Nationals Draw 1300 to Michigan

Athletes Come From 50 States and 16 Countries

A total of about 1300 athletes, age 30-and-over, from all 50 states and 16 foreign countries, took part in the 28th annual USA National Masters Track and Field Championships on July 5-9 at Michigan State University in East Lansing, Mich.

The number was the third-largest ever for a national meet, surpassed only by the 1400-plus entries in San Diego (1989) and Eugene (1994).

Of the total 1259 competitors who appeared in the program, 957 (76%) were men and 302 (24%) were women, the same percentages as last year.

A total of 269 foreign athletes took part (180 men and 89 women), most of whom were using the meet as a tune-up for the World Veterans Championships the following week in Buffalo, New York. They came from Armenia, Australia, Brazil, Canada, Finland, France, Germany, Great Britain, Guyana, Hong Kong, Namibia, New Zealand, Puerto Rico, Russia, South Africa and Spain.

Thus, a total of about 1020 participants were from the USA, down 25% from the 1356 U.S. competitors last year in Eugene.

Each of these men won their respective 100-meter races at the Nationals, then met in the National Masters News age-graded race to see who was the "fastest of the fast." From left: Clarence Trahan, 80; Mike Johnston, 73; Bill Weinacht, 78; Ken Dennis, 58; Marion McCoy, 45; Kevin Nance, 41; James Bonilla, 39. Dennis won the $100 first prize with Nance second and McCoy third.

"A lot of U.S. athletes were saving their money and vacation time to go to Buffalo," said several observers.

Twenty-one athletes were age 80-or-over, and 111 were over 70. At age 93, Ohio’s Everett Hosack was the meet’s oldest competitor.

With family members and friends included, the meet had an economic impact on the Greater Lansing community of $1.26 million, according to standard economic estimates.

There were the usual technical snafus in the meet, but overall the event received good reviews.

"The people in my tour group thought the meet was excellent," said Collin Couper, who brought 130 Australian athletes to the event. "We had a marvelous time."

Continued on page 8
After 47 years
Bill Rodgers is still running.
Bill Rodgers wears Etonic.

Just coincidence?
NATIONALS

I wish to give thanks and praise for what Randy and Jacque Williams are doing for Michigan masters track. With the summer weekly series track meets, the Cities Championships, the Flint International Meet, and, finally, the National Masters Championships in East Lansing, it is finally a reality that masters track is here in Michigan. I would like to give praise and thanks to all the officials and workers for making this meet so enjoyable with their outgoing, cheerful attitude. The starters were outstanding - the overall best I have ever seen. The results were posted right after the race, and a copy of any race result was given out for the asking, within seconds. A special thanks to Carroll de Wiese and Marilyn Morehead for all their hard work at the Nationals and for their involvement in Michigan track.

Chuck Sochor
Gowen, Michigan

BILL TAYLOR

Bill Taylor was British to the core. He was a gentleman and a gentle man possessed of many characteristics we all admire. As Stadia Chairman he displayed a substantial knowledge of athletics as well as their impact on the master athlete. As a member of the WAVA Council for several years, I had ample opportunity to observe Bill's temperate leadership style, a definite breath of fresh air compared to some of the devious endeavors of a few fellow members. Because of his obvious leadership qualities he was asked to run for WAVA President but declined. He was not driven by ambition. Had he been willing to run for the office, the course since taken by WAVA may have been different.

It was a privilege to know and work with Bill Taylor. I, for one, will miss him.

David Pain
San Diego, California

AGE-GRADED RACES

The 100m age-graded race you sponsor in the National meets is so exciting mainly because of the close finish resulting from the modified distance each age-group winner covers. I'd like to see age-graded races offered for more distances (the 200 through 1500) — not just for the excitement, but to be fair in offering such events for middle distance and shorter middle distance competitors.

Jeff Brower
Austin, Texas

JAY SPONSELLER

Jay is gone. We know this. It can't be changed.

But, we'll be reminded of him many times as we compete in the sport he loved and to which he was so dedicated.

When we see an athlete put everything into his race to the finish line as Jay did, when we see an athlete sincerely congratulate the very few who crossed the finish line ahead of him as Jay did, we'll remember and we'll recall the encouragement he gave to others of us who strove, and still strive, to follow his strenuous example.

I think of Jay every time I wear my "wet shoes" in a race. (Jay several years ago generously passed on to me an almost new pair of track shoes which had shrunk after being soaked on a wet rainy track.) Every time I've won a race since, I credit the feat a bit to Jay's shoes as they tried to hang on to their former habits.

Jay knew what lay ahead of him in the last few months. But he was the same Jay — affable, encouraging, interested and exemplary.

It has been athletes like Jay Sponseller who have made the wonderful world of masters track and field the satisfying, exciting and stimulating area of endeavor that it is.

Thank you Jay Sponseller — competitor, mentor and friend.

Milo W. Lightfoot
Warsaw, Indiana

PROMOTER AWARD

I would like to recommend that the National Masters News establish a Promoter-Athlete Award to Hugh Sweeney. Through his tireless efforts he has successfully promoted, organized, and participated in two of the greatest all-time special indoor masters mile races in Boston last January and February. By himself, Hugh contacted many meet directors, networked with many interested entrants, found a sponsor (Etonic), secured discounted hotel accommodations, financed a professional photographer to record the meets, and became a journalist to report the results. With all these duties, he still found time to train and become a serious contender in both races, finishing within two seconds of second place in one of the races which established the current world indoor mile record.

There may be many promoters who can put together a superb special event but they usually have staff and resources and usually don't end up almost winning the race in world class times. The three races set up by Hugh were run in two meets over 18 days and established four world age marks for 50-54-year-olds in the 800, 1500, and mile run. They were run on a first class track, in first class national meets, with first class officiating, and before 5000-8000 first class appreciative fans. Special invitational age mile run events have long been established in every major sponsored meet for many years (including high school, college, and open elite categories). Only recent...

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November Masters News August, 1995

Writers On!

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11 Men Win in 100m, Mary Livel $50240, W40 (12.77), and Denise Foreman W35 (12.83), Hayward Masters Classic, Eugene, Ore., June 24. Foreman later broke the U.S. W35 record for the long hurdles with a 65.10.

Photo by Suzy Hess

Eleven 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:

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Edward Curran
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Frank Marshall
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Big Niewk: “Take Care of the Legs”

At 69, Don Newcombe is aging gracefully. His body doesn’t appear much different than it did when he was throwing bullets for the Brooklyn Dodgers 40 years ago.

“It’s the legs,” said Newcombe, the only player in the history of major league baseball to win Rookie of the Year (1949), Most Valuable Player (1956), and Cy Young Award (1956) honors. “If you keep the legs conditioned, everything else follows. I’ve always believed that.”

Now five pounds below his playing weight of 240, the 6-4 former flame-thrower keeps in shape these days by putting in 25 miles on his mountain bike three or four times a week while at home and walking up to ten miles a time when he’s on the road. A seven-handicap golfer, he also prefers to walk rather than ride around the courses when conditions permit.

Washed Up At 32

But “Big Niewk,” as he was called during his heyday, also knows what it means for an athlete to age prematurely. “I was washed up at 32,” he lamented during a recent visit to Honolulu, during which I had an opportunity to talk with him. “I won 27 games (with only seven losses) at 30. I should have continued pitching like that for another four or five years at least. But I let success go to my head. I didn’t take care of my body. I didn’t do drugs like they do now. We didn’t have them back then. But I did a lot of drinking and carousing. I became an alcoholic. That’s why I’ll never make it to the Hall of Fame. I didn’t have enough good years.”

Newcombe, who won 149 games during 10 seasons in the majors, including three 20-win seasons, was one of the now legendary Boys of Summer, a team that included four who made the Hall of Fame — Jackie Robinson, Pee Wee Reese, Duke Snider, and Roy Campanella. The great Sandy Koufax was also a member of the Dodgers in 1955, when they won the World Series, but was a virtual unknown until after the team moved to Los Angeles in 1958.

“There are not too many of us left,” said Newcombe, referring to the fact that Robinson, Campanella, Gil Hodges, Carl Furillo, Junior Gilliam, Billy Cox, Sandy Amoros and several other members of the old Brooklyn team all passed on prematurely.

No More Hard Drinking

Newcombe had given up hard drinking more than 20 years before he began his conditioning program at around age 63, but his weight was up to 275-280 and his only exercise was golf several times a week. “My blood pressure was way up,” he recalled, “and both my doctor and my girlfriend told me I’d better start doing something about it. I gave up pork and beef and started walking and running up to 10 miles at a time. I started the mountain biking about two years ago.”

At a time when not many ball players did much in the way of conditioning outside of playing the game, Newcombe regularly ran. “I’ve always believed in running,” he offered. “When I was playing, I’d do wind sprints for an hour, sometimes two hours. Pitching is all in the legs. The same with hitting. It comes from the legs. The wrists, too, but the wrists follow the legs. It’s that way in just about every sport I know, except maybe pool training, if that’s considered a sport.”

Too Much Weight Training

As Newcombe sees it, one of the reasons why many of today’s players are injured so often is that they do too much weight training and not enough running. “I’m not an orthopedic doctor, so I’m not really qualified to say, but in my opinion these guys today are doing too much training on the (weight) machines,” he explained. “They’re building muscle but they’re not keeping that muscle stretched out. A lot of them jog, but they’ve got to get out there and really run to stretch those hamstrings. That’s the way I see it.”

Still associated with the Dodgers as director of community relations, Newcombe doesn’t go so far as to call today’s players wimps, but he shakes his head and rolls his eyes when discussing the durability of the players, especially when considering the money they are being paid.

“They pamper and baby them so much now,” he went on. “Walter Alston (then Dodgers manager) started this counting pitches thing in 1954; you know, a guy throws 120 pitches and he comes out. I told Walter I didn’t want any of that stuff. I was a major league baseball player and I was paid to go nine innings. To me the true test of a pitcher would always come in St. Louis or Cincinnati during July or August when it was really hot. I’ll always get stronger in the eighth and ninth innings. That was because I did a lot of running and kept my legs in shape.

“Now a guy goes six or seven innings and comes out for a set-up man and then a closer. Then he needs four days rest. We pitched on three days rest, sometimes two, and we didn’t have a disabled list when I played. I didn’t know what a rotator cuff was when I was pitching. Now it seems like every pitcher I talk to is worrying about his rotator cuff. And, a lot of them have groin problems. It’s because they’re not conditioning the legs right.”

