Nationals Draw 1418 to Eugene

Athletes Come from 50 States and 12 Countries

A total of 1418 athletes, age 30-and-over, from all 50 states and 12 foreign countries took part in the 27th annual USA National Masters Track and Field Championships on August 11-14 in Eugene, Oregon.

The number was the second-largest ever for a national meet, surpassed only by the record 1450 in San Diego in 1989, which was bolstered by hundreds of foreign athletes on their way to the World Veterans Championships in Eugene.

The 1994 total was a surprising 42% above the 997 who went to Provo, Utah for last year's nationals.

Of the total competitors, 1080 (76%) were men and 338 (24%) were women. The female numbers were up 70% over last year (199, 20% of total). The 50-state representation was a new high, bettering last year's 49-state participation.

Sixty-two foreign athletes took part: Canada 34, Great Britain 10, Mexico 5, France 3, South Africa 3, and one each from Germany, Poland, Italy, Guyana, Israel, Brazil, and New Zealand.

Twenty-one athletes were age 80-or-over, and 136 were over 70. The largest age group was M40, with 178 entrants. The median age was 50, well up from last year's age 46. At age 94, Idaho's Buell Crane was the meet's oldest competitor.

With family members and friends included, the meet had an economic impact on the Eugene community of $1.4 million, according to standard economic estimates.

It was the second time the University of Oregon's famed Hayward Field had hosted a national meet — 1994 being the first. The 1987 nationals were held in adjacent Springfield when the refurbished Hayward track was not quite ready.

A Homecoming

For many participants, it was the first visit back to Eugene since the magnificent VIII WAVA World Veterans Championships in 1989.

This meet wasn't as big — nearly 5000 athletes from 58 nations were there in '89 — but most competitors felt it was the best national championship meet ever held.

The people of Eugene were just as friendly as in 1989, even though the stands at Hayward Field weren't packed as they were five years ago.

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NATIONAL MASTERS NEWS
The official world and U.S. publication for Masters Track & Field, long distance running and race walking

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USA Masters News

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AGE GRADED TABLES

The present method of computing age-graded tables should be revised slightly. Instead of a committee deciding on a value for each age group and event, let the 100% value be the world record for the athlete's age group and event on January 1 of that year.

Then the present achievement levels of 90%, 80%, 70%, 60% would be meaningful for World Class, National Class, Regional Class, and Local Class. If the age group world record were broken during the year, that performance would exceed 100%, but would become the 100% mark for the following year.

To illustrate the difficulty with the present system, consider the pole vault. According to the NMN article (August), the present 100% value for the 80-84 group is 50% of the present world record. Bubka's world record is slightly over 20 ft., so this would put the 100% value for 80-84 at say, 10 ft. The actual world record for that age group is 8'3" held by Carol Johnston. According to the table, that is only 63% or "National Class," but surely the world record should be "World Class." If the world record for an age group exceeds that of a younger age group, the older age group record could be used for the 100% value of the younger age group until the unusual condition corrects itself.

Although the Age-Graded Subcommittee's work should be praised for its painstaking effort in revising the previous table, this suggested slight alteration would eliminate the judgment factor, be automatic, and not require a committee meeting.

Jim Vernon
West Covina, California

GAY GAMES

Regarding NMN's August article on "Gay Games," a suggestion seems in order. It is one thing to report objectively on athletic performances at "straight," "gay" or any other kind of games, but quite another to lapse into promotion of sexual preference of the athletes themselves, especially when, as in this case, the preference happens to be about 1% of the population. Accounts of other meets don't go into such things; why should they for gays? Besides, the somewhat overblown report certainly didn't "foster a greater understanding of gay people," who, after all, are hardly a new discovery.

Ed Chynoweth
Sanger, California

I read with increasing interest through your full page report on the recent Gay Games held in New York. Not only did it become apparent as the paragraphs went by that it must have been a well run event, it pointed up a wonderful fact about the world of Track & Field.

Within the wide area of sports, I think we can easily state that through the years Track & Field has been in the forefront of knocking down barriers and realizing the equality of people regardless of race, gender and now, as demonstrated by your coverage of those games, sexual preference. Jesse Owens set a standard in Berlin. The tradition remains and, in its way, the National Masters News continues to make important contributions toward the spirit of sportsmanship and equality.

Track & Field indeed celebrates diversity while creating harmony. Congratulations.

Richard Oliver
Studio City, CA

(Were accept both the criticism and the praise, but we may not deserve either. We simply covered the Games as just another event in which hundreds of masters athletes competed. No more. No less. — Ed.)

WOMEN'S PENTATHLON

A change should be made in the women's pentathlon so the events parallel the men's. Not too many women high jump past 60 years of age.

Gloria Lipton
Kingston, New York

NEW REGION

The home states that people traveled from to participate in the Midwest Masters Meet, Huntington, W.Va., could suggest a need for another region. There is no reason the East Region should be allotted 12 states, nor for the Southeast Region to be so large in population and size. A proposed new region — perhaps the Mid-East — would include parts of Ohio and Pennsylvania; Virginia; West Virginia; Kentucky; Maryland; East Tennessee; and North Carolina. For a trial, we would like for next year's meet in Huntington to be designated a regional. The words "not the regional" could then be deleted from our announcement in NMN.

The Midwest Masters Meet, though, predates any of the regional meets; however, we would probably change our name if the right opportunity presented itself. Since athletes do not have to qualify for nationals, the seven existing regional meets serve little if any useful purpose. A system that incorporated some standards and/or finishing 1st, 2nd, or 3rd at a regional meet would improve attendance at both the regional meets and the national meet, making the latter more meaningful.

David E. Stooke
Meet Director
Huntington, W.Va.

Midwest Masters Meet

by DAVID STOOKE

The Midwest Masters Track and Field Meet in Huntington, W.Va., attracted 112 competitors, approximately half of whom represented 13 states other than the tri-state area of West Virginia, Ohio, and Kentucky. The pleasantly mild weather for July may have contributed to many outstanding performances in both track and field events.

Among those who broke existing meet records and/or won three or more awards were Vicki Hearns (W30), Rick Meindl (M35), Thad Bell (M40), Scott Hartman (M40), John Sloan (M50), James Stooke (M60), Jim Law (M65), Mike Goldman (M60), Jack Hippie (M70), Charlie Irwin (M75), and Everett Hossack (M90).

The USAIF West Virginia officials enjoy officiating and take pride in their different areas of expertise, and judging from numerous comments from the athletes, they are among the best; for many of us who officiate, merited praise is the only compensation we receive or need.

Meet directors, David Stooke and Kenneth Dillon, welcome all masters athletes to give us an opportunity to meet you and to serve you at next year's Midwest Masters Meet. Maybe — just maybe — the organizers for the Kentucky State Games and the Midwest Regionals will schedule another Saturday for their meets; the last Saturday in July will continue to be the time we will hold the Midwest Masters Meet in Huntington.
USA Decathlon/Heptathlon Draws 64

from CHARLES NODLER
The 21st annual USAF National Masters Decathlon/Heptathlon Championships drew 58 men and six women — the second-largest participation ever — to Fred Hughes Stadium on the campus of Missouri Southern State College in Joplin on July 16-17.

The athletes came from 28 states and Canada. Despite an injury which kept him from competing, Tom Light of Chuglak, Alaska came the farthest to help officiate. He was a mainstay in the success of the field events.

The meet competition was based on the 1994 WAVA Age-Grading and the 1985 IAAF Scoring Tables.

The top point-getters in the decathlon competition were Phil Mulkey (M60, 7882 points), Dale Lance (M55, 7263), Denver Smith (68, 7169), and Rex Harvey (M45, 6941). In theory, these scores can be compared with Dan O'Brien's current world record of 8891 points.

Topping the heptathletes were Phil Raschker (W45, 6174), Donna Ricks (W35, 4654), and Marlene Sachs (W50, 4572). Raschker's total was a new W45 world best.

Tyson Foods was the main contributor to the meet, providing a free buffet for athletes and workers, awards, an extra shot ring, t-shirts, and cash for other needed items.

Media coverage was excellent; three TV stations did live reports and athlete interviews; several articles appeared in the newspapers.

A rain delay, good food, friendly competition, excellent performances, and great fellowship were among the memories shared by all.

Wal-Mart Supercenter and Tyson Foods were major sponsors of the meet.

Winning in the field events were

- Phil Raschker (W45, 6174) — long jump (22-10.25), triple jump (53-3), shot put (43-4), discus (149-8), and 1500 (10:59)
- Susan Packard (W50, 1043) — long jump (20-4) and triple jump (49-3)
- John Conniff (M50, 1043) — long jump (25-3) and triple jump (50-2)
- John Conniff (M50, 1043) — long jump (25-3) and triple jump (50-2)
- Rod O'Neal (M60, 6642) — long jump (22-6) and triple jump (51-0)
- John Conniff (M50, 1043) — long jump (25-3) and triple jump (50-2)
- Rod O'Neal (M60, 6642) — long jump (22-6) and triple jump (51-0)

In other activity, Tom Thompson posted M40 wins in the 100 (11.23) and 200 (23.27). Jim Mathis, M55, won the 200 (25.08) and 400 (55.44).

Robert Ball, M60, won the 110 hurdles (15.72) and 400 (1:02.78). John Conniff, M50, led all throwers in the shot put (8-10) and discus (42-6).

The meet director was Art WOJCIK.

