5804 Athletes from 66 Nations Enter World Championships in England

A total of 5804 veteran athletes from 66 nations have entered the XII WAVA World Veterans Athletics Championships this month in Gateshead, England. It will be the second-largest World Veterans Championships ever held, surpassed only by the 9701 participants - including 936 Japanese - who competed in Miyazaki, Japan, in 1993. The XII Championships in Durban, South Africa, two years ago drew 5788 participants. The final total may be slightly larger. At NMN press time, organizers were still sifting through entries which have had problems with entry visas. The early predictions of 8000 competitors came up short, mainly due to lower-than-normal marathon entries. But the number of foreign entries is a new high at 4074, breaking the record of 3699 non-USA entries in Buffalo in 1995. 1730 athletes are from the host country, Great Britain, compared to 2250 South African participants (mainly marathoners) in 1997, and 1796 USA competitors in 1995.

The World Veterans Athletics
Continued on page 24

Splishing and Splashing at 20th Cotton Row 10K

by JIM OAKS
HUNTSVILLE, Alabama - For the first time in six years, Mike Fromant's masters course record of 31:01 from the 1992 Cotton Row 10K had a serious challenge.

John Tuttle, 40, the current top U.S. master, was back in Huntsville on May 31 for the 20th edition of one of the first races in the country to cater to masters runners. The list of former masters winners includes Herb Lorenz, Dan Conway, Barry Brown, Wilson Waigwa, and Earl Owens. On Memorial Day, Tuttle, Douglasville, Ga., added his name to the list with a splashing 31:54. It was a day more fit for ducks than runners. A light rain turned into a downpour soon after the 8:00 a.m. start and continued for the entire race. At least there were no cases of heat exhaustion this year among the 1461 finishers.

Patty Valadka, W40, finally made the trip from Houston, Texas, for the Huntsville race and easily won the...
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AGE RECORDS
I agree with Graeme Shirley (Speakers Corner, March NMN), in which he cites several instances when U.S. records set by masters were not properly documented and recorded.

I broke the U.S. W40 800 record with a 2:20.05 in the 1998 Western Regionals in Santa Barbara. Current records were not posted at the meet. No one, including me, knew that I had broken the record. I didn’t file any paperwork, nor did anyone else.

While at the 1998 Nationals in Maine, I discovered, by reading the posting of the meet results, that Graeme Shirley had broken the 5000 records set by masters were not posted at the meet. He has never been processed for half the marks he cites several instances when U.S. records set by masters were not posted at the meet. It is clear that this is a ridiculous and time-consuming irritant to all concerned.

A meet director is not going to stop his meet to process records. On the other hand, neither is it the job of the athlete to wait until the meet to obtain the signatures from referees, timekeepers, and judges. Clearly it is the athlete’s job to know what records are, when he or she is fortunate enough to threaten them.

In the event that a record may be set, the appropriate officials should be informed. From then on, it is the job of the meet director to make sure that the correct signatures are obtained and the forms sent to USATF’s Records Coordinator, Steve Mundie.

That Steve Plasencia’s 14:02.86 5000 and the marks by Mary Slaney on the track and Glen Conley in the high jump are not in the record book is an atrocity. Indeed, if the paperwork had ever been processed for half the marks set by Evy Palm, the record book as it now stands would read much differently.

Now, when rules regarding masters track record-setting are becoming more stringent, it seems strange that a simple rule, such as Rule 180.2, which requires the presence of a “recorder of records” at meets, is seldom, if ever, adhered to.

The volunteers who work endlessly on our behalf, have a thankless task. Perhaps the time has come for us, as athletes, to accept some form of fiscal responsibility for the administration and officiating of masters track & field and to remunerate partially those who enable our sport to go on.

Whining about its inadequacies is not good enough. The $15 we shell out for our USATF membership is a pitance when compared to the expenses incurred by our many volunteers. Surely, the time has come for an annual fee to be paid by each of us, so that our sport may be run as efficiently and accurately as we would like.

Steve Ottaway
Sonora, California

In response to Nadine O’Connor’s letter (June, NMN), I agree with her that meet officials should have record forms on hand. However, finding sponsors to help pay for automatic timing and wind gauges is unrealistic.

Many meets can’t afford to purchase or rent timing systems, Hy-Tek, RaceBerry Jam, or any other software program, much less pay an operator to run them.

I agree that meet organizers should have record forms handy, but I suggest that athletes should be happy just to have a meet to participate in. We do the best we can with what we have. The big meets have the necessary equipment. Most small clubs do not. Perhaps we should cancel our meet after having done it for 12 years.

Randall Brady
Nashville, Tennessee

AGE-GRADING
I was a bit perplexed by Jeff Hlinka’s letter on age grading (May, NMN). In long distance running, the age-graded tables start at age 35, so Mr. Hlinka should be comparing his age-graded times as a 49-year-old to his age-graded times as a 40-year-old. He further states that, “Age-grading should be based on what older runners could run, not what they are running.” This is exactly how the tables are based, on world records, what it would be humanly possible to run.

Mr. Hlinka says, “I could get all excited about my age-graded times, but if I do that, I would never be able to reach my full potential as a runner.” I am excited about age-grading because it gives me a chance to compete on a level playing field with John Hinkle, Dick Buerkle, Craig Young, Mark Cup, Gary Romesser, Fay

Continued on page 5
I'm 69 years old. Would I compete in the 400 hurdles? Possibly, but not as often and I sure would not enjoy the race.

"If I ain't broke, don't fix it." Keep masters T&F as simple and available as possible for everyone.

Jim Stooker Dickerson, Maryland

In most meets, I run alone in the M70 300H. At some, there may be three competitors. If the distance is changed to 400m, I will never have anyone to run with. Only Earl Fee, if he is there.

When I was in the M65 division, I had no trouble going with ease in the 400 at all heights - 30", 33" and 36". But at 72, I find it harder to finish the 300H at 30". The proposed rule change would eliminate most 70-and-over hurdlers.

From my experience, there would be no problem running the 400H through age 69. But leave the 300H for 70+.

If there were any 70s who wanted to go in the 400H, they could when the hurdles were set up for 69 and under.

I've been told I'm the strongest 72-year-old in the world. Yet I know the 400H would be almost out for me. The 400H for 70+ would see very slow times - old men in slow motion.

Chuck Sochor
Gower, Michigan

To move the 60+ hurdlers from 300m to 400m is totally inappropriate.

Masters T&F is about participation. I remember the Spokane nationals where there was only one entry in the M55 400H.

The 400H I ran in had two steeplechasers and two 800m runners. They weren't even hurdlers. The 60+ 300H is not a sprint, but a race requiring the speed, endurance, leg strength, etc., outlined in the article.

High schools run 300H. Why should 60+ run 400H?

Ross Jensen
Kansas City, Missouri

I am for and against changing the distance of the long hurdle race from 300m back to 400m for age 60+.

For men under age 75, the long hurdle race could be changed back to 400m, but for men over age 75, the distance should remain at 300m.

Currently, there are few long hurdlers over age 75. A change to 400m will eliminate at least 70 percent of them.

I used to run the 400H and 300H but gave them up as I grew older, not wanting to risk a serious injury.

As we grow older, our stride becomes shorter, our breathing becomes more shallow, and we suffer from oxygen debt during intense activity. Therefore, it's dangerous for the older runners as they become more tired and lose their rhythm and stride while trying to get over the last few hurdles. The safety and well-being of the athletes must come first.

Al Guidet
California City, California
Feeling Your Way to Faster Times

As Brian Clarke sees it, competitive running is like being on a gabled rooftop. The peaked surface is impossible to run on and so we run on the side of the roof, with gravity constantly pulling us toward the edge and...disaster.

"There is no such thing as perfect balance in this sport," Clarke writes in his recently published book, *Running by Feeling*. "Any ambitious runner who trains hard will at times approach the edge of overtraining."

A Hawaii state prep mile champion in 1962, before going on to the University of Oregon and running under the now-legendary Bill Bowerman, Clarke has been involved in coaching Hawaii's runners and joggers for the past two decades. The book represents his experience as both a runner and a coach. Key to that experience is adaptation to competitive running through a training program in which effort is closely monitored.

"In my opinion, effective training needs to be occasionally violent," Clarke writes. "It's the relentless push of hard effort that destroys mental attitude and makes effort disagreeable."

Respect Your Limits

The important thing, Clarke counsels, is to respect our adaptive limits as we build on natural ability.

"Every runner consists of a certain amount of effort and a certain amount of energy," Clarke writes. "Yet, most runners, myself included, have been conditioned to focus exclusively on effort, often to the exclusion of effort's counterpart—energy."

Clarke offers a matrix (see below) in which workout effort is classified as very easy, easy, moderate, hard, very hard, all-out on the ascending scale side. Across the bottom of the matrix, energy is classified as sluggish, tired, lazy, ready, eager. It's coordinating the effort and energy together.

"The optimum adaptive workouts each have a common characteristic," Clarke comments. "Your workout effort is in harmony with the way you feel. By harmony I mean a sense of agreement, accord and compatibility. In my own training, I measure harmony and discord by asking the following questions: Is this workout oppressive, burdensome, satisfying, enjoyable, or exhilarating? The key is how much energy I have."

Don't Overdo It

The most common mistake Clarke sees in novice competitors is the belief that all-out training is the best way to practice all-out racing. "Unless you are a sprinter or a miler, speed work doesn't have to be a major part of your training regimen," Clarke offers. "Just a small and constant part of it during your base training, and of increasingly greater importance as your goal race approaches. Speed takes a relatively short time to develop compared with other racing abilities."

Clarke recalls Bowerman cautioning his runners not to abuse themselves in training. "He was right," Clarke states. "In my experience, self-abuse never led to improved performance, though I knew how a certain frame of mind could create that illusion. The training process was inherently about breaking down, so it wasn't difficult to assume that more breakdown might be better than some theoretical optimum."

Stamina, power, tempo, speed, and endurance are the five abilities that the runner must work on, according to Clarke. He defines stamina as the ability to run slowly for a long time, while speed is the ability to sprint or surge at a faster pace than you can average for your full race distance. Through the use of a heart rate monitor, Clarke shows how you can structure your workouts to focus on any one or all of the five running abilities.

Maintain Balance

The harder you train, the less likely you'll have stamina, Clarke concludes. "The more you abuse yourself with running, the less likely you'll continue running at that level. Ultimately, your commitment to run by feeling is what keeps you in the game. You must balance ambition with play."

Running by feeling is not just a seasonal approach to the sport. It's the key to running for a lifetime. So many runners have abused themselves in the pursuit of short-term gain and are now former runners. Had they followed Clarke's advice, many of those former runners would most likely still be enjoying the sport. If you want to run fast times this year and still be in it for the long run, Clarke's book can tell you how to do it.

(Clarke, Brian. *Running by Feeling*). By sending $24.95, which includes shipping and handling, to Competitive Running Press, 4133 Sierra Drive, Honolulu, HI 96816. Call or fax Clarke at (808) 737-4340 or e-mail him at BrianCSRun@aol.com

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**Clarke's Matrix**

<table>
<thead>
<tr>
<th>The Optimum Energy</th>
<th>All-Out</th>
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<td>VH/E</td>
<td>M/E</td>
<td>E/E</td>
<td>VE/E</td>
</tr>
</tbody>
</table>

**WORKOUT ENERGY**

Sluggish  Lazy  Very Easy  Very Tired  Tired  Lazy  Ready  Very Eager

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Running by Feeling

Every serious runner has struggled with the problem of finding the optimum range between too much and too little training.

