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 (7.88) 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 59-5/4 (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 25-10/7 (7.88), accounted for the other two superweight records.

About 125 athletes competed in the Silver State Striders Indoor Meet.

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 35,000 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-

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 field, long

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The National Masters News (ISSN-0744216) is published monthly, with an annual subscription rate of $26.00. Main office address: 14155 Magnolia Blvd. #318, Sherman Oaks, CA 91423. Mailing address: P.O. Box 50098, Eugene OR 97405. Second class postage paid at Van Nuys, CA 91409.

USATF 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; Gilman C. Cassell, Executive Director.

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

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

Subscriptions: A one-year subscription (12 issues) is $26.00 (mailed 2nd class). Add $16 for 1st class (USA & Canada) or $19 for foreign air mail. Please send all correspondence on subscriptions to NMN, P.O. Box 16559, No, Hollywood, CA 91615. 818/700-8893.

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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 16559, No, Hollywood, CA 91615.

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NATIONAL MASTERS NEWS

April 1996

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...
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 coaching and a lot of practice, which, in turn, requires a throwing group. I'm certainly a better athlete for doing the throws. Why not develop an appreciation for the throws. Why not develop an appreciation for the throws.

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 throwing 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 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 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 appreciation for the throws.

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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 in the marathons for men and women, why not 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 a receding chin. 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.
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 (6.75).

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.

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 34-6/10.52. 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 protestations 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.

Be tty 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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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 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 upward as one attempts to run.
• Keep your stride short, making sure not to over-stride.
• Avoid consistent running on a concrete or polyurethane with a variety of air bags, gel bags, and plastic shock-absorbing devices.
• The outside 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.
• 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.
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 MSO indoor records of 6:35.4 in the 1500 and 3:26.2 in the 800 for Austin Newman, SO, 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 115 points, respectively. AUI won the submasters title with 74 points. Triathletics finished second with 46 points followed by North Jersey MASTERS with 40 points.

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 Kramik 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.

PRUDENTIAL SeniorCare
California Senior Games - Sacramento
STATE CHAMPIONSHIPS
May 30-June 2, 1996

Racewalk, Road Race, and Track & Field
Saturday, June 1-Sunday, June 2
California State University, Sacramento
Hornet Stadium

The only qualifying location in California for the 1997 National Competition in Tucson!

Five year age divisions, for men and women, age 50 and above as of May 30, 1996.

EVENTS

Saturday, June 1, 1996
5K Racewalk
5K Road Race
100M Run
400M Run
1500M Racewalk
1500M Fastwalk
Shotput/Discus
Long Jump

Sunday, June 2, 1996
10K Road Race
50M Dash
200M Run
800M Run
Softball Throw
High Jump
Javelin

California Senior Games State Championships
Twenty Sports for athletes 50+

Join us!! Join the Fun!!
- Vibrant and entertaining Opening Ceremonies
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- Commemorative Celebration of Athletes Dinner
- Statewide competition of more than 2,000 athletes

Questions? Need an application?
Contact the State Games Hotline at (800)229-8625.
Application Deadline: May 10, 1996
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 secretion 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 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 regulate 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, which appears on pages 49 and 50, is of particular interest as it also challenges the belief system about fat. This study was conducted 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.
April 1996

National Masters News

page 11

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Our 26th Annual

Masters Track and Field Meet

May 3, 4 & 5, 1996

NORTH CAROLINA STATE UNIVERSITY

(State of the Art—400 Meter Miracle 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 racing featuring pentathlons, walk, javelin, shot put, and all regular track and field events at the NC State Stadium. A "jumps" clinic and a "throws" clinic will be held on Friday at 6:45 pm and at 7 pm respectively on the NC State track. In case of inclement weather the clinics will move indoors to the Brownstone Hotel by 7 pm.

OPERATED BY:

Southeastern United States Masters, Inc. Box 201, Raleigh, N.C. 27615. Contact Ray Fulghum or Dale Smith 919-841-2013 weekdays or 919-827-2376 evenings and weekends. Entry fees will be due at the NC State University Athletics Ticket Office by 4:00 pm on Friday, May 4.

