

NATIONAL MASTERS NEWS

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

212th Issue

April 1996

\$2.50

Grafius, Hotchkiss and Thomson Set T&F Records in Reno

by JERRY WOJCIK

Dee Dee Grafius and the weight throwers were the top performers in the first-ever Silver State Masters Classic in Reno, Nev., on Feb. 18.

Grafius, of California, broke the W45-49 indoor world record of 2:24.87 for the 800, set in 1995 by Canadian Judy Warick, with a 2:23.33 on the Bill Cosby banked track in the Reno Livestock Events Center. Grafius also broke her U.S. W45 400 record of 63.91, set here in the 1995 national masters championships, with a 62.55.

The throwers responded with two U.S. indoor records in the weight and four in the superweight. Californians Dick Hotchkiss and Stew Thomson accounted for two records apiece. Hotchkiss broke his M55-59 records of 44-1/4 (14.05) for the 35-lb. weight with a 46-1/4 (14.05), and the superweight (56-lb.) with a 30-2/4 (9.21).

Thomson upped Cliff Blair's M60-64 record of 54-8/4 (16.67) in 1990 to 59-6/4 (18.14) for the 25-lb. weight, and increased the 56-lb. to 8.77. Ken Jansson, M35, with a 39-4 (11.99), and Tim Edwards, M45, with a 25-10/4 (7.88), accounted for the other two superweight records.

About 125 athletes competed in the

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Martha Mendenhall, W35, cleared 4-8 in the Silver State Striders Indoor Meet.

Photo by Suzy Hess



Ken Jansson, M35, heaved the superweight (56-lb.) a record 39-4/11.99 in the Silver State Striders Indoor Meet.

Photo by Jerry Wojcik

19,000 Run in L. A. Marathon

The 19,000-plus runners who competed in the 11th annual Los Angeles Marathon, March 3, enjoyed clear skies, 60°F temperatures, and thousands of spectators who lined the event's new course.

Rather than begin and end at the L.A. Coliseum, as had been the tradition for the first 10 runnings, the event started and finished in downtown Los Angeles, where the crowds were far greater than in previous years.

Formerly noted as a cheater's paradise, due to the lack of adequate TV monitoring, the marathon's 1996 race placed a plastic timing chip on each runner's shoes to record times more accurately and to prevent cheating.

The starting gun was fired by Los Angeles Mayor Richard Riordan, joined at the starting line by Muhammad Ali, a respected fixture at this event.

In addition to the runners, some 15,000 cyclists and wheelchair participants brought the overall participant total to nearly 35,000.

Costa Rica's Jose Luis Molina was the overall winner in 2:13:23, with Guatemala's Hugo Juarez claiming

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37,000 Runners Sign Up for Boston

The 100th Boston Marathon has accepted a record 37,000 pre-entrants for the 100th running of the race, April 15. The field is the biggest in the history of marathon running.

Nearly 10,000 qualified runners sent in applications during the last two weeks of 1995, swelling the number of

entrants far beyond the planned 25,000. Consequently, the last open division "lottery" drawing was limited to 1000 names, despite the fact that over 40,000 had submitted applications for the drawing.

Ironically, if Boston does indeed set a record for number of finishers, it may be broken a week later in London, which expects upwards of 39,000 marathoners.

Interest in the race from around the world continues to grow. Many newspapers are carrying updates on the 100th Boston. Both *Runner's World* and *New England Runner* have devoted their April issues almost exclusively to the historic race.

The issue of unofficial runners or "bandits" is a concern. With many rejected "lottery" applicants having already made travel and hotel reservations, and hundreds of Boston-area marathoners caught up in the media hype, the desire to participate has exceeded reasonable levels. A front page article in the *Boston Herald* fea-

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Masters Shocked by Death of Jim Law

The world of masters track and field was devastated March 10 by the shocking death of one of its superstars - Jim Law of Charlotte, N.C.

Law died of a heart attack while putting on his spikes during a workout on the track at Charlotte Latin School. He had just turned 70 on Feb. 23.

The last person to see him alive was his training partner, Barry Wise.

"He was sitting, chatting away, and all of a sudden his head just dropped," Wise said. "I gave him CPR, and so did a doctor who was nearby. The paramedics were there in 10 minutes, but Jim never regained consciousness. He had no pulse. He never knew what hit him."

Law was pronounced dead at Presbyterian Hospital in Matthews, N.C.

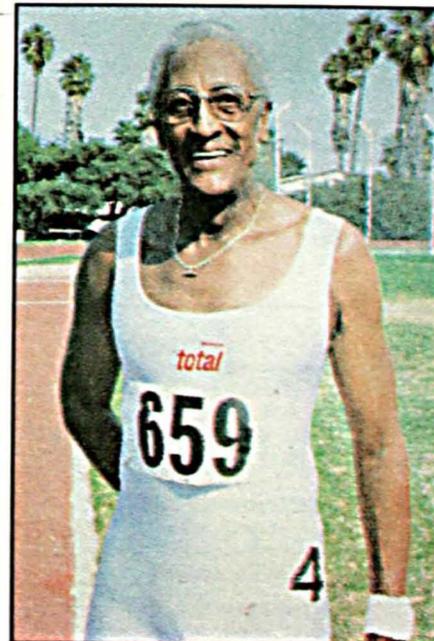
Wise said Law was in top shape and looking forward to setting M70 world and U.S. indoor and outdoor sprint records this season.

"He was strong as a horse," Wise said. "But he'd been complaining of dizzy spells the past few months. He

had gone to a doctor, who diagnosed a possible inner-ear infection."

The impact of Law's death on the

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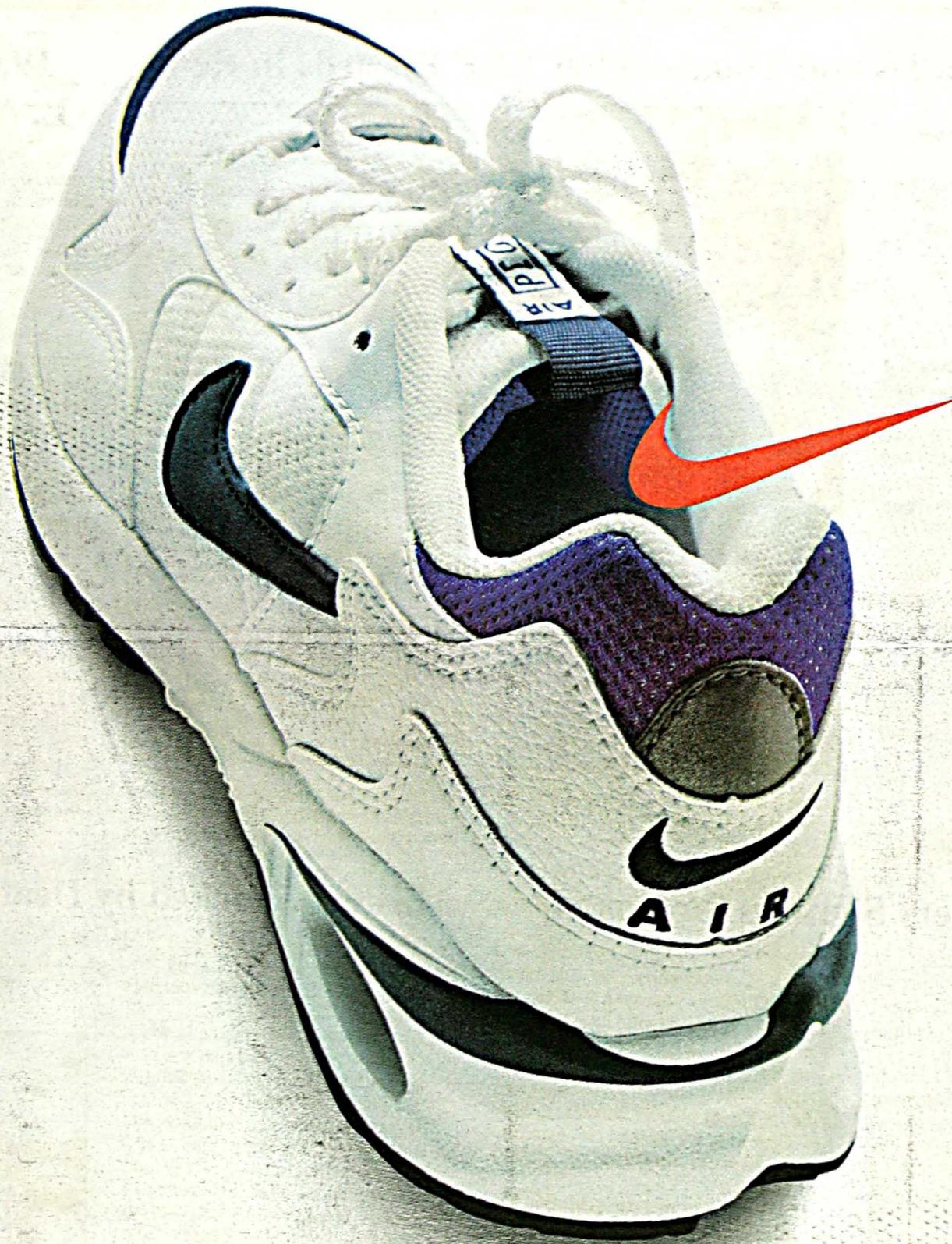
Jim Law
Photo by Beverley Lewis

From Clarence to Rosie

by HAL HIGDON

From that historic moment on April 19, 1897, when Thomas E. Burke shouted "Go!" to signal the beginning of the Boston Athletic Association Marathon, that race has had its ups and downs - and not only because of hills that can slow a fading marathoner to a walk. With his seven victories, Clarence DeMar stamped his mark on the world's most prestigious 26-mile 385-

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

Editor and Publisher: Al Sheahan
Senior Editor: Jerry Wojcik
Office Manager: Suzy Hess 541-343-7716
 Fax: 541-345-2436
Associate Editor: Angela Egremont
Assistant Editor: Jane Dods
Circulation Manager: Stark Services
Advertising Manager: Sue Hartman
 610/967-8316

Sales Representatives:
 Karen Jennings 610-967-8758
 Lisa Fronti 610-967-8896

Production Manager: Carol Covey
Production: American/Foothill Publishing Co.
Track & Field Records: Pete Mundle
Long Distance Records: Road Running
 Information Center
Racewalking Records: Bev LaVeck
Track & Field Rankings: Jerry Wojcik
Contributing Editors: Hal Higdon, Dr. John
 Pagliano, Mike Tymn, Elaine Ward

Correspondents: Ruth Anderson (CA), John Boyle (FL), Bob Fine (FL), Courtland Gray (TX), Carol Langenbach (WA), Marilyn Mitchell (NY), Phil Mulkey (GA), Pete Taylor (VA), Mike Tymn (HI), John White (OH), Maury Dean (NY), Phil Raschker (GA), Mike Polansky (NY), Paul Murray (NY), Jim Oaks (AL).

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Photographers: Vic Sailer (NY), Tesh Teshima (HI), Jerry Wojcik (OR), Hank Kiesel (MO), George Banker (MD), Charlie Kluttz (NC), Suzy Hess (OR).

Creative Art: Eugene Paasinen, Herb Parsons

The *National Masters News* (ISSN-0744216) is published monthly, with an annual subscription rate of \$26.00. Main office address: 14155 Magnolia Blvd. #338, Sherman Oaks, CA 91423. Mailing address: P.O. Box 50098 Eugene, OR 97405. Second class postage paid at Van Nuys, CA 91409.

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

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

The *National Masters News* is devoted exclusively to track & field, long distance running, and racewalking for men and women over age 30. Each month it delivers 32 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, and all the inside scoops and information that affect the world of masters athletics competition.

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Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to age 40 +, 50 + or 55 + (please check the schedule for details). Some events require advance registration. Some require a current USATF card (\$7 to \$12 per year, depending on the region). To inquire about a USATF card, call USATF in your area, or 317/261-0500. There are no qualifying standards for most masters athletics events.

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

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

National Masters News, P.O. Box 50098, Eugene OR 97405. Phone: 541-343-7716; Fax: 541-345-2436.

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Address Letters to: National Masters News, P.O. Box 50098, Eugene, OR 97405.

THE WEIGHT ROOM

Regarding Jerry Wojcik's column on younger women in the throws, here's my contribution:

1. Regarding the sex-segregated structure of athletics (especially in the high schools, which is the first time many women get any coaching) in the U.S., I know that in many countries when you join a track club, there is a coach for throws, one for jumps, etc., but not a coach for men and one for women. Very few women can coach the throws because they learned improperly themselves (and never competed), so their female students never learn to throw either. Of course, the hammer and weight throw have only recently been taken up by women.

2. To be a good weight thrower, you need good technique, which requires expert coaching and a lot of practice, which, in turn, requires a throwing

field, equipment, etc. Contrast this with the boom sport of our generation - road racing - which can be done anywhere and with a minimum of expense.

3. Teaching yourself to throw can be frustrating because you look silly and don't get much in the way of results for quite a while. Also, women of the age group in question probably aren't satisfied to just show up; they expect to compete well. ("Keeping active" is not generally a concern for this age group.)

4. Women don't play football and, for the most part, don't wrestle. And far fewer compete in powerlifting or Olympic weightlifting than do men, which gives them a good background for learning the throws. So, if women do try to get involved, they are already starting from a deficit position.

Meg Ritchie (British Olympian) wrote a pointed article in a recent issue

of *Weightlifting USA* on why women in general are mediocre in weight throwing and weightlifting. She puts the blame on lowered expectations and silly sex-typing (I guess being strong just isn't feminine to some people). I would add that throwing and throws coaching gets short shrift in general in the track and field world, so people who might have done well go into other sports or other events, or just give it up altogether.

My club (in New York City) has put on clinics from time to time to teach the different throws (and just let people try them); maybe other clubs could do this also. It does bring more people to the throws.

Sarah Boslaugh
New York City

Many thanks for Jerry Wojcik's "Whither Women" column in the February issue on the dearth of masters women in the throwing events. Yes, there's still a stigma associated with a female's size; although as a strength trainer, I'm seeing less of it in the



Charlie Rader, 48, was awarded the 1995 Dr. Robert Watanabe Award for his consistent top performances in the high jump, at the L.A.-Valley Athletic Club dinner in Los Angeles. Del Pickarts, M65, on his right, is a past recipient for his accomplishments in the javelin.

Photo from LAVAC

younger generation than in mine. And, as in football, small-and-good will usually not beat large-and-good. So what? As Wojcik points out, that shouldn't preclude participation for all the other values in throwing.

His mention of the multi-eventers is on target; they demonstrate the rewards of throwing even for the non-specialist. I'm a multi-eventer myself, and while I'll never be a good thrower, I'm certainly a better athlete for doing the throws. Why not develop an appre-

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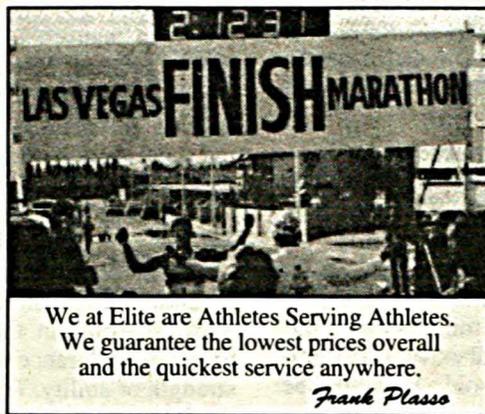
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Third Wind

by MIKE TYMN

Masters in the Olympics?

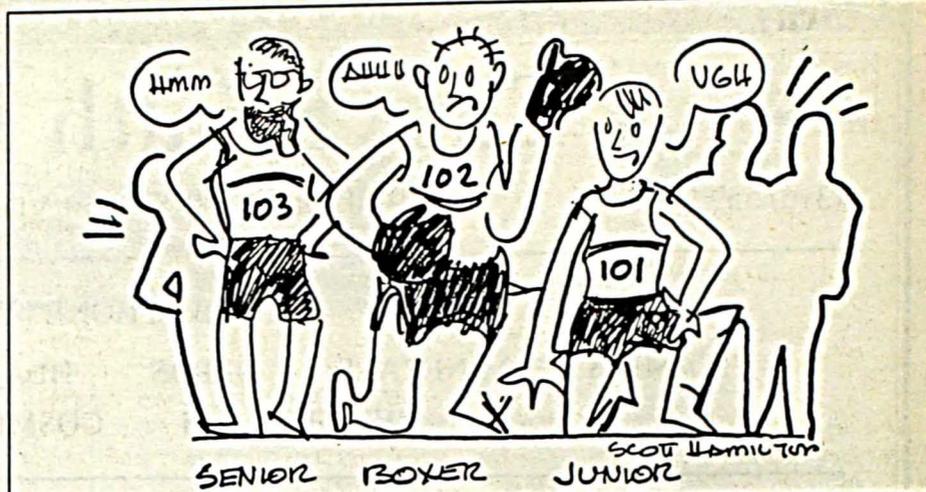
It's good to see more and more events for women in the Olympics, but I still don't understand this whole equality thing. If equality means no separation between men and women in everything else in life, then how can separate events for men and women be justified in sports? Shouldn't the ladies have to compete equally with the men?

Ladies, please don't start clawing away at me now. I'm just trying to make sense out of this and come up with an argument for masters competition in the Olympics. That brings me to question number 2: if Olympic authorities are supposed to strive for equality in gender, why not equality in age? Why is discrimination by sex any worse than discrimination by age? If we are going to have separate marathons for men and women, why not one for masters? With five-year age groups? For men and women, of course.

Logistical Nightmare

I realize that you can carry this argument on until we have five-year age groups in every event in the Olympics, thereby making for a logistical nightmare. I guess even five-year age groups are discriminatory, as a 59-year-old is at a big disadvantage compared to a 55-year-old. It would be much more fair to have one-year age groups; better yet, all people born in 1925 in one division, those born in 1926 in another, etc.

But, recognizing the impossibility and impracticality of such a scenario



doesn't help me understand the validity of legal arguments advanced to further the cause of women in the Olympics, and the invalidity of any such arguments to advance the case for masters competition. Is there a lawyer out there who can explain this? If so, please write. I might add that I've asked a number of lawyer friends and none of them has had an answer.

Legalities aside, it doesn't seem to be asking too much to have one or two masters events in the Olympics, perhaps one endurance contest and one of strength or ability. Think what it would do to promote masters competition, assuming they televised it. Look what the coverage of the 1972 Olympic marathon did for that event. Prior to 1972, the marathon was about as popular as the 50K racewalking event is now.

Keep in mind that we now have a wheelchair mile in the Olympics, or at least we did in one of the last two Olympic Games. That apparently was an attempt to quell arguments of discrimination against the physically handicapped.

Old Geezers

But asking the Olympic authorities to add an event or two for masters would probably meet with a bunch of guffaws. "The old geezers should be home in their rocking chairs," would likely be the reaction. Of course, that reaction would come from a bunch of old geezers who prefer to be involved in the administration and politics of the sport rather than in the participative side. I may very well be wrong, but my stereotype of an Olympic official is that of a 60-ish man with a potbelly and three chins. To promote masters competition would make him look even worse than he does. On the other hand, if everyone wanted to play and no one wanted to administer, we'd have a real problem. That's the very problem we're seeing in road races in Hawaii.

They're already talking about dropping a number of sports from Olympic competition after Atlanta. One of them on the hit list is the modern pentathlon, which includes running, swimming, marksmanship with a pistol, fencing, and horseback riding. The event is supposed to be the all-around test of a foot soldier, but soldiers no longer ride horses or fence. The argument is that the event is antiquated and, therefore, should be dropped.

Outdated Pentathlon

Why not just update the pentathlon? While serving as a battalion physical officer in the Marine Corps 36 years ago, I staged a pentathlon that called for running, swimming, shooting, hand-grenade throwing (for distance and accuracy) and pugil stick fighting (simulated bayonet fighting). Perhaps that is outdated now.

I have an idea for a substitute event that would be for the most part non-discriminatory. Men and women, old and young, lightweight and heavy-weight could all participate. It would be a distance run, maybe 10 miles on a circular course. Here are the rules: men run in one direction, women in the other, both heading around to the same start/finish line. Male contestants would wear boxing gloves. There could be no contact for the first quarter-mile, but after that a contestant could attempt to slow another contestant by engaging in fisticuffs and taking an opponent out of the running.

Oxygen Debt

Naturally, the lightweight runners would make every effort to go out fast and escape from the young heavyweights during the first quarter-mile. The heavyweights would go into oxygen debt trying to keep pace and this would leave them in a weakened condition by the time they actually stopped the lightweights, thereby equalizing things somewhat. While the young heavyweights are taking on the young lightweights, the old guys could sneak by and take the lead. Then it would be a question of whether the surviving combatant in the brawl between the young heavyweight and the young lightweight could catch up.

The old guys would have only six-ounce gloves while the young guys would have 12-ounce gloves, thereby further equalizing competition between them should the young catch up with the old.

There would be a no-combat zone between 4.5 miles and 5.5 miles, so the women would want to make every effort to reach that zone to avoid having to do battle with the men as they pass each other. If they don't make it, they are also subject to combat; however, the ladies don't have to wear boxing gloves at all and they are allowed to kick.

I really think it would be an interesting event and one promoting equality for all. □

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

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Gray Wins Age-Graded 55m in Texas

FORT WORTH, Texas - Courtland Gray won the Dallas Masters T&F Club age-graded 55m dash at the running of the Southwest Conference Track Meet, Feb. 16. The field comprised six masters sprinters ranging in age from 42 to 74, including current and former world and national masters champions.

Participating were Richard Thomas, M40; Gray, M50; Jimmy Weaver, M55; Wayne Bennett, M55; Bob Santine, M60; and Tim Murphy, M70. Using the single-year age-graded tables, the runners were handicapped to create an exciting finish. Gray got a

good start and caught Murphy a few meters from the finish in 6.47 as Thomas, who finished second (6.66), started to close. Murphy held on for third (6.71), Weaver was fourth (6.72), Bennett, fifth (6.73), and Santine, sixth (6.78).

The close finish validated the age-graded formulas and made it possible to have an exciting race with competitors with a wide range of ages. Comments from the crowd indicated that they were excited by the surprising ability of the runners and by the close finish.

The Dallas club is trying to include similar age-graded races in other major outdoor track meets in the area so that its athletes can participate across a wider range of competition,



The Liberty AC had a banner 1995 in cross-country, winning the 40+ and 50+ team titles at the USATF New England and National 8K meets at Boston's Franklin Park. Pictured after the Nationals are (from l to r) Sue Gustafson (W45 second), Mary Harada (second W60), Debbie Judge, Mardi Reed, Carrie Parsi (first W55), Andrea Hatch, Rita Cecil (W40 first), and Deb Bullerjahn (W45 first). The face in the background belongs to coach Bill Squires. Photo from USATF New England

Reno Meet

Continued from page 1

meet hosted by the Silver State Striders and directed by club member Ray Sibley, who was assisted by Greg Belancio. Bill Bowser, director of the 1995 Reno Championships, served as the officials' coordinator. Ken Adams was the head finish judge.

The primary sponsors were Lockhart Insurance Agency; Saint Mary's HealthFirst; Lemons, Grundy, and Eisenberg law offices; and Western Insurance Specialties, Inc. Additional support was provided by Bonanza Casino and Domino's Pizza, who furnished food for the officials. □

Raschker, Stookey Star in Southeast Indoor Regionals

by PHIL MULKEY

Philippa Raschker, W45, of Georgia, and Jim Stookey, M65, of Maryland, dominated the USATF Southeast Regional Indoor Masters Championships, Decatur, Ala., Feb. 17. Raschker averaged almost 91% in all of her six wins; Stookey was better than 89% in his five victories.

