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 more runners. India (45), Hong Kong, and Pakistan will be sending in entries shortly.

To date, the only assured African

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 Raschner, 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

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 rest 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 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-

Continued on page 14
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(Tropical Fruit, Apple & Citrus)
Muscle Nite - 5-oz. - Retail $5.95
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Cyto Bar - Retail $1.69
1-51.50, 24-$32.40 (Cocoa, Vanilla Crush, Jazz Berry)

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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 stuff. I can also understand John Poppe1'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 as equal. It seems the compilers of the National Masters News and it's fine 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

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.


For any who may be skeptical of my performances, I would like to state that I have had a few DQs, but that all time results claimed are legitimate as far as competent judges and course means 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
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 Vandrewil, Paris—all 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 Championships 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 recently 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
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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 checkbook 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?"

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 1992 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 have to do are the things I’ve tried to emphasize in the last few years. That’s helped a lot."

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

Sprinter Lisa Mangiamele, W35, competing at Senior Olympics, Twin Cities, Minnesota. Photo by 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 hasn't lost 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!
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-pack 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 downside 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 Sheehen

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

Photo by George Banker

19,000 Run in LA

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

Photo by Tesh Teshima
Plantar Fasciitis — Therapeutic Options

The 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, there is very little danger in plantar fascial injections.

A lytic effect may be used by moving the needle around the areas of excessive collagen build-up. Some recommend the use of ultrasound following 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 erosion around the longitudinal axis of the foot, must be controlled with a sport orthosis. I recommend a subfibrochondyl 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 cast 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.

(Signature)
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 Kovaes, 55, Mountain View, Calif. (9:21:33), 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 DNers 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 been unremarkable, was not to be overshadowed by these "young masters," age-group bests were run by Ron Kovaes, 55, Mountain View, Calif. (9:21:33), 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 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.

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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.)

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 TF 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 stand 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 5,000 MILE WALK 1:30 Pm 400 METER HURDLES
9:30 Am 3,000 MILE RUN 2:15 Pm 110 METER Hurdles
10:15 Am 800 METER RUN 3:00 Pm 200 METER Hurdles
11:00 Am 800 METER RUN 110 METER Hurdles 1:45 Pm 300 METER Hurdles
13:45 Am 100 METER HURDLES 4:15 Pm 400 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 TF NO.

EVENTS (1) (2) (3)


Hotel Accommodations: Yes No (Reservation req. will be mailed if yes)

Waiver: In consideration of your accepting my entry, I, _____, undertake to be legally bound, to 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, USATF, the meet director, and all sponsors of the track & field meet, their successors, representatives and assigns of any and all such claims which I may suffer while traveling to and from, and while participating in the Bob Watanabe Memorial TF 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
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 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 common, objective standard for judgment.

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 outdoors 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 1980s. In addition to his college team, he currently coaches Mary Rellinger.

Carmines Breaks 15K Racewalk Record
by JERRY WOJCICK

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 Winovich, monitored the race on the 12-loop course. Dottie Clemmer was the meet director.

Continued on page II
North Jersey Masters Victorious Again

by JAMES MANN

Blizzard-like conditions and icy roads did not stop 191 hardy sub-masters 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 13 points and Bob Naylor's 18, won its sixth consecutive indoor championship by scoring 186 points. Garden State AC garnered 125, while A.C. garnered 128 points. Two relative newcomer masters organizations, South Hudson (29) and Achievements Unlimited (25), took fourth and fifth places. The masters titles went to the NJ Striders for the third consecutive year, 90 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.

DeNoon

Continued from page 10 phone, who finished fifth in the women's walk in Atlanta.

Says Don, "If I was into the meet. This is probably the best outdoor 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 again over... 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 American indoor 3000-meter racewalking record of 19:42.

Continue from page 11

Masters Racewalking

Continued from page 10

there is little feeling of competency in over-looking 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 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.


