600 Participants Set 31 World Indoor Records at USA Masters T&F Championships in Missouri

Witherspoon, Raschker Win Top Awards

by JERRY WOJCIK

The 1994 USATF National Masters Indoor Track & Field Championships took place on the campus of the University of Missouri, Columbia, March 25-27, amid the hoopla of the Tigers' game against Arizona in the Final Eight of the NCAA Basketball Championships on the 26th. While the Mizzou Tigers were being mauled (92-72) by the Wildcats in Los Angeles, men and women athletes ages 30-and-over were clawing for honors and records at the university's Hearnes Center Fieldhouse.

Over 600 athletes from almost every state, including Alaska, participated, and one came from as far away as Australia (Neil MacDonald, an M50-54 from Bendigo, Victoria, who, the week before, competed in the British Veterans Championships, then flew here to defeat a large, talented field in the 800 with a 2:09.24). The Canadians showed up with a strong contingent, anchored by Earl Fee, who easily broke world M65 records in the 800 (2:16.80) and 1500 (4:57.10), and Karl Trei, who garnered three world M85 records in the high jump (1.04/3-5), long jump (3.00/9-10), and triple jump (6.67/21-104).

In all, 31 world and 18 U.S. age-group records fell. Phil Raschker, 47, Marietta, Ga., continued to change the game in both the indoor and outdoor fields. He turned in a 2:33:36 for the women's masters win, and Italy's Emma Scaunich turned in a 2:15:48 as the first over-age-40 finisher, and Italy's Emma Scaunich turned in a 2:15:48 as the first over-age-40 finisher, and Italy's Emma Scaunich turned in a 2:15:48 as the first over-age-40 finisher. Each took home $9000 for their efforts.

Kurtis, Scaunich Win in Boston Marathon

by MARILYN MITCHELL

BOSTON, April 18 — In today's 98th running of the Boston Marathon, Michigan's Doug Kurtis, 42, posted a 2:15:48 as the first over-age-40 finisher, and Italy's Emma Scaunich turned in a 2:33:36 for the women's masters win. Each took home $9000 for their efforts.


The open winners each took home $95,000 — $70,000 for first place and $25,000 for new course records. And in a rare gesture of sponsorship generosity, title sponsor John Hancock Financial Services offered the $25,000 course bonus to second placer Andres Espinosa (Mexico), whose 2:07.19 finish was also under the previous course record.

In all, $572,000 was paid out in guaranteed prize money, of which $117,500 represented bonuses. Whereas last year was hot and humid, this year temperatures were in the 50s with overcast skies and a 19-mile-per-hour tailwind — ideal for marathoning.

It was truly an exceptional day with exceptional performances in an excep-
The National Masters News is a major funding supporter of NMN. Executive Officers of USATF: Larry Ellis, President; Ollan C. Castell, Executive Director.

USATF is the national governing body for athletics in the USA. Some are sponsored by individuals, clubs or other senior organizations.

Generally, anyone age 30 or over may enter a masters event and participate. Some events are limited to age 40+, 50+, or 65+; (please check the schedule for details). Some events require advance registration. Some require a current USATF card (at $12 per year, depending on the region). To inquire about a USATF card, call USATF in your area, or 317/281-6000. There are no qualifying standards for most masters athletics events.

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

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INDOOR NATIONALS
I competed in the National Masters Indoor T&F Championships at U. of Missouri. It was my first masters meet. This runner was really impressed. Almost every event went along smoothly. Led by Donald Dobson and the rest of the staff at the U. of Mo., the 3-day weekend went very fast. The volunteer race officials are to be commended for their hard work and devotion to duty. The starters, judges, timers and other volunteers did an outstanding job. The T&F athletes were helpful and friendly.

The results could have been put up faster on the bulletin board. Lists of the runners in the heats also were slow in appearing. However, those were the only glitches that I could observe.

After seven years in regional, state, and national Senior Olympic competitions, this was a new experience for me. I plan on more masters meets in the future.

I also wish to thank the National Masters News for publishing an informative newspaper.

I’m a member of the Motor City Striders. The other members who traveled from southeast Michigan also echo my sentiments.

Earning a silver in the 400, a bronze in the 800, and three ribbons in other events was like frosting on the cake for me.

Jack Hipple
South Lyon, Michigan

Columbia was a great indoor championships, with excellent camaraderie, great races, and a super track. Here are some suggestions that runners made for future events. 1) Provide a list of pre-registered entrants, by event, age, sex, club, state, and entry time. 2) Place a digital clock near the finish for use by both runners and spectators (or activate scoreboard clock if there is one). 3) Check in all runners for an event at one time so that individual heat participants are not held 15-20 minutes at check-in point. Warm-ups were made unpredictable and hampered. 4) All heats should be on the board at the start of the meet, at least for pre-entrants. 5) Speed up awards; 2-3 hours is unnecessary. People want to leave to recover in their rooms or go out and celebrate. 6) Stands should be by the finish line, if possible. 7) Order enough T-shirts, so that they don’t run out. 8) On the last day of the meet, run events more continuously, and advertise “On last day of meet, events may be ahead of schedule!” 9) Fill event time holes to allow people to leave early. 9) Prepare a check list of everything that should be done for future championship meet directors.


GERMAN THROWERS
Gosh! What a surprise! I didn’t realize those German guys were so great. It must be something in the water — or maybe in the air. I have noticed that the really strong ones have yellow eyes. Perhaps they select them for that trait. They also smoke a lot, crowd ahead in practice, and are quite loud. Nonetheless, I have really enjoyed competing with them over the years. My personal competitions with the Germans have had mixed results. As an M40-44, I won a round of beers for all by leaping over a parked Volkswagen Bug (from a curb, running start). As an M50-54, I almost outprinted a very large irate Doberman Pinscher (yellow eyes) for thirty yards. I don’t remember if I was ranked in those events during those years, but I do remember the thrill of victory and the agony of defeat.

I get a lot of letters from competitors around the world; we like to brag to one another about how far we throw. One German friend sent me a snapshot of his personal shot put ring that he built in his back yard. I noticed the impact area was quite a bit lower than the toe-board. He gets some really long throws at home.

I am told by informed sources at the highest level that the throwing areas in Buffalo are going to be flat. So when we gather together in 1995 for a throw, we will all have the same conditions.

Charles Brush
Ross Carter
Richard Dunphy, Jr.
Otto Essig
Dennis Featherstone
Geza Feld
William Forsyth
Chuck George
Richard Glasgow
Max Jones
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Eighteen Join NMN Sustainers
Each month, NMN publishes a list of “sustainers,” those who help the National Masters News and masters athletics by making contributions. These extra funds allow us to publish more photos, deeper results, an in-depth schedule section, and more.

Special thanks this month go to:

Charles Brush
Ross Carter
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N. Hampton, New Hampshire
Santurce, Puerto Rico
El Cajon, California
Pearce, Arizona

Photo by Jerry Wojcik

Perhaps Dr. Von Rohr should do another comparison when the dust settles.

Presented with humor.

Richard Hatchkiss
Rocklin, California

CHUCK KLEHM
It was quite a shock to read in the April NMN that “Chuck” Klehm died. Chuck did an outstanding job as chairman of the masters weight events for years.

I participated in several midwest meets in Illinois over the past several years, and we weight throwers always watched for Chuck to arrive in his pick-up truck with all the weights in the back.

Continued on page 14
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The 3 1/2-Percent Factor

Following his sensational 3:58.15 masters mile record in Boston on February 20, Ireland's Eamonn Coghlan equated that effort to his 3:49.78 indoor mile record in 1983.

If that's really the case, then we have a gauge of sorts as to how much a man loses between age 30 and 40, or more accurately, 41, as Coghlan was when he ran the first sub-4 masters mile. It figures out to a 3.64 percent loss. If we assume that Coghlan would have been able to run a little faster at age 40 had he not taken a year off before then, we're looking at a loss of about three- and-a-half percent at age 40.

Of course, not everyone ages at the same rate and the physical demands of miling are not necessarily the same as time best of 7-8 in 1984. tempting to become the first person

For other events or other sports. It may We didn't very well assume that Coghlan would have been world recordholder at accurately, 41, as Coghlan was when elements.

He not taken a year off before then, age 40.

But if that 3.5 factor applies to loses between age 30 and 40, or more to totally isolate the various physical elements.

Coghlan can't com- 10.21.

Adapted Around Age 40

It would be more scientific to take Campbell's time at age 40 over the same Boston course under the same conditions and compare it with his 2:11:04 at 41, but Campbell did not run Boston then and was not as serious a competitor in those days. The same goes for Foster. Both Campbell and Foster fully adapted to the sport right around age 40.

Adaptation is one aspect of the running sport that many masters seem to overlook when they make comparisons. I'll frequently hear a masters runner say that he is running better now than he was five years ago, implying that he has outwitted Father Time. Question this same person and You'll older than 41 breaking 4 minutes:

They simply didn’t maximize their potential at age 30 and are unable to make any comparisons.

Adapted At Age 30

With Coghlan, however, we can make a comparison. He certainly was fully adapted at age 30. He continued to compete until age 38. He lost a year at 39, spent a year getting back to 100 percent, then did the 3:58.15.

About the only other athlete I can think of by whom we can make such a comparison is Nolan Ryan. He was reportedly throwing a 101 mph fast ball at age 30. At age 40, his “smoke” was measured at about 97 mph. That’s a loss consistent with Coghlan’s, just over 3.5 percent.

The good news, then, is that if we remain active, we don’t lose a heck of a lot before age 40, only around 3.5 percent. The bad news is that we do lose something, and that small differential can represent the difference between being a world-class competitor and not being one. Surely, Coghlan can’t compete with the best milers in the world today, and Carl Lewis won’t be able to qualify for an Olympic team with a 10.21.

Odds Against 41 +

Aging takes its toll, but nowhere near as much as people once thought. I'm giving these odds against anyone older than 41 breaking 4 minutes:

Age 42  — 5-1
43  — 10-1
44  — 50-1
45  — 100-1
50  — 1,000-1
60  — 1,000,000-1
70  — Billion-1

Neither teleportation nor astral travel counts. Any takers? □
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All additional events $5 each
Relays $5 per team

Post-entry fee (postmarked after July 1st until 1 hour before each event)
First event $16.00
All additional events $7.00
Relays $5 per team

For further information contact: FRED TRESELER, 79 Manet Rd., Chestnut Hill, MA 02167 (617) 964-7802 FAX (617) 964-8356

ORDER OF EVENTS
WOMEN'S EVENTS FIRST

FIELD EVENTS
Field event competitors must provide their own implements. Implements will be subject to inspection prior to competition.

1:00 High Jump / Javelin / Hammer
2:00 Long Jump (upon completion of Javelin) / Discus
3:00 Shot Put
3:45 Triple Jump

ENTRY FORM

Name:__________________________________________________________
Sec: (M) (F) Date of Birth _ __ / __ / __ Age on Race Day __________
Cly. __________________________________________________________
Phone ( ) _____________________________________________________
USAATF #_____________________________________________________

List your anticipated time or performance:

Event: _________________________________________________________
Time/Dist. _____________________________________________________

Event: _________________________________________________________
Time/Dist. _____________________________________________________

Event: _________________________________________________________
Time/Dist. _____________________________________________________

Make Check Payable to: TRACS, Inc.
Send entry form & fee to: Reebok Boston Masters Track Championships
TRACS, Inc. 79 Manet Rd., Chestnut Hill, MA 02167

In consideration of this entry being accepted, I hereby for myself, my heirs, executors or administrators waive and release any and all rights and claims for damages I may have against Northeastern University, USAATF, TRACS, Inc., B.R.C., Reebok, Kennedy Bros.,&T, its agents, representatives, successors and assigns for any and all injuries suffered by me at said meet and arising out of my traveling to and from said meet.

Signature______________________________________________________
Date:_________________________________________________________
10 Tips for Foot Health

1. Exercise regularly. Feet have muscles and bones, just like the rest of your body. A good general aerobic exercise program three days a week, combined with foot exercise, will stimulate circulation and develop strong, well-balanced feet.

2. Stretch regularly. Stretch the foot and lower leg muscles before and after exercise. This reduces risk of injury from exercise.

3. Check walking form. Check that your feet point straight ahead. Walk slowly at first, then increase your speed. Walk 3-4 times weekly at a pace of 3-4 miles per hour to increase your aerobic capacity.

4. Wash and dry your feet daily. Smooth rough skin with a pumice stone and apply dry skin cream after exercise. This reduces risk of injury from exercise.

5. Trim nails regularly. Trim with a clipper designed for toenails. Do not cut into the nail corners.

6. Choose properly fitting shoes. We should let the feet 'breathe.' Leather shoes are usually the best. High-top shoes help stabilize the ankle.

7. Choose a shoe for the occasion. You will need walking shoes for walking and running shoes for running. Each is designed with a specific sport in mind. Choose a shoe that offers good midsole cushioning and a stable heel counter.

