Wessely, Branderhorst Capture National 5K Titles in Alaska

For the second straight year, the Anchorage Daily News Heart Run played host to the National Masters 5K Championships, April 24.

The Heart Run is Alaska’s largest road race, with close to 4000 participants. To insure a clean start and unimpeded race, the Masters Championship was conducted separately, an hour before the start of the Open race. This provided an added benefit to the masters competitors.

In addition to the band, balloons, bagpipes, bellydancers and other course attractions, participants finished through a wall of cheering supportive spectators who came out to watch before their own race began. Two hundred and fifty masters paid their USATF membership to participate in the championship race.

Wes Wessely (45-49) from Atlanta was the men’s overall masters champion, opening up a lead after the first mile and then holding off a fast-closing Greg Tibbetts (45-49) for a narrow two-second victory (16:19 to 16:21). Only four seconds behind them (16:25) was another Atlanta runner, Lloyd Boone, who took the 40-44 division.

Heart Run Director Roy Reisinger took the 50-54 title with a 5th place overall finish of 17:28. This was Reisinger’s 11th and final year as race director. His 50-54 win matched his national cross country victory two months earlier in Oregon.

Seattle’s David Pitkethly did exactly the same (5-c and road) with his 18:06.

Provo to Host Nationals

More than 1000 athletes from throughout the USA are expected to compete in the 26th annual USATF National Masters Track and Field Championships on August 11-14 in Provo, Utah.

The meet will be held at Brigham Young University, about an hour’s drive south of Salt Lake City. Utah is one of the most scenic of the 50 states, and many participants will take the opportunity to enjoy a post-meet vacation in the rugged and beautiful West.

Competition is open to all men and women 30 years of age and older. The complete entry form is published on the back cover of this issue. Low-cost accommodations have been arranged by the Provo organizers, including a $23 night/person (double occupancy) at the meet headquarters, Seven Peaks Resort Hotel, and a $12 night/person (double), in the campus sleeping rooms. (Add $9 per day for three meals on the campus.)

Once again, the popular age-graded 100-meter dash will be held. The winners of each 5-year, 100m final will be invited to compete, head to head. The older runners get a head start, based on the WAVA age-graded tables. There will be two races: one for women and one for men. The races will be sponsored by the seniors.

5000 Expected to Compete in Japan

Imagine walking into Miyazaki Stadium in Japan on October 9 with more than 5000 fellow athletes from over 60 nations, and being greeted by 14,000 cheering spectators, a 100-member brass band, a 200-member high school marching team, a 500-member elementary school dance team, a 600-member women’s choir, and virtually every governmental dignitary within a 50-mile radius.

That’s what’s in store for those who can make the trip to Japan this autumn for the 10th WAVA World Veterans Athletics Championships in Miyazaki.

“And that’s only the beginning,” promise the Japanese organizers. The entire community of Miyazaki is planning to roll out the red carpet for all masters participants and their families. They promise the 11-day event will be the “best-ever” world championships and a vivid experience for all those fortunate enough to be able to go.

Entry Form In This Issue

The biennial meet will be held from October 7-17. The entry form and competition schedule are printed in this issue. The deadline for entries is July 1.

The competition will be held in five-year age groups beginning at age 40 for men and age 35 for women. There are no qualifying standards to enter the competition.
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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 24 to 48 pages of results, schedules, entry forms, age records, top photos, articles, training tips, and all the inside scoops and information that affect the world of masters athletics competitions.

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.

Contact us, anyone age 30 or over may come to a masters event and participate. Some events are limited to ages 40+, 50+ or 55+, please check the schedule for details. Some events require advance registration. Some require a current USATF card ($7.00 per year, depending on the region). To inquire about a USATF card, call USATF in your area, or 317/261-0500. There are no qualifying standards for most masters athletics events.

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

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National Masters 5K Championships

Continued from page 1

Seattle's Dave Pitkethly wins the M55 National Masters 5K title in 18:06.

Photo by John Pearsall

victory in the 55-59 division.

Anchorage runners took the remaining division titles. Chester Franz won 60-64 in 21:17; John Nicholson the 65-69 group in 26:48; George Etsell was first in 70-74 in 28:11; and Robert Sharrer was the final age division winner (75-79) in 27:43.

The women's race would have been a "lock" for Anchorage master Suzanne Ray, one of the leading masters runners in the country last year, except that Suzanne was nursing a hamstring injury incurred during a California race the previous month. With Ray assisting as a volunteer, local triathlete Trudy Branderhorst (40-44) pulled away from Patti Donley (50-54) to take a solid 20-second overall victory, 18:54 to 19:14. Donley is one of the leading 50s runners on the national scene, and is finally coming back from a series of frustrating injuries.

The 45-49 category went to Georgia Gustafson (the 1989 national 5K masters champion) in 20:51. Mary Marsolais took 55-59 in 23:08. Martha O'Leary won 60-64 in 24:40 (by about 3 minutes), and Wilma Larsen took the 65-69 title in 32:44.

Two of the most popular wins were recorded by Sister Claire Gagnon in 70-74 (43:07) and Marcie Trent in 75-79 in a fine 31:46. Sister Claire's smiling picture in the finish chute dominated the front page of the Sunday Anchorage Daily News.

Trent managed three great ovations: first was from the finish line crowd, urged on by the announcer ("Ladies and gentlemen, now finishing is the 'Mother of Alaska Running,' Marcie Trent!"); secondly, a standing ovation at the awards ceremony in the University of Alaska Anchorage gymnasium; and two minutes later, when her name was drawn as the winner of the final (and largest) drawing prize, a trip for two on Alaska Airlines to San Francisco. Trent who holds numerous national age-group records, immediately said she'll use the ticket to fly to the Redwoods for a marathon later this year (with husband John, the "Father of Alaska Running").

The open race was won by Marcus Dunbar in a course record 14:45. The previous weekend, Marcus had qualified for the USATF national championships with a 3:41 1500 at the Mt. SAC Relays. Nicola Ratcliffe just missed Suzanne Ray's course record with a 17:24 open victory.

It was a perfect sunny day, temperature in the 50s. Although most participants were local (as is true for most "national championships" elsewhere) the "outside" participants gave the Heart Run a true national feeling. Local masters appreciated the opportunity to participate in a national championship, and the open-run spectators provided a super cheering sec-

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TRAINING ADVICE
Ross Dunton's article (Training Advice, April) on repeat and interval training was a good explanation of the differences between these workouts that are often misunderstood. His suggested workouts were also based on sound principles.

However, I feel his suggested frequency of three repeat/interval workouts per week is contrary to most accepted training principles.

Asking a masters distance runner to do three intensive workouts a week is asking for trouble. Moreover, for distances above 3000 meters, the aerobic/anaerobic percentage swings dramatically toward aerobic effort. At 5000 meters, it's basically 80% aerobic and 20% anaerobic.

Even more of a concern is doing two of these types of workouts on back-to back days. I'm a 42-year-old masters runner who ran a 15:09 5K at age 39 and am still running sub-4:10-1500s. Even though I'm now a retired coach, I had the privilege of training several nationally-ranked high school distance runners. Even though some of the runners could have done two hard days in a row, we didn't do it.

The hard-easy approach is still the proven best method of training. For most masters, it's hard-easy-easy. This is the sensible approach preached by all the top coaches and researchers. My personal experiences also prove this to be best.

David Amster
Carson City, Nevada

APPRECIATING OLD AGE
Thank you for Mike Tynn's Third Wind column in the May issue on "Appreciating Old Age." I can identify with the concerns about aging which he raised. But I was cheered by the conclusion he reached that "the real danger of growing old is not that we lose our talents but that we fail to see those we have gained."

It wasn't falsely optimistic. It was bittersweet, but honest. The column lifted my spirits, and was extremely well-written.

Joe Scieszko
Sierra Madre, California

CRITICISM OF OFFICiating
It seems there were more than the usual complaints about officiating in your April issue.

If it's true that the standard of officiating is falling, perhaps the blame can be placed on the increase in masters athletics.

Years ago, there was no competition in the sport after age 30. If you wanted to compete in athletics after your best days were over, you had to turn to administration, coaching or officiating. Now with everyone competing for life, who's left to do the officiating?

Perhaps an athlete who insults officials should be suspended until the athlete has served a period of time as an official. An afternoon spent replacing the bar on the pole vault uprights or taking the long jump pit should be enough for all but the most recalcitrant offender to see what it's like on the other side.

Graham Smith
Hong Kong

MASTERS ARE T&F'S FUTURE
Prior to the masters mile at the Millrose Games in New York, I was curious as to why this was so.

As ten very fit, 40-year-old masters ran the mile, the crowd realized it got what a few decades ago was unthinkable - a four-minute mile. As he crossed the tape at 3:59, 15,000 people and I were elated. An athlete has served a period of time as an official. An afternoon spent replacing the bar on the pole vault uprights or taking the long jump pit should be enough for all but the most recalcitrant offender to see what it's like on the other side.

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Graham Smith
Hong Kong
Green, Marked Set U.S. Records

Moeser, Malloy Win
In Cherry Blossom 10-Miler

by JERRY WOJCIK

Chuck Moeser, 41, of Herndon, Va., and Rose Malloy, 44, of Annapolis, Md., were the masters winners in the Northern Telecom Cherry Blossom 10 Mile in Washington, D.C., on April 4.

Moeser ran a 53:10 to take the title by 15 seconds from Kevin Brown, 41, of England. Malloy was 19-second winner over Janet Jordan, 44, Portland, Ore.


Ruth Rothfarb, 91, Miami, Fla., who was born before the legendary cherry trees were planted, once again completed the course. The nearly 3400 runners were joined by Honorary Race Director, Senator Max Baucus, who toured the course in 78:32. Phil Stewart was the race director.

Smead, Hutchison Best Age-Graded in Redbud 10K

by JERRY WOJCIK

Chuck Smead, 41, was the masters winner in 33:01 and also the top age-graded master with a 30:56 in the 11th annual Redbud Classic 10K, Oklahoma City, on April 18. Steve Blanchard, 61, was second-best age-graded M40+ with an M60-64 division winning 40:39 (AG32:20).

