 85-90% of the race course had melted, so we all had license to fly over the two-loop course for a PR for this year (odd distance anyway).

The usual crowd shuffled in: Ironman Joe Cordero; new masters star Glenn Olzewski on the comeback trail; Bob Pike, multigenerational speed streak; and three of Long Island's treasures, the 60+ crew of John Corrigan, Gus Likos, and the indomitable Colin Harris. From the speedy distaff side, and the Bohemia TC, arrived Diane Gordon, determined to vanquish the sub-seven-minute monster on Ike's ice-slick sidewalks, paths, and boundary roads.

These serious runners had smiles at the start; we finally got a nice day to run, sort of — 26°, clear, and only a 10 mph breeze. North, of course. BANG

went the opening shot, and we all headed for the horizon.

Good masters news from the start. Willie Outsen, M40, took off at the outset, and ran for the masters bronze (51:57). Gordon, 41, flew to a fab 55:55, shading seven-minute miles by five seconds for first woman overall. Her time would have won many races outright despite the fact that only three females braved this one.

Pike, 49, ran 52:25; Cordero (55:45) and Harris (58:17) stormed to age-group golds. Olzewski (48:12) gave winner John Cantwell, M35, 46:30, a go at it for a mile or so, and then faded to overall second. Just a year ago, Glenn's overuse injuries made him consider never running again, and he missed his debut year. This race boded well for the Patchogue government worker.

How rough was it? Those of us in the front pack, mid-pack, last pack, back-pack, and snack pack attack had to deal with ice patches the size of Antarctica (well, perhaps Greenland). We did a lot of jumping, sliding, hippity-hopping, and dancing over mini-mounds, ice clumps, bumps, and glazed ice rinks. Conservatively, you have to knock off one or two minutes for the ice and 30 seconds for the conditioning we lost having to run in our basements.

No one had a great race, and everybody won. □

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Eamonn Coghlan Update

by MARILYN J. MITCHELL

Off-the-record remarks from reliable unnamed sources indicate that Eamonn Coghlan took home US\$100,000 for his sub-4-minute mile at Harvard University (Boston, Massachusetts) on February 20.

Coghlan, having flown back to Ireland, was unavailable for comment. A Foot Locker representative, asked to corroborate amounts, declined to comment, indicating that the bonus amount would be kept "off-the-record."

As the Boston race was not a part of the *Runners World* Masters Mile series, it is believed that the entire amount was provided by Foot Locker rather than by *Runners World* magazine.

There had been some discussion of a special exhibition masters mile event in the Mobil USATF Open Championships in Atlanta, but there are a number of indications that USATF felt that Coghlan would not have been a drawing card in Atlanta, which has a small Irish population compared to New York. Coghlan did qualify for the open mile and could have run as an open athlete, had he elected to do so.

Penn Relays

He is scheduled to run a mile at the 100th running of the Penn Relays Carnival, April 29, where he is one of 16 individuals and seven relay teams elected to the first class to be inducted into the Penn Relay Carnival Wall of Fame.

A former Villanova runner, Coghlan is being feted for his outstanding Penn Relays performances (1973-1976 for Villanova and 1981 and 1986 for New York AC) and for his longevity at the Penn Relays, as opposed to being selected for his track career in general. Other inductees include Chandra Cheeseborough, Josh Culbreath and Marty Liquori.

Televised Grand Prix

Eamonn's last track mile will be run at the New York Games on May 22. CBS Sports and Foot Locker have jointly announced that the meet will be broadcast as part of a four-meet televised Grand Prix track series sponsored by Foot Locker on CBS this summer on the following dates: New York Games, May 22; Lausanne, Switzerland, July 10; Stockholm, Sweden, July 17; Monte Carlo, August 7. The New York Games is the only meet with same-day tape broadcast.

Not unexpectedly, Coghlan is among several Foot Locker athletes, including Butch Reynolds and Mike Powell, who will be helping to promote the television series, which might explain why his mile performance was so valued by Foot Locker.

Coghlan has often pointed out that Foot Locker maintained its support, even during the past five to six years when he was not running, an unusual show of support in a sport where the end of an Olympiad often marks the end of a shoe contract for even the best-of-runners. And it was Foot

Locker which financed the television coverage and satellite hook-up of the Boston race where Coghlan broke the masters mile barrier, providing footage and extensive coverage to television stations around the world.

Chicago-based Inclyne will be producing the television series for CBS, and CBS Senior Vice President of Production, Rick Gentile, has said, "CBS is excited about broadcasting international track and field. We will bring our programming expertise from the 1994 Winter Olympics to the sport of track and field."

Why Successful in Boston?

So why was Coghlan successful in his Boston sub-4 attempt, when he had come up short before? For the Boston attempt, he decided to train hard during race week and to rest the day before the race, whereas he usually tapers considerably during race week. The week of the Millrose Mile he just jogged Monday through Thursday for the Friday evening race, but found that he was lethargic.

So he ran 75 miles the week prior to the Boston race. (Now, don't try this at home — reporters are notorious for getting training programs incorrect.) Tuesday, the week before the race, he ran an 800 in 1:57, two 400s in 56.2 and four 200s in 26. He was "race" ready.

He ranks this Boston sub-4 mile right up there with his best performances: "This record is on par with (winning) the 1983 Helsinki (World Championships) and the 1983 Meadowlands (the only sub-4 indoor 3:50 mile in the world) — it (the Boston sub-4 mile) makes up for not medalling in the Olympics."

Future of Masters Mile

What's the future for the masters mile? Who knows? Steve Scott alleged-

Chuck Klehm Dies

Chuck Klehm, who for years was USATF's Masters Weight Events Chairman, died Feb. 25 at UCSD Hospital in San Diego, Calif., reportedly of cancer.

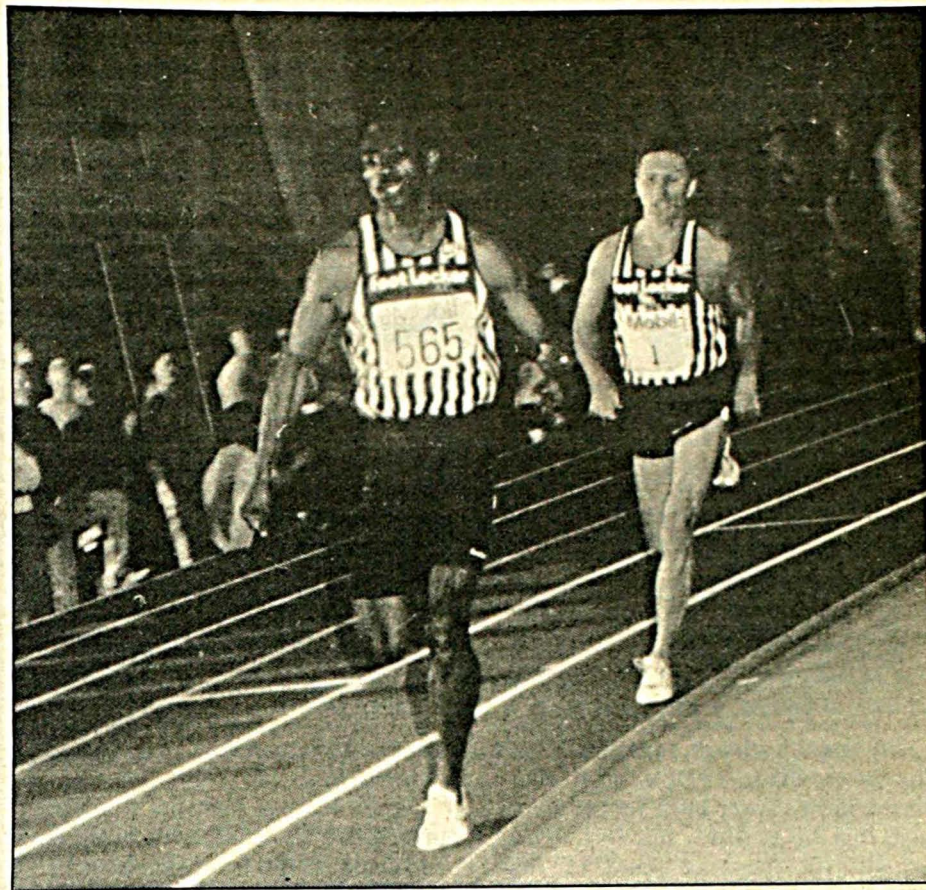
Klehm, who lived in Woodstock, Ill., was 55.

Last September's USATF National Masters Weight Pentathlon Championship was held on his farm in Woodstock. He used to run all of the throwing events for the Midwest Masters meets and participated in many of them.

He won two gold medals in the 1993 National Masters Indoor Championships in Bozeman, Mont. in the 35-pound and 56-pound weight throws.

Klehm was a partner with Charles Klehm & Son Nursery, and had a Ph.D. in ornamental horticulture from the U. of Illinois. He was a leader in the Boy Scouts, the Girl Scouts, and the 4H Club.

He is survived by his wife Susan, his son Carl, and his daughters Elizabeth and Carrie. □



Eamonn Coghlan follows pacesetter Stanley Redwine in the early laps of Coghlan's 3:58.15 mile race in Boston, Feb. 20.
Photo by John Buckley

ly told Eamonn a couple of weeks before the Boston attempt, "If you do it (break four minutes for the mile), I'll just quit." So perhaps other budding masters milers in the pipeline no longer have motivation. The commemorative mile is still set for London in May, to mark the anniversary of Roger Bannister's first sub-4 mile, but we have no information on the future of the *Runners World* mile series in the USA nor any indication on whether or not

there is world-wide interest in additional sub-4 mile attempts.

Even though he says that, in terms of aches and pains, 99% of the days are bad days, Coghlan intends to keep running just a bit longer. "It's in the blood, I'm fit, and I'm training so hard. Why not run the last indoor race and a couple of races outdoors? Why not run a couple of road 5Ks and 10Ks while I'm fit and then hang it up? I'll never race again after this year." □

Masters Age Records 1992

(1993 Edition)

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

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THE WEIGHT ROOM

by JERRY WOJCIK

A Column For Throwers

The idea of my writing a column focusing on throwers and throwing has been bandied about by NMN editor Al Sheahan and me for over a year, but things, such as my life, indolence and an earthquake got in the way.

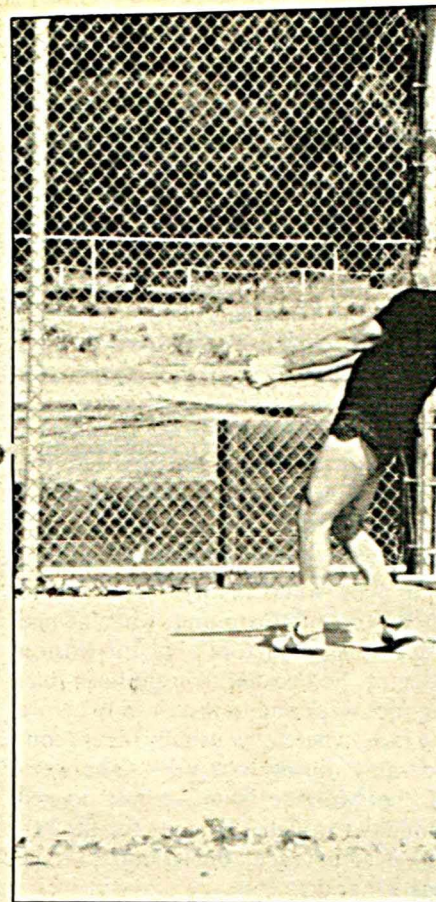
I've run out of excuses. With your support, this column will appear every month unless, of course, it gets bumped by a Phil Mulkey treatise on age grading.

My qualifications? I started throwing the javelin in 1972; a touch of arthritis in my lower back forced me to give that up in 1991, but I've fooled around (in the true sense of that phrase) with other implements, even taking a couple of seconds at national championships, primarily because the really good guys failed to show. More importantly, I've been with the NMN as an editor for over 12 years and know the territory and its inhabitants fairly well. Besides, I'm one of the few peo-

ple in the movement who can spell "pentathlon" correctly.

The title is a play on words best understood by hammer throwers who competed in the last two nationals at Spokane and Provo; however, most throwers will appreciate the pun. The content will consist of whatever I can scrape together concerning outstanding performances, burning issues, personalities, etc.

So, send me your tidbits of interest to other throwers. Please, no five-



Dave McKenzie, M40, 208-0 in the hammer, Stanford Throws Meet.

Photo by G. Kelmenson

page, single-spaced accounts of your athletic accomplishments from age six written by a blood or legal relative, nor arguments for allowing athletes age 90+ to throw a sand-filled tennis ball. And no accusations of drug use and the like.

Scandal Brewing

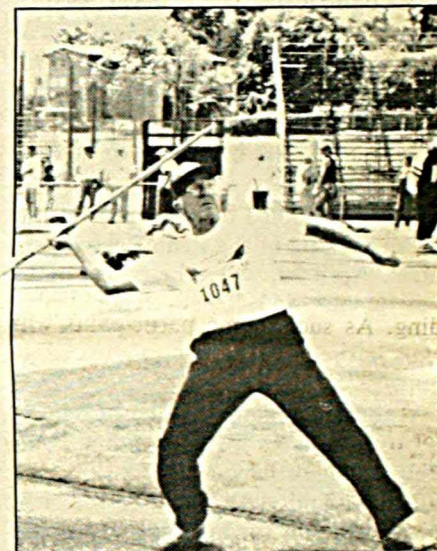
Our legal staff is already taxed to its limits, plus we may have a scandal brewing now. On April 1, we learned that a very successful shot putter/discus thrower on the West Coast is an identical twin, whose brother also

competes in those events. You can probably figure out the rest. They usually show up at the Nationals, where Brother A takes the first three throws and disappears into the john or wherever, from which Brother B, dressed and groomed identically, emerges and, unrecognized and fresh, takes the last three throws, or vice-versa. A medal-freak, Brother A collects the golds and the glory, while Brother B, a practical joker, has a few laughs. Sorry, we can't, on legal advice, discuss the matter further, but we can say that the culprit's initials are A.F.

Coming Next Month

Next month, we'll deal with the superweight and who throws what, with the help of throwers Ken Weinbel and George Mathews of Seattle, who are staging the National Outdoor Weight & Superweight Championships in August, a week after the Nationals in Eugene, Ore.

My address is 240 N. Adams #10, Eugene, OR 97402. □



Myron Dover, M70 third, Northwest Regional Championships, Eugene, Ore.

Photo by Jerry Wojcik

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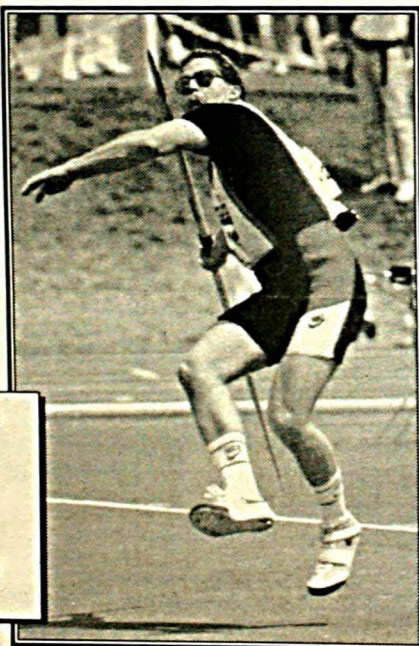
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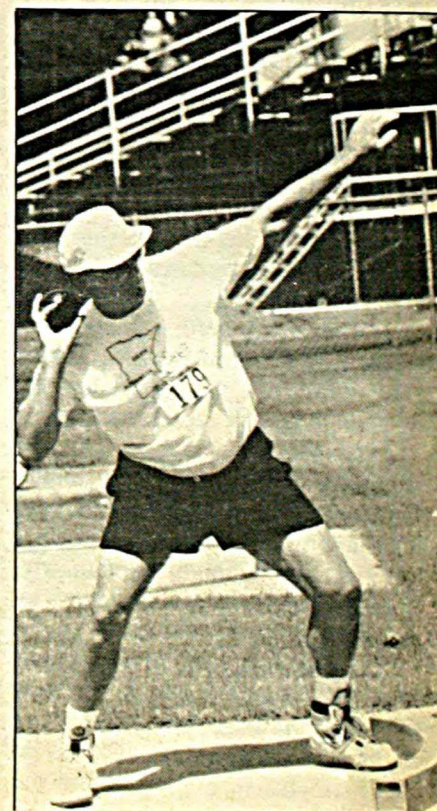


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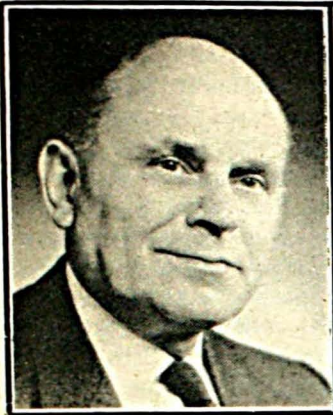
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Harvey De Vries, M60, gold medal winner at Senior Olympics, Twin Cities, Minn.



International Scene

by JACQUES SERRUYS, President,
WAVA Non-Stadia Committee

Wave Starts At The Marathon?

Although everybody seemed to agree on the near-perfect organization of the Miyazaki World Championships (including the extremely fast mailing of the results), some people did remark on the course of the marathon itself.

National Masters News published an extensive article by Hal Higdon on the Miyazaki marathon, together with suggestions for future organizations. I am very grateful to Hal for this interest, even though I cannot fully agree with some remarks. I would hereby like to give my opinion, one shared by other members who have a long experience in these matters.

Wave Start Has Drawbacks

A wave start with an intermediate time of three minutes per category cannot offer full satisfaction for the following reasons:

1. Experience has taught that some participants will not start as planned, due to nerves or a lack of understanding. As such, some participants will start in the wrong category and consequently distort results. A wave start with 18 categories would also be asking for trouble if we take into account the complexity of the computer program.
2. Onlookers would be unable to get a clear picture of the race's course after, say, 5 kilometers.
3. The usual time clocks which are to be installed every 5 or 10K would not indicate correct times, as only the time since the first start would be displayed.
4. To have older participants start first is not beneficial to morale as these

participants will be caught up continuously and may not be able to resist trying to keep up with the faster pace.

Separate Start for Men and Women

I myself have run more than a hundred marathons all over the world but never did I experience a wave start. In cases where more than 1000 participants take part, a better solution would be to have a separate start for women with a clear starting difference of at least 30 minutes. Another alternative would be to have start categories per age but with the younger participants starting first. I have already organized such marathons successfully.

I am convinced it is not very likely that, in the future, we will see another marathon participation of 6000, like the one in Miyazaki. Twenty years of WAVA history shows that 1000 is a more realistic figure, even when dealing with U.S. or Canadian organizations.

With respect to the Miyazaki starting line, I can only say that its width was sufficient. I do not believe that other cities could have offered a wider starting line.

Organizer's Responsibility

I attended the whole marathon and the only comment I have, with respect to the marathon, concerns the lack of



New Zealanders sharing a happy moment. From left: Judy Chandler, Judith Cheesman, Chris Waring and Judith Stewart, at the WAVA Championships in Japan.

water for many participants, a flaw which WAVA could not have foreseen as it is assumed to be the organizer's responsibility.

A second comment concerns the starting hour, which had been discussed amply beforehand with the organizers, police, city council and sponsors. For high-temperature locations, we recommend an early starting hour. At normal temperatures, 9 a.m. is recommended, not only for the benefit of onlookers and sponsors but also for the participants as they will need to breakfast as early as 6 a.m.

I am also against the proposal to start at 5:30 a.m. (in the dark), which would mean eating at 2:30 a.m. This

would put participants completely off their stride. However, marathon runners are not as vulnerable as is thought and I believe a starting hour of 8 a.m. would be acceptable.

A more personal comment concerns arrival at the finish line. A way must be found to give honor where it is due. In Miyazaki, for example, medals were presented when most of the audience had already left the stadium. Participants deserve to finish in a full stadium, and category winners should appear on the victory platform when the audience is still present.

Perhaps these problems will only disappear when the marathon is incorporated in the non-stadia program. □



At the Miyazaki World Championships, Australia's Bernie Hogan wins the M70 100 (13.45) with USA's Tim Murphy (far left) 2nd (13.52); Italy's Bruno Sobrero (#4) 3rd (13.64); and South Africa's Al Van Zyl (#2) 6th (14.15).

Photo by Leo Benning



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4 Months to Go Countdown to Toronto

Continued from page 1

representation is from South Africa, whose team in Miyazaki was strongly in evidence.

We have yet to hear from Oceania

and South America.

Notwithstanding these numbers, most of the entrants will come from North America. Toronto is easy to reach, and Scarborough is its eastern

suburb. Most of the listed hotels have "800" numbers; the Canadian dollar is currently below 75 U.S. cents.

One word to the wise, however, for those wishing to stay at Scarborough College. This accommodation is likely to go quickly, particularly as the 20K walk will take place on the campus. Indications are that the event will have many more competitors than at Miyazaki.

Another consideration is that the banquet and dance will have a 500-person limit. The facilities are air-conditioned, it will be a served sit-down dinner, and dancing will be to an eight-piece orchestra of top-class, professional musicians. Tickets are being sold on a first-come, first-served basis.

It is too early to know exactly who the top competitors will be, but Dave

Moorcroft, former world 5000 record holder, will be running, provided his unfortunate December injury — a broken foot bone — has healed satisfactorily.

Belgium's four-time gold medalist in Japan, Omer Van Noten (M45) will be running, and Frank Shorter has told us he will be there, too, if at all possible.

Among others expected are Stephen James (M55, GBR, two golds, one silver in Japan), Ron Bell, one of Wales' finest, and Arthur Walsham (M65), long a force in British road racing and winner of the M45 marathon at the 1975 Toronto World Masters Championships. He'll have to face a fast, just-turned-65, Ed Stabler from the USA.

The 20K walk will feature three-time British Olympian Bob Dobson (M50), Italy's M70 double-gold medalist in Japan, Carlo Bomba, and Canada's June-Marie Provost (M60), who also won twice in Japan. Jaan Roos (M55) is also working back to fitness.

On the distaff side in the road races, Janet Takahachi, Canada's W35 world champion 5000 runner, may be joined by current Canadian International (open class) Nancy Timari (Rooks). Britain is sending a pair who were unbeatable in Japan and won eight gold medals between them — Jose Waller (W70) and Jocelyn Ross (W65), while Canada's middle-distance W60 triple winner, Jean Horne, after setting a world indoor 800 record, is moving up in distance to both 10K and 25K.

In future issues, we'll keep you posted as the entries roll in. We're waiting to welcome you to Canada in July. We'll have all our snow shovelled away by then.

An entry form is enclosed on this page, but a complete entry book is also available from Canadian Masters AA, 1220 Sheppard Ave. E., Willowdale, Ontario, Canada M2K 2X1. Phone: 416-495-4059; fax: 416-495-4310. □

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Phone: 416-495-4059; FAX: 416-495-4310.



South Africa's Wilfred Mwalwanda wins the M50 javelin with a 57.36 (183.6) heave in Miyazaki.

Photo by Leo Benning

Documentary Film of Derek Turnbull Now Available

by KATHRINE SWITZER

Masters running took on additional lustre last month with the premiere of a film about one of the sport's greatest champions, Derek Turnbull.

The Fastest Old Man In The World is a short documentary film made by the Think In Ink Film Company, based in Invercargill, New Zealand, Turnbull's home town. The film is 22 minutes long and now available on video for purchase by Americans. Television sales are also being sought and the film has been entered in several international film festivals.

