Chilly at 105th Penn Relays

by PETER TAYLOR

PHILADELPHIA, April 24 – Lightning, cold . . . Neville Hodge and Bill Collins . . . complete stoppage of the meet on two occasions . . . Charles Allie and Fred Sowerby. The 105th running of the Penn Relays gave competitors and spectators alike plenty to remember.

Emerging M75 sprinter Lester Wright, Sr., elite racewalkers Lyn Brubaker and Jim Carmines, consistent Larry Colbert, Philadelphia's own Renee DiGiacomo — these masters stood out as well in this year's edition of the Franklin Field extravaganza, as did Michael Johnson, Marion Jones, and a host of other younger sprinters the crowds came to see.

Early Friday morning the masters festivities got started with the M40+4x100. After Hodge's explosive second leg and dependable Thomas Jones' solid third leg, Maryland Masters wasJar in front as the very capable leg and dependable Thomas Jones' solid third leg, Maryland Masters was Jar in third as well as the very capable…

Rodgers First in Cherry Blossom

by GEORGE BANKER

Despite running in less-than-ideal weather conditions, several masters runners turned in top times in the Cherry Blossom 10-Mile on April 11, Washington, D.C. Bill Rodgers, 51, Sherborn, Mass., was the first masters runner, finishing in 54:03, good enough for 29th overall.

"It was kind of a tricky day to race," said Rodgers, whose time was an age-graded 92.4%. "I began to pull away at four and one half miles, but I had to stop twice to tie my shoes."

Patti Shull, 40, Ashburn, Va., was 23rd overall and the first masters woman in 1:00:47 (84.4% age-graded). "I wanted to break 60 minutes," said Shull. "The course was different, and I felt good. The miles were screwy, some were fast and some were slow."

Chuck Moeser, 47, Sterling, Va., turned in a sterling 55:11 (87.7%) as the top M45 runner, while Vic Zvolak, 60, Wilmington, Del., finished in 1:06:40 (81.0%). Lou Lodovico, 75, Ellwood City, Penn., topped his age-group with a 1:12:24, nearly 20 minutes ahead of the next…

Tuttle, Welzel Win USA Half-Marathon Titles at Indy Life 500

As he has for the past year, John Tuttle dominated the masters division at the Indy Life 500 on Saturday, May 1, in Indianapolis, Ind. Tuttle, 40, Douglasville, Ga., continued his winning ways by cruising to a 1:05:11, finishing fifth overall and first among the masters runners in the half-marathon, a USATF National Championships and Indy Life Circuit event.

January 3, 44, Fort Collins, Colo., returned to the ILC winner's circle by winning the masters title in the women's race, dashing her way to a 1:17:56, good enough for third overall. The 1997 ILC Grand Prix masters champion, Welzel had the best women's age-graded time, with a 1:12:48.

For Tuttle, a 1984 Olympic marathoner, it was his third consecutive USATF masters title and ILC win.

As in his previous races this year, Tuttle went with the younger elite runners right from the gun. He stayed with the lead pack through eight miles before falling back. Tuttle, who has already set three pending U.S. masters records at 8K (23:24), 10K (29:26) and 12K (36:12, also a world M40 best), earned $1750 ($250 open and $1500 masters prize money). Craig Young, 42, Colorado Springs, Colo., was the second master in 1:07:10. For the third consecutive ILC race, Tuttle again had the top men's age-graded time (his 1:05:11 equates to a 1:03:34 open performance).

Five runners – Tuttle (at 93.8%), Young, Jack Nelson, Gary Romesser and Welzel – ran world class times (90% or higher based on the WAVA age-graded tables). In the women's…

INSIDE:

- Mike Tymn – page 6
- Dr. John Pagliano – page 8
- Elaine Ward – page 10
- David Ortman – page 11
- Hal Higdon – page 12
- How and Why We Age – page 16

Continued on page 15

Continued on page 17

Continued on page 8

June 1999

$2.50

250th Issue

The official world and U.S. publication for masters track & field, long distance running and racewalking

NATIONAL MASTERS NEWS

Get To Know The Petranoff Javelin System
It's The Way To Throw!

1. Start... By Learning the TurboJav
A polyurethane implement, 27 1/2" long, weight 300 grams, equipped with a Softip to prevent injuries. A great learning tool. Throw indoors or outdoors. Use to teach good technique.

2. Select a Petranoff Javelin
Models available for men, boys, women and girls (600-800 grams). Use our 800 number and talk to us about Legend I, Legend II and Legend III.

3. Order Your Copy of "Come to Javelin Practice".
Everything is in the video. How to start and develop throwing technique and train for the javelin. How to use the Petranoff system to best advantage.
- Designed to be thrown at a flat angle, parallel to the runway.
- "Throwing through the point" becomes easy.
- The release becomes powerful—air gets under the javelin tip and makes it fly further.

M-F Athletic Company
P.O. Box 8090, Cranston, RI 02920-0090
Fax: 1-800-682-6950
International Fax: 401-942-7645
A.www.mfathletic.com Toll-Free: 1-800-556-7464

FIRST PLACE® DISCUS! A MODEL FOR EVERY LEVEL THROWER.
GREAT QUALITY...PRICED LOW...QUICK DELIVERY.

First Place discus are priced very reasonably and their performance has been excellent. Don't let the low price fool you. This is a great discus and a great buy.

Call Toll-Free 1-800-556-7464 For Quick Delivery

<table>
<thead>
<tr>
<th>FIRST PLACE GOLD</th>
<th>FIRST PLACE BLACK</th>
<th>FIRST PLACE RED</th>
<th>FIRST PLACE BLUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>• A very hi-spin discus at a big savings</td>
<td>• Hi-spin discus for the excellent thrower</td>
<td>• Perfect for the average thrower</td>
<td>• Best for the beginning thrower</td>
</tr>
<tr>
<td>• 85%-90% rim weight (as much as any thrower needs)</td>
<td>• 80% rim weight (5% less than the FP Gold)</td>
<td>• 75% rim weight (5% less than the Black)</td>
<td>• 70% rim weight (5% less than the Red)</td>
</tr>
<tr>
<td>• Best for those who spin the discus very fast on the release</td>
<td>• Best for those who release the discus with a fast spin</td>
<td>• Best for those who release with moderate spin</td>
<td>• An extremely durable discus that flies well</td>
</tr>
<tr>
<td>2kg Men's $179.95</td>
<td>2kg Men's $154.95</td>
<td>2kg Men's $ 59.95</td>
<td>2kg Men's $ 47.95</td>
</tr>
<tr>
<td>1.6kg Boy's $169.95</td>
<td>1.6kg Boy's $149.95</td>
<td>1.6kg Boy's $ 52.95</td>
<td>1.6kg Boy's $ 39.95</td>
</tr>
<tr>
<td>1kg Women's $134.95</td>
<td>1kg Women's $134.95</td>
<td>1kg Women's $ 42.95</td>
<td>1kg Women's $ 31.95</td>
</tr>
<tr>
<td>1.5kg M (50-59) $134.95</td>
<td>1.5kg M (50-59) $144.95</td>
<td>1.5kg M (50-59) $ 52.95</td>
<td>1.5kg M (50-59) $ 39.95</td>
</tr>
</tbody>
</table>

M-F Athletic Company
Fax: 1-800-682-6950
International Fax: 401-942-7645
P.O. Box 8090
Cranston, RI 02920-0090

M-F Athletic Company
A.www.mfathletic.com
DRUG TESTING

Hal Higdon is right (Feb. NMN) when he says that "money spent on drug testing throughout athletics, open and masters, is wasted - all $3 million of it every year - as only a few moments of study of any exercise physiology textbook makes clear.

The body responsible for all this drugs-in-sport nonsense was the IOC Medical Commission when, 30 years ago, it asserted, unilaterally, that medications for restoring ill people to health are "performance enhancing" when taken by already super-fit athletes. Their conclusion is not supported either by logic or by a shred of scientific evidence.

The substitutes allegedly most often taken by the so-called "drug-cheats" - anabolic steroids and synthetic testosterone, human growth hormone and erythropoietin (EPO) - are all substitutes, not supplements.

We should resist attempts to impose on our WAVA World Games the IOC's discredited and stupid drug-testing program. It cannot possibly do any good, and can only result in distress for the unlucky athlete who happens to be the one who draws the short straw of the one that never is taken by the so-called "drug-cheats." But that's not even half the story. All the money spent on drug testing throughout athletics, open and masters, is wasted - all $3 million of it every year - as only a few moments of study of any exercise physiology textbook makes clear.

Drugs-in-sport nonsense was the IOC's discredited and stupid drug-testing program. It cannot possibly do any good, and can only result in distress for the unlucky athlete who happens to be the one who draws the short straw of the one that never is taken by already super-fit athletes. Their conclusion is not supported either by logic or by a shred of scientific evidence.

The substitutes allegedly most often taken by the so-called "drug-cheats" - anabolic steroids and synthetic testosterone, human growth hormone and erythropoietin (EPO) - are all substitutes, not supplements.

We should resist attempts to impose on our WAVA World Games the IOC's discredited and stupid drug-testing program. It cannot possibly do any good, and can only result in distress for the unlucky athlete who happens to be the one who draws the short straw of the one that never is taken by already super-fit athletes. Their conclusion is not supported either by logic or by a shred of scientific evidence.

The substitutes allegedly most often taken by the so-called "drug-cheats" - anabolic steroids and synthetic testosterone, human growth hormone and erythropoietin (EPO) - are all substitutes, not supplements.

We should resist attempts to impose on our WAVA World Games the IOC's discredited and stupid drug-testing program. It cannot possibly do any good, and can only result in distress for the unlucky athlete who happens to be the one who draws the short straw of the one that never is taken by already super-fit athletes. Their conclusion is not supported either by logic or by a shred of scientific evidence.

The substitutes allegedly most often taken by the so-called "drug-cheats" - anabolic steroids and synthetic testosterone, human growth hormone and erythropoietin (EPO) - are all substitutes, not supplements.

We should resist attempts to impose on our WAVA World Games the IOC's discredited and stupid drug-testing program. It cannot possibly do any good, and can only result in distress for the unlucky athlete who happens to be the one who draws the short straw of the one that never is taken by already super-fit athletes. Their conclusion is not supported either by logic or by a shred of scientific evidence.

The substitutes allegedly most often taken by the so-called "drug-cheats" - anabolic steroids and synthetic testosterone, human growth hormone and erythropoietin (EPO) - are all substitutes, not supplements.

We should resist attempts to impose on our WAVA World Games the IOC's discredited and stupid drug-testing program. It cannot possibly do any good, and can only result in distress for the unlucky athlete who happens to be the one who draws the short straw of the one that never is taken by already super-fit athletes. Their conclusion is not supported either by logic or by a shred of scientific evidence.

The substitutes allegedly most often taken by the so-called "drug-cheats" - anabolic steroids and synthetic testosterone, human growth hormone and erythropoietin (EPO) - are all substitutes, not supplements.

We should resist attempts to impose on our WAVA World Games the IOC's discredited and stupid drug-testing program. It cannot possibly do any good, and can only result in distress for the unlucky athlete who happens to be the one who draws the short straw of the one that never is taken by already super-fit athletes. Their conclusion is not supported either by logic or by a shred of scientific evidence.

The substitutes allegedly most often taken by the so-called "drug-cheats" - anabolic steroids and synthetic testosterone, human growth hormone and erythropoietin (EPO) - are all substitutes, not supplements.

We should resist attempts to impose on our WAVA World Games the IOC's discredited and stupid drug-testing program. It cannot possibly do any good, and can only result in distress for the unlucky athlete who happens to be the one who draws the short straw of the one that never is taken by already super-fit athletes. Their conclusion is not supported either by logic or by a shred of scientific evidence.

The substitutes allegedly most often taken by the so-called "drug-cheats" - anabolic steroids and synthetic testosterone, human growth hormone and erythropoietin (EPO) - are all substitutes, not supplements.

We should resist attempts to impose on our WAVA World Games the IOC's discredited and stupid drug-testing program. It cannot possibly do any good, and can only result in distress for the unlucky athlete who happens to be the one who draws the short straw of the one that never is taken by already super-fit athletes. Their conclusion is not supported either by logic or by a shred of scientific evidence.

The substitutes allegedly most often taken by the so-called "drug-cheats" - anabolic steroids and synthetic testosterone, human growth hormone and erythropoietin (EPO) - are all substitutes, not supplements.

We should resist attempts to impose on our WAVA World Games the IOC's discredited and stupid drug-testing program. It cannot possibly do any good, and can only result in distress for the unlucky athlete who happens to be the one who draws the short straw of the one that never is taken by already super-fit athletes. Their conclusion is not supported either by logic or by a shred of scientific evidence.

The substitutes allegedly most often taken by the so-called "drug-cheats" - anabolic steroids and synthetic testosterone, human growth hormone and erythropoietin (EPO) - are all substitutes, not supplements.

We should resist attempts to impose on our WAVA World Games the IOC's discredited and stupid drug-testing program. It cannot possibly do any good, and can only result in distress for the unlucky athlete who happens to be the one who draws the short straw of the one that never is taken by already super-fit athletes. Their conclusion is not supported either by logic or by a shred of scientific evidence.

The substitutes allegedly most often taken by the so-called "drug-cheats" - anabolic steroids and synthetic testosterone, human growth hormone and erythropoietin (EPO) - are all substitutes, not supplements.

We should resist attempts to impose on our WAVA World Games the IOC's discredited and stupid drug-testing program. It cannot possibly do any good, and can only result in distress for the unlucky athlete who happens to be the one who draws the short straw of the one that never is taken by already super-fit athletes. Their conclusion is not supported either by logic or by a shred of scientific evidence.

The substitutes allegedly most often taken by the so-called "drug-cheats" - anabolic steroids and synthetic testosterone, human growth hormone and erythropoietin (EPO) - are all substitutes, not supplements.
Wilson, Ettie Break Course Records in Longest Day Marathon

by CHARLES S. ROBERTS, JR.

Masters runners Steve Wilson, 40, St. Petersburg, Fla., and Janice Ettie, 40, Roseville, Minn., were overall winners in The Longest Day Marathon, Brookings, S. Dak., on a cold and windy April 17. Both broke masters course records, Wilson with a 2:36:58, and Ettie with a second-place overall 2:56:30. Each received $500 for their efforts.

The previous masters records were held by Hal Higdon (2:37:23, 1972) and Janet Skaalen (3:07:36, 1993).

Ettie was attempting to qualify for the Olympic Marathon Trials (2:50:00) but was done in by the wind.

Masters winners in the half-marathon were Scott Jamison, M40, who edged Owen Hotvet, M45, for the win by one second with a 1:26:30, and Marcia Brevik, W45, with a 2:06:51. Tim Burnison, M40, in 37:51, and Suzanne Brost, W50, in 51:19, were masters winners in the 10K.

Duane Millsagle, M45, was the overall winner in the 5K with an 18:16; the first W40+ was Carol Kiltzke, W50, in 25:52. Racewalker Mike Wiggins, M50, was another masters winner overall, in the 5K walk with a 24:39. Keely Smith-Keller, W40, won the masters contest in 34:06.

The races marked the 30th anniversary of the event.

NORTHERN CALIFORNIA SENIORS TRACK AND FIELD CLUB
MARK GRUBI MEMORIAL CLASSIC
JAMES LOGAN HIGH SCHOOL
1800 H. ST. UNION CITY CA.

SATURDAY JULY 3 1999

ENTRY: MUST BE POSTMARKED BY THURSDAY JUNE 24 1999
PHONE ENTRIES AVAILABLE AT 415 457-8177

FEES: $15.00 First event
$10.00 each additional event (club members get 2nd event free)
$20.00 LATE ENTRIES, RECEIVED AFTER 6/24/99

CONTACT: Meet Director Don Rose 43 Mc Allister Ave. Kentfield Ca. 94904
FAX applications available 415 457-8177 (schedule of events available upon request.)

ELEGIBILITY: All men and women with current 1999 USATF registration
Race day USATF registration available for $15.00

AGE GROUPS: 30 yrs and above in 5 yr. groups. Race day age determines group.

AWARDS: Metals to first three places in all events by 5 year age group.

T-SHIRTS: Available at check in for $15.00

FACILITIES: Logan High school has a first class all weather track
All field events are held at Logan, Javelin thrown from grass.

HEATS: 5 year age groups where possible.
All athletes are subject to drug testing

Name Male Female
Address Phone ( ) Date of Birth mo/ day/year
City/State/ Zip

Club Affiliation Age as of 7/3/99

U.S.A.T.F.#

In consideration of your accepting my entry, I intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release for ever, any and all rights, claims, damages I may accrue against Northern California Seniors Track Club, USA Track and Field, The New Haven Unified School District, and all sponsors of this competition, their successors, representatives and assigns for any and all injuries suffered by me while traveling to and from, and while participating in the Northern California Seniors Track and Field Classic held July 3rd 1999 at James Logan High School 1800 H. Street Union City California.