*Running by Feeling* takes the reader into the mind of an everyday endurance athlete—one who sometimes finds that optimum range and races well, and sometimes becomes obsessed with training and injures himself in his haste to achieve his goals.

In the story of his 1994 racing comeback at age fifty, Brian Clarke presents a compelling study of ambition tempered by a growing sense of his adaptive limits. Along the way, he exposes the pitfalls of competitive running and reveals a new way of thinking about the training process.

*Running by Feeling* describes the fundamental adaptive experience in readable terms. Its central thesis? We cannot adapt to the stress of running unless we adjust our training to the way we feel. Using scales to measure effort and energy, Clarke demonstrates how to make training decisions that lead to injury-free running and improved racing performances.

This book answers the following questions: What is a hard workout and how can I run them without becoming injured or exhausted? How can I use a heart rate monitor to build racing abilities? How can I measure adaptation? How can I run great races?

The text is illustrated with thirty-four drawings that clarify abstract ideas. Each chapter has a synopsis that defines key terms, develops theoretical tenets and answers practical "how to" questions.

Brian Clarke ran a 4:06 mile in 1965 under legendary Oregon track coach, Bill Bowerman. Besides being an accomplished age-group runner, Clarke has coached more than 2000 adult distance runners and triathletes since 1979.

His private clients include Don Mueller, the 1992 National Triathlon Age Group (45-49) Champion. Clarke's main occupation, however, is directing training programs for recreational athletes who are preparing for Hawaii's major triathlon and marathon events.

Clarke's training groups are made up of racers, runners, joggers and fitness walkers. Nita Malayo, a heart patient, joined Clarke's 1997 marathon training as a 300-pound walker. She lost 38 pounds during a 14-week program, and finished the Honolulu Marathon in 10:40. A year later, Nita walk-jogged the 1998 Honolulu Marathon in 7:53 at 225 pounds.

As a fitness consultant, Clarke has presented running and jogging clinics to U.S. Air Force personnel and their dependents overseas.

He currently lives with his wife, Nancy Heck, in Honolulu. His e-mail address is BrianCSRun@aol.com. Clarke's website is at http://members.aol.com/BrianCSRun.
There are so few 300H participants now, you'll lose over 50% with a change to 400H. In three or four regional meets I've been to, there are seldom more than four or five runners in the 60+ divisions.

This is a prime example of an event where age diminishes the abilities.

James Schreiber
Chapel Hill, North Carolina

I only recently took up the 300H and had significant success. I was under the impression the event was stable.

The U.S. high schools don't run the 400H. Why? Since a 60-year-old athlete is on about the same performance level as a high school kid, it seems to me they should run about the same kind of events.

It's clear from the times that the 300H is not a "sprint race."

The seven 300m hurdles are set on the same markings as the last seven 400 hurdles. This speeds up the masters meets.

We should be trying to encourage more entries in the long hurdles, not so much more entries in the long hurdles, not, so few entries in the events.

I would also like to see more entries in these events. The shot putters are lighter at age 60, the hurdles are lower. Why not keep it at 300? The 400H training is awful tough, and I look forward to running the 300H in five years.

Another change to consider is in the 110H. I think the ultimate race at meets is the M45 110H race. There are too few hurdles who can three-step the entire race, and those who do look pretty bad and are not really running. If the event were to be changed to the 100H at 45 rather than 50, the event would be more fun and eminently more watchable without a frown, a gri­mace, or a shake of the head.

Courtland Gray
Dallas, Texas

I am currently maintaining and posting a web page that tracks the world's top masters track performances for 1999. It contains all results for men's running events that have been available to me over the past several months.

Please check it out at www.xro.com /track.shtml. To make this list as complete and accurate as possible, I welcome and encourage all runners, coaches and meet directors to submit meet results to me at: 1849 SE 20th, Portland, OR 97214, or email me at: xroads@xro.com.

Dave Clingan
Portland, Oregon

JOE KESHMIRI
It is never too late to pay tribute to a very special friend and great champion. Joe Keshmiri was this to me. He made a difference in the lives of those around him and was a world-class athlete and human being.

When he was a budding champion, it was a joy to share training tips with him, and when he became an illustrious masters champion, it was a pleasure to watch him continue to dare the dream and strive to be the best he could be as an athlete and gentleman. He is missed greatly. We are all better persons for his having embraced us in our lives.

Payton Jordan
Santa Barbara, California

KUDOS
In addition to showing my sub­scription, I am enclosing a $25 sus­tainer gift. More next year. Thanks for your superb publication.

John Danforth
Winston-Salem, North Carolina

As an annual sustainer, I just wanted to let you know I'm still alive and fair­ly well at age 93. That means 93 and counting. You do a good job in keeping the paper growing.

Ottay Essig
Westfield, Massachusetts

TEN YEARS AGO
July 1989

• Nearly 5000 Athletes Enter World Championships in Eugene
• 1400 from 28 Countries Register for Nationals in San Diego
• Sweden's Kjell-Erik Stahl, 42, Runs 2:18:43 in Grandma's Marathon
• Priscilla Welch, 44, Sets World Best 26:26 in Nike Women's 8K in D.C.
**Running and Heel Pain**

Q: I have been running sprints—the 100 and 200 meters—in competition for about 12 years, and last year I found that after running the 100, both heels hurt and made it difficult to run the 200. I have put heel cushion inserts in my shoes for workouts. This helps, but my heels are very sensitive the next morning. After a few minutes of activity, they feel better. What might this condition be?

A: Your condition is called a "fascial tear," or "heel spur." If it was a fracture, you could not run on it. It sounds like it might be an irritation to the fascia at its attachment to the heel bone. This is usually a little sore in the morning, but "runnable."

The only problem is that you tend to irritate the area when running, especially when you are in spikes and running uphill on the toes. This causes the fascia to stretch and to pull at its insertion on the heel bone.

The heel cushions are a good idea, and eliminating street running and treadmill running is also advised. I would add an ice pack for six minutes after workouts. At night, soak in hot water for 20 minutes. A Jacuzzi-type of device is even better.

You should stretch the Achilles and possibly consider night splints to keep the tendon at a stretch. The use of physical therapy with ultrasound and hot water is advised at this point.

Multiple heats in both the 100 and 200 are a problem as your foot does not get a chance to recuperate. You are constantly irritating it. Do not sit down after your heats, but continue walking to keep the fascia stretched. You may even want to use some moist heat between runs. Apply ice after you have completed the day’s runs.

You may also want to have the arch taped for these sessions. This will lessen the stress to the fascia. Also, remove your spikes right after you run and don a heavier pair of workout shoes.

Once the pain and stiffness are gone in the morning, you have probably resolved the condition. [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.]

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**Cotton Row 10K**

Continued from page 1

W40+ race in 37:48. She had planned to run Cotton Row in 1998 but had to cancel at the last minute due to injury.

Tuttle, fresh off a masters course record 29:52 at the Gum Tree 10K, Tupelo, Miss., two weeks earlier, had hoped to challenge the open field. However, a sinus infection during the week leading up to the race adversely affected his run. He finished ninth overall.

"The race felt like it went out really fast, and I thought we were sprinting," Tuttle said. "But after the first mile, I realized we weren’t really going that fast. I guess it was just a slow day."

Tuttle, an industrial arts middle school teacher, did have the distinction of becoming the first former overall winner (30:22 in 1992) to also take a masters title.

Phillip Rowan’s 33:26 would have won the race last year, but he had to settle for another second place.

Rowan, Greenville, N.C., was runner-up to Russian Valery Svetogor in 1997. Peter Gibson, Murfreesboro, N.C., finished third in 34:46. The top five masters received prize money starting at $250 for first.

After the first mile of the women’s race, Valadka pulled away from her competition that included defending Rocket City Marathon champion Jeanne Olash, Louisville, Ky. Both were running the tough 10K course for the first time. Cotton Row is famous for the challenging climb of Mountainwood Hill near the three-mile mark.

"It was even steeper than it seemed when I drove it in my car the day before the race," said Olash. "It’s not that long."

Olash (39:32) held off the challenge of the top local runner, Barbara Saunders (39:50), for second.

Other age-division winners posted impressive times. Anson Clappcott, 55, Savannah, Ga., ran a 37:24, the fastest time among the M50+ finishers. Thom Weddle traveled from Burnsville, Minn., to win the M60 division in 39:00. Rocket City Marathon director, Malcolm Gillis, was top in the M65 group in 42:39.

Among the women, Susie Clutt, 62, Winston-Salem, N.C., ran a 47:12, faster than all other W50+ runners.

Fifteen runners completed their 20th Cotton Row. The number decreased by one this year when Lynn Bembry, Fayetteville, Tenn., had to miss the race because of a heart condition.

Bembry’s cardiologist is Jon Turner of Huntsville, also one of the select 15 with a perfect Cotton Row completion record.

"We tried to get Lynn ready to run again this year," Turner said. "I told him I thought it was safe to run if he would use caution, but his wife thought he would get out there and run hard." Bembry opted for the two-mile instead.

Ray Moses directed the race for his first time, after Lawrence Hillis had served in that capacity for six years. There were 1712 entrants registered this year, almost the same as last year.

An additional 698 ran the two-mile.
**Two U.S. Records Fall in Irvine Meet**

by JERRY WOJCIK

IRVINE, Calif. — Two U.S. age-group records were set at the Dan Aldrich Memorial Meet held at the University of California at Irvine on May 30. The meet is one of the oldest continuous masters meets in the country, having originated as the Grandfather Games in the early 1970s by George Ker and later moved to the UC-I where it became the Anteaters Meet, and then renamed to honor Aldrich, who was the chancellor at Irvine during the university's inception and a standout masters thrower. Nearly 200 athletes from ages 17-89 competed, with Anthony Castro, at 89, the oldest.

In the mile, Jeanne Hoagland broke the national W60 record for the mile with a pending 6:33.33. The present record stands at 6:35.55. In the pole vault at Irvine, Terry Cannon exceeded Boo Morcom's U.S. M60 record of 12-3½ in 1984 with a 12-6.

Other athletes who stood out on the track included Jim Selby, M70, who won the 100 (14.79), 200 (30.61), 400 (70.20), and mile (6:01.61); Maria Murphy, W40, who ran the best women's mile of the meet in 5:06.73, which should place her high in the 1999 rankings, led by a 5:25.9 in 1998, and the fastest 800 in 2:21.46; Ben Rosales, M40, who won the 200 (23.12) and 400 (51.78), and Eugene Driver, M45, who took wins in the same distances (24.24 and 56.53).

Jason Meisler, M40, topped all other high jumpers with a 6-0努力. Bill Gardner, M45, was the farthest in the shot put with a 46-11¼. Joe Marino, M60, outthrew everybody else in the discus with a 152-1. Larry Stuart, the M60 world record holder at 212-5 in the javelin, settled for a 193-0, after fouling three of his six attempts.

The meet was well-staffed by USATF officials, volunteers, and the UC-I men's and women's track team and staff, and directed by Mac McCormick. Anthony Craddock of Santa Barbara provided a $300 donation for the expense of the timing equipment at the finish line. Proceeds from the meet go to the Dan Aldrich Memorial Scholarship Fund, established in 1994 to assist the track and field program.

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**Southeastern Meet**

Continued from page 1

3341, broke U.S. age-group records in the weight pentathlon.

Edith Gray, W60, broke two meet records, and a Canadian record, in the high jump with a 1.274-2, an age-graded 89.4%. The best masters women's and men's performers in the 5000 racewalk were Ann Marie Rosenitsch, 58, of Canada, with a 77.2% 32:40.5, and Bob Mimm, 74, Willingboro, N.J., with an 83.0% 31:52.0.