Raschker's 7.72 and 9.09 in the 55m and 55H scored 94.1% and 93.1%, respectively, on the age-grading tables.

She holds the officially accepted WAVA world 60m indoor world records for both races. Raschker's pole vault of 10-6/3.20 (96.6%) was the best age-graded performance of the meet.

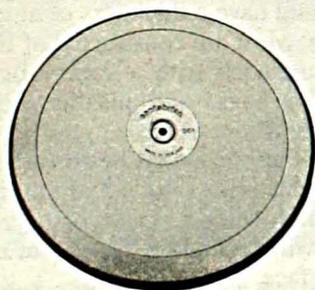
In the triple jump, Stookey had an age-66 U.S. record of 34-6 1/2/10.52. His 55m sprint time of 8.07 age-graded out to 93.1%, the third-best performance of the meet. But his 55H effort of 10.19 (89.4%) belies his protesta-

tions that, "I'm not really a hurdler."

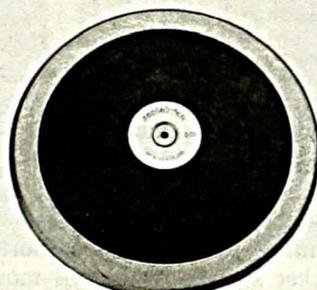
Gordon Seifert, M65, 1995 world decathlon champion from Birmingham, Ala., had the best overall pentathlon score with 3820 points.

Betty Vosburgh, W60, Atlanta, Ga., the award winner in 1991 for the most outstanding female performer in U.S. masters track and field, returned to the wars, winning four events and clocking a 9.53 in the 55m for an 86.8%

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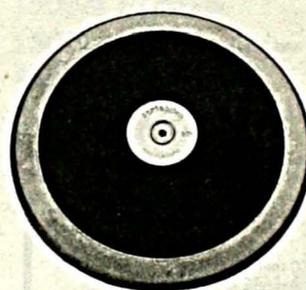


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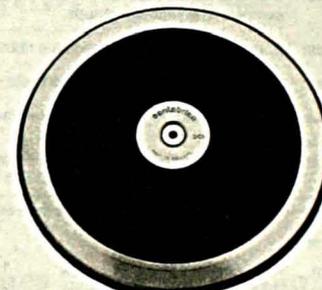
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The Foot Beat

by JOHN W. PAGLIANO
D.P.M.

Masters Running and the Marathon

If you think life has passed you by, or, worse yet, that you're living someone else's life, you can still prove the experts wrong. For those who think of age as a barrier to athletic activity, I encourage you to reconsider and become masters marathoners.

Naturally, the needs of masters marathoners are somewhat different from younger athletes. As masters (age 40 and over), we are no longer as flexible and mobile as we were at 18. As the aging process continues, the collagen and soft tissue structures of the body lose elasticity, and we become tighter and stiffer, and more prone to injury. The times and distances we once were able to accomplish, are no longer as easy and, inevitably, we're a little slower.

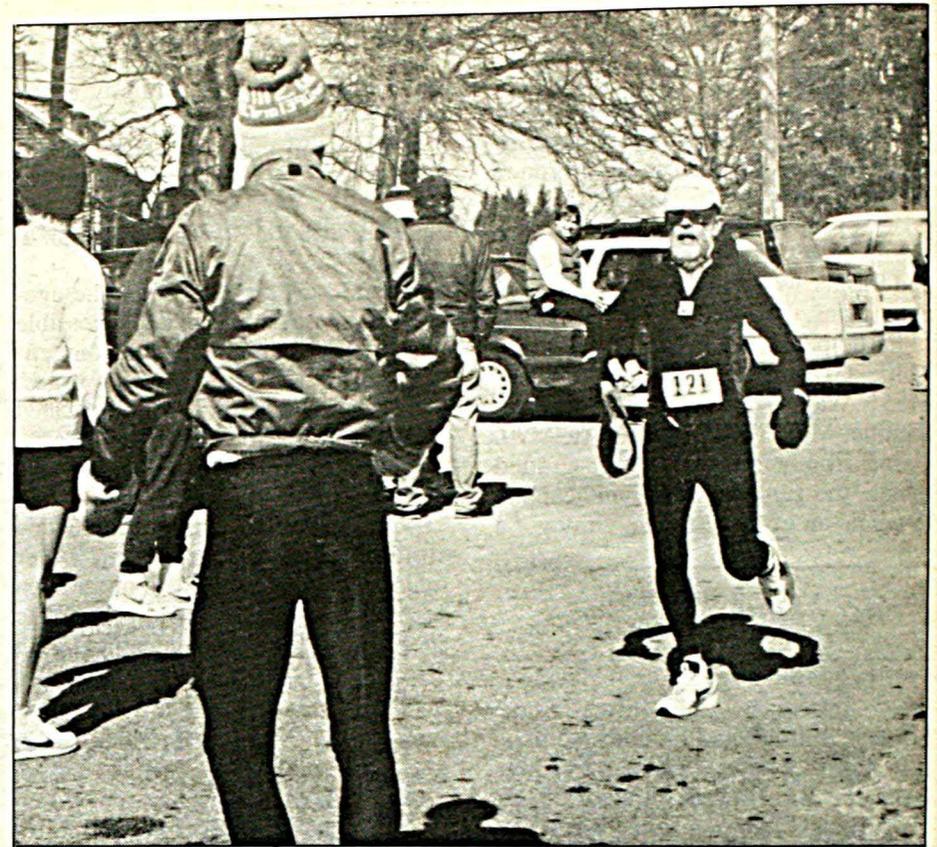
However, through a program of mobility and stretching, we can minimize these effects to achieve a higher plane of exertion and competition. In

preparing to reach your goals, you might benefit from the guidelines below.

Stretching

It is extremely important to stretch well and warm-up prior to athletic activity. The stiff tendons and joints need to be warmed up and the tendons and muscles need an increase in blood supply. This can all be achieved through a proper stretching program, which will "limber" you up for jogging.

Remember to do slow, easy stretches. Don't bounce up and down. This will only damage your joints. Hold each position for 20 seconds. Allow



Jerry Ives of the winning masters relay team Washington RC Norwesters, passing the ribbon to teammate Ed Doheny, George Washington Marathon Relay, Greenbelt, Md., Feb. 18. Ives was the first master in the initial 9.4-mile leg with a 62:18. Photo by George Banker

half an hour for exercise after stretching.

Jogging

• Walk for 5-10 minutes prior to jogging.

• Jog comfortably until tired and then walk until recovered. (Run again, walk again, etc. Try to keep this up for 30 minutes.)

• Don't expect to improve each day. Make sure your 30-minute exercise is performed regularly. Consistency is the key. You should attempt to jog 3-5 times a week.

• Run within your capability. If you cannot talk when running, then the pace is too fast. After half an hour of running is achieved, increase 10% per week. Keep to half an hour on "easy" days.

Running

• Uphill running demands shorter and quicker strides. Arms will move faster and may cross the body slightly. Bend at the waist. Focus 3-10 feet ahead, depending on the grade.

• Downhill running requires dropping the pelvis back slowly to control speed and slow down. Turn the feet in slightly to provide for a rolling motion. Stay in control.

Technique

• Keep the head still, but relaxed.
• Keep arms flexed, but don't cross in front of the body. Don't sway the shoulders.

• The pelvis should be tilted slightly upward as one attempts to run "tall."

• Keep your stride short, making sure not to over-stride.

• Run heel to ball of foot. Don't run only on the balls of the feet.

Shoe Selection

• Fit the shoe from heel to toe first. Allow 1/4 inch between the longest toe and the end of the shoe. This will allow

for foot swelling.

• Allow for adequate forefoot width. The toes should not press up against the sides of the shoe.

• The heel should fit snugly. There should be very little motion in the heel area.

• The uppers should be constructed of some type of mesh nylon to allow the foot to "breathe." This will also make cleaning the shoe easier.

• The midsole material should allow for shock absorption and cushioning and should have a thickness of at least 1/2 inch. Most are constructed of EVA or polyurethane with a variety of air bags, gel bags, and plastic shock-absorbing devices.

• The outsole should be constructed of a durable rubber. Indy 500 rubber is considered the best. The type of tread pattern will depend on the type of running surface.

• The heel counter should be constructed of some type of plastic which will stabilize the heel while running. Many types offer an external heel collar which adds stability.

• Substitute your shoe's insole with a commercial product such as Spenco.

• Use a good, high-percentage cotton sock that doesn't bind.

Surface

• Avoid uneven surfaces.
• Run on flat surfaces as much as possible, and avoid the "camber" of the road.

• Asphalt is softer than concrete. Avoid consistent running on a concrete surface.

• Don't run from soft to hard surfaces during a training session. Stay on one surface if possible.

• Dirt and close-cut grass afford more shock absorption than concrete. □



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11th Annual **MEET OF CHAMPIONS**
CALIFORNIA STATE UNIVERSITY AT LONG BEACH
Saturday, May 11, 1996

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

Deadline: May 4, 1996

Divisions: Men and women; open, submasters (30-39) and masters (40+); compete in 5-year age groups.

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

Facilities: 8-lane artificial surface track, concrete rings

Note: 1996 USA-T&F registration required (available at meet for \$12)

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CSULB: Exit 405 (San Diego) freeway at Bellflower Blvd., south to Atherton, left (east) to signal, right into CSULB parking lot; track is ahead to the left; behind new parking structure

Schedule of Events

Track events

11:00 a.m.	4x100 meter relay	1:45 p.m.	400 meter sprint
11:15 a.m.	1500 meter run	2:10 p.m.	800 meter run
11:45 a.m.	80/100/110 meter hurdles	2:40 p.m.	200 meter sprint
12:10 p.m.	2K/3K steeplechase	3:00 p.m.	3000 meter run
12:30 p.m.	100 meter sprint	3:40 p.m.	300/400 meter hurdles
	Lunch Break	4:00 p.m.	sprint medley relay (400,200,200,800)

Field events

11:00 a.m.	hammer throw and pole vault (50+)	1:30 p.m.	shot put and long jump
12:00 p.m.	discus throw and high jump	3:10 p.m.	javelin throw (grass runway) and triple jump
1:00 p.m.	pole vault (open-49)		

Entry form (please print)

Last Name _____ First Name _____

Address _____

City, State, Zip _____ Phone _____

Age on 5-11-96 _____ Date of Birth _____ Sex: M _____ F _____

Club Affiliation _____ 1996 USA-T&F No. _____

Events _____

Amount Enclosed: _____ Make checks payable to Southern California Striders

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

Waiver—In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors or administrators waive and release forever any and all rights, claims or damages I may accrue against the California State University at Long Beach, the Southern California Striders Track and Field Club, USA-T&F, the meet director and all sponsors of the track & field meet, their successors, representatives and assigns of any and all injuries which I may suffer while traveling to and from, and while participating in the "Meet Of Champions" held May 11, 1996, at the California State University at Long Beach. I certify that I have no physical defects or injuries that would prevent me from competing in this meet.

SIGNATURE _____ DATE _____

250 Compete in New Jersey Meet

by RICK PINGITORE

Over 250 New Jerseyans and out-of-staters participated at Fairleigh Dickinson's Rothman Center, at Hackensack, N.J., in the 19th annual USATF-NJ Submasters & Masters Indoor Championships on Feb. 11.

The event was highlighted by several new meet records, and pending world M80 indoor records of 6:35.4 in the 1500 and 3:26.2 in the 800 for Austin Newman, 80, of Westfield, N.J.

Lois Filreis of Achievements Unlimited International (AUI) set three W65 U.S. marks in the 800 (3:29.7), 1500 (7:02.6), and 3000 (15:27).

North Jersey Masters Track and Field Club won its eighth consecutive Indoor Championship with 219 points. Garden State Athletic Club and Shore Athletic Club finished second and third with 122 and 118 points, respectively. AUI won the submasters title with 74 points. Triathletics finished second with 46 points followed by North Jersey MASTERS with 40 points. □



Dixon Hemphill, second M70 (47:09), Vietnam Veterans Memorial 10K, Washington, D.C.
Photo by George Banker



Masters qualifiers prior to the start of the 1996 Women's Olympic Trials Marathon, Columbia, S.C., Feb. 10: (l to r) Charlene Soby, Alice Thureau, Honor Fetherston, and Virginia Egger.

Photo from Jim Oaks

Midwest Regionals Draw Good Turnout

The USATF Midwest Regional Masters Indoor Championships held in Glenview, Ill., on March 2, drew a large field of athletes, some of whom used the meet as a warm-up for the Nationals in Greensboro, N.C.

In the sprints, Robert Lloyd won the M50 100m in 26.92 and posted the best time of the day in the 400 with a 59.06. Gerry Krainik took the M40 800 - largest field in the meet - with a 2:13.77.

Jeff Watry, M40, 5.79, Pete Stopoulos, M55, 5.15, and Mel Larsen, M70, 4.73, shared honors in the long jump. Watry also registered the best high jump for M40-and-over

with a 1.78.

Jerry Senters, M45, 12.56, and javelinist Karen Huff, W50, 9.37, recorded shot put bests.

Ed Sell, M45, 7:30.18, and Lynn Tracy, W40, 7:54.50, were 1-2 in the 1500 racewalk. □

Clubs Update in May

We will be publishing an updated list of clubs in the May issue. Please submit any additions/corrections by April 5.

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May 30-June 2, 1996

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Application Deadline: May 10, 1996



Masters Racewalking

by ELAINE WARD

Enter the Zone, A Dietary Road Map

Enter *The Zone*, a provocative book by Dr. Barry Sears, challenges the carbohydrate orthodoxy that has become a deeply ingrained belief system in America. Though there have been occasional stories of athletes adding more protein to their meals in recent years, Sears' work is unique in suggesting that it is time to look at the accumulating results of the carbohydrate orthodoxy and think anew the needs of the human body.

In the 1992 Olympics, U.S. swimmers on Sears' nutritional program won eight gold medals. In 1992, 1993 and 1994, collegiate swimmers at Stanford swam away with both the Men's and Women's NCAA Championships following his dietary recommendations. Other successes include the Houston Rockets who have won two straight NBA Championships.

Food and Hormones

In the opening chapter of *Enter The Zone*, Sears describes the Establishment he is challenging. "For the past fifteen years or so, the reigning dietary

'wisdom' - espoused by government nutrition boards, scientific panels and private practitioners alike - has called for diets that are low in fat, low in protein, and high in carbohydrates. This formula has become dominant enough to produce dozens of best-selling variations on the theme and to fill our supermarket shelves with hundreds of low-fat, high-carb products."

With his adversary defined, Sears proceeds to claim that the popular high-carbo, low-protein diet has not only led to the fattening of America, but is counter-productive in achieving

high levels of athletic performance. Using the ABC's of biochemistry, he supports his claims as follows.

After a meal high in carbohydrate, blood sugar levels rise. In response, insulin is released from the pancreas to remove excess sugar from the system which is then stored as fat. In other words, while insulin reduces blood sugar levels, it also locks in the fat in fat cells and so inhibits the body's use of this energy source. As a consequence, carbo eaters often feel weak and hungry within two or three hours of eating and crave more carbohydrates for "quick energy" (the omnipresent Power Bar snack). A new dose of carbohydrate causes blood sugar levels to rise again, and the cycle repeats.

While carbohydrate causes the pancreas to secrete insulin, protein causes the pancreas to secrete a different and opposing hormone called glucagon. When there is adequate dietary protein, glucagon acts to restore blood sugar levels. It stimulates the release of glucose from the liver as well as the release of fat from fat cells for use as energy.

Sears' nutritional program is based on establishing a balance in the secretions of insulin and glucagon. On page 28, he states, "Since insulin drives blood sugar and glucagon restores blood-sugar levels, the communication and ongoing balance of these two hormones is critical for survival. Remember the release of insulin is stimulated by carbohydrate, especially by high-glycemic carbohydrates like breads and pastas. On the other hand, glucagon is stimulated by protein."

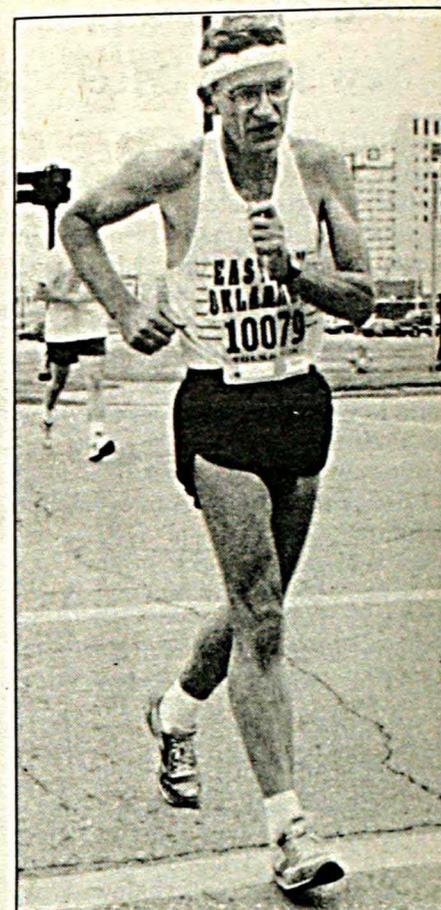
Dietary Balance

To maintain the balance of these hormones, Sears recommends a nutritional system based on a ratio of 30% protein, 30% fat and 40% carbohydrate. His educational thrust is to show us how to regulate our eating within the context of the biochemical responses food initiates in our bodies. It is not enough to be aware of the calories in the proteins, fats and carbohydrates we eat each day. We must also be aware that these basic food groups stimulate the secretion of specific hormones.

According to Sears, these hormonal responses control our energy levels, determine our weight, and regulate the state of our mental and physical health. Looked at this way, the extraordinary power of what we eat becomes evident. By balancing the percentages of protein, fat and carbohydrate in our meals, and by watching the size of our meals (excess calories stimulate excess insulin), we can control the secretion of hormones and their effect on us.

Athlete Studies

Sears offers several scientific studies to support his claim that a high-carbohydrate diet does not improve athletic performance. One of these studies on pages 49 and 50 is of particular interest as it also challenges the belief system about fat. This study was con-



Jim McFadden, M55, Owasso, Okla., shown outdoors here, won the 1500 racewalk (6:47:30), Sooner State Games, Shawnee, Okla., Feb. 3. Photo from Jim McFadden

ducted in 1994 by David Pendergast and his colleagues at the Sports Medicine Institute of the State University of New York at Buffalo. Its purpose was to compare the effects of a high fat diet (150 grams a day) versus a high-carbohydrate diet on the endurance of six elite distance runners.

"Each meal was planned for the athletes and every meal had to be recorded for the researchers by the athletes. Each runner tried each diet for seven days, and at the end of the seventh day, each took an endurance test, running on a treadmill until he reached exhaustion.

"The results? The runners on the high-fat diet, the diet with the lowest amount of carbohydrate, had the best endurance time. When the runners were switched to the high-carbohydrate diet with a much lower protein-to-carbohydrate ratio, their endurance dropped by 20 percent, and their maximal oxygen consumption was 10 percent lower. The bottom line of the study: high carbohydrate diets actually limited the performance of these highly trained endurance athletes."

Sears also cites studies conducted at the University of Texas showing that meals containing both protein and carbohydrate are superior to carbohydrate alone in replacing muscle glycogen and promoting the recovery after intensive workouts. □

Note: The problems of a high carbohydrate, low fat diet have been chronicled by Ann Louise Gittleman, former director of nutrition at the Pritikin Longevity Center, in her book Beyond Pritikin.

ARIZONA MASTER INVITATIONAL TRACK AND FIELD

McClintock High School; 1830 East Del Rio Drive; Tempe, AZ -- Saturday -- May 4, 1996

Sponsored by Arizona Association USA Track and Field

Age Division: 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69;

70-74; 80 and over

Facilities: Eight lane all weather track

Entry Fee: \$12 for the first three events chosen. Each additional event \$3. Relays \$15.

Awards: Custom medals to first three in each age division

Deadline for Entries: April 30, 1996

Entries: Make checks payable to Arizona USA Track and Field. Send entry to Bob Flint; 8436 East Hubbell; Scottsdale, AZ 85257; (Area code 602) 949-1991 or contact Meet Director Clifton McKenzie 777-8503.

NIGHT TRACK MEET SCHEDULE OF EVENTS

Track Events		Field Events	
5:00 3000 Meter-Walk M - W	7:30 400M-M	5:00 Shotput	
6:00 3000M - W	7:35 100M - W	5:30 Long Jump	
6:20 5000M - M	7:45 100M - M	6:00 Javelin	
6:35 4 x 100 W	7:55 800M - W	6:30 High Jump	
6:40 4 x 100 M	8:05 800M - M	7:15 Pole Vault M-W	
6:45 80-100 Hurdles W	8:15 300 IHW	7:30 Discus	
6:50 80-100-110 Hurdles M	8:25 300 IHM	8:30 Triple Jump	
6:55 100H M	8:35 200M - W		
7:10 1500M - W	8:45 200M - M		
7:15 150M - M	9:00 4 x 400 Relay W		
7:20 400M - W	9:10 4 x 400 Relay M		

ENTRY FORM

Name (Last) _____ (First) _____ Age _____ Sex _____

Date of Birth _____ USA # _____ Telephone _____

Address _____ City _____ State _____ Zip _____

Please enter me:

1 _____ 4 _____

2 _____ 5 _____

3 _____ 6 _____

Athletic Waiver Release: In consideration of your acceptance of my entry, I hereby for myself and executors waive, release and forever discharge any and all claims for damages which I may have, or may hereafter accrue, against Tempe, Arizona, Arizona USA Association, and all other sponsors and sports facilities or their officials or agents, for any damages which may be suffered by me. I certify that I am in good health and that my level of training is such that I am prepared to compete in this event.

Athlete's Signature _____ Date _____

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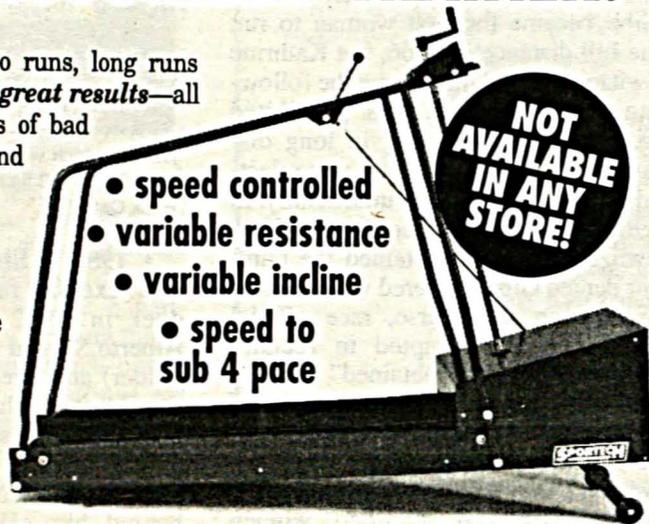
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The Southeastern U.S. Masters, Inc.
Proudly Presents
Our 26th Annual
Masters Track and Field Meet
May 3, 4 & 5, 1996
NORTH CAROLINA STATE UNIVERSITY
(State of the Art - 400 Meter Martin 2000 Track)
RALEIGH, NORTH CAROLINA

The officials and sponsors of the Southeastern Masters, invite all athletes 20 years of age and over to participate in one of the premier Masters Meets in the world. Headquarters will be the Brownstone Hotel. There will be three days of competition featuring pentathlons, weight pentathlon, 5K & 20K walks, team relays and all regular track and field events at the NCSU Campus. A "Jumps" clinic and a "Throws" clinic will be held on Friday at 6:45 pm and at 7 pm respectively on the NCSU Track. In case of inclement weather the clinics will move indoors to the Brownstone Hotel at 7 pm.

