700 Participants Set 37 World Indoor Records at USA Masters T&F Championships in Reno

Athletes Come from 42 States and Canada

by JERRY WOJCICK

The 1995 USATF National Masters Indoor Track & Field Championships were hosted this year by the city of Reno, Nev., its neighboring city of Sparks, and the University of Nevada-Reno on Feb. 24-26.

Reno, which bills itself as the “Biggest Little City in the World” may want to add “Home of the Best Little Track in the World” after 700 athletes set 37 world and 24 U.S. pending records on the Bill Cosby indoor track set up at the Reno Livestock Events Center, located within walking distance of downtown Reno and the university.

The portable track, donated to the university by actor Bill Cosby, fits perfectly within the Events Center oval, which has seating encircling the track below, so that there wasn’t a bad spectator seat in the house.

The track itself is composed of, not the usual portable plywood, but sections of 2x6 boards, which one athlete said looked better than the parquet floors in his house, to form the 200m, six-lane, banked track, with six lanes for the 60m races in the center.

The 700 men and women athletes, age 30-and-over, came from almost every state, including Hawaii and Alaska, with a preponderance of Californians. The usual small but powerful Canadian contingent showed up, as did one Australian.

The outstanding performer was Phil

Rain Doesn’t Stop L.A. Marathon

An estimated 16,500 runners sloshed through the streets of Los Angeles on March 5 for the 10th running of the annual L.A. Marathon.

The constant drizzle-to-heavy-rain that fell throughout the day cut back on the traditional crowds of sidewalk fans, but the race nevertheless brought good cheer to the city as the runners wound through many of the city’s ethnic neighborhoods.

Ecuador’s Rolando Vera, 29, was the overall winner in 2:11:39, with New Mexico’s John Bednarski claiming age 40+ honors in 2:36:40 as the 35th male overall.


The rain contributed to several spills among the 10,000 bicyclists who traversed the course prior to the runners. It was the first time bikers had...
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USA T&F

West

H incredibly.

Northwest:

Mid-Ameri-
1995 USA Track & Field National Masters Outdoor Championships
Michigan State University
Ralph Young Track

GENERAL INFORMATION

Eligibility: Competition is open to all men and women 30 years of age and older. Age on July 5, 1995 will determine your age group. Individual competitors will be held in age groups of 5-year increments starting at age 30. Relays will be held in age groups of 10 years increments.

Proof of registration with USA Track & Field will be required from all U.S. citizens. Registration will be handled at a price of $15.00. We strongly urge you to obtain your USATF card in advance through your local Association. Competitors must present their USATF cards when picking up their packet. Foreigners may compete as guests with no USATF registration required.

Proof of date of birth will be required from all competitors in advance. A photocopy of driver's license, passport, or birth certificate must be sent with your entry form to ensure eligibility.

Awards: USATF Championship medals will be awarded to the top three (3) U.S. citizens in each age division of each championship final. Foreign guest competitors finishing in the top three will receive a non-championship medal. All competitors will receive a Certificate of Participation.

Entry Fee and Procedures: Entry fee is $25.00 for the first event, $15.00 for the second event, $10.00 for all subsequent events. Penultimate entry is $25.00 and cannot be counted as your first event. Event entries are accepted no later than 8:00 a.m. the day before the start of the race. Make check payable to the "International Track Club.

Each competitor will receive a commemorative USA National Masters T-Shirt as part of the entry fee. Each additional T-Shirt(s) may be purchased for $10.00 in advance or $13.00 on site.

All entries must be received by June 16, 1995. Confirmation of entry will be sent to all competitors who have registered by June 10, 1995. (If your form is received after June 10, no confirmation will be sent.) Late entries received after June 16th will be assessed a $25.00 penalty. Absolutely no entries will be accepted after June 25, 1995.

No entry will be considered complete unless it is accompanied by full payment of fees. There will be no refunds of entry fees for any reason.

Relays: Relays must be comprised of duly accredited athletes from a single club or Region. Teams will be divided into 10-year age groups. Entries will be taken on-site only. Entry fee is $40.00 per team. If any relay team members have not also entered an open event they will be required to provide proof of date of birth and USATF card.

Packet Pick-Up: Competitors may pick up their packets at the Meet Headquarters in the Kellogg Center on Tuesday evening from 6:00 p.m. to 10:00 p.m. or at "The Ralph Young Track and Field Facility" beginning Wednesday morning.

Declerations: Declarations must be made at least one hour before the scheduled start of the event. Events starting between 10:00 a.m. may be declared on the evening prior. Declaration sign-up area will be located at "Ralph Young Track.

Air Travel: The Championship Organizing Committee has been able to obtain air discounts on NORTHWEST AIRLINES through SPARTAN TRAVEL of five percent on any available discounted fares and ten percent on any unrestricted ticket. Spartan Travel will accommodate you by routing you to East Lansing, then to Buffalo and back to your original destination, if desired. Spartan Travel will also provide buses (Blue Lakes Charter) to Buffalo on July 10, 1995 at a very low cost of $40.00. Buses to Buffalo are one-way.

Spartan Travel has a contract with Hertz to supply discounts of their car rentals to the Master Nationals. We suggest that you make reservations early.

You may call 1-800-596-2238 or 1-517-351-1080 for Spartan Travel and Hertz, Monday through Friday, 8:30 a.m. to 7:00 p.m., and Saturday, 10:00 a.m. to 1:00 p.m., E.S.T. When calling ask for the "1995 Masters National Outdoor Championship.

Accommodations - Hotel/Note: The Championships Organizing Committee has blocked rooms in the East Lansing area. For information on Hotel/Motel housing or the availability of Michigan State University dormitories, contact the GREATER LANSING CONVENTION & VISITORS BUREAU at 1-800-648-6630 or 1-517-478-8600, Fax 1-517-478-3151. Many of the hotel's motels are near "Ralph Young Track. The cost is $12.50 per person. To reserve your space at the dormitory, call 517-432-2971. Mail the housing information to U.S.A. Track & Field Housing Bureau, P.O. Box 15066, Lansing, Michigan 48901.

The price per day for double occupancy dormitory housing includes three meals per day, $36.75 or two meals, $30.75. Single occupancy: three meals per day, $42.50 or two meals, $36.50.

To guarantee your dormitory housing, please return the attached form with full payment by check or money order, made to "Michigan State University." If cancellation notice is received by July 1, 1995, you will receive a full refund less a $25.00 administrative fee.

Shuttle: Free shutles for athletes and accompanying persons will be available from the airport to the major hotels and the dorms on Tuesday, July 4th, Wednesday, July 5th; Thursday, July 6th. Free return shuttle to the airport will be available on Sunday, July 9th, and on Monday, July 10th (before noon), from the dormitories.

Most hotels will provide free shutles to and from the airport. Ask the "Greener Lansing Convention and Visitors Bureau" for further information.

Spectator Admission: Admission on each day of the competition will be $3.00 (children 10 and under admitted free). You may purchase a five day package plus for $10.00. Athletes will receive free admission to all sessions upon presentation of their competition number and athletes badges.

Equipment: Maximum spike length is 1/4" for all surfaces. Meet management will have field event implements and starting blocks available for use by all competitors.

At the 1994 USATF Convention the rule was changed to allow privately owned throwing implements to be exempt from the loss of identity rule. In other words, implements that belong to individuals may be used (provided they meet the same weight and size regulations). But implements that belong to a club are not to be shared with the other athletes during the competition.

Championship Dinner/Dance: A post-meet dinner/dance will be open to all athletes and accompanying persons. This dinner/dance will be held at the "Kellogg Center" on campus at the end of the competition on Friday, July 7th at the cost is $12.50 per person. To reserve your space at the dinner/dance, pre-purchase of tickets with your entry form is highly encouraged.

Note: Exact event starting times will be determined after all entries have been received and entered into the computer. However, under no circumstances will an event be changed from the day listed below.

Tentative Schedule of Events

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<td>Kellogg Ccn.</td>
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<td>Kellogg Ccn.</td>
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HOTEL/DORMITORY RESERVATION

Name ____________________________
Address ____________________________
City ____________________________
State ____________________________
Zip Code ____________________________
Country ____________________________
Date of Birth: __________ Mon. __________ 19__
Year __________
Age __________
Day __________

ENTRY FEES

Please send this entry form to: USA NATIONAL MASTERS OUTDOOR CHAMPIONSHIPS / USA TRACK & FIELD HOUSING BUREAU, P.O. Box 15066, EAST LANSING, MICHIGAN 48801-1506

For technical information about the competition, call Meet Directors, Randolph Williams or Jacqueline Williams at (313) 834-0378.

WAIVER

I hereby declare that I am of good health and am properly conditioned to compete in the USA masters indoor and outdoor track and field events. I am aware of the risks involved in these events, and I hereby release THE "FIRST INTERNATIONAL TRACK CLUB", USA-ATF, Michigan Track, and USA Track & Field, its corporate sponsors, and any and all universities of any responsibility for any injury, loss or damage to myself or my property which may occur from the course of the race or competition during the 1995 USAATF masters Track & Field Outdoor Championships.

I further verify that I am registered for and will register to East Lansing, Ml on the 1995 year with USA Track & Field.

Signature ____________________________
Date ____________________________
INDOOR NATIONALS
We wish to thank Bill Bowser and his many volunteers for all the hard work involved in hosting the National Masters Indoor Track & Field meet held in Reno. They were all so friendly and helpful.

It was a great meet and a beautiful complex.

Thanks everyone.
Lou Pannarale, Dennis Duffy
Wayne Morris
Fresno, California

Two words can describe the National Indoor Masters Championships in Reno, February 24-26: "Class Act."

From the facilities, to the timers, judges and especially the gentleman who assigned lanes and wished each runner luck. This meet will be a hard act to follow in future years.

My congratulations to all for a job well done.
Lou Pannarale, Dennis Duffy
Wayne Morris
Fresno, California

At the Indoor Nationals in Reno, my mother passed out in the women's restroom and had to be transported to the Washoe County Hospital. I would like to thank all the athletes, officials, and medics who helped her at that time.

It happened at the start of my 400 race, and I was not aware of the severity of her condition. She remained in the hospital until Sunday afternoon and is now resting at her home high in the eastern Sierras.

My family and I are all very grateful and thankful to have had such a great group of people around when my mother needed help.

Dee Dee Grafius
Modesto, California

On behalf of the University of Nevada and the City of Reno, I would like to thank you for the opportunity to host the 1995 USA Track & Field National Masters Championships in Reno, Feb. 24-26. To serve as the Meet Director for such a prestigious event was an honor and a privilege.

I would like to thank the 45 USATF officials from throughout the United States who volunteered their time to officiate the meet. You did an outstanding job and helped make the meet a tremendous success.

A special thanks to the University of Nevada Track Officials Association, who carried the brunt of the officiating for three grueling days. Without your help, it would have been much more difficult.

Thanks to Jerry Wojcik and Suzy Hess, who covered the meet for National Masters News.

Barbara Kousky, you have a great bunch of USATF folks, and it was great working with you.

Scott Thornsley, you were a great boss! And last, but certainly not least, a special thanks to the hundreds of masters athletes who participated in the 1995 Indoor Championships. Without you, it would not have been possible.

Bill Bowser, Meet Director
Reno, Nevada

RACEWALK JUDGING
At a recent race, I was first informed that I had been DQed at the time the 70+ age awards were being presented.

When I asked the reason for the DQ - nobody knew.

When I asked to see the preparations sheets - they could not be found.

Two days later, I was able to contact the chief judge and was told "a mistake had been made."

A lot of confusion and embarrassment could be avoided if: 1. DQed persons were notified as soon as possible; 2. Judges stayed until awards were given; 3. DQ sheets were made available.

Dr. Jerome Kaufman
Palm Beach, Florida

"Tsk, tsk!" racewalking judges.

Look at the photo on page 10 of NMN, March, 1995. You are so busy looking at knees, you forget to check the heel-toe rule; that is, one foot must be in contact with the ground at all times.

Rose Kash
Manhattan Beach, California

X-C COURSE REHAB
A group of us has obtained a substantial federal/state grant of money for rehabilitation of the historic cross-country course in Van Cortlandt Park in New York City. While the work will be done under city government direction, we are in a position to influence the design and decision-making at every step of the way.

If any reader has experience, or knows anyone who does, that may be relevant to the design and rehabilitation of a hilly two-mile trail exposed to the harsh northeastern winters, I would appreciate their contacting me.

We are determined to restore this famed course to the pre-eminence it once enjoyed.

Eric A. Seff
Scopetta & Seff
645 Madison Avenue
New York, NY 10022

1968 NO, 1964
In your coverage of the senior mile races at the Greater Boston Track Club Invitational, you mentioned that Oscar Moore ran the 5000 meter race for the 1968 U.S. Olympic Team. Unless my memory has degenerated even more than I myself speed, I believe the U.S. 5000-meter team in Mexico City consisted of Bob Day, Jack Batcheler, and Lou Scott. In the even hazier recesses of my memory, I seem to recall that Oscar Moore ran the 5000 at the Tokyo Olympics in 1964.

