Texas Hosts National 12K

by JANNA WALKUP
Clear skies, low humidity, cool temperatures, and a slight breeze greeted runners at the Tomball Country Classic 12K in Tomball, Texas, on Feb. 22. The race served as the third event in the 1997 USATF National Masters Championships series of races.

With just seconds separating many of the competitors, it was tough to pick the race of the day. Jesse Sturgeon, 42, cruised the course in 41:28 for a relatively easy masters victory. He was followed by John Gonzales (44; 42:48), and Ken Yanowski (41; 43:01). Sturgeon placed fourth overall in the race.

Yanowski (41; 43:01). Sturgeon and good for Gonzales (44; 42:48), and Ken Tory. He was followed by John Gonzales (44; 42:48), and Ken Yong (T-Shirt, first row), who broke the U.S. M60 record for the 25+ weight with a 24-1/2 throw.

Almost the entire field of weight throwers at the Silver State Masters Classic, Reno, Nev., Feb. 16. Among the world and U.S. record holders and top-ranked throwers were MOS Ken Janson (white-striped collar, top right) and James York (T-shirt, first row), who broke the U.S. M80 record for the 25+ weight with a 24-1/2 throw.

Photo by Suzy Hess

200 Compete in Silver State Classic
by JERRY WOJCIC
The second annual Silver State Masters Classic drew over 200 men and women athletes age 30-and-above to compete on Feb. 16 on the Bill Cosby Track in the Reno Livestock Events Center, the site of the 1995 Masters Indoor Championships.

Racewalkers and throwers turned out in good numbers. Eleven of the 22 entrants in the 3000 racewalk were women. Three world records were set, pending approval, in the racewalk.

Shot put entrants numbered 25, with around the same number competing in the weight throw. James York broke the US M80 record for the indoor 25-lb. weight with a 24-1/2 throw. The M60 shot putters staged the closest throws competition of the meet, Stew Thomson winning at 41-9\%, with Jim Hart at 41-7, Dick Lee at 41-1/2, and Walt Badorek at 40-10.\%.

Good weather (68 degrees, sunny) prompted the meet directors to hold the weight and superweight outdoors, although an indoor facility was available.

In the sprints, Stan Whiteley, 51, was in the age-graded 92+ range with wins in the 60m (7.62), 200 (24.16), and 400 (54.02). Jim Stokey, the USATF Outstanding M40+ Athlete for 1996, won the M65 60m in 8.47, an age-graded 95.7\%. He was one of three entrants from Maryland; other athletes came from Kansas, Florida, South Carolina, and Montana.

The meet organizers have been approached on the possibility of making this meet — the largest masters indoor in the West and Northwest — also the USATF West Regional Masters Indoor Championships for 1997.

Continued on page 17
Masters Glossary of Terms

To help explain and simplify the sometimes mysterious nomenclature of masters athletics, we present, in alphabetical order, the following "Masters Glossary of Terms."

To change, correct, clarify, or inquire about any of the following masters terminology, or anything about the world or U.S. masters program, write the Masters Wizard, c/o NMN, Box 50098, Eugene, OR 97405.

**Age Grading:** A method to quickly and easily compare your performances at different ages and in different events. Age-graded tables are a series of "age factors" and "age standards." They correct a person's performance, no matter what his/her age, to what it would have been in their prime years. It also provides each individual with a percentage value which enables him/her to judge his/her performance in any event without (bias) towards age or sex. It is used to score masters multi-events.

**Age Groups:** Masters competition is divided into 5-year age group categories for both men and women (30-34, 35-39, 40-44, etc.). One’s date of birth (not year of birth, as in youth competition) determines one’s age.

**Age Records:** Official worldwide and USA indoor and outdoor five-year age-group T&F records are kept and are available through NMN (see Publications Order Form on page 13). An annual book of unofficial single-age records is also available. USA racewalk records are included in both of the above. USA LDR five-year records are published annually in NMN, usually in November. There are no official World LDR records.

**All-American Standards:** A program sponsored by the USATF Masters T&F Committee, which enables a person to earn an "All-American" certificate and patch by bettering the AA standard for their event. (See standards in this issue.)

**All-Comer Meets:** Open to all, young or old. Generally, low key, fun meets.

**AR:** American Record. The sports of track & field, long distance running and racewalking.

**Certified:** Generally used to mean a road-race course is "certified." It means someone has officially measured and calibrated the exact distance of the race. USATF designates the course as "certified accurate." It is encouraged that all races be held on certified courses. This allows athletes to know they have run (or walked) the actual distance.

**Eligibility:** There are no requirements needed to enter most masters athletics competitions, except to be at least the minimum age. (One should also be reasonably fit.) One may never compete in an older age group. The masters program operates on the honor system. Lying about one’s age violates the spirit and purpose of the masters program and is not tolerated. Violators risk banishment from USATF masters competition for a period of two years.

**Hurdles:** To allow for the decrease in speed, stamina and flexibility as one ages, the standard distances for hurdle races are shortened, and the heights of the hurdles are gradually lowered as one gets older. See "WAVA/USATF Specifications" in this issue.

**IAAF:** International Amateur Athletic Federation, the international governing body for athletics, with more than 175 member nations. Its headquarters are in Monaco.

**Impetus:** Lighter-weight implements (shot, discus, javelin, hammer, weight) generally used by older athletes. See "WAVA/USATF Specifications" in this issue.

**LRD:** Long Distance Running.

**Masters:** Men and women age 40 or over.

**Masters Clubs:** Most areas have local running clubs, some of which cater to masters athletes. A list of masters clubs is periodically printed in the National Masters News.

**Masters Competition:** Every event from the 100-meter dash to the pole vault to the marathon is available for both men and women. Medals are generally awarded to the first three places in each men’s and women’s age group. While everyone does poorly, no one does better. Generally, low key, fun meets. It is encouraged that all masters meet organizers handle results to determine winners. It is necessary to have proper course marking and a positive term. It generally means that it is necessary to have proper course marking and a positive term. It generally means that the race Medicare should be run well. If a meet is run well, it will have a positive sanction.

**Sanction:** Although "sanction" has both negative and positive meanings in the general English language, in athletics it is a positive term. It generally means that USATF or WAVA has "sanctioned" or "approved" a meet or race. An automatic sanction is granted by USATF to any meet or race...unofficially sanctioned. The event would be "detrimental" to the sport.

**Seniors:** A word of many meanings: 1) A USA T&F competitor age 20 or under; 2) Unofficially used in some road events to denote runners age 40 and up; 3) Athletes 50+ who compete in Senior Games through the USA; 4) Sometimes unofficially used by the media and others as a substitute for "masters."

**Sponsorship:** Masters events are sometimes supported by local or national sponsors. There is no single national sponsor at the moment. The AA standard for events held within a stadium (100-meter dash, etc.).

**Sub-Masters:** Men and women age 30-39.

**T&F:** Track and Field.

**Uniforms:** Some masters participants compete in their club uniforms, some in a T-shirt and shorts. In the World Championships, each participant competes as an individual, not as a representative of any nation. The AA standards (one should also be reasonably fit) are usually optional. USA uniforms are available from the Chair of the Masters T&F Committee (address on page 3). For better speed, stamina, and flexibility, some uniforms are entirely optional. Uniforms may be purchased directly from the manufacturer.

**National Team:** Used mostly in competition, National teams are selected by USATF for overseas competitions. There are no masters national teams.

**NGB:** National Governing Body. USATF, or any masters news publication is the bible of the masters athletics program. An official publication of both WAVA and USATF, it is published monthly. It delivers 28 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, profiles, and all the inside scoops and information about the world masters athletics community. NMN welcomes contributions from readers — results, schedule info, photos, letters, opinions, etc. It is not mandatory to subscribe to NMN, but it is recommended to keep up on all the masters action. A one-year subscription (12 issues) is $26 (first class) or $45 (overseas). Send to NMN, Box 16597, North Hollywood, CA 91615.

**Non-Stadia:** Refers to events held outside a stadium (road, race, etc.).

**Prizes:** Generally a championship whereby athletes may compete in various parts of the country during the year, and mail ("post") their mark to the event coordinator, who combines everyone's results to determine winners.

**PR:** Personal Record.

**PW:** Personal Worst.

**Rankings:** An annual book of masters T&R rankings is compiled and available through NMN. LDR rankings are available through the Road Running Information Center.

**RRCA:** Road Runners Club of America, the national organization composed of hundreds of clubs devoted to road running.

**RRIC:** The Road Running Information Center is the official record-keeping arm of USATF. It compiles USA road records and publishes an annual "Road Running Record Book," which includes special rules for masters competition.

**WAVA:** World Association of Veteran Athletes, a non-profit organization chartered by the U.S. Congress. It is the official "national governing body" (NGB) for athletics in the USA. USATF is the exclusive U.S. member of the IAAF. USATF's home office is in Indianapolis, with 56 "association" offices throughout the nation. Two of its seven sports committees are the Masters T&F Committee and the Masters LDR Committee. The committees meet each December at the USATF Convention, and their executive committees meet at other times of the year. USATF conducts annual indoor and outdoor national T&F championships, as well as national championship LDR races from one mile and longer throughout the year. It also stages dozens of regional and local meets and races, for youth, open, and masters.

**USATF Membership:** It is advantageous for a participant to become a member of USATF ($15 per year). A person is automatically insured against injury while competing in, or travelling to, a USATF-sanctioned competition. It is necessary to become a USATF member to compete in some USATF-sanctioned events, such as national and regional championships. It is not necessary for a participant to join USATF to compete in non-sanctioned masters events. It is not necessary for a foreign competitor to become a USATF member to compete in USATF events.

**USATF Regions:** There are seven regions in the USA masters T&F program: East, Southeast, Midwest, Mid-America, Southwest, West, and Northwest. (See Sporting Life, page 54). There are 15 regions in USATF open and youth championships.

**USNSSO:** U.S. National Senior Sport Organization, an independent organization, which sponsors a national multi-sport competition (archery, softball, swimming, track, etc.) each odd-numbered year for men and women age 50-and-up. USNSSO helps promote state and regional competitions throughout the USA, mainly in conjunction with local government recreation departments. Qualification for the nationals is generally required by competing in state meets.

**Veterans:** The international term for "masters," with the exception that "veterans" also include women age 35-39. (The term "veterans" is also unofficially used in some USA T&F events to define runners age 50-59.)

**Volunteers:** There is always a need for volunteer help in masters athletics. Meet and race directors need help in timing, scoring, and in all sorts of ways. The sport is built on volunteer help and would cease to exist without it.

**WAVA:** World Association of Veteran Athletes, the official- world veterans governing body for athletics, recognized by the IAAF as the official organization to oversee veterans activities. WAVA stages a World Veterans Championships each even-numbered year for men age 40 and over; 2) Women age 45 and over; 3) Women age 50+ who compete in Senior Games throughout the USA; 4) Sometimes unofficially used by the media and others as a substitute for "masters."

**World Championships:** Masters events are sometimes supported by local or national sponsors. There is no single national sponsor at the moment. The AA standard for events held within a stadium (100-meter dash, etc.).

**World:** Record.
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NMN welcomes contributions — results, schedule of meets, photos, letters, opinions, and opinions. Manuscripts should be typed, double-spaced, but legibly handwritten material is also acceptable. Results should be typed, single-spaced. Please include a stamped, self-addressed envelope if return is desired.

