

NATIONAL MASTERS NEWS

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

202nd Issue

June, 1995

\$2.50

6000 Expected for World Games

"Based on the volume of entries coming in, close to 6000 athletes are expected for the XI WAVA World Veterans Athletics Championships," reports Bob Chase of the Buffalo Organizing Committee.

The biennial event, open to men over age 40 and women over age 35, will be held in Buffalo, N.Y., from July 13-23. Participants from more than 70 countries will compete in five-year age groups in all track and field events, two racewalks, a cross-country race and a marathon.

There are no qualifying standards to enter the meet, except to be at least the minimum age. The entry form and

schedule were published last month. The entry deadline was May 15.

Competitors may wear a national uniform or whatever jersey and shorts they like. However, all athletes who participate in team events (relays, racewalks, cross-country, marathon) as scoring members must wear uniforms clearly identifying their country. USA uniforms are available from USATF, 5319 Donald St., Eugene OR 97405. Phone 503-687-1989.

Entries for relay teams will be taken during the Games. Each country may field one team per race. There will be up to four races in each five-year

Continued on page 23

Deadline for Nationals is June 16

Planning is well under way for the 28th annual USATF National Masters Track and Field Championships on July 5-9 in East Lansing, Mich.

The event is expected to draw more than 1500 men and women from all 50 states and as many as 20 foreign countries. Many overseas visitors will be en route to the World Championships in Buffalo the following week.

The deadline for entries is June 16. Confirmation of entry will be sent to all competitors who register by June 10. Late entries received after June 16 will be assessed a \$25 penalty. No entries will be accepted after June 25.

The entry form is printed on page 3 in this issue.

Performances will range from outstanding to ordinary. Everyone is welcome. There are no qualifying standards, except to be at least age 30. What matters most is having fun and taking part.

All the action will be staged on Ralph Young Track at Michigan State University. Northwest Airlines is offering a five percent discount off its lowest fare through Spartan Travel (1-800-968-2238) to meet participants. Spartan will also provide buses to Buffalo on Mon., July 10 for \$40 to

Continued on page 19



Michael Bressi

Rose Malloy

Photos by George Banker

Bressi, Malloy Score Victories in Parkway 15K

by JERRY WOJCIK

Michael Bressi, 41, and Rose Malloy, 46, were masters winners in the George Washington Parkway 15K, April 23.

Bressi, Elizabethtown, Pa., took the masters contest with a 48:57, leaving second-place to Steven Giorgis, 40,

Herndon, Va., and third to Larry Jones, 40, Alexandria, Va.

Malloy, Annapolis, Md., won the W40-and-over race for the third time, with a 57:52. Claudia Ciavarella, 46, Arlington, Va., was second in 60:44.

Hedy Marque, 77, of Alexandria,

Continued on page 20



The start of an M55 200 heat, 1994 USATF National Masters Championships, Eugene, Ore. This year's championships are scheduled for July 5-9 at Michigan State University, East Lansing.

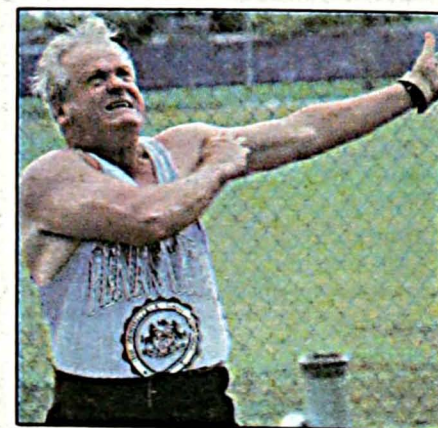
Photo by Tim Murphy

Throwers Engulf Naples Meet

Throwers, both local ones and snowbirds, flocked to the fifth annual Naples On The Gulf Masters Meet held in Florida on April 8. Entrants in a few throwing events were double the numbers of those in most of the running and jump events. In the M65 discus, Jim Gillcrist was the winner in a field of eight with a 40.48.

Twenty men and two women competed in the weight pentathlon. Top scorers were Len Olson, M60, 3822, and Vanessa Hilliard, W50, 4553. Hilliard broke her U.S. W50-54 record

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Throwing the hammer here, Len Olson, M60, Daytona Beach, Fla., was top scorer in the weight pentathlon, Naples-On-The-Gulf Meet, Fla.

Photo by Bill Burkle

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USATF is a major funding supporter of NMN. Executive Officers of USATF: Larry Ellis, President; Ollan C. Cassell, 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, articles, training tips, and all the inside scoops and information that affect the world of masters athletics competition.

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

Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to age 40+, 50+ or 55+ (please check the schedule for details). Some events require advance registration. Some require a current USATF card (\$7 to \$12 per year, depending on the region). To inquire about a USATF card, call USATF in your area, or

317/261-0500. There are no qualifying standards for most masters athletics events.

NMN welcomes contributions — results, schedule info., photos, letters, articles, and opinions. Manuscripts should be typed, doubled-spaced, but legibly handwritten material is also acceptable. Results should be typed, single-spaced. Please include a stamped, self-addressed envelope if return is desired. Subscriptions: A one-year subscription (12 issues) is \$26.00 (mailed 2nd class). Add \$16 for 1st class (USA & Canada) or \$19 for foreign air mail. Please send all correspondence on subscriptions to NMN, P.O. Box 16597, No. Hollywood, CA 91615. 818/760-8983.

Address change: At least four weeks is required for a change of address. Please furnish your new address and an old label from a recent issue.

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Advertising information and rates: Please call 610/967-8316 and request current rate card. Send all printed material and ad copy to: NMN, P.O. Box 2372, Van Nuys, CA 91404. Closing date for all copy and ad space reservations is the 10th of the month prior to the cover date.

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1995 USA Track & Field National Masters

Michigan State University
Ralph Young Track

East Lansing, Michigan
July 5 - 9, 1995

GENERAL INFORMATION

Eligibility: Competition is open to all men and women 30 years of age and older. Age on July 5, 1995 will determine a competitor's age group. Individual competitions 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. Registration will be available on-site, at \$15.00. We strongly urge you to obtain your USATF card in advance through your local Association. Competitors must present their USATF cards when picking up their packet. Foreigners may compete as guests with no USATF registration required.

Proof of date of birth will be required from all competitors in advance. A photocopy of driver's license, passport, or birth certificate must be sent with your entry form to ensure eligibility.

Awards: USATF Championship medals will be awarded to the top three (3) U.S. citizens in each age division of each championship final. Foreign guest competitors finishing in the top three will receive a non-championship medal. All competitors will receive a Certificate of Participation.

Entry Fees and Procedures: Entry fee is \$25.00 for the first event, \$15.00 for the second event, \$15.00 for the third event, and \$10.00 for all subsequent events. Pentathlon entry is \$25.00 and cannot be counted as your first event. Relays are \$40.00 per team, payable one hour before the start of the race. Make check payable to the "Flint International Track Club."

Each competitor will receive a commemorative USA National Masters T-Shirt as part of the entry fee. Each additional T-Shirt(s) may be purchased for \$10.00 in advance or \$13.00 on-site.

All entries must be received by June 16, 1995. Confirmation of entry will be sent to all competitors who have registered by June 10, 1995. (If your form is received after June 10, no confirmation will be sent.) Late entries received after June 16th will be assessed a \$25.00 penalty. Absolutely no entries will be accepted after June 25, 1995.

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 \$40.00 per team. If any relay team members have not also entered an open event they will be required to provide proof of date of birth and USATF card.

Packet Pick-Up: Competitors may pick up their packets at the Meet Headquarters in the Kellogg Center Hotel on Tuesday evening from 6:00 p.m. to 10:00 p.m.; or at the "Ralph Young Track and Field Facility" beginning Wednesday morning. Hours:

Wednesday - Friday, July 5 - 7; 8 a.m. - 6 p.m.

Saturday - Sunday, July 8 - 9; 9 a.m. - Noon

Declarations: Declarations must be made at least one hour before the scheduled start of the event. Events starting before 10:00 a.m. may be declared on the evening prior. Declaration sign-up area will be located at "Ralph Young Track."

Air Travel: The Championship Organizing Committee has been able to obtain air discounts on NORTHWEST AIRLINES through SPARTAN TRAVEL of five (5) percent on any available discounted fares and ten (10) percent on any unrestricted ticket. Spartan Travel will accommodate you by routing you to East Lansing, then to Buffalo and back to your original destination, if desired. Spartan Travel will also provide buses (Blue Lakes Charter) to Buffalo on July 10, 1995 at a very low cost of \$40.00. Buses to Buffalo are one-way.

Spartan Travel has a contract with Hertz to supply discounts of their car rentals to the Master Nationals. We suggest that you make reservations early.

You may call 1-800-968-2238 or 1-517-351-1080 for Spartan Travel and Hertz, Monday through Friday, 6:30 a.m. to 7:00 p.m. and Saturday, 10:00 a.m. to 1:00 p.m., E.S.T. When calling ask for the "1995 Masters National Outdoor Championship."

Accommodations - Hotel/Motel: The Championships Organizing Committee has blocked rooms in the East Lansing area. For information on Hotel/Motel housing or the availability of Michigan State University dormitory, contact the GREATER LANSING CONVENTION & VISITOR'S BUREAU at 1-800-648-6630 or 1-517-487-6800, Fax - 1-517-487-5151. Many of the hotels/motels are near "Ralph Young Track" and the dormitory housing is directly across from the track. Mail the housing information to U.S.A. Track & Field Housing Bureau, P.O. Box 15066, Lansing, Michigan 48901.

The price per day for double occupancy dormitory housing includes three meals per day, \$36.75 or two meals, \$30.75. Single occupancy: three meals per day, \$42.50 or two meals, \$36.50.

To guarantee your dormitory housing, please return the attached form with full payment by check or money order, made out to "Michigan State University." If cancellation notice is received by July 1, 1995, you will receive a full refund less a \$20.00 administrative fee.

Shuttle: Free shuttles for athletes and accompanying persons will be available from the airport to the major hotels and the dorms on Tuesday, July 4th; Wednesday, July 5th; Thursday, July 6th. Free return shuttle to the airport will be available on Sunday, July 9th, and on Monday, July 10th, (before noon), from the dormitories.

Most hotels will provide free shuttles to and from the airport. Ask the "Greater Lansing Convention and Visitor's Bureau" for further information.

Spectator Admission: Admission on each day of the competition will be \$3.00 (children 10 and under admitted free). You may also purchase a five (5) day package plan for \$10.00. Athletes will receive free admission to all sessions upon presentation of their competition number and athletes badges.

Equipment: Maximum spike length is 1/4" for all surfaces. Meet management will have field event implements and starting blocks available for use by all competitors.

At the 1994 USATF Convention the rule was changed to allow privately owned throwing implements to be exempt from the loss of identity rule. In other words, implements that belong to individuals may be used (provided they comply with required specifications). But implements that belong to individuals do not have to be shared with the other athletes during the competition.

Championship Dinner/Dance: a post-meet dinner/dance will be open to all athletes and accompanying persons. This dinner/dance will be held at the "Kellogg Center" on campus at the end of the competition on Friday, July 7th. The cost is \$12.50 per person. To ensure your space at the dinner/dance, pre-purchase of tickets with your entry form is highly encouraged.

Tentative Schedule of Events

Note: Exact event starting times will be determined after all entries have been received and entered into the computer. However, under no circumstances will an event be changed from the day listed below.

Wednesday, July 5th

A.M. 5000 Meters (W) (M)
Pentathlon (W) (M)

Thursday, July 6th

A.M. 5000 Meters Track Walk (W) (M)
800 Meters - Trials (W) (M)

Long Jump (W)

Javelin (W)

Pole Vault (M 50-65)

High Jump (M 30-49)

P.M. Short Hurdles - Trials (W) (M)

400 Meters - Trials (W) (M)

Hammer (M)

Long Jump (M 50+)

Friday, July 7th

A.M. Short Hurdles - Finals (W) (M)

1500 Meters - Trials (W) (M)

Long Hurdles - Trials (M) (W)

Pole Vault (M 40 & 45)

Discus (M)

High Jump (W)

P.M. 100 Meters - Trials (W) (M)

400 Meters - Finals (W) (M)

Steeplechase (M) (W)

Hammer (W)

High Jump (M 50+)

Pole Vault (M 30 & 35)

Saturday, July 8th

A.M. 10,000 Meters (W) (M)

Long Hurdles - Finals (W) (M)

Shot Put (W)

Javelin (M 60+)

Long Jump (M 30-49)

P.M. 100 Meters - Finals (W) (M)

800 Meters - Finals (W) (M)

200 Meters - Trials (W) (M)

4 x 100 Regional Relays (W)* (M)*

Javelin (M 30-59)

Pole Vault (W) (M 70+)

Shot Put (M 60+)

Sunday, July 9th

A.M. 10K Road Walk (W)

20K Road Walk (M)

1500 Meters - Finals (W) (M)

200 Meters - Finals (W) (M)

Shot Put (M 30-59)

Triple Jump (W) (M)

Discus (W)

P.M. Age-Graded 100M (W)* (M)*

4 x 800M Relay (W) (M)

4 x 100M Relay (W) (M)

4 x 400M Relay (W) (M)

HOTEL/DORMITORY RESERVATION

- All spaces must be filled out completely - type or print clearly.
- All acknowledgements will be sent to the individual whose name and address appears below.
- Hotels requ. : a credit card guarantee.
- Confirmation will be sent directly by your assigned hotel. Do not send room hotel deposits to the Housing Bureau.
- Reservation requests must be received no later than June 2, 1995. Rates are not guaranteed after this date.

PLEASE MAIL FORM DIRECTLY TO:
U.S.A. Track & Field Housing Bureau
P.O. Box 15066
Lansing, MI 48901-5066

OR CALL: 1-800-648-6630
517/487-6800
FAX: 517/487-5151

Hotel should confirm this reservation to:

Name _____ Address _____ City/State/Zip _____

Phone _____ Arrival Date _____ Departure Date _____

Hotel Selection 1- _____ 2- _____ 3- _____

Type of Room: 1-Bed = 2-persons _____ 2-Beds = 2-4 Persons _____

Dormitory Only:

Male _____ Female _____ Couple _____ 3-Meal Plan _____ or 2-Meal Plan _____

To guarantee your dormitory housing, please return this form with full payment by check or money order made out to "Michigan State University."

Guaranteed Hotel Reservations:

1995 USA TRACK & FIELD NATIONAL MASTERS OUTDOOR CHAMPIONSHIPS

East Lansing, Michigan

COMPETITION ENTRY FORM

ALL ENTRIES MUST BE RECEIVED BY JUNE 25, 1995.

(Please print clearly)

Family Name _____ First Name _____

Address _____ Telephone (daytime) _____

City _____ Telephone (evening) _____

State _____ Postal Code _____ Country _____

1995 USATF # _____ Team _____

U.S. Citizen (Y/N) _____ Male/Female (M/F) _____ Date of Birth: Mo. _____ Day _____ Year _____ Age _____

as of July 5, 1995

ENTRY FEES

Pentathlon Entry Fee \$25.00

1st Event Fee - \$25.00

2nd Event Fee - \$15.00

3rd Event Fee - \$15.00

4+ Event Fee @ \$10.00

Surcharge for Entries Received after June 16th (\$25.00)

Championship Supporter (optional - \$25.00)*

Free Athlete T-Shirt (circle size: S - M - L - XL - XXL) _____ N/C

Additional T-Shirt(s) @ \$10.00 (S - M - L - XL - XXL) _____

1995 National Masters Dinner/Dance @ \$12.50 per person _____

Official 1995 National Masters Meet Program @ \$3.00 _____

Official 1995 National Masters Meet Pin @ \$4.00 _____

Total Amount Enclosed _____

Note: The pentathlon entry fee is separate from all other event fees. If you compete in more than the pentathlon, the first additional event is considered your "first event".

Please send this entry form to:

USATF NATIONAL MASTERS OUTDOOR CHAMPIONSHIPS / USA TRACK & FIELD HOUSING BUREAU,

P.O. BOX 15066, EAST LANSING, MICHIGAN 48901-5066

For technical information about the competition, call Meet Directors, Randolph Williams or Jacqueline Williams at (313) 834-0378.

WAIVER

I hereby declare that I am in good health and am properly conditioned for the competitions, and that I am of the stated age on this application. I absolutely relieve the "Flint International Track Club," USATF - Michigan Association, USA Track & Field, the corporate sponsors, and Michigan State University of any responsibility for any injury, loss or damage to myself or my property which I may sustain in the course of (or in connection with) the 1995 USATF National Masters Outdoor Championships. I also verify that I am registered for (or will be registered in East Lansing, MI) the 1995 year with USA Track & Field.

Signature _____ Date _____

Mark Event Here With an "X"	Name of Event
	1. 100 Meter Dash
	2. 200 Meter Dash
	3. 400 Meter Dash
	4. 800 Meter Dash
	5. 1,600 Meter Dash
	6. 3,200 Meter Dash
	7. 5,000 Meter Dash
	8. 10,000 Meter Dash
	9. 20,000 Meter Dash
	10. 40,000 Meter Dash
	11. 100 Meter Hurdles
	12. 200 Meter Hurdles
	13. 400 Meter Hurdles
	14. 800 Meter Hurdles
	15. 1,600 Meter Hurdles
	16. 3,200 Meter Hurdles
	17. 5,000 Meter Hurdles
	18. High Jump
	19. Pole Vault
	20. Long Jump
	21. Triple Jump
	22. Shot Put
	23. Discus Throw
	24. Javelin Throw
	25. Hammer Throw
	26. Pentathlon





Address Letters to: National Masters News, P.O. Box 50098, Eugene, OR 97405.

LOS ANGELES MARATHON

The number of questionable award winners in the masters divisions of the Los Angeles Marathon seems to be on the increase.

Last year I protested four age-group winners; three were disqualified. This year, I provided marathon officials with information that resulted in the disqualification of the first three finishers in the M80 division and the first place finishers in the M60, M65, and W50 categories.

My protests regarding the W55 winner and the new M65 winner, Richard Roodberg (moved up from 2nd), are currently under review. Since the awards have already been mailed, I doubt additional corrections will be made.

Roodberg (3:17:24) is no stranger to the L.A. Marathon. In 1988, he crossed the finish line in an amazing 2:34:35; in 1990 he finished in 2:47:28. Since his bib number was not recorded by any of the eight check points, he was disqualified from the 1988 and 1990 races. His 1990 Boston Marathon second-place finish was also disallowed as he did not show up on any of the video cameras along the course. His persistence has finally paid off with a first place plaque for the 1995 Los Angeles Marathon.

The second place M65 finisher, Pat Devine (3:20:16) shouldn't be too disappointed this year. After all, he already has six first-place awards from the previous nine Los Angeles Marathons.

Pat Devine
Rancho Palos Verdes, California

RACEWALK JUDGING

Eighty-eight-year-old racewalker Connor Johnston from South Africa is in error in requesting special consideration for the elderly from judges as regards the bent-knee rule (NMN, May '95).

To give special consideration because of age would seem to penalize those elderly walkers in their 70s and 80s who do walk legally. In fact, after reading Connor's article carefully, it seems quite clear from his lack of disqualifications prior to the 1995 U.S. Nationals in Eugene and his description of his walking style, that he was walking well enough to satisfy most judges everywhere else *but in Eugene* during that event. I believe that a good case can be made that the judges there made some decisions lacking in good common sense.

Alan Wood, editor of *The Master Walker*, mailed me a California walking newsletter last fall. In it, an elderly walker was complaining that he had been disqualified at Eugene without having been given any warnings. I have a similar story. At the outset let me say that, unlike Connor, I had been disqualified once before during the past ten years of racing. At Eugene in the 5000, I was cautioned, warned, and DQed. OK, no complaint. Next day I attended a clinic and seemingly corrected my form. In the 20K, I finished the 12 miles with no warnings, came into the stadium for the last lap (alone on the track I might add), and I was announced to be the winner of my age group. But on leaving the stadium, I

was called back to hear the head judge tell me that I had been DQed for the bent-knee infraction. To my look of incredulity, he said, "We can do that." I had been shown no paddle, given no verbal warning — nothing. In other words, all that explanation before the race by the judge: showing the paddles and how the disqualification would be done, had no relevance to reality as far as I was concerned.

Wouldn't ordinary common sense tell those judges that if they found nothing in 12 miles of walking to warn about, only some unusual circumstance such as going illegal in trying to pass an opponent near the finish line would warrant a DQ on the final lap?

Bill Talmadge
Berea, Kentucky

HORMONE REPLACEMENT THERAPY

While I thank you for your "pro" opinion/information on this subject, I also feel that you should publish a "con" article on it. I know that there is another side to it.

For many of us who are not convinced of this "therapy" — we would like to hear the alternative viewpoint.

Gabriella Harbison
Eugene, Oregon

VIDEOTAPES OF NATIONALS

Even though we sold 223 videotapes of the 1994 Nationals in Eugene, there remain nearly 40 athletes, including 14 individual winners — all with tremendous video coverage — who chose not to obtain a tape of their performances. That's really unfortunate; they lost the finest video coverage opportunity they will probably ever get. The video production was quite helpful for many athletes who ordered tapes of their events. Ideally, all the events from an



Billie Murphy, W65 winner (24:35) in the 5000, in the 1994 USATF Northwest Regional Championships. The 1995 meet will be held June 30-July 1, Gresham, Ore.

Photo by Carole Langenbach

age-group should be on the same tape so athletes only have to purchase one video to see all of his or her events.

It is not possible to profitably do this type of video production with only one person on camera and editing, but it has great value to athletes. National and world meets should offer this service to their participants.

Paul Dungan
Portland, Oregon

SMALL TURNOUT AT UCLA

After selling UCLA on the idea of a masters T&F meet at Drake Stadium, I'm afraid I've come away from the second annual Bob Watanabe Memorial Meet embarrassed and disappointed.

On a warm spring day in April, at one of the finest track and field stadiums in the U.S., we should have

Continued on page 7

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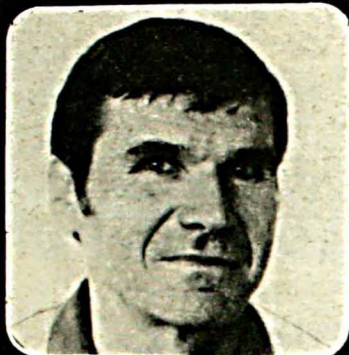
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Third Wind

by MIKE TYMN

Sid Howard Delivers Short and Long

Although he's mostly a middle-distance runner these days, Sid Howard is pacing himself for the *long run*. "I'm looking for longevity now," said Howard, the winner of 13 national indoor, one outdoor, and one road championship over the past 10 years. "My goal is be ready when the announcer calls for those guys in the 90-94 age division to line up on the track. I'm trying to pace myself now so that I don't burn out."

A resident of Plainfield, N.J., Howard, 56, won the M55 USATF National Masters Championship at 800 in Eugene last year with a 2:11.89, nearly four seconds faster than the runner-up. He also finished second in the 1500 at Eugene with a 4:34.50, just a stride behind Minnesota's Dan Conway. His best 800 effort last year was a 2:10.5.

Those times are not quite as fast as the 2:03.880 he ran at Thomas Jefferson High School in Elizabeth, N.J., 40 years ago or the 2:02.9 800 he recorded at age 47, but Howard is not complaining.

"I've learned to accept slower times," he said. "I can deal with the clock and the calendar. I know I'm getting slower and I know my times are changing. It doesn't matter to me, as long as I'm able to run. That's more important to me now, to be able to go out in the country or into the street and be able to run early in the morning and just be happy and ready to go to work. To me, that's more important than any fast times I might run."

"Work" for Howard, the father of six and grandfather of 16, is his own courier service in Manhattan. The



Sid Howard

business — appropriately named "Super Fast Delivery" — employs 29 people.

Born and raised in Elizabeth, New Jersey, Howard ran for only two years in high school before dropping out in his senior year and joining the Air Force. "I didn't run again until I was 39," he explained his comeback. "My son, Norman, came in one day and told me they're having a race for old people in Plainfield. I still remember that the race was on July 21 (1978) and I started training for it on July 1. I ran a 5:05 mile and won. Three months later, I ran my first marathon."

That was the New York City Marathon and his time was 3:02. By 1981, he had his marathon PR down to 2:46:27. He also did 16:20 for 5K, 33:33 for 10K, and 1:14:07 for a half-marathon during his early 40s.

"I didn't know anything about training when I first started," Howard said. "I went over to the New York Road Runners Club to train for that first marathon. I couldn't believe there was something like that for old guys. It was a whole new world for me. Ernie Billups, George Cohen, and Fritz Mueller were my role models when I started."

As Howard entered the 45-49 division, he began to focus more on the half and the mile. His best year was at age 47 when he did that 2:02.9 800, along with a 4:13.01 for 1500 meters and a 4:33 mile on the road.

"I really enjoy the indoor track more than anything," he said. "I'm a short guy (5-6½, 133 pounds), so I seem to do a little better indoors."

Howard's training these days adds up to around 35 miles a week. "I run five or six days a week," he offered. "I'll do one day of fartlek, one day of intervals, and a long run of 10 to 13 miles. The other days I just take it easy."

One of Howard's favorite interval sessions is to start with an 800 in 2:30 and follow that with a 69-70 quarter, a 1:45 for 600, a 50-51 for 300, a 67 quarter, and then finish up with a 31-32 200 and an all-out 100. "Now and then I'll do just quarters, maybe six to eight of them in 68 to 70 seconds," he added. "I used to do 16 of them when I was young, in my 40s, but I can't handle that any more."

Howard, a vegetarian for the past 15 years, said he now needs more time to recover from hard workouts and races. "And my injuries take longer to heal. I've had every injury you can imagine — knees, Achilles, hamstring. You name it, I've had it, but they don't discourage me."

Although he has given up the marathon, Howard still enters road races occasionally. So far this year he has recorded a 17:45 for 5K and a 38:10 in winning his division in the Bermuda International 10K.

"I think if I'd continued to run marathons, I wouldn't have the enthusiasm I have now," Howard ended. "I never had a chance to appreciate running when I was in high school and didn't have the opportunity to run during my 20s and 30s, but I thoroughly enjoy it now and expect to continue enjoying it. I plan to take a month off every year and just maybe bike and run in the water."

"As I said, I'm in it for the long run." □

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Age-group award winners at the Plainview-Old Bethpage RRC Awards Night, which honored Long Island runners, April 18, from left: Sab Koide, M70, Vera Allen, W65, and Bill Benson, M75+.

Photo by Mike Polansky

Write On!

Continued from page 4

had a turnout of 250 to 300 athletes. We had just 112.

To make matters worse, John Fournier, head of special events at UCLA, came out to see his first masters T&F meet. Although he was impressed with some of the individual performances, he commented about the small turnout for the event and I found myself making excuses I shouldn't have had to make.

Frankly, I don't know the reason for the small turnout and lack of support for the event. We had almost 200 entries last year at UCLA, 350 for the Olympic Legends Meet at UCLA in 1984, and 300 for the first Masters Pan American Games at UCLA in 1977.

The number of masters athletes has grown tremendously since those days and the big meets — world championships, nationals, regionals and district — draw large numbers today. Even the Senior Olympics, with a limited T&F schedule of events, draws entries well. Most of these meets charge a more than \$25 entry fee for five events and, in most cases, the track and field facilities are not as good as UCLA's Drake Stadium, so I guess it can't be the entry fee or the T&F facility.

Some people have said it is because the Mt. SAC Relays were the same

weekend and caused some masters athletes to watch the younger runners rather than compete themselves. I can't buy that as Mt. SAC was held for several days and athletes could see it on days before the Watanabe meet at UCLA and still compete on Saturday, April 15.

Maybe the answer could be that we have so many masters meets here in Southern California that another meet, even at a fine facility like UCLA, is no big deal.

Next year, the meet will not be at UCLA because there has been no sponsorship funding available for the past two years and the chance of masters athletes supporting the event by entering is just too risky at a costly facility like Drake Stadium.

I thank those who showed up and those who helped work the meet. I hope that next year, wherever the meet is held, we have a better turnout than this year, to honor the memory of Bob Watanabe, a great athlete and greater human being who added something special to masters T&F by his being a part of it.

*Bill Adler
Thousand Palms, California*

AFRICA ELECTIONS

The 1994 WAVA African Regional Track and Field Championships were staged in Durban, South Africa - the same city selected to host the 1997

WAVA World Veterans Championships.

As was customary, the biennial regional assembly had been called and advertised as part of the program.

However, whether for personal or economic reasons, few representatives of African affiliates attended. Among the missing was Col. Mouassipposso MacKonguy Pascal, African representative to the WAVA Council.

The natural outcome of this was that those who did attend elected an African Executive composed mainly of South African and Namibian members to be chaired by long-time veteran athletics leader Hannes Booysen. Other African affiliates, being unrepresented, failed to gain any elected positions.

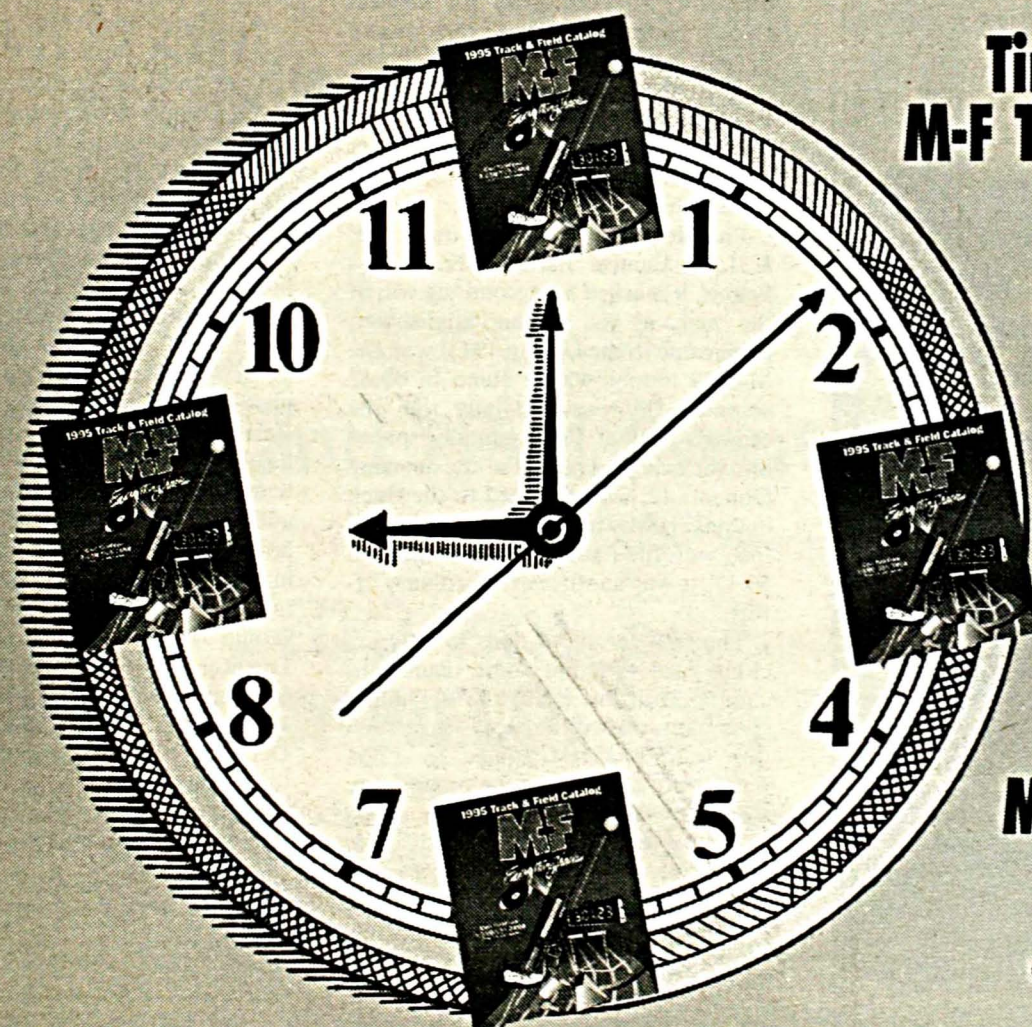
WAVA President Cesare Beccalli, however, judging these results to be unacceptable, travelled to South Africa in December, 1994 and declared the election void. He stated that the previous incumbents, headed by Pascal, would be reinstated and that a new election would be held in Buffalo at the XI WAVA Championships in July, 1995.