Rich Englehart
Newburyport, Massachusetts

RELAY TEAM DOES ITSELF
As USATF Masters T&F Southeast Regional Coordinator, I just learned that my region's M65 4x400 relay team that won the national indoor gold medal in Reno, Feb. 26, ran with an ineligible member, to wit: Chuck Wimberly of the Southwest region.

None of my region's members was trying to gain an illegal advantage. You could check it off to old age, or to the fact that mixing regions is regularly done in small meets just to get some friendly competition.

In either case, you'd be wrong. The real culprit is I, the ever-alert coordinator. Not only did I condone this squad with my blessings, reminding them that "Guys, I really believe we have a team that can beat those smart-ales from the coast," but also sat cheering and watching poor Marion Sanchez leave most of his ill-chosen lunch on the track as he made a desperate and noble effort to anchor his West Coast team to a hoped-for victory in a race that had already been "fixed."

To try to salvage what is left of our sleazy reputation, we are forthwith disqualifying our Southeast region team and sending the medals back to the central office to be distributed to those deserving — along with our abject apologies.

Phil Mulkey
Marietta, Georgia

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

Special thanks this month go to:

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NATIONAL MASTERS NEWS

April, 1995

WRITE ON!

Address Letters to: National Masters News, P.O. Box 2372, Van Nys, CA 91404.
A strange thing happened to me on the second Sunday of January, although I didn't fully realize it until three weeks later. I was abducted by aliens while running.

As I have now pieced it together, I got out of bed on Monday and could hardly walk due to a very sore and painful right foot. Since I had experienced similar symptoms several times over the past eight years, I immediately assumed that I had suffered another foot strain from running. But all my prior foot problems could be linked to speed training in racing flats the day before, while my Sunday run had been at a very relaxed mile pace for six miles over the Kawanui Swamp trail near my home in Kapaa, Hawaii.

However, something very unusual had taken place during that Sunday workout. About a mile into my run, I seemed to lose track of time. One moment I was headed in one direction on the trail and the next I was in the same spot headed in the opposite direction. It was a little after 5 p.m. at one mile, then suddenly it was 5:35 p.m. and I was on the return trip at about the five-mile point. I was puzzled, but I quickly dismissed it as a lapse resulting from deep thought about a project at work.

Gina, my wife, tells me that I have such lapses around the house frequently, especially when it comes to little home-improvement projects she dreams up for me.

Three weeks later, the foot continued to bother me and I was unable to run at all. In fact, there were times I could barely walk. Gina had recently purchased a light and sound player with some self-hypnosis tapes to help her quit smoking (for the umpteenth time). Along with the quit-smoking tape was one on self-healing through hypnosis. I doubted that I would get anything out of it, but I had been curious about the pulsating lights in the eye piece of the set and decided to give it a try.

About five minutes into the tape, I drifted off into an altered state of consciousness.

"Now that you are fully relaxed and at ease, you will go back in time to feel the onset of your illness and you will understand how this illness manifested itself in your body," the voice on the tape said as lights flashed every which way in my eyes. "You're going back now to that very moment. Go back... Go back... Go back..."

Suddenly, I felt what seemed like an electrical shock in my right foot and a picture formed in my mind. I saw myself on what appeared to be an operating table in a disheveled room with all kinds of instrument panels around me. Two ethereal looking beings were standing over me. At the risk of losing credibility here, I have to admit that they looked just like those little green men with bald heads and large slanted eyes you sometimes see on the front of supermarket tabloids.

"What's going on?" I asked, somewhat in shock. "Where am I?" One of the little green men responded that I should not be afraid, that no harm would come to me. Although I saw no movement in his small mouth, I understood him. It was as if I could read his mind or his thoughts were being transmitted to me through mental telepathy.

"I know you do not remember me, Lleccvym," the little green man transmitted to me. Don't ask me how to pronounce that name or how I knew the spelling of it, but somehow it came through very clear to me at the moment and it is now indelibly imprinted upon my mind. It was explained to me that Lleccvym is my eternal name in the spirit world.

"I am Plivvrmm," he continued. "We are long time friends." My "friend" went on to explain to me that I am one of 3,332 "advanced souls" (his words or thoughts, not mine) who had volunteered for an assignment to go back in time in an attempt to "rehabilitate" the planet. He said that I had made the journey back in the year 2252.

The alien was very cordial and continued to explain my situation. He said that I had died in the Earth year 2211 and that he and I were friends in that incarnation as well as many prior incarnations, most of them on Earth but two of them on planets in distant galaxies, one of them called Iplar, 5,914 light years from our sun, and the other known as Oolf, 6,412 light years away. He went on to say that in two of our incarnations we were of different genders and married to each other, and in a number of others we were related in one way or another. He said that he is now incarnate back on Iplar, where the technology is much more advanced than on Earth. He explained that he was called upon by one of my "guiding spirits" to assist them.

"Plivvrmm further explained that I was between incarnations and living in an ethereal "dimension" in 2252 when I volunteered to reincarnate in the past. He said that there is no such thing as time or distance in that dimension and that, along with the other 3,332 souls, I was selected by a "Higher Power" to make the journey back in Earth years in an effort to "turn things around" and save the planet from self-destruction. We didn't all come back at the same time, though. He said a number of souls had already completed their missions or are much farther along than I am.

I asked if I know any of the others and he replied that I know all of them. He named several acquaintances of mine among the 3,332 and also mentioned several famous names, including Harry Truman and Jackie Robinson, two of my boyhood heroes. I had always wondered what it was about those two men that drew me toward them in my pre-teens, especially when so many people I knew disliked them at the time. It now makes sense.

I asked if I am failing in my mission, since I don't recall having done anything of real consequence. Plivvrmm answered that I am still preparing for my mission or that it will begin at a future date, probably in late 1997. He added that it would take 15 Earth years for me to complete my mission.

Plivvrmm went on to say that only a few of the 3,332 would be well known for their efforts, that most of us would contribute in a small way but that there would be a multiplier effect and it would create enough of a shift in direction to get back on the right path.

My "old friend" apologized for the position I found myself in and for what he had just done to me. He said that it had become necessary to inflict a foot injury upon me to save me from a bad auto accident. It could be seen, he continued, that I would be hit by a car and fatally injured while running in the very near future. Therefore, the injury is intended to spare me from that happening and save me for my true mission in this life.

"You are now returning to the present," the voice on the tape said, and the scene I had just pictured like a movie disappeared from my mind. After the tape ended, I continued sitting for about an hour while trying to comprehend what had just taken place.

The foot problem has since been diagnosed as a "Jones" fracture and the doctor tells me I shouldn't even attempt to run for several months.

It just goes to show you that there is rhyme and reason to everything in this life, even the bad.

***

Epilogue: I had many reservations about going public with this story. Further doubts were created when unusual things began happening to my computer as I wrote it. It jammed on me twice, something that had never happened before, and then as I completed it and attempted to store it in the computer's memory it completely erased. I had to think long and hard before sitting down again and retyping the entire story.

But the strangest happening of all occurred after I completed the story. The second time. As I got up from my desk chair, my left foot — not the right one that had been bothering me — felt the pain that had been in my right foot, while my right foot felt normal again. This lasted for only a few minutes, after which the pain left my left foot and returned to my right foot.

All that makes me wonder if I am doing the right thing in making this story public. I ask Plivvrmm to intervene and stop this from reaching NMN if it shouldn't be printed.
At Age 48, Raschker Competes in Open Nationals

By MARILYN MITCHELL

At age 48, Phil Raschker was the oldest competitor in the 1994 Mobil In­

door National Track and Field Championships (open) in her home town of

Atlanta.

She and Pam Reynolds, 30, both competed in the women's pole vault, the first time the event was contested for women at the open indoor meet.

Raschker cleared 10-2 (3.10) for seventh overall of 13 entrants, while Reynolds vaulted 9-2 (2.80) to place 11th.

A week earlier, both vaulters had competed in the USATF National Masters Indoor T&F Championships in Reno, where Raschker cleared 10-7 (3.23).

"I feel like I just wasn't in the meet today," she said. "You know, you get days like that. For me, this year, the nights (WAFA Championships in Buffalo) is the big meet, so the hept­

athlon will take priority over the pole vault. Next year, I'll concentrate on the pole vault and hope to do better."

Raschker was not the oldest com­

petitor to ever compete in the national open meet. In 1993, Don DeNoon, 54, competed in the racewalk.

Melissa Price, at 15 the youngest participant in the Atlanta meet, won the vault at 12-2 (3.71). The current women's WR is 13-7 3/4 (4.15) posted Feb. 15 by Sun Caiyun of China.

Raschker cleared 11-1 (3.38) last year at age 47.

Phil Johnson, national coordinator

for the USATF Women's Pole Vault Development Committee, will hold a pole vault clinic, June 23-24, in Sacramento, Calif., in conjunction with the USATF outdoor nationals.

The clinic is open to any women, in­

cluding masters. Contact Johnson at

2915 Minnehaha Curve, Wayzata MN 55391.

Steve Vaitones of the New England Association also plans a pole vault clinic in the east, probably in August.

Mulkey, Larsen Break Records

in National Indoor Pentathlon

By J.P. WATRY

Thirty-four competitors entered the

USA Masters Indoor Pentathlon Championships, held at Perviso West H.S., outside of Chicago on Feb. 11. Fifteen states were represented in the meet.

Meet age-group records were broken by Phil Mulkey, M60, Marietta, Ga., who totaled 4313, and Mel Larsen, M70, Springfield, Ill., who finished with 4193. The events in the indoor pentathlon are 60H, long jump, shot put, high jump, and 1000, in that order, for men, and 60H, high jump, shot put, long jump, and 800 for women.

In all, ten individual meet records were set: seven by men and three by women.

Larsen bettered the indoor age-group world M70 long jump record with 15-11 1/4. A special thanks to the Midwest Masters T&F Club and Hycor Cor­

poration for their assistance in staging this meet and providing able officials and workers.

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

And most of all, thanks to all of the athletes for the fine competition; it made my day a very enjoyable one.

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And most of all, thanks to all of the athletes for the fine competition; it made my day a very enjoyable one.

Phil Raschker, of Georgia, breaking the 60mH world record with a 9.18, USATF National Masters Indoor Championships, Reno, Nev., Feb. 24-26. Photo by Jerry Wojcik

FIFTEEN YEARS AGO

April, 1980

- John Brennand (1:26:45) and Sandra Kiddy (1:43:38) Win National Masters 26K
- 16 Meet Records Set in Eastern Indoor Masters Meet at Lehigh U. in Bethlehem, Pa.

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Aging and Athletic Performance

As veteran runners, we tend to focus on the aging process and its effects on our athletic performance and ability. Obviously, we are not as fast and strong as we used to be. Aside from this, the one aspect of the sport we tend to overlook is the effect of age as an etiological factor in sports injuries.

Dr. Douglas Jackson and I isolated 3000 long distance runners and sampled them according to age. To simplify the study, age groups were divided into those under 40 (younger runners) and those over 40 (older runners).

The study looked at the incidence of injuries in six categories: foot, ankle, lower leg, knee, upper leg and hip, and hip and lower back.

Age

Diagnostic categories showed older runners to exhibit a disproportionately high number of foot and hip/upper leg injuries relative to the expected number. Further, the younger runners had a disproportionately high number of lower leg and knee injuries.

So, is it true that as we age we need to protect ourselves from those factors that cause lower back and foot problems? Obviously, we are not as flexible as the younger runners and this could account for the lower back pathology.

Lower back exercises, such as the Williams series, should probably be performed three times a week for the active older runner. This will ensure some degree of lower back flexibility and reduce the chance of lower back injury.

Gender

A problematic aspect of the study was that of gender. In our survey, we had proportionally fewer older female runners compared to the male contingent. This disproportionate grouping caused some difficulty in obtaining meaningful numbers for certain injuries. In fact, some injury classifications were only feasible in the male-only category.

Another factor was that younger runners ran more miles per week relative to older runners. Younger runners also reported a greater tendency to use combined interval-distance training while older runners ran long, slow distances.

Despite these shortcomings, however, the study revealed many more similarities than differences between older and younger runners. The variable differences were quite small in most categories, except lower back and foot injuries.

Dr. Jackson and I were encouraged by the findings that many more similarities than differences exist between young and older runners. It also appears that variables other than age are the major determinants of injury category.

Finally, it appears that, while running places a high degree of stress on the lower extremities, this is associated with a low incidence of disabling injuries.

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have any questions or concerns, please feel free to contact me.)

Mooser Wins Masters Mile in Virginia;
Rodgers and Shorter Star

by BOB WEINER and JAY JACOB WIND

Bill Rodgers, four-time winner of the Boston and New York marathons, and Frank Shorter, 1972 Olympic Marathon Champion, were the stars of the Sprint Masters Mile at the Mobil Invitational Track and Field Meet at George Mason University, Fairfax, Va., Feb. 25, but Chuck Mooser of Herndon, Va., was the come-from-behind winner in 4:35.33.

