

## Vasquez, Miller Win Fifty-Plus 8K



Barbara Miller (54, 32:49) was first female in the Fifty Plus 8K in Stanford, Calif., March 20. Photo by Jim Turner

by JIM TURNER

The 11th annual Fifty Plus 8K run held March 20 at Stanford, Calif., was won by Sal Vasquez, 54, of Suisun City, Calif., in a time of 26:15. Vasquez took an immediate lead and wasn't seriously challenged throughout. His winning time translates to an outstanding age-graded score of 95.3%, topping the race's previous all-time best score of 94.8% achieved by John Keston in 1992.

A close battle for second place developed between Tim Rostege, 53, and Jon MacPherson, 52, with Rostege prevailing by one second at 28:04. The women's winner was Barbara Miller, 54, of Modesto, Calif., in a time of 32:49 followed by Eve Pell, 55, in 33:49 and Louise Walters, 54, in 34:23. Pell's time broke the women's 55-59 course record of 35:12 set in 1989 by Sister Marion Irvine.

The race also served as a championship race for the Pacific Association USATF for Seniors (50+), Superseniors (60+) and Veterans (70+). The three man team championship is based on combined time and was won by West Valley Joggers & Striders with Vasquez, Rostege, and Jim Reitz 4th in 28:10. The women's championship was won by the West

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Catherine Lempesis, 42, Columbia, S.C., second W40+ (36:52). Sallie Mae 10K, Washington, D.C., April 17.

Photo by George Banker



Gary Zeuner, 40, Australia, first master (30:59), followed by second (31:03) Charlie McMullen, 42, New York, Sallie Mae 10K, Washington, D.C. Photo by George Banker

### Stockdale Wins W40+ Race

## Zeuner Takes Narrow Victory in Sallie Mae

While everyone watched American Pat Porter and the Kenyans duke it out for first place in the Sallie Mae 10K, Washington, D.C., April 17, one of the best masters races ever was developing. Newcomer Gary Zeuner, 40, of Australia, and Bryan Stride, 43, of Canada, went through the mile in

4:49, followed by Charlie McMullen, 42, Rochester, N.Y., and James Pryde, 40, Bel Air, Md., in 4:53, Bob Schlau, 46, Charleston, S.C., 4:56. and Ric Banning, 41, Alexandria, Va., 4:58.

By two miles, the pack became one, and all six passed two miles in 9:52 and

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## Three Major Events to Draw 2000

More than 2000 athletes from throughout the USA, Canada, and several foreign countries are expected to participate in one or more of three major masters competitions being held in a 16-day period from July 30 to August 14.

First, up to 1000 competitors will compete in the 2nd WAVA World Veterans Road Race Championships in Toronto, July 30-31, featuring a 10K, 25K, and 20K racewalk.

Second, several hundred are expected for the WAVA North American Masters Track & Field Championships in Edmonton, Alberta on August 4-7.

Finally, more than 1000 will participate in the 27th annual USA National Masters Track and Field Championships on August 11-14 in Eugene, Oregon.

Some veteran athletes are planning a two-week vacation to participate in all three events. Others are opting for one or two of the competitions. Hundreds of overseas athletes have reportedly made accommodation reservations. Some USA masters travel agents are planning tours.

The trio of events provides a good excuse to see some of the most beautiful scenery in the world — the mountain ranges of southwest Canada and northwest USA — as well as experiencing Toronto, one of the world's most exciting cities.

The Toronto event is limited to men over age 40 and women over age 35, but the Edmonton and Eugene competitions welcome all athletes age 30 and over. Competition will be held in the traditional five-year age groups in all three meets, with high-quality medals to the first three finishers in each event.

Low-cost university accommodations have been lined up for all three sites — \$30 in Toronto, \$29 in Edmon-

Continued on page 10

**USNSO Senior Open  
Cancelled**

—see story on page 11



Al Oerter, four-time Olympic gold medalist in the discus, who officiated that event in the Naples Meet, Naples, Fla., April 9, with Miyazaki medalists (from left) Len Olson, M60; Oerter; Jay Sponseller, M75; Robert Zimmerman, M45; June-Marie Provost, W60; and Pamela Duncan, W45; at Naples. See story on page 25. Photo by Rudy Vlaardingbroek



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# NATIONAL MASTERS NEWS

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

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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 ages 40+, 50+ or 55+ (please check the schedule for details). Some events require advance registration. Some require a current USATF card (\$7 to \$12 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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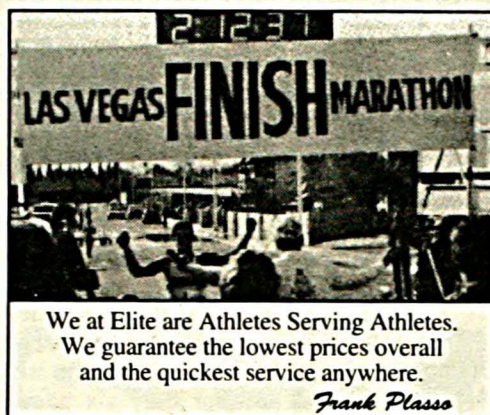
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### HISTORY IN THE MAKING AT EUGENE

It isn't often that one gets advance notice of history about to be made, so let it be known that in August at the USATF National Masters Track & Field Championships in Eugene, Ore., history will record a fantastic happening.

For the first time ever, four masters, all with heart by-pass surgery, will form a relay team in the M70-79 4x100. The members of the relay team will be George Simon, Tim Miller, Tim Murphy, and Bill Weinacht.

It has taken 14 years for this team to

come together and for the by-passes to take place in time for the runners to fit into the same 10-year age group.

Astounding as it may seem to the medical profession and to all researchers on aging, the world will witness that all is not lost in the senior aging process, included both being diagnosed as having heart disease and undergoing by-pass surgery. A vital, exciting quality of life can be had by those who are willing to change their lifestyles and make the most of their second chance.

Winning the race would be great, but it would only be frosting on the cake. All of the team members have already

proven they are winners.

*George Simon  
Los Angeles*

### MISTAKES CAN BE MADE

Ordinarily, I would categorize this situation under "Mistakes Can Be Made," yet it happened to me at two meets, precisely half of my track and field experience. I am referring to not having enough hand timers to cover all participants of a race. The May issue results of the NMN indicated my time in the 100 of the John Ward meet, March 12, at 18.6. With a PR of 15.8 and personal worst of 16.2, I was surprised.

At the finish line, I was told that my time was 15.6, so I left the area satisfied. Eight women ran the race, but only six names were announced later. I talked to an official and discovered that hand-held timers were used and some timers timed more than one lane. So how was I lost, then found with a three-second slower time?

If each participant cannot be covered by a timer, then please split the race into heats. This will save disappointment and confusion. Accurate times and performance results are very important to all participants, even to a slower novice like myself. That's the least I expect out of my entry fee. Besides, who's to verify my claim? Despite the setback, I am having a good time learning, improving, and competing on my mommy's day out.

*Karen E. Vaughn  
Placentia, California*

### BOSTON MARATHON

Marilyn Mitchell provided the raw figures for participants and prize money in the 1994 Boston Marathon. She said the race "offered equal prize money to all levels of men and women."

That isn't possible. More than half of the men's field of 7047 were over 40, and they competed for five prizes. In the wheelchair division, 80 men and 10 women each competed for three prizes.

Where is the prize money for the older age groups? Masters men take a big screwing at this race.

*Ken Mueller  
Bellingham, Massachusetts*



John Lupinski, 41, heads for the finish line, Leavittown, Pa. 5K, Mar. 6. A top age group contender, John is a star of the Plainview - Old Bethpage Road Runners.

Photo from Mike Polansky

### 1993 Age Record Book Available

The 1993 World and U.S. Masters Age-Record Book is now available.

The 56-page book features men's and women's world and U.S. age bests for all outdoor track & field events, age 35 and up, as of October 31, 1993.

It also includes U.S. age bests for men and women for all racewalking events, age 40 and up, as of the same date.

The price is \$4.00. The book is available through NMN. Please see the form on page 24.

### Nine 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:

James J. Awbrey, IV	Duluth, Georgia
Leo Benning	Cape Town, South Africa
Courtland P. Gray, II	Dallas, Texas
Robert D. Roseman	Corona, California
Doug Smith	Laguna Hills, California
Stuart R. Sonne	Aurora, Colorado
Elizabeth Szawlowski	Marblehead, Massachusetts
Linda Upton	Chestnut Hill, Massachusetts
Robert S. Weiner	Washington, D.C.



Top Males (l-r) Bethesda Chase 20K, March 6. 10th Bret Dattke 1:10:22, 9th Eldon Mack 1:10:15, 8th Mike Hart 1:10:08, 6th Paul Peterson 1:09:41, 4th Mark Hoon 1:08:40, 3rd Brian Daugherty 1:08:28, 2nd Kevin Kropp 1:07:26, 1st Ric Banning 1:07:03-Winner & 1st Master.

Photo by George Banker

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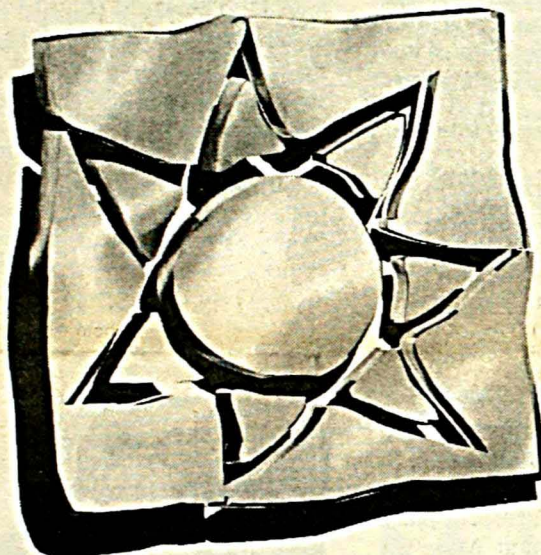
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### 1994 ST. GEORGE MARATHON ENTRY FORM

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Name (last name, first name, middle initial) \_\_\_\_\_  
 Age on Oct. 1 \_\_\_\_\_ Sex \_\_\_\_\_ Birth Date mo/day/yr \_\_\_\_\_  
 Mailing Address (include Apt. and/or c/o) \_\_\_\_\_ Area Code \_\_\_\_\_ Telephone \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_ Country \_\_\_\_\_  
 USA Track and Field Number \_\_\_\_\_  
 Estimated Weight on Oct. 1 (if entering weight division) \_\_\_\_\_  
 CIRCLE T-SHIRT SIZE: S M L XL XXL

#### ENTRY FEE ENCLOSED:

- ☐ \$20.00, if before Sept. 8.  
☐ \$30.00, after Sept. 8, before Sept. 20.  
**SPECIAL 10-YEAR CLUB DISCOUNT FEES** (must register before Sept. 8 to qualify for discounts):  
☐ \$10.00, if 11th to 14th year ☐ \$10.00, if 15th to 18th year

A physical examination is not required to run in the St. George Marathon, but all competitors participate at their own risk. If in doubt as to your physical condition to engage in an event as strenuous as a marathon, it is strongly recommended that you seek the advice of a competent physician and abide by his/her advice. All persons under 18 years of age must have written consent of their parents or legal guardian to compete in the St. George Marathon. In consideration of the privilege granted me of participating in the St. George Marathon, and for other good and valuable consideration, I intend to legally bound, hereby for myself, my heirs, executors, administrators and assigns, waive and release any and all rights and claims I may have against the City of St. George, St. George Marathon Committee, their agents, representatives, successors, or assigns for any and all injuries, ailments, or other consequences suffered by me in the Marathon. I also give my permission to the St. George Marathon and its assigns to reproduce or use my image without cost of reimbursement, on video, photographic or any other media for race products and/or promotional purposes.

All Applicants must sign \_\_\_\_\_

Signature of Parent or Legal Guardian if under 18 \_\_\_\_\_

How did you hear about the St. George Marathon \_\_\_\_\_

☐ Magazine

☐ Run it before

☐ Friends/Family

☐ Running Club

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(PICK ONE ONLY)

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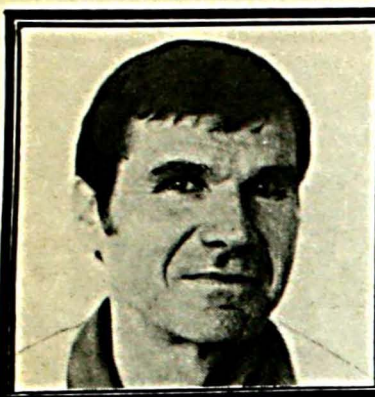
- 1) 200+ Men's Division Under 40,
- 2) 200+ Men's Division Over 40,
- 3) 140+ Women's Div. Under 40,
- 4) 140+ Women's Division Over 40. Runners have the option to enter age or weight divisions, not both. For runners who send in early entries, please be as accurate as possible in estimating pre-race weight. A five-pound post-race variance to the 140-200 weight minimum will be allowed.

MEN	
1	<input type="checkbox"/> 12 & Under 9 <input type="checkbox"/> 45-49
2	<input type="checkbox"/> 13-14 <input type="checkbox"/> 50-54
3	<input type="checkbox"/> 15-18 <input type="checkbox"/> 55-59
4	<input type="checkbox"/> 19-24 <input type="checkbox"/> 60-64
5	<input type="checkbox"/> 25-29 <input type="checkbox"/> 65-69
6	<input type="checkbox"/> 30-34 <input type="checkbox"/> 70-74
7	<input type="checkbox"/> 35-39 <input type="checkbox"/> 75+
8	<input type="checkbox"/> 40-44 <input type="checkbox"/> 29 <input type="checkbox"/> Wheel-chair
31	<input type="checkbox"/> Weight Div.-Under 40
33	<input type="checkbox"/> Weight Div.-Over 40

WOMEN	
16	<input type="checkbox"/> 14 & Under
17	<input type="checkbox"/> 15-18 <input type="checkbox"/> 50-54
18	<input type="checkbox"/> 19-24 <input type="checkbox"/> 55-59
19	<input type="checkbox"/> 25-29 <input type="checkbox"/> 60-64
20	<input type="checkbox"/> 30-34 <input type="checkbox"/> 65-69
21	<input type="checkbox"/> 35-39 <input type="checkbox"/> 70+
22	<input type="checkbox"/> 40-44 <input type="checkbox"/> 30 <input type="checkbox"/> Wheel-chair
23	<input type="checkbox"/> 45-49
32	<input type="checkbox"/> Weight Div.-Under 40
34	<input type="checkbox"/> Weight Div.-Over 40

RETURN TO: St. George Marathon, 86 South Main Street, St. George, UT 84770





## Third Wind

by Mike Tymn

### Everything You Ever Wanted to Know About the Mile

A mile seems like an odd distance when you break it down to 5,280 feet, 1,760 yards, 320 rods, eight furlongs, or 1,609.34 meters. But it is not without reason. The word comes from the Latin *mille*, meaning thousand. Thus a mile is 1,000 Roman strides.

Those Romans must have been pretty big guys, you might be thinking. Actually, a Roman stride was from the rear of the heel of one foot to the rear of the same heel — two paces. It figures out to 31.68 inches for a pace, which means the Romans were really on the short side.

As a track event, the mile has been called the single best test of all-around fitness, as its demands are roughly half aerobic, half anaerobic. That is to say that the miler must be a blend of marathoning endurance and sprinting strength.

A lot has been written about the mile lately. First, there was Eamonn

Coghlan becoming the first person over 40 to break four minutes on February 20. Then, last month, the 40th anniversary of the first official sub-4 mile by Roger Bannister was observed.

#### Bannister May Not Have Been First

But did you know that Bannister may not have been the first person to go under four minutes? That's right. A 23-year-old Pawnee Indian by the name of Koo-Tah-We-Cots-Oo-Lel-E-Hoo-La-Shar, also known as Big Hawk, is said to have run a mile in 3:58 on a measured half-mile track at Fort Sidney, Nebraska in 1877. The feat was reportedly timed and witnessed by



This statue, which stands in Vancouver, B.C., depicts the moment that Roger Bannister (left) overtook John Landy in the "Mile of the Century" contested on August 7, 1954 in Vancouver. It was the first race in which two men went under four minutes.

Photo by Mike Tymn

American army officers there. His splits were recorded at 2:00 and 1:58.

The late Glenn Cunningham, who represented the United States in the 1932 and 1936 Olympics, claimed to have broken four minutes during a time trial while in high school.

But the first actual "four-minute-mile" did not come until more than four years after Bannister's 1954 world record at Oxford. On September 3, 1958, England's Derek Ibbotson clocked an exact 4:00.00 in a fourth-place finish behind Herb Elliott at White City.

#### Landy and Tabori

Almost everyone knows that Australia's John Landy lowered Bannister's record 46 days after Bannister crashed through the "barrier," and that Bannister and Landy both went under four minutes — the first time two men did it in the same race — in the British Empire Games on August 7, 1954 in Vancouver, B.C. But few people recall the third man to go under four and the first event in which three men went under four. On May 28, 1955, in the British Games at White City, Laszlo Tabori of Hungary became number three with a 3:59.0. He was followed in the same race by Chris Chataway (3:59.8) and Brian Hewson (3:59.8).

Can you name the first American to break four minutes? It was the University of California's Don Bowden, who did a 3:58.7 on June 1, 1957 in Stockton at the Pacific Association AAU meet.

It took nearly three years for another American to do it. Oregon's Dyrrol Burleson broke Bowden's American Record with a 3:58.6 on April 23, 1960. Jim Beatty was the third American under four with a 3:58.0 at Modesto a month later.

#### Covered a Mile in 19.45 Seconds

The world record now stands at 3:44.39 by Noureddine Morcelli of Algeria, set last year, but the fastest any human has covered a mile without mechanical aid is 19.45 seconds. That's based upon the 185 miles-per-hour reached in a free-fall from a plane.

On land, at least partly, a mountain climber reportedly once fell and slid 1½ miles down a New Zealand peak in a minute. That means he would have done 40 seconds for the mile en route. (He lived.)

At the other extreme, the last mile up Mount Everest has been known to take a week or thereabout.

Inside those parameters, a world champion speedskater can cover a mile, based upon the world 1500 mark, in about 2:01. The fastest swimmers are close to 16 minutes. A race horse, carrying about 120 pounds, does it in just over a minute and a half.

As near as I can determine, the world record for roller skating a mile on a rink is 2:25.1. And the world record for racewalking the distance is 5:46.21. The world record for running a mile backward, according to Guinness, 6:07.1, although that one may have been lowered by a few seconds in the last year or two.

#### Ryun Still Holds High School Mark

Jim Ryun still holds the high school mile record at 3:55.3, but a two-year study of more than four million high school students during the early 1980's found that the average boy reached his physical peak at age 15 and took 7 minutes, 40 seconds to run a mile. The average girl took 9:51.

With those times in mind, you might better appreciate the efforts of the late

Continued on page 7

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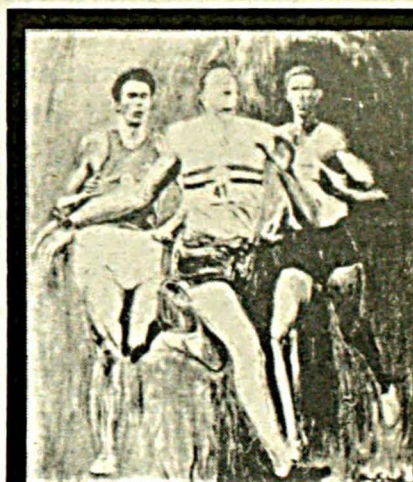
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### THE FIRST THREE

LAZLO TABORI 3:59  
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JOHN LANDY 3:58

A poster was recently designed to honor Roger Bannister, John Landy and Laszlo Tabori, the first men to venture into that unknown territory beneath the four-minute barrier. Titled "The First Three," it measures 24"x36" in full color. To order, send \$16.95 plus \$3 postage and handling to Barry Schaeffer, 309 Avenue H, Suite D, S. Redondo Beach, CA 90277 or call 310/285-6708. T-shirts are available for \$13.95 (plus \$3 postage & handling).



## Third Wind

Continued from page 6

Harold Chapson of Hawaii, who recorded a 5:54 mile in 1973 at age 71, thereby becoming the first person 70-or-older to officially run under 6:00. The 70-over record now stands at 5:32.41 by Scotty Carter, set in 1987 indoors.

If Carl Lewis had been able to maintain the top speed achieved in his world 100-meter record of 9.86, he would have covered a mile in 2 minutes, 17 seconds.

In addition to Morcelli's current world record, another gauge as to how far we've come during the past 40 years is the current 3000 meter world record of 7:28.96 by Moses Kiptaniui. That is less than two seconds shy of a 4-minute mile pace. To put it another way, a four-minute mile pace maintained for 3000 meters would result in a time of 7:27.36.

Looking at that still another way, Kiptaniui should have been able to cover seven laps of a quarter-mile track at sub-4 pace had he put the kick into the last part of the seventh lap (while also deducting a second or so for the fatigue factor involved in going on to 3,000 meters).

### Women's Mile in 4:08

The current women's record in the mile is 4:15.61 by Paula Ivan of

Romania, but the 1500 meter record of 3:50.46 by Qu Yunxia of China converts to a 4:08.44 mile.

That brings up the fact that there is more than the Roman mile. There is the "metric mile" of 1500 meters, which is 119 yards, 21 inches short of a Roman mile. The rule of thumb is to add 17 seconds to the 1500 time to get a mile of equal effort, but many people forget that this applies only at around 3:50-mile pace. The slower the time, the more you have to add. The most accurate method is to multiply the 1500 time by 1.078. (Track & Field News uses 1.08.) Thus, the 1500 equivalent of 4:00.00 for a mile is 3:42.63.

How is that number arrived at? A mile is actually 7.3-percent longer than 1500 meters. However, it would not be proper to simply add 7.3% in time, as there is a fatigue factor that must be factored in for the extra distance. That's where the additional half percent comes from.

Then, there's the "bastardized mile," the name sometimes given to the high school 1600-meter distance, which is 10 yards 8 inches short of a mile.

There's also a "country mile," as in *he hit the ball a country mile*. I gather that it is somewhere between 40 and 500 feet. □

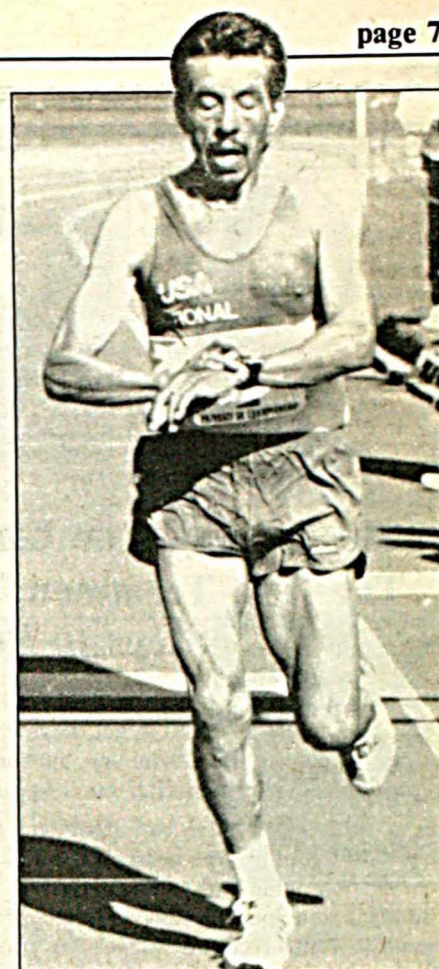
## Vasquez Wins

Continued from page 1

Valley Track Club with Miller, Jutta McCormick in 34:34 and Rusty Barnett in 35:22. Tamalpa teams won both the mens Supersenior and Veterans divisions while the women's Supersenior division was won by Buffalo Chips.

All race entrants were at least 50 years of age with 378 finishers, 280 men and 98 women. The race was run under ideal weather conditions on a fast, flat course through the Stanford campus, finishing with a partial lap on the stadium track. Strong age-group performances were turned in throughout the five-year age groups. Men's 55-59 winner David Pitkethly and runner-up Craig Roland both achieved 88%+ age-graded scores. The mens 65-69 group was particularly strong with top three finishers Joe King, Patrick Devine and Jim O'Neil breaking 85%. Fifteen percent of the men and a total of 47 runners bettered an 80% age-graded score. Nineteen finishers were under 30 minutes. Entrants came from 15 states.

The race was sponsored by the Fifty Plus Fitness Association as part of its Fitness Weekend. Other events included a 5K racewalk, a 5K fitness walk, a duathlon (combining bike time from a 35K time trial the prior day with the 8K run time), a fitness conference and a



Sal Vasquez, 54, wins the annual Fifty-Plus 8K in Stanford, Calif., March 20, in 26:15.

Photo by Jim Turner

pre-race banquet. Fifty Plus can be contacted at P.O. Box D, Stanford, CA 94309. Next year's race will be held March 26.

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# THE FOOT BEAT

by JOHN W. PAGLIANO, D.P.M.

## The Best Treatment for Blisters is to Take Steps to Prevent Them

**Q.** I ran the Long Beach Marathon and developed blisters on the balls of my feet. I tend to get these when I run long distances. I usually just pop them and let them dry, but sometimes they get infected. Is there anything I can do to treat them after my long runs?

**A.** Probably the best treatment for blisters is prevention. A good fitting running shoe is essential. This will allow the foot to flex properly while running and avoid friction on the balls and sides of the feet. Usually the addition of a Spenco insole will reduce friction and reduce the chance of blister formation. I also recommend wearing good cotton socks.

Before running, apply liberal amounts of Vaseline on the balls of the feet and tops of the toes. This is a veterans' running secret. It works very well. Even carry a small amount of Vaseline with you on long runs. This can be applied to any hot spots that might crop up.

When you develop blisters, care must be taken to avoid infection from these lesions.

With small blisters (smaller than the size of a dime), sterilize the skin with alcohol or Betadine solution. Using a small, clean instrument, remove the top of the blister. Immediately apply Betadine solution. Although this burns upon application, it will cauterize the area and prevent the growth or multiplication of bacteria. Place a cotton-backed bandage over the blister. Saltwater soaks in the evening

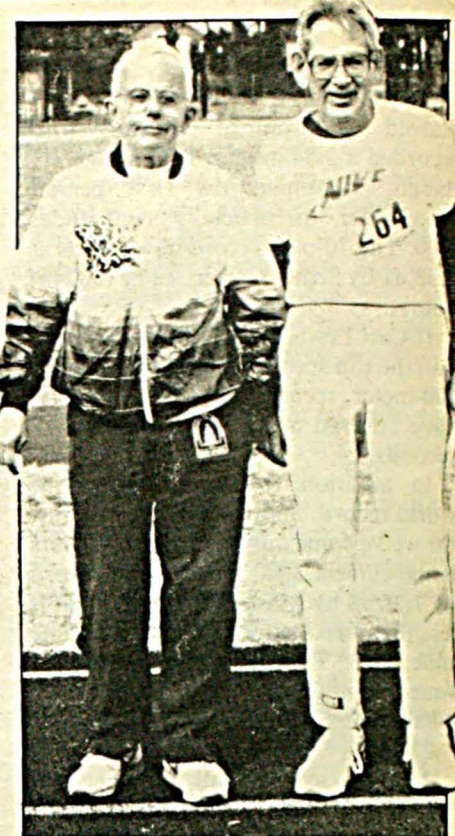
followed by an application of Betadine solution will soon dry out the area and you can walk on it almost immediately. Avoid lotions or creams as these keep the wound area moist. The area needs to be kept dry.

On larger blisters (larger than a dime), swab the area with alcohol or Betadine solution. Using a sterile needle, pierce the blister and press out the underlying fluid. Again swab with Betadine and apply a pressure-gauze square. The blister top will serve as a sterile barrier.

On larger blisters you may have to puncture and drain them two or three additional times. Keep the gauze in place for several days and continue soakings in saltwater solution. When the area heals, you can return to running.

All of us can expect an occasional blister when we run. However, in your case, I would seek out a foot specialist who can determine the cause of your blisters. There may be some type of foot pathology or deformity which could easily be corrected and you would no longer be plagued by these lesions. □

(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



First and second septuagenarians, Bethesda Chase 20K. Francis Pierce, 71 (left) and Alvin Guttog, 76.

Photo by George Banker

to Dr. John Pagliano, The Foot Beat, NMN, Box 2372, Van Nuys, CA 91404.)

## Rain Falls on Long Island Newsday Parade

by MAURY DEAN

America's largest half-marathon, the Long Island Newsday race, lashed a long wet ribbon along the Long Island landscape, May 1, in East Meadow, N.Y.

For the first time in 17 years, it rained on the big parade. The swiftest scooted to victory before the clouds unleashed their gullywasher on the full marathoners, and Chris Webber, M40, 1:12:30, third overall, and Kathy Martin W40, 1:27:35, once again proved their prowess on the long concrete canyons of the Wantagh Parkway.

A soft southeast breeze played with our first six mile splits, and we tried to tuck in behind taller runners on the flat East Meadow straightaway. In the full marathon, Bob Briglio (44, 2:41:16) duked it out with newly-mastered Dr. Lou Calvano, whose 2:19 in 1979 won the race. The full marathon turnoff is at 7.5 miles, and it was a wee bit demoralizing to note my pack of seven runners produced five who turned south, while I more wimpily took the shorter course. Calvano turned south and ran 2:46:01 for 2nd, while Betty Horstman's 3:39 was good enough for 13th overall and a fab first in the masters crew.

Not a cent in prize money is lavished on Newsday, so it's euphemistically billed as a "local event." You will see no speed-of-light surge of Kenyans here, but all the best runners seem to try their mettle on Long Island's biggest harrier stampede of the year. As the marathon boom subsided, a myriad of Islanders decided that, hey, 13.1 miles is within the reach of your basic

25-mile-per-week decent runner, and let's go to the big parade.

Al Oman (1:13:43), now 44, served notice to the 45-49 contingent that records are about to fall; his fifth overall (of 6000 or so) was good enough for only silver in the tough 40-44 division, with Jerry Miller's bronze (1:16:25) outdueling the 4th 40-44, Brian Manghan (1:19:30) by over three minutes; the only other sub 80-minute half was by 51-year old Maury Dean (1:18:48). Temps ranged from a muggy 62° to 70° over the full marathon, with frequent showers — even semi-scary lightning and thunder — cooling down the feisty crew of determined runners.

Ageless Maddy Harmeling (1:29:21) won the W40+ silver and the 45-49 gold, while Marion Stanjones had great luck with the number five: she was 5th master overall, at age 55, in a fine 1:35:55. The bronze went to Bohemia TC's new kid on the masters block, Diane Gordon (1:30:55), who victoriously vanquished the seven-minute-per-mile monster.

The 55s brought spectacular times for Mel Cowgill, 57, 1:24:24 and 59-year-old Rich Murphy (1:26:20), shadowed by a nice effort by Joe Cordeiro (1:26:29).

Nowhere, however, was the three-way duel so spectacular as by three of Long Island's premier road racers, Colin Harris (1:35:37), John Corrigan (1:36:34), and John Sullivan (1:36:50); these times would be more than respectable in any age group, but this scribe marvels at their monumental achievement — because they're all 65-69. □



## USATF Western Regional Masters Championships University of California Irvine Irvine, California

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FACILITIES: SYNTHETIC ALL WEATHER TRACK.  
NOTE: 1994 USATF REGISTRATION REQUIRED WITH ENTRY.  
DIRECTIONS: FROM LOS ANGELES TAKE THE 405 FREEWAY (SAN DIEGO) SOUTH TO CAMPUS AND THEN CAMPUS WEST TO UCI FACILITY.

### SCHEDULE OF TRACK & FIELD EVENTS

#### SATURDAY JULY 2, 1994

9:AM 10,000M RUN  
10:AM 80M/100M/110M HURDLES  
11:AM 100M SPRINT

LUNCH  
1:PM 400M SPRINT  
2:PM 1500M RUN  
3:PM 4X100M RELAY  
3:30 5,000M RACE WALK (AGE 30 TO 49)

FIELD EVENTS  
9:30AM POLE VAULT  
11:AM DISCUS

LUNCH  
1:PM LONG JUMP  
2:PM JAVELIN

#### SUNDAY JULY 3, 1994

9:AM 5,000M RUN  
10:AM 800M RUN  
11:AM 200M SPRINT

LUNCH  
1:PM 3,000M STEEPCHASE  
2:PM 300M/400M INT. HURDLES  
3:PM 4X100M RELAY  
3:30 3,000M RACE WALK (AGE 50 & UP)

FIELD EVENTS  
HIGH JUMP  
SHOT PUT  
LUNCH  
TRIPLE JUMP  
HAMMER THROW

\* ORDER OF EVENTS WILL BE RUN WITH WOMEN FIRST & THEN MEN STARTING WITH OLDEST TO YOUNGEST. SOME DISTANCE EVENTS WILL BE COMBINED DEPENDING UPON NUMBER OF ENTRIES. ALL EVENTS ARE FINALS WITH AWARDS GOING TO FASTEST 3 TIMES IN ANY AGE GROUP HEAT....

### ENTRY FORM (PRINT)

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_ PHONE \_\_\_\_\_  
ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE & ZIP \_\_\_\_\_  
AGE ON 7/2/94 \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ SEX: M. F.  
CLUB AFFILIATION: \_\_\_\_\_ 1994 USATF NO. \_\_\_\_\_

EVENTS: (1) \_\_\_\_\_ (2) \_\_\_\_\_ (3) \_\_\_\_\_ (4) \_\_\_\_\_ (5) \_\_\_\_\_  
AMOUNT OF ENTRY FEE ENCLOSED: \_\_\_\_\_ PLEASE MAKE CHECK PAYABLE TO: W.E. ADLER AND MAIL TO: 435 E. TAHQUITZ CYN. WAY, PALM SPRINGS, CA. 92262.....

WAIVER: IN CONSIDERATION OF YOUR ACCEPTING MY ENTRY, I, INTEND TO BE LEGALLY BOUND, DO HEREBY FOR MYSELF, MY HEIRS, EXECUTORS OR ADMINISTRATORS WAIVE & RELEASE FOREVER ANY & ALL RIGHTS, CLAIMS OR DAMAGES I MAY ACCRUE AGAINST UCI, USATF, THE MEET DIRECTOR & ALL SPONSORS OF THE T&F MEET, THEIR SUCCESSORS, REPRESENTATIVE & ASSIGNS OF ANY AND ALL INJURIES I MAY SUFFER WHILE TRAVELING TO & FROM, & WHILE PARTICIPATING IN THE USATF WESTERN REGIONAL CHAMPIONSHIPS TO BE HELD ON JULY 2 & 3, 1994 AT UCI. I CERTIFY THAT I HAVE NO PHYSICAL DEFECTS OR INJURIES THAT WOULD PREVENT ME FROM COMPETING.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_





Susie Kluttz, W55, was top Grandmaster (55+), Carolina Marathon 10K, Columbia, S.C., in 43:35.

Photo by Charlie Kluttz



Tim Rosteg (53, 28:04) placed second, ahead of Jon MacPherson (52, 28:05) in the Fifty-Plus 8K in Stanford, Calif., March 20.

Photo by Jim Turner

## Lilac Bloomsday Draws 60,000

by JANE DODS

Once again, the hordes descended on Spokane, Wash., for the annual Lilac Bloomsdale 12K, May 1. Out of 60,037 registrants, 55,195 stayed the course, many of them tossing extraneous clothing at the start (a lacy, black brassiere was later found dangling from a nearby tree).