This was a high-handed, unwarranted intrusion in the affairs of a region acting within acceptable principles. Not all WAVA regions are, like Europe, composed of tightly located countries boasting more or less equal

Continued on page 9



Mike McLain, 43, Florence, Ore., 10,000m M40 winner (36:44), 1994 Hayward Classic, Eugene, Ore. This year's meet will be held on June 24-25. Photo by Jerry McLain



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The Foot Beat

by JOHN W. PAGLIANO
D.P.M.

Heel Pain

Q. I'm a 39-year-old male sprinter and I've had pain in my right heel for the last seven months. I treated it with ice, heel cups, etc., but nothing helps, even with six weeks of not running. A podiatrist said it's caused by a bursal sac. He's giving me cortisone injections, and says if that doesn't work, surgery may be needed. Can you tell me more about a bursal sac, and what kind of recovery to expect?

A. A bursal sac is the body's defense mechanism which surrounds and protects an irritated area. It usually occurs in athletes around the Achilles area and underneath the heel.

The sac itself is just that — a sack. It's usually inflammatory in nature, meaning it's filled with fluid. This provides the heel with a protective balloon. Unfortunately, it is difficult to run on.

In the heel area, it is usually associated with plantar fasciitis and heel spurs. Your condition may be a bursa, spur, plantar fascia, or a combination of any or all three.

Usually, rest will resolve the inflammation. This may mean no running for 6-8 weeks. Cortisone injections and the use of physical therapy, especially ultrasound, are helpful.

I don't recommend surgical correction until all other avenues of treat-

ment have been pursued. In many cases, the surgical removal may leave a larger deposit of scar tissue than you already have.

I would also recommend strapping the foot and doing light running on grass or dirt for several weeks. There is a technique called low-dye strapping which is a take-off on the old Louisiana ankle wrap used for basketball players. It works quite well. □

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 50098, Eugene, OR 97405.)



Top M65 competitors, 1994 USATF National Masters Decathlon Championships, Joplin, Mo., from left: Bailey Gore, Kentucky, bronze; Denver Smith, Ohio, gold; and Gordon Seifert, Alabama, silver. This year's meet is set for June 17-18 in Eugene.

101st Penn Relays Held in Philadelphia

by PETE TAYLOR

A record crowd of 46,810, beautiful, sunny weather, and standout masters performers competing for a third straight day — what more could the University of Pennsylvania athletic administration want as it concluded the 101st Penn Relays at historic Franklin Field in Philadelphia on April 29?

In the popular 100m dash for men 75+, Arizona's Milt Silverstein showed good style and excellent speed in dominating a strong field in 14.47 seconds, comfortably under Bill Weinacht's meet mark of 14.56. Ed Matthews, 15.27, and Gar Schoener, 15.95, were next in line.

Earlier in the day, masters running the M40+ 4x400 relay (the 4x400s are the "heart and soul" event of the Penn Relays) gave the big crowd quite a thrill. James Pryde of the Maryland Masters, an excellent 800 and 1500 competitor, enjoyed a clear lead as he took the baton for the final leg, with Phil Felton of the Philadelphia Masters next, followed by NADIA TC of Pittsburgh. Ed Gonera, the 1994 national M40-44 champion in the 400, anchoring Central Park TC, was far back, apparently out of contention. Trained closely by the NADIA TC anchor, Felton stayed within striking distance of Pryde down the back stretch, intending to kick with about 100 meters to go. Meanwhile, the 6-3, 215-pound Gonera was running a monster leg, rapidly closing the gap. On the far turn, with the crowd roaring and Pryde faltering, Felton moved closer to the lead, with Gonera now looming as a possibility to take it all for Central Park. Coming down the home straightaway, Felton collared Pryde and, in the final strides, Gonera got Pryde as well in a tremendous display of courage. Felton's official split was 51.9, while Gonera was officially clocked in 49.8.

Philadelphia's winning time was 3:31.09, Central Park's 3:32.05. For Felton, it marked his second big win of the year, as the affable Englishman (Phil came to the U.S. in 1983) won the M45-49 indoor 400 at Reno in 53.62 seconds. He remarked later that the crowd's roar at Penn actually spared him the expected pain. For the amazing Gonera, 42, who returned to the track in May 1994 after a 16-year absence, then won the nationals last summer in 50.17, it was another extraordinary effort.

The only negative note to this exciting race was that some teams, including Houston Elite, the defending champion, missed the race, whose starting time was rescheduled to 12:55 p.m. from 2:20 p.m. in the preliminary schedule. At least, Houston's team, consisting of Daniel Staggs, Bill Collins, Robert Mitchell, and T.J. Lester, had had the pleasure of winning the M40+ 4x100 in a fine 43.15 seconds (Atlanta TC, anchored by Billy Johnson, was next in 43.81 seconds). Bill Collins, revealing his "pure diamond" sprint form once again, was a big factor for Houston with a lightning

second leg. The Potomac Valley TC team of Carl Grant, Bob Koontz, Larry Colbert, and Melvin Fields was a convincing winner in the M50+ 4x100, racking up a time of 47.67 seconds.

The top seeds in the M40 and M50 100m dashes (Collins and Steve Robbins) were convincing winners, although Thomas Jones did account himself very well in the M40, running 11.21 to Collins' 11.09. Outstanding triple/long jumper Keith Witherspoon was next in 11.48, followed by Billy Johnson in 11.50. Robbins, 1993 World Veterans champ at Miyazaki, dominated the M50 field, finishing in 11.47 to beat the marks of all but two of the M40 sprinters. Thaddeus Bell was next in 11.89, followed by Wilfredo Picorelli in 12.04 and Roger Phillips in 12.06. Second-seed Joe Hemler was winner of the M60 race in the very creditable time of 12.75 seconds, with Rich Barretta next in 12.90, then Alex Johnson in 13.34.

In the M50+ and W40+ 4x100, the Philadelphia Masters' Paul Henry took the lead in the latter part of the first leg and Philadelphia was never headed again. Rab Hagin, Irv Heath, and Tom O'Hara followed Henry, racking up a very fine 3:47.09. New York Pioneers were next in 3:53.40, Central Park TC in 3:55.52, and Potomac Valley TC in 3:55.59, despite a remarkable 54.8 (unofficial) second leg by 62-year-old Ralph Romain. Two women's teams competed, with Boston RC's squad of Mary Ryan, Lorraine Tucker, Linda Upton, and Doris Hearty finishing in 4:46.51, downing the Central Park TC women's foursome (4:52.38).

All-time masters great Phil Raschker, 48, vaulted 3.15/10-4 to win the age- and sex-graded masters pole vault. Despite being somewhat off her best form, Raschker's 93.8% easily outdistanced the field. Fifty-six-year-old Gerry Counihan was next, vaulting 3.45/11-3 1/4 for 80.6%. South Carolina's Mike McGinnis, 40, had the highest vault of the day, 4.15/13-7 1/2.

Next year, the Penn Relays Masters Committee hopes to offer all the masters events presented this year and possibly one more. Dr. Tim Baker, Relays director for the past eight years, has been very good to the masters, extending relays beyond just M40+ and adding four 100m dashes as well as a pole vault. Reports indicate that this may have been Baker's last year; NMN readers wishing to support Dr. Baker should write to Steve Bilsky, Athletic Director, University of Pennsylvania, Weightman Hall, Philadelphia, PA 19104-6322. Readers wishing to write Dr. Baker to lend him support or to offer suggestions for improving masters events can reach him at the Penn Relays Office at Weightman Hall.

Sprinters seeking to qualify for the dashes next year (except for M75) should understand the importance of having some very good FAT times (preferably at the Nationals or World, at least the regionals), as hand times are frequently questionable and hard to compare to FAT. □

Write On!

Continued from page 7

economic means to move veterans athletics forward.

In Oceania, it has fallen to Australia and New Zealand to steer the course of encouraging farflung economically disadvantaged areas toward participation. In North, Central and Caribbean America, it has been the USA and Canada. A start has to be made somewhere. Broader representation will come in time.

At a time when South Africa is preparing to provide leadership in Africa by staging the first World Veterans Championships on that continent, the President has dealt an impertinent snub by refusing to accept results that were fair under the circumstances. And he now seeks to change the venue of an African election to North America, with predictable results.

Would he have taken the same step if the election venue had been in, say, the Congo and no South Africans had been elected?

What would Mr. Beccalli have done when he was European Veterans President if the then-WAVA President had interfered with EVAA election results? I believe everyone knows the answers to these questions.

It would be understandable if the

President, accepting the properly-elected African Council, had tactfully suggested the additional inclusion of a few other Africans from representative affiliates. But there should not be another election.

If necessary, this matter should be brought before the WAVA General Assembly so that justice can be seen to be done. Be aware that unwarranted interference in one region today can mean the same in others tomorrow.

*Don Farquharson
Toronto, Canada*

Readers should know and consider some points before passing judgment on Don Farquharson's letter (above):

1) The main South African Veterans' representatives are Hannes Booysen, an experienced officer and athlete, and Monty Hacker, a renowned lawyer. Why should there be any need for Don's intervention?

2) Farquharson is not in charge of any WAVA office. He has never been involved in the African question. He is doing a disservice to South Africa, when he could be creating breaks where fair agreements have already been reached. Perhaps this is his goal.

3) Owen Flaherty is running for WAVA President. As his nomination was denied by the Council, by BVA and by others, he finally obtained it from Aruba, then from Canada. Far-

quharson is starting the campaign for his old friend. As they do not have any valid program to propose, the only campaign which can be done is based upon misinformation and denigration.

For example, Farquharson asks, "Would I have taken the same steps if the election venue had been in the Congo?" If from the Congo came the news that the African Association had been composed of seven Congolese members plus one, say, from Zaire, my steps would be to invite WAVA to not recognize that Association.

He also asks, "What would Mr. Beccalli have done when he was European President if the WAVA President had interfered with EVAA election results?" Again, no one can know, but I never presented an EVAA Council made up of seven Italians plus one, say, from San Marino.

Farquharson is misleading people:

a) I did not take a personal initiative. Last June in Athens the matter was discussed with Council members Bill Taylor, Jacques Serruys, Hans Axmann, Hannelore Guschmann, and Torsten Carlius. All felt the African Association as formed in Durban could not be recognized by WAVA as its regional member. Some days later I discussed the matter with other Council members Cesar Moreno and Pascal MacKonguy in Monte Carlo. Pascal said misunderstandings due to

Continued on page 11



California's Stan Whitley, winning the M45 100 (11.19), USATF National Masters Championships, Eugene, Ore. This year's meet will be held in East Lansing, Mich., July 5-9.

Photo by Jerry Wojcik



11th
Annual

M SRI CHINMOY MASTERS GAMES

Track and Field Events for Men & Women
40 years & over

7:00 am SAT., JULY 8th, '95

VICTORY FIELD, FOREST PARK, QUEENS, NY

- 5-year age categories
- Competition starts 7 am

AWARDS: 1st, 2nd, and 3rd place for each age category, each event, men and women

For info. send SASE to Sri Chinmoy Masters Games, 150-47 87 Ave., Jamaica, NY 11432 or call: (718) RUNNERS



Masters Racewalking

by ELAINE WARD

Mexican Tradition — Enrique Camarena

Enrique Camarena (M44) walks for the Southern Cal Walkers. He won gold medals in the 5K (23:26.8) and 20K (1:43.51) in 1994 at Eugene in the Masters Outdoor Nationals. He is training to do a sub 1:40 20K in Buffalo. Camarena predicted he would walk this year's L.A. Marathon (March 5) in 4:15 and he won it in 4:15:41.

EW: As a runner, what attracted you to the sport of racewalking?

EC: A long period of running. I was a 5K, 10K and marathon runner for many years and was getting tired of so much running.

EW: What were your times?

RC: I ran the 10K in 32 minutes, the 5K between 15 and 16 minutes, and my marathon time was 2 hours and 50 minutes. When the Olympics came to Los Angeles in 1984, I was training to qualify for the Boston Marathon. I had yet to meet the qualifying standard of 2:45. During the Olympics I had the chance to see the great racewalkers from all over the world.

EW: Did the fact the Mexicans did so well influence you?

EC: Yes. I made a commitment to myself. I said to myself, "If a Mexican walker gets the gold medal in the 50K, I will start racewalking. If an American wins the Olympic marathon, then I will make a commitment to qualify for Boston." The American didn't win, and the Mexican did — so that's how I got started.

After the Olympics, I saw that Howard Jacobson was having a racewalking clinic in Los Angeles. I went to it. That's where I met [him], and you told me how to get started. It was fairly easy for me to learn racewalking because I had the endurance of running. I always tell my running friends if they get tired of running, they should go into racewalking.

EW: You have a very smooth, efficient racewalking style. What kind of warm-up exercises/drills do you do?

EC: On the weekends, I start my long-distance workouts with 15 to 20 minutes of drills. I do windmills and a swimming type of arm stroke I learned from Hausleber in Mexico. It's a forward stroke starting somewhat like the butterfly stroke except that I cross my arms as I bring them down in front of me.

The windmills are for shoulder and torso flexibility; the swim stroke strengthens the shoulders as well. I do breathing exercises that can be done walking or standing, and some stretches.

EW: Do you have any good hip stretches? The hips and torso are apt to be tight in masters walkers particularly.

EC: A good standing hip stretch starts by crossing your legs with your feet pointing forward. Keeping your back leg straight, lean sideways dangling your arms over your back foot. Your body forms an arc from your rear ankle to the top of your head. Doing the forward swim stroke uphill is also good for the hips.

EW: What breathing exercises do you do?

EC: Usually I do breathing exercises walking and don't worry about my pace. I start by raising my arms over my head while inhaling and then hold my breath as long as is comfortable. As I lower my arms, I exhale and relax. It's important not to make a big effort inhaling or exhaling. Stay relaxed and natural. Breathing exercises help you expand your lungs and strengthen their support muscles.

EW: When you are racing, do you do any particular type of control breathing?

EC: Breathing correctly is primary to the racewalking technique. It is part of the discipline of good technique. When I race, my breathing is completely controlled. As long as you breathe with your mouth closed, you can maintain control.

Let's suppose I am racewalking a 10K. I get to 8K and am breathing quickly. I need a second wind. The first thing I do is focus on my shoulders and arms to see if there is tension. If there is, I take a deep breath in and out, almost like a quick sigh. As I breathe out, my upper body relaxes right away. It helps my hip rotation, and my energy picks up.

On almost any course, there is a spot where there is an opportunity to get your wind back. It can be a very slight decline — or a slight downhill. You use this spot to recuperate — to take a deep breath, exhale and say "Go" to yourself. You have to know the course, know the spot, and take advantage of it. Quick recovery is what you learn when you do a 100-meter sprint.

Training — Workouts

EW: What workout would you recommend for a 10K and 20K for a week?

EC: The workouts I do are similar to the Mexicans'; the only difference is I don't swim. My workout week starts on the weekend. Saturday and Sunday



Kathy Frable, of Texas, W45 3000 racewalk winner (18:50.60), USATF National Masters Indoor Championships, Reno, Nev.

Photo by Jerry Wojcik

are for long distance to build endurance. The pace is moderate, no pushing. A flat course is best, but rolling hills are okay. The way I train for a 10K and 20K is pretty much the same and the schedule assumes being in good physical condition.

WEEK WORKOUT

Sat: Walking and running or jogging in miles.

	Walk	Run
10K	3	3
20K	5	5

Sun: Walking, running and racewalking in miles.

	Walk	Run	Racewalk	Total
10K	2	3	5	10
20K	3	4-5	7-8	14-16

Mon: Speed workout racewalking 3 miles at 5K speed.

Tues: 6 miles at steady pace: 3 miles at 45-50 seconds over 10K pace, 3 miles at 30 seconds over 10K pace.

Wed: Speed - 3 miles total intervals. 4x100 meter RW full out with 20-40 sec. easy walk between repeats. 2x400 meters with 20-40 sec. between repeats.

3x800 meters with 20-40 sec. between repeats.

The shorter the distance, the faster the speed. The recovery interval can be adjusted for the age and condition of a walker. The purpose is to build the body's capacity and endurance for speed.

Thurs: 6 miles at steady pace, similar to Tuesday.

Fri. Day off — relaxation — complete rest.

The speed work is the same for 10K and 20K. The only thing added is more distance on weekends. You have to be very careful not to injure yourself doing speed. The moment you feel that

your body is telling you something — one little sharp pain in your hip or shoulder — slow down.

Racewalking takes a lot of work. Obviously, you get tired. If you racewalk constantly without other types of workouts, the intensity can lead to injuries. By plain walking on the weekends, you allow your body to recuperate.

EW: How fast do you just walk?

EC: A natural, brisk, comfortable pace. If you do get injured, just walking allows your injury to heal and keeps up your endurance. When you recuperate from your injury — then you start racewalking.

EW: When someone with a hamstring pull mends to the point of barely feeling any twinges of pain, would you continue to have them just walk?

EC: For as long as they live. What I am saying is walking should be an integral part of your racewalking workouts. How far you walk depends on the distance for which you are training. If a workout is 5 miles or 10 miles, you walk two or three miles. If you are going for endurance, you could walk more miles. Endurance is first; and then speed.

EW: When you trained in Mexico with Hausleber, what did you learn in particular?

EC: The Mexican walkers have strict discipline. They do so well because of their discipline. After their workouts, they go into a pool for 30 minutes to swim and have fun. They swim to build the shoulders, to build lung power, and for relaxation.

EW: Do you swim?

EC: I feel plain walking is better.

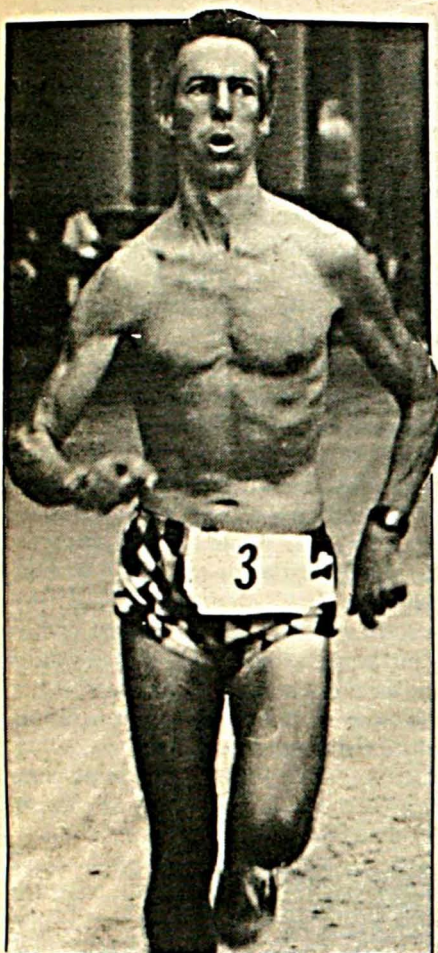
EW: Are you doing any other kind of speed workout in preparation for the World Veterans Games?

Continued on page 13



Donn Kaehn, W50, 1500 racewalk, Eugene Indoor Meet, Eugene, Ore.

Photo by Jerry Wojcik



Paul Peterson, 40, fourth overall (2:00:50),
DCRRC Old Town 20 Mile, Alexandria, Va.
Photo by George Banker

Write On!

Continued from page 9

language and mailing problems had passed. He had organized the participation of many athletes from at least four countries.

I did not get the impression of a job well done, but certainly he was in good faith. Later, in Scarborough, I discussed the matter with Bob Fine and Rex Harvey. Shortly, their position was that South Africa had done something which could be right but certainly not good.

So when I went to South Africa last November, at least 10 WAVA Council members had agreed on the policy to follow. All others were informed by fax or letter. I did not contact Mr. Farquharson for the simple reason that he currently has no office in WAVA. One should ask by what right he is interfering in such delicate and important matters, if not for denigration prior to the elections.

b) The main reason for my visit to South Africa was not the AVAA question, but the problem of Durban in 1997. South Africa had withdrawn because the requirements — outlined by Bill Taylor after his visit there — could not be satisfied. In fact, the Durban City Council had refused to cover the expenses. Accompanied by Monty, I met with the mayor and city management.

My mission was so successful that a few days later the South African Veterans got all financial and technical guarantees. I previously had declared that I was available only for global strategy for Africa and South Africa

which, as agreed, had to include a compromise to arrange the question of readjustment of the African Veterans Association (AVAA), to make it more representative of the continent.

As long as I remain President, WAVA will never interfere in any recognized regional association. But AVAA did not previously exist as a recognized WAVA association. It was formed for the first time in May, 1994. No one says the elections were illegal, so there is no interference at all. That body which was born as a result of those elections — made by only South Africa and Namibia plus the Botswana presence (not to be counted because they are not a WAVA affiliate) — cannot be said to be a WAVA son.

As for Don's statement that other countries were not there for personal or economic reasons, people should not forget that just some days before the Championships there was the Zulu war in Natal. Durban is in Natal. TV

networks and newspapers all over the world showed terrific images of what was happening there. That situation was the main reason for the lack of participation.

We have to operate for the benefit of WAVA and Africa. The plan is to arrange in Buffalo such integration of the standing AVAA Council with new members as to make it acceptable as the WAVA African management. There is no requirement for elections; it can be done in friendly meetings. All Council members and myself are available to avoid procedural difficulties. If this cannot be done, elections shall take place to form a new body, the only one which will be recognized by WAVA.

To say that elections in Buffalo would have a "predictable result" is so arbitrary that it reaches the limit of stupidity. It shows Don's grudge against me on a personal level. It shows Don is in complete ignorance of the

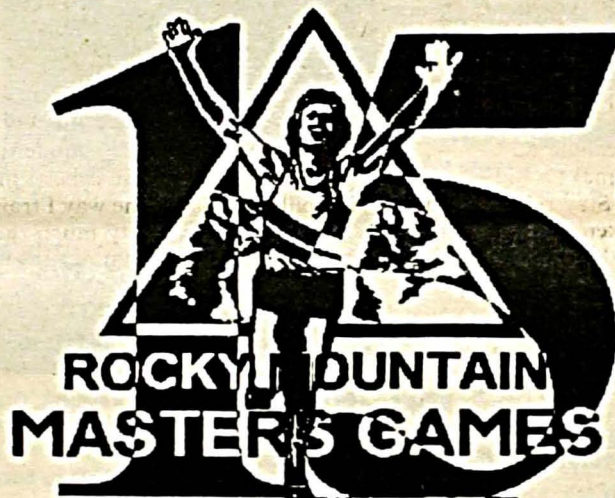
question (or, worse, he pretends to be) because South Africa leadership is needed, especially since the WAVA Championships will take place there in 1997. South Africa, Namibia and, hopefully, other African countries will be represented in Buffalo.

Why should this be considered a strange situation which would give place to "predictable results?" Unless the predictable results means the South African leadership is going to be confirmed, which could be the only point on which I agree with Don.

But, with the current situation of South African domination with seven members, plus one Namibian, of an eight-member AVAA Council, all other African countries have already formally declared that they will never join the AVAA. This is the only thing which worries me.

Cesare Beccalli
WAVA President
Brenzone, Italy

15th ANNUAL



SCHEDULE OF EVENTS

SATURDAY		SUNDAY	
AM	9:00 5K Race Walk Long Jump-Pent.	AM	9:00 80m HH 100m HH 110m HH Pole Vault 9'6" ht. High Jump 5'0" ht. Shot Put-Open & Wt. Pent.
	9:30 Javelin-Pent.		9:45 100m
	9:45 5000m on track		10:00 Long Jump
	10:00 Discus-Wt. Pent.		10:45 800m Discus
	10:30 200m-Pent.		11:15 50m
	11:00 Javelin-Wt. Pent.		11:30 Weight Throw- Open & Wt. Pent.
	11:30 Discus-Pent.		11:45 Predict time fun mile Pole Vault 5'0" ht. High Jump low ht.
PM	12:30 1500m- Pent.		12:00 200m
	1:00 Javelin- Open		LUNCH
	3:00 Hammer- Open & Wt. Pent.	PM	2:00 Triple Jump
			2:15 300m IMH 400m IMH
			2:45 400m
			3:00 4x100m relay 4x100m mixed fun relay
			4:00 1500m
			4:30 4x400m relay

❖ PLEASE NOTE ❖

If both pentathlon & open throwing events are entered, only a total of six throws will be permitted. First three count for pentathlon, all six count for weight pentathlon and open event.

LABOR DAY WEEKEND SEPTEMBER 2 AND 3, 1995

Site:

University of Colorado. Potts Field. Boulder

Hotels:

CU games fill local hotels. RESERVE EARLY!!

Facilities:

Chevron 440. 400m. electronic timing

Age Groups:

Five year age groups - men and women age 30 and over. Age as of first day of meet.

Awards:

First six places in each event receive medals. A maximum of three medals will be awarded to any entrant. Additional medals may be purchased for \$3.00.

Rules:

Standard USA Track & Field rules, except weight events, which will use old implements when new metric not available.

USA T&F:

USA Track & Field registration(\$12.00) is required and will be available at meet.

Entry Deadline:

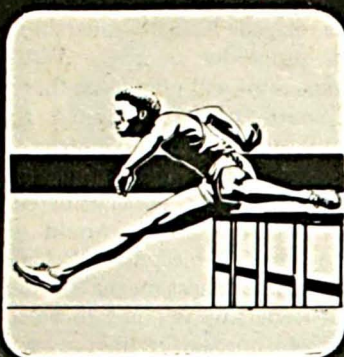
Received Wednesday prior to meet. Late entries at discretion of meet director.

Inquiries:

Dave Simons- 1550 Baseline
Boulder, CO 80302
(303) 443-1919
Nancy Manson- 518 Quentin Street
Aurora, CO 80011
(303) 341-7992
Jerry Donley- 1715 Alamo
Colorado Springs, CO 80907
(719) 635-1264

THE SOCIAL!!!-6:30 SUNDAY

- ❖ Champs Pub at Clarion
- Harvest House Hotel
- ❖ Order sandwiches and drinks
- ❖ Drawing for prizes
- ❖ Friends and family welcome



Training Advice

by TOM DICKSON

Gold Medalist Harold Morioka

(NMN thanks Tom Dickson for detailing the training schedule of Harold Morioka. Morioka, 52, of Vancouver, Canada, is the current world M50 record-holder in the 400 (51.76). He won three gold medals at the 1993 WAVA World Veterans Championships in Japan in the 400 (51.76WR), 800 (2:03.42) and 400H (61.03).

Harold Morioka trains six days a week with members of the Simon Fraser University track team and the Valley Royals Club in British Columbia, Canada. Harold's work ethic and determination are an inspiration to the entire training group, especially me. Following is an outline of Harold's amazing spring/summer training regimen.

Spring Schedule (March-May)

Monday:

- Warm-up jog ½ - ¾ mile
- Stretching + 4x50
- 10 min. continuous circuit (high knee lifts, arm swinging, etc.)
- 4x100 (2-3x) on grass field
- 30 sec/ reps; walk 100/sets + weights or Medicine Ball circuit

Tuesday: Track Intervals

- Timed reps over 200-500m
Ex. 1x500 75 sec.; 2x300 40 sec.
- 4-5 min/ reps 200 + 200 26 sec.
- 2 min/ reps
- 1x500 70-72 sec.
- 2x350 45 sec.
- 8-10 min/ reps

Wednesday: Hurdles

- Specific flexibility exercises
- Lead/trail leg drills + weights or Medicine Ball circuit

Thursday: Speed endurance

- Ex. 4x30 } from starting
2-4x150 } blocks
or Hurdles
H 1-6
H 7-10
- Full recovery/ reps

Friday: Day off

Saturday: Speed workout

- Starts from blocks: 30-60m
- Flying starts:
3x40 } full
2x60 } recovery/ reps
1x80 }
- 400-600m total + weights or Medicine Ball circuit
- or competition

Sunday: Transition circuit or tempo runs

- 4x(3x200) 28-30 sec.
- Jog 200/ reps
- 4-5 min/ sets

Summer Schedule (June-August)

Monday:

- 10-15 min. run
- 10 min. continuous circuit (high (knee lifts, etc.) or tempo runs
- 100s/200s

Tuesday: Special endurance

- Race simulation
- Ex. 2x(200+200)
200s in 24.5 - 25
- 2 min/ reps; 20 min/ sets
- 3x(300+150)
- 300 (1 min. break); 150 as fast as possible
- 300 in 37.5
- Full recovery/ sets (15-20 min)

Wednesday: Hurdles

- Specific flexibility exercises
- Lead/trail leg drills + weights or Medicine Ball circuit or tempo runs
- 4x(3x100)
- 30 sec/ reps
- Walk 100/ sets

Thursday: Hurdling

- Race simulation
- Or 150s from blocks at race pace

Friday: Day off

Saturday: Competition or speed workout

Sunday: Competition or tempo runs

- 3x200
- 3x100
- 3x200
- 3x100
- 3x200
- Jog the previous distance/ reps
- 4-5 min/ sets

(Look for Harold Morioka's Fall/ Winter schedule later in the year.)

Miami Meet Set For June 9-11

We goofed. In last month's schedule, we erroneously stamped "cancelled" over the 20th annual Northwest Track & Field Classic in Miami, June 9-11. The "cancelled" should have been over the meet directly above it — the Tennessee Sports-fest. The Miami meet is *not* cancelled, and we apologize for the misinformation.

The meet will take place on June 9-11 at Traz Powell Stadium in Miami. For entry info, contact Jesse Holt, at 1310 N.W. 90th St., Miami FL 33147 or call 305-836-2409. The meet features competition for open, youth and masters participants.

Update:

Decathlon/Heptathlon Championships

From the Organizing Committee for this year's USATF National Masters Decathlon/Heptathlon Championships, Eugene, Ore., June 17-18:

1. It is anticipated that competition will begin at 8:00 a.m. on the 17th and 7:45 a.m. on the 18th.
2. The javelin will be held on the main javelin area of Hayward Field; the runway will be tartan, not grass as stated in the entry form.
3. A locker room and a fully-equipped training room will be available at the

Bowerman Family Building at the north end of the track. These facilities will be open from an hour before the competition until 45 minutes after the last event concludes. Plenty of ice, certified trainers, whirlpool, etc. will be available. You must supply your own towels for showering.

4. Massage crews will be available both days from mid-afternoon until the competition is concluded.

5. Registration will be held Friday, 6-9 p.m., at Carson Hall on the University of Oregon campus and Saturday morning, 7-9 a.m. Athletes must pick up their registration packet by 9 a.m. Saturday.

6. If you find that you must cancel your plans to compete, please notify the meet director as this may affect the make-up of flights and the preparation of heat sheets, etc.

If you have further questions, contact Meet Director Timothy Shelley at 503-343-4610. □



Harvey Lewellen, M65, Springfield, Ore., was top scorer (6356), Oregon Invitational Decathlon, Eugene, April 13-14.

Photo by Suzy Hess

Don Hummel

Don Hummel, Canton, Ohio, passed away recently at the age of 83. Hummel participated in the Masters program from its very beginning, competing in the field events, his specialties being the pole vault, discus, and javelin. He set a record in the pole vault when he was 70. He is survived by his wife, Barbara. □



Kimmie Allegre, W40, in the high jump of the Oregon Invitational Heptathlon, Eugene, Ore., April 13-14. Eugene will host the USATF National Masters Decathlon/Heptathlon Championships, June 17-18.

Photo by Suzy Hess

Stuart Spears WR at SCA Meet

by JERRY WOJCIK

Larry Stuart, 57, broke his M55-59 javelin world record of 209-1 set in 1993 with a prodigious 215-8/65.75 in the USATF Southern California Association Championships at Occidental College in Los Angeles, April 8. The mark is one inch below the M50-54 world record which he set at age 50 in April 1988.

Stuart is also the owner of about 20 world and U.S. single-age records, starting with 250-8 at age 38.

Clarence Trahan erased two U.S.

M80-84 records. He broke Walt Westbrook's 17-year-old mark of 3.53 in the long jump with a 3.66, and improved Claude Hill's two-year-old triple jump record of 7.04 to 7.18.

Tina Stough, W40, posted wins in the 200 (28.7), 400 (65.0), and 400H (70.8). Charlie Rader, M45, and Jason Meisler, M40, both finished at 6-2 in the high jump. Sam Adams, M60, topped all discus throwers with a 45.20.

