841 Athletes Set 42 World Indoor Records at USA Masters Championships in Boston

by JERRY WOJCiK

For the third straight year, athletes went to Boston to vie for titles in the USATF National Masters Indoor Championships on March 26-28. If familiarity bred any contempt, it was not for the fine facility at the Reggie Lewis Track & Athletic Center, but, instead, for age-group records.

A record 841 competitors, 674 men and 167 women, broke, tied or established 42 world and 23 U.S. records. Last year, the count by a then record 816 entrants was 27 world and 17 national records.

The championships were open to men and women age 30-and-up, who competed in five-year age groups through 95-99. Entrants represented 44 states and six countries, including Iceland and Panama. The oldest competitor was Ohio’s Everett Hosack, 97.

Multiple Medals

Several athletes left Boston with a bag full of records and medals. Margaret Hinton, 77, Texas, accounted for three W75 world records in the high jump, pole vault, and triple jump, and a U.S. record in the shot. Rodenck Parker, 80, Arkansas, amazed the crowd with all-out performances for world M80 records in the 60m, 400, and 800. Mary Holland, 77, Illinois, accounted for three of the world records in the 60, 200, and long jump.

James Elliott, 85, Michigan, leaped to world records in the high jump and triple jump, and U.S. records in the 60H and long jump.

Canadians, competing as guest athletes, chalked up 14 of the 42 world records. Ivy Granstrom, 87, who is visually impaired and runs tethered to her guide, Paul Hoeberigs, established five records in the 200, 400, 800, mile, and 3000. Karl Trei, 90, garnered four records in the 60m, high jump, long jump, and triple jump. Earl Fee, lucky enough to turn 70 on March 22, left nothing to chance with two outstanding performances in the 400, where he lowered the record from 66.03 to 61.31, and the 800, where he knocked 22 seconds off the present record with a 2:20.45. Records also fell to Harold Morioka, M55, 400; Patty Blanchard, W40, mile; and John O’Neil, M75, 60m.

Mile marks took the biggest hit, with seven world and one U.S. records falling, some by as much as 20 seconds. Racewalkers were impressive, with five world and two U.S. records.

While most of the records went to senior athletes, top performances also came from younger ones. Charlene Landrum, New York, sped to U.S. W35 records in the 60m (7.88), 200 (25.19), and 60H (9.47). Patti Ford, New York, broke U.S. W40 records in the mile (5:11.11) and 3000 (10:05.32). Onelthia (Neni) Lewis, New York, hit a U.S. W35 shot record with a 12.37/40-7 put. Maryanne Torrellas, Connecticut, lopped a half-minute off the W40 3000 racewalk world record with a 13:46.73.

Continued on page 5

Charles Allie (l) takes the lead from Fred Sowerby in the M50 400 with about 150 meters left to win in 53.18, with Sowerby close at 53.45.

Anselm LeBoume, foll with 180m left in the M35 800 but came back from last place to win in 2:01.61.

Finalists in the M55 60m (l to r): Bill Knocke, Dan Durante, Courtland Gray (first in 7.76), Harold Morioka, Frank Bonham, and Ed Taft.

Maryanne Torrellas on her way to a W40 world record 13:46.73 in the 3000 racewalk.
780 Catalina Island Marathoners Take Mud Bath

by JANE DODS

The rain dwindled down to a few drops by the 7 a.m. start of the Catalina Island Marathon ("26 miles across the sea" from Los Angeles), March 20, but the damage had been done. All but the last few miles of this extremely challenging marathon are run on dirt roads that wind and twist through the island's central mountain range. They make for fine footing on a dry day, but this year the runners had to contend with a slimy, mucky quagmire. Ascents were shoe-sucking, and any effort to make time on the descents accrued against Northern California

Many of the runners sported long lengths of these attachable mementoes, vividly proclaiming their loyalty to this special event.

After the mud was scraped off and muscles happily soaked in nearby hot tubs, almost everyone headed for the town's bars and restaurants for refueling, reminiscing, and discussions of what next year might bring!

NORTHERN CALIFORNIA SENIORS TRACK AND FIELD CLUB
MARK GRUBI MEMORIAL CLASSIC

JAMES LOGAN HIGH SCHOOL
1800 H. ST. UNION CITY CA.
SATURDAY JULY 3 1999

ENTRY: MUST BE POSTMARKED BY THURSDAY JUNE 24 1999
PHONE ENTRIES AVAILABLE AT 415 457-8177
FEES: $15.00 First event
$10.00 each additional event (club members get 2nd event free)
$20.00 LATE ENTRIES, RECEIVED AFTER 6/24/99
CONTACT: Meet Director Don Rose 43 Mc Allister Ave. Kentfield Ca. 94904
FAX applications available 415 457-8177 (schedule of events available upon request.)
ELEGIBILITY: All men and women with current 1999 USATF registration
Race day USATF registration available for $15.00
AGE GROUPS: 30 yrs and above in 5 yr. groups. Race day age determines group.
AWARDS: Metals to first three places in all events by 5 year age group.
T-SHIRTS: Available at check in table for $15.00
FACILITIES: Logan High school has a first class all weather track
All field events are held at Logan, Javelin thrown from grass.
HEATS: 5 year age groups where possible.
All athletes are subject to drug testing

Name Male Female
Address Phone ( ) Date of Birth __ __ __ 
City/State/ Zip Date of Birth __ __ __ Age as of 7/3/99 mo day year
Club Affiliation Age as of 7/3/99 U.S.A.T.F.

In consideration of your accepting my entry, I intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release for ever, any and all rights, claims, damages I may accrue against Northern California Seniors Track Club, USA Track and Field, The New Haven Unified School District, and all sponsors of this competition, their successors, representatives and assigns for any and all injuries suffered by me while traveling to and from, and while participating in the Northern California Seniors Track and Field Classic held July 3rd 1999 at James Logan High School 1800 H. Street Union City California.

Date / / Signature
Events entered Best mark Amount Enclosed $ (Checks payable to NCSTC)
1. ________________
2. ________________
3. ________________
4. ________________
5. ________________

FIFTEEN YEARS AGO
May 1984

- 561 Compete in Masters Indoor Nationals in Princeton, N.J.
- Roger Robinson (45, 2:20:15) and Vicki Foltz (40, 2:46:14) Win in Boston Marathon
- Eastern Masters Indoor Championships Draw 345 to West Point

May 1999
780 Catalina Island Marathoners Take Mud Bath

by JANE DODS

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Despite the adverse conditions, 780 intrepid runners crossed the finish line in Avalon, the only town on Catalina. No one beat three hours. Masters of the mud were Rob McNair, M40, 3:11:26; and Sona Ericson, W45, 4:10:41. A couple of 37-year-olds took the overall titles - Gordon Duff, 3:09:53; and Kay Embry, 3:54:40. Awards were presented at a plaza adjacent to Avalon’s picturesque harbor where the runners could finally sit back and bask in the California sunshine.

1999 marks the 23rd edition of this race which lures a hard-core of annual entrants. Small metal bars indicating the current year are given to all finishers. Many of the runners sported long lengths of these attachable mementoes, vividly proclaiming their loyalty to this special event.

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INDOOR CHAMPIONSHIPS
My congratulations on a wonderfully conducted National Indoor Track and Field Championships. I would like to commend the officials, starters, volunteers, and all others associated with this meet for their high professionalism. This was one of the finest run meets that I have ever attended.

I want to thank Pete Taylor for his outstanding calling of all the races. He makes track meets classy!

It was a thrill to be in the same race with a world record holder of such esteem as Stan Druckey. It was also terrific to see athletes winning their very first National Masters Championship.

Mike Milove
Mahopac, New York

We wish to express our appreciation to all those groups and individuals whose dedicated efforts helped make the 1999 Boston Indoor Nationals the premier meet it has been for the past three years.

Our heartfelt thanks and a "job well done" to Pete Taylor for his announcing skills and talents. His memory for names, dates, records, and interesting details is truly impressive. His dynamic announcing style initiates enthusiasm from the spectators and gives an adrenaline boost to the competitors. Keep up the good work, Pete!

Jim & Mary Alice Stookey
Dickerson, Maryland

Audrey Larry
Frederick, Maryland

Bill Bergen
Jefferson, Maryland

AGE-GRADING
Doug Thurston's article on age grading in the April issue was interesting reading. I am a 49-year-old male runner and have run a couple of races that were age graded. My age-graded times turned out to be better than the times I ran at age 40 when I was in good racing condition, doing 90-105 miles a week.

I could get all excited about my age-graded times, but if I do that, I would never reach my full potential as a runner. I judge myself by what my competition has and is running in the M45 group.

Age grading should be based on what older runners could run, not on what they are running. John Campbell, now 50, has already run 66 minutes in his first half-marathon, and he has only started.

Jeff Hlinka
Brecksville, Ohio

Some readers provide additional support to the National Masters News by sending contributions of $25, $50 or $100 a year. If you are able, we urge you to join them. All contributors will receive a free copy of the new Masters Age Records book and will be listed in the paper as a National Masters News sustainer.

Kuznetsov, Colomb-Janin Win in Boston

by JERRY WOJCICK

Andrey Kuznetsov, 41, of Russia, successfully defended his masters title in the 103rd Boston Marathon on April 19 and tied it with a better time than he ran in 1998. Kuznetsov, who has been sensational in this season's road racing tour in the U.S., also bettered his 15th overall finish of last year (2:15:27) with his 7th-place 2:14:19.

Kuznetsov's time was an age-graded 96.7%.

Joshua Kipkemboi, 40, of Kenya, was second in the Masters Division (40-49) in 2:15:56. Budd Coates, 42, of Pennsylvania, was first U.S. masters runner and third M40+ in 2:22:52.

Josette Columb-Janin, 46, of France, was the women's masters winner, 14th female in 2:40:36, an age-graded 93.3%.

Gillian Horovitz, 43, who lives in NYC but is a British citizen, was second W40+ and 17th in 2:46:31. Lee DiPietro, 41, of Maryland, captured the third place with a 2:51:51.

Yuri Lapiev, 50, of Kazakhstan, in 2:42:11, and Judith Hine, 50, of New Zealand, with a 3:01:35, won the Veterans Division (50-59) contests.

Two long-time U.S. road racers won the Senior Division (60+) races: Mel Williams, 61, of Virginia, with a 3:03:16, and Carrie Parsi, 60, of Massachusetts, with a 3:55:11.

The much-awaited duel between New Zealand's John Campbell, 50, and Bill Rodgers, 51, of Massachusetts, for a possible new M50-59 record failed to materialize when Campbell dropped out after the 25K mark and Rodgers after 30K.

"I was dehydrated and seeing stars," Rogers said. "I can run the marathon, but I can't duke it out anymore. I've run 58 hard marathons. Maybe I'm out of gas at 50. But I'll keep running the shorter distances and see how I feel."

Open winners were Joseph Chebet, of Kenya, 2:09:52, and Fatuma Roba, of Ethiopia, 2:23:25.

More coverage and results of the 1999 BAA Boston Marathon will be in the June issue.

Thirteen 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:

Louise Adams
Cliff Bedell
Jeb Bell
George Brown
Robert Campbell
Lewis Challman
Mike Holzganz
Eric Korshoj
Harry Legette
Charles McMahon Trust
Al Morris
Robert Weiner
Richard Wilcox

Boulder, Colorado
Tempe, Arizona
Atlanta, Georgia
Montpelier, Vermont
Troy, Ohio
Knoxville, Tennessee
Sacramento, California
Omaha, Nebraska
Burlington, North Carolina
San Diego, California
Washington, D.C.
Accokeek, Maryland
Long Beach, California
Indoor Nationals

Continued from page 1

LeBourne Electrifies Crowd

The award for the most courageous performance of the meet has to go to Anselm LeBourne, 39, New Jersey, who was accidentally tripped and flat on his back in the M35 800 with about 180m left in the race. He jumped up quickly, joined the pack, and picked off runners until he had the lead and the victory in 2:01.61. Roger Pierce, 54, Massachusetts, an experienced sprinter and record holder, spoke for everybody who witnessed what happened, "That was the most incredible comeback I've ever seen.