Creating An Imbalance

Newcombe feels that the upper body weight work without the speed work for the legs is creating an imbalance that results in many of the problems. “If I were a pitching coach, I’d keep them off the machines and have them do more running. I never lifted weights and I could throw as hard as anyone.”

“See this arm?” Newcombe pulled back his golf shirt sleeve. “It’s just as straight as it’s ever been.”

I had the privilege of watching Newcombe in only his second or third start for the Dodgers back in 1949. It was in a game against the New York Giants at the Polo Grounds. I recall sitting there in awe feeling sorry for the catcher (Campy, or was it Bruce Edwards?) as the ball seemed to explode in his mitt after Newk unleashed his near 100 mph fastball at the Giants. I still have the scoreboard from that game and surprised Newcombe when I produced it.

In addition to working for the Dodgers, Newcombe also does marketing and public relations work for a company that offers structured settlements for insurance companies to accident victims. He said he’s on the road more than he’s at home. He frequently lectures on drug and alcohol abuse.

“I now correlate my body to a Rolls Royce,” Newcombe ended. “It’s the finest piece of machinery I’ve ever seen, as long as you take care of it. Look at Mickey Mantle. He didn’t take care of his body. You’ve gotta take care of it.

“You’ve gotta keep those legs strong. I’m convinced of that.”
Highlights of The Nationals

Some of the top U.S. performers, by division, at the USATF National Masters Championships in East Lansing were:

M30
Kettrell Berry, California, repeated as 200 and 400 national champion. Pat Wagner, California, took the 1500 and the steeplechase. Steven Skocik, Oklahoma, won golds in the 5000 and 10,000.

M35
James Bonilla, California, sped to wins in the 100 and 200. Peter Grimes, another Californian, defended his title in the short and long hurdles. Ken Janssen, Kansas, threw to firsts in the SP and HT.

M40
New master Steve Blum, California, triumphed in the 5000 and 10,000. Jeff Kingsted, Wisconsin, topped the field in the PV. Peter Farmer, North Carolina, won the HT contest.

M45
Marion McCoy, Georgia, dashed to 100 and 200 firsts. Stan Druckrey, Wisconsin, zipped to the LH victory. Ed Morland, Kansas, broke the U.S. record in the javelin. Bill Penner, California, captured both walks.

M50

M55
Desmond O'Rourke, Washington, was impressive with wins from tough competition.

Hugh Adams, California, M55 winner (62.96) in the long hurdles, at the Nationals. Photo by Jerry Wojick

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<tr>
<td>WP</td>
<td>CT (Cowan, M)</td>
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Continued on page 9
The Foot Beat
by JOHN W. PAGLIANO
D.P.M.

Athlete’s Foot

Q. A.

The most obvious treatment for this condition is prevention. Keep the feet dry and clean. Wear absorbent cotton socks, and change them two to three times daily, at least.

For acute cases, use moist, astringent compresses, such as a Burrows solution, which will remove the crusts and macerated tissue as well as kill the fungus and bacteria.

Once the inflammation has subsided, a topical anti-fungal ointment may be tried. In severe cases, oral griseofulvin may be used.

Vinegar and water soaks at a 1:1 ratio are also recommended. The change in skin acidity may reduce the chance of fungal infection. This may be tried 2-3 times weekly for 10 minutes.

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, P.O. Box 50098, Eugene, OR 97405.)

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Meet directors (from left) Judi Brown, Jackie DeVose-Williams, and Randy Williams, with Carroll Dewiese, meet co-manager, at the Nationals.

Photo by Jerry Wojcik

Nationals Draw 1300 to Michigan

Continued from page 1

There were some problems in the throw events (see “The Weight Room,” page 16). Two of the javelin records could not be recognized because the field went downhill. The hammer circle had no ring. Some shot putters had to be bussed to another field.

Some complained that the promised free shuttles from the airport never showed up. The banquet was overcrowded and overpriced. The program didn’t arrive until the fourth day (Saturday), but when it did appear, it was loaded with good information.

The awards presentations were made only once or twice a day, causing athletes to hang around for several hours. It rained on Friday and Sunday. No one was designated to approve records. The track was 440 yards, not 400 meters.

But the officiating was outstanding: officials were friendly, courteous and professional. At their own expense, they came from throughout the USA to help direct the meet.

The paperwork flow, directed by Hy-Tek’s brilliant computer wizard, Charlie Hodgson, was magnificent — the best ever at a national meet. Results were usually produced and posted within minutes after an event, and included the age-graded mark and percentage for each athlete. Runners wore lane numbers on both hips, instead of the usual one hip, enabling the officials and the announcers to easily identify them. Hodgson produced entry lists, and smoothly organized the seedings and advancement procedures.

“Charlie saved the meet,” said Pete Mundle, World and USA Records Chairman. “He controlled the whole thing, and kept it running smoothly.”

TV stations broadcast 60-second clips daily on the evening and nightly news. The Lansing State Journal did three stories every day by different journalists, published the results (first three) of every event, and printed up to four photos of athletes daily.

The Detroit News, located 90 miles away, did daily stories and even published photos of Errol Lee and Ken Brinker, M45 sprinters, on its front page — hitherto unheard of, and a tribute to the talent of Media Director Brad Devitt. Even more impressive was that the news stories and TV spots featured athletes from all age groups, rather than just the oldest athletes the media usually focuses on. It was a delight to browse through the morning papers.

The awards ceremonies were a low-key, friendly, hands-on experience with Carroll DeVose and Barbara Kousky making the presentations off the side of the track.

Competition was held in the traditional five-year age-groups for both men and women from age 30-34 to 90+. Gold, silver and bronze USATF medals were awarded to the top three U.S. citizens in each event, with ribbons going to the fourth, fifth and sixth-place finishers. Per USATF masters rules, foreigners who placed in the top three received comparable non-championship medals.

The quality of the competition was remarkably high, with eight world and eight U.S. age-group records bettered.

The meet was directed by Randy Williams, Judi Brown, and Jacqueline DeVose-Williams, with able assistance from Marilyn Morehead, Lee Sliek, Barbara Kousky, Sandy Pashkin and John Gifford (Lynx Timing), Eric Zemper, Frank Alongi, Ken Gibson, and dozens of dedicated volunteers who worked up to 16-hour days to make the meet a success.

“The five-day schedule (instead of the normal four) was critical,” Randy Williams said. “It enabled us to get everything in on time.”

Indeed, the meet was almost always on schedule. There were a few gaps in the competition on Thursday and Friday when scheduled heats were cancelled due to athletes scratching from events they had signed up and paid for.

Continued on page 9.
National Masters News
August, 1995

National Masters News page 9

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Great Performances

Marge Allison, 50, of Australia, set two of the eight records in the W50 200 (26.84) and 400 (58.75). It was the first time a woman over age 50 had ever run a lap of the track in less than one minute.

Three women's world age-group records were set in the pole vault. England's Barbara Burtisson impressively won four events (100, 200, 400 and 800) in the W45 group.

James Stookey of Mass., took four golds in M65 action. The Australian runners dominated the middle distance events in some age groups.

Jim O'Neill, 70, of La Jolla, Calif., continued his streak as the only athlete to compete in all 28 national championships, winning both the 5000 and 10,000.

For more competition details, please see story on page 7. About 100 competitors attended the athletes' meeting on Saturday night, where Kousky, USATF Masters T&F Chair, passed out awards to the 1994 age-group athletes of the year. Potential new rules were discussed, and presentations were made by representatives of next year's nationals in Spokane (August 14-17) and the North American Championships to be held a week later in Eugene.

Age-Graded Dash

A highlight of the five-day event was the National Masters News age-graded 100-meter dash on closing day. Each age-group 100m winner was given a distance handicap based on age-group and sex, using the WAVA age-graded tables.

In the women's race, California's Irene Obera, who, at age 61, got a handicap of 19.7 meters, held off a good field with a time of 10.50 and won $100 first prize. Australia's Ann Cooper (66, 11.26) won $30 for second, with Britain's Jocelyn Harwood third (37, 12.03).

In the men's contest, California's Ken Dennis (58, 10.46, $100) became the "fastest of the fast" by holding off fast-closing Kevin Nance of Arizona (41, 10.51, $30) and Georgia's Marion McCoy (45, 10.72, $20).

"I was third a year ago, second this year, and I promise I'll win it next year," said Nance.

"I knew I could beat those younger guys," Dennis said. "I've run four of these races and always finished second. It feels good to win one."

A photo of Obera winning the race appeared in full color the next day on the front sports page of the State Journal.

Jack Lance summed up the meet as well as anyone could. The 68-year-old from New Jersey earned a silver medal in the M65 triple jump, and placed sixth in the 300 hurdles. The silver brought his masters medal total to 290.

But with all his success in track and field, Lance said there is so much more to masters track than just winning.

"I just compete for the fun of competition," Lance said on the victory stand. "You just can't beat the camaraderie out here. I haven't met a masters runner I didn't like."

—Al Sheehan

Highlights of the Nationals

Continued from page 7

fields in the 800 and 1500. Hugh Adams, California, swept both hurdles. Dale Lance, Oklahoma, won, the pentathlon on the first day, and returned to win the PV.

M60

Jim Mathis, Tennessee, defeated top-notch fields in the 100 and 200 but finished second to Miloje Grubic, South Africa, in the 400 to still win three golds. Paul Heitzman, Kansas, at age 64, defeated both guests and U.S. runners in the 5000 and 10,000. Clarence Trinkner, Wisconsin, zoomed to hurdle wins. New M60 Phil Conley, California, won the javelin throw from Robert Youngs, Connecticut, by seven inches with a 152-7. Racewalker Max Green, Michigan, dethroned Jack Bray in the 5000 and outstrude Canadian Stuart Summerhayes for the 20K win.

M65

James Stookey, Massachusetts, was the best of an outstanding division with wins in both hurdles and flat jumps. Harry Hawke, California, repeated his 1994 wins in the HT and SP. Vance Genzlinger, Michigan, did his home state proud with firsts in both walks. Earl Fee, Canada, broke the M65 300H WR with a 46.42.

M70

Tom Kennell, Florida won the 100, short hurdles, and VT. 1994 champion T.J. McNamus, New York, was the 400 and 800 champion in Eugene last year. This year, he is the 800 and 1500 champion. William Walrhothe, Michigan, threw to SP and HT firsts. Robert Mimm, New Jersey, replaced Don Gladding, Arizona, as racewalk double winner.

