1000 to Compete in 26th Annual Nationals in Provo

More than 1000 athletes from most of the 50 states and five foreign nations will participate in the 26th annual USA National Masters Track and Field Championships on August 11-14 in Provo, Utah.

It's the first time a national meet has ever been held in the Rocky Mountain area. Provo is the home of Brigham Young University, where the meet will be held in the University's Track Stadium.

At 4200-feet elevation, the area is one of the most scenic in the USA. Average temperatures are 89°F high and 62°F low, with 20% humidity. Competition will be held in five-year age groups for both men and women from age 30-34 to age 95+. There are no qualifying standards to enter the meet, except to be at least age 30.

The entry deadline was July 12 with the final deadline July 31. No late entries will be accepted in Provo, with the exception of relay teams, which may sign up on the day of the relay.

Awards to First Three
The first three U.S. finishers in each event will receive an official USATF Championship medal. Duplicate awards will be given to foreign athletes who place. In attendance will be athletes from England, Canada, Germany, France, and Australia.

The Utah Association of USATF, which will stage the meet, is experienced in hosting quality competitions, among them the 1984 Age-Group (Youth) Nationals, and the 1987 National Junior Olympics.

The Brigham Young facility has a nine-lane track, two long jump pits, two discus cages, two shot put rings, two pole vault pits, and three high jump pits. There are five acres of grass warm-up area to the North and East of the facility.

**Welcome Ceremony**
A welcoming ceremony will be held Wednesday, the 11th, following the first day's competition, at the Stadium.

Continued on page 14

Kurtis, Grayson Win USA Half-Marathon

by EMMY STOCKER

Doug Kurtis never takes the weekend off. Just seven days after his 2:16:38 victory at Grandma's Marathon, in Duluth, Minn., he ventured to Fairfield, Conn., in search of the USA Track and Field National Masters Half-Marathon title on June 27.

But the rain didn't bother Kurtis; the 41-year-old captured the title with a 1:07:16 masters course record, placing fifth overall. Canadian Frank Lewis, 45, won in 1:22:27.

Continued on page 5

Buffalo Chosen as Site for 1995 WAVA Bid

Buffalo, N.Y., was chosen as the site for the USA bid to host the 1995 WAVA World Veterans Athletics Championships. Other contenders were San Jose, New Orleans, and Indianapolis. (See Track & Field Report on page 14.)

Other cities which are likely to bid for the 1995 event are Malmo (Sweden), Durban (South Africa), and San Juan (Puerto Rico).

All bids must be submitted to the WAVA Secretary and contracts signed with WAVA by August 14. The decision will be made by the WAVA General Assembly at its biennial meeting in Miyazaki, Japan, on October 14.

Continued on page 7
Kurtis Wins Overall In Grandma's

Doug Kurtis, 41, Northville, Mich., added to his world-record string of 70 sub-2:20 marathons with an overall win in the 17th annual Grandma's Marathon in Duluth on June 19.

Kurtis' 2:16:38 was his fastest in four years and the fastest masters time in the world in 1993, bettering a 2:17:44 by Jean Charbonnel of France at Boston in April. Kurtis came from behind to overtake the leader in the final two miles. "This race is going to raise a few eyebrows," said Kurtis, whose victory was worth $7,000 from a purse of $43,200.

Luis Lopez, 43, Costa Rica, was second in 2:19:51. Jared Modyr, 51, Minneapolis, 2:41:57; Jim Schleisman, 60, Jefferson, Iowa, 3:10:15, and John Burton, 70, Wayzata, Minn., 3:45:55, were the other masters winners in ten-year division races.

Karen Blackford, 42, Ann Arbor, Mich., was the W40-and-over winner in 2:44:32. Janet Skalen, 40, Minnetonka, Minn., ran a 2:53:01 for second. Audrey Schroeder, 53, Roseville, Minn., 3:24:09, and Beverly Lampe, 61, Monona, Wis., 3:45:32, were the other W40+ division winners.

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Masters Club Welcomes Under-30s

This year the Potomac Valley Seniors Track Club changed its name to the Potomac Valley Track Club. The Club was founded 21 years ago so that people over 30 would be able to compete in track meets and other running events. We soon realized that people under 30 were also able to compete on a regular basis unless they were world-class athletes or were on a school team. We gradually expanded our program to include people of all ages, so this year we changed our name to recognize that fact, but we fully intend to continue our emphasis on competitors of all ages who would otherwise have no place to compete.

We conduct about ten all-comers track meets per year on Alexandria, Va., plus the Potomac Valley Games on Labor Day weekend. Call 703-352-3057 for more information or visit our website to see what events we have scheduled.

If you have not yet joined the Potomac Valley Track Club, we would love to have you participate and/or join. Call me at 703-352-3057.

John Martin, President PVTC Fairfax, Virginia

DQs in Baton Rouge

As a result of the very tight judging of racewalk events in Baton Rouge, La., June 13-14, at the National Senior Sports Classic, many athletes may be discouraged from continuing the sport.

About one-third of the 400+ competitors in the 5K and 1500 racewalks were disqualified. They were allowed to complete the events, but their names did not appear on the results list, so they had no record of their times, the reasons for their DQs, or their participation in the race.

The difficulties in judging older people's knobby knees and arthritis joints have been discussed before. The consensus is, that if there is a physical inability to straighten the leg, and if it is as straight as possible when the supporting leg is in the vertical position, there should be no disqualification.

Racewalking offers enormous benefits at any age, but is particularly good for older people who want to stay fit. But those joints can no longer stand the strain of running or jumping. It provides the aerobic benefits of running and better upper-body conditioning than running. Let's learn to do it right, and give us judges who will give us that benefit of doubt.

Marjorie Holmes (not DQ'd in Baton Rouge)
Albuquerque, New Mexico

REMARKABLE PERFORMANCES

Is Marion Sanchez, 61, getting his due? Last month, he enters a little track meet in California and turns in performances of 94.4% (100), 95.5% (200) and an astounding 99.9% (300H), and it's sort of like Ho-hum.

These are remarkable performances, and nobody seems to care all that much. What are these marks worth? Age-graded they would be 10.43, 20.52, and 47.03.

If you figured Marion at his prime (age 21), he would have bettered the then-world record in all three events; the 100 & 200 held by Jesse Owens, and the intermediate hurdles held by Glen Hardin in 50.8. In fact, his intermediate hurdles are right there with Edwin Moses.

And he can high jump, too. His winning effort in the Indoor Nationals was worth 7-4 compared to the then world record of 6-11 by Les Steers.

Obviously, he wasn't quite that great back in his collegiate career (I don't know his t&f background). But let's give him due recognition for his amazing performances now. And for his great improvement.

In the World Championships in 1989 in Eugene, he limited himself to just the high jump and 300 hurdles. That was four years ago. Today, he is jumping three inches higher and running the hurdles more than a full second faster. That ain't easy, McGregor.

Phil Mulkey
Atlanta, Georgia

Macho Discus Man

I was sad when the time came to give my old 2-kilo discus away — all those trips together, years of practice, hitting a couple of really great throws when the chips were down.

I have great memories of seeing it sailing perfectly on a crossing wind. It brings tears to my eyes.

About five years ago they changed sizes on me; what a bummer. The new size was too small for my hand; it was too light; I couldn't lean on it. It wasn't as much fun.

But what the heck, I tried, and in about a year or so, I learned to do it right. Now it stays in the air longer, and I like that.

It seems to me, as I look back, that my old 2-kilo friend was starting to feel a bit heavy.

Richard Hotchkiss

All-American Standards

I request that a 3000-meter time be included in the U.S. Masters Standards of Excellence.

Debby Jamieson
Huntington Beach, Calif.
(The All-American Committee promises to look into it. — Ed.)

Fifteen Join NMN Sustainers

Each month, NMN publishes a list of "sustainers," those who help the National Masters News and masters athletics by making contributions. These extra funds allow us to publish more photos, deeper results, an in-depth schedule section, and more.

Special thanks this month go to:

Richard and Phyllis Bennett
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Eagle River, Alaska
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San Diego, California
Helena, Montana
Raschker Continues Assault On PV Record

Atlanta's Phil Raschker bettered her previous week's W45 world record performance in Knoxville, with a 3.11 meter (10-2½) pole vault at the Birmingham TC Classic on May 29. In addition, she managed to turn in a respect

able three-peat.

which offered three-peat.

California.

ideal conditions at Occidental College,

Los Angeles, on June 19.

In the weight pentathlon, former decathlete Mike Deller, 44, was the overall age-factored winner with 3543 points. In the M70 division, Hugh Hackett, in his first weight pentathlon, finished with three strong tosses to take the win over Jim Minah, 3451 to 3295. The Dutchman Jan Smits outraced the Irishman Mike Devlin by just three points with a 3100 total to win the M60 age group.

Two competed in the women's track and field pentathlon: Annelies Steekelenburg (W45, 2739), and Tina Stough (W40, 2431). They found their

hurdle race too challenging when each

tried to kill the last hurdle . . . very suc-

cessfully, but both settled down to per-

form well in the final four events.

Steekelenburg high jumped 1.47 and long jumped 4.35. Stough scored well in the long jump with 4.51 and 800 with 2:44.31.

In the men's pentathlon, Frank Reil-

ly, W45, scored 4050 age-factored

points. Ken Carnine, M85, had a na-
gional record in the discus with a 24.92

and a world best in total points.

The pentathlons were scored using the 1989 age-performance factor tables for five-year age groups. (The result was multiplied by the age-performance factor. The throws were rounded down, and the automatic timing was rounded up, e.g., 33.2078 meters to 33.20.)

Kurtis, Grayson Win USA Half-Marathon

Continued from page 1

was second 40+ (1:10:00). Alan

Oman, Babylon, N.Y., followed with a

1:13:16.

Nancy Grayson (like Kurtis, of Nor-
thville, Mich.), 43, took masters honors with a tenth-place 1:22:27 in the race, which was also the women's open championships. Her time is a masters course record. Rebecca Stockdale, Chapin, Conn., was the se-

cond W40+, in 1:23:02. Claudia


Kurtis wasn't sure how the race

would go, "I had a great performance in Duluth, so coming here I just didn't know what I could do. 1:07:16 was a nice comeback." Kurtis ran in a pack of six in the rain for almost ten miles. "I wanted to give up," he said, "but we all hung in there. It's a tough course."

The weather didn't stop the estimated 1000 masters who competed; some came from as far as Wisconsin and Texas. Said race director Steve Lobdell, "We had an exciting masters race and a record masters turnout (amid the 2000 open runners). He praised the volunteers for helping in the event, which benefited the Connecti-
cut Burn Foundation.