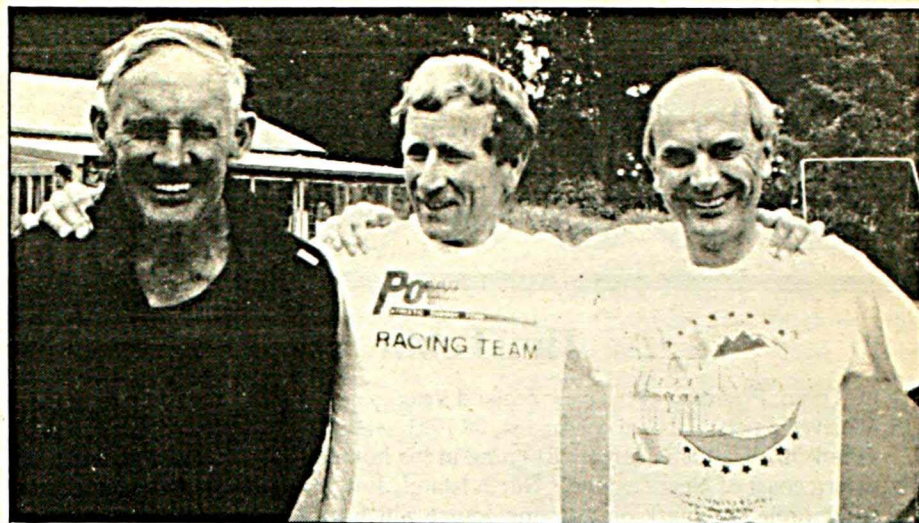
The film details Turnbull at his athletic and quirky best. It shows him at work on his Southland, New Zealand sheep farm and then it tracks him in the London Marathon in 1992 as he set the M65 world marathon record of 2:41.

Intercut with this are shots of him in other races and longer segments of him training over what must surely be the

most spectacular training location in the world. Interviews with his wife and others close to him attempt to shed light on why Turnbull has been described as the greatest veteran runner of all time. Turnbull has achieved 25 world age group titles, and from February-April 1992 he ran the greatest series of races in the history of veteran athletics, breaking every world record from the 800 meters to the marathon.

Film director, Mark Winter, who also wrote the film, said "Derek appealed to me as a film subject because of the contrast between the farmer and the world-class athlete." Indeed, although that contrast is dramatic, Turnbull emerges as much an environmentalist as an athlete and has tremendous appreciation for the land and his stewardship over it.

Another refreshing addition to the film is the treatment of Pat Turnbull, Derek's wife. "I wanted to show how Pat plays a major role in Derek's suc-



Derek Turnbull, left, is joined at his Southland, New Zealand sheep farm for a run with John Campbell, center, and Roger Robinson. In 1990, all three New Zealanders were ranked Number One in the world in the marathon for M60, M40, and M50, respectively. In 1992 Turnbull set a new M65 marathon world record with a 2:41 run in the London Marathon.

Photo by Kathrine Switzer

cess," Winter said. "They're a team and I hope this aspect shows through in the film." Although this does, indeed, come across, Pat as a subject is not sugar-coated and is frank in her interviews about the sacrifices that have to be made.

The Invercargill premiere was attended by 300 guests. Turnbull's friend, Roger Robinson, noted masters runner and speaker, officially launched the film and recognized Derek Turnbull's special achievements. A surprise appearance also was made by M40 marathon world record holder John

Campbell. In 1990, Turnbull, Robinson and Campbell — all New Zealanders — were ranked number one in the world for the marathon for men over 60, 50 and 40, respectively.

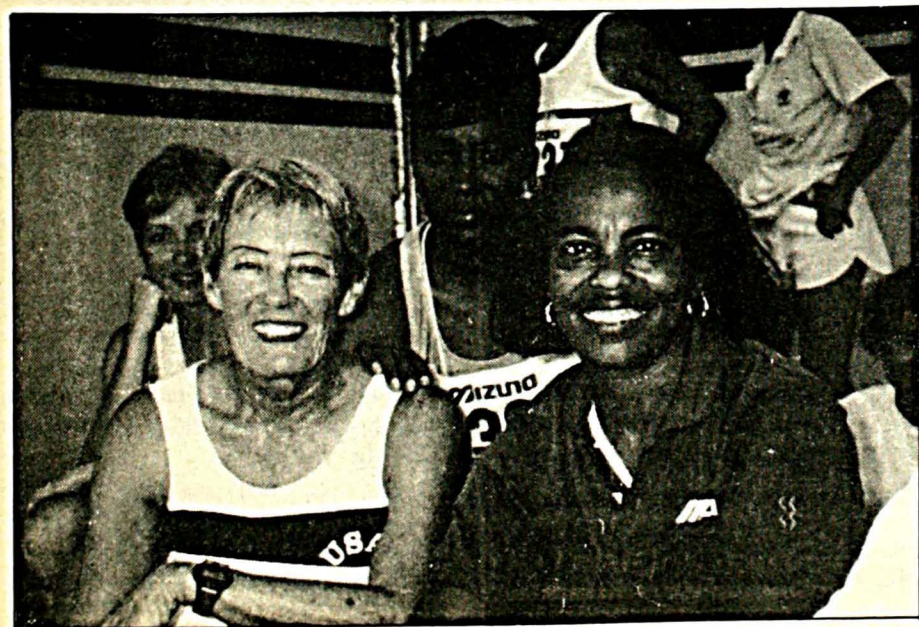
VHS video versions of the film for American VCR systems are available by direct mail for \$29.95 (U.S. dollars), which includes return airmail postage.

If you are interested in purchasing this video, please send \$29.95 to NMN, PO Box 2372, Van Nuys, CA 91404.

□

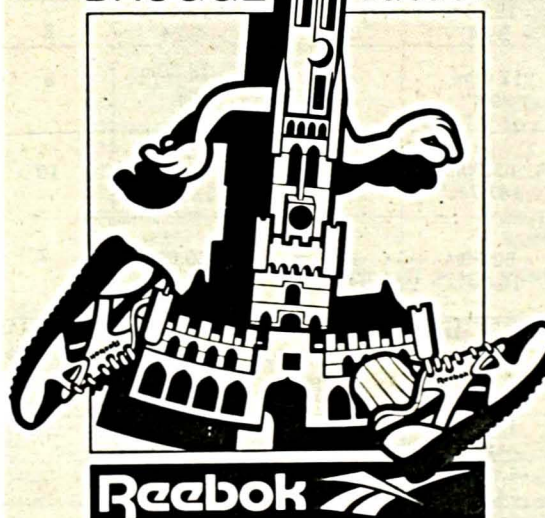


Finalists in the M60 300 hurdles, from left: Leo Benning (RSA, 3rd, 48.57); Vilio Knaappila (FIN, 2nd, 48.25); Geoffrey Feast (GBR, 5th, 49.48); Tom Morgan (AUS, 6th 50.26), at the World Veterans Championships in Japan.



From left, Shirley Dietderich, Margaret Dixon, and Evelyn Ashford, enjoy a relaxed moment in Miyazaki.

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AGE GROUPS

MEN: 40 - 45 - 50 - 55 - 60 - 65 - 70 - 75 - 80

WOMEN: 35 - 40 - 45 - 50 - 55 - 60 - 65 - 70 - 75

COURSE: FLAT AND FAST

ENTRIES TILL MAY 15th 1994

NO ENTRIES THE DAY OF THE RACE

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JACQUES SERRUYS

KORTE ZILVERSTRAAT 5 - 8000 BRUGGE - BELGIUM

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PROFILE

Jim Tobin

Jim Tobin, President of the New Zealand Veteran Athletes Association (NZAVA), achieved a personal goal on August, 28 1993, when he completed the 100th marathon of his athletic career. Running in his home province, Hawkes Bay, on the eastern coast of New Zealand's North Island, Jim had no difficulty in attaining this memorable landmark on a testing course which took in picturesque hilly terrain through the Hawkes Bay rural farm and orchard areas.

Jim has a running background that spans some 40 years, commencing in his high school years, followed by membership in a number of Athletic and Harrier Clubs wherever he has lived in New Zealand, up to the present time.

He has represented his province in track, road and cross-country racing, enjoying success in all three. After reaching veteran status at age 40, he was a popular choice for many teams as he maintained a reputation for providing tough opposition.

Ran First Marathon at Age 30

It wasn't until the 1960s that he ran his first marathon, at this stage still competing in open competition. With little training for this distance, he

found his first attempt hard going and didn't particularly enjoy the experience.

Jim preferred track, cross-country and road running, but as his marathon times improved, and he was running sub-three hours without devoting all his energy to it, the total started to rise. With the realization that 100 marathons were a possibility, he changed his focus and concentrated on them more earnestly in the last 12 months. In fact, he completed seven in 1993, culminating in his century run on August 28.

Now that he has his first century of marathons firmly in his record book, he feels he can relax somewhat.

WAVA/USATF Hurdles and Implements Specifications

HURDLES

WOMEN

Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8½"	8.5m 27'10½"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"	8
60-69 70 Plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"	8
30-39	400m	.762m 30"	45.00m 147'7¼"	35.00m 114'9½"	40.00m 131'2½"	10
40-49	400m	.762m 30"	45.00m 147'7¼"	35.00m 114'9½"	40.00m 131'2½"	10
50-59	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7
60-69 70 plus	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7

MEN

30-39 40-49	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"	10
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"	10
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.0m 62'4"	8
30-49	400m	.914m 36"	45.00m 147'7¼"	35.00m 114'9½"	40.00m 131'2½"	10
50-59	400m	.840m 33"	45.00m 147'7¼"	35.00m 114'9½"	40.00m 131'2½"	10
60 +	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7

IMPLEMENTS

AGE Women	SHOT PUT	DISCUS	HAMMER	JAVELIN
30-49	4.00k	1.00k	4.00k	600gms.
50 plus	3.00k	1.00k	3.00k	400 gms.
Men				
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.
50-59	6.00k	1.50k	6.00k	800 gms.
60-69	5.00k	1.00k	5.00k	600 gms.
70 plus	4.00k	1.00k	4.00k	600 gms.

Steeplechase: 3000m for men 30-59; 2000m for men 60 + and women.



Jim Tobin (55435) leads a section of the M55 5000 at the 1989 Eugene World Veterans Championships.

Team Manager for New Zealand

At the X World Veteran Games in Miyazaki, Japan, Jim had the responsibility of being team manager for the 66-strong New Zealand team, and, in his capacity as New Zealand President was also a delegate at the WAVA General Assembly.

Miyazaki represented the fifth WAVA Championships in which Jim has competed. Previous world games hosts were New Zealand, Australia, USA and Finland. He has also competed in the Oceania Championships, the latest of these held on Norfolk Island in 1992.

Aside from athletics in the physical sense, Jim is fully involved in administration with his NZAVA Presidential responsibilities, Vice Presidency of Oceania, Chairmanship of the Provincial Harrier and Road Committee, and Editor of the National NZAVA Vetline magazine for NZ Veteran Athletes (the equivalent of Na-

tional Masters News). He is also chief photographer for the magazine. His Vetline work is a job that Jim particularly enjoys. He gains a great deal of satisfaction from his input into athletics in this way.

In Demand for Course Measuring

As a registered land surveyor, he has always been in demand for course measuring and is a common sight out on the roads certifying courses. He is an official AIMS course measurer and actually measured the course over which he ran his 100th marathon, so could claim to know it very well.

Whether it's track racing or marathons, demanding ultra marathons over road or cross-country, or just a simple run for pleasure, Jim gains satisfaction from the physical process of running. It has been a part of his life for as long as he cares to remember and will remain so, as far as he is concerned, for as long as possible. □

— by Helen Tobin



Report from Britain

from MARTIN DUFF

Martin Rees topped the British 5 mile lists with a 24:29 in the Hillingdon (NW London) event on Feb. 27. Sally Young (she who went to Miyazaki but got her foot crushed by a car wheel) took the W35 title in 28:35. Laurie O'Hara was a good M60 winner in 28:08.

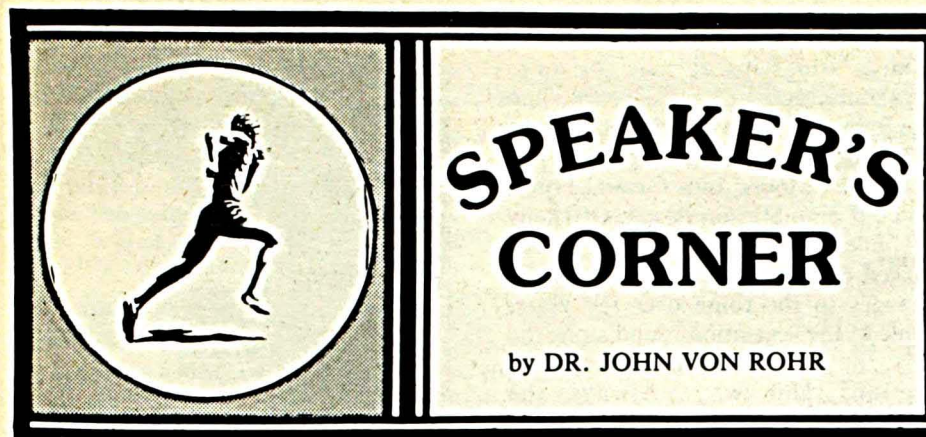
The following week, Jo Thompson, 35, of Bath, was a devastating winner of the ladies' race at Woking, covering the 10 miles in 55:20 for a victory over Danielle Sanderson, who runs in the British European Marathon team this year. Paula Fudge, 41, returned to form for fourth overall in 56:36, as Terry Booth, 43, won the masters in 50:42.

On the road, Caroline Horne, 37,

won a 10K in Surrey in 34:09, after placing well in the Southern Senior Women's event in late January.

RAR runner Kevin Brown won the Southern Vets Cross-Country title on Feb. 13 from Merv Brameld and M45 Brian O'Neill. Former world M40 1500 and 800 WAVA champion Vic Smith won his first M50 title, while Fudge took the women's.

On the same day, Ken Moss won the Northern Vets championship, while Miyazaki multi-gold medalist Steve James, 55, beat all the other over-50s. Maurice Morrell, world vets steeplechase medalist and record holder, took the M60 title, and Denise Wakefield the women's. □



German Masters Excel

Living in Germany has proven to be a truly eye-opening experience in regard to track and field, or "leichtathletik" as it's referred to by the Germans. Compared to the U.S., where track and field falls far behind other U.S. Sports such as baseball, football and basketball in national popularity, in Germany it is surpassed only by soccer.

After all, where in the U.S. can you watch a high level track and field competition almost every week during the season on prime time television? The recent World Track & Field Championships in Stuttgart were broadcast live for five hours per day; something you certainly aren't likely to see back in the U.S.

As a thrower myself, ranked number five in 1992 in the U.S. men's 40-44 group in the shot put and number two in the hammer throw, it is particularly gratifying to be in a country where strength athletes are actually admired and acknowledged as being "real athletes." I have been fortunate,

through luck of family heritage, to be both a seven time U.S. masters champion in throwing events and, most recently, a third place finisher (M45-49) in the shot put (13.54m) at the German National Masters Championships, held in Ludwigshafen, Germany.

Having in my possession copies of both the *National Masters News*-published "U.S. Masters Track and Field Rankings for 1992" and the "Senioren-Leichtathletik 1992" - its German equivalent, I calculated U.S. vs. Germany results, M40-44 and 45-49, four places deep, on a 5-3-2-1 basis at a dual meet. Relays were not

All-Star Mile Race Still Set For Oxford

"Coghlan's record foils celebrations," was the headline in the London Times' sports pages the day after Eamonn Coghlan, 41, became the first over-age-40 runner to smash the four-minute barrier for the mile run.

Coghlan ran 3:58.15 at Harvard University in Boston on February 20.

The celebration, which will take place anyway, will be held on May 6, exactly 40 years after Roger Bannister ran the first-ever sub-four mile at Iffley Road, Oxford.

Of the last 16 men who have set world mile records, all but Steve Ovett have agreed to attend a 40th anniversary dinner in Oxford. A veterans mile has been planned for May 7 with a sponsor, GT Law, backing the event.

Since Coghlan set his record indoors, the first sub-four mile outdoors is still up for grabs.

"But the appeal has been diminished by Coghlan's effort," David Powell wrote in the Times.

"Youth used to be the season for strength, and age for discretion," began a Times' editorial. But older athletes such as Coghlan, Torvill and Dean, Gary Player, Tony Jacklin, Rod Laver, Ilie Nastase, Ken Rosewall, and George Foreman are still earning money at their sport, some more than they did in their prime," the editorial noted.

"In all sports where performances can be measured, it is clear that men

and women are running faster, jumping farther, and lasting longer than their mothers and fathers."

Any masters miler with 4:15-or-better credentials who would like to participate in the May 7 race should contact Ron Bell at 25, Llwyn Menlli, Ruthin, Clwydd, N. Wales LL16 1RG, Great Britain. Phone: 44-824-703-278; Fax: 44-244-814-305.

A mile race for masters women, and a handicap race, pitting the likes of Arne Anderson and Gunder Hagg against Steve Cram, Sebastian Coe, and Ovett are also in the works. □



Cathy Van Leuven placed 8th in the W45 800 in 2:34.32 in the World Championships, Miyazaki.

counted, since German teams don't list relay results in ten-year age groups as do Americans.

What was the outcome of these hypothetical head-to-head athletic encounters? In the 40-44 age group, the German men scored an 11-point (110.5-99.5) victory, while in the 45-49 category, the American men prevailed (107.5-101.5). Simply stated, when the two groups are combined, the German men come out on top (212-207). Interestingly enough, several national trends (strengths and weaknesses) were identified through an analysis of the two age groups' performances. Some might seem obvious, others more subtle.

It probably comes as no surprise to any serious track and field fan that the U.S. men (both age groups) totally dominate the 100-800 events. In a

definite turnaround, however, the German men "oust" their American counterparts by an almost 4-1 ratio in the 1500 through 10,000 distance events. In the hurdles, the U.S. once again prove their mettle by a close to 4-1 margin. Care to guess which country's throwers come out on top? With a rich national history (and school system) dedicated to teaching the throws, the German men easily outscore Uncle Sam's contingent by a 67-21 count. Finally, in the jumps, the German men pull out a four-point advantage, 46-42.

What these results indicate, is that Germany possesses a rich abundance of world-class masters athletes. The areas of strength and weakness for these veteran athletes at times remarkably mimic their open event athletic equivalents. □

*Bill Adler
Masters Tours*

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100 METER SPRINT
400 METER SPRINT
LONG JUMP
DISCUS
POLE VAULT
HIGH JUMP

SUNDAY JUNE 26TH

3,000 STEEPLE CHASE
1,500 METER RUN
4 X 100 METER RELAY
300M/400M HURDLES
200 METER SPRINT
4 X 400 METER RELAY
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JAVELIN
SHOT PUT
HAMMER THROW

ENTRY FORM (PLEASE PRINT)

LAST NAME _____ FIRST NAME _____ PHONE _____
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Events: (1) _____ (2) _____ (3) _____ (4) _____

Waiver: In consideration of your accepting my entry, I intend to be legally bound, do hereby for myself, my heirs, executors or administrators waive and release forever any and all rights, claims or damages I may accrue against the meet promoters of the Mexico Vs. U.S. T&F Meet, their successors, representatives and assigns of any and all injuries which I may suffer while traveling to and from, and while participating in this T&F Meet, June 23 to 27, 1994.

Signature: _____ Date: _____

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Gentlemen:

I/We _____ are going to Mexico City to attend the Mexican Masters Vs U.S. Masters Track & Field Meet. Enclosed please find \$_____ (\$50 per person deposit plus \$25 registration fee (non refundable) per person to hold reservations until May 10, 1994 when the full amount of the balance is due and payable). Please make checks payable to Bill Adler Masters Tours and mail to 435 E. Tahquitz Cyn. Way, Palm Springs, Ca. 92262.

I will be departing from: L.A.: _____ NEW YORK: _____

Book Review: Dipsea: the Greatest Race

by BARBARA ERSKINE

Several races throughout the country have developed their own mystique and appeal. The Boston and New York Marathons, Bloomsday in Spokane, Bay to Breakers in San Francisco are legends. Not a road but a cross-country race, certainly exceptional, rich with history, the Dipsea on the slopes of Mt. Tamalpais in northern California belongs on the list.



Al Optliger, 61, having fun at the Portland Marathon.

Photo by Tony Caring

For an account of the tradition surrounding the Dipsea, its course, winners and challenges, pick up a copy of **Dipsea: The Greatest Race** by Barry Spitz (Potrero Meadow Publishing Co., 1993, \$27.95 hard or \$18.95 soft cover). Spitz is a contributing editor for *Running Times* and a past competitor in the race. His first hand knowledge and writing skill combine to create an interesting, although lengthy, text.

He states that the three years spent researching the book made him realize the Dipsea is more than a race. The story "illustrates some of the best qualities of the human spirit - tenacity, desire for excellence, friendship, ability to endure and overcome adversity, quest for challenge, competition, love of sport and the outdoors, our sense of history." While these attributes are found in almost any major race or one on difficult terrain, the Dipsea is unique in its longevity, route and handicap system.

Two adventurers from San Francisco began the race in 1904. Except for three years, it was held annually from 1905 until 1941, when Pearl Harbor halted the event. Begun again in 1946, runners have met every fall since, without interruption. Spitz summarizes the highlights of every match, the top 10 finishers and their times, all extensive research projects.

In his description of the course, the author's orientation to detail and

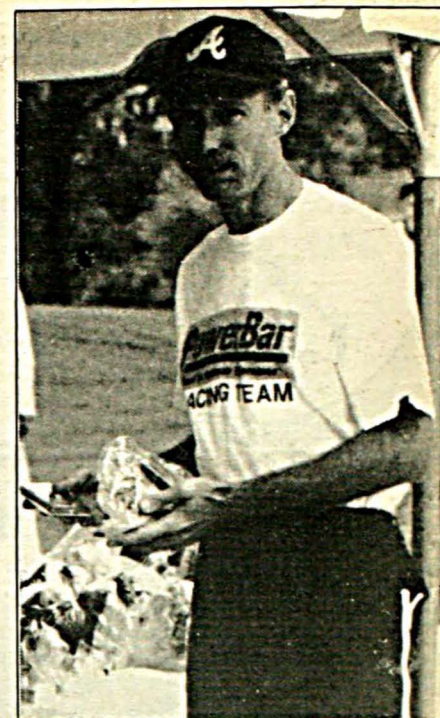
authenticity are also evident. He leads the armchair participants up the famous 676 steps at mile .4, down Dynamite, across the Hogsback, into the Rain Forest, up Cardiac Hill, down the Swoop, through the Steep Ravine, across the Moors, into Coastal Forest and out onto Stinson Beach. Officially 7.1 miles since 1979, finishers in 1905 logged 8.16 miles. Spitz notes all the changes to the route over the years, some of the vegetation found along the way, the steepest and most dangerous sections and why. Always the historian, he laces facts and figures throughout.

After reading about the trail, one wonders if there's room within the field of 1500 for any but the elite. Here is the reason for the clever handicap system used since the first race. Spitz



Elizabeth Baker, 68, on the track at RRCA Women's Distance Festival, San Luis Obispo, Calif.

Photo by Elaine Rosenfeld



Earl Owens, 44, Dunwoody, Ga., first overall (32:06), USATF National Masters 10K Championships, Oklahoma City.

