

NATIONAL MASTERS NEWS

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

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Chilly at 105th Penn Relays

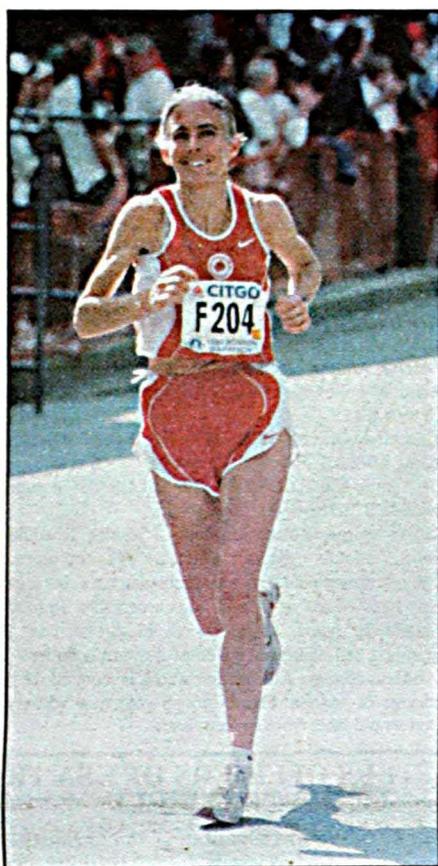
by PETER TAYLOR

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 was far in front as the very capable Garry Crawford took the baton. But 48-year-

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CLAY SHAW

Gillian Horovitz, 43, second masters woman (2:46:31), 1999 Boston Marathon.

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.

**INDY LIFE
CIRCUIT**

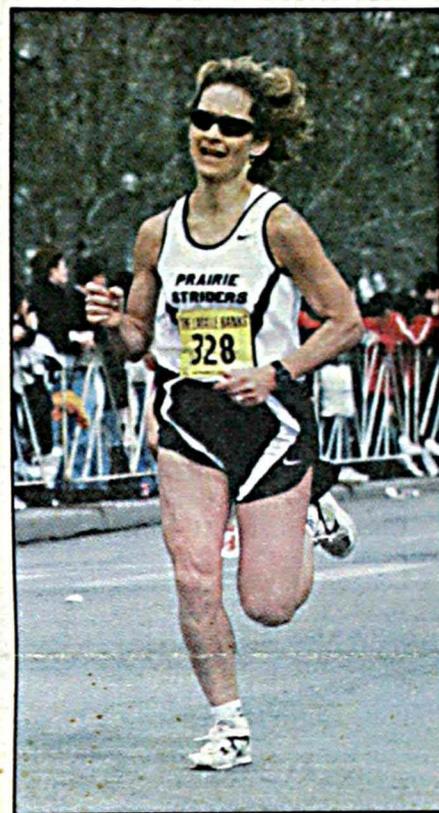
Jane Welzel, 44, Fort Collins, Colo., returned to the ILC winner's circle by winning the masters title in the women's race, dashing her way to a 1:17:56, good enough for third overall. The 1997 ILC Grand Prix-masters champion, Welzel had the best women's age-graded time with a 1:12:48.

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

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KAREN MITCHELL

Beverly Docherty, 40, leads the Indy Life Circuit Masters Women's Standings with 54 points.

Rodgers First in Cherry Blossom

by GEORGE BANKER

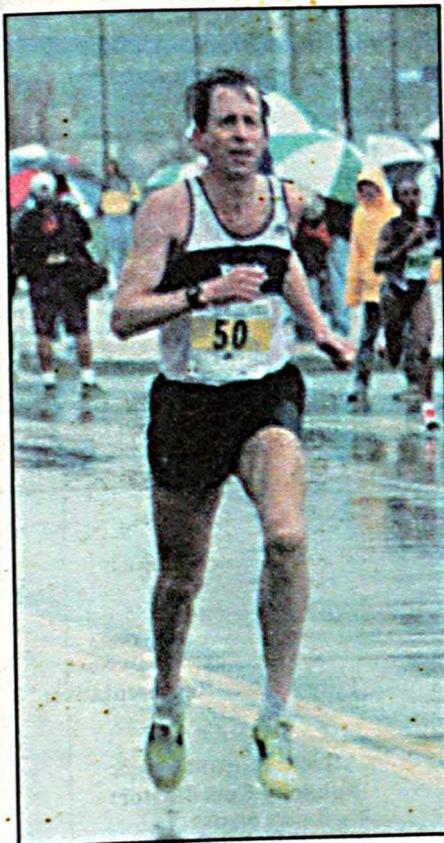
Despite running in less-than-ideal weather conditions, several masters runners turned in top times in the Cherry Blossom 10-Mile on April 11, Washington, D.C. Bill Rodgers, 51, Sherborn, Mass., was the first masters runner, finishing in 54:03, good enough for 29th overall.

"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 Zwolak, 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

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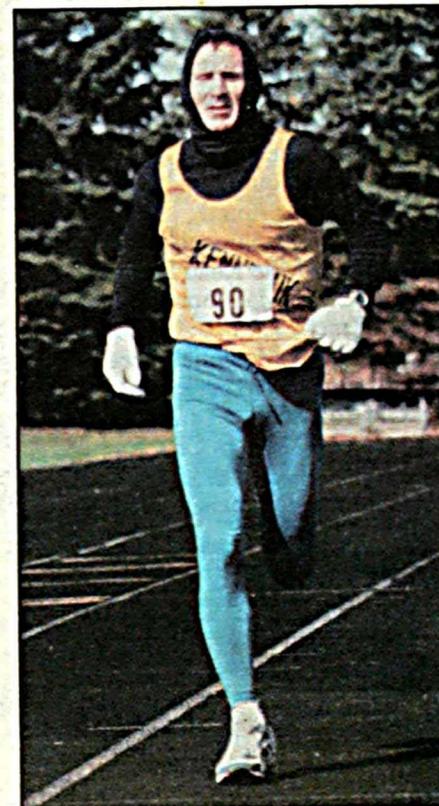


GEORGE BANKER

Bill Rodgers, 51, first M40+ (54:03), Cherry Blossom 10 Mile, Washington, D.C., April 11.

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ERIC LANDWEHR

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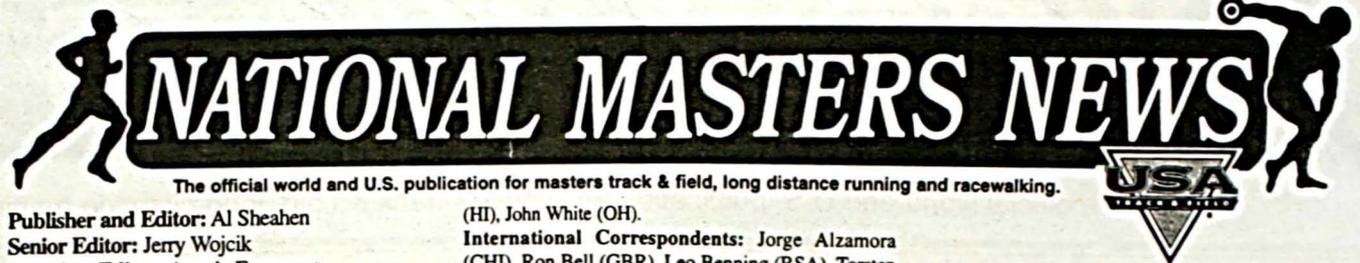
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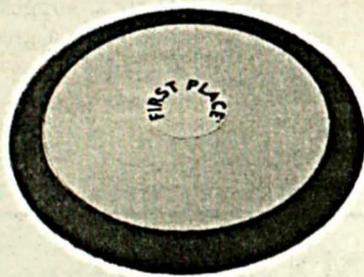
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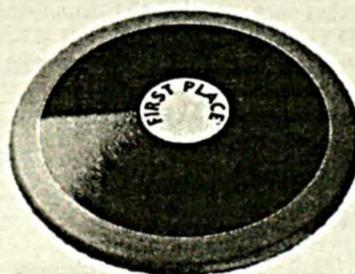
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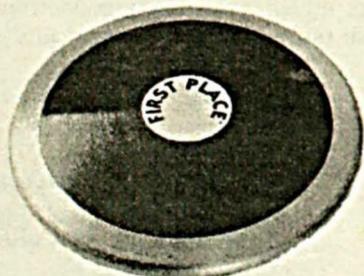
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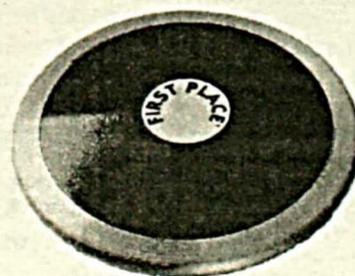
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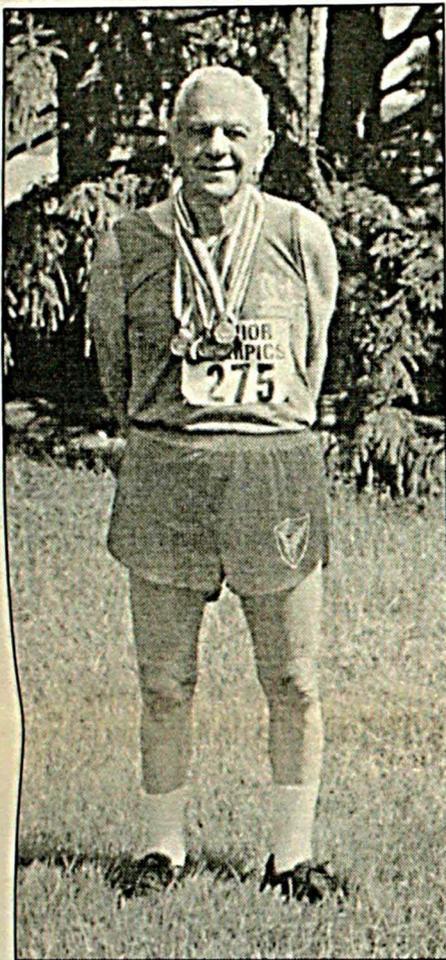
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DRUG TESTING

Hal Higdon is right (Feb. NMN) when he says that "money spent by WAVA on drug testing is like pissing



John Lasco, Jr., Quincy, Ill., M80, ran a 16.00 100 and a 35.00 200 in 1998. He is planning on competing in the National Senior Games in Orlando, Oct. 20-29.

down a rat hole."

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.

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.

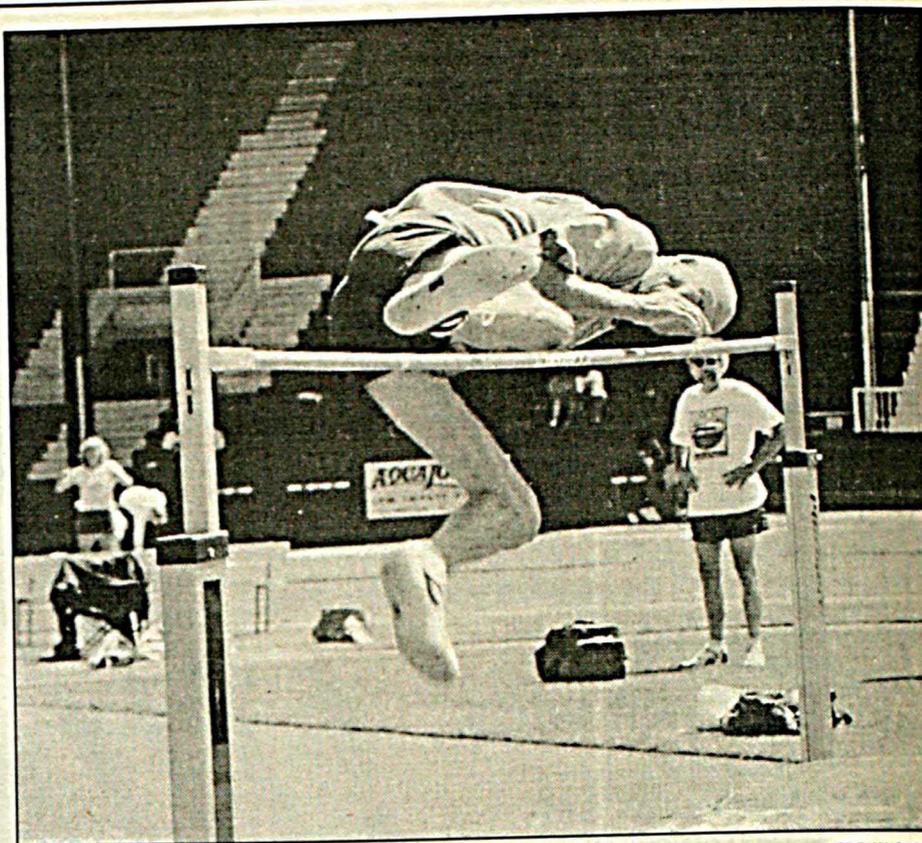
We should resist attempts to impose on our WAVA World Games the IOC's discredited and stupid drug-testing program. It cannot possibly do any good, and can only result in distress for the unlucky athlete who happens to be the one who draws the short straw of the first, inevitable, false positive.

Max Jones
Leeds, England

APPROVAL OF RECORDS

I agree with Graeme Shirley (March Speaker's Corner) that meet officials, not athletes, should see that track & field records are properly applied for.

As an athlete, I've learned the hard way that not all USATF-sanctioned



JERRY WOJCIK

Phil Fehlen straddles the bar for an M60 win (5-5 1/4), 1998 Hayward Meet, Eugene, Ore. The 1999 meet is scheduled for June 19-20.

meets are prepared to make a record official. I've been told by officials that I must supply my own forms. I've had to track down officials to sign my record application – often waiting an hour in the hot sun for a convenient time.

There has been little positive response to Graeme's article. However, I believe USATF should declare that:

- 1) Sanctioned meets should always have record forms available.
- 2) Meets should follow USATF Rules 180-187 which mandate a recorder of records, automatic timing, wind gauges, metric measurement, etc.
- 3) Meets unwilling to follow the rules should state on the entry form that no records will be considered official, i.e., it's a "fun meet."

Thanks to the many meet directors and volunteers and to Pete Mundle for his good work as Records Chairman.

Nadine O'Connor
Del Mar, California

WEIGHT PENTATHLONS

I really appreciated Jerry Wojcik encouraging throwers to compete in the weight pentathlon in his March column. I am one of those journey-men/women throwers he mentioned and have done the pentathlons in Montana and California and intend to keep on doing them, this year at the championships in Greeley, Colo.

I have never been interested in athletics and look like it, but this has been fun and sets me apart from most grandmothers. I may not be a standout, but I'm doing something unique. I enjoy the people I meet and competing gives me a purpose I might not have had at my age of 70.

Perhaps Wojcik's suggestion that one doesn't have to be a great athlete to do a weight pentathlon will inspire others to join us.

Paula Maloy
Bethel, Alaska

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Wilson, Ettle Break Course Records in Longest Day Marathon

by CHARLES S. ROBERTS, JR.
Masters runners Steve Wilson, 40, St. Petersburg, Fla., and Janice Ettle, 40, Roseville, Minn., were overall

winner 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 Ettle 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).

Ettle 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.

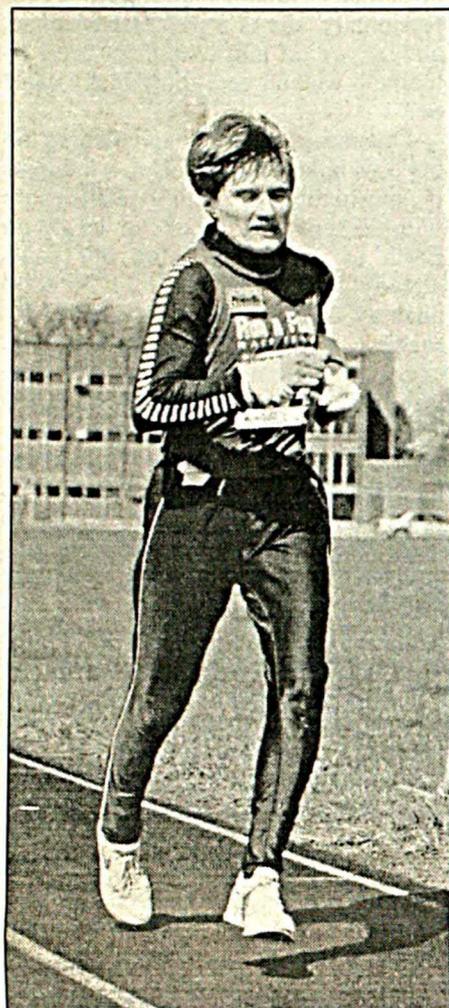
Tim Burnison, M40, in 37:51, and Suzanne Brost, W50, in 51:19, were

masters winners in the 10K.

Duane Millslagle, M45, was the overall winner in the 5K with an 18:16; the first W40+ was Carol Klitzke, W50, in 25:52.

Racewalker Mike Wiggins, M50, was another masters winner overall, in the 5K walk with a 24:39. Keley Smith-Keller, W40, won the masters contest in 34:06.

The races marked the 30th anniversary of the event. □



ERIC LANDWEHR

Janice Ettle, 40, first woman overall (2:56:30), The Longest Day Marathon, Brookings, S. Dak., April 17.

Bulla, Fields Win in Half-Marathon

by RON MARINUCCI

April 18 - The West Bloomfield Half-Marathon has been one of southeast Michigan's favorite spring races for over 20 years. This year it attracted 734 entrants, 311 of them masters runners. With its many twists and turns (over 75) and continually rolling course, the race offers a good test of early season fitness. Although dark skies threatened rain, none fell and only a slight headwind was minimally bothersome.

The M40+ winner came out of the M50-54 group. Randy Bulla, 52, who once ran for Team adidas, paced the masters with a seventh-place 79:17. The M45 race saw competitive performances, with Martin Denonville, 46, winning in 80:52, and Mike Stone, 48, second, 82:55. The oldest finisher was Joe Thornburg, 82, in 2:36:12.

The first W40+ was a new entrant in the masters group, Michelle Fields, with a 92:01. Jackie Blair, 43, was second in 92:50. Barbara Heys won the W50 race in 98:11. □

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 table 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**

_____ cut along dotted line _____

Name _____ Male _____ Female _____

Address _____ Phone () _____

City/State/ Zip _____ Date of Birth ____/____/____
mo day year

Club Affiliation _____ Age as of 7/3/99 _____

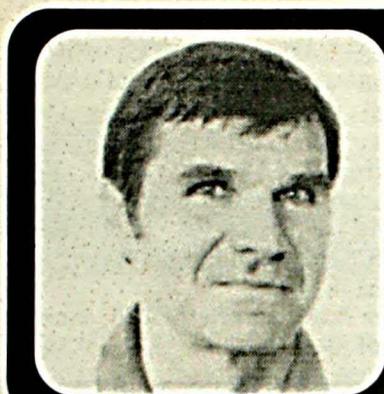
U.S.A.T.F.# _____

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 ____/____/____ Signature _____

Events entered _____ Best mark _____ Amount Enclosed \$ _____
(Checks payable to NCSTC)
Send to Meet Director Don Rose
43 Mc Allister Kentfield Ca.94904

1. _____
2. _____
3. _____
4. _____
5. _____



Third Wind

by MIKE TYMN

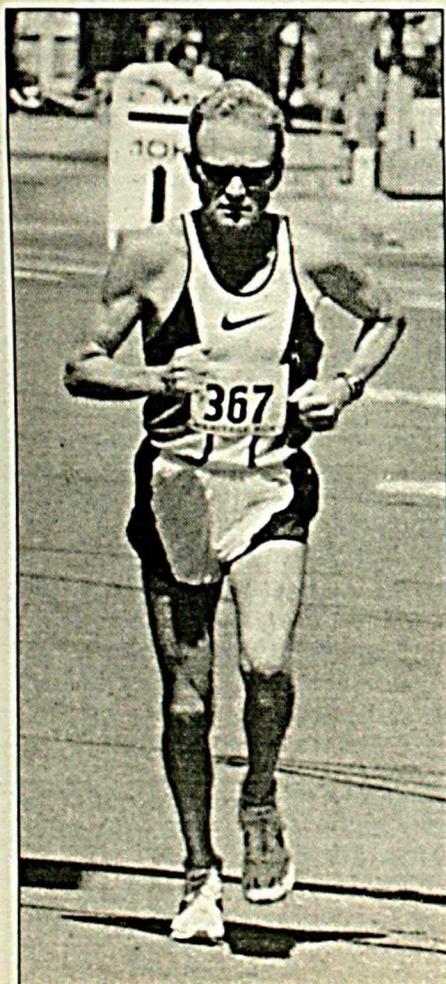
Jack Nelson: Shifting Into High Gear at 60

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 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 coaching to make a world-class runner. It takes the will to accept the challenge."

No Accidents

"Since I believe there are no accidents in the universe, I believe I did the right thing in the summer of '61. Now, in 1999, I've accepted the same challenge I declined in 1961, only this time in the realm of age-group road racing."



Jack Nelson

The challenge is no less valid, even though it comes later in life."

In 1998, Nelson, a resident of Winnetka, Illinois, recorded single-year American records at 5K (16:21), 10K (34:26), 12K (42:27), and 25K (1:34:42). A 53.30 for 15K was one second shy of Fay Bradley's record. In addition, he recorded a 9:54.9 for an indoor 3000, a single-year world record, and a 5:13.1 mile, an American age-59 record. Most recently, he set a new PR of 1:17:12 in the Indianapolis 500 Mini-Marathon during less than ideal conditions – significant wind and temperature in the 60s.

"I think my best years are yet to come," said Nelson, who will turn 60 on August 30. "I'm predicting the highlight of my racing career will begin when I turn 60. My goal will be to break all existing 60-64 age-group records from 5K through the marathon. I know, I know, I make Dennis Rodman appear modest!"

Nelson won the Missouri State prep mile championship in 1957 with a 4:27.3. He also had a 2:02 best at 880. At the University of Arkansas, where he majored in chemistry, he was the Southwest Conference 2-mile champion in 1961 with a 9:17.2. He lowered his mile best to 4:12 at the Texas Relays that year and also did 14:12 for three miles in the Kansas Relays.

Ill-Prepared

"I never stopped running after graduating from college, but I did stop racing," Nelson said. "I probably averaged 30 miles a week from college until age 51. I did run three marathons, but was ill-prepared for all three. I think my best was 2:47. Basically, I had talked myself into believing that I had raced so much in college that I simply had no desire to compete."

"The main reason I decided to race again was the discovery of the excellent racing community in the Chicago area. The runners I've met while competing in the CARA (Chicago Area Runners Association) have been – and continue to be – sources of pure joy."

Nelson said his recent training has called for 50-65 miles a week, while his longest run is 14 miles leading up to a half-marathon. He does intervals twice a week, from 200s on up to



Jack Nelson

1600s, depending on the racing distance. A typical session involves 12 quarters in 74 seconds with a half-lap jog between, but that is preceded by a two-mile warm-up and some 100 meter pickup, and followed by a two-mile warmdown. "I follow a hard-easy pattern, but my easy pace is never slower than seven minutes per mile," he added.

In preparation for his entry into the 60-64 age-group, Nelson plans to gradually work up to 85 miles a week. "And before I attempt to break Clive Davies marathon record (2:42:49), I imagine I'll be going even higher," he offered. "Of course, a lot depends on my physical response to the workload."

Adding to the Load

As he adds to the workload, Nelson is charting new territory for himself. In high school and college he ran mostly on natural talent. He recalls his high school coach, who was primarily a football coach, reading an article about Roger Bannister running 10 quarters in 60 seconds with one-minute intervals and then suggesting that he try that. "When I could do only one in 60 seconds and the second in 64, he abandoned the idea of interval workouts with a shake of his head."

The motivating factor that drives Nelson now is his desire to make a statement to those around him that by balancing exercise, nutrition and rest we can live all the days of our lives fully and with vigor. "We can break through the paradigm handed down to us by past generations," he explained. "By honoring and caring for our bodies, we can reap many benefits as we grow older without growing old. Chance favors the prepared body!"

Nelson gives much credit to Barry Lee, coach of the Athletics Best Racing Team. "Except for those two summers training with Igloi, I have always been self-coached. Last year, Barry started providing me with a more effective training and racing regimen. It has allowed me to continue to improve. My best 10K until that 34:26

last year was 35:12 at age 57."

A Supportive Partner

We can't forget his *other half*. "Rennie is truly my soulmate and really understands my drive to reach my goals, even when she is adversely affected," Nelson continued. "Professionally, she is a psychiatric nurse, and, as we all know, runners need all the help we can get... how lucky can I be?"

Outside of running and fishing on his bass boat, one of Nelson's interests is spirituality, or man's relationship with the universe. "I believe we are on Earth to experience what our souls already know," he mused. "A good analogy is the study of chemistry. By reading a good chemistry textbook, you can gain an intellectual understanding of chemistry, but before you can really understand chemistry, you must go into the laboratory to experience the concepts. Likewise, our souls send out fragments of themselves in order to experience universal concepts so they can really come to a true understanding."

Combining his interest in fitness and spirituality, Nelson has become self-employed in a business he calls *Runergy*. He plans to give workshops called: "Rekindling the Vitality Within: A Physical/Spiritual Quest" to corporations, institutions, and people, in general.

"We of the running community are walking around with a secret," he concluded, "and it's time we share it with those around us." □



GEORGE BANKER

Patrick Griffith, 54, first M50 (18:42), Claredon 5K For Kids, Arlington, Va., April 3.

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

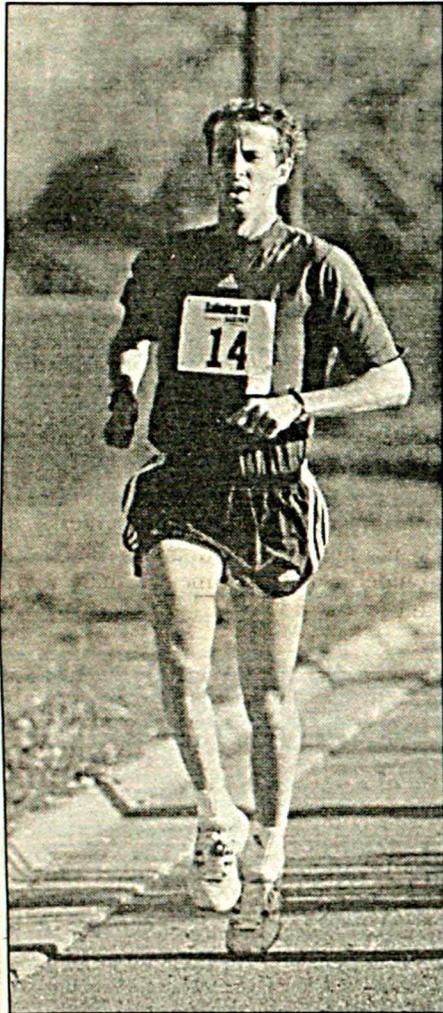
distant third in the M40 division, running 31:42.

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 mas-

ters 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. □

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



VICTOR SAILER/PHOTO RUN

Chris Fox, 40, M40+ first (31:04), Sallie Mae 10K, Washington, D.C., April 25.