8. Purchase children's shoes with extreme care. Babies are best left without shoes until they are walking. Allow ample room for growth. Don't use 'hand-me-downs' that are molded to someone's else's foot. These will simply cause new problems.

9. Choose a good pair of socks. Cotton or cotton-synthetic combinations allow the foot to 'breathe' and offer additional cushioning to the foot.

10. Add a soft orthotic or insert into your walking shoe as you get older. This will help compensate for the loss of natural cushioning of the foot that occurs with age. ☐

(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, NMN, Box 2372, Van Nests, CA 91404.)

Rose Wins Third Straight Shamrock

by JERRY WOJCIC


In the closest contest of the race, Hugh Sweeny, 50, Jersey City, N.J., won the M50-54 division with a 28:05, followed closely by John Benkert (53, 28:08), Pasadena, Md., and Thomas Hare (50, 28:12), Raleigh, N.C.

In the W40-and-over race, local favorite Gretchen Maurer, 42, Norfolk, Va., defeated, with a 29:47, nationally-ranked master Catherine Lempesis (42, 29:57), Columbia, S.C., and Barbara Filutze (47, 29:58), Erie, Pa. Newcomer and sensation Rae Baymiller, 50, NYC, was fourth in 30:30.

The marathon masters winners were Dan Black, 40, Kalamaazoo, Mich., with a 2:26:06, and 46-year-old Jeanne Kruger, Norfolk, Va., in 3:15:07.

The day began with 15-to-25 mph winds and a 55° temperature. Over 4200 runners participated; 635 in the masters 8K. ☐
I'm first at Heartbreak Hill, I'll win it.”
France’s Pierre Levise (42, 2:17:13) was second over-40 while Britain’s Bloomfield was third (2:17:42).
“T’m not planning to slow down,” Kurtis said. “I have a marathon in two weeks (Pittsburgh)... another in four weeks (Cleveland). I did 15 (marathons) last year. I work 40 hours a week at Ford Motor Company and I see my two children every other day. And I just got engaged.”
Scaunich, who placed second overall in the Los Angeles Marathon, March 6 in 2:37:05, finished 11th overall.
“I consider myself to be competing in the open division,” she said through an interpreter. “I didn’t see Bernie (Portenski, last year’s masters winner). You must take risks at Boston. but I’m not running a marathon as a master. Considering her previous statements about not running a marathon as a master.
Scaunich, who lives in Bologna.
Canada’s Richard Crampon (51.
57 handling and crating services. The service is called MaximK, which stands for Maximum Protection. The service includes the use of special equipment, such as a special tarpaulin that can be used to keep out the wind and rain, and a special trailer that can be used to transport the tarpaulin.

Mary Boles, first W65 (30:27), Windward 5K, Kailua, Hawaii, May 16. Photo by Tesh Teshima

Kurtis, Scaunich Win in Boston

Continued from page 1

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Training Masters (Part One)...
Coach Gwen Robertson

EW: Do you have a general philosophy for training masters?

GR: I always try to learn what an athlete’s goal is. If a walker’s goal is to race and to race well, then that becomes the focus of the training, not just training to train, but training to race.

I have found that many older walkers have never focused on a particular time frame in which they want to race, such as the spring or summer months. They just participate in races all year round without any specific goals for peaking.

EW: Then you encourage masters to pick a race season and to train for it.

GR: If they want to. As a coach, I am a firm believer that it is the athlete’s choice, not mine. Their goals are what is important. If they want to race year round, fine. We can set up a plan that will help them do that. These athletes can be good, but they may not reach the peak performance that they would if they focused on one or two big races a year. I prefer to work with someone who wants to peak, let’s say, for one or two races in the summer or maybe in the fall and then take an active rest during the winter months.

EW: Do you feel that a period of rest is psychologically necessary to avoid burn-out?

GR: Definitely. Not only does the body need to be rested, the mind needs to be rested — probably more. A mental break from the day-in and day-out routine of getting out the door and training is rejuvenating. When you come back, you are raring to go. Active rest does not mean sitting and doing nothing. Athletes are encouraged to stay active with cross-country skiing, biking, swimming, running — generally enjoying the activities they have not been able to do because of their training schedule.

EW: What do you consider an optimal rest period?

GR: One month, particularly the month of December as this is a month when a lot of things are going on. Then training starts again in January. An athlete might take one or two weeks vacation in the middle of the summer, too. It is sometimes hard to train when you are away from home. One or two weeks active rest in the middle of a racing season doesn’t hurt. Often athletes will come back better than they were before.

Multi-Paced Training

EW: The masters national outdoor championships are usually in the second week of August. How would you have your athletes prepare?

GR: In the last several years, I have changed to what the British call a multi-paced training year where athletes do all kinds of speeds throughout the year. They will do some fast stuff early on to keep in touch with their fast twitch muscle fibers. This involves doing the same type of fast work in January as you do in June, but only once a week or once every two weeks. I have noticed that athletes seem to recover better from training and from racing using this multi-paced training. Combining shorter fast workouts, longer fast workouts, tempo workouts and VO2 max type workouts provides a good mental break as you are not doing the same thing over and over.

EW: Would you explain what tempo means exactly?

Tempo Workout

GR: I explain tempo as 10 to 15 seconds per mile slower than your current 10K race pace. You would want to do this for 30 minutes or so. It is more for increasing your anaerobic threshold. Tempo work is one of the most critical workouts you can do and it should be included year round.

With older athletes, I basically have gone to two hard days a week, occasionally three in the racing season. One of these quality sessions could well be a tempo workout — that is a 6 to 7 mile workout with 2 to 3 miles in the middle at tempo. A walker would not want to start right out with this. You might do a 15-minute warm-up walk, a 15-minute tempo walk, and a 15-minute cool down, gradually increasing to 2 miles of moderate walking, 3 miles of tempo and another mile of easy walking. If you are training for a longer distance like a 20K, you might get up to a 40-45-minute tempo walk; but again, it is at a pace 10 to 15 seconds per mile slower than your 10K race pace.

Every two to three months, as your fitness increases, you need to do a time trial or race to check your pace so you can adjust your tempo pace. If you do a 5K, you can figure out your 10K pace from that.

EW: How do you figure your 10K race pace from your 5K race pace?

GR: If you do a 25-minute 5K, your 10K pace would be 51:30 to 52:00, or about 15 to 20 seconds a mile slower.

(To be continued next month)
Paul Spangler Dies

Continued from page 1

"He got to meet privately with the prince and princess (of Japan) while he was there," Kousky said. "He was extremely sharp. It was always a highlight to hear him speak."

Spangler was born March 18, 1899, in Mittineague, Mass. The son of a Congregational minister, his family moved to Eugene, Ore., in the early 1900s and he delivered The Register newspaper in Eugene in 1913.

His schooling at the University of Oregon was interrupted for service in the Navy during World War I. In 1923, he graduated magna cum laude from Harvard Medical School.

He studied flying at the Portland Flying Club, and his family claims he became the first doctor to have a pilot's license.

He was a surgeon at the Navy hospital in Pearl Harbor on Dec. 7, 1941. He retired from the Navy in 1959 and worked on Project Hope, taking a hospital in Southeast Asia.

Running and barbershop singing became his joys in later life. He founded the Society for the Preservation and Encouragement of Barbershop Singing in America, and took pride in breaking three hours in qualifying for the Boston Marathon in 1979.

His two wives died, leaving him four children — Nolen, Barbara Kuhne of Northbrook, Ill., Margot Krolezyk of North Palm Beach, Fla., and Paul A. Spangler of San Jose, Calif. He had 14 grandchildren and 28 great-grandchildren.

At the family's request, memorial donations may be made to the Paul Spangler Memorial Fund, c/o Fifty-Plus Fitness Association, P.O. Box D, Stanford, Calif. 94309, or to the Spangler-Sheppard Scholarship Fund, University of Oregon Foundation, P.O. Box 3346, Eugene, 97403-0346.

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USA TRACK AND FIELD MASTERS NORTHWEST REGIONAL CHAMPIONSHIPS
ALASKA, INLAND NW, MONTANA, OREGON, NW, SNAIE ASIA, WYOMING
HOSTED BY PACIFIC NORTHWEST TRACK & FIELD
JULY 23 & 24, 1994
LINCOLN BOWL - TACOMA, WASHINGTON

ENTRY FEES: $10 1ST EVENT; $5 EACH ADDITIONAL EVENT
RELAYS, NO FEE FOR MEET PARTICIPANTS PAYABLE TO: PWTF
ENTRY DEADLINE: POSTMARKED JULY 16, NO LATE ENTRIES ACCEPTED
FACTORY: 400 M, MARTIN USS-100 POLYURETHANE TRACK - RUNWAYS (1/4" SPIKES)
DIVISIONS: FIVE YEAR AGE DIVISIONS, M&W, 30 YRS & OLDER
RELAYS: TEAMS MUST WEAR SAME TOPS; 10 YR-AGE GROUPS: MUST BE FROM SAME CLUB OR ASSOCIATION REGISTERED WITH NORTHWEST REGION (DECLARE ONE HOUR BEFORE EVENT)
AWARDS: USA T&F CHAMPIONSHIP MEDALS FOR 1ST, 2ND, 3RD- RIBBONS: 4TH, 5TH, 6TH DPLICATE AWARDS FOR NON NW REGIONAL PLACE FINISHERS.
RECEPTION: SATURDAY EVENING
PACKETS AVAILABLE AT TRACK SITE - 8:00 AM, SAT & SUN

NW REGIONAL CHAMPIONSHIPS SCHEDULE OF EVENTS

SATURDAY FIELD
10:00 M-W 10,000 METERS 10:00 M 30-59 LONG JUMP
11:15 M-W 5000 METER WALK M 60+W POLE VAULT
12:00 M-W HIGH HURDLES M 30-59 JAVELIN
12:30 M-W 100 METERS 12:00 M 60+W LONG JUMP
1:30 M-W 400 METERS M 30-59 POLE VAULT
2:15 M-W 1500 METERS M 60+W JAVELIN
2:45 RELAY: 1600 METERS 1:00 M 60+W SHOT PUT
4:00 M 60+W 2000 M STEEPLE 2:00 M 30-59 SHOT PUT
4:20 M 30-59 3000 M STEEPLE 3:00 M-W WEIGHT THROW

SUNDAY
10:00 M-W 5000 METERS 10:00 M-W HAMMER
11:00 M-W INTER. HURDLES M 60+W HIGH JUMP
11:30 M-W 800 METERS M 30-59 TRIPLE JUMP
12:00 M-W 200 METERS 11:00 M 60+W DISCUS
1:00 RELAY: 400 METERS M 50-59 HIGH JUMP
1:30 RELAY: 3200 METERS M 60+W TRIPLE JUMP
3:00 M-W WEIGHT THROWS

ORDER OF COMPETITION: MEN - WOMEN - OLDER - YOUNGER
CHECK IN: 60 MIN. PRIOR TO EVENT START
ALL IMPLEMENTS WILL BE WAVA STANDARD AND MUST BE CHECKED IN 90 MIN. PRIOR TO EVENT START

ENTRY FORM
USA T&F MASTERS NORTHWEST REGIONAL CHAMPIONSHIPS
ALL COMPETITORS MUST BE USA T&F MEMBERS

NAME:__________________________AGE: (7/23/94) ____________M __ F __
ADDRESS: ______________________CITY:__________________________STATE:____ZIP:________
PHONE: ________________________CLUB:__________________________‘94 USA T&F #________
EVENTS BEST ‘93 MARK
1.__________________4.__________________
2.__________________5.__________________
3.__________________6.__________________
RELAYS: 400M 1600M 3200M

I waive all rights that I or my heirs or assigns may have against the sponsors of this athletic event arising from any injury, illness, or accident that I sustain or incur participating in this event or at this event. I declare that I am in good health to participate in this event.

signed:__________________________date:________

MAIL ENTRY TO: CAROLE LANGENBACH, PACIFIC NORTHWEST T&F,
4261 SOUTH 184TH STREET, SEATAC, WA 98188-4569

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How They Train: Philippa Raschker

by PHIL MULKEY

Philippa (Phil) Raschker, 46, an Atlanta accountant, was named U.S. female masters track and field athlete of the year in 1993 — the seventh time she has been awarded that prestigious honor. She also won in 1982, 1987, 1988, 1989, 1990, and 1992.

Last year, she won 16 national and seven world age 45-49 titles. She broke seven W45 indoor and three W45 outdoor world records, not to mention a host of U.S. marks.

How does she do it? What does her training consist of, anyway?

First she has been forced to change her training program quite a bit over the years. Her devastating injury in the World Veterans Championships in Turku in 1991 required surgery. Trying to return to the wars as she entered a new age bracket in 1992 was difficult. If she was going to approach her 1989 standards, she would have to make a dramatic change in her training.