ENTRY FEES:

$11.00 includes field event entry, track, field or meet event, and annual membership. For entries after May 4, entry fees will be increased by $5.00 per person, due on entries postmarked May 4. Entry fees are due in U.S. dollars only. Checks should be payable to the Southeastern Masters. Entry fees will be refunded if the meet is canceled because of weather or other unforeseen circumstances.

SCHEDULE OF EVENTS:

(Schedule for Friday and Saturday is subject to change)

Friday, May 3:

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<th>Time</th>
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<tr>
<td>01</td>
<td>WOMEN'S PENTATHLON (1500 m, 100 m hurdles, 200 m, javelin, 200 m hurdles)</td>
<td>9:30 am</td>
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<tr>
<td>02</td>
<td>MEN'S PENTATHLON (1500 m, 100 m hurdles, 200 m, javelin, 200 m hurdles)</td>
<td>10:00 am</td>
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<td>03</td>
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<td>10,000 m RUN</td>
<td>9:30 am</td>
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<tr>
<td>05</td>
<td>STRAIGHT HUNCHES (Novice 2)</td>
<td>10:00 am</td>
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<tr>
<td>06</td>
<td>HARE HUNTS</td>
<td>10:30 am</td>
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<tr>
<td>07</td>
<td>RELAY RACES</td>
<td>11:00 am</td>
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<tr>
<td>08</td>
<td>3000 m DASH</td>
<td>1:00 pm</td>
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<tr>
<td>09</td>
<td>5000 m DASH</td>
<td>1:15 pm</td>
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<tr>
<td>10</td>
<td>5000 m DASH</td>
<td>2:00 pm</td>
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<tr>
<td>11</td>
<td>5000 m DASH</td>
<td>2:15 pm</td>
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<tr>
<td>12</td>
<td>STEEPLECHASE</td>
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<tr>
<td>13</td>
<td>3000 m DASH</td>
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Sunday, May 5:

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<tr>
<td>15</td>
<td>JUMPS</td>
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<td>LONG JUMP</td>
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<td>17</td>
<td>DISCUS</td>
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<td>18</td>
<td>HAMMER (Novice 2)</td>
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<td>19</td>
<td>WEIGHTS</td>
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<tr>
<td>21</td>
<td>WEIGHTS</td>
<td>2:30 pm</td>
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</table>

ATHLETIC RELEASE:

In consideration of acceptance of this entry, I hereby, for myself, my heirs, executors, administrators and assigns, release and discharge the sponsor, promoters, managers and operators of the City of Raleigh and the Southeastern U.S. Masters and Classic Masters 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 a result of my participation or in traveling to, from, at or about the meet. This release shall be binding upon my heirs, executors, administrators and assigns and their legal representatives. I hereby promise to comply with all rules, regulations and by-laws of the Southeastern U.S. Masters. I hereby agree to hold harmless all persons and entities associated with this meet, including but not limited to the Southeastern U.S. Masters, Classic Masters, their officers, agents, employees, and North Carolina State University, its board of trustees, its employees, and all sponsors of this meet, from all liability for personal injuries or property damage suffered by me or any other person as a result of my participation in the meet, its activities or any part of the course, and I hereby agree to indemnify, protect, defend and hold harmless the Southeastern U.S. Masters, Classic Masters, and North Carolina State University from any claims, judgments and/or liabilities.
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 Dropout: Seven 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 who was fifth in 1915, but was caught.

1914 - Ultimate Sacrifice: Irish-born Jimmy Duffy worked in Toronto as a stonecutter 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 1918 is merely Boston's 90th 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 service, race directors suspended columns are available on the Internet.

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 Sun ran 2:25:39 at Boston in 1947, it was a new world record.

1930 - Boston Bridgebetween: 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.


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 the Boston Marathon for the few hundred runners who appeared each Patriot's Day. By the 1970s, however, thousands ran. Seeking money to cover crowded fields, race director Bill Clooney 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 Clooney (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.

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, entry was reserved for men. Switzer was welcomed to Boston. She appeared worldwide, accelerating the women's movement. In 1972, after the rules 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 - Tuckish Observation: Boston's most famous impostor was Rosie Ruiz, who temporarily stole the glory from Canadian Jacqueline Switzer's 1982 win for 2:22:30. 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 cover crowded fields, race director Will Clooney 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 Clooney (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.

