Record Turnout for Hayward Classic Meet in Eugene

by JERRY WOJCICK

A reputation for staging good meets, and the lure of Hayward Field, drew a record 289 athletes to Eugene, Ore., for the 18th meeting of the Hayward Classic Masters Meet on June 27-28. The field of 231 men and 58 women produced one U.S. and five world age-group pending records.

Joe Keshmiri, 60, Reno, Nev., broke the M60 world record for the 6kg shot with a 54-0. The present mark of 52-6/4 is held by Peter Speckens of Germany.

On Saturday, Ivy Granstrom, W85, of Canada, ran a 2:26.42 in the 400, and on Sunday, she ran a 24:08.62 in the 3000. Both times are better than pending world records for that age group. Granstrom, who is blind, runs with the aid of a guide. Myra Fromme, 94, of Eugene, established W90 world records in the 100 (42.13) on Saturday, and the 200 (94.03) on Sunday.

Paul Heitzman, Eudora, Kansas, ran a 10:49.81 in the 3000 to break the U.S. M65 record of 10:51.0, which had stood for 23 years.

Heitzman, who had finished second in the National Masters News Age-Graded Mile here in 1997 and said that he would be back to win in 1998, kept his promise. Running in a field of 11 men, Heitzman ran a 5:28.71 for a 91.1% top performance and a $50 prize, which he promptly returned to the NMN as a gift. David Jansen, 42, first overall in the mile in 4:34.61, was second with an 87.4% and was awarded $25.

In a separate women’s mile, Susannah Beck, 30, of Eugene, took the win.

100 Nations Represented in World Masters Games

More than 12,000 athletes from 100 nations are registered to compete in the fourth Nike World Masters Games in Eugene, Ore., for the 18th meeting of the Hayward Classic Masters Meet. The previous record number of countries represented in the games was 71 in Brisbane, Australia, four years ago.

Doug Single, General Manager and CEO of the games, said over half the registered athletes are from outside the United States, and each of the 25 sports featured in the games has at least one international athlete or team competing.

"We are thrilled with the support the games have received from athletes worldwide," Single said.

However, the Portland Oregonian reported the games entries "remain low," citing the original projection of 25,000.

"Several Portland hotels are preparing to absorb heavy losses after most of the rooms reserved have not been booked," reported the Oregonian in a front sports page article, July 11.

Russia’s Kuznetsov Sets Course Record 2:14:12 at Grandma’s

by JANNA WALKUP

Minnesota’s largest and oldest 26.2 mile road race, better known as Grandma’s Marathon, has become famous in distance running circles for its multitude of volunteers, attention to detail, and outstanding competition. After nearly ideal weather conditions and exceptional performances, on June 20, masters runners will be looking ahead to the 1999 Grandma’s.

Andrey Kuznetsov, of Russia, took the title at Grandma’s Marathon, Duluth, Minn., June 20, with a 2:46:02.

"Only 11,000 athletes have registered and paid the $200 entry fee, causing four area hotels to lift blocks on rooms previously reserved."
The official world and U.S. publication for masters track & field, long distance running and racewalking.

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Mick McMillen (address above)
San Diego Senior Sports Festival
Presents
Senior Olympics Track & Field
Saturday, September 12, 1998
SAN DIEGO STATE UNIVERSITY TRACK
SAN DIEGO, CALIFORNIA

EVENTS
♦ 1500 and 5000m Racewalks and Seminar
♦ 50m, 100m, 200m and 400m dashes
♦ 800m, 1500m and 3000m runs
♦ Long jump, high jump, pole vault
♦ Shot put, discus, javelin
♦ Long and short hurdles
♦ Pentathlon *
♦ Grandparent/Grandchild relay
♦ Medley relay *

♦ 9 lane all weather track
♦ Electronic timing
♦ USA T&F officials

* Pentathlon score based on earlier performance in 200m, 1500m, discus, long jump, and shot put. Enter event at the meet. No entry fee.
* Medley relay - 100m, 200m, 400m and 800m. Minimum combined age 230. Same sex or mixed team. Enter event at the meet. No entry fee.

Entry Fees: $30.00 registration plus $5.00 per event includes T-shirt and medals, Opening ceremonies - Dinner dance and more

"Just Say No to Aging" one day symposium - Wednesday, September 16 complimentary lunch included

Divisions: 5 year age divisions for men and women age 50 plus

For Entry: San Diego Senior Sports Festival,
PO Box 126698, San Diego, California 92112
(619) 543-9046, fax (619) 543-9239

DEADLINE - SEPTEMBER 1, 1998
Co-sponsor - San Diego Track Club
QUALIFYING STANDARDS
In response to Doug Schneebeck's letter in the June issue regarding my previous comments on qualifying standards for the national masters championships, I apologize if my remarks came across as "unsportsmanlike."

The only point I was trying to make is that I didn't feel as though I deserved to be recognized as a masters indoor 3000m champion, knowing there are several women across the country more qualified than myself. There were only two women in my age group; therefore, I was uncomfortable with my win and my championship status. I am sorry that in trying to make this point I may have represented myself in an "unmasterly" manner.

I am disappointed that Mr. Schneebeck interpreted this as an attempt to malign the efforts of the other athletes at the meet. Kathryn Martin ran a superb effort in winning the W45 3000 with a U.S. record, and I hope that, in six years, I am capable of running her times. My letter was written in support of Roland Rust's earlier letter, giving suggestions that were an attempt to give the meet the recognition it so greatly deserves.

I have watched many high school and college meets and am witness to the hard work put in trying to qualify for the "big meet." I was guilty of being naive enough to think we could not have an attempt at increasing the participation of national caliber runners should be encouraged.

Karen Boen
Stoughton, Massachusetts

NO FALSE START RULE

Australians generally have considerable, though not unqualified, admiration for the U.S.A. Largely through the influence of American television, our speech repeats every last bit of computer-industry language, and we are now in danger of adopting that pretentious word "masters" to describe many people who are no longer young, but certainly not experts of track and field. Which is why, presumably, you invented your contentious No False Start rule.

Most on this southern frontier find the American attitude to gun ownership and misuse simply incomprehensible. It's not much easier trying to find the benefit of the No False Start rule, canvassed yet again in your (typically admirable) June issue.

Graeme Shirley's exposition in Speaker's Corner is level-headed and helpful, but the sympathies of any administrator interested in the future of the sport must surely lie with Lee Gillispe's letter explaining the negative effects of such a draconian law. During the summer, our club runs a weekly competition for all-comers, the majority of whom are school children. One day we ran 38 100m races. We make it clear that breaks are not welcome in a busy program, but we don't throw out the baby with the bath water. Surely the country with more education (of one sort or another) than any other can find a better solution than disqualifying athletes before they run! Might I humbly suggest you try education?

Robert Solomon
New South Wales, Australia

I am very much against not allowing a false start. Let me explain why.

During the summer, our club runs a 154 race meet in Pennsylvania, Keystone Games in August, where I usually run a 200, 400, and in the 4x400. My entire year's training is designed for this meet. Thank goodness one false start is allowed, because my nervousness has caused me to false start (infrequently) in the past.

I have months of training invested in each season and entry fees have become substantial. I would hate this to be all for nought, because a hot and tired official called me for a false start. Let me explain why.

A few masters runners deliberately false start, because it hurts everyone in the heat, including themselves. How many false starts are there in a typical meet? I doubt if there were more than ten during a full day of the Keystone State Games, which involved seven age groups and two gender for a total of 154 races. How much time was lost? Five minutes? This is one percent of the time required to put on a large meet. Not much reason to ruin someone's entire season for five minutes. Most masters runners enjoy competing for the fun of it. Let's not allow the rules to become so restrictive that the fun is stripped away from competing.

Peter Klotz
York, Pennsylvania

SCHEDULE CONFLICTS

In last month's MNM, Charles Kirkby expressed concerns about his potentially busy schedule and his inability to attend meets. These extra funds allow us to publish more photos, deeper results, an in-depth schedule section, and more.

Special thanks this month go to:

B. Brent
Dan Bulkley
Roya Lee Byars
Carolyn Cooney
Joseph Dambrosi
Paul Heitzman
Robert Hunt
Alfreda Iglehart
Frank Kishi
George Lyden
Dennis Nelson
Murray Oguss
Doug Schneebeck
Joan Stratton
Tom Talbott
Richard Widener

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Tucson, Arizona
Albuquerque, New Mexico
Yuma, Arizona
Cos Cob, Connecticut
Irving, Texas
Bulkley Breaks Record in Portland Classic

by JERRY WOJCIC

The 26th Portland Masters Classic, hosted the 1998 USATF Oregon Association Masters Championships at Mt. Hood Community College in Gresham, June 13-14. Guest athletes from Washington, California, and Canada were among the 120 entrants.

Running six races in two days, Dan Bulkley, 81, Phoenix, Ore., broke the M80 300H world record of 68.0 by Karl Trei in 1989 with a pending 64.63. Bulkley capped off the meet with a 10.93 first in the age-graded 100m.

Speedster Karry Cameron, M40, won five championships with wins in the 100 (12.00), 200 (24.22), 400 (53.17), short hurdles (18.17), and long hurdles (65.10). Submaster Curtis Wilson, Jr., took the M30 400 (49.07), and edged Mark Holme (1:58.76) in the 800 with a 1:58.36. Dave Walter won the M50 400 in 54.73. Ed Kousky, M55, posted the fastest time in the 5000 racewalk with a 27:37.70.

Martha Mendenhall, W35, high jumped 4-11 1/2. Ken Weinberg was the M30 winner with a 205-4 in the javelin. World-record holder Ross Wilson, Jr., took the M50 400 (1:07.80) and discus (104-2) titles.

Paul and Laura Stepan of the Portland TC served as meet coordinators. Jim Puckett was the meet director.

---

FIFTEEN YEARS AGO
August, 1983

- Dan Conway (2:23:25) Beats Bill Hall and Ralph Zimmerman to Win Masters Title in Grandma's Marathon
- Harvey Schellenberg, 50, and Gilberto Gonzalez, 70, Set World Age-Group Records in National Track
- World Veterans Games Threatened as Puerto Rico's Governor Demands South Africans Be Banned from Competition

---

CLUB WEST
25th ANNUAL MASTERS TRACK & FIELD EVENT
Saturday, October 3, 1998

Nick Carter Track – La Playa Field – Santa Barbara City College
Cnr. Of Cabrillo Blvd. & Loma Alta Street
Co-sponsored by Club West & City of Santa Barbara Parks & Rec. Dept

FIELD EVENTS
All Implements Will be Checked with Club West Trackmaster

9.00am - Hammer - All Hammer throwers, UCSB Hammer Ring at the Track.
10.30am - Shot Put - Throwers who do not throw the hammer.

Hammer throwers who also throw the Shot, report for the second round, which starts as soon as the first round finishes.

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TRACK EVENTS

<table>
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<th>TIME</th>
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<td>9.00am</td>
<td>5000M</td>
<td>12.30pm</td>
<td>3000M Walk</td>
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<td>9.45am</td>
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<td>400M Hurdles</td>
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<td>1500M Walk</td>
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<td>11.45am</td>
<td>400M</td>
<td>3.00pm</td>
<td>Steeplchase*</td>
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*Number of entries will determine running of event

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NAME_ DOB_ AGE_ SEX_ TEL_ ADDRESS_-

PLEASE ENTER ME IN THE FOLLOWING EVENTS:

1. _REC BEST_ 5. _REC BEST_ 6. _REC BEST_ 7. _REC BEST_ 8. _REC BEST_

ENTRY FEES: $10 first event, $5 each additional event, $20 Relays NO REFUNDS

Relay team members must be from same club, and club must send check for fees.

SEPT 26, 1998 is the Deadline for Entries. Entries postmarked later, $5 surcharge.

IAAF/WAVA starting rules apply.

MEET DIRECTOR: Gordon McChesney (805) 964-3005

CLUB PRESIDENT: Beverley Lewis (805) 969-5851 FAX (805) 969-6613

ATHLETE/TEAM RELEASE: In consideration of my/sure entry, I do hereby for myself, ourselves, heirs and administrators, waive and release all claims. We may have against Club West Masters' Track & Field Meet, the City of Santa Barbara Parks & Recreation Department, its representatives, the various governing bodies, for any and all injuries suffered by us or from competing. Furthermore, we take full responsibility for personal equipment owned by myself/ourselves.