The first thing she did was solicit the aid of a private weight trainer, Joe Williams of England, who put her on a very specific weight-training program designed to isolate and strengthen those muscles needed to perform in each particular event.

Daily Weight Training

In December, 1992, she began an accelerated program of “three-on and one-off” daily weight training. This cut into any on-track running and jumping, but it was also giving her knee a better chance to heal. Most running was limited to 10-20 minute treadmill jogging.

Still, on the weekends, when no track meet conflicted, she trained on one of the local tracks, as follows:

1) Opening with a 3-lap jog, with each succeeding lap faster
2) 20-minutes of thorough stretching
3) Three run-through 50m, each one faster
4) Six x 40m hurdles
5) Catch her breath while tossing the shot put and javelin
6) The Jumps: Using only an 8-step approach, work on the jumps according to what technique needed to be served best. The pole vault most, with the high jump least. But a certain amount of work was needed for the long jump and triple jump just to keep strength and timing coordinated
7) Finish with a fast 300m

Tuesdays were set aside for the Atlanta all-comer meets at Emory University. Those events were used as a test-measurement to determine her status in that event. Sometimes Wednesday would be used to “fine-edge” some aspect of a particular event prior to the weekend competitive track meet.

While in the past she had always done a bit of weight-training (January through March) to get ready for the outdoor season, this time she took it all the way through the World Championships. Was it worth it? Was it better than her previous training methods? To find the answer, we need to look to the age-grading tables to find out what and how she _should_ have performed in ‘93 compared to her great ‘89 Championships.

She was practically “on the money” with the exception of the 200m and pole vault. It would seem that the heavy weight training enabled her to “hold her own” in the 100m and 400m and, yet, mysteriously, found her quite short in the 200m. But perhaps the 200m was a much easier victory than the incredible 400m final, her last of nine events, which she won with a great stretch drive after being down five meters with less than 100 to go.

But probably the surest example of how she has benefited from the new program is indicated in the pole vault, by virtue of strengthening the arm and shoulder girdle muscles, which have always been notoriously weak in most women. This added upper-body strength was an obvious help in lifting herself up on the pole and over the bar, irrespective of the degree of technical skills acquired during that period.

Her slight “relative” improvement in the long jump, coupled with her “strength” as demonstrated in the 400m stretch drive, even though not dedicating herself to heavy run-training, has to show the new program (although much more strenuous in some ways) to be effective.

Why Quit A Winner?

Will she accept the new program now and continue it as a regular training lifestyle? “Why quit a winner?” she said.

And in answer to any of the ladies who would fear that such heavy weight training would increase their own secretly known-only-to-themselves body weight, fear not. Raschker, who

Continued on page 17
## Classifieds

Classified ad rates are $5c a word. Count and name address as 5 words. Race notices are 50c per word. Prepayment required with copy. Deadline is the 10th of the month prior to the issue date. Send to NMN, P.O. Box 2372, Van Nuys, CA 91404.

- Athletes and Meet Directors: The ultimate "OMNI MARKER" for stakes and "MARKER" for all throws, jumps - plus hole for roping, flagging sector/area lines, for I.D. tags, colored tape. Strong, streamlined, bright color anodized aluminum plate. Also for garden/row/crop I.D., tent stakes, construction, landscaping, what else? $19.75 for multi-colored dozen (includes s/h).
- Six Football Fields Long: Surveyor's flagging plastic tape. Multi-color six pack of 100 yard rolls for $11.75 (each roll). All orders to: B.P.E., INC., Dept. N, P.O. Box 802, Thatcher, Az. 85552. Az. residents add 5% sales tax.
- EXTRA INCOME '94: Earn $200-$500 weekly mailing 1994 training brochures. For more information send a self-addressed stamped envelope to: Travel Inc., P.O. Box 612530, Miami, FL 33161.
- Dipsea, The Greatest Race, by Barry Spitz. New book about America's earliest (since 1905) and most fabled cross country race. Won outright by masters 12 of last 15 years! 240 oversize pages, 65 photos, removable map. $27.95 (hardcover), $18.95 (paper) plus $2 shipping to: Potrero Publishing, Box 3007, San Anselmo CA 94979.
- Individual Track & Field Events in Bronze: dash (M & W), distance (M & W), walkers, hurdlers, throws, sprints, jumps, javelin, high jump, long jump, pole vault, Bronze figures (5" to 7" high) on beautiful bronze mounts (4" x 6" x 1"). Nameplate and any engraving included. ONLY $65.00. Shipping incl. Send check or M.O. or we send C.O.D. Write or call Jack Eghmey, 2379 West 9th, Loveland, CO 80538. 303-663-3091.
- Mental Training For Peak Performance in Track and Field: Event specific audio-tape cassettes focus on relaxation, affirmations, goal achievement, mental recall and rehearsal. Specify event: cassette: team, sprints, hurdles, mid-distance, distance, cross country, shot, discus, javelin, pole vault, high, long, triple jump. $10.00 per tape, complete set of 13 for $105.00. Building The Total Athlete, 2839 Sonora Drive, Emporia, KS 66801.

## Publications Order Form

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<tr>
<th>Publication</th>
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<tbody>
<tr>
<td>Masters Age Records</td>
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<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 racing distances, as of Oct. 31, 1992. 56 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&amp;F Rankings Chairman.</td>
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<tr>
<td>Masters Track &amp; Field Rankings</td>
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<td>Men's and women's 1993 U.S. outdoor track &amp; field 5-year age group rankings. 52 pages. Over 100dp in some events. All T&amp;F events, including mile, weight, relays, and walks (5000, 10K, 20K). Coordinated by Jerry Wojcik, USATF Masters T&amp;F Rankings Chairman, and the National Masters News.</td>
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<td>Masters Age-Graded Tables (1895)</td>
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<tr>
<td>Single-age factors and standards from age 21 to 90 for men and women for every common track &amp; field, long distance running and racewalking event. Shows how to conduct an age-graded event. Tracks your progress over the years. Compares performance between different ages/sexes in different events. 66 pages, including samples and charts. Compiled by the National Masters News and the World Association of Veteran Athletes.</td>
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<td>Masters 5-Year Age-Group Records</td>
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<td>Men's and women's official world and U.S. outdoor 5-year age group records for all track &amp; field events, age 35 and up, as of March 31, 1994. 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&amp;F Records Chairman.</td>
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<td>Masters 5-Year Indoor Age-Group Records</td>
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<td>Same as above, except indoor records (M40+, W35+) as of January 31, 1994.</td>
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<td>Competition Rules for Athletics (1994)</td>
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<td>U.S. rules of competition for men and women for track &amp; field, long distance running and racewalking — youth, open and masters.</td>
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<td>IAAF Scoring Tables (1985)</td>
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<td>Official world scoring tables for men's and women's combined-event competitions.</td>
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<td>Guide to Prize Money Races and Elite Athletes 1994</td>
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<td>Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 800 contact addresses and phone numbers, calendar and contacts for over 400 prize money events, plus much more.</td>
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<td>Fastest Old Man in the World</td>
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<td>22-minute video of New Zealand's great Derek Turnbull. He ran a 2:41 marathon at age 65, and currently holds ten world five-year age-group records from the 800 to the marathon.</td>
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<td>USATF Logo Patch 3 color embroidered 4&quot; x 3&quot;, $4.50.</td>
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Success Marks Mizzou Debut as Host for Masters Indoor Nationals

Congratulations and thanks to Meet Directors, Donald Dobson and Rick McGuire, for their excellent effort on behalf of our athletes. It was evident to me that their primary focus was on the needs of the athlete, which I think is essential when you assume the responsibility for hosting our National Championships.

This caring attitude was apparent Saturday evening, when, after directing a full day of competition, Dr. Rick McGuire presented a free seminar to all interested athletes. Rick, who is Chairman of the USATF Sport Psychology Registry and served as the Sport Psychologist for the 1992 US Olympic Team in Barcelona, discussed Winning vs. Success: "It Does Matter Whether You Win or Lose." The response to his presentation was very positive. I overheard several athletes thanking him for the information, indicating it was very beneficial.

The caliber of the officials and other workers was very high. Those athletes fortunate enough to be awarded a medal during the Championships were even more fortunate as Olympic Medalist Natasha Kaiser-Brown, Assistant Coach at Mizzou, personally presented all medals throughout the competition.

Staging the first meet is always the most difficult, and the one where you learn what you need to change. Both Dobson and McGuire indicated Mizzou would like to host future masters championships. We look forward to working with them.

Sponsors of the Championships and the Meet Organizers provided plaques for the Outstanding American Male and Female Athlete in each five-year age group. In addition, engraved mantle clocks were given to the Outstanding Overall Male, Keith Witherspoon, and Female Athlete of the Championships, Phil Rascher.

After reviewing the entire results of the Championships, the following athletes were selected as Outstanding Age-Group athletes. Their awards will be sent to them by the Mizzou Organizing Committee.

Age
M80 Jerry Wible
M75 Rod Parker
M70 Ed Lukens
M65 Jim Law
M60 Marion Sanchez
M55 Charley Miller
M50 Don DeNoon
M45 Fred Sowerby
M40 Keith Witherspoon
M35 Ben James
M30 Gregg Harris
W70 Lavina Haefele
W65 Johnnay Valen
W60 Irene Obera
W55 Elton Richardson
W50 Ruth Nalepa
W45 Phil Rascher
W40 Paula Dickson-Taylor
W35 Therese Ikonian
W30 Andrea Fischer

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Write On:
Continued from page 4

All of us will miss Chuck Klehm as a meet official and competitor. I am sure the person who took his place as chairman will do a good job, but there was only one "Chuck" Klehm.

Loyd G. Smith
Bright, Indiana

RELAYS
First of all, let me thank Sandy Pashkin for the work she did at the 1991 World Games in Finland and the 1993 World Games in Miyazaki, Japan. I have participated in six world games; therefore, I feel that I have the qualifications to support my opinion regarding the process used to form relay teams. Selecting the fastest four runners in the 100 and 400 at the World Games for the respective relay teams by age groups is the best way to make up relay teams.

I disagree with the letter, printed in December National Masters News, written by a Stephen Robbins of Del Mar, Calif. His suggestion of having "qualifying meets" and choosing the best runners to be on the relay teams is not the best way to form the relay teams. I have seen that some of the fastest runners come up hurt or sick at the World Games, or not even attend the Games.

Oscar Harris

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DEADLINE
NNM is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising is the 10th of the month before date of issue. Send to National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

1993 ONE-HOUR POSTAL RACEWALK

Thanks to all runners for competing in the 1993 One-Hour Walk and joining in the national and international spirit of the event. Thanks also to all who put on the event, judged, counted laps, and made sure that 1993 was so successful. We trust that all went well. We had some terrific walking. We had many outstanding performances.

We set nine records. We had 248 participants, who walked a total of 2,034.621 kms (1,264.28 miles), which is the equivalent of walking from Long Branch, N.J., to New Orleans, La. The 160 men walked a total of 1,262.319 kms; the 88 women 772.302 kms. We consider all of you who walked as winners.

We hope you enjoyed it as much as we did. We want to make the 1994 event the best yet. Please spread the word to your friends around the country and the world, there were no international entries this year, for some reason.) We'd like to see participation double and triple in the years ahead. If only we had a sponsor, we could do much more, so if you have any leads, please let us know. We've said it before and we'll say it again: Please consider each of yourselves as members of the committee and help us to encourage participation everywhere.

Elliott Denman, Donna Cetrulo
& Jerry Kass
Long Branch, New Jersey

PAUL SPAGNER

Reading of the passing of Dr. Paul Spangler, I had a large lump in my throat. Paul was a legend—an inspiration to everyone who knew him.

The Lord was good to Paul, letting him die doing what he loved. Paul passed away March 29 with his running shoes on. He collapsed not too far from his home during his morning run. I first met Paul in Bakersfield, CA, at an international track meet. Gordon
Wallace, who passed away last January, was also there. The three of us were doing a 5K judged racewalk. Paul, I believe, had just turned 90, and I was 64. What an honor and thrill it was to be on the same track with those two legends. I got a lump in my throat each time I would lap them. They both were clearly missed, but these legends will live on in my heart. Mel Granttham Bloomington, California

AGE-GRADING

In answer to John Poppell’s answer to my answer: John, it was never considered a “personal issue” only a fun thing. In answer to Bev Laveck’s (Mar. ’94) pity for the Southeast Co-coordinators (Mulkey and Raschker) and their “trouble” in age-grading the Miyazaki World Championships with the old “outdated” ‘89 factoring instead of the brand new WAVA approved ‘93 figures: Allow me to clarify a couple of major points lest she and others of NMN readership be misled.

