A happy Doug Kurtis, 41, of Northville, Mich., sets a world record with his 70th career sub-2:20 marathon in Cleveland, breaking the record of 69, jointly held with Sweden's Kjell Erik-Stahl.

Photo by Stephen Crampton

Kurtis Runs World Record 70th Sub-2:20 Marathon in Cleveland

by JANE DODS

A starting temperature of 49° which never rose above the mid-50s, a modified course, and an earlier start time were all instrumental in four course records being broken in the 16th annual Revco-Cleveland Marathon/10K, May 16.


Charlene Soby, 42, led the masters women in 3:00:08.

In the 10K, Nick Rose, 40, continued his winning ways in 29:26 (14th overall), with Nancy Grayson, 43, taking top honors on the women's side with 35:50.

An estimated 12,000 runners competed in the two events.

Nationals Entry Deadline is July 12

Planning is under way for the 26th annual USATF National Masters Track and Field Championships on August 11-14 in Provo, Utah.

The event is expected to draw more than 1000 men and women from over 40 states, Canada, and a few foreign countries.

The deadline for entries is July 12. Confirmation of entry will be sent within seven days or no later than July 19. The absolute final date for entries is July 31 with a $20 late fee and no confirmation.

The entry form was published on the back pages of the May and June issues of NMN. Entry forms may also be obtained by writing Provo directly (see schedule for details).

Continued on page 18

Larrieu-Smith Sets 10K Record

by MARILYN J. MITCHELL

Francie Larrieu-Smith (40, Texas) established a new U.S. Masters 10K closed-loop road record of 34:08 (5:30 pace) for 13th place overall in the 1993 Advil Mini Marathon (10K race) held June 12th in New York City's Central Park. The current ratified 10K record is 34:24 posted by Gabriele Anderson in 1989. Barbara Filutze holds the point-to-point record of 33:48, while Priscilla Welch holds the unofficial world 40+ best of 32:14.

Temperatures ranged from the high 70's to low 80's with relatively low humidity and a light wind.

Francie made her road-racing debut as the winner of this race in 1985 (32:23). Prior to this year's race, she

Continued on page 9

Popejoy Wins NY Masters Mile

by MARILYN MITCHELL

Ken Popejoy, back after hernia surgery, handily won the final masters mile event on this season's Runners World Masters Mile Circuit at the New York Games, May 22, at Columbia University's Wien Stadium, in 4:10.17.

John Bermingham (Edmonton and Sydney), the winner at the Penn Relays Masters' Mile, was second in 4:10.72.

Pacesetter Tom Carter took the race through the first two laps in the agreed-upon splits of 61.39 and 2:02.83 and then dropped out, leaving Bermingham in the lead for the third lap (split: 3:08:39). Popejoy made his move on the far turn in the fourth lap for his

Continued on page 17
Meet Held in Visalia

by BOB HIGGINbothAM

The Visalia Masters Meet, May 22, was a successful beginning of what is expected to be an annual event. Seventy-four athletes enjoyed great weather and competition on the new Chevron surface at Sunkist Stadium in Visalia, Calif.

There were many excellent performances for this early date. Bernie Stevens, M60, won both the 100 and 200. Robert Trudeau, M35, took three first places. Bruce Horaling, M45, had a 13-1/2 pole vault, and Ross Carter, M75, won the shot put with a 38-0. There were also outstanding women's races, with Kathy Ward, W35, winning the 1500 with a time of 4:58.2, and DeeDee Graffius, W40, winning the 800 in 2:23.2.

Over 200 Compete in Long Beach

By JON LOMAX - Meet Director

More than 200 athletes ranging in age from 30 to 85 took part in the “Meeting of Champions,” sponsored by the Southern California Striders Masters Track and Field Club on May 15. It was the largest local non-championship meet in recent memory.

Outstanding marks were also achieved by Walt Butler (M50, 100H, 14.2), Cliff McKenzie (M35, 400, 50.1), Avery Bryant (M65, 3000, 12:46.5), Charlie Rader (M45, HH, 6-2), Janet Wilson (W40, DT, 139-7), and Donna Beard (W30, HT, 155-0). The weather was pleasant, Tony Craddock donated the Accu-track, and the meet kept on schedule.

Co-sponsored by the U. of California, Irvine, the annual meet will continue to be held every Memorial Day weekend in honor of Dan Aldrich, founding chancellor and a former masters athlete.

Three World Marks Set in Dan Aldrich Meet

Steve Robbins broke the world M50 200-meter record with a blazing 22.83 at the 11th annual Dan Aldrich Anteaters Classic on May 30 in Irvine, Calif. The current mark is 22.9 (Ken Dennis, hand-timed) and 22.91 (Ron Taylor, automatic timed).

Robbins also clocked a fast 11.45 in the 100, close to Dennis' M50 WR of 11.2.

Del Pickarts (M65, 165-4) and Ken Carnine (M85, 79-11½) set world age-group javelin records in the meet, directed this year by Mac McCormick, who took over from Dave Lewis.

All three WRs are pending approval of the World Records Committee.

Doug Smith wins the M50 100 (12.2), Visalia Meet, Visalia, Calif., May 22. Bob Greer #157, Bill Brobst #113, A.J. Craddock #112, and Dee DeWitt #122, completed the field.

Photo by Art Shazade
ATHLETE OF THE MONTH
My pick for Sorbothane's Masters Athlete of the month is Dr. Steve Robbins of Del Mar, Calif. At the John Ward Meet on April 24, he clocked 10.83 for 100 meters and 22.53 for the 200. Amazing for an athlete who is fifty years old.

I have been coaching and participating in track and field for many years. I've seen and known many great sprinters, but Steve is truly a technically perfect dashman. I am just trying to figure out a way to get him on my school's 4 x 100 meter relay team. Both are pending M50 world records as well as 100% age graded for the 100, and a 99% age graded for the 200.

Steve has been a friend since we met at the indoor nationals in Columbus. We have shared training secrets, but I'm sure in the future I'll tend to use more of his training techniques than mine.

Michael Augeri
Middletown, Connecticut

(Robbins' performances were truly remarkable. However, Pete Mundle, World and U.S. Records Chairman, has not yet received any documentation of the marks from either Robbins or the meet director. — Ed.)

TRAINING ADVICE
David Amster's response (June) to my article on "Repeat and Interval Workouts" (April) claims my methods are too hard on masters runners. But I really don't think we are very far apart.

My article offers several caveats to do the hard intervals "when you can handle it." I said to "begin gradually; see how your body responds, and build up to it."

Amster makes one point which really disturbs me. He says: "For most masters, it's hard-easy-easy." What I don't like is someone telling a masters athlete that he or she has to take it easier. I don't know what most masters do, because they have not been surveyed. However, those masters athletes whom I know do their workout schedules on a one-week cycle basis. You can't fit a hard-easy-easy schedule into that.

For example, if you race on Saturday, you would have easy days on Sunday and Monday with the next hard workout on Tuesday. Then Wednesday and Thursday are easy days. Okay, coach, what do I do now? Do I go hard on Friday, or do I take the day off?

How competitive can one be with only one hard workout per week? This may be okay for a taper, but what about early in the training season?

I submit that any masters athlete who is using the hard-easy-easy approach to training when their body is capable of doing more is not reaching their maximum potential. I have no problem with anyone who uses this routine or who goes easy-easy-easy. The main thing is that they are doing something.

I do have a problem with those who do not want to do the work and then complain when they do not improve.

Ross Dunton
Brea, California

VISALIA MEET
Very few athletes showed up to take part in one of the finest meets I've attended in a long time — in Visalia, Calif., May 22.

Bob Higginbotham had custom medals, ribbons, and T-shirts that matched the medals. The facilities were wonderful and an incredible community supported the meet.

I hope it becomes an annual event. It's well worth the trip. Every event was sponsored. There were more officials and assistance than in any meet since the Nationals.

My only request is that an extension be put on the back of the discus ring as has been done with the shot put ring.

Janet Wilson
Costa Mesa, California

To all masters athletes who want good meets: you missed a great little event in Visalia. Facilities. weather, officials, and local support were outstanding.

Visalia is about four hours from both the San Francisco Bay area and Los Angeles. My compliments to the Visalia Community Hospital, Visalia Sports Committee, and all the sponsors for a fun and competitive day.

Jim Hart
Walnut Creek, California

THROWERS' FORUM
If there are throwers out there who would like to hear more about our events and would like to contribute some of their views, please let NMN know.

Larry Stuart
23226 Dune Meadow Road
Lake Forest, CA 92630

AGE-GRADED NATIONALS
Here are a few corrections to my "age-graded" winners of the 1993 U.S. Nationals (May NMN, page 15).

1) The women's best age-graded shot putter should read Joann Grissom, at 47-7.

2) While Tom Gage topped the men's shot putters, his age-graded...
WEIGHT EVENTS

I have discussed implement weights with a number of top weight-pentathlon men over the years: Carl Wallin, Tom McDermott, Stan Herm, Len Olson, Ed Hill, Brian McKenna, and Pay Carstensen. All are for maintaining the top weights the athletes at each age can handle.