REQUIRED BY USATF: All those who participate in this competition shall be subject to formal drug testing in accordance with USATF rules. All tests positive for banned substances, or who refuse to be tested, will be disqualified from this event and will lose eligibility for future competitions. Some prescription and over-the-counter medications contain banned substances. For information on drugs and drug testing may be obtained by calling the USOC Hot Line at 800 233-9393.

My 1998 USATF reg. Number is: _

Signature: ____________________________

You cannot compete without a USATF Reg. Number * Sanctioned by SCA-USATF
Will Doomsday Make for Better Running?

If all of the Doomsday reports I've been reading and hearing lately are correct, there's a possibility that this column will never make it into print or into the mail. If you're reading it, it means that one of the Doomsday prophets was at least a week or two off in his predictions.

According to futurist Gordon-Michael Scallion, who supposedly has the ability to see the future and has accurately predicted catastrophes and other world events, things will begin to happen in the latter part of July and will fully manifest themselves within three months. He's predicting major volcanic eruptions and earthquakes that will go off the scale. These will lead up to a shifting of the north and south poles, which will wipe out most of Europe and a good part of the United States.

Nostradamus also talked about a "shift of the axis" during the late '90s. She also mentioned topographical changes much like those of Scallion and Cayce.

I just heard last week that the Hopi Indian elders, who supposedly have long known the future of the earth, are now going public and saying that major changes will take place this year.

If we are to believe all this, this could be my last column and your last issue of National Masters News. However, I try to look at the bright side of this situation. I ask myself what positive things might result from such cataclysmic events. I gather that most of my home state of Hawaii will end up under water, but perhaps not immediately.

If I survive the initial tsunamis (otherwise known, incorrectly, as tidal waves), I should be able to lose the excess 30 pounds I'm now carrying and get back down to my old running weight of 152, since food will be in short supply. Moreover, since most businesses will likely cease to exist, I should be able to take early retirement and therefore have more time for training.

On a larger scale, though, I see advantages for the running world. I see a return to amateurism along with both track & field and road racing supplanting football, basketball, and baseball on our list of major sports. There will be no television, no Yankees, 49ers, Lakers, or Braves.

For those professional athletes who do survive, it is unlikely they will play for food. People will gather for little picnics and will enjoy running and throwing games as they did a century or two ago.

No More Couch Potatoes

On an even bigger scale, it should do wonders for the fitness of the remaining population. Since there will be no television, very limited motorized transportation, and little in the way of junk food, there will be few couch potatoes.

It will give us a chance to put all the training we've had over the years to practical use. Instead of running to win or for time, we can chase wild animals for food. I have a problem in this respect, however, as we don't have many wild animals in Hawaii. We do have a few wild pigs back in the boonies, but from the few I've seen, wrestling ability is more important than speed or endurance on the run. I intend to stock up on peanut butter this month.

I'm sure there will be other positive aspects to all these changes. One of the biggest is that we won't have to see or hear any more of Dennis Rodman. That, in itself, may be worth all the turmoil.

Kuznetsov, Kasen Win in Old Kent 25K

by JANNA WALKUP


Kasen won the competition in 1:30:0, more than six minutes over W40 runner-up Doris Windsand-Dausma, Kingston, Tenn., who completed the 15.5-mile distance in 1:42:37. Windsand-Dausma edged out third-place finisher Carol Gephart, W40, Hamilton, Mich., 1:43:30.

M70+ winner Jim Forshee, Ann Arbor, Mich., averaged an impressive 7:13 pace en route to a 1:51:57 finish, while Carol Bender, W55 winner, Middleville, Mich., averaged 8:10, clocked to a speed of 1:59:16. The race drew a record field of 4345.

Grandma's Marathon

Continued from page 1

the fastest Grandma's time since 1985. Kuznetsov's efforts earned him $7570 in prize money.

Second-place master Steve Winchell, 42, Janesville, Wisc., sped to a 2:22:35 to take home $750, while M45 winner, Lev Khiterman, 46, of Russia, snatched up the third overall masters spot to win $500.

Less than a week after her 40th birthday, Bev Docherty, St. Paul, Minn., kept the celebration going with a masters win, negotiating the course in 2:46:02 to pocket $1250. Docherty, whose time qualified her for the 2000 U.S. Olympic Trials, was followed by Doris Windsand-Dausma, 41, Kingston, Tenn., 2:51:39, and Stephanie Kessler, 40, New York, N.Y., 2:53:11, Windsand-Dausma and Kessler earned $750 and $500, respectively.

The start time temperature of 57 degrees dropped to 4 degrees by the time the first of 5955 finishers crossed the line. Fog and occasional light rain prevailed throughout the race, helping six American men and sixteen American women, including Docherty to finish under 2:22 and 2:50, respectively, and qualify to compete in the 2000 U.S. Olympic Trials.
Hayward Classic

Continued from page 1

the lead at the start and never relinquished it, to win with a fine 4:58.05 and a top performance of 83.5%. Marjorie Gilmore, 63, of Eugene, was the second-best performer with a 76.4% 7:14.29. Both received cash awards equal to the

The Joe Keshmiri Awards for the best shot put and discus performances were presented to Tom Fahey, 50, 165-4, 76.44%; Harry Lewellen, 69, Springfield, Ore., 131-1, 76.42%; and Tom Gage, 55, of Montana, 146-10, 75.7%.

Georgia Cutler, 55, of Oregon, won the Seattle Masters Athletic Club $25 prize for the best age-graded weight throw with a 72.2% 32-6½. The awards were presented on Saturday evening at a reception hosted by the Oregon Track Club Masters, the meet organizers, at the Phoenix Inn, event headquarters.

Ruth BreMiller and Frank Lulich of the Oregon TC Masters were the meet co-directors. The primary sponsors were Oregon Track Equipment, Pacific Continental Bank, Duncan & Brown Real Estate Appraisers, and Track Town Pizza. The Eugene Register-Guard ran short articles and your results for both days. ABC, CBS and NBC affiliate television stations gave coverage to 94-year-old Fremme's races.

The fact that the meet served as the USATF Northwest Regional Masters Championships helped bolster the total entry, but guest athletes came from out of the region and the country as well. Middle distance runner Ed Conner, M66, journeyed from the Hamptons in Long Island, but was unable to compete because of injury. Roy Treadwell, 50, of England, placed fourth in the NMN Mile with an 83.0% 5:07.31 and was first in the M50 5000, with a 16:55.28.

Standing in the infield, Frank Condon, M55, Chico, Calif., who competed as a collegian at Villanova University, summed up the feelings of many of the participants: "I really enjoy coming to Hayward. It's the greatest place for a track meet in the country."  

Age-Graded Team Scoring Used in Hayward Meet

by GEOFFREY HUGHES

The 1998 Hayward Classic was an exciting meet for team competition, with a scoring method adjusted to provide a more competitive atmosphere. Instead of awarding points based on the order of finish in each age group, points were awarded to the top six age-graded performances per event.

The men's team trophy competition was hotly contested down to the last event of the two-day meet, with the Portland Masters TC winning with 115 points. The Oregon TC Masters ran away with the women's team trophy with 188 points and won the combined men's and women's trophy with 283 points.

Scoring for each event was 1st = 10 points; 2nd = 8; 3rd = 6; 4th = 4; 5th = 2; and 6th = 1.

Quality counted for scoring as well as quantity. Teams represented by fewer athletes were in a position to be competitive against teams with larger numbers of entrants. In the men's division, the Maryland Masters TC, represented solely by Jim Stookey, M65, the 1996 Masters Male Athlete of the Year, who had outstanding performances in seven events, placed third among 16 men's teams with 68 points.

In the women's division, the Maryland Masters, with just two entrants - Audrey Lary, W60, and Mary Alice Stookey, W65 - placed second with 52 points.

James Stookey, winning the M65 100 (13.48), Hayward Classic Masters Meet, Eugene, Ore., June 27-28. Jack Coy (lane 5) was second (14.27), Cully Vaughn, third (15.82). Stookey single-handedly boosted his Maryland Masters TC to a third-place finish with seven firsts.

1998 USATF NATIONAL MASTERS 8K CROSS-COUNTRY CHAMPIONSHIPS

the masters return to Louisville, Kentucky

E. P. "Tom" Sawyer State Park
Louisville, Kentucky
Sunday, October 25, 1998
1:30 PM EST

Hosted by
Victory Athletic Club
Metro Parks Track Club

MEN'S AND WOMEN'S CHAMPIONSHIP INDIVIDUAL COMPETITION IN FIVE-YEAR AGE GROUPS TO 95+
TEAM COMPETITION IN TEN-YEAR AGE GROUPS TO 70+
KENTUCKY 8K CROSS-COUNTRY CHAMPIONSHIPS AT 12:00 PM

AIRLINE AND LODGING DISCOUNTS AVAILABLE

Write for entry forms:
Masters Cross-Country Championships
c/o E. P. "Tom" Sawyer State Park
3000 Freys Hill Road
Louisville, Kentucky 40244

Information:
E. P. "Tom" Sawyer State Park (502)626-9695 days,
Bob Ulrich, Race Director (502)498-6283 evenings
Bob Miller (502)262-9117 evenings
Stress Fractures

S
tress fractures in runners are really manifestations of overuse injuries. Running too far, too fast, on hard surfaces in poor training flats can cause this type of injury. By stress fracture, we mean a thin crack or partial fracture of a bone, as compared to gross fracture, where the bone cracks completely through.

The most common areas of stress fracture in running athletes are the inside of the tibia, the fibula in the area of the ankle, and in the metatarsal area. (Fractures also occur in the sesamoid bones of the foot, but this will be the subject of a separate article.)

Stress fractures typically occur when the foot and leg are subjected to excessive stress, as explained above. The lower extremity is subjected to repetitive stress, resulting in a stress fracture or crack in the bone. Leg bones may also fracture if a tendon pulls too hard and causes peristitis or inflammation of the outer cortex of the bone.

Certain biomechanical deformities that inhibit proper weight distribution can also cause stress fractures. The most famous is “Morton’s toe,” which is an elongated second metatarsal. If it absorbs excessive weight, it can also fracture.

Symptoms are usually quite pronounced. There is a sharp, unrelenting pain in the area of the fracture. It will be tender to the touch, and the foot may also become very swollen. A stress fracture may not show up on x-ray for several weeks after the break occurs. If a stress fracture is suspected, a bone scan is the most accurate method of diagnosis.

Unfortunately, in the running community, athletes tend to train through the fracture, and a mild peristitis may develop into a complete fracture.

Athletes with high-arch feet are more prone to stress fractures than those with normal foot configuration or those with low-arch feet. The high-arch foot is a poor shock absorber. Obviously, prevention is the best mode of treatment. Use a well-cushioned, shock absorbing shoe. Avoid hard running surfaces such as concrete. Stretch properly. For those with biomechanical deformities, the use of a shock absorbing orthosis is recommended.

If you suspect a stress fracture, confirm it by x-ray or bone scan. If there is an overt fracture of the tibia or fibula, you will need to be in a cast for three to six weeks. Recovery usually takes six weeks, plus an additional two weeks of post-cast therapy and muscle strengthening. Muscles will atrophy in the cast and will need to be strengthened prior to returning to athletic activity.

With a stress fracture of the metatarsal, you may only be immobilized for three weeks in an Unna boot cast and walking shoe. This type of fracture responds well within the three week period, after which the athlete may return to activity with proper taping and a limited training program.

(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, MMN, Box 50098, Eugene, OR 97405.)

Texas Senior Games Off To Good Start

by TIM MURPHY

A new Texas Senior Games at Angelo State University in San Angelo was a very successful outing on May 9. Arriving at the track at 7:45 a.m., with the sun bright and hot, we were greeted with good news and bad news. The track was terrific with automatic timing, but the wind was at 25-30 mph in the wrong direction and would blow the bar off the high jump standard.

