Vasquez, Miller Win Fifty-Plus 8K

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 Striders with Vasquez, Rostege, and Jim Reitz 4th in 28:10. The women’s championship was won by the West

Continued on page 7

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.

USNSO Senior Open

Cancelled

—see story on page 11

Continued on page 10

Stockdale Wins W40+ Race

Zeuner Takes Narrow Victory in Sallie Mae


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

Continued on page 23

US Masters Open

Cancelled

—see story on page 25

Continued on page 25

US Masters Open

Cancelled

—see story on page 25

Continued on page 25

US Masters Open

Cancelled

—see story on page 25

Continued on page 25
The National Masters News is published monthly, with a non-subscription rate of $24.00. The address is: P.O. Box 2372, Van Nuys, CA 91404. Some events are sponsored by the USATF, National governing body for athletics in the United States. The USATF is a major funding supporter of the NMN Executive Officers of USATF: Larry Ellis, President: Olan C. Caswell, Executive Director.

The National Masters News is devoted exclusively to track & field, long distance running, and racewalking for men and women over age 30. Each month it delivers 24 to 48 pages of results, schedules, entry forms, age records, rankings, photos, training tips, and all the inside scoop and information that affect the world of masters athletics competition.

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 317-261-0000. There are no qualifying standards for most masters athletic events.

Masters events are sponsored by the USATF, National governing body for athletics in the United States. Some are sponsored by individuals, clubs, or other senior organizations.

Editor and Publisher: Al Sheehan
Associate Publisher: Jerry Wojcik
Assistant Editor: Angela Egremont
Circulation Manager: Karl Schue.
Advertising Manager: Will Decker
Production Manager: Carol Cover
Production: American Publishing Co.

Racewalking Records: Bev LaVeck
Track & Field Records: Jerry Wojcik
Contributing Editors: Hal Higdon, Dr. John Pagliano, Mike Tym, Elaine Ward

Correspondents: Ruth Anderson (CA), John Boyle (FL), Bob Fine (FL), Carl Hamm (RI), Carol Langenbach (WA), Marilyn Mitchell (NY), Phil Melky (GA), Tim Murphy (TX), Peter Taylor (PA), Mike Tym (OH), John White (OH), Maury Dean (NY), Phil Byscher (GA).

Intercontinental Correspondents: Alain Arkin (GBR), Jorge Altamara (CHI), Hans Asamann (GER), Cesare Becalli (ITA), Leo Bennett, RSA, Hari Chandra (IND), Bridget Cashyn (GBR), Martin Duf (GBR), Don Farquharson (CAN), Clem Green (NZL), Jacques Serruys (BEL).

Photographers: Vic Sail (NY), Tosh Teshiga (HI), Jerry Wojcik (CA), Hank Kieft (NC), George Bernhardt (MD), Charlie Kutz (NC)

Creative Art: Eugene Paezmeno, Herb Parsons

FEATURES

Watanabe Memorial Meet . . .
Senior Meet . . . .
Indoor Meets: . . .
Hillcrest Ave. (504) 486-8066

 ENTRY FORMS/RACE & PRODUCT INFO

Elle Health Products . . 3
NMN Subscription Form . . 3
St. George Marathon . . 3
Mac Wilkins Videos . . 6
M-F Athletic Co. West Regionals . . 8
Hytek . . . . . .
Twin Cities Marathon . . .
Northwest Regionals . . .
Higdon Running Camp . .
Classifieds . . . . .
Publications Order Form . .
USA Thrower . . . .
Games of the Americas . .
North American Meet . .
Mexico vs. USA Meet . .
World Road Championships . .
Mid-American Regionals . .
Age-Record Book . . .
Troyan Meet . . .
Illinois Meet . . .
T&F Rankings Book . .
All-American Application . .
USA Nationals . . .
GUARANTEED LOWEST PRICES ANYWHERE

Elite Health Products, Inc.

(310) 559-9739
10738 JEFFERSON BLVD., CULVER CITY, CA 90230
(800) 540-4941

SHOP BY PHONE - WE SHIP ANYWHERE!

VITAMINS
MINERALS
HERBS
HEALTH FOODS
SPORTS-FITNESS SUPPLEMENTS
WEIGHT LOSS
COSMETICS
HOMEOPATHICS

Elite Offers Over 10,000 Vitamins, Bar & Drink Items at 20% To 30% off Retail
Get It For Less...Shop ELITE HEALTH Serving Over 10,000 Athletes Worldwide
(310) 559-9739 • (800) 540-4941

We at Elite are Athletes Serving Athletes. We guarantee the lowest prices overall and the quickest service anywhere.

Pure Power
Energy Bars - 1 Box of 24 @ $24.00
(Protein, Chocolate & Mountain Berry)
Energy & Recovery - Retail $13.00
1-899.99, 3-2499.99 @ $4.40
(Apple, Lemon, Tropical Fruit) Makes 12 Qts.
Protein Repair Formula - Retail $14.00
1-999.99, 3-2299.99, 6-4799.99 (Vanilla, Chocolate)
Champignon/Cytoxan
Cytoxan (1.5 lb.) - Retail $20.00
1-999.99, 3-2499.99 @ $15.99 each
Cytoxan 2.5 lb. - Retail $31.00
1-130.00, 3-699.99 @ $19.97 each (Tropical Fruit, Apple & Citrus)
Muscle Nitra - Retail $18.99
1-999.99, 3-1699.99 @ $13.99 each
Cyto Band - Retail $1.69
1-40, 24-3320 (Cocos, Vanilla Crunch, Jazz Berry)

Heavyweight 900 - Retail $24.50
1-2199.99, 3-7599.99 @ $9.18 each
(Vanilla, Strawberry & Chocolate)
Metabolus 2 (1 lb. can) - Retail $15.15
1-129.99, 3-4899.99 @ $11.37 each
Metabolus 2 (2.2 lb. can) Retail $20.45
1-50, 24-3320 ($10.98 each

Excel
Excel is the Guaranteed Highest Potency Energy Product in the Market
Ultra High Performance & Anti Fatigue
14-Retail $14.99
40-Retail $39.99
100-Retail $99.99
(Tropical Fruit, Apple & Citrus)
Power Bars
1 Box of 24 @ $24.00
(Apple, Berry, Chocolate, & Multi-Nut)
Avacot Cliff Bars
6 Boxes of 24-$13.99 each
(Apple/Cheery, Apricot, Date/Oatmeal, Chocolate)
Edge Bars
6 Boxes of 24-$13.99 each

Power Bars
1 Box of 24 @ $24.00
(Apple, Berry, Chocolate, & Multi-Nut)
Avacot Cliff Bars
6 Boxes of 24-$13.99 each