Advertisements: A one-year subscription (12 issues) is $26.00 (mailed 2nd class). Add $1.25 for first class (U.S. & Canada) or $19 for foreign airmail. Please send all correspondence on subscriptions to NNM, P.O. Box 16597, No. Hollywood, CA 91615.

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NATIONAL MASTERS NEWS
The official word and U.S. publication for masters track & field, long distance running and racewalking.
COMPETITION SCHEDULES
Because many of us masters have multiple events to schedule and plan, it would be very helpful if big meet entry forms or at least detailed competition schedules (events, days, times) were available much earlier.

I have a tight schedule for August 1997, and I can’t find out when my events in the M60-64 shot and discus are to be held at the Nationals in San Jose.

Las Vegas, Nevada

Len Rosen
Salem, New Hampshire

NIKE MASTERS GAMES
The next World Masters Games—now with Nike as the main sponsor—will be held in August 1998 in and around the city of Portland, Ore., USA. The Track and Field events will be staged in Eugene—the site of the WAVA World Veterans Championships in 1989—and on August 10-22.

For various reasons, WAVA had earlier not recognized the World Masters Games, but we have now opened discussions on how to cooperate. Since we have assurances that WAVA rules will be observed in 1998 and henceforth, we are glad to recommend the 1998 Nike World Masters Games to all veteran athletes.

Torsten Carlius
WAVA Secretary
Helsingborg, Sweden

CASH PRIZES FOR MASTERS
Why do only masters long distance runners receive prize money? Why can’t those who compete at the shorter distances get paid?

USATF Masters T&F Chair Ken Weinbel told me USATF was not formed to provide prize money to athletes but to provide opportunities for wholesome activity and competition.

I agree, but it costs me about $150 to $250 every time I compete, not to mention lost wages when it’s a mid-week competition. Why can’t arrangements be made to bring those who compete in different regions together and put up prize money for the top three finishers? That way, when you hold a national championship, the champion will truly be the champion.

Hal Tolson
San Diego, California

L.A. MARATHON
Nadezhda Ilyina, the first woman finisher in this year’s Los Angeles Marathon, was disqualified for cutting a corner. This may have saved her a few seconds. Certain age Division finishers in the same race have had a much greater advantage than Ilyina.

The announced women’s 65-69 winner is 31 years old, and the men’s 65-69 winner is about the same age. The men’s 60-64 winner finished in 2:42:11, which is under the existing U.S. M60 record. However, the fact that he was disqualified as age-group winner in the 1990 New York City Marathon as well as the 1991 Boston Marathon does raise some suspicion. He was never spotted at key checkpoints.

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

Special thanks this month go to:

Rich Dunphy
Hames Hayner
Joy MacDonald
Tim McMullen
Gilbert Sanders
Avital Schurr
W. A. Schiloff
Pam Turner

River Edge, New Jersey
Ilion, New York
Fort Lauderdale, Florida
Bishop, California
Nursery, New York
La Grange, Kentucky
Endicott, New York
Eugene, Oregon
Age-Graded 100 Set for Mt. Sac Relays

Perhaps the most outstanding field of female masters sprinters ever assembled will compete in the invitational masters age-graded 100-meter dash at the annual Mt. Sac relays in Walnut, Calif., April 20.

Confirmed entries at NMN press time were:

- Mary Libal, 47, of Corvallis, Ore., the USATF female masters athlete of the year in 1996, who holds the W45 world record of 56.82 for 400 meters and won the W45 100, 200, 400, and age graded 100 at last year’s Nationals in Spokane.
- Kathy Bergen, 56, winner of the W55 100 at the Nationals and runner-up to Libal in the age-graded 100.
- Debby Sweezey, 44, a member of Mt. Sac Hall of Fame and national W40 100 champion in 1994, when she defeated Libal.
- Sumi Onodera-Leonard, 69, winner of the W65 100 and 200 in Spokane and fifth placer in the age-graded 100.
- Phil Rascher, 50, of Marietta, Ga., the eight-time USATF female masters track and field athlete of the year who just set seven world W50 indoor records at the European Veterans Championships in England.
- Kemisole Solwazi, 37, runner-up to Bergen in the National W55 100 last year and victor over Bergen in the meet’s 200.
- Joy Upshaw-Margerum, 36, of Hawaii, winner of the W35 100 and 200 at the Nationals.
- Irene Obera, 63, world record-holder par excellence, bowed out of the race because she felt her training was not going well enough to compete with this strong field.

All runners will be given a handicapped start, based on age. Upshaw-Margerum, the youngest, will run the farthest; Onodera-Leonard, the oldest, will run the shortest distance. The first one to the finish line wins.

John Cosgrove, masters T&F vice-chairman of USATF’s Southern California Association, put the field together in concert with Scott Davis, director of the four-day Mt. Sac meet, one of the largest (9000+) track and field meets in the world.

Results will appear in the May issue of NMN.
The Gun Lap

"... Lay aside every weight, and the sin which clings so closely, and let us run with perseverance THE RACE that is set before us..." - Hebrews 12:1,2

If the mile run is a microcosmic life experience, I’m beginning my final quarter. It’s the gun lap. The real effort should now begin.

As I’ve observed here in the past, the first 20 years of life are much like the first quarter of a mile. It is like spring and youth. The runner is spirited, fresh, impulsive, possibly even reckless. If the proper restraints aren’t applied during this period, the ordeal ahead can be very difficult. On the other hand, if there is too much restraint, there can be problems of a different kind.

The next 20 years of life are like the second quarter of a mile. It is summer and young adulthood. We have settled and other fitness pursuits.

The third 20 years, from ages 40-59 are like the third quarter. It is autumn and mid-life. The body begins to feel the strain, but it makes adjustments. It is the calm before the storm. This period passes all too quickly.

Then, from 60 to 80, the gun lap, the one I begin on April 2. It’s winter and old age. The oxygen has seeped from the body and tightness attacks the joints. We begin to rely more on the muscles are not nearly as supple. We begin to rely more on average skin may be a result of running and other fitness pursuits.

I’m not so old. I’m sure much of my subordinates at work think I’m a pretty old guy. Although both my grandfather and Mr. Truman were walkers, I just can’t picture either of them with running gear on and matching strides with me. Lyndon Johnson was only 55 when he assumed the presidency. I can’t believe I’m five years older than he was here.

What Old Guy? If I had never timed myself while running, at least beyond age 45, I might now think that I’m as fast as ever. There are times now when I sprint to beat a red light and I feel as limber and fast as I did 40 years ago. Sometimes I’ll wonder if the people watching me make that mad dash across the street realize how old I am. Surely, they would be in utter awe if they did.

But then when I think of guys like Norm Green, Sonny Monioz, and John Kesont, all older and much faster, I begin to think of myself as just another plodder.

Generally, when I meet people my age or a few years younger, I think of them as being 10-15 years older. Most are gray and are working on their third chin while supporting a paunch. On the other hand, when I think of the celebrities who are turning 60 this year along with me, I don’t see people who are all that old. I’m referring to Jane Fonda, Robert Redford, Warren Beaty, Bill Cosby, Dustin Hoffman, Jack Nicholson, and Chad Everett. Then again, who knows what they look like without their stage make-up and without cosmetic surgery?

Others turning 60 this year include Colin Powell, Sadam Hussein, Donald Duck, and the Golden Gate Bridge. I’m Not So Old I’m probably deceiving myself thinking I’m not so old. I’m sure most of my subordinates at work think I’m a pretty old guy. But I don’t know if it’s because I look that way or because I talk about my boyhood sports heroes being Jackie Robinson, Duke Snider, Johnny Lattick, Emil Srklo, Kid Gavilan, (Chuck Davey, please don’t hold it against me) and Citation. That’s comparable to someone telling me at age 30 that he saw Cap Anson, Ty Cobb, Jim Thorpe, Red Grange, Jack Dempsey and Man o’ War in action. Those were ancient times to me 30 years ago.

Heck, I still think of the 60s and 70s as very recent times. It seems like it was just a few years ago that Mays and Mantle retired and that Secretariat blazed around the Belmont track. But to my young associates at work, those names are identified with the distant past. As a youth, I recall thinking that Ruth and Gehrig were from prehistoric times, but they had been out of the game only 10-15 years when I thought that. Time seems to expand as we grow older.

Picking Up the Pace If life is like a mile run, and if breaking four minutes is the goal, I haven’t paced myself very well. If time is judged on how one has served his fellow man and how he has otherwise lived up to his potential, I ran my first quarter in about 70 seconds. I picked up the pace and hit the half in about 2:10 and I’ll hear about 3:10 as I get the gun. That means I’ve got to turn in a 49.9 final lap, not an easy feat, but a challenge I’m looking forward to.

I want to be able to reach the finish line at age 80 knowing that I’ve given it my all, having held nothing in reserve.

For the benefit of my friend Paul Reese, who turns 80 on April 17, I want to suggest that while the race may be over, there is still the victory lap to be run. Enjoy it, Paul.

Podkabayeva Edges Slaney in World 1500

Mary Slaney, 38, of Eugene, Ore., placed second in the 1500 at the IAAF World Indoor Track and Field Championships in Paris, March 9, with a time of 4:05.22, narrowly losing to Russia’s Yekaterina Podkabayeva, who ran, incredibly at age 44, a 4:05.19, under her own W40 WR of 4:05.29.

A week earlier, at the U.S. Open Championships, Slaney set a world W35-39 indoor record of 4:03.08 in winning the 1500 over Suzy Hamilton. In the Millrose Games, Slaney hit a second place W35 mile mark of 4:26.57.

Podkabayeva, who, like Slaney, has met the demands of being a mother and training for world-class competition, will be 45 on June 11, 1997.

There is a talk about Slaney competing for the U.S. in the 2000 Olympics in Sydney at age 42.

Slaney’s departure for Paris, scheduled for March 4 out of Washington’s Dulles Airport, was delayed first by cancellation and, later, engine problems, so that she and her husband, Richard, didn’t arrive in Paris until Friday morning. This was followed by a further series of setbacks, including no room availability at their hotel and getting her asthma medication vaporizer to work properly, until the start of the final on Sunday. On Saturday, Slaney qualified for the finals, coasting to a second-place 4:10.27 in her heat.

After her loss on Sunday, Slaney made no excuses, although she said she felt sluggish and not as good as she did in Atlanta. She went out fast with splits of 1:04.08, 2:09.81, and 3:17.04, losing in the last few strides and blaming herself for letting up too soon.

Podkabayeva’s victory didn’t remove any luster from Slaney’s accomplishments this season; instead, it focused the track world’s attention on a two-world-class athletes who happen to be a generation older than the runners who finished behind them.
National 12K

Continued from page 1

Norm Green, one of the nation’s most decorated age-group competitors and the only male masters long distance runner to be inducted into the Masters Hall of Fame. It was Green’s first race since his successful surgery last summer to remove some cancerous tissue.

Green and Cantu ran virtually shoulder-to-shoulder throughout most of the Tomball race. With just 100 yards to go, Cantu, a shorter-distance specialist, used his kick to surge ahead and defeat Green by just two seconds in 47:32 to win the M60 title.