Cheering the runners on their way were disc jockeys, dancing and clapping atop huge speakers, as well as a group of nuns who raised their hands as if requesting divine intervention.

Known for its attraction of free spirits, this year's cast included

"Ooga, Looga," a leopard skin-clad runner, accompanied by her gorilla-garbed partner. At the top of Doomsday Hill, a spectator in the guise of a vulture lurked in his traditional spot.

The start was slowed by construction along Riverside Avenue, and farther down the course a number of illegally-parked cars put an additional crimp in the race's momentum. Overcoming these obstacles, however, and leading the masters contingent were the indomitable Nick Rose, 36:30, and Carla Beurskens, 41:14.

The cool, dry, 45° weather at the start was about as good as it gets. □

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Also, it's the site of the USA Track & Field Masters Championships — on one of the nation's fastest courses.

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

**TWIN CITIES MARATHON**

Minneapolis-St. Paul

SUNDAY, OCT. 2, 1994 8:00 A.M.





## MASTERS RACEWALKING

by ELAINE WARD

### Training Masters (Part Two)... Coach Gwen Robertson

#### VO2 Max & Long Workouts

**GR:** A quality workout would be a VO2 max. Frequently, you will see this workout as 5 minutes at your 5K race pace with a 5-minute recovery. You don't really kick in to the aerobic phase until after the first two minutes. It is a very hard workout. For masters athletes, the 5-minute workout is somewhere near 800 meters to 1000 meters; of course, there is an age factor here. However, as an athlete gets in better condition, I think the time can be increased to 6 or 7 minutes race pace. Total distance should be 3 miles or about 10 percent of your weekly mileage.

**EW:** How about the longer distance workouts?

**GR:** I think it is important, maybe not every week, but every other week, to do a long distance workout. There are some athletes who thrive on speed work and who thrive on longer work. I think athletes need some of each.

However, I believe first in working on your strength, and then on trying to improve your strength by working on your weakness. Many hold just the opposite philosophy. They work on their weakness; that is, they do more of what they are weakest at. So if you thrive on long ones, do one a week. If you don't, do one every other week or even one every three weeks if you are racing.

When you sit down and plan out your week, you will find that there are not that many days. If you have a race and you are only racewalking five days a week, you may have only one other quality session during those other four days. It is easier if you are training six days to fit in all these elements.

#### Speed Work & Intervals

**EW:** How about somebody who

really likes speed work? What would be a good combination?

**GR:** If they are training for a 5K or 10K, they can do a VO1 max in conjunction with a short, fast workout with 1 minute repeats that are near maximum speed.

The danger with a lot of really fast stuff, especially for older athletes, is that if you don't allow proper recovery over the next couple of days, you can be injured. Short, fast ones can be incredibly fatiguing. If you are a long-distance type and your muscles aren't used to moving that fast, you are very vulnerable to injury. A little goes a long way.

We generally do anywhere from 30 seconds to 2 minutes for maximum paced speed work, but I think 2 minutes is long to be going near maximum. Generally 45 seconds to 1:30 is good with at least the same amount of recovery. So if you do 1:30 fast, you take 1:30 to 2:00 minutes for recovery. What happens is that the fatigue starts to build up pretty rapidly. Don't do many, maybe 8 minutes total of fast stuff. That is not very many, but you will feel the lactic acid building up in your muscles. I use this workout the least — probably once every three weeks.

**EW:** How about the interval workouts?

**GR:** Repetitions of 400 meters is one type of interval workout. You do 400 meter laps slightly faster than 5K race pace; i.e., 5 seconds per lap faster than 5K race pace and do 8 repetitions. This is not as difficult a workout as the speed workout. It can be used in a week when you are not going to race. You recover from this fairly quickly.

Consistent training and consistent variety in your training will condition



James Carmines, M50 USA silver medalist (23:20.99), 5000 racewalk, 10th WAVA Games, Miyazaki, Japan.

photo by Kathryn Carmines

you all round.

**EW:** How do you feel about the number of days masters walkers should train?

**GR:** I think masters walkers need more recovery time. I think they can do the qualify stuff, but it takes them longer to recover from hard races or hard workouts than it does a younger person.

I am a firm believer in rest and recovery. Without rest and recovery, you will not progress. There comes a point with athletes when they are on a nice linear progression and performances are improving. Then all of a sudden, the bottom falls out because they haven't allowed themselves to recover and take rest periods. I think in

a week, one or two rest days are good. On those days if you just go out and walk the dog, that's fine.

Think about the number of times athletes have come back after a layoff of three to four days because of a slight injury and made PRs. They are rested and more relaxed. Once you experience this, you can buy into rest and recovery days. You don't worry about taking a day off.

**EW:** How about the compulsive athletes?

**GR:** Endurance athletes are often compulsive. They think about the other guy being out there training and feel they have to be out there training more. It is fairly easy to get into that syndrome.

I don't worry too much about mileage. Mileage is just something you can quantify and that is why we get stuck in mileage. "Oh, I did 40 miles last week; this week I did 42 miles, so I am doing better." This is not necessarily true if you are doing the right workout elements. It is just like Ian Whitley said, "It's not that the Americans aren't good enough or don't train. It's that they don't necessarily put it together right. We are working hard, but we are not necessarily doing the right combinations of things." □

(To be continued next month)



Therese Iknoian, 37, San Jose, Calif., on her way to a 15:31.58 in the 3000 racewalk, USATF National Indoor T&F Championships, Columbia, Mo., March 25-27.

Photo by Jerry Wojcik

### Masters Racewalk Records

The recent publication of U.S. Masters Race Walk Records in NMN prompted the following corrections:

10000	F55	59:08.2 p	Joyce Decker	Kenosha, WI	9/19/93
15K	F65	1:44:03 p	Ruth Leff	Kenosha, WI	10/24/93
25K	F65	3:00:58 p	Ruth Leff	Kenosha, WI	10/24/93
30K	M50	2:47:35 p	Ed Whiteman	Atlanta, GA	10/31/93

p = pending

Applications for American Race Walk Records must be received by Bev LaVeck before 9/30 in order to be ratified at the 1994 USATF Convention. Applications received after that date will be submitted the following year.

Bev LaVeck  
USATF Masters Race Walk Record Chairman

### Three Major Events to Draw 2000

Continued from page 1

ton, and \$34 in Eugene — all with meals included. All three cities are serviced by air, rail and bus. An ideal trip would seem to be a flight from Toronto to Vancouver; a round-trip train ride to Edmonton; then a train ride to Eugene.

Entry forms for all three events are published in this issue. □



## USNSO Senior Open Cancelled

The USNSO Track & Field Senior Open, scheduled for St. Louis on June 15-19, has been cancelled due to lack of sufficient entries.

"As of May 10, we only had 166 sign-ups," said Helen Harris, USNSO's spokesperson for the host U.S. National Senior Sports Organization. "Even though we knew most of the entries would come in the week before the May 15 deadline, we felt it still wouldn't be enough to provide the kind of competition that we feel our athletes deserve and that we promised our sponsors."

Open to men and women age 55-and-up, the event was to be the first single-sport competition hosted by USNSO. The organization has staged four national biennial multi-sport competitions (St. Louis in 1987 and 1989, Syracuse in 1991, Baton Rouge in 1993) and expects over 8000 athletes for the U.S. National Senior Sport Classic V — the Senior Olympics, set for San Antonio in June, 1995.

The experimental single-sport competition did not prove sufficiently popular. No qualifying was required, as it is for the biennial multi-event Sports Classic. Speculation was that this "openness" may have backfired by eliminating the "stamp of acceptance" which the qualifying process seems to bestow.

Harris said the educational seminars planned for St. Louis will be rescheduled for San Antonio next year. □



Nick Newton (r) took the M60 100 from Marior Sanchez narrowly, 12.4 to 12.5, in the Bob Watanabe Memorial Meet, Los Angeles, April 23.

Photo by Jon Lomax

## Watanabe Honored with Memorial Meet

by JERRY WOJCIK

About 150 athletes turned out to pay their respects to Bob Watanabe and enjoy a day of competition at a memorial meet held in his honor at UCLA's Drake Stadium on April 23, in the Westwood section of Los Angeles. The meet was conceived and directed by Bill Adler.

Watanabe, who died in 1992, was an outstanding Southern California sprinter-hurdler and surgeon, who helped fellow athletes on the field and in his office with his athletic and medical expertise, and a highly-respected member of the Los Angeles area's large Japanese community.

The closest race of the meet came in the M60 100, when sprinter-high jumper Nick Newton outleaped sprinter-hurdler Marion Sanchez, 12.4 to 12.5, for the victory.

Hurdlers D by Sweezy, W40, and Tom Patsalis, M70, bettered U.S. records, but neither a wind gauge nor automatic timing was available. Sweezy ran an 11.7 for the 80H, below her own 12.6 in 1993. Patsalis churned out a 13.2 for the 80H; the U.S. record is 14.50, handtimed, by Al Guidet in 1989.

Milan Tiff broke the M45 world record of 46-6¼ (14.18m) set by Stig Backlund of Finland in 1987, with a 47-4¼. However, without a wind gauge, Tiff's record cannot be accepted. □

### Back Pain

Physical therapists from the U.S. and Canada will team up on a hotline to educate the public about the prevention and treatment of back pain on June 6-7, 9 a.m. to 5 p.m., Eastern Time, during a meeting of physical therapists from both countries in Toronto, Canada. The toll-free telephone number of the hotline is 1-800-955-7848.



Bert Morrow, M80, finishing the 300H, Bob Watanabe Memorial Meet, Los Angeles, April 23.

Photo by Jon Lomax

## USA TRACK AND FIELD MASTERS NORTHWEST REGIONAL CHAMPIONSHIPS

ALASKA, INLAND NW, MONTANA, OREGON, PNW, SNAKE RIVER, UTAH, WYOMING

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JULY 23 & 24, 1994

LINCOLN BOWL - TACOMA, WASHINGTON

ENTRY FEES: \$10 1ST EVENT; \$5 EACH ADDITIONAL EVENT

RELAYS, NO FEE FOR MEET PARTICIPANTS

PAYABLE TO: PNWT&F

ENTRY DEADLINE: POSTMARKED JULY 16, NO LATE ENTRIES ACCEPTED

FACILITY: 400 M. MARTIN ISS-1000 POLYURETHANE TRACK - RUNWAYS

(1/4" SPIKES)

DIVISIONS: FIVE YEAR AGE DIVISIONS, M&W, 30 YRS. & OLDER

RELAYS: TEAMS MUST WEAR SAME TOPS; 10 YR AGE GROUPS: MUST BE FROM SAME CLUB OR ASSOCIATION REGISTERED WITH NORTHWEST REGION (DECLARE ONE HOUR PRIOR TO EVENT)

AWARDS: USA T&F CHAMPIONSHIP MEDALS FOR 1ST, 2ND, 3RD-

RIBBONS: 4TH, 5TH, 6TH. DUPLICATE AWARDS FOR NON

NW REGIONAL PLACE FINISHERS.

RECEPTION: SATURDAY EVENING

PACKETS: AVAILABLE AT TRACK SITE - 8:00 AM, SAT & SUN

NW REGIONAL CHAMPIONSHIPS SCHEDULE OF EVENTS

TRACK	SATURDAY	FIELD
10:00 M-W 10,000 METERS	10:00 M 30-59 LONG JUMP	
11:15 M-W 5000 METER WALK	M 60+-W POLE VAULT	
12:00 M-W HIGH HURDLES	M 30-59 JAVELIN	
12:30 M-W 100 METERS	12:00 M 60+-W LONG JUMP	
1:30 M-W 400 METERS	M 30-59 POLE VAULT	
2:15 M-W 1500 METERS	M 60+-W JAVELIN	
2:45 RELAY: 1600 METERS	1:00 M 60+-W SHOT PUT	
4:00 M 60+-W 2000 M STEEPLE	2:00 M 30-59 SHOT PUT	
4:20 M 30-59 3000 M STEEPLE	3:00 M-W WEIGHT THROW	
	SUNDAY	
10:00 M-W 5000 METERS	10:00 M-W HAMMER	
11:00 M-W INTER. HURDLES	M 60+-W HIGH JUMP	
11:30 M-W 800 METERS	M 30-59 TRIPLE JUMP	
12:00 M-W 200 METERS	11:00 M 60+-W DISCUS	
1:00 RELAY: 400 METERS	M 30-59 HIGH JUMP	
1:30 RELAY: 3200 METERS	M 60+-W TRIPLE JUMP	
	12:00 M 30-59 DISCUS	
	1:00 M-W SUPER WEIGHT	

ORDER OF COMPETITION: MEN - WOMEN; OLDER - YOUNGER

CHECK IN: 60 MIN. PRIOR TO EVENT START

ALL IMPLEMENTS WILL BE WAVA STANDARD AND MUST BE CHECKED IN 90 MIN. PRIOR TO EVENT START



Information: Meet Director, Ken Weinbel, (206) 932 3923, 938 3895



ENTRY FORM

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

NAME: \_\_\_\_\_ AGE: (7/23/94) \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ CLUB: \_\_\_\_\_ '94 USA T&F # \_\_\_\_\_

EVENTS BEST '93 MARK

1. \_\_\_\_\_ 4. \_\_\_\_\_  
2. \_\_\_\_\_ 5. \_\_\_\_\_  
3. \_\_\_\_\_ 6. \_\_\_\_\_

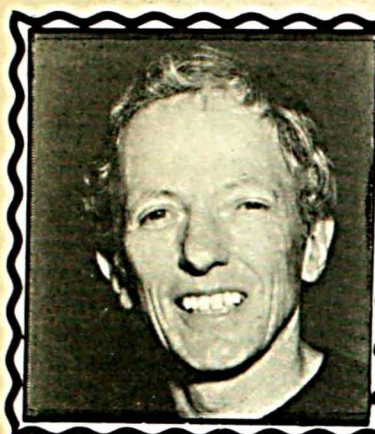
RELAYS: 400M \_\_\_\_\_ 1600M \_\_\_\_\_ 3200M \_\_\_\_\_

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

signed: \_\_\_\_\_ date: \_\_\_\_\_

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





# On The Run

by Hal Higdon

## Build Ankle and Trunk Strength

**C**omfortable and injury-free distance running requires strength as well as endurance, so claims Diane Palmason, a coach and top masters athlete from Englewood, Colorado.

Palmason was a sprinter on the Canadian team at the 1954 Commonwealth Games. She switched to distance running in 1976 and set national records from 800 meters to 80 kilometers, including a 2:46:23 marathon at age 46. She now organizes women's running camps under the title "Running Unlimited."

Palmason believes masters runners need to strengthen two areas before beginning any program to improve performance. She identifies those vital areas as the ankles and the core.

Ankle strength is particularly vital for preventing injuries, claims Palmason: "If ankles are strong and

flexible — and have a certain amount of give to them — they absorb the strain when you run on uneven ground."

With such strength, you are less likely to sprain an ankle if you misstep, either on pavement or the woods. Flexible feet and ankles also cushion some of the pavement shock, which otherwise is transmitted upward to the knees and hips.

Masters runners can appreciate the need for knee and hip protection, but strong ankles also can improve speed. "With better range of motion, you can transmit more power to the foot," she says.

The following five exercises will stretch and strengthen your feet and ankles:

1. **Toe Circles:** Stand on one foot. Point your other foot out in front of you, or to the side and back. Draw big circles on the ground with your big toe. Repeat, using the other foot.

2. **Ankle flexes:** Seated on a chair, raise one leg. Point toes down and away from you, then up towards you. Repeat. You should be able to feel the pressure in the front of your foot.

3. **Toe grabs:** Spread your toes and use them to gather up or pull a towel toward you. This will aid with ankle flexibility and control.

4. **Toe raises:** Standing, repeatedly roll up onto your toes, then back onto your heels. You can do this with four variations:

—Feet facing forward, knees aligned with second toe.

—Feet rolled to the outside, rolling up on small toe.

—Feet rolled to the inside, rolling onto the big toe.

—Balanced on one foot only.

5. **Spot hops:** Head up, back straight, shoulders lowered and relaxed, thinking "tall," hop off your toes. You also can do this using four variations:

—Both feet together, knees relaxed. Hop easily.

—Both feet together, but concentrate on working the ankles more vigorously.

—Both feet together, but use both knees and ankles to get more height.

—Alternate one foot, then the other. Palmason considers strength for the core equally important. (By core, she means: trunk, abdomen and back.) "You run more efficiently if upright, rather than leaning forward," she explains. "You need core strength to hold yourself up."

The following exercises can strengthen your core:

1. **Circle stretch:** With feet slightly spread, raise your arms high overhead. Twist in circles from the waist: forward, backwards, around in both directions. This is a good warm-up for other abdominal exercises.

2. **Crunches:** Lie with your back flat on the floor, your knees bent. Raise your knees, grasping them and pulling them toward your chest.

3. **Pushups:** This basic exercise remains a good body strengthener. You can do full pushups with only your toes and palms on the ground, or partial pushups where your trunk retains ground contact. This serves as a good back stretch.

These exercises can be done within a minimum of time. "Some can be done while sitting at your desk or watching TV," Palmason advises. She recommends doing the exercises at least three days a week, "but every day is better still." □

(Individuals interested in Palmason's camps for women can contact her c/o Running Unlimited, 5605 East Maplewood Avenue, Englewood, CO 80111; 303/779-4294.)

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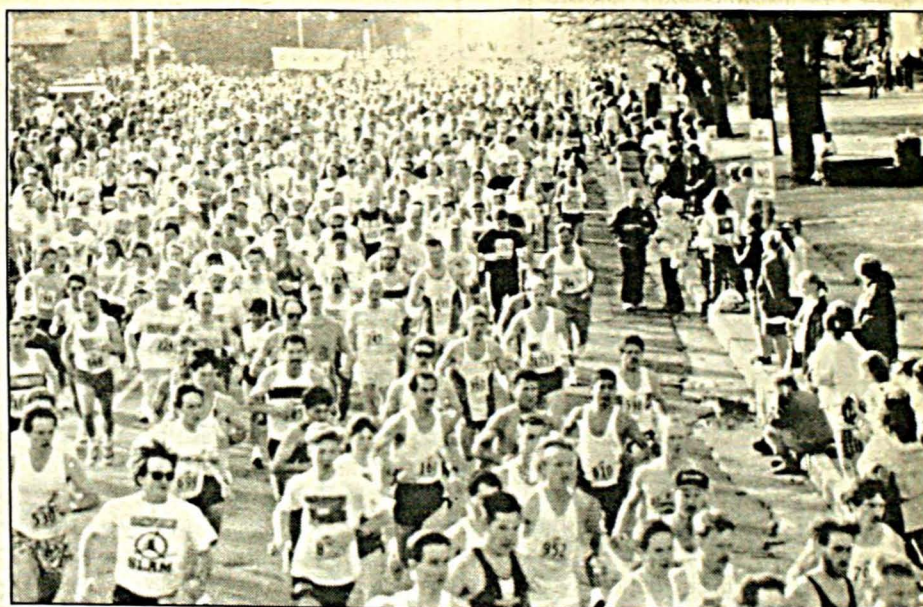
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Start of the Pear Blossom 10 Mile, Medford, Ore., April 9.

Photo from Pear Blossom Run

## Hill, Caldwell Log Wins in Pear Blossom

by JERRY WOJCIK

Leonard Hill, 41, Klamath Falls, Ore., ran to a fourth overall and first age 40+ in 52:06 for his 18th consecutive top-10 finish in the Pear Blossom 10 Mile, Medford, Ore., April 9.

Hill, the only entrant in the Pear Blossom Run's Hall of Fame, stayed with a lead pack of six through the fifth mile but faded going up Hanley Hill, ending his bid for a third Pear Blossom title.

Alan Tracy, 55, Bend, Ore., won the

M55 contest with a solid 60:59. Joe King, 67, Alameda, Calif., 1994 M65-69 indoor champion in the 1500 and 3000, took the M65 race in 67:33 from fellow Californian Pat Devine, 65, who closed in 68:53.

Laura Caldwell, 41, Lake Oswego, Ore., was the fifth female in 62:49. Elaine Delsman, 48, Ashland, Ore., was second W40-and-over in 66:10.

The race, directed by Jerry and Zellah Swartsley, drew 1570 contestants, with about another 2000 participating in other events. □



## CLASSIFIEDS

Classified ad rates are 75c a word. Count name and address as 5 words. Race notices are 50c per word. Prepayment required with copy. Deadline is the 10th of the month prior to the issue date. Send to NMN, PO Box 2372, Van Nuys, CA 91404.

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- At 51, Norm Green Wins National Masters Marathon in 2:29:11
- Matt Cucchiari Wins National 10K in 33:20
- 300 Complete in Legends Meet at UCLA
- Nike Announces 1984 Nike Masters Series

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# PUBLICATIONS ORDER FORM

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### 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 racewalking events, age 40 and up, as of Oct. 31, 1993. 56 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$4.00.

### Masters Track & Field Rankings

Men's and women's 1993 U.S. outdoor track & field 5-year age group rankings. 52 pages. Over 100-deep in some events. All T&F events, including mile, weight, relays, and walks (5000, 10K, 20K). Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman, and the National Masters News. \$6.00.

### Masters Age-Graded Tables (1989)

Single-age factors and standards from age 21 to 90 for men and women for every common track & field, long distance running, racewalking event. Shows how to conduct an age-graded event. Track of your progress over the years. Compares performance to current 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~~ \$2.00.

### 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, 1994; 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 January 31, 1994. 4 pages. \$1.50.

### Competition Rules for Athletics (1994)

U.S. rules of competition for men and women for track & field, long distance running and racewalking — youth, open and masters. \$12.00.

### IAAF Scoring Tables (1984)

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### Guide to Prize Money Races and Elite Athletes 1994

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. \$52.00.

### Fastest Old Man in the World

22-minute video of New Zealand's great Derek Turnbull. He ran a 2:41 marathon at age 65, and currently holds ten world five-year age-group records from the 800 to the marathon. \$29.95.

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## MASTERS TRACK & FIELD REPORT

by JERRY WOJCIK  
Masters T&F Rankings Coordinator

### 1994 Indoor Rankings Compiled

**T**his issue contains the first set of rankings of 1994 indoor season events. The remaining events will be published when completed by the rankers, ending probably with the August issue. In answer to a question about rankings for the 60m and 60mH, they are not included in the rankings because they were run only at the National Championships in Columbia, Mo., and the East Regional Championships in NYC. The lists would essentially be the same as the National results.

Some marks do not appear in the rankings because results failed to indicate athletes' age-groups or single ages or were not deep enough to include all participants. Ideally, meet directors should send complete, accurate, camera-ready results to the NMN for publication. In reality, that rarely occurs, so athletes should assume some responsibility in assuring that their best marks are received by the rankers, and that errors, such as wrong age division, misspelled names,

etc., are corrected.

Verification can be a simple matter, such as a photocopy of results or the name and phone number of the person responsible for meet results.

Rankings in the July issue will include the sprints and pole vault.

As the rankings indicate in this issue, the indoor mile is an extremely popular event, especially for M40s and M45s, probably because the "masters mile," indoor and outdoor, is a high-profile race, brought about by previous at-

tempts to break the four-minute barrier, accomplished in 1994 by Eamonn Coghlan's 3:58.15, and the appearance of popular, legendary milers in the event held at open meets.

Unfortunately, M50-and-over runners don't get the chance to run the event against record-producing fields, having to settle for running it in small meets with little competition. The U.S. indoor records for the M55+ mile have been around for a long time, and the outdoor records are ancient. How many of the good M40 milers listed in the 1994 rankings will maintain their enthusiasm years from now when races for them will be sparse and fields thin? □



Canadian Earl Fee, 64, on his way to a world record 4:43.66 for the M60-64 1500, Ontario Masters Championships, Toronto.

Photo by Chuck Sochor

### FIVE YEARS AGO June, 1989

- Wilson Waigwa Lowers World Masters Mile Record from 4:12 to 4:05.71 in Modesto
- Norm Green (56, 1:08:07) Tops All 40+ Runners in National Masters 20K in Medford, Oregon
- Green (54:40, 96.4%) and Ed Benham (81, 1:13:23, 95.9%) Star in Nike Cherry Blossom 10K

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### USATF Regional Masters Championships — 1994

(See T & F Schedule For Contacts)

#### Region & Date

East - July 31  
Southeast - May 28-29  
Midwest - July 30  
Mid-America - July 24

Southwest - July 23  
West - July 2-3  
Northwest - July 23-24

#### Site

Brown U., Providence, R.I.  
Knoxville, Tenn.  
Lisle, Ill.  
National Sports Center,  
Blaine, Minn. (Minneapolis)  
San Antonio, Texas  
UC Irvine, Calif.  
Lincoln Bowl, Tacoma, Wash.

### Financial Statement

1994 USATF East Regional Masters  
Indoor T&F Championships  
New York City, March 13

#### EXPENSES

ITEM	AMOUNT
USATF Officials & helpers (35)	\$1,328.00
T-shirts (colored, up to 3XL)	1,961.40
Individual & team awards	1,982.90
Armory Rental & clean up	1,408.50
Omega, Northeast Timing - FAT	550.00
Mailing, copies, & supplies	317.93
Phone calls & Faxes	168.00
Transportation, parking & tolls	138.30
USATF Registration & donations	388.00
National Masters News Ad	150.00
Rental for weight use from MAC	150.00
USATF sanction & insurance	65.00
Refunds & overpayments	114.00

EXPENSE TOTAL \$8,722.03

#### INCOME

ITEM	AMOUNT
Pre-entry income (130)	\$3,546.00
Post-entry income (62)	2,535.00
Remaining T-shirts	653.26
Refund on unused awards	248.20
<b>INCOME TOTAL</b>	<b>\$6,982.46</b>

Amount expenses exceed income (\$8,722.03 - \$6,982.46) equals \$1,739.57 (net loss).

Comments from Haig Bohigian, East Regional Coordinator and Meet Director: "It has gotten to the point where meets like this can not be put on without sponsorship, better funding from USATF, or higher entry fees (the same fee structure has been in effect since at least 1989). These figures do not reflect the 100 hours of my time put into the meet and taken away from our business."



## Coghlan Retires from Track, Spinney Wins Penn Mile

by MARILYN J. MITCHELL

Eamonn Coghlan was absent from the field for the April 30 Penn Relays Masters Mile. He had been expected, but persistent chronic pain after his 3:58.15 indoor mile on February 20 forced Coghlan to announce his retirement from competitive track.

The first sub-4 minute masters miler was also scheduled to run a masters mile at the May 7 London Bannister Commemorative Mile, and at the May 22 New York Games, but daily two-hour sessions with the Irish physiotherapist, Gerard Hartmann, in Gainesville Fla., did not bring the required relief to the sore left leg and Coghlan reluctantly decided to curtail track competition. He has been plagued by severe hamstring pulls and calf strain problems over the last couple of years, and the recovery from his successful sub-4 effort was more painful and lengthy than he had anticipated.

Coghlan competed in a recent two-mile couples race in New York's Central Park on April 16 with fashion designer Nicole Miller as his partner. He tentatively plans to run the 1994 November New York City Marathon — his second — as a fundraiser for a children's hospital in Dublin. In his only previous marathon attempt — the 1991 New York City Marathon — he



Ric Banning, 41, Alexandria, Va., third master (31:04), Sallie Mae 10K, Washington, D.C., April 17.

Photo by George Banker

posted a 2:25:10, all part of his grand plan to put a lot of mileage on the legs

in order to prepare the body for the eventual onslaught of traditional track speed training.

He had noted that those before him who became injured in their attempts to become the first sub-4 minute masters milers had jumped from retirement right into mile training and he was determined to be able to do it sensibly without injury. Well, he did do it sensibly although not without injury — but the truth is that while some of the injuries were holdovers from his open career, he pretty much avoided injury until late in that career and a number of the injuries were not the typical over-use injuries which one so often sees in runners. For example, several years ago someone provoked their dog to attack him while he was on a training run in Ireland and the dog bit him in the calf.

Ed Spinney, the Penn Relays masters mile winner, turned in a credible 4:17.00. Swag Hartel was second in 4:21.15 and Pete Reinhardt was third in 4:21.98.

Although none of the masters mile records was in jeopardy at Penn, the future of the masters mile as an event in some of the big meets is in question. Without further sub-4 minute attempts, it remains to be seen whether or not there is enough drama and excitement to make the event attractive to crowds and, therefore, attractive to meet directors. *Runner's World*, having successfully fulfilled its commitment to produce conditions conducive to a sub-4 minute masters mile, has no plans to continue sponsoring a masters mile circuit, and it is unclear whether or not other sponsors will step forward to fill the void for future such events. □

## Masters Excel in 100th Penn Relays

by PETER TAYLOR

PHILADELPHIA, April 28-30. Edwin Roberts and Phil Raschker were two of the many masters at this week's Penn Relays who joined Olympian Michael Johnson, the Jamaica high school relay teams, and thousands of other competitors to provide an exciting 100th edition of this famous event.

Roberts anchored the Caribbean Connection 4 x 100 M50+ relay team to a 47.70 win on Friday morning and came back in the afternoon to dominate the first-ever M50+ 100m dash, winning in 12.11 seconds. On Thursday (women's day), the 47-year-old Raschker vaulted 3.28 meters (10-9), easily surpassing her old outdoor mark of 3.14m (10-3½) and winning not only the age-graded pole vault but an interview with a network television affiliate as well.

The inaugural M40+ and M60+ 100s proved to be big hits with the crowd, with Arizona's Kevin Nance winning the 40+ race in 11.15 and North Carolina's Jim Law (at 68, the oldest man in the field) prevailing in 13.0 seconds (hand-timed) in M60+. In an unusual twist, Bill Collins, the top seed in M40+, was entered in the blind athletes' 100-meter race as a guide to a young competitor from Florida. Bill reported later he thought the "blind 100" was after the masters 100; instead, it was immediately before it. Rather than withdraw, Collins guided the young man to victory (12.06) and then returned to the starting line for the M40+ 100. Whether Collins'

hard "warmup" changed the order of finish cannot be determined. In any event, Nance won handily, with Billy "White Shoes" Johnson of pro football fame just beating Collins for second, 11.29 to 11.31.

Earlier on Friday, Collins anchored the Houston Masters Elite 4 x 100 team to a very fast triumph in 43.48 seconds. Later, in the final track event of the day, 57-year-old Larry Colbert anchored the Potomac Valley Track Club (with Alby Williams, Ralph Roman, and Ken Baker) to an overwhelming victory in a rain-soaked M50+ 4 x 400, with their time of 3:47.69 more than 12 seconds better than that of the runner-up Philadelphia Masters "A" squad.

Early Saturday morning, before much of the big crowd of 43,830 had arrived, masters racewalkers Gary Null and Phyllis Hansen turned in admirable efforts, with Gary completing 10,000 in 49:50.65 and Phyllis 5000 in 27:16.03.

On Saturday afternoon, Collins again played a key role, running a fine third leg for Houston Masters Elite in the 4 x 400 as they held off a strong East Texas T&F Club quartet featuring world 400-meter gold medalist Tom Thompson on the anchor leg — times were 3:30.24 for Houston and 3:31.13 for East Texas.

Later, Florida's Jay Sponseller, took top M75+ honors with a clear victory over Dave Hall in 15.22 seconds. Former winner Gar Schoener got third, with Champion Goldy fourth. □

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

#### EVENTS SCHEDULE FOR SUBMASTERS (AGE 30-39) AND MASTERS (AGE 40+) IN 5 Year Age Groups

RUNNING EVENTS			
5000 METERS	10:00 AM	1500 METER RACE WALK	1:30 PM
110 METER HH	11:00 AM	400 METER DASH	2:15 PM
MILE RUN	12:00 PM	800 METERS	2:30 PM
100 METER	1:00 PM	200 METER DASH	3:00 PM
		4X400 RELAY	3:45 PM

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FIELD EVENTS			
	30-39 MEN	40-49 MEN	MEN 50-59
POLE VAULT	10:00 AM	10:00 AM	10:00 AM
SHOT PUT	10:00 AM	10:45 AM	11:30 AM
WEIGHT THROW	1:30 PM	2:45 PM	2:15 PM
HIGH JUMP	10:30 AM	10:30 AM	10:30 AM
LONG JUMP	10:00 AM	11:00 AM	12:00 PM
JAVELIN	11:15 AM	12:15 PM	1:30 PM
DISCUS	12:30 PM	1:30 PM	10:00 AM
TRIPLE JUMP	2:00 PM	2:00 PM	3:00 PM

EVENTS SCHEDULE FOR YOUTH, HIGH SCHOOL, & OPEN RUNNING EVENTS			
MILE RUN	AGES 9-10, 11-12, 13-14, 15-19	11:30 AM	MALE & FEMALE
100 METERS	AGES 9-10, 11-12, 13-14, 15-19	12:30 PM	MALE & FEMALE
400 METERS	AGES 9-10, 11-12, 13-14, 15-19	2:00 PM	MALE & FEMALE
4x400 METER RELAY	AGES 9-10, 11-12, 13-14, 15-19	3:30 PM	MALE & FEMALE

EVENT SCHEDULE - Above order will be followed. Events may run ahead of schedule. Athletes will be responsible for noting schedule changes. If athlete misses calls or fails to check in, event fee is forfeited.

FIELD ATHLETES' NOTE - Groups will start immediately after preceding group. Listen for the announcements.

MEET DIRECTORS RESERVE THE RIGHT TO RUN ALL GROUPS TOGETHER IN ANY EVENT; AND THEN SEPARATE THEM BY AGE, TIMES AND DISTANCE. THIS IS IN CASE WE DO NOT HAVE ENOUGH PARTICIPANTS IN ANY EVENT OR WE ARE RUNNING BEHIND SCHEDULE.

ALL RACES WILL BE RUN AS FINALS. IF NECESSARY, SECTIONS WILL BE RUN FOR SPRINTS.

#### RULES

SPIKES ALLOWED - 1/4" or less

HURDLE HEIGHTS & IMPLEMENTS - USATF (TAC) Masters Rules.

ELIGIBILITY: USATF (TAC) MEMBERSHIP REQUIRED FOR ALL ATHLETES, NO EXCEPTIONS. AVAILABLE AT MEET.

FALSE START - One false start rule will apply.

#### FEES - Free to Randolph residents.

Pre-registered - (Received on or before June 14.) \$5 per event.

Received after June 14 - \$5 late fee added to first event.

Relay Teams - \$16 per team, for Open and Masters, \$12 per team for youths.

#### ADDITIONAL INFORMATION

Meet Directors: Morton Hahn days 201-625-1764 evenings 201-361-3282  
Ken Brinker days 201-540-3860 evenings 201-366-8367

AWARDS - Medals for first, second, and third place in each age group.

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EVENTS ENTERED \_\_\_\_\_

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I understand that the activity will be supervised and that the Township of Randolph DOES NOT INSURE participants with accident insurance and I will participate at MY OWN RISK. It is understood that this program is a physical activity and various injuries may occur. I also understand that it is my responsibility to make sure that the registrant is physically capable of participating in this program and that a medical physical by a doctor is recommended.

#### SIGNATURE

Parent/Guardian signature (if competitor is under 18)

☐ Check here if you would like to be put on mailing list for next year's meet.

☐ Check here if you would like to be put on mailing list for membership in GSAC.