Robert Anderson, 45, was third of the 437 age-graded masters men, with a 36:40 (AG33:27). Lewis Fisher, 72, M70+ division winner, placed 27th on the age-graded list with a 53:38 (AG37:38).

Jane Hutchison, 47, the W45 division winner, topped the masters women age-graded list of 102, with a 40:35, which age-graded to 32:32.

Trudy Calloway, 45, second to Hutchison in the W45 race with a 43:16, was also second on the list with a 35:13.

Janet Myers, 56, W55 winner, took the fifth spot with a 51:44 (AG38:12). The best 60-and-over was Margarette Malone, 61, who ran a 75:23 for a 52:38.

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For more information, contact: TCM, 708 N. 1st Street, Minneapolis, MN 55401 (612) 673-0778.

TWIN CITIES MARATHON
Minneapolis-St. Paul
SUNDAY, OCT. 3, 1993 8:00 A.M.
300/300: The Ultimate Balance

As both a runner and a decathlete, Tim Collins, a 51-year-old Cicero, N.Y., school psychologist, strives for a balance of muscular strength and cardiovascular endurance. He doesn't need to go through the ten events of the decathlon to test himself, though; instead, he has a simple two-event challenge that tells him where he stands.

"I have always believed that a truly balanced athlete should have both strength and endurance," says Collins.

"In order to help me measure and chart that combination, I selected the bench press as a measure of strength and the mile run as a measure of endurance."""

In 1959, as a high school runner, Collins recorded a 4:38 mile. His best since then has been 4:49 at age 39 in 1981, his best year.

Although standout American miler Joe Falcon is quoted in the March issue of Running Times as having bench pressed 267 pounds at a body weight of 127 while in his freshman or sophomore year of college, the average non-weight-trained male, according to two weight-training experts, can press only 60-75 percent of his bodyweight. Thus, an average 150-pound ectomorph miler can be expected to press not much more than 100 pounds. A non-weight-trained male who can press his own body weight is considered well above average.

It is likely that some Olympic caliber decathletes have been capable of 300-300, but there is no known record of any having done so. Falcon, if he really did press 267, would certainly have achieved well over 600 points.

"It's a real difficult balance," Collins adds. "The two events are antithetical. As you start up in one, the other shrinks."

Basic Problem

The basic problem is that a 300-pound bench press requires a certain upper-body muscular mass, while that mass tends to weigh down and thereby slow the miler. Still, a double-body-weight bench press, while exceptional, is well within human capability. Collins benched 320 at 160 pounds when he was 34.

"The biggest problem is not so much the body weight as it is the energy level," explained Collins, who went down to 152 pounds in 1981 when he scored his best. "There have been times in the past when I've been able to hold a fairly good bench press on 30 miles a week, but my best lifts have always been during the winter when I'm running maybe just 10 quality miles a week. I don't think there's any way a person can run 80 miles a week and lift heavy. It just won't work."

Last year, at 50, Collins, while weighing 157, benched 250 and ran 5:23 for 504 points. He feels that age has placed some limitations on him and now doubts that he'll ever achieve 600 points. However, he's now working on an age-graded table by which he can compare himself from year to year in spite of a slight loss to the years.

Even with the age-graded factors built in, Collins has doubts about ever achieving a 300-300 or even a 600 point total, but he expects to maintain a high level of balanced fitness in continuing to strive for it.

---

Tim Collins began his 300/300 quest in 1973, at age 31 and at a body weight of 166 pounds, with a 240-pound bench press and a 5:17 mile. Since then, his bench press has been 320 pounds and his best mile 4:49; however, he has not been able to achieve 300/300 in the same year. His best years were at ages 38 and 39. Listed below are his best efforts during each five-year age group:

<table>
<thead>
<tr>
<th>Year</th>
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<th>Body Wt.</th>
<th>Bench Press</th>
<th>Mile Run</th>
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<td>38</td>
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<td>1992</td>
<td>50</td>
<td>157</td>
<td>250</td>
<td>5:23</td>
</tr>
</tbody>
</table>
Longest Day Races
by C.S. ROBERTS, JR.
The Longest Day Marathon in Brookings, S. Dak., on April 17 was dominated by masters runners. In excellent weather, the marathon started with 60 runners and four relay teams. Fifty runners finished. The overall winner was 42-year-old James Pelarske, St. Cloud, Minn., in 2:47:33. The first female finisher was also a masters runner, 40-year-old Janet Scallen, Minnetonka, Minn., who demolished the women's masters record with a 3:07:36, for which she received $500.
The first W40+ runner in the half-marathon was Elizabeth Vinerman, 74, Salt Lake City, in 3:46:36.
The 5K racewalk produced two new course records, both by masters walkers, who finished first overall. Mike Wiggens, 42, Hawarden, Iowa, was first with a 23:53. Jodie Olson, 42, Anoka, Minn., took the women's title in 29:02.

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Arthritis and Bony Spurs

Q. A former college sprinter, I recently returned to track and field after competing in a variety of other sports over a period of many years. I am currently involved in Masters swimming, as well as T&F. During twenty years of competitive judo, I severely damaged the bone of the base of my left big toe. Like other judoka, I simply had someone "pull the toe out," and taped it to the second and third toes. Now I'm paying for the neglect. Pain accompanies every step, and throbbing inhibits workouts. The bone's enlarged and gnarled appearance does not bother me. Do you have any suggestions - or should I just stick to my Advil diet?

A. I have to admire your pain tolerance. I think most of us would jump through the roof.

It sounds like you may have initially had a subluxation of the first toe joint (hallux). Usually when any type of injury occurs at the large toe joint, secondary arthritic changes occur.

In athletes, such as yourself, one not only develops arthritis, but a hallux limitus. This is a formation of bony spurs on the sides and top of the large toe joint. These are arthritic in nature and limit the motion of the great toe. They are also quite painful. The more you exercise, the more painful they become.

I would have an x-ray taken of the large toe joint to determine the nature and severity of the injury. Since you can no longer exercise without pain, you may have to undergo a surgical procedure.

In many cases, with athletes, a cheilectomy or 'cleaning' of the area around the joint and allows for a some joint intervention, removal or plastic implants. These are not necessarily recommended for athletes but may solve the pain problem. I would certainly have it looked at and, in your case, consider the possibility of a conservative surgical procedure. Usually an outpatient procedure, this can be performed under local anesthesia.

Although Advil is a good medication, you need to resolve the problem, rather than the pain. Post-op recovery should take about 6-8 weeks. (Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 2372, Van Nuys, CA 91404.)

Marcie Trent, the "Mother of Alaska Running," wins the W7S National Masters 5K title in 31:46 in the Anchorage Heart Run, April 24.

Photo by John Pearall

Yonkers Marathon

by MARILYN J. MITCHELL

Dianne Miller (40, York, Pa., 3:03:11) won $1100 as the overall women's winner of the 57th running of the second oldest marathon in the United States, the Yonkers Marathon, on April 26. Hector Vargas (44, New York and Puerto Rico, 5th overall, 2:45:50) and Suzanne Rohr (43, New York, 46th overall, 3:34:29) each took home $500 as the first masters competitors. There was no duplication of prize money for overall placement or for masters placement.

With temperatures at 63° just prior to the 9:00 a.m. start and with some cool, breezy headwinds on the course, temperatures climbed into the 70s by the time the first runner crossed the finish line. One of the most difficult marathons in the United States, the course winds through picturesque hilly towns and villages with melodic names like Airdley, Tarrytown, and Hastings-on-Hudson, places where Washington Irving, Ichabod Crane and the Headless Horseman strode. Places with 18th century churches and cemeteries. Places with continual rolling hills, and places with traffic in both directions, so that a runner sometimes has to cross from one side of the road to the other in order to avoid on-coming cars.

Miller used to do three to four marathons yearly, but this is her first marathon in three years. Her Yonkers victory was her first attempt on that course and, in a concession to the race's difficult course, she admitted the day after the race that she "... was a bit sore but will probably run a bit tomorrow." Vargas, originally from Puerto Rico but in the United States since 1972, has run 92 marathons with a 2:30 best in the 1988 New York City Marathon. Suzanne Rohr, originally from Switzerland, has been in America for 12 years and has run approximately 19 marathons, including one in the Hawaiian Ironman Triathlon in 1991.

Everyone's favorite runner was Jeff Vieyra, 46, of Mountain Lake, N.J., who actually arrived at the finish line at 3:33:20 but waited and counted down the seconds until 3:33:32 to stride across, "because it's easier to remember the time that way." But, life being the way that it is, the time was officially recorded as 3:33:32! Overall winning time for open men was 2:28:14 by Jairo Correa.

Although the race in its present form is generally conceded to have begun in 1915, the current race does use the original-1907 course. This year's race was conducted by the Yonkers Department of Parks, Recreation and Conservation under the direction of David Antonelli, Sports Supervisor and Race Director, and Augie Cambria and Harold McKoy, Directors of Recreation.
**OUTDOOR RECORD**

Minnesota resident-plus 12yo.
*All-American Masters Performance
4State National Champion

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**U.S. MASTERS + SENIOR OLYMPIC**

*Early Morning "R" Track and Field*

**OUTDOOR RECORDS**

Minnesota resident-plus 12yo.
*All-American Masters Performance
4State National Champion

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**SUMMER '93 **

**AUGUST 1, 1PM**

**RICHFIELD HIGH SCHOOL**

**7001 HARRIET (Exit 35W-494E)**

**Lyndale South to 72nd (right to Harriet)**

**U.S. MASTERS + SENIOR OLYMPIC Early Morning "R" Track & Field**

**Purpose:** To provide masters through friendly competition, to be highly competitive, but open to all and anyone, to give our youth a sense of how much they appreciate physical activity, (good, healthy, and fun) along with good masters, some of whom have been named to Olympic TRIALS (if we can do it, so can you) it is highly recommended...

