300 Participants Set 33 World Indoor Records in Bozeman

by JERRY WOJCIK

The USA Track & Field National Masters Indoor Championships were held in Bozeman, Mont., the first venture for the event to the Northwest, on March 19-21. Over 300 men and women entrants ages 30-and-over mingled with the hundreds of weekend skiers, who were in the area for a late fling on the surrounding mountains.

While the skiers were swooshing down the slopes, runners were whizzing around the 200m oval at Brick Breeden Fieldhouse on the Montana State University campus, the site of this year's championships.

At last year's championships in Columbus, Ohio, about 650 athletes set 28 world and 24 U.S. records. This meeting of a little more than 300 athletes produced 33 world and 14 U.S. records. Six of the world records came from Phil Raschker of Georgia, in the W45-49 division. Her records included the 60m (8.12), pole vault (9-3¼), and triple jump (35-6). Five of the broken records were held by her already.

Russell Randall, 86, of Colorado, added four indoor world M85 records in the sprints and long jump (8-8½) to the ones he accrued in the 1992 outdoor championships in Spokane.

The distance runners and walkers continued on page 13
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**NMN National Masters News**  
The official world and U.S. publication for Masters track & field, long distance running and race walking  

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**NMN welcomes contributions — results, schedule info, photos, letters, articles, 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.**

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Cantabrian Hyper-Spin (gold) and Hi-Spin (black). Both have a very high percentage of their weight distribution on the rim. They fly best if a spinning action is used when thrown, since centrifugal force is produced giving extra rotation in the air. The strong wrist thrower is best suited for these models. The gold has 3% more rim weight than the black. Both have textured rims for gripping and both are used by world champions because of their outstanding flight pattern.

CANT. HYPER-SPIN

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<thead>
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<th>CANT. HI-SPIN</th>
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<tr>
<td>#4217 Men's 2 kg.</td>
<td>$249.95</td>
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<tr>
<td>#4218 Boys' 1.6 kg.</td>
<td>$244.95</td>
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<tr>
<td>#4219 Women's 1 kg.</td>
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<td>#4920 Men's 2 kg.</td>
<td>$169.95</td>
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<tr>
<td>#4921 Boys' 1.6 kg.</td>
<td>$164.95</td>
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<tr>
<td>#4922 Women's 1 kg.</td>
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Cantabrian Red and Blue Models. Both are best suited to throwers who throw without generating great spin, because both have less weight on the rim than the gold and black models. Both have hard alloy rims for durability. The Red features a textured finished rim edge for improved grip, is more precisely weighted than the Blue and has a higher rim weight than the Blue.

CANT. RED

<table>
<thead>
<tr>
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<tr>
<td>#4225 Men's 2 kg.</td>
<td>$94.95</td>
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<tr>
<td>#4226 Boys' 1.6 kg.</td>
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<td>#4228 Men's 50-59</td>
<td>$89.95</td>
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<td>#4227 Women's 1 kg.</td>
<td>$84.95</td>
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<td>#4230 Men's 2 kg.</td>
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<tr>
<td>#4231 Boys' 1.6 kg.</td>
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<tr>
<td>#4232 Men's 50-59</td>
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<tr>
<td>#4233 Women's 1 kg.</td>
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Polar Fitness Heart Rate Monitors. Records athletic performance accurately and easily. The perfect coaching tool. Takes the guesswork out of training. All models include lightweight chest transmitter and belt which transmit wireless signals to a wrist watch receiver/module.

Vantage XL HRM™:
- 3 displays show heart rate, total exercise time, time of day
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- Computer interface option available
- Water resistant — 20m

#3146 Vantage XL $324.95
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1992 NATIONAL 8K X-C
I must respond to Mary Norcikau's letter (March NMN) on the conduct of the 1992 National Masters 8K Cross-Country Championships held in Boston by the New England Association of USATF.

First, the attendance of more than 300 runners at the race has been matched by few if any masters championships not held in conjunction with a "mega-race."

All urban areas have pokey areas of crime. As in any city, common sense needs to be used. The course at Franklin Park, site of U.S. and IAAF World Championship races, is the crown jewel of the Boston Parks and Recreation Department's facilities. The city proudly constructed the current cross-country course specifically for the sport, and over 200 races with 10,000+ runners ran in the fall of 1992.

The leaders went the wrong way, he had already run the correct way on the first and second loops and admitted that he didn't know what prompted him to go wrong on the third.

The races were exclusively for masters. To make the age-group competition fair and exciting, and to promote masters running, the directors offered three separate 8K races: M40-49, M50-59, and M60+ plus women. Even those who finished the event were not paid but gave of their time and dedication to the event.

Over $2000 in master team prize money was awarded by the sponsors, Grand Circle Travel. There has never been such a large prize money in a masters race.

The meet went with a late fall date in which I was not hurried or unprepared for my events. Meet directors of future meets should prevent this from happening again.

The addition of a new indoor meet that I've competed in in 1992 and 1994. The Masters LDR Committee has faith in the long-term commitment the organizers have made to masters running. I have always helped out with transportation to and from race sites, advice on transit, and even lodging at local runners' homes. Runners only had to ask.

The 1993 Indoor Championships in Bozeman turned out great. Three of us who came together agreed that it was the best indoor meet we have ever attended. The track and the warm-up area allowed plenty of room. There was no confusion about heats because every athlete knew his or her position.

All of the workers are to be congratulated for their patience. The USA Track and Field Men's Indoor Cross-Country Championships at MSU in Bozeman, March 19-21, was extremely well organized and most enjoyable. All the officials were very helpful, polite, and very competent. The meet was well run with an earlier than usual start at 1:30 p.m.

I'd like to thank the National Masters News and Jerry Wojcik for the fine pre-meet information, photo and post-meet coverage of the 1993 USATF National Masters Indoor T&F Championships in Bozeman, March 19-21.

I'd like to thank those masters who attended to make it a quality meet. To those who helped and suggested how it could be improved, I thank you. To those masters who were caught between event times, schedule changes and plane changes, I apologize and fully understand your feelings. Unfortunately, the meet director and university had full control of event times and schedule changes.

The addition of a Sports Committee in future meets should prevent this from happening again.

It also has given me an opportunity to see things from the inside. I better understand the time and dedication that is needed by people such as Scott Thorley, Indoor Meet Coordinator. His help, suggestions, experience and officiating were invaluable to us all.

We feel the quality of the track surface provided many WRs, ARs and PRs; we are proud of the facility.

To the hundreds of officials who were not paid but gave of their time, to the USA Track and Field athletes who helped, to the host booth people at the airport, and to those who made the social function before the business meeting such a success, I say thank you. I look forward to seeing you in Provo this summer.

Bob Sager
Belgrade, Montana

INDOOR NATIONALS
The USA Track & Field National Masters Indoor T&F Championships at MSU in Bozeman, March 19-21, was extremely well organized and most enjoyable. All the officials were very helpful, polite, and very competent. We congratulate and thank Mike Carignan, Bob Sager, A. Kappel and Barbara Kousky for conducting and making the meet possible.

Also thanks to all the MSU officials and volunteers. They are all to be greatly complimented.

Steve Vaitones, Managing Director
New England USATF
Brookline, Massachusetts

My thanks to everyone involved with the National Masters Indoor T&F Championships in Bozeman in March 1993. I thought you all did a fantastic job.

Steve Vaitones, Managing Director
New England USATF
Brookline, Massachusetts

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

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Laurie Adams
Boulder, Colorado

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Write On

Continued from previous page

NATIONAL SENIOR OLYMPICS

With reference to the letter from V. Fandetti (NMN, April — “How to direct a Track Meet”), I have attended all three of the National Senior Olympics competitions, including Syracuse, and they have all been very well directed. These are tremendous operations — Syracuse had over 4,000 entries!

They are not perfect but there are few problems compared to the sheer logistics of a competition of this size that is almost completely volunteer-operated. I believe the NSO committee should be complimented for their dedication.

It is too bad that the writer formed his opinion of the competition based on a specific event problem.

Jack Ozent
Mesa, Arizona

RULES AND RABBITS

The rules concerning the use of “rabbits” and records in mixed LDR races have changed over the years as the sport has matured.

I have been involved since the early days of the Women’s LDR Committee. Certainly, pacing was an issue as far back as 1979 with husband and wife teams, but masters have generally been exempt from these limits.

The Women’s LDR Committee agreed in 1980 that there should be two types of records: those in women’s only races and mixed races.

The IAAF changed its rabbit rules in 1985. As long as the rabbit is for the benefit of the whole field, it is an accepted practice (Rule 66).

Current USAF rule 185.6 states: “For all women’s road running records except masters records, separate records shall be kept for women-only and mixed competition.” Rule 182.8 states: “No performance shall be recognized as a record if it has been accomplished in or during a mixed competition of men and women except in the road running or in track performances longer than 10,000 meters.” Those two rules are identical.

Note rules for masters are different from open events.

George Kleeman
Rocky Hill, New Jersey

WINNING SECONDARY TO HAVING FUN

At the East Regionals in Lehigh, Ray Fyke, Pay Carstensen and I had a heated shot put competition with the lead passing back and forth. Ray wound up beating me by four centimeters but, for a short while, we were breathing fire again as we did in our youth.

Winning was a secondary issue; we had a glorious time and that, after all, is what masters competition is all about.

Tom Henderson
Southbridge, Massachusetts

LIGHTER WEIGHTS FOR OVER-80s

What were the reasons for, and the basis of WAVA’s establishing lower weight implements for each of the men’s 50, 60 and 70 age divisions?

Why are these same reasons and same basis not also applicable to lowering the weight of implements for men in the 80 plus division? Standard, official lighter weights of the shot, hammer and javelin are available for use.

Burt DeGroot
San Clemente, California

KUDOS

On behalf of the Dallas Masters Club, we wish to acknowledge the excellent meet conducted by Steve Ireland in Lubbock, Texas, March 6th. This was the fourth tune-up meet for the nationals and greatly appreciated.

Bill J. Bowers
McKinney, Texas

Top 3 Female Masters before start of 1992 WZYP Cotton Row Run; L to R: Champion Nancy Grayson 35:34; Barbara Filutze, 2nd 37:24 and Jane Hutchison, 3rd 37:55. This year’s race is set for May 25 in Huntsville, Ala.

Photo by Jim Oaks

Join 6,000 runners for “The Most Beautiful Urban Marathon in America.” It’s 26.2 miles of stunning foliage, blue lakes, winding park paths, the majestic Mississippi, over 200,000 colorful fans and 4,000 volunteers. Besides being a can’t-miss marathon, it’s a weekend of events, including a two-day expo, 5k championship race, and Kids Half-Mile Fun Run.

It’s also the site of the USA Track & Field Open Men’s Championship and the U.S. Masters Championships on one of the nation’s fastest courses.

For more information, contact: TCM, 708 N. 1st Street, Minneapolis, MN 55401 (612) 673-6778.

TWIN CITIES MARATHON
Minneapolis-St. Paul
SUNDAY, OCT. 3, 1993 8:00 A.M.
Appreciating Old Age

A man, as he manages himself, may die old at 30 or young at 80. — Shaker Proverb

According to Hippocrates, the Greek physician known as the Father of Medicine, old age begins at 56. If that's true, I've crossed the threshold into old age.