Date / / Events entered Best mark Amount Enclosed $ (Checks payable to NCSTC)
1. 
2. 
3. 
4. 
5. 

JAMES LOGAN SCHOOL 1800 H. ST. UNION CITY CA.

SUNDAY JULY 4 1999

UNITED STATES TRACK AND FIELD
THE NEW HAVEN UNIFIED SCHOOL DISTRICT

FIRST ANNUAL MEMORIAL CLASSIC

ENTRY FEE: $5.00 THREE EVENTS
$10.00 THREE EVENTS

CONCERN: All masters registered for any or all events are eligible
SCHEDULE: All events except relays.

AWARDS: Heats and places in 5 year age group.

FACILITIES: Logan High School.

HEATS: All events are held at Logan.

All athletes are subject to drug testing,

In consideration of your accepting my entry, I intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release for ever, any and all rights, claims, damages I may accrue against Northern California Seniors Track Club, USA Track and Field, The New Haven Unified School District, and all sponsors of this competition, their successors, representatives and assigns for any and all injuries suffered by me while traveling to and from, and while participating in the Northern California Seniors Track and Field Classic held July 3rd 1999 at James Logan High School 1800 H. Street Union City California.

Name Male Female
Address Phone ( ) Date of Birth mo/ day/year
City/State/ Zip

Club Affiliation Age as of 7/3/99

U.S.A.T.F.#

In consideration of your accepting my entry, I intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release for ever, any and all rights, claims, damages I may accrue against Northern California Seniors Track Club, USA Track and Field, The New Haven Unified School District, and all sponsors of this competition, their successors, representatives and assigns for any and all injuries suffered by me while traveling to and from, and while participating in the Northern California Seniors Track and Field Classic held July 3rd 1999 at James Logan High School 1800 H. Street Union City California.

Date / / Events entered Best mark Amount Enclosed $ (Checks payable to NCSTC)
1. 
2. 
3. 
4. 
5. 

JAMES LOGAN SCHOOL 1800 H. ST. UNION CITY CA.

SUNDAY JULY 4 1999

UNITED STATES TRACK AND FIELD
THE NEW HAVEN UNIFIED SCHOOL DISTRICT

THE NEW HAVEN UNIFIED SCHOOL DISTRICT
THE NEW HAVEN UNIFIED SCHOOL DISTRICT
THE NEW HAVEN UNIFIED SCHOOL DISTRICT
THE NEW HAVEN UNIFIED SCHOOL DISTRICT
THE NEW HAVEN UNIFIED SCHOOL DISTRICT

FIRST ANNUAL MEMORIAL CLASSIC

ENTRY FEE: $5.00 THREE EVENTS
$10.00 THREE EVENTS

CONCERN: All masters registered for any or all events are eligible
SCHEDULE: All events except relays.

AWARDS: Heats and places in 5 year age group.

FACILITIES: Logan High School.

HEATS: All events are held at Logan.

All athletes are subject to drug testing,

In consideration of your accepting my entry, I intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release for ever, any and all rights, claims, damages I may accrue against Northern California Seniors Track Club, USA Track and Field, The New Haven Unified School District, and all sponsors of this competition, their successors, representatives and assigns for any and all injuries suffered by me while traveling to and from, and while participating in the Northern California Seniors Track and Field Classic held July 3rd 1999 at James Logan High School 1800 H. Street Union City California.

Name Male Female
Address Phone ( ) Date of Birth mo/ day/year
City/State/ Zip

Club Affiliation Age as of 7/3/99

U.S.A.T.F.#

In consideration of your accepting my entry, I intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release for ever, any and all rights, claims, damages I may accrue against Northern California Seniors Track Club, USA Track and Field, The New Haven Unified School District, and all sponsors of this competition, their successors, representatives and assigns for any and all injuries suffered by me while traveling to and from, and while participating in the Northern California Seniors Track and Field Classic held July 3rd 1999 at James Logan High School 1800 H. Street Union City California.

Date / / Events entered Best mark Amount Enclosed $ (Checks payable to NCSTC)
1. 
2. 
3. 
4. 
5. 

JAMES LOGAN SCHOOL 1800 H. ST. UNION CITY CA.
Third Wind

by MIKE TYMN

Jack Nelson: Shifting Into High Gear at 60

Although he has established himself as one of the best age-class competitors in the nation the past few years, and is preparing to launch an attack on the 60-64 division records, Jack Nelson has no regrets about his decision to quit racing after college, nor does he wonder what he might have done in his younger years had he the commitment and knowledge he has now.

"The summer of '61 when I was training with the late Mihaly Igloi, he came up to me after I did a 3:04 in a three-quarters time trial and told me I could make me into a world-class runner," Nelson recalled during a recent visit to Hawaii. "But I decided to return to Arkansas and complete my teaching certificate. I then accepted a teaching position at my former high school soon thereafter. My point is this: It takes more than talent and training with the late Mihaly Igloi, he could make me into a world-class runner.

"I then accepted a teaching position at my former high school soon thereafter. My point is this: It takes more than talent and coaching to make a world-class runner. It takes the will to accept the challenge. It takes the will to accept the challenge. I declined in 1961, only this time in 1999, I've accepted the same challenge.

"The summer of '61 when I was training with the late Mihaly Igloi, he could make me into a world-class runner," Nelson recalled during a recent visit to Hawaii. "But I decided to return to Arkansas and complete my teaching certificate. I then accepted a teaching position at my former high school soon thereafter. My point is this: It takes more than talent and training with the late Mihaly Igloi, he could make me into a world-class runner.

"I then accepted a teaching position at my former high school soon thereafter. My point is this: It takes more than talent and coaching to make a world-class runner. It takes the will to accept the challenge. I declined in 1961, only this time in 1999, I've accepted the same challenge. Nelson recalled during a recent visit to Hawaii. "But I decided to return to Arkansas and complete my teaching certificate. I then accepted a teaching position at my former high school soon thereafter. My point is this: It takes more than talent and training with the late Mihaly Igloi, he could make me into a world-class runner.

"The summer of '61 when I was training with the late Mihaly Igloi, he could make me into a world-class runner," Nelson recalled during a recent visit to Hawaii. "But I decided to return to Arkansas and complete my teaching certificate. I then accepted a teaching position at my former high school soon thereafter. My point is this: It takes more than talent and training with the late Mihaly Igloi, he could make me into a world-class runner.

"I then accepted a teaching position at my former high school soon thereafter. My point is this: It takes more than talent and coaching to make a world-class runner. It takes the will to accept the challenge. I declined in 1961, only this time in 1999, I've accepted the same challenge.

"The summer of '61 when I was training with the late Mihaly Igloi, he could make me into a world-class runner," Nelson recalled during a recent visit to Hawaii. "But I decided to return to Arkansas and complete my teaching certificate. I then accepted a teaching position at my former high school soon thereafter. My point is this: It takes more than talent and training with the late Mihaly Igloi, he could make me into a world-class runner.

"I then accepted a teaching position at my former high school soon thereafter. My point is this: It takes more than talent and coaching to make a world-class runner. It takes the will to accept the challenge. I declined in 1961, only this time in 1999, I've accepted the same challenge.

"The summer of '61 when I was training with the late Mihaly Igloi, he could make me into a world-class runner," Nelson recalled during a recent visit to Hawaii. "But I decided to return to Arkansas and complete my teaching certificate. I then accepted a teaching position at my former high school soon thereafter. My point is this: It takes more than talent and training with the late Mihaly Igloi, he could make me into a world-class runner.

"I then accepted a teaching position at my former high school soon thereafter. My point is this: It takes more than talent and coaching to make a world-class runner. It takes the will to accept the challenge. I declined in 1961, only this time in 1999, I've accepted the same challenge.

"The summer of '61 when I was training with the late Mihaly Igloi, he could make me into a world-class runner," Nelson recalled during a recent visit to Hawaii. "But I decided to return to Arkansas and complete my teaching certificate. I then accepted a teaching position at my former high school soon thereafter. My point is this: It takes more than talent and training with the late Mihaly Igloi, he could make me into a world-class runner.

"I then accepted a teaching position at my former high school soon thereafter. My point is this: It takes more than talent and coaching to make a world-class runner. It takes the will to accept the challenge. I declined in 1961, only this time in 1999, I've accepted the same challenge. Nelson recalled during a recent visit to Hawaii. "But I decided to return to Arkansas and complete my teaching certificate. I then accepted a teaching position at my former high school soon thereafter. My point is this: It takes more than talent and training with the late Mihaly Igloi, he could make me into a world-class runner.

"The summer of '61 when I was training with the late Mihaly Igloi, he could make me into a world-class runner," Nelson recalled during a recent visit to Hawaii. "But I decided to return to Arkansas and complete my teaching certificate. I then accepted a teaching position at my former high school soon thereafter. My point is this: It takes more than talent and training with the late Mihaly Igloi, he could make me into a world-class runner.

"I then accepted a teaching position at my former high school soon thereafter. My point is this: It takes more than talent and coaching to make a world-class runner. It takes the will to accept the challenge. I declined in 1961, only this time in 1999, I've accepted the same challenge.

"The summer of '61 when I was training with the late Mihaly Igloi, he could make me into a world-class runner," Nelson recalled during a recent visit to Hawaii. "But I decided to return to Arkansas and complete my teaching certificate. I then accepted a teaching position at my former high school soon thereafter. My point is this: It takes more than talent and training with the late Mihaly Igloi, he could make me into a world-class runner.

"I then accepted a teaching position at my former high school soon thereafter. My point is this: It takes more than talent and coaching to make a world-class runner. It takes the will to accept the challenge. I declined in 1961, only this time in 1999, I've accepted the same challenge. Nelson recalled during a recent visit to Hawaii. "But I decided to return to Arkansas and complete my teaching certificate. I then accepted a teaching position at my former high school soon thereafter. My point is this: It takes more than talent and training with the late Mihaly Igloi, he could make me into a world-class runner.

"The summer of '61 when I was training with the late Mihaly Igloi, he could make me into a world-class runner," Nelson recalled during a recent visit to Hawaii. "But I decided to return to Arkansas and complete my teaching certificate. I then accepted a teaching position at my former high school soon thereafter. My point is this: It takes more than talent and training with the late Mihaly Igloi, he could make me into a world-class runner.

"I then accepted a teaching position at my former high school soon thereafter. My point is this: It takes more than talent and coaching to make a world-class runner. It takes the will to accept the challenge. I declined in 1961, only this time in 1999, I've accepted the same challenge.

"The summer of '61 when I was training with the late Mihaly Igloi, he could make me into a world-class runner," Nelson recalled during a recent visit to Hawaii. "But I decided to return to Arkansas and complete my teaching certificate. I then accepted a teaching position at my former high school soon thereafter. My point is this: It takes more than talent and training with the late Mihaly Igloi, he could make me into a world-class runner.

"I then accepted a teaching position at my former high school soon thereafter. My point is this: It takes more than talent and coaching to make a world-class runner. It takes the will to accept the challenge. I declined in 1961, only this time in 1999, I've accepted the same challenge.

"The summer of '61 when I was training with the late Mihaly Igloi, he could make me into a world-class runner," Nelson recalled during a recent visit to Hawaii. "But I decided to return to Arkansas and complete my teaching certificate. I then accepted a teaching position at my former high school soon thereafter. My point is this: It takes more than talent and training with the late Mihaly Igloi, he could make me into a world-class runner.

"I then accepted a teaching position at my former high school soon thereafter. My point is this: It takes more than talent and coaching to make a world-class runner. It takes the will to accept the challenge. I declined in 1961, only this time in 1999, I've accepted the same challenge.

"The summer of '61 when I was training with the late Mihaly Igloi, he could make me into a world-class runner," Nelson recalled during a recent visit to Hawaii. "But I decided to return to Arkansas and complete my teaching certificate. I then accepted a teaching position at my former high school soon thereafter. My point is this: It takes more than talent and training with the late Mihaly Igloi, he could make me into a world-class runner.

"I then accepted a teaching position at my former high school soon thereafter. My point is this: It takes more than talent and coaching to make a world-class runner. It takes the will to accept the challenge. I declined in 1961, only this time in 1999, I've accepted the same challenge.

"The summer of '61 when I was training with the late Mihaly Igloi, he could make me into a world-class runner," Nelson recalled during a recent visit to Hawaii. "But I decided to return to Arkansas and complete my teaching certificate. I then accepted a teaching position at my former high school soon thereafter. My point is this: It takes more than talent and training with the late Mihaly Igloi, he could make me into a world-class runner.

"I then accepted a teaching position at my former high school soon thereafter. My point is this: It takes more than talent and coaching to make a world-class runner. It takes the will to accept the challenge. I declined in 1961, only this time in 1999, I've accepted the same challenge.
Fox, Bondarchouk Beat the Pack in Sallie Mae 10K

by GARY HENLEY

The annual Sallie Mae 10K race in Washington, D.C., has a new men's masters champion in Chris Fox, 40, while 46-year-old Russian, Irina Bondarchouk, successfully defended her women's title in Washington's West Potomac Park on Sunday, April 25.

Fox, of Sharpsburg, Md., covered the course in 31:04 to finish as the top masters runner, taking 12th place overall. Chasing Fox was Israel's Amit Ne'eman, 41, who ran a 31:12, tying for 13th overall. Jim Hage was a distant third in the M40 division, running 31:42.

Bondarchouk, who lives in Memphis, Tenn., won last year's masters title when she ran a 36:14 (89.8% age-graded) to nip Claudia Kasen, of San Antonio, Texas, at the finish line. Bondarchouk couldn't match last year's time, but was able to defend her title after running a 36:33, while Kasen, 42, was the fourth female masters runner in 37:21. Patti Shull was second in 37:03, followed closely by Diane Legare, 48, Montreal, Quebec, 37:06.

Other top times were turned in by hometown sensation Fay Bradley, 61, who ran a 37:23, while Hedy Marque, 81, Alexandria, Va., finished second in the W60+ division with a 56:51, just 34 seconds off her 56:17 from last year.

Orange County

ORANGE COUNTY SENIOR GAMES
TRACK & FIELD REGISTRATION

The Second Annual Orange County Senior Games—August 14 - 22, 1999—is an event for active men and women, 50 years and over, to promote lifelong health and physical fitness. The event features 15 different sports to be held at locations throughout Orange County. The Track & Field events will be held on Saturday, August 21 at Saddleback College in Mission Viejo.

For more information, call South Coast Medical Center (949) 499-7202

TWENTY YEARS AGO

June, 1979

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

RELEASE OF LIABILITY

PHOTO & FILM WAIVER: I hereby grant full permission to the organizers, their agents, employees and representatives to use my name, voice, and/or picture or film in any broadcast, telecast, advertising, promotion or other use in relation to the Orange County Senior Games (OCSC).

LIABILITY WAIVER: I, the undersigned applicant, hereby agree to indemnify and hold harmless the organizers of the OCSC, hereinafter sometimes referred to as sponsors, their agents, employees, and representatives, and any and all actions or claims of whatsoever kind or nature which my representatives or assigns may have at any time in the future have due to any injury or property damage arising out of my participation in the OCSC. I understand and agree that any dispute over injury or property damage caused by myself or another participant must be settled between the individuals, I warrant and represent to the organizers that I have prepared myself for the event(s) in which I have entered by practicing the same prior to my participation in the event(s), I represent that I am in good physical health and condition, am physically able to compete in the event(s), and know of no physical restriction whatsoever which would prohibit my participation in the OCSC. I have been advised by the organizers that it would be in my best interest to consult a physician prior to my participation in the event(s). I recognize and understand that the preparation and completion may necessitate strenuous physical activity and could possibly active an unrecognized pre-existing cardiovascular disorder which I may have, thereby resulting in serious or life-threatening physical harm to me. The organizers have my permission to have a physician treat me during my participation in the OCSC.

South Coast Medical Center
Adventist Health

MUST BE COMPLETED

Signature __________________________ Date ________________
Physical Therapy or Witchcraft?

Many of us who have been injured over the years have had physical therapy for treatment of these injuries. One often wonders why the various modalities are being used. Is it witchcraft, or does it really work?

I believe physical therapy is very beneficial, if used properly, in reducing pain and discomfort from running injuries and getting us back to our normal running patterns.

Now, what does the physical therapist use and why? The first, and probably the most effective therapy is ultrasound. This is a sound wave (20,000 Hz-cycles per second), which produces heat by converting electrical current into acoustic vibrations through a crystal transducer. These vibrations pass through the tissue being treated. It is considered a very safe modality.

Higher temperatures are used for chronic connective tissue injuries, such as hamstring strains, plantar fasciitis, etc. Lower temperatures are used for subacute injuries.

There are several theories on the use of ultrasound. One is that the athlete should stretch prior to and after the use of ultrasound. This maximizes the healing effect. Ice only creates a greater skin temperature to be overcooled.

I generally recommend the use of ultrasound with 2.5% hydrocortisone cream applied to the head of the crystal. Theoretically, the mediate ions are introduced locally without the negative effects of injection – 2.5% appears to be the best concentration without blocking the sound waves.

