10 World, 30 U.S. Records Set at Nationals

Naperville, Ill., Hosts Masters Fireworks

by JERRY WOJCIK

The Athletics Congress/USA National Masters Track and Field Championships returned to Naperville, Ill., on July 4-7 the site of the 1977 championships.

For early arrivals on the 3rd, Mother Nature provided a Midwest evening thunderstorm and lightning show. On the 4th, the Naperville city fathers provided a dazzling pyrotechnic display at Knoch Park near the North Central College campus, which provided the meet facilities, including the track, dorms, and fieldhouse.

On the track, the 800 entrants, in five-year age groups from age 30 through 85, produced some fireworks of their own. After the smoke had cleared, ten world and thirty additional U.S. records had been recorded. Born on the Fourth of July, Betty Vosburgh personified every masters athlete’s dream by entering a new division on the first day of a national meet. She followed through by breaking seven W60-64 records to no one’s surprise because she had been breaking them at her own. After the smoke had cleared, ten world and thirty additional U.S. records had been recorded. Born on the Fourth of July, Betty Vosburgh personified every masters athlete’s dream by entering a new division on the first day of a national meet. She followed through by breaking seven W60-64 records to no one’s surprise because she had been breaking them at the top of her previous age group. Jack Greenwood broke one M65-69 U.S. and two world records in the sprints and hurdles. Other men and women athletes also had double records.

But not all of the thrills came in the record performances. Ken Popejoy's

Diminutive Margaret Perrott of Australia, who beat former W30-34 champions and strong fields in the 100 (12.52) and 200 (25.82) garnered more than passing interest from fans and athletes. Robb Bong's game attempt to unseat Stan Whitley as M45 400 champion drew attention.

In perhaps the best-ever M70 national fields in the shot and discus, Scott Herman won the shot put (13.31), and Wilbur Thompson, Olympic shot-put record breaker in the 1948 London Games, won the discus (39.64).

Age-Graded 100

Perhaps the most exciting race of the meet was the National Masters News/TAC age-graded 100-meter dash — the final event of the meet. Payton Jordan, 74, with a handicap-start of 25 miles (and thus ran 75 meters), held off an unchasing Bill Collins, 40, who had to run 94 meters. Hugo Hartenstein was third in a blanket finish. Collins had won the race two years in a row, and Jordan had eagerly awaited this chance to “even the score.” Jordan’s time of 10.23 is the equivalent of an open-class time.

Phil Raschker, 44, won the women’s age-graded 100, overtaking Marilyn Mitchell (46, 3rd), and Betty Vosburgh (60, 4th), and holding off Marcia Hulse (32, 2nd). Raschker was timed in 10.89.

The first three received $200 in prize money ($50/$35/$15).

Sectional Relays

An unofficial new relay was added to this year’s program. Phil Mulkey successfully organized an “All-Star Sectional 4x100 Relay,” where each team was composed of four runners from the same section. The total age of the four male runners was 220 or more;

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NATIONAL MASTERS NEWS

The official world and U.S. publication for Masters track & field, long distance running and race walking

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Some masters events are sponsored by TAC, the national governing body for athletics in the USA. Some are sponsored by individuals, clubs or other senior organizations.

Generally, anyone age 30 or over may come to a masters event and participate: Some events are limited to age 40+ (30+ or 55+); (please check the schedule for details). Some events require advance registration. Some require a current TAC card ($7 to $11 per year depending on the region). To inquire about a TAC card, call The Athletics Congress in your area, or 317/261-0500. There are no quality standards for masters athletics events.

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5158 Attend National Senior Sports Classic

SYRACUSE, N.Y. — A total of 5158 senior athletes age 55-and-up took part in the biennial U.S. National Senior Sports Classic III here from June 28 to July 3.

Competitors who had qualified in regional Senior Games the previous year participated in 18 sports, including track, field, racewalking, road racing, basketball, tennis, softball and swimming.

It was a successful event, with plenty of social activities to complement the competition. The Syracuse newspapers devoted daily front page coverage to the events. McDonald’s will sponsor a one-hour, prime-time telecast on ESPN, ABC-TV’s Good Morning, America, did a live segment on July 1.

There were a total of 13,292 event entries — comparable to the totals in a WAVA World Veterans Athletics Championships. No figures were released by the organizers on the actual number of participants in 10 of the 18 events, but by calculating the average number of event-entries per person (4.06) in eight of those events, it appeared that track & field drew about 755 people. More than 400 racewalkers showed up, as did about 300 road racers. (The report in the June NMN that there were 1582 track and 1484 field participants was erroneous; the figures given then by the organizers referred to event-entries, not participants.)

Of the 5158 participants, 1764 (34%) were women. New York had the largest contingent (569), followed by Pennsylvania (305), Ohio (276) and Michigan (249).

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Full fields in the track events were the norm, in contrast to the sparse fields in many masters meets in the upper age divisions. The M55 1500 drew 26 starters; the M60 1500 lured 22. The W60 1500 saw 19 women competitors, ranging in time from 6:23 to 9:38.

Twenty-three men entered the M55 400, with times ranging from Jim Law’s world M55 record 58.52 to 96.2.

In the W55 400, four heats were staged for the 18 starters. In the 400s for the 60-64 groups, 28 men and 25 women competed.

The 100s were well populated: M55 (8 heats; 33 runners); W55 (4 heats; 23 runners); M60 (8 and 39); W60 (4 and 21); M70 (7 and 27); W70 (8 and 23); M75 (4 and 13).

In the W75 100, an astonishing 16 women competed in four heats to go to an 8-woman final: times ranged from winner Lucy Monroe’s 18.95 to 29.1. Four heats were run to bring 15 M80 competitors to an 8-man 100-meter final.

Thirty entered the M60 long jump; 20 the M60 long jump; 20 the M70 javelin; 26 the W55 discuss.

Generally, the performances were good. It took a fast time to get to the final of most track events.

Rather than go from oldest women to youngest women to oldest men to youngest men, the Senior Meet went M55, W55, M60, W60, etc. Refreshingly, age divisions were not combined except in the 85+ groups. Only two 80+ men ran the 1500.

“We want to give each group of runners the attention they deserve,” said an official.

What about the extra time it takes to run separate races? “We’ve got the time,” he said.

There were no wind gauges for the sprints and jumps, but no one seemed to mind.

Why were there so many contestants in age-groups that often produce only one or two entrants in a national meet? (For example, in the 1991 TAC/USA National Masters T&F meet in Naperville, Ill., the following weekend, there were only two entrants, overall, in the W75 division. In Syracuse, 16 W75s competed in the 100-meters, alone.)

There are several theories: 1) The senior program has developed competition in local meets in states were the masters T&F program doesn’t reach; e.g. Arizona, South Dakota, Connecticut, Maine, Minnesota, Oklahoma. Athletes get their first taste of competition in these local meets and graduate to the nationals.

2) Participants must qualify in a local meet by finishing in the top three. They are then “invited” to come to the nationals. This personal invitation and knowledge that they have “qualified” are strong reassurances that they will not feel “embarrassed by finishing last or looking foolish.” They say: “I qualified, so it must be okay for me to go.”

One senior official admitted that the “qualifying” technique was a bit of snake-oil designed to encourage insecure participants to attend.

“But it works, so what’s the harm?”

#National Senior Sports Classic

##Participants by State and Sex

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Nina Wood (left) of Cerritos, Calif., and Lucy Anne Brobst of Kitty Hawk, N.C. competed in the W55-99 sprints at the National Senior Sports Classic in Syracuse, N.Y., June 29.
TIME TO MODERNIZE
The perennial question: what does TAC membership do for the masters athlete? TAC does volunteer its official. It does have a supplemental insurance plan for accidents and injuries. It does cover the liability insurance for meets and races. In the Southern California Association, the masters receive a dollar from each member.

What doesn't TAC do and what should it do? My suggestion to Barbara Kousky, TAC Masters T&F Chairman, is to create a new position of Administrator. This person would communicate with athletes, meet directors, the Records chairman, and the National Masters News. He or she would represent masters track and field nationally and internationally as a public relations spokesperson.

The present system is out of date. I would appoint a committee of experts to encompass all disciplines. Each committee member would verify records and handle correspondence in his/her specialty.

Today, as an athlete and a meet director, I don't have the information I need to do a proper job at either.

Masters records need updating. There are no world or U.S. records in multi-events based on the WAVA scoring system, which has been in effect since 1988. The Records Committee does not recognize the new hurdle distances in the multi-events. Therefore, an athlete gets zero points for his hurdle effort. This sad state of affairs has not been considered by TAC. WAVA is unaware of these problems.

Meet directors have no clue regarding the records for several events. They are confused about the pentathlon. The proposed Administrator should be able to give meet directors and WAVA an up-to-date set of understandable records.

There are individuals in our organization who can modernize the whole system. There are members with the ability to promote the communications, publications, help the meet directors and help our sport. It is time to update.

Gary Miller
Los Angeles
Editor's Note: Gary Miller directed the recent TAC Southern California Association Masters T&F Meet and is the former Masters T&F Western Section Chairman.

LET WOMEN COMPETE AT AGE 30
After reading the article Women's Corner/"At What Age...WVC's" (June NMN), I had to respond. I totally disagree with Ruth Anderson's statements. Waiting until age 35 to compete internationally (for me) is bad enough already (I'm 31). Pushing the age limit up to 40 will only make it worse.

"Uping" the age limit will only serve to discourage women from training/competing/participating in track. If you want more women to compete, to stay interested and continue into their 40s, 50s and beyond, you need to dangle the carrot earlier, not later.

I'd even open the WVC's to 30-39-year-olds. What incentives are there for a woman like me, to continually train at my financial and physical expense for another 9 years, just for a chance to compete in a big meet? There aren't a whole lot of opportunities out there now as it is. Why take away more? Besides, who knows where I'll be in 9 years from now...I could be dead. I'd like the opportunity to compete now!

One reason that I feel there are fewer numbers in the 30-34 & 35-39 age groups, besides being prime child-bearing/child raising and/or career tracts, is that these age groups aren't promoted well enough. I never even knew masters track existed until I heard someone talking about it a few years ago. I counted the days/years when I would turn 30 and would finally compete against my peers. It opened up a whole new world for me. The interest was always there - it was the opportunity (for meets, a club, etc) that was promoted that got me out and active again. If more women knew, and were encouraged, more would come out. That would pump your "numbers up" for competitors into the 40 & 30 year old age groups.

But the point is - you've got to start somewhere. As women and athletes, we shouldn't be arguing over arbitrary age limits and rulings. Instead, we should be encouraging and promoting all women, of any age, to participate, exercise, be healthy, compete and have fun.

