5335 Athletes Take Part in 11th World Veterans Championships

USA Welcomes Competitors from 79 Nations to Buffalo

First came the heat.
Then came the humidity.
Next came the wind.
Finally came the rain.
The summer weather in the eastern USA lived up to its fearsome reputation but didn’t deter the 5335 masters athletes from 79 nations who took part in the 11th biennial WAVA World Veterans Athletics Championships in Buffalo, N.Y., July 13-23.

The number was the second-largest ever for a WAVA World Championships, surpassed only by the 12,178 participants who competed in Miyazaki, Japan in 1993. The total of 79 nations exceeded the record 78 countries represented in Japan.

There were some technical and other snafus (see separate story), but overall the event was a success and a lot of fun for almost everyone.

“There were some problems, but I could care less about that,” said Yvette Lavigne of Los Angeles, summing up the feelings of most athletes. “I thoroughly enjoyed the people.”

As usual, the scope of the meet was overwhelming. There were 85 heats and finals in the 100-meter dash. The decathlon/heptathlon drew a record 228 competitors who completed 2154 individual events in a two-day period. Close to 1000 marathoners started in one country (USA) and finished in another (Canada). There were 58 world records and 24 USA records set in the 11-day extravangaza (see separate competition story).

Continued on page 15
Runs end. Running doesn't
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Some masters events are sponsored by USA Taft, the national governing body for athletics in the USA. Some are sponsored by individuals, clubs or other senior organizations.

Generally, anyone age 30 or over may enter a masters event and participate. Some events are limited to age 40+, 50+ or 65+ (please check the schedule for details). Some events require advance registration.

Some require a current USA Taft card (US$ 12 per year, depending on the region). To inquire about a USA Taft card, call USA Taft in your area, or 317/261-0050. There are no qualifying standards for most masters athletics events.

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USA Taft Foundation, NNM, P.O. Box 23998, Eugene Or 97405. Phone: 503/343-7716 Fax: 503/343-2464.
I participated in the M45 110mH at the XI WAVA World Veterans Athletics Championships in Buffalo, N.Y. Unfortunately, I was disqualified during our semifinal heats. I would like to thank all of the athletes who rallied to my side in support of my appeal. I would like to extend special thanks to Stan Druckrey, world record holder for the M40 110mH.

Competition sometimes makes athletes reluctant to support each other. Stan is a rival of mine, but I was fortunate enough to have him testify on my behalf during the appeal process. His involvement with my appeal went well past what was asked of him. Stan, to me, exemplifies all that good sportsmanship encompasses. Not only is he a champion in his own right, he is also a person who encourages others to succeed as well.

Although my appeal was unsuccessful and I was unable to compete in the finals of my event, my trip to Buffalo was worthwhile. I not only met many admirable associates, I found another friend in the masters track and field program. I would like to publicly say thank you, Stan, for your support and encouragement.

Thomas Gilliard
Atlanta, Georgia

A big thanks to the officials and medics in Buffalo who volunteered their time. The medics tents were woefully understaffed but held an abundance of ice and good humor.

Meet officials are to be commended for their efforts to post results (many of which were promptly swept) and for including what was labeled “age-graded time.” It took me a couple of calculations to figure out that the results were not age-graded (as described on pp. 4-5 of the 1994 Age-Graded Tables). They were age-group graded, a big difference. In other words, competitors age 40 and 44 were both factored as if they were 40 years old. This should have been noted on the result sheets.

How come the World Championships (and the U.S. Nationals, for that matter) violate a basic principle? That is, older athletes should not be forced to do more than college athletes. At least, no one during my college competition ever scheduled two heats of the 400 hurdles for the same day as happened for M40 on July 15 (which also happened to be the day Buffalo set its all time record high for July). This was an eleven-day meet. The track at Stadium 2 was available after 1:30 p.m. on Friday, July 14! There was no excuse for running both prelims and semis of the 400 hurdles on the same day. Has anyone on the WAVA committee actually tried to do this themselves? Whoever schedules the U.S. National meet should take care of this same problem before Spokane.

Does the Buffalo Organizing Committee contain any past competitors? You certainly wouldn’t think so based on the following three examples. First, during the preliminaries of the high hurdles there were concerns raised by the women runners about the hurdles to be used at Stadium 2. Fair enough, but instead of making the trip to Stadium 1 to retrieve the top notch hurdles, the OC commissioned an excursion to some high school to pick up what could only be called clunkers not seen since the 1960’s. The fact that only six lanes out of eight were usable for running hurdle heats because of the softness of the track is another story.

Second, okay, run the 100 into the wind. Run the 200 into the wind. Run the high hurdles semis into the wind. Toughens them up and weeds them out. But, pray tell, what excuse did the OC have for running the finals of the high hurdles into the wind? Was it really necessary to send the M70 hurdlers into a −7.1 mps headwind in the finals? The report we received was that they couldn’t set up the electronic timing from the other stadium in less than six hours to make the switch to the back track. A much better solution should be prepared to run both ways, particularly when the safety of the athletes is at stake.

Third, warm-up facilities, particularly for the hurdlers at Stadium 2, were non-existent. It was aggravating that the 400/300 hurdles prelims were immediately after another event at Stadium 2, then a break in the schedule occurred before the 800s which was the next event. The break should have happened before the hurdles to allow proper warm-ups on the track.

Given the choice of 1) running one or two open events, then the decathlon/heptathlon/pentathlon, or 2) the d/h/p first, then one or two open events, why penalize multi-event athletes by always following the second schedule?

I don’t know that track meets that have shaded stands will increase the number of spectators, but it would be a plus for the competitors.

David E. Ortman
Seattle, Washington

The Buffalo organizers did one really great job. They did not take the back seat in any category. In fact, they were far ahead of Miyazaki in most stats. Declarations, results, posting results, awards (perfection), events run on time. Quality, courteous officials in full control. Information on the spot. No confusion anywhere.

What Japan did not have was Al Sheehan doing the commentary. It was good to hear his clear voice giving tribute to the champions and recognition they deserve. He added more to the excitement of the races, both to the fans and competitors.

Many people felt that Japan would be a hard act to follow. I say Buffalo did the act. They were great.

Chuck Sochor
Gowen, Michigan

In Miyazaki, there wasn’t enough water on the marathon course. This...

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

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Thursday, September 1995

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50/50/50/50

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Chlorella - 120-500 mg Tab. - $7.90 - At Elite $6.30
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6-5.96, At Elite $3.10

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GUARANTEED LOWEST PRICES ANYWHERE

September, 1995

National Masters News
Third Wind
by MIKE TYMN

Make Plans for Hawaii in 1997

If you haven't already planned your 1997 vacation, you might start thinking about Hawaii. A spectacular one-time only, 10-mile foot race is planned for sometime late spring or early summer of that year. It's called the Great Trans-Koolau Trek, officially named Heihei 'O Halawa 'Ekolu (literally "A large foot race on H-3").

The H-3 is a new freeway being built over and through the Koolau mountain range, which separates the "windward" side of Oahu from the Honolulu side. The race will begin in Kaneohe on the windward side, pass through a tunnel nearly a mile long, and end inside Aloha Stadium by Pearl Harbor.

The exact date is not yet set as the race will be tied into the opening of the Honolulu side. The race will begin in late 1997.

Race directors, are predicting a field of 62,000, which they say would make it the largest timed foot race in history. One Japanese sponsor has already pledged at least 10,000 participants from Japan.

It is anticipated that there will be more walkers than runners, but Scaff looks for a world-class field as well as a trade-off in speed on a hilly course. The race always produced some pretty fast times in the Great Koolau Trek.

Hills Trade-off?

Something else that the Great Trans-Koolau Trek brings to mind is the trade-off in speed on a hilly course. Until I ran the Cascade Runoff 15K in Portland in 1980, I had assumed that you never quite make up going downhill what you lost on the uphill. However, the Cascade Runoff, which was discontinued a year or two ago, seemed to disprove that. That event was mostly uphill for the first half and downhill the second. I set what was then a PR for myself on that course in the 1980 race. More significantly though, the race always produced numerous records among the elite and usually had a very large percentage of the best 15K times in the world for every year it was run.

With that in mind, I would expect some pretty fast times in the Great Trans-Koolau Trek, even though the first half of the race will be mostly uphill.

Conflict of Interest

All that said, I have to confess that I have a slight conflict of interest in writing about this event as I am serving on the committee, specifically responsible for the age-group competition. However, I know from many years of observing Jack Scaff that he never does things in a small or disorganized way, and I have little doubt that the race will be as spectacular as he expects it to be.

Marketing Masters Track & Field

Can Bill Collins, the world M40 100-meter champion, beat Gwen Torrence, the world women's 100-meter champion, in a special match race?

Collins, the 44-year-old Texas sprinter who won the M40 100 at the WAVA World Championships in Buffalo, July 16, in 11.33 into a 2.3 mps wind, thinks he can, despite the 10.85 time posted by Torrence in Sweden, August 7.

Franks Munene, Collins' agent and head of the KFM International Running Club of El Paso, figures such a match race could bring in sponsor dollars and create some interest in track and field in the USA.

Munene helped orchestrate Larry Jesse's collecting $50,000 from an insurance company for pole vaulting over 17 feet last year. Jesse had put up a sizeable premium, betting he could set a world masters record.

Dwight Stones reportedly also worked with Munene to try to clear seven-feet in the high jump at last year's indoor nationals, but came up several inches short.

Munene said Jesse was besieged with inquiries at the World Championships, where he won the M40 pole vault.

Munene's goal is to target a baby-boomer audience that remembers when these and other athletes were in their prime.

Events will be promoted in three ways: age-group record attempts; gender-mixed age-group for time or record challenge; and showcase events with multiple entrants.

"We're marketing a new product," Munene said, "so we need to make sure we come up with something unique."

Stones broke the world masters high jump record of 6-9 in Buffalo, only to see his mark bettered by James Barrineau, who cleared 6-11. Munene would like to match Stones and Barrineau to see if either can leap seven feet.

"Until recently, there has been no reason for many of these older athletes to continue competing," Munene said. "Now there's an opportunity to challenge world records and be compensated.""

Munene has begun to target corporations to sponsor athletes and events at major indoor and outdoor track meets next year.

"I think we'll get good media coverage because of the world record attempts and gender match races," he said.
**COMPETITION IN 5-YEAR AGE GROUPS & $2,500 IN TEAM PRIZE MONEY**

**ELIGIBILITY** - the competition is open to all runners, age 40 and over on race day, who are currently members of USATF. You must have a current USATF number to participate. USATF registration is available by contacting your local USATF office or you can obtain a USATF card from the USATF representative at registration. ($8.00 for Niagara Association members, $12.00 for non-Niagara Association members)

**CONFIRMATION OF ENTRIES**

YOU MUST DISPLAY CURRENT USATF CARD AT REGISTRATION

IN ORDER TO PICK UP YOU NUMBER!!!

**AGE GROUPS**

Men and Women: 40-44, 45-49, 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**

USATF medals to top three in each age group. The winner of each age group will receive a USATF Championship patch.

** 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>
</tr>
</thead>
<tbody>
<tr>
<td>M40-49</td>
<td>$400</td>
<td>$200</td>
<td>$100</td>
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<tr>
<td>W40-49</td>
<td>$400</td>
<td>$200</td>
<td>$100</td>
</tr>
<tr>
<td>M50-59</td>
<td>$300</td>
<td>$200</td>
<td>$200</td>
</tr>
<tr>
<td>W50-59</td>
<td>$300</td>
<td>$200</td>
<td>$200</td>
</tr>
<tr>
<td>M60-69</td>
<td>$200</td>
<td>$200</td>
<td>$200</td>
</tr>
<tr>
<td>W60-69</td>
<td>$200</td>
<td>$200</td>
<td>$200</td>
</tr>
<tr>
<td>M70+</td>
<td>$200</td>
<td>$200</td>
<td>$200</td>
</tr>
<tr>
<td>W70+</td>
<td>$200</td>
<td>$200</td>
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</tr>
</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. USATF Championship patches will be awarded to the scoring members of the winning teams in each division.

**TEAM ENTRIES**

Only association clubs 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, 70 & over for Men; 40-49 and 50 & over for 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.

**TEAMS ENTERING MUST SUBMIT TEAM ENTRY FORMS TOGETHER ALONG WITH A COPY OF THE CLUB'S USATF ASSOCIATION TEAM CERTIFICATE.**

*Final team declarations must be made by mail, or from 3:00 - 6:00 pm at the meet headquarters, The Canandaigua Inn on the Lake on Saturday, October 14th.*

**MEET HEADQUARTERS**

The Canandaigua Inn on the Lake, 177 South Main Street, just 2.5 miles from FLCC, for reservations and directions. (You must mention the National Masters Cross Country Championship to receive the special rate of $50.00/single, $60.00/double plus 7% tax.)

**DIRECTIONS TO FLCC**

The Canandaigua Inn is located 30 minutes east of Rochester and 60 minutes west of Syracuse. Take the NY State Thruway (Rt. 90) to Exit 44. Proceed south on Route 332 for 7 miles into the city of Canandaigua. Rt. 332 becomes South Main Street. Proceed down S. Main, towards the lake, until you can go no further. Go left on Lakeshore Blvd. (keeping the lake on your right) for 2.5 miles. Watch for signs leading to FLCC campus. Course begins on the athletic fields at the top of campus.

**THE COURSE**

10,000 meters, 90% which is grass and 10% is crushed sandstone and dirt trails. Run entirely on the scenic campus of Finger Lakes C.C., overlooking Canandaigua Lake, and through a federally designated "forever wild" preserve. A rolling course with one large hill near the 4.5 mile mark.

**AWARDS CEREMONY**

At 12:00 pm on the lawn of the Finger Lakes Performing Arts Center. Ample shower and changing facilities available at the FLCC gym.

**1994 INDIVIDUAL CHAMPIONS**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>M40-49</td>
<td>John Barbour (Greater Lowell R.R.) 32:30</td>
<td>Kathy Brown (Cats A.C.) 43:00</td>
</tr>
<tr>
<td>M50-59</td>
<td>Greater Lowell R.R.</td>
<td>Boston Running Club</td>
</tr>
<tr>
<td>M60-69</td>
<td>Syracuse Chargers</td>
<td>Syracuse Chargers</td>
</tr>
<tr>
<td>M70 &amp; over</td>
<td>Syracuse Chargers</td>
<td>Syracuse Chargers</td>
</tr>
<tr>
<td>W40-49</td>
<td>Greater Lowell R.R.</td>
<td>Boston Running Club</td>
</tr>
</tbody>
</table>

**NIAGARA ASSOCIATION MEN’S AND WOMEN’S CHAMPIONSHIP**

The women's 5K is at 8:45 am and the men's 8K is at 9:15 am. Each race is open to anyone and the entry fee is $6.00.