- OPERATED BY:** Southeastern United States Masters, Inc., Box 590, Raleigh, N.C. 27602. Contact Ray Fulghum or Dale Smith (919) 831-6640 Monday-Friday 9:00 am-5:00 pm, Eastern Time.
- AGE DIVISIONS:** Based upon age on the first day of competition; all events will have a 20 to 29 age group and 5 year age groups for 30 and older individual athletes.
- ENTRY FEE:** \$11.00 includes first event in track, field or road event, and final results booklet. \$6.00 for each additional event. Relay entries are \$16.00 per team. (Enter on captain's form only). Payment in U.S. dollars by check drawn on a U.S. bank or by International Money Order made payable to Southeastern Masters. In addition, NO REFUNDS AFTER APRIL 28th.
- SANCTION & USATF REGISTRATION:** This meet is sanctioned and certified by USATF, and USATF registration is required for all events (except participants in the Team Relays, foreign athletes and active military). All other participants must have USATF cards which will be available at the meet for \$12 to N.C. residents and \$15 if you are an out-of-state resident.
- AWARDS:** Distinctive, large medallions to first 3 places and ribbons for the next 3 places in each event for each age division. Several special individual awards will be made.
- LATE ENTRIES:** Additional \$3.00 late fee required for each event if postmarked after April 19, or if received after April 26, 1996. Events may be dropped at any time (no refund). No late entries or changes to track and field events will be accepted after 5 p.m. EDT, Tuesday, April 30, 1996. Entries in Saturday's Team Relays and in Sunday's 20K walk close one half hour before race time.
- RUNNING SURFACE:** Nine lane 400 meter Martin 2000 track for track events, and asphalt for 20 K race walk.
- PACKET PICKUP:** All participants must pick up their packets prior to reporting to the first event.
FRIDAY 11:30 am to 8:30 pm at track
SATURDAY 6:15 am to 4:00 pm at track
SUNDAY 6:00 am to 6:30 am starting line
5:30 pm to 6:30 pm Brownstone Hotel
Numbers must be worn on front (and on back in all events 3,000 m or longer).
- EVENTS FOR WOMEN:** All events are open to women 20 and over. In some cases, women may compete at the same time as men, but awards will be given in competition with women in the same age group.

SCHEDULE OF EVENTS (Refer to Packet for Final Time Schedule)

FRIDAY, MAY 3: AT NORTH CAROLINA STATE UNIVERSITY (NCSU)			
Event #	Event (Notes 1 & 2)	Start Times	
01	WOMEN'S PENTATHLON (100 MH, HJ, Shot, LJ, 800 m) (note e)	12:30 pm	
02	MEN'S PENTATHLON (LJ, Javelin, 200 m, Discus & 1500 m) (note e)	12:30 pm	
03	3000 m (Sections will start at 30 minute intervals)	4:00 pm	
04	ALEX ALMASY 5K WALK (Disqualification discussion: 30 min. following completion of final section)	6:00 pm	
	"JUMPS" CLINIC — at track	6:45 pm	
	"THROWS" CLINIC — at track	7:00 pm	

SATURDAY, MAY 4: AT NORTH CAROLINA STATE UNIVERSITY (NCSU)					
Event #	Track Events (Notes 1 & 2)	Approx. Time	Event #	Field Events (Notes 1 & 2)	Approx. Time
05	5000 M RUN	8:00 am	15	THROWS	
06	STRAIGHT HURDLES (Note 3)	9:30 am	16	WT PENTATHLON (Note 4 & e)	7:00 am
07	1500 m RUN	10:30 am	17	SHOTPUT	7:00 am
08	CURVED HURDLES	11:30 am	18	HAMMER (Note 5)	8:15 am
09	TEAM RELAYS (Note d)	11:50 am	19	DISCUS	9:15 am
	A 4x100 OPEN		20	JAVELIN (Note 6)	10:15 am
	B 4x400 OPEN		21	WEIGHT TOSS	11:15 am
	C 4x400 (Min. total age 160)		22	HEAVYWEIGHT (Note 7)	2:00 pm
10	100 m DASH (Note 3)	1:00 pm		JUMPS	
11	400 m RUN	2:10 pm	23	POLE VAULT (Note 8)	8:00 am
12	STEEPLECHASE	3:10 pm	24	LONG JUMP	9:30 am
13	800 m RUN	3:40 pm	25	HIGH JUMP (Note 9)	10:30 am
14	200 m DASH	4:10 pm		TRIPLE JUMP	2:00 pm

SUNDAY, MAY 5: RALEIGH CITY STREETS (See Map in Packet)			
Event #	Event (Note 2)	Start Times	
26	ALEX ALMASY 20K Race Walk (Note 10)	7:00 am	

DETACH ENTRY FORM BELOW AND MAIL TO: Southeastern Masters c/o Raleigh Parks & Recreation, P.O. Box 590, RALEIGH, NORTH CAROLINA 27602 (Photo Copy If Needed)

Name: Last _____ First _____ Init. _____ Sex _____ Age _____ Birth Date _____
 _____ Mo. _____ Day _____ Yr. _____
 Street _____ City _____ State _____ Zip Code _____
 Tac Registration No. _____ Daytime Telephone _____
 _____ Area Code _____

Enter relay teams on captain's entry only. (Event # means MEET Event # from list on page 2)

Meet Event #	Event Title	Meet Event #	Event Title	Meet Event #	Event Title

Number of dinner tickets (@ \$16.50 each) include payment with Total Total Amount Enclosed _____
 Number of T-shirts @ \$8.00 Make check or M.O. for US dollars payable to: Southeastern Masters, Inc.
 Mens sizes: S, M, L, XL List sizes ordered: Where did you hear about our meet? _____
 Where did you get your entry form? _____

ATHLETIC RELEASE
 In consideration of the acceptance of this entry, I hereby, for myself, my heirs, executors, administrators and assigns, release and discharge the sponsors, promoters, managers and operators of the City of Raleigh and the Southeastern U.S. Masters Track and Field, Inc., USATF and their agents, servants, employees, and North Carolina State University at Raleigh whose facilities are being used for this track meet from any and all claims for damages suffered by me as the result of my participation in or traveling to or from the said races to be held on May 3, 4 & 5, 1996, except such damages as may be proximately caused by willful misconduct of such promoters, managers or operators or their agents, servants or employees. I specifically acknowledge the nature of the conditioning required for participation in this meet and release the aforementioned organizations and individuals from all injuries or damages arising from or contributed to by any physical impairment or defect I may have, whether latent or patent, and agree that they are under no obligation to provide a physical examination or other evidence of my fitness to participate in such event, the same being my sole responsibility. I further agree that if, in the opinion of two (2) or more meet officials and/or medical support staff members, I am determined to be unable to safely complete or compete in any meet event, said officials may physically remove me from any course, track or field and refuse to allow me to compete further in events.

Date _____

Athlete's Signature _____



On The Run

by HAL HIGDON

100 Years of Marathon Highs and Lows

Continued from page 1

yard race, but so, unfortunately, did Rosie Ruiz. Following is a list of Boston Marathon highs and lows:

• **1897 - Harvard Drop-out:** Seventeen runners entered the first BAA Marathon. Three no-showed. Harvard's Dick Grant appeared on race day and was granted the final number. Grant ran with the leaders through Wellesley, then lay down under a truck used to sprinkle the dirt roads and asked that the water be turned on. It failed to revive him, so he dropped out of the race. Inadvertently, Grant started the tradition of half-trained local collegians appearing unentered race day and failing to finish.

• **1909 - Phony Runners:** The first impostor was not Rosie Ruiz, but, rather, Howard A. Pearce. Quitting at eight miles in 1909, he took a car to near the finish line where he started to run again. Officials halted Pearce before he could cross the line. Pearce claimed he merely was running to the clubhouse to retrieve his clothes, but the Amateur Athletic Union suspended him. Freddy Miller also used a car ride to finish fifth in 1915, but was caught.

• **1914 - Ultimate Sacrifice:** Irish-born Jimmy Duffy worked in Toronto as a stonemason and won the Boston Marathon in 1914. Duffy failed to defend his title, because the following April he was in Belgium fighting with the Canadian Army. Four days after the 1915 marathon, Duffy was dead, killed in battle.

• **1918 - Missing Year:** A disgruntled British marathoner has complained that 1996 is merely Boston's 99th marathon and everybody should wait until next year to celebrate. He has a point. In the war year of 1918, most runners were in the U.S. Army or Navy. The BAA replaced the marathon with a relay race over the course for servicemen running in uniform. Fourteen 10-man teams competed, the fastest finishing three minutes slower than the course record. The relay, however, preserved the continuity of the BAA Marathon. Anyone waiting until 1997 for the centennial celebration will be one year late.

• **1924 - Proper Distance:** Early Boston marathons were just under 25 miles, the same distance as the 1896 Olympic marathon that provided inspiration for the BAA. Although the Olympic distance was lengthened to

26 miles 385 yards in 1908, Boston didn't change until 1924. The starting line then moved from Ashland into Hopkinton.

• **1926 - Young Runners:** Johnny Miles, who was 20 when he won Boston, was not Boston's youngest champion. (That honor belongs to Timmy Ford of Cambridge, who was 18 when he triumphed in 1906.) At age 90, Miles remains Boston's oldest living champion. The Canadian's winning time of 2:25:40 was considered so incredible that officials remeasured the course and found it 176 yards short, thereby invalidating the time for record purposes. Nevertheless, two decades passed before anyone ran faster than Miles at Boston or on any marathon course. When South Korea's Yun Bok Suh ran 2:25:39 at Boston in 1947, it was a new world record.

• **1930 - Boston Bridegroom:** Between 1911 and 1927, Clarence DeMar won the Boston Marathon six times. In 1929, he got married at the age of 40, despite warnings from his friends that marriage would "ruin him as a runner." As though to prove them wrong, DeMar claimed his seventh victory the following year. DeMar retired as a marathoner in 1954 at age 65. No other runner has come close to matching his record at Boston.

• **1936 - Heartbreak Hill:** John A. Kelley won Boston twice (1935 and 1945), but is equally famed for seven second-place finishes and the fact that he started Boston an incredible 61 times between 1928 and 1992. In 1936, Kelley caught Tarzan Brown on the final Newton Hill and confidently patted him on the shoulder as he passed. Kelley thought Brown beaten, but the other runner accelerated and Kelley faded to fifth. Later, *Boston Globe* reporter Jerry Nason described Kelley losing the race on "Heartbreak Hill." The name stuck.

• **1951 - Front Runner:** Boston's best-known runner may be Michael Dukakis. The 1988 presidential candidate ran Boston while in high school in 1951, placing 57th with a time of 3:31. Later, as governor of Massachusetts, Dukakis took pride in helping present laurel wreaths to the winners of the Boston Marathon.

• **1957 - BAA's Best:** When John J. Kelley won the marathon in 1957, he became the first member of the BAA to do so. No relation to two-time winner John A. Kelley, he was usually

called "Young John" (or "Kelley the Younger") to differentiate him from "Old John" (or "Kelley the Elder"). Young John continues to be called by that name today, even though he is now 65 years old.

• **1958 - Fast Bandits:** The fastest individuals to run Boston without numbers probably were Ted Corbitt, Al Confalone and John Lafferty. Until the recent spurt in numbers, runners were required to take physical examinations to enter the marathon. Rejected on race day in 1958 by an overzealous physician, they ran anyway and crossed the finish line sixth, seventh and ninth - receiving no credit for doing so.

• **1967 - Jostling Jock:** Roberta Gibb became the first woman to run the full distance in 1966, but Kathrine Switzer attained more fame the following year. Because rules prohibited women from competing in long distance races, Roberta's entry was rejected by the BAA. She ran unofficially. In 1967, Kathrine entered as "K.V. Switzer," and thus obtained the number denied Gibb. Angered when he saw Switzer on the course, race official Jock Semple attempted to reclaim Switzer's "illegally obtained" number. Her boyfriend shoved Semple out of the way. Photos of the incident appeared worldwide, accelerating the women's movement. In 1972, after the rules finally were modified, women were welcomed to Boston. Switzer and Semple kissed and made up.

• **1975 - Effortless Victory:** Air travel eased the route of foreign runners to the Boston Marathon following World War II. Americans found victories difficult to come by. Bill Rodgers reversed that in 1975, claiming the first of his four wins with a course record 2:09:55. So effortless was Rodgers run that he walked several times to sip water and stopped once to tie his shoes.

• **1980 - Tacky Observation:** Boston's most famous impostor was Rosie Ruiz, who temporarily stole the glory from Canadian Jacqueline Gareau by jumping into the race with one mile to go and crossing the finish line as the "first woman." It took the BAA more than a week to disqualify Ruiz, despite the statement of one observer who claimed to know instantly she was an impostor, "because of the cellulite on her legs."

• **1981 - Troubled Times:** Until the 1960s, a handful of volunteers organized the Boston Marathon for the few hundred runners who appeared each Patriot's Day. By the 1970s, however, thousands ran. Seeking money to cope with crowded fields, race director Will Cloney enlisted promoter Marshall Medoff, who promised to raise \$400,000. Medoff's contract provided him with a large cut of sponsor money, so the BAA sued to remove Medoff and forced Cloney (involved with the race since the 1940s) to resign. It was a sad time for the Boston Marathon, but it paved the way for the full-time, professional staff that manages the race today.



Ruth Heidrich waves as she crosses the finish line with a W60 first 53:48, 1995 Honolulu Hard Rock Cafe 10K. Photo by Tesh Teshima

• **1982 - Stolen Shoes:** Boston's most exciting race may have been the duel in 1982 between Americans Alberto Salazar (then the world record holder) and Dick Beardsley. They ran shoulder to shoulder for 26 miles before Salazar's sprint prevailed. At a post-race press conference, Beardsley placed his racing shoes on a ledge behind him. He planned to donate them to the church raffle. After Beardsley had returned to his hotel room, the phone rang. His wife Mary took the call. "Tell Dick that he ran a great race," the caller said. "I'm the guy who stole his shoes - and I don't plan to return them!"

• **1990 - Failed Olympians:** For nine decades, no Olympic marathon champion had also been able to win Boston. (Joan Benoit had not yet won her Olympic title, when she won Boston in 1979 and 1983.) The most spectacular failure was Ethiopia's Abebe Bekila, the 1960 and 1964 Olympic marathon champion. In 1963, Bekila and countryman Mamo Wolde (who would win the 1968 Olympic marathon) set course records through 20 miles before fading to fifth and 12th. Finally in 1990, Italy's Gelindo Bordin and Portugal's Rosa Mota won Boston, two years after their Olympic victories.

• **1995 - Kenyan Respect:** At the 1993 dedication of the statue of John A. Kelley in Newton, Ibrahim Hussein said that when he returned home to Kenya after his third victory, the people didn't want to hear how he won. Hussein said: "They asked about this man named Kelley, who had run Boston 61 times." After Kenyan Cosmas Ndeti crossed the line for his third victory in 1995, he quickly looked out for Kelley, who had ridden in the lead vehicle as Grand Marshall. "My greatest goal is to equal your record of 61 Bostons," Ndeti told Kelley. □

(Hal Higdon is author of "Boston: A Century of Running." His weekly columns are available on the Internet at: <http://www.halhigdon.com>.)

Write On

Continued from page 4

ciation for the aesthetics and challenge of the events? Why miss the fun!

We have a chance to promote throwing to women at meets like the Rocky Mountain Games in Boulder. This is a competently-managed meet with a wide-open welcome to newcomers, and one meet that doesn't short-change the throwers; a good place to try something new. In our local Waterloo Club, it's assumed that whatever one's specialty, he or she will jump into other competitive categories on occasion. You'll pop out some surprises when you encourage this.

Charlotte Carter
Austin, Texas

MARATHON TRAINING

A friend who took up running a few years ago wrote this as she approached her first marathon: "Training for this marathon in April feels like a part-time job. When I'm not running then I am sleeping, stretching (which I need to do more of - my hamstrings are very tight), fundraising, or at the massage therapist. My house is dirty, my poor dog is neglected." Wonderfully true and well put!

I'll be carrying the Olympic torch in Phoenix, for the Olympic run. Are any other masters doing it? It would be fun to get in touch with them.

Kati McIntyre
1105 Wood Spur Circle
Timberidge
Prescott, Arizona 86303

NATIONALS

Thanks for recognizing the starters for the National Masters Championships in East Lansing with the picture in the January issue. However, I should point out that there was one individual missing in that picture. Joanne Grissom, from Indiana, also was a starter at the meet, but travel delays kept her from arriving until shortly after the picture was taken.

Joanne did an excellent job, as did all the members of the crew, and she should be recognized with the others. She was one of only 75 officials (a very small number for a meet of this size) who did whatever was necessary to ensure a quality meet from an officiating standpoint. As Coordinator of Officials for the meet, I was pleased with the many compliments received from the athletes about the quality and professionalism of those officials who worked in East Lansing.

Eric D. Zemper
Eugene, Oregon

Note: In last month's Write On, readers were invited to write to Bill Stewart for coaching advice. Please disregard that notice, since Stewart is not permitted to conduct a business while serving his sentence at the federal camp.

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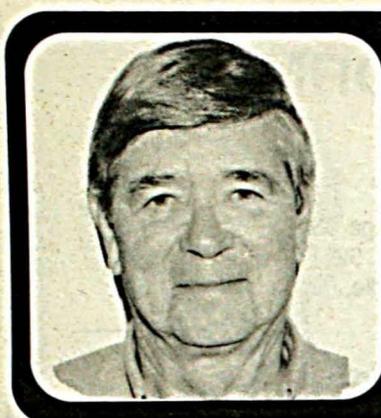
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The Weight Room

by JERRY WOJCIK

Inside Out

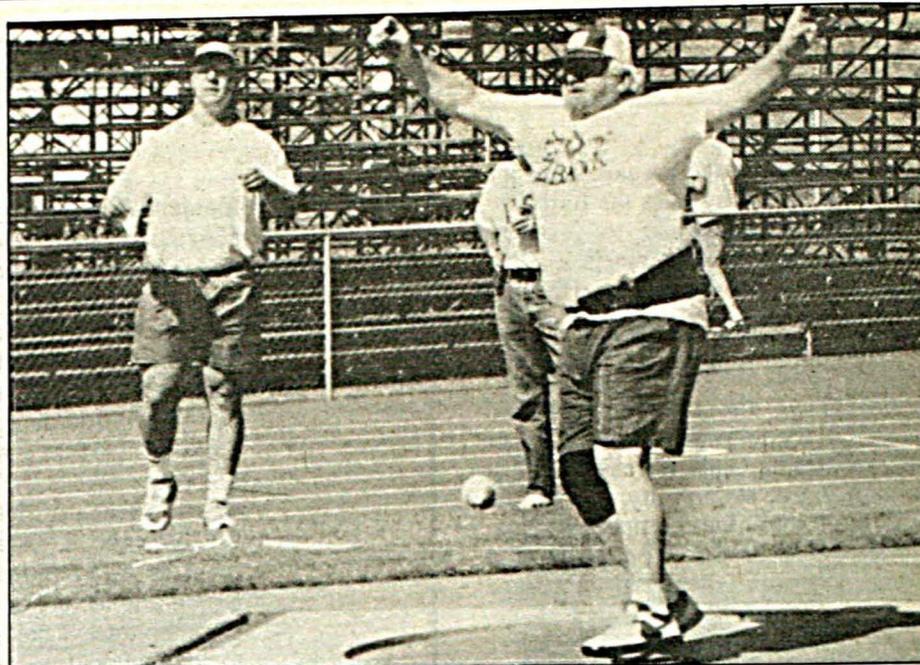
Recently, several non-throwers mentioned to me that the weightmen seem to be on the muscle, so to speak – a bunch of whining, touchy, hormone-imbalanced, malcontent hotheads. This perception may be somewhat accurate; if so, the throwers reflect behavior of individuals and groups who feel that they are treated as second-class, or, worse, victims.

Throwers feel that they are: 1) often shafted, in terms of facilities, meet schedules, etc., by uninformed, ill-advised meet directors, 2) recipients of unreasonable, almost whimsical rules legislated by politically-driven minions in some far-off land, and 3) forced into paradoxical situations, not of their making, that cause them to look like nit-picking bumbler when they seek solutions.

Examples of the first reason were obvious at both major outdoor meets in 1995. An example of the second reason is the recently enforced rule on

maximum diameters for lighter-than-open shots (6k, 5k, 4k). When concerned throwers (Dick Hotchkiss, for one), tried to track down the source of the rule change, nobody seemed to know how it came about; although, the word is that one WAVA official, acting alone, was responsible for the change in specifications.

An example of the third reason – goofy situations – is “What to do about indoor meet superweight records when the superweight is thrown outdoors instead of indoors, as it has been, except at Reno in 1995, since the event



Fred Shanaman, 62, first M60 (10.95), weight throw, Hayward Masters Classic, Eugene, Ore. Lance Deal (l), world record holder in the weight and resident of Eugene, helped officiate the event.

Photo by Jerry Wojcik

was added to the indoor championships?”

It's so silly that I hate to expose it for all of the non-throwing world to see. Rarely are we going to find an indoor facility that can handle a 56-lb. weight, despite what prospective championship meet bidders promise us at the USATF conventions. One answer to this vexing problem is to have just one superweight record list, disregarding the inside and outside of things. But, why should some throwers be denied the opportunity to hold two records rather than just one?

Al Fresco Throws

A more logical solution is to allow the meet designation to determine the record for the superweight, not whether it was thrown al fresco, so that we would have national “outdoor” meet records and “indoor” meet records. Some purists disagree. The wind certainly isn't much of a factor; throwers, outdoor at the indoor, could be affected by blowing dust and wet throwing surfaces, I suppose. Regardless, throwers are not responsible for this inanity. I won't even get into the problem of the difference in the indoor weight (35-lb., 25-lb., etc.) designed for throwing on indoor surfaces, and the regular metal weight for throwing outdoors on dirt or grass. Technically, one could argue that the records in Reno (metal weight on dirt) were bogus because the implements were not indoor implements. There is a difference that influences performance, according to some experts. How many angels can dance on the head of a pin?

The lack of consideration and attention given to masters throwers may be a spin-off of treatment shown throwers generally in the U.S. On Saturday, March 2, I planned my whole day around the two-hour telecast of the USATF Indoor Championships in Atlanta, with the hope of seeing the shot and weight events. Lance Deal, a resident of Eugene, holds the world-record for the 35-lb. weight at 84-10 (go out on the street and measure that

out, just for perspective). Also, I wanted to see if the producers would pick up on Phil Raschker, 49, in the women's pole vault. What shot? What weight? What Raschker? What happened to tape delay?

