Scott Sets U.S. Masters Mile Record
by JERRY WOJCIK
Steve Scott, holder of the U.S. mile record of 3:47.69 since 1982, fell short of running under 4:00 as a master but left the Prefontaine Classic Meet in Eugene on May 26 with a U.S. M40-44 record of 4:10.43.


Scott, who turned 40 on May 5, knew his chances of breaking four minutes in Eugene were slim. He had run a 3:47 1500 (roughly a 4:04 mile) a week before but had hopes that a soldout crowd at Hayward Field might push him to shave off a few seconds for a sub-4:00.

At a news conference on the Friday night before the traditional Memorial Day race concerned who would take second. Niemczak seemed in a class by himself, and race director Lawrence Hills had already adjusted

Three Major Meets to Draw 2500
More than 2500 athletes from throughout the USA, Canada, and several foreign countries are expected to participate in one or more of three major masters track and field competitions being held in a 300-mile radius in a 16-day period from August 9-24.

First, up to 700 competitors will compete in the Canadian Masters Championships in Victoria, B.C. on August 9-11.

Then, more than 1200 are expected for the 29th USATF USA Masters Championships in Spokane, Wash., August 15-18.

Finally, several hundred are expected for the WAVA North American Masters Championships in Eugene, Ore., August 21-24.

Some veteran athletes are planning a two-week vacation to participate in all three events. Others are opting for one or two of the competitions.

The trio of events provides a great opportunity to see some of the most beautiful scenery in the world – the mountain ranges of southwest Canada and northwest USA.

All events are open to anyone age 30 or over. There are no qualifying standards. Special discounted air fares

Niemczak and Grayson Win a Hot Huntsville Cotton Row Run
by JIM OAKS
HUNTSVILLE, Ala. – In past years, WZYP Cotton Row Run 10K masters winners have been natives of Ethiopia, Kenya, England and Ireland. So it was no real surprise to have a Polish winner this year, on May 27, especially since his name was Antoni Niemczak.

While Niemczak added another national origin to the list of former Cotton Row male winners in a heat-slowed 33:10, Nancy Grayson of Northville, Mich., sang her same winning song for the seventh straight time in the women’s masters race in 39:12.

Niemczak, currently one of the hottest masters on the circuit, came to Huntsville with recent impressive wins at Cooper River Bridge 10K (30:14), Gate River 15K (48:03) and Crescent City 10K (30:17). The talk among the masters field on Sunday night before the traditional Memorial Day race concerned who would take second. Niemczak seemed in a class by himself, and race director Lawrence Hills had already adjusted

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advil mini-marathon - pages 12-17

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Continued on page 19
After 47 years
Bill Rodgers is still running.
Bill Rodgers wears Etonic.

Just coincidence?
NEW AGE GROUPERS

On March 6, I wrote Pete Mundle a letter informing him that I would be 50 years old on May 18, 1996, and would appreciate it if he would include my name in the upcoming "Athletes Who Enter A New Division This Month" list for the May, 1996 issue of National Masters News.

When I received my May 1996 issue, I noticed my name was not included on this list. What criteria is used to get your name on this list? Although it might not be important to some athletes, entering a new age group for me is a big turning point in my life, especially at age 50.

I am a long-time subscriber to your magazine, and have always spoken highly of your publication. I also work hard on trying to encourage meet directors to include the triple jump in their meet schedules. I have seen many meets drop this event from their program, and I try to renew their interest in including it again.

Bob Everoski
Halstead, Kansas

(Mundle's monthly list is generally limited to those athletes who have, at one time or another, set a single-age record in track and field events. In an attempt to expand the list to include others, MNM twice asked USAF for a list of birthdays of all USAF registered masters athletes. But USAF declined to provide the list, citing "privacy" reasons. — Ed.)

WOMEN THROWERS

In response to Jerry Wojcik's article on the dearth of women throwers in the younger divisions, I agree with the other responses and would like to add the following based on my experiences and conversations with other "want-to-be" throwers.

Many women fear injury, embarrassment, and failure when considering competing in the throws. For most, there isn't any coaching available or place to train. One has to have a lot of interest and guts to try to learn events on one's own. Many realize from the start that learning to throw without a coach will be difficult and do not even bother; some try, become frustrated and give up; a few, like me, love the challenge and competition and continue to throw with hopes of one day learning proper technique and improving their performances.

Secondly, women throwers constitute a subclass of the Second Class Throwing Community and often face third-class treatment at many meets.

Thirdly, the poor conditions of many throwing venues and second-rate treatment of throwers, which have been addressed in Wojcik's columns, are enough to discourage the committed throwers. You can imagine what one who is unfamiliar with the throws must think about competing.

Lorraine Tucker
Boston, Massachusetts

DURBAN IN '97

After having participated in the World Championships in Buffalo last year, I can put the names which appear in National Masters News articles and results to the faces I had met and seen there. Not forgetting the countdown to Durban, I do not want to miss any motivational build-up to the next world championships here in 1997.

Our misfortune (the poor exchange rate) will, however, be the good fortune of all visiting athletes and tourists to our country next year for the championships in Durban. We look forward to welcoming you all to our beautiful country and making your stay a very memorable one.

Pal Immelman
Johannesburg, South Africa

MEET CONFLICTS

I was shocked, along with many other masters throwers, to discover that Hair Raising, scheduled this year's Eastern Masters Championship on the same day (July 20th) as Dr. Charles Covino's superb Iron Horse Farm Throwers Meet in Ringoes, NJ. Dr. Covino's meet was sanctioned, scheduled and advertised in the National Masters News much before the Easters were announced. Every thrower with whom I have talked plans to attend the Covino meet this year and forego the Easters. This will diminish the turnout and importance of the Easters this year.

As a masters track and field competitor, I appreciate the efforts of people like Haig Bohigian, who take the time and trouble to put on meets like the 1996 Eastern Masters Regional Track and Field Championships. But he made a mistake in ignoring protocol, in trampling on the efforts of another meet promoter, and in disregarding the throwers. We're a pretty vocal group (as any spectator can attest), and we're hanging together on principle to support Dr. Covino's outstanding meet.

John B. Bronstein
Haddonfield, New Jersey

THE GOOD AND THE BAD

(The ugly)

On the entry form for the '96 Los Gatos meet, age divisions were shown in 10-year increments. Wondering if we had somehow gone back to the "good old days" or rather the bad old days, I called prior to filling out the form. Naturally, the first answer was, "Oh, don't worry, the medals will be in 5-year divisions."

Informing the person that after competing in masters for 26 years, like a lot of us, we've got boxes of medals and that there can be a certain psychological factor that comes into play when you are trying to catch 4 or 5 guys ahead of you in a 100m dash. It certainly doesn't make for relaxed running (at least not for me). Agreeing the individual then said, "No problem, we never mix age groups in sprints."

Well, lo and behold, everything at the meet was run in mixed age groups. When I complained at the meet, I was told, "Don't worry about it, it will make you run faster." Really?

Well, if that be the case, why not let the group under my division run with the group under their division, and then that group run with the group under them; in fact, why not let all the groups run together, then we can all run faster!"

The result of this practice was big delays at the finish line trying to figure out who was in what division and, even worse, was the fact that because of age differences, not all of the runners were captured on the Accutrack timing photos so they said, "Oh well, just fill their times in."

For the time wasted at the finish line, the other age group could've run their race in their own division. Why do folks who put on these meets boast about how nice a meet it is -- in this case, the Masters Championship for Pacific Assoc. -- and then on meet day seem to make the top priority, "Let's get this over with as soon as possible." Most of us pay entry fees, spend time and money (gas!!) to get there and have fun and see how well we can do against our own age group, only to feel hurried and let's get this over with and get outta here! For putting the meet on, all of your efforts and work, I say, as always, thank you so much. But for this attitude, sorry, guys and gals -- thumbs down.

On the very good side, how about great plaudits for the Senior Olympic Games being staged around the state and the country. Once scoffed at and sometimes snubbed by some runners as, "Oh, yeah, that's that other group", these folks are now showing everyone how it should be done. Great pre-event publicity, tremendous organization, the acquisition of major sponsors and a sporting event where the athlete reigns supreme.

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Continued on page 20
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Third Wind
by MIKE TYMN

Timeless Wisdom from an Athletic Pioneer

"A"s a nation we have at last become exercise conscious. And what a blessing it is, too! Personally, I believe the girls of our age have probably been the most benefited by all of this. We can thank our lucky stars that we are no longer expected to sit by the fireside and knit, while watching our brothers get most of the fun out of life."

That's a quote from the November 1931 issue of Love Mirror magazine and was part of an article called "Fun for the Figure." The writer was Aileen Riggin, who was featured in this column last month.

Riggin, now Aileen Riggin Soule of Honolulu, was a pioneer in women's sports. She won a gold medal in springboard diving in the 1920 Olympic Games in Antwerp, the first year in which American women competed in the Olympics, and then took silver (diving) and bronze (100-meter backstroke) four years later in the Paris Olympics.

Golden Years
Riggin competed in the "golden years of sport" - an era that included Ty Cobb; Babe Ruth; Man o' War, Jack Dempsey; Johnny Weissmuller; Duke Kahanamoku; Red Grange; Bobby Jones; and Knute Rockne. After turning professional in 1925, she became one of the first, if not the first woman sports journalist. She wrote columns on exercise and fitness for the London Morning Post and the New York Evening Post (the latter column called "The Modern Diana"). She also contributed to McCalls, Collier's, and other popular magazines of the time.

Today, Soule is a pioneer of a different kind. She set a number of world masters swimming records in the 80-84 and 85-89 divisions, and is now preparing to set new standards in the 90-94 division.

And, she is still writing. "We were very naive swimmers," she wrote in the January 1996 issue of Swim Canada. "We never heard of dope in my day - in those days, I should say. We were all raised that good sportsmanship is greater than victory. We also felt that one-upmanship was to give your opponent the advantage and then beat him or her. That we did sometimes, especially in handicap races."

Here are several of Soule's offerings from 65-75 years ago. Most of them still apply today - to track and field and road racing, as well as swimming.

Agging: "Sport has broken down the barriers between youth and middle age. They meet on a common basis. The age of neither acts as a handicap: the youth of the one is offset by the experience of the other." The New York Evening Post, 1926.

Coaching: "It is surprising to most people that a swimming champion of no matter how many years standing, must have her weekly coaching; not, of course, to learn anything new each time, but so the coach can detect any slight errors that may have developed, and correct them before they become serious." The New York Evening Post, 1926.

Quality vs. Quantity: "I want to impress upon all girls, while on the subject, that my early development in swimming was possible only because of the system of training followed. I was made to cover middle distance stretches at slow pace throughout the novitiate, and never had any speed work at practice. This method builds the swimming muscles effectively and affords the best opportunity to correct faults, at the same time avoiding all chance of strain from over-exertion. It is constant speed work which taxes the heart and lungs and prevents the acquiring of form. If one uses a modern stroke effectively and goes at a moderate pace, no strain attaches to covering several miles." Country Life magazine, July 1922.

Overtraining: "Believe it or not, it's quite possible to do too much violent exercise. Everything has a limit." Love Mirror, November 1931.

"Of course, one can overdo in any sport, especially if one is a champion. The best remedy for the over-development that comes when we train for competitive sports is a form of exercise which will counteract this effect." McCalls, April 1927.

Trying Too Hard: "When you swim in an awkward way you are trying too hard. You are laboriously lifting one arm after the other out of the water and your tightened leg muscles are stubbornly being made to move in unfamiliar cycles." The London Morning Post, 1927.

Walking: "None of us can swim at the beach every day; none of us can play golf or tennis every day; but there isn't one of us who couldn't walk a little every day. Don't think for a moment that walking isn't a grand sport. None of us would think of eating less often than that. A little bit of concentrated exercise every day is sure way to keep fit. Do a little walking every day and watch your face and figure flatter you." Love Mirror, November 1931.

Losing Form: "It doesn't do any good to practice a dive once you've lost it. At least, that has been my experience. You just have to wait till it comes back. And it does that as suddenly as it goes." From her 1931 book, Modern Swimming and Diving.

Pacing: "Get the feel of it fixed in your mind so firmly that you can almost tell from the amount of exertion how fast you are traveling, for if you aren't sure of pace, you will be hopelessly outclassed when you encounter opponents who know theirs." From her 1931 book, Modern Swimming and Diving.

