937 Compete in U.S. Nationals

Spokane Hosts 29th Annual Meet

by JERRY WOJCIK

The 29th annual USATF National Masters Track and Field Championships returned on Aug. 15-18 to Spokane, Wash., which hosted the 1992 championships, to find conditions, particularly the weather, much improved.

In 1992, the temperature on the track of Spokane Falls Community College, also the site of this year's championships, reached a debilitating 100+ degrees for most of the meet and became the main topic of discussion among the participants.

This year, if the 937 athletes who took part discussed the weather at all, it was in glowing terms such as "beautiful" and "perfect."

On Thursday, the mid-day temperature at the Spokane Airport was 87 degrees with 13% humidity. Temperatures dropped daily to about 72 degrees on Sunday, but skies remained sunny.

What athletes did talk about was the high quality of the meet, from the officiating to the award presentations. Middle-distance runner Sid Howard, M55, New Jersey, praised the meet: "The volunteers and especially the high school kids were perfect. The prices at the concessions in the Masters Shopping Village were reasonable. The few problems were resolved quickly. An excellently run meet." Howard's opinion is supported by the fact that there were no protests filed.

Events were run like clockwork with no time lost between heats. Results were posted within minutes and hurried to the awards stand, where the top six athletes' names were announced to the spectators while the recipients were awarded their medals and ribbons. Each age-group and individual was photographed on the stand so that athletes could order pictures to be mailed to them later.

Officials were accommodating but business-like. Every effort was made to assure that sign-in absentees at the field event sites were indeed no-shows, and that field eventers with event conflicts had opportunity to compete without disrupting an event already in progress.

Although most athletes gave the meet an "A" across the board, a few
OLYMPIC GLORY DENIED

The story of Dan O'Brien and ten others who, as the World's Greatest Athletes, never received an Olympic opportunity. O'Brien becomes the first to receive a second chance.......

Dr. Frank Zarnowsk

The Olympic Games crown the its quadrennial decathlon champion as the "World's Greatest Athlete." The story of those legends, the likes of Jim Thorpe, Al McManus, Rafer Johnson, Bruce Jenner, and Dan O'Brien, is well known. They have richly earned the appellation. There have been eighteen opportunities to earn the title since Sweden's King Gustav V ordained Thorpe in 1912 by proclaiming, "You Sir are the finest athlete in the world."

The accounts of the Olympic decathlon winners have been told and there is no attempt to minimize or downplay their accomplishments. Their victories were earned, deserved and even more remarkable for the variety of hurdles they overcame. They are the Olympic Champions.

This book is the Olympic's counter history, the story of the forgotten, the lost, the ignored. It portrays eleven Olympic decathlon "favorites", almost all of whom the reader is unlikely to have heard of. Circumstances beyond their control, not lack of talent, kept these athletes from the Olympic starting line. Wars, professionalism, politics, boycotts and injuries ruined their Olympic Opportunity. As good as advertised in their era, they were free spirits, iconoclasts or simply victims.

One athlete you are likely to be familiar with is Dan O'Brien, the Klamath Falls, Oregon and Moscow, Idaho native who was one half of Reebok's 1992 "Dan or Dave: To be Settled in Barcelona" advertising campaign which came apart when O'Brien suffered a stress fracture before the 1992 U.S. Olympic Trials, competed regardless and subsequently missed his opening vault height. In the intervening seasons Dan has won several IAAF World Championships and set the world decathlon record. O'Brien, unlike his ten predecessors, will have a second opportunity, in Atlanta 1996.

The book, as entwined by any sports, track, Olympic or decathlon fan, is a showcase of human stories of men who were the world's greatest athletes but were denied the opportunity to prove it.

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ABOUT THE AUTHOR:

Dr. Frank Zarnowski is an authority on multi-events and track and field history. His first book, The Decathlon: a colorful history of track & field's most challenging event, Leisure Press, 1989 is the sports definitive work. Dr. Zarnowski has served as color commentator for many televised track and field meets including the 1992 Triplecast coverage of the Barcelona Olympic Games. "Dr. Z" is professor of economics and former Graduate Dean at Mount St. Mary's College, Emmitsburg, MD, America's oldest independent Catholic college. His economics doctorate is from Lehigh University and he has done post graduate work at both the University of Chicago and Oxford University.

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Olympic Glory Denied will be available June 1, 1996 at your local book store or from the author. Bulk rate information available from author at 1-301-447-6255. Price and publication date are subject to change. Prices expressed in US $. Allow three weeks for delivery.
BRIEF MOMENT OF OLYMPIC GLORY

After watching television coverage of the arrival of the Olympic torch in Miami on July 4, the magnitude of what being a part of this historic event meant, started to hit me. I had known for many months that I had been selected as one of the 50 torchbearers to represent the Broward County community. Even after talking to a gentle-

man by the name of Eric Frisch, who carried the torch in Berlin, in the 1936 Olympics, I still did not have any idea of what to expect or the feelings I would have.

I was assigned to run in North Miami early in the morning on July 5, the 70th day of the running with the torch on its way to Atlanta. On our way to the start, I took a wrong turn that put us directly in front of the route where the torch had already started its run for Miami early in the morning on July 5, also put everything into its proper place.

I was about to be a part of began to take on
t he way from Greece, gave me goose

bumps. All the other torchbearers on the bus shared the same feeling of excitement and special camaraderie. We were sharing an experience of a lifetime.

The shuttle bus dropped me off at my relay point. Merely stepping off the bus made me feel like a hero - the spectators crowding around, asking questions, wanting to have their picture taken with me with the torch, and wanting to touch it. There was a compelling degree of emotion as the crowd gathered, both visitors and locals, creating a patriotic, festive and neighborly atmosphere.