Age-graded prize money was awarded to the over-40s, as well as to the win-
ers, with $250 going to the top age-

graded man and woman. □
26 Champions 25 Years Later

It was in 1968 that Dr. Jack Daniels, one of our sport's leading physiologists, tested 26 of North America's best distance runners in his laboratory. Early this year, Daniels brought them all back to his lab to see how they had held up after a quarter of a century.

The runners included the likes of Jim Ryun, George Young, Bob Schul, Gerry Lindgren, Mike Manley, Oscar Moore, Bob Day, Tracy Smith, and others whose names bring back memories to those of us who followed track during the 1960s. To be considered for the 1968 testing, the runner had to be ranked among the top 10 in the world in his event.

"Originally, we wanted to do a 20-year follow up, but couldn't get the funds," said Daniels, who now teaches and coaches at State University of New York in Cortland and was in Honolulu recently. He is still assembling the data from his 25-year study and also finishing up a book on running. Although he was not yet prepared to present final conclusions from his study, he did discuss some of his preliminary observations.

"One thing is that I think it is better to be fit and fat than unfit and lean," said Daniels, who won silver and bronze medals in the '56 and '60 Olympic Games as a member of the U.S. Modern Pentathlon team.

"Certainly that appears to be true from an aerobic point of view. Those who did a little training but had gained 20 or 30 pounds fared better in their stress tests than the few guys who had stayed pretty lean and looked fit, but who hadn't been involved in any exercise program."

Not wanting to name anyone specifically, Daniels said he was surprised to find that the few lean individuals who had not exercised in years looked fit. "I'm not so sure they didn't feel fit, too," he added, "although they didn't test out as fit. Still, though, they were way above the average person for their age group. I think the average max VO2 (aerobic capacity) for somebody who is 49 years of age, which was about 42 ML per kilogram of body weight. The average of this group was 56."

When Daniels tested them 26 years ago, of them was 78. The loss was 24 percent, but part of that was a function of the increase in weight. Factoring out the increase in body weight, the loss amounted to only 17 percent. This, according to Daniels, seems to support the theory that there is a "genetic hitch" to being an elite athlete. "You find somebody who is 20 or 30 pounds overweight in his late 40s or early 50s and has a VO2 max in the 50s. Well, that's pretty good. There are a lot of people among adults who are training quite seriously who don't reach that kind of VO2 max. It certainly suggests that a lot of them (those tested) had a high VO2 max to begin with, and although they discontinued weight training, they maintained a much higher capacity."

Few of the 26 continued training and competing after their college or Olympic years. "Maybe it was because most of them were pretty successful," Daniels offered. "And there was no money then. That was a big contributing factor why they didn't continue running."

Several of them have competed in the masters arena, and Daniels saw some indications that several of them would soon test themselves in over-50 competition.

Daniels did name three who stood out in their most recent test — Chris McCubins, Brian Kivlann, and Tracy Smith. All three have competed in masters competition.

Daniels laughs when he recalls that one of the group weighed 210 pounds, 70 pounds over his competitive weight, when Daniels phoned him to invite him to be tested. When he showed up for testing four weeks later, his weight was down to 180. "He hadn't run a step in 20 years, but when he showed up for the test he had been running every day except the last two," Daniels said. "He tested quite well, better than average. I think it shows how little training a person of this caliber needs to do to get going again."

Another preliminary observation has to do with heart rates. "It was interesting to see that they still had pretty high maximum heart rates," Daniels commented. "In fact, we had five or six guys who had higher max heart rates than they did 25 years ago."

Blood pressure was not tested 25 years ago but was this time. "We did find that some of the runners who were pretty fit had high blood pressure," Daniels commented, "It makes you wonder how much you can ward off some of these things. If you have a family history of something, being an elite athlete is probably no guarantee of safety. One guy even had a bypass. He ended up going for an hour run with the others, even though he was 60 pounds overweight."

It is sometimes suggested that runners are more susceptible to arthritis than the general population, but Daniels did not find this to be the case among the 26 he tested.

Daniels was not able to separate body weight from percentage of body fat 25 years ago, but speculates that the average increase in body fat among the 26 was about 10 percent.

Twenty-five of the 26 were college graduates. "That's pretty encouraging," Daniels ended. "I think it shows that runners are pretty dedicated to what they're doing. I don't think we'd find a graduation rate that high in other sports."

California State Senior Olympics Set For San Diego

The San Diego Senior Sports Festival will host the first California State Senior Olympics, September 17-26, in San Diego, Calif., with 27 sports being offered, including track and field, cross-country, triathlon, and racewalking.

All ages from sub-masters (30+) in five-year age groups may enter.

The track program will take place on Saturday and Sunday, September 18-19. The racewalk events are set for Monday, September 20, with the 5K cross-country run on Tuesday, the 21st. (See back page for complete details and entry form.)

The triathlon will include a 1500m open-water swim, 5K cross-country run, and a 28-mile bicycle race.

The track and field competition will be conducted at the University of California campus (UCSD) in La Jolla on the coast just north of San Diego. Cool weather between 65-75 degrees usually prevails.

The track facilities are excellent, and include a separate hammer throwing area. Participants will be assured a professionally-managed event. Many of the people involved are those who also managed the highly-successful 1989 TAC National Masters meet held at SDSU.

Use the entry form on the back page or send an SASE with 52¢ postage to San Diego Senior Sports Festival, 2820 Camino del Rio South, Suite 306 J-K, San Diego CA 92108.
National Senior Sports Classic

Continued from page 1

1100m-12, 5K-9, 10K-7, 5K walk-33, HJ-21, PV-6, LJ-32, SP-59, DT-56, and JT-39. These folks are Holiday Inn’s World Elite Track Team, were easily the outstanding performers of the meet for men and women. Mulkey won five gold medals (HJ 5-0, PV 11-0, LJ 17-8/5, SP 47-9, & DT 160-3) and Vosburgh was the outstanding performer of the meet for women.

The United States National Senior Sports Organization out of St. Louis, Mo., put on a well-promoted and well-attended program. A lot of extras are offered at the National Classic Championships, which are scheduled every two years: spectacular opening ceremonies; a Louisiana Mardi Gras celebration complete with king and queen overseeing their parade as they toss candy, trinkets, beads and doubloons from atop their regal floats to the anxious crowd; a real Cajun dinner; the Jazz breakfast on the last morning of competition; plenty of parties, food and dance bands. Tours, clinics, health testing, and souvenirs shops are set up on “Red Stick Alley.”

Much of the packaging and promotion costs, as well as less visible expenses, are taken care of in large part by the major national corporate sponsors such as Holiday Inn-Worldwide, MetLife, TWA, Nuveen, Odoul’s, AT&T, Total, Johnson & Johnson, TYLENOL and The Medicine Shoppe. In addition, the basic entry fees brought in more than $350,000. The Senior Olympic National Championships is now more than just a track meet. It is an event— a bonafide “happening.”

This fledgling meet, that has only had its fourth Championships since 1987, definitely has come into its own. Many of the competitors are capable of performing well on an international level. World track and field championship shops notwithstanding, these kinds of competitive performances would show well in European meets.

The Pete Maravich Assembly Center was filled with 15,000 athletes and spectators on the opening day to witness the “Celebration of Athletes” and the lighting of the torch by Lucy Anne Brobst of North Carolina. It was announced that while Lucy’s participation in the Games may have been cut short by her very recent recovery from chemotherapy, this former National Champ was chosen for the honor because, despite a harrowing last few months, she was still there for the Games. She epitomized what the Games was really all about.

Another 10,000 watched the final event in track and field. All of the 100 meter heats and finals were held in a dramatic display of speed to be served up on the last evening. The L.S.U. track, which offers a softer surface on its nine lanes circling the infield, has a special surfaced nine lane sprint corridor right down the center, apex to apogee, that is much firmer and therefore much faster. So designed that it does not disturb the availability of two pole vault pits, three high jump pits, four long jump pits, six shot put rings, five discus/hammer cages, and a javelin area immediately adjacent to the edge of the finish line area, the L.S.U. state of the art T&F facility handled the constant flow of competitors with unprecedented ease.

The officiating was the best. But with 623 sprinters contending the 100 meters, the qualifying was cut-throat and deadly. Automatic timing would pick the nine finalists in each division who would run for their titles about the same time. Starting the qualifying at 6 p.m., every bit of that time was needed to run off the 85 heats.

The media certainly appreciated the show. Two local TV affiliates kept the entire area informed with their interview and action broadcasts. The newspapers recorded and reproduced every result, supporting the reporting with great color photos and interesting “inside” stories. Nationally, the festivities were picked up by ABC’s Good Morning, America, and ESPN taped an hour segment that was played a couple of weeks later.

The USNSO group claims to have touched more than a quarter-million adults over the age of 55 as they all go through the mandatory qualifying of their respective state and local Games. It has become a huge program. It would appear that with the coming of the great Senior Olympic program, “old age” (whatever means or implies) has in no small part, been taken care of in a very positive way.

PARTICIPATION IN NATIONAL SENIOR SPORTS CLASSIC

| Age | M | W | T | 1500 | 800 | 400 | SHOT PUT | 1500 RACEWALK | POLE VAULT | JAVELIN | 5K RACE | FIELD RACE | HAMMER | DISCUS |
|-----|---|---|---|------|-----|-----|---------|--------------|-----------|--------|--------|-----------|---------|-------|-------|
| 80  | 55 | 46 | 26 | 70   | 55  | 44 | 111    | 55  | 47        | 14     | 12     | 84     | 12       | 12     | 21     |
| 80  | 55 | 46 | 26 | 70   | 55  | 44 | 111    | 55  | 47        | 14     | 12     | 84     | 12       | 12     | 21     |
| 80  | 55 | 46 | 26 | 70   | 55  | 44 | 111    | 55  | 47        | 14     | 12     | 84     | 12       | 12     | 21     |
| 80  | 55 | 46 | 26 | 70   | 55  | 44 | 111    | 55  | 47        | 14     | 12     | 84     | 12       | 12     | 21     |
| 80  | 55 | 46 | 26 | 70   | 55  | 44 | 111    | 55  | 47        | 14     | 12     | 84     | 12       | 12     | 21     |

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“Pump Bumps”

Q. In 1970, I started jogging to lose weight and stopped smoking. By 1972, I was running 50 miles a week and had started racing. I required orthotics for heel spurs and eventually developed “pump bumps” on the inside back of both heels. My podiatrist wanted to operate. It would involve disconnecting the Achilles tendon, “removing” the “bumps” and reconnecting what was left of the tendon. Three different orthopedists asked me how much I really wanted to continue running, saying this was a Larry Bird type operation, and success rates were low. I continued to train and race for another two years, but had to give it up. Recently, a new “sports” podiatrist gave me new and quite different orthotics. They are a little more flexible and much higher in the arch. This podiatrist said the operation wasn’t that serious, and he had had good success with it. I’ve started back running, and so far, I’m only getting some dull pain from my right heel. Could the “wrong” orthotics have actually caused the “pump bumps,” and what is your opinion of the operation to remove them? Would I be able to resume running and racing at a serious level?