Going Out Too Fast: "The eager and foolish ones will spring too soon and bring the crowd to its feet: the thoughtless could forge ahead early and make a bold bid for leadership. But the girl who wins, swims as she sees fit, not as the others dictate." From her 1931 book.

Sunburn: "Ordinarily this (sunburn) is more of an inconvenience than a hazard, but it can become a decided hazard in the absence of the aforementioned common sense. The truth is that sunburn is just the same as any other burn, and a severe dose covering half of the area of the body can cause death." From her 1931 book.

Risk-Taking: "Many participants in water sports think that "taking a chance" is a game, a nervy thing to do. It demonstrates their courage, I suppose. You will find, however, that the usual mark of the inexperienced is that he takes chances - and that the more experience a man or woman has around the water or in boats, the less inclined he or she is to undergo needless risks. As the daughter of a naval officer, I have seen that fact emphasized many times. After all, there is a distinction between stupidity and bravery." From her 1931 book.

Stress Reduction: "I wish every little girl could learn to swim before she is ten and keep it up through her teens. It would do away with many of our so-called nervous breakdowns, the hysteria, the craving for excitement for which we blame our girls nowadays." McCalls, May 1927.

Women: "Only in the last few years have girls gone in so seriously for athletics and each year their repertory becomes more comprehensive until, if they keep up at this rate, it won't be long before they include almost every known sport." The New York Evening Post, 1926.

Aileen Riggin Soule was a true pioneer in the areas of fitness and women's sports. She was certainly a woman ahead of her time.

New York City Mayor Hylan pins a special medal on Aileen Riggin at the victory celebration following the 1920 Olympic Games. Helen Wainwright (silver) waits in line, followed by Helen Moody (gold medal winner in the '26 Olympics).
Pawlik Stars in Birmingham

by GORDON SEIFERT

Emil Pawlik, 57, had an outstanding meet in the Birmingham TC Classic in Alabama on May 18. Pawlik had three 90+% age-graded performances (100m, 100H, long jump) in winning the mini-decathlon and a $100 gift certificate from the Trak Shak. In the mini-decathlon, a competitor selects any five of the ten events from the regular meet.

Jim Stookey, 66, won the Knights of Columbus $100 award in the distance handicapped 100m with a 10.57. The eight finalists in the race qualified by their times in the regular 100m.

Steve Winkel, 38, won the Jim Law Memorial 400m Award, given to the best age-graded performance at that distance, with an A-G 49.27, based on his actual time of 51.83. Larry Boots, M50, won the pentathlon; he and Winkel were also presented with Trak Shak gift certificates.

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Review of Classical Texts Written 5 Millennia Ago
Craig Dean, M.D., 10:00 - 10:45 a.m.

A Mind/Body Model for Stress Hardiness
Peg Cronin, M.P.H., 10:45 - 11:30 a.m.

Meditation And The Relaxation Response
Contribution to youthful Aging
Phil Kirschebaum, M.S.W.
Craig Dean, M.D., 11:30 - 12:15 p.m.

-- LUNCH --
12:15 p.m. - 1:30 p.m.

Herbs, Vitamins and Hormones
Intracellular Rejuvenators - Fact or Fiction?
Recommendations and Review of Literature
Craig Dean, M.D., 1:30 - 2:15 p.m.

Enhancing Recovery from Exercise for the Aging
Recommendations for Peak Performance Living
Todd Kearney, M.S., 2:15 - 3:45 p.m.

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Registration is limited to the first 70 registrants!

In association with Masters Return to Illinois, Track & Field Championships, Saturday, July 13, 1996.
This program has been funded in part by educational grants from both Pfizer Labs and Merck and Co., Inc.

Steve Winkel, 38, receives a gift certificate from Birmingham TC president Helen Tankersley as winner of the Jim Law Memorial 400m Award for the best age-graded performance, Birmingham TC Meet, Alabama, May 18. Tom Brewer, 50, was second, and Meet Director Gordon Seifert (l), 67, third.
Photo by Richard Tankersley
The Foot Beat
by JOHN W. PAGLIANO
D.P.M.

Burning Feet

Q I am 63 and have been competing in masters races since 1982. I have been relatively injury-free until recently. While training, something "snapped" on the bottom of my foot. I have been unable to run for the last six months, and, after ten minutes of walking my foot begins to burn. Can you help me get back on the road to recovery?

A It is difficult to diagnose your injury from your description. Usually, a "burning" sensation is the result of some type of nerve damage.

However, in the area you describe, it could also be a fracture of one of the small bones of the foot (the 5th metatarsal) or it might result from injury to the tendons that run along the outside of the foot.

I'd definitely recommend an x-ray to rule out the possibility of a stress fracture or even a complete fracture. If, after a thorough biomechanical examination, you are found to have a tendon pull or tear, you may need additional treatment such as physical therapy or perhaps a cast to immobilize the injury and facilitate the healing process.

I usually advocate hot water physical therapy and direct ultrasound in combination with a "low dye" strapping. In extremely painful cases, a short-acting steroid mixed with a local anesthetic is helpful. If there is a mechanical problem, the use of an orthotic insert (preferably with a padded heel) often gives quick relief.

(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.)

Crown Valley Senior Games Held at Occidental

by JERRY WOJCICK

The track and field portion of the Crown Valley Senior Games was held at Occidental College, Los Angeles, on April 28, and featured the sprinters, throwers, and walkers, who recorded quality, early-season marks.

The M55 sprints pitted record holders and national champions. Ken Dennis took the 100m race with a 12.1 from Bill Knocke (12.4) and Walt Butler (12.9). Knocke, however, won the 200 in 25.1 to Dennis' 25.4. Paul Bambrook, M65, and Sumi Onodera-Leonard, W65, were multiple winners in the dashes.

In the throws, Bob Humphreys, who joined the M60 division on March 30, had the outstanding throw of the meet with a 165-1 in the discus. Karen Huff, top-ranked in the W50-54 javelin in 1995 at 97-8, won her event with a 95-8.

Racewalker Jolene Steigerwalt, W50, won the 1500 and 5000. Her time of 8:39.8 in the 1500 was bettered by only one other competitor, M50 Jesus Orendain (7:56.4), and in the 5000, just ex-Olympian Larry Walker, M50, who did a 23:19.1, finished ahead of her 39:36.1 time. Mike Noritake, M70, also won both races, in 9:42.8 and 35:09.1.

Christel Miller, despite her duties as meet director, was able to garner four W60 gold medals. Pete Clentzos served as the track and field coordinator and Jim Hanley was the racewalking director, all under the supervision of Cynthia Vaughan of the Pasadena Senior Center.

Three Major Meets

Continued from page 1

and low-cost accommodations are available for all three events.

The deadline for entries is August 1 for the Victoria and Spokane meets, and August 6 for the Eugene event. To obtain an entry form, call or write to the contact listed in the Schedule section.

Mike Noritake, 1500 and 5000 racewalking winner in the M70 division, Crown Valley Senior Games, Occidental College, Los Angeles, April 28.

Photo by Cynthia Vaughn

Christel Miller, Crown Valley Senior Games Meet Director, W60 javelin winner, Occidental College, Los Angeles, April 28.

Photo by Cynthia Vaughn


This year's meet will be held in Spokane, Wash., August 15-18.

Photo by Suzy Hess
National Masters 12K Titles Won by Tom Stevens and Anne Audain

by JERRY WOJCICK

The USATF National Masters 12K Championships for 1996 was held along with the Arts Fest River Run in Evansville, Ind., on May 11. Records were broken in the number of participants (2013) and finishers (1578) in the tenth annual running of the Arts Fest, but individual records were harder to come by as runners faced a stiff wind going out.

Tom Stevens, 40, Middletown, Md., wasn’t hampered by the wind, winning the masters race easily with a tenth-place finish in 1:21:21 to win his division. Stevens’ closest rival was Gary Romesser, 45, who finished in 4:04. Ex-Olympian Craig Virgin, 40, was third in 4:40. Thom Weddle, 57, Burnsville, Minn., ran a strong 4:43:35 to win the M55 championship. Bill Orlin, 60, Lexington, Ky., turned in a 47:14 to win the M60 race.

Audain, a four-time Olympian for New Zealand but now a naturalized U.S. citizen, had an easier victory than Stevens did, her main competition coming from speedy runners from older divisions. Rebecca Woolley, 45, was second in 45:10. Third W40+ was Joan Ottaway, 52, Sonora, Calif., with a 46:24.

Gloria Brown, 64, Grand Island, N.Y., and Lucy Gleason, 61, New Albany, Ind., both ran well in the W60 race. Brown winning in 61:41. Audain, ninth among the women, was presented the Mercedes Excellence Award for her performance. Both Stevens and Audain received masters first place checks for $1500.

Elkhart’s Great Race

XVI Held in Indiana

by JANE DODS

This year’s Elkhart Great Race XVI took place under very wet and chilly conditions. The half-marathon, 10K run, and 10K racewalk were held May 27 in and around Elkhart and Goshen, Ind. The Ryun Mile was held May 25 on the Rice Field track at Central High School.

In the 10K, Tim McMullen (M40, 32:11) and Janet Takahashi (W40, 36:38) led the masters. Bill Rodgers, who enjoys running in the rain, topped the M45 division (33:20). Rodgers has become a Great Race regular over the last several years. The overall men’s winner, John Sence (26, 1:04:48), shattered the course record by nearly two minutes. Karlene Herrell (30, 1:20:49), regained the overall women’s title.

The half-marathon masters firsts were Ed Deiwert (M40, 1:20:49), Rebecca Woolley, 51, M50, 1:28:50. Rodgers has won the overall masters race easily with a tenth-place finish in 1:21:21 to win his division.

The racewalkers strode the 10K distance from Concord Mall to Civic Plaza in downtown Elkhart. Jerry Lambert, 50, and Lauren Cihak (1:28:02), Harry Telling, M55, ran a strong 1:21:21 to win his division.

Mastering the Ryun Mile were Tim Zumbauh (43, 5:14.00) and Doriano Colwell (40, 5:53.50).

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FIFTEEN YEARS AGO

July, 1981

• Ralph Zimmerman, 40, Runs a 2:25:38 to Win RRCA National Masters Marathon Championship

• New WRTs in the M75 110H (20.83) and 400H (89.58)

Are Set by Russ Meyers in Southeast Regionals

• Marcie Trent Races to a W60 10K AR of 46:23 in the Nordstrom Women’s Run

Second master Paul Peterson, 41, in 27:00, American Classic 8K, Washington, D.C.

Photo by George Barker
**Knee-Straightening Strategies For The Frustrated Racewalker**

Dav McGovern captured the concerns of many masters racewalkers in the above title borrowed from his essay, "What to Do When Walking Gives You the Creeps." Unfortunately, the new knee-straightening rule is making masters’ frustration even more intense as disqualifications for bent knees have increased. The following article discusses some of the causes and cures of nagging bent-knee problems with insights from Leonard Jansen and Elaine Ward.

E ven competitive racewalker becomes familiar with the command, toes up! The common reason given for this uppy toe strategy is that it helps knee straightening. Experience seems to confirm this perception.

When teaching proper footwork, Coach Frank Alongi likes to cite the extraordinary example of Raul Gonzales. Throughout Gonzales' gold medal 50K performance at the Los Angeles Olympics, his feet maintained a 45-degree angle of approach (the angle between his raised foot and the ground). This angle allowed Gonzales to roll forward from his heel and generate maximum pushing power as his foot went behind him.

Very few masters have a 45-degree angle of approach. Fortunately, this ideal is not necessary for knee straightening, only for optimum rolling and pushing. Toe raising is done by the shin muscles and the shin muscles do not straighten the knee.

When you dorsiflex your foot to raise your toes in the air, you contract your shin muscles. You can do this with your leg bent, as well as straight. However, the more you straighten your leg, the more the straightening and dorsiflexion occur simultaneously before heel contact, you can safely say that toe raising supports the knee-straightening process.

According to Bernie Finch, "If the foot isn't dorsiflexed when contact with the ground is made, the forward momentum of the athlete can cause a flexing of the knee. In other words, if the foot is down, the knee follows it because of the forward momentum."

"If the foot is dorsiflexed when contact with the ground is made, the heel-first placement aids the quads in making the leg, a firmer, straighter lever. Moreover, by planting your heel close to your center of gravity, you can minimize the braking impact which interrupts your stride and causes your knee to soften."