Inarticulate Winners

All I saw was about 45 minutes of ads; the mandatory post-race interview with the usual inarticulate winner, rendered even more speechless for lack of breath; and track performances during which the commentators, only a trifle more fluent than the athletes, often spoke about tactical races. Tactics, shmactics! How dull! The lack of imagination was appalling. I know that fitting a live telecast of a track meet in a time frame is probably the toughest job in sports broadcasting and that advertising pays the bills, but the runners' bias that influences track programming in this country was pretty obvious. Track and field needs a Steve Bochco or the SEE crew to liven things up.

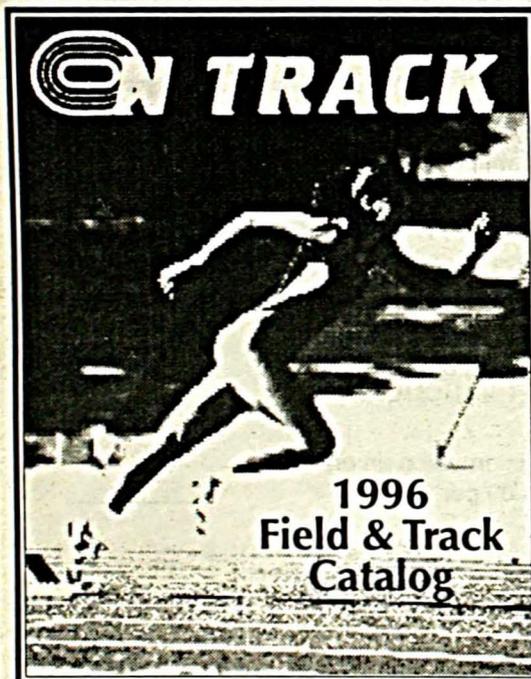
Why can't producers glom onto the fact that Americans love big guys, particularly agile, big guys? The top highlight cut on Sunday nights during the football season is often one of a 290-lb. lineman rumbling down the field for a long gain or TD with a recovered fumble or pass interception. TV commentators love it (John Madden goes berserk when it happens), spectators love it, and TV viewers love it.

Where are big, strong men more agile and graceful than when rotating in the throwing circle?

Perhaps it comes down to economics, by which everything in sports today, including the Olympics, seems to be influenced. Sport shoe companies sell a lot more running shoes than they do throwing shoes.

Anyway, Deal won the WT with an 83-7/4. His female counterpart, Dawn Ellerbe, threw the 20-lb. weight 65-1 1/4. John Godina took the SP with a 66-9/4. Connie Price-Smith hit 61-9 to win the women's event. Raschker in the exhibition PV tied for eighth with a 10-10. □

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Boston Marathon

Continued from page 1

tured a runner who said: "To say I'm desperate is an understatement." On his plan to run as a bandit, he said: "I dare them to catch me."

The Boston Athletic Association (BAA) has pleaded with unofficial runners to stay away from the start in Hopkinton, Mass. Short of taking drastic measures, the BAA is hoping the spirit of fair play will prevail and the town will only have to deal with the 37,000 official marathoners, a daunting task in itself. So far, the BAA continues to operate under a "one gun" plan. Proposals for a "wave" start have so far been rejected, but may yet be accepted as pressure mounts from the expanding ranks of unofficial runners.

The city of Boston and the town of Hopkinton are gearing up for a huge sporting weekend. The re-designed finish line will feature a post-race celebration. There are no hotel rooms available in the entire city. The Sports and Fitness Expo has expanded to three full days, April 12-14.

The race will get under way on Patriots Day, Mon. April 15, at Noon EST. Last year's masters winners were Martin Mondragon (MEX, 2:16:29) and Irina Bonderchouk (RUS, 2:43:42). Qualifying times ranged from a low of 3:10 for men 18-34 to 4:20 for women 70-and-up.

The race is the world's oldest and most prestigious annual marathon. The 100th edition is expected to generate \$114 million for the Boston-area economy. According to police estimates, more than 1.5 million spectators will line the 26.2-mile race course.

The 1996 Boston Marathon will include more than 10,000 volunteers who will help coordinate the start, finish, and course logistics; and many also work for months before and after the race.

The total prize purse has been set at \$600,000. BAA's principal sponsor is John Hancock Financial Services. Prize money of \$47,000 is five deep in the masters division (40-and-up). There are no separate five-year age groups or age-graded awards, however.

Race officials estimate as much as a 30- to 35-minute delay before the last batch of runners reaches the starting line. But thanks to the ChampionChip, a tiny computer chip that ties onto a shoelace and electronically records the time a runner steps over the start and

finish lines, officials will know the "net" or "real" time of every participant. The chip must pass over special mats at the start, finish, and halfway points.

"It's the wave of the future," said BAA official, Dave McGillivray. "We used the system for the wheelchair division last year, and it worked without a hitch."

The chip method was introduced in the Berlin Marathon and was used in this year's Las Vegas and Los Angeles marathons. The chip, two inches in diameter, is encased in plastic and weighs almost nothing. One will be given to each runner in the same packet as the bib number. Each chip has a serial number that will have been linked electronically to the bib number.

On the morning of the race, the runner attaches the device to a sneaker. When the runner's foot passes over the starting line, an antenna underneath a mat will send a radio signal to the chip, which will send a signal back to the antenna, which will record the time on a computer disc.

The information on the disc will be transported physically or by modem to the system at the finish line. When the runner crosses the finish line, the same process takes place and the runner's corrected time is computed.

"The timing system has not yet been approved by either USATF or the IAAF, so the official time will still be kept by the clock," said Bob Barnaby, a consultant on the project. "But it's only a matter of time before it's approved."

"It's the future of running," said the BAA's Jack Fleming. "It's what everyone's been waiting for." □

The 1996 B.A.A. Marathon Prize Structure

Place	Men	Women
1	\$100,000	\$100,000
2	50,000	50,000
3	25,000	25,000
4	17,500	17,500
5	14,500	14,500
6	12,500	12,500
7	9,000	9,000
8	7,400	7,400
9	5,700	5,700
10	4,200	4,200
11	2,600	2,600
12	2,100	2,100
13	1,800	1,800
14	1,700	1,700
15	1,500	1,500
=====		=====
	\$255,500	\$255,500

Masters Division		
	Men	Women
1	\$12,000	\$12,000
2	6,000	6,000
3	3,000	3,000
4	1,500	1,500
5	1,000	1,000
=====		=====
	\$23,500	\$23,500

Wheelchair Division		
	Men	Women
1	\$12,000	\$12,000
2	6,000	6,000
3	3,000	3,000
=====		=====
	\$21,000	\$21,000

GRAND TOTAL = \$600,000

COMING NEXT MONTH

- Results of Indoor Nationals
- 5-Year Age-Group World and USA T&F Records
- List of Masters Clubs
- Results from Boston

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Health and Fitness

Runners at Risk for Fungal Nail Disease

Nearly 40 percent of marathon runners surveyed have signs of fungal toenail infection, according to a new study of more than 4000 runners. More than half (52 percent) of the 4150 runners surveyed at the 1995 New York City Marathon reported that they had experienced toenail trauma including "black toenail" (blood blisters under the nails), loosening, and even loss of toenails, while 39 percent reported signs of fungal toenail infections including yellowish, thick, brittle or hard nails. Of the runners surveyed, 75 percent reported having had normal toenails before beginning the sport.

The survey was conducted at the New York City Marathon Foot Health Clinic, sponsored by Janssen Pharmaceutica, where physicians provided free foot screenings for runners and advised them on topics including proper foot care. Janssen sponsored a similar clinic at the 1996 Los Angeles Marathon.

"Toenail trauma is caused by the constant friction of a runner's toes against their shoes," said Ayne Furman, DPM, Chair of the

Sportsmedicine Committee of the Road Runners' Clubs of America. "Many runners lose toenails, particularly after a long race such as a marathon. When new nails grow in, they can often be infected."

High Incidence of Toenail Trauma

Toenail trauma, or damage to the nail, is a leading risk factor for fungal nail disease. While 35 percent of shorter-distance runners (those who run less than 20 miles per week) reported that they experienced toenail trauma, 60

percent of runners who log more than 20 miles weekly experienced the problem. The study also found that the incidence of trauma increased with the age of the runner and number of years spent running.

"This study of runners' foot health is the first of its kind and confirms what many experts have long suspected. Runners should be aware of their high incidence of toenail trauma and of the associated risks including fungal nail disease," said Neil Brody, MD, PhD, author of the study.

"In fact," Dr. Brody continued, "it is important to note that major trauma of the nail is not required to allow fungal organisms to enter. 'Micro' trauma, unnoticed by the athlete, probably accounts for the majority of fungal nail disease."

Signs of Fungal Nail Disease

It is estimated that fungal nail disease affects nearly 11 million people in the United States. The condition causes yellowing of the nail, accumulation of debris under the nail, detachment of the nail plate from the nail bed, and pain.

An overwhelming 39 percent of all runners surveyed reported that they showed signs of toenail fungus including yellowish, thick, brittle nails. The percentage of older runners (age 50+) with these symptoms rose to 49 percent. One-third of those who have run for less than three years reported signs of fungal nail disease, while 44 percent of those who have run for more than 11 years reported the problem.

Lack of Treatment

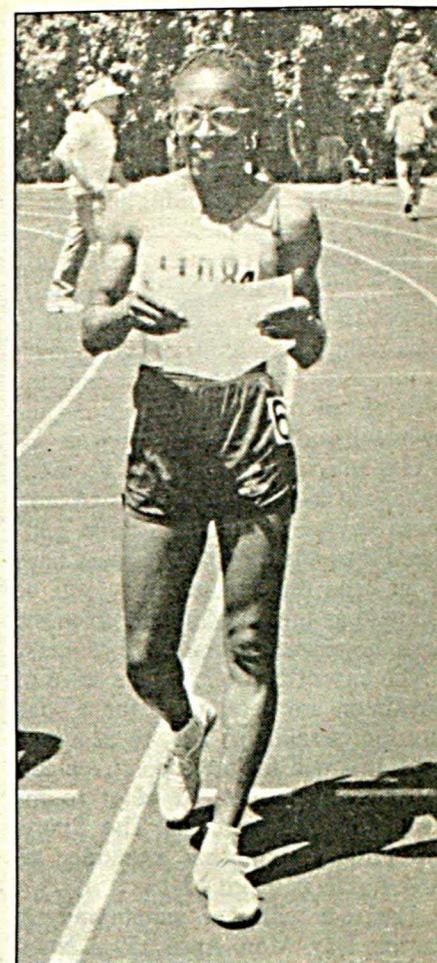
Despite these athletes' high incidence of trauma and signs of fungal infection, the majority of runners have not sought medical treatment for their condition. Only 17 percent of those reporting problems had pursued treatment.

"For the first time in 35 years, new treatment is available to treat toenail fungus. Those who suspect they have the condition should see a doctor for a definite diagnosis," said Dr. Brody.

New Therapy

Sporanox® (itraconazole capsules) is available to treat fungal nail disease (onychomycosis due to dermatophytes).

"It is the first new therapy in 35 years proven to produce mycological cure in the treatment of fungal nail disease," said Janssen spokesman



Irene Thompson, New York, W40 winner in the 100 (13.21), checks out the information sheet for the age-graded 100 at the 1995 Nationals. This year's Nationals will be held in Spokane, Aug. 15-18. Photo by Suzy Hess

Jennifer Turan. "Clinical studies show that many patients who receive a short course of daily treatment from Sporanox experience significant visible improvement of fungal toenail infections."

Turan said Sporanox has a favorable safety profile and is well tolerated. "In clinical trials, a temporary or a permanent discontinuation of treatment followed elevated liver enzymes (4 percent), gastrointestinal disorders (4 percent) and rash (3 percent)."

Sporanox should not be taken with terfenadine (Seldane®), astemizole (Hismanal®), cisapride (Propulsid®) or oral triazolam (Halcion®), Turan said.

"To receive a definitive diagnosis of fungal infection, patients must see their doctors." □

Birmingham Track Club Classic
Track & Field Meet
May 18, 1996

Site: Mountain Brook High School (just off I-459 at Liberty Park exit)
 Facilities: Six-Lane Chevron Track, Chevron long jump and pole vault runways, grass javelin runway
 Age Divisions: Masters (Age 30 and over) men and women will compete in five-year age groups. Open and youth (18 and under) division.
 Entry Fees: Entries postmarked by May 9: \$12 first event, \$6 each additional event, \$12 per team for each relay race. Late registration (including day of meet, one hour prior to event) \$15 first event, \$10 each additional.
 Lodging: Holiday Inn (with Airport Transportation) I-65 South at exit 256. (205) 942-2041.
 Awards: Medals to first three places in each age group.
 Special Awards: \$100 Knights of Columbus 100 meter dash (age-graded, distance-handicapped; the seven top age-graded 100 meter runners will compete with \$100 to the winner.) Other awards to be announced.
 Director: Jeff Tesnow (205) 980-5152

Track Events		Field Events
10 a.m.	50 meters	10 a.m. first flight for high jump (women and 60+ men), pole vault, long jump, standing long jump, shot put, discus
11 a.m.	80/100/110 hurdles	FLIGHT ASSIGNMENTS BASED ON FIRST COME BASIS (postmarked date)
12 p.m.	1500 meters	12 p.m. second flight for high jump (men 30-59), pole vault, long jump, standing long jump, shot put, discus
1 p.m.	100 meters	1 p.m. third flight for high jump (males under 30), pole vault, long jump, standing long jump, shot put, discus
2 p.m.	400 meters	2 p.m. first flight for javelin and triple jump
3 p.m.	200 meters	3 p.m. second flight for javelin and triple jump
3:50 p.m.	K of C 100 meters	
4 p.m.	800 meters	
4:30 p.m.	300/400 hurdles	
4:45 p.m.	4x400 Relay	
5 p.m.	5000 meters	

NAME _____ ENTRY FEES _____
 BIRTH DATE _____ AGE _____ SEX _____ First Event \$12 _____
 ADDRESS _____ # events x \$6 _____
 TELEPHONE _____ # relays x \$12 _____

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

Signature _____ Date _____

MAIL TO: Birmingham Track Club,
 PO Box 530363, Birmingham, AL 35253.

Events Entered	Best Recent Mark or flight preference
1 _____	_____
2 _____	_____
3 _____	_____
4 _____	_____

Los Angeles Marathon

Continued from page 1

age 40+ honors in 2:33:36 as the 29th finisher overall.

Ukraine's Lyubov Klochko topped all female finishers in 2:30:30, with L.A. resident Lorraine Gersitz the first W40+ runner in 3:11:50 as the 32nd woman overall.

Several foreign runners, including Molina, used the race to try to qualify for their own countries' Olympic teams.

The race winds through over a dozen ethnic neighborhoods of the

city. It has truly become a genuine civic event, one that brings all factions of an often-divided city together, at least for a day.

"I feel a sense of pride to have been part of the human thread that wove the city together for a few hours," said Elizabeth Stark. "I shall not forget the hundreds of hands I touched along the way, each giving and receiving energy. Each face in the wonderful 26-mile-long cheering section - full of wonder and hope - seemed to say what was good about Los Angeles." □

Jim Law Dies

Continued from page 1

masters track and field community is comparable to the effect of the death of Jim Fixx on the running community over a decade ago.

Law was one of the prime spokesmen for the National Senior Sports Classic. He traveled around the country giving inspirational speeches to senior and other groups. He was charming and articulate. For the past seven years he was the official spokesperson for Whole Grain Total cereal's "Total Shape-Up" promotion which promotes healthy lifestyles among older people. He even had an agent.

In 1993, he was the first senior presented the Silver Eagle Award by the President's Council on Physical Fitness and Sports. In 1994, he joined Willard Scott and Better Friedan in being recognized by Secretary of Health and Human Services, Donna Shalala, for their many contributions as model older Americans, and honored as ambassadors for healthy aging.

In July, 1991, he set the world M65 400-meter record of 58.79, a mark which still stands. It was the first time in history that a man over age 65 broke the one-minute barrier at 400 meters.

In July, 1993, he set a U.S. M65 200 record of 26.05. He holds the world M65 indoor 200 record (26.92) and U.S. M65 indoor marks at 400 (60.67) and 60 meters (8.14).

Law won the world M65 200-meter championship in Miyazaki, Japan in 1993, adding silver medals in the 100 and 400. He won three silver medals in those events at the World Veterans Championships in Turku, Finland, in 1991.

He won several U.S. national M65 sprint championships, and was voted the outstanding M65 track athlete of the year by USA Track & Field in 1992, 1993 and 1994.

Although he was a sprinter in high school and at Pennsylvania's Lincoln University, he had hung up his spikes until 1986, when he began to get in shape for competition.

"My message to all young folks is to stay in shape," he said then. "My message to older folks is, if you haven't stayed in shape, you can come back. It can be done."

Law received a masters degree in psychology from New York U. in 1949. In 1967, he earned a Ph.D. in psychology from Duke University in Durham, N.C.

In 1949, he was hired by Johnson C. Smith University in Charlotte, where he stayed for 46 years as Professor of Psychology, Chairman of the Department of Psychology, and Vice-President for Academic Affairs. He retired from JCSU in 1965, and was granted the title of Professor Emeritus of Psychology.

Law had a long history of community involvement, including leadership posts at the local and state levels for

both the United Way and the Mental Health Association.

Reportedly a heavy smoker until age 58, Law began sprinting in 1984. By age 60, he had reduced his cholesterol level from 322 to 188. In recent years, he had been featured in magazines such as *Ebony*, *Modern Maturity*, *Sports Illustrated*, *Prevention*, *Duke*, and *Men's Health*.

Jack Wood, a friend for eight years, said; "He was a perfect gentleman. I've never heard a disparaging word. Everyone liked him."

Law was supposed to carry the Olympic torch through the Charlotte area this summer.

His sudden death comes as a shock to fitness athletes. As with Fixx and others since, it's a sober reminder that just being in shape is no guarantee of immortality; that regular check-ups and treadmill tests should be part of every older athlete's regimen.

Law leaves behind his wife, Aurelia; his son, Eric; and a host of other relatives and friends from around the world.

A celebration of his life was held on March 14 at the JCSU Church. Interment followed at Forest Lawn West Cemetery. No autopsy was performed.

In lieu of flowers, the family asked that memorials be sent to JCSU to be applied to a fund in Law's name. □

Masters Dominate HMRRC Marathon With 5 of Top 6 Places

by PAUL MURRAY

Bruce Glasspole, 43, Pointe Claire, Quebec, finished first overall in the Hudson Mohawk RRC Winter Marathon, Feb. 25. Masters runners dominated the results, capturing five of the top six places.

Winds gusting up to 50 miles per hour slammed runners on the four-loop course around the New York State Office Campus in Albany, and accounted for the winning time of 2:52:20, one of the slowest in the 23-year history of the event.

Second masters finisher and third overall was Jim Lofthouse, Ballston Spa, N.Y., with a 3:08:15. The top masters woman was Rosemary Rusin, 52, Florence, Vt., with a 4:00:47. Budd Bettler, Newark, Del., was the M50 victor in 3:10:07. Richard Fedion, North Conway, N.H., was the M60 winner in 4:00:25.

Many entrants decided to retire after fighting the wind for 12 to 20 miles. Only 38 runners completed the full marathon.

The race, organized by HMRRC, was directed by Lori Christina. □

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH APR. 1996

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
ROLAND ANSPACH (SPRINGBORO, OH)	4-26-26	70-74
ORVILLE ATKINS (LOS ANGELES, CA)	4-27-36	60-64
ANATOLY BADRANKOV (URS)	4-2-41	55-59
JAMES BRADLEY (SPRINGFIELD, VA)	4-25-36	60-64
GILES BRINDLEY (GB)	4-30-26	70-74
FRANK COVELLI (CA)	4-2-36	60-64
TOM DAINTRY (AUS)	4-7-11	85-89
BUD DEACON (HONOLULU, HI)	4-28-11	85-89
PETER FETTER (REDONDO BEACH, CA)	4-11-21	75-79
PETER FIELD (GB)	4-17-31	65-69
KONRAD HERNELIND (SWE)	4-30-26	70-74
DENNIS KASISCHKE (CA)	4-1-46	50-54
TOM KENNEL (US)	4-1-21	75-79
AARNE KETONEN (FIN)	4-21-16	80-84
GEORGE KNOX (GAHANNA, OH)	4-16-11	85-89
JAMES LYTJEN (SUSANVILLE, CA)	4-12-21	75-79
RONALD MARCELINA (HOL)	4-18-46	50-54
BOGDAN MARKOWSKI (EUR)	4-14-46	50-54
JOSEPH MARTIN (LEXINGTON, VA)	4-14-21	75-79
JAMES MATHEWS (US)	4-4-6	90-94
RENE MAURER (SWE)	4-16-36	60-64
KENNETH MEDLEY (US)	4-5-41	55-59
HERB MILLER (ORANGE, CA)	4-27-16	80-84
URBAN MILLER (WG)	4-12-11	85-89
REGVALD NAESJE (NOR)	4-15-11	85-89
ROLLAND NICHOLS (BISHOP, CA)	4-6-11	85-89
GUENTER ORTMANN (WG)	4-2-36	60-64
HOWARD PAYNE (GB)	4-17-31	65-69
GEORGE PHIPPS (GBR)	4-9-26	70-74
WILLI RIECHERS (WG)	4-29-16	80-84
JORME RINNE (FIN)	4-20-36	60-64
JOE ROGERS (MUNCIE, IND)	4-30-26	70-74
RALPH ROYLANCE (US)	4-25-26	70-74
LEE SCHRODER (KLAMATH FALLS, ORE)	4-23-31	65-69
DAROLD SKARTVEDT (SEATTLE, WA)	4-9-31	65-69
GUDMUND SKRIVERVIR (NOR)	4-18-21	75-79
ALFONS SONNECK (WG)	4-30-21	75-79
JULIUS STUETZLIE (FRG)	4-2-21	75-79
RALPH SUTTON (ROCKLIN, CA)	4-8-31	65-69
WILBUR THOMPSON (LOS ALAMITOS, CA)	4-6-21	75-79
LARRY WRAY (FOUNTAIN VALLEY, CA)	4-24-36	60-64
FLORENCE BERRY (MERRY, IL)	4-11-21	75-79
JOYCE BOWERMAN (WABASH, IN)	4-8-41	55-59
DENISE FOREMAN (WA)	4-30-56	40-44
DOROTHY HASSLER (KIRKWOOD, MO)	4-5-26	70-74
VANESSA HILLIARD (ST. PETERSBURG, FL)	4-18-41	55-59
PAT HURST (FRESNO, CA)	4-27-31	65-69
JUDY LEYDIG (SAN MATEO, CA)	4-1-51	45-49
JUDY MARTIN (MISSION VIEJO, CA)	4-19-36	60-64
PATRICIA PETERSON (ALBANY, NY)	4-14-26	70-74
SUSAN REDFIELD (MARBLEHEAD, MA)	4-1-36	60-64
GEORGEAN RUSKIN (BLACKLICK, OH)	4-21-21	75-79
JOANNE WICHARY (SAN DIEGO, CA)	4-28-36	60-64
LILLIAN WOODWARD (CA)	4-7-36	60-64
ILSE BELLIN (WG)	4-28-21	75-79
BARBARA DAGLEISH (AUS)	4-2-36	60-64
URSULA FOERSTER (GER)	4-20-26	70-74
MIEKO IDE (BRA)	4-15-21	75-79
KAREN ILLGEN (WG)	4-7-41	55-59
LEONORA KOCH (WG)	4-7-36	60-64
RIMMA LARIONOVA (URS)	4-1-36	60-64
UNA LUND (AUS)	4-18-41	55-59
GALINA MOROSANOVA (URS)	4-26-41	55-59
LUCIA NUVOLE (ITA)	4-7-41	55-59
INGRID SOGSTAD (NOR)	4-2-26	70-74
ADA MARIA UDINI (URU)	4-20-46	50-54
TYNE VUORINEN (FIN)	4-12-26	70-74

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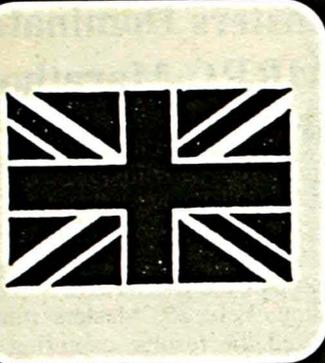
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Report from Britain

by BRIDGET CUSHEN and MARTIN DUFF

The Southern Area Cross-Country Championships, Luton, March 2, drew 500 masters. Former London Marathon winner Mike Gratton, M40, narrowly triumphed over Stan Owen by one second with a 36:09. Steve Birkin retained his M50 title in a separate race with a 38:07. Laurie O'Hara triumphed in the M60s (42:46). Cathy Boyle, 35, took the women's 7K race with a 28:16 from Anne Turrington, 39, who ran a 28:36.