There are some contraindications to the use of ultrasound. It should not be used over fracture sites, or with immature epiphysis, pregnancy, and other problems such as vascular complications.

In general, ultrasound is very effective in producing deep heat for soft tissue injuries such as tendinitis, fasciitis, strains and tissue contractures. It is used in conjunction with stretching and strengthening programs in the treatment of athletic injuries.

(Continued from page 1)

Indy Life 500


Age group winners on the women’s side included Victoria Crisp, 46, Nashville, Tenn., 1:23:18; Gloria Jansen, 51, Edina, Minn., 1:30:20; and Joan Ottaway, 55, Sonora, Calif., 1:29:00.

— from the Road Running Information Center

FIFTEEN YEARS AGO

May 1984

• Matt Cucchiari (41, 33:20) and Elaine Kirchen (41, 38:42) Win National Masters 10K in Brooklyn

• Nancy Peterson (41, 39:38) First W40+ in Cold, Windy Freihofer’s 10K

• 300 Compete in Legends Meet at UCLA

INDY LIFE CIRCUIT

AGE-GRADED STANDINGS

Age-Graded Men

<table>
<thead>
<tr>
<th>Age Group</th>
<th>A-G</th>
<th>Actual</th>
</tr>
</thead>
<tbody>
<tr>
<td>John Tuttle 40</td>
<td>1:03:34</td>
<td>1:10:21</td>
</tr>
<tr>
<td>Craig Young 42</td>
<td>1:04:31</td>
<td>1:07:05</td>
</tr>
<tr>
<td>Jack Nelson 51</td>
<td>1:04:43</td>
<td>1:10:15</td>
</tr>
<tr>
<td>Gary Romesser 48</td>
<td>1:05:29</td>
<td>1:11:13</td>
</tr>
<tr>
<td>Dick Bueklee 51</td>
<td>1:06:40</td>
<td>1:12:35</td>
</tr>
<tr>
<td>Steve Winchel 43</td>
<td>1:06:41</td>
<td>1:14:15</td>
</tr>
<tr>
<td>Warren Utes 78</td>
<td>1:06:44</td>
<td>1:16:21</td>
</tr>
<tr>
<td>Jan Frisby 55</td>
<td>1:06:46</td>
<td>1:18:12</td>
</tr>
<tr>
<td>Charley Gray 44</td>
<td>1:06:53</td>
<td>1:18:16</td>
</tr>
<tr>
<td>Mark Culp 40</td>
<td>1:07:03</td>
<td>1:18:46</td>
</tr>
</tbody>
</table>

Age-Graded Women

<table>
<thead>
<tr>
<th>Age Group</th>
<th>A-G</th>
<th>Actual</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jane Weitzel 44</td>
<td>1:12:48</td>
<td>1:17:56</td>
</tr>
<tr>
<td>Joan Ottaway 55</td>
<td>1:16:12</td>
<td>1:26:01</td>
</tr>
<tr>
<td>Patty Valdak 41</td>
<td>1:15:41</td>
<td>1:19:01</td>
</tr>
<tr>
<td>Victoria Crisp 46</td>
<td>1:18:31</td>
<td>1:23:19</td>
</tr>
<tr>
<td>Diana Fitzpatrick 41</td>
<td>1:19:42</td>
<td>1:29:04</td>
</tr>
<tr>
<td>Bev Doherty 40</td>
<td>1:16:48</td>
<td>1:29:31</td>
</tr>
<tr>
<td>Gloria Jansen 51</td>
<td>1:20:19</td>
<td>1:30:21</td>
</tr>
<tr>
<td>Kathy Ward 44</td>
<td>1:20:25</td>
<td>1:30:29</td>
</tr>
<tr>
<td>Linda Frisby 51</td>
<td>1:20:41</td>
<td>1:31:54</td>
</tr>
<tr>
<td>Jeanne Laslee-Johnson 41</td>
<td>1:20:47</td>
<td>1:41:24</td>
</tr>
</tbody>
</table>

Masters Division Standings:

Men

<table>
<thead>
<tr>
<th>Age Group</th>
<th>A-G</th>
<th>Actual</th>
</tr>
</thead>
<tbody>
<tr>
<td>John Tuttle 40</td>
<td>1:03:34</td>
<td>1:10:21</td>
</tr>
<tr>
<td>Craig Young 42</td>
<td>1:04:31</td>
<td>1:07:05</td>
</tr>
<tr>
<td>Jack Nelson 51</td>
<td>1:04:43</td>
<td>1:10:15</td>
</tr>
<tr>
<td>Gary Romesser 48</td>
<td>1:05:29</td>
<td>1:11:13</td>
</tr>
<tr>
<td>Dick Bueklee 51</td>
<td>1:06:40</td>
<td>1:12:35</td>
</tr>
<tr>
<td>Steve Winchel 43</td>
<td>1:06:41</td>
<td>1:14:15</td>
</tr>
<tr>
<td>Warren Utes 78</td>
<td>1:06:44</td>
<td>1:16:21</td>
</tr>
<tr>
<td>Jan Frisby 55</td>
<td>1:06:46</td>
<td>1:18:12</td>
</tr>
<tr>
<td>Charley Gray 44</td>
<td>1:06:53</td>
<td>1:18:16</td>
</tr>
<tr>
<td>Mark Culp 40</td>
<td>1:07:03</td>
<td>1:18:46</td>
</tr>
</tbody>
</table>

Women

<table>
<thead>
<tr>
<th>Age Group</th>
<th>A-G</th>
<th>Actual</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bev Doherty 40</td>
<td>1:12:48</td>
<td>1:17:56</td>
</tr>
<tr>
<td>Joan Ottaway 55</td>
<td>1:16:12</td>
<td>1:26:01</td>
</tr>
<tr>
<td>Patty Valdak 41</td>
<td>1:15:41</td>
<td>1:19:01</td>
</tr>
<tr>
<td>Victoria Crisp 46</td>
<td>1:18:31</td>
<td>1:23:19</td>
</tr>
<tr>
<td>Diana Fitzpatrick 41</td>
<td>1:19:42</td>
<td>1:29:04</td>
</tr>
<tr>
<td>Bev Doherty 40</td>
<td>1:16:48</td>
<td>1:29:31</td>
</tr>
<tr>
<td>Gloria Jansen 51</td>
<td>1:20:19</td>
<td>1:30:21</td>
</tr>
<tr>
<td>Kathy Ward 44</td>
<td>1:20:25</td>
<td>1:30:29</td>
</tr>
<tr>
<td>Linda Frisby 51</td>
<td>1:20:41</td>
<td>1:31:54</td>
</tr>
<tr>
<td>Jeanne Laslee-Johnson 41</td>
<td>1:20:47</td>
<td>1:41:24</td>
</tr>
</tbody>
</table>

Age-Graded Standings: Men

<table>
<thead>
<tr>
<th>Age Group</th>
<th>A-G</th>
<th>Actual</th>
</tr>
</thead>
<tbody>
<tr>
<td>John Tuttle 40</td>
<td>1:03:34</td>
<td>1:10:21</td>
</tr>
<tr>
<td>Craig Young 42</td>
<td>1:04:31</td>
<td>1:07:05</td>
</tr>
<tr>
<td>Jack Nelson 51</td>
<td>1:04:43</td>
<td>1:10:15</td>
</tr>
<tr>
<td>Gary Romesser 48</td>
<td>1:05:29</td>
<td>1:11:13</td>
</tr>
<tr>
<td>Dick Bueklee 51</td>
<td>1:06:40</td>
<td>1:12:35</td>
</tr>
<tr>
<td>Steve Winchel 43</td>
<td>1:06:41</td>
<td>1:14:15</td>
</tr>
<tr>
<td>Warren Utes 78</td>
<td>1:06:44</td>
<td>1:16:21</td>
</tr>
<tr>
<td>Jan Frisby 55</td>
<td>1:06:46</td>
<td>1:18:12</td>
</tr>
<tr>
<td>Charley Gray 44</td>
<td>1:06:53</td>
<td>1:18:16</td>
</tr>
<tr>
<td>Mark Culp 40</td>
<td>1:07:03</td>
<td>1:18:46</td>
</tr>
</tbody>
</table>

Age-Graded Standings: Women

<table>
<thead>
<tr>
<th>Age Group</th>
<th>A-G</th>
<th>Actual</th>
</tr>
</thead>
<tbody>
<tr>
<td>John Ottaway 55</td>
<td>1:12:48</td>
<td>1:17:56</td>
</tr>
<tr>
<td>Joan Ottaway 55</td>
<td>1:16:12</td>
<td>1:26:01</td>
</tr>
<tr>
<td>Patty Valdak 41</td>
<td>1:15:41</td>
<td>1:19:01</td>
</tr>
<tr>
<td>Victoria Crisp 46</td>
<td>1:18:31</td>
<td>1:23:19</td>
</tr>
<tr>
<td>Diana Fitzpatrick 41</td>
<td>1:19:42</td>
<td>1:29:04</td>
</tr>
<tr>
<td>Bev Doherty 40</td>
<td>1:16:48</td>
<td>1:29:31</td>
</tr>
<tr>
<td>Gloria Jansen 51</td>
<td>1:20:19</td>
<td>1:30:21</td>
</tr>
<tr>
<td>Kathy Ward 44</td>
<td>1:20:25</td>
<td>1:30:29</td>
</tr>
<tr>
<td>Linda Frisby 51</td>
<td>1:20:41</td>
<td>1:31:54</td>
</tr>
<tr>
<td>Jeanne Laslee-Johnson 41</td>
<td>1:20:47</td>
<td>1:41:24</td>
</tr>
</tbody>
</table>

(Compiled by Road Running Information Center)
Masters Racewalking
by ELAINE WARD

Jonathan Matthews - The Master of Time

At age 42, Jonathan Matthews is walking as though he was still 36. On May 23, 1993, he walked 20K in 1:24:56. On March 20, 1999, at the World Cup Trials in Manassas, Virginia, he walked 20K in 1:25:27, finishing third American. As a consequence, he earned a place on the World Cup Team in France May 1-2. He also set two American records. His 10K split of 43:09 broke his own American age-group record of 43:24 in 1997. His 20K time of 1:25:27 broke Ray Funkhauser's record of 1:29:36 in 1992. Commenting on the fact that Matthews also had a negative 10K split of 42:18, 1968 Olympian and M60 American record holder Dave Romansky said: "Jonathan could get the Master of the Year Award, but he can't because he doesn't act like a master." Jonathan lives in Helena, MT. (Following is Part I of a two-part interview.)

EW: Jonathan, how do you feel about your 20K performance?
JM: It makes me feel very good. It's been a long time since I have had what I would consider a decent performance. After the race, I was pretty shocked that I was only 31 seconds back before the '96 Olympics because I also had a negative Funkhauser's record of some reason, you'll have a rare day an Olympic team and I felt I had better May I remember even trying to shout to get felt discouraged, and thought, when you don't feel any pain when do something. I didn't do the body. I was trying to somehow hang back from the groin injury. Maybe the kind of intense discomfort that you to do a 1:29:36. Though this race was 31 seconds who knows what else, is going to keep slower, it was not like that at all. I was me from ever getting back to that basiclly took me out of racewalking for nine months. At the age of 38, to take nine months off is pretty traumat­

ic. So I tried to come back, even though I was still in a little pain in the groin. Specifically, I tried to come back before the '96 Olympics because I knew it was my last chance to make an Olympic team and I felt I had better do something, I didn't do the 50K tri­
als as I hadn't done enough training. I decided to try the 20K. When I was training for it in the spring, I was able to do a 1:27:30, but when I got to the trials, I performed very poorly. I just didn't have it in me.

Ever since that 1:27:30, I really didn't race anywhere near my former standards in longer races. At times I felt discouraged, and thought, "Well, maybe I won't ever be able to come back from the groin injury. Maybe the combination of the injury and age, and who knows what else, is going to keep me from ever getting back to that level.

EW: So what was the progression that led to this race?
JM: It really started with my last two 50K Nationals. In both races I had to drop out because I had such bad cramps in the hamstrings. The '99 Nationals was just a few weeks ago. When I look at the miles I did for this year's 50K, the pace at which I did them, the type of workouts I did, I had read, in the 1998 Hayward Meet. Eugene, Ore.

TEN YEARS AGO
June 1989

• Norm Green (56, 68:07) Tops All M40+ Runners in National Masters 20K in Medford, Ore.
• More Than 5000 Athletes to Compete in WAVA Championships in Eugene
• Penn Relays Highlight Masters in Seven Races

ing sufficiently to the road and it gave me hope for the future.

After four or five days of rest, I started training on the road and track exclusively. Thankfully we didn't have any snow for five weeks. It's as if the gods were looking down on me saying, "You know we usually have a lot of snow in Montana at this time of year, but we aren't going to give you any in Helena so you can train."

When I compared the workouts I was doing with those I did when I was at my best, I felt I was in pretty good shape. I thought, conservatively, that I could probably walk 1:27:00 at the World Cup Trials, but I didn't know. I hadn't walked that fast in a long time. So I was just guessing.

EW: By now you must have a good sense of your body.
JM: Yes, I have a training log which I've kept since I started racewalking. I can always compare work­
outs and their race results. One of the new, unknown factors that may have benefited me is that Helena is 4100 feet above sea level. It is not very high altitude, but the fact that I was able to go a minute-and-a-half faster than I thought may have come from the alti­tude effect. I was possibly fitter than I thought from living and training in slightly thinner air.

EW: How about the race itself?
JM: After the 50K, I took about four easy days and then began some harder workouts. As the first couple of weeks, my hamstrings were still really sore. After two-and-a-half weeks they began to feel normal again, and the last couple of days before the race, my legs felt really fresh.

Ready to Race

When I was warming up for the race, I felt loose and easy. No pains, I just felt ready to go. In fact, I did very little warmup because I didn't feel tight. I probably only did a half-mile warmup. But I felt fine and I didn't do much.

I went out somewhere around a 1:27 pace. I was going on how it felt. I was going at a comfortable pace...
Bring Back the Finish Tape!

S
omewhere between high school track and masters track something got lost. At high school track meets there were three constants at the finish line — cinder tracks, old guys in caps with their thumbs on stop watches, and young ladies holding the tape. In high school what did we know? In any event, although it was sometimes yarn.

Breaking the tape was the mark of a sprinter. To date, no male sprinters have given breast implants a try in order to break the tape a little sooner. It would sure give the old guys in caps with their thumbs on stop watches something to talk about.

David E. Ortman, 46, grew up in South Dakota and moved to Seattle after graduating (’75) from Bethel College, Kansas, with an environmental studies degree. He is married with two children. He was the 1992 National Masters M35 400H champion; 1994 national masters M40 pentathlon champion; 1996 NCCWAVA (World Regional) M40 110H champion; 1998 national masters M45 110H champion; and 1998 World Masters Games M45 400H champion. He hopes the absence of a headwind at WAVA-Gateshead will improve on his 1993 WAVA-Buffalo 8th place finish in the 110H. His new column, “False Start” will appear monthly in NMN.
I don’t know my exact time, because I didn’t bother to record it, but I know Gilmour’s because it appears in his recent autobiography, All in My Stride, co-authored with journalist Richard Harris. The book chronicles John’s running career, which began in the mid-1930s and continues to this day, but, most interesting, it describes the years he spent in a Japanese prison camp during World War II. Captured after the battle of Singapore, Gilmour spent three-and-a-half years in captivity.

I got to know John well during his first visit to San Diego, and we continued to exchange letters over the years including the years at international masters meets. Until illness forced him to miss the 1997 World Veterans Championships, he had competed in every one; I missed 1983 because of an injury. Though we’re tied in number of world meets, he is far ahead of me in number of gold medals: Gilmour has won 30!

No Disappointment

Over the years I became aware of his athletic career, but I had never heard him talk about them – and I never asked, fearing the memories would be too painful. Thus, when I learned of the publication of All in My Stride, I quickly obtained a copy to learn what John had to say about his prison years. I was not disappointed.

The statistics related to Australia’s 2/4th Machine Gun Battalion I am frightened. The Battalion was founded in October 1940; Gilmour joined soon after. He arrived with the Battalion at Singapore on January 24, 1942, deploying five days later to prepare for an anticipated assault by the Japanese Army.

The Japanese landed on February 8. Members of the Battalion on the beach were cut off and suffered heavy losses. Singapore surrendered on February 15. In eight days of combat, the Battalion suffered 310 battle casualties (more than 30 per cent killed or wounded). The unit was imprisoned first at Changi Barracks with many of the men sent to Burma and Thailand to build a railway line. Others, including Gilmour, were shipped to Japan later in the war. The combination of hard work, cruel treatment and inadequate food killed 239 more Battalion members. Of 561 members of the Battalion who went overseas, 400 never returned. “For us there was no glory in the great war,” writes Gilmour. “Staying alive became a mean, petty business.”