And as for the men, what's sauce for the goose is sauce for the gander. Let them compete at the younger age level too!

Deborah Eckhardt Fairport, New York

ATHLETE OF THE MONTH
I am greatly honored to be chosen as athlete of the month, and was thrilled to receive the award for same. It is a privilege to still be able to compete and hit the times that I am able to do, but it is even more of a thrill to be associated with all the masters throughout this country from age 40 on up. Masters competition in the United States is a wonderful vehicle for not only competition and personal performance, but also for the friendships and camaraderie that is made among masters competitors of all ages.

John Poppel and I have been running against each other off and on around the country for nearly two decades, but this year's run at the Northern California Track Club Classic continued on page 12
3) Many participants reportedly had their travel bills paid by their local organizers — some of whom are tied in to their local Park & Recreation Departments.

4) The Games were exciting, much like a World Veterans Championships. There was enormous publicity in the Syracuse papers, radio and TV. There were a myriad of social activities from bridge tournaments to book reviews to financial seminars. Athletes paraded by state in the opening ceremonies.

In addition to McDonald's, sponsors included: Total cereal, TWA, Holiday Inn, AT&T, Johnson & Johnson, Serenity Guards, Metlife, and Pfizer Pharmaceutical. By calling 1-800-72-CHEER, you could get results of any event, compliments of AT&T.

Some athletes skipped the Naperville nationals for the Syracuse meet because the meetings are too close together. Others said they'd have more time to recover for the World Games in Turku, July 18-28. Some chose Syracuse "for a change," Polly Clarke, 81, said she "wanted to meet some new people." Racewalker Ruth Leff, 52, picked Syracuse because of "the incompetent racewalk judging at past nationals."

The opening ceremonies could not compare to the opening at the World Veterans Championships in Eugene, but they provided an opportunity to march into the Carrier Dome together by state. Each state provided a uniform for each participant. The band played Sousa marching music. President Bush sent a message. Bob Cousy gave the main speech.

There was no banquet, but there was a free picnic and a breakfast. Over 40 buses provided free shuttle service from a hub to the venues and hotels.

The National Senior Sports Classic IV will be held in mid-June, 1993 in Baton Rouge, La.

President Doug Corderman summed up the philosophy of the Games at the opening ceremonies:

"Your presence represents the triumph of the human spirit. It is not who is first at the finish line that counts, but who is there at the starting line. Being here is winning. Getting a medal is extra." —Al Sheahan

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<th>NATIONAL SENIOR SPORTS CLASSIC III</th>
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<td>Syracuse, N.I. — June 28-July 3</td>
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| 3158 Attend National Senior Sports Classic (Continued from page 3) |

Milt Silverstein (331, 3rd), Ed Maxwell (127, second), Bill Weinacht (303, 1st), and Jay Sponseller (300, 4th) in the M70 100-meter dash at the National Senior Sports Classic in Syracuse, N.Y.

Quote of the Month:

"You know you're getting old when your wife gives you up sex for Lent and you don't find out about it till Good Friday."

—Bob Cousy, at the National Senior Sports Classic

SYRACUSE, NY

TAC/USA WOMEN'S 5K NATIONAL CHAMPIONSHIP

SEPTEMBER 29, 1991

S.U. - MANLEY FIELD HOUSE

SYRACUSE, NY

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Freihofer's Run for Women

For information and entry forms, contact Kristen Hartnett, Syracuse Freihofer's Run for Women, 4382 Stonington Circle, Syracuse, NY 13215, (315) 488-8561

5000 senior athletes marched into the Syracuse Carrier Dome for opening ceremonies at the National Senior Sports Classic.
Bill Rodgers and Priscilla Welch are two of the best masters runners in the world. However, they have run different paths to the top, and therefore they seem like an unlikely duo to collaborate on a book about masters running.

At 43, Rodgers, with more than 20 years of running experience, concedes that his fastest times are well behind him and admits to feeling some of the ravages of aging. At 46, Welch, a relative newcomer to the sport, with barely a decade of running experience, is still looking for personal records and takes offense at the mere suggestion that she is slowing.

Their somewhat different, even conflicting, views and experiences are presented in a book titled *Bill Rodgers and Priscilla Welch on Masters Running and Racing* scheduled for release this month by Rodale Press. The book was authored with veteran writer and editor Joe Henderson.

Some older masters runners may feel that Rodgers and Welch, regardless of their talents, are much too young to be writing about masters running. However, I see the book as more of a training manual for runners of all ages, based upon more than 60 years of running experience (to include Henderson’s) rather than just a total of nine years of masters running by Rodgers and Welch. ‘This book is a printed version of Bill’s and Priscilla’s clinics,” writes Henderson in the introduction. ‘‘It touches lightly on their life stories without being truly autobiographical. They are more concerned here with helping you run and have the time of your life.”

Henderson does an outstanding job of introducing each chapter and subject by providing background information and a foundation from which Rodgers and Welch can build.

Without being negative, Rodgers, who won the Boston and New York City Marathons four times, realistically addresses the subject of aging and running performance. “You must accept the changes,” he writes. “You can’t tell yourself that you aren’t aging. God made us this way. What I can do now is try to beat my peers.”

Rodgers tells how his training has changed: “I can’t push my training runs as hard. I can’t do my intervals as fast. When I was 25, 28, even 33, I could shift gears in training runs. I could jump over logs. Now I have to run at a single pace. It’s harder to train anaerobically. When I go to the track, my best workout is three times a mile in 4:35 to 4:37, with a quarter-mile jog.

Ten years ago, I was going at least 10 seconds faster for those miles.”

But Rodgers believes that wear and tear must be factored into the aging equation. “I don’t think you can compare people like me or Grete Waitz with masters runners such as John Campbell and Priscilla Welch,” he states. “We’ve just been at it too long... I don’t think people who came along in their late 30s could run 50 or more marathons the way I have and still produce the spectacular times. John Campbell raced very well right after he turned 40, making the rest of us look terrible. But if he and I had been racing together 10 or 15 years ago, he wouldn’t be running such fantastic times today.”

Rodgers adds: “There are only a few runners over age 40 who can train now as they did at 25... Resting is the big issue here. People who hammer their bodies for years ultimately pay for it.”

Welch, who ran a 2:26:51 marathon at age 42, feels that a sub 2:25 is still possible for her. “It just takes the right day and staying healthy for six months before,” she offers.

“It’s a big mental game,” she continues. “So many people have been mentally conditioned to believe: ‘You can’t do this at that age’... It’s all negative talk.”

“I don’t know whether I’ve got my head buried in the sand or not, but I believe there’s a lot you can get out of yourself at 45. Obviously, you do lose speed somewhere along the line. But I think that point comes later than most people now believe.”

Welch’s thoughts on diet are especially interesting. She tried being a vegetarian for two years, but doesn’t feel it worked for her. She also mentions that in 1986 she was having problems staying aerobic and burning fats; the problem was diagnosed as a high toxicity level from overdosing on vitamins.

“I like to drink seven or eight glasses of water a day, but don’t drink water with my meals,” she explains. “I avoid sugar and everything with sucrose. I eat honey and use sea salt. Chewing foods properly allows the enzymes in the mouth to begin to digest the cooked starches.”

Although Rodgers has been called a “junk-food junkie,” he takes issue with that. “I don’t think I could have done the racing I’ve done over 15 years if I had a really poor diet,” he remarks. “I would have been injured more, or sick, or anemic... I’m just a cookie junkie.”

Like Welch, Rodgers recognizes the importance of drinking plenty of water throughout the day. “I drink far more water now than I did 10 years ago, because I’m more aware of how important it is to an athlete. Drinking enough water is something I have to concentrate on every day, because I know I’m dehydrated a lot.”

The book contains much valuable training information, with chapters devoted specifically to the 10K and shorter distances, the middle distances, the marathon, cross-country, and track. There are a number of helpful charts, including the Masters Age-Graded Tables used by National Masters News. The book has much to offer both masters and non-masters, veterans or novices.
the women were age 200 or more. The women’s East team bested the Southeast and West squads, while the Southwest contingent rallied to top the Southeast and West foursomes. Teams wore different-colored jerseys, compliments of the organizers.

Some of the other top performances, by division, were:

**M30-34**

Jeangelan Ruleau won the 800 (1:58.75) and 1500 (4:11.73). Norm Ogilvie took the 5000 (15:30.90) and 10,000 (33:36.10). Larry Rosen was a double winner in the SP (14.97) and DT (51.12). John Kerfoot walked to victories in the 5000 (24:09.60) and 20K (1:41.10).

**M35-39**

Mark Cwick repeated as JT champion (1:58.75) and Ogilvie (18:05.50). Racewalker Hugo Hartenstein won the 10K (1:41.50) and 5000 (24:45.80) and 20K (1:47.00).

**M40-44**

Bill Collins with a WR 200 21.38 and 100 win (10.88) stands out here, along with Popejoy and Almgren, who won the 5000 (15:07.40). Larry Rodenbeck took two golds in the LJ (6.02) and TJ (13.18).

**M45-49**

Joe Johnson with an AR22.81 200 and a 100 win (11.31), and Tom Rauscher, who broke the U.S. record with a 4.60 vault, were division notables. Lloyd Higgins, who will be 50 for next year’s nationals, took the DT (50.80) and HT (45.34). Norm Frabel won the 5000 (25:01.00) and 20K walks (1:47.40).

**M50-54**

Walt Butler, with a WR13.57 100H and 100 win (11.91), Alby Williams, 200 (24.00) and 400 (57.27) winner; and Mike Heffler, 5000 (16:07.00) and 10,000 (34:05.30) were the track bests. Joe Keshmiri, SP (15.37) and DT (52.14) winner, and Ed Whiteman, 5000 (26:13.50) and 20K walk (1:50.09) victor, also stood out.

**M55-59**

Hugo Hartenstein won the 100 (12.02) and 200 (24.16). Alan Fairbrother took three firsts, 5000 (18:05.50), 10,000 (38:47.50), and SC (14:46.06). Tom White doubled in the 5000 (28:16.00) and 20K (2:02:35) walks.

**M60-64**

John Poppell won the 100 (12.71) and 200 (26.28). Don Gammie took the 1500 with an AR44.15 and 5000 (17:53.90). Buck Bradberry was the winner in the LJ (4.53) and TJ (10.28). Joe Chadbourne broke the U.S. HT record with a 49.76.

**M65-69**

Greenwood broke WRs in the 100H (16.22) and 300H (45.70). Bob Richards had a HT AR41.86. This division produced the tightest sprint finishes of the meet. Bob Watanabe (13.04) took the 100 from Jim Law (13.09). Jack Greenwood (12.25.87) won the 200 from Law (25.90) and Watanabe (25.91). Law took the 400 with an amazing WR58.79, which would have won the M66 race, with Greenwood also bettering the old mark in 60.79.