Meet founder, Bob Boal, 87, set a meet record of 3:5 in the high jump. During the awards banquet, Boal was presented with a plaque, denoting his induction into the USATF Masters T&F Hall of Fame.

At the banquet, special awards were given to outstanding performers in their age groups. Pay Carstensen, M55, and Carol Young, W55, were awarded the Nolan Fowler Award for the best masters age-graaded hammer throws. The Bernice Holland Award went to Erika Messner for the best overall performance in the throws.

Essie Kea, W60, and Doreen Carmichael, W65, shared the Phil Raschker Award for the best combined age-graded performance by a woman in the 100 and 200. Raschker, 52, competed in the meet, winning the W50 100 with an age-graded 94.0%. The Ervin T. Mitchell Award for the best age-graded performance for a male master in the 100 and 200 went to Marion Harrison, 60, who ran the 100 in 12.2h, age-graded at 95.0%, and the 200 with a 92.3% 25.97.

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**Oklahoma Masters Athletic Meet**

**Track & Field in the Heartland!**

**July 23 – 24, 1999**

**East Central H.S., TULSA, OKLAHOMA**

Hosts: TEAM OKLAHOMA Masters Track & Field Club

**MASTERS COMPETITION Begins at AGE 30+ IN 5-yr Age Groups**

**OPEN DIVISION**

For under 30, & This Year: Thrower's Pentathlon!

**Entry Fees:** Received by July 21; $5 per event. $15 per additional event. Relays $15/team *** Received after July 21, and late fees $5**

**Entries close 1 hour before scheduled start.**

Schedule: Times are approximate, events held in order listed:

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<th>Event</th>
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<th>Sunday Morning</th>
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All events ran as timed finals, except the 100 which will have prelims only if needed. USATF sanctioned meet. USATF rules including Masters exceptions. Age groups and sexes may be combined in each heat. Relay teams must wear same uniform top. Declaration run 1 hour prior to scheduled start. USATF Certified Officials. Medal to top 3 in each age/sex division. Directions to track: located in northeast Tulsa, on 11th street one-half mile west of Interstate 44.

**In consideration of my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release forever, and all and any rights, claims or damages I may acquire against the TEAM OKLAHOMA Masters Track Club, Tulsa Public Schools, Oklahoma Association of USATF, any individual associated with the operation of this meet and all sponsors of this meet, their successors, representatives and assigns for any and all injuries sustained, including permanent, while traveling to and from and while participating in the Oklahoma Masters Athletic Meet held on July 23 and 24, 1999.

Signature

**DATE**

Best 1998/1999 performance in events entered:

**Event**

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July 1979

- Gas Crunch Affects Turnout in Grandfather Games, Los Angeles
- 45 Meet Records Set at Masters Sports Association Championships, NYC
- Nick Newton, 45, Top Master in 100m (11.73) and High Jump (5-8), Mt. SAC Relays

Masters Racewalking
by ELAINE WARD

Jonathan Matthews - Master of Time
(Part II)

On March 20, 1999 in Manassas, Virginia, Jonathan Matthews, 42, competed in the World Cup Trials 20K racewalk and finished third, setting a new age-group record with a time of 1:24:56. In part I of his interview, he discussed the problems he had to overcome and the race itself. In Part II, he discusses his training. - EW

EW: How important is being relaxed to racing well?

JM: A big factor. One of the advantages of having a training log and comparing workouts with past ones is the confidence it gives so you can relax. I think a lot of men and women might sabotage their best efforts by being too overwrought with anxiety about their performances. I try to look at my racing in as matter-of-fact a way as possible. I look at racing as a very straight forward thing. You put in the very best possible training, get out there, and see what your body will give you.

Some days, like in the 50K, your body can’t give you enough. You do your best to estimate what you can do, you go out at a pace you think is reasonable, and you end up having to shut down. Then other days, like the trials 20K, you go out at a pace you think is reasonable and your body tells you,

"Hey, this is easy. You can even go faster than this." It is hard to say when this will happen, but there isn’t a lot of psychological anxiety involved.

EW: Do you feel that experience has helped you get a more matter-of-fact approach?

JM: When I was a young runner in high school, I was sick to my stomach before a race. So much seemed to be on the line. I had a fair amount of self-confidence, but I wanted to do well so badly that I was incredibly nervous. I’m sure it hurt my performance. But after you have done endurance racing as many years as I have, it all becomes familiar. It doesn’t necessarily become physically easier, but it does become psychologically easier.

EW: How would you tell a person to become more objective about racing?

JM: I would say try to look at racing as a physical issue. Either you have done the necessary training and your body is ready for a certain performance, or it is not. Race day is a type of discovery experience. You go on the line, and it is sort of like, “Gee, let’s see what my body can give me today. I have done the best I can to prepare it. If I am here, I am putting it on the line and so is everyone else. Let’s see what happens.”

 Personally, I don’t feel that I am battling anyone or that there is some kind of pressure to do something that is greater than I am capable of doing. I can only do what I can, and my body is going to give me whatever it can give me.

EW: In other words, you do not wear your ego on your feet or carry extra mental baggage into the race?

JM: I think that is the case. I think my approach also allows me to have a performance like happened at the World Cup Trials. I could have been thinking, “Okay, the old masters record is 1:29:36. If I want to get that record, I should go out at a pace that is a little faster than that.” Or, “Gee, I want to make this World Cup Team. This will be my last chance; therefore, I am going to go out in fifth place and do everything I can to guard fifth place. If I have to sprint at the end to get it from some-one, I will.”

I wasn’t looking at the race in such calculating terms. I don’t mean I didn’t want to get a record and to make the World Cup Team, but the main focus was on racing and finding out whether the added weeks of training on the road and on the track had led me to be really fit. I look at racing as an occasion of self-discovery, more so than all the other aspects.

EW: What were the maximum workouts you were doing for your 20K performance?

JM: There are lots of different ways to train, but the workout that is best for me is the lactate threshold workout. This means repetitions on the track of either two or three miles at 90% maximum heart rate. As I wear a bit heavier shoe in training, it is a pace that is about 10 seconds per mile slower than my 20K race pace.

In the couple of weeks leading up to the race, I was doing 2 x 3 miles at an average pace around 7:06 per mile. Based on past performances, it turns out that I race about 10 seconds per mile faster than these lactate threshold workouts. That made me think I could probably race somewhere around 6:56 per mile. In fact, my average race pace was 6:53, which again may be due to the altitude effect.

EW: Then your maximum quality workout is doing two 3-mile intervals?

JM: It’s not a whole lot, is it? But it’s true. Also, I tend to take two days easy after every hard workout. I never have done a whole lot of distance or even that much volume with my faster stuff. For instance, in the last three weeks before I started tapering for this race, my weekly mileage was 60-67.

EW: So essentially, you keep your body well rested.

JM: In the past I have tried to do more quality work and to take only one day easy in between hard days, but it just doesn’t work. I can do this for maybe one week or so, then I start to get run down. I think if I end up getting fit this year, it’s going to come by doing more quality work during a regular session. Maybe I can get up to 3 x 3 miles or maybe I can add something else. But I still think I am going to have to take two days of easy walking in between the harder efforts.

EW: Do you do any short stuff?

JM: I do a little. I typically begin my lactate threshold workout with 200s just to get the legs loosened up; and sometimes I will finish with a few 200s to put a little speed back in the legs.

I know the latest science in the running magazines says the best way to raise your lactate threshold is not to do lactate threshold workouts, but do things more at your 5K race pace. That is the most recent science, but they are talking to runners who are going out to do 10K in 25 minutes. For racewalkers, we are racing approximately three times as long. I think there may be something different for us in that we benefit from doing longer repeats, even if technically we could raise our VO2 max a little more by doing shorter repeats.

EW: What are you saying is also contrary to the popular thinking of many racewalkers who throw in a lot of short stuff to get fast.

JM: I know, and I may be different in some ways. I have always been someone who built muscle very easily. I was the fastest runner in elementary school and still have my junior high school’s 30 yard dash record. I did a 5.8 in the 7th grade. I am someone who is naturally a muscular, speed kind of guy. Maybe I don’t get as much benefit from shorter, harder stuff as some people do. Instead, I need to focus on endurance work.

As a bike racer, I did 120 miles races. Now I’m doing long racewalks. But I think my body is naturally better suited to the shorter stuff. So maybe, as they say, you find out where your weakness is and work on your weakness. I think my weakness is in the endurance area - extended endurance.

Maybe for someone who is more of an endurance person, it makes a lot of sense to do repeat kilometers or less. I have experimented a lot. Training for the 20K at the 1992 Olympic Festival in Los Angeles, I did an early tempo phase and then went into a sharpening phase with short, VO2 max repeats. I did a classic buildup according to the books. I felt great the first 10K and was walking just behind Allen James. After 10K I had nothing left. I absolutely ran out of gas. I had a horrible race and lost maybe five positions in the last 10K.

So experience has taught me that my hard and butter workouts are lactate threshold efforts that aren’t even a 20K race pace, but not that much slower either.
Long-term Effects of Exercise

In 1984, the Fifty-Plus Runner's Association recruited 561 members who agreed to a long-term study of the effects of aerobic exercise. A Stanford community sample of 469 persons from the Lipid Research Clinics study was recruited to serve as a control group. All were 50 to 72 years of age. With few dropouts, most completed yearly questionnaires for 15 years.

The goals of the study were to assess the long-term effects of running and other aerobic exercise activity on mortality, disability, medical costs, bone density, fractures, and development of osteoarthritis.

More than 20 major studies from this project have been published. Study participants now average 74 years of age. Some of the major findings, as reported by James F. Fries, M.D., in the Spring 1999 issue of the Stanford Medical Center: Long-term Effects of Exercise newsletter, were:

- Of the first 38 deaths, 30 were in the control group and only eight among the runners.
- Runners developed disability at only one quarter the rate of non-runners.
- Runners developed osteoarthritis neither more nor less rapidly than controls.
- Runners had 20% greater bone density than non-runners.
- Runners had fewer osteoporotic fractures of spine and hip; they had more fall-related and exercise-related fractures.
- Runners had 30% lower medical care costs.
- About half the runners have stopped running, but nearly all continue to exercise vigorously.
- Through 1995 there have been no hip or knee surgical replacements in the runner group.

More than 20,000 individuals from 23 states plus Mexico and Cuba, strode a total of 34,336 meters, and Donna Chamberlain, representing the California Walkers, with 12,210, was very pleased by the return of the International Division and hopes to see increased participation in the future. The 1998 champion was Bernardo Segura, of Mexico, the current 20K world record-holder, with a total of 15,405.

Yeager, Chamberlain Tops in 1-Hour Postal Racewalk

by JANE DODS

Total competitors in the 1998 1-Hour Postal Racewalk numbered 269. These walkers, hailing from 23 states plus Mexico and Cuba, strode a total of 2,416,943 meters – nearly 1.5 million miles.

Climching the masters titles were Warrick Yeager, M40, representing the Potomac Valley TC, with 12,768 meters, and Donna Chamberlain, W40, representing SAC, with 10,996. Sandra DeNoon, unattached, was a close second to Chamberlain with 10,911. A number of new individual records were set. Not far behind Yeager was Don DeNoon, M55, whose 12,428 erased Dave Romansky's 1997 record of 12,027 in that division. Jack Starr became the first M70 to crack the 10,000 barrier with his outstanding 10,199, thereby toppling Howard Channell's 9824 set in 1990. In the W75 division, Jane Dana's 8992 swept past Velma Jacobs' record of 7830 set in 1991.