- Might see a demonstration of physical perfection in form but not in mastery.
- An age group competition with open to anyone, no exception.
- Of the group, then the best are usually by a reduction of rating.
- Long and Triple Jumps are "Good Measure" from the 100 meter.
- Preliminary group is then at the finish in the fastest laps.
- Final Jump is then the jump that is usually by a reduction of rating.
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**Important Notice:**

1. No electronic devices are allowed (if you're left to your own devices, you can think about the other, after this come.
2. If your time isn't good enough, you can't look at the starter before the gun sounds before starting, and you can't use an "off" time.
3. Your scores will not change in anyone's prerogative.
4. Not only in this final event will we have Normal, but in our town.
5. To encourage diversity and variety in training, and included for free for the multivitamins unlimited.
6. We're not sure about the appearance of trains.
7. If you have a score in the top 10, you must be able to beat it.
8. U.S. MASTERS + SENIOR OLYMPIC Early Morning "R" Track & Field Meet on "Recreational Sport" activities.
9. NO DRUG TEST.

**Sponsors + Contributors**

- U.S. MASTERS + SENIOR OLYMPIC Early Morning "R" Track & Field Meet (Downtown Sport Activities)
- NO DRUG TEST.

**ENTRY FORM**

**Pre-registration**

**Name:**

**Address:**

**City:**

**State:**

**Zip:**

**Phone:**

**No P.O.**

**NO ENTRY FEE**

**EVENTS**

- **3000m**
- **5000m**
- **10000m**
- **20000m**
- **30000m**
- **40000m**

**MARKS**

**WAIVER:***1. The undersigned, being of sound mind and physical condition, am participating in the U.S. MASTERS + SENIOR OLYMPIC Early Morning "R" Track & Field Meet of my own Free Will. I know the body's limitations, and take full responsibility for my own health. I have personal injury insurance, and do hereby agree to waive any future claims for injuries against anyone else, directly or indirectly, as a result of my activities in connection with the meet. I understand further, that I will not be publicly humiliated and assumed guilty of drug misuse, or have, without a reasonable cause, my U.S. Congressional Right of Privacy violated.

**Signature:**

**Date:**

**WARNING:** We will have another very short opening ceremony and "torch" relay. Share your talent or Rachel will strum and sing that song, and 'patches will again attempt his 6ft long jump. Your Offerings United Sponsor U.S.M.S.O. EM"R"T&F '93.is tax deductible. THANKS!!
**How do you train?**

RE: I had just turned 53. My daughter, Gwen Robertson, who at that time was on the national team, got me started. She said I should stop jogging because it probably wasn't good for me. I used to practice with Debbie and Don Lawrence who lived in St. Louis, but they moved to Kansas City since.

EW: Have you ever noticed that some women are reluctant to compete?

RE: Most people around here are a little fearful of it. I think one reason is that most of them don’t know how to pace. I am a pretty good pacer. I have learned how to do that and put that into my training. I very seldom wear a watch and can almost tell you exactly what speed I am going.

If I am racing, I know when I am pushing out at my full power and I know what that speed is, about 9:30 to 10:00-minute miles. If you watch my loops, they are almost identical. Gwen has trained me not to do this. She tells me to walk my quarter at a specific pace, and I do it. For instance, I decide to walk at a pace about 3 seconds slower than race pace, and I get this pace in my head. When I get in a race, I go a little faster because I am pumped up.

However, I won't start out too fast. I start out and finish on pace. Some people dart out in front. I won't do that. Let's say I intend to do the 10K in 15 minutes, and I come around at 15:10. Then I know I have to go just a slight bit faster. I won't try to kill myself just to beat someone, because generally at race end I will be where I am supposed to be.

EW: How about warm-up and stretching?

RE: At first I didn't stretch. Now, I stretch whenever I think about it. I am always stretching this way or that. The usual stretches — knee bends, hips, sitting, overall body stretching. As I teach, I stand a lot and need to stretch all the time. I will stretch in the evening for a while just for the fun of it. This way you keep your body limber all the time.

Then for warming up before a race, we always do 1 mile or 1½ miles. We stretch a lot and then maybe do a little speed. Not a whole lot. We don’t want to wear ourselves out.

EW: Do you have any special eating advice?

RE: Not really. I just eat a very normal all-round diet. I don’t take supplements. I eat what comes naturally in variety. I don’t eat before a race. I might have a piece of toast three hours before if it is a long race. This is personal. Some people need to eat, but for sure, don’t eat a lot before a race.

Continued on page 11
Masters Racewalking

Continued from page 10

EW: You mentioned that you are going to Provo in August. How will you train the week before?
RE: I will be working out pretty hard this summer because there are a lot of races in St. Louis and they will be part of my training. The races will be hard days and I will just have one other hard day that week. The week or so before Provo, I will be at a reunion, so I will be really tapering off. I will probably just racewalk for fun those four or five days. It won’t make any difference because I will have most of my training in.

EW: In other words, if you aren’t ready a week or two before the race, you aren’t going to be, and no last minute efforts will matter.
RE: It has been proven that you really get the benefit on race day of the training you have done two weeks before.
EW: Is there anything else you might like to say to masters coming into the sport?
RE: It wasn’t the competition, as such, that got me into racewalking. I wanted an activity that I could do by myself, whenever I could do it, and for health reasons. I don’t have problems with my bones as do some women. I don’t take supplements, but I do take estrogen as my doctor prescribes.

I love racewalking because it gets me outside. It gives me an activity that isn’t dependent on somebody else and that I can fit into my varied schedule. Often if you are dependent on others, you end up not working out as much as you want.

But as important as convenience and fitness are, racewalking gives me time to think, relax and just do. I think all masters can enjoy this. □
Masters Age Records 1992
(1993 Edition)
Compiled by WAVA and TAC Masters T&F Records Chairman Pete Mundle with Rex Harvey, Shirley Dietderich, Beverly LaVeck and Alan Wood.

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Oct. 31, 1992.
- U.S. Age Bests for Men & Women for all racewalking events, age 40 and up, as of Oct. 31, 1992.
- Men's U.S. Masters Indoor & Outdoor Championship Records.
- 56 pages. Thousands of entries. Lists name, age, state, and date of record.

Send $4 plus $1.00 postage ($5.00 foreign postage) to:
NATIONAL MASTERS NEWS
P.O. Box 2372
Van Nuys, CA 91404

Jim Gillcrist

This month's Sorbothane Masters Athlete-of-the-Month is Jim Gillcrist, 65, Boca Raton, Fla. Gillcrist high-jumped 5-4 1/4 at the USATF Indoor National Masters Track and Field Championships in Bozeman, Mont., March 20 — a phenomenal 98.8% on the masters age-graded scale, or the equivalent open-class jump of 7-10.

Gillcrist was voted top M60 field athlete of the year by The Athletics Congress last year. He'll receive $100 from Sorbothane for his efforts.

Sorbothane sponsors the Athlete-of-the-Month Award every other month in NMN. Sorbothane is a lightweight, shock-absorbing, air-infused insole which can be found at most sporting goods stores.

Runners-up for this month's award included:
- Atlanta's Phil Mulkey, who set a world M60 decathlon record with 8254 points.
- England's Nick Rose, 41, who set three world M41 records in winning the European Masters Indoor & Outdoor Championship.
- France's Jean-Michel Charbonnel, 40, the first 40+ finisher (2:17:44, 94.4%) in the Boston Marathon.
- Boston's Bill Rodgers, 45, with a 24:41 (94.6%) at the National Masters 8K.
- California's Shirley Matson, 52, who set three world W45 records in winning six events at the Indoor Nationals.
- Australia's John Birmingham, triple-jumped 9.97m (32.8%) for a 96.4% age-graded effort at the Indoor Nationals.
- Kenya's Wilson Waigua, 44, who clocked 30:16 (96.8%) at the Sallie Mae 10K.
- France's Jean-Michel Charbonnel, 40, the first 40+ finisher (2:17:44, 94.4%) in the Boston Marathon.
- Boston's Bill Rodgers, 45, with a 24:41 (94.6%) at the National Masters 8K.
- California's Shirley Matson, 52, who set three world W45 records in winning six events at the Indoor Nationals.
- Australia's John Birmingham, 40, who won the Penn Relays masters mile in 4:13.84 (95.4%).
- Britain's Glen Grant, 39, who won in 5:39.0 (95.8%), while meet director Gordon Seifert (c) looks on, Birmingham Track Classic, Birmingham, Ala.
- Pennsylvania's Jim Sutton, 61, with an M60 world indoor 1500 record of 4:33.73 (93.8%).
- South Carolina's Bob Schau, 45, with a 31:55 10K (92.4%) at Cooper River.
- Barbara Fülkuty, 46, with a 36:21 10K (91.7%) at Cooper River.

Four U.S. Cities Bid for 1995

At NMN press time, four U.S. cities — San Jose, Buffalo, New Orleans, and Indianapolis — had submitted formal written proposals to bid for the 1995 WAVA World Veterans Athletics Championships.

Two others — Spokane and Lincoln (NE) — were still considering making proposals, according to Barbara Kousky, USATF Masters Track and Field Chairman, who is coordinating the U.S. bidding process.

The proposals will be presented to the Site-Selection Committee, which will announce its choice for the U.S. site by July 15. Members of the Committee are: Ruth Anderson, Tom Gage, Pete Stopoulos, Tom Thorne, Marilyn Mitchell, John Boyle, and Bill Collins. Kousky and Charles DesJardins, Masters LDR Chairman, will serve in ex-officio capacities.

Provo to Host Nationals

Continued from page 1

sored by the National Masters News, with $200 in prize money divided among the first three finishers in each race.

The bad news is that the "national all-star 4x100 regional relay" will not be held, because its sponsor — Holiday Inns — is dropping its financial support of senior sports as of June 30.

The good news is that regional relays will still be held (sans prize money) due to a change in the masters relay rules, which now permit either club or regional team entries. Relays will be held in age groups of 10-year increments in the 4x400, 4x800 and 4x1600.

All U.S. competitors must have a 1993 USATF card. Foreign athletes may compete, but must show similar registration from their country’s governing body.

USATF Championship medals will be awarded to the top three U.S. finishers in each age division of each event. Duplicate awards will be given to foreign athletes who place.

The entry deadline is July 12. For a free tourist's guide to Utah, call 1-801-538-1467.  