But I still feel fairly young. Ironically, though, the very thing that makes me feel young also makes me feel old. I'm referring to the act of running.

I feel old when I look at a stopwatch and note that I'm significantly slower — more than a minute per mile over a 10K course — than I once was. What's more, an all-out mile for me now would be thrilling.

I remember thinking after turning 35 in 1972 that I might have only two or three years left in my legs. I had assumed that whatever it was that happened to baseball players between 35 and 40 would happen to me. I'd just sort of fall apart.

Over the Hill at 40

That's pretty much the way it was in those days, as I remember it. If you were over 40, you were considered pretty decrepit. You were over the hill.

What few athletes there were over 40 were mostly former superstars turned scrubs. They seemed to draw attention to the physical decline that takes place during the late 30's and early 40's more than serving as role models for middle-aged men.

Of course, the situation was even worse for women, as there was virtually nothing in the way of vigorous sports available to older women then.

With the advent of the running and fitness boom sparked by Dr. Kenneth Cooper and his book, Aerobics, things began changing. More and more men and women over 40 took up vigorous athletics.

In my adopted state of Hawaii, we saw 43-year-old New Zealander Jack Foster win the 1975 Honolulu Marathon in then-record time and go on to compete in the Olympics the following year. We also witnessed our own Harold Chapson become the first person over the age of 70 to run a mile in under 6 minutes and set many other world age-class records.

Aging Takes Its Toll

As I reflect on running, I often rationalize by telling myself that I could run faster now were I to train as I once did. But, although I'm sure I could train more than my current 25 miles a week (with limited intensity), I know there is no way my body would tolerate the 90-100 miles a week (with some real intensity) I was logging during my early 40's.

I suspect I'd max out right around 60 miles now if I were to push it.

More than the body, the mind now limits me. Although there is still a desire to race, there is no longer the "hunger" required to push myself beyond mere fitness running. For me, there is no middle ground between fitness running and competitive running, no reason to run more than those 25 miles a week but less than 60. If I'm not all that I think I can be, I'm simply not interested in doing it. Some of my friends see that as a personality flaw. They say I should get out there and just have "fun." My response is that I've tried it and don't find any fun in racing.

I feel old as young as ever when there is no watch running to tell me how fast or slow I am. When just cruising along by myself during a workout, I can't really tell that I'm slower. Except when I try to sprint, I feel the same as I did at 25.

Attitudes Have Changed

But even when I'm feeling old, I look back on attitudes as recent as 20 years ago and realize how dramatically things have changed. It wasn't until after the running and fitness boom took off in 1972 that attitudes toward aging and vigorous athletic activity began to change.

I recall back in 1960, while administering a physical fitness test to a battalion of supposedly combat-ready Marines on Okinawa, being admonished by the commanding officer for making some senior non-commissioned officers run all of a half-mile. "Take it easy on them, Lieutenant," the CO counseled me. "Some of those guys are pushing 40."

In 1962, I did a story for the Ala-med (Calif.) Times-Star about a 36-year-old distance runner named Joe King. There were few distance runners over 30 back then, and King was usually the oldest, at least the oldest real competitor, in the Bay Area road races I took part in. In the story, I marveled at a man his age still being active in the sport.

In 1964, my high school track team, which had won the California state championship 10 years earlier, took on the team of '64 as part of our 10-year reunion. All of my old classmates, including four sub-10 second (100 yards) sprinters, were already "old" and slow. Other than the discus thrower, I was the only winner from the team of '54. Some of my old classmates seemed in awe that a man of 27 could still run a mile in a high school competitive time.

I remember thinking after turning 35 in 1972 that I might have only two or three years left in my legs. I had assumed that whatever it was that happened to baseball players between 35 and 40 would happen to me. I'd just sort of fall apart.

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But Deacon, another Hawaii resident and a one-time world-class pole vaulter, was also a pioneer in the aging athlete arena as he became the world's best over-60 decathlete.

Within a matter of about 10 years, my attitude toward aging completely reversed itself. I went from expecting to fall apart during my late 30's to assuming that I could go on forever without any significant loss to the years.

Aging Takes Its Toll

Through harder and more intelligent training, I was able to improve my racing times right up to age 44. It wasn't until right after my 45th birthday that I began to realize that there was no more room for improvement and that I was beginning to slip a little. It wasn't until age 47 that I was able to figure out that it was aging taking its toll rather than improper training or other factors.

I must confess that during my early 40's, as I began to think of myself as immortal, I didn't really appreciate the achievements of runners like Chapson and Deacon. I just assumed that I'd be able to do much better when I reached their ages. I now know differently.

So, while I've gone from thinking I would be feeble at 40 to believing I could go on forever, I have now settled at somewhere in the middle of those points. As soon as I begin to lament my losses to the years, I quickly remind myself that I am now much more active, much more fit, than I could have imagined just 20 years ago.

As some wise person once put it, the real danger of growing old is not that we lose our talents but that we fail to see those we have gained.
**Rose, Tracy Win in Carlsbad**

British internationalist Nick Rose, 41, pulled away from Wilson Waigwa, 44, of Kenya/Texas, in the second half to win the masters title by eight seconds with a 14:33 in the Carlsbad 5000, Carlsbad, Calif., on March 21. Nolan Smith, 43, of Pasadena, Calif., was third in 15:30.

Phil Camp, 45, won the M45 race with a seventh-place 16:02. Vick Hecker, 50, took the M50 contest by two seconds from Mike Scott, M50, with a 16:17. In the M60 race, Paul Saucedo, 61, was three seconds up on Pat Devine for the victory in 19:26. Walt Kuetzing, 80, in 27:03, won the M80+ race from 89-year-old Willard Benton (33:24).

**Over 700 Join in 50-Plus Fitness Weekend**

by LEE HASKELL

Nearly 700 runners and walkers gathered at Stanford Stadium on March 21 for the 10th Annual 50-Plus Fitness Weekend, while an additional 200 people joined featured speaker Jack LaLanne at a pre-event race dinner on March 20.

This record turnout of participants yielded several records of their own, establishing four 50-Plus course bests. Over 100 people attended a daylong conference on Saturday, entitled "Over Fifty and Feeling Nifty." Featured speakers included Dr. Joan Ulliot, pioneering woman runner.

Presented by the 50-Plus Fitness Association and the Stanford Center for Research in Disease Prevention, these events celebrate the vitality of "older adults" and bring attention to the strong link between living longer, healthier lives, and regular exercise.

Shirley Matson defended her title as the fastest 50-Plus 8K woman with an astonishing time of 29:34, topping the previous age 52 U.S. record by nearly a minute and a half. Ageless wonder Paul Spangler completed the 8K course in 84:47, establishing the first age 94 U.S. 8K record.

The first runner to come across the finish line was 53-year-old Sal Vasquez, who ran 26:41. He was followed by Dan Preston (27:27) and Tim Rostege (27:42). Following Matson -50-Plus Race Director. "These race participants are role models for one another and for the entire population; young or old."
A Common Injury Among Runners and Joggers

ITBS or ilio-tibial band syndrome is an injury that is quite common in long-distance runners and joggers. The ITBS is a thick band of fascia that begins at the hip joint and runs down across the outer portion of the upper leg, crosses the knee joint and attaches to the upper portion of the fibula.

The purpose of the band is to stabilize the leg and knee. It also locks the knee into extension when one is standing. When the knee bends, the band has a tendency to snap forward. The main symptom usually is severe pain in the outside of the knee joint making running impossible. The pain may extend up the side of the knee and cause irritation.

The treatment includes icing after workouts for 8-10 minutes. Moist heat packs at night for 30 minutes are also quite helpful. A motion control shoe that provides good stability is important. At the first signs of irritation, reduce mileage and use heat and ice. Ultrasound is also very helpful. Avoid downhill running.

Make sure you have eliminated any biomechanical deformity of the foot. Sometimes a lightweight foot orthosis will control the over-pronation and provide stability to the outside of the knee. Avoid overstretching. If the condition does not improve, steroid injection may be necessary. In severe cases, a surgical technique is used to split the ilio-tibial band and release the pressure around the inflamed area.

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, MMN, Box 2372, Van Nuys, CA 91404.
Doubled Dumb

by MAURY DEAN

Doubled is really dumb, my running pals tell me. They are right. Investing a Saturday in a 5K and running for another Sunday on Thankless tasks, rewarded by fatigue, pain, and injury. March has always been one of my favorite months to race, however, and if it weren’t for doubling on March 6 and 7, I’d have zilch in my running log for the month.

Why? Well, it seems the whole Eastern seaboard was deep-frozen by the “Worst Storm of the Century,” and I got personally zapped by the flu and a rib injury — but yes, Virginia, there was racing in the N.Y.-Phillip area.

Vincentown, N.J., featured the 5K, a village hamlet classic on the 6th, that harkens back to the Revolution (sort of — they chased the “Cold War” to the lake 20 years ago, and a memorial race was set up). Delightful romp back in time and a classic course.

You start on a narrow bridge, half expecting General Washington to come poling down the Delaware nearby; you fly up a hill and cross the one-block ancien clapperboard town, puffing the little knolls and sliding across plank bridges. Quaint snowswirl all around.

Burgundy brick farmhouses as old as time. And kids. Kids galore. Legions of local cross-country runners harassing you by whipping through the first mile in 5:10 — while wearing (Egad!) Levis.

Just before the last mile, 1,000 cut a sharp right into some guy’s yard. Yep, zipped right through the gate, danced through the soggy, sodden mud, whirled like discombobulated dervishes through the low flower garden, hurled the doggie doo, and leaped out the back door to the welcome finish line. Really. You can ask the other 20 wide-eyed finishers.

Top masters times belonged to Vince Phillips (18:01) and Carol Lanzo (21:38), who won the 40s by over three minutes. Non-icy bridges and a mudless, yardless finish would have planted Vince well into the 17s. Next year, watch for John Mylius (49, 18:30), and the Levys, 50s champ Susan (25:50) and husband Marvin, 69, who keeps on truck’n’ after three knee operations and bypass surgery.

On the 7th, I doubled in the LEAD VII “5K” in Levittown, famous in the 40s for being the first suburb with “cookie-cutter” two-bedroom bungalows, with a patch of grass and a rainbow dream. Today Levittown’s homes are wildly distinctive, with dormers and breezeways and nice, flat 40s for being the first suburb with “cookie-cutter” two-bedroom bungalows, with a patch of grass and a rainbow dream. Today Levittown’s homes are wildly distinctive, with dormers and breezeways and nice, flat streets, perfect for fast times to herald the 1993 road racing season on Long Island.

Alas, when we heard some dude had measured the course with a bicycle odometer, we knew we were in deep mud, which was actually featured in the last 100 meters. Instead of blazing over the finish line, we slopped and squished with cement shoes.

Young Willie Outsen, 41, harnessed an incredible kid (17:38) to goldenize the masters. The 50s featured a fine race with the overall masters silver winner (17:43) edging out Maccabees Games and Empire State Games medalists Seth Kaminsky (18:20) and Julian Goldsmith (18:27). Goldsmith is one of the top ultra-marathoners in the U.S. at any age.