M75

Dan Bulkley, Oregon, did not take a gold last year in Eugene. This year, he mounted the top of the victory stand four times. Bill Weinacht zipped to 100 and 200 firsts. Another New Jersey athlete, Tim Dys, swept the walks.

M80

Clarence Trahan, California, nabbed four ribbons in the 100, 200, LJ and TJ. Dudley Healy, New Jersey, won both long distance races. Ross Carter, 1995 USATF Masters Athlete of the Year, repeated for the umpteenth time as SP and DT champion. Lee Todd, Nebraska, won the pentathlon and JT but was denied a U.S. record in the latter.

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NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS; EAST LANSING, MICH., JULY 5-9, 1995

GF155

Table: AGE GROUP RECORDS SET AT 28TH USA NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS; EAST LANSING, MICH., JULY 5-9, 1995

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10K for Masters Men Over 70?

In the June issue of *Racewalking in the 4-Regions* with its 5K, 10K and 20K national/regional rankings, the section on the “Masters Athlete’s Voice” raised an issue that has been addressed before, but one that some athletes felt should be reopened for discussion. Concern was expressed over the stress placed on older athletes who seriously train for the 20K championship. The suggestions made so far are: (1) change the 20K championship distance to 10K for men 70 and over, (2) change the 20K championship to 15K. Your opinion is solicited as it would be helpful to get a polling of what men over 60 think in particular. The opinions of events directors are important also.

**Bob Mimm, M70**, responded to the “4-Regions” immediately and succinctly and his comments are printed below along with those of Bev LaVeck, masters racewalking liaison to the Masters Track and Field Committee.

**Bob:** Let me say that I disagree with changing the 20K to 15K or 10K. Some individuals gain endurance with maturity. It could help compensate for the loss of speed.

**Bev:** The 20K is a tough racewalk, especially in warm weather when the Masters T&F Championships are held. Participation in the road walks drops off markedly after age 70, due perhaps to the distance.

Participation by women in the Masters T&F Championships increased markedly after the road walk distance was decreased from 20K to 10K. This might be coincidence, since the number of racewalkers was growing anyway, but the distance change probably played a role. I recall that masters women became enthusiastic about the 10K racewalk at the 1989 WAVA meet in Eugene, where we all realized how much easier the shorter distance was. I’ve heard of no requests by the women to return to 20K.

A disadvantage of changing the 20K is that it might reduce the opportunities for those older men who want to walk the longer distance. No longer would a 20K championship be mandatory for this group (just like it’s no longer mandatory that there be a women’s 20K championship). However, future national and regional championship event directors who offer the women’s events to be mandatory should do so.

20K might add the M70 + 20K championship. Another problem with reducing the 20K.

---

**Giulio de Petra**

Giulio de Petra, 84, an avid race-walker since age 15 in 1925, died June 20. His love of racewalking and his integrity as an athlete were part of the essence of the man, as the many who knew him can attest.

Wrote Bob Mimm, on hearing of the passing of de Petra: “The news regarding Giulio is so sad. He seemed to be in such good health. In Japan, Giulio moved down from M80-84 in order to compete with Bill Moreman and me as a team in M65-69. We won with Giulio’s outstanding 2:29. It was extremely hot, too.”

De Petra’s first victory was in April, 1925 at a race in Naples, Italy. In 1927, he finished second in his first Marathon Racewalking Championship. The same year, he finished ahead of the best Italian walkers at the 20K Grand Prix of Padova. He won the 25K Italian National Championship on a track soon afterward and qualified for the Molinari Trophy in London, England, where he represented Italy.

From 1927 to the beginning of the Second World War, he continuously competed in all national and international events. During this time, he completed his studies as a law student, earned a doctorate degree in jurisprudence and another in the social and political sciences. He also was in charge of organizing track and field in the cities of Naples, Pescara, Reggio Emilia and Pisa. His hopes of competing in the 1936 Olympics in Berlin ended when he was drafted into the Italian army and sent to Ethiopia. He emigrated to the United States in 1948.

When interviewed in February, 1991, de Petra said, “If I miss a day of training, I feel guilty. My body doesn’t feel good. So every morning I am out as soon as it is light and this sets me up for the rest of the day. It’s a very healthy sport and a very important part of my life.

“My goals depend on my health. I would like to racewalk until the day before I die. (De Petra’s hope was realized, as he completed a 13-mile workout June 19. — EW) I do not have time goals per se. As the years go by, my speed slows. It is something that bothers me because I feel young. I don’t feel the years. I feel as young inside as I did at 50. And so I say, ‘Why do I go so slow?’ I used to walk a 5K in 23-plus minutes or a 10K in 47-plus minutes. Now it takes me 1:07 to 1:08 to do a 10K.”

In a letter dated May 31, de Petra said, “I am going to Buffalo and will continue on to Italy. I will be in Europe two months and will return to Carmel around Sept. 15.”

De Petra passed away with his spirit embracing the future. May we all be blessed by his example. He will be sorely missed.
Racewalking

Continued from page 10

championship would no longer be a national championship for them. A 15K “compromise” has been suggested. I see two disadvantages, neither of which is insurmountable: (1) many racewalk courses are 2000 meters, and the 5K and 13K splits aren’t certified; and (2) the 15K is currently not a common international distance, and for world best performance purposes it would be good to have our championship distances correspond to conventional WAVA distances. WAVA might be persuaded to change to a 15K, but event directors may balk at the logistical problems of putting on three distances at the WAVA T & F Championships: 10K for women, 15K for M70+, 20K for M40-69.

The next possible USATF Rule change will be at the 1996 Convention, and no competition changes would take place before 1997. That gives plenty of time to consider the merits of a change. Again, contact Bev LaVeck (206-524-4721) or Elaine Ward if you have an opinion. Elaine will publish short responses and highlights of long responses in NMN and Racewalking in the 4-Regions. Send responses to Elaine Ward, 1000 San Pasqual, #35, Pasadena, CA 91106-3393.

by JOHN J. GLEASON

There are runners who run just for the fun of it. There are runners who run to compete. Some run to compete. Some run just for the fun of it. Some run for a natural high. And for you that may work out just fine. I’ll tell you where I look for mine.

There’s always a smile, there’s always a calm. They’re so willing to share it with you. Aside from the things that they do, they will always pass on an encouraging word. But the thing I admire most of all is with all of the wisdom that they possess. I try to absorb and use all the knowledge from the great masters, whether they lived in ancient Greece or boxing with contemporary rackets. I aspire to be more determined to cross the finish line. Please always be there at the races.

The risk involved. I am physically fit. The true admiration and respect that I feel for the people who run is not due to their physical fitness. I am physically fit and sufficiently trained. I have a personal philosophy which I find extremely satisfying. I am physically fit and sufficiently trained.

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Romulus, Michigan 48174
(800) 272-6232

Single: $57.00 Double: $57.00 + Tax

To Metro Airport and Ramada Inn

Events Schedule

9:00 a.m. - 10:00 a.m.
3 Km M/W Unjudged Healthwalk open to all ages with whole family emphasis.

10:00 a.m. - 11:45 a.m.
10 Km M “North American Junior Team”
20 Km M “International” Intermediate (20-23)
20 Km M “International” Open (24+)
10 Km M Intermediate (20-23)
10 Km M Senior (24-29, 30-34, 35-39)

11:45 a.m. - 1:00 p.m.
Free Racewalk Clinics - Novice and Advanced

1:00 p.m. - 2:15 p.m.
5 Km W “North American Junior Team”
10 Km W “International” Intermediate (20-23)
10 Km W “International” Open (24+)
10 Km W Intermediate (20-23)
10 Km W Senior (24-29, 30-34, 35-39)

2:15 p.m. - 3:15 p.m.
5 Km W Junior (19 & under)
5 Km W Masters (40+ in 5 year age groups)

3:15 p.m. - 4:45 p.m.
5 Km M Junior (19 & under)
10 Km M Masters (40+ in 5 year age groups)

Aspersted events are included in Racewalking Club Championship and are open to individuals as well. These events are a part of the Southern Michigan Racewalk Grand Prix and the Mid-West Racewalk Circuit.

Evening Program

Ramada Inn—Metro Airport
6:00 p.m. Cocktails (cash bar)
6:30 p.m. Buffet, Awards Presentation, Dancing and Entertainment until 11:00 p.m.

Official Entry Form • Alongi International Racewalk Classic

A Separate Entry Form is Required For Each Participant

September 30, 1995

Name

(First—Llama—Nommer) (Middle—Nomder) (MI)

Address

(Number) (Street) (City) (State) (Zip)

Age (on 9/30/95) Male Female

Birthdate

Phone: _______ Club _______ USA T&F

In consideration of my participation in the Alongi International Racewalk Classic, I hereby release and discharge USAATF, the City of Dearborn, the Mid-West Racewalk Club, and all officials connected with Alongi International Racewalk Classic, from any and all claims, demands, liabilties, losses, damages or expenses of whichever kind or nature, including attorney fees, which may at any time be incurred by reason of my participation in the said Alongi International Racewalk Classic. I have fully and completely understood the risk involved.

Signature: _______ Age (on 9/30/95) Male Female

Parent or Guardian

(Age to be signed if under 18 years of age)

Males and Females of All Ages:

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<td>Extra T-Shirts</td>
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Make checks payable to: Alongi International Racewalk Classic, c/o Ramona Barranco, 1225 Hamlin Road, Howell, Michigan 48843

Official Entry Form • Alongi International Racewalk Classic
Eight Rules for Better Weight Training

Over the past few years, we have seen that strength training, once considered taboo for distance runners, is actually very beneficial and can help performance. In spite of this, runners remain confused about how to properly lift weights to increase performance and prevent injuries.

This article outlines eight basic guidelines for weight training that you can follow to make your strength training workouts more effective and enjoyable.

Rule #1: Begin with a thorough warm-up. The warm-up functions to increase blood flow to the muscles, decrease the soft tissue swelling, or "warm-up." The warm-up functions to prepare the muscles for the upcoming workout. A good warm-up includes 10 to 15 minutes of easy aerobic exercise (walking, running, biking, rowing, or stair climbing), followed by gentle stretching of all the muscle groups, with particular emphasis on tight areas and the muscles which will be worked heavily. After this warm-up you are ready to begin your workout.