Nature's Life
Alfalfa - 250,000 mg. Tablets $8.45 - At Elite $6.75
Formulas 600 Plus For Men - 10 Tablets $12.95
*Protein Health is Important - At Elite $10.35
Chromium Picolinate - 100-200 mg. Capsules $7.45 - At Elite $5.95
Craberry - 100,000 mg. Capsules - $13.95 - At Elite $11.15
Ultra-Mega Vite Multi Vitamin/Mineral - Time Released (One A Day Tablets)
30- $11.45 - At Elite $9.15 90- $29.95 - At Elite $23.95

Pine
Wheat Grass - (500 Tablets) - Retail $26.95
1-219.99, 3-899.99, 6-2899.99 @ $20.00 each
Wheat Grass (7 oz.) - Retail $31.50
1-520.00, 3-705.00 ($23.25 each)
Barley Grass (7 oz.) - Retail $25.50
1-200.40, 3-560.70 ($18.90 each)
Stopain Spray
2 oz. - $4.99 - At Elite $3.64
4 oz. - $8.89 - At Elite $5.50
8 oz. - $16.89 - At Elite $7.90

Zand
Insure Herbal - 100 Tablets Retail $11.49 - At Elite $9.20
2 oz. Retail $10.49 - At Elite $8.40
Active Herbal - 60 Capsules Retail $12.95 - At Elite $10.36
4 oz. Retail $11.95 - At Elite $9.56
PMS Formula - 60 Capsules Retail $12.95 - At Elite $10.36

Universal
Forza Bars - For High Performance Athletes Retail 1/6/Bar, 20-$7.50 (513 each)
Pep Products
Sports Pep Thunder Bars - Chocolate, Tropical
Retail 1/6/Bar, 20-$7.50 (513 each)
Brain Pep - 60 Tablets Retail $12.95
1-10.36, 6-28.80 ($0.90 each)
Quantum
Extra Edge Performance Formula - 60 Tablets
Increases Endurance, Stamina...Extends Peaks Retail $16.95 - At Elite $13.56

Cytelergens
Quick Trim 14 Day Plan - Retail $49.95
1-59.95, 3-111.00 ($37.00 each)
Icerepro
Oxy-Blust - 120 Capsules - Retail $19.95
1-59.95, 3-111.00 ($34.40 each)
Wind (21 oz.) - Retail $19.95
1-34.40, 3-54.40 ($14.80 each)
Unipro
Carbo Pulse - Orange (2.4 lbs.) - Retail $17.99
1-54.20, 3-81.30 ($11.35 each)
Endura - Lemonade (2 lbs.) - Retail $32.95
1-15.96, 3-23.93 ($17.77 each)
Endura Optimizer - Orange (2.8 lbs.) - Retail $32.95
1-15.96, 3-23.93 ($17.77 each)

DMM - 2 oz. Retail $14.95
1-51.96, 3-33.30 ($11.10 each)

ProOptim (2.2 lbs.) - Retail $36.95
1-52.95, 6-191.76 ($19.60 each)
(Chocolate, Vanilla, Berry & Orange)
2 Great 2000 (6.5 lbs.) - Retail $29.95
1-52.95, 6-191.76 ($32.20 each)
(Chocolate, Strawberry & Vanilla)

Optimum Nutrition
Pro Amino Sports Bar - Retail $1.50/lb
24-32.40, 36-$43.20 ($20.20 each)
(Choclate, Pmnt, Butem Pcm, Burgundy Chery & Blueberry Cheesecake)

Strength Systems USA
Ultra Pak - Special 30 Day Multi-Vit&Min&More For Runners & Endurance Athletes - Retail $26.99, Our Price $21.60
Gold Paks - Special 44 Day Multi-Vit&Min&More For Power & Strength Athletes - Retail $37.99, Our Price $30.40
Yohimbine Bars - Chocolate Ranin Nut Retail $1.69/lb, 20-$20.70 ($1.35 each)
Ultra Fuel Bars (Vanilla & Chocolate) Retail $2.69/lb, 20- $52.99, 24-$49.99
Ultra Fuel (Protein) Retail $17.99, 1-514.49, 6-890.94 ($13.49 each)
(Orange, Tropical Fruit, Lemon & Grape)
Carbo Fuel (4 oz. - Powsrer) Retail $19.99, 1-514.49, 6-444.80 ($14.82 each)
Phosfuel (180 Capsules) Retail $8.99, 1-314.49, 3-417.99 ($13.97 each)
Metabolith Thermogenic Formula 120 Capsules $21.95, 1-517.56, 3-484.90 ($16.30 each)

Emergen C - 35 Paks $12.65 - At Elite $10.00
Emergen C - Lo Cal - 36 Paks $12.65 - At Elite $10.00
Emergen C - Elite - 36 Paks $11.55 - At Elite $9.20
Super Gran - 100 Tabs. $19.25 - At Elite $15.00
Super Gran III - 100 Tabs. $20.85 - At Elite $16.50
Emergen C Sports Pak - Makes 3 gallons $13.85
1-510.00, 3-303.35 ($12.25 each)

Pro Lynxe Aescorbates - 90 Tabs. $17.95 - At Elite $14.25

ASK FOR YOUR FREE SAMPLES
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 810-79-4x100. 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.

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 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.

Despite the setback, I am having a good time learning, improving, and competing on my mommy's day out. 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

---

NATIONAL MASTERS NEWS
Subscription Form

The National Masters News is the official world and U.S. publication for masters track & field, long distance running and race walking. It contains information you can't get anywhere else. Subscribe Now.

<table>
<thead>
<tr>
<th>1st Class rates: (USA, Canada, Mexico)</th>
<th>Foreign rates: (Air mail)</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ 6 months $13</td>
<td>□ 1 year $39</td>
</tr>
<tr>
<td>□ 1 Year $24</td>
<td>□ 1 year $43</td>
</tr>
<tr>
<td>□ 2 Years $45</td>
<td>□ 2 years $83</td>
</tr>
<tr>
<td>□ 3 Years $65</td>
<td>□ 3 years $110</td>
</tr>
<tr>
<td>□ 5 Years $110</td>
<td>□ 3 years $122</td>
</tr>
</tbody>
</table>

Circle applicable sports: T L R (T=T&F; L=LDR; R=RW)

Name ____________________________
Address __________________________
City ____________________________ State ______ Zip ______

Send to: National Masters News Subscription Dept. P.O. Box 16597
North Hollywood, CA 91615-6597

RATES:
□ $10.00 1 year $24.00
□ $20.00 2 years $45.00
□ $30.00 3 years $65.00
□ $40.00 5 years $110.00

□ Payment enclosed □ Bill me later
□ $_________ as a contribution to your work

The book is available through NMN. Please see the form on page 24.

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, 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.

---

USA all with heart by-pass surgery, will 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.

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 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.

Despite the setback, I am having a good time learning, improving, and competing on my mommy's day out. 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

---

NATIONAL MASTERS NEWS
Subscription Form

The National Masters News is the official world and U.S. publication for masters track & field, long distance running and race walking. It contains information you can't get anywhere else. Subscribe Now.