Both Outsen and Nancy Tischler cracked the coveted top five overall. Nancy not only won the 45s but her 22:35 capped the masters by a minute over Susan Vittrello (23:39). Joe Cordero, M55, won his new age group (19:08), Ray Fletcher (20:44) hauled in the M60 + hardware.

Tyrene Carlin, of Florida, second M45 (18-6) in the long jump, National Masters Indoor Championships, Bozeman, Mont., March 19-21. Photo by Dave Bayless

Mulkey Sets World Decathlon Record

Georgia’s Phil Mulkey, 1960 U.S. Olympic Decathlete, returned to Kansas Relays Decathlon on April 14-15 after an absence of 27 years to better the world M60 decathlon record with a score of 8254 points.

Mulkey, who had participated in the Relays from 1955 through 1966 — winning in eight of those 12 years — opened the first day’s five events (100, LJ, SP, HJ, 400) with a stunning 4540 points. His marks of 13.23, 17-4-4, 47-6-5, 5-2-1, and 65.24 were all his bests of this early season.

Perhaps the cold and rainy weather, along with some physical fatigue, worked against his second-day performance. Still, he managed to produce marks of 15.66 (100H), 134-5 (DT), (10-8 (PV), 124-6 (JT), and 7:09.24 (1500).

Mulkey, who will be aiming for the gold medal in the World Veterans Championships in Japan in October, said: “The first day was very, very good. I feel it will be quite hard to duplicate. But the second day still has a lot of room for improvement.”

Carole Okazaki (2003) comes in 2nd in the 55-59 age division (64-49) in the Straub Hawaii Women’s 10K, March 7. Photo by Tesh Teshima

Five Years Ago

• Peter Hallop (M40, 49:18) and Christine Tatterson (W45, 1:00:18) Win National 15K Championships in Tucson, Arizona.

• National T&F Championships Draw 441 to Baton Rouge, La.

• Peter Hallop (41, 1:52:1) and Judy Greer (41, 1:56:6) Win National 5K Championships in Deland, Florida.
The Remarkable Johnson and Mimm

On March 7, Don Johnson, 76, and Robert Mimm, 68, competed in the Los Angeles Marathon in 90+ degree heat. Less than two weeks later, on March 19, they competed in the 3000-meter indoor track walk at the 1993 Masters Indoor T&F Championships in Bozeman, Montana, elevation 4,735 feet and temperature 74 degrees. Don did a gold medal performance in both events, finishing the Marathon in 6:34:14 and the 3000 meter in 21:58.0. This is especially remarkable as Don is recovering from a bout with prostate cancer. Proving himself indoors, he won the 3000 meter in a time of 17:18.7.

EW: Don, usually long and short distance racing require different training. How do you combine the two?

DON: Mostly, because I'm not racing at my peak and the times aren't that great, I'm just trying to stay racewalking and am not training that intensely. For me, the Marathon and 3000 meters were just two walks. It was a matter of just going out and doing it, especially in L.A. I have a swollen leg, and the Marathon actually helped it. At the indoor race, there were quite a few complaints about the altitude with the dry heat in the arena. But I wasn't walking fast enough to really notice it. I could see that some of the other walkers were having quite a bit of trouble with the altitude.

EW: How about the heat in L.A.?

DON: I was so worried that I couldn't finish the Marathon that I didn't worry about the heat. Again, I wasn't going fast enough to have it really bother me. However, I did come home sunburned.

EW: Don, you told me you had a stress fracture in early 1992, and that you were doing enough speed work and I guess really do hurt.

Bon: People ask me about my training methods expecting some real secrets, but I really don't have any. I like to do a lot of different things. I don't follow any program. Training is just something you have to do without thinking. I am not a morning person. I like to train in the afternoon or evening.

EW: How about your training?

BON: That's my problem. I am not a morning person. I usually recuperate fairly quickly. But when you get older, the tendons don't seem to bother me. However, I did come home sunburned.

EW: Do you have any secrets about eating?

BON: No. I eat everything. I am careful about chemicals. I do read labels. For example, I will not buy Campbell soups as they are filled with monosodium glutamate. I use cream and milk and not the chemical substitutes. Before they found out that pasta was a good thing to eat the night before a race, I was eating it. I didn't know it was what you are supposed to eat. In fact, when I was on the track team in college, the athletes were given a special dinner that the regular students didn't get. It was a pre-competition dinner and was always the same thing: steak, baked potato, and carrots.

EW: Don, you told me you had a stress fracture in early 1992, and that you were doing enough speed work and I guess really do hurt.

DON: I used to be an over-distance trainer; if I was training for a 20K, I made sure that I could go 20 miles. But I used to be the other way around; everything else had to wait until the training was over. I used to be an over-distance trainer; if I was training for a 20K, I made sure that I could go 20 miles. But I usually recuperate fairly quickly. But the first couple of hours afterwards really do hurt.

EW: Did you do any speed training for the indoor 3000?

BON: That's my problem. I am not doing enough speed work and I guess that's why my times aren't that fast any more. I think you need speed work, but I have been concentrating on not getting injured because I had a lot of injuries a year or so ago. I never used to get injured when I was younger, but when you get older, the tendons tighten up and I don't stretch as much as I should. I do it whenever I think about it.

American Racewalk Association
RACING CAMP FOR THE COMPETITIVE RACEWALKER
Boulder, Colorado
July 1 - 4, 1993

This camp is for the intermediate through advanced level racewalker. To attend, you must know legal racewalking technique. It DOES NOT MATTER HOW FAST OR HOW SLOWLY YOU WALK, as long as you walk legally. All ages are welcome. Children under 16 must be accompanied by an attending adult. We will end the camp with the Mt. Evans Hospice "Freedom Race" a 5K T&F Masters Championship race in Evergreen, CO, open to any age of competitor. Join us for two-day workouts, seminars, video coaching, individual attention and beautiful locaiton! Daily seminar topics include speed, strength and form drills, biomechanics, mental training, fat reduction, racing strategy and more! You receive a workbook which you use to continue your training at home. Massages will be available.

Your primary coach will be Vinsha Sedlak, World Masters Racewalker and six-time Gold Medalist in the World Veterans Games, World Record holder, and overall winner in the European Veterans Championships in Switzerland (1991). ARWA certified coaches and supporting staff teach the comprehensive RACEWALK Camp for all speeds of racewalkers. Staff includes weight trainers, nutritionists, chiropractors and other health professionals.

For travel and hotel information contact: The Golden Nugget 1-800-999-3233 or call Race You at Travel USA 1-800-345-5764. Make most reservations EARLY! Lodging accommodations fill up fast during the 4th of July weekend.

Registration fee covers all handout materials including workbooks, video sessions, seminars, workouts and coaching tips. Bring a blank cassette for videoing (former camp attendees should bring their old cassette log to add onto).

Send $335 per person to:
TO REGISTER: AMERICAN RACEWALK ASSOCIATION
PO Box 18323
Boulder, CO 80303-1323
(303)447-0156

ARWA "Eagles" (previous camp attendees) pay only $295. $365 after June 1, 1993. Send $150.00 deposit to hold your space. Deposit is NON-REFUNDABLE after June 1, 1993.

Register Me I am a member of ARWA (or have enclosed the $25.00 annual fee)
(303)447-0156

Name Address
City/State/Zip

I am a current member ARWA annual fee enclosed
Total fee or deposit enclosed I'm an ARWA Eagle
I attended the ARWA camp in (year)

Mail to: AMERICAN RACEWALK ASSOCIATION, PO Box 18323, Boulder CO 80303-1323

Continued on next page

RACEWALKING
by ELAINE WARD
21st East Indoor Regionals Held

by PETER TAYLOR
BETHLEHEM, PA, March 7 – Jim Sutton, Ray Funkhouser, Gloria Brown, and Al Swenson were four of the many athletes who turned out in outstanding performances as the Philadelphia Masters conducted the 21st Annual Indoor USATF (TAC) East Regionals Masters Track and Field Championships at Lehigh University’s Rauch Fieldhouse.

The Philadelphia Masters won the 40-49, 60+, and overall team titles, while the Syracuse Chargers won 30-39 laurels and the New York Masters pulled down 50-59 honors.

Brown, 61, of Grand Island, N.Y., set a world W60 record 5:58.5 in the 1500 despite losing precious time because of a lap-counting error. She returned to post a U.S. W60 record 12:38.36 in the 3000 and finished her day with an 800 in 3:06.73.

Longtime standout Sutton, also 61, bettered the indoor world M60 mark in the 1500 with a 4:43.73 and ran a fine 2:23.87 in the 800.

In the 3000 racewalk, Funkhouser, 41, overcame the obstacles posed by an extremely crowded field to post a world M40 best of 12:40.83.

The Hartford Track Club’s Al Swenson nailed down three M45 golds in impressive fashion: 4:10.25 in the 1500, 9:08.89 in the 3000, and 20:06.82 in the 800.


Versatile Libby Hagemann, 72, went outside to throw the 16-lb weight 217-lbs (842m) to better her U.S. W70 standard. Ed Lukens, 71, triple- jumped 31-6 (9.60m) to better John Alexander’s U.S. M70 mark of 9.40. Claude Hills, 80, long-jumped 10-7-4 (3.23m) to exceed Russ Meyer’s U.S. M80 standard.

Ohio’s Denver Smith took five M50 gold medals. Maryland’s Larry Colbert scored an M55 sprint triple.

In general, the meet was well run, with NorthEast Sports Timing Service doing an excellent job with the automotive timing. Larry Gregory was a bastion of strength as the starter.

But in the women’s 1500, all six runners were penalized by lap-counting errors. In the second of the two racewalks, there were major breakdowns in keeping track of the competitors.

The meet marked the “last hurrah” of longtime Philadelphia Masters president and meet director Peter Taylor, who resigned for employment-related reasons. The helm of the Philadelphia Masters is now open. Treasurer Claude Hills will handle inquiries about future Philadelphia Masters meets.

## Masters Racewalking

Continued from previous page

then five. The first thing I knew, I was training for 50ks. I did a lot of 50ks the first six years. What I find now is that I seem strong enough, but not fast.

EW: When did you start walking?

DON: I had my first race just before I turned 50 – so I’ve been racing about 26 years now. I used to train all year long, at least five days a week, training inside during the really bad weather. I would plan for a race maybe five weeks ahead. I would do a lot of little races in between, often being beaten. Then when the big race came, I’d blow everyone’s minds. They would say, “What happened to you?” and I would reply, “Nothing. This is the race I wanted to walk.”

EW: How about you and stretching?

DON: I do ten minutes of stretching when I get up in the morning, but I should do 30 minutes. I am lazy. But if I don’t warm up at all, I can’t race. I am a great complainer. I hate a race and they start it early and I haven’t had a chance to warm-up.

BOB: The nearer the distance, the more warm-up you need. Get your own speed group and gradually improve. If you are talented enough you will naturally move right up. Also, I’d tell them not to be afraid of distance. Figure that once you’re in the race, all they can do is what they can. Some runners take it to right away, but some never really get the hang of it. If they had switched over earlier, it could have been for the rest of their life. As it is when they are through running, they are through competing.