A recent protestor expressed dismay at our last Holiday Weight Pentathlon over the light 3K, 20' and 164' weights being used. I long took pride in throwing all Olympic weights through my 60' wherever possible.

As Bob Stone says: "It isn't supposed to be easy."

Phil Partridge
Boynton Beach, Florida

RICH MAN, POOR MAN

Woudn't it be nice if the best masters athletes competed at the big meets. Now, it's mostly the rich competing.

There are so many great athletes in the world who are unable to participate for financial reasons. Why not have regional meets where these athletes can compete and be rewarded with a trip to the Nationals or the World Championships?

That's what they do in the open USATF Championships. Why not the masters?

Jeff Hinka
Brecksville, Ohio

Ten Years Ago
July, 1983

- Norm Green, 50, Becomes First 50+ Runner Ever to Win a National Masters Championships Road Race, Setting a New M50 Mark of 1:05:50 for 20K. (The record still stands.)
- Dan Conway Wins Second Straight Cotton Row 10K Title in 31:18.
- 25,923 Finish Lilac Bloomsday 7.5 Mile Run.

USA Track & Field
Minnesota Masters Outdoor Championships

NSC RELAYS
July 25, 1993
National Sports Center • Blaine, Minnesota

The National Sports Center is proud to invite you and your team to the first annual NSC Summer Relays and USA Track and Field Minnesota Masters Outdoor Championships. The NSC Summer Relays are open to all athletes, men, women, girls, and boys. Masters athletes, from age 30 and older, are eligible for the Minnesota Masters Outdoor Championships. The NSC Relays is a first year event designed to bring about excellent competition and fun for athletes of all skill levels and abilities, with the ultimate goal of making the NSC Relays the premier track and field event of the summer!

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Name
Address
City State Zip
The Yin & Yang of the Boston Marathon

I was recently reported that the women's committee of the International Amateur Athletic Federation is recommending greater parity in amateur sports, especially in the area of distance running. One of the recommendations is that prize money should be the same for women as it is for men.

The last time I offered comments on this subject, about six or seven years ago, I almost got clowned to death. I was called everything from a bully to a male chauvinist pig. As I said then and as I'll say again, I'm all for equality. Heck, under regression by my hypnotherapist not too long ago, I wandered off into some past life as a woman. I was nothing more than a harem girl, sold at age 13 to a sultan and abandoned at 19 to the streets of Baghdad to live in prostitution and poverty until I died of starvation. I've been there. The first male and the 15th male competitors in the Boston Marathon are or have been. I've about a six-minute difference between going way back, as a cavewoman.

Mueller points out that the men outdid their female counterparts by about four to five. He also takes note of the greater depth among the men - their size, their speed. We're talking paranoia. I don't need to be reminded about this.

Heck, one reason I feel more comfortable about the sexism in running is the existence of handicaps. Handicaps are pretty much based upon structure but had said that the situation of male and female, and age-class competitors: the first four male finishers from Kenya's Cosmas N'Deti at 2:09:33 to Japan's Hiromi Taniguchi at 2:11:02 - held their places.

Russia's Olga Markova, the top female finisher, moved up from 41st overall to 35th. Markova's actual time was 2:25:27 but was adjusted to 2:11:03 after applying the handicap. France's Jean Charbonnel, the top 40-49 male finisher with a 2:17:44, moved up from 19th overall to 6th overall. His adjusted time was 2:11:40. Kim Jones, the second-place woman, finished 16th with her handicap (2:30:00) and adjusted time of 2:15:08, while Carmen De Olivera, the third-place woman, wound up 22nd (2:31:18) adjusted to 2:16:18.

No other woman placed in the top 30 finishers. Thus, had prize money been dished out to the top 30 finishers overall after applying the handicaps, 27 men and just three women would have cashed in rather than 15 men and 15 women.

Mueller gave me a rather smug look after we finished our handicapping. My ancient and deep-rooted feminine instincts — the yin, as the Chinese call the feminine side of the individual — was in control of my yang (male) side and I wanted to scratch his eyes out. But the yang side, from which I reason more logically, prevailed and I had to admit that I was wrong.

Perhaps I could have argued with the handicap standards, but having been part of the committee that developed those tables I know that they are very fair and equitable.

Proof of Boston Unfairness
Mueller took the handicapped results from me and said he was going to send them to Boston Marathon officials as proof positive of their unfairness. He added, however, that he was not optimistic the officials would do anything about it, mentioning that some of them had already acknowledged the inequity that exists in the prize structure but had said that the situation was "too political" for them to change. Mueller interpreted that to mean that the predominantly male officials were too wimpy to take on the ladies. Either that, he said, or they prefer catering to the opposite sex over some foreign males.

Here are a few more findings from my handicapping of this year's Boston Marathon:

• Bernadini Portenski of New Zealand, the top 40-49 female, finished 34th overall. Her 2:41:18 was adjusted to the 2:18:18.

• After Charbonnel, the next five 40-49 men all finished in the top 30.

• Oddvar Hausken of Norway, the men's 50-59 winner, finished an adjusted 42nd overall, his 2:38:57 improving to a 2:21:53 after applying his handicap.

• All other age-class division winners

Honolulu Marathon Handicapped
Like the Boston Marathon, the Honolulu Marathon awards equal prize money to the top male and female finishers — $10,000 for first down to $1,000 for fifth place. Had the 1992 Honolulu Marathon awarded prize money to the top 10 places on a handicap basis, only one woman, not five, would have cashed in. In fact, Carla Beurskens, who gets an added handicap for being 40, would have placed first overall, followed by nine men.

Lisa Weidenbach, the second woman finisher, places 12th with her handicap. Had Beurskens been under 35, she would have finished fourth. Here are the adjusted results:

<table>
<thead>
<tr>
<th>P.</th>
<th>Runner</th>
<th>Division</th>
<th>Time</th>
<th>Adjusted Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Carla Beurskens</td>
<td>F 40-44</td>
<td>2:32:13</td>
<td>2:10:25</td>
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<tr>
<td>2</td>
<td>Benson Hasa</td>
<td>M Open</td>
<td>2:14:19</td>
<td>2:14:19</td>
</tr>
<tr>
<td>3</td>
<td>Cosmas N'Deti</td>
<td>M Open</td>
<td>2:14:28</td>
<td>2:14:28</td>
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<tr>
<td>4</td>
<td>David Tsebe</td>
<td>M Open</td>
<td>2:16:45</td>
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<tr>
<td>5</td>
<td>Hyung-Hak Cho</td>
<td>M Open</td>
<td>2:18:23</td>
<td>2:18:23</td>
</tr>
<tr>
<td>6</td>
<td>Sun Chun Lee</td>
<td>M Open</td>
<td>2:20:03</td>
<td>2:20:03</td>
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<tr>
<td>8</td>
<td>Lisa Weidenbach</td>
<td>F Open</td>
<td>2:38:51</td>
<td>2:23:09</td>
</tr>
<tr>
<td>9</td>
<td>Rittina Lemetinen</td>
<td>F Open</td>
<td>2:39:21</td>
<td>2:23:36</td>
</tr>
<tr>
<td>11</td>
<td>Hiroshi Goto</td>
<td>F Open</td>
<td>2:47:26</td>
<td>2:30:49</td>
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1993 Boston Marathon Finish With Handicaps

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<th>Runner</th>
<th>Division</th>
<th>Time</th>
<th>Adjusted Time</th>
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<tbody>
<tr>
<td>2. Ken Jie-Yong</td>
<td>M Open</td>
<td>2:08:43</td>
<td>2:08:43</td>
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<tr>
<td>3. L. Swanpool</td>
<td>M Open</td>
<td>2:08:57</td>
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<tr>
<td>4. H. Taniguchi</td>
<td>M Open</td>
<td>2:11:02</td>
<td>2:11:02</td>
</tr>
<tr>
<td>7. Sawee Leali</td>
<td>M Open</td>
<td>2:12:12</td>
<td>2:12:12</td>
</tr>
<tr>
<td>9. B. Bernden</td>
<td>M Open</td>
<td>2:12:50</td>
<td>2:12:50</td>
</tr>
<tr>
<td>10. W. Bernden</td>
<td>M Open</td>
<td>2:12:56</td>
<td>2:12:56</td>
</tr>
<tr>
<td>11. Peter Kneze</td>
<td>M Open</td>
<td>2:20:20</td>
<td>2:14:25</td>
</tr>
<tr>
<td>13. C. de Oliveira</td>
<td>F Open</td>
<td>2:21:10</td>
<td>2:16:18</td>
</tr>
<tr>
<td>15. Takeshi Subo</td>
<td>F Open</td>
<td>2:23:09</td>
<td>2:16:50</td>
</tr>
<tr>
<td>17. B. Portenski</td>
<td>F Open</td>
<td>2:41:18</td>
<td>2:10:18</td>
</tr>
</tbody>
</table>
Third Wind

Continued from page 6

finished well down in the standings. For example, 60-69 winner Sam Smidley with an actual time of 3:03:00 improved to 2:32:33, while Margaret Betz, the 50-59 women's winner at 3:28:23 improved to 2:36:29, and Joyce Smith, the 60-69 women's winner at 4:31:12 improved to 2:33:15 after handicapping.