Top three in the M60-64 javelin, TAC National Masters T&F Championships, Spokane, Wash.: Bud Held, 64 (176-4), California; Ray Feick (1), 60, Pennsylvania, second, and Bill Brazetton, 63, Arkansas, third. NMN/Jerry Wojcik
PUBLICATIONS ORDER FORM

Masters Age Records
Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racing events, age 40 and up, as of Oct. 31, 1992. 56 pages. Lists names, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records. $4.00.

Masters Track & Field Rankings
Men's and women's 1992 U.S. outdoor track & field 5-year age group rankings. 56 pages. Over 100-deep in some events. All T&F events, including mile, weight, relays and walks. Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman, and the National Masters News. $6.00.

Masters Age-Graded Tables
Single-age factors and standards from age 21 to 90 for men and women for every common track & field, long distance running, and race-walking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 66 pages, including samples and charts. Compiled by the National Masters News and the World Association of Veteran Athletes. $5.95.

Masters 5-Year Age-Group Records
Men’s and women’s official world and U.S. Outdoor 5-year age group records for all track & field events, age 35 and up, as of March 31, 1993; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. $1.50.

Masters 5-Year Indoor Age-Group Records
Same as above, except indoor records (M40+, W35+) as of February 7, 1993. 4 pages. $1.50.

Competition Rules for Athletics (1993)
U.S. rules of competition for men and women for track & field, long distance running and race-walking — youth, open and masters. $9.95.

IAAF Scoring Tables (1985)
Official world scoring tables for men's and women's combined-event competitions. $11.95.

Time Master Calculator
Ideal for use in age-graded scoring. Works directly in hours, minutes, seconds. Acts as stop watch and calculator. $45.00.

Guide to Prize Money Races and Elite Athletes 1993
Published by Road Race Management, the guide includes elite athlete alphabetical listing (including masters) with over 800 contact addresses and phone numbers, calendar and contacts for over 400 prize-money events, plus much more. $47.00.

WAVA Handbook
Contains WAVA Constitution and By-Laws, a history of Veterans Athletics, and World Records as of April 15, 1992. 170 pages. $5.00.

U.S. Track and Field Team Patches.
3 ½” x 2 ¼”. $3.50.

U.S. Track and Field Team Lapel Pins, Cloisonne enamel, 1 ½” x 5/8” bar pin with safety catch. $3.50.

The Masters Running Guide by Hal Higdon
160-page paperback. Higdon reveals tips that helped him win three world championships in masters competition: base fitness, improving with age, training smart, maintaining mobility, minimizing injury, motivation, diet, increasing your youthspan. $9.95.

Run Fast by Hal Higdon
How to Train For a 5K or 10K Race. How to train smarter, enhance fun, build strength, achieve endurance and run faster. $14.95.

Winning Secrets by Dr. Ladislav Patakai and Lee Holden

Running Research News
Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. Written in an easy-to-read style, it offers many practical tips for improving individual workouts and overall training programs. "Simply the indispensable running newsletter." — Amby Burfoot. $16.00 per year.

Back Issues of National Masters News
Issues: $2.50
Postage and handling: $1.25
Overseas Air Mail (add $5.00 per book)
TOTAL: $8.00

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Van Nuys, CA 91404

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   52 Full Page 600” 2 10” 13”
   50 1/2 Page 300” 2 10’’ 13”
   26 1/4 Page 200” 2 10” 13”
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   7 1/8 Page 75” 2 10” 13”
   3½ 1/6 Page 12” 2 10” 13”
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   3 to 5 insertions 10% 6 to 10 insertions 15%
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   25% to 100 insertions 25%

3. COMMISSIONS: Agency commission of 15% allowed to recognized agencies.

4. SPECIAL RATES
   25% discount for race and meet notices, (½ discount for races and meets under 200 participants.) Inserts: $300. No frequency discounts or agency commissions.

5. TERMS
   Net 10 days from billing date.

6. CLASSIFIED RATES
   75 cents per word. Count name and address as 5 words.
   Race notices are 50 cents per word. Prepayment required with copy.

7. MECHANICAL REQUIREMENTS
   a. See display rates for ad size.
   b. Photo offset printing.
   c. Negative ok. No mats, cuts or plates.
   d. Colors add $50
   e. Screen: 85 lines per inch.

8. CLOSING DATES
   The 10th of the month before date of issue.

9. CIRCULATION: April 1992
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   P.O. Box 2372
   Van Nuys, CA 91404
   Phone 818/785-1894
   Fax 818/782-1138
Pulse Rate Training

by ROSS DUNTON

One of the newer methods of race-specific training by masters athletes, whether runners or race walkers, is via the use of heart rate monitors. This is normally referred to as “Pulse Rate Training.”

All this amounts to is attaching a device to your body which will display and record your pulse rate while training. Currently, several different makes and models are available, all of which come equipped with elaborate instructions on operation, but with little or no information on maximizing value in a training program.

Speed vs. Pulse Rate

When a curve is plotted of the athlete’s speed vs. pulse rate, there comes a point at which an increase in speed does not produce a corresponding increase in pulse rate. At this point the cardio-vascular system can’t quite keep up. This point on the curve is the “Deflection Point.” The only problem is determining where that point is for each of us.

As a general rule of thumb, this point or pulse rate is about 210 minus your age. This point varies with condition and, for a well-conditioned masters athlete, it is probably closer to 220 minus age.

Professor Conconi developed a test for more precise determination of this point. To perform this test, one needs to run or walk 3200 meters, increasing speed every 200 meters and holding the speed constant during that 200 meters. The rate of speed increase must be constant and should be about two seconds per 200 meters. Too much increase per segment will produce inaccurate data. The pulse rate needs to be recorded at the end of each segment and one must be thoroughly warmed up prior to the test. The initial speed needs to be such that one is at maximum effort at the end of each segment.

No curve will be run as fast. If necessary, another will be run for sprinters.

RULES

SPRINKS ALLOWED: U-4 or less
SHIRLEYS HEIGHTS & IMPLEMENTS - USATF (FAC) Masters Rules
ELIGIBILITY - USATF (FAC) membership required. Available at meet.

False Start - One false start rule will apply.

FEES - Free to Randolph residents.
Participating: (Postmarked on or before June 15) $5 per event. Received after June 15 - $5 late fee added to each event.

Rules: 1-800-556-7464

For all sports that require speed and quickness, the 1993 “Perform Better Catalog” features SPEED-CHUTEtm, a unique training aid. Simply hook chute onto belt provided and run forward, backwards, sideways or zig-zag. Improves sprint mechanics by accentuating upright posture for athletes of all levels and all ages. About $70.00. Call 1-800-556-7464 or write M-F Athletic Company, P.O. Box 8090, Cranston, RI 02920-0090.

Maximize Your Performance

Once you have established this point, you can then go about developing your training to maximize performance. For a masters athlete, this point will change as you age, and if you are a seasonal athlete, it will change as your condition improves.

For training, recovery workouts should be at about 75% to 80% of this rate. Endurance training should be close to 95% of the deflection rate. Lactate tolerance training needs to be done at 105% to 110% of this number.

During an 800-meter race, about 60% of the race is performed above the deflection point, while during a 10K much of the race is performed near or at this point. Only about the last 10% is performed above this point and that portion is only slightly above. In the longer races, by keeping track of your pulse rate, you can keep yourself from getting into trouble by going out too fast or by going up a hill too quickly.

This gives the athlete the ability to see what the body is doing rather than trying to determine your physical condition by how you think you feel at the moment. Both heat and dehydration will cause pulse rate increases during a race.

If used properly, pulse monitors are an excellent training aid for masters athletes. For additional detailed information on this subject, I recommend the paperback book Training Lactate Pulse-Rate by Peter G.J.M. Jansen. I found my copy at a bicycle store.

Ross Dunton is a 60-year-old masters middle- and long-distance runner who coaches middle-distance runners at Sonora High School in La Habra, Calif.
ATHLETES WHO ENTER A NEW DIVISION THIS MONTH JUNE 1993

<table>
<thead>
<tr>
<th>ATHLETE (RESIDENCE)</th>
<th>BIRTHDATE</th>
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<td>DAVID FRANCISCO (CA)</td>
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<td>RUSHL RICHARD (BROOKLYN, NY)</td>
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TRAIN WITH THE CHAMPIONS

"Still the BEST teaching videos on the market for coach and athlete..."

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GOLD MEDAL DISCUS
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MIDWEST MASTERS OUTDOOR TRACK & FIELD CHAMPIONSHIPS

WEST VIRGINIA ASSOCIATION

Marshall University
Saturday, July 31
1993

Huntington, West Virginia

---

WASHINGTON STATE ASSOCIATION

T-SHIRT SIZING CHART (One Free With Entry)

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ATHLETES/USATF Hurdles and Implements Specifications

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<th>Between Hurdles</th>
<th>To Finish</th>
<th>No. of Hurdles</th>
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<td>12.00&quot;</td>
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<td>26&quot;</td>
<td>12.00m</td>
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<tr>
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MEN

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IMPLEMENTS

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<th>JAVELIN</th>
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<td>4.00k</td>
<td>1.00k</td>
<td>4.00k</td>
<td>1.00k</td>
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Men

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<thead>
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<td>7.26k (16 lbs)</td>
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<td>4.00k</td>
<td>1.00k</td>
<td>4.00k</td>
<td>1.00k</td>
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</tbody>
</table>

---

Steepchase: 3000m for men 30-59; 2000m for men 60 + and women.
Masters Health and Fitness

Exercising To Help Prevent Arthritis

Arthritis often occurs with age, but one can take steps to minimize the risks. Osteoarthritis, the most common form of the disease, affects 16 million Americans, causing inflamed, swollen, painful, and stiff joints.

High impact exercise, once said by some to promote arthritis, is now considered a possible treatment for it. The April, 1993, issue of the Journal of Rheumatology reports that a 1400-person test by Marian Hannan, a researcher at the Boston University Arthritis Center, found there was no increase in the risk of knee osteoarthritis with increased physical activity in either men or women.

Dr. Arthur Grayzel, senior vice-president for the Arthritis Foundation in Atlanta, says, "Being overweight increases the chance of arthritis in the knee and probably in the hip. Over-the-counter pain relievers such as acetaminophen can often control pain."