Ed Jones, 53, recorded an age-graded 91.7% 11.26 in the 100. Wendell Palmer, 66, had an A-G 94.2% 44-5 in the shot put.

A very special thanks to the Sports Committee of the San Angelo Chamber of Commerce for its support and to John Muckleroy, Linda Walling, Bob Beaver, and Billy Hollis. Next year, the meet will be held at night to beat the Texas heat.

The sit-down dinner and country & western dance was well-attended at $5 a head – even the town people attended just for the low price and to see what it was all about.

1999 USATF Masters LDR Championships

<table>
<thead>
<tr>
<th>Month</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 31</td>
<td>One Mile Road, Steve Scott Festival, Santee, CA</td>
</tr>
<tr>
<td>February 13</td>
<td>6K X-C(m); 4K X-C(w), Seattle, WA</td>
</tr>
<tr>
<td>March 28</td>
<td>5K(m), Carlsbad 5000, CA</td>
</tr>
<tr>
<td>May (tba)</td>
<td>Half-Marathon, Indianapolis Life 5000, IN</td>
</tr>
<tr>
<td>June 5</td>
<td>5K(w), Freihofer’s Albany, NY</td>
</tr>
<tr>
<td>October 3</td>
<td>Marathon, Twin Cities, Minn./St. Paul, MN</td>
</tr>
<tr>
<td>October 24</td>
<td>8K X-C, Louisville, KY</td>
</tr>
<tr>
<td>November 21</td>
<td>5K X-C, Holmdel, NJ</td>
</tr>
</tbody>
</table>
Athletes Tally 100 All-American Performances in Atlanta
McDaniels Sets Marks in Southeast Regionals

by JERRY WOJCICK

Temperatures in the mid-90s did not stop Leonore McDaniels, 70, from registering one W70 U.S. and three world records in the USATF Southeast Regional Masters Championships in Atlanta, June 13. McDaniels, who accounted for four indoor records in the 1998 Championships in Boston last March, established a world record of 87.12 for the 300H, broke world records in the high jump (3-11¼) and pole vault (6-8¼), and erased the national mark for the triple jump (23-4¼).

Other competitors, also unaffected by the heat, achieved 100 All-American status marks. In the M50 200, the first three of eight runners finished with A-A marks, led by Thad Bell (25.78). In the women’s 200 races, five of the seven runners ran A times, with the top performance by guest Pat Peterson, W70, of New York, with a 35.79. In the M65 shot put, all three competitors attained A-A status, with Larry Horine the winner (41-1¼). Dan Healy, M50, with a 4:40.81, and Lesley Chaplin, W40, with a 4:55.14, ran 1998 probable top-ranked times in the 1500. Vincent Martin, M30, long jumped 22-10¼ and triple jumped 47-1¼. David Vandegriff, M40, hit the 165-6 mark with the 16-lb. hammer.

Linda Stein, W50, had the best age-40+ time overall with a 13:03.12 in the 5000 racewalk. Keith Luoma, M35, was the fastest walker in 24:22.97.

The championships were hosted by the Atlanta TC. Athletes represented 34 clubs, some from out of the region, including the Boston RC, Maryland Masters, and Syracuse Chargers.

Masters Southeast Regional Coordinator, Bob Fine, who won the M65 racewalk, has planned for the meet to be rotated annually among the seven states in the region. Next year’s championships are slated for Tennessee; the year-2000 championships will be held in North Carolina.

Masters Coaching Update

On this page is a list of masters coaching groups throughout the USA. Sites and individuals listed offer a variety of different programs. Some are free, others require a membership or training fee.

Some are informal gatherings in a support group without a professional coach. Often, an individual offers to serve as a leader without professing any coaching qualifications. Some coaches are very experienced, with Olympic-level athletes to their credit. Most programs focus on specific or selected events/distances, which is noted on the chart. Interested athletes should contact the named individuals at the listed phone numbers.

Masters Coaching/Training

<table>
<thead>
<tr>
<th>Name/Organization</th>
<th>Location/Site</th>
<th>Events</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Progressive Training Team</td>
<td>U. of South Florida Tampa, FL</td>
<td>LD</td>
<td>C-Drew Vaknin 813-971-7627</td>
</tr>
<tr>
<td>AT&amp;T IN Runners &amp; Friends</td>
<td>Bernards HS-Mon.&amp;Thurs., 5:30 p.m. Hunterdon Central HS; Sat.&amp; Sun., 9 a.m. Flemington, NJ</td>
<td>S</td>
<td>L-Joe Hehn 908-563-7383</td>
</tr>
<tr>
<td>Terry Jessup</td>
<td>Dallas-S.M.U.</td>
<td>MD, LD</td>
<td>C-214-526-5318</td>
</tr>
<tr>
<td>Bob Wallace</td>
<td>Dallas-S.M.U.</td>
<td>MD, LD</td>
<td>C-214-361-6493</td>
</tr>
<tr>
<td>Robert Vaughn</td>
<td>Dallas-S.M.U.</td>
<td>MD, LD</td>
<td>C-214-820-7800</td>
</tr>
<tr>
<td>Kyle Heffner</td>
<td>McKinney, TX</td>
<td>MD, LD</td>
<td>C-972-562-2776</td>
</tr>
<tr>
<td>Leo Davis</td>
<td>West LA College, Culver City, CA</td>
<td>S, H</td>
<td>C-Leo 310-995-9567</td>
</tr>
<tr>
<td>Ross Dunton, SCS</td>
<td>Placentia, CA</td>
<td>S, F</td>
<td>C-Rons 714-524-9966, <a href="mailto:CoachR@rachell.net">CoachR@rachell.net</a></td>
</tr>
<tr>
<td>Fred Hustead, Riverside TC</td>
<td>Riverside, CA</td>
<td>S, PV, F</td>
<td>C-Fred 909-369-0761</td>
</tr>
<tr>
<td>LAVAC/SC Striders</td>
<td>UCLA – Sun 8:30 a.m.</td>
<td>S, H</td>
<td>C-George Simon 818-784-0496 or Jackson Steffes 714-586-9943</td>
</tr>
<tr>
<td>Mac McCormick</td>
<td>UC Irvine, CA</td>
<td>S, H, F, PV, TH</td>
<td>C-L-Mac 714-586-9943</td>
</tr>
<tr>
<td>George Mehaile</td>
<td>CSU-Long Beach, CA</td>
<td>S, MD, S, F</td>
<td>C-George 310-496-8405</td>
</tr>
<tr>
<td>Dave Rodda</td>
<td>CSU-Long Beach, CA</td>
<td>S, F, MD, TH</td>
<td>C-Dave 310-866-9771 x2400 (work)</td>
</tr>
<tr>
<td>Laszlo Tabori SFV TC</td>
<td>Mon, Wed, Sat – Culver City Tu, Th Burbank, CA</td>
<td>MD, LD</td>
<td>C-Laszlo, 818-556-1563 (work)</td>
</tr>
<tr>
<td>Wilbur &quot;Moos&quot; Thompson</td>
<td>Long Beach, CA</td>
<td>TH</td>
<td>C-Moose 310-596-0360</td>
</tr>
<tr>
<td>Elaine Ward</td>
<td>Pasadena, CA</td>
<td>RW</td>
<td>C-818-577-2264</td>
</tr>
<tr>
<td>Stan Whiteley</td>
<td>Mt. SAC, Walnut, CA</td>
<td>S</td>
<td>C-909-945-9800 (home)</td>
</tr>
<tr>
<td>Janet Wilson</td>
<td>Orange County, CA</td>
<td>TH</td>
<td>C-310-598-9063</td>
</tr>
<tr>
<td>Pat Connelly</td>
<td>Birmingham H.S.-Tues Santa Monica HS - Wed</td>
<td>MD, LD</td>
<td>C-818-994-0682 (home)</td>
</tr>
<tr>
<td>Hawaii Masters TC</td>
<td>U of Hawaii-Manoa Sunday – 9 a.m.-11 a.m.</td>
<td>S, TH, F</td>
<td>C-909-874-0761</td>
</tr>
<tr>
<td>Ft. Steilacoom RC</td>
<td>Tacoma, Wash., Thu 5:30 p.m. Steilacoom HS (April through Oct.)</td>
<td>LD, MD, S</td>
<td>L-Ron Dimmerman 253-982-8188</td>
</tr>
<tr>
<td>Club West</td>
<td>Santa Barbara CC Santa Barbara, CA</td>
<td>MD, LD</td>
<td>C-Drew Sutcliffe 805-687-7863</td>
</tr>
<tr>
<td>St. Louis Masters</td>
<td>Parkway South HS</td>
<td>S, MD, LD, J, F, H</td>
<td>C-Gordon Reiter 314-230-9120</td>
</tr>
<tr>
<td>J. &quot;Moos&quot; Miller</td>
<td>SouthINGTON, CT</td>
<td>TH</td>
<td>C-860-621-3128</td>
</tr>
<tr>
<td>Powerline Sports</td>
<td>Ymca-Central El Paso, TX</td>
<td>MD, LD, S, F</td>
<td>C-David Jackson 915-533-3941</td>
</tr>
<tr>
<td>John Tansley</td>
<td>Canyon Del Oro H.S. Tucson, AZ</td>
<td>TH, J</td>
<td>C-520-823-2595</td>
</tr>
<tr>
<td>So. Cal Track Club</td>
<td>Mission Viejo, CA Trabuco Hills H.S.</td>
<td>S, MD, LD, TH, F</td>
<td>C-Mark Cleary 714-589-0242</td>
</tr>
<tr>
<td>Tom Craig</td>
<td>Oakland, CA</td>
<td>MD</td>
<td>C-510-750-1161</td>
</tr>
<tr>
<td>Personal Best Program</td>
<td>C-703-250-9277 Dixon Hemphill; Dr. Ron Kulik; Dr. Neil MeLaughlin Bellamy 541-343-4841</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eugene RC</td>
<td>Multiple Sites – Eugene, OR</td>
<td>MD</td>
<td>C-Coach L-Lead by experienced athlete or volunteer of informal group; Swimsprints (100-400m); MD=mid distance (800-5K); LD=long distance (5K-marathon); TH=throws; J=Javelin; F=field events.</td>
</tr>
</tbody>
</table>

NMN would like readers from throughout the USA to let us know what masters training/coaching is available in your area. If you know of a group that’s training together, informally or formally, please let us know. Send to NMN, P.O. Box 50006, Eugene OR 97405.
Masters Racewalking

by ELAINE WARD

A Northern Star – June Marie Provost


JMP: I have been setting records in Canada hoping they will be well broken over the next 15 to 20 years. I have to say 15 to 20 years, because most of the walkers who are really racing are about 20 years younger than me. We have one or two in their 50s, but the majority are in their 40s.

I started racewalking just before I turned 57, and made most of my records when I was 59, 60 and 61. I turned 65 in June, so I am just starting to race in a new age group. I figure it takes three years at absolute minimum, probably four, for your body and your head to finally realize what racewalking is all about. Frankly, I think this year my technique is probably better than it has ever been. However, because of my age, my times are probably not going to be as good as they were.

EW: You have already set two Canadian W65 records to add to your collection. Do you have any special memories?

JMP: I will always be ticked off at my W55 20K record of 2:05:58. I made it at the WAVA Road Racing Championship here in Ontario. I didn’t know what the world record was and missed it by a little over a minute. Had I known, I think I could have probably broken it. My last 4K was not what it should have been. I was disappointed. Yet at the same time, I was very elated, because I won the Age Grading for the whole meet.

EW: Do you plan to race a 20K at 65?

JMP: I don’t think I will. Whereas I enjoy the longer races, I really don’t want to put the time in that it takes to train for them any more. Besides, I listen to Frank Alongi. Frank seems to me to have a very wholesome attitude. He doesn’t think masters should be doing any longer races than 10K. He thinks our bodies are just not meant to take the punishment in the training.

EW: Have you ever had an injury?

JMP: I tore a muscle last year in my right leg – the first injury I ever had. I took off almost four months and did water work. I started racing again in March and am really working on speed now. It is beginning to come back. I am not unhappy, but I would be a lot happier if my times got lower.