1) When it was suggested, even before the opening ceremonies themselves, that the competition be age-graded, we could hardly wait to totally immerse ourselves in the many, many hours of detailed minutiae that John Poppell and others have come to know and love. Just call us “lucky” that apparently no one else was aware of the position being open. 2) It was acknowledged at that time that since an entire previous season had been evaluated under the original scoring, it could be more than just a little confusing to attempt to “change horses” right at the very end. Moreover, and perhaps most importantly, while the updated system had been approved by WAVA, the actual figures themselves were still in a flux of final adjustment (as a matter of fact, even as we speak at this moment, the figures themselves were still in a flux of final adjustment and were used for the National Indoor Pentathlon this March).

While Bev may not have known all of this, her taking time to write up a revised edition (brief though it may be), still fills us with joy just in knowing that somebody, anybody out there is reading the stuff.

But while her exciting retabulation of one list is well-meant, what are we to do with the other 84 named performers? I mean, while it is always quite grand to see any new names come forth for due recognition, what about the honorable names that were deleted? It would seem for the moment that rather than rush to judgment prematurely, let’s accept the entire 1993 season for what it was and look forward to 1994 for giving a chance for new hope for all those deserving.

Phil Mulkey
Marietta, Georgia

HIGH JUMP RECORDS

In the February 1994 issue of NMN, it was stated that Dwight Stones had broken the existing world masters high-jump record and that the old mark was by John Harff, set in 1986. John didn’t jump the 2.00m that was stated, but 6-7. They are close, but the record was set in feet and inches.

Secondly, I broke his record in Bozenman in 1993. Therefore, he was not the previous record holder as claimed. I specifically set the bar in feet and inches, so as to ensure the record was broken. I jumped 6-7¾. The WR form was signed by Jeff Helton, the Florida masters high jumper who officiated.

On p. 13, May 1993 issue, I was listed as the new WR-holder but at 6-7. I believe that was somehow translated into meters and back again, which cost me the ¼”.

On p. 23, July 1993 issue, I was listed at 2.01m. That would be accurate enough, since John’s mark was listed in the March issue at 2.00m, if we are converting. My 2.01m (6-7¾) still beats the old 2.00m (6-7). That was the whole idea—to break the mark by a FULL ¼”, as Stones did. He broke my record by ¼”, jumping 6-7¾, not the 2.02m listed.

Not many of us ever have the opportunity to stand alone at the top, and usually not for very long. With a quality jumper like Dwight now in the arena, I would at least like to have had the recognition for the 12 months that I held the record.

Steve Harkins
West Chester, Pennsylvania

L.A. MARATHON

In the March issue on page 5, an item in the Ten Years Ago box gives the 1st master’s time for the L.A. Marathon.

When I ran the L.A. Marathon in 1987, it was billed as the 2nd annual, which would make the 1st L.A. Marathon in 1986.

Jack Kirkpatrick
(An L.A. Marathon was staged sporadically for several years until the official “L.A. Marathon” under the current management was established in 1986. —Ed.)

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Mildred Raffety Smith

In a society that’s ever more age conscious, there’s one senior athlete who pays no heed to such nonsense. At age 84, with five years of walking under her belt, Mildred Raffety Smith of Wyatt, Missouri, captured a silver medal at the 10th World Veterans Championships held in Miyazaki, Japan in October, 1993, and now has her eye on the gold for 1995.

Finishing the 5K racewalk in 33:17.58, Smith was beaten to the gold in her age group by a younger from Sweden, 80-year-old Nora Vedemo in 32:33.86. Always a fast walker, according to family and friends, it seemed only natural for Smith to take up racewalking, albeit rather late in life, thereby proving that it really never is too late. In September, 1991 Smith underwent back surgery and just what did the doctor order? Walking, of course. She was told to walk one mile a day — advice she took all the way to Miyazaki.

During her 18-day trip to Japan, Smith trained by walking six miles a day despite high humidity and 90 degree temperatures. This perseverance brought its rewards by earning her the second place award in her age division.

While in Japan, Smith greatly enjoyed seeing the country of her hosts, especially the mountains where the pears look like apples and the Japanese encase the growing fruit in brown bags to prevent insect damage. She was particularly impressed with the politeness of the people, the good behavior of the children, and the remarkably uncluttered environment.

At the 9th World Veteran Championships in Turku, Finland in 1991, Smith missed medalling by a hair’s breadth, coming in fourth. However, it’s obviously onward and upward — with the winning of silver two years later, we can expect a strong push to capture the gold in Buffalo in 1995.

In addition to the silver in Japan, perhaps Smith’s most treasured athletic award is a special Resolution adopted in November, 1993 by the Missouri House of Representatives recognizing her as a “remarkable octogenarian, whose accomplishments as an athlete have brought glory and honor to the Show-Me State and have served as an inspiration in the lives of her fellow Missourians.”

Smith’s association with the House of Representatives goes back a long way to the year 1929-31 when she was a house clerk, running errands during legislative session. She recalled speaking to the Governor every morning when she was just “a little kid from the country.” In those days, she would see Regulations like her own and think to herself that she would never do anything exceptional enough to merit such recognition. As it was, her own award came as a complete surprise, especially since she was unaware that her accomplishments were known by any House members.

Although she plans to compete in 1995, Smith said she is not currently doing any special training due to the severe winter and recent heavy rains. During more elemental periods, when not out walking, Smith can be found on any weekday at her desk at Raffety & Co. in Wyatt where she handles the company’s bookkeeping.

— Angela Egremont

Coughlan Hopes to Set Outdoor Mile Record

Eamonn Coghlan of Ireland, fresh from his historic 3:58.15 at age 41, heads the Masters Mile field, April 30, at the Penn Relays, celebrating its 100th anniversary. In the early 1970s, Coughlan led Villanueva to numerous relay titles at Penn and has been named one of the inaugural members of the meet’s Hall of Fame.

Coghlan said he would not be making a sub-4:00 attempt, since this will be his first outdoor race this season. He hopes to threaten the world outdoor masters mile record of 4:02.33 set last June in Belfast by Britain’s David Moorcroft. Moorcroft, now seen as a challenger, has been out of action since fracturing his foot in a training run in December.

Coghlan expects to make sub-4:00 attempts in England in May at an event commemorating the 40th anniversary of Roger Bannister’s first sub-4, and at the New York Games, which will be Coughlan’s last track race.

Also in the field at Penn is former world indoor and outdoor recordholder Wilson Waigwa of Kenya, who is aiming for the world M45 record of 4:17.14 set by Ken Sparks at Penn in 1991. Waigwa turned 45 on Feb. 15. Last year’s winner, Ken Popejoy, will not defend his title, to be fresh for the race in England the following week.

Runner’s World magazine has ceased sponsorship of the Masters Mile, according to event organizer Marc Bloom, the RW senior writer who created the event in 1987. “Runners World was an outstanding benefactor of the event,” said Bloom. “The program provided terrific opportunities and recognition for top masters athletes.”

Bloom is continuing to organize the Masters Mile and welcomes sponsor interest for 1995. Contact Bloom at PO Box 41, Marlboro, NJ 07746. (908) 308-9701 Fax: (908) 780-6308.
by HAIG BOHIGIAN
The 22nd annual USATF East Regional Track & Field Championships were held on March 13 at the 168th Street Armory in New York City. The newly refurbished Armory returned to host track and field meets this '93-'94 season after a more than 10-year lapse since its conversion to a homeless shelter. Its new Mondo 200-meter surface provided the medium for setting 28 new records — 12 men’s and 16 women’s.

The overall team title was taken by only ten New York Masters who scored 121 points — they also captured the 50-59 title. The 30-39 team title was won by Touch of Class, based mainly on their victories in five relays, four of which set new meet records. The 40-49 team title saw Central Park TC tied by the Syracuse Chargers. A total of 192 athletes competed.

Sarah Boslough, 35, won all six events she entered; and Barbara Stewart, 52, set three meet W50 records while winning five events. James Stokey, 64, won four events and was second in two others. Jerry Wible, 80, and Edwin Lukens, 72, each won four events.

For the first time, the hurdles and sprints were run at the 60m distance, thus all winning times set meet records. In the sprints, Matt Godbolt, 32, John Brooks, 39, Thomas Jones, 40, and Ed Small, 55, were very impressive. In the 400, excellent runs were turned in by Ralph Penn, 42, Ken Baker, 57, and Fred Schlereth, 60. Very fine performances in the 800 were turned in by Doug Hartstone, 34, Rick Smith, 36, Tom Hartshorne, 40, Sahil Talib, 48, and Sid Howard, 55. Gary Null, 49, turned in the fastest 3KR mark, followed closely by Michael Kobol, 35. Larry Pratt, 52, dominated the shot; and Tom Rauscher, 47, did the same in the pole vault. Denise Jones, 30, dominated the women’s sprints from 60 to 400.

The meet was put on by Haig Bohigian, the East Regional Coordinator with less than one month’s notice after the scheduled site fell through. With the help of 35 officials, fully automated timing, the cooperation of the athletes, the assistance of New York City Emergency Services, and perfect weather conditions, for a change, the meet progressed smoothly, right on schedule. Special appreciation is extended to Pete Taylor, Clerk of the Course; Glen Shane, facilities manager for the day, who also arranged for formal award ceremonies; Ed Small, Armory manager, for arranging the facility date; Lou Miller, announcer and results coordinator; and Valerie Bohigian and Judy Rosenstein, who handled post entries and registration.

Masters Training Advice

Continued from page 12
performed so remarkably in ‘89 at Eugene at 103 pounds, went into Miyazaki at 99 pounds after a full year of intense weight-lifting. Was diet a factor? “Just like anyone else, I have to watch what I eat in a general sense, but I don’t go on any specific food plan,” she said.

In describing the heavy weight program, “I’d say it was more for speed, with very little rest in between sets. That alone is fatiguing enough to burn the extra fat off, and you get your heart beat up to an extremely high rate. I don’t go on any specific food plan,” she said.

Day 1: - Back and Shoulders * 12 reps/5 sets
Day 2: Legs * 15 reps/5 sets
Day 3: Chest and Arms * 12 reps/5 sets
Day 4: Rest
Easy or not, when you win ten medals at the World Championships, something is being done right. Was it worth it? Would it be worth it to you personally? I don’t know, but when was the last time you won ten medals at a World Championship? ☐

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Andrea Fischer, 30, Davenport, Iowa, took gold medals in the 1500 (4:31.95) and the 3000 (9:53.75), USATF National Masters Indoor T&F Championships, Columbia, Mo., March 25-27. Photo by Jerry Wojick
THE WEIGHT ROOM
by JERRY WOJCICK

You and the Weight and the Music

When I told a few throwers at the Indoor Nationals in Columbia, Mo., that there was no such event as the 56-lb. championships, they looked at me as if I had asked them to name the foreman of the night crew that built the pyramids.

That's the way the event was listed in the championships application in the NMN February issue. Ken Weinbel, USATF Masters Weight Coordinator, caught the misnomer, and the event title was changed to the correct "Superweight" in the schedule of events sheet in our packets at the meet.

Guess what happened? It was decided by the M60+ entrants to throw the 56-lb. Not having ever thrown the 56-lb. weight, the idea just confuses the issue. I can't understand the M30-59; 35-lb, M60+; and 25-lb. W30+. You might argue (I wouldn't) that the M60+ entrants threw the wrong weights and should not be awarded places. Then again, if throwers win their divisions with heavier-than-official implements, are they not still the winners?

Don't respond to this. The whole idea just confuses the issue. I contemplated (my back was killing me after a couple of rounds with the 56-lb) 'throwing the proper 35-lb. to stay legal but chickened out. What would my opposition (hal?) in the M60-64 have done if I had thrown farther with it than they did with the 56-lb? I'm pretty certain of the answer.

Weinbel, who was not pleased with the Mizou snafu, thinks that the 56-lb. weight should be, for the purists, a championship event but says we have to abide with present rules until they're altered. I think we should stay with the superweight implements for a while until the M60+ throwers have had a chance to try out the 35-lb. Who knows? Some, including all 11 of us at Columbia, might get to like it. I know my lower back would certainly be appreciative.

Meanwhile, Weinbel, with his compadre George Mathews, is staging the Weight & Superweight Championships in Seattle, Aug. 20, and hopes, in addition to the above, to include the 16-lb., 30-lb., 50-lb., etc., as non-championships, with sponsors and awards provided by the Seattle Masters Athletic Club. Those 100-lb.-plus weights are the legacy of the late Chuck Klehm, who used to flip them around with his throwing crones at his meets in Illinois.

Don Hughes, M55, heaves the 35-lb. weight, Stanford Throws Meet, June 5.


CONCERNING HEAVY WEIGHT EVENTS

The 1994 Competition Rules have designated the "Heavy Weight Throw" as included in the schedule of Regional and Association Outdoor Track and Field Championships.

I strongly encourage Meet Directors at all levels to include the Weight Throw and Super Weight Throw in their meet schedule of events, whenever possible, to offer weight throwers competition and opportunity to better prepare for National Outdoor Weight Throw Championships.

The Weight Throws can be contested from existing Shot Put circles (with toe board removed) or discus circle with conversion donut insert. The same sector lines are used.