"Arthroscopic surgery might help," observes Dr. Ken Kalunian, UCLA assistant professor of medicine. A one-hour procedure is performed in the doctor's office with local anesthesia. UCLA is one of five centers nationwide studying this approach.

"Although a lot of people believe they should stop exercising when they have arthritis, that's not necessarily true," remarks Nadine Fisher, assistant professor of rehabilitation medicine at the University of Buffalo.

Fisher recently tested 80 people with knee arthritis in a strength-training program. They began with half-hour sessions, three times a week, and proved to one-hour sessions. After three months, 85% had better knee muscle strength, 90% had less pain, and 95% were able to perform daily activities better.

"Swimming in a warm pool is ideal," states Dr. Steve Weiner, a rheumatologist at La Palma California Hospital.

Rheumatoid arthritis, the second most common type of arthritis, affects about two million Americans. Treatment is often more intensive. "Among new treatments are Chinese herbs,

Hill First Pear Blossom Hall of Famer

by JERRY WOJCIK

Leonard Hill, 40, of Klamath Falls, Ore., finished tenth in 55:05 for first master in the Pear Blossom 10 Mile in Medford, Ore., on April 10. Hill, who has finished in the top ten in all 17 Pear Blossom races, became the first inductee in the event’s Hall of Fame, following the race.

Maciala Soto, 40, Eugene, Ore., took the 11th spot, 20 seconds behind Hill. Richard Northrup, 55, Myrtle Creek, Ore., fought off Jim Bevins, 55, Red Bluff, Calif., to take the M55 race by six seconds with a 63:31.

Joe King, 66, Alameda, Calif., ran 67:30 for the M65 victory. Mel Shine, 84, of Medford, running in the M70+, was fifth in 1:44:06.

Elaine Delsman, 47, Ashland, Ore., won the masters women's race in 67:10, a W45 course record.

Huntsman World Senior Games

St. George, Utah, USA - October 11-22, 1993

Male & Female Athletes Age 50 and Above

Competing in cycling, softball, swimming, tennis, bowling, racquetball, track & field, basketball, golf, horses, table tennis, duathlon (running & cycling), roadracing, soccer, volleyball, and basketball free throw.

For More Information Call
(800) 562-1268 or (801) 583-6231

Or Write
Huntsman World Senior Games, 50 East 100 South, Suite 107, St. George, UT 84770

Some readers provide additional support to the National Masters News and to the Masters program 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 Record book and will be listed in the paper as a National Masters News sustainer.

Where would Hansel and Gretel be without a forest?

Only You Can Prevent Forest Fires.

* USA Forest Service and your State Forests.
Continued from page 1

Entry Form In This Issue

a flower-bedeked, beautifully-landscaped area next to the Pacific Ocean with verdant mountains as a backdrop.

The Sports Park comprises two 400m tracks, one 300m track and a throwing field, in addition to baseball diamonds, soccer fields, a swimming stadium, and more. The organizers have torn up a rugby field and are building a new 400m track a few minutes walk from the main stadium. It's due for completion in August.

Weather

The weather should be ideal. The average high temperature in Miyazaki in October is 75°F (23°C). The average low is 57°F (14°C). (See chart for last year's temperatures.) One reason the organizers chose October rather than August was because of the milder weather, and the fact that the typhoon season ends in early September.

Location

Geographically, Miyazaki is to Japan what San Diego is to the USA. It's on the southwest island of Kyushu, one of four islands comprising Japan, at 32°N latitude, about the same as Los Angeles and the Mediterranean Sea. It's a 90-minute flight from Tokyo and 60 minutes from Osaka.

The population of the city of Miyazaki is 290,000. About 1.2 million people will attend the closing ceremony on Sunday, the 17th.

Japanese Culture

A special celebration will be held in Miyazaki's Heiwadai Park on Friday, October 8, with the aim of introducing Japanese Noh theatre, and Yokagura, a sacred Shinto dance, to visitors.

International Exchange

Various events and activities are planned to promote exchange between the athletes and the citizens of Miyazaki.

Communications

A press center will be set up for domestic and foreign media. A press center will be set up for domestic and foreign media.

One of the favorites in Miyazaki will be Japan's Mazumi Morita, who turns 80 this year. His 10.05m (32-11 1/4) triple jump at 75 in 1988 is 100% on the masters age-graded scale. Morita has rarely been sick or injured. He eats protein and cheese. In his youth, he competed in the pole vault. Although not a soldier, he went to Guadalcanal during the war and was shot in the arm, which ended his pole vault career. A retail supermarket executive, Morita trains 1 1/2 hours daily. He runs, stretches, 3x100 build-ups at 90% speed, and jumps.

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5000 Expected to Compete in Japan

Continued from page 1

Japan is renowned for providing interpreters for its guests. About 80% of foreign athletes will be able to communicate in English. More than 800 volunteer interpreters will help with the running of the Championships and will assist in the daily activities of foreign visitors. Interpreters for English, French, German, Spanish, and other languages will be provided. Classes are currently being held for the interpreters, who are also learning about the management of events, specialized situations relating to athletics, as well as how to make visitors feel at home and welcome in Miyazaki.

Bus Tours
Various tours will introduce the scenic splendor and highlights of Miyazaki City and Miyazaki Prefecture. One such tour will go to the Ocean Dome, the world’s largest indoor water park. It’s equipped with an artificial beach, various leisure zones, and the most sophisticated wave-making technology.

Farewell Party
The Farewell and “Otsukaresama” Party will be held on Saturday, October 16 at 18:30 (6:30 p.m.) with a sumptuous banquet and a blend of oriental and western entertainment.

Accommodations
Athletes may reserve accommodations directly from Kintetsu International (Fax: 011-81-3-3255-7128) or from any of the masters travel agents sponsoring tours. (See ads in this section.)

Entry Forms
As a courtesy, most travel representatives will send entries to Miyazaki for their clients, thus saving athletes the bank draft fees.

Cost
Japan is expensive, but it’s not that expensive. Most of the tour packages are reasonable. Despite the 10% rise in the Japanese yen this year, prices in Miyazaki are less than in Tokyo or

Continued on page 19

X WORLD VETERANS CHAMPIONSHIPS
MIYAZAKI, JAPAN – OCTOBER 4-18, 1993


Time is short, space is limited. Make your decision if you want to go to Miyazaki.

Please write or call Paul Geyer for all information which is available now. Don’t wait. Do it now!

SKILL TRAVEL INTERNATIONAL
P.O. Box 630096, Miami, FL 33163
Telephone or FAX (305) 935-6063

UPDATE
NORTHWEST EVENT MANAGEMENT’S
Miyazaki ‘93 Tour

SOME SPACE STILL AVAILABLE

Our tour to Miyazaki is almost full, but there are still some spaces available. The NEM, Inc. tour includes:

- Roundtrip on United Airlines with West Coast departure to Osaka, earning you 11,000 Mileage Plus points — 13,500 from the East Coast!
- 13 nights accommodation including breakfast in A, B, or C hotel categories.
- Transfer to Miyazaki Airport upon return.
- Tour accessories, including custom t-shirt.
- The experience of Northwest Event Management, Inc., specialists in Masters Track & Field travel.

“Our first trip out of the country. We were very impressed with the organization of the tour and the time and effort that were put into our travel arrangements.”

To join the Tour, send $800 per person payment to: NEM, Inc., Box 10825, Eugene, OR 97440. Phone 503/687-1989 or 800/392-1369. FAX 503/687-1016.
5000 Expected to Compete in Japan

Continued from page 18

most of the rest of Japan.

Some sample prices:

- Airfare from Los Angeles to
  Miyazaki: $1200 (add $200 from
  New York, Chicago, etc.).
- Airfare plus deluxe accommoda-
  tions: $2250 (add $200 from
  New York, Chicago, etc.).

JAPAN WEATHER REPORT

Below are 1992 temperatures for
Osaka, Japan, which is about 300
miles north of Miyazaki. Weather
in Miyazaki should be a few
degrees warmer.

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Normal

(Miyazaki) 75 57 19

- Chicken dinner, including dessert
  and tip, at a good restaurant: $17.
- Bananas at the local market: 70¢
  a pound.
- A can of Coca-Cola: 90¢.
- A phone call: 9 cents.

Sightseeing

In addition to the local bus tours,
most travel agents are offering pre-
and post-meet tours of Japan, China,
Hong Kong, etc.

Japan is one of the most fascinating
places on earth. Its people and its
culture are vastly different from the
West. Its productive capacity is legen-
dary. The work ethic of its people is ex-
traordinary.

Kyoto is a top tourist attraction with
its 1000-year-old shrines and temples.
Riding the Shinkansen (bullet train) is
a must for any tourist; a 7-day rail pass
costs $250. Hikers can climb Mt. Fuji.
There are memorial shrines at Hiroshima and Nagasaki.

Quality of Life

A 1993 United Nations Report on
human progress in the world’s 173 na-
lions lists Japan first on a human-
development scale that measures coun-
tries on the basis of life expectancy,
educational levels and basic purchasing
power.

Next are Canada, Norway,
Switzerland, Sweden and, in sixth
place, the United States. Australia,
France, Holland and Britain round out
the top 10.

Although Japan ranks No. 1 on the
main U.N. scale, it slips to No. 17
when gender disparities are taken into
account, moving Sweden up to No. 1.

Japanese women trail significantly
behind men in higher education oppor-
tunities, earnings, decision-making
positions, political power and legal
rights, the report states.

Women are still second-class citizens
in Japan, but slow progress is being
made. Women tend to be full-time
housewives or teachers, much like the
USA 40 years ago.

Japan is Safe

Japan is a safe place. Last year,
there were 68 homicides in Japan com-
pared to 57 in Canada, 42 in Britain,
and 10,500 in the USA. The robbery
rate in the USA is 140 times that of
Japan. A woman is 30 times more like-
ly to be raped in the United States than
in Japan. In Japan, a person can walk
the streets without fear.