A record 470 athletes competed in the BVAF Indoor Championships on the superfast 200m track of the National Indoor Arena in Birmingham, March 6. This is the venue for the first European masters and open indoor championships in February 1997. Over a dozen world records were broken, including the M40-44 long jump (7.03, Stan Whitley, 1986) by Barrington Williams with a 7.52, and the W35 triple jump (10.69, Phil Raschker, 1984) by Jenny Brown with a 11.10.

One of the most exciting races was the M50 1500 when world medalist Reg Phipps (4:12.60 in Buffalo) set a cracking pace but suddenly ran off the track with 600m to go, leaving the reluctant John Potts to do the pacesetting. Malcolm Martin, better known as a road runner, took over and made a long sustained run for home. Potts made his bid with a half a lap to go, but Martin overhauled him in the finishing straight to set a new world indoor record of 4:16.02 (4:17.85, Kenny Baker, 1988). □



Finishers in the Ho Chi Minh City Marathon and Half-Marathon (l to r): Jack Wells, Bill Moore, Gerry Berry, and Dick Wilkerson. Photo from Jack Wells

Masters Runners Return to Vietnam

by JACK WELLS

Four Vietnam veterans returned to Ho Chi Minh City (Saigon) after two decades to run in the 3rd HCM City Marathon and Half-Marathon, Jan. 21. This race attracts world class runners who compete for a share of \$40,000 in prize money. Bill Rodgers ran in the inaugural race in 1992.

One of the veterans, Dr. Bill Moore, served as a Medical Corps officer with the 1st Battalion, 4th Marines in Quang Tri in 1969, and completed this grueling marathon in 4:13 in spite of the sweltering 85+ degree temperature and shortages of water on the course. Moore then traveled to the northern part of Vietnam to teach orthopedic surgical procedures to the residents, interns and medical students at the University Hospital in Hue.

Retired Marine Colonel Gerry Berry was a helicopter pilot who flew out of Quang Tri during 1969-1970. He evacuated the U.S. Embassy just prior to the fall of Saigon in April

1975. Berry completed the marathon in 4:53.

Retired Marine Lieutenant Colonels Jack Wells and Dick Wilkerson finished the half-marathon in 2:08. Wells served with the 7th Marines in 1968; Wilkerson was on a Navy ship off the coast of Vietnam from 1963-1964.

There were 170 international runners in addition to over 500 Vietnamese runners who participated in both races. The event is covered live on government television and thousands of spectators throughout the city line the streets to watch the race.

The next race will be held in Hanoi in January 1997 where temperatures are at least 10 degrees cooler. Bruce Aitken of Sports Asia Limited is the organizer of this annual international marathon which alternates between Ho Chi Minh City and Hanoi. Those runners looking for an adventuresome challenge will find a warm and enthusiastic welcome in Vietnam. □

WAVA/USATF Hurdles and Implements Specifications						
HURDLES						
WOMEN						
Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8½"	8.5m 27'10½"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"	8
60-69	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"	8
70 Plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"	8
30-39	400m	.762m 30"	45.00m 147'7¼"	35.00m 114'9½"	40.00m 131'2½"	10
40-49	400m	.762m 30"	45.00m 147'7¼"	35.00m 114'9½"	40.00m 131'2½"	10
50-59	400m	.762m 30"	45.00m 147'7¼"	35.00m 114'9½"	40.00m 131'2½"	10
60-69	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7
70 plus	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7
MEN						
30-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10½"	10.50m 34.5"	10
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34.5"	10
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.0m 62'4"	8
30-49	400m	.914m 36"	45.00m 147'7¼"	35.00m 114'9½"	40.00m 131'2½"	10
50-59	400m	.840m 33"	45.00m 147'7¼"	35.00m 114'9½"	40.00m 131'2½"	10
60+	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7
IMPLEMENTS						
AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT	
Women					WAVA	USATF
30-49	4.00k	1.00k	4.00k	600gms.	20#	20#
50 plus	3.00k	1.00k	3.00k	400 gms.	16#	16#
60 plus	3.00k	1.00k	3.00k	400 gms.	12#	16#
Men						
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.	35#	35#
50-59	6.00k	1.50k	6.00k	800 gms.	25#	35#
60-69	5.00k	1.00k	5.00k	600 gms.	20#	25#
70-79	4.00k	1.00k	4.00k	600 gms.	16#	25#
80 plus	4.00k	1.00k	4.00k	600 gms.	12#	25#

Steeplechase: 3000m for men 30-59; 2000m for men 60+ and women.
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Yuki Kaoru, 45, first female overall (75:36), Ichinoseki Half-Marathon, Iwate, Japan.
Photo by Tesh Teshima

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RACES

MAY 5 - Avenue of the Giants Marathon & 10-K, Northwestern, CA. **SASE:** NMN, 281 Hidden Valley Rd., Bayside, CA 95524.
MAY 27 - Truth/NBD Great Race XVI, 10-K & Half-Marathon, Elkhart, IN. Contact: Ron Schmanske, Adm./Coordinator, P.O. Box #487, 421 S. Second St., Elkhart, IN 46515. (219)294-1661.

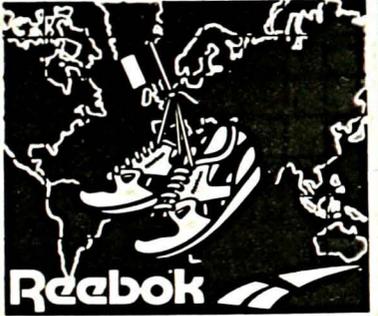
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Masters Scene

NATIONAL

• The next three masters national outdoor championships will be run on track surfaces installed by USATF Masters Weight Coordinator Ken Weinbel's company, Martin Surfacing: Spokane-1996, San Jose-1997, and U. of Maine-1998; as a bonus, the WAVA Regional in Eugene will also be on a Weinbel installation. Should be great meets and performances.

• Linda Wallace, a grad student at Central Washington U., is conducting research for a masters thesis: an oral history of women masters T&F athletes, and is looking for women masters who are interested in being interviewed about how competition has impacted their lives. She can be reached at 602 Wenas St., Ellensburg, WA 98926, 509-962-8346, or by e-mail at wallace@cwu.edu.

• The caption for the photo on p. 4 of the February issue should have read: Kevin Nance, 41, Chandler, Ariz., M40 winner (11.41) in the 100, 1995 Nationals.

• Phil Raschker, 49, Marietta, GA, in the USATF Open Indoor Championships in Atlanta, March 2, finished tied for eighth in a field of over a dozen much younger competitors in the PV with a 10-10 vault, for a 99.8% age-graded performance. If Raschker can stay ranked in the top 12 female vaulters, she may have a shot at the Olympic Trials. In the 3000 racewalk, Maryanne Torellas, 38, Clinton, CT, edged out current W35-39 U.S. record holder Victoria Herazo, Reno, NV, for second, with a new W35 WR of 13:09.55.

• Despite serving a 30-month sentence in a federal camp for copying some government maps, Bill Stewart, 53, is trying to keep his spirits up. The holder of the indoor U.S. masters mile record (4:11.0, set in 1983) is running 75-85 miles a week. "Although I wouldn't recommend this severe method of total training," he told NMN, "I have been able to record one suitable performance (a 15:58 3-mile run) on my 'C' shaped course, 1000 feet in each direction." Stewart's attorneys are working on his appeal. His "personal pipe dream" is to compete in a mile race near his Ann Arbor, MI, home on August 11.

EAST

• Mary De Nardo (40, 19:54) swept the women's masters field at the NYRR Valentines 5K Run, Central Park, Feb. 10, as well as taking third

female spot overall. On the men's side, Steven Schallenkamp (41, 16:37) bested the masters men. Age-group stars included John McManus (72, 21:50) and Muriel Merl (70, 27:07).

• On a 30-degree morning in Central Park, Paul Mascall (43, 21:15) and Mary De Nardo led the masters at the NYRR Snowflake Four Miler, Feb. 18. Mary Nathan (55, 29:07) was the leading lady in her division.

• With the thermometer hovering around 10-degrees, 543 brave souls crossed the finish line at the NYRR Central Park 20K, Feb. 4. Suzanne Rohr (45, 1:29:30) outshone the masters women as fourth woman overall. In the same age-group, Robert Briglio (46, 1:14:48) led the masters men, eighth overall. Kudos also to Ed Preston (75, 1:43:45) and Thelma Wilson (64, 1:50:29).

• For the eighth time, the Washington Running Club took the masters men's title at the 8th Ekiden Marathon Relay, Feb. 18, in Greenbelt, Md. WRC Bobs & Bytes (Jacob Wind/Robert Trost/Robert Rodriguez) covered the distance in 2:49:38.

SOUTHEAST

• At the 6th Annual Pomoco Group/Hampton Coliseum Road Race 5K, Feb. 11, Hampton, Va., Rick Platt (45, 17:01) chewed up the masters men with Laurie Urban (41, 23:21) topping the 40+ women. Guest speaker and 1984 Olympian Ruth Wysocki, 38, ran the race as a training run and clocked in at 17:22. The concurrent half-marathon drew 1066 runners. Hitting paydirt (\$100) were top masters Steve Winchel (40, 1:11:06) and Sue Given (43, 1:27:51). Topping the senior (50+) men and women, Mel Williams (58, 1:24:02) and Betty Dameron (60, 1:58:21) each took home \$50 for their efforts in warm (60°F) and windy weather.

• The first M40+ in the Carolina Marathon (also serving as the Women's Olympic Marathon Trials), Columbia, SC, Feb. 10, reported in the March issue, was Sadot Mendez, 44, Hertsford, NC, in 2:49:47. Masters winners in an adjunct 10K were Dave Kannewurf, 40, Portsmouth, Va, in 31:47, and Carol McLatchle, 44, Houston, TX, in 37:21. Earl Owens, 46, Dunwoody, GA, was second M40+ with an impressive age-graded 89.7% 32:27.

• Steve Gallagher, 40, Winter Park, FL, who broke the U.S. M40-44 record of 8:44.0 for the indoor 3000 at the Dartmouth Meet in January with an 8:43.71, won the Masters Men's Mile in

the Mobil Invitational at George Mason U., Fairfax VA, Feb. 24, by eight seconds with a 4:22.61. David Shafer, Middletown, MD, was second (4:30.97) in the 16-man field.

• The Florida Athletic Club, which brought the world the Postal RW Challenge, starting April 1, now has cast down the gauntlet to throwers with a team throwing challenge to other clubs. The challenge will run from April to October 1, like the RW challenge. For details on both challenges, contact FAC, 3250 Lakeview Blvd., Delray Beach, FL 33445: John Von Rohr (throws), 954-452-9248, and Bob Fine (RW), 407-499-3370, fax 407-495-5054.

• Fin Tomlinson, 41, was the first 40+ in his hometown Charlotte, NC, Observer Marathon, Feb. 17, in 2:51:47. Noni Nierenberg, 40, of Crownsville, MD, took women's masters laurels in 3:39:25. In the 10K, Earl Owens, 46, Dunwoody, GA, topped all masters in 32:33, with Alendia Vestal, 44, of Brevard, NC, first W40+ in 40:27.

SOUTHWEST

• Tatiana Pozdnyakova, 40, of the Ukraine, ran a sizzling 2:31:03 for an overall female first in the Houston-Tenneco Marathon, Jan. 21. Elena Sipatova, 40, of Russia, was 10th in 2:35:03. Antoni Niemczak, 40, Rochester, NY/Poland, captured the M40+ title in 2:21:46. Mike Dyon, 40, of Canada, finished second in 2:23:34.

• Antoni Niemczak, 40, of Rochester, NY/Poland, and Irina Bondarchouk, 43, Houston, TX/Russia, were masters winners in the Austin Marathon, Feb. 18. Niemczak finished seventh with a 2:25:48; Vladimir Krivoy, 45, Halifax, ME/Ukraine, was tenth in 2:31:00. Bondarchouk was fourth female in 2:50:33, with Joyce Deason, 40, Shreveport, LA, fifth in 2:52:32. Jocelyn Porter, 70, Houston, TX, beat all other W60+, with a 4:49:53.

• Paul Stemmer (41, 32:49), Mobile, AL, and Pam Williams (41, 37:54), Mandeville, LA, won cash prizes as 40+ firsts, Camellia City Classic 10K, Slidell, LA, Feb. 24. Yvonne Lee, 52, Zachary, LA, was second W40+ in 43:43. Elizabeth Van Battum won the W70+ race in 53:48.

WEST

• Richard Flores, 41, Windsor, CA, and Christine Iwahashi, 40, Sacramento, CA, claimed masters wins in the Napa Valley Marathon, run in California's wine country on March 3. Flores finished second overall of 1281 runners with a 2:26:04. Rob Reid (41, 2:27:40), Victoria, BC, and Sean Crom (40, 2:31:29), Reno, NV, were third and fourth overall. Iwahashi, a three-time former race winner, finished seventh in 3:11:42.

• Farley Simon (40, 15:24) was not only first master, but first overall in the Los Alamitos 5K, Los Alamitos, CA, Feb. 24. The women's champ was Lorraine Gersitz (W40, 19:18). Bill Nice, 80, blitzed his division in 24:54. In the accompanying 10K, Daniel Kelly (M45, 34:41) was the man of the hour with Julie Lister (W45, 42:26) leading the 40+ ladies.

• James Robinson, 42, a two-time Olympian, ran a 1:57.2 800 at a Berkeley, CA meet, Feb. 18. Ray Kimble, also 42, triple-jumped 50-11-1/2 (15.53m) at the same meet.

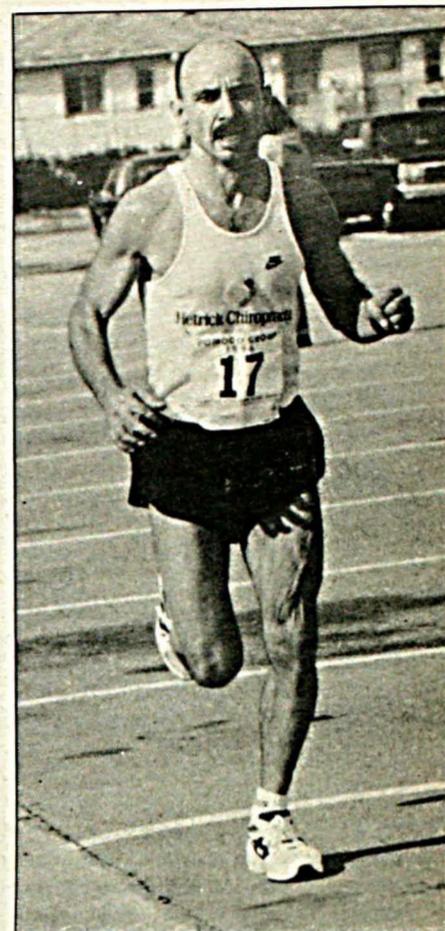
NORTHWEST

• John Hahn (48, 2:48:10), Kirkland, WA, and Sandi Wiebe (46, 3:23:48), Vancouver, WA, turned in 40+ firsts in the Trail's End Marathon, Seaside, OR, March 2. Channing Berthiaume (51, 2:51:04), Tacoma, WA, was second M40+.

INTERNATIONAL

• The International Senior Games is a 20-sport festival to be held in Bermuda from April 13-27. The track & field competition will take place from April 14-17. One of the features of the Games is the Elite Mile, which will feature many former Olympians including Jim Ryun (USA), Ron Clarke (AUS), Peter Snell (NZ), and Michel Jazy (FRA). The Games will be featured on a 3-hour prime time ESPN special. For more info, call 1-800-867-5935.

• At the XV Veterans Championship in



Mike Bressi, 2nd master (1:13:54), Hampton Coliseum Half-Marathon, Feb. 11.

Photo by Sports 35 Photography/Clay Shaw

Montevideo, Uruguay, Nov. 24-26, a world W40 record in the hammer was set by Ana Franco. Franco let loose a heave of 43.88 to win her division by over 20 meters.

• The Mt. Everest Challenge Marathon, held near Darjeeling, India, was named the "world's most beautiful marathon" by *Runner's World* in its March, 1996 issue in a five-page feature article. This year's edition is set for Nov. 5-12. It's \$1200 from Darjeeling, with optional shorter races. For a free brochure, call Force 10 at 800-922-1491.

• It may be snowing in the east and flooding in the northwest, but the weather in some places has been kind to racewalkers. Recent new WRs are as follows: W35 3000m Anne Manning (AUS) 12:43.2; W35 5000m Anne Manning (AUS) 21:45.8; W35 10K Anne Manning 44:28; W65 5000m Jean Albury (AUS) 27:57; M60 30K Max Green (USA) 2:51:36; M50 30K Edward Whiteman (USA) 2:47:35.

OPEN

• A record 11 cities submitted bids for the 2004 Olympics: Athens, Stockholm, Rome, Capetown, Buenos Aires, Istanbul, Rio de Janeiro, Lille (FRA), San Juan (PR), Seville (Spain), and St. Petersburg (Russia).

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• Lew Faxon, M45, First Master in Colonial Half-Marathon in 1:13:14

• Priscilla Welch Garners W40+ Wins in Orange Bowl 10K (33:08) and Gasparilla Distance Classic 15K (50:24)

Schedule

Track and field events feature competition for men and women over 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 50098, Eugene OR 97405.

TRACK & FIELD

NATIONAL

August 15-18. 29th annual USATF National Masters Championships, Spokane, Wash. Spokane Sports Unlimited, West 3410 Fort George Wright Dr., MS 3070, Spokane, WA 99204. 509-533-3644; fax 509-533-4128.

August 31. USATF National Masters Weight & Superweight Championships, Seattle. SASE to Ken Weinbel, Seattle Masters AC, 4103 Hillcrest Ave., Seattle, WA 98116. 206-932-3923; fax 206-932-3917.

September 14. USATF National Masters Weight Pentathlon Championships, Bozeman, Mont. Bob Sager, meet director, PO Box 89, Wilfall, MT 59086. 406-578-9870.

EAST

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

April 25-27. Penn Relays, Philadelphia. 25th: 200 (W40+), PV (age-graded). 26th: 4x100 (M40+, M50+ & other), 100 (M40, M50, M60+), 4x400 (M50+ & other). 27th: 4x400 (M40+), 100 (M75+). Deadline April 2. Karl Castor, 44 N. Penn St., Hatboro, PA 19040, 215-441-8584, or Peter Taylor, 4014 Hallman St., #3, Fairfax, VA 22030, 703-385-4392.

May 19. NY Masters Spring Classic, Merchant Marine Academy, Kings Point, L.I., N.Y. SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. By phone, Eric Weissbrot, 516-487-1417; Roz Katz, 718-358-6233 (8-10 pm, NY time).

SOUTHEAST

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

April 5-6. Weekend In Valhalla Throws Carnival. USATF-Sanctioned Training Camp, Gibsonville, N.C. Invited guests: Janis Lusia, Brian Oldfield, Yuri Syedik. Peter Farmer, PO Box 8521, Greensboro, NC 27419; or Jeff Gorski, 1130 Hwy 54 W., Chapel Hill, NC 27516.

April 6. Naples-On-The-Gulf Masters Meet, Naples HS, Fla. Weight Pentathlon, Barron Collier HS, Naples. Rudy Vlaardingerbroek, 10311 Windsor Way, Naples, FL 33942. 941-597-6870.

April 12-13. Norfolk Invitational Relays, Norfolk St. U., Va. Joe Mack, Masters Coordinator, 804-482-5558. For pre-entry, contact Steve Riddick or Simon Hodnett, 804-683-8801.

April 13. Boca Raton Meet, Boca Raton,

Fla. Bob Fine, Florida AC, 407-499-3370.

April 27. Florida AC Meet, Gainesville. Frank Abrams, 528 NW 28th Ave., Gainesville, FL 32609. 904-372-7293.

May 3-5. 26th Southeastern Masters Meet, Raleigh, N.C. Age 20+. Includes pentathlon, weight pentathlon, 5K, 20K walks, jumps and throws clinics. Southeastern Masters, c/o Raleigh Parks and Recreation, P.O. Box 590, Raleigh, NC 27602. Dale Smith: 919-831-6640.

May 11. Atlanta TC Meet, Julia Emmons, Atlanta TC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305. 404-231-9065; fax 404-364-0708.

May 11. 7th Annual Jacksonville TC Masters Meet, Jacksonville, Fla. Lamar Strother, 1511 South McDuff Ave., Jacksonville FL 32205. 904-388-7860.

May 18. Florida AC State Masters Championships, Orlando. 5K RW Championships. 407-321-8854.

May 18. Birmingham TC Classic. Gordon Seifert, 1514 Ridge Rd., Birmingham, AL 35209. 205-879-8031.

May 24-25. USATF Southeast Regional Masters Championships, Knoxville, Tenn. Dean Waters, 132 Newport Dr., Oak Ridge, TN 37830. 615-483-7743 (eve).

June 1. Nashville TC Masters & Open Meet, Franklin Road Academy, I-65 South & Harding Place. For entry/map, SASE to Nashville TC, 2709 Linmar Ave., #5, Nashville, TN 37215. 615-383-6733.

June 7-8. UNC Meet, open & masters. Chapel Hill, N.C. Kendra McKay, 919-962-5195.

June 21. USATF Tennessee Championships, U. of Memphis. Ron King, 3513 Tall Oaks Circle, Memphis TN 38118. 901-365-9647.

MIDWEST

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

June 1. The Athlete's Foot Masters Meet, Augustana College, Rock Island, Ill. Pete Stopoulos, 1029 16th Ave., East Moline, IL 61244. 309-755-2655.

June 29. Dayton Track Classic, Welcome Stadium, U. of Dayton. Bob Jones, 513-837-2754.

July 13. Masters Meet, Libertyville, Ill. \$1000 in cash prizes. SASE to Craig Dean, 719 Stonegate Ct., Libertyville IL 60048.

MID-AMERICA

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

May 23. Denver TC Mile & Two Mile Runs, All-City Stadium, 6 pm. George Linn, PO Box 9723, Denver, CO 80209. 303-722-2425 (eve).

June 20. Denver TC Meet, All-City Stadium. 6 pm. George Linn, PO Box 9723, Denver, CO 80209. 303-722-2425(eve).