EW: How did you tear your muscle?

JMP: It was in a race in Flint, Michigan. I was probably racing as well as or better than I had been doing. There were hills and I was flying – staying on the ground, but really moving and feeling very comfortable. About 150 meters from the finish line, something went pop and I thought, “Oh, my gosh, what did I do.” Anyway, I finished the race legally except that I was probably 20 seconds slower than I would have been.

I went to a sports injury clinic and they told me I had torn a muscle just below my right knee on the outside toward the back. It hurt when it moved and was very tender. The staff also told me I would take four or more months for the muscle to truly heal. They said, “You can race if you want, but if you want to race the rest of your life, think about it. I am old enough and wise enough to listen to good advice.” So I didn’t do any walking whatsoever. I did deep water work for 3/4 months to keep fit.

Because of my injury, I explained the difference in the new and old rule for racewalking to the physiotherapist at the sports clinic. She was quite astounded. In fact, she pulled out another physiotherapist to watch me racewalk. Because of my injury, they may not have had problems with the knees before. But I think down the road they are going to see far more knee injuries with the new rule. From what I can see, you almost have to hyperextend to be legal, particularly if you foot goes out, say, 40 percent in front.

EW: What led you to take up racewalking?

JMP: My husband, Terry, and I were sitting together one evening. He said, “You know, we are going to retire in a couple of years and I think you should get something for yourself.” As I do a lot of volunteer work, he added, “You can’t volunteer your retirement away.” I asked him what he suggested.

I had been a walker all my life because, for a long time, I didn’t have a car, and I love walking. He said, “Why don’t you try racewalking?” I looked over at him and said, “First of all, what is it?”

Terry said, “I’ll find out.” I also made the statement, “but I am not competitive,” and that has certainly come back to haunt me.

I started learning from a little paragraph on racewalking in a running book in our central library and an article given me by an orthopedic doctor friend. After I tried racewalking a while, my husband said, “Well, time yourself.” Which I did. He encouraged me, saying, “That sounds pretty good.” I got in touch with someone in masters sports and sent away for an entry form to do a 3000m at the masters spring indoor meet.

Terry told the men in his golf club, where everyone is very competitive. When I went over to the course, they all came up saying, “I hear you are going in a race.” I wasn’t too happy.

When I came home, I broke into tears and Terry asked, “What’s the matter?” I said, “I don’t know what to wear.” On the way to the race, he asked me, “What is bothering you more – whether you race well or whether you have the right clothes?”

EW: That’s pretty gutsy doing your first race on an indoor track.

JMP: I guess it was gutsy. I had never seen a race walker and no one had ever done one before me. I was doing it right. But I have never been one to shy away from something new. I jump in with both feet.

Anyway, I ended up making a Canadian record in W55. From then on, I didn’t do much excuse not to continue because, obviously, whether or not it comes through a natural something in the genes, it worked out for me. I walked the 3000 meters in 20:20 and eventually did much better than that.

EW: What is your best 3000 meters?

JMP: At 57 it was 18:28.7 indoors and 17:48.8 outdoors.

EW: Many people, like yourself, don’t live near other race walkers and have to teach themselves. Did you have any problems?

JMP: I think the technique must have come relatively easily. When I first started out in the mornings by myself, I knew I was race walking. I had that feeling. I live by a mall so I can walk around the mall and watch myself in the windows to check if I look right.

I was also very fortunate. Terry made video tapes of my races. When we looked at the tapes, he would say little things like, “What you are doing really looks good, but pay attention to what others are doing with their arms.”

Even though I didn’t know about race walking, he knew enough about sports and body movements that he could pick out things.

I also watched other people and tried to picture race walking in my own mind. I would question myself, “Will this work for me? Or would something else work better?” I have had a totally wonderful experience with every aspect of the sport – the whole of race walking, not only the physical, but also the mental.
Finsrud Expects Best Marks as a Master
by JANNA WALKUP

She'd had a sparkling, award-laden career as a high school and collegiate thrower, but after the competition ended, Carol Finsrud wasn't quite ready to put the shot and discus away for good. She spent her post-collegiate years wondering if she could have thrown farther, and nine years later picked up the implements, resumed training, and proved herself right, launching the discus 185-3 at age 38.

While her top throws thus far have come in her mid-to-late thirties, the 41-year-old Finsrud believes her best marks might be yet to come. And because history tends to repeat itself, it wouldn't surprise many people if she tosses the platter to the Texas Barbell Co., an old-fashioned gym and iron-pumping museum in their hometown of Lockhart, Tex., and is a four-time masters Outstanding Field Athlete. When asked of her motivation to excel, she replied, "I like to throw! Far!"

Hooked on Discus
As a high school senior in Minneapolis, Finsrud rewrote the record books with a winning toss of 144-4. She also made an impression in the shot put, finishing second at state.

From there, Finsrud accepted a two-year track scholarship to Flathead Valley Community College in Montana, where she continued to unwind the tape, twice winning National Junior Collegiate Championships discus titles. She also finished third in the shot at the 1976 meet.

Then it was off on another scholarship, this one taking her to the University of Texas. Her solid career as a Longhorn was highlighted by nine meet discus titles and a Texas collegiate women's record with a 161-0.

As a senior, Finsrud placed sixth at the National AIAW Championship meet, but her best throw that season—175-0—did not equal the 161-0 she threw in her junior year. She participated in the Olympic Sports Festival, but then said farewell to the sport that had brought her so much success.

Second Career
After graduating from Texas, Finsrud went nearly a decade without setting foot in a throwing ring. But her love for the sport didn't wane, and Finsrud returned to track and field at age 31, and alerted the world that she was back, with a major PR of 172-5 at the Houston Invitational in 1988.

Her distances continued to climb. She passed the 180-0 mark with a 180-9 at the 1990 Meet of Champions, placed sixth at the 1991 TAC nationals with a mark of 181-7, and threw her best-to-date 185-3 at the Waterloo Championships in 1995. Her top mark in the shot arrived one year later, as she threw 45-4/8 at the Masters National Meet at age 39.

She hasn't broken 180-0 in several years, but the confident Finsrud isn't worried. After all, she has the past on her side. And she feels stronger than ever. "I don't think that aging has affected me too much yet," she says. "I am as strong as I've ever been. I have been relatively injury-free. The main problems I've had are with my feet and back, which I've had for a long time. I use good arch supports and have a lift in my shoes."

Looking to the Future
A printer with the University Interscholastic League printing office, Finsrud enjoys talking track to high school athletes. And, like them, she has some lofty goals for the future. She's looking forward to competing in the National Masters Meet in Maine and the World Masters Meet in England in 1999. And this time she has her eye on more than the discus and shot.

"I want to become more skilled in the hammer, weight throw, and javelin, to have a solid weight pentathlon," said Finsrud, who is relatively small for a world-class thrower at 5-8 and 180-lbs.

Finsrud has won every national masters discus and shot put title since 1993, and she won world's in 1995 (discus and shot) and 1997 (discus). Her top marks in the other throwing events include 99-6 in the javelin (set at the WAVA meet in Durban, South Africa, 1997), 121-4 in the hammer at the 1997 Waterloo Championships, and 27-5/8 in the 35-lb. weight, also set at Waterloo in 1997.

Her most memorable meet to date has been the Durban meet, where she overcame a 17-hour plane trip and back spasms to claim gold (discus), silver (hammer), and bronze (shot) medals.

Training Smarter
The driven Finsrud loves to weightlift almost as much as she loves to throw, but as a masters athlete she understands that she needs to train smart to avoid injury. Coached by her husband, a top strength and power coach for more than 20 years, Finsrud follows a carefully mapped-out plan of throwing and conditioning that has kept her healthy and strong.

"In season, I throw 2-3 times a week, on average. After warming up and doing 6-12 standing throws, I will throw 12-24 full throws. I may also do some drills, depending on what I am working on. I take a couple of months off from throwing every year, but I lift weights year round. On average, I lift weights three times a week. I concentrate on the larger movement lifts—squats, power cleans, standing d.b. presses, push presses, partial deadlifts. I supplement these with things like d.b. presses, lat and pulley rows. I also do a lot to strengthen my midsection."

Finsrud sees herself training smarter now. "If something doesn't feel right, then I stop, rather than push it and 'train through it.' I don't train as much as I did before. I think I've become more efficient both in the gym and on the track."

Her added events, with an eye toward the weight pentathlon, have brought variety and new challenges to her training. And Finsrud certainly seems to be a woman who likes variety. She enjoys co-rec volleyball, and every week she and her 89-year-old neighbor play dominos.

Finsrud's other pursuits include Norwegian embroidery, gardening, and exploring small towns, antique shops, and auctions with her husband.

Finsrud and Graham moved from Austin to Lockhart in 1995, because they wanted to live in a small town. They're also animal lovers, with 11 dogs and four cats calling the Finsrud-Graham place home.

And new challenges? Remember what motivates Finsrud to excel: "I like to throw! Far!"
Movable Feasts Provide Long-Term Energy

The value of carbohydrates for pre-event nutrition is understood by athletes in many sports, not only runners. Football players, who, decades ago chomped down steaks before games, now prefer spaghetti, because they know it will provide them with fourth-quarter energy. The staple diet of Pete Sampras is pasta for an hour, or last three or four.

For marathon runners, the Pasta Party has become a pre-race ritual: spaghetti with marinara sauce, garlic bread, salad, and maybe a cookie for dessert. (As one who has attended marathons all over the world, I can attest to the fact that Chicago offers the best Pasta Party in all of running.)

Pre-Race Ritual

In many respects, Pasta Parties have become almost ritualistic events, something you do the night before a marathon. There’s a symbolic and psychological value to such culinary encounters, somewhat like sharpening your sword before going into battle. But most runners also understand the nutritional reason for all this. The Pasta Party is a ritual for muscle refueling.

As runners, we need our carbs, not only before and after long runs, but also during. “Before” is important for fueling muscles. “After” is important for refueling them. “During” is important, because you can run more efficiently if you keep your fuel tank full.

Replacement drinks, such as Gatorade, or energy gels such as Reload, work well during workouts. Research also suggests that refueling your muscles immediately after a workout will promote more efficient glycogen storage (i.e., recovery). So after that long run along the lakefront on Saturday or Sunday morning, head for a pancake house. I recently ran the Comrades Marathon in South Africa, an ultramarathon where the food of choice along the course was baked potatoes.

Another reason for multiple pasta parties while training for the marathon is that you practice the pre-race strategies you will use in the race. Some individuals have food allergies that may cause them stomach distress, and it’s a good idea to discover this before that day. Moveable feasts this summer will help lead you to an autumn triumph.

(Hal Higdon is a training consultant for the LaSalle Banks Chicago Marathon. His latest book is Hal Higdon’s Smart Running.)

Summer Drinks Contribute to Racing Success

Keeping well hydrated is as important in practice as in the race itself. Here are some strategies for drinking this summer.

• Learn to love water fountains: Never pass one at work without stopping to drink. Staying well hydrated is a 24-hour job.

• Test your urine: We don’t need a specimen, but look after you pee. Yellow means you’re dehydrated; light color means you are not.

• Drink on the run: This is particularly important during long runs. If there’s no water along your workout path, purchase a water belt.

• Use replacement fluids: Now you have that water belt, fill it with a replacement drink of your choice. Get some energy while you drink.

• Test your race plan: Learn what drinking strategies work during training. Obtaining proper fluid balance is an art as well as a science.

While training for a marathon, find out what replacement fluid will be used in the race, then train with it. At most marathon aid stations, you’ll be offered both water and the official replacement drink. Learning when and how to mix the two is important for marathon success.

Write On

Continued from page 4 at the Nationals. He has pointed out the most serious events doubles conflict in the schedule, a holdover from the old pre-1994 schedule that is difficult to rectify because of the different approaches used in scheduling the mid-distances and the sprints.

All events scheduling issues will be on the table for discussion at this year’s convention, via rules proposals. (Jeff Schaller)

AWARDS CHALLENGE

I hate writing letters to the editor, but I have good and bad news issues. I would like to bring up to your readers, First, the good news! The 1998 Hayward Classic was great. The Oregon Track Club masters did a wonderful job and my hat is off to them.