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 5:30:42
- 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

© 1993, American Heart Association

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

EVENTS SCHEDULED FOR SUBMASTERS (AGE 30-39) AND MASTERS (AGE 40+) IN 3-5 LANE SERIES

RUNNING EVENTS

RACEWALKING

EVENTS SCHEDULED FOR YOUTH, HIGH SCHOOL, & OPEN RUNNING EVENTS

EVENT SCHEDULE - Above order will be followed. Events may run ahead of schedule. Athletes will be responsible for noticing schedule changes. If athlete wishes to check the event he is entered. Field athletes note - Groups will be released after all athletes compete in their event unless announced otherwise.

NOTE - All meets will be run according to USATF indoor rules. ADOPTED JUNE 26, 1994

WEATHER - Check weather or call 287 South Street, Randolph Board of Education, before entering the high school.

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

OPEN CONCESSIONS AND SHOWER FACILITIES AVAILABLE

USSATF-CERTIFIED MEET DIRECTORS: From George Washington Bridge, 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 River Ave. Turn right on Millbrook Ave by making a right on the jug-handle. Go about 1.5 miles, turn right into the first entrance of the high school.

FILL OUT AND RETURN TO: GARDEN STATE ATHLETIC CLUB, GO MORT HAM, 19 BEDMINSTER ROAD, RANDOLPH, NJ 07869 (PLEASE PRINT)

NAME [last name] [first name] M F AGE OF 40+ ADDRESS CITY STATE ZIP CLUB EVENT ENTERED PLEASE MAKE CHECKS PAYABLE TO GARDEN STATE ATHLETIC CLUB (NSA)

Signature

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 NSA.
Almost everyone was able to finish the race. Running and racing became my passion (almost) can give me. A change in lifestyle would literally give you the same. I was no exception. A 1:13:36, with 15K (17:06), 8K (28:12), 10K (30:54), and 15K (33:42) and marathon (2:55:13).

Kurtis and McLaughlin 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 Championships 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 McLaughlin, 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 Flutuze, 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)
## CLASSIFIEDS

**April, 1994**

**National Masters News**

**Page 13**

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### PUBLICATIONS ORDER FORM

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<th>Quantity</th>
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<td>Men's and women's 5-year age group records for all track &amp; field events, age 35 and up, and for all race walking events, age 45 and up, as of Oct. 31, 1992. 52 pages. Lists name, age, state of record. Compiled by Peter Mondle, WAVA and USATF Masters, $2.00.</td>
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<td>Masters Track &amp; Field Rankings</td>
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<td>Men's and women's U.S. outdoor track &amp; field 5-year age group rankings. 52 pages. Over 100-deep in some events. All T&amp;F events, including mile, weight, sprints, and relay races. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages in different events, plus names and charts. Compiled by the National Masters News and the World Association of Veteran Athletes. $5.95.</td>
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<td>Masters 5-Year Indoor Age-Group Records</td>
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- EXTRA INCOME '94: Earn $200-$500 weekly mailing 1994 travel brochures. For more information send a self-addressed stamped envelope to: Travel 802, Thatc., MI 48161.

- Dipsea, The Greatest Race, by Barry Spitz. New book about America's oldest (since 1906) and most loved cross country race. Won outright by masters 12 of last 15 years! 240 oversized pages, 65 photos, reproducible map, $27.95 (hardcover), $18.95 (paper) plus $2 shipping to: Pottover Publishing, Box 3007, San Anselmo CA 94979.
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, Venice, CA 90291. Track and field record applications should be sent to Pete MundIe, 4017 Via Marina He-301, Newport Beach, CA 92663-1145; 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, Sandy Park, NM 87047.

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Most back issues of the National Masters News are available for $2.50 each, plus $1.25 postage and handling for each order. Send to:
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NOW AVAILABLE NEW!
1993 U.S. Masters Outdoor T&F Rankings Book
• Men’s and women’s 1993 U.S. 5-year track & field age-group rankings.
• 52 pages, over 100-deep in some events.
• All T&F events, including 3000, 10,000, weight, relays, racewalks.
Send $6.00 plus $1.25 postage and handling to:
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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.