Photo by Jim Smith

explains, "All entrants are assigned a headstart in relation to a group of men who start last. The number of minutes of headstart is the handicap. The first to the finish line wins." For instance, in 1909, Basil Spurr captured the title with 55:00. Otto Boeddiker, finishing in 21st place, ran the best time of 51:46.

For 60 years, handicaps were created by the organizers' ideas of perceived ability. In 1965, they based the times entirely on age. This meant no longer would every entrant theoretically be able to win, only those who were best in their age group. By 1969, enough women were running that start times accounted for both sex and age. This has created some unique records. In 1973, Mary Etta Boitano, age 10, won. Nine women and one man have come in first from 1980 through 1993. The computer whiz in charge of the handicapping, when criticized, quips: "Run faster."

Masters runners have done well in this competition. The largest number of victories — 5 — belongs to an over-40 master. The oldest winner was 60 in 1967, the oldest best-time finisher was 45 male, and 48 female, and the highest average place holder is now 53. Before retiring at 81, Jack Kirk ran 58 consecutive Dipseas, from 1930 through 1988. Twenty-six years later, he still holds the "oldest winner" title.

The Dipsea definitely has a personality. It is not the normal Sunday 10K race or family fun run. Spitz conveys the whimsy and joy of the race, if you can pass lightly over all the names and dates. For the history buff, the book is a coffee table showpiece. It offers something for everyone, and is good publicity for a country trail race through redwoods to the sea. □

(Barbara Erskine, *BOOKS FOR RUNNERS*. For a free catalog or information about the book, contact her at 386 Portlock Road, Dept. BR, Honolulu HI 96825-2027. Book price does not include shipping and handling.)

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

CLUBS

Below is a list of masters track & field, long distance running, and race-walking clubs arranged alphabetically by region. Some offer workout facilities. Most have social programs and annual awards. If you'd like to find out more about what's going on in your area, contact one. To have your club listed, please send the necessary information to National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

EAST

The Achilles Heel
(for disabled)
9 East 89th St.
New York, NY 10128
212/398-0348

Boston AA
131 Clarendon St.
Boston MA 02116
617/236-1652

Boston RC
79 Manet Rd.
Chestnut Hill, MA 02167
617/964-7802

Buffalo Belles and Brawn
Charles La Chiusa
59 Mona Dr.
Buffalo, NY 14226

Central Park TC
7 W. 96th St., #8A
New York, NY 10025
212/864-4217

Finger Lakes RC
P.O. Box 321
Newfield, NY 14867
607/564-9516

Garden State AC
19 Bedminster Rd.
Randolph, NJ 07869
201/625-1764

Greater Rochester TC
P.O. Box 92608
Rochester, NY 14692
716/872-6652 Race Info.

Liberty AC
20 Riverview Dr.
Newbury, MA 01951-1807
508/462-9552

Maryland Masters TC
107 Rosewood Ave.
Baltimore, MD 21228-4939
410/744-2652

Nadia TC
1500 Sylvan Terrace
Pittsburgh, PA 15221
412/244-9812

New England Walkers
83 Riverside Ave.
Concord, MA 01742
508/369-7912

New York AC
180 Central Park South
New York, NY 10019
212/247-5100

New York Masters Sports
Club
5831 Bell Blvd.
Bayside, NY 11364
718/224-3927

NYRRC
9 E. 89th St.
New York, NY 10128
212/860-4455

North Jersey Masters
P.O. Box 56
Ridgewood, NJ 07450

Plainview Old Bethpage
RRC
62 Sylvia La.
Plainview, NY 11803
516/433-0919

Potomac Valley TC
c/o John Norton
3706 Howsen Ave.
Fairfax, VA 22030
703/352-3057

Shore AC
22 Addison Road
Howell, NJ 07731-1302
908/363-5426

Sugarloaf Mt. AC
Box 659
Amherst, MA 01004
413/586-7411

Syracuse Chargers TC
118 Foxcroft Ln.
Fayetteville, NY 13066
315/637-6211

Tri-State TC
Wayne Vaughn
18619 Preston Rd.
Hagerstown, MD 21742

West Pennsylvania TC
RD2, 14400 Winchester Rd.
Trafford, PA 15085
412/372-1986

SOUTHEAST

Atlanta TC
3097 E. Shadowlawn Ave.
NE
Atlanta, GA 30305

Florida AC
3250 Lakeview Blvd.
Delray Beach, FL 33445
407/499-3370

Greenville TC
P.O. Box 16262
Greenville, SC 29607
808/268-6321

Huntsville TC
c/o Harold Tinsley
8811 Edgehill Dr.
Huntsville, AL 35802
205/881-9077

Miami RC
Tropical Park
7920 S. W. 40th St.
Miami, FL 33155
1-800/940-4RUN

Nashville TC
2709 Linmar Ave. #5
Nashville, TN 37215-1170
615/383-6733

North Carolina RRC
P.O. Box 26761
Raleigh, NC 27611
919/231-0714

Port City Pacers
P.O. Box 16907
Mobile, AL 36616

Richmond T&F Club
P.O. Box 6701
Richmond, VA 23230
804/272-3544

Spartanburg RC
820 Patch Dr.
Spartanburg, SC 29302
803/582-7128

World Elite Track Team
P.O. Box 71022
Marietta, GA 30007-1022

MIDWEST

Ann Arbor TC
P.O. Box 7551
Ann Arbor, MI 48107
313/663-9740 (Hot Line)

Columbus Roadrunners
P.O. Box 15584
Columbus, OH 43215-0584
614/890-1309

Midwest Masters T&F Club
633 Sunset Drive
Janesville, WI 53545
608/756-5260

Motor City Striders
10144 Lincoln
Huntington Woods, MI
48070
313/544-9099.

Over The Hill TC
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South Euclid, OH 44121

Victory AC
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Louisville, KY 40206
502/893-6057

Wolfpack TC
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Columbus, OH 43220
614/459-2547

SOUTH WEST

East Texas T&F Club
3334 S. SW Loop 323, Ste.
128
Tyler, TX 75701
903/561-9511

Houston Masters Sports
Assoc.
4021 Montrose Blvd.
Houston, TX 77006-4956
713/523-5679

King of the Hill TC
48 Chateau Haut Brion
Kenner, LA 70065
504/467-1197

Louisiana Lightning TC
1459 Verna St.
New Orleans, LA 70119
504/486-8066

New Orleans TC, Inc.
P.O. Box 52003
New Orleans, LA
70152-2003
504/482-6682

Oklahoma City RC
2408 N.W. 112th Terrace
Oklahoma City, OK 73120
405/752-9097

San Antonio TC
21024 Cedar Br.
Garden Ridge, TX 78266
512/651-5414

South Louisiana Masters
TC
P.O. Box 3125
Lafayette, LA 70502-3125
318/984-4934

Tulsa RC
P.O. Box 3304
Tulsa, OK 74101-3304
918/581-8306

Waterloo T&F Club
4112 Burnet Rd.
Austin, TX 78756
512/458-6010

MID AMERICA

American Racewalk Ass'n
P.O. Box 18323
Boulder, CO 80308-1323
303/447-0156

Lawrence TC
P.O. Box 3743 Jayhawk
Station
Lawrence, KS 66046

Lincoln TC
2900 John Ave.
Lincoln, NE 68502

Prairie Striders
Box 267
Brookings, SD 57006

St. Louis TC
2385 Hampton Ave.,
No. 101
St. Louis, MO 63139
314/781-3926
782-3726 (raceline)

WEST

All-American TC
8307 Joan Lane
West Hills, CA 91304
818/716-7280

Club West
P.O. Box K
Goleta, CA 93116
805/687-6323

Corona Del Mar TC
19103 S. Andmark Ave.
Carson, CA 90746
310/638-7125

Elite Health TC
10738 Jefferson Blvd.
Culver City, CA 90230
310/559-9739

Golden Gate Racewalkers
3956 Nelson Ct.
Palo Alto, CA 94306
415/493-2652

Great Strides Honolulu
1521 Punahou St., #1002
Honolulu, HI 96822
808/942-9567

Hawaii Masters TC
P.O. Box 15763
Honolulu, HI 96830-5763

Island Empire Racewalkers
9847 Cedar Ave. Ste. 18
Bloomington, CA 92316
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L.A. Valley AC
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Los Angeles, CA 90077
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Los Gatos AA
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Los Gatos, CA 95031
408/354-7333

Marin Race Walkers
Jack Bray
P.O. Box 21
Kentfield, CA 94904-0021
415/461-6843

No. Calif. Senior TC
3887 18th St.
San Francisco, CA 94114
415/626-8601

River City TC
P.O. Box 255131
Sacramento, CA 95865
916/489-7881

San Diego TC
P.O. Box 7853
San Diego, CA 92167
619/270-SDTC

Santa Cruz TC
P.O. Box 1803
Capitola, CA
408/425-8286

Seniors TC
P.O. Box 3398
Crestline, CA 92325
909/338-5532

So. Calif. Corporate AA
346 Palos Verdes Blvd., #8
Redondo Beach, CA 90277
310/616-1313

Southern Calif. Striders
3180 Camino Arroyo
Carlsbad, CA 92009
619/436-7698

Team Patriots
2301 Hyperion Ave. Suite P
Los Angeles, CA
90027-4711
213/662-1062

Trojan Masters TC
1125 Stimson
La Puente, CA 91744
818/917-6289

Walkers Club of L.A.
610 Woodward Blvd.
Pasadena, CA 91107
818/985-9854

West Valley Joggers &
Striders
1124 Kennington Ave.
Sunnyvale, CA 94087
408/246-2651

West Valley TC
P.O. Box 459
San Carlos, CA 94070
510/635-9508

NORTHWEST

Anchorage RC
P.O. Box 211923
Anchorage, AK 99521-1923
907/337-8606

Bigfoot Masters
Spokane Community
College
N. 1810 Greene St.
MS-2050
Spokane, WA 99207-5399

Oregon Track Club Masters
P.O. Box 11364
Eugene, OR 97440

Phidippides RC
P.O. Box 2315
Salem, OR 97308
503/399-7057

Racewalkers Northwest
P.O. Box 1723
Lake Oswego, OR 97035
503/697-2787

RE-TREADS
16016 9th Ave., SW
Burien, WA 98166
206/246-0516

Snohomish TC
4261 S. 184th
Seatac, WA 98188
206/433-8868

Southern Oregon Sizzlers
P.O. Box 665
Medford, OR 97501

MASTERS SCENE

NATIONAL

• Leaders in the long distance running community met in Washington, D.C., Feb. 19 to discuss ways to better promote the sport. Basil Honikman said participation is up 6-8% a year, but there's little growth in the 18-25 year age group. TV producer Hal Rothman said more heroes were needed. Ellen Wessel, President of Moving Comfort, said runners are interested in weight loss, not heroes. The group formed an eight-person committee to develop a strategic plan by the weekend of the Boston Marathon. USATF will be represented by Julia Emmons. Masters LDR Chair Charles DesJardins will work closely with her. Other masters activists at the meeting were Norman Green and John Boyle.

• Reebok CEO Paul Fireman is selling about 20% of his Reebok stock (1.5 million shares) on the market and another half-million shares privately to Reebok. Reebok's 4th-quarter net profit rose 1.8% to \$50.7 million from the same period last year. Athletic shoe revenue is predicted to grow 2% in 1994.

EAST

• Sam Skinner, 51, sliced through the M40+ contingent for a masters win in 1:14:58, NYRR Central Park 20K, Feb. 5. Lindsey Folsom, 40, was eighth of 143w in 1:34:05. Lisa Praskins, 59, finished third W40+ in 1:37:29.

• Richard Shaver (41, 22:39) and Cheryl Ralya (47, 26:03) iced 40+ firsts in the NYRR Snowflake Four Miler, Central Park, Feb. 13. Norman Goluskin, 55, took a division first in 26:18. On Feb. 20, Shaver and Skinner were pretty sharp in the NYRR Al Gordon 5 Miler, Central Park, with Shaver taking a close M40+ win from Skinner by seven seconds with a 28:07. Bill Fortune, 65, had more than luck with an M65 win in 32:33. Kathy Gribbon, 40, was second of 360w with a fast 31:29. Lisa Praskins, 59, won handily in the W55 race with a 36:12.

• In the NYRR/Sheraton NY Bagel Run 10K, Feb. 27, Skinner returned to Central Park to take the M40+ title in 35:32, finishing 38 of 1204m. Gribbon also showed up and broke the big 40 with a 39:39 to win the W40+ race in sixth place of 635w. Zofia Turosz, 55, won the W55 race quickly in 43:37.

• Joseph Nzau, M40, zipped to the masters title in 1:07:03 in New Jersey's first important spring race, the Newark Distance 20K, March 6. Lily Kosaka, W40, was W40+ titlist in 1:27:50. Hugh Sweeny took the M50 race by seven seconds from Maury Dean, with a 1:14:43. Madeline Bost won the W50 crown in 1:39:48.

• Fred Schlereth bettered Earl Fee's world M60 indoor 400 mark of 59.82 with a sensational 58.6 at the Syracuse Noontime Indoor Running League, March 4.

SOUTHEAST

• Linda Stein, 46, was first female in 28:16, Alamo Heart 5K RW, Fort Lauderdale, Feb. 5. John Fredericks, 46, took M40+ honors with a third-place 25:00.

• The most astounding moment at the East Coast Invitational, Richmond, Va., Jan. 8-9, was a 49-11 triple jump by Keith Witherspoon, 41. He also streaked to a 6.5 victory in the 55m. An NCAA runner-up in the triple jump at the University of Virginia two decades ago (54-9), Witherspoon currently has a 52-footer in mind.

• Chuck Moeser, 42, Herndon, VA, in 1:14:00, and Kathy McCauliffe, 40, Norfolk, VA, with a 1:37:53, were top masters in the Anheuser Busch Colonial Half-Marathon, Williamsburg, VA, Feb. 27.

MIDWEST

• John O'Neil, 75, died Jan. 13 in Walton Hills, OH. O'Neil started running in the 60s before the jogging craze took off. He promoted civil rights by participating in demonstrations in Washington, DC, also in the 60s, and returned

to protest the Vietnam War. O'Neil ran his first race, an eight-miler, in Detroit in 1965. That prompted him to start the Cleveland RRC. He eventually became president of the national organization, and served as the starter for the Revco Marathon and consultant for the Chicago Marathon. He is survived by his wife, five children, and four grandchildren.

SOUTH WEST

• The 7th annual Bristow Wildflower Run scheduled for May 7 in downtown Bristow, OK, hopes to exceed 1993's 680 runners to cross the finish line. The 5K race will award masters prize money to men and women based on the age-graded system. The Wildflower Run ties in with the Field of Dreams 5K and the Brookside Stride, on May 14 and 20, respectively, in Tulsa. Collectively, these Triple Crown races will award \$8000 in prize money.

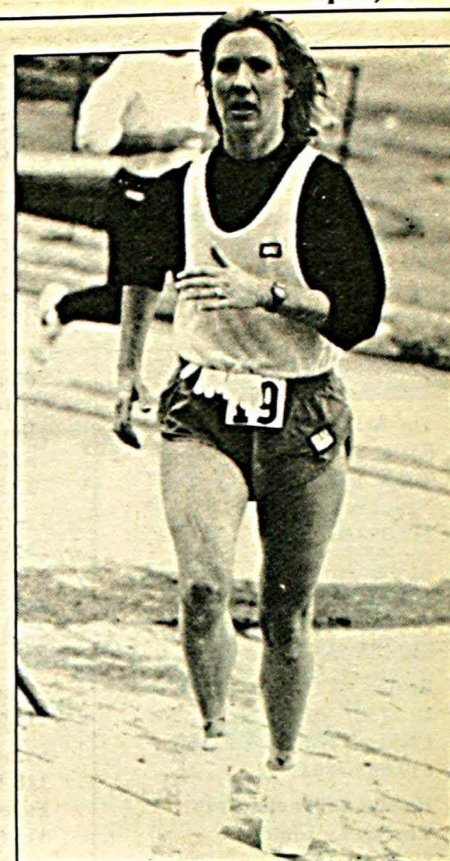
WEST

• Domingo Tibaduiza, 44, of Reno, NV, has



Ric Banning, 41, Alexandria, Va., on the way to the M40+ victory (1:09:53), Hampton Coliseum Half-Marathon, Hampton, Va., Feb. 13.

Photo by Clay Shaw



Linda Banning, 45, Alexandria, Va., W40+ winner (1:28:09), Hampton Coliseum Half-Marathon, Hampton, Va., Feb. 13.

Photo by Clay Shaw

announced his retirement, according to USATF's *On The Roads* newsletter. The four-time Colombian Olympian has been a top masters runner since turning 40. He plans to work with young runners because "running has been good to me... now I want to give something back to the sport."

• Gustavo Figueroa, M40, Winnemucca, NV, won the masters contest with a 2:30:56, Napa Valley Marathon, Napa, CA, March 6. Barbara Miller, 54, Modesto, CA, not only won the W50 race but also was the first W40+ in 3:09:25. Herb Phillips, Burnaby, British Columbia, predicted that he would break the M50 course record and did so by two minutes with a 2:37:40. Edda Palmer, 66, Saratoga, CA, finished her 100th marathon.

• The No. Calif. Seniors Classic, usually held on a Sunday, has changed its date from Sept. 11 to Sept. 10, Saturday.

CANADA

• Earl Fee, 64, of Canada, ran a 5:12.9 mile in the Hamilton Spectator Indoor Games, Jan. 14; the U.S. M60-64 record is 5:19.9 by Archie Messenger. On March 5, Fee ran a 4:43.66 1500 in the Ontario Masters Championships in Toronto to break Jim Sutton's 1993 M60 WR of 4:43.75.

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH APR. 1994

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
WILBUR ARNOLD (PUEBLO, COLORADO)	4-15-14	80-84
JUPP BERG (WG)	4-3-9	85-89
OLEG DJATLOV (URS)	4-22-49	45-49
OLEG DYATLOV (URS)	4-22-49	45-49
HEINZ ENGELS (WG)	4-11-34	60-64
EDDIE HART (OAKLAND, CA)	4-24-49	45-49
JIM KNERR (SIMI VALLEY, CA)	4-7-34	60-64
WILLIAM KNUPPEL (VISTA, CA)	4-22-19	75-79
WERNER KRUCKEN (WG)	4-6-29	65-69
AATE LEHIMAKI (FIN)	4-16-19	75-79
HERB LORENZ (WILLINGBORO, NJ)	4-7-39	55-59
JAMES MCNAMARA (IRL)	4-17-39	55-59
GERARD VAN NUFFELEN (BEL)	4-4-34	60-64
EGISTO PEDERZOLI (ITALY)	4-12-14	80-84
VALDEMAR RAINO (FIN)	4-18-14	75-79
COLIN SIMPSON (GB)	4-2-29	65-69
JAROSLAV SMID (CZE)	4-27-34	60-64
FRED SMITH (GB)	4-15-34	60-64
MARONN ULRICH (WG)	4-25-29	65-69
NILS UNDERSAKER (NOR)	4-1-39	55-59
JOHN WELDY (SCOTTSDALE, AZ)	4-23-34	60-64
PAY WILLIS (CHARLEMONT, MASS)	4-1-29	65-69
GLYNN WOOD (MONTEREY, CA)	4-23-34	60-64
CAROLYN BRAVAKIS (WINDOW LOCKS, CT)	4-1-44	50-54
CATIE BURKE (SAN GABRIEL, CA)	4-18-39	55-59
DEE DEE GRAFIUS (OAKDALE, CA)	4-9-49	45-49
JOYCE HODGES (US)	4-14-39	55-59
EDNA HYER (S. WALES, NY)	4-22-34	60-64
WILMA MADDOCK (COSTA MESA, CA)	4-19-34	60-64
MARY PATTERSON (BROADVIEW HTS, OH)	4-19-29	65-69
BARBARA ROBBERN (BERKELEY, CA)	4-14-34	60-64
ANNA EDINGER (AUT)	4-7-49	45-49
JILLIAN EKSTEEN (RSA)	4-12-39	55-59
RACHEL HANSENS (BEL)	4-6-29	65-69
MASAYO KONO (JPN)	4-24-14	80-84
GERDA VAN KOOTIN (HOL)	4-1-39	55-59
CHRISTINE PFEIFFER (SWI)	4-13-49	45-49
NINA PONOMAREVA (URS)	4-27-29	65-69
BERTHILIA DE PRETER (BEL)	4-26-29	65-69
MIRJAN RONNI (FIN)	4-20-19	75-79
LENI STUMPF (WG)	4-27-24	70-74
SIGRID SUCKER (DEN)	4-17-39	55-59
MARGARET WILLIAMS (GB)	4-4-49	45-49
AUDREY WOOD (NZ)	4-18-24	70-74

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GLUCOLYTE -

Glucose and electrolyte sport drink for rapid replacement during and after exercise and competition. 16 oz. can, crystal powder makes eight quarts.

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Thatcher, AZ. 85552

schedule

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.



TRACK & FIELD NATIONAL

June 17-19. USNSO Senior Open, Washington U., St. Louis. 55+. No local qualifying required. USNSO, 14323 S. Outer Forty Rd., Suite N300, Chesterfield, MO 63017. 314/878-4900.

July 16-17. USATF National Masters Decathlon/Heptathlon Championships, Missouri Southern St. College, Joplin. Charles Nodler, 1215 Northwest Blvd., Neosho, MO 64850. 417/451-0121(e); 625-9552(d).

August 11-14. 27th USATF National Masters Championships, Eugene, Ore. Tom Jordan, PO Box 10825, Eugene, OR 97440. 503/687-1989.

August 20. USATF National Outdoor Weight & Superweight Throw Championships, U. of Washington. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206/932-3923.

EAST

Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, No. Virginia, Pennsylvania, Rhode Island, Vermont

April 17. Potomac Valley TC Developmental Meet, Williams HS, Alexandria. 9 am. John Martin, 703/352-3057.

April 28-30. Penn Relays, Philadelphia. Thurs.: age-graded PV; Fri.: 4x400 (M50+); 4x100 (M40+, M50, other); 100 (M60, M50, M40); Sat.: 4x400 (M40+, other); 100 (M75+). Karl Castor, 44 N. Penn St., Hatboro, PA 19040. 215/441-8584. Runners World Masters Mile, 30th, Marc Bloom, 908/308-9701.

May 15. NY Masters Spring Classic, Merchant Marine Academy, Kings Point, L.I., N.Y. SASE to Eric Weissbrodt, 7 Drury Lane, Great Neck, NY 11023. 516/487-1417 or Roz Katz, 718/358-6233.

June 5. New Jersey USATF Submasters/Masters Championships, TBA. Sanford Kalb, 22 Addison Rd., Howell, NJ 07731. 908/363-5426.

June 18-19. Masters Relay Meet, Middletown, Conn. Wesleyan U. Invitational masters mile. Age-graded 100m, featuring ex-Olympians. 10-year age groups. Michael Augeri, 468 Mile Lane, Middletown, CT 06457. 203/632-2378.

June 18-25. Gay Games IV, NYC. Open to all. Unity '94, 19 W. 21st St., #1202, N.Y., NY 10010. 212/633-9494. Deadline 3/31.

June 26. Ninth Annual Garden State AC International Masters Meet, Randolph High School, Randolph, N.J. Morton Hahn, 19 Bedminster Rd., Randolph NJ 07869. 201/625-1764.

September 4. Potomac Valley Games, Washington, D.C. area. Sal Corrallo, 3466 Roberts Ln. N. Arlington, VA 22207. 703/243-1290.