# THE WEIGHT ROOM

by JERRY WOJCIK

## Weight a Minute

If the superweight didn't confuse you, wait until you read this. Hang on to your Rolling Rocks and your Snapples. The General Assembly in Miyazaki approved the weight pentathlon as a WAVA-sanctioned event by a vote of 104 to 8. In the proposal, the implements for the weight throw portion of the event were changed. For the track people who haven't already turned to the schedule for more entertaining reading, the weight pentathlon, also referred to as the "all-around weight competition," consists of five events: shot put, hammer, discus, javelin, and weight. More on this later.

The specified implements for the age-divisions in the weight pentathlon are the same as used in an individual event; for instance, the M30-49 use the 16-lb. shot, the M50-59 throw the 1.5kg discus, the M60-69 use the 600g javelin, etc. For the weight segment, the M30-59 throw the 35-lb. weight; M60+ the 25-lb.; W30-49 the 20-lb.; and W50+ the 16-lb.

The approved proposal changed the weight implements, leaving the others intact. Now, the specified WAVA

weights to be used in the weight pentathlon are M30-49 35-lb.; M50-59 25-lb.; M60-69, W30-49 20-lb.; M70-79, W50-59 16-lb; and M80+, W60+ 12-lb. I'm not using kilogram conversions because we don't need more numbers, and I am writing xenophobically for a U.S. readership.

You should know before you read the rest of this that the weight throw is practically non-existent outside of the U.S. and Canada. Oregonian Lance Deal, the U.S.'s premier hammer and



Vanessa Hilliard, W50 winner (34-9½), in the superweight (16-lb.), USATF National Indoor Championships, March 27, Columbia, Mo.

Photo by Jerry Wojcik

weight man, was denied competition points, ergo cash, in the Mobil Indoor Grand Prix Series, because the weight throw is not recognized as an international event by the IAAF.

### Totally Alien Event

So, why did the rest of the world (we had five voting delegates) make changes in an event that is totally alien to them? Who was responsible for what will become chaos of Miltonic proportions? I have the suspicion that there's more ego involved in this than a concession to aging.

I've always thought of the weight pentathlon not only as a test of expertise but, more significantly, as a test of one's endurance and strength. It should not be an opportunity for athletes to throw farther than they did in their younger years.

Do the older throwers, who, by the way, were feverishly signing a petition at the Columbia Nationals to re-instate the gargantuan 56-lb. as a championship event, really want to throw a 12-lb. weight? Where are they going to

get one? Imagine the home-made junk, most of it illegal, that will appear in forthcoming weight pentathlons. Plus, now a meet director has to supply another implement for a total of five weights, which probably means just one of each will be available. You know what it's like competing in a throw with one implement for ten contestants. Call Domino's Pizza before they close!

Besides goofy and costly, how about dangerous? The weight is thrown from a shot put ring, and I have never seen one with a cage. Many of the M70-and-older throwers are strong and quick. They, as well as some of the women, will be rocketing those 16-lb. and 12-lb. weights out of the circle like cannonballs in every direction. The shrapnel from disintegrating garage-made implements will fill the air.

### A Bad Adoption

I'm ranting and sputtering a little, but here's more to prove that this was a bad adoption and that the delegates who voted on it had very little knowledge of the event as we know it. The order of events, according to USATF Competition Rules For Athletics is the shot put, hammer, discus, javelin, and weight. The proposal by WAVA (p. 21, February 1994, NMN) switches the hammer with the shot.

Still standing, huh? How about this? The U.S. Standards of Excellence now have to include the new weights; otherwise, we'll have the ludicrous situation of an M50-54, let's say, who fails to qualify with the 35-lb. weight, meeting the standard when he throws the lighter 25-lb. because individual marks in any of the multi-events are eligible if they meet the standards. Do you think that an 80-year-old who can't surpass the standard with the 25-lb. might be able to do it with the 12-lb.?

Do the newly-approved age-factors include these implements? If not, how will they be age-factored?

The last sentence of the weight pentathlon proposal (February, 1994, NMN) reads, "For the hammer and heavy weight the WAVA scoring table for heavy weight shall be used." This is both erroneous and oxymoronic. Why use the heavy weight tables for the hammer? Does the 12-lb. qualify as a "heavy weight"? That's like a "pygmy elephant" or a "football scholarship".

This isn't a can of worms; it's a can of radio-active medical waste. And I don't buy the criticism that throwers are responsible for this and other ill-advised adoptions, such as the new-and-old javelin folly. How many throwers were in the gang of 104 who approved the change?

### Sound Like the Village Idiot

I just received a phone call from Eric Zemper of the Oregon Association, who had received a call from Amy Castle, director of the Oregon Senior Olympics, Silverton, Ore. She was looking for a 5kg hammer and a 25-lb. weight because Bob Richards was planning to enter the meet in hopes of setting a weight pentathlon record. I'm not making this up. I started to tell Eric

Continued on page 23

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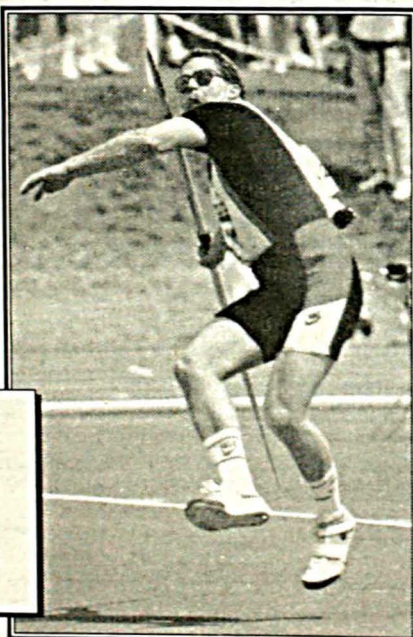
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Bill Bangert, M70 second (38-11½), 35-lb. weight, USATF National Indoor Championships, March 25, Columbia, Mo.

Photo by Jerry Wojcik



# The International Scene

## Miyazaki Presents Final Report

**W**ith the typical thoroughness and excellence that the world's veteran athletes have come to expect, the organizers of last year's 10th WAVA World Veterans Athletics Championships in Miyazaki, Japan, have produced their final report.

Among their conclusions:

- 11,475 athletes from 71 countries competed in the biggest Championships to date (12,175 athletes from 78 nations registered — see chart).

- Counting those who entered several events, nearly 15,000 competitors took part in 31 events. The marathon and cross-country races were the biggest events of their kind ever when age restrictions are taken into consideration.

- 750 officials and 500 assistants managed 625 separate events.

- The efforts of the prefecture in running the largest international sports meet of its kind were highly praised.

- Spectators numbered about 80,000 inside the sports park (including the opening ceremony), 180,000 outside the park (special events, etc.), 70,000 lining the marathon route, and 30,000 at the cross-country venue.

- 68 media companies, including 36 people from 14 countries and 22 regions, covered the event, which was mentioned on national TV news about 250 times, on national TV special productions about 6 times, and in newspapers and magazines about 300 times.

- About 100 professional and 800 volunteer interpreters, the latter comprising citizens and high school students from throughout the prefec-

ture, contributed greatly to the success of the Championships.

- 39,876 nights were spent in Miyazaki by participants and others related to the Championships, 28,761 of which were spent by foreign athletes. (The latter does not include low-priced accommodation in public facilities for those from developing nations.)

- Shuttle buses made 4518 trips (one-way) to move about 180,000 people between the main accommodation facilities in the city and the venues.

- 56 doctors and 151 nurses were employed at the various venues. A total of 1217 patients were attended to at the first-aid stations. Luckily, no major incidents occurred.

- The following documents were produced: a commemorative album and report, a photographic digest, a video (those who have seen it say it's outstanding), a results book, press clippings, and a video of related TV broadcasts.

- An exhibition of videos, medals, implements and other objects related to the Championships has been set up in the Miyazaki Prefectural Sports Park. Its purpose is to introduce the Championships to as many people as possible, and to leave something for future generations.

- The pupils who came to watch the



Japanese schoolchildren surround athletes in the grandstand in Miyazaki.

Championships were asked to write their thoughts on what they saw. Their essays show what meaning the event had for them, and their awareness of internationalism. They were collected and distributed to schools within the prefecture.

- Meetings were held for both volunteer judges and interpreters to lay the groundwork for their activity in future events.

- To continue the spirit of the Championships, two events will be held each year: 1) All Japan Cross-

Country Race in Saito City, Miyazaki; 2) Miyazaki Prefectural Masters Athletic Championships. Event organizers will be given \$1,950,000 by the Prefectural Amateur Sports Association, and \$975,000 by the 1993 Organizing Committee.

The report concluded: "The successful staging of a large athletic event involving about 12,000 athletes, 2500 of whom came from abroad, was a great confidence booster to the people of Miyazaki, a provincial city far removed from the large urban centers of Japan." □

Overall Number of Participants By Venue

	Men	Women	Total
Sports Park (T/F) Events	5,691	2,166	7,857
Road Walks	142	75	217
Cross-country	1,373	260	1,633
Marathon	4,293	753	5,046
Total	11,499	3,354	14,753

Actual Number of Athletes by Region

Region	No. of Countries	Men	Women	Total
Europe	28 (31)	688 (797)	278 (308)	966 (1,105)
Africa	7 (8)	52 (56)	36 (37)	88 (93)
North America	7 (7)	244 (297)	113 (120)	357 (417)
South America	8 (8)	85 (94)	59 (66)	144 (160)
Asia	16 (18)	268 (362)	88 (114)	356 (476)
Oceania	4 (5)	134 (142)	76 (81)	210 (223)
Foreign Total	70 (77)	1,471 (1,748)	650 (726)	2,121 (2,474)
Japan	1	7,862 (8,155)	1,492 (1,546)	9,354 (9,701)
Grand Total	71 (78)	9,333 (9,903)	2,142 (2,272)	11,475 (12,175)

NB Entry numbers are given in parenthesis



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### WOMEN'S Delegate:

Hannelore Guschmann  
Sint Andriesdreef, 9  
B - 8200 Brugge - St Michiels  
Phone: 050/38 76 12

### IAAF Delegate:

Cesar Moreno Bravo  
Camino a la Piedra del  
Comal No. 24 Col. Tepepan  
16020 Xochimilco, D.F.  
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### DELEGATE OF:

#### NORTH AMERICA

Rex Harvey  
160 Chatham Way  
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### SOUTH AMERICA

Jorge Alzamora  
P.O. Box 685  
Santiago, Chile  
Fax: 56-2-696-5006  
Phone: 56-2-621-1417

### ASIA:

Hari Chandra  
15 C Palm Tree Nines  
Jalan Haji Salam  
Singapore 1646  
Fax: 65-24-24967

### EUROPE:

Dr. Hans Axmann  
Eichendorffstrasse 2  
D-91522 Ansbach  
Germany  
Phone: 0981/86172  
Fax: 49-981-53206

### OCEANIA:

Jim Blair  
43 Emslie Road  
Pinhaven, Upper Hutt  
New Zealand  
Fax: 64-4-528-0115

### AFRICA:

Col. Pascal Mackonguy  
BP 1222 Brazzaville  
Republic of Congo



## NORTH AMERICAN REPORT

by: Rex Harvey, President of North and Central America and Caribbean Regional Association of WAVA

### New Sponsorship Program Approved by WAVA Council For NCCWAVA Championships in Edmonton

In addition to personal fitness and satisfaction, one of the great strengths of our sport is the person-to-person relationships that it promotes. Track & field is essentially an individual sport and it easily breaks through the usual team, city, and national prejudices and rivalries that are normally associated with team sports. This is especially true in Veterans' Track and Field where the competition itself, while important for the moment, is not the most important and lasting aspect of the sport. The places that are visited and the friends that are made, and the understanding that is gained of other people, other countries, and other cultures are much deeper and much longer lived than any event on the track or field itself.

One of the greatest weaknesses of our sport of Veterans' Track and Field is that, while just about anyone of any economic status can participate locally, travel and accommodation expenses are such that only a few can afford to participate in higher level meets such as National Championships, Regional Championships, and World Championships.

We, as Veterans' Track and Field administrators, do attempt to rotate high level meets to as many areas as possible. Local development by these means is usually a written, or unwritten guideline of almost every Veterans' Track and Field Organization but higher level meets cannot go everywhere nor can they return very often to the same areas.

I, as the NCCWAVA Regional Delegate, and the other five Regional Delegates were invited by Cesare Becalli, the WAVA President, to submit to the WAVA Council possible special

projects for development within each of our Regions. Each of the Regions, as could be expected, had different ideas as to what would most effectively aid development in their Regions. Some asked for funds to purchase computer hardware for regional use, others asked for funds to purchase track and field implements and equipment while others asked for funds to furnish track & field training and education to veterans. Some asked for funds for direct aid to those countries in their Region with the greatest economic needs.

Our NCCWAVA Region (North America, Central America, and the Caribbean) has a very big, although not unique, problem. Our Region contains some of the richest countries in the world, but also, some of the poorest. It has always been a personal anguish of mine that many people could not participate in our larger meets, not because they weren't interested, not because they weren't fit, not because they weren't good enough, but simply because they could not afford to travel.

The existence of this problem was reiterated, very passionately and eloquently, from the floor of the WAVA General Assembly last October in Japan. Not many deny that it has been, and is, a large weakness in our program.

I have been in communication with many others on the subject, and I have found very few opposed to the principle of helping those who needed help, but many who could not envision how to approach the problem in a fair and equitable manner. Combining the views of many and synthesizing others of my own, I developed and presented



The WAVA Council met in Buffalo, N.Y., April 10-14, to work with local organizers on the XI WAVA World Veterans Athletics Championships, set for July 13-23, 1995. From left, Jorge Alzamora (South America rep), Jim Blair (Oceania rep), Rex Harvey (North America rep), Hans Axmann (Europe rep), Hannelore Guschmann (Women's rep), Jacques Serruys (V-P, Non-stadia), and Pascal MacKonguy (Africa rep).

a prospective program to the WAVA Council at the annual meeting held recently in Buffalo.

The good news is that the Council approved the program up to a total of US\$4,000.00 to be used to enable some of those less economically fortunate to attend the NCCWAVA Regional Championships. The program will serve as a model and, if successful, could possibly be incorporated into other WAVA Regions throughout the world.

***This program will require a "sponsor" for each person aided; that sponsor's donation will be matched, dollar for dollar, by funds from the program.***

The program that was approved was not a direct grant program but rather a sponsorship program. The effectiveness of direct grant programs is at best questionable. One of the biggest obstacles to any grant program is trying to decide who should get the grants and how large the grants should be. This program will require a "sponsor" for each person aided and that sponsor will be required to match the funds that come from the program. Sponsors can be individuals, businesses, organizations, clubs, etc. Applications for sponsorship will be distributed throughout our Region by the WAVA Associate Organizations in each country. Those individuals who desire sponsorship will fill out an application and send it to a central location, which will be me for the time being. I will also serve as the collection point for the names of all those who are interested in furnishing this sponsorship. The sponsorship application will contain enough questions that the person applying can be well profiled. The applicant will be required to state the level of support that he/she requires. Every question, of course, will be optional but a person's chance of being chosen will be enhanced if all questions are filled out. The applications will be available in English and Spanish. The potential sponsors will be able to choose the person to be sponsored from the applications submitted. They could choose from the entire list, or any special part

of it. Some people may be interested in sponsoring people from specific countries or areas. I envision individuals being especially interested in sponsoring someone else in their own discipline and, from personal experience, the shared interest transcends even a language barrier. In fact I see the sponsorship going well beyond simply furnishing some expense money. I see it growing into long-term personal involvement, mentorship and friendship. In fact, this is the main goal of the program, that an ongoing personal relationship be set up between sponsors and those being sponsored.

For example, Track & Field Clubs could induct an "honorary member" from another area or other country and sponsor him/her once, or even better, on a continuing basis.

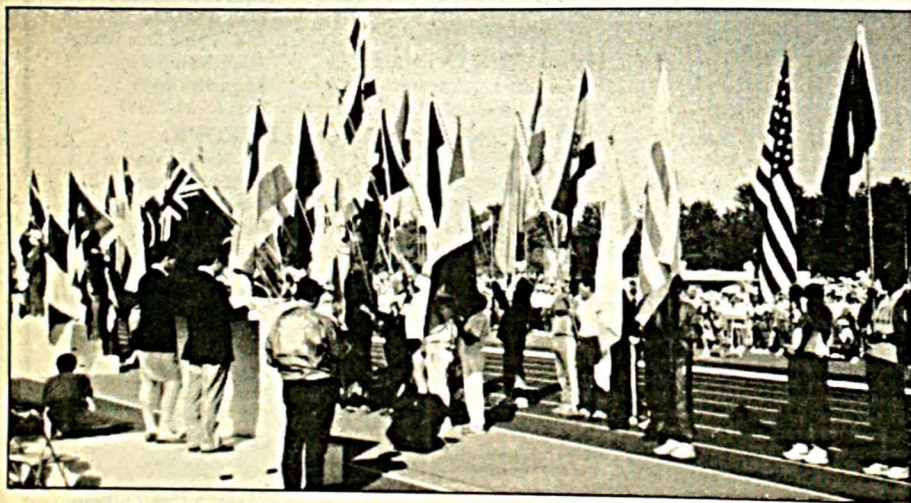
This is only an experimental program and \$4,000 is not much money, nor is the \$8,000 that will be generated. But it is a step in a positive direction for including people from a wider economic range in our sport. We, and the sport, will be better off for it.

For this program to be successful, we need two things: first, applications from those truly needing sponsorship, and secondly, those who enjoy and/or support the sport enough to want to share it with those less economically blessed. Both of those people can contact me by phone, fax, or letter and I will start to get you together as quickly as possible as this year's Regional Championships in Edmonton, Canada, are only months away.

Potential sponsors please contact me. By definition, no one is helped unless you come forward. Share your love of fitness and sporting competition with those less economically fortunate. Go to one less meet this year and use the money saved to sponsor someone. It will more than likely be an experience of a lifetime for them, and thus for you. I've heard it said by persons much more profound than I, and I truly believe that "in giving, we receive."

Rex Harvey  
160 Chatham Way  
Mayfield Heights, OH 44124  
USA

Telephone: (216) 531-3000 work.  
(216) 449-0559 home  
(216) 531-0038 fax



The flags of 78 nations were on parade at the opening ceremonies in Miyazaki.

Photo by Chuck Sochor





## 1994 WAVA Regional Championships

North & Central American & Caribbean Regional Association of WAVA  
Strathcona Track & Field Arena, Edmonton, Alberta, Canada  
August 4 thru 7, 1994 Masters "Pan-Am Games 94"

International Track and Field Championships for Masters: Men 40+ & Women 35+ from this Region of the World, in five year age groups as specified by WAVA.  
This Championship is fully sanctioned by WAVA, the World governing body for Masters Track and Field and its empowering organization, the IAAF.  
(Non-Championship Divisions: Men 35-39 & Women 30-34 will also be conducted)  
(Guest Competitors from outside the North, Central American, & Caribbean Region are welcomed and will receive equivalent awards, but will not displace regional residents.)

### TENTATIVE SCHEDULE (Subject to change according to numbers of entrants)

<b>Thursday, August 4</b>	8:00 AM: (W&M) Cross Country Race, 8 kilometres 9:00 AM: (W&M) Race Walk on Track, 3 kilometres 11:00 AM: (W&M) Pentathlon (M-Long Jump, Javelin, 200m Discus, 1500m) (W-Hurdles, High Jump, Shot, Long Jump, 800m)	11:00 AM: (M) Hammer 1:00 PM: (W) Javelin 2:00 PM: (M) Javelin 5:00 PM: (W) Hammer
<b>Friday, August 5</b>	8:00 AM: (W&M) 5000 metres 11:00 AM: (W&M) 800 metres - heats only as needed 12:00 Noon: (W&M) Hurdles - heats only as needed, then finals 3:00 PM: (W&M) Steeplechase 4:30 PM: (W&M) 800 metres finals	11:00 AM: (W) High Jump (M) Discus 1:00 PM: (M50+) H. Jump 3:00 PM: (W) Discus (M35-49) H. Jump
<b>7:00 PM: Opening Ceremonies</b>		
<b>7:00 PM: NCCWAVA General Assembly</b>		
<b>Saturday, August 6</b>	8:00 AM: (W&M) Race Walk on road, 10 kilometres 11:00 AM: (W&M) 100 metres - heats only as needed 12:00 PM: (W) 400 metres - heats only as needed 1:00 PM: (M) 400 metres - heats only as needed 2:00 PM: (W&M) 1500 metres - finals (seeded heats if needed)	11:00 AM: (W&M50+) P. Vault (W) Shot Put (M35-49) L. Jump 1:30 PM: (M35-49) P. Vault (M50+) Shot Put (W) Long Jump 4:00 PM: (M35-49) Shot Put (M50+) L. Jump
<b>7:00 PM: Banquet &amp; Dance</b>	4:00 PM: (W&M) 100 metres - finals 5:00 PM: (W&M) 400 metres - finals	
<b>Sunday, August 7</b>	8:00 AM: Road Race, 15 kilometres 9:00 AM: (W&M) 200 metres - heats only as needed 10:00 AM: (W&M) Long Hurdles 11:30 AM: (W&M) 200 metres finals 1:00 PM: (W&M) 4 x 100 metres Relays 2:30 PM: (W&M) 4 x 400 metres Relays	8:00 AM: (W&M) Weight Pentathlon (Hammer, Shot, Discus, Javelin, Weight) 9:00 AM: (M) Triple Jump 11:00 AM: (W) Triple Jump
<b>2:30 PM: Closing</b>		

**Open to All!** In the best tradition of Masters Track and Field, no Qualifying Times or Distances are required - just a desire to do your best. There will be former Olympians competing alongside beginners - it's all part of using friendly competition to meet new international friends, stay fit, and have fun.

**Gold, Silver, and Bronze!** Especially struck medals will be awarded to first three in each age group in each event. (equivalent awards will be awarded to non-resident guests and non-championship divisions.)

**Become an International Champion!** This is the highest level masters meet in the World this year. Ours is one of the six Regional Championship Meets that are held on the even years between the WAVA World Championships which are held in odd years.

**Past Champions!** Here are some results from last NCCWAVA Championship held in Jalapa, Mexico in 1992 - how would you fare?:

	W35	W40	W45	W50	W55	W60	W65	M40	M45	M50	M55	M60	M65
100 metres First	12.97	13.05	13.25	16.51	14.95	18.21	15.31	11.21	12.19	11.97	12.01	12.50	13.16
Third	13.63		15.15	19.28	17.90		11.98	12.65	12.34			13.50	14.34
400 metres First	61.11	65.13	71.65		65.13	102.33	82.52	53.56	56.56	57.91	68.58	54.58	60.72
Third	66.33		92.12					58.96	59.20			61.45	
1500 metres First	5:26.98	5:34.00	5:43.68	5:36.40	6:35.12	6:53.75	7:40.30	4:22.41	4:20.56	4:19.62	5:15.31	5:00.00	
Third	5:56.82		6:23.45	5:59.39	7:30.09			4:43.50	4:22.67	4:47.72	5:29.63	5:13.50	
5000 metres First	21:14	22:12	23:37	23:10	28:49	27:52	32:30	16:17	18:51	17:51	18:34	20:50	
Third	23:50						33:40	16:54	19:09	19:28	20:44		
High Jump First	1.11	1.46	1.43		1.05		1.08	1.65	1.45	1.35	1.45	1.35	1.25
Third								1.25				1.25	
Shot Put First	10.31	9.56	7.59		8.26		8.47	9.59	9.98	14.23	12.22	9.92	9.77
Third		7.47						7.55	9.58			6.66	9.41

**Competition Rules!** WAVA specifications and Rules will be used. Women first then men, oldest to youngest except as noted. 5-year Age Group Relay Teams may be from any country, or mixed, and may enter up to one hour before scheduled race time. Awards ceremonies will be held immediately following the completion of events except non-stadia events for which they will be held at a later scheduled time.

**Weight Pentathlon!** This will be the first year of this event as an Official WAVA Event - get in on the first International Competition.

**Join us in Edmonton!** The venue was especially constructed to international standards for Commonwealth Games use. Compete in Edmonton one week after the WAVA Non-Stadia Championships in Toronto Jul. 30-31 or one week before the United States National Championships in Eugene, Oregon Aug. 11-14. Or attend on the way to the Commonwealth Games to be held in Victoria, British Columbia, Aug. 18-28. There are lots of activities planned for competitors and their families both on and off the Track. Put your name in the records books. Tune up for the 1995 World Championships to be held in Buffalo, New York. There is a wide range of Hotel/Motel rooms and Dormitory rooms available - see the Entry Packet. Special transportation will be available between housing and venues.

**Entry Packet!** Get an Entry Packet by sending your name and address to:

MASTERS "PAN-AM GAMES 94", c/o Liz McBlain, Meet Director, 10427 - 21 Avenue, Edmonton, Alberta T6J 5E9 or phone Meet Director, Liz McBlain (403) 438-2911 or Fax to (403) 453-8553 attn: Athletics Alberta

MEET HEADQUARTERS  
Dollar amounts in Canadian dollars  
(one US dollar equals approximately Canadian \$1.40)

The Coast  
Terrace Inn

## HOUSING INFO



### CONFERENCE PRE-REGISTRATION

North and Central American and Caribbean Regional Association of Wava  
August 3 - 8, 1994  
COAST TERRACE INN

Please complete the following and return to:

Coast Terrace Inn  
C/O Reservations  
4440 Calgary Trail North  
Edmonton, Alberta  
T6H 5C2

Or call:

1-800-222-6405 (toll free in Alberta only)  
1-403-437-6010 (hotel telephone number)

Conference Rates:

\$64.00 (Cnd) single/double occupancy plus applicable taxes.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Dates: \_\_\_\_\_

Arrival: \_\_\_\_\_

Departure: \_\_\_\_\_

Room Type: \_\_\_\_\_

Single (one queen bed) \_\_\_\_\_ Double (two queen beds) \_\_\_\_\_

Number of Rooms: \_\_\_\_\_ Smoking \_\_\_\_\_ Non-Smoking \_\_\_\_\_

Guarantee: \_\_\_\_\_

Please check one of the following:

6:00pm hold \_\_\_\_\_

Guaranteed to Credit Card: \_\_\_\_\_

Credit Card Number: \_\_\_\_\_ Exp. \_\_\_\_\_

Deadline for booking: Reservations made past June 22, 1994 will be taken on availability only.

Call Our Toll Free Coast Line 1-800-663-1144

\*\*\*\*\*WHEN BOOKING ROOMS, PLEASE REFER TO PAN-AM GAMES MASTERS '94. THIS WILL REMIND THEM OF THIS SPECIAL EVENT--ALSO MAKE SURE YOU MENTION THE DATES OF THE MEET.



## 1994 North and Central American and Caribbean Regional Track and Field Championships

August 3 - 7, 1994  
Edmonton, Alberta, Canada

### COMPETITION ENTRY FORM for TRACK & FIELD ONLY

Please Print in Block Letters

Name: \_\_\_\_\_ Telephone: \_\_\_\_\_  
Address: \_\_\_\_\_ State: \_\_\_\_\_  
City: \_\_\_\_\_ Postal/Zip Code: \_\_\_\_\_  
Country: \_\_\_\_\_ Language: English French Spanish Other: \_\_\_\_\_

Circle: Male Female Age as of August 4, 1994: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Mo./ \_\_\_\_\_ Day/ \_\_\_\_\_ Yr.

✓ off events to be entered, followed by best performance in 1993/94: (i.e. 100 metres: 13.4 sec.)

100 metres: \_\_\_\_\_ 80 metre hurdles: \_\_\_\_\_ High Jump: \_\_\_\_\_  
200 metres: \_\_\_\_\_ 100 metre hurdles: \_\_\_\_\_ Long Jump: \_\_\_\_\_  
400 metres: \_\_\_\_\_ 110 metre hurdles: \_\_\_\_\_ Triple Jump: \_\_\_\_\_  
800 metres: \_\_\_\_\_ 300/400 m. hurdles: \_\_\_\_\_ Pole Vault: \_\_\_\_\_  
1500 metres: \_\_\_\_\_ Pentathlon: \_\_\_\_\_ Shot Put: \_\_\_\_\_  
5000 metres: \_\_\_\_\_ Weight Pentathlon: \_\_\_\_\_ Javelin: \_\_\_\_\_  
3000 metres walk: \_\_\_\_\_ Discus: \_\_\_\_\_ Hammer: \_\_\_\_\_  
2000(F)/3000(M) steeplechase: \_\_\_\_\_ 4 x 100 metre relay \_\_\_\_\_ 4 x 400 metre relay \_\_\_\_\_

If you are in both Track and Field and Off-Track Events, you must send in both forms; but money can be included in one cheque or money order, payable to "Masters Pan-Am Games 94"

Schedule of Fees (all in Canadian dollars):

WAVA FEE	\$6.00	\$ 6.00
FIRST EVENT	\$25.00	25.00
ADDITIONAL EVENTS:	x \$10.00 each =	
INSURANCE FEE:	\$1.00	1.00
BANQUET TICKET(S)	x \$25.00 each =	
T-SHIRT(S)	x \$12.00 each =	
TOTAL FOR THIS ENTRY FORM:	\$ _____	

### WAIVER

I hereby declare that I am in good health and am properly conditioned for the competitions. I absolutely relieve WAVA (World Association of Veteran Athletes); the organizing committee, volunteers and their agents of the 1994 North and Central American and Caribbean Regional Track and Field Championships; the City of Edmonton, and the corporate sponsors of any responsibility for any injury, loss or damage to myself or my property which I may sustain in the course of, or in connection with the 1994 North and Central American and Caribbean Regional Track and Field Championships, also known as the Masters "Pan-Am Games 94".

Signature \_\_\_\_\_ Date: \_\_\_\_\_

To assist the Games Committee in planning, please enter as early as possible. Deadline for receipt of entries **JULY 30, 1994**

Entries after deadline, if accepted at all, will pay double the fee(s). No Fax Entries will be accepted. Refunds allowed before June 30, 1994; Afterwards, refunds allowed only in cases where medical certificate is received. The Games Committee will have material available in English, French and Spanish, please indicate which language you would prefer communications; If no designation is made on this entry form, English forms will be provided.

Send this entry form along with your payment in the form of a cheque or money order, payable in Canadian Funds, to:

Masters "Pan-Am Games 94"  
c/o Liz McBlain, Meet Director  
10427 - 21 Avenue  
Edmonton, Alberta, Canada  
T6J 5E9



## 1994 North and Central American and Caribbean Regional Track and Field Championships

August 3 - 7, 1994  
Edmonton, Alberta, Canada

### COMPETITION ENTRY FORM for OFF-TRACK EVENTS ONLY

Please Print in Block Letters

Name: \_\_\_\_\_ Telephone: \_\_\_\_\_  
Address: \_\_\_\_\_ State: \_\_\_\_\_  
City: \_\_\_\_\_ Postal/Zip Code: \_\_\_\_\_  
Country: \_\_\_\_\_

Circle: Male Female

Age as of August 4, 1994: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Mo./ \_\_\_\_\_ Day/ \_\_\_\_\_ Year

✓ off events to be entered:

10 Kilometre Road Walk Best performance in 1993/94: \_\_\_\_\_  
15 Kilometre Road Race Best performance in 1993/94: \_\_\_\_\_  
8 Kilometre Cross Country Race Best performance in 1993/94: \_\_\_\_\_

Please Note: Payment Schedule is on the Track and Field Entry Form, so please refer to it. You must complete the Schedule of Fees and Waiver Form on the Track and Field Entry Form.

DEADLINE FOR RECEIPT OF ENTRIES IS **JULY 30, 1994**

If you are in both Track and Field and Off-Track Events, you must send in both forms; but money can be included in one cheque or money order, payable to "Masters Pan-Am Games 94"

Send entry form(s) along with your payment in a cheque or money order in Canadian Funds to:

Masters "Pan-Am Games 94"  
c/o Liz McBlain, Meet Director  
10427 - 21 Avenue  
Edmonton, Alberta, Canada  
T6J 5E9



# Masters Health and Fitness

## Results of Miyazaki Survey

A questionnaire was sent to all participants in the WAVA World Veterans Championships in Miyazaki, Japan (October, 1993) and collected at the reception desk of the Championships. Replies were received from 4165 Japanese participants (42.9%) and 505 overseas athletes (20.4%). Questionnaires were in Japanese and English only, accounting for the lower percentage of replies from non-English-speaking athletes.

### 1) Motives for Participating

Japanese athletes responded: "to feel the atmosphere of the Champion-

ships" (62%), "part of a healthy lifestyle" (41%), and "to meet athletes from all over the world" (33%).

*Bill Adler  
Masters Tours*

## MEXICAN MASTERS vs U.S. MASTERS TRACK & FIELD MEET VILLA OLYMPIA, MEXICO CITY JUNE 25 & 26, 1994



5 DAYS & 4 NIGHTS: INCLUDES ROUNDTRIP AIR TRANSPORTATION FROM L.A. OR NEW YORK TO MEXICO CITY, MEXICO, PLUS 4 NIGHTS HOTEL ACCOMMODATIONS AT THE MEET HEADQUARTERS HOTEL, JUNE 23 TO JUNE 27, 1994. TRANSPORTATION BETWEEN HOTEL & AIRPORT AND PORTAGE OF TWO BAGS EACH PERSON INCLUDED. IN ADDITION, FREE SHUTTLE BUS SERVICE FROM YOUR HOTEL TO AND FROM THE VILLA OLYMPIA TRACK & FIELD STADIUM.

1. FIRST CLASS HOTEL ACCOMMODATIONS FROM L.A. \$599.00/PERSON
2. FIRST CLASS HOTEL ACCOMMODATIONS FROM N.Y. \$649.00/PERSON

(Above cost does not include \$22 departure tax)

### SCHEDULE OF EVENTS (TENTATIVE)

#### SATURDAY JUNE 25TH

5,000 METER WALK  
5,000 METER RUN  
800 METER RUN  
80M/100M/110M HURDLES  
100 METER SPRINT  
400 METER SPRINT  
LONG JUMP  
DISCUS  
POLE VAULT  
HIGH JUMP

#### SUNDAY JUNE 26TH

3,000 STEEPLE CHASE  
1,500 METER RUN  
4 X 100 METER RELAY  
300M/400M HURDLES  
200 METER SPRINT  
4 X 400 METER RELAY  
TRIPLE JUMP  
JAVELIN  
SHOT PUT  
HAMMER THROW

### ENTRY FORM (PLEASE PRINT)

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_

AGE ON 6/25/94 \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ SEX: M \_\_\_\_\_ F \_\_\_\_\_

Events: (1) \_\_\_\_\_ (2) \_\_\_\_\_ (3) \_\_\_\_\_ (4) \_\_\_\_\_

Waiver: In consideration of your accepting my entry, I intend to be legally bound, do hereby for myself, my heirs, executors or administrators waive and release forever any and all rights, claims or damages I may accrue against the meet promoters of the Mexico Vs. U.S. T&F Meet, their successors, representatives and assigns of any and all injuries which I may suffer while traveling to and from, and while participating in this T&F Meet, June 23 to 27, 1994.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Bill Adler Masters Tours  
435 E. Tahquitz Cyn. Way  
Palm Springs, Ca. 92262

Telephone & Fax: 619-325-6307

Gentlemen:

I/We \_\_\_\_\_ are going to Mexico City to attend the Mexican Masters Vs U.S. Masters Track & Field Meet. Enclosed please find \$\_\_\_\_\_ (\$50 per person deposit plus \$25 registration fee (non refundable) per person to hold reservations until June 5, 1994 when the full amount of the balance is due and payable). Please make checks payable to Bill Adler Masters Tours and mail to 435 E. Tahquitz Cyn. Way, Palm Springs, Ca. 92262.