The rules require the following implement weights will be contested accordingly:

Weight Throw
M 30-39 (15.88 kg) 35#  
M 60 + (11.34 kg) 25#  
W 30-49 (9.08 kg) 20#  
W 50 + (7.26 kg) 16#

Super Weight
M 30-39 (15.88 kg) 56#  
M 60 + (11.34 kg) 35#  
W 30-49 (9.08 kg) 20#  
W 50 + (7.26 kg) 16#

Feel free to contact me if you have any questions.

Ken Weinbel, National Masters Weight Event: (206) 932-3923; 938-3895.

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Book Review: Boston Marathon

by BARBARA ERSKINE

In case you thought a history book, especially a year-by-year chronology of a race, would be dull, you have a pleasant surprise inside the covers of Boston Marathon: The History of the World's Premier Running Event by Tom Derderian (Human Kinetics Publishers, 1994, $21.95). It is long — after all, the race began in 1897. But Derderian’s prose takes you right into the action and adventure which occur every year on Patriot’s Day.

With the excitement and attention to detail reserved for reporters who actually observed the contests, he sets the scene and identifies the players. In 1928, “The weather settled in to be average for April in Massachusetts — a shifty sky after a blustery morning covered the biggest Boston Marathon field ever… (Clarence) DeMar carried malted milk tablets in his pocket and wore shoes so old that the soles had separated in places.”

He also brings drama and suspense to the descriptions. During the last few miles of 1956, “(John J.) Kelley neared the finish… he was still thinking he could win. He sucked in great gulsps of air. Through the slits of his squint, he riveted his clear blue eyes on Viskari’s neck. Kelley’s world shrank as his peripheral vision vanished; now it seemed as if life existed only to travel to the end of a long black tunnel, there to seize Viskari’s neck.”

Fairy Slippers

The spirit of this historical event shines through so clearly because the author for three decades raced and trained with the top runners. Many were his close friends. He has run 14 of the races with a personal best of 2:19:04 in 1975, a world-class time.

These experiences allow him the freedom to be compassionate in his biographical sketches. Yet he deftly blends in objective narration. He writes of Nova Samuelson’s “stubbornness that would carry her, pushing her down to ninth place. An hour of great weight fell upon her, prevented her from taking a full stride.”

Softball For Senior Players

Senior Softball-USA News, is the leading publication for senior softball players (from age 50 on up). The largest circulated senior softball publication in the country, the SS-USA News, a quarterly, blends in objective narratlon. He writes of Nova Samuelson’s “stubbornness that would carry her, pushing her down to ninth place. An hour of great weight fell upon her, prevented her from taking a full stride.”

“Dedicated to informing and uniting the senior softball players of America and the world.”

Regular features include general news, interesting and unusual News Briefs, information on upcoming softball-playing international tours, SS-USA Health Report, Our Featured Team, Our Featured Player, a listing of senior softball tournaments throughout the USA, pre- and post-coverage of Softball World Championships, and humorous stories in Heard in the Dugout quips, as well as “how to play the game better” hints and suggestions.

To subscribe, send $6 for one year or $15 for three years, plus legibly-printed name, age, and mailing address, to: Senior Softball-USA News, 9 Fleet Court, Sacramento, CA 95831.
The check-in desk at the USATF National Indoor T&F Championships, Columbia, Mo., with weight throwers at the front before their event at noon, March 25. Photo by Jerry Wojcik
Masters
Age Records

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. The marks are those compiled and approved, as of March 31, 1994, 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 Pete Mundle.

Per a decision by WAVA in 1993, no hand times recorded after May 1, 1994 for races of 400 meters or less will be considered for world five-year age group records. However, hand times achieved before May 1, 1994 will continue to be included in the world record lists until broken by a superior time. The same conditions apply to U.S. records set prior to 1991.

The official WAVA/USATF 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-age record book, however, due out next month, 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.

Racewalking Records

Also included here are world racewalking “bests” and USA official racewalking records, for each five-year age group, compiled by Bev LaVeeck, USATF Masters RaceWalking Coordinator.

Long Distance Records

There are no official world long distance road records, but the latest U.S. masters road marks were published in the November, 1993 issue of NMN. U.S. road records are compiled by Road Running Information Center, the record-keeping arm of USATF.

WORLD ASSOCIATION OF VETERAN ATHLETES
Application for World Veteran Age-Group Record/World Veteran Age-Best Performance

FIELD EVENT

To: PETE MUNDE, CHAIRMAN, W.A.V.A. RECORDS COMMITTEE,
4017 Via Marina No. C-301, Venice, CA 90291, USA.

Application is hereby made for a World Veteran Age-Group Record/World Veteran Age-Group Best Performance/World Veteran Age-Best Performance, in support of which the following information is submitted:

Event
Age-Group
Men/Women

Full Name of Competitor(s)

Date(s) of Birth
(For relays, full name of each team member is required, in order of running)

Competitor’s Country

Date of Meeting

Name of Stadium

Town

Country

RESULT OF RACE

The names of the first three competitors and their performances were as follows:

1st

Performance

2nd

Performance

3rd

Performance

STARTER’S CERTIFICATE

I hereby certify that the start of the race was in accordance with I.A.A.F. Rules.

Name of Starter

Signature

TIMEKEEPERS’ CERTIFICATES (HAND TIMING)

I, the undersigned official Timekeeper of the race, hereby certify that the time set opposite my signature was the exact time recorded by my watch and that the watch used by me has been certified and approved by my National Governing Body.

Time

Name

Signature

Time

Name

Signature

Time

Name

Signature

CHIEF TIMEKEEPER

I confirm that the above Timekeepers exhibited their watches to me and that the times were as stated.

(Name of Chief Timekeeper or Referee)

Signature

ELECTRICAL TIMING

A fully automatic electrical timing device was used. The time recorded was

and this was the official time.

(NAME OF CHIEF PHOTO-Finish JUDGE)

Signature

NOTE - A Photo-Finish print must be included with this application.

WIND GAUGE

I hereby certify that wind speed in direction of running was

metres/sec.

Name of Operator

Signature

WORLD ASSOCIATION OF VETERAN ATHLETES
Application for World Veteran Age-Group Record/World Veteran Age-Best Performance

TRACK OR ROAD EVENT

To: PETE MUNDE, CHAIRMAN, W.A.V.A. RECORDS COMMITTEE,
4017 Via Marina No. C-301, Venice, CA 90291, USA.

Application is hereby made for a World Veteran Age-Group Record/World Veteran Age-Best Performance, in support of which the following information is submitted:

Event
Age-Group
Men/Women

Full Name of Competitor

Date of Birth

Competitor’s Country

Date of Meeting

Name of Stadium

Town

Country

RESULT OF COMPETITION

The names of the first three competitors and their performances were as follows:

1st

Performance

2nd

Performance

3rd

Performance

NOTE: A copy of the Results Card must be included with this application.
## Men's World's Five-Year Age Group Records

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<th>Name</th>
<th>Time</th>
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<td>30-39</td>
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<tr>
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<td>...</td>
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<td>60-69</td>
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<tr>
<td>70+</td>
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### Men's U.S.A. Five Year Age Group Records

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<th>MEET DATE</th>
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<td>200 METERS</td>
<td>Monty Montgomery (CA)</td>
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<td>200 METER HURDLES (50-59)</td>
<td>Edward Greenfield (CA)</td>
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<td>Jack Greenwood (CA)</td>
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<td>Bill Hulley (CA)</td>
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<td>800 METERS</td>
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### Women's U.S.A. Five Year Age Group Records

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### Shot Put (35-49, 160; 50-59, 60-69; 70-79)

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### Discuss through 5/31/94

- Jack Greenwood (CA) 50, 7-3-94
- Bette Cuthbert (CA) 50, 6-9-88
- Bette Cuthbert (CA) 60, 6-9-88
- Bette Cuthbert (CA) 70, 6-9-88

### Triple Jump

- Jack Greenwood (CA) 50, 7-3-94
- Bette Cuthbert (CA) 50, 6-9-88
- Bette Cuthbert (CA) 60, 6-9-88
- Bette Cuthbert (CA) 70, 6-9-88

### Shot Put (70-79)

- Jack Greenwood (CA) 50, 7-3-94
- Bette Cuthbert (CA) 50, 6-9-88
- Bette Cuthbert (CA) 60, 6-9-88
- Bette Cuthbert (CA) 70, 6-9-88

### Masters T&F Committee

- Performance verified as of March 31, 1994

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*Continued on next page*
### Women's U.S.A. Five Year Age Group Records

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### National Masters News

- **May, 1994**
- **Page 25**

### Masters Track and Field Results

#### 400 Meters
- **M35 2:00.31**
- **M40 2:00.31**
- **M45 2:00.31**

#### 800 Meters
- **M35 2:00.31**
- **M40 2:00.31**
- **M45 2:00.31**

#### 10,000 Meters

**Men's Records**

- **M30 28:50.28**
- **M35 28:50.28**
- **M40 28:50.28**
- **M45 28:50.28**

**Women's Records**

- **W30 30:46.94**
- **W35 30:46.94**
- **W40 30:46.94**
- **W45 30:46.94**

### Masters Sprint Hurdles

- **M30 11.45**
- **M35 11.45**
- **M40 11.45**
- **M45 11.45**

### Masters Steeplechase

- **M30 7:56.90**
- **M35 7:56.90**
- **M40 7:56.90**
- **M45 7:56.90**

### Masters Pole Vault

- **M30 14.73**
- **M35 14.73**
- **M40 14.73**
- **M45 14.73**

### Masters Doubles Sprints

- **M30 2.53**
- **M35 2.53**
- **M40 2.53**
- **M45 2.53**

### Masters Doubles Steeplechase

- **M30 7:56.90**
- **M35 7:56.90**
- **M40 7:56.90**
- **M45 7:56.90**

### Masters Doubles Shot Put

- **M30 16.79**
- **M35 16.79**
- **M40 16.79**
- **M45 16.79**

### Masters Doubles Discus Throw

- **M30 47.21**
- **M35 47.21**
- **M40 47.21**
- **M45 47.21**
Men's World Masters Relay Records

400m 40-49 42.79 USA (Austin, Collins, Mitchell, Hartfield) 5-2-92
50-59 43.30 USA (Dowman, Larreche, Larreche, Larreche) 6-6-89
60-69 49.09 FRA (Trilles, Fabre, Klemm, Schlegel) 12-6-87
70-79 55.97 USA (Tyler, Hall, Van Pelt, Porter) 12-6-87
80-89 77.37 USA (Lue, Cran, Mosch, Fisher) 9-25-85

800m 40-49 1:29.05 USA (Ballard, Hiscott, Borelli) 11-8-92
50-59 1:37.37 USA (Lokken, Borelli, Hartfield) 8-2-92
60-69 2:03.21 USA (Basset, Sali, Heard, Van Pelt) 12-6-97
70-79 2:31.58 USA (Steves, Malch, Adamson, Collum) 8-6-99
80-89 2:58.43 USA (Stevens, Scher, Lewis, Greenway) 6-30-90

1600m 40-49 3:41.56 USA (Henderson, Briner, Tucker, Kime) 8-6-99
50-59 3:58.70 USA (Smith, Yorke, Pearson, Judd) 8-30-99
60-69 4:05.78 USA (Pollock, Young, Fisher) 8-6-99
70-79 4:31.07 USA (Bloomfield, Jordan, Spooner, White) 8-24-85
80-89 4:34.28 USA (Lokken, Borelli, Hauser, Pietz) 12-6-87

3200m 40-49 8:00.22 USA (Weaver, Franklin, Thomas, Thomas) 7-8-86
50-59 8:37.74 USA (Fitzgerald, McLean, Keating, Keating) 9-25-92
60-69 NOC 9:95.93 USA (Wolf, Ravenberg, Jensen, Jensen) 9-26-92
70-77 NOC 10:13.20 USA (Mills, Yorke, Fisher) 10-1-83

Sport med 40-49 3:26.14 USA (Scott, Edwards, Smith, Cohen) 8-1-82
50-59 4:04.41 USA (Cole, Green, Hennion) 1-19-88
70-80 4:41.27 USA (Stringer, Hennion, Hennion, Fisher) 1-19-83

Dist med 40-49 10:34.66 USA (Steve, Pierce, Fry, Hunter) 7-11-90
50-59 10:49.00 USA (Scott, Sawyer, Green, Green) 8-1-90
60-69 11:06.88 USA (Smith, Sanchez, Linder, Williams) 5-13-92

p = pending
* = indoor performance
Note: the sprint medley and distance medley marks are unofficial best marks known to date.