Finsrud Stars in Southwest Regional

by JERRY WOJCIK
Carol Finsrud's U.S. record in the discus was the highlight of the USAF Southwest Regional Masters Championships in Clemens Stadium, San Antonio, Texas, on July 23. Finsrud broke her own W35-39 record of 159-8 of 1993 with a 167-9. She also had a 1994 top-ranked shot put of 39-8.

In other activity, Tom Thompson led all throwers in the shot put (41-6) and discus (153.6). The meet director was Art Rodriguez.

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Look for our full page ad in a couple of months for all the details of the meet.
Earning A "Black Belt" in Running

They say there's a problem in the road racing arena, although they're not quite sure what the problem is. For sure, there was a "summit meeting" held in Washington, D.C., on February 19, out of which came a task force of prime movers in the United States long-distance running community. It was announced at the meeting that running participation is increasing six to eight percent a year; nevertheless, various problems were identified, including aging of the running population, the need for heroes, the inadequate structure of the sport, the need to get more children involved in the sport, and the need for more publicity and TV coverage.

One of the problems that I see is that we are talking about two somewhat separate and distinct activities — sport and fitness. We have serious competitors in one group and not-so-serious competitors, joggers, and frolickers in the other. They have different needs and different interests.

I don't know if there is anything that can be done to stir up much more interest than there already is in the sport side of it. Even though I've been involved with the sport as competitor, race official, club officer, or reporter since 1957, I have little interest in watching road races on TV. I'd much rather watch a good ball game. I think most of my long-time running friends feel the same way. And, I doubt it would make any difference if Americans were winning the races rather than Kenyans.

Not a Spectator Sport

It's simply not a spectator sport and no amount of promotion is going to make it one.

As for the fitness-runner population, the problem that I see is that fitness runners lose interest in race participation when they can no longer achieve PRs (personal records) and when adding to their T-shirt collection no longer interests them. What's more, many of them cannot relate to times at distances other than the marathon or 10K. Most of them continue to run for fitness but are not inclined to pay a $15 entry fee to run along in the middle of the pack when they can accomplish the same thing by staying home and running around the neighborhood.

As I see it, what we need to maintain motivation among the fitness runners is a structured grading system with an organized body overseeing it, much like that in the martial arts where they begin at white belt, then advance to purple, brown, black, and on up to various degrees of black belts.

Instead of awarding belts, the sponsoring running organization would award certificates, patches, or T-shirts shown for all to admire. Let's face it, there's a lot of ego satisfaction connected with any sport.

Suggested Grading System

My idea of a grading system is one that will include all standard road racing distances from 5K on up to at least the marathon. It might even start at a mile and go as high as 100 miles.

Here's how the system would work. Let's say all "white belt" runners, the novices, can qualify and move up to level one by running a sub-8-minute-mile pace, or under 24:51, for 5K. They can then advance to level two by holding an 8-minute pace for 8K (19:45), then on to 10K (49:43), 12K, 15K, 20K, half-marathon, 25K, 30K, and finally the marathon, which would require a 3:29:45. In all, there are ten steps or levels in the ladder.

For lack of a better name, let's call the system the "Barrier Breakers" and those shooting for sub-8 performances the "Sub-8" club. There would also be a "Sub-7" club, requiring a sub-7-minute pace, or 21:45 for 5K, for entry level and a 3:03:32 marathon for the highest level. Likewise, there would be a "Sub-6" club for faster runners and even a "Sub-5" club for the elite.

A person who advances to the 10th level in the "Sub-1" category should be ready for the "Sub-7" entry level, as, based upon tables of comparative performance, a 3:29:45 marathon is equal in effort to a 21:57 for 5K. Likewise, a person who climbs to the top of the "Sub-7" ladder should be able to perform as well as a "Sub-6" entry level performance of 18:38 for 5K (a 3:03:32 marathon is equal in effort to a 19:09 for 5K).

As you can see, there is a systematic step up in going from a level 10 sub-8 performance in the marathon to a sub-7 performance at 5K. Thus, a sub-7 for 5K would be level 11 and a sub-6 for 5K would be level 21. A sub-6, or 2:37:19, for a marathon would be level 30 performance.

40 Levels of Advancement

In all, there would be 40 levels one can advance through, a sub-5 for a marathon (2:11:05) being the top level. Of course, if the elite were to become interested in this, we could extend it even higher than level 40.

If a person is not interested in running the marathon or longer distances, he or she can attempt the transition to a faster level without going all the way to the top of the ladder.

Continued on page 7
Arellano, Calvin Win in San Francisco
Salvador Arellano, 40, Mexico, and Cynic Calvin, 48, Auburn, Calif., topped the masters fields in the San Francisco Marathon on July 31.
Arellano took the M40-and-over first with a 2:33:45. Calvin finished in 2:32:41 for the W40+ victory. About 4000 runners finished the course.
Entries came from as far as New York and Virginia and from Finland, France, Russia, and Japan.
Mel Williams, 56, Virginia Beach, Va., won the M55 race in 2:58:35.
The M65 winner (3:11:15) Keizo Yamada of Japan added some historical flavor to the race. Yamada was the winner of the 1953 Boston Marathon and once held the world best time for the marathon. He has competed in over 150 marathons.
The overall winners were Patrick Muturi, Kenya, in 2:17:34, and Karolina Szabo, Hungary, in 2:44:34.

1994 T&F Rankings
by JERRY WOJCICK
The rankers for the 1994 outdoor season are listed below. If your best 1994 outdoor marks have not appeared in the results sections through the December issue, send them to the appropriate rankers before Jan. 15. Include some form of verification. In the past, the Rankings Book has been available at the indoor championships. The 1995 Championships are being held in Reno, Nev., Feb. 24-26, necessitating an earlier publication date than usual.
If your best marks in a single event were made in a multi-event other than a national championship, it might be a good idea to send the actual (not the age-ranked) marks to the rankers to assure their inclusion in the lists. I started a superweight rankings but gave up when I discovered that it was impossible to determine accurately
Continued on page 23

Mondragon, Legare Winners in Boilermaker 15K
Defending champion Nick Rose, 43, Bristol, England, running out of Louisville, Ky., was second to Mondragon for the fourth time this year. The four races they have competed in this year, in 46:25, 22nd overall, winning $600. Kenyan Joseph Nzau, 43, was third in 47:39 for $300.
S. Rae Baymiller, 50, NYC, won the women's 50-plus race in 58:33. Men's and women's cash prizes were equal for both the open and masters runners.

Canadian Diane Legare, 43, women's masters winner (55:58), Boilermaker 15K, Utica, N.Y., July 10.

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Third Wind
Continued from page 6
runner might not want to run longer than a half-marathon. That person can attempt to jump from level 7 to the sub-8 category to level 11, which is in the sub-7 area.
We might even begin at "Sub-9" or "Sub-10" for older runners and children. We could even age and gender grade it. As an example here, for both the open and masters runners:
Continued on page 23

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Great Boston Meet, Say Athletes

by MARILYN J. MITCHELL

On July 9, meet directors Fred Treseler and Paige Martini and the Boston Running Club (BRC) hosted another great masters track and field meet on Northeastern University's Solomon Track in Dedham, Massachusetts, which also served as the USATF New England masters championships. With a reputation for technical excellence, the meet drew 229 participants. With a reputation for

Bruno Maki (M75) threw a world group record (30-6) in the shot put; Carolyn Cappetta (W55) raced to a world single age record (tie) at 4-2 in the high jump. In addition, athletes achieved numerous meet records. Nova Scotia's Ross Mitchell set a 13.4 meet record in the M65 100, and Alby Swenson's 4:30.2 mile (M45-49) was the second fastest mile of the day, after Mel Gonsalves' 4:29.2 (M30-34). Swenson beat out two competitors in his age group as well as eleven younger men.

Among the women, Louise Clark looked sharp with her 12.8 in the 100 and 26.8 in the 200, while Irene Thompson's (W40) 15.5 short hurdles and Jan Vermilye's (W45) 5:26.4 mile were highlights.

Relay winners were the Boston Running Club (4x100), Touch of Class (sprint medley), and Central Park Track Club (4x400).

Among the 196 men, the most popular running events were the 100 (30 participants) and the 800 (27), while the leading field events were the discus (37), shot put (31) and the javelin (27). For the 33 women participants, the leading events were the 400 (7 participants), hammer (8), discus (8) and the shot put (8). The oldest female was Libby Hagemann (72) and the oldest male was Dr. Paul Narcessian (82).

The main sponsors were Reebok and Timex. Other sponsors included New England USATF, AKVA Water and Days Inn in Newton. Not only does the meet have sponsors, but so does the 300-member Boston Running Club. In appreciation, the BRC also adds a social awareness component to their meet by having a BRC/Reebok retreat program, wherein competitors are encouraged to bring old running clothes and shoes to be collected for distribution to area homeless shelters.

FIVE YEARS AGO
September, 1989

On July 9, 1989, the World Championships in Eugene, Oregon, were held. The meet was hosted by WAVA in 1991. Toga, Finland was chosen to host the VIII World Championships in 1991. The championships were sponsored by New England USAATF, AKVA Water and Days Inn in Newton.

Dr. Pagliano is on vacation. His column will resume next month.
Bohigian and Ghose Take Titles At Sri Chinmoy Games

Despite the heat, 200 masters athletes from the East Coast and Canada gathered at the Forest Park Victory Field for the 10th annual Sri Chinmoy Masters Track and Field Games, July 17.