**M70-74**

Burl Gist broke the 80H WR with a 14.22. Jordan won the 100 (13.71). Matthews and Jordan ran a virtual tie in the 200 (28.61), as Matthews fell at the finish. Matthews took the 400 (67.23). U.S. record breakers were Walt Dahlin, HJ (1.44), and Tom Kellen, TJ (9.17). Bo Morcom had two golds, PV (3.06) and LJ (4.62).
Payton Jordan, Jack Greenwood and Jim Law

In all fairness, we couldn’t separate three athletes in the voting for this month’s Sorbothane Athlete-of-the-Month award.

Each of them — Payton Jordan, Jack Greenwood, and Jim Law — all went over 100% on the masters age-graded scale. Anyone who does that deserves nothing less than athlete-of-the-month honors.

Either these guys are super-human phenomonens or we’re going to have to toughen the age-graded standards.

1) Payton Jordan, 74, of Palo Alto, Calif., the 1968 Olympic coach and holder of several age-group sprint records, broke his own M70 world 100-meter record of 13.00 with a mind-boggling 12.91 at the Western Sectionals in Cerritos, Calif., June 22. The 13.00 had been set four years ago when Jordan was a mere lad of 70. To run faster at age 74 than at 70 is a remarkable achievement. The wind was less than the allowable two-meters-per-second, according to meet officials. The 12.91 gave him a 101.3% on the masters age-graded scale.

Then, at the National Masters T&F Championships in Naperville, Ill., he won the age-graded 100-meter dash, where the winners of each 100 final ran together on an age-handicapped basis to see who is the “fastest of the fastest.” Jordan held off fast-closing Bill Collins, 40, to win in a blistering 10.23.

2) Jack Greenwood, 65, of Denver, Colo., a two-time masters T&F athlete-of-the-year, won three events at the nationals, setting two M65 world records in the 100H (16.22, 98.6%) and in the 300H, with a fantastic 45.70, for an eye-popping 101.6% on the age-graded scale. He also won the 200 in a tough battle with Law and Bob Watanabe.

3) Jim Law, 65, of Raleigh, N.C., ran two sensational 400s. First, he clocked a sparkling 58.52 — a 100.3% rating — at the Senior Sports Classic in Syracuse, where he was the darling of the media. He confirmed that effort with a 58.79 at the nationals, defeating Greenwood as both men bettered the existing mark of 61.29. It was the first time in history that men over age 65 broke the one-minute barrier at 400 meters.

The month was filled with riveting performances, any of which were athlete-of-the-month-caliber efforts:

- Walt Butler, 50, ran the 100 hurdles at the nationals in a WR 13.57 (99.2%) and also won the 100 in 11.91.
- Betty Vosburgh won seven gold medals in the W60 division at the nationals, setting one world and six U.S. W60 records.
- Bill Collins set a pending M40 WR of 21.38 (98.6%) in the 200 at the nationals.
- Phil Raschker, 44, won eight gold medals at the nationals, setting a W40 WR of 9-10 in the pole vault.
- Stan Whitey set a pending M45 WR of 11.03 in the 100.
- Mike Cole set a pending M40 WR of 14.00 in the 110H.
- Warren Utes, 71, broke the U.S. M70 15K record with a 58.13 (99.8%).

Each month, an outstanding masters athlete will be selected, based on performances in track, field, road racing and racewalking during the past month, and announced in NMN. The winner will receive $100 from Sorbothane. This month’s $100 will be split between the three winners.

Sorbothane produces lightweight, shock absorbing air-inflated insoles and can be found at most sporting goods stores.

Congratulations to Payton Jordan, Jack Greenwood, and Jim Law — the Sorbothane Athletes-of-the-Month.

Over The Hill, Buffalo Take Titles in Cleveland

by JEFF GERSON

The men's Over The Hill TC and the women's Buffalo Belles & Brawn teams successfully defended their team titles at the 13th Annual Cleveland Track Classic, June 22, at Wickliffe, Ohio. Over The Hill took the title with 497 points, with the Buffalo Pioneers edging Detroit Fitness for second place. The Buffalo team ran away from the field, scoring 343 points to runner-up Over The Hill's 58.

Scott Tyler was named the meet's outstanding athlete, setting meet records in the M30 100mH (14.5), 400mH (63.3), 100 (11.6), and winning the 200 (22.5). Age-group most outstanding athletes included M30
M80-84
Honors were shared by Ted Hatlen, who took five firsts, and Charles Espy, winner of three distance races.

M85-89
Arling Pitcher took two firsts, the PV (1.13) and TJ (3.34), as did Konrad Boas, 400 (2.16.95) and DT (13.28).

W30-34
Darin Willet was first American in the 100 (13.08) and 200 (26.04) behind Perrott of Australia, and first in the 400 (58.88). Karen Corso took five firsts, both hurdle races, HJ, LJ, and SP.

W35-39
Marcia Hulse sprinted to wins in the 100 (13.12), 200 (26.73), and 400 (62.79). Debbie Anderson was first American in the 800 (2.27.43) and 1500 (5.12.29) behind Canada's Janet Takashashi (2:16.98/4:39.69). Ruth Welding was victorious in the SP (9.64), DT (34.78), and JT (26.66).

W40-44
Probably the division with the most talented athletes from the 100 through the walks. Phil Raszker ran, jumped, and vaulted to eight firsts, including a PV WR3.00. Sylvie Kimche took the U.S. 800 (2.26.73) behind Canada's Avril Douglas (2.25.04), the 1500 (5:01.61), and 5000 (18:31.90). Lurlene Struppeck won golds in the SP (10.12), DT (28.78), and JT (35.80). Racewalker Viisha Sedlak strode to wins in the 5000 (24:45.30) and 10K (53:05).

W45-49
Pamela Calvert took six firsts, breaking ARs in the 400H (71.20) and TJ (9.41). Marilyn Mitchell won the 100 (13.88) and 200 (27.92) easily, despite doubting her conditioning before the races.

W50-59
Becky Bisley captured four golds, including the 800H (15.15) and TJ (8.40). Joanne Grissom upped her AR in the SP to 12.99. Vanessa Hilliard notched ARs in the DT (34.24) and HT (39.41).

W55-59
Marilyn Fitzgerald dashed to wins in the 100 (14.64), 200 (30.54), and 400 (70.78). Wava Mosbrucker took the 800 (2.54.47), 1500 (5:58.84), and 5000 (21:50.90). Christel Miller won the DT (23.98) and JT (29.60). Ruth Eberle walked to a 2.56.70 gold in the 5000.

W60-64
Betty Vosburgh was the loudest firecracker in this division, and probably the meet with seven firsts and seven records, WR56.80 in the 300H, and ARs in the 100 (15.39), 200 (31.19), 400 (1:17.17), 800 (2:57.55), 800H (16.50), and LI (3.95). Leonore McDaniel's two wins were ARs, HJ (1.22) and TJ (7.85). Bernie Holland won all four throws and included an AR25.58 HT.

W65-69
Mary Norikauer's four gold medals had a wide span, from the 800 (3:58.00) to the HT (19.79). Triple winners were Pat Peterson, 100 (16.78), 200 (34.63), and 400 (87.75), and Josephine Sullivan, HJ (9.97), LJ (3.09), and TJ (6.51). Joan Rowland had an AR32:11 in the 5000 walk and won the 20K (67:49).

W70-74
Flo Berry won the 100, 200, LJ, SP, and DT. Carol Peebles took the 400, 800, and 1500.

W75-79
Betty Jarvis broke the AR in the DT (17.80) and set a HT record (17.25). Pearl Melt took seven events from the 100 through the 5000.

W80-84
Whatever the spelling, all was Clark(e). Anne Clark had a WR85.44 and WR65.47.20. Carolyn Clark broke ARs in the SP (4.26) and DT (10.83).

Off the track, much discussion centered on the matter of late entries, at this meet and other nationals. Several brouhahas erupted when a few athletes tried to bend the rules in their favor. Disaster was avoided when the pace car driver for the walks, pressed into service when the police car pulled into town.

Page 9
Steeplechasing Is The Family Business

"Nice 'chase, Daddy," I told my grandson Kyle to say to his father. My son Kevin had just won a section of the 3000-meter steeplechase at the TAC Masters Championships.

I should have taught Kevin to say the same to me, since I won an earlier section of the same race. Kevin won the steeplechase for the 30-34 age group; I took the 60-64 'chase. As far as we know, that's the first father-son dual victory in a masters championships, maybe for any sport.

Steeplechasing is the family business.

I don't know if Kyle, who will be three this September, will ever run track, or choose the 3000-meter steeplechase as his event, but it's a distinct possibility. If not Kyle, maybe my other grandson, Wesley. Hurdling over barriers and leaping into water pits seems to be in the Higdon genes.

The 3000-meter steeplechase has been described as "plastic cross-country." Spectators enjoy it because it adds a touch of comedy—and excitement—particularly when somebody trips over a barrier, or falls in the water. Certainly, the 'chase adds a degree of difficulty to running long distance on the track.

Three-thousand meters is just short of two miles, seven-and-a-half laps. Each lap contains five barriers to be hurdles, four of them movable, one of them fixed with a water pit behind. The barriers are 36 inches high, the same height as intermediate hurdles, but solid. If you hit one, it knocks you over rather than the way around. Unfortunately, they don't lower barrier heights for the older age groups, although we run only 2000 meters, five laps.

The water jump is inside or outside the track, 30 inches deep near the barrier, 12 feet across. The pit slants upward so the farther you jump, the drier you stay. Officials often place plants under the barrier to make it look like the hedges horses jump in steeplechase races from which the event gets its name.

Asked to describe the 'chase, Kyle says: "Daddy runs fast and jumps in the water." Smart kid.

The trick is to jump atop the barrier with one foot and land in the water with the next foot, stepping out with the first. After his race, Kevin bragged that he only got one shoe wet, the sign of good technique. At my age, I don't worry about getting both shoes wet. I'm happy to keep my hair dry, which happens when you trip on the barrier and land on your face.

Kyle positioned himself near the water jump in case Daddy or Grandpa did just that. Neither of us belly flopped, although on my last lap, I misjudged my approach, stopped, clambered over the barrier, and hopped across ingloriously.

That would have cost me style points if 'chasers were judged on form like gymnasts or figure skaters. Instead, the gold medal goes to who gets there first, regardless of form.

Ten years ago at the World Vets in New Zealand, officials placed a steeplechase barrier on the cross-country course to increase its degree of difficulty. Kiwi Roger Robinson regarded the barrier and decided that it would be easier to duck under than hurdle over, which he did en route to victory in the 40-44 age class. "The rules say barriers must be negotiated," said Robinson afterwards. "They don't say how."