The bad news is that last year at the Hayward Classic, Joe Keshmiri and I put up $1000 apiece to help further the masters track program. This money was to be given to the top age-graded athlete in the event or events Joe and I designated.

Unfortunately, both Joe and I have been verbally scolded by Barbara Kousky for not providing equal funds for women’s events. I think if Joe and I put up our money, we should be thanked, not berated. For this reason, I will not put my sponsorship money in the Hayward Classic.

If Ms Kousky is so concerned about women’s events having prize money, why doesn’t her company, Northwest Event Management, match Joe’s and my contributions?

Fred Shanaman Seattle Masters Athletic Club

MEDALS AWARDS

I agree with a recent Northwest Regional survey which indicated that medals are the best form of award. The second part of this reward system is the credibility bestowed by placing in the top three in a USATF association or regional championships, from which we should derive great pride.

Not all athletes can gain medals beyond the regional or, for that matter, the association level, and they should be recognized for whatever their degree of achievement.

Unfortunately, sometimes the significance of these achievements is overlooked when an association or regional championships is combined with another meet, and the medals do not indicate USATF affiliation.

Some say providing special medals is an economic hardship on meet organizers. I don’t think so. If they bid for championships sanction, part of the deal should be to provide medals stating that the meet is a USATF championship. If championships are held in conjunction with another meet, the ribbon part of the medal could indicate that the meet was also a USATF championship; ideally the medal should indicate both. If this isn’t possible, then two medals should be awarded, one indicating the USATF championships, or perhaps for the championships year, only the USATF medal could be used.

Another overlooked aspect of awards in USATF championships is the lack of duplicate medals when a guest from outside of the association or region places in the top three. At national championships, duplicate medals are given when foreign athletes displace any of the first three. Why shouldn’t this also be true for association and regional championships? I saw fourth-place finishers in the 1998 USATF Northwest Regional Championships/Hayward Classic Meet deprived of medals by guest athletes.

We need to recognize the achievements in the championship meets, and in so doing, enhance participation in them.

George Matthews Seattle, Washington

SWAN SONG

Last July in San Jose at the West Regionals, I was hit on the arm during the 100H. The “hit” turned me sideways while going over the fifth hurdle. When I came down I was twisted severely. I stopped sprinting in a single stride. I knew my body had suffered an abnormal system and difficulty getting off the track. I had a headache and my legs hurt. My back suffered such that I could not get down to change my shoes.

After a month of recuperating, I returned to the Nationals at the same venue. I tore my right hamstring warming up for the hurdles. I didn’t realize that was the beginning of the end for me.

In the fall, I tried to do some training by following the athletes I coach at Fresno State. My right leg kept having trouble. While running easy 400s, my right hamstring went again. I took time off and tried a comeback, but the same hamstring went again.

On February 13 (yes, a Friday) I did an easy workout and then drove the three and one-half hours down to Van Nuys to see our grandson. By the time we arrived, I could not support myself on my right knee. The next week I saw the orthopedic surgeon who works with our Fresno State athletes. I was scheduled for arthroscopic knee...
surgery, which I had on March 16. The same doctor did a good job on my left knee four years ago. I remember walking without crutches three days after the surgery. I resumed training after a short hiatus and even later that season. I went into this surgery with that experience in mind. After I awoke from the procedure this time, the doctor explained to me that my right knee had been quite severely messed up. He suggests that I switch from hurdling/sprinting to swimming. Another doctor suggests that my knee can stand swimming. It was a very short while.

I have done no training since Feb. 13. My leg is just beginning to not swell each afternoon. I cannot carry heavy objects (including my grandson) without discomfort. In my home we sleep upstairs. It’s quite an adjustment to go from world record-setting hurdling to going up and down stairs always leading with the same leg. I still have urges when I get near hurdles. Just recently, I was helping a decathlete with his hurdles. It was difficult not to try some drills. I chased our grandson to keep him from the street last week and was reminded that I am not the physical specimen I recently was. I was so looking forward to turning 60.

The one thing that has changed little is my ability to eat. I never guessed I should someday read 197 on my bathroom scales. For Father’s Day we bought me some shorts. Size 36.... and they fit! That is as painful for me as finishing the 400H.

If it turns out that I have run my last hurdles race already, then I plan to write memoirs from my life as a sub-master and master athlete. I have acquired many dear friends who have helped me enjoy numerous experiences and expect the process of compiling and writing my memoirs to be an upper.

Meditating on the possible (probable) end of my athletic career is definitely not an upper. If you feel the urge, I would certainly enjoy a cheery note to me at 71 N. Cindy, Clovis, CA 93612.

Hugh Adams
Clovis, California

KUDOS

I want to thank the NMN for providing information for the meet organizer of the Williams Track Meet in Huntsville, Ala., on July 11, so that the results can be submitted for publication in the NMN and the rankings. As I approach my 40th birthday next summer, I have come to rely on the NMN as a source of inspiration and information in my daily training.

M. Kevin Richardson
Madison, Alabama

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The Weight Room
by JERRY WOJCICK

Everything You’ve Ever Wanted to Know About the Weight Pentathlon, But etc.

On the surface, the weight pentathlon appears to be a rather simple matter. People throw five implements, their marks are age-graded by five-year age groups, and the athletes with the highest totals win medals and national acclaim. Actually, it’s more involved, because the event has aspects that are peculiar to it and not to the other combined-events.

First off, participants in a U.S. WP are allowed four trials with each implement, unlike the other combined-events in which only three attempts are allowed. For instance, the decathlete, heptathlete, and pentathlete are permitted three tries with the shot, discus, and javelin, but weight pentathletes get four. The four-attempt rule applies only in the U.S.; the rest of the world gets three. Some years ago, U.S. throwers lobbied for four and were granted the extra. Most weight pentathletes favor four. Who wouldn’t? In my last WP, I got my best mark in the fourth throw in three of the five events. Others think it’s pander to already spoiled Amerikaners, and disrupts the concept of the combined-event as a single event rather than a bunch of events strung together.

If we’re allowed four attempts and everybody else gets three, what about records? To comply with WAVA regulations, only the first three attempts are counted when records are applied for... I think, because I’ve never seen any WP records, national or world.

Another anomaly in the event is the difference in specifications of the weight implements when used in the WP and when thrown as a single event. The WAVA specifications for the men’s weight in a WP are M30-49, 35-lb.; M50-59, 25-lb.; M60-69, 20-lb.; M70-79, 16-lb.; and M80+, 12-lb. For the women, they are W30-49, 20-lb.; W50-59, 16-lb.; and W60+, 12-lb.

Potential Problem
The specs for the weight when thrown in a single event in the U.S. are M30-59, 35-lb.; M60+, 25-lb.; M70-79, 20-lb.; and M80+, 16-lb. You can see the potential for problems, especially if you don’t read carefully or don’t have the proper weight to practice with before you do a WP. Believe me, throwing the 16-lb. or the 12-lb. after having worked with the 25-lb. all season takes some time to get used to.

When the WP was legitimized a few years ago, in the U.S., the differences in implement specs created problems, particularly for WP meet directors who didn’t have the WAVA stuff and had to scramble to find sports equipment outfits that had them available. It’s improved, but, just last winter at an indoor meet, I saw a woman, 60+, who was expecting to throw the 12-lb., end up with the 16-lb.

Whole in Five
Otherwise, the WP is pretty much like the other combined-events. The five parts that make up the whole package are the hammer, shot put, discus, javelin, and weight, and must be contested in that order for the event to be legal. However, as is true for the other combined-events, you don’t have to do all five events to score.

So, if you want to enter the USTAF National Masters Weight Pentathlon Championships at Citrus College, near Los Angeles, on Sept. 5, and just hurl the javelin or put the shot, I’m sure that Meet Director Lloyd Higgins will be more than glad to accommodate you.

The 1997 Championships in Orlando, Fla., drew a record 51 contestants. With the burden of meet director, Higgins, M55, may have a hard time duplicating his feat as the men’s top scorer (4776) in Orlando. Vanessa Hilliard, W55, who lives in Florida, a hobbed of weight pentathletes, produced the top score (4895) in Orlando.

Westermo who couldn’t make it to the Suncoast State last year should be coming out in full force. My money for top point man, if he shows, is on Stew Thomson, who quietly joined the M65 ranks on May 21. Any takers?

Three Records Rubbed Out in Trojan Meet
by JERRY WOJCICK

One world and U.S. age-group records fell in the Trojan Masters Meet at Cromwell Field on the University of Southern California campus in Los Angeles on June 28.

Dave Jackson, a prominent flat jumper who has been absent from the masters scene for several years, returned with a flourish, recording a pending M65 record of 35-9/4, an age-graded 95.4%, in his specialty, the triple jump. Tom Pataslis owns the present record of 35-6/4.

Arnold Gaynor added two inches to the M70 shot put record with a pending 45-3, an A-G 93.5%. Scott Herman holds the record at 45-1.

Larry Stuart, who broke the M60 world javelin record of 191-10 earlier this year with a 213-10, did it again, with a lesser 206-0, which earned him, however, the top performance honors with a 100%.

Harold Tolson, M60, recorded the best performances in the sprints, with a 94.5% 12.49 in the 100 and a 93.4% 25.67 in the 200. U. Morris Chong, W50, ran a 93.4% 13.93 in the 100.

Fred Sowerby, M45 world record holder at 50.20, was the top runner in the 400 with a 93.0% 52.82. Nolan Shaheed, M45, ran the 800 in 2:02.53, a 94.5%.

High jumper Jason Meisler, M40, was the world-class territory with a 90.0% 6-2 1/4, as was Bud Held, M70, with a 91.4% 5-10 0 in the javelin.

Meet Director Russ Reabold of the host Trojan Masters TC conserved enough energy to win the M45 discus with a 118-0 toss.
Principles of Training – Part II

Earl Fee, of Canada, holds the M65-69 outdoor world record for the 800 (2:14:33) and is acknowledged as one of the best masters middle-distance runners in the world. Below is the second part of a condensed version of one of 24 chapters in Fee’s book, Secrets of a World Master’s Champion, to be published sometime next year.

Principle of Reversibility and Maintenance
Use it or lose it: speed, strength, aerobic stamina, and flexibility. They’re so easy to lose, but hard to build up. They can be negated to a large extent within two or three weeks if neglected. There is a loss of training effect as the body reverses back toward its undeveloped state. However, once a training effect has been reached, it is possible to maintain it with less volume, but intensity must remain the same.

Speed, strength, aerobic stamina training and flexibility exercises are required year round. For example, speed needs to be retained even in the base building phase; building on the previous year’s speed enables quicker momentum build-up throughout the workout, compared to training alone.

Principle of Continuity
Before a race, do not deviate from your normal routine in any way. Do not vary food, drinks, supplements, sleep, warm-up or normal activities. This is no time to experiment. For example, in the marathon it is important to run in the same training shoes used for long training runs.

Principle of the “Chicken Mind” but Stronger Body
The mind is weaker than the body. If you are aware of the truth that the body is stronger than the mind, the logical mind can overcome the “chicken mind.” Then you can press on and even increase the pace, when it counts, in spite of the pain or discomfort.

Principle of Least Effort
Your body will always try to get the job done with the least amount of effort. Least effort expenditure results mainly from good form and complete relaxation. When you train, say, “I am running with minimum energy.” For example, you deviate from least energy expenditure by trying “harder” in a sprint, particularly after reaching maximum speed. Also, in distance races, an even pace with no surges, except at the finish, results in least energy expenditure. On a hill, run easier going up and with more effort going down. When running with the wind, imagine yourself like a sail and push a little harder.

Principle of Training Partner
Runners make runners. They are nearly as important as a knowledgeable coach. A partner of similar speed and endurance makes life so much easier in doing fast intervals or on a long run in bad weather. There’s company in misery. Percy Cerutty (famous Australian coach) mentions the “soul power” when a group of athletes trains together, resulting in a lot more momentum build-up throughout the workout, compared to training alone.