Tough Treatment

Gilmour’s prison descriptions occupy 87 pages of the slim, 204-page book. The remainder of All in My Stride describes his life as a runner, both before and after the war. Although rules from the Geneva Convention supposedly govern treatment of Prisoners of War, the Japanese paid them little attention. Prisoners frequently were beaten, “bashed” Gilmour calls it. Many were executed for petty infractions.

Gilmour describes the fate of one Chinese civilian, who was caught talk-
On The Run

Continued from page 12

was still 46 seconds behind. He finished third and reported to the medical tent for treatment, missing the medal ceremony. When he asked for his medal, he learned it had been given to a Japanese runner.

Unpleasant Memories

Enraged, Gilmour stalked to see the officials. "The chief judge was one of the old brigade," writes Gilmour. "Straight away it brought back very vivid memories, but this time I could talk back and that I did. (The chief judge) looked at me like I had been looked at many times as a P.O.W., as much as to say I'll show you." Eventually, the Japanese officials conceded Gilmour had been overlooked and awarded him his medal.

Through 1993, Gilmour had competed in each of the first ten World Veterans Championships. He received an award for that achievement in Miyazaki, but illness and injuries caused him to miss three years of racing, including the 1995 Championships in Buffalo, New York.

He returned to competition in Durham, South Africa in 1997, where, in the cross-country meet, another athlete edged past him by 300th of a second. "He was in my age group," laments Gilmour, "and to make matters worse I'm Japanese." Gilmour entered 10,000 meters on the track, but a pulled muscle forced him to stop after eight laps. He had to cancel participation in remaining events. He hopes to participate at Gateshead this summer.

Records Are For Breaking

Gilmour's 30 gold medals include seven in the M60 category in Hanover, West Germany in 1979 (where he ran 16:54 for 5000 meters) and six in the M70 category in Eugene, Oregon, in 1989 (38:49 for 10,000 meters) as his greatest lifetime achievement bettering the world record in his age groups for every racing distance he has contested on the track or road from 800 meters through the marathon.

"When will I stop?" John Gilmour asks himself. "I'll keep running until I just can't run any more." (Hal Higdon, Senior Writer for Runner's World, has won four gold medals at the World Veterans Championships.)

Advertising

Information & Rates:
National Masters News
33 E. Minor Street
Emmusco, PA 18098
FAX: 610/967-7793
610/967-8896
Suzy Hess
541/343-7716
Closing is the 10th of the month prior to the cover date.

National Masters News
June 1999

PUBLICATIONS ORDER FORM

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Masters Age Records (1999 Edition)</th>
<th>Total (US$)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Men's and women's world and U.S. age bests for all track &amp; field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1998. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&amp;F Records Chairman. $5.00.</td>
<td>$5.00</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Masters Track &amp; Field Rankings (1998)</th>
<th>$5.00</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Men's and women's 1997 U.S. outdoor track &amp; field 5-year age group rankings. 52 pages. 125-deep in some events. All T&amp;F events. Compiled by Jack Lance, USATF Masters T&amp;F Rankings Chairman. $7.00.</td>
<td>$7.00</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Masters Track &amp; Field Indoor Rankings (1998)</th>
<th>$1.50</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Same as above, except indoor rankings for 1998. 4 pages.</td>
<td>$1.50</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Masters Age-Graded Tables</th>
<th>$1.50</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<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. $6.00.</td>
<td>$6.00</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Masters 5-Year Age-Group Records</th>
<th>$1.50</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Men's and women's official world and U.S. outdoor 5-year age group records for all track &amp; field and racewalking events, age 35 and up, as of January 1, 1999; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&amp;F Rankings Chairman. $1.50.</td>
<td>$1.50</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Masters 5-Year Indoor Age-Group Records</th>
<th>$1.50</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Same as above, except indoor records (M40+, W55+) as of January 1, 1999 (world) and December 4, 1998 (USA). 4 pages.</td>
<td>$1.50</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Competition Rules for Athletics (1999 Edition)</th>
<th>$1.00</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>U.S. rules of competition for men and women for track &amp; field, long distance running and racewalking—youth, open and masters. $12.00.</td>
<td>$12.00</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>USATF Directory (1998/99)</th>
<th>$15.00</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Names and addresses of national officers and staff, board of directors, sport and administrative committees, association officers and addresses, etc. $12.00.</td>
<td>$12.00</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>USATF Governance Handbook (1998)</th>
<th>$15.00</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. 152 pages. $12.00.</td>
<td>$12.00</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>IAAF Scoring Tables</th>
<th>$15.00</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Official world scoring tables for men's and women's combined-event competitions. $12.00.</td>
<td>$12.00</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>IAAF Handbook</th>
<th>$15.00</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1996/1997 rules and regulations handbook. $15.00.</td>
<td>$15.00</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>International Scoring Tables</th>
<th>$15.00</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Complete scoring tables for 21 men's and 17 women's individual events. $15.00.</td>
<td>$15.00</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>National Scoring Tables</th>
<th>$15.00</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>All events, and the event orders, in normal multi-events are included: decathlon, heptathlon, indoor &amp; outdoor pentathlon, indoor heptathlon, and weight pentathlon. Brief scoring instructions, age factors for the common WAVA multi-events, and instructions for hand times and automatic times are included. In English and German. Pocket size (4'/2 x 6'). $12.00.</td>
<td>$12.00</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Masters Racewalking</th>
<th>$12.00</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<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>
<td>$15.00</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>USATF Logo Patch 3-color embroidered 4' x 3&quot;. $4.50.</th>
<th>$4.50</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>USATF Race Walking Patch. 3-color embroidered 4' x 3&quot; with gold trim. $5.50.</td>
<td>$5.50</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>USATF Cross Country Patch. 3-color embroidered 4' x 3&quot; with gold trim. $5.50.</th>
<th>$5.50</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<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>
<td>$5.50</td>
</tr>
</tbody>
</table>

|          | USATF Decal. 3-color. 3" x 2-1/2". $2.00. | $2.00 |

<table>
<thead>
<tr>
<th></th>
<th>National Road Race Encyclopedia</th>
<th>$60.00</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Lists 100 of the nation's most popular road races, with race entry information, top 100 all-time men &amp; women each race, top 20 all-time age divisions each race, 41,000 performer and champion listings, 300+ photos, 100 full-page maps, race histories and trivia, and guide to national running organizations. Compiled by Mike Weddington &amp; Barry Perilli. $24.95.</td>
<td>$24.95</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Guide to Prize Money Races and Elite Athletes 1999</th>
<th>$5.00</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<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. $60.00.</td>
<td>$60.00</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Running Research News</th>
<th>$60.00</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. $35.00 per year.</td>
<td>$35.00</td>
</tr>
</tbody>
</table>

Back Issues of National Masters News

<table>
<thead>
<tr>
<th>Issues</th>
<th>$2.50 each.</th>
<th>$6.50</th>
</tr>
</thead>
<tbody>
<tr>
<td>Postage and Handling</td>
<td>$1.00.</td>
<td>$1.50</td>
</tr>
<tr>
<td>Overseas Air Mail (add $5.00 per book)</td>
<td>TOTAL</td>
<td>$7.00</td>
</tr>
</tbody>
</table>

Send to: National Masters News Order Dept.
P.O. Box 50098, Eugene OR 97405

Name ____________________________
Address ____________________________

City ____________________________ State ______ Zip ____________

PUBLICATIONS ORDER FORM
The Weight Room
by JERRY WOJCIK

We Get Letters

Looking through a collection of reader’s letters emanating from my past columns, I came across several that I thought I’d share, mostly from a sense of guilt from not taking the time to acknowledge them sooner.

First off, Bob MacConaghy, a champion in the javelin and pole vault in the early days of the masters program, responded to an article I wrote on throwers who borrow implements. He went on just as you were running in a 10-foot square area and finally settled on a bent blade throwers and officials...

Pesky Plumbing

MacConaghy also reminded me of one of my less memorable masters appearances in the javelin: “I still remember that time at Cal-State-Northridge when an automatic sprinkler went on as you were running up to the toeboard and the water hit you smack in the face.” That’s not quite the way I remember it, but Mac’s recollection makes for better copy than mine would. I do recall, however, Christel Miller standing on a piece of plywood placed on the sprinkler to keep it from popping up and spraying throwers and officials.

On a more serious note, Dick Glasgow, San Diego Calif., took me to task for an article, which has haunted me since, in which I suggested that perhaps officials were too strict in applying rules when they really didn’t matter much and soured an athlete’s enjoyment of the meet.

He wrote: “Although I agree that sometimes bending the rules may not harm anyone, your article was a bit short of answering the whole problem. If we agree to allow a hammer wire to be “just” 1/16th of an inch too long, how do we tell the next thrower that his hammer is illegal if the wire is 2/16th too long? Or if a shot or discus is two ounces too light, but that one ounce is okay?”

Glasgow then convincingly applied his argument to the running events, and closed with: “If you can justify all of these rule infractions, then let’s simply abandon the rule book and see how long it takes for people to stop participating because of rule breakers or even to become involved in confrontations.”

Food For Thought

Finally, Bill Barker, an M65 thrower: “I've noticed that no one ever asks what size of the hammer is okay?”

Glasgow then convincingly applied his argument to the running events, and closed with: “If you can justify all of these rule infractions, then let’s simply abandon the rule book and see how long it takes for people to stop participating because of rule breakers or even to become involved in confrontations.”

Four Issues (1 Year) - $20 (U.S.), $24 (Foreign)
Checks/Money Orders/Credit Cards Accepted

MAIL/PAYABLE TO:
Glenn Thompson
3604 Green Street
Harrisburg, PA 17110
(717) 238-1720

THE ONE VIDEO THAT EVERY THROWER & COACH SHOULD HAVE

LARRY STUART

JAVELIN THROWING

ADD 30 TO YOUR THROWS!

50 minutes. Broadcast quality. $39.95 plus $3.00 S&H

Mail your check to Sportsmen on Film
P.O. Box 1818, Kerrville, Texas 78029

For MasterCard or Visa orders, call Sportsmen on Film at:
800-910-4868
or FAX 830-792-4224

Former AAU National Champion
World Masters Champion from ages 45 to 60
Visionary People

USATF Masters is a voluntary committee. We all know that with volunteers there are players who assume leadership roles, and those who assist and/or follow. The Masters Committee conducts business governed by rules and regulations, and is pretty well set in its ways dictated by precedent. New ideas and change are usually hard fought by older members content with the status quo.

Since taking office, I have encouraged visionary ideas and projects I felt could benefit our organization. Some were readily accepted by our members, while some were rejected as impractical, and others just because they were “not as we always do things.” Rejection need not be a stopgap. If a vision has worth, it needs to be nurtured.

John Cosgrove, of California is a visionary individual who has pursued his vision. Years ago, I heard John address the Masters Committee about a program for organizing marquee races for outstanding masters women. Although he received little support from the attendees of that meeting, I was intrigued and became a supporter of his project.

One of the first things I did on becoming chairman, was arrange a meeting with John to encourage pursuit of his vision. He needed little encouragement. In 1997, with no financial support, John, with the help of Christel Miller and Al Sheahen, organized a special women’s sprint race to perform at the Mt. SAC Relays. The event was a success and a definite crowd-pleaser. In 1998 an 800 was added.

This past year I established a Legends Committee to which John was appointed as chairman. The executive committee approved a small budget for his program. The amount is minimal but it does help expand his program.

Al Sheahen’s report of the 1999 races, “Thousands Cheer Masters at Mt. SAC Relays,” in the May issue of the National Masters News is testimony to the success and acceptance of John Cosgrove’s vision. Visionary people pursue visions. And John Cosgrove is a visionary, indeed.

Cherry Blossom 10-Mile

Continued from page 1

M75 finisher.

On the women’s side, Hedy Marque, 81, Kingstowne, Va., finished in 1:37:12, a new U.S. single-age record, pending validation. Marque, who turned 82 on May 27, already holds the single-age records for ages 72 through 80.

Subscription Problems? Moving?

To determine the status of your subscription, or to let us know of your new address, call or fax Circulation Director Darren Farris, at 818-760-8983; fax 818-985-1213. Or write to NMN, PO Box 16597, North Hollywood CA 91615.
How and Why Do We Age as Athletes?

Have you ever wondered why the same workouts that seemed easy a few years ago are now tough? As I begin my 35th year of running either competitively or, more recently, for fitness, what used to be an aerobic 7:00 pace is now above lactate threshold, verging on VO2 max. Does it have to be that way, and if so, why? To find some answers, and with my medical background and an interest in exercise physiology, I decided to look into the effects of aging on runners.

For years, the decline in performance as it relates to racing times has been fairly well understood, with about a 1% per year drop, or roughly 10% per decade. This pattern seems to begin in most runners about age 35. Carlos Lopes from Portugal, after winning the ‘84 Olympics in Los Angeles, set a world record for the marathon at age 38, certainly an exception to the rule. Eammon Coghlan became the first master’s athlete to break 4:00 for the mile at 43, and the record at the time was 3:58 indoors at age 40. The world record at the time was 3:34 or about 5% faster. Again, an exception.

Physiological Factors

What is it about the human body that declines with aging and thus affects performance negatively? First, let’s look at the physiological factors we know to be associated with endurance exercise and examine how age affects them.

Endurance exercise performance is determined by the areas of exercise physiology, most notably, the heart, lungs and muscle. Virtually every system in the body is involved in some way with endurance running, but these are the big three. Endurance performance is largely dependent on the body’s ability to get oxygen (O2) to exercising muscle, which is largely defined by what is termed VO2 max, the maximum volume of oxygen that can be delivered to muscle per minute of exercise.

Important Definitions

In physiologic terms, VO2 max is defined by the volume of blood the heart can pump, called cardiac output (CO), and the amount of O2 that is extracted as blood goes through the muscle. As arteries carry blood to the muscle and veins carry blood away, the extraction of O2 from the blood by muscle is called the arterio-venous oxygen difference or A-V O2 difference. CO is further defined as the product of the number of heart beats per minute, or heart rate (HR), and the amount of blood pumped per beat or stroke of the heart, which is called stroke volume (SV), and is written CO = HR x SV.

If one stops training, then SV, A-V O2 and HR all decline, leading to an even larger relative decrease in VO2 max, in essence, allowing a previously fit older individual to drop down to their age-matched, less fit brethren. That’s a huge commercial to keep exercising!

There are several possible ways for A-V O2 to drop as we age. The ability of the lungs to extract O2 from the air we breathe and deliver it to the blood may decline, producing less O2 in the blood. If blood vessels stiffen with age, the body’s ability to constrict small arteries and thus reduce blood flow to non-exercising tissues is less, leaving less blood available for muscle. The aging muscle itself may have less capacity to extract the O2 it sees and less capacity to utilize it. All these possibilities are reduced delivery to, and use by, exercising muscle need investigation.

Performance-Aging Equation

So we now arrive at the major factor in the exercise equation, namely HR and VO2 max. Why does HR decline with aging whether or not one exercises? To answer this question, it helps to understand how the conduction system, or the electrical circuit, in the heart works.

All muscle, including heart muscle, will contract as a result of an electrical discharge from a nerve. In the heart’s case, each normally conducted beat originates in a pacemaker, the S-A node, located high in the left atrium. The S-A node initiates an electrical impulse to start a heartbeat and is influenced mainly by sympathetic impulses, either by direct nerve connections or by hormones that are carried to the S-A node by the blood.

It appears that the S-A node ages by changing its structure or its electrical properties in some way that reduces the velocity with which an impulse can be propagated to the rest of the heart. Also, it appears that the node’s sensitivity to sympathetic input is reduced with age. Whatever the cause, the result is that HR declines with age. And, more importantly, maximal oxygen uptake decline with age in master endurance athletes, even in those who train extremely hard.

Muscle Power

We haven’t yet discussed the influence of the lungs or muscles in this obligatory decline in ability to exercise. It is clear that the capacity of many physiological processes declines with age. It is also well established that the decline in maximum exercise capacity and maximum oxygen uptake (VO2 max) is accompanied by reduction in maximum exercise heart rate and cardiac output as well as decline in breathing capacity and the lungs’ ability to exchange oxygen and carbon dioxide.

These mechanisms result in a diminished ability to deliver oxygenated blood to the exercising muscle. In addition, there are changes in the muscle’s structure and function along with a decline in the number of functioning motor units in each muscle that occur with aging. The end result is a decline in maximum muscle power with age that is similar to the decline in VO2 max.

While we can improve some of these factors with training and thus retard these effects of aging by exercising, we can’t stop the process all together. Otherwise, Carl Lewis would still be winning Olympic medals and Alberto Salazar would still have the world marathon record. Wouldn’t it be great to have Jackie Joyner and Joan Benoit competing at their best?

So, while an understanding of why we get slower as we age may not provide much comfort, it may help with the hoped-for end result — accepting the reality and inevitability of it all and enjoying each day and workout as it comes. Each one only comes once. Enjoy it while you can.

(John Robertson practices sports medicine at the Nordstrom Tower in Seattle: 206-386-2600)
Penn Relays

Continued from page 1

old Collins was anchoring for Houston. Collins closed like a man, a laser beam aimed straight down the homestretch.