Yang Prevails

So much for the yin and the yang of this year's Boston Marathon. I was disappointed to find the yang prevailing by so much. It was so traumatic to the yin side of me that I had to see my therapist again. Since we often find that problems in this life are a result of traumas in past lives, my therapist took me back again to my life as a harem girl. It was then that I discovered that Mueller was that sultan whose concubine I became. He did it to me once and I let him do it to me again. How much can a soul take?

The theory of reincarnation holds, however, that we incarnate over and over in order to overcome our faults and bad habits. Therefore, I'm sure that Mueller will find out in a future life what it's like to be a woman. Then again, maybe he's learning his lesson in this life, since he's now on the side of the victims.

Cotton Row is Deja Vu Again

by JIM OAKS

HUNTSVILLE, Ala. — If Yogi Berra had been at the WZYP Cotton Row Run 10K, May 31, he might have repeated, “It's deja vu all over again.”

For in the masters races the winners had indeed been there before.

Back in 1990, when Earl Owens and Nancy Grayson had just moved into the masters division, they won their first titles on the tough Cotton Row course that features a slight climb on the first two miles, and a half-mile hill, a steep climb just before the three-mile mark.

That year Owens broke Herb Lorenz's ten year old record of 31:09 with a 3:05:01 win, overtaking and passing Canadian Ken Hamilton on “Mt. Wood.”

Grayson won that year in 36:27, spending that time the second fastest female masters performance on a course that Judy Fox Eddy had run in 35:37 in 1982.

This year both Owens, winning in 31:59, and Grayson, first in 37:19, were unchallenged on a muggy Memorial Day, with humidity close to 100% after a hard shower 15 minutes prior to the 8 a.m. start time.

“I thought I could get the record back today,” Owens said after the race. (Englishman Mike Fromant broke Owens' record with a 31:01 last year.) “I have been running about as well this year as I was back in 1990, but the weather was just a little too much today. I think to break 31 on this course.”

Owens won $750 for his winning effort. Second and $500 went to Jim Scheckel of Atlanta who ran 34:21 to set another of the south's top masters, Nash Jimenez of Jackson, Tenn. ($300, 34:31), and Atlanta's Wes Wessely finished fourth ($200, 34:44).

The only other master breaking 35 on this humid day was the venerable, and now 50-year-old, Don Coffman of Huntsville, Ky. Coffman took fifth in 34:51 to earn $100.

Coffman, always a tough competitor at any distance, commented that he recently became responsible for a major education project for the State of Kentucky where each classroom in the entire state will be networked by computers with a goal of one computer per 60 students.

“I've been working some pretty long hours on this recently,” Coffman said. “We have to show the State Legislature that we are progressing satisfactorily so they will appropriate the funds to continue. I have still been able to get in some miles repeats on grass, but racing has not been at the top of my list of priorities lately.”

The female masters field was of higher national quality than the men's, including four of last year's top 11 female runners as ranked by Runner's World.

Not only did National Champion Nancy Grayson come back to defend her title, but No. 2 Barbara Filutze, No. 7 Catherine Lempesis, and No. 11 Judith Hine made this one of Cotton Row's all-time best female masters fields.

Grayson took the lead early and was again unchallenged on a course where she had completely dominated the competition for the past four years. Her winning time of 37:19 was good enough for 7th overall in the female competition. Grayson earned $750 for the win.

This was the fourth straight Cotton Row title for Grayson, who set a new women's 40+ course record last year in 35:34. Along with her 35:45 in 1991, she has now run three of the top four female master times on this tough course.

Filutze continues to run tough at age 46. After entering the masters division in 1986 when she was ranked 7th among female masters road racers by Runner's World, she had followed with national rankings of 2nd (87), 1st (88), 11th (89), 3rd (90), 4th (91), and 2nd again last year.

This year Filutze returned to Huntsville for her second Cotton Row Run, and finished second in 38:12 to take $500. Catherine Lempesis, a high school track and cross country coach from South Carolina, won the battle for third (38:30, $300) over New Zealand native (now residing in Atlanta) Judith Hine (38:35, $200). Mobile Al, resident Susann Pierce was fifth ($100) in 40:37.

A noteworthy performance among the masters was Huntsville Track Club's own Malcolm Gillis who won the 60-64 division in 39:17.

Susie Klutz of Winston-Salem, NC
Stress Fractures

Stress fractures in runners are really manifestations of overuse injuries. Running too far, too fast, on hard surfaces in poor training flats can cause this type of injury. By stress fracture, we mean a thin crack or partial fracture of a bone, as compared to gross fracture, where the bone cracks completely through.

The most common areas of stress fracture in running athletes are the inside of the tibia, the fibula in the area of the ankle, and in the metatarsal area. (Fractures also occur in the sesamoid area. Fractures also occur in the ty.)

Stress fractures typically occur when the foot and leg are subjected to excessive stress, as explained above. The lower extremity is subjected to repetitive stress, resulting in a stress fracture or crack in the bone. Leg bones may also fracture if a tendon pulls too hard and causes a periosteal or inflammation of the outer cortex of the bone.

Certain biomechanical deformities that inhibit proper weight distribution can also cause stress fractures. The most famous is "Morton's toe," which is an elongated second metatarsal. If it absorbs excessive weight, it can also fracture.

Symptoms are usually quite pronounced. There is a sharp, unrelenting pain in the area of the fracture. It will be tender to the touch, and the foot may also become very swollen. A stress fracture may not show up on x-ray for several weeks after the break occurs. If a stress fracture is suspected, a bone scan is the most accurate method of diagnosis.

Unfortunately, in the running community, athletes tend to try to train through the fracture, and a mild periostium may develop into a complete fracture.

Athletes with high-arch feet are more prone to stress fractures than are those with normal foot configuration or those with low-arch feet. The high-arch foot is a poor shock absorber.

Post-cast therapy and muscle strengthening. Muscles will atrophy in the cast and will need to be strengthened prior to returning to athletic activity.

With a stress fracture of the metatarsal, you may only be immobilized for three weeks in an Unna Boot Cast and walking shoe. This type of fracture responds well within the three week period. After which, the athlete may return to activity with proper taping and a limited training program. 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 2372, Van Nuys, CA 91404.

Cotton Row Run

Continued from page 7

also had a good performance in winning the grand female master (50+) title in 44:48.

This year, in an effort to keep the race on sound financial footing without raising entry fees, the Cotton Row race committee eliminated travel and hotel expenses for both open and masters runners. By retaining the same prize money structure that has been in effect since 1987, the race still drew outstanding open and female masters fields. The only noticeable difference was in the male masters field which did not have as many entrants from outside the southeast as in the past.

Total entrants in the race were up slightly to 1970 this year. The race continues to be a significant Memorial Day event for most runners in north Alabama and for many serious runners in the southeast. The race's primary sponsor for the past five years has been radio station WZYP.
Larrieu-Smith Breaks U.S. 10K Road Record

Continued from page 1

had felt that a top-five finish was realistically! possible, but it just was not to be. "I had hoped this winter to train and to go after the masters world records, but, believe me, I'm happy with the U.S. masters record. I never thought I'd be happy with 13th place. I wish I'd been up there with the leaders, but it didn't happen." The winner was 20-year-old Tecla Loroupe of Kenya with a time of 32:30 (5:15 pace).

The Advil Mini Marathon, in its 22nd running, is a women-only race which attracted 5500 runners this year. It is not by any means the largest women's race — Stockholm has a women's event with 36,000 participants and Norway has a similar race with 42,000 participants — but the New York City event is the oldest and most prestigious in the U.S. This was one of the events developed to show the International Olympic Committee that women were capable of running a qualitatively good and competitive race at this distance, at a time when the Olympic decision-makers felt that women were unable to run endurance events and should be confined to short distances.

Incidentally there were as many women from Sweden in this year's race as there were from Connecticut — 150. And there were a number of top runners in this year's field over 30 years old, still running very competitively in the open division, including third-place finisher, Australia's Lisa Ondieki. Ondieki wryly referred to her age by saying, "The (winner's) surge...it was either an uphill or a downhill. I can't remember. My memory's not good...I'm 33 years old, ran approximately 5:04 and she (the winner) must have been really fast. I timed it because I wanted to know if I was feeling terrible or if she was running really fast. She was running really fast."