June 29. USATF Mid-America Regional Masters Championships, Harrison HS, Colorado Springs. Jerry Donley, 1715 Alamo Ave., Colorado Springs, CO 80907. 719-471-1650; fax 719-471-1663.

July 25. Denver TC Meet, All-City Stadium, 6 p.m. George Linn, PO Box 9723, Denver, CO 80209. 303-722-2425(eve).

August 31-Sept. 1. Rocky Mt. Games. Nancy Simmons Manson, 518 Quentin St, Aurora, CO 80011. 303-341-7992.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

April 1. El Paso Senior Games, Texas. 50+. Ray Cox, 915-462-4268.

April 13-24. Dallas Senior Games, Texas. 50+. Carol Lucas, 214-670-6265.

April 25-27. Texas Senior Games, Kerrville. 50+. Karen Tucker, 210-896-4263.

May 12. Ambassador University Masters Invitational, Big Sandy, Texas. Rick Sherrod, 903-636-2161; Laura Radtke, 903-636-2090. Ambassador U., 1 Ambassador Way, Big Sandy, TX 75755. Fax: 903-636-2332.

May 18. Waterloo T&F Championships, Buda, Texas (south of Austin). SASE to Jeff Brower, 7305 Tanbark Cove, Austin, TX 78759. 512-257-1642.

June 1. USATF Southwest Association Open & Masters Meet, Loos Field, Dallas. John Pritchett, PO Box 210496, Dallas, TX 75211-0496. 1-800-30-GO-RUN.

June 7-8. USATF Southern Association Championships, Gonzales, La. Decathlon/heptathlon/weight pent/56-lb. SASE to Jeff Baty, 321 E. Josephine St., Gonzales, LA 70737. 504-644-6930.

June 15. Hill Country Classic Masters Meet, Mason, Texas. Lee Graham, Box 384, Mason, TX 76856. 915-347-5620.

July 20. USATF Southwest Regional Masters Championships, Samuel Clemens HS, Schertz (San Antonio), Texas. Also open athletes. John Head, 2104 Cedar Branch, Garden Ridge, TX 78266. 210-651-5414.

August 10. Texas Masters Championships, U. of Texas-Arlington. Dallas Masters, PO Box 941781, Plano, TX 75382. 214-979-0246.

WEST

Arizona, California, Hawaii, Nevada

April 6. Cougars Invitational, L.A. Southwest College. Marv Thompson, 3911 Verdugo Rd., Suite #2, Los Angeles, CA 90065-3724. 213-257-1285; fax 259-0265.

April 13-14. 32nd annual Phoenix Invitational, Arizona State U. From youth through masters. USATF Arizona, Bob Flint, 8436 E. Hubbell St., Scottsdale, AZ 85257. 602-949-1991.

April 13. San Francisco Senior Games. 55+. Lenore Naxon, 415-750-4952.

April 14. Orange Spring Games, Rancho Santiago College, Santa Ana, Calif. 25+. Al Siddons, 714-564-6936.

April 20. KELfield Throws Meet #48, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA. 95060. 408-458-0202.

April 28. Crown Valley Senior Games (50+), Occidental College, Los Angeles. Christel Miller or Cynthia Vaughan, 818-397-4066.

May 3-5. Solano County Senior Games. 55+. Gaylord Whitlock, 707-864-0484.

May 4. Arizona Masters Meet, Tempe. 25+. Bob Flint, 8436 East Hubbell,

ON TAP FOR APRIL

TRACK AND FIELD

The Naples-on-the-Gulf Meet opens the month on the 6th in the Sunshine State, where snowbirds can wing east for the Bermuda Senior Games or hang out for a week for the Boca Raton Meet on the 13th; or fly north a day early for the two-day Norfolk Relays in Virginia starting on the 12th; or head west for the Orange Spring Games, Santa Ana, Calif., on the 14th. The final weekend is well-occupied, with the Penn Relays masters events starting on the 25th; Florida AC Meet, Gainesville, the 27th; and the T&F segment of the Crown Valley Senior Games, Los Angeles, the 28th. Other senior games for men and women 50+ or 55+ are sprinkled throughout the schedule.

LONG DISTANCE RUNNING

The 100th running of the Boston Marathon on the 15th overshadows all other races. But for those who look upon tens of thousands of runners with despair, the USATF National Masters 10K Championships, Plainview, Long Island, on the 13th is easily the best alternative. Other races of interest are the Midwest Masters 8K, Omaha, on the 6th; Pearblossom 10 Mile, Medford, Ore., and KNOE 5K, Monroe, La., the 13th; Longest Day Marathon, Brookings, S. Dak., and Trevira Twosome, NYC, on the 20th; and Kentucky Derby Half-Marathon, Louisville, and Big Sur Marathon, Carmel, Calif., the 27th.

RACEWALKING

The 5K Racewalking Team Challenge is a postal start on the 1st and lasts till October. The MAC 15K Championships are slated for the 14th in Central Park, followed by the WAVA North America 10K, La Grange, Ga., on the 19th.

Scottsdale AZ 85257, 602-949-1991, or Cliff McKenzie, 602-777-8503.

May 5. (masters day). Steve Scott Invitational, UC-Irvine. Mac McCormick, 714-586-9942.

May 11. Southern California Striders Meet of Champions, CSU-Long Beach. Hugh Cobb, 3180 Camino Arroyo, Carlsbad, CA 92009. 619-436-7696.

May 18. Visalia Classic Masters Meet. Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 209-732-8030.

May 18. KELfield Throws Meet #49, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202.

May 25. USATF Pacific Association Weight Pentathlon Championships, KELfield, Santa Cruz, Calif. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202.

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May 26. Dan Aldrich Memorial Meet, UC-Irvine. Mac McCormick, 52 Via Athena, Aliso Viejo, CA 92656. 714-586-9942 (eve).

May 30-June 2. California State Senior Games Championships, Sacramento. 50+. Only qualifying site in Calif. for Senior Games Nationals, Tucson, May 1997. Pamela Rhodes, 6005 Folsom Blvd., Sacramento, CA 95819. 916-277-6094 or 800-229-8625 fax 916-277-6074.

June 1. Bruce Jenner Classic, San Jose City College. M40+ 400, 1500/M50+ 200/100 M60+, M70+, women. Bruce Springbett, 408-354-2005; 354-7333.

June 8. USATF Pacific Association Masters Championships, Los Gatos HS, Calif. HT/JT/WT at KELfield, 408-458-0202. SC at West Valley College. Los Gatos AA, Monica Townsend, 138 Johnson, Los Gatos, CA 95032. 408-395-9486.

June 9. USATF/SCA Championships, CSU-Long Beach. Marvin Thompson & Hugh Cobb. SASE to L.A. Patriots, 3911 Verdugo Rd., Suite 2, Glassell Park, CA 90065-3724. 213-257-1285.

June 30. Trojan Masters Meet, USC. Russ Reabold, 1125 N. Stimson, La Puente, CA 91744. 818-917-6289. 102110.540@compuserve.com.

July 6, 20. SCA Series/Grand Prix All-Comers, L.A. Southwest College. Marv Thompson, 3911 Verdugo Rd., Suite #2, Los Angeles, CA 90065-3724. 213-257-1285; fax 259-0265.

July 20. USATF West Regional Masters Championships, Cerritos College (near L.A.). Marvin Thompson & Doug Wells. SASE to L.A. Patriots, 3911 Verdugo Rd., Suite 2, Glassell Park, CA 90065-3724. 213-257-1285.

August 2. SCA Series/Grand Prix Championships, Cerritos College. Norwalk, Calif. Doug Wells, 310-860-2451, x2889.

August 3. USATF West Regional Masters Weight Pentathlon Championships, KELfield, Santa Cruz, Calif. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202.

October 5. Club West Masters Meet, Santa Barbara City College. Beverley Lewis or Gordon McClenathen, 310-805-964-3005.

October 27. Sri Chinmoy Masters Games, Long Beach, Calif. 40+. Bigalita Egger, 310-645-0271.

NORTHWEST

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

May 25. Oregon Senior Olympics, Silverton HS. M&W40+. Silverton RC, Box 783, Silverton, OR 97381. Amy Castle, 541-873-8577; 873-2818.

June 1-2. USATF Alaska Decathlon/Heptathlon State Championships, Bartlett HS. Team Alaska TC, 907-338-1667.

June 6, 13, 20, 27. Team Alaska Meets, Bartlett HS. 6 p.m. Hotline: 907-338-1667.

June 14-15. Montana Senior Olympics, Billings. 50+. Don Tivolacci, 465 Freedom, Billings, MT 55105.

June 29-30. Hayward Masters Classic, Eugene, Ore. SASE to Becky Sisley, 310 E. 48th Ave., Eugene, OR 97405. 541-342-3113(h); 346-3383(w). Entry forms available this month.

July 11, 18, 25. Team Alaska Meets, Mulcahy Track. 6 pm. Hotline: 907-338-1667.

July 27-28. USATF Oregon Champion-

ships/Portland Masters TC Classic, Mount Hood CC, Gresham. Paul Stepan, 3011 NE Linden Ave., Gresham, OR 97030. 503-666-8950; 234-4811.

August 3-4. USATF Northwest Regional Masters Championships, Tacoma, Wash. Ken Weinbel, 4103 Hillcrest Ave., Seattle, WA 09116. 206-932-3923; fax 206-932-3917.

August 3-4. USATF Alaska All-Comers Championships, Mulcahy Track. 9 am. Team Alaska TC Hotline: 907-338-1667.

October 5. Helena Octoberfest Throws & Weight Pentathlon. M&W30+. Manuel & Helen White, PO Box 5058, Helena, MT 59604. 406-227-5020.

CANADA

June 2. Harry Jerome Meet (Vancouver, B.C.) Masters 400 & Masters Mile. Western Canada's largest meet. Grant Lamothe, 604-856-7381.

June 8-9. Ontario Masters Championships; York U., Toronto.

June 15-16. British Columbia Masters Championships, Langley, B.C. (suburban Vancouver). US masters invited. Grant Lamothe, 604-856-7381; Steve Odwin, 604-739-9009; fax 604-443-8588.

June 15-16. Ontario Masters Championships, M&W 35+/5-year-age groups. York U. 416-699-5818. Doug Smith, 58 Newmarket Ave., Toronto M4C 1V9.

July 20-21. British Columbia Decathlon Championships, Vancouver, B.C. US masters invited. Includes submasters/masters. Grant Lamothe, 604-856-7381.

August 9-11. Canadian Masters Championships, Victoria, B.C. US masters invited. Danny Daniels, 604-656-3669.

INTERNATIONAL

April 5-6. Argentina Veterans Championships, Mar del Plata. Organizing Committee, phone 54-23-79-6894; fax 54-23-74-9139.

April 5-7. Russian Indoor Championships, Moscow. Vadim Marshev, 14-6 Pervomayskaya St., Himki, Moscow Region, 141400, Russia. 7-095-5734150; fax 4124475.

April 13-27. Senior Games, Bermuda, 50+. Also 10K road race. Senior Games, 460 Summer St., Stamford CT 06901. 800-867-5935.

June 2. Baltics "White Nights" Meet, St. Petersburg. Vadim Marshev, 14-6 Pervomayskaya St., Himki, Moscow Region, 141400, Russia. 7-8123553906.

June 5-9. Brazilian Veterans Championships, Manaus, Amazonas State. Full schedule for m&w. Organizing Committee, AVAB, fax 048 234-1712.

July 6-13. WAVA Oceania Regional Championships, Papeete, Tahiti. Includes half-marathon/ RWs/X-C. Jim Tobin, 6 Hetley Cres, Napier 4001, New Zealand. Phone/fax +64 6 8445072.

July 19-27. WAVA European Regional Championships, Malmo, Sweden. Europeans only.

August 10-11. BVAFF Championships, Exeter (Devon). Winston Thomas, 67A Waterside Rd., Hertfordshire, WD48HE, Great Britain.

August 21-24. WAVA North American Regional Championships, Hayward Field, Eugene, Ore. M&W 30+. 8K X-C/10K Road Racewalk/15K Road Race/pentathlon/weight pentathlon. Northwest Event Management, PO Box 10825, Eugene, OR 97440. 541-687-1989.

Sept. 19-21. WAVA Africa Regional Championships, Namibia.

September 20-22. Russian Championships, Sochi. Vadim Marshev, 14-6 Pervomayskaya St., Himki, Moscow Region, 141400, Russia. 7-8123553906.

October 3-6. WAVA Asian Regional Championships, Seoul, Korea. Asians only.

November 19-23. WAVA South American Regional Championships, Concepcion, Chile. Pentathlon m&w/10K X-C. Fax 56-41-229-333.

OPEN

June 14-23. USA Olympic Trials, Atlanta.
July 26-August 4. XXVI Olympic Games (T&F dates), Atlanta, Ga.

LONG DISTANCE RUNNING

NATIONAL

April 13. USATF National Masters 10K Championships, Plainview, N.Y. Michael Polansky, 62 Sylvania Ln., Plainview, NY 11803. 516-433-0919.

May 9-12. 39th Annual RRCA National Convention, Knoxville, Tenn. Knoxville TC, 3530 Talahi Gardens, Knoxville, TN 37919. 423-673-8020.

May 11. USATF National Masters 12K Championships (Art Fest River Run), Evansville, Ind. Chuck Whobrey, 1409 Olympic Ct., Evansville, IN 47715. 812-473-2850(h); 424-1647(w).

September 15. USATF National Masters 24 Hour Championships, Sylvania, Ohio. Dave Payette, 2338 Laskey Rd., Toledo, OH 43613. 419-475-0731.

October 6. USATF National Masters Marathon Championships, Minneapolis, Minn. Scott Schneider, 708 N. First St., #CR-33, Minneapolis, MN 55401. 612-673-0778.

October 19. USATF National Masters 100K Championships, Duluth, Minn. William Wenmark, 18665 Rutledge Rd., Wayzata, MN 55391. 612-476-0015.

October 27. USATF National Masters 8K Cross-Country Championships, Louisville, Ky. Bob Miller, P.O. Box 6667, Louisville, KY 40207. 502-896-0717.

November 3. USATF National Masters 5K Cross-Country Championships, Columbus, Ohio. John White, 4865 Arthur Pl., Columbus, OH 43220. 614-459-2547.

December 7. USATF National Masters 10K Cross-Country Championships, San Francisco, Calif. Tim Wason. 4475 23rd St. #4, San Francisco, CA 94114. 415-648-1467.

EAST

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

April 6. Run vs. Row 10K/4K RW, Alexandria. SASE to RvR, 611 S. Fairfax St., Alexandria, VA 22314. 703-549-0936. John Bailey, 202-628-7767(w); 703-549-2480(h).

April 15. 100th BAA Boston Marathon. Qualifying by times and application. SASE with 55¢ stamp to Boston AA, PO Box 1996, Hopkinton, MA 01748.

April 20. NYRRRC Trevira Twosome 10



Dennis Cross took the lead for the winning masters Hartford Track Club in the first leg of the Spiegel Associates Ocean To Sound 50 Mile Relay, Long Island, N.Y.

Photo by Mike Polansky

Mile/Two Mile, Central Park. NYRRRC, 9 E. 89th St., NY, NY 10128. 212-860-4455; fax 212-860-9754.

April 20. Annapolis Gateway Mile. Separate heat for masters w/5-yr. age group awards. SASE to Dan Masterson, 11 King Ct., Annapolis, MD 21401. 410-293-6296.

April 28. Kingston 10K Classic. Kingston Classic, UPO Box 3296, Kingston, NY 12401. 914-679-4099.

May 5. Long Island Marathon. Patti Kemler, Sports Unit, Eisenhower Park, East Meadow, NY 11554. 516-572-0248; fax 572-0260.

May 5. Pittsburgh Marathon & 10K. Larry Grollman, Center For Sports Medicine, 4601 Baum Blvd., Pittsburgh, PA 15213. 800-533-UPMC (8762).

May 5. Buffalo Marathon. PO Box 652, Buffalo, NY 14202. 716-837-7223.

May 5. Broad Street 10 Miler, Philadelphia. SASE to Broad St. Run, PO Box 18543, Philadelphia, PA 19129. 215-563-6184.

May 18. Vintage 5-mile Run & 3-mile Walk, Pittsburgh, Penn. 50+. 412-361-5003.

May 26. Vermont City Marathon/Relay. SASE to VT City Marathon, PO Box 152, Burlington, VT 05402-0152. 1-800-880-8149.

June 1. Freihofer's 10K Run For Women, Albany, N.Y. George Regan, 233 Fourth St., Troy, NY 12180. 518-273-0267; fax 518-273-0647.

SOUTHEAST

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

May 11. Gum Tree 10K, Tupelo. Masters money. Johnny Dye, race director, 1007 Chester Ave., Tupelo, MS 38801. 601-842-2039.

July 4. Peachtree 10K, Atlanta. SASE to Peachtree '96, Atlanta TC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305 before March 1.

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

April 21. Glass City Marathon, Toledo. Pat Wagner, 130 Yale Dr., Toledo, OH 43614. 419-385-1072.

April 27. Kentucky Derby Festival Half-Marathon, Louisville. Metro Parks TC, PO Box 36452, Louisville, KY 40233. 1-800-928-FEST.

May 3 (Fri.). Indianapolis Life 500 Festival Mini-Marathon. Masters money, Kurt Jaenicke, Indianapolis Life Insurance Co., PO Box 7161, Indianapolis, IN 46207. 800-246-0331; 317-927-6732.

May 5. Revco-Cleveland Marathon/10K. Linda Beveridge, PO Box 550, Twinsburg, OH 44087.

May 25. Big Boy Classic 20K, Wheeling. Hugh Stobbs, race director, PO Box 808, Wheeling, WV 26003. 614-633-5000.

May 27. Truth/NBD Great Race XVI, 10K & Half-Marathon, Elkhart, Ind. Ron Schmanske, Box 487, Elkhart IN 46515. 219-294-1661.

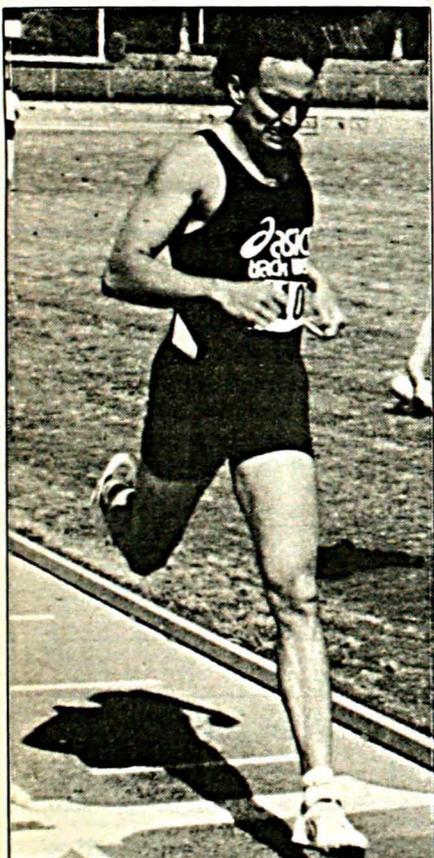
MID-AMERICAColorado, Iowa, Kansas, Minnesota,
Missouri, New Mexico, N. Dakota, Nebraska,
S. Dakota

April 6. YMCA Midwest Masters Classic, Omaha. 8K/2 Mile RW. M&W35+. Stan Shirk, 5019 Parker St., Omaha, NE 68104. 402-554-8645.

April 20. Longest Day Marathon/Relays/10K/5K, Brookings, S. Dak. Dr. C.S. Roberts Jr., 1345 1st St., Brookings, SD 57006. 605-692-2334; fax 697-5396.

April 27. Rite of Spring 10K/2K, Minneapolis. SASE to Get In Gear, P.O. Box 19009, Minneapolis, MN 55419-0009. 612-922-3439.

April 27-28. Kansas City Ekiden Weekend. KCRC, 7201 W. 129th, #300, Overland Park, KS 66213. 913/685-2200(d); 681-8171(e).



Vaughn Kastor, M30, crosses the finish line with a meet record 1:59.6 in the 800, 1995 Visalia Classic Masters Meet in California. This year's meet is scheduled for May 18.

Photo by Glen Williams

May 4. Melpomene Institute 5K (USATF Minnesota Championships), St. Paul. Melpomene Institute, 1010 University Ave., St. Paul, MN 55104. 612-642-1951.

May 5. Lincoln Marathon & Half-Marathon. Lincoln TC, 5309 S. 62nd St., Lincoln, NE 68516. 402-423-4519.

May 26. Med-City Relays & Marathon, Rochester, Minn. Med-City, 1417 14th Ave. N.E., Rochester, MN 55906. 507-282-1310.

SOUTHWESTArkansas, Louisiana, Mississippi,
Oklahoma, Texas

April 13. KNOE '96 5K, Monroe, La. \$400 to 1st M&W40+. KNOE 5K, PO Box 4067, Monroe, LA 71211. David Price, 318-3888.

April 28. NOTC 33rd Anniversary 3 Mile/Mile, New Orleans. New Orleans TC, PO Box 52003, New Orleans, LA 70152-2003. 504-482-6682; 468-1488.

May 18. The Whirlwind 5K, Tishomingo, Okla. 7:30 pm. Jim Kennedy, 1500 E. Main, Tishomingo, OK 73460. 405-371-2371, X207.

May 18. Bookin Down The Avenue 5K/Mile, New Orleans. New Orleans TC, PO Box 52003, New Orleans, LA 70152-2003. 504-482-6682; 468-1488.

WEST

Arizona, California, Hawaii, Nevada

April 21. Jimmy Stewart Relay Marathon, Los Angeles. Laurie Andrews, director, 1328 22nd St., Santa Monica, CA 90404. 310-829-8968; fax 315-6167.

April 27. Lake Powell 10K & 4 Mile Walk. Lake Powell 10K, PO Box 3148, Page, AZ 86040.

April 28. Big Sur Marathon, Carmel. William Burleigh, Box 222620, Carmel, CA 93922. 408-625-6226.

May 5. Avenue Of The Giants Marathon/10K, Weott, Calif. SASE to NMN, 281 Hidden Valley Rd., Bayside, CA 95524.

May 11. Hillsea 7.57 Mile, Huntington Beach, Calif. Overall winner chosen by age/sex scoring system. Five-year age divisions start at varied times. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

June 1. Fontana Days Half-Marathon & 5K. City of Fontana, Don Day Center, c/o Barbara Smith, 14501 Live Oak Ave., Fontana, CA 92337. 909-350-6678; 350-6670.

NORTHWESTAlaska, Idaho, Montana, Oregon,
Utah, Washington, Wyoming

April 13. Pear Blossom 10 Mile & 5K, Medford, Ore. SASE to Pear Blossom Run, PO Box 146, Medford, OR 97501. Jerry & Zella Swartsley, 541-535-1205(eve). Medford Visitor's Bureau, 541-772-6293.

May 5. Lilac Bloomsday 12K, Spokane, April 17 deadline. SASE to Bloomsday, PO Box 1511, Spokane, WA 99210. 509-838-1579.

May 19. Capital City Marathon, Olympia. PO Box 1681, Olympia, WA 98507. 360-786-1786.

May 26. Rocky Mountain 50 Mile & Wyoming Marathon, Laramie. Brent Weigner, 3204 Reed Ave., Cheyenne, WY 82001. 307-635-3316.