SOUTHEAST

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

April 9. Naples On The Gulf Masters Meet. Rudy Vlaardingerbroek, 10311 Windsor Way, Naples, FL 33942. 813/597-6870.

April 9. Darlington Track Meet. Ages 18-75+. Darlington Area Recr. Dept., PO Box 94, Darlington, SC 29532. 803/398-4030.

April 23. Florida AC Championships, Boca Raton, Olympic Heights HS, Florida AC, Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445. 407/499-3370.

May 6-8. Southeastern Masters Invitational, North Carolina St. U., Raleigh. New t&f facility. Pentathlon/weight pentathlon/5K & 20K walks. SE USA Masters, Inc., Box 590, Raleigh, NC 27602. Ray Fulghum or Dale Smith, 919/831-6640, M-F 9-5, Eastern time.

May 7. Gainesville Meet IV. Jim Simpson, 615 SW 80th Dr., Gainesville, FL 32607. 904/392-3001.

May 14. Jacksonville TC Meet, Fla. Lamar Strothers, 904/388-7860.

May 21. Birmingham TC Classic, Samford U. Gordon Seifert, 1514 Ridge Rd., Birmingham, AL 35209. 205/879-8031.

May 21. USATF/Florida Masters Championships, Orlando. Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445. 407/499-3370.

May 27. Jacksonville TC 19th annual Mile Festival, Bolles School track. 7 pm. Register at site/no entry fee. Lamar Strother, 388-7860.

May 28-29. USATF Southeast Regional Masters Championships, Knoxville, Tenn. Pentathlon/weight pentathlon on 28th; all other events on 29th. Dean Waters, 615/483-7743 (e).

June 3. Broward Sports Festival, Lockhart Stadium, Fort Lauderdale. M&W, ages 19-80+. Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445. 407/499-3370.

June 10. Miami Northwest Express Meet, Fla. Jesse Holt, 305/836-2409.

June 10. Tennessee Sportsfest, Vanderbilt U. Ages 19+. Sportsfest, 615/259-3338.

June 11. Atlanta Masters Meet. Atlanta TC, 3097 E. Shadowlawn Ave., NE, Atlanta, GA 30305. 404/231-9065.

June 18. Sunshine Games, Lockhart Stadium, Fort Lauderdale. M&W, ages 19-80+. See June 3.

June 25-26. Tennessee Sportsfest Finals, Chattanooga. 615/259-3338.

July 2. Southeastern Masters Classic, Greenville, S.C. Dick Bloomfield, 103 Crestwood Dr., Greer, SC 29651. 803/879-7839.

July 16. Nashville TC Open & Masters, Tennessee Prep School. SASE to Randall Brady, 2709 Linmar Ave. #5, Nashville, TN 37215. 615/383-6733.

MIDWEST

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

May 29. Wolfpack Pentathlon, Upper Arlington HS, Columbus. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547.

June 4. 11th annual Athlete's Foot Masters Meet, Augustana College, Rock Island, Ill. Pete Stopoulos, 1029 16th Ave., East Moline, IL 61244. 309/755-2655.

June 11. USATF/Illinois Masters Championships, Wilde Field, Lisle/Chicago. Ray Vandersteen, 111 W. Butterfield Rd., Elmhurst, IL 60126. 708/833-7303.

June 25. Byron Park District Masters Meet, Byron, IL. Jim Kann, 815/234-8435.

July 16. 4th Annual Dayton Masters Track Classic, Dayton H.S. Welcome Stadium, Dayton, Ohio. Bob Jones, PO Box 17706, Dayton OH 45417. 513/837-2754.

July 30. Midwest Masters Championships, Marshall U. (not regional championships). David Stooke, 119 Cheyenne Tr., Ona, WV 25545. 304/736-8474.

July 30. USATF Midwest Regional Masters Championships, Lisle, IL. Clarence Trinkner, 633 Sunset Drive, Janesville, WI 53545. 608/756-5260.

MID-AMERICA

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

May 13-14. Western Slope Senior Games. 55+. Norwest Bank Montrose, 400 Main St., Montrose, CO 81401. Evelyn Lawson, 303/249-2000.

September 3-4. Rocky Mountain Masters Games, Potts Field, U. of Colorado. Jim Weed, 11672 E. 2nd Ave., Aurora, CO 80010. 303/341-2980.

SOUTHWEST

Louisiana, Mississippi, Texas, Arkansas, Oklahoma

April 28-30. Kerrville Senior Games. 50+. Senior Games, 1700 Sidney Baker, Ste 300, Kerrville, TX 78028. 210/896-GAME/896-1155.

May 7. Waterloo Meet, Lake Travis H.S., Austin, Texas. John Conniff, 9130 Jollyville Rd. #350, Austin TX 78759, or Marion Coffee, 512/458-6010.

June 25. Hill Country Masters Meet, Mason, Texas. Lee Graham, Mason HS, HC 60, Box 31C, Mason, TX 76856. 915/347-5921(w) /347-5620(h).

July 8-9. USATF Southern Association Championships. Weight Pentathlon, 56-lb. Weight, 3K RW. SASE to Jeff Blaty, 321 E. Josephine St., Gonzales, LA 70737. 504/644-6930.

WEST

Arizona, California, Hawaii, Nevada

April 23. Bob Watanabe Memorial Meet, UCLA, Los Angeles. W.E. Adler, 435 Tahquitz Cyn. Way, Palm Springs CA 92262. 619/325-6307. Entry form in February issue.

April 23. Chabot College Meet, Hayward, Calif. 510/796-7138.

April 24-May 7. Crown Valley (Pasadena) Senior Games, Occidental College. 50+. Christel Miller, t&f director, Cynthia Vaughn, Pasadena Sr. Center, 85 E. Holly St., Pasadena, CA 91103. 818/795-4331; 397-4062.

Continued on next page



SOUTHERN CALIFORNIA STRIDERS

Masters TRACK & FIELD CLUB

9th Annual MEET OF CHAMPIONS

CALIFORNIA STATE UNIVERSITY AT LONG BEACH

Saturday, May 14, 1994

Entry Fees: First event \$10 - additional events \$5 - relay teams \$8 - late entries \$12 first event - \$6 per additional event (NO REFUNDS)

Deadline: May 9, 1994

Divisions: Men and women; open, submasters and masters

Awards: 2" medal with red, white, and blue ribbon for 1st, 2nd, and 3rd

Facilities: 8-lane artificial surface track, concrete rings

Note: 1994 USA-T&F registration required (available at meet for \$12)

Directions to CSULB: Exit 405 (San Diego) freeway at Bellflower Blvd., south to Atherton, left (east) to signal, right into CSULB parking lot; track is ahead to the left; try to park south of the track, past the new construction.



Schedule of Events

Track events			
11:00 a.m.	5000 meter race-walk	1:45 p.m.	400 meter sprint
11:45 a.m.	2K/3K steeplechase	2:15 p.m.	300/400 meter hurdles
12:00 noon	1500 meter run	2:45 p.m.	800 meter run
12:30 p.m.	80/100/110 meter hurdles	3:15 p.m.	200 meter sprint
1:00 p.m.	100 meter sprint	3:45 p.m.	3000 meter run
1:30 p.m.	sprint medley relay (400,200,200,800)	4:15 p.m.	4x100 meter relay
Field events			
11:00 a.m.	hammer throw and pole vault	2:00 p.m.	shot put and long jump
12:30 p.m.	discus throw and high jump	3:30 p.m.	javelin throw and triple jump

Entry form (please print)

Last Name _____ First Name _____

Address _____

City, State, Zip _____ Phone _____

Age on 5-14-94 _____ Date of Birth _____ Sex: M _____ F _____

Club Affiliation _____ 1994 USA-T&F No. _____

Events _____

Amount Enclosed: _____ Make checks payable to Southern California Striders

Mail to: Hugh Cobb, 3180 Camino Arroyo, Carlsbad, CA 92009 (619) 436-7696

WAIVER—IN CONSIDERATION OF YOUR ACCEPTING MY ENTRY, I, INTENDING TO BE LEGALLY BOUND, DO HEREBY FOR MYSELF, MY HEIRS, EXECUTORS OR ADMINISTRATORS WAIVE AND RELEASE FOREVER ANY AND ALL RIGHTS, CLAIMS OR DAMAGES I MAY ACCRUE AGAINST THE CALIFORNIA STATE UNIVERSITY AT LONG BEACH, THE SOUTHERN CALIFORNIA STRIDERS TRACK AND FIELD CLUB, USA-T&F, THE MEET DIRECTOR AND ALL SPONSORS OF THE TRACK & FIELD MEET, THEIR SUCCESSORS, REPRESENTATIVES AND ASSIGNS OF ANY AND ALL INJURIES WHICH I MAY SUFFER WHILE TRAVELING TO AND FROM, AND WHILE PARTICIPATING IN THE "MEET OF CHAMPIONS" HELD MAY 14, 1994, AT THE CALIFORNIA STATE UNIVERSITY AT LONG BEACH. I CERTIFY THAT I HAVE NO PHYSICAL DEFECTS OR INJURIES THAT WOULD PREVENT ME FROM COMPETING IN THIS MEET.

SIGNATURE _____ DATE _____

Continued from previous page

May 14. Southern California Striders Meet, CSU-Long Beach. Hugh Cobb, 3180 Camino Arroyo, Carlsbad CA 92009. 619/436-7696.

May 21. Visalia Classic, Sunkist Stadium. Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 209/732-8030.

May 28. Bruce Jenner Classic, San Jose CC. 100m W40+, M60+, M70+/200 M50+/400 M40+/1500 M40+. Bruce Springbett, PO Box 1334, Los Gatos, CA 95031. 408/354-7333.

May 29. Dan Aldridge Memorial Meet, UC-Irvine, Calif. Mac McCormick, 714/586-9982(eve).

June 11. Los Gatos Pacific Classic, Los Gatos HS. Rick Mylem, meet director, c/o Athletic Performance, 55 W. Main St., Los Gatos, CA 95030. 408/354-7365.

June 11-17. Aloha State Games, U. of Hawaii. Aloha State Games Headquarters, 1110 University Ave., #403, Honolulu, HI. Bob McLean, 947-4141.

June 18. USATF-SCA Championships, Occidental College. Christel Miller, 818/843-2139.

June 25-26. USATF/Pacific Association Open/Masters Decathlon/Heptathlon Championships, Soquel HS. Santa Cruz, Calif. Santa Cruz TC, PO Box 1803, Capitola, CA 95010. Bill Johnson, meet director, 408/335-0460.

July 2-3. USATF West Regional Masters Championships, site TBA. Hugh Cobb, 619/436-7696.

July 10. Trojan Masters Meet, USC, Los Angeles, Russ Reabold, 818/917-6289.

July 16. Santa Cruz Age-Graded Championships, Soquel HS. Ages 18 and up. Santa Cruz TC, PO Box 1803, Capitola, CA 95010. Bill Johnson, meet director, 408/335-0460(h).

July 16-17. Patriot Invitational, Cerritos College, Norwalk, Calif. Marv Thompson, 2301 Hyperion Ave., Suite P, Los Angeles, CA 90027-4711. 213/662-1062.

July 23. USATF/Pacific Masters & Submasters Weight Pentathlon Championships, KEL Field, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

September 10. Nor. Cal. Seniors Classic, UC-Berkeley. Mark Grubi, director, PO Box 424512, San Francisco, CA 94142-4512.

NORTHWEST

Alaska, Idaho, Montana, Oregon, Utah, Washington, Wyoming.

May 28. Oregon Senior Olympics, Silverton Union HS. M&W40+. Also 5 Mile RR. Amy Castle, 6350 Cascade Hwy., NE, Silverton, OR 97381. 503/873-8577.

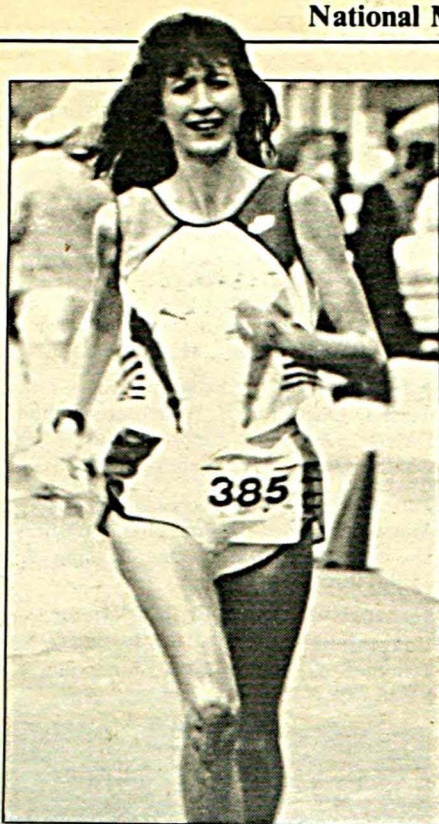
June 11. Volcano Classic, St. Helens HS. Emil Torquato, 28 Sunset Place, St. Helens, OR 97051. 503/397-4102(eve).

June 11-12. British Columbia Masters T&F Championships, Port Alberni, B.C. (nr. Victoria). All masters athletes welcome. Grant Lamothe 604/856-7381; John Woodcock 604/939-1324.

June 25-26. Hayward Classic, Hayward Field, Eugene, Ore. Site of 1994 Masters Outdoor Championships in August. Barbara Kousky/Tom Jordan, PO Box 10825, Eugene, OR 97440. 503/687-1989; 503/687-1016(fax).

July 9. Helena Masters/Seniors Meet, Vigilante Stadium. Manuel/Helen White, P.O. Box 5058, Helena, MT 59604. 406/227-5020.

July 29-30. Montana Masters Meet, MSU-Bozeman. Mike Carignan, PO Box 5132, MSU, Bozeman, MT 59717-5132.



Karen Erb, W40-44 second (40:50), Georgetown 10K, Washington, D.C.

Photo by George Banker

INTERNATIONAL

May 13-14. WAVA African Regional Championships, Durban, South Africa. Monty Hacker, PO Box 2102, Johannesburg 2000, South Africa. Phone: 2711-337-1263; fax: 299077.

June 2-12. WAVA European Regional Championships, Athens, Greece. Europeans Only.

June 25-26. Mexico vs. USA Meet, Mexico City. Bill Adler, 435 E. Tahquitz Cyn., Palm Springs, CA 92262. 619/325-6307.

July 1-9. WAVA Oceania Regional Championships, Suva, Fiji. Tony Compain, PO Box 1175, Suva, Fiji Islands.

July 16-17. 1st British Veterans Athletics Federation Championships, Bedford, 50 miles north of London. Peter Duhig, 42, Wimbotsham Rd., Downham Market, Norfolk PE389PE, England.

July 21-30. 1994 Goodwill Games, St. Petersburg, Russia. Participation events for masters. Elizabeth Morris, AICEP, 10 Canvin, Suite 33, Kirkland, Quebec H9H 4S4. Phone: 514/697-3735; Fax: 514/697-0628.

August 4-7. WAVA North American Regional Championships, Edmonton, Alberta, Canada. Liz McBlain, 10427 21st Avenue, Edmonton, Alberta, Canada, TJ6 5E9. 409/438-2911.

September 4-October 8. Third International Masters Games, Brisbane, Australia. 3rd International World Masters Games, Locked Bag 1994, GPO Brisbane, Queensland, Australia 4001. 617/405-0999.

September 30-October 2. WAVA Asian Regional Championships, Jakarta, Indonesia.

LONG DISTANCE RUNNING NATIONAL

June 26. USATF National Masters Half-Marathon Championships, Fairfield, Conn. Stephen Lobdell, 69 Beverly Ln., Fairfield, CT 06430. 203/374-7759.

September 17-18. USATF National Masters 24-Hour Championships, Sylvania, Ohio. Tom Falvey, 2338 Laskey Rd., Toledo, OH 43613. 419/475-0731.

October 2. USATF National Masters Marathon Championships, (Twin Cities Marathon), Minneapolis. Bruce Mortenson, 15301 Highland Ave., Minnetonka, MN 55345.

October 2. USATF National Masters 5K Championships, Syracuse, N.Y. David Oja, 213 Scott Ave., Syracuse, NY 13224. 315/446-6285.

October 16. USATF National Masters 10K Cross-Country Championships, Canandaigua, N.Y. Peter Glavin, 170 Maywood Ave., Rochester, NY 14618.

November 6. USATF National Masters 5K Cross-Country Championships, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547.

November 13. USATF National Masters 15K Championships, Schenectady, N.Y. Ed Neiles, 17 Norwood St., Albany, NY 12203. 518/482-9032.

November 19. USATF National Masters 8K Cross-Country Championships, Boston, Mass. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802.

EAST

Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, No. Virginia, Pennsylvania, Rhode Island, Vermont

April 10. Northern Telecom Cherry Blossom 10 Mile, Washington, D.C. Limited entries. SASE to Cherry Blossom, PO Box 884, Middletown, MD 21769. Phil Stewart, race director. 301/371-5583.

April 17. Sallie Mae 10K. Sallie Mae 10K, 1050 Thomas Jefferson NW, Washington, DC 20007. 202/728-6456.

April 18. Boston Marathon. Qualifying times required. BAA Boston Marathon, PO Box 1994, Hopkinton, MA 01748. 508/435-6905.

April 20 (Thurs). Spring Training Clinic by Bob Glover, 6:30 p.m., New York City. 212/860-4455.

April 23. Trevira Twosome 10 Mile, NYC. NYRR, 9 E. 89th St., New York, NY 10128. 212/860-4455.

April 24. Yonkers Marathon. David Antonelli, Parks & Rec., 285 Nepperhan Ave., Yonkers, NY 10701. 914/377-6450.

May 1. Long Island Marathon, East Meadow. Patti Kemler, Sports Unit, Eisenhower Park, East Meadow, NY 11554. 516/572-0251.

May 1. Giant Eagle/City of Pittsburgh Marathon/10K. 1001 Law & Finance Bldg., Fourth Ave., Pittsburgh, PA 15219. 412/765-3773.

May 1. Buffalo Marathon. Marathon Assn., PO Box 838, Buffalo, NY 14213-0838. 716/837-7223.

May 1. Broad Street 10 Miler, Philadelphia. Joe Cook, Dept. of Rec., Case Bldg., Belmont St. & S. Concourse, Philadelphia, PA 19131. 215/877-1356.

May 14. Riedman Insurance Lilac 10K, Rochester, N.Y. Lori Frank, 45 East Avenue, 8th fl., Rochester, NY 14604. 716/232-4424.

SOUTHEAST

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

April 23. Second Annual Lejeune Marathon, Camp Lejeune, NC. Dr. Ron Gerugthy. 910/451-5430.

May 30. Cotton Row 10K. Lawrence Hills, 600 Ward Ave., Huntsville, AL 35801. 205/533-4757.

MIDWEST

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

April 9. Race For The Cure 5K, Detroit, Mich. 313/833-0715.

April 10. Athens Marathon/Half-Marathon. Tom Wolf, 44 Grosvenor St., Athens, OH 45701. 614/594-3042.

April 17. Columbus RR Spring Challenge 5K. Mike Pitroff, 794 Plant Dr., Worthington, OH 43085. 614/433-9562.

May 7. Race For The Cure 5K, Peoria, Ill. 309/655-2424.

ON TAP FOR APRIL

TRACK AND FIELD

The Southeast gets our early season attention with meets in Naples, Fla., and Darlington, S.C., on the 9th. The Bob Watanabe Memorial Meet, honoring the highly-respected sprinter-surgeon who passed away in 1992, is scheduled for UCLA on the 23rd, as are the Florida AC Championships in Boca Raton. The T&F segment of the Pasadena Senior Olympics is set for the excellent Occidental College facility on the 24th. The Kerrville Senior Games, Texas, and the Penn Relays, featuring special masters events, open on the 28th.

LONG DISTANCE RUNNING

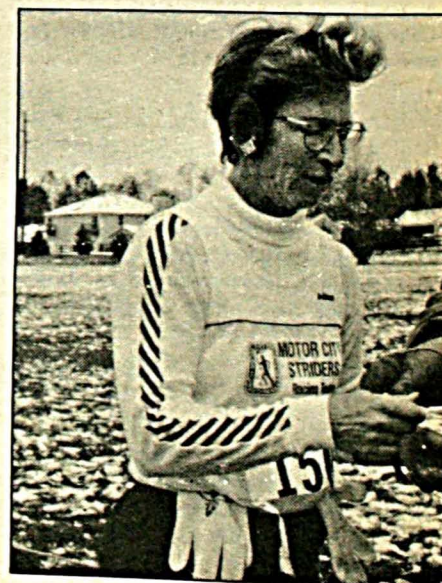
Coming to flower are the Pear Blossom 10 Mile, Medford, Ore., on the 9th, and the Cherry Blossom 10 Mile, Washington, D.C.; Kansas City Ekiden Marathon Relay; and Capitol 10K, Austin Texas, on the 10th. The 16th lists the Crescent City 10K, New Orleans, and the Longest Day Races, Brookings, S. Dakota. The Sallie Mae 10K, D.C., sallies forth on the 17th, followed by the BAA Boston Marathon on the 18th. The month closes with the Trevia Twosome, NYC, on the 23rd, and the Big Sur and Yonkers Marathons, and the Cherry Creek 5 Mile, Denver, on the 24th.

RACEWALKING

Events include the MAC 15K Championships, NYC, on the 10th; USATF Mideast Championships, Columbus, Ohio, 17th; and the USATF South Region 3K Championships, Columbia, S.C., 30th.

May 14. Old Kent River Run 25K. Old Kent RR, PO Box 2194, Grand Rapids, MI 49501. 616/771-5261.

Continued on next page



Vickie Putnam, 45, Detroit, first woman (42:43), USATF National Masters 10K Cross-Country Championships, Louisville, Ky.

Photo by Stan Denny



Sue Ellen Trapp, 43, of Lehigh Acres Fla., was voted 1993 Ultra-Runner-of-the-Year by USA Track & Field. She recently set a new world 48-hour road record of 223.7 miles at the Gibson Road 48-hour race in Sacramento, Calif.

Continued from previous page

May 15. Revco Cleveland 10K. Jack Staph, 1925 Enterprise Pkwy., Twinsburgh, OH 44087. 216/425-9811.

MID-AMERICA

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

April 10. Kansas City Ekiden Marathon Relay/25K Relay, Overland Park, Kans. M&W masters, mixed masters, age-graded teams. Bill or Jean Buchanan, KC Ekiden, 8575 W. 110th, #100, Overland Park, KS 66210. 913/451-8094.

April 16. 25th Longest Day Races (marathon/half-marathon/5K/10K/5K RW), Brookings, S. Dak. Charles S. Roberts, MD, 1345 First St., Brookings, SD 57006. 605/692-2334.

April 17. Minnesota Multiple Sclerosis Society Half-Marathon, Minneapolis. Run With BOB, 5429 Woodale Ave., Minneapolis, MN 55424. Teri Muck, 612/870-1500.

April 24. Cherry Creek Sneak 5 Mile. CCS, Bank of Cherry Creek, 3033 E. First Ave., Denver, CO 80206. 303/394-5170.

May 30. Bolder Boulder 10K. BB, PO Box 9125, Boulder, CO 80301. 303/444-7223.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

April 9. Whirlwind 5K. Jim Kennedy, 1500 E. Main, Tishomingo, OK 73460. 405/371-2371 x207.

April 10. Capitol 10,000. Austin American Statesman, PO Box 670, Austin, TX 78767. 512/445-3596.

April 16. Crescent City 10K. Mac DeV Vaughn, 8200 Hampson St., Ste. 217, New Orleans, LA 70118. 504/861-8686.

