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.


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. He stands fifth overall in the Indy Circuit standings.

Gonera, Rascher 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 Hartsorne 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 brisk 46.58 to win the race.

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 was the oldest competitor, finished in 70:03.

Jacob led the Central Massachusetts Striders quintet to the M40-49 team championship. The Boemia TC, led by National Masters News columnist Maury Dean, 54, Patchogue, N.Y., won the M50-59 championship. A trio of Syracuse Runners took the M60-69, and $1800.

Continued on page 11
1997 USATF National Masters Outdoor Track & Field Championships
San Jose, California • San Jose City College
August 7-10, 1997

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<th>General Information</th>
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<td>Meet Director: Steve Haas</td>
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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.

SHUTTLE: A free shuttle will be provided to 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 $150.00 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 formal declaration in person when you arrive at San Jose City College. This earlier you do it for your event the better. The deadline for this formal 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.

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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.

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A. P. O. F. V. Order of the United States Veterans Lyons, California February 1997

1997 National Masters Outdoor Track & Field Championships Entry Form

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Championship Barbecue: x $20.00 per person

Championship T-Shirt (80%) Size: S M L XL XXL $12.00

Extra Shirts: (80%) Size: S M L XL XXL $14.00

1997 National Masters Outdoor Championship Program: x 63

Official Fund: x 915

USATF Registration No.: TOTAL ENCLOSED: 6

METHOD OF PAYMENT: Check or money order in U.S. dollars payable to "San Jose Sports Authority"

Mail to San Jose Sports Authority, 90 Almaden Blvd., Suite 795, San Jose, CA 95113. Remember to include your proof of birthdate.

The Health & Sports Authority

WAIVER

I hereby declare that I am in good health and am properly conditioned for the competition, and that I am of the stated age on this application. I absolutely release 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 my activity at the 1997 USATF National Masters Outdoor Championships. I also verify that I am registered for the 1997 year with USA Track & Field.

Signature: Date:...
HOW MUCH DO WE LOSE AS WE AGE?

Re Mike Tynn'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 VO2 measurements on himself from the time he was 45 until he was 89. Dr. Dill pioneered work on VO2 Max measurements while he was director of the Harvard Fatigue Laboratory, which existed from 1927-1947. Dill's VO2 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 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 Tynn's 'Third Wind' column in the May issue of 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 cannot 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


Obviously, I am not losing one half of a percent a year. My VO2 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 VO2 max.

Ross Dunton
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 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 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,

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
Steve Bowles
Richard Friedlander
Dave Gilbert
Thomas Richards
Linda Upton
Gwendolyn White

Tempe, Arizona
Central City, South Dakota
Chesterfield, Missouri
Oregon, Illinois
Apache Junction, Arizona
Chestnut Hill, Massachusetts
Tracy, California

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 Woock
Penn Relays

Continued from page 1

lasting 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 Murphy rocketed to a win in the M75+ variously from 49.5 to 49.9.

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 2.90-10/11.5, that was almost Jordanesque.

Thursday, April 24, 50-year-old Herb Anderson, 75, Wins 10 Gold Medals and Phil Raschker, W35, Captures 7 Golds in National Masters Indoor T&F Championships

Herb Anderson, 75, Wins National Masters Indoor & Outdoor Championships

Southern California Striders (Bill Knocke, Ralph Lee, Mel Elliot, and George Cohen) Smash M40-49 Medley Record in 11:03.7.


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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 shows no sign of stopping or slowing down. 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 ones that are out and back, 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 the 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, very quiet atmosphere distinguish it from the famous Dallas White Rock Marathon. It’s a long way, 26 miles, and the course is beautiful.”

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 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 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 the top 10 marathons, though, are the Bulldog and Talsa marathons, both in Oklahoma. Also on his flat list are the Mardi Gras, 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 to 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 medalion, 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 don’t think 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.”

Kapiohan Park is the backdrop for Gordon Hartshorn; son, Mike, who ran 3:41; and daughter Michele (4:00).
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 Creel (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 (91.4%) 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 16:53 (90.1%) and Kimberlee Campo, 41, San Diego, Calif., claiming third in 17:40 (86.3%).