Top Age-Graded Athletes

In age-grading terms, Earl Fee's record 2:20.45 in the 800 hit the 100% level. His 61.31 in the M35 800m quickly, joined the pack, and picked up some consoliation with a 97.0% level. His 61.31 was both brilliant and a 97.6% 7.97, but Lawrence (Dick) Richards, 64, California, took some close that I wouldn't call them. For the record, I've been involved in masters track at its absolute best - superior athletes reaching deep inside themselves.

From the Announcer's Chair

With more than 150 individual performances at Boston I could safely describe as outstanding, I would be hard-pressed to pick out only one or two (and I might lose some friends in the bargain!). But let's start with the obvious: What Anselm LeBourne did in the M35 800 was both brilliant and courageous. I don't recall ever before seeing a runner knocked down in such a short race and getting up to win (2:01.61), not to mention prevailing over a strong field. Unfortunately, I did not see the mishap, which is why I didn't announce it on the spot (I may have been looking at my heat sheet). I must also mention the man I call "the great Earl Fee," as his M70 800 performance was breathtaking - he broke Austin Newman's world indoor record by 22 seconds.

We had many exciting finishes at Boston, a few of which were so close that I wouldn't call them. For last-lap battles I will remember a long time I must choose two: Mack Stewart and Sid Howard in the M60 800 and Charles Allie and Fred Sowerby in the M50 400. This was at track's absolute best - superior athletes reaching deep inside themselves.

This was my seventh big meet as masters announcer (the last four National Indoors, the 1995 Worlds at Buffalo, the 1996 North Americans, and the 1998 Outdoor Nationals at Orono). One of the things I anticipate at a meet like Boston is the opportunity to announce outstanding performances I've read about in NMN who have not competed previously when I was at the microphone. Thus, I enjoyed announcing all-time great Harold Morioika, M55; the awesome Dan Conway, M60; three-time gold medalist at Durban, Jeanne Hsiagland, W60; and emerging star Patti Ford, W40.

I've been involved in masters track since 1976, and thus have an excellent historical perspective. Certainly one of the great differences between then and now is the level of performance among the women. At Boston, it was so nice to see such a wealth of talent in the women's races. To cite two of the younger runners, for example: Charlene Landrum, W35, and Patty Blanchard, W40. From the announcer's chair I could see no real difference between these two outstanding competitors and many of the women I've seen performing in big college meets in the last few years, whether the measure was speed, style, or even apparent age.

As my comments indicate, I didn't pay enough attention to the field events at Boston. To do that next year, I will have to have an assistant through all three days to keep me informed of who is pole vaulting, how the shot put is going, who's on the long jump runway, and so forth.

- Peter Taylor

Cindy Steenbergen, 45, Texas, had the best age-graded times in the women's 60m (8.1892.7%) and 200 (26.62%) close calls in the Sprints.

In other events, an anticipated world record in the M60 400 didn't materialize, when Fred Sowerby, 50, Nevada, wasn't able to fight off the challenge by Allie, at the far turn. Allie won with 97.9% 53.18 with Sowerby second in a 92.5% 53.45. After the race, Sowerby, icing his thigh, said that he felt a twinge in his leg and couldn't muster enough speed to overtake Allie.

In the mile, Tim McMullen, 46, New York, edged his brother Charles, 47, New York, for the M45 victory, 4:36.08 to 4:37.96 on Saturday. Allie had won the 3000 on Friday from
Third Wind
by MIKE TYMN

John Landy: My Runner of the Millennium

There are times when I yearn for those days of running when things were pure and simple. “Where have you gone, John Landy?” I cry out to myself. As we approach the 45th anniversary of the first sub-four minute mile, I think about Landy, the great Australian miler of the 50s. He was my boyhood running idol and now represents to me everything that used to be good about track, as well as sport in general. He was a humble winner, a gracious loser, a gentleman, an athlete who believed in giving all to the effort while still realizing that other responsibilities must be assumed and balanced. He didn't brag, didn't showboat, wasn't flashy, didn't adorn himself in jewelry, didn't deface his body with tattoos, didn't hold out for an appearance fee, didn't put down his competition.

It was on May 6, 1954, that Roger Bannister, an Oxford medical student, crashed through the four-minute barrier with a 3:59.4. Then, just six weeks later, on June 21, Landy further amazed the sports world by clocking 3:57.9 (rounded up to 3:58.0 for world record purposes).

Flirting With the Record

As a high-school miler at the time, I closely followed the pursuit of the first sub-four-minute mile. The record of 4:01.4 by Gunder Haegg of Sweden had stood since 1945, but Landy and Wes Santee of Kansas were flirting with the record while Bannister was something of a longshot in the pursuit. Landy had become the favorite of many to be the first to break four minutes.

There are only three newsmaking events during the first 30 years of my life for which I can recall exactly where I was and even picture myself hearing the news: the Kennedy assassination, Bobby Thomson's home run off Ralph Branca in the '51 National League playoffs, and the first sub-four mile. I was on the front porch of my home in Alameda, California when the news came over the radio. I recall feeling disappointed that Landy had not done it.

“Landy had made no secret of the fact that the four-minute mile was his goal,” Bannister wrote in his autobiography. “He showed me what a race was like and even picture myself hearing the news. That's not the way to approach the 45th anniversary of the first sub-four minute mile, I think.”

Continued on page 7
Meets Need More Athlete Support

The 1999 indoor season concluded with a successful National Championship in Boston, just as occurred in the two previous years. Meet management, officials and volunteers at the wonderful Reggie Lewis facility accommodated a record entry with minimum problems and maximum efficiency. Competing athletes responded with excellent performances and enthusiasm. A sincere thanks to TRACS and the Boston Running Club for being excellent hosts.

It is wonderful that we masters support our national championships as well as we do, but it is also important that we become more involved with local meets. Too many athletes have no conception of the amount of hard work and long hours that meet directors must dedicate to host a meet, no matter how large or small it may be. I am writing this to encourage your support and involvement for regional and association meets. These events are run for your benefit and pleasure, mostly by volunteers, whose only compensation is the satisfaction of having done it. I know – I usually run three or four meets a year, and “it ain’t easy.”

As I read issues of the National Masters News, I note the many meets in the schedule and wonder if all meet directors experience similar tribulations nationwide by hard-working organization as an active athlete, validating involvement for regional and association meets. The Reno Livestock Events Center. The Reno folks have worked diligently to provide masters athletes an opportunity to compete under ideal conditions and we are not supporting their efforts. This is not good. The discontinuance of the Reno meet will be a great loss to the masters program.

We should not let it happen to Reno, nor should we allow it to happen to any of the numerous meets being conducted nationwide by hard-working organizations. Masters athletes need to stay involved in as many meets as possible. If circumstances should prohibit participation as an active athlete, validate your support by becoming involved as a volunteer or official. Your efforts will be recognized and appreciated.

A Prime Example

I note the many meets in the previous issue of the National Masters News, but should prohibit participation in them. Meet management, officials and volunteers at the wonderful Reggie Lewis facility accommodated a record entry with minimum problems and maximum efficiency. Competing athletes responded with excellent performances and enthusiasm. A sincere thanks to TRACS and the Boston Running Club for being excellent hosts.

Silver State Classic is in jeopardy of having to discontinue the annual February event due to a lack of entries (only 137 in 1999)? That small number does not produce enough revenue to continue operation, what with rental costs, etc. It is astonishing that with the lack of quality indoor meets, especially in the western states, more athletes are not attending the meet.

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Third Wind

Continued from page 6

Third Wind

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I do not believe the psychological barrier theory. I think the reason that four minutes was not broken earlier is simply that the runners were not well enough trained to run that fast and I am sure they were not influenced by any feeling that four minutes was, as such, impossible.

The legendary coach Percy Cerutty, Landy’s occasional mentor, said that he had seen in Landy, “demonstrations of character capable of the greatest kindness, gentleness and thoughtfulness,” but Cerutty also saw Landy’s “game face,” as he witnessed “a ruthlessness, lack of feeling for others, and a ferocity and antagonism, albeit mostly vented on himself, that makes it possible for John Landy to rise to sublime heights of physical endeavor.”

Revolutionary Era

Landy recalled the 1950-55 period as a revolutionary era, kicked off by Emil Zatopek. “Prior to 1950, runners seemed to be afraid to really stress themselves,” he said. “Everything was done in moderation. It was a very conservative approach.” Intervals, as popularized by Zatopek, were the essence of Landy’s training. He estimates that he ran 40-50 miles a week in serious training, most of it on the track. Because there were no cushioned running shoes then, he seldom ran on the roads.

When I asked him how much faster he might have run in his heyday, he said he would like to try running with the benefit of modern training methods, synthetic tracks, and better shoes. Landy thought for a few seconds and then responded: “I don’t think there is any question I could have run faster, but I’m not sure I would want to be a runner under the conditions we have today (1983). Running was an all-embracing hobby for me, but there were other things in my life.”

“Today, there is no room for part-time runners. Runners must be supported, and the entire lifestyle must be changed to meet the demands of training and racing. I don’t think I’d want that.”

I just can’t picture John Landy wearing jewelry, punching the sky after a victory, bragging about how great he is, and then refusing to run without proper appearance money. That’s why he is my hero. I don’t want to be the John Landy of the millennium. Where have you gone, John Landy?”

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Revolutionary Era

Landy recalled the 1950-55 period as a revolutionary era, kicked off by Emil Zatopek. “Prior to 1950, runners seemed to be afraid to really stress themselves,” he said. “Everything was done in moderation. It was a very conservative approach.” Intervals, as popularized by Zatopek, were the essence of Landy’s training. He estimates that he ran 40-50 miles a week in serious training, most of it on the track. Because there were no cushioned running shoes then, he seldom ran on the roads.

When I asked him how much faster he might have run in his heyday, he said he would like to try running with the benefit of modern training methods, synthetic tracks, and better shoes. Landy thought for a few seconds and then responded: “I don’t think there is any question I could have run faster, but I’m not sure I would want to be a runner under the conditions we have today (1983). Running was an all-embracing hobby for me, but there were other things in my life.”

“Today, there is no room for part-time runners. Runners must be supported, and the entire lifestyle must be changed to meet the demands of training and racing. I don’t think I’d want that.”

I just can’t picture John Landy wearing jewelry, punching the sky after a victory, bragging about how great he is, and then refusing to run without proper appearance money. That’s why he is my hero. I don’t want to be the John Landy of the millennium. Where have you gone, John Landy?”
Age-related Hamstring Syndrome

Q I am an 89-year-old man who recently started running the sprints for the first time since my college days. I have been running long distance until this year. My problem is twofold: First, while working out two months ago, I was running a 320y when a flash of pain hit me in the arch of my left foot to my heel. It continues to hurt, particularly while walking. I have put off seeing my doctor, but may have to do so soon. It felt like a strain, but now it feels like a bone spur. Second, I seem to have a chronic problem with my left hamstring. It's okay until I run all out, then it pulls. Are there any exercises, liniments or other suggestions you may have to improve the situation?

A Obviously, we are not as flexible as we once were. In fact, we become less flexible as we age. Pain is usually increasing in speed. The pain can extend up and down the leg. This is usually caused by the tight tendinous structures of the lateral or outside insertion of the hamstring into the ischial tuberosity. We most often hear complaints of pain sitting down for dinner and addressed immediately. It can prove to be a chronic pathology that can limit our health and P.E. classes to make up for this. Because you were at another event. I recruited students from the stands yelling, "recruit" them, and have always had plenty of volunteers because Ker

The National Masters News is devoted exclusively to track & field, long distance running, and racewalking for men and women over age 30. Each month it delivers 28 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, and all the inside scoops and information that affect the world of masters athletics competition. Some masters events are sponsored by USATF, 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 come to a masters event and participate. Some events are limited to age 40+, 50+ or 55+ (please check the schedule for details). Some events require advance registration. Some offer a current USATF card ($12 to $15 per year, depending on the region). There are no qualifying standards for most masters athletics events.