Then it was my turn to accept the flame from the runner passing it to me. Running down the road with the Olympic Torch held high above my head, the crowd cheering and waving, I felt the honor and pride usually reserved for those taking part in the actual Olympics. It was all over in a few minutes - my brief moment of Olympic glory, but one that I will never forget. One of the proudest and most memorable moments of my life.

David Bowden

Torchbearer

MEET CONFLICTS

John B. Bronstein's letter to the editor (July NMN) was long on emotion but very short on facts. Every effort was made to avoid conflict with the throwers meet, to no avail. All John had to do was have the courtesy to call me prior to writing - as Al Sheehan did - to get a full explanation of why the conflict was unavoidable, not intentional. I have always been an advocate of throwers' causes, and as a thrower myself, I would never disregard them.

Here are the facts:

1) Meet directors must follow proper protocol and inform regional coordinators of prospective dates to avoid conflicts. - Covino never did so. Had he, I would have alerted him to the fact that July 20 was one of the backup dates for the East regionals;

2) I did not find out about Covino's meet until I got my June issue of NMN on June 8, only four days before finalizing the Eastern date;

3) The scheduled Eastern meets were canceled at the end of March and three other attempts to reschedule them were unsuccessful;

4) By early June, it was my responsibility to either put on the Eastern meet or cancel them;

5) The only available location was Randall's Island and the only available date was July 20 - the choice was to cancel the 28th annual Eastern or conflict with the second Covino meet of the year (May 25 was the first);

6) I immediately called Covino to apologize and explain the conflict and offered two options: (a) reschedule his meet, with me picking up all costs of a new NMN ad and related flyers, or (b) find a track near his facility to hold the track and jumping events - he rejected.

The big mystery is how Bronstein got word of the July 20 Eastern date in time to get his letter into NMN for the July issue. I didn't get final clearance on Randall's Island until June 12, and barely got the meet application to NMN to beat the publication deadline.

The Bronstein letter also raises questions of journalistic fairness. Should NMN be publishing letters of criticism about an event before it is held, and not giving the meet director an opportunity to provide a response? It is increasingly difficult to find meet directors willing to shoulder the responsibility of putting up regional meets. If they are going to be subjected to uninformative and malicious carping by letters in the MNM, they will become
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writer on

Continued from page 4

an extinct group. Then everyone, runners, jumpers, walkers, and throwers will have no meets to complain about, and NMN will have no results to publish.

Haig Bohigian
USATF East Regional Coordinator
North Tarrytown, New York

In the July 1996 issue, Mr. Alex Pappas claimed that the entry form for the USATF Pacific Association Masters T&F Championships hosted by the Los Gatos Athletic Association at Los Gatos High School stated that the age divisions were shown in 10-year increments. This is not true. It was evident from the meet flyer published in advance - that there were age divisions shown in 5-year increments. This is not true. Combining of age groups is very normal for masters meets. This is necessitated by the large number of age groups. If we didn’t combine age groups, the meet would go on for ever and the cost of producing the meet. This may cause some confusion at the finish line, but the alternative is even less desirable.

The Los Gatos AA is a wonderful group of unpaid volunteers who put this meet on every year for our sports committee. Even though not everything is perfect, I’m quite satisfied with their overall performance. The alternative would be to have a group of trained and paid professionals put on all events for USATF. This would help eliminate many of the problems Pappas has identified. I wonder if he would like paying a $100 entry fee for each event he enters. I doubt it!

If Pappas believes that putting on a masters track and field meet is easy, I would welcome his bid for one of next year’s Pacific Association Masters Track and Field Championship meets.

Eddie Seese
Benicia, California

Masters Racewalking

We received the National Masters News (Aug. 1996) with comments made by Elaine Ward re the 3rd WAVA Road Race Championships in Brugge, Belgium. We appreciate any comments, even if they are not positive. But this article contains inaccurate comments, even if they are not positive. The organizing committee found out that the course had been measured accurately one month before the race by an official AIMS measurer and certified by AIMS. Since that time NO CHANGES were made. The AIMS measurer was also present during the competition of the walk as a judge. Barbara Dunsford, who did a great job as always in WAVA Championships, was in Brugge to prepare the walk event the day that the course was measured; she was also present one week earlier in September.
Pride: Virtue or Vice?

How important is pride to success in the athletic arena? Based upon the media coverage of the just-completed Olympic Games, it is very important. The word was frequently mentioned in the NBC coverage of the Games, always with a very positive connotation.

Champion athletes often place pride over profit as the motivating factor that allows them to excel. Nike extols it as a virtue in its commercials. The United States Marine Corps has long attempted to instill pride in its young warriors.

And yet, as the hit movie of last year, Seven, reminded us, if we needed to be reminded, pride is one of the "Seven Deadly Sins."

"Pride goeth before destruction, as an haughty spirit before a fall," we find in Proverbs, XVI, 18. "Pride, the first peer and president of hell," wrote Defoe. "Pride, the most dangerous of all faults, proceeds from want of sense, or want of thought," offered Dillon.

Dangerous Ingredient

Willie Stargell, a Hall of Fame baseball player, had this to say back in 1983: "Baseball players don't survive long on pride. For pride makes you spend too much time gloating on your success or worrying about your failure to learn. Pride is a dangerous ingredient for anyone who has his sights set on a dream. It inhibits your flexibility, stops you from gaining the knowledge you need. It also stops you from learning from your best teacher, your failures."

On the one hand, then, pride is a virtue, and on the other it is a vice. How can we reconcile this dichotomy?