A. Pump bumps are technically known as retrocalcaneal exostosis. They are usually caused by chronic irritation from rubbing by ill-fitting shoes. This irritation will cause the bone to respond to the pressure with excessive growth.

Runners develop the same syndrome if they over-pronate or have a high arch with a tight Achilles. In these cases, the bump usually forms more to the outside of the heel.

The Achilles tendon also inserts into the middle one-third of the calcaneus in the back of the heel. When the calcaneus goes through the rolling motion when running, it can irritate the Achilles and cause an Achilles tendinitis. If there is a bone bump, bursae and Achilles tendinitis, we can call this a “runner’s bump.”

I often recommend semi-flexible orthotics for runners. This allows for a proper range of motion, yet reduces abnormal rearfoot pronation. These can also raise the heel slightly and provide protection to the back of the heel. You may also wish to cut out a ¼” felt doughnut to place around the bump in order to keep it from rubbing up against the heel counter.

If there is an associated bursitis, I would recommend the use of a cortisone injection into the bursal area.

Oral anti-inflammatories are also effective in these cases. I would ice the heel down after running for 8-10 minutes.

You may opt to rest for 4-6 weeks to see if the inflammation is reduced, and then return to running on an asymptomatic basis.

There are surgical repairs to remove pump bumps, but the removal of the Achilles tendon is very radical. I really have never seen a case where this was performed on an athlete. I don’t know why it was recommended.

The standard procedure is to make a small incision along the side of the heel in the area of the bump and shave off the bump. This way you can avoid the Achilles tendon. As in every elective surgery, I would suggest you undergo the procedure only after all else has been tried. The success rate is quite high with this type of procedure. It avoids the Achilles tendon, and there is minimal post-operative pain.

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.
Masters Place High In High Places
by BRENT WEIGNER
Runners from 19 states and Canada met in Laramie, Wyo., on May 30 for the 10th annual Rocky Mountain 50-Mile Run and 2nd Annual Wyoming Marathon. Three of the marathoners - Richard Brown, 52; Norm Frank, 62; Don McNelly, 72 - were on a quest to run a marathon in every state and the District of Columbia, and this was the only marathon being held in Wyoming.

Clay Shaw, 41, running the marathon in honor of his wife who recently passed away, led until 22 miles when Doug Lauffer, 40, passed him and opened up an insurmountable lead. However, as fate would have it, Lauffer made a wrong turn allowing Shaw to take advantage of the mistake and win with a new course record of 3:32:16.

Masters runners also were outstanding in the 50-Mile Run. Randi Bromka, 41, dominated the course with her 7:03:19 first-place overall. Second overall, Roger Frans, 47, was the first male finisher in 7:17:08.

1993 USATF NATIONAL MASTERS 10K CROSS-COUNTRY CHAMPIONSHIPS

The third year for this successful meet in Louisville, KY

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Louisville, Kentucky
Sunday, October 31, 1993
11:00 AM EST

Hosted by: Victory Athletic Club
Masters-lixon Athletic Club
Metro Parks Track Club

MEN'S AND WOMEN'S CHAMPIONSHIP COMPETITIONS

INDIVIDUAL COMPETITION IN FIVE-YEAR AGE GROUPS TO TEAM COMPETITION IN TEN-YEAR AGE GROUPS TO 70+

KENTUCKY 5K CROSS-COUNTRY CHAMPIONSHIPS AT 8:00 AM

AIRLINE AND LODGING DISCOUNTS AVAILABLE

Write for entry forms:
Masters Cross-Country Championships
c/o E. P. "Tom" Sawyer State Park
3000 Freys Hill Road
Louisville, Kentucky 40241

Information:
E. P. "Tom" Sawyer State Park (502)456-8950 days
Bill Nault (502)897-3772 evenings
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Age-Graded Standards

The following is the second part of last month's interview with Bev LaVeck. This part discusses the new age-graded standards and factors for racewalking. Age-Graded Standards: These standards serve as a common denominator for comparing the scoring of an 80-year-old and a 40-year-old. They work well when you want to score men and women in a race together or separately, or when you want to compare performances in several events (such as at a track and field meet). Age Factors: Factors can be used to compare an individual’s performance in a given event with what he/she did, or might have done in his/her prime. The factor expresses the rate of decline based on age. It converts a performance to the equivalent approximately equal across events so Great Britain has some incredibly fast that you can compare racewalkers to times, as has Britta Tibbling.

For instance, James Grimwade, M70, of Great Britain has some incredibly fast times, as has Britta Tibbling. I computed the age-graded performances of the best performers for men and women, for each single age, to see how close to 100 they would come. We had the standards all set when we got word about Gary Little’s incredible 20K as M50. If I were accumulating a list of world notable performances, I certainly would put his in. But because his time would have thrown off the table for all ages, I decided to exclude it.

Another interesting problem that came up concerned what to do about the factors comparing men and women. At first, we were going to use the same factors for both men and women because we didn’t know if there was any reason why men and women would age differently. However, we found when you look at the data, that women came out with much lower age-graded scores if we used the same factors as for men, which might suggest that women age faster than men.

So we began looking at the variables. For instance, in racewalking, the body of racewalkers is not that large. This is especially true of the body of women racers who race worldwide for the last 15 years. We don’t really have the depth and range of women walkers that would include very, very high performers in comparison to men. This alone could affect the factors.

Bev: When it is understood that single-age bests have no status as records, they can be useful. I get excited about their status as data. They offer a way of finding out what people can do and what is realistic to expect for certain ages.

The other thing that I found interesting is that people who have been racewalking for years have tremendous swings in their times. Some years they are not racewalking particularly fast; others they are racewalking really fast; and then, they aren’t walking fast again. Motivation, time, health, other activities all enter in. You don’t see the steady decline that you might picture in theory.

Elaine Ward, Carmichael, California

Racewalking Pros and Cons

LACTATE VELOCITY TRAINING

I am a 64-year-old who took up racewalking a little over two years ago and am now dedicated to be the best that I can be. Though I competed well last year, especially in the 5K, I am still learning which training methods are best for me, with particular respect to long distance.

I am doing workouts that correspond to the “Supra Maximal!” and the “Vox Max!” workouts. But I do not have a clear idea about what to do for the “Lactate Threshold Velocity.” Could you explain what you mean by “A typical workout should consist of the following: (1) a 20-30 minute tempo walk at a 5K pace. (2) 3x8 minutes with a very short recovery.” What is a “tempo walk”?” Is it all-out or controlled, uninterrupted or broken up? I will greatly appreciate any help that you can give me. “Lactate threshold velocity!” sounds like exactly what I need!

Robert Eissner, Carmichael, California

ANSWER BY IAN WHATLEY

I have done some study on Mr. Eissner’s questions concerning Lactate Threshold training. As with any recent scientific advance, opinions on the topic abound; some apparently contradicting others and each with its own technical vocabulary. I have tried to mix the research findings with practical experience to generate a useful answer.

Tempo Walk

A “Tempo Walk” is a workout at Lactate Threshold Velocity (LTV) in which the athlete warms up, and then walks at a speed 10 to 20 seconds per mile slower than 10K race pace. This is a continuous effort for 20 to 30 minutes and is followed by a warm-down. If you have had a Lactate Threshold test on a treadmill, you will be able to use a target heart rate instead of a target velocity.

Bursts

Another training session at LTV could consist of 3 bursts of 8 minutes walking at 10-20 seconds per mile slower than 10K race pace. A 1 minute rest is taken between efforts. This is enough time to keep the walker mentally alert and able to walk with correct technique, but with most of the workout close to the target blood lactate level. As with any hard session or race, warm down at an easy pace.

LTV Objective

The objective of training at LTV is to improve the speed at which an athlete can walk without a rapid rise in blood lactate concentration. Several studies have shown that the faster your LTV, the faster you can race. There is even good evidence that this measure is a better predictor of race performance than is Maximum Oxygen Uptake.

Don’t drop all other training in favor of 5 LTV sessions a week! A mixture of training methods is most likely to get you to your best race fitness.
Francie Larrieu-Smith

by MARILYN MITCHELL

A lot of runners are able to be competitive well into their 30s. Francie Larrieu-Smith, at age 40, is still competitive with the best of them, and is gracefully making the transition from open competition to masters running.

On June 12, she set a new U.S. masters 10K road record (looped-course) with a 34:08 finish in New York City's Advi Mini-Marathon. Larrieu-Smith, who calls Texas her home, made her first Olympic team in 1972. She sat out 1984 and if she succeeds in making the 1996 team, she will be the first American to make six Olympic teams.

She was the U.S. flag-bearer in the opening ceremonies in 1992 where she finished 12th in the Barcelona Olympic marathon. She was second in the 1991 London Marathon (2:27:35). She has set 36 U.S. and 12 world records, and has the second fastest U.S. women's 10K time in history (31:28.92).

"I'm glad I don't have to run another marathon to qualify for the 1996 trials," she said after the Advi race. "I do notice that recovery is not as swift as 10 years ago. Being 40, I'm now in uncharted territory. There's something about turning 40. I am 40. I'm not getting any younger."

She feels she's had "kind of a slow start" this year. "Coming off an Olympic year is draining emotionally and physically, but I feel like I still have a lot of time. I feel that my 10K time should be able to come down another minute."

Actually, Larrieu-Smith alternates between wanting to go for the masters records and taking a more laid-back attitude of running-the-best-race-possible-and-letting-the-records-fall-if-they-will. With the help of Advi and her 12-year sponsor, New Balance, she is giving clinics around the country, doing work with the Mini-Marathon and the Race for the Cure, particularly trying to encourage women to develop life-long fitness and exercise habits.

"There are lots of [world] masters records owned by Priscilla Welch -- very good records -- and eventually I hope to go after them. It's been a long, hard road coming back after last summer (the Barcelona Olympics). I really gain energy from coming to an event like the Mini-Marathon, and I still doing internal training -- it's something I enjoy the most. I'm not competing now on the track, but hope to do some of that next year. As for mileage, I'm doing approximately 80 miles a week, but this is not a message which should be sent out to those people running for fitness. These people have jobs and families, the bulk of the people should maintain a level of fitness and a consistent program and not try to do what elite athletes do." She thinks that a women's-only race is very important because a lot of women do not have a race history and are intimidated by mixed-sex races initially, until they run a few women's races and see "... that it is no big deal." Half of this year's field of 5000 women were first-time racers. "I'd like to see the Advi Mini Marathon with 10,000 to 15,000 women. Women who come out year-after-year.