<table>
<thead>
<tr>
<th>1st Class rates: (USA, Canada, Mexico)</th>
<th>Foreign rates: (Air mail)</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ 6 months $13</td>
<td>□ 1 year $39</td>
</tr>
<tr>
<td>□ 1 Year $24</td>
<td>□ 1 year $43</td>
</tr>
<tr>
<td>□ 2 Years $45</td>
<td>□ 2 years $83</td>
</tr>
<tr>
<td>□ 3 Years $65</td>
<td>□ 3 years $110</td>
</tr>
<tr>
<td>□ 5 Years $110</td>
<td>□ 3 years $122</td>
</tr>
</tbody>
</table>

Circle applicable sports: T L R (T=T&F; L=LDR; R=RW)

Name ____________________________
Address __________________________
City ____________________________ State ______ Zip ______

Send to: National Masters News Subscription Dept. P.O. Box 16597
North Hollywood, CA 91615-6597

RATES:
□ $10.00 1 year $24.00
□ $20.00 2 years $45.00
□ $30.00 3 years $65.00
□ $40.00 5 years $110.00

□ Payment enclosed □ Bill me later
□ $_________ as a contribution to your work

The book is available through NMN. Please see the form on page 24.

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, 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.

---
THE MOST WONDROUS MARATHON
IN THE UNIVERSE!

St. George Marathon
October 1, 1994

2800 runners and 1200 Volunteers helped the 1993 race become the 13th largest marathon in the U.S.A. The 18th Annual St. George Marathon is a point-to-point race which starts in the majestic Pine Valley Mountains and descends nearly 2,650 feet to Worthen Park in St. George. USA Track and Field Certified and Sanctioned.

1994 ST. GEORGE MARATHON ENTRY FORM

68 South Main Street
St. George, Utah 84770

| Runner Date of Birth | Age at Start | Sex | Date of Birth | Year
|----------------------|-------------|-----|--------------|-----
| October 1, 1994     | 32          | M   | 1962-10-01   | 32  

ENTRY FEE DECLARED:
- $20.00 before Sept 8
- $25.00 after Sept 8, before Sept 28
- $30.00 after Sept 28
- $35.00 after Sept 28

A physical examination is NOT required to run in the St. George Marathon, but all competitors participate at their own risk. It is unlawful to enter physical conditions or engage in an event or activity in which participants are engaged to engage in an event or activity in which participants are engaged to engage in an event or activity in which participants are engaged.

RETURN TO: St. George Marathon, 68 South Main Street, St. George, UT 84770
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 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-Cot-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 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.

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 Pacafic Association AAU meet.

It took nearly three years for another American to do it. Oregon's Dyrol Burleson broke Bowden's American Record with a 3:58.6 on April 23, 1960.

Covered a Mile in 19.45 Seconds

The world record now stands at 3:44.39 by Noureddine Morceli 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."

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
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 3:32.41 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 Kiptanui. That is less than two seconds shy of a 4-minute mile pace. To put it another way, a 4-minute mile pace maintained for 3000 meters would result in a time of 7:27.36.

Looking at that still another way, Kiptanui 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 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.

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 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 betiered 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 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.
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 runners' 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 wound 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.

(Do Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NNN, 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 to a long hot 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 safest scorning was 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 strength on the long concrete canyons of the Wantagh Parkway.

A soft southeast breeze played out 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 Brigilo (44, 2:41:16) duked it out with newly-mastered Dr. Lou Calvano, whom 2:19 in 1979 won the race. The full marathon turnover 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 simply 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." While we'll see no speed-of-light surge of Kenyans here, but all the best runners seem to try their mettle on Long Island's biggest half-marathon 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 Omar (1:11:43), 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) outdoing the 4h-40-44 Brian Manghan (1:19:30) by over three minutes; the only other sub-half hour was by 51-year old Maury Dean (1:18:48). Times ranged from a muggy 52" to 70" for the full marathon, with frequent showers — even semi-scar & 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 (1:30:50), 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 Corrigan (1:26:29).

Nowhere, however, was the three-way duel so spectacular as by three of Long Island's premier road runners, 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.
Susie Kluttz, W55, was top Grandmaster (55+), Carolina Marathon 10K, Columbia, S.C., in 43:35. Photo by Charlie Kluttz


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.
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 long distance. There are some athletes who work on speed 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 a 1-minute repeat 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 too 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 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 quality 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: Compulsive 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 Whatley 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.”

(The to continued next month)
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.

Watanabe Honored with Memorial Meet

by JERRY WOJCICK

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 narrowly, 12.4 to 12.5, in the Bob Watanabe Memorial Meet, Los Angeles, April 23.

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.

USA TRACK AND FIELD MASTERS NORTHWEST REGIONAL CHAMPIONSHIPS

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

HOSTED BY PACIFIC NORTHWEST TRACK & FIELD

JULY 23 & 24, 1994

LINCOLN BOWL - TACOMA, WASHINGTON

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

RELAYS, NO FEE FOR MEET PARTICIPANTS

PAYABLE TO: PNWTF

ENTRY DEADLINE: POSTMARKED JULY 16. NO LATE ENTRIES ACCEPTED

FACILITY: 400 M, MARTIN 1500 POLYURETHANE TRACK - RUNWAYS (4'6" 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-NORTHWEST PLACE FINISHERS.

RECEPTION: SATURDAY EVENING

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

NW REGIONAL CHAMPIONSHIPS SCHEDULE OF EVENTS - SATURDAY

TRACK FIELD

10:00 M-W 10,000 METERS 10:00 M 30-59 LONG JUMP
11:15 M-W 3000 METER WALK 10:00 M 30-59 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 STEEPEL 2:00 M 30-59 SHOT PUT
4:20 M 30-59 3000 M STEEPEL 3:00 M 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 DISCUS
1:30 RELAY: 3200 METERS 1:00 M WEIGHT THROW
2:00 M 30-59 HURDLES M 30-59 SUPER WEIGHT

ORDER OF COMPETITION: MEN - WOMEN; OLDER - YOUNGER

CHECK IN: 60 MIN. PRIOR TO EVENT START

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

ENTRY FORM

USA T&F MASTERS NORTHWEST REGIONAL CHAMPIONSHIPS

ALL COMPETITORS MUST BE USA T&F MEMBERS

NAME: ____________________ AGE: (7/23/94) M F

ADDRESS: ____________________ CITY: __________ STATE: ZIP

PHONE: ____________________ CLUB: _________ 94 USA T&F #

EVENTS: ___________ Best '93 MARK

1. ____________________ 4. ____________________
2. ____________________ 5. ____________________
3. ____________________ 6. ____________________

RELAYS: 400M ___________ 1600M ___________ 3200M

I waive all rights that I or my heirs or assigns may have against the sponsors of this athletic event arising from any injury, illness, or accident that I 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.