National Pentathlon
Continued from page 1

tightest, with Gordon Seifert running an excellent 1:33.97, 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 Hinkley & 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.

Bumper Emerson, M55, with an event best 6:00 50m, Eugene Masters Indoor Meet, Eugene, Ore., Jan. 21. Photo by Jerry Wojcik

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

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April 1994

April 1994
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 Glucocorticogenesis 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 others 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.""Motivating his search 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 few 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 4 x 400 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).
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 parent 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 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 Island’s 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 Sunny, 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 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 zero degrees, and an ice storm that hoisted and shackled us dismally.

Fifty hopeful souls, awash with cabin fever, showed up to boost 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. Willy 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 gold. Olzewski (48:12) gave winner John Cantwell, M35, 46:30, a gap 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, hip-hopping, and dancing over mini-ice mounds, ice clumps, bumps, and gloved 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.

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

Photo by Jerry Wojcik
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 USA Track 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 inductees 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-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 Incline 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 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 allegedly 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 Banister’s first sub-4 mile, but we have no information on the future of the Runners World 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.”

Chuck Klehm Dies
Chuck Klehm, who for years was USAATF’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 USAATF 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.

Masters Age Records 1992
(1993 Edition)
Compiled by WAVA and TAC Masters T&F Records Chairman Pete Mundie with Rex Harvey, Shirley Dietderich, Beverly LaVeeck and Alan Wood.

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A Column For Throwers

The idea of my writing a column focusing on throwers and throwing has been bandied about by NMN editor Al Sheahen 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 in Eugene, Oregon.

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-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.

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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 separate 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 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.
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 Olympic 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., Willowdale, Ontario, Canada M2K 2X1. Phone: 416-495-4059; fax: 416-495-4310.

ENTRY FORM

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I, for myself, my heirs, executors, administrators, successors and assigns, hereby RELEASE, WAIVE AND FOREVER DISCHARGE the Organizing Committee, WAVA, the CRA, the Corporation of the City of Scarborough and its employees, Metropolitan Toronto, the Ontario Track and Field Association, the IAAF, the Metropolitan Toronto Police force, the Durham Region Police force, and anyone appointed by any of the foregoing, from all claims, demands, damages, costs, expenses, whether in law or equity in respect of death, injury, loss or damage to my person or property, WHETHER CAUSED, arising or to arise by reason of my participation in the 2nd WAVA Road Race Championships 1994, whether as a spectator, participant, competitor or otherwise; whether prior to, during or subsequent to the event and notwithstanding that same may have been contributed to or occasioned by negligence. BY SUBMITTING THIS ENTRY, I acknowledge having read, understood and agreed to the above WAIVER, RELEASE AND INDEMNITY.

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Please reserve rooms in Scarborough College. My arrival date will be ______

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I understand that this is refundable until April 15th. I will send the balance to arrive on or before 1st May, after which date my booking may be lost.

Mail to: WAVA Championships, 1220 Sheppard Ave. East, Room 218, Willowdale, Ontario, Canada M2K 2X1.

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 success," 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.
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.

Running at Age 30

It wasn't until the 1960s that he ran his first marathon at age 30, which 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 the first 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.

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.

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, demand 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, 35, 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

L

iving 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 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 proves 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.

---

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 milers with 4:15-or-better credentials who would like to participate in the May 7 race should contact Ron Bell at 25, Llwyn Membli, 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.

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

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 que in its longevity, route and handicap system.

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 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 Boeddicker, 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 Eta Boitano, age 10, won. Nine women and one man have come in first from 1980 through 1993. The computer whiz in charge of the handicap, 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.

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National Masters News
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 Honkman 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 heroism. The group formed an eight-person committee to develop a strategic plan for the weekend of the Boston Marathon. USAATF will be represented by Julia Emmons, Masters LDOR 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 20% of his Reebok stock (1.5 million shares) on the market and another half million shares privately to Reebok. Reebok's market hit the century mark last year. Sporting shoe revenue is a 36:12.