May 1. New Orleans TC 31st Anniversary 3 Mile/1 Mile. Chuck George, NOTC, PO Box 52003, New Orleans, LA 70152-2003. 504/482-6682; 468-1488.

May 7. Bristow Wildflower Run, Downtown Bristow, Oklahoma. 9 am. Tommy Thompson, 918/665-2550 (d); 367-2324 (e).

May 14. Gum Tree 10K. Johnny Dye, 1007 Chester, Tupelo, MS 38801. 601/842-2039.

WEST

Arizona, California, Hawaii, Nevada

April 23. YMCA Road Runner 5K/10K/5K RW, South Pasadena, Calif. Cynthia Scannell, director, 818/799-9119.

April 24. Big Sur International Marathon, Carmel, Calif. SASE (large-size) to BSIM, PO Box 222620, Carmel, CA 93922-2620.

May 1. Avenue of the Giants Marathon & 10K, Humboldt Redwoods State Park, Calif. SASE: Dept. MN, 281 Hidden Valley Road, Bayside, CA 95524.

May 7. Southern California Hillsea 7.57 Mile, Huntington Beach. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714/841-5417.

May 15. Bay To Breakers 12K. Examiner Bay To Breakers, PO Box 429200, San Francisco, CA 94142. 415/777-7770.

NORTHWEST

Alaska, Idaho, Montana, Oregon, Utah, Washington, Wyoming.

April 9. Pear Blossom 10 Mile. Jerry and Zella Swartsley, PO Box 146, Medford, OR 97501. 503/535-1205.

May 1. Lilac Bloomsday 12K. Lilac Bloomsday Assoc., PO Box 1511, Spokane, WA 99210. 509/838-1579.

CANADA

May 8. Price Waterhouse Forest City Marathon & Big V Drug Stores 10K. Canadian Masters Championships. Thames Valley Children's Centre, 779 Baseline Rd. E., London, Ontario, Canada. 519/685-8675.

INTERNATIONAL

April 17. Stramilano International Half-Marathon, Milano, Italy. 50,000 runners. Separate start for veterans. Stramilano-Via Balilla, 38-20136, Milano, Italy. Phone: 02-894-04240; Fax: 02-581-11926.

April 17. London Marathon. Marathon Tours, 108 Main St., Boston, MA 02129. 617/242-7845.

April 24. British Veterans Athletic Federation 5K Championships, Dunsfold, Surrey, 30 miles southwest London. Bob Belmore, 428-654749.

July 30-31. 2nd WAVA World Veterans Road Racing Championships, Scarborough (Toronto), Ontario, Canada. 10K, 30th/25K & 20K RW, 31st. WAVA RR Championships, 1220 Sheppard Ave. East, Rm 218, Willowdale, Ontario, Canada, M2K 2X1.

RACE WALKING

January 1-December 31. One-Hour Postal Racewalk. Shore AC, Elliot Denman, 1-Hour Postal RW Coordinator, 28 N. Locust Ave., West Long Branch, NJ 07764. 908/222-9080.

April 9. Billy Slade Memorial 5K, Darlington, S.C. John Snaden, 926 Sherwood Dr., Florence, SC 29501. 803/665-4396.

April 10. MAC 15K RW Championships, Central Park. 9 am. SASE to Stella Cashman, 320 E. 83rd St., Box 18, NY, NY 10028. 212/628-1317.

April 10. USATF Southwestern Association 5K Championships. 214/661-WALK.

April 10. Southwest Association Championships. Tracy Jo Wilson, PO Box 671372, Dallas, TX 75367-1372. 214/661-9255.

April 13-17. Racewalking Training Camp, Healing Springs Ranch, Tioga (one hour

north of Dallas), Texas. Dave McGovern, 795 Madison Ave., Charlottesville, VA 22903. 804/295-6586.

April 16. Dallas Senior Games. Judged 1500 and 5K RWs. Tracy Jo, 214/661-WALK.

April 17. Jack Mortland 5K/10K/20K (USATF Mideast Regional RW Championships), Whetstone Park, Columbus. John White, Wolfpack TC, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.

April 24. Crown Valley (Pasadena) Senior Olympics. See April 24, T&F schedule.

April 30. USATF South Region 3K Championships, Columbia. Bill Bauer, 1706 Crestwood Dr., Columbia, SC 29205. 803/256-7314(h); 256-7777(w).

May 7. Howard Wood Dakota Relays 5K RW, Sioux Falls. Dr. Glen E. Peterson, 1906 S. Hawthorne Ave., Sioux Falls, SD 57105. 605/336-6715.

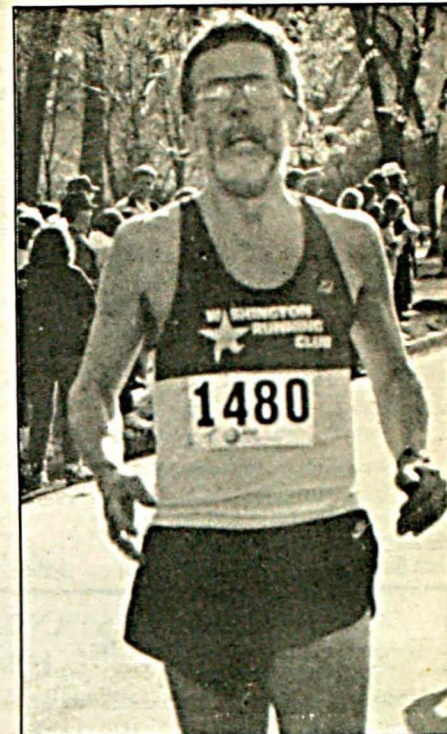
May 15. Florida 5K Racewalk Championships (LaVonne Hottensmith Memorial RW), Coconut Creek. Florida Walkers, 3250 Lakeview Blvd., Delray Beach, FL 33445. Bob Fine, 407/499-3370; Sig Kurz, 305/987-0927.

May 22. USATF National Masters M25K/W20K Racewalk Championships, Albany, N.Y. Bob Ryan, 8 Spruce St., Lake Placid, NY 12946. 518/523-2240.

May 26-30. 6th annual RW Training Camp, Boulder, Colo. Every level. Beginners welcome. Ends with Bolder Boulder 10K. ARWA, 303/447-0156.

May 29. MAC 20K & Eastern Regional Masters RW Championships, Central Park. SASE to Stella Cashman, 320 E. 83rd St., Box 18, NY, NY 10028. 212/628-1317.

July 16. USATF National Masters 10K Racewalk Championships, Niagara Falls, N.Y. Dave Lawrence, 94 Harding Ave., Kenmore, NY 14217. 716/875-6361; 694-7683.



Gerry Ives, 53, M50-59 (36:42), Sallie Mae 10K, Washington, D.C.

Photo by George Banker Jr.

August 12-14. USATF National Masters 5000m/M20K & W10K Racewalk Championships, Eugene, Ore. See National T&F.

September 11. USATF National Masters 40K Racewalk Championships, Ft. Monmouth, N.J. Elliott Denman, 28 No. Locust Ave., West Long Branch, NJ 07764. 908/222-9080.

September 24. M10K/W5K Racewalks, Dearborn Hts., Mich. Ross Barranco, 3235 Musson Rd., Howell, MI 48843.



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

W55-59

Sami Bailey	5K RW	29:38	9-26-92
	3000 RW	18:21.47	3-19-93
	5000 RW	30:57	9-25-93
	10K RW	64:03	7-10-93
	1500 RW	8:28.70	6-14-93
	5000 RW	30:04.70	6-13-93

W60-64

Joan Doucet	200M Dash	34.51	6-12-93
	400M Dash	1:17.75	6-12-93
	High Jump	3'09"	6-12-93

M30-34

John Garvey	Discus	163-6	5-01-93
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M35-39

Rick Easley	Mile	4:33	10-23-93
	800M	1:58.98	7-10-93
	800M	1:59.68	8-13-93
Joe Lafferty	Pentathlon	2724 pts.	2-06-94

M40-44

Steve Kaye	Shot Put	43-11	7-24-93
Mike Maryott	Decathlon	5856 pts.	6-12-93
	Pentathlon	2832 pts.	9-04-93
	Long Jump	19-6 1/2	8-01-93

M50-54

James Carmines	3000 RW	14:04.2	9-05-93
	5K RW	23:20.99	10-16-93
	10K RW	49:18	9-25-93
	20K RW	1:45:58	10-11-93
Harlan Van Blaricum	1500 RW	7:15.03	10-20-93

M55-59

Bailey Abernathy	800M	2:23.37	6-15-93
	800M	2:24.3	7-17-93
	800M	2:22.79	8-11-93

Don "Rooney" Hughes	35# WL	9.08	2-12-94
Frank Illuzzi	Javelin	39.28	9-26-93

Charlie Richard	100M	12.16	10-05-93
	200M	27.04	6-08-93

Ronald J. Wade	Shot Put	37-11	6-06-93
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M60-64	Ronald Byrd	High Jump	4-8	9-93
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M65-69	Ken Weinbel	25# WL	11.58	1-17-93
		56# WL	5.79	1-31-93
		Hammer 5Kg	35.0	6-12-93

M70-74

Tim Murphy	100M	13.18	5-22-93
	200M	27.76	5-22-93

M75-79

Charlie Irwin	Javelin	79-0	6-12-93
	High Jump	4-0	6-12-93
	Discus	92-0	7-31-93
	High Jump	3-10	7-31-93
	High Jump	4-1	10-07-93

Chuck Whitney	100M	15.89	5-16-93
	200M	35.08	5-22-93
	400M	1:23.62	6-16-93

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
Mile	4:31	4:35	4:42	4:53	5:07	5:25	5:49	6:14	6:51	7:38	8:42	10:10
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:00	33:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:15	69:30
110H	15.3	16.4	17.75	18.75								
100H					18.0	19.0	20.0	21.3				
80H									18.0	21.0	25.0	30.0
400H	57.6	59.7	62.0	64.4	67.2	70.6						
300H					48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC	10:00	10:20	10:55	11:40	12:30	13:20						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.13	1.02	.92
	6-4 1/2	6-3 3/4	5-9 1/2	5-6	5-2 1/2	4-11	4-7 1/2	4-4	4-3	3-8	3-4	3-1
PV	4.40	4.15	3.90	3.60	3.30	3.05	2.80	2.55	2.30	2.05	1.80	1.50
	14-5 1/2	13-7 1/2	12-9 1/2	11-9 1/2	10-10	10-0	9-2 1/2	8-4 1/2	7-6 1/2	6-8 1/2	5-11	4-11
LJ	6.55	6.20	5.85	5.45	5.10	4.75	4.40	4.00	3.65	3.35	3.00	2.65
	21-6	20-4 1/2	19-2 1/2	17-10 1/2	16-9	15-7	14-5 1/2	13-1 1/2	11-11 1/2	11-0	9-10	8-8 1/2
TJ	13.35	12.65	11.90	11.15	10.40	9.65	8.90	8.20	7.50	6.80	6.10	5.50
	43-9 1/2	41-6	39-1 1/2	36-7	34-1 1/2	31-8	29-2 1/2	26-11	24-7 1/2	22-4	20-1 1/2	18-1 1/2
Shot	15.20	14.10	13.00	12.00	11.20	10.40	9.60	8.80	8.00	7.25	6.50	5.75
	49-10 1/2	46-3 1/2	42-8	39-4 1/2	40-8 1/2	36-9	33-9 1/2	30-5 1/2	28-10 1/2	25-1 1/2	21-4	18-4
Discus	44.80	42.60	40.60	38.40	36.00	33.40	30.60	27.60	24.40	21.00	17.40	13.5
	147-0	139-9	133-2	124-8	131-3	119-5	131-3	120-9	103-8	86-7	70-2 1/2	53-2
Hammer	47.24	44.20	41.14	38.10	34.40	30.00	25.60	21.20	16.80	12.40	8.00	3.60
	155-0	145-0	135-0	125-0	126-0	118-1	118-1	108-3	95-2	82-0	73-10	60-0
Jav	62.00	57.00	52.00	48.00	43.00	38.50	34.00	29.00	24.00	19.00	15.00	11.00
	203-5	187-0	170-7	157-6	141-1	126-4	131-3	114-10	95-2	78-9	62-4	49-2
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00						
25#Wt.							11.00	10.00	9.00	8.00	7.00	6.00
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
Pen	2800	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600
Dec	5500	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250

notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
 2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70+: 30".
 3) Long hurdles: 30-49: 36"; 50-59: 33"; 60+: 30".
 4) Shot put: 30-49: 7.26kg (16#); 50-59: 6kg; 60-69: 5kg; 70+: 4kg.
 5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg.
 6) Hammer: 30-49: 7.26kg (16#); 50-59: 6kg; 60-69: 5kg; 70+: 4kg.
 7) Javelin: 30-59: 800g; 60+: 600g.
 8) Metric heights and distances are the standard; feet and inches listed for convenience.
 9) Pen/Dec: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).

U.S. MASTERS ALL AMERICAN STANDARDS OF EXCELLENCE FOR MASTERS RACE WALKERS

	1.5K	mile	3k	5k	8k	10k	15k	20k	25k	30k	40k	50k
F30	7:13	7:47	14:50	26:38	42:04	52:43	1:21:56	1:52:06	2:24:43	2:59:16	4:08:46	5:37:30
F35	7:22	8:03	15:18	26:27	43:11	53:56	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:23
F40	7:37	8:21	15:53	27:26	44:47	55:56	1:26:37	1:56:06	2:32:33	3:08:56	4:22:13	5:55:48
F45	8:03	8:41	16:32	28:33	46:35	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:26
F50	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:09
F55	8:55	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	3:36:33	5:01:03	6:49:24
F60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:43
F65	9:48	10:35	20:06	34:43	56:33	1:10:37	1:49:50	2:30:12	3:14:51	4:02:20	5:37:26	7:39:46
F70	10:26	11:15	21:22	36:54	1:00:02	1:16:01	1:56:49	2:39:54	3:27:38	4:18:30	6:00:18	8:11:30
F75	11:10	12:01	22:51	39:28	1:04:10	1:20:14	2:06:05	2:51:18	3:42:50	4:37:46	6:27:35	8:49:28
F80	12:03	12:58	24:41	42:37	1:09:13	1:26:38	2:15:15	3:05:24	4:01:36	5:01:39	7:01:26	9:47:35
F85	13:13	14:15	27:05	46:45	1:15:50	1:35:01	2:28:37	3:24:00	4:26:20	5:33:10	7:46:16	10:39:16
F90	14:56	16:06	30:36	42:14	1:25:30	1:47:18	2:48:13	3:51:12				
M30	6:31	7:01	13:21	23:05	37:57	47:49	1:13:10	1:38:18	2:05:12	2:32:17	3:27:30	4:31:00
M35	6:43	7:14	13:47	23:46	38:55	48:53	1:14:28	1:39:43	2:06:56	2:34:14	3:30:17	4:34:53
M40	6:58	7:29	14:16	24:24	40:15	50:32	1:17:03	1:43:13	2:11:29	2:39:47	3:37:53	4:44:49
M45	7:13	7:46	14:47	25:31	41:44	52:25	1:19:58	1:47:10	2:16:35	2:46:05	3:46:36	4:56:24
M50	7:33	8:05	15:23	26:33	43:25	54:32	1:23:14	1:51:37	2:22:20	2:53:13	3:56:29	5:09:29
M55	7:50	8:26	16:04	27:43	45:19	56:55	1:26:56	1:56:38	2:28:52	3:01:19	4:07:41	5:24:22
M60	8:13	8:51	16:50	29:02	47:28	59:38	1:31:10	2:02:23	2:36:20	3:10:33	4:20:30	5:41:23
M65	8:38	9:19	17:43	30:33	49:56	1:02:45	1:36:01	2:08:58	2:44:53	3:21:11	4:35:15	6:01:01
M70	9:08	9:50	18:44	32:18	52:46	1:06:21	1:41:37	2:16:35	2:53:56	3:33:31	4:52:23	6:23:51
M75	9:43	10:28	19:55	34:20	56:04	1:10:35	1:48:13	2:25:34	3:05:02	3:48:05	5:12:40	6:50:54
M80	10:26	11:14	21:22	36:50	60:06	1:15:44	1:56:15	2:36:31	3:20:50	4:05:57	5:37:34	7:24:11
M85	11:21	12:13	23:14	40:04	65:20	1:22:26	2:06:43	2:50:48	3:39:31	4:29:18	6:10:11	8:07:50
M90	12:41	13:39	25:58	44:45	72:52	1:32:08	2:21:52	3:11:28	4:06:38	5:03:17	6:57:43	9:11:37

Age-graded time/8 for mid-point of each 5-year interval (e.g. age 32, 37, 42, 47 etc.)

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0
400	63.5	65.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	96.5	103.3
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48
5 Mile	5:34	5:44	5:55	6:07	6:26	6:49	7:19	7:46	8:47	9:39	10:45
5000	19:45	20:30	21:20	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.5	79.9	84.4	88.8							
300H					66.0	72.0	79.0	87.0	96.0		
HJ	1.42 4-8	1.35 4-5½	1.27 4-2	1.19 3-11	1.12 3-8	1.07 3-6½	1.02 3-4½	.97 3-2½	.92 3-0½	.89 2-11	.84 2-9
PV	2.70 8-10½	2.40 7-10½	2.10 6-11	1.80 5-11	1.50 4-11	1.20 3-11	1.10 3-7½	1.00 3-3½	0.90 2-11	0.80 2-7½	0.70 2-3½
LJ	5.00 16-5	4.60 15-1	4.25 13-11½	3.90 12-9½	3.55 11-8	3.20 10-6	2.85 9-4½	2.60 8-6½	2.35 7-8½	2.10 6-11	2.00 6-7
TJ	10.00 32-10	9.20 30-2½	8.60 28-2½	7.80 25-7½	7.18 23-7	6.40 21-0	5.70 18-8½	5.20 17-1	4.70 15-5	4.20 13-9½	3.80 12-5½
Shot	10.30 33-9½	9.30 30-6½	8.40 27-7	7.70 25-3½	7.95 26-1	7.20 23-7½	6.50 21-4	5.80 19-0½	5.25 17-3	4.70 15-5	4.25 13-11½
Jav	29.50 129-7	33.50 109-11	27.50 93-6	21.50 70-6½	25.00 82-0	19.00 62-4	18.00 59-1	16.00 52-6	15.00 49-2	14.00 45-11	13.50 44-4
Discus	30.0 98-5	27.8 91-2	26.0 85-4	24.0 78-9	22.0 72-2	20.0 65-8	18.0 59-1	16.0 52-6	15.0 49-2	14.0 45-11	13.5 44-4
Hammer	35.0 131-3	32.5 114-10	30.0 98-5	25.0 82-0	23.0 75-6	22.0 72-2	20.0 65-8	18.0 59-1	14.0 45-11	12.0 39-5	9.0 29-7
20Mtc.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces/2 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

NATIONAL

Age Factored Results by Five Year Age Group of: USATF
National Masters Indoor Pentathlon, Proviso West HS, Chicago, IL; March 5
(1985 IAAF Scoring Tables & 1989 WAVA Five Year Age Factors)

PL AGE	NAME	60M HH	LJ	SP	HJ	1000M	TOTAL
19 - 29 AGE GROUP RESULTS							
1 25 KEVIN LUTHY	8.46 869 6.14 617 11.83 596 1.96 767 2:49.27 773 3622						
2 25 JIM SHERIDAN	8.63 829 6.68 739 14.43 755 1.81 636 3:25.10 439 3398						
3 19 MARK SNELLING	11.20 337 5.02 386 9.38 448 1.72 560 2:58.43 680 2411						
30 - 34 AGE GROUP RESULTS							
1 30 MARK SPITZER	8.51 872 6.90 823 13.58 712 1.87 714 2:53.46 753 3874						
2 31 BRETT BOHANON	9.70 613 5.80 569 12.24 629 1.90 740 3:18.65 515 3066						
3 33 DOUG SCHEEBECK	9.16 726 5.48 500 9.32 451 1.72 585 2:49.87 790 3052						
35 - 39 AGE GROUP RESULTS							
1 37 BILL LAWSON	9.44 707 6.33 762 12.82 708 1.81 731 3:1.05 727 3635						
2 36 KEN ELLIS	8.91 823 5.92 661 11.41 616 1.81 731 3:1.13 726 3557						
3 38 JEFF WATRY	9.27 744 5.87 650 11.07 594 1.81 731 3:55.78 779 3498						
4 35 MANUEL TOPPINS	10.12 572 6.03 688 9.54 495 1.90 822 3:38.02 406 2983						
5 36 STEPHEN WINKEL	10.72 464 5.33 525 9.11 468 1.48 441 3:1.95 718 2616						
40 - 44 AGE GROUP RESULTS							
1 40 ROBERT ZAHN	8.70 937 5.22 565 10.30 581 1.68 687 3:19.25 612 3382						
2 43 ALAN RUSSELL	10.56 554 5.30 584 10.79 614 1.64 653 3:57.54 816 3221						
3 40 MARK GERSHON	11.02 475 5.73 693 7.73 407 1.49 512 3:23.92 572 2659						
4 40 DOUGLAS HOLMBERG	11.27 433 5.18 556 9.50 527 1.40 434 3:15.13 649 2599						
5 40 RICHARD FINNIE	8.95 879 5.43 617 10.10 568 1.22 290 4:1.9.82 244 2598						
6 41 RICHARD WATSON	11.43 408 4.64 431 10.08 566 1.49 512 3:18.03 623 2540						
7 40 WARREN JACOBSEN	11.18 447 4.85 479 9.33 515 1.58 593 3:44.09 412 2446						
8 44 PATRICK MALONE	11.98 327 4.94 500 9.48 525 1.43 457 3:18.70 617 2426						
9 43 JIM DOLEZEL	10.97 482 4.93 498 6.68 337 1.52 536 3:29.21 527 2380						
10 44 MIKE DAVIS	11.23 440 4.86 481 9.03 495 1.46 480 3:45.74 400 2296						
45 - 49 AGE GROUP RESULTS							
1 47 REX HARVEY	9.46 855 5.78 799 11.11 681 1.60 687 3:31.58 565 3587						
2 45 JAMES SAUERS	10.09 726 5.09 610 10.95 669 1.75 850 3:36.54 525 3380						
3 49 RAY STARNES	10.39 668 5.74 788 9.07 533 1.54 627 3:15.34 705 3321						
4 45 BILL SCHOOLER	11.07 547 4.73 519 9.93 595 1.57 661 3:10.93 745 3067						
5 47 TOM LIGHT	11.35 500 4.84 546 7.94 452 1.60 687 3:15.05 707 2892						
6 46 NEAL SCHUSTER	11.44 486 4.12 371 6.99 385 1.36 457 3:10.68 748 2447						
7 45 CHARLES BERNARD	11.34 502 4.72 514 9.62 572 1.42 512 4:22.10 222 2322						
8 45 JIM WOOSLEY	12.68 305 4.53 469 8.48 491 1.33 426 3:23.91 629 2320						
9 45 LEON SHINGLEDECKER	12.54 324 0.00 0 7.48 420 1.30 404 3:34.64 540 1688						
50 - 54 AGE GROUP RESULTS							
1 52 BILL ANGUS	9.88 841 5.52 828 10.65 618 1.54 714 3:19.24 733 3734						
2 50 TOM THORNE	9.95 827 4.95 659 9.22 519 1.57 740 3:38.00 575 3320						
3 51 LARRY GARDNER	11.27 581 4.77 608 9.56 542 1.48 644 3:46.60 508 2883						
4 54 BRUCE MILLS	10.43 733 4.14 439 7.92 429 1.30 464 3:47.40 502 2567						
55 - 59 AGE GROUP RESULTS							
1 57 DONALD AMERY	12.07 570 4.33 567 10.31 641 1.30 536 4:1.5.87 442 2756						
2 56 TERRY PLINER	11.90 597 4.22 535 8.08 477 1.12 360 4:1.4.43 472 2441						
3 56 REX HANE	12.27 537 4.24 542 8.05 475 1.27 504 4:26.14 314 2372						
60 - 64 AGE GROUP RESULTS							
1 61 PHIL MULKEY	9.581109 4.79 816 13.19 869 1.48 840 4:12.59 478 4112						
2 60 TED OVIATT	12.73 545 3.31 352 8.18 492 1.33 653 3:28.56 814 2856						
3 63 JOHN COPP	11.23 791 4.33 661 8.48 514 1.33 653 5:1.11 188 2807						
4 64 BILL BROBST	13.77 402 3.03 278 7.06 408 1.21 520 4:24.50 402 2010						
65 - 69 AGE GROUP RESULTS							
1 65 GORDON SEIFERT	12.27 739 3.82 589 8.61 588 1.521012 3:33.97 863 3791						
2 68 DENVER SMITH	10.491053 4.37 783 9.62 672 1.30 714 4:20.73 515 3737						
70 - 74 AGE GROUP RESULTS							
PL AGE	NAME	60M HH	LJ	SP	HJ	1000M	TOTAL