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FIVE YEARS AGO May 1994

• 600 Participants Set 31 World Indoor Records at USATF Championships in Missouri

• Doug Kurtis (42, 2:15:48) and Emma Scaunch (40, 2:33:36) First Masters in Boston Marathon

• Masters Legend Paul Spangler Dies at Age 95

George Ker
Geoffrey Ker, one of the pioneers of masters track & field in the late 1960s and early 1970s, and a world-record holder in the shot and discus, died at age 76 on April 13. A resident of Chatsworth, Calif., Ker raced the track and field at Los Angeles Valley College starting in 1958. He took over the cross-country program in 1964 and won three straight state titles in 1968-1970. The mainstay of Ker's championship cross-country teams was Mark Covert, now coaching in Southern California. Terry Donahue, former UCLA football coach, was one of Ker's football players.

Ker is survived by his wife, two sons, a daughter, and six grandchildren. His son Walt was a very successful volleyball coach at California State University - Northridge.

George Ker was instrumental in getting me and, I'm sure, others into masters track & field. I taught at Valley College with him from 1966 until we both retired in 1989. Ker was a man of some proportion - large in size, with a booming voice, big ideas about masters track, and vast influence on the masters movement in Southern California.

His all-comers meets at Valley College were proving grounds for beginners, not to track, and, although low key, attended by a dozen or more national track and road race champions. He originated the Grandfather Games, which moved to UC-Irvine to become the Anteaters Meet, and now exists as the Dan Aldrich Memorial Meet, to be held this year on May 30, in which I plan to compete.

When I asked him how come the name "Grandfather Games," Ker said that the basis for it was from Hearing a youngster in the stands yelling, "C'mon, Grandpa; c'mon, Grandpa."

The Grandfather Games were like a three-ring circus, where, in the throwing events, athletes could have one hour to compete in their divisions, so if you competed early, you didn't know if you placed until the last athlete finished because you were at another event. I never heard anybody complain, but no one would have dared to anyway.

Ker was innovative in other respects. The Grandfather Games always had plenty of volunteers because Ker "recruited" students from his health and P.E. classes to make up absences and tardies by working the meets. At one meet, the awards were bookends; after all, we were competing at a college. Today, the Grandfather Games would probably not satisfy present standards, but they were fun and inexperie

I've always felt that Ker didn't receive enough recognition for his contributions to the masters movement. It would be a fitting gesture at the Aldrich Meet if we, perhaps, dedicate a moment of silence to Ker or say a few words in his memory.
Azalea Trail Run

by GARY HENLEY

Andrey Kuznetsov, 41, of Russia, placed fifth overall and first master, recording a 29:24 in the Azalea Trail Run 10K in Mobile, Ala., on March 27. John Campbell, 50, of New Zealand, logged a 31:02 on the flat course to win the M50 division, besting Bill Rodgers’ 32:23. Campbell and Rodgers were both preparing for April’s Boston Marathon.

Campbell is also seeking a spot on his country’s Olympic team for the 2000 Games in Sydney, Australia.

He won the New Zealand masters cross-country championships last August, and ran a 31:17 in the national 10K road championships in October.

American Jon Sinclair was billed as the top runner to challenge Kuznetsov, but Sinclair took third in the M40 at 32:03, behind Steve Venable, 40, who finished in 30:58. He was the national cross-country champion in 1980, national track 10K champion in 1984, and was an Olympic Trials finalist in the 5K in 1984.

In the women’s race, Jane Welzel, 43, a five-time Olympic Marathon runner, dashing to a 34:58 to finish ahead of Kim Jones, 40, who recorded a 35:20.

Lois Ann Gilmore, 68, Janesville, Wisconsin, finished in 30:58. She was the national track champion in 1984.

In the women’s race, Jane Welzel, 43, holds off Kim Jones to finish as the top female masters runner in the Azalea Trail Run in Mobile, Ala., on March 27. Welzel recorded a 34:58, while Jones, 40, finished in 35:20.

10K road championships in October.

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Lois Ann Gilmore, 68, Janesville, Wis., reeled off a 51:57 to highlight the W65 division.

USA Heptathlon Held in Chicago

by JERRY WOJCIC

The USATF Midwest Regional Masters Indoor Championships included the National Masters Indoor Heptathlon Championships at Proviso West H.S. at Hillside (Chicago area), Ill., on April 10-12.

Winner of the M60-64 division, Emil Pawlik, 60, was the top scorer in the heptathlon with 6053. Bill Angus, 56, won the M55 contest with the event’s second highest total of 5248. Ken Ellis, 41, had the third-best total with 5216. Tom Thorne, Sr., the oldest competitor at age 82, finished with 2032.

Flores, 44, Wins Napa Marathon Overall

by RUTH ANDERSON

Richard Flores, 44, Napa, Calif., was the outright winner of the Napa Marathon from Calistoga to Napa, March 7, with a masters course record 2:25:52. This was a third time “charm” for Flores, who had finished second in 1996 and third in 1997. His only close competitors were two younger open runners, already 200m behind at the 14.5-mile aid station.

Marshall Randall, M40, of Napa, 2:37:52, and James Washington, M40, Arcata, Calif., 2:38:39 were Flores’ closest masters competition.

Herb Phillips, M55, Burnaby, Canada, was fifth master in 2:49:14.

Suzette Moore, W40, Bellingham, Wash., was the first W40+ in 3:01:39, fourth female overall. Julie Ann Berman, W40, Boulder, Colo., was second in 3:26:11.

Finishers numbered 1593, a new total. They were rewarded with a gorgeous day to run beside beautiful vineyards. The overall winners were presented with cases of wine by the title sponsor, Sutter Home Winery.

The number of cases was determined by an “analytical” type balance matching the winners’ weights, which earned them five cases each, Moore, as W40+ winner, received a magnum of wine.
Indoor Championships Yields New Records

The National Indoor Championships held in Boston, Mass., March 26-28, produced so many fine performances in the 3k racewalk. Below are comments from some participants.

Dave Romansky, M60 (14:34.28), is a member of the Shore AC in New Jersey, who set pending American and WAVA records.

EW: What did you like particularly about the Indoor Championships this year?
DR: The masters program is coming along so well. I remember when I was in the open division there was so much riding on every race you were in that it was hard to enjoy the company of the other athletes. You were so concentrated on what you were doing. In the masters races, you can race against a guy and he will cheer for you when you pass him. That is the way it is.

EW: How was your race?
DR: I thought it was crowded on the track. I was number 16 and had to start in the second row which I thought was a little strange. I had never had to do that before. At the start I got behind Lyn Brubaker because I knew she would be out of there fast. It took me a while to work my way forward. Then I was behind Tish Roberts for a long time. I got around her twice and she came back around me.

EW: Sounds like you were both helping each other
JC: Yes, it was good for me. There was a 35-year-old who was between Tish and me towards the end, so if I wanted to pass one I had to pass both. It wasn’t until we were starting the last lap and the 35-year-old was QD’d that I got around Tish and just went for it.

At the beginning of the race at least four 45-year-olds were ahead of me. I was thinking, “I came all this way and here I’m not even going to get a medal.” So I was happy to be in first at the end.

EW: In spite of the crowd, you had to hold a pretty good pace to have done so well?
JC: I was pretty even. I had some trouble with my knees and I averaged about 1:02. My last lap was my fastest in 57 seconds.

EW: What training did you do?
JC: Most of my winter training was long distance preparing for the Las Vegas Half-Marathon. I really didn’t do any speed work in that I had hoped to do.

EW: Jack Starr didn’t do speed work for the same reason and he set an American record. Maybe there is something to learn here?
JC: I think interval work does help my speed even though I hate them. I did intervals last year, but I didn’t get as much overall training in last year. Maybe it’s just that I am in better condition generally.

Besides, I find it very inspiring to be on the same track with people like Maryanne Torrellas and Lyn Brubaker. Maryanne had all her days giving massages and helping with the meet, and then goes out and sets an American Record (13:46.73). Lyn, who had been working 60 hours a week, hadn’t raced in quite a while. She also goes out and puts on a fabulous performance, finishing less than two seconds behind (13:46.49). Everybody was cheering and cheering. It was great.

Bill McCann, M65 (5th in 19:57.20), belongs to the Greater Springfield Walkers in Massachusetts. Other club members attending the indoor meet were Bob Beaudet, M65 (18:29.99); Rachael Beaudet, W60 (21:47.37); and Chuck Dolecki M65 (20:47.34).

EW: What was the highlight of your race this year?
BMcC: The competition was great. I think as you get older, you find that the competition gets more intense. There are some superb racewalkers. I am going to be 70 and will be competing with people like Jack Starr and Bill Fick, who just seem ageless. M65-69 has been intensely competitive, and getting more so. I am kind of a phyto. I have only been at it for 2½ to 3 years, but I think the quality of competition makes a great commentary on the training people are doing. Our sport has become very attractive to older people. And, of course, the ones who have stayed with it over the years, like good wine, seem to get better.

We saw some terrific performances. Number 1 was the great Dave Romansky (M60). I told Dave, "Whenever I am in a race with you, I never have to worry about getting hot, because you come by me so many times." He keeps me cool.

Jack Starr, M70, first in his age division with a time of 17:03.33, is a member of the PHAST Club near Philadelphia. He set pending American and WAVA records beating Bill Fick’s time of 17:23.46.

EW: You must be feeling pretty good about your race?
JS: My race was a surprise to me. As a matter of fact, I sent in my entry blank a long time ago for the Indoors and then Justin Kuo called me. He said there was an entry for the Boston Marathon and would I be interested. It has been a dream of mine to try this marathon, and at 70 I am not going to get any more chances. Even with just a little more than two months to train, I said, "Yes," and immediately started running long miles. The only reason I even went to the Indoors was that my 92-year-old mother lives in Connecticut, which is on the way. I had just done a 20-mile workout two days before, and had not done any speed training since the fall.

When the race began, I was slow; in fact, I was third for the first couple of laps. Bill Fick was ahead of me. As I went along, I fell quite a bit so I started to speed up a bit. Although I didn’t feel like I had much speed, apparently, I was pretty strong. After the race a whole lot of people said to me that I looked much smoother than I ever had before.

Everything was very exciting. There were some wonderful races. I just loved the atmosphere. In that closed environment, it felt like there were 10,000 people cheering.

Dick Donley, M70 (5th in 21:56.27), belongs to the Tulsa Walkers. It is going to be an exciting year. I am taking you out of my mind. And I have only been at it for quite a while.

EW: You do like indoor meets?
DD: I was a pole vaulter, and liked indoor meets because there wasn’t any wind. With walking, it doesn’t make that much difference.

EW: How about Boston?
DD: I was actually more competitive when I was in the M65-69 group. I have had some trouble staying legal with my right leg. As soon as I speed up to try to pass somebody or to go faster, I am going to get a call. I had two red cards in Boston and my time was obviously not competitive.

EW: What do you do to deal with that knee?
DD: I just concentrate on it. I don’t know how to explain this, but I feel my left knee. I know exactly what it is doing. I probably hyper-extend it. But I can’t feel my right knee. I don’t know what I am doing wrong. Even since the rule to plant your leg straight came in, which I always thought I did, I have had trouble staying legal. I never used to even think about it. I never had a warning. Then all of a sudden, I got disqualified in the 5k in Tucson. Now I worry about my knee every time I go by a judge.

I was glad to see Dick Benet (M75, 23:21.85) in Boston. He has heart problems. He used to beat me with regularity, but has slowed up. He told me, "I will enter races because I love it. I come just to have fun and to be part of it." I guess that is the way we all ought to be.