Christel Miller, meet director, was able to conserve enough energy to win the M60 javelin contest. □

Mikhailov, Grayson Win in Sallie Mae

by NOEL KING

Under heavy rain, Jurly Mikhailov, 42, of Russia, and Nancy Grayson, 45, Northville, Mich., took masters first places in the Sallie Mae 10K, Washington, D.C., on April 30.

Mikhailov, running an age-graded 91.4% 30:56 to win the \$500 masters first prize, left second place, worth \$400, to Wilson Waigwa, 46, El Paso, Texas, whose time of 31:36 was actually a better performance (92.2%) than Mikhailov's.

Grayson defeated younger master Joanne Scianna, 41, Saugus, Mass., by four seconds with a 35:53, an age-graded 90.7%. Men and women masters received equal cash prizes.

In the closest race of the day, Rosa Seemann, Springfield, Va., won the W55 contest by one second over Brenda Murray, Bethesda, Md., with a 52:58.

About 1000 runners completed the race. The top eight open, three masters, three local, and three wheelchair finishers shared \$30,000 in cash prizes.

The event is sponsored by the Washington, D.C. based Sallie Mae (Student Loan Marketing Association) to benefit the National Capital Chapter of the American Red Cross and is organized and staffed by more than 200 Sallie Mae and Red Cross employees and volunteers. □

Masters Racewalking

Continued from page 10

EC: A speed workout I'm using for the 20K consists of ten 1K repeats. Let's suppose I am training with a guy who walks around 1:35. We start with an 8:00 minute per mile pace; by the 6th repeat, the pace is 7:40; and by the final repeat we might do 7:30. In kilometers that would be 4:55, 4:50, 4:45, 4:40.

Again, it is important to listen to your body and slow down if you feel any pain. If you go back to a 4:55 or even 4:59 you don't have to worry, because you are still within your workout. □

(Next month — Nutrition & Mental Preparation)

Fifteen Years Ago June, 1980

- Nick Newton Sets M45 400 WR of 51.1
- Herm Wyatt Sets M45 HJ WR of 6-2 3/4
- Hal Higdon Sets M45 25K AR of 1:23:53

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The Weight Room

by JERRY WOJCIK

Age-Grading: Field Free To Do It

Age-grading to determine outstanding performances has not yet caught on in T&F to the extent that it has in road racing. If you peruse NMN issues since the revised *Age-Graded Tables* were published, you'll find articles on how to age-grade races, race coverage featuring age-graded winners, and race results listing age-graded performances, but not much on T&F age-grading.

A few meet directors have used age-grading to present awards; some interest has seeped through to the track portion of the sport; and occasionally, somebody does a comparison of individual performances in a major meet, such as the ones done by Phil Mulkey in the past. But, age-grading is not big in the T&F arena.

One possible reason for the absence of age-grading, particularly in the throws, is that they are often subjugated to second-class status and are relegated to off-track locations (out of site, out of mind) or scheduled for the crack of dawn. The result is a laissez-faire attitude toward the throwing community.

All T&F entry forms contain a space for birth dates, so athletes' ages are available for age-grading. If meet directors can't spring for one of the computer programs that include age-grading, an appointee/volunteer who can divide or multiply with a calculator can age-grade with the aid of the 1994 tables.

Another possible reason why field

event age-grading has not caught on yet may be that the calculations are done in meters, not feet and inches. Most measuring tapes have both English and metric gradations. (I'm not a fan of metric measurements, but, wearing my rankings coordinator hat now, I know that field event marks in meters decrease a ranker's compilation time by at least a third and reduce the margin for error when feet-inches have to be transposed.)

Perhaps a little prodding of meet directors by participants to age-grade may start the ball rolling. Athletes can also do their own age-grading for inclusion with results.

The Weight: Less Is More

Speaking of rankings, I noticed while scanning the indoor weight results in the May issue that one winning athlete whose correct competition weight is the 25-lb. was listed in the results of the USATF Midwest Indoor Championships as throwing the 20-lb. What weight did the guy in second place throw? I can't imagine his saying, "OK, you use the lighter weight,



Melanie Reske, W70, Eugene, Ore., competing in last year's Hayward Masters Classic, which will be held this year on June 24-25. Reske was second in the shot and discus in the 1994 National Championships in Eugene.

Photo by Suzy Hess

but I'll throw the heavier one."

I decided to check the marks of other weight throwers in the results against

their marks in the rankings for 1994. The M55 winner is credited with an 11.80 in the meet. Last year, his best outdoor mark listed in the rankings is 8.02. The fourth-place M55 thrower is shown with a 10.40 in the Regionals. His best outdoor mark for 1994 is given as 7.65. Twelve-or-ten-foot improvement in a year? Possible. The indoor atmosphere might bring out the best in them. The 1994 rankings marks were not their top ones? Or, did they use the weight pentathlon weights for M50+, instead of the 35-lb. and 25-lb? If so, the meet director or the competitors should have seen to it that the results showed that.

I'm not accusing anybody of deliberate misconduct. Athletes can throw any size of implement they want to, even in a regional championship, but it is unfair to other athletes not to provide correct data when "wrong" implements are used in a competition, the results of which will be used for rankings. The weight results as given in the Midwest Regionals cast suspicion on the whole event. What were the M30s and M40s throwing? Maybe the proper implements were not available, and everybody threw whatever was handy.

The person doing the indoor weight rankings should disregard those results. □

YMCA Midwest Masters Classic 8K

from STAN SHIRK

Winners in the 13th annual YMCA Midwest Masters Classic 8K, Omaha, Nebr., April 1, for runners age 35-and-over, were Michael Cregeen, 38, with a 25:56, and Anna Fisher, 35, in 33:24. Cregeen led from the start, ran the first two miles in 5:10 pace, and went on to defeat Dale Bradley, 37, the winner for the past two years, by almost a minute.

First M40-and-over runners were

Gary Julin, 48, third overall, in 27:28, and Kathy Cavanaugh, 41, second woman in 34:45.

Overall winners in the two mile racewalk were Iowans Mike Wiggins, 46, 14:53, and Joan Schaben, 49, 21:09.

Race weather conditions were ideal: calm and clear with temperatures around 50°. The race director was Stan Shirk. □



Larry Stuart, 57, breaking his M55-59 world record of 209:1 with a 215:8.

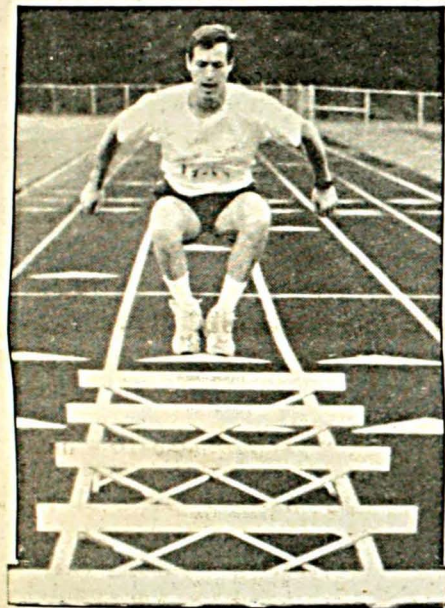
Photos by Chuck Coutts

More From Beantown

by MARILYN J. MITCHELL

We managed to catch up with Emma Scaunich, 1994 Boston Marathon masters women's winner in Boston, who dropped out of the 1995 race at about the 10-mile point with what we had earlier been told was a sciatic nerve problem, but which proved to be a hamstring pull. The injury resulted from being knocked down by a rollerblader while on a light training run the day before the race. She continued the training run after falling but knew that she probably had more than a minor bruise. Her companion/trainer/coach gave her a massage and therapy, but the severity of the problem became apparent during the race when the pain became unbearable.

Said Scaunich, "I was running with the second group of women, and I was trying to pick up speed on a downhill...I ran easy and good for six or seven kilometers, and then the first problem came with the uphill. I con-



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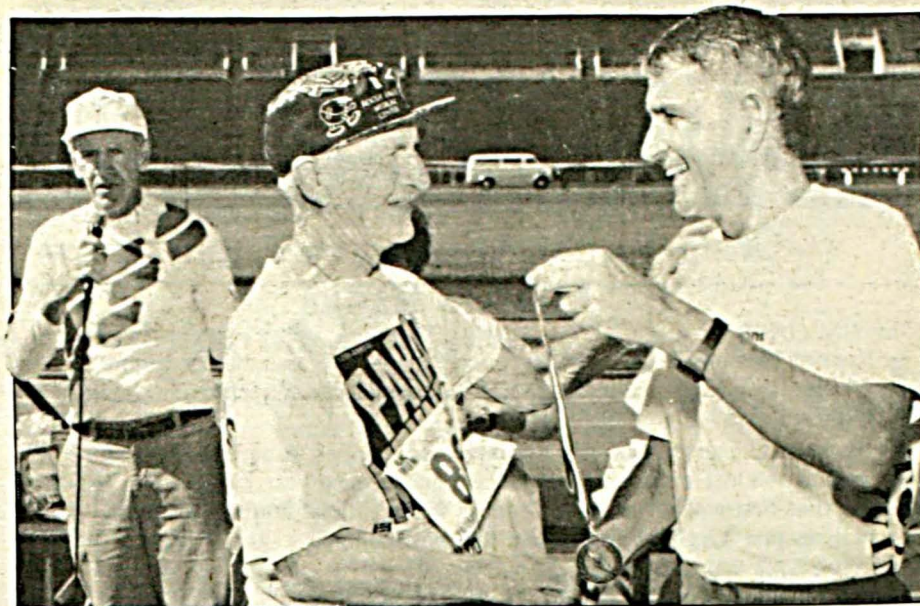
centrated and blocked out the difficulties and said to myself, 'No problem.' The downhill was too much and the hamstring pulled. I prepared for six months for this marathon. I was training with Orlando Pizzolato (overall winner of the 1984 and 1985 New York City Marathon) and did no other competitions...I want to run Boston (again) because I think it is possible to get the Boston masters record." Scaunich's 1994 winning masters time of 2:33:36 placed her seventh overall in the 1994 race and third on the Top 25 Boston Masters Women's list.

With one day's rest, Irina Bondarchouk, the 1995 Boston female masters winner, had somewhat reassessed her position on not running in 1996 and said, "This year I have very good sport form, but it was a very hard race for me." Bondarchouk had managed very good performances in the past two years at Boston (2:42:15 in 1993 and 2:36:53 in 1994), but had always been the proverbial "bridesmaid-and-never-a-bride." Bondarchouk has now turned in three of the top times on the list of Top 25 Boston Marathon Masters Women's Performances.

Rest, recovery — and nostalgia — seem to have softened her attitude about not doing another marathon, and she is considering running Boston in 1996, if she can find some support in order to bring her family, or at least her infant son, to the United States to train. She has recently been training in the U.S. without her family, as economic conditions in Russia and the former Soviet republics are so bad that training for world-class running competition is very difficult.

Keep an eye on 39-year-old Tatiana Pozdniakova of the Ukraine, whose 2:40:26 placed her 17th overall in the 1995 race, just ahead of Bondarchouk. Pozdniakova should be one of the top masters women next year and a real challenge for Emma Scaunich.

It looks as though Martin Mondragon, male masters winner, will also return in 1996. His recent Boston performance places him sixth on the all-time performance list, despite this year's race conditions being difficult for many runners. Mondragon subtly changed his training, by increasing his



Ron Clarke, Australian Olympian and former record holder, presenting a medal to Mel Shine, 86, the oldest finisher in the Fifty Plus 8K, Stanford, Calif., April 8. Don Carpenter, race director, is at the microphone.

Photo by Doug Peck

mileage only 15 miles per week but increasing the length of his long training runs. Overall winner of the 1988 Los Angeles Marathon (2:10:19) and a 1988 Olympian for Mexico, Mondragon will be hard to beat in 1995.

The 1995 Boston Marathon had one of the richest masters marathon purses, with prize money five-deep for the top male and female finishers and top masters prizes of \$10,000, compared to \$3000 in the 1994 New York Marathon for the top masters and only three-deep. Boston invites its masters winners to jog with the President in Washington, D.C., and the New York City Marathon does not. Given the rich purse, the prestige afforded the masters winners, and the fact that the 1996 race will be the 100th anniversary, many top masters are planning on run-

ning in 1996.

Guy Morse, race director, and the BAA directors have determined that the race can safely accommodate approximately 25,000 runners, and there will be a one-time "open" division for a limited number of runners not meeting the qualifying standards. Although the exact number of lottery winners cannot be determined until the qualifying deadline of Dec. 31, 1995, the BAA will hold lottery drawings based upon projections in July and October 1995 on a rolling, space-available basis, with a final lottery on Jan. 10, 1996. Open division entries may be mailed in now with the final deadline for lottery entries on November 1, 1995. Entries from each drawing will automatically be included in the next drawing(s). □

Masters Age-Graded Tables

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ESPN/ESPN2 TRACK & FIELD SKED: ESPN and ESPN2 will combine to televise track and field events for the remainder of 1995. Highlighting the schedule are five days of coverage of the IAAF World Championships in Gothenburg. ESPN and ESPN2 will televise 38 hours of track, up from 18.5 hours in 1994. Here is the schedule, provided by Larry Ravson:

Date	Time (ET)	Network	Event/Site
June 15	10:30pm	ESPN2	USA Mobil Championships, Sacramento (same day)
June 16	10:30pm	ESPN2	USA Mobil Championships, Sacramento (same day)
June 17	12:30am	ESPN	USA Mobil Championships, Sacramento (same day)
July 22	1:00pm	ESPN	Golden 4 Bislett Games, Oslo (taped)
August 7	8:30pm	ESPN	IAAF World Championships, Gothenburg (same day)
August 8	7:30pm	ESPN	IAAF World Championships, Gothenburg (same day)
August 8	10:30pm	ESPN2	IAAF World Championships, Gothenburg (same day)
August 9	10:30pm	ESPN2	IAAF World Championships, Gothenburg (same day)
August 10	7:30pm	ESPN	IAAF World Championships, Gothenburg (same day)
August 10	10:30pm	ESPN2	IAAF World Championships, Gothenburg (same day)
August 11	7:30pm	ESPN	IAAF World Championships, Gothenburg (same day)
August 11	11:00pm	ESPN2	IAAF World Championships, Gothenburg (same day)
August 17	3:30pm	ESPN	Golden 4 Letzigrund Meeting, Zuerich (taped)
August 27	4:00pm	ESPN	Golden 4 Ivo VanDamme Memorial, Brussels (taped)
Sept. 4	9:00pm	ESPN	Golden 4 ISATF, Berlin (taped)
Sept. 10	2:00pm	ESPN	IAAF/Mobil Grand Prix Final, Monte Carlo (taped)
Oct. 15	3:00pm	ESPN2	IAAF World Half Marathon Championships, Montbeliard, France (taped)

PROFILE

Craig Virgin Anxious to Enter Masters Ranks

by JIM OAKS

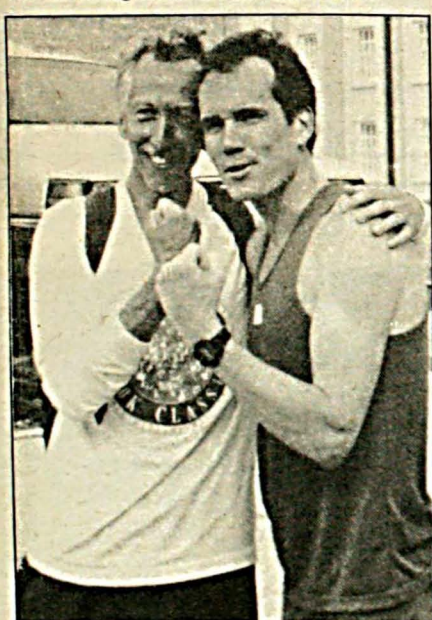
If asked to name a U.S. runner who is a world cross-country winner, Lynn Jennings would probably come to mind. Could you name the only male U.S. runner to win?

It has been 15 years since Craig Virgin became the first American male winner of the event in 1980. (He was also a repeat winner the next year.) Virgin was 24 when he took that first world victory in France. With minimal mathematical mentality, one realizes that Virgin will soon join the masters ranks.

Virgin's 40th birthday is August 2, 1995, and he seemed very excited about the possibilities of a new lease on his racing life when we talked at Berry College in Rome, Ga., in early February.

"I guess I'm just a warrior," Virgin laughed. "I have always loved competition, and the masters ranks will give me a fresh area of competition for a couple of years. There are always some new fast guys coming up, but I would like to give it my best shot for a year or two."

Virgin was a guest speaker at the college the night before the Viking Classic 5K and 10K races on Feb. 4. After some biographical comments, Virgin narrated a tape of the 1980 World Cross-Country race. In that race he overcame a bad start, eventually closed the seemingly insurmountable lead of Nick Rose, and won the race with a devastating kick in the last 100m.



Craig Virgin (r) with Nick Rose, an old rival.

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 50098, Eugene OR 97405

In April, 1994, Virgin had an operation in which a defective kidney was removed. Since the procedure was a laparoscopy, he was out of the hospital in 48 hours. He resumed light training, and 15 days after the surgery ran the Crescent City Classic 10K in New Orleans in sub-40 minutes.

In July he began to experience plantar fasciitis for which he tried all the conventional non-surgical treatments. Nothing worked, so in late December he had foot surgery. His problem was not from bone spurs, but was caused by a tightness of the fascia connective tissue along the bottom of the foot. The surgeon made a series of perforations in the tissue along the arch area that allowed the tissue to stretch and eased the tension on the heel.

This procedure has been successful so far. It relieved the pain and he was able to begin jogging again by mid-January, 1995. Virgin ran a 16:12 in the 5K race at Berry, and was pleased after only three weeks of light training.

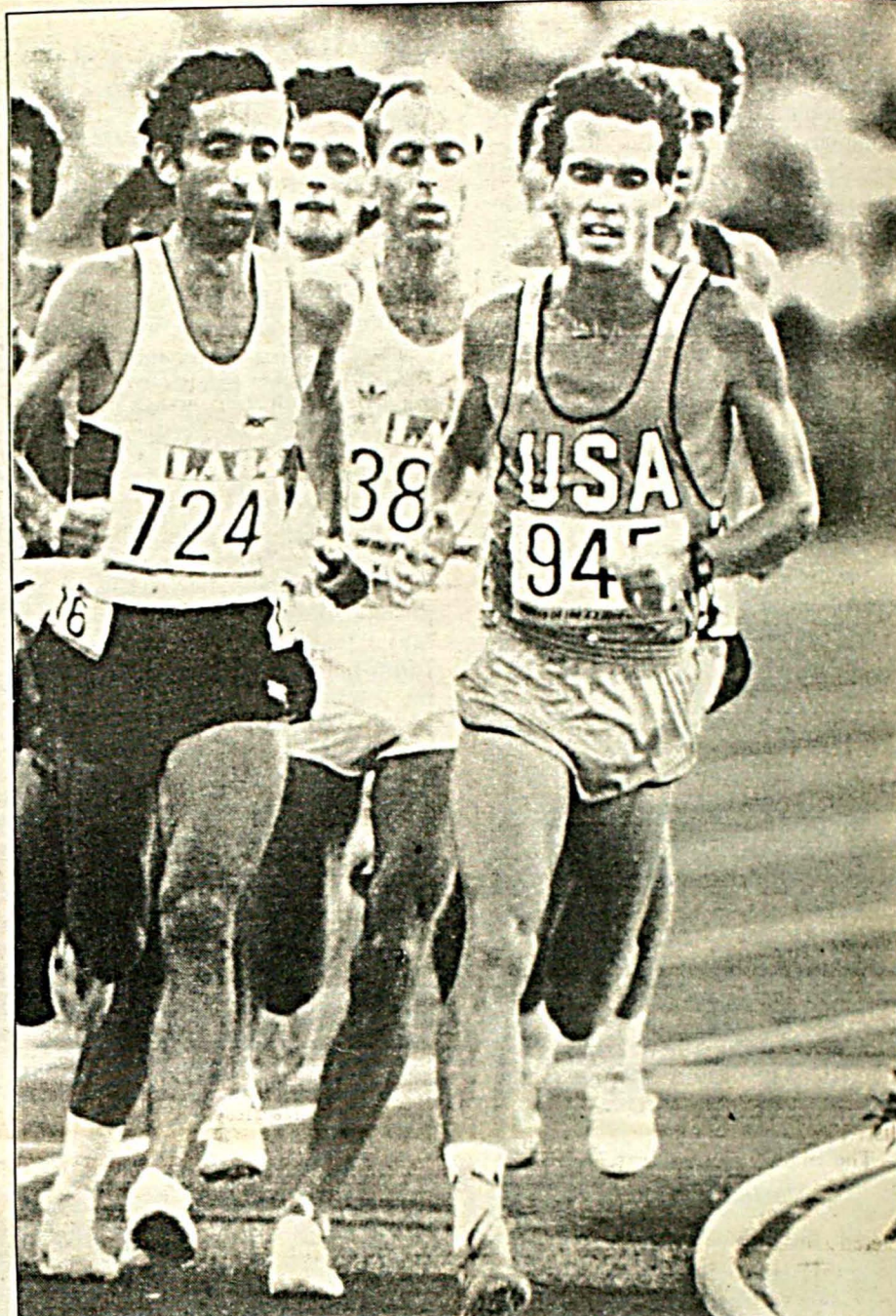
"I feel I need to get my 10K times in the 29:30 to 30:30 range if I am going to be a competitive master," Virgin said. "My body has so many miles on it that I know I can't get into the real high mileage that I once ran. I would like to get back into the 60-to-80 mile per week range and supplement that with lots of cross-training."

Virgin, who lived in the Atlanta area from 1985 to 1990, has been back home in Lebanon, Ill., for the past few years. In addition to working with his sports marketing consulting firm, Front Runner Inc., he still helps out on the family farm just outside Lebanon. Last winter he updated his media skills by taking a three-month course at a broadcasting school in St. Louis.

Virgin may have lots of miles on his body, but his enthusiasm and concern for running seem no less than they were 15 or 20 years ago.

"I still love the competition," he said. "I learned to work hard on the farm when I was growing up. When I remembered how it felt to haul hay in the hot summer sun, I never found hard track workouts that bad."

"I think a big reason we Americans are not making as strong a showing in the distance events these days is that the suburban kids just don't learn to tolerate hard work and discomfort as they grow up," he continued. "Those



Craig Virgin leads the pack in an international competition.

are two things a good distance runner must be able to endure."

Look for friendly, fast talking, and

probably front running Craig Virgin in the thick of masters competition late this summer. □

Craig S. Virgin Biography

- Born Aug. 2, 1955 in Belleville, Ill.
- Graduated from Lebanon HS (1973) and U. of Illinois (1977); majored in radio/TV.
- President and Founder of Front Runner Inc., a sports marketing company specializing in running and fitness promotions; freelance broadcaster; public speaker.
- Candidate for Illinois State Senate (55th District) in 1992.
- Rated national or world class for most of his 23-year running career. Retired from competition in 1992. Still runs 30-40 miles per week for personal fitness and a few fun runs each year.
- 3-time USA Olympian in 10,000; 2-time world cross-country champion; 3-time USA T&F champion; former USA record-holder at 8K and 10K; NCAA and Big Ten Champion at the U. of Illinois; former national H.S. 2-mile record-holder; 5-time Illinois H.S. state champion in the mile, 2-mile, and X-C.
- Only U.S. male to win IAAF World X-C Championships (1980 and 1981).
- 10K PR of 27:29.2; 8K PR of 22:46; marathon PR of 2:10:26 (Boston 1981).
- Won Peachtree, Bay to Breakers, Crescent City, Falmouth, Trevira, Maggie Valley.
- T&F News H.S. Athlete of the Year in 1973: mile (4:05.5), 3000 (8:10.2), 2-mile (8:40.9), 5000 (13:58.2).

Gordillo, Miller Win 50 Plus 8K; Utes Outstanding Runner

by JIM TURNER

The 12th annual Fifty Plus 8K held April 2 at Stanford, Calif., was won by Ewar Gordillo, Reno, Nev., in 27:30, and Barbara Miller, 55, Modesto, Calif., in 32:10.

Gordillo celebrated his 50th birthday just one week before the race, making him the "youngest" and fastest entrant. Second place went to Sal Vasquez, 55, in 27:52. Vasquez and Gordillo battled closely through the early stages with Vasquez holding a slight lead at the 5K point. Gordillo closed and finished strongly for a 22-second margin of victory.

Miller improved her winning time from last year's by 39 seconds, only nine seconds off the U.S. record. Second-place woman, Eve Pell, 57, repeated her placing in the 1994 race with a time of 34:08.

The outstanding run of the day came from Warren Utes, 74, Park Forest, Ill., whose 32:00 demolished the single-age, U.S. record of 36:46. Using the 1994 Age-Graded Tables, his time translates to an outstanding 94.9% age-graded performance, making him the new all-time, age-graded leader for the Fifty Plus race.

Vasquez was the second-best age-graded performer at 88.9%, with Miller third at 87.9%. Thirty-three runners topped the 80% mark. A 77.6% was needed to make the top 50 list.

The oldest finisher was Mel Shine, 86, with five finishers over age 80. A total of 258 men and 90 women completed the race on the fast, flat course through the Stanford campus, finishing with a partial lap on the

stadium track.

The race also served as the USATF Pacific Association Championships. Team championships were determined by the combined time of each club's top three finishers.

The race was sponsored by the Fifty Plus Fitness Association and was the concluding event of a full weekend of activities, including a 5K racewalk, 5K fitness walk, an Activity and Health Fair, and a pre-race banquet. Special

guest through the weekend was Ron Clarke, Australian Olympian and former world-record holder in the 5000 and 10,000.

Fifty Plus can be contacted at P.O. Box D, Stanford, Calif. 94309. □

Age-Graded Scoring Explained

by JIM TURNER

(The following concise explanation of age-graded scoring is provided by Jim Turner, director of the 12th annual Fifty Plus 8K held April 2 at Stanford, Calif., who used age-graded scoring to determine the best running performances. — Ed.)

In the final results you will see a column titled "GRADE" and "RANK". The concept of age-graded scoring is based on the following idea. Tables of "standard" times have been published for all of the major racing distances for men and women starting at age 8 for each single age up to age 100. These standards correspond approximately to world record times for a person of that age and sex at that age. Your age-graded score is obtained by dividing the standard time by your actual time and converting the result to a percentage. For example, the standard for 54 year old males for 8K is 24:34. If a 54 year old male runs 8K in 31:20, his age-graded score is $24.57/31.33 \times 100\% = 78.4\%$. The graded rank results by ranking the finishers from first to last according to their score. The following classification of age-graded scores is often used:

90%+ = World Class 80-89% = National Class 70-79% = Regional Class 60-69% = Local Class

The standards for 8K appear below. These standards are taken from the updated 1994 Age-Graded Tables. The age-graded tables were first published in 1989. This is the first revision since the initial issue. If you compare the 1994 standards with the 1989 standards, you will see that nearly all have been tightened up. For men, the change is roughly a two year shift in the standard, and for women about a one year shift. For example the standard for age 54 men in the 1994 tables is about what the standard for 52 year old men was in the 1989 tables. Generally men will see their scores drop about 1.7% compared to last year. Take heart. Sure your score probably dropped compared to last year, but what the new tables are saying is that running performance doesn't drop off as quickly with age as previously believed.

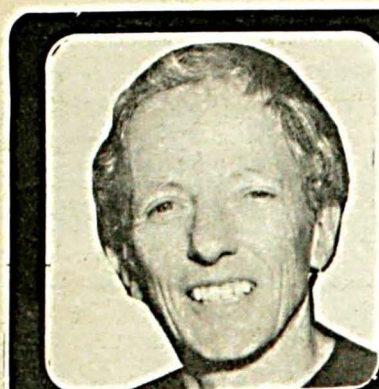
The top 50 age-graded finishers are listed. This year it took 77.6% to make the top 50 which compares with 79.2% in 1994. Age-graded scoring makes it easier to see what strong performances were turned in by some of the older runners. As a perfect example of this, the results show that, by far, the outstanding performance of the day was by Warren Utes, age 74, of Park Forest, Ill. Warren topped the age-graded list by almost 6% with a new single age 74 American 8K record of 32:00 and jumps to the top of the all-time list with his outstanding race. Sal Vasquez celebrated entering a new 5-year age group finishing second overall and second best age-graded score. His time of 27:52 established a new course record for the 55-59 age group. Barbara Miller also celebrated entering the 55-59 age group with an overall woman's win in a time of 32:10 and finished third in the age-graded ranking. Her winning time missed the American record for 8K by only 9 seconds. A total of 33 runners scored at the national class level of 80%+.



Warren Utes, 74, finishing in 32:00, a race best, age-graded 94.9%, Fifty Plus 8K, Stanford, Calif., April 8. Photo by Doug Peck

8K STANDARDS (1994 TABLES)											
AGE	MEN	WOMEN	AGE	MEN	WOMEN	AGE	MEN	WOMEN	AGE	MEN	WOMEN
50	23:47	26:58	60	25:55	29:48	70	28:50	33:45	80	33:15	39:53
51	23:58	27:13	61	26:11	30:09	71	29:12	34:15	81	33:52	40:54
52	24:10	27:28	62	26:26	30:30	72	29:35	34:46	82	34:31	41:40
53	24:22	27:44	63	26:42	30:51	73	29:58	35:18	83	35:11	42:37
54	24:34	28:01	64	26:59	31:13	74	30:22	35:52	84	35:52	43:36
55	24:47	28:17	65	27:15	31:36	75	30:47	36:26	85	36:35	44:38
56	25:00	28:34	66	27:33	32:00	76	31:15	37:04	86	37:29	45:56
57	25:14	28:53	67	27:52	32:26	77	31:44	37:44	87	38:26	47:18
58	25:27	29:11	68	28:11	32:51	78	32:13	38:26	88	39:25	48:46
59	25:41	29:30	69	28:30	33:18	79	32:44	39:09	89	40:28	50:18

1995 AGE GRADED ORDER OF FINISH - TOP 50															
RANK	LAST	FIRST	AGE	TIME	OVALL	SEX	GRADE	RANK	LAST	FIRST	AGE	TIME	OVALL	SEX	GRADE
1	UTES	WARREN	74	32:00	37	37	94.90	26	MC CORMICK	JUTTA	54	34:36	69	4	80.97
2	VASQUEZ	SAL	55	27:52	2	2	88.94	27	STEPHENS	STEVE	51	29:42	13	13	80.70
3	MILLER	BARBARA E	55	32:10	39	1	87.93	28	CLARK	BILL	51	29:45	15	15	80.56
4	ROLAND	CRAIG	60	29:49	16	16	86.92	29	HAWKES	MICHAEL	54	30:32	23	23	80.46
5	GORDILLO	EWAR	50	27:30	1	1	86.48	30	COCHRANE	JIM	60	32:20	41	40	80.15
6	PRESTON	DAN	52	27:57	3	3	86.46	31	JACQUES	BOYCE	68	35:12	80	74	80.07
7	KING	JOE	68	32:41	48	47	86.23	32	GOLDMAN	TOM	62	33:01	52	51	80.06
8	MAC PHERSON	JON	53	28:27	5	5	85.65	33	ABBOTT	GORDON	50	29:43	14	14	80.03
9	PELL	EVE	57	34:08	62	2	84.62	34	HURTADO	JOE	54	30:48	27	27	79.76
10	AMMON	MIKE	50	28:21	4	4	83.89	35	KRAUS	DETE	51	30:05	18	18	79.67
11	STYSKEL	MARGARETHE	65	37:44	119	13	83.75	36	WOOD	GLYNN	60	32:34	46	45	79.58
12	WILLIAMS	JIM	54	29:21	10	10	83.70	37	STICKLE	EDDA	53	34:52	75	6	79.54
13	ROSTEGE	TIM	54	29:25	11	11	83.51	38	OGDEN	KEN	58	32:09	38	38	79.16
14	REITZ	JIM	51	28:42	7	7	83.51	39	BENGIVENO	BILL	50	30:09	19	19	78.88
15	GIBBONS	JIM	50	28:36	6	6	83.16	40	GRAHAM	ROBERT	51	30:24	22	22	78.84
16	HAYDEN	PERRY	50	28:45	8	8	82.72	41	GOLDMAN	LEN	50	30:12	20	20	78.75
17	ELLSWORTH	CARL	63	32:18	40	39	82.66	42	MISNER	KARL	58	32:21	42	41	78.67
18	BUTT	DOUG	50	28:52	9	9	82.39	43	CHAPPELL	NEAL	55	31:37	36	36	78.39
19	MEINHARDT	BILL	54	29:55	17	17	82.12	44	TAYLOR	DAVID	50	30:21	21	21	78.36
20	NOEL	KEN	57	30:47	26	26	81.97	45	VALLES	DAVID	71	37:24	107	97	78.07
21	SCHWISOW	KENNETH	56	30:36	24	24	81.70	46	MORRILL	GLENN	51	30:42	25	25	78.07
22	HOLLANDER	BERNIE	59	31:29	33	33	81.58	47	ALARID	DAN	52	31:03	29	29	77.83
23	WEAMER	DAVID	52	29:40	12	12	81.46	48	SAUCEDO	NORMAN	59	33:01	51	50	77.79
24	WALTERS	LOUISE	55	34:46	71	5	81.35	49	NEBELUNG	ROLF	54	31:36	35	35	77.74
25	SCHULTZ	MELODY ANNE	53	34:13	66	3	81.05	50	JOHNSON	JOY	68	42:19	192	27	77.63



On The Run

by HAL HIGDON

Age-grading the Boston Marathon

The Boston Marathon will celebrate its 100th anniversary on April 15, 1996. Runners already have begun to accelerate their training, hoping to meet the Boston Athletic Association's exacting qualifying standards and gain entry into the centennial race. The BAA expects to fill its field with 25,000 runners, two-thirds of that number who will have qualified, the remainder to be accepted through a "random selection process."