At the finish, Collins was approximately the width of a paper clip behind — both Maryland and Houston were automatically timed in 44.65 seconds, but Maryland got the nod. The next race (M50+, W40+ 4x100) saw Boston RC cross the line with a comfortable lead, only to be disqualified. Houston Elite, anchored by legendary high jumper John Hartfield, was moved up to first, with a time of 47.75.

The afternoon was rainy and a chilly 55 degrees at 2:00 p.m. In the first of the masters 100s, the seeded M40+, it was three-time Olympian (for the U.S. Virgin Islands) Hodge who rocketed to an even-tying 11.09 seconds. Fittingly enough, the man who had set the record, Collins, was second, in 11.22, and Val Barmwell took third in 11.38. Collins’ time was superior to Olympian Thane Baker’s 11.0 hand-time age-48 world best set way back in 1980 (the wind for Hodge and Collins was legal at +0.5 mps).

The next race, a first for Penn, the unseeded M40+, was won very impressively by Payton Hines, who “walked down” the leaders in 11.52.

Next up was the M50+ 100, which gave Allie and Sowerl’y an opportunity to reprise their brilliant 400 at Boston. Sowerl’y almost didn’t get the chance, as he arrived late, thinking the race would start in the original 3:20 slot (it had been changed to 2:17). With all nine lanes taken (the race was run on the Relays homestretch instead of the customary 10-lane backstretch, Sowerl’y, the No. 2 seed, somehow got to run in lane 10, not really a lane at all and one that is blocked near its midpoint by a ladder suspended from the stands.

The ladder was moved, Sowerl’y got to run (without blocks), and some false starts later (which helped him warm up), the race was on. But once again it was Allie, no doubt not nearly so well-known to the crowd as the legendary Sowerl’y, who prevailed, running 11.73 to Sowerl’y’s 11.85. (Sowerl’y was, for example, back-to-back U.S. indoor champion at 600 yards in the 1970s.) Robert Mitchell, M45 200 champion in the 1995 Worlds at Buffalo, was there for the bronze (12.24).

The next event was the M60+ 100, and Larry Colbert, the popular coach for Eleanor Roosevelt High School (a Maryland powerhouse) and 1997 M60 400 champion at Durban, not to mention the winner of the Penn Relays M60 100 in both 1996 and 1998, met the challenge once again. Colbert held newcomer Marion Harrison, Savannah, Ga., safe in 12.74; Harrison took silver in 12.89, and the always tough Bob Dobbs, now 65, won bronze (13.06).

The women came up next, and Renee DiGiacomo, 44, who was third last year, took gold in 15.83 in the 100. Mary Rosado, 50, who normally likes a little more distance, was second in 16.39, and Normotes, 53, third in 16.86.

The weather deteriorated further, and for the first time in the memory of this reporter and, more importantly, for the first time in the memory of 87-year-old clerk Herman Mancini, as reported in the Philadelphia Inquirer), the meet was stopped because of lightning (the meet was actually halted twice, for a total of 1 3/4 hours). The solution was to reschedule part of Friday’s events for Saturday morning, but the masters 4x400 (M50+, W40+) was not moved. Some time Friday evening, with very few of that day’s crowd of 31,109 remaining, the masters competed, but five of the nine teams were not on the track.

As he did last year, Roger Pierce anchored Boston RC to victory (3:54.01), but this time there was no challenge, as the Boston team only broke to four minutes. Even so, Pierce turned in an excellent leg, looking very authoritative as he went about his solitary business.

Saturday morning began with a chill in the air (39 degrees at 7:00 a.m. when the men’s masters racewalk was scheduled to start), but Jim Carmines and Lyn Brubaker were both ready. Carmines, a hard-driving, exuberant performer who was 1998’s M50 racewalker of the year, got the 25 laps (10K) done in a whistling 49:52.89. Brubaker, 1998’s female masters racewalker of the year, is an impeccable stylist and showed it as she flowed to victory in 24:19.46 for gold in the masters 5K.

Saturday afternoon was time for the M75+ 100. Florida’s Tom Kennell was announced as the favorite, as well he should have been, having beaten the now-retired defending Penn Relays champion Tim Murphy at Orono last summer in the 100. Still, New Jersey’s Lester Wright, Sr., who finished 6th last year at Penn but won the M75 400 this winter in Boston, wasn’t there to settle for second. Kennell grabbed the lead immediately, with Wright taking up the chase. Kennell may have tied up late, Wright was irrepressible, and at the finish it was Wright by less than a stride: 15.27 to 15.43.

The local favorite, Reverend Champion Godly of Haddonfield, N.J., got up for third in 16.36 seconds, a new U.S. age-82 standard (31 years Fake ran a wind-aided 16.0 in 1990 and a non-assisted 16.5 in that same year).

The masters festivities concluded in the late afternoon with the 4x400 for men 40+. Team United, with 1999 Boston phenom Anselm LeBourne anchoring (Anselm hails from Trinidad and Tobago), won it comfortably in 3:29.24. Maryland Masters took the silver (3:31.06), and Central Park TC secured the bronze (3:35.13).

This year’s event was presented by PECO Energy. Dave Johnson again served as meet director.

FIVE YEARS AGO

June 1994

• Gary Zeuner (41, 30:59) and Rebecca Stockdale (43, 36:46) Win in Sallie Mae 10K
• Sal Vasquez (54, 26:15) and Barbara Miller (54, 32:49) Win Fifty-Plus 8K
• Masters Excel in 100th Penn Relays

SEATTLE MASTERS CLASSIC

HOSTING

Northwest Regional Championship
PNW Association Championship
Greater Seattle Senior Games Track & Field

West Seattle Stadium
Seattle, Washington
July 17-18, 1999

SCHEDULE OF EVENTS

SATURDAY

TRACK EVENTS

10:00 5K Race Walk
11:00 10K Race Walk
12:00 US Masters
1:00 Indian
1:30 Open
2:00 Open

FIELD EVENTS

10:00 Junior Masters
11:00 Masters M 30-39
12:00 Masters M 40-49
1:00 Javelin
1:30 Discus
2:00 Hammer
3:00 Shot Put
4:00 Discus
5:00 Hammer

SUNDAY

TRACK EVENTS

10:00 1500 Masters
11:00 5000 Masters
12:00 100 Hurdles
1:00 400 Hurdles
1:30 400 M
2:00 400 M

FIELD EVENTS

10:00 High Jump
11:00 Long Jump
1:00 Triple Jump
1:30 Shot Put
2:00 Discus
3:00 Hammer

Implements weighed 30 minutes prior to event. Meet implement will be provided by Seattle Masters A.C.

SEATTLE MASTERS CLASSIC ENTRY FORM

Name:
Address:
Phone:
Event Entered:

Masters Age Group:

Entry Fee:

Total:

CLAY SHEAR
Jenny Wozak

Larry Colbert won the M60 60m with an age-graded 97.6% 7.97, the 200 with a 92.0% 26.48, and the 400 with a 94.0% 58.06, Masters Indoor Championships, Boston.

USATF Partnership with NSGA Unfolds

At the 1998 USATF Convention in Dallas, Texas, the Masters Track and Field Committee agreed to pursue the concept of “partnering” with the National Senior Games Association.

As a first step, the 2001 USATF National Masters Outdoor T&F Championships were awarded to Baton Rouge, La., at the same time and site as the 2001 Summer National Senior Games.

“Both NSGA and USATF have a common goal to provide healthy activity for senior-aged athletes,” said Ken Weinbel, chairman of USATF’s Masters T&F Committee. “We both recognize the need and challenge to service the growing number of baby boomers. It is imperative we cross-link our services to the growing number of baby boomers. It is imperative we cross-link our services to the growing number of baby boomers.

NSGA’s 1999 National Senior Games will be held at Disney’s Wide World of Sports Complex in Orlando, Fla., October 19-29. More than 29,000 requests for application have been mailed to those athletes who qualified last year in NSGA-member state games throughout the nation. Orlando organizers are gearing up to host more than 11,000 athletes — age 50 and over — who will compete in 18 sports. Over 3000 entries are expected in track & field.

The National Senior Games will follow by two months the 32nd annual USATF National Masters T&F Championships — open to anyone age 30 and over — also to be held in Orlando, on Aug. 26-29.

History of Senior Games

The NSGA is the national organization that sanctions and coordinates the efforts of senior games organizations across the country. It was formed 13 years ago and was initially known as the U.S. National Senior Sports Organization (USNSSO). In 1997, the name was changed to the National Senior Games Association and its headquarters moved from St. Louis, Mo., to Baton Rouge, La. Early funding has been provided by the city of Baton Rouge and the state of Louisiana.

The current NSGA team has explained that although the Association has a new name, a new office and a new staff, its mission has remained the same: “The NSGA is a not-for-profit organization dedicated to promoting healthy lifestyles for seniors through education, fitness and sports. By fostering athletic competition, wellness and education programs, and research initiatives, the NSGA assists seniors in achieving value and quality in their lives.”

Senior Games are an important part of the U.S. economy. “Every seven seconds for the next 11 years, someone will turn 50,” said Roberta Cohen, vice president of marketing and public relations for the NSGA. “There are over 76 million baby boomers. Seniors control 77% of the nation’s assets, have over $300 billion in discretionary income, purchase over $1 trillion in products and services each year, and account for 50% of all vacation travel.”

Qualification Procedure

To compete in the National Senior Games, athletes must be age 50 and over, and must qualify on the state level in the previous year by medaling (gold, silver or bronze) or by meeting minimum performance standards (in time/distance events). There are 18 sports: archery, badminton, basketball, bowling, cycling, golf, horses, racquetball, racquetball, road racing, shuffleboard, softball, swimming, table tennis, tennis, track & field, triathlon and volleyball.

Phil Godfrey, NSGA vice president of national games, said: “I hope NSGA and USATF will reach a point where our people are welcome at their events and theirs are welcome at ours. At the National Senior Games, we will abide by USATF standards. Wouldn’t it be nice if, in the future, USATF were to administer all of our track meets around the country?”

The association held the first national multi-sport competition exclusively for seniors — then called the U.S. Senior Olympics — in 1987. The event drew 2500 senior athletes to St. Louis, which also hosted 3400 athletes for the 1989 Games. In 1991, the Games were renamed the U.S. National Senior Sports Classic and drew 5000 participants to Syracuse, NY.

In 1993, more than 7200 athletes went to Baton Rouge while more than 8000 went to San Antonio in 1995, Tucson hosted over 10,000 athletes in 1997. The oldest recorded athlete was a 102-year-old golfer who competed in the 1995 Games.

The official name of the Games is now “The National Senior Games — the Senior Olympics.”

Problems with 1999 Games

NSGA’s President and CEO, David F. Hull, Jr., stated in an open letter to NSGA athletes in the Association’s newsletter, Pacesetters, that the transition from the 1997 event to the 1999 Games has not been as smooth as many had expected. “In May, 1997, when Orlando was chosen as a site for the 1999 Games, the USNSSO was not very strong financially. The organization was both understaffed and undercapitalized.”

Hull said in October 1997, just a few months after the signing of the contract for the 1999 National Senior Games, that Disney proposed to cancel the contract because they wanted “out” of the Games. “It was too late to find another community for an event of this size,” Hull continued. “… the NSGA would have to work with a local organizing committee (Disney) that may not be totally committed to hosting the Games and with a contract that did not outline in detail the many expectations which had been set verbally throughout the negotiations.”

Hull said the many athletes to whom he and his staff speak on a daily basis feel as though they are paying more for less.

“Their feelings have merit,” Hull said. “But there is a bright side. We are confident that once the competitions arrive, they will be the best-managed Games in our history. The new executive director of the Disney organizing committee, Bruce Hopp, is very experienced in managing multi-sport events.”

Hull said not all of the financial concerns will be alleviated, but “things are improving and will continue to.” He added that athletes should be assured that so long as I’m the president and CEO, we never again will be faced with these kinds of issues for our athletes and our Association.”

Hopp said, “We at Disney are very dedicated to ensuring the 1999 National Senior Games will provide athletes with a unique and memorable experience.”

For more information about the 1999 National Senior Games or ways to get involved in state games in your community, call the NSGA at 225-925-5678.

— Al Sheahen

CRIM 10-MILE ROAD RACE
August 28, 1999
Flint, Michigan
presented by: ACDelco
member of
1999 USATF Indy Life Circuit
USATF National 10-Mile Masters Championship

For information or to apply on-line go to our website at www.crim.org or call the information hotline at 810-235-7985!

Masters Romp Beyond Long Island

by MAURY DEAN

On a rare odyssey to the mainland, Long Island masters scored overall wins as they did in recent weeks on our lengthy isle.

First off the blocks, Patty (Coyle) Zebersky, 43, Farmingdale, N.Y., clobbered all the distaff competition in St. Patrick's Day 5K, Baldwin, N.Y., March 28. With her high school track team in tow, she bamboozled the frisky breezes for her 19:38 triumph. NYRRC W55 Runner of the Year, Anna Thornhill, 58, ran a swift 21:21. An 18:13 was good enough to cop the M40+ title for a 56-year-old, but the wind shot down everyone’s PR dreams.

At the Suffolk County Community College Half-Marathon and 5K, Bohemia TC president Estella Clasen, 49, took the women’s overall win with a 22:39 in the 5K. Alan Oman, 49, Babylon, N.Y., took 50+ honors in the half-marathon with a 78:44.

Kathy Martin, 47, Northport, N.Y., U.S. W45 3000 indoor record holder, hammered a breeze-buffeted 19:17 to not only win the women’s contest, but also to top both genders with an age-graded 15:36. John Del Maestro, 43, Woodbury, N.Y., nabbed masters gold and eighth overall with a 1:74:20 in the men’s race, dominated by teenage speed.

First off the blocks, Patty (Coyle) Zebersky, 43, Farmingdale, N.Y., clobbered all the distaff competition in St. Patrick's Day 5K, Baldwin, N.Y., March 28. With her high school track team in tow, she bamboozled the frisky breezes for her 19:38 triumph. NYRRC W55 Runner of the Year, Anna Thornhill, 58, ran a swift 21:21. An 18:13 was good enough to cop the M40+ title for a 56-year-old, but the wind shot down everyone’s PR dreams.

At the Suffolk County Community College Half-Marathon and 5K, Bohemia TC president Estella Clasen, 49, took the women’s overall win with a 22:39 in the 5K. Alan Oman, 49, Babylon, N.Y., took 50+ honors in the half-marathon with a 78:44.

Kathy Martin, 47, Northport, N.Y., U.S. W45 3000 indoor record holder, hammered a breeze-buffeted 19:17 to not only win the women’s contest, but also to top both genders with an age-graded 15:36. John Del Maestro, 43, Woodbury, N.Y., nabbed masters gold and eighth overall with a 1:74:20 in the men’s race, dominated by teenage speed.

First off the blocks, Patty (Coyle) Zebersky, 43, Farmingdale, N.Y., clobbered all the distaff competition in St. Patrick's Day 5K, Baldwin, N.Y., March 28. With her high school track team in tow, she bamboozled the frisky breezes for her 19:38 triumph. NYRRC W55 Runner of the Year, Anna Thornhill, 58, ran a swift 21:21. An 18:13 was good enough to cop the M40+ title for a 56-year-old, but the wind shot down everyone’s PR dreams.

At the Suffolk County Community College Half-Marathon and 5K, Bohemia TC president Estella Clasen, 49, took the women’s overall win with a 22:39 in the 5K. Alan Oman, 49, Babylon, N.Y., took 50+ honors in the half-marathon with a 78:44.

Kathy Martin, 47, Northport, N.Y., U.S. W45 3000 indoor record holder, hammered a breeze-buffeted 19:17 to not only win the women’s contest, but also to top both genders with an age-graded 15:36. John Del Maestro, 43, Woodbury, N.Y., nabbed masters gold and eighth overall with a 1:74:20 in the men’s race, dominated by teenage speed.

First off the blocks, Patty (Coyle) Zebersky, 43, Farmingdale, N.Y., clobbered all the distaff competition in St. Patrick's Day 5K, Baldwin, N.Y., March 28. With her high school track team in tow, she bamboozled the frisky breezes for her 19:38 triumph. NYRRC W55 Runner of the Year, Anna Thornhill, 58, ran a swift 21:21. An 18:13 was good enough to cop the M40+ title for a 56-year-old, but the wind shot down everyone’s PR dreams.

At the Suffolk County Community College Half-Marathon and 5K, Bohemia TC president Estella Clasen, 49, took the women’s overall win with a 22:39 in the 5K. Alan Oman, 49, Babylon, N.Y., took 50+ honors in the half-marathon with a 78:44.

Kathy Martin, 47, Northport, N.Y., U.S. W45 3000 indoor record holder, hammered a breeze-buffeted 19:17 to not only win the women’s contest, but also to top both genders with an age-graded 15:36. John Del Maestro, 43, Woodbury, N.Y., nabbed masters gold and eighth overall with a 1:74:20 in the men’s race, dominated by teenage speed.