Robinson won his point, but I prefer to step or hurdle barriers, having perfected my technique. The smoother you clear the barriers, the faster your time and the less energy you waste, which also translates into fast times.

The 'chase appeals to me precisely because it is a technique event, as opposed to most distance events for which combinations of speed and endurance are the main prerequisites. My hurdling ability permits me to defeat opponents, who otherwise might beat me in flat races. Cross-country attracts me for the same reason.

Of course, most distance runners eschew the 'chase, some of them denigrating it as an event for runners not fast enough to succeed on the flat. In turn, we look on flat racers as being too unskilled to master the skills of the 'chase.

I'll probably continue running the 'chase. Whether or not I win any more medals, I hope to run fast enough so that Kyle at least can say to me, "Nice 'chase, Grandpa."
Whitely, Jordan Star in Western Sectionals

by JERRY WOJCIK

The TAC/USA Western Sectional Masters Track and Field Championships were held on two days, June 22-23, at Cerritos College, Norwalk, Calif., east of Los Angeles and the site of TAC's National Open Championships in 1990.

On a fast track and with a stiff, following breeze, Stan Whitely, M45, ran a fully-automatic timed 11.03. The world record is 11.0, hand-timed, by Thane Baker of the U.S. Payton Jordan, M70, ran a 12.91, below his 1987 world record of 13.0.

James Lofton, 34, of the Packers, Raiders, and Patriots, won the M30 200 in 21.69 and the long jump with a 7.47. Brenda Peterson took the W30 200 in 27.04.

Half milers were in good form, despite running into the wind on the backstretch. Bryan Henderson (1:58.1) outran Paul Frague (1:58.5) and William Henry (2:00.1) for the M30 title. Peter Mogg won the M35 race in 1:57.8. Marsh Haraden (2:31.52) was the best of a good M60 field with Louis Beadle (2:34.91) and Gunnar Linde (2:35.94).

In the 1500, Jacqueline Hansen, W40, won in 4:37.82. Chick Dahlsten, M80, added the W40 1500 with a 4:38.67 to his 5000 and 10,000 wins. In the 110mH, James McCraney bettered the M35 world record of 14.13, held by Sergio Liani of Italy, with a 14.01.

High-jumper Annelies Steekenburg, W40, finished at 4-10. Steve Harridon, who also won the M40 400 (51.19), was the meet's best vaulter (15-6).

Spinning Bill Pendleton, M35, had the best shot put of the day (14.01). Wilbur Thompson, M70, gold medalist in the shot in the 1948 London Olympics with an Olympic record 17.12, won the shot (11.99) and discus (44.68).

Javelin winners included Tony Ciarelli, M35, 64.25; Joe Greenberg, M40, 63.98; and Christler Miller, W55, 27.06.

In the pentathlon, Frank Reilly chalked up an M40-44 U.S. record of 3116 IAAF points.

Andy Smith racewalked to an M40 5000 gold medal in 25.05. Bill Neder, M50, won in 26.41, as did Kathleen Fabel, W45, with a 28.40.

The meet was directed by Marv Weinstock, TAC's National Masters Track and Field Committee.
**Corns**

Q

I'm a 53-year-old female runner. I've had my share of foot problems during my 20+ years as an athlete, but lately I've developed some very painful corns near my toes and on the balls of my feet. What's causing my problem and what can I do to alleviate the condition?

A

Most of us during our athletic careers will develop corns on our feet. This is the body's natural reaction to the friction that builds up during our training and competitive periods.

Hard corns are circular, conical thickenings of skin that usually appear on the tops of the second and fifth toes, and occasionally are found on the balls of the feet. The tip of the cone is area of the irritating corn. This is a minor surgical procedure and should be done by a foot specialist.

Non-medicated corn pads have been shown to be effective in some instances, while more severe conditions require silicone injections or more extensive surgery to remove the underlying bony irritant.

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 2372, Van Nuys, CA 91404.)

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**Good Marks in First Helena Meet**

by MANUEL WHITE

The first Helena Masters and Seniors Track and Field Meet was held in July at Helena Vigilante Stadium.

The best track performances were by Scott Freda, 33, in the 100 in 11.7 (86.9% age-graded) and short hurdles in 15.5 (84.9%). The best field performance was by Manuel White, M75, who broke the U.S. age-group record for the 600g javelin with a 116-3 (82%).

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**200 Athletes Enter NJ-TAC Meet**

by ED KOCH

Over 200 athletes entered the NJ-TAC Outdoor Masters Championships held at Monmouth College on June 29 and 30.

The Striders of Long Beach, Calif., successfully defended their 1990 submasters and masters team titles.

In the submasters competition, the Striders had an easier time of it than in 1990 when they won by a narrow three-point margin. This year, the Striders victory was by a score of 62.5-44-36 over Garden State A.C. and Shore A.C. Decathlete Tony Ciccone (M30) led the Striders with gold medals in the high hurdles (16.5), shot put (11.40) and discus (140-3).

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**Matthews, Tompkins and Fazio Win in Philly**

by PETER TAYLOR

Philadelphia, June 22. Ed Matthews, Gary Tompkins, and Jim Fazio were winners today as the Philadelphia Masters Track Association presented its annual outdoor triathlon meet at the beautiful La Salle University facility.

National indoor sprint champion (60m) Matthews, a 71-year-old phenom from Ocean City, Md., uncorked a 29.7-200, 14.4 100, and 70.8 400 to post an easy win in the Jim Bantum Sprint Triathlon with an average age-graded performance level of 89.0%. Old pro Bert Lancaster, now 63, took second with times of 29.1, 13.3 and 68.8 (average age-graded performance level of 86.0%), Jim Bantum, a longtime member of the

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Grayson, Waigwa Win Cotton Row 10K

by JIM OAKS

The combination of decent prize money ($750 for the winners with a $500 bonus offered for a new course record) and the tradition of good competition and hospitality once again attracted an outstanding field of master runners to Huntsville, Ala., for the 12th Annual Cotton Row Run 10K.

Included in the men's field were three previous Runner/Runner's World champions: Don Coffman (1984), Bob Schlau (1988) and Wilson Waigwa (1989). These three were joined by Canada's Ken Hamilton, Kaare Osnes of Norway, and course-record holder Earl Owens from Dunwoody, Ga.

The women's field was not as deep as the men's, but USRA champion Nancy Grayson of Columbia, S.C. was back to defend her title, along with two USRA champion Jane Hutchinson, Webb City, Mo., and Claudia Clavarella of Johnson City, Tenn.

Most of the race committee expected Waigwa to earn the $500 bonus for a new course record, and there was even some early talk about his possibly winning the race. However, the rain that came just as the race was starting was not to Wilson's liking (he had dropped out of a race in a rain in Tupelo, Miss., just three weeks earlier due to cramps caused by the rain) and the former NCAA All-American and world masters mile record holder had to settle for the masters win in 32:18, also good for 10th overall.

It was Nancy Grayson who ran the most outstanding masters race on the humid morning, as the 41-year-old became only the second female master to break 36 minutes on the course which includes the infamous Mountain Wood hill just before the three-mile mark. Grayson's time was 35:45 and earned her 6th place overall.

"I wanted to try to break the course record," Grayson said. (The course record of 35:37 was set by Judy Fox Eddy in 1982.) "Last year I went out a little too hard for this course, and this year I tried to save a little more for the last half." Actually her first mile this year (5:38) was faster than last year's (5:45), but she looked much stronger this year when she cleared the hill.

Jane Hutchinson, the master winner here in 1988, took $500 for second in 37:35; Claudia Clavarella finished third in 40:54, earning $300; Andrea Pease of Marietta, Ga., finished fourth in 41:44 for $200; and Mary Preisel of Signal Mountain, Tenn., was fifth in 42:53 for the last prize money of $100.

Even though Ken Hamilton stayed within sight of Waigwa for most of the race, he had to settle for second again this year. Last year Hamilton had been the favorite, but Earl Owens had run one of his best races ever to set the new course record. Hamilton ran 32:54 to earn $500.

Third went to Kaare Osnes, a Norwegian living in Florida for the year. He ran 33:13 and earned $300. Steve Ruckert of Westminster, Md., took fourth in 33:24 for $200, and Huntsville Track Club president Lawrence Hills finished fifth for the second year with a 33:35, good enough for a $100 prize.

Jerry McGrath, age 53, of Tupelo, won the grand master division in 36:38, defeating a tough field that included Ken Prior of Tipp City, Ohio, and Joe Burgasser of St. Petersburg, Fla.

Susie Klutz of Winston-Salem, N.C., was the female grand master winner in 47:31.

"We hope master runners will still consider spending their Memorial Day with us each year," race director John Dennison said. "We may not have the fastest course in the South, but you will have to look hard to find better hospitality. We invite masters who haven't run here yet to plan to come in 1992."
Max Green — Training For Turku?

Max Green, 59, is a premiere racewalker who holds M55 records for the 5K through 50K. The Taylor, Mich., resident won two golds at the WAVA Championships in Eugene in the 5K (25:15) and the 20K (1:47:06) and hopes to better those times in Turku.

How did you train for the 20K and 5K in Turku?

I was doing about 80K a week. I did one 20K a week under a 6:00 per kilometer pace, and one set of 3K intervals at about 5:10 to 5:15 per kilometer pace a week. Another day I did a set of either 10 1ks or 2 2ks — the 1ks down around 5:00 and the 2ks as close to 5:00 as I could get.

I had been trying to do one 5K pace, and one set of 3K intervals which was as close to 5:45 as I could get. I really wanted to do a 5K at about a 5:50 pace.

My goal was to do a 1:43:30 in the 5K in Chicago last year, (1:47:06) and the 20K (1:43:41 last year in Chicago), and the 5K in Eugene in the 5K (25:15) and the 20K (1:47:06) and hopes to better those times in Turku. I had a good 5K in Chicago last spring, but I still suspect the course wasn’t as easy for one or two days, but by the third day, I was tired.

What times were you training for?

My goal was to do a 1:43:30 in the 20K. I walked a 1:43:41 last year in Eugene, but this year was without injury longer, and was able to train without serious interruptions.

I had a good 5K in Chicago last spring, but I still suspect the course length. My time was 24:08 which was remarkable if true, and gave me some kind of goal for Turk.

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Stats on Men/Women Racewalkers

by BEV LA VECK, Racewalking Representative to the TAC Masters Track & Field Committee

More than 400 racewalkers competed in the recent U.S. National Senior Olympics Classic. This figure is over one-half the total number recorded for track. Surprises were expressed that women would have a participation rate of 37% in the track events in light of the 12% female participation in most U.S. masters meets.

