

# NATIONAL MASTERS NEWS

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

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June 1997

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Doug Kurtis #31, 45, and Bill Rodgers, 49, after finishing the Indianapolis Life 500 Festival Half-Marathon, May 2. Kurtis was fifth master (1:10:07) and Rodgers, sixth (1:10:17) in the race.

Photo from Don Carr

## Plasencia Shatters Half-Marathon Record at Indy Life 500

by JANNA WALKUP

Another race, another record. The Indy Life Circuit continued to sparkle as a U.S. masters record was set for the third straight event. Two-time Olympian Steve Plasencia, 40, Minneapolis, Minn., shattered the existing half-marathon record at the 21st running of the Indianapolis Life 500 Festival Mini-Marathon (certified half-marathon) on Friday, May 2.

Plasencia set his second 1997 U.S. masters road record as he sped to a 1:05:33, erasing Barry Brown's 1:06:25 set in 1984. Plasencia, the first U.S. finisher, placed seventh overall and earned \$1800. He stands fourth

overall in the Indy Circuit standings.

In the women's race, Jane Welzel, 42, of Ft. Collins, Colo. won the masters title to move into second place in the circuit standings. With the race worth triple points (30) in the standings, Welzel's 1:14:32 (#3 U.S. masters all-time) earned her second place overall in the women's field. Welzel pocketed \$4600 for her efforts: \$2500 as runner-up to women's overall winner Valentina Yegorova, \$1500 as first women's master, and \$600 for second place in the age-graded competition.

Circuit-leader Craig Young, 40, Colorado Springs, Colo. finished second

Continued on page 9

## Gonera, Raschker Star in Penn Relays

by PETER TAYLOR

On Friday, April 26, nine teams went to the line for the final masters event of the 103rd Penn Relays, the 4x400 for M40+. How many in the crowd would have predicted that four of the nine teams would average 53 seconds or better?

But that's the way it turned out, as Central Park TC ran 3:30.03; Maryland Masters, 3:31.57; NADIA TC (Pittsburgh), 3:31.85; and Philadelphia Masters, 3:32.15.

For Central Park, Errol Lee and second runner Jesse Norman each turned

over the baton with the lead, but 1997 U.S. Indoor Masters M45 800 champion Tom Hartshorne was passed by the Philadelphia Masters and Maryland Masters before he handed off to the anchor leg, 1994-1996 M40 400 outdoor champion Ed Gonera, who got the lead back for Central Park in less than 150m, as he zoomed past Maryland's Thomas Jones and Philadelphia's Phil Felton near the top of the backstretch.

The huge crowd, officially counted as 46,216, saw Gonera turn in a bril-

Continued on page 5

## Jacob, Martin First in National 10K Championship

by MIKE POLANSKY

The Nationwide Insurance Run for ASPIRE again served as the 1997 USATF National Masters 10K Championships, returning to Plainview, N.Y., on April 12. The course was the same as in 1996, 6.2 miles of gently rolling hills through the Long Island cities of Plainview and Old Bethpage.

The men's competition featured a battle between Wayne Jacob, 42, Mystic, Conn.; Paul Mascali, 44, Manhasset, N.Y., the 1995 ASPIRE masters winner; and Robert O'Hara, 42, a speedster from Boston. Jacob won with a strong 32:15, and Mascali duplicated his second-place finish (32:33) in 1996 with a 32:39. O'Hara was third in 32:50.

Mascali edged Jacob for the top age-graded performance, 87.9% to 86.7%, and scored as the local (Metropolitan Athletics Congress) 10K Masters Champion for 1997. Dudley Healy, Chatham, N.J., at age 82 the oldest competitor, finished in 70:03.

Jacob led the Central Massachusetts Striders quintet to the M40-49 team championship. The Bohemia TC, led by *National Masters News* columnist Maury Dean, 54, Patchogue, N.Y., won the M50-59 championship. A trio of Syracuse

Continued on page 11



Paul Mascali, 44, Manhasset, N.Y., was runner-up master for the second year (32:39) in a row, USATF National Masters 10K Championships, Plainview, N.Y., April 12.

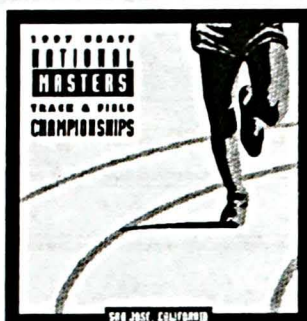
Photo by Mike Polansky



Runners in the age-handicapped masters 100m, Mt. San Antonio College, Walnut, Calif., April 20. From left: Johnnye Valien, 71; Sumi Onodera-Leonard, 68; Kemisole Solwazi, 57; Mary Libal, 47 (first in 11:52); Denise Foreman, 40 (3rd); Elaine Iba, 36; Joy Upshaw-Margerum, 35; Grace Dinkins, 30 (2nd).

Photo by Ken Stone





**GENERAL INFORMATION**  
**Meet Director:** Steve Haas  
**Meet Information:** (408) 288-2935

**ELIGIBILITY:** Competition is open to ALL men and women 30 years of age and older. Age on August 7, 1997 will determine a competitor's age group. Individual competition will be held in age groups of 5-year increments starting at age 30. Relays will be held in age groups of 10-year increments.

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

**Proof of registration with USA Track and Field will be required from all U.S. citizens.** On-site registration will be available; however, we strongly urge you to obtain your USATF card in advance through your local association.

**AWARDS:** USATF Championship medals will be awarded to the top three U.S. citizens in each age division of each Championship final.

**ENTRIES:** All entries must be **RECEIVED BY JULY 11, 1997.** Confirmation of entry will be sent to all competitors who have registered by this date. Late entries received after July 11 will be assessed a \$50 penalty. All entries must be accompanied by full payment of fees. There will be no refunds of entry fees for any reason.

**RELAYS:** Relays must be comprised of duly accredited athletes from a single club or region. Teams will be divided into 10-year age groups. Entries will be taken on-site only. Entry fee is \$40 per team. If any relay team member has not also entered an open event, they will be required to provide proof of date of birth and USATF registration.

# 1997 USATF National Masters Outdoor Track and Field Championships

San Jose, California • San Jose City College

August 7-10, 1997

**SHUTTLE:** A free shuttle will be provided to and from San Jose City College, the dorms and the Hyatt San Jose, throughout the Championships.

**CHAMPIONSHIP BARBECUE:** A post meet barbecue, open to all athletes and their guests, will be held at the end of competition on Saturday, August 9, at San Jose City College. There will be a special guest speaker. Cost of the barbecue is \$20.00 and advance ticket purchase with your entry is required.

**OFFICIALS' FUND:** A \$15.00 donation to help supplement the expense of meals and uniforms for the officials. Please help support these volunteers.

**DECLARATIONS:** You will be required to make a final declaration in person when you arrive at San Jose City College. The earlier you do this for your event(s) the better. The deadline for this final declaration is two hours prior to the listed start time for your event(s). If you fail to appear at the declaration table before the two hour deadline, you will be scratched from that event.

**AIR TRAVEL AND RENTAL CAR:** Official Airlines, American and Reno Air and Official Car Rental Agency, Budget Rent a Car are pleased to offer exclusive discounts for all Masters participants and spectators. In order to take advantage of these special rates call the toll-free reservation numbers listed below.

**AIRLINES**  
**American Airlines**  
 Star File # S0287LD  
 1-800-433-1790

**Reno Air**  
 Masters Convention  
 1-800-736-6426

**RENTAL CAR AGENCY**  
**Budget Rent a Car**  
 BCD# U052123  
 1-800-772-3773

## ACCOMMODATIONS-HOTEL/MOTEL:

Rooms have been blocked at the following hotels/motels. Please identify yourself as a competitor in the USATF National Masters Championships. Make your reservations at least 30 days prior to your arrival date to ensure accommodations and secure the group rate.

## HEADQUARTERS HOTEL:

**Hyatt San Jose**  
 1740 N. First St., SJ 95112  
 Phone: (408) 993-1234  
 Fax: (408) 453-0259  
 \$79 sgl/dbl  
 \$89 trp/qd

**San Jose Hilton & Towers**  
 300 Almaden Blvd., SJ 95110  
 Phone: (408) 287-2100  
 Fax: (408) 947-4489  
 \$95 sgl/dbl

**Holiday Inn**  
 282 Almaden Blvd., SJ 95113  
 Phone: (408) 998-0400  
 Fax: (408) 998-0400  
 \$102 sgl/dbl  
 \$112 tpl/quadr

**LeBaron Hotel**  
 1350 N. First St., SJ 95112  
 Phone: (408) 453-6200  
 Fax: (408) 437-9558  
 \$73 (1-4 people)

**Red Lion Hotel**  
 2050 Gateway Pl., SJ 95110  
 Phone: (408) 453-4000  
 Fax: (408) 437-2898  
 \$99 single occupancy  
 \$109 double occupancy

**Best Western**  
 455 S. Second St., SJ 95113  
 Phone: (408) 298-3500  
 Fax: (408) 298-2477  
 \$60 single occupancy  
 \$70 double occupancy

**Dorm Facilities**  
 San Jose State University  
 1 Washington Sq., SJ 95192  
 Phone: (408) 924-6180  
 Fax: (408) 924-7500  
 \$22 per person/double occupancy  
 \$30 single occupancy

## National Masters Outdoor Track & Field Championships Schedule

### THURSDAY:

<b>a.m. Track Events</b>		<b>Field Events</b>	
Pentathlon (M)		Hammer (W&M)	
Pentathlon (W)			
5000 Meters (W)			
5000 Meters (M)			

<b>p.m. Track Events</b>	
800 M Trials (W)	
800 M Trials (M)	
400 M Trials (W)	
400 M Trials (M)	

### FRIDAY:

<b>a.m. Track Events</b>		<b>Field Events</b>	
5000 Walk (W)		Discus (M&W)	
5000 Walk (M)		Long Jump (M 60+)	
		Long Jump (W)	
		Pole Vault (W)	
		Pole Vault (M 60+)	
		High Jump (M30-59)	
		Javelin (W)	

### p.m. Track Events

Short Hurdles (W&M)	
100 M Trials (W&M)	
1500 M Trials (W&M)	
400 M Finals (W&M)	
Steeplechase (W&M) (36 in. barriers)	

### SATURDAY:

<b>a.m. Track Events</b>		<b>Field Events</b>	
10,000 M (W)		Shot Put (M)	
10,000 M (M)		Javelin (M60+)	
Long Hurdles (W)		Long Jump (M30-59)	
Long Hurdles (M)		High Jump (W)	
		High Jump (M60+)	
		Pole Vault (M40-59)	

### p.m. Track Events

800 M Final (W)	
800 M Final (M)	
100 M Final (W)	
100 M Final (M)	
200 M Trials (W)	
200 M Trials (M)	

### SUNDAY:

<b>a.m. Track Events</b>		<b>Field Events</b>	
Road Walk (W)		Triple Jump (W, all ages)	
Road Walk (M)		Pole Vault (M30-59)	
1500 M Final (W)		Javelin (M30-59)	
1500 M Final (M)		Shot Put (W, all ages)	
		Triple Jump (M, all ages)	

### p.m. Track Events

200 M Final (W&M)	
Age Graded 100 M	
2 x 100 Relay (W&M)	
4 x 400 Relay (W&M)	
4 x 800 Relay (W&M)	

- Road Walk may be held off-site.
- Pole Vault starts minimum 1 1/2 hour after long jump starts.
- Order of competition: Women first, except where noted.
- Events will not be moved to different days in the final schedule.

## 1997 USA TRACK & FIELD NATIONAL MASTERS OUTDOOR CHAMPIONSHIPS ENTRY FORM

Last Name \_\_\_\_\_ First Name \_\_\_\_\_  
 Address \_\_\_\_\_ City/State \_\_\_\_\_ Zip \_\_\_\_\_  
 Telephone \_\_\_\_\_ Club/Affiliation \_\_\_\_\_  
 M/F \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age on Aug. 7, 1997 \_\_\_\_\_  
 Event #1 & Best Mark \_\_\_\_\_ x \$30  
 Event #2 & Best Mark \_\_\_\_\_ x \$15  
 Event #3 & Best Mark \_\_\_\_\_ x \$15  
 Event #4 & Best Mark \_\_\_\_\_ x \$15  
 Pentathlon & Best Mark \_\_\_\_\_ x \$25  
 Championship Barbecue \_\_\_\_\_ x \$20.00 per person  
 Championship T-Shirt (\$10.00) Size S M L XL XXL (\$12.00) \_\_\_\_\_  
 Extra Shirts S M L XL XXL x \$10 each \_\_\_\_\_  
 1997 National Masters Outdoor Championship Program \_\_\_\_\_ x \$3  
 Officials' Fund \_\_\_\_\_ x \$15  
 USATF Registration No. \_\_\_\_\_ TOTAL ENCLOSED \$ \_\_\_\_\_



**METHOD OF PAYMENT** - Check or money order in U.S. dollars payable to "San Jose Sports Authority"  
**Mail to:** San Jose Sports Authority, 99 Almaden Blvd., Suite 975, San Jose, CA 95113. **Remember to include your proof of birthdate.**

## 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 San Jose Sports Authority, San Jose City College, USA Track & Field, and the corporate sponsors of any responsibility for any injury, loss or damage to myself or my property which I may sustain in the course of (or in connection with) the 1997 USATF National Masters Outdoor Championships. I also verify that I am registered for the 1997 year with USA Track & Field.

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



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ules, entry forms, age records, rankings, photos, arti-

cles, 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 lim-

ited to age 40 +, 50 + or 55 + (please check the

schedule for details). Some events require advance

registration. Some require a current USATF card

(\$12 to \$15 per year, depending on the region). To

inquire about a USATF card, call USATF in your

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dards for most masters athletics events.

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### HOW MUCH DO WE LOSE AS WE AGE?

Re Mike Tymn's column on half-percent goal in the May issue of NMN. Apparently, Dr. Bortz is not aware of a longitudinal study conducted by the eminent physiologist, Dr. David Bruce Dill.

Although Dr. Dill was not an athlete, he kept himself in excellent physical condition and kept VO<sub>2</sub> measurements on himself from the time he was 45 until he was 89.

Dr. Dill pioneered work on VO<sub>2</sub> Max measurements while he was director of the Harvard Fatigue Laboratory, which existed from 1927-1947. Dill's VO<sub>2</sub> Max declined at a rate of approximately 1% until he was 70; then he had a sharp dropoff but continued to drop at the 1% rate afterwards. At a colloquium at the Los Alamos

National Laboratory, Dill presented these findings and a member of the audience asked if he could predict when he would die. Dill gave an accurate answer of 96, his age at death.

To illustrate Dill's findings, I have seen a 1% drop over the years in my marathon times from when I reached a PR in 1976 (age 44) with a time of 2:45 until a 1995 time of 3:20. I am anxious to see if I fall into the Dill pattern when I hit 70.

I would suggest we go for the 1% decline after getting a PR instead of the half-percent because the evidence points otherwise.

Aaron Goldman  
Los Alamos, New Mexico

I am part of a long term study of aging masters runners which is being conducted by a major university. On 23 April, 1997 I was tested for the sixth time in the past ten years. Mike Tymn's 'Third Wind' column in the NMN, which I received one week later, caught my attention.

According to the story per Dr. Bortz, a person with "... an active life style loses only around one-half of a percent a year." I am convinced that it can be less than that. I would like to present the following numbers for your reader's evaluation.

My lean body mass, in kg.:  
4/87-63.09      1/90-62.72  
11/91-59.61      11/93-60.43  
3/95-62.3      4/97-60.9

My VO<sub>2</sub> max:  
4/87-48.7      1/90-59.6  
11/91-51.2      11/93-54.1  
3/95-48.0      4/97-54.5

Obviously, I am not losing one half of a percent a year. My VO<sub>2</sub> max is more related to where I am in my training program than to my age. Others in the study group are losing more lean body mass. This is probably because they are doing no mid-torso and upper body work. So, they are losing it in the upper body and not in the legs.

If you really work it hard, you may lose speed with age, but not necessarily lean body mass and VO<sub>2</sub> max.

Ross Duntun  
Placentia, California

(Perhaps the most extensive research ever done is contained in the official WAVA Masters Age-Graded Tables. The data show conclusively that the rate of decline in performance increases as we age. At age 40, the well-conditioned 1500-meter runner loses 0.7% from age 39. In his or her 55th year, the decline is 0.8%. The decline per year reaches 1.0% at age 61. By age 85, it's 2.0% per year. The rate of decline is not linear, as has been shown by many studies. An athlete who declines less than the established rate is having a good year. One with a higher rate is having a not-so-good year. For more information on age-grading, see page 18. - Ed.)

### MASTERS GAMES

Oh, how lucky can I get? As a retired senior (that means limited income) the World Masters Games in 1998 are right here in Oregon. In fact, just over the hill in one of my favorite running venues for track and field - Hayward Field in Eugene. But \$200, just to register?

What a shame that competitive running now may follow in the footsteps



Denise Foreman, 40, Washington, broke three world W40 records in the 60m, 200, and 400, National Masters Indoor Championships, Boston, March 21-23. Photo by Jerry Wojcik

of most other sports, and only the well-heeled will be laurel-wreathed. It looks like the big winners at these highly-touted, long awaited 1998 World Games will be merely those fast enough with a buck.

Priced Out,  
Suzy MacLeod  
Bend, Oregon

### DHEA

Recently, I was questioned about a product that has been appearing lately in health food stores. Commonly called DHEA, dehydroepiandrosterone is gaining in popularity. It is important that masters athletes beware of the consequences of its use.

DHEA is an intermediary compound produced when testosterone is synthesized from cholesterol. Thus, the use of DHEA leads to an increase in circulating testosterone. As the reader now might guess, both the IAAF and IOC take a dim view of this and have banned DHEA.

Again, as was urged two years ago,

Continued on page 8

### TWENTY YEARS AGO June, 1977

- First Issue of *National Masters News* Published in Pennsylvania
- Poll Taken Whether Masters Should Maintain Two Separate Committees (T&F and LDR) or Merge Into One Committee

## NATIONAL MASTERS NEWS

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## Seven Join NMN Sustainers

Each month, NMN publishes a list of "sustainers," those who help the *National Masters News* and masters athletics by making contributions. These extra funds allow us to publish more photos, deeper results, an in-depth schedule section, and more.

Special thanks this month go to:

Cliff Bedell  
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Apache Junction, Arizona  
Chestnut Hill, Massachusetts  
Tracy, California



## Penn Relays

Continued from page 1

liant performance, as the then 44-year-old (he turned 45 in May) was timed variously from 49.5 to 49.9.

Earlier in the day, Texas' Tim Murphy rocketed to a win in the M75+ 100 that was almost Jordanesque (Payton, not Michael, that is). Murphy ran a Relays record of 14.25, with the old record holder, Arizona's Milt Silverstein, second in 14.69. In a nice touch, Olympic champion Gail Devers presented awards for this race.

On Thursday, April 24, 50-year-old Phil Raschker, recently featured in a major *New York Times* article and also seen on CNN, got things rolling when she pole vaulted 3.10/10-2 to take second in the open women's vault. The masters pole vault was dropped for lack of interest. Raschker's mark far exceeded the W50 world record of 2.90/9-1 1/4 by Britain's Pat McNab in 1993.

Friday, the 25th, featured the 4x100 relays. In the M40+ race, the first three members of the Maryland Masters team — Garry Crawford, Neville Hodge, and Thomas Jones — gave anchorman Sherman Weatherspoon a substantial lead. Unfortunately for Maryland, Gonera was anchoring for Central Park TC. Originally concerned about the competitors behind him

rather than Weatherspoon, the 6-3, 220-pound Gonera closed relentlessly, revealing later that he thought he had a chance when he was about 50m out. Roaring through the straightaway like a fully-loaded moving van coming down a mountain, Gonera caught Weatherspoon shortly before the finish. Central Park ran a 44.40, and Maryland, 44.55.

In the next race (M50+ and W40+), a makeshift squad of Melvin Fields (Potomac Valley TC), Williams Burrell (NY Pioneers), Larry Colbert (Potomac), and Joe Johnson (unattached) was first across the line in 47.57. AUI, a W40+ all-women masters club formerly called Achievements Unlimited International and now known as All Unique Individuals, ran 56.62.

Friday afternoon was a showcase for the amazing Raschker. Prior to the 100 for W40+, the announcer informed the crowd that she would try to break Irene Obera's W50-54 world record of 12.9 seconds. After the race, he announced that Raschker had run 12.40. Unfortunately, even though Raschker said later that the wind seemed to be against her early in the race and the M60+ 100 contested about three minutes earlier had a legal wind (+0.8 mps), the official wind

reading for her effort was an excessive +5.5. Irene Thompson of the Syracuse Chargers was second in 13.11. Virginia's Marilyn Fitzgerald, already a great grandmother at age 61, impressed with a 15.34 for eighth place.

In the M60+ 100, Larry Colbert continued his remarkable year. Last year, at age 59, Colbert was not in contention in the M50 100 at Penn and ran 12.52. This year, he swept the M60-64 60, 200, and 400 in the U.S. Indoors in Boston, then ran 12.23 here, easily besting a strong field. Defending champion with a 12.97 in 1996, Bill Wright ran 12.72.

In the evening, Colbert (second leg) turned in his third strong performance of the meet, as his Potomac Valley squad, that also included Melvin Field, James Robinson, and anchor Jordan Simmons, barely held off fast-closing Boston RC anchorman Dan Frye in the M50+/W40+ 4x400, 3:52.71 to 3:53.10. The AUI W40+ team was the only women's squad, finishing in 4:42.48.

Competing in lane 5 of the women's Olympic development 4x100 was a masters squad composed of the first four women in the W40+ 100 — Denise McField, Jacquie Board, Irene Thompson, and Phil Raschker — who averaged 12.65 per leg and finished a very creditable sixth in 50.59.

Early on the 26th, Jim Carmines (49:43.24) won the masters 10K race-walk over Steve Vaitones (51:33.84).

In the 5K women's masters event, Gloria Rawls, Shore AC, walked an excellent 26:11.89.

Finally, Victoria Herazo, of Georgia, who performed brilliantly in the 1996 National Masters Indoors in Greensboro, taking the W35 title in 13:39.57, was even more superb here, winning the women's Olympic development 5K in 22:49.79, and, in the process, easily beating Maryanne Torrellas' W35 U.S. record of 23:25.04. □

### FIFTEEN YEARS AGO June, 1982

- Herb Anderson, 75, Wins 10 Gold Medals and Phil Raschker, W35, Captures 7 Golds in National Masters Indoor T&F Championships
- Southern California Striders (Bill Knocke, Ralph Lee, Mel Elliot, and George Cohen) Smash M40-49 Medley Relay Record in 11:03.7
- Cindy Dalrymple (W40, 55:25) and Mike Tymn (M45, 49:43) Top Masters In Hawaii's Norman K. Tamanaha 15K
- Herb Lorenz (43, 31:39.6) Wins National Masters 10K

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## Third Wind

by MIKE TYMN

### Collecting Marathons

Some people collect stamps or coins. Others collect antiques cars, old fountain pens, comic books, or clocks. There's no end to what one can collect. Gordon Hartshorn is one of a growing number of people who collect marathons. He's run 212 as of this writing, including one in all of the 50 states and the District of Columbia, and he has a streak of weekly marathons that now numbers 62 and should be up to 67 or so by the time this appears in print. He hopes to keep that streak going until at least number 74, which he plans to reach in the Midnight Sun Marathon on July 6.

If you're going on a trip, you might go to Arthur Frommer for tips or advice. But if you're planning to travel off some place to run a marathon, you might want to consult Hartshorn, a 58-year-old resident of Grand Prairie, Texas. He can fill you in on the most scenic marathons, the flattest, the fastest, the best organized, the most mountainous, the ones to avoid, you name it.

#### Worst Marathon

You definitely won't find Boston on Hartshorn's list of favorite marathons. In fact, it ranks as his "least favorite." "What is very bothersome is that the race officials of an athletic event that is the ultimate big deal for marathoners world-wide are elitist snobs," explains Hartshorn, whose personal best of

3:07:10 was recorded in the 1981 White Rock Marathon in Dallas. "They seem to believe that *their* race is basically for those world-class gifted and elite marathoners who have a chance to win the race or come close to it."

Hartshorn first ran Boston in 1982 and calls that his worst pre-race experience. "The regular marathoners were herded like cattle into the Hopkinton High School gym, which had a hard floor, no chairs, and grossly inadequate toilet facilities, three-and-a-half hours before the start," he continues. "Then they closed the finish line after three-and-a-half hours. No one who finished after that cutoff received any acknowledgement of completion of the race."

### Marathon Favorites

Gordon Hartshorn says he prefers small and lesser known marathons over the big ones like Boston and New York. Here are his comments on a few of his favorites:

**The Heart Break Hills Marathon:** "It's up there with Crater Lake Rim, Grandfather Mountain, and Ridge Runner as one of the hilliest/toughest road marathons in the country."

**Dallas Trails Marathon:** "A field of about 200 and its pleasant, quiet atmosphere distinguish it from the famous Dallas White Rock Marathon. . . Depending on your outlook, negotiating the mud flows can be kind of fun."

**The Saskatchewan Marathon:** "The course is a scenic figure eight through residential areas and parks, and partly follows the Saskatchewan River. You take your chances on the weather."

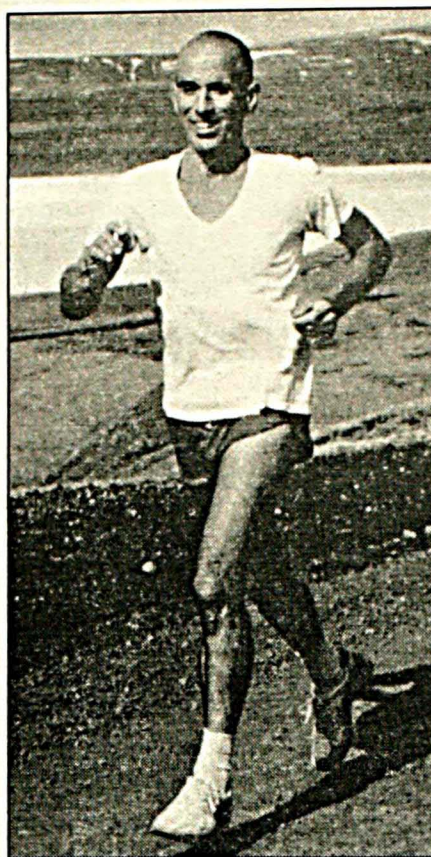
**The Cowtown Marathon:** "The start and finish is at the Stock Exchange in a colorful neighborhood of Ft. Worth. Most of the course is through pleasant residential areas. It's a great one to run if you're not from the area."

**The Wyoming Marathon:** "The course starts at 7200 feet in Laramie, climbs to 8600 feet between miles seven and 11, then rolls up and down and down and up to the finish. It's well organized, but the only hitch is that you're on your own for aid."

**The Sunburst Marathon:** "You feel the presence of ghosts as you wake up to the echoes in the house of Rockne. Through the tunnel and fifty yards from the marathon finish you cross the same goal line crossed by Lujack and Hornung, Leon Hart and Tim Brown."

**The University of Okoboji Marathon:** "What I really appreciate is that the organizers are bold enough to host it in the middle of July, when marathons are hard to find. Most everywhere else the popular notion is that marathoners are candy asses that melt in the heat."

If you'd like tips or advice from Hartshorn on marathons in the United States or Canada, you can e-mail him at [race26@flash.net](mailto:race26@flash.net) or write to him at 1902 Chisholm, Grand Prairie, TX 75052. You can access his web page at <http://www.flash.net/~race26/index.html>. □



That's the frozen Arctic Ocean in the background. Nanisivik, Canada (Baffin Island), July 1992.

After giving Boston another chance in 1989, Hartshorn decided he'd had enough of that event. For Boston Marathon weekend this year, he had plans to head for the Longest Day Marathon in South Dakota. He ranks that race as one of the ten flattest marathons. Heading up the list of flat courses, though, are the Bulldog and Tulsa marathons, both in Oklahoma. Also on his flat list are the Mardi Grass, Louisiana, Corpus Christi and Andrew Jackson marathons.

#### Favorite Marathon

At the other extreme is the Midnight Sun event in Northwest Territories, Canada, 450 miles north of the Arctic Circle. The course climbs 1750 feet by mile 15, then descends for the next eight miles before climbing back up 1000 feet to the finish. "It's definitely a tough race," comments Hartshorn, who recorded a 4:02:54 while finishing 13th overall among some 60 competitors in last year's race. "The *crunch* is the nickname affectionately given to the last 10K. But the beauty of the race is breathtaking. The only sound you hear is the wind and the frozen ocean shines brilliant white and silver in the midnight sun."

You could tell by his further description of the race that the Midnight Sun, in addition to being the most mountainous marathon he has done, is his favorite race. Right behind it among his favorites is the Mississippi Marathon. "It's a very pleasant and peaceful out and back race on the Natchez Trace Parkway," Hartshorn offers. "It was cold and clear bright sun at about 28 to 38 degrees when I ran it in 1990. I didn't even need water until mile 20. I never experience the so-called *runner's high*, but after this race I was euphoric during the entire seven-hour drive home."

Following Midnight Sun and

Mississippi on his list of favorite marathons are Heart Break Hills in Louisiana, Grande Prairie in Alberta and Shiprock in New Mexico.

The Crater Lake Rim Marathon in Oregon is Hartshorn's choice as the most scenic, followed by Big Sur in California, and the Canadian Rocky Mountain Marathon in Alberta.

#### Best Organized

The best organized, according to Hartshorn, is the Houston Marathon. "Aid stations are festive, well stocked, and manned by armies of volunteers," he explains. "There are lots of friendly and supportive folks. They have a large shelter near the start for pre-race preparations. They even have church services. Finishers receive a glass mug in lieu of a medallion, and a finisher's T-shirt in addition to the one in their packets. It's as well organized as any I have run."

A semi-retired construction manager, Hartshorn was living in Honolulu in 1973 and running a mile or two a day when he heard about the first Honolulu Marathon that year and decided to give it a try. "After five miles, I had severe chaffing and stopped there," he recalls. "I *dnf'd* there the second year as well. The 1975 Honolulu Marathon was the first one I finished. At mile 21 my body ground to a halt as if it were the tin man suddenly turned totally to rust. I finally drank water, died, struggled, died some more, dragged, struggled, died again, and eventually recovered at mile marker 25, after which I ran downhill to the finish in 3:20:53."

These days Hartshorn just tries to enjoy the experience. "My approach to running and racing has always been that the word *train* is an alien concept. It makes it sound like *work*, a word I'd never associate with running and racing. For me *fun* is the appropriate word." □



Kapiolani Park is the backdrop for Gordon Hartshorn, son, Mike, who ran 3:41; and daughter Michele (4:00).



## Jordan Sets M80 World Record in 100

Payton Jordan, 80, the only male track & field performer voted into the initial class of the USATF Masters Hall of Fame last year, has officially come out of retirement.

He celebrated his entrance to the octogenarian ranks with a brilliant world M80 record of 14.35 in the 100-meter dash at the Modesto Relays in Modesto, Calif., May 10.

The time broke the mark of 15.3, set by Maine's Barry Ivers in 1991 and is 100.0% on the age-graded scale.

Jordan has been the model for the age-graded 100- and 200-meter standards. Three years ago, with limited data available, the WAVA age-graded committee predicted, based on Jordan's performances from age 55 through 77, that the fastest a man could run the 100 at age 80 was 14.36. Close, but no cigar.

"It's fun to be back running with my good buddies again," Jordan told NMN. "I've really missed the fellowship and the challenges."

Jordan says he's still "a bit rusty" after his two-year layoff, but hopes to improve as the season progresses. He'll be at the Nationals in San Jose, only a stone's throw from his home in Los Altos. He'll be going after the M80 records of Joe Packard (200, 32.3) and perhaps Harold Chapson (400, 75.4).

Jordan reports his wife Marge is back in good health after troubles with lymphoma. "I feel more at ease about my taking time to train once again," he said. "We both feel blessed that we caught it early and our doctors were wonderful. The concerns and prayers from all of you meant a great deal to both of us. Thanks so much to everyone." □

## Wysocki and Jones Win National 5K

by JANNA WALKUP

Outstanding competition and the largest 5000-meter purse in the world drew top runners to Carlsbad, Calif., for the Carlsbad 5000 on April 13. With two separate masters races for men and women, the event served as the USATF National Masters 5K Championships.

Steve Scott and Ruth Wysocki continued their assault on the masters circuit. Local favorite Scott, 40, Encinitas, Calif., won a tightly contested race, outkicking second- and third-place finishers Chuck Crabb (40, Mount Holly, N.J.) and Craig Young (40, Colorado Springs, Colo.). Scott, course designer and three-time invitational winner, clocked a 14:39 (92% age-graded), followed by Crabb's 14:40 (91.9%) and Young's 14:41 (91.8%).

On the women's side, Wysocki, 40, Sun City, Calif., sped to a 16:23 (92.2%), with Jane Welzel, 41, Ft. Collins, Colo., also breaking 17 minutes to finish second in 16:55 (90.1%) and Kimberlee Campo, 41, San Diego, Calif., claiming third in 17:40 (86.3%).

Age-group sensation Shirley Mat-

son, 56, Moraga, Calif., turned in the race's top age-graded performance (18:32; 94.3%). Four women registered age-graded marks of 90% or better: Matson, Wysocki, Joan Ottaway, 53, Sonoma, Calif. (18:44; 90.5%), and Welzel.

Nine men clocked age-graded times of 90% or better: Doug Bell, 46, Greeley, Colo. (15:07; 93.2%); Scott; Crabb; Young; Jan Frisby, 52, Grand Junction, Colo. (16:05; 91.8%); Stephen Lester, 54, Magna, Utah (16:28; 91.2%); Carlos Valle, 61, San Bernardino, Calif. (17:37; 90.1%); Tom Curry, 55, Las Vegas, Nev. (16:44; 90.5%); and Joe King, 70, Alameda, Calif. (19:34; 90%).

The masters purse boasted \$4500 in prize money. The top four finishers in the masters division received cash awards of \$1000, \$500, \$200 and \$100. The top four age-graded performances earned runners an additional \$400, \$250, \$150 and \$100.

Clear, crisp weather greeted runners at the start. The men's masters race had 1864 finishers, while 929 masters women finished. Runners were cheered on by 10,000 fans who lined the streets. □

## Burns, Ambrosio Win Robinson 10K

by PAUL MURRAY

Chris Burns, 41, and Kathy Ambrosio, 46, were the winners in the Tom Robinson Memorial Masters 10K, Guilderland, N.Y., April 26. The race also served as the USATF Adirondack Masters Championships.

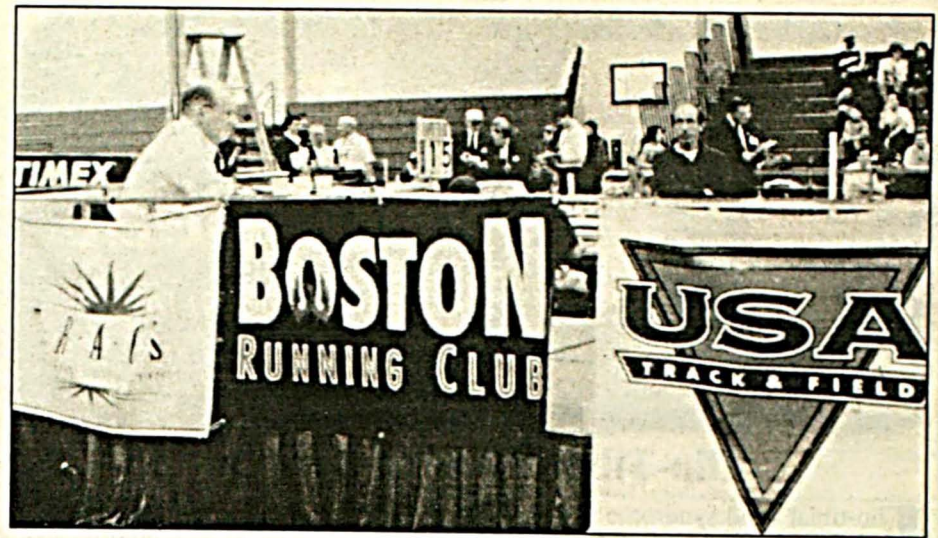
In the men's race, Rob Picotte, 43, Slingerlands, N.Y., the 1996 winner, sprinted to an early lead but was caught by Burns at the two-mile mark. Peter Gerardi, 45, Scotia, N.Y., followed Burns past Picotte, and the three maintained their positions to the finish, where Burns was clocked in 35:23.

Ambrosio covered the hilly out-and-back course in 44:18, ahead of Martha

DeGrazia, 46, Slingerlands, N.Y., and Susan Burns, 42, Albany, N.Y.

John Pelton, 57, West Rupert, Vt., turned in one of the day's best times (39:23) to lead the 50-year-olds. Dan Cohen, 61, posted a 42:48 to win the M60 title. The most hotly contested race developed in the M65 age group when Bob Gauvreau, 67, Clifton Park, N.Y., bested his long-time rival, Howard Rubin, 68, New Hartford, N.Y., with a race record of 44:35.

Sixty masters runners finished the race and enjoyed a post-race breakfast prepared by Race Director Ed Neils. This annual event honors Tom Robinson, one of the founding members of the Hudson Mohawk RRC. □



Pete Taylor, of Philadelphia, head announcer, awaits the next event, National Masters Indoor Championships, Boston, March 21-23.  
Photo by Jerry Wojcik

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100 METER	1:00 PM	LONG JUMP	10:00 AM
400 METER DASH	2:15 PM	JAVELIN	10:00 AM
800 METERS	2:30 PM	DISCUS	10:00 AM
200 METER DASH	3:00 PM	TRIPLE JUMP	2:00 PM
4x400 RELAY	3:45 PM		

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MILE RUN	AGES 9-10, 11-12, 13-14	11:30 AM	MALE & FEMALE
100 METERS	AGES 9-10, 11-12, 13-14	12:30 PM	MALE & FEMALE
400 METERS	AGES 9-10, 11-12, 13-14	2:00 PM	MALE & FEMALE
4x400 METER RELAY	AGES 9-10, 11-12, 13-14	3:30 PM	MALE & FEMALE

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Parent/Guardian signature (if competitor is under 18)





## The Foot Beat

by JOHN W. PAGLIANO  
D.P.M.

### Ilio-Tibial Band Syndrome

**I**lio-tibial band syndrome is one of the more common running injuries occurring in approximately 5% of all runners treated for lower extremity musculoskeletal complaints. The ilio-tibial band is a thickened strip of fascia lata that extends from the outer hip (iliac crest) area and inserts into the bottom part of the outside of the knee, serving as a stabilizing band.

Unfortunately, the ilio-tibial band often rubs over the lateral femoral condyle and an inflammatory condition known as ilio-tibial band syndrome or bursitis occurs.

The pain is usually localized above the knee joint, but can extend up the lateral side of the leg. Walking stiff-legged minimizes the condition; however, running, climbing stairs and squatting aggravate the condition.

It has been found that the average age of the athlete with this condition is 34 years.

Those with varus leg position (bow legs) appear more likely to get the condition than those with internal femoral position.

Once developed, the condition often persists from two to six months.