How easy is it to qualify for Boston if you're a masters runner?

It's both easy and hard, if you accept the statistical analysis offered in "Age-Graded Tables," compiled and developed by the World Association of Veteran Athletics. These tables allow master athletes to compare the quality of their performances at different ages with those of the world's best. The tables are based on the best performances in the world for different events. They offer a reasonable attempt by statisticians and mathematicians to equalize competition across the ages.

Taking "Age-Graded Tables" as a reference point, when's the best age at which to qualify for the Boston Marathon? If you're a man, age 40; if a woman, age 35.

After that, it gets tougher.

The BAA relaxes its qualifying standards for both men and women once runners reach 35. Until age 34, men need to run faster than 3:10 on a certified course to qualify for entry. Women, similarly, must qualify with a time faster than 3:40. Then the qualifying standards drop in five-year and five-minute increments (see chart below). Seemingly, it becomes progressively easier to qualify for Boston — but not according to the charts in "Age-Graded Tables."

Using WAVA's tables, we analyzed the BAA qualifying standards. To

MALE QUALIFYING STANDARDS

Age	BAA standard	Age-graded equivalent
18-34:	3:10	3:10:00
35-39:	3:15	3:15:00
40-44:	3:20	3:16:42
45-49:	3:25	3:14:28
50-54:	3:30	3:11:44
55-59:	3:35	3:08:24
60-64:	3:40	3:04:22
65-69:	3:45	2:59:26
70-plus:	3:50	2:53:27

FEMALE QUALIFYING STANDARDS

Age	BAA standard	Age-graded equivalent
18-34:	3:40	3:40:00
35-39:	3:45	3:45:00
40-44:	3:50	3:44:08
45-49:	3:55	3:39:45
50-54:	4:00	3:34:48
55-59:	4:05	3:29:11
60-64:	4:10	3:22:27
65-69:	4:15	3:15:20
70-plus:	4:20	3:06:42

nobody's surprise, men turning 40 have the easiest route to Hopkinton. Their age-graded equivalent of 3:16:42 is six minutes and 42 seconds "slower" than the 3:10 required of men under 35. Aging males hold their advantage at least until 50, then they must run faster equivalent times. The BAA ar-

bitrary five-for-five formula fails to keep pace with the WAVA formula.

Decline Accelerates As We Age

The reason is that aging athletes don't decline at a steady rate. Measurements of human performance — both on the track and in the laboratory — suggest that the decline accelerates as we age. The older we get, the more we lose — and the faster we lose it. A marathoner's time between age 50 and 59 drops more than it did between 40 and 49 — and it will drop even more between 60 and 69 and more still for those age 70 and beyond. You can negate some of the drop by training harder and smarter, but you can't fool Mother Nature forever. Sooner or later, we all slow down, but not at a steady rate that can be compensated for by a five-for-five formula.

Aging women have an even more difficult time keeping pace. They reach their Boston prime when they turn 35 and can qualify with 3:45:00. But by age 40, they must run an age-graded equivalent of 3:44:08 to qualify. After that, women are penalized more rapidly than men. A 70-year-old male must run an age-graded equivalent time of 2:53:27, or 16:30 faster than at age 34. A 70-year-old female, however, must run an age-graded 3:06:42, the equivalent of 38:18 faster than at age 35!

The BAA defends its standards, pointing out that the 1,150 runners over age 50 who ran Boston in 1994 formed 13 per cent of the field. That was consistent with the 11 per cent of runners identified by the USA Track & Field Road Running Information Center as entering all marathon races that year. "Furthermore," says race director Guy Morse, "the 89 per cent finishing rate among runners 50 and over at Boston is exactly the same as the finishing rate among runners under 50. This supports our belief that the qualifying times are fairly set for all age divisions."

Linda Honikman of the USATF Road Running Information Center agrees with Morse. "Boston's argument is a good one," says Honikman. "There is a big drop-off in participation around the age of 50."

Honikman would like to see more objective evaluations of the WAVA system. "The biggest defenders so far seem to be the people who benefit the most," she says. "The use of open world records creates problems." She believes that advertised time standards should be easily understood, thus appreciates the logic of a five-for-five system.

"If (Boston qualifying standards) were more scientifically derived," says Honikman, "they would probably hurt older runners more than they would help."

Maybe, but if we take as typical the results of the 1995 Columbus Marathon, we discover that of the 976 participants who qualified for Boston, only seven were men over 60 and four women over 50. The success rate of these older men and women was 14 and 16 per cent, respectively. In contrast, men 40-44 had a 26 per cent success

ratio and women 35-39 had 29 per cent.

One problem is that runners compete in fewer marathons as they age, but more of them would like to run Boston. Qualifying to run the Boston Marathon is not easy, no matter what the age, but achieving entry in that race remains a goal toward which thousands of runners aspire each year.

John A. Kelley

Even as revered a runner as John A. Kelley could not match the qualifying standards as he aged. Kelley won Boston twice, in 1935 and 1945. He ran Boston on 61 separate occasions. Three-time winner Ibrahim Hussein joked that when he returned home to Kenya after his victories, people were more interested in learning about Johnny Kelley than about him.

In his continuing appearances at Boston, Kelley remained under the qualifying standards though his 60s and even into his 70s. The qualifying standard for males over 70 is 3:50. In 1981, at age 72, Kelley ran 3:35:21. After that, his times slipped over four hours, proving that even a legend is human.

Deservedly, Kelley continued to be invited by the BAA to participate. In 1991 at the age of 83, he ran the full marathon distance for the final time, running 5:42:54. After that, he ran only the last part of the course. This year, as Grand Marshall, he rode in the lead vehicle. Master runners all over the world hold Johnny Kelley in awe for what he has meant to our sport, and nobody would have denied him entry in the Boston Marathon. Unfortunately, aging runners without Kelley's name are denied just that.

Are Boston's Standards Fair?

Are the Boston age standards fair? Not if you accept the WAVA age-handicap tables. All scientific evidence suggests that as runners reach their 50s and 60s, they lose fitness at an accelerating rate. That the BAA's convenient five-for-five standard would match that rate seems unlikely.

Should the BAA modify its qualifying standards to accommodate the realities of aging?

Maybe not. I have mixed feelings on that question. As an aging runner who finds those standards increasingly difficult to meet, I'm still not certain we should urge aging runners to compete in an event as demanding as a full-distance marathon, particularly on a course as punishing as that at Boston. Half-marathons are gentler on aging bodies. Plus there is a certain logical neatness to a standard that follows a five-for-five formula.

Yet the Boston Marathon is the world's greatest race, road running's most distinguished spectacle, so it is natural that anyone would want to run it — regardless of age.

The standards for the centennial race in 1996 already have been set and are unlikely to be changed. The BAA, however, probably needs to review its qualifying standards for 1997 and beyond based on the most recent WAVA data. □

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Deborah Stegman

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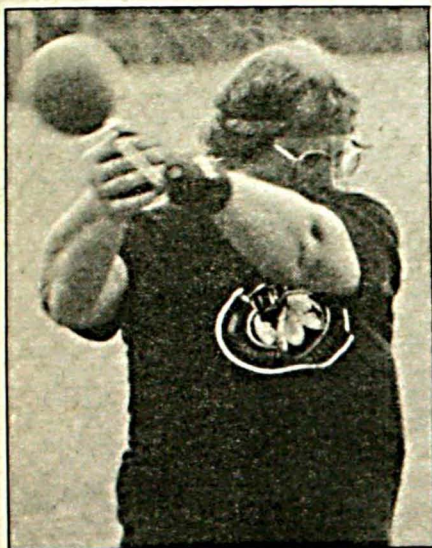
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Throwers Engulf Naples Meet

Continued from page 1

of 37.50 for the discus with a 38.39.



Vanessa Hilliard, W50, St. Petersburg, Fla., in the weight throw, Naples-On-The-Gulf Meet, Naples, Fla., April 8. Photo by Bill Burkle

In the pole vault, Joy MacDonald upped Barbara Stewart's national W50-54 record of 2.24 to 2.52. Tom White, M60, 28:41, and June Marie Provost, W60, 29:47, led the 5000m racewalkers.

Seventy-three All-American performances were accomplished

Competitors came from ten states and Germany (four). Rudy Vlaardingerbroek was the director of the meet, sponsored primarily by Nations-Bank. □

Deadline for Nationals is June 16

Continued from page 1

athletes going to the World Championships.

Free shuttles for athletes and accom-



Jim Law, North Carolina, wins (26.51) the M65 200 final, 1994 USATF National Masters Championships, Eugene, Ore. England's Allan Meddings (lane 4) was second; Chuck Sochor, Michigan, (lane 3) third. The 1995 Championships are scheduled for July 5-9 at Michigan State University, East Lansing. Photo by Jerry Wojcik

panying persons will be available from the East Lansing airport to the major hotels and dorms. Most hotels will also provide free shuttles to and from the airport.

For information on housing, contact the Greater Lansing Convention & Visitors Bureau at 1-800-648-6630. Dormitory housing is directly across

from the track.

A post-meet dinner/dance will be open to all athletes and accompanying persons at the Kellogg Center on campus at the end of competition on Fri., July 7.

For more information, contact meet director Randy Williams at 313-834-0378. □

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH JUNE 1995

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
MANUEL ALONSO (SPAIN)	6-11-30	65-69
FRITZ ASSMY (WG)	6-11-15	80-84
JIM BARRINEAU (BURKE, VA)	6-25-55	40-44
ADOLPH BLONNER (ITA)	6-10-35	60-64
RICHARD LUKE BROWN (MEDFORD, OR)	6-11-40	55-59
HERBERT CORDWENER (WG)	6-11-40	55-59
JIM CRAINE (HONOLULU, HI)	6-6-20	75-79
DONALD CUMLEY (RENO, NV)	6-3-20	75-79
HAROLD DEMOSS (MOUNTAIN VIEW, CA)	6-21-35	60-64
EUGENE DRIVER (LOS ANGELES, CA)	6-19-50	45-49
JOHN ECCLES (NZ)	6-20-25	70-74
CHARLES ESPY (DUNEDIN, FL)	6-18-10	85-89
BENJAMIN FOX (PHOENIX, AZ)	6-20-5	90-94
HANS GILLI (SWE)	6-9-20	75-79
FRITZ HECKER (WG)	6-9-25	70-74
WLADYSLAW KOMAR (POL)	6-11-40	55-59
RICHARD LACEY (CLEARWATER, FL)	6-5-10	85-89
TOM LARIS (CA)	6-26-40	55-59
ERWIN LUDWIG (WG)	6-17-20	75-79
DICK MARLIN (MODESTO, CA)	6-24-30	65-69
HANS MOHR (WG)	6-25-10	85-89
WINFRED MORGAN (GB)	6-19-35	50-54
BRAYTON NORTON (LAGUNA BEACH, CA)	6-1-30	65-69
BRIAN OLDFIELD (ELGIN, IL)	6-1-45	50-54
SANDY PATTERSON (BOSTON, MA)	6-21-20	75-79
WARREN PIKE (GREENLAND, NH)	6-25-10	85-89
STEVE RICHARDSON (CT)	6-24-20	75-79
BOB ROEMER (EL DORADO HILLS, CA)	6-12-25	70-74
DON ROSE (KENTFIELD, CA)	6-9-35	60-64
ALOYSIUS SIBIDOL (MAL)	6-20-20	75-79
LOYD SMITH (LAWRENCEBURG, IN)	6-17-30	65-69
BOB STONE (KENSINGTON, CA)	6-12-20	75-79
TOM STRUTHARD (US)	6-28-55	40-44
YURLY SYEDIKH (URS)	6-1-55	40-44
WARREN UTE (PARK FOREST, IL)	6-25-20	75-79
CARLOS VALLE (DOWNEY, CA)	6-18-35	60-64
KAUKO VILLANEN (FIN)	6-4-25	70-74
ARTHUR WALSHAM (GB)	6-22-30	65-69
DUTCH WARNERDAM (FRESNO, CA)	6-22-15	80-84
KARL-HEINZ WENDEL (WG)	6-17-30	65-69
BERTIL WISTAM (SWE)	6-28-40	55-59
HELEN BUEME (LACKAWANNA, NY)	6-18-30	65-69
ELIZABETH BURT (ANN ARBOR, MI)	6-18-30	65-69
MARY ANN CAVICCHI (OH)	6-17-30	65-69
MARY CZARAPATA (NEW BERLIN, WISC)	6-7-35	60-64
BETTY DAMERON (FREDERICKSBURG, VA)	6-3-35	60-64
DOTTIE GRAY (KIRKWOOD, MO)	6-14-25	70-74
MARY HARADA (WEST NEWBURY, US)	6-17-35	60-64
MARY ISOM (SAN DIEGO, CA)	6-13-25	70-74
MARTHA KLOPPER (DURHAM, NC)	6-3-35	60-64
VADINE KOENIG (HAMILTON, OH)	6-30-20	75-79
MARGARETA LAMBERT (DILLON, CO)	6-6-20	75-79
VIRGINIA LANDUYT (CA)	6-13-20	75-79
EVELYN LERCHER (ENUMCLAW, WA)	6-6-20	75-79
MARY LIBAL (CORVALLIS, OR)	6-28-50	45-49
JAMI LITTLEJOHN (MI)	6-4-50	45-49
SUE MEDAGLIA (BRONX, NY)	6-4-35	60-64
MARYLIN MOREHEAD (DETROIT, MI)	6-24-40	55-59
MARY SPECKING (US)	6-22-30	65-69
MARYLIN WASTE (SAN FRANCISCO, CA)	6-30-30	65-69
DONNA WRIGHT (BARTLESVILLE, OK)	6-15-35	60-64
EDITH ARNOLD (GER)	6-21-35	60-64
URSULA ASTFALK (WG)	6-13-35	60-64
COLLEENA BLAIR (NZ)	6-19-30	65-69
GRACE BURGER (GB)	6-6-20	75-79
PATRICIA CONNELL (AUS)	6-13-45	50-54
TRISH CONNELL (AUS)	6-3-45	50-54
MARIE CLAIRE FABARDINE (FRA)	6-11-55	40-44
SANDRA FORREST (GB)	6-1-45	50-54
INGRID JUNG (WG)	6-22-35	60-64
GERTRUD KNYZ (AUT)	6-30-15	80-84
HELEN KUPPE (NMB)	6-27-40	55-59
GERDA MUELLER (WG)	6-16-15	80-84
JUDY POLLOCK (AUSTRALIA)	6-25-40	55-59
JUNE PREECE (AUS)	6-3-35	60-64
MARGARET TIPPING (GB)	6-12-35	60-64

COMPILED BY PETER MUNDLE, WORLD AND USA MASTERS TRACK AND FIELD RECORDS CHAIRMAN

MASTERS WESTERN REGIONAL TRACK & FIELD CHAMPIONSHIP

Saturday, June 24, 1995

to be held at LOS GATOS HIGH SCHOOL, LOS GATOS, CA

SANCTIONED BY PACIFIC ASSOCIATION USATF
SPONSORED BY LOS GATOS ATHLETIC ASSOCIATION

Entry must be postmarked and/or received by Friday, June 16, 1995

*Late or meet day entries only excepted provided there is room in the event and these entries will not be seeded in the program

ENTRIES:	Must be postmarked and/or received by Friday, June 16th. Phone entry O.K. (408) 395-9486
FEES:	Paid prior to Friday, June 16, 1995 \$10 per event - Relays \$20 Late Entry Fee (received after June 16th) \$15 per event - Relays \$25
ELIGIBILITY:	All men and women with current 1995 USATF registration
TIMING:	Fully automatic timing by Accutrack and Wind Gauge
AGE GROUPS:	30 years old and above in 5 year age groups - Age on June 24, 1995 determines age group
AWARDS:	USATF Awards to first three places in all events by 5 year age groups
T-SHIRTS:	For Sale at the meet
FACILITIES:	A&B Weather track surface (1/4" spikes only) concrete throwing rings, Javelin - grass runway, Long Jump and Triple Jump will have an open pit in all age groups. Steeplechase will be held at West Valley College.
NOTE:	Hammer and Javelin will be contested at Kel Field, 5601 Empire Grade, Santa Cruz - (See Map) - Call Gary Kelmenson (408) 458-0202
HEATS:	We will combine races where we do not have enough runners by specific 5 yr age groups
HOUSING:	(Special Rates for Track & Field Meet - Ask for the manager Los Gatos Lodge 50 Saratoga Ave, Los Gatos, CA (next to track) (408) 354-3300 or (800) 231-8676

cut along line remember to sign your name on waiver form on back of this sheet

Name _____	<input type="checkbox"/> Male <input type="checkbox"/> Female
Address _____	Phone # () _____
City/State/Zip _____	Date of Birth ____/____/____
Club Affiliation _____	Age as of 6-24-95 _____
USATF CARD # _____	
Events Entered	Best Recent Mark
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
Amount Enclosed \$ _____	
Make Checks Payable to "LGAA"	
Masters Western Regional 6-24-95	

Meet Directors: Willie Harmatz - Rick Milam - Bruce Springbett - Monica Townsend

★ Mail Entries to: Monica Townsend 138 Johnson, Los Gatos, CA 95032 (408) 395-9486

Call for schedule to 408 395-9486

In consideration of your accepting my entry, I intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release forever, any and all rights, claims or damages I may accrue against Los Gatos Athletic Association, USA Track & Field Pacific Association, Los Gatos High School, Kel Field, West Valley College and all sponsors of this competition, their successors, representatives and assigns for any and all injuries suffered by me while traveling to and from, and while participating in the Masters Western Regional Track and Field Meet held June 16, 1995 at Los Gatos High School, Los Gatos, CA, Kel Field, 5601 Empire Grade, Santa Cruz, CA and West Valley College, Saratoga, CA.

Date: ____/____/____ Signature: _____



Track & Field Report

Drug Testing for Buffalo

by JOAN STRATTON, Chairman, USATF Masters T&F Substance Abuse Sub-Committee

While the majority of athletes competing in Buffalo will not be tested, those who are randomly selected should understand the procedures. USA Track & Field sends a small pamphlet with each membership card. The procedures outlined for in-competition testing will be followed, and they are reprinted below. One of the most important things to remember is that you are entitled to have an advocate of your choice with you throughout the procedure. This is your only defense in the event of a disagreement. Also, you may not be in a frame-of-mind to pay attention since you just finished competition!

How will I know if I have been selected for testing? Immediately after your event, if you are chosen for testing you will be approached by an official of the drug testing team. You will be given a notification form, which you must sign. The time of notification must also be recorded on this form by the official presenting it. Next, you will be instructed to remain with the notifying official, who will escort you to the testing location within one hour. Failure to report will be interpreted the same as a positive test result, and disqualification and suspension are likely to occur. During this time, you should eat and drink from sealed containers. It is advisable to accept these only from testing personnel.

Testing Procedures

A testing official will give you instructions, and you will then be observed as you perform the procedures. A personal or team representative may accompany you in the testing station. Basically, the procedures are:

1) Select one collection beaker for your sample. It should be in a sealed bag.

2) Provide a urine sample of at least 100ml. (about 1/3 cup). A private room will be provided for the witnessed collection of each sample.

3) Choose one collection kit from a supply of kits. The collected urine sample will then be divided into two glass or plastic bottles BY YOU. Each of the bottles must then be labeled with a code number, and will then be sealed IN YOUR PRESENCE.

4) An official form will be filled out. The signature of an official of the testing crew and your signature must be included on the form.

5) There is a place on the form to record any discrepancies in the procedure (e.g., unsanitary conditions, improper sealing of your samples, privacy and responsible decorum not honored). If you have any concerns about the test, that is the time to record them, before signing the form.

6) One copy of the form will be given to you. Always keep a copy for at least six months.

7) The procedure is over, you are free to leave. □

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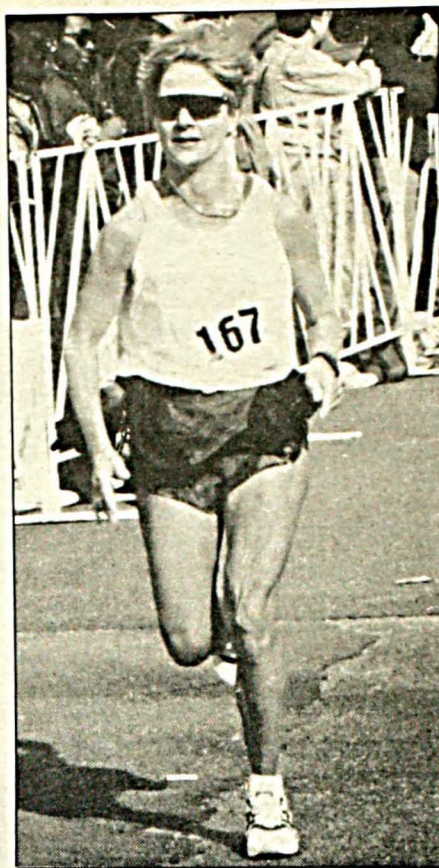
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Patricia Donohue, 41, Alexandria, Va., ran a 62:47 in the George Washington Parkway 15K, Alexandria, April 23. Photo by George Banker



Claudia Ciavarella, 46, Arlington, Va., director of the Army 10 Miler, was second W40+ (60:44), George Washington Parkway 15K. Photo by George Banker

Bressi, Malloy Score Victories in Parkway 15K

Continued from page 1

ran a 79:44, a W75-79 U.S. record, pending verification. Anne Clarke holds the present national record at 1:29:33 set in 1985.

Marque posted the best masters age-graded performance of 90.9%. Bressi's time translates to an 87.7%, with Malloy's at 86.6%.

Among the finishers was Theresa Daus Weber, sixth W40+, in 65:09.

Daus Weber, 40, Littleton, Colo., was the women's winner (8:47:10) of the masters 100K championships in February in Sacramento, Calif.

The Parkway 15K, with 2000+ entries, started at historic Mt. Vernon, Va., and traveled along the closed-to-traffic Parkway into Old Town Alexandria. Proceeds from the event went to the United Way Campaign serving the Alexandria and eastern Fairfax, Va., communities. □

Green, Marque Best in Cherry Blossom

by JERRY WOJCIK

Norman Green, Jr., 62, Wayne, Pa., and Hedy Marque, 77, Alexandria,



Norm Green, Jr., 62, ran a U.S. age record 59:50, Northern Telecom Cherry Blossom 10 Mile, Washington, D.C., April 9.

Photo by George Banker

Va., were the outstanding masters performers in the Northern Telecom Cherry Blossom 10 Mile in Washington, D.C., on April 9.

Green covered the course in West Potomac Park in an age-graded 92.0% 59:50. Marque ran an age-graded 90.5% 1:26:12. Both times are U.S. single-age records.

Three other masters runners broke national age records: Cheryl Ralya, 48, NYC, 1:04:37; Lou Lodovico, 71, Ellwood City, Pa., 1:08:49; and John Petroff, 86, Erie, Pa., 2:17:22.

Rose Malloy, 46, Annapolis, Md., with a 1:02:13 (86.7%), and Ted Rupe, 40, Cortland, Ohio, in 51:31 (89.2%) were the first masters finishers.

Former world marathon record holder, Steve Jones, Wales, now 39, was 13th in 48:22 of the approximately 5000 runners, who ran under calm conditions with temperatures in the low 60s.

Overall winners were Ismael Kirui, 22, Kenya, in a world record 45:38, and Rose Cheruiyot, 19, Kenya, who also ran a world record of 51:39. □



International Scene

by CESARE BECCALLI,
WAVA President

Report from the President

About a year and a half has elapsed since the memorable gathering in Miyazaki. It seems only yesterday when we were there.

Miyazaki '93 is still so alive in our minds and our hearts that I would like to thank all those Japanese friends who, through their dedication, brought about such a memorable event. I'm pleased to confirm that Governor Matsukata will be a WAVA guest of honor in Buffalo, probably accompanied by the principal members of his team.

Miyazaki performed at the highest level, so it will now be difficult for any future organizer to maintain those high standards. However, through the constant contact which the Council members and I maintain with the Buffalo OC, we have the feeling we will have another tremendous success.

In other words, we can say that Miyazaki marked a turning point in the organizational and technical level of our Championships, which any future potential organizers must take into account when they bid.

Apparently this does not worry the bidders, as we had three for 1997, with Durban being selected by the Assembly, and we have four for 1999 (Gateshead, Great Britain; St. Petersburg, Russia; Kuala Lumpur, Malaysia; and Victoria, Canada). Five if we count Dublin, Ireland, which, to our great sadness, could not be accepted because it was presented after the deadline.

Clearly, all this can make us proud of our organization and optimistic for our future.

WAVA, independently of our successful Championships, has achieved a great evolution:

1) We are in a good financial position. It allows us to help our regional associations, to make promotional visits to several countries, to foster important relationships, and to keep close connections between Council members. This sort of program was unthinkable only a few years ago. Our expenditures should soon provide increased development and other benefits, representing a good return on our investment.

2) Our relationship with the IAAF is ever closer and more fruitful. We have developed new contacts, cooperation and affiliation with national athletic governing bodies (NGBs) who have previously never made any initiatives in the veterans field, including some who have ignored, and even disturbed, the existing independent veterans organization. As the official veterans worldwide governing body recognized by the IAAF, WAVA has had the opportunity to speak with authority to those affiliates which are, at the same

time, IAAF NGBs. We have been able to successfully resolve difficult situations, such as in Italy, France, and Belgium, while still others are going to be considered.

3) The IAAF/WAVA office in Monte Carlo is beneficial in solving problems, printing our handbook, and as a meeting point at low cost for some Council members.

4) Never, at any time, has the WAVA identity and autonomy been contested by the IAAF. To the contrary, one thing of which I'm most proud is that WAVA is now generally seen in the IAAF milieu as a very good, reliable partner, a much different image from some years ago.

5) Last November, I visited South Africa. With the assistance of SAMAA (South African Masters Athletics Association), I met the mayors of Johannesburg and Durban to finalize all guarantees needed to confirm the Championships in Durban in 1997 and to meet the chief officers of the South African NGB. At the same time, Hannes Booysen, Monty Hacker and I set in motion the solution of the African Association problem. Briefly, because of difficulties of communications between African countries, the AVAA (African Veterans Athletics Association) began in Durban in May, 1994 with a management which, although justified from a constitutional point of view, was not at all representative of the continent.

The plan is now to reconsider the whole African organization in the best possible cooperation and friendship in Buffalo at the African Assembly on July 17. There we should have many African delegates who can be involved in the AVAA and its Council, while appreciating that the leadership and coordination of the Regional Association should remain with the South Africans, who have the most experienced and structured athletics activity and who are going to host the WAVA World Championships in 1997.

6) I also made a trip to Birmingham, Great Britain. There I met the Gateshead representatives who discussed with me and Bill Taylor, WAVA



Buffalo's metro rail

Stadia V-P, their intention to bid for 1999. I asked Bill to make a survey, which he has completed, with a very favorable result. Of course, I do not make any judgement or choice, but I would simply like to say that the way Gateshead's bid is presented seems to respond to the new level of expectancy which I mentioned above as now being the WAVA standard after the "turning point" of Miyazaki. Should the same high level be presented by other bidders, WAVA can look to its future with satisfaction and confidence.

7) The BVAf (British Veterans Athletic Federation) made a proposal during my Birmingham visit to host, in 1997, a European veterans indoor championships, for which they have a wonderful arena, one of the best I have ever seen. I suggested it might be a WAVA world championships, but such decision can only be taken by the General Assembly after discussion and proposal by the Council and, of course, acceptance by the BVAf that they could take on a world championships. Nothing prevents the holding of a world veterans indoor meet under the WAVA auspices, which could incorporate European championships if EVAA so decides.

I am the Council's candidate for President for the next two-year period which, by the Constitution, is my last one. I'm confident that, with the support of other Council members and you at the regional and national levels, the evolution can be completed and put into the hands of new leadership in 1997.

To realize this, we should achieve in the next two years:

- Start-up of veterans activity and affiliation in about 30 to 40 new countries.

- Solution to the problems and establishment of good relationships (not necessarily integration, but simply following the IAAF/WAVA model) in

those 10 or so countries where this is not yet a reality.

- IAAF recognition that the WAVA Council — elected by the WAVA Assembly — can, in fact, be their Veterans Committee, and that the function of that Committee as a link between the IAAF and WAVA would consequently be over, so that the Committee could be disbanded. This is not an easy matter, as it requires important IAAF decisions be taken by its Council and perhaps by its Congress. But it remains our final goal, which we must reach sooner or later. Certainly a General Assembly composed of WAVA affiliates which are at the same time IAAF NGBs or independent associations recognized by their NGB, would provide the best condition to push the IAAF to make such a decision.

With all this in mind, I would like to close by reminding all our colleagues at the Council, Committee, National, or any other level, that our Association — powerful and officially recognized as it could be — makes sense only if it is at the service of athletes, providing them the best opportunities to compete in well-organized competitions and to make new friends beyond any frontier.

I look forward to meeting you in Buffalo. □



1 Month To Go

B • U • F • F • A • L • O



**Countdown
to Buffalo**

XI WORLD VETERANS' ATHLETIC CHAMPIONSHIPS

Last Minute Items

by BOB CHASE, Buffalo Organizing Committee

With the WAVA World Veterans Athletics Championships a little more than a month away, we would like to remind those of you planning to come to Buffalo about a few last minute items you may want to consider.

Visitors to Buffalo know all about our world-famous hospitality, but the Gala Reception — to be held Wednesday, July 19 at The Pier, Buffalo's premier waterfront nightclub — will really knock your socks off.

The reception's theme is "Hands Across America," and will showcase the dynamic variety of traditional American cultures. Buffalo is known for its wide diversity of restaurants, and we'll be serving up everything from barbecue to cajun to — what else? — Buffalo-style chicken wings. We'll have several bands showcasing American music, from country and western to Caribbean to American pop. The Gala Reception isn't just the biggest social event of the Championships, it's Buffalo's biggest summer party, and you won't want to miss it.

Now that the May 15th early registration deadline has passed, the cost for admittance to the reception is U.S. \$35.00 per person. A limited number of tickets is still available on a first-come, first-served basis, but we recommend that you reserve your tickets now to guarantee a seat. We will be happy to accept your reservation over the phone, and we do accept Mastercard and Visa. To make your reservations, please contact Carol Sweeney at the World Veterans' Athletics Championships, phone (716) 849-0704.

Special discount packages on rental cars and trucks are still available through Stovroff & Taylor Travel, the official travel agency of the Championships, when you make your vehicle reservations in advance.

Stovroff & Taylor is offering special, discounted air fares on Continental Airlines, the official airline of the Buffalo Championships, and they will provide the lowest possible airfares on any other airline as well. Housing ar-

rangements can also be made through Stovroff & Taylor.