So often in the Olympics, we witnessed winners in ostentatious displays of pride -- the swimmer who snares and with clenched fist punches the air above him, then opens his index finger, this time stabbing the air, to make sure that everyone knows that he is number one; the volleyball player who, after winning his match, beckons to the crowd for a more tumultuous applause; the runner who after breaking the tape extends his arms, palms up and fingers open, seemingly inviting admiration and praise while asking the spectators, "Am I not something to behold?" The spectators usually respond: "Yes, almighty warrior, thou art truly a god amongst us."

When our "gods" mount the victory stand, they give what appears to be a papal blessing to the adoring throngs.

Endzone Dance

Of course, such manifestation of pride, if that's what it is, is by no means limited to the Olympic arena. The endzone dance, the homerun trot with raised fist or twirling finger, that extra slam in a slam dunk, have become commonplace in other arenas and have undoubtedly influenced the younger generations, including the "amateurs" on the Olympic stage.

It hasn't always been that way, though. There was a time not too many years ago when a runner would breast the finishing tape with arms just high enough to clear it, perhaps give an appreciative wave to the crowd in thanks for its cheers, and later humbly accept his award; when a ballplayer would hit one out of the park and then put his head down and run rather than standing to admire his monster shot; when a touchdown would be scored without all of the chest thumping that goes on now.

Did it all start with Cassius Clay, later to be known as Muhammad Ali? Prior to gaseous Cassius coming on the scene, sports fans were not accustomed to egocentrically buttonholery in the victory celebration. Of course, Ali's emergence coincided with big-time television coverage of sports and the apparent need to amuse widespread audiences. Such amusement, it was soon learned, resulted in higher network ratings and the networks bought into it. Indeed, Ali's participation in the opening ceremony of the Atlanta Olympics was made out by NBC to be nothing less than the Second Coming, although a few may have viewed it as a karmic lesson.

Two Levels

In 1976, sports philosopher Michael Novak observed that sports had moved on two separate levels: "On the higher plane march Frank Merriwell and all the legions of straight shooters and Christian athletes, self-effacing, gutsy, and victorious: the clean-living, true-blue gentlemen athletes. On the lower plane carouse the avaricious, sexy, aggressive, hedonistic Texans of North Dallas Forty and Semi-tough -- the heartless, womanizing, masculine hell raisers . . ."

Today, the former group, now very small in number, is represented by Cal Ripken, Jr., who has to be coerced to give a tip of the hat, while the latter group is represented by Dennis Rodman, who has to be restrained from building an altar to himself in the middle of a game. Perhaps arrogance, flamboyance, and showmanship do not go hand-in-hand with pride. Webster's Dictionary recognizes the contradictory nature of the word. "In one interpretation, pride is a sin or vice and the antithesis of humility," Webster's Dictionary of Synonyms reads. "In the other interpretation, pride is either a virtue or a highly pardonable, even commendable, feeling or quality that is the antithesis of shame and that spurs one to equal or better one's best or gives one rightful gratification."

But synonyms for "proud," according to Webster, include arrogant, haughty, lordly, insolent, overbearing, supercilious, and disdainful.

Positive vs. Negative

The bottom line seems to be that pride can be a positive trait if we are really talking about self-esteem or a solemn and internal kind of pride, but it is negative when it becomes haughty and is put on display.

The vainglorious athletes of today might do well to heed the advice given by the "master" archer in Zen in the Art of Archery, who tells the student: "You know already that you should not grieve over bad shots; learn now not to rejoice over good ones. You must free yourself from the buffettings of pleasure and pain, and learn to rise above them in easy equanimity, to rejoice as though not you but another had shot well. This, too, you must practice increasingly — you cannot conceive how important it is."

A tip of the cap. Isn't that enough? □

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New York City Hosts East Regionals

by HAIG BOHIGIAN

The 28th annual USATF East Regional Masters Track and Field Championships were held July 20 at Downing Stadium, Randall's Island, New York City. The weather was pleasant, sunny at 83 degrees, a bit windy, but with no humidity, luckily sandwiched between days of severe thunderstorms, high temperatures, and humidity. The facility was in top shape with a fast track and good jumping pits. The steeplechase was cancelled due to broken jumps, and the hammer fencing was marginal. All track events were fully automatically timed by Northeast Timing Sports, Inc.

Haig Bohigian, USATF Masters T&F East Regional Coordinator, had to put this meet on within a month's time due to four other dates and locations failing to materialize. The turnout (139) was one of the lowest in years, primarily because of conflict with a throwing meet in New Jersey. Every effort was made to avoid the conflict or reschedule one of the two meets, but to no avail. Despite this, the performances were top notch with great competition in most races and jumps, as well as in the throws, particularly in the M60 division.

Norm Cyrus, 58, and Jack Lance, 65, each won six events. Pat Peterson, 70, and Jean Preston, 52, won four events apiece. Three athletes won all three sprints in their divisions with excellent times: Jesse Norman (45, 12.09, 24.28, 53.67); Larry Colbert, 59, 12.59, 25.63, 57.22; and Howard MacMillan, 70, 14.58, 30.89, 75.42. Derek Holloway, 35, turned in the fastest 100m (11.06); Wendell Dickman, 32, the best 200 (21.76); and Tracy Fox, 30, the quickest 400 (49.28).

Sal Allah, 36, turned in a blistering 400-800 double victory in 49.73 and 1:54.24. Tom Kinnsman, 43, won the 800 and 1500 in excellent times of 2:03.81 and 4:16.56. Paula Dickson-Taylor, 43, ran a great 800 (2:30.18), and Ruvina Kelly, 34, won the 200 and 400 in 28.75 and 1:40.