The treatment of choice includes rest, reduction in running, anti-inflammatory medications, local steroid injection,

new shoe gear and foot orthoses if there is related foot pathology.

Success has been achieved with the Pro Knee Sleeve which appears to stabilize the knee during activities and reduces knee flexion. Physical therapy also seems to reduce the symptoms. I usually recommend ice after activity and moist heat in the evenings to increase blood flow to the area. Ultrasound treatments appear to be helpful.

If the condition becomes painful, we switch our runners to pool workouts with the inclusion of a half-mile walk prior to running activity. □

*(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.)*

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## Write On

Continued from page 4

with the WAVA Championships in Buffalo on the horizon, you are encouraged to contact either the USOC hotline at 1-800-233-0393, or Joan Stratton, MD, at P.O. Box 6257, Yuma, AZ 85366, if you have any questions.

If you are going to Durban for the WAVA Championships, and are on a medication that is banned but prescribed by your doctor, you should follow the instructions in the Durban entry book. Please be aware that this does not make you exempt from possible substance abuse. It will be considered if appropriate disciplinary action may be decided. Your doctor *cannot* change the rules.

Joan Stratton  
Masters Representative, USATF  
Substance Abuse, Education, and  
Testing Committee

### L.A. MARATHON

After receipt of my letter questioning the validity of some age-group winners in this year's Los Angeles Marathon, NMN decided to withhold publication of results until a final version is received.

Recently, certificates indicating a runner's division placing were mailed to marathon finishers. It seems certain that several runners with questionable running histories will emerge as age-group winners.

Readers should be aware of this situation.

Patrick Devine  
Rancho Palos Verdes, California

*(The organizers of the L.A. Marathon claim they now use videotape, but reliable sources tell NMN "In past years, they've never confirmed that they spotted any of the alleged cheaters on tape." NMN made several calls to the LAM office, but was unable to reach anyone who could discuss the situation. L.A. used the "chip" method this year, but reportedly only had timing mats at three points: the start, halfway, and finish. Thus, it would have been easy for a runner to cross all three points, without running the entire race. The results showed at least six known cheaters whom the Marathon Organizing Committee has not yet disqualified. There was even the amusing irony of one alleged cheater being beaten by another.)*

*The L.A. marathon does a fine job with elite runners, but has never shown much interest in getting the age categories right.*

*Over the years, the race has added various elements, such as cyclists, waiters carrying wine glasses, couples getting married en route, runners pushing baby strollers, caterpillars, etc.*

*There's nothing wrong with any of that, but coupled with a dramatic cut-back in prize money, the race has taken on the aura of more of a fun run than a serious road race - a bit like San Francisco's annual Bay-to-Breakers*

*race. It's a great party, a fine festival, and a jolly good community gathering.*

*But because the results are so suspect, NMN's editorial judgment is that none of the age-group results should be published until the investigation is completed. - Ed.)*

### NO FALSE START RULE

I recently participated in a masters meet in Southern California. This meet did not award individual age group medals; rather, it emphasized what masters running is all about for us - participation, incentive to improve, fitness, friendships, exercise, etc.

Yet some were denied participation due to the "one false start" rule. In the 60-69-year-old 100 race, three of the five participants were disqualified, leaving only two runners. In my 50-59 year group, two of five were tossed out. I think it goes without saying that both those who were tossed and those remaining did not have the positive experience they came for.

If the experience does not fill what we are looking for in these meets and provide a positive, enjoyable event, interest will wane and participation will decline. These meets are not about endorsement contracts, appearance fees, monetary awards, etc. We are here because of the enjoyment and how it makes us feel. To increase participation, we need to generate a positive experience, consistent with the purpose of the program. Applying the "one false start" rule with no flexibility, as it is currently imposed, contributes nothing to the goal and purpose of masters track and field. It detracts from the participation and positive experience objective.

As an alternative, I suggest either allowing two false starts, or at least allowing the disqualified runners to run for time only. They would not qualify for medals or reported results, but they would at least get to run (which is why they are there in the first place).

There should be a respect for what the masters athletes are doing at their age, and an eagerness to help them succeed.

Lee Gillespie  
Irvine California

### STANDARDS OF EXCELLENCE

Dear Masters Wizard: you did not define "standards of excellence." Nor is it defined each month on the All-American page. What does it mean? How were the standards arrived at? How arbitrary are they? How logical?

Bruce Feldmann  
Berkeley, California

*(The standards are designed to be tough, but reachable. The running events are roughly based on 80% of the age-graded standard. The field events, about 75%. Reaching the standard means one has done very well in his or her event. - Ed.)*

Continued on page 22



## Indy Life 500

Continued from page 1

ond in masters competition (1:07:46), followed by Indianapolis resident Gary Romesser, 46 (1:09:16).

Honor Fetherston, 42, Mill Valley, Calif., finished as the second female master (1:21:20) to climb into first place in the women's circuit standings. Joan Ottaway, 53, Sonora, Calif., finished third (1:23:09).

While Plasencia and Welzel were setting their records, a number of other masters runners were hard at work establishing their own age-group records and world-class times. Warren Utes, 76, Park Forest, Ill., turned in the race's best age-graded performance with his 1:30:19 (94.8% A-G), a U.S. 75-79 age-group record. John Keston, 72, McMinnville, Oregon, set a U.S. M70 record with his 1:27:44 clocking.

Overall, eight men age-graded 90% or higher (world class): Utes; Keston; Plasencia; Bill Rodgers, 49, Sherborn, Mass. (1:10:17); Romesser; Ken Sparks, 52, Chagrin Falls, Ohio, (1:13:54); Doug Kurtis, Northville, Mich. (1:10:07); and Young.

Shirley Matson, 56, Moraga, Calif., turned in another phenomenal performance. Her 1:23:53 topped the women's age-grading (93.8%) and also set a U.S. single-age record. Matson, Welzel, and Ottaway ran world-class times of 90% or better. June Machala, 66, Spokane, Wash., set an age-group record (65-69) with her 1:39:49.

The weather, 55 degrees and overcast, was ideal except for a headwind over the last five miles. The overall race winner, Patrick Kiptum, established a new course record (1:01:56). □

## Upcoming Indy Life Circuit Races:

Freihofer's Run for Women 5K, Albany, NY	\$5,000	May 31
Bastille Celebration 8K, Newport Beach, CA	\$5,000	July 12
Chicago Distance Classic 5K (men), Chicago, IL	\$5,000	July 20

The inaugural Indy Life Circuit features nine events – eight scoring races per gender – which range in distance from 5K to the marathon. The Circuit offers over \$125,000 in total prize money including a final \$50,000 Grand Prix purse. The prize money for each race ranges from \$5,000 to \$38,000.

In the Indy Life Circuit, eligible masters athletes will earn Grand Prix points based on their overall finishing place (top ten) and/or time in each event. To score points, an athlete must be: 1) a member of USA Track and Field, 2) 40 years of age or older – proof of age may be requested, and 3) a U.S. citizen or green card holder.

At each Circuit race, the top ten masters overall earn points in reverse order of place: first place is worth ten points, second (9), third (8), fourth (7), fifth (6), sixth (5), seventh (4), eighth (3), ninth (2), and tenth (1).

Athletes can accumulate points in both categories (finish and age-graded). The top overall Grand Prix finishers in the Circuit will share \$50,000 in prize money (\$21,000 for the top three male and female masters, and \$29,000 for the top five male and female age-graded performers).

Charles DesJardins, USATF Life Circuit coordinator, said: "Because of a chip failure at the Gate River 15K in Jacksonville, March 8, the age-graded scoring is being revised."

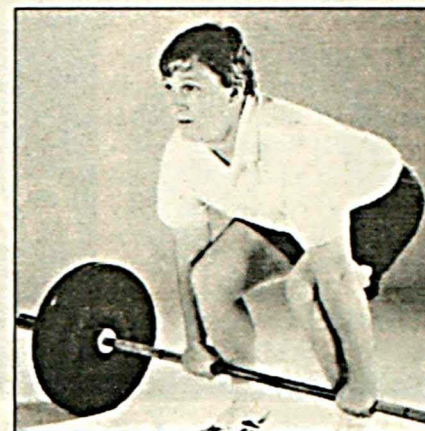
## INDY LIFE CIRCUIT

### 1997 Indy Life Circuit Standings

Men	Age	Hometown	State	Total
1. Craig Young	40	Colorado Springs	CO	55
2. Doug Kurtis	45	Northville	MI	44
3. Gary Romesser	46	Indianapolis	IN	41
4. Steve Plasencia	40	Minneapolis	MN	40
5. Bill Rodgers	49	Sherborn	MA	29
6. Lloyd Stephenson	42	San Francisco	CA	28
7. Jeff Foster	40	Edinboro	PA	22
8. Steve Jones	41	Boulder	CO	9
Steve Fader	40	Cincinnati	OH	9
10. Miguel Tibaduiza	40	Reno	NV	8

Women	Age	Hometown	State	Total
1. Honor Fetherston	42	Mill Valley	CA	51
2. Jane Welzel	42	Ft. Collins	CO	49
3. Kimberlee Campo	41	San Diego	CA	33
4. Joan Ottaway	53	Sonora	CA	29
5. Kathy Ward	42	Sacramento	CA	28
6. Alice Thureau	41	Fisher	PA	27
7. Terry Mahr	48	Oregon	OH	23
8. Shirley Matson	56	Moraga	CA	18
9. Ruth Wysocki	40	Canyon Lake	CA	10
10. Claudia Piepenburg	48	Arlington	VA	9

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# Masters Racewalking

by ELAINE WARD

## Injury Solutions

by JEANNE BOCCI

*Jeanne Bocci (W50) has been vulnerable to hamstring injuries throughout her racewalking and running career. The following is taken from an interview with her in Spokane at the Masters Nationals and updated by her for this article.*

### Hamstring Injury – Fasciectomy

Many racewalkers eventually come up with a hamstring injury. I usually combine running and racewalking, but when I get upset with technique problems in racewalking, I'll switch to running. At the time of my first hamstring injury, I was cross-country skiing and training for a 50-mile run. The injury occurred in 1980 and I put up with the pain for almost four years. At times, I couldn't even sit down.

In 1984 I read an article about a doctor in Southern California who treated hamstring injuries surgically. The article explained how he had done a fasciectomy on Alberto Salazar with great success. I contacted the doctor and went out to see him.

During our initial consultation, he explained that runners and racewalkers

rarely literally detach a hamstring. What is called "pulling" a hamstring usually refers to tearing fibers on the fascia of the muscle. The first time this tearing occurs, the athlete usually feels better in a couple of weeks and starts training and racing again full tilt. Then there is another little tear and another. Gradually scar tissue builds up – usually on one of the three hamstrings that attach to the ischium. If you notice, the two places most racewalkers have pain are where the hamstrings attach to the ischium or buttock muscles and occasionally right behind the knee.

During my first hamstring fasciectomy, the surgeon just opened up the leg and peeled the scar tissue off in a manner similar to taking calculus off a tooth. After surgery, I was back to regular walking within a week to prevent more scar tissue from forming. However, it was six weeks before I was allowed to even think about training, and then I was instructed to start very gradually. The older we are, the more gradually we have to come back.

My recent hamstring injury happened in August 1996. I iced it and my therapist used ultrasound on it up to Labor Day. In September, I resumed hard training for Elliott Denman's 40K championship and proceeded to race with the bad hamstring. Then I did a marathon in October, again with a bad hamstring. All the while I was building up more scar tissue in the injury site. When winter came, I was in chronic pain and couldn't train. In February, I went to Southern California for another fasciectomy.

I am currently free of any hamstring problem. I have returned to competitive racewalking, but I have had to lose some extra weight due to the period of inactivity. My metabolism was adapted to doing 60-mile workouts every week. I am being very conservative in my comeback as I don't want any more injuries. On the preventative side, I do stretching, swim four days a week and do water running. I am going to keep up this routine as I get back into shape so I don't re-damage the hamstrings.

Any sports person or masseur(se) will tell you how important stretching is. I am very poor with stretching. I would rather do an extra five miles than do 10 minutes of stretching. But I recognize



Doug VerMeer, M40, 5000 racewalk (27:09), Hayward Masters Meet, Eugene, Ore.

Photo by Suzy Hess

now that I would have had a lot fewer problems if I had stretched my hamstrings regularly before and after working out. Other preventative measures include swimming with fins. The fins ensure you keep your kicking leg and hamstrings straight. Deep water running, using an aqua jogger vest, cross-training, physical therapy, massage, ultrasound and chiropractic are also good for prevention.

The insurance I have in Michigan covered the cost of the fasciectomy. If any racewalkers would like to discuss hamstring injuries, they can call me at 313-886-5560 or fax a note to 313-886-2051.

\*\*\*\*\*

### Plantar Fasciitis – The Resupinator by MEL SCHULTZ

*Mel Schultz (M60) is a racewalker and runner who has been plagued by*

*another common racewalking/running injury – plantar fasciitis. After trying many prescribed "remedies," he stumbled upon one that really works for him.*

I purchased the Resupinator of the Lawton Strapping System at the L.A. Marathon Expo. It was an instant aid to my plantar fasciitis. I tried it because of a long-term problem which became crippling after the California State Senior Olympics in June 1996. I had racewalked in a 5K on Saturday and on Sunday had run in a 10K race, winning my age group. These races brought an end to my walking or running until this year.

In an effort to find relief, I tried heel cups, gel inserts and other devices, but had little success except for very slow and short walks and certainly no running. In this period, I had even been approved for heel surgery to remove a heel spur. A big "No-No" in my reading on the subject. Buying the Resupinator was a "why not" decision. It is not expensive.

As a consequence, I have won first place in two local racewalks, first place in an 8K and 5K run and 2nd place in another 5K run. My times are not back to pre-injury, but are coming up very well. I also have a neuroma on the same foot. I was told this product would not help the neuroma and it has not.

\*\*\*\*\*

After reading Mel's testimonial, I was very interested in the Resupinator's promotional flyer. According to the flyer, it provides an alternative to sticky, time-consuming adhesive taping and expensive, inflexible orthotics. Its purpose is to provide biomechanical control and relief from such conditions as plantar fasciitis, tendinitis, muscle strains and sprains, heel pain, shin splints and other problems caused by over-pronation.

The Resupinator, designed by two doctors, is made of four-way stretch material which flexes and stretches with the foot. The material is velcro-receptive and non-slip to ensure a comfortable fit. It comes in two sizes for the left and right feet. The small fits all women's shoe sizes and large fits men's size 10 and larger. The Resupinator can be sold individually or in pairs and includes videotaped and written instructions for reapplication by the patient. For further information, call 818-763-9330. – EW □



Joan Rowland, New York, winner of the W70 3000 racewalk (20:55.51), National Masters Indoor Championships, Boston.

Photo by Suzy Hess

## One-Hour Postal Racewalk Draws 200

by JANE DODS

Over 200 participants took part in the 1996 One-Hour Postal Racewalk with five new records being set. It was a banner year for Marin Race Walkers, easily taking the awards for most participants and distance.

The woman of the hour was Dorothy Robarts, Marin Race Walkers, who broke her W85 record for the second straight year by striding 6783m. Other record-setters were Velma Jacobs, Front Range Walkers, who reset the W80 mark with 7232m, and Ruth Eberle, RWCSL, who took over the W65 crown with 9460m.

In team competition, new records were set by Potomac Valley TC (M50, 33,214m) and Marin Race Walkers (M60, 30,208m).

Phyllis Abbate, M55, Marin, took the "Most Improved Walker" title for the women's masters. She increased her total by 8% from 7996m to 8637m. Joseph Mallon, M75, Racewalkers Northwest, nabbed the men's title by increasing his distance from 6313m to 7237m – a 14.6% improvement.

Coordinator Elliott Denman praised the race directors for sending him accurate and complete lapsheets. □





John Waggoner (rear left) and Thomas Crumrine (rear right) of sponsor Nationwide Insurance congratulate M75 award winners (l to r): Bill Benson, Bob Davan, winner in 53:45, and Manfred Gundell, USATF National Masters 10K Championships, Plainview, N.Y., April 12. Photo by Mike Polansky

## National 10K

Continued from page 1

Chargers runners, paced by Sam Graceffo, 60, Syracuse, N.Y., took the M60-69 trophy.

Kathryn Martin, 45, Northport, N.Y., the only masters woman to break 40 minutes, was the masters first in 38:59. Patty Zebersky, 41, Farmingdale, N.Y., the Hofstra University cross-country coach, was second in 40:12.

Mary Nathan, 56, Far Rockaway, N.Y., won the W55 race with a fast 41:49, an age-graded national-class 86.7% performance.

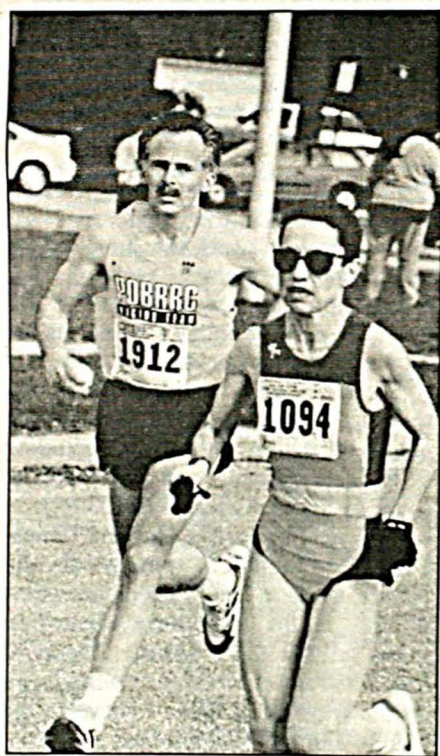
The Millrose AA three-member team won the W40-49 championship, with Kathy Gribbon, 43, of the Bronx, at the helm with a 40:14.

Suffolk County policeman Kevin Krause, 27, outkicked Don DiDonato, 39, Hicksville, N.Y., for the victory by three seconds in 31:17. Regina Ronan, 27, Northport, N.Y., was the overall female winner in 35:17. Over 1100 runners participated in the 10K and accompanying half-mile fun run.

This was the 20th running of the Run for ASPIRE, making it Long Island's oldest continuously held 10K. It is sponsored by Nationwide Insurance, the real estate management firm of RGE, Inc., Vytra Healthcare, and The Runners Edge, and conducted under the auspices of the Plainview-Old Bethpage RRC, Long Island's largest running organization. Technical assistance was provided by David Katz of Finish Line RR Technicians and the Town of Oyster Bay's Recreation and Parks Department.

The entire proceeds of the run are turned over to ASPIRE, the special program that provides prosthetic devices, physical therapy, and intensive rehabilitation through exercise and athletics to young amputees, victims of bone cancer and traumatic amputations. ASPIRE President, David Balsley, and ASPIRE Executive Director, Paddy Rossbach, were in Plainview for

the festivities. Rossbach, herself a below-knee amputee, competed in the 10K, finishing in 69:41. □



Mary Rosado, 47, New York, ran a 41:33, USATF National Masters 10K Championships, Plainview, N.Y., April 12. Ed Melnik, 41, wears the colors of the host Plainview-Old Bethpage RRC. Photo by Mike Polansky

## 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

## Pear Blossom Run Draws 1228

by JANE DODS

Medford, Oregon's annual 10-mile spring fling on April 12 drew 1228 this year. The runners were treated to perfect conditions (about 50 degrees and almost dry), which is not always the case in the northwest at this unpredictable time of year. The course is basically flat except for one hill at the turn-around just to make things interesting, and spectators crowded the downtown finish area to cheer the runners in.

Placing fifth overall in the women's division, Linda Hartman, 46, led the

masters women home in 1:05:11. Not far behind was Sandra Rowan, 40, crossing the line in 1:06:35. The men's masters champ, Leonard Hill, 44, placing fifth overall, cruised the course in 53:14. Runner-up was Thomas Cushman, 44, in 55:09.

Course age-group records were set by Marge Dunlap (W50, 1:26:59), Marcia McChesney (W65, 1:27:36), and Boyce Jacques (M70, 1:16:07).

The post-race barbecue at a local shopping center provided a delicious finale. □



Age-division winners at the Pear Blossom 10 Mile, Medford, Ore., April 12, from left: Marcia McChesney, W65, Bill McChesney, M65, Dawn Russell, W70, and Jane Dods, W60.

Photo by Lowell Russell

## Masters Return To Illinois

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## On The Run

by HAL HIGDON

### Becoming Competitive After Turning 40

**R**ecently, I received the following question addressed to the "Ask The Expert" column I write for *Runner's World* on America Online: I am four months from turning 40. My best 5K time almost three years ago was right at 16:00. I laid off running for two years, but now I want to be competitive as a master. I just completed a 5K in 17:45 with six weeks training. Any suggestions on how to get my time back down to the low 16:00s?

The answer to that question is one that might interest a lot of readers of *National Masters News*. For the benefit of those of you who missed the Q&A on America Online, here is my response:

I told my questioner that I had just returned from New Zealand, where one of my races was 5000 meters in that country's national veterans (masters) championships in Dunedin on the South Island. Coming off a winter where I gave as much of my attention to skiing as to running, I was somewhat "out of shape." Certainly, I was not as focused on performance as I will be this summer when I plan to attend the World Veterans Championships in Durban, South Africa. I enjoyed racing on the track in Dunedin, but I didn't win any prizes.

It's a 12-hour flight from New Zealand back to the U.S., so I had ample time to consider what training might help me peak in Durban. Planning campaigns is something I've done before, while cooped up in an airline cabin on the way home from major running events. I consider my next goals. I plot my next training. I get out paper and pen and draw rows of boxes and fill them with numbers like 8 x 400, or 5 x 1K.

In the air over the South Pacific, I did just that. I sketched out a training plan for the coming 18 weeks, climaxing with the World Vets, where I plan to run cross-country, the 5000 and perhaps the 2000 meter steeplechase (if my old legs will take me over the barriers).

Planning far ahead is important in trying to peak for major races. You need to progressively increase your level of stress from week to week, reaching peak stress two to four weeks before your goal race. For maximum results at distances such as the 5K, you need to include speedwork to teach your legs to go fast. You need lactate threshold training to improve your ability to tolerate stress. You need distance work for cardiovascular conditioning. You need flexibility drills to stay loose. You need strength training to get strong. You need rest. You also need a few races to fine-tune your competitive

skills.

Flying home, I sketched a graph with seven boxes across (one for each day of the week, Monday through Sunday) and 18 boxes down (one for each week between then and the World Vets). Then it became a matter of filling in the boxes.

I decided that Mondays, Wednesdays and Fridays, I would do "grass drills" in the mornings, adding cross-training in the afternoons with Friday also a possible rest day (particularly if I scheduled a race on Saturday). Tuesdays would be for speedwork: first hill repeats on the road outside my home, later moving to a track for classic interval training. Thursdays, I would alternate long repeats (5 x 1K) one week with tempo runs (30-45 minutes) the next, shifting to the track as the important races drew near for very fast repetitions with maximum rest between (3 x 300).

Saturdays and Sundays would feature long runs at varying tempos. Saturday, if not racing, I would do any easy long run for an hour or two. Our club meets Sunday mornings at the Indiana Dunes State Park for runs of 60-90 minutes up and down the dunes, and I like to run with them for what can be either the toughest or easiest workout of the week. Every third or fourth week, I would run a race from 1500 meters to 5000 meters to test my conditioning. If I needed an extra day's rest, I would take it on Monday.

Sound complicated? Here is the schedule in more detail:

**Monday a.m.:** Grass drills (4-8 x 100, bounding, stretching)

**Monday p.m.:** Cross-training (walking, biking, lifting)

**Tuesday (weeks 1-5):** 3-7 hill repeats (400 up @ 1500-pace, jog down)

**Tuesday (weeks 6-15):** 8 x 400 @ 5K race pace, 200 jog between. Begin with current race pace (my pace in New Zealand); progress 1 second a week to goal pace (what I hope to run this summer)

**Wednesday (a.m. & p.m.):** Same as Monday

**Thursday (odd weeks):** 5 x 1K @ 10K race pace, 5:00 walk between



Jim Aneshansley #20, USA, on his way to a gold medal (2:24.04) in the M60 800, NCCWAVA Championships, Eugene, Ore., with Charles Kirkby, USA, following. Photo by James Fields

**Thursday (even weeks):** 30-45 minute tempo run, building to near 10K pace in the middle

**Thursday (weeks 12-15):** 3 x 300 @ 800 race pace, 5:00 walk between

**Friday a.m.:** Same as Monday and Wednesday, or rest

**Friday p.m.:** Cross-training, or rest

**Saturday:** 60-120 minutes at marathon pace, or slower

**Sunday:** 60 minutes at marathon pace, or faster

I plan to run as many of these workouts as possible on soft surfaces to limit muscle stress and prevent injuries. The grass drills, for instance, are to be run on a golf course a half-mile from my house. I will do the tempo runs and long repeats on trails, the short repeats on a rubberized track. Only the hill repeats and long runs on Saturdays will be on the road. Sunday's workouts are totally on soft surfaces in the dunes.

Week 15 will be the peak of my training. Weeks 16-18 will be a combination of resting and racing, including several short road races in Ireland en route to South Africa. Since I hope to run the steeplechase in Durban, I know I will need to include some hurdle and barrier work as well. There are some benches on the golf course where I do grass drills. I have already begun to leap a half dozen of them cooling down on the way home. Once I move to the track, I can work on hurdles.

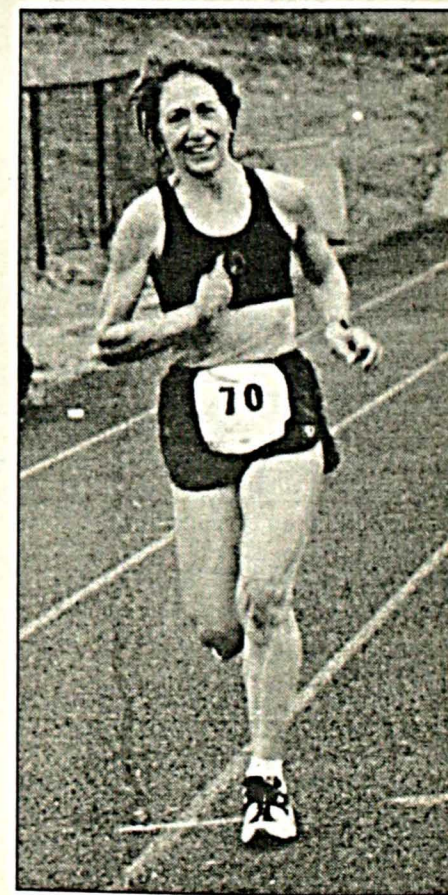
Would such a schedule work for the newly-turned master who wrote me on America Online? Would it work also for young high school runners, many of whom have already begun to write my "Ask The Expert" column asking about their summer training? Maybe not exactly as I've outlined it, but the general principles of mixing quality speed work with easy recovery workouts and increasing the stress level over a period of weeks, applies to all runners training for distances around 5000 meters. The foregoing is not a schedule for beginning athletes; it is more for experienced athletes trying to excel and set Personal Records.

The training has already begun to pay dividends for me. Three weeks into my program, I ran a test race in

Lansing, Illinois. The distance was 4 miles, not 5K as I might have preferred, but I came past the shorter distance an estimated 20 seconds faster than my time in Dunedin. I have a long, long way to go before I can hope to be competitive in Durban – or win a medal – but that's not the point. Most important is to have goals and strive toward them, and also have purpose in your training.

Because I enjoy varied forms of training, and consider being able to get out for each day's run a form of victory, I have already won my gold medal. □

(Hal Higdon is a Senior Writer for *Runner's World*. More information on training can be found in his books, "Run Fast" and "Marathon: The Ultimate Training & Racing Guide," as well as on his web site: [www.hal-higdon.com](http://www.hal-higdon.com).)



First W55, Judith Flannery, 57, with a 1:45:58, Bethesda 20K, Bethesda, Md., March 2.

Photo by George Banker



## Plasencia Sets 5000 Record

The USA masters 5000-meter track record which had stood for 25 years (On The Run, March NMN) was demolished by Steve Plasencia, 40, in the Drake Relays, April 26.

Plasencia finished second in the race (behind Baylor's Brian Keim, 14:00.27) in 14:02.86, nearly a minute under Hal Higdon's 14:59.6, which had stood since 1972.

The world M40 record is 13:45.6, set by France's Lucien Rault in 1976.

"My 5000 time from London in 1972 was a reasonably good record when I set it, given the competition at that time, but much faster masters are running the sport today," Higdon said. "The record never should have lasted 25 years. I was at best an also-ran in my prime, but current masters include Olympians such as Steve Plasencia. I knew he would break the record easily if he set his mind to the task. I doubt if Steve's record will last as long as mine did. At least, I'm hoping that his performance will encourage more and better runners to get involved in masters track."

"Now if we can only find someone willing and able to tackle my 3000 meter steeplechase records from the same era. I can't recall Steve ever having run the chase when he was younger, but he's fast enough to get that one (9:18.6) too if he wants to risk life and limb." □

## USATF By-law Revisions Requested

by TOM LIGHT, USATF  
Masters T&F Law Chairman

As this is an odd-numbered year, amendments to the USATF by-laws and regulations will be considered at the 1997 USATF Convention in Dallas in December.

Ed Koch, Chair of the Law and Legislation Committee, says any proposed changes may be submitted by:

- 1) the chair of any USATF standing committee;
- 2) the members of the Law & Legislation Committee;
- 3) the president of any USATF association;
- 4) an officer or executive director of a member national organization; or
- 5) a USATF officer.

Individuals may submit amendment proposals, but the proposals must be recommended by one of the above. See Article 26 of the USATF by-laws for other requirements concerning amendment proposals.

Accordingly, if you have any recommendation for amendments to the by-laws and regulations you would like to submit for consideration at the convention, please submit them either to me or to Ken Weinbel by August 15, 1997. (Addresses on page 3). □

## PUBLICATIONS ORDER FORM

Quantity		Total (US\$)
_____	<b>Masters Age Records</b> Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1996. 56 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$4.00.	\$ _____
_____	<b>Masters Track &amp; Field Rankings</b> Men's and women's 1996 U.S. outdoor track & field 5-year age group rankings. 56 pages. 150-deep in some events. All T&F events. Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman. \$6.00.	\$ _____
_____	<b>Masters Track &amp; Field Indoor Rankings (1996)</b> Same as above, except indoor rankings for 1996. 4 pages. \$1.50.	\$ _____
_____	<b>Masters Age-Graded Tables</b> Single-age factors and standards from age 8 to 100 for men and women for every common track & field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. \$6.00.	\$ _____
_____	<b>Masters 5-Year Age-Group Records</b> Men's and women's official world and U.S. outdoor 5-year age group records for all track & field events, age 35 and up, as of March 1, 1997; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$1.50.	\$ _____
_____	<b>Masters 5-Year Indoor Age-Group Records</b> Same as above, except indoor records (M40+, W35+) as of August 1996 (world) and January 31, 1997 (USA). 4 pages. \$1.00.	\$ _____
_____	<b>Competition Rules for Athletics (1996 Edition)</b> U.S. rules of competition for men and women for track & field, long distance running and racewalking—youth, open and masters. \$12.00.	\$ _____
_____	<b>USATF Directory (1996)</b> U.S. Bylaws and operating regulations. Includes names and addresses of national officers and staff, board of directors, sport and administrative committees, etc. \$12.00.	\$ _____
_____	<b>IAAF Scoring Tables</b> Official world scoring tables for men's and women's combined-event competitions. \$12.00.	\$ _____
_____	<b>IAAF Handbook</b> 1996/1997 rules and regulations handbook. \$15.00.	\$ _____
_____	<b>Masters Racewalking</b> Thirty American coaches and athletes share ideas on Technique, Training and Racing. This book is a unique and complete resource. Edited by Elaine Ward. \$15.00.	\$ _____
_____	<b>USATF Logo Patch</b> 3 color embroidered 4" x 3". \$4.50.	\$ _____
_____	<b>USATF Race Walking Patch</b> . 3-color embroidered 4" x 3" with gold trim. \$5.50.	\$ _____
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_____	<b>USATF Decal</b> . 3-color. 3" x 2-1/2". \$2.00.	\$ _____
_____	<b>Guide to Prize Money Races and Elite Athletes 1997</b> Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 800 addresses and phone numbers, calendar for over 400 prize money events, and more. \$58.00.	\$ _____
_____	<b>Running Research News</b> Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. \$35.00 per year.	\$ _____
_____	<b>Back Issues</b> of National Masters News	
	Issues: _____ \$2.50 each.	\$ _____
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	<b>Overseas Air Mail</b> (add \$5.00 per book)	\$ _____
	<b>TOTAL</b>	\$ _____

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## The Weight Room

by JERRY WOJCIK

### Chicanery, Skullduggery, Flimflam, and Hornswoggle

**H**ow much cheating goes on in masters track and field? That's a question prompted by the recent rash of alleged cheaters in the L.A. and Boston marathons. I can't speak with any authority on illegal activity in the track and jump portions of the sport or what goes on in the throws in other parts of the country, but I've had some experience with throwers on the West Coast and Northwest. I don't think there's much in the way of high-level shenanigans taking place in masters throwing.

After bribing and browbeating officials, the first recourse for a thrower who wants to enhance his performance is to lighten the implement, or, in the hammer, to lighten it and lengthen the wire, and for the javelin, to fool around with its center of gravity and balance.

There may well have been a limited amount of intentional illegal activity with "adjusted" implements in the past at major meets. But now, implements are measured and weighed at the nationals, the regionals (I hope), and most major meets.

When I lived and competed in Southern California, we had a thrower who would throw a 12-lb. hammer (the specified implement at that time) and then remove the handle and wire and use the ball as shot. The implement was a few ounces lighter, but he was so good that no one could have beaten him even if he had put the correct weight shot.

I find it difficult to condemn that practice as cheating with intent. I think of it more as a matter of economic necessity or convenience. Who needs

to lug two 12-lb. chunks of metal around all day or spend money on another iron ball if you already own one?

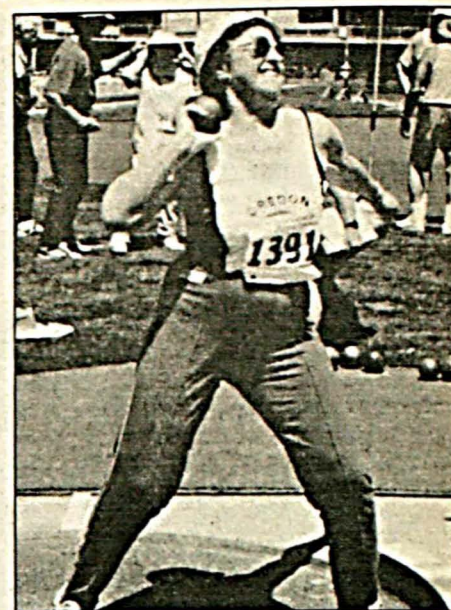
There was always talk that one of the top javelin throwers used a gimmicky implement at certain meets. I've never placed any credence in it. Once at a West Regional championships, I was told by a reliable individual that he saw a hammer thrower changing a wire behind a shed after the implements had been approved.

It could have happened, but not if the approved implements had been brought to the throwing site at the time of the event as is done at Hayward Field in Eugene and at other properly conducted meets. And you don't just pick up your implement at Hayward and leave after your event, you have to go to the weights-and-measure guys and collect it. That system would have prevented the theft of an indoor weight at the 1996 championships in Greensboro. Talk about dishonesty.

I have doubts about the authenticity of some marks I see reported in certain meets, particularly in the shot put. Every year, we receive letters from athletes informing us that in such-and-such a meet, the wrong implements were used by an age group, usually after the results have been published in the NMN.

Occasionally, throwers will use non-standard or lighter implements when the specified ones aren't available at a meet. It's no crime for an M55 to throw an 8-lb. shot, but it sure screws up the rankings, which is why responsible meet directors should indicate who threw what in published results when off-beat implements have been used.

The conditions in a field event are obviously dissimilar to those in a road race, especially a marathon with 10,000 participants. In the throws, everybody knows everyone else in his or her age group, and who's coming up and who's leaving. Your competition stands before you. Athletes with big marks in the Cut and Shoot Senior Games in Texas will show their true colors when they show up at the



Melanie Reske, W70 shot putter, 1996 Hayward Classic, Eugene, Ore. This year's meet will be held on June 28-29. Photo by Suzy Hess

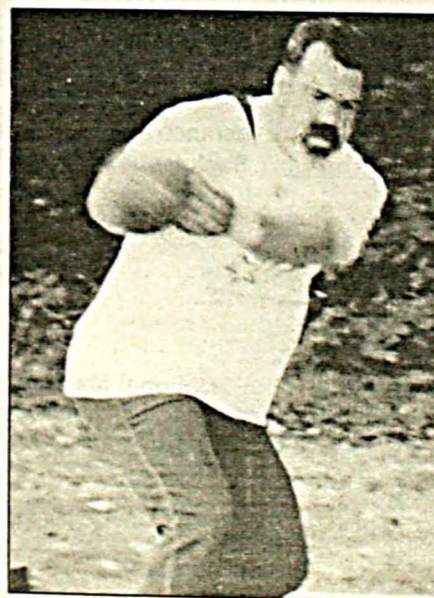
nationals.

No one can take a cab or get on the subway, so to speak, to pop up and place first in the hammer or discus. Although, I see that kind of situation occurring, especially at small, "friendly" meets, when accommodating officials, who perceive masters athletes as dotards incapable of following rules or telling time accurately, allow late-arriving athletes to throw after their age groups have finished. People of questionable character are watched closely by other athletes; however, I have never seen an athlete confront another about a suspect implement during or after the event. Athletes should not have to be concerned during competition about whether their opponents have an unfair leg-up.

Not much hanky-panky can go on at a meet where the officials are sharp (no one leaves the immediate throwing area with an implement) and apply the rules (legally taped fingers and wrists, for instance), and the meet directors have safeguards (accurate weights and measures) to discourage those who feel the pressure to cheat.

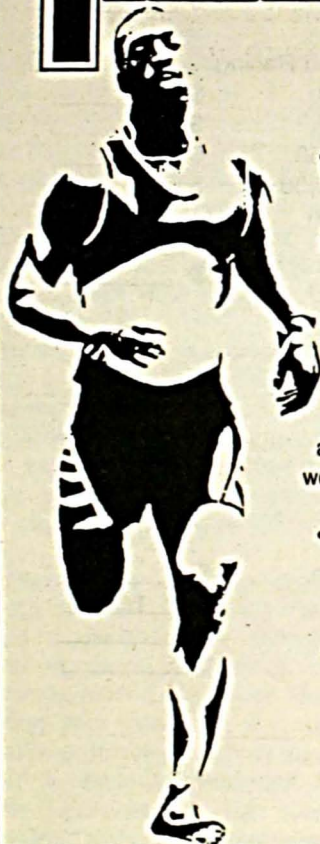
A second level of questionable performance enhancement might be called creative ambiance development, where the athlete, on or soon after a birthday, develops a meet in his backyard or a nearby throwing site, usually with the intent of breaking a single-age record, which is accomplished with the official stamp of approval by accompanying friends, relatives, and the necessary certified officials (often one of those friends or relatives). All legit but viewed with cynicism by other athletes, especially those whose records are erased.