While Cantu was accomplishing this feat, Joyce Gaskin of Beaumont, Texas, was turning in her own spectacular performance. Gaskin, who celebrated her 60th birthday five days prior to the race, sped to a new record of 53:52, crushing New York’s Gloria Brown’s previous record of 55:09, set in 1994.

The top five age-graded performances, in order, were turned in by Green, Cantu, Gaskin, Bob Wolfe (50:43:20), and David Chester (51:44:22).

The race featured a unique distribution of the $5000 masters purse, with $100 in prize money awarded to each of the top 50 age-graded performances.

Despite the near perfect race-day conditions, the previous night’s rainfall had event organizers scrambling to adjust the course on race morning. Floodwaters from nearby Spring Creek had flooded a section of the course on Friday night. At least a foot of water on the roadway made it necessary for race officials to detour runners around the water with the detour making the course short by approximately six meters from what was originally measured. After the event, the regional course certifier remeasured the new course. The early word was that the new course was approved with approximately six meters from what was originally measured.

Race director Mick Midkiff wasn’t surprised by the day’s outstanding competition and record-breaking performances. “I knew that it was a fast course, and the weather cooperated by being absolutely sparkling that day,” Midkiff said.

It was the fourth edition of the race, which started and finished on the campus of Tomball Community College. The race was administered by the Bayou City Road Runners.

Ino Cantu (53, 47:32) kicks past Norm Green (64, 47:34) to win the M60 National Masters 12K title in Tomball, Texas, Feb. 22. Photo by Cox Sports Photos

FIVE YEARS AGO

April, 1992

• Manuel Perez (41, 2:25:35) and Sandra Marshall (44, 3:02:47) Top Masters in L.A. Marathon

• Indianapolis Draws Pentathletes From 20 States

• Phil Raschker Sets Four W45 Indoor WRs in Tennessee

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Post-Immobilization Muscle Dysfunction

Those who have had their foot, ankle or leg immobilized by a cast, after an injury, may have a new problem once the cast is removed. Even if a limb is immobilized for a few weeks, an entity known as muscle dysfunction may occur. In recent studies, it was shown that a limb that was immobilized for only 5 weeks showed a 25% loss of strength. Additional resistance training when the cast was removed, caused an additional 18% loss of strength.

These studies concluded that immobilization, followed by reloading of the muscle, caused it to lose 43% of its pre-injury strength. For those runners and jumpers who feel that they must get back to strengthening immediately after cast removal, this could be a major setback. But there was some disagreement as to what actually causes the muscle atrophy, whether it's the cast immobilization or the reloading of the muscles after cast removal. Either way, there was proven muscle damage.

Therefore, some are suggesting that if the patient plans to do high load exercise after cast removal, high load exercises should be done with the cast on to prevent the initial muscle atrophy. This can prove quite difficult to accomplish.

It should be noted that during the rehabilitation process, the patient may be walking around with a functional leg defect, some 43% weaker than pre-injury days. This predisposes the patient to other injuries. I suggest the use of crutches for two weeks after cast removal. There has been significant success with deep water training and exercise to help strengthen the leg prior to heavy resistance exercise.

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NNN, Box 50098, Eugene, OR 97405.)

### SCHEDULE

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### Address

City, State, Zip: Phone: Sex: M F
Age on 5-10-97: Date of Birth: 1997 USA-T&F No: Events:

### Amount Enclosed: Make checks payable to Southern California Striders

Mail to: Hugh Cobb, 3180 Camino Amory, Canfield, CA 90809 (408) 568-7005

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**Sookey Top Scorer in Indoor Pentathlon**

by REX HARVEY, USAFT Multi-Event Coordinator

The 1997 edition of the USAFT National Masters Indoor Pentathlon Championships was held in Chapel Hill, N.C., on March 1. James Sookey, 67, the USAFT Outstanding M40-Athlete in 1996, is starting out strong again this year with the highest age-graded score of the meet, 4077. Denver Smith, 71, was not far behind at 3838.

Eighty-eight people started and 27 finished. Unfortunately, there were no women entered, so those national championship spots will go unclaimed this year.

The M35 group furnished the most drama of the meet with their competition coming down to the final event for all three of the top places.

This may be one of the last "stand-alone" indoor pentathlons. The championships are scheduled to become part of the Indoor Championships in 1999 and after. The 1998 Indoor Championships site, Boston, is considering including it also that year.

Following the lead of open track and field, the heptathlon will become the premier indoor multi-event championships. This is the inaugural year for the indoor heptathlon in the masters ranks. It will be held April 4-5 in Chicago and consist of the 60m, LJ, SP, and HJ on the first day, and 60mH, PV, and 1000 on the second. The women's indoor heptathlon does not officially exist, but it was decided at the annual convention that the women will do the same events in the same order with the substitution of the 800 for the 1000 consistent with the unwritten masters policy of equal events for both sexes.

A few of the hardy stretched their pentathlons into heptathlons. To keep all of the events in proper order, they ran a 60m after the 60m pentathlon hurdles and then ran the hurdles again to begin the second day. They also had to run a 1000 to finish the second day, in addition to the 1000 that they ran to finish the pentathlon on the first day. After nine events in two days, they registered legal pentathlon and heptathlon results.

Beginners, both male and female, should note that multi-event people are very helpful to newcomers and very understanding of beginning performances. Come on out and try it, you will not be disappointed or embarrassed. Also, you do not have to attempt every event in any masters multi-event competition to score points.

A special thanks to Jeff Watry and Bill Busby, who assisted meet director Linda Lipson.
Records Fall in New Jersey Championships

Two hundred and sixty-nine submasters and masters athletes competed in the USATF New Jersey Championships, Hackensack, on Feb. 9, breaking one U.S. indoor record and 37 meet records, some of which dated back to 1981. Attendance was up once again, with many road racers making the cross-over to indoor track for the competition as well as for a high-intensity workout.

Toshiko d’Elia, W65, bettered Dottie Gray’s U.S. record of 7:06.0 in 1992 in the 1500 with a 6:29.0. Jim Mann, M75, broke three meet records in the 55m (8.6), 200 (32.2), and 400 (75.7).

In the club competition, the North Jersey Masters captured their ninth consecutive team trophy in the men’s division. AUI, the women’s submasters and masters champions, had strong performances from Cheryl Alston, W40 (five golds and two meet records) and Paula Dickson-Taylor, W40, who ran a strong double of 5:15 in the 1500 and 2:29.9 in the 800, one day after running a 5:15 1500 in the Colgate Games.

Triathletes won the submasters men’s division. Submasters roadrunners Tom Metz, Guy Gordon, Dan Murphy (master), and Randy Miller broke their own M30-39 meet record in the 4x800 relay by ten seconds with an 8:59.1.

The most impressive race of the meet was the combined M50-59 1500, won by Sid Howard, M55, in 4:45.9. Hugh Sweeney, M50, second, 4:47.6; Doug Brown, M50, third, 4:48.1; and Mike Wilson, M50, fourth, 4:49.0.

Hale, Mims Outstanding Athletes in Midwest USATF Regional Masters Indoors

by MARILYN MOREHEAD

Approximately 100 submasters and masters athletes participated in the USATF Midwest Regional Masters Indoor Championships at Macomb Community College, March 1, in the Detroit metropolitan area. Since the meet was contested on a 220y track, there were no records, but that didn’t stop the athletes from turning in some sterling performances.

The highest age-graded performance was by Les Hale, M45, of the Motor City Striders, with a 94.2% 6.89 miles per hour average. Standing 6’10” and weighing 215 lbs., Hale won the Outstanding Male Athlete Award, presented by Midwest Regional Chairperson, Mel Larsen. Janet Mims, W30, also a sprinter, won the Outstanding Female Athlete Award for her 8.11 in the 60y, age graded at 85.3%.

Other top performances were turned in by Robert Lloyd, M50, 220y (26.00) and 440y (57.75); Gary Steiner, M40, 60y (8.01); and Jim Forshoe, M70, mile (6:02.11) and two mile (13:09.34). The W30 and M40 teams of the Motor City Striders were victorious in the mile relay.

HAYWARD CLASSIC
MASTERS TRACK & FIELD CHAMPIONSHIPS
OREGON ASSOCIATION CHAMPIONSHIP MEET
Hosted by Oregon Track Club Masters
Sponsored by City of Eugene and City of Springfield

June 28 & 29, 1997
Hayward Field
University of Oregon
Eugene, Oregon

HAYWARD CLASSIC
Masters Track & Field Championships

SCHEDULE OF EVENTS
All times listed are tentative and approximate
Saturdays June 28

Track Event Time Field
5000m Run 9:00 am Long Jump, 4:30 pm
1:000m Hurdles 9:15 pm Javelin, 4:30 pm
10,000m Walk 9:45 am
1:500m Hurdles 10:15 pm
1 mile Run (55m) 11:00 pm
100m Hurdles 11:30 pm
Hurdles 12:30 pm
400m Hurdles 1:00 pm
1500m Hurdles 1:30 pm
3000m Steeplechase 2:00 pm
600m Walk 2:30 pm
1 mile Walk 3:00 pm
10,000m Walk 3:30 pm
4x100m Relay 4:00 pm
4x200m Relay 4:30 pm
4x400m Relay 5:00 pm

Sundays June 29

1500m Run 9:30 am
3000m Steeplechase 10:15 am
1500m Walk 11:00 am
1500m Run 11:15 am
400m Run 11:30 am
5000m Run 12:15 pm
5000m Walk 12:30 pm
1 mile Walk 1:00 pm
1 mile Walk 1:15 pm
300m Walk 1:30 pm
10,000m Walk 2:00 pm
3000m Run 2:15 pm
3000m Walk 2:30 pm
1 mile Walk 3:00 pm
1 mile Walk 3:15 pm
4x100m Relay 3:30 pm
4x200m Relay 4:00 pm
4x400m Relay 4:30 pm

All events open to both men and women

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4x100m Relay 3:30 pm
4x200m Relay 4:00 pm
4x400m Relay 4:30 pm

All events open to both men and women

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Hayward Classic Masters & Track Meet — All competitors must be USA T & F members

Address
Phone
Birth date
Age (as of 6/1997)
Gender
Multiplier
Event
Sex
Entry fee
Entry fee
Entrant number
Reception: Please send to
Event 1 Event 2 Event 3 Event 4 Event 5 Event 6 Event 7 Event 8 Event 9 Event 10 Event 11 Event 12
Event 13 Event 14 Event 15 Event 16 Event 17 Event 18 Event 19 Event 20 Event 21 Event 22 Entry fee
TOTAL
Entry fee

*Please use metric for distances, if possible.
Event changes will not be permitted after registration.

BY CHECK: OREGON TRACK CLUB MASTERS
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*All entrants must be USA T & F members or be accepted by the meet directors.*

All entrants must be registered with the USA Track & Field Masters.

*Entrants must be at least 21 years old to participate in this meet.*

Sponsorship:

Mail entries to:
Olympic Sports Center
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Phone: 1-541-343-7716
Fax: 1-541-343-2436

*All entrants must be USA T & F members or be accepted by the meet directors.*

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A Challenge to All Ages
An Interview with Jackie Williams

Jackie Williams, W65, lives in Evergreen, Colorado, a beautiful mountain community 25 miles from Denver. There are open space mountain parks in this area, and when she works out here, she runs as the trails are not good for racewalking. She placed second nationally and first in her region (west) with a 5K time of 31:26 in the 1996 national/regional competition. Jackie has a unique workout schedule which clearly challenges the conventional wisdom surrounding “aging.”