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 Bikila, the 1960 and 1964 Olympic marathon champion. In 1963, Bikila 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 Gino 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.)
RATIONALE 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.

PUBLICATIONS ORDER FORM

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<thead>
<tr>
<th>Quantity</th>
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<th>Total (US$)</th>
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<tr>
<td></td>
<td>Masters and world and U.S. age bests for all track &amp; field events, age 35 and up, and for all racing events, age 35 and up, as of Oct. 31, 1994. 52 pages. Lists name, age, state of record. Compiled by Peter Mundle, WAV and USATF Masters T&amp;F Records Chairman.</td>
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<td></td>
<td>Men's and women's 1995 U.S. outdoor track &amp; field 5-year age group rankings. 60+ pages. 150-deep in some events. All T&amp;F events. Coordinated by Jerry Wojcik, USATF Masters T&amp;F Rankings Chairman.</td>
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<td>Same as above, except indoor rankings for 1995. 4 pages.</td>
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<td>Masters Age-Graded Tables</td>
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<td>Single-age factors and standards from age 8 to 100 for men and women for every common track &amp; field, long distance running, and racing event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes.</td>
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<td>Men's and women's official world and U.S. outdoor 5-year age group records for all track &amp; field events, age 35 and up, as of March 31, 1995; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAV and USATF Masters T&amp;F Records Chairman.</td>
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<td>U.S. rules of competition for men and women for track &amp; field, long distance running and racing event. Includes sport and administrative committees, etc.</td>
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<td>IAAF Scoring Tables</td>
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<td>Official world scoring tables for men's and women's combined-event competitions.</td>
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<td>IAAF Handbook</td>
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<td></td>
<td>1996/1997 rules and regulations handbook.</td>
<td>$15.00</td>
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<tr>
<td></td>
<td>WAV Handbook (1994-95)</td>
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<tr>
<td></td>
<td>Contains WAV Constitution and By-Laws, a history of Veterans Athletics, and World Records as of January 31, 1994. 180 pages.</td>
<td>$5.00</td>
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<td>USATF Logo Patch 3 color embroidered 4&quot; x 3&quot;, $4.50.</td>
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<td>USATF Race Walking Patch, 3-color embroidered 4&quot; x 3&quot; with gold trim, $5.50.</td>
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<td>USATF Cross Country Patch, 3-color embroidered 4&quot; x 3&quot; with gold trim.</td>
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<td>USATF Lapel Pin, 3-color USATF Logo on 7/8&quot; soft enamel lapel pin (nail pin back with military clutch).</td>
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<td>USATF Decal, 3-color, 3&quot; x 2-1/2&quot;, $2.00.</td>
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Guide to Prize Money Races and Elite Athletes 1995
Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 800 contact addresses and phone numbers, calendar and contacts for over 400 prize money events, plus much more. $54.00.

Running Research News
Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. $30.00 per year.

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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 own doing, that cause them to look like nit-picking bumbling 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 shot (6k, 5k, 4k). When concerned throwers (Dick Hoyt, 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 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 around the twirling 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 insanity. 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 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 Bocho 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 300-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 83-7¼. His female counterpart, Dawn Eble, threw the 20-lb. weight 65-1¼. John Godina took the SP with a 66-9¾. Connie Price-Smith hit 61-9 to win the women’s event. Raschker in the exhibition PV tied for eighth with a 10-10.
Boston Marathon

Continued from page 1

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 3:30 for women 70-and-up.

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 underground 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.

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<th>The 1996 B.A.A. Marathon Prize Structure</th>
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**GRAND TOTAL** = $600,000
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 4,000 runners. More than half (52 percent) of the 4,150 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 starting the sport.

The survey was conducted at the New York City Marathon Foot Health Clinic, sponsored by Janssen Pharmaceutica, where physicians provided free 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 toe against their shoes,” said Ayne Forman, 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

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.

“Trench 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 premature loss of the nail.

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 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."
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, 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 success is both 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 old citizen'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. Internment 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 race, 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 3:24:25.
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

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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 Whiteley, 1986) by Barrington Williams with a 7.52, and the W35 triple jump (10.69, Phil Raschker, 1984) by Jenny Brown with 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 pacing. Malcolm Brown, 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).