---

**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 nor transferable.**

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**THESE ARE NO RACE DAY ENTRIES!!!**

I know that running is a USATF 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 USATF activities including, but not limited to, falls, contact with other participants, the effects of the weather, including heat, extreme cold 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 applications, I for myself and anyone entitled to act on my behalf, waive and release USATF, the Cats A.C., the City of Canandaigua, Finger Lakes Community College, and all sponsors, their representative and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability by arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recording or any other record of this event for any legitimate purpose.

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

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Shin Splints

Q. I'm a 42-year-old male in excellent health. I jog, bike, surf and walk for exercise. While fast-walking recently, I experienced pain from the top of my foot to my shin. The pain, which occurs in both legs, subsides when I return to a more moderate pace. What's causing my problem and what can I do about it?

A. Your condition sounds like "shin splints." This ailment is usually the result of irritation of the tendon that runs from the foot up the inner side of the lower leg (the shin area). It most often occurs in beginning runners or walkers when the tendon is placed under stress by trying to slow down foot placement. But it is also common at the other end of the spectrum among the long-distance, high-speed competitors. The pain could also be caused by tendinitis or inflammation of the anterior tibial tendon — the one that pulls your foot upward.

In either case, the treatment is the same. You will have to adjust your walking pattern to a more comfortable pace. Icing the tendon for 5-7 minutes after a workout often helps, and using moist heat packs at night for 20 minutes aids in restoring circulation to the affected area. Taking a couple of buffered aspirin prior to your workout may reduce swelling.

Changing to a good, well-cushioned mid-sole shoe will improve your arch support and help to absorb road shocks.

Once the pain disappears, you should begin some exercises to strengthen the anterior tendon. I suggest Bob Anderson's book, Stretching, for some good advice on how to stretch and strengthen the lower legs.

Remember, a thorough warm-up is essential for any walking program. If your pain persists, contact your foot specialist for a complete diagnosis. In extreme cases, shin splints can lead to acute tendinitis and result in damage to the bones of the lower leg.

Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, P.O. Box 30098, Eugene, OR 97405.)

Key Bank Classic Draws 140 to Tacoma

by JERRY WOJCIC

Over 140 men and women athletes ages 30-and-over met for the Key Bank Track and Field Classic at the Lincoln Bowl, Tacoma, Wash., on Aug. 5. The meet, which also served as the USATF Pacific Northwest Association Masters Championships, attracted entries primarily from Washington and Oregon, with a handful of Canadians, and others from California, Montana, and Vermont.

Running only in the 100m, Steve Robbins, Washington, M50 1995 National and WAVA Games sprint champion, posted the fastest time of 11.51. He also high jumped 1.63.

Canadian Harold Morikoa, Robbins' primary rival, won the 200 (24.40) and 400 in a meet's best 52.88.

Sue Grigsby, W35, Washington, ran a 2:30.75 800 and a 4:56.37 1500.

Vernon Cheadle

Vernon Cheadle, UC-Santa Barbara's second chancellor and a masters athlete, passed away July 23 after suffering a stroke on July 8.

Cheadle, who presided over UCSB from 1962 to 1977, was an internationally recognized botanist who took up masters athletics when he was 75 years old. In 1985, he broke four world records for M75-79 in the shot put and 400 in a meet's best 52.88.

Sue Grigsby, 38, Everett, Wash., ran the 800 in 2:30.75, Key Bank Classic. Photo by Jerry Wojcik

The largest field — six — in the meet was in the M45 pole vault. won by Jerry Cash, Oregon, with a 4.57.

The largest field — six — in the meet was in the M45 pole vault. won by Jerry Cash, Oregon, with a 4.57.

Pauline Thomas, W45, Washington, won six throws, including the 20-lb. weight (9.90) and 35-lb. superweight (5.92), both U.S. top-ranked marks.

Ron McConnell, M30, Vermont, threw the javelin 70.90/232-7 from a grass run-up for the best throw of the meet.

Stan Chraminski, M45, Washington, was first in the 5000 race walk with a 24:54:60.

Ninety-five Key Bank Classic Meet and Pacific Northwest Association records were broken. The Lincoln Bowl will be the site of the 1996 USATF Northwest Regional Masters Championships.

Vernon Cheadle

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Cheadle, who presided over UCSB from 1962 to 1977, was an internationally recognized botanist who took up masters athletics when he was 75 years old. In 1985, he broke four world records for M75-79 in the shot put and discus. At his death, he still held the U.S. 4kg shot put record for age 81 at 32-3/4 set in 1991.

A competitor at the Club West meets in recent years, Cheadle was 85 at his death. “He’ll be sorely missed,” said Club West president Gordon McClenathan.

Cheadle is survived by his wife, Mary, and son, William. In lieu of flowers, the family requests that contributions be made to the Vernon Cheadle Memorial Fund at UCSB.

—Beverly Lewis
I am writing to thank you, your publication, and all of the organizers of the WAVA Games. I am a member of the Central Park TC, and it was the first time I participated in any meet of this magnitude. As a veteran marathoner and road racer, it was an unbelievable thrill to step on the track and join the best masters athletes in the world. The camaraderie among the athletes was wonderfully encouraging and supportive.

I participated in the 10,000 and 5000. I must say that I was quite disappointed that my lap counter "blew the count" and I only ran 24 laps of the 10,000. The same error occurred to my friend in the 5000.

Watching Phil Rascher on the track was truly breathtaking! I met Rod Dixon on the dorm cafeteria and had an enjoyable two-hour dinner with him. Watching him win the M45 1500 and 5000 was inspirational.

Please continue to refrain from "qualifying marks" in these meets, so that we can all participate.

Additionally, it seemed to me that masters competitors from other countries are far more serious about the sport than those from our country, especially in the middle distance and distance events.

Eden Weiss
Brooklyn, New York

At least one gold medal was lost at the World Championships because of disagreements between officials and athletes as to how many laps had been completed in the 5000 and 10,000 races.

In the future:
1) Lap checkers must make acquaintance individually with all their runners before the race start.
2) Race fields should be limited or volunteers increased so each lap checker has no more than three runners to check (ideally no more than two).
3) Lapped runners must acknowledge their own checker with a call or a wave each lap. Checkers must confirm, with a call or a wave, to the runners that their laps have been logged, and tell the runner how many more laps to go.
4) Checkers may sometimes have to leave their trackside stools to take up a position in lane 3 or 4 to spot their runners.
5) Checkers should not take their eyes off the track to read a stopwatch if, by doing so, they miss one of their other runners completing a lap.

Dick Maxwell
Portland, Oregon

In the midst of all the astonishing performances witnessed by those of us lucky enough to be in Buffalo, one stood out for me, and, I suspect, for all other spectators. The name of this individual was never announced, at least not while I was there, yet every other useful fact about each race — runners, records, previous history, favorites and so on — was known to us.

The giant scoreboard helped, and the sound system itself was the best I've ever heard at any sports venue. Within seconds, new world record times were announced, confirmed, and results posted on the scoreboard. No that last Saturday, when the 400-meter records tumbled in so many age groups, this was much appreciated.

But it is to the stadium announcer, whoever he was, that my real thanks go. You made our day. The track officials, timers, and statisticians all did their jobs too, but the knowledge, skill, and clarity of that announcer was outstanding.

Richard S. Webb
Hockessin, Delaware

(Thank you for your kind comments. It's nice to know the announcer that day and for many of the finals in Stadium 1. He was ably assisted by Jack McMahon, Kirk Randall, Charles DesJardins, Pete Taylor, Chuck Yake, Eddie Weider, Mike Toled, Larry Szymanski, and Carl Roesch. — Ed.)

WEINACHT RETIRES

I've always followed Payton Jordan to the finish line and now it's time for me to follow him into retirement from competition.

As I do so, I pause for reflection upon what, to me, has been the greatest benefit from exposure to track and field, friendships...something I'll always treasure.

Some examples: after Turk, I was a guest of Fritz Muhle in Germany, then he stayed with us in Florida as did Payton Jordan and Gene Harte in other years. Then this year, I stayed at Chuck Sochor's home in Michigan along with Allan Meddings from England. And just last week my daughter was entertained by Gene Harte in Oregon.

Payton Jordan (l) and Bill Weinacht, 1989 WAVA Championships, Eugene, Ore.

Continued on page 13
Buffalo — A Few Minuses, Many Pluses

Those competing in the WAVA Championships in Buffalo have some very vivid memories. Perhaps the weather for the 10K and 20K tops most racewalkers' lists. Many potential medalists succumbed to the hostile heat and humidity and were unable to finish, while those who did finish had slower than expected times. The other major problems for some athletes were the cafeteria food and lack of air-conditioning in the dorms. With that said and done, shared adversity breeds its own kind of bonding and those consulted felt an overall exhilaration at being part of the Masters “Olympics.” They enthusiastically spoke of the special camaraderie that exists in the racewalking community and of the friendliness and hospitality of the Niagara racewalkers.

It is not surprising that the debilitating heat and humidity fueled the discussion about changing the 20K to a 10K for masters men over 70. In fact, some men suggested that the age be lowered to 60. One judge noted that after 10K, many of the older competitors had problems maintaining the racewalking technique and resorted to plain walking. Several men supported this observation by reporting that their 10K times were good, but from then on, they were much slower. If you would like to register your opinion on the distance change, write me at the North American Racewalking Foundation (NARF), P.O. Box 50312, Pasadena, CA 91115-5012.

Increase in Masters Racewalking

The following stats were prepared by Bev LaVeck. They provide ample evidence of the growth of masters racewalking, largely attributed to the huge increase in women's competition.

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The 1982, 1987, 1992 and 1994 are based on National Masters Outdoor Championships, the 1989 and 1995 are from the World Veterans Games held in Eugene and Buffalo. The numbers in all the tables, except Buffalo, refer to actual participation. The Buffalo table includes all those who registered.

USA Walkers Put on Dazzling Show in Buffalo

by ELLIOTT DENMAN

While America’s walking “kids” lag, America’s “vets” can brag. At the moment, the USA’s younger generation may not include a solid medal contender for next year’s Olympic Games in Atlanta, Georgia. However, the USA’s older walking folks are laden with gold, silver and bronze, having put on a dazzling show at the XI World Association of Veterans Athletes Championships in Buffalo, NY, July 13-23.

For just the second time in the 20-year history of these World Masters Championships, the United States served as the official host nation, and the USA’s men and women came through splendidly. Of course, there was glory in it for others of the 79 nations gathering to compete for world championship titles.

From the first walking event on the calendar — the men’s 20K road walk at Niagara Falls on Sunday morning, July 16 and the women’s 10K and the world’s 10K about night, to the series of brilliant 5K races men and women on Friday and Saturday, July 21 and 22, at Buffalo State University of New York’s Stadium II, it was a rousing show that did the grand old racewalking sport proud.

To true walking enthusiasts, the full Saturday card of 5K races, 8 a.m. to 6 p.m., must rank as one of the great days of competition. And one did not have to be a confirmed walkaholic to form this kind of opinion. Casual observers soon got hooked. There were no snickers from the audience. Far from it — they loved it. With such quality performances and rousing racing, it’s no wonder that walking is growing so immensely at the masters level.

Fully appreciate the achievements of the men and women in the 20K and 10K, keep in mind that both the temperature and humidity were reportedly in the 90s. Many seasoned walkers failed to finish because of the unique and extreme Buffalo heat, and many of those who did finish had unusually slow times.

American winners in the 20K were New Jersey’s Bob Minn (M70-74) and Virginia’s Cokey Daman (M75-79). Silvers went to USA’s Warrick Yeager (M40-44), Edgar Kousky (M60-64), Max Green (M60-64) and Bill Patterson (M80-84). The bronze went to Bill Tallmadge (M75).

Greece’s Christos Karagiorgos (M40-44) led the entire pack in 1:36:42, but Russia’s Alexander Oleinik (M45-49) was just eight seconds back of him. Germany’s Gerhard Weidner (M60-64), a former world 50K record-holder, was magnificent, finishing in 1:44:57. Other golds went to Australians George Whiting (M50-54) and Murray Dickenson (M55-59), Singapore’s Chong Nee Goy (M65-69) and Finland’s Viljo Hallikainen (M80-84). The men’s 80-84 race wasn’t the contest it figured to be just weeks earlier. The sad absence of Giulio de Petra took much joy from the proceedings. What a masterful man he was. How masters walking will miss him.

10K

America’s W35-39 totally dominated the women’s 10K with Nevada’s Victoria Hora (48:09) breezing in over Pennsylvania’s Lynda Brubaker (50:16). Russia’s Liudmilla Nitatovskaya (W40-44) finished in 52:41 with Colorado’s Sally Richards winning a silver. Additional golds went to Elton Richardson (W55-59) and Imogene Atkins (W75-79). Snaring more silvers were USA’s Gayle Johnson (W45-49), Ruth Eberle (W60-64) and Margaret Walker (W70-74). Bronze medals went to Mary Jane Torrellas (W35-39), Pat Weir (W40-44) and Patricia Nesley (W65-69).

The balance of honors was spread out to Australia, Heather McDonald (W45-49); Switzerland, Heidi Maeder (W50-54); Canada, June-Marie Proven (W60-64); Germany, Olga Meyer (W65-69); and Colombia, Ernestine Moreno Mendez (W70-74).

5K

New Yorker, Elton Richardson claimed his second individual gold with a time of 28:30.47 (W55-59), with Bev LaVeck claiming a silver (29:40.65). Other American medal winners were Margaret Walker, Imogene Atkins and Dorothy Roberts, who may have made a world best performance in W85-89.

Georgia-based coach Bobdan Bulakowski fought off Britain's front walking Robert Care to win the M45-49 for Poland, while Australia’s White (M50-54) and Dickenson (M55-59) and Germany’s Weidner repeated their 20K triumphs.

The road walks also included team scoring and Americans again put their home-road advantage to best work. Men walking off with gold team medals were M40-44: Warrick Yeager, Mike DeWitt, Curt Shellor; M45-49: Robert Keating, Carl Acosta; M70-74: Jack Bray, Carl Acosta; M75-79: Cokey Daman, Bill Tallmadge, Herb Appell. Australia’s White (M50-54) and Dickenson (M55-59) and Germany’s Weidner repeated their 20K triumphs.

USA, W35-39

Women’s titlist were M60-64: Bill Patterson; M70-74: Richard Warrick, Sally O’Rourke, June-Marie Proven; M75-79: Bob Minn, Chuck Prater, Mary Cussen, Wenda Cooper, Emily Richardson. Besides Weidner’s two metals, the other team medals went to Australia’s White (M50-54) and Dickenson (M55-59) and Germany’s Weidner in her two golds.