Rule #2: You should always sequence your exercises to train the larger muscle groups first in order to avoid fatiguing the smaller, accessory muscles. Fatiguing these muscles will decrease the amount of total work possible throughout the entire workout.

For example, you should begin your workout with exercises which work very large muscle groups and cross two joints (i.e., squats, leg press, bench press, and lateral pull-downs). Next, you should choose exercises that involve using both arms and/or legs (bilateral bicep curls, knee extensions, and leg curls) as opposed to a single (unilateral) arm or leg.

Rule #3: In order to be effective, you must choose the correct number of repetitions to perform. As a runner, you want a combination of strength and endurance; therefore, you should perform 8 to 12 repetitions of each exercise.

Rule #4: In general, you should perform one to three sets (groups of repetitions) of each exercise to maximize the effectiveness of the workout. The number of sets will vary depending on: (1) the amount of time you have available to lift weights, (2) the purpose of each exercise (i.e., to correct a muscular imbalance, or maintain a base level of fitness), and (3) your individual preference.

Rule #5: To choose the appropriate amount of weight for each exercise, you should pick a weight or resistance level that allows you to complete 8 repetitions with the last 2 to 4 being difficult. Use this weight until you can perform 12 repetitions with the last 2 to 4 being difficult. At this time, increase the weight or resistance level to the point where, once again, you can only perform 8 repetitions with the last 2 to 4 being difficult. This allows for a gradual, long-term progression and minimal injury risk in your strength training program.

Rule #6: A very important part of weight training is proper breathing. The correct method of breathing is to exhale during the primary movement and to inhale during the secondary movement of the repetition.

Rule #7: For optimal training you should take one second to perform the primary movement and three seconds to perform the secondary movement of each repetition.

For example, during the bench press, you should exhale when pushing up during the bench press, pulling down during the lateral pull-down, pulling toward you during the seated row, extending the leg during the knee extension, and pushing up during the squat. Then, you should inhale when lowering the weight during the bench press, returning the weight to the starting position during the lateral pull-down and the seated row, bending (flexing) the knee during knee extensions, and lowering the weight during the squat.

Rule #8: Complete each workout with a thorough warm-down. Ten to 15 minutes of aerobic exercise will help to flush the metabolic waste products from your muscles. Also, stretching after working out is the best time for producing permanent lengthening of the muscles.

By following these simple guidelines, you can increase both the fun and effectiveness of your strength training workouts.

First master, Doug Kurtis, (42, 17:02) at National Olympic Day 5K, June 11, Washington, DC. Photo by George Banker
**Write On!**

Continued from page 4

ly has an invitational masters mile event been included and in only selected meets and mostly for the 40-44-year-old group. Hugh has shown that 50-65-year-old groups can still run a highly competitive mile which would put them on the same finishing straightaway very close to some of the invitational high school mile runners.

I hope Hugh Sweeney's hard efforts won't go unnoticed next indoor season and we will see many more invitational aged mile events from teenager to senior age levels.

Thomas Sullivan, M.D.
Oakbrook Terrace, Illinois

**TATIANA POZDNIAKOVA**


I realize the article is on Boston, but more notable would be to add this Boston result, her 1995 Houston Ten- neco Marathon result: 1st overall in 2:29:57! Yes, we’ll have to watch for her.

Kathy Barton
Houston, Texas

**OLYMPICS?**

This letter is in response to page 17 of the July issue of NMN. I am sure it is important to NMN to have full page advertisements. My first reaction to it was that it was a joke. But looking closer it must be real. As you know, both MT&F and MLDR have worked closely with the U.S. Olympic Committee. Such organizations as this are not authorized to use the word “Olympic.” Also, such race results as a backyard 50 and 400 in fastwalk (whatever that is) are not in keeping with the normal subject matter in NMN.

Charles DesJardins
Carson City, Nevada

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<td>Men’s and women’s world and U.S. age bests for all track &amp; field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1994. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundie, WAVA and USATF Masters T&amp;F Records Chairman. $4.00.</td>
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<td>Men’s and women’s 1994 U.S. outdoor track &amp; field 5-year age group rankings. 60 pages. Over 100 deep in some events. All T&amp;F events. Coordinated by Jerry Wojcik, USATF Masters T&amp;F Rankings Chairman, and the National Masters News. $6.00.</td>
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<td>Single-age factors and standards from age 8 to 100 for men and women for every common track &amp; field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. $6.00.</td>
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<td>U.S. Bylaws and operating regulations. Includes names and addresses of national officers and staff, board of directors, sport and administrative committees, etc. $12.00.</td>
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<td>Same as above, except indoor records (M40+, W35+) as of December 31, 1994. 3 pages. $1.00.</td>
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<td>U.S. rules of competition for men and women for track &amp; field, long distance running and racewalking — youth, open and masters. $12.00.</td>
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<th>USATF Directory (1995)</th>
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<td>U.S. Bylaws and operating regulations. Includes names and addresses of national officers and staff, board of directors, sport and administrative committees, etc. $12.00.</td>
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<th>IAAF Scoring Tables</th>
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<td>Official world scoring tables for men’s and women’s combined-event competitions. $12.00.</td>
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<td>1994/1995 rules and regulations handbook. $15.00.</td>
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<td>Contains WAVA Constitution and By-Laws, a history of Veterans Athletics, and World Records as of January 31, 1994. 180 pages. $5.00.</td>
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|          | USATF Logo Patch 3 color embroidered 4” x 3”. $4.50. |

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| Running Research News | Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. $16.00 per year. |

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<th>Back Issues of National Masters News</th>
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<td>Over 100-deep pages. $1.00.</td>
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<td>Same as above, except indoor rankings for 1995. 4 pages. $1.50.</td>
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**FIFTEEN YEARS AGO**

August, 1980

- 500 Compete in National T&F Championships in Philadelphia
- Jim Burnett Sets M40 400 WR of 49.36.
- Dorothy Stock Sets W45 WRs in 5000 (18:47) and 10,000 (38:46)
- 47 Compete in National Decathlon in Denver
Deja Vu at MSU

Driving onto the Michigan State University campus in East Lansing in July, I experienced deja vu. When had I been here before? What seemed so familiar?

I had come to MSU to compete in the USA Track & Field National Masters Championships, the track and field meet for men over 40, women over 35. The Nationals have become an annual ritual for me, but it was the first time the meet had been held at Michigan State.

Then I saw the river, meandering along the Red Cedar River. My memory may be faulty, but this was the first time the course remains. Maybe it was a practice green.

Several hundred lined up at one end of the field about a quarter-mile long. When the starter fired his gun, we circled a golf green and heading back in the direction we came, then out along the river. My memory may be flawed, because no remnant of a golf course remains. Maybe it was a practice green.

A jam at the turn caught those who had started slowly. I was reduced to walking, losing precious time. I never did catch up and finished far back, around 1000th place.

During that era, the NCAA meet was held each year in East Lansing. As a senior, I returned armed with the knowledge that I would need to start fast to avoid getting caught at the turn. When the gun sounded, I sprinted sharply to the front. Running with the leaders through the turn, I experienced no delay. I was fourth at the mile, running much too fast for my ability. I faded badly, finishing around 1000th place once again.

Sometimes we learn from our mistakes; sometimes we are trapped by the NCAA eventually moved its meet elsewhere.

Cross-country was not being contested in East Lansing, so I ran a track 5000 meters. Fifteen competed in my age group. I ran slowly at first, then began to pick off faster-starting runners one by one. By the finish, only a runner from Kansas City and another from Australia remained in front of me. That was better than my previous national championships finishes in East Lansing four decades before.

While still in town, I took a run up the river along the path now paved, finally reaching a nature preserve, an island of trees and trails amidst a sea of development — educational and residential.

Was I retracing the steps of my youth? Deja vu could carry me only so far. Was it Shakespeare who said the past is only prologue? I am willing to let my mind linger momentarily on past glories and indiscretions, but the footsteps in front of me seem more important now.

The Largest American Road Races in 1994

<table>
<thead>
<tr>
<th>Event Name</th>
<th>Estimated number of finishers</th>
<th>Race Distance</th>
<th>Starting Time</th>
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<tr>
<td>LA MARATHON</td>
<td>50000</td>
<td>26.2 miles</td>
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<td>CHICAGO MARATHON</td>
<td>40000</td>
<td>26.2 miles</td>
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<td>BOSTON MARATHON</td>
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<td>5:45 AM</td>
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<td>NEW YORK MARATHON</td>
<td>30000</td>
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<td>6:00 AM</td>
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<td>TAMPA BAY MARATHON</td>
<td>15000</td>
<td>26.2 miles</td>
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<tr>
<td>SEATTLE BAY MARATHON</td>
<td>10000</td>
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<td>9:00 AM</td>
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<td>HONOLULU MARATHON</td>
<td>8000</td>
<td>26.2 miles</td>
<td>10:00 AM</td>
<td>4:00 PM</td>
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(Co-organized by Road Running Information Center)
How Fast Do We Age? New Data Suggest Not as Fast as We Thought

How much of our physical abilities do we still retain at age 40? At age 60? At age 80? More than we might think, as shown by the new Age-Graded Tables compiled by the World Association of Veteran Athletes (WAVA).

Taking the performances of thousands of runners, throwers, jumpers and walkers over the past 25 years, WAVA, the official world governing body for the sport, has compiled tables which show how much the abilities of a well-conditioned individual vary at each age from 8 to 100 for all common track and field, long distance running and racewalking events.

Decline Varies
The decline varies by event. For example, at age 40, a marathoner can run within two percent of his/her best-ever time, while a 40-year-old sprinter loses five percent. At age 50, the decline is nine percent for the marathoner and 11 percent for the sprinter. At age 60, the drop-off is about 16 percent. At 70, it’s 23 percent and at 80, 31 percent.

In other words, the data show that 80-year-olds can theoretically run 69 percent as fast as they did in their prime.

The jumps, the decline is greater, varying from about 10 percent for the 40-year-olds, to 20 percent at 70 and 30 percent at 60, 40 percent at 70 and 50 percent at age 80 — a drop-off of about one percent a year.

The tables confirm that after a certain age (which varies from approximately 30 to 40, performances always get weaker and weaker in a continuous or ever-increasing manner. For example, the loss in performance from age 49 to 50 is, percentage-wise, equal on 49 to 49. The difference in performance between a 69-year-old man and a 65-year-old man is far greater, for example, than that of a 44-year-old man and a 40-year-old man.