BOB: It is just like when they showed the Marathon at the Olympics. They showed all the marathon and kept saying how tough it was, how grueling, and how it is the most difficult event in the Olympics. They never think of the 50K walk which is much more difficult than the marathon. Believe me, because I have done both. Running a marathon is easy compared to 31 miles of racewalking.

EW: Anything else you might say to someone coming into our sport?

DON: You have to be patient and work up. Don’t watch the fast guys. Get with your own speed group and gradually improve. If you are talented enough you will naturally move right up. Also, I’d tell them not to be afraid of distance. Figure that once you’re in the race, all they can do is what they can.

EW: You both have to be very competitive to do as well as you do. How would you define the competitive spirit?

DON: It’s an individual thing. Some people have to go by the book, get all the mileage in, and so when they get into the race, all they can do is what they put in. Work in, work out. Other people just will come alive in a race and go by. They essentially get more out than they put in. I think it is something inside.

BOB: If I go into a race, I like to win. Yet, I don’t win. I’m ready for the race. I know some people who won’t go in a race if they don’t think they can win. I think the competitive spirit is the desire to compete.
**USA T&F EAST REGIONAL MASTERS OUTDOOR TRACK & FIELD CHAMPIONSHIPS**

**July 25, 1993 - Syracuse, New York**

**Hosted by:** Central New York Track & Field Officials
Syracuse Chargers Track Club

**Pre-registration Only!**

To receive an entry form, send a SASE to:
Evelyn White, 118 Foxcroft Ln., Fayetteville, NY 13066

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**USATF Regional Championships Set**

The 1993 USATF Regional Masters Track and Field Championships will be held in seven locations throughout the USA:

1. The East Regionals are set for July 25 in Syracuse, N.Y.
2. The Southeast Regionals take place in September in Gainesville, Fla., at a date to be announced later.
3. The Midwest Regionals will be held on July 24 in Lisle, Ill.
4. The Mid-America Regionals go off on June 26 in Lincoln, Neb.
5. The Southwest Regionals are a two-day affair on July 23-24 in Gonzales, La.
6. The West Regionals cover the weekend of July 31-August 1 in Los Angeles.
7. The Northwest Regionals combine with the Hayward Classic on July 17-18 in Eugene, Ore.

The regionals traditionally draw between 150 and 300 athletes, but USATF has allocated 37% more funding this year to assist regional development and Championship meets. The regionals are a stepping stone for many athletes to USATF's annual National Masters T&F Championships, the 26th edition of which will be held this year on August 11-14 in Provo, Utah.

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**USATF REGIONAL MASTERS TRACK & FIELD Championship Schedule - 1993**

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<th>CONTACT</th>
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<td>July 25</td>
<td>Evelyn White</td>
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<tr>
<td></td>
<td>Syracuse, NY</td>
<td>118 Foxcroft Lane</td>
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commented on the 5000-foot altitude, suggesting that it added from 8-to-20 seconds to the 1500 times and a possible minute to the 3000 walk. Others said that the altitude made no difference, using Louise Adams, 71, who broke four W70-74 records in the 400, 800, 1500, and 3000, as proof of their argument, until it was discovered that she lived in Boulder, Colo.

Leonore McDaniel, of Virginia, erased three W65-69 world records, including the triple jump (23-11¼), and one U.S. record.

Harold Morioka, of Canada, left no doubt as to the claim for the sprint stand-out of the meet, with world M50 records in the 60, 200 (23.76), and 400 (52.95). The 60m record (7.39) is shared with Steve Robbins of California.

The M50 60m race provided the biggest brouhaha of the meet. After examining the photograph of the finish, officials gave the win and the record to Morioka. Robbins filed a protest, and upon re-examination of the picture, both sprinters were awarded first place and shared the record. Neither party was pleased with the decision.

Jay Sponseller, M75, of Florida, added two world records to the harvest gathered by athletes from the Southeast (Raschker, McDaniel, and others) with his times in the 200 (31.85) and 400 (73.80).

Walt Butler, of California, felt that the track's surface was tiring on his legs, but that didn't prevent him from breaking a world record in the M50 60mH (8.47), which also produced four others.

Sami Bailey, of Indiana, broke the W55 world record for the 3000 walk with an 18:21.47, while five walkers established U.S. records.

The usual problems surfaced here as they seem to at every championships. In some races, runners were placed by their declared times, not by age groups, which was corrected. Changing heat races to finals irked many, but athletes had been forewarned of that possibility, and when it did occur, entrants were apprised of the changes as early as possible. Some early 60m races were run with no-false-start rule until Barbara Kousky, Masters T&F Chairperson, informed the officials of the masters regulation on false starts.

Most participants agreed that the huge fieldhouse and adjoining warm-up area enhanced the quality of the meet, and that the meet officials and campus workers were accommodating.

Incoming athletes were greeted with a reception table at the Gallatin Airport terminal. Before an informal masters meeting on Saturday evening at the meet headquarters Holiday Inn, attendees were treated to a home-cooked buffet, provided by Bob Sager and his wife, Sharon, and Dr. Ron Hecht.

Kathy Close and Jody Kappel served as meet directors, with help from Karolyn Martinez, Melanie Marsh, and Bob Sager. Two days after the meet, Close gave birth to a son.

Next year's championships will be held on March 25-27 in Columbia, Mo.


Competition for Ages 29-and-Under

At the 1992 TAC Convention in Louisville, I suggested to Barbara Kousky, National Masters Track & Field Chairman, that the masters T&F program provide competition to ages 29-and-under. The proposal is currently under review.

As you know, masters T&F competition is currently limited to age 30+ in the USA. The idea of extending it below age 30 had its beginning in a meeting called by Hugh Cobb, USATF Masters West Regional Chairman. A group was formed to generate ideas to try to reverse the recent poor participation of submasters (ages 30-39) in masters meets, and to try to improve our sport's public relations.

Background
First, a brief background:
- International masters competitions (T&F, LDR and RW) are currently limited to 40+ for men and 35+ for women. There are no qualification standards required for any competition, other than age. Although minimum age/sex performance standards are applied for medals at the world level, the primary emphasis is on participation.
- All world and U.S. masters championships and records are officially recognized by the same governing bodies as the open (elite) ranks. The masters world governing body (WAVA) is fully recognized by the IAAF. The program includes a full schedule of T&F, LDR and RW for all ages in 5-year age groups.
- The U.S. also offers "All-American" awards for performances in all T&F events, based on age/sex-graded standards.
- More events are available for masters women than is typically true in elite competition. Masters have pioneered some events for women that are now being added at the open level (e.g. pole vault, triple jump, steeplechase, hammer throw). Track & Field is growing internationally and our committee is dedicated to strengthening it in the U.S., where T&F is having its well-known problems.
- The USATF (formerly TAC) masters program is separate from the Senior Olympics program, which offers many other sports besides T&F, limits the ages to 50+ or 55+, and is not allied with the respective governing bodies. In Southern California we have a very cooperative relationship with the Senior Olympics organization and mutually promote each other's meets.
- The National USATF masters program is not currently authorized to award championships to athletes under age 30. Any change must be approved by the National Masters T&F Committee and by a majority of USATF voting members.

Current Situation
Currently, athletes are free to compete in either the masters or open programs, depending on their desires. Many 30+ elite athletes, such as Carl Lewis and Steve Scott, opt to stay with the elites, while others compete in masters meets. Even some masters (e.g. such as Ken Popejoy compete in both.

However, the masters program is clearly intended to serve the recreational athlete. The proposal to include age-29-and-under participants is designed to provide a quality competition path for open runners who wish to compete at a recreational level.

It could also serve as a temporary development program for athletes who have not yet reached elite status. This is critical for middle- and long-distance track runners who may not peak until their late 20s or 30s. Thus, the masters program could be viewed as a farm program for elites.

Since there is a possibility of overlap with the elite program, any solution must involve the cooperation of all of the affected T&F committees. The real objective is to keep the sport healthy at all ages.

Competition Limited
Currently, competition for non-elite, post-college athletes is limited to all-comers meets and a few development races in the big meets in larger cities. Even some of those are disappearing. There is no competition path for the recreational athlete beyond these local meets until they reach age 30 when they can join the masters program.

In Southern California, even some college programs are disappearing. Two traditional track schools — UC Irvine and San Diego State — have dropped track. UCI has since had its program restored by strong alumni support. UCLA and USC have cut back their programs. Cal State Long Beach is surviving by the extraordinary efforts of its head coach. Given these conditions, any viable competitive structure needs to be available if our sport is to prosper.

The current effect on the masters program is that fewer track athletes are staying in the sport until they reach age 30. So the average age has been increasing because of the lack of submasters participation.

Summary
Adopting this proposal can benefit both the masters and elite programs. Masters meets will be well attended. Seeds will be sown for a healthy program in the future when the younger athletes continue into the older age groups. With increased numbers, meet sponsorship will become more viable. The whole program will benefit.

The elite program will gain a ready-made development program for the post-collegiate athlete. Recreational athletes will produce some elite candidates. It could become similar to European clubs, which are composed of members of all ages, with the best being sent to national and world competitions.

I welcome your comments on this issue.

John Cosgrove is a steeplechaser and Masters T&F Chairman of the USATF Southern California Association. Letters may be sent to NMM/Jerry Wojcik at 511 Earldom Ave., Playa del Rey, CA 90293.
ON SATURDAY, JULY 10, 1993 MASTER ATHLETES FROM OVER 20 STATES AND CANADA WILL CONVERGE TO THE CONFINES OF LIBERTYVILLE, ILLINOIS TO BE PART OF A MOST UNIQUE EVENT.

THE 6TH ANNUAL MASTERS RETURN TO ILLINOIS TRACK AND FIELD CHAMPIONSHIPS

$1000.00 CASH PRIZES POST EVENT PICNIC SPECIALY DESIGNED COMMEMORATIVE MUG TO AWARD WINNERS

SEMINAR: FRIDAY, JULY 9, 1993 "Altering the Boundaries of Aging"

Keynote Speaker: Walter Bortz M.D. author of WE LIVE TOO SHORT AND DIE TOO LONG How to Achieve and Enjoy Your Natural 100-Year-Plus Life Span.

SEND SASE TO:
Craig Dean M.D.  
MASTERS RETURN TO ILLINOIS  
719 Stonegate Ct.  
Libertyville, IL 60048

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Indoor track & field? (Well, almost). From left: Floyd Smith, M60; George Labelle, M50, 56-lb. weight (6.40); and Loyd Smith, M60, 56-lb. weight (5.26), Midwest Indoor Masters Meet, Sterling, Ill., Jan. 9. "We had no trouble marking the throws in the 6° snow," said Loyd Smith. Photo from L. Smith.

---

Charbonnel, Portenski Win in Boston

Continued from page 1

in the 1992 New York City Marathon, beat his countryman, Pierre Leviss, for the first time in four attempts. Leviss, as did many open runners, dropped out.

Although the temperature was a bearable 58°F at the start (with a south/southwest wind 10-15 mph and 30% humidity), temperatures soared to a sunny 73°F at the finish.