Triggered by the recent killing of a
Japanese tourist by a Baron Rouge

Masters Athletic Group Tour to

Miyazaki, Japan

10th World Veterans Championships

We had the best prices to Rome in 1985, Melbourne in 1987 and Turku in
1991. We now have the best prices, and the only firm published prices, to
Miyazaki, Japan in 1993....

TOUR IS PACKAGED INCLUDES:

14 Days & 12 Nights: Roundtrip Air & Hotel: $1,995.00
18 Days & 16 Nights: Includes Hong Kong: $2,660.00

(Deluxe Packages Available: $2,250.00 & $2,970.00)

FOR TOUR APPLICATION
WRITE OR TELEPHONE: BILL ADLER OR SHEILA NEWMAN
2567 PALO FIERO, PALM SPRINGS, CA 92264
TELEPHONE: (619) 251-3422 or (619) 325-4958

Attention

WAHA Athletes

KITT has low-priced, unrestricted airfares to Japan for the 10th
WAHA World Veterans Athletics Championships in October.

USA or Canada—Call

800-635-5488

Kristensen International Travel & Tours, Ltd.
Two Appletree Square, Suite 150 - 8011 34th Avenue South
Minneapolis, MN 55425-1637
Another Sub-Four Contender?

by GRAHAM SMITH

Another contender aiming to be the first veteran to run a sub-four minute mile kicked off his campaign in March in the unlikely place of Hong Kong. Running for a guest British Forces team at the Hong Kong Inter-Club Championships, Glen Grant, 39, easily beat all the local opposition with an 800-meter time of 1:54.67. A few days later at the Hong Kong British Forces Championships, he ran a solo 1500m in 3:51.0. Both times he totally demolished the existing Hong Kong age-group records.

Grant turns 40 in the summer and hopes to be at peak fitness then for an assault on the four-minute mile barrier. Grant was ranked in the top ten in the world at 1500m in 1977, but was long overshadowed by other British runners such as Seb Coe and Steve Ovett. While they have since retired, Grant has kept at it and feels sure he will be in shape to go under four minutes again at the first opportunity after his 40th birthday.

5000 Expected to Compete in Japan

Continued from page 19

homeowner, more than 1.6 million Japanese have petitioned the U.S. embassy in Tokyo, calling for the banning of handguns in the United States.

The People of Japan

The people of Japan are polite, courteous, soft-spoken, and likeable. Westerners shake hands; Japanese bow. Japan is smaller than California, yet has 122 million people. And the whole country is so mountainous that less than a fifth of it is level enough to permit farming.

The Japanese do not flaunt their new economic strength. The people are gracious and even subservient. Japan’s wealth hasn’t trickled down to the average citizen. People still live in small homes. Children often live with their parents until they marry. Japan has been called “the richest country of poor people in the world.”

Most people look trim and fit; yet many still smoke. The Japanese have a great reverence for older people — one reason why the city and state governments have gotten behind the Championships so strongly. Governor Suzuki Matsukata was greatly moved by the athletes he watched at a Japanese masters meet. “It was beautiful to watch,” he said. “I had tears in my eyes.”

Matsukata is leading the effort to establish Miyazaki as the sports capital of Japan. But, above all, he says: “We are anticipating warm exchanges of friendship with overseas visitors. We hope that you will have the chance to deepen your understanding of Japan by this face-to-face, direct contact with the people of Miyazaki and the culture of Japan.”

—Al Sheehan
Masters Scene

NATIONAL
- Bob Hartmann, M35, was the top man (9.58m) in the USATF Masters Nationals 56-lb. Weight Throw Championships, Woodstock, IL, April 17. Host Carl Kielm won the MSO (6.64m), Joanne Grissom took the WSO (4.65m).
- Of 12 runners named to the USATF-12 member squad for the world 100K championships in Belgium this summer, three are masters: Rae Clark, 40, Camino, CA; women: Debbie Peebles, 41, Tyler, TX; and Sue Ellen Trapp, 46, Fort Myers, FL.
- Tom McDermott, Bradenton, FL, erased Nolan Fowler's US M75-79 record for the 4kg hammer (36.42m) to win 50, Florida Expre Meet, Bradenton, April 12.
- Vickie Putnam, 44, Dearborn, MI, set a masters course record of 20:24 in the Race for The Cure 5K, Detroit, April 17. Ellen Nitz, 52, Milford, MI, won the WSO-54 race in 21:36.
- Valda Tichy, 52, St. Clair Shores, MI, was second racewalker (30:45) overall. The race and a one-mile run drew 3400 entrants, who braved 30° temperatures and a wet snow storm.

MID AMERICA
- Viisha Sedlak, 44, Boulder, CO, world veterans racewalk gold medalist, is featured on the cover of the June issue of Walking Magazine. Sedlak's six world records, her participation in the 1992 Olympic Trials (where she was the oldest competitor in the meet), and her general athletic history as one of the world's outstanding masters racewalkers earned her this honor.
- Inside the issue is a story on one of the American Racewalk Association's racewalking camps. The ARWA is a national walking educational organization based in Boulder; Sedlak is the founder and President for one of the fastest growing sports in the USA, contact Bertie Morison at ARWA, 303-447-0156, or send an SASE to ARWA P.O. Box 18323, Boulder CO 80308-1323.
- Doug Bell (22:35) and Jan Hughes (28:01) took masters gold in the Runin' Of The Green 7K, Denver, March 14. Second W40+ was W50-99 winner Bette Poppers (30:02).
- The 60-64 age group in the Kansas City area is a tough one. In the Trolley Run, a 4-mile race with over 6000 runners, Dick Wilson, 61, of Lawrence won the M60 division in 23:29, with Paul Heitzman, 62, from Eudora close behind in 23:38. These two regularly finish ahead of most 50-year-olds in the area.

SOUTHEAST
- In his world M60 record-breaking decathlon at the Kansas Relays on April 14, Atlanta's Phil Mulkey bettered Harry Hawke's U.S. M60 shot put record of 47.44 (14.44m) with a throw of 47.64 (15.34m). Mulkey's 13-year-old daughter, Marianne Mulkey, won 12 straight races this season, capping it off with a State Championship 200m victory for girls 14-and under in 26.08, a new state age-group record. The senior Mulkey, while acknowledging that he probably could not stay with that "turn of speed" himself at this time, stated that she, nevertheless, "still has a long way to go to be able to beat me in the shot put."
- Jim Gilchrist, of Florida, broke his M65-69 HJ WR of 1.62m set last year, with a 1.63m in Naples, FL, April 17.
- Charles McMullen, Rochester, NY, was the first master ever to win overall (19.46) in the Easter Beach Run, Daytona Beach, FL, April 10.
- Barbara McGrath, W40, was the 40+ champion (28.03).

EAST
- Gary Neill, 48, NYC, was first overall (77.63), with Nick Bidera, 44, second (78.53), MAC 15K RW Championships, Central Park, April 17. Elton Richardson, 54, NYC, took W40+ honors (90:23).
- Rick Pieschel (41, 20:58) was sixth of 665m and Cheryl Ralya (46, 25:27), ninth of 579m Tropicana Run For The Parks 4 Mile, Central Park, NYC, April 18. Sam Skinner (50, 22:19) finished second M40+ and Jessie-Lea Hayes (50, 27:16) won the WSO-54 contest handheld.
- John Cagot, 60, East Springfield, OH, finished 22nd M40+ in 3:09:46. Filutze ran a 2:59:17 in the race, which saw temperatures in the low 80s, slowing most runners.

WEST
- Shirley Matson, 52, Moraga, CA, was second 40+ female at the lilac Bloomsday 12K (44:56, W40, 50-59 female at the lilac Bloomsday 12K (44:56, 50-59 female at the lilac Bloomsday 12K (44:56, M60-64 women at the lilac Bloomsday 12K (44:56). John McCardle, 52, set an M50-59 record, and beating Laurie Binder (45:55) by a minute. At the Sallie Mae 10K (Washington, D.C., April 16), she was third 40+ woman with a new age 52 mark of 36:24.
- Shirley Matson. 52, Moraga, CA, 2nd of 64+ in the M45 to a head during a race in March after which she promptly retired. "I have not run since, yet I don't even miss it. Perhaps after 35 years, a break was required."

NORTHWEST
- Canadian Harold Morikoa, 11 days after turning 50, ran a 23.3 200 and 52.2 400 in the 290m track at the U. of Idaho, Febr. 13.
- A hammer clinic for masters throwers was held April 30, followed by a hammer-only meet on May 1, by Matt Lydum, track coach at Western Oregon State College, Monmouth, and John McCardle, 1980 Olympic. Participants included George Mathews, Ken Weinbel, and Jim Mynah of Seattle: Walt and Estelle Jenkins of Canada; and Bob Sager of Montana. A video of the clinic and meet is available for $10 plus postage: Matt Lydum—Track, Western Oregon State College Athletics, Monmouth, OR 97361.

IMPERIAL
- The Western Province Masters Championships drew 150 participants to Cape Town, S.A., March 26-27. Seven national and 41 W.P. records were broken, four by M65 weightman Borg Stannius.
- Cornell Mathomane (3:20:08) and Fran Pocock (4:13:03) took masters titles in the Two Oceans Marathon (56K), South Africa, April 10.
- NNW's British correspondent, Martin Duff, who placed 4th in the M45 5000 in Turku (15:27), says health problems have forced him to stop running. "I gradually deteriorated from December, 1991," he said. "The problem came to a head during a race in March after which I promptly retired. I have not run since, yet I don't even miss it. Perhaps after 35 years, a break was required."
Track and field events feature competition for men and women over 30 unless otherwise noted. Long distance events are generally open to all age groups with the exception of national and regional championships, which may be limited to men and women over age 40. Entry blanks for national and regional championships will generally be printed in the newspaper 30 days prior to the event. Please send any additions or corrections to: NMN, P.O. Box 2372, Van Nuys, CA 91404.
**INTERNATIONAL**

**June 26-July 16, 1993**


**July 9-11, 1993**

Matyas Farkas Memorial Meet, Budapest, Hungary. M35 + W30+ Contact: Ferenc Igneryi, 1117 Budapest, Bugadfanyi u.10; Telex 22-4875.