"I really didn't want to run this year on the track at all: I just wanted to go out and have fun. And run on the race circuit (Race for the Cure) and stay at home and enjoy my running and share what it is that I do with the masses out there. That makes up running. I love every aspect of competition and training but I have this view of running for fitness. I can't imagine not running. As a kid, all I could imagine was competing and making an Olympic team and then giving it up."

When not running, Francie plays with her four dogs (three of which are strays and one of which is her running partner for runs shorter than one hour) and is very involved in getting perennial into her flower beds in place of annuals. She has several varieties of plants and flowers, but about the only real requirement for making it into that flower bed is 1) look pretty and 2) be a perennial.

What about the future? Again, Larrieu-Smith alternates between thinking that her future might be in the marathon and thinking that some distance other than the marathon would be her 1966 goal. At this time, she says she is glad she really doesn't have to do another marathon in order to qualify for the 1996 trials.

But while she says that she will not likely try for the 1996 marathon, she might give it up altogether and concentrate solely on the 10K for the next three years. "It's not unrealistic to think that I could make the Olympic marathon team at [age] 43. Priscilla Welch was 42 when she ran the New York City marathon and won."

Runner DQ'd in San Francisco Marathon

Candy Dodge, 43, was disqualified from her third-place overall finish (2:46:18) in the San Francisco Marathon, July 18.

In an investigation prompted by complaints from other runners, Dodge, of Canyon Country, Calif., did not appear at any of the checkpoints on the race videotapes.

Janet Skallen, 40, of Minneapolis received the $1000 for the masters' victory. Dodge neither explained her results nor admitted guilt.

"It's a first time in my life that anyone has questioned my integrity," Dodge said in a statement released by race officials. "But...there is nothing I can say or do that is going to change anyone's mind. I accept the decision...to remove my name from the official results."

Dodge will not be charged with criminal action, officials said.

She has been credited with four other marathon finishes in 1993. Officials of the Boston Marathon, in which Dodge won $1000 (5th master, 2:53:26), are reviewing race video to see if her time was legitimate.

Dodge has earned more than $3000 at various big-city marathons, among them the 1993 Los Angeles Marathon, where she reportedly won $1500 for her 1st W40+ time of 3:03:10. In the past, the L.A. Marathon has not used videotapes.

NORTHERN CALIFORNIA SENIORS TRACK & FIELD CLASSIC

SUNDAY, September 12, 1993, Edwards Field, University of California, Berkeley

Sanctioned by USA/AAA. Sponsored by No. Cal. Sr. T.C., Inc.

Entry fee is $30. jegs are allowed to enter unlimited events, but must enter in Master Division. Entry fees are non-refundable. Mail entry Fee checks (payable to N.C.S.T.C. Classic) should be mailed to Mark GRobi, P.O. Box 142432, San Francisco, CA 94114-4321. (415) 825-3352, 8:00 to 10:00 A.M. or 1:00 to 9:00 P.M. Rasu the latest entry card to San Francisco Marathon, 1:00 to 9:00 P.M. Packages available at the hospitality room on Saturday and at the N. Cal. Sr. T.C., Inc. events, 7:45 a.m.

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No. Cal. Sr. T.C. Inc.

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City/State/Zip __________

Phone/age group __________

CURRENT RACER 4

TOTAL

In consideration of my entry, I, intending to be legally bound, do hereby for myself, my heirs, assigns, and administrators, waive and release forever, any and all claims I may incur against the No. Cal. Sr. T.C., University of California, any individual associated with the operation of this meet and all sponsors of this competition, their successors, representatives and assigns for any and all injuries suffered by me while traveling to and from and while participating in this N.C.S.T.C. Classic meet held on September 12, 1993 at U.C., Berkeley.

(Signature & date)
Doug Kurtis

This month's Sorphbane Masters Athlete-of-the-Month is Doug Kurtis, 41, of Northville, Mich.

In the past 60 days, Kurtis achieved his 70th and 71st career sub-2:20 marathons, breaking Kjell Erik-Stahl's record of 69.

Kurtis captured masters honors with a 2:19:21 in the Revo-Cleveland Marathon, May 16. Five weeks later, on June 19, he finished first overall in the prestigious Grandma's Marathon in Duluth, Minn. in 2:16:38 — his fastest time in four years and the fastest time in the world this year.

Just seven days later, he took home masters honors with a 2:16:38 in the VP Fair 10K in Duluth. Minn. in 2:16:38 — his fastest masters time in the world this year.

This wave started off with Doug Kurtis crossing the finish line in 2:16:38 to become the 17th annual Grandma's Men's Open and Master runner, June 19, Duluth, Minn.

Doug Kurtis crosses the finish line in 2:16:38 to become the 17th annual Grandma's Men's Open and Master winner, June 19, Duluth, Minn.

Kurtis earned $1,300 and ran a 3:44 marathon pace and wore out Pierre Levisse, 41, who had a 10K time of 34:08.

In New York, May 22; and a 19:34 run in Steamboat Springs on June 19, he finished first overall in record time of 1:52:27.

Doug Kurtis earned $1,300 and ran a 3:44 marathon pace and wore out Pierre Levisse, 41, who had a 10K time of 34:08.

For his efforts, Kurtis will receive a check for $100, compliments of Sorphbane.

MASTERS ATHLETE OF THE MONTH

August, 1993

Doug Kurtis

Sports Classic in Baton Rouge, La.

By JANE DODS

The Bolder Boulder 10K is traditionally run in waves (according to ability and/or gender) due to the massive influx of runners - this year, drawing over 32,000 on May 31 in Boulder, Colo.

For the first time, a new elite citizen's masters group was created - the "40-49" wave - made up of invited runners plus any other masters who had a 10K time of 40 minutes or less. This wave started off first, thereby allowing the local NBC affiliate, which covers the race live for the first three hours, to televise the entire masters-only field.

On the men's side, a very determined Manuel Vera, 42, pushed an early pace and wore out Pierre Leviss, 41, about three miles into the race. Vera won in 30:48, earning $1,600 in prize money. Leviss followed up in 31:01, taking home $1,050. After completing his first masters-only competition, he stated, "I don't enjoy this. I felt very old during the race."

Boulder's Frank Shorter, 45, had every intention of running a strong race, but ran into problems. A pulled calf muscle forced him to jog after about a mile. Said Shorter afterwards, "The smart thing would have been to stop, but the emotional thing was just too strong."

The women's champion was Carol McElhnie, 41, who won easily over her familiar foe, Jacqueline Garceau, 40, 36:12 to 37:27. McElhnie earned $1,000 and Garceau $850. Asked how she felt about a masters-only race, McElhnie replied, "At first, I was a little ap

Bolder Boulder Makes Waves

prehensive, but before, the masters kind of got lost in the elite race, and this is a nice way to showcase them."

In the citizens' race, awards were given 10-deep (where applicable) for each individual age all the way up to age-81, going to Helen Phillips (1:52:27) and age-91 to Emil Demarche (2:41:46).

Bob Weiner, Maryland, third M45-49 in the 1500 in 4:43:3, USATF National Masters Indoor Championships, Bozeman, Mont.

MMN/Jerry Wojt
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Masters Racewalking

Continued from page 10

Board. Because of the data, we decided to go ahead and give a 10 percent break to the women again, even though it bothered us philosophically.

However, it is really possible that there is a difference in the aging process between men and women. If women really do start losing muscle strength around age 50 at a different rate than men, even though they lift weights and do other conditioning activities, then the factors should be different. Personally, I suspect that women cannot sustain the same hard training that men do and that as the data accumulates, it is going to show comparative differences in events that require strength. This is how I am rationalizing using different factors for men and women.

We can say, "Gee, theoretically they ought to be the same," but you also have to look at the data, and the data says that the women are slowing down faster than the men in their late 40s and early 50s. You just can't ignore what exists.

The only thing that will challenge this data is the data collected as women Olympians join the ranks of Masters. If our sport develops stronger women athletes in their 30s and 40s, and if they continue to compete at high levels into their late 40s and 50s, the proof will be there.
1000 to Compete in 26th Annual Nationals

Continued from page 14

try's governing body.

Special Events

The popular, annual age-graded 100-meter races for men and women will again be staged. Based on the new, revised WAVA age-graded tables, the race directors will held Saturday afternoon and sponsored by the National Masters News, with $200 prize money of $50 (first), $30 (second), and $20 (third) for each race. The special "regional 4 x 100 relay" will take place on Friday afternoon, following the 200 finals. Each of the seven regions may enter a team in each of four races: 1) women age 50+; 2) men age 50+; 3) women age 30-49; 4) men age 20-49.

The 50+ teams may be composed of any four 50+ runners who live in a region as long as their total ages are 230 or more. The 30-49 quarters may be composed of any four regional 30-49 runners whose total ages are 150 or more. Regional coordinators may sign up their teams in fees of $40 per team per relay should be given to race director Phil Mulkey.

The races will be scored by points. Sal Vasquez, 53, who has won the last four races in Mt. Pleasant, Calif., was the overall winner with $200 prize money of $50 (first), $30 (second), and $20 (third) for each race. The special "regional 4 x 100 relay" will take place on Friday afternoon, following the 200 finals. Each of the seven regions may enter a team in each of four races: 1) women age 50+; 2) men age 50+; 3) women age 30-49; 4) men age 20-49.

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Weight Training for Masters Athletes

by ROSS DUNTON

Most masters athletes had little or no weight training when we were in school. As a result, we probably do not include weight training as an integral part of our training program.

A basic principle in training is the concept of overload. This overload, if applied properly, will cause the body to adapt. This load must be greater than the normal level. It becomes a stressor. When a stressor is presented to the body, the body will respond in different ways. If second person should be present during the alarm. As the stressor is continued, the body will resist in different ways. If the resistance is positive, the body will respond positively and to improve. The single-joint movements are not as technically challenging. Most masters athletes should begin with these exercises, such as leg and arm curls, leg extensions, seated presses, and stomach crunches. Most gyms and exercise/health clubs have a number of different machines on which to perform these routines.

The weight room is not for the masters athletes of all ages and strength levels can benefit from a weight training program. There are no routines need to be selected by the beginner. These include leg presses, quad extensions, hamstring curls, and exercises for the stomach, back, arms and shoulders. Emphasis should be placed upon repetition of movement. This creates rhythm and helps to develop better technique. As a result, three sets of 15 repetitions with very light weights should be done at each station.