SOUTHWEST

• 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 Festival of Dreams 5K and the Brookside Stride, on May 14 and 20, respectively, in Tulsa. Collectively, these Triple Crown races will award $80000 in prize money.

• Domingo Tibalduzi, 44, of Reno, NV, has announced his retirement, according to USAATF'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, Wenatchee, WA, 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 M50 race but also was the first M40+ in 1:39:25. 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.

WEST

Linda Banning, 45, Alexandria, VA, M40+ winner (1:28:09), Hampton Coliseum Half-Marathon, Hampton, Va., Feb. 13. Photo by Clay Shaw

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH APRIL 1994

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<td>PETER ZHANG (CHICAGOMOUNT-HASS)</td>
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<td>JOE CROFT (USA)</td>
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<td>WILMA MADDOCK (CUSTA RICA, CA)</td>
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<td>JAMIE PATTENSON (BRODY, MTS, OH)</td>
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<td>ANNA ROGERS (BARTLETT, TN)</td>
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<td>RACHEL RUSSELL (USA)</td>
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<td>RAMI ALI (JERUSALEM, IS)</td>
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<td>MIHAILI DE MARO (BEL)</td>
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<td>SIGRID SUDKER (DEN)</td>
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<td>AUDREY WOOD (NZ)</td>
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</tbody>
</table>

Nutri-Power Products

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

3 Pack - $24.00
6 Pack - $48.00
s/h add $3.75

CarboLoader - Peak performance carbo loading without the bulk. Sustained energy release. Large 24 oz. mix container.

3 Pack - $30.00
s/h add $3.75

Carbo Drink - High carbohydrate (complex and simple) drink mix in 16 oz. bottle - just add water - lightweight traveling.

12 Pack - $12.00

U.P.S. Needs a street address for delivery. Two or more packs - add $5.75 total for s/h. Az. residents add 5½% s/h.

Orders and payment to: B.P.E., Inc., Dept. N, P.O. Box 802
Thatcher, AZ. 85552

Ric Banning, 45, Alexandria, VA, on the way to the M40+ victory (1:09:53), Hampton Coliseum Half-Marathon, Hampton, Va., Feb. 13. Photo by Clay Shaw
Track and field events feature competition for men and women over 30 unless otherwise noted. Long distance events generally open to 40+ 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.

**SOUTHEAST**

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

Rudy Vlaardingenbrink, 10311 Windsor Way,
Naples, FL 33942. 813/597-6870.

Darlington Area Rec. Dept., PO Box 94,
Darlington, SC 29532. 803/398-4030.

April 23. Florida AC Championships. Boca
Raton, Olympic Park, 141 SW 3rd.,
Bob Fine, 3250 Lakeview Blvd., Delray Beach,
FL 33445. 407/499-3370.

May 1. Southeastern Masters Invitational,
North Carolina St. U., Raleigh.
New t&f facility. Pentathlon/weight pent­
thalon/5K & 10K walks. SE USA Masters.
Inc., PO Box 590, Raleigh, NC 27602. 

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

May 14. Jacksonville TC Meet, Fl. Lambda
Strothers, 9/04/388-3370.

May 21. Birmingham TC Classic, Samford
U. Gordon Seifert, 1514 Ridge Rd., 
Birmingham, AL 35209. 205/870-8031.

May 21. USA/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
Strothers, 388-7860.

May 28-29. USA SouthEast Regional
Masters Championships, Knoxville, Tenn.
Pentathlon/weight pentathlon/long
jump/on 28th; or other events on 29th.
Dean Waters, 614/439-2547.

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,

June 10. Tennessee Sportsfest, Vanderbilt

June 11. Atlanta Masters Meet. Atlanta
TC, 309 E. Shadowlawn Ave., NE,
Atlantic, GA 30305. 404/231-9001.

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

June 25-26. Tennessee Sportsfest Finals,
Chattanooga, 615/239-3338.

July 2. Southeastern Masters Classic,
Greenville, S.C. Dick Bloomfield, 103
Crestwood Dr., Greenville, SC 29610.
863/789-7389.