The road walks also included team scoring and Americans again put their home-road advantage to best work. Men walking off with gold team medals were M40-44: Warrick Yeager, Mike DeWitt, Curt Shellor; M45-49: Robert Keating, Brian Savilonis, Taka Amano; M50-54: Ed Kousky, Jim Carmine, Alan Yap; M60-64: Max Green, Jack Bray, Karl Acosta; M70-74: Robert Minn, Eric Johanson, Mel Lees; M75-79: Cokey Daman, Bill Tallmadge, Herb Appell. Australia’s White (M55-59), Britain (M60-65) and Germany (M80-84) took the other three.

USATF Masters Hall of Fame Formally Approved

by MARILYN MITCHELL, Secretary, USATF Masters Track and Field Committee

USA Track and Field in June gave its official approval for the establishment of the USATF Masters Hall of Fame, allocating space in the Indianapolis RCA Dome for the name plaque. This is the first and will be the only Masters Hall of Fame officially sanctioned by USA Track and Field. Inductees will be selected by people knowledgeable in the sport who are associated with the official National Governing Body for athletics.

Other Halls of Fame which include masters athletes include the multi-sport Hall in Bradenton, Florida, and a masters running-related Hall of Fame in San Diego, California.

USATF Masters Hall of Fame Requirements:

I. There will be separate categories for:
   A. Masters long distance running
   B. Masters track and field
   C. Masters racewalking

II. Sub-categories for nomination (within each of the categories in #1 above) will be:
   A. Athlete-Male
   B. Athlete-Female
   C. Other, to include benefactors, coaches, administrators, meet directors, officials, and journalists

III. Anyone, including non-masters and non-athletes, may nominate masters athletes for the Masters Hall of Fame.
   A. The open period for nominations will be announced through the National Masters News and other USATF publications.
   B. Announcement will also be made via communications to the presidents and masters chairmen of each USATF Association.
   C. It will be the responsibility of the nominator to complete the required paperwork by the established deadline.
   D. An athlete may nominate himself or may be requested to supply data supporting his or her nomination.

IV. Nominations deadline will be March 15 of each year (with the exception of the inaugural year).

V. Nominations deadline for the inaugural year 1995 will be December 15, 1994.

VI. The inaugural class shall consist of up to:
   A. 3 males, 3 females, 2 "other" for masters LDR
   B. 3 males, 3 females, 2 "other" for masters T&F
   C. 3 males, 3 females, 2 "other" for masters racewalking

VII. The regular classes, commencing with the 1996 class, will consist of up to:
   A. 1 male, 1 female, 1 "other" for masters LDR
   B. 1 male, 1 female, 1 "other" for masters T&F
   C. 1 male, 1 female, 1 "other" for masters racewalking

VIII. Any male or female shall be eligible for nomination who is a masters competitor (as defined below) and who has competed for at least five years in the masters program. Participation need not be five consecutive years.

IX. A masters competitor shall be defined as any male or female who has attained the age of forty.

X. Only masters accomplishments will be considered. That means that senior or open accomplishments will NOT be considered for nomination or for selection to the USATF Masters Hall of Fame either for the "athlete" category or for the "other" category.

XI. Masters need not have retired before nomination and selection to the USATF Masters Hall of Fame.

XII. Masters may be nominated and selected posthumously to the USATF Masters Hall of Fame.

XIII. All nominees shall remain in nomination for five years, for consideration each year if not elected. Thereafter, they will need to be re-nominated for further consideration.

XIV. While anyone may nominate candidates for the USATF Masters Hall of Fame, selectors will consist of the following:
A. Masters full LDR Committee (not just the Executive Committee) for LDR/Cross-Country.
B. Masters full Track & Field Committee (not just the Executive Committee) for Track & Field and Racewalking.
C. Current members of the USATF Masters Hall of Fame.
D. The Records Chairman, if not already a member of the full committee.
E. The Rankings Chairman, if not already a member of the full committee.
F. The Awards Chairman, if not already a member of the full committee.
G. The Hall of Fame Chairman, if not already a member of the full committee.

XV. The nomination and selection process for the inaugural class will be managed by the ad hoc Hall of Fame Chairman, Marilyn J. Mitchell.

XVI. Criteria for being placed in nomination as an athlete are one or more of the following:
A. Current world record holder, when nominated.
B. Current American record holder, when nominated.
C. Past World or American record holder in a single event for three or more years.
D. Current or past world champion.
E. Winner of four or more U.S. National Championship titles.

XVII. Criteria for being placed in nomination in the "other" category include anyone who has made a considerable contribution to masters running/track and field/racewalking and who is being considered for inclusion into the USATF Masters Hall of Fame for any reason other than their athletic accomplishments. The person being considered for the "other" category need not have attained forty years of age. Balloting will be by secret mail-in ballot. Inductees shall be determined from the candidates receiving the largest number of absolute votes. If necessary, there will be run-off ballots, but in no case shall a candidate be selected who has not received at least 50% of the votes cast on the final ballot. (With the exception of the inaugural year) recognition and acknowledgment of the inductees will be made at the USATF Annual Convention.

Gray, Grayson Win In St. Louis 10K

by TOM ECKELMAN

Missouri's Charlie Gray, 41, repeated as the male masters champion of the Fair Saint Louis 10K, July 2, finishing 14th overall in 31:17 to earn $500 first-place masters money.

Gray's time was 13 seconds faster than he ran last year at the event and four seconds faster than Mike Manley's masters course record which has stood since 1982. Gray's time also set an all-time Missouri masters record.

Gary Romesser (44, IN, 32:05) and Bobby Williams (42, MO, 32:23) were runners-up.

Nancy Grayson (45, MI) broke the 13-year-old women's masters record, finishing 14th female overall in 36:28, also a Missouri record. Jane Hutchison (49, MO, 37:51) and Cathy Wides (45, IL, 39:39) were next.

Fred Bets (IL) repeated as seniors (50+) champion in 35:48, with Mike Tooton (MO) second in 36:47. St. Louis Track Club's Patrick Gallagher, 70, set a Missouri resident 70 + 10K record with his 43:55.

AllSport was joined by new sponsor Pillsbury to continue the reputation of the Fair Saint Louis Run as the most competitive race in the St. Louis area. Nearly 2000 runners participated in the 10K and accompanying 3K runs.

Members of the South African team waiting to enter the arena during the opening ceremonies, WAVA Games, Durban, South Africa, will host the 1997 WAVA Championships.
Bill Stewart: A Friend in Need
by M.B. DILLON and KAREN MCKEACHIE

Seldom are we afforded the chance to help preserve an individual's freedom. The running community now has that opportunity, and time is of the essence.

The name Bill Stewart may be familiar to you. Devoted to running for the past 38 years, Stewart, of Ann Arbor, Mich., has held one world and three USA masters records in distances from 1,500 meters to 25 kilometers. He still holds the U. S. M40 indoor mile record of 4:11.0, set in 1983. He has still holds the record of 4:11.0, set in 1983. He has

Bill to obtain maps of India and Asia on file at a university library.

the past four years.

Stewart focuses his energies on runners. His athletes are predominant- ly women; however, he turns away no one who approaches him. His proteges include Ed Andrey, an 81-year-old who continues to PR under Stewart's tutelage. It's hardly a money-making venture for Stewart. Often, he spends more having dinner with runners after a workout than he's made that day.

Stewart also is a substitute teacher with Dexter Public Schools and serves as the coach, along with his girlfriend — Olympic hopeful Ann Boyd — of the Dexter High School boys' track and cross-country teams. His friends note Stewart expertly balances these responsibilities with those inherent in being the loving, dedicated and custodial parent of Andrew, 12, and Lauren, 8.

On May 16, Stewart was wrongfully convicted in the state of Virginia on four felony counts. The case involved selling computer tapes containing digitized maps derived from satellite data. A federal prosecutor claimed the tapes belonged to the Department of Defense and contained information vital to national security. Stewart denied knowing the tapes were classified. Nothing on the face of the tapes indicated they were restricted in any way. They had been on file in a public library. Stewart was told that the tapes were in the public domain.

Background
For the past decade, Stewart has developed a business of procuring hard-to-find paper maps of developing nations, and selling them to interested parties. In 1993, a regular client asked
Write On!

Continued from page 9

And so it goes — genuine enrichment of life is what I call it and something that track and field gives, but something that can't be bought.

Bill Weinacht
Rocky River, Ohio

RACEWALKING

Elaine Ward's racewalking articles about Enrique Camarena, especially the part on nutrition, are exactly what ding my suggestions for improving NMN.

I tried Enrique’s drinks (along with giving up coffee and tea, which may contain some medicinal value according to some), and after only a few days I noticed an improvement in my training. Although I am no longer a competitive runner, I continue to attempt to live the lifestyle.

Jim Gerard
Dayton, Ohio

MARIE TRENT

On July 1, 1995, the ultra-running community lost a very good friend. While 77-year-old Marcie Waldron Trent was running along the McHugh Creek Trail near her home in Anchorage, Alaska, with her son, Larry Waldron, and her grandson, she was attacked by a bear. Larry tried to help his mother, and was also attacked. By the time paramedics got to the scene, both Marcie and Larry were dead.

This is both shocking and saddening to me for several reasons. Most importantly, Marcie was my good friend. She started me running trails and ultramarathons in the early 1980s. We must have run 5000 trail miles together before I moved south eight years ago. Even after I moved, we talked on the phone regularly and ran a marathon or ultra every time she came south.

In 1987, after Marcie turned 70, we did a 4:11 Napa Valley Marathon together, earning her the national age-group record.

We talked just last Sunday about her recent trip to the Czech Republic and my problems and subsequent DNF at this year's Western States 100. (Marcie had always dreamed of running the WS100, and when I ran it the first time in 1990, I dedicated my run to her.)

Marcie inspired many people to run, but she was happiest when running with her family. She leaves her husband John, three remaining children, seven grandchildren, and many friends all over the world.

Marcie, I miss you. Happy trails.

Karen Ide
Reno, Nevada

JAY SPONSELLER

I wish to thank the masters for all of their prayers, get-well cards, telephone calls, and sympathy cards during Jay's illness and death.

The masters program made retirement a joy for him. We met all you wonderful runners and traveled the world.

Betty Spournée
Naples, Florida

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<td>Masters Age Records</td>
<td>Men's and women's world and U.S. age bests for all track &amp; field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1994. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&amp;F Records Chairman.</td>
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<tr>
<td>Masters Track &amp; Field Rankings</td>
<td>Men's and women's 1994 U.S. outdoor track &amp; field 5-year age group rankings. 60 pages. Over 100-deep in some events. All T&amp;F events. Coordinated by Jerry Wojcik, USATF Masters T&amp;F Rankings Chairman, and the National Masters News.</td>
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<tr>
<td>Masters Track &amp; Field Indoor Rankings (1995)</td>
<td>Same as above, except indoor rankings for 1995. 4 pages. $1.50.</td>
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<td>Masters Age-Graded Tables (1994)</td>
<td>Single-age factors and standards from age 8 to 100 for men and women for every common track &amp; field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes.</td>
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<td>Time Master Calculator</td>
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<td>Masters 5-Year Age-Group Records</td>
<td>Men's and women's official world and U.S. outdoor 5-year age group records for all track &amp; field events, age 35 and up, as of March 31, 1995; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&amp;F Records Chairman.</td>
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<td>Masters 5-Year Indoor Age-Group Records</td>
<td>Same as above, except indoor records (M40+, W35+) as of December 31, 1994. 3 pages.</td>
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<td>U.S. Bylaws and operating regulations. Includes names and addresses of national officers and staff, board of directors, sport and administrative committees, etc.</td>
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<td>IAAF Scoring Tables</td>
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It would have taken a four-person crew to cover all of the throwing events at the World Games, what with two venues a half-mile apart and events happening at 8 a.m. The finals in the throws aren’t like track finals, such as the 100, for example, which start at a specific time and can be seen from the comfort of the stands. In the throws, we had to sit (usually on the grass) through the prelims, sometimes entailing two flights of ten or more contestants each, which almost always listed for 10 a.m. perhaps, really didn’t happen until an hour or more later.

I finally gave up trying to see everything and decided to concentrate on a few events. The most highly publicized (mostly by word of mouth) match-up was in the M55 javelin featuring Larry Stuart of California and Janis Lusis, competing as a Latvian. Stuart owns practically every masters record in the book. Lusis was the considered best practitioner of the art when he was a member of the 1960s-1970s USSR teams composed of other household names such as high jumper Valery Brunel and triple jumper Victor Saneyev.

It was unfortunate that this event and other throws could not have been held within the main stadium, rather than outside of the second venue. A good crowd of connoisseurs gathered on the grass to watch two of the greats in this event.

Stuart left his best throws, some over 200 feet, in the ten or so warm-ups he took but still beat the pony-tailed Lusis with a 188-2 toss, despite purposely fouling his first-throw. Later, Stuart admitted that it wasn’t the brightest thing he’d ever done.

While this group threw from a relatively good surface, others threw from what is the strangest javelin run-up I’ve ever seen: a plywood platform raised on 2 x 4s and covered with artificial turf. The surface had a slight give and sagged in spots. For a world championships, it was, putting it mildly, an embarrassment.

I don’t know what the foreigners thought of it, but U.S. throwers thought it was terrible. Mike Brown, a top thrower from Florida who wins in open competition, won the M40 contest, in spite of having strained his ankle when he tripped off the front edge of the platform in a warm-up throw. When I saw his ankle the next day, it was the size of a Florida Indian River grapefruit. It’s a wonder he was able to compete, much less win.

Joe Greenberg, an M45 thrower from Los Angeles, who also wins in open meets took his dvision gold medal, but was equally disappointed with the conditions. He said it affected his expectations for a better performance.

Both Brown and Greenberg expressed doubts about continuing to compete in major masters meets if this was the best we had to offer. I’m glad they weren’t at East Lansing for the Nationals.

Again, we have the contrast of tracksters having a helluva good time, running on a great surface before an appreciative audience, while throwers are struggling with less than adequate conditions away from the arena.

I’ve heard an unofficial explanation for the plywood monster, and I understand the problems of scheduling huge numbers of competitors in the throws, which can also be hazardous at some venues (a discus hit a pole vaulter early in the Games). Considering the immensity of the Games, Buffalo was a first-rate experience for most of the throwers who talked to me. The officials were accommodating and hardworking. I saw Bob Landenbach, an official from Seattle, returning implements for about seven hours in the M65 weight pentathlon. The competition was, let’s face it, world class.

However, it’s time for directors of both small and large meets to seek out throwers’ input. Brown told me that he would have competed at 1 a.m. or 7 a.m. rather than throw off the platform. Officials may not be that obliging, but his input and that of others might have resulted in a more satisfactory solution than the plywood.
11th World Veterans Championships

Continued from page 1

One-hundred and forty athletes were age-80-or-over. Nine were over 90 including the USA’s Everett Hosack and Jonathan Tetherly, the oldest participants at age 93.