SIGNATURE: ____________________ DATE: _______________

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

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.
**Build Ankle and Trunk Strength**

Comfortable 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 1964 Commonwealth Games. She switched to distance running in 1976 and set national records from 800 meters to 10,000 meters, 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 "fall," hop off your toes. You also can do this using four variations:
   - Both feet together, knees relaxed.
   - 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.

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."

**HAL HIGDON'S**

**INDIANA DUNES RUNNING CAMP**

**FEATURING**

**ANNE AUDAIN**

**AND OTHER SPECIAL NIKE GUESTS**

July 24-29: Valparaiso, Indiana. Affiliated with Coach Roy Benson's Nike Running Camps. Dormitory facilities at Valparaiso University. Full- and half-day options for commuters. Run in the scenic Indiana Dunes along Lake Michigan's shore with Hal, Anne, Roy and other great runners. All ages welcome. Coach Benson also offers camps in California, North Carolina, Washington, New Mexico, Vermont and Virginia. For information contact:

ROY BENSON
5600 Rosewell Road (Ste. 355N), Atlanta, GA 30342
(404) 255-6234

**Hill, Caldwell Log Wins in Pear Blossom**

by JERRY WOJCICK

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.


Laura Caldwell, 41, Lake Oswego, Ore., was the fifth female in 62:49. Elaine Delman, 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.
TEN YEARS AGO
June, 1984
- At 51, Norm Green Wins National Masters Marathon in 2:28:11
- Matt Cucchiari Wins National 10K in 33:20
- 300 Compete in Legends Meet at UCLA
- Nike Announces 1984 Nike Masters Series

CLASSIFIEDS
Classified ad rates are 75¢ a word. Count name and address as 5 words. Race notices are 50¢ 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.

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

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

Need Back Issues?
Most back issues of the National Masters News are available for $2.50 each, plus $1.25 postage and handling for each order. Send to:
National Masters News
P.O. Box 2372
Van Nuys, CA 91404

PUBLICATIONS ORDER FORM

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Masters Age Records</th>
<th>Total (US$)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Men's and women's world and U.S. age bests for all track &amp; field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1993. 56 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&amp;F Records Chairman.</td>
<td>$4.00</td>
</tr>
</tbody>
</table>

| 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 and racewalking event. Shows how to conduct an age-graded event. Tracks your progress over the years. Compares performances in men's and women's 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 (400+, 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) | Official world scoring tables for men's and women's combined-event competitions. | $12.00 |

| 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 |

| USATF Logo Patch | 3 color embroidered 4" x 3". | $4.50 |

| USATF Race Walking Patch | 3 color embroidered 4" x 3" with gold trim. | $5.50 |

| USATF Cross Country Patch | 3 color embroidered 4" x 3" with gold trim. | $5.50 |

| USATF Lapel Pin | 3 color USATF Logo on 7/8" soft enamel lapel pin (nail pin back with military clutch). | $5.50 |

| USATF Decal | 3 color. 3" x 2½". | $1.50 |

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

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

| Marathon by Hal Higdon | The ultimate training and racing guide. | $14.95 |


| Running Research News | Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. | $16.00 |

<table>
<thead>
<tr>
<th>Back Issues of National Masters News</th>
<th>Issues:</th>
<th>$2.50 each.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Postage and Handling</td>
<td>$1.25</td>
<td></td>
</tr>
<tr>
<td>Overseas Air Mail (add $5.00 per book)</td>
<td>TOTAL</td>
<td>$</td>
</tr>
</tbody>
</table>

Send to:
National Masters News Order Dept.
P.O. Box 2372
Van Nuys, CA 91404
1994 Indoor Rankings Compiled

This 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 a name and phone number of the person responsible for meet results.

Rankings in the July issue will include the sprint's 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 attempts 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 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?

**FIVE YEARS AGO**

**June, 1989**

- Wilson Waigwa Lowers World Masters Mile Record from 4:12 to 4:05.71 in Modesto
- Norm Green (58) 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

**USA THROWER**

The Only Magazine BY
Throwers FOR Throwers

"The USA THROWER magazine carries on with the tradition of "The Rings" from England. That tradition is very important for American throwing."

Al Oerter - 4x Olympic Gold Medal Winner

"USA THROWER is a great way for throwers to communicate with other throwers. It really promotes a stimulating situation for throwing in this country"

Tony Naclerio - 1996 Olympic Throws Coach

* Articles on technique - lifting - plyometrics - training - equipment - videos - shoes - camps - clinics & much more.
* Interviews with the nation's top throwers.
* Everything you need to know if you throw

6 Bi-monthly issues for $25.00

Send name, address and payment to: USA THROWER 500 Waterman Ave - Suite 250 - E-Providence RI. 02914 - Phone# 401-942-3395 Fax# 401-438-1992

**USATF Regional Masters Championships — 1994**

(See T&F Schedule For Contacts)

<table>
<thead>
<tr>
<th>Region &amp; Date</th>
<th>Site</th>
</tr>
</thead>
<tbody>
<tr>
<td>East - July 31</td>
<td>Brown U., Providence, R.I.</td>
</tr>
<tr>
<td>Southeast - May 28-29</td>
<td>Knoxville, Tenn.</td>
</tr>
<tr>
<td>Midwest - July 30</td>
<td>Lisle, Ill.</td>
</tr>
<tr>
<td>Mid-America - July 24</td>
<td>National Sports Center, Blaine, Minn. (Minneapolis)</td>
</tr>
<tr>
<td>Southwest - July 23</td>
<td>San Antonio, Texas</td>
</tr>
<tr>
<td>West - July 2-3</td>
<td>UC Irvine, Calif.</td>
</tr>
</tbody>
</table>

**Financial Statement**

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

<table>
<thead>
<tr>
<th>EXPENSES</th>
<th>AMOUNT</th>
<th>ITM</th>
<th>AMOUNT</th>
</tr>
</thead>
<tbody>
<tr>
<td>USATF Officials &amp; helpers (35)</td>
<td>$1,328.00</td>
<td>Pre-entry Income (130)</td>
<td>$3,946.00</td>
</tr>
<tr>
<td>T-shirts (colored, up to 3XL)</td>
<td>1,961.40</td>
<td>Remaining T-shirts</td>
<td>635.26</td>
</tr>
<tr>
<td>Individual &amp; team awards</td>
<td>1,982.90</td>
<td>Refund on unused awards</td>
<td>248.20</td>
</tr>
<tr>
<td>Amory Rental &amp; clean up</td>
<td>1,408.50</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Omega, Northeast Timing - FAT</td>
<td>550.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mailing, copies, &amp; supplies</td>
<td>317.93</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Phone calls &amp; Faxes</td>
<td>168.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Transportation, parking &amp; tolls</td>
<td>136.30</td>
<td></td>
<td></td>
</tr>
<tr>
<td>USATF Registration &amp; donations</td>
<td>388.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>National Masters News Ad</td>
<td>150.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rental for weight use from MAC</td>
<td>150.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>USATF sanction &amp; insurance</td>
<td>65.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Refunds &amp; overpayments</td>
<td>114.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>EXPENSE TOTAL</td>
<td>$8,722.03</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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."
On the field for the April 17 Penn Relays Masters Mile. He had been expected, but persistent chronic asthma forced Coghlan to announce his retirement from competitive track.