1 72 MEL BUSHMAN	13.75 601 3.58 600 8.95 622 1.18 653 5:34.48 214 2690						
75 - 79 AGE GROUP RESULTS							
PL AGE	NAME	60M HH	LJ	SP	HJ	1000M	TOTAL
1 77 HAM MORNINGSTAR	15.51 497 3.02 483 9.40 763 1.18 758 6:24.81 115 2616						
2 76 THOMAS THORNE, S	20.44 78 2.69 365 5.99 443 0.90 374 6:24.93 115 1375						
80 - 84 AGE GROUP RESULTS							
PL AGE	NAME	60M HH	LJ	SP	HJ	1000M	TOTAL
1 80 HAROLD MASSE	28.25 0 1.59 81 5.28 446 0.80 317 5:53.98 321 1165						

Age Factored Results by Five Year Age Group of: USATF National Masters Indoor Pentathlon
Proviso West HS, Chicago, IL; March 5

35 - 39 AGE GROUP RESULTS							
PL AGE	NAME	60M HH	HJ	SP	LJ	800M	TOTAL
1 39 IRENE THOMPSON	11.30 580 1.33 544 7.26 389 4.23 443 2:48.70 564 2520						
45 - 49 AGE GROUP RESULTS							
PL AGE	NAME	60M HH	HJ	SP	LJ	800M	TOTAL
1 47 PHIL RASCHKE	9.301102 1.571106 8.51 582 5.751179 2:32.70 884 4853						
2 46 LIZ MCBLAIN	11.09 773 1.44 903 9.29 647 4.20 592 2:53.50 642 3557						
3 47 LORRAINE TUCKER	12.37 570 1.02 340 9.12 633 4.30 628 3:36.30 261 2432						
50 - 54 AGE GROUP RESULTS							
PL AGE	NAME	60M HH	HJ	SP	LJ	800M	TOTAL
1 50 MARLENE SACHS	11.84 740 1.24 736 9.52 641 3.65 498 3:1.3.20 615 3230						
2 51 KAREN HUFF	0.00 0 0.00 0 9.36 629 2.05 56 0:0.00 0 685						
55 - 59 AGE GROUP RESULTS							
PL AGE	NAME	60M HH	HJ	SP	LJ	800M	TOTAL
1 59 CRISTEL MILLER	12.29 754 1.27 916 9.03 680 3.33 472 3:38.30 386 3208						

EAST

Syracuse Chargers Meet
Manley Field House
Syracuse, NY; Jan. 22

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1500m		
M30	Dominic Colose	4:08.0
M35	Ron Nelson	4:34.0
M40	Tim McMullan	4:09.0
M45	Jack Soltis	5:15.0
M50	Tim Collins	5:24.0
M55	Jack Ucci	5:09.0
W40	Beth DeClantis	4:40.0
W45	Chary Griffin	6:03.0
55m Hurdles		
M30	Russell Watson	8.9
M40	Bob Doran	9.2
M50	Paul Stelmazyk	10.0
M70	Ed Lukens	9.5
W35	Kathy McKeever	11.2
High Jump		
M30	Duncan Payne	5-0
M40	Tim Collins	5-0
M70	Ed Lukens	4-0
W40	Irene Thompson	4-2
W45	Kathy Cirina	3-10
Long Jump		
M30	Duncan Payne	15-1 1/2
M40	Bob Doran	19 1/2
M45	Rick Lysik	15-1
M50	Oayk Stelmazyk	17-3 1/2
M70	Ed Lukens	14-6-3/4
Pole Vault		
M45	Tom Rauscher	13
Shot Put		
M30	Duncan Payne	8.27
M40	Kevin Donovan	9.70
M45	Jim Alexander	8.89
M50	Paul Stelmazyk	10.72
W35	Cathy McKeever	8.95
W45	Kathleen Cirina	8.40
35# Weight Throw		
M45	Jim Alexander	8.40

Greater Rochester Indoor Meet
U. of Rochester, NY; Feb. 13

45m		
M30	Barry Grimes	5.6
M40	Pat Hall	6.5
W30	Marcia Wallace	6.7
W50	Barbara Stewart	7.4
600m		
M30	Jon Chernak	1:49
M50	Jim Palmeri	1:40
W30	Irene Thompson	1:59
Mile		
M30	Ray Stemmer	5:22
M40	Tim McMullen	4:31.2
W30	Anne Forbes	4:59.5
3000m		
M30	Phil Tschorke	9:50
M50	Dave Winn	10:48
M60	William Pow	14:53
W30	Beth DeClantis	9:54.3
Long Jump		
M30	Ken Switnicki	16-6 1/2
W30	Marcia Wallace	14-11 1/2
W50	Barbara Stewart	10-8
Shot Put		
M30	Jim Nichols	43-6 1/2

USATF/NJ Indoor
Championships
Hackensack, NJ; Feb. 13

55 METERS		
F30	DENISE JONES	00:07.9
F35	LESLIE LA FRONZ	00:08.4
F35	CHERYL ALSTON	00:08.1
F40	LORRAINE SIBILLA	00:10.8
F45	DONNA CETRULO	00:10.2
F45	HANCI AMHERMULLER	00:09.7
F45	MELVA MURRAY	00:12.6
M30	HATT GOBOLT	00:06.7
M35	JAMES EASTER	00:07.0
M35	PHIL COZZITINO	00:07.1
M35	ROCKDALE HUDSON	00:07.3
M40	PARRY BLAKE	00:07.5
M40	PICHARD MC HULLIN	00:08.0
M40	WAYWARD EVANS	00:07.0
M45	MICHAEL BILJIAN	00:07.7
M45	BOB WEAVER	00:08.6
M50	TOM HARTMAN	00:07.9
M50	BILL HOW	00:08.1
M50	HANS EHRNSTROM	00:08.6
M55	ROOSEVELT WEAVER	00:07.4
M55	VINCENT PUFFIN	00:08.0
M60	JOHN MAC DONALD	00:08.0
M60	OSCAR TAYLOR	00:07.9
M60	ROBERT GERLOUGH	00:08.2
M60	GIORGIO CHIAVELLI	00:08.3
M65	LAWRENCE GRECO	00:08.3
M70	BOB NAYLOR	00:08.4
M70	JIM MANN	00:08.8
M75	CHAMPION GOLDY	00:09.4
200 METERS		
F30	LESLIE LA FRONZ	00:30.9
F35	CHERYL ALSTON	00:30.2
F35	SUSAN WILLIAMS	00:33.8
F40	CATHERINE CERNACK	00:37.2
F45	ARLENE DECKER	00:39.8
F45	ROSALIE RATCLIFFE	00:45.2
F60	MELVA MURRAY	00:49.8
M30	SAL ALLAN	00:24.1
M30	LEONARD SANDERS	00:23.7
M30	BILL HUGHES	00:24.3
M35	RODNEY FURR	00:26.2
M35	SIDNEY HILLEN	00:26.0
M35	JAMES EASTER	00:23.6
M40	WAYWARD EVANS	00:24.6
M45	VICTOR BROUSHET	00:27.5
M45	MICHAEL BILJIAN	00:28.4
M50	BOB O'BRIEN	00:28.0
M50	TOM HARTMAN	00:29.8
M55	KEN KEFFLER	00:31.4
M55	KEN BAKER	00:27.0
M60	JOHN MAC DONALD	00:28.4
M60	VINCENT RUFFIN	00:29.1
M60	OSCAR TAYLOR	00:29.0
M60	ROBERT GERLOUGH	00:29.0
M60	LAWRENCE GRECO	00:31.0
M60	GIORGIO CHIAVELLI	00:31.0
M60	HANS HUNZIKER	00:31.4

M65	BOB NAYLOR	00:31.6
M70	JIM MANN	00:32.1
M75	CHAMPION GOLDY	00:37.8
400 METERS		
F35	CHERYL ALSTON	00:59.1
F35	EDNA CRAWLEY	00:57.5
F40	SUSAN WILLIAMS	00:57.4
F40	CATHERINE CERNACK	00:58.9
F40	LORELE LAUB	00:58.5
F40	PAT WEIR	01:23.3
F45	ARLENE DECKER	01:23.4
F45	ROSALIE RATCLIFFE	01:26.2
F60	HANCI AMHERMULLER	00:58.4
F60	MELVA MURRAY	02:01.5
M30	SAL ALLAN	00:52.0
M30	LEONARD SANDERS	00:54.9
M30	RODNEY FURR	00:55.5
M35	MICHAEL BILJIAN	00:56.4
M35	SIDNEY HILLEN	00:57.3
M35	TOM CARROLL	00:56.4
M35	JAMES EASTER	00:57.0
M40	HARTO DASTOS	00:57.9
M40	MARK WESTHALL	00:58.6
M45	ROBERT DEL GROSSO	00:58.0
M45	MICHAEL BILJIAN	00:58.0
M45	VICTOR BROUSHET	00:58.1
M45	FRED ARDIZZONE	00:58.7
M50	BOB O'BRIEN	00:58.7
M50	JEFF TINDALL	00:58.7
M50	BILL HOW	00:58.3
M50	KEN KEFFLER	00:58.8
M50	TOM HARTMAN	00:58.8
M50	KEN BAKER	00:58.8
M50	JOHN MAC DONALD	00:58.8
M50	GIORGIO CHIAVELLI	00:58.8
M50	ROBERT GERLOUGH	00:58.8
M50	BOB NAYLOR	00:58.8
M50	JIM MANN	00:58.8
800 METERS		
F30	LESLIE LA FRONZ	02:44.3
F35	JANICE MORRA	02:26.8
F35	EDNA CRAWLEY	02:26.8
F40	CATHERINE CERNACK	03:13.0
F40	LORELE LAUB	03:14.2
F40	PAULA DICKSON TAYLOR	02:29.7
F45	ARLENE DECKER	03:18.8
M30	SAL ALLAN	02:02.0
M30	DOUG MILLER	02:06.2
M30	LOUIS ZIMMERMAN	02:07.7
M30	FRITH DANICO	02:08.1
M30	TOM CARROLL	02:27.7
M35	PAT FORKINS	02:12.7
M35	HARTO DASTOS	02:13.4
M35	LEO BOPRISSEY	02:14.0
M40	TOM RYAN	02:11.8
M40	THOMAS HARTSHORNE	02:08.7
M40	VINCENT SHAW	02:12.7
M40	JUNILTO HERRANDEZ	02:25.2
M40	PHILIP HOSIN	02:25.1
M40	TONY PLASTER	02:27.1
M40	KEP DELANEY	03:14.5
M45	JOE DEHAIO	02:17.4
M45	VICTOR BROUSHET	02:28.8
M45	VICTOR MEDINA	02:26.0
M45	WILLIAM INDER	02:27.3
M45	JAMES PFAFF	02:31.2
M50	PAUL REIM	02:35.1
M50	PAUL REIM	02:35.1
M50	FRANK LUCIANIA	02:36.2
M50	JOE GUTTENBERGER	02:38.4
M55	KEN BAKER	02:26.2
M60	JACK MYHAN	03:04.1
M60	HANS HUNZIKER	02:43.0
M60	JOSEPH LA BRUNNO	03:07.7
M70	FRANK LUCIANIA	03:07.7
M70	JIM MC GILVEY	03:56.1
M75	DUDLEY HEALY	03:37.9
1500 METERS		
F30	BETH GLACE	05:21.8
F35	JANICE MORRA	04:52.3
F40	PAULA DICKSON TAYLOR	05:15.1
F40	CAROL GELMAN	05:42.7
F45	DIANE HAWKINS	06:05.1
F45	BARBARA JOHNSON	06:33.2
F45	KAREN BUTLER	07:16.0
F45	MARILYN SALVETTI	05:36.1
F60	MELVA MURRAY	08:39.1
M30	MICHAEL HUMISTON	04:12.8
M30	LOUIS ZIMMERMAN	04:13.4
M30	KEITH DANICO	04:17.0
M30	ALONSO ADALBERTO	04:37.2
M30	J RODRIGUEZ	05:13.9
M35	PAT FORKINS	04:17.5
M35	GUY GORDON	04:17.8
M35	STEVEN SCHALLENKAMP	04:20.7
M35	CHUCK JEWELL	04:33.3
M35	GREG LEWIS	04:45.2
M40	LEO MORRISSEY	05:13.6
M40	THOMAS HARTSHORNE	04:24.9
M40	TOM RYAN	04:30.9
M40	LARRY WASHINGTON	04:31.2
M40	TONY PLASTER	04:55.1
M40	THOMAS ALLEN	05:10.1
M40	KEVIN MELLIFONT	05:27.0
M40	EUGENE VATER	05:51.8
M45	JAMES PFAFF	04:59.0
M45	VICTOR MEDINA	04:59.9
M45	DAN SHUMAYKO	05:00.3
M45	WILLIAM INDER	05:01.8
M45	DANIEL KIRSCH	05:14.2
M45	PAUL REIM	05:14.7
M45	JEFF GUTTENBERGER	05:16.5
M45	FRANK MARI	05:16.8
M45	WILLIAM MICHALSKI	05:19.6
M45	DAN SCHULGASSER	05:34.6
M55	GENE CHASE	05:34.6
M60	JACK MYHAN	06:08.5
M60	JOSEPH LA BRUNNO	06:09.2
M60	FRANK LUCIANIA	06:12.7
M60	JIM MC GILVEY	07:51.1
M60	DUDLEY HEALY	07:14.4
M60	MAX POPPER	13:08.1
1 MILE		
M40	HARRY NOLAN	04:41.7
M40	PAUL SQUIRES	04:43.7
M40	THOMAS RESCH	05:01.9
M40	ROGER GUTZWILLER	05:06.1
M40	KEVIN SMITH	05:31.1
M50	SID HOWARD	05:03.2
M60	BILL FORTUNE	05:47.7
M60	HANS HUNZIKER	05:50.3
M60	JOE BURNS	06:03.8
M60	JOHN MC MANUS	06:06.4
M60	JACK HAAR	06:29.5
M60	AL LUMA	06:52.2
M60	TOM GIBBONS	08:17.6
2000 METERS		
F30	BETH GLACE	11:31.3
F35	CHRISTINA GORDON	12:03.5
F35	JANICE MORRA	10:39.0
F40	BARBARA JOHNSON	14:17.8
F40	KAREN BUTLER	14:42.2
F45	MARILYN SALVETTI	11:52.6
F60	MELVA MURRAY	19:36.8

M30	LOUIS ZIMMERMAN	09:19.3
	GLENN VIVOLO	09:28.9
	J RODRIGUEZ	11:32.8
M35	CHUCK JEWELL	09:56.2
	GREG LEWIS	10:33.5
	SETH OKREND	10:53.9
M40	ROGER PRICE	09:52.2
	PHILIP MOUSIN	10:11.8
	THOMAS RESCH	10:28.1
	THOMAS ALLEN	11:18.1
	EUGENE VATER	00:00.0
M45	JAIME WILLIAMS	09:56.8
	MARK SEFKOWSKI	10:10.0
	DOUGLAS BROWN	10:24.6
	ANDREW COYLE	13:08.8
M50	STAN EDELSON	10:53.4
	JEFF GUTTENBERGER	11:47.6
M55	GENE CHASE	10:77.0
	DON BOZZONE	12:58.1
M60	HANS HUNZIKER	11:38.2
	EDWARD HILL	13:01.2
M70	TIM DYAS	15:41.5
M75	DUDLEY HEALY	15:12.9
<u>3KM WALK</u>		
F40	PHYLLIS HANSEN	15:56.9
	PAT WEIR	16:17.3
F45	DONNA CETRULO	18:25.6
	ISABEL STUPER	21:47.5
F55	ELTON RICHARDSON	17:09.6
F65	MINNA CHARLES	23:27.2
M45	PATRICK DRURY	16:34.1
M50	MANNY EISNER	16:28.1
	WALTER STEIN	24:33.2
M60	JOSEPH LA BRUNNO	19:40.4
	BILL HOGAN	22:34.9
M65	JOHN NERVETTI	18:40.6
M70	TIM DYAS	19:42.5
	JAY CHARLES	23:27.6
<u>55 METERS HURDLES</u>		
F30	DENISE JONES	00:11.3
M35	TONY CICCONE	00:08.4
M45	KEVIN SMITH	00:12.1
M60	ARTHUR KEARNEY	00:11.7
	JACK LANCE	00:12.1
<u>HJ NJ</u>		
M35	MARK WESTPHAL	5'4"
M40	BOB AYLING	4'10"
M40	FRED ARDIZZONE	4'2"
M45	RON SALVIO	4'8"
M50	HANS EHRNSTROM	3'10"
M55	SAM RUMFORD	4'10"
	JOHN McDONALD	4'6"
	VINCE RUFFIN	4'6"
M60	JACK LANCE	3'10"
	GIORGIO CHIAVELLI	3'8"
M70	ED COYLE	3'
<u>NON-NJ</u>		
M60	ART KEARNEY	4'
<u>SP NJ</u>		
M35	BILL WOLVERTON	13.75m
	DEN VON LINDEN	13.10m
	TONY CICCONE	12.05m
M40	RICH RUFFALO	10.99m
	RICH SMITH	10.67m
	RICH McMULLIN	10.51m
M45	RICH DUNPHY	11.33m
M50	LLOYD LONG	1.66m
	HANS EHRNSTROM	11.78m
	BILL HOW	10.36m
M55	SAM RUMFORD	10.45m
M60	GIORGIO CHIAVELLI	9.51m
	HILTON CHRISTIE	7.00m
M65	AL JANKOLIA	8.35m
	BOB NAYLOR	8.16m
M70	ED COYLE	8.43m
M75	CHAMPION GOLDY	7.59m
M75	LORRAINE SIBILLA	6.97m
<u>NON-NJ</u>		
M40	BOB FEENEY	10.34m
M50	LARRY PRATT	15.26m
M50	DENISE JONES	7.85m
M55	SARAH BOSLAUGH	10.01m
<u>PV NJ</u>		
M35	BOB AYLING	7'
M45	RON SALVIO	9'
<u>LJ NJ</u>		
M30	SID MILDEN	16'10 1/2"
M35	BOB AYLING	14' 3 3/4"
M45	BOB WEAVER	13' 3 3/4"
M50	BOB O'BRIEN	16'11 3/4"
	HANS EHRNSTROM	13' 3 3/4"
M55	VINCE RUFFIN	14' 9 3/4"
M60	OSCAR TAYLOR	13' 5 1/2"
	GIORGIO CHIAVELLI	12' 6 1/2"
	JACK LANCE	11' 7 1/2"
M70	ED COYLE	8' 2"
<u>NON-NJ</u>		
M70	HILLAR SAARESTE	10' 3 3/4"
M75	SARAH BOSLAUGH	12'10 1/2"
<u>TJ NJ</u>		
M35	MARK WESTPHAL	30'11"
	BOB AYLING	23'10 1/4"
M45	RON SALVIO	30' 2 1/2"
	BOB WEAVER	22'10"
M50	BOB O'BRIEN	29' 3 1/2"
	HANS EHRNSTROM	25'
M60	JACK LANCE	25' 2"
M70	ED COYLE	18' 9 1/4"
<u>NON-NJ</u>		
M70	HILLAR SAARESTE	22'
M75	SARAH BOSLAUGH	28' 1 3/4"
<u>4x400 RELAY NJ</u>		
M40	NJ STRIDERS	4:04.5
	GARDEN STATE AC	4:08.1
	NORTH JERSEY MASTERS	5:06.4
M30	ACHIEVEMENTS UNLIMITED	3:49.8
	NORTH JERSEY MASTERS	5:28.3
<u>4x800 RELAY NJ</u>		
M30	SHORE AC	9:10.8
	CENTRAL JERSEY RR	9:58.7
M40	SHORE AC	10:22.4
	NORTH JERSEY MASTERS	13:30.4
<u>Team scores</u>		
<u>Submasters</u>		
New Jersey Striders		70
Shore AC		41
Achievements Unltd Intl		31
<u>Masters</u>		
North Jersey Masters		186
Garden State AC		128
Shore AC		125
South Hudson AC		29
Achievements Unltd Intl		20

Continued from previous page

MIDWEST**10th Annual Athlete's Foot
Masters Indoor T & F Meet
Augustana College
Rock Island, IL; Jan. 15**

50M		
F30 K. JOHNSON	:07.3	
F40 V. HOUTEKIER	:09.6	
F45 P. DANIELSON	:08.4	
F50 J. MILLS	:10.3	
F55 A. DOHERTY	:11.7	
M30 M. STYVAERT	:06.8	
M35 R. KOOPMAN	:06.4	
F. HIGGINS	:07.6	
R. COOK	:07.7	
M40 M. SKOFLANE	:06.4	
M45 D. HILLS	:07.0	
M. OLIVER	:07.1	
J. HESS	:07.2	
P. MILLER	:07.4	
M50 B. MILLS	:07.4	
M55 J. MILLS	:07.1	
D. AMERY	:07.2	
J. MADDEN	:07.3	
M60 N. ROBINSON		
M75 M. FLACH	:09.9	

50M HURDLES		
HURDLE HEIGHT-30"		
M70 M. BUSCHMAN	:11.3	
HURDLE HEIGHT-36"		
M50 D. EIDHAHL	:08.5	
B. MILLS	:08.6	
M55 D. AMERY	:11.1	

HURDLE HEIGHT-39"		
M35 C. BARNARD	:08.3	
M45 S. YUSSEN	:09.9	

200M		
F35 M. LUTZ	:35.2	
F40 J. ROEDER	:34.1	
V. HOUTEKIER	:45.2	
F45 P. DANIELSON	:34.9	
F50 K. SCHLEUSENER	:41.0	
J. GULLEY	:41.7	
S. ATKINSON	:45.5	
F55 A. DOHERTY	:1:08.8	

M35 R. COOK	:28.7	
F. HIGGINS	:32.0	
M40 E. VAUGHAN	:31.1	
M45 S. YUSSEN	:28.7	
M. OLIVER	:31.1	
M55 D. AMERY	:30.1	
J. MADDEN	:31.8	
J. ROBINSON	:35.0	
M60 H. BROWN	:28.8	
N. ROBINSON	:30.9	
R. KOWALSKI	:38.3	
M70 M. BUSHMAN	:37.1	
G. RAJCEVICH	:37.3	
M75 M. LIGHTFOOT	:37.2	