JW: I have never had a health problem and I think it’s because I have exercised all my life. However, I did not get into any sport activity until I was 59 years old. I have always exercised regularly, but had never done any running, racewalking or anything else. When I was 59, I thought it might be fun to try it.

I entered the racewalk division in a running race and won. That success really got me interested and I got serious about it. I purchased a book on how to racewalk, and I learned various movements from them. I use a treadmill, stationary bike, stepladder and I use some other piece of equipment, lifting weights. I am also a great believer in yoga.

EW: With the daily conditioning and stretching you do, I don’t think you would find the 10K taxing.
JW: I probably wouldn’t, but I am worried that I am not bright enough to pace myself for a 10K. That is what worry about, I know I could probably do it easily, but I am afraid I will go out thinking I am doing a 5K and won’t make it. If I knew how to pace myself, maybe I would.

EW: One good way you can learn to pace yourself is to time yourself for a measured distance at different paces. For example, figure out your mile time for a 10:00 mile which would be about a 16-minute 10-mile run. Then set a mile time that is approximately an 11-minute per mile pace. See what that feels like for six miles. If this pace is comfortable, try a 10:35 or 10:50 pace. If it is not commercially, try an 11:05 or 11:10 pace.

A track is a good place to do pacing workouts as you can use lap times. For instance, a 31:26 5K is approximately a 2:30 lap. Your pacing workouts for a 10K can start with a 2:50 or 2:45 lap pace so you can get a feel for those speeds. You can adjust the lap times up or down.

For example, try doing 5 x 2K at 2:50 with a short rest between. If that goes easily, try holding a 2:45 lap pace for the same workout. See how you feel. After a while, give yourself assignments at a specific pace. The same concept applies to road miles. You want to train yourself to feel the effort different speeds require. There are many combinations you can use. Ladder workouts are effective where you do 2K at 2:50, 2:45, 2:40, 2:45, and 2:50. If you are tired, go easy and do only three 2K repeats at a given pace. If your body feels fresh, go harder. You might want to do 6 x 2K occasionally. Increase your pace incrementally to increase your endurance at a faster speed. If you do pacing workouts once or twice a week, when it comes to a 10K you will know that you can control your pacing, as you have done it in your workouts.

EW: A couple of years ago, some seventy-year-old women asked me to develop qualifying standards for their age group in the national/regional ladder competition. Initially, W70, W75, W80 and W85 were open to anyone who walked the specified distance. These women didn’t want to be in an open division. What I learned from them is that the competitive spirit is ageless. If you keep doing what you are doing now, you will be setting records when you are 80 in the 5K and 10K.

JW: I sure will if I can.

Six-day Indoor Winter Workout Routine #1

(Firm Aerobic Workout with Weights)

Use 45 minutes.

Routine #2

(Do Routine #1 and #2 on alternate days.)

Precor Treadmill – 50 minutes. Start out with 10 min. warm-up at 2% incline. Increase to 6% incline at same speed for another 10 minutes. Return to 2% incline and increase to faster speed for 20 minutes. Increase speed again for 15 minutes and faster yet for 5 minutes.

Yoga stretching for 15 minutes. Again, use basic yoga stretches. People are amazed at my agility and flexibility and I know it is because of my years of doing yoga stretching exercises.

Turturi Stepper - 20 minutes. “Step” routine using a plastic step 8 1/2” high with 5-pound weights in each hand – 10 minutes.

My two hours are usually up by then because, after the treadmill routine, I am gulping water and wiping my brow, which takes time.

Standing – Do all the lifts that use the muscles in the arms, back, shoulders, etc. Do squats and lunges.

Continued on page 13
Nike Masters Games Update

Less than 500 days remain until the opening on August 9, 1998, of the World Masters Games, held for the first time in the United States in Portland, Oregon and surrounding communities. The Games are the largest participatory multi-sport event in the world, bringing together 25,000 athletes from over 100 countries, for two weeks of age-group competition in 25 sports.

The athletics portion (track & field, cross-country, & road events) is expected to include the 5000m, 10000m, marathon races for both men and women. Additional events include the men's and women's pentathlon, weight pentathlon, 8K cross-country, 10K road walk, 20K road race and 10K road race.

NIKE, known to athletes the world over and a name synonymous with athletic excellence, is the official title sponsor of the 1998 Games. All events will be conducted according to the WAVA Rules of Competition. The athletics time schedule has been formatted to enable participants to compete in multiple events, if they so desire. (Also, in an effort to accommodate those athletes planning to participate in the USA National Masters Championships in 1998, discussions have been initiated with the Maine organizers to see if a larger time span can be created between the two events.)

While the competition will naturally occupy center stage, the Nike World Masters Games will be much more than just a track meet. With its theme, "The Global Celebration of Sport for Life", the two-week festival will feature a welcome ceremony in Portland (with transportation provided to the Eugene athletes), a barbecue in Eugene, a special athletes' village close to Hayward Field, and many arts and cultural events, enabling the athletes to enjoy much more than the sport competition.

The $200 registration fee for the World Masters Games was approved by the International Masters Games Association (IMGA). Board of Directors, a group that includes 14 representatives of International Federations of Sport. This entry fee allows the Games Organizing Committee to conduct the finest competition in the world. The fee paid by the 25,000 athletes represents approximately 25% of the actual cost of staging the Games. The goal is to provide the participants and accompanying persons an unforgettable competitive and social experience. All masters athletes are cordially invited to join us in 1998 for the Nike World Masters Games. For more information, call 1-800-98-GAMES (1-800-984-2637), or write to the Games Organizing Committee at 55 SW Yamhill, Portland, Oregon 97204.

Masters Coaching Update

The response to the article last month: "Masters Coaches – Where Are They?" has been positive. Listed below are four more areas throughout the country where caring NMN readers have informed us that masters coaching and group training are available.

We've also had requests for training sites in southern Nevada and eastern California. NMN would like readers from throughout the USA to let us know what masters training/coaching is available in your area. If you know of a group that's training together, informally or formally, send the info to NMN, PO Box 50098, Eugene OR 97405.

LATE FLASH!

The date of the 1998 USATF National Masters Outdoor Track and Field Championships in Orono, Maine have been moved up one week to avoid a schedule conflict with the Nike Masters Games. The new dates are July 30-August 2, 1998.

TEN YEARS AGO

April, 1987

- Bill Sevald (40, 48:13) and Joni Pendleton (40, 58:32) Win National Masters 15K in San Diego
- Gabrielle Andersen (41, 35:22) and Larry Olson (40, 50:25) Are Top Masters in Red Lobster 10K
- Lew Faxon, 47, Finishes First Master (1:14:17) in Colonial Half-Marathon

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Masters 5000 Record Nearly 25 Years Old

That the time remains in the record books is both a source of pride and embarrassment to me. The event is the American men's 40-44 record for 5000 meters, established August 25, 1972 at a track meet at the Crystal Palace in London, England. The time: 14:59.6.

Unless some faster master rushes to the track soon with intent to erase that record, it will celebrate a 25th anniversary this summer. Only one other American masters record is older, but barely so: Jack Greenwood's 45-49 400 hurdle record of 55.7, set in the same track meet one day earlier. Nobody has gotten around to improving the book. The record book lists Bell Greenwood's 45-49 mark. Bill Rodgers, Barry Brown or Steve Plasencia, among others, might have claimed the books. The record book lists Bell Greenwood's 45-49 mark.

At least two American masters actually did run faster track times. In 1982, Mike Manley ran 14:27.0 in Eugene, Oregon, but never got credit. That's because he ran unplaced in a meet featuring younger runners. Only a single official caught his time on a stopwatch, thus the mark could not be accepted. With today's automatic timing, that would not have been a problem.

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A Hit And A Miss

Alas, the day proved to be hot and humid with winds of 15-25 mph. I was on pace through 24 miles, then had to turn back into the wind. The last two miles were more walk than run. I won by more than a mile, but missed the Trials' qualifying standard.

Here's where the accident occurred. I was in South Dakota to accompany my two sons on a Boy Scout adventure trip. Two days after the marathon, I got flipped off a horse and landed on my back. That forced me to spend nearly two weeks without running. Hindsight now tells me that it was this long enforced rest as much as the hard work preceding it that solidified my training base and permitted me to run fast on the track several months later.

That summer, David H.R. Pain, the San Diego attorney who founded the masters movement, was leading a tour to the Olympic Games in Munich, Germany. "En route, Pain's group would run a track meet in London for American men's masters, or "veterans," as the British describe their older athletes.

WAFA Groundwork

Several hundred went on the tour, not all of them fast runners. Wanting to insure a high level of competition, Pain offered expense-free trips to several athletes, including myself. Pain also had urged athletes from Canada, Australia and New Zealand to attend en route to the Olympics. Several days before the meet, leaders from the various delegations got together for dinner at a London pub, where they laid the groundwork for establishment of the World Association of Veteran Athletes (WAFA) and the first World Veterans Championships, planned for Toronto, Canada three years later.

I attended that pub dinner as much to "have a jar" as to watch veterans' history being made. My main purpose in London was competition, particularly the 3000 meter steeplechase, my best event. Although challenged by Australian Ron Young for the first mile, I won handily in 9:36.2, bettering my own world-best time set in the spring.

I ran the 5000 the next evening almost as an afterthought. I had my medal; I could run relaxed. I often trained barefoot on grass or on the beach, so I decided to run without shoes on the Crystal Palace's rubberized track. Englishman Laurie O'Hara immediately established his superiority, moving to an early lead. I fell in with a trail pack of mostly Brits and have little memory of the race up to the three-mile mark, passed in 14:29. Hearing that time, I suddenly realized that a bit of a sprint would permit me to break 15:00. So I sprinted, outkicking several in the trail pack to finish fourth behind O'Hara, who won in 14:38.4.

Record Remains

Two days later, I ran 31:18.6 in a 10K. Continued on page 13
On The Run

Continued from page 12

tightly contested 10,000 meter race in Helsinki, Finland, a superior performance both competitively and time­
wisely. I remember that race vividly, because after I crossed the finish line first and turned to congratulate the second-place runner, he introduced himself as Paavo Pystenen. Pystenen had placed fourth in the 1964 Boston Marathon, one place ahead of me. I had spent the last six miles at Boston staring at Pystenen's single. Finally I had caught him after eight years. My 10,000 time has long vanished from the record books, yet the 5000 meter record remains to challenge those who have come after me.

Let me throw down the gauntlet: that mark doesn’t deserve to last until its 25th anniversary this summer. Get out on the track, you roadies. Show up at the World Vets in South Africa in July. Head to the USATF Championships in San Jose, California in August. If you can’t make either, find a local track meet where you can find more than one timer to hold a watch.

Nothing would give me greater pleasure than to see the record fall.

(Hal Higdon is a Senior Writer for Runner’s World. He also still holds the American M40 and M45 records in the 3000 meter steeplechase.)