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

SATURDAY, AUGUST 21 \$10/EVENT/PERSON

- 5,000m Run 8:00 am
- 10,000m Run 8:00 am
- 5,000m Race Walk 9:00 am
- Shot Put 9:00 am
- Javelin 9:00 am
- 50m Dash 10:00 am
- High Jump 10:00 am

- 400m Run 11:00 am
- 100m Dash 12:30 pm
- Pole Vault 12:30 pm
- 800m Run 1:30 pm
- Discus 1:30 pm
- Long Jump 1:30 pm
- 1500m Run 2:30 pm
- 200m Dash 3:30 pm

PLEASE PRINT LEGIBLY

MAIL-IN REGISTRATION DEADLINE: JULY 26, 1999
ON-SITE REGISTRATION FEE: \$30.00

Name _____
 Address _____
 City _____ State _____ Zip _____
 Age (as of 8/14/99) _____ Male _____ Female _____ Phone (_____) _____

Total Event Fees \$ _____
 Registration Fee \$ 20.00
 Closing Ceremonies \$ _____
 Guest tickets @ \$15 ea \$ _____
 Donation \$ _____
 Total Enclosed \$ _____

PAYMENT

Check enclosed.
 Make checks payable to South Coast Medical Center (OCSG)

VISA Card No. _____
 M/CARD Signature _____ Exp. _____

Send entry form and fees to: Orange County Senior Games,
 South Coast Medical Center, 31872 Coast Highway,
 Laguna Beach, CA 92651.

South Coast Medical Center
—Adventist Health

MUST BE COMPLETED

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 (OCSG).

LIABILITY WAIVER: I, the undersigned applicant, hereby agree to indemnify and hold harmless the organizers of the OCSG, hereinafter sometimes referred to as sponsors, their agents, employees, and representatives and assigns, from any and all actions or claims of whatsoever kind or nature which I or my representatives or assigns may have or at any time in the future have due to any injury or property damage arising out of my participation in the OCSG. 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) which I have entered by practicing the same prior to my participation. I warrant and 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 OCSG. I have been advised by the organizers that it would be in my best interest to consult a physician prior to my preparation for and participation in this event. I recognize and understand that the preparation and competition may necessitate strenuous physical activity and could possibly activate 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 OCSG.

Signature _____ Date _____

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



PAGLIANO'S PODIATRIC POINTERS

The Foot Beat

by JOHN W. PAGLIANO
D.P.M.

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. Icing only creates a greater skin temperature to be overcome.

I generally recommend the use of



JERRY WOJCIK
Harold Nolan (4:48.10) holds off Paul Pery (4:48.69) to win the M50 mile, Masters Indoor Championships.



SUZY HESS

Charlene Landrum, winner of the W35 100 (12.90), 1998 National Masters Championships. The 1999 Championships will be held in Orlando, Fla., Aug. 26-29.

ultrasound with 2.5% hydrocortisone cream applied to the head of the crystal. Theoretically, the medicate 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. □

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

Indy Life 500

Continued from page 1

masters race, Patty Valadka, 41, Houston, Tex., returned to Indianapolis to defend her USATF title, but, after building an early lead, she could not hold off Welzel, who not only won the U.S. masters crown, but finished third overall to pick up \$2500 (\$1000 open and \$1500 masters prize money). Valadka was second master and fifth overall in 1:19:01.

After three ILC races, Tuttle and Bev Docherty lead the masters division standings with 75 and 54 points, respectively, while Tuttle and Joan Ottaway top the age-graded standings with 250 and 241 points. ILC points at the Indy 500 were tripled. Two U.S. single-age records were also set at the race - Tuttle's 1:05:11 bettered the previous mark of 1:05:33 at age 40; and Gary Romesser, 48, Indianapolis, Inc., ran 1:11:11 (old mark 1:12:00).

Under warm, breezy conditions, 22,000 participants enjoyed the 23rd annual Indy Life Mini-Marathon, the country's largest half-marathon.

The next ILC race is Freihofer's Run for Women 5K in Albany, N.Y. on June 5.

Other men's age group winners included Dick Buerkle, 51, Atlanta, Ga., first in the M50 division with a

1:14:14; Jan Frisby, 55, Grand Junction, Colo., 1:16:49; Fay Bradley, 61, Washington, D.C., 1:22:35; and Warren Utes, 78, Park Forest, Ill., 1:39:40.

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, Sonoma, 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

	A-G	Actual
John Tuttle 40	1:03:34	1:05:11
Craig Young 42	1:04:34	1:07:10
Jack Nelson 59	1:04:43	1:17:13
Gary Romesser 48	1:05:26	1:11:11
Dick Buerkle 51	1:06:40	1:14:15
Steve Winchel 43	1:06:41	1:09:53
Warren Utes 78	1:06:44	1:39:45
Jan Frisby 55	1:06:46	1:16:53
Charlie Gray 44	1:06:53	1:10:36
Mark Curp 40	1:07:03	1:08:46

Masters Division Standings:

Men

John Tuttle 40	75
Craig Young 42	60
Steve Winchel 43	32
Mark Curp 40	30
Charlie Gray 44	28
Gary Romesser 48	24
Dick Buerkle 51	23
Chris Fox 40	10
David Gardner 40	9
Tom Stevens 43	8

Age-Graded Standings: Men

John Tuttle 40	250
Craig Young 42	225
Jack Nelson 59	216
Dick Buerkle 51	214
Gary Romesser 48	200
Jan Frisby 55	184
Vic Heckler 56	174
Fay Bradley 61	174
Warren Utes 78	151
Thom Weddle 60	151

Age-Graded Women

	A-G	Actual
Jane Welzel 44	1:12:48	1:17:56
Joan Ottaway 55	1:15:13	1:29:01
Patty Valadka 41	1:15:41	1:19:01
Victoria Crisp 46	1:16:31	1:23:19
Diana Fitzpatrick 41	1:16:42	1:20:04
Bev Docherty 40	1:16:48	1:19:31
Gloria Jansen 51	1:19:20	1:30:21
Kathy Ward 44	1:20:22	1:26:13
Linda Frisby 51	1:20:41	1:31:54
Jeanne Lasee-Johnson 41	1:20:47	1:24:21

Masters Division Standings:

Women

Bev Docherty 40	54
Patty Valadka 41	51
Jane Welzel 44	45
Jeanne Lasee-Johnson 41	30
Victoria Crisp 46	30
Diana Fitzpatrick 41	24
Jane Murphy 40	15
Joan Ottaway 55	14
Sherri Hall-Curl 47	10
Sue Addison 42	10

Age-Graded Standings: Women

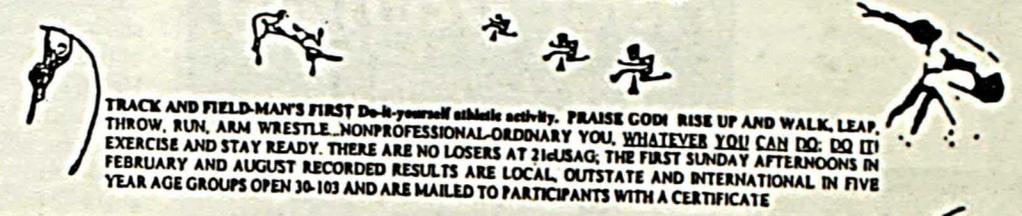
Joan Ottaway 55	241
Victoria Crisp 46	212
Bev Docherty 40	197
Linda Frisby 51	183
Gloria Jansen 51	183
Patty Valadka 41	179
Barbara Spannaus 51	155
Jeanne Lasee-Johnson 41	152
Jane Welzel 44	150
Jane Murphy 40	134

(Compiled by Road Running Information Center)

minnesota resident/ outstate/ international/

Table of race results for various events including 110m Hurdles, 400m, 800m, 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 7000m, 8000m, 9000m, 10000m, 12000m, 15000m, 20000m, 25000m, 30000m, 35000m, 40000m, 45000m, 50000m, 55000m, 60000m, 65000m, 70000m, 75000m, 80000m, 85000m, 90000m, 95000m, 100000m.

The 21ST CENTURY AGELESS GAMES, USA Early Morning "R" Track and Field



TRACK AND FIELD-MAN'S FIRST Do-it-yourself athletic activity. PRAISE GOD! RISE UP AND WALK, LEAP, THROW, RUN, ARM WRESTLE...NONPROFESSIONAL-ORDINARY YOU, WHATEVER YOU CAN DO: DO IT! EXERCISE AND STAY READY. THERE ARE NO LOSERS AT 21cUSAG; THE FIRST SUNDAY AFTERNOONS IN FEBRUARY AND AUGUST RECORDED RESULTS ARE LOCAL, OUTSTATE AND INTERNATIONAL IN FIVE YEAR AGE GROUPS OPEN 30-103 AND ARE MAILED TO PARTICIPANTS WITH A CERTIFICATE

BELIEVE IT OR NOT, The 21cUSAG is not Political or Religious. All Faiths, or none, are Welcome

BY CHOICE, 21cUSAG OPENS WITH A "WORD OF THANKS," FOLLOWED BY THE HAND TO HAND PASSING OF A SYMBOLIC TORCH LIGHT AND CREED. THE LORD GOD IS FOREVER, WE ARE TODAY-REMEMBER HIM!

AN AMATEUR'S CREED I AM A 21ST CENTURY MASTER'S/SENIOR'S AGE CHAMPION; USING TODAY'S OPPORTUNITY AND MY ATHLETIC ABILITY TO HONOR GOD; AND RESPECT THE DIGNITY OF EVERY MAN AND WOMAN, CREATED IN HIS OWN IMAGE, THRU FRIENDLY COMPETITION AND FAIR PLAY -LET R MEET BEGIN-

AUGUST 1, 1PM UNIVERSITY OF MINNESOTA (116-155E/Encl35W University Av-156-Mack St)

Table of race results for various events including 100m, 200m, 400m, 800m, 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 7000m, 8000m, 9000m, 10000m, 12000m, 15000m, 20000m, 25000m, 30000m, 35000m, 40000m, 45000m, 50000m, 55000m, 60000m, 65000m, 70000m, 75000m, 80000m, 85000m, 90000m, 95000m, 100000m.

Advertisement for 'Parents Are The Role Models Here' featuring a cartoon of a child and the text 'Pray thru Y2K and beyond...'.

The 21C. USAG Edited Update-Entry Sponsored by Sr. Rachel, home address S 1964, 24hr PowerEyed S 1973, Illegal area S 1996, 122-NE 63 1/2Way, Twin Cities., MN 55432 For SUMMER '99 fun "R"ec. Aug. 1, at the U of M; See Mid-America Schedule; Choose from current outside record events above; Mail Ck. Birthdate/age on 9/1/99 to: THE 21ST CENTURY AGELESS GAMES (address above) PREregister by July 15. /\$ASE \$8-one event, \$15-unlimited (incl. Fastest Family Fun Relay-list names and ages backside of the entry) M75+ & W60+ 55mHurdles: Bring your own collapsibles, or use Sr. Rachel's safe sticks. (specify which) AT YOUR OWN RISK. THINK you may Hurt YOURSELF at 21CUSAG-GOD forbid-Do Not Come. take your games too seriously?-pass us by. Otherwise, Be Here. Sign in Waiver. Apply 21CUSAG "Rules of Fairness." PREregister! After July 15, Add \$50. Meet day PROCRASTINATORS: Add \$75 Still Verily Amateur-Verily "RECREATIONAL & Verily Verily NONprofit.

Abba Father: Once again "Our Lord" God, I share a Prayer of Thanks to You for the remaining privilege we have to participate in a Recreational activity dedicated to thee. Father I ask you now to touch Rosie O'Donnell's good heart to understand another view of the Police State she calls for; example: March 31, A.D. 1999: A 34" tall 1208 64 yr. old minority woman on her routine walk-facing Police with hands on their guns-as she revealed the suspected threat to them from her pockets-hands up high-an A.D.1611 Old King James Version of The Holy Bible(the version understood by her grandmother even though she had never learned to read it for herself) Praising and Thanking GOD-not knowing if this was the end. Seemingly to them, the OKJV is more dangerous than dogs and guns even for child-teens. The Police have allowed Rotweiler and Pit Bull attacks on citizens, spraying, with no defense. Lord, Have Mercy on your helpless little people, as predators are released; those, past and presently, being harassed and falsely imprisoned for sometimes victimless and harmless trivialities. "with the heart, man believeth unto righteousness" OKJV May Rosie's recurring memory not hold facing the unforgettable-another darker side to her call. Trust and agreeing in thee, Amen

Welcome to The New World Order Reality America -Est. S. 1976 A.D. Jealousy is cruel as the grave" OKJV OT "Repent", "Love is the fulfilling of the law" OKJV NT



Masters Racewalking

by ELAINE WARD

Jonathan Matthews – The Master of Time (Part I)

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 slower than my all-time best 20K. For some reason, you'll have a rare day when you don't feel any pain when you're racing. It was one of those days. I was going as fast as I could and trying as hard as I could, but I didn't feel the kind of intense discomfort that you typically feel when you're trying your hardest.

When I made my PR back in 1993, it was the hardest race I ever did. I thought I was going to die from 5K on. I remember even trying to shout to get the adrenaline coursing through my body. I was trying to somehow hang on to what felt like a slow motion pace. Though this race was 31 seconds slower, it was not like that at all. I was looking around at folks and smiling. I felt so relaxed.

EW: You told me that before this race you had begun to wonder whether your body was aging and slowing you down. Can you be specific?

Olympic Aspirations

JM: It's necessary to go back a bit. In '95, I had a very bad groin injury. It

basically took me out of racewalking for nine months. At the age of 38, to take nine months off is pretty traumatic. So I tried to come back, even though I was still having 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 trials 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 reason to feel that I might be in the best shape ever. That is why I went out at a pace that was contending with the leaders. I didn't think I was being foolhardy. I thought I was fit enough to do that, but it turned out that I wasn't fit enough.

A Change in Training

In post-race analysis, I realized that both years I had done all my training on a treadmill. I had thought I could get away with it and that my training would all transfer to the road. But I began thinking that it might not be the case. In fact, I became convinced that my treadmill training was not translat-

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.

JW: Yes, I have a training log which I've kept since I started racewalking. I can always compare workouts 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?

JW: After the 50K, I took about four easy days and then began some harder workouts. For 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.

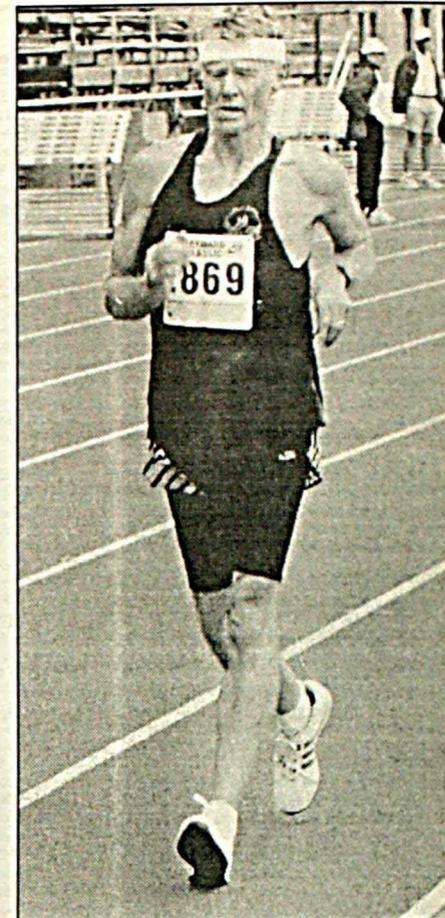
Ready to Race

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 combination of some easy walking and some wind sprints. When you're feeling tired, you have to do more 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 wasn't wearing a heart rate monitor and I wasn't trying to maintain any specific pace. I was just going at a comfortable pace based on past experience and on knowing the level I had to be breathing to be able to survive the whole 20K.

From the beginning, I walked the race by myself. The only time anyone was anywhere near me was when Jefferson Perez came by. He started out slower and walked the first lap or two slower. Tim Seaman and Curt Clausen went right out at a faster pace, so they were ahead of me. I was in third and then Jefferson passed. But that was the only time that there was anyone near me except when I lapped someone. I wasn't trying to stay with anyone else. I wasn't trying to go at anyone else's pace. I wasn't even trying to go at a specific set pace of my own. I was just going on how it felt.

EW: Weren't you checking your watch?



JERRY WOJCIK

Mark Adams, winner of the M55 5000 racewalk (26:27.10), 1998 Hayward Meet, Eugene, Ore. This year's meet will be held on June 19-20.

JM: I did check my watch for information. I took splits every lap and was curious to notice that I was stable or going faster with every lap. My first 10K laps were 8:38, 8:41, 8:38, 8:37, 8:34. My second 10K laps were 8:30, 8:29, 8:33, 8:26, 8:20. Once I got to 10K, I was feeling good and felt comfortable enough to pick up the pace.

Facing the Unknown

Going into the race, I had no idea what was ahead. You never do have any idea of exactly how it is going to go. I knew for sure that Curt and Tim were incredibly fit. They had just done an amazing 5K, and I was pretty sure that they would remain somewhere up the road in front of me. I was very impressed by Al Heppner's recent 50K, but I also knew that a young guy who does a 50K as hard as he did, is not going to be ready to race very fast five weeks later. There is just no way it can happen. Especially the way he did it. He went out so hard and so brave, and when he got caught, he was really pushing it. His last two laps were a lot slower than the rest of his race and it showed me that he had pushed himself absolutely to the wall. It takes a long time to recover from that kind of effort.

Also, I thought the chances were that Andrew Hermann and Philip Dunn would be feeling some effects from the 50K. So, based on my workouts, I sensed that if I had a good race day, I might be able to get third.

EW: And you did!

JM: I did, without counting Jefferson Perez, of course. But I didn't think it would be as fast as it was. □

(Next month, in Part II, Jonathan discusses training.)

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



False Start

by DAVID E. ORTMAN

Bring Back the Finish Tape!

Somewhere 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 girls holding a piece of yarn across the track.

If you were first to the “tape,” the yarn would slip out of the lovely hands of the young girls and wrap itself around your chest, a sort of body laurel wreath streaming behind you like a comet tail as you blazed past. If you had the tape, you had the race. Breaking the tape was the mark of a champion, although it was sometimes hard to focus on the tape and not on the young ladies holding the tape.

Of course, coach always told us to “run through the tape, don’t lunge at it.” In high school what did we know? We always lunged at it. Makes as much sense as sliding into first base, but there was something irresistible

about throwing your chest forward in the belief that your heart and mind, and perhaps legs and arms would somehow follow. I think the coach told us not to lunge because doing so created a high probability of nose-diving into the track, after which you would dig cinders out of your chest instead of yarn.

Unrecorded is the name of the official who decided that the front of the chest crossing the finish line designated the winner. Since it is possible in a race such as the 100m to start with the front of the chest beyond the starting line, the actual distance covered by the front of the chest may actually be less

than 100m.

On the other hand, in an event like the high jump, I was delighted when I realized that although my personal record is only 6 feet, my body thickness is about eight inches. Thus, when laid out over the bar, I was actually able to elevate my chest and belly button to 6-8, which sounds much more impressive.

If you were not first to the tape, confusion sometimes set in. Suddenly, the finish tape, the focal point at the end of your lane vanished, sucked by the lead runner into some localized black hole along with the finish line.

This is the same confusion that faces master track runners – no finish tape. On some tracks the finish line is so faded that, without a finish tape, it is often extremely difficult to tell where the finish of the race is at all. The legs ask the eyes, “Is it time to stop running?” and the eyes say, “Can’t tell, keep running!” Perhaps the finish tape disappeared when electronic/photo timing came into being. Maybe the tape and the young girls got in the way of the camera; although, I seem to recall photo finishes with the tape flying.

I suppose it’s too late to bring back cinder tracks, old guys in caps with their thumbs on stop watches, and young girls holding a piece of yarn across the track. In any event, although there have been many attempts to gain a sprinting edge, 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. Ortmann, 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 1995 WAVA-Buffalo 8th place finish in the 110H. His new column “False Start” will appear monthly in NMN.

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On The Run

by HAL HIGDON

"For Us There Was No Glory"

In 1971, I turned 40. My June birthday was only a few weeks before the national masters championships in San Diego. Although running had been mainly a background activity for me during the previous half dozen years, I made plans to participate, upping my training accordingly.

The "masters movement" was only a few years old, begun by David H. R. Pain, who in 1966 encouraged a track meet organizer to add a mile for runners over 40. That grew into a full-event track meet for former runners seeking to regain old glory, or new runners looking to add spice to their competitive efforts.

The year 1971 was significant in that it was the first year Pain's masters meet gained enough prominence to be recognized by the Amateur Athletic Union as a national championship. It also marked the appearance on the international scene of Australian John Gilmour. He flew all the way from Perth to compete, and accompanying him was another Aussie, Cliff Bould. Other than a handful of Canadians, Gilmour and Bould were the only ath-

letes to provide the meet an international flavor.

Impressive Time

In the 10,000 meters I battled Peter Mundle, edging ahead in the final lap to win in 34-something. Finishing a lap or so behind us was John Gilmour, whose time of 35:42 at age 52 on a warmish day certainly was more impressive than ours. He was named athlete of the meet in the M50 division.

"If Leopold and Loeb had been runners, they might never have committed the Crime of the Century."

That's what I wrote when I autographed a copy of my latest book for Amby Burfoot, Editor of *Runner's World*. Several members of the *RW* staff didn't realize that I wrote about anything other than running.

In fact, I spent most of my career as a freelance journalist writing about subjects as diverse as business, politics, science and The Civil War. In 1976, I wrote *The Crime of the Century* about the Leopold and Loeb case. This brutal pair were defended by Clarence Darrow, the most famous attorney of any era. Their thrill killing bears striking resemblance to the recent school killings in Littleton, Colorado.

For several decades my book has been out of print, but now on the 75th anniversary of the murder and near the end of the century for which it is *the* crime, the book is being reprinted by The University of Illinois Press. You can order a personally autographed copy for only \$14.95 by contacting me (toll-free) at 888-ON-A-RRUN, or through my Web site: www.halhighdon.com.

And, yes, I will sign the book to you just like I did for Amby Burfoot. Just ask!

— Hal Higdon

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 encounter each other over 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 war experiences, 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 1 are frightening. 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 961 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-

ing to the prisoners: "What happened next was extremely upsetting to the Australians. We had to stand by while the Japanese sentries killed him slowly with their bayonets. They put him on the road and ordered him to run towards one end of the court. Then they charged him, yelling and screaming. He screamed every time they bayoneted him. He was a strong man and took an hour to die. His crime was that he had tried to help us."

Gilmour survived by scrounging and stealing food (mostly sugar) when assigned to work duties. Normally 132 pounds, he weighed 90 pounds and was nearly blind from malnutrition when the war finally ended in the summer of 1945 after the Americans dropped two atom bombs on Japanese cities. "Hiroshima saved me," states Gilmour, who probably would be dead if the war had been allowed to drag on even a few more months.

Running Resumed

Nevertheless, within a year after his return home, Gilmour returned to running. He was determined to resume his athletic career, even though he frequently vomited after races and hard workouts. Doctors warned him against returning too fast. Gilmour ignored them.

"The whole of my time as a P.O.W. I had lived for the day I could return to my athletic career. It was always on my mind. It helped me to stay sane, gave me the will to live and get back home and succeed. Being nearly blind and underweight wasn't going to stop me."

A year after his return, Gilmour won the Western Australia 10-Mile Championship, beating a rival who had beaten him over that same distance in 1940. His time of 1:01:30 was inferior to times he would record as a master athlete over the next decades (he ran a 2:42:38 marathon at the age of 64), but most importantly: he had survived.

No Comment

After the 1993 World Veterans Championships were awarded to Miyazaki, Japan, many of us who knew Gilmour's background wondered how he would react on returning to that country. I was standing in a group soon after with Gilmour when Miyazaki was mentioned. I recall John glowering, but saying little.

Gilmour offers only a few clues as to what went through his mind while competing in Miyazaki. In the 10,000 meters, he waged a stirring battle with Japan's Yoshizu Nishimura, undefeated until this point. Gilmour won by four seconds. He also won cross-country, placed third in the 1500, then ran the 5,000.

Despite having the fastest time of all entrants, Gilmour was positioned next to last in the field. On the second turn, struggling for position, Gilmour was tripped and crashed to the ground. His glasses broke, cutting his face. Gilmour lay on the ground, momentarily stunned, but finally rose and began to chase the field. At 3,000 meters he

Continued on page 13

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 that 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 Durban, 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 he was 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).

Gilmour ranks 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.)

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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.

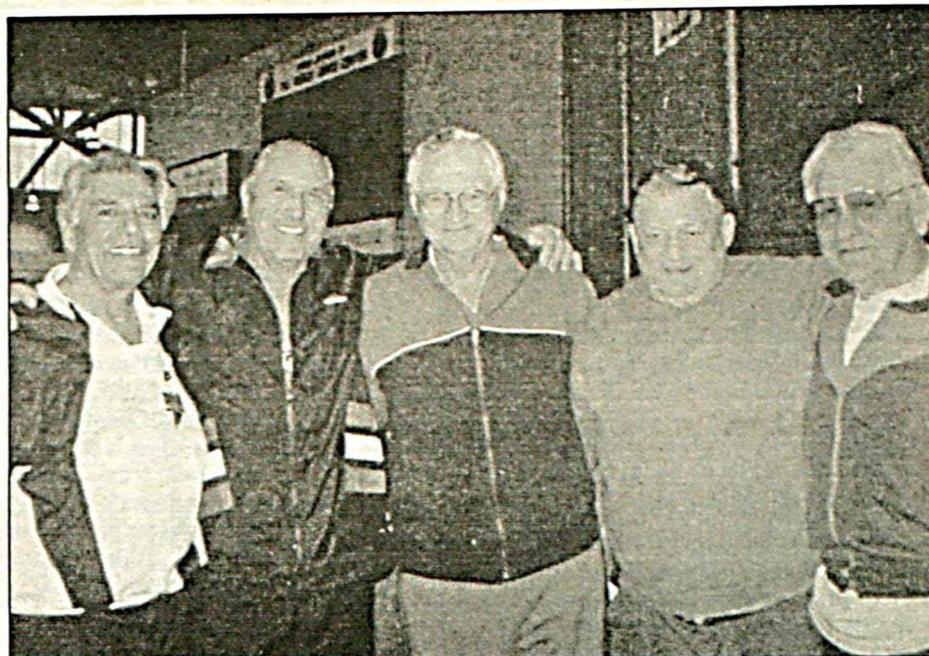
First off, Bob MacConaghy, a champion in the javelin and pole vault in the early days of the masters program, responded to an article I wrote on throwers who borrow implements. This is part of what he said: "One time I lent my javelin to a guy who said that he had a javelin but that it was too much trouble to bring to a meet. His last throw (with my javelin) was ruled flat, but he protested. He and the officials spent more than five minutes looking for a mark in a 10-foot square area and finally settled on a bent blade of grass, which gave him a mark six inches better than my best legal throw."