Boston, the oldest annual U.S. marathon, posts qualifying times. It only scores competitors who complete the course in five hours or less. Prize money of $17,750 is available for masters men to the first five places, with an equal amount available for women. Bonuses of $40,000 for a world record and $7500 for a course record are also available. If a masters winner finishes in the top 15 in the open category, he/she is awarded the open, as well as the masters, award.

Despite the win, Charbonnel has firm plans to retire within two months, as his wife is expecting their first child in July. His job as an economist with the French government is very demanding and important to him, as is his commitment to family. He may run the Pittsburgh Marathon on May 2 if he can recover in time. He still plans to continue running three times a week for fitness and health, although he says, slyly: "Women love fat men."

Portenski, on the other hand, flew home the day after her Boston win to continue training for New Zealand’s most prestigious marathon, the Fletcher, which takes place in 10 days around Lake Rotorua. She ran seven marathons last year and viewed Boston as a bit of a training run for the Fletcher. A husband, 2½-year-old daughter and ownership of a hairdressing salon makes demand on her time. "I had the second-fastest New Zealand qualifying time for the Olympics and I am braced off at the Olympic selectors because they convinced me not to do the Fletcher last year so that I would be fresh for the Trials and for the Olympic Games. And then they went and picked a younger girl with a slower time for the Olympic team."

Portenski, who started running 14 years ago as an incentive to stop smoking, concentrates on marathons but does some track work to increase her speed.

At the awards ceremony, equal respect and acknowledgement was given to the masters, open and wheel chair participants.

President Clinton formally inaugurated his new track when he ran with the masters winners from the Boston Marathon and other winners, April 21.

---

Unofficial Results of Boston Marathon

April 19

Fay Bradley 55 DC 2:53:10
John Regoci 50 MI 2:55:56
Mike Meredith 52 GA 2:55:51
Peter Boly 50 MI 2:56:00
Joselyne Seguin 64 CA 3:03:00

Glenn Lambert 60 NY 3:12:14
Tom O’Kane 50 MI 3:13:35
Mike Golden 61 IN 3:15:34
Joe Connolly 60 MI 3:17:36
Joe Fernandes 65 MA 3:19:34
Edward Hardy 60 MA 3:20:45
Jim McLean 40 CA 3:21:20
Bob Daly 40 CA 3:22:20

Joseph Murphy 50 CA 3:22:44

Kathleen K. VanHorn 60 CT 3:22:29

Michael Barry 60 CT 3:30:38

Glenn Kline 65 CT 3:30:14

Michael S. Watson 51 CT 3:39:00

Helen McNeil 60 OH 3:40:50

Patsy Bergey 52 PA 3:42:20

Carolyn Park 52 PA 3:43:50

Marilyn Wiesman 60 NY 3:44:25

Linda Bick 50 CA 3:48:25

Carolyn McLean 60 CT 3:50:00

Sandra Sample 50 CA 3:52:30

Carolyn Chabot 50 WA 3:55:00

Linda Kline 60 CT 3:57:50

Martha Sudduth 60 VA 3:58:00

Ann Smythe 50 MA 3:58:00

Joyce Purcell 60 OH 3:59:00

Carolyn Taylor 60 OH 3:59:30

Joyce Sites 60 IL 3:59:40

Patricia Wall 60 WA 4:00:00

Kathleen Barlow 52 MA 4:00:30

Mary McLean 60 CT 4:11:50

Deborah Larson 60 CA 4:13:50

Lois Lobben 60 CA 4:14:30

Barbara Zamparelli, second W60 (53:34), Straub Hawaii Women’s 10K, Honolulu, March 7. Photo by Tashia Teshima

Rose, Grayson Win

Continued from page 1

won the M60 race with a U.S. M60 record 28:07. The previous best was an un ratified 28:15 by Jim O’Neil in 1985.


Other division winners were Nancy Friulio (50, 32:39), New Hartford, N.Y.; Susie Klutz (56, 34:40), Winston-Salem, N.C.; and Hugh Anderson (63, 41:02), Oakland, Calif.

Masters winners in the Shamrock Marathon, also run on Saturday, were Nick Manzini (40, 2:38:03), Sculvolle, N.J., and Claudia Ciavarella (44, 3:02:59), Arlington, Va.
New Age-Group Records Compiled

In this issue are new world and U.S. five-year age-group track and field records for men and women age 35-and-up. The marks are those compiled and approved, as of March 31, 1993, by the Records Committees of the World Association of Veteran Athletes (WAVA) and the Masters Track and Field Committee of USA Track & Field (USATF), both headed by Peter Mundle.

Per a decision by TAC (for runner to USATF), no hand times recorded after 1990 for races of 400 meters or less will be considered for U.S. five-year age-group records. However, hand times achieved before 1991 will continue to be included in the U.S. record lists until broken by a superior time. At the world level, WAVA still recognizes hand times for all events for world marks.

The official WAVA/TAC record forms are printed on this page. Meet directors should keep several copies on hand, fill them out if a potential record is set, and mail them to Mundle. Athletes can aid their own cause by carrying a copy to meets for officials’ signatures.

All these records have been carefully scrutinized before approval by the Records Committees. Mundle’s single-year age-record book, however, does not apply the same scrutiny, due to time constraints. Thus, there is the occasional mark in the book which differs from the five-year age-group mark. Please consider the five-year marks, printed here, as the official records.

Long Distance Records

At present, there are no official world long-distance road records, but the latest U.S. masters road marks were published in the November 1992 issue of NMN. U.S. road records are compiled by Road Running Information Center, the official record-keeping arm of USATF.
### Men's World Five Year Age Group Records

#### 100 Meters

<table>
<thead>
<tr>
<th>Name/Residence</th>
<th>Age/Met Date</th>
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# U.S.A. TRACK & FIELD AGE-GROUP RECORDS

Compiled by Peter Mundle and the Records Subcommittee of the TAC Masters & 90 Committee through performances verified as of March 31, 1993

## Men's U.S.A. Five Year Age Group Records

### 100 METERS

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### 10,000 METERS WALK

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<tr>
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### Masters Age-Graded Tables

- Keep track of your progress over the years.
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- Select the best performance in an event among all age groups.
- Score multi-events.
- See how much your performance should decline with age.
- Chart your own performance progress.

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Men’s World Masters Relay Records

(As of April 15, 1993)

<table>
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<tr>
<th>Event</th>
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Women’s Masters Relay Records

(As of April 15, 1993)

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Masters Age Records 1992

(1993 Edition)

Compiled by WAVA and TAC Masters T&F Records Chairman Pete Mundle with Rex Harvey, Shirley Dietrider, Beverly LaVeck and Alan Wood.

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</tr>
<tr>
<td>Men's and women's world and U.S. age bests for all track &amp; field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1992. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundie, WAVA and USATF Masters T&amp;F Records. $4.00.</td>
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<td><strong>Masters Age-Graded Tables</strong></td>
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<tr>
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<td>Men's and women's official world and U.S. Outdoor 5-year age group records for all track &amp; field events, age 35 and up, as of March 31, 1993; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundie, WAVA and USATF Masters T&amp;F Records Chairman. $1.50.</td>
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<tr>
<td><strong>Masters 5-Year Indoor Age-Group Records</strong></td>
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<td>Same as above, except indoor records (M40+, W35+) as of February 7, 1993. 4 pages. $1.50.</td>
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<td><strong>Competition Rules for Athletics (1993)</strong></td>
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<td><strong>IAAF Scoring Tables (1985)</strong></td>
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<td>Official world scoring tables for men's and women's combined-event competitions. $11.95.</td>
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<tr>
<td><strong>Time Master Calculator</strong></td>
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<tr>
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<td><strong>Guide to Prize Money Races and Elite Athletes 1993</strong></td>
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<td>Money Orders</td>
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  - Mail order to: National Masters News P.O. Box 2372 Van Nuys, CA 91404 Phone: 818/785-1895 Fax: 818/785-1135
Non-Stadia Report

The 2nd WAVA World Veterans Road Racing Championships will be held in Toronto, Ontario, Canada on July 30-31, 1994, pending confirmation by the WAVA General Assembly in Miyazaki this autumn.

On March 2, I visited Toronto and met with the Organizing Committee (Don Farquharson, Jack Loman, Peter Fellowes, Richard Graves, Norm Baum, Jack Castle, Brian Oxley, Duncan Maunsen, Joan Patrick, Brian Keaveney, John Powell, Bruce Savage, Tom Graig, and Brian Frank). Graig is the organizer of the Toronto Marathon.

The WAVA Council has voted by mail to hold the roadwalk — if confirmed by the General Assembly — at a distance of 20K for both men and women. (It was previously 30K for men.) The walk competitions will be held in Scarborough Parks on the campus of Toronto University, which can provide good accommodations and breakfast for 350 people.

Entry booklets will be distributed in Miyazaki and, if possible, at the European Championships this month in Czechoslovakia.

1996 Road Race

In Miyazaki, Belgium will bid for the 3rd WAVA Road Championships (1996). The host city will be Brugge on the course of the Veterans 25K Grand Prix, which celebrates its 20th anniversary this year. A major sponsor has shown great interest already.

Cross-Country

WAVA and the IAAF have agreed to include a WAVA cross-country race in conjunction with the IAAF cross-country championships in 1994 in Budapest (M10K, W7K).

Year of Birth

The proposal to change age-group competition based on the date of birth to the year of birth (Ed. note, the proposal was narrowly defeated, 44-47, in Turku), will come up again in Miyazaki. I favor keeping the rule we have had since WAVA's founding. A change will disturb all the efforts we have made to create age-group world records. Please try to convince everyone not to change the existing rule.

Birmingham

The first WAVA Road Championships in Birmingham was not as successful as we expected. Despite the hard work of the organizing committee, they had no sponsorship and the entries were less than expected. The walk was a disaster. Birmingham proved the organizers need more than a year's notice to generate world-wide publicity.

See you in Miyazaki. □

(Editor's note: The week after the Toronto races next year, the WAVA North American Regional T&F Championships will be held in Edmonton, Alberta, Canada; the week after that, the USA National Masters T&F Championships will take place in Eugene, Oregon, the site of the 1989 World Championships. Thus, a competitor can easily participate in three major veteran events in a 16-day period.)

Hungary Meet Set For July

An international veterans track and field meet (M35+, W30+) will be held at People's Stadium in Budapest, Hungary, on July 9-11. Meet director Ferenc Igrenyi invites athletes from throughout the world to come and participate.

"The foremost purpose of this event is to promote friendship among participants and friendly cooperation among the organizations," Igrenyi said.

For information, contact Igrenyi at 1117 Budapest, Bogdany u.10; Telex 22-4875. □
Elaborate Preparations Under Way in Japan

Elaborate preparations are under way in an effort to make the 10th WAVA World Veterans Athletics Championships the best ever. The 11-day biennial event will be held from October 7-17 in Miyazaki, Japan, with an expected 5000 participants from more than 60 nations. Despite the recent rise in the Japanese yen, most masters travel agents are holding to their earlier-quoted airline and hotel prices.