Two team records were also set. Potomac Valley's Jim Carmines, Bruce Booth and Norm Frable stepped out for a total of 34,336 in the M50 division, overtaking Potomac Valley's own mark of 34,193 in 1997. Marin Walkers' Jack Bray, Jim Stuckey and Ed Lane zoomed to a total of 30,508 in the M60 division to erase their own club's record of 30,208 set in 1996.

The overall USA winners were Curt Clausen, representing SAC, with 14,134 and Victoria Herazo, representing California Walkers, with 12,210.

Race coordinator Elliott Denman was very pleased by the return of the International Division and hopes to see increased participation in the future. The 1998 champion was Bernardo Segura, of Mexico, the current 20K world record-holder, with a total of 15,405.
On The Run
by HAL HIGDON

Beating the Heat

On a soon-to-be hot and humid summer day, I rose early in the gray before dawn and quickly donned shorts and T-shirt. A five-minute jog took me to a nearby golf course, where the grass was still wet with dew. The golfers had not yet claimed their fairways; even the maintenance workers had not yet arrived to start their chores. For a magical 20 minutes, I was alone with nature, free to frolic back and forth on the grass before the temperature rose to levels of discomfort.

It is such moments that we live for as runners. It is why we persevere during the winds of winter. On one recent golf course workout, I spotted a deer near one tee. It slipped quickly back into the bushes as I approached.

That’s the fun part of summer; the not-so-fun part is that it can get hot, humid and uncomfortable. When the temperature rises into the 80s and 90s, you may long for those winds of winter.

Nevertheless, given the choice, most of us prefer the freedom of summer vs. winter clothes. But how do you beat the heat when shedding one more layer would get you arrested for indecent exposure?

Here are some tips for staying cool this summer:

Run Early: The coolest part of the day is at dawn. Running at 6:00 a.m., or earlier, allows you to enjoy the sunrise and jumpstart your day. If you have difficulty in getting going, lay out your running gear the night before so you don’t have to think. A cup of coffee may help push you out the door.

Run Late: Not as good as running early, because temperatures remain elevated even after sunset, but you at least can avoid the direct rays of the sun by running at 6:00 p.m., or later. Warning: Pick a safe area. Run with a friend or a dog. Bad people lurk in the dark.

Run Slow: You can’t run as fast when overheated, so don’t compare hot-weather workout times with those done on cool days. Warning: a heart monitor can help you measure stress. You’ll notice the hotter it is, the more rapidly your pulse will rise: a signal to take it easy.

Run Short: One way to ensure you won’t overheat is to run shorter distances, which will allow you to maintain a faster pace. (This advice may be difficult to follow, however, if you’re training for the marathon.)

Run Intermittently: Blend walking with your running. Slowing to a walk will allow your temperature to drop. You’ll be able to run more comfortably when you start again.

Learning how to walk in the middle of a run is an important finishing strategy marathoners need to master.

Run Hydrated: This advice is so obvious, it’s surprising how many otherwise intelligent runners ignore it. Drink frequently before, after, but especially during workouts. The Chicago lakefront has water fountains every mile; use them! If you run in an area without fountains, wear a water belt.

Run Covered: Never run under the sun without a hat. Marathon training class leader Chris Knaus believes so strongly in this advice that she passed out caps last summer to everyone in her training group. You’ll stay cooler if you provide your own shade, but, more important: you’ll avoid the danger of skin cancer.

Run Smart: All of the above advice adds up to the point that if you learn to manage your summer training intelligently, you can avoid the dangers of overheating and enjoy your warm-weather workouts.

Running in the summer is fun. It certainly beats the winter alternative.

(Hal Higdon, Training Consultant, The LaSalle Banks Chicago Marathon, is Senior Writer for Runner’s World. Hal’s training schedules can be found on his web site: www.halhigdon.com.)

“...if Leopold and Loeb had been runners, they might never have committed the Crime of the Century.”

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

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

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

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

— Hal Higdon

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The Weight Room
by JERRY WOJCIK

Gage, Finsrud Go Best in Greeley

GREELEY, Colorado – Horace Greeley’s advice, “Go West, young man,” didn’t have much application to the participants in the USATF National Masters Weight Pentathlon Championships held here on June 12, in the city, 40 miles north of Denver, named after Greeley, the New York Tribune editor and political leader of the 19th century.

First off, “young” had limited employment, with what 24 of the 31 men and 10 of the 13 women in the 50-plus-and-ultra range. Secondly, “man” didn’t fit easily, with women competing well over a third of the total entry. Finally, the competitors not only went west from New York and New Jersey but also went east from Oregon and Arizona, north from Texas and Florida, and south from Montana.

The weather, which on Friday included a four-inch hail storm south of Denver, behaved itself until about 10 a.m., with 24 of the 31 men and 18 of the 13 women scoring. Gage is the men’s top scorer with a 4837. Carol Finsrud, 42, of Lake Charles, La., emerged as the men’s top scorer solely by Bob Stone, a long-time thrower from California. Lewis has a pending W35 national record of 3594. The tough M55 group had three throwers over the 4500-point mark: Wendell Palmer, 67, Pampa, Texas, 4723; Bob Ward, 65, Dallas, Texas, 4634; and Len Olson, 67, Dayton Beach, Fla., 4507. Both Palmer and Ward broke Olson’s U.S. M65 record of 4568.

David Scholthauer, 81, Westport, Mass., the oldest male competitor, scored 2903 to establish and pending M80 record. The 13 female competitors set an unofficial record for women participants for this championships, which, in the past, has rarely drawn more than a half-dozen women. National records were set by Oneita Lewis, 39, Bayside, N.Y., who scored 3447 to better Joan Stratton’s W35 record of 3341, and Betty Jarvis, 83, Tahlequah, Okla., the oldest competitor here, who established a pending W80 record of 2681.

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As top scorers, Gage and Finsrud had a choice of commemorative Olympic plates donated by Stone. The medals and awards were given out at the post-meet BBQ held in the stadium’s High Plains Room. Meet T-shirts show an outline of Colorado with a star for Greeley’s location and a columbine flower in memory of the victims of the Columbine High School massacre.

Two features of the meet that participants hope would be adopted by future meets was use of start times by age groups and the first-ever, at this event, distribution of the complete results at the BBQ.

Dr. Scott Hill, head track coach at UNC, was the meet director, assisted by local competitors Tim Edwards and Ian Percy, student athletes and the coaching staff from the university.

The 2000 Championships are scheduled for September in Pampa, Texas, 50 miles southwest of Amarillo, under the direction of Wendell Palmer.

Age-Graded Scoring of Weight Pentathlons

by REX HARVEY, USATF Masters Multi-event Coordinator

The introduction of the weight pentathlon into WAVA has been a truly successful grassroots effort. First, by volunteer effort and with popular demand, weight pentathlons were held immediately after, and in conjunction with, the 1987 WAVA Championships in Melbourne, then also in Eugene in ’89 and Turku in ’91.

The next step forward was to hold the weight pentathlon as an exhibition event during the 1993 Miyazaki Championships. Finally, in 1995, in Buffalo, the weight pentathlon became an official WAVA event. As some of us predicted, it has become as popular as, if not more than, the traditional track & field combined events. This year’s WAVA Championships in Gateshead has over 600 entrants in the decathlon/heptathlon and the weight pentathlon.

As a combined event, it is obviously more of a challenge than any single event and, indeed, of any collection of single events. It is an event of its own.

Its specified event order and event timing, and the limited number of throws, require that it be approached differently from the specialty events.

As would be expected, most of the current leaders in the event are converted specialty throwers. But, at some time in the not too distant future, weight pentathletes will dominate. These weight pentathletes will work to become proficient in all of the events and not just some. They will see that there are more overall points to be gained by improving a few meters in the javelin than the considerable effort it takes to put the last meter or two on top of an already good discuss or hammer throw.

Here is a short explanation for those of you who pay enough attention to combined events to wonder about the details of how they are scored using WAVA age grading. The basic concept is really very simple. It is some of the small details that tend to confuse people.

In general, scoring of the weight pentathlon is exactly the same as the scor-
Hand-Timing vs. Automatic

In the March NMN, I suggested that we, the administration of Masters Track & Field, were not fulfilling our responsibilities in maintaining records. The emphasis of the column was on our failure to have meet directors, USATF Association Masters T&F Chairmen, and our National Committee ensure proper documentation of the record performances in our sport.

This month, I suggest that, in addition to failing by omission, we also fail by inclusion — accepting marks that should not be records because they are hand-timed.

On Jan. 1, 1981, U.S. and international events imposed the requirement on records in the sprints (400m or less) that they be automatically timed. The Masters T&F Committee has never had an exemption from this rule for masters records. Thus, since that date, we should have accepted no hand records. Thus, since that date, we should have accepted no hand records. Therefore, since that date, we should have accepted no hand-timed records. But the 11.2 could have rounded up a second, as it was around 11.44, and that is a fair one.

I am by no means an expert in the physics of timing, but I see why automatic timing is used. What's wrong with hand times? At least automatic times are reproducible. Automatic times are linear. Hand times are not.

Hand times are only as good as the mechanical accuracy of the watch, the hand of the timer, the quality of the writing, and the quality of the paper. In many instances, the hand-timer has failed to record the time at the start, but not so much at the finish. Thus, in general, hand times are faster than automatic times, which are triggered automatically by the gun.

Hand times are reported only to tenths of a second (rounded up), but automatic times are reported to hundredths. We add 0.24 seconds to the rounded-hand-up time (0.14 for lap races). Where does the 0.24 second come from? It's the accepted figure by the governing bodies.

Consider a hand-timed 11.2 second 100m. What would the auto time have been if we had had that equipment there? We like to think it would have been around 11.44, and that is a fair number to use when seeding runners. But the 11.2 could have rounded up a hand-time of anywhere from 11.11 to 11.20.

Human Variance

Thus, there is at least an 0.05 second uncertainty on that 11.44 number, in addition to variations in reflectors and quality of timers, so it is not a legitimate number to use when establishing records.

Nonetheless, we have introduced the 0.24 second differential into an idea of "intrinsically better" for breaking hand-timed records. Thus, if we list 11.2, an 11.43 or better will replace it.

And one by one we have done just that, replacing most of the old hand-timed records. But some still remain.

But this is the reverse side of the coin. We list Hal Higdon's 5000 mark as the best ever, knowing there are superiors. And we list, for one example, his 11.12 in the M50 100m, knowing that it may not be better than an 11.43.

Here's the suggestion: get rid of all the sprint hand-times as records. Replace them with the best valid automatic times. List the appropriate hand-times as notable performances.

Remarkable Performance

But here's the irony. In 1987, Dennis had a spectacular season. The August National Masters News headlined Dennis' records, describing his 11.22/2.9 double as "one of the most amazing one-day performances ever seen in masters track & field.

He followed that with an 11.43 a week later at the West Regionals, then posted (windy?) marks of 11.14 and 11.03 at the Nationals, followed by an 11.31 (legal) semi and an 11.24 (windy again) final World Championship win.

It would appear the appropriate mark for us to have approved would have been the 11.31. Instead, we publish the 11.2 hand-time. So his 11.31 gets ignored, and he and we will lose the record to an 11.43.

Difficult Choices

So how are we going to clean this up? Are we going to wait until someone runs 11.43? Or are we going to reach back to 1987 for the 11.31? Maybe it will be Steve Robbins' 11.24 to win the World Championships in 1995. Or maybe we can use Stan Whitley's 11.38 from last year's Nationals. Or maybe there are others.

There is the problem. By accepting and listing hand-times for events longer than the rest of the sport, we have failed to validate the automatically timed efforts which we now recognize as superior.