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 just 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



Throwers at the 1999 Indoor Championships, Boston, (l to r): Phil Brusca, M70, Arnie Gaynor, M70, Bill Nettles, M75, William Walmroth, M75, and Ross Carter, M85.

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 from Greenwich, Conn., offered several tantalizing thoughts for throwers:

1) Virtually all tapes, books, etc., about throwing are geared toward young athletes on their way up. We masters know that our distances have

to decline with age. Age-grading, although useful, isn't my thought here. It's more the "special" aspects or ways of improving performance for the master thrower.

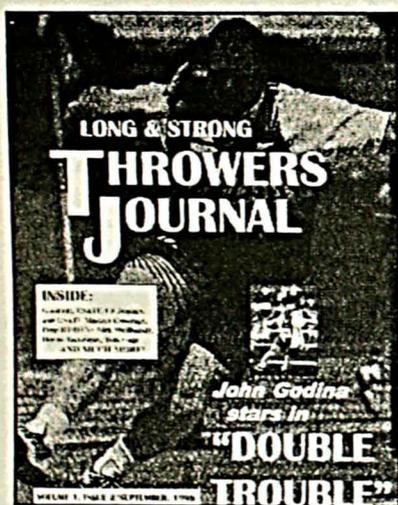
2) Masters competition puts one together with friendly opponents many times in a season, versus the high school/college exposure of maybe one or two times in a season. The camaraderie is a fine, strong force. Also, I've noticed that no one ever asks what you do for a living - it's terrifically egalitarian.

3) As we move happily into older age brackets and lighter implements, we end up with a supply of heavier ones. Other than over-weighting for practice, is a potential implement exchange an idea?

4) How about nutty ideas that have been tried for more distance? Other than the O'Brien and the spin in the shot, I would imagine that there have been a lot of other ideas tried. For instance, are there aspects of boxing or karate that have been adapted for greater momentum, etc.?

So that takes care of a huge stack of some dozen letters that I've accumulated over the years. We'll do it again in another five years or so. □

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Track and Field Report

by KEN WEINBEL,
Chairman, Masters T&F

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 to fruition.

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. □

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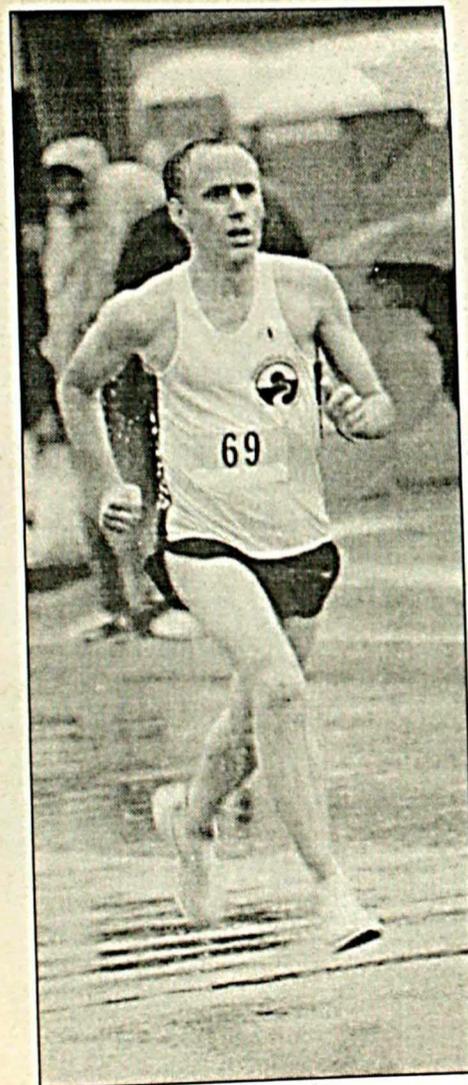
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GEORGE BANKER

Jim Whitnah, 44, Chevy Chase, Md., ran a 56:34 in the Cherry Blossom 10 Mile, Washington, D.C., April 11.



Masters Scope

by JOHN ROBERTSON, MD

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 with a 3:58 indoors at age 40. The world record at the time was 3:46 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 numerous physiologic components, 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 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 arterial-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.

So we have a volume of blood containing O₂, or CO, and the amount of O₂ the exercising muscle extracts from that blood, of A-V O₂ dive, determining the total amount of O₂ the body can

deliver to its muscles during exercise. That's how VO₂ max is defined, VO₂ max = CO x A-V O₂ dive. So what happens to these three variables which make up VO₂ max, HR, SV and A-V O₂ dive with aging? With all these definitions out of the way, let's look at each.

First of all, as a frame of reference, VO₂ max also tends to decline with aging about 1% per year just as racing performances decline, suggesting that most of the performance declines in endurance racing can be explained by the drop in VO₂ max. While both those who exercise and those who don't will experience a drop in VO₂, it appears that the rate of decline is about twice as fast in the non-exercising group. I've been telling my patients for years, if you want to age rapidly, don't exercise.

Age-Related Drop

The reason for this decline appears to be due mainly to the age-related drop in maximum HR that we all experience, though there is a huge variation in the rate of HR decline. Some studies indicate a reduction in max HR of one beat per year, while others are much less, approaching only half that rate of decline.

When combined with the huge variation in max HR to begin with, it is obviously very tricky to predict one's max HR by using the standard equation of 220 minus your age - for example, if you're 40, your predicted max HR would be 180, while it could be anywhere from 160-200. The safest way to determine your max HR is to have it measured during a treadmill stress test. Another, less safe, method is to warm-up, then race, a half-mile all-out with a heart-rate monitor and see what HR you get.

Varying Results

The available studies suggest different results regarding an explanation of what causes the decline in VO₂. Some studies on more sedentary subjects suggest that the decline was 30-50% HR and 25-30% each with SV and A-V O₂. Other studies on competitive masters athletes suggest that HR is the only variable responsible for the decline.

As we know that both SV and A-V O₂ improve with training, and we also know that max HR does not change with

training, I tend to trust the HR-only theory. Clearly, more studies on masters level athletes are needed that look more closely at these variables. As one does endurance training, the heart enlarges, thereby increasing SV, and the muscle's blood supply and number of enzymes for burning O₂ increase, both of which increase A-V O₂.

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 ways that SV, or the amount of blood the heart is able to squeeze out with each beat, declines with aging. The ability of the muscle to contract may reduce, since, as blood pressure tends to rise with aging, the pressure the heart must pump against is greater. The heart's wall thickness increases with age, as does the size and stiffness of the aorta, the large artery that carries blood out of the heart. If the heart's walls are thicker and stiffer, less blood can enter prior to being pumped out. So, less blood is getting in the heart, the heart muscle is able to contract less forcefully and the pressure it must pump against is greater. All of which conspire to reduce SV.

There are also 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 decrease blood being pumped 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 possible areas of limiting O₂ delivery to, and use by, exercising muscle need investigation.

Performance-Aging Equation

So we now arrive at the major factor in this entire equation, namely max HR. 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 the 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 maximal heart rate and, more importantly, maximal oxygen uptake decline with age in master endurance athletes, even



SUZY HESS

Bill Weinacht, winning the M80 100 (15.71) in the 1998 National Masters Championships. The 1999 Championships are scheduled for Aug. 26-29, Orlando, Fla.

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 functioning 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 day only comes once. Enjoy it while you can. □

(Dr. 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 possessed, 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 Barnwell 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+ 100, 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 Sowerby an opportunity to reprise their brilliant 400 at Boston. Sowerby 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, Sowerby, 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, Sowerby got to run (without blocks), and some false starts later (which helped him warm up), the real race was on. But once again it was Allie, no doubt not nearly so well-known to the crowd as the legendary Sowerby, who prevailed, running 11.73 to Sowerby's 11.85. (Sowerby 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 1997 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, was third in 13.17.

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 Norma Jones, 53, third in 16.86.

The weather deteriorated further, and for the first time in the memory of this reporter and, more important, 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 1/2 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 Boston was the only team to break 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 Goldy of Haddonfield, N.J., got up for third in 16.36 seconds, a new U.S. age-82 standard (Byron Fike 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 sil-



JERRY WOJCIK

Larry Colbert won the M60 60m with an age-graded 97.6% 7.97, the 200 with a 92.0% 26.46, and the 400 with a 94.0% 58.06, Masters Indoor Championships, Boston.

ver (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. □



CLAY SHAW

Jeanne Lasee-Johnson, 41, third W40 finisher (28:43) in the Shamrock 8K in Virginia Beach, March 20.

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

Host Organizations: Seattle Masters A.C., Pacific Northwest T&F Masters, Seattle Parks and Recreation, Greater Seattle Senior Games Association

Eligibility: USATF Masters: ages 30 and older. Senior Games: ages 50 and older. Divisions: Five Year Age Divisions, Men & Women

Awards: Regional Awards (for registered USATF Northwest Region athletes) Medals 1-2-3 Ribbons 4-5-6. Champion Patch Association Awards (for registered PNW Association athletes) Champion Patch Senior Games Awards (for registered Greater Seattle Senior Games athletes) 1st-2nd-3rd places.

Entry Fees: \$15.00 First Event, \$5.00 Each Additional Event. Relays \$10.00 per team (payable when you declare). Officials surcharge: \$5.00

Relays: 10 year age groups. Declare one hour prior to event. To qualify as Regional Champions, team members must be from same club or association. Pick-up teams may run. Teams are requested to wear same tops.

Entry Deadline: Must be postmarked by July 10. Late entry add \$5.00 per event. No entry accepted after July 14.

Numbers and Heat Sheets: Available at Track Site one hour prior to first event.

Facility: 400 M Polyurethane Track and Runways 1/4" Spikes, Javelin Runway: Grass

Reception: Saturday Evening. Athletes and Officials invited. Northwest Regional Masters Meeting: Follows Raceopen

SCHEDULE OF EVENTS

SATURDAY		SUNDAY	
TRACK EVENTS	FIELD EVENTS	TRACK EVENTS	FIELD EVENTS
10:00 5K Racewalk All M&W	9:00 Javelin W/M 60+	10:00 300M Hurdles	10:00 Decaa W/M 60+
11:00 10K Run All M&W	10:00 Javelin M 30-59	10:30 400 M Hurdles	High Jump M 30-59
12:00 80 M Hurdle	Hammer W/M	10:45 5K Run W/M	Triple Jump W/M
12:15 100 M Hurdle	10:00 Pole Vault W/M 60+	11:15 800 M W/M	12:00 Decaa M 30-59
12:30 110 M Hurdle	11:00 Long Jump W/M	11:45 200 M W/M	High Jump W/M 60+
12:45 100 M W/M	Pole Vault M 30-59	1:45 4 X 100 Relay	12:30 Weight W/M
1:45 400 M W/M	12:00 Shot Put M 30-59	4 X 400 Relay	1:30 Superweight W/M
2:30 1500 M W/M	1:00 Shot Put W/M 60+	4 X 800 Relay	

Implement weigh-in 30 minutes prior to event. Meet implements will be provided by Seattle Masters A.C.

SEATTLE MASTERS CLASSIC ENTRY FORM

USATF REGISTRATION REQUIRED

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Address _____ City _____ State _____ Zip _____

Phone _____ Club Affiliation _____ Greater Seattle Senior Games Entry Yes _____ No _____

Events Entered: Best 98-99 Performance _____

1 _____ 4 _____

2 _____ 5 _____

3 _____ 6 _____

Relays: 400 M _____ 1600 M _____ 3200M _____

ENTRY FEE _____ LATE FEE _____ OFFICIALS SURCHARGE (\$5.00) _____ TOTAL _____

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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 national and international scheduling."

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."

Seniors 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 mar-



National
Senior Games
Association

keting 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 50 years of age or older, 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, horse-shoes, racewalking, 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 when 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. National 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 under-capitalized."

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

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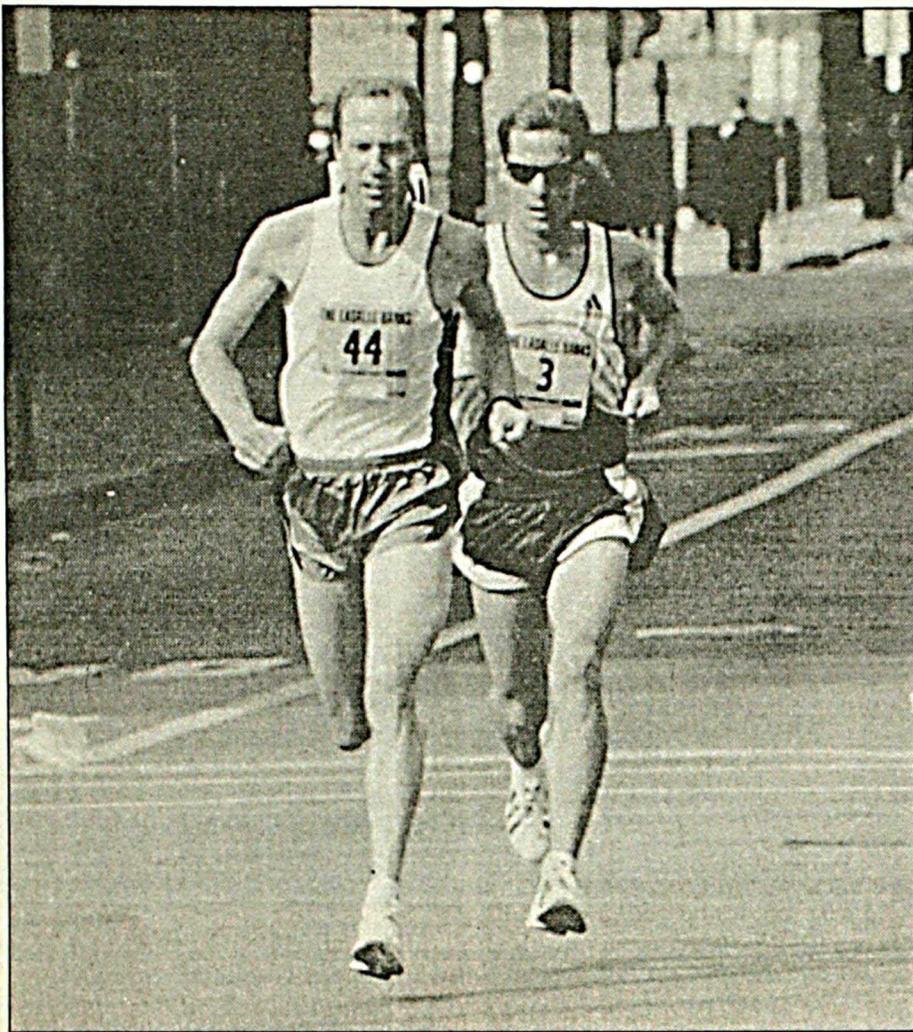
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GEORGE BANKER
Jim Hage, 40, first M40+ (15:52) with Monica Roberts, fourth W25 (18:45), Claredon 5K for Kids, Arlington, Va., April 3.



CLAY SHAW

John Tuttle (#44) sets the pace in the Shamrock Shuffle 8K, leading eventual winner Todd Williams. Tuttle, 40, breezed his way to a 23:25, Williams, 30, won in 23:20, March 28, in Chicago.

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 13. 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.

Kathy Martin, 47, Northport, N.Y., U.S. W45 3000 indoor record holder, hammered a breeze-buffed 19:17 to not only win the women's contest, but also to top both genders with an age-graded 15:36. John DelMaestro, 43, Woodbury, N.Y., nabbed masters gold and eighth overall with a 17:40 in the men's race, dominated by teenage speed.

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. □

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, JUNE 1999

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
CESARE BINI (ITA)	6-4-29	70-74
FORREST BROUILLARD (OR)	6-28-54	45-49
HERMANN BRUTSCHEID (WG)	6-14-54	45-49
ALAN BURGOYNE (AUS)	6-12-14	85-89
JACK CARSON (HONOLULU, HI)	6-20-9	90-94
JACK CARTER (ELLENVILLE, NY)	6-2-44	55-59
MIKE CASTANEDA (ANAHEIM, CA)	6-11-19	80-84
FRANK COSTELLO (ADELPHI, MD)	6-10-44	55-59
ALAN CRANSTON (WASH., DC)	6-19-14	85-89
JOHN FARRELL (GB)	6-12-9	85-89
ALFRED FUNK (BOZEMAN, MT)	6-24-14	85-89
FRED GEITER (NEW BERN, NC)	6-28-19	80-84
ORVAL GILLET (PORTERVILLE, CA)	6-26-19	80-84
JOHN GILMORE (SPARTANBURG, SC)	6-28-34	65-69
JOSEPH GOO (HONOLULU, HI)	6-10-34	65-69
JOHN HANNAH (MERCED, CA)	6-7-34	70-74
RUSSEL HARGREAVES (SANTA BARBARA, CA)	6-17-7	60-64
HARRY HAWKE (SAN DIEGO, CA)	6-24-2	74-78
SIEM HERLAAR (HOL)	6-28-3	74-78
VLADIMIR HORAK (CZE)	6-6-39	64-68
STEPHEN KEYES (NEW YORK, NY)	6-27-44	55-59
MELVIN LARSEN (SPRINGFIELD, IL)	6-12-24	70-74
RUNE LARSSON (SWEDEN)	6-17-24	70-74
KONSTANTY MAKSYMCIK (GB)	6-10-14	80-84
JAMES MCCARTHY (SACRAMENTO, CA)	6-2-14	85-89
JIM MCDONALD (NZ)	6-28-14	85-89
TOM MONTGOMERY (UPLAND, CA)	6-28-29	74-78
EGON NIELSEN (DEN)	6-16-29	55-59
EARL OWENS (DUNWOODY, GA)	6-24-49	54-58
JOSEPH PHILLIPS (GB)	6-22-34	60-64
YRJO RANTALA (FIN)	6-28-19	70-74
WILLEM RAVENBERGER (HOL)	6-29-9	90-94
FREDERICK REID (RSA)	6-28-34	65-69
DICK RICHARDS (ENCINITAS, CA)	6-26-34	65-69
LLOYD RIDDICK (TEANECK, NJ)	6-11-49	54-58
LARRY RODENBECK (WEST PLAINS, MO)	6-4-14	85-89
HANS SCHNEIDER (WG)	6-24-39	60-64
GLEN SHANE (NY)	6-17-44	55-59
TAPANI TAAVITSKINEN (FIN)	6-9-34	65-69
VALBJORN THORLAKSSON (ICE)	6-15-54	45-49
JAN VOIGT (GER)	6-2-19	85-89
ROSS WINTON (CORONA DEL MAR, CA)	6-23-34	65-69
MAMO WOLDE (ETH)	6-28-29	70-74
SHELLEY AMMONS (DENVER, CO)	6-27-44	55-59
PAM BIDWELL (NH)	6-30-34	65-69
JUNE DICKINSON (SANTE FE, NM)	6-25-54	45-49
NANCY DITZ (MENLO PARK, CA)	6-5-49	50-54
KATHERINE GALLANT (SCOTTSDALE, AZ)	6-5-49	45-49
MARSH HAMILTON (LOLA, MT)	6-20-39	60-64
EVELYN HOBBS (NY)	6-30-39	60-64
HELEN JENSEN (SEATTLE, WA)	6-18-29	74-78
SHIRLEY KINSEY (LA CRESCENTA, CA)	6-7-34	65-69
FLO MAILER (SHELBURNE, VT)	6-25-24	75-79
KATHLEEN MCDONAGH (CHICAGO, IL)	6-26-49	50-54
KATHY MCINTYRE (NEW YORK, NY)	6-1-29	74-78
FRANCES SACKERMAN (BURLINGAME, CA)	6-29-19	84-88
MARIE STAFFORD (COTTAGE GROVE, OR)	6-5-49	54-58
JAN VERMILYE (NEW PALTZ, NY)	6-19-44	59-63
MARY ANN WALLACE (US)	6-19-34	69-73
HISAE AGO (JPN)	6-23-44	55-59
HILDEGUND BUERKLE (GER)	6-23-44	64-68
LINDA CLAYTON (AUS)	6-20-54	44-48
AWWE DEWEN (DEN)	6-21-34	64-68
RIETJE DYKMAN (HOL)	6-21-34	64-68
HEIDI HAASE (GER)	6-4-44	54-58
DOROTHY HAMILTON (AUS)	6-2-44	69-73
GILLIAN HEAVINGHAM (GBR)	6-19-44	54-58
VALERIE HOOD (NZL)	6-20-54	44-48
ANNE JENSEN (DEN)	6-17-44	59-63
HELGI LAMP (EST)	6-19-34	69-73
MYFANWY LOUDON (GBR)	6-19-34	69-73
STELLA MURNANE (AUS)	6-2-24	79-83
BERYL NEUMAN (AUS)	6-22-44	55-59
KIRSTEN ONSBERG (DEN)	6-28-14	85-89
ETHEL PAVELEY (RSA)	6-13-19	80-84
ASBJORG TRONSMO (NOR)	6-10-34	65-69
ALET TEN TUSSCHER (S.AFR.)	6-15-34	65-69
LEA VILPAS (FIN)	6-16-54	45-49
CHRISTINE WALLACE (RSA)	6-16-54	45-49

Compiled by Pete Mundle, World and U.S. Masters T&F Records Chairman

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Health & Fitness

Does Oatmeal Lower Cholesterol?

Heat 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



SUZY HESS

Eve Pell, W60, 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.

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

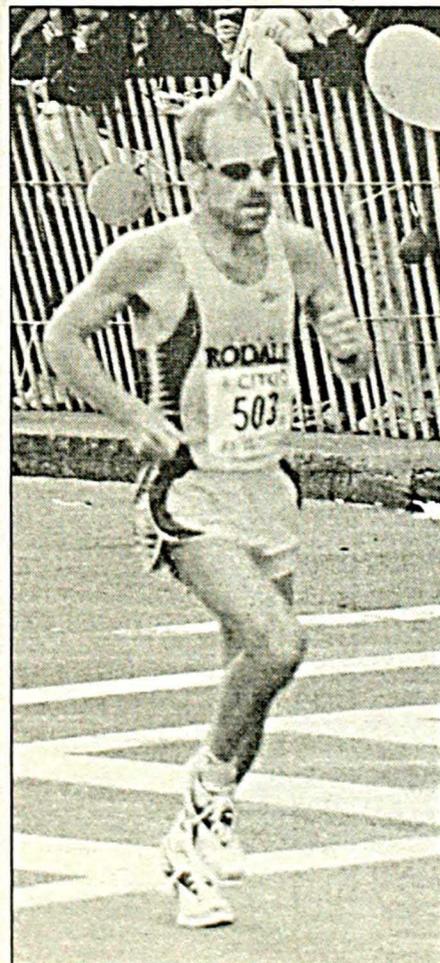
remained high throughout the working day when measured at 15-minute intervals, said James Lane, an associate research professor of psychiatry at Duke University in Durham, N.C.

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



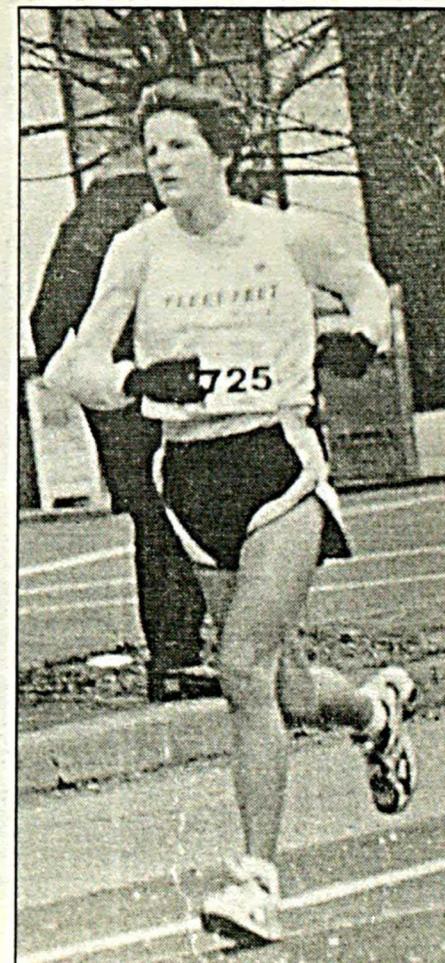
GEORGE BANKER

Sharon Dolan, 56, first W40+ (44:44), Piece of Cake 10K, Gaithersburg, Md., March 20.



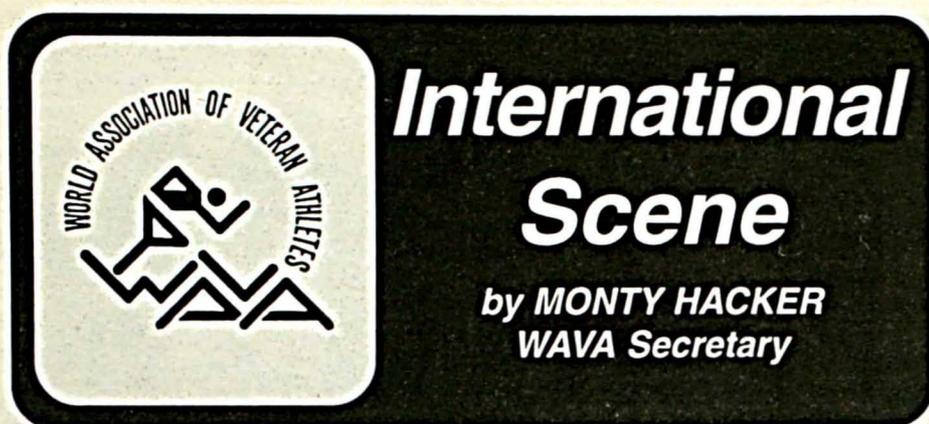
TESH TESHIMA

Budd Coates, of Pennsylvania, third M40+ (2:22:52), Boston Marathon, April 19.



GEORGE BANKER

Patti Shull, 40, first masters woman (37:12), St. Patrick's Day 10K, Washington, D.C., March 14.



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)."

The Council is of the view, in line with a number of representations made to it, that the continued use of the name "Veterans" serves not only to denigrate the Association but also to liken its members to war veterans.

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)m: "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(2) 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 (e) - by the addition of a new subsection (vii) providing for Honorary Members:

"(vii) Have the power and authority to elect WAVA/WAMA Honorary Members:

"(a) On proposal/s 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/or

"(a) (ii) Honorary Life Members;

"(b) The election of Honorary Members as provided for in Section 4(e) (vii) (a) above shall require a two-thirds majority vote by the General Assembly;

"(c) The Council shall have the power to award WAVA/WAMA "pins" for services rendered to distinguished persons who have not been elected as Honorary Members;

"(d) The General Assembly shall have the power, by a two-thirds majority vote, to ratify and adopt the election of Honorary Members (during pre-1999 General Assemblies) at times when this empowering section of the Constitution had not yet been enacted."

It has been brought to the attention of the Council that WAVA has no specific power to grant Honorary Membership or other awards to those who have served its cause with distinction. To enable WAVA/WAMA to make such awards it requires the power to do so in General Assembly.