The following "plan of action" has been drawn up by the Miyazaki Organizing Committee (OC):

1. Entries
   Entries are being solicited from smaller nations with the help of Japanese Embassies, Consulates, organizations with overseas branches, and national IAAF affiliates.

2. Interpreters
   The OC is currently holding classes in English, French, Spanish and German for over 500 volunteer interpreters. In addition, a force of professional interpreters will be on hand to help with any language difficulties that may arise.

3. Publicity
   During the Championships, an amateur radio room will be set up at the Sports Park, so that information about the meet can be broadcast both inside and outside Japan. A commemorative stamp from the Ministry of Post and Telecommunications will be on sale at the Games.

4. Lighting of the Veterans Flame
   On Friday, October 8, the lighting of the friendship torch will take place in Helwahl Park. Due to the size of the venue, only a limited number of participants can attend. Prior reservation is required; details will be announced at a later date. Ancient implements will be used to light the flame, followed by a Noh play (traditional Japanese theater) and Yukagura, a sacred Shinto dance typical of Miyazaki.

5. Opening Ceremony
   The opening ceremony will be held on Saturday, October 9 at the Main Stadium with 16,800 attendees including 3000 athletes. It will introduce facets of the traditional culture of Japan to the visitors:
   - A 100-member brass band, composed of the police and city bands, will perform.
   - A 600-member women's choir will sing.
   - A 50-member band will provide a fanfare.
   Entertainment will consist of Taiko Drums, Usutaiko Dance (performed by 500 elementary school children), and marching by 200 high school students.
   The flag of each country will be carried in, along with the entrance of the athletes, opening words, athletes' oath, etc. Announcements will be made in Japanese and English.

6. Awards
   A special award will be given to athletes who have participated in all 10 World Championships.

7. Participation Medal
   A commemorative medal will be given to all athletes who take part in the Championships.

8. Meals
   A cafeteria will be set up in the Sports Park, offering meals to athletes and the public.

9. Shuttle Bus
   A shuttle bus service will be provided to transport athletes and their families to and from the Sports Park from the main hotels.

10. Attractions
    Various events are planned throughout the Championships, under the theme of "life-long good health and friendship."
    At the Sports Park, vendors will sell Miyazaki produce; koto performances will provide an introduction to Japanese culture; archery, gateball and tree planting will take place.
    Outside the Sports Park will be featured:
    - "Budo Enby Taikai," an exhibition of judo, kendo, kyudo and karate.
    - A museum exhibition, including butterflies of the world.
    - A letter exchange, between Miyazaki high school students and athletes from abroad.
    - The Oyodo River Festival, including street stalls and a fireworks display.
    - "Kusunamiki Corridor," a festival set in the tree-lined street outside the Prefectural Office.
    - An international salon, to promote contact between the people of Miyazaki and foreign visitors.

The above attractions are open to all, and should provide interesting and effective ways to fill those free moments.

11. Farewell Party
    The farewell party will be held on Saturday, October 16 at the Miyazaki Kanko Hotel — all you can eat and drink for 3000 yen (US$26) — featuring Shishimai, a Japanese lion dance.
    "We are hoping to stage a grand event that will linger in the memories of all who come to Miyazaki," said Hidenori Kawasaki, Executive Director of the Championships.

12. Entry Forms
    Entry booklets are available from any masters travel agent.

The event is open to men age 40+ and women age 35+. There are no qualifications needed to enter except to be above the minimum age.

A special World Veterans Championships Preview Section will be published next month, including the official entry form, competition schedule, meeting times, travel and weather news, last place marks in Turku (so you'll know you won't finish last in Miyazaki), and other updated meet information.
Treadwell Wins British Veterans Cross-Country
from MARTIN DUFF
Forty-year-old Bob Treadwell won the British Veterans Cross-Country Championships over 6½ testing miles at Burnley on March 7. The three-lap course included a long, winding hill, followed by a fast descent on each lap. Treadwell, who had won the Surrey Senior title in December, took control at the start of the second lap and eventually won by some 60 yards in 33:20 over fellow new masters Scotsman Brian Kirkwood and Martin Rees of Wales. Alun Roper, fourth, was a close-up M45 winner (34:10), 20 seconds clear of Brian O’Neill, Les Prestland, who missed the 1992 championships, claiming he had retired, won (35:41) the separate M50 race from Steve James, who added a fifth sliver to his gold from 1988. He turned 55 the following week. Dick Cooper retained his M55 title, while Eric Appleby was an easy M60 winner.

Maggie Statham, 40 this May, beat 36-year-old Julie Asgill to the women’s title over 3½ miles in 19:08 with W35 10K WAVA champion Viv McConnell third. Behind them, Christine Price, fourth, was first W40 (20:11) as Pat Gallagher took the W45 title (20:44), despite her continuing Achilles’ problems.

The M70+ men ran with the women and M70 James Johnston (24:52) came out best.

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Graham Smith, 42, accepts check for winning (4:53) the Veterans International Golden Mile, March 7, Hong Kong. By Nii Mak

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Final Schedule for WAFA World Veterans Athletics Championships Miyazaki, Japan — Oct. 7-17, 1993
Thu Oct 7 Decathlon/Heptathlon 10,000 finals Fri Oct 8 Decathlon/Heptathlon 10,000 finals Sat Oct 9 200 heats (women) 800 heats L1, JT Opening ceremony Sun Oct 10 200 finals (women) 200 heats/semi (men) 800 finals (men) 800 semi (men) HH (semi/finale) HH (men) PV (women) Non Oct 11 200 finals (men) 800 finals (men) 300/400m finals 5000 finals 10K/20K Road Walk PV (men) HH (men) UT Tue Oct 12 No competition Meet in Stadia, Non-stadia, Women, Relays Wed Oct 13 100 heats/semi Steeplechase finals 3000m finals TJ, JT Thu Oct 14 No competition General assembly Fri Oct 15 100 finals 400 heats/semi 1500 semi 1500 semi SA: Oct 16 400 finals 1500 finals 5000m finals O/H in Decathlon* Social function Sun Oct 17 Marathon 4x100 Relay 4x400 Relay Closing ceremony *unofficial event

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OCTOBER 7 — OCTOBER 17, 1993

We have obtained two (2) excellent air & hotel packages from All Nippon Airways, ANA, the 8th largest airline in the world, and Travel Facilities, Inc., the land operator for our group. For those athletes and their families & friends who will be going to Japan for the 10th World Veterans Championships in 1993, we invite you to come along with us and we offer the following options: Miyazaki/Tokyo/Hong Kong and travel through the Japanese countryside for those of you who wish to travel on your own. Those who wish to travel on their own, can take the basic tour (plan #1) with a return on ANA from Tokyo five (5) days after the Championships are over at no additional cost. (See plan #3).

1. 16 DAYS & 12 NIGHTS. Roundtrip air transportation from L.A., Chicago, N.Y., or Washington D.C. to Miyazaki, Japan. Includes 12 nights hotel accommodations, Tourist or Deluxe, from October 6, to October 18, 1993. Transfers between airport & hotel & portage of two (2) bags each person.

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2. 18 DAYS & 16 NIGHTS. Includes plan #1 plus one (1) day & one (1) night in Tokyo and four (4) days & three (3) nights in Hong Kong.

A. From Los Angeles to Miyazaki/Tokyo/Hong Kong Tourist hotel. $ 2,660.00
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C. From Los Angeles - Roundtrip Air transportation only. Departure from Chicago: Add $ 205.00 From N.Y./Wash D.C. $ 205.00

3. Plan #1 plus travel by rail, bus or air, on your own, in Japan for five (5) days after the Championships are over, returning to the U.S.A. from Tokyo with the Hong Kong group on October 23, 1993. Cost is the same as plan #1.

(Above cost does not include $18.00 departure tax)

Masters Athletic Group Tour
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Palm Springs, Cal. 92264
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I/W: are going to Miyazaki, Japan to attend the 10th World Veterans Championships. Enclosed please find $ (amount) ($250.00 per person deposit plus $25.00 per person non-refundable registration fee) to hold reservations until August 1, 1993 when the full amount of balance is due and payable. Please make checks payable to:
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Please start my one-year subscription to the National Masters News. Bill me later for the $24 subscription price.

Name ________________________
Address ________________________
City ___________________________ State __________ Zip __________

WA VA/USATF Hurdles and Implements Specifications

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Saucony

17th Annual "Friendly"
VOYAGEUR MARATHON
4th Annual Spanish River
HALF-MARATHON
Sunday, July 18, 1993, 6:00 a.m.
130 Miles E. of Sault Ste. Marie, Ml.
MASSEY, ONTARIO, 250 miles (406 km) NW OF TORONTO
Where do you run a Marathon in July?
In the cool shade along northern Ontario’s Spanish River!

A sampling of comments from the 400 entrants from 22 states, 5 provinces and 3 countries who were part of a phenomenal 97% completion rate in 1992:

"Something exciting and special to dive into the Spanish River fig fig fig! Water and scenic vistas were plentiful Voyager Marathon designed especially for all runners, individually and collectively. Organized gear was a friendly atmosphere for every marathoner were achieved. —Rae Mack, Delta, Finland. 5th overall, 1st female, completed 3:10:10, 1989, 1992.

"Appreciate: menacing sudden another rewarding weekend. You allowed each runner/walker to do his/her activity, helping us to our individual goals of endurance and fulfillment. Super course, large crew of encouraging volunteers who all stuck around until we all ended safely over the finish line. —Wally Herman, Toronto, Ontario, 20 of 208 marathons in more than 50 countries.

"High regard the management of F.V.M.’s related events. Activities reflected a warm and spirited commitment to all that running involves. An event you choose to repeat. —Susan Rudder, Oak Park, Illinois.

"Unique flavor of Marbury events draws contacts to its renown. New experienced organizers with each direct contact with entrants and personal concern for us. —Bob and Catherine Armstrong, Wisc., Worst, Ontario.

"I’ve never seen the amount of prizes you awarded in the hundreds of races I’ve run! Great for those who don’t place, but do support these events.” —Greg Kiekel, Independence, Ohio.

"Greetings to the best race directing family and town in the world! Thanks for your hospitality and warm friendship.” —Maggi Bean, Tulsa, Oklahoma.

AWARDS: LONG-SLEEVE T-SHIRTS FOR ALL ENTRANTS; MERCHANDISE PRIZES; HAND-CRAFTED WOODEN MEDALLIONS AND CERTIFICATES FOR ALL FINISHERS; MANY AGE GROUP MEDALS; HAND-CARVED WOODEN STOOLS AND TROPHIES; HUSBAND-WIFE-TEAM AWARDS.

HIGHLIGHTS: POOL SOCIAL, RUNNING CLINIC, BICYCLE TOUR, BARBECUE, PANCAKE BREAKFAST, SPAGHETTI FEAST AND A SMALL TOWN FULL OF FRIENDLY PEOPLE.