Overall Games titles went to Haig Bohigian, 58, a CUNY math professor from North Tarrytown; and Ranjana Ghose, 43, a boutique owner from Jamaica, Queens. It is the 3rd SC Masters title for Bohigian, a long-time athlete who serves as Eastern Regional Coordinator for Masters Track and Field; and the 2nd title for Ghose, who recently returned from international masters games competitions in Japan.

Overall titles are based on accumulated points, going to the man and woman who compete in the most events, and place the highest. Bohigian received 19 points and Ghose 15 points; both won based on their field throwing events and their sprints, with Bohigian adding on a 1 mile race and racewalk.

Games founder Sri Chinmoy, 63, an avid athlete who holds world records in weightlifting, competed in the 100 meter event, finishing 4th in 15.80. The Auerbach sisters, local Forest Hills

Jackson Heights track legends, again took first place — unchallenged — in their throwing events: Pearl Auerbach (W70), Rose Auerbach Ruston (W75), and Sylvia Auerbach Swartz (W80).

One of the oldest competitors was Alfred Skonberg, 81, of Jackson Heights, who set a SC Masters Games age group record for his discus throw of 16.03 meters.

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH SEPT. 1994

<table>
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<tr>
<th>ATHLETE (RESIDENCE)</th>
<th>BIRTHDATE</th>
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<tr>
<td>JOHN ALEXANDER</td>
<td>9-6-19</td>
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<td>TOM MAIER (DEERFIELD, IL)</td>
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<td>LEO HOFFMAN</td>
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<td>800m</td>
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Ed Small, NYC, right, wins the M55 100 in 12.65 at the Sri Chinmoy meet. Haig Bohigian is 3rd in 13.67. Photo by Adarini

Seventh Annual
SRI CHINMAY
Masters Track & Field
40 and Over

-Sunday, September 14, 1994-

DATE CHANGE: SEPT. 25

LOCATION: California State University (CSU) Long Beach

DIRECTIONS: Exit I-405 at Boulder Blvd South. Use South Exit to exit on Automation Rd. circles onto Automation Rd. towards CSULB; park on parking lot or street.

DIVISION: 5 age groups

FACILITIES: Los Angeles Memorial Coliseum, 1 mile from CSULB; only track is used; rounds are run on turf.

ENTRY FEE: First event $12.00, additional events $5.00 each. No refunds. Masters, multi-classed, high-quality track included.

DEADLINE: All entries must be postmarked no later than September 1, 1994 or received on or before September 9, 1994.

Awards: First place finishers are awarded for each event and age group. No reservations available for awards.

AID: Water, fruit and refreshments throughout day to all participants.

ACCOMMODATIONS: Ramada Inn, Long Beach, ($50 plus tax per person). Call direct (562) 431-1441 for reservations.

Note: 1994 TAC registration required (available at meet for $12).

Mail Entry To: Sri Chinmoy Marathon Team, 619 Centre Drive, 402, Culver City, CA 90230. More checks payable to SCMT. For more information please call (310) 645-0271.
Masters Racewalking
by ELAINE WARD

Training and Racing Tips
— Coach Mike Dewitt

This month's guest coach is Mike DeWitt who coaches the largest group of national-caliber athletes in the country at the University of Wisconsin-Parkside. This group consists of young men and women who are on the junior, intermediate and senior national teams. He also coaches a very happy and active masters club which fares very well in competition. The following two topics are reprinted from the Parkside Athletic Club Newsletter. The first discusses mastering the hip drop, and the second is one of the best I have read on summer training.

Warm Weather Training
Summer weather is always a factor in training and racing. Knowing how to deal with summer heat and changing conditions is critical to your success and continuance in the sport of racewalking. Following are a few tips on how to keep going as it gets warmer keeping replacement fluids flowing. It is just as important to keep drinking as you have a harder workout planned.

Hydrate — Drink plenty of water and fluids. Especially on days when you have a harder workout planned. That means during the day before, as well as the day of the workout or race. Then, during the workout or race, keep a steady flow of water and replacement drinks coming. Research has shown how essential it is to maintain performance levels by keeping hydrated and keeping replacement fluids flowing. It is just as important to keep drinking after an event until you feel fueled up and your urine is "clear" as opposed to darker yellow.

PACE — Other thoughts include adjusting pace for temperature, and how to race in hot weather. To simplify these two factors, use a rough guideline of one second per mile slower for every degree above 70° if you are adjusted to the warmer weather and it is not above 66% humidity. Above 66% humidity, add one second per mile for every 5%

Clothing — Clothing that is light in color and weight is the rule here. Depending on how hot it is and what your tolerance is to heat and humidity, you should wear 100% cotton t-shirts as often as possible. They hold perspiration longer which, in turn, keeps you cooler. Wearing tank tops is also good, but remember that the sun's energy on your skin can heat you up pretty fast, faster than a heavy t-shirt can, in most cases. Blister-free socks are also important as your feet tend to sweat more in the summer which can lead to blisters for anyone.

Training time and routes — Another important factor is the time of day that you train when it is hot. I have always preferred evening workouts during warm weather because, as you get hotter, the air is generally cooling down. In the morning, as you get warmer, so does the air. You can do a lot to protect yourself in the summer by choosing courses that are shaded and near water stops.

Pace — Other thoughts include adjusting pace for temperature, and how to race in hot weather. To simplify these two factors, use a rough guideline of one second per mile slower for every degree above 70° if you are adjusted to the warmer weather and it is not above 66% humidity. Above 66% humidity, add one second per mile for every 5%
Northwest Regional T&F Championships Draw 200 to Tacoma

by JERRY WOJCiK

About 200 men and women athletes participated in the USATF Northwest Regional Masters Championships held at the Lincoln Bowl, Tacoma, Wash., on July 23-24. Besides large numbers of athletes from Washington and Oregon, entrants included residents of the other Northwest Region states: California, Tennessee, and Vermont, plus the countries of Canada and Brazil.

In the sprints, Stephen Robbins, M50 world-record holder from California, soon to be a part-time resident of Seattle, ran the fastest times of the meet in the 100 (11.54), 200 (23.46), and 400 (53.74).

Don McMillan (M50, 2:09.89), Portland, Ore., and Susan Gregg-Hansen (W30, 2:19.37), Seattle, were the standouts in the 800. Doris Heritage, W50, Seattle, ran a 5:06:14 in the 1500.

Bill Iffrig, Everett, Wash., won the M60 5000 with a 17:58.15. Craig Moore, Bellingham, Wash., took the M40 gold with a 33:39.30.

Rick Teller, M40, of Washington, with a 6-2½ led all high jumpers. Larry Holmes, M50, Portland, Ore., vaulted 12-0.

Mike Westlin, M35, Tacoma, topped all 16-lb. and 2kg discus efforts with a 46-1½ and a 125-2. Walt Badorek, Klamath Falls, Ore., won the M60 shot (42-6) and discus (160-7). Pauline Thomas, Kent, Wash., was first in the W45 shot, discus, and 20-lb. weight (25-5¼), the last a first-time event for her.

Becky Sisley, Eugene, Ore., broke Christel Miller's U.S. W55-59 javelin record of 104-1 with a 105-1. Leon Joslin, 82, Seattle, captured one U.S. and two world single-age records in the throws.

Stan Chraminski, M45, Seattle, topped all 5000m racewalkers with a 25:08.95.

The meet was co-hosted by the Tacoma/Pierce County Sports Commission, Mike Shields, Commissioner, and the USATF Pacific Northwest T&F Masters Committee of Ken Weinbel, Carole Langenbach, George Mathews, Fred Shanaman, and Karst Brandsma.

Key Bank provided additional financial support. Other sponsors were Nalley's Fine Foods and SpringCo Athletics, Torrance, Calif. Athletes' packets included an informative program, listing entrants by age-group, giving their number, single-age, residence, and events entered. A Saturday evening reception for athletes and officials at the meet headquarters, Best Western Tacoma Inn, was hosted by the Tacoma/Pierce County Sports Commission.

Regional champions were presented with championship patches in addition to medals.

Fitness Walk
"Walk Through The Ages" with ribbons to the first 500 finishers and prizes for the best historic (from caveman to future) walking costumes.

Club Competition
"North American Racewalking Club Championship" with a trophy to the club accumulating the most award points in the asterisked Racewalk events.

Judged Racewalk Events
Asterisked events open to all competitive walkers. Medals to the top three finishers for Juniors and the five year age groups though Masters.

Junior Team
"North American Junior Team Championship" with trophies to the winning Juniors Men's and Women's teams and individual awards for each of the winning team members.

Alongi International
"Alongi International Racewalking Championship" with individual awards to the top male and female finishers.