8. Championships, Rules of Competition - Section 1, paragraph 4: That the existing paragraph 4 be deleted and the following substituted:

"The duration of the Non-Stadia World Veterans'/Masters' Championships is four days of competition with the following program:

"Thursday: Cross-Country Relay

5x4K (men 40-59)

3x4K (men 60+ and women)

50K walk and run (men and women)

"Friday: Ekiden at marathon distance (men and women)

"Saturday: 10K road race (men and women)

"Sunday: Half marathon (men and women)

20K road walk (women)

30K road walk (men)"

The reason for the proposed change is simply that the Council feels that the Non-Stadia Championships are not attractive enough with the present program. The participation (athletes and countries) is too low to call the Championships "World Veterans' Championships" and they must become more attractive.

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

1. From Colombia, to amend section 10(d) 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.

3. From Chile, to amend Section 10(d) 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."

4. From Germany: "That it be mandated that German be one of the languages offered for translation at the General Assembly."

5. 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 . . ."

6. From Australia:

a) 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."

b) 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."

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

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

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

f) 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.

Using the 80m hurdle markings, two hurdles are added, one at 76 meters and one at 84 meters. Continue with normal 80m markings. Topping weights stay the same.

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. □

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GATESHEAD
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TRACK AND FIELD
CHAMPIONSHIPS

Countdown to Gateshead

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 Haggon 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.



LEO BENNING

Wessel Bosman, M40, former South Africa open hurdles champion, leads the field in the 3rd Africa Veterans Athletic Association Championships. C.Jafta (l), Namibia, was first M35; Andrew September (r), South Africa, was second M35.

WAVA/USATF Hurdles and Implements Specifications						
HURDLES						
WOMEN						
Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8 1/2"	8.5m 27'10 1/2"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
60-69 70 Plus						
30-39	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
40-49						
50-59	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
60-69 70 plus						
MEN						
30-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49						
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"	10
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"	10
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"	8
30-49	400m	.914m 36"	45.00m	35.00m	40.00m	
50-59	400m	.840m 33"	147'7 1/2"	114'9 1/2"	131'2 1/2"	10
60+	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
IMPLEMENTS						
AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT	
Women					WAVA	USATF
30-49	4.00k	1.00k	4.00k	600gms.	20#	20#
50 plus	3.00k	1.00k	3.00k	400 gms.	16#	16#
60 plus					12#	16#
Men						
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.	35#	35#
50-59	6.00k	1.50k	6.00k	800 gms.	25#	35#
60-69	5.00k	1.00k	5.00k	600 gms.	20#	25#
70-79	4.00k	1.00k	4.00k	600 gms.	16#	25#
80 plus	4.00k	1.00k	4.00k	600 gms.	12#	25#
Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m) Superweight: M30-69 56-lb.; M70+ 35-lb.; W30-49 35-lb.; W50+ 25-lb. WAVA weights are used for USATF weight pentathlons.						

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 about 68°F (20°C) during the championships. Daylight will extend well past 9 p.m. □

PRESIDENT:

Torsten Carlus
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Speaker's Corner

by AL SHEAHEN

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 laid 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.

"I 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 NMN, PO Box 50098, Eugene, OR 97405. Fax: 1-541-345-2436, e-mail: natmatnews@aol.com.



GEORGE BANKER

George Buckheit, 41, first M40+ (34:47), Bethesda Chase 10K, Bethesda, Md., March 7.



GEORGE BANKER

Ed Sheehan, 42, first M40+ (32:46), St. Patrick's Day 10K, Washington, D.C., March 14.

TWELFTH ANNUAL DON BRADY MEMORIAL MASTERS MEET

Sponsored by the Nashville Striders/Nashville Track Club

"A HIGH FLIGHT COMPETITION"

Saturday June 26, 1999 Vanderbilt University Track-Nashville, Tennessee

•Adults•

Pole Vault High Jump, Shot Put - 3:00pm
Long Jump - 3:10pm
Javelin Throw - 3:20pm

- 3:30pm
- 3:40pm
- 3:50pm
Discus Throw, Triple Jump - 4:00pm

•Youth•

100m
800m
100, 110m H
50m (10 & under)
200m
1500m
400m

•BREAK•

•Adult evening events•

80, 100, 110m H - 5:30pm
800m - 5:45pm
100m - 5:55pm
3000mRW - 6:10pm
3000m - 6:30pm
200m - 6:50pm
300, 400m H - 7:00pm
1500m - 7:15pm
400m - 7:25pm
4 x 400m Relay - 7:35pm



Youth (0-10, 11-14, 15-18), Adults (19-29), Masters (30-34, 35-39 etc.) Women precede men in all events, oldest to youngest. Some age groups may be combined. The schedule may move up or down several minutes depending on the competition. Please be ready. Check-in with Clerk of Course 15 minutes before event is called. Starting blocks will be provided. You must provide your own implements, however implements may be checked by officials. Note! Meet day registration will cut off at 5:00pm sharp to expedite the administration of the meet. It is advised that each athlete pre-register so that heats or flights may be formed early. Fees: \$7.00 first event, \$4.00 each additional event for adults. Youth pay a flat fee of \$2.00. Medals will be given to first three in each age group for adults and masters, youth will receive ribbons. Youth may participate in three events only, masters and adults no limit. Youth may participate in adult events, however if they do so, they can not participate in youth category.

tear off and return with fees

Name: _____ Age: _____ Gender: _____
(please print)

Address: _____

City: _____ State: _____ Zip Code: _____

Events entered: _____ Total fees paid: \$ _____

Waiver: In consideration of your acceptance of my entry into this meet, I myself, my heirs, executors, and administrators, waive and release any and all sponsors, including the Nashville Striders, Vanderbilt University, officials, their successors or assigns from any and all liability arising from any injuries and damage I may suffer as a result of my participation in this competition. I further state that I am physically fit to compete in this meet.

Signature: _____ Date: _____

Parent or guardian if under 18 years of age: _____ Date: _____

Send entry and fees to: NASHVILLE STRIDERS, PO BOX 128276 NASHVILLE, TN 37212 (615) 331-0111

Masters Scene

NATIONAL

• NMN columnist Mike Tymn won the Ashby Award for the annual essay contest sponsored by the Academy of Religion and Psychological Research for his 5000-word paper on "Dying, Death, and After Death: Random Musing Concerning the Spiritually Challenged." Tymn,

the only non-academician in the contest, was awarded \$500. He is working on a book on the subject.

EAST

• Don Di Donato, 41, of Hicksville, Long Island's top master, held off Carlos Castro, Jr., 30, to win the Nationwide Insurance 10K Run For ASPIRE by five seconds with a 32:44. Kathy Martin, 47, of Northport, Long Island's top W40+, was third overall in 37:49. Joe Cordero, 61, Islip Terrace, NY, claimed the M60 title with a sub-40 39:53. Net proceeds from the event (almost \$10,000 this year) go to the ASPIRE Program for the rehabilitation of young amputees, victims of bone cancer, traumatic amputations, and birth defects.

• In the "Armory Season Stretcher Indoor Invitational" at the NYC Armory T&F Center, April 15, Harry Nolan, 52, national M50 mile champion, with a 4:41.5, and Hugh Sweeney, 55, national M55 champion, with a 4:54.1, posted seasonal best times.

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 28 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, and all the inside scoops and information that affect the world of masters athletics competition. Some masters events are sponsored by USATF, the national governing body for athletics in the USA. Some are sponsored by individuals, clubs or other senior organizations. Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to age 40+, 50+ or 55+ (please check the schedule for details). Some events require advance registration. Some require a current USATF card (\$12 to \$15 per year, depending on the region). There are no qualifying standards for most masters athletics events.

• Jim Hage, 40, Lanham, Md., darted to a strong 15:52 in the Run For The Kids 5K, Arlington, VA., April 3. Hage was fifth overall and the top masters finisher, holding off Chuck Moeser, 47, Sterling, VA., who was sixth overall in 15:53. Betty Blank, 46, Falls Church, VA., was the first masters woman runner in 20:40, 12th overall.

• George Buckheit, 41, Fairfax, VA., was the first masters finisher in the Piece Of Cake 10K, March 20, Gaithersburg, MD. Buckheit almost caught overall winner Mark Hoon, 34, who won in 34:07 to Buckheit's 34:14. Sharon Dolan, 56, Gaithersburg, was the top masters woman and finished ninth overall, crossing the finish line in 44:44.

SOUTHEAST

• Robert Castillo, 42, Miami, FL, with a fifth-overall 34:38, and Karen Miles, Fort Myers, FL, with a second-female 39:12, scampered to masters firsts in the Haven Of Youth 10K, Naples, FL, March 28. Astrid Soll, 53, Fort Myers, was the women's overall winner in the adjunct 5K with a 22:33. Jon Brunner, 51, Fort Myers, took M40+ honors in 20:41.

• Virgil Williams, 44, Palm Coast, FL, with a 17:43, and Sheila Haire, 44, DeLand, FL, with a second-female 20:20, motored to masters firsts, Race For The Cure 5K, Daytona Beach, FL, May 1. Grandmasters (50+) firsts were Tom Hoffman, 54, Ormond Beach, FL, 20:07, and Willy Moolenaar, 58, Indialantic, FL, 23:42. In some divisions, the women outnumbered the men by more than two-to-one: M40 had 25 finishers, the W40 had 86; the W50 had 54 finishers, the M50 had 20.

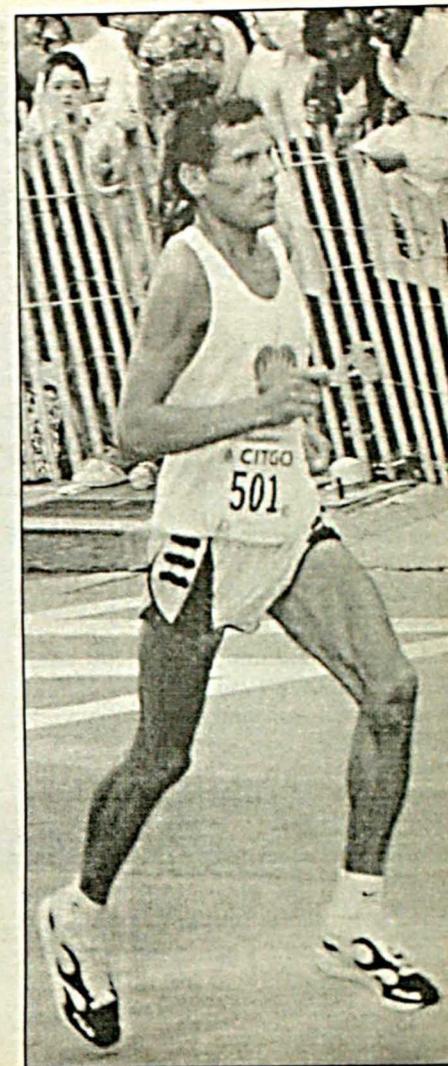
• Nancy Stewart, 42, claimed 40+ honors with a 39:39, Avon Running 10K, Atlanta, April 10. Judy Walls, 40, was 11 seconds back in 39:50. Notable division winning times were turned in by Judith Hine, 50, 40:13, and Ann Akers, 61, 49:38.

MID-AMERICA

• Mark Curp, M40, in 19:03, and Beverly Thomas, W40, with a 23:38, cruised to masters firsts in the Trolley Run 4 Mile, Kansas City, MO, April 25. Tim Schmid, M40, 19:34, and Marla Rhoden, W40, 24:44, were runners-up. Notable division winners included M65 Paul Heitzman, 24:29, and W60 Janice Talge, 25:07. The race lured 11,000 entrants.

WEST

• Erwin Jaskulski, 96, of Honolulu, lowered the M95 WR for the 100m by some 14 seconds with a pending 24.01 in the Punahou Relays in Honolulu, May 1. Kazuhiko Tsutsumi of Japan holds the present record of 38.82, set in 1997. Jaskulski broke the WR twice in 1998, but these were not approved by WAVA because of the lack of wind readings and electronic timing. Jack Karbens, Hawaii Master TC president, said that all of the requirements (officials, electronic timing, wind gauges) were on hand during Jaskulski's May 1st run into the record books.



TESH TESHIMA
Andrey Kuznetsov, of Russia, first M40+ and seventh overall (2:14:20), Boston Marathon, April 19.

NORTHWEST

• Bob Ward, 65, was top scorer (4580) in the Seattle Masters Spring Fling Weight Pentathlon, West Seattle Stadium, April 24, bolstered by a 12.05 SP (987 points). Pauline Thomas, 50, outscored the women with 3327. The event offered the HT, WT, SP, DT, and substituted the superweight for the javelin.

• Manuel and Helen White, directors of the annual Octoberfest Meet in Montana have been forced to cancel this year's event, scheduled for Oct. 2-3. Manuel, 82, who holds a dozen age records in the throws, has been supported for over a year by a cardiac pacemaker and doesn't expect to regain his strength and energy enough to conduct the meet.

• Matt Cato, 40, Portland, OR., raced through the streets of Medford, OR., to finish fourth overall and first masters runner in the Pear Blossom Run, April 10. Cheryl Tronson, 41, Bend, OR., covered the 10-mile course in 1:04:22, eighth overall and the first W40+.

INTERNATIONAL

• Kalle van Zyl ran a 14.96 for the 80H 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.

• Christiane Schmalbruch, W60, upped the ante three times in the European Indoor Championships, Malmo, Sweden, Mar. 5-7. She set new world records in the long jump, 4.58 (Edith Gray/Betty Vosburgh, USA, 3.85, 1996); the triple jump, 9.45 (Audrey Lary, USA, 8.07, 1996); and the high jump, 1.32 (Rosemary Chrimes, 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).

9th Annual Spirit of Gettysburg
 Saturday, July 10, 1999
 8:00 a.m.
 5 K (3.1 miles) ☆ 1 Mile Fun Run/Walk
 ☆ Kids' Sprint
 A history-themed run on the nation's most famous battlefield
 Premiums:
 Finisher's Medal
 Custom Tee or Tank Top
 Race Packet & Refreshments
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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*

Schedule

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.

TRACK & FIELD

NATIONAL

June 12. USATF National Masters Weight Pentathlon Championships, U. of Northern Colorado, Greeley (50 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: tedwa851@concentric.net

July 3-4. USATF National Masters Decathlon/Heptathlon Championships, Grass Valley, Calif. Richard Hotchkiss, 14005 Meadow Dr., Grass Valley, CA 95945. 530-273-3660.

August 26-29. 32nd annual USATF National Masters Championships, Orlando, Fla. Disney Wide World of Sports, PO Box 692349, Orlando, FL 32869-2349. Contact: Elin, Sports Event Coordinator, 407-938-3456.

September 18. USATF National Masters Weight & Superweight Championships, Seattle, Wash. Ken Weinbel, 4103 Hillcrest Ave., S.W., Seattle, WA 98116. 206-932-3923; fax: 932-3917.

October 20-29. National Senior Games - Senior Olympics, Orlando, Fla. National Senior Games Association, 3032 Old Forge Dr., Baton Rouge, LA 70808. 225-925-5678; fax: 216-7552.

EAST

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

June 4-6. Connecticut Senior Olympics, Southington. Will Berger, 860-621-4661.

June 10-13. New Jersey Senior Olympics, Fort Monmouth. Michael Garamella, 732-542-1326.

June 11-13. Massachusetts Senior Games, Springfield College. Sahler Smith, 413-788-2457.

June 13. NY Masters Spring Classic, Merchant Marine Academy, Kings Point, Long Island. Field events: all 5 throws + LJ, TJ. Eric Weissbrot, 516-487-1417 (7-9 pm); Roz Katz, 718-358-6233 (7-9 pm).

June 13. Philadelphia Masters Developmental Meet, Swarthmore College, Pa. 9 am. No pre-entry. Bill Krieger, 215-722-8859(eve); Tom Yunker, 610-828-4672(eve).

June 13, 27. Potomac Valley TC Meets, Williams HS, Alexandria, VA. Mike Kozeliski, 702 4th St. SE, Washington, DC 20003. 202-543-3145(h); email: mike.kozeliski@mail.house.gov. Sal Corrallo. 302-945-2457.

June 17-20. Empire State Senior Games, Syracuse, N.Y. Marty Castle, 315-492-9654.

June 18-20. Ocean State Senior Olympics, Providence, R.I. Mike Lyons, 401-431-5007.

July 12-17. Pennsylvania Senior Games, Shippensburg. David Farrand, 570-823-3164. Closed to out-of-state.

June 27. Garden State AC Classic, Randolph, N.J. Madeline Bost, PO Box 458, Ironia, NJ 07845. Morton Hahn, 973-625-1764.

August 20-22. Granite State Senior Games, Laconia, N.H. 50+. Out-of-state welcome. Aug. 1 deadline. GSSG, 610 Front St., Suite B, Manchester, NH 03102-2610. 603-622-9041.

September 4-5. Potomac Valley TC Games, Alexandria, Va. PVTC, 3515 Slate Mills Rd., Sperrville, VA 22740. 540-547-4355; corrallo@erols.com

September 4-29. Maine Senior Games, Portland. Anita Chandler, 207-775-6503.

September 15. Green Mountain Senior Games, Green Mountain College, Vermont. Ardis Smith, 802-824-6521.

September 23-25. Maryland Senior Olympics, Towson. No out-of-state. Phil Adams, 410-830-4456.

October 2-10. Delaware Senior Olympics, Dover. No out-of-state. Peggy Yaeger, 302-736-5698.

SOUTHEAST

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

June 2-6. Virginia Senior Games, U. of Richmond. James Stutts, 804-730-9447.

June 5. Birmingham TC Classic/Southeast Police & Fireman Championships. Gordon Seifert, 1514 Ridge Rd., Birmingham, AL 35209. Email: GESEIF@aol.com. Entry form in April NMN.

June 6. Atlanta TC Masters Men's 100xMile Relay. ATC, 3097 E. Shadowland Ave., Atlanta, GA 30305. 404-231-9064, x17.

June 12. Atlanta TC Masters Meet. See June 6.

June 18. Jacksonville TC All-Comers Meet, Fla. Bolles School Track. 904-384-TRAK.

June 19. South Carolina Masters Meet, Furman U. Mondo track. Adrian Craven, 109 Woodhaven Dr., Greenville, SC 29609. 864-233-0333.

June 26. Nashville Striders/Nashville TC/Don Brady Memorial Meet, Tenn. Contact Nashville Striders, PO Box 128276, Nashville, TN 37212. 615-331-0111.

July 23-25. Georgia Games, Burke County HS, Ga. Open & Masters on 25th. 912-982-4881.

July 23-29. Tennessee Senior Games, Clarksville. Theresa Prinzo, 931-381-2019. Closed to out-of-state.

July 31. Jacksonville TC Summer Track Classic, Bolles School Track. Lamar Strother, JTC, 1511 S. McDuff Ave., Jacksonville, FL 32205. 904-388-7860; 384-TRAK.

September 22-25. Georgia Golden Olympics, Robins AF Base. Aug. 1 deadline. Vicki Pilgrim, 404-657-6644.

September 28-October 3. North Carolina Senior Games, Raleigh. No out-of-state. Cindy Trumbower, 919-851-5456.

November 30-December 5. Florida Senior Games State Championships, Kissimmee/St. Cloud. Laura Hallam, 407-943-7992.

MIDWEST

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

June 7-12. Indiana Senior Games, Evansville. Steve Patrow, 800-253-2188.

June 12. USATF Illinois Masters Championships, Wilde Field, Lisle. USATF Illinois, 630-953-2052.

June 15-20. Michigan Senior Olympics, Battle Creek. Donna Skylar, 248-608-0265.

June 17-19. West Virginia Senior Olympics, Charleston. Charles Entsminger, 304-344-1500.

June 19. USATF Michigan Open & Masters Championships, Charlevoix HS. Ken & Mary Plude, 3057 Marion Center Rd., Charlevoix, MI 49720. 616-547-4873.

June 26. Parkland College Masters Meet, Champaign, Ill. Karl Geissler, 217-351-2522; email: kgeissler@parkland.cc.il.us.

July 10. Libertyville Masters, Libertyville HS, Ill. **CANCELLED** (July 10-11) Dean, 847-367-6347.

July 17. USATF Midwest Regional Masters Championships, Millikin U., Decatur, Ill. Don Luy, 217-424-6344.

July 24. Byron Masters Meet, Byron HS, Ill. Jeff Watry, 414-843-3567.

July 24. Dayton Track Classic, Welcome Stadium, Dayton, Ohio. Dayton Masters TC, 7567 Roselake Dr., Dayton, OH 45414. Bob Jones, 937-837-2754.

July 31. Midwest Masters Classic, Marshall U., Huntington, W. Va., Tom Plummer, 27 South Queens Ct., Huntington, WV 25705. 304-523-6046; fax: 523-1662; email: tptrack@aol.com.

September 15-25. Wisconsin Senior Olympics, Milwaukee. Helen Ramon, 414-821-4444; fax: 821-4445; email: aging@execpc.com.

September 16-19, 22-26. Illinois Senior Olympics, Springfield. Sandy Holste, 217-789-2284.

September 22-26. Kentucky Senior Games, Elizabethtown. Ruth Hudson, 502-765-2175, 800-437-0092.

September 25. Wisconsin Senior Games, Milwaukee. Mary Byers, 6946 N. Ardora Ave., Milwaukee, WI 53209. 414-352-2258.

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 6. Jolly Jogathon Meet, Marysville, Kans. City of Marysville, 209 N. Eighth,

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 CC, Gresham, Ore. (a two-day affair); and meets in Illinois, Minnesota, and Texas. A week earlier, on the 5th, action is available in the Southwestern Association Championships in Texas, and Birmingham 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 Championships hit Charlevoix. Arizona hosts meets on the 5th in Tucson, and in Tempe on the 18th-20th. Senior Games/Olympics 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, Peoria, Ill., 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. □

Marysville, KS 66508. Cleve Walstrom, 913-562-3021. Limited events. No entry fee.

June 10-13. Iowa Senior Games, West Des Moines. Cheryl Michael, 515-226-2898.

June 12. Ponca City TC Meet, Ponca City HS, Okla. Mark Brooke, 580-762-8483; James Roland, 762-5738.

June 12. USATF Mid-America Regional Masters Championships, Wichita St. U., Wichita, Kansas. Bill Butterworth, 314 S. Clifton, Wichita, KS 67218. 316-684-2192; Fax: 687-9400; Susan Cooper, WSU T&F office, 316-978-3362; fax: 978-3388.

June 13. USATF Minnesota Open & Masters Championships, National Sports Center, Blaine (Minneapolis suburb), Minn. MN Championships, 5429 Wooddale Ave., Edina, MN 55424. June 5 deadline.

June 19-20. Star Of The North Summer

Continued on next page

Continued from previous page
Games, Century HS, Rochester, Minn. Y/O/Masters (M30 in 5-yr. divisions). 507-252-9914; 800-634-8277; email: sgames@citilink.com.

June 25-26. North Dakota Senior Games, Fargo. Jess Heisler, 701-298-6980.

June 26. BD Track Club Meet, Urbandale HS, Urbandale, Iowa. John Anderson, 55803 Oak Blvd., Huxley, IA 50124. 515-597-3929; email: J7G139A@aol.com.

June 26-27. Missouri State Senior Games, Columbia. 50+. Out-of-State welcome. Jack Miles, U. of Missouri, 1105 Carrie Franke Dr., Rm 01, Columbia, MO 65211. 573-882-1462.

July 11. USATF New Mexico Masters Meet, U. of New Mexico, Albuquerque. New Mexico Association, 31 Sandhill Rd., Los Lunas, NM 87031. 505-865-8612; 565-8367.

July 12-16. Northland Senior Games, Duluth, Minn. Chuck Campbell, 218-723-3724.

July 25. Blair Masters Meet, Blair HS, Nebr. Mike Maryott, 402-426-5955.

August 1. 21st Century Ageless Games, U. of Minnesota. Rachel Lyga, 122-NE 63 1/2 Way, Twin Cities, MN 55432.

August 3-8. Rocky Mountain Games, Greeley, Colo. Sheri Lobmeyer, 970-453-2461.

August 19-22. Nebraska Senior Olympics, Kearney. Scott Hayden, 208-237-4644.

September 4-5. Rocky Mountain Masters Games, U. of Colorado, Boulder. Jim Weed, PO Box 889, Lake Crystal, MN 56055; Tim Edwards, 303-315-9107; Sue Norton, 303-443-2695.

September 23-26. Kansas Senior Olympics, Topeka. Limited events. Deadline w/o extra fee, Aug. 20. Kansas SO, 1534 SW Clay, Topeka, KS 66604. 785-368-3798.

SOUTHWEST

Arkansas, Louisiana, Mississippi,
Oklahoma, Texas

June 5. USATF Southwestern Open & Masters Championships, Trinity Christian School, Cedar Hill, Texas. USATF Assn., 13410 Mill Grove, Dallas, TX 75240. 972-661-1551.

June 12. Hill Country Classic, Mason HS. Lee Graham, PO Box 384, Mason, TX 76856. 915-347-5620(h); Joey McQueen, 347-5564(h).

July 17. Texas Masters Championships, Jesuit HS, Dallas. Entry blanks on Internet at TexasTrack.com.

September 16-19. Arkansas Senior Olympics, Hot Springs. Gail Ezelle, Exec. Director, PO Box 3377, Hot Springs, AR 71913. 501-321-1441; fax: 321-4161.

September 16-22. Oklahoma Senior Olympics, Tulsa. Dana Brown, 918-596-7866.

September 20-26. Scott and White Texas Senior Games, Temple. James Garcia, 254-298-5720.

September 24-October 3. Louisiana Senior Games, Baton Rouge. No out-of-state. Butch Gipson, 504-925-1748.

WEST

Arizona, California, Hawaii, Nevada

June 5. Grand Canyon State Games, U. of Arizona, Tucson. GSTG Office, 602-517-9700.

June 6. Crown Valley Senior Games, Occidental College, Los Angeles. Cynthia Vaughn, 85 E. Holly St., Pasadena, CA 91103. 626-685-6724.

June 12. Los Gatos Open and Masters T&F Classic, Los Gatos H.S. 408-241-6578.

June 12. USATF Southern California Association Championships, Occidental College, Los Angeles. SASE to SCA Championships, 1740 Grandview Ave., Glendale, CA 91201-1263. 818-242-8484 (until 9 pm).

June 12-13. Masters Mile at Hawaii Youth National Invitational. \$500 to winner. For entries: 800-484-2675, x7946; email: rude.dog@mauigateway.com.

June 18-20. Arizona State Championships/Grand Canyon State Games, Arizona St. U., Tempe. Bob Flint, 602-949-1991; GCSG Office, 602-517-9700.

June 19. USATF West Regional Championships, UC-San Diego. Ed Oleata, 619-453-4570.

June 26. KelField Throws Meet #73, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 831-458-0300; email: kelfield@aol.com.

July 3. Northern California Seniors T&F Club Mark Grubi Memorial Meet, James Logan H S, Union City, Calif. Don Rose, 43 McAllister Ave., Kentfield, CA 94904. 415-457-8177.