As implied in Bernie's statement, the quads, or quadriceps muscles in front of the thighs, are the ones that do the job of straightening the leg. It is of special interest that the medial aspect of the quadriceps, the vastus medialis, helps straighten the knee the last, critical 15 degrees. Quad-strengthening exercises done after an injury should focus attention on the vastus medialis. This muscle is usually the first to atrophy and the last to recover from any trauma.

Even though the shin muscles do not straighten the knee, they must be strong to assist toe raising and proper heel contact. Just as it gives you better balance to walk on your heels with straight legs, it aids the straightening process to contact the ground at the edge of your heel. (But again, the primary benefit of toe raising and edge-of-heel contact is to maximize power in the rolling, pushing action.)

Remembering the old spiritual, "...The foot bone's connected to the ankle bone, the ankle bone's connected to the shin bone, the shin bone's connected to the thigh bone..." the front and back leg muscles do not work independently. They work together. As the shin muscles contract, the calf muscles stretch. As the quads contract, the hamstrings stretch. And vice versa.

Accordingly, dorsiflexing the foot requires plant, stretchable calf muscles and Achilles tendon, a flexible ankle joint, and strong shin muscles capable of optimum contraction.

**Everyday Walking**

Another frequently overlooked cause of bent-knee problems can be found in your regular walking habits. If you routinely walk with bent knees, you may end up unable to straighten your legs. By keeping the back leg muscles continuously contracted, they will eventually shorten and chain the knee in a bent position.

Picture a piece of wire with a sharp twist in it. It takes a lot of force to straighten the wire. The same is true with contracted back leg muscles. Your shin and back muscles must be able to overpower the resistance of shortened calf muscles and tight Achilles tendons to raise your toes. Your quads must be able to overpower the resistance of shortened calf muscles and plantarflexions to straighten the knee. When the back leg muscles are kept limber they offer no resistance to their full use. When they are tight, they do.

Keeping the back leg muscles stretched out is obviously important to your ability to straighten your knees. But let's not stop here. Tight back and butt muscles will inhibit the action of your hamstrings on down. So walkers serious about curing "creepy knees" must include stretches for the back, glutes, hamstrings, calves and Achilles tendons as well as strengthening exercises for the shin muscles and quads.

**Heel Placement and Overstriding**

Overstriding, where the heel is planted well in front of the body, can also lead to bent knees. At racing speeds, overstriding is inefficient and can cause injury.

Leonard Jansen, former head of scientific computing, Sports Science Division of the United States Olympic Committee, explains, "The main effects of overstriding are to increase braking by the over-extended heel as it contacts the ground and to increase friction and shear force. The increased braking force is transmitted as 'shock' back to the foot. This shock increases the medial/lateral (side-to-side) instability of the foot which may be transmitted to the knee. Through being likened to driving your car by alternately hitting the gas and then the brake – more energy is used with more wear and tear on the body."

"When you overstride and are very strong, you may be able to maintain a straight knee from heel contact into the vertical position in spite of the braking forces. At the same time, it's difficult to see very legal walkers become bent-knee walkers as the years pass. In such cases, habitual overstriding may be the contributing culprit."

Proper heel placement can help cure bent knees at any age. If you contact the ground with your heel close to your body, you immediately reduce the braking force on your leg. In this placement, you will feel that your heel sinks in, or ground directly under your hip. However, contact will not, in fact, be right under you. It will just feel under you.

In addition, when you streamline the placement of your heel to the line of your body, the distance between first heel contact and your leg’s vertical position is short. You essentially minimize the distance that your leg must remain straight to meet the requirement rules.

The question that is frequently asked at this point is: "Doesn't it shorten your stride too much if you plant your heel under your hip?"
The answer is "No" unless you are walking with a very upright posture and without hip rotation. If all the elements of your technique are working to move you forward – posture, feet, hips and legs – your stride will lengthen in the back in response to the pushing activity of your foot.

Referring again to Leonard Jansen: "The main physiological effect of overstriding is to increase the amount of energy needed to cover a distance at a given speed. Studies in both racewalking and running have shown that if we plot energy usage (y-axis) against stride length (x-axis) at a given speed, a U-shaped plot occurs. This also implies that there is an optimal stride length for a given speed. Of note, is that while understriding increases energy usage, it does so less sharply than does overstriding. The biomechanics are complex, but, as mentioned above, the main effect of overstriding is to increase braking, friction and shear forces."

**Hip Rotation**

The other most common cause of bent knees is static hips. When the hips do not rotate, a walker usually tries to maximize performance by overstriding. Even though most masters racewalkers fully understand that hip rotation is the natural and safest way to increase stride length, many have little hip rotation. Others have an asymmetrical hip rotation with one side rotating more than the other.

As mentioned above, a full hip rotation allows you to increase your stride length without the physical stresses of overstriding that lead to bent knees. By rotating the sides of the pelvic girdle back and forth equally, you add 4 or 5 inches to your leg lengths. In effect, you walk from just below your waist rather than from the attachment point of your leg to your trunk.

Full hip rotation is made possible by the anatomy of the lower spine and is supported by flexible back muscles and limber joints. So again, knee straightening involves much more than the knee. It involves strong and flexible muscles, controlled heel placement and flexed that there is an optional stride length for a given speed. Of note, is that while understriding increases energy usage, it does so less sharply than does overstriding. The biomechanics are complex, but, as mentioned above, the main effect of overstriding is to increase braking, friction and shear forces.

For the Frustrated Racewalker

Gary Koening, 51, placed 3rd M50 (10:07.7) in the 1500 RW at the Crown Valley Senior Games in Los Angeles, April 28.

(If you have insights to share on the above subject, please write me, Elaine Ward, North American Racewalking Foundation, P.O. Box 50312, Pasadena, CA 91115-0312. Tel/Fax: 818-577-2264. E-mail: NARWF@aol.com.)
Masters Racewalking

Have you ever gone to the local library looking for a book on racewalking? It's almost like a wild goose chase, but now you need look no further. You can have your own book by the masters, telling their secrets so you can improve your walking. Once I started reading the book, I couldn't put it down.

Where can I go for tips to improve my technique? In Masters Racewalking, American coaches and athletes from across the country share ideas on training, technique, and racing. I found myself spellbound by the ideas and thoughts about racewalking coming from the legends past and future. The book renewed my zest to get it done and have fun.

Who are the masters of the racewalk world? This book — which has been in the making for years — covers all the great ones. You will read the inspiring story of New York's Elton Richmond and tips from Ron Laird, the only racewalker I know if you have a potential record. Bev LaVeck, 206-524-4721, and Don DeNoon

USATF Masters Men's 10K

RW Championships Held in Niagara Falls

by JANE DODS

The Niagara Falls 10K Racewalk, May 10, served as the USATF Men's 10K RW Championships this year. Despite strong winds and high humidity, U.S. records were set by Bill Flick (M70, 59:20) and Tony Perona (W55, 1:00:54). The current age bests will be printed in Pete Mundie's Masters Age Records Book. (so that I can check their level of performance.)

Elton Richardson from Edmonton, walked away with the division title in 58:33.

Hour Racewalk Records: Information Needed

Woud those of you who may have set new single-age "bests" or 5-year USATF Records in the Hour Racewalk please contact me? The current single-age bests will be printed in Pete Mundle's Masters Age Records Book which should be available shortly. The new edition will contain Men's and Women's Hour "bests" for the first time. The printed results from the Shore A.C. Postal do not provide sufficient information for records purposes. I will need to have the names of all judges (so that I can check their level of certification), photocopies of birth certificates or passports, and date and location of the event. I also need to know whether the track was curved. Curbing on tracks is not necessary for single-age bests or for distances greater than 10,000 meters. If you contact me, I can let you know if you have a potential record. Bev LaVeck, 206-524-4721,
New Exercise Machine Offers a Healthy Ride

Usually I spend four or five minutes with my feet on the low pedals — then shift to the high pedals. A minute of that is about all I can take, then I shift back to low. Sometimes I finish with another minute on the highs. Ten or twelve minutes total: that’s a tough workout for both the upper and lower body.

I’m talking about the HealthRider, the latest hot exercise machine, threatening even the NordicTrack in popularity among those seeking a total body workout.

If you watch much TV, you’ve probably seen one of the commercials for the HealthRider, spotlighting author and pushing the pedals. With your treadmill in her home gym, she)

When the winds blow cold across the plains, she stays inside and runs a (knowing...)

Generally, I warm-up with 10-20 minutes pedalling, shift to the Rider for 10 more minutes, then cool-down with 5-10 minutes pedalling. Combining the two machines, I can get a good work-out in 30-40 minutes using most of the body’s major muscles. And get some reading done too — at least on the bike.

While I was shopping for machines last Christmas, a salesman pitching a different machine tried to tell me that, despite what Covert Bailey claimed on TV, the HealthRider wouldn’t exercise you aerobically.

I’m not sure I agree. Depending on how hard and fast I ride, I find I can exercise either aerobically or anaerobically. Besides, I didn’t buy the machine for an aerobic workout, which I can get running. I was more interested in exercising those upper-body muscles that runners often ignore at their own peril.

Scientists tell us that overall strength — requiring some form of weight training — may not make you a faster runner, but it can make you a healthier person, particularly as you age. Approaching my 65th birthday, I understand the need for preserving lean body mass. Hopefully, the HealthRider will help me do just that.

Masters Age Records

(1996 Edition)

Compiled by WAVA and USATF Masters T&F Records Chairman Pete Mundle with Rex Harvey, Shirley Dietricher and Beverly LaVeck.

* Men’s and Women’s World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Oct. 31, 1995.
* U.S. Age bests for Men & Women for all racewalking events, age 40 and up, as of Oct. 31, 1995.
* Men’s U.S. Masters Indoor & Outdoor Championship Records.
* 52 pages. Thousands of entries. Lists name, age, state, and date of record.

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Scott Sets U.S. Masters Mile Record

Continued from page 1

before the meet, Scott said, “It is my goal to break four minutes. And this is the appropriate venue. The Prefontaine Classic is the place to make the attempt. I’d like to get that masters record (Coghlan’s 3:58.15) but that may be two or three weeks away.”

“Two years ago, Scott underwent five hours of surgery to remove a malignant testicle and 39 lymph nodes from his system. His fitness from years of running helped him to recover soon. Three months later, he was back on the roads, and, after a year, running 70 miles a week.

In the Prefontaine mile, Scott, who lives in the San Diego area and is married with three children, was one of 17 starters. He dropped off from the lead group early in the race, content to set his own pace, followed only by Michael Stember, 18, a California high school senior also on the quest for a sub-4.00, the first since Marty Liquori’s in 1967.

Scott ran his first lap in 58 seconds, his second in 62 (2:00), and the third in 62 (3:02). He finished in last place, having been passed by Stember (4:09.00) 75 yards before the finish.

While signing autographs after the race, Scott said, “I was hoping to maintain the same pace through the third lap. I told myself to dig down, but there was nothing there. I was slowing down, which surprised me. I felt great warming up. I should be sharp enough by now.”

About his future plans to run against masters competition, Scott said he would definitely be competing on the road but that masters track competition is two or three years off, perhaps

with a debut in the 1998 Nike World Masters Games, which will be held in Portland and other Oregon cities.

Whatever his plans for the near or distant future, Scott can still lay claim to 136 sub-4.00 miles, being an Olympic three times, and a win in a race with cancer.

Scott will have ample opportunity and time to run under 4:00 and break Coghlan’s 3:58. Coghlan was well over 41 when he ran that time in Boston on Feb. 20, 1994.

Even if Scott doesn’t fulfill his goal, it is difficult to imagine that his accomplishments so far would be in any way diminished.
Richards, Stuart Best in Striders Meet

by JERRY WOJCIK

One hundred-and-forty-three men and women athletes participated in the Southern California Striders Meet of Champions held on the California State University-Long Beach campus on May 11. Besides Striders club members, other track clubs represented included the Corona Del Mar TC, L.A.-Valley TC, Seniors TC, Trojan Masters, and even the U.S. Marine Corps.

On the track, Dick Richards, 61, of the Trojan Masters, was the standout with a 12.67 in the 100, which age-graded to 93.2%, and a 90.5% 26.46 in the 200, plus an 89.9% 5:46/17-11 in the long jump.

Thierry Boucquey, 45, also hit the international calibre range (90+%) with a 91.2% 11.70 in the 100m. Bill Knocke, 56, turned in the fastest masters 400 of 56.73, an A-G 90.6%.