I will be departing from: L.A.: \_\_\_\_\_ NEW YORK: \_\_\_\_\_

Overseas athletes replied: "wishing to visit Japan" (57%), "to meet athletes from all over the world" (57%), "to challenge my limit" (50%).

### 2) Preparations for Championships

"No special training" said 87% of Japanese respondents and 57% of overseas athletes. "Special training" said 9% (Japan) and 36% (foreign). Overseas participants competed in all the events, while most Japanese athletes took part in the long distance events.

### 3) Daily Training

To the question: "With whom do you do daily training?" 56.1% said "alone." Next was "with friends" (20%). 46% of foreigners train almost every day, while 43.6% of Japanese train 3 or 4 days a week. 50.3% (Japanese) and 64.0% (overseas) train 1 to 2 hours a day. 18.2% of foreigners trained two to three hours a day. To the question, "Why do you continue to

train?" 41% (overseas) said "because of my challenging spirit" while 37% (Japan) said "for my health."

### 4) Health Maintenance

About half the athletes (48% Japanese; 59% overseas) said they thought they were healthy with no disorders. 74% (Japan) and 46% (overseas) seek regular physical examinations. More attention is paid in Japan to healthy foods than overseas. 85% (Japan) and 58% (overseas) drink alcohol. 60% (Japan) and 18% (overseas) drink daily. 86% (Japan) and 97% (overseas) do not smoke. 60% (Japan) and 79% (foreign) try to get ample sleep.

### 5) Physical Fitness Test

Flexibility, grip strength, leg strength, and VO2 max, mean value, standard deviation, maximum and minimum values for each age group are shown in the table.

Flexibility showed a wide individual variability and no special relationship to age. The decrease of grip strength with increasing age was more obvious in male athletes.

Both leg strength and VO2 max estimated by cycling exercise was lower in the older groups than in younger groups, but these figures of veteran athletes were much higher than those for non-athletes. □

## New Age-Graded Tables

The new Masters Age-Graded Tables Book, with 1994 single-age factors and standards for all track & field, long distance running, and racewalking events, will be published in 30-60 days.

Table Mean, SD, maximum and minimum values of each parameters within each group

### 男性 MALE

#### 柔軟性 (立位体前屈)

group	age	mean	S.D.	Max	Min
40-44	42.3	5.6	9.2	19.0	-17.4
45-49	46.5	3.0	8.2	18.7	-13.2
50-55	51.3	1.7	9.6	19.5	-23.0
55-59	56.7	4.2	10.3	18.8	-17.3
60-65	61.6	3.3	10.0	22.0	-18.5
65-69	66.7	-0.4	8.4	13.4	-17.3
70-75	71.9	-2.9	8.7	17.5	-16.0
75-79	76.5	4.1	10.8	16.4	-15.5
80+	82.5	1.6	6.9	14.1	-7.9

#### 握力

group	age	mean	S.D.	Max	Min
40-44	42.3	46.3	8.3	64.5	21.3
45-49	46.5	44.9	7.3	61.0	22.5
50-55	51.3	44.4	6.6	59.0	33.5
55-59	56.7	44.1	7.8	64.5	32.8
60-65	61.6	41.6	6.6	53.3	25.0
65-69	66.7	39.0	7.6	58.8	23.0
70-75	71.9	36.8	9.1	59.3	22.3
75-79	76.5	35.2	5.7	46.3	28.8
80+	82.5	35.2	7.9	46.8	21.3

#### 膝伸展筋力

group	age	mean	S.D.	Max	Min
40-44	42.3	2.2	0.3	3.2	1.5
45-49	46.5	2.1	0.3	2.8	1.5
50-55	51.3	2.1	0.3	2.8	1.1
55-59	56.7	1.9	0.4	2.7	1.1
60-65	61.6	1.9	0.3	2.4	1.1
65-69	66.7	1.7	0.3	2.4	1.2
70-75	71.9	1.3	0.3	2.3	1.2
75-79	76.5	1.7	0.4	2.3	1.0
80+	82.5	1.4	0.2	2.8	1.2

#### 膝屈曲筋力

group	age	mean	S.D.	Max	Min
40-44	42.3	1.4	0.2	1.9	0.9
45-49	46.5	1.3	0.2	1.7	0.9
50-55	51.3	1.3	0.2	1.8	0.9
55-59	56.7	1.3	0.2	1.7	0.8
60-65	61.6	1.3	0.3	1.9	0.8
65-69	66.7	1.2	0.2	1.5	0.8
70-75	71.9	1.1	0.3	1.6	0.7
75-79	76.5	1.2	0.3	1.5	0.8
80+	82.5	1.0	0.2	1.4	0.9

#### 最大酸素摂取量

group	age	mean	S.D.	Max	Min
40-44	42.3	50.8	14.9	84.0	18.9
45-49	46.5	48.6	9.9	68.3	27.4
50-55	51.3	53.0	13.4	77.8	21.5
55-59	56.7	46.4	11.8	66.2	23.3
60-65	61.6	45.8	12.1	81.0	21.9
65-69	66.7	45.3	10.8	72.4	25.5
70-75	71.9	41.3	9.2	59.7	20.9
75-79	76.5	45.5	10.1	60.1	30.9
80+	82.5	36.8	9.2	52.7	22.8

### 女性 FEMALE

#### 柔軟性 (立位体前屈)

group	age	mean	S.D.	Max	Min
35-39	37.4	7.8	9.4	20.3	-17.0
40-44	42.0	7.8	9.1	21.5	-15.4
45-49	47.1	7.7	9.9	21.8	-14.8
50-54	51.6	8.2	7.8	23.0	-4.2
55-59	56.6	7.4	7.1	19.4	-5.2
60-64	61.4	8.8	5.4	16.4	0.0
65+	67.3	8.6	12.1	29.5	-14.5

#### 握力

group	age	mean	S.D.	Max	Min
35-39	37.4	29.9	6.1	49.0	24.5
40-44	42.0	32.1	5.0	44.3	22.0
45-49	47.1	29.7	5.7	42.3	18.8
50-54	51.6	27.0	5.4	46.0	21.0
55-59	56.6	28.7	6.7	43.0	19.0
60-64	61.4	26.8	5.5	35.3	18.5
65+	67.3	25.5	6.6	44.8	17.3

#### 膝伸展筋力

group	age	mean	S.D.	Max	Min
35-39	37.4	2.1	0.3	2.8	1.7
40-44	42.0	1.9	0.4	2.6	1.1
45-49	47.1	1.8	0.3	2.6	1.3
50-54	51.6	1.7	0.3	2.2	1.0
55-59	56.6	1.7	0.3	2.5	1.3
60-64	61.4	1.7	0.3	2.1	1.1
65+	67.3	1.6	0.3	2.2	1.0

#### 膝屈曲筋力

group	age	mean	S.D.	Max	Min
35-39	37.4	1.4	0.2	1.8	1.1
40-44	42.0	1.2	0.3	1.8	0.7
45-49	47.1	1.2	0.2	1.6	0.9
50-54	51.6	1.2	0.3	1.8	0.8
55-59	56.6	1.1	0.3	1.5	0.6
60-64	61.4	1.1	0.2	1.4	0.7
65+	67.3	1.1	0.2	1.5	0.8

#### 最大酸素摂取量

group	age	mean	S.D.	Max	Min
35-39	37.4	41.2	7.6	56.5	28.3
40-44	42.0	37.0	10.6	53.5	14.8
45-49	47.1	40.1	10.8	67.8	11.9
50-54	51.6	38.9	12.1	68.2	17.6
55-59	56.6	39.4	11.4	56.4	19.4
60-64	61.4	39.8	16.0	71.1	20.5
65+	67.3	37.6	10.5	53.1	19.9



## World Road Championships Set for Toronto

by DON FARQUHARSON, WAVA Past-President

With less than two months to the WAVA World Veterans Road Race Championships, preparations are heightening to welcome the 1500 to 2000 competitors and their guests to Toronto's eastern suburb of Scarborough, July 30-31.

Entries are coming in from around the world, and the entry deadline is a mere two weeks away — June 15.

Scarborough's Civic Square will be decorated with the flags of some 35 competing countries. The cooperation of the city has made it a worthy partner to the host Canadian Masters Athletic Association (CMAA). Several WAVA Council members, headed by President Cesare Beccalli, will be on hand.

All courses have been carefully measured to the exacting standards of AIMS, and meet the IAAF record criteria. Proof of age is required. A photocopy of a birth certificate or passport will suffice.

### 10K Road Race

The 10K is likely to see the largest field. If necessary, it will be run in two sections divided by age class. Women will start in a separate but adjoining straight. The two groups (men and women) will join some 350 meters into the race allowing the women to better sight their competition.

The 10K course is a two-looper with a clockwise direction over an oblong closed, paved route starting and finishing at the Civic Centre. Following the race, there will be showers and a swim at the adjacent YMCA and an awards barbecue in Civic Centre Square. The course is flat and fast.

### 25K Road Race

The 25K will be a single, clockwise loop starting and finishing at Malvern Centre in northeast Scarborough. It features a challenging route through the last rural areas of metropolitan Toronto.

The first 20K is either flat or gently rolling, but then comes a 3K section of hilly terrain entering and leaving the Rouge River Valley basin. The final 2K is flat through attractive residential areas. Water stations will be located at 5K, 10K, and thereafter every 2½K. The route throughout is over closed paved roads.

### 20K Racewalk

The 20K walk which, based on current entries, would appear to be a large, quality field, will be on the Scarborough College campus. There will be a 2K paved counter-clockwise course from which race director Brian Keaveney has had traffic lumps removed and all repairs carefully made. The area will be totally cleared of all vehicles and a field of international walk judges will preside.

### Awards

The awards will be quality World Championship medals to the first three finishers in all age classes and events; the same medals to the top three national teams (first three based on aggregate times) in each five-year age group, men and women. A distinctive commemorative medal will be given to all finishers.

Subject to sponsorship, there will be special awards in each event to the winning country, based on the highest three age-graded results.

### Entertainment

We have not forgotten that many participants will come to enjoy a visit as well as to race. There will be a grand vintage car show in the Square and, in fact, the lead vehicle will be a beautifully refurbished model, very appropriate to the event.

There will also be ethnic dancing entertainment and "foods of the

world" following the 10K race, exemplifying the cultural mosaic of our championships and of the city of Scarborough.

All entrants and guests will be registered so they may use the facilities of the YMCA at any time during their visit.

On Saturday evening, July 30, there will be a gala sit-down banquet attended by the Mayor and other personalities, followed by dancing to the fabulous Harvey Siegel orchestra.

On Monday, August 1, there will be a bus trip to Niagara Falls for all those who wish to visit this wonder of the world at the special price of \$16 Canadian (\$12 USA) round-trip. Details will be supplied with your confirmation letter which will be sent to you before July 5. If you do not receive same by July 11, please fax the organizing commit-

tee at 416-495-4310, or phone 416-495-4059.

### Accommodation

At this date there is still accommodation at Scarborough College (now singles only, but the rate is the same, anyway) and all hotels listed in our brochure. Deal with CMAA for Scarborough College (\$39/Canadian per night or \$28.50/USA including breakfast and taxes) or directly with the hotels;

• Howard Johnson (headquarters hotel): 416-439-6200 (1-800-446-4656 in North America);

• Venture Inn: 416-439-9666 (1-800-387-3933 in North America).

Please note that all remaining unpaid accommodation at Scarborough will be released to the college on June 15 and may not be available after that

Continued on page 22

## ENTRY FORM 2nd WAVA Road Race Championships 1994

Please enter me in the following event(s):  
10 Km Road Race .....  
25 Km Road Race .....  
20 Km Race Walk .....

(Please print)

SURNAME ..... FIRST NAME ..... SEX m f

DATE OF BIRTH ..... AGE on July 30th 1994 .....  
day month year

COUNTRY (by citizenship or permanent residence) .....

ADDRESS .....

Telephone ..... Fax .....

I enclose:

		\$U.S.
WAVA Fee	10.00	.....
Entry to first event	25.00	.....
Canadian federal tax	1.75	.....
Entry to second event	12.00	.....
Canadian federal tax	.84	.....
Presentation banquet		.....
U.S.\$24 x number		.....

TOTAL .....

Canadian entrants only.	
\$Canadian	
13.00	.....
32.00	.....
2.25	.....
15.00	.....
1.00	.....
30.00 x #	.....

**ENTRY  
DEADLINE:  
JUNE 15**

Please make cheque payable to: "2nd WAVA Road Race Championships 1994."

### WAIVER (COMPETITOR'S RELEASE):

I, the entrant, hereby declare that I am in good health, have properly trained for this competition and am sufficiently skilled in the event(s) entered to be able to comply with all the rules of competition and I present no hazard to myself or other competitors. I accept and understand that the championships are conducted under the provisions of the WAVA Constitution and By-laws.

I, for myself, my heirs, executors, administrators, successors and assigns, hereby RELEASE, WAIVE AND FOREVER DISCHARGE the Organising Committee, WAVA, the CMAA, the Corporation of the City of Scarborough and its employees, Metropolitan Toronto, the Ontario Track and Field Association, the IAAF, The Metropolitan Toronto Police Force, the Durham Region Police Force, and anyone appointed by any of the foregoing, from all claims, demands, damages, costs, expenses, whether in law or equity in respect of death, injury, loss or damage to my person or property, HOWSOEVER CAUSED, arising or to arise by reason of my participation in the 2nd WAVA Road Race Championships 1994, whether as a spectator, participant, competitor or otherwise; whether prior to, during or subsequent to the event and notwithstanding that same may have been contributed to or occasioned by negligence. BY SUBMITTING THIS ENTRY, I acknowledge having read, understood and agreed to the above WAIVER, RELEASE AND INDEMNITY.

(In case of doubt in translation, the English version will apply.)

DATE..... SIGNATURE.....

Please reserve ..... rooms in Scarborough College. My arrival date will be .....

I will leave on ..... (Minimum stay is two nights.) .....

I enclose a deposit of \$... (20% of accommodation costs).

Mail to: WAVA Championships, 1220 Sheppard Ave. East, Room 218, Willowdale, Ontario, Canada M2K 2X1.  
Phone: 416-495-4059; FAX: 416-495-4310.





## Report from Britain

from MARTIN DUFF

Alun Roper surprised Dave Hill, the Carlsbad 5000 masters winner in the U.S., to win the British Veterans 5K road title at the age of 48, at Dunsfold Aerodrome, Surrey, April 24. Roper ran a 15:22, while Hill, who posted a 15:02 at Carlsbad, could manage only 15:31 in extremely windy conditions. Third was Andy Catton, 40, in 15:42.

Laurie O'Hara was victorious in the over-60 separate race with a 17:41, while Martin Duff, 50, won the M50 event in 16:26.

Among the women, Marion Eldridge, 40, came out on top in 17:59, with Pat Gallagher, 48, with an 18:12, and Joselyn Ross, 66, in 22:19, running excellent times. □

## South Africa Forms New Nation; Peace Predicted

What a difference a month makes.

Last month, people were concerned about possible violence upsetting South Africa to the extent that the 12th WAVA World Veterans Athletic Championships, slated for Durban in 1997, might have to be moved to another site.

This month, with the conclusion of the "free and fair" elections in South Africa, hopes for a peaceful emerging democracy have never been higher.

Leaders from all over the world gathered at the inauguration of newly-elected President Nelson Mandela, May 10, in Johannesburg.

"Out of the experience of an extraordinary human disaster that lasted too long," Mandela told a crowd of

thousands, "must be born a society of which all humanity will be proud."

Mandela's African National Congress (ANC) Party received a solid 62.5% of the vote, followed by F.W. deKlerk's National Party with 22.5%. Zulu Chief Mangosuthu Buthelezi's Inkatha Freedom Party was third with 8.3%, the right-wing Freedom Front had 2.7%, the white liberal Democratic Party had 1.7% and the black Pan-African Congress 1.3%. A total of 27 parties ran.

The world's veteran athletes are now looking forward with excitement to visiting this extraordinary country in 1997, and are hopeful that the euphoria of the inauguration will carry over into the difficult times ahead. □

### WAVA/USATF Hurdles and Implements Specifications

#### HURDLES

##### WOMEN

Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8 1/2"	8.5m 27'10 1/2"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
60-69	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
70 Plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
30-39	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
40-49	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
60-69	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
70 plus	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7

##### MEN

30-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"	10
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"	10
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"	8
30-49	400m	.914m 36"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	400m	.840m 33"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
60+	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7

#### IMPLEMENTS

AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN
Women				
30-49	4.00k	1.00k	4.00k	600gms.
50 plus	3.00k	1.00k	3.00k	400 gms.
Men				
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.
50-59	6.00k	1.50k	6.00k	800 gms.
60-69	5.00k	1.00k	5.00k	600 gms.
70 plus	4.00k	1.00k	4.00k	600 gms.

Steeplechase: 3000m for men 30-59; 2000m for men 60+ and women.



Final of the W40 800 in Miyazaki. South Africa's Athalic van Beuge (#025, on outside) was the winner in 2:22.46.

Photo by Leo Benning

## Big Payday in London Marathon

by MARTIN DUFF

Women masters were in the money again at the London Marathon, April 17, when Sally Ellis, 35, and Zina Marchant, 43, 4th and 7th overall, respectively, commanded a big payday.

While Katrin Dorre, 32, collected \$56,000 for her third win in a row, Ellis' purse totalled \$15,000 (\$10,000 for 4th, plus \$5000 for first Brit). First W40+, Marchant earned \$6500 (\$3500 for 7th, plus \$2000 for 4th Brit, plus \$1000 for first W40).

Dorre won in 2:32:34, with Ellis in

2:37:06 and Marchant in 2:40:09.

Dionicio Ceron, 28, the overall men's winner in 2:08:53, collected \$70,000. Nick Rose, 42, men's masters victor, completed the course in 2:21:10 to collect a purse of \$1000. Peter Probin, first M45, collected \$500 for his fine 2:26:51 effort.

The best men's masters performance came in the M60 age-group where Bill Stoddart, 62, ran 2:50:58.

The weather for this year's event was cold and blustery. □

## World Road Championships Set for Toronto

Continued from page 21

date.

#### Entrants

The current oldest entrant is Dudley Healy from Chatham, N.J., USA, but we know there are others in the 80+ age class to come.

Coming as it does, the first of three top masters events in North America (the WAVA North American Regional Masters T&F Championships and the USA National Masters T&F Championships follow on successive weekends), we're certain that your visit will be one you will long remember. □



Miyazaki's schoolchildren drew posters of each nation represented in the World Championships.





Opening ceremony at the World Championships in Miyazaki.

Photo by Jorge Alzamora

## Keenan, DeGrazia Win Tom Robinson Masters 10K Race

by PAUL MURRAY

Dal Keenan, M40, gave a convincing demonstration of his recovery from an Achilles' tendon injury which sidelined him for most of 1993 by winning the Tom Robinson Memorial Masters 10K on April 30. His winning time of 34:06 was the second fastest ever run on the hilly out-and-back course in rural Albany County, N.Y.

For the first half of the race, Dale was shadowed by Tom Bulger, but Keenan surged at the top of the

cemetery hill. "I knew it was only a matter of time before Dale made his move. After that I just held on for second," said Bulger, who finished in 34:19.

Theresa Wonderman was the early women's leader, but after she dropped out at four miles with a possible stress fracture, Martha DeGrazia, W40, moved into first place and won the race for the third time in 43:50. JoAnn Spinelli, W46, ran strongly to take second place in 46:15.

Pat Glover grabbed top spot in the M45 age group with a 36:15, just ahead of M50 winner Dennis Coletta, who ran an impressive 36:43. Lee Wilcox won the M55 division in 40:44. Bob Gauvreau led the 60-year-olds with a 43:11 finish. Mike Batholomew took first in the M65 age group in 53:05. Ed Buckley of Syracuse topped the M70 division in 50:02. Jim Dern was the M75 winner in 72:03. Jean Preston won the W50 category in 62:27.

Fifty-seven runners toured the challenging course on a breezy spring

morning and enjoyed a breakfast of bagels and fruit following the race. Former champion, Bill Robinson, presented the awards in honor of Tom Robinson, a founding member of the Hudson Mohawk RRC, who was killed in a traffic accident four years ago. □

## The Weight Room

Continued from page 16

that Bob wouldn't need a 25-lb. but gave up because the situation is so complicated that you sound like the village idiot when explaining it, especially to a non-thrower. "Good luck, Bob," I said to myself, "I hope you throw the right implement, and, of course, in the proper WAVA order; otherwise, your record will be kaput." □

## Zeuner Takes Narrow Victory

Continued from page 1

three in 14:57. At four miles, Banning pressed three surges, and Pryde dropped off the pace.

As five miles went in 25:00, all five remaining masters were within arm's reach of one another. Finally, at five-and-a-third miles, McMullen and Schlau made simultaneous moves and incited a sprint to the finish.

But, youth prevailed as the finish looked like this: Zeuner, 30:59; McMullen 31:03, Banning, 31:04, Stride, 31:09, and Schlau, 31:15.

Rebecca Stockdale, 43, Chaplin, Conn., won the women's masters race by six seconds over Cathy Lempesis, 42, Columbia, S.C., with a 36:46. Nancy Grayson, 43, Northville, Mich., finished third in 37:12. Janine Maltas, 67, Clifton, N.J., took the W65 race with a fast 52:02.

Kenya's Gilbert Ruto, 29, 28:31, and John Kipngeno, 25, also 28:31, left third place to Porter, 34, 28:33. Jane Omoro, 20, Kenya, was first female overall in 32:27.

Finishers numbered 1415 men and 689 men. □

## Jessee Earns \$30,000 in Pole Vault

by JERRY WOJCIK

Larry Jessee, 42, El Paso, Texas, earned \$30,000 when he cleared 17-2½ for a new masters pole vault world record at the University of Texas-El Paso Invitational on April 16.

"Eamonn Coghlan started this... when he won \$100,000 for running a sub-four mile (3:58.15)," Jessee said. "So some of us put up \$3750, and SCA Promotions — kinda like an insurance policy — said they'd pay \$30,000 if I set the record." Jessee held the previous record at 17-¾, set in December 1992.

At El Paso, Jessee took a warm-up jump at 16 feet, cleared 17-2½ on his second jump, and tried a third at 17-5 before retiring.

Jessee may not hold the masters record for long. Former world-record holder and 1980 Olympic Games gold-medalist Wladyslaw Kozakiewicz of Poland has announced his comeback.

Frank Munene of the KFM TC, Jessee's agent, is working on a possible summer showdown between the two vaulters, probably in Europe.

Dwight Stones is also involved in an insurance premium arrangement, as noted in the NMN May issue, in his attempt to be the first masters high jumper to clear seven feet. □

## USA TRACK AND FIELD MID-AMERICA REGION MASTERS OUTDOOR CHAMPIONSHIPS



Sunday, July 24, 1994  
National Sports Center  
Blaine, Minnesota



The Minnesota Association is proud to invite Masters men and women to participate in the Mid-America Region Outdoor Track and Field Championships. The NSC track features nine 48" lanes with a Sika Bram polyurethane surface.

80/100/110M High Hurdles	300/400M Hurdles	2000/3000M Steeplechase
100M Dash	200M Dash	400M Dash
800M Dash	1500M Run	5000M Run
5000M Race Walk	Pole Vault	High Jump
Long Jump	Triple Jump	Shot Put
Discus	Javeline	Hammer

For More Information, Contact:  
Tyrone Minor  
National Sports Center  
1700 - 105th Avenue NE  
Blaine, Minnesota 55449

612-785-5600 or 612-785-5644  
facsimile: 612-785-5699



## Mountain Lion Kills Masters Runner in California

by MARILYN J. MITCHELL

Forty-year-old Barbara Schoener, wife and mother of two small children, was killed by a mountain lion (cougar) on Saturday, April 23, while on a solitary training run on a popular trail in the Auburn State Recreation Area in the Sierra Nevada foothills. When she did not return from her morning run, her husband Peter reported her missing and, suspecting foul play, the sheriff's department became involved in an investigation, and was later joined by the California Fish and Game Department when her body was found the following day, with indications that this had been a mountain lion attack.

### Body Buried Under Leaves

The body had been partially eaten and buried under leaves and branches, as is the custom with mountain lions, who return later to the site of the kill. Three two-man teams of professional trackers used this fact to track down the animal, initially thought to be a rabid male, but when captured and killed nearly a week later, it was found to be a lactating female and a hungry but very-much-alive cub was subsequently located. Although autopsy reports were not completed at the time this article was written, the teeth of the captured animal matched the bite marks on the runner. As the big cats are extremely territorial with males claiming a territory as wide as 150 square miles and females claiming territories up to 100 square miles, there is no reason to think that runners need worry that there is another cougar in the area.

Said Ryan Brodderick, Regional Manager of the California Fish and

Game Department, "There is reason to believe this is the cat that killed Barbara. It had to be killed, because it is believed that it would have attacked again." While not disputing the advisability of killing the animal, there is so small a body of knowledge concerning the big cats, that there is no conclusive evidence that the animal would have again killed or even attacked a human being a second time. However, California wildlife policy dictates that an animal be destroyed when it is a public threat, and the fact that the cat attacked the runner indicates that it is not afraid of people.

### First Death Since 1909

Both the California Fish and Game Department and Mark Palmer, Executive Director of the Sacramento-based Mountain Lion Foundation, advise that there have only been five mountain lion attacks in the state of California in the past eight years and Ms. Schoener's attack resulted in the only recorded death in California since a 1909 attack in which a woman and her young child recovered from the attack, only to subsequently die of rabies.

In the current incident, the animal was suspected of tracking and chasing down the runner from behind, and then knocking her down an incline. She appears to have come to her feet and to have fought off the animal, but it clamped down on her head and neck, crushing her skull.

### Ran Ultramarathon

Ms. Schoener was a roadrunner who ran 10Ks and marathons, but on March 12 of this year she completed her first ultramarathon, a 50K run on

the very same trail where she was killed, the Cool Canyon Crawl, which she completed in 6 hours 17 minutes. She came in 230 out of 323 finishers — this race usually only gives awards to the top five women and the top five men with no age-group awards. This is the largest 50K race in the country and Co-Race Director Sandy White advises that at this time she and her husband, Co-Race Director Pat White, anticipate no changes in the race, especially as it is an "out-and-back" and runners are not alone for very long.

### Near Western States Course

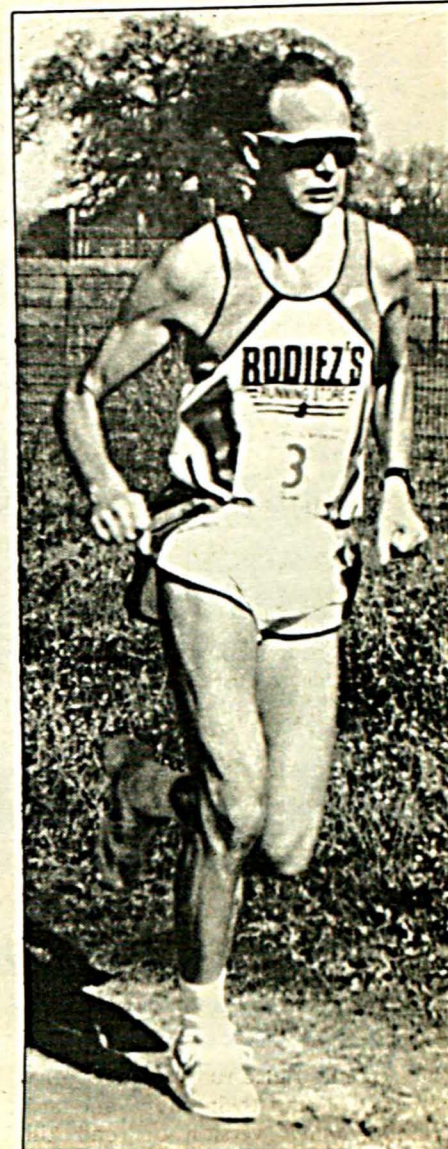
Seventy-one year old Helen Klein, former Co-Race Director for the famous Western States Endurance Run — and whose husband Norman is current Race Director — concurs. "I don't think this one incident will change anything." The 100 mile Western States run also uses the same trail and the spot where Ms. Schoener was attacked is approximately 15½ miles from the Western States finish line. With up to 400 competitors expected and another 1600 spectators lining the trails and going from aid station to aid station, with runners allowed to have pacers for the last 32 miles and all runners 60 or older allowed to have pacers the entire distance, runners are not expected to be alone on the trail. The race has always had search and rescue people along the run and trail sweepers on horseback after the last competitor. The June 25 race will be the 18th running of the event without incident. Nonetheless, the race will explicitly recommend that runners stay together in groups and not run alone.

Palmer says that he would not cancel a run based upon the one incident and, in fact, there was a trail race scheduled for the weekend of May 7. There were plans for a pre-race trail walk with lion hounds, which are specially trained dogs handled by professional handlers who are taught to smell out mountain lions and chase them from the area.

### Survival Tips

Palmer thinks that the probability of a runner being struck by lightning is greater than the probability of a mountain lion attack. Given the small number of attacks relative to the massive numbers of runners using the parks and trails in California, this is probably accurate. Nonetheless, there are a few guidelines suggested by the California Fish and Game Department, the Mountain Lion Foundation, and other experts to which runners should probably adhere, and that includes runners across the country, not just in California.

1. Do not run on trails and in forests alone. Mountain lions are very unlikely to attack two or more runners.
2. Keep children close to you, as observation of captured animals indicates that they like children.
3. Do not approach a lion — give the animal an escape route.
4. Do not run from a lion — it



Kevin Setnes, 40, Germantown, Wisc., first M40+ (6:58:06), USATF National Masters 100K Championships, Sacramento, Calif.

Photo by Jane Byng

makes you an attractive prey. Instead, make yourself seem as large and threatening as possible, if you should encounter a cougar. Be menacing. Make eye contact. Pick up small children and do so without bending over or crouching. Mountain lions look at runners as dinner, not as potential aggressors, so your behavior will be different than it would be were you to encounter a grizzly bear.

5. Throw rocks and stones at an animal.

6. Fight back, if attacked. Try to remain standing, as the mountain lion typically tries to go for the head and neck.

These are guidelines, which the experts expect that you will never have to use. While there are statistics available concerning the number of mountain lions in various areas of the U.S., the animals are elusive and the numbers are "guesstimates" at best. If you train on trails, continue to do so — just do so with at least one other runner. If you are going to run one of the trail races, go ahead with your plans. For a copy of Living with California Mountain Lions, write the California Department of Fish and Game, Conservation Education Department, 1416 Ninth Street, Sacramento, CA 95814.

And — remember — no one thinks these mountain lions are lining the

Continued on page 25

## Masters Age Records 1993

(1994 Edition)

Compiled by WAVA and USATF 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, 1993.
- U.S. Age bests for Men & Women for all racewalking events, age 40 and up, as of Oct. 31, 1993.
- Men's U.S. Masters Indoor & Outdoor Championship Records.
- 56 pages. Thousands of entries. Lists name, age, state, and date of record.

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## Naples Meet Draws Record 140 Athletes

by JERRY WOJCIK

A meet-record 140 submasters and masters athletes competed in the 4th annual Naples On The Gulf Meet at Barron Collier High School in Naples, Fla., on April 9.

The meet saw three U.S. single-age records, two by Vanessa Hilliard, 52, St. Petersburg, Fla., in the discus (112-3) and hammer (136-9), and one by Tom McDermott, 76, Bradenton, Fla., in the hammer (126-3).

June-Marie Provost, W60, posted

the best time for all competitors, men and women, in the 5000 racewalk with a 30:51. Meet Director Rudy Vlaardingerbroek, M45, out-threw all M40+ javelin throwers with a 168-0.

Al Oerter, four-time Olympic gold medalist from 1956 to 1968, officiated the discus throw, which drew 35 entrants. The 100 had 42 sprinters.

NationsBank provided primary sponsorship, with additional support from Sunshine Ace Hardware. □

## Baemiller, Banning Win in Cherry Blossom

by JERRY WOJCIK

S. Rae Baemiller, 50, of New York City, ran a 1:03:59 to best W40-44 and W45-49 division runners and break a U.S. single-age record in the Northern Telecom Cherry Blossom 10 Mile, Washington, D.C., April 10. Rick Banning, 41, Alexandria, Va., was the top male master in 52:07.

Jim O'Neill, 56, Holland, Ohio, clocked 54:25 to break Norm Green's

M55-59 U.S. record by three seconds. Green, meanwhile, established a new age-61 standard of 59:38. The oldest finisher, John Petroff, Erie, Pa., set an age-85 mark of 2:15:15.

Diane Palmason, 56, Englewood, Colo., reduced Toshiko d'Elia's national W55-59 record of 1:08:50 to 1:08:24.

The race served as the RRCA National 10 mile Championships, with masters titles going to Banning and Baemiller. William Sigei, 24, Kenya, broke the world best of 46:13, set here by Greg Meyer in 1983, with a 46:01. The female overall winner was Helen Chepnidgeno, 26, Kenya, in 54:05.

Over 4500 runners finished the race, which wound over the Memorial Bridge, past the Kennedy Center, and through the East and West Potomac Parks under the blooming cherry blossoms, which give the race its name. □

## Mountain Lion

Continued from page 24

trails of endurance runs, watching the runners, licking their chops and anticipating their version of road kill stew!

On May 9 a mountain lion mauled a schoolboy on Vancouver Island, British Columbia, Canada and another animal was killed the same day in a California state park near San Diego after menacing a 3-year-old boy. It is unusual to have so many sightings in so short a period of time. □



Dr. Sheridan Groves won the M45 400H in 66.93 in last year's Trojan Meet in Los Angeles. This year's meet is set for July 10.