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: prsport1@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: prsport1@aol.com.

August 14-22. Orange County Senior Games. T&F on 21st. 949-499-7202. (See entry form in June issue, p. 7.)

September 18. Eddie's Pole Vault Competition, Vacaville, Calif. Y/O/M (m & w). USATF registration required. 707-645-8555; fax: 645-0550; email: prsport1@aol.com.

September 30-October 11. Nevada Senior Games, Las Vegas. Dr. Roger Owen, 702-242-1590.

October 17. Sri Chinmoy Masters Meet, Cal State Long Beach. 40+. Bigalita Egger, 6199 Canterbury Dr., #202, Culver City, CA 90230. 310-645-0271.

November 26-30. Hawaii Senior Olympics, Honolulu. Mark Zeug, 808-732-8805; email: zeug@lava.net.

NORTHWEST

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

June 5. West Seattle Stadium. Hammer & racewalk only. 206-932-3923.

June 5. Seattle Park Dept. Masters Meet, West Seattle Park, Culter Field, 206-684-7093.

June 11-12. Montana Senior Olympics, Helena. Open to out-of-state. Don Tavolacci, 406-252-2795; Helena Area C of C, 406-422-4120.

June 12-13. Portland Masters Classic, Portland, Ore. Paul Stepan, 3011 NE Linden Ave., Gresham, OR 97030. 503-666-8950(h); 234-4811(w).

June 19. Inland Northwest Age Group Championships, Pullman, Wash. All ages. Mike Hinz, 509-335-3325; email: mhinz@wsu.edu

June 19-20. Hayward Classic Masters Meet, Eugene, Ore. Geoff Hughes, 1600 Russet Dr., Eugene, OR 97401. 541-484-1275(h); 343-6511(w).

July 4. Seattle Frontrunners Meet, West Seattle Stadium. Open to out-of-state. Mark Nagan, 607 E. Harrison St., #503, Seattle, WA 98102. 206-324-3166; email: Seattle1997@hotmail.com.

July 4, 17, 24, 31. Willamette Striders Pole Vault Club Outdoor Festival Series. Open to all ages. For locales and entry contact Rick Baggett, WSPVC, 503-762-0861.

July 10-11. State Games of Oregon, Mt. Hood Community College. Keith Maneval, T&F, Mt. Hood CC, 503-667-7140.

July 16-18. Big Sky Games, Billings, Mont. Karen Sanford Gall, Box 7136, Billings, MT 59103. 406-254-3923.

July 17-18. USATF Northwest Regional Masters Championships, West Seattle Stadium. Ken Weinbel, 4103 Hillcrest Ave., S.W., Seattle, WA 98116. 206-932-3923; fax: 932-3917.

July 30-31. Wyoming Senior Olympics, U. of Wyoming, Laramie. Open to out-of-state. Paul Harrison, 307-721-5269.

August 12-15. Washington Senior Games, Spokane. Lisbeth Naber, 360-438-5458.

September 8-12. Idaho Senior Games, Boise. Karin Hoffer-Boles, 800-859-0324; email: aaa3@cyberhighway.net.

October 2-3. Octoberfest Throws & Weight Pentathlon, Helena, MT. Manuel White, PO Box 6656, Helena, MT 59604. 406-227-5020.

October 11-23. Huntsman Senior Games, St. George, Utah. Kathie Thayne or Nancy Colarossi, 435-674-0550, 800-562-1268.

CANADA

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

June 12-13. Ontario Masters Outdoor Championships, York U., Toronto. Doug Smith, 58 Newmarket Ave., Toronto, Ont. M4C 1V9. 416-699-5818. douglasj.smith@sympatico.ca

July 9-11. Canadian Masters Championships, Universite de Sherbrooke, Sherbrooke, Quebec. Richard Crevier, 819-821-8000, x2549; fax: 821-7576; Brenda Laliberte, email: brenlaliberte@hotmail.com.

INTERNATIONAL

July 10. San Juan Annual Masters T&F Championships, Santurce, Puerto Rico. M&W 30+. Puerto Rico Masters Association, Gregorio Angulo Rivera, P.O. Box 31300, San Juan, PR 00929-0300. 787-724-6157.

July 17-18. British Veterans Championships, Meadowbank Stadium, Edinburgh, Scotland. Ian Steedman, 33 Grange Loan, Edinburgh, Scotland EH9 2ER. Tel: 44-131-667-1416. Fax: 44-131-667-5066. Entry deadline: June 19.

July 23-25. Russian Veterans Championships, Moscow. Foreign athletes welcome. Vadim Marshev, 14-6 Pervomaiskaya St., Himki, Moscow Region, 141400, Russia. 7-095-535-3308; fax: 7-095-573-4150.

July 29-August 8. XIII World Veterans Athletics Championships, Gateshead, England. XIII WAVA Championships, PO Box 18, Gateshead NE8 IEA, England. Phone: 44-191-443-3301 and 3302; Fax: 44-191-443-3303

August 14. Irish Veterans Athletics Championships, Tullamore, County Offaly (60 miles west of Dublin). B.L.E., 11 Prospect Rd., Glasnevin, Dublin 9, Ireland. Martin Kelly, 353-1-235-2364; Fax: 353-1-235-2726. (Entry form in April issue.)

November 20-23. Japan International Masters Championships, Kumamoto. 1-1 Tetorihoncho, Kumamoto City, 860-8601, Japan. Fax: 096-328-2959.

LONG DISTANCE RUNNING

NATIONAL

June 5. USATF National Masters Women's 5K Championships/Freihofers 5K/Indy Life Circuit Race, Albany, N.Y. George Regan, 233 Fourth St., Troy, NY 12180. 518-273-0267.

August 28. Crim Festival Of Races 10 Mile/Indy Life Circuit Race, Flint, Mich. Anne Gault, 110 Mott Foundation Bldg., Flint, MI 48502. 810-235-7130.

September 11. Riverfest Run By The River 5K/Indy Life Circuit Race, Clarksville, Tenn. Joe Huber, Events & More, PO Box 3899, Clarksville, TN 37043. 615-647-3855.

September 18-19. USATF National Masters 24-Hour Championships, Sylvania, Ohio. 973-898-1261.

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)

October 17. USATF National Masters 8K Cross-Country Championships, Louisville, Ky. Bob Ullrich, 1879 Douglass Rd., Louisville, KY 40205. 502-459-6820.

October 30. Tulsa Run 15K/Indy Life Circuit Race, Tulsa, Okla. Jack Wing, PO Box 1319, Tulsa, OK 74101-1319. 918-587-8786. Entry deadline June 19.

October 31. Avon Running National 10K Championships, Cincinnati. 212-282-5350; email: avonrunning@avon.com.

November 21. USATF National Masters 5K Cross-Country Championships, Holmdel, N.J. USATF-NJ, PO Box 10120, New Brunswick, NJ 08906. 732-296-0006.

EAST

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

June 3. Long Island Police Appreciation 5K, Eisenhower Park, East Meadow, N.Y. Ira Eskow, Greater LIRC, 101-24 Dupont St., Plainview, NY 11803. 516-349-7646.

June 5. Bristol 10 Mile, Bristol, R.I. Bristol 10 Mile, c/o 9 Fairview Circle, Barrington, RI 02806. 401-253-8460.

June 6. Bel Air Town 5K, Bel Air, Md. Masters money. Mike Early, 410-879-0056.

June 12. Shelter Island 10K, Shelter Island, N.Y. Jim Richardson, director, PO Box 862, Shelter Island Heights, NY 11965. 516-749-837.

June 12. Market Square Day 10K/USATF-NE Championships, Portsmouth, N.H. Kent LaPage, 236 Union St., Portsmouth, NH 03801. 603-431-5388.

June 13. NYRR Reservoir Run 5 Mile, Central Park, NYC. NYRR, 9 E. 89th St., NY, NY 10128. 212-860-4455.

June 19. Vestal XX 20K, Vestal, N.Y. 607-797-9215.

June 20. Mt. Washington 7.6 Mile Road Race, Gorham, N.H. 603-863-2537; email: racetime@grrs.com.

July 10. Long Island Women's 5K, Farmingdale HS, Farmingdale, N.Y. Suzanne

Continued on next page

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Vasata, Greater LIRC, 101-24 Dupont St., Plainview, NY 11803. 516-349-7646.

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 13503-0512. 315-797-5838; fax 797-3762.

July 11. NYRRC Bronx Half-Marathon, Bronx, N.Y. NYRRC, 9 E. 89th St., NY, NY 10128. 212-860-4455.

July 17. Subaru Buffalo 4 Mile Chase. James or Mary Ann Nowicki, 47 Windsor Ave., Buffalo, NY 14209. 716-881-1652.

July 24. New Milford 8 Mile, New Milford, Conn. 860-355-6050.

August 1. Green Mountain 10K, Killington, Vt. The Summit Lodge, Box 119, Killington, VT 05751. 802-422-3535; out-of-state: 800-635-6343.

August 1. Gold Medal Camp Alumni 8K Cross-Country, California, Pa. Alumni 8K, 48A Morris St., Clymer, PA 15728. 724-254-2369.

August 7. Peoples Beach To Beacon 10K, Cape Elizabeth, Me. Entries close at 4000. 888-480-6940.

August 14. Bridge Of Flowers 10K & 2 Mile, Shelburne Falls, Mass. SASE to McCusker's Market, 3 Bridge St., Shelburne Falls, MA 01370. 413-625-9411; email: mccusker@crocker.com.

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

September 6. New Haven 20K, New Haven, Conn. John Bysiewicz, 203-481-5933; email: jbsports@javanet.com.

September 12. Eriesistible Marathon, Erie, Pa. Rick Godzwa, PO Box 8311, Erie, PA 16505. 814-456-0621; fax: 459-8381.

September 19. Harvard Pilgrim 5K, Providence, R.I. HP 5K, PO Box 1940, East Greenwich, RI 02818. 401-331-4034, x43365; fax: 294-9925.

September 19. Dutchess County Marathon, Fishkill, N.Y. Irvin Miller, 11 Manor Dr., Poughkeepsie, NY 12603. 914-471-0777.

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

September 26. Ocean To Sound 50 Mile Relay, Jones Beach State Park, Wantagh, N.Y. 8 runners - 5-7 miles each. Alan End, Greater LIRC, 101-24 Dupont St., Plainview, NY 11803. 516-349-7649.

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

October 3. Wineglass Marathon, Corning, N.Y. WM, PO Box 117, Corning, NY 14830. 800-3352, x65; email: Bill Tay@aol.com.

October 9. Greater Hartford Marathon, Half-Marathon, & 5K. GHM, 119 Hebron Ave., Glastonbury, CT 06033. 860-652-8866; fax: 652-8145.

October 10. Army 10 Miler, Washington, D.C. SASE to Army 10 Miler, 103 Third Ave., Bldg. 48, Ft. McNair, DC 20319.

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

October 16. Oyster Festival 5K, Roosevelt Memorial Park, Oyster Bay, N.Y. Mike Polansky, Greater LIRC, 101-24 Dupont St., Plainview, NY 11803. 516-349-7646.

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



MIKE POLANSKY

Jim Walsh, 49, sixth overall (57:24), Kings Park 15K, Long Island, N.Y., March 21.

MHRM, PO Box 4146, Albany, NY 12204. 518-435-4500.

October 17. Bay State Marathon, Half-Marathon, and Merrimack River 5K, Lowell, Mass. SASE to BayState, 26 Groton St., Pepperell, MA 01463. Email: BayState@empire.net.

October 24. Marine Corps Marathon, Washington, D.C. MCM, PO Box 188, Quantico, VA 22134. 800-RUN-USMC; fax: 703-784-2265; email: marathon@quantico.usmc.mil

October 31. Cape Cod Marathon/USATF NE Marathon Championships & Marathon Relay, Falmouth, Mass. SASE to CCM, Box 699, West Falmouth, MA 02574. 508-540-6959; email: marathon@cape.com.

SOUTHEAST

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

June 12. GA 400 Road Race 4 Mile, Atlanta. 404-843-2257.

June 19. Possum Trot 10K, Roswell, Ga. 770-992-2055, x106.

June 26. Gay & Lesbian Pride 5K, Atlanta. 770-621-5007.

July 4. Peachtree 10K, Atlanta. SASE (before March 1) to Atlanta TC, 3097 E. Shadowland Ave., Atlanta, GA 30305. 404-231-9064, x17.

July 10. 9th Annual Spirit of Gettysburg 5K, Gettysburg, Pa. 717-334-9171. <http://users.desupermet.com/ywca-gburg>.

July 24. Run For Life 10K & 5K, Marietta, Ga. 770-426-2RUN.

August 14. Dinosaur Dash 5K, Fernbank Museum of Natural History, Atlanta, Ga. 404-843-2257.

August 28. The Atlanta Mile, Centennial Olympic Park, Atlanta, Ga. 404-845-3690.

October 16. Southtrust Running Festival 10 Mile & 5K, St. Petersburg, Fla. PO

Box 66252, St. Pete Beach, FL 33736. 727-363-7866; fax: 360-9710; email: run_florida@msn.com.

October 17. Atlantic City Marathon, Atlantic City, N.J. 609-601-1786.

MIDWEST

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

June 6. Rocky River Run 5 Mile, Rocky River, Ohio. 216-228-6031.

June 12. Hoosier Marathon, Fort Wayne, Ind. Don Lindley, c/o Fort Wayne TC, PO Box 11703, Fort Wayne, IN 46860. 219-436-2234.

June 19. Steamboat Classic 4 Mile/USATF Illinois Championships, Peoria. Running Central, 309-676-6378.

July 3. Bluegrass 10,000, Lexington, Ky. 606-288-2935.

July 24. Clarksburg 10K. Clarksburg 10K, PO Box 1734, Clarksburg, WV 26302-1734. Phone/fax: 304-622-4735.

August 14. State Street Mile/USATF Illinois Championships, Rockford. Bob Sharp, 815-963-2171.

August 21. Parkersburg Half-Marathon, Parkersburg, W. Va. 304-424-2786.

August 22. Abe's Amble 10K/USATF Illinois Championships, Springfield. John Hartnett, 217-787-4400.

September 6. Park Forest 10 Mile/USATF Illinois Championships. 708-748-2005.

September 12. Chicago Half-Marathon/

USATF Illinois Championships. Dillon Productions, 773-929-5978.

September 26. Fox Cities Marathon, Appleton, Wisc. 920-830-7259.

October 10. Frank Lloyd Wright 5K/USATF Illinois Championships. Greg Evans, 708-383-0002.

October 16. Bowling Green 10K, Bowling, Ky. Rick Kelley, 502-782-3660.

October 17. Detroit Marathon, Detroit, Mich. DM, James Minella, Book Tower, 1249 Washington Blvd., Ste. 2700, Detroit, MI 48226. 313-393-7749.

October 24. Chicago Marathon/USATF Illinois Championships. CM, PO Box 5709, Chicago, IL 60680. 312-243-0003; 888-243-3344.

MID-AMERICA

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

June 5. Dam To Dam 20K, Des Moines, Iowa. Masters money. Tom Riley, 515-242-4514.

June 6. Steamboat Marathon. Chamber Resort, PO Box 774408, Steamboat Springs, CO 80477. 970-879-0800.

June 6. Garden of the Gods 10 Miler, Colorado Springs, Colo. 719-473-2625.

June 6. Trinity Hospital Hill Run Half-Marathon, 12K, & 5K, Kansas City, Mo. 816-274-3635.

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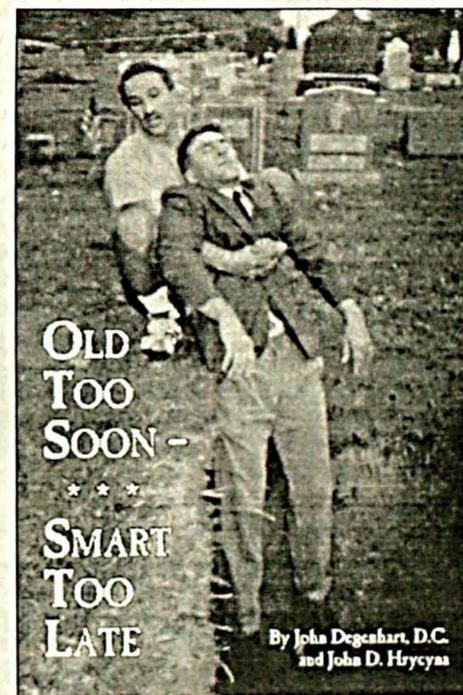
NEW BOOK WILL HELP TO KEEP YOU YOUNG!

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Continued from previous page

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

June 19. Grandma's Marathon, Duluth. Marathon, PO Box 16234, Duluth, MN 55816, 218-727-0947. email: grandmas@grandmasmarathon.com

June 26. Gold Rush Days 5K, Kansas City, Mo. 913-299-9050.

July 3. Hannibal Cannibal 10K Run/5K Walk, Hannibal, Mo. Jayme Connell, PO Box 551, Hannibal, MO 63401. 573-221-0561.

July 4. Freedom Run 10K, Junction City, Kans. Joe Frakes (No Race Day), 2005 N. Jackson, Junction City, KS 66441. 913-238-6137.

July 24. Waterland 5000, Des Moines (Seattle), Wash. Des Moines Park & Rec. Dept., 1000 S. 220th St., Des Moines, WA 98198. 206-870-6527; fax: 870-6587

July 31. 25th Quad-Cities Bix 7, Davenport, Iowa. SASE to Bix 7, PO Box 4526, Davenport, IA 52808. 319-359-9197.

August 7. Sedalia Women's Distance Festival, Sedalia, Mo. Kent Lang, 4030 Par 4 Dr., Sedalia, MO 65301. 660-824-0274.

August 15. USATF Minnesota Masters 15K Championships, Minneapolis. Barb Leininger, 5115 Park Ave., Minneapolis, MN 55417. 612-881-3740.

August 21-22. Pike's Peak Run-Up & Marathon, Colorado Springs. Dave Zehrer, PO Box 38235, Colorado Springs, CO 80937. 719-473-2625.

September 6. Heart Of America Marathon, Columbia, Mo. SASE to Joe Duncan, 2980 Maple Bluff Dr., Columbia, MO 65203. 314-445-2684.

September 11. Dick Beardsley Half-Marathon & 5K, Detroit Lakes, Minn. 800-542-3992.

September 18. The Great Escape Run, 10K, Ft. Leavenworth, Kans. Capt. Eric Barres or Sgt. 1st Class Ronnie Hamlin, U.S. Disciplinary Barracks, 300 McPherson Ave., Ft. Leavenworth, KS 66027-1363. 919-684-5542.

September 26. Duke City Marathon, Albuquerque, N.M. 505-880-1414.

September 26. Cliffhanger 5K & 8K, Kansas City, Mo. Jerry Morrison, 5617 Adrian, Kansas City, MO 64151. 816-741-2314.

October 2. 37th annual Jackrabbit 15 (15.2 Miles) & Relays, Brookings, S. Dak. Chad Witt, Wellness Director, SDSU, PO Box 2820, Brookings, SD 57007. 605-688-5386.

October 17. St. Louis Marathon. SLTR, 2385 Hampton Ave., St. Louis, MO 63139. 314-781-3926.

October 17. Omaha Marathon. Peak Performance, 519 N. 78th, Omaha, NE 68114. 402-398-9807.

October 23. 4th annual Hobo Day 5K, Brookings, S. Dak. Steve Britzman, 319 5th Ave., Brookings, SD 57006. 605-697-9058.

WEST

Arizona, California, Hawaii, Nevada

June 5. Fontana Days Half-Marathon & 5K. Fontana Recreation Services, 9460 Sierra Ave., Fontana, CA 92335. 909-428-8360.

June 5. Palos Verdes Marathon, Palos Verdes (Los Angeles), Calif. W2 Promotions, 1666 Ashland Ave., Santa Monica, CA 90405. 310-828-4123.

June 6. Compaq's Up & Running 10K, Cupertino, Calif. 415-759-2690.

June 12. Crown Valley Senior Olympics 10K, Rose Bowl, Pasadena, Calif. 3 pm. Cynthia Vaughn, 626-685-6724; fax: 626-577-4235; email: cpv@pasadenaseniorentr.org. Director: Jim Hanley. Entry form in April issue.

June 13. Valley Of The Flowers Marathon, Lompoc, Calif. VOTFM, YMCA, 201 W. College, Lompoc, CA 93436. 805-736-3483.

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

June 27. Cross-Country Run, 7.4 Mile & 3.2 Mile, Mission Trails Regional Park, San Diego. Elite Racing, 5452 Oberlin Dr., Suite B, San Diego, CA 92121. 619-450-6510.

July 11. San Francisco Marathon. SFM, 120 Ponderosa Ct., Folsom, CA 95630. 916-983-4622; 800-722-3466 (in Calif. only).

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

August 15. America's Finest City Half-Marathon, San Diego, Calif. 619-297-3901.

August 29. Silver State Marathon, Reno, Nev. Ski Pisarski, 2358 Camelot Way, Reno, NV 89509. 702-849-0419.

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.

September 12. 17th annual Cross City Race 10K Run, 10K Wheelchair, 2-Mile

Run & Walk, 2-Mile Wheelchair. Masters prize money. 559-650-3220. On-line form and registration: www.fresnofair.com.

October 3. Sacramento Marathon, Sacramento, Calif. SM, PO Box 995, Dixon, CA 95620. 707-678-5005.

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.

October 10. Lake Tahoe Marathon, Half-Marathon, 10K, & 5K, Lake Tahoe, Calif. 530-544-7095.

October 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 95518. 707-443-2553.

October 29-31. Silicon Valley Marathon & Y2K Kinetic Festival, San Jose, Calif. 831-477-0965.

November 13. Helen Klein 50 Mile, Sacramento, Calif. Greg Soderlund, 916-929-7858.

NORTHWEST

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

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

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

June 12. Alaska 5 Mile Run For Women, Anchorage. 907-566-3151.

June 12. Park City Marathon, Park City, Utah. Utah RR, PO Box 1766, Salt Lake City, UT 84110. 801-451-0517.

June 19. Mayor's Midnight Sun Marathon, Anchorage, Alaska. John McLeary, Anchorage Parks & Rec., PO Box 196650, Anchorage, AK 99519. 907-343-4474.

June 27. River City 15K, Portland, Ore. Masters money. 503-655-4245; fax: 655-4392.

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

August 27-28. Hood To Coast Relay, Mt. Hood to Seaside, Ore. 12-person/195 miles. Also shorter Portland To Coast Walk Relay. SASE to HTC Relay, 5319 SW Westgate Dr., Suite 262, Portland, OR 97221. 503-292-4626; email: htcrelay@teleport.com

October 2. St. George Marathon. Leisure Services, 86 S. Main St., St. George, UT 84770. 435-634-5850.

October 3. Portland Marathon, Portland, Ore. SASE to PM, PO Box 4040, Beaverton OR 97076. 503-226-1111.

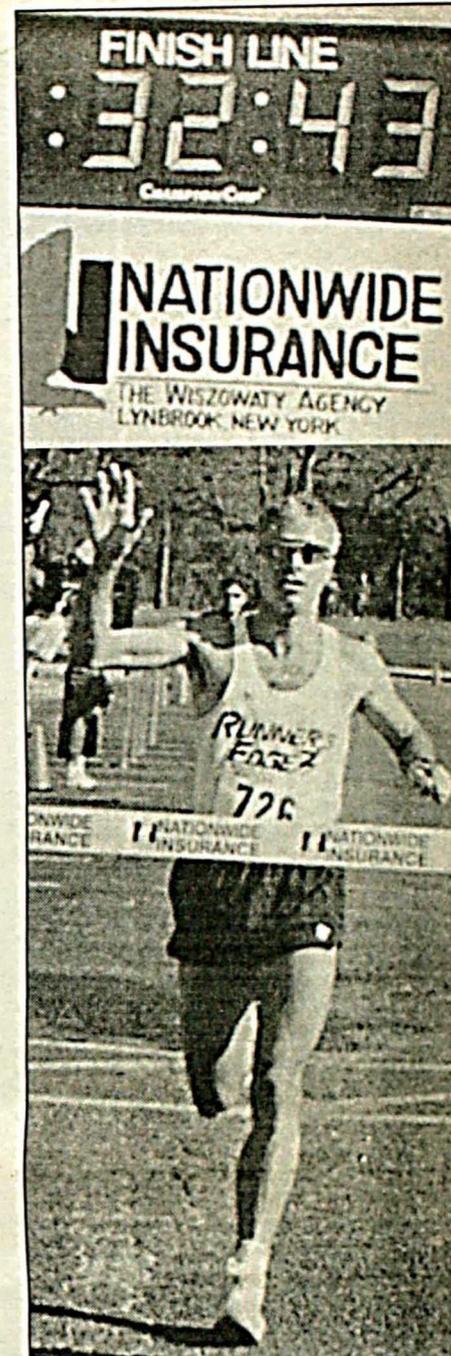
RACEWALKING

June 6. Crown Valley Senior Olympics Racewalks, Occidental College, Los Angeles. 800 (unjudged), 1500 & 5000 (judged). See T&F Schedule, West.

June 12. Hebron Classic 5K Racewalk, Hebron, Ind. Diane Graham-Henry, 773-327-4493.

June 26. Lynnette Atkins Memorial/USATF North Region 8K Racewalk Championships, Kalamazoo, Mich. Steve Atkins, 4685 Tropicana, Kalamazoo, MI 49009. 616-372-3533.

August 27. USATF National Masters 5000 (track) RW Championships, Orlando, Fla.



MIKE POLANSKY

Don Di Donato, 41, winning overall the ASPIRE 10K, Plainview, N.Y., April 10.

August 29. USATF National Masters Men's 20K & Women's 10K RW Championships, Orlando, Fla.

August 29. Cincinnati Walking Club 5K (Ohio 5K Championships), Cincinnati, Ohio. Spring Grove Cemetery & Arboretum. Ralph Dehner, 513-674-1179.

September 11. Chicago Walkers/Illinois State Championships. Diane Graham-Henry, 773-327-4493.

September 19. USATF National Masters 40K RW Championships, Ft. Monmouth, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 732-222-9080.

September 25. USATF National Masters 5K RW Championships, Kingsport, Tenn. Bobby Baker, 318 Twin Hill Dr., Kingsport, TN 37660. 423-349-6406.

October 3. USATF National Masters One Hour RW Championships, Worcester, Mass. Justin Kuo, 39 Oakland Rd., Brookline, MA 02445. 617-566-7600.

October 30. Annual Jack Blackburn Walks (Ohio 50K & 100K Championships). Vince Peters, 937-767-7424.

November 13. USATF National Masters Men's 10K RW Championships, Ft. Lauderdale, Fla. John Fredericks, 10825 Mystic Circle, #303, Orlando, FL 32836. 407-238-9688.

MIDWEST MASTERS OUTDOOR TRACK & FIELD CLASSIC

JULY 31

MARSHALL UNIVERSITY TRACK
HUNTINGTON, WEST VIRGINIA

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.