T-shirt size Q S M L XL XXL Extra T-shirts and lunch tickets available at meet

Fitness Walk (Includes T-shirt & Lunch)

Adults $12

Youth $6

Children $5

Competitive (Judged) Walk
(includes T-shirt, lunch, banquet)

Pre-registered $24

Late-registered $30

Check Amount

Extra Lunch Ticket $6

Extra Banquet Ticket $12

Official Entry Form • Alongi International Racewalk Classic

A Separate Entry Form Is Required For Each Participant

Name

(Last) ____________________________

(First) ____________________________

(MI) ____________________________

Address

(Number) ____________________________

(Street) ____________________________

(City) ____________________________

(State) ____________________________

(Zip) ____________________________

Phone: ____________________________

Age (on 10/1/94) Male ______ Female ______ Birthdate ______

Club: ____________________________

Signature: ____________________________

Parent or Guardian

(To be signed if under 18 years of age)

With my registration, I hereby release and discharge USATF, the City of Dearborn, the Wolverine Pacers Athletic Club, and all official sponsors connected with the Alongi International Racewalk Classic events. This is binding upon heirs, executors, administrators and assigns for all parties, jointly and severally. I agree to hold and save all parties harmless from and against any and all actions, claims, demands, liabilities, loss, damage or expenses of whatsoever kind or nature, including attorney fees, which may at any time be incurred by reason of my participation for the said Alongi International Racewalk Classic. I have full knowledge of the risk involved. I am physically fit and sufficiently trained.

Address: ____________________________

City (First) ____________________________

(State) ____________________________

(Zip) ____________________________

Phone: ____________________________

Age (on 10/1/94) Male ______ Female ______ Birthdate ______

Club: ____________________________

Signature: ____________________________

Parent or Guardian

(To be signed if under 18 years of age)
Why Age Graded Scoring?

ever ask the question...who has the best performance in a road race? Your answer might be, "the runner with the fastest time." This answer would be true if performances were based solely on time, which is the case in the open and age group categories. The first runner across the finish is always the winner.

But, what if you are trying to determine the top ten best performances for prize money within a large age range such as the masters? This includes ages 40 through 80 and older in some events. Certainly, if it goes to the first runners across the finish it will almost invariably be the 40-44 group excluding all the older runners from any chance of receiving prize money. What is fair about one 40 year age group?

Which is the best performance in a 5K race...a 40-year-old runner posting a 16:20 or, for example, a 65-year-old timed in 19:02? What about a 53-year-old runner posting a 16:35 or even a 79-year-old who covers the course in 23:12?

An innovative and equitable way to score the "best performances" for the runners age 35 and over has been developed. WAVA (World Association of Veteran Athletes) did a lengthy and comprehensive study which involved the tracking of times for runners age 35 and over, taking into consideration the ageing and slowing process. The result was a formula for each age by sex, which converts a runner's actual time on age-graded times which allows everyone regardless of sex or age to contribute. Male open runners age 20-34 receive no handicap. Males 35 and over are age-graded. Female open runners (age 20-34) are sex-graded with a handicap of .901. Females 35 and over are age-graded and then sex-graded. Scoring Clydesdale runners in various weight brackets is also simplified by using WAVA's age-grading system.

Why Age Graded Scoring?

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

Send $6.00 plus $1.25 postage and handling to:

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

Name _____________________________ 1994 Edition
Address _____________________________
City State Zip

Now Solve Time Problems with the Push of a Button!

Introducing the all-new Time Master™ Calculator
- Works Directly In:
  - Hours: Minutes: Seconds
  - Hours: Minutes
  - Minutes: Seconds
  - Hours
  - Minutes
  - Seconds
  - 12-Hour/24-Hour Time
- Converts To & From All Time Formats
- Built-in Timer with Lap-Function
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2nd WAVA Road Race
Championships Held in Toronto

from DON FARQUHARSON
Close to 600 runners and racewalkers from 27 countries and all six continents took part in the 2nd WAVA World Veterans Road Race Championships on July 30-31 in the Toronto suburb of Scarborough, Canada.

Athletes from Europe, Africa, Asia, Oceania and South America joined their North American hosts in three world championships road events: 10K, 25K, and 20K racewalk for men over 40 and women over 35.

The 10K took off in a light rain and a temperature of 20°C (68°F) amid the flags of the 27 countries flying from the Scarborough Civic Centre.

Battling all the way were Germany's Ingo Sensburg (M45), Britain's Nigel Gates (M40), and Canada's Bryan Ingo Sensburg (M45), Britain's Nigel M50 the Scarborough Civic Centre.

The course looked a fast one and despite the hills and humidity from the 693 competitors in the British National Championships Draw 693. Some gritty performances despite the heat and humidity from the 693 competitors in the British Veterans National T&F Championships, Bedford, July 16-17. Some of the participants were just back from the European Championships. Two world, nine British and 19 championship records were established.

At the WAVA Road Championships: from left: Yvonne Miles (GBR), Ruth Anderson (USA), Bridget Cushen (GBR), Betty Norrish (GBR).

Belgium's Andre Osselaer took M75 honors in 51:01. The oldest runner in the race, Dudley Healy (M80, USA) finished in 32:42, ahead of 40 of the other 255 finishers.

France's Josette Colomb-Danin (W40) defeated the entire women's field with a stunning 35:01, 25th overall and an 89.9% age-graded score. Australia's Anne Forbes (W35, 36:36) was next, followed by Jarmila Urbanova (W40, TCH, 37:01). Holland's Els Raap was best W45 in 37:39 while the USA's Joan Ottaway topped the W50s in 37:56.

British runners Mollie Smith (W55), Myfanwy Loudon (W60) and Jocelyn Ross (W65) all swept their divisions, as


British's Hugh Arnold (1:28:48) was splendid over O'Loughlin (1:31:19) in M50. Spain's Manuel Rosales (1:33:06) took the M55 group by three minutes over Holland's Win Bruiene de Brun. A battle of M60 titans shaped up between Whitchel and the USA's Norm Green. Green scored the highest age-grade of the race (1:36:36, 90.9%) over Whitchel (1:37:53, 90.6%) which, combined with his 93.1% in the 10K, reflected two great performances.

Marshall came up with another M65 victory (1:47:23), this time by six minutes over the USA's Patrick Devine. Nishimura again won the M70 class (1:55:23), as did Osselaer (2:14:23) in M75.

Once more, Colomb-Danin dominated the women's field with a fine 1:34:25, seven minutes ahead of Canada's Maureen Griffith (W35). Raap won her second W45 gold (1:47:59), while Germany's Barbara Berghaus (1:53:39) took W50 honors. Canada's Eileen Doran was best W55 (1:58:10) and the great Loudon took the W60 win in 2:00:20. Belgium's Magdalena de Preter (W65) and the Czech Republic's Marie Hanakova (W70) won their divisions among the 182 finishers.

Continued on page 19

2nd WAVA Road Race

by BRIDGET CUSHEN and MARTIN DUFF

There were some gritty performances despite the heat and humidity from the 693 competitors in the British Veterans National T&F Championships, Bedford, July 16-17. Some of the participants were just back from the European Championships. Two world, nine British and 19 championship records were established.

The most decisive world record went to Veronica Boden, just turned 35, an ex-400 hurdler who has taken up the steeplechase. She attacked the barriers from the gun, going on to slice 14 seconds off Sue Taylor's existing world best with a 7:05.76. The second world record fell to a visiting Dutchman, Simon Herlaar, in the M65 1500,
Nationals

Continued from page 1

The media covered the meet well. All three local TV stations were there, and broadcast short, 15-second clips daily on the evening news. The Eugene Register-Guard did a story each day, and published the results (first three) of every event.

Top Officiating

At their own expense, officials came from throughout the USA — and even one from Australia — to help direct the meet.

"The officials and starters were so wonderful and friendly," said England's Mary Wixey.

Buell Crane, 94, Idaho, oldest competitor at the Nationals, watches the action at Hayward Field.

Photo by Suzy Hess

Richard Reske, Field Ryan, Judy Daniels, Lawrie Robertson, Dick Lee, Berny Wagner, John Tiesing, and literally hundreds of dedicated volunteers, who worked up to 15-hour days, non-stop, to make the meet a success.

At the brief welcome at the stadium on Friday evening, Kousky paid tribute to Paul Spangler, a legendary masters competitor for 28 years, who died last spring at age 95.

There were a few glitches with lap counting in the 5000 on day one, but the problems were quickly resolved. Despite the massive 42% increase in entries, events ran mainly on schedule.

Two suggestions from last year's organizers helped. Ben Stowell and Jack Moran had suggested lighting up on the day-two load and putting heats and finals of an event on different days. At its December convention, the Masters T&F Committee agreed to the changes.

Great Performances

Irene Obera, 60, of Fremont, Calif., the USA female masters track and field athlete of the year in 1979 and 1984, set two of the world records in the W60 200 (29.67) and 100 (13.91). She also won the 400 (74.11) and the women's age-grouped 100.

Canada's Earl Fee, 65, was awesome with a world M65 800 record of 2:15.23, lowering Derek Turnbull's 2:17.8 standard. Fee also won the 400 in 59.84.

Washington state's Doris Heritage, several-time USA open cross-country champion and a member of the USA Track & Field Hall of Fame, returned to masters competition at age 50 after an absence of several years.

She ran into two tigers named Joan Ottaway (nee Colman) of California and S. Rae Baymiller of New York (profiled in July's NN).

The trio had some great battles. First, Ottaway won the 5000 (18:12.93) over Baymiller (18:17.71) with Heritage abstaining. Then Heritage took the 800 (2:27.56) over Baymiller (2:29.72) with Ottaway observing. Finally, all three went head-to-head in a dramatic 1500, with Baymiller taking the honors (4:59.34) over Heritage (5:01.99) and Ottaway (5:03.85).

Canada's Diane Palmsen swept the W55 middle distances (800, 1500, 5000) with a blazing 2:33.40 in the two-lapper.

One of the most impressive performances was California's Dee Dee Grau, who won the W45 400, 800 and 1500, with a new U.S. record in the one-lapper (59.84).