To satisfy my curiosity, I inspected the results of all track & field meets, indoor and outdoor, and compared the three main events in the same meet. There were 217 runners in the 1500-3000 meter events — 16% of whom were women. It’s notable that there were 23 men and 23 women in the 1991 TAC Masters Indoor 3000-meter racewalk, and 41 men and 11 women in the 3000-meter run.

Since the Senior Classic is restricted to those aged 55+, I repeated the group analysis using results from this age group only. There were 75 racewalkers, 35% whom were women. There were 54 runners; 15% were women. Clearly, there does not appear to be the same under-representation of women in racewalking as in running. Furthermore, it’s an intriguing possibility that the ratio of walkers to runners tips in favor of walkers in the older masters groups.

Despite geographical differences, one way of increasing women’s participation in track meets may be to include more racewalking events. Of course, we’ve all met a meet director now and then who considers both racewalking and women bothersome.

Racewalking Relaxation Techniques

by JACK BRAY

In racewalking, a workable technique and flexibility come first. Flexibility is perhaps the hardest to come by, and is essential to good technique. Because I have a tendency to be stiff, I am constantly working on relaxing.

You have heard Frank Alonzi say, “Smile!”, when he is coaching. Smiling relaxes the face and body. From the Tao point of view, I practice and teach the inner smile as a relaxation technique. You start by smiling from your eyes, behind your eyes, drooping the smile to your lips, down to your heart, and through the internal organs. This relaxes your body parts and energizes you for the race ahead. As a master racewalker, I need all my internal energy. By relaxing stress, the inner smile frees energy to flow.

I also use the Taoist body scan. When you start a race, or during a race, if you are feeling a little tense or are falling behind, start scanning yourself from the top of your head down your neck to your shoulders, arms, hands, chest, stomach, hips, thighs, hamstrings, calves, shins, ankles and feet. Just work that visualization through your body and find out what muscles are tense or tight. As you come to a tight area, stop the scan and work on relaxing and loosening the tightness; then start scanning again until you feel your energy flowing easily and freely throughout your body.

Jack Bray is a successful masters athlete and coach who competes nationally and internationally in the M55 division.
**Lyten Breaks 800 WR in Northwest Sectionals**

by JERRY WOJCIC

The Hayward Classic in Eugene, Ore., became TAC’s Northwest Sectional Masters Track and Field Championships this year on June 22-23, drawing athletes from California, Canada, and Germany, as well as from the region.

In the 800, Jim Lyten broke the M70-74 world record of 2:34.5, held by Monty Montgomery and set in 1977, with a 2:32.74. Bill McKinney took the three M35 sprints and the high jump (1.74). Canadian Harold Morioka took the three M40 sprints, all with M40+ meet’s bests. Judy Ace, W35, was also a sprint three-time winner.

Ed Spinney, M35, did an ironperson, with wins in the 800, 1500, and 5000 (15:36.62). Mike Manley took the M45 1500 in 4:19.20. Herb Phillips of Canada won the M50 5000 and 10,000, the latter with an excellent 34:51.37.

Walter Dahlin, M70, was near the U.S. high-jump record (1.43) with a 1.38 leap.

Rich Brown, M50, planted the best shot mark of the meet with a 50-6, but Rich Hotchkiss took the discus (46.12), hammer (46.64), and javelin (49.63) in that tough division.

The meet was hosted by the Oregon TC Masters, directed by Les Castle, and sponsored by Valley River Center.

---

**Ten Years Ago**

**August, 1981**

- Vicki Bigelow (W45, 18:14.0) and Jaclyn Caselli (W60, 23:19.2) establish new 5000 WRs in Western Regionals.
- Herb Lorenz, 42, breaks American Masters 10K Record with a sizzling 30:41.5.
- Ray Hatton, 49, sets AR for the 3000 (9:02.95) in Mt. Hood All-Comers Meet.
- 14th Nationals Draw 500 to Los Gatos, Calif.
**Umberg, Virga Take Firsts at Grandma's**

by JERRY WOJCIEK

Richard Umberg, 41, of Berne, Switzerland, and Carol Virga, 40, of Boca Raton, Fla., were the masters firsts in the 15th annual Grandma's Marathon, Duluth, Minn., on June 22. Umberg placed 19th with a 2:22:56. Virga also finished 19th among the women and 174th overall in 2:48:28.

Over 5000 runners entered the marathon.

Alex Ratelle, 66, of Edina, Minn., wearing No. 66, finished his 15th Grandma's.


In the Garry Bjorklund Half-Marathon, Michael Seemann, 40, Pacific Grove, Calif., and Jean Garlie, 44, Albuquerque, N.M., were the top first masters. Seemann finished third overall in 1:11:48, while Garlie was seventh woman with a 1:31:35.

The shorter race had 1500 entrants. The totals for both races made it the largest Grandma's ever.

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**ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, AUG. 1991**

<table>
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<tr>
<th>ATHLETE (RESIDENCE)</th>
<th>BIRTHDATE</th>
<th>AGE GROUP</th>
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<tr>
<td>Elizabeth Alanna (Chicago, Ill.)</td>
<td>8-9-36</td>
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<td>Gloria Bassler (Palos Verdes, CA)</td>
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<td>Amy Barlow (Edina, Minn.)</td>
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<td>Martha Fairbank (Durham, NC)</td>
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<td>Lili Holmberg (Brookings, SD)</td>
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<td>Ken Holtsiek (Eau Claire, WI)</td>
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<td>Shelly Keeling (New York, NY)</td>
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<td>Sue Miller (Lake Havasu City, AZ)</td>
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**Warren Utes Sets 15K Mark**

The 27th annual Michigan City (Indiana) Run was billed as Hal Higdon’s 60th birthday party, the running writer’s first race in a new age group, but Warren Utes of Park Forest, Ill., strolled all the glory by setting an American M70 age-group record for 15K — an astounding age-graded 99.8%.

Utes, 71, placed 22nd overall in the 204-runner field. His time of 58:13 smashed the previous age-group best of 61:49.9 set by Clive Davies. Since turning 70 last summer, Utes has been cutting his way through the 70-74 records like a threshing machine through a wheat field.

Utes and Higdon ran together most of the way, first one runner moving ahead, then the other on the out-and-back lakefront course that passes Higdon’s house twice. "I lost 20 yards to Warren when I accepted a glass of water from my grandson Kyle, but eventually made it back," noted Higdon after the race.

Higdon pulled ahead of Utes over the last two miles and finished 6 seconds and one place ahead in 21st, but his winning time in the M60-division of 58:07 ranks far below that of the older runner.

In the open division, defending champion Kevin Higdon (31, Kyle’s father) finished behind Elkhart’s John Roscoe, 35, who won in 49:52. Sandra Stepanski, 29, of Crown Point was the first female with 58:34.

Near perfect weather conditions aided Utes in his record-breaking effort. The temperature was 62 degrees with minimum humidity. A headwind going out turned into a tailwind coming back.

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**DEADLINE**

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Laurie Binder, on her way to setting a new AR with a 27:33 in the Fujitsu Classic 8K, San Jose, Calif., June 15. The old age-43 8K mark was held by Gabriele Andersen (27:54).

BINDER, TIBADUIZA SET RECORDS IN FUJITSU CLASSIC 8K

by MARK WINTZ

Laurie Binder, 43, proved she is one of the fastest female masters runners by smashing Gabriele Andersen's 1990 W40 8K AR of 27:51 with a 27:33 in the Fujitsu Classic 8K "Run for the Kids" in San Jose, Calif., on June 15. Binder, a nurse form Oakland, Calif., netted $250 for her masters triumph, plus a $500 bonus for her record-breaking performance.

"I surprised myself because I haven't been training as hard as I usually do," she remarked after finishing third overall in the women's division. "I cut my mileage back, and started playing some tennis and other things. This kind of (win) is neat."

In the men's division, Domingo Tibaduiza, 41, eclipsed Mario Cuevas' M40 mark of 23:49 with a 23:45 overall finish. Tibaduiza, who resides in Reno, Nev., also took home $250 for his masters win, plus an additional $500 for the record.

"I'm a lot better off than last year," noted Tibaduiza, whose younger brother Miguel (23:58) and younger sister Rossy (28:54) both finished behind him. "My hamstrings were giving me problems then. Now, I'm in good shape."

Other outstanding masters performances in the meet were by Tim Rostege (M50, 27:27), Mel Shine (M80, 46:24), and Jaclyn Caselli (W70, 41:58).

Now in its fourth year, the race, which was solely underwritten by Fujitsu Microelectronics, raised a total of $87,000 for the Children's Discovery Museum of San Jose, the Children's Shelter of Santa Clara County, and the Children's Home Society of California.

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Pat Gallagher, W45, set new British marks in the 400 (2:15.5) and 800 (4:40.97), with the latter time bettering the current WR held by Barbara Lehmann (4:45.84) of Germany. Australia's Judy Pollock holds a pending WR of 4:40.35. New British standards were also set by Charlie Williams, M60, in the 200 (25.5) and Colin Fairey, M75, in the 100 (14.9) and 200 (25.5).

On the road Mike Hard, 45, ran a 30:26 10K at Poole in Dorset, just one second shy of Tecwyn Davies' WR set at the Lytham World IGAL 10K in 1985. Eleanor Adams, W40, took the women's veterans division in the IAAF 100K World Cup race with a 7:52:15. Paula Fudge was best W35 in the Lensbury 10K at Middlesex, turning in a speedy 34:07.

Former Olympic javelin winner (1984, 69.56) Tessa Sanderson, W35, won the JT in the Europe Cup finals in Frankfurt, Germany, on June 29, with a throw of 65.18. At the IAU World 100K Cup Race in Faenza, Italy, Elanor Adams, W40, easily led the field as first woman with a remarkable time of 7:52:15.


The Soviets also captured the W40 25K team races with Leonid Moscev (1:25:03) and Jury Kitaev (1:25:34) finishing second and third behind Britain's Dave Hill (1:24:38).

In the women's division, Nadezda Gumerova, W40, led the Soviets to another 25K victory in 1:38:30. Rosemary Ellis, W35, of Great Britain, turned in a 35:38 10K to lead all veteran women.

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NATIONAL MASTERS NEWS
P.O. Box 2372
Van Nuys, CA 91404

Canadian Masters Vie Under Sunny Skies

by DON FARQUHARSON

Preparing to defend his world titles in the 300H and 2000SC at Turku, Valden Sadul, M65, turned in convincing wins in those events (52.89 and 8:50.2) in the Canadian Masters National Track & Field Championships held June 29-30 in Ottawa, Ontario.