July 16. Nashville TC Open & Masters,
Tennessee Prep School, SASE to Randall
Brady, 2709 Linmar Ave. #2, 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.
614/594-2547.

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

June 11. USA/ILinois Masters Championships,
Wild West 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 Classic,
Dayton, Ohio. Bob Jones, PO Box 17706,
Dayton OH 45417. 513/837-2574.

July 30. Midwest Masters Championships,
Milwaukee U. (not regional championships).
David Stooke, 119 Cheyenne Tr., Ona,
WA 98116. 608/756-5260.

**SOUTHWEST**

Louisiana, Mississippi, Texas, Arkansas,
Oklahoma

April 28-30. Kerrville Senior Games. 50+
Senior Games, 700 Sidney Baker, Ste 300,
Kerrville, TX 78028. 210/896-GAME
(886-4263).

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

June 25. Hill Country Masters Meet,
Mason, Texas. Lee Gram, Mason HS,
HC 60, Box 31C, Mason, TX 78685.
915/347-5921 (w) / 347-5620 (h).

July 9-9. USA/Southwestern Association
Championships. Weight Pentathlon, 56-lb.
Weight, 3K RW. SASE to Jeff Blaty,
321 E. Josephine St., Galveston, TX 77551.
504/644-6930.

**WEST**

Arizona, California, Hawaii, Nevada

April 23. Bob Watanabe Memorial Meet,
UCLA, Los Angeles. W.E. Adler, 435 Tah­
quipy 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, td.f director, Cynthia
Vaughn, Pasadena Sr. Center, 85 E. Holly
St., Pasadena, CA 91103. 818/795-4331;
397-4021. Continued on next page

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**NATIONAL MASTERS NEWS**

National Masters News page 27


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


November 6. USATF National Masters 5K Cross-Country Championships, Columbus, Ohio. John White, 4863 Arthur Place, Columbus, OH 43220. Phone: 614/885-5583.


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


**SOUTHWEST**
Texas, Oklahoma, Arkansas, Louisiana, New Mexico


continued from previous page


MID-AMERICA

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


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


SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas.

April 9. Whirlwind 5K. Jim Kennedy, 1500 E. Main, Tishomingo, OK 73460. 405/229-2371.

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


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


WEST

Arizona, California, Hawaii, Nevada.

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

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

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

April 7. Southern California Hillside 7.5 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 94121. 415/777-7770.

NORTHWEST


May 1. Lilac Blossomday 12K. Lilac Blossomday Assoc., PO Box 1511, Spokane, WA 99210. 509/638-1579.

CANADA


INTERNATIONAL

April 17. Stramilano International Half-Marathon. Milano, Italy. 50,000 runners. Separate start for veterans. Stramilano-Via Ballil, 38-20316, Milano, Italy. Phone: 02-894-0240; Fax: 02-581-1356.

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


RACE WALKING


April 10. MAC 15K RW Championships, Central Park. 9 am. SASE to Stella Cashman, 320 E. 33rd St., Box 18, NY, NY 10028. 212/628-1317.


BEAT FATIGUE FAST!

You're finishing a tough race or a hard workout – you know the feeling. Bone-tired. Weary ... and a thirst that won't quit. But not any more. You've found Gookinai'd® E.R.G., the balanced activity drink that replaces just what you need fast.

Whatever you do that makes you fatigued ... an all-out effort that leaves you ... biochemically balanced to replace just what you're losing for the fastest possible absorption.

- no digestive discomfort even during events
- no distracting aftertaste
- proven in 25 years of testing and use to be the most effective replacement drink available!

Gookinai'd® E.R.G.

... in 3 convenient package sizes and 4 refreshing flavors

write for nearest dealer, more info or to order:

Gookinai'd® E.R.G., 8525-L Arjons Drive, San Diego, CA 92126.