Janet Comi, W45 (first in her age division with a 15:22.71). A member of the Niagara Walkers, she broke the American record of 15:56.75 set by Karen Davis on March 12, 1997 in Boston.

EW: How was your race?
JC: I thought it was crowded on the track. I was number 16 and had to start in the second row which I thought was a little strange. I had never had to do that before. At the start I got behind Lyn Brubaker because I knew she would be out of there fast. It took me a while to work my way forward. Then I was behind Tish Roberts for a long time. I got around her twice and she came back around me.

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Besides, I find it very inspiring to be on the same track with people like Maryanne Torrellas and Lyn Brubaker. Even watching the older folks is inspiring. Margaret Walker (W75) is a friend of mine. I train with her and I think she does a great job. It is just nice to meet so many people who are so friendly and helpful.

Janet Higbie, W55 (first American in her age division with a 17:38.19), a member of the Indiana Racewalkers, her regular training partner is Tish Roberts, who came in second W45 with a 15:27.06.

EW: You had a big PR. What have you been doing to make this break?
Long Road to a National Championship

I competed in the 1999 USATF National Indoor Championships in Boston and came home the National Champion in the M40 60H. It may shock everyone to hear that over the past four years this has been a dream I have been chasing. This is because, at one point in my life, winning a national championship, specifically the hurdles, was the only thing that could save my life. In other words, running hurdles ushered me out of the darkest days of my life, injecting hope into a man who had lost his will to live, stemming from a catastrophic injury.

In 1976, I entered the United States Air Force and became a member of the USAF Track and Field Team in 1977. Within the first year I achieved a time of 13.6 in the 110H. In 1980 I was invited to Eugene, Ore., to compete in the 1980 Olympic Trials. I hit several hurdles, coming in last in a preliminary heat.

Even though I choked at the trials, the University of Florida offered me a scholarship to run track. I attended the university and ran the 110H, never going under the 14.0 mark. I became more interested in an education, leaving the U. of Florida with a masters degree in Rehabilitation Counseling and no major championships or titles. In 1987, I left the track and began a business:

Broken Neck

In 1992, while riding a bike one Sunday morning, I rode off a bridge, falling into a ditch and breaking my neck in several places. I was put in a neck, which are holding my neck in place, and had surgery, which placed metal plates in my neck, which are holding my neck in place at this time.

Following surgery, I needed to learn to walk again, and was confined to bed rest for well over six months. While in the hospital, my now ex-wife filed for divorce, since I was unable to work, and my business went down the drain. The bottom line is that I lost everything. Life was not much fun and, like many others in this predicament, I began developing an exit plan.

Rehabilitation was difficult and took several years. Once the halo brace was removed, the pain was severe. I found relief in pain medication and became addicted. Medication not only took the pain away, it numbed my feeling toward just about everything in my life. I gave four years of my life to medication and emotional numbness.

A New Struggle

In the summer of 1997, five years after my accident, I was struggling to overcome my new disability of addiction to painkillers. It seemed too difficult, and I again found myself in that comfortable position of planning an exit from the chaos I had created.

The turning point came when I met my current wife, Terri, who offered a lot of patience and showed interest in my past accomplishments. She repeatedly urged me to talk about my track and field days. She pushed me back into running and even went so far as to run with me. This is a woman who had never run or competed in her life.

My return to the track began with the 100H in a summer all-comers meet in my hometown of Jacksonville, Fla., in 1997. This was by far the worst race I had ever run. Not only did I come in last, I ran the worst time I had ever run, and it caused so much pain that I was in bed for a day-and-a-half but not back on pain killers. While attending this meet I met another runner, Dan Taylor, who introduced me to masters track and field and talked about the national championships to be held in San Jose, Calif.

Back on Track

Following an intense four months of training, I traveled to San Jose to compete. I was now 39 years old, and this would be the first time I was running hurdles in well over 10 years. I ran the race, three stepping the first half and five stepping the remainder of the race, and, yes, I finished last. But what a wonderful feeling. I was back, and when I crossed the finish line I felt as if I'd just completed a race that took five years.

From that moment, I replaced self-doubt with hope and intensive training. In 1998, I continued to seek a national championship. In the indoor championships I placed seventh in the 60H and fourth in the 110H. Through the summer I ran the 110H and won every race from this point forward.

In the 1998 National Masters Outdoor Championships, I ran to a dead heat in the finals of the 110H, leaning to a photo finish with Stacey Price of New Mexico. I placed second with the same electronic time as Stacey of 15.50. I went on to win the long jump and the triple jump in this same meet; however, this was not the championship I wanted.

I had a rematch against Stacey Price a month later in the 1998 Nike Games in Eugene. I returned to the same track where I ran in the 1980 Olympic Trials. This time I didn't choke; I won in a very competitive M40 group.

Overcoming the Past

Last year I finally overcame all of the problems associated with my accident. What I now realize is that my experience may help others in chasing their own dreams.

In July 1999, I will travel to Gateshead, England, to compete in the 1999 WAVA Championships. In my mind I have already won at life and I now understand the true definition of hope. Running hurdles saved my life. I write this in hope that someone will read this and push to overcome any barriers that have been tossed in the way. We need to realize that we should push ourselves to our maximum potential and show up at the starting line. We focus on who comes across the finish line first or second; however, every one of us who shows up at the starting line is the true winner in life.
On The Run
by HAL HIGDON

For Beginners Only: The 5K

On a sunny morning early this spring, my daughter Laura Sandall and I went running on one of my favorite training routes. An executive with Dayton-Hudson in Minneapolis, Laura is training for a half-marathon this summer. She had an event to attend in Chicago, so spent several days visiting.

As we ran along Lake Shore Drive near my home in Long Beach, first one woman, then another, approached running toward us. I knew instantly they were beginners. That was because they were running on the wrong side of the road. Most experienced runners run facing traffic, rather than with traffic behind. (It's safer that way.) Wanting them to feel welcome in their new sport, we gave each a cheery "Hello!" And the response came back: "Uhhhhhh..." It was all they could do to get out a gasped response.

Yet I knew that, given another month or two, the women will have learned to move to the right side of the road and their response will be: "How are you? Nice day to be running."

Beginners learn. They improve. Most readers of National Masters News are not beginners. We are a hard core who train hard and race on the track, or participate in field events. Many of us have friends who might like to test themselves in a road race this summer.

For beginners, the goal that gets many out the door is the 5K. Just over three miles in length, the 5K is the most popular race distance in America. Although we are in the midst of a marathon boom, most marathoners taste their first racing experience in 5K events. Many will graduate to the marathon; many will not, happy to remain at the shorter distance.

If that is you or your friend, here are five tips for beginning a running program:

1. Set your goal: Perhaps it is a 5K. Perhaps it is losing weight, or feeling better, or shifting some of your life priorities. Or all of the above. You can't get where you're going unless you have a destination.

2. Start Slow: Don't go so hard the first day that you're stiff and sore the next day. Be realistic. Don't train too hard the first few days. Instead, practice walking or jogging a mile or so, then walking again until you're ready to run.

3. Train Sensibly: A lot of people have gone before you. Don't repeat their beginners' mistakes. Follow a sensible 5K training program, such as the one on my web site: www.halhigdon.com. If possible, seek coaching help, or join a running club.

4. Practice Regularly: You do yourself no good if you train hard one week, then miss the next week because you're "too busy." Schedule a specific time for fitness (even if only 15 minutes a day), then keep that schedule.

5. Don't Get Discouraged: It the weight doesn't melt as fast as you had hoped, if you still struggle to stay in running mode, if you still can't say "Hi" when you pass me on the road, don't worry. Think how long it took you to get out of shape. Don't expect instant miracles, but please do persevere.

For many of us who have been running marathons for a long time, the 5K seems like a short and painless distance. But for a beginner, the 5K may seem like its own marathon. Regardless, running a 5K is a worthy goal. I wish you or your friend success in attaining it.

(Hal Higdon, Training Consultant, The Lasalle Banks Chicago Marathon, is Senior Writer for Runner's World.)

Training for the 5K

How you train for a 5K race depends on your level of fitness when you begin. Here is a beginner's training schedule. The distances might be different, but the pattern would be the same if you're a more experienced runner.

Sunday: Walk or bike 30 to 60 minutes.
Monday: Rest after a weekend of effort.
Tuesday: Run and/or walk for 15 to 30 minutes.
Wednesday: Easy activity, whether running, walking or biking.
Thursday: Run and/or walk for 15 to 30 minutes.
Friday: Rest to get ready for the weekend.
Saturday: Make this your hard workout day. Run somewhat farther or faster than you did on Tuesday and Thursday.

Over a period of weeks and months, gradually increase the time and length of your workouts. If fatigued, ease back on your training for a week, then push forward again. You can become a runner if you do it sensibly.

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Racewalking

Continued from page 10

JH: Tish Roberts and I have been doing extra speed work together. Between the extra speed work and just trying to keep up with Tish, I cut off 40 seconds from my 3000 meter time. The neat thing is that I was 3 seconds off the American record. So I have to do a little harder now, don't I?

EW: If you can get that close, you know it's there for you. What kind of bursts of speed and on Thursday speed work helps you the most?

JH: On Tuesday night I'll do short bursts of speed and on Thursday nights the longer intervals. For the longer workouts, I will do maybe 40 minutes of mile intervals in a 10:30 pace and sometimes a 10:00 pace. The short stuff we do varies with the trainer at our club workout. We often do 200s, 400s and 600s and back down. The neat thing about this workout is there are about 20-25 of us going various speeds so you always have someone to chase. We also have two or three people judging us during our speed workouts. They monitor our technique and give us input on what we can do to improve.

EW: Perhaps, your judged workouts are the secret to the Indiana Racewalkers' success. You have so many excellent competitors in your club.

JH: Many of us like an indoor track. It makes you stay focused and I think you work harder because you can continually see what your times are as you go around.

EW: Are you adding anything to your training to help you get the American record next year?

JH: Dave Romansky and a few others suggested that I try doing push-ups and working on strengthening my arms to go faster, your legs will go faster. I will be working harder on this.

Margaret Walker, W75. Margaret is a member of the Niagara Walkers and was the only one in her age division, finishing with a time of 23:06.49.

EW: Do you like racing Indoors?

MW: I enjoy it. I like the Boston track. It is not too banked. And the race is very well run. The chief to counter uses a microphone and we can hear him. We always know where we are during the race. I was a little slow because I was just getting back into training. I wasn't sick or anything. Just winter slowdown.

EW: How do you approach racing when there is no one else in your age group and you know you are a winner before you start?

MW: I always try to do something good for my age group.

EW: What would you say to a woman in her 70s wondering whether to do the Indoor Championship for the first time?

MW: I would tell her to go out and do the best she can.

EW: And that's all any of us can do at any age.
The Weight Room
by JERRY WOJCIAK

A View from Second-Last Place at Boston

Seven shot records and one weight record were broken at the National Indoor Championships in Boston (see list on page 18). The top superweight marks will be listed with the other pending marks for the event, and when enough are compiled, the best in each age group will be submitted for approval as national records.

Other aspects of the meet caught my interest. One was the world record, an age-graded 96% 31-9/4, by Ross Carter in the M85 shot. A noteworthy mark, but perhaps almost as significant is the fact that there were four throwers in his division, all age 85. Having talked to Ross on the flight to Boston about the dearth of throwers in his age group, I know that he would be the first to agree. There were no M85s at the 1998 Championships in Maine, and just two in Boston in 1998.

Two more facets of the meet that caught my interest were the large number of M50-54 shot putters (13), just two less than in that group in the 1998 Championships in Maine, and the number of women weight throwers (21) as compared to last year (10). An increase of over 100% has to be indicative of something.