The first sub-4 minute 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 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 mile 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 posted a 2:25:10, all 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 through 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.

by MARILYN J. MITCHELL

Edwin Roberts and Phil Raschker were two of the many masters at this week's Penn Relays who joined the 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 (10-3 1/4) 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 (48, the oldest man in the field) prevailing in 13.00 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 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 Roa­main, 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 Hahn 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 TOWNSEND UP & GARREN STATE ATHLETIC CLUB INTERNATIONAL TRACK & FIELD MEET
SUNDAY, JUNE 26, 1994
EVENTS: 110 METER HINDS - 100 METER HILL - 440 METERS RELAY - 110 METER HÍNH - 100 METER MIDDLE DISTANCE - 100 METER DASH - POLÉ VAULT - WEIGHT THROW - HIGH JUMP - LONG JUMP - DISCUS - TRIPLEX - JAVELIN
EVENTS: ENTERING RESULTS IN PRINTED PAGE AND SENDING THEM TO THE MEET DIRECTOR WILL BE CONSIDERED ENTERED.

EQUIPMENT: The equipment for all events will be supplied by the meet director. It is the responsibility of each participant to provide their own equipment. All participants and meet personnel will be responsible for maintaining the equipment in top condition.

SCHEDULE: The schedule for the meet is as follows:

11:00 AM - 1:00 PM: 1500 METER INDIVIDUALS - 100 METER MEGA RELAY - 400 METERS RELAY - 110 METER HINDER - 440 METERS RELAY
1:30 PM - 3:00 PM: 1500 METER MEGA RELAY - 100 METER MEGA RELAY - 440 METERS MEGA RELAY - 110 METER HINDER - 440 METERS MEGA RELAY
3:30 PM - 5:00 PM: 1500 METER MEGA RELAY - 100 METER MEGA RELAY - 440 METERS MEGA RELAY - 110 METER HINDER - 440 METERS MEGA RELAY

MEET DIRECTOR: The meet director is Tony Townsend. He may be reached at the following phone numbers:

(AGE 40+) (AGE 40+) (AGE 40+)
440 METERS RELAY - 110 METER HINDER - 440 METERS MEGA RELAY

EQUIPMENT: The equipment for all events will be supplied by the meet director. It is the responsibility of each participant to provide their own equipment. All participants and meet personnel will be responsible for maintaining the equipment in top condition.
THE WEIGHT ROOM
by JERRY WOJCIEK

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 approved proposal changed the age-divisions in the weight pentathlon as 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 M30-49 throw the 35-lb. weight; M60 + the 25-lb.; 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 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. 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,
mont 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’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 sharpen 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.-quality as a “heavy weight”? That is a “pygmy elephant” or a “football scholarship”.

This isn’t a can of worms; it’s a can ofadio-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 WAVA in hopes of setting a weight pentathlon record. I’m not making this up. I started to tell Eric

Continued on page 23
The International Scene

Miyazaki Presents Final Report

With 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 prefecture, 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 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 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."
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 and 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 were 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 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 and 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

Phone: (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 Track and Field Championships**

*North and Central American & Caribbean Regional Association of WAVA*

*WAVA Strassen Track & Field Area, Edmonton, Alberta, Canada*

*August 3 - 7, 1994*

**Meet Headquarters**

Dollar amounts in Canadian dollars

(one US dollar equals approximately Canadian $1.40)

**The Coast Terr Inn**

**Housing Info**

**Conference Pre-Registration**

*North and Central American & Caribbean Regional Association of WAVA*

*August 3 - 8, 1994*

**Coast Terr Inn**

**C/O Reservations**

4440 Calgary Trail North

Edmonton, Alberta

**TSC 2**

*Or call:* 1-800-223-6405 (toll-free in Alberta)

1-403-637-0610 (hotel telephone number)

**Conference Rates:**

$64.00 (CND) single/double occupancy plus applicable taxes

**Name:**

**Address:**

**Telephone:**

**Date of Arrival:**

**Room Type:**

**Number of Rooms:**

**Smoking/Non-Smoking:**

**Guarantees:**

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

---

**1994 North and Central American & Caribbean Regional Track and Field Championships**

*Edmonton, Alberta, Canada*

**COMPETITION ENTRY FORM FOR TRACK & FIELD ONLY**

**Please Print Block Letters**

*Name:*  

*Address:*  

*City:*  

*Country:*  

*Gender:* Male Female  

*Age as of August 4, 1994:*  

*Date of Birth:*  

*Day/Year:*  

---

**COMPETITION ENTRY FORM FOR OFF-TRACK EVENTS ONLY**

*Please Print Block Letters*  

*Name:*  

*Address:*  

*City:*  

*Country:*  

*Gender:* Male Female  

*Age as of August 4, 1994:*  

*Date of Birth:*  

*Day/Year:*  

---

**Waiver**

I hereby declare that I am in good health and am properly conditioned for the competition. I agree to be bound by the rules and regulations of the 1994 North and Central American & Caribbean Regional Track and Field Championships, the City of Edmonton, and the sponsors, and any other rules as may be amended by the organizers. I agree to take part in this competition at my own risk and that the organizers are not responsible for any injury, loss or damage to myself or my property which may result from my participation in the competition.

**Signature**

*Date:*
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 416 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 Championships" (62%), "part of a healthy lifestyle" (41%), and "to meet athletes from all over the world" (33%).

2) Preparation 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

<table>
<thead>
<tr>
<th>Group</th>
<th>Age Mean</th>
<th>SD</th>
<th>Max</th>
<th>Min</th>
</tr>
</thead>
<tbody>
<tr>
<td>Group 1</td>
<td>45-49</td>
<td>47.3</td>
<td>2.2</td>
<td>43.0</td>
</tr>
<tr>
<td>Group 2</td>
<td>50-54</td>
<td>47.3</td>
<td>2.1</td>
<td>43.0</td>
</tr>
<tr>
<td>Group 3</td>
<td>55-59</td>
<td>47.3</td>
<td>1.9</td>
<td>43.0</td>
</tr>
<tr>
<td>Group 4</td>
<td>60-64</td>
<td>47.3</td>
<td>1.7</td>
<td>43.0</td>
</tr>
<tr>
<td>Group 5</td>
<td>65-69</td>
<td>47.3</td>
<td>1.5</td>
<td>43.0</td>
</tr>
<tr>
<td>Group 6</td>
<td>70-74</td>
<td>47.3</td>
<td>1.3</td>
<td>43.0</td>
</tr>
<tr>
<td>Group 7</td>
<td>75-79</td>
<td>47.3</td>
<td>1.0</td>
<td>43.0</td>
</tr>
<tr>
<td>Group 8</td>
<td>80+</td>
<td>47.3</td>
<td>0.8</td>
<td>43.0</td>
</tr>
</tbody>
</table>