Racewalking

Continued from page 10

Lying on Floor – Do all the standard lifting exercises.
Sit-Up Bench – Do sit-ups and leg lifts, without weights. Use hand weights when lying on your back on the bench and lifting arms up and down.
Push-ups and Sit-ups and various abdominal exercises without hand weights.

• Rover – 20 minutes.
• Turunti Stepper – 20 minutes.
• Bicycle – 15 minutes (moderate tension).
• Step aerobics w/ hand weights – 10 minutes.
• Yoga stretching – 20 minutes.

FIFTEEN YEARS AGO
April, 1982

• National Masters Indoor Championships. Draw 170 competitors to Liberty, Mo.
• Sister Marion Irvine Sets W50 AR With a 1:03.23 in California 10-Miler. Sal Vasquez Posts New M40 AR in 50:34
• Vicki Bigelow, 45, Tops Bonnie Bell 10K in 37:15

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<td>Men's and women's 1996 U.S. outdoor track &amp; field 5-year age group rankings. 56 pages. 150-deep in some events. All T&amp;F events. Coordinated by Jerry Wojcik, USATF Masters T&amp;F Rankings Chairman. $6.00.</td>
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<tr>
<td></td>
<td>Masters Track &amp; Field Indoor Rankings (1996)</td>
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<tr>
<td></td>
<td>Same as above, except indoor rankings for 1996. 4 pages. $1.50.</td>
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<td></td>
<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 racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. $6.00.</td>
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<td>Masters 5-Year Age-Group Records</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 1, 1996; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&amp;F Records Chairman. $1.50.</td>
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<td></td>
<td>Masters 5-Year Indoor Age-Group Records</td>
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<td>Same as above, except indoor records (M40+, W35+) as of August 1996 (world) and January 31, 1997 (USA). 4 pages. $1.00.</td>
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<td>U.S. rules of competition for men and women for track &amp; field, long distance running and racewalking—youth, open and masters. $12.00.</td>
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<td>USATF Directory (1996)</td>
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<td>U.S. Bylaws and operating regulations. Includes names and addresses of national officers and staff, board of directors, sport and administrative committees, etc. $12.00.</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. $12.00.</td>
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<td>IAAF Handbook</td>
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<td>1996/1997 rules and regulations handbook. $15.00.</td>
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<td>Masters Racewalking</td>
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<td></td>
<td>Thirty American coaches and athletes share ideas on Technique, Training and Racing. This book is a unique and complete resource. Edited by Elaine Ward. $15.00.</td>
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<td></td>
<td>Guide to Prize Money Races and Elite Athletes 1997</td>
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<tr>
<td></td>
<td>Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 800 addresses and phone numbers, calendar for over 400 prize money events, and more. $58.00.</td>
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Running Research News

Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. $35.00 per year.

Back Issues of National Masters News

Issues: ________________ $2.50 each. $ ________________
Postage and Handling $1.50 $ ________________
Overseas Air Mail (add $5.00 per book) $ ________________
TOTAL $ ________________

Send to: National Masters News Order Dept. P.O. Box 50098 Eugene OR 97405

Name ____________________________
Address ____________________________
City __________________ State __ Zip _______
Time on Our Hands (and Feet)

After a half-hour of exhaustive research, I can't find any valid scientific or sociological reason for masters meet schedules to indicate that field events will be run "Women to Men, Older to Younger." I can understand the reasoning behind it though. When this all started years ago, meet directors were concerned that athletes in their 60s and above might drop dead of age-related causes, thereby delaying the meet until the coroner showed up. So, the sooner they were off the premises, the better. Women had to compete first so that place. Warming up for the event becomes erratic. Sometimes, the younger athletes find themselves with tired, overworked women, who bring the whole affair to a finish by combining the remaining age groups into one huge flight of 15 or more.

I'm surprised at the number of established meets that still adhere to the "older to younger" system, probably because meet directors are afraid to set up more exact time schedules until they know how many entrants they'll have, or they're adhering to a procedure that's more traditional than common sense and might have worked 25 years ago but doesn't any more. I've tried to beat the "wimpy" system by estimating when I might be competing, based on the number of entrants, and it's a gamble, which, if I'm lucky, may work out. Usually, I end up going to the venue too early anyway to avoid missing out on warm-up time or the event completely.

Suppose that a meet director gives the starting time for the shot at 9 a.m., with whatever group he wants or one that fits in with the other throws to avoid conflicts. The next group has time off and reduce a three- or four-hour wait to an hour or less and eliminate conflicts is not easy, especially in an all-day meet. But, if event times can't be broken down into precise segments, they can, at least, be divided into two parts. At least throwers in the next group will have hung around for a half-hour, not for an hour-and-a-half before competing. What if the first group wraps it up sooner? Perhaps the second bunch can get in a few more warm-up throws before their event, or, if all of the are present and agree, their event might start early.

I realize that scheduling exact competition times for field events to avoid conflicts is not easy, especially in a one-day meet. But, if event times can't be broken down into precise segments, they can, at least, be divided into two parts.

A little experimentation might pay off and reduce a three- or four-hour wait to an hour or less and eliminate the misfortune of younger throwers having to leave before their events to catch a flight because they've guessed their time frames incorrectly. What a drag to invite friends and family to watch you compete and then have them wait half the day before you come on.

If the single block schedule is written in stone for some meet directors, they can at least insert an occasional "men to women, younger to older" in the schedule to spread the inconvenience around a bit.

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH APRIL 1997

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Compiled by Pete Mundle, World and U.S. Masters T&F Records Chairman

Track & Field
Report
by KEN WEINBEL

Report From the Chairman

Since my election to the Masters T&F Chair of USATF I have been receiving many phone calls, faxes and letters. Happily, most have been of a positive nature and most encouraging for a constructive tenure of office.

However, there have been what one might refer to as "the usual disgruntled." Generally, these are one-dimensional and can be reconciled with brief explanation and/or direction. Every now and then concerns arise that are not easily solved by a single dictate or opinion. For such situations, I offer that we have built into our Masters Committee infrastructure of responsibility. It is in place to serve the membership. I encourage athletes to contact the Committee member most directly associated with your concerns, for assistance. The various chairmen and coordinators have been appointed for their experience and expertise and are all more than willing to answer your questions and needs.

I have been receiving reports and news letters from Regional Coordinators who are hard at work putting together programs and events for their regions. I am an advocate of building strong regional activity. The Regional Coordinators have been appointed for assistance. The various chairmen and coordinators have been appointed for their experience and expertise and are all more than willing to answer your questions and needs.

I encourage all masters athletes to get involved and support your Regional events. Take pride that yours is the best region in the masters program. I have had the opportunity to visit with some Regional Coordinators and athletes and all agree that masters track and field will grow in stature from a strong regional foundation.

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USATF Masters Track & Field Committee Budgets - 1997

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Mark Your Calendar!

1997 USATF NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS AUGUST 7-10 • SAN JOSE, CA

ENTRY FORM WILL APPEAR IN THE NEXT ISSUE OF NATIONAL MASTERS NEWS.

TO RECEIVE AN ENTRY FORM BY MAIL
PLEASE SEND A SELF-ADDRESSED, STAMPED ENVELOPE TO:
NATIONAL MASTERS CHAMPIONSHIPS
C/O SAN JOSE SPORTS AUTHORITY
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SAN JOSE, CA 95113

COMING NEXT MONTH

- Results of Indoor Nationals
- 5-Year Age-Group World and USATF Records
- List of Masters Clubs
- Results from Boston
- Indy Life Circuit
Training Advice
by ROSS DUNTON

Speed Development

Would you be willing to change your training program in order to improve your time by .5 seconds in the 100, by 2.5 seconds in the 400, or by 10 seconds when running a 1500?

To achieve these improvements all that has to be accomplished is to decrease the time that your foot is on the ground and to decrease the time that the foot is in the air.

Even though, as a masters runner, you may be slowing down each year, you can still realize these improvements, but it will require a major shift in both your thinking and your training program.

I now know that much of what I learned in high school and college about proper running mechanics was not the best information. It was the best available at that time, but much has been learned about track and field training and mechanics since then.

Stretching

• DYNAMIC: "of or pertaining to energy, force or motion in relation to force."
• STATIC: "having no motion, at rest."

The first step is to change your current method of stretching. All training and racing sessions should start with "dynamic" stretching and end with "static" stretching.

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Also do power skipping in three or four of the segments. When skipping, emphasis is placed on getting off the ground with a quick, explosive force. In other segments, throw in some "straight leg bounding." In this, kneel, the knee locked straight, and bound on the toes. Like the skipping, this is a plyometric drill. You may do these in any order or sequence. Near the end of the warm-up, stop and do some full leg swings. These should be front to back and side to side. Work for maximum hip joint flexibility.

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Put the body into "fight or flight" mode and turns all the receptors on. When you are in the blocks or near the set command, you should hold your breath. At the same time, you should exert maximum backward force on the blocks. This will enhance your ability to powerfully drive out of the blocks.

LOSE 20 POUNDS IN TWO WEEKS!

Famous U.S. Women's Alpine Ski Team Diet

During the non-snow off season the U.S. Women's Alpine Ski Team used a "Ski Diet" to lose 20 pounds in two weeks. That's right - 20 pounds in 14 days! The basis of the diet is chemical food action and was devised by a famous Colorado physician especially for the U.S. Ski Team. Normal energy is maintained (very important) while reducing. You keep "fits" - no starvation - because the diet is designed that way. It's a diet that is easy to follow whether you work, travel or stay at home. (For men, too)

This is, honestly, a fantastically successful diet. If it weren't, the U.S. Women's Alpine Ski Team wouldn't be permitted to use it! Right? So, give yourself the same break the U.S. Ski Team gets. Lose weight the scientific, proven way. If you are tired at the other diets, you owe it to yourself to try the U.S. Women's Alpine Ski Team Diet. That is, if you really do want to lose 20 pounds in two weeks. Order today!

Tear this out as a reminder.

Send only $8.95 ($8.60 in Calif.) add .50 cents for RUSH service to: American Institute, 630 Quintana Road, Suite #136, Morro Bay, CA 93442. Don't order unless you expect to lose 20 pounds in two weeks! Because that's what the Ski Team Diet will do.

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Speed Development

Would you be willing to change your training program in order to improve your time by .5 seconds in the 100, by 2.5 seconds in the 400, or by 10 seconds when running a 1500?

To achieve these improvements all that has to be accomplished is to decrease the time that your foot is on the ground and to decrease the time that the foot is in the air.

Even though, as a masters runner, you may be slowing down each year, you can still realize these improvements, but it will require a major shift in both your thinking and your training program.

I now know that much of what I learned in high school and college about proper running mechanics was not the best information. It was the best available at that time, but much has been learned about track and field training and mechanics since then.

Stretching

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• STATIC: "having no motion, at rest."

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Report from Britain
by MARTIN DUFF

600 Compete in 10K X-C

With the European Indoor Championships taking place in Birmingham, a distance running feast took place less than 100 miles away over the same weekend when 600 cross-country fans took part in the Southern area championships on March 1 in Luton.

Nigel Gates led the way with a runaway victory over 10K in 33:43, just a week after his 5-mile victory in 24:03 in North London. Brian O'Neill won (36:19) in the M50 field from twotime winner Steve Birkin, as leading M55 Les Presland was first M55 in 38:45. Keith Spacie was a comfortable M60 winner in 41:54 from John Steed, who had to stop during the race to calm an excessive heart beat.