First off the blocks, Patty (Coyle) Zebersky, 43, Farmingdale, N.Y., clobbered all the distaff competition in St. Patrick's Day 5K, Baldwin, N.Y., March 28. With her high school track team in tow, she bamboozled the frisky breezes for her 19:38 triumph. NYRRC W55 Runner of the Year, Anna Thornhill, 58, ran a swift 21:21. An 18:13 was good enough to cop the M40+ title for a 56-year-old, but the wind shot down everyone’s PR dreams.

At the Suffolk County Community College Half-Marathon and 5K, Bohemia TC president Estella Clasen, 49, took the women’s overall win with a 22:39 in the 5K. Alan Oman, 49, Babylon, N.Y., took 50+ honors in the half-marathon with a 78:44.
Health & Fitness

Does Oatmeal Lower Cholesterol?

Heart disease affects more than 20 million Americans, and high cholesterol is a leading risk factor for this disease. Eating a healthy diet that is low in saturated fat and cholesterol will go a long way to improving your health.

In a study conducted by the Quaker Oats Company, 100 people in Lafayette, Colo., volunteered to eat a bowl of oatmeal daily. The results? After 30 days, 98% lowered their cholesterol, with an average drop of 25 points (mg/dl). "The participants confirmed in a real-life setting what scientific studies have proven," the report concluded, "that eating oatmeal as part of a healthy diet can reduce cholesterol!"

A new study found that oxidized cholesterol - which is produced when cholesterol is heated - is more damaging to the arteries than unheated cholesterol.

The research suggests that fried or processed foods, including meats, eggs and dairy products, further speed up the process of clogging arteries. And although any heating can cause the oxidizing, frying is worse than, say, boiling or baking - because frying gets food hotter and exposes it to high temperatures for a longer time.

Oxidized cholesterol is common in Western diets, especially in fast food. The study was reported in Arteriosclerosis, Thrombosis, and Vascular Biology, a journal of the American Heart Association, based on a two-year study of rabbits. Experts warned against firm conclusions until human testing is completed. Most major chains have switched to vegetable oil, which has no cholesterol, in preparing fries.

"Many people who experience heart murmurs have perfectly healthy hearts," said Miguel Quinones, professor of medicine at the DeBakey Heart Center at Baylor College of Medicine in Houston. "Most heart murmurs are not life-threatening."

Tight, inflexible muscles are likely to become pulled muscles unless they are properly warmed up with stretching.

"Strained and pulled muscles are the most common injuries among people who try to cram a week's worth of exercise into a weekend," said Dr. Lon Castle, a staff physician with the Baylor Sports Medicine Institute at Baylor College of Medicine in Houston. "Stretching, even just five to 10 minutes a few times a week, can help athletes avoid many of these injuries."

The key is to develop a routine that targets the major muscle groups in both the arms and legs. Hamstrings, groin, quadriceps (thighs), biceps, and shoulders should all receive attention.

"Stretching needs to be done slowly and deliberately, holding each stretch for five to 10 seconds," said Castle. "Don't use fast, bouncing, or jerking movements. Those can lead to the injuries you're trying to avoid."

Even a few extra cups of coffee each day during a lifetime can increase blood pressure, heart rate and stress enough to boost heart disease risk, research suggests. Taking 500 milligrams a day of caffeine in pill form - the equivalent of four to five cups of coffee - boosted the blood pressure of 19 volunteers by an average of five points compared to taking 100 milligrams, or the equivalent of one cup of coffee, according to a study in a recent issue of Psychosomatic Medicine.

Blood pressure rose within an hour of caffeine consumption and remained high throughout the working day when measured at 15-minute intervals, said James Lane, an associate research professor of psychiatry at Duke University in Durham, N.C.

Volunteers who consumed more caffeine also reported more stress and showed increases in heart rate of about three beats per minute.

Eve Pell, W40+, gold medalist in the 5000 and the cross-country race, WAVA Championships, Durban, in 1997. The 1999 WAVA Championships will be held in Gateshead, England, July 29-Aug. 8.
Amendments Proposed to WAVA Constitution

Below are the proposed Council's and affiliates' recommendations (motions) for amendments to the WAVA Constitution and By-laws, to be voted upon by the WAVA General Assembly in Gateshead, England, on August 5.

Proposed Amendments to WAVA Constitution/By-laws Submitted by the WAVA Council:

1. Name – Constitution – Section 1:
   - The name of the Association is “World Association of Veteran Athletes” and should be altered to: “World Association of Masters Athletes” (herein after referred to as WAMA).

2. If motion 1; above, is passed, all references in the Constitution and By-laws to “veteran/veterans” and “WAVA” are to be amended to “master/masters and WAMA,” respectively.

3. Amendment/Addition to By-law Section 4, paragraph (3): “Any athlete suspended by any affiliate pursuant to the provisions of By-law 4(3)(b) shall automatically become ineligible to participate in any WAVA/WAMA sanctioned competition or event, including events hosted by any WAVA/WAMA affiliates for the duration of such suspension. To enforce such prohibition it shall be the obligation of the Secretary of the suspending affiliate to notify the Secretary of the Association in writing of such suspension within 30 days thereof, including the details of the offence. Upon receipt of such notification the Secretary shall, as soon as possible thereafter, notify all affiliates in writing of such suspension and the details thereof.”

4. Accounting Period – By-law Section 2, Paragraphs (2) and (3): The By-law in the first sentence of (2)(c) reads: WAVA’s accounting period shall be for two years duration and shall commence on the first day of January of each “even numbered year.” It is proposed that the words “even numbered year” be deleted and the words “odd-numbered year” be substituted. Such an amendment would make the task of the Treasurer more meaningful and manageable.

If amended, the sentence would then read:
WAVA’s/WAMA’s accounting period shall be of (2) two years duration and shall commence on the first day of January of each odd-numbered year.”

5. Addition to Constitution – New Section 9(h) – Standing Committees: That provision be made for the Women’s Committee as follows:

- “Women’s Committee
- The Women’s Committee shall represent the interests of women athletes.”

6. Amendment to By-law Section 4, Paragraph (8) – Addition of Women’s Committee:

- “Women’s Committee
  - (a) The Women’s Committee shall be chaired by the women’s representative;
  - (b) There shall be 6 (six) members of the committee plus the chairlady. The committee shall be comprised of:

- “1) The chairlady;
- “2) One delegate from each of the six regions; and
- “3) The committee shall be charged with the duty of representing the interests of women athletes.”

7. Addition to Constitution – Section 4, paragraph (6) – by the addition of a new subsection (vi) providing for Honorary Members:

- “(vi) Have the power and authority to elect WAVA/WAMA Honorary Members:
  - (a) On proposals from the Council, the General Assembly may appoint as WAVA/WAMA Honorary Members;
  - (a) (i) Honorary Life Presidents (for which only former WAVA/WAMA Presidents or Vice-Presidents shall be eligible); and
  - (ii) Honorary Life Members;
  - (b) The election of Honorary Members shall be provided for in Section 4(e)(vi) of the Constitution with the following changes be made:
  - (i) Honorary Members shall be elected for a five-year period.

8. Amendments to WAVA Constitution/By-laws Submitted by Affiliates:

- a) By changing the distance of the long hurdles for M60+ and W50+ from 300 meters to 400 meters, by increasing the number of hurdles from 7 to 10, and by reducing the distance to the first hurdle from 50 meters to 45 meters. (Editor’s note: see discussion of this proposal on page 23.)
- b) In the weight pentathlon, to change the allowed number of throws for each of the five events from three to four throws.
- c) From Chile, to amend Section 10(4) of the Constitution to add to it the following sentence: “The delegate named has to speak, read and understand English, which is the only language used in the meeting.”
- d) From Germany: “That it be mandated that German be one of the languages offered for translation at the General Assembly.”
- e) From New Zealand: That Rule 1(3) of the Rules of Competition be amended by changing the distance of the men’s and the women’s cross-country race from 10K to 8K so that the rule will then read: “the men’s and women’s race of 8K on the same course”
- f) From Australia: “That World Record performances for fivve-year age groups in track events of 400 meters or less shall be maintained in separate listings for: electronic timing and hand timing.”

- g) That Rule 18(3) be changed to: “In all Veteran Combined Events, it is required that the athlete must commence each event in order to continue in the competition and to be included in the final placings of the event.”
- h) That the distance for the cross-country events sanctioned by WAVA be eight kilometers for both men and women.
- i) That the height of the 300m hurdles for W60 and above be reduced to 0.600m.
- j) That the height of the 80m hurdles for W60 and above be reduced to 0.650m.
- k) With reference to WAVA Rules of Competition 19(1): “Only performances by registered members of an Affiliated Country shall be recognized as WAVA world records . . . ”

Please define “registered member.”

7. From Great Britain:

- a) That for the M60 100m hurdles, the following changes be made to hurdle heights and distances between hurdles: Distance 100m, Height .840cm, Distance to 1st Flight 16.00m, Distance between Flights 8.00m, Distance to Finish 12.00m, Number of Hurdles 10.

- b) W60+ and M70+ 80m hurdles: Hurdle height to be reduced to 68.20cm from 76.20cm.

- c) That consideration be given to using a 700g javelin for M50 and M55.

I have not furnished the motivation for affiliates’ proposals and do not do so in the General Assembly booklet because it is felt that these are matters best left for justification and debate at the General Assembly. [ ]

Proposed Amendments to WAVA Constitution/By-laws Submitted by Affiliates:

1. From Colombia, to amend section 10(4) of Constitution:

- “Each regional Association, at each meeting of its regional Assembly, shall appoint one Regional Delegate to the WAVA Council to represent affiliates within the Region. The delegate named has to speak, read and understand the English language.”

2. From the USA, to amend Appendix A on page 150 of the WAVA Handbook:

- a) By changing the distance of the long hurdles for M60+ and W50+ from 300 meters to 400 meters, by increasing the number of hurdles from 7 to 10, and by reducing the distance to the first hurdle from 50 meters to 45 meters. (Editor’s note: see discussion of this proposal on page 23.)

- b) In the weight pentathlon, to change the allowed number of throws for each of the five events from three to four throws.

- c) From Chile, to amend Section 10(4) of the Constitution to add to it the following sentence: “The delegate named has to speak, read and understand English, which is the only language used in the meeting.”

- d) From Germany: “That it be mandated that German be one of the languages offered for translation at the General Assembly.”

- e) From New Zealand: That Rule 1(3) of the Rules of Competition be amended by changing the distance of the men’s and the women’s cross-country race from 10K to 8K so that the rule will then read: “the men’s and women’s race of 8K on the same course.”

- f) From Australia: “That World Record performances for five-year age groups in track events of 400 meters or less shall be maintained in separate listings for: electronic timing and hand timing.”

- g) That Rule 18(3) be changed to: “In all Veteran Combined Events, it is required that the athlete must commence each event in order to continue in the competition and to be included in the final placings of the event.”

- h) That the distance for the cross-country events sanctioned by WAVA be eight kilometers for both men and women.

- i) That the height of the 300m hurdles for W60 and above be reduced to 0.600m.

- j) That the height of the 80m hurdles for W60 and above be reduced to 0.650m.

- k) With reference to WAVA Rules of Competition 19(1): “Only performances by registered members of an Affiliated Country shall be recognized as WAVA world records . . . ”

Please define “registered member.”

7. From Great Britain:

- a) That for the M60 100m hurdles, the following changes be made to hurdle heights and distances between hurdles: Distance 100m, Height .840cm, Distance to 1st Flight 16.00m, Distance between Flights 8.00m, Distance to Finish 12.00m, Number of Hurdles 10.

- b) W60+ and M70+ 80m hurdles: Hurdle height to be reduced to 68.20cm from 76.20cm.

- c) That consideration be given to using a 700g javelin for M50 and M55.

I have not furnished the motivation for affiliates’ proposals and do not do so in the General Assembly booklet because it is felt that these are matters best left for justification and debate at the General Assembly.
2nd Largest WAVA Championships Ever

Organizers of the XIII WAVA World Veterans Championships say the total entry list will be the second largest in the 25-year history of the event. After the closing date of April 29, Gateshead had received 5300 entries from 50 countries with some 30-plus countries still to be processed.

“We are hopeful of an exceptionally good attendance in Gateshead,” said Geoff Haggan of the local organizing committee. “With an expected British contingent of more than 2000, this makes the host nation’s representation greater than Buffalo in 1995 and comparable to the South African contingent in Durban in 1997.”

The 11-day event begins on Thu., July 29, and continues through Sun., August 8. The competition will be held in five-year age groups beginning at age 40 for men and age 35 for women, through age 95+. Registration will take place in the Main Hall at Gateshead International Stadium, starting Mon., July 26, at 8 a.m. It will be open from 8 a.m. to 8 p.m. from July 26 to August 1, and from 8 a.m. to 5 p.m. from Aug. 2 to Aug. 7. Registration will be open from 6:30 a.m. to 7:30 a.m. on Sun., August 8.

The opening ceremony will take place on Sat., July 31, at the Gateshead Stadium from 11 a.m. to 1:10 p.m.

The international party will be held on the evening of Wed., August 4, featuring food, a band, dancing, traditional music and a Beatles tribute. Tickets at 23 British pounds (about US$37) will be available at the stadium.

The weather has been in the 50s lately, but should begin warming up shortly. The average high temperature should be around 65°F (20°C) during the championships. Daylight will extend well past 9 p.m.

Wessel Bosman, M40, former South Africa open hurdles champion, leads the field in the 3rd Africa Veterans Athletic Association Championships. C.Jaftha (I), Namibia, was first M35; Andrew September (I), South Africa, was second M35.
USA Proposes Long Hurdle Rule Change

The USATF Masters Committee voted at its last meeting to submit a proposed rule change to the World Association of Veteran Athletes (WAVA) to return the distance of the long-hurdle race at the WAVA World Championships to 400 meters for everyone.

Currently, men under 60 and women under 50 run the 400H; men over 60 and women over 50 run the 300H.

Of the seven hurdlers present at the meeting, six voted for the change back to 400H.

When the world-wide masters program began 30 years ago, everyone ran 400H, the traditional Olympic and open distance. But in the 1970s, WAVA decided it was too difficult for men over 60 (and women over 50) to run 10 hurdles over 400 meters. So they changed the race to 300 meters and only seven hurdles for those age groups.

A Very Different Race

But what happened is that men turning 60 and women turning 50 discovered the 300H was a different race than the 400H. Whereas the 400H is a challenge requiring speed, endurance, leg strength, technique, pacing and flexibility, the 300H is more of a sprinter's race.

Not surprisingly, the winners of the M60+ 300H are often sprinters moving up from the 100 and 200. In effect, M60+ and W50+ long hurdlers had lost their race.

The USATF Masters Committee agreed the sprinters have enough of their own events—the 100, 200, even the 400 and the long jump. Middle-distance runners still have the 800 and 1500. But the unique challenges of the 400H have been eliminated for the older age groups.

One problem many years ago with older athletes running 400H was the hurdle heights. At 36" (.914m), or even 33" (.840m), they were too high for M60+ and women. But at 30" (.762m), older athletes and women can clear the barriers more comfortably.

Under the proposed rule change, the current heights of the hurdles would remain the same—36" for M40-49, 33" for M50-59, and 30" for M60+ and all women.

The number of hurdles would revert to 10 for all age groups, rather than the current seven for the M60+ and W50+. And the distance to the first hurdle would revert to the standard 45m, rather than the confusing 50m now used in the 300H.

What If?

Would fewer athletes enter the 400H vs. the 300H? Perhaps, but not necessarily. Is the 400H a more difficult race? Certainly. Would it take more training and conditioning? Absolutely.

But that's the challenge. It recalls the debate many years ago whether to stage a decathlon or pentathlon at the WAVA World Championships. Many people said the decathlon was too tough for older athletes, and that the pentathlon would draw more entries. Both of those arguments seem to have been said to rest as older athletes now compete successfully in the decathlon and the number of decathlon entries has grown substantially in WAVA World Championships.

Indeed, some 60+ hurdlers still occasionally run the 400H on their own at all-comers meets because they like the challenge.

“Try to do at least one 400H race a year,” said Clarence Trinkner of Wisconsin. So does Michigan's Chuck Sochor. The all-time champion masters hurdler, Jack Greenwood, always opposed shortening the distance of hurdle events. The Masters Age Record Book lists single-age records at 400H up to age 83.

The Time is Right

The timing is right to consider this change. For the first time in over 10 years, the WAVA Stadia Committee, under the Chairmanship of New Zealand's Jim Blair, is re-evaluating the hurdle distances, heights and spacing for all ages in both the short and long hurdle events. Stadia committee members will bring their analyses and reports to Gateshead, England, next month for discussion. They may recommend rule changes to the WAVA General Assembly.

What do you think? Is the 400H too tough for the old folks? Or is that a patronizing attitude? Should we keep the 300H because more people might enter? Or should we return to the 400H because that's what the pure event is supposed to be? Or is the whole thing much ado about nothing?