A New Kid in the Ring

I was watching the men weight throwers Friday evening when one of the women's shot officials came over asking for a steel tape and dropped the word "record." I hurried to the shot ring and discovered that the record-breaker, with a 40-7, was a diminutive W35, rather than the larger-than-average female that I had stereotypically envisioned on the way there.

Nena (Oneitha in the results) Lewis is 38, a St. John's grad, and quick and strong. She won the shot put overall in an open competition at the '99 Colgate Indoor with 13+ meters but didn't apply for a record because she was unaware that W35s had records. She joined the New York Masters club and became a teammate of Roz Katz, a W55 thrower, both coached by Goran Milanovic. According to Katz, Lewis is already at 125-0 with the hammer after just a couple of sessions under Milanovic's tutelage.

Now It Can Be Told

If you've checked the age-graded percents in the results for the weight and superweight for M50+ and W60+ and found them in absentia, here's why: the Hy-Tek program, used in most masters meets for results, calculates the age-grading percents on the WAVA pentathlon weights specified for men after age 49, and women after age 59, not on the implements used in the U.S. weight throw.


According to Rex Harvey, the USATF Masters Combined-Events honcho, who was a primary figure in the evolution of age grading, the concept of a superweight doesn't exist outside of the U.S.; consequently, the Hy-Tek program, as far as I know, can't age grade marks for that event, so I don't know what the basis is for the superweight percents.

I had intended to explain this in an earlier column but was reluctant to bring it up until I heard percents banded about in discussions of weight and superweight performances at Boston. Plus, I feared getting a call from Los Angeles, where final editing is done and the NMN is put together, and being told that nobody there understands what the hell I'm talking about and nor will my readers.

Some befuddlement for awhile until everybody gets the message, is better than to continue working on misinformation.

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Start with issue: Sept. '98 January '99 April '99

Rankings Report

by JACK LANCE
USATF Track & Field Rankings Coordinator

The 1998 USA Track & Field Rankings book is now at the printers. It has been improved to provide masters athletes with a better publication of the 1998 outdoor rankings. The last entries for the rankings were taken from the February 1999 National Masters News.

All correspondence received prior to February 15 was also included.

The 1998 rankings book will still be priced at $7 per copy. Additional sponsors are needed to continue selling the book at that price. Individuals or businesses interested in sponsorship should contact me at P.O. Box 276, Long Valley NJ 07853; Fax: 908-876-5856.
Tuttle Breeze to Win in Shamrock Shuffle

by GARY HENLEY

It was a record Sunday in Chicago's Grant Park on Mar. 28, as 11,307 participants enjoyed the most successful Shamrock Shuffle yet. The race also served as the USATF National Masters Championships and Indy Life Circuit event.

John Tuttle, 40, a former cross-country coach at Alexander High School in Jacksonville, Ga., finished second overall and won the heated masters competition, which featured Craig Young, Dick Buerkle and Bill Rodgers.

Tuttle, who breezed his way to a 23:25, outlasted Young, 42, Colorado Springs, Colo., who finished in 24:12.

Tuttle just missed breaking his own pending U.S. masters record by one second, but still dominated the masters race for his second straight USATF masters title and ILC win.

He ran stride-for-stride with Todd Williams, 30, Knoxville, Tenn., before Williams was able to win by a five-second margin.

Williams called Tuttle’s effort: “Amazing. I hope I can do that when I’m 40.”

Tuttle turned 40 last October, and celebrated that milestone by winning the 15K National Championship in Tulsa, Oklahoma, with a 45:43.

The following month, he set a U.S. 10K record for masters with a 29:44, breaking the old record by 12 seconds.

Pending verification, new masters marks set in the Shamrock Shuffle 8K were Dick Buerkle, 51, Atlanta, and his 25:32, bettering the M50 age-group record of 25:47, while Joan Ottaway, 55, Sonora, Calif., set a W55 record 31:13.


In the women’s race, Irina Bondarchouk was the first W40+ finisher in 28:36, while Jeanne Lasse-Johnson, 41, Chula Vista, Calif., repeated as national masters champion in 28:53, with Bev Docherty second (29:07). Both Johnson and Docherty earned $500.

The following month, he set a WAVA age-graded table.

As an Indy Life Circuit event, the masters were also ranked based on the 1994 WAVA age-graded tables. For the men, Tuttle again had the top age-graded time (his 23:25 equates to a 22:37 open-performance time), while the two-time ILC Grand Prix age-graded champion, was the best age-graded woman with a 26:07 (31:13 actual).

The race produced the most top-quality performances in the Indy Life Circuit’s three-year history as a record 12 masters – 11 men (another record) and one woman – ran world class times (90% or higher on the WAVA age-graded tables).

— RRIC contributed to this article

Steve Scott, Joan Samuelson Master the Moment at CARLSBAD 5000

Carlsbad, CA – Steve Scott, 42, Santee, Calif., and Joan Benoit-Samuelson, 41, Freeport, Maine, were the top masters finishers in a field loaded with world-class runners at the Carlsbad 5000 on March 28.

Scott and Steve Plasencia, 42, Shoreview, Minn., battled right to the finish line, with Scott winning in 14:29 to Plasencia’s 14:31.

Scott and Benoit-Samuelson, both American running legends, continue to leave their mark as masters runners. Scott, the U.S. record holder in the mile at 3:47.69, and Benoit-Samuelson, the first woman’s Olympic marathon gold medalist (Los Angeles 1984), helped to push the pace under cool and breezy conditions.

Scott and Plasencia hit the first mile in 4:31 and two miles in 9:13. With 400 meters left, Scott used his superior speed to pull away from Plasencia to win his third USATF 5K road crown.

Peter Koech, 41, Albuquerque, N.M., was the third M40 runner in 15:17.

“I knew I had to push fast that 20,” said Scott, a local resident.

Plasencia, meanwhile, was pushing Scott to the limit.

“I tried to break Steve several times after two miles, but I couldn’t and later my resolve melted,” Plasencia said. “I was just testing the American mile record holder to see if he still had it. He still does.”

Plasencia, however, is still the U.S. masters 5K record holder, at 14:25.

In the women’s masters race, Kim Bender, 41, Seattle, Wash., set the early pace with the field in tow.

At two miles, with a 10:50 mark, it was Bender and Benoit-Samuelson. A half-mile later, Benoit-Samuelson, the U.S. marathon record holder, surged ahead and continued unchallenged to the tape in 17:06. Bender followed ten seconds later with Michele Buchichio, 43, Arcadia, Calif., third in 17:26.

“I had hoped to run 16 something, but I just didn’t have any speed,” said Benoit-Samuelson.

There were several world- and national-class, age-graded times turned in, as Scott’s 14:29 equaled an age-graded 94.5%, while Plasencia’s 14:31 is a 94.3%.

Nolan Shaheed, 49, Pasadena, Calif., was 10th among masters runners with a 15:55, and third-best age-graded mark of 90.6%.

Koche’s 15:17 was good enough for an age-graded mark of 88.8%, while Benoit-Samuelson’s time in the women’s race is an age-graded 89.1%.

Other top runners competing were John Brennand, the first M50 runner in 18:27; Robert Culling, first at M65 in 19:49; and Gunnar Linde, the top M70 runner in 20:53.

On the women’s side, Marina Jones finished in 18:49 for the top mark at W45; Joni Shirley, W50, was first in that group with a 19:51; Vette Lavigne took top honors in W55 with a 20:43; and Martha Walker finished first at W65 with a 21:26.

Armando Quintanilla, 30, of Mexico, and Libbie Hickman, 34, Fort Collins, Colo., captured the men’s and women’s open titles.

Information compiled by RRIC

WESTERN REGIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS JUNE 19, 1999 UCSB LA JOLLA

ENTRY FORM

Name:
Address:
City/State/ZIP
Event Entered:
Event Performance Level:
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Total Registration Fee: $50
Entrants are required to register before event.
Waiver:
Signature:

Date:

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PRE-REGISTRATION DEADLINE JUNE 12, 1999

— Entry form...
Thousands Cheer Masters at Mt. SAC Relays

More than 3000 spectators cheered female masters runners in two age-graded races at the 41st annual Mt. SAC Relays in Walnut, Calif. (25 miles east of Los Angeles) on April 18.

The age-graded 100 was won by Phil Raschker, 52, the nine-time USA female masters track and field athlete-of-the-year who won 10 gold medals in the World Veterans Championships in South Africa in 1997.

The Marietta, Ga., accountant held off fast-closing Cindy Steenbergen, of Fort Worth, TX, 11.51 to 11.60.

Each runner got a distance handicap based solely on her age. Raschker ran 86 meters while Steenbergen covered 91 meters. The oldest runner in the field was Sumi Onodera-Leonard, 70, of Los Angeles, who ran 73 meters.

"I had a lead-butt in the blocks, but I was comin' at the end," said Steenbergen.

"It was fun," said Onodera-Leonard, who is now being coached by Jackson Steffes.

Raschker, who had achilles surgery earlier this year, came out of the race.

"This was my first test of the year," she said. "I think I might be able to go to Gateshead (for the 1999 World Championships)."

Announcer Dixon Farmer introduced each runner before the race, extolling their achievements and drawing the crowd into the race.

The age-graded 800 was in the prime-time Sunday spot between the open men's 800 and Marion Jones' 400 race.

Regina Joyce, 42, of Lynnwood, WA, overtook Jeanne Hoagland, 62, of Los Angeles down the final straight to win by three seconds.

"In this "Portsmouth Start" race, each woman ran the full 800 meters. The oldest, Onodera-Leonard, 70, started with the gun. The next oldest, Hoagland, followed 18 seconds later and so on down to the youngest, Lisa Kealy, 36.

"With Farmer again calling the action, the crowd really got into it, especially cheering Onodera-Leonard throughout the entire two laps.

Three U.S. 800 age-group recordholders were in the race: Hoagland (W60, 2:41:01), Diane Heil (W40, 2:20:21), and Onodera-Leonard (W70, 3:20:71). Even the honorary starter, Ruth Wysocki, holds the W55 800 mark (2:02:83).

Joyce, who represented Ireland in the 1984 Olympic marathon in Los Angeles and was the third-ranked masters USA road runner in 1998, started 47 seconds after the gun. Her total time was 3:10, which means her actual running time was 2:23. Hoagland's actual time was 2:55, while Heil, who finished one second behind Hoagland, clocked 2:26.

"With a lap to go, I was still about 80 meters behind Jeanie," Joyce said, "but when we hit the backstretch, I decided to go for it. I ran about 12 seconds faster than I thought I would." The handicaps for both races were established by the World Association of Veteran Athletes (WAVA) and are listed in the Masters Age-Graded Tables.

The race was organized by John Cosgrove, who used his modest USATF budget to fly Joyce and Steenbergen. Raschker's air fare was sponsored by Hy-Tek.

"The people at Mt. Sac are very supportive and are very happy with the excitement these races generate," Cosgrove said. "That's why they're willing to give us such good prime-time slots. We plan to do it bigger and better next year." - Al Sheahan

Record Turnout For Fifty-Plus Fitness 8K

by MARK WINITZ

Over 500 participants completed the Fifty-Plus Fitness Association 8K Road Race and 5K Walk at Stanford, Calif., March 21, the largest turnout in the event's 16-year history. Held under partly cloudy conditions, the race served as the 8K championship for the USATF Pacific Association.

The race is historically one of the country's finest examples of senior fitness for the 50-and-over age group population. All ages were invited to compete this year for the first time — with very fast results.

In the featured Paul Spangler Memorial 8K race for the 50-and-over competitors, Mike Dove, 52, Salinas, Calif., topped the men with a 27:59. Joan Ottaway, 55, Sonora, Calif., emerged victorious among the women in 31:23. Both runners are among the top in their respective age groups.

In the masters contest (40-49 year-olds), Tim Minor, 41, Reno, Nev., ran a 25:21, while Diana Fitzpatrick, 40, San Francisco, recorded a 28:04 for top honors.