Grip Strength (kg)

<table>
<thead>
<tr>
<th>Group</th>
<th>Age Mean</th>
<th>SD</th>
<th>Max</th>
<th>Min</th>
</tr>
</thead>
<tbody>
<tr>
<td>Group 1</td>
<td>45-49</td>
<td>47.3</td>
<td>2.2</td>
<td>43.0</td>
</tr>
<tr>
<td>Group 2</td>
<td>50-54</td>
<td>47.3</td>
<td>2.1</td>
<td>43.0</td>
</tr>
<tr>
<td>Group 3</td>
<td>55-59</td>
<td>47.3</td>
<td>1.9</td>
<td>43.0</td>
</tr>
<tr>
<td>Group 4</td>
<td>60-64</td>
<td>47.3</td>
<td>1.7</td>
<td>43.0</td>
</tr>
<tr>
<td>Group 5</td>
<td>65-69</td>
<td>47.3</td>
<td>1.5</td>
<td>43.0</td>
</tr>
<tr>
<td>Group 6</td>
<td>70-74</td>
<td>47.3</td>
<td>1.3</td>
<td>43.0</td>
</tr>
<tr>
<td>Group 7</td>
<td>75-79</td>
<td>47.3</td>
<td>1.0</td>
<td>43.0</td>
</tr>
<tr>
<td>Group 8</td>
<td>80+</td>
<td>47.3</td>
<td>0.8</td>
<td>43.0</td>
</tr>
</tbody>
</table>

Knee Flexion (deg)

<table>
<thead>
<tr>
<th>Group</th>
<th>Age Mean</th>
<th>SD</th>
<th>Max</th>
<th>Min</th>
</tr>
</thead>
<tbody>
<tr>
<td>Group 1</td>
<td>45-49</td>
<td>47.3</td>
<td>2.2</td>
<td>43.0</td>
</tr>
<tr>
<td>Group 2</td>
<td>50-54</td>
<td>47.3</td>
<td>2.1</td>
<td>43.0</td>
</tr>
<tr>
<td>Group 3</td>
<td>55-59</td>
<td>47.3</td>
<td>1.9</td>
<td>43.0</td>
</tr>
<tr>
<td>Group 4</td>
<td>60-64</td>
<td>47.3</td>
<td>1.7</td>
<td>43.0</td>
</tr>
<tr>
<td>Group 5</td>
<td>65-69</td>
<td>47.3</td>
<td>1.5</td>
<td>43.0</td>
</tr>
<tr>
<td>Group 6</td>
<td>70-74</td>
<td>47.3</td>
<td>1.3</td>
<td>43.0</td>
</tr>
<tr>
<td>Group 7</td>
<td>75-79</td>
<td>47.3</td>
<td>1.0</td>
<td>43.0</td>
</tr>
<tr>
<td>Group 8</td>
<td>80+</td>
<td>47.3</td>
<td>0.8</td>
<td>43.0</td>
</tr>
</tbody>
</table>
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 of the City 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 one-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 2/5K.

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 Championships 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 committee 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);

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.


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);

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
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

<table>
<thead>
<tr>
<th>HURDLES</th>
<th>WOMEN</th>
<th>MEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>Race Distance</td>
<td>Hurdle Height</td>
</tr>
<tr>
<td>30-39</td>
<td>100m</td>
<td>13.00m</td>
</tr>
<tr>
<td>40-49</td>
<td>80m</td>
<td>12.00m</td>
</tr>
<tr>
<td>50-59</td>
<td>80m</td>
<td>12.00m</td>
</tr>
<tr>
<td>60-69</td>
<td>400m</td>
<td>45.00m</td>
</tr>
<tr>
<td>70 Plus</td>
<td>300m</td>
<td>50.00m</td>
</tr>
<tr>
<td>80</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

World Road Championships Sets 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.
Keenan, DeGrazia Win Tom Robinson Masters 10K Race

by PAUL MURRAY

Dai 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.

Zuecr 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: Zuecr, 30:59 McMullen 31:03 Banning, 31:04, Stride, 31:09, and Schlau, 31:15.

Jessee Earns $30,000
in Pole Vault

by JERRY WOJCIC

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 17-¼, 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 17½ 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 Bran polyurethane surface.

For More Information, Contact:
Tyrone Minor
National Sports Center
1700 - 105th Avenue NE
Blaine, Minnesota 55449
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 autopsies 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 Director 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 no 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 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 — conurs. “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 151 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.

Pauley 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 hounds, which are especially 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 observed, mountain lions attack 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 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 aizzly 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 “guestimates” 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
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 top 40 had 242 splits.
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.


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 Chepngeno, 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 blossoming 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.


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 Chepngeno, 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 blossoming cherry blossoms, which give the race its name.
Masters Scene

National

- The 1994 National Indoor Championships results in the May issue should include a U.S., and probable world, best 8:56.69 for M50-59 in the 4 x 880 relay at 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.
- PREE, 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 USAFT 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 PREE, 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 Run, 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 "Run Smart, Run Safe" its highest award. The 13-minute video reflects a positive portrayal of women runners, while also showing the need for 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 Racers 4th annual Post Mall 3K Indoor Championships, Orange, CT, Feb. 27, held over 500m course inside a mall, which provided the sites of competition for this year's harsh winter, according to Gustave Davis, of the Connecticut RRCA, who facetiously wonders 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 41:24, captured 40+ wins in the NYRRC Roosevelt Island Spring 10K, NYC, May 1. John McMahon (70, 25:52) and Bertha Bellinghagen (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 were823:10) and Diane Hawkins (42, 21:22). In the half-marathon, Louis Calvano (40, 1:16:09) and Kathy Gibbons (40, 1:27:56) came out on top.

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 6th 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.

Southwest

- 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 Bondarshchouk (2:22:15).

West

- Gregg Hornor (40, CA 2:41:52) and Mary Ryzer (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 M60-U.S. record of 1:56:10 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 Morris' world single-age record of 176.9 with a mighty 206-9.

Northwest

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

Canada

- Art Measay, M50, was first M40+ with an M50+ course record 34.54, Times Spring Warmup 10K, April 17. St. Johns, Newfoundland.
**Track & Field Field & Event Schedule**

<table>
<thead>
<tr>
<th>State</th>
<th>Cities/Events</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>EAST</strong></td>
<td>Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, No, Virginia, Pennsylvania, Rhode Island, Vermont</td>
<td></td>
</tr>
</tbody>
</table>


June 18-19. Masters Relay Meet, Middletown, Conn. 4 East Germantown Pike, Plymouth Meeting, PA 19462.


**SOUTHEAST**

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

June 1-8. VP'S Golden Olympics, Richmond. Andy Crandy, 804/672-5156.