Send your comments before June 10 to MNM, PO Box 50098, Eugene, OR 97405. Fax: 1-541-345-2436, e-mail: natmatnews@aol.com.
The National Masters News is devoted exclusively to track & field, long distance running, and racewalking for men and women over age 30. Each month it delivers up to 50 pages of results, schedules, entrants lists, age categories, personal bests, and notes on grass roots competition. Some masters events are sponsored by USATF, the national governing body for athletics in the USA. Some are sponsored by individuals, track and field clubs, or other grass roots organizations. Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to age 40+, 50+ or 60+—please check the schedule for details. Some events require advance registration. Some require a current USATF card ($12 to $15 per year, depending on the region). There are no qualifying standards for most masters athletics events.

**Deadline**

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material, results, schedule items, and advertising is the 10th of the month before date of issue. Send to National Masters News, P.O. Box 50098, Eugene OR 97405

**Fax-a-sub**

A quick way to subscribe to the National Masters News. Make a copy of this form and fax it to 541-345-2436. We’ll start your subscription immediately. Please start my one-year subscription to the National Masters News.

**Bill me later for the $26 subscription price ($45 foreign).**

**Name**

**Address**

**City**

**State**

**Zip**

**Contact**

Andrey Kuznetsov of Russia, first masters and seventh overall (2:14:20), Boston Marathon, April 19

**International**

- Kaile van Zyl ran a 14:96 for the 800m in Durban, South Africa. Feb. 20, to better Frank Finger's M75 WR 15.1.
- Leo Benning writes that 140 South Africans have applied for entry forms for Gateshead; he says it is unlikely that more than 100 will actually attend.
- Christelene Schmalbruch, W60, upset the ante three times in the European Indoor Championships, Malmö, Sweden, Mar. 5-7. She set new world records in the long jump, 4.68 (Edith Gray/Betty Bosvurg, USA, 3.85, 1996); the triple jump, 9.45 (Audrey Lary, USA, 8.07, 1996); and the high jump, 1.32 (Rosemary Chimes, GBR, 1.30). Birgitta Eklund, W60, ran 5:54:62 to set a new world mark in the 1500m (Gloria Brown, USA, 5:58:55, 1993).
USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are usually limited to age 50 and over. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. International T&F meets are generally limited to men over 40 and women over 35. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 50098, Eugene OR 97405.

**SCHEDULE**

June 12. USATF National Masters Weight Pentathlon Championships, U. of Northern Colorado, Greeley (5 miles n. of Denver). Scott Hall, UNC Head Track Coach, 970-351-1721; fax: 351-2018. Tim Edwards, 6440 Magnolia St., Commerce City, CO 80022. 303-315-9107; email: tdw951@concentric.net

**NATIONAL**


**SOUTHEAST**

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

June 6. Atlanta TC Masters Men’s 100xMile Relay. ARC, 3097 E. Lake Dr., Atlanta, GA 30305. 404-231-9064, x 17.
June 18. Jacksonville TC All-Comers Meet. Bolles School Track. 904-384-TRAK.

**MIDWEST**

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

June 7-12. Indiana Senior Games, Evansville. Steve Patrow, 800-253-2188.
June 19. USATF Michigan Open & Masters Championships, Charlevois HS. Ken & Mary Plude, 3057 Marion Center Rd., Charlevois, MI 49270. 616-547-4873.
June 26. Parkland College Masters Meet, Champaign, Ill. Karl Geissler, 217-351-2522; email: kgeissler@parkland.cc.il.us.

**ON TAP FOR JUNE**

**TRACK AND FIELD**

On the 12th, masters throwers will be in Greeley, Colo., for the USATF Weight Pentathlon Championships. The 12th also offers the Mid-America Regionals, Wichita, Kansas; SCA Championships at Occidental College in L.A.; Los Gatos, Calif., Meet; Portland Masters Meet; Mt. Hood Masters, Gresham, Ore. (a two-day affair); and meets in Illinois, Minnesota, and Texas. A week earlier, on the 5th, action is available in the Northwestern Association Championships in Texas, and Birmingam Meet in Alabama. A week later, on the 19th, the West Regionals take place in San Diego; the Hayward Classic starts a two-day run in Eugene, Ore.; and the Michigan Masters will hit Charlevoix, Arizona hosts meets on the 5th in Tucson, and in Tempe on the 18th-20th. Senior Games/ Olypmics action is spread from coast to coast.

**LONG DISTANCE RUNNING**

The Freihofer’s 5K for Women on the 5th is also the USATF Masters Championships and an Indy Life Circuit race. Other available action stretches from the edges of California in the Palos Verdes Marathon on the 5th, to the easternmost tip of Long Island in the Shelter Island 10K on the 12th. In-between races include the Dam To Dam 20K, Des Moines, Iowa, on the 5th; Steamboat Classic 4-Mile, Pocatello, Idaho, on the 19th; and Western States 100-Mile, Squaw Valley, Calif., on the 26th.

**RACEWALKING**

Opportunities for competition are to be had in L.A. on the 6th; Hebron, Ind., on the 12th; and Kalamazoo, Mich., on the 26th.

**MID-AMERICA**

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

June 5-6. Lincoln TC Decathlon/Heptathlon, Nebraska Wesleyan U., Lincoln, Nebr. 402-475-7712(w); 489-2235.
June 12. Ponca City TC Meet, Ponca City HS, OK. Mark Brooke, 590-762-8433; James coconut, 762-5738.
June 25. USATF Minnesota Open & Masters Championships, National Sports Center, Blaine (Minneapolis suburb), Minn. MN Championships, 5429 Wooddale Ave., EDIN, MN 55424. June 5 deadline.
June 19-20. Star Of The North Summer Continued on next page
Olympics, Kearney, Neb.
Greeley, Colo.
Games, June 5-6. 1-200, SAE to SCA Championships, 1740 Grandview Ave., Glendale, CA 91201-1263. 818-242-8484 (until 9 pm).

June 12-13. Masters Mile at Youth National Track Meet, 5500 to winner. For entries: 800-484-2675, x7946; email: nude dog@maugateway.com.


June 26. KellField Throws Meet #73, Santa Cruz, CA. Gary Kemelson, 5601 Empire Grade, Santa Cruz, CA 95060. 831-458-5833; email: kelfield@aol.com.


July 17. Matt’s Pole Vault Competition, San Ramon HS, Danville, Calif. Y.O.M. (m & w). USATF registration required. 707-645-8555; fax: 645-0550; email: proSport1@aol.com.

August 7. Paul Sinatra’s Pole Vault Competition, Vacaville, Calif. Y.O.M. (m & w). USATF registration required. 707-645-8555; fax: 645-0550; email: proSport1@aol.com.

September 20-30. October 1-10. 50+.

Canada

June 12. Review Kajaks Relays Master Mile, Minuro Park Oval, Richmond, B.C. Carmyn James, 604-822-6453; fax: 822-6011; email: crjanes@unixg.ubc.ca.


International


August 30-October 11. 50+.

East

June 5. USATF Masters Women’s 5K Championships/Freiboer’s 5K/Indy Life Circuit Race, Albany, N.Y.

August 12-13. 5K. USATF-NE Championships, Portsmouth, NH.

September 20. 5K. USATF Masters 24-Hour Championships, Sylvania, Ohio. 973-889-1261.

October 3. USATF National Masters Championships/Twin Cities Marathon/Indy Life Circuit Race, Minneapolis/St. Paul, Minn. John Carnahan, 708 N. First St., CR-33, Minneapolis, MN 55401. 612-673-0778. (1.5 x points)


May 5. Long Distance Running National Champions, Kent, Wash. 800-636-2577; email: race@time.com.

May 6. 10K. Falmouth, Mass., June 5.

May 6. Long Distance Running National Champions, Kent, Wash. 800-636-2577; email: race@time.com.

May 10. 10K. Falmouth, Mass., June 5.
July 11. Boilermaker 15K, Utica, N.Y. Limited to first 11,000 entries. SASE to E.C. Reed, Utica Boilermaker, Utica Boilers, Inc., PO Box 512, Utica, NY 13507-0512. 315-797-5838; fax 797-3762.


July 17. Subaru Buffalo 4 Mile Chase. James or Mary Ann Nowicki, 47 Windsor St., Utica, NY 13503. 315-797-5838; fax 797-3762.


July 17. Subaru Buffalo 4 Mile Chase. James or Mary Ann Nowicki, 47 Windsor St., Utica, NY 13503. 315-797-5838; fax 797-3762.


August 15. Falmouth 7.1 Mile Road Race. Falmouth, Mass. 508-540-7000; email: falmouth@aol.com.


September 25. Fifth Avenue Mile, NYC. NYVRC, 9 E. 89th St., NY 10128. 212-860-4455; fax: 860-9754.


October 2. New Hampshire Marathon, Bristol, Fred MacLean, PO Box 6, Bristol, NH 03222. 603-744-2649.

October 3. Wineglass Marathon, Coming, N.Y. W.M. PO Box 117, Coming, NY 14830. 800-3332, x65; email: Bill Tay@aol.com.


October 11. Tufts 10K for Women/USATF Open Championship, Boston, Mass. 888-767-RACE.


October 17. Mohawk Hudson River Marathon/USATF Adirondack Championships, Schenectady-Albany, N.Y.

NEW BOOK WILL HELP TO KEEP YOU YOUNG!

As we age, we must fight harder than ever to stay young by keeping our weight down and making time to exercise. Yet, how many of us find it harder to stay motivated to be a good dad, a loving husband, and still find time to keep in shape?

This exciting new book entitled "Old Too Soon - Smart Too Late" has the map that you need to follow to have a healthy, balanced life so you don't get old too soon. The authors (on cover of book) want to pull you out of an early grave by giving you ways to reduce stress, reduce debt, so you can make the time to work being your own doctor.

Exercise and nutrition are a big part of living a long life, but what about the missing magic ingredients not included in so many training schedules? New PRs or the perfect training plan or routine doesn't guarantee the constant "alive feeling" of well-being or robust living into your 80s and 90s.

Although this book is a fantastic gift to motivate one of your not so active friends off their posteriors and into action, there are many pearls a seasoned athlete can pocket. This book will focus you to address the important factors in life that are considered insignificant by most mainstream publications.

To order: Make check out to "Old Too Soon" 1749 East Broad Street Hazleton, PA 18201 (570)454-2474 or contact us at our web site www.degenhartchiro.com

BOOK COST $8.95 + .54 tax=$9.49 Shipping and handling $2.50 TOTAL COST $11.95
Continued from previous page

June 6. Taos Marathon. Bruce Gomez, PO Box 2245, Taos, NM 87571. 505-776-1860.


July 31. 25th Quad-Cities, Box 7, Davenport, Iowa. SASE to Bix 7, PO Box 4526, Davenport, IA 52808. 319-595-1917.

August 7. Sedalia Women's Distance Festival, Sedalia, Mo. Kent Lang, 4034 Par Dr., Sedalia, MO 65301. 660-824-0274.


October 2. 37th annual Jackrabbit 15 (15.2 Miles) & Relays, Brookings, S.D. Chad Witt, Wellness Director, SDSU, PO Box 2820, Brookings, SD 57007. 605-688-5366.

October 7. St. Louis Marathon. SLTR, 2385 Hampton Ave., St. Louis, MO 63119. 314-781-3925.

October 17. Omaha Marathon. Peak Performance, 519 N. 78th, Omaha, NE 68114. 402-398-9870.


WEST

Arizona, California, Hawaii, Nevada


June 26. Western States 100 Mile Run, Squaw Valley, Calif. 916-638-1161.


July 24. Wharf To Wharf 6 Mile, Santa Cruz, Calif. 831-475-2196.


September 2. Sunset In The Park 2.8 Mile & 4.8 Mile Cross-Country Race, Huntington Beach, 6 pm. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.


October 9. South Gate Scholarship 5K & 10K, South Gate, Calif. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.


November 16. Big Sur Trail Marathon, Big Sur, Calif. BSTM, Enviro-Sports, PO Box 1040, Stinson Beach, CA 94970. 415-868-1829.

October 17. Humboldt Redwoods Marathon, Weott, Calif. HRM, PO Box 4989, Arcata, CA 95521. 707-443-2553.


NORTHWEST

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

June 5. Governor's Cup Marathon, Helena, Mont. GC Festival, PO Box 451, Helena, MT 59624. 406-447-3414.

June 5. Salt Lake City 10K & 5K, SL Club Events, 36 E. 200 South, Salt Lake City, UT 84111. 801-532-0459.


July 12. Park City Marathon, Park City, Utah. Utah RR, PO Box 1765, Salt Lake City, UT 84110. 801-451-0517.


July 24. Deseret News Marathon, Salt Lake City, DNM, PO Box 1257, Salt Lake City, UT 84110. 801-237-2135.


September 21. Portland Marathon, Portland, Ore. SASE to PM, PO Box 4040, Beaverton OR 97005. 503-226-1111.

A detailed brochure is NOW AVAILABLE. The track has a 400-meter tartan surface and eight (8) 42-inch wide lanes. All runways and takeoff areas are tartan, except the javelin area, which is grass. All field event competitors will be allowed six (6) trials. Organizer: USA T&F West Virginia Association.

Information: Tom Plummer
304-523-6046
27 South Queens Ct.
304-523-1662 fax
Huntington, WV 25705
tptracker@aol.com

Downloaded from https://www.marshallsatellite.com/wmi/midwestmastersoutdoortrackfieldclassic.pdf on 2023-10-01
### U.S. MASTERS ALL-AMERICAN STANDARDS OF EXCELLENCE FOR RACEWALKERS

<table>
<thead>
<tr>
<th>Event</th>
<th>M35-39</th>
<th>M40-44</th>
<th>M45-49</th>
<th>M50-54</th>
<th>M55-59</th>
<th>M60-64</th>
<th>M65-69</th>
<th>M70-74</th>
<th>M75-79</th>
<th>M80-84</th>
</tr>
</thead>
<tbody>
<tr>
<td>100m</td>
<td>11.15</td>
<td>11.80</td>
<td>12.5</td>
<td>13.15</td>
<td>14.0</td>
<td>15.15</td>
<td>16.5</td>
<td>17.0</td>
<td>19.0</td>
<td>21.0</td>
</tr>
<tr>
<td>200m</td>
<td>22.30</td>
<td>23.60</td>
<td>25.5</td>
<td>27.0</td>
<td>28.5</td>
<td>30.15</td>
<td>32.5</td>
<td>35.0</td>
<td>38.0</td>
<td>42.0</td>
</tr>
<tr>
<td>400m</td>
<td>44.60</td>
<td>47.90</td>
<td>54.0</td>
<td>58.0</td>
<td>64.0</td>
<td>72.5</td>
<td>84.0</td>
<td>100.0</td>
<td>120.0</td>
<td>150.0</td>
</tr>
<tr>
<td>800m</td>
<td>1:29.0</td>
<td>1:37.0</td>
<td>1:55.0</td>
<td>2:13.0</td>
<td>2:35.0</td>
<td>3:09.0</td>
<td>3:50.0</td>
<td>4:35.0</td>
<td>5:30.0</td>
<td>6:30.0</td>
</tr>
<tr>
<td>1500m</td>
<td>3:32.0</td>
<td>3:53.0</td>
<td>4:37.0</td>
<td>5:12.0</td>
<td>6:13.0</td>
<td>7:23.0</td>
<td>8:46.0</td>
<td>10:35.0</td>
<td>12:20.0</td>
<td>14:00.0</td>
</tr>
<tr>
<td>3000m</td>
<td>6:13.0</td>
<td>6:53.0</td>
<td>8:09.0</td>
<td>9:14.0</td>
<td>11:00.0</td>
<td>13:20.0</td>
<td>16:40.0</td>
<td>20:00.0</td>
<td>25:00.0</td>
<td>30:00.0</td>
</tr>
</tbody>
</table>

### U.S. MASTERS ALL-AMERICAN STANDARDS FOR WOMEN

<table>
<thead>
<tr>
<th>Event</th>
<th>M35-39</th>
<th>M40-44</th>
<th>M45-49</th>
<th>M50-54</th>
<th>M55-59</th>
<th>M60-64</th>
<th>M65-69</th>
<th>M70-74</th>
<th>M75-79</th>
<th>M80-84</th>
</tr>
</thead>
<tbody>
<tr>
<td>100m</td>
<td>12.00</td>
<td>12.80</td>
<td>13.60</td>
<td>14.20</td>
<td>15.10</td>
<td>17.0</td>
<td>19.0</td>
<td>22.0</td>
<td>24.0</td>
<td>27.0</td>
</tr>
<tr>
<td>200m</td>
<td>24.00</td>
<td>25.60</td>
<td>28.00</td>
<td>30.40</td>
<td>34.00</td>
<td>40.40</td>
<td>47.0</td>
<td>55.0</td>
<td>64.0</td>
<td>75.0</td>
</tr>
<tr>
<td>400m</td>
<td>48.00</td>
<td>52.40</td>
<td>60.0</td>
<td>68.0</td>
<td>80.0</td>
<td>96.0</td>
<td>115.0</td>
<td>135.0</td>
<td>160.0</td>
<td>190.0</td>
</tr>
<tr>
<td>800m</td>
<td>1:18.0</td>
<td>1:26.0</td>
<td>1:48.0</td>
<td>1:54.0</td>
<td>2:16.0</td>
<td>2:56.0</td>
<td>3:55.0</td>
<td>4:45.0</td>
<td>5:45.0</td>
<td>6:45.0</td>
</tr>
<tr>
<td>1500m</td>
<td>2:20.0</td>
<td>2:32.0</td>
<td>2:50.0</td>
<td>3:00.0</td>
<td>3:35.0</td>
<td>4:35.0</td>
<td>5:55.0</td>
<td>7:15.0</td>
<td>8:35.0</td>
<td>10:05.0</td>
</tr>
<tr>
<td>3000m</td>
<td>5:00.0</td>
<td>5:45.0</td>
<td>6:54.0</td>
<td>7:54.0</td>
<td>9:30.0</td>
<td>11:30.0</td>
<td>14:30.0</td>
<td>18:30.0</td>
<td>22:30.0</td>
<td>26:30.0</td>
</tr>
</tbody>
</table>

### APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

1. You must have reached the official standard in the respective age group to fill out this application.
2. A copy of your results or a note stating in which event you achieved these times must accompany this application.
3. Send to: All-American, National Masters News, P.O. Box 50098, Eugene OR 97405.