Duncan Littlefield, 32, topped the pole vault field with a 14-6. Bruce Hedenal, 48, won all five throws in his division. Karl Johnson, 44, won the shot (14.79) in a field of five, and the discus (42.30). Len Rosen, 62, took the shot (12.24) in a field of four, and the discus (40.98) in a field of seven. Bill Garrahan, 66, won the shot, discus, and javelin titles. Remo Biagioni, 37, won in the javelin with a 43.14 and was third in the 100m and second in the 200. Kim Salzer, 42, won the hammer and weight. Carl Reichard, 43, threw the hammer 42.78 after the event was completed.

The overall team title was captured by the Central Park TC, which amassed 97 points. They also won the 40-49 age division title with 41 points (men and women combined scored in five-year age groups). The Syracuse Chargers were second overall with 95 points and won the 60+ division with 54 points. The NY Masters with 32 points won the 50-59 division. The Shore AC with 21 points took the 30-39 division and finished fourth overall with 56 points. The Boston RC was third overall with 57 points.

TRACS-Boston Masters Meet/USATF New England Championships

by STEVE VAITONES

Masters joined a strong mix of top open athletes, including a number of Olympic Trials finalists in the fifteenth annual TRACS Boston Masters Meet and USATF-New England Masters Championships at Northeastern University's outstanding track facility in Dedham, Mass., June 28-29.

Jane Arnold, W55, was the meet's only double record setter, clocking 2:37.68 for 800 and 5:16.87 for 1500. Also setting new meet records for the women were Sheila Purves, W40, in the 1500, 4:47.79; Sally Strazdins, W60, in the 400, 1:21.46; and Ann McGowan, W70, in the 100, 20.94.

Men's meet record setters were Wayne Fisher, M40, 19-8 in the long jump, and a trio of pole vaulters: John Hoogasian, M45, at 12 feet, Buster Byrnes, M50, at 8-6, and Boo Morcom, M75, at 9 feet (just missing at U.S. and world record attempts).

The Timex Masters Relays provided the most spirited competition of the day between two M40+ clubs. Central Park TC took the opening sprint medley over the Maryland Masters, 3:45.36 to 3:45.89. Maryland (44.64) came back to outdistance both the Boston RC and Central Park (46.32) in the 4x100, with the Maryland Masters taking out a 3:37.49 to 3:38.19 victory in the 4x400.

The USATF New England association office directed the event with the support of TRACS (Treseler Running and Consulting Services) and the cooperation of Northeastern University.

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The Foot Beat
by JOHN W. PAGLIANO
D.P.M.

Corn

Q

I'm a 53-year-old female runner. I've had my share of foot problems during my 20+ years as an athlete, but lately I've developed some very painful corns near my toes and on the balls of my feet. What's causing my problem and what can I do to alleviate the condition?

A

Most of us during our athletic careers will develop corns on our feet. This is the body's natural reaction to the friction that builds up during our training and competitive periods.

Hard corns are circular, conical thickenings of skin that usually appear on the tops of the second and fifth toes, and occasionally are found on the balls of the feet. The tip of the cone is directed inward, and often presses against underlying bony spurs. When the corn is pressed, there is a dull, penetrating pain.

Soft corns are generally found between the toes, most often the fifth and fourth. Again, these are the result of a bony spur beneath the skin. Sometimes sweat gathers in this area and causes a secondary infection.

Treatment of corns is quite basic. Non-medicated corn pads have been shown to be effective in some instances, while more severe conditions require silicone injections or more extensive surgery to remove the underlying bony irritant.

(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, MNM, Box 50098 Eugene OR 97445.)

Writ e On

Continued from page 5

before the race, the day the km marks were set by the AIMS measurer. During a meeting with national and international judges she informed everyone of all the details.

2. "There were no lap counters present... she (Barbara Dunsford) never was made aware of a final last minute course change... " There was NO COURSE CHANGE, as I already made clear, and there were 10 lap counters at the starting line, but Barbara Dunsford decided at the start that she needed more because the rain made it difficult for the lap counters.

Concerning Doug Brown (M70) who refused to make the 6th lap, I can only say that the officials made the mistake to register him as a finisher. Doug was well aware that he had abandoned the race.

4. Regarding the comment about the "very attractive plates", which were made in the leading French porcelain factory and which are very expensive, I would like to comment that it depends on the taste of the competitor. It was the intention of the organizers to give a valuable souvenir instead of the normal, sometimes very cheap, plates.

Concerning the shortage of awards, we gave more awards than in any previous championships (about 400) and the 12 missing awards were sent by mail the day after the races. We had 2936 individual entries from 42 countries of which 93.4% were foreign competitors.

To all fellow competitors, thank you for your participation and your support, and our apologies to those who did not reach their expectations!

See you in Durban next year.

Jacques Serruyts
WAFA VP Non-Stadia
Brugge, Belgium

At 41, Moller Finishes 4th Olympic Marathon

by MARILYN J. MITCHELL

Forty-one-year-old Lorraine Moller became the only woman to complete all four Olympic women's marathons, placing 46th in 2:42:22 in Atlanta, July 28, as a member of the New Zealand Olympic Team.


Named 1995 World Masters Female Runner of the Year by Runner's World, Moller was undefeated as a master last year, posting wins at Falmouth (39:29), Peapack 10K (33:10), Utica Boilermaker 15K (53:16), Advil Mini-Marathon 10K (33:35), and a world masters best for four miles at the Steamboat Classic in Peoria, IL (21:05).

In 1996, she was the first masters woman in the Boston Marathon in 2:32:02.