Age-group sensation Shirley Matson, 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, Gleeley, Colo. (15:07; 93.2%); Scott; Crabb; Young; Jan Frisyb, 52, Grand Junction, Colo. (16:05; 91.8%); Stephen Lester, 54, Magna, Utah (16:28; 91.2%); Carlos Valle, 61, San Gabriel, Calif. (17:57; 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 prizes at $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 as they crossed the finish line. The men's masters race had 1864 finishers, while 929 masters women finished. Runners were 45,000.

The concerns and prayers from all of you meant a great deal to both of us. Thanks so much to everyone."  

Burns, Ambroso Win Robinson 10K

by PAUL MURRAY

Chris Burns, 41, and Kathy Ambroso, 46, were the winners in the Tom Robinson Memorial Masters 10K, Guilford, 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., turned in one of the day's best times (39:23) to lead the 50-year-olds. Dan Cohen, 61, posted a 42:45 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.

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

John Petlon, 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 42:45 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.

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**What are the winners of the National 5K and 10K races?**

Wysocki and Jones won the National 5K, while Burns and Ambroso won the Robinson 10K. Both races served as part of the USATF National Masters 5K Championships. Wysocki and Burns set new age-graded records in their respective events, highlighting the strong competition and the dedication of masters runners.

---

**What is the significance of the National Masters 5K Championships?**

The National Masters 5K Championships are a prestigious event for masters runners, featuring both men and women divisions. They are part of the annual event that honors Tom Robinson, an influential figure in the masters running community. The event is widely attended and is a showcase for the impressive performance of masters athletes.
Ilio-Tibial Band Syndrome

Ilio-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. John 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."

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 new 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 cutback 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.)
June 1997 National Masters News

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

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-gradings (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
Basilie 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, 3) 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, USAFT 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."

1997 Indy Life Circuit Standings

<table>
<thead>
<tr>
<th>Men</th>
<th>Age</th>
<th>City</th>
<th>State</th>
<th>Total</th>
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<td>Craig Young</td>
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<td>Doug Kurtis</td>
<td>45</td>
<td>Indianapolis</td>
<td>IN</td>
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<td>Gary Romesser</td>
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<td>PA</td>
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<td>Steve Fader</td>
<td>40</td>
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<td>NV</td>
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<tr>
<td>Miguel Tibaduza</td>
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<td>Jane Welzel</td>
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<td>Aubreline Campo</td>
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<td>Joan Ottaway</td>
<td>53</td>
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<tr>
<td>Kathy Ward</td>
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<td>Shirley Mason</td>
<td>56</td>
<td>Moraga</td>
<td>CA</td>
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<td>Ruth Wysockey</td>
<td>40</td>
<td>Canyon Lake</td>
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<tr>
<td>Claudia Piepenburg</td>
<td>48</td>
<td>Arlington</td>
<td>VA</td>
<td>9</td>
</tr>
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INDYLFE CIRCUIT

1997 Indy Life Circuit Standings

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

Women
1. Honor Fetherston 42 Mill Valley CA 51
2. Jane Welzel 42 Ft. Collins CO 49
3. Aubreline Campo 41 San Diego CA 41
4. Joan Ottaway 53 Sonora CA 29
5. Kathy Ward 42 Sacramento CA 28
6. Alice Thrau 41 Fisher PA 27
7. Terry Mail 48 Oregon OR 23
8. Shirley Mason 56 Moraga CA 18
9. Ruth Wysockey 40 Canyon Lake CA 10
10. Claudia Piepenburg 48 Arlington VA 9
Injury Solutions

by JEANNE BOCCI

Jeanne Boci (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 up 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 how he had done a fasciectomy on me and that since I had had a hamstring injury, he would do one on me. During my first hamstring injury, I was back to regular training within a week to prevent more scar tissue from forming. However, it was six weeks before I was allowed to start running again. 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 now being 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 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 racedwalked 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 a 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 a 5K 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 dentists, 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 reaplication by the patient. For further information, call 818-763-9330. – EW

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 Roberts, 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 613m to 7237m - a 14.6% improvement.

Coordinator Elliott Denman praised the race directors for sending him accurate and complete lap sheets.
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.

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.

Masters Return To Illinois

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On The Run
by HAL HIGDON

Becoming Competitive After Turning 40

Recently, 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 day of the week, Monday through Friday, I would do championships in Dunedin on the drills" in the mornings, adding cross-of my races was

South

 Zealand back to the ample time to consider what training between (3 x

were I gave as much of my attention also a possible rest day (particularly if

Planning campaigns is something I've ture long runs at varying tempos.

to skiing as to running,

on how to get my time back down to the

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 cross-training.