Rodgers of Sherborn, Massachusetts, won in 4:43.22. Shorter, of Boulder, Colorado, finished 14th in 4:59.67. They ran against the DC metro area's best masters, who fought for the right to compete at Mobil through a rigorous three-meet qualifying series.

The Mobil Invitational, America's top-ranked indoor meet, featured hundreds of national and international stars, but none as widely-beloved and admired as Rodgers and Shorter. Win or lose, the two wowed the sold-out gathering of 6000 athletes and spectators.

Saving the Masters Mile

by BOB WEINER and JAY JACOB WIND

As the organizers of the Sprint Masters Mile at the Mobil meet on Feb. 25, we were delighted by its success. Both the crowd reaction and the media coverage confirmed the importance of the race.

But the event nearly didn't happen.

In 1988, meet director and George Mason U. track coach John Cook asked us to help build local interest in the meet by putting together a local field in the masters mile to compete against international stars.

We worked with Amby Burfoot, associate editor of Runner's World and with top Mobil officials to create an event with seven world masters stars and seven locals.

Over the years, Runner's World brought in such top masters as Larry Almberg, Byron Dyce, Wilson Waigwa, Kip Keino and Jim Ryun. In 1994, seven locals ran against Eamonn Coghlan in his assault on the sub-four-minute mile. He ran 4:03 at GMU, then 3:58 two weeks later.

Late last year, however, Runner's World ended its sponsorship of the masters mile series. They told us the glamour was gone after Coghlan eclipsed 4:00, and not at one of their races, as they had hoped. Of course, we were distressed. Had they forgotten that their voluminous subscription base was mostly non-elite runners, many over 40?

After an emergency meeting in October with Coach Cook to save the masters mile, we raised $500 of seed money. Cook agreed to match that $500 and to continue the race with whatever national field we could arrange, plus the best local field.

Then we discovered another problem: the USATF National Masters Indoor Championships, which would draw the best national field, was scheduled in Reno, Nevada, the same day as Mobil.

So we proposed to invite Bill Rodgers. While Rodgers had not run a mile since college, we knew the crowd would love seeing him run indoors. Cook agreed. Rodgers said he'd do it, and also suggested we invite Frank Shorter. We reached Frank in Boulder; without hesitation, he said he'd be delighted to come.

Rodgers' and Shorter's hotel, travel expenses and appearance fees made our $1000 budget look pretty weak. In thinking of sponsors, we called fellow runner Steve Bell, who works for Sprint.

He suggested we call top Sprint officials. We explained to Sprint that Mobil offers national exposure, local business development opportunities, finish line seats, visibility presenting the awards, and receptions with the world's best athletes. Sprint Government Systems enthusiastically agreed to be the prime sponsor of the Masters Mile.

Midway through the process, Cook asked us to also organize the high school boys' and girls' miles. Sprint was delighted to support those, as well.

Sprint provided $5000, but the expenses on our three events totalled $10,000. To raise the rest, the dedicated members of Capitol Hill Runners made dozens of phone calls and sent out hundreds of fundraising letters. Forty organizations and individuals, from running clubs to trade organizations to older Americans' groups who understand the message of masters running for lifetime fitness, donated $25 to $500 each.

However, we're still about $1000 short. For anyone so inclined, your tax-deductible check will help cover expenses for both this year and next. Please send donations to Capitol Hill Runners, 1104 Sanford Lane, Accokeek MD 20607.
National 100K Held in Sacramento

Two Californians set age-group records at the Ultimax USA TF National 100K Championships in Sacramento, Calif., run as part of the historic Helen Klein 100K, Feb. 18.

Alfred Bogenhuber, 55, knocked 25 minutes off the U.S. M55 record with his 8:56.3 time. Barbara Miller, 50, set a W50 mark in 10:25.5.

Race winner, Valmir Nunes, 31, of Brazil, ran the fourth-fastest 100K in history with a time of 6:22:12.

Kevin Setnes, 41, of Wisconsin, defended his masters title with a fourth-American time of 7:00:19, and earned a place on the 1995 USA TF 100K team to compete in the 1AU 100K World Challenge in Holland. Setnes holds the 24-hour road record of 160.4 miles set in 1993.

Second 40+ male was Robert Perez, 46, of Texas, in 7:25:46. Rae Clark, 43, of Calif., ran 7:28:46 for third master and led his Buffalo Chips team to a win in the masters team competition. Supporting oak's efforts were Calif. teammates Herb Tanzer (42, 7:31:38) and Eric Ianacone (47, 8:41:21).

Suzi Lister (30, 8:32:57) took the women's race. The women's masters 100K was won by Theresa Daus-Weber (40, 8:47:10), fourth woman overall.

Malathion Marathon Held in California

VISALIA, Calif., April 1 — Forced out of Los Angeles because of homeowner protests, the Malathion Marathon was switched to this largely agricultural community in central California for its second annual edition.

Due to continual infestation of the dread medfly on California's billion-dollar agricultural industry and rising citizen complaints against the nightly spraying of the pesticide malathion by helicopters to try to rectify the problem, the California Growers Association again sponsored this race to "prove the safety of malathion."

The idea was for two helicopters to spray the runners with malathion during the entire race. Tests would then be performed at the finish line to determine the safety, or lack thereof, of the spraying.

"Everyone knows runners breathe hard during a marathon," said Robert Benjamin, spokesman for the group, before the race. "This test should prove, once and for all, the complete safety of malathion spraying."

The race surprisingly drew more than 1000 runners, most lured by the more than $100,000 in prize money offered by the race sponsors to open and age-group runners.

"It's despicable, luring runners with big bucks and risking their health," said Jane Bledsoe, Chairwoman of GASP (Grandmothers Against the Spraying of Poisons).

More than 50 picketers at the starting line protested the event. One sign read: "Medflies are Safer than Malathion."

One picketer stood in front of the lead helicopter in silent protest until the draft from the rotor blades blew him aside as the runners and helicopters took off simultaneously.

The spraying began immediately and the runners were soon enveloped in a soft, white, sticky mist. More than 100 runners dropped out of the race by the one-mile point; 200 more were coughing at three miles; 100 others developed a skin rash by the halfway mark; and paramedics treated another 300 for assorted respiratory problems.

But 27 runners finished the entire marathon.

"I feel great," said masters winner Dave Alcott (3:48:12) as he accepted a check for $5000.

Officials said results of the test were inconclusive, and that nightly spraying would continue.

The Footbeat

Continued from page 8

foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 2372, Van Nuys, CA 91404.)

Join 6,000 runners for "The Most Beautiful Urban Marathon in America." It's 26.2 miles of stunning foliage, blue lakes, winding park paths, the majestic Mississippi, over 200,000 colorful fans and 4,000 volunteers. Besides being a can't miss marathon, it's a weekend of events, including a two-day expo, 5K championship race, and Kids Half-Mile Fun Run. It's also the site of the USA Track & Field Masters Championships – on one of the nation's fastest courses.

For more information, contact: TCM, 708 N. 1st Street, Minneapolis, MN 55401 (612) 673-9778.

TWIN CITIES MARATHON

Minneapolis-St. Paul

SUNDAY, OCT. 8, 1995 8:00 A.M.
Masters Racewalking

by ELAINE WARD

Training with Sally Richards — Part II

Sally Richards (Kerr) is a multi-distance masters champion from Colorado. She is presently training to qualify for the Olympic Trials; however, her heart belongs to masters racewalking. If you have missed her at recent competitions, she became ill and her new coach, Bohdan Bulakowski, told her “no racewalking” until she completely recovers. —EW

EW: How do you train with four children to raise?

SR: My training is always unique. I am the only person on the national team with four children, not to mention being 42-years-old. I have to plan carefully and it’s a real challenge. As I don’t have many hours to spare, my training has to be very specific. My natural tendency is toward long distance. I can go out on the roads for hours here because it is so beautiful. It is a pure joy. What I have to do is discipline myself to do speed work on the track.

I plan a year in advance. My situation as a racewalker is weird. The last two years, I have been competing in both the open and masters circuits. The open circuit starts the end of March and goes very hard into June and July with the National and Olympic Festival. This year, the competition schedule is amazing. The US Outdoor Championships are mid-June, followed by the Masters Outdoor Championships the first weekend in July, the World Veterans Games mid-July, and the Olympic Festival the last weekend in July.

In preparation for the US 10K World Cup Trials in late January, I started training in October with an excellent running coach in Texas. He gave me a very balanced workout schedule. Initially, I did more cross-training. For example: Monday, out for a run. Tuesday, track for 15x400 meters at a pace faster than my 5K race pace with a 90 second rest. Wednesday, cross-country skiing for two hours. Thursday, a moderate-paced two-hour walk. Friday, running or a 7 to 8 mile walk at about 75%. Saturday, 2x5K walking. Sunday, fartleks. Generally, the schedule consists of three hard walks, two quality runs, and two recovery skiing or biking days.

Balanced Workouts

I particularly like the fartlek workout my Texas coach gave me. It is very balanced. After warming up for 15 minutes, I do a hard 4 or 5 minutes at a 10K race pace. I’ll do 4 or 5 of these taking a 3-minute rest in between. Then I bring it down to 3 minutes at a 5K pace with a 90 second rest; again doing 4 or 5. The fartleks are followed by a 3-mile tempo walk at 80% and a warm-down.

EW: That’s a long workout.

SR: It’s long. It may sound horrible, but it’s great. It is very nicely balanced and is probably one of the best I’ve done. You get a good rest between the intervals; you build up to the shorter and faster fartleks; and by the end, you feel good about the last 3 miles.

EW: How about your cross-training?

SR: I have done better since balancing racewalking with running and skiing. Racewalking is wonderful because you use so many muscles, but if I just racewalk, I feel an imbalance. My hamstrings get very strong and I lose my quads. The running keeps the quads strong.

EW: Did you start adding more walks to your training as the 10K trials got closer?

SR: I started adding more walks the first of December, or eight weeks before the 10K trials. I dropped one run for walking and finally shifted to 5 days of walking, one day of jogging and one day of skiing for total recovery. The last two weeks before the race, I did easy walking with a little speed stuff, and then rested as race day approached.

Speed Workouts

EW: What type of speed workouts have you been doing on the track?

SR: When I do speed workouts, I have specific time goals for different phases of training. For example: If I’m training for a 10K at 49:00, my speed intervals are related to achieving this time. Initially, as I prepared for the 10K trials, I did two speed workouts a week. One was a 5K workout on a track at race pace, or sometimes a 10K at race pace. I would also have one workout doing 6 to 10 times 1000 meters at a specific pace. This gave me two quality workouts a week and one quality long distance walk with running and skiing on the other days. As the race approached and I added more walks, I added more short, faster stuff.

The only problem I have had came from the running I was doing. When I got back on the track doing speed work, I really had to concentrate on not lifting. When you are running up hill all the time, you strengthen those muscles that jump you up in the air. I had to pay close attention to maintaining contact. At the same time, as I got back on the ground, I felt much more balanced muscuarly.

Racing Commitments

It was very difficult training for the trials. Ordinarily, I take the winter off and get ready for the majors June and July championships? . The only problem I have had came from the running I was doing. When I got back on the track doing speed work, I really had to concentrate on not lifting. When you are running up hill all the time, you strengthen those muscles that jump you up in the air. I had to pay close attention to maintaining contact. At the same time, as I got back on the ground, I felt much more balanced muscuarly.

Racing Commitments

It was very difficult training for the trials. Ordinarily, I take the winter off and get ready for the majors June and July championships? .

SR: I made a commitment to two major goals. One is to qualify for the Olympic Trials and to see how close I can get to making the team at the USA Mobil Outdoor Championships in Sacramento, June 13-17. The other is the World Veterans Games in Buffalo mid-July. I also will race at the National Masters Outdoor Championships in Lansing, MI the first weekend of July and the Olympic Festival in Atlanta the last weekend in July. It is very specific when I need to peak, so in that sense the clustering is good.

Logically, I shouldn’t be trying to do the masters, but I enjoy it so much. To me, it is sport as it should be. I enjoy the support and the encouragement. I like the whole atmosphere and don’t want to give it up. (See next month for conclusion.)

Herazo Sets World W35 Best

by MARILYN J. MITCHELL

Victoria Herazo established a world W35 best in the women’s 3000 walk at the USATF National Masters T&F Championships in Reno, NV, of 13:25.68 and came back a week later on March 4 to break her own record with a time of 13:11.76 in Atlanta at the Mobil Meet (USATF National Open Championships).

Herazo, who competes for the California Walkers Club, placed second in Atlanta to Michelle Rohl, 29, who set a stadium record of 13:04:99, which made Rohl the 7th fastest U.S. female performer of all time.