Photo by Jon Lomax

## ATHLETES WHO ENTER A NEW DIVISION THIS MONTH JUNE 1994

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
CESARE BINI (ITA)	6-4-29	65-69
HERMANN BRUTSCHEID (WG)	6-4-24	70-74
ALAN BURGOYNE (AUS)	6-12-14	80-84
JACK CARSON (HONOLULU, HI)	6-20-9	85-89
JACK CARTER (ELLENVILLE, NY)	6-2-44	50-54
MIKE CASTANEDA (ANAHEIM, CA)	6-11-19	75-79
FRANK COSTELLO (ADELPHI, MD)	6-10-44	50-54
ALAN CRANSTON (WASH., DC)	6-19-14	80-84
JOHN FARRELL (GB)	6-12-9	85-89
ALFRED FUNK (BOZEMAN, MT)	6-24-14	80-84
FRED GEITER (NEW BERN, NC)	6-28-19	75-79
ORVAL GILLET (PORTERVILLE, CA)	6-26-19	75-79
JOHN GILMORE (SPARTANBURG, SC)	6-28-34	60-64
JOSEPH GOO (HONOLULU, HI)	6-10-24	70-74
JOHN HANNAH (MERCED, CA)	6-27-24	70-74
RUSSEL HARGREAVES (SANTA BARBARA, CA)	6-17-9	85-89
HARRY HAWKE (SAN DIEGO, CA)	6-24-29	65-69
SIEM HERLAAR (HOL)	6-28-29	65-69
STEPHEN KEYES (NEW YORK, NY)	6-27-44	50-54
MELVIN LARSEN (SPRINGFIELD, IL)	6-12-24	70-74
RUNE LARSSON (SWEDEN)	6-17-24	70-74
KONSTANTY MAKSYMCIK (GB)	6-10-14	80-84
JAMES MCCARTHY (SACRAMENTO, CA)	6-2-14	80-84
JIM McDONALD (NZ)	6-27-34	60-64
TOM MONTGOMERY (UPLAND, CA)	6-28-14	80-84
EGON NIELSEN (DEN)	6-16-29	65-69
EARL OWENS (DUNWOODY, US)	6-24-49	45-49
JOSEPH PHILLIPS (GB)	6-22-34	60-64
YRJO RANTALA (FIN)	6-28-19	75-79
WILLEM RAVENBERGER (HOL)	6-26-29	65-69
FREDERICK REID (RSA)	6-29-9	85-89
LLOYD RIDDICK (TEANECK, NJ)	6-26-34	60-64
LARRY RODENBECK (WEST PLAINS, MO)	6-11-49	45-49
HANS SCHNEIDER (WG)	6-4-14	80-84
TAPANI TAAVITSKINEN (FIN)	6-17-44	50-54
VALBJORN THORLAKSSON (ICE)	6-9-34	60-64
DON WINTON (LA CANADA, CA)	6-2-19	75-79
ROSS WINTON (CORONA DEL MAR, CA)	6-2-19	75-79
MAMO WOLDE (ETHIOPIA)	6-23-34	60-64
SHELLEY AMMONS (DENVER, CO)	6-28-29	65-69
PAM BIDWELL (NH)	6-27-44	50-54
JUNE DICKINSON (SANTE FE, NM)	6-30-34	60-64
NANCY DITZ (MENLO PARK, CA)	6-25-54	40-44
KATHERINE GALLANT (SCOTTSDALE, AZ)	6-5-49	45-49
EVELYN HOBBS (NY)	6-20-39	55-59
SHIRLEY KINSEY (LA CRESCENTA, CA)	6-18-29	65-69
KATHLEEN MCDONAGH (CHICAGO, IL)	6-25-24	70-74
KATHY MCINTYRE (NEW YORK, NY)	6-26-49	45-49
FRANCES SACKERMAN (BURLINGAME, CA)	6-1-29	65-69
MARIE STAFFORD (COTTAGE GROVE, OR)	6-29-19	75-79
LINDA CLAYTON (AUS)	6-3-49	45-49
RIETJE DYKMAN (HOL)	6-21-39	55-59
HEIDI HAASE (FRG)	6-21-44	50-54
DOROTHY HAMILTON (AUS)	6-4-34	60-64
VALERIE HOOD (NZ)	6-19-39	55-59
HELGI LAMP (URS)	6-17-44	50-54
MYFANWY LOUDON (GB)	6-19-34	60-64
STELLA MURNANE (AUS)	6-2-19	75-79
BERYL NEUMAN (AUS)	6-6-24	70-74
KIRSTEN ONSBERG (DEN)	6-22-44	50-54
ETHEL PAVELEY (RSA)	6-28-14	80-84
ASBJORG TRONSMO (NOR)	6-13-19	75-79
ALET TEN TUSSCHER (S.AFR.)	6-10-34	60-64
LEA VILPAS (FIN)	6-15-34	60-64

Compiled by Peter Mundle

## TROJAN MASTERS TRACK MEET

Sunday, July 10, 1994  
Cromwell Field - U.S.C.



sponsored by the Trojan Masters Track Club

<b>Entry fees</b>	- \$13 for 1st event; \$5 for each additional event - \$20 for relay teams (10 yr. age groups) - add \$5 for day-of registration
<b>Registration Deadline</b>	Registrations must be received by July 2. If you think your registration will be late, please CALL! (818)-917-6289
<b>Parking</b>	Only pre-registered athletes will be on the FREE parking list. Parking is \$6 otherwise. Enter USC at Gate #5 (Jefferson & McClintock).
<b>USA T&amp;F Card</b>	The Trojan Master Meet is sanctioned by USA Track n Field, so you need to have a USA T&F Card. They're \$12 and will be available at the meet.
<b>Awards</b>	Medals will be awarded to the top 3 places in all events for each 5yr. age group.

### RUNNING EVENTS:

8:00 5k Walk  
9:00 5k Run  
9:45 4 X 100 Relay  
10:00 1500  
10:30 80m Hurdles  
10:45 100m H  
11:00 110m HH  
11:15 400

\*\*Officials lunch break\*\*

1:00 100  
1:45 800  
2:15 300H  
2:45 400H  
3:15 200  
3:30 4 X 400

### FIELD EVENTS:

10:00 Pole Vault  
10:00 Long Jump  
10:00 Discus (Shot Put will follow the discus)  
1:00 High Jump  
1:00 Triple Jump  
1:00 Javelin

Order of competition will be women first, then oldest to youngest.

## 1994 TROJAN MASTER ENTRY FORM

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY/ST/ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ AGE GROUP: \_\_\_\_\_

USA T&F Card Number: (No number, no entry)

\_\_\_\_\_

Make checks payable to:

TROJAN MASTERS  
1125 STIMSON AVE.  
LA PUENTE, CA 91744

### EVENTS

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Registration: \$13

Add'l events x \$5 \_\_\_\_\_

Relays x \$20 \_\_\_\_\_

TOTAL → \_\_\_\_\_

In consideration of my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release forever, 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 meet 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 Trojan Master track meet held on July 10, 1994 at U.S.C.

Signature \_\_\_\_\_



# MASTERS SCENE

## NATIONAL

• The 1994 National Indoor Championships results in the May issue should have included a U.S., and probable world, best 8:56.69 for M50-59 in the 4x880 relay by the West Valley TC from the Bay area of California. The quartet of Dennis Duffy, 51, Harvey Franklin, 50, George Mason, 50, and Ramsay Thomas 50, ran "down" in age group and won the M40-49 division race outright.

• PRE!, a book covering the athletic career of Steve Prefontaine from his start as a 9th-grader in Coos Bay, Ore., to his last race in Eugene, has been written by Tom Jordan, former *Track & Field News* writer, and co-director of the 1994 USATF National Masters Championships in August. The 128-page book, which contains 65 photos, a statistical appendix, and extensive interviews with Pre's friends, fans, and running rivals, is available for \$12.95, plus \$3 postage/handling from PRE!, 2110 Fairmount Blvd., Eugene, OR 97403.

• Many RRCA clubs throughout the U.S. are holding a *Saucony/RRCA Women's Distance Festival Run* between July 1 and October 31 to celebrate women's running and to bring attention to the lack of a women's 5K Olympic event. For the RRCA club sponsoring a race in your area, send a SASE to Women's Distance Festival, RRCA National Office, 1150 S. Washington St., Alexandria, VA 22314.

• Tony Reavis will host a new half-hour show on ESPN called, "Breakaway," focusing on sports for people with disabilities. The show, expected to air six times a year, expects to open the first segment in late June with a half-hour presentation featuring the wheelchair division of the Boston Marathon.

• The Road Runners Club of America (RRCA) has awarded the video: *Women Running: Run Smart, Run Safe* its highest award. The 13:20 video reflects a positive portrayal of women runners, while also showing the necessity of safety awareness. The video is available from RRCA for \$15. Call 703-836-0558.

• The RRCA has published a 24-page booklet: *How to Find a Running Coach*, written by NMN columnist Hal Higdon. The book is for beginners seeking help in getting started and for experienced runners hoping to run faster. \$3.50. Call 703-836-0558.

• *Precision Running with Your Polar Electronic Heart Rate Monitor* is a 50-page booklet by nationally known coach Roy Benson, who explains how to use a heart-rate monitor to achieve training goals. \$4.00. 800-262-7776.

## EAST

• Gary Null (M40, 13:47) and Sonia Morales (W40, 17:03) were first masters in the Connecticut Racewalkers 4th annual Post Mall 3K Indoor Championships, Orange, CT, Feb. 27, held over a 500m course inside a mall, which provided one of the sites for competition in this year's harsh winter, according to Gustave Davis, of the Connecticut RWers, who facetiously wonder if other races are held in malls and of the potential for a Mall Circuit come next winter.

• Robert Anastasio, 41, with a 33:03, and Barbara Anderson, 42, in 41:27, registered 40+ wins in the NYRR Roosevelt Island Spring 10K, NYC, May 1. John McManus (70, 46:54) and Bertha Bellinghausen (60, 46:42) hastened to division wins.

• College Point, Queens, was the site of the Skaggs-Walsh 5K and Queens Half-Marathon, April 10. Top masters in the 5K were Daniel Brach (43, 16:06) and Diane Hawkins (42, 21:22). In the half-marathon, Louis Calvano (40, 1:16:09) and Kathy Gribbons (40, 1:27:56) came out on top.

• The Tropicana Run for the Parks wound 4 miles through Central Park on April 24. Front-running masters were Art Hall (47, 21:28) and Diane Ditchfield (41, 24:39).

• Masters racewalker Ian Brooks is engaged to two-time Olympian Carol Lewis of Houston. Brooks is a former British International open racewalker at 20K and 50K. He works in the USATF Metropolitan Association office, and is the familiar Brit voice heard on the loudspeaker at the annual New York City Marathon awards ceremony. The wedding is slated for October.

## SOUTHEAST

• Jim Gillcrist of the Florida AC, broke his WR of 1.64 (5-4 1/4) for the M65 HJ with a 1.71 (5-7 1/4) at the FAC Championships, Boca Raton, April 23. Vanessa Hilliard, 52, erased her U.S. record of 34.24 (112-4) in the W50-54 discus with a 35.84 (117-7).

• Jacksonville, FL, was the site of the Gate River 15K, March 12, where Irina Bondarchouk, 41, led the women masters with a fine 54:40 and Nick Rose added another victory to his repertoire in 45:59. Whayong Semer, 65, topped her division in a remarkable 1:15:04.

• Bob Schlaw (32:33) and Catherine Lempesis (38:36) were top masters in the Reedy River 10K in Greenville, SC, March 5.

## MIDWEST

• More than 300 U.S. military veterans, 55 or older, currently receiving inpatient or outpatient care at a VA medical center are expected to compete in the 8th National Veterans Golden Age Games, co-sponsored by the Department of Veterans Affairs (VA), and Veterans of Foreign Wars (VFW), on the campus of Illinois Benedictine College, Lisle, June 6-11.

## SOUTH WEST

• *Inside Texas Running* is changing its publication schedule from monthly to 10 times a year, "due to a drastically reduced race schedule in Texas during the summer," said editor Joanne Schmidt.

• The overall winners at the Austin Motorola Marathon, March 6, were two masters runners, Michigan's Doug Kurtis (2:21:35) and Russia's Irina Bondarchouk (2:42:22).

## WEST

• Gregg Horner (40, CA 2:41:52) and Mary Ryzner (40, CA, 3:15:25) were first masters in the 9th Big Sur Marathon, Carmel, CA, April 24. The race drew 7000 runners in occasional wet weather, punctuated by rainbows and rolling clouds.

• Ross Carter should have been credited with an M80 U.S. record of 120-0 in the discus at the John Ward Meet, March 12. The old record was held by Leon Joslin at 102-4. In the John Ward Meet, Larry Stuart, 56, demolished Bill Morales' world single-age record of 176-9 with a mighty 206-8.

## NORTHWEST

• George Mathews, 50, Seattle, won the hammer throw (160-6) despite being more than twice the age of the other competitors in the Inland Empire Invitational, Spokane, WA, April 16.

## CANADA

• Art Meaney, M50, was first M40+ with an M50+ course record 34:54, Timex Spring War-mup 10K, April 17, St. Johns, Newfoundland.



With the start only ten minutes away, these masters were ready to roll in the Reedy Run 10K, Greenville, S.C. (from left), Phil Peterson (M45, 36:30), Wes Wessely (M45, 34:52), and Gordon English (M40, 33:02).

Photo by Charlie Kluttz

## INTERNATIONAL

• The highlight of the Norfolk Island Veterans Games on January 31-February 5 was Australian Alan Bradford's world M55 steeplechase record of 10:13.96, which broke by 15 seconds the old record of 13:39.0, set by Mexico's Eligio Galicia in 1979. This equated to a 99.9% performance on the masters age-graded scale, which was used to calculate medal places. Bradford also won gold medals in

the 200, 400, 800, 1500, 5000 and 9K cross-country. Another multiple gold medal winner was Stan Stankovic, 70, of Australia, who won gold in six events.

• Holland's Carla Beurskens, 41, became only the third master ever to break 2:30 in the marathon with a 2:29:43 in the Rotterdam Marathon, April 16.

• At the Harrow 10K in London, April 17, Laurie O'Hara, M60, turned in a stellar performance, outclassing his age-group in 35:18.

### Prize Money Leaders 1993 Masters Men

RANK	NAME	ST/N	1993 \$	#
1	Kurtis, Doug	MI	\$48,950	19
2	Lopez, Luis	CRC	\$18,350	7
3	Pose, Nick	GBR	\$14,325	13
4	Charbonnel, Jean-M	FRA	\$10,500	2
5	Levisse, Pierre	FRA/CO	\$9,950	9
6	Waligwa, Wilson	KEN/TX	\$9,900	11
7	Tibiduza, Domingo	COL/NV	\$9,400	7
8	Navarro, Artemio	MEX	\$8,700	6
9	Nzau, Joseph	KEN/WY	\$6,400	8
10	Cummings, Paul	UT	\$6,000	3
11	Vera, Manuel	MEX	\$4,700	5
12	Birnie, Tom	NZL	\$3,850	2
13	McMullen, Charles	NY	\$2,600	4
14	Schleu, Bob	SC	\$2,400	5
15	Bayre, Rio	OR	\$2,350	2
16	Romesser, Gary	IN	\$2,250	5
17	Belcha, Kassa	ETH/MN	\$2,100	5
18	Rodgers, Bill	MA	\$2,075	6
19	Owens, Earl	GA	\$1,800	4
20	Gates, Nigel	GBR	\$1,800	3
21	Hill, Leonard	OR	\$1,750	1
22	Mosyev, Leonid	RUS	\$1,600	2
23	Smead, Chuck	CO	\$1,500	5
24	McLeod, Mike	GBR	\$1,250	1
25	Mendez, Sadot	TN	\$1,200	2
26	Vargas, Miguel	MEX	\$1,000	1
27	Gschwend, Peter	SUI	\$1,000	1
28	Bell, Doug	CO	\$950	4
29	Vigil, Pablo	CO	\$950	4
30	Olsen, Larry	MA	\$875	3
31	Tibiduza, Domingo	COL/NV	\$850	3
32	Gomez, Rodolfo	MEX	\$800	1
33	Rubio, Jose Luis	NA	\$750	1
34	Holds, Gary	IL	\$600	2
35	Kneer, Ray	NA	\$575	2
36	Klecker, Barney	MN	\$550	2
37	McCluskey, Terry	OH	\$550	4
38	Banning, Rick	VA	\$550	2
39	Pryde, James	MD	\$500	1
40	Unidentified Runner	NA	\$500	1
41	Poa, Carlos	NY	\$500	2
42	Rowe, Kenneth	MI	\$500	1
43	Sparks, Ken	OH	\$500	1
44	Redmore, Derek	IA	\$500	1
45	Palmer, Rick	NA	\$500	1
46	Hernandez, Raul	MEX	\$500	1
47	Miller, Jack	CAN	\$500	1
48	Bradley, Fay	DC	\$450	2
49	Metzmaker, Pete	MT	\$400	2
50	Wilson, David	MI	\$400	1
51	Wessely, Wes	GA	\$325	2

### Prize Money Leaders 1993 Masters Women

RANK	NAME	ST/N	1993 \$	#
1	McLachlan, Carol	TX	\$18,900	17
2	Portanski, Bernadine	NZL	\$12,300	9
3	Filutze, Barbara	PA	\$11,250	13
4	Grayson, Nancy	MI	\$7,950	10
5	Larrieu-Smith, Francis	TX	\$7,800	5
6	Virga, Carol	FL	\$7,700	7
7	Bondarchouk, Irina	RUS	\$7,000	2
8	Ray, Suzanne	AK	\$6,950	5
9	Portanski, Bernadine	NZL	\$5,900	2
10	Hine, Judith	NZL	\$5,800	7
11	Gareau, Jacqueline	CAN	\$5,000	5
12	Blackford, Karen	MI	\$4,050	4
13	Gibson, Ellen	UT	\$3,000	1
14	Bkasien, Janet	MN	\$2,725	2
15	Jones, Marina	CA	\$2,500	2
16	Beurskens, Carla	HOL	\$2,500	2
17	Roden, Anne	GBR	\$2,250	1
18	Hutchinson, Jane	MO	\$2,250	4
19	Sanderson, Danielle	GBR	\$2,000	1
20	Matson, Shirley	CA	\$1,900	5
21	Clavara, Claudia	TN	\$1,800	2
22	Fairfax, Louise	AUS	\$1,800	4
23	Tracy, Diana	CA	\$1,700	3
24	Marohant, Zina	GBR	\$1,500	1
25	Dodge, Candy	CA	\$1,500	1
26	Binder, Laurie	CA	\$1,350	3
27	Legere, D	CAN	\$1,000	1
28	Hall, Sherri	NA	\$1,000	1
29	Mahr, Terry	OH	\$1,000	1
30	Larrieu-Smith, Franc	TX	\$1,000	1
31	Kidd, Christina	IL	\$1,000	2
32	Yu, Wen-Shi	NY	\$950	1
33	Lempesis, Catherine	SC	\$900	3
34	Welch, Priocilla	GBR/CO	\$900	2
35	Coker, Lori	CA	\$800	2
36	Ford, Gail	MO	\$700	2
37	Jordan, Janet	OR	\$700	2
38	LeGare, Diane	CAN	\$700	2
39	Stockdale, Wotley, Reb	CT	\$600	2
40	Naleps, Ruth	TX	\$600	2
41	Carroll, Judy	OH	\$550	2
42	Ottoway, Joan	CA	\$525	2
43	Hollman, Lena	NA	\$500	1
44	Pisacols, Lucia	NA	\$500	1
45	Mewett, Sandra	CA	\$500	1
46	MaoHarg, Karen	FL	\$500	3
47	Semer, Whayong	OH	\$500	1
48	Ray-Smith, Andrea	NA	\$500	1
49	Mather, Carolyn	GA	\$500	1
50	Faneil, Patricia	NA	\$400	1
51	Gilles, Marcy	MN	\$400	3
52	Wides, Catherine	IL	\$400	2

THE COMPETITIVE ROAD RACER MAY 1994  
8 VERNON STREET #1 WALTHAM, MA 02154



# schedule

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



## TRACK & FIELD NATIONAL

**June 17-19.** USNSO Senior Open, Washington U., St. Louis, MO. No local qualifying. USNSO, 14323 S. Outer Fwy Rd., Suite N300, Chesterfield, MO 63017. 314/878-4900.

**July 16-17.** USATF National Masters Decathlon/Heptathlon Championships, Missouri Southern St. College, Joplin. Charles Nodler, 1215 Northwest Blvd., Neosho, MO 64850. 417/451-0121(e); 625-9552(d).

**August 11-14.** 27th USATF National Masters Championships, Eugene, Ore. Tom Jordan, PO Box 10825, Eugene, OR 97440. 503/687-1989.

**August 20.** USATF National Outdoor Weight & Superweight Throw Championships, U. of Washington. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206/932-3923.

**September 3.** USATF National Masters Weight Pentathlon Championships, Michigan State U., E. Lansing. Judi Brown, Track Office, MSU, 214 Jenison Fieldhouse, E. Lansing, MI 48824. 517/353-9299.

### EAST

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

**June 3-5.** Connecticut Senior Games, U. of Bridgeport. 55+. Open to out-state. U. of Bridgeport, Will Berger, 120 Waldemere Ave., Bridgeport, CT 06601. 203/576-4242.

**June 5.** New Jersey USATF Submasters/Masters Championships, TBA. Sanford Kalb, 22 Addison Rd., Howell, NJ 07731. 908/363-5426.

**June 9-12.** New York State Parks Senior Games, Albany. 55+. Debra Keville, Agency Bldg. #1, 12th Floor, Albany, NY 12238. 518/474-0403.

**June 11.** Phila. Masters Development Meet, Germantown Academy, Ft. Washington, Pa. All events except 400 H. 9 am. SASE to Tim Dickens, 4 E. Germantown Pike, Plymouth Meeting, PA 19462.

**June 12, 26.** Potomac Valley TC Developmental Meets, Williams HS, Alexandria. 9 am. John Martin, 703/352-3057.

**June 17-19.** Massachusetts Senior Games. 55+. Open to out-state. Sahler Smir'n, Springfield College, 263 Alden St., Springfield, MA 01109-3797. 413/748-3020.

**June 18-19.** Masters Relay Meet, Middletown, Conn. Wesleyan U. Invitational masters mile. Age-graded 100m, featuring ex-Olympians. 10-year age groups. Michael Augeri, 468 Mile Lane, Middletown, CT 06457. 203/632-2378.

**June 18-25.** Gay Games IV, NYC. Open to all. Unity '94, 19 W. 21st St., #1202, N.Y., NY 10010. 212/633-9494. Deadline 3/31.

**June 26.** Ninth Annual Garden State AC International Masters Meet, Randolph High School, Randolph, N.J. Morton Hahn, 19 Bedminster Rd., Randolph, NJ 07869. 201/625-1764.

**July 2.** USATF Niagara Open & Masters Championships, Buffalo, N.Y. Lois Mesler, 837 Potomac Ave., Buffalo, NY 14209. 716/884-1733.

**July 9.** Reebok Boston Masters and USATF New England Championships, Northeastern U., Dedham, Mass. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802; Fax: 617/964-8356.

**July 17.** Phila. Masters Development Meet, Germantown Academy, Ft. Washington, Pa. All events except 400H. 9 am. SASE to Tim Dickens, 4 E. Germantown Pike, Plymouth Meeting, PA 19462.

**July 30-31.** Buffalo Belles & Brawn International Age-Group Classic, Buffalo, N.Y. Women on Sat.; men, Sunday. Bettie Zoschke, 266 Puritan Rd., Tonawanda, NY 14150. 716/835-6018.

**July 31.** USATF East Regional Masters Championships, Brown U., Providence, R.I. SASE to Neil Steinberg, 46 Roberta Ave., Pawtucket, RI 02860.

**August 28.** Phila. Masters Summer Championships, Swarthmore College, Pa. 9 am. SASE to Claude Hills, 510 E. Valley Green Rd., Flourtown, PA 19031.

**September 4.** Potomac Valley Games, Washington, D.C. area. Sal Corrallo, 3466 Roberts Ln. N. Arlington, VA 22207. 703/243-1290.

### SOUTHEAST

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

**June 1-5.** VRPS Golden Olympics, Richmond. Andy Crane, 804/672-5156.

**June 4.** Broward Sports Festival, Lockhart Stadium, Fort Lauderdale. M&W, ages 19-80+. Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445. 407/499-3370.

**June 7, 14, 21, 28.** Miami Runners Meets. Tues. nights, 5:30. Miami Runners, 7920 SW 40th St., Miami, FL 33155. 305/227-1500.

**June 10.** Miami Northwest Express Meet, Fla. Jesse Holt, 305/836-2409.

**June 10.** Tennessee Sportsfest, Vanderbilt U. Ages 19+. Sportsfest, 615/259-3338.

**June 11.** Atlanta Masters Meet. Atlanta TC, 3097 E. Shadowlawn Ave., NE, Atlanta, GA 30305. 404/231-9065.

**June 18.** Sunshine Games, Lockhart Stadium, Fort Lauderdale. M&W, ages 19-80+. See June 4.

**June 18.** Hot Feet Series, Francis Marion U. 5-yr. age groups 40+. HT/WT/Superweight. Florence TC, PO Box 1476, Florence, SC 29503.

**June 25-26.** Tennessee Sportsfest Finals, Chattanooga. 615/259-3338.

**July 2.** Southeastern Masters Classic, Greenville, S.C. Dick Bloomfield, 103 Crestwood Dr., Greer, SC 29651. 803/879-7839.

**July 5, 12.** Miami Runners Meets. Tues. nights, 5:30. Miami Runners, 7920 SW 40th St., Miami, FL 33155. 305/227-1500.

**July 16.** Nashville TC Open & Masters, Tennessee Prep School. SASE to Randall Brady, 2709 Linmar Ave. #5, Nashville, TN 37215. 615/383-6733.

**July 16.** Hot Feet Series, Francis Marion U. 5-yr. age groups 40+. HT/WT/Superweight. Florence TC, PO Box 1476, Florence, SC 29503.

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

**September 24-25 (tentative).** Thomasville Fall Masters Decathlon/Heptathlon. Bill Busby, 11 Culbreth Ave., Thomasville, NC 27360. 910/476-1228.

### MIDWEST

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

**June 4.** 11th annual Athlete's Foot Masters Meet, Augustana College, Rock Island, Ill. Pete Stopoulos, 1029 16th Ave., East Moline, IL 61244. 309/755-2655.

**June 6-11.** Ohio Senior Olympics, Cincinnati. 55+. Open to out-state. Gary Vaught, Cincinnati Parks & Rec., 644 Linn St., Suite 411, Cincinnati, OH 45203. 513/352-4047.

**June 11.** USATF/Illinois Masters Championships, Wilde Field, Lisle/Chicago. Ray Vandersteen, 111 W. Butterfield Rd., Elmhurst, IL 60126. 708/833-7303.

**June 14-18.** Michigan Senior Olympics, Holland. 55+. Open to out-state. Chamber of Commerce, Mary Diustermars, 272 E. 8th St., PO Box 1888, Holland, MI 39422-1888. 616/396-4221.

**June 15-18.** Michigan Senior Olympics, Hope College, Holland. 55+. Sharon Hunt, MSO director, 312 Woodward, Rochester, MI 48307. 313/656-1403.

**June 18.** USATF Michigan Association Championships (Y, O, M), MSU, East Lansing. Randy Williams, 12134 Santa Rosa, Detroit, MI 48204. 313/834-0378.

**June 25.** Motor City Classic (Y, O, M), King HS, Detroit. Bettye Robinson, 18410 Sorrento, Detroit, MI 48235. 313/864-2108.

**June 25.** Byron Park District Masters Meet, Byron, IL. Jim Kann, 815/234-8435.

Continued on next page

## ON TAP FOR JUNE

### TRACK AND FIELD

First weekend meets include the Arizona Masters, Tempe, and Athlete's Foot in Illinois on the 4th, and the N.J. Championships on the 5th. The schedule for the next weekend shows meets in Miami, Fla.; St. Helens, Ore.; Los Gatos, Calif.; Los Angeles; Chicago; Seattle; and Philadelphia. The weekend of the 18th-19th is almost as busy, with action in Middletown, Conn.; Honolulu; Atlanta; Ft. Lauderdale; East Lansing; Florence, S.C.; and Lincoln, Nebr. The Hayward Meet (site of the 1994 Masters Championships) and the Hill Country Classic in Texas top the list on the 25th, with the Garden State Meet, Randolph, N.J., closing the month on the 26th.

### LONG DISTANCE RUNNING

The USATF Masters Half-Marathon Championships will be decided on the 26th in Fairfield, Conn.

The Freihofer's 5K, Albany, N.Y., and Advil 10K, NYC, highlight women runners on the 4th. Las Vegas, Nev., and Kansas City, Mo., host half-marathons on the 5th. On the 18th the Shelter Island 10K, N.Y., Grandma's Marathon, Duluth, and the Steamboat 4 Mile, Peoria, Ill., offer diversity.

### RACEWALKING

Many t&f meets and road races in the schedule include a RW category.



One of the features of M-F's 1994 Perform Better® Catalog is a new 2nd generation Power Fitness Chute™ that is designed so that the athlete can adjust resistance to meet a specific, preferred resistance level. A new, unique cup design allows it to fly as soon as you start your run and, it flies higher and steadier than other chutes. Offered in four models from only \$70.00, you can learn more details including a suggested training routine from the Perform Better Catalog which is available FREE by calling Toll-Free 1-800-556-7464 or by writing M-F Athletic Company, P.O. Box 8090, Cranston, RI 02920-0090.



Continued from previous page

**July 16.** 4th Annual Dayton Masters Track Classic, Dayton H.S. Welcome Stadium, Dayton, Ohio. Bob Jones, PO Box 17706 Dayton OH 45417. 513/837-2754.

**July 23.** Cleveland Track Classic, Brunswick HS, Brunswick, Ohio (tentative). Geoff Packer, 2845 N. Park Blvd., Cleveland Hts, OH 44118-4030. 216/371-2822.

**July 23.** Masters Return to Illinois Championships, Libertyville High, Libertyville, Ill. \$1000 cash prizes. Dinner reception July 22 with Marion Irvine, keynote speaker. SASE to: Masters Return to Illinois, 719 Stonegate Ct., Libertyville, IL 60048.

**July 30.** Midwest Masters Championships, Marshall U. (not regional championships). David Stooke, 119 Cheyenne Tr., Ona, WV 25545. 304/736-8474.

**July 30.** USATF Midwest Regional Masters Championships, Lisle, IL. Clarence Trinkner, 633 Sunset Drive, Janesville, WI 53545. 608/756-5260.

### FIFTEEN YEARS AGO June, 1979

- 300 Participate in 5th National Masters AAU Indoor Championships in Ann Arbor
- Paul Spangler Sets Three World M80 Records
- Pete Mundle Sets Two M50 Marks in Mile (4:50) and 2-Mile (10:19).
- Herb Lorenz First 40+ in Boston Marathon in 2:24:41

### MID-AMERICA

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

**June 5.** Blue River Valley Meet. City of Marysville, 209 N. Eighth, Marysville, KS 66508. 913/562-5331. Cleve Walstrom, 913/562-3021.

**June 9-11.** Iowa Senior Games, Des Moines. 55+. Open to out-state. Janet Ridgway, Community Education, 515/277-6026.

**June 19.** Leading Edge/Lincoln TC Open/Masters Meet, Nebraska Wesleyan U. SASE to Gary Bredehoft, 4037 N. 20th St., Lincoln, NE 68521. 402/435-7061.

**June 25.** USATF Iowa Association Championships. John Anderson, Rt. 1, Box 23, Slater, IA 50244. 515/685-3603.

**July 24.** USATF Mid-America Regional Masters Championships, National Sports Center, Blaine, 20 minutes north of downtown Minneapolis. Tom Thorne, 525 Oak Ridge Dr., Neosho, MO 64850. 417/451-7417.

**August 21.** U.S. Masters — Senior Olympic EM "R" Meet, U. of Minnesota. Pre-register SASE to Rachel Lyga, 122 NE 63 1/2 Way, Minneapolis, MN 55432. 612/574-9661.

**September 3-4.** Rocky Mountain Masters Games, Potts Field, U. of Colorado. Jim Weed, 11672 E. 2nd Ave., Aurora, CO 80010. 303/341-2980.

### SOUTHWEST

Louisiana, Mississippi, Texas, Arkansas, Oklahoma

**June 25.** Sooner State Games. Jim Dolezel, 9916 Crest Dr., Midwest City, OK 73130.



June Gessner, 41, Richland, Wash., first W40+ (10:19:16), USATF National Masters 100K Championships, Sacramento, Calif.

Photo by Jane Byng

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

**July 8-9.** USATF Southern Association Championships, Weight Pentathlon, 56-lb. weight, 3K RW. SASE to Jeff Baty, 321 E. Josephine St., Gonzales, LA 70737. 504/644-6930.

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

**July 23.** USATF Southwest Regional Masters Championships, San Antonio. Arthur Rodriguez, 6606 Ben Hill, San Antonio, TX 78239. 210/651-5414.

### WEST

Arizona, California, Hawaii, Nevada

**June 2-5.** Senior Olympics, Sacramento, Calif. 55+. Alan Boyd, 916/277-6094.

**June 4.** Arizona Masters Meet, Tempe, Ariz., 6 p.m. Bob Flint, 8436 East Hubbell, Scottsdale, AZ 85257. 602/949-1991.

**June 11.** Los Gatos Pacific Classic, Los Gatos HS. Rick Mylem, meet director, c/o Athletic Performance, 55 W. Main St., Los Gatos, CA 95030. 408/354-7365.

**June 11-17.** Aloha State Games, U. of Hawaii. Aloha State Games Headquarters, 1110 University Ave., #403, Honolulu, HI. Bob McLean, 947-4141.

**June 18.** USATF-SCA Championships, Occidental College. (L.A. area) Christel Miller, 818/843-2139.

**June 18.** KELfield Meet #29. All throws, including weight and superweight. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

**June 25-26.** USATF/Pacific Association Open/Masters Decathlon/Heptathlon Championships, Soquel HS. Santa Cruz, Calif. Santa Cruz TC, PO Box 1803, Capitola, CA 95010. Bill Johnson, meet director, 408/335-0460.

**July 2-3.** USATF West Regional Masters Championships, Univ. of California at Irvine. Bill Adler, director, 435 Tahquitz Canyon Way, Palm Springs, CA 92263. 619/325-6307.

**July 9, 23, 30.** USATF SCA All-Comer Meets, Los Angeles City College. 5 pm. Marv Thompson, 213/953-4260; LA Patriots USA 213/662-1062.

**July 10.** Trojan Masters Meet, USC, Los Angeles, Russ Reabold, 1125 Stimson Ave., La Puente, CA 91744. 818/917-6289.

**July 16.** USATF Pacific Association Championships, Logan HS, Union City, Calif. Ed Seese, 510/523-8618.

**July 16-17.** Patriot Invitational, Cerritos College, Norwalk, Calif. Marv Thompson, 2301 Hyperion Ave., Suite P, Los Angeles, CA 90027-4711. 213/662-1062.

**July 23.** USATF/Pacific Masters & Submasters Weight Pentathlon Championships, KEL Field, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

**July 30.** Santa Cruz Age-Graded Championships, Soquel HS. Ages 18 and up. Santa Cruz TC, PO Box 1803, Capitola, CA 95010. Bill Johnson, meet director, 408/335-0460(h).

**September 10.** Nor. Cal. Seniors Classic, UC-Berkeley. Mark Grubi, director, PO Box 424512, San Francisco, CA 94142-4512.

**September 11.** Sri Chinmoy Masters Games, CSU-Long Beach. 40+. Bigalita Egger, 310/645-0271.

**October 1 (tentative).** Club West Masters Meet, Santa Barbara City College. 805/682-9540.

### NORTHWEST

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

**June 11.** Volcano Classic, St. Helens HS. Emil Torquato, 28 Sunset Place, St. Helens, OR 97051. 503/397-4102(eve).

**June 11-12.** Seattle Masters Classic. Pacific Northwest T&F, 4261 S. 184th St., SeaTac, WA 98188. 206/433-8868.

**June 25-26.** Hayward Classic, Hayward Field, Eugene, Ore. Site of 1994 Masters Outdoor Championships in August. Barbara Kousky/Tom Jordan, PO Box 10825, Eugene, OR 97440. 503/687-1989; 503/687-1016(fax).

**July 9.** Helena Masters/Seniors Meet, Vigilante Stadium. Manuel/Helen White, P.O. Box 5058, Helena, MT 59604. 406/227-5020.