Marg Hendershot, W35, from London, Ont., scored a convincing triple with a 12.67 100, 25.85 200, and a 58.38 800 — all CMAA records. Bob Zimmerman, M40, of Ajak, Ont., found the sunny skies to his liking and posted an 11.91, a 23.88, and a 53.59 in the same three events.

Ray Tucker, M40, of Branford, Ont., led the 1500 throughout and appeared to have a shot of finishing below 4:00 when he suddenly pulled up with a torn Achilles' tendon a short distance from the finish. Wayne Stewart of New Brunswick took the contest in 4:01.64. Meanwhile Dave Stewart from Ottawa was victorious in the M40 5000, turning in a 15:26.77.

Linda Findley, W40, swept the 800 (2:32.99), 1500 (5:02.6), and 5000 (18:26.10).

In the field events, Canadian records were set by Stan Egerton, M65 (PV, 3.01); Anne Marie Rosenberg, W50 (V, 1.80); Helgi Pedel, W65 (TJ, 6.49); Elga Merz, W70 (DT, 20.26); Emil Matter, M55 (HT, 42.06); and Walter Jenkins, M70 (HT, 39.96).

A crowd pleaser in the M45 JT was former Canadian Olympic standout Bill Heikila of Ottawa who triumphed with a 52.80. The meet was well-organized and conducted in an efficient and professional manner by Andy McGinnis.

WAVA/TAC Hurdles and Implements Specifications

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*Either "old" or "new" javelin may be used.*
Masters T&F Meeting Held

About 60 people attended the annual Masters T&F meeting at the nationals. The minutes of the meeting will appear next month. The highlights:

- In a straw vote, the group voted 40-7 to keep the minimum age for women at 35 in World Veterans Championships. This was a reversal of the 22-10 vote at TAC's Convention last year supporting 40 years as the minimum women's age.
- In another straw vote, the group voted 35-11 to lower the men's age to 35 for international competitions.
- Chairman Barbara Kousky announced the 1992 nationals will be held in Spokane, Wash., from August 6-10.
- The group voted 34-2 to keep foreign athletes in the meet, but voted 31-9 to allow at least five U.S. athletes to compete in the sprint finals (as opposed to the current minimum of three).
- By a vote of 43-2, athletes preferred the current four-day meet rather than a three-day meet.

A consensus agreed that entries should be allowed in the national meet until a week before the meet, not a month, as was the case this year; and that no entries should be allowed after the meet starts.

- Meet director Dick Green was praised for sending out entry confirmations, something not always done.
- To encourage more participation, a suggestion was made to stage relays by sectional teams, rather than by the current club or association teams.
- A request was made to score the decathlon/heptathlon/pentathlon by single-age scoring, rather than by five-age-group scoring.
- There was sentiment to change the 400H for M50-59 to 300H.

None of the business discussed at this meeting is officially binding, but recommendations are often ratified at the official masters T&F meeting at TAC's annual convention in December.

Eddie Hart Stars in Pacific Championships

The Pacific Association/TAC Championships held in Los Gatos, Calif., on June 8 was a combined meet, showcasing some of the area's finest open and masters athletes, and a few from other associations.

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Here’s What Readers Say About THE MASTERS RUNNING GUIDE

- This book is filled with information including chapters on: Minimizing Injury, Secrets of the Masters, Maintaining Mobility, Diet, Improving With Age, and Training. I recommend this book for those of us “transitioning” into the “improving with age” category. (Great gift idea too.)

-Joyce Rankin, Reston (VA) Runners

- I wish I had read the book ten years ago. I wish it had existed ten years ago.

-Gordon Pitz, River to River (IL) Runners

- The book describes masters sports and discusses the safety of intensive competition for older athletes... It’s tough to read the first chapter and not get an urge to slip on a pair of shoes and go for a run.

-Mike Davis, Indianapolis News

“I generally stay away from endorsing books, but this one is worth making an exception for.”

-Jim Ferstle, St. Paul Pioneer-Press

Yes! I want to order copies of Hal Higdon’s new work, THE MASTERS RUNNING GUIDE. Please send to:

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Address

City, State Zip

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NATIONAL MASTERS NEWS, P.O. Box 2372, Van Nuys, CA 91404

NATIONAL

- David Faucher (42, 2:39:15), West Lebanon, NH, finished 17th of 494m, and Carol Varga (40, 2:53:12), Boca Raton, FL, fourteenth of 1288 to capture 40+ titles. Vermont City Marathon, Burlington, May 26. Ralph Zimmerman (50, 2:41:36), Buffalo, NY, was second master.


- In the article on p. 31 of the June ’91 issue on Evy Palm’s achieving an age-graded 1:03:20 (based on an age-48 target time of 1:15:18) with a 1:12:36 half-marathon in Holland, writer Marty Post stated that no American has yet reached the 1:00 barrier. Norman Green, Jr., of Pennsylvania matched exactly the age-graded standard of 1:03:20 in the 1987 Philadelphia Half-Marathon, three months after his 55th birthday, for the only 100% age-graded performance by a U.S. long-distance runner.

- Three hundred age-group fields from as far away as Nevada, Florida, and Canada. In the women’s 40, Libby Hagemann broke the W70-74 WR with a 6:48. The oldest contestant was George Conway, 88, of Melton, MA.

- Ed Stabler, 62, N. Syracuse, NY, had the best age-graded time of 1:03:34 (actual time 1:20:45) of 85 masters in the age-graded 21st annual Vestal 20K, Vestal, NY, June 15. Ray Kneer, 49, Cortland, NY, was second with a 1:10:30 (1:12:43). Barbara Blazak, 41, Syracuse, NY, was third with a 1:10:02 (1:12:33).

EAST

- Bill Shrader, 75, top masters middle-distance runner and administrator, has terminal thyroid cancer. "The doctors give me two more months, but I’m fighting it," he said at the National Senior Sports Classic in Syracuse, N.Y.

- If you see me in New England this December at TAC’s Convention, you’ll know I made it.""

SOUTHEAST

- Vanessa Hillard of St. Petersburg, FL, broke the W50-53 hammer WR with a 42.63 in the Florida Circuit Meet, Clearwater, May 25.

- Helen Searle, Australia, held the old record of 41.84 set in 1989. Tom McDermott, Bradenton, FL, set a hammer WR for age 73 with a 46.00 in the Florida Masters Championships, Orlando, May 18.

- Joe Martin broke the M70-74 WR for the 800M with a hard-timed 1:43.3, Southeastern Masters Classic/South Carolina TAC Masters Championships, Greenville, June 22. 120 athletes participated, 48 men’s and 16 women’s meet records were broken.

- The 16th Annual Northwest Track & Field Classic drew 2583 athletes from eight foreign countries and nine states to the Miami-Dade Community College on June 8. Tyrone Carls, M45, of Miami set a meet record in the 200 (23.98), and Bob Fine, M55, did the same in the 1500 WR with a 4:37:00.

- Don Gammie, 60, Centerville, OH, was best age-graded master with a 1:42:17 (actual time 1:57:59) in the 4th Lou Cox 5K, Dayton, OH, June 11. Best W40+ age-graded performer was Clare Brock, 55, Cleveland, OH 18:17 (22:05). The race, sponsored by the Ohio River Road Runners and directed by Lloyd Lauback, had 955 finishers.

- The 18th Annual Steamboat Classic in Pueblo, CO, June 15 was marked by oppressive heat and humidity. Coping best with the uncomfortable weather was Warren Utes, 71, who cut through the steam bath of an awesome 4-mile time of 24.07. In Indiana, the M40 division (19:33) and $500 in prize money, while Priscilla Welch (W55, 22:34) did the same in the women’s event. Judith Hine (40, 23:08) of New Zealand took the second W40+ prize of $250.

MID AMERICA

- Doug Bell (40, 51:23), Greeley, CO, and Cheryl Beckschmidt (42, 64:05), Denver, romped to masters titles in the Garden of the Gods 10K, Colorado Springs, May 9. Bell was seventh of 1800 runners.

- Ruth Eberle, W55, Florissant, MO, posted the best 1500 WR time of all walkers with an 8:23 (13:57) in the St. Louis Senior Olympics, May 29. Temperatures in the 90s and rain didn’t hamper some athletes, including Larry Patterson, M75, of St. James, MO, who won the 1500 (6:30.7) and 800 (3:15.2) on Wednesday and came back Thursday to shave three minutes from the meet record in the 5000 with a 24:40.

- Visha Sedlak, 42, Boulder, CO, was first overall (95:22) in 2598 runners in the Steamboat 10K Walk, Steamboat CO, June 9. Priscilla Welch (46, 39:12) finished 26th overall of 324 in the 10K run. Top master was Rick Katz, 42, of Boulder, sixth in 34:45.

- Vicki Bigelow, 55, set a new U.S. W55 800 record of 2:45.41 in the NorCal Seniors T&F Classic in Berkeley, CA, June 15. The old mark was 2:48.2, set by Beryl Skelton in 1984. The Harry Koppel 100-meter plaques, donated by his wife, Juliette, were awarded to Eddie Hart (42, 11.26, 93.5%) and Margaret Dixon (77, 13.24, 85.6%). 1100 cash prizes went to Dixon and Martyn Adamson (52, 400, 54.99, 94.3%) for the best track performances; and to Joy Looker (50, 1.7 9.19, 74.5%) and Ross Carter (77, shot, 38.31, 93.3%) for the best field efforts.

NORTHWEST

- Becky Selsey, Eugene, OR, broke the U.S. W50-54 HJ record with a 1.34, Northwest Masters Sectional Championships, Eugene, June 24.

- Artemio Navarro, Mexico, with two miles left in the Cascade Run Off 15K, Portland, OR, June 23, realized that he was running faster than last year’s pace; so he found another hill, which earned him a masters world best 44:44, $1250, and a short stay in the medical tent. Manuel Verea, Mexico, 45-43, and Domingo Tibaduiza, Nevada, 46-12, took second and third. Laurie Binder, 43, California was 12th woman 52:40, worth $1000.

INTERNATIONAL

- Martti Vainio, Finland, ran an M40+ world best 28:30.88 in the Adriatic Paulen Memorial 10K in Hengelo, Netherlands, June 25. The race, with an open international field, was won by Richard Chamali of Kenya in a world record of 27:30. Second fastest in the world. Vainio was 17th of 25.

- On July 9, the IOC said it would readmit South African athletes to the Olympics. Each sports federation such as athletes’ IAAF, will now vote on whether to readmit South Africa to its sport. The IAAF is likely to give its okay in time for its World Championships this month in Tokyo. The ruling probably came too late for South Africans to compete in Turku at the World Veterans Championships, but the Springboks will undoubtedly be represented in Japan in 1993. Chances are, South Africa will bid to host the World Veterans Championships in 1999.