Other fine performances included Ralph Jago, M85, running a 1:13:30, and the 37:46 turned in by Eve Pell, W60.

During the weekend's festivities, Joe Henderson, longtime running author and columnist for Runner's World magazine, was awarded the annual Emil Zatopek Award by the Fifty-Plus Fitness Association for his outstanding contributions to the sport and senior fitness. At the finish line, Henderson and Bob Anderson, the founder of Runner's World, were reunited for the first time in 17 years.

The Fifty-Plus Fitness Association is a non-profit, international organization, with more than 2000 members, committed to showing older adults the rewards and critical importance of an active lifestyle in improving their lives.
Records Fall at East Indoor Regionals

by HAIG BOHIGIAN

Two world, two U.S. and 49 meet age-group records were set or tied at the 27th annual USATF East Regional Masters Championships held at the Armory T&F Center in Manhattan on March 14. A total of 222 athletes entered from at least 15 states, including Georgia, Missouri, and Texas.

Manfred d'Elia broke the M90 200 world record of 68.6 with a 62.00. Evelyn Wright increased the M40-49 world record of 68.6 with a 70.70.


A remarkable aspect of the meet was the 4x800 relay, run in two sections, with 8 teams, more than have run cumulatively in the last 10 years. Meet records in the 4x800 were set by the M40-49 and M60-69 AC teams and the M45-49 Victorian RR squad. Relay meet records were also broken by the East W50-59 team and the NY Pioneer M60-69 quartet.

Audrey Lary, 64, was outstanding in setting three meet records: 60 (9.66), 200 (22.3); and Lester Wright, Jr., 76, in the 60 (9.6 tied) and the 400 (76.70). The athletes represented 57 teams.

Team titles went to the 30-39 Westchester Puma Club (23 points); the 40-49 Shore AC (55); the 50-59 Bohemia TC (27); the 60-69 Maryland Masters (with a whopping 86 points); and the 70+ title to the Syracuse Chargers. The Shore AC won the overall title with 133, and the Maryland Masters came in second with 129.

The meet marked the region's masters debut at the new, banked track installed in the 168th Street Armory in November 1998. Unfortunately, the new configuration doesn't allow the weight throw to be held. With the addition of a special cage, which I have designed, this problem should be rectified by next year.

Last Call for 1999 Indoor Rankings

by JERRY WOJCIK

USATF Masters T&F Indoor Rankings Coordinator

This issue is the last from which marks for the 1999 McMahon Family Trust Indoor Rankings will be taken. If your best marks have not appeared by this issue, send them with documentation (name of meet, date, site, contact person, etc.) before May 15 to the appropriate rankings below:

55m/60m/200/400/55mH/60mH: Larry Patz, 534 Gould Hill Rd., Contoocook, NH 03229.
800/1500/3000: William Benson, 6 Eton St., Valley Stream, NY 11581.
HU/PU: David E. Otta, 7043 22nd Ave. N.W., Washington, D.C. 20012. E-mail: dec@igc.org.
SPI/ITJ: James Gerhardt, 834 Thornvile Lane, Houston, TX 77079.
WT/SW/Mile/3000R: Jerry Wojcik, NMN, P.O. Box 50098, Eugene, OR 97405. E-mail: natnamewhow.com.

Title rights to the indoor rankings have been given to the McMahon Family Trust, which provides funds for their compilation. The McMahon Family Trust was created on January 24, 1990, by Mr. and Mrs. Charles A. McMahon.

Charles (Chuck) McMahon, of San Diego, Calif., was a masters thrower, who, after a successful career in high school and national competition, got back into track & field at age 51 in the early 1970s and continued until he underwent knee surgery and received a hip replacement in 1992. He held eight U.S. and U.S. single-age group records in the throws.

McMahon was a construction manager and supervised the building of the 20-story Home Tower in San Diego, the Anheuser-Bush Brewery in Van Nuss, Calif., and an underground garage at Pershing Square in Los Angeles. In 1965, he was named "Outstanding Professional Engineer of the Year." Charles died Sept. 12, 1994; his wife passed away on Jan. 24, 1997.

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ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, MAY 1999

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

Continued from page 5

Hampshire, posted the fastest time in Mile 866m W70
Mile 400m M80 TJ M85 5.48m James
400m 200m TJ W75 W M90

3000RW 3000RW
SP M70 WT
HJ W75 1.80m Margaret Hinton 0.94m Katrina
W75 40 .59 Mary
W75 6 .69m Margaret Hinton 6 .46m Libby Hagemann
W75 11 .45t Mary
W35 9 .47 W35 25 .19 W35 7 .88
W30 71.93 Debbie
M55 13 :51 .46 Jim Carmines 14 :22 .40 Ed
W80 7 .69m Konrad Boas 7 .56m Leon
13 .03m Len
W85 9 .68m Ross Carter 7 .56m Leon
13 .64

W35 2 :38 .10 Jim
W35 7 .90m Konrad Boas 6 .17m Mary Wixey
W35 11 .06m Konrad Boas 6 .17m Mary Wixey
W35 13 :36 .58 Jeanne
W55 17 :30 .58 Ann Marie Rosenitsch 17 :35 .06

26·28

The Reggie Lewis Center track is a six-lane, 200m oval constructed with the same technology and material found in the Olympic Stadium in Atlanta. The 60m races are held on a separate eight-lane sprint runway in the middle of the track. Masters planning to attend the Championships in 2000 will have the opportunity to compete here, when the meet, hosted by USATF New England, returns to Boston for the fourth year in a row.

Organizers “Meet” the Challenge

The meet was hosted by the Boston Running Club, which provided most of the 60 volunteers, in cooperation with USATF New England. Meet management was organized by Fred Treseler of TRACS, Inc. Allie Pendleton served as meet coordinator. Primary sponsors were Fila; Cisco Systems, presenter of the Cisco Miles; and Mrs. Thorn of the Reggie Lewis Center track. Masters planning to attend the Championships in 2000 will have the opportunity to compete here, when the meet, hosted by USATF New England, returns to Boston for the fourth year in a row.

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Tom Jordan, the Executive Vice-President of the World Association of Veteran Athletes, said he has received formal bids from three cities to host the XV WAVA World T&F Championships in 2003:

- Moscow, Russia
- Kuala Lumpur, Malaysia
- San Juan, Puerto Rico

Jordan said he also has received a formal bid for the 2002 WAVA Road Race Championships from Auckland, New Zealand.

The sites for both of the above will be determined by delegates to the WAVA General Assembly in Gateshead, England, on Aug. 5.

The XIV WAVA T&F Championships will be held in Brisbane, Australia, in 2001.

**World Masters Marketing**

Ron Bell Associates has been appointed by WAVA to act as its commercial manager and to raise revenue from sponsors. Bell has formed a subsidiary company called World Masters Marketing.

"To manage a contract on a worldwide basis is very difficult," Bell said. "I am therefore offering partnership arrangements in the six WAVA regions to any company interested in being part of the company, yet simultaneously working independently."

Bell said only one partner would be appointed in each WAVA region and thus would be "an excellent opportunity to earn good financial rewards."

Bell said the opportunity could appeal to an existing marketing/sponsorship company or to individuals with a love of masters athletics and good contacts within the marketing world.

"A planned program has already been agreed with WAVA," Bell said. Anyone interested should contact Bell (see address on page 20).

**Three Cities to Bid for 2003 Championships**

Gary England, M40 shot put winner (52-10").

National Masters Indoor Championships.

Ron Morris, of the On Track Co., displays a singlet at the athletes’ meeting. 1999 National Masters Indoor Championships.

**Gateshead Uniforms Available for USA Participants**

by GARY ENGLAND

The National Indoor Championships in Boston served as the launching pad for the new USA Team Uniform and Apparel line. However, due to miscommunication, On Track, the official supplier, was unable to sell uniforms and warm-ups on-site.

The new look is white with royal blue trim. The imprint is a tall condensed royal blue USA with a red drop shadow; very bold, very sharp. There are USA Masters logo imprints on all of the matching blue uniform pieces. Matching pieces are singlet running silks, half tights and bun huggers, all royal blue. If you are interested in a speed suit, you need to contact us by May 21. We will be doing one run of these, to orders only.

The uniforms are from InSport of Beaverton, Ore. To find your correct size, go to a sporting goods store that carries InSport and try on their apparel. The uniforms come in both men's and women's cuts where applicable.

A line of casual wear accompanies the uniform line. Only top quality suppliers were selected for this line. T-shirts are Lofteeze, Fruit of the Loom's finest; heavyweight 11 oz. sweatshirts are LEE Crossgrains. Both are ash color with the USA Masters logo.

For casual dress, there is the embroidered pique knit heavyweight polo shirt, in navy with a left chest logo, and the embroidered denim six-panel hat with a tan suede bill. To carry it all, there is the shoulder bag from Big Guys Bags. Embroidered cordura with two compartments and a front pocket, this bag is tied together with a shoulder strap fastened with heavyweight metal clips. Polos, T-shirts and sweatshirts all are unisex sizing, medium through triple extra large.

Big Guys has designed a special traveling T-shirt that will have the masters logo on the front and a Gateshead design on the back. These T-shirts will sell for $15 and are terrific for wearing or trading. All apparel is or will be in stock soon. To order by phone, you should contact On Track at 800-697-2999 or e-mail them at sales@ontrackandfield.com. They can take your order or send you a brochure. On Track takes Visa, MasterCard, Discover, and checks. No COD please.

Since these now represent the Official National Masters Uniform, On Track will be taking orders through and after the Gateshead meet. We will not be taking uniforms to Gateshead, so it is necessary to purchase early if you are attending the Gateshead meet.
Organizers Well Prepared for World Championships

Only two months remain until the XIII WAVA World Veterans Athletics Championships, July 29-August 9, in Gateshead, England. The entry deadline was April 30. Organizers expect that upwards of 7000 athletes from as many as 80 nations will participate in the biennial event.

A total of 536 entrants from the USA have sent their entry forms to Sandy Pashkin, the USA Amateur Manager. That compares to 335 USA competitors who went to Durban, South Africa in 1997, 312 who went to Miyazaki, Japan in 1993, and 474 who traveled to Turku, Finland in 1991.

The championships are open to men age 40-and-over and women age 35-and-over. Competition will be held in five-year age groups through 95+. Recently, Tom Jordan, who lives in Eugene, Ore., and is WAVA’s Executive Vice-President and Chair of WAVA’s Organizational Advisory Committee, visited Gateshead with Torsten Carluis, WAVA President; Ron Bell, WAVA No-Stadia Vice-President; and Keith Whicker, Chairman of the British Veterans.

Here are excerpts from Jordan’s report:

- The Organizing Committee (OC) says a large number of athletes are planning to stay at lodging outside of its block of hotel rooms, e.g., camp sites, guest houses, etc.
- Promotion has been focused on generating entries and recruiting volunteers. Over 900 volunteers have signed up thus far, as well as 200 certified officials. (For any athletes who are also certified officials, and who end up being utilized by the OC, the OC will pay the lodging for the actual days they officiate at the event.)
- The OC plans a “Partners Package” for accompanying persons, which will largely be an amenities package featuring coupons for discounts and the like. The OC confirmed that accompanying persons will not be charged for riding the athletes’ shuttle.
- Translation at the General Assembly will be available in English, French and Spanish.
- The shuttle system will have several bus routes, each stopping at hotels/dormitories where participants are staying. The goal is to have no route take more than 45 minutes to get from the farthest outlying hotel to the Gateshead International Stadium (GIS). Once at the GIS, a shuttle will run every 30- to 60-minutes in one direction to Monkton Stadium and then on to Riverside, before returning to GIS. Another shuttle will go in the opposite direction to Riverside, then to Monkton, before returning to GIS. In addition, 20 mini-buses will be on standby for emergencies. (The ride from GIS to Monkton takes 15 minutes; from Monkton to Riverside is 20 minutes; from Riverside to GIS is 25 minutes. During rush hours, the trips will take longer.)
- Athletes will want to allow plenty of time to get from their hotel to GIS and then to one of the other stadia, and may want to stay at that venue throughout the day. It will be impractical in most cases to return to one’s hotel room between competitions on the same day.
- Taxis are a transportation option. These must be booked through a central number (as opposed to flagging one down on the street). The cost is roughly what one would expect to pay in any major city in the USA or Europe. In other words, not cheap.
- A list of rental car agencies will be made available. Remember, the British drive on the left.
- The hotels and dormitories are adequate for athletes’ needs, but most are too far to walk to the GIS. So the shuttle system will be crucial. The dorm rooms are one-bedded, with washstand. Meal times will cater to the athletes’ needs.
- Newcastle is the site of the Metro Centre, Europe’s largest shopping mall. Several “Geordies” (the term the residents call themselves) said one survey rates Newcastle the 7th best “party city” in the world. A restored section of the waterfront, called Quai Side (pronounced “key-side”), features top restaurants and nightclubs.