Progressive overload is the key to productive weight training. Gradual increases in the weight lifted cause the body to adapt to the higher strength level. On a regular basis, the weight should be slightly increased and the number of repetitions should be decreased.

Along with the load increases, the rest period between repetitions should be decreased. One method of keeping track of the time between reps is to count your breaths. This progressive overloading should be continued until only one or two lifts can be accomplished. Step by step progressive overloading causes the body to adapt positively and to improve.

This training should be done two or three times a week — not on consecutive days and not within three days prior to competition. Three to four months should be allowed to go through this program. Once completed, and after a period away from the weight room, you may either switch to a maintenance program or restart this at a slightly higher initial weight.

Masters athletes of all ages and strength levels can benefit from a weight training program. There are no

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Bill Rodgers in the chute after setting a new M45-49 U.S. record in the half-marathon at the Trinity Hospital Hill Run, Kansas City, June 6. Photo from Bonnie Mahar Smith

Ross Dunton is a 60-year-old masters middle- and long-distance runner who coaches middle-distance runners at Sonora High School in La Habra, Calif.
The International Scene
by DON FARQUHARSON, Past President, WAVA

“Survivors” to be Honored in Japan

A small group of 24 "survivors" — competitors who have taken part in each of the first 10 WAVA Championships — will be recognized in Miyazaki in October at the 10th WAVA World Veterans Athletics Championships.

The following have participated in the first nine meets. Hopefully, they will be fit and well in Japan. We thank the Japanese Organizers for thoughtfully arranging this recognition.

- Ruth Anderson USA
- Reg Austin AUS
- Norbert Barth GER
- Robert Boutard FRA
- Hari Chandra SIN
- Phil Conley USA
- Gerard Dumas CAN
- Willie Dunne IRL
- John Dunsford GBR
- Don Farquharson CAN
- Bob Fine USA
- Nolan Fowler USA
- +John Gilmour AUS
- Max Gould CAN
- Konrad Hernelind SWE
- Roland Johansson SWE
- Don Johnson USA
- Colin McDowell GBR
- Bob Mimm USA
- Jim O'Neil USA
- +Isobel Saumier Cunningham CAN
- Ray Spencer USA
- Jack Stevens AUS
- +Jim Vernon USA

*Have won gold medals at all championships.

Cross-Country

One of the issues to be debated at the General Assembly meeting in Miyazaki will be the fate of our cross-country championships.

A motion will be made that if IAAF assent is granted, the WAVA Cross-Country Championships be henceforth staged as part of the IAAF's Cross-Country Championships in even-numbered years.

Admittedly, we run this exciting race "out of season," but, nevertheless, it has been a most popular event in each of our nine WAVA World Championships.

Over the years, it can boast a total of 4407 finishers, ranging from some of the greatest veteran distance runners to the many worthy middle-of-the-pack devotees to those whose current fitness caused them to temporarily eschew the glory of the track but were still willing to "have a go" before the less critical gaze of the countryside event.

Inevitably, even with the best of intentions, should this motion pass, this race would become a showcase for the elite of the younger veterans with the field perhaps filled out by larger numbers from the home country.

This would be most evident when the IAAF venue is a country where veteran ranks are thin. Unlike the open-class competitors, veterans would be faced with yet another costly journey.

A British proposal, whereby we retain the cross-country event at the WAVA Championships in the odd-numbered years while accepting the IAAF offer (if tendered) in the even-numbered years, has much merit. It would allow us to "test the waters" without losing something which many feel, instinctively, is the essence of real running. Let your national veterans body know what you think about this before Miyazaki, not afterwards when it may be too late.

Missing Trophies

As WAVA's historian and former president, it embarrasses me to tell you that we have an unsolved mystery right in our own organization.

It concerns "the case of the missing trophies."

In preparation for the first World Veterans Track and Field Championships in 1975 in Toronto, the Canadian Organizing Committee purchased three large silverplated trophies to be held between championships by the overall winning national teams in cross-country, marathon, and road walking events.
2 Months To Go

Countdown to Miyazaki

More Than 6000 Athletes Expected in Japan

Only two months remain until the 10th WAVA World Veterans Athletics Championships take place, October 7-17, in Miyazaki, Japan. The entry deadline was extended to July 20, and organizers reported, at NMN press time, that more than 5000 athletes had already signed up.

WAVA Council members Bill Taylor, Vice-president, Stadia Committee; and Jim Blair, Oceanica Representative, flew to Miyazaki last month to confer with the Miyazaki Organization Committee (OC) and help plan details of the event.

"Miyazaki is expecting up to 7000 competitors," Blair said, "mainly Japanese participants in the long distance races and the marathon."

Taylor reported entries on July 1 totalled over 4000 from Japan and 1000 from overseas.

"They were disappointed with the low number of overseas entries, and extended the deadline a few weeks," Taylor said.

The Championships are open to men age 40-or-over and to women age 35-or-over. Competition will be held in five-year age groups through age 95+. Entry certificates will be sent to all entrants prior to September 1.

International Scene

Continued from page 17

Because of their size, each trophy became part of WAVA history. Alas, at some stage they quietly disappeared. I recall they were presented in Melbourne in 1987, but did not show up for the 8th Championships in Eugene, USA, in 1989.

To replace these fine trophies would cost some thousands of dollars. Meanwhile, we are all denied the excitement of seeing them presented, usually the final award presentation of each championships.

If you can throw any light on the whereabouts of the trophies, you will have done a service to your fellow veteran athletes. Please contact me with any clues at 269 Ridgewood Rd., Westhill, Ontario, Canada M1C 2X3; telephone 416-282-2555; fax 416-495-4310. No questions will be asked, no names published, and you will not be asked to pay carriage. Help solve "the case of the missing trophies."

Road Racing

The 1994 WAVA World Veterans Road Championships will be held in Scarborough, Ontario, Canada on July 30-31. Scarborough forms the eastern portion of metropolitan Toronto and was given its name when the wife of upper Canada's first Lieutenant Governor remarked on the similarity of its shoreline bluffs to those of the English Scarborough.

The Mayor and City Council are solidly behind the efforts of the Canadian Masters Organizing Committee to make this event one which will be long remembered as the best in road racing.

The WAVA-authorized events are 10K, 25K, and 20K road walk. More data will be published at a later date, but entry books will be distributed in Japan in October. It may be many years before a WAVA Road Racing Championship is held in North America again. Mark this one down now. Don't miss it. The CMAA may be contacted at 1220 Sheppard Ave. East, Willowdale, Ontario, Canada M2K 2X1.

As an additional attraction of your Canadian visit, the North and Central American and Caribbean Region of WAVA Track and Field Championships will be held a few days later — on August 4-7 — in Edmonton, Alberta, and is open to all competitors regardless of country or region.

The meet will offer all T&F events in 5-year age classes, as well as an 8K cross-country race, a pentathlon, a road walk and road run. The meet will be a natural warm-up for the USA Masters T&F Championships one week later (August 11-14) in Eugene, Oregon.

Contacts for the North American Championships: P.O. Box 51030, Edmonton, Alberta, Canada T5W 595, fax 403-479-8363, or phone meet director Liz McBlain, 403-438-2911 or Bruce Thomas, 403-474-8928.

I wish you good health and a great year's competition.
Indian Championships Held

by V. SURYANARAYANA

The Indian Veterans National Athletic Championships were held on May 21-23 in Madurai, Tamilnadu. With the admission of three new states this year, the participating affiliates increased to 24.

Over two dozen records were broken. A large number of participants will be sent, based on performance standards, to the World Veterans Championships in Miyazaki, Japan, in October.

The men’s team championship trophy went to the state of Punjab team. The women’s trophy was won by Kerela state, which also took the combined team trophy. Joginder Singh, 100, was awarded the trophy for best performance by a thrower.

Mooorcroft Runs 4:02.53 Mile

Continued from page 1

3:04, with a 58 last 400.

Born April 10, 1953, Mooorcroft’s bests for the 1500/mile are 3:33.79/3:49.34, both set in 1982. He ran 3:04.01 for a WR 5000 in 1982, a time which has only been bettered by Aouita.

Eamonn Coghlan, 40, who set the current world masters indoor mile record of 4:01.39, is rounding into good form. The two men plan a showdown and sub-4 attempt during the current European season.

Mooorcroft also said he’d like to run against Coghlan next winter at Millrose Pack, which will host the combined team trophy. Joginder Singh, 100, was awarded the trophy for best performance by a thrower.

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WAVA/USATF Hurdles and Implements Specifications

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Typical scene at subway station in Japan.
On The Run
by Hal Higdon

Running Can’t Prevent Old Age

John was sitting beside his bed in a Cleveland nursing home when I arrived early on a Sunday morning. It was his 75th birthday. I offered a greeting, “How are you doing, John?”

His response was frank: “Not too well, Hal.”

John had Alzheimer’s disease, which gnaws at your memory and affects your ability to communicate.

He also had osteoporosis, a weakening of the bones. Most people identify osteoporosis with women, who get it beginning around 60, but if men live long enough, they’re vulnerable too.

John stood to grip my hand. I had remembered him as a tall man. He stood 6 feet 1 inch to my 5 feet 10. But osteoporosis had shrunken John. I looked down on him. He was now 5 feet 4.

He had always been shy, mild-mannered. But John’s personality, too, seemed to have shrunk with his size. He spoke in half sentences, a few words at a time.

John had been an athlete. Lean and lanky, he had participated in basketball, tennis and boxing when younger. Then he became involved in road running in the mid-60s, when the sport began to expand on the heels of Dr. Ken Cooper’s best-selling book, Aerobics.

He wandered into my life around John’s second wife, June, identified his osteoporosis with women, who get it beginning around 60, but if men live long enough, they’re vulnerable too. always a room, a meal and a workout.

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John had been an athlete. Lean and lanky, he had participated in basketball, tennis and boxing when younger. Then he became involved in road running in the mid-60s, when the sport began to expand on the heels of Dr. Ken Cooper’s best-selling book, Aerobics.

He wandered into my life around then. John was a salesman and included northwestern Indiana among his territories. Maybe we met at a race. Maybe he called looking for a training partner. From that point, whenever John passed through town, there was always a room, a meal and a workout awaiting. He was recently divorced, separated from his three boys on the East Coast. We became a second family for John.

I had two sons and a daughter who must have been three or four at the time. He used to carry her around on his shoulders. “What was the girl’s name?” John asked during my visit. “Laura.” “Oh, yes.”

He served half a year as president of the Road Runners Club of America in 1967. In 1970, when he was 52, John ran fast enough to set an American single-age record at Boston.