(619) 689-1959

(800) 283-6505 TOLL FREE
RECIPIENTS OF CERTIFICATES/PATCHES AS ALL-AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

<table>
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<tr>
<th>Event</th>
<th>20-24</th>
<th>25-29</th>
<th>30-44</th>
<th>45-49</th>
<th>50-54</th>
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<td>23.8</td>
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<td>61.0</td>
<td>62.5</td>
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<td>5000m</td>
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<td>15:20</td>
<td>15:40</td>
<td>16:00</td>
<td>16:20</td>
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Notes:
1. 100 standards are for automatic time; use standard conversion for hand time.
2. Short hurdles: 30-39: 33%; 40-49: 30%; 50-59: 27%; 60+ 24%.
3. Long hurdles: 30-39: 36%; 40-49: 35%; 50-59: 34%; 60+ 33%.
8. Metric heights and distances are the standard; feet and inches listed for convenience.

U.S. MASTERS ALL AMERICAN STANDARDS OF EXCELLENCE FOR MASTERS RACEWALKERS

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Notes:
1. 100 standards are for automatic time; use standard conversion for hand time.
2. Short hurdles: 30-39: 33%; 40-49: 30%; 50-59: 27%; 60+ 24%.
3. Long hurdles: 30-39: 36%; 40-49: 35%; 50-59: 34%; 60+ 33%.
8. Metric heights and distances are the standard; feet and inches listed for convenience.

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME: ____________________________
ADDRESS: ____________________________
SEX: M ____________ F ____________
CITY: ____________________________ STATE: ____________ ZIP: ____________
DATE OF MEET: ____________________________
MEET SITE: ____________________________
EVENT: ____________________________
MARK: ____________________________
HURDLE HEIGHT: ____________________________
WEIGHT OF IMPLEMENT: ____________________________

□ CERTIFICATE \ □ PATCH \ □ PATCH TAG

1. If you have equaled or bettered the standard of excellence, please fill out this application completely.
2. A copy of your results or a note stating in which issue your results appeared MUST accompany this application.
3. Please send $10 for a certificate, $10 for a patch, and $10 for a patch tag showing event and year. The cost for both a certificate and patch ordered at the same time is $15.
4. Send to: All-American, National Masters News, P.O. Box 2372, Van Nuys, CA 91404.
5. A-3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 3" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.
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/2½" 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

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<td>BLAIR KELLY</td>
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East

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

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<td>KORNER, JESSE</td>
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USA T&F Championships
16th Street Armory, NYC; Jan. 28

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Millrose Games
NYC, Feb. 4

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Syracuse Chargers T&F Meet
Syracuse, NY; Feb. 6

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Midwest Midland Indoor Championship

USATF Midwest Masters Regional Indoor Championships- Glenview, Ill., Feb. 19, 1984

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National Masters News

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Mid America

U.S. Masters-Senior Olympic Track & Field

Twin Cities, MN, Feb. 13

---

May 11

---

May 30

Bill Johner

May 35

Bill Amey

May 30

Bill Johner

May 35

Bill Amey

May 30

Bill Johner

May 35

Bill Amey

May 30

Bill Johner

May 35

Bill Amey

May 30

Bill Johner

May 35

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May 35

Bill Amey

May 30

Bill Johner

May 35

Bill Amey

May 30
**WEST**

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

<table>
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<th>Event</th>
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<td>55</td>
<td>Charles Hostettler</td>
<td>1 Mile</td>
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</tr>
<tr>
<td>65</td>
<td>Bill Connering</td>
<td>100m</td>
<td>14.38</td>
</tr>
<tr>
<td>70</td>
<td>Gordon Mason</td>
<td>200m</td>
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<tr>
<td>75</td>
<td>Thomas Botsford</td>
<td>200m</td>
<td>36.50</td>
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**SOUTHEAST**

USATF Masters Championships
Sacramento, CA, Feb. 12

<table>
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<tr>
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<td>Michael Flower</td>
<td>100m</td>
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<td>60</td>
<td>George Wilcox</td>
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<td>26.20</td>
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<tr>
<td>70</td>
<td>David Duff</td>
<td>200m</td>
<td>33.50</td>
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</tbody>
</table>