The pubs close at 11 p.m. (2300 hours). The extensive subway system closes at midnight.

Confirmation of entry will be sent to each athlete, along with info about competition, maps of the venues, etc.

The OC has arranged for 50 drug tests as required by WAVA.

A temporary Championships office is open from 10 a.m. to 4:30 p.m. The phone number is 44-191-443-3301 and 3302. Fax is 44-191-443-3303.

The staff is making good progress in its preparations. A big plus for the OC is that, as a branch of the city’s administrative structure, OC staff members need only go down one flight of stairs to discuss the shuttles with their colleagues in Transport, or down two flights to discuss road closures with Public Works.

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Report from Britain

Gates Holds Off Foster in British Veterans Cross-Country Championships

by BRIDGET CUSHEN and MARGARET DUFF

Gates, 45, held off a late challenge from 10,000 bronze medalist Bill Foster to win the British Vets Cross-Country Championships in Norwich on March 27.

Gates, a former world 10K road champion from Toronto, raced to a 34:22 finish on the course at Earlswood Park, 120 miles northeast of London, while Foster took third behind Dave Neill, both M40 runners.

A separate 50+ race was won by Harry Matthews, who finished in 37:04.

Two weeks after placing as top master in the English Senior National event, Viv McConnell was the overall winner in the women’s 5K race, romping to a 20:11.


All will be running for the WAVA medals in Gateshead this summer, despite the disquiet over high costs of entry and likely even higher hotel bills.

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DEADLINE

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

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## MASTERS CLUBS

Below is a list of masters track & field, long distance running, and racewalking clubs arranged alphabetically by region. Some offer workout facilities. Most have social programs and annual awards. If you’d like to find out more about what’s going on in your area, contact one. To have your club listed, please send the necessary information to National Masters News, P.O. Box 5009, Eugene OR 97405.
RACEWALKING

639 finishers were George Buckheit, 41, Fairfax, VA, Bill Woodey, 54, Silver Spring, MD, finished running race on Long Island, benefit The Children's Tumor Foundation. March 27, 1:22, and Emmy Stocker, Bethesda Chase, 37, 1:30, and Joan Coven, 57, Massachusetts, finished 17th overall with an age-graded 93.2%. Pozdnyakova was 17th overall (men & women) with a 91.9% 17:00. Second M40 was James Rash, 45, Gainesville, in 18:23. Byron Dyce, 50, Gainesville, captured the M50 win with a 17:43.

Linda Kidder, 42, Williamsburg, VA, bested the women's field with a female course record 39:59. Ford's Colony 8K For Shelter, Williamsburg, March 27, Eileen Hungerman, 45, Williamsburg, was second female overall in 34:08. Jim Goodman, M50, Williamsburg, was first M40 in 30:28. Top 50+ performers were Larry Coley, M50, Chesapeake, VA, 31:07, and Joan Coven, 57, Massachusetts, in 37:51.

Top masters strikers at the Lavonne Hottensmith Memorial 5K Racewalk, Lakeworth, FL, March 6, were Juan Yanes, M45, 27:31, and Ingrid jump was Helgi Pedal. Her lap of 1:08 erased the 0.94 by Katrina Smidzinska, set in 1997.

Track and Field

ON TAP FOR MAY

The Arizona Masters Meet starts it off on the 1st in Tempe. The 29th Southeastern U.S. Masters Meet, Raleigh, N.C., begins a three-day run on the 7th with something for everyone. Californians eager for action can find it in the Southern California Striders Meet on Long Beach on the 8th and the Visalia Meet on the 15th. Augustana College in Illinois hosts an All Age-Group Meet on the 29th. The Dan Aldrich Memorial Meet closes the month on the 30th in Irvine, Calif. Check out the numerous Senior Games/Olympics affairs that include track & field in their multiple-day sessions.

LONG DISTANCE RUNNING

The USATF Masters Half-Marathon Championships on the 1st in Indianapolis is also an Indy Life Circuit event. The Broad Street 10 Mile in Philadelphia and the 43rd NYC Half-Marathon hit the 1st in Indianapolis, also an Indy Life Circuit event. The Blue Angel Marathon, Feb. 27 in Pensacola, FL. Ray Workman, 48, Salt Lake City, was first among the M40 runners and seventh overall with a 2:46:21. Beth Baldwin, 41,皱纹, 30:31, and Abe Ulanoff, M60, 36:18.

Victor Cuevas, 44, of Las Marías, Puerto Rico, was sixth overall and the top M40 finisher, setting to a 2:45:44 in the Blue Angel Marathon. Johnny Kelly, 91, who has finished the Boston Marathon 59 times, missed this year's edition, April 19. Kelly is recovering from colon surgery in January and a subsequent bout with pneumonia. Kelly won the race in 1935 and 1945 and was second seven times.

In the following...
USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are usually limited to age 50+.

Long distance events are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. International T&F meets are generally limited to men over 40 and women over 35. Entry blanks for regional and national championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMM, P.O. Box 50098, Eugene OR 97405.
May 29, Oregon Senior Olympics, Silverton, Amy Castle, Silverton RR, Box 781, Silverton, OR 97381. 503-873-8577(h)
June 19, Inland Northwest Age Group Championships, Pullman, Wash. All ages. Mike Hinz, 509-335-3325; email: mhinz@wsu.edu.
June 19-20, Hayward Classic Masters Meet, Eugene, Ore. Geoff Hughes, 1600 Russet Dr., Eugene, OR 97401. 541-484-1279(b); 434-6511(w).
July 4, 17, 24, 31, Willamette Striders Pole Vault Club Outdoor Festival Series. Open to all ages. For locales and entry contact Rick Baggett, WSVPP, 206-762-0861.
July 16-18, Big Sky Games, Billings, Mont. Karen Sanford Gall, Box 7136, Billings, MT 59103. 406-254-3923.
August 3-10, USATF American Masters Track & Field Championships, Portland, Ore. 503-285-7330.
August 12-13, Oregon Masters Outdoor Championships, York, Ore., Portland, Doug Smith, 58 Newmarket Ave., Portland, OR 97219; 503-622-5511.
September 11, Riverfest Run By The River 5K/Indy Life Circuit Race, Clarksville, Tenn. Joe Huber, Events & More, PO Box 1499, Clarksville, TN 37043. 615-647-3855.
October 3, USATF National Masters Championships, Twin Cities Marathon, Indy Life Circuit Race, Minneapolis/St. Paul, Minn. John Carnahan, 708 N. First St., CR-33, Minneapolis, MN 55401. 612-673-0778 (1.5 x points)
October 10, Tusla Run 15K/Indy Life Circuit Race, Tulsa, Okla. Jack King, PO Box 1319, Tulsa, OK 74101-1319. 918-587-8786; Entry deadline: June 19.

EAST

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

May 1, Revlon 5K, Central Park, NYC. NYCRC, 9 E 89th St., NYC, NY 10128. 212-860-4455; fax: 860-9754.
May 2, Broad Street 10 Mile Run, Philadelphia. Broad Street Run, PO Box 9999, Philadelphia, PA 19129. 215-563-6184.
May 2, Pittsburgh Marathon, Pittsburgh, PA. 412-647-7866.
May 13, Long Island Marathon, East Meadow, N.Y. To out of State Marathon, Sports Unit Eisenhower Park, East Meadow, NY 11554. 516-572-0248/0249.
May 4, Healthy Heart 5K, 14th Annual USATF NJ Masters Championships, Morristown, N.J. Masters purse money based on WAVA age-graded SD only. Madeleine Boat, PO Box 458, Ironia, NJ 07845. 973-584-9302.
May 30, Vermont City Marathon, Burlington. SASE to VCM, PO Box 152, Burlington, VT 05402-0152. 800-880-8149.
June 5, Bristol 10 Mile, Bristol, RI. Bristol 10 Mile, c/o Fairview Circle, Barrington, RI 02806. 401-253-8460.
June 12, Shelter Island 10K, Shelter Island, N.Y. SCUS-NYSO, Box 266, Shelter Island, NY 11964. 516-749-4537.
September 12, Mark’s Square Day 10K/USATF-NE Championships, Portmouth, N.H. Kent LaPage, 236 Union St., Portsmouth, NH 03081. 603-431-5388.
June 13, NYRC Reserve Run 5 Mile, Central Park, NYC. NYRC, 9 E 89th St., NYC, NY 10128. 212-860-4455.
June 19, Vestal XX 20K, Vestal, N.Y. 607-797-9215.
July 17, Subaru Buffalo 4 Mile Chase. James or Mary Ann Nowicki, 47 Windsor Ave., Buffalo, NY 14209. 716-861-1652.
August 7, Peoples Beach To Beacon 10K, Cape Elizabeth, Me. Entries close at 4000. 888-480-6940.
August 14, Bridge Of Flowers 10K & 2 Mile Kids Race, Fall River, Mass. SASE to McCusker’s Market, 3 Bridge St., Shelburne Falls, MA 01370. 413-625-9411; email: mccusker@crocker.com.
August 15, Falmouth 7.1 Mile Road Race, Falmouth, Mass. 508-540-7000; email: falmouth@aol.com.
September 19, Harvard Pilgrim 5K, Providence, R.I. HP 5K, PO Box 1940, East Greenwich, RI 02818. 401-331-4304, 434-3365; fax: 284-9295.
September 25, Fifth Avenue Mile, NYC. NYCRC, 9 E 89th St., NYC, NY 10128. 212-860-4455; fax: 860-9754.

SOUTHEAST

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

May 1, Race For The Cure, Daytona Beach, Fl. Donna Hiatt, Race Director, 904-255-9898.
Continued on next page
May 1999
National Masters News

**MID-AMERICA**

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

June 6. Taos Marathon. Bruce Gomez, PO Box 2245, Taos, NM 87571. 505-776-1860.
June 19. Grandma’s Marathon, Duluth, Marathon, PO Box 16234, Duluth, MN 55816. 218-727-0497; email: grandma@grandmasmarathon.com
July 31. 25th Quad-Cities Bix 7, Davenport, Iowa. SASE to Bix 7, PO Box 75, Quad-City Airport, LA 52808. 319-359-1917.

**SOUTHWEST**

Arkansas, Louisiana, Mississippi, Oklahoma, Texas


**WEST**

Arizona, California, Hawaii, Nevada

May 8. Southern California Hillsea (7.57 miles), Huntington Beach, Calif. Overall winner chosen by age/sex/time scoring system. Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.
May 16. Bay To Breakers 12K, San Francisco. 415-808-5000, x2222.

May 21. Western States 100 Mile Run, Squaw Valley, Calif. 916-638-1161.