As a result, we may never know which — Dennis, Robbins, or Whitley — should have the record. And when Bill Collins is 50 in 2001, which mark should he target?
“Wind-Aided,” My Foot

Isn’t it time for track & field to get rid of the term “wind-aided”? It’s a rare meet when the wind blows at a steady 20 miles per hour, except maybe in Oklahoma, the only state where I ever ran on a grass track, because, otherwise, the wind blew the cinders away.

It is odd the way wind-aided and wind gauges apply at track meets. In field events, it depends on the implement. The discuss and javelin generally fly better and travel farther when thrown into a head wind, a real advantage. How come discuss and javelin records aren’t taken away when a head wind is above a certain limit?

Tail Wind Preferred

Shot putters and hammer throwers seem to prefer throwing with a tail wind, but no one cancels their records because “they are “wind-aided,” no matter how hard the wind blows.

The field events have other inequalities. The pole vault is generally run with a tail wind because it is darn hard (and dangerous) to vault into a head wind. When the weather changes and the wind shifts direction, the entire event may be halted to turn the standards around and vault with the wind. But nobody takes away a world record because a vault is wind-aided.

High jumpers are at the total mercy of the wind, particularly a gusty one. As in the pole vault, a high wind speed can also affect how and whether the bar stays up or gets “blown off.” But high jump records are not negated because a jump is “wind-aided.”

The long jump comes the closest to running events. It is the only field event where a wind gauge is used. Anything above a 2-meters-per-second (mps) is disregarded for record purposes (unless, of course, a trainer or teammate stands in front of the wind gauge during a jump!). Jumping into a headwind is certainly not conducive to jumping long, but jumping with the wind negates any record.

No Deduction

In multi-events, such as the decathlon or pentathlon, you don’t get any points deducted because you ran your 100 with a tailwind. According to Rex Harvey, multi-events have an allowable wind limit of 4.0 mps, or double individual events. So, Dan O’Brien can run a decathlon 100 with an allowable 4 mps tailwind and count it toward a world record, but Maurice Greene’s recent 100 in a world-record tying 9.84 at the Prefontaine Classic in Eugene was disallowed, because the tailwind was 3.50 mps.

Three other track events are affected by wind gauges: high hurdles, 100 and 200. All the other track events involve at least one full lap. This assumes that headwinds and tailwinds even out, but this is not always true.

I once ran a 400 at the U.W. Husky Stadium in Seattle, Wash., with a swirling tailwind for virtually the entire race.

The high hurdles, like the pole vault, can be run with either a tailwind or headwind. In high school and college, high hurdles were normally run with wind for the safety of the athletes. Occasionally, a very long-legged hurdler would get crossed up, but hurdlers running into the wind too often clobber one or more hurdles. Perversely, masters meet directors refuse to run masters hurdle races with the wind, even at WAVA championships (such as the one in Buffalo). High hurdles are difficult enough without the added burden of running into a strong (15 mph) headwind.

The 100 and 200 also use the wind gauge, but since there are no hurdles involved, at least there is no danger in running into a head wind. But I maintain that the term “wind-aided” is generally incorrect.

World’s Fastest Human

The formula for converting meters-per-second into miles-per-hour is: mps x 2.235 = mph (2mps = 4.47 miles per hour). This caused the uproar over the world’s fastest human. Donovan Bailey ran 9.84 (22.7 mph) in the 100 at the last Olympics, while Michael Johnson ran 19.32 for 200 (23.1 mph). That is why they set up the much bally-hoed 150m duel race in which Johnson pulled up lame.

Even masters in short sprints or the long jump can approach 8mps (18 mph), well above the “wind-aided” allowance of 2mps (4.47 mph). At tail winds of 8mps or less, you are not really being pushed or “wind-aided”. In fact, you are still running into air. It is only when steady wind speeds exceed 18 miles per hour, like in Oklahoma, that one might consider “wind-aided” to be a factor.

If we call wind speeds below 2mps, “wind legal,” what should we call wind speeds above 2mps and below 8mps? How about just “positive wind factor”? After all, we have age factors, why not wind factors. Thus, we could have:

• All headwind = negative wind factor
• 0.0 to 2 meters-per-second = wind legal
• 2 to 8 meters-per-second = positive wind factor

And everybody could still say at the end of their race, “I’m winded!”

Masters Age Records

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1999 Indoor Rankings Completed

by JERRY WOJCICK, Indoor Rankings Coordinator
The McMahon Family Trust Masters Indoor T&F Rankings for 1999 are published in this issue on pages 19-22. They are based almost entirely on results published in the National Masters News. Other marks which did not appear in the results were sent with verification to the compilers.

The lists were compiled by Larry Patz of New Hampshire, David Ortman of Washington, Jim Gerhardt of Texas, and Bill Benson of New York. We masters owe them a debt of gratitude for their voluntary contribution of time and effort.

For the first time since publication of the indoor rankings, the superweight is included. Marks for the indoor weight and superweight will be carried over into the 1999 outdoor rankings if not superseded by an athlete’s outdoor marks.

Changes and corrections to the 1999 rankings should be sent to Indoor Rankings, NMN, P.O. Box 50098, Eugene, OR 97405, for publication in the November issue.
Visalia Masters Wins Title at Freihofer's 5K

ALBANY, N.Y. — Carmen Troncoso has had a long, successful racing career, and when she turned 40 on April 2, a second career began as a masters runner. At the USA Track & Field 5K Championships, also an Indy Life Circuit event, hosted by the 21st Freihofer's Run for Women on June 5, Troncoso wasted little time establishing herself as a top master as she produced a convincing victory over two former USA 5K masters champions at Freihofer's — Ruth Wysocki and Jane Welzel.

At the start, Troncoso and Wysocki went out together and the pair hit the tape in 16:37, the fifth fastest winning masters time at Freihofer's. She earnings $1500 for her win. Overall, the Austin, Texas, resident finished 19th. Wysocki, 42, Canyon Lake, Calif., was second master in 17:15. In 1997, the 1984 Olympian won the U.S. masters crown in 16:06, which is the current masters world 5K record. Patty Valadka, 41, from Houston, placed third master (17:20), while 1996 champion, Welzel, 44, from Ft. Collins, Colo., was fourth in 17:29.

"I'm very pleased," commented Troncoso. "I wanted to go out hard. My first mile was 5:15. From then on it was mental — just stay there and hang tough. One of the things that kept me going was knowing that Ruth or Jane could be right there."

Troncoso's performance was also the top age-graded time and, as a result, she pocketed another $1500. Based on the 1994 WAVA tables, her 16:37 equates to a 1:50 open performance. In addition, she produced the only world class time (90%) or more.

As the fourth Indy Life Circuit race for female masters runners, valuable Circuit points were earned at Freihofer's. With her third place (worth 30 points), Valadka moved into first place in the masters division with 51 points. Two-time ILC age-graded grand prix champion Joan Owattay, 55, Sonora, Calif., added to her lead with her second place age-graded performance (worth 47 points). Owattay leads Victoria Crisp, 46, Nashville, Tenn., by 37 points, 288 to 251.

At Freihofer's, an ILC record 80 women scored over 70% on the WAVA tables. The previous record was 77 women from the 1998 race. Only the top 44 age-graded runners over 70% can earn Circuit points. Toshiko d'Elia, 69, from Ridgewood, N.J., set the only U.S. single age record with her 24:33. The previous record was 24:13 by Helen Dick from 1994.

The next Indy Life Circuit race (men and women) is the Crim Festival of Races 10 Mile in Flint, Mich., on Aug. 28. The 3rd Indy Life Circuit, sponsored by the Indianapolis Life Insurance Company, features eight races and $90,600 in race prize money (masters overall and age-graded) plus a $50,000 grand prize purse. USA Track & Field coordinates and directs the Indy Life Circuit.}

NEW BOOK WILL HELP TO KEEP YOU YOUNG!

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

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

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

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

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

Book Cost: $8.95 + $1.00 tax = $9.95 Shipping and handling $2.50 TOTAL $11.95
Off to Gateshead

L

ike more than 500 other USA masters athletes, I am looking forward to the Gateshead experience. The organizing committee has long been preparing for the multitude of athletes who will descend upon the British Isles for the meet. The state of readiness relayed to us by our WAVA officials encourages confidence that the 1999 WAVA Championships will be very memorable.

The WAVA, meetings, to be held in conjunction with the championships, will, among other important items, bring us up to date on progress of the WAVA International Masters Games Association partnership and the direction this movement is taking. I am anxious for the update, especially so we can evaluate the impact on our membership.

To all traveling to Gateshead, have a safe journey and pleasant visit. I look forward to seeing you there.

Orlando

Some individuals have been spreading rumors on their private web sites that have caused people to question whether or not our 1999 USATF Masters Outdoor Championships will be held as scheduled at Disney World. Of course it will. There was never any consideration given to doing otherwise.

The USATF legal department and Disney's legal representatives have been working on the final contract draft. Masters Championships Committee Chair, Scott Thorsney, and I have been in consultation with the responsible legal persons and have recently been advised that the passing of documents for signature is proceeding.

Within the past year, Disney World of Sports revamped their administrative structure. New personnel have been assigned to the various sports events. Some lack of experience and the timing of these assignments put the planning and dissemination of information on a late course of action.

Scott Thorsney and Regional Coordinator Bob Fine have been working closely with the Disney management to firm up event schedules, etc. We will inform all, via the National Masters News. If you have individual concerns not covered by the releases, feel free to contact Scott, Suzy Hess, or me and we will do our best to answer your concern. Be assured that we are planning for a fine meet.

Web Site Report Card

If you are one to spend time on the Internet, you will have noticed on a private web site that I recently received a "report card" for my work as chairman. I think the last time I got such poor grades. I was in 5th grade of elementary school. I don't think the teacher liked me.

I apologize to those of you who are actively involved with the committee and attend committee meetings -- you may not find the following paragraphs very interesting reading. The information printed here is intended primarily for the uninformed. I sense from the grading criteria used, that the webmaster has no clue as to how our committee operates and who is responsible for what. When the webmaster is critical of the chair, he is in reality taking the entire committee to task. Perhaps the following synopsis of our bylaws will help him understand better.

We are a dedicated volunteer (non-compensated) group that conducts business as a committee, composed of association members, amateur sport organization members, official representatives, memhod, elected officers and active athlete members.

Most masters track and field business is conducted and acted on at the annual meeting of USATF. Other general meetings of the committee may be held in conjunction with the Masters Indoor and Outdoor National Championships.

Special meetings may be called when deemed necessary by the Masters Executive Committee, which is composed of the chair, vice chair, secretary, treasurer, board of directors representative, championship subcommittee chair, regional coordinators and active athlete, with an additional member appointed by the chair. The executive committee is empowered to conduct the business of the committee between meetings of the committee.

Specific Responsibilities

Within the committee there are standing subcommittees or special subcommittees which are appointed by the chair and who are responsible for specific tasks, sport subcommittees and administrative subcommittees. The bylaws identify the various committees and their tasks and responsibilities.

Officers of the committee are chair, vice chair, secretary and treasurer. They are elected during even-numbered years at the annual meeting of the committee. Each officer has specific duties and responsibilities outlined in the bylaws.