Of 86 runners who started the Atlanta race, 55 finished.
Originally Scheduled to Command TWA Flight 800,
Rumford Finds Unexpected Comfort at Throwers-Only Meet

by WALTER ALINA

The biggest stories in July were TWA's fatal Flight 800 and the athleticism typified by the Centennial Olympics. They came together in a most unexpected way at a masters meet held July 20 at the Ringoes, N.J., farm of Dr. Charles Covino. The event also demonstrated the healing power that athletics can sometimes bring.

Sam Rumford, 58, of Point Pleasant Beach, N.J., has been a TWA pilot for many years and often commands Flight 800 from Kennedy Airport to Paris. In fact, the only reason he did not pilot Flight 800 on that fatal July 18 was that it was his time to take required flight training. Otherwise, he would have suffered the fate of the others on that plane, including Rumford's close acquaintances.

Rumford had a sad obligation to fulfill. Stewardess, and many friends and relatives, he would have suffered the fate of the others on that plane, including Rumford's close acquaintances.

Rumford had a sad obligation to fulfill. Stewardess, and many friends and watched the activities, he wore sport clothes and had no intention of participating. But as the day wore on, and he mingled with old friends and watched the activities, he became more and more caught up in the events. Finally, he decided to compete and asked to borrow some track clothes and shoes. The result – Rumford placed second in the M55 age group in the weight throw, shot, and hammer, and third in the discus.

Jircik, Pozdnyakova Steam in Boilermaker 15K

by JERRY WOJCICK

Karel Jircik, 40, and Tatjana Pozdnyakova, 40, took the top masters prizes in the Utica Boilermaker 15K, Utica, N.Y., on July 14. Jircik, a Czech, who resides in Mississauga, Ontario, Canada, pulled a mild upset on the evening of the 18th – attendance prize money with a 47:29 from pre-race favorites Martin Mondragon, 42, of Poland/Rochester, N.Y., and his old friend, Charles "Doc" Covino, Covino, knowing that Rumford was a thrower, commiserated with him and suggested that he try to put aside his sorrows by participating in a meet which Covino had scheduled for the 20th.

Stu Jircik, an active athlete himself at age 72, Covino was hosting a USATF-sanctioned Throwers-Only meet at his Iron Horse Farm. Rumford declined, saying that he simply couldn't bring himself to participate when he did not know if his friends would even have a formal burial.

On Friday, Covino called and asked him again, saying that even if he didn't participate, it would be helpful if he saw many of his old track buddies. Again Rumford declined. However, at 8:40 a.m., Rumford showed up at Iron Horse. He wore sport clothes and had no intention of participating. But as the day wore on, he mingled with old friends and watched the activities, he became more and more caught up in the events. Finally, he decided to compete and asked to borrow some track clothes and shoes. The result – Rumford placed second in the M55 age group in the weight throw, shot, and hammer, and third in the discus.

Moeller, of New Zealand. "This was a great race," Pozdnyakova said through an interpreter. "I wanted to run this last year, but I had difficulty with my visa. I read about this race in a magazine. Everybody's talking about it there, back in the Ukraine.

She won $1,200 also, and took the age-graded title for all masters with a 91.5%. Jane Welzel, 41, Fort Collins, Colo., who also broke Moeller's record, by eight seconds, was a distant second in 53:08.

Barbara Filutze, 50, Erie, Pa., masters winner here in 1988, won the W50-54 race from Nancy Frisillo, 53, New Hartford, N.Y., with a 59:45, worth $500. Wen-Shi Yu, 61, Kew Gardens, N.Y., won the W60+ race and $300 with a 72:38. Masters men and women shared equal prize money from the total race purse of $40,000.

The 19th annual Boilermaker attracted 6400 runners, with 5565 finishers. Among them was Zola Budd-Petersen, two-time South African Olympic, known for running barefoot and her collision with Mary Decker Slaney in the 1984 Los Angeles Olympics. Now 29, Budd-Petersen finished third (50:15) to win $2000.

After having to turn away 2000 entrants in the most successful Boilermaker ever, Earl Reed, the only race director in the event’s 19-year history said, "We are considering increasing next year's field, perhaps to as many as 10,000. The demand is there."

The race is always run on the second Sunday in July.
Masters Racewalking
by ELAINE WARD

Heat And Hydration

Many people wondered why Atlanta was chosen for the summer Olympic Games. There was concern about the possibility of extreme heat and humidity. (Both were present at the trials at the end of June, but, surprisingly, heat was not a significant factor in the Olympic walks.)

Basic training theory recognizes that it is necessary to stress the body for it to adapt to stress. Accordingly, quite a few of our U.S. Olympic racewalking team moved to LaGrange, Georgia, or other areas close to Atlanta to acclimate to the expected heat. By training in heat, they prepared themselves to compete effectively in the heat. They did not expect to make times as fast as they would in more favorable weather, but they wanted to race at optimum efficiency to maximize their performances.

Training for extreme heat also involved learning to drink water, water, and water. The men's 20K trials winner, Curt Clausen, mentioned that he was continually drinking water as he raced. The importance of drinking a lot of water all of the time during competition is supported by the statistics showing that even a slight dehydration leads to performance problems.

According to an article posted on the Internet, written by David Anderson, a track coach at Iowa State University, "A two percent loss of body weight by dehydration (essentialy, the only weight you lose during exercise is water weight) impairs the body's ability to dissipate heat, reduces strength, power, endurance and aerobic capacity. In more precise terms, a two percent water loss means about a ten percent loss in maximal performance, according to Wilmore/Costill in their book "Physiology of Sport and Exercise." As racewalking is an endurance sport, hydration becomes more critical. If an athlete loses 4-5% of body weight, his/her capacity for prolonged effort declines by 20-30%. Many women, who raced in high heat and humidity during the 10K Olympic Trials, became exhausted and collapsed at the finish line. A probable contributing factor: not drinking enough water.