Among other personalities in the race was Ruth Ryan (Mrs. Nolan Ryan) who was awarded race-bib number 34 by the New York Road Runners and 51-year-old Evy Palm of Sweden, world-class masters runner who finished first in her age-group in 39:19. The oldest participant was Sally Berkman (85, Roosevelt Island, NY) and the youngest was Diana Bonacci (6, Hartsdale, NY). Road Masters fielded an over-40 team with ages ranging from 42 to 54 and placed 7th among the teams (pace ranging from 6:51 minutes/mile to 7:08).

The Fauber Flyers at the Windward 5K and Half-Marathon, Kailua, Hawaii, May 16: front row (to r) Peggy Repentine, W40; Emiko Soto, W60; Barbara Zamparelli, W60; Mollie Chang, W60; Margaret Lee, W70; Greycie Mjok, W70; standing (to r) Melody Grigsby, W40; Lynn Masuyama, W45; Mary Kawahara, W55; Sharon Callihan, W50; Joanna Robinson, W60, and Joan Davis, racewalker.

Long Island Newsday Races

by MAURY DEAN

Many major Long Island races are featuring masters medals galore, whomping the younger generation in a fantastic fusillade of fast feet. In the mammoth Newsday half and full marathons on May 2, America's frequently largest half (5200 this year) featured two 40-44 supersstars in the top ten — Jerry Miller (1:13:51) and Alan Oman (1:14:11) — and they barely outkicked 41-year-old Chris Webber (1:14:45). Fine efforts on a somewhat sultry, slightly breezy day.

Nancy Grever, 43, took ninth with a 1:28:43.

In the marathon, Jay Satenstein, always a top competitor, won his first plant masters victory with a 3:06:59 in the M45. Colin Harris, 65, bested a fine M60 wave with his 3:14:32, while Mel Cowgill, 56, set the L.I. 55+ record with a 1:23:33. Maury Dean's 1:19:10 was the second-best 50+ ever (Gary Muhrke, of NYC, won the first NYC Marathon in 1970, ran a 1:17+ here in 1991).

Kudos, also, to Laura Schay (47, 1:37:23); Plainview-Old Bethpage Club Veep Julie Shapiro, second W55, and Mel Gough, 58, who was 45th overall with a nifty 3:11:43.

Some readers provide additional support to the National Masters News and to the Masters program 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 Record book and will be listed in the paper as a National Masters News sustainer.
Masters Rep — Bev LaVeck

(Bev LaVeck, 57, is racewalking’s national rep to the USA Track and Field Committee. A holder of more than 30 single-age U.S. racewalking records, and an ultra distance walker at heart, it is not surprising that Bev holds an unofficial world open record in the 100 miles (21:42) and an official open track record in the 100K (11:56). Less well known is Bev’s ongoing work validating masters RWing records and updating RWing’s Age Graded Tables. Masters are indebted to this very special lady and the statistics she keeps.)

EW: Bev, how do you feel about all your records?

BEV: I don’t want to sound cavalier about them, but the races that I feel the best about are not necessarily those that I set records in .. The races I look most proud of are those back on the most fondly and am the about them, but the races that I feel the best about are not necessarily those and your EW: Bev, decided to stay in the race and do the had missed the record by about one record, but I felt horrible afterwards. I that I was clear, the Look of (a) behind the head, and (b) in

EW: Before you got injured, did you notice that the water aerobics and weight lifting were helping your racewalking?

BEV: I started having mile times and 3000 meter times that were faster than anything I had done in the last two years. I think it was a combination of not racewalking as much and building muscle. It is hard to say which made the most difference. I feel that going out and grinding out miles all the time is not the best way. It keeps you fit, but it is not the best way to increase performance.

EW: How will you train to get back into competitive shape?

BEV: First, I will start doing fartleks, anything from 50 meters to 800 meters, alternating brisk and slow for an equal time. I will never go as fast as I can, but simply pick up the pace so that I am aware that I am working. My main pursuits will be for a feel of changing pace and get the blood circulating. I will do this workout just about every time I go out, 3 to 4 times a week for 20 to 30 minutes in the middle of a walk that is about one hour long.

If these fartlek workouts feel pretty good, I will add some variety. One workout I like involves taking my best 5K time for the year and breaking it down to miles. For me this is a 29:30 5K or 9:30 mile. Then I add approximately 20 seconds to bring it to 9:50 or so. I will then sandwich a two mile stretch of 19:40 in a long walk. For example, I will go out and warm up for a couple of miles, do the next two miles at the 9:50 pace, and then do another slower two miles. Even if I was going to do a 10 or 12 mile walk, I would throw in miles at that pace, never any faster. And like the fartlek workouts, I might do this workout four days in a row.

There is another workout that Gwen Robertson suggested to me that I tried and really liked very much. This is a track workout for VO2 Max, a variable pace workout where you alternate 400 meters at your 5K pace and 400 meters at your marathon pace. The marathon pace is about 12 to 15 seconds slower than your 5K pace. You do two or three sets of six with a 4 to 5 minute rest interval.

If I do this workout, I will warm up thoroughly. Then I will alternate 2:18 and 2:30 laps, three times each for 1½ miles.

Bev LaVeck Weight Program

1. Quads: Leg extensions, using 10# weights, work up to 3 sets of 10 repetitions. I now use 30# weights, and do 2 sets of 15 repetitions. If at any time my knee hurts at all when doing this, I stop immediately and, the next time, use a lighter weight.

2. Shin, toe lifts: I use a piece of equipment called “Hammer Strength.” It seems to be especially designed for racewalkers. It strengthens the top of the ankle and shin muscles, but also stretches the anterior tibialis when I relax.

3. Shoulders: Lateral pull-downs, using 30#. Work up to 3 sets of 10 repetitions of (a) behind the head, and (b) in front to chest. For the front pull-downs, I’ve switched to a pull between mid-chest and my lap. This also works my quads.

4. Lower back hypertension: 3 sets of 10 reps using 20#. I now do 1 set using 30#, with arms folded in front of my chest.

5. Arms: Biceps curls, using 3#, sets of 10 reps. I now use 10#.

6. Triceps. Extensions, using 8#, 3 sets of 10 reps. Again, I now use 10#. Pushdowns, using 20#, 3 sets of 10 reps. I now do 1 set of 15 reps using 30#; then 3 sets of 5 reps at 40#.

7. Stomach crunches with variations.

Continued on page 11
San Diego to Host California Senior Olympics

by DAVID PAIN

Warren Blaney introduced the concept of a multi-sport Senior Olympics in Los Angeles in 1970. After several fruitful years, his program began to experience difficulties. However, the idea was too good to die. Others stepped forward in the 1980s and revived the program, primarily in Florida and North Carolina. A national organizing body was formed which sanctioned the first Senior Olympics National Championships.

Early on, the organization ran into objections by the U.S. Olympic Committee (USOC) over the use of the word “Olympic.” An agreement with USOC resolved this issue in 1990. The national body, now named the United States National Senior Sports Organization (USNSSO), is sanctioned by USOC as the designated masters multi-sport entity representing the U.S. Limited use of the name “Olympic” was authorized. The program is universally known, and referred to, as the “Senior Olympics.”

Since then, USNSSO has sanctioned four national championships, which are held biennially. The 1993 event took place at Louisiana State University.

Masters Racewalking

Continued from page 10 miles. After resting, I’ll do six more laps. At no point do I go all out. Gwen said never to do this workout during the week you are going to race and do it a maximum of every two weeks, preceded and followed by easy days. Gwen is very alert to people who overtrain. It is really good to have support for not going out and knocking yourself out every day.

EW: Will you keep up the water aerobics and weights as usual?
BEV: I might be inclined to cut back on the weights and keep the water aerobics.

EW: What is an easy day for you?
BEV: A really easy day would be four to six miles at a 12:00 minute mile pace. The week I do the variable 400m lap workout, I might do a couple of easy days, and one of my two mile intervals in a long walk. I might not do too much more than that. I suppose I also might try picking my pace up to all out at the end of a track workout. I would rather do fast stuff at the end than early in a workout.

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Continued from page 3

The day's most outstanding performance was turned in by Larry Stuart in the M55 javelin with a WR throw of 209-1. Another WR was established in the javelin by M65 Bud Held at 180-6. A former Olympian, Bud was a gold medalist in the last World Games in Turku. The women were represented by Johnyne Vallen with an age-67 WR of 10-11 in the long jump.

The always popular Ross Carter traveled from his home in Eugene, Oregon, to set two age-79 marks, a WR shot put of 37-8 and a 117-10 AR discus throw. Another double record setter was M85 Ken Carnine, whose 83-11 discus throw and 77-3 javelin throw were both U.S. records. Other outstanding performances included Hal Smith with an age-57 AR of 44-5 in the shot put and Tom Patsalis with an age-71 AR of 14-4 in the long jump. Thanks to the hard work of all those involved and the good-natured and helpful attitude of the many athletes, this meet showed that Masters Track & Field is certainly alive and well in Southern California.