**July 17-18, 1993**

British Veterans Athletic Federation Championships, Monkton Stadium, Jarrow. John Charlton, 31 Lyndhurst Rd., Jarrow Seaton, Ashington, Northumberland NE6 9SB.

**October 3, 1993**

Veterans of Hong Kong Meet. Low-key meet. AVOHK, GPO Box 1033, Lai King, Hong Kong. Tel: 690-1359.

**October 7-17, 1993**


**Japan, 1994**

Oceania Regional Championships, Fiji.

**August 4-7, 1994**

WAVA North American Regional Championships Edmonton, Canada.

---

**HAYWARD CLASSIC**

**USA Track and Field Masters Nordwest Regional Championships**

Hosted by OREGON TRACK CLUB MASTERS

Sponsored by VALLEY RIVER CENTER

City of Eugene, City of Springfield and Valley River Inn

**July 17 & 18, 1993**

Eugene, Oregon

**SCHEDULE OF EVENTS**

All times listed are tentative and approximate

**Saturday, July 17**

**TRACK TIME**

**FIELD**

1000 meters W and M 9:00

Long Jump (2 pts)

Pole Vault W and M 8:00

Even Men's W 10:00

Even Women's W 10:30

1500 meters W and M 10:00

5000 meters M 10:12

2000 meters W 10:30

200 meter Steeplechase M 10:42

300 meter Steeplechase W 11:00

5000 meters W 10:55

Men's Discus 11:15

Women's Discus 11:25

Men's Pole Vault (2 pts) 11:00

Men's High Jump W and M 11:10

Women's High Jump W and M 11:20

5000 meters W and M 11:30

1500 meters M 11:40

10000 meters W and M 11:50

400 meters W and M 12:00

Women's Pole Vault (2 pts) 12:00

Women's Discus 12:20

Women's High Jump W and M 12:30

10000 meters W and M 12:40

3000 meters W and M 12:50

3000 meters M 1:00

400 meter Relay 1:10

400 meter Relay 1:20

3000 meters M and W 1:30

400 meter Relay 1:40

200 meter Steeplechase M 1:50

200 meter Steeplechase W 2:00

100 meter Hurdles W and M 2:10

Women's 300 meter Hurdles 2:20

110 meter Hurdles W and M 2:30

Men's 110 meter Hurdles 2:40

Women's 400 meter Hurdles 2:50

**Sunday, July 18**

**10000 meters (3 pts)**

**1500 meters (2 pts)**

**Event List**

**800 meter Steeplechase M and W 10:00**

**110 meter Hurdles W and M 10:30**

**200 meter Steeplechase M and W 11:00**

**1500 meter Steeplechase M and W 11:30**

**400 meter Steeplechase M and W 12:00**

**1000 meter Steeplechase M and W 12:30**

**5000 meter Steeplechase M and W 1:00**

**10000 meter Steeplechase M and W 1:30**

**200 meter Steeplechase M and W 2:00**

**300 meter Steeplechase M and W 2:30**

**400 meter Steeplechase M and W 3:00**

**Note**

Masters athletes over 60 may race Steeplechase.

**LEC**

**200 meter Steeplechase**

**Men's Steeplechase 2:00**

**Women's Steeplechase 2:30**

**3000 meter Steeplechase**

**Men's Steeplechase 3:00**

**Women's Steeplechase 3:30**

**4000 meter Steeplechase**

**Men's Steeplechase 4:00**

**Women's Steeplechase 4:30**

**Note**

Entries may be mailed to the following address:

**OREGON TRACK CLUB MASTERS**

15351 Highland Pl., Minnetonka, MN 55345

**October 17, 1993**

15K Cross-Country Meet, Lake Harriet, Minneapolis, MN 55416.
JUNE 20. Vestal
Pinecrest Rd., Vestal,
Brewster
NY
August 14. Asbury Park
Middletown,
NY
November
November
November
page 24
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1-4934.
S.
Winthrop Hosp., 40 lincoln
N.Y. George
Hill, MA
319/3S9-9197.
10K , Honolulu,
617/839-0046.
Kimberly Rd., Bettendorf,
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ON SATURDAY, JULY 10, 1993 MASTER ATHLETES FROM OVER 20 STATES AND CANADA WILL CONVERGE TO THE CONFINES OF LIBERTYVILLE, ILLINOIS TO BE PART OF A MOST UNIQUE EVENT.

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U.S. MASTERS TRACK & FIELD RANKINGS
(Coordinated by Jerry Wojcik, T&F Rankings Chairman)

1993 Indoor 1500m
Compiled by Jerry Wojcik

H-24
Joe Freytag 4:16.44
Bruce Albert 4:16.66
Tom Hower 4:16.75
Allan Kilday 4:18.23

H-25
Brian Feir 4:18.89
John Feir 4:18.97
Tom Boles 4:19.34
Fredrick 4:19.59
Jim Brill 4:19.95

H-26
Bob Bicker 4:20.86
Fred Dolan 4:20.99
Rich Robertson 4:21.00
John Miller 4:21.10

1993 Indoor Mile
Compiled by Jerry Wojcik

11:12.53
Ben Luckenmeier 8:43.47
Ben Brecken 4:46.87
Benich 4:48.43
Don Wall 4:51.77

3:00.40
Steve Trott 5:34.40
Michael Brown 4:55.15
Bob Cun 4:46.61
Robert Johnson 7:31.24

1:19.70
Larry Williams 3:35.95
Larry Dickerson 3:35.96
Callie 3:36.28
Kathy Partridge 3:36.43

10:00 Pole vault

1:00
Order payable to: 
ENTRY FORM

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PHONE/AGE GROUP: _______________ _______________ _______________

CREDIT CARD # _______________

REGISTRATION:
(1st event)__
(2nd event)__
(3rd event)__
TOTAL ___________

(No refunds, no entries)

In consideration of my entry, I am legally bound, do hereby for myself, my heirs, executors and administrators, waive and release forever, and any and all rights, claims or damages I may accrue against the Trojan Masters Track Club, the University of Southern California, any individual associated with the operation of this competition, their successors, representatives and assigns for any and all matters suffered by me while traveling to and from and while participating in the Trojan masters track meet held on July 11, 1993 at U.S.C.

Signature: __________________________
## RECIPIENTS OF CERTIFICATES AS ALL-AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE

### U.S. MASTERS ALL AMERICAN STANDARDS FOR MEN

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<td>800</td>
<td>18-24</td>
<td>81.5</td>
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### U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

<table>
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<tr>
<th>Event</th>
<th>Age</th>
<th>Distance</th>
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### U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

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<td>800</td>
<td>18-24</td>
<td>81.5</td>
<td>1994</td>
<td>800M</td>
</tr>
</tbody>
</table>

### APPLICATION FOR AN ALL-AMERICAN CERTIFICATE

To apply for an All-American certificate, please fill out the following form and submit it to:

**Address**: National Masters News, 12232 Van Nuys Blvd, Los Angeles, CA 91404.

**City**: [State] [ZIP]

**Event**: [Mark]

**Hurdlle Height**: [Weight of Implement]

**Certificate**: [Box]

**Patch**: [Box]

**Patch Tag**: [Box]

---

**Notes**:

1. All standards are for automatic time; use standard conversion for hand time.
2. Hurdle height is determined by the implement's weight and is rounded down to the nearest inch.
3. Minimum weight is 200 pounds for men and 150 pounds for women.

---

**For Patch Tag**: If you have bettered the standard of excellence, please send $10 for a certificate, $10 for patch, or $15 for both a certificate and a patch. (A patch tag, showing event and year, is an extra $10 each.) Send to: All-American, National Masters News, P.O. Box 23723, Van Nuys, CA 91404 (Enclose copy of results, or note in which issue they appeared.) A 3-color, 8" by 10" certificate — suitable for framing — and/or a 3-color, 3" by 4" patch will be mailed to you within two weeks. (Allow six weeks for patches with tags.)
**TRACK & FIELD RESULTS**

Please send results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91401-2372. Information current as of publish date and generally do not publish results more than 4 months old. Results that are typed are noted (maximum 28 spaces/2½ lines) in our format receive preference. Deadline is the 10th of the month prior to issue date.

---

**NATIONAL**

USAFT National Masters 56-66 Weight Throw Championships
Woodstock, IL, April 24

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Name</th>
<th>Distance (ft)</th>
<th>Notes</th>
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<tbody>
<tr>
<td>M55</td>
<td>Joe Johnson</td>
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<td>M30</td>
<td>Mike Chubb</td>
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<td>M25</td>
<td>Frank Lozano</td>
<td>11.94</td>
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**SOUTHEAST**

Naples By the Sea Meet
Naples, FL, April 17

<table>
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<tr>
<th>Age Group</th>
<th>Name</th>
<th>Distance (ft)</th>
<th>Notes</th>
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</thead>
<tbody>
<tr>
<td>M30</td>
<td>Greg Graham</td>
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<tr>
<td>M40</td>
<td>Mike Graham</td>
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<tr>
<td>M55</td>
<td>Bob Johnson</td>
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**FLORIDA CHAMPIONSHIPS**

Florida Beach Gardens, April 24

<table>
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<tr>
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<th>Name</th>
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<tbody>
<tr>
<td>M30</td>
<td>John Citron</td>
<td>12.14</td>
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<tr>
<td>M40</td>
<td>Ron Johnson</td>
<td>12.14</td>
<td></td>
</tr>
<tr>
<td>M50</td>
<td>Mark Smith</td>
<td>12.14</td>
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**SOUTHWEST**

Acadiana Regions Senior Olympic Games, LA, April 3

<table>
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<th>Name</th>
<th>Distance (ft)</th>
<th>Notes</th>
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<tr>
<td>M55</td>
<td>Charles Richards</td>
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</tr>
<tr>
<td>M60</td>
<td>Steve Johnson</td>
<td>11.77</td>
<td></td>
</tr>
<tr>
<td>M70</td>
<td>Bob Johnson</td>
<td>11.77</td>
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**MID AMERICA**