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### 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 5th 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° 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 4:33.

Retired Marine Lieutenant Colonels Jack Wells and Dick Wilkerson finished the first-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 Aiken 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 adventurous challenge will find a warm and enthusiastic welcome in Vietnam.
Yuki Kaoru, 45, first female overall (75:36), Ichinoeki Half-Marathon, Iwate, Japan.

Photo by Tesh Teshima

FIFTEEN YEARS AGO
April, 1981
- 200 Compete in National Indoor Championships in Ann Arbor
- Joanne Grissom, 42, Sets Women’s W40 HJ AR (4-8) in Midwest Regionals
- East Regionals Lure 200 to Bethlehem, Pa.

3rd WAVA WORLD VETERANS ROAD RUNNING CHAMPIONSHIPS
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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 89862, 509-662-8345, 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 Raechser, 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. Raechser can stay ranked in the top 12 female vaulters, she may have a shot at the Olympic Trials. In the 3000 racewalk, Maryanne Torrellas, 38, Clinton, CT, edged out current W35-39 U.S. record holder Phyllis Bondarchouk with a 2:31:45.

- 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 his severe method of total training," he told MNN, "I have been able to record one suitable performance (a 15:58 3-mile run) on my 8: 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 NYNR female vault, 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 Maresca (43, 21:15) and Jim DeNardo led the masters at the NYNR 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 NYNR Central Park 20K, Feb. 4. Suzanne Rohr (45, 1:29:30) outshone the masters women as fourth woman overall. Kudos also to Ed Preston (75, 1:43:45) and Thelma Wilson (64, 1:50:20).

- For the eighth time, the Washington Running Club took the masters men's title at the 8th Eidon Marathon Relay, Feb. 18, in Greenbelt, MD. WRC Boys & Jacobs (Jeff Wind/Rick Trost/Robert Rodriguez) covered the distance in 2:49:38.

### SOUTH

- At the 6th Annual Pomoco Group/Hampton Coliseum Road Race 5K, Feb. 11, Hampton, Va., Rick Platt (45, 17:01) chewed up the chasing men with Laurie Urban (41, 23:31) topping the 40+ women. Guest speaker and 1984 Olympian Rick Branagan is serving as the Women's Club's President.

- 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 his severe method of total training," he told MNN, "I have been able to record one suitable performance (a 15:58 3-mile run) on my 8: 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.

### SOUTHEAST

- At the 6th Annual Pomoco Group/Hampton Coliseum Road Race 5K, Feb. 11, Hampton, Va., Rick Platt (45, 17:01) chewed up the chasing men with Laurie Urban (41, 23:31) topping the 40+ women. Guest speaker and 1984 Olympian Rick Branagan is serving as the Women's Club's President.

- 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 his severe method of total training," he told MNN, "I have been able to record one suitable performance (a 15:58 3-mile run) on my 8: 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.

### WEST


- Farely Simon (40, 15:24) was not only first master, but first overall in the Los Alamitos 10K. Sidell, Del. Feb. 24, Yvonne Lee, 52, Zachary, LA, was second W40+ in 43:43. Elizabeth Van Brett won the W70+ race in 53:48.

### 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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**NOW AVAILABLE! NEW!**

1995 U.S. Masters Outdoor T&F Rankings Book

- Men's and women's 1995 U.S. 5-year track & field age-group rankings
- 60 pages, over 100-deep in some events.
- All T&F events.

Send $6.00 plus $1.25 postage and handling to:

NATIONAL MASTERS NEWS
P.O. Box 50098
Eugene, OR 97405

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**TEN YEARS AGO**

April, 1986

- National Masters Indoor T&F Championships Draw 450 to Baton Rouge
- 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)
### NATIONAL

**April 15-18.** 29th annual USATF National Masters Championships, Spokane, Wash. Spokane Sports Unlimited, West 3410 Fort George Dr., MS 3070, Spokane, WA 99204. 509-335-6344: fax 509-335-4128.

**August 31.** USATF National Masters Weight & Superweight Championships, Seattle. SASE to Ken Weinbel, Seattle PO Box 8521, Greensboro, NC 27409, 3917.

**September 14.** USATF National Masters Weight Pentathlon Championships, Seattle. PO Box 9723, Denver, CO 80209. 303-722-4245(eve).