50 + Run/Walk Held in Eugene

by JANE DODS
On June 6, the Downtown Athletic

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NMM is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising is the 10th of the month before date of issue. Send to National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

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- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Oct. 31, 1992.
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Senior Olympics

More than 7000 age 55+
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There were 4386 event-entries in
the track and field competition.
ESPN is planning a one-hour pro-
gram on July 11 or 12; check your
local listings. Story and results next month.
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**Women's Sports Foundation Training Grants**

- Next Deadline: July 15. 516-842-4700.
Growth of Large Races

We are often asked by the media and others if the so-called running “boom” is over. The answer is somewhat complex, but participation figures from the past thirteen years indicate that running, particularly for the larger races, is stronger than ever.

The 1992 results sent us to indicate that over 68% of all races showed an increase in the number of finishers: 78% of small races (under 500) and 57% of large races (over 2,000) were up, while only 42% of medium size races (500-2000) showed an increase. These numbers do not distinguish between races that had five fewer finishers than the year before, 500 fewer because of bad weather or 1000 fewer because sponsorship was lost. The majority are of the first two types. A more telling statistic is that the total of reported finishers was up by 21%.

In general, if you look at the largest 100 races from 1980-1992, you can see substantial growth. The overall totals for the largest 100 races increased from 349,400 finishers in 1980 to 841,764 in 1992. The average size of the largest 100 races in America grew from 3,494 in 1980 to 8,418 in 1992; a 141% increase.

In 1980 there were four races with 10,000 or more finishers and by 1992 there were twenty-one, a five-fold increase. Ten years ago most of these locations featured just one race. Now races like the Portland Marathon which has added a 5 mile, walk and an ultra over the years, are a multi-event celebration.

There is no question that road running in America is no longer a new “phenomenon,” but an established, accepted and recognized sport. The larger races and multi-race events add another dimension to the competition by also providing a community “happening.”

The Largest American Road Races in 1992

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Unhappy Hill Leads Vets at London Marathon

by MARTIN DUFF

World veterans 25K champion Dave Hill was the first veteran home, although he was disappointed with his time of 2:24:18. The 41-year-old said: “I was looking for a time of around 2:20-2:21 but encountered windy conditions between three miles and Tower Bridge, then around the Isle of Dogs, and finally from 20 to 25 miles.”

Alastair Kean, an M45 from Derby and County, led Hill until around eight miles, but the British Vets 5K champion then moved to the front, clocking 1:10:30 at halfway.

Hill, who has a marathon best of 2:16, set in 1985, has started nine London Marathons, dropping out on two occasions through injury.

New Zealander Lorraine Moller was the first female veteran, in fifth place with former British record-holder Gillian Horovitz, the first British holder of the title, clocking 2:42:14.

City of Bath’s Zina Marchant was the first W40 in 2:43:59, with Eleanor Robinson, holder of several ultra- distance world records, the leading W45 in 2:49:59, comfortably clear of last year’s winner, Val Lemnis.

An exceptional performance was that of Josie Walle, W70, who crossed the line in 3:49:02, taking three minutes off her own world-best time.

South African Championships Draw 300

by LEO BENNING

The South African Masters Track and Field Championships at Port Elizabeth on May 7-8 took place in windy weather on day one, but the second day was pleasant. Close to 300 participants broke 41 S.A. and 121 Eastern Province records.

The attendance was about 90 fewer than in Krugersdorp in 1992, perhaps because of the cost of travel and accommodations in difficult economic times and the unrest in many parts of the country.

For the men, Bobie Tlapu, M35, recorded the fastest 200 (22.98) and 400 (50.88). Former world record holder in the 1000, Danie Malan, M40, put in a surprise appearance and won the 1500 (4:22.22) and 10,000 (34:38). Andrez Rzespecki, M55, broke his national marks in the shot put (12.46) and hammer (48.22). Eleven of the S.A. records were set by walkers, with M50 Jurgen Spencer’s 1:42:20 in the 20K one of the best.

Among the women, W35 Margaret Ceronio’s steerheeleach (8:10.98) and 10,000 (36:37) victories were S.A. records. In the W70 group, Sheila Campbell won four events, with S.A. records in the long jump (6.09).

For the first time, a decathlon and heptathlon formed part of the program and drew eight competitors.

Moorcroft Runs 3:49 1500

David Moorcroft, who turned 40 in April, ran 3:49.0 for 1500 meters at Loughborough, England, June 2 — close to Wilson Waigwa’s world masters record of 3:49.47.

Moorcroft is planning a series of low-profile races before attempting to run under four minutes for a mile.

—from Wilfred Morgan

July, 1993

National Masters News page 15

The International Scene

Who Will Host Games in 1995 and 1997?

Who will host the 11th and 12th WAVA World Veterans Athletics Championships in 1995 and 1997, respectively? Formal bids must be submitted to WAVA and contracts signed by August 14 for both events. The sites chosen by WAVA’s General Assembly in Miyazaki, Japan, on October 14.

As of June 20, only Malmo, Sweden, had signed the necessary contract (for 1995). Others who have expressed interest in 1995 are Durban, South Africa; San Juan, Puerto Rico; and four U.S. cities (Buffalo, Indianapolis, New Orleans, and San Jose). One U.S. city will be chosen by a site-selection committee this month to represent the USA.

Great Britain and Chile have shown interest for 1997. A British site-selection group has chosen Sheffield, England as its best possible site and will make a formal presentation in Miyazaki. Unsuccessful 1995 bidders may also bid for 1997.

Racewalking

The WAVA Council, subject to General Assembly approval, has proposed the racewalks at the 2nd WAVA World Veterans Long Distance Running Championships — to be held in Toronto, July 30-31, 1994 — should be 20K for both men and women. However, the British Vets will propose in Miyazaki that the men walk 30K, instead.

Women’s Rep

Since Bridget Cushen, current WAVA Women’s Representative, has served the maximum five terms, a new Women’s Rep will be selected in Miyazaki. At press time, no nominations had been received by Torsten Carlius, WAVA Secretary.

Cross-Country

Budapest is the site of the 1994 IAAF World Open Cross Country Championships. The organizers are prepared to stage a “World Veterans XC Championships” the previous day (men 10K, women 7K), subject to approval by the General Assembly.

The question to be decided in Miyazaki is: should such a championship replace or be held in addition to, the current XC Championships at the WAVA Championships? The British will propose that in odd-numbered years the IAAF hold a World Veterans Championship, but that in even-numbered years, WAVA retain its current championship structure.

Five Years Ago

July, 1988

• Gary Miller Sets M50 World Record in Los Angeles with 6031 IAAF Points
• Laurie Binder (35:32, $1500) Top Master in Freihofer 10K Run for Women In Albany, NY.
• Arling Pitcher Breaks Own M85 World Record with 5-8 Pole Vault in Birmingham, AL.

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Entry Deadline Extended to July 20

The entry deadline for the 10th WAVA World Veterans Athletics Championships has been extended to July 20.

“Several countries have had problems in paying their entry fees by July 1,” said Shoichi Chuman, Planning Director, so the Organizing Committee agreed to postpone the final entry date. However, we would like the entries in as soon as possible so that the schedule of events and other matters will not be held up.”

The entry form was published in the June issue of NMN. Entry forms are also available from any U.S. masters travel agent or directly from Miyazaki.

The biennial event will be held in Miyazaki, Japan, from October 7-17. The organizers still are planning for more than 5000 entrants from over 60 nations, but the sharp 13% rise this year in the value of the Japanese yen against the U.S. dollar (from .0080 to .0090) will hold down the numbers. Still, most masters travel agents are holding to the prices they offered earlier in the year, before the yen’s jump, for those athletes who signed on early. Late deciders may wind up paying more, however.

Some disgruntled athletes are laying the blame for the drop in the dollar’s value on the Reagan-Bush administration, which, they claim, for 12 years wasted billions of taxpayer dollars by wildly spending on unnecessary military hardware which no one can use, while the Japanese spent those same 12 years manufacturing needed consumer items which everyone can use.

Economists say, in order to try to cut the trade deficit, the big banks and Clinton administration are letting the dollar fall to a natural level to make Japanese goods more expensive.

Entry Fees

Entrants in most countries are required to send their entry forms to their national governing body. U.S. athletes, however, may send their entries directly to Japan. Or they may send them to one of the masters travel agents, most of whom will forward entries in bulk for their clients to Japan.

Shoichi Chuman, Director of General Affairs, reminds U.S. athletes to send their entry forms to the address in Miyata-cho, but to send the entry fee by wire transfer only to Miyazaki Bank in U.S. dollars only.

“We cannot handle checks or credit cards for the entry fees,” Chuman said.

On the other hand, the accommodation form, including the party banquet, is to be sent to Kintetsu Travel in Tokyo. The payment is to be made in yen by either wire transfer or credit card to the Dai-ichi Kangyo Bank in Okachimachi, or by sending a bank check (in yen) with the accommodation form to Kintetsu.

“We understand that the system may seem rather complicated,” Chuman admitted, “but we do not foresee any problems with tracking down who has paid what. Japan is generally a cash society and we are not accustomed to handling checks.”