- From Johannesburg comes word that the man who murdered World Veterans' champion Danie Burger, 56, last year, was sentenced to death by a local court. Burger, a founder and past president of the South African Masters Association, was brutally hacked to death in the early morning of January 17, 1990, by Abraham Thue, 31. Thue said he had been employed by Burger to build a swimming pool. He said Burger fired him and owed him money. Thue said he came to Burger's house at 4 a.m. to "give him a fright." He went to the bedroom where Burger and his son, Danie, 5, were sleeping. Thue attacked Burger with a panga, inflicting 40 hack wounds while Burger's son watched. Thue then bed the boy up, and calmly proceeded to take the TV set, VCR, and other items. Burger's son has been permanently emotionally scarred, say reports, and was the subject of a custody battle between Burger's ex-wife, who lives in Holland, and a close friend of Burger's in Johannesburg. His mother won custody.
Track and field events feature competition for men and women over 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additional corrections to NMN, P.O. Box 2372, Van Nuys, CA 91404.

SOUTHEAST
Alabama, Florida, Georgia, N. Carolina, S. Carolina.

October 12. Last Chance Mini-Meet, Vanderbilt U., Nashville, Tenn. R. Brady, 2700 Linmar Ave. #45, Nashville, Tenn. 37215.
November 3-9. Golden Age Games, Sanford, Fla. 55+. Golden Age Games, Box 1778, Sanford, FL 32772-1778. 321/350-5687.

MIDWEST
Indiana, Illinois, Kentucky, Michigan, Ohio, Wisconsin, West Virginia.
August 8-10. Quad-Cities Senior Olympics, Augustana College, Moline, Ill. 55+. Edie Sanders, 916 phoned Medical Center, 501 W. Park St., Moline, IL 61265.
September 12. Indianapolis Senior Olympics, Columbus, Ohio. 55+. Laura Sussman, 1125 College Ave., Columbus, OH 43229. 614/231-2731.

MID-AMERICA
Arkansas, Colorado, Iowa, Kansas, Minnesota, N. Dakota, Nebraska, Oklahoma, S. Dakota.

WEST
Arizona, California, Hawaii, New Mexico, Utah.
September 22. S. Chinny Masters Meet, UC-Irvine, Calif. 45+. Bigalita Eger, 1921 S. Sherburne Dr., Los Angeles, CA 90034. 213/855-4143(e).
October 19. St. Louis Masters Meet, Santa Barbara, Calif. Lloyd Albright, 3722 Cordero Dr., Santa Barbara, CA 93105. 805/962-5664.
October 22-25. World Senior Games, St. George, Utah. 50+. T&F/Road Races; 5K (25); 10K (10/25). Sylvia Wundell, 1604 Gal Walker Center, Salt Lake City, UT 84111. 801/538-6231.

NORTHEAST
August 4. Summer Track Classic 10K, 3000 X-C, 3000 M. 100, 800, and 1 mile. South Orange, N.J. SASE to Summer Track Festival, Essex County Dept. of Parks, 115 Clifton Ave., Newark, NJ 07104.
August 4. Tri-State TC Classic Meet, South Hagerstown H.S., Hagerstown, Md. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6767.
September 13-14. Maine Senior Games, Portland. 55+. Anita L. Chandler, P.O. Box 10480, Portland, ME 04104. 207/775-6503.

SCHEDULE
August 24. TAC/USA National Masters Weight Pentathlon Championships, East Ascension H.S., Gonzales, La. SASE to: Jeff Bayt, 321 E. Josephine St., Gonzales, LA 70737.

EAST

LONG DISTANCE
The Asbury Park 10K in New Jersey and the Fiesta 5000 in California on the 11th are USRA Masters Circuit races.

The Parker's Half-Marathon in West Virginia is scheduled for the 17th and America's Finest City Half-Marathon, a USRA masters event, in San Diego is set for the 18th.

The assault on Pikes Peak begins on the 24th with the ascent run and ends on the 25th with the marathon. On the 24th, the Bobbry Crim 10 Mile, Flint, Mich., and the Maggie Valley 8K, an USRA masters race, in North Carolina go off. The National Marathon and Half-Marathon in Santa Monica and Annapolis 10 Mile are booked for the 25th.

ON TAP FOR AUGUST
TRACK AND FIELD
On the 24th, throwers head for Gonzales, La. site of the National Masters Weight Pentathlon Championships.
A two-day meet opens on the 3rd in the Buffalo, N.Y., area, with other Eastern activity on the 4th in New Jersey and Maryland.
The Montana Masters Meet in Bismarck, which has grown to a two-day affair, starts on the 9th.
The Midwest Masters Meet, also a two-day event, begins on the 10th in Huntington, W.Va.
The Don Harris Memorial is set for the 17th in Philadelphia. Another two-day meet, the Rocky Mountain Games, Boulder, Colo., opens on the 31st.
A large number of senior games (55+) are scheduled every weekend throughout the country. Athletes who attended the IX WAVA World Track & Field Championships, which closed on July 28th, can opt for meets in Moscow on the 2nd-3rd, or in Baden, Switzerland on the 4th-6th. A veterans meet is planned for Czeckoslovakia on the 4th.

LONG DISTANCE RUNNING
The USA Masters Circuit races.

The USA Masters Circuit races.

December 2-7. 13th Annual TAC Convention, Sheraton Hotel, New Orleans, La. TAC/USA, P.O. Box 120, Indianapolis, IN 46206. 317/261-0500.

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Running Research News provides runners with scientifically based training strategies, discusses the latest information on sports nutrition, and evaluates commercial products sold to runners. Recent issues contained articles on tapering, training for the mile, preparing for 10K competition, overcoming the "wall" in the marathon, conducting a "5-5" interval training, preventing torn hamstrings, and rising above a performance "plateau." To subscribe, please send $16 for one year (6 issues), $26 for two years, and/or $36 for all three back issues. Running Research News, P. O. Box 27041, Lansing, MI 48909. Telephone 517-393-3150.

SOUTHEAST

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

August 1. Miami RC Cross-Country (3 mile) Series, Thompson Park, 7:00 pm. Miami, FL, 33227-1500; 800/540-4RUN.


MIDWEST

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

August 3. 5K Prime Classic, Marion, Ohio, P & G Sports Mfg/Greg Winger, 226 Forest Lane, Marion, OH 43102; 614-389-1128.

August 17. Parkersburg Half-Marathon, Parkersburg, W. Va., Dorsey Chevront, P. O. Box 138, Parkersburg, WV 26102; 304/424-2786.


September 21. ALL Governor's Cup Finish 8K, Indianapolis, Ind. Masters money. Don Carr, 8163 E. Avery Dr., Indianapolis, IN 46228; 317/876-1871.

MID-AMERICA

Arkansas, Colorado, Iowa, Kansas, Minnesota, Missouri, S. Dakota, Nebraska, Oklahoma, S. Dakota.


SOUTHWEST

Louisiana, Mississippi, Texas.

September 29. Louisiana Masters 5K/1 Mile, New Orleans, La. 3-yr. age groups (40-49); 3-yr. (50-59); 5-yr. (60+). Charlotte George, New Orleans TC, Box 5203, New Orleans, LA 70112; 504/483-NOTC.

WEST

Arizona, California, Hawaii, Nevada, Oregon, Washington, Utah.


October 6. National Masters 10K Championships and 20K/5K Open. Midland, TX. Sponsor: Park Service, P.O. Box 8240, Midland, TX 79708; 915/694-2134.

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Continued from page 23

Contact TBA. Awarded conditionally pending approval of San Diego Imperial TAC Association.

November 30. TAC/USA National Masters 5K Cross-Country Championships, Franklin Park, Boston, Mass. Steve Naivens, New England AG, P.O. Box 1905, Brookline, MA 02146. 617/566-7600, or John McGrath, Coordinator, P.O. Box 252, Boston, MA 02213. 617/891-4538.

December 8. TAC/USA National Masters 8K or 10K Championships, New Orleans, La. Contact TBA.

EAST


August 10. Asbury Park 10K Classic, Asbury Park, N.J. Phil Benson, USRA Masters Circuit, P.O. Box 2287, Ocean Twp, NJ 07712. 201/273-4500.

August 14. Hispanic Half-Marathon, New York, NY. September 8. 8K or 8K Cross-Country Championships, page 24 National Masters News. If you want to subscribe, please send $1.60 for one year (6 issues), $2.60 for two years, or $3.60 for all three back issues. Running Research News, P. O. Box 27041, Lansing, MI 48909. Telephone 517-393-3150.
M30-54
James Pazio 204-88 5685 pts. 4/27/91
James Wolter Pole Vault 14-6 6-17-91

M40-44
Mac Anagno 200 22.98 8-1-89
George Finn 500 17.9 6-17-89
Ben Brockwell 5000 16:05.84 5-11-91

M45-49
George Clette Pentathlon 2650 pts. 5-3-91
Robert Harvey Shot Put 12.19 9-29-91

M50-54
Bob Brewster 1 Mile RW 7:41.76 5-29-91
Richard Righter Javelin 4-17-11 8-6-82
Rodger Young Long Jump 16-10 6-7-91

M55-59
Jerry Sullivan High Jump 5.0 10-28-90
Douglas Alberts 110H 17.7 6-22-91

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

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APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME: ____________________________ AGE-GROUP: ________
ADDRESS: _________________________ SEX: __________ F
CITY: ____________________________ STATE: __________ ZIP: ______
MEET: ____________________________ DATE OF MEET: ________
MEET SITE: _______________________
EVENT: __________________________ MARK: __________
HURDLE HEIGHT: ___________ WEIGHT OF IMPLEMENT: ___________
□ CERTIFICATE □ PATCH □ PATCH TAG

If you have bettered the standard of excellence, please send $10 for a certificate, $10 for patch, or $15 for both a certificate and a patch. (A patch tag, showing event and year, is an extra $5 each.)