A third level of gaining unfair advantage over one's opponents is, of course, the use of steroids, drugs, stimulants, or whatever, to enhance the physical dynamics of throwing. I'm not talking about washing down an extra all-purpose vitamin before competing or popping Ibuprofen to quell the pain in the knees, but a practice that needs a more serious examination beyond the light-hearted chit-chat about deception engaged in here. □



Tim Edwards, M45 1996 national weight and superweight champion, Seattle. Photo by Suzy Hess

## TRACK & FIELD NEWS



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## Speaker's Corner

by KEN STONE

### You Know You're a Master When...

- ... you take home the gold medal after finishing last in your race.
- ... you arrive for the high jump an hour late, and the bar still hasn't been raised to your starting height.
- ... you thrill to see yourself in the annual age-group rankings.
- ... you despair to see your only mark of the season in the annual age-group rankings.
- ... you start comparing yourself to 70-year-old pole vaulters and 30-year-old milers on the basis of performance percentage.
- ... you get crushed by someone 15 years older than you.
- ... you learn the guy who crushed you competed in the 1960 USA Olympic Trials at Stanford University.
- ... you know who Al Sheahen and Pete Mundle are.
- ... you wish you were Phil Rascher or Steve Robbins.
- ... you arrive at a track meet with an entourage of relatives, friends, picnic gear and camcorders.
- ... you arrive at a track meet alone, but you know so many of the athletes on the field, you feast on friendship and memories of past meets.
- ... you travel a thousand miles just to run for 12 seconds.
- ... you pull up lame 1000 miles from home six seconds into a race.
- ... you pull up lame a mile from home. For the fourth time in two years.
- ... you compete in a national championship even though you never lettered in high school.
- ... you attend a high school reunion, and the captain of your old track team is so amazed by your condition he makes a third trip to the bar to drown his envy and bloat his already obese body.

### FIVE YEARS AGO June, 1992

- Mike Heffernan (51, 26:18) Wins 9th Annual Fifty-Plus 8K
- Pierre Levisse (40, 29:33) and Priscilla Welch (47, 34:38) Top Masters in Sallie Mae 10K
- Payton Jordan, 75, Sets M75 WRs in 100 (13.5) and 200 (28.3)

- ... you decide to enter a new event just for the heck of it (and no coach tells you to forget it).
- ... you decide to scratch from an event for the heck of it (and no coach holds your scholarship over your head).
- ... you stoically pony up \$20 entry fees (and no coach is there to handle the expense and paperwork).
- ... you've joined the Webmaster TC and had your bio posted for the whole world to admire.
- ... you line up against teen-agers at an all-comers meet, just for the private satisfaction of seeing their faces when you tell them your age afterward.
- ... you limp into work the next day, just for the public pride in being able to explain to astonished co-workers that you just ran the 400-meter intermediate hurdles.
- ... you celebrate turning 50, 55, 60 or 65.
- ... you curse being 49, 54, 59, or 64. □

## Hilliard Stars in Final Naples, Fla. Meet

by JERRY WOJCIK

Competition in the field events at the Naples On The Gulf Meet, Naples, Fla., on April 5, was so fierce that, in some divisions, even athletes in fourth and fifth places qualified for the All-American Standards. Women field eventers stole the show, producing one world and four U.S. age-group records.

Vanessa Hilliard, 55, broke her W55 world record of 47.76/156-8 for the hammer, set in 1996, with a 49.48/162-4. She broke another record with a 37.80/124-0 discus throw, erasing her U.S. mark of 32.22/105-8. She also threw the 56-lb. weight 5.63/18-5½, which would have placed her eighth in the list of 16 men throwers in the 1996 M55-59 rankings, and heaved the 98-lb. weight 2.79/9-2. Hilliard also outscored everybody else in the weight pentathlon with a 5339 total. Len Olsen, 65, the top scorer in the 1996 USATF WP Championships in Bozeman, Mont., was second at 4650.

Erika Messner, 61, increased the W60 U.S. records in the discus and hammer. She bettered the discus mark of 9.82/32-2¼ of 1989, with a 10.21/33-6, and upped her 1996 hammer record of 29.65/97-3 with a 29.72/97-6.

In the pole vault, Joy MacDonald, 56, increased her W55 U.S. record, set in 1996, of 2.51/8-2¼ to 2.56/8-4¾.

The 112 participants, who signed up for 358 events, compiled 86 All-American performances and set 23 Florida state records.

Large fields in the throws did not offset low numbers in the running events and jumps enough to keep the

meet alive, according to meet director Rudy Vlaardingerbroek. "This was the seventh and final meet for us," he said. "Too much work for a low attendance this year. Next year, I can see the throwathon still taking place, since it involves only throwing events, and there are a lot more participants for that than some of the running events."

The meet also included age 19-24 and 25-29 divisions for men and women. □



World age-group pole vault champion Jerry Donley shows what it's like training in Colorado in the springtime (April 27).

### TROJAN MASTERS TRACK MEET



Sunday, June 29, 1997  
Cromwell Field - U.S.C.

sponsored by the Trojan Masters Track Club

- Entry fees** - \$13 for 1st event; \$5 for each additional event - add \$5 for day-of registration  
\*\*\*NO REFUNDS PLEASE\*\*\*
- Registration Deadline** Registrations must be received by June 21. If you think your registration will be late, please CALL! 818-917-6289 - or E-mail at: rreabold@hipusd.k12.ca.us - or FAX: 818-917-6229
- Parking** Only pre-registered athletes will be on the FREE parking list. Parking is \$6 otherwise. Enter USC at Gate #5 (Jefferson & McClintock).
- USATF Card** The Trojan Master Meet is sanctioned by USATF. A USATF Card is required. They're \$15 and will be available at the meet.
- Awards** Medals will be awarded to the top 3 places in all events for each 5yr. age group.

**Event Order:** (Morning Session)  
(Times are approximate)

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

\*\*Officials lunch break\*\*

(Afternoon session begins at 1:00pm)

**Event Order**  
800  
300m  
400m  
200

**FIELD EVENTS:**  
10:00 Pole Vault  
10:00 Long Jump  
10:00 Discus (Shot Put will follow the Discus)

1:00 High Jump  
1:00 Triple Jump  
1:00 Javelin

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

### 1997 TROJAN MASTER ENTRY FORM

NAME: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
CITY/ST/ZIP: \_\_\_\_\_  
PHONE: \_\_\_\_\_  
AGE GROUP: \_\_\_\_\_

1997 USATF Card Number: (No number, no entry)

Make checks payable to:

TROJAN MASTERS  
1125 N STIMSON AVE  
LA PUENTE, CA 91744

#### EVENTS

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

Registration: \$13  
Add'l events x \$5 \_\_\_\_\_  
TOTAL → \_\_\_\_\_

In consideration of my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release forever, any and all right's claims or damages I may accrue against the Trojan Masters Track Club, the University of Southern California, any individual associated with the operation of this meet and all sponsors of this competition, their successors, representatives and assigns for any and all injuries suffered by me while traveling to and from and while participating in the Trojan Master track meet held on June 29, 1997 at U.S.C.

Signature \_\_\_\_\_





## Training Advice

by ROSS DUNTON

### Training for the 400 and 800

**T**here is a point at which the body cannot keep up with the energy demand placed on it. This leads to oxygen debt – the limiting factor in runs of from 300 to 800 meters. The 400 is about 80% anaerobic, the 800 about 70%, and the 10K only about 10%. Thus, to compete in the 400 or 800, you must train using the "Anaerobic Lactate Energy System."

Heart rate is a good indicator of the stress being applied to one's body. The term "tempo" refers to the intensity of the run. In a "continuous tempo" run, the heart rate is maintained from 50% to 60% of maximum. In an "extensive tempo" run, the heart rate is 60% to 80% of maximum. Continuous, smooth running in this range enhances the body's ability to tolerate greater lactate levels.

#### Intensive Tempo Runs

"Intensive tempo" runs are done in the 80% to 90% range. The runs in this range must be controlled, relaxed and smooth. Intensive tempo training develops anaerobic energy. Lactate levels become high during this training, which makes demands on both the anaerobic and aerobic systems.

There are many published charts showing relationships between age, maximum heart rate, and a training heart rate zone. The general rule of thumb gives the maximum heart rate as 220 minus your age. However, that's inaccurate for the well-conditioned masters athlete, for which 210 minus half your age is a more accurate gauge. I am 64 and my max is 174-177. If I went by the chart in my local gym, my 80%-90% intensive tempo run would be done with a pulse rate between 130 and 145. This is more like the range where I maintain my heart rate during the five-minute cooldown jog after an intensive tempo session.

A typical intensive tempo workout

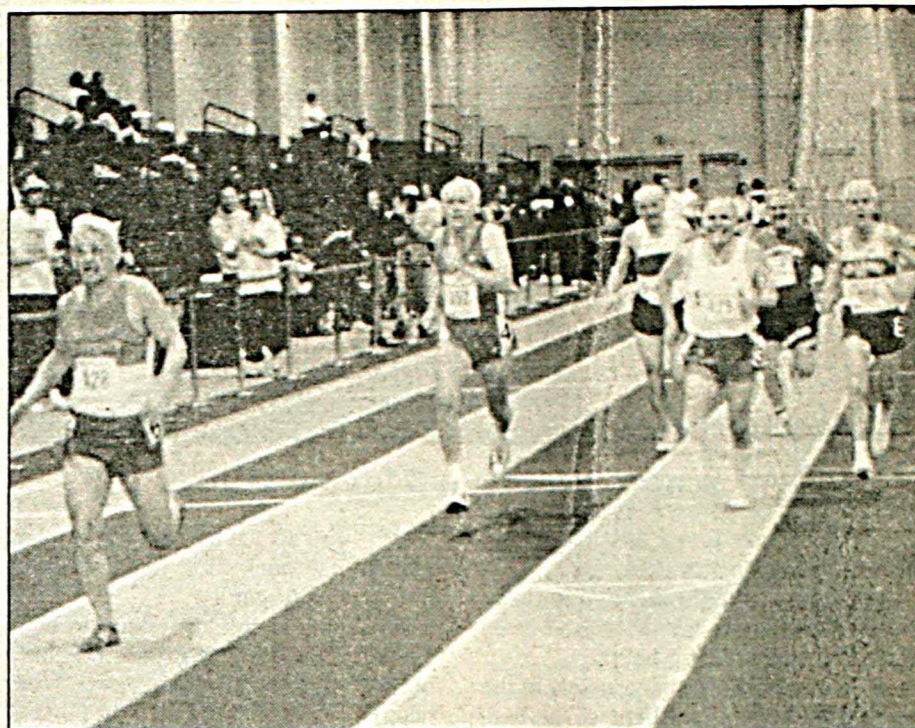
would be 4 to 12 repetitions of from 200 to 400 meters at a speed near your 800 race speed. Recovery would be until the heart rate drops below 120.

Another workout would be 5 reps of 200 meters with a 100-meter jog between, followed by a 10-minute recovery. This is followed by 4x200x100 with a 10-minute recovery, then 3x200x100. Again, these should be run at or close to your 400 or 800 race pace.

#### Trains Body and Mind

These workouts not only train the body to tolerate higher levels of lactic acid, but they also train the mind. They train the body to run smooth and relaxed under stress. They teach the mind that the body can continue to run smooth and relaxed when it hurts. If done properly, high levels of lactic acid are developed and the legs will ache and burn.

It is not the lactic acid that aches and burns in your legs during and after a hard session. It is the free hydrogen ions which are produced when the glucose in your system is broken down. For proper recovery, it is critical that the heart rate be maintained in the 120 to 140 range for the first five minutes immediately following any hard workout or race. For example, in the 5/4/3X200X100 session above, the first five minutes of the 10-minute recovery between sets should be spent jogging. Keeping the heart rate elevated introduces more oxygen into the



Howard MacMillan, 70, New York, winning the M70 400 in 72.54, National Masters Indoor Championships, Boston, March 21-23. Harold Johnson #352, 71, Georgia, was second (73.49), Sam Madia #429, 73, Pennsylvania, third (73.52). Photo by Jerry Wojcik

system to neutralize the hydrogen ions.

A balance between aerobic and anaerobic training must be developed and maintained. Too much anaerobic work will sacrifice speed. A lack of suf-

ficient anaerobic work will force you to carry a large bear and a grand piano on your back while your form falls apart as you weave your way down the track toward the finish line. □

### French Runners Claim Masters Titles in Boston

by JERRY WOJCIC

French marathoners took the masters firsts in the 101st running of the Boston Marathon, April 21. Dominique Chauvelier, 40, La Fleche, France, the M40-49 race winner, finished 20th overall of 11,000 runners, with a 2:19:10. Josette Colomb-Janin, 44, Les Eparres, France, winner of the W40-49 contest, was 18th woman in 2:40:53. Both collected \$10,000 in cash prizes.

Antonin Niemczak, 41, Rochester, N.Y., was second master in 2:21:43, followed closely by Johann Hopfner, 40, Germany, with a 2:21:48. Mexican masters sensation Martin Mondragon, 43, who lives in Tampa Fla., was fourth in 2:22:19.

Doug Kurtis, 45, Northville, Mich., first U.S. citizen and fifth master in 2:23:10, ran the best age-graded masters time with a 93.4%. Chauvelier, whose time was 23 seconds better than that of last year's winner Herbert Steffny, Germany, had an age-graded 92.7%, with Mondragon at 92.6%.

Richard Weeks, 50, Nashville, Tenn., won the M50-59 race in 2:41:41. Brent MacDonald, 51, Canada, was second in 2:43:22.

Colomb-Janin's time was some nine minutes slower than the time (2:32:02) of the 1996 first masters woman, Lorraine Moller, New Zealand, but still an outstanding age-graded 91.5% performance. Sissel Grottenberg, 40, Norway, was second masters woman with a 2:42:07.

Eve Pell, 60, Mill Valley, Calif., was the W60+ race winner in 3:27:21. Carolyn Woodbury, 60, Missoula, Mont., took second in 3:54:07.

Husband and wife, John Murphy, 61, and Suzanne Murphy, 59, Cypress, Calif., had placed first in their division races but were disqualified. Officials became suspicious when they crossed the line, and withheld the Murphys' awards until tapes of the race could be reviewed. John Murphy's time was the second-fastest ever recorded by a man his age. Both have been credited with national-class times in the past.

Race referee Steve Vaitones recommended their disqualification after interviewing John Murphy. Boston Marathon officials named new winners: M60+ division, Anthony Cerminaro, 60, Jermyn, Pa., 2:54:17, and W50-59 division, Susan Gustafson, 50, Norwell, Mass., 3:19:47. □

### 53 Meet Records Set in Visalia Meet

by BOB HIGGINBOTHAM

Fifty-three meet records were broken or established at the 5th annual Visalia Classic, Visalia, Calif., May 3. Hugh Adams, M55, began the record-breaking early with a 15.6 in the 100H and a 45.5 in the 300H.

Lisa Nichols, W30 1996 national champion in the 800 and 1500, broke the meet record for the 800 with a 2:18.3 and won the 1500 in 4:50.8. Diana Rigor, W35, set records in the 200 (28.4) and 400 (64.1).

Joe King, M70, won the 1500 (5:24.8) and 5000 (19:50.4). Bert Morrow won the 80H, the 100, and 200 with record M80 times.

Other triple winners were Rodney Brown, M70, Cedar City, Utah, with records in the 100, 200, and 400, and Charles Mercurio, M75, who won the 100, 200, and triple jump.

In the field events, Ross Carter, 84, Eugene, Ore., won the shot put and established a national age record in the discus (110-3). Joe Keshmiri, M55, Reno, Nev., obliterated records in the shot (50-8 1/2) and discus (167-0).

One hundred and eleven masters entered the meet and enjoyed a beautiful spring day of pleasant 80 degree weather. The meet was sponsored by the Kaweah Sierra Medical Group and the Kaweah Delta Hospital. □

### TEN YEARS AGO June, 1987

- Web Loudat Wins Bud Light Legends Mile in 4:20.89
- Priscilla Welch, 42, Sets Masters Women's World Record of 2:26:51 in London Marathon
- England's Dave Clark (43, 2:21:37) and Sweden's Evy Palm (45, 2:36:24) Take Top Masters Prizes in Boston Marathon
- Paul Bruvik (44, 1:24:21) and Judy Kewley (42, 1:36:00) Score Masters Triumphs in Las Vegas Half-Marathon





## Track & Field Report

by KEN WEINBEL  
USATF Masters T&F Chairman

### Report from the Chairman

I recently had a phone call from a 35-year-old athlete inquiring if he could compete in Masters Track & Field programs, even though he was not yet 40 years old. I informed him that all athletes 30-years-and-older are eligible for masters USA Track & Field competition, including national championships. I explained that the 30-39 age groups are called "Submaster." The caller inquired further, "Can Submasters compete for the same medals as the 40-year-and-older age groups? Can a Submaster be a national champion? Can a Submaster set an age-group record?" My answer to each question was "Yes." The caller commented, "Then why do I need to be called a Submaster?" Good question.

I decided to contact some of our masters founding fathers for a short history lesson, which turned out to be anything but short. However, they all agreed that masters track & field in the U.S. was founded to provide competition opportunity for athletes 40-years-and-older because they were not being accommodated in available open meets. As years passed and masters track & field successfully continued to accomplish its mission, a younger group of adult track & field athletes was found wanting for opportunity to compete in meets not limited to elite athletes. Masters track & field recognized a need and opened up meets to the 30-39 age groups and called them Submasters.

Now, after years of successful inclusion of the 30-39 groups in our meets and affording them all the opportunities and amenities provided the 40-year-and-older athletes, it may be time to consider retiring the category of "Submaster" and embrace the age 30-39 athletes as Masters Track & Field Athletes. Your comments are encouraged. □

### PHIL RASCHKER'S EIGHT WORLD W50 INDOOR RECORDS SET IN 1997

	Mark	Old Mark
60	8.05	8.7
60H	9.38	10.43
200	26.52	28.93
400	63.84	65.63
HJ	5-1	4-7½
PV	10-0	8-4½
LJ	17-8½	14-11½
TJ	34-5	30-2½

Set in England, Boston, Chicago

### LATE FLASH!

At the Tennessee Masters T&F Championships, May 17, Atlanta's Philippa Raschker, 50, set two more pending outdoor W50 records in the 100 (12.50) and 80H (12.90). The current marks, respectively, are 12.9 (Irene Obera, USA) and 13.02 (Corrie Roovers, HOL). Complete results next month.

### Raschker Ineligible for College Competition

Philippa Raschker, 50, who became a freshman at Atlanta's Life College this year and hoped to compete on its women's track and field team, has been denied eligibility by the National Association of Intercollegiate Athletics.

Over the past several years, Raschker received a total of \$200 in prize money for winning *National Masters News* age-graded 100-meter races at the USATF National Masters T&F Championships. Even though the small sum didn't begin to cover her expenses to the meets, she forthrightly reported her "earnings" to the team coach, who asked the NAIA to make an exception of its rule that winning prize money disqualifies one from NAIA competition.

In a letter to Life College on May 15, Thomas Howell, Chair of NAIA's Eligibility Committee, wrote: "We find no extenuating circumstances existing... that would warrant setting aside a regulation established by the membership... Student Raschker must meet all rules and regulations established by the membership before being allowed to represent your institution in any manner in intercollegiate athletics."

In a peculiar side ruling, the committee added that Raschker *will* be allowed to compete in 1998 when she is 51.

The rulings smacked of the familiar bureaucracy and nit-picking which many sports administrators seem to actually enjoy foisting on unsuspecting, honest athletes.

"To hell with justice, just follow the rules," said one observer after the ruling came down.

"I just tried to do the right thing," Raschker said.

Phil Mulkey, her long-time coach, said: "If Philippa's not an extenuating circumstance, who is?"

Some rule-makers may have objected to a 50-year-old woman performing on an equal level with college-age athletes. Others may have been unwilling to let the college gain some favorable publicity which would have resulted

### Setnes, Bartley Take National 100K Wins

by JERRY WOJCIK

Kevin Setnes, 43, Eagle, Wisc., finished first overall in 7:26:22 on a 7:11 pace in the GNC 50-Mile Team Challenge/USATF 100K National Championships, which also served as the 100K National Masters Championships, in Pittsburgh, Pa., on April 12. Setnes was awarded \$1000 first-place prize money and qualified for the 1997 100K World Championships.

James Garcia, 38, Westford, Mass., was second (7:31:32). Scott St. John, 34, St. George, Utah, placed third (7:38:29). Both qualified for the World Championships.

Tim Hewitt, 42, Greensburg, Pa., fifth overall (7:50:27) was the second master. Seventh-place Roy Pirrung, 48, Sheboygan, Wisc., was third (7:57:38).

Mo Bartley, 41, Cool, Calif., was the first W40+, covering the 100K on

the five-mile loop course in 9:51:14.

Kris Clark-Setnes, 37, Kevin's wife, was first female overall (8:45:44). She, along with Jennifer Johnson, 33, Alta Dena, Calif. (9:14:10) and Janice Anderson, 30, Stone Mountain, Ga. (9:23:33) also qualified for the World Championships.

Ninety-one runners registered for the event, which raised money for the Cystic Fibrosis Foundation. □



Phil Raschker

Photo by Jerry Wojcik

## USA MASTERS TRACK and FIELD SEATTLE MASTERS CLASSIC NW REGIONAL CHAMPIONSHIPS

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

JULY 19-20, 1997

WEST SEATTLE STADIUM SEATTLE, WASHINGTON

HOSTS: PACIFIC NORTHWEST TRACK and FIELD & SEATTLE PARKS AND RECREATION

**DIVISIONS:** Five Year Age Divisions, Men & Women, 30 Yrs. & Older  
**AWARDS:** Regional Championship Awards For 1st, 2nd, 3rd Place.  
Duplicate Awards For Non NW Regional Place Winners.  
**RELAYS:** Teams Must Wear Same Tops. 10 Yr. Age Groups. Must Be From Same Club Or Association Registered In NW Region.  
Declare One Hour Prior To Event With Clerk O Course.

**FACILITY:** 400 m Martin Polyurethane Track & Runways (1/4" Spikes).

**PACKETS:** Available At Track Site 8:00 A.M. Sat. & Sun.

**ENTRY FEES:** \$15 First Event, \$5 Each Additional Event.

No Fee For Relays For Meet Participants.

**ENTRY DEADLINE:** Must Be Postmarked By July 12 th.

Late Entry Add \$5 Per Event.

No Entry Accepted After July 17 th.

**RECEPTION:** Saturday Evening. Athletics And Officials Invited.

### ENTRY FORM SEATTLE MASTERS CLASSIC - NW REGIONAL CHAMPIONSHIPS

ALL USA RESIDENTS MUST BE USATF REGISTERED

Name: \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_ Age: (7/19/97) \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_ Club: \_\_\_\_\_ 97 USATF # \_\_\_\_\_

Events Entered \_\_\_\_\_ Best 96-97 Performance \_\_\_\_\_

1. \_\_\_\_\_ 4. \_\_\_\_\_

2. \_\_\_\_\_ 5. \_\_\_\_\_

3. \_\_\_\_\_ 6. \_\_\_\_\_

Relays: 400M \_\_\_\_\_ 1600M \_\_\_\_\_ 3200M \_\_\_\_\_

I WAIVE ALL RIGHTS THAT I OR MY HEIRS OR ASSIGNS MAY HAVE AGAINST THE SPONSORS AND HOSTS OF THIS ATHLETIC EVENT ARISING FROM ANY INJURY, ILLNESS OR ACCIDENT THAT I MAY SUSTAIN OR INCUR PARTICIPATING IN THIS EVENT OR AT THIS EVENT.

SIGNED \_\_\_\_\_

DATE \_\_\_\_\_

MAIL ENTRY TO: KEN WEINBEL, MEET DIRECTOR, 4103 HILLCREST AVE. SW, SEATTLE, WA 98116

MAKE CHECKS PAYABLE TO: SEATTLE MASTERS A.C.

INFORMATION: KEN WEINBEL, MEET DIRECTOR (206) 932-3923 938-3895 (EVENINGS)

### SCHEDULE OF EVENTS

#### SATURDAY TRACK EVENTS

10:00 5K RACEWALK ALL MAW  
10:45 10K RUN ALL MAW  
12:00 800 M HURDLES W/M  
12:15 100 M HURDLES W/M  
12:30 110 M HURDLES M  
12:45 100 M DASH W/M  
1:45 400 M DASH W/M  
2:30 1500 M RUN W/M

#### FIELD EVENTS

10:00 JAVELIN W/M  
LONG JUMP M 30-39  
POLE VAULT W / 60+M  
11:00 SHOT PUT W / 60+M  
11:30 POLE VAULT M 30-39  
12:00 DISCUS M 30-39  
LONG JUMP W / 60+M  
2:00 WEIGHT THROW W/M

#### SUNDAY TRACK EVENTS

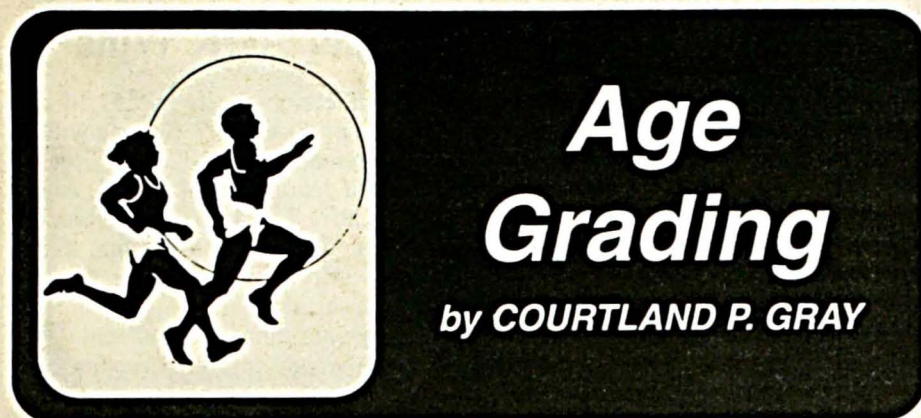
10:00 5K RUN W/M  
11:00 300 M HURDLES W/M  
11:15 400 M HURDLES W/M  
11:30 800 M RUN W/M  
12:00 300 M DASH W/M  
1:00 4X 100 RELAY  
1:20 4X 400 RELAY  
1:40 4X 800 RELAY

#### FIELD EVENTS

10:00 HAMMER W/M  
HIGH JUMP W / 60+M  
TRIPLE JUMP M 30-39  
11:00 SHOT PUT M 30-39  
TRIPLE JUMP W / 60+M  
12:00 DISCUS W / 60+M  
SHOT PUT M 30-39  
1:00 SUPER WEIGHT W/M







## Equal Opportunity

I would like to open a dialogue among masters and meet directors about increasing the use of age-grading in some of our competitions. In an effort to stimulate education and interest in the subject, I invite response and opinions in support and also in opposition.

I believe that the overall concept of masters competition can be improved with increasing use of the age-graded formulas. I notice that, in local meets, there is usually rather thin competition in many of the age groups. Since it is a well known fact that competition improves just about everyone, whether it be in business or in running, jumping and throwing, doesn't it make sense that increasing the competitive base would make for more interesting and valid competition? Under the current system you may win your age group, but if there are outstanding athletes 5 years younger or 10 years older, doesn't it make sense to be competing against them as well if you are in the same event? The formulas seem to make this within the reach of every meet.

We are starting to see the age-graded races creeping onto the scene. I have seen NMN print results of age-graded meets. Some meets have staged an additional handicapped age-graded race, as is done with the 100-meter winners at the USATF National Masters Championships. Unless this is a special attraction in a major meet, I believe the athletes would reject this methodology as a rule. We want to run 100m, not 85 or 76 meters.

Besides just increasing the competitive fields, using an age-graded competition would enable some heats to be assembled based more upon performance rather than strictly by ages. Surely, this would bring out the best performances. Many athletes (myself included) would rather finish fourth in a heat with younger runners and be pulled to a PR, than finish ten meters ahead of a thin field of contemporaries and older runners.

I think that some athletes would feel just the opposite. Perhaps, to many, the thrill of crossing the line first is more exciting than running faster. While that philosophy is quite sound if you are Michael Johnson, I believe many masters are running to do their best and to improve as well as to win within a five-year age group.

Age-grading would not have to replace competition within the standard five-year divisions, which is the basis of masters track and field age-based competition. But now that the tables appear to be quite reasonable

and valid, it seems that we are losing an opportunity to maximize the level of competition if we only use it to identify whether an athlete's performance was a 70%, 80%, or 98% mark, while disregarding it as a competitive determinant.

If a 70-year-old 400 runner runs a 100% performance in a meet while looking unspectacular, it is a real accomplishment. However, there aren't many strong 400 runners in the 70-74 age group in most meets. (The Texas Masters Championships is an exception.) Perhaps he should be declared the winner of the 400 meter race even if a sleek looking 40-year-old in a lycra suit runs 92% and wows the crowd finishing strong against a weak field.

In our Texas Masters Championships meet July 5, we are introducing as an experiment an extra competition to allow athletes to compete across sex, age and events. Entrants may select three events that will be age-graded. The athlete with the highest average age-graded score will be the winner. We may have a track winner and a field winner, but this hasn't been decided. It might also be possible to utilize the multi-event age-graded tables to allow competition across events and ages, but not all the events in a meet have tables as they are not all in decathlons or pentathlons (ex.: TJ, 400 IH). Allowing the athlete to choose his best three events rewards limited versatility, but protects him from having to enter an event foreign to him or that might increase risk of an injury.

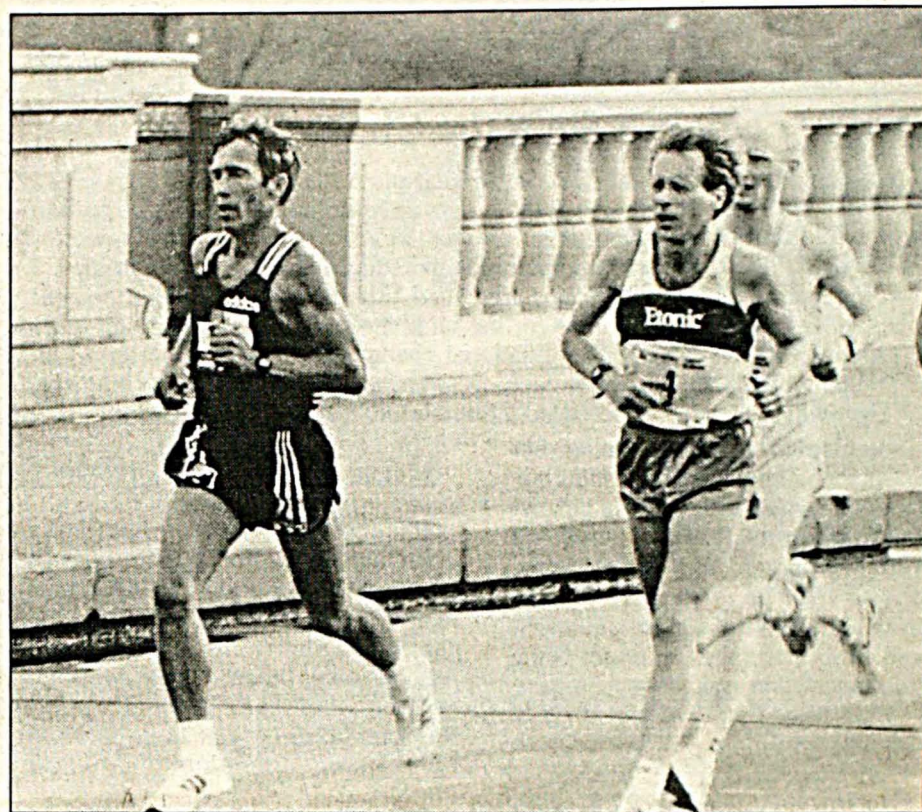
We think that this experimental competition, outside the normal competition, will allow more facets for competition beyond one's own small five-year age group in a couple of events. This may also create more interest in other events for those involved in the competition, bringing new appreciation for the efforts and accomplishments of others.

I hope that entrants will be interested in such a competition. Sure, it is a little different from the normal age-group competition, but in many events there is no local competition for many athletes within their own age group. Let's not make it so easy for everyone to hide out in five-year age groups in every meet. Let's invent additional methods of competition to add some

additional pizzazz to local meets.

In our Dallas club, we have several notable competitors across many age groups who win their divisions easily every year, sometimes without even having a silver medal awarded. I would believe that age-graded competition is the only type of competition available for them. I am quite sure that there are scores of other athletes around the

country who are in the same situation. Let's invent ways of additional competition just like we did as kids when making up baseball ground rules to fit our friends' backyard dimensions and allowing for that big tree which was a ground rule double or a foul ball, depending on whether you were a right- or left-handed batter. Now *that* was fun! □



Bill Rodgers, 49, second master, Cherry Blossom 10 Mile, Washington, D.C., set a U.S. single-age mark of 52:22, in winning the M45 race. Chuck Moeser, 45, Herndon, Va., was second (53:51).

Photo by Bob Burgess

## Cherry Blossom and Sallie Mae Go To Jones

by JERRY WOJCIK

Steve Jones, 41, of Wales and Boulder Colo., took masters wins in two major Washington, D.C., races in April. On the 13th, he placed 16th overall with a 49:02 in the 25th Nortel Cherry Blossom 10-Mile, in which the first 18 places went to foreign runners. He was also the top age-graded masters performer with a 94.4%.

Bill Rodgers, 49, Sherborn, Mass., was second master with a U.S. single-age record 52:22. Rodgers, who was the overall winner in the 1978-1981 races, will join the M50 ranks in December. Fay Bradley, 59, Washington, D.C., also set a U.S. age record, with a 59:13 M55 division victory.

Recent USATF Masters Hall of Fame Inductee Norm Green, Jr., who underwent prostate surgery last June, won the M60-64 race in 64:50. Lou Lodovico, 73, Ellwood City, Pa., won the M70-74 race, with a 70:04, over two masters standouts, John Hosner, 72, Blacksburg, Va., 74:58, and Dixon Hemphill, 72, Fairfax Station, Va., 78:14.

Linda Wack, 41, Gaithersburg, Md., was first masters woman with a 62:41, followed by Cathy Ventura-Merkel, 41, Arlington, Va., 65:07, and Annette Scott, 40, Naperville, Ill., 65:08.

Hedy Marque, 79, Alexandria, Va., ran a U.S. age-best 1:35:26 to win the

W70-79 race.

For the fifth straight year, the race benefited the Children's Hospital's General Pediatric Ambulatory Center. On race day, Nortel presented a check for \$35,000 to Children's Hospital.

### Sallie Mae 10K

Two weeks later, on the 24th, Jones sailed to an easy masters first in the Sallie Mae 10K with a 30:47. Tom Stevens, 41, Middletown, Md., was second in 31:02. Third master Gary Romesser, 46, Indianapolis, took age-graded honors from Jones (91.2%) with a 92.2% 31:35.

Fay Bradley was in the 91% age-graded range with an M55 win at 35:42.

Kim Halliday, 40, Deerfield Beach, Fla., was the fastest masters woman with a 37:44. Linda Wack, second place in 37:59, nipped Halliday on the age-graded charts, 82.9% to 82.7%. Claudia Piepenburg, 48, Arlington, Va., was third in 40:58.

Hedy Marque won the W70+ race with an age-graded 88.2% 55:57.

The race is sponsored annually by the Washington-based Sallie Mae (Student Loan Marketing Association) to benefit the National Capital Chapter of the American Red Cross. The first three men and women masters and top local masters shared in the \$30,000 overall cash prizes. □



## USATF Regional Meets Set

In the box below are the sites and dates of the seven 1997 USATF Regional Masters Track and Field Championships.

A downside to this year's schedule is three of the meets – Midwest, Southwest, and Northwest – directly conflict with the WAVA World Veterans Championships, July 17-27, in Durban, South Africa.

Some athletes who are entered in Durban are mildly upset that they won't be able to compete in their regional championships. Some have long winning streaks which they like to protect.

Some also feel that scheduling the regional meets in direct conflict with the World meet implies a bit of disrespect for the larger event. Others argue most participants can't afford to go on the international trip, and want a good meet two weeks prior to the Nationals.

The dates of the 1999 World Veterans Championships in Gateshead, England, are July 29-August 8, so the national championships of most countries can be held two weeks earlier and used as a tune-up for the big event.

—Al Sheahen



Participants in the USATF National Masters Indoor Heptathlon Championships, Hillside Ill., April 5-6, from left: Jeff Watry, 41, first M40; Phil Mulkey, Jr., 42, third M40; and Emil Pawlik, 58, second M55. Photo by Karen Huff

### 1997 USATF Regional Masters T&F Championships

Region	Date	Site	Contact
East	July 12	Orono, ME	Roland Ranson, 5747 Memorial Gym, U. of Maine, Orono, ME 04469. 207-581-1058.
Southeast	May 10	Orlando, FL	Jeff Wentworth, PO Box 10,000, Lake Buena Vista, FL 32830-1000. 407-363-6627; fax: 407-363-6601
Midwest	July 26	Carmel, IN	USATF Indiana, 1338 E. Maple Ave., Noblesville, IN 46060. Bill McCormick, 317-773-4027.
Mid-America	June 7	Joplin, MO	Tom Thorne, 525 Oakridge Dr., Neosho, MO 64850. 417-451-2655(am)/451-7417(pm)
Southwest	July 17-19	Gonzales, LA	Jeff Baty, 321 E. Josephine St., Gonzales, LA 70737. 504-644-6930.
West	July 12	San Jose, CA	Monica Townsend, 138 Johnson, Los Gatos, CA 95032. 408-395-9486.
Northwest	July 19-20	Seattle, WA	Ken Weinbel, 4103 Hillcrest Ave. S. W., Seattle, WA 98116. 206-932-3923.

### MASTERS COACHING/TRAINING

Name/Organization	Location/Site	Events	Contact
Progressive Training Team	U. of South Florida Tampa, FL	LD	C-Dror Vaknin 813-971-7627
AT&T/NJ Runners & Friends	Bernards HS-Mon.&Thurs., 5:30 p.m. Hunterdon Central HS; Sat.&Sun., 9 a.m. Flemington, NJ	S	L-Joe Hehn 908-563-7383
Terry Jessup	Dallas-S.M.U.	MD, LD	C-214-526-5318
Bob Wallace	Dallas-S.M.U.	MD, LD	C-214-361-6493
Robert Vaughn	Dallas-S.M.U.	MD, LD	C-214-820-7800
Kyle Heffner	McKinney, TX	MD, LD	C-972-562-2776
Powerline Sports	YMCA-Central El Paso, TX	MD LD, S, F	C-David Jackson 915-533-3941
John Tansley*	Canyon Del Oro H.S. Tucson, AZ	TH, J	C-520-825-2595
So. Cal Track Club**	Mission Viejo, CA Trabuco Hills H.S.	S, MD, LD, TH, F	C-Mark Cleary 714-589-0242
Tom Craig***	Oakland, CA	MD	C-510-633-1161
Personal Best Program		LD	C-703-250-9277 Dixon Hemphill; Dr. Ron Kulik; Dr. Neil McLaughlin

C=Coach; L=Led by experienced athlete or volunteer of informal group; S=sprints (100-400m); MD=middle distance (800-5K); LD=long distance (5K-marathon); TH=throws; J=javelin; F=field events.

\* Retired head coach, Cal-State U., L.A.