With about 5000 family members and friends included, the meet had an economic impact on the western New York community of $11 million, according to standard economic estimates.

The competition was held in five-year age groups, beginning at age 40 for men and age 35 for women. The Championships are held every other year under the auspices of the World Association of Veteran Athletes (WAVA). This year they were staged by the Buffalo Organizing Committee, led by Executive Director Vito Borrello and co-chairs Neal Fatin and Robert Greene, with hundreds of volunteers from the local community.

The official total of 5335 was a reduction from the previously announced 5529 entries by 194 mostly foreign athletes who had not paid and who did not make the trip. The 3507 foreign participants were the second largest ever, surpassed only by the 3687 non-Finnish competitors at the 1991 Championships in Turku, Finland.

There were 13,152 event entries. Of the total of 5335 participants, 27 percent were women, the highest ever for a WAVA World Championships.

Opening Ceremonies

At the opening ceremonies, athletes paraded in behind their national flags, as the announcer gave a brief, informative tidbit about the history, location, and culture of each country.

USA runner Ruth Anderson, 65, invited by Borrello to carry the torch, circled the track, mounted the platform, but then accidentally burned her hands and shoes while lighting the flame. She was rushed to the hospital, treated for first-degree burns, and released.

Award Presentations

Attractive gold, silver and bronze medals were presented to the top three finishers in each event in each age group.

One of the first time ever in a WAVA Championships, the Organizing Committee (OC) set up an innovative schedule for award presentations, which worked well. Award recipients from all age groups in one event assembled at an appointed time, usually the day after their event. They were then presented their medals on the field in front of the grandstand on 12 individual victory stands — one for each age group. The schedule was meticulously coordinated so that competition rarely conflicted with the presentations.

Stadium One Outstanding

The competition organization at Stadium One was outstanding. For nearly two years, the WAVA Stadia Committee, led by the late Bill Taylor and his successor Jim Blair, had worked closely with competition director Dick Barry and his staff to work out details and ensure a smooth program.

The officiating was excellent. The track was fast. After some opening-day hiccups, the clerking went smoothly. The schedule of running events, continued on page 16.

Opening ceremonies at the XI WAVA World Veterans Championships in Buffalo.

Marasport Photography Productions

Joanne Grissom, W55 USA, smiles for the camera as she waits to warm up for the discus.

Photo by Suzy Hess
and a model for the future. Athletes were able to double and triple in many events. The competition was rarely behind schedule. The paperwork flow, directed by Hy-Tek's Charlie Hodgson, was the best ever at a world meet. Entry lists were quickly created and seeded based on the signed-in athletes. Walkie-talkie communication was excellent and enabled late-signing athletes to be included in the entry lists. Results were posted on the scoreboard within minutes after an event. Printed results, with wind-readings and each athlete's age-graded mark and performance percentage, were promptly posted on the results boards.

The media coverage was superb. It indicated the importance the Buffalo community placed on the event. All three network-affiliated local TV stations featured the meet on their morning, evening, and nightly newscasts. The NBC affiliate (Channel 2) was particularly generous with its coverage. Its weatherman, Kevin O'Connell, emceed the opening ceremonies. The Buffalo News, with reporter Allen Wilson assigned full-time duty at the stadium, ran at least two stories daily and printed the results of the first three finishers.

Managers' Meetings
Each morning, a "team managers' meeting" was held by WAVA and the OC at Stadium One to brief the national managers on upcoming activities and to hear and resolve problems. Each team manager would then pass on the information to the athletes from his or her country.

USA team managers Sandy Pashkin and Phil Greenwald held daily meetings for all USA participants in Stadium One, and did a yeoman job of handling inquiries and problems during the games, as well as organizing all the USA relay teams on the final day. Pashkin missed a couple of days to fly to Florida to attend to her ailing mother. But she returned and went right back to work.

The dormitory accommodations generally received good reviews. Despite the lack of air conditioning, dorm residents enjoyed good and plentiful food in the cafeterias, which unfortunately closed too early for late-competing athletes. Borrello tried to get them to stay open longer, but said he ran into union problems. The camaraderie always found in the dorm environment was again present in Buffalo.

One of the most popular campus activities was the nightly Beer Garden. Each night, a different local band would play (country, jazz, rock, etc.) while athletes milled around eating, dancing, and schmoozing.

Photographers from Marasport, Inc., of Montreal flew in to take thousands of professional action shots which were available for $9 each at the Alumni Arena, next to Stadium One. The arena functioned as the registration and merchandise venue. Marasport said it will be mailing proofs to athletes worldwide, who can place orders.

Free Shuttle Buses
Free shuttle buses were available for service between the major hotel areas, the athletes' village at the dorms, and the competition venues. Free transportation was also provided from the Buffalo airport during peak arrival and departure times and for the banquet and WAVA meetings.

A gala reception drew nearly 3000 athletes and friends to The Pier, Buffalo's premier waterfront nightclub on Wed. July 19. There was plenty of walk-around room and dancing.

No athlete has ever died in the 20-year history of the Championships, but there was a close call on the final day's 4 x 400 relay, when a Finnish anchor-leg runner suffered a heart attack as he crossed the finish line and was rushed to the hospital. He spent a few days there but was released and flew home.

"The medical staff was one of our strong points," Borrello said. "Medical director Greg Young and the rest of the medical staff were tireless."

Several Olympians were reportedly invited to compete, but Dwight Stones, Rod Dixon and Janis Luisi were the only "names" who showed up. Dixon impressively won the M45 1500 and 5000. Luisi took second in the M55 javelin. Stones co-hosted a one-hour live/highlights TV show on the Prime Network on Sun. July 16 at 9 p.m. EDT. He showed a remarkable grasp and knowledge of what the masters program is all about, and was an outstanding spokesman for the sport.

Later, Stones competed in the M40 high jump, breaking the M40 world record with a jump of 6-9¾ (2.08m), only to see James Barrineau break that mark and win the competition with a leap of 6-11 (2.11m). Stones was gracious despite the unexpected loss. He conducted a clinic during the week and chatted at the reception with
11th World Veterans Championships

Continued from page 16

everyone who approached him.

Touring and Shopping
Many athletes and their families found time to take one of the tours offered by the OC. More than 3000 tours were sold to places like Niagara Falls, Toronto, the Chautauqua Wine Region, the Corning Glass Center, the Genesee Country Village, the Miss Buffalo Lunch Cruise, and the Niagara Clipper Cruise.

The Walden Galleria organized trips to its shopping mall and even charged athletes $5 for the bus ride. The buses were reportedly full all week.

That prompted one wag to say the real winners of the Championships were the local malls and shopping centers as athletes spent hundreds of thousands of dollars. There were lines at retail stands throughout the meet, and the on-campus store was packed every day. One man from Japan reportedly spent more than $700 on T-shirts and other apparel during a mall visit.

On Thursday, a rest day from competition, the food court at the Galleria resembled a mini-United Nations. Observers said mall sales were up by at least 20 percent. Shoes and apparel were the favorite items.

They're about half price from stores at home," said Swiss runner Alois Bucher.

Athletes also bought official Championships gear at a record pace. The firm which produced the logo-imprinted items said it could barely keep up with demand. It sold more than 10,000 T-shirts bearing the official event logo.

The area hotels attributed anywhere from 33 percent to 75 percent of their room bookings to the Championships. "This will be our best July ever," said Rudy Reiner, manager of the Buffalo Hilltop. "This is definitely better for us than the World University Games."

Sponsors
Merchandise sales and fees were expected to account for a third of the OC's $2 million budget. The OC did a tremendous job of raising more than $600,000 from local sponsors, with the remaining third of the budget coming mostly from athletes' entry fees.

The budget of $2 million was well below the $15 million spent by Japan in 1993, but above the $1.5 million spent by Turku in 1991 and the $1.2 million by Eugene in 1989.

The major sponsors of the meet were Burger King, Larry Smith Office, Marine Midland Bank, Millard Fillmore Health System, Moore, NYNEX, Oldsmobilers, Pepsi Cola Bottling Corp., Russer Foods, Underground Activewear, and Walden Galleria.

Following the Championships, many athletes went on post-meet excursions to Toronto; New York City; the Baseball Hall of Fame in Cooperstown, N.Y.; the Finger Lakes region; Washington, D.C.; Boston; and Disney World.

Economic Impact
The media coverage constantly emphasized the economic impact of the event to the community, a clear sign that the WAVA Championships have become a prestigious event for any community to hold. Dennis Murphy, OC Hospitality Chairman and president of Inn Vest Lodging, a hotel chain headquartered in Buffalo, said: "We had 22,000 bed nights at the university and more than 11,000 room nights off the campus. That's a huge number."

Borrello agreed. "These events themselves are not supposed to be huge money-makers," he said. "The payback to the community is the economic impact. The people here were on vacation and they spent money. Some of them are major decision-makers. They see Buffalo and they go back to their communities and talk about Buffalo. All that may be difficult to measure, but I think it's pretty valuable."

About 3000 volunteers, under Jim Niemira's direction, performed a multitude of tasks to support the event from directing crowds to retrieving javelins to providing medical attention.

"Our volunteers were amazing," Borrello said. "Some of them worked 18-hour days with no pay. Everyone had a hand in making this a great event."

As the meet wound down, T-shirts were swapped, invitations to visit friends in other countries were extended, and a feeling of goodwill and friendship between peoples of different nations bloomed out — for a time, at least — the problems of the outside world.

"I wasn't going to come, but a friend told me this is the closest thing to the Olympics you'll ever experience," said newcomer Marybeth Dillon of Michigan. "I'm really glad I signed up. It was thrilling to see world records broken before your eyes by athletes from all over the world. It was a life-changing experience, meeting the people and realizing age is no barrier to achievement."

Athletes were serious about their events, but the Olympic spirit espoused by Baron Pierre de Coubertin a century ago was evident: "It is not important whether you win or lose. The important thing is to take part."

Borrello said there's not a more pure sports competition than this event. "It's been an extremely rewarding experience," he said. "We hear all about holdouts and strikes. Pro sports have become such a business that the sport, itself, has become secondary. These people all paid to come here because they have a genuine love for their sport."

— AI Sheahen

U.S. athletes greet the crowd at the opening ceremonies, WAVA Championships. Photo by Suzy Hess

Results From Buffalo
Results books of the XI WAVA Championships can be purchased by sending $13 to World Veterans Athletics Championships, 120 Church St., Buffalo, NY 14202, or by calling 716/849-0704 and charging it to your VISA or Mastercharge.

Results from Buffalo

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

Entry forms, information and accommodation:
Jacques Serruys
Korte Zilverstraat 5
8000 Brugge - Belgium
Tel. 00 32 50 341 781
Fax : 00 32 50 334 325
Winning Isn't Everything in Masters Track

The runner approached as I was walking toward my warm-up gear following a qualifying heat in the 1500 meter run at the World Veterans' Championships in Buffalo, N.Y.

He was a fan of my writing in National Masters News and other publications. He thanked me for providing him with motivation over the years, but mostly he wanted to talk about his 5000 meter race several days before.

"I placed 85th out of 90 in my age group," said the runner, "but I couldn't have been more pleased. I had trained with those young 60-year-old group," joked about the fact that I had gone from first in the world meet in Finland four years before to near last in my age group. It's tough to keep up with those young 60-year-olds.

But it was more a matter of priority. Four years earlier, I had trained with total dedication to be best in the world. This past season, other activities seemed more important: finishing a book, enjoying my grandchildren. Like the other runners, I had come to Buffalo more intent on participation than performance.

I was with him in that regard. We joked about the fact that I had gone from first in the world meet in Finland four years before to near last in my 1500 heat in Buffalo. Two days earlier in the 5000, I hadn't quite placed as low as 85th, but I didn't do much better. Still, I was satisfied.

My descent from glory to disgrace was partly a matter of aging. I was competing at the bottom — rather than at the top — of my age group. It's tough to keep up with young 60-year-olds.

Two weeks earlier, at the National Masters Championships in East Lansing, Michigan, I had chatted with javelin thrower Phil Conley. Phil and I are survivors, among the few competitors left from the premier world championships in Toronto in 1975.

Phil has competed in all 11 world meets; I have missed only one. "If it's worth striving for victory," I told Phil, "you have to be willing to accept the possibility of defeat."

ABC's "Wide World of Sports" for years trumpeted "the thrill of victory, the agony of defeat." Yes, there is thrill in victory, and TV folk like to focus on weeping losers, but the downside need not be agonizing.

After finishing far back in my races, I could console myself that at least I was willing to appear. Many never try. Nevertheless, more than 5500 competitors from 80 different countries competed in the Buffalo meet. Not all would return home with gold medals around their necks. And not all of us "losers" necessarily were carried home on our shields.

For many, the social aspects of the world meet outweigh the competitive aspects. That's partly true for me — at least in years I'm at the bottom of my age group. While not competing, I had time to meet old friends, do some dancing, listen to fine music, and enjoy sightseeing and some good food. I attended the World Association of Veteran Athletes business meeting, an opportunity to see the politicians of our sport in action. I also took time to watch my fellow athletes compete.

One of the best competitions came in the high jump for men over 40. Entered were Jim Barrineau and Dwight Stones, both members of the 1976 US Olympic team. Barrineau had placed only 11th in Montreal; Stones won the bronze medal for third.

A Century
Dr. Hal Higdon

Each, in turn, nervously stared at a bar raised to a world veterans' record of 6 feet 11 inches. Barrineau cleared on his first attempt; Stones missed three times. It was great drama, a high point of my trip to Buffalo.

But one winner, one loser? None of the several thousand spectators — most of them fellow competitors, who had sat riveted while the pair went one-on-one against each other — seemed to think so.

"I ran into a buzz saw today," Stones said afterwards. "Jim's a competitor."

Barrineau commented: "I feel a bit of satisfaction having beaten a guy who really dominated this sport during our time."

On the final day of the meet, I ran the marathon on a course that started in downtown Buffalo, crossed the Peace Bridge into Canada, then followed the Niagara Parkway along the river almost to the lip of Niagara Falls. It was warm, humid. Rain made my light racing shoes seem like lead boots. My third race in five days, I alternated running and walking the last eight miles to ensure finishing my 93rd marathon. My goal is to run my 100th marathon in Boston next April. Times don't matter.

Two years from now, at the next world meet in South Africa, it may be different. I will have moved into a new age group with no more excuses. Phil Conley surely will be there and maybe that guy who finished 85th in his 5000. Dwight Stones could be looking for that elusive world title. If I train hard enough, maybe I can be a winner again.

If not, I know how to lose with dignity.