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 work-outs 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.)
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

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Masters Age Records</th>
<th>Total (US$)</th>
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<tr>
<td></td>
<td>Men's and women's world and U.S. age bests for all track &amp; field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1996. 56 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&amp;F Records Chairman. $4.00.</td>
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<tr>
<th>Masters Track &amp; Field Rankings</th>
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<tr>
<td>Men's and women's 1996 U.S. outdoor track &amp; field 5-year age group rankings. 56 pages. 150-deep in some events. All T&amp;F events. Coordinated by Jerry Wojcik, USATF Masters T&amp;F Rankings Chairman. $6.00.</td>
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<tr>
<th>Masters Track &amp; Field Indoor Rankings (1996)</th>
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<tr>
<td>Same as above, except indoor rankings for 1996. 4 pages. $1.50.</td>
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<th>Masters Age-Graded Tables</th>
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<tr>
<td>Single-age factors and standards from age 8 to 100 for men and women for every common track &amp; 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. $60.00.</td>
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| Competition Rules for Athletics (1996 Edition) |          |
| U.S. rules of competition for men and women for track & field, long distance running and racewalking—youth, open and masters. $12.00. |

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<tr>
<th>USATF Directory (1996)</th>
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<tr>
<td>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.</td>
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<th>IAAF Scoring Tables</th>
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<td>Official world scoring tables for men's and women's combined-event competitions. $12.00.</td>
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<th>USATF Handbook</th>
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<td>1996/1997 rules and regulations handbook. $15.00.</td>
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<th>Masters Racewalking</th>
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<tr>
<td>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.</td>
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<th>USATF Logo Patch 3 color embroidered 4&quot; x 3&quot;</th>
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<td>Masters Race Walking Patch. 3-color embroidered 4&quot; x 3&quot; with gold trim. $5.50.</td>
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<td>USATF Cross Country Patch. 3-color embroidered 4&quot; x 3&quot; with gold trim. $5.50.</td>
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<td>USATF Lapel Pin. 3-color USATF Logo on 7/8&quot; soft enamel lapel pin (nail pin back with military clutch). $5.50.</td>
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<td>USATF Decal. 3-color. 3&quot; x 2-1/2&quot;. $2.00.</td>
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<th>Guide to Prize Money Races and Elite Athletes 1997</th>
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<tr>
<td>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.</td>
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<th>Running Research News</th>
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<td>Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. $35.00 per year.</td>
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<th>Back Issues of National Masters News</th>
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<tr>
<td>Issues: Postage and Handling $2.50 each. Overseas Air Mail (add $5.00 per book) $1.50. TOTAL $</td>
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Send to: National Masters News Order Dept. P.O. Box 50098 Eugene OR 97405

Name ____________________________

Address __________________________

City __________________ State ______ Zip ______
How 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 "adjusted" implements in the past at major meets. But now, implements are measured and weighed at the nationals, the regionals most major meets.

There were used by an age group, 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 place in masters throwing.

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.

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 gimmycicky 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.

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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
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 milers on the basis of performance.
- You limp into work the next day.
- You curse being 49, 54, 59, or 65.
- You pull up lame a mile from the finish line.
- 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 despair to see your only mark of the season in the annual age-group rankings.
- 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 a mile from home. For the fourth time in two years.
- 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 Salina Mae 10K

Payton Jordan, 75, Sets M75 WRs in 100 (13.5) and 200 (28.3)

TROJAN MASTERS TRACK MEET
Sunday, June 29, 1997
Cromwell Field - U.S.C.

Entry fees - $13 for 1st event, $5 for each additional event
- $5 for day of registration
- NO REFUNDS PLEASE

Registration Deadline: June 28, 11:59pm

Parking: Only pre-registered athletes will be given parking passes. Parking is $5 otherwise. Enter USC at Gate #5 (Jefferson & McClintock).