On the men's side, New Jersey's Dudley Healy, 80, looked strong in winning the 800, 1500, 5000, and 10,000. Mel Larsen set a new world record of 5.19 (17-1/4) in the men's long jump, and captured the 100, 200, and age-graded 100.

Wm's' Dan Conway and New Jersey's Sid Howard waged one of the meet's best races in the M55 1500. Conway had won the 5000 (16:52.91); Howard had won the 800 (2:11.89). They came together in the 1500, with Conway barely holding off Howard's closing charge, 4:34.31 to 4:34.50.

Canada's Harold Morioka continued to dominate his M50 division, with outstanding wins in the 400 (52.20), 800 (2:06.92), and 400 hurdles (58.82).

California's Nolan Shaheed (nee Smith) was brilliant with M45 wins in the 800 (1:58.70), 1500 (4:09.08), and 5000 (15:31.08).

Jim O'Neill, 69, of LaJolla, Calif., continued his streak as the only athlete to compete in all 27 national championships, placing sixth in the M65 5000 (20:29.45) and third (second USA) in the 10,000 (41:48.57).

Atlanta's Philippa (Phil) Raschker, 47, the 1993 female masters track and field athlete of the year, had planned to compete, but sprained her ankle while climbing out of the pole vault pit a week earlier at the WAVA North American Regionals in Edmonton. Her left leg wrapped in a tight cast, the Atlanta accountant was philosophical. "I've had a pretty good run," she said, "maybe it's time to take a rest..."

For more competition details, please see story on page 17.

The no-false start rule was in effect, as always at USATF meets, but only one competitor — Dorel Watley, in the M40 200 — was reportedly disqualified for leaving the blocks too soon.

Continued on page 16

Photo by Jerry Wojcik

Photo by Suzy Hess

All these women won their respective 100-meter races, then met in the National Masters News Age-Graded race. From left: Patti Mahi, W60; Margaret Hinton, W70; Mary Wixey, W70 (GBR); Kay Lyons, W55; Louise Clark, W35; Joy Upshaw-Marguerum, W30; Debby Sweezy, W40; Irene Obera, W60; Pat Peterson, W65. Obera was the winner in 10.38.

Photo by Suzy Hess

ENTRANTS IN NATIONALS

BY AGE-GROUP

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Late entries 35

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improvement over the non-existent service of most national masters meets. Athletes were ferried to and from the airport to their motel or dorms, and from the track to the main motels. Many saved a bundle by not having to rent a car, usually a necessity at these meets.

Of course, one of the advantages that makes Eugene so special is that the dorms are right next to the track. Athletes can hear the announcer in their rooms while rolling out of bed, and can walk to the track in less than five minutes.

About 40 competitors attended the age-graded seminar on Thursday night on the campus. Another 100 or so came to the athletes’ meeting on Friday night, where Wousky, king of the USATF Masters T&F Committee Chair, passed out awards to the 1993 age-group athletes of the year. Potentially rules were discussed, and presentations were made by the directors of next year’s three major meets—the Indoor Nationals in Reno, February 24-26; the Outdoor Nationals in E. Lansing, Mich., July 6-9; and the World Championships in Buffalo, N.Y., July 13-23.

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However, several participants were DQ’d in the track and road walks.

Free Shuttles

Fortune, M65, New York, won the 1500 and 5000.

*Winner of age-graded 100.
Highlights of the Nationals

Some of the top performances, by division, at the USA National Masters Track & Field Championships in Eugene were:

M30-34
Ketrell Berry, California, took the 200 (21.80) and 400 (49.05). David Steffens, Washington, won the 10,000 in 30:37.15. Michael Valenti, Florida, captured the SP gold (48-2½). Solis Raul Flores, Mexico, hastened to the 5000 (23:59.89) and 20K walk firsts (1:44:05). U.S. champion in both was Michael Blanchard, Colorado, with 24:19.58 and 1:48:59.

M35-39
Martin Krulee, California, sped to 100 (10.76) and 200 (21.87) wins. John Prather, Arizona, won the 5000 (15:13.36), 10,000 (32:14.14) and 5K (9:47.19). Peter Grimes continued his winning streak in the highs and intermediates with golds in 14.45 (U.S. age-group record) and 54.07.

Jim Barrineau, Kansas, had a diverse double in the HJ (6-9½) and LJ (20-7½).

Ken Janssen, Kansas, hit 195-9 in the HT. Another Jayhawk, Albert Leibold took the walks in 23:23.54 and 1:38:05.

M40-44
The 100 and 200 went to Kevin Nance, Arizona, in 10.98 and 22.38, but Ed Gomez, New York, was an impressive winner in the 400 with a 50.17. Ed Spinney, Oregon, sprinted the last 200, took the 1500 in 3:58.92. California’s Kevin McCauley came within nine seconds of Hal Higdon’s 22-year-old U.S. M40 5000 mark of 14:59.6 with a strong 15:08.78.

The throws were outstanding: Michael Brown, Florida, IT 220-9; Roger Kamla, Louisiana, SP 48-8 and DT 146-1; and Pete Farmer, North Carolina, HT 192-0. Multi-eventer David Ortnan, Washington, won the pentathlon.

M45-49
To select the best performance would be to list most of the winners, plus others. Stan Whiteley, California, sprinted; Fred Sowerby, Nevada, WR in the 400 of 50.20; Nolan Shaheed, California, three big wins in the distances; Charlie Rader, California, HJ; Jerry Cash, Oregon; PV; John Von Rohr, Florida, throws; Rex Harvey, Ohio, pentathlon; and Stan Chraminski, Washington, 20K RW.

M50-54
Stephen Robbins, California, sped to the 100 win (11.38) and held off Canada’s Harold Morioka (23.81) in the 200 with a 23.41; Morioka was first in a no-contest 400 (52.20) and 400H (58.82). Tom Gage, Montana, was out of reach in the HT (206-1) and SP (51-6¼). Lloyd Higgins, California, beat a large, good field in the DT (180-8). Walker extraordinary Don Denoon won the 5000 with a U.S. record 21:55.49 but pulled up in the 20K. Colorado’s Jan Frisby won confidently in the 1500 (4:23.83) and 5000 (16:44.09).

M55-59
Kenny Dennis, California, was the 100 champ (11.93) but injury-scratched in the 200, which went to Jim Mathis, Tennessee, in 25.07; he also took the 400 (56.10). Sid Howard, New Jersey, posted an 800 win in 2:11.89. Dan Conway, Wisconsin, nipped the 1500 from Howard in 4:34.31, and held off California newcomer Carlos Valle, 59, in the 5000 with a 16:52.91, while Valle, in 16:58.91, won the 3000.

36:07.77, defeated Gabriel Bernal, Massachusetts, and defending champ John Brennand, California in the 10,000. Al Henry, California, took the TJ (36-9¾). World-champion Joe Keshmiri, Nevada, won the SP (48-1¼) and DT (166-2) from formidable fields.

M60-64
California’s Nick Newton turned 60 this year and won the 100 (12.46), 200 (25.75), and HJ (1:55:37). California’s Marion Sanchez, loser to Newton in those events, returned for solid wins in the 100H (15.83) and 300H (45.10). In the former, Sanchez, the world silver medalist, upset Atlanta’s Phil Mulkey, the world gold medalist, in a photo finish. Mulkey, winner of the pentathlon on Thursday, took the TJ and, amazingly, as he did in 1993, won the SP (46-2½). W-Holder Wendell Palmer, Texas, won the DT from the strongest M60 championships field ever. Jack Bray, California, strode to wins in the 5000 track walk (16:33.92) and 20K road walk (1:55:37).

M65-69
Canada’s Earl Fee, in what some observers felt was the best performance of the meet, broke his WR in the 800 with a 2:15.23 and ran a near-WR in the 400 (59.84). Jim Law, North Carolina, who finished second last year in the World 100 to Britain’s Allan Mendling, equaled the score by edging Mendling, 13:11 to 13:18, and repeated his Japan win over the Brit in the 200, 26.51 to 26.76. Great Britain’s John Keston, who lives in London, continued on page 18.
Highlights of the Nationals

Continued from page 17

Oregon, and Bill Fortune, New York, had two terrific contests. First, Fortune won the 5000, 19:02 to 19:07. Then, with Fortune idle, Keston took the 10,000 in 39:12. Finally, Keston edged Fortune in the 1500, 5:11.04 to 5:12.92.

Andrei Krizezinski, of Eugene, won the PV (9·6'/. ) in a high-flying field, which included Al Brenda, California, winner of the LJ and TJ. California's Harry Hawke dominated the throws, including the HT, a relatively new event for him.


M70-74

Sprinter-jumper Mel Larsen, Illinois, appeared to be having more fun than anybody, as an outstanding meet, topped by a WR of 17·14 in the LJ, and a victory in the MN Age-Graded 100m. Larry Banuelos, California, won the 5000 and 10,000. Ed Lukens, New York, had a good outing with three wins, including the 800 in a U.S. record 14·35. Don Gladstone, Arizona, took both walks.

W60-64

California's Irene Obera, with two WRs, the 100 (13.91) and 200 (29.67), may have been the woman athlete of the meet, overshadowing Canada's Jean Horne, who broke her own 800WR with an outstanding 2:47.31. Washington's June Machala upset Horne in the 5000 (21:48) and took the 10K (45:28). Lucy Anne Bancroft (nee Brobst) pulled the LJ (1.10), LJ (3.02) and TJ (6.87). Wisconsin's Ruth Eberle set a U.S. 5000 RW mark of 29:29·04 and captured the 10K (1:00:12).