To contact Stovroff & Taylor directly from anywhere in the United States or Canada, phone (800) 543-8616 between the hours of 8 a.m. to 6 p.m. Eastern time, Monday through Saturday. For 24-hour, seven-day service from anywhere in the world, phone (800) 345-8463, and ask for ID#PY5X. For your convenience, masters athletes and spectators may use either of these two toll-free numbers to make travel, housing and car rental arrangements with one phone call.

We know that many of you are excited about the Championships' marathon, which will begin at 6 a.m. on Sunday, July 23rd. Athletes will be following the Skylon Marathon route, the first USATF-sanctioned course to



Jurgen Spencer, M50, won the 5000 and 20K racewalks, African Regional Championships, Durban, S.A., May 13-14, with overall best times of 23:38.8 and 1:34:16.

Photo by Leo Benning

begin in the United States and end in Canada. Runners will start in downtown Buffalo, cross the Niagara River on the Peace Bridge into Fort Erie, Ontario, and follow the river along a flat and fast course to finish on the Canadian side of Niagara Falls.

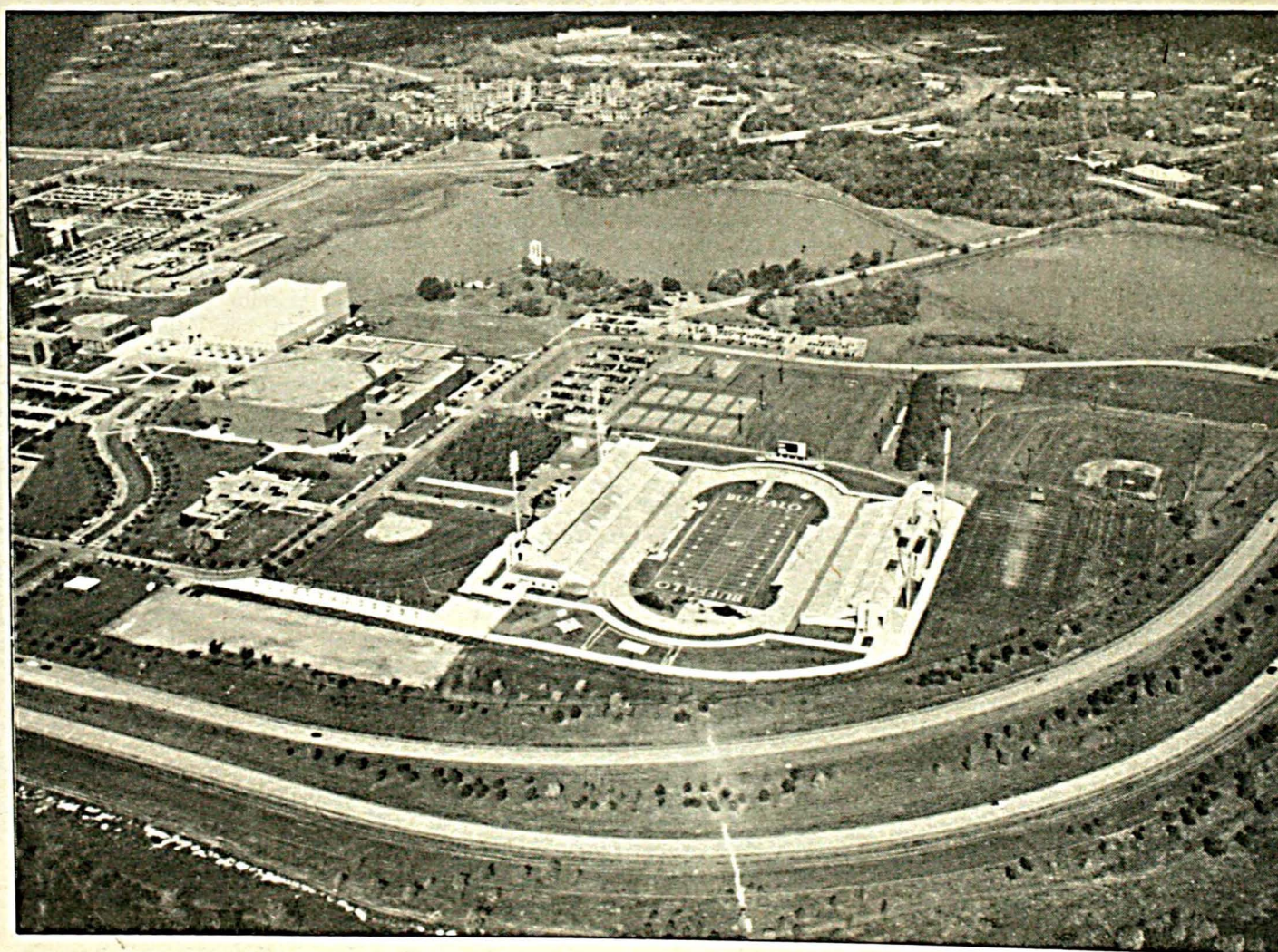
The marathon will be a thrill for

those of you planning to run, but we also encourage other athletes who aren't involved in competitions on Sunday morning to view the marathon. Many historic and scenic sites dot the route. You won't want to miss the classic art deco style of Buffalo's City Hall in Niagara Square, and you can also sneak a peek at several of Buffalo's downtown architectural treasures such as Louis Sullivan's Guaranty Building and Minoru Yamasaki's M&T Bank Building.

Of course, visitors coming to the Buffalo area for the first time will enjoy the conclusion of the marathon at one of the world's most stunning natural wonders — the twin cataracts at Niagara Falls. You won't soon forget the power and majesty of this magical place, where you can walk directly under the Falls through the Cave of the Winds or travel within feet of their base on the Maid of the Mist boat tour.

And, five major sponsors are on board for the World Veterans' Athletics Championships in Buffalo. Oldsmobile, Burger King, Russer Foods, Moore Business Forms and Marine Midland Bank have all agreed to make significant contributions to the Championships. Marine Midland will serve as an official co-sponsor for the marathon.

Organizers of the Buffalo Championships are also planning to announce the addition of two more major sponsors to their distinguished family of corporate supporters in the coming weeks. □



Aerial view of UB Stadium, site of the Opening and Closing Ceremonies and the primary competition venue for the XI World Veterans Athletics Championships. Photo courtesy of the University at Buffalo Office of Publications

Ten Years Ago June, 1985

- 4500 Enter VI World Veterans Games in Rome
- Bruce Mortensen, Sheila Hasham Win National 15K
- Should Masters Join the IAAF is Debated



Report from Britain

from MARTIN DUFF

Mike Hager, M40, successfully defended his BVAF Masters 10 Mile title with a 51:43 in the Welsh border town of Oswestry, April 23, but had to work hard most of the way to shake off the attention of Terry Osborne, who finished only eight seconds down.

The M45s were weak, but the M50 race was first-class with four inside 54:38 and Graham Wootton in first at 54:00. Your correspondent was a lowly

12th M50 in 59:43, behind Alan Garrett's M55 winning 57:46.

Mick Ward was a class M60 act in 61:28. Willie Marshall, M65, 63:16, and John Fraser, M70, 73:04, were also winners.

Vickie Parry led the M35 division in 63:38, with Diane Payton taking the W40 in 64:22. Fifth was W50 Myra Garrett, 68:00. Pat Redford, W55, 68:08, and Lola Smal, W60, 79:16, finished well in winning. □



Volunteers from the city of Eugene carry flags of the nations participating in the VIII World Veterans Championships held in Eugene, Ore., in 1989. Photo by Giuseppe DiStefano

6000 Expected for World Games

Continued from page 1

group: 4x100 and 4x400 for both men and women. USA participants will be selected by the team captains based on performances in the 100 and 400 at the meet prior to the relays on closing day.

All USA athletes must be members

of USATF.

For more information on the Championships, please call 1-716-849-0704.

3RD WAVA WORLD VETERANS ROAD RUNNING CHAMPIONSHIPS



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Walk : 20 Km Women
30 Km Men

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Fax : 00 32 50 334 325



Debbie Beckley (1) won the W35 5000m racewalk in 26:09.4, with Wilma McGuigan second in 26:14.3, WAVA African Regional Championships, Durban, S.A. McGuigan won this event in the WAVA World Championships in 1993 in Miyazaki, Japan.

Photo by Leo Benning



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Women's Corner

WAVA Women's Council Report

by HANNELORE GUSCHMANN, WAVA Women's Representative
 At a WAVA Council meeting held in Buffalo in April 1994 to discuss the 1995 championships, the Organizing Committee carefully addressed concerns about the women's schedule, which has led to what I believe will be the best women's schedule ever.

Drug Testing in Buffalo

As mentioned in previous issues of NMN, WAVA will be implementing drug testing in Buffalo. The Organizing Committee seriously considered concerns regarding legitimate needs by some athletes for banned medications. Physicians and drug testing experts had indicated that substitute medications exist, but there was still a degree of concern on this issue. Eventually a proposal was put forward that: "If a competitor is using medication or medications which could include banned substances as for drug testing under the IAAF rules, he/she is required to get a certificate(s) signed by two medical doctors indicating the banned names and dosages prescribed." This proposal was accepted both by the organizers and the IAAF.

European Competition

In June, 1994 I was present as the Belgian women's delegate at the women's meeting at the European Veterans Championships in Athens. Unfortunately, many women delegates had to compete during the time of my address at this meeting, resulting in a very poor attendance.

In Europe, women still may not compete in all events or age groups. However, according to the women's representative for Europe, Marina Hoernicke-Gil, this oversight is under review.

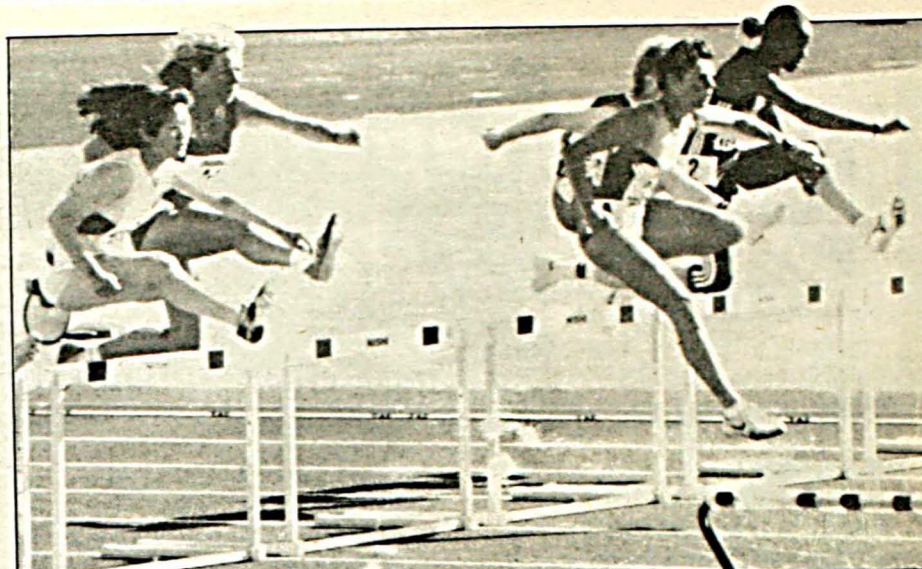
Promotion of Women's Athletics

In August, I attended the WAVA Road Race Championships in Scarborough (Toronto), Canada, following which I represented WAVA at the North & Central American & Caribbean Championships in Edmonton, Alberta, Canada. During my stay in Canada, I met many women athletes, who greatly enlightened me as to what is occurring in other regions and other countries.

For the most part, regional championships have been very successful, with increased women's participation. However, there is still much to do in promoting women's athletics.

Since my association with an unofficial women's committee (with approval of the WAVA Council), I have thought it must be possible to increase the participation of women in WAVA championship competition.

With help from committee members from the different regions, we need to find a way to reach those women interested in athletics, especially in countries which have never before participated in WAVA championships. We must find a way to interest them in what we have to offer. However, this will require not only funding, but the "right" people to help. One of my thoughts on this topic is to hold a "Challenge" among the different regions. Once women athletes are interested, we must create opportunities



Phil Raschker leads the W45 80-meter hurdlers at the World Veterans Championships in Miyazaki, winning the gold in 12.75. She was named top U.S. female masters track & field athlete of 1993 and 1994, and will be defending her world titles in Buffalo.

for them to compete, and ensure the continued promotion of athletics in the various regions.

In Europe, the U.S., Australia and Oceania, women can participate in many sporting events every week. In Asia, South America and Africa, these same opportunities are not available. Many African countries have no veterans' organization and know nothing about WAVA.

The last two years as Women's Representative have been a challenge, particularly in the area of sponsorship support. I believe that, with time and

the support of dedicated people, my goals for the promotion of women's athletics will be realized. I look forward to the next Women's Assembly in Buffalo and hope the women's delegates will put forward their suggestions for furthering this campaign. I would welcome items for the agenda, which should be sent to me before the meeting in Buffalo.

(Correspondence can be sent to Hannelore Guschmann at Stint Andriesdreef 9, B-8200 Brugge - St. Michiels, Belgium. Phone: 050/38 76 12). □

WAVA/USATF Hurdles and Implements Specifications

HURDLES

WOMEN						
Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8½"	8.5m 27'10½"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"	8
60-69	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"	8
70 Plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"	8
30-39	400m	.762m 30"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
40-49	400m	.762m 30"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
50-59	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7
60-69	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7
70 plus	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7
MEN						
30-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49	100m	.914m 36"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"	10
50-59	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"	10
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"	10
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.0m 62'4"	8
30-49	400m	.914m 36"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
50-59	400m	.840m 33"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
60 +	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7

IMPLEMENTS

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

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

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Pear Blossoms vs. Snowflakes

by JANE DODS

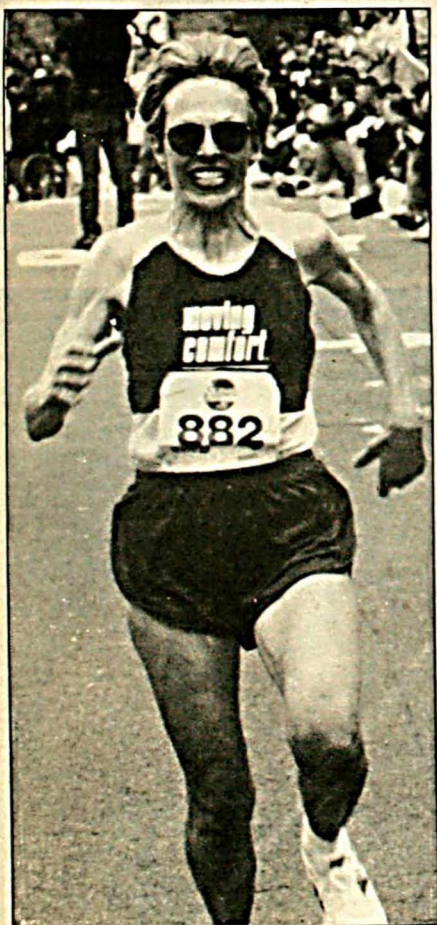
Lying in bed in my Medford Oreg., motel room, hours before the race, I listened to the steady drum of rain on the roof. A little later, upon opening the door to check further, I was greeted by a blast of cold air accompanied by a snow flurry or two. "This is April?" I thought. Indeed it was. April 8th to be exact, and I was here to participate in the annual Pear Blossom 10 Mile Run to celebrate spring.

The race began in front of City Hall, the doors of which were mercifully unlocked to allow runners access to its warm and dry lobby and hallways (not to mention indoor potties). At the last minute, I darted outside to join some 1,200 other goose-bumped runners at the start line.

The course is an almost flat out-and-back, with just one hill shortly before the turn-around to liven things up a bit. Although the majority of the runners managed to finish before the heavens opened up again, those crossing the line in the later stages finished with snow in their hair!

Cool times apparently dictated fast times, however. Top men's master was Leonard Hill (42, 52:45) fourth overall, with Sue Smith (42, 1:07:19) ninth overall, leading the masters women. Breaking course records were Marcia McChesney (65, 1:33:51), Dawn Russell (71, 1:38:35), and Terry Loffelmacher (M52, 1:00:04).

I passed up a free post-race outdoor BBQ in favor of the cozy confines of a local pancake house before heading back to Eugene. □




Dee Nelson, 51, Gaithersburg, Md. third W40+ (20:59), Glen Brenner 5K, Washington, D.C., April 23. Photo by George Banker

The Master Board

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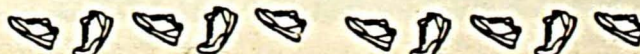


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Masters Scene

NATIONAL

• The 1994 American Sports Analysis study's estimate of U.S. runners over the age of 6 who run at least 50 days per year (15.26 million) grew by 15% from 1993 to 1994. There was also a corresponding positive change in the number of runners who run 500 or more miles per year (4.48 million - an increase of 18%). Of those people running 100 or more days, the percentage of 6 - 17 year olds (33.8%) was higher than in 1993 but **Harvey Lauer**, president of American Sports Data, said that over the eight year period of these studies the largest growth has actually been in the 35 and over group (2.6 million in '87 increased by 26.2% to 3.28 million in '94).

• The Road Runners Club of America (RRCA) has launched a program of Safety Summits, a national effort designed to reduce crime against women who exercise outdoors. In cooperation with the FBI, U.S. Park Police, and local law agencies, the program is a positive effort to educate women on how to take steps to prevent crimes without sacrificing their daily exercise program. Seminars are scheduled in Kansas City (June 3), Seattle (July 22), and Indianapolis (Aug. 19). The seminars are free. For info call the RRCA at 703-836-0558.

EAST

• **Rodney Pearson**, 41, of Starkville, MS, ran his 18th consecutive Boston Marathon.

• **Dr. Andrea Gravatt**, 41, a pediatrician from Asheville, NC, was doing her 8th marathon but her first Boston race. She wanted us to "... put in a plug for women who can run and have a professional life and still do a marathon. Last week I worked a 126-hour week."

• **Johnny Kelley**, 87, Boston Marathon legend whose wife died several months ago, did not run this year's Boston. Said Kelly, "I ran my last marathon three years ago and at my advanced age, it's not right for me to be running marathons..."

• Masters victors at the NYRR Roosevelt Island Spring 10K, April 30, were **Sean Doyle** (40, 33:20) and **Joan Baldassarri** (40, 41:47). **Bertha Bellinghausen** (61, 45:18) captured her age-division with a 71.2% effort.

• Topping the heap at the Trevira Twosome 10-miler, Central Park, April 8, were **Thomas Fleming** (43, 57:51) and **Susan Baker** (48, 1:10:57). Age-group standouts were **John Dugdale** (60, 1:02:57), an 85.1% effort and **Toshiko d'Elia** (65, 1:18:00), an 83.8% effort.

• Seventy-five-year-old **Matt Miller** took 16 minutes off the U.S. 50-mile M75 age-group record by completing the GNC 50 Mile Challenge, Pittsburgh, PA, April, in 10:18:03. Overall winners in a national-class field were **Kevin Setnes** (41, 5:31:44) and **Theresa Daus-Weber** (40, 6:42:08). Both set course records, taking home prize money for their outstanding efforts.

• **David Webster**, 42, Stevensville, MD., in 16:32, and **Betty Blank**, 42, Falls Church, VA., in 20:36, prevailed in the masters races, Glen Brenner 5K, Washington, DC, April 23. The event, which drew 6500 runners and walkers, honors a local, long-time TV broadcaster who passed away, and raises money for the Glen Brenner Foundation, which benefits young people throughout the Washington area.

SOUTHEAST

• **Dean Reinke**, long associated with road race promotion and announcing, has been declared bankrupt, along with his wife, **Susan**. U.S. Bankruptcy Judge **Arthur B. Briskman** approved the Chapter 7 bankruptcy petition April 13. The order releases the Reinkes "from dischargeable debts" and voids any judgment "in any court other than this court."

MIDWEST

• Clinching first place in the East Side Grace Brethren Church's Run for the Son 5K, April 8, Columbus, OH, were **Dave Greenwood** (43, 17:38) and **Cookie O'Neal** (42, 21:16).

MID AMERICA

• It was a great day for science teachers in the Mt. Oread Run For ALS, Lawrence, KS, April 15. **Jay O'Neill**, a science teacher at De Soto HS, and the overall winner, clipped 10 seconds off the M40 Kansas state record with a 10:00.3 in the two mile. **Wally Brawner**, a science teacher at Washington HS, set a new state standard in the M55 division with a 11:36.9.

• **Priscilla Welch**, 51, of Great Britain, who ran often and well to capture honors and cash prizes a few years back but has made few recent appearances, due to a bout with cancer, rolled to a W40+ first in the Trolley Run 4 Mile, Kansas City, MO, April 23, in 23:40. **Charlie Gray** was the M40 winner in 19:37, and **Ann Williams** was on track with a W60 win in 31:26.

• Who said runners had to be young and slim? **Olden Phatt**, M40, won his age division (1:29:40) in the Longest Day Half-Marathon, Brookings, SD, April 22.

SOUTH WEST

• The KFM Running Club of El Paso invites all masters athletes who feel they have a genuine chance of breaking existing age-group world records to contact **Franks Munene**, Sports Agent/Coach. "Aside from competitions and awards," he says, "there are also opportunities in product endorsements, sports equipment sponsorship, etc." Contact Munene at 915-755-7370 (tel/fax).

WEST

• **Masaru Morikawa**, 75, won the **Harold Chapson Plaque** award for the best 70+ performance with an age-graded 75%, course-record 1:21:29 in the **Norman Tamanaha Memorial 15K**, Honolulu, April 16. Last year's award winner, **Margaret Lee**, 75, broke the course record for the W75 division with a 1:44:27. Chapson was a pioneer in the masters movement in Hawaii, who passed away several years ago. Many of his world and US records still stand. Tamanaha (1907-1977), often referred to as the father of LDR in Hawaii, ran the Boston Marathon six times, and at age 48, was fifth finisher, third US, with a 2:38:30 in 1955.

• **Joan Hansen**, W35, sped to a 4:41:58 in the 1500 for a decisive top-ranked performance in her age-group at the Phoenix (AZ) Invitational, April 8-9.

• **Gene Cassidy** is the new director of Santa Barbara's Club West board, announced club president **Gordon McClenathen**. Cassidy's new duties still include helping organize the club's masters meet on Oct. 7 at Santa Barbara City College. Cassidy, a long time T&F official commencing in 1980 and later with USATF in 1983, boasts a history of prior involvement in T&F since his early school days in high school and at the U. of Miami, FL.

• **Mark Covert**, 44, Lancaster, CA, got a big spread in the feature section of the Los Angeles Times, April 4. He has averaged 11 miles of quality running every day for each of the last 9778 days, despite pulled muscles, a broken foot and a serious case of hemorrhoids. Once he even ran laps around the deck of a ship through a severe tropical storm just to keep the streak alive for nearly 27 years. By most accounts, Covert's streak is the second-longest in the world, topped only by former British Olympian **Ron Hill**. Covert keeps a diary in which he has

meticulously recorded each of the 109,000 miles he's run since the streak began July 22, 1968. Hill began his streak on Dec. 20, 1964. Covert's wife, **Debi**, calls the streak "stupid." Covert, the track and cross-country coach at Antelope Valley College, said "I never said this is a mark of intelligence; but I enjoy it; it's a big deal to me."

• **Lucy Dettmer**, 74, is the top W70 tennis player in the nation. A coach from College of the Desert in Palm Springs, CA, invited her to play for the college tennis team. Dettmer, now enrolled at the college, is 15-1 in singles and 15-0 in doubles against collegiate opponents.

NORTHWEST

• **Becky Sisley**, 55, Eugene, OR, competing in a U. of Oregon mini-meet in Eugene on April 22, broke the W55-59 PV WR with a 7-1/2/2.15.

• **Craig Moore**, 41, Bellingham, WA, 51:54, and **Candy Klein**, 40, Tacoma, WA, 73:58, triumphed in the Pacific NW 15K Masters Championships, Seattle, April 30. **Ed Kousky**, 54, Eugene, OR, 51:09, and **Bev LaVeck**, 59, Seattle, 61:08, took firsts in the companion Northwest Masters Regional 10K RW Championships.

• After six years and numerous injuries, including a dog bite to the Achilles' tendon requiring 30 stitches, 52-year-old **Stephen Lester**, Magna, UT, is again in racing form. In January, he ran the Hit The Road Jack 5K in 16:09. In April, he ran a 34:15 in the COTA 10K, and a 27:00 in the Run Through The Trees 8K. All the races were in Salt Lake City at altitude.

OPEN

• The 1995 edition of the USATF Directory is now available for \$10. Included in the directory are USATF's officers, committees, boards and by-laws, along with addresses and phone numbers. Send check or money order to: USATF Book Order Department, PO Box 120, Indianapolis, IN 46206.

• Reebok agreed to pay \$9.5 million to settle charges that it fixed prices and penalized retailers who discounted its shoes. Most of the funds will be for sprucing up public sports facilities and providing sports equipment to "deserving organizations." N.Y. Atty. Gen. **Dennis Vacco** said: "By conspiring to fix the prices of its products, Reebok violated our basic belief in fair play, and forced customers to pay millions of dollars more for their products." Reebok denied it violated any antitrust laws, saying it settled to avoid "the considerable expense of litigation" and because it could target the money "to the types of endeavors with which Reebok has been involved for many years."

• Add Reebok: USA Today reports Reebok is suing former employee **Mark Bossardet** for \$2



Susan Gregg-Hanson, 33, Seattle, W30 winner (2:19.37), in the W30 800, USATF Northwest Regional Masters Championships, Tacoma, Wash. This year's meet is set for June 30 in Portland, Ore.

million, for allegedly signing marathoner **Uta Pippig** to a Nike contract. Reebok announced last November it had signed Pippig. Nike hired **Bossardet**, who had a close relationship with Pippig, who then signed with Nike, according to the story.

• USA Track & Field announced it will seek a new title sponsor for next year's Indoor Track and Field Series, which debuted this year on NBC. USATF executive director **Ollan Cassell** said that Mobil, the title sponsor for the circuit, will not renew for 1996. Cassell praised Mobil for its support of the inaugural indoor series, which aired on five consecutive Saturdays from Feb. 4 through March 4. Nike and VISA also sponsored the telecasts, which enjoyed successful ratings.

• The U.S. Olympic Committee will unveil its first warm-weather, year-round Olympic training facility with the grand opening and dedication ceremony for the ARCO Olympic Training Center in Chula Vista, CA, on Sat. June 10, from 9 a.m. to 4 p.m. The event is free and open to the public.



Barbara Miller, 55, 32:10, and Ewar Gordillo, 50, 27:30, triumphed in the Fifty Plus 8K, Stanford, Calif., April 8.

Photo by Doug Peck

Schedule

Track and field events feature competition for men and women over 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 50098, Eugene OR 97405.

TRACK & FIELD NATIONAL

June 17-18. USATF National Masters Decathlon/Heptathlon Championships, Eugene, Ore. SASE to Timothy Shelley, 2748 Agate St., Eugene, OR 97403. 503/343-4610.

July 5-9. 28th USATF National Masters Championships, Michigan State U., East Lansing, Mich. Randy Williams, 12651 Cloverlawn, Detroit MI 48238. 313/834-0378.

August 19. USATF National Masters Weight & Superweight Championships, Seattle. Followed by Ultra Weight Classic. SASE to Ken Weinbel, Seattle Masters AC, 4103 Hillcrest Ave., Seattle, WA 98116. 206/932-3923. Fax 206/932-3917.

August 26. USATF National Masters Weight Pentathlon Championships, Nevada Union HS, Grass Valley, Calif. Dick Hotchkiss, 14005 Meadow Dr., Grass Valley, CA 95945. 916/273-3660.

EAST

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

June 4. 10th Annual Garden State AC International Meet, Randolph HS, N.J. Morton Hahn, 19 Bedminster Rd., Randolph, NJ 07869. 201/625-1764.

June 8-11. N.Y. State Parks Senior Games, Albany. 55+. Agency Building #1, 12th Floor, Albany, NY 12238. Debra Keville, 518/474-0403. No out-state.

June 10. Philadelphia Masters Meet, Swarthmore College, Pa. 9 am. Dr. Timothy Dickens, 610/828-5528(days).

June 10. Coors/MAC Championships, St. John's, Queens. Day-of-meet entries only. SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 718/358-6233 (8-10 pm).

June 11, 25. Potomac Valley TC Meets, Williams HS, Alexandria, Va. 703/671-2520.

June 16-18. Massachusetts Senior Games, Springfield College. 55+. Open to out-state. Sahler Smith, 263 Alden St., Springfield, MA 01109. 413/748-3020.

June 17. New Jersey Masters Championships, Matawan HS. Isabel Stuper, 2 Portsmouth Rd., Manalapan, NJ 00726. 908/446-6696.

June 17. USATF Niagara Open & Masters Championships, Buffalo. Lois Mesler, 837 Potomac Ave., Buffalo, NY 14209. 716/873-6453.

June 24. USATF East Regional Masters Championships, Central Dauphin HS, Harrisburg, Pa. Scott Thornsley, 18 Colgate Dr., Camp Hill, PA 17011-7624. 717/737-2385.

June 24. Reebok/Boston Masters Meet (USATF NE Championships), Open & Masters. Northeastern U., Dedham, Mass. Boston RC, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802. USATF NE, 617/566-7600.

June 25. Rhode Island Senior Games, Providence. 55+. Hospital Trust Plaza, Providence, RI 02903. Dennis Moore, 401/278-8371. Open to out-state.

July 2. Independence Day Street Mile, Washington, D.C. START, Inc., PO Box 15374, Washington, DC 20003. Marcio Duffles, 202/544-4971.

July 7-9. Mansfield University T&F Camp. Jim Taylor, camp director, Decker Gym G-7, Mansfield U., Mansfield, PA 16933. 717/662-4645.

August 13. Philadelphia Masters Summer Games, Swarthmore College. Peter Taylor, 4014 Hallman St., Fairfax, PA 22030. 703/385-4392.

October 29. Runner's Pentathlon (outdoor), Swarthmore College, Pa. 3000/800/200/1500/400. Peter Taylor, 4014 Hallman St., Fairfax, PA 22030. 703/385-4392.

SOUTHEAST

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

June 9-11. 20th Annual Northwest Classic, Traz-Powell Stadium, Miami. Youth/open/masters. Jesse Holt, 1310 N.W. 90th St., Miami, FL 33147. 305/836-2409.

June 10. Atlanta TC Masters Meet, Marist HS., SASE to ATC Masters Meet, 3097 E. Shadowlawn Ave., Atlanta, GA 30305. 404/231-9064, X8.

June 17. Nashville TC Open & Masters Meet, Tennessee Prep School. Contact (see June 25).

June 17. South Florida Sports Festival, Dwyer HS, Palm Beach Gardens. 5-yr. age divisions from 19 to 75+. Florida AC, 3250 Lakeview Blvd., Delray Beach, FL 33445. Bob Fine, 407/499-3370.

June 24. Southeastern Masters Track Classic, Greenville, S.C. Dick Bloomfield, 103 Crestwood Dr., Greer, SC 29651. 803/879-7839(eve).

June 24. Birmingham TC Classic, Vestavia Hills HS. Jeff Tesnow, 2424 Meadow Ridge Rd., Birmingham, AL 35235. 205/980-5152. Entry form in May NMN.

June 25. Tennessee Pentathlon Championships. Randall Brady, 2709 Linmar Ave. #5, Nashville, TN 37215-1170. 615/383-6733(h); 741-5251(w).

July 13, 20. Nashville TC Meets. NTC, 2709 Linmar Ave. #5, Nashville, TN 37215-1170. 615/383-6733(h); 741-5251(w).

July 29. Jacksonville TC Summer Classic, Bolles Track. 5 pm. 10-yr. groups. Lamar Strother, 1511 S. McDuff Ave., Jacksonville, FL 32205. 388-7860.