In the field events, Larry Stuart, 58, another Trojan Masters athlete, threw the javelin 60.60/198-10, worth 99.1% on the age-graded scale.

Ann Steekelenburg, 45, was the top women's performer with an 83.0% 1:42/4-7/4 high jump.

Hugh Cobb, of the sponsoring Striders organization, served as meet director.

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Photo by Mike Tymn

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The Weight Room
by JERRY WOJCIK

Throwing News From Durban

This month's column space is devoted to Rex Harvey's report on the 1997 WAVA Championships in Durban. Harvey is a member of the WAVA Stadia Committee and WAVA delegate for North America.

There is a lot of news and most of it is very good. These Championships should exceed even Melbourne for the throwers. A lot of this has to do with Jim Blair, the new WAVA vice-president-stadia. He has the foresight to assign special attention areas to each of the visiting WAVA Stadia Committee members back in February. One of my responsibilities was the throws. It's been a pleasure to convey the basic needs and desires of the organizing committee to 80 or 90 people. They have been quite receptive and want to do whatever they can. I will continue to monitor the progress and advise and help whenever possible. If there is anything that has worked particularly well (or poorly) at championships in the past, please let me know and I will suggest it through the proper channels.

The physical layout of the throws will be the best ever with all throws being conducted in the main stadium or on the secondary throwing areas. All throws will be warm. Each competitor will have a maximum of two formal warm-up throws on the secondary throwing areas, all throws as called in competition order and within 15 minutes of competition time. All of the specific venue plans should be made after the entries are in and the participants have been notified. One huge step forward for the WAVA Championships in Durban.

To be as fair as possible, every effort will be made to ensure that each group gets to hold as many of its finals as possible in Stadium 1, although all other venues should be of equal quality. All of the specific venue plans shown below assume that an average number of competitors will throw, with the averages being taken from Eugene, Turku, Miyazaki, and Buffalo. Tentatively, 11/2 hours are allowed for each qualifying flight (3 throws, 16 people max.) and 1 1/2 hours are allowed for each final 3 throws, (12 people max., and 3 throws, 8 people max.). Events will go directly from the qualifying flight to the finals as everyone is present and reasonably warm. Each competitor will have a maximum of two formal warm-up throws as called in competition order by the judges.

Advancement Procedure

Another huge step forward for the throwing events is being taken in Durban. For the first time, the throws will be conducted per IAAF competition rules. That is, a qualifying round will be held in each of the throwing events where more than 12 people declare in any age group. If equal facilities are available, two or more qualifying flights may simultaneously compete in different areas. If not, flights will compete sequentially on the same facility. In true WAVA spirit, the organizing committee has determined no qualifying standards but will advance 12 competitors to the finals by their performances only. Competitors will be seeded into flights of no more than 16 with the highest seeded individuals being placed in the final flight. The order of competition will be by random draw. The qualifying round itself will consist of a maximum of three throws per person. The top 12 and all ties for 12th place will also move forward to the finals. Performances accomplished in this qualifying round do not count in the competition; however, they will count for record purposes if that is applicable. All individuals must compete in and qualify through this preliminary round. Each individual may, of course, pass any throw at any stage of the competition.

The finals will be held at a single throwing area. A new random competition order will be determined for the 12 individuals advancing to the finals. In the first round of the finals, each of the competitors will throw three trials and the 8 competitors with the best performances (including those tying for eighth) will then be allowed three more trials. All valid performances in the finals will count in the competition. If between 9 and 12 individuals declare in any age group, only the finals will be held as described above. If 8 or less report in any age group then all 8 will be allowed 6 throws in their final flight. Age groups with 8 or fewer reporting may be combined as necessary but never into flights of more than 12.

In other words, any one individual can expect 3 to 9 throws on the same day on one or two throwing areas for each of his/her throwing events.

Hammer Throw

All hammer throw events are tentatively scheduled on Saturday, July 19. Eleven hours of competition starting at 8:30 a.m. on four different venues are planned. Stadium 1, Throw Field, Rugby Field 1, and Rugby Field 2 will all be used.

Shot Put

All shot put events are tentatively scheduled on Sunday, July 20. Twenty hours of competition starting at 8:30 a.m. at six different venues are planned.

Discus Throw

All discus throw events are tentatively scheduled on Monday, July 21. Twenty-two hours of competition starting at 8:30 a.m. are planned at different venues.

Javelin Throw

All javelin throw events are tentatively scheduled on Wednesday, July 23. Twelve hours of competition are planned starting at 8:30 a.m. on five different venues.

Personal Implements

WAVA Competition Rules are being changed to say that competitors may use their own throwing implements provided these implements conform to the rules. Other competitors in the owner's specific competition have the right to use that equipment if they so desire. All of the specific guidelines and rules are very close to our old procedure, so don't expect your weight pentathlon total score to change much. As happens every time combined-event rules change, all old records will be recalculated and may change by a few points one way or the other. It is theoretically possible that an existing record will no longer be a record, but I expect that to be rare. Actually, there are no "records" in the weight pentathlon yet, only "bests" as the event is not old enough yet to warrant records. The formulas for the score tables will be published in the 1997 WAVA Handbook being printed now.

Weight Throw Scoring

After a great success in Buffalo, despite a lack of adequate throwing facilities, the weight pentathlon is looking forward to the second WAVA World Championships in Durban. The men's weight pentathlon is tentatively scheduled for Friday, July 25, and the women's on Saturday, July 26. A schedule for as many as 336 people is being prepared. This is compared to the 284 who competed in Buffalo.

There are some changes in the WAVA-IAAF competition scoring tables now have been created for the men's and women's weight throws. No longer do we need to use the .9308 multiplier and look up the score on the score put scoring tables. The scoring procedure is now exactly the same for all five throws. I have done considerable checking, and the new scoring table produces scores that are very close to our old procedure, so don't expect a huge change. The weight pentathlon total score to change much. As happens every time combined-event rules change, all old records will be recalculated and may change by a few points one way or the other. It is theoretically possible that an existing record will no longer be a record, but I expect that to be rare. Actually, there are no "records" in the weight pentathlon yet, only "bests" as the event is not old enough yet to warrant records. The formulas for the score tables will be published in the 1997 WAVA Handbook being printed now.

Well, there it is, a very pretty picture for throwers and the throws. The whole Durban package is very tight and very nice. Come participate in this very exciting area of the world to visit. I'll see you there.

(Harvey's address is listed on page 3. - Ed.)
Track & Field Rankings Report
by JERRY WOJCIK, USATF Masters T&F Rankings Coordinator

This month's issue contains the rankings for the 1996 indoor season. The compilers deserve recognition for their diligence in meeting the deadline, their patience with often puzzling data, and generosity in donating their time, effort, and expenses.

The compilers for the 1996 outdoor season are listed below. The last National Masters News from which 1996 rankings data will be taken is the January 1997 issue. However, if your best marks for 1996 have not appeared by the December 1996 issue, you can facilitate the compilations by submitting your best marks (with verification) at the end of your season before the January issue is published.

Multi-eventers whose best marks were made in an individual event in the decathlon, heptathlon, etc., but not reported in the results section, should submit them for the rankings. Marks sent to me will not be forwarded.

Racewalkers who want to be included in the 5K, 10K, and 20K rankings should contact Elaine Ward, 1000 San Pasqual, #35, Pasadena, CA 91106-3333.

100: 200, 400, 4X100, 4X400

relays: Larry Patz, 534 Gould Hill Rd., Contoocook, NH 03229.
800: William Benson, 6 Eton St., Valley Stream, NY 11581.
3000, 10,000: John Dickey, 9128 N. Swan Circle, Brentwood, MO 63144-1145.
5000: Suzzy Hess, P.O. Box 50098, Eugene, OR 97405.
110H, 110HJ; Charles Mercurio, 4927 W. 123 Pl., Hawthorne, CA 90250.
110J: Rob Bong, 420 Silver Saddle Rd., Monument, CO 80132.
800: Russ Reabold, 1125 N. Stimson Ave., La Puente, CA 91744.
DT: Palmer Sweet, P.O. Box 5469, Charlottesville, VA 22905.
1500, mile, both hurdles, SC, PV, HT, JT, WT, SW: Jerry Wojcik, 186 Brookside Dr., Eugene, OR 97405.
Decathlon, heptathlon, pentathlon, weight pentathlon: Rex Harvey, 160 Chatham Way, Mayfield Heights, OH 44124.

Meet Records Fall in Visalia

by BOB HIGGINBOTHAM

On a beautiful spring day in the Central Valley of California, 115 submasters and masters athletes were on hand for the 4th annual Pizzicatoal meet at the Sunnystadium in Visalia, May 18. Sixty-eight records were established or broken.

Phil Fehlen, M60, narrowly missed breaking the high jump record of 5-6 1/2 with a 5-6 leap. Several double winners showed their speed in the sprints, including Wayne Iba and his sister, Elaine, both in the 35-39 divisions, with wins in the 100 and 200.

A record number of women were in attendance, performing extremely well and setting meet records in the process. Tina Stough, W40, ran the 300m hurdles in 42.2.

According to the athletes, it was "a great meet, well organized, outstanding facility, efficient, friendly, and helpful officials and volunteers and a beautiful (80°) day."

IHF Classic was sponsored by Sunnystadium, who donated one of their free use days at Sunnystadium; Kaweah Delta Hospital; Kaweah Sierra Medical Clinic; and individual members of the medical profession.

"IHF THROWERS MEET"
OPEN & MASTERS - SATURDAY JULY 20, 1996

This will be a THROWERS friendly meet - all events will be run by 5 year age groups - or combined if flies are too small. Meet starts at 10 AM.

We have 3 separate circles. 2 are over 245", javelin is grass - over 400" with separate warm up practice areas over 200 ft. Hammer and Discus In chain link, fenced cages.

There are 3 Hotels & Motels within 4 miles. Plus Major Hotels within 10 miles. Shopping - sightseeing - fantastic restaurants all over. refinery, New Hope from Lakeville only minutes away. Bring your wives, husbands and children, there is plenty to do during and after the meet.

Western style barbecue, Our Amwell Valley First Aid Squad will be here.

All 1st. Place winners get a Trophy, Large medals for 2nd & 3rd, plus ribbons for 4-5-6 places.

You will vote for the OUTSTANDING MALE & FEMALE ATHLETE Trophy winners.

ENTRY FEE is $10.00 and $4.00 for EACH ADDITIONAL EVENT.
YOU MUST BE A REGISTERED USATF MEMBER - WITH CARD. OR SIGN UP BEFORE
MEET THIS WILL be SANCTIONED MEET by USATF.

BY THE WAY ANY PERSON OVER 70 DOES NOT HAVE TO PAY ENTRY FEE - WE BELIEVE IF YOU ARE STILL ABLE TO GET HERE, WE'LL CALL IT A BLESSING.

DIRECTIONS: From South / Take route 95 north just before it becomes 295 exit on 31 north/Pennington. Proceed 15 miles look for signs to ringoes, at fork of 314, 179 stop. On left is us bank, on right is fire house. Take sharp left and on side of barn is Boss Road - 1/4 mile up on right is left. From North or NY area. Take Turnpike or vestavia Rd to route 440 to 287 north. Signs for rt 22 then 202 north towards Flemington. After Flemington circle go south 4 miles to traffic light and sunoco station on left. Turn right into ringoes for 08 miles to us bank, right on boss Rd to left. Also from NY state or north jersey or pennsylvania to rt 22 into 31 south then same as above. Route 278 south into 202 and follow above. If you fly into Newark or philadelphia airports we are just about 1 hour away Car rentals or limos are plentiful.

MAIL THIS ENTRY FORM WITH CHECK OR MONEY ORDER TO: "IHF THROWERS MEET"
ATT: C.P. COVINO - P.O. BOX 255, RINGGERS N.J. 08551 - CALL 908/788-1700 OR FAX 908/788-3997

NAME: ________________________________ Age: ______
USATF No.______________________________ Phone No. ________________ Club____________________

Date of Birth: ___________ State: __________________ Zip Code:________________________

Entry Fee $50.00
dated ______

Address: _____________________________

ny Events = Shot Put Discus Javelin Hammer Weight Throw Super Wt. Throw

Waiver: By my entry, I do hereby for myself, heirs and executors, assigns and release any and all present and past claims for damages or injuries, against the Officals, the Owners of the IHF, the Contact Back-up for my family members attending to compete in this meet on July 20th, 1996. I am properly treated for this form of athletic competition.