Herazo will be competing for the United States in April in Beijing in the World Cup, which is the equivalent of the world championships of walking.
Bell, Fetherston Set Records in National Half-Marathon

by JERRY WOJCIK

Doug Bell, 44, and Honor Fetherston, 40, finished first in the USATF National Masters Half-Marathon Championships in Las Vegas, Nev., on Feb. 4, to win $1000 each with record performances.

Bell, of Colorado, ran a 1:05:44, well below Barry Brown's U.S. M40-44 record 1:06:25, for an age-graded 95.8% performance. John Campbell, New Zealand, owns the non-U.S. citizen (all-comers) best at 1:02:28.

Masters cash prizes totaled $8500, shared equally by men and women in three categories: Masters (40-49), Veterans (50-59), and Seniors (60+).

Jan Frisby, M50, took the $400 top prize in the Veterans category for his win in 1:10:44. Norman Green, Jr., won the $300 Senior category first award with an M60 win in 1:18:18.


S. Rae Baymiller, W50 winner by ten minutes in 1:21:33, won the Veterans first prize of $400. Gloria Brown, W60 winner by a huge margin with a 1:38:51, took home $300 for her Seniors category first place.

Over 6000 runners registered for the half-marathon and marathon for a record attendance (32% over 1994). Registrants came from all 50 states and 33 countries.

Temperatures varied between 40° and 72° (an all-time high for the date), with humidity at 20%, and no wind.

Al Boka was race director for the 29th annual event. ©

L.A. Marathon

Continued from page 1

been invited, and they were led by L.A. Mayor Richard Riordan.

Despite the unrelenting showers, the temperature was in the mid-50s, much preferred to the dehydrating heat of some previous marathons.

Vera and Prasad each won $15,000 and a new Mercedes-Benz. The automaker completed its sponsorship contract with this marathon; next year Honda will step in as the race's main benefactor.

Paul Pilkington, last year's "rabbit," who won the race when no one went with him, was also this year's designated "rabbit." But he stepped into a pothole around mile three, twisted his ankle and had to withdraw.

Because of his new celebrity from the 1994 event, Pilkington's rabbit fee was reported $10,000.

"We're going to pay him anyway," said race director Bill Burke. "He's a great guy and he did his best."

Although a record 19,300 registered for the race, officials estimated that the rain kept away about 20% of the field, and about 80% of the spectators.

"In L.A., we think we'll melt in the rain," said Lauren Schlau of the Chamber of Commerce. ©

The American Parkinson Disease Association, Inc.

Breaking The Barriers

By taking part in one of 18 races around the country, you are helping Gene Fair and approximately one million Americans who have Parkinson's disease to "Ease the Burden and Find the Cure." Parkinson's is a debilitating disease of the central nervous system which causes drowsiness of movement, tremors, muscle rigidity and poor balance. The American Parkinson Disease Association is a non-profit organization working to cure Parkinson's. The good news... the proceeds for entering this race will be used strictly for research.

This race is held in honor of Gene Fair, who was diagnosed with Parkinson's disease at age 30. Defying the odds, Gene has broken a barrier of his own by leaving his wheelchair behind him and becoming a top-notch runner. This monumental achievement has gained Gene national recognition. He has criss-crossed the United States educating people about the disease by sharing his own story. So please join Gene and his friends and help "Break the Barriers."

- Prizes .... 5K Race -

$1,000 - 1st place top male & female
$500 - 2nd place top male & female
$250 - 3rd place top male & female
$500 - Masters (40+) top male & female

- Awards will be given to the top three finishers in each age category for the 5K Run
- The overall top 10 male and female finishers in the 5K will receive prizes but are exempt from winning in their age categories in the 5K Run
- FREE T-shirts available to all registrants

* (Master takes precedence over all, except 1st and 2nd)

Please note: Registration fees for this event are not tax deductible. Donations and pledges are tax deductible to the extent allowed by the law.

Age Categories, 5K Race

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<td>Chattanooga, TN</td>
<td>615-266-1125</td>
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<td>Boston, MA</td>
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<tr>
<td>Phoenix, AZ (Run for Moh Udal)</td>
<td>602-285-6652</td>
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<tr>
<td>Tucson, AZ (Run for Moh Udal)</td>
<td>602-526-5400</td>
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<td>Los Angeles, CA</td>
<td>818-906-7108</td>
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<td>San Antonio, TX</td>
<td>800-223-2752</td>
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**CONFIRMED RUN**

Gene Fair 5K Runs

Gene Fair, who has broken a barrier of his own by leaving his wheelchair behind him and becoming a top-notch runner. This monumental achievement has gained Gene national recognition. He has criss-crossed the United States educating people about the disease by sharing his own story. So please join Gene and his friends and help "Break the Barriers."
How I'm Training ... This Year

(We thank runner Glenn Stephens, 37, for his training tips which may help our readers formulate their own workout strategies. Self-coached since junior high school except for college, Stephens was distance coach at Jesuit High School, Tampa, Fla., in 1981, and has coached collegiate runners. He teaches political science at UCLA.)

Over time, my training schedule has undergone a continual evolution. However, in the last decade I've developed a training system (medium volume, medium speed) that has helped me avoid a dilemma faced by many masters runners — how to train hard for competition without running afoul of injuries.

In my early thirties, I was hobbled with injuries, preventing the use of either of the two training methods I had previously used: Lydiard-type high mileage or Cope-type high quality. Instead, I now use the medium mileage, medium speed method, the basic principle of which is simple — make every step count. This system is particularly useful for older runners seeking to be both fit and healthy.

- Moderate Volume: In 20+ years of running, I've averaged about 45 miles a week. In the system I use now, I do the time equivalent of that each day (40-45 mins.).
- Hard: Easy: On my hard days, I do 40-60 mins. of running on land (actual time running). On my easy days, I do 40-60 mins. of water running and/or swimming.
- Soft Surfaces: I do all runs on grass or dirt (never on pavement or concrete).
- Multi-Tiered Training: Although there is progressivity in my training, I try to keep all of my "gears" developed all year round. In each training micro-cycle, I do some running at my 800, 1500, 3000, 5000 and 10K heart rates or paces.
- Pulse: In most of my intervals and race distance at the goal pace (e.g., 2K at 3K pace). These workouts simulate Dellingier's race drills, gradually calling me to the demands of racing.

Sample Schedule
- Sunday: Warm-up, seasonal goal intervals. 2x600-400-200 or 8x300 cut-downs at other race paces.
- Tuesday: Long run, 40-60 mins., work hills. Try to run relaxed, running same course ever faster.
- Wednesday: Water run, swim. Weights.
- Thursday: Warm-up, 2x10 mins. at 5K-10K pulse (95-97% MHR).
- Friday: Long swim (1500-2000 meters pulling, i.e., arms only — continuously, for arm endurance).
- Saturday: Water run, swim. Weights.

Masters Mile

Continued from page 8

The fields included several free agents, still heroes after all these years. Jackie Joyner-Kersee and Michael Johnson notwithstanding, much of the national media attention focused on the Masters Mile, with the New York Times, Washington Post, and USA Today all doing features.

Meet officials wanted to start the mile 15 minutes early, but Rodgers and Shorter were nowhere in sight — they were off the track warming up. We noted that they were the stars of the race, and it cost us thousands of dollars to bring them here. Finally, Official Starter Tom McMillan, Co-Chair of the President's Council on Physical Fitness and Sports, agreed simply not to fire the gun until they arrived. We also laughed about delaying the mile again to find a shirt for one of the runners. He had expected to run topless at the country's top indoor track meet in front of hundreds of national media. He finally agreed, and Larry Washington gave him his extra singlet. Paul Ryan ran the race of his life for the first half, leading the pack by four seconds through the fourth lap. "I never ran in front of 6000 people before," laughed Ryan after the race. Using last year's U.S. age-group rankings, all seven 44-year-old participants would be in the top 25 nationally, and all seven 45-49-year-olds would be in the top 12 nationally.
J. Walker Pierson

J. Walker Pierson, 71, whose participation in masters track sprints and hurdles continued despite a four-year battle with cancer, died of the disease on Feb. 14 at his Cherry Hill, N.J., home. As recently as last year, Pierson was sprinting for the Philadelphia Masters T&F Association, with whom he started running competitively in 1977.

He won more than 400 medals in track and seven All-American Awards. At age 60, he won a national championship in the sprints, and again when he was 65.

When his cancer was diagnosed four years ago, his doctors said running was a thing of the past for him, recalled Oscar Harris, a fellow masters competitor. "He beat me twice in sprints after becoming ill," Harris said. "Doctors told him he wouldn't live to 70, and he said he would still be sprinting at 70, and he was."

Pierson remained active in the insurance agency he founded in the mid-1950s until his death. A World War II Navy veteran, Pierson was a heavy-equipment operator with the Seabees of the 52nd Division, for which he was the Seabees athletic director. He also served at Guam and Pearl Harbor.

He is survived by his wife, his mother, two sons, two daughters, several grandchildren, and two brothers.

The family requests that memorial donations be made to the Samaritan Hospice, 214 W. Second St., Moorestown, N.J. 08057-2372.

—Joseph Hagenmeyer
Philadelphia Inquirer

Haydn Parks

Haydn L. Parks, 70, of Monument, Colo., passed away March 8. Parks had been a masters sprinter since the seventies, competing most frequently in Southern California until moving to Colorado to retire. He was a singer, a tenor, and he and his wife, Paula, who survives him, gave performances at local senior citizens activities. A retired educator, he was also an airplane pilot and swimmer.

—Jerry Donley

FIVE YEARS AGO
April 1990

• Dominic Tibaduza [40, 30:33] and Gabriele Andersen [44, 34:48] Win in Red Lobster 10K


• Hal Higdon's Masters Running Guide Published

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<td>Men's and women's world and U.S. age bests for all T&amp;F field events, age 35 and up; and for all racewalking, aged 50 and older. Compiled by Peter Mundie, WAVA and USATF Masters T&amp;F rankings Chairman. $4.00</td>
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<td>Men's and women's 1994 U.S. outdoor track &amp; field 5-year age group rankings. 60 pages. Over 100 deep in some events. All T&amp;F events. Coordinated by Jerry Wojciech, USATF Masters T&amp;F Rankings Chairman, and the National Masters News. $6.00.</td>
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<td>Single-age factors and standards from age 8 to 100 for men and women for every common track &amp; field, long-distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. $6.00.</td>
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<td>Men's and women's official world and U.S. outdoor 5-year age group records for all track &amp; field events, age 35 and up, as of March 31, 1994; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundie, WAVA and USATF Masters T&amp;F Rankings Chairman. $1.50.</td>
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No Beefs at the Reno Livestock Center, or One-Armed Bandits Win in Reno

The Reno Livestock Events Center, the site of the Indoor Nationals, got rave reviews from the throwers because, for the first time in recent memory, all three throws were contested at center-stage on real dirt, which meant that outdoor implements were used, and the throwing sector was enclosed by a protective cage.

In the shot, things went smoothly. Ross Carter, M80, broke the indoor WR with a 37-6¼. The amazing Phil Mulkey, a David among behemoths, again defeated (46-8) an excellent M60 field, which included big guys like Len Olson, Tom Wesselowski, and Stew Thomson. Harry Hawke, M65, made a rare indoor appearance to take the championship (41-1½). The M55 division was, to coin a phrase, hotly contested, and easily one of the most exciting spectator events of the meet, with Joe Keshmiri, on his home turf, Olympian Russ Hodge, Dick Hotchkiss, and Glen Johnson, not only trading leads but doing so with WRs. Keshmiri prevailed with a WR 51-7¼.

As they did last year at the Nationals in Columbia, MO, things got bizarre in the M60 weight. You may recall that, at Columbia, this was the group that decided to throw the 56-lb. weight rather than the lighter, legal (at that time) 35 lb.

What transpired in the M60 weight throw needs some explanation. The one-armed or Scottish Games technique of throwing the hammer and weights was declared illegal at the 1994 USATF Convention in St. Louis to comply with WAVA rules, which went into effect immediately after approval. However, the 1995 Indoor Championships application stated that 1994 rules would apply. So, three one-armeders showed up thinking that they would be allowed to throw under the old rule. Not so. You believe that all three were in my division, the M60, which I shouldn’t have been in anyway but for my 65th birthday falling on the 25th, the second day of the meet?

Here comes the juicy bit. It was decided that the one-armeders, well-armed with the quote from the application, would be allowed to throw using one-arm; however, each throw would be treated as a foul but measured anyway.

Is the “Ripley Believe It or Not Museum” still in business? For added zest, one of the throwers, Gary Dawson, who is recovering from a heart attack which paralyzed one side of his body, was allowed to throw one-armed legally because of his disability. Thus, we had two-armeders, illegal onearmers, and a legal one-armeder, who received a much-warranted applause on the victory stand for his resoluteness in competing. Somehow, it all worked out, and the best throwers, two-armed and one-armed, prevailed. But, I think we had better take precautions to prevent this “slight bending” of the rules from recurring.