Again, according to Anderson, "The goal is to finish your race at the same weight you started." Coach Mike DeWitt and others have stated that hydration should start well before a race until the urine is clear, and be maintained until race start and during the race. Moreover, drinking replacement fluids after a race speeds recovery time.

For those who like precise amounts: two hours before a race, drink about 16 ounces. When racing, drink 6 to 8 ounces every 15 to 20 minutes, or more often if training has proved you need it. To foster maximum absorption into the blood, the water should be cool, but not ice cold.

Plantar Fasciitis And Heel Pain

Some racewalkers have problems with irritating, nagging heel pain. Though it can be caused by a pinched nerve or chronic problems such as arthritis or bursitis, the most common cause is plantar fasciitis.

Plantar fasciitis involves inflammation of the fibrous tissue on the bottom of your foot. James G. Garrick, M.D., in his book, "Peak Condition, Winning Strategies to Prevent, Treat, and Rehabilitate Sports Injuries," explains the plantar fascia this way: "If you sit barefoot and relaxed, with one leg crossed over another, you might notice that the arch of your foot resembles a bow (more or less, depending on the state of your arch). A high-arched foot suggests a tense bow, its arrow about to fly. A flat foot resembles more nearly a discarded bow - almost as straight as a piece of board. Pull back on your toes and you can see and feel the bowstring: the plantar fascia. It's a ligament-like rope of fibrous tissue that starts at the heel of your foot and runs along the inside of the sole, where it fans out into little fingers and connects to the metatarsal bones at the base of your toes. It's really dense stuff, each strand about 1/8 inch thick. Its function, among other things, is to maintain the arch by not allowing the ends to pull too far apart - the same thing a bowstring does for a bow."

When you racewalk, the plantar fascia stretches and contracts. Overuse or sudden trauma can cause your plantar fascia to stretch too much. This action can result in microscopic tears in the fascia, inflammation and a piercing pain or burning sensation. The pain can come on gradually or suddenly. It often is worse in the morning when the fascia is stiff, and improves with use. Plantar fasciitis can be a particular problem to racewalkers with high arches as the fascia tends to be tight. Tight fascia has less give and less shock resistance. It is, therefore, susceptible to overstretched and torn. As the fascia of walkers with flat feet is not tight enough to hold up the arch, it is less susceptible to injury.

Aging: Aging may be a contributing cause in plantar fasciitis. As you get further along in years, your plantar fascia loses some elasticity. Moreover, the fat pads covering your heel bones thin and are less able to absorb shock at heel contact. This thinning places more stress on the heel bone and the tissues attached to it.

Proper heel placement is a practical preventative. Where overstriding increases the braking impact of the heel on the ground and sends shock waves into the ankle and above, heel contact close to your body reduces impact force and stress. Though many walkers worry that shortening their stride length in front will affect their race times, proper rolling and pushing foot work combined with proper hip rotation will lengthen the stride in back where the power is.

Racewalking footwork also promotes flexibility in the plantar fascia. By using the foot from heel to toe, the muscles of the foot get continuous exercise. Specifically, the rolling pushing action stimulates circulation in the foot and flexibility in the plantar fascia.

Overuse: Overuse has already been cited as a cause of plantar fasciitis. However, as this is a very common cause, it is important to focus on it. Overuse can occur when you have been injured or physically inactive for a long period of time and begin working out too long and too fast. It can also occur when you try to increase distance or intensity too quickly in an effort to prepare for a 20K race off a 5K base, for example. The bottoms of your feet, like other muscles, respond best to gradual conditioning.

Shoes: Shoes with thin soles, and poor arch and heel support lack shock absorbency. Worn out shoes can also fail to provide needed protection. However, because the ground reaction force in racewalking is typically about 1.6 to 2.0 body weight peak force on impact versus 3.5 to 4.0 for running, less midsole is needed. In fact, the racing flats many elite athletes wear have almost no midsole. When the foot is properly conditioned to racewalking and there is no history of inflammatory problems, the benefits of wearing thin-soled shoes are many. At the same time, more cushioning may be indicated if foot problems exist in the fascia or heel.

FIFTEEN YEARS AGO

September, 1981

- Vicki Bigelow (W45, 18:14.0) and Jaclyn Caselli (W60, 23:19.2) establish new 5000 WRs in Western Regionals
- Herb Lorenz, 42, Breaks American Masters 10K Record with a Sizzling 30:41.5
- Ray Hatton, 49, Sets AR for the 3000 (9:02.95) in Mt. Hood All-Comers Meet
- 14th Nationals Draw 500 to Los Gatos, Calif.

Stan Chraminski, 48, strode to an age-graded 83% 24:45.49 5000m racewalk, USATF Northwest Regional Masters Championships, Tacoma, Wash., Aug. 3-4. Photo by Suzy Hess
200 Compete in Northwest Regionals

by JERRY WOJCIK

Over 200 entrants took part in the USATF Northwest Regional Masters Championships/Key Bank Classic held at the Lincoln Bowl, Tacoma, Wash., on Aug. 3-4. In addition to entrants from the region, participants included athletes from New York, New Jersey, and Florida, who used the meet to hone their skills for the three other major meets in the Northwest in August.

Temperatures had been in the high 90s the week before, but the heat subsided to the comfortable 70s for the meet. A slight rain on Sunday deterred some athletes but didn't slow Steve Robbins, 53, the reigning WAVA M50-54 world sprint champion. On Saturday, Robbins ran the fastest 100m (an age-graded 96.2% 11.70) of all meet M40-and-over sprinters, and, one-and-a-half hours later, followed with another masters best 400 in 52.89, an A-G 95.7%.