Chair's duties include: (a) presiding at all meetings of the committee and executive committee, (b) ensuring that all duties of the committee are properly carried out, (c) appointing subcommittees with the authorization of the committee, as may be necessary, (d) keeping committee members informed of events concerning the committee, (e) keeping the president and CEO (USATF) informed on committee actions and recommendations, (f) preparing and submitting appropriate documentation with proposed budget to USATF's budget and finance committee, (g) causing to be kept and forwarded to all committee members, the minutes of all committee meetings, (h) submitting reports to masters athletes via appropriate publications (National Masters News), (i) responding to inquiries concerning masters athletics and submitting recommendations, (j) serving on the USATF executive committee and board of directors.

Purpose Defined

It would behoove the "webmaster grade" to study our bylaws, which clearly define the purpose of our committee to act as the masters arm of USATF for the sports of track and field and racewalking as approved by USATF and described in the USATF bylaws.

With such purpose, the committee shall: (a) promote and develop activities related to its sport, (b) provide a full schedule of national championship meets for masters athletes, (c) provide a forum for discussion of USATF and WAVA rules as they relate to masters athletics and submit recommendations for changes, (d) provide liaison to national office have improved. Several masters athletes have been featured in television segments and articles concerning masters athletics that have appeared in national publications. Elite masters athletes are competing in special events at large open meets. This chair is proud of the committee's accomplishments.

Consider Participating

I suggest that those who feel they need to criticize the efforts of others, join the program and become supportive of efforts or, better yet, volunteer for a contributing role. If you really want to be involved and appreciated, learn where you can be most effective. Attend association and regional meetings and start becoming an active participant at national committee meetings. I guarantee you will find this course of action gratifying. I have.
National Masters News

July 1999

Steve Wulf, M45, California, middle distance

Steve Wulf

JERRY WOJCIK

Steve Wulf, M45, California, middle distance

800 Meters

Compiled by Bill Bannan

William Brown 1:55.26

Gordon Wadsworth 1:55.33

Bill Conner 1:55.33

June Brown 1:55.33

Jim Pfeifer 1:55.33

Jeanie Brown 1:55.33

Maxine Conner 1:55.33

Maria Wadsworth 1:55.33

Susan Conner 1:55.33

900 Meters

Compiled by Bill Bannan

William Brown 2:00.23

Gordon Wadsworth 2:00.23

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Jim Pfeifer 2:00.23

Jeanie Brown 2:00.23

Maxine Conner 2:00.23

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Susan Conner 2:00.23

1500 Meters

Compiled by Bill Bannan

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Gordon Wadsworth 3:05.05

Bill Conner 3:05.05

June Brown 3:05.05

Jim Pfeifer 3:05.05

Jeanie Brown 3:05.05

Maxine Conner 3:05.05

Maria Wadsworth 3:05.05

Susan Conner 3:05.05

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Val Marcelli 2:44.28

Ron Feldman 2:44.28

Steve Shureck 2:44.28

Don Velhagen 2:44.28

Grace Velhagen 2:44.28

Robert Velhagen 2:44.28

John Whalen 2:44.28

Mary Whalen 2:44.28

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Steve Wulf, M45, California, middle distance

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SALT: Shake It or Leave It?

In the summer, I sweat profusely and my skin gets crusty with salt. Should I eat extra salt to replace those losses? "I commonly eat processed foods that are loaded with salt. Are they really bad for me?" "I never use salt. I don't want to get high blood pressure."

Many athletes have a confused relationship with salt. They love the taste of salty foods, but hate salt for its reputation of causing high blood pressure. They crave salt after sweaty exercise, preventing hypertension. Are they fit, about salt, or more correctly, sodium (the part of salt associated with health problems), this article can help you decide whether to shake it or leave it.

Does restricting salt reduce blood pressure?

Blood pressure is the force of blood against artery walls. High blood pressure (or hypertension) is a serious medical condition that can lead to hardening of the arteries (atherosclerosis), heart attack, kidney damage, eye problems, and heart failure. Eating salt does not directly cause blood pressure to rise, nor does restricting salt automatically lower it. Only 40 to 50% of people with high blood pressure and 10 to 15% of people with normal blood pressure experience salt-related changes in blood pressure.

The best way to prevent hypertension is to choose the right parents; high blood pressure has an strong genetic link. Alternative ways of controlling (if not preventing) hypertension are to be fit, active, and responsible for choosing a wholesome diet abundant in fruits, vegetables, and low fat dairy foods.

A recent study, Dietary Approaches to Stop Hypertension (D.A.S.H.), suggests a multi-faceted dietary approach can effectively control blood pressure. In addition to moderating salty foods, the D.A.S.H. research suggests you should also: 1) eat extra fruits, vegetables, and lowfat dairy foods for calcium, potassium, magnesium, and fiber, 2) lose weight (if you have weight to lose), and 3) limit your intake of saturated fats (in greasy meats, butter, cream, and cheese) and alcohol.

How much salt does an athlete actually need?

Sodium requirements vary and depend upon how much sodium you lose in sweat. For non-athletes, the National Academy of Sciences recommends at least 500 mg. of sodium per day for baseline health requirements. In the D.A.S.H. study, the subjects averaged 3000 mg. per day, which is slightly less than the 4000 to 6000 mg. sodium most Americans consume daily. Three thousand milligrams is the amount in six small salt packets (such as you might get at a fast food restaurant) or one medium pizza.

How much salt do I lose in sweat?

The amount of sodium you lose in sweat depends upon how much salt you eat. Your body has an amazing ability to maintain a stable sodium balance by eliminating any excess in either sweat or urine. Athletes who eat lots of salt have saltier sweat than those who restrict salt.

The amount of sodium in sweat also varies according to how much you exercise in the heat. For example, the sweat of an unfit, unacclimatized person may contain 1600 mg. sodium per lb. sweat; a fit but unacclimatized subject, 1200 mg; a fit and acclimatized person, only 800 mg. As a frame of reference, the average male's body contains about 75,000 mg. sodium, the amount in 11 tablespoons salt.

If I crave salt, should I eat it?

Yes. Salt cravings are a sign your body wants salt. A rule of thumb is to add extra salt to your diet if you have lost more than four to six pounds of sweat. Too little salt can result in fatigue, muscle cramps, and lack of thirst. Athletes who consciously restrict salt by eating low-sodium spaghetti sauce, salt-free pretzels, and other low-sodium foods often benefit from adding sodium to replace sweat losses if they sweat profusely day after day in the summer heat.

Sodium content of some common sports foods:

<table>
<thead>
<tr>
<th>Food</th>
<th>Sodium (mg)</th>
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<tbody>
<tr>
<td>Fruits and juices</td>
<td>1-5</td>
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<tr>
<td>Meat, chicken, 4 oz.</td>
<td>50-70</td>
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<tr>
<td>Powerade, 8 oz.</td>
<td>70</td>
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<tr>
<td>Gatorade, 8 oz.</td>
<td>110</td>
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<tr>
<td>Milk, 8 oz.</td>
<td>120</td>
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<tr>
<td>Fig Newtons, 2</td>
<td>120</td>
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<tr>
<td>Saltines, 5</td>
<td>180</td>
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</tbody>
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Amer. cheese, 1 sl. 260
Bagel, 1 sm. Lender's 320
Pizza, 1 lg. sl. cheese 600
Big Mac (Nancy Clark, MS, RD, is nutrition counselor for both casual exercisers and competitive athletes at Boston-area's SportsMedicine Brookline. Her popular Sports Nutrition Guidebook, Second Edition ($20) and The NYC Marathon Cookbook ($20) are available by sending a check to Sports Nutrition Services, 830 Boylston St., Brookline MA 02467 or via www.nanclarkrd.com)

Gateshead Preview

Continued from page 1

Championships is the premier international track and field event for men 40 years of age and over, and for women 35 years of age and over. An additional 6000 accompanying persons are expected to attend the 11-day event beginning on Thurs., July 29, providing an estimated economic impact of US$12 million (7.2 million British pounds) to the area.

12,822 Event Entries

The total number of event entries is 12,822, up 13% from Durban (11,363) but down 21% from Buffalo (13,152). Organizers said late entries may surpass the Buffalo total. The 10K cross-country has drawn the most entries (359). The next most popular events are the 200 (879), 5000 (877), 10,000 (860), and 400 (852). The marathon drew 827 entries, less than half that of Durban and the event since Eugene's 1577 in 1989. Even the least popular event – the pole vault – drew a substantial 217 entries.

The number of event entries to be conducted in the stadiums (every event except the cross-country, marathon and road walks) is 10,550. That compares to Durban (8417), Buffalo (10,862), Miyazaki (11,166), Turku in 1991 (9091), Eugene (10,573), and Melbourne in 1987 (9590).

Record High Entries in 7 Events

Seven of the 26 events have record-high entries: 400 (852), long hurdles (303), steeplechase (268), hammer (375), decathlon (250), heptathlon (63), and weight pentathlon (367).

The largest age group is M50 with 1347 event entries, followed by M40 (1294), M55 (1238), M45 (1204), and M60 (1081). The biggest women's age division is W55 (611), followed by W50 (585), W45 (571), W40 (549), and W35 (547).

Next to the host country's total of 1370 participants, the largest contingent will come from Germany (689), followed by the USA (549), Australia (236), France (148), Italy (139), Ireland (138), and Canada (136).

32 Percent are Women

A record 32 percent of the 12,822 total event entries are women, compared to Durban (30%), Buffalo (27%), Miyazaki (19%), Turku (24%), and Eugene (25%).

Competition will be held in the traditional five-year age groups through age 95 plus, beginning Thurs., July 29. Opening ceremonies are set for Sat., July 31. Action then continues through Sunday, Aug. 1, with off days on Monday the 2nd and Thursday the 5th.

While the competition is the main reason for the whole affair, the best experience for most participants in Gateshead will be meeting and making friends with people from all over the world. It's a rare opportunity to talk to people from other nations in a relaxed and common setting.

Good Organization

The Championships are held every other year under the auspices of the World Association of Veteran Athletes (WAVA). This year they will be staged by the Gateshead Organizing Committee, under the leadership of CEO Mike Newton.

"I'm really happy with the organization," said the USA's Rex Harvey, a key member of WAFA's Stadia Committee. "It looks good. They're not skimping on spending money."

Harvey, USA team manager Sandy Pashkin, and WAFA Stadia Vice President Jim Blair visited Gateshead in May to assist the organizers and work out scheduling details.

"I'm very pleased with the organizing committee," Pashkin said. "It's a refreshing change."

Two stadiums will handle most of the track and field action – Gateshead International Stadium (GIS) and Monkston Stadium, with Riverside Stadium being used minimally.

Free Shuttle Buses

The free shuttle bus system will have several bus routes, each stopping at hotels/dormitories where participants are staying. The goal is to have no route take more than 45 minutes to get from the farthest outlying hotel to the GIS. Once at the GIS, a shuttle will run very 30- to 60-minutes in one direction to Monkston Stadium (15 minutes) and then on to Riverside (20 minutes), before returning to GIS (25 minutes). Another shuttle will go in the opposite direction to Riverside, then to Monkston before returning to GIS. In addition, 20 mini-buses will be on standby for emergencies.

The marathon will be run over an almost traffic-free course along the banks of the River Tyne, past Europe's largest indoor shopping and leisure complex – the Metro Centre. The race will finish and start next to the GIS. The cross-country course follows a scenic river route in the shadow of Lumley Castle.

The walks will be held on a flat course, starting and finishing at the venue only 10 minutes from the main stadium.

Officials

More than 250 officials will be involved in the event, including 29 USA officials who are paying their own way. Included in the 29 are eight Olympic officials.

In addition, more than 1000 volunteers have been recruited to assist in staging the event. Many are language volunteers to help with the many foreign visitors.

Weather

The weather should be pleasant with an average temperature of around 20°C (68°F). Rain can be expected on two days, based on past averages.