June 7, 14, 21, 28. Miami Runners Meet, Tues. nights. 5:30. Miami Runners, 920 SW 40th St., Miami, FL 33155. 305/227-1500.


July 2. Southeast Masters Classic, Greensville, S.C. Dick Bloomfield, 103 Freetown Dr., Greer, SC 29651.


July 30. Jacksonsville TC Summer Classic, Bolles Track. 10 yr. age groups for 30+. Lamer Strother, 1511 S. McQueen Ave., Jacksonville, FL 32255. 358-7860; 384-TRACK.


**MIDWEST**

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


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


**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. Helena, 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, Neb. 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.


**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 1-800-565-7464 or by writing M-F Athletic Company, P.O. Box 8090, Cranston, RI 02920-0900.
FIFTEEN YEARS AGO  
June, 1979

- 300 Participate in 5th National Masters AAU Indoor Championships in Ann Arbor.
- Paul Spangler Sets Mile 4:50 (10:19) and 2-Mile 8:54.5 (2:24:41)
- Herb Lorenz First 40+ in Boston Marathon in 2:24:41

**Masters Return To Illinois**  
July 23, 1994

**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**

---

**MID-AMERICA**
Colony Square, Kansas, Minnesota, Missouri, New Mexico, N. Dakota, Nebraska, S. Dakota

**Masters Championships, Lisle, IL. Clarence Stonegate Ct., Libertyville, IL 60048. SASE**

June 5, Blue River Valley Meet. City of Marysville, 209 N. Eighth, Marysville, KS 65050.
913/362-3301.


June 19, Leading Edge/Lincoln TC Open/Masters Meet, Nebraska Wesleyan U. SASE to Gary Bredhoff, 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-Western Masters Championships, National Sports Center, Blaine, 20 minutes north of downtown Minneapolis. Tom Thorne, 525 Oak Ridge Dr., Neosho, MO 64850. 417/451-7417.


September 3-4, Rocky Mountain Masters Games, Ditt 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, 5916 Crest Dr., Midwest City, OK 73130.

June 25, Hill Country Masters Meet, Mason, Texas. Lee Graham, Mason HS, HC 60, Box 31C, Mason, TX 76856. 512/477-6904.


June 11, Los Gatos Pacific Classic, Los Gatos HS. Rick Mylem, meet director, c/o Athletic Performance, 35 W. Main St., Los Gatos, CA 95030. 408/354-7365.


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

June 18, KEL Field Meet #9. All throws, including weight and superweight. Gary Kelmsen, 5601 Empire Grade, Santa Cruz, CA 95050. 408/458-0020.

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

**WEST**
Arizona, California, Nevada, Hawaii


July 9, 23, USATF West Regional Masters Championships, Univ. of California at Irvine. Bill Adler, director, 435 Taughan Canyon Way, Palm Springs, CA 92263-3125-6307.

July 9, 23, USATF SCV All-Comer Meets, Los Angeles City College. 5 pm. Mary Thompson, 213/933-4260; LA Patriots USA 213/662-1062.


July 16, USATF Pacific Association Championship, Logan HS, Union City, Calif. Ed Seid, 510/293-8618.


July 23, USATF/Pacific Masters & Sub-masters Weight Pentathlon Championships, KEL Field, Santa Cruz. Gary Kelmsen, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0020.

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.

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

September 11, Senior 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).


July 9, Helena Masters/Seniors Meet, Vigilante Stadium, Manuel/Helen White, P. O. Box 5058, Helena, MT 59601. 406/297-5200.

July 16, Washington State Summer Games, WSU, Pullman. Open to non-residents. USATF card required. Mike Hintz, 609/315-3219; 509/332-1166 (5:30 pm-11 pm).


July 29-30, Montana Masters Meet, MSU-Bozeman. Mike Carigan, PO Box 5132, MSU, Bozeman, MT 59711-5132.

**CANADA**


June 11-12, Ontario Masters Championships, Oshawa, M&W + 5 yr. age groups. Olive Sinclair, 26 Greenbush Place, Whitby, Ont. L1R 1T6. 905/307-8500.


Continued on next page
LONG DISTANCE RUNNING NATIONAL


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


December 4. USATF National Masters 10K Championships, St. Louis, Mo. Tom Eckelman, 7140 Waterman, St. Louis, MO 63110. 314-777-7582.

EAST

Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Vermont


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


SOUTHEAST

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

June 4. 25th Peachtree Road Race, Atlanta. SASE (before March 1) to Peachtree RR, Atlanta, GA 30307. 404-269-9734. 912/238-2960.

SOUTHWEST

Arkansas, Louisiana, Mississippi, New Mexico, Utah, Wyoming


WEST

Arizona, California, Hawaii, Nevada


June 5. Westlake Florist Flower 5K/10K. Prize money. Westlake Florist, 25174 South Road, Westlake Village, CA 91361. Harry Pantelas, 818/889-6408; 818/498-9260.


NORTHWEST

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


July 4. Butte To Butte 10K. Oregon TC, BTB, PO Box 10285, Eugene, OR 97404. 503-391-1199.

July 15-16, Mt. Rainier To The Pacific Relay, Mt. Rainier National Park to Ocean Shores, Wash. 180 miles, 12-person teams. PO Box 17866, Seattle, WA 98107. 206/782-6547.
TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. To keep information current, we do not generally report results that are typed (maximum 28 spaces/2¼ wide) in our format receive preference. Deadline is the 10th day of the month prior to issue date.

EAST
Penn Reays, Philadelphia, PA. April 28-30, Philadelphia, PA
Age-graded Masters Pole Vault
Phil Backus 204.20
Phil Mulley 61 3.51
Gary Cowan 55 3.67
Jeff Kingdon 43 3.97
Jim Koen 42 3.97
Jeff Todd 50 3.97
Tom Fail 45 3.51
Donnny Tollefson 50
Jerry Dooley 64 .6

I .

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I

I
**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:** USA Track & Field Champions medals will be awarded to the top three U.S. citizens in each age division of Championships finals. All 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 entered an open event, they will be required to prove 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 USA Track & Field National Championships to the Reservation Clerk. All Franklin Properties are within walking distance of Hayward Field. Free shuttles will be provided from selected outlying hotels to the venue.