I hereby set forth my signature without hesitation knowing that I am a member in good standing with the USATF and am in good health.

Signed: ______________________________ Date: ________________
The Three Musketeers

by MARILYN J. MITCHELL

Eighty-year-old Adrienne Salmini (New Jersey), 78-year-old Althea Jureidini (New York), and 77-year-old Althea Wetherbee (New York) delighted reporters at a press conference two days before the 25th anniversary run of the Advil Mini-Marathon 10K road race, June 8 in New York City.

The New York Road Runners put the three seniors on the marquee at the press conference for some of the top-ranked open runners, including two-time New York Marathon winner Tegla Loroupe, thereby guaranteeing a full press assemblage. And at what could have been a boring session, the veteran ladies were interesting, entertaining and informative.

Adrienne Salmini has participated in both track and field and long-distance running but concentrates on the roads. "With the track and field, "...every time I've gone out, I've done something else...the 55 meters, the 1500 meters, the 100 meters...because I'm slow anyway. You really have to be trained to do track and field...but I love it!" In addition to running, Adrienne has for 42 years taught the Hawaiian hula dance and leads a troupe of seniors who perform at nursing homes and special events.

Although Adrienne makes her husband and family her first priority, she nonetheless has found time to gain more than 400 running awards and make a quilt from fabric photo patches made from running photographs taken at her numerous races from age 60 through 80. One of her sons is Am-brose Salmini, who produces some running films for the New York Road Runners and for the ESPN network. "I was always active in college with teams...my older son started to run...he and my other sons decided I should run. And one Mother's day they gave me running shoes and a suit." And Adrienne went on to enter the senior category of a cross-country race at the Belmont Race Track, but couldn't quite figure out why everyone looked about 20 years old. It was because everyone was about 20 years old. Adrienne had unwittingly entered the senior division (in USATF parlance) of what was a prelude for the 1984 World Cross-Country Meet. But she finished and had a good time doing it.

Not to be outdone in the family category, Althea Wetherbee has a son who is an astronaut. Says Althea W., "I started running because my husband came home with the book on sports by the Air Force (Canadian Royal Air Force Exercises). And you got more points for running than for other sports. I went along because I thought, 'Who would help him, if he fell down?' She has now done 10 mini-marathon 10K races and has been running for 18 years.

Althea Jureidini topped that by saying she was in the process of retiring from nursing but that with sixdaughters, "I thought if I didn't get out and do something, I'd end up being a baby sitter. I heard about the [then-sponsor] L'Eggs Mini-marathon and I couldn't even imagine women doing something like that at my age." Althea J. now has 6 children, 11 grandchildren and one great grandchild, as well as numerous races and track meets under her belt. But she never fails to "cut the rug" with the best of them – and with her husband – when she is at the WAVA meets. She gives her many awards and trophies away to her children and grandchildren.

All three ladies have garnered awards along the way, including outstanding age-group designations and, predictably, all three won awards at the 1996 Advil Mini-Marathon. Along with the newsmen, the open runners at that day's press conference were nearly exhausted listening to these women intelligently and knowledgeably discuss their training and their competition plans for the rest of the year.

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**Picotte, Jacob Win Tom Robinson 10K**

by PAUL MURRAY

Rob Picotte, 42, Slingerlands, N.Y., and Harriet Jacob, 42, Albany, N.Y., emerged as winners in the Tom Robinson Masters 10K in Guilderton, N.Y., April 27. Picotte was challenged for the entire race, pulling ahead of Peter Gerardi, 44, Scotia, N.Y., in the last 800m to win in 35:13. Jacob's victory was uncontested as her 40:55 was more than five minutes better than second place finisher, Jo-Ann Spinelli, 43, Latham, N.Y.

The men's race began with three runners breaking away from the field. Jake Kearney, 42, Troy, N.Y., set the early pace with Picotte and Gerardi tagging along. At two miles, Kearney began to tire, and the race became a two-man contest. Picotte was content to let Gerardi lead for the next four miles, saving himself for the finish. As the finish came into view, Picotte unleashed his final kick. Unable to match Picotte's speed, Gerardi finished in 35:39, with Kearney third in

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**ó More airline for your money.**
Hawthorne Overall Winner in Shamrock Marathon; Mondragon Slowed by Shoestring in 8K

by JERRY WOJCIK

Entrants in the Masters 8K portion of the Shamrock Sportsfest, Virginia Beach, Va., March 16, received most of the pre-race hype as hometown favorite Steve Hawthorne, 40, Tulsa, Okla., captured the post-race headlines with an overall first win in the Shamrock Marathon.

A three-time U.S. Olympic Trials qualifier, Hawthorne flew in from Tulsa on Friday night, registered an hour before the start, then dominated the race, taking the lead at three miles to win in 2:18:22. He collected $1000 open money and $300 for first master with his excellent time, which age-graded to a 93.2% performance.

Jeanne Kruger, 48, Norfolk, Va., was first woman master and fifth overall in 3:06:19, an 81.8% performance.

Mel Williams, 58, Virginia Beach, won the M55 race with an 86.5% age-graded time.

While Hawthorne came in on a shoestring, Martin Mondragon, 42, Mexico, lost a bid to run the fastest 8K in the U.S. by a non-citizen when he had to stop to tie the shoestring on his left shoe at the one-mile mark in the Masters 8K. Passed by seven runners, Mondragon worked his way slowly to pass Steve Jones of Great Britain at the one-mile-mark to win in 2:48:35 seconds off Nick Rose's non-U.S. citizen's best 2:13:13, set four years ago on this course. The U.S. record is 2:31:51 by Bill Rodgers in 1988. Mondragon already owns the 10K best at 28:56 for a non-citizen.


Rebecca Stockdale-Woolley, 45, Chaplin, Conn., was third in 2:38:47 but took W40+ age-graded honors with an 89.6%.

Masters Share $1000 in Age-Graded New Jersey 5K

by MADELINE BOST

Top masters runners from around New Jersey assembled in Morristown on May 8 for a slug fest in the Healthy Heart 5K, which was the USATF New Jersey Masters Championships. Over $1000 in purse money was up for grabs in the Masters Age-Graded Division. First place took home $150, with the masters men's purse going seven deep and masters women's five deep.

The talent-loaded masters field was led in by Tom Kinsman, 42, who finished in 15:54. Roger Price, 47, was second master in 16:31. Their age-graded times and performance percentages were identical (15:05 and 86.0%), so both were awarded first-place prize money.

Leading the M50-59 was Hugh Sweeney, 52, who ran a 17:31 (15:23/84.3%) but lost the third-place age-graded prize of $100 to Pat Cosgrove, 55, who ran a 17:56 (15:22/84.4%).

Aunt Newmar, 80, who set two world records in the outdoor nationals in March at Greensboro, N.C., finished in 25:47 to win the M80 division race. Four masters women finished under 20 minutes. There was a duel to the wire, with Betty Conover, 47, leading a three- woman charge in 19:37. Just one step back was Joyce Hayes, followed by Lena Hollman (19:38), both W40s.

First in the women's masters age-grading scale was 1995 WAVA gold medalist Helene Bedrock, 61, who finished in 23:27 for a 71.283.5%. Helene Bedrock, 61, also a 1995 gold medalist, was second with an 82.6% 22:19, with Conover third at 81.8%.

Over 675 runners competed in the race, part of the highly-successful USATF NJ LDR Grand Prix Series.

Mikhailov, Malloy Victors in Parkway 15K

by JERRY WOJCIK

Masters winners in the 12th annual George Washington Parkway 15K, April 21, were Yuri Mikhailov, 43, of Russia, with a 50:05, and Rose Malloy, 47, Annapolis, Md., in 58:23.

Mikhailov, fifth overall, held off defending masters champion Michael Bressi, 42, Elizabethtown, Pa., who finished in 50:28, to win the $300 masters top prize. Steven Chaplin, 41, Herndon, Va., was third (50:58).

Malloy, masters course-record holder at 55:55 in 1992, defended her title for the third time, also winning $300.

1996 USATF EASTERN MASTERS REGIONAL TRACK AND FIELD CHAMPIONSHIPS

DATE: Saturday, July 29, 1996 9:30 A.M. - Track - 10:00 A.M. Field
SITE: Dowsing Stadium, Randolph's Island, New York City

DISTANCE: Triboro Bridge to Randall's Island - Dowsing Stadium. One-way toll.

FACILITY: Fast, 8-lane rubberized surface. Maximum 8 spikes. All runways and javelin same rubber surface. Throwing events concrete circles. Open lockers.

TAXIING: All running events will be paid for by USATF TAXIING.

APPEALS: USATF Regional medals with custom ribbons to 1st - 2nd, 3rd in each event by five year age divisions. One eastern patch per winner. Custom ribbons 4th to 6th. Eastern region winners qualify for Eastern Region Prize money. Eastern Region Prize money will be paid at the most valuable divisions:

Five year age groupings for men and women (30-80).

ENTRY FEES: Pre-entries are $15 for the first event (includes a $2 Eastern surcharge). Second event is $10, and additional events is $5. For 6 or more events the maximum entry is $45 (doesn’t include relays). Relays are $70 per team.

Payment by personal check must be received by Friday, July 6th. After that date, only cash, money order, bank check or travelers check will be accepted. POST ENTRY FEES: Entries received after July 13th or the day of the meet are $20 additional plus regular entry fees provided additional limits are not needed. All post entries must be in cash or certified check. Post-relays are still $20.

ENTRY REGISTRATION: Post entrants must send a current USATF card or buy a $15 MAC card. Entry accompanied with photocopied, filled out entry form. MAC BLANKS AVAILABLE FROM MAC OFFICE.

TRACK EVENT ORDER (PMT) Field Event Schedule

Steeplechase 9:30
300/400 M hurdles 10:00
5,000 M 11:00
60 Hurdles 11:30
Baton Relay 1:00
300/400 M 10:00
5,000 M 11:00
60 Hurdles 12:00
Baton Relay 1:30
300/400 M 11:15
5,000 M 12:00
60 Hurdles 1:15
Baton Relay 2:00
800 M 11:40
10000 M 11:45
4 x 400 Meter Relay 12:20
110 Hurdles 12:30
Baton Relay 1:00
4 x 800 Meter Relay 12:35
1500 M 13:00
Baton Relay 1:45
5000 M 13:15
1000 M 13:30
2000 M 14:00
Baton Relay 2:00
1500 M 13:45
4 x 800 Meter Relay 14:45
5000 M 14:00
1500 M 14:45
4 x 800 Meter Relay 15:15
5000 M 15:30
1500 M 15:45
4 x 800 Meter Relay 16:00

OTHER RELAYS AS REQUESTED 5:30 FIELD ATHLETES WILL HAVE TO COMPETE WITH THEIR AGE GROUPS, PLAN AND ENTER ACCORDINGLY.

TRACK EVENTS TAKE PREFERENCE. TIMES ARE BEST ESTIMATES. TIMES WILL BE ADJUSTED IF POSSIBLE - KEEP UP TO DATE, PLEASE CONFIRM AND DON’T FAX FOR CONFIRMATION.
Tracking the health of more than 40,000 men for six years, Harvard U. researchers found that fatal and non-fatal heart attacks were 41% less common among men who ate more than 28 grams of fiber daily those who ate less than 13 grams.

"We project that fiber has the same effect on women," said epidemiologist Eric Rimm, the study's lead author.

For more info, contact Larry Zoeller at 312-372-7090.

Prostate cancer is the second-leading cause of cancer death in men - 40,000 died in 1995 - second only to lung cancer. But prostate cancer can be slow-growing. Not all cases need aggressive treatment. Dr. Robert Myers of the Mayo Clinic, Rochester, Minn., hopes to find effective ways of identifying slow-growing or "insignificant" cancers as well as potentially lethal ones that should be treated with surgery or radiation. He and colleagues developed a formula by examining 337 prostate glands removed in a three-year period. They found tumor size and certain cell characteristics were key signs of the potential for spreading. They also found the decision to operate was appropriate in more than 90 percent of cases.

Caffeine in coke and coffee depletes the body's store of calcium and so does smoking, writes J Sue Scott in Fifty-Plus Bulletin. She says that, after age 50, increased calcium intake is just a holding action, hopefully slowing down the process but not reversing it. That's why it's important for us to ensure that we take in a sufficient amount of calcium daily.