WINNERS:
Run Runs: 2
1. Gary Long — SLEEVIE T-SHIRT FOR ALL ENTRANTS; MERCHANDISE PRIZES; HAND-CRAFTED WOODEN MEDALLIONS; TROPHIES; HUSBAND-WIFE-TEAM AWARDS.
2. Karen Klubnik — CUMMINSITY FOR ALL ENTRANTS; MERCHANDISE PRIZES; HAND-CRAFTED WOODEN MEDALLIONS; TROPHIES; HUSBAND-WIFE-TEAM AWARDS.
3. Gary Long — CUMMINSITY FOR ALL ENTRANTS; MERCHANDISE PRIZES; HAND-CRAFTED WOODEN MEDALLIONS; TROPHIES; HUSBAND-WIFE-TEAM AWARDS.
4. Karen Klubnik — CUMMINSITY FOR ALL ENTRANTS; MERCHANDISE PRIZES; HAND-CRAFTED WOODEN MEDALLIONS; TROPHIES; HUSBAND-WIFE-TEAM AWARDS.

IMPLANTED:
CARVED MILKING STOOLS AND 'TROPHIES; HUSBAND-WIFEAWARDS.

SPAGHETTI FEAST AND A SMALL TOWN FULL OF FRIENDLY PEOPLE.
Tulsa, Oklahoma.

AWARDS:
CARVED MILKING STOOLS AND 'TROPHIES; HUSBAND-WIFEAWARDS.

RUNNERS: 2
1. Gary Long — SLEEVIE T-SHIRT FOR ALL ENTRANTS; MERCHANDISE PRIZES; HAND-CRAFTED WOODEN MEDALLIONS; TROPHIES; HUSBAND-WIFE-TEAM AWARDS.
2. Karen Klubnik — CUMMINSITY FOR ALL ENTRANTS; MERCHANDISE PRIZES; HAND-CRAFTED WOODEN MEDALLIONS; TROPHIES; HUSBAND-WIFE-TEAM AWARDS.
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IMPLANTED:
CARVED MILKING STOOLS AND 'TROPHIES; HUSBAND-WIFEAWARDS.

SPAGHETTI FEAST AND A SMALL TOWN FULL OF FRIENDLY PEOPLE.
Tulsa, Oklahoma.
MASTERS SCENE

NATIONAL

• Ed Matthews, M70, of Maryland, a National outdoor sprint champion, is featured on the RRCA's Footnotes Spring 1993 special edition devoted entirely to masters running.

• NBC, which has televised the three World Open Track and Field Championships, will not broadcast this year's event in Stuttgart, Germany because it is "not a profitable property," a network spokesman said.

• The National Broadcasting Co. paid $91 million for the rights to the 1993 and '95 Championships.

• In odd numbered years, changes to the USATF by-laws are proposed. Please send any proposed Track & Field changes and the reason for the proposal to: Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445, 407-499-3370. Fax 407-495-5054. Proposed changes must be submitted by Sept. 1, 1993. Any proposed changes will first be discussed by the Masters Track & Field executive committee before submission.

EAST

• Michael Wilson (46, 28.24) and Sharon Rogers (41, 34.33) recorded masters firsts in the NYRRC Al Gordon 5K at Central Park, Feb. 28. Gudrun Philps, 56, outlugged the 55 w G with a 36:07, while Muriel Meri, 67, toped the W50 with a 42:11.

• Lari Dunlap (M40), 68, and Susan Weisbrod (W45), 89,56 collected winners' checks of $300 each in the USATF/NJ Masters 20K Championships, Newark, March 7. Lois Fileres won the W60 race in 1:57:26.

• Kevin O'Connor, 46, was sixth of 734m with a 1:12:30, NYRRC. Brooklyn Half-Half Marathon, Prospect Park, March 7. Barbara Anderson, 41, took seventh of 18W in 1:29:55.

• The M90 division race went to speedster Sam Flack (45:38) and Barbara Beach, Fl33445; 44, 25th (52:38) in the women's division race.

• Lari Dunlap (M40), 68, won the masters 8K (34:47) and Barbara Beach, Fl33445; 44, 25th (52:38) in the women's division race.

• Jon Flack was active in the masters program in the YMCA's Midwest Masters 8K for men and women ages 40 + in- five-year age groups. Interested masters should contact U.S. Masters Card. (215) 256-6901.

• Alan Rushmer, 44, 25th (52:38) in the women's division race.

• Don DeNoon, 49, placed 16th (1:32:21) and Ray Funkhouser, 42, 17th (1:33:20) in the National Invitational 20K RW, Washington, DC. March 28, in the men's race, a qualifier for the World Cup held in Mexico City. Sally Richards-Kerr, 40, finished 14th (50:36) and Visha Sedlak, 44, 25th (52:38) in the women's 10K.


• Francie Larrieu-Smith, 40, of Texas was first + and eighth overall (5050) in 35:17 in the USATF National Women's 10K Road Championship in Tyler, Tex. April 3.

SOUTHWEST

• Alan Rushmer (33.32) took the M40 + race from Bruce Kritzer (33.45) and Frank Shorter (33.53) in the Citrus Classic 10K, Winter Haven, FL, March 20. Karen Virga was W40 + first (38.22).

• Wilson Waipa won a masters win with an 18th-overall 30:17, Crescent City Classic 10K, New Orleans, March 20. James Kleeba, 50, New Orleans 10K M40 + (33:04). Carol McPhat, 41, Houston, TX, took another masters first in a major race this season with a 10th-place 35:16. Barbara Flautz, 46, Erin, PA, was two slots back in 35:52. Francis Ard, 54, New Orleans, was eighth W40 + (42:45).

• Many walkers are saddened to learn of the sudden death of Paul Berndt of Pacific Beach, California. Berndt did not take up running until he was 75 and at 85 became the oldest person to complete his reign on the San Diego Senior Olympics in May 1991. Remembered for his ready smile and encouraging words, he will be greatly missed by all who knew him.

• The May 8 and July 3 5K meets scheduled for Sacramento have been cancelled.

NORTHWEST

• Eugene's famed Hayward Field will also serve as this year's USAF Masters Northwest Regional T&F Championships on July 16-17 at the University of Oregon's Hayward Field. Reporting on past years, NM Senior Editor Jerry Wojcik wrote: "This may be the best masters meet, excluding some nationals, that I've attended in my 18 years as a master. The masters movement should expect more meets like this, so if you can't find one, try this meet next season." More than 200 volunteers assist at the event. This year's meet will be directed by Timothy Shelley. (See entry form on page 11.)

• Jean Horne, W60, and Earl Fee, M60, broke age-group indoor WRs for the 800 in the Ontario Masters Championships, Toronto, March 6. Horne lowered Joy Halse's 2:56.75 to 2:52.4, and Fee erased Jim Sutton's 2:17.09 with a 2:16.3. Charles McMullen broke the M40 U.S. record of 8:44.0, held by Peter Hall and Ken Popejoy, with an 8:39.70. Over 200 competitors were in attendance at the meet, directed by Brian Kaveany, and held at the Metro T&F Center at York U.

• The 14th World Maccabiah Games in Israel, June 26-July 16, will include 11+ for men and women ages 40 + in five-year age groups. Interested masters should contact U.S. Masters Card. (215) 256-6901.


• Despite not having fully recovered from a snake bite suffered in a 20K cross-country race the week before, Jillian Castka, 37, won the women's open section in 5:27.

• David Hill, 42, England, was the first master in the London Marathon, April 18, in 2:24:18. First 40 + woman was Zina Marchant, 42, England, in 2:43:59.

• Piet Hopmans (22.58) and Sascha Werner (21.116) were veteran winners of the Nike Rotterdam Marathon, April 18.

• With a record 4:53. Lance Robertson, 47, turned in the best age-graded performance with a third place 3:49 (84:98).
NEW JERSEY USA TRACK & FIELD

Masters and Submasters

OUTDOOR TRACK & FIELD CHAMPIONSHIPS
AT MONMOUTH COLLEGE
SUNDAY, JUNE 6, 1993

AG GROUPS: Men's and Women's age groups follow:

20-34 years 25-39 years 40-44 years
50-54 years 55-59 years 60-64 years
70-74 years 75-79 years 80 years

RELATE: No entry fee for runners & weight throw.

Fees may be charged for non-members.

Track and field events feature competition for men and women over 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 2372, Van Nuys, CA 91404.

ON TAP FOR MAY

TRACK AND FIELD
Action starts early with the NY Relays on Randall's Island, NYC, and the North Coast Relays, Mayfield, Ohio, on the 2nd. Jacksonville, Fla., hosts a meet on the 8th, as do the So. Calif. Striders, offering a full slate of events on the 15th. On the 16th, N.Y. masters head for the Spring Classic at Kings Point, L.I. On the 22nd, the Visalia, Calif., meet features a new 9-lane Chevron track, and the Floor and Wall meet in Pomona, CA. USATF Masters Championships will be decided in Orlando. The 29th is a busy date, with the Tennessee USATF Championships, Knoxville; the Birmingham Classic at Sanford U; a meet in Silverton, Ore.; and masters invitational events at the prestigious Bruce Jenner Meet in San Jose, Calif. The Dan Aldrich Memorial Meet on the 30th in Irvine, Calif., is a historic masters event, having existed since the early 1970s when it was called the Grandfather Games and later the Anteaters Meet.

LONG DISTANCE RUNNING
The month peaks early on the 2nd with the Lilac Blossoms 10K in Spokane; Newday Long Island Half-Marathon; and marathons in Buffalo, Pittsburgh, Lincoln, Neb., and among the giant redwoods of Northern California. The Knoxville 10K and Old Kent River Bank 25K in Grand Rapids, Mich., are set for the 8th. The Vintage 5 Mile for men and women ages 50-and-over takes place in Arlington on the 15th; October 21st; 703/243-1290(h); 202-219-1134(w).

May 21 (Fri.) Jacksonville TC Mile Festival, Bolles School. 7 p.m. Lamar Strother, 904/388-7860.
May 22. Tennessee Masters Championships, U. of Tenn. Dean A. Waters, 132 Newport Dr., Oak Ridge, TN 37830. 615/483-7743(eve);
July 10. Southeastern Masters Classic, Point, Fla., 35 yrs · 39 yrs; mut masters.;
July 6. MAC Masters Championships, St. John’s U., Queens, 10. a.m. SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 718/358-6233.
June 25-27, Massachusetts Senior Games, Springfield College. 55+ Todd Hayden, Coordinator, Springfield College, 263 1st St., Springfield, MA 01109. 413/748-3020.
July 10, Chiemna Masters Meet, Forest Park, Queens + SASE to Scejnny Marathon Team, 150-47 8th Ave., Jamaica, NY 11432. 718/RUNNERS.
July 17. Eastern Pennsylvania Masters Meet, La Salle U., Philadelphia. Features Dave Martin All-Around Quadrathlon (LJ-SP-HJ-200), Middle-Distance Triathlon (1900-400-800), and Jim Bantum Sprint Triathlon (200-100-400). Dr. Claude Hills, 510 East Valley Green Road, Flourtown, PA 19031. 215/233-0132.
July 25. USATF East Regional Masters Championships, Syracuse, N.Y. Pre-registration only: Evelyn White, 118 Fortcroft Ln., Fayetteville, NY 13060.
July 31-August 1. 18th Annual Buffalo Bisons and Brawn International Age-Group Classic, Buffalo, N.Y. Women compete on Saturday, men on Sunday, Bettie Zoschke, 206 Puritan Rd., Tonawanda, NY 14150. 716/691-7276.
August 22. Donald S. Harris Memorial Track Classic, Wynnewood, Penn. Dr. Claude Hills, 510 East Valley Green Road, Flourtown, PA 19031. 215/233-0132.