**SOUTHWEST**

Louisiana Lightning TC
Mardi Gras Trials
Gonzales, LA, Mar. 5

<table>
<thead>
<tr>
<th>Age</th>
<th>Name</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>50</td>
<td>Scott Kilian</td>
<td>100m</td>
<td>12.00</td>
</tr>
<tr>
<td>60</td>
<td>Bill Connering</td>
<td>200m</td>
<td>25.00</td>
</tr>
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</table>

**NATIONAL**

USATF Masters Championships
Sacramento, CA, Feb. 12

<table>
<thead>
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<th>Name</th>
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</thead>
<tbody>
<tr>
<td>50</td>
<td>Michael Flower</td>
<td>100m</td>
<td>10.80</td>
</tr>
<tr>
<td>60</td>
<td>George Wilcox</td>
<td>200m</td>
<td>26.20</td>
</tr>
<tr>
<td>70</td>
<td>David Duff</td>
<td>200m</td>
<td>33.50</td>
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**NEWARK**

USATF Distance Classic 20K
March 6

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<th>Name</th>
<th>Event</th>
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<tbody>
<tr>
<td>50</td>
<td>Joseph Main</td>
<td>20K</td>
<td>1:07:03</td>
</tr>
<tr>
<td>60</td>
<td>Robert Prior</td>
<td>20K</td>
<td>1:16:15</td>
</tr>
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<td>70</td>
<td>Antonio Belli</td>
<td>20K</td>
<td>1:25:45</td>
</tr>
<tr>
<td>80</td>
<td>Hugh Swany</td>
<td>20K</td>
<td>1:34:43</td>
</tr>
<tr>
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<td>Edith Genske</td>
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<td>1:43:02</td>
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**Newark**

USATF Distance Classic 20K
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<td>Edith Genske</td>
<td>20K</td>
<td>1:43:02</td>
</tr>
</tbody>
</table>

**continued**
April, 1994

National Masters News

continued from previous page

--- SK ---

Comradery:
David Sayer 21 15:37
Cynthia Swift 20:37
Dana Robertson
Rick Pratt 43 17:26
Mike Lentine 43 17:29
Shelley Shen 21:48
Paula Williams 46 24.12

Human Race 10K

Salasota, FL, Mar. 12

Overall:
Perry Smith 31:08
Tim Davenport 39:30
Masters:
Jim Gaffney 36:22
Helene Bien 44:00

Grandmasters:
Brian Inman 50:31
Diane Layne 46:47
Melvin MacKaye
Frederick Low 38:50
Bill Madeux 37:12
Mats Barry Davis 38:30
Pat Hsein 41:47
M50 Al Frank 43:45
Walt Fisher 45:58
C Bkaw
M60 Fred Palaia 41:12
Lee Goffke
Mickey Johncy 40:84
M65 John McGivan 50:14
Jim Eagleston 43:17
Patchy Patterson 47:30
M50 Myron Meyer 41:28
Don Kraus 45:55
M70 John Laughlin 55:23
M75 Ray Grill 56:59
Melbady Levy 56:07
M40 Judy Aviez 45:45
W65 R. Dossin 42:15
W55 Liz Blevins 48:13
W45 R. Louise 42:34
Lora Gofule
M50 Connie Kyhe 51:10
Joy Scott 51:51
M55 Sam Foster
Barbara Prasicka 54:31
Denise Biernacki 56:19
W70 Melanie Paschal 59:03
W55 Nancy Barnes 64:44
Iron Carl Hansen

Midwest

Metro-Masters Runners 5K
Mt. Clemens, Mi; Feb. 6

Overall:
Karen Jenkins 18:30
Nancy Golister 18:52
Barb Kramp
M55 Tim Kishlawich 22:12
M50 Frank Higkins 23:11
M65 Herb Beep 22:55
M50 Tony Volino
M70+ Fred Guoli 27:40
W65 Wixy Ryder 22:32