A recent National Institute of Health Consensus Panel recommended a daily intake of 1000 mg daily for women 25 to 50. For post-menopausal women up to age 65, those on estrogen should take 1000 mg of calcium daily; those not on estrogen, 1500 mg. While the data on men are limited, the panel concluded that the optimal intake for adult men is 1000 mg per day.

That means generous amounts of leafy vegetables such as broccoli, kale, spinach, cabbage, cauliflower, asparagus, beans, lentils, non-fat milk and non-fat yogurt. It's hard to meet the desired levels of daily calcium intake from food alone, so supplements are recommended.

Experts also agree weight-bearing exercise helps. Running and speed-walking are great for the spine and hips. "Swimming and bicycling are good for general fitness, but they don't do anything for your bones," says Scott.

All-Americans Heat Up in Texas

by JEFF BROWER

The Texas heat usually saves its highest marks for the middle of summer, but it apparently decided not to wait as temperatures soared into the high 90s during the Waterloo Championships held in Buda, May 18. Performances didn't appear to suffer as over 120 competitors (ages 6 to 85) set an unbelievable 101 meet records. Forty-three performances met or exceeded the masters All-American Standards of Excellence.

Ruth Seeger broke the U.S. W70-74 discus record of 62-5/19.04, held by Edith Mendenya, with a 63-3, and came close to other U.S. records in several events, winning six firsts in various throws and jumps. The pole vault drew 21 competitors.

Jircik, Lovejoy Take Hospital Hill Half

by JERRY WOICIK


Jircik, seventh overall, ran a 68:51 to win by more than four minutes over Antoni Niemczak, 40, of Poland/Rochester, N.Y., who is currently the busiest if not the hottest masters runner in the U.S. Charlie McMullen, 44, Rochester, N.Y., was third in 73:08.

Joseph Nziu, 47, Farmington, N.M., finished fourth with a 76:20.

Lovejoy was tenth female, with an 83:45. Jane Hutchison, 50, Webb City, Mo., took second in 84:02. Jircik at 88.8% and Hutchison at 88.4% posted the best age-graded masters performances. Oleg Morozov, 61, Gladstone, Mo., won the M60-64 race with an A-G 88.3% (1:22:09).

For the first time, a 12K and a 5K were added to the race's schedule of events. In the 12K, masters firsts were Alan Saunders, 49, Overland Park, Kans., with a 44:50, and Terrie Dresh, 41, Joplin, Mo., in 58:21.

The 5K race saw 88-year-old John Kelley of Boston Marathon fame finishing in 52:00, beating out Dr. Howard Calkin, Oregon, Mo., for the M80+ title.
Cotton Row

Continued from page 1
his budget to allow an extra $500 for a new masters course record.

But this year, on May 27, some unusually hot Alabama weather and
delayed start time did not lead to fast
times for the 17th edition of one of the first
races in the country to emphasize
masters competition.

Normally, Memorial Day is a
school holiday in Huntsville, but a
snow make-up day was scheduled this
year. To allow time for students to get
to school near the course, and for
crossing guards to travel from distant
schools to monitor positions on the
race route, the start time was pushed
back 30 minutes. That delay, and
unseasonably warm weather for late
May, produced a temperature of 80 at
the 8:30 start time. These adverse
conditions led to some of the slowest
winning times in all divisions in the histo-
ry of the race.

Niemczak decided early on that it
was not a course record day, so he used
a "win-with-least-effort" strategy for
the race.

In the first mile, Niemczak sized up
the masters field and found that David
Geer of Clemson, S.C., was willing to
take the lead. Niemczak tucked in
behind Geer and ran the entire race,
except for the last 400 meters, in his
wake. Over that final distance, he out-
sprinted Geer to take the win. Geer
was three seconds back in 33:13.

"The course is tough and difficult," Niemczak said, "but in my opinion it's
not a slow course. Of course, there's
the steep hill (Mountain Wood) but it's
not really long. I ran a marathon in San
Francisco with a hill two miles long.

"The weather was difficult, and the
humidity was rough, but this is
Alabama. I enjoyed the course because
I'm a strong runner. I hope to be here
next year and run even better."

The pace in the early going was
such that three-time Olympic 10K run-
er and former Peachtree 10K
multiple winner Craig Virgin was in contact
with Geer and Niemczak. But they
pulled away from the Lebanon, III.,
native on the long downhill after the
third mile.

Virgin took third (34:08) by a com-
fortable margin over Lloyd Mcdonald
(34:48), an Army NCO stationed at Ft.
Benning, Ga. Paul Stimmer of Mobile,
Ala., last year's masters winner,
was fifth in 35:04. Former course
record holder, Earl Owens, won
the 45-49 division and was sixth master in
35:30.

"I'm using the 'Villanova Method'
for training," Virgin said after the race.
"I'm racing myself back into shape."

Virgin had hoped to be in top form
when he entered the masters ranks last
August, but some injuries have caused
his assault at the top of the masters
compensation to be slower than desired.

He also expressed frustration with his
failure to land a significant media
assignment for the Olympics. He spent
considerable school time last year pol-
ishing his media skills.

"It's going to be hard to repeat this
year," six-time female masters winner
Nancy Grayson said before the race.
"I've had some injuries this spring, but
when that start gun goes off you don't
think about injuries, you just run."

Although Niemczak was confident
to run second for most of the race,
Grayson found herself in a similar
position, but not by choice.

In all her past six wins at Cotton
Row, Grayson had gone out hard in the
first mile and dared the other masters
to follow her blistering pace.

However, this year it was Joyce
Deason, 40, of Shreveport, La., who
took the early lead. Deason had won
the Rocket City Marathon masters title
in Huntsville last December and want-
ed to add the Cotton Row crown.

Deason, aware of Grayson's strong
kick, took a five-second lead in the
first mile, and maintained it through
the top of Mountain Wood. However,
at that point she looked more tired than
Grayson.

"I finally caught Joyce in the fourth
mile," Grayson said. "I really had my
doubts that I was going to maintain my
streak this year."

Deason tried to hang with Grayson
for the last mile, but Grayson's strong
finish brought her a seventh straight
win in 39:12, five seconds better than
Deason's 39:17. Endia Vestal of
Brevard, N.C., was third in 40:00;
Dian Ford of Piedmont, S.C., took
fourth in 40:08; New Zealand native
Judith Gin is fifth in 40:13; and
Victoria Crisp of Nashville, Tenn.,
finished sixth in 40:46.

The top five male and female mas-
Continued on page 20
Audain Wins in Advil Mini-Marathon
by MARILYN J. MITCHELL
Former New Zealand Olympian, Anne Audain, now age 40 and living in Boise, Idaho, won the masters division of the all-female Advil Mini-Marathon 10K in New York City, June 8, with a time of 36:43. Audain, the 1983 winner of this race (32:23), won $1500 for her effort.

Gillian Horowitz (41, NYC, 38:07) was second with Mary DiNardo (41, NYC, 40:00) third. Legendary Evi Palm of Sweden, now 50, took her W50-54 division in 40:14 for the best masters age-graded mark (87.8%) of the day.

All age-group awardees took home handsome silver trophies, bowls or plates supplied by Fortunoff's. The overall winner was Kenya's Tegla Loroupe, 23, who won $10,000 with a time of 32:13.

Hot (80 degrees F at the start) and humid, it was not a day for good times. But the race went off with few problems except for an unidentified man who charged Loroupe near the 6-mile mark and ran alongside her. The situation created a bit of anxiety, as a few days prior to the race a woman was bludgeoned in Central Park in the daytime in full view of spectators, resulting in life-threatening injuries. No one else was responding to the situation, so well-known runner and TV commentator Marty Liquori jumped off the TV truck and physically pushed the man off the course.

Audain has a lifetime 10K PR of 31:40. She once held the women's world 5K record. She won the 1990 and 1991 Cleveland Revco 10K, the 1998 Bay-to-Breakers, and the 1990 Lilac Bloomsday 12K. She competed in the 1976 and 1984 Olympics and was named New Zealand Sportswoman of the Year.

A new U.S. citizen, Audain is contributing to the sport as the race director for what now, in its third year, is the third-largest women's race in the USA (9500 women), scheduled for Sept. 21 as the Idaho Women's Fitness Celebration.

"I've been a spokesperson for the open division all these years," Audain said, "so now I'll be a spokesperson for the masters. The Baby Boomers are now approaching 50, and we'd better start marketing to these people in our sport before we lose them altogether."

In 1972 the masters love to watch Loroupe, Michael Johnson, and other open stars run, "but they can't relate to it. Lorraine Moller, Bill Rodgers, Frank Shorter, myself... we're people who've had wonderful careers but still love to run and do it for fitness. And we don't beat up on ourselves because we're not as 'good' as we used to be."

Audain was upset because there were another 2000 women jogging in the park during the race who could have been running in the race. She feels the sport has not been aggressive enough towards recruiting these women and she is hoping to reach them.

This was the 25th anniversary of the race, which, at its inception in 1972, had 78 competitors and in 1996 had slightly more than 8000 registered runners. Of the pre-registered women, roughly 66% were over age 30; 30% were over age 40.

Began in 1970 to help establish the 10K distance for women in the USA, the race still is.

Olympics, the race's term "mini-marathon" was a reference to the then-popular mini-skirt.

This year's runners hold occupations including airline pilots, film makers, attorneys, presidents/CEOs and homemakers. While the mini-skirt is not necessarily still in fashion, the race still is.

Cotton Row

Continued from page 19
ters received prize money, starting at $500 for first to $100 for fifth.

Jerry McGath of Tupelo, Miss., gave up eight years on the rest of the grandmasters field, but still won in 38:58 over 50-year-old Marris Johnson of Atlanta (39:17). Local runner Sandra Berg took top female grandmaster honors with her 46:58. Susie Klutz, 59, of Winston-Salem, N.C., ran a strong 47:17 for second grandmaster.

The competition among the M70s was keen. Thomas Cantrell, 72, of Huntsville, who only competes in this road race each year, ran 57:28 to win. Herb Johnson, 71, of Birmingham was second in 57:37, and Ken Robinson of Carthage, Tenn., took third in 57:39.

Write On

Continued from page 4

meets, great packets that include all kinds of goodies, planned out ceremonies and award presentations, dinners and, yes, even timers and officials who run up to you after your run, congratulate you and tell you your time. (Quite a contrast from those who give you dirty looks and act like this is classified information, when to a runner this is really the most important thing in the world.)

To the Senior Olympics Organization, I say thank you for a superb job - well done.

Alex Pappas
Walnut Creek, California

CANADIAN FARES
Athletes travelling to Victoria for the Canadian Masters Track & Field Championships can now get special fares on both Canadian Airlines International, one of the sponsors of the meet, and American Airlines, its U.S. partner.

When booking directly or through your travel agent, quote "STAR #MJ05286." (In the U.S., American Airlines agents will need to add AN 05865J.) For further clarification, call toll free 1-800-665-5554 (CAI), or 1-800-433-1790 (AA). Early bookings can get you the best discounts.

Budget Rent-a-Car, another sponsor, is also offering special rates. Call 1-800-668-9833 or FAX 604-388-5525 or e-mail: budget@commercial.net, and quote convention code CMT to reserve. Please support our sponsors.