Alison Fletcher, W35, took the women's 7K event in 27:18 from W40 winner Anne Jeeves. There was a good battle for the W45 gold, narrowly won by Gill Dean (28:06) from Josie Heffernan (28:38). Pauline Rich, third the previous night in the 3000 indoors in Birmingham, won the W50 in 33:03.

European Indoor

Continued from page 1

any, established records in his five events: 60m (16.96), 400 (2:57.28) high jump (0.86m), long jump (6-61/2), and shot put (13-41/4). At the long jump, he was surrounded by a pack of cameramen.

"I've outlived them all. Record books are my competition now. Yet, I still get nervous," he said at the long jump pit. At the opening ceremony, Hosack was presented with a birthday cake, a bottle of vintage champagne, and a bag of "goodies." He delighted an appreciative crowd when he ran down 80-year-old Epiphanos Biliouis, of Greece, beating him by 1/100 of a second in the 400.

Tim Murphy, Irving, Texas, who underwent a bypass operation several years ago and thought his running career was finished, broke the M75 record for the 60m with an 8.95.

While most records were broken by just a few seconds or centimeters, others, including Rascher's were obliterated by huge margins. The most striking record was by Thomas Zacharias, 50, of Germany, who high jumped 2.00m (6-61/2), to erase the present M50-54 record of 1.78m (5-10). The mark is also 3/4 inches over the M4549 world record.

Shot putter Natalia Zoubekhina, W45, of Russia, broke the record of 38-10/4 with a 42-81/2. Great Britain's Rosemary Chrimes, W60, increased the shot record by over five feet, from 33-1/4 to 38-3/4.

In the high jump, the first three places went to Polish athletes, led by 1976 Montreal Olympic gold medalist and 1980 silver medalist in Moscow, Jessek Wsola, who did 6-7 in Birmingham for a European record, after coming in at 5-7 and failing on his first two attempts. Afterwards, Wsola said he had not trained for some time but, on reaching 40, he realized that his taste for a drink and an occasional cigarette might lead to problems.

Seven records fell in the triple jump, six by women. Three 3000 racewalk records were broken. Seven pending records for the 4x200 relay were established.

The meet drew 28 guest athletes from the U.S., most of whom flew directly into Birmingham from New York or Chicago. Many stayed in downtown Birmingham, the second largest city in England with a metropolitan population of over 3 million, and had a walk of about ten minutes in mild weather to the indoor stadium, a six-lane 200m oval with an eight-lane 60m.

Other countries represented by sizable contingents were Germany, Italy, France, Greece, Belgium, and Sweden.

(William Daprano, USA, who placed in the 60m and triple jump as a guest athlete in Birmingham, and Bridget Cushen, of Great Britain, contributed to this article.)

April 1997 National Masters News page 17

Photo from Bridget Cushen

Ohio's Everett Hosack, M95, sets a world high jump record, European Veterans Indoor Championships. Photo from Bridget Cushen
3 Months to Go

Countdown to Durban

Last Chance to Sign Up

Excitement continues to build for the 12th WAVA World Veterans Athletics Championships. The biennial event will be held in Durban, South Africa, July 17-27. Meet organizers now predict more than 6000 athletes (men age 40+, women age 35+) from as many as 80 nations will participate in the world's most prestigious event for masters track and field, long distance running and racewalking enthusiasts.

"There has been a tremendous response from South African road runners to participating in the marathon event," said Linda Barron, Chief Executive Officer of the Championships.

USA masters tours are filling up. Travel agents advise that anyone still wondering whether to make the trip should decide soon.

The official entry deadline is April 30, but USA athletes must send their entry to USA Track & Field for approval no later than April 10. Entry and accommodation forms are available directly from Durban (see Schedule for fax number), from any of the masters travel agents hosting low-cost tours (see ad on this page), or from Ken Weinbel, USA Masters T&F Chairman (address on page 3).

There are no qualifying standards, except to be at least the minimum age. One of the Best

The event is shaping up as one of the best in the 24-year history of the World Association of Veteran Athletes (WAVA). Both stadiums are less than 300 meters apart in beautiful Kings Park, which is only about a mile or two from the Golden Mile hotel area fronting the Indian Ocean.

There is much to do and see in South Africa. The meet organizers have arranged for tours to local game reserves, where one can see elephant, rhino, impala, giraffe, and possibly wildebeest, lion and hippo.

An Historic Time

South Africa, itself, is experiencing a peaceful revolution. It will be exciting to see the dramatic changes that the country has made in just a few short years. The country is undergoing a historic transformation. The world's veteran athletes and their families will be part of helping to bring South Africa into the world community.

South Africans are very friendly and anxious to get to know their visitors. The city is 100% behind the event, and is contributing substantial financial support to make sure the championships go smoothly.

"South Africa has been included in the final five cities to be considered to host the 2004 Olympic Games," Barron said. "As the decision on the continued on page 19.

A free shuttle-bus service will transport athletes from the hotel area to the park, where all the action will take place. The camaraderie should be extraordinary. It will be a rare opportunity to meet and make friends with different people from all over the globe. Both stadiums are state-of-the-art, and the cross-country, marathon and racewalking courses are said to be outstanding.

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Continued on page 19.
Countdown to Durban

Continued from page 18

final city will be announced on September 5, 1997, it is imperative that these championships are well organized. So there is that strong incentive for us to prove we can hold a track and field event of world-class standard.

TV Coverage

There is keen interest in South Africa. "The two national television networks have scheduled 287 minutes of live and taped action," Barron said.

Among some well-known athletes who may compete in the meet are Sydney Maree, who left South Africa to take up residence in the USA during the apartheid era. Maree has now returned to South Africa. He is a stockbroker who also does TV commentary at track and field meets.

"He would very much like to compete," Barron said. "If he does, it will be the first time Sydney is seen on the track in South Africa representing his country!"

USA 1996 Olympian Ruth Wysocki, 40, is a possible entrant, as is Titus Mamabolo, 56, who ran 2:42 at the South Africa Marathon Championships this year.

Another is Ewald Bonzet, 45, who ran a 28:16 10K in 1974 and 8:31 steeplechase in 1975.

Foreign officials are welcome and needed. Any interested official is invited to contact Barron at 011-27-32-821 (phone) or 011-27-31-239-874 (fax); e-mail: wava@afrika.com.

Barron reports inquiries have been made about sending field equipment ahead. "There is no problem with this," she said, "just so long as our office is informed and that the packages are clearly marked. We have a secure lock-up facility for storage within our office complex."

Barron encourages all participants, companions and volunteers to register on their e-mail base situated on their website: http://www.wava.org.za/.

A Night at the Shebeen

There has been a change in the Beach Party mentioned last month. Keeping the theme of the event, "An African Adventure," the athletes function will be "A Night at the Shebeen," Barron said.

What is a "shebeen"? "The best way to describe it is to equate it to a speakeasy of the prohibition days of America," Barron explained. "It has been the traditional gathering place of the African people in the townships where they would go to socialize, listen to some of the legends of African jazz and fusion, and drink and eat."

Barron says they will be transforming the Village Green (situated between the stadia and the beachfront) into a shebeen for the evening of Wed., July 23.

"It will be a party of note," she promised. "The menu will cater to all tastes including those who want to experience typical South African fare, as well as those who are slightly less adventurous and want to keep to the pastas, salads, and vegetarian dishes. Anyone who is not there will have missed a great opportunity for communing with Africa."

Crime in South Africa

There have been reports of crime in South Africa, but the level of violence in KwaZulu Natal (the province of which Durban is the major city) is reportedly substantially less than in the two major cities of Johannesburg and Cape Town.

"KwaZulu Natal is being handicapped by an incorrect and exaggerated perception that the province is a violent area," said Kevin Moore, vice-chairman of Marriott Merchant Bank. "Yet crime levels (per 100,000 population) are higher in the Western Cape and Gauteng (Johannesburg area) than KwaZulu Natal. The region lags well behind in most crime categories."

Like most large cities in today's world, visitors must use normal caution while traveling in Africa. Security will be high during the Games and most of the activities will take place in a relatively small, well-populated area.

Cost

Masters travel agents have attempted to provide low-cost air fares to Durban. Once in Durban, the cost of living is considerably less than in the USA.

Entry Procedure

USA entrants must send a completed entry form, together with a copy of birth certificate or passport and copy of 1997 USATF membership card, and the appropriate entry fees (no personal checks accepted) by Thur., April 10; to Sandy Pashkin, USATF Team Manager, 301 Cathedral Parkway, #6U, New York NY 10026.

The entry will then receive the official USATF stamp and be forwarded to the Durban organizers. Confirmation of entry will be sent directly to each athlete from Durban.

It promises to be an exciting and memorable trip. — Al Sheehan

Five Cities to Bid for World Championships

Three cities will bid for the right to stage the 14th WAVA World Veterans Athletics Championships in 2001.

These cities are Brisbane (Australia), Kuala Lumpur (Malaysia), and Victoria (Canada).

Two cities will bid for the WAVA World Non-Stadia Championships in 2000: Cardiff (Great Britain) and Portland (USA). The decisions will be made by delegates to the WAVA General Assembly, July 24, in Durban, South Africa.

Gateshead (England) will host the 1999 T&F Championships, while Kobe, Japan will stage the 1998 Non-Stadia event.

WAVA/USATF Hurdles and Implements Specifications

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<tr>
<th>EVENT</th>
<th>SPECIFICATIONS</th>
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<td>3.00kg, 2.00kg, 1.00kg, 0.50kg, 0.25kg</td>
</tr>
<tr>
<td>Javelin</td>
<td>4.00m, 3.00m, 2.00m, 1.00m, 0.50m</td>
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Steeples: 60+ 3000m (120b) 9144m 600m, 3000m (762m) 2000m, Superweight M30-69 56b, M70+ 35b, W30-49 35b, W50+ 25b.

WAVA weights are used for USATF weight pentathlons.
Masters Scene

EAST

• John Harwick (M65, 3000) and his son, Barry (M40, 1500), won their events in the Dartmouth Relays, Hanover, NH. Barry, M40 winner (15:06), XI WAVA Championships in Buffalo, coaches men's cross-country and track at Dartmouth.

• Paul Peterson, 42, Bethesda, MD, forged an overall first (2:43:33) in the 36th Washington's Birthday Marathon, Greenbelt, MD, Feb. 16, over a moderately hilly, three-loop course. Betty Blank, 43, Falls Church, VA, took the W40+ race in 3:39:13. The "Your Cheatin' Harts" masters team of Jim Hage, Mike Hart, and Deane Burke combined to win the relay overall with a masters record of 2:27:29. The Runners GG masters trio of Carol Schermer, Barbara Long, and Alice Page won the W40+ contact with a 4:15:43.

• Running their heats out at the NYRR Valentine's 5K, Central Park, NYC, Feb. 15, were masters winners John Kowalik (40, 16:31) and Gillian Horovitz (41, 18:06). Age-group "baby" Wilfredo Rios, 80, aced his competition in 29:52.