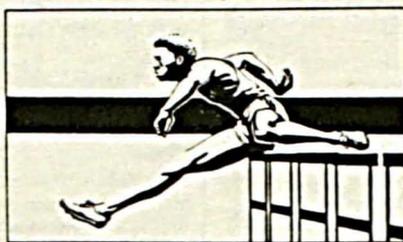
Information: Tom Plummer 304-523-6046
27 South Queens Ct. 304-523-1662 fax
Huntington, WV 25705 tptrack@aol.com

RECIPIENTS OF ALL-AMERICAN AWARDS

M35-39
Kerry Sloan 400hh 58.90 4-17-99

40-44
Sirlester Griffin LJ 5.94 3-27-99
TJ 11.99 3-28-99

M45-49
Lee Chase Mile RW 8:31.17 3-21-99
3K RW 16:19.24 3-27-99
10K RW 57:27 4-18-99
Taylor Weatherbee TJ 11.00 3-26, 28-99



M50-54
Jack Romansic WT 10.40 4-10, 11-99
Bill Penner 3K RW 15:15.12 3-27-99
Terrell Schaffer HJ 5-3 1/2 4-17-99

M55-59
Don Hardaway DT 158-1 2-14-99
Seth Kaminsky 1500 5:01.09 1-8-99

M60-64
Paul Beckman DT 131-3 9-19-98
LJ 14-06 4-5-98
David Galligani 800 2:27.87 3-14-99

W65-69
Georgia Johnson 200 38.94 3-26, 27-99

U.S. MASTERS ALL-AMERICAN STANDARDS

FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	10.95	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0
200	22.4	23.2	23.8	24.6	25.5	27.0	27.7	29.5	32.0	35.0	40.2	52.0
400	51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0
800	2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:30
1500	4:16	4:18	4:20	4:32	4:40	5:02	5:20	5:45	6:30	7:20	8:10	9:20
Mile	4:35	4:40	4:55	5:00	5:10	5:30	5:55	6:15	6:55	7:50	8:45	10:15
5000	15:45	16:00	16:15	16:45	17:30	18:25	19:30	21:00	23:30	26:00	29:00	32:30
10000	32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30
110H	15.4	16.5	17.8	18.8								
100H					18.0	19.0	20.0	21.0				
80H									18.0	21.0	25.0	30.0
400H	58.0	60.0	62.0	64.0	68.0	71.0						
300H					48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80
	6-2 1/4	6-1/4	5-9/4	5-6	5-3	4-11	4-9	4-6	4-1 1/4	3-9/4	3-3/4	2-7/4
PV	4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.81	1.30
	14-5/4	13-5/4	12-11/4	12-1 1/4	11-7/4	10-0	8-10/4	8-4/4	7-6/4	6-6/4	5-10/4	3/4
LJ	6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20
	21-4	20-1/4	19-2/4	18-4/4	17-8/4	16-1	14-9/4	13-9/4	12-5/4	10-11/4	9-4/4	7-2/4
TJ	13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.51
	43-3/4	41-4/4	37-8/4	35-5/4	34-1/4	31-2	29-2/4	26-11	22-10	21-4	19-6	18-1
Shot	14.50	14.02	13.41	12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00
	47-7	46-0	44-0	41-5	43-1	39-4	42-0	37-8/4	36-1/4	29-6	26-3	19-8/4
Discus	44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00	26.00	22.00	15.24
	147-0	140-5	129-7	123-0	137-9	134-6	137-9	127-11	111-6	98-5	72-2/4	50-0
Hammer	47.24	44.20	40.00	39.00	39.00	36.00	32.00	30.00	24.00	20.00	17.07	
	155-0	145-0	131-3	127-11	127-11	118-1	118-1	105-0	98-5	78-9	65-7/4	56-0
Javelin	62.00	56.00	48.76	47.00	43.00	41.00	39.00	35.00	31.00	24.00	19.00	14.02
	203-5	183-9	160-0	154-2	141-1	134-6	127-11	114-10	101-8	78-9	52-4	46-0
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00			6.00	5.00	4.00	3.00
	49-2 1/4	45-11/4	42-8	39-4/4	32-9/4	29-6/4			19-8/4	16-5	13-1/4	9-10
25#Wt.							11.50	10.00	9.00	7.30	5.30	4.50
							37-6/4	32-9/4	29-6/4	23-11/4	17-4/4	14-9/4
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
	31-2	29-6/4	27-10/4	26-5	19-8/4	16-5	14-9	13-1/4	11-5/4	9-10	8-2/4	6-6/4
Pent.	2800	2600	2600	2400	2600	2600	2600	2600	2600	2600	2600	2600
Decath.	5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500
Wt. Pent.	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000

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

U.S. MASTERS ALL-AMERICAN STANDARDS

FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.1	14.4	15.0	15.5	16.4	16.8	18.6	19.8	22.0	25.0
200	28.0	28.8	30.0	31.6	33.0	35.0	37.0	39.0	42.0	48.0	52.0
400	63.5	65.5	68.0	70.0	78.6	80.0	83.0	84.0	86.0	98.0	104.0
800	2:33	2:35	2:40	2:46	2:54	3:10	3:20	3:36	3:56	4:30	5:40
1500	5:10	5:20	5:30	5:40	6:00	6:20	6:45	7:30	8:00	8:50	10:10
Mile	5:40	5:50	6:10	6:30	6:50	7:00	7:40	8:10	8:50	9:40	10:45
5000	19:45	20:15	21:00	22:00	23:30	24:50	26:00	28:00	30:00	34:00	36:00
10000	41:30	42:40	44:00	48:00	50:00	52:00	56:00	60:00	66:00	76:00	85:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.0	79.0	84.0	88.0							
300H					66.0	72.0	79.0	87.0	96.0	110.0	120.0
HJ	1.40	1.35	1.27	1.22	1.12	1.07	1.02	0.97	0.92	0.89	0.84
	4-7	4-5/4	4-2	4-0	3-8	3-6	3-4	3-2/4	3-0/4	2-11	2-9
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70
	8-10/4	7-10/4	6-7	5-10/4	4-11	3-11/4	3-7/4	3-3/4	2-11/4	2-7/4	2-3/4
LJ	4.60	4.42	4.04	3.81	3.40	3.20	3.10	2.60	2.30	2.10	1.50
	15-1	14-6	13-3	12-6	11-1/4	10-6	10-2	8-6/4	7-6/4	6-10/4	4-11
TJ	9.50	9.09	8.43	7.49	7.01	6.40	6.20	6.00	5.50	4.50	3.89
	31-2	29-10	27-8	24-7	23-0	21-0	20-4/4	19-8/4	18-1/4	14-9	12-9
Shot	10.30	9.32	8.51	8.40	8.00	7.77	7.50	6.60	6.00	5.20	4.30
	33-9/4	30-7	27-11	27-8/4	26-3	25-6	24-7/4	21-8	19-8/4	17-1/4	14-1/4
Javelin	35.00	33.50	28.00	25.00	23.00	22.15	20.00	17.00	16.00	15.00	12.00
	114-10	109-11	91-10	82-0	75-5/4	72-8	65-7/4	55-9/4	52-6	49-2/4	39-4/4
Discus	32.00	30.00	25.00	24.00	22.00	21.00	18.00	16.00	14.00	13.00	11.00
	105-0	98-5	82-0	78-9	72-3/4	69-0	59-1/4	52-6	45-0	42-8	36-1/4
Hammer	35.00	32.50	30.00	25.00	23.00	22.00	21.00	18.00	14.00	12.00	9.00
	114-10	106-7	98-5	82-0	75-5/4	72-2/4	68-0	59-1/4	46-0	39-4/4	39-6/4
20#Wt.	10.00	9.00	8.00	7.01							
	32-9/4	29-6/4	26-3	23-0							
16#Wt.					8.00	7.01	6.00	5.54	5.18	5.00	4.75
					26-3	23-0	19-8/4	18-2	17-0	16-5	15-7
Sup.Wt.	6.50	6.00	5.50	5.00	5.25	5.00	4.75	4.50	4.00	3.50	3.00
	21-4	19-8/4	18-2/4	16-5	17-2/4	16-5	15-7	14-9/4	13-1/4	11-5/4	9-10
Wt.Pent.	2600	2500	2500	2500	2800	2600	2600	2500	2400	2300	

Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
 2) Short hurdles: 30-49: 33"; 40+: 30"
 3) Shot put: 30-49: 4k; 50+: 3k
 4) Javelin: 30-49: 600gm; 50+: 400gm
 5) Hammer: 30-49: 4k; 50+: 3k
 6) Metric heights and distances are the standard; feet and inches listed for convenience.
 7) Superweight: 30-49: 35-lb; 50+: 25-lb

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME _____ AGE-GROUP _____
 ADDRESS _____ SEX: M _____ F _____
 CITY _____ STATE _____ ZIP _____
 MEET _____ DATE OF MEET _____
 MEET SITE _____
 EVENT _____ MARK _____
 HURDLE HEIGHT _____ WEIGHT OF IMPLEMENT _____
 CERTIFICATE PATCH PATCH TAG

1. If you have equaled or bettered the standard of excellence, please fill out this application, completely.
 2. A copy of your results or a note stating in which issue your results appeared MUST accompany this application.
 3. Please send \$10 for a certificate, \$10 for a patch, and \$10 for a patch tag showing event and year. The cost for both a certificate and patch ordered at the same time is \$15.
 4. Send to: All-American, National Masters News, P.O. Box 50098, Eugene OR 97405.
 5. A 3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 3" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.

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

WOMEN

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

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 2 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

NOTICE: The National Masters News will no longer process results that are submitted handwritten.

EAST

Penn Relays Philadelphia, PA; April 23-24

M40+ 100m wind:+0.5/+0.7*	
Neville Hodge 43	11.09
Bill Collins 48	11.22
Val Barnwell 41	11.38
Payton Hines 41	11.52
Michael Puckerin 40	11.52
Tony Fulton 40	11.60
Thomas Jones 46	11.65
Jesse Thomas 44	11.68
John Brooks 44	11.81
Sirlester Griffith 43	12.02
Tim McMahon 40	12.52
Willard Thompson 46	12.59
Don McNeill	12.64
Ed Gonera 47	12.69
*race run in two sections	
M50+ 100m wind:+0.3	
Charles Allie 51	11.73
Fred Sowerby 50	11.85
Robert Mitchell 51	12.24
Randy Smith 52	12.27
Joe Johnson 54	12.27
Edwin Roberts 58	12.43
Richard Sealey 54	12.62
Roger Pierce 54	12.71
Melvin Fields 54	12.78
M60+ 100m wind:+0.3	
Larry Colbert 62	12.74
Marion Harrison 61	12.89
Bob Hobbs 65	13.17
Dick Camp 63	13.41
Kallukhat Thomas 62	13.43
Bill Wright 65	13.55
Dick Ocker 61	13.85
M75+ 100m wind:+1.8	
Lester Wright Sr 77	15.27
Tom Kennell 76	15.43
Champion Goldy 82	16.36
John McCarthy 78	16.99
Angelo Oliver 79	18.57
W40+ 100m	
Renee DiGiacomo 44	15.83
Mary Rosado 50	16.39
Norma Jones 53	16.86
4x100m M40+	
Maryland Masters	44.65
(S Weatherspoon/N Hodge/T Jones/G Crawford)	
Houston Elite	44.65
Philadelphia Masters	45.83
Boston RC	46.19
Team United	46.78
Garden State AC	51.76
4x100m M50+, W40+	
Houston Elite	47.75
(John Hartfield, anchor)	
E+B*	48.50
Philadelphia Masters	51.71
NY Pioneers M60+	52.17
Boston RC finished 1st, DQed	
*Combination of teams E,B	
4x400m M40+	
Team United	3:29.24
(B James/T Guiden/J Thomas/A LeBourne)	
Maryland Masters	3:31.06
Central Park TC	3:35.13
NADIA TC	3:38.27
AURA International	3:40.06
Philadelphia Masters	3:40.14
Sprint Force America	3:40.41
Boston RC	3:41.25
Shore AC	3:42.75
Houston Elite	3:57.07
4x400m M50+, W40+	
Boston RC	3:54.01
(W Graff/R Sealey/R Souppa/R Pierce)	
Shore AC	4:02.49
Garden State AC	4:18.95
Central Park TC "B"	4:45.36
Masters Women's 5K RW	
Lyn Brubaker	24:19.46

Donna Chamberlain	25:18.21
Sherry Brosnahan	27:39.85
Sherry Watts	28:08.11
Rita Bogan	30:43.04
Masters Men's 10K RW	
Jim Carmines	49:52.89
Stan Sosnowski	51:24.83
Vince Peters	56:15.65
George Fenigsohn	56:22.04

SOUTHEAST

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

100m	
M30 Greg Singleton	11.9
Abraham Canty	12.1
M35 Orlando Matthews	11.4
Sanford Stephens	11.8
M40 John Roberts	11.6
Kevin Marbury	11.8
M50 Jon Davis	12.9
Byron Lewis	13.6
M55 Bruce Byrne	15.2
M60 John McLure	14.8
Joe DeLuca	23.5
M70 Les Rudy	16.1
W35 Dana Baumgarten	13.1
W55 Barbara Cleveland	15.2
W65 Betty Sjogren	21.1
200m	
M30 Abraham Canty	23.6
M35 Orlando Matthews	23.4
Sanford Stephen	24.7
M40 Kevin Marbury	24.3
Steve Palacios	25.2
M50 Ray Harvey	26.6
Tom Park	31.9
M55 Ralph McCay	26.9
Lionel Bonck	28.6
M65 Red Sjogren	34.1
W55 Barbara Cleveland	32.9
W65 Betty Sjogren	46.8
400m	
M35 Kerry Jackson	56.9
Lenwood Rance	1:00.4
M45 Charles Smith	55.2
M55 Ralph McCay	59.6
Lionel Bonck	1:01.5
M65 Ted Sjogren	1:21.1
M70 Frank Leone	1:38.7
800m	
M35 Kerry Jackson	2:18.4
M70 Ernie MacDonald	3:39.3
1 Mile	
M60 Tony Matthews	6:47.4
5000m	
M50 Rusty Earp	32:49.5
M60 Tony Matthews	23:41.2
Short Hurdles	
M40 John Roberts	15.0
Long Hurdles	
M50 Rusty Earp	55.3
High Jump	
M35 John Compton	1.71
M60 Jim Cleveland	1.67
Rudy Houg	1.52
M70 Les Rudy	1.07
W55 Barbara Cleveland	1.22
Pole Vault	
M55 Charlie Pochamus	3.05
M70 Les Rudy	2.29
W55 Barbara Cleveland	2.29
Long Jump	
M35 Mike Bagnell	5.82
M40 Jose Ortiz	4.81
M50 Rusty Earp	4.23
M60 Jim Cleveland	3.53
Joe DeLuca	2.14
M70 Les Rudy	3.54
W35 Dana Baumgarten	4.88

W55 Barbara Cleveland	4.03
Triple Jump	
M60 Joe DeLuca	5.56
Shot Put	
M40 Daniel Taylor	10.88
Jose Ortiz	10.37
M50 Rusty Earp	7.20
M55 Laurence Morrell	10.24
Ed Box	8.92
M60 Rudy Houg	11.98
Joe DeLuca	7.83
M65 Leonard Olson	12.36
Pay Carstensen	11.52
M70 John Gamble	10.16
W35 Dana Baumgarten	11.29
W60 Erika Messner	9.60
Discus	
M40 Jose Ortiz	33.77
M50 Robert Hume	44.96
Rusty Earp	23.71
M55 Ed Box	30.87
Laurence Morrell	29.82
M60 Rudy Houg	46.15
Jim Cleveland	32.93
M65 Leonard Olson	40.58
Pay Carstensen	31.91
M70 John Gamble	34.22
Frank Leone	28.38
W60 Erika Messner	21.33
Hammer	
M55 Ed Box	30.09
Laurence Morrell	24.78
M65 Leonard Olson	40.60
Pay Carstensen	39.53
W60 Erika Messner	28.21
Javelin	
M35 Michael Bagnell	44.11
M40 Jose Ortiz	44.72
Daniel Taylor	39.25
M45 Mike Brown	66.50
M55 Laurence Morrell	32.26
Ed Box	25.83
M60 Jim Cleveland	29.58
M65 Leonard Olson	35.69
W35 Dana Baumgarten	26.67
W55 Barbara Cleveland	24.43
W60 Erika Messner	26.09

MID-AMERICA

Drake Relays Masters 800 Des Moines, IA; April 24

1 Dan Futrell 42	2:03.19
2 Mike McDowell 42	2:03.83
3 Bob Prince 41	2:04.17
4 Murray Nelson 40	2:06.46
5 Bruce Frey	2:09.46
6 Paul Gordon	2:11.85
7 John Anderson	2:12.23
8 Ron Hershey	2:12.51

SOUTHWEST

Greater New Orleans District Senior Olympics Kenner, LA; Mar. 27

50m	
M50 Saul Jones	6.51
M55 Wayne Ory	10.65
M60 R Hesmondhalgh	7.80
M65 Frank Newman	7.85
M75 Frank Knaus	10.16
M80 Ted Yenari	10.12
W50 Carol Bradford	10.89
W55 Judy Bordelon	8.97
W65 Louise Reynolds	10.60
W75 Elizabeth Gann	12.61
100m	
M50 Saul Jones	11.98
M55 Wayne Ory	20.99
M60 Mike Boudreaux	12.87
M65 Frank Newman	14.09
M70 Roy Hoffmann	18.11
M75 FrankKnaus	18.73
M80 Ted Yenari	18.75
W55 Judy Bordelon	17.40
W65 Louise Reynolds	20.10
W75 Elizabeth Gann	24.05
200m	
M50 Saul Jones	27.26
M55 Alonzo Jones	27.50
M60 Mike Boudreaux	26.44
M65 Frank Newman	31.61
M75 Frank Knaus	43.09

M80 Julius Moore	45.00
W55 Judy Bordelon	40.63
W75 Elizabeth Gann	57.72
400m	
M50 Robert Whiteley	1:17.62
M55 Alonzo Jones	1:04.15
M65 Sid Montecino	1:24.50
M80 Julius Moore	1:58.35
W75 Elizabeth Gann	2:16.05
800m	
M60 Charles Cannon	3:40.65
M80 Julius Moore	5:06.59
W75 Elizabeth Gann	5:05.52
1500m	
M50 Robert Whiteley	6:21.05
M60 Fred Eitmann	7:44.08
W75 Elizabeth Gann	12:05.00
High Jump	
M50 Robert Baker	N/A
M55 Claudio Guillermo	3-10
M60 Fred Eitmann	4-3
M65 Jerry Lyons	4-2
M70 Roy Hoffmann	3-6
M80 Ted Yenari	3-2
W55 Judy Bordelon	3-8
W65 Louise Reynolds	3-2
Long Jump	
M50 Robert Baker	15-3.75
M55 Wayne Ory	9-7.75
M60 Frank Fouchi	11-3
M65 Sonny Oliphant	10-8.50
M70 Roy Hoffmann	9-3
M75 Frank Knaus	7-7.75
M80 Ted Yenari	8-4
W50 Rosa Bonilla	N/A
W55 Judy Bordelon	10-3.50
Shot Put	
M50 Harold Bourgeois	35-2.75
M55 Jerry Mullen	33-4.50
M60 Don North	34-10
M65 Milton Brady	30.50
M70 Roland Clement	28-1.50
M75 Donald Dreyer	23-11.75
M80 Ed Olsen	18-11
W50 Carol Bradford	23-5
W55 Marilyn Duvall	20-8.50
W60 Claire Evans	19-11.50
W65 Louise Reynolds	20-5.75
W70 Thais Lacrouts	20-2.75
W75 Millie Buchert	15
W85 Ruth Hamilton	11-4.50
Discus	
M50 Harold Bourgeois	102-5
M55 Butch Gipson	84-9
M60 Don North	112
M65 Jerry Lyons	111
M70 Roland Clement	98-7
M75 Cy Buchert	64-5
M80 Ed Olsen	42-8
W55 Carol Bradford	43-1
W55 Marilyn Duvall	66-9
W60 Claire Evans	40-5
W65 Alice English	46-7
W70 Joyce Ourso	44-6
W75 Millie Buchert	37-3
W85 Ruth Hamilton	27-10
Javelin	
M50 Harold Bourgeois	124-1
M55 Burk Ehret	85-9
M60 Charles Cannon	120-1
M65 Jerry Lyons	113-9
M70 Donald Dreyer	63-6
M80 Nick Asprodites	29-10
W50 Carol Bradford	56-10
W55 Marilyn Duvall	66-2
W60 Claire Evans	50-7
W65 Alice English	44-7
W70 Joyce Ourso	48-3
W75 Millie Buchert	36-6
W85 Ruth Hamilton	16-3

Houston Senior Olympics TX; March 28

50M	
M50 Randy Smith	6.59
Melvin Goode	6.84
Philip Boyko	7.10
M55 John Hartfield	6.41
Ron Helton	6.80
Franklyn Smith	6.88
M60 James Paddie	7.00
Paul Beckman	7.59
Robert Kocot	7.82
M65 Joe Summerlin	7.00
Larry Jackson	8.59

Ned Tanner	9.21
M70 Lee Gadison	7.84
Jack Gilbert	8.40
George Bennett	8.53
M75 Vincent Buckley	8.41
Robert Woolfolk	9.21
Donald Watson	9.34
M80 Shou Chang Ou	14.34
James Feagin	15.34
W50 Corry Meijer	8.47
D Vandercruyssen	8.59
Nancy Malone	8.93
W55 Shirley Watts	10.09
Mary Ramirez	11.25
W60 Shelly Whitlock	8.95
Sylvia Brooks	9.14
W65 Scottie Scott	12.43
W75 Dorothy Feagin	16.56
100M	
M50 Randy Smith	12.20
Melvin Goode	12.79
John Fowler	13.90
M55 John Hartfield	11.84
Ron Helton	12.40
Franklyn Smith	12.85
M60 James Paddie	12.75
Altan Erdil	14.64
Robert Kocot	14.80
M65 Joe Summerlin	13.76
Larry Jackson	15.52
Ned Tanner	17.94
M70 Lee Gadison	15.09
Jack Gilbert	15.75
Ray Holbrook	16.00
M75 Vincent Buckley	15.72
Robert Woolfolk	17.65
Donald Watson	18.73
M80 James Feagin	30.74
W50 Corry Meijer	14.81
D Vandercruyssen	16.09
Nancy Malone	18.16
W55 Shirley Watts	19.05
Mary Ramirez	23.48
W60 Janice Cunningham	17.04
Marion Coffee	17.30
Shelly Whitlock	17.41
W75 Jennie Hughes	26.91
Dorothy Feagin	32.97
200M	
M50 Randy Smith	25.87
Greg Slape	29.28
John Fowler	30.25
M55 John Hartfield	25.12
Ron Helton	25.65
Franklyn Smith	26.59
M60 James Paddie	27.04
Edward Rison	30.00
Jay Stabler	37.04
M65 James Leggett	26.69
Joe Summerlin	28.84
Larry Jackson	32.00
M70 Jack Gilbert	33.11
William Buerger	36.41
George Bennett	36.53
M75 Charles Keenan	35.46
Vincent Buckley	36.14
Robert W	

Continued from previous page

W60 Loretta Watson	5-06
Shelly Whitlock	4-06
Shot Put	
M50 Jimmy Salazar	36-9.25
Harry Windham	36-5.5
Terrell Schaffer	33-1.25
M55 John Hartfield	42-5
Peter Nimmo	36-3
Mark Chapman	35-6.5
M60 Harold Crater	40-2.5
Don North	34-8
Altan Erdil	33-0
M65 Richard Hein	34-10.7
Roland Baird	32-7.5
Milton Brady	31-6.5
M70 Jim Gerhardt	38-11
Skip Meneely	32-4.5
Val Smith	30-4
M75 Dale Buysse	33-7.5
Pete Sjoval	27-3.75
Robert Woolfolk	26-6.5
M80 Wade Alexander	24-8.5
Shou Chang Ou	19-6
James Feagin	12-8.5
W50 Nancy Malone	27-1.25
Corry Meijer	23-10.5
Dolores Williams	22-8.75
W55 Fay Richard	21-10.5
Zell Llewellyn	19-2
W60 Loretta Watson	28-5.25
Shelly Whitlock	20-6
Jody Williams	20-0.75
W65 Scottie Scott	22-0.75
W70 Juanita Moseley	25-10.2
Doris Tait	14-6.25
Mary Gilbert	12-4
W75 Pearl Holloway	15-5
Millie Buchert	12-10.5
Dorothy Feagin	11-10.7
Discus	
M50 Jimmy Salazar	123-7
Terrell Schaffer	119-3
Ted Sanders	114-8.5
M55 Peter Nimmo	125-3
Herb Miller	102-8
Mark Chapman	102-3.5
M60 Don North	124-1.5
Paul Beckman	114-8.5
Harold Crater	113-5.5
M65 Gene Hendrix	111-3.5
James Leggett	109-9.5
Milton Brady	104-1
M70 Jim Gerhardt	130-9.5
Val Smith	92-0
Jack Gilbert	81-1.5
M75 Pete Sjoval	101-10
Dale Buysse	98-6.5
Keith Tomkins	70-11
Robert Woolfolk	70-11
M80 Wade Alexander	56-8.5
Shou Chang Ou	42-1.5
James Feagin	28-6
W50 Nancy Malone	81-1
Dolores Williams	52-6
W55 Zell Llewellyn	47-2.5
W60 Loretta Watson	69-9.5
Jody Williams	53-5.5
Sylvia Brooks	49-3.7
W65 Scottie Scott	46-9.5
W70 Juanita Moseley	56-11
Doris Tait	32-2
Mary Gilbert	26-1
W75 Millie Buchert	37-9.5
Pearl Holloway	37-2
Dorothy Feagin	17-6
Javelin	
M50 Dave Jantzen	108-11
Vincent Breaux	104-04
Terrell Schaffer	97-01
M55 Lawrence Silver	115-09
Mark Chapman	97-09
Bob Lewis	80-05
M60 Frank Tinelli	127-10
Don North	116-08
Charles Richards	115-09
M65 Zbyszek Przewodek	128-11
James Leggett	92-07
William Morris	87-02
M70 Skip Meneely	108-08
Val Smith	82-04
Glen Coward	78-11
M75 Dale Buysse	75-10
Pete Sjoval	64-2
Robert Woolfolk	52-1
M80 Wade Alexander	51-8
Shou Chang Ou	43-5
W50 Nancy Malone	57-11
W55 Fay Richard	80-2
Linda Douglas	54-6
W60 Loretta Watson	60-2