MIDWEST

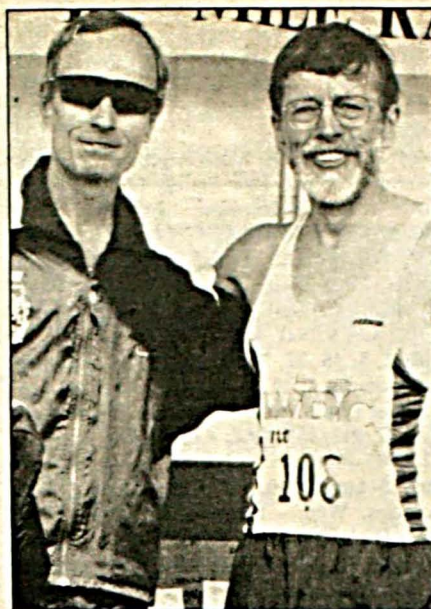
Illinois, Indiana, Kentucky, Michigan, Ohio, Wisconsin, West Virginia.

June 3. 12th Annual Athlete's Foot Masters Meet, Augustana College, Rock Island, Ill. Pete Stopoulos, 1029 16th Ave., East Moline, IL 61244. 309/755-2655.

June 10. Dayton Track Classic, Welcome Stadium. Bob Jones, 513/837-2754.

June 10. USATF Lake Erie Association Championships, Independence HS, Ohio. Open/masters/invitational youth. Lake Erie Championships, 1595 Elmwood Ave., Lakewood, OH 44107. Rex Harvey, 216/531-3000.

June 14-18. Dayton Regional Senior Games. 55+. Open to out-state. HPE Department, U. of Dayton, Dayton, OH



First two M55 runners, Gerry Ives, 55, 59:52, and Chan Robbins, 57, 64:26, Northern Telecom Cherry Blossom 10 Mile, Washington, D.C., April 9. Photo by George Banker

45469-1210. Dr. Mary Leonard, 513/229-4208.

June 18. USATF Michigan Masters Championships, Cardinal Stadium, Melvindale (suburb of Detroit). M&W30+. Open division available but not championships. Marilyn Moorehead, 5250 Yorkshire, Detroit, MI 48224. 313/882-3687.

June 23-25. West Virginia Senior Sports Classic, Charleston. 55+. Nemo Nearman, PO Box 1421, Charleston, WV 25325. 304/295-6148. Open to out-state.

June 24. Midwest Masters Meet, Byron, Ill. Byron Park District, Tower Rd., Byron, IL 61010. 815/234-8435.

July 13-15. Michigan Senior Olympics. 55+. Bill Sharpe, 312 Woodward, Rochester, MI 48307. 810/656-1403, x39. Open to out-state.

July 29. Midwest Masters Championships, Marshall U., Huntington, West Va. David Stooke, 119 Cheyenne Trail, Ona, WV 25545.

August 12. USATF Midwest Regional Masters Championships, Indianapolis. Ken Rowe, 6045 Evanston, Indianapolis, IN 46220. 317/251-9149.

MID-AMERICA

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

June 4. USATF Minnesota Open & Masters Championships, National Sports Center, Blaine. USATF Minnesota, 5429 Wooddale Ave., Edina, MN 55424.

June 4. Blue River Valley Meet. Cleve Walstrom, 913/562-3021. City of

Continued on next page

ON TAP FOR JUNE TRACK AND FIELD

The USATF Masters Decathlon/Heptathlon Championships, Eugene, Ore., on the 17th-18th tops the schedule. The California Senior Games start on the 1st in Sacramento, followed by meets in Dallas on the 3rd, and Randolph, N.J., and Blaine, Minn. on the 4th. The 10th is awash with meets in NYC; Los Gatos, Calif.; Arlington, Texas; Dayton, Ohio; Lincoln, Nebr.; Seattle; Philadelphia; Cleveland; Miami, Fla.; and Ontario, Canada. The 17th is nearly as busy with action in Mason, Texas; Buffalo; Manalapan, N.J.; Palm Beach, Fla.; and Vancouver, B.C. Father's Day, the 18th, offers the Michigan Championships in the Detroit area. USATF Regional Masters Championships rule the day on the 24th: East, Harrisburg, Pa.; Southwest, San Antonio, Texas; and West, Los Gatos. The Hayward Classic in Eugene is a two-day affair on the 24th and 25th. A week later, the Northwest Regionals start a two-day run on the 30th in Gresham, Ore.

LONG DISTANCE RUNNING

As track heats up — headed for the Nationals and WAVA Championships in July — LDR cools down for the summer. The 3rd lists the Freihofer's 5K For Women, Albany, N.Y., and the Fontana Half-Marathon in California. The Shelter Island 10K, Long Island, N.Y., and the Advil 10K, NYC, will contest for entrants on the 10th. Grandma's Marathon, Duluth, Minn., and Steamboat Four Miler, Peoria, Ill., share the 17th. Portland, Ore., hosts the River City 15K on the 18th. Runners in it for the long haul can opt for the Western States 100 Mile in the Sierras on the 24th.

RACEWALKING

The MAC Eastern Regional 20K Championships hit the byways of Central Park on the 25th.

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Continued from previous page

Marysville, 209 N. Eighth, Marysville, KS 66508.

June 10-11. Lincoln TC Decathlon/Hep-tathlon, Nebraska Wesleyan U. SASE to Gary Bredehoft, 4037 N. 20th St., Lincoln, NE 68521. 402/435-7061.

June 14-17. Iowa Senior Games. 55+. Janet Ridgway, 713 8th St., West Des Moines, IA 50265. 515/277-6026. Open to out-state.

June 17. Leading Edge/Lincoln TC Open & Masters Meet, Nebraska Wesleyan U. See above.

June 24. USATF Iowa Association Championships, Ames HS, Ames. John Anderson, Rt. 1, Box 23, Slater IA 50244. 515/685-3603.

July 1. USATF Mid-America Regional Masters Championships, Harrison HS, Colorado Springs. Jerry Donley, 1715 Alamo, Colorado Springs, CO 80907. 719/635-1264.

July 16. Cornhusker State Games, Ed Weir Track, U. of Nebraska-Lincoln. SASE to Gary Bredehoft, 4037 N. 20th St., Lincoln, NE 68521. 402/435-7061.

August 6. Masters/Senior Olympic EMRTF SUMMER '95, U. of Minnesota. SASE to Rachel Lyga, 122 NE 63 1/2 Way, Minneapolis, MN 55432. 612/574-9661.

August 6. Athlete's Foot/Lincoln Mile. SASE to Gary Bredehoft, 4037 N. 20th St., Lincoln, NE 68521. 402/435-7061.

September 2-3. Rocky Mountain Masters Games, U. of Colorado, Boulder. Dave Simons, 1550 Baseline Rd., Boulder, CO 80302. 303/443-4919. Nancy Manson, 303/341-7992.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

June 3. USATF Southwest Association Meet, Dallas. John Pritchett, P.O. Box 210496, Dallas, TX 75211. (800) 30 GO RUN.

June 10. Texas Masters Championships, U. of Texas-Arlington. Ray Burrus, 2307 Woodson, Arlington, TX 76016. 817/446-5700.

June 17. Hill Country Classic Masters Meet, Mason, Texas. Lee Graham, Box 384, Mason, TX 76856. 915/347-5620.

June 24. USATF Southwest Regional Masters Championships, San Antonio, Texas. John Head, 21024 Cedar Branch, Garden Ridge, TX 78266. 210/651-5414.

WEST

Arizona, California, Hawaii, Nevada

June 1-4. California Senior Games, Sacramento. 55+. Pam Rhodes, 6005 Folsom Blvd., Sacramento, CA 95819. 916/277-6094.

June 10. Los Gatos Open & USATF Pacific Association Masters Championships, Los Gatos HS. Monica Townsend, 138 Johnson, Los Gatos, CA 95032. 408/395-9486.

June 24. USATF West Regional Masters Championships, Los Gatos HS. Monica Townsend, 138 Johnson, Los Gatos, CA 95032. 408/395-9486.

July 1. KELfield Throws Series #40, Santa Cruz, Calif. Includes superweight. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

July 1, 8, 15, 22, 29. USATF SCA Summer All-Comers. 1, 15, 29 at Long Beach St. U.; 8, 22 at Los Angeles CC. Marv Thompson, LACC, 213/953-4261; Andy Sythe, LB St., 310/985-4666.

July 5-August 10. All-comers meets, Los Angeles. Wed. - Birmingham High; Thu. - Bell High. 7 p.m.

August 5. USATF Pacific Association Championships, Soquel HS, Soquel, Calif. Age-Graded Meet: open & masters athletes compete together and will be scored using the A-G tables for awards. Men & women separate. Bill Johnson, 408/335-0460. Santa Cruz TC, PO Box 1803, Capitola, CA 95103.

September 2. Nor Cal Seniors TC Classic, Berkeley. Dan Behrens, 2838 Enea Way, Antioch, CA 94509-4755. 510/754-3318.

September 17. Sri Chinmoy Masters Games, CSU-Long Beach, Calif. 40+. Bigalita Egger, 310/645-0271.

October 7. Club West Masters Meet, Santa Barbara City College. Club West, 937 Arcady Rd., Montecito, CA 93108. 805/969-5851.

NORTHWEST

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

June 8, 15, 22, 29. USATF Alaska Meets, 8 & 22 at Anchorage; 15 & 29 at Palmer. 6 p.m. Thomas Light, 907/786-7431.

June 10. Seattle Masters Classic. M&W30+. Includes 1500&3000Rws. Patty Petesch, 100 Dexter Ave. N., Seattle, WA 98109. 206/684-7091.

June 17-18. British Columbia Masters Championships, Langley, B.C. (suburban Vancouver). All masters welcome. John Woodcock, 604/939-1324; Grant Lamothe, 604/856-7381.

June 22-24. Montana Senior Olympics, Billings. 50+. Open to non-residents. Don Tavalacci, 465 Freedom Ave., Billings, MT 59105-2205. 406/252-2795.

June 24-25. Hayward Masters Classic, (USATF Oregon Association Championships), Eugene, Ore. SASE to Timothy Shelley, 2748 Agate St., Eugene, OR 97403. 503/343-4610.

June 30-July 1. USATF Northwest Regional Masters Championships, Mt.

Hood CC, Gresham, Ore. Joe Thielman, 3004 NE 48th St., Vancouver, WA 98663. 360/695-5414.

July 7-9. Oregon Senior Games. 55+. No out-state. Ron Allen, 4840 SW Western Ave., Ste 900, Beaverton, OR 97005. 503/520-1319.

August 5. Helena Summer Throws Meet & Weight Pentathlon. Manuel & Helen White, PO Box 5058, Helena, MT 59604. 406/227-5020.

August 5. Key Bank Classic Masters Meet, Lincoln Bowl, Tacoma, Wash. Ken Weinbel, 4103 Hillcrest Ave., S.W., Seattle WA 98116.

CANADA

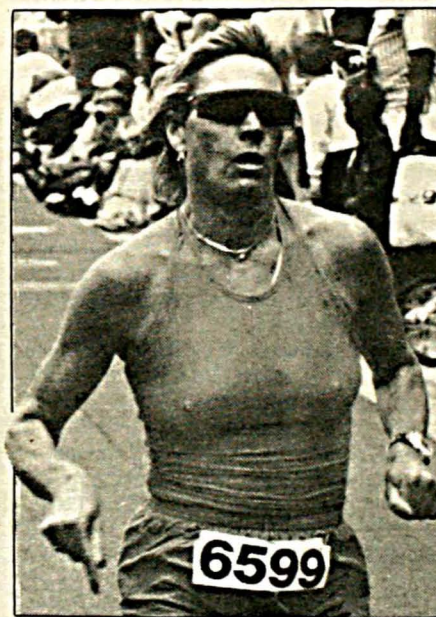
June 10-11. Ontario Masters Championships, Tillsonburg (near London). M&W35+. Doug Smith, 58 Newmarket Ave., Toronto, Ont. M4C 1V9. 416/699-5818.

June 24-25. Canadian National Masters Championships, McMaster U., Hamilton, Ont. M40+, W35+ (non-championships: M35, W30). Valan Sarjeant, 130 Memorial St., Hamilton, Ontario, L8G 4C7. 905/664-3852.

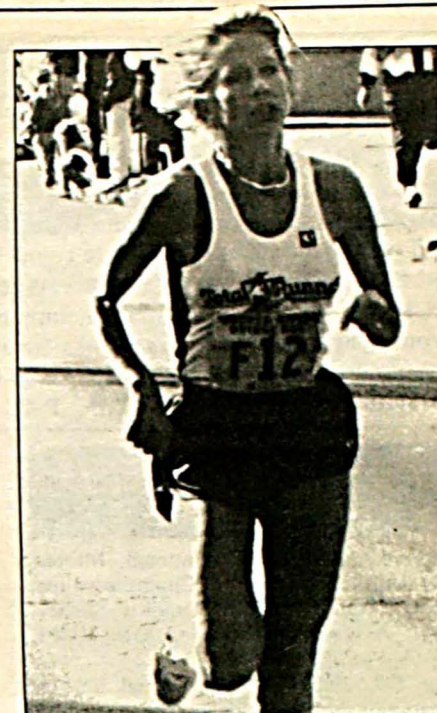
INTERNATIONAL

July 13-23. XI WAVA World Veterans Athletics Championships, Buffalo, N.Y., USA. M40+, W35+. WVC, 120 Church St., Buffalo, N.Y. 14202. Phone: (716) 849-0704; Fax: (716) 849-0737.

September 9-10. San Juan International Masters Meet, San Juan, Puerto Rico. Puerto Rico Masters Association, PO Box 31300, 65th Infantry Station, Rio Piedras, PR C0929-0300. Jesus Galvez, 809/789-7436.



Betty Blank, 42, Falls Church, Va., first W40+ (20:36), Glen Brenner 5K, Washington, D.C., April 23. Photo by George Banker



Nancy Grayson, fourth W40+ (36:58), Cooper River Bridge 10K, Charleston, S.C., April 1. Photo by Charlie Kluttz

October 5-14. 5th Australian Masters Games, Melbourne. 53 sports. Age 30+. Helen Pain, Sports Travel International, 4869 Santa Monica Ave., #B, San Diego CA 92107. (619) 225-9555; Fax: (619) 225-9562. Or GPO Box 2392V, Melbourne 3001 Australia.

October 8-10. All Japan Masters Athletic Championships, Hiratsuka City, Kanagawa Prefecture. Nippon Masters Athletic Union, Fuji Kasai Bldg., 1-25 Kitanoshinchi, Wakayama City, 640 Japan. Tel: 0734-32-0787/7416.

LONG DISTANCE RUNNING NATIONAL

September 16. USATF National Masters 24-Hour Championships, Sylvania, Ohio. Dave Payette, 2338 Laskey Rd., Toledo, OH 43613. 419/475-0731.

October 8. USATF National Masters Marathon Championships, Minneapolis/St. Paul. Bruce Mortenson, 15301 Highland Pl., Minnetonka, MN 55345. 612/936-0851.

October 15. USATF National Masters 10K Cross-Country Championships, Canandaigua, N.Y. Peter Glavin, 160 Laney Rd., Rochester, NY 14620. 716/242-9031.

November 11. USATF National Masters 5K Cross-Country Championships, Landen, Ohio. Scott Brooker, 230 Northland Blvd. #309, Cincinnati, OH 45246. 513/860-2253.

November 18. USATF National Masters 8K Cross-Country Championships, Boston. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802.

EAST

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

June 2. (Fri.) Ithaca Twilight 5K. 7 pm. Brad Buchanan, E5 Sevana Park, Ithaca, NY 14850. 607/257-3396(h).

June 3. Freihofer's 5K For Women (Open National Championship), Albany, N.Y. USATF Adirondack Association, 233 Fourth St., Troy, NY 12180. 518/273-0267. Megan Kuntze, 518/449-5069.

June 10. Shelter Island 10K. 5:30 pm. Legal-size SASE to SI 10K, PO Box 266, Shelter Island, NY 11964. 516/749-7867.

June 10. Western Heights/Roadway Express 5000/Mile. 8:30 am. Wayne Vaughn, 18619 Preston Rd., Hagerstown, MD

Continued on next page

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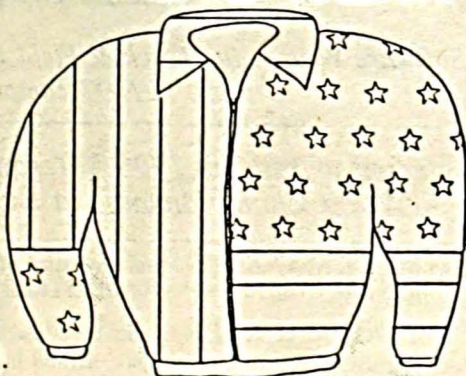
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Continued from previous page

21742. Money prizes. 301/733-6076.

June 10. Advil Mini-Marathon 10K, Central Park, NYRR, Allan Steinfeld, 9 E. 89th St., NY, NY 10128. 212/860-4455.

June 17. Vestal XX 20K. Fred Bostrom, 413 Pinecrest Rd., Vestal, NY 16915. 607/797-9215.

June 24. Gene Fair 5K, Boston, Mass. \$500 1st M&W40+. 800/343-3383.

June 25. NYRR Bronx Half-Marathon, Harris Park, The Bronx. NYRR, 9 E. 89th St., NY, NY 10128. 212/860-4455.

July 9. Utica Boilermaker 15K. Earle Reed, PO Box 4729, Utica, NY 13504. 315/797-5838.

SOUTHEAST

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

June 3. Gene Fair 5K, Richmond, Va. \$500 1st M&W40+. 804/262-1703.

July 4. Peachtree 10K. PRR, 3097 Shadowlawn Ave., Atlanta, GA 30305. 404/231-9065.

MIDWEST

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

June 17. Steamboat Classic 4 Miler/5K. Philip Lockwood, 700 W. Main St., Peoria, IL 61606. 309/688-7313.

July 9. Chicago Distance Classic 20K. Colleen Lawler, Lung Assoc., 1440 W. Washington Blvd., Chicago, IL 60607. 312/243-2000.

MID-AMERICA

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

June 1-4; 14-18. Women's Running Camps, Diane Palmason, 4029 S. Roslyn St., Denver, CO 80237. 303/779-4294.

June 4. Hospital Hill Half Marathon. Trinity Hospital Hill Run, Crown Ctr., 2405 Grand Ave., Kansas City, MO 64108. 816/274-3196.

June 10. Dam to Dam 20K/5K, Des Moines, Iowa. \$1200 masters prize money. Dam to Dam, 1603 22nd St., #107, West Des Moines IA 50265. 515/241-3191; ext. 3191.

June 11. KRDO Garden 10 Miler, Manitou Springs, Colo. Nancy Hobbs, PO Box 38235, Colorado Springs, CO 80937. 719/473-2625.

June 17. Grandma's Marathon. Legal-size SASE to Marathon, PO Box 16234, Duluth, MN 55816. Scott Keenan, race director, 218/727-0947.

July 26-30. Women's Running Camps, Diane Palmason, 4029 S. Roslyn St., Denver, CO 80237. 303/779-4294.

July 29. Bix 7 Mile, Davenport, Iowa. Ed Froelich, 2685 E. Kimberly Rd., Bettendorf, IA 52772. 319/359-9197.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

June 4. 5K Run/Walk For Storyland. New Orleans TC, PO Box 52003, New Orleans, LA 70152-2003. 504/482-6682; 468-1488.

June 30. (Fri.). Gene Fair 5K, Tulsa. \$500 1st M&W40+. 918/747-3747.

WEST

Arizona, California, Hawaii, Nevada.

June 3. Fontana Half-Marathon & 5K Run/Walk. Barbara Smith, Recr. Supervisor, 8353 Sierra Ave., Fontana, CA 92334-0518. 714/350-7600.

June 10. Palos Verdes Marathon/3 Person Relay/5K, Los Angeles. W2 Promotions, 1501 Glenavon Ave., Venice, CA 90291, or PVM, 310/377-6707.

June 24. Western States 100 Mile, Squaw Valley to Auburn, Calif. Norman Klein, 11139 Mace River Court, Rancho Cordova, CA 95670. 916/638-1161.

July 9. San Francisco Marathon. SFM, PO Box 77148, San Francisco, CA 94107. 415/391-2123.

NORTHWEST

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

June 3. Governor's Cup 5K. Trish Bloom, Blue Cross/Blue Shield, PO Box 4309, Helena, MT 59604. 406/447-3414.

June 18. River City 15K/5K. Steve Hamilton, PO Box 55817, Portland, OR 97238. 503/203-9166.

July 4. Butte to Butte 10K, Eugene. OTC, Box 10825, Eugene, OR 97440. 503/687-1989.

July 14-15. Mt. Rainier To The Pacific Relay. 180 miles, 12 person running teams/102 miles, 7 person walking teams. Mt. Rainier National Park to Ocean Shores, Wash. PO Box 17086, Seattle, WA 98107. 206/782-6547.

August 25-27. Hood To Coast Relay, Mt. Hood to Seaside, Ore. June 30 deadline. Linda Stirling, 115 S.W. Ash St., Suite 523, Portland, OR 97204. 503/227-1371; fax 503/248-4114.

INTERNATIONAL

June 25. 22nd Veterans Grand Prix 10K & 25K, Brugge, Belgium. M40+, W35+. Jacques Serruys, Korte Zilverstraat 5, 8000 Brugge, Belgium. Fax: 00 32 50 33 43 25.

July 13-23. XI WAVA World Veterans Athletics Championships, Buffalo, N.Y., USA. M40+, W35+, WVC, 120 Church St., Buffalo, N.Y. 14202. Phone (716) 849-0704; Fax: (716) 849-0737.

October 31-November 14. Himalayan 100 Mile Stage Race (Oct. 31-Nov. 7) & Mt. Everest Challenge Marathon/Darjeeling 10K (Nov. 7-14). Force 10 Expeditions Ltd., PO Box 1925, Eagar, AZ 85925-1925. Phone/fax: 520/333-4840; 800/922-1491.

RACE WALKING

June 17-18. USA/Mobil Men's 20K/Women's 10K Championships, Sacramento, Calif. Ron Daniel, 415/964-3580.

June 25. USATF Eastern Regional 20K Championships, Central Park, NYC. Park Racewalkers, USA, 320 E. 83rd St., Box 18, NY, NY 10028. 212/628-1317.

July 6. USATF 5000 National Masters Championship, East Lansing, Mich. Randy Williams, 12651 Cloverlawn, Detroit, MI 48238. 313/834-0378.

July 9. USATF Men's 20K/Women's 10K National Masters Championships, East Lansing, Mich. Randy Williams, 12651



First female master Rebecca Stockdale-Woolley in 55:23, Gate River Run 15K, Jacksonville, Fla., March 11. Photo by Charlie Kluttz

Cloverlawn, Detroit, MI 48238. 313/834-0378.

July 16. WAVA Men's 20K/Women's 10K Championships, Niagara Falls, N.Y. Buffalo Organizing Committee, P.O. Box 150, Niagara Square Sta., Buffalo, NY 14201-0150.

July 21-22. WAVA 5000 Championships, Buffalo, N.Y. Buffalo Organizing Committee, P.O. Box 150, Niagara Square Sta., Buffalo, NY 14201-0150.

August 6. USATF Eastern Regional 3K Championships, Central Park, NYC. Park Racewalkers, USA, 320 E. 83rd St., Box 18, NY, NY 10028. 212/628-1317.

August 27. USATF Eastern Regional 10K Relay Championships, Central Park, NYC. Park Racewalkers, USA, 320 E. 83rd St., Box 18, NY, NY 10028. 212/628-1317.

September 10. USATF National Masters 40K Championships, Ft. Monmouth, NJ. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 908/222-9080, 908/341-7386.

September 16. USATF National Masters 15K Road Championships, Kingsport, TN. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 615/229-4364(w), 615/349-6406(h).

September 24. USATF National Masters 15K Championships, Elk Grove, IL. Diane Graham-Henry, 442 W. Belden, Chicago, IL 60614. 312/327-4493.

Boston

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RECIPIENTS OF CERTIFICATES/PATCHES AS ALL-AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE

M35-39
Michael Runda 800M 2:04 04-15-95

M45-49
Ed Jones 100M 11.68 06-25-94
200M 24.76 07-16-94

Long Jump 5.65 08-05-90
Long Jump 6.15 07-16-94

Bill Penner 1500 RW 7:10.7 01-29-95
15K RW 1:19:19 02-05-95

M50-54
Emmett Graham Long Jump 5.40 02-23-95
Neil MacDonald 800M 2:03.9 02-12-95

M55-59
Jim Clark 800M 2:26.14 02-26-95

M60-64
Fred Shanaman 25# Weight 12.82 02-26-95
56# Weight 6.01 02-26-95

Clarence Trinkner Pentathlon 3751 Pts. 02-11-95

M65-69
Engel Grow Shot Put 37.2 02-23-95
Skip Meneely Javelin 132-5 03-12-95
Tom Rice Long Jump 14-1 03-19-95

M70-74
John McCarthy Discus 106-8 10-21-94
Javelin 99-9 06-18-93

Gian Sahota 5K 22:27 10-94
5K 23:21 12-02-94

5 Miles 38:40 11-20-94

M75-79
John Becotte Discus 96-7 02-12-95

M40-44
Debbie Judge 1500M 5:23.41 01-06-95

M45-49
Jo Ann Owen 1 Mile RW 8:15.2 04-30-95

M50-54
Jo Marchetti 800M 2:44.17 02-12-95

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
Mile	4:31	4:37	4:42	4:53	5:07	5:25	5:49	6:14	6:51	7:38	8:42	10:10
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:00	32:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:15	68:30
110H	15.3	16.4	17.75	18.75								
100H					18.0	19.0	20.0	21.3				
80H									18.0	21.0	25.0	30.0
400H	57.6	59.7	62.0	64.4	67.2	70.6						
300H					48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC	10:00	10:20	10:55	11:40	12:30	13:20						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.13	1.02	.92
	6-4 1/2	6-3 3/4	5-9 1/2	5-6	5-2 1/2	4-11	4-7 1/2	4-4	4-3	3-8	3-4	3-1
PV	4.40	4.15	3.90	3.60	3.30	3.05	2.80	2.55	2.30	2.05	1.80	1.50
	14-5 1/2	13-7 1/2	12-9 1/2	11-9 1/2	10-10	10-0	9-2 1/2	8-4 1/2	7-6 1/2	6-8 1/2	5-11	4-11
LJ	6.55	6.20	5.85	5.45	5.10	4.75	4.40	4.00	3.65	3.35	3.00	2.65
	21-6	20-4 1/2	19-2 1/2	17-10 1/2	16-9	15-7	14-5 1/2	13-1 1/2	11-11 1/2	11-0	9-10	8-8 1/2
TJ	13.35	12.65	11.90	11.15	10.40	9.65	8.90	8.20	7.50	6.80	6.10	5.50
	43-9 1/2	41-6	39-3 1/2	36-7	34-1 1/2	31-8	29-2 1/2	26-11	24-7 1/2	22-4	20-4	18-1 1/2
Shot	15.20	14.10	13.00	12.00	11.20	10.40	9.60	8.80	8.00	7.25	6.50	5.75
	49-10 1/2	46-3 1/2	42-8	39-4 1/2	40-8 1/2	36-9	33-4 1/2	30-5 1/2	28-10 1/2	25-1 1/2	21-4	18-1 1/2
Discus	44.80	42.60	40.60	38.00	36.40	34.00	31.60	29.00	26.40	23.80	21.20	18.60
	147-0	139-9	133-2	124-8	131-3	119-5	131-3	120-9	103-8	86-7	70-2 1/2	53-2
Hammer	47.24	44.20	41.14	38.40	36.00	33.00	30.00	27.00	24.00	21.00	18.00	15.00
	155-0	145-0	135-0	125-0	118-0	118-1	108-3	95-2	82-0	73-10	60-0	49-2
Jav	62.00	57.00	52.00	48.00	43.00	38.50	34.00	29.00	24.00	19.00	15.00	11.00
	203-5	187-0	170-7	157-6	141-1	126-4	131-3	114-10	95-2	78-9	62-4	49-2
35Wt.	15.00	14.00	13.00	12.00	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.00
25Wt.							11.00	10.00	9.00	8.00	7.00	6.00
56Wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
Pen	2800	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600
Dec	5500	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250

notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
2) Short hurdles: 30-39: 33"; 40-49: 36"; 50-59: 39"; 60-69: 42"; 70+: 45".
3) Long hurdles: 30-39: 36"; 40-49: 39"; 50-59: 42"; 60-69: 45"; 70+: 48".
4) Shot put: 30-39: 7.26k (16#); 40-49: 6k; 50-59: 5k; 60-69: 4k; 70+: 3k.
5) Discus throw: 30-39: 2kg; 40-49: 1.5kg; 50-59: 1.0kg; 60-69: 0.8kg; 70+: 0.6kg.
6) Hammer: 30-39: 7.26k (16#); 40-49: 6k; 50-59: 5k; 60-69: 4k; 70+: 3k.
7) Javelin: 30-39: 800g; 40-49: 600g; 50-59: 500g; 60-69: 400g; 70+: 300g.
8) Metric heights and distances are the standard; feet and inches listed for convenience.
9) Pen/Dec: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).