Danny Daniels
Sydney, B.C., Canada

Leonard Vergunst, 40, masters winner (2:42:52), Blue Angel Marathon, Pensacola, Fla.
Photo from Judith Bagshaw
### 1996 Indoor 55m

<table>
<thead>
<tr>
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</tr>
<tr>
<td>Jane Smith</td>
<td>13.56</td>
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<td>Paul Brown</td>
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### 1996 Indoor 60m

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<td>Sarah Johnson</td>
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<tr>
<td>Robert Miller</td>
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<td>Megan Wilson</td>
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### 1996 Indoor 200m

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<tr>
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<td>Brian Green</td>
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### 1996 Indoor 400m

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<tr>
<td>Catherine Brown</td>
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<tr>
<td>Michael Scott</td>
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<tr>
<td>Lucy Miller</td>
<td>52.90</td>
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*Wendi Glassman, 40, New Jersey, in the mile, 1996 USAATF Masters Indoor Championships, Greensboro, N.C. Photo by Jerry Wojcik*
1996 Indoor 800m

Complied by Bill Benson

1. Svetlana Morozova, 5:08.8
2. Valeria Strizhenova, 5:09.1
3. Jodie Freeman, 5:09.8
4. Tetyana Kliutchman, 5:10.1
5. Margareta Kerschen, 5:10.4
6. Olga Klenina, 5:10.5
7. Robina Fetscher, 5:10.9
8. Jennifer Strong, 5:11.0
9. Laura Fossati, 5:11.2
10. Jana Wagner, 5:11.3

1996 Indoor Mile

Complied by Jerry Wojcik

1. Gary Smith, 3:54.4
2. Steve Brodie, 3:54.5
3. Mark Vandermark, 3:54.6
4. Steve Scott, 3:54.8
5. John Walker, 3:55.0
6. Doug Sanders, 3:55.1
7. Steve Osgood, 3:55.3
8. Scott Wunderlich, 3:55.4
9. Steve Briones, 3:55.6
10. Steve Jones, 3:55.7

1996 Indoor 1500m

Complied by Jerry Wojcik

1. Peter Snell, 3:37.7
2. Steve Osgood, 3:37.8
3. Steve Briones, 3:37.9
4. Scott Wunderlich, 3:38.0
5. Steve Scott, 3:38.1
6. Doug Sanders, 3:38.2
7. John Walker, 3:38.3
8. Steve Brodie, 3:38.4
9. Mark Vandermark, 3:38.5
10. Gary Smith, 3:38.6

National Masters News - July 1996

Page 22
### 1996 Indoor Triple Jump
Compiled by Charles Mercurio

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### 1996 Indoor Shot Put
Compiled by Rebold

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### National Masters News

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<td>Jack McFarlane</td>
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<tr>
<td>1500m</td>
<td>Bruce A. Baker</td>
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<td>5000m</td>
<td>Jim Roffin</td>
<td>50</td>
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<tr>
<td>10000m</td>
<td>Joe Petruccio</td>
<td>10</td>
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<tr>
<td>Marathon</td>
<td>Jack Hefferd</td>
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### Weight Throwers

- **Armando Ricciard (B, 76, Nevada, and Tom McDermott, 78, Florida, at the 1996 USATF Masters Indoor Championships, Greensboro, N.C.)**

- Photo by Jerry Wojcik
s you probably have already heard, there is very good news from Durban, South Africa, where the next WAVA World Championships will be held July 17-27, 1997. It will be the 12th biennial running of the Championships and should prove to be among, if not the best ever.

Several things contribute to form my opinion about this. First of all, the continent, the country and the city all are very interesting. Housing and eating expenses tend to be half to two-thirds of what we are used to and the rand is very low against the American dollar right now. The Organizing Committee is very knowledgeable and concerned that the championships be memorable for the athletes. They are Stadium 1 has a 9-lane oval and Stadium 2 is an 8-lane track with an 80-meter warm-up strip adjacent. Both have covered seating areas and many rooms and other covered areas for official functions. The award ceremonies will be held the day after the event finishes (except for last day events) on parallel award stands as was done in Buffalo. Since access to the track will be controlled, the ceremonies will be directly in front of the seating area to facilitate picture-taking.

Another great feature is that only a little over a mile away is the main housing area — a large collection of hotels along the Indian Ocean beach front called the Golden Mile (although it is more than a mile long). There are all classes of hotels from the very inexpensive ($40 per night for up to 4 people) to the finest of accommodations (up to $250 per night). University dormitory rooms are also available but I wouldn't recommend them merely because they are so much farther out from the competition area and cost as much or more than the hotels. Remember, Durban is a tropical resort city and puts a great deal of attention on taking care of its many visiting tourists.

For the championships there will be continuous shuttle buses running a tight loop. We will not be spread out over an entire city like we were in Buffalo. Right across the street from the hotels are many fine parks, restaurants, swimming pools (both fresh water and salt water), small museums and other attractions (the snake park had just received a two-headed cobra while we were there). And, of course, there is the beach adjacent to these, and a beautiful beach it is. The water is warm all year even in the middle of winter when we will be there. It is very pleasant to sit in the outdoor restaurants, watching the ships out at sea and the surfers doing their thing.

The winter weather is said to be ideal. Having been there in February, I know that their summer is very hot and humid and certainly not at all suited to extended running events. It was a very good decision (for us from the northern hemisphere) to conduct the championships in the South African winter even though it is not their normal track and field season.

Late Entries

Don't even think of it! No matter what has happened in the past, there will be an entry deadline, a real deadline, which will be enforced by the Organizing Committee itself and double checked by WAVA administration. As much as the Organizing Committee could use the income from a few extra entries, they are determined to put on a first-class meet, and to do that they realize they must enforce a definite cut-off date so that reasonable time is left for final planning.

Seeding Marks

It is important that you supply current and accurate performance marks on your entry for seeding purposes. Generally it is not at all in your interest to overstate (or understate) your performances in the two years since the last World Championships. It only will result in getting you into a heat or flight where you stand out like a sore thumb. It is much more efficient for the organizers and officials, and a much better experience for yourself, if you compete among your peers.

Scheduling

The events in Durban are scheduled per WAVA informal guidelines: one event/one day with the exception, of course, of those running events with preliminary rounds. This makes it very easy to know when and where events are happening and will eliminate conflicts (between field events at least). Also, per WAVA informal guidelines, the competition will progress women first, then men and oldest to youngest in each case. This saves a lot of anxiety for competitors and officials as they know when their flight or heat is due to this regular progression. Competition will generally start each day at 8:30 a.m. with obvious exceptions like the decathlon/heptathlon, weight pentathlons, and the distance running events.

National Pride

The South Africans are very anxious to show their country to the rest of the world. I'm afraid those of you expecting a jungle settlement will be disappointed in Durban itself. Actually, it is a very modern city, as urban and up-to-date as any in Europe or the U.S. It has sprawling suburbs

Continued on page 28
Rees Snaps Gates’ Two-Year Streak

After two years of unpressed victories, Nigel Gates, the WAVA World 10K road champion, was finally defeated by 43-year-old Martin Rees. The Welshman ended Gates’ string in the British Veterans 5K Championships in the cathedral city of Wells in Somerset on Bank Holiday, Monday, May 27.

Gates had led throughout the four laps, but Rees struck near the end to win in 15:10. Mike Hages continued his good M45 form with a 15:10 effort in fifth.

Jordan Competes in Greece

Former Stanford track coach and 1968 Olympic track and field coach and former winners in a day full of races were crowned with a wreath of wild celery, as in ancient times.

“To think that you walk into a stadium and your foot treads the soil the ancient champions trod – it makes you feel like a very insignificant person in the grand scheme of things,” said Jordan.

Jordan is still officially retired from masters track and field, but says he is looking forward to the 1997 Nationals in San Jose. “It should be a great meet on a fine track and in an enthusiastic track atmosphere.”

Seven World Records Set at Russian Indoor Championships

from VADIM MARSHEV, RAVA President

Nearly 500 athletes participated in the Russian Athletic Veterans Association Indoor Championships, Moscow, April 5-7. Participants came from 102 Russian cities and included 84 guest athletes from Taiwan, Ukraine, Belarus, and other countries.

Seven indoor records were broken, including three in the women's shot put, and two held by Vivian Nelson of the U.S. in the W75 long jump and high jump.

The highlight of the meet was a celebration of the 100th anniversary of the Olympics in 1996. RAVA invited former U.S.S.R. Olympians and champions to the opening ceremony on April 5, held at the Central Sport Army Club Stadium, the best indoor facility in Russia.

Igor Ter-Ovanesian, an Olympic gold medalist in the long jump and now Russian Vice-Minister of Sport, asked the invited guests to join him in the infield. Thousands of spectators applauded the 48 athletes who responded to the invitation.

RAVA is planning a similar celebration of Olympic history at the Russian Masters Championships in Sochi, Sept. 20-22. Veteran athletes from other countries are invited to attend.

The first Germany-Russia Veterans Match will be held in Rosenheim, Germany, Aug. 10-11. The Bavarian Veterans Sport Association invited 45 Russians to Rosenheim for ten days. All expenses, except transportation, will be covered by BVSA.

ATHLETES WHO HAVE PARTICIPATED IN ALL 11 WAVA CHAMPIONSHIPS

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<tr>
<th></th>
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<th>Country</th>
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</tr>
<tr>
<td>2</td>
<td>Reg Austin</td>
<td>USA</td>
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<tr>
<td>3</td>
<td>Norbert Barth</td>
<td>GER</td>
</tr>
<tr>
<td>4</td>
<td>Hari Chandra</td>
<td>SIN</td>
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<tr>
<td>5</td>
<td>Phil Conley</td>
<td>USA</td>
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<tr>
<td>6</td>
<td>Isabel Cunningham</td>
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<tr>
<td>7</td>
<td>Willie Dunne</td>
<td>IRL</td>
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<tr>
<td>8</td>
<td>John Dunsford</td>
<td>GBR</td>
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<tr>
<td>9</td>
<td>Don Farquharson</td>
<td>CAN</td>
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<tr>
<td>10</td>
<td>Bob Fine</td>
<td>USA</td>
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<tr>
<td>11</td>
<td>Roland Johansson</td>
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<td>12</td>
<td>Bob Mimm</td>
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<td>13</td>
<td>Jim O'Neil</td>
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<td>14</td>
<td>Hans Potsch</td>
<td>AUT</td>
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<tr>
<td>15</td>
<td>Jack Stevens</td>
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<td>16</td>
<td>Jim Vernon</td>
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</table>

Payton Jordan, 79, at ancient Nemea, Greece for the 100th revival of the Olympic Games, June 1.
Countdown to Durban

Continued from page 26

and huge new shopping centers and, on weekends, is a flea market devotee's dream with thousands of booths in the downtown and beach areas. Never fear, if you want jungle, or at least African savanna and wild animals, you will not have to go very far on side trips to get there.

Durban is a very cosmopolitan city. Any downtown street scene on a work day shows you a good mix of black, brown, and white. Each walking these days with their heads up. I'm told that Durban has the largest Indian population of any city outside of India. And of course, it has a large black population which is at the bottom of the economic scale right now, but improving quickly. Attitudes are truly changing there now that democracy is coming to the country. All races seem to have South African pride.

I happened to be in a downtown shopping mall in the middle of the afternoon when the schools were letting out. I saw a slim, tall, black youth maybe 12 years old with two friends in front of a store selling brightly colored full cotton dresses as are common in equatorial Africa. The boy punched his buddy and said, "Look! African garments." He, standing there in his white shirt and tie, obviously was interested in what he saw, as I was, but, like me, he didn't identify himself with it.

Great things are in store for this country if the transition from apartheid to democracy continues smoothly. You will find the South Africans very friendly and anxious to get to know you and for you to get to know them. Come and witness this exciting time and be a part of bringing South Africa into the world community.
**SOUTHEAST**

Lawrence Johnson, a U. of Tennessee senior from Chesapeake, VA, broke the U.S. pole vault record with a 19-7' leader, competing in the USATF Southeast Regional Masters Championships in Knoxville, May 25. In that meet, Phillips Raschker, 49, re-injured her Achilles tendon severely, eliminating her chances of winning the Trials Exhibition Men's Pole Vault.

- **Mondragon, 42, Mexico, successfully defended his masters title for the third time with an 11-foot, 2 3/4-inch jump.
- **Kenny Peters, 40, was the W40+ winner in 35 45, ten seconds ahead of Tilley, 45, of Canada.*

**MIDWEST**

- **The race Judicata 5K/10K, Birmingham, MI, May 4, featured a regular division and a "legal" one for lawyers. Ron Maruccioni, 440, 18:16, and Donna Olson, W40, 21:02, running in the regular division, were first masters in the 5K. Masters runners were first overall in the 10K, with attorney Ted Farmer, M40, competing in the "legal" race, running a 35:09, and Jennifer Bullock, W40, finishing in 44:14 in the regular division.
- **Michael Seaman, 45, 16:06, and Gary Giles, 46, 18:20, hastened to masters firsts in the Moltenprem Institute 5K/USATF Minnesota Championships, St. Paul, May 4. Paul W. Nerman, 82, 32:30, and Ethel Furne, 60, 41:53, nabbed wins in the 80+ divisions. The Institute, founded in 1982 and named after an inscribing Greek woman who ran the first Olympic marathon in 1896, helps girls and women of all ages to link physical fitness and death through research, publications, and education.
- **Jim Ryan, 45, is running for Congress as a Republican in Kansas, 2nd District. The Demo­ cratic, Republican Sam Brownback, decided to run for the Senate seat being vacated by Bob Dole. Brownback, who won the Republican nomination, ran first on May 25, became the U.S. single-100 record for the 3000m SC with a 1:54.54. Proceeds from both meet went into the Dan Albright Memorial Scholarship fund that assists the UC-I CI programs.