USATF Card: The Trojan Master Meet is sanctioned by USATF. A USATF Card is required. They’ll be $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)

9:00 100m Hurdles
9:15 100m Hurdles
10:00 100m Hurdles
10:15 100m Hurdles
10:30 200m Hurdles
10:45 400m Hurdles
11:00 110m Hurdles
11:15 100

Official lunch break

Event Order: (Afternoon Session begins at 1:00pm)

9:00 400m
10:00 400m
10:15 400m
11:00 1500
11:15 1500

TROJAN MASTERS ENTRY FORM

NAME: ________________________________
ADDRESS: ________________________________

CITY/ZIP: ________________________________

PHONE: ________________________________

AGE GROUP: ________________________________

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

Make checks payable to:

TROJAN MASTERS
1125 N STANISLAW AVE.
LA PUENTE, CA 91744

EVENTS
1. ________________________________
2. ________________________________
3. ________________________________
4. ________________________________
5. ________________________________

TOTAL ________________________________

Registration: ________________________________

Add events x $5 ________________________________

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

Signature ________________________________

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

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 artists 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 563/18-5/4, 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 outsore all everyone else in the weight pentathlon with a 5339 total. Len Olsen, 65, the top scorer in the 1996 USATF WP Championships at Bozeman, Mont., was second at 4650. Erika Messner, 61, increased the W60 U.S. record in the discus and hammer. She bettered the discus mark of 9.82/32-2½ for 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 2.51/8-2½ to 2.56/8-4½.

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, we 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.
Training for the 400 and 800

There 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 in a good estimate. 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 4X200 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 5/4X200X100 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 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 sufficient anaerobic work will force you to carry a large hear and to 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**

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 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%.


Colomb-Janin's time was some nine minutes slower than the time (2:23:10) of the 1996 first masters winner, 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. Carolyne Woodbury, 60, Missoula, Mont., took second in 3:34:07.

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 (45, 2:21:37) and Sweden's Eiv 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
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.

Philippa Rascher, 50, who became a freshman at Atlanta’s Life College this year and hoped to compete on its T&F Championships, May 17, has been denied eligibility by the National Association of Intercollegiate Athletics. Over the past several years, Rascher 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 faithfully 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 Rascher 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 Rascher 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.” Rascher said.

Phil Muller, her long-time coach, said: “If Philippa’s not an extenuating circumstance, who is?”

Some rule-makers may have objected to a 30-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 from Rascher’s participation.

The strange decision to ban her for 1997 but okay her for 1998 may have been a compromise designed to ward off a possible lawsuit. In any event, the decision does no credit to the NAIA and is a setback to the spirit of good will and sportsmanship which athletics is supposed to be about. —Al Sheehan
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 in the competition it is a while disregarding it as a competitive determinant.

For example, a 70-year-old 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 strongly 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-scored grade will be the winner. We may have the normal 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 decathlon or pentathlon events (e.g. TJ, 400 H1). Allowing the athlete to choose his 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 effort 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 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!
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, Southeast, 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 Sheahan

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

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

SCHEDULE OF EVENTS:

5:30 P.M. Steeplechase Events run in order listed; Times are approximate.

6:00 100 Meter Dash 3:00 Pole Vault

6:30 800 Meter Run Discus Flight 1 (M,W,>50)

6:45 800/100/110 Hurdles Shot Put Flight 1 (M,W,<30)

7:00 200 Meter Dash Long Jump

7:20 1500 Meter Run 4:00 Discus Flight 2 (M,W,>50)

7:30 4 X 100 Relay Shot Put Flight 2 (M,W,>50)

7:45 300/400 H I Tripple Jump follows Long Jump

8:00 400 Meter Dash 5:00 Javelin, Weight Throw

8:15 1500 Racewalk 6:00 Hammer

8:30 5000 Meter Run *** No implements furnished by meet.***

9:00 4 X 400 Relay Weight Master to be used.

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 7/5/97

Address

Phone

City

State Zip

Club

Affiliation

Membership

1997 USATF Regional Masters T&F Championships

Regional Date Site Contact

East July 12 Orono, ME Rolland Ranson, 5747 Memorial Gym, U. of Maine, Orono, ME 04469. 207-581-1058.

Southwest May 10 Orlando, FL Jeff Wentworth, PO Box 10,000, Lake Buena Vista, FL 32803-1000. 407-363-6627; fax: 407-363-6601.

Midwest June 26 Carmel, IN USA TF Indiana, 1338 E. Maple Ave., Noblesville, IN 46060. 417-451-2655(am)/451-7417(pm)

Mid-America June 7 Jolim, MO Tom Thorne, 525 Oakridge Dr., Neosho, MO 64850. 417-377-4027.


West July 12 San Jose, CA Thomas Schmaltz, 1338 Johnson Ave., Los Gatos, CA 95032. 408-395-9486.