Currency

The British pound is currently worth about US$1.60. Credit cards reportedly charge less in exchange fees than do airports or local banks.

Confirmation

Jaine Robinson, Marketing and Promotions Officer to the Gateshead Metropolitan Borough Council, promised "all entrants will receive an individual letter of confirmation by the end of June."
Tours

Tours can be booked at the GIS information desk. The venues have not changed from those initially reported, although the frequency has been increased in some cases.

Host-a-Vet

A host-a-vet program will be offered to athletes which links them up with local residents.

TV Coverage

The BBC-TV is producing a special documentary focusing upon veteran athletes which will be broadcast in the U.K. on Bank Holiday Monday, Aug. 30.

Time Difference

Great Britain is five hours ahead of New York and eight hours ahead of Los Angeles. Thus, when it’s 10 p.m. in Gateshead, it’s 5 p.m. on the U.S. east coast and 2 p.m. on the west coast.

Jet Lag

You can’t avoid tiredness and jet lag, but you can make things easier if you: 1) take your shoes off – feet tend to swell during flight; 2) don’t eat or drink too much; 3) get off at transit stops and walk around; 4) stretch your legs by standing on tip-toe; 5) do deep breathing exercises; and 6) exercise in any way possible.

Results

The results of the Championships will be published in the September issue of the National Masters News. A complete results book, available in November, can be ordered in Gateshead.

Relay Teams

Relays (4x100, 4x400) are limited to one team per country per five-year age group. The selection process varies from country to country. U.S. relay teams will be formed by taking the best four U.S. times in each 5-year age group from the 100m and 400m competitions in Gateshead. Paskhin will coordinate the selections.

Sections

The 5000 and 10,000 runs, steeplechase, and 5000 track walks will have seeded sections based on estimated performances. The faster sections will go last. Overall best times from all sections will determine the age-group winners.

Advancement from Heats

In track events from 1500 down, heats will be run, if necessary. At least two competitors will advance from each heat to the next round.

National Uniforms

In WAVA World Championships, everyone competes as an individual, not as a member of a national team (except in team scoring events). Athletes may wear a uniform of their choice – either a national uniform, club uniform, or favorite t-shirt. There will be national team scoring in the relays, marathon, cross-country and road walks.

Anyone wishing to score as a member continues on page 26

ATHLETES WHO HAVE PARTICIPATED IN ALL 12 WAVA CHAMPIONSHIPS

1. Ruth Anderson 74 USA
2. Reg Ashburn 62 AUS
3. Norbert Barth 79 GER
4. Harry Carter 61 SIT
5. Isabel Cunningham 85 CAN
6. Willie Dunn 65 IRE
7. John Dunford 76 GRE
8. Don Farquharson 74 CAN
9. Bob Fine 68 USA
10. Roland Johansen 73 SWE
11. Bob Men 74 USA
12. Hans Schaff 66 AUS
13. Jack Stevens 82 AUS

*Non medal in all 12

Compiled by Don Farquharson
Five World Records Set at South African Championships

by LEO BENNING

About 300 athletes competed in the South African Veterans T&F Championships, Port Elizabeth, May 28-29. Five world records and 31 national records were broken or equalled. Isabel Hofmeyer broke the 700 records in the 80H and 300H with a 19.28 and a 70.38. Johny Valein currently holds both records at 20.88 and 76.50.

Lucas Nel broke the 20-year-old M75 400 record of 68.5 by Josiah Packard with a 67.28.

Philip Rabinowitz, 95, racedwalked the track 5000 in 39:39.0 and the road 20K in 2:45:19 to establish records for the M95 group.

M75 hurdle Kalie van Zyl, who was expected to challenge records, was injured and did not compete.

XIII WAVA CHAMPIONSHIPS PARTICIPANTS BY NATION

1. Albania 22 24 Hungary 22 27 Poland 49
2. Argentina 67 25 Iceland 4 48 Portugal 44
3. Armenia 22 26 India 83 49 Portugal 22
4. Australia 236 27 Indonesia 1 50 Romania 22
5. Austria 64 28 Ireland 128 51 Russia 93
6. Barbados 1 29 Israel 1 52 Singapore 8
7. Belgium 39 30 Italy 123 53 Slovenia 15
8. Bolivia 6 31 Japan 91 54 Slovenia 26
9. Brazil 54 32 Kenya 105 55 South Africa 146
10. Bulgaria 13 33 Lebanon 3 56 Spain 61
11. Canada 137 34 Lithuania 57 57 S. Korea 1
12. Chile 50 35 Malaysia 58 58 Sweden 98
13. Chinese Taipei 19 36 Malta 59 59 Switzerland 68
14. Colombia 238 37 Mexico 60 60 Turkey 7
15. Czech Republic 81 38 Mozambique 61 61 Trinidad & Tobago 9
16. Denmark 41 39 Myanmar 62 62 Turkey 18
17. Estonia 27 40 Netherlands 63 63 Ukraine 9
18. Finland 91 41 New Zealand 101 64 United States 594
19. France 148 42 Norfolk Islands 65 65 Uruguay 10
20. Germany 608 43 Norway 66 66 Vietnam 2
21. Great Britain 1370 44 China 67 67 Vietnam 1
22. Greece 41 45 Pakistan 68 68 Vietnam 2
23. Hong Kong 22 46 Peru 69 69 Vietnam 9

WAVA/USATF Hurdles and Implements Specifications

HURDLES

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IMPLEMENTES

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<td>1.00k</td>
<td>2.00k</td>
<td>168 16</td>
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</table>

Weights for M50+ are 25 lbs.

Challengers: men 30-69: 3000-36" (914m); men 60+ and women: 2000-30" (762m).

Scoreboard showing the results of the 200H preliminaries, X WAVA Championships, Buffalo, N.Y., 1995. The XIII WAVA Championships will be held at Gateshead, England, July 29-Aug. 5.

Four Cities to Bid for 2003 Championships

A record four cities will bid to host the 2003 XIV WAVA World Veterans Championships.

Tom Jordan, Executive Vice-President of the World Association of Veteran Athletes, said he has received formal bids from:
1. Cesenatico, Italy
2. Kuala Lumpur, Malaysia
3. Moscow, Russia
4. San Juan, Puerto Rico

Jordan said he also has received formal bids for the 2002 WAVA Road Race Championships from Auckland, New Zealand, and Upice, Czech Republic.

The sites for both of the above will be determined by delegates to the WAVA General Assembly in Gateshead, England, on Aug. 5.

The XIV WAVA T&F Championships will be held in Brisbane, Australia, in 2001.

Proposed Amendments

Also on the agenda in Gateshead will be various proposed amendments to the WAVA Constitution and By-Laws. Among them:
1. To change the word "veterans" to "masters."
2. To change WAVA's accounting period.
3. To change the long hurdles from 300m to 400m for M60+ and W50+.
4. To change the allowed number of throws in the weight pentathlon from three to four.
5. To translate into German at the General Assembly.
6. To change the cross-country distance from 10K to 8K.
7. To change the world road racing championships from two to four days.
8. To reduce the height of the W60+ and M70+ 80H from .762m (30") to .682m (27") or .650m (25").
9. To reduce the height of the W60+ 100H from .762m (30") to .600m (23").
10. To shorten the spacing between hurdles for the M60 and M65 100H from 8.50m (27'10") to 8.00m (26'3").
11. To reduce the javelin weight for M50 and M55 from 800g to 700g.

Four Cities to Bid for 2003 Championships

Continued from page 25

ber of a team must wear a uniform clearly identifying the country he/she is representing. Moreover, the Gateshead community is encouraging the wearing of national uniforms in the streets and around the town so residents will know where athletes are from.

To order a USA uniform, contact On Track. (See ad on page 27.)

Team Events

In team scoring events, an athlete may move down an age group subject to declaration. Medals will be awarded to each scoring member in teams that gain a 1st, 2nd, or 3rd in their team event. Teams will be formed by country. Marathon, road walks and cross-country will be scored on aggregate times of the first three of each country to finish in each five year age group.

Medals

Medals will be awarded to the first three finishers in the individual events and the first three teams in the non-stadia and relay team events.

Pre- and Post-Meets

Athletes looking for pre- or post-meet competition can find in Edinburgh, Scotland on July 17-18 for the British Veterans T&F Championships, and in Tullamore, Ireland (60 miles west of Dublin) on Sat., Aug. 14 for the Irish Veterans T&F Championships. (See schedule for details.)

Website

Updated information can be found on the Gateshead website: http://www.gatesheadmbc.gov.

"We can promise an event that will be second to none," said Councillor Brian Coates, Mayor of Gateshead. "Our community will offer tremendous support, and we promise athletes and spectators a warm welcome." - Al Sheehan
**Masters Scene**

### NATIONAL
- Masters should be aware that many over-the-counter drugs and some diet supplements are banned. Athletes with concerns about drug testing and rules contact the U.S. Olympic Committee hotline: 800-233-0393.

- **Masters winners in the Long Island Police Appreciation 5K, East Meadow, NY, May 2:**
  - John Lackat, Suffolk, NY, with a 19:05, and Lori Harfanes Melnik, 43, in 20:13. First law enforcement masters were Steven Girardi, 42, Syosset, NY, with a 20:35, and Lori Harfanes Melnik, 43, in 20:13. First law enforcement masters were Steven Girardi, 42, Syosset, NY, with a 20:35.

- **Appreciation 5K, East Meadow, NY, May 2:**
  - Paul Johnson, M60, ran a 59:16 and is the masters architect. Kretzrner, 45, Freeport, NY, with a 59:22.

- **Appreciation 5K, East Meadow, NY, May 2:**
  - Jeff Berven, 52, ran strong races, with a sensational 29:52. Heitzman was second with a 30:25 (48:51). Carolyn Buckner, 61, was second with a 30:25.

- **Appreciation 5K, East Meadow, NY, May 2:**

- **Bay To Breakers 12K, San Francisco, CA:**
  - Mike Polansky, finished first with a 37:42.

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### EAST
- **One hundred M40+ from the Atlanta area broke the 1x100 mile relay record by more than six minutes with an 8:57:31 at Emory U. June 6. Kirk Rosenbach, 47, one of the relay organizers, led off with a 5:18 first mile. Dick Buerkle, 51, past world indoor mile record holder, ran the final leg in 4:39. Fifty-five runners were at 5:26 or better. The slowest was 5:56; only eight were above 5:39.**

- **Appreciation 5K, East Meadow, NY, May 2:**
  - Paul Johnson, M60, ran a 59:16 and is the masters architect. Kretzrner, 45, Freeport, NY, with a 59:22.

### MIDWEST
- **Charlie Fox, M40, Plymouth, IN, in 33:17, and Laurel Cihak, W40, North Muskegon, MI, in 41:41, took masters honors in the shorter event.**

### WEST
- **Charlie Andrews, 41, journeyed from Rochester, NY, to San Diego, CA, to take M40+ honors with a 2:31:26, Rock 'N Roll Marathon, May 23.**

### MID-AMERICA
- **The NationsBank River Run 10K, Wichita, KS, 800 M, 5K, and 10K, May 2:**

### SOUTHEAST
- **Mike Brown, 45, Jacksonville, FL, was overall winner in the javelin with a pending U.S. M45 record 77.35 with a Seminole Twilight Meet. Tallahassee, May 8. The record is 210.1 of Ed Morland in 1996. Brown was the M40 winner at the WAVA-Buffalo Championships in 1995.**

- **WAVA-Buffalo Championships in 1995:**
  - Larry Doan, 42, Virginia Beach, VA, and Linda Kidder, 42, Williamsburg, VA, didn't let any grass grow under their running shoes in the Urbana Waterfront 5K & 10K, Urbana, VA, June 5. They both won the masters races in the 5K at 8:30 a.m. in 15:57 and 19:36, respectively, and did a reprise in the 10K at 9:15 a.m. with 34:52 and 43:34. Both collected $50 apiece for each win.
### NATIONAL

**July 3-4.** USAF National Masters Decathlon/Heptathlon Championships, Grass Valley, Calif. Richard Hotchkiss, 1400 S. Meadow Dr., Grass Valley, CA 95945. 530-273-3660.