July 12-13. Mt. Rainier To Pacific Relay. 150 miles/11-person teams. Walk teams (100 miles/7 persons) welcome. PO Box

17086, Seattle, WA 98107. 206-782-6547; fax 206-783-5285.

August 23-25. Hood To Coast Relay, Mt. Hood-Seaside, Ore. 195 miles/12-person teams. 1995 race reached capacity by May. HTC Relay, 5319 SW Westgate Dr., Suite 262, Portland, OR 97221. 503-292-4626.

INTERNATIONAL

May 5. BVAF 10 Mile Championships, Oswestry, Shropshire. Doug Morris, 011-441-1691-653338.

June 16. BVAF Marathon Championships (with Potteries Marathon, usually 2000+). Don Shelly, 011-441-1782-65734.

June 29-30. 3rd WAVA World Veterans Road Race Championships (10K, 25K) & Roadwalk (20K, 30K), Brugge, Belgium. WVC, Korte Zilverstraat 5, B-8000 Brugge, Belgium.

October 29-November 5. Himalayan 100-Mile Stage Race, from Darjeeling, India, \$1200. Force 10 Expeditions, 1-800-922-1491.

November 5-12. Mt. Everest Marathon Trip, from Darjeeling, India. \$1200. Force 10 Expeditions, 1-800-922-1491.

RACEWALKING

April 1 - October 1. 5K Racewalk Team Challenge. Each club stages own event on a track or a certified course. Minimum 10 club members, regardless of age, sex, or ability. Scoring by WAVA Age-Graded Tables. No entry fees. FAC, 3250 Lakeview Blvd., Delray Beach, FL 33445. Bob Fine, 407-499-3370; fax: 407-495-5054.

April 14. MAC 15K Racewalk Championships, Central Park, NYC. (Masters divisions in 10-year age groups.) Park Racewalkers, USA, 320 East 83rd St., Box 18, New York, NY 10028. 212-628-1317, Stella Cashman.

April 19. WAVA North America 10K/South Regional & Georgia State 10K Championships, La Grange, Ga. Helen Rice, La Grange Sports Authority, PO Box 2162, La Grange, GA 30240. 706-812-9000.

April 27. National One-Hour Racewalk, Plantation, Fla. FAC-Walkers, 954-791-7076.

May 5. USATF National Masters Men's 25K/Women's 20K RW Championships, Albany, N.Y. Elaine Humphrey, 7048 Suzanne Lane, Schenectady, NY 12303. 518-473-9117.

May 12. Jack Mortland & North Regional RW Championships (5/10/20K), Columbus, Ohio. Vince Peters, 607 Omar Circle, Yellow Springs, OH 45387.

May 12. Empire State Games Qualifier 10K, Central Park, NYC, Howard Jacobson, 2198 Bright Ave., East

Meadows, NY 11554. Lon Wilson, 718-588-0441.

May 19. USATF National Masters Men's 10K RW Championships, Niagara Falls, N.Y. Dave Lawrence, 94 Harding Ave., Kenmore, NY 14217. 716-875-6341(h), 716-694-7683(w).

May 19. West Regional Championships, (10/20K). Therese Iknioian, 554 Columbia Ave., San Jose, CA 95126.

May 26. Olympic Trials Qualifier/MAC 20K Racewalk Championships, Central Park, NYC. (Masters divisions in 10-year age-groups.) Park Racewalkers, USA, 320 East 83rd St., Box 18, New York, NY 10028. 212-628-1317, Stella Cashman.

July 14. MAC 3K RW Championship, Central Park, NYC. Park Racewalkers, USA, 320 East 83rd St., New York, NY 10028. 212-628-1317, Stella Cashman.

August 15-18. USATF National Masters Outdoor RW Championships, 5000 track (m/w), 20K road (m), 10K road (w), Spokane, Wash. See T&F National Schedule.

August 25. USATF 5K Championships & East Regional 5K Championships, Wilkes-Barre, Penn. Jim Wolfe, 220 Lasley Ave., Hanover Industrial Estates, Wilkes-Barre, PA 18706. 717-821-6504(w).

September 2. West Regional 15K Championships, Albuquerque, NM. Audrey Dix, 2301 El Nido Ct., NW, Albuquerque, NM 87104.

September 8. North Regional 1/2 Hour Championships, St. Paul, Minn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660.

September 8. USATF National Masters 40K RW Championships, Ft. Monmouth, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 908-222-9080.

September 14. USATF National Masters 5K Road RW Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 615-229-4364(w), 615-349-6406(h).

September 22. USATF National Masters 15K RW Championships, Elk Grove Village, Ill. Diane Graham-Henry, 442 W. Belden, Chicago, IL 60614. 312-327-4493.

September 22. East Regional 10K Road Championships, Atlantic City, NJ. Elliott Denman, 28 N. Locust Ave., W. Long Branch, NJ 07764.

September 28. Alongi International RW Classic, Dearborn Heights, Mich. Wolverine Pacers AC, Roswell Barranco, 3235 Musson Rd., Howell, MI 48843.

October 13. USATF National Masters 1-Hour Racewalk Championships, Cambridge, Mass. Justin Kuo, 39 Oakland Rd., Brookline, MA 02146. 617-731-9889(h), 617-821-3000(w).

**FIVE YEARS AGO
April, 1991**

- John Campbell (42, 2:14:33) and Priscilla Welch (46, 2:40:20) Win in Los Angeles Marathon
- Campbell Runs World Masters Best 14:18 in Edison 5K; Warren Utes Sets U.S. M70 5K Mark of 18:13
- Cliff Pauling, 56, Stars in NYC Meet

DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising is the 10th of the months before date of issue. Send to *National Masters News*, P.O. Box 50098, Eugene OR 97405

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

M35-39			
Warren Taylor	Shot Put	51%	06-14-95
	Discus	50.02	09-03-95
M40-44			
Keith Petranek	Pole Vault	13-5½	08-12-95
M45-49			
Tim Edwards	Hammer	38.5	12-16-95
	56# Weight	8.34	12-16-95
M50-54			
Duane Thompson	Shot Put	12.44	02-18-96
Russ White	Javelin	191-2	07-08-95

M60-64			
Ray Franks	3K RW	16:41.77	07-01-95
Dick Glasgow	100M	13.4	01-21-96
	200M	28.2	01-21-96
M65-69			
Alan Cohen	100M	13.8	02-10-96
M75-79			
Anthony Silvidi	1500 RW	9:21	08-06-94
W30-34			
Paula Warhola	800M	2:26.42	03-01-96
	1500M	4:59.4	03-01-96

W35-39			
Ruth Welding	Shot Put	10.69	07-08-95
	Discus	36.96	07-09-95
W40-44			
Patti Terhune	1500M	5:27.96	03-02-96

W55-59			
Glenda Walker	10,000M	47:01	12-09-95
W60-64			
Joan Burgess	High Jump	3-6	01-14-96
W80-85			
Bettie MacInnes	High Jump	2-10	07-29-95



U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
Mile	4:31	4:35	4:42	4:53	5:07	5:25	5:49	6:14	6:51	7:38	8:42	10:10
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:00	32:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:15	68:30
110H	15.3	16.4	17.75	18.75								
100H					18.0	19.0	20.0	21.3				
80H									18.0	21.0	25.0	30.0
400H	57.6	59.7	62.0	64.4	67.2	70.6						
300H					48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC	10:00	10:20	10:55	11:40	12:30	13:20						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.13	1.02	.92
	6-4½	6-3¼	5-9¾	5-6	5-2½	4-11	4-7½	4-4	4-½	3-8	3-4	3-1
PV	4.40	4.15	3.90	3.60	3.30	3.05	2.80	2.55	2.30	2.05	1.80	1.50
	14-5½	13-7¾	12-9¾	11-9¾	10-10	10-0	9-2¾	8-4¾	7-6¾	6-8½	5-11	4-11
LJ	6.55	6.20	5.85	5.45	5.10	4.75	4.40	4.00	3.65	3.35	3.00	2.65
	21-6	20-4¾	19-2¾	17-10¾	16-9	15-7	14-5¾	13-1½	11-11½	11-0	9-10	8-8¾
TJ	13.35	12.65	11.90	11.15	10.40	9.65	8.90	8.20	7.50	6.80	6.10	5.50
	43-9¾	41-6	39-¾	36-7	34-1½	31-8	29-2½	26-11	24-7¾	22-4	20-¾	18-¾
Shot	15.20	14.10	13.00	12.00	12.40	11.20	12.00	10.80	10.00	8.80	7.65	6.50
	49-10½	46-3¾	42-8	39-4½	40-8¾	36-9	39-4½	35-5¾	33-0	28-10¾	25-1¾	21-4
Discus	44.80	42.60	40.60	38.00	40.00	36.40	40.00	36.80	31.60	26.40	21.40	16.20
	147-0	139-9	133-2	124-8	131-3	119-5	131-3	120-9	103-8	86-7	70-2½	53-2
Hammer	47.24	44.20	41.14	38.10	38.40	36.00	36.00	33.00	29.00	25.00	22.50	18.00
	155-0	145-0	135-0	125-0	126-0	118-1	118-1	108-3	95-2	82-0	73-10	60-0
Jav	62.00	57.00	52.00	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
	203-5	187-0	170-7	157-6	141-1	126-4	131-3	114-10	95-2	78-9	62-4	49-2
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.00
25#Wt.							11.00	10.00	9.00	8.00	7.00	6.00
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
Pen	2800	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600
Dec	5500	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250

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

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

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

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

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0
400	63.5	65.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	96.5	103.3
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48
Mile	5:34	5:44	5:55	6:07	6:26	6:49	7:19	7:46	8:47	9:39	10:55
5000	19:45	20:30	21:20	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.5	79.9	84.4	88.8							
300H					66.0	72.0	79.0	87.0	96.0		
HJ	1.42	1.35	1.27	1.19	1.12	1.07	1.02	.97	.92	.89	.84
	4-8	4-5¾	4-2	3-11	3-8	3-6¾	3-4¾	3-2¾	3-0½	2-11	2-9
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70
	8-10½	7-10½	6-11	5-11	4-11	3-11	3-7¾	3-3¾	2-11	2-7½	2-3½
LJ	5.00	4.60	4.25	3.90	3.55	3.20	2.				

Continued from previous page
**California Senior Olympics
Palm Springs, CA; Feb.10-18**

100y
M50 Don Holder 12.40
Glenn Jones 13.70
M55 Bill Knocke 11.50
Merv Armstrong 12.40
Maynard Morris 12.70
M60 Milton Newton 11.60
Dick Glasgow 11.90
Tony Besase 12.30
M65 Bob Feaster 12.50
Dick Odum 12.70
Paul Banbrook 12.90
M70 Philip Dettmer 15.40
Ray Crawford 15.50
Lawrence Hebert, Jr 16.90
M75 John Roderiquez 15.10
Clarence Killion 15.30
Joe Gozzo 17.20
M80 Clarence Trahan 15.40
Bert Morrow 15.60
Jerry Wible 17.00
W50 Barbara Littlemore 15.80
Carolyn Ward 17.30
M J McMaster 19.50
W60 Magdalena Kuehne 14.90
W65 Sumi Onodera-Leonard 15.30
Louise Martin 20.20
W70 Geneva Gray 22.00
W75 Gerda Ader 21.00

200m
M50 Don Holder 32.50
M55 Bill Knocke 26.50
Merv Armstrong 28.50
Lee Gillespie 29.80
M60 Milton Newton 26.30
Bill Anderson 29.10
Tony Besase 29.60
M65 Louis Beadle 29.40
Bob Feaster 29.40
Paul Banbrook 30.00
M70 Ray Crawford 36.20
Philip Dettmer 36.40
M75 Felix Jumonville 32.90
Clarence Killion 35.40
John Roderiquez 36.00
M80 Clarence Trahan 36.80
Bert Morrow 37.60
Robert Kroger 40.60
W50 Carolyn Ward 41.80
Cindy Matarazzo 44.20
M J McMaster 54.70
W60 Magdalena Kuehne 37.30
W65 Sumi Onodera-Leonard 37.00
Louise Martin 53.20

400m
M55 Bill Knocke 59.60
Jerry Fulton 1:07.70
Merv Armstrong 1:09.40
M60 Bill Anderson 1:04.70
Frank Merino 1:15.40
M65 Jim Selby 1:07.20
Louis Beadle 1:09.90
Charles Rice 1:12.30
M70 Avery Bryant 1:17.10
M75 Felix Jumonville 1:21.90
Pete Ganahl 1:33.80
John Roderiquez 1:37.40
M80 Robert Kroger 1:30.20
Jerry Wible 1:38.60
Clink Yonaka 2:02.00
W50 Carolyn Ward 1:35.40
M J McMaster 2:03.20
W65 S Onodera-Leonard NTA

800m
M50 Stanley Stauble 2:30.50
M55 Mike Dunn 2:52.10
Rod Aylwin 2:52.30
Norman Haines 2:55.50
M60 Jerry Jefferson 2:33.30
Earl Davis 2:45.10
Bill Anderson 2:45.60
M65 Jim Selby 2:42.70
Morton Ward 2:46.70
Bob Holmes 2:57.40
M70 Avery Bryant 3:09.10
Joe Fleischmann 5:23.90
M75 John Roderiquez 4:06.40
M80 Clink Yonaka 4:49.60
Robert Kroger 5:23.00
W50 Cindy Matarazzo 4:23.60
M J McMaster 4:39.80
W60 Kathy Johnson 3:35.50

1500m
M50 Stanley Stauble 5:12.50
Glenn Jones 5:27.70
M55 Rod Aylwin 5:37.20
Mike Dunn 5:48.50
Robert Ferrier 6:04.80
M60 Jerry Jefferson 5:24.40
Armour Black 6:19.30
Ray Archibald 6:21.50

M65 Jim Selby 5:35.90
Morton Ward 5:39.00
James Franklin 6:17.00
M70 Avery Bryant 6:20.60
Joe Fleischmann 7:13.50
M75 John Roderiquez 8:36.50
M80 Robert Kroger 7:27.80
Clink Yonaka 9:37.00
W50 Cindy Matarazzo 8:57.10
M J McMaster 9:27.00
W60 Ella Crabtree 10:26.10

5000m
M50 Fred Lindsley 17:22.1
Harry Hunt 19:03.7
Stanley Stauble 19:06.5
M55 Al Shook 19:33.1
Ray Hughes 20:26.5
William Ingham 20:58.3
M60 Jerry Jefferson 20:46.2
Earl Davis 21:08.1
John Harper 22:15.6
M65 Morton Ward 21:03.8
Jim Selby 21:46.6
Efrian Sanchez 22:07.3
M70 Gerry Hopkins 22:05.9
Robert Bergen 26:09.7
Clifford Shine 28:34.7
M75 Bill Hutchinson 26:17.9
Jerry Wachter 29:46.7
Ira Samuels 37:58.0
M80 Robert Kroger 26:18.3
Seymour Litt 30:07.5
Clink Yonaka 36:57.7
W50 Carolyn Ward 26:49.9
Elaine Lopes 29:05.3
Carolyn Martin 30:07.9
W55 Bonnie Harkins 22:11.5
A Derinanda 24:47.7
Sigrud McAlister 25:41.1
W60 Kathy Johnson 24:51.1
Nancy Olsen 29:15.7
Gay Baum 34:18.6
W65 S Onodera-Leonard 27:08.6
Louise Martin 39:11.0
W70 Mary Storey 25:30.0

High Jump
M50 Louis Jordan 5-3
M55 Terry Rowan 4-6
Larry Tiffin 3-8
Robert Ferrier 3-6
M60 Milton Sullivan 5-2
Jerry Sullivan 5
Raymond Fitzhugh 4-8
M65 Paul Bambrook 4
Arnold Ray 3-10
Grant Twitchell 3-10
M70 Vic Jones 3-10
Philip Dettmer 3-8
Jerry Silsdorf 3-8
M75 Mark Henderson 3-10
Pete Ganahl 3-6
Burl Gist 3-6
M80 Bob Boucke 3
W50 Jeane Hallin 3-2
W65 Barbara Brandt 3-4

Long Jump
M50 Don Holder 11-11
M55 Terry Rowan 14-5
Merv Armstrong 13-1.50
Robert Ferrier 12-8
M60 Raymond Fitzhugh 14-1
Tony Besase 14
Steve Richmond 13-1
M70 Philip Dettmer 11-4.50
Ray Crawford 10-2
Lawrence Hebert, Jr 8-9.50
M75 Mark Henderson 8-11
Art Sherman 7-11
M80 Clarence Trahan 11-2.50
Bill Pells 7-3
Bob Boucke 6-4
W50 Jeane Hallin 7-7
W60 Magdalena Kuehne 10-5
Ellen Brannigan 9-1
W70 Adele McCormick 5-4

Shot Put
M50 Dennis McCraven 42-9
Louis Jordan 37-8
Chuck Hann 35-3.50
M55 James Hart 41-5
Mike Farris 38-1
Richard Martin 31-8.50
M60 Ed Johnson 34-8
Raymond Fitzhugh 32-8
Steve Richmond 30-3
M65 Arnie Gaynor 38-6
Bob Feaster 37-1
Grant Twitchell 32-3
M70 Art Jaago 38-4.50
John Rafto 32-3
Grover Cameron 31-8.50
M75 Dale Buysse 36-1
Mike Castaneda 33-1
Clarence Odell 32-7

M80 Bob Boucke 24-5
Bill Pells 19-1
M85 Guy Sibley 8-2
W50 Jeane Hallin 16-4
W60 Magdalena Kuehne 26-5.50
Eddie Plewis 18-4
Ikuko Fitzhugh 11-5
W65 Barbara Brandt 17-9
W70 Wilma Davenport 17-5
Adele McCormick 16-1
Mary Buysse 13-4
W75 Alline Witten 12-9
W80 Natalie Gammey 8-6.50

Discus
M50 Louis Jordan 123-9
Dennis McCraven 117-10
Chuck Hann 103-5
M55 James Hart 128-7
Terry Rowan 91-9
Richard Martin 90-9
M60 Akab Riseb 113-8
Don Starler 98-4
Steve Richmond 89
M65 Harry Hawke 140-5
Arnie Gaynor 139-11
Robert Hewitt 109-1
M70 John Rafto 102-9
Art Jaago 101-7
Grover Cameron 86-8
M75 Mike Castaneda 106-4
Dale Buysse 105-1
Jim Sullenger 104-2
M80 Clarence Trahan 66-1
Bob Boucke 56-10
M85 Guy Sibley 21-6
W50 Jeane Hallin 45-8
W60 Eddie Plewis 60-3
W65 Barbara Brandt 60-4
W70 Adele McCormick 48-1
Wilma Davenport 41-6
Jeanne Bishop 38-6
W80 Natalie Gammey 23-7

5000m RW
M55 John Backlund 31:33
Bob Daniel 32:32
Larry Tiffin 40:14
M60 Lloyd McGuire 31:55
Max Vanden Brink 32:12
Bob McCormick 37:02
M70 Art Jaago 34:37
Gene Beimer 35:43
Roger Coley 41:04
M75 Jorge Newberry 35:59
Egon Jonsson 38:14
W50 Darlene Backlund 35:20
Jeane Hallin 40:44
W55 Nancy Brinkley 32:41
Marilyn Champlin 36:24
W60 Johanna Pool 43:40
Elviva Ebert 47:59
W65 Louise Martin 40:59
Klara Bacher 43:36
W70 Ruby Jonsson 43:09
Rita White 43:46
W75 Alline Witten 46:10

10K Road Race
M50 Stanley Kotanan 41:24
Dennis Lockhart 42:05
Glenn Jones 45:02
M55 Robert Mullane 46:59
Gene Rotstein 54:29
M60 Wally Ingram 49:55
Kenneth Allen 59:13
Morton Cohen 59:28
M65 Jim Selby 46:42
James Franklin 47:43
Jack Penner 51:11
M70 Gerry Hopkins 47:00
Theodore Stillman 1:22.29
M75 Bill Hutchinson 57:00
Ed Fong 1:07.59
M80 Clink Yonaka 1:17.14
W55 Janice Zinniker 1:05.36
W60 Nancy Olsen 1:02.50
Sabrina Rouse 1:05.14
Patty Harvey 1:26.47

**KELFIELD Throws Series #46
Santa Cruz, CA; Feb. 17**

Shot Put
M40 John Price 35-3½
M45 Gary Kelmenson 35-6½
M60 Don Hughes 16# 25-4

Discus
M40 John Price 115-4
M45 Gary Kelmenson 106-10
M60 Don Hughes 80-4

Hammer
M45 Gary Kelmenson 121-10
M60 Don Hughes 73-2

Javelin
M45 Gary Kelmenson 92-5
M60 Don Hughes 57-8

35# Weight
M45 Gary Kelmenson 40-7
M60 Don Hughes 26-6

25# Weight
M45 G Kelmenson 48-6
M60 D Hughes 36-2

56# Weight
M45 G Kelmenson 27-3
M60 D Hughes 16-3

**Silver State Indoor
Masters Classic
Reno, NV; Feb. 18**

60m
M30 Charlie Knight 7.63
Mike Floyd 7.69
M35 Marty Krulce 7.21
Noah Livingston 7.34
Kevin Morning 7.36
M40 Greg Belancio 7.75
Mark Quinlan 7.95
Fred James 8.04
Gary Heralinger 8.15
Jeff Gallero 8.25
Charles Missouri 8.30
M45 Riley McHugh 7.74
Roger Parnell 7.77
Thierry Boucquey 7.83
Glenn Johnson 7.86
Robert Zimmerman 8.12
Lester Derania 8.48
M50 Tom Bassett 7.67
Roger Assink 7.92
Dan Durante 8.09
Fred Johnston 8.22
Bill Probst 8.64
Jeff Unsold 8.66
M55 Dennis Glasgow 8.91
Shig Niizawa 9.41
M60 Dick Richards 8.00
Bobby Thomas 8.26
Milt Newton 8.46
M65 Jack Coy 8.90
Mel Megosa 8.97
Fred Gunther 9.04
Dick Marlin 9.05
M75 A U Ricciardi 11.50
Konrad Slaughter 13.66
W35 Edith Mourtos 10.26
W45 Pam Zimmerman 9.71
W60 Spyroula Rodenbom 12.53
W70 Diane Friedman 11.97

200m
M30 Charles Knight 25.53
Larry Harris 25.85
M35 Kevin Morning 23.43
Noah Livingston 24.40
Jose Cabizera 27.38
M40 Greg Belancio 24.98
Fred James 25.36
Charles Missouri 27.48
Mark Quinlan 26.31
Jeff Gallero 26.95
M45 Riley McHugh 24.93
Roger Parnell 25.03
Robert Zimmerman 26.08
Glen Johnson 27.15
Phil Nemir 32.92
M50 Tom Bassett 25.02
Roger Assink 25.55
Dennis Duffy 26.02
M55 Bill Knocke 26.35
Dennis Glasgow 28.79
M60 Milton Newton 26.27
Dick Richards 26.87
Bobby Thomas 26.97
Bruce Susong 30.37
Ron Ogilvie 36.79
M65 Jack Coy 28.84
Fred Gunther 29.07
Mel Megosa 29.92
M75 Konrad Slaughter 45.5
W35 Edith Mourtos 36.25
W45 DeeDee Grafius 28.51
Pam Zimmerman 31.74
W60 Spyroula Rodenbom 49.68
W70 Diane Friedman 43.61