**MID-AMERICA**

- **Chick Mooser, 44, first master (26:04), American Classic 8K, Washington, D.C.*

**WEST**

- **Gene Ball, 50, Oxnard, CA, edged Jim Kon, 44, 68:51, for the masters age-graded first place in the Law Day 15K, Santa Barbara, April 27. Ball hit the 80% mark with a 56:51, with Kon, M40 in 54:43, at 80.2%. Mimi Barnowsky, 44, was the W40+ first in 70:35.
- **The Steve Scott Invitational Masters Meet, UC-Irvine, May 5, drew 93 athletes, ages 25-80+, who competed on the second day of a two-day invitational (the first day for open and col­ legiate). Spinners Stan Whitehead, M50, in the 100m (11:35) and 200 (23:74), and Ken Dennis, M55, 100m (12:51) and 200 (26:35) were standouts. In the Dan Albright Memorial Meet at UC-I, May 25, Susan Dimarco, W30-34, vauled 12 1/4", qualifying her for the Olympic Trials PV Exhibition. Avery Bryant, who turned 72 on May 25, broke the U.S. single-age record for the 3000m SC with a 1:54.54. Proceeds from both meets went into the Dan Albright Memorial Scholarship fund that assists the UC-I CI programs.

**NORTHWEST**

- **Mark Billiet, 42, 52:34, Seattle, and Judy Fisher, 42, Federal, WA, with a first female overall 42:34, were masters firsts in the Northwest 10K Championships, May 4. The race also served as the NW Masters 10K RW Championships, in which Bev LaVeck, 60, Seattle, was first W40+ in 62:00, an age­ graded 134.8%, which will send the number crunchers whining. Stan Chrambinski, 44, Seattle, was first M40+ walker in 52:13.
- **Steve Lester, 53, Magna, UT, led out the 33:27 for masters honors, Salt Lake City 10K, June 1, and an age-graded 92.0% on the slightly downhill course. Debbie Hansen, 43, Pleasant Grove, UT, was the W40+ winner in 39:00.
- **In the U.S. Blooming 12K mega-run (over 60,000), Spokane, WA, May 5, June Mchale, was more than 18 minutes ahead of her nearest W25 competitor in 59:39.
- **Runners and walkers from 20 states and three countries participated in the worst condi-
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 50. Entry blanks for San Antonio regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 50098, Eugene OR 97405.

**Schedule**

Track & Field

National Masters Championships, San Antonio, Texas

**SOUTHWEST**

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**July 20.** USATF Southwest Regional Masters Championships, Samuel Clemens HS, Schertz (San Antonio), Texas. Also open athletes. Head John, 2104 Cedar Branch, Garden Ridge, TX 78266. 210-651-5414.

**August 16-17.** UMC West Texas Senior Sports Classic, Texas Tech, U., Lubbock. 50+. Peter Laverty, 2001-19th St., Lubbock, TX 79401. 806-767-2710.

**WEST**

Arizona, California, Hawaii, Nevada


**July 11-14.** San Jose Senior Games/ Silicon Valley Classic. 55+. Regina Aning, 408-269-0214.

**August 3.** Santa Barbara Fiesta Pole Vault Competition. All ages. SBCC, Steve Morris, 42 Tinker Way, Santa Barbara, CA 93101. 805-569-1289.

**August 18-19.** Bay Area Senior Games, Oakland, CA. 50+ Barbra Chang, 510-531-9721.

**October 5.** Club West Masters Meet, Santa Barbara City College. Beverly Lewis or Gordon McClennan, 805-964-3005.

**October 13.** Sri Chinmoy Masters Games, Long Beach, Calif. 40+. Bigalita Egger, 310-645-0271.

**NORTHWEST**

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

**July 4, 11, 18, 25.** Hayward Field All-comers, Eugene, Ore. 5:30 pm.

**July 11, 18, 25.** Team Alaska Meets, Mulcahy Track. 6 pm. Hotline: 907-338-1667.

**August 12-14.** Montana Big Sky Games, Billings, MT 59101. 406-254-7426.

**August 22.** Denver TC Meet, All-City Stadium, 6 pm. George Linn, PO Box 9723, Denver, CO 80209. 303-722-2425(eve).

**August 31.** Sept. 1. Rocky Mt. Games, Nancy Simmons Manson, 518 Quentin St, Aurora, CO 80011. 303-341-7992.

**ON TAP FOR JULY**

**TRACK AND FIELD**

The Libertyville Masters Meet in Illinois on the 13th offers a tune-up and cash based on performances, prior to a very busy 20th, which shows USATF Regional Masters Meets in the East in NYC, Southwest in San Antonio, and West in Norwalk (near Los Angeles). California. More action is available at the Midwest Masters Meet in West Virginia, the Los Viejos Meet in New Mexico, and the throwers meet in New Jersey.

Olympic t&f competition starts on the 26th with the men’s 20K walk and men’s shot put and ends on August 4th with the men’s marathon.

**LONG DISTANCE RUNNING**

Masters will test their mettle on the streets of Atlanta on the 4th in the Peachtree 10K, as will others in the Butte To Butte 10K, Eugene, Ore., and Yorktown 5K in Virginia. Notable races on the 13th include the Midnight Madness 10K, Ames, Iowa, and the Grand Central 6K, Vienna, Va., followed by more action with high appeal in the Buffalo Four Mile, N.Y., Long Island Women’s 5K, and Chicago 20K on the 20th. The Quad City 10K hits the roads of Davenport, Iowa, on the 27th.

**RACEWALKING**

The regional championships on the 20th should offer race-walkers as do many of the road races in the schedule. The MAC 3K Championships are listed for the 14th in Central Park.
July 6-13. WAVA Oceania Regional Championships, Papeete, Tahiti. Includes half-marathon/ RWSx2C. Jim Tobin, 6 Hetley Cres, Napier 4001, New Zealand. Phone/fax +64 6 8445072.

September 20-22. Russian Championships, Sochi. Vadim Marshev, 14-6 Pervomayskaya St., Himki, Moscow Region, 141400, Russia. Phone/fax: 7-095-5734150.


ATHLETES WHO ENTER A NEW DIVISION THIS MONTH JULY 1996

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SASE to Bix 7, 2685 East Kimberly Rd., Bettendorf, IA 52722.


WEST

Arizona, California, Hawaii, Nevada


July 13. Seattle Day 5K & 8K, Newport Beach, Calif. 5K, 6:30 pm; 8K, 7 pm. 714-288-9080.

July 14. San Francisco Marathon/5K, Supersport Association, PO Box 77148, San Francisco, CA 94107. 800-722-3466 (CA only).


NORTHWEST

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


July 12-13. Mt. Rainier To Pacific Relay, 150 miles/11-person teams. Walk teams (100 miles/7 persons) welcome. PO Box 17086, Seattle, WA 98107. 206-782-6547; fax 206-783-5285.

August 23-25. Hood To Coast Relay, Mt. Hood-Seaside, Ore. 195 miles/12-person teams. 1995 race reached capacity by May. HTC Relay, 5319 SW Westgate Dr. Suite 262, Portland, OR 97221. 503-292-4626.

CANADA


INTERNATIONAL

August 31. BAVF 10K Championships, Barry, Wales. Derek Williams, Powys Gardens, Dinas Powis, Cardiff, Wales CF64 4LP.

October 29-November 5. Himalayan 100-Mile Stage Race, from Darjeeling, India. $1200. Force 10 Experiments, 1-800-922-1491.


RACEWALKING

April 1 - October 1. 5K Racewalk Team Challenge. Each club stages own event on a track or a certified course. Minimum 10 club members, regardless of age, sea, or ability. Scoring by WAVA Age-Graded Tables. No entry fees. PAC, 3250 Lakeview Blvd., Delray Beach, FL 33445. Bob Fine, 407-499-3370; fax: 407-495-5054.


August 4. USAFT East Regional 10K Relay (2X5K) Championship, Central Park, NYC. Park Racers, USA, 320 East 83rd St., Box 18, New York, NY 10028. 212-628-1317.

August 15-18. USATF National Masters Outdoor RW Championships, 5000 miles (m/w), 20K road (m), 10K road (w). Spokane, Wash. See T&F National Schedule.


September 2. West Regional 15K Championships, Albuquerque, NM. Audrey Dix, 2301 El Paso Ct., NW, Albuquerque, NM 87104.

September 8. 10th International 1/2 Hour Race, St. Paul, Minn. Fern Anderson, 612-926-3514.


September 14. USATF National Masters 5K Road Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 615-229-4364 (w), 615-349-6406 (h).


Masters Scene

Continued from page 29

Art Menayon, 52, was top master in the Molson/Timex Harborfront 10K, St. John's, Newfoundland, May 19, with an 89.9% age-graded 33:57, good for eighth overall.

INTERNATIONAL

Barlington Williams of the Birchfield Harriers missed the M40-44 LJ WR, one of the oldest at 7.43 in 1978, with a legal 7.4294-4, at a meet in Birmingham, GBR, June 1. Williams, who broke the indoor WR with a 7.50-24-4 on March 2, had wind-aided jumps of 7.64 and 7.65, and an impressive sprinter, having run a 6.92 60m indoors in January, and 10.69 for the 100m in May.

Britain's Tessa Sanderson won Olympic gold in the javelin in Los Angeles in 1984. Now, at the age of 40, she is back. Sanderson met the Olympic qualifying standard with a 60.64m (199' 0") toss in a meet in England.

South Africa's great veteran runner, Joe Botha, who won four M75 medals last year in the World Veterans Championships in Buffalo (gold in the 800 and 5000; silver in the 10,000; and bronze in the 1500) died at the end of April of cancer of the pancreas.

Laizanne Inge has joined the Itzakine Athletic Club and Finnish delegate to the WAVA General Assembly, died April 5 of acute leukemia. "It was a shock to all of us and we miss a dear friend," said Karri Wichmann, who will take over Inge's duties.
# Recipients of Certificates/Patches as All-Americans for Achieving U.S. Standards of Excellence

## U.S. Masters Standards of Excellence for Men

<table>
<thead>
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## U.S. Masters Standards of Excellence for Women

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## Application for an All-American Certificate/Patch

### NAME

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### MEET

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**DIRECTIONS**

1. If you have equaled or bettered the standard of excellence, please fill out this application, complete with proof of your record.
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 and year event. The cost for both a certificate and patch ordered at the same date is $15.
4. Send to: All-American, National Masters News, P.O. Box 500926, Eugene OR 97405.
5. A "color," by 10" certificate, suitable for framing, and a 3-color, 3" by 5" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.
## National Masters News

### Denver TC Mile 2/2 1/4 Mile; April 20

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### ACWAC Regional Games Lafayette, LA; April 20

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### Results

- **5000m**
  - **10:24**
  - **10:27**
  - **10:30**
  - **10:33**
  - **10:36**
- **10000m**
  - **22:48**
  - **22:51**
  - **22:54**
  - **22:57**
  - **23:00**

### Mile Results

- **4:59**
- **5:02**
- **5:05**
- **5:08**
- **5:11**

### 880yds Results

- **2:08**
- **2:11**
- **2:14**
- **2:17**
- **2:20**
Colleen DeReuck
M40
M60
MSO Ron
ISO
Tyrone
James Fiorito
Joe Machala
Desmond O’Rourke
Rolly Moor
Raymond Pearson
Armando Brionez
Larry Carroll
Don Kudong
Rick Barbero
Kelati Weldegaber
M65 John Taylor 19:31
M60 Edward Rockwell 51:34
49:58
50:02
50:32
51:14
38 35
26 56
20 54
28 59
22 57
21 52
19 47
18 46
17 45
16 44
15 43
14 42
9 39
8 38
7 37
6 36
5 35
4 34
3 33
2 32
1 31
0 30

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James Fiorito
Joe Machala
Desmond O’Rourke
Rolly Moor
Raymond Pearson
Armando Brionez
Larry Carroll
Don Kudong
Rick Barbero
Kelati Weldegaber
M65 John Taylor 19:31
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50:32
51:14
38 35
26 56
20 54
28 59
22 57
21 52
19 47
18 46
17 45
16 44
15 43
14 42
9 39
8 38
7 37
6 36
5 35
4 34
3 33
2 32
1 31
0 30

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Tenth Anniversary

St. George, Utah — October 14-25, 1996

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$250,000 Face Amount
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