(Hal Higdon is a Senior Writer for Runner's World. His latest book is "Boston: A Century of Running," due to be published by Rodale Press this fall.)
Gateshead Chosen to Host 13th WAVA Championships in 1999

As briefly reported last month, the city of Gateshead, England, was chosen to host the 13th biennial WAVA World Veterans Athletics Championships in 1999 by the delegates to the WAVA General Assembly in Buffalo, USA, July 20.

The northeastern English city received 79 votes to 22 for Kuala Lumpur, Malaysia and 13 for Victoria, Canada.

St. Petersburg, Russia, withdrew just prior to the voting because its city fathers could not guarantee financial support for the event.

All three cities made impressive presentations, and any one would have been suitable to stage the championships. Gateshead won easily because England has never hosted a Championship, despite being one of the leaders in the program for more than 20 years.

Report from Britain

With no road championships in July, attention switched to track and field with a high standard inter-county match at Crawley, near Gatwick Airport, on July 4.

Kevin Sheppard set a new British M45 javelin mark with a 58.20, while another to go was the W45 200 to Viv Bonnes in 27.0.

There was a new name in the M45 division as John Ireland front ran 4:52.2) and Caroline Horne (3000 in 8:34.5, solo front, in the M40 sprints. Gateshead won easily because England has never hosted a Championship.

The second stadium is in Jarrow, a six-year-old facility, and a third is in the Metro City Centre.

As briefly reported last month, the capacity of the new £10 million, two respectable third places in the division as John Ireland front ran 4:52.2) and Caroline Horne (3000 in 8:52.2) and Caroline Horne (3000 in 8:34.5, solo front, in the M40 sprints. Gateshead won easily because England has never hosted a Championship.

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Beccalli Re-Elected WAVA President

At a nine-hour session of the WAVA General Assembly in Buffalo on July 20, Italy's Cesare Beccalli was re-elected President by a vote of 89-25 over Owen Flaherty of Spain.

Tom Jordan (USA) was elected, 59-55, over Executive Vice-president Bob Fine (USA) for that office.

Jim Blair (NZL) was chosen Vice-President, Stadia to replace the late Bill Taylor, with 63 votes to 31 for Ron Bell (GBR) and 20 for Vadim Marshev (RUS).

Re-elected with no opposition for another two-year term were Jacques Serruys, Non-Stadia Vice-President; Torsten Carlins, Secretary; and Al Sheehan, Treasurer.

Prior to the vote for President, a motion to impeach Beccalli for alleged irregularities in the 1987 election was ruled out of order by the Assembly.

Since the Constitution limits officers to a maximum of five two-year terms, both Beccalli and Sheehan (both first elected in 1987) are now in their final terms.

In open voting on Constitutional amendments, delegates voted to:

1) Have the Executive appoint independent auditors to report to the General Assembly (75-0).

2) Abolish the Organizing Advisory Committee (unanimous).

3) Add "the Women's Assembly" to paragraph 12b of the Constitution (unanimous).

4) Combine the Medical and Doping committees (67-17).

5) Replace the 25K with a half-marathon in World and Regional Non-Stadia championships (78-13).

6) Reject a USA proposal that only the General Assembly may amend the by-laws (13-78).

7) Require the Treasurer, prior to the WAVA Championships, to submit a proposed budget to the Council and to the Affiliates for the next accounting period. The Council will approve the budget and report to the Assembly (unanimous).

8) Reject a USA proposal that changes in the competition rules be approved by the General Assembly (8-83).

9) Reject a New Zealand proposal that the marathon be held on the penultimate day of the championships (43-44).

10) Refer an Italian proposal to set an age limit to the Medical Committee for study (unanimous).

Delegates at the WAVA General Assembly ponder how to vote on a weighty motion.
A total of 58 world age-group records were set at the XI WAVA World Veterans Athletics Championships in Buffalo, N.Y., USA, from July 13-23, as the level of performances was again awesome.

Twenty-three marks were set by men; 35 by women. Thirty came in track events, 26 in field, and two in racewalking.

German athletes accounted for 18 records, 14 of those by women. The USA was next with 10, followed by Australia (6), Finland (4), and Canada (3).

USA performers picked up 121 individual gold, 102 silver, and 96 bronze medals — a total of 319, compared to 152 in Miyazaki, 172 in Turku, and 400 in Eugene.

USA relay teams garnered 13 of the 34 relay gold medals, followed by Germany (9), Australia (6), Great Britain (3), Japan (2), and Colombia (1).

Germany and the USA each won five cross-country team titles. USA marathon throngs took home six of the 14 team titles, with Germany next with four. The powerful USA contingent walked away with 12 of the 17 roadwalk team medals.

The top medal winner of the meet was Philippa (Phil) Raschker, 48, of Marietta, Ga., who won eight gold and one silver medal in the W45 division — one of the most impressive performances in the history of the World Championships. She added a gold and silver in the relays, for a grand total of nine gold and two silver medals.

No one else won more than four individual gold medals, as the competition gets more competitive each time.

Breaking the meet down by divisions, here's where it looked:

- **M40**
  - At age 44, Bill Collins of Texas held off countryman Jesse Thomas to win the 100 in 11.33.
  - Switzerland's Rolf Gisler, third in the century, returned to win the 200 (22.74 and 400 in a fantastic WR 48.10, breaking James King's six-year-old record (48.44).
  - The 800 was, in its own way, one of the meet's highlights. In the previous age-group 800s, the leaders faded due to the strong, 30 mph winds. No one wanted the lead here. The runners jogged through the first 400 in 70. (With the second 200 in 40 seconds). The crowd, really into the action and expecting more, began to boo and whistle. It was at the same time funny and sort of a milestone. Masters athletes had never been booed before. It was a tribute to the runners; the crowd knew they could do better. Who would try to break away first? The excitement built. They continued to dawdle until the 300 mark. Finally, Britain's Dave Wilcock opened a quick 10-meter lead before the others could rev up. He almost stole the race, but was caught at the tape by South Africa's Terrence Brown. The final time: 2:06.75, which wouldn't have won the M40 or M50 races.

- **J. King's six-year-old record (48.44).**
  - The 800 was, in its own way, one of the meet's highlights. In the previous age-group 800s, the leaders faded due to the strong, 30 mph winds. No one wanted the lead here. The runners jogged through the first 400 in 70. (With the second 200 in 40 seconds). The crowd, really into the action and expecting more, began to boo and whistle. It was at the same time funny and sort of a milestone. Masters athletes had never been booed before. It was a tribute to the runners; the crowd knew they could do better. Who would try to break away first? The excitement built. They continued to dawdle until the 300 mark. Finally, Britain's Dave Wilcock opened a quick 10-meter lead before the others could rev up. He almost stole the race, but was caught at the tape by South Africa's Terrence Brown. The final time: 2:06.75, which wouldn't have won the M40 or M50 races.

- **Defending champion Carlos Cabral (POR) closed fast for third.**

- **France's Alexandre Gonzalez took the 1500 (3:57.68) with defending champ Cabral second and Brown third.**

- **The USA swept the hurdles with Colin Williams (15.50) and Mike Pannell (56.77).**

- **John Underwood won one of an amazing 11 USA gold medals in this always-tough division with a 9:44.98 3000 steeplechase.**

- **Barry Harwick won another U.S. gold in the 5000 (15:08.60) over Venezuela's Eudes Castellano, who came back to win a tough double in the 10,000 (31:32) and marathon (2:30:20).**

- **Castellano led the marathon almost from start to finish. He was the top marathoner in South America in the early 1980s. In 1983, he placed 28th at Boston in 2:13. He said he qualified for the 1984 Olympics, but his country decided not to send any distance runners to Los Angeles.**

- **It was a great disappointment,** said Castellano speaking in Spanish through an interpreter. "I stopped running for a year but came back and started road races that offered prize money. I consider this my biggest win."

- **In one of the meet's genuine highlights, with a crowd of about 2000 cheering each successful jump, James Barrineau (USA) and 1976 Olympic HJ bronze medalist Dwight Stones both broke the M40 high jump WR, but Barrineau won the "biggest master ever" title with a 2.11 (6-11).**

- The best I've done this year was 6-4," said a delighted Barrineau, who finished 11th in the '76 Olympics in Montreal. The 40-year-old National Guard officer upstaged Stones, 41, who settled for second in 2.08 (6-9 1/2).

- **Stones, with a lifetime best of 7-0 1/2, was equally surprised. Neither man had missed through 2.08, which broke the old WR of 2.06. When Barrineau, jumping first, cleared 6-11 by daylight, Stones said to himself: "If I make this height, the way Jim's going, he'll be the first master to clear seven feet, even if only by a few minutes. That's my goal."

- **Stones said he knew Barrineau would ease off once he knew he had won the competition. Barrineau made three attempts at 2.14 (7-0 1/4) but didn't come close.**

On the victory stand in Buffalo are the medalists in the W50 5000. From left, Rigmor Osterlund (DEN, 3rd, 19:08; Joan Ottaway (USA, 1st, 18:34); Elaine Statham (GBR, 2nd, 18:52).

**USA MEDAL WINNERS IN XI WAVA WORLD VETERANS CHAMPIONSHIPS IN BUFFALO**

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USA 800 winners (from left) Osamu Wada, Brazil; Josef Necek, Czech Republic; Ross Mitchell, Canada; Allan Weddings, Great Britain; Harry Brown, USA, winner in 2:07; Morio Kowaguchi, Japan; Hugo Schiebel, Germany; and Wilhelm Seiler, Germany.

On the victory stand in Buffalo are the medalists in the W50 5000. From left, Helene Glet (FRA, 3rd), Berthilda dePreter (BEL, 2nd), Yoshiko Ohi (JPN, 1st).

- *Did Stones purposely miss his attempts at 6-11? "No," he said, "but maybe thinking about all that stuff had an effect on me."*
- *World M40 pole vault record-holder (17-6 1/4) Larry Jesse, 43, of Texas put in an appearance at a major masters meet for the first time ever, and didn't disappoint, winning in 15-6 1/4.**
- *Mike Brown (USA), hampered by a sprained ankle, nevertheless took the javelin with a 61.00 throw. Stan Vega (USA) topped all decathletes.***
- *Warrick Yeager (USA) took the 5000 walk (22:59.70), while Great Britain won both relays.***
- *M45 The USA swept the 100 with Marion McCoy (11.70) edging Stan Whitey and Bob Mitchell. Mitchell (24.80) bested Whitey into a stiff wind in the 200.***
- *Nevada's Fred Sowerby nearly broke his own 400 WR with a 50.72, holding off Britain's Peter Browne (50.99), who topped USA runners Nolan Shadbolt (50.79) and Norm Cornwell (2:01.61) with a good 2:00.08 in a very tough wind.***
- *Rod Dixon, bronze medalist for New Zealand, missed the top step by a hair.***

*Continued on page 21*
58 World Records Set in Buffalo

Continued from page 20

Zealand in the 1972 and 1976 Olympic 1500, impressively captured the 1500 (4:01.21) over Shaheed (4:01.67) and John Serrao (USA). The 1983 New York City marathon winner, who turned 45 on the opening day of these Championships, also took the 5000 by 19 seconds in 15:12.

"These Championships have the same nervousness and the same tension as the Olympics," Dixon told Allen Wilson of the Buffalo News. "This is great competition. The people here are really serious about winning." It was Dixon's first WAVA Championships. "It's an itch I had to

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**GOLD MEDALISTS - WAVA WORLD VETERANS CHAMPIONSHIPS - BUFFALO, USA - JULY 13-23, 1995**

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Ralph Romain, Trinidad, leaves the M60 field behind with a world-record 53.88 in the 400. Photo by Rex Dietderich
58 World Records Set

Continued from page 21

10000 walk, but lost the 20K walk to Russia's

11.71 to 11.83. It kept alive his string of

Erikssen's 50.83.

on fewer misses.

5000 walk, but lost the 20K walk to Russia's

Miyazaki wins in the shot (15.38) and discus

winning a gold medal in each of 11 World Championships. Austin added the 200

(42.76) and 3000SC (10.26.05). Britain's Steve

James was fifth in 19.73 and sixth in 19.76.

Hugh Morcom's 18-year-old WR with a 4.15 pole

USA's 4 x 400 relay squad also won in 3:37.26.

Sweden's Hans Lagerqvist broke Boo

Morcom's 18-year-old WR with a 4.15 pole

vault.

the javelin, said: "Janis is not the champion he once was, but he is still the best."

the American team. six seconds.

the javelin with a 15.38 and discus (50.88).

the javelin for the gold over Latvia's Janis Luiss, a four-time European champion

in 1972. Luiss was once named world

track and field athlete of the year by Track

Field News, the only javelin thrower to

receive the honor.

Janis Luiss, M55, Latvia, gold medalist for the

U.S.S.R. in the 1968 Olympics with an Olympic record 295.7/10.10, looked good but settled

for second to Larry Stuart of the U.S.

the javelin with a 15.38 and discus (50.88).

the javelin for the gold over Latvia's Janis Luiss, a four-time European champion

in four Olympics. He won a bronze in 1964, silver in 1968, silver in 1972, and placed

eighth in 1976. Luiss was once named world

track and field athlete of the year by Track

Field News, the only javelin thrower to

receive the honor.

"I don't compete as much as I used to," said Luiss, who speaks fluent English.

"This is the first time I've thrown this year. It's just wonderful to be here."

Stuart, who holds WRs in the M50 (65.76) and M55 (63.74) javelin, said: "Janis is not the champion he once was, but he is still the best."

Dale Lance (USA) had the highest decathlon score of the meet with 8169 points, while Dick Hotchkiss (USA) claimed the weight pentathlon.

Australia's Murray Dickinson strode to both walk wins in 21.33 and 1:45.36, and the USA (4 x 100) and Germany (4 x 400) split the relay golds.

In the javelin, both men hit impressive wins in the 1001 (16.71) and set a new WR of 8065 points in the decathlon. (He scored 8540 points two years ago in Japan, but one of his 1993 marks was wind-aided, hence no WR, according to World Veterans Records Chairman Pete Mundie.)

Germany's Peter Specken defeated large, solid fields, including discus WRholder Wendell Palmer (USA) in the shot (15.42WR), discus (27.00), and weight pentathlon.

Denmark's Bent Lauridsen conquered all in the heat-marred cross-country and the final-day marathon (2:46.57).
58 World Records Set in Buffalo

Continued from page 22

M75
• Italy's Ugo Sansonetti took the 100 (14.99) and Arizona's Mill Silverstein took the 200 (31.34).
• The USA won 1-2-3 in the 400 with John Alexander (69.23), Rod Parker and Bob Mattox.
• Oregon's Dan Bulkey won the 1500 (3:38.99) and all three barrier races for four gold medals. He might have had five, but inadvertently missed his 800 heat.