SOUTHEAST

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

May 21 (Fri.) Jacksonville TC Mile Festival, Bolles School. 7 p.m. Lamar Strother, 904/388-7860.
May 22. Tennessee Masters Championships, U. of Tenn. Dean A. Waters, 132 Newport Dr., Oak Ridge, TN 37830. 615/483-7743(eve);
July 10. Southeastern Masters Classic,


July 14-17, Fourth National Championships, Edmonton, Canada. M40; 514/451-0850. 10K Meet. Edmonton, Alberta, Canada. 113 E. 514/772-9732.

May 4-7, 1994 WAVA North American Regional Championships, Edmonton, Canada.

LONG DISTANCE RUNNING NATIONAL


July 9, 10K. Irvine, Calif. Finish money. Sonny Moniz, Westlake Plaza, 1410 Westwood Blvd., Westwood, CA 90025. 714/841-5417.

95

JUNE 81-985·32-3376; Miyata·cho, 10K Meet. KY 40207.


May 7, 10K. Wheeling, WV 26003. 818/3SS-7135.

May 16, S. F. Wilson Trail Race (approx. 8.6 miles). Donna Harriman, 223 W. State Madre Blvd., Sierra Madre, CA 91024. 818-555-1135.

May 4, 1994 WAVA North American Regional Championships, Edmonton, Canada.

SOUTHEAST

American Florida, Georgia, N. Carolina, S. Carolina, Tennessee.

May 1, 10K. Tallahassee, Fla. Florida USAUT/USA Masters RR Series. John Boyle, P.O.B 1824, DeLand, FL 32721. 904-736-0002.

May 7, 10K. Ironman Wisconsin, Madison, Wisconsin. Finish money. Sonny Moniz, Westlake Plaza, 1410 Westwood Blvd., Westwood, CA 90025. 714/841-5417.

May 8, 10K. Wheeling, WV 26003. 818/3SS-7135.

May 16, 10K. Wheeling, WV 26003. 818/3SS-7135.

May 17, 10K. Wheeling, WV 26003. 818/3SS-7135.

May 18, 15K. Wheeling, WV 26003. 818/3SS-7135.

May 19, 50K. Wheeling, WV 26003. 818/3SS-7135.

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May 28, 50K. Wheeling, WV 26003. 818/3SS-7135.

May 29, 50K. Wheeling, WV 26003. 818/3SS-7135.


May 31, 50K. Wheeling, WV 26003. 818/3SS-7135.
U.S. MASTERS ALL AMERICANS FOR MASTERS RACE WALKERS

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U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

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APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

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STATE: ____________________________
ZIP: ____________________________
MEET: ____________________________
DATE OF MEET: ____________________________
MEET SITE: ____________________________
EVENT: ____________________________
MARK: ____________________________

If you have bettered the standard of excellence, please send $10 for a certificate, $10 for patch, or $15 for both a certificate and a patch. (A patch tag, showing event and year, is an extra $10 each.) Send to: All-American, National Masters News, P.O. Box 2372, Van Nuys, CA 91404. (Enclose copy of results, or note in which issue they appeared.) A 3-color, 8" by 10" certificate suitable for framing — and/or a 3-color, 3" by 4" patch will be mailed to you within two weeks. (Allow six weeks for patches with tags.)
null
SOUTHEAST
1993 Florida Senior Games Championships- Bradenton, Fla.

Day 1: 100 Yard Dash

<table>
<thead>
<tr>
<th>Name</th>
<th>Time</th>
</tr>
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<tbody>
<tr>
<td>Barry Graves</td>
<td>5.48</td>
</tr>
<tr>
<td>Greg Bennett</td>
<td>5.96</td>
</tr>
<tr>
<td>Bill Riddle</td>
<td>6.44</td>
</tr>
<tr>
<td>Peter Vanhunzen</td>
<td>6.84</td>
</tr>
<tr>
<td>Mike Jackson</td>
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</tr>
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<td>Steve Fossett</td>
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Day 2: 200 Yard Dash

<table>
<thead>
<tr>
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<th>Time</th>
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<tbody>
<tr>
<td>Richard Miller</td>
<td>22.27</td>
</tr>
<tr>
<td>John Meehan</td>
<td>22.52</td>
</tr>
<tr>
<td>Bob Riddle</td>
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<tr>
<td>Mike Jackson</td>
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</tr>
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<td>Barry Graves</td>
<td>23.69</td>
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Day 3: 400 Yard Dash

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</tr>
<tr>
<td>Jason Jackson</td>
<td>50.43</td>
</tr>
<tr>
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Greater Rochester TC Meet

Ithaca, NY: March 21

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<tr>
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<th>Name</th>
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</thead>
<tbody>
<tr>
<td>300 Yard Dash</td>
<td>John Smith</td>
<td>209.5</td>
</tr>
<tr>
<td>400 Yard Dash</td>
<td>Mike Jackson</td>
<td>49.28</td>
</tr>
<tr>
<td>800 Yard Dash</td>
<td>Bill Riddle</td>
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USA TRACK & FIELD NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS
PROVO, UTAH - BRIGHAM YOUNG UNIVERSITY - AUGUST 11-14, 1993

ACCOMMODATIONS: Seven Peak Resort Hotel is serving as the meet headquarters hotel. We have secured a special rate of $42.00/night and $46.00/double (taxes not included). Mention the "National Masters Track & Field Championships". Seven Peak Resort Hotel can be reached at 1-800-777-7144. Other accommodations range from economy to moderate. These include the following hotels/motels:

- Best Value Western Inn 40 W. 300 So. (801)322-6029
- City Center Inn 150 W. 300 So. (801)463-4511 20-33
- Colony Inn 1380 S. University Ave (801)624-9929 24-60
- Columbian Best Western 70 E. 300 So. (801)628-1234 30-62
- Comfort Inn 1565 N. Canyon Rd. (801)228-5185 50-76
- CottonTree Inn 2230 N. University Parkway (801)658-1234 45-100
- Days Inn 1875 N. 200 West (801)378-8600 45-01

* Half mile or less from track

CAMPUS FOOD AND HOUSING INFORMATION: Housing is available Tuesday, August 10 to Saturday, August 14. Check out is at 11:00 a.m. Accommodations include clean, comfortable sleeping rooms (two twin beds per room), with centrally located restrooms and showers that are near, but not in your room. Men and women are housed in separate buildings. The food and housing packages are as follows: (All packages include applicable taxes).

1. Shared (2 per room) 3 meals per day per person
   - Four nights Tuesday-Friday, lunch Tuesday through breakfest Saturday
   - Four nights Tuesday-Friday, lunch Tuesday through dinner Friday
   - Four nights Tuesday-Friday

2. Shared (2 per room) 2 meals per day per person
   - Four nights Tuesday-Friday, lunch Tuesday through breakfast Saturday

3. Housing Only: Shared (2 per room) per person

4. Food Only: 3 meals per day per person
   - Four nights Tuesday-Friday, lunch Tuesday through breakfast Saturday

Please be aware that shorts, tank-tops and miniskirts are not acceptable attire for the cafeteria. Sweat suits are permissible.

On-campus housing is for those participating in or are directly involved with the competition. On-campus housing is not available for family members of the athletes. Housing for couples is not available.

The standards of Brigham Young University include abstention from alcohol, tobacco, illegal drugs, coffee, and tea, and the observance of high moral standards. BYU reserves the right to request those not honoring these standards to leave their facilities. Use the reservation form on the application page.

GENERAL INFORMATION
Meet Director: Ben Stowell (801) 538-2082
ELIGIBILITY: Competition is open to all men and women 30 years of age and older. Age Group cut-offs will be held at the beginning of each year. The cut-offs vary from one age group to another. The meet director will make the final decision on age groups.

General admission is $20.00 per event. All events require a ticket. Meet Director will make the final decision on age groups. The meet director will make the final decision on age groups.

1. Track certificates are issued to all Meet Director or Director of Coaching.
2. The meet director or Director of Coaching is offering special rates to parents of those participating in the competition. On-campus housing is not available for family members of the athletes. Housing for couples is not available.

1993 USA TRACK & FIELD - NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS
ENTRY FORM

Please Print Clearly

Last Name
First Name
Club
Address
City/State/Zip
Phone

Affiliation/Club
M/F
Division
Age on (8/1/93)

Event: 100M Hurdles (M) 6:45 100M Hurdles (W) 7:30
200M Hurdles (M) 6:55 200M Hurdles (W) 7:30
400M Hurdles (M) 7:10 400M Hurdles (W) 7:55
800M Run (M) 7:30 800M Run (W) 8:15
1500M Run (M) 8:15 1500M Run (W) 9:00
5000M Run (M) 9:00 5000M Run (W) 10:00
10000M Run (M) 9:45 10000M Run (W) 11:00

Event: Mens Track Field Events:
Disqualifications will be handled by Meet Director or Director of Coaching.

- 12 or less per age group will advance to finals
- 13 or more per age group will advance to finals

Wednesday August 11

Field Events:
Hammer, Shot Put, Discus

Thursday August 12

Field Events:
Javelin, Pole Vault, Triple Jump, Long Jump

Friday August 13

Field Events:
Discus, Shot Put

Saturday August 14

Field Events:
High Jump, Triple Jump, Long Jump

If campus food and housing packages are desired, complete this form and mail to the office of: BAS - REGISTRY, 116 BASB, Brigham Young University, Provo, UT, 84602. Please DO NOT send any money, food and housing is payable upon arrival. Call (801) 378-2699 with questions.

PLEASE PRINT OR TYPE

Participant Name:
Address:
City:
State:
Zip:
Gender:
Female Male
Desired Package (circle one):
#1 $125 #2 $140 #3 $155 #4 $170

Tentative Schedule of Events

Final schedule will be included in each athlete packet check-in on Provo campus.

1. Call Delta, or have your travel agent call, at 1-800-241-6760 for reservations from 8:00 a.m. - 11:00 p.m., Eastern Time - Daily.
2. Refer to File Number: E1061
3. Certain restrictions may apply and seats are limited.

For reservations from 8:00 a.m. - 11:00 p.m., Eastern Time - Daily.

AVIS Rent A Car System, Inc. is providing special rates for those involved in the competition. Call 1-800-331-4141 and use the code "AVS" in the rate code area. Most officials and all head officials will be nationally or master-ranked USA Track & Field Certifications and officials from across the United States.

Auction: Hotel can be reached (801) 856-1205. All accommodations are available at the hotel.

Venue: Chevron 440 surfaced, 400-meter track with nine 48-inch lanes. Fully automatic timing will be used. Only 1/4 mile may be used.

Athletes' Banquet: We have made arrangements for a Dutch Oven Banquet for Friday, August 13th, along with a Mountain Man demonstration. There will be a separate fee of $10.00 per person for the banquet. Please indicate your desire to attend on the entry form and include $10.00 per person with your check.

If entries are not adequate for a full field