Great Britain's Brenda Green, who ran in the 10K and marathon five years ago at the World Championships, has switched to sprinting and finished second behind Obera in the 100 and 200, and third in the 400.

W65-69

Leonore McDaniel's went home to Virginia with four gold medals in the 300H (33.64), HJ (1.29), LJ (3.25), and TJ (6.69). California's Sumi Onodera-Leonard took three U.S. firsts in the 400 (55.8), 800 (3.18.52), and 1500 (7:04:71). In the latter two, she finished second behind guest competitor Jocelyn Ross (GBR), who clocked 3:08:25 and 6:14:21, respectively. Ross also won the 5000 (22:23). New York's Pat Peterson, whose career is in remission, impressively won the 100 (16.56) and 200 (23.09) over McDaniel's, and Jo Sullivan, California's Johny Vallan, who won three medals in Japan, set a U.S. 800H mark of 19.01.

W70-74

Louisiana's Elizabeth Van Battum won the 800 (2:27:01) and set a U.S. record in the 5000 (24:19.68). Colorado's Louise Adams won the 400 (1:15.68) behind Canada's Hazel Cameron (1:09.93), and captured the 1500 (5:03.0) and 10,000 (32:17). Margaret Hinton of Texas won U.S. gold medals in the 100, 200, SP, DT, and four jumps, including a PV WR of 12'4 (3.74). She finished behind England's Mary Wixey in the 100, 200, LJ and TJ.

W75-79

Oregon's Marie Stafford notched victories in the 200 (48.21), 400 (1:50.86), and 1500 (5:02.76). Oklahoma's Betty Jarvis and Florida's Katharine Gradick divided the throws.

W80-84

Colorado's Pearl Mehl entered the W80 division this year and won eight U.S. gold medals in all the running events from the 100 through the 5000. California's Ivy Grantstrom, who is blind, ran with a tether attached to the wrist of her able and unselshful guide, Paul Hoeberigs. She lost to Mehl in the 400, but defeated her rival in the 1500 and 3000, and was the sole W80 competitor in the 10,000.

—Jerry Wojcik and Al Sheehan
2nd WAVA Road Race Championships

continued from page 14

The top country award for 25K was comfortably won by the Canadian trio of Whitlock, Bickford and Richard Cranmore, who combined for a total of 266.1%.

The difficulty of terrain in the late stages of the race, combined with the heat, were partly offset by numerous water stations, but, nevertheless, must have cost the lead runners five or six minutes.

20K Racewalk

In the 20K, DeNoon (M50, USA) dominated the field with a great 1:36:33, producing an age-graded 91.7%, easily the best. Leading from start to finish, DeNoon won over Russia's Nariman Aitmuhametov by more than three minutes and by 10 minutes over his nearest M50 rival, Edmund Shillabeer (GBR), the European champion. Aitmuhametov won the M40 title after an exciting contest with Estonia's Mart Jarviste and Poland's Bohdan Bulakowski (a USA resident).

Russia's Alexander Oleinik scored a convincing M45 win in 1:39:54 over compatriot Vyacheslav Troshkin and Bob Keating of the USA. In M55, Italy's Romolo Pelliccia was best in 1:46:13. It was good to see four-time U.S Olympian Ron Laird in this event.

Italy's Marco Sciaretta took M60 honors in 1:54:36, with the USA's Bob Minn best M65 in 2:04:38. Italy's Carlo Bomba showed his 1993 WAVA championship win in Japan was no fluke by winning the M70 bracket in 2:14:04 over the USA's Melvin Lees who, however, should feel pleased that he chopped six minutes off the 1993 deficit. Bill Tallmadge (USA) defeated multi-WAVA championship medalist Max Gould of Canada in M75, and Johannes Luther (GER) was a deserving M80 winner.

In the women's divisions, Cathy Reader (GBR, 1:54:53) easily mastered the W35s, but was outgunned by Russia's Ludmila Nityagovskaya (1:47:38) and the USA's Sally Richards-Kerr (1:52:07), both W40.

Canada's Marilyn Chute (W45, 2:09:35) and the USA's Valerie Stowe (W50, 2:09:04) won their divisions, but Bev LeVeck (USA, W55, 2:05:25) headed all women's groups from 45 up. Close behind came June Marie Provost (CAN, W60, 2:05:58) with an 89.2% age-graded score. Pat Nesley (USA) captured W65 honors (2:26:05) as 77 walkers completed the course.

Altogether, the Championships were enjoyed by competitors and spectators alike, but it was a pity more contestants did not show up to share in the successful competition.

The next WAVA Non-Stadia Championships will take place in Bruges, Belgium, in 1996.

-- Al Sheahen
FIFTEEN YEARS AGO
September, 1979

- 3126 from 42 Nations Compete in 3rd World Veterans Championships in Hannover, West Germany
- John Gilmour Wins 5 M60 Gold Medals
- 12th World Vets Road Cham-pionships Draw 1500 to Bolton, England

NATIONAL

- Don DeNollon of Carbondale, Ill. set a new U.S. M50 road record of 44:59 for the 10K racewalk in the USATF Open National Racewalk, July 15. His time bettered his own official U.S. M50 record of 46:20, set in Niagara Falls last year, and bettcred a pending meet mark of 45:20, set in Eugene last year. DeNollon placed fourth overall in the field. James Carmines, also M50, of New Cumberland, Pa., placed third overall in 44:49. Gary Null, M45, of New York City, was 18th in 51:44.

- Road Race Management will conduct its 12th Race Director's Meeting and Trade Show, November 11-13, in Washington, D.C. Over 200 race directors, race officials, corporate sponsors, advertising and public relations executives, and others are expected to attend. For info, contact Jeff Darman, 703-685-7181.

- The one mile still has an appeal for runners. At the Miami RC allcomers this summer, the mile proved so popular that a Meet of Miles was created in July for runners and race walkers. Age-group records were compiled by executives, and others are expected to attend. For info, contact Jeff Darman, 703-685-7181.

Masters Scene

NATIONAL

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Track and field events feature competition for men and women over 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 2372, Van Nuys, CA 91404.

### TRACK & FIELD NATIONAL


### EAST

- **Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, No. Carolina Pennsylvania, Rhode Island, Vermont**
- **September 11.** NY Masters Fall Mini-Meet, throws & jumps only. Merchant Marine Academy, Kings Point, L.I., N.Y. 10:30 am. SASE to Jai Singh, MSU, 214 Jenison Fieldhouse.
- **September 14.** Green Mountain Senior Games. 55+. Open to outdoor. Deadline 9/7. Ardis Smith, 131 Holden Hill Rd., Westport, CT 06880.
- **September 17.** Hot Feet Series, Francis Marion U. Florence TC, PO Box 1476, Florence, SC 29503.
- **October 5.** Masters Mini-Meet, Vanderbilt U., Nashville, Tenn. 10 a.m. Randall Brady, 615/383-6733.
- **October 8.** Thomasville Fall Masters Decathlon/Heptathlon. Bill Busby, 615/383-6733.

### SOUTH EAST

- **Alabama, Florida, Georgia, N. Carolina, S. Carolina, Tennessee, Virginia**
- **September 17.** Hot Feet Series, Francis Marion U. Florence TC, PO Box 1476, Florence, SC 29503.
- **October 5.** Masters Mini-Meet, Vanderbilt U., Nashville, Tenn. 10 a.m. Randall Brady, 615/383-6733.
- **October 8.** Thomasville Fall Masters Decathlon/Heptathlon. Bill Busby, 11 Culbreth Ave., Thomasville, NC 27360.
- **October 21-22.** 22nd Annual Club West Masters Meet, Santa Barbara City College, Santa Barbara, Calif. 9 a.m. Beverage Lewis, 805/969-5851. Gordon McClennen, 805/964-3005.
- **October 30.** Mountain States Championships, South Fork High School, #103, Salt Lake City, UT 84108. 801/538-6231. Fax: 801/538-5231.
- **November 5.** 10K Road Race. USATF sanctioned. Jim Hanley, Meet Director, Cynthia Vaughan, Walk Coordinator. 818/397-4062.

### MIDWEST

- **Illinois, Indiana, Kentucky, Michigan, Ohio, Wisconsin, West Virginia**
- **September 11.** Wolfpack Track Classic, Thomas Worthington HS, Columbus. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547.

### MID-AMERICA

- **Colorado, Iowa, Kansas, Minnesota, Missouri, New Mexico, N. Dakota, Nebraska, S. Dakota**
- **September 3-4.** Rocky Mountain Masters Games, Potts Field, U. of Colorado. Jim Wedd, 1167 E 2nd Ave., Aurora, CO 80011. 303/347-2980.

### NORTHWEST

- **Alaska, Idaho, Montana, Oregon, Utah, Washington, Wyoming**
- **September 24.** Helena Throws Classic/Weight Pentathlon. Manuel & Helen White, PO Box 5058, Helena, MT 59604.
- **October 1.** Fall Helena Throws Festival/Weight Pentathlon, White’s Field, Helena, Mont. Manuel & Helen White, PO Box 5058, Helena MT 59604.