<table>
<thead>
<tr>
<th>Hotel/Motel</th>
<th>Address</th>
<th>Telephone</th>
<th>Fax</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barlow's Motor Inn</td>
<td>1535 Franklin Blvd</td>
<td>503-342-6383</td>
<td>535-00 - 560.00 plus 9.5% room tax</td>
</tr>
<tr>
<td>Best Western New Oregon Motel</td>
<td>1409 Franklin Blvd</td>
<td>503-683-3569</td>
<td>568.50 for one or two beds plus 9.5% room tax</td>
</tr>
<tr>
<td>Best Western GreenTree Motel</td>
<td>1758 Franklin Blvd</td>
<td>503-484-2984</td>
<td>568.50 for one or two beds plus 9.5% room tax</td>
</tr>
<tr>
<td>Red Lion Inn - Springfield</td>
<td>3280 Gateway Road</td>
<td>503-725-1818</td>
<td>568.00 for one and two persons plus 9.5% room tax</td>
</tr>
<tr>
<td>Franklin Inn</td>
<td>1657 Franklin Blvd</td>
<td>503-342-4804</td>
<td>568.00 for one and two persons (2 queen beds) plus 9.5% room tax</td>
</tr>
<tr>
<td>Red Lion Inn - Eugene</td>
<td>202 Coburg Road</td>
<td>503-342-5201</td>
<td>568.00 for one or more double plus 9.5% room tax</td>
</tr>
<tr>
<td>Red Lion Inn - Springfield</td>
<td>3280 Gateway Road</td>
<td>503-484-2984</td>
<td>568.00 for one or two beds plus 9.5% room tax</td>
</tr>
<tr>
<td>Valley River Inn</td>
<td>1000 Valley River Way</td>
<td>503-687-1013</td>
<td>568.00 per room (queen beds) plus 9.5% room tax</td>
</tr>
<tr>
<td>Bedway Inn</td>
<td>3480 Horton Street</td>
<td>503-774-8471</td>
<td>568.00 per room plus 9.5% room tax</td>
</tr>
<tr>
<td>Bedway Inn</td>
<td>3480 Horton Street</td>
<td>503-774-1541</td>
<td>568.00 per room (queen beds) plus 9.5% room tax</td>
</tr>
<tr>
<td>Bedway Inn</td>
<td>3480 Horton Street</td>
<td>503-683-5121</td>
<td>568.00 per room plus 9.5% room tax</td>
</tr>
</tbody>
</table>

**ADDITIONAL HOTEL/MOTEL HOUSING:** For additional general hotel/motel housing, contact the Convention and Visitors Association of Lane County, Oregon, 10000, 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, $54 per day; single occupancy, $43 per day. If you wish to receive a Dormitory Reservation Form, please check the box on the entry form below. For more information about dorm housing, call 503/367-1989. However, there is no dorm 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 dormitory accommodations from major hotels to and from Hayward Field will run daily throughout the Championships.

**CHAMPIONSHIPS BARBECUE:** A post-meet barbecue 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 the entry form.

**SCHEDULE OF EVENTS**

(Note: 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**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>A.M.</td>
<td>Discus (W)</td>
</tr>
<tr>
<td>5000 Meters (W)</td>
<td></td>
</tr>
<tr>
<td>5000 Meters (M)</td>
<td></td>
</tr>
<tr>
<td>Pentathlon (M)</td>
<td></td>
</tr>
<tr>
<td>Pentathlon (W)</td>
<td></td>
</tr>
<tr>
<td>P.M.</td>
<td>800 Meters-Finals (W)</td>
</tr>
<tr>
<td>800 Meters-Finals (M)</td>
<td></td>
</tr>
<tr>
<td>400 Meters-Finals (W)</td>
<td></td>
</tr>
<tr>
<td>400 Meters-Finals (M)</td>
<td></td>
</tr>
<tr>
<td>Shot Put (W)</td>
<td></td>
</tr>
<tr>
<td>Javelin (W)</td>
<td></td>
</tr>
</tbody>
</table>

**FRIDAY, AUGUST 12**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>A.M.</td>
<td>5000 Meters Track Walk (W)</td>
</tr>
<tr>
<td>5000 Meters Track Walk (M)</td>
<td></td>
</tr>
<tr>
<td>High Hurdles (W)</td>
<td></td>
</tr>
<tr>
<td>High Hurdles (M)</td>
<td></td>
</tr>
<tr>
<td>Hammer (W)</td>
<td></td>
</tr>
<tr>
<td>Hammer (M)</td>
<td></td>
</tr>
<tr>
<td>Long Jump (W)</td>
<td></td>
</tr>
<tr>
<td>Long Jump (M)</td>
<td></td>
</tr>
<tr>
<td>High Jump (M)</td>
<td></td>
</tr>
<tr>
<td>Pole Vault (M)</td>
<td></td>
</tr>
<tr>
<td>Pole Vault (W)</td>
<td></td>
</tr>
<tr>
<td>PM.</td>
<td>100 Meters-Finals (W)</td>
</tr>
<tr>
<td>100 Meters-Finals (M)</td>
<td></td>
</tr>
<tr>
<td>1500 Meters-Finals (W)</td>
<td></td>
</tr>
<tr>
<td>1500 Meters-Finals (M)</td>
<td></td>
</tr>
<tr>
<td>400 Meters-Finals (W)</td>
<td></td>
</tr>
<tr>
<td>400 Meters-Finals (M)</td>
<td></td>
</tr>
<tr>
<td>Pole Vault (M)</td>
<td></td>
</tr>
<tr>
<td>Pole Vault (W)</td>
<td></td>
</tr>
</tbody>
</table>

**SATURDAY, AUGUST 13**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>A.M.</td>
<td>Pole Vault (M)</td>
</tr>
<tr>
<td>10,000 Meters (W)</td>
<td></td>
</tr>
<tr>
<td>10,000 Meters (M)</td>
<td></td>
</tr>
<tr>
<td>In Hurdles (W)</td>
<td></td>
</tr>
<tr>
<td>In Hurdles (M)</td>
<td></td>
</tr>
</tbody>
</table>

*Non-Championships Event*

---

**SCHEDULE OF EVENTS**

(Note: 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.**
  - Discus (W)
  - Long Jump (M30-59)
  - High Jump (W)
  - High Jump (M)
  - Pentathlon (M)
  - Pentathlon (W)
- **P.M.**
  - 800 Meters-Finals (W)
  - 800 Meters-Finals (M)
  - 100 Meters-Finals (M)
  - 100 Meters-Finals (M)
  - 200 Meters-Finals (W)
  - 200 Meters-Finals (M)
  - Shot Put (W)
  - Javelin (W)

**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 (M)
  - High Jump (M)
  - Pole Vault (M)
  - Pole Vault (W)
- **P.M.**
  - 100 Meters-Finals (W)
  - 100 Meters-Finals (M)
  - 1500 Meters-Finals (W)
  - 1500 Meters-Finals (M)
  - 400 Meters-Finals (W)
  - 400 Meters-Finals (M)
  - Pole Vault (M)
  - Pole Vault (W)

**SATURDAY, AUGUST 13**

- **A.M.**
  - Pole Vault (M)
  - Pole Vault (W)
  - Javelin (M)
  - Shot Put (M)
- **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)
  - 8 x 100 Meter Relay (W)
  - 8 x 100 Meter Relay (M)

**MEMORANDUM**

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 free of any injury, loss or damage to myself or my property which may sustain in the course of competition with the USA Track & Field Masters Outdoor Championships. I also verify that I am registered for the 1994 year with USA Track & Field.