\*\* Club has submasters and masters M&W in 400-10,000m; currently building a sprint core and field core.

\*\*\* Coaches Olympian Regina Jacobs

NMN would like readers from throughout the USA to let us know what masters training/coaching is available in your area. If you know of a group that's training together, informally or formally, send the info to NMN, P.O. Box 50098, Eugene OR 97405.

### Russell Randall, 1907-1997

Russell Randall, of Denver, Colo., who was the oldest USA competitor entered in the World Veterans Championships in Durban, South Africa next month, died of a stroke in early May at age 90.

Randall was a national age-group champion and held USA M85 records in the 100 (17.98) and 400 (93.59). He was hoping to go after some M90 world records in Durban. □



### TEXAS MASTERS TRACK AND FIELD CHAMPIONSHIPS



SATURDAY, JULY 5, 1997

UNIVERSITY OF TEXAS AT ARLINGTON

SPONSORED BY THE DALLAS MASTERS TRACK AND FIELD CLUB  
MASTERS COMPETITION IN FIVE (5) YEAR INCREMENTS AND OPEN DIVISION

Entry fees: Pre-registered by July 2: \$10 first event, \$5 additional events, Relays \$15

\*\*\* After July 2, add \$15 fee\*\*\*

Entries closed after 2:00 PM July 5. Late entries @ 972 504 6780 Voice mail. Enter Early Please!

SCHEDULE OF EVENTS: Events run in order listed; Times are approximate.

5:30 P.M. Steeplechase	3:00 Pole Vault
6:00 100 Meter Dash	Discus Flight 1 (M,W,>50)
6:30 800 Meter Run	Shot Put Flight 1 (M,W <50)
6:45 80 / 100 / 110 HH	Long Jump
7:00 200 Meter Dash	Discus Flight 2 (M&W <50)
7:20 1500 Meter Run	Shot Put Flight 2 (M&W >50)
7:30 4 X 100 Relay	Triple Jump follows Long Jump
7:45 300 / 400 IH	5:00 Javelin, Weight Throw
8:00 400 Meter Dash	6:00 High Jump
8:15 1500 Racewalk	*** No implements furnished by meet. ***
8:30 5000 Meter Run	Weight Master to be used.
9:00 4 X 400 Relay	

No false start rule in effect. All events run as finals. Timed sections, if necessary. Age groups and sexes may be combined. Automatic Timing System and Wind Gage. Certified Officials. Sanctioned by USATF. Medals to top three in each age division.

# New competition for all athletes— optional multi-event competition— \$5.00

Enter three events to be scored by age grading. Awards to top three entries with highest three event average age graded scores. Any combination of events, all age groups. Compete with all other athletes.

Directions to UTA track: From I-30, take Fielder Road exit South. Turn left on Mitchell Street, one block. From I-20, take Cooper Street exit North. Turn left on Mitchell, four blocks.

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age on 7/05/97 \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Dallas Masters Club Member? ☐ Yes ☐ No

I, the undersigned, hereby agree to release and discharge the Dallas Masters Track and Field Club, the USATF Southwest Association, the University of Texas at Arlington, any of their agents or representatives, the participants of said meet and anyone connected with the meet, from liability resulting from any accident and/or injury that I may sustain while competing or participating in said track and field meet. I certify that I believe that I am conditioned and physically able to compete in this track meet.

Athlete's Signature: X \_\_\_\_\_ Date: \_\_\_\_\_

Circle Events Entered and indicate your best performance in 1996-97:

Discus	1 _____	Triple Jump	7 _____	1500 M	14 _____
Shot Put	2 _____	High Jump	8 _____	800 M	15 _____
Javelin	3 _____	1500 Racewalk	9 _____	400 M	16 _____
Wt. Throw	4 _____	80/100/110HH	10 _____	200 M	17 _____
Pole Vault	5 _____	300/400 IH	11 _____	100 M	18 _____
Long Jump	6 _____	5000 M	12 _____	# Age graded events:	_____
		Steeplechase	13 _____	for scoring. Experimental event \$5.00	

Optional Texas Masters Championships T shirt with original new design: \$12 prepaid. (\$15 onsite)

Yes \_\_\_\_\_ No \_\_\_\_\_ Size: M L XL XXL

Amount Paid: \_\_\_\_\_

Mail entry and check payable to: Dallas Masters T&F Club, 1501 W. Lavender Lane, Arlington, TX 76013



1 Month to Go



# Countdown to Durban

By LINDA BARRON,  
Chief Executive Officer

## Countdown to Durban

**E**ntries have been pouring in for the 12th WAVA World Veterans Athletics Championships here, July 17-27. We have received 498 entries from Germany, 336 from the USA, 140 from Russia, over 200 from Australia and nearly 2000 from South Africa.

Entries have also been received from nine South American countries, Mexico, Lebanon, Zimbabwe, Ghana, Botswana, Morocco, Namibia, Slovenia, New Zealand, Barbados, China and more. Over 50 countries have sent entries to date. And they continue to arrive.

I was on a national radio sports pro-

gram last week, and the interviewer said the event would be a celebration of the United Nations in the Rainbow Nation - very appropriate.

Our language skills in many foreign tongues continue to improve daily. It has been wonderful to receive generous encouragement and warm wishes from around the world.

## 336 USA Entries for Durban

Sandy Pashkin, USA Team Manager, reports that 336 athletes from the USA have entered the WAVA World Veterans Championships in Durban, South Africa next month.

The oldest entrant is Mildred Smith, 87. There are 224 men and 112 women entered.

The most popular events: 100 (80), 200 (73), 400 (73), 5K walk (70),

5000 (57), cross-country (53), 800 (53).

Forty-two states and the District of Columbia are represented, including 87 participants from California and 30 from New York.

The biggest U.S. age-group is 60-64 (52), followed by 50-54 (50), 65-69 (46), 55-59 (42), 40-44 (40), 45-49 (38), 70-74 (34), 75-79 (16), 85-89 (5), and 90+ (1). □

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Fax: 1-541-687-1016

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### TREASURER:

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P.O. Box 2372  
Van Nuys, CA 91404 USA  
Phone: 1-818-981-1996  
Fax: 1-818-981-1997

### WOMEN'S DELEGATE:

Hannelore Guschmann  
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B - 8200 Brugge - St. Michiels  
Phone: 32-50-387612  
Fax: 32-50-393032

### IAAF DELEGATE:

Cesar Moreno Bravo  
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Comal No. 24 Col. Tepepan  
16020 Xochimilco, D.F.  
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Fax: 52-5-653-3159

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Rex Harvey  
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Mayfield Heights, OH 44124  
USA  
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Business: 1-216-531-3000 x3366  
Fax: 1-216-531-0038

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Fax: 56-2-696-5006

### ASIA

Hari Chandra  
15 C Jalan Haji Salam  
Singapore 1646  
Phone: 65-2424967  
Fax: 65-241-3116

### EUROPE

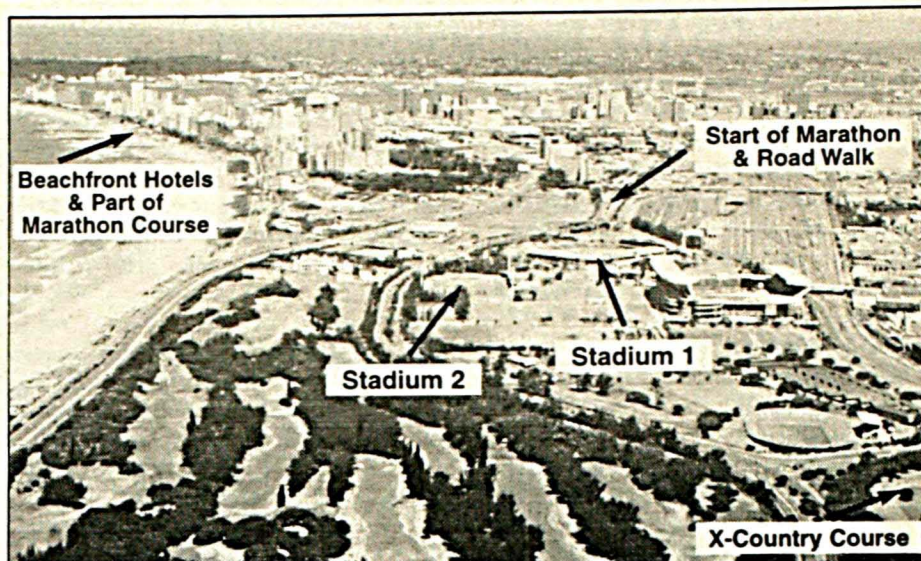
Wilhelm Koster  
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### OCEANIA

Stan Perkins  
106 Silkwood St.  
Algeester, Queensland  
Australia  
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Fax: 61-7-3221-1684

### AFRICA

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Aerial view of Durban. The two stadiums are in the center. The Indian Ocean is on the left. Downtown Durban is at the top. Some of the cross-country course is at the bottom on the golf course.

We have begun to process the entries, and will begin cashing checks and debiting credit cards of entrants. Confirmation letters will be sent to all who have entered.

President Mandela came to visit. Our offices are in the Stadium, and a week ago, 40,000 school children were invited to a picnic with the President in the stadium. We gave him one of our specially made "Mandela Shirts."

Preparations are moving at full steam. We recently staged the South African Veterans Championships. It was the biggest S.A. vets meet ever held with 482 athletes competing over two days. We hope to have the results soon so you can see what is happening with the sport here.

The name for the opening ceremony

will be "Feel the Rhythm of the African Night." Just sitting in on the planning meetings is exciting. I'm sure everyone will be able to do the "Madiba (Pres. Mandela's pet name) Shuffle" by the end of the championships, if not sooner. Some may have seen our President dancing. It's a very special rhythm which, with a little bit of practice, is very easy to do. But, as our ceremony coordinator puts it: "You have to feel it in your heart."

The weather has been glorious as we move into late autumn - sunny and warm days (26-28°C) and fresh evenings (enough for a jersey or sweatshirt).

To all those who will be competing, we hope your training is on schedule, and we look forward to welcoming you to Durban. □



The Durban Organizing Committee planning strategy for the Championships. From left: Harry Naidu (vice-Chairman); Monty Hacker (Chairman); Linda Barron (Chief Executive Officer).

## WAVA Elections Draw 10 Candidates

Ten candidates will vie for six Council offices at the General Assembly of the World Association of Veteran Athletes (WAVA) in Durban, South Africa, July 24.

The nominees are:

**President:** Torsten Carlus (Sweden), Al Sheahan (USA).

**Executive Vice-President:** \*Tom Jordan (USA).

**Vice-President, Stadia:** \*Jim Blair (New Zealand).

**Vice-President, Non-Stadia:** Ron

Bell (England), \*Jacques Serruys (Belgium).

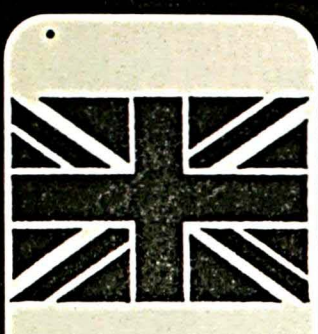
**Secretary:** Monty Hacker (South Africa).

**Treasurer:** Jose Figueras (Uruguay), Giuseppe Galfetti (Switzerland), Norm Green (USA).

\*Incumbent

WAVA is the official world veterans governing body for athletics. With no central office or paid staff, its business is handled by volunteers throughout the world. □





## Report from Britain

by MARTIN DUFF  
and BRIDGET CUSHEN

### Rivero, Horne, Tops in London Marathon

Good weather conditions helped top runners to fast times in the London Marathon on April 13. Spain's Miguel Rojas Rivero claimed the top M40 spot in 2:17:31, as favorite Martin Rees, in his marathon debut, faded to third (2:24:15) after running a 2:18 pace early on. Tony Duffy claimed second place in 2:21:33.

With defending champion Dave Hill a non-starter due to illness, the M45 title went to Sweden's Erik Gerdin in

2:20:02. The M50 winner was Britain's Steve Couldwell in 2:36:16.

The M55 race was close, as John

### Laurie O'Hara, 1932-1997

Those of us who are long enough in the tooth will remember a little leprechaun who amazed the masters world with some of the greatest running exploits ever seen. Sadly, Laurie O'Hara is no longer with us, and perhaps his untimely death carries a message for all of us, even the best.

The first time we saw Laurie, who lived in London, England, was the first Veterans International Track & Field Meet at Crystal Palace, London, August 1972, in the 5000. This race was recently written up in the *National Masters News* as the occasion when Hal Higdon set a U.S. masters record of 14:59.6, which stood until broken by 40-year-old Steve Plasencia (14:02.86) on April 26.

It was also the race in which Bill Allen set a great Canadian masters record of 15:06.2, which stood for ten years. But these two fine runners finished fourth and fifth, respectively.

From the gun, Laurie sped out and opened a dramatic lead on the talented field, running the first lap in a staggering 60 seconds. "Impossible, he's finished," was the sentiment of everyone watching. But amazingly, Laurie held his lead as the laps flew by. During the late stages of the race, the closest chasers began to pull up on Laurie, and at the bell, it looked as though he might be caught.

Alas for their hopes. The diminutive flyer finished the race as he had begun it - with a 60-second lap! He won in 14:24.4 to set a world M40 record, bettered since by only a few runners.

O'Hara rarely travelled outside Britain to compete, but the same year he competed in Cologne, Germany, and won stylishly in 14:43 (after winning a heat the day before in 15:03). He also went to San Diego at the behest of David Pain and defeated Higdon in a track 10,000 at Balboa Stadium in the U.S. Championships.

Over the years since then, he dominated his age groups in Britain with numerous fine performances on the track, road, and cross-country, latterly



Laurie O'Hara leads Hal Higdon in the 1973 USA National Masters 10,000 in San Diego.

in the M60s. Last fall, he somehow picked up a bad virus and was warned not to race. But he continued to do so.

Following the British National Cross-Country Championships, where he finished, uncharacteristically, "down the field," his doctor told him he had damaged his heart muscles and must no longer compete. But such was his devotion to the sport that he continued.

During a training run a few weeks ago, he collapsed and died. Farewell to one of the greatest. Our sincere condolences to his family. □

-Don Farquharson

Linaker (2:40:46) held off a fast-finishing John Collins (2:41:47).

With London recognizing women as masters at age 35, two masters athletes finished in the top eight of the women's race. Russia's Ramila Burangulova, silver medalist at the 1984 Olympics in Los Angeles, and defending champion Renata Kokowska of Poland stayed with the lead group crossing Tower Bridge at the halfway point. They both held on well in the second half, with Burangulova taking fifth (2:28:07) and Kokowska placing eighth in the women's overall race (2:28:21).

Britain's Caroline Horne won the W40 title (2:44:14), while Maggie Thompson won a close W45 contest in 2:53:45. Margaret Auerback set a new British W50 record of 3:03:41.

Some early season marks from great Britain: Sprinter John Brown, M40, won the 60m (7.3) with Gordon Darbon taking the M60 60m title (8.7) at an open meet. Zara Hyde, W35, clocked 2:16.6 for 800 and 4:34.1 for 1500 at a league meeting in April. TV commentator Tom McNab, M60, threw the M40 weight hammer 30.68

on April 27. The M50 title went to Sean Lane, with a throw of 34.72.

Anaharad Mair, who topped the W35 10,000 ranking list last year, has been selected to represent Britain in the World Championships in Athens. Josie Waller, world-record holder for W70 3000, 5000, and 10,000 and now into the W75 age category, recently posted a 4:21:40 marathon. One of her best marks for this distance was 3:49:02 at age 71 in the London Marathon. Kath Reader, W45, won the Essex 20 mile road walk in a fast 3:27:47, with Pam Ficken taking the W55 title in 3:44:02. □

### Subscription Problems? Moving?

To determine the status of your subscription, or to let us know of your new address, call or fax Circulation Director Richard Magana, at 818-760-8983; fax 818-985-1213. Or write to NMN, PO Box 16597, North Hollywood CA 91615.

## WAVA/USATF

### Hurdles and Implements Specifications

#### HURDLES

##### WOMEN

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

##### MEN

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

#### IMPLEMENTS

AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT
Women					WAVA USATF
30-49	4.00k	1.00k	4.00k	600gms.	20# 20#
50 plus	3.00k	1.00k	3.00k	400 gms.	16# 16#
60 plus					12# 16#
Men					
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.	35# 35#
50-59	6.00k	1.50k	6.00k	800 gms.	25# 35#
60-69	5.00k	1.00k	5.00k	600 gms.	20# 25#
70-79	4.00k	1.00k	4.00k	600 gms.	16# 25#
80 plus	4.00k	1.00k	4.00k	600 gms.	12# 25#

Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m)  
Superweight: M30-69 56-lb.; M70+ 35-lb.; W30-49 35-lb.; W50+ 25-lb.  
WAVA weights are used for USATF weight pentathlons.



## Write On

Continued from page 8

### INDOOR NATIONALS

I want to thank the organizers, officials, and many volunteers who helped make the 1997 Masters Indoor Championships in Boston such a success. The track was superb, the events ran on time, and the bus service was great. I don't know about that cold, blustery weather, though. See ya next year, same place, I hope.

*Louise Adams  
Boulder, Colorado*

### PENN RELAYS

I had the privilege to take part in the 103rd running of the Penn Relay Carnival. What an experience - 46,216 track fans standing to applaud each event; over 380 officials, including some 39 masters officials; a program that was a history lesson of the Penn Relays.

With national media coverage, masters never had a better platform to show their talent. Thanks to Meet Director Dave Johnson, and Peter Taylor and Karl Castor, masters events coordinators. A special thanks to world-class sprinter Bert Lancaster, one of the clerks of the course, for watching over the M75+ athletes, before and after their race.

First-place awards were Penn Relay

Hamilton watches, awarded by Bill Cosby (a long-time supporter of the Relays) and Gail Devers. All of this for only a \$10 entry fee.

I would love to see a full schedule of events for masters from all seven regions of the country next year, using the Penn Relays to show the track & field world what masters running is all about.

*Tim Murphy  
Irving, Texas*

### TIME TO RETIRE

For the past few years, I have been competing, when health permitted, at various masters meets throughout the U.S. I have had my share of success and failure, and have met and competed with the finest athletes. Some were world record holders, some were not. It was hard to tell the difference when all of the dust had settled, and the meet was over. It was really just people enjoying people without the stigma of elitism.

When the shot dropped sooner, the discus was not sailing farther, and the javelin no longer soared, we still had the opportunity to enjoy the competition and each other's company. It's hard to hang up the shoes and give away the shot. There does, however, come a time when the body finally gets smarter than the mind and says enough is enough.

I'll continue to officiate and be involved in track & field, and I'll see

you at meets from time to time. Until then, thanks for all of your kindnesses, good thoughts, and advice on how or how not to throw, but most of all, thanks for being accepting of me, warts and all.

*Richard Lee, M60  
Eugene, Oregon*

### THROWING FACILITY NEEDS HELP

Throwers/Supporters/ Friends:

As many of you know, I have come into much trouble and pain since I tried to build a quality throwing facility in the Santa Cruz Mountains. I have run out of the chess game of permits and change applications and have started to comply with the permit to get my property and the field into code compliance.

The job has started, and basically everything that can go wrong has gone wrong. I estimated, planned, and saved for a job that would cost \$15,000. I was overwhelmed with the amount of material that was pulled out in order to get to the original soil level. This material is now sitting on the field, which makes it unusable until it can be shipped off-site so that the final clean up work can be done.

I am writing this letter to ask/beg you for your help so I can keep this property a throwing facility. I have about 90 days to complete the project as per permit, if I fail to do so and can't get an extension, I will be fined thousands of dollars and will have to again pay the \$3,000 in permit fees and start the process all over again.

I do not know if I can mentally continue to deal with that. Last Friday night, I went to my doctor because anxiety was so high that my blood pressure was 180/200. They would not let me leave the office until I could calm down enough to assure them that I was not going to have a heart attack or stroke in the office. This is not a laughing matter. If this continues, it may seriously damage my health or kill me.

Since opening the field, I have had 60 meets. I feel that all throwers have benefitted from this facility, and I hope it can continue to be of benefit for many more years. Track and field is dying, and the death of this facility would be a clear demonstration of sport failing. I am sorry for any inconvenience or problem this may cause you, but I have no other option at this point than to make it very clear that I need help. All I can get.

The work required by the County of Santa Cruz to bring the field to code costs \$29,500. So far, I have paid the contractor \$5,000. I need \$24,500 to finish the job.

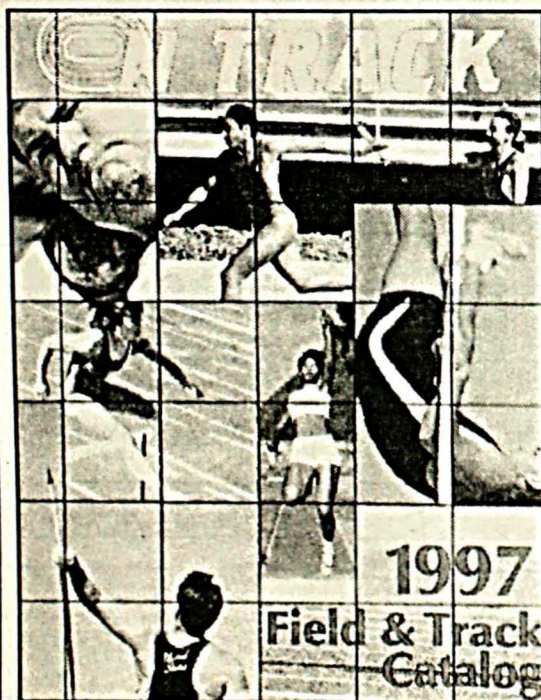
Please find it in your heart to help me keep the facility and the sport of track and field alive. Please send me a donation of any amount, so I can keep on being a positive part of the sport. Thanks for your time and help.

*Gary Kelmenson  
5601 Empire Grade  
Santa Cruz, CA 95060  
408-458-0202  
e-mail: kelfield@aol.com*



Angela Wall, 34, of Aurora, Colo., finishes the Revco-Cleveland Marathon in 3:32:34, May 4, in Cleveland, Ohio. Photo by Tom Sheahan

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### COME ON DOWN TO TEXAS, Y'ALL

The Dallas Masters T&F Club is hosting the 16th Texas Masters Championships, July 5, at the U. of Texas-Arlington, which has an excellent facility with a recently refurbished track. We invite masters from all over to participate. The holiday weekend should make it easy to travel, and Arlington, located between Dallas and Fort Worth in the center of the Metroplex, is filled with interesting attractions.

In addition to the usual events, our meet will have a steeplechase, a 1500 racewalk, and two relays. As an experiment, we will have a multi-event age-graded competition with athletes selecting any three events to be age-graded and averaged. The highest average scorer will be the winner. We hope that this event will prove popular for some of the more versatile and active participants.

Our ad in this month's NMN has a complete schedule and entry form. The meet has a late afternoon start time to allow time for travel and to avoid the midday sun. We have a lot of top masters runners in the Southwest who would love to challenge some masters from other areas. □

*- Courtland Gray  
Dallas, Texas*



# Masters Scene

## NATIONAL

• The national champion in the M60 weight throw in the 1997 Indoor Nationals in Boston was **Richard Lee**, 60, of Eugene, OR, with a mark of 11.80. Emil Muller was listed as the winner in the May results section. The official meet results failed to list Muller as a Canadian. Foreign athletes in masters national championships receive an equivalent award but cannot place as national champions.

## EAST

• **Mary Slaney**, 38, comfortably won the Penn Relays mile, April 27, in 4:26.09, well under the listed W35 AR of 5:07.3, set by **Carla Hervert** last year. Slaney's time equals an age-graded 4:14.07 and a 98.0% A-G performance.

• **Brian McCauliff**, 40, Massachusetts, and **Belinda Soszyn**, 42, Australia, stepped to masters firsts in the Empire State Building Run-Up, Feb. 20. Soszyn was first female overall, covering the 86 flights of stairs (approximately two miles) in 12:32. McCauliff finished sixth with an 11:39. First male overall was **Kurt Konig**, 39, Germany. **Frank Scimone**, Texas, the oldest runner-up at age 85, clocked a 29:37.

• **David Luljak**, 41, New York, with a second place 4:16:45, and **Jo-Ann Spinnell**, 43, New York, in 5:44:49, trotted to masters wins in the NYRRRC Knickerbocker 60K, Central Park, NYC, Feb. 16.

• **Gillian Horovitz**, 41, zoomed to a first overall in the NYRRRC women's Advil Mini 5K, Central Park, NYC, May 11. She was second woman overall in 23:14. Nike/NYRRRC 4 Mile Run For The Parks, Central Park, April 13. Fifth overall **Jaime Palacios**, 42, was the M40+ winner in 21:39; **Dan Murphy**, 41, was second in 21:47. Female finishers outnumbered males - 1062 to 929.

• **Karl Proffitt**, 40, of the Tortoise Track & RR, left younger female harriers behind with a women's first-place 1:22:44. NYRRRC Queens Half-Marathon, College Point, NYC, April 20. **Sean Doyle**, 42, galloped to the M40+ first with a 1:15:31. Proffitt and Doyle were in the 82% A-G level. **Patty Parmalee**, 57, hurried to a division winning 1:40:59. On May 4, Doyle captured the masters win with a fourth-place 33:32, an A-G 84.3%, NYRRRC Running New York 10K, Central Park. **Gillian Horovitz** nabbed the W40+ crown in a third-place 37:35, an A-G 83.7%. **May Chou**, 61, broke the 60-minute barrier with a 57:49 win in the W60-64 contest.

• Racewalker **Carl Scheuler**, 41, 1:35:33, strode to the M40+ win in the 1997 National Invitational Men's 20K, Hains Point, East Potomac Park, Washington, DC, March 23. **Gloria Rawls**, 40, 56:46, seized the W40+ title in the Women's 10K.

• **Ramon Ruiz**, 57, NYC, 19:47, and **Terry Richard**, 40, Bronx, 24:56, forged masters wins in the St. Dominic's Classic 5K, Blauvelt, NY, May 4.

## SOUTHEAST

• **Tim Dunlap**, 40, Lancaster, PA, broke the masters course record of 72:10, held by **Paul Peterson**, with an A-G 86.5% 70:42, 18th Colonial Half-Marathon, Williamsburg, VA, Feb. 23. **Claudia Kasen**, 40, Williamsburg, captured the W40+ title with a fourth-place 83:12 (A-G 81.9%). **Tami Graf**, 60, Lusby, MD, ran a 1:57:02, the first W60+ to ever break the two-hour barrier in the Colonial. A record number 1727 finished the race.

• **Phillip Rowan**, 42, Greenville, SC, with a 32:41, and **Tatiana Pozdnyakova**, 41, Ukraine, with an overall second female 34:27, claimed masters titles in the Reedy River 10K, Greenville, March 1. Grandmasters (50+) crowns went to **Reed Watson** (39:22),

Simpsonville, SC, and **Susie Klutz** (48:04), Winston-Salem, NC, who recently turned 60.

• **Dave Elger**, 43, Port St. Lucie, FL, gave it one last hurrah in what will likely be his final South Florida race for a couple of years, by winning overall in 16:16, Anniversary 5K, Port St. Lucie, April 19. Elger left in late April for a two-year civil service stint at a military base on Okinawa. He is a founding member (1987) and past president of the Sailfish Striders RC, Stuart, FL. **Roger Rouiller**, 58, was second M40+ with an age-graded 86.9% 17:54. **Pat Shelly**, W40, took the W40+ contest in 22:36.

## MIDWEST

• Masters champions in the Cincinnati Heart 15K, Cincinnati, OH, April 6, were **Bill Rodgers**, M45, 49:57, and **Joan Ellis**, W45, 60:52. **Walter Clair**, M65, turned in a 68:11 to win his division race easily. In an accompanying 5K, **Paul Harkins**, M40, 17:31, and **Mary McManus**, W40, 21:34, took top masters honors.

• **Debbie Wagner** (45, 25:52), Perrysburg, OH, was overall female winner in arctic conditions, Toledo Dietetic Association 4 Mile, Oregon, OH, March 23. **Ken Welschmer** (46, 24:35), Toledo, took M40+ honors. **Marjorie Appling** (66, 45:09) and **Doris Langel** (65, 45:19) both of Toledo, staged the closest division duel in the eighth annual race.

## MID-AMERICA

• The Never Look Back team of **Paul Heitzman**, 66, Eudora, KS, **Bobbie Kincaid**, 59, Farley, MO, and **Alan Saunders**, 50, Overland Park, KS, won the age-graded Ekiden 15K Relay, Overland Park, April 20. The team's actual time of 57:28 was age-adjusted to 46:39. Saunders is the assistant head coach of the Kansas City Chiefs.

• In the Longest Day fest of races, Brookings, SD, April 19, **Leo Buckvold**, M45, 3:18:58, and **Lynda Churchfield**, W45, 3:55:37, emerged masters winners in the marathon. **Scott Jamison**, M40, 1:23:40, and **Anita Hendrickson**, W45, 2:02:07, took the age 40+ titles in the half-marathon. **Bob Finch**, M60, 51:55, topped the heap in the 10K, and **Tim Zblikowski**, M45, 18:40, and **Carol Klitzke**, W50, 23:48, prevailed in the 5K. Elder statespersons held sway in the 5K RW, with **Darrell Timmerman**, 60, 34:06, and **Bertha Aldrich**, 61, 34:20, winning the race overall.

## SOUTHWEST

• **George Marchetti**, 54, posted the best masters age-graded performance with an 85.5% 17:33. St. Pats Bun Run 5K, Tulsa, March 15. Masters firsts were **John Stuke** (43, 16:37) and **Donna Spencer** (45, 19:12). On April 26, Marchetti was the age-graded first in a field of 16, including teen-agers, in the MSC Road Mile, Tishomingo, OK, with a 5:13:42, and, on the same day, placed first age-graded runner in the MSC Whirlwind 5K with an 18:20:15.51.

• Masters winners **Janet Takahashi**, 41, 37:23, and **Craig Young**, 40, 30:41, reigned victorious at the New Orleans Crescent City Classic 10K, March 29. Age-graded honors went to **Judith Hine**, 47, 37:36 (88.1%) and **Barbara Filutze**, 50, 40:02 (85.0%).

## WEST

• **Jack Bray**, 64, 26:02, and **Brenda Carpina**, 50, 29:31, of the Marin Racewalking Club, repeated as masters champions at the Sierra High 5 5K, Auburn, CA, April 20. A highlight was the appearance of 87-year-old **Dorothy Robarts**, who completed the course in 46:41.

• **Steve Scott**, 41, won the open mile in 4:13.12 in the Modesto Relays, Calif., May 10. The time was close to Scott's pending U.S. M40 record of 4:10.43.

• Masters hurdler **Andy Hecker**, 43, has opened a web page for all open and masters T&F events in California. Also some RW and road race info. <http://www.creativestuff.com/schedule.html>.

• **Dick Richards**, 62, had the top age-graded marks in the annual So. Calif. Striders T&F Meet of Champions at Cal State Long Beach, Calif., May 10; 100, 12.43, 96.3%; 200, 26.69, 93.3%; LJ, 5.50, 93.2%. **Stew Thompson**, 63, threw the javelin 50.54m for a 93.5% AG effort. **Nadine O'Conner**, 55, had the best female AG% at 88.2% with a 14.46 100.

## NORTHWEST

• **Ron Taylor**, 54, Steilacoom, WA, in 59:28, and **Jeanee Broom**, 45, Seattle, with a 75:01, swept the masters titles in the Northwest 15K/USATF NW Open & Masters Championships, Seattle, April 26. **Stan Chraminski**, 49, Seattle, in 52:49, and **Bev LaVeck**, 61, Seattle, WA, in 62:15, took the 40+ firsts in the Northwest Masters Regional 10K RW Championships held at the same time.

## INTERNATIONAL

• The 1997 India National Veterans Athletic Federation Championships drew 2800 competitors from 23 states, who set 65 national records, at Kanpur, Uttar Pradesh. A team of 256 athletes has been selected to take part in the WAVA Championships in Durban. **V. Suryanarayana**, who had held the post in the past, was elected Secretary General of the IVAF.

• Is Crystal Palace history? The historic, 126-year-old London track and field facility is about to be done in by the Bromley Borough Council. "For the 13,000 athletes of all ages and ability who use its training and physiotherapy facilities, injury clinic and accommodation block annually," wrote **Iain Macleod** in the Daily Telegraph, "the loss for them, and the effect on the future of British athletics, could be irreparable." A campaign to save the stadium is reportedly a long shot because of the costs of maintaining the facility.

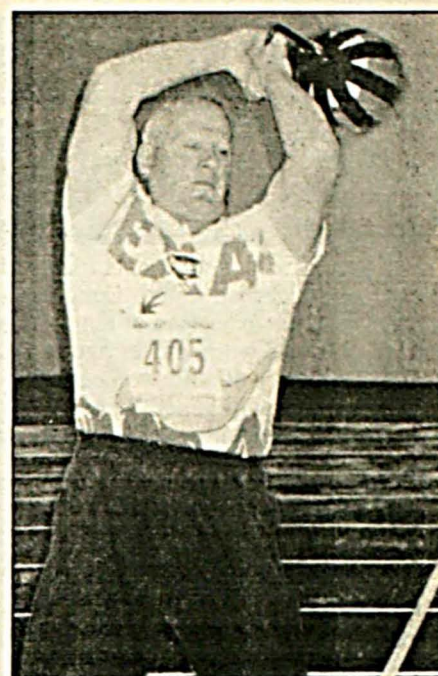
## OPEN

• "There's nothing wrong with track & field in the USA except at the national and international level," wrote **Jim Dunaway** in *Track & Field News*. "Despite what people feel is 25 years of neglect, USATF's anonymous grassroots workers keeping getting the job done and done damned well." The Penn Relays, televised nationally by CBS, drew 18,000 athletes alone. Last year's Texas high school championships drew 90,000 over a 3-day period. "No one has tried to get to the masters and high school athletes," said **Craig Masback** in a *Washington Post* story. "At every meet there should be races for kids and masters."

• The Millrose Games in New York sold out and got a good TV rating of 2.4 (6 share) for NBC. It beat college basketball on CBS (2.0) and ABC (1.7).

• Stanford, CA lost out to Seville, Spain for the 1999 World T&F Championships. The 27-member council of the IAAF liked Seville's publicly-funded bid over Stanford's largely private-fund proposal. As predicted in these pages last year, it will be a while before the IAAF or IOC brings a major event to the USA because of the Atlanta organizational foulups. "I think we are paying for the sins of Atlanta," said **Nick Petredis**, co-chairman of the Stanford bid effort. Helsinki and New Delhi were the other contenders for 1999. Later, the USOC decided not to bid for the 2008 Olympics.

• **Marty Liquori**, **Jimmy Carnes** and **Gerald Schackow** sold their Athletic Attic retail shoe and apparel operation to Premium Sports, who then sold Athletic Attic and other holdings to Just For Feet, one of the largest athletic footwear and apparel companies in the country.



Dick Lee, M60, Oregon, first U.S. thrower in the weight throw (11.80/38-8 $\frac{1}{2}$ ), National Masters Indoor Championships, Boston.

Photo by Suzy Hess

• World pole-vault record-holder **Sergel Bubka** of Ukraine has accused the IOC of being lax about drug testing and poor judging during events, according to *The European* newspaper. "They should not use a laboratory which is in the same city as the Games are being held in. They need an international team to do the testing. The dangers are too great for biased testing," Bubka said.

• *USA Today* reports the three finalists to replace **Ollan Cassell** as Executive Director of USATF are **Craig Masback**, TV commentator and ex-miler; **Tom Chestnut**, former executive vice-president of the Philadelphia 76ers; and **Robert Vowels**, assistant commissioner of the Big Ten Conference.

## CURRENT NMN PHONE/FAX NUMBERS AND ADDRESSES

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# Schedule

USA track and field events feature competition for men and women over age 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. International T&F meets are generally limited to men over 40 and women over 35. 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

**August 7-10.** 30th annual USATF National Masters Championships, San Jose, Calif. San Jose Sports Authority, 99 Almaden Blvd., Suite 975, San Jose, CA 95113. Steve Haas, meet director. 408-288-2935.

**August 16.** USATF National Masters Weight & Superweight Championships, Seattle, Wash. Ken Weinbel, 4103 Hillcrest Ave. S.W., Seattle, WA 98116. 206-932-3923; fax: 206-932-3917.

**September 20-21.** USATF National Masters Decathlon & Heptathlon Championships, Thomasville, N.C. Bill Busby, 11 Culbreth Ave., Thomasville, NC 27360. 910-476-1228(h); 475-8141(w).

**October 11.** USATF National Masters Weight Pentathlon Championships, Orlando/Disney Sports Complex. Jeff Wentworth, PO Box 10000, Lake Buena Vista, FL 32830-1000. 407-363-6627; fax: 407-363-6601.

**July 30-August 2, 1998.** 31st annual National Masters Championships, Orono, Maine.

### EAST

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

**June 1.** NY Masters Spring Classic, Merchant Marine Academy, Kings Point, L.I., N.Y. SASE to Eric Weissbrot, 7 Drury Lane, Great Neck, NY 11023; 516-487-1417; or Roz Katz, 718-358-6233 (7-9:30 pm, NY time).

**June 1.** USATF New Jersey Masters Championships, Monmouth Regional HS, Tinton Falls. Isabel Stuper, 31 Breakwater Sq., Howell, NJ 07728. 908-409-7644.

**June 5.** Vermont Senior Games, U. of Vermont, Burlington. 50+. George Brown, RD 5, Box 370, Montpelier, VT 05602. 802-824-6521.

**June 5-8.** Empire State Senior Games, Syracuse, New York, 50+. NYS-Parks, Central Region, 6105 E. Seneca Turnpike, Jamesville, NY 13078-9516. 315-492-9654.

**June 6-8.** Connecticut Senior Games. Will Berger, 203-272-9175.

**June 11 & 25.** Philadelphia Masters Developmental Meets, Germantown Academy, Ft. Washington, Pa. 6 pm. Also X-C run. Timothy Dickens, M.D., 610-828-5528; Bill Krieger, 215-516-2283.

**June 13-15.** Massachusetts Senior Games, Springfield College. Springfield College, 263 Alden St., Springfield, MA 01109-3797. 413-788-2457.

**June 20-22.** Rhode Island Senior Games. Michal Lyons, 401-438-3154.

**June 21.** MAC Masters Championships, St. John's U., Queens, N.Y. Day of meet entry only. Roz Katz, 718-358-6233 (7-9:30 pm NY time).

**June 22.** Randolph Classic, Randolph, N.J. Morton Hahn, 201-625-1764(d); fax: 201-625-5195; Ken Brinker, 201-366-8367(e); e-mail: SBRINK@AOL.COM.

**June 28.** Shore AC Relays/USATF East Regional M&W Open Relay Championships, Monmouth U., West Long Branch, N.J. Open & Masters. Dr. Harold Nolan, Director, Box 83, Monmouth Ave., Navesink, NJ 07752. 908-291-9406.

**July 9, 16, 23, 30.** Philadelphia Masters Developmental Meet, Swarthmore College, Pa. Timothy Dickens, M.D., 610-828-5528; Bill Krieger, 215-516-2283.