Kansas Relays Masters 800
Lawrence, April 17

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Name</th>
<th>Distance (ft)</th>
<th>Notes</th>
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<tbody>
<tr>
<td>M40</td>
<td>Bob Fries</td>
<td>2:05.2</td>
<td></td>
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**WEST**

Stanford U. Throws Series #14
Silas户 U., CA, April 24

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Name</th>
<th>Distance (ft)</th>
<th>Notes</th>
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</thead>
<tbody>
<tr>
<td>M55</td>
<td>Ron McPherson</td>
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<tr>
<td>M60</td>
<td>John Johnson</td>
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</tr>
<tr>
<td>M70</td>
<td>Bill Johnson</td>
<td>2:05.2</td>
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**EAST**

Runner's World Masters Mile Penn Relays
Philadelphia, April 24

<table>
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<tr>
<th>Age Group</th>
<th>Name</th>
<th>Distance (ft)</th>
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</thead>
<tbody>
<tr>
<td>M30</td>
<td>Bob Johnson</td>
<td>11.27</td>
<td></td>
</tr>
<tr>
<td>M40</td>
<td>Mike Graham</td>
<td>11.27</td>
<td></td>
</tr>
<tr>
<td>M55</td>
<td>Bob Johnson</td>
<td>11.27</td>
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**GEORGE MANCHESTER**

Randalls Island, NYC, May 2

<table>
<thead>
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<th>Age Group</th>
<th>Name</th>
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<th>Notes</th>
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<tbody>
<tr>
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<td>Ron Johnson</td>
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<tr>
<td>M40</td>
<td>Mike Graham</td>
<td>11.94</td>
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<tr>
<td>M30</td>
<td>Greg Graham</td>
<td>11.94</td>
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**Lodging & Recreation**

Audiana Regionals
Florida Beach Gardens, April 24

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Name</th>
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</thead>
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</tr>
<tr>
<td>M70</td>
<td>Bob Johnson</td>
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</table>

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**WORLD TRACK & FIELD**

John Ward Meet
Santa Ana, CA, April 24

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Name</th>
<th>Distance (ft)</th>
<th>Notes</th>
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</thead>
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<td>M55</td>
<td>Ron McPherson</td>
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<tr>
<td>M60</td>
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<tr>
<td>M70</td>
<td>Bill Johnson</td>
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**Miscellaneous**

Florida Beach Gardens, April 24

<table>
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<tr>
<th>Age Group</th>
<th>Name</th>
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Lawrence, April 17

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<tr>
<td>M70</td>
<td>Bill Johnson</td>
<td>2:05.2</td>
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INTERNATIONAL

Western Province Championships
Cape Town, S.A. March 26-27

<table>
<thead>
<tr>
<th>Event</th>
<th>Name</th>
<th>Time/Split</th>
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<tbody>
<tr>
<td>100m</td>
<td>M. E. Schofield</td>
<td>10.3</td>
</tr>
<tr>
<td>200m</td>
<td>T. Jordan</td>
<td>20.6</td>
</tr>
<tr>
<td>400m</td>
<td>S. G. Botha</td>
<td>49.4</td>
</tr>
<tr>
<td>800m</td>
<td>J. A. Moodie</td>
<td>1:50.2</td>
</tr>
<tr>
<td>1500m</td>
<td>R. M. Booys</td>
<td>3:45.1</td>
</tr>
<tr>
<td>5000m</td>
<td>L. J. Botha</td>
<td>14:15.1</td>
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<tr>
<td>800m</td>
<td>J. A. Moodie</td>
<td>2:11.2</td>
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<tr>
<td>200m</td>
<td>T. Jordan</td>
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<td>400m</td>
<td>S. G. Botha</td>
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<td>1500m</td>
<td>R. M. Booys</td>
<td>3:45.1</td>
</tr>
<tr>
<td>5000m</td>
<td>L. J. Botha</td>
<td>14:15.1</td>
</tr>
</tbody>
</table>

**Results**

- **100m**: M. E. Schofield (10.3), T. Jordan (10.6), S. G. Botha (10.8)
- **200m**: T. Jordan (20.6), S. G. Botha (20.9), M. E. Schofield (21.0)
- **400m**: S. G. Botha (49.4), T. Jordan (49.6), M. E. Schofield (50.2)
- **800m**: J. A. Moodie (1:50.2), T. Jordan (1:50.5), S. G. Botha (1:51.0)
- **1500m**: R. M. Booys (3:45.1), J. A. Moodie (3:45.3), T. Jordan (3:45.5)
- **5000m**: L. J. Botha (14:15.1), R. M. Booys (14:15.3), J. A. Moodie (14:15.5)

**Finals**

- **100m**: M. E. Schofield (10.3), T. Jordan (10.6), S. G. Botha (10.8)
- **200m**: T. Jordan (20.6), S. G. Botha (20.9), M. E. Schofield (21.0)
- **400m**: S. G. Botha (49.4), T. Jordan (49.6), M. E. Schofield (50.2)
- **800m**: J. A. Moodie (1:50.2), T. Jordan (1:50.5), S. G. Botha (1:51.0)
- **1500m**: R. M. Booys (3:45.1), J. A. Moodie (3:45.3), T. Jordan (3:45.5)
- **5000m**: L. J. Botha (14:15.1), R. M. Booys (14:15.3), J. A. Moodie (14:15.5)
The 12th ANNUAL
BOSTON MARATHON
TRACK & FIELD CHAMPIONSHIPS
USA T&F New England Masters
July 13, 1993

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

Includes one-age-grade factors and standards for each age from 21 to 90 for men and women for every common track & field, long distance running, and racing event.

Includes 3-year world and U.S. T&F age-group records, as of July 1990.

Shows how to conduct an age-graded track & field meet, road race or race walk.

By 66 pages. Easy to use.

Detailed explanations, sample competitions, performance charts and charts.

USA TRACK & FIELD NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS
PROVO, UTAH - BRIGHAM YOUNG UNIVERSITY, AUGUST 11-14, 1993

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

These include the following hotels/motels:

- Best Value West Inn 40 W. 300 S. (801)322-0029
- City Center Inn 160 W. 300 S. (801)453-4511 $20-33
- Colony Inn 1380 S. University Ave (801)24-9999 $42-68
- Columbia Best Western 70 E. 300 S. (801)26-1234 $36-62
- Comfort Inn 1605 No. Canyon Rd. (801)228-1500 $50-75
- Cottonreeve Inn 2230 No. University Parkway (801)62-1234 $60-100
- Days Inn 1875 N. 200 West (801)375-8000 $46-61

Make your reservations early, it's the tourist season!

* Half mile or less from track

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

1. Shared (2 per room) 3 meals per day per person
2. Shared (2 per room) 2 meals per day (breakfast and dinner) per person
3. Housing Only - Shared (2 per room) per person
4. Food Only - 3 meals per day per person

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

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

The standards of Brigham Young University include abstinence from tobacco, alcohol, illegal drugs, coffee, and tea, and the observance of high moral standards. BYU reserves the right to request those not honoring these standards to vacate the premises. Use of the reservations on the application page of entry will be sent within seven days or no later than July 19, 1993. No entry will be considered complete unless it is accompanied by payment of fees, in full. There will be no refunds of entry fees for any reason. Changes after July 31 will be made only if lanes are available in existing heats.

LATE ENTRIES: The absolute final date for entries will be July 31, 1993, with $20 late fee charged and no competition awarded. Entry fee includes a trip to the track on day(s) prior to competition from 7:00 a.m. to 4:00 p.m. Other meet information will be mailed with entry confirmation.

TRANSPORTATION: Delta Air Lines, Inc., in cooperation with The Utah Association of USA Track & Field, is offering special rates to the competition. Special zone rates are available from cities within the contiguous 48 states to Salt Lake City, Utah. Should published fares not provide a greater savings be available, reservations may be confirmed at that rate provided all applicable restrictions are met.

Tentative Schedule of Events

Final schedule will be determined on the basis of entries and entries upon check-in in Provo. Age groups may be merged into one heat/flight when entries are not adequate for a full heat.

WEDNESDAY

AUGUST 11

PENTATHLON (MEN) 8:00 PM
PENTATHLON (WOMEN) 9:00 PM
5000M RUN (ALL FINALS) 8:30 PM
800M RUN (ALL FINALS) 8:30 PM
* 12 or less per age group will advance to finals
400M (TRIALS)*
* 8 or less per age group will advance to finals
HAMMER THROW (PRELIMS & FINALS) 8:00 PM Ages to men to follow

THURSDAY

AUGUST 12

5000M RACEWALK (ALL FINALS) 8:00 PM
110M HURDLES (FINALS) 100M HURDLES (FINALS) 800M RUN (FINALS)
400M (ALL FINALS) 100M (TRIALS)
100M (TRIALS)
200M STEEPLECHASE (ALL FINALS) 5000M RUN (ALL FINALS)
POLY VAULT (ALL FINALS) 8:30 PM Men to follow
SHOOT PUT (PRELIMS & FINALS) 8:30 PM Men Only
JAVELIN (PRELIMS & FINALS) 8:00 PM Women Only
TRIPLE JUMP (PRELIMS & FINALS) 8:00 PM Women to follow
HIGH JUMP (FINALS) 8:30 PM

FRIDAY

AUGUST 13

10,000M RUN (ALL FINALS) 7:00 PM
400M HURDLES (ALL FINALS)
3000M STEEPLECHASE (ALL FINALS)
800M (ALL FINALS)
200M (TRIALS)*
* 8 or less per age group will advance to finals
200M (FINALS)
4X100M RELAY (FINALS)
DISCUS (PRELIMS & FINALS) 8:30 PM
LONG JUMP (PRELIMS & FINALS) 8:30 PM

SATURDAY

AUGUST 14

10,000M ROADWALK (FINALS) 7:30 PM
20,000M ROADWALK (FINALS) 7:30 PM
5000M RUN (ALL FINALS) 10:30 AM
4X100M RELAYS (ALL FINALS)
4X400M RELAYS (ALL FINALS)
4X100M AGE-GRADED (ALL FINALS)
JAVELIN (PRELIMS & FINALS) 8:00 PM Men Only
SHOOT PUT (PRELIMS & FINALS) 8:00 PM Women Only