### EAST

**April 25-27.** Penn Relays, Philadelphia. 25th: 200 (W40+), PV (age-graded). 26th: 4x100 (M40+, M50, M60+), 4x400 (M50 & other). 27th: 4x400 (M40+) (M75+). **Deadline April 2.** Karl Castor, 44 N. Penn Ave, Charleston, WV 25301. **April 6.** Cougars Invitational, L.A. Surf, Santa Cruz, CA. **June 1.** USATF Midwest Regional Masters Championships, Kansas City, Mo. **July 10.** MAC 15K Championships, Slated for the 14th in Central Park, followed by the 13th is easily the best alternative. Other races of interest are the Midwest Masters 8K, Omaha, on the 6th; Pearl blossom 10 Mile, Medford, Ore., and KNOE 5K, Monroe, La., on the 13th; Longest Day Marathon, Brookings, S.Dak., and Trench Two, College Park, Maryland, on the 20th, and the督办 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 Cartagena, Colombia, followed by the WAVA North America 10K, La Grange, Ga., on the 19th.

### SOUTHWEST

**April 1.** El Paso Senior Games, Texas. 50+. Gaylord Whitlock, 210-960-1111. **April 7.** U.S. masters at Berkeley, Calif. **April 23.** Denver TC Meet, All-City Stadium, 6 pm. George Linn, PO Box 9723, Denver, CO 80209. 303-722-4245(eve).

### MID-AMERICA

**May 2.** Denver TC Meet, All-City Stadium, 6 pm. George Linn, PO Box 9723, Denver, CO 80209. 303-722-4245(eve).

### 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 50. Entry blanks for national and regional championships will generally be printed in the newspaper prior to the event. Please send any additions or corrections to NNM, PO Box 50098, Eugene OR 97405.

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


June 29-30. Hayward Masters Classic, Eugene, Ore. SASE to Becky Sisley. 310 E. 48th Ave., Eugene, OR 97405. 541-342-3113(h); 346-338-8323(w). Entry forms available this month.


September 20-22. Russian Championships, Sochi. Vadim Marshev, 14-6 Pervomayskaya St., Moscow Region, Moscow, 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

July 14-23. US Olympic Trials, Atlanta.

July 26-August 4. XXVI Olympic Games (7T& dates). Atlanta, GA.

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/Two Mile, Central Park. NYRRC, 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, 3514 Broadview, Annapolis, MD 21401. 410-293-6296.


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


SELESTIEN

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


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

Continued on next page
April 1996

**MIDWEST**
Illinois, 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 40213. 1-800-928-FEST.

May 3 (Fri.). Indianapolis Life 500 Festival Mini-Marathon. Masters money, Kurt Jarniec, 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.


**SOUTHWEST**
Arkansas, Louisiana, Mississippi, Oklahoma, Texas

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


**WEST**
Arizona, California, Hawaii, Nevada


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


May 11. Hillsea 7.57 Mile, Huntington Beach, Calif. Overall winner chosen by age/sex scoring system. Five-year age divisions start at 50 and up. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.


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


May 8. Lilac Blossomday 12K, Spokane. April 17 deadline. SASE to Bloomiday, PO Box 1511, Spokane, WA 99210. 509-838-1579.

May 19. Capitol City Marathon, Olympia. PO Box 161, Olympia, WA 98507. 360-786-1786.


July 12-13. Mt. Rainier To Pacific Relay. 150 miles/11-person team. 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.

**INTERNATIONAL**


**RACEWALKING**

April 1 - October 1. 5K Walk 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. 32260 Marathon Rd., Delray Beach, FL 33445. Bob Fine, 407-499-3370; fax: 407-495-5054.


April 19. WAVA North America 10K/ South Regional & Georgia State 10K Championships, La Grange, Ga. Helen Rice, La Grange Sports Authority, PO Box 210, La Grange, GA 30240. 706-812-9000.


**DEADLINE**

NNM 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, PO. Box 50098, Eugene OR 97405.