• Some 2000 runners showed up for the New York HiltonNYRRC Bagel Run 10K in Central Park, NYC, Feb. 22. Leading the way for the masters were Sean Doyle (42, 33:43) and Gillian Horovitz (41, 37:09 - 84% AG). Another outstanding performance was turned in by Sidney Howard (57, 37:23 - 85% AG).

• The 101st Boston Marathon, to be held April 21, will award $40,000 in prize money to masters runners - $20,000 each to men and women. First place is worth $10,000, second gets $5000; third $2500; fourth $1500 and fifth $1000. A masters world best brings another $10,000. A masters course record nets $7500. The total race purse is $500,000. "We are proud to continue giving incentive for the world's best marathoners to run at Boston," said Guy Morse, Race Director. "John Hancock's sponsorship of this race, and of the prize purse in particular, assures this event will maintain its status as one of the world's marquee sporting events."

SOUTHEAST


• Roger Roulleur, 58, flew to a second overall at 17:50, an age-graded 86.5%, in a 5K at Port St. Lucie, FL, Feb. 8.

• Roberto Castillo, 40, 16:08, and Carol Virga, 46, 20:30, were top masters in the Dark Run 5K, Boca Raton, FL, Feb. 8. First registration (including race entry) and series作为一种programmed activity.

• Wilfredo Rios, 50, took the M50, 29:52. The last is shot and $5000; the second, $1000; and third, $500.

• The star of the day at the Naples (FL) Daily News Half-Marathon, Jan. 19, was Tatiana Pozdniakova, 40, second overall in the women's race in 1:13:40 - a world-class 92.5% age-graded performance. The top three men's masters, separated by split seconds, also performed brilliantly: Vladimir Anissmer (40, 1:10:32, 86.7%), Gary Romesser (46, 1:10:33, 90.5%) and Jorge Ramos (41, 1:10:37, 87.3%).

• Also in the spotlight were Nancy Grayson, second female master (55, 1:33:50, 83%) and Larry Miller (60, 1:26:40, 82.9%). Pozdniakova annihilated the women's masters field at the Gasparilla Distance Classic 15K, Tampa, FL, Jan. 25, with a winning time of 1:51:57. Steve Jones, 47, and Ted Jelota, 47:48, fought it out on the men's masters side. Heddy Marque, W75, crossed the line in 1:26:32, an 80% AG performance.

MID-AMERICA

• Kevin Parker, a former pro football player, now totally blind after being shot in a drive-by shooting, ran a 7:39:55m and a 28:63:20m in the M30-34 division, USAF Colorado Indoor Championships, Feb. 23. Stacey Price zoomed to wins in the M40 55m (6.93) and 55mH (8.05) in better times than his 1995 marks.

WEST

• Joy Upshaw-Margurmen, who shared the 1996 USAF Masters W35-39 Track Athlete of the Year Award with Kim Jones, has moved back to Northern California from Hawaii. She was also awarded the Senior Female Athlete of 1996 Award by the Honolulu Quarterback Club.

• William Wall, second M60-64 (41:38) in the Paramount Special Masters 10K, was incorrectly listed as William Hall in the March LDR results.

• Yoshio Ishizuka (2:36:14) was the first unofficial 40+ finisher in the annual Los Angeles Marathon, March 2. P. Chandra led the female masters in 3:03:10. Official results were unavailable at MNM press time, but are expected by next month.

BIRMINGHAM TRACK CLUB CLASSIC

(Conjunction with the Southeastern Police and Fire Championships)

DATE: June 7, 1997

SITE: Hoover High School, Birmingham, Alabama. Exit 10 (I-65) go south on I-10 to Parkwya, right on Parkwya to Learning Lane, to Hoover HS. Wash (fee)

FACILITIES: Eight lane Chevron track, Chevon jump and grass runways.

AGE DIVISIONS: Masters (age 30 and over) men and women will compete in five year age groups. Open and youth (18 and under)

ENTRY FEES: Entries postmarked by June 2, $10 first event, $5 each additional. $10 each relay race. Late registration (including day of meet, one hour prior to running event) $10 each. 15% each relay team.

AWARDS: Medals to the first three places in each age group.

SPECIAL AWARDS: Gift certificates from The Track Shack.

DIRECTOR: Gordon Scifert (205) 879-8031

SCHEDULE OF EVENTS

<table>
<thead>
<tr>
<th>9 AM 3000 meter</th>
<th>10 AM 4 X 100 relay</th>
<th>FIELD EVENTS</th>
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<tbody>
<tr>
<td>10:30 50 meters</td>
<td>11 AM 80-100-110 H</td>
<td>9 AM Hammer Throw</td>
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<tr>
<td>11:30 1500 meters</td>
<td>12:30 KC 100 meters</td>
<td>10 AM Standing Long Jump</td>
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<tr>
<td>1 PM 400 meters*</td>
<td>2 PM 200 meters*</td>
<td>Long Jump</td>
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<tr>
<td>2:30 KC 100 meters*</td>
<td>3 PM 800 meters</td>
<td>Pole Vault</td>
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<tr>
<td>3:30 3000-4000</td>
<td>4 PM 4 x 400 relay</td>
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<tr>
<td>*Jim Law Award-aged grader graded 400m time.</td>
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<td>Discuss</td>
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**Top eight aged 100m times will compete in a distance handicapped 100m dash.

NAME \ DOB \ AGE \ SEX

ADDRESS

PLEASE READ AND SIGN: 1 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. I am familiar with the rules, regulations, and any relevant technical advice. I will abide by the requirements of the BTC Classic. If I fail to do so, I am fully responsible for any damage or injury sustained.

JUDGE APPROVED:

ENTRY FEE: $10 entries (age 35 and over) $5 (under 35)

TOTAL FEE ENCLOSED

MAKE CHECKS TO BTC Classic.

SIGNATURE

MAIL TO: Birmingham Track Club

Gordon Scifert

1114 Ridge Road

Birmingham, AL 35209

April 1997

"Everything for Track and Field Athletics" Since 1948, Track & Field News has been the major source of periodicals, books, films, and other merchandise and equipment to the athletics world. Write today for our complete catalog.

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TRACK & FIELD NEWS

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USA track and field events feature competition for men and women over age 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. International & regional T&F meets are generally limited to men over 40 and women over 35. 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 NNN, PO Box 50098, Eugene OR 97405.

**TRACK & FIELD**

### NATIONAL

**April 5-6.** USATF National Masters Indoor Men’s & Women’s Heptathlon Championships


**April 9-13.** Long Distance Running USATF National Masters provide the short and long of it on the 12th on the East Coast, with the 10K scheduled for Plainview, Long Island, N.Y., and the 100K set for Pittsburgh, Pa. The next day, the 13th, West Coasters get a whack at a championship, in the 5K at Carlbad, Calif. The Boston Marathon, limited to 15,000 this year, hits the roads on the 21st. Other races of interest to masters include the Fifty-Plus Association 5K, Stanford, Calif., on the 8th; Pear Blossom 10 Mile, Medford, Ore., the 12th; Longest Day Marathon, Brookings, S.D., the 19th; MSC Masters Mile (cash prizes based on age-grading). Tishomingo, Okla., and Hudson-Mohawk RRC Masters Invitational, Albany, N.Y., the 26th; and the Sallie Mae 10K, Washington, D.C., the 27th.

### EAST

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

**April 25-26.** Penn Relays, Philadelphia. 25th: 4x100m (M40+, M50+ & W40+ run in same race), 100m (W40+, M40+, M50+), 4x400m (M50+ & W40+ run in same race), 25th: 4x400m (M40+), 100m (M75+), April 1 deadline. Karl Castor, 44 N. Penn St., Hatboro, PA 19040; 215-441-8584, or Peter Taylor, 138 Johnson, Los Gatos. CA 95030; 408-358-6233 (7-9:30 pm, NY time).


### MIDWEST

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

**April 5-6.** Masters Indoor Invitation Meet. Provost West HS, Hillsdale/Chicago. SASE to USATF Illinois, PO Box 7019, Chicago, IL 60691-7019. 630-953-2052; fax: 953-2053.

**June 7.** Athlete’s Foot Meet, Augusta College, 639 38th St., Rock Island, Ill. Pete Stoupolos, PO Box 465, East Moline, IL 61244. 309-792-1015.

### SOUTHEAST

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

**April 5.** Naples On The Gulf Meet, Naples HS, Fla. Field events: 4:30 pm; track 6:00 pm, Rudy Vlaardingerbroek, 10311 Windsor Way, Naples. FL 34109. 941-597-6870.

**April 5.** Naples On The Gulf Throwathlon, Barron Collier HS, Naples, Fla. All throws, plus WT & SW. 9 am. See April 5 above.

**April 5-12.** Sunrise Senior Classic, West Broward County, Fla. 55+, 945-746-3670.


**April 26.** Florida Masters Weight Pentathlon, Plantation HS, John von Rohr, 10541 NW 18 Dr., Plantation, FL 33322. 954-452-9248.


**May 16-17.** Tennessee Masters Championships. Masters & open age group competition. Weight Pentathlon/10000m/pole/leeche скачал. Dead Waters, 132 Newport Dr., Oak Ridge, TN 37830. 423-483-7743.

**June 1.** North American Invitational Weight Pentathlon, Showalter Field, Orlando, Fla. John von Rohr, 10541 NW 18 Dr., Plantation, FL 33322. 954-452-9246.

**June 7.** Birmingham TC Classic. Gordon Seifert, 1514 Ridge Rd., Birmingham, AL 35209. 205-879-8031. GESEIF@aol.com. Entry form in April NNN.

### SOUTHWEST

Arizona, California, Hawaii, Nevada


**April 12.** KELField Throws Meet #60, Santa Cruz. Gary Kelzmenon, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202. Contact Kelzmenon before meet.

**April 19.** Orange Spring Games, Rancho Santiago College, Santa Ana, Calif. 25+. All events. 714-564-6936.


**May 17.** KELField Throws Meet #61, Santa Cruz. See May 24.

**May 18.** Bruce Jenner Classic Meet, San Jose CC. M40+ 100/400/1500, M50+ 200; M60+ 100, W40+ 100. Bruce Springbett, 508-354-7333.

### ON TAP FOR APRIL

**TRACK AND FIELD**

The USATF National Masters Men’s & Women's Indoor Heptathlon Championships in the Chicago area close out the indoor season on the 5th-6th. Illinois hosts the Naples On The Gulf Meet, which includes a throwathlon, on the 5th. The Orange Spring Games provide action for Southern Californians on the 19th. On the 25th-26th, some masters will compete in Philadelphia in the prestigious Penn Relays. In Florida, throwers have another go at it in a weight pentathlon on the 25th.

**LONG DISTANCE RUNNING**

USATF National Masters provide the short and long of it on the 12th on the East Coast, with the 10K scheduled for Plainview, Long Island, N.Y., and the 100K set for Pittsburgh, Pa. The next day, the 13th, West Coasters get a whack at a championship, in the 5K at Carlbad, Calif. The Boston Marathon, limited to 15,000 this year, hits the roads on the 21st. Other races of interest to masters include the Fifty-Plus Association 5K, Stanford, Calif., on the 8th; Pear Blossom 10 Mile, Medford, Ore., the 12th; Longest Day Marathon, Brookings, S.D., the 19th; MSC Masters Mile (cash prizes based on age-grading). Tishomingo, Okla., and Hudson-Mohawk RRC Masters Invitational, Albany, N.Y., the 26th; and the Sallie Mae 10K, Washington, D.C., the 27th.