Pat Peterson, of New York, on her way to the Canadian Championships in Vancouver, the USATF Nationals in Spokane, and the WAVA meet in Eugene, took three firsts in the W70 sprints.

In the 800, Tom Brinton, 68, was in the A-G international level with a 91.0% 2:31.90. Hurdler Doug Schneebeck won the M35 short hurdles in 16.21 and the long hurdles in 57.80.

Jennifer Fisher, W35, clocked top-ranked times in the 2000 steeplechase (7:42.00) and 800 (2:20.50). Guest athlete Madeline Bost, of New Jersey, also on a track tour of the Northwest, ran the 2000 steeplechase in 10:08.14. Dennis Phillips, M50, vaulted to a masters best 13-0.

While runners and jumpers were hampered by Sunday's drizzle, throwers didn't allow moisture to restrain their efforts. Russ Hodge, M55, topped all shot putters, with a 15.20/49-10.

Florian Reed Quinn, also on a Northwest tour, won the M65 shot contest with a 10.80. Neil Saling, M60, doubled in the shot (11.87.38-11) and the discus, with a masters best 45.00/147-8.

George Mathews, 53, was the outstanding thrower with the heavy implements, winning in the 35-lb., weight (13.08/42-11) and 56-lb., super-weight (8.10/26-7).

In the 5000 racewalk on Saturday, Bev LaVeck, 60, strode to a 29:12.74, an A-G best performance of 88.1%.

Ken Weinbel, of the Seattle Masters AC, was the meet director. Sponsorship and support were provided by the Tacoma-Pierce County Sports Commission, KeyBank of Washington, and the Seattle Masters AC.

Racewalking

Continued from page 10

Heel Spurs

A flattening of your arch or the overuse cited above can cause your plantar fascia to stretch and pull on your heel bone (visualize Garrick's bow). Occasionally the fascia can stretch and tear sufficiently to cause a heel spur. According to Garrick, "Heel spurs can make spectacular X-rays, a nasty-looking spike of bone up to 3/4 inch long floating in the heel - but in many instances removing the spike isn't going to solve the problem. What will help is removing the pressure on the fascia and getting rid of the inflammation." □

Starting next month, this column will resume its interviews with masters athletes. The first will be with Tori Herazo who finished third at the Women's 10K Olympic Trials, June 22, in a time of 35:12, and then flew to Belgium to compete in the WAVA Masters 20K, June 29, finishing first overall with a time of 1:38:06. Tori's upcoming racing schedule is dazzling and she will provide interesting insights on how to train for endurance and speed.

Barbara Kousky, Masters T&F Champion, presented Elton Richardson, W55, with her award for the outstanding masters female race walker for 1995 at the athletes' meeting, Aug. 17, USATF Masters Championships, Spokane. Photo by Suzy Hess

Center:

WAVA NORTH AMERICAN, CENTRAL AMERICAN & CARIBBEAN 8K RACE WALK AND CHAMPIONSHIP AND USATF SOUTH REGION 8K RACE WALK CHAMPIONSHIP

Walk will serve as WAVA North American, Central American and Caribbean championship for Masters men (40 over) and Masters women (35 over) with 5 year age groups. USATF South Region Championship for Junior men and women (20 under) and Senior men and women (21-29).

SITE: University of SC Track, Columbia, SC (Marion Street side)
DATE: October 5, 1996
TIME: 9:30 AM; Late registration: 8:30-9:00 AM day of race.
SANCTION: Sanctioned by USATF
AWARDS: WAVA medals for first three places in each age/sex group and USATF medals to top three places in each age/sex group in South Region.
MEET HEADQUARTERS: The Holiday Inn Hotel-Coliseum at USC, will serve as meet headquarters. Race packets may be picked up there Friday evening from 6-9 PM. The Hotel offers a rate of $50.00 per night, mention race. Holiday Inn Hotel, Coliseum, 630 Assembly Street, Columbia, SC Phone No. (803) 799-7800.
FEES: $15.00 registration includes sweatshirt. $20.00 late registration, includes sweatshirt. MAKE CHECKS PAYABLE TO W. R. BAUER.
Send to: W. R. Bauer
823 Calhoun Street
Columbia, SC 29201
For further information call: (803) 256-7777

Official Entry Form - WAVA and USATF So. Region 8K Race Walk Champ.

Name ________________________________
USATF # ________________________________
Address ________________________________
City __________________ State ______ Zip ______
Phone ____________________________
Age _______________ State ______ Zip ______
Entry for WAVA South Region Best 8K or 10K Time: ____________

In consideration of acceptance of this entry, I hereby release and discharge all persons and organizations named heretofore on October 5, 1996, or any other person from liability for any accident or resulting from participation in this race. I hereby declare that I am in proper physical condition to participate in this event.

Athlete's Signature: ________________________________
Parent's Signature or Guardian (if under 18): ________________________________
The Olympic Experience

"The best reason for going to Atlanta was to prevent NBC from dictating what you would watch."

Without question, it was near the most exciting track event at the 1996 Olympic Games in Atlanta: the men's 5000 meters, featuring Bob Kennedy, Indiana University graduate, America's best chance at breaking the recent African dominance of distance events on the world scene.

And Hooiser Bob have it his best shot: challenging the three top Kenyans at the front of the pack, forcing the pace with them, positioning perfectly off their shoulders, matching the pace with them, positioning shot: challenging the three top Kenyans at the front of the pack, forcing the pace with them, positioning off their shoulders, matching the pace with them, positioning shot: challenging the three top Kenyans at the front of the pack, forcing the pace with them, positioning.

had bumped up against a group of runners with better sets of wheels than he could muster—just on one warm night of track at the Olympics from a seat on the back of the tram, near where you would watch."