Masters vs. Youths
The tables also chart the abilities of youths. For example, a good 62-year-old sprinter will beat a comparable 9-year-old. But when the man turns 63 and the boy is 10, the youngster will win. A 50-year-old and a 12-year-old are about equal, as are a man, 39, and a boy, 16.

“The tables are fun for all ages from 8 to 100,” says Al Sheahan, chairman of the WAVA Age-Grading Committee, and editor of National Masters News, the official world and U.S. publication for the sport. “If older people exercise regularly, they can retain much more of their physical abilities than we previously thought possible. The evidence proves it.”

“Age grading can relieve two problems in masters running: inevitable and often depressing slowdown with age and the confusion with age-group awards,” says Joe Henderson, noted author of Running Commentary.

“These tables give runners a way to improve indefinitely and they give races a way to award fewer but more meaningful prizes.”

Masters Age-Graded Tables

- Keep track of your progress over the years.
- Compare performances of older and younger individuals in the same or different events.
- Select the best performance in an event among all age groups.
- Score multi-events.
- See how much your performance should decline with age.
- Chart your own performance progress.

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The Weight Room
by JERRY WOJCIK

Spartan Conditions at Michigan State

When the East Lansing group presented its bid for the 1995 Nationals Convention, I voted for it enthusiastically. Michigan State is my alma mater, and Detroit is my hometown. MSU is considered one of the most beautiful campuses in the U.S. despite extensive construction. My immediate family, my 93-year-old mother and my married sister, live in a Detroit suburb. After a 35-year hiatus, I went from heat and humidity on one day to the lowest high (67°F) ever recorded, on another day.

In the throws, for starters, there was no bona fide hammer ring. Instead, a white circle was painted on the discus ring. Whoever did it had not enough smarts to paint the circle against the front edge of the ring, so that throwers could at least use the lip to avoid fouling. The officials, placed in the very difficult position of judging fouls under the worst conditions, were accommodating. They gave throwers the two or so inches of the painted circle, but throwers whose feet ended up eight inches or so beyond the line were given fouls. Even worse for some throwers, the protective cage was of webbed cloth or plastic on a metal frame with another painted circle leading to strange, almost comedic interpretations of the rules again.

The javelin run-up was a slight uphill, but the landing area had at least a two-foot drop beyond the 100' range.

The campus is still beautiful, and I enjoyed seeing the family matriarch at the Wojcik compound, but my enthusiasm for the meet has waned.

Conditions for throwing at the track were as bizarre as the weather, which went from heat and humidity on one day to the lowest high (67°F) ever recorded, on another day.

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The hammer throw ring was a huge disappointment," said Ed Daniels, M40, Concord, N.H. "The high school backup for the shot and discus was adequate."

Only the shot put was held in the infield, so throwers again received minimum spectator exposure. I can't recall any mention of a throw event in progress, except perhaps for the shot, during the announcing.

At the athletes' meeting Saturday night, explanations were given for the poor throwing sites. Attendees at the meeting seemed to feel that the meet was a success.

Again, these championships reflected what is so often the case at a masters track and field meet. There are two meets: a good one for the runners and jumpers, and a bad one for throwers.

Next year's championships will be held in Spokane, which had representatives at the athletes' meeting to hype the event. Rex Harvey, Masters Multi-Event Coordinator, mentioned at the meeting that the throw facilities in Spokane are not up to championships caliber. What will be done to make the meet in Spokane, August 14-18, a genuine championships for throwers?

Not all experiences were tales of woe, however. Arnie Brandt, 60, Sioux City, Iowa, contacted me before the meet to inquire about the weight pentathlon. I explained how it worked, what the weights were, etc. When Arnie filled out his application, he checked off the pentathlon. When he arrived in East Lansing and discovered that the event he had entered was the regular pentathlon, he decided to do it anyway and finished third U.S.! He also took a gold in the triple jump. The last time I talked to him, he wanted to know what the decathlon events were. I hope he doesn't end up doing the Iron-Man Triathlon!
Highlights of the Nationals

Continued from page 9

Finsrud, Texas, took the York, won two sprints and the long hurdles. Linda Lowery, Georgia, swept the jumps, minus the PV.

W40
Everett Hosack left early for Ohio with wins in the LJ and HT.

W30
Joy Upshaw-Margerum, Hawaii, was the standout with wins in the 100, 200, long hurdles, LJ, and TJ. Dori Robertson, Washington, ran away with wins in the 5000 and 10,000.

W35
Donna Nielson, California, was one of the best in the short hurdles and HJ.

W50
More Allison, Australia, broke WRs in the 200 (26.64) and 400 (58.75). Joan Ottaway, California, lowered the U.S. W50 steeplechase record. Joy MacDonald, Florida, upped the U.S. PV record. Another Floridian, Vanessa Hilliard continued her dominance in the throws with SP, DT, and HT golds.

W55
Becky Sisley, Oregon, probably the best all-around woman athlete in the nationals, won the short hurdles, HJ, TJ, JT, and PV, the last with a WR 2.40, and was denied a U.S. record in the JT because of a sharply-sloped sector. Joanne Grissom, Indiana, was the best of the throwers with three blue ribbons. Elton Richardson, New York, outed the field in both RWs.

W60
Irene Obera, California, swept the sprints, with a U.S. record 70.78 in the 200.

400. Christel Miller, California, added a JT gold to a new U.S. HJ record (1.25).

W65
Leonore McDaniel, Virginia, took five golds, topped by a WR PV of 2.00. Bernice Holland, Ohio, ruled the throwing roost on the basis of three wins and a U.S. record HT. Pat Peterson, New York, Sumi Onodera-Leonard, California, Nancy Smalley, Colorado, and Patricia Nesley, D.C., all took two firsts.

W70
Margaret Hinton, Texas, a five-time winner, included a WR PV of 1.60. Mary Norkauer, Louisiana, had the four most interesting wins of the meet — 400, 800, 5000, and 5000 RW — when combined with her second-place in the HT behind top thrower Libby Hagemann, Massachusetts.

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USA TRACK AND FIELD MASTERS KEY BANK CLASSIC
HOSTED BY PACIFIC NORTHWEST TRACK & FIELD AND TACOMA/PIERCE COUNTY SPORTS COMMISSION
AUGUST 5, 1995
LINCOLN BOWL - TACOMA, WASHINGTON
ENTRY FEES: $10 1ST EVENT; $5 EACH ADDITIONAL EVENT RELAYS. NO FEE FOR MEET PARTICIPANTS PAYABLE TO: PNTF
ENTRY DEADLINE: POSTMARKED AUGUST 1ST.
FACILITY: 400 M. MARTIN POLYURETHANE TRACK -RUNWAYS (1/4 " SPIKES)
DIVISIONS: FIVE YEAR AGE DIVISIONS. M&W, 30 YRS. & OLDER
RELAY: NON-CHAMPIONSHIP PICK-UP TEAMS (DECLARE ONE HOUR PRIOR TO EVENT)
AWARDS: KEY BANK CLASSIC MEDALS FOR 1ST, 2ND, 3RD. RIBBONS: 4TH-5TH.
CHAMPION PATCH FOR 1ST PACIFIC NORTHWEST ATHLETE
PACKETS: AVAILABLE AT TRACK SITE - 8:30 A.M. DAY OF MEET.

John Tucker, Virginia, second M45 in the pentathlon, USATF National Masters Championships, East Lansing, Mich., July 5-9, receives his medal from Barbara Kousky, USATF T&F chairperson, at the awards area. Carroll Dewese did the announcing.

Photo by Jerry Wojcik
Ruminations of A Running Romantic:
A Dash Down Memory Lane

In 1996, the Summer Olympic Games will be hosted by Atlanta. Through the hoopla that accompanies this great sporting spectacle, America will once more rekindle its passionate love affair with that ten-event track and field competition known as the decathlon. And, inevitably, sportscasters will contribute to the hype by repeatedly voicing one very overused adjective—grueling—to describe it.

Now, being a gladiator in the ancient Roman Coliseum was grueling, running the gauntlet is grueling, competing in the Iron-Man Triathlon is grueling. But the decathlon, judging from my years of participation, hardly qualifies as grueling. The one-hour variety, maybe; but the usual two-day affair, Michigan, who had never even seen a 16-lb. hammer or a 56-lb. weight, I enlisted my brother’s help in fashioning reasonable facsimiles of these implements. A 15-lb. feed scale weight, attached by a metal cable to a makeshift handle, became my “hammer.” For the “weight,” we started with a piece of broken tractor axle and welded scraps of metal to it until the desired weight was achieved. Not very pretty, but it was serviceable.

Space for a throwing area was easy to find for the 56-lb. weight as I never broke 23-0 until the national meet. The hammer, however, proved to be a greater challenge to my ingenuity, although I did eventually locate a site. Our family garden just happened to lie within the sector, and that year several string bean and tomato plants never made it to maturity. The entire vegetable plot resembled a mine field.

After rather inadequate training for the ten-eventer (my form in the 880 yd. walk never did get past laughable), the long-awaited departure day finally arrived. Leaving my dad and two siblings to hold down the farm in our absence, Mom, the “little kids,” and I headed for Baltimore in my folks’ ‘58 Pontiac.

On the Ohio Turnpike we had a blow-out, and then, down the road a piece, limped into a service station to have the brake shoes replaced. (I had left the emergency brake on after changing the tire.) Because we were on a very limited budget and now had no spare, we made sandwiches and ate our meals in parks. (Later we returned home with $28—just about the price of a new tire.)

On a very balmy meet day, I quickly struck up a friendship with another all-rounder, Henry Chornicki, a straggler, and “bathroom boy” (as the eventual winner appeared out of the darkness: “Come on, Bill!”) These words came from the one-person cheering section (and attractive sweetheart) of Bill Urban.

Even though I finished a respectable 11th in the 880 yd. walk, I managed to avoid disgracing the family name and maintained a position somewhere in the middle of the pack.

Fortunately for the athletes, a veritable deluge fell on us about halfway through the competition and the field was flooded. Contestants and spectators cooled off in the small lake that suddenly materialized in the hammer-throwing area. As the runoff was allowed to take its course (approximately three hours), we continued. However, due to the delay, no daylight saving and the absence of lighting at out-of-tinder track, the mile run had to be contested with only car headlights for illumination.

Times for that final event were quite slow, due in part to the poor lighting, but primarily because of the ankle-deep water in the first two or three lanes. Each lap, as runners splashed into the glare of the improvised lighting, they resembled ghosts from a bygone era—doomed to an eternity of circling Hell’s oval, punishment for some indiscretion during their competitive years.