Women's World Masters Relay Records

400m 35-39 48.63 RSA (Osmoller, Butler, Andrews, Haden) 8-6-89
40-49 49.24 USA (Henderson, Adams, Adams, Adams) 8-6-89
50-59 50.45 USA (Heit, Basha, Geraldine, Lee) 7-28-91
60-69 52.57 USA (Williams, Chris, Luce, Gore) 6-30-90

70-79 56.72 USA (Green, Cooper, MacDonald, Mcgregor) 7-28-91
80-89 57.48 USA (Osmoller, Hendrick, Mcginnis, O'Brien) 7-28-91

1600m 35-39 4:40.21 CAN (McDonald, Rockwell, Blount, Sylvester) 8-6-89
40-49 4:07.34 USA (Eads, Mattelson, Lehman, Kummer) 8-6-88
50-59 4:36.05 USA (Fitzgerald, McGaughy, Hauser, Ogden) 8-6-89
60-69 4:55.77 USA (Hoffman, Klok, Holzmann, Kummer) 7-28-91
70-79 5:25.86 USA (Miller, Snyder, Hauser, Schneideman) 8-6-88

3200m 35-39 9:37.79 (Van der Vos, Ruyter, Verhoef) 9-25-92

p = pending

---

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s/h add $3.75

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Thatcher, AZ 85552

---

WORLD ASSOCIATION OF VETERAN ATHLETES
PROMOTING VETERAN ATHLETICS IN COOPERATION WITH THE IAAF

WAVA RECORDS COMMITTEE 1994-1995

President Pete Hurdle
4017 Via Marina, Apartment C-301, VENICE, CA 90291, USA
413-371-4189

Asia
K. Gopat
105 Jalan 5, Taman Tan Yew Lai,
58200 KUALA LUMPUR, Malaysia

Africa
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P.O. Box 71 022, MARETTA, GA 30007, USA

Oceania
Colleen Blair
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South America
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Other members
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7 Kinlough Avenue, MURRUMBEENA, 3163 Victoria Australia

Roy Foley
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Beverly LaVeck
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Orders and payment to: B.P.E., Inc., Dept. N, P.O. Box 802
Thatcher, AZ 85552
World Best Performances — Racewalk

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<td>9/12/72</td>
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<td>20:28</td>
<td>John Steyn</td>
<td>10/15/72</td>
<td>Johannesburg, South Africa</td>
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<td>10/15/72</td>
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USA Masters Men’s and Women’s Racewalking Records

**Masters Men — Track**

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USA Masters Men’s and Women’s Racewalking Records

**Masters Women — Track**

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USA TRACK & FIELD
APPLICATION FOR MASTERS & SUBMASTERS RACE WALK RECORD

Identify appropriate category: Age-group record (e.g. 40-44). Age-specific Best (set an official USA T&F Record).

Event distance Age Official Time achieved Date

Name of competitor, birthdate, address, phone

If this is your first application, please enclose photocopy of birth certificate or passport.

Verification (to be completed by Event Referee)

Time recorded Name Certification * Type of Certification

Head Timer

Timer #1

Timer #2

Starter

Head Judge

Judge #2

Judge #3

Total number of judges

Head lap counter

Course Certification * Tract lap 400/400s/other. 246.1 - high continuous curb? yes. 268.5 -

I certify that all information on this form is correct, including: 1) fairness of start; 2) accuracy of lap counting; 3) course certification; 4) correct matching of finish times to competitors; 5) judging by a minimum of 3 certified USA T&F Association, National, or IAAF judges; 6) completion of the race by the athlete.

Signature, address, phone, USA T&F Certification* of Referee or Meet Director

Submit lap times and race results (including all competitors).

USA T&F, Box 16597, Seattle, WA 98115

National Masters News
May, 1994
Leading Trainers, Sports Specialists to Instruct Athletes at Senior Open

by HELEN HARRIS
Leading sports training professionals from around the country will gather at Washington University in St. Louis this June to conduct the first national sports training and education seminar for athletes over age 55. This educational experience will take place June 17-18 during the 1994 USNSO Track & Field Senior Open, hosted by the U.S. National Senior Sports Organization, which will run from June 15-19.

It is expected that more than 1500 of the nation’s top senior track and field athletes will attend the event, which will feature clinics on all aspects of sports training and competition. This educational component has been included to support senior athletes’ continued desire to pursue and achieve personal athletic and fitness goals.

Opportunity to Participate in Research Study

The section of Applied Physiology at Washington University School of Medicine is currently conducting research on the physiological adaptations to exercise that can be applied to maintenance of health and functional capacity in men and women over the age of 60 years. Masters athletes are being studied as examples of successful aging. The physiological testing includes assessment of cardiovascular fitness and function, and determination of body composition and bone density. The testing is usually spread out over a 2-3 day period. If you are traveling to St. Louis to compete in the Senior Open or at any other time and are interested in participating in these studies, please call Bob Spina, Ph.D. at (314) 362-2392.

Willard Benton Dies at 90

Willard Benton, a well-known runner from San Diego for more than 20 years, died January 7 from cancer. Benton had just turned 90 on December 15. As recently as 1991, Benton had the fastest 5K road time in the U.S. for his 85-89 age group with a 31:05, according to statistics from the Road Running Information Center. His final competition was the California Senior Games last September. He is survived by Emily Benton, his wife of 64 years. □

Noted Doug Corderman, President of USNSO.

The general sessions, highlighted by a presentation by world renowned runner Jim Ryun, will address a variety of track and field sports competition in addition to overall training issues such as sports psychology and nutrition. The general sessions and clinics will rotate during the two days to give athletes the opportunity to attend as many as possible around their competition schedule.

In addition to Ryun, other top health and fitness leaders who will present include:

• Dr. Marigold Edwards, Associate Professor, University of Pittsburgh: nationally ranked amateur athlete and well known speaker on health, fitness and stress management.

• Dr. Len Marquart, Nutrition Technical Specialist at the Nutrition Department of General Mills: a nationally recognized coach, judge and instructor.

• Dr. Bob Spina, Research Assistant Professor, University of Pittsburgh: one of the most successful masters sprinters in the world, author of “Mastering the Sprinlts.”

• Phil Mulkey: USA Track & Field 1993 Masters Athlete of the Year.

• Ric Rojas: nationally recognized peak performance distance trainer.

• Ray F sometimes known as the “Little St. Louis” provides coaching advice to masters athletes.

Designated by the U.S. Olympic Committee as its official arm for seniors, USNSO is supported by national sponsor commitments from AT&T, Nuveen, Generals-Whole Grain Total®; Anheuser-Busch, O’Doul’s, TWA, The Medicine Shoppe and the TYLENOL® Brand.

To receive an entry packet for the USNSO Senior Open, or information on the training seminars, athletes should contact USNSO at (314) 878-4900. Entry deadline is May 15th.

THE NINTH ANNUAL
RANDOLPH TOWNSHIP H.S. & GARDEN STATE ATHLETIC CLUB INTERNATIONAL TRACK & FIELD MEET SUNDAY, JUNE 26, 1994

EVENTS SCHEDULE FOR SUBMASTERS (AGE 30 AND MASTERS AGE 40+) IN 5 YEAR AGE GROUPS

RACING EVENTS

A NEW JERSEY GRAND PRIX SERIES MEET

EVENTS SCHEDULE FOR YOUTH, HIGH SCHOOL & OPEN RUNNING EVENTS

RACES NECESSARY. SECTIONS WILL BE SANCTIONED.

RUNNING EVENTS

First and second masters winners, Bethesda Chase 20K, Mar. 6, Nancy Smith (left), 44, 1:35:26 and Judith Bugyi, 47, 1:33:15. Photo by George Banker

Lani Johnson, 44, passes off the sash after a 1:13:39 nine-mile leg for the MCRRC Mixed Masters team, George Washington Birthday Marathon Relay, Greenbelt, Md. Feb. 20. Photo by George Banker

May, 1994

National Masters News page 29
WAVA Council Visits Buffalo

It's hard to believe, but only 14 months remain until the start of the XI WAVA World Veterans Championships on July 13-23 in Buffalo, N.Y. While many masters competitors are still savoring the experience of Miyazaki last October, the WAVA Council met April 10-14 with the 1995 Organizing Committee in Buffalo, where over 5,000 athletes from about 75 nations are expected next year.

The competition schedule and other details were confirmed. Council members toured the marathon course, a cool, beautiful, scenic course that crosses from Buffalo into Canada at the five-mile mark, and continues along the Niagara River to the finish line in Niagara Falls, Ontario.

Members also examined the road race walk course, tree-bedecked in a Championships the best ever.
On The Run

by Hal Higdon

Wave Starts

Jacques Serruys, president of the WAVA Non-Stadia Committee, disagrees with my proposal for a wave start in marathons at future world championships. However, he admits in his “International Scene” column in the April issue (NMN) that during his racing career he never has experienced a wave start.

That’s the problem. Perhaps if Jacques had more experience, he would realize that wave starts, indeed, are quite workable.

He raised four negative points. Let me respond to each:

1. Starting in wrong categories: This can be controlled by issuing age-coded numbers — which they did anyway in Japan. My Miyazaki number (60-855) clearly identified my age group. If I attempted to shift waves in Buffalo wearing such a number, I would easily be spotted both by officials and other competitors.

Using a wave start is not asking for trouble, as is proved each year in the American Birkebeiner. Many major triathlons in the U.S. use wave starts. Computer programs do work.

2. Getting a clear picture: Jacques says “Onlookers would be unable to get a clear picture of the race’s course after, say, 5 kilometers.” I’m not sure what he means by that, but competitors would have a clearer picture of their race positions, because they will have started with their age peers in the same wave.

Separating the men from the women only partially addresses the problem caused by a mass start.

3. Time clocks would not indicate correct times: Most runners own digital watches and rely on them as much as clocks beside the course. I don’t consider this a major drawback — particularly if runners know the time differential in advance.

4. Older participants start first: I suggested this as only one option. It might be preferable to start younger runners first; there is also nothing magic about three minutes separating waves. There could be less separation, or more.

As to whether or not runners might be lured into foolishly faster paces if passed by runners from waves behind them, if you can’t control your pace, you’re not likely to place in a marathon, regardless of where you start.

Jacques makes several other statements in his April column that also deserve response:

“Twenty years of WAVA history shows that 1000 is a more realistic figure than 6000.” Twenty years of WAVA history shows that once every two decades we’ll attract 6000. We should be prepared to respond when that occurs. Besides, a wave start makes sense regardless of the number of competitors.

At the USATF championships in Provo, two age groups (M55, M60) were mixed in the 5000. As the starter called us to the line, I stopped him to ask that those in my (older) age group identify themselves. Even with this visual identification, I lost track of one runner who took a commanding lead by going with the younger group. I wouldn’t have caught him anyway, but losing track of your competition is more likely in mass-start marathons.

“With respect to the Miyazaki starting line, I can only say its width was sufficient.” Jacques, it was not! My complaint was that there were eight lanes — which they did anyway in Japan. Miyazaki number (60-855) could be controlled by issuing age-coded numbers — which they did anyway in Japan. My Miyazaki number (60-855) could be controlled by issuing age-coded numbers — which they did anyway in Japan.

There’s nothing magic about that hour, but the start needs to be before 9:00, and probably before the 8:00 time suggested by Jacques. Honolulu was run December; a July marathoners seem to have little trouble adjusting their pre-race eating habits.

Jacques makes several other comments in his April column in the April issue (NMN) that during his racing career he never has experienced a wave start.
Report from Britain

from MARTIN DUFF

Nigel Gates justified his "favorite" tag to win the British Veteran Athletics Federation title on March 27 in the Kent town of Tunbridge Wells. The 40-year-old went clear of Terry Osborne, 42, after one lap of the three-circuit 10.3K course to win by about 200 yards in 33:20. Bob Treadwell, 41, who won last year, came through to third, ahead of first M45 Alun Roper, 48, who clocked 34:08.

The separate over-50 race saw a close tussle between eventual M50 winner Les Davis, 50, in 36:11 and M55 winner Steve James, 56, in 36:34. James has now six second-places in this race in succession in M50-59 competition. Welshman Alan Jeffries was a close third (36:43) in the M50.

Laurie O'Hara bettered steeplechaser Maurice Morrell in the M60 class, 39:23 to 40:46.

Winner in the 6.4K women's event was Suzanne Morley, 36, in 25:12, to 41-year-old Paula Fudge's 25:34. Denise Hoogesteger, 40, was third in 26:05.


Roper was given the best-male runner award, while Fudge won the equivalent for the women.

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WAVA/USATF Hurdles and Implements Specifications

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Chilean Sprinter Breaks Three World Records

from BOB FINE

Sara Montecinos, 41, of Chile, was the star of the 7th WAVA South American Championships held in Cali, Colombia, March 18-21. She broke three W40-44 world records, two of which were over 20 years old.

Montecinos, an anesthesiologist, broke Phil Rascher's world record of 24.84 for the 200 set in 1989, with a 24.66. In the 400, she ran 53.68, shaving almost two seconds off the record 55.3 set by Mavee Kyle of Ireland in 1970. In the 800, she ran a 2:05.46 to erase South African Anne McKenzie's 2:06.5, the oldest record for W40-and-over, having stood since 1967.