Competition

The competition will be held in five-year age groups beginning at age 40 for men and age 35 for women. There are no qualifying standards to enter the meet, except to be at least the minimum age.

Track and field action will take place from 8 a.m. to 6 p.m. in three adjacent facilities in Miyazaki Sports Park. The beautiful, flower-bedded park is a 15-minute bus trip from the downtown hotels. Free bus transportation will be provided from the park to the center of Miyazaki city. Buses will run at 30-minute intervals.

Non-Stadia Events

The road walks will also be staged within the park area. The cross-country races will be held on rolling terrain about 40 kilometers north of Miyazaki. There are a couple of short hills, but no mud is likely unless it rains.

The marathon will start downtown and finish in the stadium. Most of the course will be out-and-back on a highway next to the Pacific Ocean. It’s a flat and reportedly fast course.

Extensive TV, radio, and newspaper coverage is planned. The organizers expect more than 14,000 spectators for the opening ceremonies.

Three new world t&f records were set in the Southern Area Championships at Croydon, South London, June 6. Leading the way was 65-year-old Joselyn Ross, who sliced nine seconds from Shirley Brasher’s 5000 mark with a remarkable 21:57.1. Evaan Williams bettered the W55 hammer best with a 37.90. In the same age group, Irish lass Dorothy McClellan raised the pole vault record to 1.70.

Back in June, Les Presland was the fastest M50 in the British Road Relay Championships after a 15:37 three miles (hilly) lap, 22 seconds better than Steve James. Tipton Harriers won the M40 race over eight laps, led by internationals John Hewday (15:20), Andy Kolden (15:25), and 49-year-old Alan Rushmer (15:37). The best time came from new master David Moorcroft, the former world 5000 record holder, who blasted out a 14:28, just a second outside Alun Roper’s course record.

WAVA 10K champion Bronwyn Cardy-Wise was the fastest woman with a 16:29.

Other news has seen Dave Walsh, the BVAF vice-chairman, hand in his resignation. Although not related, the criticisms levelled at him and his co-organiser of the WAVA races in Birmingham last summer are alleged to have had some bearing on his decision. No audited accounts for the championships are yet on hand, and the BVAF is pressing for a full financial statement.

Final Schedule for WAVA World Veterans Athletics Championships

Miyazaki, Japan—Oct. 7-17, 1993

| Thu Oct 7 | Decathlon/Heptathlon 10,000 finals |
| Fri Oct 8 | Decathlon/Heptathlon 10,000 finals |
| Sat Oct 9 | 200 heats (women) 800 heats LJJ, JT Opening ceremony |
| Sun Oct 10 | 200 finals (women) 200 heats/semis (men) 800 finals (women) 800 semis (men) HJ (semis-finals) HJ (men) PV (women) SP, SX |
| Mon Oct 11 | 200 finals (men) 800 finals (men) 300/400M semis 5000 finals 10K/20K Final Road Walk PV (men) HJ (women) DT |
| Tue Oct 12 | No competition. Meetings: Stadia, Non-stadia, Women, Reunion |
| Wed Oct 13 | 100 heats/semis Steeplechase finals 300/400M finals TJ, HT |
| Thu Oct 14 | No competition. General Assembly |
| Fri Oct 15 | 100 finals 400 heats/semis 1500 semis |
| Sat Oct 16 | 400 finals 1500 finals 5000M Run Weight Pentathlon* Social Function |
| Sun Oct 17 | Marathon 4x100 Relay 4x400 Relay Closing ceremony *Unofficial event |

Photo by Leo Benning
forms NBA half-time shows, where he was a bit disappointed, because, comeback win. There had been an incentive for breaking 4:

General J. H. Peay a last mile this year, continued spectacular.
Popejoy Upsets Bergingham

Continued from page 1 comeback win. There had been a $500 incentive for breaking 4:10.

carter, a 40-year old from Binghamton, N.Y., ran a 4:20 mile last year. On NBA half-time shows, where he performs 20 to 30 times a year, he spurs a basketball on a pole, among other things.

Bergingham, who led the field (ex the pacemaker) for most of the race, was a bit disappointed, because, "After Millrose, I thought I could run a 4:05 or 4:06. But as this will be the last mile this year, I will concentrate on road races." As for Popejoy, he "felt spectacular. I had the privilege of racing him (Bergingham) twice and he's beaten me twice. I was happy that we roomed together here (in New York). John is an outstanding person as well as an outstanding runner. That's what's especially nice about masters running — to have competitors like Bergingham, McMullen — we have a different outlook than when we were younger and it was a dog-eat-dog world."

Popejoy had announced his intention to retire from competitive racing but his wife has talked him into running in 1994 for the Millrose Games and the Drake Relays (half-mile) and that will be his last race, as it marks the 60th anniversary of his father successfully anchoring a 1934 distance medley relay for Purdue University. Ken feels that he is missing too much of his family life with his job (real estate and litigation). "One of my sons had his first T-ball game today — and I missed it." Ken is the father of two sons (5 and 7 years old) and a 13-year-old daughter. He will be missed by his fellow competitors and the spectators alike.

Because of the uncertainty surrounding the existence of the New York Games, Eamonn Coghan, plagued by injury, was unable to make the training commitment required to achieve a sub 4-minute mile. Had he trained and the games not been held, there was no other meet in a reasonable time frame where he could have performed. The May 22nd event was formally announced on May 4th, when the New York Road Runners signed Reebok International as the sponsor. The previous sponsor, MITA, cancelled out this year, after sponsoring the games from its 1989 inception. The meet was a part of the 17-meet Grand Prix circuit and discussions with agents revealed that the open athletes had verbally committed to doing the meet, even on a last-minute basis.

Earlier in the season, Coghan had said that he would not run without some combination of prize money and appearance fees. Several European meet directors balked at this idea, so this writer has no information on future sub-4-minute attempts by Coghan this year. It is certainly possible that some meet director somewhere will be accommodating.

2000 Motor Down

George Washington Parkway

by GEORGE R. BANKEY
It was another banner year as 2000 good runners lined up at Mount Vernon, Va., for the 9th George Washington Parkway Classic 15K, April 25. The Parkway is closed once a year when the runners take over. The course is mostly flat with a couple of inclines of no significance. The shade trees and views of the Potomac River can cause one to forget the reason for being there.

Probably not taking in much of the scenery was Bob Schlae, M45, who ran a 48:35 to smash the previous masters course record of 51:20, set by Perry Linn in 1991.

Filutze Is Best Performer

Popejoy Upsets Bergingham

by JERRY WOJCIC
Carol McLaughlin, 41, Houston, Texas, won $1,000 as the masters winner, but Barbara Filutze, 46, Erie, Pa., took age-graded honors in Freihofer's 5K For Women, Albany, N.Y., on June 3.

McLaughlin finished 18th overall in 16:50 for an AG 91.7%. Filutze, 26th overall, ran a 17:13 ($500) for an AG 93.0%, bettering the performance of winner Lynn Jennings, 32, Newmarket, N.H., who ran a 15:34 (AG 92.3%). Cindy Bremser (Wisc., 17:36, $300) won third 40+.

Nancy Fisillo, 50, New Hartford, Conn., won the W50 race in 19:04. Adeline Kearney, 67, Canton, Ohio, took the W65 division with a 24:04. Doris Fee, 80, Ballston Spa, N.Y., was the oldest finisher, in 45:00.

The race served as the women's open national championships and was staged by the Adirondack Association of USATF.

Masters Age-Graded Tables

- Keep track of your progress over the years.
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Van Nuys, CA 91404

Name
Address
City State Zip
Entry Deadline for Nationals is July 12

Continued from page 1

This will be the biggest masters meet in the nation. More than 1000 participated in last year's nationals in Spokane, Wash. Competition will be held in five-year age groups for both men and women, starting at age 30-34 and going to age 95+. Performances will range from outstanding to ordinary. But everyone is welcome. There are no other qualifying standards, except to be at least age 30. What matters is having fun and taking part.

In Utah and the surrounding Rocky Mountains are some of the outstanding vacation spots in the USA. Within driving distance are four national parks: Bryce Canyon, Canyonlands, Zion, and Capitol Reef. Utah contains six national monuments, including Dinosaur Monument, which contains the largest quarry of Jurassic Period dinosaur bones ever discovered. The Amtrak train ride from Denver to Provo is among the most scenic in the world. For a free Utah Travel Guide, call 801/538-1467.

Contrary to last month's report, the "all-star 4x100 regional relay" will be held, according to Phil Mulkey, the race's creator/designer.

"We are still hoping Holiday Inn will continue to sponsor the event," Mulkey said from his Marietta, Ga. home. "But even if they don't, we still plan to hold the race, with or without another sponsor."

Some hotels in the Provo area are already sold out, but, as of June 15, rooms were still available at the Super 8, Travelodge, Colony Inn and probably other hotels.