**July 12.** USATF East Regional Masters Championships, U. of Maine, Orono. Site of 1998 Championships. Rolland Ranson, 5747 Memorial Gym, U. of Maine, Orono, ME 04469. 207-581-1058.

**August 6.** Philadelphia Masters Developmental Meet, Swarthmore College, Pa. Timothy Dickens, M.D., 610-828-5528; Bill Krieger, 215-516-2283.

**August 17.** Philadelphia Masters Championships, Swarthmore College, Pa. (See Aug. 6.)

**August 30-31.** Potomac Valley TC Games, Williams HS, 3330 King St., Alexandria, VA. 703-671-2520.

### SOUTHEAST

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

**June 1.** North American Invitational Weight Pentathlon, Showalter Field, Orlando, Fla. John von Rohr, 10541 NW 18 Dr., Plantation, FL 33322. 954-452-9248.

**June 7.** Birmingham TC Classic. Gordon Seifert, 1514 Ridge Rd., Birmingham, AL 35209. 205-879-8031. GESEIF@aol.com. Entry form in April NMN.

**June 14.** Miami-Northwest Express Meet. Jessie Holt, 305-836-2409, call after 9 pm.

**June 21.** South Carolina Masters Classic, Greenville. Adrian Cravan, 109 Woodhaven Ave., Greenville, SC 29609 864-627-3335(d). Brenda Bloomfield, 864-288-6560.

**June 21.** Florida Masters Championships, Kissimmee. Lionel Bonck, 407-321-8854.

**June 28.** Nashville Striders TC Open, Masters & Invitational Meet, Vanderbilt U. Track. Nashville Striders, PO Box 128276, Nashville, TN 37212. 615-331-0111.

**July 19.** Jacksonville TC Summer Classic, Bolles School, 7400 San Jose Blvd., Jacksonville, FL. 5 pm. Lamar Strother, 1511 S. McDuff Ave., Jacksonville, FL 32205. 904-388-7860.

### MIDWEST

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

**June 7.** Athlete's Foot Meet, Augustana College, 639 38th St., Rock Island, Ill. Pete Stopoulos, PO Box 465, East Moline, IL 61244. 309-792-1015.

**June 7.** Dayton Track Classic, Welcome Stadium, Dayton, Ohio. Bob Jones, Dayton Masters TC, 7567 Roselake Dr., Dayton, OH 45414. 513-837-2754.

**June 14.** USATF Illinois Masters Championships, Wilde Field, Lisle. USATF Illinois, 630-953-2052.

**June 21.** Midwest Masters Meet, Byron HS, Byron, Ill. Byron Park District, Ray Bielskis, 815-234-8435.

**June 28.** USATF Michigan Masters & Open Championships, Charlevoix HS, Charlevoix. Ken & Mary Plude, 616-547-4873.

**July 12.** Masters Return To Illinois Meet, Libertyville HS, Libertyville. Craig Dean, 847-367-6347.

**July 12.** USATF Indiana Championships, Carmel HS, Carmel. SASE to USATF Indiana, 1338 E. Maple Ave., Noblesville, IN 46060. Bill McCormick, 317-773-4027.

**July 26.** USATF Midwest Regional Masters Championships, Carmel HS, Carmel. (See July 12.)

### MID-AMERICA

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

**June 1.** USATF Minnesota Championships, National Sports Center, suburban Minneapolis. USATF Minnesota, 5429 Wooddale Ave., Edina, MN 55424. May 24 deadline.

**June 7.** USATF Mid-America Regional Masters Championships, Missouri Valley St. College, Joplin. SASE to Tom Thorne, 525 Oakridge Dr., Neosho, MO 64850. 417-451-2655(am); 451-7417(pm).

**June 8.** Jolly Jogathon Meet, Marysville, Kansas. No entry fee. Cleve Walstrom, Marysville, KS 66508. 913-562-3050(h); 562-3021(w).

**June 8.** Denver TC Meet, All-City Stadium. 11 am. 20K, 4-runner relay. Andre Raveling, 2760 E. 2nd Ave., Denver, CO 80206. 303-320-0750.

**June 14-15.** Lincoln TC Decathlon/Heptathlon, Nebraska Wesleyan U., Lincoln. Ross Greathouse, 213 S. 9th St., Lincoln, NE 68508. 402-475-7712(w); 489-2235(h).

**June 19.** Denver TC Meet, All-City Stadium. 6 pm. (See June 8.)

**July 17.** Denver TC Meet, All-City Stadium. 6 pm. Andre Raveling, 2760 E. 2nd Ave., Denver, CO 80206. 303-320-0750.

**July 27.** Blair TC Meet. All ages. Mike Maryott, 1478 Butler, Blair, NE 68008. 402-426-5955.

**August 5-10.** Rocky Mountain Senior Games, Greeley, Colo. Cole Kathman, 970-350-9433.

**August 30-31.** Rocky Mountain Masters Games, Boulder, Colo. 50+. Jim Weed, PO Box 889, Lake Crystal, MN 56055. 507-726-2452; Dave Simmons, 303-443-4919.

### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**June 14 & 28.** Magnolia Classic Pole Vault Clinic & Jump Off, Magnolia HS,

## ON TAP FOR JUNE

### TRACK AND FIELD

A full menu starts on the 1st with meets in Kings Point, N.Y.; New Jersey; Minnesota; and Florida. On the 7th, the feast continues with action in Birmingham, Ala.; Illinois; Seattle; Dayton; and at the USATF Mid-American Regional Championships in Joplin, Mo., plus on the 8th, at the SCA Championships in Los Angeles. More fare on the 14th in Los Gatos, Calif.; Florida; Illinois; and Hawaii. The Arizona Championships start another round in Tempe on the 20th, followed by meets in Texas, South Carolina, Florida, Illinois, and NYC on the 21st and the Randolph Classic, N.J., on the 22nd. The banquet ends with another large course of meets in Sequel, Calif. (an age-graded event), New Jersey, Michigan, and the opening of the two-day Hayward Classic, Eugene, Ore., on the 28th. For those with an appetite for more, the Trojan Masters Meet in Los Angeles is available on the 29th.

### LONG DISTANCE RUNNING

As T&F heats up, LDR cools down for the summer but not without a final flourish. A wide range of races includes the Hospital Hill Half-Marathon, Kansas City, Mo., on the 1st; Advil Mini 10K, NYC, on the 7th; and the Race For The Cure 5K, D.C., Grandma's Marathon, Duluth, Minn., and Mt. Washington 7.6 Mile, N.H., all on the 21st. If those aren't of interest, how about the Loudoun Street Mile (masters money), Winchester, Va., on the 28th, or the 24th Veterans Grand Prix, Brugge, Belgium, on the 29th?

### RACEWALKING

The USATF National Masters Women's 20K & Men's 25K Championships are set for Albany, N.Y., on the 22nd.

Texas. All ages. Steve Warr, RR1 Box 148, Hockley, TX 77747. 409-372-5316.

**June 21.** Hill Country Classic Masters Meet, Mason, Texas. Lee Graham, PO Box 384, Mason, TX 76856. 915-347-5620.

**July 5.** Texas Masters Championships, U. of Texas, Arlington. Dallas Masters T&F Club, 1501 W. Lavender Ln., Arlington, TX 76013. 817-274-0448. e-mail: DallasMTAF@aol.com.

**July 12.** USATF South Texas Association Championships, Clemens HS, San Antonio, Texas. Don Austin, PO Box 39148, San Antonio, TX 78218. 210-354-2891.

**July 17-19.** USATF Southwest Regional

Continued on next page



Continued from previous page

Masters Championships, East Ascension HS, Gonzales, La. Includes decathlon, heptathlon, weight pentathlon. Jeff Baty, 321 E. Josephine St., Gonzales, LA 70737. 504-644-6930.

## WEST

Arizona, California, Hawaii, Nevada

**June 8.** USATF Southern Calif. Association Championships, Occidental College, Los Angeles. Christel Miller, 818-843-2139 (until 9 pm), only local calls will be returned. SASE to 1740 Grandview Ave., Glendale, CA 91201. Entry form in May NMN.

**June 14.** Los Gatos Open & Masters Classic, Los Gatos HS, Calif. SC at West Valley College, Saratoga; HT, JT, weights at KELfield, Santa Cruz. Monica Townsend, 138 Johnson, Los Gatos, CA 95032. 408-395-9486.

**June 14-15.** Hawaii Aloha State Games, Kaiser HS, Honolulu. Hawaii residents only. Jack Karbens, 808-735-6366.

**June 20-22.** USATF Arizona Championships/Grand Canyon State Games, Arizona St. U., Tempe. All ages. Bob Flint, PO Box 10771, Scottsdale, AZ 85271. 602-949-1991.

**June 24-July 31.** All-comers meets, Los Angeles. Tues: Banning High; Wed. Birmingham High; Thurs: Bell High. 7 p.m.

**June 28.** USATF Pacific Association Championships/Age-Graded Meet, Soquel, Calif. Open & masters compete together; places determined by age-graded scoring tables; men & women separate. Santa Cruz TC, Bill Johnson, 408-335-0460.

**June 29.** Trojan Masters Meet, USC, Los Angeles. Russ Reabold, 818-917-6289.

**July 12.** USATF West Regional Masters Championships, San Jose City College, Calif. Site of 1997 National Championships. Monica Townsend, 138 Johnson, Los Gatos, CA 95032. 408-395-9486.

**July 26.** Santa Barbara Fiesta Pole Vault Championships on the Beach, West Beach, Santa Barbara, Calif. Steve Morris, 805-965-7979; 569-1289.

**October 4.** Club West Meet, Santa Barbara City College, Santa Barbara, Calif. Beverley Lewis, 805-969-5851.

**October 12.** Sri Chinmoy Masters Games, Cal State Long Beach, Long Beach, Calif. 40+. Bigalita Egger, 310-645-0271.

**November 15.** Long Beach Senior Games, Long Beach City College, Long Beach, Calif. 50+. Karla Yuki, 310-570-1776.

## NORTHWEST

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

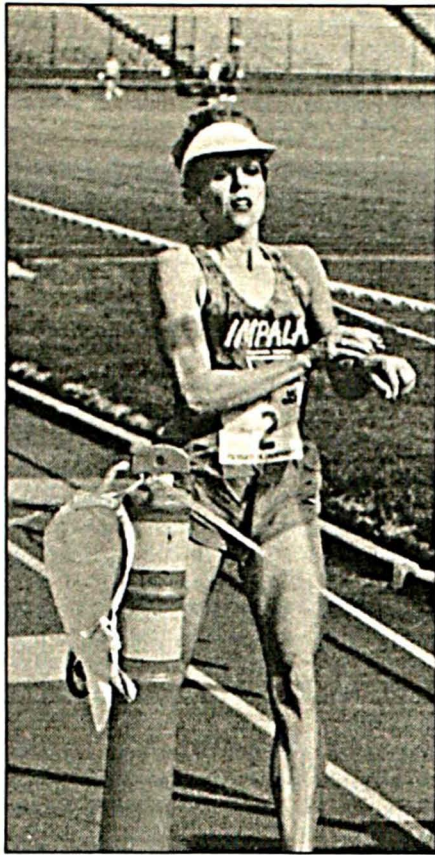
**June 5.** (Thurs.) Team Alaska TC Series, site TBA. 6 pm. 50m to 10,000/1 jump & 1 throw event. TATC Hotline, 566-8282.

**June 7.** Seattle Citywide Athletics Masters Meet, West Seattle Stadium. 30+. Day of meet entry, starting at 8:30 am. \$3 per event. 206-684-7093.

**June 12.** (Thurs.) Team Alaska TC Series, site TBA. 6 pm. 50m to 10,000/1 jump & 1 throw event. TATC Hotline, 566-8282.

**June 14-15.** Portland Masters Classic, Mt. Hood CC. Paul Stepan, 503-666-8950.

**June 19-21.** Montana Senior Games, U. of Montana, Billings. Out-of-state welcome. June 1 deadline. MSG, 465 Freedom Ave.,



Shirley Matson, 56, Moraga, Calif., sets a new U.S. women's age 55-59 8K record of 30:10 in the annual Paul Spangler Memorial Run in Palo Alto, April 6.

Photo from Fifty Plus Fitness Association

Billings, MT 59105. 406-252-2795.

**June 19-22.** Wyoming Senior Olympics, Riverton, Wyo. Wyoming Senior Citizens, Inc., PO Box BD, Riverton, WY 82501. 1-800-856-4398.

**June 28-29.** Hayward Classic. Hayward field, Eugene, Ore. Ruth BreMiller, 590 West 29th Ave., Eugene, OR 97405. 541-687-9675(h); 346-4923(w); e-mail: brem@uoneuro.uoregon.edu.

**July 12-13.** Oregon State Games, Portland, Mt. Hood CC. 503-520-1319.

**July 19-20.** USATF Northwest Regional Masters Championships/Key Bank Classic, Seattle, WA. Ken Weinbel, 4103 Hillcrest Ave. S.W., Seattle, WA 98116. 206-932-3923.

## CANADA

**June 15-16.** British Columbia Championships, Langley. Micky Sherker, 604-276-9458; fax: 604-273-9021.

**August 16-17.** Canadian Masters AA National Championships (M40+/W35+), Metro T&F Centre, York U., Toronto. Non-championships: M35+/W30+. Jim Flowers, 479 Drewry Ave., Willowdale, Ontario, M2R 2K9, Canada. 416-226-4713.

**September 6.** Canadian Masters AA InterClub Championships, Metro T&F Centre, York U., Toronto. M35+/W30+. Awards - age-graded basis. Jim Flowers, 479 Drewry Ave., Willowdale, Ontario, M2R 2K9, Canada. 416-226-4713.

## INTERNATIONAL

**June 1.** Baltic White Nights Veterans Meet, St. Petersburg, Russia. Valentina Zorina, Kartshikhina St., 22-24, 199151 St. Petersburg, Russia. Tel/fax: 7-812-355-3906.

**June 28-29.** BVAF Championships, Blackpool, England. Ian Thomas, 8 Sandgate Park Rd., Sheffield, S10 5TY, England.

**July 10-25.** 15th Maccabiah Games, Tel Aviv, Israel. US Maccabiah Committee, 1926 Arch Street, Philadelphia, PA 19103. 215-561-6900.

**July 11-13.** Russian Championships, Moscow. Vadim Marhev, 8 Pervomaiskaya St., Himki, Moscow Region, 141400, Russia. Phone/fax 7-095-573-4150; 7-095-412-4475; 7-095-456-1815.

**July 17-27.** XII WAVA World Veterans Athletics Championships, Durban, So. Africa. P.O. Box 1044, Durban 4000, South Africa. 27-31-239-821. Fax: 27-31-239-874.

**September 28-29.** Russia-Germany-Ukraine Match, Sochi, Russia. Vadim Marhev, 8 Pervomaiskaya St., Himki, Moscow Region, 141400, Russia. Phone/fax: 7-095-573-4150; 7-095-412-4475; 7-095-456-1815.

**October 24-November 1.** Australian Masters Games, Canberra. The Games Company, GPO Box 2697, Canberra 2601, Australia. Hotline: 06-207-9097.

**January 17-28, 1998.** 9th Oceania Veterans Games, Hawkes Bay. Jim Tobin, Box 7144, Taradale Napier. Phone/fax: 06-844-5072; mobile phone: 025-240-8880.

**August 9-22, 1998.** 4th International Masters Games (multi-sports), Portland, Ore.

## LONG DISTANCE RUNNING

### NATIONAL

**June 5-8.** RRCA 40th Convention, Colorado Springs. RRCA, 1150 S. Washington St., Suite 250, Alexandria, VA 22314.

**July 12.** Bastille Day Celebration 8K, Newport Beach, Calif. Indy Life Circuit Race. Food Distribution Center, 426 "A" W. Almond, Orange, CA 92866. 714-288-9080.

**July 20.** Chicago Distance Festival 5K, Chicago, Ill. Indy Life Circuit Race (counts for men only). Carey Pinkowski, 54 W. Hubbard #600, Chicago, IL 60610. 312-527-2200.

**September 1.** USATF National Masters 8K Cross-Country Championships, Pasco, Wash. Jim Peterson, 520 Franklin, Richland, WA 99352. 509-376-6731.

**October 5.** USATF National Masters Marathon Championships, Minneapolis/St. Paul, Minn. Indy Life Circuit Race. 1 1/2X points. Scott Schneider, 708 N. First St., #CR-33, Minneapolis, MN 55401. 612-673-0778.

**October 25.** USATF National Masters 15K Championships, Tulsa, Okla. Indy Life Circuit Race. Jack Wing, 4038 E. 48th St., Tulsa, OK 74135. 918-742-5418.

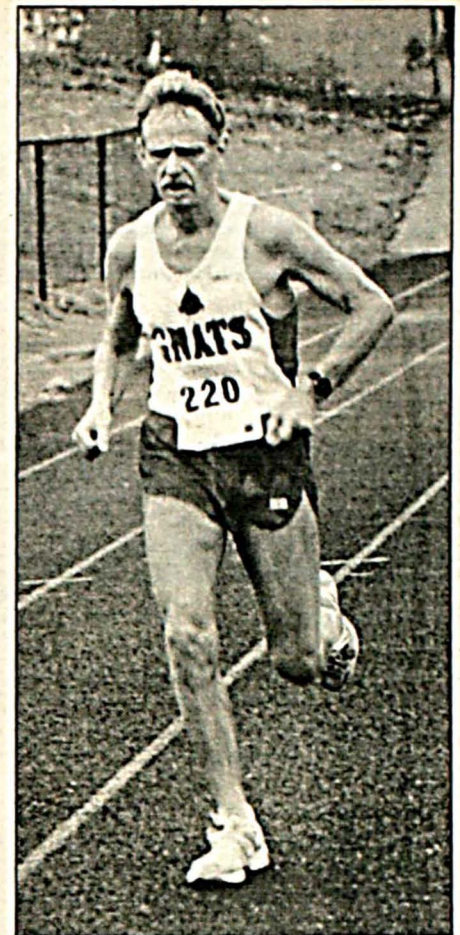
### EAST

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

**June 5.** (Thurs.) Long Island Police Appreciation 5K, Eisenhower Park, East Meadow. 7 pm. Ira Eskow, 516-921-0004.

**June 7.** NYRRC Advil Mini Marathon 10K, Central Park, NYC. 212-860-4455.

**June 8.** Orange Classic 10K, Middletown, N.Y. Jim Bott, Times Herald Record, 40 Mulberry St., Middletown, NY 10940.



M55 winner (84:28), Dick Hipp, 59, Bethesda 20K, Bethesda, Md., March 2.

Photo by George Banker

914-343-2181, X1200.

**June 10.** (Tues.) Merry Heart 5K, Roxbury Township, N.J. 7 pm. USATF-NJ Grand Prix Series. 201-584-0679.

**June 14.** National Race For The Cure 5K, Washington, D.C. Race For The Cure, 1320-A Old Chain Bridge Rd., Ste. 330, McLean, VA 22101. 703-848-8884.

**June 14.** I.O. Silver Games 10K, Harrisburg Area Community College, Pa. Masters money. 800-932-9361; 717-652-4707.

**June 21.** Vestal XX (20K), Vestal, N.Y. 607-797-9215.

**June 21.** Mt. Washington 7.6 Mile, Gorham, N.H. 603-863-2537.

**June 22.** Fairfield Half-Marathon, Fairfield, Conn. John Bysiewicz, JB Sports, 2 Buena Vista Rd., Branford, CT 06405. 203-481-5933.

**July 13.** Utica Boilermaker 15K, Utica, New York. Box 4729, Utica, NY 13504. 315-853-3941.

**July 29.** Yankee Homecoming 10 Mile, Newburyport, Mass. Jon Pierson, PO Box 366, Newburyport, MA 01950. 508-454-9735.

## SOUTHEAST

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

**June 14.** Air Force 50th Birthday 5K, Langley AF Base, VA. Sgt. Gil Kremer, 757-764-5791.

**June 28.** Loudoun Street Mile, Winchester, Va. Prize money for masters & senior masters (55+). SASE to Kathy Smart, 217 So. Washington St., Winchester, VA 22601. 540-662-1562.

**July 4.** Peachtree 10K, Atlanta. SASE (after March 1) to Atlanta TC, Peachtree, 3097 E. Shadowlawn Ave., Atlanta, GA 30305. 404-231-9064.

Continued on next page



Continued from previous page

**July 4.** Yorktown Freedom 5K, Yorktown, Va. Masters money. Harry Fagan, 757-873-3627(w); 898-9251(h).

### MIDWEST

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

**June 14.** Hoosier Marathon, Fort Wayne, Inc. Hoosier Marathon, c/o Fort Wayne TC, PO Box 11703, Fort Wayne, IN 46860. 219-432-5998.

### MID-AMERICA

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

**June 1.** Hospital Hill Half-Marathon, Kansas City, Mo. Hospital Hill Run, Crown Ctr., 2405 Grand Ave., Ste. 200, Kansas City, MO 64108. 816-274-3196.

**June 7.** Dam To Dam 20K, Des Moines, Iowa. \$400, 1st M&W40+. 515-241-3191, x3191.

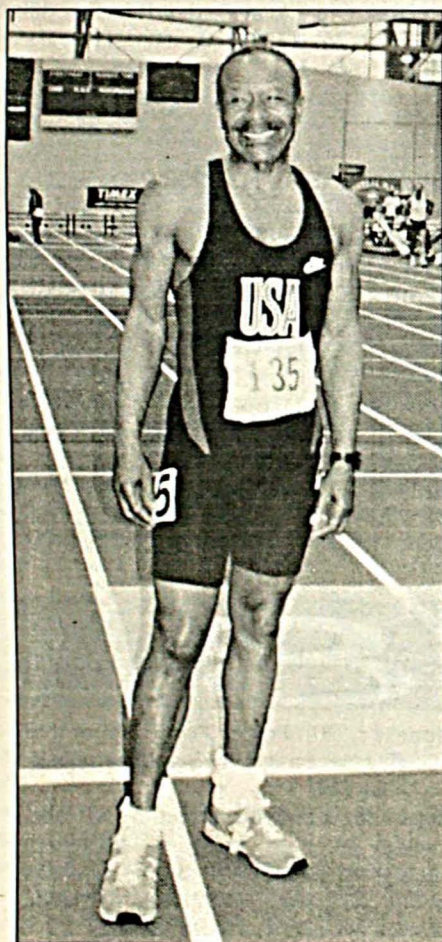
**June 8.** KRDO Garden Of The Gods 10 Miler/RRCA National Championships, Colorado Springs. Fred Mais, 809 N. Cascade Ave., Suite F, Colorado Springs, CO 80903. 719-473-2625.

**June 21.** Grandma's Marathon, Duluth, Minn. Grandma's Marathon, PO Box 16234, Duluth, MN 55816. 218-727-0947.

**July 4.** Coast To Coast Freedom Run 8K, Brookings, S. Dak. Eric Rasmussen, 425 22nd Ave. S., Brookings, SD 57006. 605-692-7775.

**July 5.** Alien Chase UFO 5K & 10K, Roswell, N.M. 505-624-0251.

**July 26.** Quad City Times Bix 7, Davenport, Iowa. 319-359-9197.



Larry Colbert, 60, Maryland, won the three sprints, with M60 world records in the 200 with a 25.15, and 400 with a 56.32, shaving two seconds from the previous 58.86 at the Indoor Nationals, March 21-23. Photo by Jerry Wojcik.



Bill Walsh, 51, Maryland, second M50 in the triple jump (35-6), National Masters Indoor Championships, Boston, March 21-23.

Photo by Jerry Wojcik

### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**July 4.** Baytown Heat Wave 5 Mile, Baytown, Texas. 713-383-7283.

**August 2.** Texas Avenue Mile, El Paso. 915-533-9062.

### WEST

Arizona, California, Hawaii, Nevada

**June 1.** Gardena 5000, Gardena, Calif. Special Masters Race (prize money). 310-327-6960.

**June 14.** Sober, Safe, & Healthy 3 Mile/Walk, Long Beach, Calif. Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

**July 4.** Huntington Beach July 4th Parade 5K, Huntington Beach, Calif. Kinane Events, 2987 Highland Dr., Carlsbad, CA 92008. Hotline: 714-374-1535, X4.

**July 13.** San Francisco Marathon. Pacific Association, 120 Ponderosa Ct., Folsom, CA 95630. 1-800-722-3466 (CA only), 916-983-4622.

**July 27.** Wharf To Wharf 10K, Santa Cruz, Calif. SASE to WTW, PO Box 307, Capitola, CA 95010. 408-475-2196.

**September 19-20.** The Relay - Napa To Santa Cruz, Calif. 194 miles/12-member teams. Starts in Calistoga. The Relay, 570 El Camino Real, Suite 150, Redwood City, CA 94063. 415-508-9700; fax 508-9703.

### NORTHWEST

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

**July 26-August 1.** Eugene Running Camp, Eugene, Ore. Coaches & speakers Bill Dellinger, Tom Heinonen, Mike Manley, & Joe Henderson. Limited to 40 adults, all levels. 800-622-8444.

**August 22-24.** Hood To Coast Relay, Mt. Hood to Seaside, Ore. 195 miles. Also shorter Portland To Coast Run Relay &

Walk Relay. New categories: 50+ men's, women's and mixed teams. SASE to HTC Relay, 5319 SW Westgate Dr., Suite 262, Portland, OR 97221. 503-292-4626; fax 292-4113.

### INTERNATIONAL

**June 15.** BVAFF 10K Championships, Kings Lynn. Peter Duhlg, 42 Wimbotsham Rd., Downham Market, Norfolk, PE38 9PE. Tele: 01366 388188.

**June 29.** 24th Veterans Grand Prix 10K & 25K, Brugge, Belgium. WVC, Korte Zilverstraat 5, B-8000, Brugge, Belgium.

**July 4-13.** Road race series near Galway, Dublin and Cork, Ireland. Roadrunner Tours, PO Box 1034, Michigan City, IN 46360-1034. 219-879-0133. Internet: <http://www.halhigdon.com>.

**July 17-27.** XII WAVA World Veterans Athletics Championships, Durban, South Africa. P.O. Box 1044, Durban 4000, South Africa. 27-31-239-821. Fax: 27-31-239-874.

**August 31.** BVAFF Marathon Championships, Stokes Ferry, Norfolk, England. Tony Hunt, The Dell, Stokes Ferry, Norfolk, England. Tele: 0136650 0309.

**October 26.** Athens Marathon, Athens, Greece. Apostolos Greek Tours, Inc., 3145 S. Akron St., Denver, CO 80231. 970-669-8377.

### RACEWALKING

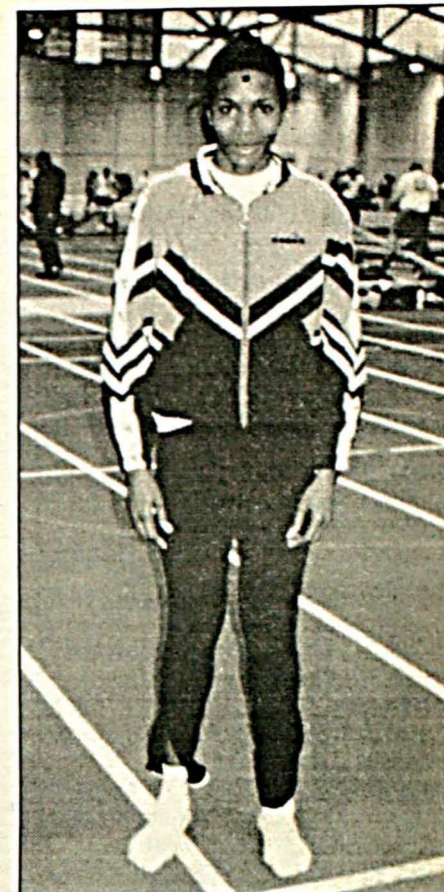
**June 14.** BVAFF 20K Racewalk Championships, Birchfield, Birmingham. Dennis Withers, 33 Barkers Rd., Sutton Coldfield, Birmingham, B74 2NZ.

**June 22.** USATF National Masters Women 20K & Masters Men 25K Racewalk Championships, Albany, N.Y. Elaine Humphrey, 7048 Suzanne Ln., Schenectady, NY 12303. 518-473-9117.

**July 12.** USATF National Masters Men 10K Racewalk Championships, Niagara Falls. Dave Lawrence, 94 Harding Ave., Kenmore, NY 14217.

**July 17-27.** XII WAVA Championships, Durban, South Africa. W10K roadwalk; M20K roadwalk; 5000m track. See T&F International Schedule.

**August 7-10.** USATF National Masters T&F Championships, San Jose, Calif. W10K roadwalk; M20K roadwalk; 5000m track. See T&F National schedule.



Adina Valdez, 35, New York, destroyed the W35 world record of 58.60 for the 400 by four seconds with a 54.48, National Masters Indoor Championships, Boston, March 21-23. She also broke the U.S. record of 2:14.94 with a 2:12.07.

Photo by Jerry Wojcik

**September 7.** USATF National Masters 40K Racewalk Championships, Long Branch, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 908-222-9080. Ray Funkhouser, 908-341-7386.

**September 13.** USATF National Masters 5K Racewalk Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660.

**September 14.** BVAFF 10K Racewalk Championships, Leicester, England. Peter Adams, 7 University Close, Syston, Leicester, LE7 2AY, England. Tele: 0116 2606628.

**October 12.** USATF National Masters 1-Hour Racewalk Championships, Cambridge, Mass. Justin Kuo, USATF New England, PO Box 1905, Brookline, MA 02146-1905. 617-821-3000; 731-9062.

## NOW AVAILABLE

### 1996 U.S. Masters Outdoor T&F Rankings Book

- Men's and women's 1996 U.S. 5-year track & field age-group rankings.
- 56 pages, over 100-deep in some events.
- All T&F events.

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### Men's Records Set at Outdoor Eastern Track & Field Championships Through 1996, Prepared by Haig Bohigian, East Regional Coordinator

AGE	YEAR	MARK	NAME
30-34	1991	10.6	BEN JAMES
30-34	1989	10.80	NEVILLE HODGE
35-39	1988	10.9	AL WALTON
35-39	1993	10.9	JESSE NORMAN
35-39	1996	11.06	DEREK HOLLOWAY
40-44	1983	11.1	ROBERT WILLIAMS
40-44	1991	11.1	AL WALTON
40-44	1996	11.32	THOMAS JONES
45-49	1996	11.4	ROBERT WILLIAMS
45-49	1995	11.61	CHARLIE ALLIE
50-54	1979	11.9	BERT LANCASTER
50-54	1995	12.02	MELVIN FIELDS
55-59	1990	12.19	HUGO HARTENSTEIN
60-64	1993	12.7	BOB KEEGAN
60-64	1996	12.82	BILL WRIGHT
65-69	1988	12.8	RUDY VALENTINE
70-74	1988	13.8	JAY SPONSELLER
75-79	1983	15.4	MANFRED D'ELIA
80-84	1990	15.45	MARCUS NEUFHOE
80-84	1984	16.42	ROBERT MEYERS

AGE	YEAR	MARK	NAME
30-34	1996	21.76	WENDELL DICKINSON
35-39	1996	22.05	DEREK HOLLOWAY
40-44	1978	22.7	CLIFF PAULING
40-44	1996	22.76	ED GONERA
45-49	1986	22.9	ROBERT WILLIAMS
50-54	1979	24.1	BERT LANCASTER
50-54	1996	24.35	ROGER PIERCE
55-59	1978	24.83	RUDY VALENTINE
60-64	1986	26.2	RUDY VALENTINE
65-69	1988	27.3	RUDY VALENTINE
70-74	1938	28.7	JAY SPONSELLER
75-79	1978	33.5	KONRAD BOAS
80-84	1988	36.0	MANFRED D'ELIA

AGE	YEAR	MARK	NAME
30-34	1996	49.28	TRACY FOX
35-39	1987	49.6	RALPH PENN
35-39	1996	49.73	SAL ALLAH
40-44	1994	50.11	ED GONERA
45-49	1995	51.88	CHARLIE ALLIE
50-54	1996	54.15	ROGER PIERCE
55-59	1978	54.8	RUDY VALENTINE
60-64	1993	60.7	FRED SCHLERTZ
65-59	1988	59.5	RUDY VALENTINE
70-74	1983	62.1	SAM MONASTERO
75-79	1993	83.3	BOB MATTESON
80-84	1994	89.91	JERRY WIBLE

AGE	YEAR	MARK	NAME
30-34	1984	1:54.4	W HINKINS
35-39	1996	1:54.24	SAL ALLAH
40-44	1993	1:59.1	JAMES PRIDE
45-49	1983	2:03.8	KEN BAKER
50-54	1990	2:08.57	ED SMALL
55-59	1990	2:10.01	JOHN CONNER
60-64	1981	2:19.8	JACK START
65-69	1988	2:30.1	ARCHIE MESSENGER
70-74	1989	2:24.6	AUSTIN NEUFHOE
75-79	1993	3:08.8	BOB MATTESON
80-84	1996	3:38.79	BOB MATTESON

AGE	YEAR	MARK	NAME
30-34	1984	4:02.2	W HINKINS
35-39	1983	4:03.5	K NIVAN
40-44	1977	4:07.3	G WOOD
45-49	1993	4:13.4	HAROLD NOLAN
50-54	1984	4:29.0	JAMES SUTTON
55-59	1991	4:39.9	JOHN CONNER
60-64	1981	4:54.3	JACK START
65-69	1988	5:03.5	ARCHIE MESSENGER
70-74	1986	5:28.1	AUSTIN NEUFHOE
75-79	1984	6:03.0	ED BENHAM

AGE	YEAR	MARK	NAME
30-34	1994	15:19.32	M GONSALES
35-39	1984	15:42.0	J WARE
40-44	1995	15:45.36	JIM PRUDA
45-49	1994	16:14.30	AL SWINSON
50-54	1984	16:38.0	F PELAGIN
55-59	1983	17:32.0	HOWARD RUBIN
60-64	1981	18:20.1	JACK START
65-69	1993	20:13.8	HOWARD RUBIN
70-74	1994	21:25.1	S TOWNE
75-79	1993	23:36.1	DUDLEY HEALEY
80-84	1995	25:20.81	DUDLEY HEALEY

AGE	YEAR	MARK	NAME
30-34	1977	32:11.0	W VAUGHN
35-39	1986	38:38.4	LARRY O'KEEFE
40-44	1993	33:08.9	D WINN
45-49	1984	35:15.8	D JANDORSKI
50-54	1978	37:14.8	PACKARD
55-59	1977	39:19.0	J DAVENPORT
60-64	1981	40:19.1	GONSALES

\*Not contested since 1986

AGE	YEAR	MARK	NAME
30-34	1993	23:33.2	DAVE TALCOTT
35-39	1939	22:28.4	RAY FUNKHOUSER
40-44	1989	23:08.0	GARY NELL
45-49	1980	23:24.78	JACK BOITANO
50-54	1995	24:24.69	JIM CARLINES
55-59	1995	24:36.69	DAVE ROMANSKY
60-64	1994	23:07.30	B BARRETT
65-69	1994	30:05.1	C ROBINSON
70-74	1996	30:44.52	JOHN NERVETTI
75-79	1989	35:59.07	JERRY WIBLE
80-84	1988	41:00.4	GEORGE CONWAY

AGE	YEAR	MARK	NAME
30-34	1984	1:45:31	B SAVOLONIS
35-39	1984	1:50:46	A PRICE
40-44	1984	2:07:13	H BEALL
45-49	1984	2:02:37	R TIMMONS
50-54	1984	2:06:27	ROBERT FINE
55-59	1984	2:01:48	ROBERT MUM
60-64	1984	2:11:05	G KELLER
65-69	1984	2:27:10	DIN JOHNSON
70-74	1984	2:30:36	H DRAZIN

\*\* Contested only in 1984

AGE	YEAR	MARK	NAME
30-34	1986	14.2	LEROY GALLOWAY
35-39	1991	14.6	LEROY GALLOWAY
40-44	1989	15.1	KEN BRINKER
45-49	1992	15.72	KEN BRINKER
50-54	1993	16.5	WILLIAM CLARK
55-59	1987	18.4	LARRY PRATT SR
60-64	1982	19.4	BOO MORCOM
65-69	1978	19.9	CLAUDE HILLS
70-74	1932	20.9	CLAUDE HILLS

AGE	YEAR	MARK	NAME
50-54	1995	16.48	MICKY MILLOVE
55-59	1989	15.9	LEON TROUT
60-64	1990	17.77	TOM DELANY
65-69	1991	17.3	DENVER SMITH

AGE	YEAR	MARK	NAME
70-74	1993	14.4	ED LUKENS
70-74	1994	14.44	ED LUKENS
75-79	1994	18.59	B CARMEN
80-84	1984	20.2	ROBERT MEYERS

AGE	YEAR	MARK	NAME
30-34	1983	55.3	GEORGE CRUMMEL
35-39	1989	56.9	DAVID SALZEM
40-44	1977	61.1	LEON TROUT
45-49	1990	58.19	RICK LAPP
50-54	1984	61.9	RUDY ENDERS
55-59	1993	72.0	EDWARD KELLY
60-64	1979	68.7	PICKL
65-69	1979	74.6	GEORGE BRACELAND
70-74	1983	85.7	CLAUDE HILLS

AGE	YEAR	MARK	NAME
50-54	1939	48.9	DAVID MARTIN
55-59	1989	45.2	MATT BROWN
60-64	1992	51.96	LARRY PRATT SR
65-69	1988	50.0	RUDY VALENTINE
70-74	1995	50.22	JAMES STUCKEY
70-74	1994	61.3	B CARMEN

AGE	YEAR	MARK	NAME
30-34	1972	6-8	2.03 MANUEL TOPPINS
30-34	1994	6-8	2.03 J PATRONE
35-39	1972	6-6	1.98 JASON MEISLER
40-44	1993	6-2	1.88 STEVE HARKINS
45-49	1973	5-8	1.725 WILLIAM HANSON
50-54	1983	5-10	1.78 WILLIAM CLARK
55-59	1988	5-0	1.525 CHARLES LEVERONE
55-59	1988	5-0	1.525 LARRY PRATT SR
60-64	1992	4-10.5	1.495 LARRY PRATT SR
65-69	1988	4-8	1.42 ED LUKENS
65-69	1995	4-8	1.42 JAMES STUCKEY
70-74	1991	4-7.25	1.40 BOO MORCOM
75-79	1990	4-2	1.27 MARCUS NEUFHOE
75-79	1994	4-2	1.27 IAN HUME
75-79	1995	4-2	1.27 ED LUKENS
80-84	1992	3-11.5	1.205 CLAUDE HILLS

AGE	YEAR	MARK	NAME
30-34	1986	15-6	4.725 DUNCAN LITTLEFIELD
35-39	1988	13-0	3.96 SAM PRENTICE
35-39	1988	13-0	3.96 JOHN HOGGOSIAN
40-44	1984	14-0	4.265 WILLY SOKOLOWSKI
45-49	1991	13-6	4.115 TOM RAUSCHER
50-54	1991	13-0	3.96 WILLY SOKOLOWSKI
55-59	1993	10-6	3.20 NORM CYPRUS
60-64	1982	12-0	3.66 BOO MORCOM
65-69	1988	9-6	2.895 BOO MORCOM
70-74	1992	9-6	2.895 BOO MORCOM
75-79	1991	6-0	1.83 CLAUDE HILLS
75-79	1994	6-0	1.83 IAN HUME
80-84	1992	6-0	1.33 CLAUDE HILLS

AGE	YEAR	MARK	NAME
30-34	1983	21-10	6.655 J WILSON
35-39	1984	22-5.5	6.845 J WILSON
40-44	1984	21-0.5	6.41 ROBERT TAYLOR
45-49	1984	19-6.25	5.95 TUM BLOUETT
50-54	1983	19-4.75	5.91 WILLIAM CLARK
55-59	1991	15-11.75	4.87 MCKEY LAFFERTY
60-64	1986	16-2	4.93 ED LUKENS
65-69	1987	16-6	5.03 BOO MORCOM
70-74	1991	14-9.5	4.51 BOO MORCOM
75-79	1990	12-10	3.91 MARCUS NEUFHOE
80-84	1984	11-8.5	3.57 ROBERT MEYERS

AGE	YEAR	MARK	NAME
30-34	1989	49-5.25	15.07 MAXWELL PETERS
35-39	1986	43-9.50	13.35 BOB BEALE
40-44	1984	39-10.50	12.155 KURT VENER
45-49	1990	36-11.75	11.27 MCKEY MILLOVE
50-54	1983	36-6	11.125 WILLIAM CLARK
55-59	1991	34-10.25	10.62 MCKEY LAFFERTY
60-64	1986	35-0	10.67 ED LUKENS
65-69	1988	34-4	10.465 ED LUKENS
70-74	1992	31-9.5	9.59 ED LUKENS
75-79	1993	26-5.25	8.06 SPARKS SORLIEN
80-84	1992	22-4.25	6.32 CLAUDE HILLS

AGE	YEAR	MARK	NAME
30-34	1988	51-3	16.23 JOHN DUPUIS
35-39	1992	47-1	14.35 WILLIAM HOLVERTON
40-44	1973	51-8.5	15.76 ERNIE MC COMBS
45-49	1988	48-0	14.63 KARL JOHNSON
50-54	1988	50-5	15.365 JEFF MENIG
55-59	1988	49-7.5	15.125 CLIFF BLAIR
60-64	1981	48-6	14.78 BOB STONE
65-69	1984	42-8	13.005 WILLIAM COLEMAN
70-74	1988	40-7.5	12.38 ELMER SHAW
75-79	1984	33-1.25	10.09 W GARTHOE
80-84	1986	22-9.75	6.95 HARRY MC ARDLE

Mark subject to verification.