400M		
F30 M. CLAYES OTTO	:1:12.4	
F40 V. HOUTEKIER	:1:46.7	
F55 A. DOHERTY	:2:48.1	
M30 M. STYVAERT	:1:01.5	
M35 R. COOK	:1:08.8	
F. HIGGINS	:1:14.5	
M40 E. VAUGHAN	:1:04.3	
P. MALONE	:1:04.5	

M50 P. WEIBEL	:1:21.6	
M55 J. ROBINSON	:1:08.3	
B. DAVIS	:1:08.8	
J. MADDEN	:1:12.6	
F. BROWN	:1:13.6	
M60 H. BROWN	:1:05.6	
M70 G. RAJCEVICH	:1:27.7	
M75 M. LIGHTFOOT	:1:35.0	
B. KAPLAN	:2:06.8	

800M		
F30 A. FISCHER	:2:26.8	
C. SPARKMAN	:2:36.0	
F35 M. NEUMANN	:2:38.6	
F40 J. ROEDER	:2:51.4	
M30 M. STYVAERT	:2:18.9	
M35 J. LOPEZ	:2:11.9	
D. BRADLEY	:2:12.5	
D. LANGER	:2:12.7	
J. GRAFTON	:2:28.3	
F. HIGGINS	:2:59.2	
M40 C. LUTZ	:2:09.9	
E. VAUGHAN	:2:33.2	
R. WINKLER	:2:48.0	
M45 F. DAVIS	:2:20.4	
M45 G. ATKINSON	:3:05.1	
M50 C. KINGSLEY	:2:24.1	
D. WERLING	:2:39.4	
F. WIEBEL	:3:04.7	
M55 B. DAVIS	:2:36.5	
J. ROBINSON	:2:53.8	
F. BROWN	:2:54.1	
M75 B. KAPLAN	:4:32.0	

3000M		
F30 A. FISCHER	:10:31	
V. ROSENKOLTER	:12:49	
F35 M. NAUMANN	:11:02	
M. LUTZ	:13:20	
F40 V. HOUTEKIER	:17:47	
F50 K. SCHEUSENER	:14:07	
F55 A. DOHERTY	:21:09	

M30 J. KROENING	:10:23	
M35 J. LOPEZ	:9:59.5	
D. BRADLEY	:10:19	
R. COOK	:12:55	
F. HIGGINS	:13:58	
M40 V. EDDY	:11:30	
N. JUENGER	:11:55	
M45 F. DAVIS	:11:35	
M50 D. WERLING	:10:57	
M55 J. ROBINSON	:11:36	
D. FISLAR	:12:33.2	
M75 B. KAPLAN	:21:06	

4 LAP RELAY		
M45 J. ROBINSON, D. AMERY,		
M. OLIVER, S. HUSING 1:31		
M70 G. RAJCEVICH, E. COLE,		
B. KAPLAN, M. BUSHMAN 2:07		

1500 M		
F30 A. FISCHER	:4:51.2	
V. ROSENKOLTER	:6:00.0	
F35 M. NAUMANN	:5:11.5	
F40 J. ROEDER	:5:46.8	
K. COLARUSSO	:6:16.5	
F50 K. SCHLEUSENER	:6:50.6	
J. GULLEY	:7:10.9	

M30 J. ROLSCH	:4:44.7	
M35 J. LOPEZ	:4:29.4	
D. BRADLEY	:4:39.0	
J. GRAFTON	:4:59.2	
R. KOWALSKI	:5:09.0	
F. HIGGINS	:5:54.8	
M40 C. LUTZ	:4:23.0	
E. VAUGHAN	:4:52.6	
R. WINKLER	:5:30.1	
M45 F. DAVIS	:4:44.7	
G. ATKINSON	:5:50.6	
M50 C. KINGSLEY	:5:04.0	
F. WEIBEL	:6:01.2	
M55 J. ROBINSON	:5:14.4	
D. FISLAR	:5:24.8	
M60 R. KOWALSKI	:5:54.9	
M65 J. DEFABIS	:5:26.0	
M70 E. COLE	:9:00.9	
M75 B. KAPLAN	:9:12.5	

1500 M RACE WALK		
F30 A. WINKLER	:9:53.5	
F40 C. SCHOEERBERL	:9:47.1	
F50 S. ATKINSON	:11:28.1	
F55 A. DOHERTY	:10:57.6	

M30 W. HANEY	:9:47.5	
M40 D. EASTERLUND	:7:10.0	
D. GUSTAFSON	:9:00.6	
M50 D. EIDHAHL	:8:01.3	
F. WEIBEL	:8:23.1	
M55 F. BROWN	:8:26.4	
M65 B. MCCLARAN	:9:19.0	
M75 T. KIRLEY	:9:46.5	

HIGH JUMP		
F50 J. MILLS	3' 0"	
M35 J. VALISKA	5' 4"	
D. DATHARD	5' 4"	
M45 D. HILL	4' 2"	
M50 B. MILLS	4' 8"	
G. LABELLE	4' 0"	
M55 J. MILLS	4' 6"	
D. AMERY	4' 4"	
M60 C. TRINKNER	4' 6"	
N. ROBINSON	4' 4"	
J. HAMER	4' 0"	
M70 M. BUSCHMAN	4' 0"	
G. RAJCEVICH	3' 6"	
E. COLE	3' 0"	
M75 M. LIGHTFOOT	3' 6"	

POLE VAULT		
M35 C. BARNARD	12' 0"	
M40 P. MALONE	8' 6"	
D. GUSTAFSON	8' 6"	
M45 M. NORBERG	10' 0"	
D. HILL	9' 6"	
M55 F. BROWN	8' 0"	
M70 R. COLE	4' 6"	
M75 M. LIGHTFOOT	5' 0"	

LONG JUMP		
F45 P. DANIELSON	12' 6"	
F55 J. AMERY	6' 6"	
M35 D. DOTHARD	18' 4 1/2"	
M. CAMPBELL	15' 5"	
M40 M. SKOFLANE	19' 5 1/2"	
P. MALONE	15' 8"	
M45 D. HILL	15' 11 1/4"	
M. NORBERG	15' 4 1/2"	
M50 D. EIDHAHL	16' 10"	
D. AMERY	13' 4"	
G. LABELLE	12' 3 1/2"	
M55 P. STOPOULOS	15' 7"	
J. MILLS	14' 3"	
M60 N. ROBINSON	14' 10 3/4"	
B. JANKOVICH	14' 4"	
H. BROWN	14' 3"	
C. TRINKNER	12' 9"	
M65 M. LARSON	15' 11"	
M70 G. RAJCEVICH	11' 8"	
M. BUSCHMAN	11' 7 1/2"	
E. COLE	7' 10 1/2"	
M75 M. FLACHS	8' 4 1/2"	

STANDING LONG JUMP		
F50 J. MILLS	4' 7"	
F55 J. AMERY	4' 4"	
M35 J. VALEISHA	8' 11"	
M. CAMPBELL	8' 0"	
M40 M. SHOFANE	8' 9 3/4"	
D. GUSTAFSON	7' 3 1/2"	
M45 S. YUSSEN	8' 5"	
D. HILL	8' 2 1/2"	
M. OLIVER	6' 8"	
M50 G. LABELLE	7' 10"	
D. EIDHAHL	7' 9 1/2"	
F. WEIBEL	7' 2"	
M55 J. MILLS	8' 10"	
B. WARREN	8' 3"	
D. AVERY	7' 6 1/2"	
F. BROWN	7' 3 1/2"	
M60 N. ROBINSON	7' 11"	
J. HAMER	6' 6"	
M65 B. MCCLEARN	7' 1"	
M70 M. BUSCHMAN	7' 1"	
E. COLE	4' 11"	

TRIPLE JUMP		
M35 M. CAMPBELL	33' 1/2"	
M40 M. SKOFLANE	37' 10"	
M50 D. EIDHAHL	33' 1 1/2"	
G. LABELLE	26' 9"	
M60 C. TRINKNER	31' 1/2"	
M70 G. RAJCEVICH	24' 10"	
M. BUSHMAN	20' 10 1/2"	
E. COLE	17' 11"	

SHOT PUT		
F55 J. MILLS	21' 11"	
J. AMERY	16' 4"	
M40 P. MALONE	31' 8"	
D. GUSTAFSON	30' 5"	
M45 J. SENTER	40' 5"	
J. HESS	32' 11"	
M50 E. SCHMIDT	37' 8"	
G. LABELLE	31' 1 1/2"	
M55 D. AMERY	35' 1/2"	
B. WARREN	33' 8"	
J. MILLS	31' 11"	

WEIGHT THROWS		
20LBS		
M50 G. LABELLE	41' 1"	
25LBS		
M40 D. GUSTAFSON	25' 8"	
M50 G. LABELLE	36' 0"	
M55 B. WARREN	40' 0"	
M60 J. HAMER	26' 2"	
28 LBS		
M35 L. CROCKER	25' 9"	
M40 D. GUSTAFSON	25' 1"	
M50 G. LABELLE	31' 11"	
35LBS		
M35 L. CROCKER	19' 2"	
M50 G. LABELLE	25' 5"	
M55 B. WARREN	30' 1"	
56LBS		
M35 L. CROCKER	13' 6"	
M50 G. LABELLE	16' 5"	
M55 B. WARREN	19' 8"	
98LBS		
M50 G. LABELLE	9' 4"	

M60 J. HAMER	36' 4"	
C. TRINKNER	29' 4 1/2"	
M70 M. BUSHMAN	30' 11"	
G. RAJCEVICH	29' 1"	
E. COLE	19' 4"	
M75 M. LIGHTFOOT	25' 8"	

WEIGHT THROWS		
20LBS		
M50 G. LABELLE	41' 1"	
25LBS		
M40 D. GUSTAFSON	25' 8"	
M50 G. LABELLE	36' 0"	
M55 B. WARREN	40' 0"	
M60 J. HAMER	26' 2"	
28 LBS		
M35 L. CROCKER	25' 9"	
M40 D. GUSTAFSON	25' 1"	
M50 G. LABELLE	31' 11"	
35LBS		
M35 L. CROCKER	19' 2"	
M50 G. LABELLE	25' 5"	
M55 B. WARREN	30' 1"	
56LBS		
M35 L. CROCKER	13' 6"	
M50 G. LABELLE	16' 5"	
M55 B. WARREN	19' 8"	
98LBS		
M50 G. LABELLE	9' 4"	

WEIGHT THROWS		
20LBS		
M50 G. LABELLE	41' 1"	
25LBS		
M40 D. GUSTAFSON	25' 8"	
M50 G. LABELLE	36' 0"	
M55 B. WARREN	40' 0"	
M60 J. HAMER	26' 2"	
28 LBS		
M35 L. CROCKER	25' 9"	
M40 D. GUSTAFSON	25' 1"	
M50 G. LABELLE	31' 11"	
35LBS		
M35 L. CROCKER	19' 2"	
M50 G. LABELLE	25' 5"	
M55 B. WARREN	30' 1"	
56LBS		
M35 L. CROCKER	13' 6"	
M50 G. LABELLE	16' 5"	
M55 B. WARREN	19' 8"	
98LBS		
M50 G. LABELLE	9' 4"	

WEIGHT THROWS		
20LBS		
M50 G. LABELLE	41' 1"	
25LBS		
M40 D. GUSTAFSON	25' 8"	
M50 G. LABELLE	36' 0"	
M55 B. WARREN	40' 0"	
M60 J. HAMER	26' 2"	
28 LBS		
M35 L. CROCKER	25' 9"	
M40 D. GUSTAFSON	25' 1"	
M50 G. LABELLE	31' 11"	
35LBS		
M35 L. CROCKER	19' 2"	
M50 G. LABELLE	25' 5"	
M55 B. WARREN	30' 1"	
56LBS		
M35 L. CROCKER	13' 6"	
M50 G. LABELLE	16' 5"	
M55 B. WARREN	19' 8"	
98LBS		
M50 G. LABELLE	9' 4"	

WEIGHT THROWS		
20LBS		
M50 G. LABELLE	41' 1"	
25LBS		
M40 D. GUSTAFSON	25' 8"	
M50 G. LABELLE	36' 0"	
M55 B. WARREN	40' 0"	
M60 J. HAMER	26' 2"	
28 LBS		
M35 L. CROCKER	25' 9"	
M40 D. GUSTAFSON	25' 1"	
M50 G. LABELLE	31' 11"	
35LBS		
M35 L. CROCKER	19' 2"	
M50 G. LABELLE	25' 5"	
M55 B. WARREN	30' 1"	
56LBS		
M35 L. CROCKER	13' 6"	
M50 G. LABELLE	16' 5"	
M55 B. WARREN	19' 8"	
98LBS		
M50 G. LABELLE	9' 4"	

Regional Indoor Championship		
Glenview, IL; Feb. 19		
<u>50m</u>		
M30	Charles Johnson	6.3
	Bruce Lanners	6.8
	Joe Schuiteman	6.8

Continued from previous page

Colorado State Indoor T&F Masters Championships Colorado Springs, Feb. 27

55m	
M35 Winford Haynes	7.00
M45 Robert Mitchell	6.80
M50 Walter Gibson	7.20
M55 Ronald Kirkpatrick	7.50
M75 John Davison	6.70
M85 Russel Randall	25.50
M30 Jerrienne Smith	8.20
M40 Deborah Habecker	9.50
M55 Elizabeth Gilmore	11.70
M60 Joan Dugan	9.10
200m	
M30 Alton Waynewood	29.50
M35 Winford Haynes	25.50
M40 Trip Reynolds	24.80
M45 Fred Collins	24.20
M50 Sam Taylor	26.10
M55 Ronald Kirkpatrick	27.10
M65 N Katziyam	30.20
M30 Annette Spoere	30.70
M40 Mary Applegate	34.80
400m	
M30 Cyrus Dodson	54.40
M35 Jonathon Skripko	63.50
M40 David Cowan	63.80
M60 Ken Luff	64.70
M65 N Katziyam	68.70
M30 Kate Kinney	71.70
M40 Mary Applegate	77.80
800m	
M30 Ken Lindsey	2:16.50
M35 Jonathon Skripko	2:22.80
M40 Dennis Rademacher	2:12.60
M45 Alan Johnson	2:24.10
M50 Tom Starr	NT
M60 Ken Luff	2:32.80
M30 Kate Kinney	2:31.00
M40 Mary Applegate	3:03.00
1500m	
M30 Rick Ames	4:17.00
M55 Ray Frank	5:56.60
M30 Kate Kinney	5:09.90
3000m	
M30 David Luadrado	8:55.40
Short Hurdles	
M50 Jeff Loubet	7.50
M55 Ritch White	10.20
High Jump	
M40 Keith Johnson	5-10
M45 George Eidinger	5
M55 Ritch White	5
Long Jump	
M30 Cyrus Dodson	19-5 1/2
M45 Bobbong	18-1 1/2
M55 Edward Arnold	14-6 1/2
M75 John Davison	11-8
M85 Russel Randall	8-3 1/2
Triple Jump	
M55 Larry Carter	27-6 1/2
Pole Vault	
M40 David Cowan	10-6
M50 Jeff Loubet	11-6
M60 Jerry Donley	11-6
Shot Put	
M30 Kevin Szott	39-5 1/2
M35 Michael Campman	38-9 1/2
M40 Rick Ruffalo	36-10 1/2
M45 Jim Mastro	38-9 1/2
M50 Bob Jurgens	37-8 3/4
M55 Vernon Spencer	32-5 1/2
M60 Jack Eighmy	30-11

SOUTHWEST

Louisiana Lightning TC Mardi Gras Throws Gonzales, LA; Mar. 5

Shot Put	
M29 Scott Kilian	29'-0"
M39 Jeff Baty	40'-4"
M58 Bill Kilian	27'-5"
M61 R. Paul Adams	31'-3"
M70 Robert Dew	21'-2"
M71 George Riser	32'-0"
M73 Edgar Aucoin	25'-11 1/2"

Weight Throw	
M29 Scott Kilian	28'-9"
M39 Jeff Baty	44'-7 1/2"
M58 Bill Kilian	24'-1"
M61 R. Paul Adams	110'-1"
M70 Robert Dew	49'-6"
M71 George Riser	20'-11"
M73 Edgar Aucoin	20'-9"

Discus	
M29 Scott Kilian	75'-0"
M39 Jeff Baty	133'-3"
M58 Bill Kilian	74'-7"
M61 R. Paul Adams	110'-1"
M70 Robert Dew	49'-6"
M71 George Riser	100'-5"
M73 Edgar Aucoin	72'-6"

Hammer	
M29 Scott Kilian	73'-5"
M39 Jeff Baty	126'-9"
M58 Bill Kilian	61'-8"
M61 R. Paul Adams	72'-5"
M71 George Riser	71'-9"
M73 Edgar Aucoin	53'-3"

Javelin	
M39 Jeff Baty	139'-3"
M61 R. Paul Adams	81'-6"
M70 Robert Dew	33'-9"
M71 George Riser	53'-8"
M73 Edgar Aucoin	51'-8"

Weight Pentathlon	
M29 Scott Kilian	1494
M39 Jeff Baty	3117
M58 Bill Kilian	1300
M61 R. Paul Adams	1952
M70 Robert Dew	492
M71 George Riser	1660
M73 Edgar Aucoin	1233

WEST

Senior Olympics Palm Springs, CA; Feb. 12-13

100m	
M50 Charles Loftis	12.69
M55 Bobby Thomas	12.57
M60 Claude Long	13.44
M65 Bill Honaker	13.57
M70 Ted Parrish	15.32
M75 Clarence Killion	16.06
M80 Jerry Wible	18.22
M85 David Marcus	22.81
M90+Paul Spangler	40.32
M55 Tomasita Shultz	16.72
M60 Nessler Hollicky	17.26
M65 Louise Bailey	16.95
M70 Wilma Davenport	21.40
M75 Helen Robinson	25.05

200m	
M50 Walt Butler	24.76
M55 Bobby Thomas	26.87
M60 Melton Newton	25.79
M65 Bill Honaker	28.84
M70 Felix Jumonville	31.77
M75 Clarence Killion	34.48
M80 Bert Morrow	36.68
M90+Paul Spangler	1:33.76
M55 Tomasita Shultz	42.18
M60 Nellie Hollicky	36.78
M65 Louise Bailey	39.33
M70 Wilma Davenport	54.68

400m	
M50 Alan Olson	58.42
M55 Mikd Dunn	1:08.60
M60 Robert McGowan	1:05.36
M65 Louis Beadle	1:08.51
M70 Felix Jumonville	1:13.43
M75 Pete Ganahl	1:27.55
M80 Jerry Wible	1:33.52
M90+Paul Spangler	3:03.18
M55 Tomasita Shultz	1:56.26
M60 Marie Duncan	2:04.51

800m	
M50 Fred Mascorro	2:27.13
M55 Jim Bevins	2:28.12
M60 Philip Williams	2:37.70
M65 Efrain Sanchez	2:47.62
M70 Harold Bach	3:24.83
M80 Jerry Wible	3:59.86
M90+Paul Spangler	6:48.77
M60 Ann Orton	6:54.37
1500m	
M50 Fred Mascorro	5:22.20
M55 Jim Bevins	5:17.01
M60 Robert Culling	5:26.60
M65 Efrain Sanchez	5:32.50
M70 Harold Daughters	6:53.70
M90+Paul Spangler	15:03.50
M55 Tomasita Shultz	8:12.40

High Jump	
M50 Terry Rowan	4-6
M55 Phil Fehlen	5-4 1/2
M60 Jack Doran	3-6
M65 Alan Cohen	3-8
M70 Ray Crawford	3-0
M75 Pete Ganahl	3-8
M80 Bob Boucke	3-2

Long Jump	
M50 Terry Rowan	14-8
M55 a Legend	14-1
M60 Fred Yarak	11-5
M65 Dewey Vroom	13-6 1/2
M70 Morgan Bartlett	11-4 1/2
M75 Clarence Trahan	11-2 1/2
M80 Bob Boucke	8-5
M85 David Marcus	8-6 1/2
M70 Wilma Davenport	7-6
M75 Ivy Browne	4-4 1/2

Shot Put	
M50 Dennis McCraven	44-9 1/2
M55 Jack Miller	33-6
M60 Harry Hawke	40-7
M65 Wes Boodwin	34-11
M70 Dale Buysse	38-2 1/2
M75 Ross Carter	37-2
M80 Bob Boucke	29-2
M55 Tomasita	26-5
M70 Wilma Davenport	20-9
M75 Ivy Browne	18-2
M80 Gertrude Wilhelmsen	15-5

Discus	
M50 Terry Rowan	80-4
M55 Dwaine Horton	102-4
M60 Harry Hawke	144-2
M65 Wes Goodwin	127-2
M70 Dale Buysse	118-7
M75 Ross Carter	120-9
M80 Bob Boucke	67-2
M55 Tomasita Shultz	60-9
M70 Heanne Bishop	41-7
M75 Ivy Browne	35-7
M80 Gertrude Wilhelmsen	36-11

10,000m	
M50 Stan Kotanan	39:57.13
M55 Alan Brown	43:50.81
M60 Wally Ingram	41:21.00
M65 Gerry Hopkins	44:26.47
M70 Harold Daughters	52:54.13
M80 Harold Massie	1:15:10.00
M50 Wendy-Jane Brown	55:59.60
M55 Patty Harvey	1:07:04.00
M65 Esther Lott	1:02:38.00
M65 Geri Sullivan	1:09:33.0

5000m RW	
M50 Joe Velasquez	35:42.00
M55 John Howells	41:10.00
M60 Ray Archibald	33:15.00
M65 Herbert Kinder	39:33.00
M70 Donald McCune	35:35.00
M75 Robert Wells	37:30.00
M55 C Worthington	36:38.00
M60 C Kurzenknebe	39:45.00
M65 Joann Beers	34:27.00
M70 Alline Witten	44:45.00

KELfield Throws Meet #25 Santa Cruz, CA; Feb. 19

Shot Put	
M40 Gary Kelmenson	32-3
M50 Mike Parker	38-1 1/2

LONG DISTANCE RESULTS

Please send results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces/2 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

NATIONAL

USATF National Masters 100K Championships Sacramento, CA; Feb. 12

Overall	
Rich Hanna 29	6:48:59
Donna Perkins 35	7:33:46
M40 Kevin Setnes	6:58:06
Rae Clark	7:31:30
Ron Howard	8:21:06
Ron Johnston	8:27:29
Mike Palmer	9:12:45
M45 Roy Pirrung	AR7:22:31
Robert Perez	8:07:46
Bob Reid CAN	8:12:47
Rob Grant CAN	8:53:02
Jim Magill	9:24:43
M50 Ken Young	8:48:50
Ed Rousseau	9:16:05
George Parrott	9:50:11
Lyal Holmberg	10:55:40
M55 Ron Kovacs	AR9:21:53
M60 Aaron Goldman	10:26:24
Bob Messersmith	11:23:31
Rob Volkenand	11:37:45
M65 Ray Piva	AR9:24:41
M40 June Gessner	10:19:16
M50 Ann Grove	11:08:27
M55 Marilyn Rehorn	12:15:58