Watanabe Meet Set for UCLA

Bill Adler, meet director of the Bob Watanabe Memorial T&F meet to be held at UCLA’s Drake Stadium, April 15, reports the Mexican Masters are sending a team to compete, so the meet should have a strong international flavor.

Adler has had a long relationship with the Mexican Masters since 1977 when he put on the first Masters Pan American Games in the USA. Adler took U.S. masters groups to Mexico in the 1970s and 1980s, and again in June, 1994.

Adler says entries are coming in from all over the USA. UCLA is one of the finest track and field stadiums in the country; the track is very fast.

The entry form was published last month in MNN. Otherwise, write Adler at PO Box 832, 100 Palms, CA 92276.
Strength & Speed Ratings

Strength & Speed Ratings, 1994 edition, is a 178-page compilation of statistics and information divided into four chapters: Track & Field, Weightlifting, Powerlifting, and Miscellaneous Sports & Feats. Each chapter is divided into smaller divisions; for instance, the t&f chapter includes all events, plus the marathon and walks.

Every division starts with event origins and a chronology of development and records, followed by numerous lists and charts, such as single-age records, and information about the event and athletes. For example, the pole vault chapter mentions canal pole vaulting in 20th century Holland, and the fact that Alfred Gilbert, Olympic champion in 1908, later became famous as inventor of the erector set and started his own company, Gilbert Toys.

Whenever feasible, the author has included a factoid on an unlikely performer who did well in the event (Big Man in the sprints: Russ Hodge, 6-3, 225, 20.8, 200; Small Man in the shot: Jacek Wszola, 6-3, 171, a 7-8 Olympic high jumper, threw the shot 50 (10).

Although most of the book is devoted to lifting, masters athletes, many of whom do lift weights, especially throwers, may find the lifting sections as interesting and informative as the t&f chapter.


The book contains a broad selection of photos, many of which I had not seen before, and cartoons, plus an "Age Comparison of Events" page, and a four-page bibliography.

The book has to be seen to really appreciate the amount of information in it. A bargain at $14.92, plus $2 for s/h and $1.70 tax from Californians, it is available from Education Plus, Dept. M, 18584 Carlwyn Dr., Castro Valley, CA 94546.

Juliana Von Evig, Colorado, winner of the W30 60m and 200, checks her time with an official after the 60m, USATF National Masters Indoor Championships, Reno, Nev., Feb. 24-26.

Photo by Jerry Wojcik

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From Left To Right- Bill Rodgers, Ron Hill, John Campbell, Henry Romo

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His Bubble Did Not Burst

by MARYLYN J. MITCHELL

Did you know that that steeplechase runner running next to you was the man who invented the tennis bubble? Sixty-eight year old masters track and field athlete Desmond Margetson is not only a successful athlete in both tennis and running but, unknown to most of us, he is also a well-established engineer who has recently started getting public acknowledgement for some of his long-standing inventions, not least among them, the tennis bubble.

In a roundabout way, Margetson started work on developing the tennis bubble in 1956, in order to provide year-round training and playing facilities in the cold, snowy northeast corridor. When full implementation of his development was not possible due to building code problems, he left that job and went on with his life as an engineer. In 1965 Margetson heard there was a tennis bubble in Queens, New York at the Tennis Club and it was his invention, but he was not getting credit for it.

Other people generally credited with the bubble’s success did not deliberately cheat Margetson out of his fame—he had just somehow been overlooked because he had disappeared from the tennis scene. Current success can be attributed to persistent, sometimes-pesky Mel Feldman, a researcher for the New York Sports Museum Hall of Fame, who pursued a number of writers for months to chronicle the story and to give Margetson his credit. As a result of Feldman’s media campaign, Desmond Margetson was publicly recognized in a New York ceremony in August 1994, was the subject of a recent New York Times newspaper article, and is the subject of an upcoming Sports Illustrated article.

An outstanding tennis player in the 1940s and 1950s, Margetson was New York University’s top player and went as far as round 16 of the National Indoor Championships four times between 1950 and 1954. Currently working a four-day week as an engineer, he pursues photography as an avocation, and tennis and tennis as hobbies. His photographic interest is extremely serious and he insisted that we differentiate between “avocation” and “hobby.” In addition to the tennis bubble, he has several registered patents in the aerospace and defense industries.

Married to his wife of 44 years, he has two married sons and a grandchild and has still managed to find the time to train enough to win the national high jump in 1983 and the 2000 meter steeplechase in 1986. In March 1992, at the world cross-country championships in Boston, Margetson became so inspired by the Kenyan team and their coach, Dave Samoeo, who gave him a 45-minute training session that, in Margetson’s own words, “I thought that I had wings.” He went on to win his age group and a national title.

Margetson, motivated and impressed that the Kenyans and their coach had the graciousness and willingness to take time to help a masters athlete, took it upon himself to start a project to donate new shoes to Kenyan runners, paying for the first dozen pairs himself and shipping them with the aid of the Kenyan Embassy in Washington, D.C. He continues to have interest in this project and would welcome any inquiries or donations of cash or new running shoes and/or equipment. Says Margetson, “If anyone thinks he can just go out and run, he’s crazy... the Kenyans are proud to be representing their country and their families and they have great serenity and a great sense of belonging.”

Somewhat that feeling rubbed off on Margetson and he feels it contributes to his continuing success. “I’m really surprised that things have worked out in track and field. I’m really a tennis player, but now I only play (tennis) socially.” He retired from tennis at age 27 in order to pursue cross-country and, while he is again finding fame in the tennis world, running seems to have overtaken tennis in his priorities. A very strong advocate of the club running system, Margetson is probably more proud of his role in getting the track across the street from New York’s Yankee Stadium named after the Pioneer Club’s late coach, Joe Yancey, than he is of his development of the tennis bubble. He is a real “team player” and wants everyone to know that he was proud and happy to be a Pioneer Club member.

Margetson will undoubtedly be the subject of a number of upcoming magazine and television journal articles, but he will continue to be the warm, friendly and kind person he has always been. He welcomes contact with all the athletes and officials—he’s success has not gone to his head. Look for him at association and regional meets and at the Buffalo WADA Games in July.
Through The Eyes of A Sprinta ... 400 Meters

It's all O'Brien's fault and it all started about five years ago in January. At the time, being new to masters track and field, I was still feeling my way at the first few meets and, using the smorgasbord approach, trying to select the events that I could concentrate on and develop specific skills in order to compete with a degree of dignity and without embarrassment.

Naturally, I was drawn to the shorter distance, having been a sprinter in high school. Besides, even at my advanced age according to my son, Chris, I did have some natural speed left and, what the heck, how winded could you really get running a 100? That's when O'Brien came into my life and thus began my downfall.

I dutifully did my training through a summer and fall season, building the base and working on technique. After a few meets in the indoor season I was feeling pretty good and doing better than I thought I would. Bob O'Brien and I struck up a friendship and usually spoke on the phone one or two days a week between meets. Then the fateful call came in mid-February: "Hey, Dave", the familiar, but unannounced voice on the other end of the line said, "What about running with the club team in the Penn Relays at the end of April?" In classic knee-jerk fashion, I responded affirmatively, in that "Running at Penn" was an unfulfilled but long abandoned dream of mine, along with being an astronaut or a fireman.

O'Brien then went on to say that he and a number of others from the club had been impressed with my development over the indoor season, particularly my start, and felt that I was "the one" to run leadoff, no less, in the upcoming carnival. "We hung up after my enthusiastic "Count me in!" and I let out a whoop that shook the curlers from my secretary's head.

The next week, when we talked again, OB started to fill me in on the details... Friday, April 28, a 4x100 at 11:30 AND the 4x400 at 5:30, "400!" I gasped: "I've never run a 400!!" "No Sweat," he laconically said. "It's ONLY one lap around the track and you have plenty of time to train for it." "But, but, I'm a Sprinta!" I added, with my Jersey City accent showing through my shock. "Just run the 300 and hang on," was his insightful advice on how to run a 400. Bob is a year older than me, and my mother always taught me to respect my elders, so I listened to him.

The fateful day arrived and I was as enthusiastic as a high school girl on prom night. Our performance in the 4x100, although we missed a medal, was better than I expected and gave me the confidence for doing well in the upcoming "Sunset Classic" 4x400. The gun went off and, at the lane break at 100, I was right in there. At 200, I was starting to feel a bit of strain but knew I was more than halfway home. As we approached the 300 point, a strange sensation began to come over me... Oh, No! Lactic Acid. By 350, I discovered, in almost out-of-body fashion, what everyone meant when they talked about the mental component of running a 400... It sure wasn't physical anymore! In fact, my arms and legs had just about quit on me. Talk about "Running Out of Gas"... my tank was, unquestionably, on empty. By sheer strength of Irish will and stubbornness, I made it to the finish line with a modicum of dignity, as in "Death With Dignity" and our team, thanks to Bob's anchor, placed respectfully.

The following year at Penn for me was pretty much a reacquaintance with the Nasty Bear who lives at the 300 mark. Boy, can that O'Brien sell!
Reno Marks Watershed

The recently concluded Indoor Championships in Reno, Nev., marked a watershed in the masters movement. Over 700 athletes competed during the three days of competition, making it the largest Masters Indoor Championships held in the U.S. No one worked harder than Meet Director Bill Bowser, who devoted months of his life to the event, and deserves the thanks of every participant.

As a movement, masters track & field is growing, and with growth come growing pains. We have reached a point where both athletes and meet management have a right to expect certain essentials from each other. In the spirit of advancing the sport, here is what I consider to be the respective bills of rights for athletes and management at championship masters events.

Athletes Bill of Rights
1. All implements and equipment required under the rules of competition will be available.
2. Meet management and officials will follow the rules of competition without exceptions.
3. Approximate event starting times will be posted or distributed well before the event.
4. Adequate medical staff and/or ambulance will be on site.
5. Adequate written information about advancement procedures will be available.
6. The competition schedule will take into account logical event “doubles.”
7. Adequate officials and volunteers will be present during all days of competition.
8. An informed announcer will be at every championships.
9. Field event athletes will compete in the main venue, whenever practical.
10. An adequate area for warm-up will be available.
11. A free or low-cost shuttle system will be available when distance between housing and venue warrants.
12. Participants may expect to be treated as the serious athletes they are.

Meet Management Bill of Rights
1. Meet management may expect athletes to carefully read printed materials related to the conduct of the championships.
2. Meet management is responsible for carrying out the rules as written; they are not responsible for the content of the rules themselves.
3. Tight airline schedules are not the responsibility of meet management.
4. Meet management may expect cooperation and flexibility on the part of athletes when glitches occur.
5. Meet management will create a schedule which makes sense for the most people; athletes competing in more than two events must expect some conflicts.
6. Competitors will report on time according to the written schedule.
7. Awards ceremonies will be conducted with the cooperation and understanding of the competitors.
8. Athletes will be familiar with the rules of competition for their events.
9. Decisions of the Games Committee will be respected. Athletes will not attempt to compete in sections or age groups they are told not to.
10. Meet management, officials, and volunteers have the right to expect courteous treatment from all competitors at all times.

For both athletes and meet management, the ultimate goal is the same: safe, well-run competitive championships that are fair to everyone. With everyone’s cooperation and understanding, we’ll reach that goal.

Indoor Nationals

Continued from page 1

Raschker, 48, Marietta, Ga., who used the fine facility and the large cadre of experienced officials to her advantage in breaking four W45-49 world records and one U.S. record — all her own — in the 200 (26.18), 60mH (9.18), high jump (1.58), pole vault (3.23), and the U.S. 60m (8.02). The pole vault mark (10 feet, 7 inches) is astonishing, considering that she would be classified by most Americans as middle-aged.

Other athletes had multiple records, but a few are more noteworthy than others. Jim Mathis, of Tennessee, broke two M60 sprint world records held by outstanding performers. In the 200, he reduced Jack Greenwood’s 26.37 to 25.70, and in the 400, he lowered Earl Fee’s 59.82 to 58.86. Fee, of Canada, meanwhile lowered James Law’s 60.67 for the M65 400 to 59.53.

Diane Palmason of Canada broke the world W55 800 record of 2:49.8 with a 2:40.39. She lowered Carolyn Cappetta’s W55 400WR of 67.9 to 67.38, and helped push Cappetta, of Mass., to a WR 30.30 in the tightest 200 finish of the meet.

Californian Joan Ottaway lowered the official W50 3000 WR to 10:56.96. She has a 10:43.9 pending, which she ran in England, Feb. 12. She also set a U.S. W50 1500 mark of 5:12.43 which erased Linda Upton’s 5:23.05.

Denise Foreman’s three W35 U.S. records in the sprints and hurdles were impressive.

Long-time masters competitor Domingo Tibaduiza, who lives in Reno, was able to set a U.S. record while his family and fans watched, with an 8:59.14 in the M45 3000.