My family has never forgotten the urgent, supportive cry heard every lap as the eventual winner appeared out of the darkness: “Come on, Bill!” These words came from the one-person cheering section (and attractive sweetheart) of Bill Urban.
Running Through Life

The philosophy of America’s oldest marathon runner (Paul Spangler). Dr. Paul Spangler, who died at age 95 while on an early morning run near his home in San Luis Obispo, Calif., on March 29, 1994, became one of the first apostles of fitness running after he started to run at age 67.

By word and example, on and off the roads and tracks, Spangler’s enthusiasm for life left an impression on almost everybody with whom he came in contact.

To spread the word further, Spangler wrote a manuscript in hopes of finding a publisher to publish the book in early 1995.

The book opens with a commentary by Bortz on his association with Spangler, and Spangler’s enthusiasm for life left an impression on almost everybody with whom he came in contact. The book closes with his obituaries from publications, including the New York Times, and tributes from friends, including Sister Marion Irvine, also an important figure early in the masters running movement.

In between, following the short account of Spangler’s life from his birth on March 18, 1899, and early childhood in Massachusetts to his retirement in 1969 at age 70, the book contains Spangler’s advice on how to develop self-worth and self-esteem in our lives. “Accepting What Cannot be Changed,” “Stress,” and “Nutrition, Toxins, and Prevention,” are three of the book’s chapters.

In no surprise, the chapter titled “What I Would Change” is about one page long. In the final sentences of the last chapter, titled “In Closing,” Spangler wrote, “My only wish and reason for writing down my thoughts is that your life may be as full of health, happiness, and productivity as mine. I am having a ball!”

The book, 95 pages, is available for $12, which includes shipping and handling, from the Fifty-Plus Fitness Association, P.O. Box D, Stanford, CA 94309. Profits from the book go to the Paul Spangler Memorial Lectureship Fund.

To order your copy, send a check or money order to: National Masters News, P.O. Box 50098, Eugene, OR 97405.
A High Flyer - With No Return

by GEORGE SIMON

S
ometimes an interview leads to a story, and sometimes a story leads to an interview. The following is a little of both, about one of the greatest track athletes of our time, Milan Tiff.

Of all the venues in track and field, one of the least talked about is the triple jump, and yet, quietly awaiting his turn to fly, is one of the world’s truly great athletes and a wonder of the human species. I refer to Milan Tiff, high school and NCAA national champion, three-time AAU champion and world record holding triple jumper. To date, Milan has set world records in the masters triple jump for age groups 40-44 (52-9) and 45-49 (51-7).

Milan’s awesome jumps into the ozone have left incredible marks that will remain challenges for years to come.

Milan could not walk until he was eight years old and taught himself to walk and run by studying human and animal forms in motion. This, alone, sets him apart from others. As a child, he suffered what was probably an undiagnosed form of polio. It was undoubtedly his tremendous drive and fantastic imagination that brought about the transformation from invalid to world champion athlete.

Throughout his life, both as an artist and continuous athlete, Milan has set himself apart in training methods and participation. Even at UCLA, he would not train with the track team. He knew more about the triple jump than his coach and insisted upon training by himself in his own way. To Milan, triple jumping was an art form. Thus, the athlete with the most beautiful form would have the longest jump.

Deliberate Loss

One insight on Milan’s views and beliefs comes from his deliberate loss at the 1976 Olympic trials so he would not have to stand on the Olympic winner’s podium. Presumptuous, yes — but steadfast in what he believes.

What does Milan Tiff believe? The following interview provides some further understanding of this outstanding and complex athlete.

GS: Milan, now that you are into the masters program, where do you think the program is going?

MT: The masters should have their own organization, their own rules and regulations. It will probably end up with two factions — one for the fun, enjoyment and competition, and the other for the truly sport-minded athletes to compete with qualifying peers for the true records and championships.

GS: How do you feel about former champions and world class athletes coming into the masters program?

MT: I know a lot of them and there are two basic answers — one given and one unsaid. The first is that they will want expenses paid and see the possibility of a return for their efforts. They do not believe in participating free, as they feel they are being exploited by the establishment. The second answer, and they won’t say it, is they will not compete as masters at the next level for fear of losing. A lot of them have tremendous egos and will not allow themselves to fall from grace.

Why Pay Expenses?

GS: As masters, which is supposed to be for the sheer enjoyment of the athletes, why should someone be paid expenses to compete and others not?

MT: I believe that every national and world champion should be guaranteed expenses to come back the following meet to defend his title. This would be an incentive to attend a championship meet, knowing you have a chance to defend your title with expenses paid — if you win.

What happens to a champion or world record holder who cannot afford to go to the meet to defend his title? Will the winner of that meet be the real champion, because the defending champion couldn’t afford to be there?

GS: What are your thoughts on the “Masters Olympics”?

MT: You may get a lot of athletes attending, but they will not get media or world attention until there is a “Masters Olympics” with qualifying athletes only — just like the real Olympics. As far back as I can remember, I have felt that the Olympics and all sports establishments were taking advantage of the amateur athletes and exploiting them.

For example, the podium at the Olympics — an athlete receives a medal for a great effort and he looks at the multitude of people in the stands. He knows they pay horrendous prices for the tickets, the food, the trinkets and mementos. Cameras are grinding and clicking all over the place for television around the world and advertisers have paid billions of dollars for sponsorship and a worldwide audience.

The almighty buck and bottom line scenario — no wonder the athlete is overwhelmed at the enormous business and political venture of the Olympics.

Hundreds of athletes perform to supply entertainment for the “greatest show on earth” and what is their return? Food, lodging, transportation and a lifetime memory of a great performance.

Control Their Own Destiny

GS: Milan, getting back to the masters, what do you think they should be doing?

MT: The masters must control their own destiny, not be controlled by outside organizations that do nothing to solve masters’ problems. The masters pay dues to USA Track and Field. The masters clubs pay dues. The athletes pay entrance fees, and their own expenses. We cannot get officials from the area establishment to properly run our local meets. Attendance is going down each year.

Officials don’t like to work masters meets, because rules and regulations are arbitrary, there are complaints from the athletes, and the officials don’t even get gas money after traveling many, many miles. Sometimes, the word doesn’t get out that there is a meet in need of officials. Someone, who is masters oriented, must start paying attention and solving masters problems.

GS: At the National Championships in Eugene, Oregon in 1989, you put one on of the most awesome performances I have ever seen. You made three jumps, and each succeeding jump set a new world record. Isn’t it enough that you have a chance to perform something you love doing and also win the gold medal?

MT: We have plenty of medals. Where is the return for the athlete who performed on stage after paying all his own expenses to get there? There is no return.

GS: One more question, Milan. Is being the world record holder the ultimate champion?

MT: No. You have national champions, Olympic champions and world record holders. The true champion of the event is the oldest person performing the event and setting his (or her) age record. In order to break that record, he first has to achieve his age and still perform. He could be 90 years old. He is the ultimate champion.
Masters Triumph at Shelter Island

by MAURY DEAN

When Eamonn Coghlan broke the vaunted 4-minute mile as a master, he ran with New York’s finest masters miler — Paul Mascali of Manhasset (with 4:17 credentials). It was perhaps the only time in Mascali’s life he finished way back there somewhere. The 43-year-old Manhasset speedster crushed the local stars with a 3:22.19 on the tough Shelter Island course, June 10, zooming to 7th overall (of 1300).

In the Lake Ronkonkoma Four-Mile Long Island Championship, June 24, Mascali’s 20:35 topped a nice second master’s effort by up and coming John Del Maestro by over two minutes (22:40). Kathy Gribbin (41, 24:37) led the masters women, with Nancy Tischler (50, 27:15), fourth master overall, taking the W50 title.

Who is this Luis Lopez, anyhow? At Shelter Island, he whopped the 45-49 crew (45, 32:27) and even shadowed Mascali. A mere two seconds behind, Michael Bressi (41, 32:30) charged along to the fastest masters bronze ever.

3:00, he ran the 1500 in 5:28.21.

The meet was hosted by the Oregon Track Club Masters, with Timothy Shelley serving as meet director. The primary sponsors were Excel Sports Science, SportHill, and Pacific Continental Bank. A Saturday evening reception was hosted by the Oregon TCM and the meet’s headquarters hotel, the Phoenix Inn.

The meet also served as the USATF Oregon Association Master Championships.

Tennessee Masters Championships

by DEAN WATERS

Everyone who participated in the eighth annual meet at the University of Tennessee’s Tom Black track, May 20, had a treat. The university had just spent a quarter million dollars upgrading the facility for the 1995 NCAA outdoor championships, and the masters meet got the early benefits.

A completely resodded infield, the latest Omega Hawkeye timing system with radio coupling to the track’s scoreboard, and a new announcer system have made the track equal to the finest facilities in the U.S. The only negative was the need to move the hammer and weight throws to another location to avoid tearing up the infield ten days before the NCAA meet.

Highlights included the welcome return of Nolan Fowler back to competition in the hammer, and an attempt at a world record in the 110H by Thomas Gilliard, 45, Nolan, a longtime supporter of the meet, missed last year’s Southeastern Championships in Knoxville for the first time as a result of a series of injuries. Gilliard’s attempt to break the world record of 14.7 was frustrated by a slight stumble at the start, which led to his hitting two hurdles. He later showed his speed in the 200 with a 24.58.

Despite the fact that many of the regular officials were away at the Southeastern Conference Championships, the officiating was done expertly by the certified officials from the Knoxville Track Club’s officials association who stayed behind.

The Knoxville and Oak Ridge TCs have sponsored the meet since its inception in 1985.

Good Weather, Turnout at Hayward Classic

by JERRY WOJCIC

In almost perfect weather (a late afternoon wind slowed runners at the far turn), over 230 athletes took part in the 15th annual Hayward Masters Classic in Eugene, Ore., on June 24-25.

Despite a conflict with the USATF West Regional Masters Championships on the 24th in Northern California at Los Gatos, the number of entrants was almost at record level. The meet drew athletes from Los Angeles, Seattle, and Hawaii.

Perhaps aided by the wind, pole vaulters accounted for two world records. Jerry Cash upped the M45 mark from 4.71 to 4.73. Becky Sisley broke the W55 record of 2.00 by over a foot with a 2.34.