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

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

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

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0
400	63.5	65.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	96.5	103.3
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48
Mile	5:34	5:44	5:55	6:07	6:26	6:49	7:19	7:46	8:47	9:39	10:55
5000	19:45	20:30	21:20	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.5	79.9	84.4	88.8							
300H					66.0	72.0	79.0	87.0	96.0		
HJ	1.42	1.35	1.27	1.19	1.12	1.07	1.02	.97	.92	.89	.84
	4-8	4-5 1/2	4-2	3-11	3-8	3-6 1/2	3-4 1/2	3-2 1/2	3-0 1/2	2-11	2-9
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70
	8-10 1/2	7-10 1/2	6-11	5-11	4-11	3-11	3-7 1/2	3-3 1/2	2-11	2-7 1/2	2-3 1/2
LJ	5.00	4.60	4.25	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.00
	16-5	15-1	13-11 1/2	12-9 1/2	11-8	10-6	9-4 1/2	8-6 1/2	7-8 1/2	6-11	6-7
TJ	10.00	9.20	8.60	7.80	7.18	6.40	5.70	5.20	4.70	4.20	3.80
	32-10	30-2 1/2	28-2 1/2	25-7 1/2	23-7	21-0	18-8 1/2	17-1	15-5	13-9 1/2	12-5 1/2
Shot	10.30	9.30	8.40	7.70	7.95	7.20	6.50	5.80	5.25	4.70	4.25
	33-9 1/2	30-6 1/2	27-7	25-3 1/2	26-1	23-7 1/2	21-4	19-0 1/2	17-3	15-5	13-11 1/2
Jav	39.50	33.50	27.50	21.50	25.00	19.00	18.00	16.00	15.00	14.00	13.50
	129-7	109-11	93-6	70-6 1/2	82-0	62-4	59-1	52-6	49-2	45-11	44-4
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.5
	98-5	91-2	85-4	78-9	72-2	65-8	59-1	52-6	49-2	45-11	44-4
Hammer	35.0	32.5	30.0	25.0	23.0	22.0	20.0	18.0	14.0	12.0	9.0
	131-3	114-10	98-5	82-0	75-6	72-2	65-8	59-1	45-11	39-5	29-7
20Pnt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75
16Pnt.					8.00	7.00	6.00	5.50	5.25	5.00	4.75

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene OR 97405. To keep information current, we generally do not publish results more than 4 months old. Results that are typed (maximum 28 spaces/2 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

EAST

Syracuse Chargers Indoor Meet

Manley Field House; March 18

55m		
M30 Ron Wick	7.4	
Ken Switnicki	7.4	
Paul Foster	7.4	
M35 Bill Leberman	7.5	
M40 Tom Crowley	8.0	
M45 Bob Micho	7.4	
M55 Ted Greve	8.2	
M65 Howard MacMillan	8.7	
M70 Bob Metzner	10.0	
M30 Tracy Ackerman	7.3	

600m		
M30 Ken Switnicki	1:37.6	
M35 Bill Leberman	1:43.8	
M40 Horace Hudson	1:37.1	
M45 Bob Micho	1:36.8	
M50 Larry Smith	2:05.5	
M55 Ted Greve	1:47.2	
M60 Peter Hellriga	1:57.9	

2000m		
M40 Kevin Morrisroe	6:67.4	
Tom Crowley	6:57.4	
M55 Van Ness Robinson	7:53.7	
M60 Peter Hettrich	7:27.8	
M65 Howard MacMillan	8:42.0	
M75 Nate White	9:17.4	

High Jump		
M30 Eric Lauber	5-0	
M40 Mike Saafir	5-9 3/4	
Kevin Donovan	5-2	
Tom Crowley	4-8	

Pole Vault		
M40 Kevin Donovan	11-0	

Long Jump		
M30 Ken Switnicki	17-7	
Eric Lauber	17-2	
M40 Mike Saafir	17-3	
Kevin Donovan	16-2 1/2	
Tom Crowley	15-11 1/2	

M45 Rich Lysik	13-2 1/2	
M55 Bob Smullens	10-6 1/2	
Van Ness Robinson	10-1 1/2	
M70 Bob Metzner	9-4	

Triple Jump		
M30 Ken Switnicki	33-8 1/2	
M55 Bob Smullens	20-10	

Shot Put		
M30 Dan Yager	11.50m	
M45 Jim Lamondra	9.47	
Jim Alexander	8.94	
M50 Paul Stelmazyk	10.30	

Weight Throw		
M45 Pat Lynn	12.47	
M30 Paul Foster	9.3	
M40 Tom Crowley	9.7	

Penn Relays

Philadelphia, PA; April 27-29

Masters Pole vault		
(meters, age-graded %)		
Phil Raschker W48	3.15	93.8
Gerry Counihan M56	3.45	80.6
Ken Kring M43	4.05	78.9
Jeff Kingstad M42	4.05	77.9
Mike McGinnis M40	4.15	77.6
Brant Tolsma M45	3.85	77.2
Steve Gorman M43	3.85	75.0
Hugh Miller M48	3.55	74.3
Bill Busby M50	3.35	72.0
Jeff Tindall M52	3.05	67.5

4 x 100 Men 40+		
Houston Masters Elite	43.15	
Daniel Staggs, Bill Collins, Robert Mitchell, TJ Lester		
Atlanta TC	43.81	
Pony Express	45.39	
Central Park TC	45.54	
Maryland Masters	45.71	
Law Enforcement & Firefighters	46.10	
Puerto Rico Masters	46.15	
Philadelphia Masters	46.42	
Harrisburg Masters	48.05	
Garden State AC	48.58	
Boston Running Club B	48.98	
Boston Running Club A	50.86	
Masters of the Universe	disq	
Shore AC	dnf	
Philadelphia Masters	49.38	
Garden State AC	52.04	
Boston Running Club W40+	59.17	

4 x 400 Men 40+

Philadelphia Masters	3:31.09
Tony Natale 53.3, Ken Kring 52.8	
Bill Krieger 53.1, Phil Felton 51.9	
Central Park TC	3:32.05
Duane Green 54.0, Walter Brown 55.0, Tom Hartshorne 53.3, Ed Goner 49.8	
Maryland Masters	3:32.19
NADIA TC	3:33.26
Atlanta TC	3:44.21
Pony Express	3:45.23
Boston RC	3:48.62
Harrisburg Masters	3:53.35

4 x 100 Men 50+, Women 40+

Potomac Valley TC	47.67
Carl Grant, Bob Koontz, Larry Colbert, Melvin Fields	
Caribbean Connection	48.93
Boston Running Club	49.08

4 x 400 Men 50+, Women 40+

Philadelphia Masters	3:47.09
Paul Henry, Rab Hagin, Irv Heath, Tom O'Hara	
New York Pioneers	3:53.40
Central Park TC	3:55.52
Potomac Valley TC	3:55.59
Boston RC	3:57.31
Garden State AC	4:10.93
Boston RC Women 40+	4:46.51
Central Park TC W 40+	4:52.38

100m dash Men 40+

Bill Collins Houston	11.05
Thomas Jones Maryland	11.21
Keith Witherspoon Pony Ex	11.48
Billy Johnson Atlanta	11.50
Marion McCoy Atlanta	11.54
John Brooks MOTU	11.71
Charles Allie NADIA	11.77
Robert Mitchell Houston	11.83
Anthony Santos Atlanta	11.91
Ed Gonera Central Park	dnf

100m dash Men 50+

Steve Robbins Unattached	11.47
Thaddeus Bell Unattached	11.89
Wilfredo Picorelli Puerto R.	12.04
Roger Phillips U of Chic	12.06
Courtland Gray Dallas	12.08
Roger Pierce Boston RC	12.39
Larry Colbert Potomac	12.51
Paul Henry Phila	12.53
Rab Hagin Phila	13.30
Edwin Roberts Carib Conn	dnf

100m dash Men 60+

Joe Hemler Maryland	12.75
Rich Barretta Shore AC	12.90
Alex Johnson Shore AC	13.34
Leon Trout Shore AC	13.48
Peter Kronberg Boston RC	13.51
Ed Cox Syracuse	13.72

100m dash Men 75+

Milt Silverstein Tucson AZ	14.47
Ed Matthews MD	15.27
Gar Schoener PA	15.95
Dave Hall NJ	16.28
Champion Goldy NJ	16.53
Angelo Oliver RI	17.43
George Blyn PA	18.36
Leo McEvoy NY	26.55

SOUTHEAST

Naples-On-The-Gulf Masters Meet

Naples, FL; April 8

100m		
M30 Warren Washington	11.94	
Armon Henry Jr	12.46	
Steve Jennings	12.53	
M40 Harvey Jackson	11.58	
M45 Tyrone Carlis	12.29	
Jon Davis	12.97	
Ivan Black	13.44	

M50 Bill Walker	13.14
Joe Johnston	13.17
B J Johnson	14.61
M55 Nemour Delaneville	13.91
Joe Cox	14.09
Robert Vogel	14.83
M60 Alex Johnson	13.26
M65 Jim Stookey	13.10
Roy Chernock	14.10
Dick Klein	14.80
M75 Gene Abdenour	16.96
M40 Jocelyn Lowther	13.40
M50 Joy Macdonald	15.29
M60 Betty Neal	17.20
M65 Jean Udell	19.10

200m		
M30 Warren Washington	25.05	
Armon Henry Jr	26.47	
M40 Bob Spano	29.84	
M45 Jon Davis	26.86	
Ivan Black	28.67	
Rusty Earp	34.48	
M50 Bill Walker	26.07	
B J Johnson	29.9	
M55 Joe Cox	30.63	
Robert Vogel	31.49	
Phil Teders	33.48	
M60 Alex Johnson	27.41	
M65 Jim Stookey	26.98	
Roy Chernock	32.32	
Dick Klein	34.33	
M75 Gene Abdenour	38.50	
M40 Jocelyn Lowther	27.85	

400m		
M30 Devon McDonald	56.40	
Dave Linton	57.01	
M35 Dan Ripka	63.46	
M40 Robert Short	49.23	
M45 Jon Davis	65.15	
Rusty Earp	71.86	
Ron Locker	76.97	
M50 Leslie Bennett	56.05	
M60 Alex Johnson	71.80	
M65 Dick Klein	93.93	
M40 Jocelyn Lowther	68.56	

800m		
M30 Devon McDonald	2:08.06	
Dave Linton	2:09.27	
Robin Bishop	2:48.06	
M35 Bruce Hunter	2:23.66	
M45 Richard Wright	2:54.64	
M50 Leslie Bennett	2:07.33	
M70 Carl Hammen	2:55.37	
M30 Jacquiel Conrecode	2:46.06	

1500m		
M35 Robin Bishop	5:45	
M45 Richard Wright	6:42	
M50 Biff McGilpin	5:55	
M60 Arthur Bigelow	5:50	
M70 Carl Hammen	6:07	
Gene Schneider	7:42	

5000m		
M30 Tim Lyster	16:28	
Stan Brown	19:08	
Robin Bishop	21:30	
M35 Dan Ripka	18:01	
M40 Robert Short	18:36	
Dan Bowen	20:50	
James Eastman	20:57	
M45 Rusty Earp	32:44	
M50 Doug Schumann	17:34	
M65 Joe Berard	26:56	
Ed Brundage	28:29	
M70 Robert Horsley	33:35	

Short Hurdles		
M45 Ivan Black	19.97	
M55 Joe Deluca	24.90	
M65 Jim Stookey	17.65	
Roy Chernock	17.69	

High Jump		
M30 Jeff Helton	1.93m	
M35 Jerry Crockett	1.88	
Bruce Hunter	1.52	
M45 Ivan Black	1.58	
Gary Smith	1.47	
M55 Harold Koch	1.37	
Joe Deluca	1.22	
M60 Bill Gentry	1.32	
M65 Jim Gillcrist	1.63	

Pole Vault		
M45 Ron Locker	2.44	
M50 Joe Johnston	4.12	
M65 Edward Meeds	2.29	
M50 Joy Macdonald	AR2.52	
(Stewart/2.24/1994)		

Long Jump		
M30 Warren Washington	6.55	
Jeff Helton	6.02	
Steve Jennings	5.08	
M45 Ivan Black	4.93	
Rusty Earp	4.12	
M50 Joe Johnston	5.08	
B J Johnson	5.00	
Gary Smith	4.29	
M65 Jim Stookey	4.98	
Les Rudy	3.81	
M50 Sheila Gave	3.02	
M60 Betty Neal	3.81	

Triple Jump		
M30 Jeff Helton	12.93	
M45 Ivan Black	10.92	
M50 Gary Smith	8.13	
M55 N Delaneville	9.5	
Joe Deluca	8.05	
M65 Jim Stookey	10.42	
M65 Jean Udell	5.64	

Shot Put		
M30 Michael Valenti	14.33	
Mike Richardson	8.46	
M35 Roy Silvers	12.87	
Michael Walter	12.21	
M40 Gary England	14.83	

M45 John Von Rohr	13.14
M50 Charles Fennelle	11.89
Jerry Arline	11.52
Laurence Morrell	10.90
William Burkle	10.20
M55 Joe Keshmiri	14.78
Jon Albitz	12.05
Harold Koch	11.52
Harold Tessier	10.59
M60 Len Olson	13.39
Pay Carstensen	11.25
Ed Roy	11.14
Larry Siegel	10.25
Rudy Bredenbeck	9.80
Jim Brady	9.72

M65 Jim Gillcrist	11.58
Reed Quinn	11.43
Randy Cooper	11.13
Joe Berard	9.30
M75 Gene Abdenour	8.23
M80 Ernest Dennison	8.08
M50 Vanessa Hilliard	11.20
Sheila Gave	6.45
M55 Erika Messner	9.53
M60 Betty Neal	7.84
M65 Jean Udell	5.40
M75 Mary Bowermaster	6.00

Discus		
M30 Michael Valenti	39.13	
Mike Schenk	31.39	
Mike Richardson	26.70	
M35 Mike Walter	35.80	
Roy Silvers	32.56	
M40 Gary England	44.25	
M45 John Von Rohr	34.30	
M50 Jerry Arline	37.70	
William Burkle	32.71	
Chas Fennelle	30.82	

M55 Joe Keshmiri	46.99
Harold Koch	32.13
Essi Sattari	31.93
Jon Albitz	31.56
M60 Len Olson	46.54
Rudy Bredenbeck	37.47
Ed Roy	34.67
Don Levesque	32.87
M65 Jim Gillcrist	40.48
Randy Cooper	40.33
Reed Quinn	38.84
Joe Berard	32.79
Curtis Guild	32.72
M75 Tom McDermott	30.12
Gene Abdenour	27.67
M80 Ernest Dennison	21.30
M50 Vanessa Hilliard	AR38.39

(Hilliard/37.50/1994)		
M55 Erika Messner	23.65	
M60 Betty Neal	21.88	

Hammer		
M30 Mike Valenti	29.67	
M35 Roy Silvers	41.48	
Mike Richardson	21.74	
M40 Gary England	41.17	
M45 John Von Rohr	39.04	
Joe Ross	35.31	
M50 Jerry Arline	39.78	
Chas Fennelle	33.91	
Bill Burkle	28.40	

M50 Harold Koch	23.72
Harold Tessier	23.57
Richard Taylor	15.65
M60 Len Olson	40.56
Pay Carstensen	36.81
Austin Baggett	36.70
Ed Roy	33.05
M65 Reed Quinn	29.72
Skip Meneely	23.27
M75 Tom McDermott	34.72
M50 Vanessa Hilliard	43.85
M55 Erika Messner	28.02

W60 Betty Neal	21.88
<u>Hammer</u>	
M30 Mike Valenti	29.67
M35 Roy Silvers	41.48
Mike Richardson	21.74

Continued from previous page

Short Hurdles

M55 Joe DeLuca	24.11
M75 Ken Carmine	17.70

High Jump

M50 Joe Johnston	1.50
M55 Joe DeLuca	1.14
M65 Bill Gentry	1.27

Long Jump

M50 Joe Johnston	5.29
M55 Joe DeLuca	3.24

Triple Jump

M55 Joe DeLuca	7.31
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Shot Put

M50 Jerry Arline	11.50
M55 Joe DeLuca	9.07
M60 Len Olson	13.69
M65 Randy Cooper	12.49

Discus

M50 Jerry Arline	39.72
M60 Len Olson	48.92
M65 Randy Cooper	41.24

Javelin

M50 Jerry Arline	35.98
M60 Len Olson	35.54
Bill Gentry	28.76
M65 Randy Cooper	39.98

1500m Racewalk

M50 Jay Caplan	10:28.23
M65 Erik Johansson	9:44.87
M70 Sumner Shafmaster	9:15.00
M75 Sol Tannenbaum	12:21.67
W45 Linda Stein	8:04.46
W70 Blanche Waldman	13:33.90

3000m Racewalk

M50 Jay Caplan	20:56.9
M60 Robert Fine	17:41.21
M65 Marv Goldenberg	18:18.7
Eric Johansson	19:49.9
M70 S Shafmaster	19:14.9
W45 Linda Stein	16:24.6
W60 Ann Sorrelle	21:42.6
W70 Gloria Chalfan	21:48.4

MIDWEST

North Coast Invitational
Cleveland, OH; May 7

100m

M30 Moses Durden	11.3
M35 Lawrence Finley	12.3
M40 John Roebuck	11.9
M50 Jerry Belinson	13.6
M55 Grover Coats	12.9
M60 Dick Metzger	14.6
M65 Jack Greenwald	14.0
M70 Buzzy Hood	17.5
M75 Bill Weinacht	14.6
W30 Carrie Schultz	13.5
W35 Patricia Finley	15.4
W40 Harcella Hale	14.2

200m

M30 Moses Durden	23.6
M35 Lawrence Finley	24.9
M40 Horace Hudson	25.9
M45 Alvin Williams	26.2
M50 Jerry Belinson	27.0
M55 Grover Coats	27.9
M60 Dick Metzger	31.1
M65 Jack Greenwald	29.4
M70 Buzzy Hood	39.2
M75 Bill Weinacht	32.4
W30 Carrie Schultz	28.8
W40 Marcella Hale	30.1

400m

M30 Spencer Johnson	52.7
M40 John Roebuck	53.4
M45 Jeff Gerson	1:06.7
M55 Grover Coats	1:01.4
M65 Jack Greenwald	1:07.8
M70 Buzzy Hood	1:25.5
M75 John Means	1:26.0
W30 Carrie Schultz	1:07.2
W40 Marcella Hale	1:07.2

800m

M30 Glenn Hasek	2:12.2
M35 Bob Thomas	2:10.5
M40 Horace Hudson	2:30.0
M70 Gunter Sprockhoff	3:21.3

1500m

M30 Phillip Pillin	4:53.7
M35 Bob Thomas	4:41.9
M45 Glenn Andrews	4:47.5
M55 George Kapsulis	5:05.5

4x100m Relay

M30 Ohio Alumni TC	48.1
M50 Over the Hill TC "C"	54.7

High Jump

M55 Grover Coats	4-2
W30 Deborah Yurth	4-2

Long Jump

M35 Frank Makozy	16-9.50
M40 Joe Waters	16-4
M45 Alvin Williams	14-4.50
M50 Jerry Belinson	16-9.50
M55 Grover Coats	16-4
M70 George Newberger	10-4
W30 Deborah Yurth	12

Shot Put

M35 Mark Leeper	44-4.50
M45 Wayne Owen	42-11.75
W30 Ju Brendenbeckcorp	37-6

Discus

M35 Robert Higgins	150
M45 Allen Ray	104-3
W30 Ju Brendenbeckcorp	126-7.75

Javelin

M35 Darrell Maddock	105-1
M45 Allan Ray	127-4
W30 Ju Brendenbeckcorp	112-2

3000m RW

M35 Tim Bailey	16:07
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SOUTHWEST

Waterloo Relays
Austin, TX; May 6

100m

M30 Rick Cawley	12.6
M35 Fred Porter	10.5
M40 Tom Thompson	11.4
Larry Smith	12.0
Randy Gunter	12.3
M45 William Burrow	12.4
M50 Ed Jones	11.5
Courtland Gray	11.7
Paul Young Jr	12.8
M55 Tomas Ramirez Jr	12.3
Howard Zingy	13.3
John Head	13.4
M60 Richard Hein	14.2
Bohn Hilliard	16.4
W40 Nancy Russo	14.1
W50 Mary Luker	14.9

200m

M30 David Smith	22.7
Raymond Joe	23.0
M35 Fred Porter	21.9
M40 Robert Duran	26.7
M45 William Burrow	27.1
M50 Ed Jones	24.5
Courtland Gray	24.9
Paul Young Jr	28.1
M55 Tomas Ramirez Jr	26.2
John Head	29.2
Dan McCormack	29.3
M60 Bohn Hilliard	38.4
W35 Sande Lambert	28.7
W40 Nancy Russo	31.3
W50 Mary Luker	31.9
Linda Reichl	41.2

400m

M30 David Smith	51.7
John Walker	54.2
Doug Michalik	56.5
M35 Fred Porter	52.4
Ross Hill	61.6
M40 Robert Duran	58.8
Jeff Cole	59.4
M50 Paul Young Jr	65.4
M55 Dan McCormack	64.3
John Head	73.6
W40 Barbara Martin	80.0
W55 Marion Coffee	95.7

800m

M30 John Walker	2:10.1
Sylvester Jackson	2:11.5
Danny Wendt	2:14.8
M35 Ross Hill	2:09.6
M55 Dan McCormack	2:29.0

1500m

M40 Jeff Cole	4:21.9
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Short Hurdles

M35 Jeff Brower	16.5
M40 Sergio Angulo	17.2
M50 Courtland Gray	14.5
M55 John Head	19.2

4x100m Relay

M30-39 SanAntonioElite	49.2
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4x200m Relay

M30-39 SanAntonioElite	53.5
M40-49 East Texas TC	1:39.8

Sprint-Medley Relay

M40-49 East Texas TC	3:45.5
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High Jump

M30 William Wright	5-10
M35 Jeff Brower	5-8
M45 Larry McIntyre	5-0
M50 Jim Cawley	5-4
M55 John Head	4-6
M60 Richard Hein	4-6
M70 Adolph Hoffman	4-0
W35 Sande Lambert	4-4

Pole Vault

M35 Brian Elmore	11-6
M45 Larry McIntyre	13-6
Larry Bonnett	11-0
M50 Steven Warr	10-0
M70 Adolph Hoffman	8-0

Long Jump

M30 Vincent Key	20-7 1/2
Raymond Joe	19-4 1/2
M40 Sergio Angulo	17-2 1/2
M50 Ed Jones	18-6 1/2
Jim Cawley	18-6 1/2
M55 Dan McCormack	15-5 1/2
John Head	14-8
M60 Richard Hein	14-1 1/2
Bohn Hilliard	10-3
M70 Adolph Hoffman	13-2 1/2

W35 Sande Lambert 16-6 1/2

Triple Jump

M30 William Wright	39-3 1/2
M40 Sergio Angulo	33-0
M50 Jim Cawley	35- 1/2
M55 John Head	27-3 1/2
W40 Charlotte Carter	27-6

Shot Put

M35 Gary Dzuris	33-10
M50 John Couniff	38- 1/2
Jerry Poulson	35-2 1/2
Mike Graham	32-11
M55 Harold Crater	37-3 1/2
M60 Bohn Hilliard	32-6 1/2
Gene Hendrix	31-8
M65 Fred Adams	24-4
M70 Adolph Hoffman	27-10
W35 Carol Finsrud	40-8
Sande Lambert	27-1

Discus

M35 Gary Dzuris	102-0
M50 John Couniff	155-9
Jim Goodwin	128-7
Jerry Poulson	127-10
M55 Harold Crater	119-7
Howard Zingy	117-9
M60 Gene Hendrix	129-10
James Carney	112-0
Richard Hein	110-4
M65 Fred Adams	79-10
M70 Adolph Hoffman	98-1
W35 Carol Finsrud	185-3

Javelin

M35 Gary Dzuris	110-10
M50 Jerry Poulson	128-4
John Couniff	119-1
M55 Harold Crater	95-2
M60 Ray Bourgeois	98-2
Gene Hendrix	87-9
Bohn Hilliard	72-1

35# Weight

M35 Gary Dzuris	29-11 1/2
M50 John Couniff	28-5 1/2
M60 Bohn Hilliard	18-8

56# Weight

M35 Gary Dzuris	17-5
M50 John Couniff	19-1
M60 Bohn Hilliard	12-5 1/2

WEST

USATF SCA Masters

Championships

Occidental College, L.A.; April 8

100m

M30 A Emerson	13.9
M35 K Morning	11.3
T Byas	12.8
J Owens	15.3
M40 T Boucquey	12.1
D Perrin	12.2
M45 C Smith	11.7
S Groves	12.1
G Johnson	12.1
B Weinstock	12.3
M50 W Butler	12.5
D Duvalte	12.7
T Craddock	13.0
J Bustamante	13.5
M55 K Dennis	12.7
S King	13.1
M60 S Flory	13.7
M65 R McPherson	14.2
J Selby	14.4
B Phillips	14.6
M70 T Miller	15.3
J Welch	17.8
M75 A Guidet	15.3
C Killion	15.9
M80 C Trahan	15.9
b Morrow	18.3
W35 K Vaughn	15.8
A Thomas	15.8
W55 C Bergen	14.1

200m

M35 J Bonilla	24.1
E Humphrey	24.6
M40 E Driver	23.3
F Malone	23.9
T Boucquey	24.9
B Cheadle	25.1
M45 G Johnson	24.2
H Castille	24.4
B Weinstock	24.7
L Fitzgerald	26.9
M50 D Parker	26.4
T Durante	25.7
T Craddock	27.4
P Gilbert	28.4
M55 K Dennis	26.5
S King	26.9
M60 B Anderson	28.3
M65 R McPherson	29.3
J Selby	30.4
M70 T Miller	32.2
M75 A Guidet	32.6
C Mercurio	34.6
M80 B Morrow	38.7
W35 A Thomas	35.4
W40 T Stough	28.7
W55 K Bergen	30.4
W65 S Onoderoleonard	38.0

400m

M35 J Bonilla	53.0
D Goldman	54.2
M40 F Malone	52.9
B Cheadle	55.8
B Fitzpatrick	58.9
M45 J Castille	54.8
R Russell	56.9
P Gnesin	61.8

800m

M30 K Kelly	2:28.9
M35 D Goldman	2:04.1
M Cleary	2:07.1
M45 R Russell	2:08.8
L Fitzgerald	2:13.9
P Gnesin	2:24.6
M55 F Hartman	2:46.0
M60 P Moreno	2:35.5
R Culling	2:36.1
P Williams	2:43.5
W O'Donnell	2:51.6
M65 J Selby	2:34.4
L Beattie	2:40.2
S Cohen	2:48.1
B Fitzgerald	2:51.7
M70 A Bryant	3:40.9
W30 J Heaton	2:27.2
W35 D Selby	3:59.2
W65 S Onoderoleonard	3:21.0

1500m

M35 M Cleary	4:24.6
M40 P Mogg	4:20.6
M Thomas	5:07.9
M50 L Schiavo	6:02.8
M55 R McAlpine	5:03.1
F Hartmann	6:21.1
M60 R Culling	5:18.3
M65 G Linde	5:15.5
E Sanchez	5:31.4
J Selby	5:46.2
J Withers	6:11.9
M70 A Bryant	7:42.8
W30 J Heaton	4:58.5
W45 J Shirley	5:09.5

5000m

M55 C Kirby	21:25.1
M60 G McClenathen	20:57.0
M65 B Thorne	28:37.6
P Devine	29:59.8
M75 N Jacobs	26:32.4
W30 L Wallace	21:54.7
W35 D Baraza	20:23.5

Short Hurdles

M30 S Daniels	15.6
M40 D Perrin	17.6
M45 S Groves	17.0
M50 W Butler	14.3
T Viltz	14.9

Long Hurdles

M40 B Cheadle	57.9
M45 S Groves	64.1
M55 B Knocke	67.5
M75 P Ganahl	78.7
W40 T Stough	70.8

High Jump

M30 S Selvidge	5-4
M40 J Meisler	6-2
K Stone	5-6
D Perrin	5-4
M45 C Rader	6-2
R Pozzi	5-4
M50 B Wood	4-8
M55 B Bergen	4-8
M65 B Perry	3-6
M70 R Warren	4-2
M75 B Gist	3-10
P Ganahl	3-6
W45 B Stratton	3-6
W60 C Miller	4-0
W65 S Kinsey	3-4

Continued from previous page

M65 Louis Biddle	29.2	Henry Ross	15-8
Rod Brown	29.9	M60 Sam Flory	15-0
Jim Selby	30.4	M70 Tom Patsalis	14-0
M70 Tom Miller	32.8	<u>Triple Jump</u>	
M75 Al Guidet	33.0	M70 Tom Patsalis	29-10
Charles Mercurio	35.3	M75 Charles Mercurio	27-0
W35 Valerie Scott	29.7	M80 John Damski	24-1
M60 Magdalena Kuehne	37.5	M64 Magdalena Kuehne	24-8
M65 Sumi Onodera/Leonard	36.7	<u>Shot Put</u>	
400m		M30 Steven Daniel	38-10 1/2
M30 Kettrell Berry	49.2	M40 Bill Gardner	43-10 1/2
Vaughn Kastor	51.6	M50 Dennis McCraven	41-6 3/4
Alan Tucker	53.3	Arl Altshiller	29-10 1/2
M35 Alan Williams	54.9	Gerry Koenig	27-9 3/4
Steve Cummings	55.4	M55 Hal Smith	38-11
Danny Goldman	55.6	M60 Bob Eldridge	30-7 1/2
M40 Wayne Morris	57.7	Walt de Rothne	22-8
Andrew Hecker	61.7	M65 Arnold Gaynor	37-4 1/2
M45 Matt Pruitt	54.7	M60 Mary Hirst	25-4
Luis Pannarale	58.4	<u>Discus</u>	
Gordon Reiter	60.1	M30 Steven Daniel	116-2
M50 Dennis Duffy	56.5	M40 Del Barrett	114-2
Terrence Keeny	59.7	Bill Gardner	107-5
Jim Dockery	76.7	M50 Dennis McCraven	123-5
M55 Chuck Kirkby	60.8	Gerry Koenig	87-3
John Cosgrove	66.7	M55 Joe Marino	128-0
M60 Sid Wing	63.4	Hal Smith	120-4
Bill Anderson	64.7	M60 Bob Eldridge	95-9
M65 Louis Beadle	66.0	Walt de Rothne	78-3
Rod Brown	67.4	M65 Arnold Gaynor	139-10
Jim Selby	69.0	Walt Atcheson	79-10
M75 Pete Ganahl	92.8	<u>Javelin</u>	
W35 Valerie Scott	67.1	M30 Steve Barba	170-0
W55 Jeanne Hoagland	74.7	Steve Daniel	132-4
M65 Sumi Onodera/Leonard	84.2	M40 Bill Gardner	133-8
800m		Andrew Hecker	78-1
M35 Danny Goldman	2:05.7	M45 Ron Rook 46	126-1
Mark Cleary	2:08.6	Richard Rook 48	105-2
John Keating	2:15.3	M50 Jay Groen	149-1
M40 Wayne Morris	2:09.2	M55 Steve Wordell	126-7
Karl Schulze	2:45.4	M65 Arnold Gaynor	62-8
M45 Luis Pannarale	2:10.0	M60 Magdalena Kuehne	52-4
Gordon Reiter	2:20.8		
M50 Dennis Duffy	2:10.2		
M55 John Cosgrove	2:30.3		
M60 Sid Wing	2:28.9		
Bill Anderson	2:30.5		
Bob Culling	2:41.7		
M65 Jim Selby	2:34.4		
Rod Brown	2:37.8		
M70 Avery Bryant	3:13.2		
W30 Jennifer Heaton	2:28.4		
W35 Debbie Selby	3:56.8		
1500m			
M35 Mark Cleary	4:29.6		
John Keating	4:39.5		
Ken Kelly	5:35.7		
M40 Wayne Morris	4:41.4		
Steve Lassegard	4:49.0		
Thomas Mike	4:59.3		
M45 Luis Pannarale	5:10.1		
Dan Hirst	5:10.7		
M50 John Dockery	7:08.3		
M55 Robert McAlpine	4:53.9		
M60 Bob Culling	5:42.2		
Walt de Rothne	9:52.9		
M65 Jim Selby	5:40.2		
Pat Devine	5:50.0		
M70 Avery Bryant	7:09.6		
W30 Jennifer Heaton	5:01.0		
M45 Joni Shirley	5:17.0		
W55 Jeanne Hoagland	6:04.9		
3000m			
M35 John Keating	10:55.0		
M40 Karl Schulze	11:48.5		
M45 Dan Hurst	11:11.5		
M60 Bob Culling	11:27.9		
M65 Gunnar Linde	11:28.1		
Pat Devine	11:50.7		
Jerry Withers	13:07.4		
M70 Avery Bryant	14:39.0		
<u>Short Hurdles</u>			
M30 Steven Daniel	15.5		
M50 Walt Butler	14.5		
M55 Hugh Adams	14.4		
M60 Will Robinson	18.9		
M70 Tom Patsalis	14.6		
Richard Warren	20.6		
300mH			
M40 Andrew Hecker	49.3		
M45 Jorge Birnbaum	52.0		
M60 Will Robinson	52.5		
M75 Pete Ganahl	80.2		
4x100m Relay			
M30-34 Monterey Jaguars	43.9		
M40-49 Striders/LAVAC	52.4		
(Tsuda/Cosgrove/Birnbaum/Hecker)			
<u>High Jump</u>			
M30 Steven Daniel	5-6		
M40 Walden Curry	6-2		
Jason Meisler	6-0		
Andrew Hecker	5-0		
M45 Charlie Rader	5-8		
Roger Pozzi	5-6		
Jorge Birnbaum	4-10		
M55 Charles Kirkby	4-0		
M60 Jerry Sullivan	5-0		
M65 Bob Perry	3-8		
M70 Richard Warren	--		
M75 Burl Gist	4-0		
Pete Ganahl	3-7		
<u>Pole Vault</u>			
M35 John Arbogast	9-6		
M50 John Stringer	12-0		
M55 Terry Cannon	11-6		
M75 Jim Vernon	7-0		
<u>Long Jump</u>			
M30 Steven Daniel	21-0		
M40 John Kuehne	18-9		
M55 Roger Tsuda	17-0		

KELfield Throws Series #38
Santa Cruz, CA; April 22

<u>Shot Put</u>	
M40 Bob MacKay	43-8
M45 Bob Pryor	38-1/2
M50 Paul Teil	39-9 1/2
M55 Jim Hart	38-5
<u>Discus</u>	
M40 Gary Kelmenson	121-5
M45 Bob Pryor	119-7
M50 Paul Teil	112-0
M55 Jim Hart	129-2
M60 Stew Thomson	162-0
<u>Hammer</u>	
M35 Marty Martinez	138-5
Mike Venning	128-5
M40 Gary Kelmenson	134-1
M45 Bob Pryor	132-10
M55 Jim Hart	119-4
M60 Stew Thomson	161-4
<u>Javelin</u>	
M35 John Hansen	173-4
M40 Gary Kelmenson	112-3
<u>35# Weight</u>	
M35 Marty Martinez	39-1/2
Mike Venning	38-10
M40 Gary Kelmenson	42-3
M45 Bob Pryor	41-2 1/2
M50 Paul Teil	33-8 1/2
M55 Jim Hart	33-11
<u>56# Weight</u>	
M40 Gary Kelmenson	27-8
M50 Paul Teil	23-1 1/2
M55 Jim Hart	20-9