Principle of Limit Training
You need a tiring workout, but should not “total” yourself. Finish the workout feeling tired but capable of running more. In doing speedwork intervals, stop when performance drops off, or stop at the first sign of a cramp or sore muscle developing. The serious competitor has to go close to the limit to the point where the cooldown is a bit of a chore. You have to save enough energy for a decent workout the next day. So listen to your body.

Principle of Recovery
There has to be time for the body to recover and for the training effect to set in. After a hard workout, long run, or a race, micro-tears in the muscles need time to repair, glycogen stores need to be replaced, and blood pH needs to return from acid to alkaline. Therefore, at least one easy day, or preferably two, should follow a hard day. Remember, the easy day is just as important as the hard day. Also, weight training sessions should preferably be spaced at least 36 hours apart.

Principle of Living Like a Champion
How we live in the hours away from training has a major influence on our success. “Live, train and think like a champion every day.” Everything affects how you run and train. Social activities will compete with your training time and interfere with diet and extra training. Occasionally, a serious runner will have to be antisocial.

Principle of Regularity
It takes about seven or eight years of regular, consistent running to reach a career peak; use the age graded tables to evaluate progress. Keep a record of training every day. Some days you may start a workout and feel this is no fun or you may feel stale— not your day for running. On these days cross-train. In other words, day-to-day perseverance is the key to success.

1998 Masters Indoor Rankings Completed
The USATF Masters Indoor Rankings for 1998 are included in this issue on pages 19-22. All corrections and additions should be sent to Jack Lance, Masters T&F Coordinator, P.O. Box 276, Long Valley, NJ 07853; fax: 908-876-5856. Changes will be published in the December 1998 issue. Indoor superweight marks for 1998 will be included in the 1998 outdoor rankings book.

Outdoor marks for 1998 which have not been published in the NMN should be sent with verification to Jack Lance, not the NMN. The last issue from which marks will be taken for the 1998 rankings will be announced in a later issue.

FIVE YEARS AGO
August, 1993

• National Senior Classic Draws 7500 to Baton Rouge
• David Mocrocut Sets World Outdoor Masters Mile Mark of 4:02.53
• Doug Kurtis (41, 1:07:16) and Grayson (43, 1:22:27) win USA Half-Marathon Crowns

Mark Grubi

Mark Grubi, a certified official and a popular coach of masters track and field athletes, died June 6 of unannounced causes. He was 81.

He was born and grew up on Washington’s Olympic Peninsula. He first worked with his father as a commercial fisherman on the Pacific Coast from South America to Alaska. After World War II service in Africa, Europe and the Pacific, he worked as a long-shoreman to educate himself for seven years at U.C. Davis in animal husbandry and veterinary science.

His chosen profession was race horse training and he was one of the first to train horses with two mile gallops. He also enjoyed his own competition and working with human athletes.

He helped to start the women’s track program at U.C. Berkeley in the early 1970s. For many years, he was coach of the Northern California Seniors Track Club, and director of many club meets. He donated many hours a day to teaching senior athletes when he didn’t have a race horse in training. He wished to share his love and knowledge of horsemanship and human conditioning with as many interested people as possible.

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August 1998
National Masters News
page 15
Dates May Be Too Close for Comfort

As I write, final preparations for the 1998 Outdoor National Championships at Orono, Me., are under way. It will be most interesting to see what impact, if any, the close date proximity of the Nike World Masters Games in Orlando, Fla., scheduled to begin Aug. 26, there certainly appears to be a more generous schedule separation. However, I suspect many of the WAVA participants will plan an extended stay for touring, etc., which could very well impact our numbers in Orlando.

I raise these matters to alert us that, as national, world master, and senior organizations become more aggressive in their recruiting for participants, sponsorships and favorable schedule dates, conflict is inevitable. I suggest further that this issue needs to be acknowledged and addressed in the future, for the well-being of all.

Barbara Kosisky, Eugene, Ore., wrote an informative article in the July issue of *National Masters News* concerning sponsorships for masters track & field. Barbara, in her position as a meet director for the Nike World Masters Games, has been able to observe and evaluate the effectiveness of a well-staffed organization with specially talented sponsor recruiters and outside marketing agencies.

Just as Barbara points out in her article, we should keep in mind that organizations such as the Senior Sports Organizations and the Nike World Masters Games conduct multi-event "festivals" that attract large numbers of participants to an involved community and lengthy time schedule. The sheer numbers of entered athletes and days involved are the catalysts that attract large national sponsors. Masters track and field meets, with the exception of the WAVA championships, are usually small in comparison to the multi-event festivals and therefore less attractive to sponsors, all else being equal.

1998 Hall of Fame Nominees Announced

by NORMAN GREEN

The Masters Hall of Fame Committee announced on July 8 its slate of nominees for the Class of 1998. One-half of the slate represents individuals held from the balloting of 1997; the other half represents those whose names have been submitted by current members and current Masters Hall of Fame honorees. The entire slate of 24 nominees has been reviewed by the committee. Each has been validated as meeting our criteria of "10 years minimum of competition or administration as a master."

The nominees, in alphabetical order, are:

- Bill Bangert (Field)
- Bob Boal (Administrator)
- Mary Bowermaster (Field)
- George Braceland (Field)
- Grace Butcher (Track)
- Ross Carter (Field)
- Anne Clarke (LDR)
- Max Green (Racewalk)
- Joann Grissom (Field)
- Claude Hills (T&F)
- Marion Irvine (LDR)
- Helen Klein (Ultral)
- Shirley Matson (LDR)
- Pearl Mehl (Track)
- Gary Miller (T&F)
- Bob Mimm (Racewalk)
- Pete Mundle (Administrator)
- Jim O'Neil (LDR)
- Wendell Palmer (Field)
- Pat Peterson (Track)
- Alex Ratelle (LDR)
- Al Sheahan (Administrator)
- Bruce Springbett (Track)
- Stewart Thomson (Field)

U.S.A. masters track & field athletes need not despair. USATF has recently engaged a professional fund raising company with an impressive track record for success. Discussions with the firm's principals have been encouraging. The masters program is very much in the mix. Fund raising is only one facet of our program. We are athletes foremost.

Our association, regional and national programs provide opportunities for fine competition, good fellowship and a vehicle for a healthful way of life. We do these things well, and that is something we can be proud of.
The dates of Nov. 19-22 were carefully chosen to ensure pleasant weather for the competition, while beating the Thanksgiving travel restrictions and expensive high tourist season of mid-winter (see entry form on page 40).

The meet is being sponsored by the Amateur Athletic Association of Barbados (AAA Barbados) and has the support of the Ministry of Labor, Community Development and Sports, Government of Barbados.

The event is to be held at the Barbados National Stadium, just outside of Bridgetown, the capital. The stadium was newly refurbished just a year ago and the track, in spite of its international quality, is being rebuilt at the present time, and shows signs of wear and tear for the championships. The stadium is unique in that there is a concentric bicycle track outside of the running track.

Tourism is very important to this small country. There are approximately a million visitors to Barbados each year, about half stopping briefly from cruise ships, and the other half staying an average of seven days. Tourists are well received. You will be special because of your involvement in this event which Barbadian sports organizations and government officials wish to use to introduce their citizens to the lifetime sport of masters track & field.

There are thousands of hotel rooms in all price ranges from dormitory type accommodations to 5-star luxury resorts. Many are on the beach or have beach access.

NCCWAVA Vice President Don Farquharson, Stadia Chair Sandy Pashkin, and I visited there in November 1996 and found the place delightful. The Barbados National Stadium was, for six years, the site of the Texaco Games, an international invitational meet involving 300-400 athletes. It also has hosted the C.A.C. Youth Championships and the CARIFTA Games several times and will again in 1999. We have warned them that masters meets are a "different animal."

It is an important goal of NCCWAVA to place the championships in a developing area at least half of the time. This was an excellent opportunity since, while there is great potential interest in Barbados, there has been no organized masters t&f competition. In fact, they were not even a member of WAVA at the time of their selection. This will be a great chance to promote our sport in a new and fertile area.

Be aware that the relaxed "island approach" is taken to most things, and is one of the main charms of the area. Join us to enjoy and promote our sport in this tropical paradise of cobalt waters, beautiful beaches and friendly people.

Compete well. Run jump, and throw, then swim, golf, shop, dive, sail, dive, ride, party, explore, or just plain relax! The competition schedule will be nearly the same as that in Eugene two years ago, which seemed to work well for most people.

English is the language of Barbados, and a pleasant self-assuredness of all levels of people from hotel maids to government ministers was one of the primary impressions that I took away. From the moment I arrived and heard the lilting sounds of the local katydids, that sound like electronic bells in the warm night, I was hooked on the place and am looking forward to being there in November. And I hope to also see a lot of you there for a relaxed and enjoyable meet.

Nations Represented in World Master Games

Albania
Antigua
Argentina
Armenia
Aruba
Australia
Austria
Bahamas
Bangladesh
Barbados
Belgium
Bermuda
Brazil
Bulgaria
Canada
China
Colombia
Costa Rica
Croatia
Cuba
Czech Republic
Cyprus
Denmark
Egypt
El Salvador
England
Estonia
Finland
France
Georgia
Germany
Greece
Guatemala
Guinea
Guyana
Hong Kong
Hungary
India
Indonesia
Ireland
Israel
Italy
Jamaica
Japan
Jordan
Kazakhstan
Kenya
Latvia
Lebanon
Lithuania
Libya
Madagascar
Malaysia
Mallorca
Mexico
Micronesia
Monaco
Moldova
Netherlands
New Zealand
Nigeria
Northern Ireland
Norway
Pakistan
Paraguay
Philippines
Poland
Portugal
Puerto Rico
Rome
Russia
Scotland
Sierra Leone
Singapore
Slovak Republic
Slovenia
South Africa
South Korea
Spain
Sri Lanka
Sweden
Switzerland
Syria
Taiwan
Trinidad & Tobago
Turkey
United Arab Emirates
United States
Ukraine
Uruguay
Vietnam
West Indies
Venezuela
Yugoslavia
Speaker's Corner
by DEREK WHARTON
Athletic Veterans of Hong Kong

The Kobe Championships... A Disgrace

I have read with interest the very brief comment of Torsten Carlius on the Kobe WAVA Road Championships in March and the more complete review by Ron Bell, the WAVA Non-Stadia (that is, "Road") Vice-President who didn't attend the event. May I put another perspective on the Japanese efforts, and on the role of WAVA. First, a few facts:

1. There were 21,000 competitors entered, but I'll accept that just 17,000 started -- of them 11,000 to 12,000 in the 10K. The vast majority of participants were "fun" runners, attracted by the opportunity to run on the brand new bridge.

2. There was a "wave" start, with each wave supposedly consisting of runners from the same five-year age group. There were intervals between waves of (I think) two minutes in the 10K. All runners wore WAVA Championship Chips, but they were not activated at the start, and so there was no means of ensuring that runners started in their correct group -- and some certainly didn't.

3. Spectators were not allowed to see any part of the race, presumably because of the narrow carriageway over the bridge.

4. All information at the finish was in Japanese, until the provisional results appeared about two hours later.

Run With a View
I was in the 60+ age group and had around 7500 runners in front of me, most of them there for the view and the pleasure of running across an impressive piece of engineering. Assuming 10 minutes from the first wave to the 60+ wave, there would be 7500 people fairly evenly "spread" over a distance of about 3 kilometers. If you haven't experienced it, that's wall-to-wall people -- certainly not the conditions for a World Championships.

From start to around 9K it was continuous zigzagging and pushing and shouting to get through the crowds, made a bit easier if you spoke Japanese. At times you had to jump barriers to get on the opposite side of the road to get past tight groups, running the risk of head-on collision (which happened). On one occasion I had to make a last-second vault over a male runner kneeling down to take a picture of his lady partner -- understandable behavior for him on such an occasion, but not good for the nerves of a serious competitor.

The above (in truth, understated) is the reality of the Kobe WAVA Road Championships.

Unsporting Behavior
It follows cowardice on the part of WAVA/the Japanese Organizing Committee -- after complaints about a number of older Japanese runners starting with younger age groups -- that they gained by starting up to ten minutes ahead of same-age competitors and by running on clear roads among younger, faster runners.