In the field events, Canadian Debbie Brill’s W40 high jump record of 1.72/5-7¼ will probably stand for awhile, as will Milan Tiff’s 14.82/48-7½ in the M45 triple jump. Joe Keshmiri’s 15.74/51-7¼ record in the M55 shot, and Jerry Cash’s 4.61/15-1½ improvement on his own M45 4.44/14-6¼ record are imposing.

Boo Morcom’s past dominance in the pole vault is apparent when the world record list for this meet shows that he lost two world records in that event, one in the M50-54 division and the other in the M65-69 division.

Five 60m records were broken, all by women. Some athletes justifiably criticized the men’s heat seedings. In the M40 60m, four of the six finalists came from one of the four heats, while another heat produced the other two. In the M45 60m, three finalists came from one of the four heats, three from...
April, 1995
National Masters News

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Indoor Nationals
Continued from page 18
another, while the other two heats produced no finalists. In the fourth MJ50
heats, five finalists came from one heat, which included two of the best
MJ50 sprinters in the world, Stephen
Robbins, of Washington, and Harold
Morikoa, of Canada, so, for all intents
and purposes, the heat was the final.
Robbins did win the final (7.42); Morikoa was second (7.57).
The whole procedure was a clear
violation of USATF rules, which mandate
that the winners of any heat must advance
to the next round.
There were complaints by the
athletes regarding the field event
evaluation, but most thought the facility
was the best indoor they had ever
competed on. Officials were plentiful; ten
were counted at one time working the
weight throw competition.
Off-track activities included a
western barbecue on Friday night and
an informal athletes’ meeting, presided
over by USATF Masters T&F
Chairperson Barbara Kousky, on
Saturday evening at the meet
headquarters Holiday Inn. Some athletes
engaged in activities not related to the
meet, such as skiing at nearby ski
resorts, sightseeing at Carson City and
Lake Tahoe, and playing golf at one of
Reno’s many courses. Others even
gambled.
Bill Bowser was the primary meet
director.
Next year’s championships will take
place in Greensboro, N.C., March
29-31. □

AGE GROUP RECORDS SET AT THE USATF
NATIONAL MASTERS INDOOR CHAMPIONSHIPS, RENO, NEV., FEB. 24-26, 1995

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**U.S. RECORDS**

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High jumper, Debbie Brill, Canada, on the victory stand with Linda Lowery, Georgia, USATF National Masters Indoor Championships, Reno, Nev., Feb. 24-26, where Brill broke the W40 world record with a 1.72-5.74. Photo by Suzy Hess
All You Ever Needed to Know About Age Grading But Were Afraid to Ask

What is age grading and what is it doing for me? Masters runners and track & field athletes who have been subscribers to the National Masters News, don't need to ask that question. They've been reading about age grading for several years now.

New Jersey road racers are asking the question, because when they get their race results card from Dave Siconolfi of CompuScore, they are given a tasty tidbit of information referred to as their age adjusted time. It's always a faster time than what they truly ran.

Subscribers of the newspapers served by the Runners News Service see race results with the top overall finishers and then, often, the age-adjusted masters top performers.

"What's going on here? How'd I get so fast?" they ask.

History
When road racing blossomed into a national pastime about twenty years ago, the concept of special age divisions for older runners was developed. Because it is a biological fact of nature that men (and women) slow down and lose strength with age, separating the older, or masters, runner to be judged separately from the open runners made sense.

Sometimes a race would have ten-year age-divisions and more progressive races further divided those divisions into five-year groups. This made things much fairer for the older competitors — they only had to compete against those about their own age.

But could there be a way to evaluate all of the older competitors' performances by developing a sliding scale that would even things up and place all of them into one category? Wouldn't this make things more equitable when purse money was being paid to the masters runners?

When purse money is paid to masters we are, in effect, recognizing the age slow down, but then invalidating the concept by giving the purse to the younger masters athletes who are naturally going to run faster than the sixty-year-old.

With an age grading system, the 60-year-old would then have as even a shot at the purse as the 40-year-old.

With the advancement of computers such a concept could be implemented. All that was needed was an accurate method to appraise the performances by the top athletes in each one-year age division to be factored against the top open athlete's performances.

Through many hours of work, researching and compiling data, the first age-graded tables were developed by the World Association of Veteran Athletes, the world governing body for masters track and field, long distance running and racewalking. Those first tables were published in 1989. By 1994, the tables were updated with new data, and they will continue to be updated, probably on a five-year basis.

Table Talk
Let's look at how this works and why it is relevant for masters athletes.

The tables can be used in two ways — one by using an age-graded standard to determine an athlete's "performance-level percentage," and one to readjust an athlete's race time to that of an open athlete by using an age factor.

It's the latter that runners have been seeing on their race results postcard from CompuScore. Let's say you’re a 55-year-old woman runner who has finished a 10K in 45:18. The 10K factor for you is .8545. By multiplying 45:18 (or 2718 seconds) by .8545 we reach 38:43 as your age-graded time.

To determine your "performance-level percentage" you would take your standard which is 35:01 and divide 35:01 (2101 seconds) by 45:18 to get your PLP of 77.3%.

Most road racers prefer to see their age adjustment stated in terms of age-graded time as in the first example. However, the Performance-Level Percentage is more relevant in track & field performances which encompass a wide range of events.

Some road racers have begun to use age-adjusted scoring for determining their masters purse money winners. The National USATF Masters LDR Committee is in full support of age adjustment and is working hard to encourage its adoption throughout the country.
Happy 200th Birthday

It's hard to believe, but this is the 200th issue of the National Masters News. To celebrate, we've added some more color. And, as we did with issue No. 100, here are some of the highlights of the past 100 months:


No. 113, January, 1988. 4817 athletes from 51 nations set 92 world records in VII WAVA Championships in Turku, Finland.

No. 114, February, 1988. Bill Rodgers and Frank Shorter turn 40; Rodgers wins first match-up, 30:49 to 31:10, in Charlotte Observer 10K.


No. 129, May, 1989. 658 athletes from 47 states compete in Indoor Nationals in Columbus, Ohio. John Campbell begins masters career with marathon wins in Los Angeles (2:17:51) and Boston (2:14:19). NMN subscriptions reach 5000; annual price increases to $22.


No. 138, February, 1990. ICI gives $40,000 to masters as Mario Cuevas and Priscilla Welch win ICI/USA TAC Masters 8K in Naples, Fla.


No. 156, August, 1991. 800 compete in Nationals in Naperville, Ill.

No. 157, September, 1991. 4817 athletes from 53 nations take part in IX WAVA Championships in Turku, Finland.


No. 184, December, 1993. 12,178 athletes from 78 nations compete in 10th WAVA World Championships in Miyazaki, Japan.


No. 191, July, 1994. At age 47, Phil Raschiker places second in USA women's open pole vault; clears 11-1 earlier - a 99.1% age-graded effort.

No. 193, September, 1994. Nationals draw 1418 from 50 states and 12 countries to Eugene. WAVA age-graded tables revised.

No. 197, January, 1995. NMN subscriptions reach 6000.


Knee Pain Should Be Diagnosed Properly

I probably should hang a sign — like Lucy in Peanuts — on the handle of my lawnmower: "The Doctor is in." I was mowing my lawn one afternoon when a motorist pulled into my driveway.

Someone I didn’t know. Dressed in a business suit. Looked like he needed directions. Turns out he did.

Knee pain. The motorist was a runner. Lately, he had started to hurt. He pointed to his knees. "I guess sooner or later all runners suffer knee pain because of the pounding," he said.

Not necessarily. It’s a myth that runners suffer from knee pain more than other athletes. Talk to any skier, or racquetball player, or cyclist about their knees. Maybe runners just whine more.

However, if your knees hurt when you practice your sport, you’re not interested in statistics about how much, or how little you should hurt. You just want to stop hurting.

I asked the identity of the doctor. He had talked to a pediatrician. Well, suppose — if your knees hurt when you practice your sport, you’re not interested in statistics about how much, or how little you should hurt. You just want to stop hurting.

Which is why the motorist pulled into my driveway. He spotted me mowing my lawn on a sunny afternoon and stopped to ask about his sore knees.

The motorist already had sought advice from a real doctor. "He told me to run less," said my patient.

I asked the identity of the doctor. He had talked to a pediatrician. Well, suppose if you’re seeking advice in the area of sports medicine, that’s one notch higher than a running columnist mowing his lawn. But running less is not an acceptable option for most of us who have tasted the pleasures of physical fitness. We want to run more, not less. When injuries interfere with our ability to do this, we become irritated.

Okay, the doctor is in. I asked him what kind of shoes he wore. If you’re going to pretend you’re a physician and diagnose ailments, you need to know the right questions to ask. That’s the first law of diagnosis.

I’ve been involved in running long enough to know that most running ailments — particularly in the area of the knee — can be traced to the foot. It’s not so much the foot pounding the pavement, but rather what happens after the foot pounds the pavement. If the foot hits the ground unevenly, off center because of some imbalance or a worn pair of shoes, the knee attempts to stabilize the body above by twisting to align it with the foot below. If the knee twists too much, or too often, or too much too often, it’s going to hurt.

Three or four months before, the motorist had purchased a $120 pair of shoes. I asked him what difference they were making. "They’re too soft. They lack stability," he said.

If you’re a little off-center, your knee is going to twist. Result: sore knobbly.

I asked the motorist how long his knees had been hurting.

"Three or four months," he said.

Diagnosis complete. I offered the motorist two options:

1. Buy a new pair of shoes; ones that offer more stability than the $120 shoes that match my purple polo shirt. I had no specific recommendations, although several times a year Runner’s World publishes a shoe survey offering guidance.

2. Go to a podiatrist (not pediatrician) with experience treating runners, and ask him or her to do a biomechanical assessment and suggest an appropriate pair of running shoes.

My advice reminded me of the TV commercial several years ago for an oil filter. An oil-smudged mechanic snarled: "You can see me now — or see me later!"

If I had a sign like Lucy’s hanging on the handle of my lawnmower, I could have flipped it over: "The Doctor is out!" The next time you want advice on your running injuries, drive past my house to see if I’m mowing the lawn.

(My wife claims that won’t happen too often.)

Price Increase

NMN has not had a subscription price increase since January, 1992.

But in the past six months, paper costs throughout the world have increased up to 70 percent, mainly due to increased demand in Asia.

Our printing costs have been raised twice since Sept. 1994. Thus, we are forced to raise the annual subscription price to $26 starting next month.

Clinton to Race Gingrich at White House

WASHINGTON, D.C. April 1 — In an effort to break the logjam on the various welfare reform bills now in Congress, Speaker of the House Newt Gingrich has accepted President Bill Clinton’s challenge to a one mile race around the oval track at the White House.

Both men have agreed that the winner of the race will determine which bill is passed by Congress.

If Gingrich wins, the Republican-sponsored bill will prevail. It eliminates the federal programs for food stamps, school lunches, AFDC, and WIC (women, infants and children).

If Clinton wins, the Democrat-sponsored measure will become law. It increases welfare benefits, expands the food stamp program, and raises the minimum wage.

"We know getting our welfare reform bill through Congress would be tough," Gingrich admitted. "And even if we did, Clinton threatened to veto it. This way, we’ve got a shot. If I can’t beat that paunchy, pale-legged, pizza-loving liberal, I’ll quit and go back to Georgia."

The president said Gingrich was in for a surprise. "I didn’t want to use the veto," Clinton said, "because Congress might override me, and it would be a bad political move, in any case. But I’m in better shape than that gray-haired, Limbaugh-loving, conservative blowhard thinks. The only exercise he gets is bashing pregnant teenagers and little children."

Senator and presidential candidate Richard Lugar (R-In), an avid runner, himself, said: "I think it’s ridiculous to make policy this way. I know this welfare debate will take time, but it’s just something we have to do."

The majority of Congress, however, seemed to support the unusual but innovative contest.

"It is a lot of fun," said David Spellman (D-Oh). "People are tired of gridlock in Congress. They want action, one way or another. Well, they’re going to get it."

If Gingrich wins the race, welfare mothers will be kicked off the welfare rolls after three months. If they can’t find a job and wind up homeless, their children will be taken from them and placed in orphanages.

"I know it’s tough, but the American people want a return to good, old-fashioned values," said Robert Perry (D-Ut), a Gingrich supporter. "People want work, not a handout."

"It’s draconian; it’ll be like Dickens’ England," said Janet Mitchell of the Children’s Defense Fund. "Has everyone forgotten that people were actually starving in Mississippi back in the 60s before the federal government stepped in?"

Gingrich ally John Costello (R-Pa) said the Republican plan would discourage women from having illegitimate babies. "If we don’t give ‘em welfare, they can turn to the oldest profession," he winked.

If Clinton wins, all citizens will receive a guaranteed annual income with no forced work requirements. Backers of the Clinton plan said America hasn’t seen full employment for years; that there aren’t enough jobs to go around; and that training people for jobs that don’t exist is a waste of taxpayers’ money. Moreover, they cite welfare costs are less than three percent of the U.S. budget.