Metro-Masters Runners 2 Mile
Mt. Clemens, Mi; Feb. 9

Overall:
Block 37 21:45
Merry Ryder 34 30:13
M55 Jerry Ryan 31:39
M50 Tim Henderson 31:41
M65 Tony Dolen 32:15
M65 Herb Beep 29:25
M50 Tony Volino
M60+ Fred Guoli 34:49
M70+ Wixy Ryder 30:13

Southwest

Run For Your Sweet Heart 5K/10K
Tulsa, Ok, Feb. 12

Overall:
Michelle 24 15:14
Andree Boswell 27 17:32
Men:
Gary Hanley
Renee Hunt
M45 Russ Lundtrom 18:20
M65 George Marchlewski
M60 Fred vine
M55 Steve Blanchard
M60 Cal Guthridge 28:15
M50 Susan Lewis 23:31
M60 Sharon Hargrove 27:13
M55 Vicky Fegley 24:28
M60 Chuck Young
M60 Mary Purr 39:52
M60 Qapi Alexander
--- T ---

Overall:
Ron Parks 32 31:42
Suzy Hunt 37 37:45

U.S. Masters News

U.S. Masters News is the official news and U.S. publication for Masters track & field, long distance running and road racing.

Masters competition is sponsored worldwide by the World Association of Veteran Athletes and by The Athletics Congress. The National Masters News gives you information that's available nowhere else: schedule information, race results, training advice, race and meet stories, profiles, photos and articles by the top Masters writers in the nation. It's the best — if not the only — source of national, regional and local Masters News. The National Masters News is only $24 a year for 12 information-packed issues. Or you can take advantage of our special two-year rate of $45 — a 22% savings off the single-copy price. A 3-year subscription saves 24%.

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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 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: Men 55/1.3kg, Women 55/0.8kg
  - Hammer: Men 55/2.2kg, Women 55/1.5kg
  - Javelin: Women 55/0.8kg
  - Shot Put: Men 55/2.2kg, Women 55/1.5kg
- Athletes may not wear clothing which may give the impression of the object.
- 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
  - Men: 55+ 1500M
  - 60+ 1200M
  - 70+ 1000M
  - Women: 55+ 800M
  - 60+ 600M
  - 70+ 400M
  - 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 100 Meters Trials 7 am Men/Women
400 Meters Trials 9 am Men/Women
1500 Meters Finals 7 pm Men/Women
Race Walk 1500 Meters Finals 8 am Men/Women
Field Discus Qualifying 9 am Men/Women
Hammer Qualifying 9 am Men/Women
Javelin Qualifying 9 am Men/Women
Shot Put Qualifying 9 am Men/Women
Long Jump Qualifying 9 am Men/Women
Pole Vault Qualifying 9 am Men/Women

Saturday, June 18
Track 200 Meters Trials 7 am Men/Women
400 Meters Trials 9 am Men/Women
800 Meters Trials 1 pm Men/Women
Race Walk 5 K Finals 7 am Men/Women
Road Race 10 K Finals 7 am Men/Women
Field High Jump Qualifying 9 am Men/Women
Javelin Qualifying 9 am Men/Women
Shot Put Qualifying 9 am Men/Women
Triple Jump Qualifying 9 am Men/Women

Sunday, June 19
Track 100 Meters Finals 10:30 am Men/Women
200 Meters Finals 10:30 am Men/Women
400 Meters Finals 10:30 am Men/Women
800 Meters Finals 10:30 am Men/Women
1500 Meters Finals 10:30 am Men/Women
4 x 100 Relay Finals 3:30 pm Men/Women
Race Walk 5 K Finals 7 am Men/Women
Field Discus Finals 8 am Men/Women
Hammer Finals 8 am Men/Women
High Jump Finals 8 am Men/Women
Javelin Finals 8 am Men/Women
Long Jump Finals 8 am Men/Women
Pole Vault Finals 8 am Men/Women
Shot Put Finals 8 am Men/Women
Triple Jump Finals 8 am Men/Women

Schedule is based on maximum number of entries!
Events will begin with the oldest age categories competing first!

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 at 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 release the USNSO, Washington University, USA Track & Field, and the Ozark Association of USA Track & Field, their offices, 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