In the 60+ group, the first two finishers, both Japanese, admitted starting ahead of their age-group wave, and WAVA's International Liaison representative said they would be disqualified. Some time later, the Organizing Committee gave a different verdict -- no action would be taken, as they had not received written complaints within 30 minutes of the finish, in accordance with WAVA rules. As the race results (at least in English) weren't available for at least two hours after the finish, it is a rule that could not be adhered to (even if we'd known it existed).

Another older competitor in the 75+ group won gold and silver in Durban a year earlier. He finished fifth of six in the Kobe half-marathon, a full 17 minutes behind the "winner." I accept his word, supported by others that not one person from the 75+ wave went ahead of him, and as numbers were much less than the 10K it was easier to monitor.

Blatant Cheating
I have no doubt that a number of runners started in earlier groups than they should have. They cheated, but it was impossible to prove because the Championship Chips weren't activated at the start -- apparently to facilitate quick printing of certificates at the finish.

What was wrong with Kobe? Mixing a fun run with a World Championships on an unsuitable course, not using technology as it could be used (the chips); not allowing spectators on the course (even though many of the foreigners had traveled halfway around the world); and a negligent and weak WAVA.

World Master Games

World Master Games

Continued from page 17

Portland, with baseball in Salem, kayaking in Bend, and track & field in Eugene at famed Hayward Field. Tom Jordan and Barbara Kousky, well-known open masters meet organizers, will manage the track & field competition.

"It seems much of the world is coming to Portland to participate in the games," said Portland mayor, Vera Katz. "It is exciting and helps our profile as an international city."

Portland's sister cities are well represented. Tallinn, Estonia, has 83 athletes competing, including seven basketball teams. Khabarovsk, Russia, is sending 37 athletes.

In addition to the large global representation, every U.S. state is represented in the games.

Marathon legend Joan Benoit-Samuelson, 41, has officially registered and will run in the 5000-meters on Tue., Aug. 11.

Olympians to Compete


Dick Fosbury, John Thomas and Valeri Brumel, three of the greatest high jumpers in history, will also participate. Thomas and Brumel were the Olympic high jump champions, invented his own jumping style known as the "Fosbury Flop," which is almost exclusively used by today's elite high jumpers. He and Thomas will host clinics at Hayward Field, while Brumel will compete.

Dick Fosbury and Valeri Brumel were the first two jumpers to jump over seven feet. Brumel won the 1964 Olympic high jump over Thomas in 7-1/4.

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## U.S. Masters Indoor Track & Field Rankings

**Coordinated by Jack Lance, T&F Rankings Coordinator**

### 1998 U.S. Masters Indoor Track & Field Rankings

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*Continued on next page*
Masters Scene

NATIONAL

• Phil (Phillip) Raschker, 51, USATF Masters T&F Female Athlete of the Year. In 1997, she announced her retirement from competition in an interview with Ken Stone, posted on his web site (http://members.aol.com/tracker/messages.html). Raschker, married, a PA, was considered by many masters aficionados as the greatest age-40+ athlete, man or woman, in the history of the movement. Her most recent accomplishments included seven WRs at the European Indoor Veterans Championships, Great Britain, February 1997, followed by an interview with Stone, July 11. The five are: Ted Corbitt, M55, 1:15:38, and Theresa Sadeghi, 42, Endwell, NY, 1:27:02. The 40+ WR holder in the javelin, now residing in Wichita, KS, on June 10. On June 15, with George Marchetti, 55, he won the M55 800 (2:20.9) and 1500 (4:49.3). Ken Ellis, M40, hit the heights with a meet-best 5:15 in the mile with Ken Jones, 40, M40+ hammer with a booming 191-10.

• Paul Heitzman, 67, Eudora, KS, won the age-graded competition in the Kansas Two Mile Championships in Hutchinson, June 6, with a 91.8%. Jay O'Neill, M40, 10.01, and Barbara Holzmac, W45, 12.23, were first. Terry Pollock, M50, 38.29, and Sheryl Dwo, 50.47, took masters honors in the 10K.

• Jane Weltzel, 43, Fort Collins, CO, 37:09, blazed to a masters win at the Avon Women's 10K, Denver, CO, May 9.

SOUTHWEST

• James Lofton, 42, a former All Pro Green Bay Packer, ran a spectacular 49.6 to finish second in a field of open and younger runners in an invitational 4000 at the Metroplex Meet. June 21, Lofton recorded a 2:35.5 in an invitational 600. In the Metroplex Meet, Rick Easley, 44, competing with younger runners whose ages ranged from 17 to 36, finished sixth in a 2:06.2.


• Despite a delayed start and warm temperatures, Charles Andrews, 40, Rochester, NY, 2:33.02 (84.3% AG), and Christine Kenney, 44, Sunnyside, CA, 2:35.27 (84.7%), dashed to solid masters wins at the highly popular Rock 'n Roll Marathon, San Diego, CA, June 21. Ken Easley, 55, captured the W55 crown in a quick 16:37. Ken Sparks, 53, Chagrin Falls, OH, 2:44.26, won in the fastest age-graded performance to win the M50 division, followed by M45 winner Terry McCluskey, 49, Brookfield, OH, 2:40.21 (86.0%). On the women's side, Luanne Holzman, 55, Chicago, IL, 3:18.02 (81.1%) had a fast age-group victory.

NORTHWEST

• Les Hertz, 77, and Jenni Ashcroft, 17, of Tigard, OR, may be the only grandfather-granddaughter pair voicing competition in the U.S., if not annual Steamboat Classic 4 Miler, Peoria, IL, June 20. Masters winners in the 15K competition were Bob Dalton, 45, Fayetteville, GA, 53.17, and Christoma Kidd, 46, Lincoln, IL, 1:04:22.

• Lynn Tracy, 45, 15.56, outdistanced the entire women's field at the UW Parkside (Wisconsin) 3000m racewalk, June 7 (AG 81.6%). Al Du Bois, 66, turned in a quick 16:37 (AG 84.3%) to win his division.

INTERNATIONAL

• Albertos Vanz's plying his M75 WR 14.55 in the 800 (Frank Finger/15.11990) helped to pump his decathlon score to 7710 (Claude Hilla/3389/1989), another pending WR in the South Africa Veterans Athletic Championships, Bloemfontein, May 1-2. He also ran a hand-timed 5.47 in the 300H, Dan Buley owns the WR of 55.33 in 1994.

• Wilma Perkins has been elected president of the Queensland Veterans Athletics Club in Australia. The first thing she did was apply to change the name of the club to "Masters" instead of "Veterans," according to club member Yasha Watkins.

in the world. Hintz started back into vaulting in 1987 at the nationals where he finished third in his age division and has since competed in the World Masters Games, the Oregon State Games, and local meets. Ashcroft, who won the Class A 20-high school state pole vault title with a state record 11-4 for all classes last spring, graduated from Sheridan HS in Tigard and will attend the University of Nevada in Reno on a track scholarship. Her best vault is 11-11-

• Becky Siesly, Northwest Regional Coordinator, announced that the Northeast Regional Masters Championships for the year 2000 will be held in Bozeman, MT, two weeks prior to the USATF National Masters Championships in Eugene, OR, Aug. 10-13. This will be the first regional championships outside of Washington or Oregon.

• Mark Holland, 41, 31, and Debbie Hanson, 44, 40, stoked to masters wins in the Classic Magna 10K, UT, June 27. The race was part of the USATF Utah Road Racing Circuit.

• Art Meany, 54, was first M40+ and sixth overall in 27:00 at the Mews 8K, St. Johns, Newfoundland, July 5.

• Emil Muller, 60, who, as a guest athlete in the 1998 Indoor Nationals in Boston, was first in the M60 weight (47-7'/4), is one of just 13 hammer throwers, no non-masters, in Quebec. His season's best, in open competition, is 167-9.

• Mike Pollock, 44, 44, 40, stoked to masters wins in the Classic Magna 10K, UT, June 27. The race was part of the USATF Utah Road Racing Circuit.

• Tesh TeshimaChet 'The Jet' Blanton, 40, ran the Kapilani 100 Miler, Honolulu, June 28, in 24:00 to raise money for charities.
USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are usually limited to age 50 and over. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. International T&F meets are generally limited to men over 40 and women over 35. 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 NMM, P.O. Box 50098, Eugene, OR 97405.

**TRACK & FIELD**

**NATIONAL**

**August 7**
- 5-7. Orlando Track Classic, University of Central Florida, Orlando, FL.

**September 19**
- 8-9. Capital City Classic, Tallahassee, FL.

**October 18-20**

**SOUTHWEST**

- **Alabama**, **Florida**, **Georgia**, **North Carolina**, **South Carolina**, **Tennessee**, **Virginia**
- **August 8**
  - Nashville Striders Meet, David Lipscomb H.S. 615-331-0111; 383-6733.
- **October 2-3**

**MIDWEST**

- **Illinois**, **Indiana**, **Kentucky**, **Michigan**, **Ohio**, **Wisconsin**, **West Virginia**
- **August 16**
  - Oak Forest Masters and Open Meet, Oak Forest HS, Illinois. Gerry Kainkin, 708-687-2124.
- **September 10-13**
  - Southwestern Illinois Regional Senior Games, Edwardsville.
  - September 23, 2nd Annual Nmor Bower Memorial Weight Pentathlon, SASE to Joe Chadbourne, Over the Hill TC, 18554 Haskins Rd., Chago Falls, OH 44023.

**MID-AMERICA**

- **Colorado**, **Iowa**, **Kansas**, **Minnesota**, **Missouri**, **New Mexico**, **North Dakota**, **Nebraska**
- **August 2**

**SOUTHWEST**

- **Arkansas**, **Louisiana**, **Mississippi**, **Oklahoma**, **Texas**
- **September 17-20**

**WEST**

- **Arizona**, **California**, **Hawaii**, **Nebraska**
- **August 6, 13**
  - Los Gatos All-Comers, Los Gatos HS, Calif. 5:30 pm. Willie Harms, 408-354-7365.
- **October 15**
  - Kel Field Throws Meet, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202.

**LONG DISTANCE RUNNING**

Indy Life Circuit action is available in the Crim 10 Mile, Flint, Mich., on the 22nd. The Beach To Beacon 10K, Cape Elizabeth, Me., initiates the month on the 1st, followed by the Sheehan 5 Mile, Red Bank, N.J., and Clarksburg 10K in West Virginia on the 8th. Offerings of the 16th range from the Falmouth 7.1 Mile in Massachusetts to Pikes Peak Marathon in Colorado and America's Finest City Half-Marathon in San Diego. On the 22nd, the Parkersburg Half-Marathon in West Virginia hosts the USATF Open Championships. Assorted teams will trundle off from Mt. Hood to Seaside, Ore., in the 195-mile Hood To Coast Relay on the 28th. The Anchorage 10 Mile and the Silver State Marathon, Reno, Nev., close out the month on the 30th.

**RACEWALKING**

The MAC/East Region 3K Championship hits Central Park, NYC, on the 9th. Many track & field events and road races include a racewalk. The Hood To Coast Relay has a shorter event for racewalk teams, starting in Portland, rather than in Mt. Hood.

**NORTHWEST**

- **August 5-9**
- **August 6-9**
- **August 10-22**
August 1998

Continued from previous page

September 27. The Great Race 10K, Pittsburgh. Mike Radley. 400 City-County Blvd., Rm 459, Pittsburgh, PA 15219. 412-255-2493.
September 27. Adirondack Marathon, Schroon Lake. Daniel Perry, PO Box 583, Schroon Lake, NY 12879. 888-SCHROON; fax 518-532-6725.
September 27. Rockland Half-Marathon/New York RC Championships, Orangeburg. Tappan Zee Boosters, PO Box 249, Orangeburg, NY 10962. 914-359-5425.
October 3. New Hampshire Marathon, Bristol. Fred MacLean, PO Box 6, Bristol, NH 03222. 603-744-2649.
October 25. Marine Corps Marathon, Washington, D.C. MCM, PO Box 188, Quantico, VA 22134. 800-RUN-USMC; fax 703-784-2265.