Track & Field Rankings Report

by JERRY WOJCICKI, USAFT Masters Rankings Coordinator

The rankings for several 1993 indoor events appear in this issue. The June issue contains the 1500 and mile rankings. The remaining events will be published in the August or September issues. Changes to all of the indoor rankings will be published in the December issue.

In the rankings, a question after the athlete's name indicates a problem in identifying the athlete or his/her correct age group. A question mark after the time or distance indicates uncertainty about its accuracy.

The contacts for the outdoor rankings will be published later in the year.

A reminder that road performances should be sent to the Road Racing Information Center, 915 Randolph, Santa Barbara, CA 93111. 805/683-5868.

Raschker Vaults 10-2 in Tennessee

by DEAN WATERS, Meet Director

KNOXVILLE, Tenn., May 22 — The Tennessee Masters Track and Field Championships were held today on the U. of Tennessee's Tom Black Track.

Competing on the completely renovated track and infield, Atlanta's Phil Raschker, one of America's premiere female masters athletes, broke her own world W45 pole-vault record of 9-6 four consecutive times en route to a new world female masters best of 10-2 (3.10m).

Two hours later, she set a new W45 U.S. triple jump best with a 35-4 (10.77m) effort. She also won the W45 200 (26.56), 800 (12.70), and HJ (4-8). No one had set a new W45 world record for an athlete who was debating three days before the meet whether to enter or not because of a nagging Achilles tendon injury.

This year's meet broke with a long tradition in that there was no rain. Conditions were perfect, making for an enjoyable day for competitors and officials alike. The new facilities included two long and triple jump runways with landing pads at each end, two javelin throwing areas, and two 100m straightaways to easily enable shifting the electric timing to take advantage of wind conditions.

The most encouraging sign was the increase in female competition. The inclusion of a 20-29 age group may have the desired effect of keeping athletes interested in track until they can compete as sub-masters.

Georgia's Phil Mulkey, 60, set a record that's likely to stand for some time as he competed in 15 events and won them all except the 35 lb. weight throw. In all, Mulkey produced 73 of the 205 points recorded by the World Elite Track Club in their winning effort over the Nashville TC (144 pts.) and the Atlanta TC (132 pts.). In all, 13 clubs were represented from 13 states. Jim Dolezel, of Midwest City, OK tied Don Hudson of Warwick, RI for the longest distance traveled to the meet.

Field-eventer Nolan Fowler missed the meet for the first time ever, due to a series of injuries.

The meet's success was largely due to the fine officiating by the Knoxville Track Club's Officials Association, including student officials being trained by Dr. Ralph (Buck) Jones of UT.

Next year's meet will be on the regular schedule of May 27-28, and will include a pentathlon and distance runs.

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*Men's and women's 1992 U.S. 5-year track & field age-group rankings.
*52 pages, over 100-deep in some events.
*All T&F events, including 3000, 10,000, weight, relays, racewalks

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Masters Scene

National

- This summer and fall the Road Runners Club of America will host its 14th running of the Women's Distance Festival, a series of 5Ks celebrating women's running and bringing attention to the lack of a women's 5000 in the Olympics. Over 30,000 runners and walkers are expected to participate in the series that schedules over 80 events from coast to coast. For more information, contact: RRCA, Women's Distance Festival, 629 S. Washington St., Alexandria, VA 22314. 703/836-0558.
- The winning M40+ team in the 4 x 400 relay in the 1993 indoor Nationals was the "International Team World!" quartet, not the "Decathlon Midwest" team. The winners clocked a 3:58.1 and consisted of Frank Hears, Bob Weiner, Danny Thiel, and Dennis Duffy.
- RRCA has added a new booklet to its library: Children's Running — a Guide for Teachers and Coaches. This excellent guide, written by Joyce Rankin, a former elementary school principal and teacher, and a superb masters runner in her own right, advocates a non-competitive approach to running where everyone can be a winner. The guide is available for $15 (incl. p&h) and may be ordered through the RRCA at 629 S. Washington St., Alexandria, VA 22314. Bulk orders at lower a cost are also available. Call 703/836-0558.

East

- Chuck Moeser, 41, Herndon, VA, was fifth (16:10) in the Glen Brenner 5K, Washington, DC. May 9. Ridge Kelley, 43, Pooler, Ga., was second in the RRCA at 6:29 S. Washington St., Alexandria, VA 22314. Bulk orders at lower a cost are also available. Call 703/836-0558.

Midwest

- Salih Talib, 47, fifth of 430m in 34:14, and Cheryl Ralya, 46, with a 40:28, charged through the Roosevelt Island 10K, NYC, for masters victories on May 15. May Chou won the W55 division in 47:56.
- Rolando Vizhny, 50, won the masters title with a 14:05 over some top-notch younger runners, including Atlav Belligne (48, 16:20), in the NYRRC You Gotta Have Park 5K, Central Park. May 23. Forty-nine-year-old Laurie Baker also took the measure of younger W40+ with a first in 21:36.

Southwest

- Paul Quinn (45, 28:46). Springfield, VA, and Tina Barber (43, 33:22), Fairfax, VA, were top masters in the Patriot's Corporate Challenge 8K, Fairfax, May 2, with 40+ course records.
- Norman Ferris (43, 33:53), Camden, SC, and Abida Yestal (41, 39:10), Brevard, NC, galloped to masters victories in the EXPO 10,000, Knoxville, May 8. Wendy England (40, 47:53) took the W65 race.
- Tom McDermott, 75, Bradenton, FL, broke the world age record for the 16-19 hammer with an 87.7 at a Florida Express TC meet, Bradenton, May 31. The old mark was 69-4, held by Norman Hawke of New Zealand.
- Jim Gatch (18:47) and Anne Van Meter (23:42) were masters winners in the 7th annual Run for the Turtles 5K, May 15, on Siesta Key Beach, FL.
- On June 6th, Phil Mulkey, M60, won the ATC All-Comers shot (47-10) and discus (163-8). He also had seasonal bests in the hammer (123-1), 100m (12.91), and 100H (15.30), which age-graded 73.5.
- Holiday Inn West World Elite Team members, Lucy Anne Bristo, Leonore McDanielis, and Betty Vosburgh were selected to be the torch bearers for the opening ceremonies of the National Gay Games, New York, Aug. 10, through the Roosevelt Island 10K, Wheeling, W. Va. May 29. The winning team was Frank Hears, Bob Weiner, and Dennis Duffy.

West

- John Whittemore, 90, was named Masters Track Athlete of the Year at the Santa Barbara Athletic Round Table Hall of Fame banquet. May 18. He is trying to get the 4kg hammer reduced to 3kg for those over age 90.
- Of the 80,000 participants in the 7.46-mile Bay-to-Breakers Run in San Francisco, May 16, 29.5% were age 40 or over. 9.9% were 51+. The median age was 33. Pierre Levisse of France was 12th overall and first master in 36:18. Domingo Tidabuiza of Colorado was 24th/2nd 40+ (39:08).
- Byrle Smaller (M45, 33:44) and Christina Zetzel (W40, 42:50) were first overall in the Marathon 10K, Calabasas, CA, March 21. Doug Davis (M40, 17:55) and Trudy Shapiro (W45, 21:38) were first 40+ in an adjunct 5K.
- Los Angeles all-comers meets have been resurrected. The annual meets were previously sponsored by the Los Angeles Schwarzenegger School, but it is broken. So a five-week schedule of meets will be staged by a private group led by Jon Kirov. See schedule for details.

Northwest

- Tom Gage, Billings, MT, celebrated his 50th birthday by setting a WR for the M50 hammer (6 kg) with a 209.2 in Bozeman, MT.
- Pricilla Welch finished chemotherapy for breast cancer in May and appeared at two Run for the Cure events in Illinois to celebrate. She told Dick Patrick of USA Today, "I feel wonderful" and that she hopes to be racing seriously again within a year. The world masters marathon record holder added, "This has changed me. It's made me a better person. I had my head buried firmly in the sand. This proves how vulnerable you are no matter what your lifestyle. It's made me more aware how precious life is."
SCHEDULE

Track and field events feature competition for men and women over 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. Entry blanks for nationals and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to MNM, P.O. Box 2372, Van Nuys, CA 91404.

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Woodstock, S.C., Chuck Klehm, 1218 North September 25. USA 338-2880.

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

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Ohio/USATF Games, Raritan 02167. 8061767-2710.

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LONG DISTANCE RUNNING NATIONAL


SOUTHEAST

July 4. Peachtree 10K. $450 masters. SASE to Peachtree RR, Atlanta TC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305. 404/231-9005.


WEST


September 25. First Annual National Decathlon/Heptathlon Championships (also invitational weight pentathlon), Montreal, Que., E.F. Hume, 132 Evershine Greens. 604/725-3325.


INTERNATIONAL


July 11. UTica Boilermaker 15K. Masters money. E.C. Reed, P.O. Box 4729, Utica, NY 13501, 315/797-5838.