Montecinos wrapped up her stay in Cali with a 54-second 4 × 400 relay leg. She hopes to participate in the 11th WAVA Championships in Buffalo in 1995.

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Age-Graded Tables Approved

The final revisions of the new 1994 masters age-graded factors and standards have been completed and approved by the World Association of Veteran Athletes (WAVA) Council.

The five-year age-group factors for the decathlon, heptathlon, and weight pentathlon will be published in the 1994 WAVA Handbook, which should be available in 60-90 days.

The single-age factors and standards, from age 5 through age 100, will be published in a new 1994 Masters Age-Graded Tables Book, and will be available in about 60 days.

---

Masters Age Records 1992

**1993 Edition**

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

- U.S. Age Bests for all racewalking events, age 40 and over, as of Oct. 31, 1992.
- Men's U.S. Masters Indoor & Outdoor Championship Records.
- 56 pages. Thousands of entries. Lists name, age, state, and date of record.
- Send $2 plus $1.00 postage ($5.00 foreign postage) to:

**NATIONAL MASTERS NEWS**

P.O. Box 2372

Van Nuys, CA 91404

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Steeplechase: 3000m for men 30-59; 2000m for men 60+ and women.
Kim Kwan, 46, of Korea, comes in third (35:10), Ichinoseki 10K, Japan.

First Masters Team at the Panama Transisthmian Relay, Jan. 23. (From left to right) Horacio Melendez, Wilfrido Castillo, Edgardo Miranda, Edmundo Andron, Guillermo Andrade, Leocano Urena, Victor Cabrera, Zenen Carrillo, Felipe DeGracia, Jorge Mojica (alt.), Hilario Barria (alt.), and Encides Cedeno (all are Panamanian citizens).

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**Masters Scene**

**NATIONAL**

- The U.S. National Senior Sports Organization (USNSO) has been officially endorsed by the President's Council on Physical Fitness & Sports. "USNSO brings a national campaign, with representation in almost every state, to continue creating awareness of the need for daily exercise by mature adults," said Doug Corderman, President of USNSO. The group now has 90 local Senior Games in 47 states, involving more than 250,000 age 55+ seniors in year-round education and competition.

- Payton Jordan, 77, Los Altos, CA, sprint world-record holder was recently on the cover of Parade, the Sunday newspaper magazine distributed to millions of readers throughout the U.S., for the feature article "How to Live Longer, Better, Wiser," by Betty Friedan.

- Don DeNoo, M50, strode to a sixth-overall pending AR 1:33:38 for the 20K RW, National Invitational Races, Washington, DC, March 27. DeNoo, of Illinois, qualified for the USA Model 20,000 meter walk in Knoxville in June (qualifying time: 1:34:00). James Carmines, of Michigan, also M50, was 11th at 1:37:18. The median age of the first 11 finishers was 26.

- Parties interested in hosting the 1997 USATF Masters National Indoor and/or Outdoor Championships should contact Scott Thornsley, coordinator, at 18 Colgate Drive, Camp Hill, PA, 17011-7264 (717-373-2385). Parties will receive a bid application packet with instructions as to what information is required. Both the indoor and outdoor 1997 championships will be awarded at this year's USATF national convention in St. Louis on December 2.

**EAST**

- Francisco Ortega (45, 1:17:37) and Kathy Gibbon (40, 1:27:50), fifth of 213, posted 40+ victories in the NYRRC Brooklyn Half-Marathon, Prospect Park, March 13. Joseph Burns (65, 1:33:50) and Lisa Praskins (59, 1:38:16) were notable division winners.

- Art Hall (47, 35:13) and Kathleen Horton (45, 42:37) danced to masters titles in the NYRRC Rites Of Spring 10K, Central Park, March 20. Bill Fortune, 65, was the standout performer, with a 41:08.

- Mel Williams, 56, Virginia Beach, VA, took M40+ laurels with a 3:00:10, George Washington 121st Birthday Marathon, Greenbelt, MD, Feb. 20. Betty Blank, 40, Falls Church, VA, was the W40+ equivalent in 3:28:51. Masters team firsts in the three-marathon relay were M40+ Washington RC (2:43:40) and W40+ Washington Run Hrs (3:32:18).

- Overall registration for the May 1 Great City of Pittsburgh Marathon and 10K is still on the rise, up 19 percent over last year at this time, with total registrants numbering 2591 as compared to 2179 at the same time in 1993. Of the total number registered to date, 1515 of those entries are for the marathon, which is a 10 percent increase over last year at this time. The largest increase continues to be for this year's 10K, with 1072 athletes registered, showing a 35 percent increase over figures during this time last year.

**MID AMERICA**

- Husband and wife Terry and Judy Stewart were first 40+ in the Omaha YMCA Masters (35+) RR, March 26. Terry finished second in 27:16; Judy was first woman overall in 34:56.

- Dale Bradley, 36, repeated last year's victory with a 25:12.

- The Kansas City Ekiden Marathon Relay and 25K Relay, April 10, produced several outstanding performances by masters runners. The only new team record was in the Women's Masters Division, where Team Hot Flash set a new marathon record for the third year in a row. The team of Debbie Callaway, Mary Edwards, Marcia Dowling, Suzie Kilbridge, and Sharon Greenwood finished in 3:04:39, within two minutes of the winning open women's time.

**SOUTHEAST**

- Sam Lewis (40, 40:31), Charlotte, NC, and Marilyn Harris (43, 61:03), Lincoln, NE, were masters winners in the European Cross-Country 10K, the third event in the Camp Lejeune Grand Prix Series, Camp Lejeune, NC, March 19. Nearly 300 runners, representing 15 states, went from a forest path to knee-high mud and waist-deep water twice before finishing.

- Masters winners in the Gasparilla 15K, Tampa, February 26, were Martin Mondragon, Mexico, in 45:12, and Louise Fairfax, Australia, in 56:24. Runners-up were Nick Rose, England, 45:24, and Katherine Lempeus, Columbia, SC, 56:43.

**WEST**

- Rick Sayre (40, 30:50) and Shariet Gilbert (43, 36:49) were masters winners in San Jose Mercury News 10K, March 20. Joan Ottaway, 50, took the W50-59 race in 38:05.

- For the June 11 Pacific Association Meet, the javelin, hammer, and weight throws will be at Kelfield, Santa Cruz (see schedule), all other events at Los Gatos HS.

- Michael Georgi, (41, 52:55) and Judy Huber-Cogswell (47, 70:16) were first 40+ in the Norman Tamanaha Memorial 15K, Honolulu, April 10.

- Dave Hill (43, 15:02) and Maria Sones (40, 17:31) collected $1000 each for masters victories in the Carlsbad 5000, Carlsbad, CA, March 27. Clay Stenberg (40, 15:12) and Maria Jones (42, 17:54) got the $500 runner-up prizes.

- A 12-race grand-prix series, sponsored by the Long Beach, CA Telegram, has been formed, commencing with the Los Alamitos 5K/10K in February and culminating in the Long Beach Marathon the following February. Competition points are awarded in each age division on a descending scale — from 20 points for first to 20th place. No cash prizes, but free T-shirts to the winners. For more info., call the Long Beach Marathon, 310-498-2664.

**INTERNATIONAL**

- At the European Indoor Championships in Paris, March 13, the women's 1500 was won by 41-year-old Yekaterina Podkopayeva of Russia in 4:06.46. She was born June 11, 1952, and her best outdoor time for 1500 was 3:56.65 in 1984.

- Klaus Goldammer (M40, 32:40), Germany, and Sandra Miller (W40, 45:10), Bermuda, took masters crowns in the 1OK, Bermuda International Race Weekend, Jan. 15. Joe Fernandez, Fairhaven, MA, ripped to an M60-69 win with a 38:48. In the half-marathon, Jan. 16, 40+ wins went to Jim Butterfield (M40, 1:21:30), Bermuda, and Deborah Butterfield (W40, 1:26:40), Bermuda. Sid Howard, Plainfield, NJ, finished with an M60-69 course-record 1:16:10, after a 37:48 in the 1OK. Rod Allen (M40, 2:54:16) and Heidi Bridges (W40, 3:48:31) took masters victories in the marathon.


July 30. Jacksonville TC Summer Classic, Bolles Track, 10-14 age groups for 30+. Lamar Strother, 1511 S. McDuff Ave., Jacksonville, FL 32205. 388-7860; 384-TRAK.


MIDWEST

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

May 21-26. Indiana State Senior Games, East Central Region, SASE to Tom Whitfield, 2809 S. Brown St., Lafayette, IN 47905. 402/778-3163.

June 25. USATF Iowa Association Championships, John Anderson, Rt. 1, Box 23, Slater, IA 52254. 515/685-3603.

ON TAP FOR MAY

TRACK AND FIELD

The Southeast Regional Championships start a two-day stint on the 28th in Knoxville.

Before that, the Southeastern Masters 10,000, offering walks and pentathlons, opens for a three-day run on the 6th in Raleigh; the Gainesville, Fla., meet follows on the 7th as does the MAC N.Y. Relays on the 8th. The So. Calif. Masters tries its hand at Champions at CSU-Long Beach, and the Jacksonville, Fla., meet are set for the 14th, as is the NY Masters meet, Kings Point, L.I., on the 15th. On the 21st, the list becomes coastal with meets in Visalia, Calif., Santa Barbara, Calif., and Oregon — the Florida Championships.

The Dan Aldridge Memorial Meet, UC-Irvine, Calif., ends the month on the 29th.

LONG DISTANCE sx RUNNING

May Day is replete with major meets, including the Buffalo, Pittsburgh, Avenue of the Giants, and Long Island Marathons, plus the Lilac Bloomday 12K in Spokane. The Kent River Bank 25K, Grand Rapids, Mich., and Gum Tree 10K, Tupelo, Miss., are listed for the 14th. The gargantuan Bay to Breakers 12K, San Francisco, and the Revco-Cleveland Marathon & 10K are scheduled for the 15th. The Capital City Marathon hits the streets of Olympia, Wash., on the 22nd, while the Big Boy 20K rolls into Wheeling, W. Va., on the 28th. Memorial Day holds the Cotton Row 10K, Huntsville, Ala., and the Boulder Boulder 10K, Colorado.

RACE WALKING

A more than ample schedule, topped by the USATF National Masters Men's 25K and Women's Marathon, the American Track and Field, and the Bolder Boulder 10K, Colorado.

July 24. USATF Mid-America Regional Masters Championships, National Sports Center, Blaine. 20 minutes north of downtown Minneapolis. Tom Thorne, 522 Oak Ridge Dr., Neosho, MO 64850. 417/839-8761.


Continued on page 36
May 7, Waterloo Meet, Lake Travis H.S., Austin, Texas. John Conniff, 9130 Jollyville Rd. #350, Austin TX 78759, or Marion Coffee, 512/458-6010.

May 18-21, Texas Senior Games. 55+. Open to out-state. Dianne Darnell, PO Box 13309, Arlington, TX 76017. 817/273-3277.

June 25, Hill Country Masters Meet, Mason, Texas. Lee Graham, Mason HS, BC 60, Box 31C, Mason, TX 76856. 915/347-5921/w; 347-5620/h.

July 8-9, USAFT Southern Association Championships. Weight Pentathlon, 56lb. weight, 5K RW. SASE to Jeff Baty, 321 E. Josephine St., Gonzales, LA 70737. 504/644-6930.

July 16, Texas Masters Championships, Dallas. Wayne Bennett, 1501 W. Lavender Ln., Arlington, TX 76013. 817/274-0448.


WEST
Arkansas, Louisiana, Mississippi, Texas


May 21, Visalia Classic, Carmichael, CA 95608. 916/967-9003.

May 28, Oregon Senior Olympics, Silverton Union HS. M/W40+. Also 5 Mile RR. Amy Castle, 6330 Cascade Hwy., NE, Silverton, OR 97331. 503/873-8577.

June 11, Volcano Classic, St. Helens HS. Emil Torquato, 28 Sunset Place, St. Helens, OR 97051.


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July 16, Texas Masters Championships, Dallas. Wayne Bennett, 1501 W. Lavender Ln., Arlington, TX 76013. 817/274-0448.

EAST
Connecticut, Delaware, Massachusetts, Rhode Island, Vermont

MID-AMERICA
Colorado, Iowa, Kansas, Missouri, Nebraska, South Dakota
June 11. La Marathons, 3-Person Relay/5K, Los Angeles. W2 1501 Glenavon Ave., Venice, CA 90291. 310/828-4123.
June 19. 10th annual Gardenia 5K Run & Fun Walk, Gardena, Calif. 5000 Main St., Gardena, CA 90247. 310/324-7085.

SOUTHWEST
Arkansas, Louisiana, Mississippi, Oklahoma, Texas
May 7. Bristow Wildflower Run, Downtown Bristow, Oklahoma. 9 am. Tommy Thompson, 918/665-2550 (d). 367-2324.