**July 16.** Washington State Summer Games, WSU, Pullman. Open to non-residents. USATF card required. Mike Hinz, 509/335-3325w; 509/332-1168h (5:30 pm-11 pm).

**July 21-23.** Montana Senior Olympics, Kalispell. 50+. Don Tavalacci, MSO, 465 Freedom Ave., Billings, MT 59105-2202. 406/252-2795.

**July 23-24.** USATF Northwest Regional Masters Championships, Lincoln Bowl, Tacoma. Pacific Northwest T&F, 4261 S. 184th St., SeaTac, WA 98188. 206/433-8868.

**July 29-30.** Montana Masters Meet, MSU-Bozeman. Mike Carignan, PO Box 5132, MSU, Bozeman, MT 59717-5132.

### CANADA

**June 11-12.** British Columbia Masters T&F Championships, Port Alberni, B.C. (nr. Victoria). All masters athletes welcome. Grant Lamothe 604/856-7381; John Woodcock 604/939-1324.

**June 11-12.** Ontario Masters Championships, Oshawa. M&W35+. 5-yr. age groups. Olive Sinclair, 26 Greenbush Place, Whitby, Ont. L1R 1T6. 905/30-7850.

**July 9-10.** BC Masters Decathlon Championships, Vancouver, BC, Canada, Grant Lamothe 604/856-7381.

Continued on next page

## Masters Return To Illinois July 23, 1994

*Masters Return to Illinois*

*Track & Field Championships*

*Libertyville High School, Libertyville, IL*

*\$1,000.00 Cash prizes*

*Dinner Reception*

*Friday, July 22, 1994*

*6:00 p.m. with keynote speaker*

*SISTER MARION IRVINE*

Send SASE to: Masters Return to Illinois  
719 Stonegate Ct., Libertyville, IL 60048



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**INTERNATIONAL**

**June 25-26.** Mexico vs. USA Meet, Mexico City. Bill Adler, 435 E. Tahquitz Cyn., Palm Springs, CA 92262. 619/325-6307.

**July 1-9.** WAVA Oceania Regional Championships, Suva, Fiji. Tony Compain, PO Box 1175, Suva, Fiji Islands.

**July 16-17.** 1st British Veterans Athletics Federation Championships, Bedford, 50 miles north of London. Peter Duhig, 42, Wimbotsham Rd., Downham Market, Norfolk PE389PE, England.

**July 21-30.** 1994 Goodwill Games, St. Petersburg, Russia. Participation events for masters. Elizabeth Morris, AICEP, 10 Canvin, Suite 33, Kirkland, Quebec H9H 4S4. Phone: 514/697-3735; Fax: 514/697-0628.

**July 30-31.** 8th Malaysian Veterans Athletic Championships, Malacca. Malaysian Association Veteran Athletes, 105, Road 5, Tan Yew Lai Gardens, 58200 Kuala Lumpur, Malaysia. FAX 03-791-1344.

**August 4-7.** WAVA North American Regional Championships, Edmonton, Alberta, Canada. Liz McBlain, 10427 21st Avenue, Edmonton, Alberta, Canada, T1J 5E9. 409/438-2911.

**September 4-October 8.** Third International Masters Games, Brisbane, Australia. 3rd International World Masters Games, Locked Bag 1994, GPO Brisbane, Queensland, Australia 4001. 617/405-0999.

**September 30-October 2.** WAVA Asian Regional Championships, Jakarta, Indonesia. Asians only.

**LONG DISTANCE  
RUNNING  
NATIONAL**

**June 26.** USATF National Masters Half-Marathon Championships, Fairfield, Conn. Stephen Lobdell, 69 Beverly Ln., Fairfield, CT 06430. 203/374-7759.

**September 17-18.** USATF National Masters 24-Hour Championships, Sylvania, Ohio. Tom Falvey, 2338 Laskey Rd., Toledo, OH 43613. 419/475-0731.

**October 2.** USATF National Masters Marathon Championships, (Twin Cities Marathon), Minneapolis. Bruce Mortenson, 15301 Highland Ave., Minnetonka, MN 55345. 612/673-0778.

**October 2.** USATF National Masters 5K Championships, Syracuse, N.Y. David Oja, 213 Scott Ave., Syracuse, NY 13224. 315/446-6285.

**October 16.** USATF National Masters 10K Cross-Country Championships, Canandaigua, N.Y. Peter Glavin, 170 Maywood Ave., Rochester, NY 14618.

**November 6.** USATF National Masters 5K Cross-Country Championships, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547.

**November 13.** USATF National Masters 15K Championships, Schenectady, N.Y. Ed Neiles, 17 Norwood St., Albany, NY 12203. 518/482-9032.

**November 19.** USATF National Masters 8K Cross-Country Championships, Boston, Mass. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802.

**December 4.** USATF National Masters 10K Championships, St. Louis, Mo. Tom Eckelman, 7140 Waterman, St. Louis, MO 63130. 314/727-7582.

**EAST**

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

**June 4.** Freihofer's Run For Women (USATF 5K National Open Championships), Albany, N.Y. \$2000 masters money. George Regan, 233 Fourth St., Troy, NY 12180. 518/273-0647.

**June 4.** Advil MiniMarathon 10K, Central Park, NYRR, 9 E. 89th St., NY, NY 10128. 212/860-4455.

**June 11.** Western Heights Benefit 5K. Wayne Vaughn, 18619 Preston Rd., Hagerstown, MD 21742. 733-6076.

**June 11.** Shelter Island 10K. Shelter Island 10K, PO Box 266, Shelter Island, NY 11964. 516/749-7867.

**June 11.** Market Square Day 10K, Portsmouth, N.H. 603/431-5388.

**July 2.** Long Island Women's 5K, Jericho, N.Y. 516/433-0919.

**August 6.** Phelps Sauerkraut 20K, Phelps, N.Y. 28th Annual, George Tillson, Wiborn Rd., Shortsville, NY 14548. 716/289-4250.

**SOUTHEAST**

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

**July 4.** 25th Peachtree Road Race, Atlanta. SASE (before March 1) to Peachtree RR, Atlanta TC, 3097 E. Shadowlawn Ave., NE, Atlanta, GA 30305.

**MIDWEST**

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

**June 18.** Steamboat Classic 4 Mile. Philip Lockwood, Running Central, 700 W. Main St., Peoria, IL 61606. 309/578-3524.

**MID-AMERICA**

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

**June 5.** Hospital Hill Half-Marathon. Rich Ayers, Crown Ctr., 2405 Grand Ave., Ste. 200, Kansas City, MO 64108. 816/274-3196.



Eddie Schneider (53, 29:27) of Evergreen, Colo., finished 13th in the Fifth-Plus 8K in Stanford, Calif., March 20.

Photo by Jim Martin

**June 11.** Dam To Dam 20K, Des Moines, Iowa. Masters money. DTD, 1603 22nd St., Ste 107, West Des Moines, IA 50266.

**June 12.** Race For The Cure Women's 5K, Davenport, Iowa. 319/326-8139.

**June 12.** Garden Of The Gods 10 Mile. Nancy Hobbs, PO Box 38235, Colorado Springs, CO 80937. 719/473-2625.

**June 18.** Grandma's Marathon. \$4000 masters money. 6000 entrant limit. SASE to Grandma's Marathon, PO Box 16234, Duluth, MN 55816-0234. Scott K'enan, race director, 218/727-0947.

**July 2.** Smokey Bear 10K/2 Mile. SASE to Friends of Smokey, PO Box 545, Capitan, NM 88316. Mary & Howard Shanks, 505/354-2699.

**July 4.** Coast To Coast Freedom 8K. Prairie Striders TC, Box 267, Brookings, SD 57006. 605/692-2414.

**SOUTHWEST**

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**June 5.** New Orleans TC 5K Run/Walk for Storyland, City Park. Chuck George, NOTC, PO Box 52003, New Orleans, LA 70152-2003. 504/482-6682; 468-1488.

**June 19.** New Orleans TC Father's Day 2 Mile. Chuck George, NOTC, PO Box 52003, New Orleans, LA 70152-2003. 504/482-6682; 468-1488.

**July 4.** Baytown Heat Wave 5 Mile. Masters money. Baytown Easy Striders, 4400 Kendall Rd., Baytown, TX 77521. Mary Feniello, 573-1034(h); 420-4535 x246(w), or Pete Cote, 424-2668(h); 420-4819(w).

**July 4.** Firecracker Fast 5K, Little Rock, Ark. William Schroeder, 704 Central Ave., Dunkirk, NY 14048. 716/366-3701.

**WEST**

Arizona, California, Hawaii, Nevada

**June 4.** Fontana Days Half-Marathon/5K Run & RW. Fontana Community Services Dept., 9460 Sierra Ave., Fontana, CA 92335. 909/350-7635.

**June 5.** Las Vegas Half-Marathon. Al Boka, PO Box 81262, Las Vegas, NV 89180. 702/876-3870.

**June 5.** Westlake Florist Flower 5K/10K. Prize money. Westlake Florist, 2851 Agoura Rd., Westlake Village, CA 91361. Harry Pantelas, 818/889-6408; 818/889-6408 (eve).

**June 11.** Palos Verdes Marathon, 3-Person Relay/5K, Los Angeles. W2 Promotions, 1501 Glenavon Ave., Venice, CA 90291. 310/828-4123.

**June 19.** 10th annual Gardena 5K Run & Fun Walk, Gardena, Calif. Gardena 5000, 16820 S. Western Ave., Gardena, CA 90247. 310/324-7085.

**June 25.** L.A. Philharmonic Run/5K Run & Walk/ 10K Run/1K Kiddie/K. Walt Walston. 310/828-4123.

**September 17.** Juan In A Million 5K, Las Vegas. Ed Preciado, 700 E. Charleston Blvd., Las Vegas, NV 89104. 702/366-7289.

**October 1.** 18th annual St. George Marathon, St. George, Utah (1 hour drive from Las Vegas). 2560 feet descent. St. George Marathon, 86 S. Main St., St. George, UT 84770.

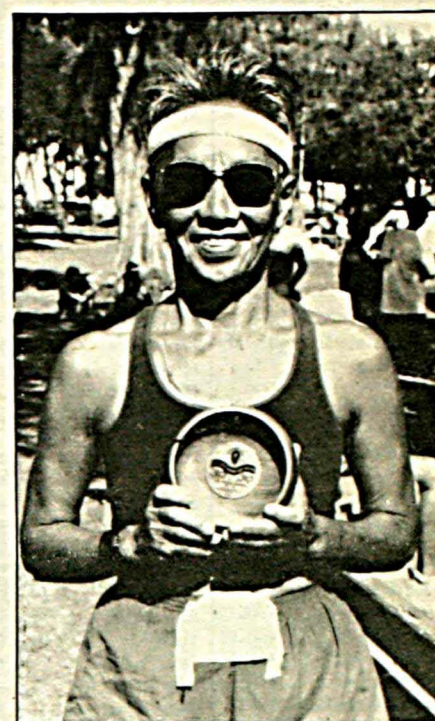
**NORTHWEST**

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

**June 5.** Eugene Landmark 5 Mile. Oregon TC Masters, Eugene Landmark 5, PO Box 11364, Eugene, OR 97440. Eric Zemper, 503/485-4360.

**July 4.** Butte To Butte 10K. Oregon TC, BTB, PO Box 10825, Eugene, OR 97440. 503/687-1989.

**July 15-16.** Mt. Rainier To The Pacific Relay, Mt. Rainier National Park to Ocean Shores, Wash. 180 miles, 12-person teams. PO Box 17986, Seattle, WA 98107. 206/782-6547.



Wakai Spencer, W65 first place (3:42:02), Hawaii 30K Championships, Honolulu.

Photo by Tesh Teshima

**INTERNATIONAL**

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

**June 26.** Veterans Grand Prix 10K/25K, Brugge, Belgium. M40+, W35+, Jacques Serruys, Korte Zilverstraat 5, 8000 Brugge, Belgium. Fax: 00-32-50-334325.

**July 30-31.** 2nd WAVA World Veterans Road Racing Championships, Scarborough (Toronto), Ontario, Canada. 10K, 30th/25K & 20K RW, 31st. WAVA RR Championships, 1220 Sheppard Ave. East, Rm 218, Willowdale, Ontario, Canada, M2K 2X1. Phone: 416/495-4059; Fax: 416/495-4310.

**July 31.** BVAF 10 Mile Championships, Oswestry, Shropshire. Doug Morris, 27 Whittington Rd., Oswestry, Shropshire SY 11 1JO, England.

**RACE WALKING**

**January 1-December 31.** One-Hour Postal Racewalk. Shore AC, Elliot Denman, 1-Hour Postal RW Coordinator, 28 N. Locust Ave., West Long Branch, NJ 07764. 908/222-9080.

**July 10.** MAC 3K Championships, Central Park, NYC. SASE to Stella Cashman, 320 E. 83rd St., Box 18, NY, NY 10028. 212/628-1317.

**July 15-17.** Martin Rudow 2nd Annual Racewalking Seminar, Niagara Falls. Paul Geyer, PO Box 1816, Detroit Lakes, MN 56502-1816, Ph/Fax 218/847-0410.

**July 16.** USATF National Masters 10K Racewalk Championships, Niagara Falls, N.Y. Dave Lawrence, 94 Harding Ave., Kenmore, NY 14217. 716/875-6361; 694-7683.

**August 12-14.** USATF National Masters 5000m/M20K & W10K Racewalk Championships, Eugene, Ore. See National T&F. **September 4.** North American 15K Championships, Washington, D.C. Sal Corrallo, 703/243-1290.

**September 11.** USATF National Masters 40K Racewalk Championships, Ft. Monmouth, N.J. Elliott Denman, 28 No. Locust Ave., West Long Branch, NJ 07764. 908/222-9080.

**September 24.** M10K/W5K Racewalks, Dearborn Hts., Mich. Ross Barranco, 3235 Musson Rd., Howell, MI 48843.



# U.S. MASTERS TRACK & FIELD RANKINGS

(Coordinated by Jerry Wojcik, T&F Rankings Chairman)

## 1994 Indoor Mile

M30-34	4:20.96	Rich Evans	5:17.5	Carol Klitzke	6:23.74	M45-49	4:16.52	M70-74	5:41.6	M60-64	8:39.1	M35-39	14:07.0	Tim Dyas	19:42.5
R Marion	4:33.32	Warren Walker	5:17.8	Mary Spera	6:25.1	Al Swenson 47	4:19.36	John McManus	5:58.12	Melva Murray	8:52.36	Michael Kobol	21:28.4	Jay Charles	21:57.8
6 Whiting	4:36.4	Tony Plaster	5:18.25	M50-54	6:05.94	Paul Zink 46	4:30.79	Paul Schmitt	5:58.13	Sally Seconbe	9:28.8	Shaka Lumumba	13:17.28	M75-79	19:17
Rod Umberger	4:37.23	M45-49	4:28.4	J Marchetti	6:19.23	Gene Timberlake	4:31.90	Archie Messenger	6:12.7	M70-74		Mike DeWitt	13:26.76	Tom Kirley	19:45.3
Chas Hubbard 32	4:41.2	Al Swenson 47	4:32.64	C Francis	6:36.8	Alan Beck	4:34.32	Frank Lucianna	6:22.33			Bogdan Bulakowski	14:41.8	Bill Tallmadge	
Scott King	4:43.0	Byron Dyce	4:58.7	Yvonne Taster	7:08.4	Sverre FalckPederson	4:35.77	Don Greenwood	6:36.7			Steve Frey	16:47.80	M30-34	16:50.0
Jeff Gross	4:46.9	Fred Dedrick	5:06.43	Laurie Baker	7:10.3	Randy Taylor	4:37.90	Nate White	6:51.62			Ron Winkler	17:04.6	Sharon Lyons 30	16:51.97
John Coggin	4:49.72	John Saylor	5:08.07	C DiGiambattista	7:12.34	Bob Weiner	4:40.40	George Blyn 74	7:07.73			Alan Robinson	17:20	Jackie Moore	18:10.3
Mel Alvarez 33	4:52.09	Jim Bisogni	5:08.5	Joan Bondell	7:26.0	Fred Dedrick	4:42.74	George Rasch				Tia Stewart	17:40.5	Eliz Shelley 33	18:28.8
Pat Eastman 32	4:55	Ken Zeserson	5:08.71	M55-59		Frank Davis	4:43.48					Mark Mazepink	18:08	Lisa Rutherford	20:14
Mike Halpern	4:55.2	Bob Weiner	5:08.71	J Hite		Mark Hosler	4:49.0					Greg McCoy	18:29	M35-39	
Mark Carver	5:11.7	Peter Corsino?	5:14.58	Helen Reed		Jim Biscogni 48	4:49.64					Garland Moore	20:01.2	Therese Iknoian	15:31.58
Sekh	5:12.50	David DeFavero	5:16.1	M60-64		Jim Ascioti	4:52.72					Brian Shepherd 42	22:51.0	Terri Krentz	17:36.7
Grover Prince	5:14.53	Harland Bigelow	5:19.46	Lois Bell		Dale Ladd	4:54.60					M45-49	22:51.0	Kathy Finch	17:37.30
Leo O'Connor	5:19	Ed Gustavson	5:21.06			Frank Myers	4:54.9					Gary Null	13:25.1	Rita Bogan	17:41.9
Greg Stephens		Bob Maloney	5:24.39			Vic Medina	4:59.0					Michael Wiggins	13:40.81	Kathryn Davis 38	22:51.0
M35-39		Jim Pfaff	5:24.39			George DeMaio	4:59.0					Max Walker	15:31.90	Lynn Torgerson	23:29
Jim Clelland	4:33	Rich Recker	5:26.92			Steve Murphy	4:59.9					Patrick Drury	16:34.1	M40-44	
J Sullivan	4:35.30	Vic Medina	5:26.92			James Pfaff	5:00.3					Vince Abell	16:45	Liz Langton	15:42.3
Hal Sorkins	4:39.22	Jack Soltis	5:26.92			Don Congdon 48	5:01.8					Ron Salvia 45	17:13.6	Phyllis Hanson	15:56.9
Bob Andrews	4:39.9	M50-54	4:54.32			Dan Shumeyko	5:02.8					Steven Geary	17:54	Pat Weir	16:17.3
Anthony Watson	4:40.38	Hugh Sweeney	4:59.51			William Indek	5:08.2					Eric Hedges	17:55	Jeanette Smith	16:20.10
Miles Vaughn	4:41.99	Sid Howard	5:10.19			Carroll DeWeese	5:08.3					William Banton	19:26.41	Annela Smith	16:29.43
Alex Magoun	4:44.8	Jerry Smith	5:12.08			Lee Jampol	5:15.0					M50-54	12:45.39	Lynn Tracy	17:31.2
Mark Yellin	4:46.3	Robert Pike	5:16.70			Joe Reynolds						Donald DeNoon	14:55.88	Laurel Williams	17:41
Joel Hoffsmith	4:46.5	Jerry Bergenstock	5:18.54			Jack Soltis						Edgar Kousky	14:56.65	Debbie Hansen	18:59.24
C Corkey	4:51.33	Valdis Jurenas	5:20.36									John Elwarner	15:22.6	Judy Moriarity	19:29
R A Hoska 36	4:52.00	Seth Kaminsky	5:23.2									James McFadden	15:48.4	Alice Winkler	20:21.46
Bob Reynolds	4:59.5	J R McFadden	5:25.7									Don Mowles	15:56.23	Jean Jerome 41	20:24.8
Andy Inkpen	5:05	Rich Howett	5:27.52									James Norvill	16:28.1	Cheryl Sunman	20:33
Jack Krajek	5:11	Stan Edelson	5:28.0									Manny Eisner	16:52.9	Susan Lacina 40	20:56.5
R Schilder	5:13.11	Joel Dubrow	5:29.0									Bob Brzenk	16:57.96	Janet Rapala	22:03.1
M40-44		Wally Brawner	5:30.45									Gary O'Daniels	17:01.15	M45-49	
Eamonn Coghlan IRE	5:38.15	Jack Brennan	5:30.45									Bernie Finch	17:02	Sonia Morales 46	16:51.0
Ken Popejoy	4:14.41	Mike Taglio	5:36.0									Frank Soby	17:02	Jackie Jessup	17:17.19
Rod Dixon NZL	4:19.07	Tom Collins	5:36.22									Dennis Withea	17:51.96	Donna Cetrulo	18:25.6
Ed Spinney	4:20.81	M55-59	4:53.69									Rich Landis	18:36	Olga Figueroa	19:35
Dave Reinhart 41	4:21.36	Dan Conway	5:21.50									M55-59	15:40.75	Michelle Welch	19:51
Mike Lawson AUS	4:21.53	L Tomasett	5:30.43									Paul Johnson	17:23	Nancy Marchrola	20:06.2
Charles McMullen	4:21.78	Bobby Kincaid	5:33.2									Ray Everson	17:38	Pat Walker	20:20
Swag Hartell	4:23.73	Gordon Walker	5:35.38									Alan Poinsner	18:02.9	Isabel Stuper	21:47.5
Tim McMullen	4:27.03	Frank Ruddy	6:10.22									Joe Stefanowicz	19:04.1	M50-54	
Chuck Moers	4:33.75	M60-64	5:27.5									Roger Swearingen	19:04.1	Valerie Stowe	17:48.39
Ric Banning	4:33.86	Paul Heitzman	5:40.7									M60-64	16:22.6	Dorothy Withea	18:05.21
Walt Murphy 43	4:34.9	Casey Jones	5:47.7									Bob Barrett	16:46.1	Sandy Spiller	18:50
Peter Bortolotti	4:35.76	Bill Fortune	5:49.46									Jack Boltano 61	17:53	Susan Hoch	20:28
Gary Fanelli	4:36.0	J O'Connor	5:50.3									Cedric Mustace	17:53	Joann Tecic	23:44.6
Tom Carter	4:36.76	Don Farley	5:52.74									Jan Gero 60	17:56.9	M55-59	
Tom Hartshorne	4:37.83	Hans Hunziker	5:58.8									Joe Rogers	18:00	Elton Richardson	17:09.6
Leo Dunn	4:39.9	Rich Peck	6:02.50									Leo Rivera	18:27.4	Sami Bailey	18:15.6
Harry Nolan	4:41.7	D Ross	6:03.8									Marvid Eisenstein	19:30.93	Beth Young-Grady	19:11.23
Rich Shorastein	4:42.23	Joe Burns	6:06.4									Shelby Pruett	19:36.28	Delores Rogers	19:28.56
Joe Daley	4:42.54	John McManus	6:18.75									Joseph LeBrunno	19:40.4	Martha Moore	20:18.5
Paul Mascali	4:42.78	John Garrity	6:28.25									Presley Donaldson	17:42	M60-64	
Steve Ruckert	4:43.26	Jack O'Sullivan	6:30.04									Fred Lovelace	19:49.9	Ruth Eberle	17:31.83
Rick Squires	4:43.7	Jack Nynan	6:32.42									Bill Hogan	22:34.9	Maurine Lie	18:34.20
Ben Zhao	4:43.84	Roger Whaley	6:02.78									M65-69	16:49.7	Betty Barber	24:58.6
Gary Wallace	4:44.9	Joe Burns	6:02.78									Ed Gawinski	17:08	M45-49	
Stephen De Sisto 41	4:46.4	M70-74	5:59.31									Jack Starr	18:04.5	Jean McClaran	20:39
E Poirier	4:46.54	Lloyd Young	6:15.69									John Nervetti	18:40.6	Joan Rowland	20:45
John Fann	4:47.66	A Messenger	6:17.61									Bob McClaran	19:36	Mina Charles 69	21:31.6
G Frost	4:47.66	S Toabe	6:48.00									Dick Donley	20:23	Jo Presser	23:28
Henry Finch	4:47.9	Nate White	7:01.79									M70-74		Jean Wasser	24:05.3
Tom Eisenrich	4:48.17	M75-79	6:17.61									Donald Cotner	19:40.7	M70-74	
Tom Derderian	4:48.47	B Matteson	6:17.61											Queenie Thompson	7122:22.9
Tom Weber	4:48.55	BethAnn DeCiantis	5:03.38											Jean Cotner	25:44
Tom Surprenant	4:49.11	Sara Falso	5:45												
Phil Yoder	4:49.3	Sandy Gregorich 31	5:45.02												
Bob Torchia	4:49.7	L Reilly	5:52.97												
Jack Afarian 43	4:50.8	Lorrie Marnell 32	5:55.44												
R Fuckerin	4:51.11	M35-39	4:59.5												
Carl Cappello	4:54.56	Ann Forbes 37	5:09												
Vincent Shaw	4:55.53	Janice Morra	5:48												
Rob Jackson	4:55.59	C Comiso-Fanelli	6:02.79												
Ridge Kelley	4:57.29	C Scheer	6:13.26												
Randy Waterman 42	4:57.5	K Lein	6:17.07												
Walter Brown	4:59.89	M40-44	5:35												
Thomas Resch	5:01.9	P Dickson Taylor	5:36												
Steve Cottrell	5:01.9	Barbara Blaszk	5:49.56												
Paul Piliero	5:03.6	Marcy Gilles	5:55.12												
Daniel Gonzalez	5:04.2	MaryBeth Hasenauer	6:04.09												
John Hoffman	5:05.44	Mary Rosado	6:12.56												
Bill Kehner	5:05.6	Carol Gellman	6:17.07												
Poger Gutzwiler	5:06.1	Diane Hawkins	6:17.56												
Rick Cleary	5:07.23	Jeannine Naslund	5:40.02												
Dave Rossiter	5:07.38	M45-49	5:45.63												
Bob Pertak	5:09.31	A Schmitt	5:55.9												
Ken Florence	5:10.55	Cathy VanLeuven	5:55.9												
Kevin Morrisroe	5:12	Birgit Horn	5:56.10												
Rick Davis	5:12.4	Sylvie Kinche	6:02.00												
Peter Corsino?	5:12.78	M Salvetti	6:07.36												
Will Vehrs	5:12.9	Mary Hiatt													
Rich Bernstein	5:13.03														
Phil Riposo	5:13.85														
Rick Cleary	5:15														
Mark Vernacchia	5:15.4														
Brian Shepherd	5:16.50														
Scott Smith	5:17														

## NOW AVAILABLE

### 1993 U.S. Masters Outdoor T&F Rankings Book

- Men's and women's 1993 U.S. 5-year track & field age-group rankings.
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# RECIPIENTS OF CERTIFICATES/PATCHES AS ALL-AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE

<b>W35-39</b> Nancy Soell 400M 64.64 4-16-94 100M 13.46 4-30-94 200M 27.34 4-30-94	<b>M35-39</b> Derek E. Shelton Long Jump 6.65 3-27-94 Triple Jump 13.35 3-27-94 Rick Samaha 800M 2:03.7 4-30-94 Mark Williamson 110M HH 16.4 9-05-93	<b>M50-54</b> Winston Crandall 1500M RW 7:13 4-24-94 Larry Gardner Pentathlon 2883 Pts. 3-05-94 Jerry Whitten 2 Mile RW 16:23 3-26-94	<b>M60-64</b> James F. Brady Weight #56 4.84 4-17-93 Weight #56 5.03 4-10-94
<b>W40-44</b> Linda Lowery Long Jump 4.48 3-27-94	<b>M40-44</b> Michael Skoflanc Long Jump 19-5 1-15-94 Long Jump 19-5 2-19-94	<b>M55-59</b> Charles Dudley 100M 12.06 7-18-93 200M 25.7 7-18-93 Everett Hardy Discus 127-11 7-10-93 Charlie Richard Triple Jump 34-1 3-27-94	<b>M65-69</b> Roy Chernock 100H 17.01 4-23-94 Emmett M. Edwards Shot Put 36-0 2-13-94 Jack Starr 1500M RW 8:14 10-02-93 3000M RW 17:08 3-05-94
<b>W45-49</b> Jackie Jessup 10K RW 57:31 4-17-94	<b>M45-49</b> Thomas Light Pentathlon 2892 Pts. 3-05-94		
<b>W50-54</b> Barbara Stewart Pole Vault 2.28 3-25-94 Dorothy Withem Mile 8:54 4-01-94			

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

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
Mile	4:31	4:35	4:42	4:53	5:07	5:25	5:49	6:14	6:51	7:38	8:42	10:10
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:00	33:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:15	69:30
110H	15.3	16.4	17.75	18.75								
100H					18.0	19.0	20.0	21.3				
400H	57.6	59.7	62.0	64.4	67.2	70.6			18.0	21.0	25.0	30.0
300H					48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC	10:00	10:20	10:55	11:40	12:30	13:20						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.13	1.02	.92
	6-4 1/2	6-3 3/4	5-9 1/2	5-6	5-2 1/2	4-11	4-7 1/2	4-4	4-1 1/2	3-8	3-4	3-1
PV	4.40	4.15	3.90	3.60	3.30	3.05	2.80	2.55	2.30	2.05	1.80	1.50
	14-5 1/2	13-7 1/2	12-9 1/2	11-9 1/2	10-10	9-2 1/2	8-4 1/2	7-6 1/2	6-8 1/2	5-11	4-11	4-11
LJ	6.55	6.20	5.85	5.45	5.10	4.75	4.40	4.00	3.65	3.35	3.00	2.65
	21-6	20-4 1/2	19-2 1/2	17-10 1/2	16-9	15-7	14-5 1/2	13-1 1/2	11-11 1/2	11-0	9-10	8-8 1/2
TJ	13.35	12.65	11.90	11.15	10.40	9.65	8.90	8.20	7.50	6.80	6.10	5.50
	43-9 1/2	41-6	39-1 1/2	36-7	34-1 1/2	31-8	29-2 1/2	26-11	24-7 1/2	22-4	20-1 1/2	18-1 1/2
Shot	15.20	14.10	13.00	12.00	11.20	10.40	10.00	10.80	10.00	8.80	7.65	6.50
	49-10 1/2	46-3 1/2	42-8	39-4 1/2	40-8 1/2	36-9	39-4 1/2	35-5 1/2	33-0	28-10 1/2	25-1 1/2	21-4
Discus	44.80	42.60	40.60	38.00	40.00	36.40	40.00	36.80	31.60	26.40	21.40	16.20
	147-0	139-9	133-2	124-8	131-3	119-5	131-3	120-9	103-8	86-7	70-2 1/2	53-2
Hammer	47.24	44.20	41.14	38.10	38.40	36.00	33.00	29.00	25.00	22.50	18.00	15.00
	155-0	145-0	135-0	125-0	126-0	118-1	118-1	108-3	95-2	82-0	73-10	60-0
Jav	62.00	57.00	52.00	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
	203-5	187-0	170-7	157-6	141-1	126-4	131-3	114-10	95-2	78-9	62-4	49-2
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.00
25#Wt.							11.00	10.00	9.00	8.00	7.00	6.00
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
Pen	2800	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600
Dec	5500	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250

notes: 1) 100 standards are for automatic time; use standard conversion for hand time.  
2) Short hurdles: 30-39: 33"; 50-59: 36"; 60-69: 33"; 70+: 30".  
3) Long hurdles: 30-39: 36"; 50-59: 33"; 60+: 30".  
4) Shot put: 30-39: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k.  
5) Discus throw: 30-39: 2kg; 50-59: 1.5kg; 60+: 1.0kg.  
6) Hammer: 30-39: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k.  
7) Javelin: 30-39: 800g; 60+: 600g.  
8) Metric heights and distances are the standard; feet and inches listed for convenience.  
9) Pen/Dec: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).

## U.S. MASTERS ALL AMERICAN STANDARDS OF EXCELLENCE FOR MASTERS RACE WALKERS

	1.5K	mile	3k	5k	8k	10k	15k	20k	25k	30k	40k	50k
F30	7:13	7:47	14:50	25:38	42:04	52:43	1:21:56	1:52:06	2:24:43	2:59:15	4:08:45	5:37:30
F35	7:22	8:03	15:18	26:27	43:11	53:56	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:23
F40	7:37	8:21	15:53	27:26	44:47	55:56	1:26:37	1:56:06	2:32:33	3:08:56	4:22:13	5:55:48
F45	8:03	8:41	16:32	28:33	46:35	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:25
F50	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:09
F55	8:55	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	3:36:33	5:01:03	6:49:24
F60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:43
F65	9:48	10:35	20:06	34:43	56:33	1:10:37	1:49:50	2:30:12	3:14:51	4:02:20	5:37:25	7:39:46
F70	10:26	11:15	21:22	36:54	1:00:02	1:15:01	1:56:49	2:39:54	3:27:38	4:18:30	5:50:18	8:11:30
F75	11:10	12:01	22:51	39:28	1:04:10	1:20:14	2:05:05	2:51:18	3:42:50	4:37:46	6:27:35	8:49:28
F80	12:03	12:58	24:41	42:37	1:09:13	1:26:38	2:15:15	3:05:24	4:01:36	5:01:39	7:01:26	9:47:35
F85	13:13	14:15	27:05	46:45	1:15:50	1:35:01	2:28:37	3:24:00	4:26:20	5:33:10	7:46:16	10:39:15
F90	14:56	16:06	30:36	42:14	1:25:30	1:47:18	2:48:13	3:51:12				
M30	6:31	7:01	13:21	23:05	37:57	47:49	1:13:10	1:38:18	2:05:12	2:32:17	3:27:30	4:31:00
M35	6:43	7:14	13:47	23:46	38:55	48:53	1:14:28	1:39:43	2:06:56	2:34:14	3:30:17	4:34:53
M40	6:58	7:29	14:16	24:24	40:15	50:32	1:17:03	1:43:13	2:11:29	2:39:47	3:37:53	4:44:49
M45	7:13	7:46	14:47	25:31	41:44	52:25	1:19:58	1:47:10	2:16:35	2:46:05	3:46:36	4:56:24
M50	7:33	8:05	15:23	26:33	43:25	54:32	1:23:14	1:51:37	2:22:20	2:53:13	3:56:29	5:09:29
M55	7:50	8:26	16:04	27:43	45:19	56:55	1:26:56	1:56:38	2:28:52	3:01:19	4:07:41	5:24:22
M60	8:13	8:51	16:50	29:02	47:28	59:38	1:31:10	2:02:23	2:36:20	3:10:33	4:20:30	5:41:23
M65	8:38	9:19	17:43	30:33	49:55	1:02:45	1:36:01	2:08:58	2:44:53	3:21:11	4:35:15	6:01:01
M70	9:08	9:50	18:44	32:18	52:46	1:06:21	1:41:37	2:16:35	2:53:56	3:33:31	4:52:23	6:23:51
M75	9:43	10:28	19:55	34:20	56:04	1:10:35	1:48:13	2:25:34	3:05:02	3:48:05	5:12:40	6:50:54
M80	10:26	11:14	21:22	36:50	60:06	1:15:44	1:56:15	2:36:31	3:20:50	4:05:57	5:37:34	7:24:11
M85	11:21	12:13	23:14	40:04	65:20	1:22:26	2:06:43	2:50:48	3:39:31	4:29:18	6:10:11	8:07:50
M90	12:41	13:39	25:58	44:45	72:52	1:32:08	2:21:52	3:11:28	4:06:38	5:03:17	6:57:43	9:11:37

Age-graded times/.8 for mid-point of each 5-year interval (e.g. age 32, 37, 42, 47 etc.)