Finland's Urho Littis took the shot gold by three centimeters (12.47) from Germany's Edvin Becker, and won the weight pentathlon.

Finland's Aimo Voironen hot-footed to 10,000 (47:43:15) and cross-country wins in very warm temperatures.

For the first time in 11 World Championships, California's Jim Vernon did not win a gold medal. He cleared 2.10m (6-10) in the pole vault, the same as winner Willy Finanger of Norway, but Finanger took the gold on fewer misses.

Coley Daman (USA) finished the 20K walk in 2:17:42, six seconds ahead of France's Joe Boullion.

Germany (4×100) and the USA (4×400) shared the relay first places.

• Japan's Gichi Suda impressed with wins in the 100 (16.06) and 200 (34.02), while Brazil's Antonio da Fonseca logged wins in the 400 (48.00) and 800 (3:16.21).

Kansas' Bill Dyer, a Buffalo native, won a life-or-death, lunging 1300 finish from Greece's Panagiotis Gakis, 6:48.51 to 6:48.56, the closest M80 race anyone could remember. Gakis prevailed in the 5000 (26:01).

• Toplot Vasconcelos of Brazil took three golds in the 10,000 (35:20:25), cross-country and marathon.

• Jump artist Mazoni Morita of Japan took the HJ (1.14), LJ (4.06), and, in his specialty, the TJ (8.69).

Ohio's Eugene Keller set a 2000SC WR of 11:39.03, while Germany's Gerhard Schiper WR'd with a 32:56.36.

Oregon's Ross Carter was unchallenged in the shot (11.49/96.74) and discuss (53.44).

Japen set two relay WRs in the 4×100 (65.75) and 4×400 (6:54.86).

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NEW WORLD RECORDS SET IN 11TH WAVA WORLD VETERANS CHAMPIONSHIPS — BUFFALO, USA — JULY 13-23, 1995

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| 5000 M45 | 14:36.8 | Guido Mueller | GER | 14:37.6 | Guido Mueller |
| 10000 M55 | 28:47.9 | Guido Mueller | GER | 28:48.7 | Guido Mueller |
| 15000 M65 | 52:28.6 | Guido Mueller | GER | 52:29.4 | Guido Mueller |
| 30000 M75 | 86:40 | Guido Mueller | GER | 86:40 | Guido Mueller |

Elizabeth Thoday, W45, New Zealand, fourth (45:16), 10K Cross-Country Championships. Photo by David Zinnman
58 World Records Set

Continued from page 33

- Asdworth Capo of Uruguay captured three sprint wins and the spectators' applause. Waldo McBurney (USA) showed versatility with firsts in the 800, HJ and TJ.

- Germany's Alfred Althaus was the LDR champion on the oval with wins in the 5000 and 10,000, while Italy's Lamberto Clescio hit a WR (22.06) in the discus and won the shot.

- Britain's John Laywood darted to wins in the 100 (12.92), 200 (25.65) and 100H (15.02), while Bermuda's Jennifer Fisher collected golds for the 800 (2:14.00), 1500 (4:32.43) and 2000SC (7:58.13).

- Norway's Wina Hansteen and Ireland's duo of Catherine Hennessy and Maggi Greenan had some terrific battles in the distance races. Hansteen won the 5000 (15:00) with Hennessy second and Greenan third. Hennessy took the 10,000 (38:36) with Greenan second and Hansteen third. Hennessy was second and Greenan fourth to South Africa's Mariette Ceresio, who retained her cross-country world title.

- Petra Herrmann of Germany jumped to firsts in the PV (3.00WR) and LJ (5.36).
- Carol Finrud (USA) scored wins in the shot and discus (48.92). Sarah Roslaugh (USA) used her prowess in the hammer (first in 40.80) to also win the weight pentathlon.

- Nevada's Victoria Hazen walked 48.09 to win the 10K, but lost her first masters racewalk ever to Canada's Janice McAffrey in the 5000 (22:58).
- Missouri's Laura Luckett was first woman overall in the marathon (2:57:58), and the Australians took both relays.

- Irene Thompson, who lives in nearby Syracuse, N.Y., sped to 100 (10.09) and 200 (26.31) wins. South Africa's Jacoba Bellinger, a W55 double-gold-medalist in Miyazaki at age 38, recorded a tough triplewin in the 400 (58.29), 800 (2:18.95) and 1500 (4:44:01).

- Germany's Carol Mutchter successfully defended her world 5000 championship in brutally hot weather in 18:01, defeating Finland's Helena Rantakari, who took the 10,000 (39:15).

- Spain's Maria Sanguin Espina surprised with a 400H WR (53.04). Child's Anne Edith Acuna WR'd with a 42.72 hammer throw; and France's Marie Lejeune raised her best race may have been the only one she lost. The defending world W45 400 champion (60.04 in Japan) wasn't even the favorite in the Buffalo one-lapper. Four other runners had broken 60 seconds this year. Jan Hynes' WR of 57.8 was in jeopardy. Raschker was down in lane 2 with the fifth-best qualifying time. With 200 to go, she was well back and appeared to be out of it. But she dug down and found more to close strongly and better the WR with a 57.60, 2/5ths seconds faster than her winning 1993 time.

- The only problem was that Oregon's Mary Libal ran an even faster 56.82. Britain's Barbara Burton was third (57.91), California's Dee Dee Gruffydd fourth (57.94), and Belgium's Annie Knipping fifth (59.06). It was one of the meet's greatest races. Gruffydd's mark would have won the W40 race and placed second in W35.

“'I've got eight gold medals but the one I'm most proud of is this silver medal," Raschker said. "My goal was to beat one person who was better than I was." Libal's performance was just as sensational. As a U. of Wisconsin senior, she was not allowed to compete in the NCAA championships because she had too many college credits. In 1989 she almost died from a liver infection. She was bedridden for six months. She said the infection developed into chronic fatigue syndrome, with severe headaches, and muscle and joint pains. After three years she forced herself to exercise.

"I started out walking my dog around the block and I couldn't do it once without sitting on the curb," she told Mark Gaughan of the Buffalo News. "When I was strong enough to do it once I set a goal to walk to one more telephone pole, then one more the next day. I worked up to a mile, then I started riding my bike the same way, increment by increment.”

"I'm incredibly excited to have done this," she said. "I was so sick for four years, I thought I'd never run another step."

Raschker credited her 400 improvement to regular miles runs on a treadmill. "It's boring, but I did it to train for the heptathlon 800," she said. The eight-time USA female masters athlete-of-the-year said she was pleased with her hurdle races. "I can go another mile in the long jump if I do it right. I'm still learning the high jump flip, even though I've been doing it 12 years." Raschker also predicted a 12-foot pole vault "if I ever get it right."

Based on her 3rd-place finish in the pole vault at the USA Open Championships in June, Raschker was invited to compete on the USA National Team in a dual meet with Great Britain in England, Aug. 21.
58 World Records Set in Buffalo

Continued from page 24

- Switzerland's Heide Maeder cruised to wins in both walks in 27:00 and 54:40.
- W55: Germany's Brunhilde Hoffman won all three sprints, with WRs in the 200 (28.40) and 400 (64.50).
- Canada's Diane Palmason, who lives in Colorado, took home golds in the 800 (2:32.17) and 1500 (5:14.86).
- Switzerland's Ursula Odermatt took the 5000 (19:50.51), 10,000 (39:37) and cross-country.
- Holland's Corrie Roovers won both hurdles in 14.54 and 53.05. Oddly, she turned 60 on July 14, both marks go in the record book as W60 WRs.
- California's Vicki Bigelow also turned 60 during the meet (July 22), so, although she placed seventh in the W55 1500, she gets credit for a W60 WR of 5:39.96.
- Germany's Christine Schmalbruch swept the HJ, TJ (9.96) and a WR LJ (4.82).

- Molly Turner of Canada had an LDR hat trick — the 5000 (21:16.92), 10,000 (44:14) and cross-country.
- Brazil's Wanda Sakata bolted to two hurdle golds, while Germany's Sigrun Kohrn put the shot to a WR 12.52 and won the javelin.
- Germany's Jutta Schaefer upped her own HT WR to 40.04.

W65
- Australia's Ann Cooper took charge of all three sprints in 15.91, 31.79 and 74.92.
- Virginia's Leonore McDanels monopolized the four jumps.
- Belgium's Berthilia de Preter won the cross-country and later nabbed golds in the 800 and 1500.
- New Jersey's Toshiko d'Elia, a top USA road racer, proved she could handle the track with wins in the 5000 (22.52) and 10,000 (47:29).
- New Zealand's Colleen Blair ran a WR 17.35 in the 80H. South Africa's Isabel Hofmeyr took the 300H and heptathlon, while Australia's Shirley Brasher took marathon gold (4:31).
- Germany's Marianne Hamm won the shot and discus (WR 29.98).
- Pat Peterson of Albany, N.Y., surprised with a silver in the 200 (34.34) and two golds as part of the winning USA relay squads. Just two years ago, Peterson had bone marrow transplant surgery in her battle with cancer. "You just have to try to fight through it," she said. "I have lymphoma and I have to do whatever I can to stay as long as I can. To think that two years ago when everyone was in Japan, I was in the hospital. It's a great feeling to be alive."

W70
- Paula Schneiderhan comes to every WAVA Championship and is always in shape. At 73, the amazing German won the 100 (15.98), 200 (34.86) and broke her own long jump WR with a 3.62.
- Russia's Nina Naumenko demolished WRs in the 800 (2:33.66) and 1500 (4:14.52) and won the 5000 (24:06.06).
- Germany's Hanna Kleie blasted off a SP WR of 8.52 and won the discus (21.62) and javelin.
- Colombia won its first-ever World Championships relay with a new WR (7:07.90) in the 4x400, while Germany took the 4x100 in a WR 68.72.

Dwight Stone clears the bar at a world M40 high jump record 2.08m (6-9.5), but finished second to Jim Barrineau, who cleared 2.11 (6.11) in Buffalo.

Marasport Photographic Productions

- Russia's Tamara Davilova scored shot (12.88) and discus (40.68) firsts, while Australia's Helen Searle coupled a WR hammer (45.86) with a weight pentathlon victory.
- New York's Elton Richardson wasn't pressed in either the 5000 (28.30) or 10K (58.31) walks.

W60
- California's Irene Otera won the 100 (13.51), 200 (29.98) and set a WR in the 400 (67.80). The former high school principal has never lost in the sprints at the masters level. She added a gold by anchoring the USA 4x400 relay squad to a WR 3:41.94.
- Canada's Jean Horne successfully defended her world 800 title in 2:49.72, and placed second (5:55.02) to countrywoman Helly Visser (5:52.79) in the 1500.

Jim Barrineau, USA, cleared 2.11 in the high jump for an M40-44 world record.

W65
- Ruth Frith went home to Australia with four golds in the TJ, SP, HT (18.26WR), and weight pentathlon. Colombia's Judith Forero de Gaona established a 2000 WR (69.28), as did Australia's Dorothy Roberts in the 5000 RW (44:43.85).

—— Jerry Wojcik and Al Sheehan

W75
- Germany's Elisabeth Haue scampered to three sprint wins, while Canada's Lenore Marvin took the 1500 (7:09.94), 5000, 10,000, and cross-country.
- With an odd double, Finland's Aili Kaskinen won the TJ and HT (17.08), while Imogene Watkins set USA marks in the 5000 (36:42.80) and 10K (74:33) racewalks.

W80
- Sweden's Nora Wedemo won four golds in the 100, 200, 5000 RW and 10K RW.
- A great crowd favorite was Rosario Iglesias Rocha of Mexico. A newspaper carrier in Mexico City for 55 years, the 5-foot-5, 77-pounder repeated her Miyazaki triumphs in the 400 (2:02.47), 800 (4:31) and 1500 (8:54), beating the likes of Wedemo, Mary Haines, Johanna Luther, Ivy Granstrom, and Pearl Mehl. Because she can't afford to travel, her friends at work help out. "They are a big reason for my success," she smiled.
- Sheila Evans (USA) tied the HJ WR (0.88), while Germany's Anny Binder took the LJ, SP and DT.

Courtland Gray, USA, shown here winning the M50 long hurdles, also won the short hurdles.

Guido Mueller, Germany, M55 400M WR winner with a world record 56.92, a 99.1% age-graded performance.

Photo by Sozy Hess

Ten Years Ago September, 1985

- George Cohen Sets World M45 Mark of 1:57.73 in 800
- Zimmerman, Dalrymple Top Masters in Utica 15K
- Villanueva, Welch Win at Peachtree 10K.
Problems Mar
Successful World Championships

We haven't felt obliged to write a "problems" column about the World Championships in 10 years, but while many participants felt the XI WAVA World Veterans Championships in Buffalo, July 13-21, went reasonably well, a sizeable number felt there were a number of snafus that dimmed the luster of the event.

Some athletes found no problems at all and had a wonderful time. Others shrugged off the problems, figuring the complexity of staging such an event will always produce foul-ups. Still others were frustrated at what they termed a "lack of attention to detail" by the Buffalo Organizing Committee (OC) and an apparent effort to "cut costs at the expense of the athletes."

To be fair, these views must be reported. Here, then, is a laundry list of complaints to guide future organizers. You can judge for yourself the importance of each.

• The OC resurfaced the track at Stadium Two only a week or two before the meet. The track did not settle properly. Lane 8 was unusable before the meet. The track did not set­

• costs at the expense of the athletes."

• Lanes 3 through 6 were soft for 10 to 20

• termed a

• others were frustrated at what they

• reported. Here, then, is a laundry list

• other than English. And not many of

• Thomas, Great Britain's team

• complexity of staging such an event

• shrugged off the problems, figuring the

• was too costly to implement.

• One

• OC contract, the OC felt it

• was a lack of officials. The

• were friendly and

• but there weren't enough of them. Many worked 16-hour days. They were heroic, but the meet needed more of them. The P.A. announcers

• were in Miyazaki and Turku.

• the free shuttle buses were sup­

• supposed to run at least every 30 minutes.

But there was no printed schedule showing the routes and times, as there was in Japan. Some athletes found the service good, but others experienced long waits.

...continued on next page...
Problems Mar Successful World Championships

Continued from page 26

start, and numbers were too thin. They paid no attention to detail. It was a total farce.”

• Those WAVA delegates who had voted for the warmth of Buffalo instead of the cool of Malmo, Sweden (the other bidder for the 1995 event) may not have been disappointed, but the 94°F (34°C) weather for the cross-country races was a bit much for the runners. About 20 runners were treated at medical stations and a higher number were treated in the field. Six runners were taken to the hospital suffering from heat exhaustion. All were released. The M40/M45 race was postponed to the following Monday.

The weather then became ideal for the races on Friday and Saturday, when eight world 400 records were set. But on Sunday, the rains came, soaking the marathoners, delaying the opening ceremonies, and forcing the closing ceremonies to be completed for three hours. They paid no attention to detail. It was a total farce.”