Steve Scott Masters
Invitational Meet
UC-Irvine, CA; April 23

100m	
M30 A Emerson	11.87
M35 B James	11.05
J Nash	12.09
S Cummings	12.32
M40 J Williams	12.40
M45 G Johnson	12.11
N Shaheed	12.99
M50 D Reichard	12.47
B Sprague	14.12
M65 D Odum	15.45
M70 J Welch	18.35
W35 K Vaughn	15.55
A Thomas	16.55
200m	
M30 K Berry	21.88
M35 B James	22.34
S Cummings	24.40
J Nash	24.89
M45 B Russell	26.90
M50 D Reichard	25.39
M75 C Mercurio	35.38
W35 D Nelson	28.61
K Vaughn	33.52
W40 T Stough	29.10
400m	
M30 K Berry	50.17
M35 S Cummings	55.69
M45 N Shaheed	54.29
R Russell	62.25
P Gnesin	64.25
M50 A Olson	57.97
A Turnbull	65.60
M55 J Streeby	63.50
W35 D Neilson	63.45
C Norwood	1:35.95
W40 T Stough	66.69
800m	
M30 D Cook	2:10.15
J Pitts	2:54.43

M35 D Goldman	2:06.24
C Norwood	3:48.91
M45 N Shaheed	2:01.76
R Russell	2:10.87
L Fitzgerald	2:12.72
M55 J Streeby	2:24.00
M60 R Archibald	2:54.85

1500m	
M35 K Kelley	5:35.16
M45 D Seelinger	5:09.79
M50 J Cabesa	4:37.79
W35 D Barraza	5:27.01
W40 J Shirley	5:13.30

3000m	
M35 D Norwood	9:53.40
M40 G Shapiro	10:02.18
P Marshall	11:22.23
M60 R Archibald	13:36.45
W35 D Barraza	11:56.39

<u>Short Hurdles</u>	
M30 S Daniel	16.17
D Brown	16.85
M35 M Bordaes	20.95
<u>Steeplechase</u>	
M30 P Wagner	10:16.21
M45 D Chadez	11:48.66

4x100m Relay	
M30 Alpha 2 Omega	45.82
Monsoon	46.64
<u>High Jump</u>	
M30 D Brown	6-0
D Steven	5-4

M35 B James	5-8
M40 K Stone	5-2
D Perrin	5-0
R Watson	4-8
M45 C Rader	6-0
R Pozzi	5-6

M50 W Wood	4-6
M60 R Archibald	4-0
M65 B Perry	3-5
M70 T DeVaughn	3-6
M75 B Gist	3-8
W45 B Stratton	3-0

<u>Pole Vault</u>	
M35 M Bordaes	11-0
- Argogast	8-6
M40 B Juarez	15-1 1/2
D Sparks	13-7 1/2
W Stamper	12-6
M45 D Borrey	14-9 1/2
M70 T DeVaughn	7-6

<u>Long Jump</u>	
M30 D Brown	20-7
S Daniel	20-1
A Emerson	14-9
M35 B James	21-10 1/2
M50 W Wood	14-6
W45 B Stratton	10-1

<u>Triple Jump</u>	
M30 A Emerson	28-8
M40 K Jokela	34-1
M45 W Wood	33-5
M75 C Mercurio	25-9
W45 B Stratton	23-1

<u>Shot Put</u>	
M40 W Gardner	44-11 3/4
D Perrin	35-1/2
R Watson	32-11
M55 D Dill	36-10
T Kenster	23-5 1/2
M65 H Hawke	40-3 1/2
A Gaynor	37-2
M75 S Lampert	30-4 1/2
J Siefert	29-4 1/2
W35 K Vaughn	27-7 3/4
W40 J Wilson	29-6 1/2

<u>Discus</u>	
M35 M Bordaes	126-6
J Brown	112-11
M40 R Watson	107-4
A Cain	103-5
M55 D Dill	102-4
A Sheinker	89-11
T Kenster	71-3
M65 A Gaynor	138-1
R Perry	108-3
M75 S Lampert	91-6
W40 J Wilson	127-9

<u>Hammer</u>	
M40 R Watson	92-6
M55 A Sheinker	89-11
M65 H Hawke	123-3
A Gaynor	96-0
M70 T DeVaughn	92-7
M75 S Lampert	93-2

<u>Javelin</u>	
M35 M Bordaes	165-8
M40 B Gardner	144-10
D Perrin	143-7
R Watson	140-10
M45 Ron Rook	145-10
Richard Rook	106-1
M55 S Wordell	132-3
T Kenster	81-7
M65 A Gaynor	95-0
M75 J Siefert	84-8
W35 K Vaughn	81-8

NORTHWEST

Oregon Invitational
Decathlon/Heptathlon
Eugene, April 13-14

M40 Russell	WA 5342
M45 Geoff Hughes	OR 4229
M50 Joe Johnson	OR 4999
Grant Lanothe	CAN 4675
M55 Roger Dean	WA 5304
Fred Brandenfels	OR 4416

M60 Don Gray	OR 5645
John Copp	VA 5096
Loren Swanson	OR 4756
M65 Harvey Lewellen	OR 6356
W40 Kimmie Allegre	OR 3174
W55 Becky Sisley	OR 4191

INTERNATIONAL

New Zealand Championships

100m	
M35 B Bunson	13.0
M40 J Barnfield	11.6
M45 L Malcolmson	11.2
M50 B Baxter	12.8
M55 B McPhail	12.2
M60 T Cowley	13.4
M65 M Cook	14.5
M70 B Witherspoon	14.5
M75 H Cook	16.5
W30 R Heyrick	13.6
W40 W Brown	12.8
W45 S Dingwall	15.1
W50 C Waring	14.2
W55 B Anderson	18.2
W60 C Blair	16.5
W65 S Peterson	15.1

200m	
M40 J Barnfield	24.0
M45 L Malcolmson	23.6
M50 B Baxter	26.4
M55 B McPhail	25.9
M60 T Cowley	28.4
M65 D Turnbull	30.5
M70 B Witherspoon	30.8
W30 R Heyrick	28.9
W40 W Brown	26.1
W45 S Dingwall	31.5
W50 C Waring	29.9
W55 A McDonald	46.0
W65 S Peterson	32.9

400m	
M35 B Mackay	65.9
M40 J Barnfield	54.5
M45 M Weddell	56.7
M50 M Evans	66.7
M55 B McPhail	61.2
M60 B Kerr	65.8
M65 D Turnbull	68.3
M70 D Sibley	84.3
W30 R Heyrick	64.3
W35 M Kemp	71.8
W40 B Marsh	65.2
W45 L Donaldson	86.2
W50 C Waring	72.6
W55 C Thompson	77.5
W60 M Sutton	94.1

800m	
M35 B Mackay	2:23.7
M40 G Ludwig	2:03.2
M45 W Stevens	2:13.1
M50 G Griffin	2:28.0
M55 I Babe	2:15.4
M60 P Mills	2:42.1
M65 D Turnbull	2:32.8
M70 J Stuart	3:17.8
M75 G McPherson	3:07.0
W30 S Gardenbachop	2:41.0
W35 S Meyer	3:00.4
W40 B Marsh	2:30.4
W45 B Patrick	2:44.5
W50 H Skerrett	2:47.2
W55 C Thompson	3:05.3
W60 J Miles	3:16.5

1500m	
M35 B Mackay	4:44.1
M40 D Askin	4:08.4
M45 M Piper	4:34.4
M50 A Galbraith	4:33.9
M55 A Davis	4:41.6
M60 R Stevens	5:01.1
M65 D Turnbull	5:16.4
M70 J Stuart	6:20.0
M75 G McPherson	6:43.8
M80 D Fincham	12:06.8

Continued from previous page

M60	John Dugdale	1:02:57
	George Hirsch	1:08:11
	George Reilly	1:11:15
M65	Hector Pacheco	1:13:01
	Leonard Morgan	1:22:53
	Pierce Brennan	1:25:35
M70	Wallace Cutler	1:26:23
	Philip Vale	1:26:33
	Harry Bills	1:28:32
M75+	Dudley Healy 80	1:30:42
	Charles Feldman 79	1:45:07
W40	Susan Baker	1:10:14
	Susan Evenito	1:10:26
	Lynn Massey	1:11:59
W45	Ann Davies	1:10:17
	Susan Hale	1:15:16
	Dorothy Fuscald	1:16:30
W50	Marilyn Greeley	1:16:31
	Jessie-Lea Hayes	1:17:53
	Susanna Beltrandi	1:17:58
W55	Patty Parmalee	1:16:55
	Cindy Sulliff	1:21:51
	Lynn Sherman	1:31:07
W60	Wen-Shi Yu	1:14:01
	Lois Filreis	1:27:15
	Ilona Gardosh	1:45:25
W65	Toshiko D'Elia	1:18:00
	Eitel Autorino	1:32:11
	Connie Bills	1:34:23

2-mile

Overall

	Nicholas Tsilibes 28	10:02
	Jennifer Reda 26	11:54
M40	Eamonn Coghlan	10:18
	Vincent Shaw	10:58
	Richard Davis	11:28
M45	Jack Brennan	12:01
	Robert Glover	12:22
	Robert Melzer	13:21
M50	Ben Grunstein	11:19
	Gary Muhcke	11:37
	Joseph Raguso	12:42
M55	Sidney Howard	11:11
	Robert Gooden	12:31
	Norman Goluskin	12:46
M60	Ilans Gunziker	13:12
	Al Goldblatt	16:18
	Bernard Edwards	26:20
M65	Albert Puma	15:14
	Joseph Simonte	15:24
	Jack Ryan	15:25
M70	John McManus	13:45
	Sam Weinblau	27:08
M75	Frank Brownstein	27:56
W40	Joan Baldassarri	12:13
	Jacqueline Seltzer	13:29
	Diane Hawkins	13:59
W45	Mary Rosado	12:23
	Sylvie Kimche	12:42
	Ann Makoske	13:02
W50	Margaret Scaglione	15:06
	Nancy Youngbeck	15:50
	Mary Raguso	16:20
W55	Joan Bondell	14:39
	Nancy Dix	19:37
	Iris Mishkind	21:10
W60	Helene Bedrock	13:40
	Bertha Bellinghausen	14:50
	Rosa Nales	14:50
W65	Rosalie Ames	27:56
W70	Elaine Weintraub	31:42

Northern Telecom
Cherry Blossom 10 Mile
Washington, D.C., April 9

Overall		
	Ismael Kirui 22	45:38
	Rose Cheruiyot 19	51:39
M40	Ted Rupe	51:31
	Paul Peterson	52:41
	Steve Giorgis	54:12
	Michael Lieder	55:45
	Michael McHale	56:11
M45	Nick Caswell	55:08
	Bennett Beach	56:05
	Denis Kollai	57:28
	Mike Piper	57:58
	Ridge Kelley	58:27
M50	Roger Clark	58:32
	Richard Webb	59:11
	Bill Wooden	60:16
	Ron Thomas	60:58
	Ray Kitchen	61:34
M55	Gerry Ives	59:51
	Chan Robbins	64:25
	Courtney Riordan	66:50
	Norman Miller	67:00
M60	Norm Green Jr	59:50
	Larry Dickerson	68:40
	George Yannakakis	70:28
M65	Richard Cosby	75:23
	Bill Morrison	75:23
	Nianxiang Xie	76:35
M70	John Hosner	68:34
	Lou Lodovico	68:49
	Dixon Hemphill	75:48
M75	Nathaniel White	83:50
M80+	John Petroff 86	2:17:22

W40	Mary Hanlon	63:44
	Barbara Anderson	66:50
	Pat Donohue	67:12
	Rose Malloy	67:45
	Donna Lewis	67:48
	Donna Harper	67:48
W45	Rose Malloy	62:13
	Cheryl Ralya	64:37
	Sue Humphries	68:21
	Claudia Ciavarella	69:11
W50	Randon Fritsch	68:41
	Elaine Unterman	69:28
	Tucker Maney	70:54
W55	Judith Flannery	76:37
	Anna Berdahl	87:27
	Nancy Palmer	87:55
W60	Wen-Shi Yu 60	73:56
	Jeanette Chambers 60:33	73:56
	Janine Maltas 68	94:25
W70	Hedy Marque 77	86:12
	Evelyn Harper 723	16:29
W80+	Donieta Bickley 802	11:17

George Washington Parkway 15K
Alexandria, VA, April 23

Overall		
	Leonid Shvetsov 26	45:07
	Bonnie Barnard Lopez 36	53:35
M40	Michael Bressi	48:57
	Steven Giorgis	50:37
	Larry Jones	53:21
	James Moreland	53:29
	Ron Knepper	54:20
	Larry Harris	54:40
	Jeffrey White	56:33
	Tim Doescher	56:56
	H J Recinos	57:34
	Desi Alston	58:24
M45	Harry Patchett	55:41
	Michael Cotner	56:17
	Kenneth Shipp	56:38
	Bob Gracie	59:33
	Peter Lunt	59:50
	Bob Chase	59:52
	Bill Knowlton	60:07
	Glen Curtis	60:10
M50	Pat Griffith	57:00
	Bill Wooden	57:39
	John Haubert	59:01
	Alan Roe	60:03
	J J Buck	60:26
	Roy Koehn	60:40
	Rick Richter	61:07
	Gary Bounds	61:52
M55	Bill March	61:17
	Cal Fowler	61:45
	Fay Bradley	63:06
	Duane Baltz	63:59
	Antonio Panizza	64:36
	Alan Rider	64:48
M60	Jack Schmid	66:23
	David Williams	73:35
	John Huddleston	73:57
M65	David Shenkenberg	69:10
	Richard Cosby	70:47
	Ben Moore	75:13
M70+	Ray Blue 71	72:35
	Chuck Thomas 72	94:48
	Gene Gehri 70	95:35
W40	Eileen Telford	62:40
	Patricia Donohue	62:47
	Theresa Daus Weber	65:09
	Patty Shackleton	66:26
	Mary Woodbury	66:54
	Virginia Baker	68:34
	Merrilee Seidman	68:35
	Judy Ferrier	68:56
W45	Rose Malloy	57:52
	Claudia Ciavarella	60:44
	Susan Humphries	63:13
	Diana Foster-Jones	65:31
	Beth Schmid	68:38
	Lynne Hays	74:42
W50	Barbara Fitz	77:39
	Jodie Tardy	68:18
	Dee Chapman	79:21
W55	Tami Graf	77:25
	Brenda Murray	81:01
	Nadine Collins	82:52
W60	Jeanette Chambers	83:10
	Pat Ewell	85:59
	Linda Sippelle	92:52
W65	Pat Nesley	1:43:21
W70+	Hedy Marque 77	79:44

Sallie Mae 10K

Washington, D.C., April 30

Overall		
	Chris Fox 36	28:34
	Sally Barsosio 17	32:49
M40	Jurly Mikhailov	30:56
	Desmond O'Connor	31:57
	Doug Kurtis	32:28
M45	Wilson Waiqua	31:36
	John Serrao	32:56
	Ridge Kelley	35:14
M50	John Haubert	37:59
	Alan Roe	38:09
	Jack Rafferty	38:17
M55	Gerry Ives	36:54
	Chan Robbins	39:14
	Art Morey	41:02
M60	Robert Smith	43:40
	Thomas Momiya	43:59
	George Waxter	47:51
M65	Bill Morrison	45:22
	Dave Shenkenberg	45:39
	Donald Butler	50:33
M70+	Dixon Hemphill	46:45
	Francis Pierce	51:56
	Frank Haines	56:15
W40	Joanne Scianna	35:57
	R Stockdalewooley	36:05

David Torrey	45:40
W45 Nancy Grayson	35:53
Barbara Filutze	38:09
Rose Malloy	38:31
W50 Hideko Pirie	43:11
Brigitte Sutherland	46:08
Kathy Lewis	47:49
W55 Rosa Seeman	52:58
Brenda Murray	52:59
Donna Mehler	54:32
W60 none	
W65 Doralie Segal	51:23
Kay Morrison	60:05
Ani Rak	63:40

NYRR Roosevelt Island
Spring 10K

Roosevelt Island, NYC, April 30

Overall		
	Carlos Vasquez 27	30:27
	Gordon Bakoulis 34	34:57
M40	Sean Doyle	33:20
	Louis Calvano	35:02
	Hal Tozer	35:41
M45	Robert Briglio	35:20
	Gustavo Penaloza	35:36
	Charlie Hanley	38:16
M50	Hugh Sweeney	35:46
	Maury Dean	36:02
	Pat Cosgrove	36:52
M55	Ramon Ruiz	40:37
	William Vasallo	41:20
	Ramon Minaya	42:03
M60	Dan Sokal	40:45
	Martin Winter	42:39
	Robert Kahn	43:30
M65	Hector Pacheco	42:39
	Jack Haar	44:44
	John Calene	49:13
M70	Sab Koide	51:08
	Wallace Cutler	54:20
	Samuel Oast	59:44
M75	Albet Goldstein	57:26
	Wilfredo Rios	58:15
	Charles Feldman	1:03:24
W40	Joan Baldassarri	41:47
	Mary Conry	43:15
	Michelle Nero	43:48
W45	Mary Rosado	42:05
	Sylvie Kimche	42:36
	Mary Spera	46:31
W50	Susanna Beltrandi	47:38
	Melanie Benvenue	48:31
	Delia Galcano	51:00
W55	Patty Parmalee	45:11
	Cindy Sulliff	49:16
	Billie Moten	56:58
W60	Bertha Bellinghausen	45:18
	Thelma Wilson	48:57
	Ruth Kassanga	55:10
W65	Bertha McGruder	1:01:09

MIDWEST

Run for the Son 5K
Columbus, OH, April 8

Overall		
	David Mirth 31	15:20
	Stephanie Agosta 34	18:13
M40	Dave Greenwood	17:38
M45	Joe Lalonde	17:45
M50	Gene Thompson	21:11
M55	Jack Tapee	19:24
M60	Don Hammond	20:41
M65	Kenneth Alpetter	25:11
W40	Cookie O'Neal	21:16
W45	Mary Hartzler	23:46
W50	Velma Matuszewski	24:51
W55	Sue Lawson	25:55
W70	Ann Budea	37:31

Columbus RR Spring 5K
Worthington, OH, April 23

Overall		
	Dave Mirth 31	15:28
	Mary Brook 36	18:24
M40	John Black	16:38
	Greg Brock	17:33
	Patrick Smith	17:59
M45	Joseph Lalonde	17:48
	Mike Dury	18:16
M50	Dave McAdams	18:07
	Larry Lane	19:04
M55	Robert Godwin	22:17
	Bob Coldren	21:49
M60	Bruce Kennedy	23:06
M70+	Carrol Stamer 72	27:38
W40	Linda Ray	19:58
	Gail Leedy	22:07
W45	Linda McLain	28:10
	Cathy Kleckner	31:31
W50	Velma Matuszewski	24:37
W55	Sue Lawson	25:55

MID AMERICA

YMCA Midwest Masters Classic
8K/2 Mile Racewalk
Omaha, NE, April 1

Overall		
	Michael Cregeen 38	25:56
	Anna Fisher 35	33:24

M40	Tim Taylor	27:36
	Ron Meiergerd	28:34
	Fred Galata	29:03
	Ralph Miller	29:12
	Michael Cone	32:36
M45	Gary Julin	27:28
	Jan Brusso	29:43
	Kevin Gallagher	30:45
	Bob Cook	31:39
	Ken Karbowski	31:42
M50	Bill Monahan	29:40
	Rick Jackson	30:05
	Marlin Binnebose	31:45
	Florian Paskovil	32:04
	Wendell Olerkirk	32:09
M55	Cyrus Huffman	31:53
	Don Nelson	32:19
	Peter Adwers	32:28
	Jose Badillo	33:29
	Rich Buhman	34:40
M60	Leonard Fuxa	33:59
	Les Demmel	35:27
	John Mordeson	36:24
	Hank Eulich	40:24
M65+	Al Weaver 66	37:49
	Richard Orr 70	43:42
	Bob Grissom 78	44:22
	Tom Burkhardt 65	45:37
W40	Kathy Cavanagh	34:45
	Jan Schiessler	35:09
	Judy Stewart	35:38
	Kathy Lunn	39:17
W45	Sally Studnicka	37:51
	Diane Johnson	38:33
	Mary Durov	38:53
	MaryJane Bruening	39:17
W50	Anne Madeiras	35:52
	Silvia Wiegand	40:27
	Hiroko Mattingly	43:13
	Pat Adwers	43:34
W55	Beverly Kilborn	46:46
	Virginia Goecker	46:50
	Ginni Inclan	48:22
W60+	Reva Stack 62	54:37
	Gloria Samuelson 65	78:57

Trolley Run 4 Mile
Kansas City, MO, April 23

Overall		
	Larbi Zeroual	17:53
	Fran Ten Bensel	20:48
M40	Charlie Gray	19:37
	Kurt Koech	20:45
	Steve Riley	20:47
M45	Greg Hartman	22:22
	Bill Evans	22:36
	Larry Davison	22:42
M50	Charles Mabry	22:11
	Rick Hogan	22:45
	Fritz Barlag	23:20
M55	Wally Brawner	23:33
	Rich Wootton	23:45
M60	Paul Heitzman	23:57
	Louis Joline	25:25
M65	Bob McCallister	26:38
M70	Stanley Rostov	36:09
M80	Allan Blackman	55:21
W40	Marcia Dowling	24:14</

Continued from previous page

W60	Chieko Allwein	23:52
	Mary Hirst	42:46
W65	Gloria Eldred	37:37
W70	Brigitte McKenny	36:25
10K		
OVERALL:		
	Dan Arseneault 32	32:19
	Christine Morgan 26	37:24
M40	Bruce Guter	37:09
	Phillip Bush, Jr.	37:15
	Larry Andrews	38:45
M45	Daniel Kelly	35:10
	Jon Hutner	36:35
	Charles Nak	36:57
M50	David Allaun	37:08
	George Wright	37:47
	Dan Ashimine	39:17
M55	Gemma Chavez	40:11
	Paul Browne	44:22
	Rob Blum	45:25
M60	Bob Rice	44:29
	John Strand	48:25
	Joe Kell	49:13
M65	Bob Kooh	46:19
	Bob Vitale	49:26
	Stephen Robinson	60:29
M70	Ed Hornum 73	61:44
	Al Clorf 72	66:49
	John Mooshakian 70	67:51
W40	Buffy Ellis	42:17
	Claudia Dixon	44:18
	Jade Sackett	44:58
W45	Inadara Johnson	45:10
	Glynnia Greening	45:12
	Sandra Klatt	47:11
W50	Kat Leen	47:14
	Alele Ybarra	50:04
	Linda Dobson	50:46
W55	Helene Bernbaum	45:48
	Margaret Cook	69:23
W60	Audrey Hauth	55:09
W65	Antoinette Hill	55:25
	Liz Rodriguez	64:11

NORTHWESTPear Blossom Run 10-miler
Medford, OR; April 8

Overall		
	Tim Julian	50:57
	Deanna O'Neil	1:01:50
M40	Leonard Hill	52:42
	Thomas Cushman	54:18
	Byron Evans	56:54
	John Thomas	57:55
	James Burton	58:05
	Emo Mello	59:22
	Joseph Bova	59:29
	Gregorio Ruiz	59:34
	Stanley Goodell	59:37
	Gregory Christensen	59:56
M45	Michael Tyler	59:25
	Ron Baker	59:42
	Gary Clarida	59:43
	Clarke McCance	59:59
	Rusty Vaughan	1:01:45
	Walter Radloff	1:01:50
	Thomas Brown	1:01:55
	John Seggie	1:02:21
	Dick Boothe	1:03:29
M50	Terry Loffelmacher	1:00:03
	Jim Cruickshank	1:05:23
	Les Young	1:06:02
	Buzz Skov	1:07:41
	Vern Ohman	1:08:25
	Richard Divita	1:08:32
	Roger Dannen	1:09:28
	Tom Balcom	1:10:02
M55	Keith Boucher	1:05:19
	Mike Barrett	1:05:29
	Richard Northrup	1:06:45
	Marvin Rexius	1:08:54
	Peter Fish	1:08:57
	Joe Dana	1:10:29
	Ralph Hirt	1:10:40
M60	John-Erik Nilsson	1:08:20
	Hugo Badgett	1:10:27
	Philip Erath	1:11:52
	Carl Howard	1:13:47
	Lee Bunnell	1:17:09
	Jack Sohl	1:17:58
M65	Ken Oliver	1:13:19
	Bill Stowell	1:13:40
	Boyce Jacques	1:14:11
	Bill McChesney	1:17:08
	Mel Sullens	1:20:24
M70	Alfred Acord	1:23:32
	Leo Gries	1:31:42
	Lawrence Smith	1:47:57
	Lowell Russell	1:58:50
M75	Jack Kirkpatrick	1:31:58
	Merrill Barnebey	2:07:13
W40	Sue Smith	1:07:19
	Marilyn Nippold	1:08:08
	Virginia Falkowski	1:08:31
	Leslie King	1:09:50
	Cindi Eielson	1:13:04
	Shirley Shaw	1:14:00
	Pamela Masterson	1:15:11
	Lynn Jacobson	1:15:30
W45	Elaine Delsman	1:08:12
	Pam Turner	1:09:59
	Sandi Whittle	1:10:35
	Jessie Stratton	1:11:29
	Nancy Ruffner	1:11:40

	Sylvia Harvey	1:17:00
	Barbara Bjerke	1:18:53
W50	Susan Hanson	1:22:37
	Loretta Slepikas	1:25:40
	Virginia Whitener	1:26:51
	Deborah Miller	1:31:10
	Charlene Levesque	1:33:22
	Patricia Jacques	1:37:59
W55	Delores Horn	1:20:13
	Jane Dods	1:26:07
	Jean Johnson	1:27:33
	Micki Kaderabek	1:27:43
	Norma Smith	1:30:08
W60	Suzi MacLeod	1:22:59
	Daisy Roberts	1:29:12
	Susan Means	1:39:30
	Joan Sullens	1:40:23
W65	Marcia McChesney	1:33:51
W70	Dawn Russell	1:38:35
	Carol Klocke	2:45:00

Goat Mountain Gallop
Half-Marathon
Molalla, OR; April 29

Overall		
	Jim Carothers	1:11:48
	Laura Edmark	1:24:36
M36-40	R Patches	1:17:06
	S Petersen	1:24:15
M41-45	B Ray	1:15:41
	M Mochon	1:20:03
M46-50	J Bradley	1:29:39
	M Spadia	1:30:13
M51-55	T Mannen	1:35:47
	M Ryan	1:38:44
M56-60	G Green	1:38:32
	R Wold	1:38:40
M60-78	C McFerron	2:43:01
W36-40	P Brown	1:40:38
W41-45	M Bauer	1:44:06
W46-50	L LaBash	1:56:48
W51-55	R Nye	2:01:02

Pacific Northwest Masters
15K Championships
Seattle, WA; April 30

Overall		
	Cliff Hoeft 26	51:48
	Trish Motylilrub 37	65:15
M10	Craig Moore	51:54
	Mark Billett	52:06
	Mike Allison	53:53
M45	Jim McGill	53:13
	Don Frame	58:17
	Robert Heaton	64:11
M50	Tim Joslin	60:56
	Neal Stoddard	71:19
	Robert Wilkinson	75:37
M55	David Morris	62:46
M60	Bill Iffrig	58:30
	Mel Preedy	63:36
	Jim Hilton	63:44
M65	Richard Goen	64:49
M70	Norm Hansen	81:46
M75	Fred Sandoy	85:13
W40	Candy Klein	73:58
	Marlene Atwood	74:47
W50	Lorid Edmonds	82:39
	Loretta Gascoigne	89:20
W65	Billie Murphy	90:43

INTERNATIONALBritish Veterans 10 Mile
Championships
Oswestry; April 23

M40	Mike Hager	51:43
	Terry Osborne	51:51
	John Parker	52:13
M45	Mike Parker	55:37
M50	Graham Wootton	54:00
	Steve Birkin	54:26
	Malcolm Martin	54:28
	John Davies	54:38
M55	Alan Garratt	57:46
M60	Mick Ward	61:28
	Alec Dunn	61:38
M65	Willie Marshall	63:16
	Sam Hardicker	66:46
M70	John Fraser	73:04
W35	Vickie Parry	62:38
	Liz Clarke	64:13
W40	Diane Payton	64:22
W45	June Hallard	71:46
W50	Myra Garrett	68:00
W55	Pat Radford	68:08
W60	Lola Smal	79:16
W65	Betty Forster	88:11
	from Martin Duff	

RACE WALKINGNational Invitational 10K/20K
Racewalks
Washington, D.C.; March 16

10K		
Overall		
	Victoria Herazo 34	46:26
	10 Gayle Johnson 46	50:58
	17 Pat Weier 44	53:31
	24 Alba Campbell 47	56:24
	27 Phyllis Hansen 43	57:15
	28 Linda Stein 47	57:30
	30 Donna Cetrullo 47	1:05:32
	31 Eileen Lawrence 41	1:05:34
	32 Lynn Conant 44	1:06:10

33	Emily Hewitt 49	1:06:32
34	Pat Nesley 67	1:10:22
35	Isabel Stuper 48	1:14:35
20K		
Overall		
	Dave McGovern 29	1:28:02
	11 Bohdan Bulakowski 45	1:36:36
	13 Steven Pecinovsky 40	1:38:35
	19 James Carmines 51	1:49:08
	21 Alan Price 48	1:53:30
	24 Ronald Shields 51	2:02:18
	25 Manny Eisner 54	2:03:29
	26 James Goldstein 46	2:03:33
	27 Alan Robinson 44	2:03:55
	28 Victor Litwinski 51	2:08:54
	29 Louis Free 64	2:09:19
	30 Alvia Gaskill 40	2:10:40
	32 Bernie Finch 55	2:16:24

St. Patrick's Day 5K RW
Central Park, NYC; March 18

M40	Nick Dispenzari 41	28:43
	Robert Knol 41	30:44
M50	Sherwin Wilk 56	29:48
	Richard Goldman 52	31:14
M60	Bob Barrett 61	27:14
	Cervin Robinson 66	29:46
M70+	Charles Jay	39:22
W40	Lynne Conant 44	32:18
	Sharon Rennack 41	48:28
W50	Anne Marie Kunz	31:55
	Kitty Donohue	35:14
W60	Rhoda Green 61	31:04
	Joan Rowland 68	35:10
W70+	Queenie Thompson 72	39:21

50-Plus 5K Racewalk
Stanford University
Palo Alto, CA; April 2

Overall		
	John Schultz 50	26:57
	Patricia Durham 50	28:33
M50	John Schultz	26:57
	Pete Giachetti	28:13
M55	Stuart Kinney	34:36
M60	Fred Crews	29:58
	Don Corbin	33:25
M65	John Borset	34:13
	Richard Hansen	36:22
M70	John Levinsohn	35:11
	Stan Greenberg	38:07

MAC/USATF Eastern Regional
15K Road RW Championships
Central Park, NYC; April 9

Overall		
	Lukajz Szela 20	1:06:54
	Maryanne Torrellas 36	1:22:54
M40	Franco Pantoni 49	1:25:47
	Richard Harper 45	1:26:30
M50	Gary Null 50	1:22:25
	Sherwin Wilk 56	1:32:54
M60	Bob Barrett 61	1:28:34
	Cervin Robinson 66	1:35:23
M70	Len Scheer 70	1:47:37
W50	Elton Richardson 56	1:31:08
	Anne Marie Kunz 53	1:38:59
W60	Joan Rowland 68	1:52:14

Longest Day 5K Racewalk
Brookings, SD; April 22

Overall		
	Mike Wiggins	23:27
	Deb Schlinz	34:23
M45	Mike Wiggins	23:27
M50	David Dill	33:40
M55	Darrel Timmerman	33:33
M65	Glen Peterson	34:54
W50	Judy Irwin	50:26
W55	Carol Doom	34:29

Northwest Masters Regional
10K RW Championships
Seattle, WA; April 30

Overall		
	Jason Glover 22	49:56
	Bev LaVeck 59	61:08
M45	Stan Chraminski	51:23
	Bob Novak	52:55
	Steve Frederickson	63:46
M50	Ed Kousky	51:09
M60	Paul Kaal	62:26
	Oscar Werner	68:51
W35	Joslyn Slaughter	72:24
W45	Clara Frederickson	72:28
W50	Kaye Duncan	71:16
W55	Bev LaVeck	61:08



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