Jody Williams	57-3
Sylvia Brooks	55-2
W65 Scottie Scott	44-3
W70 Doris Tait	27-5
Mary Gilbert	22-3
W75 Millie Buchert	38-5
1500M Racewalk	
M50 Willaim Wutke	11:52.04
Hans Jaeger	12:06.49
M55 Bertrand Myers	9:15.53
M60 John Knifton	8:07.33
Ron Aldridge	9:39.51
David Burns	9:41.70
M70 Ray Holbrook	10:48.17
Gene Eastman	11:02.59
M75 Cyril Buchert	10:31.69
James O'Rourke	12:45.17
W55 Shirley Watts	14:08.49
W60 Juanita Rogillio	10:29.09
W65 Aleda Brasher	10:20.03
W70 Addie Kephart	11:56.30
W75 Theresa Fritz	13:07.67
5000M Racewalk	
M50 Donald Gaus	35:57
Hans Jaeger	38:05
M55 Bertrand Myers	33:56
M60 John Knifton	32:18
Ron Aldridge	34:17
Sam Bowman	37:36
M65 Frank Corso	37:31
M70 Bernard Blumenthal	36:47
Gene Eastman	39:11
M75 Cyril Buchert	36:49
W60 Juanita Rogillio	36:57
W65 Aleda Brasher	36:11
W70 Addie Kephart	38:14

WEST

KelField Throws Series #70	
Santa Cruz, CA; April 17	
Shot Put	
M40 Eric Hodgdon	42-6.75
M45 Gary Kelmenson	35-4
Richard Watson	34-4.25
M50 Lad Pataki	54-2
Discus	
M45 G Kelmenson	113-6
R Watson	112-7
M50 L Pataki	173-6
M60 Don Hughes	86-8
Hammer	
M45 G Kelmenson	128-4
R Watson	111-8
M50 L Pataki	161-9
M60 D Hughes	92-7
Javelin	
M45 R Watson	154-4
G Kelmenson	102-1
M50 L Pataki	136-2
M60 D Hughes	66-0
56# Weight	
M45 G Kelmenson	28-2
R Watson	24-4
M50 Lad Pataki	30-10.5
M60 D Hughes	21-1.5
35# Weight	
M40 E Hodgdon	38-1.5
M45 G Kelmenson	41-7
R Watson	39-4
M50 L Pataki	49-8
M60 D Hughes	21-1.5
Weight Pentathlon	
R Watson	3250
G Kelmenson	3142
(see marks above)	
W35 Begona Garrido	29.2
W40 M J Sanguos	27.5
W50 Gloria Escibano	10.5
W55 Maria Urgell	40.1
W60 Mercedes Lopez	38.6
400m	
M35 Jose Olsao	57.0
M40 Manuel Blanco	52.0
M45 Roger de Mas	59.6
M50 Blas Garcia	62.5
M55 Martin Martin	64.0
M65 Jose Imaz	70.8
M70 Jose Anton	95.6
M75 Francisco Gil	82.5
W30 M M Pitillas	27.4
W35 Begona Garrido	65.1
W40 Aracell Palomo	79.9
800m	
M40 Joquin Joyas	2:02.2
M45 Fernando Diaz	2:09.9
M50 Blas Garcia	2:23.3
M55 Salvador Casal	2:26.8
M60 Miguel Ceamanos	3:14.9
M65 Alfonso Latorre	2:44.7
W30 Marta Ruiz	2:38.9

W35 Lourdes Ruiz	2:39.1
W40 Gabriela Canas	3:09.5
W45 Ana Vivancos	2:46.2
W50 Ramona Escibano	3:17.7
W55 Montserrat Comanala	3:12.1
W65 Rosa Tena	3:44.9
1500m	
M35 Fernando Fananas	4:22.0
M40 Alberto Cabrera	4:15.3
M45 Fernando Diaz	4:23.5
M50 E de la Camara	4:47.2
M55 Sebastian Androver	5:35.3
M60 Manuel Alonso	5:10.1
M65 Alfonso Latorre	5:36.3
M70 Guillermo Bujones	6:30.4
W35 Francisca Rodriguez	5:29.8
W40 Manuela Martinez	5:29.5
W50 Gloria Guerrero	6:16.2
3000m	
M35 Fernando Fananas	9:17.0
M40 Jose Gonzalez	8:55.3
M45 Nestor Leiarreta	9:34.1
M50 E de la Camara	9:42.0
M55 J L Beregartua	10:15.1
M70 Guillermo Perez	12:38.7
W30 Imaculada Rivero	11:42.9
W35 Carmen Larre	10:47.7
W40 Manuela Martinez	11:10.9
W45 Ana Vivancos	11:51.6
W50 Gloria Guerrero	13:39.2
W60 Rosa Tena	14:18.7
60mH	
M40 Jose Codera	9.3
M50 Adolfo Gutierrez	10.7
M60 Domingo Meca	15.7
W40 M J Sanguos	9.5
High Jump	
M35 Fernando Osoro	1.77
M40 Lucio Martinez	1.80
M45 Fernando Moliner	1.50
M50 Juan Chacon	1.56
M60 Joan Busquets	1.26
Pole Vault	
M35 Julio Ventin	3.20
M40 Jose Luis Lopez	3.10
M45 Ramon Navalon	3.10
Long Jump	
M35 Ramon Queralt	5.63
M40 Jose Del Prieto	5.85
M50 Rafale Caballero	5.21
M55 Jose Luna	4.09
M65 Valentin Hurtado	3.22
M70 Manuel Garcia	2.43
W30 Patricia Nadal	4.52
W35 Esther Busquets	4.24
W40 Rose Escibano	4.91
W45 Josefina Boughen	2.78
Triple Jump	
M35 Fernando Osoro	13.19
M40 L J Martinez	13.28
M50 Jesus Alvarez	12.12
Shot Put	
M35 Jose Arquero	11.95
M40 Domingo Sanchez	12.68
M45 Pedro Millan	9.73
M55 Bonifacio Allende	12.27
M60 Enrique Aguinaga	10.88
M65 Tomas Castan	9.36
M70 Manuel Garcia	7.89
M75 Valentin Huch	7.84
W30 Patricia Nadal	8.97
W35 Blanca Alba	11.02
W40 Lourdes Rousinyol	10.26
W45 Josefina Boughen	6.72
W50 M T Liras	8.01
W55 Heide Klett	10.27

Mesa Community College	
Throws Series	
Mesa, AZ; April 25	
Shot Put	
M40 Andy Miller	11.50
Jeff Crothers	10.39
M45 Clay Hull	11.57
Richard Watson	10.17
M50 Ron Travis	11.30
M55 Bob Osterhout	10.27
Discus	
M40 Andy Miller	44.14
Jeff Crothers	29.10
M45 Richard Watson	33.00
Clay Hull	32.98
M55 Bob Osterhout	32.89
Hammer	
M40 Andy Miller	40.18
Jeff Crothers	29.53
M45 Clay Hull	39.25
Richard Watson	36.84
M50 Ron Travis	32.15
M55 Bob Osterhout	40.64

Javelin	
M40 Andy Miller	38.53
Jeff Crothers	25.12
M45 Richard Watson	33.00
Clay Hull	41.10
35# Weight	
M40 Andy Miller	14.81
Jeff Crothers	11.71
M45 Richard Watson	12.55
Clay Hull	12.30
M50 Ron Travis	8.51
M55 Bob Osterhout	10.49

56# Weight	
M40 Andy Miller	7.89
M45 Clay Hull	7.54
Richard Watson	7.17
M50 Ron Travis	4.84
M55 Bob Osterhout	5.55
Weight Pentathlon	
M40 Andy Miller	3306
Jeff Crothers	1917
M45 Richard Watson	3335
Clay Hull	3311
(see marks above)	

W60 Birgitta Eklund	2:52.79
W65 Berthilia Depreter	3:27.76
1500m	
M40 Gerard Rofinson	4:09.15
M45 David Wilcock	4:06.59
M50 Victor Solovoyov	4:30.00
M55 Reginald Phipps	4:42.20
M60 Wilhelm Grunig	5:16.85
M65 V Francisco	5:01.79
M70 Joachim Vetter	6:21.71
M80 Holger Josefsson	6:30.78
W35 Ursula Wolf	4:56.00
W40 Aurora Perez	4:43.63
W45 Lidia Zentner	5:08.83
W50 Ella Grimm	5:39.35
W55 Betty Stracey	6:27.59
W60 Birgitta Eklund	5:54.62
(WR-G Brown/USA/5:58.55/1993)	
W65 Berthilia Depreter	6:59.18
3000m	
M40 Mike Gervan	8:57.60
M45 Niels Pedersen	9:25.94
M50 Jean Thomas	9:18.40
M55 Stig Jonsson	10:00.60
M60 S J Lassen	10:35.39
M65 V Francisco	10:40.82
M80 Otto Ludzuweit	16:01.51
W35 Ursula Wolf	10:16.82
W40 Aurora Perez	10:15.63
W45 Lidia Zentner	10:51.01
W50 P Gallagher	11:11.34
W55 G Fleetwood	13:12.95
W60 Birgitta Edlund	12:30.69
W65 B Depreter	15:20.83
Short Hurdles	
M40 Herbert Kreiner	8.30
M45 Eduard Longauer	8.65
M50 Wim DeRonde	8.79
M55 John Howe	9.72
M60 Hellmuth Klimmer	9.39
M65 Hikmet Kandeydi	10.49
M70 Martin Kutman	10.83
M75 Horst Albrecht	12.93
W35 Anke Moritz	9.03
W40 Christine Muller	8.92
W45 Daniella Desmier	9.61
W50 Margaritha Dahler	10.37
W55 Rietje Dijkman	10.98
W60 Kaas Leili	11.35
W65 Asta Larsson	11.93
High Jump	
M40 Vladimir Zharikov	1.85
M45 Jan Huybers	1.60
M50 Franc-Branko Vivod	1.70
M55 Jaroslav Hanus	1.71
M60 Anthony Bateman	1.60
M65 Haney Andersen	1.51
M70 Nils-Bertil Nevrup	1.46
M75 Emmerich Zensch	1.28
M80 Reino Taskinen	1.13
W35 Jenny Brown	1.70
W40 Petra Gregor	1.55
W45 R Gartner-Schaeffer	1.50
W50 Inge Faldager	1.35
W55 Renate Vogel	1.48
W60 C Schmalbruch	1.32
(WR-R Chrimes/GBR/1.30/1997)	
W65 Elsa Enarsson	1.18
W70 C Wippersteg	1.06
W75 Gunni Svensson	0.97
Pole Vault	
M40 Jukka Koivisto	4.30
M45 Wolfgang Ritte	4.77
M50 Hubert Hagenhuber	3.70
M55 Hans Lagerqvist	4.05
M60 Lennart Svardsen	3.00
M65 Robert Brown	3.20
M70 Bert Jonsson	2.90
W40 Debbie Singleton	2.50
W45 Ute Ritte	2.40
W50 Hillen Studendorff	2.30
W55 Diethild Nix	2.40
W60 D McLennan	1.50
Long Jump	
M40 Jon Oddsson	6.29
M45 Jouko Nikula	6.33
M50 Pertti Ahomaki	6.25
M55 Stig Backlund	5.96
M60 Hellmuth Klimmer	5.51
M65 Long Jump	5.09
M70 Dobrihan Geza	4.32
M75 Horst Albrecht	3.76

Continued from previous page

M80 Reino Taskinen	3.15
W35 F Desmasvres	5.01
W40 Vives Loles	5.32
W45 Deniella Desmier	5.03
W50 Hillen Stubendorf	4.51
W55 Gudrun Kinger	4.25
W60 C Schmalbruch	4.58
(WR-E Gray/BVosburgh/USA/ 3.85/1996)	
W65 Asta Larsson	3.58
W75 Mary Wixey	2.41
W70 Helga Schneider	2.75
Triple Jump	
M40 Wolfram Walther	14.08
M45 E Poudovnikov	13.33
M50 Chernyatevych	13.04
M55 Stig Backlund	12.92
M60 P A Pinto	11.47
M65 Olavi Niemi	10.46
M70 Jakob Rypdal	9.77
M75 Jorma Lehmuskoski	8.39
W35 Jenny Brown	11.16
W40 Evie Roelands	10.74
W45 Daniella Desmier	10.73
W50 Margarigha Dahler	9.28
W55 Rietje Dijkman	8.89
W60 C Schmalbruch	9.45
(WR-A Lary/USA/8.07/1998)	
W65 Asta Larsson	7.71
Shot Put	
M40 Paul Edwards	16.58
M45 Karli Trumm	14.63
M50 Neil Griffin	14.85
M55 Kurt Goldschmidt	14.38
M60 Karl-Heinz Marg	15.34
M65 Arne Saether	13.13
M70 Heiner Will	13.82
M75 Erik Eriksson	12.41
M80 Franz Meier	11.58
W35 Jenny Brown	10.99
W40 Tine Schenkels	13.29
W45 Vilma Thompson	10.12
W50 Inge Faldager	11.71
W55 Karin Illgen	12.48
W60 Evaun Williams	11.97
(WR-R Chrimes/GBR/11.66/ 1997)	
W65 Asta Larsson	8.44
W70 C Wippersteg	8.02
W75 Ilse Plugger	7.75
4x200m Relay	
M40 Gr.Br.&N.I	1:34.19
(Elderfield/Hickey/Burgess/ Peters)	
M50 Germany	1:41.10
(Reichle/Wondra/Thrke/ Schmitt)	
M60 Germany	1:47.59
(Schmitz/Lange/Otto/Neuman)	
M70 German	2:02.45
(Meinsen/Herbst/Fischer/ Selzer)	
W35 Germany	1:44.92
(Stopka/Grissmer/Seidel/ Moritz)	
W40 Holland	1:53.02
(Akkerman/Roelands/Klomp/ Oost)	
W50 Germany	2:04.95
(Stubendorf/Dollmann/Forster)	
W60 Sweden	2:21.21
(Holm/Larsson/Soderstrom/ Edlund)	
3000m RW	
M40 Bo Gustavsson	12:59.46
M45 Frantisek Parys	12:51.55
M50 Robert Care	13:42.66
M55 Ulrich Zetzmann	15:53.95
M60 Brian Gore	15:12.18
M65 K-H Hartwig	16:37.17
M70 Denis Withers	18:52.00
M75 Rudolf Blixt	19:55.64
W45 M S Fernandes	15:21.10
W50 Waltraud Seiler	16:17.30
W60 Josette Sommier	17:59.30

**Spain Indoor Championships
Zaragoza; March 13**

60m	
M35 Miguel Alvarez	6.9
M40 Jose Moreno	7.3
M50 Anton Basurko	7.5
M55 John Thunks	8.3
M60 Armando Roca	7.7
M65 Valentin Hartudo	8.9
M70 Javier Anton	8.5
M75 Valentin Huch	10.6
W30 Anabel Navarro	8.5
W35 Esther Busquets	8.7
W40 Trini Casals	8.6
W45 Isabel Collado	10.5
W50 Gloria Escribano	10.5
W55 Heidi Klett	9.6
W60 Mercedes Lopez	10.6
200m	
M35 Miguel Alvarez	23.2
M40 Jose Moreno	24.8
M45 Jose Ruano	26.0
M50 Anton Basurko	25.7
M55 Martin Martin	27.8
M60 Manuel Camba	27.0
M65 Jose Imaz	30.7
M70 Javier Anton	29.9
M75 German Alonso	43.9
W30 M M Pitillas	27.4

**Southeast Intercounties
Women's Meet
Great Britain; May 5**

100m	
W35 H Gosell	13.1
W45 V Bonner	13.3
W50 V Parsons	14.2
200m	
W35 L Pummel	27.3
W50 V Parsons	29.7
400m	
W35 C Thomas	62.2
W60 J Hulls	71.8
800m	
W40 J Brown	2:22.4
W45 S James	2:44.4
W50 A Roden	2:48.1
1 Mile	
W35 C Wheeler	5:22.9
W50 A Roden	5:53.3
1500m Steeplechase	
W35 S Bassett	6:04.1
W50 M Auerback	7:01.3
High Jump	
W40 J Brown	1.45
Pole Vault	
W35 N Bradshaw	3.20
W45 L Newton	1.50

Dan Badalament	19:33
M60 Joe Gallagher	24:25
Car I Grossbard	25:52
M65 George Marr	24:30
W40 P Zebersky	19:38
Luann Mestre	20:59
W45 Lois Polesky	23:18
Marilyn White	24:32
W50 Susan Fabiano	25:00
Carol Cooper	26:34
W55 Anna Thornhill	21:21
W60 Pat Cataldo	25:50
W65 Cathy Carroll	96:05
(247 finishers; 41 deg, w12-15 mphNE, flat)	

**Piece of Cake 10K
Gaithersburg, MD; March 20**

Overall	
Mark Hoon 34	34:07
Patty Fulton 33	38:59
M40 GeorgeBuckheit 34:14	
Peter Clardy	37:21
Dave Bollinger	37:26
M45 Ken Umbarger	35:24
Bill Lee	38:26
Eric Long	38:42
M50 Camilo Garzon	41:50
Dick Butler	45:58
Bob Schwab	46:38
M55 Warren Prunella	41:50
Charles Raper	41:53
Walter Brown	42:01
M60 George Tarrico	54:01
Jim Turner	54:08
Art Ralston	55:31
M65 George Waxter	52:50
Ray Campbell	57:48
Guy Bateman	59:24
M70+Bill Osburn 75	52:12
W Washburn 76	54:46
Frank Pierce 76	57:04
Alvin Guttag 80	96:44
W40 Sandy Ruprecht 45:17	
Sue Neurath	46:31
Ros. Kosson	47:51
W45 Linda Votey	49:48
M. Garzon	50:03
Chris Goldman	52:48
W50 Joan Tapocik	50:17
Jane Godfrey	51:02
Penny Bodine	53:11
W55 Sharon Dolan	44:44
Dee Nelson	49:25
Priscila Prunella	49:59
W60+KayMorrison	72:64:51

**Go For The Green 5K
Smithtown, NY; March 20**

Overall	
James Brady 17	16:49
Kathy Martin 47	19:17
M40 John DelMaestro	17:40
Ken Ong	18:41
M45 Bill O'Loughlin	20:42
Terrence O'Brien	21:08
M50 Douglas Pavone	21:21
Luis Teran	21:28
M55 Maury Dean	18:48
Charles Gross	20:51
M60 Mel Cowgill	20:33
Robert Mitchell	21:30
M65 Jim Mahoney	26:19
Richard Johnston	29:38
M70+ Bert Jablon	25:20
W40 Barb Echemendia	26:40
Jane Groneman	26:54
W45 K Martin	19:17
Mona Rechner	25:42
W50 Mary Trotto	24:59
Linda Calise	26:50
W55 Erica Gassen	26:55
Antonia Scanni	31:05
W60 Joan Scott	32:49
W65 Fayette Leung	33:07
(355 finishers; windy 15-22mph 39 deg/flat)	

**Suffolk County Community
College Half-Marathon & 5K
Long Island, NY; March 28**

Overall	
Rafael Veras 29	71:04
Regina Ronan 29	81:40
M40 Alex Cuzzo	77:44
John Del Maestro	78:38
M45 Alan Oman	78:15
Ted Truet	85:20
M50 Joe Brennan	89:06
Herb Armstrong	93:42
M55 Steve Hoffman	1:45:43
Barry Aronowsky	1:50:07
M60 Jose Mendez	1:35:19

Robert Mitchell Sr	1:41:41
M65 Guy Froehlig	1:52:05
W40 Patty Zebersky	90:19
Linda Russo	94:33
W45 Jane McGraw	1:47:06
Mary VonBevern	1:53:33
W50 Sherry Bellovin	2:03:39
W55 Helma Clavin	1:57:25
(315 finishers; w18-35mphNE/ 39 deg/lite rain/flat to rolling)	

—5K—

Overall	
Estella Clasen 49	22:39
M40 Jerzy Sokolowski	20:56
M45 Peter Martin	20:08
M50 Craig Siracusa	24:12
M55 Maury Dean	18:46
M60 Bob Carr	31:04
M65 Gus Likos	24:58
M70 Bert Jablon 72	25:32
W40 Debbie Franco	23:49
W45 E Clasen	22:39
Kathy Thompson	31:53
W50 Vickie Siracusa	29:56
Valerie Croon	34:06
(142 finishers; lite rain/lightly rolling/38 deg/w18-35pmhNE)	

**Sergeant Pat's 5K
Long Branch, NJ; April 3**

Overall	
Gary Wersinger 41	16:30
Laurie Parton-Corgin 31	17:31
M40 G Wersinger	16:30
Dant e Ciolfi	17:46
M45 Philip Tell	20:41
Bob Hayes	22:39
M50 George Thomas	19:29
Don Baker	19:43
M55 Maury Dean	17:59
Butch Pivano	20:16
M60 Gene Chase	19:30
M65 Harry Papirman	23:02
W40 Kathy Tell	20:21
Linda Puzzo	22:56
W45 Caroline Pond	24:54
Patti Carlesimo	29:43
W50 Panseluta Geer	23:59
W55 Marilyn Rider	25:37
W60 Dolores Papirman	28:20
(317 finishers; cloudy/w10-14 mphSE/48 deg/flat)	

**Nationwide Insurance 10K
Run For ASPIRE
Plainview, L.I., NY; April 10**

Overall	
Don DiDonato 41	32:44
Regina Ronan 29	36:07
M40 D Donato	32:44
John Del Maestro	35:13
Alex Cuzzo	35:21
Richard DeLasota	35:30
M45 Jim Walsh	35:46
Ted Truet	36:18
Thomas Horan	38:19
M50 David Schneider	37:59
Jay Hildebrand	39:06
Kieran Kelly	39:18
M55 Daniel Badalament	40:11
Tom McGee	40:27
Alex Flyntz	40:30
M60 Joe Cordero	39:53
Mel Cowgill	41:29
Jose Mendez	41:47
M65 Geza Feld	44:16
Jim Scovel	47:36
M70 John Corrigan	48:39
Bert Jablon	51:15
M75 John McManus	51:02
Sab Koide	53:44
M80+Manfred Gundell81	74:08
W40 Donna Hurley	39:34
Patty Zebersky	40:58
Helen Visgauss	41:06
W45 Kathy Martin	37:49
Cathy Oehrlein	43:56
Estella Clasen	45:43
W50 Hilory Boucher	47:33
Flora Flores	48:47
Judith Carroll	49:11
W55 MarieLMichelsohn	48:47
Wendy Burns	50:57
Helma Clavin	53:17
W60 Pat Delaney	61:06
Alexandra Finger	62:30
W65 Vera A llen	68:48
Gwen Fox	81:56

**Cherry Blossom 10-Mile
Washington, DC; April 11**

Overall	
Worku Bikila 28	46:59
Jane Omoro 26	53:37
M40Charlie Andrews	54:18
Anthony Basile	54:28
George Altieri	55:50
Peter Kirk	55:51
Walter Conrad	56:27
Jim Whitnah	56:34
Jim Cielland	57:00
Joe Puopolo	57:24
Mark Sullivan	57:58
Paul Peterson	58:16
M45Chuck Moeser	55:11
James Pryde, Jr.	55:49
Deve. Campbell	57:26
Ron Knepper	58:29
Jay Jacob Wind	59:51
Mick Slonaker	60:49
Bob Burns	61:12
Timothy Morgan	62:01
Ed Ryan	62:43
Swartzendruber	63:08
M50Bill Rodgers	54:03
Rick Katz	57:56
Dennis Kollai	60:20
John Dix	63:21
Piriya Pinit	63:32
Larry Frederick	63:35
Pat Griffith	63:51
Jim Porterfield	65:57
M55John Haubert	64:12
Gerry Ives	64:15
Ben Dyer	64:21
Chris Riley	66:15
Jerry Warfield	67:22
Ed Ayres	68:19
Dick Hipp	68:27
Warren Prunella	68:37
M60Vic Zwolak	66:40
Ray Myers	68:23
Cal Fowler	68:34
Chan Robbins	69:17
CourtneyRiordan	69:59
Joe Fodor	70:07
M65Tom Ray	70:55
Geo. Yannakakis	73:20
Jerry Lewis	74:04
Robert Smith	75:54
Tom Momiya	77:57
M70Nianxiang Xie	78:00
Dixon Hemphill	78:15
Robert Ealy	82:55
Marcel Bitoun	90:42
M75+LouLodovico	75:22:4
WaltWashburn	76:90:32
Bill Osburn 75	93:11
Frank Pierce 77	94:24
W40Patti Shull	60:47
Debi Bernardes	64:15
Linda Wack	65:01
MargaretStarnes	66:09
Donna Lewis	68:06
Joanne Collins	68:09
Carolyn Eich	68:23
Chris Newsham	69:36
Elizabeth Besio	70:22
Marietta Sievert	70:35
W45Betty Blank	69:11
Karen Erb	69:49
PatriciaDonohue	70:50
Cor. Steinbach	71:43
ValerieCampbell	71:55
Sandi Stark	74:09
Marilyn Bevans	74:33
Judi Carbery	75:14
Linda Mills	78:52
S. Granger	78:58
W50Rose Malloy	65:28
Hideko Pirie	71:53
Barbara Ekstrom	74:07
Penny Gray	74:55
Laura Cantrell	78:09
Sharon Myers	78:24
Danalee Green	79:36
Marlys Palmer	80:19
W55Barbara Miller	70:33
Janice Stoodley	71:42
Sharon Dolan	72:31
Joan Ulyot	72:39
Kathy Lewis	78:13
Carol Rider	78:34
Judith Harmony	79:09
PriscellaPrunella	81:00
W60Tami Graf	84:49
Jean Chambers	98:13
Phyllis Sherrill	99:38
Pauline Ely	99:40
Kathy Guerrieri	1:40:19
Faun Peters	1:53:08

LONG DISTANCE RESULTS
Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 2 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

NATIONAL

**USATF National Masters
Championships/ILC Race/
Indy 500 Mini-Marathon
Indianapolis, IN; May 1**

M40 John Tuttle	1:05:11
Craig Young	1:07:10
Mark Curp	1:08:45
Steve Winchell	1:09:51
Charlie Gray	1:10:35
George Dewitt	1:13:56
David Gardner	1:14:56
Mark Diveley	1:16:07
Marcus Phelps	1:16:25
Randy Stearns	1:19:19
M45 Gary Romesser	1:11:09
Tom Simpson	1:19:38
Robert Meier	1:20:58
Roger Steffen	1:21:08
Fred Kile	1:21:21
Richard Ditteon	1:22:05
Chuck Masters	1:22:14
Harry Cannon	1:22:27
David Smiley	1:22:50
Jim Holzman	1:23:10
M50 Dick Buerkle	1:14:14
Michael Dove	1:18:14
Doug Schmidt	1:21:10
Jeff McQueen	1:22:25
Chuck Koepfen	1:24:53
J Bronger	1:25:07
Jerry Matthews	1:25:54
Bill Deal	1:26:23
M55 Jan Frisby	1:16:49
Jack Nelson	1:17:09
Vic Heck	

Continued from previous page

W65Marjorie Lane	1:44:16
Rita Simon	2:00:57
Marge Stahl	2:06:17
W70+HedyMarque	1:19:12
KayMorrison	72:42:00
Edith Farias	75 1:46:36