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

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0
400	63.5	65.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	96.5	103.3
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48
Mile	5:34	5:44	5:55	6:07	6:26	6:49	7:19	7:46	8:47	9:39	10:45
5000	19:45	20:30	21:20	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.5	79.9	84.4	88.8							
300H					66.0	72.0	79.0	87.0	96.0		
HJ	1.42 4-8	1.35 4-5½	1.27 4-2	1.19 3-11	1.12 3-8	1.07 3-6½	1.02 3-4½	.97 3-2½	.92 3-0½	.89 2-11	.84 2-9
PV	2.70 8-10½	2.40 7-10½	2.10 6-11	1.80 5-11	1.50 4-11	1.20 3-11	1.10 3-7½	1.00 3-3½	0.90 2-11	0.80 2-7½	0.70 2-3½
LJ	5.00 16-5	4.60 15-1	4.25 13-11½	3.90 12-9½	3.55 11-8	3.20 10-6	2.85 9-4½	2.60 8-6½	2.35 7-8½	2.10 6-11	2.00 6-7
TJ	10.00 32-10	9.20 30-2½	8.60 28-2½	7.80 25-7½	7.18 23-7	6.40 21-0	5.70 18-8½	5.20 17-1	4.70 15-5	4.20 13-9½	3.80 12-5½
Shot	10.30 33-9½	9.30 30-6½	8.40 27-7	7.70 25-3½	7.95 26-1	7.20 23-7½	6.50 21-4	5.80 19-0½	5.25 17-3	4.70 15-5	4.25 13-11½
Jav	29.50 129-7	33.50 109-11	27.50 93-6	21.50 70-6½	25.00 82-0	19.00 62-4	18.00 59-1	16.00 52-6	15.00 49-2	14.00 45-11	13.50 44-4
Discus	30.0 98-5	27.8 91-2	26.0 85-4	24.0 78-9	22.0 72-2	20.0 65-8	18.0 59-1	16.0 52-6	15.0 49-2	14.0 45-11	13.5 44-4
Hammer	35.0 131-3	32.5 114-10	30.0 98-5	25.0 82-0	23.0 75-6	22.0 72-2	20.0 65-8	18.0 59-1	14.0 45-11	12.0 39-5	9.0 29-7
20Pwt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75
16Pwt.					8.00	7.00	6.00	5.50	5.25	5.00	4.75



# TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces/2 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

## EAST

### Penn Relays, Philadelphia, April 28-30, Philadelphia, PA

#### Age-graded Masters Pole Vault\*

Phil Raschker	W47	3.28
Phil Mulkey	61	3.51
Gerry Counihan	55	3.67
Jeff Kingstad	41	4.19
Ken Kring	42	3.97
Jeff Tindall	51	3.36
Tom Taft	45	3.51
Brant Tolma	44	3.67
Jerry Donley	64	n.h.

\* Age-graded per new WAVA standards. Order as shown.

#### 4 x 100 Men 40+ (section I)

Houston Masters Elite (Russell Austin, T.J. Lester, Robert Mitchell, Bill Collins) 43.48

Atlanta TC	44.55
East Texas T&F Club	45.51
Philadelphia Masters	46.02
Boston Running Club	46.08
DC Masters	46.45
Pony Express	46.63
Puerto Rico Masters	dnf

#### 4 x 100 Men 40+ (section II)

L.E.A.F.F. TC	44.66
Masters of the Universe	45.25
Garden State AC	48.17
Richmond TC	48.37
Maryland Masters	48.53
Boston RC B	49.63
Harrisburg Masters	dnf
Shore AC	dnf

#### 4 x 100 Men 50+

Caribbean Connection (Larry Wilson, Melvin Wongshing, K. Bernard, Ed Roberts)	47.70
New York Pioneers A	48.69
New York Pioneers B	48.89
Potomac Valley TC	49.06
Philadelphia Masters	50.20
Power Bar World EL 65+	52.49
Garden State AC	53.97
Shore AC 60+	54.74
Phila. Masters 70+	61.10

#### 100-m dash Men 40+

Kevin Nance	11.15
Billy Johnson	11.29
Bill Collins	11.31
Thomas Jones	11.39
Keith Witherspoon	11.41
Tom Thompson	11.60
Bob Bowen	11.79
Garry Crawford	11.91
Neil Steinberg	11.92

#### 100-m dash Men 50+

Edwin Roberts	12.11
Bob Williams	12.48
Larry Colbert	12.69
Alby Williams	12.73
Rab Hagin	13.02
Irv Heath	13.02
Bill Burrell	13.25
Dick Ocker	13.39
Roger Phillips	dnf

#### 100-m dash Men 60+ (hand times)

Jim Law	13.0
Jim Stookey	13.1
Alex Johnson	13.2
Chuck Sochor	13.2
Matt Brown	13.4
Phil Mulkey	13.4
Bert Lancaster	13.7
William Clark	13.8
Gordon Seifert	13.9
William Daprano	14.0

#### 4 x 400 Men 50+

Potomac Valley TC (Alby Williams, Ralph Romain, Ken Baker, Larry Colbert)	3:47.69
Phila. Masters A	3:59.95
New York Pioneers	4:02.58
Central Park TC A	4:05.32
Garden State AC	4:10.63
Phila. Masters B	4:14.43
Central Park TC B	4:15.11
Hurley's Heroes TC	5:24.55

#### 10,000 racewalk (Masters men)

Gary Null	49:50.65
Dave Romansky	52:31.68

#### 5000 racewalk (Masters women)

Phyllis Hansen	27:16.03
Pat Weir	27:16.50
Elton Richardson	28:31.94
Gayle Johnson	disq
Maria Moulton	disq

#### 4 x 400 Men 40+

Houston Masters Elite (Robert Mitchell, T.J. Lester, Bill Collins, Russell Austin)	3:30.24
East Texas T&F	3:31.13
Philadelphia Masters	3:33.60
LEAFF TC	3:35.43
Pony Express TC	3:35.92
Central Park TC	3:36.15
Maryland Masters	3:38.21
Team United	3:38.81
Harrisburg Masters	3:42.22
Boston RC	3:42.23
New York Pioneers	3:42.76
NADIA TC	3:48.81

#### 100m dash Men 75+

Jay Sponseller (76)	15.22
Dave Hall (76)	15.88
Gar Schoener (78)	16.05
Champion Goldy (77)	16.07
Al Fairchild (75)	16.94
Sparks Sorlien (77)	17.00
Claude Hills (81)	18.64
Dick Lacey (83)	19.56

#### Runner's World Masters Mile

Ed Spinney OR	4:17.00
Swag Hartel KY	4:21.15
Dave Reinhardt MA	4:21.98
Ken Sparks OH	4:22.38
Gary Fanelli PA	4:25.02
Peter Bortolotti MA	4:38.11
Harry Nolan NJ	4:47.91

## SOUTHEAST

### Naples On The Gulf Meet Naples, FL; April 9

#### 100m

M30 Lenwood Rance	11.48
Ural Darling	12.20
Lindsey Thurman	12.89
M35 Harvey Jackson	11.43
Tony Holmes	11.93
Darryl Diamond	11.97
M40 Matt Stikowski	12.78
M45 Tyrone Carlis	11.4
Robert Zimmerman	11.8
Jon Davis	12.2
M50 Peter Tams	13.23
Bill Eubanks	13.39
Mike Strayhorn	15.19

#### M55 Nemour Delaneville

Jon Albitz	14.31
Don North	14.98
M60 Bob Bradley	15.96
M65 Roy Chernock	14.12
Dick Klein	16.41
M70 Tom Kennell	15.41
M75 Jay Sponseller	15.67
Gene Abdenour	16.38
M80 Igor Storojeff	30.37
W40 Jocelyn Lowther	13.91
W45 Pamela Duncan	15.13
W50 Joy MacDonald	15.41
W60 Janet Freeman	16.27
Betty Neal	17.91
W65 Jean Udell	18.46
Ann Edgington	21.26

#### 200m

M30 L Rance	24.04
Ural Darling	24.71
Armon Henry	25.64
M35 Tony Holmes	23.78
Harvey Jackson	23.96
Darryl Diamond	24.63
M40 Craig Torrey	29.04
M45 Tyrone Carlis	24.11
Robert Zimmerman	24.61
Jon Davis	25.60
M50 Peter Tams	27.52
Bill Eubanks	28.04
M55 Jon Albitz	30.70
M60 Bill Gentry	32.46
M65 Dick Klein	33.50
M70 Tom Kennell	31.36
M75 Jay Sponseller	31.82
W40 Jocelyn Lowther	28.49
W45 Pamela Duncan	31.00
W50 Joy MacDonald	31.82
W60 Janet Freeman	34.45
Betty Neal	39.62
W65 Jean Udell	42.47
Ann Edgington	45.43

#### 400m

M30 L Rance	55.54
Devon McDonald	56.40
Armon Henry	59.74
M35 Darryl Diamond	55.00
M40 Sid Cleaves	68.0
M45 R Zimmerman	58.76
Jon Davis	59.57
M55 Phil Teders	74.0
M65 Dick Klein	82.0
Robert Williams	85.0
M70 Jerome Kaufman	97.0
M75 Jay Sponseller	73.0
M80 Igor Storojeff	2:47
W60 Janet Freeman	84.0

#### 800m

M30 Devon McDonald	2:10
M40 Craig Torrey	2:30
Sid Cleaves	2:42
M45 Tom Bersch	2:40.22
Richard Wright	2:46
M50 Mike Strayhorn	2:43
M60 David Rider	2:52.15
Bruce Copperud	2:52.86
Art Bigelow	2:56

#### M65 Robert Williams

M70 Carl Hammen	2:50
W60 Janet Freeman	3:08
M30 Dan Ripka	4:53
M40 Rolando Cabrera	4:42
Sid Cleaves	5:57
John Cudihy	5:59
M45 Doug Schumann	5:23
Biff McGilpin	5:51
M55 Doug Malewicki	6:25
M60 Art Bigelow	6:00
David Rider	6:09
M65 Robert Williams	7:13
M70 Carl Hammen	6:10
W60 Janet Freeman	6:45

#### 5000m

M35 Dan Ripka	17:23
Mitch Norgart	19:46
M40 Mark McGarity	17:03
Robert Short	19:41
Jacques Julien	21:15
M45 Doug Schumann	18:53
M50 Arthur Scheinholz	19:50
M55 Dick Schweers	23:23
M65 Robert Williams	21:53
M70 Paul Hauck	29:24
W30 E Szilagyi	20:20
W55 Kathy Ennis	28:34

#### High Hurdles

M60 Bill Gentry	21.53
M65 Roy Chernock	17.84
M70 Tom Kennell	17.74
M35 John Koplik	5-0
M45 Rudy Vlaardingerbroek	5-0
M50 Peter Tams	4-4
M55 Don North	4-4 1/2
M60 Bruce Copperud	4-5
Bill Gentry	4-2
M65 Jim Gillcrist	5-2
Dennis Edgington	3-5
W65 Ann Edgington	2-11

#### Pole Vault

M30 Lindsey Thurman	8-6
M45 Ron Locker	8-0
M50 Bill Eubanks	9-0
M55 Don North	6-6

#### Long Jump

M30 Warren Washington	21-3
Lenwood Rance	20-3
M40 Wayne Reese	18-8
Craig Torrey	14-4
M45 Tyrone Carlis	19-3
M50 Peter Tams	14-9
M55 N Delaneville	14-4
M60 Bob Bradley	13-11
David Rider	13-3
W40 Jocelyn Lowther	13-10
W60 Betty Neal	10-2

#### Triple Jump

M30 W Washington	38-8
M40 Wayne Reese	40-1
M45 Tyrone Carlis	36-10
M55 Nemour Delaneville	30-6
M60 Bob Bradley	28-11
M70 Tom Kennell	28-9

#### Shot Put

M30 Mike Valenti	47-4
M35 Roy Silvers	41-4
M40 Bill Dimitrioules	37-2
M45 R Vlaardingerbroek	39-5 1/2
M50 Jerry Arline	36-10 1/2
Larry Morrell	35-11 1/2
M55 Jon Albitz	37-4
Larry Gorton	37-2
Don North	33-4
M60 Len Olson	41-6
J E Roy	39-6 1/2
Reed Quinn	36-9

M65 Jim Gillcrist	38-8 1/2
Dean Davis	27-2 1/2
Dennis Edgington	26-9 1/2
M70 Gerald Udell	26-3
M75 Gene Abdenour	32-1 1/2
M80 Ernest Dennison	28-3 1/2
W50 Vanessa Hilliard	37-2 1/2
W55 Erika Messner	31-0
W60 Betty Neal	25-4
Janet Freeman	24-6
W65 Jean Udell	19-1

#### Discus

M30 Mike Valenti	125-3
M35 Gary England	152-8
Roy Silvers	108-8
M40 Bill Dimitrioules	111-11
Jacques Julien	69-1
M45 R Vlaardingerbroek	121-5
M50 Jerry Arline	133-9
Larry Morrell	98-5
M55 Jon Albitz	112-2
Don North	83-5
M60 Len Olson	159-10
Rudy Bredenbeck	130-1
Reed Quinn	127-3
M65 Jim Gillcrist	133-4
Dean Davis	107-11
Jim McGray	88-1
M70 Gerald Udell	57-10
M75 Tom McDermott	109-1
Gene Abdenour	96-5
M80 Ernest Dennison	78-6
Igor Storojeff	64-2

#### W30 Pam Holland

W50 Vanessa Hilliard	84-1
W55 Erika Messner	79-9
W60 Betty Neal	62-1
Janet Freeman	50-6
W65 Jean Udell	41-11

#### Hammer

M35 Roy Silvers	132-5
M45 Joe Ross	120-5
R Vlaardingerbroek	115-8
M50 Jerry Arline	134-0
M55 Don North	59-3
M60 Len Olson	132-3
J E Roy	111-2
M65 Dean Davis	50-3
M75 Tom McDermott	126-3
W50 Vanessa Hilliard	136-9
W55 Erika Messner	90-5

#### Javelin

M30 Robert Monico	118-11
M35 Gary England	171-8
Jon Koplik	100-3
M40 Jacques Julien	86-9
M45 R Vlaardingerbroek	168-0
M50 Tom Murphy	124-4
Jerry Arline	113-7
Larry Morrell	103-2
M55 Don North	104-1
M60 Len Olson	117-2
Reed Quinn	115-0
Bill Gentry	107-11
M65 Dean Davis	74-5
M70 Gerald Udell	68-3
M80 Ernest Dennison	59-10
Igor Storojeff	37-3
W50 Joy McDonald	62-9
W55 Erika Messner	81-1
W60 Janet Freeman	56-8
Betty Neal	56-4
W65 Jean Udell	50-0

#### Weight Throw

M35 Roy Silvers	37-5 1/2
M45 Joe Ross	35-9
M50 Jerry Arline	35-7 1/2
Larry Morrell	20-7
M55 Don North	24-3
M60 Austin Baggett	46-4 1/2
Len Olson	40-9
Jim Brady	30-8
W50 Vanessa Hilliard	47-6
W55 Erika Messner	31-6 1/2

#### 56# Weight

M35 Roy Silvers	23-9
M45 Joe Ross	22-8 1/2
M55 Don North	14-4
M60 Austin Baggett	22-3
Len Olson	18-4
Jim Brady	16-6

#### 5000m Racewalk

M50 Bob Melin	35:12
M55 Richard Ennis	38:11
M60 Stan McDonald	33:36
Roe Rogers	36:11
M65 Erik Johansson	33:38
Al Christiansen	34:39
Wayne Schutte	38:10
W70 Jerome Kaufman	34:30
W30 Sharon Rimes	32:50
W35 Val Tomic	33:27
W45 Alba Campbell	29:26
Diana Pettito	36:00
Barbara Bixby	38:34
W55 Joy Clingman	33:03
W60 June-Marie Provost	30:51
Bonnie Vaughn	34:18
W65 Mary Lund	34:56
Jacqueline Freese	37:16
Marge Peyrot	39:04

#### Darlington Games

#### Darlington, SC; April 9

50m	
M50 Mike Valle	7.33
M60 Don Anderson	7.51
M70 Carl Bock	9.22
W55 Vi Hudson	14.10

100m	
M50 Mike Valle	13.08
M60 Don Anderson	15.98
M70 Carl Bock	16.19
800m	
M40 Alex Anderson	2:



## Continued from previous page

5000m RW	
M60 Bob Fine	30:24.2
W40 Cheryl Carey	36:35.5
W55 Joy Clingan	32:40.0

**SOUTHWEST****Houston Senior Olympics**  
Houston, TX; April 13-14

100m	
M50 Michael Spratt	13.18
Larry Silver	13.75
M55 Max Yates	13.77
Charlie Richard	13.98
M60 Joe Summerlin	13.71
Bill Duer	14.50
M65 Wilford Scott	13.64
Erling Krosby	14.01
M70 Dale Buysse	16.53
John Alexander	20.06
M75 Shou Chang Ou	20.20
Hill Feagin	25.32
M80 Don Price	19.23
W50 Sarah Blackburn	23.06
W55 Bernice Bordelon	18.61
Joann Scoma	20.06
W60 Eda Gore	17.62
Louise Reynolds	19.27
W65 Marie Blackwell	22.41
W70 Margaret Hinton	18.17

200m	
M50 Michael Spratt	27.61
Rojelio Trevino	28.67
M55 Mack Stewart	26.70
Charlie Richard	29.03
M60 Joe Summerlin	29.30
Bill Duer	30.59
M65 Wilford Scott	28.16
Erling Krosby	29.00
M70 John Alexander	38.35
Dennis Bergeron	57.59
M75 Hill Feagin	60.22
W55 Bernice Bordelon	38.66
W60 Eda Gore	39.60
Louise Reynolds	42.32
W65 Marie Blackwell	50.46
W70 Margaret Hinton	40.96

400m	
M50 Richard Pomrenke	66.56
M55 Mack Stewart	59.51
Anthony Antista	67.06
M60 Duncan MacGregor	68.94
Bill Duer	72.08
M65 Erling Krosby	64.60
Ed Williams	75.13
M70 John Alexander	82.44
M75 Shou Chang Ou	1:52.88
W55 Sally Reed	1:34.23
W60 Evelyn Taylor	2:16.60
W65 Marie Blackwell	1:55.78

800m	
M50 Stan Kelley	2:36.13
M55 Mack Stewart	2:30.88
Anthony Antista	2:37.52
M60 Ino Cantu	2:26.86
Orville Kremmer	2:51.37
M65 Ed Williams	2:58.36
Eugene Nink	3:00.86
M70 Dennis Bergeron	5:23.37
W55 Sally Reed	3:30.30
W60 Evelyn Taylor	5:25.64
W65 Marie Blackwell	4:11.80

1500m	
M50 Michael Carnes	4:55.41
Stan Kelley	5:06.66
M55 Anthony Antista	5:28.91
Jay Stabler	5:59.96
M60 Ino Cantu	4:58.65
Orville Kremmer	5:38.83
M65 Ed Williams	5:57.18
Eugene Nink	5:57.65
W50 Margaret Kishpaugh	9:27.49
W55 Sally Reed	7:06.49
W60 Evelyn Taylor	11:52.23
W65 Marie Blackwell	8:07.33

High Jump	
M50 Larry Silver	4-2
M55 Jackie Lawson	4-4
M60 Bill Smith	4-0
M65 Dick Scott	4-5
Martin Ames	3-10
W55 Bernice Bordelon	3-6
W60 Louise Reynolds	3-2
W65 Ruth Seeger	3-0

Long Jump	
M50 Ray Kozusko	15-10
Rojelio Trevino	15-4
M55 Charlie Richard	16-3
Max Yates	15-8 1/2
M60 Eugene Staniciu	13-3 1/2
Bill Smith	12-10
M65 Dick Scott	13-4
M70 John Alexander	13-11
Malcolm Sherrill	9-4 1/2
M75 Shou Chang Ou	6-6
W55 Bernice Bordelon	10-6 1/2
W60 Eda Gore	7-3
W65 Ruth Seeger	7-9
W70 Margaret Hinton	10-0

Shot Put	
M50 Monroe Ashworth	33-8
Doug McCann	31-6
M55 Henry Wright	34-10
Harold Jensen	26-7
M60 Bohn Hilliard	35-4 1/2
Bill Smith	34-10
Larry Freda	32-10
Jim Gerhardt	36-8 1/2
Dick Scott	33-1
M70 Dale Buysse	39-1
Howard Dewell	30-6

M75 Wade Alexander	28-8
Shou Chang Ou	23-6
Erroll Riewerts	22-11
M80 Ward Parker	25-11
W60 Evelyn Taylor	22-10
Alice English	21-8
Louise Reynolds	21-6 1/2
W65 Ruth Seeger	23-5 1/2
W70 Margaret Hinton	22-3
Millie Buchert	17-5 1/2

Discus	
M50 Cees Penning	109-5
Monroe Ashworth	90-10
M55 Henry Wright	92-1
Harold Jensen	85-1
M60 Bill Smith	120-3
M60 Eugen Staniciu	101-6
M65 Evan Wood	109-1
Jim Gerhardt	108-10
M70 Dale Buysse	134-7
Howard Dewell	82-6
M75 Shou Chang Ou	53-4
Hill Feagin	44-7
W50 Anna Martinez	48-11
W60 Alice English	51-4
K C Donegan	48-10
W65 Ruth Seeger	57-7
W70 Margaret Hinton	50-3 1/2
Millie Buchert	50-3

Javelin	
M50 Larry Silver	116-7
Milan Martinec	103-2
M55 Max Yates	91-1
Joe Konicki	86-7
M60 Eugen Staniciu	115-2
Bill Smith	100-0
M65 Evan Wood	100-0
Dick Scott	97-2
Russ Meyer	84-6
M75 Shou Chang Ou	54-8
Erroll Siewerts	48-1
M80 Ward Parker	61-7
W60 K C Donegan	58-1
Alice English	46-0
W65 Ruth Seeger	57-5
W70 Millie Buchert	48-0
Margaret Hinton	46-0

1500m Racewalk	
M50 Barry Jarvis	9:43.76
Milan Martinec	10:01.47
M55 Harold Jensen	8:56.48
Jim Miller	9:18.29
Bob Skaer	9:18.84
M60 Alexander Vosta	9:02.11
M65 Tom Bass	9:40.05
Bernie Blumenthal	9:56.15
M70 Cy Buchert	10:03.21
W60 Renee Protapapas	12:31.16
W65 Barbara Neuhaus	11:04.83
Alicia Guzman	11:42.99
W70 Marie Lukacs	16:36.73

**Greater New Orleans Regional Senior Games**  
New Orleans, LA; April 23

100m	
M55 Michael Boudreaux	12.93
M60 Jerry Lyons	14.49
M65 Louis Riecke	13.87
M70 Frank Knaus	18.01
M75 Ted Yenari	17.54
W55 Bernice Bordelon	17.84
W60 Louise Reynolds	18.52
M65 Thais Lacrouts	22.62

200m	
M55 Michael Boudreaux	26.65
M60 Jerry Lyons	30.07
M65 Louis Riecke	29.18
M70 George Buchert	47.03
M75 Ted Yenari	39.59
W55 Bernice Bordelon	39.14
W60 Louise Reynolds	42.04

400m	
M55 Michael Boudreaux	58.46
M60 Sid Monteeino	1:14:10
M65 Albert Riecke	1:13.76
W60 Mildred Coleman	1:46.18
M55 Gabe Abene	2:58.31
M60 Charles Wimberley	2:23.48
M65 Dudley Gauthreaux	3:08.64

1500m	
Gabe Abene	6:12.06
M65 Dudley Gauthreaux	6:45.78
M75 John Boots	6:13.78

High Jump	
M55 Fred Eitmann	4-4
M60 Ross Vrooman	4-6
M65 Nick Recon	4-2
M70 Frank Knaus	3-7
W55 Bernice Bordelon	3-7
W60 Louise Reynolds	3-7
W65 Nell Demorelle	3-2

Long Jump	
M55 Charlie Richard	16-11 1/2
M60 Jerry Lyons	13-4 1/2
M65 Al Badinger	13-10-3/4
M70 Delmar Gerard	8-0
W55 Bernice Bordelon	10-7
W60 M N Schweinfurth	9-3

W65 Thais Lacrouts	5-3 1/2
Shot Put	
M55 William Klock	31-11
M60 Roland Forman	29-4 1/2
M65 John Reid	36-7-3/4
M70 Frank Knaus	26-5-3/4
M75 Ed Olsen	24-7 1/2
W60 N B Schweinfurth	19-4 1/2
W65 Thais Lacrouts	21-4 1/2

Discus	
M55 Gerald Labiche	59-9
M60 Ross Vrooman	105-4
M65 John Reid	86-10
M70 George Buchert	78-11
M75 Ed Olsen	59-10
W60 M N Schweinfurth	41-6
W65 Thais Lacrouts	48-10

**WEST****Golden Olympics**  
Sierra Vista, AZ; March 5

50m	
M50 Garp White	8.0
M55 Harold Creson	7.00
M60 Budd Hamilton	7.81
M65 Gerald Doucet	7.31
M70 Hugh Hackett	8.22
M75 John Cross	12.72
M85 John Hodges	22.68

100m	
M55 Harold Creson	13.13
M60 Budd Hamilton	14.81
M65 Gerald Doucet	13.53
M70 Hugh Hackett	15.63
M75 John Cross	27.32
M85 John Hodges	45.63

200m	
M55 H Creson	28.59
M60 Budd Hamilton	33.1
M65 G Doucet	31.41
M70 H Hackett	34.65
M75 J Cross	63.44

400m	
M55 H Creson	70.69
M60 Mark Burns	80.88
M70 H Hackett	1:40.72

800m	
M55 H Creson	3:38
M60 Don Mayer	3:44.8

1500m	
M60 Don Mayer	7:25

High Jump	
M55 H Creson	4-4
M60 Budd Hamilton	3-8
M65 Gerald Doucet	4-4
M70 Hugh Hackett	3-8
M75 John Cross	2-10

Long Jump	
M50 Garp White	11-2
M55 H Creson	14-7
M60 Ken McDonald	12-1
M65 G Doucet	13-7
M70 H Hackett	12-8
M75 John Cross	6-7

Shot Put	
M50 Duane Thompson	38-11
Robert Goff	37-7
M55 Bob Beck	40-11
M60 Ken McDonald	28-1
M65 Harold Krock	30-5
M70 Hugh Hackett	34-9

Discus	
M50 Duane Thompson	112-1
M55 Bob Beck	109-8
M60 Roger Pearson	96-9
M65 Harold Krock	116-7
M70 Hugh Hackett	105-11
M75 John Cross	45-1
M85 John Hedge	37-11

Javelin	
M50 Duane Thompson	90-2
M55 Bufo Morrison	108-1
Harold Creson	105-3
M60 Roger Pearson	82-6
M65 George Butchko	88-9
M70 Hugh Hackett	99-7
M85 John Hodges	30-11

**Bob Watanabe Memorial Meet**  
Drake Stadium, Los Angeles  
April 23

100m	
M30 Alberto Ross	10.7
M35 Harold Carter	11.2
Richard Massey	11.8
William Brown	11.8
M40 Hedley Green	11.4
John Williams	11.5
Vander Dale	12.3
M45 Chuck Smith	11.7
Bill Weinstock	11.8
Sheridan Groves	12.2
M50 Steve Robbins	11.4
Charlie Loftis	12.4
Anthony Craddock	12.7
M55 Kenny Dennis	11.9
Hugo Hartenstein	12.2
Ed Oleata	12.4
M60 Nick Newton	12.4
Marion Sanchez	12.5
Don Benton	13.2

3000m	
M30 Dan Markovitz	9:45.0
M35 Bruce Minard	9:41.5
Gary Slayton	10:12.8
M40 Greg McClester	10:03.8
Phil Marshall	10:36.3
Steve Tomasini	10:39.6
M50 Neil Doherty	10:04.8
M55 Bryan Fernes	10:51.2
M60 Jerry Withers	13:46.3
M65 Milo Sather	14:04.3
M75 Norton Jacobs	14:04.3
W40 Tracey Cox	12:48.6
W55 Helen Geoffrion	15:40.2

Short Hurdles	
M35 Mike Merrigan	16.2
M45 Sheridan Groves	17.1
Jorge Birnbaum	21.9
M55 John Carr	19.9
M60 Marion Sanchez	17.3
Dave Douglass	19.5
M65 Bob Higginbotham	19.4
M70 Tom Patsalis	AR13.2

M65 Rocky McPherson	13.5
Pete Escobar	14.1
Gene Harte	14.5
M70 Tom Patsalis	15.1
George Simon	15.9
M75 Al Guidet	16.1
M80 Bert Morrow	17.2
W30 Robyne Moore	14.0
Linda Cummings	15.4
W35 Valerie Scott	13.6
Michele Lewis	13.6
W40 Deby Swezey	13.0
W45 Mellie Cook	15.5
W50 Jeanne Carter	15.2
W65 Johnnie Valien	17.2

200m	
M30 Barry Kettrell	22.1
Rob Lenderink	25.5
M35 Lefe Fowler	23.3
Steve Cummings	24.9
John Arbogast	28.3
M40 John Williams	24.7
Rick Thoman	25.8
Carlos Ferreira	26.5
M45 Herman Castille	24.0
Bill Weinstock	24.9
William Gelbart	26.7
M50 Chas Loftis	25.4
Anthony Craddock	27.9
Mel Brooks	nta
M55 Kenny Dennis	25.3
Ed Oleata	25.8
Charles Kirby	26.1
M60 Nick Newton	25.6
Don Benton	27.5
Sam Flory	28.6
M65 Rocky McPherson	29.1
Gene Harte	32.2
M70 George Simon	34.1
M75 Al Guidet	35.3
W30 Linda Cummings	32.9
W50 Jeanne Carter	31.4

400m	
M30 Cornell Stephenson	51.3
Rob Lenderink	54.9
M35 Lefe Fowler	53.9
William Brown	54.9
Steve Cummings	55.9
M40 Frank Demby	59.9
Mike Moorfield	61.6
Phil Nestin	61.8
M45 Matt Pruitt	52.8
Herman Castille	53.4
Bill Weinstock	57.7
M50 Steve Robbins	55.0
Mel Brooks	57.4
Terrence Keeney	59.2
M55 Charles Kirby	59.1
Mel Sacks	65.8
M65 Louis Beadle	66.7
Al Escobosa	68.4
Rodney Brown	74.4
W35 Valerie Scott	67.4
Michele Lewis	70.4
Norma Lopez	72.2
W40 Tina Stough	65.6
W65 Sumi Onodera-Leonard	87.9

800m	
M30 Rob Lenderink	2:05.3
M35 Mark Cleary	2:09.9
M40 Mike Tipping	2:11.7
Steve Lassegard	2:18.0
M45 Wayne Douglas	2:12.6



# LONG DISTANCE RESULTS

Please send results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces/2 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

## EAST

### USATF New England 30K Championships Boylston, MA; March 6

Ed Sheehan 36	1:39:46
Lisa Senatore 30	1:57:08
M40 Vladimir Krivoy	1:43:27
Phil Riley	1:48:00
Peter Blomquist	1:49:16
M45 Larry Olsen	1:48:32
Bill Rodgers	1:51:41
Dick Gates	1:55:11
M50 Charlie Pratt	1:59:58
Gus Foley	2:01:59
Joe Dragan	2:02:19
M55 Leo Tomasetti	2:01:05
Jim O'Toole	2:09:15
Robert Smith	2:11:35
M60 Don Ross	2:20:23
Ray Lussier	2:24:24
Richard Fedion	2:28:08
M65 Joe Fernandez	2:05:09
Edward Damish	3:01:37
W40 Deborah Bullerjahn	2:12:11
Sue Aronovitz	2:14:38
Sue Maslowski	2:15:17
W45 Diane McLaughlin	2:26:20
Barbara Kimball	2:37:47
Catherine Farrell	2:41:00
W50 Wendy Burbank	2:26:10
Carie Parsi	2:26:25
Laura Beckwith	2:30:35
W55 Christine Robertson	2:53:19
DeLores Sullivan	3:14:11
Finishers: 663	Weather: 30s
Teams (3)	
M40+ Gr Lowell RR	5:22:22
M50+ Gr Lowell RR	6:17:00
W40+ Liberty AC	7:03:53
W50+ Gr Lowell RR	9:15:39

### New Bedford Half Marathon USATF-New England Champs. New Bedford, MA; March 20

Overall	
Rob Pierce 33 (CO)	1:06:35
Lisa Senatore 30	1:15:57
M40 Vladimir Krivoy	1:10:59
Geoff Smith	1:11:58
Cliff Matthews	1:13:13
M45 Larry Olsen	1:12:16
Jerry Learned	1:16:07
Richard Gates	1:17:01
M50 Summer Brown	1:15:03
Gabriel Bernal	1:21:02
Chuck Keating	1:21:37
M55 Bill Riley	1:21:48
Leo Tomasetti	1:22:38
Bob Reagan	1:25:32
M60 Don Ross	1:34:45
Richard Fedion	1:38:07
Joe Mullen	1:39:15
M65 Joe Fernandez	1:24:36
Phil Mongillo	1:41:48
Frank Nealon	1:51:53
M70 Joe Pascale	1:59:34
Sanford Udis	2:03:44
Edward Fenton	2:12:07
W40 Eileen Troy	1:27:43
Deb Bullerjahn	1:28:20
Sue Aronovitz	1:32:06
W45 Kathleen Beebe	1:28:25
Elaine Stoeckle	1:29:20
Kathy Clim	1:31:30
W50 Wendy Burbank	1:35:56
Laura Beckwith	1:41:02
Betsy Harshbarger	1:41:35
W55 Carrie Parsi	1:36:16
Marlene Yanetti	1:47:19
W60 Barbara Robinson	1:42:28
Berna Findley	2:08:56
Betsy Page	2:19:56
W75 Marie Lunt	2:15:51
Louise Rosetti	2:31:56
1518 finishers	
Teams	
M40+ (5) Cent MA Str	6:11:31
M50+ (3) Boston RC	4:09:19
W40+ (3) Liberty AC	4:41:05
W50+ (3) Liberty AC	4:58:38

### Ringwood Spring Festival 10K, Ringwood, New Jersey April 9

M40 Manuel Gama	35:17
Roger Johnson	37:27
Bill Bosman	37:30
M45 Roger Price	35:41
James Foley	40:35
Don Shumeyko	40:40
M50 Victor Cruz	36:40
Julio Logo	39:46
Jeff Guttenberger	39:57
M55 Henry Pontious	45:07
Robert Bernard	46:27
John Hains	40:40

M60 Stan Chodnicki	43:29
Joseph LaBruno	43:30
Hans Hunziker	44:15
W40 Jane Parks	41:48
Lily Kosaka	43:25
Kuniko Hurley	43:55
M45 Inge Weissaupt	43:45
Jean Perrelli	50:25
Roslie Ratcliffe	57:57
W50 Madeline Bost	46:33
Marianne Neuber	47:41
Helene Samuelson	51:43
W55 Nancy Patron	53:28
W60 Lois Filreis	53:31
Melva Murray	71:57
W65 Joyce Kuschke	57:14
331 Finishers	