**September 18.** USAF National Masters Weight & Superweight Championships, National Ave. : S.W., Seattle, WA 98116. 206-392-3917; fax: 932-3917.

**September 21-22.** Decathlon/Heptathlon Championships, Senior Games Association, 1705 S. 6th St., Columbus, OH 43212. 614-465-2067.
Continued from previous page
July 8.9-11. Canadian Masters Championships, Universite de Sherbrooke, Sherbrooke, Quebec. Richard Busby, 819-821-8000; x2549; fax: 821-7576; Brenda Laliberte, email: bradenlaliberte@hotmail.com.

INTERNATIONAL


July 23. Russian Veterans Championships, Moscow. Foreign athletes welcome. Vadim Marshchev, 14-4 Pervomaiskaya St., Himki, Moscow Region, 14140, Russia. Tel: 7-095-353-3308; fax: 7-095-573-4150.


LONG DISTANCE RUNNING


September 1. Riverfest Run By The River 5K/Indy Life Circuit Race, Clarksville, Tenn. Joe Huber, Events & More, P.O. Box 3899, Clarksville, TN 37041. 615-647-3855.


October 3. USATF National Masters Championships/Women's Marathon/Indy Life Circuit Race (1.5 x points), Minneapolis/St. Paul, Minn. Theresa Wynne, 708 N. First St., #C-33, Minneapolis, MN 55401. 612-673-0778.


EAST

Connecticut, Delaware, Massachusetts, Rhode Island, New Hampshire, New Jersey, New York, Ohio, Pennsylvania, Rhode Island, Vermont


July 10. Boilennaker 15K, Utica, N.Y. Limited to first 11,000 entries. SASE to E.C. Reed, Uticas Boilennaker, Inc., PO Box 512, Utica, NY 13503-0512. 315-797-5838; fax: 315-797-3762.


July 24. New Milford 8 Mile, New Milford, Conn. 860-355-6505.


August 3. Yankee Homecoming 10 Mile & 3 Mile, Newburyport, Mass. SASE to YHR, PO Box 366, Newburyport, MA 01950.

August 7. NYRRC Manhattan Half-Marathon, Central Park, NYC, NYRRC, 9 E. 90th St., NY, NY 10128. 212-860-4455.

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


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


August 17. Peaches Beac Reach 10K, Cape Elizabeth, Me. Entries close at 4000. 888-480-6940.


September 14. 10K Cross-Country Championships, Universt of Womens/USATF Open Championships, Boston, MA 888-767-RACE.

October 12. Reach The Peak 200 Mile Relay, Lincoln to Hampton, NH. RTB Relay, 32 Chester Ave., Waltham, MA 02453. 508-881-4550.

October 2. New Hampshire Marathon, Mary's College, Chestertown, MD. 410-268-1165.


### National Masters News

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### Coaching/Training List to be Updated

New entries and changes to the Masters Coaching/Training List to be published in the August issue should be sent before the July 10 deadline to the National Masters News, PO. Box 50098, Eugene, OR 97405; 541-343-7716; fax: 541-345-2436; email: mastersnews@aol.com.

Individuals and organizations appearing in the most recent list published in the March 1999 issue should check over contact information, such as telephone numbers, e-mail addresses, etc., to assure that those are correct for the August list, which will also be available on our internet web site at http://www.nationalmastersnews.com.
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<td>Jane Doe</td>
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<td>TX</td>
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<td>400</td>
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<td>5-10</td>
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</table>

Note: For each event, the weight and height requirements must be met.

(Continued on next page)
M35

---

4 Tim Edwards
Age-Graded Mark: 45.20m
Age: 24.99
Yuma, AZ

2 Bob Jones
Age-Graded Mark: 52.24m
Age: 31.00
Los Angeles, CA

1 Ken Jannson
Age-Graded Mark: 42.36m
Age: 71.10
Phoenix, AZ

2 Tony Ciccone
Age-Graded Mark: 57.49m
Age: 31.12
New Milford, NJ

3 Tony Cartera
Age-Graded Mark: 46.67m
Age: 40.03
Glenwood Springs, CO

---

M40

---

1 Clay Hult
Age-Graded Mark: 40.02m
Age: 10.46
Phoenix, AZ

2 Richard Watson
Age-Graded Mark: 39.12m
Age: 44.05
Glendale, AZ

3 Zane Schuh
Age-Graded Mark: 45.67m
Age: 52.02
Delray Beach, FL

3 Ian Percy
Age-Graded Mark: 53.67m
Age: 53
Greely, CO

3 Ron Broce
Age-Graded Mark: 42.18m
Age: 60.05
Colorado Springs, CO

3 Tim Edwards
Age-Graded Mark: 64.77m
Age: 50
Broomfield, CO

---

M50

---

1 Joe Dismukes
Age-Graded Mark: 42.97m
Age: 40.06
Colorado Springs, CO

2 Mark Pelzer
Age-Graded Mark: 45.67m
Age: 42
Denver, CO

3 Jacob Stein
Age-Graded Mark: 45.67m
Age: 71
Louisville, KY

---

M60

---

1 Morgan Cypert
Age-Graded Mark: 40.03m
Age: 40.02
Fitchburg, NY

2 Vern Spencer
Age-Graded Mark: 44.90m
Age: 69
Greely, CO

3 Steve Biddinger
Age-Graded Mark: 58.39m
Age: 61
Fallston, MD

---

W50

---

1 George Gallegos
Age-Graded Mark: 53.45m
Age: 50
Boulder, CO

---

National Masters News
July 1999

---

NATIONAL

USATF National Masters Weight Pentathlon
Nottingham Field, University of Northern Colorado; June 12

---

Athlete Name

Points ST SP JT WT

---

M35

---

1 Morgan Cypert
42.00m 10.28m 31.02m 33.86m 16.86m
Age: 53

2 Vern Spencer
40.03m 13.00m 75.10m 52.80m 56.09
Age: 69

3 Steve Biddinger
34.03m 42.04m 28.14m 29.06m 9.81m
Age: 61

---

W50

---

1 George Gallegos
40.60m 11.88m 32.07m 17.82m 6.86m
Age: 50

---

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

### July 1999

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### Masters Class Records

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Continued from previous page

LONG DISTANCE RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405. To keep information current, we generally do not publish results more than 3 months old.

NATIONAL

Clarion River Half-Marathon, Cooksburg, PA; April 3

Wednesday, July 29, 1998

Saturday, July 25, 1998

Continental Illinois Race, Albany, NY; June 5

Overall

Overall

Overall

Overall

Overall

Margaret W80 Althea Ottaway Jeame Olash Janice Peggy Wlnberger 20:22 Coreen A. Tumidajewicz Laura Kunz 5K Run (maximum 28 spaces /21/4" wide) in our format receive preference.

5K Run For Mental Health Williamsburg, VA; May 15

Rob Ronk 40:43

M55 Laurens Olsen 52:53

Paul Duey 45:34

John Boyle 44:52

Colin Sands 55:55

Rob Roberts 67:04

W45 Karen Hawthorne Patty Donohue Joyce Adams 67:15

W55 Lynn Jameson 73:12

Karen Hosler 74:38

Melinda McClod 57:38

Patty Donohue 67:02

Joyce Adams 75:67

W40 Christine Ihawathi 63:38

Cheri Perado 60:03

Colin Sands 55:55

W45 Sandra Ruprecht 62:40

Robert Roberts 67:04

W55 Robert Ruprecht 70:13

W55 Ibid 61:49

Patty Donohue 67:02

W55 Whitney Godbold 63:33

Karen Hosler 74:38

Julie Mezterr 83:18

Patty Donohue 67:02

W55 Ibid 61:49

W55 Whitney Godbold 63:33

Karen Hosler 74:38

Julie Mezterr 83:18

Patty Donohue 67:02

W55 Whitney Godbold 63:33

Karen Hosler 74:38

Julie Mezterr 83:18

Patty Donohue 67:02

W55 Whitney Godbold 63:33

Karen Hosler 74:38

Julie Mezterr 83:18

Patty Donohue 67:02

W55 Whitney Godbold 63:33

Karen Hosler 74:38

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Patty Donohue 67:02

W55 Whitney Godbold 63:33

Karen Hosler 74:38

Julie Mezterr 83:18

Patty Donohue 67:02

W55 Whitney Godbold 63:33

Karen Hosler 74:38

Julie Mezterr 83:18

W55 Whitney Godbold 63:33

Karen Hosler 74:38

Julie Mezterr 83:18

Patty Donohue 67:02

W55 Whitney Godbold 63:33
### NORTHWEST

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<tr>
<td>Lilac Bloomday</td>
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### Rock 'N Roll Marathon, San Antonio, CA, May 3

<table>
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<th>Age</th>
<th>City</th>
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<tbody>
<tr>
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<td>San Antonio</td>
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### 1998 1-Hour Postal Race

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### National Masters News

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<tr>
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### Mid-Americas RC Circuit SK

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<tr>
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### ATLETES WHO ENTER A NEW DIVISION THIS MONTH, JULY 1999

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<th>New Age</th>
<th>Division</th>
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### Rock 'N Roll Marathon, San Antonio, CA, May 3

<table>
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<tbody>
<tr>
<td>John Doe</td>
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<td>San Antonio</td>
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FO RM - COMPLETE & MAIL TO: Disney Sports Attractions, Inc. ATTN: USATF Outdoor Masters P.O. Box 470847, Celebration, FL 34747-0847

ENTRY FORM

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<th>LAST NAME</th>
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| TOTAL AMOUNT ENCLOSED | $25 |

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Release and Indemnity (Adults) - WAIVER

READ CAREFULLY BEFORE SIGNING

In consideration of my participation in the 1999 USATF Masters National Outdoor Track & Field Championships hosted by Disney's Wide World of Sports, Inc. and the USATF, I agree to assume the risks incidental to such participation and use which risks may include, among other things, muscle strain, muscle sprain, and on my own behalf, and on behalf of my heirs, executors and administrators, release and forever discharge the released parties defined below, and from all liabilities, claims, actions, damages, costs or expenses, including but not limited to, all attorney's fees and disbursements. I further agree that the event I choose to participate in the competition. I understand that release and indemnity agreement includes all claims based on the negligence, action or inaction of any of the above released parties and covers bodily injury including death and property damage, whether suffered by me, before, during or after such participation. I declare that I am physically fit and have the skill level required to participate in this particular event. I further authorize medical treatment for myself at my cost, if the need arises.

I further grant the released parties the right to photography and/or videotape me and further to use my name, face, likeness, voice and appearance in connection with exhibitions, publicity advertising and promotional materials without reservation or limitations. The released parties are, however, under no obligation to exercise said rights herein granted.

This Agreement shall be governed by the laws of the state of Florida, and any legal action relating to or arising out of this Agreement shall be commenced exclusively in the Circuit Court of the Ninth Judicial Circuit in and for Orange County, Florida or, if such Circuit Court shall not have jurisdiction over the subject matter thereof, then to such other court sitting in said county and having subject matter jurisdiction. I certify I am 18 years of age or older.