Masters Coaching/Training

Name/Organization Location/Site Events Contact

Progressive Training Team U. of South Florida LD C-Dr. Vaknin 813-971-7277.

AT&T/NJ Runners & Friends Bernards HS-Mon.-Thurs., 5:30 p.m. S L-Joe Hahn 908-563-7383.


Kyle Hefner McKinney, TX MD, LD C-972-562-2776.

Powerline Sports YMCA-Central El Paso, TX MD C-David Jackson 915-533-3941.

John Tansley* Canyon Del Oro H.S. TH, J C-520-823-2395.

So. Cal Track Club** Mission Viejo, CA 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.

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.
Countdown to Durban

Entries 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, 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 program 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, 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).

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.
Rivero, Horne, Tops in London Marathon


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 Linaker (2:40:46) held off a fast-finish ing 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 Raminta 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 Walker, world-records 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 3:49:42 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.

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 Plascencia (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 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
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
M60
Empire Grade
San Carlos, CA 94070
408-458-0202
e-mail:kelfield@aol.com

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 Scne

NATIONAL

* The national champion in the M60 weight throw in the 1997 event 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 1997 edition of Masters News, but that result has been voided.

* Brian McCaffrey, 40, Massachusetts, and Bellinda Soxson, 42, Australia, stepped to masters firsts in the Empire State Building Run-Up, Feb. 20. Soxson was first female overall, covering the 86 flights of stairs (approximately two miles) in 12:32. McCaffrey finished sixth with an 11:39. First male overall was Kurt Konig, 39, Germany, with a 4:00:55.7. Second oldest runner-up at age 65, clocked a 29:37.

* Gillian Horowitz, 41, New York, with a second place finish at age 85, clocked a 1:15:31. Proffitt and Doyle were in the 82% overall male group. Overall male winner, cover­ing the 26.2-mile course in 2:11:40, was Richard L.. ,

* In the Reedy River Classic, Gillian Chou, 83.7%, May overall masters winner with a fourth-place 33:32, an overall male overall winner, covering the 26.2-mile course in 2:11:40, was Richard L.. ,

* John Hall-Marathon, 1st with an 8:00:16.7. Proffitt and Doyle were in the 82% overall male group. Overall male winner, cover­ing the 26.2-mile course in 2:11:40, was Richard L.. ,

* The 1997 International Association of Athletics Federations World Championships drew 2800 competi­tors from 97 countries. Frank. Saunders of the USA ran a 1:23:05, took a fourth-place AG honor. Marjorie Appling (66, 45:09) and Doris Langel (65, 45:19) both of Toledo, captured the closest division win in the annual race.

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**Schedule**

USA track and field events feature competition for men and women over age 30 unless otherwise noted. Long distance track events 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 30-40 days prior to the event. Please send any additions or corrections to NMN, fax: 610-343-4919.

### EAST

**Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, No. 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 5. Vermont Senior Games, U. of Vermont, Burlington. 50+ George Brown, RD 5, Box 370, Montpelier, VT 05602; 802-824-6531.

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 8-6. Connecticutt Senior Games, Will Berger, 303-272-9175.


### SOUTH EAST

**Alabama, Florida, Georgia, N. Carolina, South Carolina, Tennessee, Virginia**


### MIDWEST

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


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

### MID-AMERICA

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


July 6. USATF Mid-America Regional Masters Championships, Missouri Valley St. College, Joplin. SASE to Tom Thorne, 525 Oakridge Dr., Neosho, MO 64850. 417-451-2655(5am); 451-747(1pm).

July 28. Jolly Johnon Meet, Maryville, Kansas. No entry fee. Cleve Walstrom, 662-2452; Dave Simmons, 627-3335(d). Brenda Bloomfield, 726-2452; Dave Simmons. 627-3335(d).

### 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 Mile, N.H., all on the 21st. If those aren’t of interest, how about the Loudmouth Dollar Mile (masters money), Winchester, Va., on the 28th, or the 24th Veterans Grand Prix, Brugge, Belgium, on the 29th?

### RACE WALKING

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

### 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.; Houston, Texas; and Dayton, Ohio; and at the USATF Mid-American Regional Championships in Joplin, Mo., plus on the 8th, at the SCA Championships in L.A. August 1. 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 Soquel, 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.

### RACE WALKING

Texas. All ages. Steve Ward, RR1 Box 148, Hockley, TX 77447, 281-513-5116.


June 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: Dallas Masters Masters@aol.com.