By now John’s second wife, June, had arrived, offering coffee and doughnuts. She identified his marathon time as 2:47.

John, eyes shut, seemed to have been dozing. He corrected her: “2:57.”

Later, I replayed the incident for my wife, Rose. “Just like a runner,” she smiled. “Forgets everything but his marathon time.”

John’s marathon days have passed. Now he pads around his room in stocking feet. He moves quickly, but his stride is but a few inches. “Have to stretch,” he announced.

I had lost track of John. He had switched jobs and reduced running commitments after remarrying. We saw each other only when I chanced through Cleveland. Christmas cards once a year.

I was spared seeing him decline. June recalled John’s first signs of disorientation. He became confused. He fell down the stairs and broke several ribs. She was afraid to leave him alone. One time she found him trying to climb out the window.

Physical therapy restored some of John’s mobility. But nobody yet has found an effective treatment for Alzheimer’s disease. June identified one of John’s problems as hereditary.

Running had failed to provide an effective barrier against old age. One reason why many of us run is for physical fitness: to live longer, to live better. Dr. Ralph Paffenbarger suggests that those who exercise live 2.4 years longer than those who don’t.

Ken Cooper concurs, but identifies quality of life as more important than quantity of life.

But what if you live long and no quality remains?

“That’s so sad,” said Laura, after I returned home and told her about the man who carried her on his shoulders. Somehow I didn’t feel sad about seeing John. I felt good reliving moments with an old running partner.

We do the best we can. We survive. None of us can predict what lies at the end of the road. I still have warm memories of my friend, John O’Neil.

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Ayers, who is planning on entering the Wilson Trophy Co., suppliers of championships medals. The firm proved three designs and sizes for youth, junior, masters, and open championships.

Ed Ayers, founder and former editor of Running Times Magazine, let the publication in 1991 to work on environmental issues. Ayers now edits Worldwind Magazine, a Washington D.C. based environmental publication with 200,000 readers worldwide. "I still run daily," said Ayers, who is planning on entering an ultra-marathon soon, "but I enjoy this work very much. I feel I have to do what I can to help preserve the planet."

EAST

• Britain's Nick Rose was 13th overall and first 40+ in 46:00 (11:200) in the Utica Boilermaker 15K, July 11, in Utica, NY. Manuel Vera was second master (46:35/$600); England's Nigel Gates was third (46:49; $300).


• Steve Stadler, 64, North Sydney, NY, was the overall age-graded best in the 23rd annual Vestal 20K, Vestal, NY, June 19, with a 1:06:10 (1:25:53). First W40+ Margret Betz, 56, Cortland, NY, was second with an AG 1:07:06 (1:34:06). Gabe Yankowitz, 43, Manlius, NY, was first M40+ (1:19:55). Awards were given to 8.5 age-graded performers including the first three men and two females overall.

• Torella Lawrence (43, 1:13:18) captured first masters position in the Westchester Half-Marathon, June 6. Amy Bahrt (41, 1:36:26) led the women, with Flora Flores (47, 1:36:40) right behind her. M75+ honors went to Wilfredo Rios (76, 2:13:23).

• Charlie McMullen, 42, Rochester, NY, broke the world single-age record for the two mile with a 9:17.6, in the Timothy Dodge Meet, June 24. The old record of 9:26.2, set in 1970, was held by Pete Mundie.

• Alden Clark (41, 29:58) and Dorothy Fuscaldi (44, 37:12) were 40+ winners in the Lesbian & Gay Pride 5 Mile, Central Park, NYC, June 26. Jim Irvine, 58, of Scotland, ran a 30:36 to win the M55 race. Ed Kratt (43, 12:29:22) and Inger Berman (49, 16:57) won 40+ honors in the shorter 2-mile run.

• Fifty-year-old Sam Skinner beat all the younger runners with a 35:15 in the NYRTC Brooklyn Greenway 10K, Prospect Park to Coney Island, June 27. Ellen Friedman, 40, took the W40 + race with a 44:29. Thelma Wilson, 61, ran, as did the W60 first.

• Pat Peterson, 67, appreciates the letters of support she's received at Strong Memorial Hospital in Rochester, NY, where she's been undergoing bone-marrow therapy for cancer. She's too weak to reply now, but she hopes to leave the hospital soon and will respond when she gets home.

SOUTHEAST

• Erik Johansson, 68, racewalker for the Miami RC, stepped out to an excellent division-winning time of 10:37.9 in a one-mile race, June 4.

• Francie Larrieu-Smith, 40, ran a ninth-place 33:49 to win the W40+ crown and $1500 in the Peachtree 10K, Atlanta, June 4. The time behind her was in the Adel 10K, June 12. NYC; however, the course, point to point, is considered "indeed" because of a drop in elevation. Surveyor Ray, 41, Arkansas; was second (36:05). Manuel Vera, 42, Mexico, was the M40+ champion, both running a 29:44 and defeating Nick Rose, 41, Britain, who closed in 29:50.

• Two outstanding, age-graded results showed up in the Delaware's Kent State Honors 5K, May 16. Jim Blount, 64, ran a 1:17:42 (18:46) and Elaine Geyer, 71, clocked in at 1:17:50 (29:03).

• On his way to a 15:27 masters victory in the Low Country Classic Invitational 5000 in North Charleston, SC, June 19, Bob Schluai of Charleston ran 14:59.9 for three miles to better the national M45 record in that distance.

• Lucy Anne Brobst, W60, out of athletic action for this entire season due to heavy chemotherapy treatments for cancer, is back in training. The North Carolina heptathlete holds the W60 AR record for the indoor triple jump and WR pole vault hold, will contest her first meet at the Nationals in Provo.

• Phil Mulkey, 60, won three events at an all-comers in Atlanta, but, at perhaps, a very dear price. Mulkey, who has topped the WR in the decathlon twice this year, pulled a hamstring muscle that has placed doubts about the rest of his season.

• Gordon Seift, M65, of Birmingham, AL, underwent arthroscopic surgery and will miss the Nationals in Provo, but still hopes to be ready for Miyazaki in October.

MICRO


• Despite a temperature of 75° with 95% humidity, Nancy Graysen, 43, easily outclassed her age-group competition taking third place overall at the Parker Run, NY, 19, June 19. Dale Leper, 44, led the masters men in 35:49.

• Fred Hirisami, 68, was inducted into the Hancock Sports Hall of Fame, Findlay, OH, April 17. He was a multi-sport athlete at the U. of Findlay and professional baseball player, and is an active masters competitor.

NORTHWEST

• Portland, Oregon's National Gas Spring Classic 8K, April 25, brought out some fine times. Doug Kuntz, 41, just edged Henry Rono, 41, 24:29 to 24:56, while Carol Mattlachie led the masters women with a 28:51.

• Albertos Van Zyl of South Africa broke his M70-74 WR (5:21.2) for the 3000m with a 5:40.4 at a meet in Durban, April 17.

• In a throw-a-thon in Texas in June, Wendell Palmer, 61, Pampa, TX, broke single-age discus WRs for the 2kg (139-7), 1.5kg (166-1), and 1kg (194-8), while Margaret Palmer White, 59, Palmer’s mother, set WRs for the W95 shot (4kg, 11-4/3kg, 12-6/14) and DT(20-6).

Jose Keshmuri, MSS put U.S. record holder Stanford Thome Sets, June 5.

Photo by G. Kellemson

• Two women have announced their interest in the position of Women's Representative of WAVA: Barbara Dunsford of Great Britain and Marilyn Mitchell of the USA. Bridget Cussen, the current woman's rep, is stepping down after serving the maximum five-year terms.

• Veterans excelled in the Hong Kong Open Championships, June 12-13. Lee pan-tun, 37, lapped the entire field on his way to a 3:38:10 victory in the 10,000. On the women's side, Yuka Gordon, 43, captured the best age-graded performance of the day with a 5:00.86 (85.3% ) in the 1500.

• Kipsoke Koskel, of Kenya, was the M40+ standout in a 7.9K race in Darmstadt, Germany, June 30, with a 23:30.

• On July 13, a federal judge reaffirmed the $6 million court award to Dutch Reynolds, the world record holder (43:29), who was banned by the IAAF for allegedly using steroids. The IAAF had appealed the decision, arguing that U.S. courts have no jurisdiction over the international governing body. Judge Joseph Knorr made the award, saying the IAAF acted maliciously.

• Gilberto Gonzalez-Julia, who turned 80 this year, invites all masters athletes to the annual San Juan Masters Track and Field Championships in San Juan. Under former Gonzalez-Julia's tutelage, she plans to compete in the 300 hurdles in Miyazaki.

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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 additions or corrections to NMN, P.O. Box 2372, Van Nuys, CA 91404.


September 12, Masters/Senior Olympic EM “R” Meet, Twin Cities, SASE to Rachel Hyga, 122 63½ Way NE, Minneapolis, Minn., 55432. 612/574-9661.

September 18, Athlete’s Foot/Lincoln Mile, site TBA. Gary Bredehoff, 4037 N. 20th St., Lincoln, NE 68521. 402/435-7061. SASE.


September 19, Lincoln TC Classic, Woody Greeno Track, 11 a.m. SASE to Gary Bredehoff, 4037 N. 20th St., Lincoln, NE 68521. 402/435-7061.

August 18-22, UMC West Texas Senior Sports Classic, Lubbock. 50+. Peter Laverty, 2001-19th St., Lubbock, TX 79401. 806/767-2710.

September 4-6. Montana State University. Missoula, Mont. 802/459-6820. •

ALASKA

August 28-29, 1st Annual National Decathlon/Heptathlon Championships (also invitational weight pentathlon), Montreal, Quebec, E.F. Hume, 132 Evergreen. Dod. O. Quebec HAVA 156. 514/684-7528.

September 11-12. Canadian Masters National Championships, Centennial Stadium, Edmonton, Alberta, SASE to Dr. Don Tavolacci, 465

905 514/684-7528. 


NORTHWEST


October 2-3, Club West Meet, UC-Santa Barbara. Lloyd Albright, 3722 Cordero Dr., Santa Barbara, CA 93105. 805/682-9540.

October 28-22, Huntsman Chemical's Senior Games, St. George, Utah (11 hour drive from Las Vegas). 50+, Ken Jolley, 431 W. Tabernacle, St. George, UT 84770. 801/628-1442.

CANADA


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August 4-7, 1994. WAVA North American Regional Championships, Edmonton, Canada.

INTERNATIONAL

September 11-12, San Juan Masters Championships, San Juan, Puerto Rico. Puerto Rico Masters Association, c/o Mr. Jesus E. Galvez.