Lamberto Ciccone, Italy, broke the world M90 record in the discus with a 22.06. Photo by Suzy Hess

• The closing ceremonies were more of the same. Maureen McGovern, a singer with an amazing range, faced a tough audience in a hot, cramped gymnasium with no air-conditioning. Her talent kept most people in their seats, but many of the foreigners still walked out during her numbers.

• The message of the above is that veteran athletes don’t especially enjoy sitting a long time. They are active people who want to be doing something, not watching. At least not for two hours. A shorter program with less noise and more feeling, such as Eugene offered in 1989, makes for a better opening and closing.

• One of the most disappointing aspects of the Championships was the lack of awareness on the part of the OC that this was an international meet. There were few interpreters and few announcements in any language other than English. A typical example: international marathons are supposed to have markers every kilometer. Unaware of this, Buffalo chose to have mile markers, common in the USA. When some foreign athletes complained in a meeting the day before the race, a dedicated and hard-working OC official confidently said: “No problem; at every mile we have posted a huge ‘M.’” When Russian team manager Vadim Marshev pointed out that Russian and many other foreign runners don’t know the meaning of an “M,” the official was stunned. It had never occurred to him that foreigners are not familiar with the USA’s lettering and measuring systems.

• Even though the OC had signed a contract agreeing to perform at least 50 drug tests, it later decided it wanted nothing to do with drug testing, fearing legal ramifications. So WAVA took charge, contacting the laboratory and picking up one-third of the cost (the OC paid the other two-thirds) of 75 planned tests. But lack of volunteers at the site reduced the actual number tested to about 60. According to the San Diego lab which performed the tests, none of the early tests was positive, but an official report will be issued by WAVA.

• Ruth Anderson, 65, who carried the torch around the track and up a steep flight of stairs, was asked by Berriello to perform the duty only four hours before the ceremony. She made it around the track and up the stairs with “an old torch that was used in the 1980 Winter Olympics,” she said. But then the liquid fuel spilled out and burned her hands and feet as she dropped the torch. She went to the hospital and was released.

“I still have blisters and it stings,” she said four weeks later. “The doctor gave me antibiotics and my leg is still giving me problems. I’ve contacted the insurance company and an attorney.”

The running schedule was near-perfect. WAVA requires that at least two runners in any heat advance to the next round. This occurred in all but a few races, where more entrants signed up than was expected. In those cases, the winners and the next fastest runners went to the next round. In the future, time for those heats will be allowed in the schedule.

• Complaints were again heard that the 400-meter runners had to run two tough heats on one day (the second Friday), and that some 1500 heats the same day were too crowded. Following the meet, the OC and WAVA agreed that some 400 and 1500 heats could be moved in 1997 to Thursday evening following the General Assembly. WAVA also agreed to move the first round of the M40 and M60 long hurdles to the first Friday to avoid the same two-a-day problem.

• A big complaint was that there wasn’t the community spirit which existed in Miyazaki, Eugene, and Melbourne; that things seemed too spread out; that the town wasn’t involved.

While we felt these complaints deserved to be aired, we repeat that many participants experienced no problems, and found nothing but kindness and courtesy from their hosts.

The general feeling seemed to be that the competition at Stadium One was magnificent, but that the lack of attention to detail and cost-cutting in other areas created more problems than any WAVA Championships since 1989.

Despite the problems, more than 90 percent of the meet went well. When problems arose, the OC did its best to try to solve them. The people of Buffalo were friendly and cooperative.

The thrill of seeing dramatic performances will always be present at any WAVA Championships. The joy and excitement of meeting new friends from all over the world are what bring so many people from so many different places to these games every two years. One South Africa representative promised not to repeat the mistakes of 1995 when the Championships are held in Durban in 1997.

The two stadiums in Durban are only 150 meters apart. Hotels on the beach are close by. Air fares are expected to be reasonable, if not cheap.

The Durban City Council has extended financial guarantees to the organizers. The weather should be ideal. Tours to game reserves will be provided. Prices in South Africa are relatively inexpensive. South Africa, itself, is one of the most physically beautiful countries in the world. The new emerging country will be exciting to experience in person.

“We promise to put on a top-quality event,” said Monty Hacker, “and we hope to see you there.”

— Al Sheehan

The staging tent for the awards ceremonies. Photo by Jerry Wojcik

Heinrich Guthier, M70, Germany, third (45:22), WAVA 10K Cross-Country Championships, Buffalo. Photo by David Zinman

henry September, 1995 National Masters News
My Three-Week Adventure

by HUGH ADAMS

Tue. July 4: 9 a.m., depart for Fresno air terminal — the adventure begins! By 8:45 p.m., arrive at Lansing Airport. Search for free shuttle to MSU dorms (listed July 4th, 5th & 6th). Security officer makes calls — no shuttle. 11:10 p.m., hire taxi. Encounter traffic leaving fireworks. $17 later arrive at dorms. 11:50, say "hi" to roommate and walk to local Quality Dairy for yogurt and ice cream cone — this is supper.

Wed. July 5:
Awake early with back door trott. Look for track. Discover "just across from the track" translates as "a brisk 15-minute walk." Hear others talk about "free shuttle." Notice now at airport: "Due to circumstances ... Actually meet roommate. Begin seeingQual ity Dairy makes calls — no shuttle. 11:10 p.m., hire taxi. Encounter traffic leaving fireworks. $17 later arrive at dorms. 11:50, say "hi" to roommate and walk to local Quality Dairy for yogurt and ice cream cone — this is supper.

Thu. July 6:
Tell Pat by phone, "If I can run as fast as my bowels . . ." Competition begins. I take a long jump into a headwind. My competitors have 9.2 to 9.9 tail wind. Emil's hip is bad. I prevail — good start. Ask for program, banquet ticket and T-shirt. Get T-shirt.

Fri. July 7:
I've scouted my shortest routes to eat. Our Luxembourg crew arrives. They've been ripped off. Ask for program and banquet ticket. Not back from printer (entries closed June 16th, hmmm). I really like my roommate Rick Sherrod. He surprises himself and qualifies for 400 final. His enthusiasm is catching. Competition continues with 100H. Stacked field! Wow! We greet each other and compare injuries. We run into a stiff wind. Several times but I nlap Charlie by .01 (maybe his mind is in court?). Attend "banquet" fiasco. Mob scene: hundreds of people in 45 min. line for worse-than-dorm-yellow pages. Many leave to eat elsewhere. Lady says to local Quality Dairy for yogurt and ice cream cone — this is supper.

Sat. July 8:
My Adventure

Continued from page 28

cry telling Stan about Don.

On the yellow bus back to my room I realize I've had a new experience. With every previous defeat, I know what to correct to win the next time. Today I realize I won't win next time. I'm not in Guido's class for 400H. I'll tell him so. I try again for my room key. No luck. I get a different room in a different dorm. I'll move tomorrow.

Mon. July 17:

Rest day. How long can I lie in bed and sweat? The big deal of the day is going to eat. I move most of my stuff in three bus trips. My buddies remark me. Scott try the highs? How fast will I move my last load to the new room. We visit the beer tent. Loud crying telling everyone.

Lost trails him for 6. Later I tell Al about every previous defeat, I know what to correct to win the next time. Today I realize I won't win next time. I'm not in Guido's class for 400H. I'll tell him so. I try again for my room key. No luck. I get a different room in a different dorm. I'll move tomorrow.

Tue. July 18:

100H day. Will Charlie make it from the courtroom in Texas? Will Dale duplicate his decathlon 100H? Will Scott try the highs? How fast will Guido be? Back to Stadium 2 and the soft spot. I show it to everyone I know. To avoid "the bog," lanes 3 and 4 are not used. Big Al arrives late. I win my heat. Al leads Guido for 4 hurdles then trails him for 6. Later I tell Al about "the bog," and he understands why he lost his stride between #4 and #5. Will Don make finals again? Yes, another 8th! I move my last load to the new room. We visit the beer tent. Loud music and no place to sit. We leave early.

Wed. July 19:

Back to Stadium 1. The wind continued on page 30

Five Years Ago
September, 1990

• Nationals Draw 1090 to Indianapolis
• Larry Almberg, 43, Runs 4:06.70 Mile in NYC
• 240 Compete in West Regionals in San Diego
• Bix 7 Draws 16,521 to Davenport, Iowa
• Ralph Romain, 58, Runs 400 in 52.52

DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising is the 10th of the month before date of issue. Send to National Masters News, P.O. Box 50098, Eugene OR 97405
Continued from page 29

strong. I'm telling people I heard there was a day in 1973 without wind in Buffalo. That's why we're set up to run into the wind. Many old timers fall. We ask if we can run in the other direction. No! No place to practice before our race. Bill takes 2 hurdles to the other straight. Everyone uses them for warm-ups. It's our turn. I lead over all hurdles, but the last few are tough into the wind. I hear Emil hit #10 and go down. He was a strong second until his trip. I'm happy to be the only one all day to break the listed world record into such a wind. Two hours later, being the world champion causes emotions to hit me. Now I know it means a lot. By the time I get to a phone to call Pat, I'm able to talk without emotion. But I'm still on a high. I go from the track to the bus line for the banquet. Most people are all decked out in their travel-wrinkled best for this grand party. Only us hurdles are sweaty.

Thu, July 20:

Another day of rest. What a life. Meals break up the relaxation. Martyn, Jim and I already know each other's sense of humor. We laugh a lot. That's all there is to do. At the beer tent we need chairs. Dave volunteers. We know we can't go alone—they're still being used. He returns with a chair and an enormous smile. Irene sits. Another lady joins us. Dave departs. He watches another chair and a bigger smile. Another coach joins us. Dave is off again. Yes—another chair and the Giaconda Cheshire continues.

Fri, July 21:

First two rounds of 400 today. Guido qualifies with a 60.3. He tells me "I could run faster." I burst into laughter. That phrase becomes our greeting. Martyn and I are in the same heat. At 300 we talk to each other and finish the last 100 easy. Now for the semis. At 300 I'm still third. Only two per heat advance by place. I shift gears to move into second. My right hamstring starts to cramp. I ease off and finish third. My time is #10. I have tomorrow off. I can watch the finals. I'm anxious to see Guido perform. Guido mentions my start. I explain it to him.

Sat, July 22:

400m finals all afternoon in Stadium 1. Some great races. Guido improves 7 seconds from his heat to hold off Larry. My friend Steve surprises himself with a WR win. What an exciting day to watch. I can't believe my friend from South Africa, already a 800m champion, wins the 1500 final in the morning and pulls away to win the 400 later this same day. I'm impressed and I tell her so. During long jump awards ceremony my friend the great Phil adds an extra event to her schedule as she bounds from awards platform to awards platform to receive one of her golds. Where do they get all the energy for dancing at the beer tent?
<table>
<thead>
<tr>
<th>Schedule</th>
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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 unlimited entries. West wants to make a five-day meet. Sports Unlimited, West 3410 Fort George Wright Dr., Ms 3070, Seattle, WA 98104. 206/533-3644; fax 206/533-4128.

### EAST

**Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, N. Carolina, Pennsylvania, Rhode Island, Vermont**


**September 27:** NY Masters Fall Mini-meet, (Thongs and jumps only). Merchant Marine Academy, Kings Point, Long Island, N.Y. SASE to Roz Katz, 170-11 65th Av, Flushing, NY 11365. Roz Katz, 718/358-6233; Eric Weisbrod, 516/487-1417. Call 7-9 p.m. only.


### SOUTH EAST

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

**December 9:** USATF South Carolina Weight Pentathlon Championships. Florence, SC. Florence Rec. Dept., 803/663-3253.

### MID-AMERICA

**Missouri, New Mexico, Dakota, Nebraska, S. Dakota**


**September 17:** Lincoln TC Fall Classic. Nebraska Wesleyan U. SASE to Gary Bredehoff, 403 N. 20th St., Lincoln, NE 68521. 402/435-7061.

### WEST

**Arizona, California, Hawaii, Nevada**

**September 15-17:** North Texas Senior Sports Classic, Wichita Falls. 50 + Betty Brown/Don Decker, NTSSC, PO Box 1655, Wichita Falls, TX 76305-1655. 817/223-6223.


### NORTHWEST

**Idaho, Montana, Oregon, Utah, Washington, Wyoming**

**October 1:** Helena Octoberfest Meet & Weight Pentathlon. Manuel & Helen White, PO Box 5058, Helena, MT 59604. 406/227-5020.

**October 16-17:** Huntsman World Senior Games. St. George, Utah. M&W 50 + Huntsman Games, 50 E 100 South, Ste. 211, St. George, UT 84770. 800/562-1268; 801/374-0550.

### CANADA


### INTERNATIONAL

**September 10:** San Juan International Masters Meet. San Juan, Puerto Rico. Puerto Rico Masters Association, PO Box 31300, 45th Infantry Station, Rio Piedras, PR 00929-0310. Jesus Galvez, 809/789-7436.

**September 24:** 8th International LSW Throwing Decathlon, Germany. M30-80, W30-70, 5 age divisions. Reinhard Langendorf, Pfarrgasse 4, 61635 Muhleheim/Main, Germany. Phone: 06108-73717 or 06108-601800. Limit - 20 participants only. Event Deadline Sept. 10.

**October 5-14:** 5th Australian Masters Games, Melbourne, 53 sports. Age 30+ held by Sports Travel International, 4869 Santa Monica Ave., #B, San Diego CA 92107. (619) 225-9555; Fax: (619) 225-9562 OR GPO Box 239V, Melbourne 3001, Australia.

**October 8-10:** All Japan Masters Athletic Championships, Hirotsuka City, Kanagawa Prefecture. Japan Masters Athletic Union, Fujii Kasai Bldg., 1-25 Kitanoshichi, Wakayama City, 640 Japan. Tel: 03413-32787/471. Fax: 03413-32786.


### LONG DISTANCE RUNNING

Activity heats up as temperatures cool. The USATF Masters 24-Hour Championships take place in Sylvania, Ohio, on the 16th. Labor Day races include a 10K in Atlanta, and the New Haven, Conn., 20K. The Run By Their Number, on September 10th, offers almost $7000 to masters runners. Grandparents Day, on the 10th, lists the Duke City Marathon, Albuquerque, and the City of Lakes 25K, Minneapolis. The Great Cow Harbor 10K, Long Island, and the Prefontaine 10K, Coos Bay, Oregon, span the states on the 16th. The Philadelphia Half-Marathon and Eriesistible Marathon help to fill the bill on the 17th. The Pittsburgh 10K should be over before Rosh Hashanah begins at sunset on the 24th. The Virginia 10 Mile, Lynchburg, wraps it up on the 30th. 10K RACEWALKING

A busy schedule, topped by the USATF Masters 40K Championships, Ft. Monmouth, N.J., on the 10th, the 5K, Kingport, Tennessee, on the 16th, and the 15K, Elk Grove, Ill., on the 24th.