AGE	YEAR	MARK	NAME
30-34	1983	159-3	48.34 PAUL CORRIGAN
35-39	1983	164-7	50.16 MCKE GRISKO
40-44	1987	159-7	48.64 MCKE GRISKO
45-49	1978	150-8	45.92 GONZALEZ
50-54	1995	163-4	49.78 LARRY PRATT

AGE	YEAR	MARK	NAME
55-59	1989	148-9	43.34 STEVE THOMPSON
60-64	1995	151-11	46.30 LEN OLSON
65-69	1996	137-5.5	41.90 BILL GARRAHAN
70-74	1988	115-6	35.20 ELMER SHAW
75-79	1994	92-11	23.32 B MARK
80-84	1992	83-4.5	25.41 CLAUDE HILLS

AGE	YEAR	MARK	NAME
30-34	1986	215-10.25	65.79 ROBERT SING
35-39	1986	220-3.50	67.15 DAVID REISS
40-44	1988	210-5	64.14 DAVID REISS
45-49	1993	198-1	60.38 RUSS WHITE
50-54	1994	179-11	54.34 RUSS WHITE
55-59	1992	156-4	47.66 ROBERT YOUNGS
60-64	1994	158-7	48.34 ROBERT YOUNGS
65-69	1988	117-0	35.66 ED LUKENS
70-74	1992	97-9.25	29.80 ED LUKENS
75-79	1994	93-3	23.945 B MARK
80-84	1986	61-9.75	18.84 HARRY MC ARDLE

HAMMER THROW			
AGE	YEAR	MARK	NAME
30-34	1995	179-1.5	54.50 TROY HERR
35-39	1995	149-4	45.52 MARK HECKEL
40-44	1974	156-0	47.54 IRV BLACK
	1987	155-5.5	47.39 MIKE GRISKO
45-49	1975	162-7	49.56 BOB BACKUS
50-54	1985	164-2	50.04 JOE CHADBOURNE
55-59	1988	168-11	51.48 CLIFF BLAIR
60-64	1980	151-10.5	46.29 TUN MC DEMITT
65-69	1985	137-7	41.94 ELMER SIUW
70-74	1988	128-7	39.20 ELMER SIUW



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

## M35-39

Warren Taylor Shot Put 52-2½ 05-26-96  
Discus 163-1 05-26-96

## M45-49

David Anderson Long Jump 6.26 05-05-96  
Long Jump 5.72 08-18-96  
Christopher Monroe 800 2:12.93 03-09-97

## M50-54

Mark Hosler 10K 35:42 03-08-97

## M55-59

Robert Bennett 800 2:25.34 04-23-97  
David Denman 100 12.06 08-01-96  
200 26.36 08-01-96  
Lee Gillespie 200 26.94 02-09-97

## M60-64

Bailey Abernathy 800 2:33.17 03-31-96  
800 2:34.5 04-27-96  
800 2:29.4 05-18-96  
800 2:28.76 06-01-96  
1500 5:18 04-27-96  
1500 5:14.3 04-18-96  
1500 5:15.72 05-31-96  
2K SC 8:35.0 05-25-96  
2K SC 9:07.93 08-16-96  
2K SC 8:46.37 08-22-96  
Bob Beck Shot Put 42-11 04-05-97  
Discus 139-8 04-05-97  
Jim Beahm Mile 5:28 04-17-97

## M65-69

Floyd Jack Discus 144-6 10-25-96  
Shot Put 35-6½ 10-05-96

Jack Keener 1500 5:36.7 08-18-96  
Fred Shanaman 25# Weight 12.56 02-16-97  
56# Weight 6.25 02-16-97  
Ross Vrooman High Jump 1.42 02-01-97

## M75-79

Emil Balz 800 3:19.97 02-02-97  
John Means 200 34.24 02-23-97  
400 1:23.89 03-23-97  
Jerry Siefert Javelin 27.12 10-13-96  
John Gray 5K 24.40 01-18-97

## W50-54

Jo Ann Owen 5K RW 29:38 05-04-97  
Mile RW 9:05 04-26-97

## W55-59

Suzanne Franco Mile 6:24 12-08-96  
5K 24:00 12-08-96

## U.S. MASTERS STANDARDS OF EXCELLENCE

## FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
Mile	4:31	4:35	4:42	4:53	5:07	5:25	5:49	6:14	6:51	7:38	8:42	10:10
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:00	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
	6-4½	6-½	5-9½	5-6	5-2½	4-11	4-7½	4-4	4-½	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
	14-5½	13-7½	12-9½	11-9½	10-10	10-0	9-2½	8-4½	7-6½	6-8½	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	20-4½	19-2½	17-10½	16-9	15-7	14-5½	13-1½	11-11½	11-0	9-10	8-8½
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
	43-9½	41-6	39-¾	36-7	34-1½	31-8	29-2½	26-11	24-7½	22-4	20-½	18-½
Shot	15.20	14.10	13.00	12.00	12.40	11.20	12.00	10.80	10.00	8.80	7.65	6.50
	49-10½	46-3½	42-8	39-4½	40-8½	36-9	39-4½	35-5½	33-0	28-10½	25-1½	21-4
Discus	44.80	42.60	40.60	38.00	40.00	36.40	40.00	36.80	31.60	26.40	21.40	16.20
	147-0	139-9	133-2	124-8	131-3	119-5	131-3	120-9	103-8	86-7	70-2½	53-2
Hammer	47.24	44.20	41.14	38.10	38.40	36.00	36.00	33.00	29.00	25.00	22.50	18.00
	155-0	145-0	135-0	125-0	126-0	118-1	118-1	108-3	95-2	82-0	73-10	60-0
Jav	62.00	57.00	52.00	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
	203-5	187-0	170-7	157-6	141-1	126-4	131-3	114-10	95-2	78-9	62-4	49-2
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.00
25#Wt.							11.00	10.00	9.00	8.00	7.00	6.00
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
Pen	2800	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600
Dec	5500	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250
Wt. Pen	2800	2800	2800	2900	3000	3000	3000	3000	2900	2800	2700	

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

## U.S. MASTERS ALL AMERICAN STANDARDS OF EXCELLENCE FOR RACEWALKERS

## WOMEN

	1.5K	Mile	3K	5K	8K	10K	15K	20K	25K	30K	40K	50K
W30	7:13	7:47	14:50	25:38	42:04	52:43	1:21:56	1:52:06	2:24:43	2:59:15	4:08:45	5:37:30
W35	7:22	8:03	15:18	26:27	43:11	53:56	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:23
W40	7:37	8:21	15:53	27:26	44:47	55:56	1:26:37	1:58:06	2:32:33	3:08:56	4:22:13	5:55:48
W45	8:03	8:41	16:32	28:33	46:35	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:25
W50	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:09
W55	8:55	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	3:36:33	5:01:03	6:49:24
W60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:43
W65	9:48	10:35	20:06	34:43	56:33	1:10:37	1:49:50	2:30:12	3:14:51	4:02:20	5:37:25	7:39:46
W70	10:26	11:15	21:22	36:54	1:00:02	1:15:01	1:56:49	2:39:54	3:27:38	4:18:30	5:54:18	8:11:30
W75	11:10	12:01	22:51	39:28	1:04:10	1:20:14	2:05:05	2:51:18	3:42:50	4:37:46	6:27:35	8:49:28
W80	12:03	12:58	24:41	42:37	1:09:13	1:26:38	2:15:15	3:05:24	4:01:36	5:01:39	7:01:26	9:47:35
W85	13:13	14:15	27:05	46:45	1:15:50	1:35:01	2:28:37	3:24:00	4:26:20	5:33:10	7:46:16	10:39:15
W90	14:56	16:06	30:36	48:14	1:25:30	1:47:18	2:48:13	3:51:12				

## MEN

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

Age-graded time/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	75.5	83.7	90.0	96.5	103.3
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48
Mile	5:34	5:44	5:55	6:07	6:26	6:49	7:19	7:46	8:47	9:39	10:45
5000	19:45	20:30	21:20	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.5	79.9	84.4	88.8							
300H					66.0	72.0	79.0	87.0	96.0		
HJ	1.42	1.35	1.27	1.19	1.12	1.07	1.02	.97	.92	.89	.84
	4-8	4-5 1/4	4-2	3-11	3-8	3-6 1/4	3-4 1/4	3-2 1/4	3-0 1/4	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 1/4	7-10 1/4	6-11	5-11	4-11	3-11	3-7 1/4	3-3 1/4	2-11	2-7 1/4	2-3 1/4
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 1/4	12-9 1/4	11-8	10-6	9-4 1/4	8-6 1/4	7-8 1/4	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 1/4	28-2 1/4	25-7 1/4	23-7	21-0	18-8 1/4	17-1	15-5	13-9 1/4	12-5 1/4
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 1/4	30-6 1/4	27-7	25-3 1/4	26-1	23-7 1/4	21-4	19-0 1/4	17-3	15-5	13-11 1/4
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 1/4	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
20#Wt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75
16#Wt.					8.00	7.00	6.00	5.50	5.25	5.00	4.75
Sup.Wt.	6.50	6.00	5.50	5.00	5.25	5.00	4.75	4.50	4.00	3.50	3.00
Wt Pen	2600	2500	2500	2500	2800	2600	2600	2500	2500	2400	2300



# 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 1/2" wide) in put format receive preference. Deadline is the 10th of the month prior to issue date.

## EAST

### Syracuse Chargers Indoor Meet

Syracuse, NY; March 15

<b>55m</b>	
M35 Ken Switnicki	7.2
M40 Ben James	7.3
M50 Gary Geiger	7.4
M55 Tom Fondy	7.9
M70 Bill Townsend	8.9
M75 L R Moore	8.9
W30 Karen Pyle	8.6
W35 Cathy McKeever	8.7
W40 Irene Thompson	7.6
<b>300m</b>	
M30 Tracy Ford	35.6
M40 Dan Swanson	41.1
M70 Howard MacMillan	49.8
M80 Chas Jorgensen	80.5
W30 Karen Pyle	50.5
W40 Irene Thompson	45.5
W50 Kathy Collins	55.9
<b>600m</b>	
M30 Mike Boni	1:33.1
M35 Phil Rougeux	1:34.0
M40 Jim Herr	1:38.2
M45 Kevin Morrisroe	1:44.4
M60 Fred Schlereth	1:54.8
M75 L R Moore	2:46.1
<b>1500m</b>	
M35 Tim Murphy	4:25.7
M40 Tim McMullen	4:09.5
M45 Jim Vermeulen	5:15.9
M50 Mike Delio	5:37.8
M65 Roger Hahn	5:55.5
M80 Chas Jorgensen	9:08.8
<b>55mH</b>	
M40 Horace Hudson	9.4
M55 Paul Stelmazyk	11.0
M70 Bill Townsend	10.6
M75 Ed Lukens	10.0
W35 Cathy McKeever	10.6
<b>Long Jump</b>	
M35 Ken Switnicki	17-8
M50 Ken Moses	16-5.50
M75 Ed Lukens	13-11
<b>Pole Vault</b>	
M40 Pete McGinnis	13-6
<b>Shot Put</b>	
M45 Jim Alexander	7.76
M50 Ken Moses	8.66
M60 Chuck Yost	11.13
W45 Kathy Cirina	7.55
<b>Weight</b>	
M45 Jim Alexander	7.49
W45 Kathy Cirina	7.64

### Penn Relays Philadelphia; April 25-26

<b>M40+ 100m (wind +4.5)</b>	
Neville Hodge 41	11.14
Bill Collins 46	11.27
Ben James 40	11.29
Bob Bowen 44	11.46
Tom Jones 43	11.50
Chas Allie 49	11.67
Stacey Price 43	11.78
Neil Steinberg 43	12.17
Pershing Reid 46	12.36
Den Frederick 42	12.46
<b>M50+ 100m (wind +6.1)</b>	
Edwin Roberts	12.02
Ron Johnson 51	12.11
Roger Phillips 53	12.26
Roger Pierce 52	12.43
Mel Fields 51	12.44
Joe Johnson 52	12.46
Ron Helton 52	12.53
Lloyd Hathcock 50	12.64
Scott Tyler 57	12.95
Mike Augeri 50	13.33
<b>M60+ 100m (wind +0.8)</b>	
Larry Colbert 60	12.23
Bill Wright 63	12.72
Roosevelt Weaver 60	13.02
Alex Johnson 63	13.18
Joe Hemler 62	13.23
Rich Barretta 65	13.39
Ed Cox 69	13.65
Cliff Pauling 62	13.81
Leon Trout 62	14.41

### M75+ 100m (wind +1.0)

Tim Murphy 75	14.25
Milt Silverstein 77	14.69
Jim Manno 76	15.35
John Caliguri 75	17.63
John McCarthy 75	17.86
Frank Bridson 80	18.17
Angelo Oliver 77	18.29
<b>W40+ 100m (wind +5.5)</b>	
Phil Raschker 50	12.40
Irene Thompson 42	13.11
Jacqueline Board 43	13.25
Denise McField 41	13.45
Cheryl Alston 40	13.97
Carole Solomon 43	14.15
Paula DicksonTaylor 43	14.59
Marilyn Fitzgerald 61	15.34
Renee DiGiacomo 42	15.58
Kahi Schrier 41	16.38
<b>M40+ 4x100 Relay</b>	
Central Park TC	44.40
(Overby/Brooks/Norman/Gonera)	
Maryland Masters	44.55
Atlanta TC	44.92
Houston Elite	46.39
Phila Masters	46.41
Boston RC	47.42
Pony Express TC	49.45
<b>M50+, W40+ 4x100 Relay</b>	
Potomac Valley TC	47.57
(Fields/Burrell/Colbert/J Johnson)	
Boston RC	49.21
Dayton Masters	49.59
Garden State AC "B"	51.76
All-UniqueIndivid W40+	56.62
<b>M40+ 4x400 Relay</b>	
Central Park	3:30.03
(Lee/Norman/Hartshome/Gonera)	
Maryland Masters	3:31.57
NADIA TC	3:31.85
Phila Masters	3:32.15
Boston RC	3:42.00
Touch of Class TC	3:42.24
Central Park TC "B"	3:47.39
Phila Masters "B"	3:53.20
Shore AC	3:56.14
<b>M50+, W40+ 4x400 Relay</b>	
Potomac Valley TC	3:52.71
(Fields/Colbert/Robinson/Simmons)	
Boston RC	3:53.10
Central Park TC	3:55.51
NY Pioneer Club	4:04.62
Shore AC 60+	4:25.69
Garden State "A"	4:37.19
Shore AC 50+	nta
AUI W40+	4:42.48

## SOUTHEAST

### Naples On The Gulf Meet Naples, FL; April 5

<b>100m</b>	
M35 Warren Washington	11.45
Jim Farr	12.44
Jim Battaglia	13.60
M40 Darryl Diamond	11.55
Hal Fairbanks	13.24
Mike Pilarski	13.80
M45 Nate Robinson	11.54
Rusty Earp	14.72
M50 Jon Davis	12.38
Walt Hillebrand	12.88
Joe Johnston	13.08
M55 Avital Schurr	12.84
N Delaneville	13.70
Bill Wheelock	13.74
M60 Bob Bradley	13.76
Phil Teders	15.82
M65 Lester Ray	15.32
M70 Bob Voegel	17.33
M75 Tom Kennell	14.49
W55 Barbara Cleveland	15.80
W60 Janet Freeman	15.62
Mary Melehan	15.95
W65 Betty Neal	16.47
Ann Edginton	20.65
W70 Jean Udell	21.14
<b>200m</b>	
M30 Lenwood Rance	23.90
Neil Marotta	25.75
M35 Jim Farr	24.56
M40 Darryl Diamond	24.45
Mike Pilarski	30.12

M50 Jon Davis	27.50
M55 Avital Schurr	29.58
Bill Wheelock	29.72
M60 Bob Bradley	nta
W50 Lucia Schatteley	33.56
W60 Janet Freeman	36.30
Mary Melehan	36.74
W65 Betty Neal	36.74
Ann Edginton	50.60

<b>400m</b>	
M30 Lenwood Rance	53.40
M35 Jim Farr	53.48
M40 Bob Short	58.84
M45 Rusty Earp	74.19
M50 Sven Jutz	77.03
M55 Bob O'Brien	69.35
M60 Phil Teders	85.97
M65 David Lockett	69.26
David Rider	75.33
Phil O'Connell	75.43
W35 Deborah Yealin	78.76
Ute Stock	1:42.16
W50 Lucia Schatteley	80.88
W60 Janet Freeman	80.82
Mary Melehan	91.30

<b>800m</b>	
M40 Bob Short	2:16.00
Peter Michaelson	2:24.71
M55 Lindsay Bodden	2:21.26
Chuck Hill	3:07.20
M65 David Lockett	2:50.53
David Rider	2:56.92
W35 Deborah Yealin	2:53.40
Ute Stock	3:57.40
W60 Mary Melehan	3:14.65
Sandra Barretto	4:26.77

<b>1500m</b>	
M40 Mike Kinzel	5:07.8
M45 Steve Turner	5:56.0
Rusty Earp	6:23.0
M50 Doug Schumann	5:07.4
M55 Doug Malewicki	6:22.2
M60 Phil Teders	6:12.4
Jim Cleveland	6:37.2
W50 Lucia Schatteley	6:29.7
W60 Mary Melehan	6:24.8

<b>5000m</b>	
M35 Jeff Myers	17:18.5
Dan Brown	21:25.7
M45 Steve Turner	22:17.0
M50 Joe Wallen	25:14.0
Rich Wright	25:42.7
M55 John Fullmer	24:16.7
W35 Deborah Yealin	21:39.3
W50 Lucia Schatteley	24:31.2
W55 Kathy Ennis	29:12.3
W60 Janet Freeman	24:42.3
Hella Triest	24:45.8

<b>Short Hurdles</b>	
M50 Joe Johnston	16.67
M65 Larry Fleischman	19.10

<b>High Jump</b>	
M35 James Battaglia	1.47
M40 Robert Kupsaw	1.52
M50 Joe Johnston	1.52
M60 Walt Diggs	1.40
Jim Cleveland	1.22
M65 Larry Fleischman	1.30
David Rider	1.24
Dennis Edginton	0.97
M70 Tom Coughlin	1.27
Bob Voegel	1.12

<b>Pole Vault</b>	
M35 James Battaglia	2.59
M40 Hal Fairbanks	3.35
M45 Jim Pedley	3.35
M50 Joe Johnston	3.96
M65 Lester Rudy	2.29
David Rider	2.29
W55 Joy MacDonald	AR2.56
(MacDonald/2.51/1996)	
Barbara Cleveland	2.06

<b>Long Jump</b>	
M30 Lenwood Rance	6.01
M35 Warren Washington	6.29
Mike Walter	5.07
James Battaglia	4.72
M40 Wayne Reese	5.49
Hal Fairbanks	4.85
M45 Nate Robinson	5.54
Rusty Earp	3.84
M50 Joe Johnston	4.83
B J Johnston	4.57
M55 N Delaneville	4.39
M60 Bob Bradley	4.19
M65 David Rider	3.96
Lester Rudy	3.71
M70 Bob Voegel	3.00
M75 Tom Kennell	4.11
W50 Lucia Schatteley	3.30
Sheila Gave	2.82



<b>Triple Jump</b>	
M35 James Battaglia	9.92
M40 Wayne Reese	11.70
M45 Rusty Earp	8.86
M50 Joe Johnston	10.30
M60 Bob Bradley	8.84
M70 Bob Voegel	5.72
M75 Tom Kennell	8.00

<b>Shot Put</b>	
M30 Neil Marotta	10.29
John Hennink	9.50
M35 Mike Walter	11.76
Juan Romero	11.68
Mike Richardson	8.20
M40 Tony Chioccarelli	10.29
M45 John von Rohr	13.21
Rusty Earp	8.45
M50 Walt Hillebrand	12.48
Larry Morrell	10.16
Carl Levine	9.91
M55 Esse Sattari	11.43
Jerry Arline	11.36
Chas Fennelle	11.34
Harold Tessier	9.88
M60 Walt Diggs	11.89
Art Piper	10.19
M65 Len Olson	12.71
Pay Carstensen	11.51
Reed Quinn	10.49
Rudy Bredenbeck	10.38
Jim Brady	9.53
Larry Fleischman	8.79
Don Levesque	8.10
M70 Tom Coughlin	10.87
John Piper	8.86
Bob Voegel	7.85
M75 Gene Schneider	6.81
M80 Ernest Dennison	7.84
W45 Debbie Wallen	7.24
W50 Sheila Gave	7.01
W55 Vanessa Hilliard	11.73
W60 Erika Messner	AR10.21
(Holland/9.82/1989)	
W65 Betty Neal	8.29
W70 Jean Udell	5.25

<b>Discus</b>	
M30 John Hennink	23.97
M35 Mike Walter	37.98
Juan Romero	34.54
Mike Richardson	25.72
M40 Tony Chioccarelli	33.77
M45 John von Rohr	35.97
Rusty Earp	24.22
M50 Gary Lane	44.01
Walt Hillebrand	33.22
Larry Morrell	32.23
Carl Levine	30.82
M55 Jerry Arline	37.67
Esse Sattari	36.35
Ed Box	82.61
Harold Tessier	28.88
M60 Walt Diggs	47.03
Art Piper	41.83
Jim Cleveland	31.14
M65 Len Olson	45.80
Austin Baggett	38.94
Reed Quinn	38.86
Rudy Bredenbeck	37.00
Don Levesque	30.06
Larry Fleischman	26.45
Don Carter	24.84
M70 John Piper	28.44
Tom Coughlin	28.38
Bob Voegel	22.59
M80 Ernest Dennison	21.12
W35 Pam Holland	28.04
W40 Debbie Wallen	22.31
W55 Vanessa Hilliard	AR37.81
(Hilliard/32.22/1996)	
check record	
Barbara Cleveland	19.67
W60 Erika Messner	25.29
W65 Betty Neal	22.63
W70 Jean Udell	12.02

<b>Hammer</b>	
M35 Mike Richardson	22.07
M40 Tony Chioccarelli	47.78
M45 John von Rohr	42.42
M50 Bob Cahners	36.93
Larry Morrell	24.61
M55 Jerry Arline	36.27
Ed Box	28.07
M60 Art Piper	23.88
M65 Pay Carstensen	39.32
Austin Baggett	38.35
Len Olson	38.05
Reed Quinn	31.24
Don Levesque	30.61
M70 John Piper	23.47
M75 Tom McDermott	30.71
W55 Vanessa Hilliard	WR49.48
(Hilliard/47.76/1996)	
W60 Erika Messner	AR29.72
(Messner/29.65/1996)	

<b>Javelin</b>	
M30 Neil Marotta	41.73
John Hennink	20.24
M35 Mike Walter	40.36
Mike Richardson	27.99
M45 John von Rohr	35.15
Rusty Earp	24.56
M50 Gary Lane	41.05
Larry Morrell	32.72
Carl Levine	26.49
M55 Esse Sattari	41.43
Harold Tessier	36.45
Jerry Arline	31.88
Ed Box	26.75
M60 Walt Diggs	38.68
Jim Cleveland	32.41
Art Piper	26.52
M65 Len Olson	37.62
Reed Quinn	36.07
Pay Carstensen	31.83
Larry Fleischman	31.42
Lester Rudy	29.29
M70 Tom Coughlin	31.62
John Piper	26.53
Bob Voegel	23.24
M80 Ernest Dennison	18.31
W50 Sheila Gave	14.27
W55 Barbara Cleveland	21.18
W60 Erika Messner	27.74
W65 Betty Neal	19.25
W70 Jean Udell	12.37

<b>Weight</b>	
(M30-59 35#/M60+ 25#)	
W30-49 203/W50+ 16#)	
M35 Mike Richardson	7.49
M40 Tony Chioccarelli	15.04
M45 John von Rohr	12.90
M50 Bob Cahners	7.49
M55 Jerry Arline	11.13
Charles Fennelle	9.96
Ed Box	7.80
M65 Austin Baggett	14.32
Pay Carstensen	12.75
Len Olson	12.65
Reed Quinn	12.31
Don Levesque	10.46
Jim Brady	9.98
M75 Tom McDermott	8.43
W55 Vanessa Hilliard	16.48
W60 Erika Messner	10.57



Continued from previous page

M45 Stan Druckrey	24.38
M50 Robert Lloyd	26.12
M55 Don Williams	28.90
M60 Fred Biederman	30.10
M65 Wm Simmons	31.32
M70 Bill Daprano	31.50
M75 Henry Kuric	41.44
M80 Milo Lightfoot	39.07
M95 Everett Hosack	66.78
W30 Vidd Hears	28.74
W45 Joanne Simboli	40.26
W55 Mary Robinson	34.45
W60 Janet Amery	51.15

<b>400m</b>	
M30 Steve Gallero	57.67
M35 Tim Coombs	56.14
M40 Robert Strunc	83.61
M45 Bruce Clifton	59.95
M50 Robert Lloyd	56.82
M55 Don Williams	63.72
M60 John Ratkovich	69.45
M65 Jim Hollensteiner	71.40
M80 Milo Lightfoot	93.76
W30 Vidd Hears	64.13
W35 Belinda McCoy	65.38
W55 Mary Robinson	82.68

<b>800m</b>	
M35 Ben Gorecki	2:14.43
M40 Craig Dahlquist	2:13.08
M45 Jerry Feldhausen	2:15.95
M50 Stan Mathes	2:19.82
W45 Mary Hartzler	2:59.61
<b>1500m</b>	
M30 Greg Olszowik	4:05.55
M35 Scott Branta	4:13.14
M45 David Rowe	4:39.82
M50 Paul Perry	4:26.74
M55 John Craig	4:49.88
W45 Mary Hartzler	6:18.00
W50 Lynne Ingalls	6:09.00

<b>3000m</b>	
M30 Greg Olszowik	8:58.18
M35 Robert Fennel	9:52.22
M40 Scott Lewis	11:50.62
M75 Henry Kuric	16:46.93
<b>60mH</b>	
M45 Stan Druckrey	8.69
M55 Dale Lance	9.68
M60 Don Amery	12.95
M65 Wm Simmons	11.72

<b>High Jump</b>	
M35 Tom Senecey	1.58
M40 John Valiska	1.68
M45 Ivan Black	1.48
M50 Bill Walsh	1.43
M60 Don Amery	1.28
M65 Wm Simmons	1.38
M80 Milo Lightfoot	1.25
W35 Bogulawa Langner	1.33

<b>Pole Vault</b>	
M30 Martin Prsby	3.81
M35 John Sayre	4.72
M40 John Anderson	4.11
M50 Matt Kilpelainen	3.96
M80 Milo Lightfoot	1.37

<b>Long Jump</b>	
M40 Mike Skoflanc	5.77
M45 Ivan Black	4.87
M50 Bill Walsh	4.62
M55 Hans Gordon	5.34
M60 Pete Stopoulos	4.74
M65 Wm Simmons	3.86
M70 Ken Yohiro	3.71
M75 Henry Kuric	2.97
W35 Bogulawa Langner	3.91
W40 Donna PopeGreen	4.78
W50 Karen Huff	2.05
W60 Janet Amery	2.29

<b>Triple Jump</b>	
M40 Mike Skoflanc	11.57
M45 Ivan Black	10.53
M50 Bill Walsh	9.40
M55 Phil Francis	7.42
M65 Wm Simmons	7.73

<b>Shot Put</b>	
M35 Kevin Wildor	7.41
M45 Tim Seifert	12.40
M50 Rich Woosencraft	12.27
M55 Stephen Cohen	12.02
M60 Don Amery	9.71
M70 Ken Yohiro	9.29
M75 Henry Kuric	5.37
M80 Milo Lightfoot	7.67
M95 Everett Hosack	3.93
W40 Donna PopeGreen	9.40
W45 Mary Hartzler	9.92
W50 Karen Huff	8.55
W60 Janet Amery	4.36
<b>Weight Throw</b>	
M45 Larry Readman	8.45
M50 Bill Walsh	6.07

M55 Ron Sholes	4.80
M60 Don Amery	5.43
W60 Janet Amery	5.05

**SOUTHWEST**El Paso Senior Games  
El Paso, TX; April 5

<b>50m</b>	
M55 Don Judd	7.2
M60 Joe Mestas	7.2
M65 Jim Powell	6.9
M70 George Form	7.7
M80 Nick Aguilar	12.2
W55 Mary Morrison	10.0
W60 Mary Theisen	10.0
W65 Joan Doucet	9.0
W70 Emma Udovich	10.9
W75 Sis Wamke	12.2

<b>100m</b>	
M55 Marv Armstrong	13.2
Don Judd	13.6
Bufe Morrison	14.4
M60 Joe Mestas	13.5
Bill Hearne	14.0
Lloyd Kempf	14.4
M65 Andy Anderson	13.5
Jim Powell	13.8
Gerald Doucet	13.8
M70 George Form	13.9
M80 Nick Aguilar	27.5
W55 Mary Morrison	21.2
W60 Mary Theisen	20.6
W65 Joan Doucet	16.9
W75 Sis Wamke	24.6

<b>200m</b>	
M55 Marv Armstrong	27.9
Bufe Morrison	33.1
M60 Joe Mestas	30.1
James Leggitt	30.3
Bill Hearne	30.6
M65 Andy Anderson	28.9
Jim Powell	30.5
Gerald Doucet	32.6
M70 George Form	31.3
F Castorena	47.4
M80 Nick Aguilar	58.1
W60 Mary Theisen	52.3
W65 Joan Doucet	35.6
W75 Sis Wamke	69.4

<b>400m</b>	
M55 Marv Armstrong	82.0
M60 James Leggitt	86.3
M65 Andy Anderson	85.6
Leo Vasquez	89.6
Don Navrkal	90.0
W65 Joan Doucet	89.1
W75 Sis Wamke	2:49.0
<b>800m</b>	
M60 Ben Arriola	3:30.0
M65 Don Navrkal	3:18.7
Leo Vasquez	3:35.0
M70 F Castorena	4:09.0
W75 Sis Wamke	5:48.0

<b>1500m</b>	
M60 Kiki Contreras	5:39.1
M65 Don Navrkal	6:47.0
M70 F Castorena	8:14.0
W75 Sis Wamke	12:24.0
<b>High Jump</b>	
M55 Bufe Morrison	4-2
Peter Riede	4-0
Don Judd	3-6
M60 James Leggitt	4-2
Lloyd Kempf	4-0
Irard Jacobs	3-8
M65 James Powell	4-4
Gerald Doucet	4-2
M70 Doug Cochran	3-6
W60 Mary Theisen	2-8
W65 Joan Doucet	3-4
Barbara Brandt	3-2
W70 Emma Udovich	2-8

<b>Long Jump</b>	
M55 Marv Armstrong	16-0
Bufe Morrison	13-11
Don Judd	13-0
M60 Bill Hearne	13-7.50
James Leggitt	12-10.50
Hector Carpio	9-10.50
M65 James Powell	15-8.50
Gerald Doucet	13-4
M70 Jesse Thornberry	10-7
Doug Cochran	9-4.50
W50 Wanda Fisher	7-1
W55 Kaaran Kimball	4-3.50
W60 Mary Theisen	5-9
W65 Joan Doucet	11-3
Lupe Carrasco	4-4.50
W70 Emma Udovich	6-7.50
<b>Shot Put</b>	
M50 Fernie Singh	31-7
M55 Don Judd	33-2.50

Bufe Morrison	29-4
Peter Riede	29-3
M60 Bob Beck	42-11
James Leggitt	29-1.50
M70 Doug Cochran	32-0
Carlos Ramirez	26-8
M75 Bob Broadbent	26-5
John Udovich	22-11.50
M80 Lloyd Adams	18-11.50
W50 Wanda Fisher	18-7.50
W55 Audrey Kempf	21-5.50
Mary Morrison	15-2.50
W60 Marie Molina	20-10
Mary Theisen	20-0
Emma Ramirez	19-2
W65 Lupe Carrasco	20-1.50
Betty Cruzan	17-5
W70 Emma Udovich	20-11
W80 Thelma Hall	12-5.50

<b>Discus</b>	
M50 Fernie Singh	88-4
M55 Don Judd	104-1
Marv Armstrong	95-11
M60 Bob Beck	139-8
James Leggitt	97-8
M65 Art Brandt	104-10
M70 Doug Cochran	91-10
Carlos Ramirez	72-7
M75 Bob Broadbent	60-4
John Udovich	58-4
M80 Lloyd Adams	28-5
W50 Kaaran Kimball	25-1
W60 Mary Theisen	40-8
Emma Ramirez	32-9
Marie Molina	31-2
W65 Barbara Brandt	63-8
Lupe Carrasco	41-10
Betty Cruzan	31-9
W70 Emma Udovich	45-1

<b>Javelin</b>	
M50 Fernie Singh	83-2
M55 Bufe Morrison	103-3
Marv Armstrong	95-5
Peter Riede	81-4
M60 Bob Beck	109-0
Jim Leggitt	85-3
M65 Art Brandt	91-1
M70 Doug Cochran	96-10
Carlos Ramirez	70-2
M75 Bob Broadbent	64-9
M80 Nick Aguilar	45-4
Lloyd Adams	35-3
W50 Wanda Fisher	48-10
W55 Audrey Kempf	45-4
Kaaran Kimball	25-5
W60 Emma Ramirez	43-1
Mary Theisen	40-6
Marie Molina	34-8
W65 Barbara Brandt	70-7
Betty Cruzan	43-2
Lupe Carrasco	39-10
W70 Emma Udovich	50-8
<b>1500m Racewalk</b>	
M55 Robert Ferrier	8:50
Peter Riede	11:12
Bufe Morrison	11:13
M60 Ben Arriola	11:11
Hector Carpio	11:32
M70 F Castorena	12:29
Carlos Ramirez	12:33
W55 Mary Morrison	12:02
Sally Gonzales	14:28
W70 Helen Morley	13:27

**WEST**KELfield Throws Meet #60  
Santa Cruz, CA; April 12

<b>Shot Put</b>	
M40 Gary Kelmenson	35-8.50
<b>Discus</b>	
M45 Gary Kelmenson	112-9
M50 Will Hendricks	81-9
M60 Stew Thomson	168-5
<b>Hammer</b>	
M45 Gary Kelmenson	132-0
M60 Stew Thomson	169-0
<b>Javelin</b>	
M45 Gary Kelmenson	98-3
M50 Joe Ramackers	94-5
<b>Weight Throw</b>	
M45 Gary Kelmenson	42-7
M60 Stew Thomson	57-5.50
<b>56# Weight</b>	
M40 Rich Watson	20-4.25
M45 Gary Kelmenson	28-1
M60 Stew Thomson	30-8
(age-63 record)	
<b>Weight Pentathlon</b>	
(HT/SP/DJ/T/W/T)	
M40 Rich Watson	2979
(37.08/10.90/34.16/49.42/11.53)	

**Arizona Throws Meets**  
Mesa; April 12 & 27

<b>-April 12-</b>	
<b>Shot Put</b>	
M35 Jeff Crothers	11.66
M45 Ron Travis	9.83
M50 Bob Osterhoudt	10.38
M60 Ben McGrady	12.00
W30 Barbara Crothers	7.60
<b>Hammer</b>	
M35 Jeff Crothers	32.70
M50 Bob Osterhoudt	35.98
W30 Barbara Crothers	18.22
<b>Weight</b>	
M35 Jeff Crothers	11.59
M45 Ron Travis	7.55
W30 Barbara Crothers	7.60
<b>Superweight</b>	
M35 Jeff Crothers	7.84
M45 Ron Travis	4.42
W30 Barbara Crothers	4.94
<b>-April 27-</b>	
<b>Shot Put</b>	
M35 Jeff Crothers	11.10
M45 Ron Travis	9.87
M50 Duane Thompson	11.90
Bob Osterhoudt	10.68
M60 Ben McGrady	12.20
<b>Discus</b>	
M50 Duane Thompson	34.70
Bob Osterhoudt	34.24
M60 Ben McGrady	39.38
<b>Hammer</b>	
M35 Jeff Crothers	37.02
M50 Bob Osterhoudt	35.92
<b>Weight</b>	
M35 Jeff Crothers	11.90
M45 Ron Travis	7.00
W30 Barbara Crothers	8.25
<b>Superweight</b>	
M35 Jeff Crothers	7.38
M45 Ron Travis	5.12
W30 Barbara Crothers	4.90

**Mt. San Antonio College**  
Relays Masters Women's Age-  
Handicapped 100m  
Walnut, CA; April 20

1 Mary Libal	47	11.52
2 Grace Dinkins	30	11.88
3 Denise Foreman	40	11.89
4 Kemisole Solwazi	57	12.03
5 JoyUpshawMargem	35	12.32
6 SumiOnoderLeonrd	68	12.56
7 Johnnye Valien	71	13.32
8 Elaine Iba	36	13.50
<b>M40+ 100m (no handicap)</b>		
1 Stan Whitley	M50	11.59
2 Frank Little	M50	12.17
3 Tom Byas	M40	12.28
4 Frank Hollier	M45	12.73
5 Fouts Williams	M40	12.90