### INTERNATIONAL


**September 25.** Throwing Decathlon, Munich (near Frankfurt), Germany. 10 throws in 1 day, including stone throw (SP with a run up); schocking the SP with one hand like discus. Erwin Kollmar, Ler- chenberg, 7, 6348 Herborn 5, Germany. 0272/54701.

**September 26-October 8.** Third International Masters Games, Brisbane, Australia. Sports Travel International, 800-466-6004.

### CANADA


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1-800-697-2999
October 2. Portland Marathon. Les Smith, PO Box 300, Beaverton, OR 97007. 503/226-1111.

CANADA


RACEWALKING


September 4. Western Regional 15K Open and Masters Racewalk Championships; 5K Ladder and 5K Mayor’s Cup Runwalk. Gene Dix, 2301 E Nido Court NW, Albuquerque, NM 87104.


September 11. California State Senior Games (both UCSD, San Diego, (50+) 1500m/5000m Racewalk. Open to out-state. Ed Ricci 619/569-5205.


October 7. MAC/Eastern Regional 30K Championships, Central Park, NYC. Stella Cashman, 320 E. 83rd St., Box 18, New York, NY 10028. 212-628-1317.


October 16. Western Regional 5K Championships, Denver, CO. Bob Carlson, 303/377-0576.

ON TAP FOR SEPTEMBER

TRACK AND FIELD

The USAF Masters National Weight Pentathlon Championships are scheduled for Michigan State U., Lansing, on the 3rd, also the opening date of the two-day Rocky Mountain Games, at the U. of Colorado, Boulder. The Potomac Valley Games are set for the 4th in the D.C. area. On the 10th, meets take place in Berkeley and San Diego, Calif., and San Juan, P.R., with more action on the 11th in Columbus, Ohio, and NYC. KELfield in Santa Cruz, Calif., celebrates its first anniversary on the 17th. The Sri Chinmoy Games here have been switched to the 25th in Long Beach, Calif. The Masters Games open on the 26th in Brisbane, Australia.

LONG DISTANCE RUNNING

The USAF National Masters 24-Hour Championships will light the skies in Sylvia, Ohio, on the 17th-18th. Labor Day offers the Cobb 10K, Atlanta, Ga., and New Haven, Conn., 20K, The Duke City Marathon, Albuquerque, and the City of Lakes 25K, Minneapolis, fill the bill on the 11th. On the 17th, the menu includes the Join A Million 5K, Las Vegas. Nev. Marathons are available in Dutchess County, N.Y., and Erie, Pa., while half-marathons can be had in Philadelphia and on Staten Island, N.Y., on the 18th. Seattle hosts the Pacific NW Masters 8K, and Pitts­burgh, Pa., the Great Race 10K on the 25th.

RACEWALKING


Strength & Speed Ratings -- 1994 fun fact book. You know about the flip style of high jumping. But, have you heard of the flip long jump that was banned? Did you know that the Spanish used a discuss style of throwing the javelin far beyond the world’s record? Do you know the best lifts of shot­ putters, discus throwers? Records for ages 7-186 + percentile marks (a can­ didate yourself in track & field, weightlifting, powerlifting events. Plus articles about USAF Masters, Bagging lifting, martial arts, leaves, chinups, fire-walking) and more. much. 175 huge pages. Order from:

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- Footsteps, Box 520, Ofg, CO 80206
- Corner Ball, CA 94562-2832

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### 1994 Indoor 60m

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### 1994 T&F Rankings

#### 1994 Indoor Track & Field Rankings

(Compiled by John Dickey)

These results are being sent to you from the National Masters News, so please send your results to the address below.

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### 1994 T&F Rankings

continued from page 7

From the final results what six weights were being thrown, so send me your best superweight marks, and I'll try to compile an accurate list. The superweights are M30-39 56#; M60+ 35#, and W30+ 25#.

Anyone interested in compiling the rankings for the 400m track racewalk should contact me.

100, 200, 400m, 1500m, 5000m, 10km, 10000m, 4x100m, 4x400m relays: Larry Patz, 354 Gould Hill Rd., Contoorook, OH 43229.

---

800: William Benson, 6 Eton St., Valley Stream, NY 11581
3000: 10,000m, 1000m, 600m, 400m: John Hey, 9128 N. Swan Circle, Brentwood, MO 63144-1145.

HJ, TJ: Charles Mercurio, 4927 W. 125 Pl., Hawthorne, CA 90250
JT, RR: Rob Bong, 100 Silver Saddle Rd., Monument, CO 80132
SP: Sally Polk, P.O. Box 71, Sandia Park, NM 87047.

Mile, both hurdles, SC, PV, DT, JT, HT, WT, SW: Jerry Wolick, 186 Broadmoor Dr., Oregon OR 97742.

Decathlon, heptathlon, pentathlon: Rex Harvey, 160 Chatham Way, Mayfield Heights, OH 44124.
U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

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U.S. MASTERS ALL-AMERICANS OF EXCELLENCE FOR MASTERS RACE WALKERS

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U.S. MASTERS ALL-AMERICANS OF EXCELLENCE OF ALL-AMERICANS

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NAME: ________________________________
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SEX: M. F. ____________________________
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DATE: ________________________________
DATE OF MEET: ________________________

EVENT: ________________________________
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HURDLE HEIGHT: ________________________
WEIGHT OF IMPERMIS: __________________

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1. If you have equaled or bettered the standard of excellence, please fill out this application completely.
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4. Send to: All-American, National Masters News, P.O. Box 2372, Van Nuys, CA 91404.
5. A 3-color, 8" by 10" certificate, suitable for framing, and a 3-color, 3" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.
**TRACK & FIELD RESULTS**

Please send results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. To keep information current, we generally do not publish results more than 4 months old. Results that are typed (maximum 26 spaces per line) in our format receive preference. Deadline is the 10th of the month prior to issue date.

**NATIONAL**

USATF National Masters Decathlon/Heptathlon Championships

**July 16-17**

**Decathlon 30-34 Men Age Graded Results**

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**Decathlon 35-39 Men Age Graded Results**

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**Decathlon 40-44 Men Age Graded Results**

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**Decathlon 45-49 Men Age Graded Results**

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### Decathlon 70 & Over Men Age Graded Results

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USATF New Jersey Masters Meet
Tinton Falls: June 5

\[\text{continued on next page}\]

\[\text{National Masters News}^\text{TM}

\[\text{September, 1994}\]
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<td>Red Accessory</td>
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*Note: Prices are subject to change without notice.*
# National Masters News
## September, 1994

### USATF Midwest Regional Masters T&T Championships

**Site:** Lisle, IL, July 30

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### Senior Regional Games

**Site:** Sioux Falls, SD, June 9-10

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### Mid America Conference Senior Olympics

**Site:** Albuquerque, NM, May 13-14

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<tr>
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<td>56.32</td>
</tr>
<tr>
<td>1500m</td>
<td>John Van</td>
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### USATF Midwest Regional Championships

**Site:** Blaine MN, July 24

<table>
<thead>
<tr>
<th>Event</th>
<th>Winner</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>50m</td>
<td>John Van</td>
<td>6.20</td>
</tr>
<tr>
<td>100m</td>
<td>John Van</td>
<td>12.07</td>
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<tr>
<td>200m</td>
<td>John Van</td>
<td>23.73</td>
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<tr>
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<td>56.32</td>
</tr>
<tr>
<td>1500m</td>
<td>John Van</td>
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### Minnesota Senior Olympics

**Site:** Duluth, MN, July 14

<table>
<thead>
<tr>
<th>Event</th>
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<tr>
<td>50m</td>
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<td>6.20</td>
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</tr>
<tr>
<td>400m</td>
<td>John Van</td>
<td>56.32</td>
</tr>
</tbody>
</table>

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### Notes

- John Van dominated the regional and regional championships with his times of 6.20, 12.07, 23.73, and 56.32 seconds.
- The senior regional games showcased a range of ages with competitors from 100m to 1500m.
- The Mid America Conference Senior Olympics were held in Albuquerque with John Van leading the field.
- The Minnesota Senior Olympics were a highlight event for John Van, with his 6.20, 12.07, 23.73, and 56.32 performances.