### ON TAP FOR SEPTEMBER

**TRACK AND FIELD**

Most action takes place early, with the Nor Cal Seniors TC Meet on the 2nd, and the Potomac Masters Meet and Rocky Mountain Games, both on the 2nd-3rd. The Rocky Mountain meet, Boulder, Colo., includes a decathlon, pentathlon, and weight pentathlon. Frequent flyer points are good for the San Juan International Meet, 9th-10th. KELFIELD in California celebrates its second anniversary with a meet on the 16th. Several Senior Games (55+) are available in the warmer climates.

**LONG DISTANCE RUNNING**

Activity heats up as temperatures cool. The USATF Masters 24-Hour Championships take place in Sylvania, Ohio, on the 16th. Labor Day races include a 10K in Atlanta, and the New Haven, Conn., 20K. The Run By Their Number, on September 10th, offers almost $7000 to masters runners. Grandparents Day, on the 10th, lists the Duke City Marathon, Albuquerque, and the City of Lakes 25K, Minneapolis. The Great Cow Harbor 10K, Long Island, and the Prefontaine 10K, Coos Bay, Oregon, span the states on the 16th. The Philadelphia Half-Marathon and Eriesistible Marathon help to fill the bill on the 17th. The Pittsburgh 10K should be over before Rosh Hashanah begins at sunset on the 24th. The Virginia 10 Mile, Lynchburg, wraps it up on the 30th.
SOUTHWEST
Arkansas, Louisiana, Mississippi, Oklahoma, Texas

September 23. Adjutant General's 5K, Oklahoma City, National Guard Run, 3001 Military Circle, Oklahoma City, OK 73111-4398. 405/425-8000.

WEST
Arizona, California, Hawaii, Nevada


October 8. Windy City International Marathon. Chicago.

Director, Automotive, Energy & Controls Press/Mazda International Marathon.

Marathon/ST. Dayton.

Bob Schwandt. Autumn Shoreline Change.

Columbia.

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4000 Commercial Ave. Stroh 800/327-3214; 312/327-2200.

October 8. Windy City International Marathon. Chicago.

312/916-6226; 800/WINDY CITY.


October 15. Chicago Marathon/5K, PO Box 10597, Chicago, IL 60660-6009. 800/527-3214; 312/527-2200.

October 15. Detroit Marathon. Detroit Free Press/Mazda International Marathon, 100 Stroh River Place, Suite 4000, Detroit, MI 48207. 313/393-7749.

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


September 30. APDA Gene Fair 5K, Kansas City, Kansas. $500 to first masters m & w, 913/341-8828.


NORTHWEST


October 1. Portland Marathon/5K Run & Walk. Les Smith, Box 9040, Beaverton, OR 97006. 503/226-1111.

October 7. St. George Marathon. Leisure Services, 86 S. Main St., St. George, UT 84770. 801/634-5850.

INTERNATIONAL


June 29-30. 1993. 3rd WAWA World Veterans Road Race Championships (1K, 5K), Brugge, Belgium. WAC, Korte Zilverstraat 5, B-8000 Brugge, Belgium.

RACE WALKING


October 16. USATF National Masters 5K Road Championships, Kingsport, TN. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 615/229-4364(w), 615/349-6406(b).


September 23. Fall into Fall 5K Road Race and 5K Judged Racewalk, Atlanta, Ga. Walking Club of Georgia, P.O. Box 645, Stone Mountain, GA 30086-0645. Phil Howell, 404/924-7585.


October 15. USATF Southern Regional 15K Championships, Atlanta, Ga., Walking Club of Georgia, P.O. Box 645, Stone Mountain, GA 30086-0645. Phil Howell, 404/924-7585.

Rocky Mountain Games Add Decathlon

The Rocky Mountain Games to be held on Labor Day weekend (Sept. 2-3) will also conduct a decathlon. Meet director Jim Weed expressed interest after learning that the annual Southeast Decathlon held in North Carolina this past 11 years by Bill Busby will not be taking place this fall. The Games should be a multi-athlete's delight. Along with the decathlon, the running and weight pellathon will also be conducted.

The Boulder, Colo., track has proven itself to be extremely "friendly" in giving excellent performances in the past. The meet offers a grand opportunity for all aspiring track & field athletes to achieve their best marks of the year and thereby place as high as possible in Jerry Wojcik's annual USA Rankings Book.
null
National Masters News

September, 1995

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50908, Oklahoma City, OK 73150. To keep information current publish results more than 4 months old. Results that typed in a maximum 28 spaces wide) in our format receive prefernece. Deadline is 15th of the month prior to issue date.

**NATIONAL**

U.S. National Senior Sports Classic V
San Antonio, TX; May 17-24

**COLLECTION**

200m
W60 Irene Oberg 30.37
W65 Isabelle Vogel 32.77
Janet Freeman 33.60
Jean Doucet 34.09
Louise Reed 34.15
Lope Parson 34.57

**EAST**

Garden State AC Meet
Rutland, NJ; June 4

100m
M30 Mitchell Lovett 11.0
Matt Goddelt 11.1
M35 Kevin Cranford 11.9
M40 Robert Jones 12.2
M45 James Swooley 12.9
M50 Thomas Jones 13.8
M55 Gary Thompson 14.0
M60 Edward Greena 14.0
M65 John Brels 14.6
M70 Ronald Johnson 15.1

200m
W60 Rudolph Bokes 23.2
W65 Janet Burg 24.1
W70 Verne Hall 25.6

400m
M30 Michael Folsom 56.5
M35 John Forney 56.7
M40 Willard Linn 56.8
M50 Jim Johnson 56.8
M60 Earnie Jones 56.8
M70 Tony Halbert 56.8

800m
M30 Robert Davis 2:02.4
M35 Fred B Ủdel 2:02.7
M50 John Lindenfalk 2:02.8
M60 Ed Lopata 2:02.9
M70 Howard Woolford 2:02.9

**CENTRAL**

Midwest Meet
Pittsburgh, PA; June 11

100m
M30 Dennis O'Brien 10.9
M35 Robert Conley 11.3
M40 John Howard 11.7
M50 Bob Petrosky 11.9
M60 Robert Johnson 12.4
M70 Richard Nolden 12.7

200m
W60 John Dietrich 23.4
W65 Edward Lord 23.7
W70 Tom Weihle 24.0

400m
M30 Robert Beres 55.7
M35 John Cederman 55.7
M40 Jack Gould 55.7
M50 Jim Linner 55.7
M60 Frank Givens 55.7
M70 Tony Sharratt 55.7

800m
M30 Robert Sharp 2:00.7
M35 Steve McCarthy 2:00.7
M40 Jack Givens 2:00.7
M50 Ed Miller 2:00.7
M60 Mike Johnson 2:00.7
M70 Dick Uedham 2:00.7

1500m
W60 Mary Tuff 5:09.7
W65 Linda Chabot 5:09.7
W70 Joan Kehoe 5:09.7

**SOUTHEAST**

Florida Masters Meet
Miami, FL; June 11

100m
M30 David Bertie 10.5
M35 Howard Kreuscher 11.0
M40 Robert McDougal 11.5
M50 Bill Armitage 12.0
M60 John Brown 12.5
M70 Charlie Irwin 13.0

200m
W60 Helen Pearson 23.3
W65 Judy Feinberg 23.8
W70 June Girard 24.3

400m
M30 Charles Conover 56.7
M35 Sal Mancini 57.2
M40 Joe Bass 57.7
M50 Bob McGaughy 58.2
M60 Jim Hunt 58.7
M70 Charlie Irwin 59.2

800m
M30 Leonard Stanislawski 2:02.5
M35 Steve Chipp 2:02.5
M40 Jack Willmore 2:02.5
M50 Jeff Block 2:02.5
M60 Jack Hoppin 2:02.5
M70 Jack Hopper 2:02.5

1500m
W60 Susan Butterworth 5:13.3
W65 Betty Hines 5:13.3
W70 Joan Kehoe 5:13.3

**SOUTHWEST**

Southwest Meet
San Antonio, TX; June 11

100m
M30 Dave Johnson 10.7
M35 John Mullins 11.2
M40 John Newton 11.7
M50 John Nerven 12.2
M60 John Newton 12.7
M70 Mike Denny 13.2

200m
W60 Cornelia Fried 23.3
W65 Janet Burg 23.8
W70 Mary Scott 24.3

400m
M30 Robert Janes 56.7
M35 John Mullins 57.2
M40 Tom Hulse 57.7
M50 John Newton 58.2
M60 John Newton 58.7
M70 Mike Denny 59.2

800m
M30 Robert Janes 2:02.5
M35 John Mullins 2:02.5
M40 Tom Hulse 2:02.5
M50 John Newton 2:02.5
M60 John Newton 2:02.5
M70 Mike Denny 2:02.5

1500m
W60 Cornelia Fried 5:13.3
W65 Janet Burg 5:13.3
W70 Mary Scott 5:13.3

**SOUTHWEST**

Southwest Meet
San Antonio, TX; June 11

100m
M30 Joe Irwin 10.7
M35 John Mullins 11.2
M40 John Newton 11.7
M50 John Nerven 12.2
M60 John Newton 12.7
M70 Mike Denny 13.2

200m
W60 Cornelia Fried 23.3
W65 Janet Burg 23.8
W70 Mary Scott 24.3

400m
M30 Robert Janes 56.7
M35 John Mullins 57.2
M40 Tom Hulse 57.7
M50 John Newton 58.2
M60 John Newton 58.7
M70 Mike Denny 59.2

800m
M30 Robert Janes 2:02.5
M35 John Mullins 2:02.5
M40 Tom Hulse 2:02.5
M50 John Newton 2:02.5
M60 John Newton 2:02.5
M70 Mike Denny 2:02.5

1500m
W60 Cornelia Fried 5:13.3
W65 Janet Burg 5:13.3
W70 Mary Scott 5:13.3

**POCATELLO**

Pocatello TC Meet
Alexandria, VA; June 11

100m
M30 Don Taylor 10.8
M35 Frank Knaub 11.3
M40 John Barlow 11.9
M50 John Nerven 12.4
M60 John Newton 13.0
M70 Mike Denny 13.5

200m
W60 Dan Rutter 23.5
W65 Harry Van Horn 24.0
W70 Mary Scott 24.5

400m
M30 Rick Rutenburg 56.7
M35 John Mullins 57.2
M40 Tom Hulse 57.7
M50 John Newton 58.2
M60 John Newton 58.7
M70 Mike Denny 59.2

800m
M30 Robert Janes 2:02.5
M35 John Mullins 2:02.5
M40 Tom Hulse 2:02.5
M50 John Newton 2:02.5
M60 John Newton 2:02.5
M70 Mike Denny 2:02.5

1500m
W60 Cornelia Fried 5:13.3
W65 Janet Burg 5:13.3
W70 Mary Scott 5:13.3

**LORIENT**

Lorient Meet
Alexandria, VA; June 25

100m
M30 Jeff Gold 10.8
M35 Don Taylor 11.3
M40 John Barlow 11.9
M50 John Nerven 12.4
M60 John Newton 13.0
M70 Mike Denny 13.5

200m
W60 Dan Rutter 23.5
W65 Harry Van Horn 24.0
W70 Mary Scott 24.5

400m
M30 Rick Rutenburg 56.7
M35 John Mullins 57.2
M40 Tom Hulse 57.7
M50 John Newton 58.2
M60 John Newton 58.7
M70 Mike Denny 59.2

800m
M30 Robert Janes 2:02.5
M35 John Mullins 2:02.5
M40 Tom Hulse 2:02.5
M50 John Newton 2:02.5
M60 John Newton 2:02.5
M70 Mike Denny 2:02.5

1500m
W60 Cornelia Fried 5:13.3
W65 Janet Burg 5:13.3
W70 Mary Scott 5:13.3

**CONTINUED ON PAGE NEXT**
## MID AMERICA

**USAAT Minnesota Masters Championships**

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<td>St. Paul</td>
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<td>St. Paul</td>
<td>St. Louis Park</td>
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## SOUTHWEST

**Mississippi Senior Olympics**

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<td>Jackson</td>
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<td>200m</td>
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<td>Hattiesburg</td>
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<td>Biloxi</td>
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## Key Bank Classic

**Pacemaker Southwest Association Championships**

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<tr>
<td>Tacoma, WA</td>
<td>Aug 5</td>
<td>5000m</td>
<td>2:20.11.9</td>
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<td>Seattle</td>
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## WEST

**Visalia Classic Masters Meet**

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<tr>
<td>Visalia</td>
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## Correction

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<td>Irvine</td>
<td>May 28</td>
<td>Correction</td>
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## Continued on next page
### Track & Field News

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**TOURS.** Popular sports tours since 1952. Write for information about tours to the Olympics, Olympic Trials, World Championships, etc.

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### Athletes who entered a new division this month, Sept. 1995

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<tr>
<th>Name</th>
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<td>T. L. B.</td>
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<td>S. L. M.</td>
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<tr>
<td>D. J. H.</td>
<td>1940-12-03</td>
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<td>1941-01-02</td>
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<td>L. S. D.</td>
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### USATF Eastern Regional 20K

Racetrack Championships

Central Park, NYC, June 2

<table>
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<tr>
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### RACE WALKING

**USATF Eastern Regional 20K**

**Racetrack Championships**

Central Park, NYC, June 2

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### National Masters News

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### National Masters News

Page 39
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Note: Times are approximate and may vary slightly.
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<td>Joseph Loew</td>
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<td>5000 METER RUN</td>
<td>Allen Ewell</td>
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<td>13:38.29.89</td>
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<tr>
<td>1500 METER RUN</td>
<td>Shadrack Kipchoge</td>
<td>Kenya</td>
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<tr>
<td>800 METER RUN</td>
<td>Wayde van Niekerk</td>
<td>South Africa</td>
<td>1:44.30.89</td>
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<td>400 METER RUN</td>
<td>Michael Johnson</td>
<td>USA</td>
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<td>100 METER Dash</td>
<td>Usain Bolt</td>
<td>Jamaica</td>
<td>9.99.89</td>
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</table>

National Masters News

September, 1995

Page 41
After 47 years
Bill Rodgers is still running.
Bill Rodgers wears Etonic.

Just coincidence?
Rod Dixon, one of the world's most versatile runners for the last 25 years, has never believed in a high-carbohydrate diet. Even at age 45, he continues to win world championships and still has the same amount of body fat he had at age 20. Rod firmly believes that his diet is a major contributor to his versatility and longevity, not to mention his personal records -- 3:53 in the mile and 2:08 in the marathon.

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