400m
M30 Larry Harris 56.95
M35 Joerg Herbrechtsmeier 56.2
Nikos Mourtos 58.17
Jose Cabrera 59.2
M40 Stan Vegar 56.56
Greg Belancio 56.66
Jeff Gallero 60.3
Charles Missouri 61.5
Eric Johnson 62.8
M45 Riley McHugh 56.48
Robert Zimmerman 57.9
Wayne Morris 58.48
Walter Fus 62.1
M50 Dennis Duffy 58.82
Ben Miller 62.0
Roger Assink 63.5
M55 Bill Knocke 60.7
M60 Bruce Susong 69.5
W35 Mary Russell 70.3
Edith Mourtos 90.2
W45 DeeDee Grafius AR62.55
(Grafius/63.91/1995)
Pam Zimmerman 73.5
W60 Spyroula Rodenbom 2:07.2
W70 Diane Friedman 2:04.5

800m
M35 J Herbrechtsmeier 2:04.51
Al Dehlinger 2:07.23
Nikos Mourtos 2:11.00
Daniel Rusk 2:16.21
M40 Neil Howk 2:15.77
John Druay 2:21.89
Daniel Cruz 2:45.58
M45 Jim Gorman 2:11.6
Wayne Morris 2:12.9
Walter Fus 2:33.0
Douglas Sturm 2:53.0

M50 Dennis Duffy 2:19.28
Ben Miller 2:26.69
M55 Cliff Gordy 2:20.08
M60 Bruce Susong 2:35.68
Gordon McClenathen 2:58.10
M65 Boyce Jacques 2:55.8
W35 Mary Russell 2:38.05
W45 DeeDee Grafius WR2:23.3
(Judy Warick/2:24.87/1995)

1500m
M30 Bill Devine 4:24.4
Daniel Lucas 4:28.8
M35 Al Dehlinger 4:15.7
Nikos Mourtos 4:50.6
M40 Eric Johnson 4:54.2
M45 Jim Gorman 4:41.3
Wayne Morris 4:51.6
Douglas Sturm 5:29.9
M50 Gene Gilligan 5:16.1
M55 Ken Ogden 5:30.6
M60 G McClenathen 6:06.2
Ron Ogilvie 6:12.0
M65 Boyce Jacques 6:10.4

3000m
M30 Bill Devine 9:21.99
Dan Lucas 9:30.35
Larry Harris 10:39.15
M35 Dan Rusk 9:43.00
M40 Neil Howk 10:19.15
M45 Jim Gorman 9:55.38
Phil Nemir 11:01.81
Doug Sturm 12:39.04
M50 Ewar Gordillo 10:06.89
Gene Gilligan 11:11.26
M55 Ken Ogden 11:49.71
M60 Derek Mahaffey 11:38.97
G McClenathen 12:36.63
Ron Ogilvie 12:39.98

4x200m Relay
M30-39 Old Guys (Knight) 1:41.6
M40-49 Older Guys (Riley) 1:45.9

Long Jump
M40 Fred James 5.53
John Druay 4.67
M45 J D Eckels 5.79
Roger Parnell 5.68
James Manor 5.36
Ed Baskauskas 4.85
T D Walton 4.31

High Jump
M30 Jeff Helton 6-6
Todd Risby 5-0
M40 Stan Vegar 5-8
Gary Herrlinger 5-0
Paul Sullivan 5-0
M55 John Steinman 4-4
M60 Nick Newton 4-4
Jerry Sullivan 4-4
W35 Martha Mendenhall 4-8
W50 Jan Condon 4-8

Shot Put
M35 Charles Black 10.44
M40 Stan Vegar 12.30
John Townsend 11.09
M45 Tim Edwards 9.90
M50 Fred Johnston 12.08
M55 Russ Hodge 14.84
Dick Hotchkiss 13.88
John Steinman 10.09
Rasal Terhune-Young 9.50
Shig Niizawa 9.21
M60 Stew Thomson 13.55
Fred Shanaman 10.01
M75 A U Ricciardi 9.01
W40 Joan Stratton 10.50

Weight Throw
M35 Ken Jansson 19.31
Charles Black 12.47
M45 Tim Edwards 12.81
M55 Dick Hotchkiss AR14.05
(Hotchkiss/44-1½ 13.44/1995)
Rasal Terhune-Young 11.38
Russ Hodge 11.02
Steve Biddinger 6.92
M60 Stew Thomson AR18.14
(Cliff Blair/54-8½ 16.67/1990)
M65 Ken Weinbel 11.20
M75 A U Ricciardi 7.62
W40 Joan Stratton 11.73
W50 Suzy Hess 6.67

Superweight
M35 Ken Jansson AR11.99
(Jansson/10.90/1995)
Charles Black 8.33
M35 Tim Edwards AR7.88
(Bob Sager/6.36/1995)
M55 Dick Hotchkiss AR9.21
(Hotchkiss/9.14/1995)
Russ Hodge 7.99
Rasal Terhune-Young 6.62
Steve Biddinger 4.78
M60 Stew Thomson AR8.77
(Len Olson/6.11/1995)
Fred Shanaman 5.81
M65 Ken Weinbel 5.52
W50 Suzy Hess 4.67

M55 Zildo Bueno BRA 12.3
M60 DeAguiarSoar BRA 13.6
M65 Enrique Luna ARG 14.3
M70 W Flores URU 14.2
M75 Julio Molina CHI 15.3
M90 Asdrubal Capo URU 26.3
W30 Jessi Facelli URU 14.3
W35 Mirtha Bonora URU 14.0
W40 A Filomena ARG 15.7
W45 S DasGracas BRA 13.3
W50 E Rostagnol URU 15.0
W55 Celeste Alves ARG 15.3
W60 Alba Lopez ARG 16.3
W65 Sara Madera URU tna
W75 Dora Carter URU tna

200m
M35 Oscar Parra URU 24.2
M40 Luis Fagundez BRA 24.6
M45 Raul Faath ARG 24.8
M50 ADA Silva BRA 26.0
M55 Zildo Bueno BRA 25.8
M60 DeAguiar Soar BRA 28.0
M65 Enrique Luna ARG 29.8
M70 W Flores URU 31.8
M75 Julio Molino CHI 33.5
M90 Asdrubal Capo URU 58.2
W30 Lioi Patricia ARG 31.5
W35 G Bonora URU 29.5
W40 J Bronzatto BRA 30.4
W45 R Dornelles BRA 30.9
W50 E Rostagnol URU 31.5
W55 Celeste Alves ARG 31.6
W60 Alba Lopez ARG 35.3
W65 Sara Madera URU 41.5

400m
M35 D Albertini ARG 56.5
M40 A Fernandez ARG 58.5
M45 Raul Faath ARG 56.1
M50 R Bustos ARG 59.5
M55 Zildo Bueno BRA 57.8
M60 S DeAguiar BRA 1:03.9
M65 Carlos Sacchi ARG 1:04.9
M70 W Flores URU 1:13.5
M75 Julio Molina CHI 1:17.7
W35 Nelly Oses ARG 1:06.4
W40 R A Gomes BRA 1:08.3
W45 P Dornella BRA 1:10.3
W50 E Rostagnol URU 1:15.3
W55 Celeste Alves ARG 1:12.8
W60 Gladis Badin URU 1:45.3
W65 Sara Madera URU 1:41.7

800m
M35 Ruben Navarria ARG 2:13.2
M40 C Moledo ARG 2:21.9
M45 Raul Martinez URU 2:20.7
M50 E Carrilho BRA 2:17.9
M55 Mario Diaz ARG 2:39.4
M60 C Odriozola URU 2:30.5
M65 Carlos Sacchi ARG 2:31.7
M75 A Costa CHI 4:03.7
M80 A DeAssis BRA 4:44.9
W35 Nelly Oses ARG 2:36.4
W40 R A Gomes BRA 2:39.6
W45 R Pussetto ARG 2:46.4
W50 G Morales URU 3:27.6
W55 Sonia Clair BRA 4:28.5
W60 M Hochstater BRA 3:07.1
W65 Corina Vocos ARG 3:29.7

1500m
M35 R Navarraz ARG 4:39.8
M40 C Moledo ARG 4:53.7
M45 W P Alvarez BRA 4:26.2
M50 Oscar Barreto ARG 4:40.5
M55 L R Rios ARG 4:52.8
M60 C Odriozola URU 5:18.5
M65 Eduardo Verdi ARG 5:54.2
M75 Jose Mejuto ARG 6:56.3
M80 A DeAssis BRA 9:34.8
W30 Sara Gimenez ARG 7:00.1
W35 Nelly Oses ARG 5:14.2
W40 Rosa Aguiar BRA 5:31.5
W45 M Contreras ARG 6:30.6
W50 Gloria Morales URU 7:03.4
W55 M D Castro BRA 7:42.1
W60 M Hochstater BRA 6:07.7
W65 Corina Vocos URU 6:46.0

3000m
W30 Monica Santos ARG 13:47.9
W40 Ana Giuffra URU 12:04.2
W45 M Contreras ARG 14:09.6
W50 G Morales URU 14:42.2
W55 Sonia Peukert BRA 18:28.7
W60 M Hochstater* BRA 12:50.5
W65 Corina Vocos* ARG 13:48.4

5000m
M35 Edgardo Diaz URU 18:05.5
M40 Mario Garcia URU 18:02.1
M45 W P Alves BRA 15:44.3
M50 Oscar Barreto ARG 17:04.7
M55 Mario Diaz ARG 20:07.9
M60 Eldo Garat ARG 20:06.8
M65 Eduardo Verdi ARG 21:44.5
M75 Alberto Costa CHI 29:24.5

INTERNATIONAL
**XV Veterans Championships
"Juan J. Lopez Testa"
Montevideo, Uruguay
Nov. 24 - 26**

100m
M35 Oscar Parra URU 11.8
M40 Luis Fagundez BRA 11.7
M45 Luis F Pereira BRA 12.6
M50 ADA Silva BRA 12.4

Continued on next page

Continued from previous page

Table of race results including 10,000m, 5000m, 1000m, 500m, 200m, 100m, and 50m events with names, countries, and times.

Table of race results including Shot Put, Discus, Hammer, Javelin, Long Hurdles, High Jump, Pole Vault, and Triple Jump events with names, countries, and times.

Table of race results including 5000m, 1000m, 500m, 200m, 100m, and 50m events with names, countries, and times.

LONG DISTANCE RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene OR 97405. To keep information current, we generally do not publish results more than 4 months old.

EAST Syracuse University Non-time Running League Manly Field House Track Syracuse, NY

Table of race results for January 19 - 10 KILOMETERS, including names like Robin Wheelless, Barbara Blaszk, and M30 Pat Turley.

February 16 - 1500 METERS, including names like Eric Bernsten, Patti Ford, and M35 Robin Wheelless.

February 23 - 15 KILOMETERS, including names like K. Wall, M30 Mark Powell, and M35 Neal Coffey.

February 29 - 800 METERS, including names like Mike Roux and Patti Ford.

Table of race results for Great Valley Marathon Chambersburg, PA; Jan. 21, including names like Guy Gordon, Tina Gordon, and M40 John Ausherman.

35th Washington's Birthday Marathon Greenbelt, MD; Feb. 18

Table of race results for NYRR Central Park 20K Central Park, NYC; Feb. 4, including names like Alem Kabsay, Jean Chodnicki, and M40 David Luljak.

8th Ekiden Marathon Greenbelt, MD; Feb. 18

Table of race results for NYRR Snowflake Four Miler, Central Park NYC; Feb. 18, including names like Rachid Razgaoui, Alicia Kelly, and M30 Trevor Murray.

NYRR Valentine's 5K Run, Central Park, NYC; Feb. 10

Table of race results for NYRR Valentine's 5K Run, Central Park, NYC; Feb. 10, including names like Gerard Owen, Susan Doyle, and M30 Jerry Macari.



Continued on next page

Continued from previous page

Table with 2 columns: Name and Time. Includes entries like M70 John McManus 30:37, M75 Albert Goldstein 37:32, W30 Candace Strobach 37:23, etc.

Hudson Mohawk RRC Marathon

Table with 2 columns: Name and Time. Includes Overall Bruce Glasspole 43 2:52:20, Jean Kerr 37 3:54:50, etc.

SOUTH EAST

Carolina 10K

Table with 2 columns: Name and Time. Includes Overall Jimmy Heald 27 29:15, May Allison 31 33:46, etc.

RRCA Eastern Regional Half-Marathon

Table with 2 columns: Name and Time. Includes Overall Sam Wilbur 23 1:06:48, Connie Beckwelder 25 1:21:49, etc.

Table with 2 columns: Name and Time. Includes M55 Mel Williams 1:24:02, Robert Wright 1:26:25, Gary Hicks 1:31:17, etc.

6th Annual Pomoco Group/ Hampton Coliseum Road Race 5K

Table with 2 columns: Name and Time. Includes Overall Pete Gibson 39 15:50, Ruth Wysocki 38 17:22, M40 Ray Cobb 18:43, etc.

1996 USA Men's Olympic Trials Marathon, Charlotte, NC; Feb. 17

Table with 2 columns: Name and Time. Includes Overall Bob Kempainen 29 2:12:45, Mark Coogan 29 2:13:05, etc.

Charlotte Observer Marathon/ NationsBank 10K, Charlotte, NC; Feb. 17

Table with 2 columns: Name and Time. Includes Overall 10 Fin Tomlinson, 41, Charlotte 2:51:47, 20 Steven Lerner, 40, San Allen, VA 2:57:02, etc.

Table with 2 columns: Name and Time. Includes 129 Tom Torkelson, 40, Matthews 3:22:11, 131 Edward Frye, 43, Kannapolis 3:22:14, etc.

Men 45-49

Table with 2 columns: Name and Time. Includes 14 Tim Sponseller, 47, Chambersburg, PA 2:53:45, 18 Ronald Neville, 46, Charlotte 2:56:38, etc.

Men 50-54

Table with 2 columns: Name and Time. Includes 49 Peter Warner, 53, Marshall 3:07:00, 57 John Canney, 50, Charlotte 3:08:32, etc.

Men 55-59

Table with 2 columns: Name and Time. Includes 117 Earl Owens, 46, Dunwoody, GA 3:23:33, 62 Dave Wright, 48, Concord 3:52:12, etc.

Men 60-64

Table with 2 columns: Name and Time. Includes 128 Louis Joline, 63, Lake Lotawana, MO 3:22:05, 332 John Ansell, 60, Washaw 3:45:04, etc.

Table with 2 columns: Name and Time. Includes 702 Mike Garrison, 45, Salisbury 4:20:18, 720 Mary Harmon, 47, Belmont 4:21:40, etc.

Women 50-54

Table with 2 columns: Name and Time. Includes 712 Jean Concha, 50, Mesa, AZ 4:21:09, 708 Helen Faria, 50, Charlotte 4:30:16, etc.

Men 40-44

Table with 2 columns: Name and Time. Includes 38 John Ausherman, 40, Chambersburg, PA 33:45, 40 Ed Frohnapfel, 40, Morgantown, WV 33:50, etc.

Women 45-49

Table with 2 columns: Name and Time. Includes 1046 Bob Coleman, 56, Greenville, SC 48:12, 1115 Courtney Meacy, 56, Raleigh 48:46, etc.

Women 50-54

Table with 2 columns: Name and Time. Includes 121 Maris Johnson, 50, Atlanta, GA 37:08, 156 Peter Liberto, 50, Smyrna, GA 38:00, etc.

Table with 2 columns: Name and Time. Includes 1046 Bob Coleman, 56, Greenville, SC 48:12, 1115 Courtney Meacy, 56, Raleigh 48:46, etc.

Women 55-59

Table with 2 columns: Name and Time. Includes 1046 Bob Coleman, 56, Greenville, SC 48:12, 1115 Courtney Meacy, 56, Raleigh 48:46, etc.

Men 60-64

Table with 2 columns: Name and Time. Includes 146 Charles Rose, 62, Mooreville 37:37, 304 Bill Voght, 62, Charlotte 40:58, etc.

Men 65-69

Table with 2 columns: Name and Time. Includes 1065 Ronald Mueggler, 65, Charlotte 48:17, 1193 Thomas Day, 67, Charlotte 49:19, etc.

Women 60-64

Table with 2 columns: Name and Time. Includes 2133 Mary Purvis, 63, Charlotte 55:20, 3058 Irene Shaw, 61, Matthews 1:05:39, etc.

Table with 2 columns: Name and Time. Includes 3105 Shelley Lloyd, 58, Beaufort 1:07:10, 3304 Nancy Starnfield, 56, Mooreville 1:27:23, etc.

Women 65-69

Table with 2 columns: Name and Time. Includes 3010 Norma Phelps, 65, Parkersburg, WV 1:04:51, 2315 Lynn Edwards, 72, Breard 56:36, etc.

Women 70-74

Table with 2 columns: Name and Time. Includes 2315 Lynn Edwards, 72, Breard 56:36, 3269 Margaret Hagerly, 72, Concord 1:16:54, etc.

Women 75-79

Table with 2 columns: Name and Time. Includes 2732 Ellen McCoy, 75, St Paul, MN 1:00:19, Steve Taylor 30 1:08:46, Sandra Nitchal 34 1:21:10, etc.

SOUTH WEST

Houston-Tenneco Marathon

Table with 2 columns: Name and Time. Includes Overall Turbo Tumo 2:10:34, Tatiana Pozdnyakova 40:23:03, M40 Antoni Niemczak 2:21:46, etc.

W60 Wen-Shi Yu 3:35:48

Austin Marathon Austin, TX; Feb. 18

Table of race results for Austin Marathon, including overall winners and various age group winners like M40 Antoni Nienczak and M50 Glenn Morrill.

Camellia City Classic 10K Sildell, LA; Feb. 24

Table of race results for Camellia City Classic 10K, listing overall winners and age group winners such as M40 Paul Stember and M50 Gary Stein.

WEST

Whale Chase 5K Dana Point, CA; Feb. 18

Table of race results for Whale Chase 5K, showing overall winners and age group winners like M40 Steve Lassegard and M50 Wayne Mitchell.

Table of race results for Los Alamitos 5/10K, listing overall winners and age group winners such as M40 Farley Simon and M50 Bruce Geddes.

Los Alamitos 5/10K Los Alamitos, CA; Feb. 24

Table of race results for Los Alamitos 5/10K, listing overall winners and age group winners like M40 William O'Donnell and M50 Bob Blum.

Los Angeles Marathon Los Angeles, CA; March 3

Table of race results for Los Angeles Marathon, listing overall winners and age group winners such as M40 Lorraine Gersitz and M50 Diane Eastman.

10K Overall

Table of race results for 10K overall, listing winners for various age groups like M40 David Edgar and M50 Don Gillman.

Napa Marathon Napa Valley, CA; March 3

Table of race results for Napa Marathon, listing overall winners and age group winners such as M40 Aaron Pierson and M50 Veronica Haskell.

Table of race results for Los Angeles Marathon, listing overall winners and age group winners like M40 Jose Luis Molina and M50 Hugo Juarez.

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INTERNATIONAL

Southern Area Cross-Country (W-7K) Luton, GB; March 2

Table of race results for Southern Area Cross-Country, listing overall winners and age group winners like M40 Mike Gratton and M50 Steve Birkin.

RACEWALKING

Pro 8K Racewalk Roseville, CA; Feb. 11

Table of race results for Pro 8K Racewalk, listing overall winners and age group winners such as M40 Roger Welborn and M50 Gary Bower.

Connecticut Racewalk Connecticut Post Mall 3K

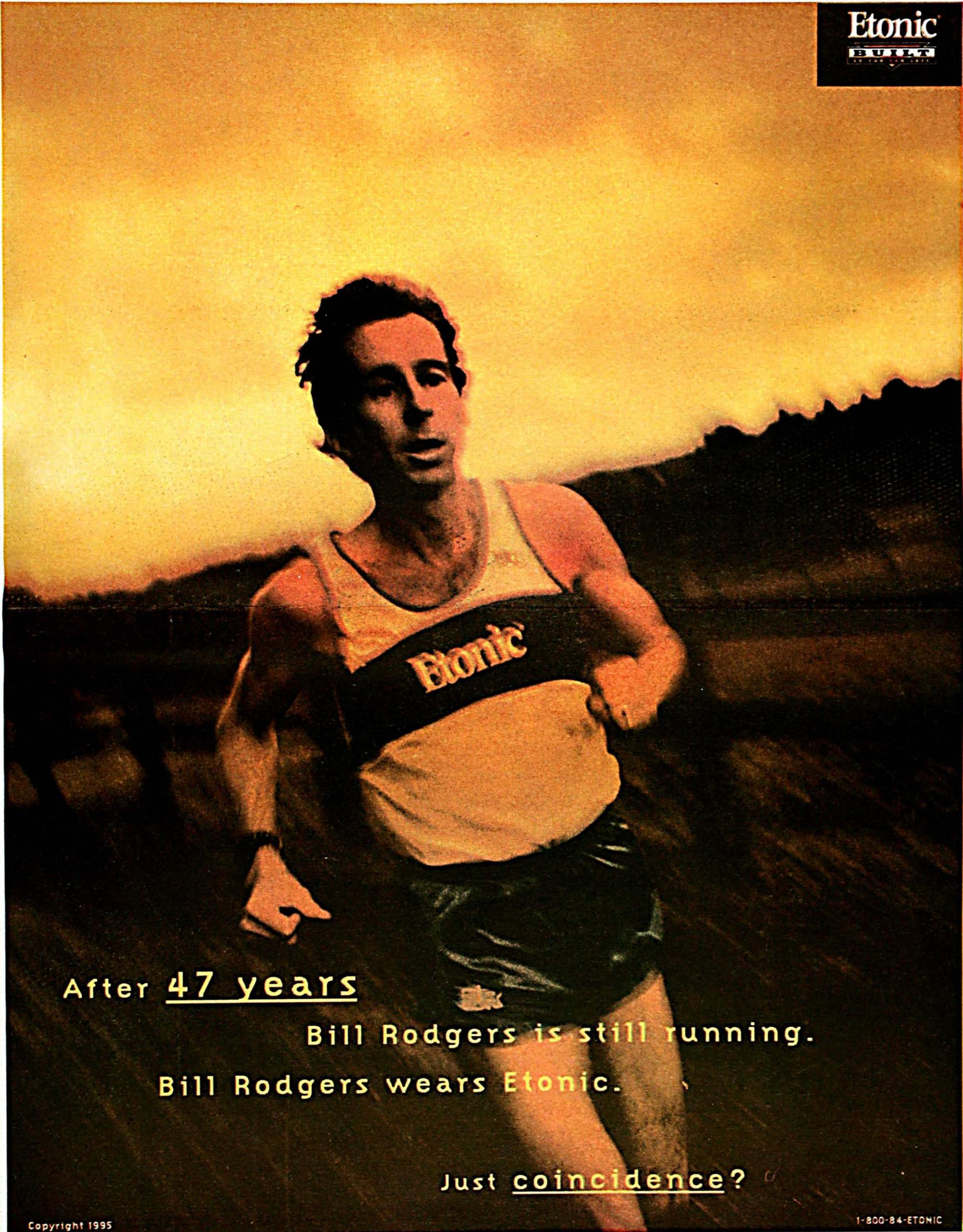
Table of race results for Connecticut Racewalk, listing overall winners and age group winners like M40 Stan Sosnowski and M50 Spencer Parrish.

NORTHWEST

Trail's End Marathon Seaside, OR; March 2

Table of race results for Trail's End Marathon, listing overall winners and age group winners such as M40 Cliff Banister and M50 John Hahn.

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