Denise Foreman lopped four seconds off the W35 U.S. record for the long hurdles with a 67.10.

Stephen Robbins, national M50 indoor and outdoor sprint champion, won the 100 and 200 with event best times of 11.55 and 23.58. Tom Gage, Montana, M50 world record holder in the hammer, won that event with a 61.80 and the 35-lb. weight throw with a 17.06.

John Keston, 70, first in the National Masters News Age-Graded Mile (5:52.03 88.1), Hayward Masters Classic, Eugene, Ore., June 24-25. Keston also won the 10,000, 5000, 3000, and 1500.

John Nagel, M30 winner (33:28), 10,000m Hayward Masters Classic, Eugene, Ore., June 24.

Reebok Boston Masters Meet

by JANE DODS

The 14th Annual Reebok Boston Masters Meet (combined with the USATF New England Championship) held at the Northeastern University track in Dedham, Massachusetts, June 24, attracted 353 athletes. Many of these athletes used the meet as a tune-up for the National Championships in East Lansing, Michigan and/or the WAVA Championships in Buffalo, New York in July.

Record-breaking performances by the Boston Running Club took place in both the men’s and women’s sprint relays. American and world records were set by the M50-59 team of Roger Pierce, Lincoln Russian, Joe Kopka and Bic Stevens. Their splits of 56.26 (400), 27.10 (200), 33.23 (200), and 2:11.48 (800) combined for a finish time of 3:58.16. The W40-49 team of Carlotta Cappetta, Linda Upton, Mary Ryan and Doris Hearty combined splits of 69.2 (400), 31.2 (200), 30.5 (200) and 2:37 (800) for a new American record of 4:48.11.

Another meet highlight was the performance of Dr. H. Paul Narcissian, 83, who set two single-age records in the hammer. His throw of 80-6 (44#) set a new American record, while his throw of 63-6 (54#) established a World record in that event.

Directors Paige Martini and Fred Treseler were very pleased with this year’s meet which was the largest open meet held in New England in many years. It historically provides an opportunity for all masters to try track and field as well as to achieve many record-breaking performances.
Every month brings a British veterans championships. June 18 saw John Parker take his turn with a 31:38 10K victory in the Midlands motor-town of Coventry. Most of the age groups had new/first-time victors. Chris Hughes won the M45 in 32:25, Malcolm Martin, the M50 in 33:03, and Ian Barnes, the M60 in 37:26.

However, old favorites were also to the fore: Steve James added another M55 title in 33-46, while Steve Charlton was a runaway M65 winner in 37-48, ahead of all the M60s except Barnes. Maxine Joyce won her first women's title with a W35 37:33, well ahead of Denise Hoogesteger, who took the W40 gold in 38-39. Myra Garrett cleaned up in the W50 group again with a 40:53 effort. Pam Jones (W55, 45-01) and Joselyn Ross (W65, 46-59) were also prominent.

Gateshead To Host 1999 WAVA Meet

Gateshead, England was chosen to host the 1999 WAVA World Veterans Athletics Championships by delegates to the WAVA General Assembly in Buffalo, July 20. The northern English city easily won the bid over Victoria, Canada, and Kuala Lumpur, Malaysia. St. Petersburg, Russia withdrew before the voting.

Cesare Beccalli (Italy) was re-elected WAVA President over Owen Flaherty (Spain). Tom Jordan (USA) defeated Executive Vice-President Bob Fine (USA) for that office. Jim Blair (NZL) won over Ron Bell (GBR) and Vadim Marshev (RUS) for Vice-President Stadia, to replace the late Bill Taylor. Jacques Serruys (BEL, Vice-President Non-Stadia), Torsten Carlss (SWE, Secretary), and Al Sheehan (USA, Treasurer) ran unopposed.

The Women's Committee unanimously re-elected Hannelore Guschmann (BEL) as its representative to the WAVA Council.

Overall, the Championships in Buffalo were successful, but there were several technical and other problems. Complete details and results next month.

3rd WAVA WORLD VETERANS ROAD RUNNING CHAMPIONSHIPS

Road: 10 - 25 Km
Walk: 20 Km Women 30 Km Men

Entry forms, information and accommodation:
Jacques Serruys
Korte Zilverstraat 5
8000 Brugge - Belgium
Tel. 00 32 50 341 781
Fax: 00 32 50 334 325

TEN YEARS AGO

August, 1985

• 4330 Compete in 6th WAVA Veterans Games in Rome
• 1500 Compete in World LDR Championships in England
• Villanueva, Welch Top Cascade 15K Masters

DEADLINE
NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising is the 10th of the month before date of issue. Send to National Masters News, P.O. Box 50989, Eugene OR 97405
Masters Scene

EAST
- Dee Nelson, 51, eighth woman in 22:34, and Felix Humphrey, M40, with a 17:22, staved off masters firsts in the Office Depot 5K, Bethesda, MD, May 15. Humphrey, seventh overall, caught the spectators’ attention by running the entire race barefoot.
- Kathy Gribben (41, 24:43) nearly won the Family Fun Run 4-Miler in Central Park, June 18, overall, less than a minute behind winner Gillian Beschloss (36, 23:54). Samuel Skinner (52, 22:23) outclassed the masters men in a fine field.
- At the Western Heights 5000, Hagerstown, MD, June 18, Carl Llewellyn, 79 (the day before his 80th birthday) ran a strong 29:08. Masters winners were Neil Riemenschneider (40, 16:03) and Sandra Adams (45, 21:21).
- Cathy Ventura-Merkel (40, 19:00) placed first overall at the NationsBank Olympic Day 5K, June 22, Washington, DC.

SOUTHEAST
- Jim Mathis, M60, flew to a “triple crown” victory in the 100 (12.11), 200 (25.1), and 400 (56.1) at the Memphis Senior Meet, May 10.
- At the 13th Annual Alabama Sport Festival, Mobile, Ala., June 24, Betty Lafferty, 53, stole away with four gold medals for placing first in the 400, 800, 1500 and 5000 against competition from both younger and older runners.

MIDWEST
- Mel Flach, M90, set three meet records at the Athlete’s Foot Masters Meet, Rock Island, IL, June 5: 50 (10.4), 100 (19.0), long jump (8.7). On June 24, at the USATF Midwest Masters Meet in Byron, IL, he bettered those marks: 50 (10.1), 100 (18.9), long jump (8.10). Way to go, Mel!
- Smashing the All-American standard in the 20K racewalk, Max Green strode to an M60 victory in 1:54:27 at the Jack Mortland Racewalks, Yellow Springs, OH, May 14. In the 10K, Gayle Johnson also broke the All-American standard by capturing the W45 title in 56:48.

MID AMERICA
- Al Grime (1:00:14) outkicked Dennis Schultz (1:00:35) to capture the men’s masters title at the Garden of the Gods 10-Mile Run, Colorado Springs, June 11. Lorraine Caldwell (1:06:50) led the women in this Rocky Mountain ramble.
- Dick Wilson, 63, of Lawrence, KS, set an M60 course record in the Trinity Hospital Hill 8K in Kansas City, June 4. His time of 31:20 broke the previous record of 33:00 over the half course.

NORTHWEST
- Charles Stewa rt, 43, Aurora, CO, second overall in 3:30:31, and Theresa Davis-Weber, 40, fourth overall and first woman in 3:32:40, were first 40+ in the marathon portion of the Wyoming Marathon/Rocky Mt 50 Mile, Laramie, May 28. Will Pittenger (44, 7:13:36), Boulder, CO, was first overall in the 50 mile. Cynthia Daniels (45, 9:31:33), Salt Lake City, took the W40+ first.
- The Seattle Masters T&F Classic, June 10, was treated to a 3:53.100m performance by 90-year-old Zora Luz, who also ran a 70.99 200m. This was her first track meet, and she was cheered by many generations of family and friends from the Kent, WA Senior Center.

WEST
- Results of the Visalia Classic Masters Meet, Visalia, CA, May 20 (July NNIM) should have read: M70 Ed Chynoweth 39:01, then M75 Hal Cronkhite 33:6.
- Over 200 of the 350 athletes in the 1995 Aloha State Games, U. of Hawaii, June 9-11, were age 30-and-over. Joy Margerum, USATF W30-34, won the 100mH in 15.27 and the 400mH in 67.0. Sheldon Varney, 65, former World Games champion, high jumped 4-8.
- Shirley Kinsey, W65, jumped 5-10 to set a world record in the pole vault at the Crown Valley Senior Games, Los Angeles, CA, April 23.
- Twenty teams participated in the First Annual Paul E. Spangler Memorial Fitness Relay at Laguna Lake Park in San Luis Obispo. The event was put on by the San Luis Distance Club. The race attracted people of all ages, many over 50, and included team divisions: open, coed, husband and wife, and parent and child. The oldest competitor was Bob Sterling, 82.
- The Walt Stack Memorial Run was held on April 9, the same morning as the Pacific Association’s Gimme Shelter 5K. The run attracted 400 starters. Entry fee was just 87. The 25K event went out and back from Aquatic Park, across the Golden Gate and down to Sausalito — the same route Walt followed on a daily basis for more than 20 years.

FIVE YEARS AGO

August, 1990
- John Campbell, 41, Runs World M40 Best 45:10 in Utica Boilermaker 15K
- Buell Crane and Paul Spangler Set M90 Records in Eugene
- Roger Robinson, 51, Has Best Age-Graded Time in Cascade Run-Off 15K

Postmenopausal female runners needed for study

If you’re age 55 to 75, postmenopausal, and a distance runner, you may be eligible for a research study at the University of Pittsburgh Medical Center in Pittsburgh, PA. The study will look at cardiovascular function, heart disease risk factors, body composition, and bone density. The study is supported by the Andrus Foundation of the American Association of Retired Persons (AARP) and the Pennsylvania Affiliate of the American Heart Association. Limited travel money is available for participants who qualify for the study.

To find out if you qualify, contact Jim Hagberg, PhD, UPMC Preventive Cardiology, at (412) 648-6859; or write to him at Preventive Cardiology, Kaufmann Building Suite 1212, University of Pittsburgh Medical Center, 200 Lothrop St., Pittsburgh, PA 15231-2582.

UNIVERSITY OF PITTSBURGH MEDICAL CENTER
Schedule

Track and field events feature competition for men and women over 30 unless otherwise noted. Long distance events generally 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 50098, Eugene OR 97405.