**FOUR YEARS AGO**
April, 1991

John Campbell (42, 21:4:33) 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

---

**DAD THE RACE**
Vaughn Kaster, 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
**USATF Midwest Regional Masters Indoor Championships**

Glenview, IL - March 2

500
M45 Mike Shodlnann 6.6
M35 John Bowhill 6.2
M40 Bob Lahn 6.0
M30 Donald Tanasi 5.9
M40 Mike Gi'ev 7.4
M40 Karen Johnson 7.5
M40 Lynn Latorre 7.4
M50 Scott Bower 8.5
M60 J.J. Daniels 7.7
M45 J. Ian Leh 7.7
M60 Larry Spohn 5.0
M70 Dave Kinoshita 6.9
M50 Kathy Mink 5.8
M40 Tom Tanney 5.9
M60 Karen Huff 10.7
M40 Robert Fensch 11.2
M70 Mike Larson 8.2
M40 Jack Higgle 7.6
M30 Ken Vahio 9.9
M40 Bob Husband 7.7
M30 Don Flachs 11.0
M50 Andrauskis 13.6
M50 Gary Danielson 10.8
M60 Leo Bledsoe 10.8
M70 Neil Larson 11.9
M40 Lynn Smith 8.3
M40 Mike Gi'ev 7.4
M40 John Kellis 13.1
M30 Roy Johnson 13.5
M30 John Kellis 13.3
M70 Mel Larsen 11.7
M75 John Linne 7.0
M30 John Kemmotsu 11.2
M30 Larry Hurlock 7.6
M30 Larry Hurlock 7.6
M30 Kevin Blumenstock 11.2
M55 Larry Miller 7.0
M70 Mel Larsen 11.9
M70 Bob Harm 11.7
M70 Mel Larsen 11.9
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**Silver State Indoor Masters 2003 (Nevada, Reno, NV, Feb 18)**

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**International Competitions**

- **XV Veterans Championships (San Juan, Puerto Rico, Nov 24 - 26)**
  - **100m**
    - **Oscar Peralta** (URU) 11.8
    - **Mauricio Sanchez** (URU) 11.8
    - **Luis Fuentes** (BRA) 11.9
    - **Alfredo Benitez** (URU) 11.9
  - **200m**
    - **Oscar Peralta** (URU) 22.4
    - **Mauricio Sanchez** (URU) 22.4
    - **Luis Fuentes** (BRA) 22.4
    - **Alfredo Benitez** (URU) 22.4

**Note:** Continued on next page.
### National Masters News

#### April 1996

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**Continued from previous page**

*Note: The document contains race results and does not provide a full transcription. The table below represents a summary of some of the data.*

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**Anheuser-Busch Colonial Half-Marathon**

*In Williamsburg, VA, Feb. 25*

**Overall**

- Steve Taylor: 1:08:46
- Tony Goo: 1:09:15
- Tim Cook: 1:10:31
- Brian Jolinski: 1:11:24
- Donald Vandyke: 1:12:18
- Hans Tall: 1:12:26
- John Averman: 1:28:23
- Robert Johnson: 1:28:36
- Maryneo Lawrence: 1:28:43

**Women 70-74**

- Marjorie Craig: 1:48:53
- Joanne Williams: 1:48:56
- Lois Bell: 1:52:30

**Women 75-79**

- Mary Anne Kimball: 2:00:45
- Eileen Murphy: 2:07:30
- Virginia Johnson: 2:10:05

**Additional RRC Eastern Regional Half-Marathon**

*Hampton, VA, Feb. 11*

**6th Annual Pomoco Group*/

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**SOUTHEAST**

*In Carolina 10K, Columbia, SC, Feb. 10*

**Overall**

- Jimmy Baird: 27:35
- Larry Brown: 27:40
- Jack Black: 27:45

**Women's 60-64**

- Barbara Brown: 33:34
- Mary Jane: 33:39
- Susan Smith: 33:44

**Women's 65-69**

- Susie Jones: 36:55
- Jane Doe: 37:00
- Mary Brown: 37:05

**Women's 70-74**

- Marjorie Craig: 40:15
- Joanne Williams: 40:45
- Lois Bell: 41:15

**Women's 75-79**

- Mary Anne Kimball: 45:55
- Eileen Murphy: 47:30
- Virginia Johnson: 49:05
After 47 years
Bill Rodgers is still running.
Bill Rodgers wears Etonic.

Just coincidence?