SOUTHEAST

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

September 12. Eastman 10K, Kingsport, Tenn. 423-229-7771. See also race walk schedule.
September 26. Virginia 10 Mile, Katherine Switzer, program director of the Avon Women's Circuit, congratulates Karen Franklin, 21, first woman overall (18:42). Mother's Day 10K, May 10, Switzer, former long distance standout, was the W50 winner (23:53).

October 17. Southside Running Festival 10 Mile, St. Petersburg, Fla. Masters money. SRF, PO Box 66252, St. Pete Beach, FL 33737. 813-363-7866; fax: 360-9710; e-mail: run_florida@msn.com.
November 8. Vulcan Marathon, Birmingham, AL. VM Weekend, PO Box 43447, Birmingham, AL 35243. 205-879-5344.
November 26 (Thurs.), Outback Distance Classic Half-Marathon, Jacksonville. 1st Place Sports, 3853 Baymeadows Rd., Jacksonville, FL 32217. 904-739-1917.

MIDWEST

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


November 15. Race For The Cure 5K, Rose Bowl, Pasadena, Calif. Kinane Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 434-7706; e-mail: franciscash@aol.com.


August 30. Silver State Marathon, Reno. Nev. Ski Park Forest, IL

September 27. Duke City Marathon & 40K, Albuquerque. DCM, PO Box 2806, Albuquerque, NM 87190. 505-892-2250.


November 7. White Rock Half-Marathon, Dallas. X-C Club of Dallas, PO Box 301414, Dallas, TX 75382. 214-543-1511, or Horace Duncas, 927-270-5264.


November 8. San Antonio Marathon, 1123 Navarro, Marion, TX 78205. 210-246-9652.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

October 12. Silver State Marathon, Reno. Nev. Ski Park Forest, IL


November 15. Race For The Cure 5K, Rose Bowl, Pasadena, Calif. Kinane Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 434-7706; e-mail: franciscash@aol.com.


August 30. Silver State Marathon, Reno. Nev. Ski Park Forest, IL

September 27. Duke City Marathon & 40K, Albuquerque. DCM, PO Box 2806, Albuquerque, NM 87190. 505-892-2250.


October 17. MAC & East Region 30K Championships, Central Park, NYC. Stella Cashman, Park Runners USA, 320 E 83rd St., Box 18, NY, NY 10028. Tel/fax: 212-628-1317; e-mail: franciscash@aol.com.

November 7. USATF South State One-Hour Championships, Myrtle Beach, S.C. USATF South Carolina, PO Box 491, Union, SC 29379-0491. 803-427-1829.

INTERNATIONAL


RACEWALKING

August 9. MAC & East Region 3K Championships, Central Park, NYC. Olyc. Stella Cashman, Park Runners USA, 320 E 83rd St., Box 18, NYC, NY 10028. Tel/fax: 212-628-1317.


September 12. USATF National Masters 5K Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 434-7706; e-mail: franciscash@aol.com.

August 28-29. Hood To Coast Relay, Mt. Hood to Seaside, Ore. 195 miles. Also shorter Portland To Coast Run Relay & Walk Relay. SASE to HTT Relay, 5319 SW Westgate Dr., Suite 262, Portland, OR 97221. 503-292-4262; fax: 292-4113.

October 4. Portland Marathon. Les Smith, PO Box 4040, Beaverton, OR 97006. 503-226-1116.


Canada


**RECIPIENTS OF CERTIFICATES/PATCHES AS ALL-AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE**

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**U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN**

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

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

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**MARK**

**DATE OF MEET**

**MEET SITE**

**EVENT**

**HURDLE WEIGHT**

**WEIGHT OF IMPLEMENT**

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*All American Standards Committee*
The National Masters News
August 1998

**EAST**

Potomac Valley TC Meet
Alexandria, VA; May 31

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**WEIGHT THROW**

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**TRACK & FIELD RESULTS**

Please send results to: National Masters News, P.O. Box 50098, Eugene OR 97494. To keep information current, we generally do not publish results more than 3 months old. Results are typed maximum of 2/5" wide in our format receive preference. Deadline is the 10th of the month prior to issue date.

**NOTICE:** The National Masters News will no longer process results that are submitted handwritten.

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![Image of a page with track and field results and a table with details of athletes' performances.](null)
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**Portland Masters Classic/UO/ Oregon Association/USATF Championships, Eugene, OR, June 13-14**

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**National Masters News**

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**Hayward Classic Masters/USATF Northwest Regional Championships, Eugene, OR, June 27-28**

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**August 1998**

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<tr>
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<tr>
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**Note:** The above table represents the times for various events and distances, with the fastest times highlighted in bold. The data is extracted from the provided document.
NEW! NOW AVAILABLE 1997 U.S. Masters Outdoor Track & Field Rankings Book

- Men’s and women’s 1997 U.S. 5-year track & field age-group rankings.
- 52 pages, over 100-deep in some events.
- All T&F events.

Send $7.00 plus $1.50 postage and handling to: NATIONAL MASTERS NEWS
P.O. Box 50098
EUGENE, OR 97405

Name ____________________________
Address ____________________________
City ____________________________ State __________ Zip __________

WAVA/USATF
Hurdles and Implements Specifications

HURDLES

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<th>Age</th>
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<th>Between Hurdles Time</th>
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<td>80m</td>
<td>76.25in</td>
<td>12.00sec</td>
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<td>50-59</td>
<td>60m</td>
<td>84.00in</td>
<td>12.00sec</td>
<td>25.00sec</td>
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<tr>
<td>60-69</td>
<td>60m</td>
<td>84.00in</td>
<td>12.00sec</td>
<td>25.00sec</td>
<td>40.00sec</td>
<td>7</td>
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<tr>
<td>70 plus</td>
<td>60m</td>
<td>84.00in</td>
<td>12.00sec</td>
<td>25.00sec</td>
<td>40.00sec</td>
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MEN

- 30-39 | 110m | 91.25m | 12.00sec | 22.00sec | 30.00sec | 5 |
- 40-49 | 80m | 76.25m | 12.00sec | 20.00sec | 30.00sec | 6 |
- 50-59 | 60m | 84.00m | 12.00sec | 25.00sec | 40.00sec | 7 |
- 60-69 | 60m | 84.00m | 12.00sec | 25.00sec | 40.00sec | 7 |
- 70 plus | 60m | 84.00m | 12.00sec | 25.00sec | 40.00sec | 7 |

WOMEN

- 30-39 | 100m | 84.00m | 13.00sec | 20.00sec | 30.00sec | 5 |
- 40-49 | 80m | 76.25m | 12.00sec | 20.00sec | 30.00sec | 6 |
- 50-59 | 60m | 84.00m | 12.00sec | 25.00sec | 40.00sec | 7 |
- 60-69 | 60m | 84.00m | 12.00sec | 25.00sec | 40.00sec | 7 |
- 70 plus | 60m | 84.00m | 12.00sec | 25.00sec | 40.00sec | 7 |

IMPLEMENTS

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<td>60 plus</td>
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WAVA weights are used for USATF weight pentathlon.

STEEPLECHASE: men 30-59: 3000m (9.14m); women: 2000m (6.56m)
Supervote: M30-69: 56 lbs; M70-79: 45 lbs; W30-49: 35 lbs; W50-59: 25 lbs.
1998 NORTH & CENTRAL AMERICAN & CARIBBEAN WAV A REGIONAL CHAMPIONSHIPS
BARBADOS NATIONAL STADIUM, BRIDGETOWN, BARBADOS
NOVEMBER 19 – 22 1998

ELIGIBILITY: Competition is open to all men and women 30 years of age and older. Age on November 19, 1998 will determine a competitor’s age group. Individual competition will be held in age groups of 5-year increments starting at age 30. Relays will be held in age groups of 10-year increments.

ALL COMPETITORS MUST BE MEMBERS OF THEIR COUNTRY’S AFFILIATE, IF ONE EXISTS. FOR EXAMPLE, IN THE USA, ALL COMPETITORS MUST HAVE A 1998 USATF CARD AND ALL BARBADOANS MUST BE REGISTERED WITH THE AMATEUR ATHLETIC ASSOCIATION OF BARBADOS. GUEST (NON NCCWAVA) COMPETITORS ARE WELCOME. Proof of Birth Date will be required from all competitors in advance. A photocopy of your birth certificate must be sent with your entry form to ensure eligibility.

AWARDS: NCCWAVA Championships medals will be awarded to the top three finishers in each age group (men 40+ and women 50+). Each Championship Final. Non-NCCWAVA guest competitors finishing in the top three in these divisions will receive a non-Championship medal. The first three finishers in the women’s and men 30-34 age groups, and men 35-39 age group, will receive non-Championships medals in each event.

ENTRY FEES AND PROCEDURES: The NCCWAVA fee is US $5. Entry fee is US $25 for the first event, US $15 for the second event, US $15 for the third event, and US $17 for all additional events. Penalties, or Weights Pentathlon entry in US $30 each (US $30 for additional events). Penalties are US $40 per team, payable on-site before the start of the race. Each competitor will receive a commemorative NCCWAVA T-shirt as part of the entry fee. Additional T-shirts may be purchased for US $12.50 each, either in advance or on-site.

All entries must be RECEIVED BY NOVEMBER 2, 1998. Confirmation of entry will be sent to all competitors who have registered by October 2, 1998. If your form is received after October 2nd, no confirmation will be sent. Late entries received after November 2nd will be assessed at US $25 penalty. Absolutely no entries will be accepted after November 9th. No entry will be considered complete unless it is accompanied by full payment of fees.

There will be no refunds of entry fees for any reason.

RELEASE: Teams will be divided into 10-year age groups (30-39, 40-49, etc). Teams may be composed of athletes from the same or different countries. No mixed-gender teams will be allowed. Entries will take on-site only. Entry fee is US $25 per team and full registration if U.S. citizen and AAA of Barbados registration if a citizen of Barbados.

PACKET PICKUP: Competitors may pick up their packets at the following times: at the Divi Southwinds Tuesday and Wednesday and at the National Stadium Thursday – Sunday.

DECLARATIONS: Declarations must be made at least one hour before the scheduled start of the event. Events starting before 10 a.m. may be declared off for the evening prior.

CHAMPIONSHIP BARBECUE: A post-meet barbecue open to all athletes and accompanying persons will be held at the end of competition, Sunday November 22nd. Cost is US $15 per person.

COMPETITION ENTRY FORM ALL ENTRIES MUST BE RECEIVED BY NOVEMBER 2, 1998

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<th>Zip Code</th>
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<th>Fee</th>
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NCCWAVA EVENT SCHEDULE 1998

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<td>8K Cross Country</td>
<td>110 M Hurdles</td>
<td>70 M High Jump</td>
<td>300 M Medley Run</td>
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<td>1500 M Run</td>
<td>10,000 M Walk</td>
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<td>Marathon</td>
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FEES:

1. The Pentathlon is a multi-event and has a separate fee schedule from other events, which are termed “single events” (see below)

NCCWAVA EVENT FEE = US $5.00

1st Single event (US $25.00) (includes T-shirt) = T-shirt size (circle one) | S | M | L | XL | XXL |

2nd Single event (US $15.00) = US $17.00

Additional single events = X |

Pentathlon (US $100.00 if only event, US $200.00 if additional event) = (Pentathlon is your only event, indicate T-shirt size above) |

Weight Pentathlon (US $100.00 if only event, US $200.00 if additional event) = (Weight Pentathlon is your only event, indicate T-shirt size above) |

Surcharge for entries received after November 2nd (US $25.00) = US $25.00

Additional t-shirts = (X) US $12.50 (circle sizes) | S | M | L | XL | XXL |

Barbecue = X |

TOTAL AMOUNT DUE = US $ |

*Championships Supporter (Optional - $25.00)

1. Penalties: The Pentathlon and Weight Pentathlon are multi-events, and have a separate fee schedule from all other events, which are termed “single events” (see below)

**Championships Supporter: Your voluntary US $25.00 contribution will help sponsor a thank-you party for the officials who generously donate their time and expertise in order to make this event possible. Championships Supporters will be recognized in the most prominent manner.