### A 3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 3" by 5" patch will be mailed to you within six weeks. Allow eight weeks for a patch.

---

**NAME**:  
**ADDRESS**:  
**SEX**: M  
**STATE**:  
**ZIP**:  
**MEET**:  
**DATE OF MEET**:  
**MEET SITE**:  
**EVENT**:  
**MARK**:  
**HURDLE HEIGHT**:  
**WEIGHT OF IMPLEMENT**:

- □ CERTIFICATE 
- □ PATCH

1. If you have equaled or bettered the standard of excellence, please fill out this application.
2. A copy of your results or a note stating in which event you achieved these times must accompany this application.
3. Send to: All-American, National Masters News, P.O. Box 50098, Eugene OR 97405.

**A 3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 3" by 5" patch will be mailed to you within six weeks. Allow eight weeks for a patch.**
**SOUTHEAST**

Great Gainesville Track Meet IX
Gainesville, FL, Apr. 24

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>100m</td>
<td></td>
</tr>
<tr>
<td>200m</td>
<td></td>
</tr>
<tr>
<td>400m</td>
<td></td>
</tr>
<tr>
<td>800m</td>
<td></td>
</tr>
<tr>
<td>1500m</td>
<td></td>
</tr>
<tr>
<td>3000m</td>
<td></td>
</tr>
<tr>
<td>5000m</td>
<td></td>
</tr>
<tr>
<td>10000m</td>
<td></td>
</tr>
<tr>
<td>20000m</td>
<td></td>
</tr>
</tbody>
</table>

**MID-AMERICA**

Drake Relays Masters 800
Des Moines, IA, April 24

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>400m</td>
<td></td>
</tr>
<tr>
<td>800m</td>
<td></td>
</tr>
<tr>
<td>1200m</td>
<td></td>
</tr>
</tbody>
</table>

**SOUTHWEST**

Greater New Orleans District Senior Olympic
Kenner, LA, Mar. 27

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>50m</td>
<td></td>
</tr>
<tr>
<td>100m</td>
<td></td>
</tr>
<tr>
<td>200m</td>
<td></td>
</tr>
<tr>
<td>800m</td>
<td></td>
</tr>
</tbody>
</table>

**HIGH JUMP**

M50 Harold Bourgeois 35.2 75
M55 Jerry Mullin 53.6
M60 Collin Brady 36.7
M70 Roland Clement 32.3

**SOUTH Florida Senior Olympics TX; March 28

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>50m</td>
<td></td>
</tr>
<tr>
<td>100m</td>
<td></td>
</tr>
<tr>
<td>200m</td>
<td></td>
</tr>
<tr>
<td>400m</td>
<td></td>
</tr>
<tr>
<td>800m</td>
<td></td>
</tr>
<tr>
<td>1500m</td>
<td></td>
</tr>
<tr>
<td>5000m</td>
<td></td>
</tr>
<tr>
<td>10000m</td>
<td></td>
</tr>
<tr>
<td>20000m</td>
<td></td>
</tr>
</tbody>
</table>

Please send results to: National Masters News, Boston 02118.
Spanish Islands Championship: Zarahagui (May 13)

60m
Miguel Alvarez 8.9
M40 Jose Moreno 7.6
M50 Anton Basurko 7.5
M60 David Martink 7.6
M70 Armando Roger 7.0
M75 Valentin Huch 10.6
W20 Anabel Navarro 8.5
W30 Gloria Escribano 10.5
W40 Trinidad Casas 8.6
W50 Blanca Cabezas 7.6
W60 Lourdes Lopez 10.0
W200m
M45 Juan Antonio 27.9
W65 Antonio 26.9
W45 Maria Martinez 27.8
W60 Manuel Camba 27.0
W50 Jan Friisy 19.9
W70 Javier Anton 14.9
W75 German Alonso 43.9
W30 M M Pillas 27.4

Southeast Intercountry Women's Meet
Great Britain; May 5

100m
W40 Gisell 13.1
W45 V Bonner 13.3
W50 V Parsons 14.2
W60 V Parsons 14.1
W200m
M45 Juan Antonio 27.9
W65 Antonio 26.9
W45 Maria Martinez 27.8
W60 Manuel Camba 27.0
W50 Jan Friisy 19.9
W70 Javier Anton 14.9
W75 German Alonso 43.9
W30 M M Pillas 27.4

MISSISSIPPI

April 1999

W50

M50

W20

M75 John McManus

W50 Rose

M75 Walter Conrad

W65 Bob Sasson

W30 Tony Read

M70 Scott

W35 Bradshaw

Pete

M50 George Tarrico

M60 John Cantrel

W50 Ryan

M50 John McManus

W50 Rose

M75 Walter Conrad

W65 Bob Sasson

W30 Tony Read

M70 Scott

W35 Bradshaw

Pete

M50 George Tarrico

M60 John Cantrel

W50 Ryan

M75 John McManus

SEE NEXT PAGE
M40 to M65 Race Results

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Joe Medema</td>
<td>28</td>
<td>2:21:24</td>
</tr>
<tr>
<td>Cheryl Dusek</td>
<td>28</td>
<td>2:21:24</td>
</tr>
<tr>
<td>W50 Elizabeth Willis</td>
<td>28</td>
<td>2:21:24</td>
</tr>
</tbody>
</table>

---

**SOUTHWEST**

Austin American-Stateman Capsule 10,000

**Overall**

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dan Boone</td>
<td>28</td>
<td>2:21:24</td>
</tr>
<tr>
<td>Mike Wiggers</td>
<td>28</td>
<td>2:21:24</td>
</tr>
<tr>
<td>Brian Linn</td>
<td>28</td>
<td>2:21:24</td>
</tr>
</tbody>
</table>

---

**M40 to M59**

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gil Leonard</td>
<td>28</td>
<td>2:21:24</td>
</tr>
<tr>
<td>Don Phillips</td>
<td>28</td>
<td>2:21:24</td>
</tr>
<tr>
<td>David McRitchie</td>
<td>28</td>
<td>2:21:24</td>
</tr>
</tbody>
</table>

---

**M60 to M79**

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>John Herrick</td>
<td>28</td>
<td>2:21:24</td>
</tr>
<tr>
<td>John Herrick</td>
<td>28</td>
<td>2:21:24</td>
</tr>
<tr>
<td>Larry Worth</td>
<td>28</td>
<td>2:21:24</td>
</tr>
</tbody>
</table>

---

**80+**

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bill White</td>
<td>28</td>
<td>2:21:24</td>
</tr>
<tr>
<td>John Wall</td>
<td>28</td>
<td>2:21:24</td>
</tr>
<tr>
<td>Jack Henry</td>
<td>28</td>
<td>2:21:24</td>
</tr>
</tbody>
</table>

---

**Women 65+**

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nancy Ottmann</td>
<td>28</td>
<td>2:21:24</td>
</tr>
<tr>
<td>Jane Roberts</td>
<td>28</td>
<td>2:21:24</td>
</tr>
<tr>
<td>Barbara Ogle</td>
<td>28</td>
<td>2:21:24</td>
</tr>
</tbody>
</table>

---

**Women 75+**

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elizabeth Willis</td>
<td>28</td>
<td>2:21:24</td>
</tr>
<tr>
<td>Martha Nero</td>
<td>28</td>
<td>2:21:24</td>
</tr>
<tr>
<td>Jean Marie</td>
<td>28</td>
<td>2:21:24</td>
</tr>
</tbody>
</table>

---

**Women 85+**

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elizabeth Willis</td>
<td>28</td>
<td>2:21:24</td>
</tr>
<tr>
<td>Martha Nero</td>
<td>28</td>
<td>2:21:24</td>
</tr>
<tr>
<td>Jean Marie</td>
<td>28</td>
<td>2:21:24</td>
</tr>
</tbody>
</table>
Continued from previous page

June 1999

IQ:2

Charles Jan Adams

Robert Linda Rodbell

Kathy Maryanne Dick

James Qma11

Ron Warr ick Yeager

Jefferson Perez

Mark Green

Dave Romansky

Nedya

Light

CherTy

F inch

Carm ines

McGrath

Dawson

Fratkin

N

1:53 :51

1:25 :27

1:47 :41

1:53 :31

2:00 :15

1:51 :13

2:10 :23

2:20 :42

New Mexico Spring Fl ing 5K
Racewalk
Albuquerque, NM; April 11

Mark Adams 60 29 :17
Joseph Armbruster 67 32 :37
Peter Procopio 54 34 :20
Fred Laurenta 55 35 :46
Ryszard Nawrocki 70 35 :55
Karen Jeffery 40 32 :55
Laura Dralous 32 :58
Marjone Larragoute 64 34 :03
Nancy Armbruster 65 47 :25
Marilyn Fehrm an 51 46 :35
Elenore Sikora 78 56 :23

North Region 10K
Championships Mid-America
RW Circuit
Kenosha, WI; Apr. 11

Overall
Al Dubois 68 59 :23
Lynn Tracy 46 57 :08
M45 Ron Winkler 1 :03 :38
M50 Ken Roy 1 :17 :48
M65 Al Dubois 59 :23
George Kruck 1 :05 :08
W45 Lynn Tracy 57 :08
Judy Stock 1 :06 :42
Alice Winkler 1 :12 :41
W50 Joan Gorman 1 :11 :44
W60 Helen Mese 1 :28 :24

Borgess/USATF-MI 5K RW
Championships
Kalamazoo, MI; Apr. 23

Overall
Gary Morgan M35 21 :54
Debbie Topham W45 28 :47
M30 Mike Close 27 :24
M35 Gary Morgan 21 :54
David Dunn 26 :39
M40 Rod Craig 25 :22
M45 Bill Reed 26 :06
Hank Mey er 26 :14
Chris LaReau 27 :29
Ross Barranco 27 :48
Mark O'Donnell 29 :39
Al Kaiser 30 :01
M50 Robert Phillips 27 :22
Mike Burns 28 :52
M55 Paul Urbanski 39 :37
M60 Dave Schmit 33 :30
M70 Hugh Acton 32 :47
W35 Diamond Bateson 37 :42
Sue Womnicki 38 :19
Becky Spence 40 :52
W40 Valore Hellenbeck 30 :01
Lynette Heinlein 33 :30
Kim Stephenson 38 :13
W45 Debbie Tophan 28 :47
Ellen Schock 32 :33
Sue HarloFd 32 :49
Louise Wiggins 32 :59
Chris Robbins 36 :28
W50 Martha Williams 37 :47
W60 Joan Berman 35 :19
W65 Carolyn Selby 37 :15

28K
Overall
Jefferson Perez 25 1:22 :02
M40-49
Jonathan Matthews 1:25 :27
Mark Green 1:34 :14
Warrick Yeager 1:34 :46
M50-59
James Carmines 1:47 :41
Joe Light 1:53 :31
Ron Shields 2:00 :15
M60-69
Dave Romansky 1:51 :13
James McGrath 2:10 :23
W60-69
N ildya Dimitrov 2:20 :42

Masters Age-Graded Tables

• Keep track of your progress over the years.
• Compare performances of older and younger individuals in the same or different events.
• Select the best performance in an event among all age groups.
• Score multi-events.
• See how much your performance should decline with age.
• Includes single-age factors and standards for each age from 8 to 100 for men and women for every common track & field, long distance running, and racewalking event.
• Shows how to conduct an age-graded track & field meet, road race or racewalk.
• 60 pages. Easy to use.
• Detailed explanations, sample competitions, personal performance examples and charts.
• Compiled by the World Association of Veteran Athletes.

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 ____________________________

WANTED: ALIVE OR ALIVE

Male & Female Athletes 50 and Over

HAVE SOME FUN AT THE
Huntsman World Senior Games
October 11-22, 1999 - St. George, Utah

22 Sports
Cycling, softball, swimming, tennis, bowling, racquetball, track and field, basketball, golf, horseshoes, table tennis, triathlon (individual & team), basketball free throw and 3-point shoot, mountain biking, bridge, volleyball, square dancing, half marathon, social golf, social tennis and road racing.

4,000 Good Friends
From all 50 states and 29 foreign countries — good sports all.

Optional Free Health Screening
Breast cancer, P.S.A., blood pressure, cholesterol, diabetes, glaucoma, bone density, hearing, & body composition.

For more information Call 1-800-562-1268
82 West 700 South, St. George, UT 84770
USATF NATIONAL MASTERS OUTDOOR TRACK & FIELD CHAMPIONSHIPS
AUGUST 26-29, 1999

SCHEDULE

DAY 1
TRACK
2000M Run
800M Trials/Semis
400M Trials/Semis
FIELD
Pentathlon (M&W)
Hammer (M&W)

DAY 2
TRACK
5000M Racewalk
High Hurdles
1000M Trials
1500M Semis
400M Semis/Finals
3K/5K Steeplechase
FIELD
Hammer
Long Jump (M60/W)
High Jump (M50-60)
Pole Vault (M60/W)
Discus (M&W)
Shot Put (M)

DAY 3
TRACK
10,000M Run
400/3000M Steeplechase
2000M Semi/Finals
800M Finals
10000M Final
POLE VAULT (M-60)
Triple Jump (M&W)

FIELD
1500M Relay
2000M Relay
10000M Relay

DAY 4
TRACK
10K/20K Roadwalk
1500M Finals
200M Semi/Finals
Age Graded 100M
400M Relay
1500M Relay
3000M Relay

FIELD
10K/20K Roadwalk
ROWAN Global

HOUSING & ENTERTAINMENT

2-DAY OR 3-DAY WALT DISNEY WORLD® THEME PARK VALUE PASSES

The 2-DAY VALUE PASS entitles you to a choice of:

- Two of the following (one chosen more than once):
  - 1 day of admission to the Magic Kingdom® Park
  - 1 day of admission to Epcot®
  - 1 day of admission to Disney MGM Studios
  - 1 day of admission to Disney's Animal Kingdom

The 3-DAY VALUE PASS entitles you to a choice of:

- Three of the following (one chosen more than once):
  - 1 day of admission to the Magic Kingdom® Park
  - 1 day of admission to Epcot®
  - 1 day of admission to Disney MGM Studios
  - 1 day of admission to Disney's Animal Kingdom

2-DAY VALUE PASS: $74 (save over $28**)
3-DAY VALUE PASS: $105 (save over $15***)

SPECTATOR LENGTH OF ADMISSION

ADULT $18
CHILD $12
(ages 3-9)

CALL 407-828-FANS
for specially-priced WALT DISNEY WORLD® Theme Park passes for you, your friends & your family.

FOR EVENT HOUSING, CONTACT THE HOST HOTEL:
Howard Johnson's Maingate West
1-800-638-7829

Valid for use on the specific dates of the event and for a limited period of time before and after the event. Subject to change. Prices are as advertised. Credit cards accepted; AMEX, VISA, Mastercard.

ENTRY FORM COMPLETE & MAIL TO: Disney Sports Attractions, Inc. ATTN: USATF Outdoor Masters P.O. Box 470047, Celebration, FL 34747-0047

REMEMBER YOUR SHOES

Release and Indemnity (Adults) - WAIVER
READ CAREFULLY BEFORE SIGNING

In consideration of my participation in the 1999 USATF Masters National Outdoor Track & Field Championships hosted by Disney's Wide World of Sports, Inc. and the USATF, I agree to assume the risks incident to such participation and to be liable for any responsibility on the part of USATF or Disney for any loss or damage to my property or my person and to defend and hold harmless Disney, the USATF, and any other person or organization which may be involved in any way with this participation.

SIGNATURE OF CARD HOLDER

DATE

TOTAL AMOUNT ENCLODED $