Boston Marathon
Boston, MA; April 19

Overall	
Joseph Chebet	2:09:52
Fatuma Roba	2:23:25
M40-49	
Andrew Kuznetsov	4:12:20
Josh Kipkemboi	4:01:56
Budd Coates	4:22:52
Bob Schweim	4:23:42
Heiko Schinkitz	4:24:22
Ruben Hinojosa	4:26:01
John Barbour	4:26:02
Alan Ruben	4:30:49
Roy Bieber	4:32:24
Claudio Ongaro	4:33:33
James Garcia	4:33:44
John Trettin	4:34:09
Andrei Witczak	4:34:26
Guy Gordon	4:35:45
James Miller	4:36:05
Brad Pace	4:36:44
Marty Lechleider	4:37:59
John Brown	4:38:30
David Dobkowski	4:39:07
Elio Fioravanti	4:39:17
M50-59	
Yuri Laptev	5:02:11
Hal Goforth	5:04:05
H. Barreneche	5:04:39
Arthur Scheinholz	5:05:29
Ty Schmalz	5:05:58
Stephen Reed	5:05:34
James Imprescia	5:05:55
Jon Stableford	5:05:10
James Hudick	5:05:22
Don Bates	5:05:28
Dan Logan	5:05:38
Jost Schmitt	5:05:19
Jerry Rosa	5:02:14
Robert McNaught	5:03:12
Louis Rodriguez	5:03:59
John Lee	5:05:12
Victor Barkoski	5:05:15
Terry Harris	5:05:24
Ronald Gehl	5:05:28
Ross Parker	5:05:48
M60+	
Melvin Williams	5:03:16
Joseph Burgasser	6:03:09:05
Gerald Glass	6:03:11:43
William Riley	6:03:14:38
Jim Schleisman	6:03:15:12
Jim O'Toole	6:03:15:21
Malcolm Gillis	6:03:15:21
Tony Cerminaro	6:03:15:22
Bill Blackburn	6:03:16:12
M. Narasasi	6:03:16:23
Calvin Loomis	6:03:19:30
Hayashi Ito	6:03:19:59
Andrew Fahey	6:03:22:35
Richard Murphy	6:03:23:01
Ben Matthews	6:03:27:43
W40-49	
Jo Colomb-Janin	4:40:36
Gillian Horovitz	4:46:31
Lee Dipietro	4:51:51
Marie Romero	4:57:27
Eddie Dubord	4:58:53
Marge Bellisle	4:58:02
Mary Hanlon	4:58:21
Barbara Bellows	4:58:51
Sara Flynn-Kramer	4:58:30
Joanne Scianna	4:58:48
Rebecca Ferguson	4:43:06:03
Marcella Teran	4:58:07:11
Carolyn Finch	4:58:08:03
Terri Martland	4:58:09:59
Nancy Stewart	4:58:11:06
Kathy Daidone	4:58:11:44
Kathy Waldron	4:58:14:41
Emmy Stocker	4:58:15:56
Gail Breslow	4:58:16:12
Laurie Ryan	4:58:16:21
W50-59	
Judith Hine	4:58:30:15
Joan Ellis	4:58:30:45
Susan Gustafson	4:58:30:31
Dee Chadwick	4:58:31:18
Joy Hampton	4:58:32:50
Jeanne Kruger	4:58:32:28
Kathleen Beebee	4:58:32:50
Carol Kane	4:58:33:43
Carolyn Dick	4:58:34:22

Julie Lister	52	3:37:52
Mary Denitto	51	3:38:41
Nancy DeCoux	50	3:41:40
Anne McIllece	50	3:41:53
Susan Isbell	56	3:42:29
Betty Scott	51	3:46:44
Meredith Bonta	53	3:47:31
Wendy Burbank	56	3:48:31
Mae Palm	59	3:48:32
Susan Brown	56	3:48:36
Gerti Erdmann	54	3:48:51
W60+		
Carrie Parsi	60	3:55:11
Imme Dyson	62	4:00:04
Carlene Sproul	60	4:00:15
Fujiko Yamada	64	4:12:37
JoyceHodges-Hite	62	4:29:50
Junko Morimoto	60	4:32:38
Elsa Murphy	61	4:35:11
Francis Ard	61	4:58:43
Helen Herr	61	5:04:45
Edeltraud Reimer	61	5:06:07
Elise Wallace	65	5:11:21
Therese Fanelli	67	5:12:49
Glenys Nutter	61	5:23:44
Patricia McMahon	66	5:37:17
Marjorie Sasiela	60	5:37:28

Sallie Mae 10K
Washington, DC; April 25

Overall	
Joshua Chelang'a	28:17
Jane Ngotho	29:32
M40Chris Fox	31:04
Amit Ne'eman	31:12
Jim Hage	31:42
Tom Stevens	31:55
Edward Sheehan	32:38
Peter Kirk	32:56
Robert Marino	33:21
Anthony Basile	33:26
Jim Wadsworth	33:41
Edward Ramo	34:39
M45Chuck Moeser	32:41
Rick Platt	34:42
Deve. Campbell	34:47
Ronnie Knepper	35:10
Chris Arey	38:28
Richard Metzinger	41:30
John Gray	41:56
Cedric Givens	42:45
Jimmy Andere	43:01
Lennie Carter	43:05
M50Bob Chase	40:01
Gary Chidester	40:55
Jim Mercure	41:04
William Scott	42:00
Tom Borger	42:13
Roy Pafenberg	43:39
D. J. Bertagnoli	43:59
Dick Hoffman	44:37
M55John Haubert	39:30
FranciscoSanches	42:10
Jim Verdier	45:03
Quin Barber	46:13
Ben Laurence	46:21
Will Cavanaugh	46:27
Ralph Bayrer	49:46
Lee Young	50:02
M60Fay Bradley	37:23
Antonio Panizza	40:58
Richard Thomas	43:41
Ken Quincy	47:09
Edward Pyle	51:04
Robert Barry	51:08
M65Donald McCarten	48:15
George Waxter	48:27
Donald Smith	49:47
Thomas Jones	51:29
Keith Mulrooney	54:08
Tom Kenney	61:06
M70+Ray Blue	50:50
Marcel Bitoun	53:13
Rich Williams	57:50
Oliver Bragg	64:17
HTomaszewski	70:74:54
W40Patti Shull	37:03
Claudia Kasen	37:21
Debi Bernardes	38:37
Sheri Segal	41:17
Ofelia Perotti	42:44
Joan Nugent	45:45
Debby Harber	47:37
Joanne Studer	48:59
Lonni Lemb	49:08
Cindy Davidson	51:05
W45Irina Bondarchouk	36:33
Diane Legare	37:06
Betty Blank	41:38
Catherine Wides	42:15
Molly Blasko	48:08
Dana Scheurer	48:24
Marjorie Marque	50:07
Pat Hollenbeck	51:01

Susan Murphy	51:44
Grace Bedoya	52:39
W50Hideko Pike	43:25
Laura Cantrell	47:07
DeborahGebhardt	48:17
Jeanine Matte	50:30
Ariette Coppock	51:13
Nancy Malan	54:45
Sandra May	58:30
Concetta Fiorito	59:54
W55Dee Nelson	48:17
M. Tomaszewski	59:59
Sharon Wright	61:39
Ursula Wagman	68:53
Renee Bitojn	70:18
W60+Tami Graf	62 50:35
Hedy Marque	81 56:51
Sister Maria	74 97:38

SOUTHEAST

Mardi Gras 5K
Oxford, AL; March 13

Overall	
Todd Williams	18:36
Ann Enrico	21:29
M40 Larry McPherson	21:09
M45 Mike Hamilton	22:40
M50 Jerry Christian	23:15
M55 Ken Brewer	22:45
M60 Rudolph Bates	24:51
M70+ Bill Smallwood	29:52
W40 Kim McPherson	26:50
W45 Mickie Gehman	27:56
W50 Gloria Dickie	25:45
W55 Nancy Grace	26:36
W60 Yo Setser	25:38

Haven Of Youth 10K & 5K
Naples, FL; March 28

Overall	
Machapiwa Mazano	25 30:33
Bethany Morse	34 37:56
M40 Roberto Castillo	34:38
Richard Golden	35:44
M45 Ken Dillman	38:53
Brian Segraves	41:41
M50 Robert Hierl	42:27
Peter VanArsdale	45:05
M55 John Stanley	39:56
James Derham	42:07
M60 Jon Peterson	45:42
M65 Don Brennan	45:47
M70+Myron Meyer	71 46:47
W40 Karen Lui	44:37
W45 Karen Miles	39:12
W50 Peggy Martin	45:23
W55 Pat Hollett	60:54
W60 BettyLou Tucker	49:01
—5K—	
Overall	
Scott Morse	33 19:13
Astrid Soll	53 22:33
M40 David Ackley	21:01
M45 StephenEstabrook	22:02
M50 John Brunner	20:41
M55 Barry Promos	22:49
M60 Phil Warren	22:15
M65 Bill Muller	24:40
M70+ Jack Haar	72 24:10
W40 Madeleine Jones	28:31
W45 Sandy Pemberton	26:46
W50 A Soll	22:33
LorettaHuenefeld	30:45
W55 Carolyn Wetzel	28:44
W60 Sandy Davis	39:01
W65 Marj Robins	41:12
W70+ Elaine Lyons	71 43:00

Run for the Kids 5K
Arlington, VA; April 3

Overall	
A. McCommons	23 15:36
Alisa Harvey	33 17:27
M40 Jim Hage	15:52
Ed Sheehan	15:59
Ed Ramos	17:17
M45 Chuck Moeser	15:53
Jacob Wind	18:32
Glenn Klenk	19:35
M50 Pat Griffith	18:42
Eric Gyaki	19:00
Tom Quinzio	20:08
M55 Bill Wooden	19:38
JimCavanaugh	21:58
JamesErickson	22:28
M60 Chan Robbins	20:20
Cal Fowler	20:35
AntonioPanizza	20:50
M70+Ray Blue	74 25:16
Bill Osburn	75 25:32
W Washburn	76 27:03
W40 Ofelia Perotti	21:19

Joanne Studer	23:07
Debby Harber	23:51
W45 Betty Blank	20:40
Linda Welte	25:16
L. Henderson	25:21
W50 Julie Trapp	24:42
Penny Bodine	25:14
Janice Radier	31:26
W55+Tami Graf	62 25:56
M Eggleston	56 30:10
Carol Mercil	64 39:20

Charlotte Observer Marathon
Charlotte NC; April 10

Overall	
Peter Sell	33 2:33:22
Tracy Center	28 3:09:58
M40Terry Jones	2:47:21
Keith Kenney	3:00:42
Dennis Mickles	3:02:03
Mike Sweeney	3:04:32
John Walton	3:08:16
Rickey Reeves	3:10:35
David Borish	3:12:42
Robert Nixon	3:12:50
Chris Reid	3:15:40
Louis Karl	3:15:59
M45Joe Willard	3:13:04
Jim White	3:17:56
Jerry Morris	3:25:24
J.Pannabecker	3:26:54
Richard Pyle	3:27:40
John Pauley	3:29:50
F. Rodriguez	3:32:44
McCuen Fox	3:33:43
Alan Helms	3:36:22
Gary Nagel	3:38:18
M50Tom Dixon	3:13:30
Dan Laird	3:17:18
Michael Ward	3:25:45
Douglas Burns	3:34:36
Stan Pierce	3:35:21
Daniel Motfitt	3:35:42
Joe Stevenson	3:37:24
David Grider	3:42:35
M55Bill Matheny	3:38:43
Larry Pitt	3:45:18
Charles Favor	3:52:52
Ray Hagan	3:53:46
Doug Ferriss	3:54:38
F. Fitzpatrick	3:59:16
Briggs Gilliam	4:01:24
Tom Adams	4:03:48
M60Mike Morgan	3:33:23
Bobby Griffin	3:51:11
JoachimGrigull	3:54:56
George Stump	4:06:15
Ray McCaslin	4:18:10
Robert Josey	4:28:49
M65Don McClellan	4:43:52
Don Taylor	5:16:55
Jim Van Horn	5:45:08
M70+Ern. Morton	72 5:24:28
Ed Burnham	79 5:56:05
G B Lloyd	76 6:03:48
ArnoldHecht	78 6:33:24
W40Jan Bankieris	3:46:00
Tammy Hovik	3:47:37
Hope Bryan	3:48:19
Katy Hoard	3:50:38
Jill Smith	3:55:55
Min. Crenshaw	3:56:39
Lisa Taylor	4:07:44
Mary Lou Day	4:15:51
Nina Nolan	4:20:02
Eve Perry	4:24:42
W45Donna Olson	3:52:03
Brenda Avery	3:59:30
Rose Evans	4:31:40
Ann Scruggs	4:34:59
J. Williams	4:44:10
Barbara Taylor	5:11:17
Debby Roberts	5:12:24
Merrie Dawkins	5:20:49
Knighty Wood	5:27:03
Becky Keller	5:29:47
W50Ruth Ripley	4:19:57
Marcia Godwin	4:28:04
Nancy Morris	4:38:45
Debbie Delong	4:42:15
Shirley Sirosis	5:41:16
Betsy Foster	5:42:15
Peggy Pierce	6:03:30
Millie Johnson	6:25:29
W55+G. White	58 4:22:26
Betty Burrell	55 6:53:43
M. Haqerty	76 5:58:15

Queens Lake 5K
Williamsburg, VA; April 10

Overall	
Rob Hinkle	34 15:20
Lori Robertson	37 18:18
M40 Ned Berg	17:19
Chris Slominski	18:09
M45 Ed Weston	17:07
Rick Platt	17:32
M50 Peter Sim	18:53
Robert Wilson	19:50
M55 Bob Spencer	20:02
Jake Myers	20:34
M60 John Essery	20:54
M65+ Andrew Polansky	71 22:41
John Cholish	69 23:54
W40 Sharon White	19:12
AlisaSpanglerMiller	22:54
W45 Eileen Hungerman	20:37
Roberta Laynor	22:11
W50 Candice Michalik	22:42
Barbara Ivey	23:20
W55+Joan Coven	57 22:22
Nancy Patron	62 25:46
—5K Walk—	
1 Harry Watson	57 28:10
1 Mary Lynn Harman	48 35:31

Race For The Cure 5K
Daytona Beach, FL; May 1

Overall	
Mark Kathman	34 15:51
Marie Ciriotti	37 19:48
M40 Virgil Williams	17:43
Merlin Ohmer	19:34
Dan Simmons	20:23
Bill Hull	20:27
Dan Stokes	20:37
Pat Johnson	20:59
M45 Dave Dunn	17:44
Jim Taylor	18:26
Ron Krochak	19:41
Bob Bentkofsky	20:11
Jon Benn	20:50
Jeff Sadler	21:37
M50 Tom Hoffman	20:07
Norm Seltzer	21:08
David Prose	21:47
Doug Schwartz	22:19
Robert Hill	22:42
M55 Narciso Tavaies	22:06
Dennis Lambert	24:28
Fred Hine	24:29
Frank Neitzey	25:00
Alan Fletcher	25:37
M60 James Kelley	25:46
Rick Snyder	27:11
Santiago Sastre	28:09
M65 Jack Wellman	23:13
George o'Neill	24:03
Henry Campbell	24:13
M70 Reid Hughes	26:28
John Corcella	45:18
M75+Gus Prince	

Continued from previous page

Table with 2 columns: Name and Time. Includes entries like M40 Scott Jamison 1:26:30, M45 Owen Hotvet 1:26:31, M50 Rollie Cuhoon 1:36:29, etc.

Overall

Table with 2 columns: Name and Time. Includes entries like Jason Massmann 25 33:10, Heather Giesen 23 39:51, M40 Tim Burnison 37:51, etc.

Overall

Table with 2 columns: Name and Time. Includes entries like Duane Millslagle 48 18:16, Kim Fordham Lien 31 20:10, M40 Dave Braley 19:20, etc.

Overall

Table with 2 columns: Name and Time. Includes entries like Mike Wiggins 50 24:39, Jane Hall 19 32:36, M50 M Wiggins 24:30, etc.

Trolley Run 4 Mile Kansas City, MO; April 25

Table with 2 columns: Name and Time. Includes entries like Overall John Kariuki 18:13, Vicki Mitchell 20:33, M40 Mark Curp 19:03, etc.

Table with 2 columns: Name and Time. Includes entries like M45 Steve Riley 21:31, Pat Walsh 22:18, Dmitry Voldman 22:37, etc.

Overall

Table with 2 columns: Name and Time. Includes entries like M70 Bob McAllister 29:11, Stan Nelson 38:56, M75 Ed Burnham 41:17, etc.

SOUTHWEST

Austin American-Statesman Capitol 10,000 Austin, TX; April 11

Overall

Table with 2 columns: Name and Time. Includes entries like Tom Boone 40 32:15, Cindy Samok 40 40:45, M40 T Boone 32:15, etc.

Overall

Table with 2 columns: Name and Time. Includes entries like M40 C Samok 40:45, Kathy Harrell 43:28, Laura Lowy 43:30, etc.

Table with 2 columns: Name and Time. Includes entries like Barbara Ogletree 49:58, Betty Jameson 50:55, W60 Diana Hersey 55:05, etc.

Crescent City Classic 10K New Orleans, LA; April 17

Overall

Table with 2 columns: Name and Time. Includes entries like Joshua Chelanga 26 27:44, Jane Ngotho 28 32:14, M40 John Tuttle 29:26, etc.

Overall

Table with 2 columns: Name and Time. Includes entries like M55 David Jeffrey 37:50, Ed Craighead 39:44, Michael Sealy 40:05, etc.

NORTHWEST

St. Patrick's Day Dash 3.5 Mile Seattle, WA; March 14

Overall

Table with 2 columns: Name and Time. Includes entries like Philamen Hanneck 15:42, Leah Pellis 17:44, M40 Brian Keller 18:23, etc.

Table with 2 columns: Name and Time. Includes entries like Phil Welch 19:21, Hank Nash 19:22, Rick Gar rison 19:54, etc.

Overall

Table with 2 columns: Name and Time. Includes entries like M50 James Hampton 20:13, Peter O'Neill 20:33, Paul Wood 20:40, etc.

Overall

Table with 2 columns: Name and Time. Includes entries like M40 Matt Cato 53:50, Jeff O'Neil 58:34, Bill Joseph 59:43, etc.

Overall

Table with 2 columns: Name and Time. Includes entries like M50 Gary Clarida 59:30, Thomas Brown 64:08, Rusty Vaughan 65:31, etc.

Table with 2 columns: Name and Time. Includes entries like Len Ramp 84:33, John Kane 89:19, M75+StanCoombs7592:47, etc.

Overall

Table with 2 columns: Name and Time. Includes entries like W40 Cheryl Tronson 64:22, Jean Lansing 68:21, Leslie Keiser 69:03, etc.

Overall

Table with 2 columns: Name and Time. Includes entries like W55 Wynnis Grow 90:47, Char Levesque 94:17, Suz. Rodkey 1:42:35, etc.

Overall

Table with 2 columns: Name and Time. Includes entries like M40 Bill Walters 1:20:00, Gerhard Behrens 1:20:35, Hunter Bancroft 1:22:48, etc.

Table with 2 columns: Name and Time. Includes entries like Jean Maertens 1:56:05, Martha Nero 1:56:44, Dena Evans 1:57:50, etc.

Overall

Table with 2 columns: Name and Time. Includes entries like Chad Schraht 33:29, Dena Evans 41:19, M40 John Besada 35:27, etc.

Overall

Table with 2 columns: Name and Time. Includes entries like W50 Dick Sawaya 45:28, Miue Silvis 46:57, Bruce Lloyd 48:18, etc.

Overall

Table with 2 columns: Name and Time. Includes entries like Rob Frank 55:19, Kim Miller 1:01:04, M45 Rob Frank 55:19, etc.

INTERNATIONAL

Southern Counties VAC 10K Championships Bexley, GB; May 3

Table with 2 columns: Name and Time. Includes entries like M40 M Watling 34:13, M45 M Preston 36:07, M50 S Berkin 35:16, etc.

RACEWALKING

Potomac Valley TC National Invitational Racewalks Bull Run Park, Manassas, VA; March 20

Table with 2 columns: Name and Time. Includes entries like Overall Carl Schueler 24:07, Mike DeWitt 24:32, Vince Peters 27:16, etc.

Continued on next page

Continued from previous page

60-69
Robert Dawson 31:30
Sidney Fratkin 40:56

70-79
Charles Boyle 35:40
Dick Cherry 35:59

80-89
Edward Seeger 40:04

W40-49
Maryanne Torrellas 24:53
Jan Adams 31:50
Kathy Finch 34:18

W50-59
Linda Rodbell 31:58
Joanne Newman 43:02

20K
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 1:53:51
Ron Shields 2:00:15

M60-69
Dave Romansky 1:51:13
James McGrath 2:10:23

W40-49
Nadya Dimitrov 2:20:42

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

Men
Mark Adams 60 29:17
Joseph Armbruster 67 32:37
Peter Procopio 54 34:20
Fred Laureta 55 35:46
Ryszard Nawrocki 70 35:55

Women
Karen Jeffery 40 32:55
Laura Dralous 32:58
Marjorie Larragoite 64 34:03
Nancy Armbruster 65 47:25
Marilyn Fehrman 51 46:35
Eleanore Sikora 78 56:23
(Judges: Judith Clymer/Marj Holmes/Bev LaVeck)

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 Gorssman 1:11:44
W60 Helen Meier 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 Meyer 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 Burris 28:52
M55 Paul Urbanski 39:37
M60 Dave Schmitt 33:30
M70 Hugh Acton 32:47
W35 Diamond Bateson 37:42
Sue Woznicki 38:19
Becky Speese 40:52
W40 Valerie Hollenbeck 30:01
Lynette Heinlein 33:30
Kim Stephenson 38:13
W45 Debbie Topham 28:47
Ellen Schock 32:33
Sue Haroldson 32:49
Louise Wiggins 32:58
Chris Robbins 36:28
W50 Martha Williams 37:47
W60 Joan Berman 35:19
W65 Carolyn Selby 37:15

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USATF NATIONAL MASTERS OUTDOOR TRACK & FIELD CHAMPIONSHIPS

AUGUST 26-29, 1999



TRACK & FIELD

SCHEDULE*

*subject to change

GENERAL INFORMATION

ELIGIBILITY

Open to all men and women 30 years of age and older, including non-US citizens. Age on Aug. 26 determines age group. Competition is in 5 year age groups; relays are in 10 year age groups. **Proof of birthdate is required (send photocopy with entry form).** 1999 USATF membership will be required of all US citizens. Membership may be obtained through your local association, or on site for \$20. Competitors from other countries compete as guests, with no membership required.

ENTRY DEADLINES

AUGUST 6, 1999 is the deadline for the early entry fee, and a guarantee that confirmation of entry and instructions will be mailed to you. No entries will be accepted after August 16, 1999. Relay Registration and payment of Relay Entry Fees will take place on site.

ENTRY FEES

\$25 for first event (includes event T-shirt); \$15 for 2nd event; \$10 for 3rd and each subsequent event. Pentathlon is a separate \$30 fee. All Entry Fees must be paid in advance, with the exception of the Relay Entry Fees. Relay Entry Fee is \$40 per team. Fees must be paid and declared on site by 2:00pm Saturday, August 28, 1999.

EQUIPMENT

Meet management will have throwing implements (2), and starting blocks available for use by all competitors. Competitors must provide their own pole vault poles. You may bring your own throwing implements. **Implement weigh-in will be held prior to your age group's competition.** Spike length is 1/4"

DAY 1	DAY 2	DAY 3	DAY 4
TRACK 5000M Run 800M Trials/Semis 400M Trials/Semis	TRACK 5000M Racewalk High Hurdles 100M Trials 1500M Semis 400M Semi/Finals 3K/2K Steeplechase	TRACK 10,000M Run 400/300M Intermediate Hurdles 800M Finals 100M Semi/Finals 200M Trials Regional Relays	TRACK 10K/20K Roadwalk 1500M Finals 200M Semi/Finals Age Graded 100M 400M Relay 1600M Relay 3200M Relay
FIELD Pentathlon (M&W) Hammer (M&W)	FIELD Hammer Long Jump (M60; W) High Jump (M59-30) Pole Vault (M60+; W) Discus (M&W)	FIELD Long Jump (M59-30) High Jump (M60+; W) Pole Vault (M59-40) Discus (W&M) Shot Put (M) Javelin (W; M60+)	FIELD Triple Jump (M&W) Pole Vault (M 39-30) Javelin (M59-30) Shot Put (W)

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 ** As compared to price of 2 Adult 1-Day/1-Park Tickets purchased at theme park ticket booths.
 *** As compared to price of 3 Adult 1-Day/1-Park Tickets purchased at theme park ticket booths.

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 MI _____ LAST NAME _____
 ADDRESS _____
 CITY _____
 STATE _____ ZIP _____ COUNTRY _____
 PHONE NUMBER _____ FAX NUMBER _____
 M/F _____ BIRTHDATE _____ AGE as of 8/26/99 _____
 1999 USATF Number _____ T-SHIRT SIZE (S, M, L, XL, XXL) _____

EVENT	BEST RECENT PERFORMANCE/DATE	COST PER EVENT ENTERED
1. _____	_____	\$25
2. _____	_____	\$15
3. _____	_____	\$10
4. _____	_____	\$10
5. _____	_____	\$10
6. _____	_____	\$10
7. PENTATHLON	_____	\$30

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CREDIT CARD NUMBER _____ EXPIRATION DATE _____
 SIGNATURE OF CARD HOLDER _____

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 incidental to such participation and use (which risks may include, among other things, muscle injuries and broken bones) and on my own behalf, and on behalf of my heirs, executors and administrators, release and forever discharge the released parties defined below, of and from all liabilities, claims, actions, damages, costs or expenses of any nature arising out of or in any way connected with my participation in such activity, and further agree to indemnify and hold each of the released parties harmless against any and all such liabilities, claims, actions,

damages, costs or expenses, including but not limited to, all attorney's fees and disbursements. For this event, and the event that I choose to participate in the NFL Experience at the Sports Complex, the released parties are Walt Disney World Co.; Walt Disney Attractions, Inc., the National Football League Properties, Inc., the National Football League and its thirty-one (31) member professional football clubs, Party Planners West, Inc., their parent, related and affiliated companies, and the officers, directors, employees, agents, representatives, successors and assigns of each of the foregoing entities. I understand that this release and indemnity agreement includes any claims based on the negligence, action or inaction of any of the above released parties and covers bodily injury (including death) and property damage, whether suffered by me, before, during or after such participation. I declare that I am physically fit and have the skill level required to participate in this particular event. I further authorize medical

treatment for myself, at my cost, if the need arises.
 I further grant the released parties the right to photography and/or videotape me and further to use my name, face, likeness, voice and appearance in connection with exhibitions, publicity, advertising and promotional materials without reservation or limitation. The released parties are, however, under no obligation to exercise said rights herein granted.
 This Agreement shall be governed by the laws of the state of Florida, and any legal action relating to or arising out of this Agreement shall be commenced exclusively in the Circuit court of the Ninth Judicial Circuit in and for Orange County, Florida (or if such Circuit Court shall not have jurisdiction over the subject matter thereof, then to such other court sitting in said county and having subject matter jurisdiction). I certify I am 18 years of age or older.