TRACK AND FIELD


SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas. September 17. Lincoln TC Fall Classic, Nebraska Wesleyan U. SASE to Gary Bredehoff, 4037 N. 20th St., Lincoln, NE 68521. 402/435-7061.

SOUTHWEST


NORTHWEST


EAST


MIDWEST


MID-AMERICA


NORTHWEST


ON TAP FOR AUGUST

Track and Field

After East Lansing and Buffalo, hot competition is still available, especially for throwers, in the USATF National Weight & Superweight Championships in Seattle on the 19th and the National Weight Pentathlon Championships in Grants Pass, Cali. on the 26th. Before that, you'll find the Key Bank Meet in Tacoma on the 5th, Midwest Regional Championships, Indianapolis, the 12th, and Philadelphia Summer Games, Swarthmore College, the 13th. For a change of pace, check out the USATF Pacific Championships, Soquel, Calif., on the 5th, where open and masters athletes will compete together and be scored using the Age-Graded Tables for awards.

LONG DISTANCE RUNNING

A schedule marked by the heat of the summer finds the George Sheehan 5K in New Jersey on the 12th, Parkersburg Half-Marathon, West Virginia, the 19th, America's Best City Half-Marathon, San Diego, the 20th, and the Maggie Valley 8K, North Carolina, the 26th.

RACEWALKING

The USATF Eastern Regional 3K Championships tours Central Park on the 6th, as does the regional 10K Relay Championships, the 27th.

SOUTHEAST

Alabama, Georgia, North Carolina, South Carolina, Tennessee, West Virginia. August 26. Maggie Valley Moonlight Run 8K, MGRA, PO Box 279, Maggie Valley, NC 28751. 704/926-1686.
Continued from previous page


September 9. Run By The River 5K, Masters & Grandmasters money. SASE to RBTR 5K, PO Box 3899, Clarksville, TN 37043. 615/647-3855.

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

August 19. LaSalle Fest 4 Miler. Age groups to 85+. Diana Maas, First Federal Savings Bank, 475 Third St., LaSalle, IL 61301. 815/224-4400.


September 2. Charleston 15K/5K, CDRC, PO Box 2749, Charleston, WV 25330. 304/348-4644.

October 8. Windy City International Marathon, Chicago. 312/915-6226; 800/WINDY CITY.

MID-AMERICA
Colorado, Iowa, Kansas, Minnesota, Missouri, New Mexico, N. Dakota, Nebraska, S. Dakota.

August 20. Beat the Clock 5K. Kansas City Runners Council, 7201 W. 129th, PO Box 3008, Overland Park, KS 66213. 913/685-2200 (weekdays), 913/681-8711 (otherwise).

September 14-17. Marathon, August 19. LaSalle Fest 4 Miler. Age groups to 85+. Diana Maas, First Federal Savings Bank, 475 Third St., LaSalle, IL 61301. 815/224-4400.


September 23. Fall into Fall 5K Road Race and 3K Judged Racewalk, Atlanta, Ga. Walking Club of Georgia, P.O. Box 645, Stone Mountain, GA 30086-0645. Phil Howell, 404/984-545-9255.


October 15. USATF Southern Regional 15K Championships, Atlanta, Ga.

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH AUG 1995

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Compiled by Pete Hundley, World and USA Masters T&F Records Chairman
## RECIPIENTS OF CERTIFICATES/PATCHES AS ALL-AMERICANS

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

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

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### APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

**NAME:**

**AGE-GROUP:**

**ADDRESS:**

**SEX:**

**CITY:**  

**STATE:**

**ZIP:**

**MEET:**

**DATE OF MEET:**

**MEET SITE:**

**EVENT:**

**MARK:**

**HURDLE HEIGHT:**

**WEIGHT OF IMPLEMENT:**

**CERTIFICATE**  
**PATCH**  
**PATCH TAG**

1. If you have equalled or bettered the standard of excellence, please fill out this application completely.
2. A copy of your results or a note stating in which event your results appeared MUST accompany this application.
3. Send $10 for a certificate, $10 for a patch, and $10 for a patch tag showing event and year. Cost for both a certificate and patch ordered at the same time is $15.
4. 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 six weeks. Allow eight weeks for a patch tag.
National Masters News  page 27

U.S. National Masters Decathlon/Heptathlon Championships

Decathlon

1. Jerry Brawner  21:33
2. Boris Hirschfeld  21:36
4. Wilbert Griffin  21:42
5. Jon Holsten  21:43
6. Roy Kettle  21:49
7. Willy Boch  21:50
8. Jack Glass  21:51
9. Fred Roberts  21:55
10. Donald Johnson  21:56

Heptathlon

1. Jerry Brawner  21:33
2. Boris Hirschfeld  21:36
4. Wilbert Griffin  21:42
5. Jon Holsten  21:43
6. Roy Kettle  21:49
7. Willy Boch  21:50
8. Jack Glass  21:51
9. Fred Roberts  21:55
10. Donald Johnson  21:56

Decathlon 45-49 Men Age-Graded Results

1. Jerry Brawner  21:33
2. Boris Hirschfeld  21:36
4. Wilbert Griffin  21:42
5. Jon Holsten  21:43
6. Roy Kettle  21:49
7. Willy Boch  21:50
8. Jack Glass  21:51
9. Fred Roberts  21:55
10. Donald Johnson  21:56

Heptathlon 45-49 Men Age-Graded Results

1. Jerry Brawner  21:33
2. Boris Hirschfeld  21:36
4. Wilbert Griffin  21:42
5. Jon Holsten  21:43
6. Roy Kettle  22:49
7. Willy Boch  21:50
8. Jack Glass  21:51
9. Fred Roberts  21:55
10. Donald Johnson  21:56

continued on next page
### National Masters News

**August, 1995**

Continued from previous page

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**Results**

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**Men's Results**

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**Women's Results**

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**Mixed Results**

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**Finals**

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**Awards**

- **Masters World Champions**
- **Masters National Champions**
- **Masters American Champions**

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**Masters Masters News**

Continued on next page
### National Masters News

**August, 1995**

### Current NMN Phone/Fax Numbers

- **Results, Schedule, All-American, Letters, Publications, Editorial:**
  - Phone: 1-503-343-7116 (Jerry Wojick, Suzy Hess & Jane Dods)
  - Fax: 1-503-343-2436
  - Mail: PO Box 50098, Eugene OR 97405
  - Shipments: 1675 Willamette Ave., Eugene, OR 97401

- **Publisher/Editor, International:**
  - Phone: 1-818-786-1981 (Ali Sheahan)
  - Fax: 1-818-989-7118
  - Mail: PO Box 2372, Van Nuys CA 91404
  - Shipments: 6200 Hazelet Ave., Van Nuys, CA 91404

**Advertisements:**
- Phone: 1-610-967-8316 (Sue Hartman)
- Fax: 1-610-967-7793
- Mail: 33 E Minor St., Emmaus PA 18099

**Subscriptions:**
- Phone: 1-818-760-8983 (Richard Magana)
- Fax: 1-503-343-2436
- Mail: PO Box 16597, North Hollywood CA 91615

---

### Coors MAC Masters Championships

**St. John's U., NYC: June 10**

<table>
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<td>Steve Connors</td>
<td>44</td>
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<td>400M</td>
<td>Mike Dobrow</td>
<td>50</td>
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<td>800M</td>
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### Discus

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<td>John Adams</td>
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### Javelin

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<tbody>
<tr>
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<tr>
<td>Tom Held</td>
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### Shot Put

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<td>Dave Nichols</td>
<td>15.2m</td>
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<td>Tom Held</td>
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### Hammer Throw

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<td>John Adams</td>
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<tr>
<td>Bob Swanson</td>
<td>78.5m</td>
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</table>

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  - Fax: 1-503-343-2436
  - Mail: PO Box 16597, North Hollywood CA 91615
Louisiana Games: New Orleans, June 9

<table>
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<tr>
<td>M50 100m</td>
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Hill Country Classic

Masters Track Meet
June 16

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National Masters News

August, 1995

Continued from previous page

Ponca City Classic
Ponca City, OK, May 20

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Southwest Regional Masters
San Antonio, TX, June 24

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<td>Sam Herring</td>
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The news article from the newspaper page contains information about various track and field events, including times and results. Here is a structured representation of the data:

### Track and Field Results

#### 100mH Results
- **M45 John Galen**
- **M40 Jack Craig**
- **M60 Fred Shanaman**
- **M50 David Han**
- **M75 M.35-44 Ken Gorsh**

#### 200m Results
- **M45 Jack Craig**
- **M60 Fred Shanaman**
- **M50 David Han**
- **M75 M.35-44 Ken Gorsh**

#### 400m Results
- **M45 Jack Craig**
- **M60 Fred Shanaman**
- **M50 David Han**
- **M75 M.35-44 Ken Gorsh**

#### 800m Results
- **M45 Jack Craig**
- **M60 Fred Shanaman**
- **M50 David Han**
- **M75 M.35-44 Ken Gorsh**

#### 1500m Results
- **M45 Jack Craig**
- **M60 Fred Shanaman**
- **M50 David Han**
- **M75 M.35-44 Ken Gorsh**

### Additional Information

- **northwest Track Classic**
  - **100mH**
  - **200m**
  - **400m**
  - **800m**
  - **1500m**
- **career bests**
- **next page**
**EAST**

Shelter Island 10K

Lazarus Nyakora 20:30

Maliya Calloway 20:30

Wanda Evans 21:00

Mary Mwangi 21:00

Yvonne Onsman 21:00

Marianne van der Westhuizen 21:00

Natalie de Jong 21:00

Stephanie van der Westhuizen 21:00

**LONG DISTANCE RESULTS**

Lake Ronkonkoma 4K - Championship

Michael Gough 22:00

Brazin 22:00

Mohn 22:00

Meek 22:00

Shaw 22:00

Keller 22:00

**Garden of the Gods 10K**

Colorado Springs, CO; June 11

Dwayne Dickson 51:30

Lundberg 51:30

Peters 51:30

Henderson 51:30

**WEST**

Bonita Road Runners 5K

Boca, May 27

Joel Stein 16:59

Diane O'Connell 17:17

Bob Roosevelt 17:59

Continued on next page
Continued from previous page

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<tr>
<td>50</td>
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<tr>
<td>50</td>
<td>Lesley Cliff</td>
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<td>50</td>
<td>Maury Garrett</td>
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<tr>
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</table>

October 16-27, 1995 - St. George, Utah
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