"It would be cheaper to replace the ragbag of welfare programs with a single, comprehensive program of income supplements in cash — a negative income tax," said economist Milton Friedman. "It would provide an assured minimum to all persons in need, regardless of the reasons for their need."

Honorary timekeepers for the race will be Bob Dole, Al Gore and Ross Perot.

Both Clinton and Gingrich admitted the pressure would be on them, but each seemed confident of victory.
Gordon Cleared of Drug-Taking

Peter Gordon, 43, the U.K. M40 discus record holder (58.42) has been cleared of drug-taking by the British Board. Gordon had been unable to produce a "sample" after a meeting in 1993. Blaming the failure on a medical condition — he has a mild form of cancer — Gordon was cleared but only after a protracted legal battle.

Highlights of the BVAF Championships in Birmingham, Feb. 12, were a British M45 400 best by former world champion Peter Browne (52.1), and a 27.1 W40 record by Helen Goddall. However, the best performance came from Joan Ottaway of the U.S., who set a W50 world record of 10:43.9 in the 3000, defeating Elaine Statham, whose 11:03.4 was a British record.

Una Gore set a new 60m world unofficial hand-timed best for W55 with an 8.9. W55 Jean Hulls set world unofficial bests in the 200 with a 29.8 and 60mH with a 10.9.

In the field, Colin Shafo, M55, HJ 1.57, and Jean Wills, W45, LJ 4.53, both set British records.

Countdown to Buffalo

Olympic Spirit to Shine in Buffalo

One of the special allure of the WAVA World Veterans Athletics Championships is the opportunity for masters athletes of varying skills and experience to share the track with Olympic legends.

Evelyn Ashford, Al Oerter and Frank Shorter are among the Olympic gold medalists who have appeared in past WAVA Championships around the globe.

In their continued spirit of cooperation, the local organizing committee in Buffalo and the World Association of Veteran Athletes are working together on a program to recruit former track and field Olympians to the XI WAVA World Veterans Championships to be held in Buffalo, N.Y., USA, this year from July 13-23.

"How many baseball fans would love to face a Sandy Koufax curveball, and how many basketball fans would love to post up against Kareem Abdul-Jabbar?" asks Vito Borrello, executive director of the Championships. "You could say the Championships will be a 'fantasy camp' for avid fans of track and field."

Ten Former Champions

The legends will participate in athletic competitions and attend a number of official functions during the Championships. Organizers in Buffalo are recruiting ten former Olympic champions, at least five of whom will be from the USA.

While no firm commitments have yet been made, Borrello says the initial response from Olympians has been positive.

"The World Veterans Athletics Championships are the world's premier masters track and field competition," Borrello said. "These Olympic legends are looking forward to competing with the world-class masters athletes coming to Buffalo."

Further information on Olympians coming to Buffalo will appear in this column in coming months.

5000 Athletes

The biennial event is expected to attract more than 5000 athletes (men age 40+, women age 35+) from more than 70 nations. There are no qualifying standards, except to be at least the minimum age.

Stovroff & Taylor Travel, the official travel agency of the event, is offering special discount packages on rental cars and trucks with advance reservations.

They also are offering discounted airfares on Continental Airlines, the official Games' airline, and will provide the lowest possible airfares on any other airline, as well.

Stovroff & Taylor can also make arrangements for accommodations.

To contact Stovroff & Taylor from anywhere in the USA or Canada, phone 800-543-8616 between 8 a.m. and 6 p.m. (EST), Monday through Saturday. For 24-hour, 7-day service from anywhere in the world, phone 800-345-8463 and ask for ID# PY5X.

Masters athletes and spectators may use either of these two toll-free numbers to make travel, housing and car rental arrangements all at once.

Housing for the Championships is being snapped up fast, and arrangements for accommodations should be made as soon as possible, either through Stovroff & Taylor or through the local organizing committee.

The entry and accommodation forms were printed in the February issue of MNM. The competition schedule is printed in this issue. The entry deadline is May 15. Entry and accommodation forms are also available from the WVC, 120 Church St., Buffalo NY 14202. Phone: 716-849-0704.

Drug Testing in Buffalo

by JOAN STRATTON, Chair, USATF Masters Substance Abuse Committee

Drug testing will be held in Buffalo — plan on it. The testing will follow IAAF procedures and testing guidelines. Note that the entry booklet for Buffalo suggests that if you are taking a banned substance, you should get a certificate signed by two medical doctors. Please be aware that this offers no assurance that you will be exempt from penalties. Your safest option is to switch to permissible medications.

The list of banned substance is extensive and very few have legitimate medical uses. Some examples of banned substances include all anabolic steroids, testosterones, all blocking drugs (such as probenecid and diuretics) and all stimulants.

Most drugs used for asthma are legal with the exception of many over-the-counter inhalers (such as Primatine Mist). All antibiotics are legal as are all non-steroidal anti-inflammatory. Corticosteroids, such as prednisone, are banned unless used on the skin or injected into a joint.

Be careful with antidiarrheal medications. Some brands (i.e., Imodium) are okay, others aren't.

The biggest offenders are cold medications! All decongestants are banned (i.e., Sudafed), but antihistamines, such as Benadryl, are okay. The USOC has a hotline (1-800-233-0393) which can provide information. There are a few differences between IAAF and USOC lists so, if in doubt, contact me.

The testing procedures will be reviewed in a future article. Questions can be addressed to Joan Stratton, P.O. Box 2361, Carmichael, CA 95609.
### COMPETITION SCHEDULE BY AGE - MEN

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### COMPETITION SCHEDULE BY AGE - WOMEN

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### WAUSAETF Hurdles and Implements Specifications

#### Hurdles

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<tr>
<th>Age</th>
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<th>To Finish</th>
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<td>80m</td>
<td>76.2m</td>
<td>12.00m</td>
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#### Implements

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<td>4.00k</td>
<td>600gms.</td>
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<tr>
<td>50-59</td>
<td>3.00k</td>
<td>1.00k</td>
<td>3.00k</td>
<td>400 gms.</td>
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</table>

- **Age** indicates the age range for which the specifications are valid.
- **Race Distance** represents the distance over which the event is run.
- **Hurdle Height** specifies the height of the hurdles.
- **To Finish** indicates the distance to complete the hurdles.
- **No. of Hurdles** denotes the number of hurdles to be overcome.

### Stella: 3000m for men 30-39, 2000m for men 60+ and women

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**WAVA Council members inspecting the marathon course last year for the XI World Veterans Championships in Buffalo, July 23, 1995. The course crosses the Niagara River from USA into Canada, giving runners a spectacular view of Niagara Falls.**

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Masters Scene

NATIONAL

- Hammer throwers are invited to participate in a special clinic, conducted by Yuriy Syedikh, the current WR-holder in the hammer, in conjunction with the K.T. Woodman Track Classic, Wichita State U., KS, April 14-15. The throwing clinic is scheduled for April 12-13 for coaches and athletes to throw, film, and visit with Syedikh on topics related to throwing. On Saturday, April 15, athletes are invited to throw in the competition along with Syedikh. The cost for the two-day clinic is $75 per athlete. Contacts for the clinic are Jack Kornelson, Head T&F Coach, Wichita State U., 316/689-3257, fax 316/689-3336; and Ken Jansson, MD, Medical Director, St. Joseph Sports Medicine, 316/262-7586.

- Nine blind and partially sighted runners from across the U.S. will race in the Boston Marathon, April 17, to compete in the Visually Impaired Division and to raise money for the Massachusetts Association for the Blind (MAB). The runners, who are part of the Nike-MAB Team, will be joined by 28 sighted guides and independent runners who will also be competing and raising money for MAB. The nine runners include three masters: Rick George, 41, East Lake, OH; Don Mott, 43, Chicago, IL; and Richard Hargis, 48, Riverside, CA. All three have had extensive experience in previous marathons and in international competition.

- Running Through Life, a book by the late Margaret White, 100, Turpin, OK, got local television coverage as she broke the W100 indoor SP record with a 3:35.11 at the Sooner State Games, Oklahoma City, Jan. 29. Two weeks later, she was a featured guest on NBC's Tonight show hosted by Jay Leno, where she passed in one attempt her previous mark on a makeshift throwing area on stage before live and national audiences.

- In the excitement of Ken Sparks' and Sid Howard's performance in the Greater Boston Invitational article last month by Hugh Sweeney, the All-American times by Jo Marchetti, W50, in the 800 (2:44.1) and mile (5:44.1) got lost in the hoopla. These two efforts, in her first indoor ever, came on the fourth week after a 3:06.18 W50 win in the Houston Marathon on Jan. 15. A week after the GBI, Marchetti ran a 5:19.2 1500 and 2:42.4 800 in the USATF Maine Championships at Bowdoin College.

- Nicholas Caswell (45, 16:57), seventh overall, and Kathy Gibson (41, 19:03), third female overall, were the masters darlings with 40+ wins in the NYRC Valentine's Day 5K, Central Park, NYC, Feb. 11. Maury Dean (52, 17:23) was second 40+, Bill Fortune (66, 19:43) with an age-qualified 85.4%, and Sylve Kinche (48, 19:59) with an AG 81.0% were the best masters performers. Tom Grace (42, 18:50), Richard Basuk (43, 18:51), and Tom Bernhard (41, 18:54) staged the best age division finish.

- Harry Nolan, 48, Navesink, NJ, finished fourth in a field of college runners at an open meet at Seton Hall U., Feb. 26 and smashed the U.S. M45 3000 record of 9:12.69 held by Salih Talib, with a 9:01.3.

- In a field of 1688, Robert Anastasio (42, 20:41) and Kathy Gibson (41, 25:33) took masters titles at the NYRC Snowflake 4-Miler, Central Park, Dec. 19.

- Winning the masters at the NYRC Bagel Run 10K in Central Park, Feb. 26, were Sean Doyle, 33:15, and Joanne Baldacchino, 41:35. Nailing the W60 division was Lisa Prasnik, 47:16, an age-qualified 79.1%.

- Competitors in the 18th annual Empire State Building Run Up, Feb. 16, in NYC, ran up 1576 steps from the 34th St. lobby to the 86th floor observatory. The first M40+ was Ully Keane (41, PA, 13:24). Barbara Anderson (43, NY, 15:05) boxed the W40+ climbers.

Kurt Konig (38, GER, 10:39) was first overall. Of the 123 finishers, 99 were men and 24 women. Chico Scimone, 83, of Sicily was the oldest finisher (26:50). Oldest female was Christine Kellstrom (60, NJ, 19:24). Awards were given to the top three overall male and female winners with one award per 10-year age group from 40+. Next year's race, organized by the NYRRC, will be held Thu., Feb. 15.

SOUTHEAST

- Martin Mondragón, M40, of Mexico, and Irina Bondarchouk, W40, of Russia, blazed to masters victories in the warm and humid Gasparilla Distance Classic 15K, Tampa, Feb. 18. Mondragón won by eight minutes with a 44:30. Bondarchouk won by two minutes in 54:46. Division winners included W50 S. Rae Baymiller, NY, 58:43; W60 Wen-Shi Yu, NY, 70:25; and M60 Norman Green, Jr., PA, 56:00. Over 12,500 runners participated.

- The Birmingham TC Classic has moved its meet from the usual late May date to June 24 to avoid conflict with the Senior Games in San Antonio. The BTC meet has a number of special events, including the top eight age-graded 100m times competing for $100, and the mini-decathlon (participants select five of the ten decathlon events).

- Howard's performance in the Greater Boston Invitational article last month by Hugh Sweeney, the All-American times by Jo Marchetti, W50, in the 800 (2:44.1) and mile (5:44.1) got lost in the hoopla. These two efforts, in her first indoor ever, came on the fourth week after a 3:06.18 W50 win in the Houston Marathon on Jan. 15. A week after the GBI, Marchetti ran a 5:19.2 1500 and 2:42.4 800 in the USATF Maine Championships at Bowdoin College.

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MIDWEST

- Two 46-year-old women took first and second place overall among the women at the Columbus Roadrunners 15-Miler, Pickerington, OH, Feb. 12. June Schlabach, 1:47:54, was just a step ahead of Jeannie Rue, 1:48:10, at the finish.


SOUTH WEST

- Margaret White, 100, Turpin, OK, got local television coverage as she broke the W100 indoor SP record with a 3:35.11 at the Sooner State Games, Oklahoma City, Jan. 29. Two weeks later, she was a featured guest on NBC's Tonight show hosted by Jay Leno, where she passed in one attempt her previous mark on a makeshift throwing area on stage before live and national audiences.

- Sal Salmi (40, 3:26:58) was tenth in the San Diego Marathon, Carlsbad, CA, Jan. 22. Gale Hunt (49, 3:16:20) took the W40+ race. Mary Ryman (41, 1:26:08) placed second in the half-marathon. Bruce Minard (40, 16:23) was third in the 5K, while Joann Behm (40, 20:45) was sixth female. Runners in all three races totaled 3100.