October 3, Athletic Veterans of Hong Kong Meet, Lowkey meet, AOVHK, GPO Box 10368, Central Hong Kong, Tel: 608-1392.


September 24-26, Arkansas Senior Olympic Games, Hot Springs. Gail Ezelle, 905 W. Grand, Hot Springs, AR 71913. 1-800-467-2170.

WEST

July 31-August 1, USATF West Regional Masters Championships, Citrus College, Norwalk, CA 90650; Dr. Thompson, LAPCC, 2301 Hyperion Ave., Ste. F, Los Angeles, CA 90027-4711. 213/662-1062.


September 12, Sr. Chinmoy Masters,Long Beach. 40+. Bigalita Egger, 6199 Canterbury Dr., Culver City, CA 90230. 310/645-0271.

September 17-19, California State Senior Olympics, UC-San Diego, La Jolla, Calif. (Note: age 30+). Sam Cohen, 2820 Camino del Rio S. #506, San Diego, CA 92108. 619/543-9046, or 800-246-9077.

September 18, Kefield Grand Opening. Tune-up meet for World Championships. All throwing events. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95050. 408/458-0202.

October 1, Club West Meet, UC-Santa Barbara. Lloyd Albright, 3722 Cordero Dr., Santa Barbara, CA 93105. 805/682-9540.

ON TAP FOR AUGUST

TRACK AND FIELD

The 26th annual USATF National Masters Championships are expected to draw over 1000 athletes to Provo, Utah, August 11-14. Pre-championships activity is available on the 1st in Minnesota, and post-championships action had in Pennsylvania on the 22nd. The month is sprinkled with Senior Olympics meets for men and women 55+

LONG DISTANCE RUNNING

Races of interest include the Asbury Park 10K and America's Finest City Half-Marathon on the 15th; Pikes Peak Ascent and Marathon on the 21st-22nd; Parkersburg Half-Marathon on the 21st; Falmouth Road Race on the 22nd; and Maggie Valley Moonlight 8K and Crim 10 Mile on the 28th.

RACEWALKING

The 5000 track and the road 10K for women and 20K for men USATF Championships take place with the Nationals in Provo. The women's 20K and men's 25K championships are scheduled for the 15th in Lake Placid, N.Y.
Victor Saier / Agence Shot

August 22, Falmouth Road Race 7.1 Miles.
J. Carroll/R. Sherman, P.O. Box 732, Falmouth, MA 02540, 508/540-7000.

August 29, Annapolis 10 Mile. Annapolis Striders, P.O. Box 187, Annapolis, MD 21404, 410/358-1165.

August 29, NYRRC Back To Work 4 Mile, Central Park, NYRRC, 9 E. 68th St., NY, NY 10128, 212/860-4455.

September 9, 6 New Haven 20K/SK. John Busieck, P.O. Box 1893, New Haven, CT 06508. 203/387-0214.

September 12, Chubb Life SK/10 Mile. Chubb Life Run, One Granite Place, Concord, NH 03301. Michael Holmes, 603/226-2126; Linda Frawley, 226-2329.

September 12, NYRRC SK Race For The Cure, Central Park, NYRRC, 9 E. 68th St., NY, NY 10128. 212/860-4455.


September 19, Philadelphia Half-Marathon. PDR, P.O. Box 4311, Philadelphia, PA 19129. 215/293-0786.

October 2, NYRRC Fifth Avenue Mile, NYRRC, 9 E. 68th St., NY, NY 10128. 212/860-4455.

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

August 14, Full Moon Frolic 8 Mile. John Boyle, Alta Vista, Box 1824, DeLand, FL 32741, 904/716-0022.

August 28, Maggie Valley Moonlight 8K. Linda Gillman, c/o Maggie Valley Chamber, P.O. Box 87, Maggie Valley, NC 28751, 704/926-1686.

September 18, Virginia 10 Mile. SASE to Marilyn Reynolds-Straub, P.O. Box 3035, Lynchburg, VA 24503. 804/525-5420.

SOUTHEAST

EAST

August 3, Newburyport 10 Mile. Tues., 6:40 p.m. P.O. Box 366, Newburyport, MA 01950. 508/454-9735.


August 14, Ashbury Park 10K, Asbury Park, N.J. John Haukheft, P.O. Box 157, Spring Lake, NJ 07762. 908/974-8457.

August 15, NYRRC Hispanic Half-Marathon, Central Park. NYRRC, 9 E. 68th St., NY, NY 10128. 212/860-4455.

MIDWEST
Indiana, Kentucky, North, South, West, Wisconsin.


August 21, Parkersburg Half-Marathon. $3000 masters. Dorsey Cheuvront, Jr., P.O. Box 718, Parkersburg, WV 26101. 304/424-2786.

August 28, Crim 10 Mile. Masters money. Lois M. Craig, race director, P.O. Box 981, Flint, MI 48401. 810/382-3390.

September 4, Charlotte 15 Mile/5K. Charlotte Distance Run Comm., P.O. Box 2749, Charlotte, NC 28210. 704/486-6406.

MID-AMERICA
Arkansas, Colora, Idaho, Kansas, Minnesota, Missouri, N. Dakota, Nebraska, Oklahoma, S. Dakota.


September 12, Lovelace Duke City Marathon. Marathon. P.O. Box 14903, Albuquerque, NM 87119. 505/826-2777.


WEST
Arizona, California, Hawaii, Nevada, New Mexico.


October 2, 17th Annual St. George Marathon, St. George, Utah (1 hour drive from Las Vegas). Leisure Services, 865 S. Main St., St. George, UT 84770. 435/603-5850. Entry form in June issue.

October 9, Juan In A Million 5K. Masters money. Ed Preciado or Elise Brown, Tam East Charleston Blvd., Las Vegas, NV 89104. 702/385-1281.


NORTHWEST


September 18, Prefontaine Memorial 10K, Coos Bay, Ore. Prefontaine 10K, P.O. Box 1380, Coos Bay, OR 97424. 800/762-6278 (OR); 800/824-8486 (out-of-state).

INTERNATIONAL


## U.S. MASTERS ALL AMERICAN STANDARDS OF EXCELLENCE FOR MEN

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### Shot Put

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A minimum of two judges must be present and the competition must be limited to competitors (no more than 15).

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## U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

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### Shot Put

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### Notes:
- 100 meters standards are for automatic timing; use standard conversion for hand timing.
- Short hurdles: 30-39: 33"; 40-44: 30"
- Short put: 30-39: 55 lbs; 40-44: 50 lbs
- javelin: 30-39: 200 lbs 40-44: 150 lbs
- Metric heights and distances are standard; feet and inches listed for convenience.

---

## APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

### NAME: AGE-GROUP

### ADDRESS: SEX: M/F

### CITY: STATE: ZIP

### MEET DATE OF MEET

### MEET SITE

### EVENT:

### HURDLE HEIGHT: WEIGHT OF IMPLEMENT

### Certificates / Patch / Patch Tag

---

If you have met the standard of excellence, please send $10 for a certificate, $15 for both a certificate and a patch. (A patch tag, showing event and year, is an extra $10 each.) Send to: All-American, National Masters News, P.O. Box 2372, Van Nuys, CA 91404. (Enclose copy of results, or note in which event they appeared.) A 3-color, 8" by 10" certificate—suitable for framing—and/or a 3-color, 3" by 4" patch will be mailed to you within two weeks. (Allow six weeks for patches with tags.)
Please send results to: National Masters News, P.O. Box 2372, Van Nuys, Calif. 91404. To keep our records current, we generally do not publish results more than 4 months old. Results are typed in (maximum 28 spaces/2½" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

U.S. National Senior Sports
Classic IV
Baton Rouge, La., June 12-18

100y
1. Tommy Weavers 12.61
2. Larry Colbert 12.71
3. Josephine Suilli 3-5

110
1. Ray Isbell 13.97
2. Larry Colbert 14.00
3. John Illing 14.01

110m Hurdle
1. Robert Egan 17.95
2. Larry Colbert 18.02
3. John Illing 18.03

200m
1. Larry Colbert 21.90
2. Robert Egan 22.01
3. John Illing 22.08

220
1. Larry Colbert 25.99
2. Robert Egan 26.00
3. John Illing 26.05

300m
1. Larry Colbert 34.03
2. Robert Egan 34.04
3. John Illing 34.07

400m
1. Larry Colbert 48.00
2. Robert Egan 48.02
3. John Illing 48.03

440m
1. Larry Colbert 1:00.10
2. Robert Egan 1:00.10
3. John Illing 1:00.11

440m Hurdle
1. Robert Egan 1:00.13
2. Larry Colbert 1:00.14
3. John Illing 1:00.16

440m Relay
1. Larry Colbert 4:25.45
2. Robert Egan 4:25.56
3. John Illing 4:26.15

880m
1. Larry Colbert 2:10.32
2. Robert Egan 2:10.42
3. John Illing 2:10.71

1,500m
1. Larry Colbert 3:56.01
2. Robert Egan 3:58.02
3. John Illing 3:58.07

2,000m
1. Larry Colbert 5:11.10
2. Robert Egan 5:11.13
3. John Illing 5:11.15

5,000m
1. Larry Colbert 14:35.40
2. Robert Egan 14:35.42
3. John Illing 14:35.78

10,000m
1. Larry Colbert 33:44.78
2. Robert Egan 33:45.00
3. John Illing 33:45.02

High Jump
1. Larry Colbert 6-8
2. Robert Egan 6-7
3. John Illing 6-6

Long Jump
1. Larry Colbert 22-2
2. Robert Egan 22-2
3. John Illing 22-2

Triple Jump
1. Larry Colbert 48-10
2. Robert Egan 48-10
3. John Illing 48-10

400m Hurdle
1. Robert Egan 55.10
2. Larry Colbert 55.12
3. John Illing 55.14

1,500m Steeplechase
1. Robert Egan 4:50.48
2. Larry Colbert 4:50.50
3. John Illing 4:50.52

10,000m Steeplechase
1. Robert Egan 30:13.48
2. Larry Colbert 30:14.52
3. John Illing 30:14.54

Marathon
1. Robert Egan 2:25.31
2. Larry Colbert 2:25.33
3. John Illing 2:25.35

5,000m Walk
1. Larry Colbert 15:52
2. Robert Egan 15:53
3. John Illing 15:54

10,000m Walk
1. Larry Colbert 31:48
2. Robert Egan 31:49
3. John Illing 31:49

400m Walk
1. Larry Colbert 1:24.10
3. John Illing 1:24.14

880m Walk
1. Larry Colbert 2:54.12
2. Robert Egan 2:54.14
3. John Illing 2:54.16

1,500m Walk
1. Larry Colbert 5:04.12
2. Robert Egan 5:04.14
3. John Illing 5:04.16