**Visalia Masters Classic**  
Visalia, CA; May 3

<b>100m</b>	
M35 Wayne Iba	11.5
Roger Nelson	12.4
M40 Mark Robinson	12.4
Jerome Avery	12.5
Ken Osborn	12.8
Joseph Sahagun	12.9
Jim Booze	13.0
M45 Ray Yeck	12.8
Lex Freitas	12.9
Roger Trujillo	13.1
Bill Fitzpatrick	13.3
M50 David Naylor	12.7
Dale Herring	12.9
M55 Joe Johnson	13.5
Dwayne Hallford	15.3
Freddie Ford	16.5
M65 Don Cheek	13.8
Vern Regier	14.0
Rueben Melgosa	14.5
Grant Twitchell	15.3
M70 Rodney Brown	14.9
M75 Chas Mercurio	16.8
Clarence Killion	16.9
K K Slaughter	18.8
M80 Bert Morrow	18.3
W35 Elaine Iba	14.2
April Thomas	16.5
W40 Kathy Herring	16.4
W50 Avril Naylor	14.6
W70 Shirley Dietderich	19.8
<b>200m</b>	
M30 Peter Hanlon	25.3
M35 Wayne Iba	22.0
Roger Nelson	24.6
Arnold Rivas	26.2
Joe Kammer	26.2

M40 Mark Robinson	25.5
Jim Booze	26.3
Matt Ely	34.2
M45 Ray Yeck	25.7
Lex Freitas	26.1
M50 David Naylor	26.1
Dale Herring	26.6
Danny Jimenez	28.6
M55 Joe Johnson	28.1
M65 Don Cheek	28.6
Vern Regier	30.4
Rueben Melgosa	30.7
M70 Rodney Brown	30.6
M75 Chas Mercurio	35.9
Clarence Killion	36.8
K K Slaughter	39.3
M80 Bert Morrow	39.7
Pete Ganahl	49.9
W35 Diana Rigor	28.4
Elaine Iba	29.7
W40 Kathy Herring	35.0
W45 Martie Behrens	31.0
Sharlet Gilbert	32.2
W50 Avril Naylor	31.0
W70 Shirley Dietderich	44.7
<b>400m</b>	
M35 Joe Kammer	56.5
Sam Huerta	59.4
Arnold Rivas	61.1
Manuel Barrios Jr	61.2
M40 Ken Osborn	61.6
M45 Bill Fitzpatrick	58.3
Luis Pannarale	59.5
Richard Bailey	69.2
Phil Cherney	72.6
M70 Rod Brown	67.8
W35 Diana Rigor	64.1
W45 Martie Behrens	69.0
Sharlet Gilbert	70.8
<b>800m</b>	
M30 Garth Merrill	2:06.5
Pat Huott	2:18.4
M35 Joe Kammer	2:08.8
Joe Cabrera	2:10.0
M40 Tom Yeadaker	2:18.4
M45 Luis Pannarale	2:10.7
Wayne Morris	2:13.8
M50 Dennis Duffy	2:25.7
David Sanchez	2:37.5
M60 Pete Richardson	2:27.4
M70 Rod Brown	2:49.4
W30 Liisa Nichols	2:18.3
W35 Billie Boles	2:42.7
W40 Leslie King	3:10.8
W45 Sharlet Gilbert	2:39.1
<b>1500m</b>	
M30 Adam Miller	4:35.4
M35 Nikos Mourtos	4:34.5
M45 Wayne Morris	4:44.6
M50 Bill Hendricks	5:09.9
Dennis Duffy	5:11.8
David Sanchez	5:34.9
M55 Jim Bevins	5:29.2
M60 Pete Richardson	5:17.0
M70 Joe King	5:24.8
W30 Liisa Nichols	4:50.8
W35 Billie Boles	6:08.4



Continued from previous page

### Southern California Striders Meet of Champions CSU-Long Beach, May 10

#### M30+ 100 METER DASH

M30	1 Chris Hughes	31	11.05	89.2%
M35	1 Edward Williams	38	11.56	88.2%
	2 Wayne Iba	37	11.57	87.5%
M40	1 James Bonilla	41	12.04	86.3%
	2 Steve Cummings	41	12.26	84.8%
	3 David Janbaz	43	12.98	81.2%
	4 Richard Watson	44	14.74	71.9%
M45	1 Bill Fitzpatrick	46	13.16	81.6%
	2 George Wong	48	13.96	78.0%
M50	1 Dale Herring	51	12.74	87.2%
	2 Dr. Sheridan Groves	50	12.92	85.4%
	3 Theo Viltz	54	13.24	85.6%
	4 Charley Loftis	54	13.25	85.5%
	5 MAC McCormick	53	15.88	70.9%
M55	1 Bill Knoke	57	12.65	91.4%
	2 Lee Gillespie	56	12.67	90.6%
	3 Walt Butler	56	13.28	86.5%
M60	1 Dick Richards	62	12.43	96.3%
	2 Nick Newton	63	13.10	92.2%
	3 Roger Tsuda	61	13.44	88.5%
	4 Delos Eyer	61	13.95	85.3%
	5 Samuel Flory	64	14.65	83.0%
M65	1 Don Cheek	67	14.04	88.8%
	2 Al Escobosa	69	14.81	85.8%
	3 Jim Selby	68	14.88	84.6%
	4 Vincent Salce	66	15.09	81.9%
	5 Frank Kishi	65	15.20	80.7%
	6 Barney Phillips	69	15.48	82.1%
M70	1 Rodney Brown	70	14.48	88.6%
	2 George Simon	74	17.13	78.0%
	3 James Bierman	70	19.63	65.3%
M75	1 Elaine Iba	36	13.64	80.9%
	2 Shellie Banks	38	13.92	80.4%
	3 Linda Cummings	37	15.80	70.3%
M80	1 Michele Freeman	42	14.99	77.0%
	2 Debbie Selby	40	15.92	71.4%
	3 Kathryn Herring	42	16.36	70.6%
	4 Chris Stone	42	21.10	54.7%
M85	1 Mary Jane McMaster	54	16.80	75.3%
	2 Nadine O'Connor	55	14.46	88.2%
M90	1 Chris Hughes	31	22.68	86.9%
	2 Vaughn Kastor	32	23.63	83.4%
M95	1 Wayne Iba	37	23.50	86.6%
	2 Herman Duncan	37	25.49	79.8%
M100	1 Steve Cummings	41	24.39	85.8%
	2 James Bonilla	41	24.76	84.5%
	3 Ken Stone	42	25.37	83.0%
	4 David Janbaz	43	26.18	81.0%
	5 Thomas Mike	43	26.38	80.4%
	6 Neal Bojko	40	26.51	78.3%
M105	1 John Tomaschke	47	25.76	84.7%
	2 Bill Fitzpatrick	46	26.44	82.0%
	3 Joe Mayfield	46	27.57	78.6%
	4 Phillip Giesin	47	28.07	77.8%
	5 Felipe Naranjo	46	29.66	73.1%
	6 Robert Gillis	47	29.76	73.3%

M50	1 Simon Baldwin	53	25.96	87.7%
	2 Dale Herring	51	26.45	84.9%
	3 Willie Robertson	53	27.35	83.2%
	4 Charley Loftis	54	27.62	83.0%
	5 Paul Gilbert	54	29.96	76.6%
M55	1 K Dennis	59	26.99	88.1%
	2 Lee Gillespie	56	27.51	84.6%
	3 Fred Hartman	59	29.28	81.2%
M60	1 Dick Richards	62	26.09	93.3%
	2 Charles Kirkby	61	27.46	88.0%
	3 Roger Tsuda	61	27.98	86.3%
	4 Delos Eyer	61	29.69	81.4%
M65	1 Don Cheek	67	28.23	90.1%
	2 Jim Selby	68	31.17	82.4%
	3 Frank Kishi	65	32.27	77.4%
	4 Al Escobosa	69	NT	%
M70	1 Rodney Brown	70	30.22	86.7%
M75	1 Bob Hunt	76	39.63	70.8%
M80	1 Shellie Banks	38	28.85	78.5%
	2 Elaine Iba	36	28.96	76.9%
	3 Linda Cummings	37	33.93	66.2%
M85	1 Michele Freeman	42	32.48	72.0%
	2 Kathryn Herring	42	34.77	67.2%
	3 Debbie Selby	40	37.94	60.6%
M90	1 Mary Jane McMaster	54	50.78	50.8%
	2 Nadine O'Connor	55	29.98	86.8%
M95	1 Vaughn Kastor	32	51.06	85.8%
	2 Cornell Stephenson	34	51.74	85.7%
	3 Tony Williams	31	52.46	83.0%
	4 Benjamin Crouch	31	54.87	79.3%
M100	1 Allen McBuffie	35	52.79	84.6%
	2 Herman Duncan	37	57.59	78.5%
M105	1 Steve Cummings	41	54.41	85.3%
	2 Mike Thomas	43	55.79	84.3%
	3 Neal Bojko	40	58.04	79.4%
	4 David Janbaz	43	58.54	80.4%
	5 Ken Stone	42	59.46	78.6%
M110	1 Phillip Giesin	47	1:00.87	79.5%
	2 Mark Steinman	49	1:02.67	78.3%
	3 Joe Mayfield	46	1:03.95	75.1%
	4 Robert Gillis	47	1:03.99	75.6%
M115	1 Simon Baldwin	53	57.46	88.1%
	2 Bill Knoke	57	58.78	88.9%
	3 Fred Hartman	59	1:06.77	79.6%
M120	1 Charles Kirkby	61	1:00.61	89.2%
M125	1 Jim Selby	68	1:08.36	84.8%
	2 Louis Beadle	69	1:17.92	75.2%
M130	1 Rodney Brown	70	1:09.08	85.7%
M135	1 Bob Hunt	76	1:35.39	67.0%
M140	1 Shellie Banks	38	1:13.05	69.5%
	2 Debbie Selby	40	1:31.47	56.3%
M145	1 Mary Jane McMaster	54	1:53.88	50.9%
M150	1 Mark Cleary	38	2:09.18	82.7%
	2 Timothy Jones	37	2:11.88	80.4%

M40				
1	Bill McQuown	40	2:10.76	82.8%
2	Rick Garrison	44	2:22.50	78.2%
M50				
1	Bob Russell	50	2:12.59	88.0%
2	Roy Gardner	54	2:21.26	85.3%
M55				
1	Robert McAlpine	58	2:12.39	94.3%
M60				
1	R Archibald	64	2:59.96	73.5%
M65				
1	Jim Selby	68	2:41.24	85.7%
2	Harold Willis	69	3:16.37	71.2%
M70+ 800 METER RUN				
M70				
1	Debbie Barraza	40	2:42.09	74.9%
M75				
1	Joni Shirley	50	2:38.50	83.6%
2	Mary Jane McMaster	54	4:15.16	53.9%
M80+ 1,500 METER RUN				
M85				
1	Mark Cleary	38	4:19.79	83.1%
2	James Reed	35	4:23.56	80.2%
3	Joel Hope	39	4:31.45	80.1%
4	Timothy Jones	37	4:36.70	77.5%
M90				
1	Daniel Barry	41	4:11.03	87.9%
2	Mike Tipping	44	4:33.80	82.4%
3	Bill McQuown	40	4:35.10	79.6%
4	Rick Garrison	44	4:40.10	80.5%
M95				
1	Bob Russell	50	4:39.36	84.6%
M100				
1	R Archibald	64	6:04.19	73.7%
M105				
1	Robert Culling	65	5:12.86	86.7%
2	Jim Selby	68	5:25.79	86.1%
3	Patrick Devine	68	5:50.97	79.9%
M110+ 1,500 METER RUN				
M115				
1	Diane Bell	39	5:10.76	78.4%
M120				
1	Debbie Barraza	40	5:24.87	75.6%
M125				
1	Mary Jane McMaster	54	8:16.50	56.1%
M130+ 3,000 METER RUN				
M140				
1	Gregory Lash	43	10:44.74	74.3%
M145				
1	Steve Carlson	47	10:39.49	77.2%
M150				
1	Roy Gardner	54	11:18.60	76.9%
M155				
1	Harry Hunt	55	11:18.90	77.5%
2	Jon Mainekoff	56	11:40.48	75.8%
M160				
1	R Archibald	64	13:34.81	70.3%
2	George Sikes	62	14:20.82	65.2%
M165				
1	Gunnar Linde	68	12:15.38	81.4%
2	Patrick Devine	68	12:50.48	77.7%
M170+ 3,000 METER RUN				
M175				
1	Trudy Lawrence	45	12:13.11	74.8%
M180+ 80 METER HIGH HURDLES				
M185				
1	Bob Higginbotham	70	19.64	65.3%
M190+ 100 METER HIGH HURDLES				
M195				
1	Dr. Sheridan Groves	50	15.86	85.3%
M200+ 110 METER HIGH HURDLES				
M205				
1	Edward Williams	38	15.58	87.2%
M210+ 110 METER HIGH HURDLES				
M215				
1	Richard Watson	44	21.09	68.0%
M220				
1	Theo Viltz	54	19.30	74.8%
M225+ 300 METER INT HURDLES				
M230				
1	Dr. Sheridan Groves	50	46.73	
2	Jorge Birnbaum	50	53.09	

M95+	1 Andrew Heckler	42	47.15
M60+ 2,000 METER STEEPLECHASE			
M60	1 Ted Oviatt	63	10:23.29 81.0%
M70	1 Avery Bryant	72	9:13.60 89.3%
2 Walt Atcheson	70	10:33.65 75.3%	
M30+ HIGH JUMP			
M30	1 Steve Selvidge	34	1.55m 67.1%
M40	1 Keith Nelson	42	1.88m 88.6%
2 Richard Watson	44	1.45m 69.7%	
2 Ken Stone	42	1.45m 68.4%	
M45	1 Charles Rader	49	1.70m 86.2%
M50	1 Roberto Pozzi	51	1.65m 85.4%
2 Jorge Birnbaum	50	1.50m 76.9%	
M60	1 Phil Fehlen	61	1.65m 94.8%
2 Nick Newton	63	1.57m 92.3%	
3 R Archibald	64	1.23m 73.2%	
M65	1 Sam Teaford	66	1.17m 70.9%
M30+ HIGH JUMP			
M35	1 Linda Cummings	37	1.26m 66.6%
M30-49 POLE VAULT			
M40	1 Bill Halverson	40	4.91m 91.7%
2 Charles Brown	40	4.70m 87.8%	
3 Greg Woepse	40	4.30m 80.3%	
M45	1 Wayne Morris	47	4.15m 85.5%
2 Daniel Dorrey	51	3.85m 84.0%	
3 M Connolly	55	3.40m 78.3%	
M50+ POLE VAULT			
M60	1 Hal Smith	61	2.39m 59.9%
M65	1 Bob Holmes	67	2.14m 58.3%
M70	1 Don Roser	73	2.29m 67.9%
M30+ LONG JUMP			
M30	1 Steve Selvidge	34	5.29m 61.4%
M40	1 Richard Watson	44	4.97m 64.6%
M30+ LONG JUMP			
M45	1 John Kuechle	45	5.53m 74.4%
M60	1 Dick Richards	62	5.50m 93.2%
2 Roger Tsuda	61	4.85m 80.9%	
3 Delos Eyer	61	4.52m 75.4%	
M65	1 Vincent Salce	66	3.90m 69.6%
2 Sam Teaford	66	2.77m 49.4%	
M30+ LONG JUMP			
M35	1 Elaine Iba	36	4.60m 66.7%
M40	1 Michele Freeman	42	3.88m 61.3%
M50	1 Nadine O'Connor	55	4.11m 78.4%
M30+ TRIPLE JUMP			
M35	1 Lavell Davenport	35	14.94m 83.3%
M40	1 Robert Richardson	44	11.38m 72.3%
M55	1 Alvin Henry	59	11.01m 86.9%
M65	1 Dave Jackson	65	9.94m 85.5%
2 Carlos Martinez	68	6.47m 58.1%	
M75	1 Charles Mercurio	77	7.44m 76.2%
M30+ TRIPLE JUMP			
M35	1 Elaine Iba	36	8.62m 59.5%
M50	1 Latanya Glass	50	7.37m 63.7%

M30+ SHOT PUT	1 Bill Gardner	43	13.47m	68.7%
	2 Richard Watson	44	10.21m	53.2%
M40	1 Mike Nash	48	14.31m	81.3%
M50	1 David Pena	54	11.16m	66.8%
M55	1 Dennis McCraven	55	12.05m	72.3%
M60	1 Hal Smith	61	14.07m	94.4%
	2 Alan Rosen	61	10.22m	68.5%
	3 Bob Eldridge	62	9.35m	62.9%
M65	1 Arnold Gaynor	69	12.14m	90.1%
	2 Carlos Martinez	68	9.80m	71.2%
	3 Don Hegberg	68	9.36m	68.0%
	4 James Glynn	69	8.64m	64.1%
M70	1 Latanya Glass	50	8.52m	48.3%
M75	1 Bill Gardner	43	38.54m	56.8%
M80	1 Mike Nash	48	37.66m	61.9%
	2 Alfred Cain	46	29.88m	47.0%
M85	1 Michael Woodward	54	40.02m	67.8%
	2 David Pena	54	34.12m	57.8%
	3 Richard Behrens	54	30.82m	52.2%
M90	1 Dennis McCraven	55	36.12m	61.0%
M95	1 F. Stewart Thompson	63	48.80m	88.0%
	2 Bob Humphreys	61	46.32m	86.0%
	3 Hal Smith	61	43.84m	81.4%
	4 Alan Rosen	61	35.20m	65.4%
	5 Ted Oviatt	63	30.94m	55.8%
	6 Bob Eldridge	62	29.40m	53.8%
M100	1 Arnold Gaynor	69	43.00m	82.2%
	2 Don Hegberg	68	38.82m	72.6%
	3 Carlos Martinez	68	33.40m	62.5%
M105	1 Don Roser	73	28.54m	59.5%
	2 Walt Atcheson	70	21.58m	42.1%
M110	1 Bob Hunt	76	26.84m	59.7%
M115	1 Richard Watson	44	37.88m	54.8%
M120	1 Alfred Cain	46	30.12m	45.5%
M125	1 Michael Woodward	54	34.34m	56.7%
	2 Richard Behrens	54	29.14m	48.1%
M130	1 John White	58	31.08m	54.8%
M135	1 F. Stewart Thompson	63	50.54m	93.5%
	2 Bob Humphreys	61	45.66m	84.1%
M140	1 Richard Watson	44	48.56m	64.5%
	2 Bill Gardner	43	47.08m	61.4%
	3 Vera McGarry	43	34.04m	44.4%
M145	1 Ron Rook	48	37.66m	54.0%
	2 David Pena	54	37.48m	60.1%
	2 Richard Rook	50	30.38m	45.2%
M150	1 Larry Stuart	59	61.16m	97.9%
M155	1 Hal Smith	61	31.16m	56.1%
	2 Delos Eyer	61	30.78m	55.4%
M160	1 Carlos Martinez	68	24.66m	47.5%
	2 Don Hegberg	68	24.64m	47.4%
M165	1 Don Roser	73	29.26m	61.9%

### LONG DISTANCE RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 2 1/2" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

### NATIONAL



Continued from previous page

M85 E Pritchard	CA 41:55
Horta Zacarias	51:40
W40 Ruth Wysocki	CA 16:23
Jane Welzel	CO 16:55
Kimberlee Campo	CA 17:40
Honor Fetherston	CA 17:51
W45 Sandy Sydnor	CA 18:28
Marina Jones	CA 18:37
Dee Dee Grafius	CA 18:43
Pamela Cole	CA 19:44
W50 Joan Ottaway	CA 18:44
Joni Shirley	CA 19:45
Mary Leivers	CA 20:27
Wendy Watson	CA 20:45
W55 Shirley Matson	CA 18:32
Barbara Miller	CA 19:57
Edda Stickle	CA 22:07
Ursula Rains	CA 22:16
W60 Eve Pell	CA 20:30
Gina Faust	CA 20:32
Gertie Holtslag	CO 24:17
Suzi MacLeod	OR 24:23
W65 Peggy Ainslie	WA 23:35
Lois Gilmore	WI 25:17
Dorie Smith	CA 26:50
Mary Jane Brown	CA 37:05
W70 Mary Storey	CA 27:24
Jo Kiesecker	CO 27:27
Doris Gordon	CA 33:35
Betty Roberts	CA 34:03
W75 Gerry Davidson	CA 27:54
Lois Edds	CA 32:22
Liv Thowsen	CA 33:44
W80 Marjorie Easton	CA 45:14
W85 Edith Allen	CA 41:41

### Carlsbad 5000 USATF National Masters 5K Championships

#### Age-Graded Masters Results

Name	Age	Time	Grade
Doug Bell	46	15:07	93.175
Steve Scott	40	14:39	92.014
Chuck Crabb	40	14:40	91.909
Craig Young	40	14:41	91.805
Jan Frisby	52	16:05	91.803
Stephen Lester	54	16:28	91.164
Carlos Valle	61	17:37	90.766
Tom Curry	55	16:44	90.468
Joe King	70	19:34	90.009
Lloyd Stephenson	42	15:13	89.869

#### Women's Age-Graded Results

Name	Age	Time	A-G
Shirley Matson	56	18:32	94.272
Ruth Wysocki	40	16:23	92.248
Joan Ottaway	53	18:44	90.525
Jane Welzel	41	16:55	90.079
Eve Pell	60	20:30	88.911
Gina Faust	60	20:32	88.766
Barbara Miller	57	19:57	88.496
Dee Dee Grafius	48	18:43	86.474
Kimberlee Campo	41	17:40	86.255
Honor Fetherston	42	17:51	86.078

### Indianapolis Life 500 Festival Mini-Marathon (Half-Marathon)

#### Indianapolis, IN; May 2

M40 Steve Plascencia	1:05:33
Craig Young	1:07:46
Jeffrey Foster	1:10:43
Lloyd Stephenson	1:11:45
Steve Fader	1:12:00
Charles Block	1:14:29
Tom Simpson	1:14:31
David Mathews	1:15:05
Eddie Smith	1:15:08
Marcus Phelps	1:16:25
Tom Stevens	1:16:43
Mark Diveley	1:17:36
Mark Wilhelm	1:19:22
Brad Maisto	1:19:54
Harry Cannon	1:20:43
Hal Pearson	1:20:55
Robert Gatrell	1:20:56
Gary Snider	1:21:09
Ronald Seats	1:21:21
Thomas Miller	1:21:43
M45 Gary Romesser	1:09:16
Doug Kurtis	1:10:07
Bill Rodgers	1:10:17
Douglas Schmidt	1:20:15
Scott Wareham	1:21:07
Richard Golder	1:21:23
Johan De Jong	1:21:32
Robert Meier	1:21:56
Gary Rickner	1:22:15
Michael Ryba	1:22:58
Jerry Matthews	1:23:13
Mark Squires	1:23:46
Bob Schaefer	1:24:00
Terry Priebe	1:24:16
Kim Rogers	1:24:30
M50 Ken Sparks	1:13:54
Jan Frisby	1:15:06

Bernard Wright	1:19:04
Harry Purdy	1:24:01
Jeff McQueen	1:24:10
Chuck Koeppen	1:24:59
Alan Droegge	1:26:52
Michael Whiteman	1:27:04
Mark Vanderstelt	1:27:41
Jim Leffler	1:27:53
Gary Buck	1:28:07
Paul Aucoin	1:29:14
Roger Arthur	1:29:31
Ron Gebbink	1:29:59
JR Bronger	1:30:51
M55 Fay Bradley	1:19:16
Paul Wilson	1:32:20
Ron Gentle	1:32:37
William Murchison	1:33:40
Richard Rader	1:34:53
Scott Polizotto	1:35:12
Les Vaughan	1:35:36
Don Stewart	1:36:14
James Cox	1:36:37
Chef Coates	1:36:51
M60 Sonny Monoiz	1:24:26
Malcolm Gillis	1:25:48
Lee Dye	1:33:08
Thomas Hathaway	1:33:09
Jim Kirkwood	1:40:01
William Rees	1:42:26
Jack Beasley	1:43:53
Lee Perkinson	1:45:28
Jim Magnett	1:45:46
Kenneth Ryan	1:46:50
M65 Patrick Devine	1:34:35
Mike Goldman	1:35:31
Jeffy Gruff	1:41:07
Robert Lemont	1:43:20
Billy Sedam	1:45:23
Tom Depenbrock	1:49:58
Frank Lindley	1:50:00
Bill Farney	1:51:29
Donald McCarten	1:54:48
Joe McDowell	1:57:56
M70 John Keston	1:27:44
Warren Utes	1:30:19
Joe Conrad	1:51:53
Phillip Hall	1:54:27
Bill Bales	2:04:39
Wilbur Harrer	2:18:05
Carl Tocco	2:31:18
Francis Newton	2:46:40
Gerald Burrows Sr	2:54:31
Wayne Foran	2:55:02
W40 Honor Fetherston	1:21:20
Kathy Ward	1:23:33
Kimberlee Campo	1:24:45
Leandra Funk	1:28:41
Sue Parks	1:29:14
Terri Combs	1:29:41
Suzanne Crouch	1:30:44
Linda Branstetter	1:31:23
Margaret Drew	1:33:09
Catherine Howe	1:34:22
Sheila Marshall	1:34:36
Renee Steele	1:36:35
Beth Battell	1:37:08
Deborah Lazaroff	1:38:23
Catherine Johnson	1:38:44
W45 Terry Mahr	1:25:00
Claudia Piepenburg	1:31:56
Debbie Wyeth	1:39:31
Cindy Maurer	1:40:59
Sue Bengert	1:41:14
Susan Leffler	1:43:14
Patty Rose	1:43:28
Susan Lyne	1:43:54
Susan Washburn	1:44:06
Corien White	1:45:23
W50 Joan Ottaway	1:23:09
Goldie Dykes	1:33:03
Merle Hines	1:43:30
Ruth Ross	1:43:34
Susan Rossetter	1:45:19
Carol Hansen	1:45:59
Jutta Hoellein	1:50:34
Therese Jochum	1:50:57
Carol Hayden	1:51:29
Jean Jannasch	1:52:13
W55 Shirley Matson	1:23:53
Marilyn Grissom	1:41:35
Armande Piesenke	1:53:53
Martha Wailes	2:00:13
Carolyn Decker	2:06:33
Susie Todd	2:07:55
Beverly Copeland	2:09:28
Nano Dubish	2:09:36
G Chris Keeley	2:10:19
Barbara Miller	2:14:21
W60 Luella Bogenschutz	1:59:08
Dorothy Marden	2:08:33
Joan Gary	2:11:20
Gloria Nold	2:25:41

Sami Bailey	2:25:43
Alicia Garcia	2:26:38
Bernice Fairchild	2:30:03
Lea Kellison	2:31:34
June Brumley	2:38:45
Gail Bower	2:39:10
W65 June Machala	1:39:49
Marge Ferris	1:45:48
Ann Schwendener	1:54:17
Ruth Anderson	2:07:13
Betty Watts	2:18:22
Betha McGruder	2:25:00
Edna West	2:25:59
Margaret Lawson	2:41:01
W70 Barbara Stinson	2:56:19
Marilyn Aikman	3:33:20

### Indianapolis Life 500 Festival Mini-Marathon (Half-Marathon)

#### Age-Graded Masters Results

Name	Age	Time	A-G
Warren Utes	76	1:30:19	1:02:18
John Keston	72	1:27:44	1:03:53
Steve Plascencia	40	1:05:33	1:03:56
Bill Rodgers	49	1:10:17	1:04:07
Gary Romesser	46	1:09:16	1:04:39
Ken Sparks	52	1:13:54	1:05:49
Doug Kurtis	45	1:10:07	1:05:57
Craig Young	40	1:07:46	1:06:05
Jan Frisby	52	1:15:06	1:06:20
Fay Bradley	59	1:19:16	1:06:26

#### Women's Age-Graded Results

Name	Age	Time	A-G
Shirley Matson	56	1:23:53	1:10:10
Jane Welzel	42	1:14:32	1:10:48
Joan Ottaway	53	1:23:09	1:11:39
June Machala	66	1:39:49	1:14:38
Terry Mahr	48	1:25:00	1:16:42
Honor Fetherston	42	1:21:20	1:17:16
Marge Ferris	66	1:45:48	1:19:03
Kathy Ward	42	1:23:33	1:19:22
Kimberlee Campo	41	1:24:45	1:21:11
Goldie Dykes	51	1:33:03	1:21:42

### EAST

### NYRR Run For The Parks 4 Mile Central Park, NYC; April 13

Alem Kaysay 24	20:45
Ellen Kuinta 27	22:52
M30 Nick Tsilibes 30	21:02
Stephen Conroy 30	21:10
Tim O'Brien 36	21:25
M40 Jaime Palacios 42	21:39
Dan Murphy 41	21:47
Skip Murphy 40	22:03
M50 Bernard Wright 50	22:52
Mike Wilson 51	23:55
Sid Howard 58	23:56
M60 Adrian Horne	27:12
Joe Simonte 68	30:41
Francis Downey 67	32:04
M70+John McManus 73	28:49
Sab Koide 73	32:54
Tom Gibbons 76	35:59
W30 Alex Babkhanian 30	23:22
Steph Kessler 39	24:37
Grace Behrens 30	25:25
W40 Gillian Horovitz 41	23:14
Kristine O'Shea 42	25:37
Judy Harrigan 47	26:57
W50 Ann Makoske 51	28:19
Krys Turowska 51	29:51
Susan Siderman 52	30:13
Naomi Vogel 61	35:11
Jane Benbow 60	38:53
Bertha McGruder 68	39:10
W70+Muriel Merl 71	35:55
Daisy Klein 71	41:59
Queenie Thompson 74	47:14
Finishers: 929men/1062women	
Weather: 55deg/h93%/cloudy	

### Cherry Blossom 10 Mile Washington, DC; April 13

Peter Githuka 28	46:29
Valentina Yegorova 33	54:28
M40 Steve Jones	49:02
Lanny Doan	52:58
Deane Burke	53:56
Jim Whitnah	53:57
Peter Kirk	54:23
M45 Bill Rodgers 49	52:22
Chuck Moeser	53:51
Ron Knepper	57:01
Dennis Kollai	58:05
Terry McCluskey	58:50
M50 Peter Hallop	55:49
Roger Clark	58:47
R S Webb	59:09
Tony Gerardi	59:11
Piriya Pinit	61:12
M55 Fay Bradley 59	59:13
Gerry Ives	61:26

Sosel Fodor	63:18
Dick Hipp	64:27
M60 Norm Green Jr 64	64:50
Rich Jamborsky	67:53
Norm Miller	71:26
Leon Bierbower	72:54
M65 Larry Dickerson	70:21
George Yannakakis 71	1:16
Kun-Sik Pak	76:14
M70 Lou Lodovico	70:04
John Hosner	74:58
Dixon Hemphill	78:14
M75 Francis Pierce	84:01
Hubert Morgan	94:43
W40 Linda Wack	62:41
C VenturaMerkel	65:07
Annette Scott	65:08
Donna Lewis	65:48
W45 Claudia Piepenburg	66:43
Susan Humphries	68:02
G TorchiaEsdale	70:18
Sandra Adams	70:46
W50 Hideko Pirie	71:16
Sharon Myers	76:17
B J King	76:34
W55 Sharon Dolan	70:06
Janice Stoodley	73:12
Joan Ulyot	75:10
W60 Tami Graf	81:15
Wen-Shi Yu	86:37
Joanne Mallet	88:14
W65 Gloria Brown	82:25
Thelma Wilson	84:50
Lee Glassco	1:55:36
W70 Hedy Marque 79	1:35:26
Kay Morrison 70	1:40:59
W80 Donietta Bickley 82	1:12:32

### NYRR Queens Half-Marathon & 5K, College Point Queens, NYC; April 20

#### Overall

Srba Nikolic 30	68:11
Kari Proffitt 40	82:44
M30 S Nikolic	68:11
Abdel Hammani 32	70:26
Roberto Martinez 30	71:17
M40 Sean Doyle	75:31
Jose Santiago	76:53
Bill Bainlardi	78:23
M45 Jack McShane	77:10
Joe Porcaro	81:37
John Walsh	81:50
M50 Bernard Wright	79:42
Tim Hassall	82:06
Juli Aguirre	85:05
M55 Pat Cosgrove	83:17
Luis-Antonio Flores	89:25
Jose Mendez	90:47
M60 Herb Navarro	88:21
Otis Matthews	91:48
Joe Roche	94:59
M65 Ken Jones	1:39:01
Mike Daly	1:45:04
Joe Simonte	1:49:29
M70 Sab Koide	2:00:31
Frank Mortillo	2:01:38
Sam Oast	2:12:58
M75+Wilfredo Rios 80	2:24:32
Frank Brownstn 79	3:28:00
W30 E BarnesCorley 37	84:42
Doreen Isenberg 34	86:45
Bryn Randolph 30	92:14
W40 K Proffitt	82:44
Terri Sonenclar	93:30
Marg Gilmartin	99:06
Veronica Antoine	1:41:13
W45 Teiko Schultz	1:33:48
Bonny Omara	1:41:48
Laura Osorio	1:47:10
W50 Carol Johnston	1:41:49
Melanie Benvenu	1:44:35
Krys Turowska	1:45:00
W55 Patty Parmalee	1:40:59
Ruth Fairbrother	1:56:19
Pat Robinson	2:06:39
W60 Rosa Nales	1:53:05
Ellen Low	1:55:11
Naomi Vogel	2:12:33
W65 Bertha McGruder	2:21:18
Finishers: 956men/342women	

#### Overall

Ali Melhaoui 29	16:33
Jennifer Latham 28	17:59
M30 Jerry Macari 37	17:18
M40 Ivan Mills 41	17:59
M45 Jack Porzio	18:24
M50 Ben Grundstein	19:37
M55 Ramon Ruiz	20:13
M60 Witold Bialokur	19:29
M65 Frank Kilkelly	28:48
M70 Leslie Clark	27:49
M75 Tom Gibbons	27:56

M80+Vince Carnevale	32:19
W30 Yumi Ogita 35	19:04
W40 Joan Baldassari	21:17
W45 Irene Jackson	22:22
W50 Carol Hansen	24:03



Continued from previous page

M45 Nick Caswell	35:00
Jack McShane	35:40
Larry Graham	35:52
M50 Jan Eriksen	38:58
Mike Wilson	39:07
Bob Padilla	41:46
M55 Edouard Fedosov	39:15
Walt Peet	40:08
Jim Wharton	42:40
M60 Mike Goldman	41:05
Adrian Horne	43:35
Frank Dudley	47:36
M65 Ken Jones	42:55
F Wheeler Jr	52:50
M75 Yu-Ying Huang	52:17
Tom Gibbons	56:26
Bill Coyne	58:07
W30 Andrea Lieblein	31:40:22
Cristina Lopez	33:41:17
Alison Barbi	32:41:30
W40 Gillian Horovitz	37:35
Theresa Killeen	43:38
Susan Reiter	46:43
W45 Teiko Schultz	44:08
Maureen Barry	47:19
Johana Carter	47:20
W50 Chuang Chang	47:39
Rita LaBar	50:01
Barbar Trazino	50:08
W55 Bonnie Lynn	57:58
Nike Mizelle	58:28
Lynn Blackstone	59:45
W60 May Chou	57:49
Jane Benbow	63:23
W70+Muriel Merl	56:53
Finishers: 738men/489women	
Weather: 50deg/h60%/wN12mph	

**SOUTHEAST**Colonial Half-Marathon  
Williamsburg, VA; Feb. 23

Overall	
Houssine Siba	24 65:09
Tamara Karlioukova	26 76:46
M40 Tim Dunlap	70:42
David McDonald	74:51
Mike Fuller	75:36
Rudy Pekarek	76:58
Ed Ryan	78:11
Wayne Howell	80:16
M45 Ronnie Knepper	76:48
Tom Hardy	79:25
Doc Weiss	80:46
Don Vandrey	82:55
Wm Lander Jr	83:10
M50 Reuben Beauchamp	79:42
Robert Johnson	81:20
Jack Sornberger	82:06
Joe Donahue	86:09
M55 Larry Ratkus	88:04
Skip Mullaney	88:38
Don Powers	91:19
M60 Bob Ferguson	60:13:42
Rich Jamborsky	60:13:56
Chris Catoe	62 1:40:49
M70+E B Lloyd	74 2:16:23
Jim Johnson	71 2:16:40
Fred Simmons	70 2:16:53
W40 Claudia Kasen	83:12
M C Astrop	87:25
Shelley Ralston	91:00
Beth Howell	91:24
W45 Sandra Adams	1:34:00
Peggy Frederick	1:38:49
Susan Humphries	1:41:05
W50 Sharon Giese	1:41:24
Connie Friend	1:43:38
Marian Loftin	1:50:36
W55 Kathy Lewis	1:46:36
Sadj Bartolo	1:54:02
W60+Tami Graf	60 1:57:02
Lois Johnson	61 2:07:49

**Reedy River 10K**

Greenville, SC; March 1

Overall	
Travis Walter	29:35
Svetlana Vasilyeva	33:52
Masters Men	
Phillip Rowan	42 32:41
Vladimir Anissimov	32:53
Bob Schlaue	49 33:13
Lanny Doan	33:27
Mark Friedrich	33:42
Grandmasters Men	
Reed Watson	39:22
M40 Jerry Clark	34:09
Pete Kaplan	34:24
David Geer	34:47
M45 Gordon English	34:58

Danny West	35:49
John Bernhardt	37:14
M50 Peter Warner	39:48
Sam Davis	39:53
Gerry Carner	39:55
M55 Andy Sherwood	40:22
Dean Godwin	41:09
M60 Chas Rose	40:02
Malcolm Gillis	41:14
M65 Jack Gough	46:41
M70+Chas Dotson	50:27

**Masters Women**

Tatiana Pozdnyakova	41 34:27
Dian Ford	38:49
Alendia Vestal	39:10
Cathy Lempesis	40:28
Cathy Dwyer	41:18
Grandmasters Women	
Susie Kluttz	60 48:04
W40 Mary Beth Lees	47:33
Dallys Kulynych	50:19
Jenny Moore	52:23
W45 Nonie Hudnall	41:57
Heidi Bridges	46:15
Lynda Holdridge	47:07
W50 Octavia Childress	48:34
Pauline Nillend	49:48
W55 Pat Grine	61:15
W60 Mary Purvis	53:28
W65 Marge Hoffman	52:49
W70+Lynn Edwards	60:13

**Anniversary 5K**

Port St. Lucie, FL; April 19

Overall	
Dave Elger	43 16:16
Sandy Wallsch	19:24
M40 D Elger	16:16
Spencer Crawfis	46:18:05
Hall Solomon	44 18:36
M50 Roger Rouiller	58 17:54
Lewis Loudon	19:28
M60 Ron O'Bierne	22:44
George Delaney	22:56
W40 Pat Shelley	22:36
Donna Joyce	22:58
Pat Bowen	26:25