July 12. USATF South Texas Association Championships, Clemens HS, San Antonio, Texas. Don Austin, PO Box 348, San Antonio, TX 78218. 210-354-3981.

July 17-19. USATF Southwest Regional

Continued on next page
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 24-30. 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, 408-335-0430.


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


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 28-29. Hayward Classic. Hayward Field, Eugene, Ore. Ruth Bremiller, 590 West 29th Ave., Eugene, OR 97405. 541-687-9673(b): 346-4923(w); e-mail: bremill@uoreng.uaoregon.edu.


LONG DISTANCE RUNNING

NATIONAL


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.


October 5. USATF National Masters Marathon Championships, Minneapolis/St. Paul, Minn. Indy Life Circuit Race. 1/2 points. Scott Schneider, 708 N. First St., CR-33, Minneapolis, MN 55401. 612-673-0776.


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


July 17-22. XII WAVA World Veterans Athletics Championships, Durban, S. Africa. P.O. Box 1044, Durban 4000, South Africa. 27-31-239-874.

September 28-29. Russia-Germany-Ukraine Match, Sortchi, Russia. Vadim Marshev, 8 Pervomaiskaya St., Kimki, Moscow Region, 141400, Russia. Phone/fax: 7-905-573-4150; 7-905-412-4475; 7-905-456-1815.

October 24-November 1. Australian Masters Games, Canberra. The Games Company, PO Box 2697, Canberra 2601, Australia. Hotline: 60-207-9097.


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

Photo by George Banker


SOUTHEAST

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


July 4. Peachtree 10K. Atlanta. SASE (after March 1) to Atlanta TC, Peachtree, 105 E. Shadowlawn Ave., Atlanta, GA 30305. 404-231-9064.
Continued from previous page


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

June 14. Hoosier Marathon, Fort Wayne, Ind. Hoosier Marathon, c/o Fort Wayne TCC, PO Box 11703, Fort Wayne, IN 46860, 219-432-9988.

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

June 7. Dam To Dam Run, Des Moines, Iowa. $400, 1st place; $300, 2nd. 815-533-9062.

SOUTHWEST
Arkansas, Louisiana, Mississippi, Oklahoma, Texas

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

WEST
Arizona, California, Hawaii, Nevada

July 13. San Francisco Marathon, Pacific Association, 120 Ponderosa Ct., Folsom, CA 95630. 1-800-722-3466 (CA only), 916-983-4822.
July 27. Wharf To Wharf 10K, Santa Cruz, Calif. SASE to WTV, PO Box 307, Capitola, CA 95010. 408-475-2196.

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

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

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

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.

Send $6.00 plus $1.50 postage and handling to:

NATIONAL MASTERS NEWS
P.O. Box 50098
Eugene, OR 97405

Name ____________________________
Address __________________________
City _____________________________ State ______ Zip __________

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.
May 26

Colonial Half-Marathon

Hosted by: Port St. Lucie, FL; April 19

May 30

Tudor Court Mile/Half-Marathon 10K/5K Racewalk

Hosted by: Colonial Park, SC; April 16

June 3

Daytona Beach Marathon

Hosted by: Daytona Beach, FL; April 22

June 10

Daytona Beach 5K/10K Racewalk

Hosted by: Daytona Beach, FL; April 29

June 17

Florida Marathon

Hosted by: Orlando, FL; April 29

June 24

Florida City Marathon

Hosted by: Key West, FL; April 29

June 30

Florida Keys Marathon

Hosted by: Marathon, FL; April 30

**Continued on next page**
ATHLETES WHO ENTER A NEW DIVISION THIS MONTH JUNE 1997

<table>
<thead>
<tr>
<th>ATHLETE (RESIDENCE)</th>
<th>BIRTHDATE</th>
<th>AGE GROUP</th>
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<td>CLYDE ALLING (CULVER CITY, CA)</td>
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<td>MARCIA WOOD (OKLAHOMA)</td>
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<td>KARSTEN BRODSEN (DEN)</td>
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<td>MAX CARR (NZ)</td>
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<td>THOMAS CRONAN (CHARLOTTESVILLE, VA)</td>
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<td>JOHNNY VANCE (CHICAGO, IL)</td>
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<td>JAMES JONES (BOSTON, MA)</td>
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<td>JAMES SMITH (SAN FRANCISCO, CA)</td>
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<td>WILLIAM NORTON (BOSTON, MA)</td>
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