SOUTHEAST
Alabama, Florida, Georgia, North Carolina, South Carolina, Tennessee, Virginia
July 4. 25th Peachtree Road Race, Atlanta. SASE (before March 1) to Peachtree RR, Atlanta, GA 30309. 303/979-3072.

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

WEST
Arizona, California, Hawaii, Nevada
May 1. Avenue of the Giants Marathon & 10K. Humboldt Redwoods State Park, Calif. SASE: Dept. MN, 281 Hidden Valley Road, Bayside, CA 95414.
May 7. 14th Annual Miwok Marathon, Calif. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714/841-5417.
May 15. Bay To Breakers 12K. Examiner Bay To Breakers, PO Box 429200, San Francisco, CA 94142. 415/771-7770.

NORTHWEST
Alaska, Idaho, Montana, Oregon, Washington, Wyoming
May 22. Capital City Marathon, Olympia, Wash. CC Marathon, PO Box 1681, Olympia, Wash. 98502. 206/766-3598.
July 4. Butte To Butte 10K. Oregon TC, BTB, PO Box 10825, Eugene, OR 97440. 503/687-1099.

CANADA

INTERNATIONAL
June 4. Festival De Primavera 5K/10K, Sarasota, Baja California (20 miles south of San Diego). SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714/841-5417.

Seven women competed in the 1994 USATF National Masters Pentathlon Championships in Chicago March 5. From left: Lorraine Tucker, Marlene Sachs, Karen Huff, Irene Thompson, Christel Miller, Phil Rascher, Liz McBain.
### U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

| Event          | 10-34 | 35-39 | 40-44 | 45-49 | 50-54 | 55-59 | 60-64 | 65-69 | 70-74 | 75-79 | 80-84 |
|----------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Long Jump     | 12.5  | 13.0  | 13.5  | 14.0  | 14.5  | 15.0  | 15.5  | 16.0  | 16.5  | 17.0  | 17.5  | 18.0  |
| Disc          | 58.20 | 59.50 | 60.80 | 62.10 | 63.40 | 64.70 | 66.00 | 67.30 | 68.60 | 70.00 | 71.40 | 72.80 |
| Hammer        | 18.20 | 18.70 | 19.20 | 19.70 | 20.20 | 20.70 | 21.20 | 21.70 | 22.20 | 22.70 | 23.20 | 23.70 |
| Javelin       | 137.5 | 140.0 | 142.5 | 145.0 | 147.5 | 150.0 | 152.5 | 155.0 | 157.5 | 160.0 | 162.5 | 165.0 |
| Decathlon     | 8400  | 8700  | 9000  | 9300  | 9600  | 9900  | 10200 | 10500 | 10800 | 11100 | 11400 | 11700 |

Notes: 1. Standards are for automatic times; standard conversion for hand times.
8. Metric heights and distances are the standard; feet and inches listed for convenience.

### U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

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Notes: 1. Standards are for automatic times; standard conversion for hand times.
3. Long hurdles: 30-39: 33.99; 40-44: 34.00; 45-49: 34.01.
8. Metric heights and distances are the standard; feet and inches listed for convenience.
Please send results to: National Masters News, P. O. Box 2372, Van Nuys, CA 91404. To keep information current, we generally do not publish results more than three months old. Results shall be typed (maximum 28 spaces/2½ wide) in our format preference receive. Deadline is the 10th of the month prior to issue date.

NATIONAL

USATF National Masters
Indoor Championships
U. of Missouri, Columbia
March 25-27

60 M
- 1 Mark Godbolt 7.12
- 2 Charles Johnson 7.13
- 3 Mark Morse 7.64
- 4 William Henwood 6.07

M75
- 1 Donald Mryott 7.51
- 2 James monila 7.57
- 3 Jay Dobie 7.56
- 4 James Hilliard 7.63
- 5 Clark Allen 7.72
- 6 Larry Avery 8.35

M80
- 1 Ben James 7.11
- 2 Robert Kegley 7.48
- 3 Joe Giddings 7.77
- 4 John Schrunk 8.21
- 5 Anthony Duty 8.5
- 6 Lindy Roney 7.51
- 7 Charles Russell 7.55
- 8 Jay Mathie 7.58
- 9 Bob Morin 8.16

M90
- 1 John Martin 7.16
- 2 Cornel Smith 7.51
- 3 John Mooney 7.65
- 4 Jay Mathie 7.67
- 5 Bob Morin 8.16

M100
- 1 Brian Magleby 6.11
- 2 Larry Avery 6.42
- 3 John Rutledge 6.48
- 4 Lorne Ludden 6.92
- 5 John Martin 6.96
- 6 Ben James 7.11
- 7 James monila 7.13
- 8 Jay Dobie 7.13
- 9 Ben James 7.24
- 10 Jay Mathie 7.41
- 11 John Martin 7.43
- 12 Jeff Evangelisti 7.56

M110
- 1 Tom Dickson 7.47
- 2 Welden Curry 7.84
- 3 Bill Guelier 7.88
- 4 Bruce McPherson 7.97
- 5 Robert Sancho 8.17

M120
- 1 Bill Collins 7.13
- 2 Kevin Roney 7.14
- 3 Keith Witherspoon 7.21
- 4 Bob Magleby 7.30
- 5 Jonna Thompson 7.39
- 6 Bob Magleby 7.39
- 7 John Martin 7.39
- 8 John Martin 7.39
- 9 Bob Magleby 7.39
- 10 John Martin 7.39

M200
- 1 Michael Scott 8.44
- 2 Kevin Roney 8.46
- 3 Chuck Scott 8.64
- 4 Jeff Evangelisti 8.75
- 5 Andy Anderson 8.84
- 6 Alfonzo Wilson 8.95

M300
- 1 Bernard Stevens 8.44
- 2 Michael Scott 8.46
- 3 Chuck Scott 8.64
- 4 John Martin 8.75
- 5 Andy Anderson 8.84
- 6 Alfonzo Wilson 8.95

M400
- 1 Kevin McMillian 8.12
- 2 Bryan Ellis 8.17
- 3 Marvin Bahn 8.25
- 4 Bob Magleby 8.37
- 5 John Martin 8.39
- 6 Brian Magleby 8.41

M500
- 1 J. L. Moore 7.93
- 2 Melvin Larson 8.16
- 3 Bob Magleby 8.33
- 4 John Martin 8.39
- 5 Brian Magleby 8.41
- 6 John Martin 8.41

M600
- 1 Karl Godbolt 8.34
- 2 Bryan Ellis 8.48
- 3 Bob Magleby 8.63
- 4 John Martin 8.63
- 5 Brian Magleby 8.63
- 6 John Martin 8.63

M700
- 1 John Martin 8.75
- 2 Mike Pearce 8.87
- 3 John Martin 8.95
- 4 John Martin 9.05
- 5 John Martin 9.15
- 6 John Martin 9.15

M800
- 1 Kevin McMillian 8.12
- 2 Bryan Ellis 8.17
- 3 Marvin Bahn 8.25
- 4 Bob Magleby 8.37
- 5 John Martin 8.39
- 6 Brian Magleby 8.41

M900
- 1 Mike Lynch 8.25
- 2 Mike Pearce 8.37
- 3 John Martin 8.47
- 4 John Martin 8.57
- 5 John Martin 8.67
- 6 John Martin 8.67

M1000
- 1 Mike Lynch 8.34
- 2 Mike Pearce 8.46
- 3 John Martin 8.56
- 4 John Martin 8.66
- 5 John Martin 8.76
- 6 John Martin 8.76

Finals
- 1 Fred Boyer 3.20
- 2 Bill Thomas 3.20
- 3 Mike Lynch 3.25
- 4 Mike Pearce 3.25
- 5 John Martin 3.35
- 6 John Martin 3.35

1500 M
- 1 Mark Godbolt 4:09.04
- 2 Bryan Ellis 4:09.04
- 3 Bob Magleby 4:09.04
- 4 Brian Magleby 4:09.04
- 5 John Martin 4:09.04
- 6 John Martin 4:09.04

2000 M
- 1 Mike Lynch 5:14.04
- 2 Mike Pearce 5:14.04
- 3 John Martin 5:14.04
- 4 John Martin 5:14.04
- 5 John Martin 5:14.04
- 6 John Martin 5:14.04

NATIONAL

May, 1994

National Masters News

page 39
This page contains a list of names and associated distances, likely from a race or sports event. The text is not clearly legible due to the quality of the image, but it appears to include names such as M.35, M.65, Helmut Lange, M.70, Velta, M.70, and various other names and distances. The page also mentions Masters and Women categories, suggesting it is related to a track and field or similar athletic event.
**RACE WALKING**

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<th>Event</th>
<th>Distance</th>
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<td>Mary Walker</td>
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<td>1993</td>
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<td>5000m</td>
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<td>Mary Walker</td>
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**Dutch National Championships Cross-Country**

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<td>Ruud van der Meer</td>
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<td>15k</td>
<td>Apeldoorn-Netherlands</td>
<td>Ruud van der Meer</td>
<td>44:04</td>
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<tr>
<td>20k</td>
<td>Apeldoorn-Netherlands</td>
<td>Ruud van der Meer</td>
<td>58:17</td>
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<tr>
<td>Half-Marathon</td>
<td>Apeldoorn-Netherlands</td>
<td>Ruud van der Meer</td>
<td>68:15</td>
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**Half-Marathon**

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ATHLETES WHO ENTER A NEW DIVISION THIS MONTH

MAY 1994

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<tr>
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<td>5/15/44</td>
<td>55-59</td>
<td>Santa Cruz, CA</td>
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<td>T. Hines</td>
<td>5/15/44</td>
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<td>R. Johnson</td>
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Note: Please submit photo submissions to National Masters News for consideration.

For more information, see the 'Track & Field News' section.

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For more information, see the 'Advertising' section.

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**National Masters News**

May 1994

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**Continued from previous page**

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For more information, see the 'Advertising' section.

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**TRACK & FIELD NEWS**

"Everything for Track and Field Athletics"

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

- TRACK & FIELD NEWS. With subscribers in more than 60 countries, T&FN is the standard of accuracy and completeness for reporting of U.S. and worldwide track and field athletics. Published monthly: $35.00 USA, $39.00 rest of world.

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**National Masters News**

May 1994
1994 USA TRACK & FIELD NATIONAL MASTERS OUTDOOR CHAMPIONSHIPS
Eugene, Oregon • Hayward Field • August 11-14, 1994

GENERAL INFORMATION
MET Directors: Tom Jordon & Barbara Kousky
503/687-1989; FAX: 503/687-1016

ELIGIBILITY: Competition is open to all men
and women 30 years of age and older. Age on August
11, 1994 will determine a competitor’s age group.
Individual competitors will be held in age groups
of 5-year increments starting at age 30. Relays will
be held in age groups of 10-year increments.

Proof of registration with USA Track & Field will be
required from all U.S. citizens. On-site registration
will be available; however, we strongly urge you
to obtain your USATF card in advance through your
local association.

Foreign competitors may compete as guests
with no USA Track & Field membership.

Proof of date of birth will be required from all
competitors in advance.

ENTRIES: USATF Championship medals will be
awarded to the top three U.S. citizens in each age
division of each Championship. Award certificates will be
sent to the top three U.S. citizens in each age
division of each Championship. Proof of age
will be required. All competitors will receive a Certificate of Participation.

AWARDS: USATF Championship medals will be
awarded to the top three U.S. citizens in each age
division of each Championship. Award certificates will be
sent to the top three U.S. citizens in each age
division of each Championship. Proof of age
will be required. All competitors will receive a Certificate of Participation.

Air Travel: The Championships Organizing
Committee has blocked rooms at the hotel(s) mentioned below. Please identify
yourself as a competitor in the USA Track 
and Field National Masters Championships. Free shuttles will be
provided to and from hotels.

INFORMATION ON DORMITORY HOUSING

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<th>Hotel</th>
<th>Address</th>
<th>Room Rates</th>
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<td>503-687-0123</td>
<td>$560</td>
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ADDITIONAL HOTEL/MOTEL HOUSING: For additional
guest accommodation, contact the Convention
and Visitors Association of Lane County, Oregon,
Box 10286, Eugene, OR 97440. Telephone
1-800-547-5445; FAX: 503-343-6335.

DORMITORY HOUSING: Dormitory housing is located
directly across the street from Hayward Field. The
cost per day includes: double occupancy, $34 per
day; single occupancy, $54 per day. If you wish to
receive a Dormitory Form, please check the box on the entry below.

Awards: There will be certificates for all competitors.

RELAYS: Relays must be comprised of duly
accredited athletes from a single club or Region. Teams will
be divided into 10-year age groups. Entries will be
taken on an individual basis. Relays with a minimum of four
team members will be required. All competitors will receive a Certificate of Participation.

AIR TRAVEL: The Championships Organizing
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