**MIDWEST**Toledo Dietetic Association  
4 Mile  
Oregon, OH; March 23

Overall	
Bob Masters	2820:28
Debbie Wagner	45 25:52
M35 Don Leck	23:53
Kevin Foos	25:35
Alan Chester Sr	27:02
M40 Mark Root	24:56
Jim Fanning	25:39
John Hatras	26:01
M45 Ken Welsheimer	24:35
Glenn Bowen	25:02
Larry Barney	26:05
M50 Lou Wagner	28:01
Gregg Gerber	29:01
Jerome Tomc	29:44
M55 Gil Gilmore	28:29
Angus Smith	29:09
Barry Bryant	31:56
M60 Bernard Marvin	31:15
Roger Simpson	36:45
George Royer	37:25
M65 Dick Matuszewski	33:50
Bill Mayer	38:45
M70+Jim Zink	40:08
Ken Moody	41:35
W35 Caroline Yarnell	28:16
Karen Sheppard	31:34
Vicki Schoen	32:03
W40 Pam Graver	27:49
Kris RakerBarney	29:42
Rhonda Marion	33:44
W45 D Wagner	25:52
Kristine Cuprys	32:15
Jan Ford	35:52
W50 Kay Heinrichs	32:29
Mary Steinhauer	37:44
W55 Louise Miklovic	34:36
Millie Schwan	40:26
W60 Johanna Moore	47:19
W65 Marj Appling	45:09
Doris Langel	45:19

Cincinnati Heart Mini-  
Marathon 15K and 5K  
Cincinnati, OH; April 4

Overall	
Keith Stopen	48:12
Kelly Keeler	55:22
M40 T Pescosoido	1:01:37

Bill Metz	1:01:41
Warren Elzy	1:01:46
Vernon Mabe	1:01:48
David Roth	1:02:50
Jack Nienaber	1:02:55
T McSheffery	1:03:13
Bob Brown	1:03:15
Tim Lynch	1:03:18
Terry Welch	1:03:29
M45 Bill Rodgers	49:57
Michael Barr	56:02
Paul McKee	57:18
Dennis Geiger	57:28
Buddy Harpool	58:00
Ward Wenstrup	59:10
Pete Schuler	59:12
John Hickey	59:18
Fred Corpuz	59:35
J R Tobias	1:00:00
M50 Peter Wayne	56:08
W Doehman Sr	56:39
Rich Davis	57:08
Lee Hildebrandt	58:34
James Bishop	59:52
Chris Thieke	1:00:33
Ed Hunter	1:00:55
Wm Stobart	1:03:01
D Scowden	1:04:20
M55 Bill Delph	58:46
James Siefing	59:37
Gary Miller	1:00:13
Ken Prior	1:04:23
Bill Zehner	1:05:12
Dan Place	1:05:55
Ed Lang	1:08:19
R Jackson	1:08:24
Vic Angel	1:08:57
M60 C Denney	1:08:28
Wendell Ware	1:08:37
Jack Nash	1:09:03
Gordon Coe	1:11:55
Gary Crawford	1:14:02
Robert Bell	1:15:06
Ed Krech	1:15:19
Duane Correll	1:16:21
M65 Walter Clair	1:08:11
Pete Donahue	1:23:56
Joe Schwaiger	1:25:52
Fred Braun	1:32:26
Bill Davis	1:34:37
Il Carroll	1:36:19
Ben Franklin	1:37:08
Dean Weber	1:39:25
M70 Al Cornett	1:23:18
Ernie Grayson	1:30:49
Jim Zink	1:37:27
Ivan Paris	1:38:45
M75 Mike Fremont	1:26:58
W40 Janie Wilson	1:03:05
Pamela Sinsy	1:07:14
Jane Borowski	1:08:02
Sherry Hyden	1:08:15
Renee Steele	1:09:28
Judy Harner	1:13:07
Joan Ellis	1:00:52
Janice Kreuz	1:06:50
Wanda Shaw	1:07:22
Karen Socha	1:07:30
Ingrid Honzak	1:12:08
Jean Schmidt	1:13:11
W50 Judy Harmony	1:16:26
B Hlerman	1:25:07
Linda Macke	1:27:16
Dita Dallman	1:29:25
Eimermacher	1:31:46
W55 Willma Lang	1:24:20
Sharon Blount	1:26:42
Susie Todd	1:29:23
D Schmidt	1:48:43
Jeanette Heath	1:55:35
W60 J Ruhmkorff	1:38:20
Marion Brown	1:46:22
Baird Lloyd	1:57:39
Elaine Clapp	2:06:00
W65 Sarann Mock	1:34:24
B Moscow	1:51:08
W75 V Koenig	2:04:00

Overall	
John Devitt	16:44
Suzanne Klapheke	19:27
M40 Paul Harkins	17:31
Peter Paris	17:41
Rick Murphy	18:10
M45 Ron Knueven	20:03
Ron Hanes	20:10
C McCulloch	20:15

M50 Chris Sutton	20:51
Bob Bortel	21:34
John Hooven	23:23
M55 Dave Stewart	19:17
John Langford	20:53
Wayne Wheeler	21:17
M60 Howard Hughes	21:20
Bill Wagner	22:42
Ed Knox	22:58
M65 Wm Workman	23:01
Jerry Hoffman	24:25
Jim Lesh	25:31
M70 Bob Johnson	24:42
Willis Moses	25:28
Dick Reeder	28:53
M75 Byron White	28:20
M80+ Eek Keller	29:44
H Yeomans	44:35
W40 Mary McManus	21:34
M Trowbridge	22:20
Anna Allen	22:50
W45 K Wilkins	25:07
S B Interson	25:17
G Hender	25:38
W50 Carolyn Parker	25:52
Cathie Momper	26:01
Joan Dornette	30:02
W55 C Westernman	28:56
Donna Preher	34:42
Janet Strife	36:07
W60 Betsy Hall	23:16
Wanda Hunter	28:06
W75 Yeomans	NTA

**MID-AMERICA**Winnie Hesse Memorial 10 Mile  
Topeka, KS; April 6

Overall	
Noel Berkley	51:04
Joan Jilka	63:25
Masters	
Steve Riley	59:23
Maria Rhoden	66:33
Senior Masters	
Dick Wilson	67:20
Margie Rogers	---
M40 Marc Moore	61:59
M45 Steve Miller	66:28
M50 Don Baker	70:56
M55 Leon Small	76:40
M60 James Hague	79:51
W40 Molly Wood	82:37
W45 Dee Boeck	73:39
W50 Celeste Leonardi	93:59
W55 Chris Shea	87:27

Longest Day Marathon/Half-  
Marathon 10K/5K/5K Racewalk  
Brookings, SD; April 19

Marathon	
Overall	
Michael Skipper	37 2:58:20
Becky Loberg	22 3:39:48
M40 David Peters	3:23:56
Mitchell Zahler	3:30:29
Jeff Larson	3:47:11
Randy Zellmer	3:53:29
M45 Leo Buckvold	3:18:58
Allan Holtz	3:34:38
Jerry Brown	3:36:44
M50 Robert Lester	3:27:13
Timothy Byrnes	3:39:35
Rick Worley	4:43:33
M55 Gordon Hartshorn	4:08:52
Bill Mack	4:12:23
Henri Gadjia	4:15:21
M60 Milton Taylor	4:10:58
D Archanbeau	5:02:23
M65 Lyle Langlois	4:57:32
Robert Schimmel	5:21:32
W40 N Broadbridge	5:14:42
W45 L Churchfield	3:55:37
S Modorski	4:21:04
W50 J Hockensmith	4:34:05
Margery Affleck	5:21:31
W55 Carol Westernman	4:50:24
Half-Marathon	
Overall	
Pete Wiley	23 1:16:22
Marlene Lorenz	30 1:33:41
M40 Scott Jamison	1:23:40
Olden Phatt	1:30:53
John Nelson	1:31:43
M45 Dale Weigel	1:43:52
Richard Holm	1:47:28
M55 Rod McLean	1:55:18
Jim Willard	2:08:05
M60 Bill Utley	1:55:56

M65 Frank Farrar	2:19:42
W45 Hendrickson	2:02:07
Overall	
Rich Skorezewski	19 33:27
Ann Lamer	26 40:48
M45 Brian Fraser	56:47
M50 Fran Herman	53:16
M60 Bob Finch	51:55
M65 Earl Palmer	1:42:43
Overall	
Craig Cassen	29 15:33
Ann Heckenliabie	30 23:15
M40 Steve Birtzman	22:14
M45 Tim Zbikowski	18:40
M50 Elwood Vetos	19:48
M55 Gordon Anderson	27:41
M65 Don Phillips	24:22
W45 Kathy Coulter	30:44
W50 Carol Klitzke	23:48
Overall	
Darrell Timmerman	60 34:06
Bertha Aldrich	61 34:20
M50 David Dill	35:07
W55 Anna Hiltten	1:12:52
W65 Vernet Palmer	1:12:52

Trolley Run 4 Miles  
Kansas City, MO; April 27

Overall	
Charles Malinga	17:54
Libbie Johnson	20:08
M40 Charlie Gray	19:43
Charles Brandon	20:25
Steve Riley	20:55
M45 David Dipman	22:07
Russ Lundstrom	22:14
Bill Woolsey	22:22
M50 Rick Hogan	22:08
Tom LaFontaine	23:40
Fritz Barlag	23:50
M55 Wally Bawmer	23:42
Bobby Kincaid	24:32
Clyde Davidson	24:43
M60 Mel Yoder	24:49
Joe Bessenbacher	26:11
M65 Paul Heitzman	24:01
M70 Frank Creason	33:22
M75 Ed Burnham	38:06
W40 Beverly Thomas	22:46
Marla Rhoden	23:33
Laura Luckert	23:45
W45 Trudy Calloway	25:47
Dee Boeck	26:20
W50 Suzie Kilbride	27:15
W55 Pat Braymer	30:20
W60 Carolyn DeFonso	34:22
W65 Trudy Petty	44:09
W70 Mary Otte	44:25
W75 Helen Fluke	53:23
W80 Rose Lempeka	1:08:39

**SOUTHWEST**St. Pats Bun Run 5K  
Tulsa, OK; March 15

Overall	
Teddy Mitchell	25 14:40
Melissa Satterfield	29 18:09
M35 Ron Parks	14:58
M40 John Stukeley	16:37
M45 Terry Ziegler	17:29
M50 George Marchetti	17:33
M55 Curt Ransom	18:56
M60 Bob Adkins	19:59
M65 Steve Blanchard	19:29
M70 Ted Hine	23:24
M75+Fisher Lewis	76 24:58
W35 Cherrie Lewallen	3820:37
W40 Debra Strophe	19:12
W45 Donna Spencer	19:12
W50 Judy Bomer	24:17
W55 Lydia Borges	22:00
W60 Janet Myers	23:57
W65 E S Kelley	49:23
Overall Walkers	
Don Short	50 29:32
Ann Domin	43 29:30



Continued from previous page

Marie Williams	2-10
W75 Margaret Hinton	3-06
Pearl Holloway	3-02
<b>-Long Jump-</b>	
M50 Ron Helton	17-01
Ken Black	15-07
Phillip Wardaman	13-01
M55 Ray Kozusko	18-01
Jim Tinelli	15-02
Columbus George	14-10
M60 Charlie Richard	16-05
Martin Heard	12-09
Roland Forman	12-06
M65 Val Smith	11-00
Ned Tanner	10-11
John Linney	10-03
M70 Keith Tomkins	9-10
Edward Chester	9-07
William Buerger	9-05
M75 Paul Coons	10-00
Wade Alexander	9-05
W50 Janice North	13-05
D VanderCruysen	10-07
Cindy Perry	8-01
W55 Margaret Atkinson	11-00
Judy Tompkins	9-08
Shelly Whitlock	4-05
W60 Hope Holcomb	6-10
W70 Ruth Seeger	9-04
Marie Williams	8-03
W75 Margaret Hinton	8-08
Pearl Holloway	6-03
<b>-Pole Vault-</b>	
M50 Bill Roach	9-00
Dave Jantzen	8-06
David Middour	8-06
Don Uptegraph	8-00
M55 Jim Tinelli	10-00
Scott Atkinson	8-00
M60 Bill Morris	7-06
Robert Paul Adams	7-06
M70 Keith Tompkins	7-00
M75 Jim Cordell	7-00
Paul Coons	6-00
W75 Margaret Hinton	4-05
<b>-Shot Put-</b>	
M50 Arthur Lawrence	37-10.5
Mark Chapman	37-03.0
Don Uptegraph	35-04.0
M55 Harold Crater	36-02.5
William Jordan	30-06.0
Robert Kocot	29-11.5
M60 Milton Brady	31-07.5
Gene Hendrix	30-08.0
Barney Thomas	29-04.5
M65 Jim Gerhardt	35-02.5
Roland Baird	33-04.5
Ross Vrooman	27-09.5
M70 Bernard Dorn	28-06.0
Fred Adams	24-07.0
Keith Tomkins	24-02.5
M75 Dale Buysse	35-01.0
Leo Chapman	28-11.0
Wade Alexander	28-00.0
M80 Errol Riewerts	19-09.0
M85 John Pearce	23-02.0
Jody Williams	20-03.5
W65 Juanita Mosley	25-08.5
Evelyn Lawler	23-06.2
W70 Ruth Seeger	22-08.0
Doris Tait	13-07.0
W75 Margaret Hinton	20-11.5
Pearl Holloway	17-00.0
<b>-Discus-</b>	
M50 Arthur Lawrence	119-11.0
Don Uptegraph	113-03.0
Mark Chapman	111-00.5
M55 Harold Crater	105-06.0
Milan Martinec	84-09.5
Harold Jensen	77-06.2
M60 Bill Smith	114-00.7
Gene Hendrix	113-04.0
Milton Brady	113-00.5
M65 Jim Gerhardt	131-04.0
Ross Vrooman	114-06.0
Val Smith	97-08.0
M70 Bernard Dorn	81-03.5
Keith Tomkins	65-06.0
Fred Adams	63-09.0
M75 Dale Buysse	108-08.0
Leo Chapman	81-08.5
Shou Chang Ou	52-00.0
M80 Errol Riewerts	48-00.5
James Feagin	35-07.0
M85 John Pearce	63-06.0
W50 Patricia Morisak	66-04.0
W55 Sylvia Brooks	56-07.5
Fay Richard	47-11.5
Shelly Whitlock	44-00.0
W60 Loretta Watson	58-08.0
Jody Williams	54-06.0
Emma Scott	45-04.0
W65 Evelyn Lawler	66-00.0
Juanita Mosley	47-10.0
W70 Ruth Seeger	60-05.0
Doris Tait	36-03.0

W75 Margaret Hinton	53-03.0
Pearl Holloway	45-05.0
Dorothy Feagin	19-11.0

<b>-Javelin-</b>	
M50 Arthur Lawrence	150-09
Robert Morisak	121-06
Dave Jantzen	113-00
M55 Jim Tinelli	119-09
Milan Martinec	100-09
Harold Crater	85-08
M60 Zbyszek Przewodek	130-03
Charlie Richard	107-10
Roland Forman	105-01
M65 Skip Meneely	122-05
John Linney	110-00
Ross Vrooman	96-04
M70 Bernard Dorn	62-00
Fred Adams	41-00
M75 Jim Cordell	79-07
Dale Buysse	74-06
Leo Chapman	71-01
M80 Errol Riewerts	36-09
M85 John Pearce	50-04
W50 Linda Douglas	69-00
Patricia Morisak	48-02
W55 Fay Richard	79-08
Sylvia Brooks	59-04
Judy Tompkins	53-05
W60 Luaine Quast	59-02
Jody Williams	57-06
Hope Holcomb	41-02
W65 Wanda Jacobs	35-03
W70 Ruth Seeger	65-01
Doris Tait	35-08
W75 Margaret Hinton	50-01

<b>-5-K Run-</b>	
M50 Gary Mische	20:14.67
Johnathon Hyman	24:47.70
M55 Loyd Carey	20:40.62
Donald Brenner	20:51.51
Rich Esselborn	21:29.62
M60 Bill Felton	21:42.75
Don Henderson	22:59.11
John McInnis	26:59.11
M65 Edward Williams	23:34.85
Jack Bright	29:16.00
Morton Fefer	32:44.26
M70 Eugene Nink	24:16.58
Tom Bass	25:24.54
Charles Nelson	29:16.25
M75 Jack Horn	37:17.09
W50 H. Ransbottom	23:58.10
W55 Frances Highet	27:35.39
W60 Sally Reed	26:31.82
Janice Chappelle	30:29.96
Hope Holcomb	36:07.73
W65 Rose Marie James	26:10.79
W70 Marie Williams	29:03.80
W75 Lou Scroggins	48:58.00

<b>-10K-Run-</b>	
M50 Michael Duhs	40:39
Johnathon Hyman	53:19
Peter Bolds	1:00:08
M55 Donald Brenner	45:44
Jay Stabler	48:57
John Cook	49:19
M60 Jack Henney	43:26
M65 Jack Bright	58:55
Morton Fefer	1:08:32
M70 Tom Bass	56:12
Charles Nelson	1:04:11
M75 Lowell Miller	1:28:11
W50 Sally Mallgas	1:04:52
W65 Rose Marie James	54:59

<b>-5K Race Walk-</b>	
M50 Doug McCann	35:12
M55 John Knifton	29:20
John Cook	30:53
Harold Spradley	33:10
M60 Lojza Vosta	29:34
George Jergenson	31:50
M65 Ray Holbrook	34:33
M70 Tom Bass	34:05
Bob Engel	34:43
James O'Rourke	37:49
W55 Judy Thornton	39:02
Juanita Rogillio	39:15
W60 Delores Murray	39:14
W65 Barbara Neuhaus	39:20
Addie Kephart	42:10

<b>Crescent City Classic New Orleans, LA; March 29</b>	
M40 Craig Young	30:41
Ted Jaleta	31:06
Charlie Gray	31:16
Valery Svatojov	31:20
Douglas Clark	31:56
D O'Connor	32:32
Pat Hambrick	32:58
Jerry Yunker	33:25
Rodney Orand	33:31
C McMullen	33:39
M50 Paul Macaluso	36:11
David Chester	36:35
Carol Nicholson	37:08

Jost Schmit	37:12
M60 Henry Hawk	39:24
W40 Janet Takahashi	37:23
Judith Hine	37:36
Kathy Ward	38:36
Carole Smith	39:00
Donna Stern	39:16
Pam Williams	39:28
Janet Lane	39:37
Jennie Fields	39:45
W50 Barbara Filutze	40:02
Kathy Harding	43:14

### Whirlwind 5K Tishomingo, OK; April 26 (age-graded)

Name	Age	Time/A-G
George Marchetti	54	18:20/15:51
Randy Weaver	33	16:37/16:37
R Kuykendall	52	19:08/16:49
Garry Hill	40	18:07/17:26
Rick Orr	43	18:35/17:30
Ken Hughes	51	20:27/18:07
John Higgs	52	20:50/18:18
Toni Walker	40	19:06/18:23
Kevin Cory	35	18:42/18:38
David Kovacs	48	20:39/18:44
James Scribner	41	19:37/18:45
Jerry Proctor	42	19:47/18:46
B Bloodworth	72	27:13/19:02
Sam Taylor	69	26:31/19:46
Ward Squires	73	28:29/20:11
Rod Hall	45	21:50/20:16
Henry Stewart	64	26:15/20:40
Randy Sanders	45	22:24/20:47
Charles Cook	39	22:39/21:57
A Huggins	62	27:36/22:10

### NORTHWEST

#### Pear Blossom 10-Mile Run Medford, OR; April 12

Overall	51:17
Rich Brown 24	51:17
Kathy Hermann 34	58:48
M40 Leonard Hill	53:14
Thomas Cushman	55:09
John Michaels	55:59
Scott Buckles	56:25
Dane Hart	58:47
K C Taylor	59:04
G Christensen	59:49
Robert Towne	59:57
James Burton	1:00:33
Jerry Roberts	1:00:47
M45 Rob Ray	57:06
Gary Clarida	1:00:42
Bill McCall	1:00:56
Jack West	1:01:20
Dick Ratliff	1:02:03
M Sullivan	1:03:07
Jim Pollard	1:03:13
S Challman	1:06:10
R Boothe	1:06:27
M Holland	1:06:34
M50 D Murphy	1:01:32
Rusty Vaughn	1:01:40
C McCance	1:01:52
Walter Radloff	1:02:17
C Cammack	1:02:59
Mike Miller	1:06:08
Alden Glidden	1:07:35
James Langum	1:08:33
M Ebeling	1:08:40
M55 Alan Tracy	1:03:52
Kelley Slayton	1:05:15
Marvin Rexius	1:06:29
B Peckham	1:06:33
John Hiron	1:07:17
Tom Balcom	1:07:42
Ron Dunlap	1:08:01
M60 Hugo Badgett	1:05:14
Peter Fish	1:08:44
Jack Jordan	1:23:27
G McEwen	1:26:14
Claire Bennett	1:26:30
Bill DeVries	1:26:55
Bruce Oberst	1:28:37
Bernyl Sidener	1:31:59
M65 B McChesney	1:12:33
Bill Stowell	1:14:52
Ken Oliver	1:19:03
H Kittleman	1:20:54
Mel Sullens	1:24:29
Don Kirk	1:25:38
Ira Stanley	1:27:00
D Campbell	1:28:31
M70 Boyce Jacques	1:16:04
Len Ramp	1:20:37
D Roberts	1:37:26
V Petermeyer	1:45:27
Arthur Wells	1:46:20

M75 B Hutchinson	1:36:58
Arthur Wells	1:46:20
L Smith	2:15:14
M80 Alvin Grahm	1:45:31
W40 Sandra Rowan	1:06:36
D Rambo	1:09:44
Leslie Keiser	1:10:40
P Masterson	1:12:39
Shelley Briggs	1:12:51
Peggy Walsh	1:13:00
C Barnett	1:13:55
B Andrew	1:17:29
W45 Lani Johnson	1:18:01
Phyllis McCall	1:19:02
J Dubois	1:19:06
E Cooper	1:20:23
M Gradwell	1:21:35
Martha Nero	1:21:36
C Rusch	1:22:01
Nina Sullivan	1:22:03
W50 Pam Turner	1:07:57
E Delsman	1:08:07
Jessie Stratton	1:13:44
Sue Cammack	1:13:52
C Hartwig	1:15:34
Joy Olson	1:31:52
Diane Dahlin	1:33:47
W55 J Stephens	1:29:44
Jean Johnson	1:34:43
S Rodkey	1:41:45
Lynn Forsyth	1:46:18
A Bidwell	1:46:46
Carol Althaus	1:54:14
Janice Shyrer	1:56:10
W60 Jane Dods	1:27:41
S McMahon	1:36:24
M Robertson	1:37:34
Susan Means	1:37:48
S Brandsness	1:42:30
S Crosson	1:43:07
W65 M McChesney	1:27:35
Liese Rapozo	2:05:24
Thelma Hays	2:12:15
E Holbrook	2:12:38
M70 Dawn Russell	1:42:03
Carol Klocke	2:42:63

#### Cherry Festival 5K & 10K The Dalles, OR; April 26

<b>-5K-</b>	
Overall	18:13
Mark Krueger M40	18:13
Mandi Fitz-Gustafson 13	19:36
M40 Mark Krueger	18:13
Roy Lower	21:38
M50 John Snelling	25:17
M60+Boyd Jacobsen	33:29
W40 Vicki Nelson	29:04
W50 Susan Crowley	32:35
<b>-10K-</b>	
Overall	34:10
Greg Gustafson M40	34:10
Tara Martin	44:29
M40 Greg Gustafson	34:10
Dan Menard	37:33
M50 Sherm Rouse	43:06
W40 Denise Doney	50:14

### INTERNATIONAL

#### Dutch Cross-Country Championships Lisse; Feb. 16

<b>(M40-49 12K/M50+ 9K/W5K)</b>	
M40 Cees Kraaijeveld	37:54
M45 Ton van Doorn	38:45
M50 Jaap Valentgoed	31:40
M55 Ad Heijdens	33:18
M60 Joop Ruter	38:32
M65 Sjet Senden	39:34
M70 Wim Schild	48:17
W35 Jolanda Vos	19:02
W40 Marianne vanVelze	20:00
W45 Els Raap	19:40
W50 Corry Keijzers	20:50
W55 Gerda vanKooten	21:35
W60 Wies Bessems	27:11
W65 Sophie Wisman	25:14

#### London Marathon London, England; April 13

<b>Overall</b>	
Antonio Pinto	POR 2:07:55
Joyce Chepchumba	KEN 2:26:41
M40 M Rivero Rojas	ESP 2:17:31
Tony Duffy	GBR 2:21:33
Martin Rees	GBR 2:24:15
Fraser Clyne	GBR 2:26:29
Said Larbi	FRA 2:27:50
Mick McGeogh	GBR 2:28:03

M45 Eric Gerdin	SWE 2:29:02
Stephen Moore	GBR 2:29:38
Chris Hughes	GBR 2:33:56
M50 Steve Coudwell	GBR 2:36:16
Dave Lacy	GBR 2:38:32
Alistair Watson	GBR 2:42:09
M55 John Linaker	GBR 2:40:46
John Collins	GBR 2:41:47
O Hausken	NOR 2:57:33
M60 George Kay	GBR 2:52:25
Mike Sheehan	GBR 2:52:40
Geoff Oliver	GBR 2:57:33
M65 Hans Rostad	NOR 3:13:04
W35 R Burangulova	RUS 2:28:02
R Kokowska	POL 2:28:21
Sue Hobson	AUS 2:35:23
T Thompson	GBR 2:41:45
W40 Caroline Horne	GBR 2:44:14
Jane Boulton	GBR 2:52:36
Edwina Turner	GBR 2:53:01
W45 M Thompson	GBR 2:53:45
Kathy Kaiser	GBR 2:55:55
E Robinson	GBR 2:56:22
W50 M Auerback	GBR 3:03:41

\* Full results



Continued from previous page

Norma Hadnutt CA	7,693
Dottie Dorsett NC	5,100
W55	
Elton Richardson NJ	10,073
Walda Tichy MI	9,731
Brierly Reybire CA	9,161
B Young-Grady MA	8,983
Lorraine Coppola CA	8,950
Doris Cassels CA	8,924
Phyllis Abbate CA	8,637
Barbara Grand FL	8,328
Ena Dubnoff CA	8,086
Susan Hoch MO	8,049
Anne Whitaker OR	8,010
Linda Burnett CA	7,674
Charity Gambill NC	6,850
Judie Rowell NC	6,450
Pat Boss FL	6,265
Doris Keller NC	5,800
W60	
D JoAnne Parks MI	9,649
S Dockstader CA	9,452
J Shepardson MA	9,234
Liz Michiels IL	7,995
Mary Kiernan CA	7,801
Syd Perryman CA	7,604
Gayle Steele CA	7,410
Shirley Parlan CA	7,387
Patricia McCaron CA	7,173
Peggy Woodring CA	7,049
Mary Wagoner NC	5,100
W65	
Ruth Eberle MO	9,460
Bonnie Vaughan NC	8,300
Charlotte Walker CA	8,235
Grace Moreman CA	7,576
Terry Hamilton VA	7,351
Reba Smith NC	6,500
Kathleen Edwards NC	6,450
W70	
Gloria Chalfon FL	7,507
Florence Kerechuk	7,321
Bailey-McCarthy MO	6,865
W75	
Louise Stutsman CA	6,783
W80	
Velma Jacobs CO	7,232
W85	
Dorothy Roberts CA	6,783

<b>M45 Team</b>	
PVTC (Booth/Price/LeTien)	32,542
New England	31,556
(Light/Ullman/Sosnowski)	
RWNW (Frank/Vcr)	30,598
Meer/Garlock)	
<b>M50 Team</b>	
PVTC (Carmines/Frable/Litwinski)	33,214
Shore AC (Edwards/Romansky/Lach)	31,199
Shore AC "B" (Hall/Eisner/Molendyk)	27,968
<b>M60 Team</b>	
Marin (Bray/Lane/Fisher)	30,208
California (Kelly/Glazman/Johanson)	27,709
Shore AC (Shapiro/Evaal/Denman)	26,600
RWCSL (Mead/Stis/Schuler)	23,267
<b>M70 Team</b>	
Marin (Arrow/Grove/Levinsohn)	24,494
<b>W40 Team</b>	
Front Range (Miller/Martino/Vanoni)	30,410
FAC Walkers (Stein/Sidelko/Simonds)	28,622
Marin (Elmiff/Fong/Usher-Carpino)	28,422
Marin "B" (Nassiri/Matthieu/Lee)	25,286
Shore AC (Cetrulo/Linky/Krol)	25,251
<b>W50 Team</b>	
Marin (LeBlanc/Usher-Carpino/Reyhine)	28,727
Marin "B" (Coppola/Cassels/Abbate)	26,511
California (Dubnoff/Steigerwalt/Poxon)	26,237
Marin "C" (Hadnutt/James/Jones)	23,844
Silver Striders (Gambillo/Rowell/Keller)	19,100
<b>W60 Team</b>	
Marin (Kiernan/Dockstader/Parlan)	24,640
Sierra (Walker)	23,249

Perryman/Steele)	
Silver Striders	21,250
<b>USATF/MAC 10K Racewalk Championships</b>	
Central Park, NYC; April 20	
M30 Michael Dorol	53:36
M40 A Fernandez	1:05:30
M50 R Sultanov	52:54
M60 Jim McGrath	59:34
M70 S Wankoff	1:10:43
W30 Carter-Range	1:10:41
W40 Lynne Conant	1:08:35
W50 E Richardson	59:05
W70 Q Thompson	1:22:41
<b>Northwest 15K &amp; 10K Racewalk</b>	
Seward Park, Seattle; April 26	
-15K-	
Overall	
Dave Matte 21	54:06
Karen Chaudiere 34	70:03
M40 Doug McLean	60:13
Jim DeDonato	87:45
M45 Ted Coulson	65:07
Chas Eyres	66:59
John Strander	68:11
M50 Ron Taylor	59:28
Steve Moe	64:43
Don Jewett	71:18
M60 Mel Preedy	62:37
M70 Orlo Kenniston	73:21
W45 Jeanne Broom	75:01
W50 Loretta Gascoigne	89:14
W55 Phyllis Stensland	84:00
W60 Pat Johnson	76:33
W65 Peggy Ainslie	79:13
-10K Racewalk-	
Overall	
Ryan Chamberlin 21	48:44
TerieLee Taylor-Smith 37	59:57
M45 Stan Chraminski	52:49
Bob Novak	54:42
M55 Ed Kousky	53:39
M60 Paul Kaald	62:45
W40 Robin Helm	65:50
W50 Judy Heller	64:48
W60 Bev LaVeck	62:15
<b>5K non-championship</b>	
M55 Dick Zerbe	32:50
M70 Richard Bennett	37:47
W35 Joslyn Slaughter	31:14

## ATHLETES WHO ENTER A NEW DIVISION THIS MONTH JUNE 1997

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
CLYDE ALLING (CULVER CITY, CA)	6-2-17	80-84
MASANOSUKE AOKI (JPN)	6-2-7	90-94
KARSTEN BRODERSEN (CHL)	6-24-7	90-94
MAX CARR (NZL)	6-14-22	75-79
THOMAS CRONAN (CHARLESTON, SC)	6-3-42	55-59
RON DAWSON (MINNEAPOLIS, MN)	6-21-37	60-64
TED ENSSLIN (PORTERVILLE, CA)	6-24-27	70-74
ANTONIO GOTAY (PUR)	6-1-12	85-89
NORMAN GREEN (WAYNE, PA)	6-27-32	65-69
JOHAN HESSELBERG (NOR)	6-3-32	65-69
CLAUDE HILLS (FLOURTOWN, PA)	6-21-12	85-89
ALEX HOSSACK (SWE)	6-2-22	75-79
THEDDE JENSEN (US)	6-7-7	90-94
GILBERT LATORRE (SAN JOSE, CA)	6-23-37	60-64
VLADIMIR LYAKHOV (URS)	6-17-37	60-64
FRIEDERICH MAHLO (GER)	6-5-12	85-89
PIETRO MENNEA (ITA)	6-28-52	45-49
STIG OLDEN (SWE)	6-8-22	75-79
JOHN POWELL (CUPERTINO, CA)	6-25-47	50-54
DAVID PRATT (DAVIS, CA)	6-7-32	65-69
EDMUND SCHULER (ST. PETERSBURG, FL)	6-20-27	70-74
ELMER SHAW (SYRACUSE, NY)	6-4-17	80-84
ALLAN SHEAHEN (VAN NUYS, CA)	6-28-32	65-69
MALCOLM SHURTLEFF (URBANA, IL)	6-24-22	75-79
JAN VANHOCHT (BEL)	6-1-52	45-49
OMER VANNOTEM (BEL)	6-19-47	50-54
VILMOS VARJU (HUN)	6-10-37	60-64
TED WASSAM (CA)	6-24-32	65-69
JACK WOOD (CHARLOTTE, NC)	6-15-12	85-89
CHUCK YOUNG (US)	6-0-37	60-64
SUSAN BUCHANAN (PHOENIXVILLE, PA)	6-13-37	60-64
MARY LOU CARLSON (MINNEAPOLIS, MN)	6-15-27	70-74
DAPHIA COTTON (EUCLID, OH)	6-14-37	60-64
GLOARIA KAY JANSEN (EDINA, MN)	6-18-47	50-54
BETTY KEATING (OVERLAND PARK, KS)	6-7-47	50-54
CAROLE LEAF (VALLEY STREAM, NY)	6-5-42	55-59
VALERIE LUCAS (US)	6-1-47	50-54
ISABEL MCCONNELL (WHARTON, NJ)	6-19-32	65-69
BETTY OLSON (LINCOLN, NB)	6-19-32	65-69
PATRICIA OSMON (JUNCTION CITY, OR)	6-17-27	70-74
CONNIE RODEWALD (VENTURA, CA)	6-23-42	55-59
MARY RUFFIN (CA)	6-18-32	65-69
PATRICIA SHER (JACKSONVILLE, FL)	6-22-47	50-54
HELEN TENDLER (US)	6-21-22	75-79
DANIS WILLET (STROMBURG, NB)	6-22-57	40-44
JOAN ALLISON (GB)	6-10-47	50-54
MARIETJIE CERONIO (RSA)	6-3-57	40-44
JUDY COX (AUS)	6-5-32	65-69
CAROLE EAMES (GBR)	6-2-47	50-54
LUISE HAUSHOFER (WG)	6-17-27	70-74
RENATE HOFMAN (GER)	6-25-52	45-49
SACHIKO KAWAZU (JPN)	6-13-42	55-59
PAM KENNY (NZ)	6-26-42	55-59
MARNE JEAN MCMILLAN (CAN)	6-11-52	45-49
JOAN OGDEN (GB)	6-18-27	70-74
ERMANNIA ORSONI (ITA)	6-25-27	70-74
MARGARETHE PICHLER (AUT)	6-2-47	50-54
YERATERINA PODKOPAYEVA (URS)	6-11-52	45-49
GLORIA RICHARDS (AUS)	6-30-37	60-64
WANDA SAKATA (BRA)	6-1-32	65-69
GLORIA SEYMEN (AUS)	6-30-37	60-64
MARIA SURZA (ITA)	6-20-27	70-74
KARLA WACHTER (SUI)	6-22-52	45-49
ELISE WALE (NOR)	6-2-42	55-59
LIANE WINTER (WG)	6-24-42	55-59

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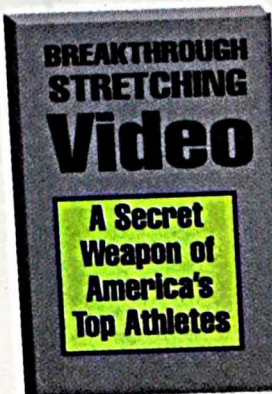
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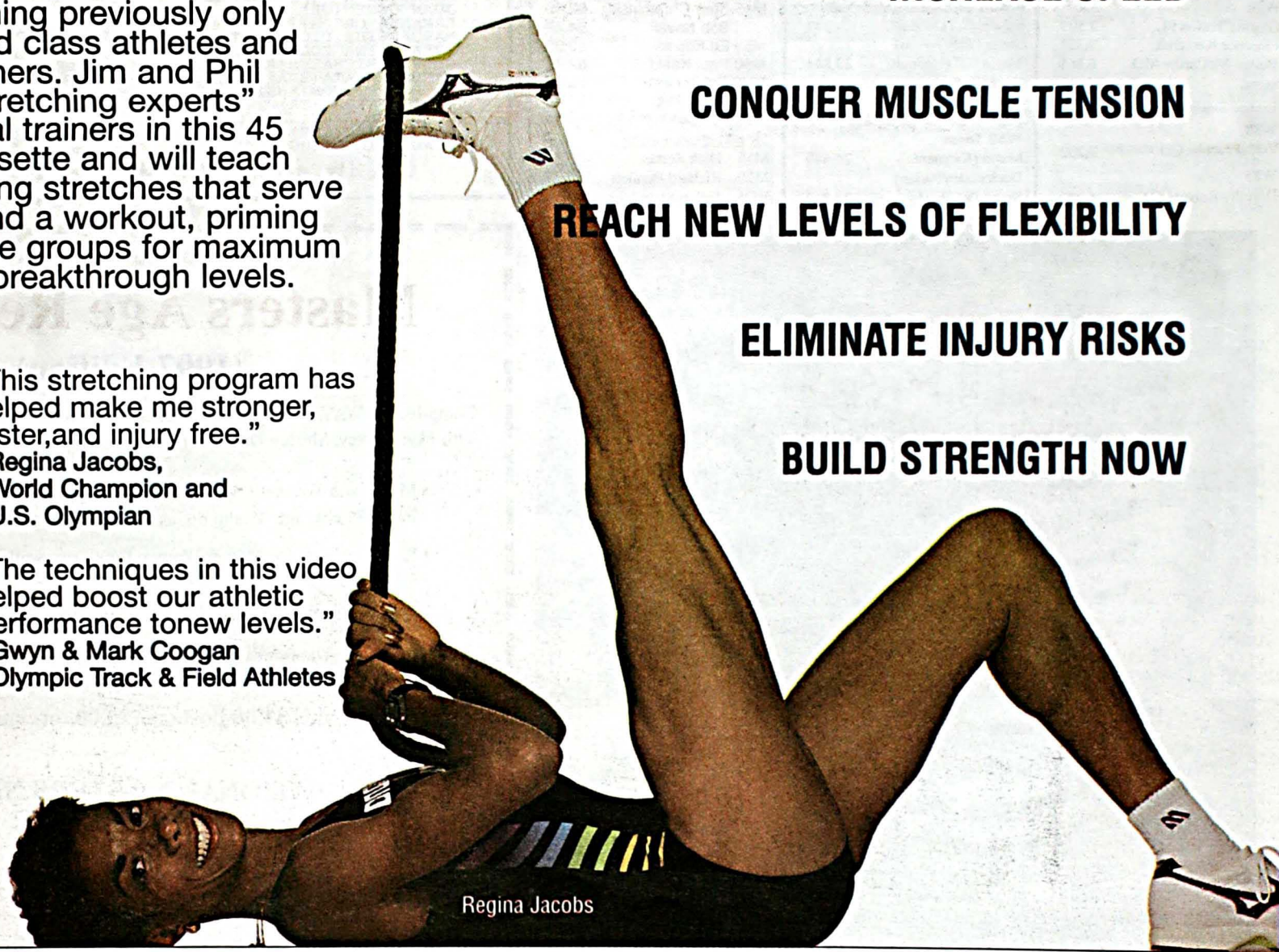


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