**RACEWALKING**

Many meets and races offer judged, competitive racewalking. Others may include a "fun" walk for participants of all ages.

**April 24.** KELField Weight Pentathlon, Santa Cruz. Gary Kelzmenon, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202. 4 throws per event/BQB & beverages for all. No fees. Contact Kelzmenon before meet.


**June 8.** USATF Southern Calif. Association Championships, Occidental College, Los Angeles. Chris Miller, 818-843-2139 (until 9 pm), only local calls will be returned. SASE to 1740 Grandview Ave., Glendale, CA 91201. Entry form in May NNN. Derek Goudge, 818-843-2139 (until 9 pm), only local calls will be returned. SASE to 1740 Grandview Ave., Glendale, CA 91201. Entry form in May NNN. Derek Goudge, 818-843-2139 (until 9 pm), only local calls will be returned. SASE to 1740 Grandview Ave., Glendale, CA 91201. Entry form in May NNN.
 INTERNATIONAL

April 4-6. Russian Indoor Championships, Moscow. Vadim Marshev, 8 Pervomaiskaya St., St. Petersburg, Russia. Phone/Fax 7-095-573-4150; 7-095-412-4475; 700-857-4851.


July 17-22. XII WAVA World Veterans Championships, Durban, SA, Africa. PO Box 1044, Durban 4000, South Africa. 27-31-239-821, Fax: 27-31-239-874.

August 9-22, 1998. 4th International Masters Games (multi-sports), Portland, Ore.

NORTHWEST

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

May 24. Silverton Senior Games, Silverton, Ore. Amy Castle, PO Box 783, Silverton, OR 97381. 503-837-8757.

June 5. (Thurs.) Team Alaska TC Series, site TBA. 6 pm to 10:00/11 jumpy & 11 event throw. TATC Hotline, 566-8282.

June 7. Seattle Parks Meet, Seattle, Wash. TBA.

June 12. (Thurs.) Team Alaska TC Series. Site TBA. 6 pm to 10:00/11 jumpy & 11 event throw. TATC Hotline, 566-8282.


June 28-29. Hayward Classic. Hayward field, Eugene, Ore. Ruth BreMiller, 590 West 20th Ave., Eugene, OR 97405. 541-687-9675(h); 346-4923(w); e-mail: brmiller@oneuro.oregon.egov.


Canada


Send to: National Masters News PO Box 9099 Eugene, OR 97405

SOUTHEAST

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

April 5. Cooper River Bridge Run 10K, Charleston, S.C. CRB 10K, MUSC Wellness Center, 45 Courtyard Dr., Charleston, SC 29401. 803-792-2533.

April 12. GDTRF 7K 5K Run/Walk, Fort Washington, Md. Elizabeth Magui­

Read more about this event in the "Masters News" section.


May 6-10. Buffalo Marathon, Marathon, PO Box 652, Buffalo, NY 14202. 716-837-7223.

May 8. (Thurs.). Healthy Heart 5K, Morrisville, N.C. 7:30 p.m. U.S. Masters 5K Championships. 800-551-4664.

May 17. Long Island Endurance 50K & 50 Mile, Roosevelt Memorial Park, Oyster Bay. 8 am. Don Bushey, 516-826-7899.


May 25. Vermont City Marathon, Burlington. SASE to VC Marathon, PO Box 525, Burlington, VT 05402-0152. 800-880-8149.

May 6. (Thurs.). Long Island Police Appreciation 5K, Eisenhower Park, East Meadow. 7 pm. Ira Eskow, 516-921-0004.


June 10. (Tues.). Merry Heat 5K, Roxbury Township, NJ. 7 pm. USATF NJ Grand Prix Series. 201-584-0679.


MIDWEST

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


April 13. Glass City Marathon, Toledo, Ohio. Pat Wagner, 130 Yale Dr., Toledo, OH 43614. 419-385-1072.


MID-AMERICA

Colorado, Iowa, Kansas, Minnesota, Missouri, Nebraska, North Dakota, South Dakota

April 5. YMCA Midwest Masters Classic 8K & 2 Mile Walk, Dodge Park, Omaha, Nebr. M+\W+35+, Jan Shirk, 5019 Parker St., Omaha, NE 68104. 402-554-8455.


April 27. Cherry Creek Sneak 5K, Denver. CCC, Bank of Cherry Creek, 3033 E. First Ave., Denver, CO 80206. 303-394-5170.

April 27. Trolley Run 4 Mile, Kansas City, Mo. Judy Miller, c/o Trolley Run, 400 W. 5th St., Kansas City, MO 64113. 816-361-5740.

April 5. Lincoln Marathon, Nancy Sutton, 5309 S. 62nd St., Lincoln, NE 68516. 402-423-4519.


Masters News

1997

April 1997


Continued on next page.
April 20, Jimmy Stewart Relay Marathon, Griffith Park, Los Angeles. Relay, 1328 22nd St., Santa Monica, CA 90404. 310-832-6966.
April 27, Big Sur Marathon, Carmel, Calif. Marathon, Box 222620, Carmel, CA 93922. 408-625-6226.
April 27, Laguna Beach 5K & 10K, Laguna Beach, Calif. Kinane Events, 2987 Highland Dr., Carlsbad, CA 92008. 619-434-1601; fax 434-7706.
May 10, Hillside Race, Huntington Beach, Calif. Scenic 7.5 mile. Staggered start, based on sex & age. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5471.
May 11, Great Trans Koolau Trek 10 Mile, Hawaii. Meet officials expect 100,000. $3 non-refundable fee for com­memorative race entry booklet to Race Headquarters, 50 S. Beretania St., Suite C-211A, Honolulu, HI 96813. 808-521-4351.
May 4, Lilac Bloomday 12K, SASE April 15 to Bloomday, PO Box 1511, Spokane, WA 99210-1511. 509-838-1579.
May 18, Capital City Marathon, Olympia, Wash. CCM, PO Box 1681, Olympia, WA 98507. 800-786-1786.
May 31, Salt Lake City 10K, Greg Reid, 1965 W. 500 South, Salt Lake City, UT 84104. 801-972-7800.
July 26-August 1, Eugene Running Camp, Eugene, Ore. Coaches & speakers Bill Dellinger, Tom Heinonen, Mike Manley, & Joe Henderson. Limited to 40 adults, all levels. 800-622-8444.
August 22, Hoof To Coast Relay, Mt. Hood to Seaside, Ore. 195 miles. Also shorter Portland To Coast Run Relay & Walk Relay. New categories: 50+ men’s, women’s and mixed teams. SASE to HT Relay, 339 SW Westgate Dr., Suite 262, Portland, OR 97221. 503-292-4626; fax 292-4113.
U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

Event | 20-34 | 35-39 | 40-44 | 45-49 | 50-54 | 55-59 | 60-64 | 65-69 | 70-74 |
--- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
200 | 22.4 | 23.3 | 24.2 | 25.1 | 26.0 | 27.2 | 28.5 | 29.8 | 32.4 |
400 | 51.0 | 52.5 | 54.0 | 56.0 | 58.5 | 61.5 | 63.5 | 70.0 | 76.5 |
800 | 2:01 | 2:04 | 2:08 | 2:12 | 2:16 | 2:20 | 2:25 | 2:30 | 2:35 |
5000 | 13:35 | 13:45 | 14:00 | 14:30 | 15:05 | 15:35 | 16:05 | 16:35 | 17:15 |

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

Event | 20-34 | 35-39 | 40-44 | 45-49 | 50-54 | 55-59 | 60-64 | 65-69 | 70-74 |
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200 | 24.4 | 25.3 | 26.2 | 27.1 | 28.0 | 29.2 | 30.0 | 31.0 | 32.0 |
400 | 63.5 | 65.5 | 67.5 | 69.5 | 71.5 | 73.5 | 75.5 | 83.5 | 90.0 |
800 | 1:57 | 2:01 | 2:05 | 2:12 | 2:16 | 2:20 | 2:24 | 2:28 | 2:32 |
1500 | 7:09 | 7:18 | 7:27 | 7:36 | 7:45 | 7:54 | 8:03 | 8:12 | 8:21 |

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME ___________________ AGE-GROUP ___________________
ADDRESS ___________________ SEX: M ___ F ___
CITY ___________________ STATE ___ ZIP ___
MEET ___________________ DATE OF MEET ___________________
MEET SITE ___________________
EVENT ___________________
MARK ___________________
HURDLLE HEIGHT ________ WEIGHT OF IMPLEMENT ________

CERTIFICATE: ________ PATCH: ________ PATCH TAG: ________

1. If you have or bettered the standard of excellence, please fill out this application, completely.
2. A copy of your results or a note stating in which event your results appeared MUST accompany this application.
3. Please send $10 for a certificate, $10 for a patch, and $10 for a patch tag showing event and year. The cost for both a certificate and patch ordered at the same time is $10.
4. Send to: All-American, National Masters News, P.O. Box 50096, Eugene OR 97405.

For a 3-color patch, $6 by 10" certificate, suitable for framing, and/or a 3-color, 3" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.
NATIONAL

USATF National Masters Indoor Pentathlon Championship
University of North Carolina-Chapel Hill, NC; March 1

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Finger Lakes Indoor Meet
Ithaca, NY; Dec 2, 1996

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MACUSAI Air Meet
16th St. Armoury, NYC; Jan 18

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Commonwealth Invitational Games
Harvard U., Boston; Jan 25

1. Alan Mur             4:38.42
2. Dan Flynn            4:38.42
3. Cliff Staples        4:40.25
4. Steve Shailee        4:44.24
5. Richard Murray        5:06.78
6. Bob Patck            5:02.48

University of Rochester Meets
Rochester, NY

1. Tom Smith           10.79
2. Dan Sullivan         10.66
3. Tim Collins          10.64
4. Tim Cheeseman        10.56
5. Tom Muilen           10.58
6. Tom Collins          10.58

Continued on next page
April 1997

National Masters News

page 31

Washington's Birthday Marathon & Relay Benbell, MD, Feb. 16 Overall
Paul Peterson 42 2:43.23
Sherry 35 3:27.27
M30 Mike McGrath 43 2:55.10
dave trever 32 2:52.09
M40 Paul Peterson 23 2:43.23
Frank Cagnina 43:03:10.53
Farley Spector 34:13:24
M50 Bennett Davis 45:33:51.16
Joe Roman 42:46:21
E60 Mary Lou Mayor 4:24.16
Jean Rochford 4:26.21
Gasparilla Distance Classic 15K Tampa, FL Jan 25 Overall
Joseph Kimani 43 11
Elana Meyer 48 48.48
M40 Steve Jones 47 30.20
Tedja Taliet 47 47.40
David Clark 49 49.31
Karen Miley 58 58.20
Lorraine Caldwell 59 59.39
Maureen Greff 100 00.16
W45 C Lempesis 101 08
Amy Krueger 102 13
Carol Foss 107 02
Jannet Seago 103 20
Loretta Parish 108 01
Edward

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U.S. Olympian

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Olympic Track & Field Athletes

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