### Cherry Blossom 10 Mile Washington, DC; April 10

Overall	
William Siegel 24 KEN	46:01
Helen Chepengo 26 KEN	54:05
M40 Ric Banning	52:17
Chuck Moeser	54:17
Ronnie Knepper	57:16
Bennett Beach	57:24
Gary Adkins	58:01
M45 Christopher Mason	58:00
John Dix	59:00
Ken Shipp	59:28
Mike Piper	59:41
John Sherlock III	60:01
M50 Richard Stotlar	59:13
Bobby Dannelley	59:34
Edward Doheny	59:57
Gerry Ives	60:40
John Haubert	62:36
M55 Jim O'Neill	54:25
Fay Bradley	57:50
John Dugdale	63:18
Warren Ohlrich	64:15
Chan Robbins	64:56
M60 Norman Green Jr	59:38
Larry Dickerson	68:22
George Yannakakis	68:28
Robert Smith	70:02
M65 Jerry Crockett	72:04
Nianxiang Xie	74:50
Richard Cosby	78:39
M70 Lou Lodovico	69:21
Nate White	82:51
Francis Pierce	87:24
M75 Joseph Abbas	2:28:06
M80+John Petroff 85	2:15:15
W40 Sally Brent	64:35
Cathie Schmidt	65:15
Joyce Adams	66:57
Susan Humphries	69:12
Betty Newton	69:38
W45 Cheryl Ralya	64:31
Joyce Rankin	67:12
Barbara Ekstrom	69:28
Jane Serues	71:51
W50 S Rae Baymiller	63:59
Chris Stockdale	68:03
Elaine Unterman	70:06
W55 Diane Palmason	68:24
Wen-Shi Yu	73:37
Ecris Williams	74:17
W60 Gloria Brown 62	75:38
Maggie Solomon 60	72:11
Janine Maltas 67	85:26
W70 Hedy Marque 76	92:03
Loretta Shehan 71	96:45
* US age-group record	

### Queens Half-Marathon College Point, Queens, NYC; April 10

Overall	
Esteban Vanegas 23	1:07:32
Jeanne Peterson 24	1:18:35
M40 Louis Calvano	1:16:09
M45 Wes Wessely	1:18:28
M50 Samuel Skinner	1:17:21
M55 Philmore Brewer	1:31:20
M60 Edmund Sandaas	1:45:37
M65 Joseph Burns	1:38:01
M70 Sab Koide	1:54:51
M75 Wilfredo Rios	2:14:07
W40 Kathy Gribbon	1:27:58
W45 Flora Flores	1:39:39
W50 Edith Jones	1:46:32
W55 Lisa Praskins	1:41:40
W60 Thelma Wilson	1:49:45
W65 Daisy Klein	2:17:07
W70 Althea Wetherbee	2:29:31

### Skaggs-Walsh 5K College Point, Queens, NYC; April 10

Overall	
Jim Stemm 33	15:24
C. Gentile-Darmanin 34	17:22
M40 Daniel Brach	16:06
M45 Art Hall	16:55

M50 Kenneth Herel	19:33
M55 Gilbert DeMill	25:39
M60 Geza Feld	19:34
M65 Jack Haar	21:27
M70 Thomas Gibbons	26:24
M75 James Keeney	27:49
W40 Diane Hawkins	21:22
W45 Elizabeth Penagos	22:36
W50 Marilyn Greeley	22:01
W55 Joan Bondell	23:19
W60 D A Finkelstein	27:36
W65 Marcella Tobias	40:58

### Sallie Mae 10K

Washington, DC; April 17

Overall	
Gilbert Ruto 29	28:31
Jane Omoro 20	32:27
M35 Tim Dunlap	32:13
Curtis Davis	33:48
M40 Gary Zeuner	30:59
Charlie McMullen	31:03
Ric Banning	31:04
Bryan Stride	31:09
Chuck Moeser	32:33
Harry Goldman	32:49
M45 Bob Schlau	31:15
James Pryde	31:53
John Dix	34:45
M50 Ed Doheny	35:32
Gerry Ives	36:12
Rob Wesson	36:46
M55 Roland Hill	39:55
Julian Ives	40:23
Art Morey	40:33
M60 Larry Dickerson	40:34
Robert Smith	41:48
An Duong	45:55
M65 Herb Chisolm	44:17
Ed Nutt	48:26
Ray Blue	51:20
M70 Vince Rak	56:52
W35 Debra Porter	37:39
Cathy VenturaMerkel	38:36
W40 Rebecca Stockdale	36:46
Cathy Lempesis	36:52
Nancy Grayson	37:12
Susan Humphries	41:22
Donna Sasser	44:44
W45 Claudia Ciavarella	41:28
Frona Hall	46:23
Susan Falsey	47:25
W50 Eliz Rodriguez	45:57
Jane Metzler	48:16
Sally McMillen	50:15
W55 Betty Keeney	53:38
Nilvia Moncada	65:26
W60 Nancy Ammermuller	54:31
Kasey Mayfield	55:12
W65 Janine Maltas	52:02
Ani Rak	61:35

### Cherry Blossom 10K Newark, New Jersey April 17

M40 Roger Price	34:25
Larry Graham	35:23
Carlos Santos	36:05
M45 Sid Howard	36:51
Victor Cruz	37:18
George Wittmann	38:41
M60 Geo Studzinski	43:40
Joseph LaBruno	44:10
Mark Lannigan	48:14
M40 Paul D. Taylor	43:36
Lorraine Billie	46:11
Nancy Grabow	47:50
W50 Madeline Bost	45:39
Ann Gillespie	48:06
Pat O'Hanlon	52:07
W60 Melva Murray	70:09
765 Finishers	

### Boston Marathon April 18

M50-59	
Melody Schulz 52 CA	3:20:28
Christine Huf 52 GER	3:20:51
Wen-Shi Yu 59 NY	3:24:18
Joyce Gaskin 57 TX	3:28:55
Wendy Burbank 51 MA	3:28:55
Fidelia Patino 54 MA	3:32:08
Anne Madeiros 50 NE	3:32:35
Suzanne Murphy 56 CA	3:33:03
Louise Walters 54 CA	3:34:31
Monica Lindholm 50 WA	3:35:05
W60-69	
B. Robinson 60 MA	3:39:23
B-J. McHugh 66 CAN	3:48:22
Beverly Lampe 62 WI	4:11:34
Helen Corley 61 FL	4:12:17
Pat McMahon 61 IRL	4:57:54

### Tropicana Run for the Parks 4 Miles Central Park, NYC; April 23

Overall	
Jon Cunningham	20:31
Jean Chodnicki	23:31
M40 Art Hall 47	21:28
Vincent Shaw 41	22:05
Hal Tozer 40	23:11
M50 Hal Lieberman 51	26:06
Rasheed Stith 52	26:14
Nevio Dobry 54	27:22
M60 Warren Kosowsky 60	34:55
Dominick Morea 68	37:56
Jerome Solin 67	46:45
M70+ Sab Koide 70	31:02
Wallace Cutler 71	31:57

Roscoe Brown 72	35:59
W40 Diane Ditchfield 41	24:39
Mary Ryan 47	26:11
Ann Makoske 48	26:49
W50 Patty Parmalee 54	29:10
Edith Jones 54	29:32
Enka Abraham	29:32
W60 Rosa Nales 60	34:13
Joan Fisher 63	37:48
Bertha McGruder 65	40:19
W70+Queenie Thompson 71	39:09
Althea Wetherbee 75	41:06
Juanita Goldman 71	44:33

### Long Island Half-Marathon/ Marathon East Meadow, NY; May 1

--Marathon--	
Masters Overall	
Bob Brioglio 44 7th	2:41:17
Lou Calvano 40 8th	2:46:01
Betty Horstman 48 13th	3:39
--Half-Marathon--	
Overall	
David Mitzi 30	1:11:02
Jeanne Peterson	1:17:15
M10 Chris Webber	1:12:30
Alan Onan	1:13:43
Jerry Miller	1:16:25
Brian Manahan	1:19:30
Jim Hannon	1:20:48
Jeff Goldman	1:20:52
Keith Sullivan	1:21:00
Dennis Nee	1:21:25
M45 Dan Colon	1:21:18
Paul Acosta	1:23:29
Kieran Kelly	1:24:01
Phil Roth	1:24:14
Greg Gengo	1:25:12
M50 Maury Dean	1:18:48
Donny Badalament	1:23:23
John Brodowski	1:26:07
Alan Kirik	1:26:46
Alex Flyntz	1:27:52
M55 Mel Cowgill	1:24:24
Rich Murphy	1:26:20
Joe Cordero	1:26:29
Jose Mendez	1:29:52
M60 Ken Gill	1:26:48
Bill Evans	1:35:21
M65 Colin Harris	1:35:37
John Corrigan	1:36:34
John Sullivan	1:36:59
M70+John Dowd 71	1:51:21
Sydney Platt 70	2:10:51
Sydney Young 72	2:11:18
W40 Kathy Martin	1:27:35

Diane Gordon	1:30:55
Corinne Hingren	1:35:11
Jane Faraldi	1:35:57
M45 Maddy Harmelin	1:29:21
Mary Anne Leahy	1:36:18
Diane Ortiz	1:36:40
Laura Schay	1:36:42
W50 Edith Jones	1:44:52
Clodagh Murray	1:51:53
Chris Guarino	1:56:20
Lorraine Busciemo	1:56:21
M55 Marion Stanjones	1:35:55
Margaret Cirinci	1:55:40
W60 none	
W70+Althea Wetherbee 74	nta

### NYRR Roosevelt Island Spring 10K, NYC; May 1

Overall	
Trevor Murray 28	31:33
Gillian Horowitz 38	37:24
M30 Don DiDonato 36	31:35
Cameron Stracher	32:10
M40 Robert Anastasio	33:03
Scott Abercrombie	35:52
Mike Daley	35:59
M45 Wes Wessely	35:32
Salih Talib	36:06
Bob Moritz	36:16
M50 Sam Skinner	35:23
Roger Gocking	37:38
Jack Brennan	40:14
M55 Witold Bialokur	38:42
George Hirsch	42:37
Robert Purphy	43:13
M60 Arnie Green	41:13
Geza Feld	42:31
Hans Hunziker	43:50
M65 Jack Haar	49:00
Don Preven	55:26
Chauncey Leakey	56:27
M70 John McManus	46:54
Sab Koide	51:36
Wallace Cutler	54:18
M75+George Jaffe 79	67:23
Frank Brownstein 76	88:30
W40 Barbara Anderson	41:27
Amy Bahrt	43:26
Mary Rosado	43:57
W45 Jillian Lazaridis	47:10
Krystyna Turowska	47:14
Rita LaBar	51:03
M50 Melanie Benvenue	46:48
Susanna Beltrandi	49:31
Delia Galeano	57:24
W55 Joan Bondell	48:52
Anne Perzeszty	61:59

## WEST

### Fifty-Plus 8K; Stanford, CA; March 20

In the final results you will see a column titled "GRADE" and "RANK". The concept of age-graded scoring is based on the following idea. Tables of "standard" times have been published for all of the major racing distances for men and women starting at age 30 for each single age up to age 90. These standards correspond approximately to world record times for a person of that age and sex at that distance. Your age-graded score is obtained by dividing the standard time by your actual time and converting the result to a percentage. For example, the standard for 52 year old males for 8K is 24:35. If a 52 year old male runs 8K in 31:20, his age-graded score is 24.58/31.33 = 100% = 78.4%. The graded rank results by ranking the finishers from first to last according to their score. The following classification of age-graded scores is often used:

90+ = World Class 80-89% = National Class 70-79% = Regional Class 60-69% = Local Class

The standards for 8K appear below. The top 50 age-graded finishers are listed. This year it took 79.2% to make the top 50 which compares with 78.8% in 1993 and 79.0% for a top 50 finish in 1992. Age-graded scoring makes it easier to see what strong performances were turned in by some of the older runners. Certainly the outstanding performance of the day was by Sal Vasquez at 95.3% which moves him to the top of our all-time age-



Continued from previous page

### Fifty Plus 8K Stanford, CA; March 20

M50	Sal Vasquez	26:15
	Tim Rostegge	28:04
	Jon MacPherson	28:05
	Jim Reitz	28:10
	Dan Preston	28:20
	Steve Stephens	28:50
	Bill Clark	28:54
	Bill Meinhardt	29:06
	Nick Winter	29:09
	Frank Krebs	29:12
	Harvey Franklin	29:17
	Stephen Lyons	29:23
	Eddie Schneider	29:27
	Martin Jones	29:50
	Robert Plant	29:56
M55	David Pitkethly	29:20
	Craig Roland	29:30
	Alan Tracy	29:45
	Karl Griepenberg	29:55
	Russ Kiernan	30:11
	Carlos Saldivar	30:30
	Ken Noel	30:36
M60	Carl Ellsworth	31:49
	Ken Napier	31:59
	Everett Riggle	32:17
	John Lemke	32:26
	Tom Guldman	32:39
M65	Joe King	32:33
	Patrick Devine	32:49
	Jim O'Neil	32:52
	Ray Stewart	35:37
M70	Gary Toji	37:37
	John Burton	38:15
	Walter Eugenio	38:20
M75	Tom Miller	43:00
	Harry Harder	43:57
	Hutch Thurston	43:59
M80	Albert Jarschke	46:19
	Chick Dahlsten	48:05
	Joseph Goodman	62:51
M85	Mel Shine	54:34
M50	Barbara E. Miller	32:49
	Louise Walters	34:23
	Jutta McCormick	34:34
	Mary Jo Feeney	34:37
	Etta Stickle	35:02
	Eve Pell	33:49
	Kay Martin	39:24
	Harriet Anderson	39:30
M60	Barbara Callison	42:41
	Ruth Bortz	43:01
	Hanna Szoke	43:35
M65	S. Onodera-Leonard	44:03
	Peggy Hansen	44:10
	Grete Heinz	45:09
M70	June Carroll	47:38
	Sally Scholer	49:19
	Judy Golding	50:22

### Big Sur Marathon Carmel, CA April 24

Overall	Chad Bennion	29 UT 2:24:36
	Kim Marie Goff	31 RI 2:52:01
M40-44	Gregg Horner	40 CA 2:41:52
	Dave Louks	CA 40 2:46:06
	Craig Moore	40 WA 2:46:34
	Chuck Germain	42 WI 2:51:21
	Charlie Freeman	43 CA 2:52:21
M45-49	Byrle Smallen	46 CA 2:45:41
	Michael Dove	47 CA 2:47:24
	Marc Lieberman	47 CA 2:57:25
	James Press	45 CA 2:58:46
	Hein Devries	48 CAN 2:59:17
M50-54	Jeffrey Wall	51 CA 3:02:41
	Larry Jamison	51 CA 3:06:59
	Tony Nonan	52 HI 3:10:52
	Doug Saari	52 HI 3:12:27
	Bob Ramsay	50 CA 3:19:07
M55-59	Dick Lautzinger	55 CA 3:08:33
	Dennis Hartley	55 CA 3:15:03
	Ron Navarratte	55 CA 3:17:49
	Walt Wozniak	59 MO 3:25:50
	Mike McGie	59 CA 3:29:19
M60-64	Paul Kutschera	60 WI 3:38:36
	Joe Hadden	60 CA 3:49:37
	Rein Grabbi	60 CA 3:53:14
	Aloysius Casey	62 CA 4:11:46
	John Hutchinson	60 CA 4:13:53
M65-69	Ken Karcher	65 ID 3:34:23
	Ray Penkert	69 CA 4:02:39
	Charles Stalzer	66 VA 4:10:50
	Tom Gregory	66 UT 4:15:09
	Bob Mills	66 CA 4:17:36
M70+	Tom Edwards	71 CA 4:06:19
	George O'Gara	70 CA 4:49:07
	Frank Dawson	75 CA 4:58:51
	Don Wilgus	72 CA 5:17:04
M40-44	Mary Ryzner	40 CA 3:15:25
	Janet Green	40 CAN 3:32:00
	Donna Troyna	40 CA 3:34:25
	Michele Brinsmead	CA 3:36:46
	Leslie Hooker	42 CA 3:38:16



M45-49	Laurie Murray	47 CAN 3:16:17
	Loretta Bronk	46 CA 3:46:03
	Noel Relyea	48 DE 3:46:06
	C Van Stralen	46 CA 3:52:38
	Susan Love	45 CA 3:54:31
M50-54	Pamela Horton	50 CA 3:41:57
	Judy Fisher	50 WA 3:55:50
	Nancy Buchanan	50 CA 3:56:17
	Anitra Seitamo	50 CA 3:58:22
	Ann Grove	52 CA 3:58:25
M55-59	Josephine Rogers	CA 3:56:54
	Kherton Tudhope	57 CA 4:17:26
	Jan Gillum	58 IA 4:23:19
	Gloria Dake	58 CA 4:24:22
	Jean Stewart	56 CAN 4:30:33
M60-64	H Styskel	64 CA 4:14:32
	Audrey Hauth	60 CA 4:21:04
	Fran Sackerman	64 CA 4:35:00
	Mary Purvis	61 NC 4:43:51
	Judy Bullough	62 UT 4:51:02
M65+	Mabel Velge	67 IL 4:54:25
	Marcia Worden	66 CA 4:57:08
	Etta Palmer	66 CA 5:14:29
	Margie Withrow	67 CA 5:21:49
	Velma Earl	66 UT 5:30:30

### SOUTHWEST

#### Tishomingo Whirlwind 5K Tishomingo, OK; April 9

Overall	Randy Weaver	15:38
	Rita Flagler	20:48
M35	Dennis Cumbe	17:13
	Dave Turner	19:36
	Jerry Proctor	20:14
M40	Jerome McLendon	20:15
	Steve Smalley	20:44
	Randall Blakemore	22:15
M45	Ken Hughes	19:34
	Tim Lewis	21:20
	Gerald Stanley	22:11
M50	Button Tisdell	20:08
	Robert Flagler	20:39
	Mernie Ray	22:59
M55	Ken Garrison	24:30
	Henry Stewart	25:17
M60	John Holladay	25:42
M65	Sam Taylor	24:18
	Floyd Miller	30:11
M75	Rita Flagler	20:48
	Cindy Grisso	22:23
	Rebecca Powell	25:12
M40	Irene Camargo	23:29
	D Stevens	24:29
	Yoko Pepera	24:52
M45	Emilie Stahlner	24:01
M50	Geneva Kennedy	28:05

### MID-AMERICA

#### Longest Day Races Brookings, SD; April 16

--5K--	Tim Zbikowski	42 nta
Top Masters	Gary Julin	47 37:57
	Eileen Koenig	45 nta
--Half-Marathon--	Tom Suprenant	40 1st 2:49:35
Top Masters	Mike Wiggins	45 1st 23:45
	Carol Doorn	45 1st 34:19
247 participants in 5 events		

### NORTHWEST

#### Pear Blossom 10 Mile Medford, OR; April 9

Overall	Matt Messner	25 50:58
	Deanna O'Neill	29 57:36
M30	Odin Sanders	53:25
	Kenny White	53:44
	Joe Cramer	55:44
M35	David Petersen	51:24
	Paul Stemmer	52:08
	Matt Pinder	52:43
M40	Leonard Hill	4th 52:05
	John Thomas Jr	56:35
	Greg Christensen	57:24
	Thomas Cushman	57:27
	Byron Evans	58:35
	Richard Parsagian	58:39
	James Huber	58:58
	Gregorio Ruiz	60:15
M45	Clarke McCance	60:41
	Rusty Vaughan	61:46
	Walter Radioff	61:50
	Mike Miller	61:58
	Gary Clarida	62:13
	James Gravette	62:36

M50	Bill Gardner	63:06
	Wayne Shepard	63:13
	Ron Kroeker	64:03
	Larry Snider	64:33
	Jim Jones	64:33
	Jim Cruickshank	64:58
M55	Alan Tracy	60:59
	Roger Daniels	64:39
	Edwin Hageman	65:53
	Tom Burnham	66:22
M60	John Hepner	64:08
	Carl Howard	71:10
	Ken Oliver	71:30
M65	Joe King	67:33
	Pat Devine	68:53
	Bill McChesney	69:52
M70	Joe Cusic	78:38
	Leo Gries	84:55
	Bill Hutchinson	85:44
	Rosa Gutierrez	59:11
M75	Ruth O'Hara	62:57
	Ellen Miller	66:00
M80	Jeanne Landrum	62:30
	Sandy Rowan	63:53
	Cheryl Tronson	63:55
M40	Laura Caldwell	5th 62:49
	Sue Smith	66:54
	Shirley Shaw	69:21
	Lori Poppe	72:41
	Pam Masterson	73:17
M45	Elaine Delsman	66:10
	Sandi Whittle	68:26
	Gayle Proudfoot	71:57
	Charlotte Hartwig	76:52
M50	Charlotte Swanson	74:43
	Susan Bradley	75:16
	Gail Johnson	78:05
M55	Shannon McMahon	84:20
	Janet Turner	85:58
	Carol Angiolet	88:48
M60	Daisy Roberts	84:55
	Suzi MacLeod	86:04
	Marcia McChesney	96:39
M65	Dawn Russell	99:17
	Bette Gillette	2:08:32

### Northwest 15K/Pacific Northwest Championships Seattle; April 23

Ron Taylor	51 54:44
Gordon MacFarland	46 54:56
Mike Shaw	43 56:19
Dave Pitkethly	58 57:30
Harvey Tan	41 59:08
Roy Veal	56 61:35
Robert Heaton	46 62:29
Jon Houghton	51 63:14
Steve Stroh	42 66:34
Ricki Vadset	W51 69:44
Gil Dobbe	60 76:54
Billie Murphy	W67 87:16
Hugh MacMahon	59 89:14

### Lilac Bloomsday Run 12K Spokane, WA; May 1

Overall	Josaphat Machuka	18 33:59
	Olga Appel	30 38:45
M40	Nick Rose	36:30
	Ric Sayre	37:59
	Pablo Virgil	38:30
	Pete Metzmaker	38:52
	Leonard Hill	38:56
	Murray MacPherson	39:32
	James Hatcher	39:41
	Ian Carter	39:47
	Paul Cummings	39:57
	Dick Leland	40:01
M45	Don Kardong	42:01
	Des Austin	42:08
	Paul Johnson	42:17
	Wayne Ristau	43:03
	John Schulte	43:58
	Michael Tyler	44:02
	Dick Anderson	44:10
	Joseph Nelson	44:12
	Gary Wilborn	44:15
M50	Jeff Corkill	39:44
	Cor Messing	41:52
	Jerry Graham	42:07
	Joe Machala	43:36
	William Greene	44:14
	Daves Eddy	44:23
	James Fry	44:39
	Halvor Westberg	44:55
M55	Larry Crandall	45:27
	Desmond O'Rourke	45:50
	Grant Smith	46:34
	Geaham Kenyon	47:46
	Robert Ruggeri	48:00
	Ron Kelling	48:09
	Bart Haggin	48:22
M60	John Wolfe	47:21
	Patrick Quinn	49:24
	Edward Rockwell	52:00
	Jerry Kirkwood	52:10
	Bill Kerr	53:18
	Olin Peach	53:42
M65	John Kestin	46:30
	Meivon Branch	49:45
	Ron Welch	51:21
	Leann Dompier	54:52
	Jack Townshend	58:16
M70+John Cahill		51:08
	Wayne Eacker	1:04:23
	Lawrence Zuck	1:05:12
	Georgw Boulden	1:05:58
M80+John Crabtree		1:28:14
	Everett Martin	1:46:55
	Clarence Johnson	1:47:38

M40	Carla Beurskens	41:14
	Suzanne Ray	44:22
	A Van De Kerkhof	45:18
	Laura Caldwell	47:03
	Lorraine Caldwell	47:30
	Ann Bell	49:13
	Jean Grammer	49:30
	Joann Dahlketter	50:00
	B Simmie-Kesecker	50:43
	Sally King	51:12
M45	Laurie Binder	45:32
	Manna Lukien	46:44
	Diane Monen	50:41
	Kathleen Slinger	51:09
	Jane Parrish	52:04
	Lynda Bernklau	52:07
	Dorie Quam	52:39
	Gunhild Swanson	52:43
	Elizabeth Farebgiktz	53:15
M50	Judith Paine	54:03
	Shirley Weaver	54:48
	Sue Johnston	55:54
	Judith Fisher	55:57
	M L Mullenix	57:45
	Bobbi Bonace	57:50
	Sarah Parshall	58:07
	Janice Nelson	1:00:18
M55	Eve Pell	51:18
	Sylvia Quinn	51:50
	Carolyn Woodbury	55:04
	John Pribnow	1:00:13
	Beth Browning	1:04:14
	Kathy Johnson	1:04:16
	Arlene Arneson	1:04:34
M60	June Machala	54:42
	Inge Hendron	1:05:12
	Joanne Kruger	1:06:12
	Eileen Fawcett	1:07:56
	Clair Ingraham	1:11:09
	Sally Porcarelli	1:11:23
M65	Dorothy Miller	1:12:28
	Edie Wilson	1:15:30
	Billie Murphy	1:16:38
	Mathilde Klassen	1:19:17
	Jacquelyn Raw	1:21:29
M70+Betty Miller		1:19:03
	Maureen Schmah	1:20:16
	Billie Smith	1:23:09
	Ginny Warden	1:24:21
M80+Mabel Klein		1:24:40
	Wendy Bodeau	1:57:46
	Mary Newell	2:16:16

### CANADA

#### Ontario Masters 8K Championships Brooks Spring Run Off Toronto; April 9

M35	John Treacy	23:14
	Jerry Kooymans	25:00
	Fred Robbins	26:12
M40	Henry Bickford	25:28
	Ted McKeigan	25:56
	John Grace	27:07
M45	Frank Lewis	26:01
	Ray Tucker	27:24
	Neil Dunford	27:34
M50	David Sheridan	28:26
	Dave Saunders	29:44
	Doug Little	30:29
M55	Jack Geddes	30:56
	Bruce Nevison	31:47
	Duncan Mounsey	33:41
M60	Ed Whitlock	29:27
	John McIlwham	34:51
	Richard Graves	35:47
M65	Earl Fee	34:16
	Daniel Mullin	38:35
	Felix Charles	38:41
M70	Nels Pascoe	45:02
	Bud Crozier	45:28
	Ed Vivancos	45:58
M75	Whitey Sheridan	55:43
M80	Maureen Griffith	30:52
	Sharon Crawford	32:38
	Claudia Moore	34:13
M40	Jacquie Gareau	28:49
	Laura Lynn	30:32
	Louise Gingras	33:28
M45	Nancy Wells	35:11
	Judy Watt	36:36
	Margaret Lunnie	37:20
M50	Judy Willmott	40:35
	Carol Mitchell	40:55
	Margaret Rolfe	41:16</





# 1994 USA TRACK & FIELD NATIONAL MASTERS OUTDOOR CHAMPIONSHIPS

Eugene, Oregon • Hayward Field • August 11-14, 1994

## GENERAL INFORMATION

**MEET DIRECTORS:** Tom Jordan & Barbara Kousky  
503/687-1989; FAX: 503/687-1016

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

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

Foreign competitors may compete as guests with no USATF registration required.

**Proof of date of birth will be required from all competitors in advance. A photocopy of driver's license, passport, or birth certificate must be sent with your entry form to ensure eligibility.**

**AWARDS:** USATF Championships medals will be awarded to the top three U.S. citizens in each age division of each Championships final. Foreign guest competitors finishing in the top three will receive a non-Championships medal. All competitors will receive a Certificate of Participation.

**ENTRIES:** All entries must be **RECEIVED BY JULY 20, 1994.** Confirmation of entry will be sent to all competitors who have registered by July 14, 1994. (If your form is received after July 14th, no confirmation will be sent.) Late entries received after July 20th will be assessed a \$25 penalty. Absolutely no entries will be accepted after July 31, 1994. No entry will be considered complete unless it is accompanied by full payment of fees. There will be no refunds of entry fees for any reason.

**RELAYS:** Relays must be comprised of duly accredited athletes from a single club or Region. Teams will be divided into 10-year age groups. Entries will be taken on-site only. Entry fee is \$40 per team. If any relay team members have not also entered an open event, they will be required to provide proof of date of birth and USATF registration.

**AIR TRAVEL:** The Championships Organizing Committee has been able to obtain air discounts on United and United Express through Wilcox Travel (1-800-234-1605) of five percent discount on an excursion fare and ten percent discount on a coach fare. Travel dates are July 24 through August 17. Air can be ticketed into Eugene or Portland. Tickets are subject to all applicable restrictions imposed by the airlines. When calling ask for the "Masters Desk."

**ACCOMMODATIONS — HOTEL/MOTEL:** The Championships Organizing Committee has blocked rooms at the following hotels/motels. Please identify yourself as a competitor in the USATF National Masters Championships to the Reservation Clerk. All Franklin Blvd. properties are within walking distance of Hayward Field. Free shuttles will be provided from selected outlying hotels to the venue.

**Barron's Motor Inn** 503-342-6383  
1859 Franklin Blvd. FAX: 503-342-6383  
\$53.00 - \$66.00 plus 9.5% room tax

**Best Western New Oregon Motel** 503-683-3669  
1669 Franklin Blvd. FAX: 503-484-5556  
\$68.50 for one or two beds plus 9.5% room tax  
\$ 2.00 per each additional person

**Best Western Greentree Motel** 503-485-2727  
1758 Franklin Blvd. FAX: 503-686-2094  
\$68.50 for one or two beds plus 9.5% room tax  
\$ 2.00 per each additional person

**Franklin Inn** 503-342-4804  
1857 Franklin Blvd. FAX: 503-342-3114  
\$35.00 - \$48.00 plus 9.5% room tax

**Red Lion Inn — Springfield** 503-726-8181  
3280 Gateway Road FAX: 503-747-1866  
\$65.00 for one bed, one person plus 9.5% room tax  
\$80.00 for one bed, two persons plus 9.5% room tax

**Red Lion Inn — Eugene** 503-342-5201  
205 Coburg Road FAX: 503-485-2314  
\$60.00 for single or double plus 9.5% room tax  
\$80.00 for two-four persons (2 queen beds)  
plus 9.5% room tax

**Rodeway Inn** 503-746-8471  
3480 Hutton Street FAX: 503-747-1541  
\$60.00 per room (2 queen beds) plus 9.5% room tax

**Valley River Inn** 503-687-0123  
1000 Valley River Way FAX: 503-683-5121  
\$72.00 for single plus 9.5% room tax  
\$87.00 for double plus 9.5% room tax

**ADDITIONAL HOTEL/MOTEL HOUSING:** For additional general hotel/motel housing, contact the Convention and Visitors Association of Lane County, Oregon, Box 10286, Eugene, OR 97440. Telephone 1-800-547-5445; FAX: 503-343-6335.

**DORMITORY HOUSING:** Dormitory housing is located directly across the street from Hayward Field. The price per day includes three meals: double occupancy, \$34 per day; single occupancy, \$43 per day. If you wish to receive a Dormitory Reservation Form, please check the box on the entry below. For more information about dorm housing, call 503/687-1989. **However, absolutely no dorm reservations will be taken over the phone.**

**SHUTTLE:** Free roundtrip shuttles for athletes and accompanying person will be available from the airport to major hotels and dorms. Free shuttles from major hotels to and from Hayward Field will run daily throughout the Championships.

**CHAMPIONSHIPS BARBEQUE:** A post-meet barbeque open to all athletes and accompanying persons will be held at the end of competition on Saturday, 8/13. Cost is \$12.50 per person. Pre-purchase of tickets with your entry is required.

## SCHEDULE OF EVENTS

(Note: Exact event starting times will be determined after all entries have been received and entered into the computer. However, under no circumstances will an event be changed from the day listed below.)

### THURSDAY, AUGUST 11

A.M.

5000 Meters (W)

5000 Meters (M)

Pentathlon (M)

Pentathlon (W)

Discus (W)

Discus (M)

Long Jump (M30-59)

High Jump (W)

High Jump (M60+)

Pole Vault (M50&M55)

P.M.

800 Meters—Final (W)

800 Meters—Final (M)

100 Meters—Final (W)

100 Meters—Final (M)

200 Meters—Final (W)

200 Meters—Final (M)

4 x 100 Regional Relays (W)\*

4 x 100 Regional Relays (M)\*

Pole Vault (M45)

### FRIDAY, AUGUST 12

A.M.

5000 Meters Track Walk (W)

5000 Meters Track Walk (M)

High Hurdles (W)

High Hurdles (M)

Hammer (W)

Hammer (M)

Long Jump (W)

Long Jump (M60+)

High Jump (M30-59)

Pole Vault (M60&M65)

P.M.

100 Meters—Trials (W)

100 Meters—Trials (M)

1500 Meters—Trials (W)

1500 Meters—Trials (M)

400 Meters—Finals (W)

400 Meters—Finals (M)

Steeplechase (W)

Steeplechase (M)

Pole Vault (M40)

### SATURDAY, AUGUST 13

A.M.

10,000 Meters (W)

10,000 Meters (M)

IH Hurdles (W)

IH Hurdles (M)

### SUNDAY, AUGUST 14

A.M.

10K Road Walk (W)

20K Road Walk (M)

1500 Meters—Final (W)

1500 Meters—Final (M)

200 Meters—Final (W)

200 Meters—Final (M)

Triple Jump (W)

Triple Jump (M)

Pole Vault (W)

Pole Vault (M70+)

Javelin (M60+)

Shot Put (M30-59)

P.M.

Age-Graded 100 Meters (W)\*

Age-Graded 100 Meters (M)\*

4 x 100 Meter Relay (W)

4 x 100 Meter Relay (M)

4 x 400 Meter Relay (W)

4 x 400 Meter Relay (M)

4 x 800 Meter Relay (W)

4 x 800 Meter Relay (M)

Pole Vault (M30&M35)

Javelin (M30-59)

Shot Put (M60+)

\*Non-Championships Event

## 1994 USA TRACK & FIELD NATIONAL MASTERS OUTDOOR CHAMPIONSHIPS ENTRY FORM

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_ City/State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_ Club/Affiliation \_\_\_\_\_

M/F \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age on Aug. 11, 1994 \_\_\_\_\_

Event #1 & Best Mark \_\_\_\_\_ x \$25 \_\_\_\_\_

Event #2 & Best Mark \_\_\_\_\_ x \$15 \_\_\_\_\_

Event #3 & Best Mark \_\_\_\_\_ x \$15 \_\_\_\_\_

Event #4 & Best Mark \_\_\_\_\_ x \$10 \_\_\_\_\_

Pentathlon & Best Mark \_\_\_\_\_ x \$25 \_\_\_\_\_

Championships Barbeque \_\_\_\_\_ x \$12.50 per person \_\_\_\_\_

T-Shirt Size (cost included in entry fee) ☐ S ☐ M ☐ L ☐ XL ☐ XXL\* \_\_\_\_\_

\*Add for each XXL \_\_\_\_\_ x \$2 \_\_\_\_\_

Extra Shirts \_\_\_\_\_ x \$10 each \_\_\_\_\_

☐ SEND INFORMATION ON DORMITORY HOUSING

USATF Registration No. \_\_\_\_\_ TOTAL ENCLOSED \$ \_\_\_\_\_



**Method of Payment**—Check or money order in U.S. dollars payable to "Championships Organizing Committee"

**Mail to:** COC, Box 10825, Eugene, OR 97440. **Remember to include your proof of birth date.**

### WAIVER

I hereby declare that I am in good health and am properly conditioned for the competitions, and that I am of the stated age on this application. I absolutely relieve Northwest Event Management, Inc., Oregon Track Club, USA Track & Field, USATF Oregon, the corporate sponsors, and the University of Oregon of any responsibility for any injury, loss or damage to myself or my property which I may sustain in the course of (or in connection with) the 1994 USATF National Masters Outdoor Championships. I also verify that I am registered for the 1994 year with USA Track & Field.

Signature \_\_\_\_\_ Date \_\_\_\_\_