**NORTHWEST**

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

May 2. Lilac Bloomday 12K, Spokane. Lilac Bloomday Assn, PO Box 1511, Spokane, WA 99210. April 13 deadline.
May 16. Capital City Marathon, Olympia, Wash. CCM, PO Box 1681, Olympia, WA 98507. 360-786-1786.
June 5. Salt Lake City 10K & 5K, SLC Community Events, 36 E. 200 South, Salt Lake City, UT 84111. 801-332-4059.
June 12. Park City Marathon, Park City, Utah. Utah RR, PO Box 1766, Salt Lake City, UT 84106. 801-953-6157.
August 27. Hood To Coast Relay, Mt. Hood to Seaside, Ore. 12-person/195 wests. Also shorter Portland To Coast Walk Relay. SASE to HTC Relay, 5319 SW Washington Dr., Suite 262, Portland, OR 97221. 503-292-4626; email: hctrelay@teleport.com

**CANADA**


**INTERNATIONAL**

The American Masters have been changed to current records since the first master athletes all over the nation. The changes were made by the All-American Standards Committee; however, the old tables may be used for one year until people have adjusted to the newer version. This was not done to make it more difficult for the athlete, but to make it more equitable after analyzing all the data.

All-American Standards Committee

U.S. MASTERS ALL-AMERICAN STANDARDS FOR MEN

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U.S. MASTERS ALL-AMERICAN STANDARDS FOR WOMEN

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APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME ___________________________________________________________ AGE-GROUP _______________________
ADDRESS ________________________________________________________ SEX: M: F
CITY ____________________________ STATE ______ ZIP __________
MEET ___________________________________________________________ DATE OF MEET ____________________
MEET SITE ________________________________________________________
EVENT ____________________________ MARK ____________________________
HURDLE HEIGHT ____________________________ WEIGHT OF IMPUMENT __________________
__ grazede: $10.00 for midsmouth of each 5-year interval (e.g., age 32, n6, 47, etc.).
**TRACK & FIELD RESULTS**

Please send results to: National Masters News, P.O. Box 50098, Eugene OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 21/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

**NOTICE:** The National Master News will no longer process results that are submitted handwritten.

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### NATIONAL

**USA National Masters Indoor Track & Field Championships, Reggie Leal Track & Athletic Center, Boston, Mass.; March 26-28**

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### NATIONAL

**USA National Masters Outdoor Track & Field Championships, Reggie Leal Track & Athletic Center, Boston, Mass.; June 10-13**

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### NATIONAL

**USA National Masters Indoor Track & Field Championships, Reggie Leal Track & Athletic Center, Boston, Mass.; March 26-28**

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### NATIONAL

**USA National Masters Indoor Track & Field Championships, Reggie Leal Track & Athletic Center, Boston, Mass.; March 26-28**

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National Masters News

May 1999

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High Jump

M10

Andrew Boyce

34 IL 2.06m 6.85

---

Shot Put

M10

Dale Smale

29 IL 3.26m 10.71

---

Pole Vault

M10

Donn Littlefield

34 NJ 4.60m 15.13

---

Triple Jump

M15

James T relations

34 IL 10.76m 35.27

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Continued on next page
May 1999

National Masters News

Toni Cicioni 42 22 3077 36 43 43
Terry Padill 52 10 3601 36 43 43
Frank Mothers 40 22 2787 36 43 43
Terry Padill 46 10 3639 36 43 43
Frank Mothers 46 22 2787 36 43 43

May 1999

National Masters News

M60 Sam Remondi 30 22 3077 36 43 43
M60 Dan Riewald 36 10 3639 36 43 43
M60 Bert Hatter 36 22 2787 36 43 43
M60 Sam Remondi 36 10 3639 36 43 43
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May 1999

National Masters News

M55 Joe Gonzales 34 22 3077 36 43 43
M55 Scott Abercrombie 36 10 3639 36 43 43
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May 1999

National Masters News

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May 1999

National Masters News

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May 1999

National Masters News

M40 Steve Skalski 30 10 3077 36 43 43
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“The family suggests that memorial contributions be made to the American Heart Association.”

At least two people have lost their lives in the heart attack and one in the stroke.

American Heart Association

Memorial Contributions & Tributes

1-800-AHA-USA1

SOUTHEAST

Polk Senior Games
Bartow, FL
Feb. 27-Mar. 14

50m
M40 Scott Smith 7.43
M40 Carey Smith 7.45
M40 Delrey Huley 7.41
M40 Emie Alcove 7.66
M40 Harlon 7.59
M40 Joseph Scarifia 8.25
M40 Gordon Johnson 9.90
M40 Florence Delaney 8.35
W55 Barbara Cleveland 8.27
W60 Joan Boethear 11.47
W65 Ethel Lehmman 9.14
W75 Sue Osborne 11.41

100m
M40 Eric Hill 13.40
M40 Robert Harris 13.44
M40 Delrey Huley 13.87
M40 Emie Alcove 13.20
M40 Tyler Suderame 17.76
M40 Joseph Scarifia 15.95
M40 Murrey Lolley 17.71
M40 Florence Delaney 17.32
W55 Barbara Cleveland 17.25
W60 Joan Boethear 23.95
W65 Ethel Lehmman 16.77
W75 Sue Osborne 24.47

200m
M40 A LaFreniere 28.82
M40 Fraser Vippe 42.16
M40 Emie Alcove 30.03
M40 Lee O’Connor 34.15
M40 John Auk 44.16
M40 Murrey Lolley 40.15
M40 Florence Delaney 37.52
W55 Barbara Cleveland 33.37
W60 Joan Boethear 50.07
W65 Ethel Lehmman 37.41
W75 Sue Osborne 57.09

400m
M40 Eric Hill 1.07
M40 John Auk 1.09
M40 Florence Delaney 1.10
W55 Barbara Cleveland 1.17
W60 Joan Boethear 1.17
W65 Ethel Lehmman 1.15
W75 Sue Osborne 1.18

800m
M40 Bill Brown 2.13
M40 James Stookey 2.12
M40 Robert Harris 2.10
M40 Barbara Cleveland 2.11
M40 Ethel Lehmman 2.62
W75 Ethel Lehmman 4.66

SK Road Race
60m
M40 Mark Johnson 21.13
M50 Stan Switzer 25.51
M60 Bob Payne 20.40
M60 John Auk 20.45
M70 Jim Cox 30.41

M75 William King 45.33
M80 Gordon Johnson 28.50
W55 Rebecca 27.17
W60 Jean Hallin 36.09
W65 Joan Boethear 20.07
W70 Phyllis Goodlad 30.21

MIDWEST

USATF Midwest Regional Masters Indoor Championships
Hillside, IL April 10-11

60m
M30 Robert Thomas 7.35
M40 Timothy Coombe 7.82
M50 Rodney Wilson 8.11
M60 Mike Skofenc 7.79
M70 Richard Edson 8.82
W50 Marcie Hudson 8.34
W60 Betty Cooper 9.21
W70 Mel Larsen 8.80

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American Heart Association

Memorial Contributions & Tributes

1-800-AHA-USA1

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American Heart Association

Memorial Contributions & Tributes

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**Easter Beach 4 Mile**

**Daytona Beach, FL; March 3**

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**Margarita Beach, FL; March 5**

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**USATF NATIONAL MASTERS OUTDOOR TRACK & FIELD CHAMPIONSHIPS**

**AUGUST 26-29, 1999**

### SCHEDULE*

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<td><strong>Triple Jump (M&amp;W)</strong></td>
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<tr>
<td><strong>Hammer (M&amp;W)</strong></td>
<td><strong>Throw (M) 1999 USA</strong></td>
<td><strong>High Jump (M199-W)</strong></td>
<td><strong>Shot Put (W)</strong></td>
</tr>
<tr>
<td><strong>Pole Vault (M199-W)</strong></td>
<td><strong>Discus (W&amp;M)</strong></td>
<td><strong>Pole Vault (M39-90)</strong></td>
<td><strong>Javelin (M99-30)</strong></td>
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<tr>
<td><strong>Discus (M&amp;W)</strong></td>
<td><strong>Shot Put (M)</strong></td>
<td><strong>Discus (W&amp;M)</strong></td>
<td><strong>Javelin (W99-30)</strong></td>
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### HOUSING & ENTERTAINMENT

2-DAY OR 3-DAY WALT DISNEY WORLD® THEME PARK VALUE PASSES

- **The 2-DAY VALUE PASS** entitles you to a choice of TWO of the following (one choice must be from each category):
  - 1 day of admission to the Magic Kingdom® Park
  - 1 day of admission to Epcot
  - 1 day of admission to Disney-MGM Studios or
  - 1 day of admission to Disney's Animal Kingdom®

- **The 3-DAY VALUE PASS** entitles you to a choice of THREE of the following (one choice must be from each category):
  - 1 day of admission to the Magic Kingdom® Park
  - 1 day of admission to Epcot
  - 1 day of admission to Disney-MGM Studios
  - 1 day of admission to Disney's Animal Kingdom®

**2-DAY VALUE PASS:** $74 (save over $28**)

**3-DAY VALUE PASS:** $105 (save over $15***)

### SPECTATOR LENGTH OF ADMISSION

- **ADULT** $18
  - (ages 19-99)
- **CHILD** $12
  - (ages 3-12)

**CALL 407-828-FANS** for specially-priced WALT DISNEY WORLD® Theme Park passes for you, your friends and your family.

**FOR EVENT HOUSING, CONTACT THE HOST HOTEL:**

Howard Johnson's Maingate West
1-800-638-7829

### ENTRY FORM—COMPLETE & MAIL TO:

**Disney Sports Attractions, Inc.**
ATTN: USATF Outdoor Masters P.O. Box 470847, Celebration, FL 34747-0847

**EVENT**

<table>
<thead>
<tr>
<th>BEST RECENT PERFORMANCE/DATE</th>
<th>COST PER EVENT ENTERED</th>
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<tr>
<td>1.</td>
<td>$25</td>
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<td>2.</td>
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<td>3.</td>
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<td>5.</td>
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<td>6.</td>
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<tr>
<td>7. PENTATHLON</td>
<td>$30</td>
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</table>

**TOTAL AMOUNT ENCLOSED:**

$25

**CREDIT CARDS ACCEPTED:** AMEX, VISA, Mastercard

**SIGNATURE OF CARD HOLDER**

**EXPIRATION DATE**

### Entry Fee Information

- Entry Fee:
  - $25 per entry (includes entry fee and 100M, 400M, 800M, and Pentathlon)

**COMPLETION OF REGISTRATION**

- RECEIVED BEFORE 6/6/99

**GIVEAWAY ENTRY FORMS**

- NOT POSTMARKED AFTER 6/6/99

**COST PER ENTRY ENTERED**

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- Make checks payable to WALT DISNEY ATTRACTIONS, Inc.

**T-F, S-S, L-L, XL-XXL, XXL-XXXL**

### Entry Form Instructions

**READ CAREFULLY BEFORE SIGNING**

- In consideration of my participation in the 1999 USATF Masters National Outdoor Track & Field Championships, hosted by Disney's Wide World of Sports, Inc., and the USATF, I agree to the following:
  - Release and Indemnify Disney—WANER
  - Release and Indemnify (Adults) — WAIVER

- By signing below, I agree to the rules and regulations of the event and the time frame for the event.

- Signature below indicates my agreement.

- Date of birth must be before 8/29/99.

- Signature of card holder required.

- Treatment for myself at my own cost, if needed.

- Further grants the released parties the right to use photographs and video of the participant and further to use my name, face, likeness, voice and appearance in connection with exhibitions, publicity, advertising and promotional materials without reservation or limitation.

- Further grants the released parties the right to exercise said rights herein granted.

This Agreement shall be governed by the laws of the state of Florida, and any legal action relating to or arising out of this Agreement shall be commence exclusively in the Circuit Court of the Eighth Judicial Circuit in and for Orange County, Florida (or if such Circuit Court shall not have jurisdiction over the subject matter thereof, then to such other court in said county and having subject matter jurisdiction). I certify that I am 18 years of age or older.