July 18. NYRC Roosevelt Island 5K. NYRC, 9 E. 89th St., NY, 10028. 212/600-4455.

August 3. Newsportury Pop. Miller, Tues., 6-40 p.m. P.O. Box 366, Newport, MA 02761. 508/454-9715.

August 15. NYRC Northern 5K. NYRC, 9 E. 89th St., NY, 10028. 212/600-4455.

**U.S. MASTERS TRACK & FIELD RANKINGS**

(Coordinated by Jerry Wojcik, T&F Rankings Chairman)

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**1993 Indoor 200m**

Compiled by Larry Patz

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**1993 Indoor 400m**

Compiled by Larry Patz

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MEN's 60-64

JAMES BRADLEY 16.28
HARRY BAYNES 10.59
RON BILKER 15.80
J MARTON 15.86

WOMEN's 60-64

LOUISE ADAMS 16.05
RITA ALLARD 16.08
THERESA CARR 16.08
AMANDA CHEATUM 16.10
JADA CHAMBERLIN 16.12

MEN's 70-74

ALAN OLSON 1.02
IRWIN DOB CHINCHILLO 1.03
TAYLOR NEATHERBEE 1.03
PET CRANDALL 1.03
Randy Ben 1.03
PET PALMERI 1.03

WOMEN's 70-74

ANN COWAN 1.03
GEORGIE BROWN 1.03
MARI BROWN 1.03
RICHARD BROWN 1.03
NORA CROWLEY 1.03
BARBARA DAVIS 1.03

1993 Indoor 550/650 Hurdles

Continued from previous page

1993 Indoor High Jump

Continued from previous page

1993 Indoor Triple Jump

Charlie Mercurio

MIS-30

JIM EDDIE 16.42
BRUCE COOK 16.42
MARC TAYLOR 16.42
KEVIN GLASSON 16.42

MIS-39

WILLIAM HOLLAND 16.43
JAMES HARRIS 16.43
KEN ELKIN 16.43
DAN TAYLOR 16.43
MARVIN DANIELS 16.43

MIS-40

MISHA BENVENISTE 16.44
JIM REID 16.44
WILLIAM TAYLOR 16.44
MARVIN WELLS 16.44
RICHARD COHERMAN 16.44

MIS-49

RICARDO COHERMAN 16.45
JOHN BISHOP 16.45
PAUL MCDANIEL 16.45
WILLIAM MCKENNA 16.45
CLINTON MCDANIEL 16.45

MIS-50

MATT WHITCOMB 16.46
JIM ROBERTSON 16.46
WILLIAM MUIR 16.46
WILLIAM TAYLOR 16.46
JARRED TAYLOR 16.46

MIS-59

BRIAN O'ROURKE 16.47
JIM O'ROURKE 16.47
MARK O'ROURKE 16.47
WILLIAM O'ROURKE 16.47
RICHARD O'ROURKE 16.47

MIS-60

WILLIAM EVERETT 16.48
JIM EVERETT 16.48
WILLIAM TAYLOR 16.48
WILLIAM O'ROURKE 16.48
RICHARD O'ROURKE 16.48

MIS-69

WILLIAM JONES 16.49
JIM JONES 16.49
WILLIAM TAYLOR 16.49
WILLIAM O'ROURKE 16.49
RICHARD O'ROURKE 16.49

MIS-70

WILLIAM TAYLOR 16.50
WILLIAM JONES 16.50
WILLIAM O'ROURKE 16.50
RICHARD O'ROURKE 16.50
WILLIAM JONES 16.50

1993 Indoor Triple Jump

Charlie Mercurio

MIS-30

JIM EDDIE 16.42
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MIS-39

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JAMES HARRIS 16.43
KEN ELKIN 16.43
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MIS-40

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MIS-69

WILLIAM JONES 16.49
JIM JONES 16.49
WILLIAM TAYLOR 16.49
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RICHARD O'ROURKE 16.49

MIS-70

WILLIAM TAYLOR 16.50
WILLIAM JONES 16.50
WILLIAM O'ROURKE 16.50
RICHARD O'ROURKE 16.50
WILLIAM JONES 16.50

Continued on page 31
RECIPIENTS OF CERTIFICATES AS ALL-AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE

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

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U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

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U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

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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: __________
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<tr>
<th>Certificate</th>
<th>Patch</th>
<th>Patch Tag</th>
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| If you have bettered the standard of excellence, please send $10 for a certificate, $10 for patch, or $15 for both a certificate and patch. (A patch tag, showing event and year, is an extra $10 each.) Send to: All American, National Masters News, P.O. Box 2372, Van Nuys, CA 91404. (Close copy of results, or note in which issue they appeared) A 3-color, 8" by 10" certificate—suitable for framing —and/or a 3" by 4" patch will be mailed to you within two weeks. (Allow six weeks for patches with tags.)
### East

**Shamrock 4 Mile**
Mil, Holly, NJ; March 27

**Plainview 10K For ASPIRE**
Plainview, NY; April 4

**North Shore Half Marathon**
East Meadow, NY; May 8

**Westbury Castle Place Half Marathon**
Westbury, L.I.; May 15

**Western Heights Middle School 5K**
Hagerstown, MD; May 16

### National Masters News

#### Overall

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<td>W50</td>
<td>Sandra Tignor</td>
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<tr>
<td>M40</td>
<td>Peter Haraj</td>
<td>49</td>
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<tr>
<td>M50</td>
<td>Paul Williams</td>
<td>57</td>
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<tr>
<td>M60</td>
<td>George Studinski</td>
<td>70</td>
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<tr>
<td>W45</td>
<td>Jan Buckley</td>
<td>57</td>
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<tr>
<td>W55</td>
<td>Virginia White</td>
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#### M50

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<tr>
<td>Bill Benson</td>
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<tr>
<td>Andy Burek</td>
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<tr>
<td>Sherry Dixon</td>
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#### W55

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<tbody>
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<td>Vivian Bower</td>
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<td>Nancy Hyland</td>
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#### M40

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<td>Michael Ganis</td>
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<td>Michael Crakes</td>
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### Patriots' Corporate Challenge 5K

#### Finishers:

- **W55** Sandra Tignor 22
- **M40** George Studinski 70
- **W45** Jan Buckley 57
- **W55** Virginia White 65

### Long Island Newsguard Marathon/Half-Marathon

#### Overall:

- **W50** Sandra Tignor 22:13:38
- **M40** Paul Williams 22:13:38
- **M50** George Studinski 22:13:38

#### M50

<table>
<thead>
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<th>First Name</th>
<th>Last Name</th>
<th>Age</th>
<th>Time</th>
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<tbody>
<tr>
<td>Bill Benson</td>
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<td>Andy Burek</td>
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<tr>
<td>Mary Rosado</td>
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#### W55

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#### M40

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<tr>
<td>Michael Ganis</td>
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<td>Michael Crakes</td>
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### National Masters News

**NYRRC You Got to Have Park 5K**
Nyc, May 15

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### SOUTHEAST

**EXPO 10,000**
Nyc, May 15

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**May 15**

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**May 15**

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<tr>
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<tr>
<td>Mike Glancy</td>
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<td>35:44</td>
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</table>
National Masters News

Five of the Masters' 10K champions in action: Jodyigon 54.40; W55 Francis Aid 20:49; W60 Connie Butler 35:16; W70/Doris Garrett 43:58; W80/Ruth Holmes 27:44. W50 Ronald Williams 36:31; W60 Gordon Baker 44:40; W70 Eva Jack 30:22; W80/Betty Snyder 49:10; W90/Betty Donovan 23:08. The two fastest women in each division were much faster than the standard masters age for that same distance.

**SOUTHWEST**

New Orleans TC 30th Anniversary Mile - New Orleans, May 8

**OVERALL**

M50/Ron Sawyer 15:16; W50/Marilyn Wills 37:39; and M60/Randy McKeel 27:00.

**STAFF**

M50/Ron Sawyer 15:16; W50/Marilyn Wills 37:39; M60/Randy McKeel 27:00; W70/Lois Dury 44:40; W80/Ruth Smith 59:22; W90/Betty Donovan 30:22. The two fastest women in each division were much faster than the standard masters age for that same distance.

**RIM MEDICAL CENTER 10K (OKC), May 1 Dy, 35

- Overall: Bruce Deavers 35:15; W50/Virginia Jones 31:44; W60/Mary Olts 45:24. The two fastest women in each division were much faster than the standard masters age for that same distance.
CALIFORNIA STATE SENIOR OLYMPICS
SEPTEMBER 17-26, 1993

CHAMPIONSHIP GAMES

SPORTS OFFERED
- ARCHERY
- BOWLING (10 PIN)
- BOXING (CLOSED)
- CRICKET
- CROSS-COUNTRY 5Km
- CYCLING
- DOUBLE BASEBALL
- DOUBLE SOCCER
- DOUBLE TENNIS
- EQUESTRIAN
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