EAST

Eisenhower Park 8 Mile Long Island, NY; Jan. 30

Overall	
John Cantwell M35	46:30
Diane Gordon W40	55:55
M40 Glenn Olzewski	48:12
Willie Outsen	51:57
M45 Bob Pike	52:25
Ron Reader	54:24
M50 Maury Dean	49:57
Bob McVetty	57:30
M55 Joe Cordero	55:45
George Shilling	68:07
M60 Gus Likos	67:00
M65 Colin Harris	58:17
John Corrigan	62:02
W40 D Gordon	55:55
M50 Nancy Geygan	77:04

NYRR Central Park 20K Central Park, NYC; Feb. 5

Overall	
Tom Yakowenko 25	1:05:45
Jean Chodnicki 34	1:17:02
M40 Gary Adkins	1:16:11
Rick Boyle	1:18:34
Ed Nolan Jr	1:22:02
M45 Hal Stern	1:20:47
David Henry	1:21:34
Barry Robertson	1:21:58
M50 Sam Skinner	1:14:58
Benny Kim	1:23:04
Julio Lugo	1:24:14
M55 Roland Rotmeyer	1:25:47
Philmore Brewer	1:26:20
Dan Jacobs	1:29:24
M60 Arnie Green	1:28:30
Joe Burns	1:31:10
George Reilly	1:32:04
M65 Geo Thompson	1:43:09
Art Bowen	1:43:23
M70 Bill Coyne	1:46:18
Sab Kolde	1:51:49
M75+Wilfredo Rios 77	2:09:41

W40 Lindsey Folsom	
Lily Kosaka	1:30:27
Mary Silengo	1:37:55
M45 Marjorie Kos	
Jillian Lazaridis	1:42:44
Rita LaBar	1:51:01
M50 Melanie Benvenue	
Carol Hasan	1:43:55
Angela Conte	1:45:57

Discus	
M40 Gary Kelmenson	106-1
M50 Mike Parker	96-8
Hammer	
M35 Eric Hodgdon	113-0
M40 Gary Kelmenson	125-3
M55 Don Hughes	76-5
M60 Stew Thomson	145-4
Javelin	
M40 G Kelmenson	90-5
M50 Mike Parker	86-5
Weight Throw	
M40 G Kelmenson	39-10 1/2
M55 Don Hughes	27-8
M60 Stew Thomson	55-4
56# Weight	
M40 Gary Kelmenson	22-3
M55 Don Hughes	16-3
M60 Stew Thomson	25-10 1/2

W55 Lisa Praskins	
Naomi Vogel	1:37:29
W60 Thelma Wilson	1:56:26
Toshiko d'Elia	1:46:14
W65 Muriel Merl	1:58:14
Edith Farias	2:03:03
W70+Althea Wetherbee742:16:56	
Finishers: 415m/143w	
Weather: 43°/h57%/w6mphSW	

The Great Stew Chase 15K Lynn, MA; Feb. 5

Overall	
Edward Sheehan 36	47:41
Julie Peterson 34	55:20
M40 Stephen Desisto 41	52:24
Dave Walecka 40	54:23
Tom Derderian 44	55:19
M50 Chuck Keating 52	56:03
J G Foley 50	57:35
Bob Reagan 55	59:11
Robert Gusmini 54	59:13
M60 Don Ross 63	64:43
Richard Fedion 60	69:36
Jack Curtin 62	72:05
W40 Joanne Scianna 40	56:46
Kathleen Beebe 48	62:15
Janice Snaga 45	67:58
W50 Wendy Burbank 51	70:43
Arlene Moore 53	77:01
W60 Barbara Robinson60	76:01
W70+Louise Rossetti721:56:16	

NYRR Snowflake Four Miler Central Park, NYC; Feb. 13

Overall	
Bouazza Abidi 22	19:33
Gordon Bakoulis 32	23:33
M40 Richard Shaver	22:33
Jose Soriano	23:00
Philip Vasquez	24:33
M45 Bill Hart	25:00
David Jacobs	25:33
Robert Hansen	25:33
M50 Daniel Hammer	26:11
Nevio Dobry	28:00
Rasheed Stith	28:20
M55 Norman Goluskin	26:11
Daniel Jacobs	28:40
Frank Voci	33:00
M60 Eric Seiff	28:11
Donald Preven	35:33
M65 Richard Gordon	38:11
Bill O'Brien	39:40
M70 Sab Koide	33:55
Jonathon Mendes	39:11
M75+Frank Brownstein 7560:31	
W40 Mary Rosado	28:11
Suzanne Rohr	28:33
Brenda Seidner	29:55
W45 Cheryl Ralya	26:00
Sylvie Kinche	26:40
Mary Spera	29:40
W50 Melanie Benvenue	29:11
PattyLee Parmalee	30:00
S N Sternheimer	32:00
W55 Joan Bondell	32:11
Sonia Shetler	39:40
W60 Dolly Finkelstein	39:20
Joan Fisher	39:55
W70+Althea Jureidini 7548:20	
Finishers: 380m/235w	
Weather: 35°/partly cloudy	

Continued from previous page

---5K---

Overall

David Sawyer 21	15:37
Cynthia Swift 29	20:37
Top Masters	
Rick Platt 43	17:26
Robert Astrop 43	18:46
Wendy Shelton 41	23:48
Paulette Williams 48	24:12

Human Race 10K
Sarasota, FL; Mar. 5

Overall

Perry Small 33:08

Tina Pontoni 39:05

Masters

Jim Gatch 38:22

Helene Brue 44:00

Grandmasters

Richard Quevillon 50 36:31

Diane Lieach 46:47

M40 Owen Heatwole 38:22

Frederick Lowe 38:50

Bill Menard 39:08

M45 Barry Davis 38:30

James Farnell 41:27

M50 Al Frank 43:45

Holt Fisher 43:58

J C Shenk 45:17

M55 Fred Fiala 41:12

Lee Guifoyle 43:34

Mickey Johnson 43:40

M60 John McGowan 40:51

Jim Eagleston 43:17

Jim Hively 44:42

M65 Myron Meyer 41:28

Don Krueger 46:55

M70 John Laughlin 55:23

M75 Ray Grills 56:59

M80+Woody Levy 65:03

W40 Judy Avery 45:18

Patty Patterson 47:11

W45 Rita Kramer 48:13

Etsuko Teshima 52:41

W50 Connie Lyke 51:01

Joy Scott 53:51

W55 Joan Foster 52:24

Barbara Frasca 54:31

W65 Nancy Beward 66:19

W70 Melanie Paschal 59:03

W75 Mary Haines 69:44

from Carl Hammen

MIDWEST

Metro-Macomb Runners 5K
Mt. Clemens, MI; Feb. 6

Overall

Kevin Jenkins 18:30

Nancy Collister 18:52

M40 Don Harp 20:52

M45 Tim Klinkhamer 22:12

M50 Frank Higgins 21:06

M55 Herb Seegert 22:55

M60 Tony Volino 26:36

M70+Fred Gurol 27:40

W40 Maggy Zidar 22:32

Metro-Macomb Runners 2 Mile

Mt. Clemens, MI; Feb. 19

Overall

M40 Butch McWilliams 10:41

M45 Tom Henderson 11:59

M50 Tom James 14:11

M55 Herb Seegert 13:53

M60 Tony Volino 16:30

M70+Fred Gurol 16:17

W40 Maggy Zidar 13:39

W50 Ann James 20:11

Metro-Macomb Runners 4 Mile

Mt. Clemens, MI; Feb. 20

Overall

Chuck Block 37 21:45

Maggy Zidar 44 30:13

M40 Jerry Ryan 35:37

M45 Tom Henderson 24:50

M50 Jim Carlton 26:15

M55 Herb Seegert 29:25

M60 Tony Volino 34:18

M70+Fred Gurol 34:49

W40 Maggy Zidar 30:13

SOUTHWEST

Run For Your Sweet Heart
5K/10K
Tulsa, OK; Feb. 12

---5K---

Overall

Joe Gutierrez 24 15:14

Andrea Bowman 27 17:32

M40 Gary Nunley 18:16

Ronnie Hunt 18:38

M45 Russ Lundstrom 18:20

M50 George Marchetti 18:22

M55 Fred Dice 19:16

M60 Steve Blanchard 19:21

M65 Cal Guthridge 28:15

M70+Fisher Lewis 73 26:29

W40 Sharon Henry 27:38

W45 Vicky Fegaly 24:48

W50 Fred Young 24:54

W60 Mary Furr 39:52

W65 Opal Alexander 30:01

---10K---

Overall

Ron Parks 32 31:42

Suzy Hunt 37 37:45

M40 Bud Almond 37:23

Larry Krutka 38:17

M45 Rick Brower 37:18

Bob Anderson 38:54

M50 Dan Yasicek 39:18

M55 Oscar Villareal 44:42

M60 Richard Thompson 50:30

M65 Richard Mitchell 45:28

M70+Bob Lake 70 54:13

W40 Nancee Weeks 42:53

W45 Trudy Calloway 43:01

W50 Lydia Borges 45:46

W55 Sonja Banfield 52:54

W60 Marilyn Thompson 54:45

Flyaway 5K
New Orleans, LA; Feb. 20

Overall

Tom McGrath 15:22

Keri Ange 17:40

Masters

Juan Perez 17:40

Judy Salvaggio 23:05

M40 Alan Christiansen 19:18

M45 Joey Provenzano 18:35

M50 Lou Moyer 21:27

M55 Gholam Peyman 18:32

M60 Jim Walters 23:38

M65 Bob Allen 23:11

M70+George Pratkan 39:10

W40 Patty Carey 24:04

W45 Carol Plemmer 23:41

W50 Eva Pecunia 24:35

W55 Carolyn Johnson 28:02

W60 Carol Smith 38:50

W65 Connie Butler 35:37

Camellia City Classic 10K
Slidell, LA; Feb. 26

Overall

Michael Mullan 33:12

Denise Billiot 39:50

Masters

Pat Hambrick 33:58

Stephanie Payne 43:59

M40 Yassine Belaabed 35:47

M45 Brendan Minihan 35:58

M50 Jerry Foreman 38:24

M55 Mike Witkin 38:40

M60 Eddie LeRouge 46:33

M70+John Boots 50:22

W40 Rosa Canessa 49:37

W45 Carol Plemmer 46:50

W50 Angela Dufour 50:48

W55 Carol Rochelle 63:20

W60 Mimi Fritchie 63:43

W70+Eliz Van Battun nta

Racewalkers

M40 Sidney Holmes 58:19

M50 Mike Adams 65:38

M60+Charles Gaskill 70:28

W40 Eva Beck 62:56

W50 Mary Mills 67:07

W60+Rita Williams 88:13

WEST

Long Beach Marathon
Long Beach, CA; Feb. 6

Overall

Jose Ramirez 2:17:25

Kathy Bowman 2:46:38

M40 John Bednarski 2:31:46

Bill McDermott 2:40:12

David Louks 2:40:27

Mike Morris 2:46:23

Toshio Amasi 2:49:01

Glen Nakano 2:52:20

Harold Hainz 2:53:06

M45 William Cortes 2:46:32

Joseph Rizza 2:54:50

Terry Cammack 2:56:15

Jim Longwith 2:56:58

Steve Watts 2:58:16

M50 Don Shanahan 2:58:56

Walter Reeves 2:59:52

Manuel Rojas 3:00:46

David Allau 3:01:46

Abe Valdez 3:06:05

M55 Leroy Kim 3:16:59

Harry Cordellos 3:23:17

Gordon Watson 3:24:57

Philo Short 3:25:31

M60 Robert Mandl 3:20:31

Frank Farrone 3:26:42

Antonio Gonzalez 3:27:25

Jack Sizer 3:36:58

M65 Patrick Devine 3:21:59

Bob Koch 3:30:20

Albert Nobuto 3:37:30

M70+ Jim Decollis 3:42:18

David Kells 3:48:54

W40 Tina McKenzie 3:25:11

Susan Kielsmeier 3:26:27

Susan Harmon 3:36:08

Leda Whitmer 3:36:29

Margo Rogers 3:45:16

Dru McBride 3:49:11

Sandra Whitehead 3:49:50

W45 Hiroko Mirose 3:22:25

Isadora Johnson 3:35:33

Suzanne Nelson 3:35:38

Tonya Maydin 3:27:58

Marian Lyons 3:50:39

W50 Diane Eastman 3:17:56

Nancy Buchanan 3:49:19

Barbara Graham 3:51:22

Carol Jones 4:20:33

Ilsebill Wolfe 4:24:24

W55 Shirley Blush 3:40:32

Marilyn Clark 3:57:41

Mary Dugan 4:32:14

W60 Audrey Hauth 4:12:05

Hazel Phillips 4:59:48

W65 Lillian Miller 5:07:35

Barbara Innes 5:27:16

Long Beach Half-Marathon
Long Beach, CA; Feb. 6

Overall

Farron Fields 1:07:00

Terri McAllister 1:21:24

M40 Takashi Yagisawa 1:17:26

Al Sanchez 1:18:03

M45 Brian Waterbury 1:18:19

Carl Brown 1:21:56

M50 Jorge Gutierrez 1:22:55

Dan Henderson 1:29:39

M55 John Ghini 1:30:48

Bob Rice 1:34:20

M60 Stan Block 1:45:28

M65 Rao Paladugu 1:50:29

M70 William Rehrig 1:41:51

W40 Katy Quinn 1:39:01

Sese Novas 1:41:13

W45 Margaret Neville 1:42:38

Lorette Bronk 1:43:13

W50 Teresa Ross 1:55:15

W55 L Seidmeyer 1:50:34

W60 Amy Goldstein 1:59:52

W65 Joann Beers 2:09:14

Jed Smith Ultra Classic
50K/50 Mile
Sacramento, CA; Feb. 13

50K

Overall

Brad Lael 3:03:23

Suzie Lister 3:53:03

M40 Earl Towner 3:32:12

Mike Florence 4:02:31

Robert Sobsey 4:13:36

M45 Kevin Jones 3:56:06

Joe Branninburg 3:59:39

Nick Bassett 4:12:39

M50 Jon Shelgren 4:09:50

Chuck Frame 4:24:52

John Clark 4:35:55

M55 Bob Sanchez 5:06:55

M60 Ed Miller 6:43:55

Wally Rapozo 6:44:00

M65 Oyvind Frock 5:25:23

Frank Rodriguez 6:30:40

M70 Jim Skophammer 8:25:25

M75 Richard Kegley 7:30:45

W40 Tracy Achelis 4:58:32

Famida Hanif 5:24:13

Linda Mansker 5:52:57

W45 Jessie Stratton 4:25:30

Barbara Miller 4:46:05

Shelley Black 4:48:25

W50 Lucinda Fisher 5:29:25

Alice Gilmore 5:47:46

W65 Liese Rapozo 6:22:10

50 Mile

Overall

Greg Miller 5:53:07

Meg Cocci 8:19:34

5 Wayne Miles 46 6:53:06

6 Robert Ullon 44 6:57:45

7 Dana Gard 49 7:05:12

8 Floyd Whiting 52 7:07:09

9 Bill Yawn 47 7:40:06

10 Mike Spensko 46 7:48:58

11 Richard Clark 55 8:18:28

14 F Nagelschmidt 69 8:28:53

15 Rob Longwell 55 8:31:37

16 Tim Carr 48 8:54:35

19 Dennis Kotelko 41 9:04:57

22 P. Peregrin 41 9:08:31

23 Gloria Takagishi 48 9:25:25

24 Steve Haun 50 9:31:33

25 Jeanne A Gerard 46 9:38:51

27 Joyce Pryor

1994 USNSO Track & Field Senior Open

June 15-19, 1994

Washington University, St. Louis, Missouri

General Information

- Competition is open to senior athletes age 55 and over. Only USA Track & Field members are qualified to set new records. Please include your current USA T&F Number on the entry form.
- All athletes must be at least age 55 on June 15, 1994 to be eligible to compete.
- Athletes compete in 5-year age categories for both men and women: 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99 and 100+.
- All entries must be postmarked by May 15, 1994. Entries will be limited in all age categories.
- Each athlete must pay a \$50 entry fee. Please send a check, money order or cashier's check (in US Dollars) payable to USNSO.
- USNSO will send written confirmation of entered events upon receipt of your entry form.
- Check-in will take place at Washington University. You must pick up your credentials at Check-In to compete. Additional information on check-in will be mailed prior to competition.
- Refunds will be granted until June 8, 1994.
- Formation of relay teams is the responsibility of the competing athletes. Teams must register on site no later than NOON on Saturday, June 18. Teams will compete in 5 year increments in the age category of the youngest team member. Teams must be comprised of athletes who are entered in at least one other event.
- 1994 USATF Rules will be followed with a few exceptions for meet management purposes.
- USATF Sanction of this event is 3479.
- Medals will be awarded for first, second and third place finishers.
- Following are the weights of the field implements:

Discus	Hammer	Javelin	Shot
Men 55/1.5kg	Men 55/6kg	Men 55/800g	Men 55/6kg
Men 60+/1.0kg	Men 60/5kg	Men 60+/600g	Men 60/5kg
Women 55+/1.0kg	Men 70+/4kg	Women 55+/400g	Men 70+/4kg
	Women 55+/3kg		Women 55+/3kg
- Athletes may not wear clothing which may impede the view of the judges.
- Athletes must use the field implements provided by USNSO with the exception of the pole vault.
- Athletes must provide their own vaulting poles.
- Track spikes are not to exceed 1/4" in length.

Schedule

Wednesday, June 15

Pentathlon 7 am Ages 65+ Men/Women
 Men's Events: Long Jump, Javelin, 200 Meters, Shot Put, Distance Run*
 * The Men's Distance Run will vary according to the athletes ages

Age	Distance
55+	1500M
60+	1200M
70+	1000M
80+	800M

Women's Events: 100 Meters, Javelin, Long Jump, Shot Put, 800 Meters

Thursday, June 16

Pentathlon 7 am Ages 55-64 Men/Women

Friday, June 17

Track	Event	Time	Men/Women
100 Meters	Trials	7 am	Men/Women
	Semis	3:30 pm	Men/Women
400 Meters	Trials	5:30 pm	Men/Women
1500 Meters	Finals	12 pm	Men/Women
Race Walk	Finals	8 am	Men/Women
Field	Discus	Qualifying	7 am
	Hammer	Qualifying	7 am
	Long Jump	Qualifying	12 pm
	Pole Vault	Qualifying	7 am

Saturday, June 18

Track	Event	Time	Men/Women
200 Meters	Trials	7 am	Men/Women
	Semis	7 pm	Men/Women
400 Meters	Semis	11 am	Men/Women
800 Meters	Trials	1 pm	Men/Women

Race Walk	Event	Time	Men/Women
5 K	Finals	7 am	Men/Women
Road Race	10 K	Finals	8 am
Field	High Jump	Qualifying	7 am
	Javelin	Qualifying	7 am
	Shot Put	Qualifying	11 am
	Triple Jump	Qualifying	11 am

Sunday, June 19

Track	Event	Time	Men/Women
100 Meters	Finals	10:30 am	Men/Women
200 Meters	Finals	2 pm	Men/Women
400 Meters	Finals	9 am	Men/Women
800 Meters	Finals	12 pm	Men/Women
1500 Meters	Finals	7 am	Men/Women
4 x 100 Relay	Finals	3:30 pm	Men/Women
Road Race	5 K	Finals	7 am
Field	Discus	Finals	8 am
	Hammer	Finals	7 am
	High Jump	Finals	8 am
	Javelin	Finals	12 pm
	Long Jump	Finals	12 pm
	Pole Vault	Finals	7 am
	Shot Put	Finals	8 am
	Triple Jump	Finals	12 pm

Schedule is based on maximum number of entries!

Events will begin with the oldest age categories competing first!

Schedule is subject to change based on the actual number of entries!

A revised schedule will be distributed at Check-in!

Mail your \$50 Entry Fee, Signed Waiver and completed Entry Form to:
 1994 USNSO Track & Field Senior Open
 14323 South Outer Forty Road, Suite N300
 Chesterfield, MO 63017

Housing Information

Campus Housing Washington University has blocked accommodations in two residence halls for approximately 200 people. The rates are \$18 per person per night for singles and \$16 per person per night for doubles. These rates include linens, but no private bath. Food service will be available on campus. For further information on campus housing and to make a reservation, please contact:

Phyllis Ray
 Washington University Housing
 (314) 935-6311

Hotel Accommodations

Following are several hotels in the surrounding area that have blocked rooms for this event. Call the hotel of your choice directly and request accommodation for the "Track & Field Senior Open" to obtain the rates shown. **Hotel Reservation Deadline is May 16, 1994.**

Hotels	Rates	Proximity to Campus
Best Western Inn @ The Park	\$69 Single	2 Miles
314-367-7500	\$75 Double	
Cheshire Inn & Lodge	\$97 Single	1 Mile
314-647-7300	\$109 Double	
Frontenac Hilton Hotel	\$84 Single	5 Miles
314-993-1100	\$84 Double	
Henry VIII Hotel	\$62 Single	10 Miles
314-731-3040	\$62 Double	
Holiday Inn Westport	\$64 Single	10 Miles
314-434-0100	\$64 Double	
Holiday Inn Clayton	\$74 Single	1.5 Miles
314-863-0400	\$79 Double	
Hyatt Regency	\$109 Single	4 Miles
314-231-1234	\$109 Double	
Radisson Airport	\$69 Single	10 Miles
314-291-6700	\$69 Double	
Radisson Clayton	\$89 Single	1.5 Miles
314-726-5400	\$99 Double	
Sheratons @ Westport	\$70 Single	10 Miles
314-878-1500	\$70 Double	

RV Parks

The St. Louis RV Park is the closest to Washington University. It has 100 sites with full hook-ups, store, laundry, showers and swimming pool. Rates run approximately \$25 for full hook-ups. For reservations contact:

St. Louis RV Park
 900 N. Jefferson
 St. Louis, MO 63106
 (800) 878-3330

Registration Form

Name _____ Male _____ Female _____
 Address _____ Date of Birth _____ / _____ / _____
 _____ USATF Number _____
 Home Phone _____ USATF Number Applied For _____
 Work Phone _____

Athletes may compete in **four (4)** events in addition to the Relay, Road Races, and Pentathlon. Entries are limited and will be processed in the order they are received. **ENTRY DEADLINE: MAY 15, 1994.**

Track	Event	Personal Best (00:00:00.00)
_____	100 Meters	_____
_____	200 Meters	_____
_____	400 Meters	_____
_____	800 Meters	_____
_____	1500 Meters	_____
_____	4 x 100 Relay On Site Registration Only!!	_____
Field	Event	Personal Best (000'00.00")
_____	Discus	_____
_____	Hammer	_____
_____	High Jump	_____
_____	Javelin	_____
_____	Long Jump	_____
_____	Pole Vault	_____
_____	Shot Put	_____
_____	Triple Jump	_____
Race Walk	Event	Personal Best (00:00:00.00)
_____	1500 Meters	_____
_____	5 K	_____
Road Race	Event	Personal Best (00:00:00.00)
_____	5 K	_____
_____	10 K	_____
Pentathlon	Points	_____
_____	Pentathlon	_____

WAIVER

I grant the U. S. National Senior Sports Organization and its sponsors the right to use my name and any photos taken of me during the 1994 USNSO Track & Field Senior Open in St. Louis, Missouri without any remuneration.
 I hereby declare that I am in good health and properly conditioned for the competition, and of the stated age. I absolutely relieve the USNSO, Washington University, USA Track & Field, and the Ozark Association of USA Track & Field, their

officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, volunteers and other persons conducting or assisting with the 1994 USNSO Track & Field Senior Open of any responsibility for any injury, loss or damage to myself or my property.

Signature _____

Date _____