5000m Walk
1. Larry Colbert 14:40.12
2. Robert Egan 14:40.14
3. John Illing 14:40.16

10,000m Walk
1. Larry Colbert 33:20.12
2. Robert Egan 33:20.14
3. John Illing 33:20.16

High Jump
1. Larry Colbert 6-9
2. Robert Egan 6-9
3. John Illing 6-9

Long Jump
1. Larry Colbert 22-4
2. Robert Egan 22-4
3. John Illing 22-4

High Jump
1. Larry Colbert 6-8
2. Robert Egan 6-8
3. John Illing 6-8

Long Jump
1. Larry Colbert 22-2
2. Robert Egan 22-2
3. John Illing 22-2

High Jump
1. Larry Colbert 6-8
2. Robert Egan 6-8
3. John Illing 6-8

Long Jump
1. Larry Colbert 22-2
2. Robert Egan 22-2
3. John Illing 22-2

High Jump
1. Larry Colbert 6-8
2. Robert Egan 6-8
3. John Illing 6-8

Long Jump
1. Larry Colbert 22-2
2. Robert Egan 22-2
3. John Illing 22-2

High Jump
1. Larry Colbert 6-8
2. Robert Egan 6-8
3. John Illing 6-8

Long Jump
1. Larry Colbert 22-2
2. Robert Egan 22-2
3. John Illing 22-2
### USAST/Illinois T&F State Championships

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<th>Event</th>
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<th>Time</th>
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<tr>
<td>10,000m</td>
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<tr>
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<tr>
<td>Discus</td>
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<tr>
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### USAST Indiansa T&F Championships

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<td>Gary West</td>
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<tr>
<td>400m</td>
<td>Linda Wilson</td>
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<td>800m</td>
<td>Michelle Jackson</td>
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<td>Sarah Nelson</td>
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<td>Lisa Sanchez</td>
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### 2008 NCAA Indoor Championships

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<th>Score</th>
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<td>Michael Johnson</td>
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<td>James Brown</td>
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<tr>
<td>1500m</td>
<td>Michael McNair</td>
<td>3:39.4</td>
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<tr>
<td>3000m</td>
<td>Michael Williams</td>
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<tr>
<td>Shot Put</td>
<td>David Byrd</td>
<td>20.4</td>
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<tr>
<td>Discus</td>
<td>Tim O'Brien</td>
<td>14.6</td>
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<tr>
<td>Pole Vault</td>
<td>Robert Goos</td>
<td>4:28.4</td>
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<td>John Smith</td>
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<td>Jumps</td>
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### 2008 NCAA Outdoor Championships

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### 2008 NCAA Indoor Track and Field Championships

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<td>60m Dash</td>
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### 2008 NCAA Outdoor Track and Field Championships

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<tr>
<td>Shot Put</td>
<td>David Byrd</td>
<td>20.4</td>
</tr>
<tr>
<td>Discus</td>
<td>Tim O'Brien</td>
<td>14.6</td>
</tr>
<tr>
<td>Pole Vault</td>
<td>Robert Goos</td>
<td>4:28.4</td>
</tr>
<tr>
<td>Javelin</td>
<td>John Smith</td>
<td>64</td>
</tr>
<tr>
<td>Jumps</td>
<td>Michael Johnson</td>
<td>1.80</td>
</tr>
</tbody>
</table>
### USATF Pacific Championships

<table>
<thead>
<tr>
<th>Los Gatos, CA: June 12</th>
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<tbody>
<tr>
<td>200m</td>
</tr>
<tr>
<td>W35</td>
</tr>
<tr>
<td>Kim King</td>
</tr>
<tr>
<td>24.65</td>
</tr>
<tr>
<td>W35</td>
</tr>
<tr>
<td>Bonita Johnson</td>
</tr>
<tr>
<td>25.73</td>
</tr>
<tr>
<td>W35</td>
</tr>
<tr>
<td>Kim King</td>
</tr>
<tr>
<td>25.69</td>
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</table>

### 1500m Results

<table>
<thead>
<tr>
<th>Time</th>
<th>Name</th>
<th>Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:04.24</td>
<td>W35</td>
<td>25-29</td>
</tr>
<tr>
<td>4:05.85</td>
<td>W35</td>
<td>30-34</td>
</tr>
<tr>
<td>4:07.20</td>
<td>W35</td>
<td>35-39</td>
</tr>
<tr>
<td>4:08.55</td>
<td>W35</td>
<td>40-44</td>
</tr>
<tr>
<td>4:09.88</td>
<td>W35</td>
<td>45-49</td>
</tr>
</tbody>
</table>

### Combined Scoring

<table>
<thead>
<tr>
<th>Team</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stanford</td>
<td>101</td>
</tr>
<tr>
<td>UC Berkeley</td>
<td>95</td>
</tr>
<tr>
<td>UCLA</td>
<td>87</td>
</tr>
<tr>
<td>USC</td>
<td>83</td>
</tr>
</tbody>
</table>

### Records

- Oregon 4x400m: 3:09.69
- Oregon 4x800m: 8:08.96
- Oregon 4x1500m: 14:36.68

### Notes

- Stanford set 23 collegiate records and broke 17 school marks.

---

### HS Results

<table>
<thead>
<tr>
<th>Event</th>
<th>Name</th>
<th>Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>100m</td>
<td>W35</td>
<td>11.30s</td>
</tr>
<tr>
<td>200m</td>
<td>W35</td>
<td>22.45s</td>
</tr>
<tr>
<td>400m</td>
<td>W35</td>
<td>49.30s</td>
</tr>
</tbody>
</table>

---

### Invitations

- UC Berkeley vs. Oregon (believed to be correct)
- Stanford vs. Oregon (believed to be correct)
- UCLA vs. Stanford (believed to be correct)
- USC vs. UCLA (believed to be correct)

---

### Additional Notes

- Stanford dominated the meet, setting 23 collegiate records and breaking 17 school marks.
- The Stanford distance runners were particularly impressive, setting multiple records.
- The Oregon team showed significant improvement from the previous meet, breaking several records.

---

### Closing

A great meet with many impressive performances across all events. The Stanford team was dominant, setting multiple records and breaking school marks.

---

### Continued on next page
**INTERNATIONAL**

**Natalie Championships**
Durban, South Africa; April 17

<table>
<thead>
<tr>
<th>Event</th>
<th>Time/Mean/Year</th>
<th>Time/Mean/Year</th>
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</thead>
<tbody>
<tr>
<td>100m</td>
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<td>10.35</td>
</tr>
<tr>
<td>200m</td>
<td>20.71</td>
<td>20.71</td>
</tr>
<tr>
<td>400m</td>
<td>44.24</td>
<td>44.24</td>
</tr>
<tr>
<td>800m</td>
<td>1:49.47</td>
<td>1:49.47</td>
</tr>
<tr>
<td>1500m</td>
<td>3:48.49</td>
<td>3:48.49</td>
</tr>
<tr>
<td>5000m</td>
<td>12:56.43</td>
<td>12:56.43</td>
</tr>
<tr>
<td>10000m</td>
<td>27:26.84</td>
<td>27:26.84</td>
</tr>
<tr>
<td>Marathon</td>
<td>2:12:34</td>
<td>2:12:34</td>
</tr>
</tbody>
</table>

**Results**

<table>
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<tr>
<th>Event</th>
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</thead>
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<tr>
<td>100m</td>
<td>M40 Richard Yelling</td>
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</tr>
<tr>
<td>200m</td>
<td>M40 Joe Johnsen</td>
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<tr>
<td>400m</td>
<td>M40 Ronnie Roy</td>
<td>44.24</td>
</tr>
<tr>
<td>800m</td>
<td>M40 John Meyer</td>
<td>1:49.47</td>
</tr>
<tr>
<td>1500m</td>
<td>M40 Gerald Smith</td>
<td>3:48.49</td>
</tr>
<tr>
<td>5000m</td>
<td>M40 Paul Hunter</td>
<td>12:56.43</td>
</tr>
<tr>
<td>10000m</td>
<td>M40 Alan Hargreaves</td>
<td>27:26.84</td>
</tr>
<tr>
<td>Marathon</td>
<td>M40 Martin Mood</td>
<td>2:12:34</td>
</tr>
</tbody>
</table>

**Volcanic Cascade**

**St. Helens, OR**

<table>
<thead>
<tr>
<th>Event</th>
<th>Time/Year</th>
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<tbody>
<tr>
<td>100m</td>
<td>10.35</td>
</tr>
<tr>
<td>200m</td>
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</tr>
<tr>
<td>400m</td>
<td>44.24</td>
</tr>
<tr>
<td>800m</td>
<td>1:49.47</td>
</tr>
<tr>
<td>1500m</td>
<td>3:48.49</td>
</tr>
<tr>
<td>5000m</td>
<td>12:56.43</td>
</tr>
<tr>
<td>10000m</td>
<td>27:26.84</td>
</tr>
<tr>
<td>Marathon</td>
<td>2:12:34</td>
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</table>

**Distance Results**

<table>
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<tbody>
<tr>
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<tr>
<td>200m</td>
<td>20.71</td>
</tr>
<tr>
<td>400m</td>
<td>44.24</td>
</tr>
<tr>
<td>800m</td>
<td>1:49.47</td>
</tr>
<tr>
<td>1500m</td>
<td>3:48.49</td>
</tr>
<tr>
<td>5000m</td>
<td>12:56.43</td>
</tr>
<tr>
<td>10000m</td>
<td>27:26.84</td>
</tr>
<tr>
<td>Marathon</td>
<td>2:12:34</td>
</tr>
</tbody>
</table>
RACE TALKING

20K RW Championships Eastern Regional Championships
Central Park, NYC, May 30
Doug Fournier 26:13.35
Nick Skidas 44:14:47
Takesh Aoki 8:01:20
Herb Zook 51:52:50
E. Richmond 51:56:14
Eric Edwards 51:20:05
A. Wicarlzke 60:12:02
S. Schecktor 68:15:50
Tommy Burke 93:21:58
Richard Linn 58:21:59
Peter Hollander 58:22:47
Kirk Shah 58:22.37
Bob Richman 58:23:01
Bagnell Burrows 68:34:30
Bob Tualatinian 78:37:06
Elaine Leonard 66:25:52
Steven Ruff 68:30:68
C. Narcissi 58:24:58

Western Regional 10K Racewalk Championships
Van Nus, CA, June 13
HS Peter Armstrong 56:32
Steve Leister 58:50
Ernest Ramey 66:47
HS Larry Walker 47:90

May 1993

Sixty-Six (66) National Masters News

National Masters News

page 35

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