Send to: All-American, National Masters News, P.O. Box 2373, Van Nuys, CA 91404. Enclose copy of results, or note in which issue they appeared. A 1-3 color, 8" by 10" certificate suitable for framing — and/or a 3-color, 3" x 4" patch will be mailed to you within two weeks. (Allow six weeks for patches with tags.)
WS-39
1 Ruth Melling 26.64
2 Vicki Johnson 24.90

WS-44
1 Lane Streng 25.80
2 Lorraine Tucker 28.70
3 Nancy Hamilton 15.82

WS-45
1 Karen Huff 28.86
2 Mary Falarce 19.72
3 Roslyn East 18.38
4 Cindy Hess 12.56

WS-46
1 Fran Conley 30.68
2 Becky Stanley 28.18
3 Vanessa Hilliard 28.02

WS-47
1 John Kefout 24:09.60
2 Tim Salter 26:30.30

WS-49
1 Pete Williams 24:45.80
2 David Coste 23:10.40
3 Andrew Beeler 26:30.00
4 Dave Christiansen 22:21.00
5 Garland Moore 35:24.10

WS-50
1 Mike Wiggins 24:51.90
2 Andrew Smith 24:52.50
3 B Easterland 25:49.70
4 Bill Pender 26:13.90
5 Ron Barranco 27:44.20

WS-51
1 Herb Frel 25:01.00
2 Dan Howlers 25:18.10
3 Brian Schults 25:23.90
4 Jig Fogle 26:56.90
5 Terry McNally 27:06.20
6 Bob Campbell 27:29.10
7 Gary O'Daniels 28:23.60
8 Arden Zentz 29:45.20
9 Frank Welby 29:46.10
10 Curt Shepard 33:18.70
11 Ron Ream 37:38.10

WS-54
1 Ed Whitman 26:13.50
2 Ron Daniel 26:32.60
3 Paul Johnson 26:44.40

WS-55
1 Joyce Decker 64:59
2 Bob Heron 70:50

WS-64
1 Ann Rush 73:27

WS-69
1 Joan Rowland 61:49
2 Miriam Gordon 68:16
3 Joanna Heers 73:30

WS-74
1 Bob Fine 29:36.60
2 P Geenny 30:13.60
3 John Snaden 32:27.70

WS-75
1 Bob Fine 29:36.60
2 Peggy Miller 26:12.50
3 Kathy Finch 28:08.20
4 Tracy Lenn 31:01.70

WS-84
1 Lisa Sedlak 24:45.30
2 Jeannette Smith 27:01.00
3 Linda Dick 27:40.90
4 Kathy Rivera 28:45.50

WS-85
1 Joan Bocci 29:22.60
2 Kathy Fabel 29:41.10
3 D Graham-Henry 30:42.40
4 M Anderson 34:43.30
5 L Geen-How 32:23.90
6 Lauren Elsper 26:06.30

WS-86
1 J. Male 29:02.50
2 E. Passmore 29:49.60
3 Chuck Eben 31:33.40
4 B Young-Grady 31:47.70

WS-87
1 Ruth Eberle 29:56.70
2 L. Sopor 30:22.70
3 Bev Marson 32:25.70

WS-88
1 John Kefout 36:10.40

WS-91
1 John Rowland 32:11.90
2 Miriam Gordon 32:21.70

WS-94
1 John Clarke 39:03.40

UK RN
WS-30
1 Jackie Kerby 57:51

WS-31
1 Lisa Sedlak 54:04
2 Cindy Paffumi 54:58
3 Mark Jastrow 57:55
4 Kathy Lovell 61:59

WS-41
1 Lisa Sedlak 53:05
2 Jeannette Smith 55:30
3 Kathy Lovell 61:59

WS-44
1 Jeanne Redco 54:23
2 Jeanne Bocci 58:35
3 Kathy Fabel 60:58
4 K Kloster 74:10

WS-46
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W60-64
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W65-69
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4 Tracy Lenn 31:01.70

W70-74
1 Bob Fine 29:36.60
2 Peggy Miller 26:12.50
3 Kathy Finch 28:08.20
4 Tracy Lenn 31:01.70

TAC/USA National Masters Championships Men's Pentathlon
Naperville, IL, July 4

SEPTEMBER 22, 1991

SUNDAY, SEPTEMBER 22, 1991

UC IRVINE

4th ANNUAL
SRI CHINMOMY MASTERS
TRACK & FIELD GAMES
45 and over

SUNDAY, SEPTEMBER 22, 1991

UC IRVINE

Entry Form Will Be Published in the September Issue of NMN
<table>
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**Notes:**
- All events were held on June 26, 1991, in the Garden State Track Invitational at Monmouth College, New Jersey.
- The results are for the Masters' division, which includes athletes aged 35 and over.
- The table lists only the top five finishers in each event.
- The events include 800m, 1500m, 5000m, 10,000m, 3000m steeplechase, long jump, shot put, discuss, and discuss (discus).
Continued from previous page

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2020 Olympic Trials

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2020 World Championships

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<tr>
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2020 Commonwealth Games

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2020 Pan American Games

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2020 Asian Games

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</table>
**Midwest**

**Indiana Masters TAC Meet**

**Indianapolis, June 9**

- **100m**: Mike Stewart 12.3, David Knox 12.3, Robert Hostetter 12.3
- **200m**: Young 22.12, David Vallow 22.09, Barry Donovan 22.09
- **400m**: Ed Engle 43.6, Jack Gilmore 43.6, Larry Smith 43.6
- **800m**: Jim Elam 2:06.7, David Stilling 2:06.7, Barry Donovan 2:06.7
- **1500m**: John Elam 3:36.8, Jack Gilmore 3:36.8, Mike Stewkes 3:36.8
- **5000m**: Mike Stewart 13.37, Edward Stilling 13.37, Barry Donovan 13.37

**Cleveland Track Classic**

**Wickliffe, OH, June 22**

- **100m**: Jesse Thomas 10.8, Charles Johnson 10.8, Edward Smith 10.8
- **200m**: Charles Johnson 22.2, Edward Smith 22.2, Charles Johnson 22.2
- **400m**: Clarence Ray 44.7, Charles Johnson 44.7, Edward Smith 44.7
- **800m**: Clarence Ray 1:37.8, Charles Johnson 1:37.8, Edward Smith 1:37.8
- **1500m**: Clarence Ray 3:24.9, Charles Johnson 3:24.9, Edward Smith 3:24.9
- **5000m**: Clarence Ray 8:19.8, Charles Johnson 8:19.8, Edward Smith 8:19.8

**National Masters News**

**Continued from previous page**

**Nashville TC Meet**

**Nashville, TN; June 15**

- **100m**: H. Young 11.5, K. Jeff Johnson 11.5, J. Anderson 11.5
- **200m**: J. Anderson 22.9, K. Jeff Johnson 22.9, J. Anderson 22.9
- **400m**: J. Anderson 44.7, K. Jeff Johnson 44.7, J. Anderson 44.7
- **800m**: J. Anderson 88.6, K. Jeff Johnson 88.6, J. Anderson 88.6
- **1500m**: J. Anderson 1:46.8, K. Jeff Johnson 1:46.8, J. Anderson 1:46.8

**Southeast Masters Classics**

**South Carolina Masters Championships**

**Greenville, June 22**

- **100m**: R. Young 11.5, K. Jeff Johnson 11.5, J. Anderson 11.5
- **200m**: J. Anderson 22.9, K. Jeff Johnson 22.9, J. Anderson 22.9
- **400m**: J. Anderson 44.7, K. Jeff Johnson 44.7, J. Anderson 44.7
- **800m**: J. Anderson 88.6, K. Jeff Johnson 88.6, J. Anderson 88.6
- **1500m**: J. Anderson 1:46.8, K. Jeff Johnson 1:46.8, J. Anderson 1:46.8

**Continued on next page**
### MID-AMERICA

Clinton, Oklahoma Masters All-Comers Meet
April 11

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### SOUTHWEST

Texas Masters Championships

Arlington, June 22

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### WEST

TAC/Pacific Championships

Los Gatos, CA, June 8

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SCATAC Championships
Eagle Rock, CA
June 15

100M
M10
Lennon, James 11.08
Smith, J. 11.41
Carrin, Mike 11.77

M15
Bonilla, James 11.27
Lewis, Alvin 11.44
Qualls, Milt 11.66
Coldwell, R. 11.86
Robinson, S. 12.21
Eychici, Jim 13.08

M20
Driver, Eugene 11.63
Fernie, Nick 11.81
Bouquy, T. 12.03
Weinberg, W. 12.17
Wong, George 12.94
Pulley, John 13.76

M25
Whitey, Stan 11.06
Parker, Don 12.09
Talaks, Jack 12.53
Cradock, Tony 12.95
Pierce, Lance 12.97
Bogoyevac, T. 13.64

M30
McPherson, R. 12.34
Kishi, Frank 12.49
Bingley, Orly 16.46

M35
Mclean, Tom 14.09
Cleveland, J. 15.57
Miller, Tom 16.04
Simons, George 16.60

M40
Poyton, Jordan 13.44
Adenauer, Gene 15.36
Feng, Yi-li 16.67

M45
Shaw, Roger 16.60

M50
Carter, Jean 15.40

200M
M10
M25
M30
M35
M40
M45
M50

1500M
M10
M25
M30
M35
M40
M45
M50

3000M
M10
M25
M30
M35
M40
M45
M50

10000M
M10
M25
M30
M35
M40
M45
M50

MARATHON
M10
M25
M30
M35
M40
M45
M50

SOUTH MUSCLES
M10
M25
M30
M35
M40
M45
M50

LUNG MUSCLES
M10
M25
M30
M35
M40
M45
M50

Continued on next page
Huntsman Chemical's

World Senior Games

October 14-25, 1991

St. George, Utah, U.S.A.

In the Heart of America's Great Southwest

Track & Field - October 19, 1991

[TAC Sanctioned]

Date: October 19, 1991

9:00 AM - 5:00 PM

Dixie College Track & Field

Shirt Prices:
- Short Sleeve: $2.50
- Long Sleeve: $3.00

Entry Fee:
- $25.00 per person

Rules:
- No smoking
- No alcohol

Age Categories:
- Adult: 18-49
- Senior: 50+

* Includes age, gender, and entry fee

Road Race:
- Men: 50-59: $64.00
- Women: 50-59: $59.00

Track:
- Men: 50-59: $64.00
- Women: 50-59: $59.00

Additional Events:
- Basketball
- Biathlon
- Bowling
- Cycling
- Golf
- Horseshoes
- Racquetball
- Road Races
- Softball
- Swimming
- Table Tennis
- Tennis
- Track & Field

Official Registration/Entry Form

Entry Deadline: September 25, 1991

Name:

Address:

City, State, Country:

Zip Code:

Date of Birth:

Age:

Male / Female

First Sport:

Additional Sport(s):

Name of Spouse / Guest (if attending social functions, but not a sports participant)

Note:
- Please print or type your registration packet at the St. George Hilton Inn.
- Enclose your registration form and liability waiver with your payment.
- Entry fee includes race entry, race number, identification badge, and liability waiver.
- Additional events will be held throughout the week.

Special Travel Rates

American Airlines

Special summer fares available through American Airlines to and from Las Vegas, NV. Use special code: WSG

For more information, please contact American Airlines at (801) 562-1111.

World Senior Games Sponsors

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For more information, please contact the St. George Hilton Inn at (801) 562-6231.