- The USC Trojan Masters Meet is off for the season but will be on the schedule in 1996.

- David Pain, 72, of San Diego, often called the "father of the masters T&F movement," retired from running several years ago with bad knees. But he was chosen for the 1994 Masters All-American Track Meet by the U.S. Cycling Federation. Pain was national 20K age-group champion, breaking the U.S. record by over a minute.

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The official monthly newspaper devoted to Masters track & field, long distance running and racewalking.

DEMOCRAPHICS

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<th>Male</th>
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RUNNER'S WORLD
Track and field events feature competition for men and women over 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to MNM, P.O. Box 5098, Eugene OR 97405.

**TRACK & FIELD NATIONAL**

**SOUTHWEST**

Arkansas, Louisiana, Mississippi, Oklahoma, Texas


June 30. USATF Southwest Association Meet, Dallas. John Pritchett, P.O. Box 210066, Dallas, TX 75221. (800) 30 GO RUN.


Woodson, Arlington, TX 76016. 817/446-5700.


**WEST**

Arizona, California, Hawaii, Nevada


April 15. Annual Bob Watanabe Memorial Meet, UCLA. Will Adler, Box 832, 1000 Palms, CA 90076. 213/343-0773. April 23. Kettle Field Throws Series #8, Santa Cruz, Calif. Includes over weight. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-2022.

April 23. Crown Valley Senior Games, Occidental College, Los Angeles. 50 +, Cynthia Prior, 818/397-4064.


May 27. USATF/Pacific Masters & Submasters Weight Pentathlon Championships, Santa Cruz, Calif. Gay Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-2022.

May 27. Bruce Jenner Classic, San Jose, Calif. 400, 1500 (M40+) +, 200 (M50+) +, 100 (M60+) + (M70+) (both genders). Bruce Springbett, PO Box 2002, Los Gatos, CA 95031. 408/354-2005.

May 28, 1995
National Masters News

Canada


June 24-25. Hayward Masters Classic, Eugene, Ore. SASE to Timothy Shelley, 2748 Agate St., Eugene, OR 97403. 503/343-4610.

International


June 24-25. Hayward Masters Classic, Eugene, Ore. SASE to Timothy Shelley, 2748 Agate St., Eugene, OR 97403. 503/343-4610.

Southwest

April 29. Get In Gear 10K. Jeff Winter, Box 19900, Minneapolis, MN 55419. 612/322-3449.

April 30. Cherry Creek Sneak Mile 5K, CCS of Cherry Creek, 303 E. First Ave., Denver, CO 80206. 303/394-5710.

April 8. Whittier 5K & 5K Racewalk, Tishomingo, Okla. Jim Kennedy, 1500 E. Main, Tishomingo, OK 73660. 405/237-2247, x207.


May 20. 20th annual Ridgewood Run 5K/10K. Elite Masters SASE to North Jersey Masters, PO Box 56, Ridgewood, NJ 07450. 201/447-9750.

Southeast

April 1. Cooper River Bridge 10K. Julian Smith, c/o MUSC Wellness Center, 615 Courtenay Dr., Charleston, SC 29401. 803/972-2533.

April 22. Petersburg 10K, Winchester, Va. Tom Scully Jr., race director, 13 North Cameron St., Winchester, VA 22603. 703/562-3833.


Midwest

May 23. Glass City Marathon. Pat Wagner, 130 Yule Dr., Toledo, OH 43616. 419/385-1072.

May 28. 15th Annual Lake County Races, Zion, Ill. Marathon/5K/10K/20K/5000, Photo Finish. Don Grant, PO Box 2194, Grand Rapids, MI 49501. 616/771-5004.


Mid-America

April 1. YMCA Midwest Masters Classic annual (35 +) 8K Run (certified) and 2 Mile Walk. 9 a.m. N.P. Dodge Park, Omaha, NE. Stan Shirer, 5019 Parker St., Omaha, NE 68104. 402/457-8454.


April 23. Trolley Run 4 Mile. Judy Miller, c/o Trolley Run, 400 W. 57th St., Kansas City, MO 64113.

April 29. Mt. Rainier to The Pacific 10K. Andrew Sarjeant, 130 Yale St., Lake Oswego, OR 97034. 503/835-2187; 800/467-1048.
Below is a list of masters & field, long distance running, and race-walking clubs arranged alphabetically by region. Some offer workout facilities. Most have social programs and annual awards. If you’d like to find out more about what’s going on in your area, contact one. To have your club listed, please send the necessary information to National Masters News, P.O. Box 2374, Van Nuys, CA 91404.

### EAST
- **Philadelphia**
  - **Masters**
  - **Archies**
    - Karl Catch, 44 N. Penn St.
  - **Hartford**
    - 99040
  - **Plainview**
    - Old Bethpage RKC
    - 16275
  - **Pocatello**
    - 11800
  - **Portsmouth**
    - 1974
  - **Rickman**
    - 22 Addison Rd.
    - 50036
  - **Syracuse**
    - Centri City
  - **Westchester**
    - 11019

### SOUTHSEAST
- **All American**
  - 10144
  - **Atlanta**
    - 3077 E. Shadowawn Ave.
    - 30347
  - **Florida**
    - 3250 Lakeview Blvd.
    - 32745
  - **Georgetown**
    - 2900 John Ave.
    - 36802
  - **Miami**
    - 2709 S.W. 40 St.
    - 33155
  - **Nashville**
    - 2709 Linnan Ave.
  - **Dallas**
    - 1100 E. Parker Rd.
    - 75202
  - **North Carolina**
    - 2510 Ridge Rd.
  - **Pony Express**
    - P.O. Box 254
    - 2900
  - **Port Columbus**
    - P.O. Box 1607
    - 43227
  - **Springfield**
    - 850 Park Dr.
  - **World Elite Track**
    - 5007-1022

### MIDWEST
- **Ann Arbor**
  - P.O. Box 32200
  - **Columbus**
    - P.O. Box 1554
    - 43215
  - **Dayton**
    - P.O. Box 1220
    - 45417
  - **Midwest**
    - P.O. Box 31441
    - 43220
  - **River to River**
    - P.O. Box 1224
    - 60739

### SOUTHWEST
- **All American**
  - P.O. Box 3132
  - **Denver**
    - 80214
  - **Houston**
    - 77022
  - **Las Vegas**
    - 89119
  - **Los Angeles**
    - 90813
  - **Sacramento**
    - 95813

### NORTWEST
- **Anchor**
  - P.O. Box 3152
  - **Anchorage**
    - 99504
  - **Barron Park**
    - 99505
  - **Bigfoot**
    - 99507
  - **Oregon**
    - 99508
  - **Seattle**
    - 99509

### WEST
- **All-American**
  - P.O. Box 575
  - **El Dorado**
    - 95835
  - **Fresno**
    - 93727
  - **South Carolina**
    - 29010
  - **Teame Patrots**
    - 95824
  - **Tucson**
    - 85714
  - **West Valley**
    - 91357
  - **Wichita**
    - 67201

### SPECIAL REGIONS
- **Central**
  - 60734
  - **Eastern**
    - 60744
  - **National Capital**
    - 20001
Where your world becomes the next two strides
Please send requests to: National Masters News, P.O. Box 50098, Eugene OR 97409. To keep current information available, we generally do not report results more than two months old. Submit results in a typewritten uniform 2-space (21/2"") wide in our format receive preference. Deadline is the 10th of the month prior to issue date.

### USATF Masters Indoor Pentathlon Championships

Proviso West HS, Chicago, IL; Feb. 11

<table>
<thead>
<tr>
<th>Rank</th>
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<th>LUMP</th>
<th>SP LUMP</th>
<th>10000m</th>
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<tr>
<td>1</td>
<td>52.8</td>
<td>29.2</td>
<td>19.8</td>
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<td>43.8</td>
<td>28.2</td>
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<td>9.8</td>
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<tr>
<td>5</td>
<td>19.8</td>
<td>14.2</td>
<td>5.8</td>
<td>39.8</td>
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</table>

### Field Results

- **100m**:
  - Heat 1: 10.11 (10.11), 10.12 (10.12), 10.13 (10.13)

- **400m**:
  - Heat 1: 49.2 (49.2), 49.3 (49.3)
  - Heat 2: 49.4 (49.4), 49.5 (49.5)

- **800m**:
  - Heat 1: 1:25.3 (1:25.3), 1:25.4 (1:25.4)
  - Heat 2: 1:25.5 (1:25.5), 1:25.6 (1:25.6)

- **1500m**:
  - Heat 1: 2:50.6 (2:50.6), 2:50.7 (2:50.7)
  - Heat 2: 2:50.8 (2:50.8), 2:50.9 (2:50.9)

- **Indoor Pentathlon**:
  - Heat 1: 3:12.3 (3:12.3), 3:12.4 (3:12.4)
  - Heat 2: 3:12.5 (3:12.5), 3:12.6 (3:12.6)

### Women’s Results

- **100m**: 11.0, 11.1, 11.2
- **400m**: 51.0, 51.1, 51.2
- **800m**: 2:04.0, 2:04.1, 2:04.2
- **1500m**: 4:37.0, 4:38.0, 4:39.0

### Men’s Results

- **100m**: 10.0, 10.1, 10.2
- **400m**: 46.0, 46.1, 46.2
- **800m**: 1:25.0, 1:25.1, 1:25.2
- **1500m**: 3:14.0, 3:14.1, 3:14.2

### Masters Men’s and Women’s Results

- **100m**: 11.0, 11.1, 11.2
- **400m**: 47.0, 47.1, 47.2
- **800m**: 1:26.0, 1:26.1, 1:26.2
- **1500m**: 3:15.0, 3:15.1, 3:15.2
April, 1995  
National Masters News
### Table: National Masters News

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<tr>
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<td>5:15</td>
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### Notes
- Masters 70+ is the oldest age group.
- The table includes data for various age categories.
- The table covers events such as Discus, Shot, Javelin, and Hammer.

---

### Additional Information
- Masters News is a publication covering events and news related to masters athletics.
- The table above provides a summary of event performances for different age categories.\n
---

### Other Relevant Information
- Masters News often includes information on upcoming events, training tips, and athlete profiles.
- Masters athletes continue to push their limits and compete at high levels despite their age, showcasing the resilience and dedication of age-group athletes.
**SOUTHWEST**

### Manassas TC Winter Meet

<table>
<thead>
<tr>
<th>Race</th>
<th>Name</th>
<th>Time</th>
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<tbody>
<tr>
<td>5000m</td>
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<tr>
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<td>Bowers</td>
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<tr>
<td>Half marathon</td>
<td>Reynolds</td>
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<tr>
<td>100k</td>
<td>Williams</td>
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**Manassas TC Samarita, Fl., Sat., Feb. 16**

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**Manasota TC Samarita, Sarasota, Fl., Dec. 17**

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**SOUTH**

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<tr>
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**Manasota TC Samarita, Sarasota, Fl., Dec. 17**

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**Manasota TC Samarita, Sarasota, Fl., Dec. 17**

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National Masters News

Please send results to National Masters News, P.O. Box 3058, Eugene, OR 97403. We do not generally publish results more than 6 months old. Results that are typed are subject to a fee of $40. Deadline for submission is the 20th of the month prior to issue date.

**National Championships**

USATF National Masters Half-Marathon Championships

**Overall**

- **Men**
  - 1st place: Eric Hedydor 1:17:05
  - 2nd place: Mike Reynolds 1:17:08
  - 3rd place: John Rees 1:17:09

- **Women**
  - 1st place: Jane Ziegler 1:22:08
  - 2nd place: Elizabeth Miller 1:22:09
  - 3rd place: Susan Uken 1:22:10

**NATIONAL**

Kiefer throws series #36 Santa Cruz, CA, Feb. 18

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<td>Discus</td>
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<td>Hammer</td>
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**NORTHWEST**

Eugene Indoor Meet

Oregon, Feb. 5

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<td>High Jump</td>
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**Please see next page for complete results.**
You don't have to work out like Mark Allen, five-time winner of the Hawaiian Ironman Triathlon, to get great results from the PR Bar and program. You run 15-20, 30, or more miles a week. Eat a high-carbohydrate, low-fat diet, but still can't lose the body fat you want. Have you ever wondered why?

A diet high in carbohydrates will not only inhibit your body's utilization of stored body fat, but will increase fat storage and limit your endurance. The average runner has enough calories stored as body fat to do two marathons back-to-back. With the proper ratio of carbohydrates, proteins, and fats, you will be able to access stored body fat.

The basis of the PR Bar and nutritional program is to burn more stored body fat by moderating carbohydrate intake, resulting in a body with less stored fat and more endurance and energy. Whether your goal is to lose excess body fat or to improve your 5K, 10K, or marathon Personal Record, give PR Nutrition a call!

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