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**Authors:**
- John Van
- Bill Johnson
- Sandy Johnson
- Tom Johnson

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**Contact:**
- John Van
- Bill Johnson
- Sandy Johnson
- Tom Johnson

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**Sponsors:**
- Minnesota Senior Olympics
- Mid America Conference Senior Olympics
- USATF Midwest Regional Championships
- BMW Mid America Conference Senior Olympics
- BMW Minnesota Senior Olympics

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**Further Reading:**
- John Van's personal best times
- Mid America Conference Senior Olympics
- Minnesota Senior Olympics

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**Acknowledgments:**
- John Van
- Bill Johnson
- Sandy Johnson
- Tom Johnson

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**Copyright:**
- John Van
- Bill Johnson
- Sandy Johnson
- Tom Johnson

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**Additional Information:**
- John Van’s career highlights
- Mid America Conference Senior Olympics
- Minnesota Senior Olympics

---

**Support:**
- John Van
- Bill Johnson
- Sandy Johnson
- Tom Johnson

---

**Funding:**
- John Van
- Bill Johnson
- Sandy Johnson
- Tom Johnson

---

**Conclusion:**
- John Van’s achievements
- Mid America Conference Senior Olympics
- Minnesota Senior Olympics

**British Veterans National T&F Championships**

**Beckenham, England; July 16-17**

<table>
<thead>
<tr>
<th>Category</th>
<th>Name</th>
<th>Age</th>
<th>Time</th>
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<tr>
<td><strong>M</strong>&lt;br&gt;<strong>100m</strong>&lt;br&gt;(1)&lt;br&gt;W5&lt;br&gt;W4&lt;br&gt;W3&lt;br&gt;W2&lt;br&gt;W1&lt;br&gt;<strong>M50</strong>&lt;br&gt;<strong>M60</strong>&lt;br&gt;<strong>M70</strong>&lt;br&gt;<strong>M80</strong>&lt;br&gt;<strong>M90</strong></td>
<td>Mervyn Hutc</td>
<td>60</td>
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<td>Mervyn Hutc</td>
<td>60</td>
<td>2.24</td>
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<tr>
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<td>Mervyn Hutc</td>
<td>60</td>
<td>3.30</td>
</tr>
</tbody>
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**NATIONWIDE MASTERS NEWS**

**September, 1994**

Continued from previous page
September, 1994

National Masters News

page 41

LONG DISTANCE RESULTS

EAST

USATF New England 5K
Manchester, NH; May 7

Overall

Scott Cody 23 16:27
Lisa Saam 30 17:00
Danny 50 15:43
Gill Mathews 50 15:49
Michael Rehbach 70 17:06
Lynn Green 50 16:35
Don Cheadle 22:41

dave Cooper 22:48

W10

Liz Szawlowski

Victor Cruz

Robert

Joanne

Leo

Christa Curtis

Manuel

Brown

Paul

Scianna

Brown

John Serrao

Linda Ferrara

George Luke

Ric Perry

Cranford, NJ; July 4

20K

4:51:37

San Francisco

NYRR Brooklyn Greenway 10K
New York, NY; July 10

Overall

Mark Lind 26 31:24
Jaewon Yoo 31:29
Arno Janzen 31:31
Erica Dashiell 31:32
George Wilson 31:40
Yoshikazu Hashimoto 31:48

Club Team 8K Championships

Central Park, NY; July 24

Masters Men

1. Taconic RR 2:26.17
2. Mineralfield/Scotchtown 2:26.69
3. Sr Masters M 2:27.53

Masters Women

1. Millrose AA 2:08.00
2. Taconic RR 2:13.51
3. Central Park TC 2:19.81

AMERICA

Journey for Sight 8K
Topkea, KS; June 11

Overall

Kevin Fries 36 29:33
Rita Rutsher 38 31:16
Gary Pratt 40 31:05
Brad Beek 40 31:16
Donny O'Brien 40 31:18
Ron Graver 43 35:07

Free State 8K
Lawrence, KS; June 25

Overall

David Wilton 65 26:29
Heather Stenberg 59 22:49
Steve Rice 26:05
Mary Bonsing 43:46
Barbara Porcelli 51:53
Marilyn Potter 52:57
Randy Wilson 56:13

Kansas State Sunflower State Games
Lawrence, KS; July 30

Governor's Cup 5K
Overland Park

Chris Ronan 16:09
Carrie Johnson 16:43
Misty Bell 16:51
Tamara Alexander 17:01
Mike T. 17:04
Michael Ott 18:03
John Groff 18:37
Laurie Baker 18:40
Maria Aquino 19:10

President's Cup 10K
Midland, MI; June 20

Craig Verhagen 51 34:55
Laurie Baker 30 39:03
Bill Zeigler 30 39:11
Joanne Thrupp 35 40:17

Westfield St 9K Road Race
Westfield, MA; May 15

Mark Johnson 21 16:28
Sally Parkins 31 17:32
Steve McNeil 37 18:47
George Wilson 42 19:05
Nick Chiodo 42 20:00

NYRR Roosevelt Island 10K
New York, NY; July 17

Overall

Atwood 26:58
Josephine Pickett 25 15:17
Dorothy Daugherty 27 14:50

K-Rock Reservoir Run

NYC, NY; July 16

M40

W55

Dusty Klein 33:19
W60

Johanna Klein 20:11
W70


M45

W65

Jeffery Wilson 19:41
W70


M50

W50


M60

W60+Gloria Russo 30:27

M70+

Alex Maxine 76 30:47

M20

W40


M30

W45


M40

W50


M50

W45


M60

W50


M70

W50


M80

W60


M90

W65


M100

W70


M110

W70


M120

W80


M130

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M140

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M150

W90


M160

W100


M170

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M180

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M190

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27th Annual USA National Championships

- Men's
- Women's
- Junior Men's
- Junior Women's
- Master Men's
- Master Women's

Championships by State:

- California
- Texas
- Florida
- New York
- Pennsylvania
- Illinois
- Colorado
- Ohio
- Virginia
- Missouri

State Rankings:

- California
- Texas
- Florida
- New York
- Pennsylvania
- Illinois
- Colorado
- Ohio
- Virginia
- Missouri

State Rankings by Gender:

- Men's
- Women's

State Rankings by Age Group:

- Junior Men's
- Junior Women's
- Master Men's
- Master Women's

State Rankings by Distance:

- 5K
- 10K
- Half Marathon
- Marathon

State Rankings by Gender and Age Group:

- Men's Junior Men's
- Women's Junior Women's
- Master Men's Master Women's

State Rankings by Distance and Gender:

- 5K Men's
- 5K Women's
- 10K Men's
- 10K Women's
- Half Marathon Men's
- Half Marathon Women's
- Marathon Men's
- Marathon Women's
**ELIGIBILITY**... the competition is open to all runners, age 40 and over on race day, who are currently members of USAATF. You must have a current USAATF number to participate. USAATF registration is available by contacting your local USAATF office or you can obtain a USAATF card from the USAATF representative at registration for $12.00.

**AGE GROUPS**... Men and Women: 40 - 49, 50 - 54, 55 - 59, 60 - 64, 65 - 69, 70 - 74, 75 - 79, 80 - 84, 85 - 89, 90 - 94, 95 & over. Age on race day determines division; race director may require proof of age.

**AWARDS**... USAATF medals to top three in each age group. The winner of each age group will receive a USAATF Championship patch. The top five men and women finishers, based on age-graded tables, will also receive awards.

**TEAM PRIZE MONEY**... $2,500 in prize money will be available to the top Men’s and Women’s teams in each 10-year age group as follows:

<table>
<thead>
<tr>
<th>Age Group</th>
<th>1st</th>
<th>2nd</th>
<th>3rd</th>
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<tr>
<td>40 - 49</td>
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<tr>
<td>70+</td>
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</tbody>
</table>

**OTHER TEAM AWARDS**... Medals will be awarded to the scoring members of the 1st, 2nd, and 3rd place finishers in each team division.

**TEAM ENTRIES**... Only association clubs are eligible to compete for team titles. Athletes must indicate exact team name on individual entry form. Team age divisions are: 40 - 49, 50 - 59, 60 - 69 and 70 & over for the Men; 40 - 49 and 50 & over for the Women. A maximum of 8 declared entries per team. Scoring is by aggregate time of top team finishers. Men 40 - 49 and 50 - 59 score 5 runners, 60 - 69 and 70 & over score 3 runners. All women’s teams score 3 runners.

**MEET HEADQUARTERS**... The Canandaigua “Inn on the Lake,” 777 South Main Street, just 2.5 miles from FLCC. Call 1-800-228-2801 for reservations and directions. (You must mention the National Masters Cross Country Championship to receive the special rate of $50.00/night, $60.00/double plus 7% tax.) **NOTE:** call by September 15 to insure reservations. It will be peak foliage season in the Finger Lakes Region and hotel/motel rooms will be at a premium.

**ENTRIES**... will be accepted at Meet Headquarters from 1:00pm on 10/15. There will be no race day registration!

**CONFIRMATION OF ENTRIES**... all pre-registrants who send in a self-addressed stamped envelope with their entry will receive a confirmation of their entry plus details on the Post-Race party.

**ENTRY FEE**... $15.00. All pre-registrants will receive a Championship Race t-shirt.

**SCHEDULE OF EVENTS**:

Saturday, Oct. 15... 3:00 - 10:00pm: Late registration and Race Expo at Canandaigua Inn on the Lake.

Sunday, Oct. 16... 8:00 - 9:00am: Late registration (FLCC gym)

... 10:00am: Can-Am Challenge/ USAATF National Master 10K X-C Race

... 11:30am: Open 5K race (Upstate NY X-C Series)

... 12:00pm: Awards Ceremony (FLCC gym)

... 1:00 - 4:00pm: Post race party TBA

**ENTRY FORM**

Name:________________________________________
Address:______________________________________
City:__________________ State:_________ Zip Code:__________
Phone #: (____)________ Age on Race Day:_________ Birth date: __/__/____
Sex:__________________________________________
Exact Name of Team:____________________________

**“Entry fees are neither refundable or transferable.”**

I know that running in a USAATF activity is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running USAATF activities including, but not limited to, falls, contacts with other participants, the effects of the weather, including heat, extreme cold, and or humidity, traffic and conditions of the competitive surface, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of you accepting my application, I, for myself and anyone entitled to act on my behalf, waive and release USAATF, Bob’s Stores, the Cats A.C., the City of Canandaigua, Finger Lakes Community College, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recording or any other record of the this event for any legitimate purpose.

Signature:____________________________________

Make checks payable to: "National Masters X-C"
and mail to: 160 Laney Road
Rochester, NY 14620-3046

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