I glanced at an electric clock that displayed the numbers: 1:9-3.2. And I thought, "Why are they showing 1932 (the year of the Olympics in Los Angeles)?" This is 1996." Then it dawned on me that Michael Johnson had run 19.32! That obliterated Johnson's previous world record, set in the Trials, of 19.66 and made anything you had paid a scalper for admission to the games well worth the price.

At the post-race press conference, bronze medalist Boldon had the best line: "I accepted the fact that the fastest man in the world was the winner of the 100 meters. Now I believe the fastest man alive is sitting to my left." Contempt

Boldon demonstrated class in losing. Not everybody else at the Olympic Games did. Consider for a moment Mark Davis, he of the tattoos and pierced body parts. In the 3000 meter steeplechase, Davis finished last, lapped by the winners. No disgrace; he had made an Olympic final. But coming to the water jump on his final lap, Davis decided to play to the crowd by doing a belly-flop. Big splash, Ha, ha! Nike's Phil Knight reportedly was angry at the irreverent remarks made about Steve Prefontaine several years before. Davis retained his Nike connection anyway. May Mark Davis's next shoe contract be with K-Mart.

Thankfully, NBC failed to air Davis's antics. The network can't be entirely faulted for what fans of distance running might consider a total lack of respect, almost contempt for our sport. In his column for Runner's World Daily, commentator Craig Masback attempted to defend NBC's position, citing the fact that the network "lost $100 million televising the 1992 Olympics, primarily because of the "Triplecast" that featured additional sports. Few people subscribed. "NBC is a business entity whose first obligation is to its shareholders," stated Masback. But Masback's $70 million profit on its telecast from Atlanta, Masback warns that NBC is not likely to change in 2000 or beyond.

So be it. I have already begun to consider plans to be in Sydney four years from now. We'll find out then whether Bob Kennedy or some other American hopeful will appear to defend America's honor in the distance races.
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[Image: Photo by Glen Williams

Pete Richardson, winning the 800 with an M60-64 meet record 2:27.7, Visalia Classic in California.]

[Box: TEN YEARS AGO

September, 1986]

- 19th Nationals Draw 761 to New York City
- Canadian Chris McCubbins (30:49) and England’s Priscilla Welch (34:27) Finish as Top Masters in Asbury Park 10K
- Boo Morcom Sets PV WR (12-4 1/2) for M65s in Brown University Meet
- Rex Harvey, 40, Wins National Decathlon With 6262 Points

[Image: American Heart Association Logo]
Spokane – The Throws

The first throws contested at the Nationals in Spokane on Thursday were the women’s javelin and shot. A surprise entrant in the javelin was Kate Schmidt, 42, two-time bronze medalist in the 1972 and ’76 Olympics, who broke the U.S. W40-44 record with a 143-0. Schmidt, out of competition for 12 years, underwent ovarian cancer surgery and chemotherapy after the cancer was detected in 1993. A Los Angeles resident, Schmidt, who once held the WR at 227-5, hopes to combine bird-watching and the javelin on a trip to Durban, South Africa, for the WAVA Championships in 1997.

Other U.S. javelin records went to Becky Sisley, W55, Oregon, and Betty Jarvis, W80, Oklahoma.

In the shot, Vanessa Hilliard, Florida, broke the W35 record by a half inch with a 40-5½. Thirty-nine-year-old Carol Finsrud, Texas, hit the 45-4½ mark to win her division handily.

On Friday, the men’s hammer, following a long national championships tradition was over an hour late. New M65s Joe Chadbourne, Ohio, and Len Olson, Florida, tangled, with Chadbourne the victor with a U.S. record of 155-4. Hilliard stood out with a 153-10, an age-graded mark to win her division handily._

Finsrud took another gold in the discus at 164-5 on Saturday. The discus fields in the M45 to M75 groups were large, even by nationals numbers - the M50s had 17 throwers, led by Lloyd Higgins, California, who won with a 171-3. Olson’s discus debut as an M65 was a successful one with a 152-11 first of 10 throwers.

Ed Hooker, Oklahoma, starred among the 11-field M70 throwers with a 35-foot win of 145-4, a U.S. M70-74 record.

The men shot putters on Sunday produced another U.S. record of 44-1½ by, who else, but Len Olson. Manual White, M80, Montana, 110-9, and Ed Morland, M45, Kansas, 210-1, stuck WRs with the javelin. Ralph Howe, M35, California, took an American record with a 222-3.

The hammer and javelin were held out of the stadium, but this worked out well for spectators. The stands were well-equipped and well staffed.

The 937 competitors came from almost every state and from New Zealand, Hong Kong, Armenia, South Africa, Australia, Ireland, Panama, Bermuda, and throughout Canada.

Attendance was down about 400 athletes (30%) from the 1300 participants at the 1995 championships in Spokane.

Continued

937 Compete

Continued from page 1 who said it was a good meet also had some criticisms. Madeline Bost, New Jersey, who broke the U.S. W35 steeplechase record, said, “The meet has been handled beautifully but the announcing is lacking. There’s no background on athletes’ bios, and no play-by-play during the event.” Racewalker Jeanne Boci, W50, Michigan, praised the meet but said the 10K racewalk course had too many tight turns.

The first aid facility and massage tent were well-equipped and well-staffed.

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Continued on page 15
Some of the top U.S. performers, by division, at the USATF National Masters Championships in Spokane were:

M30
Sprinter Kettrell Berry, Maryland, won both the 200 and 400 and topped it off with a gold in the short hurdles. David Turnbull, Oregon, tripled in the LJ, LJ, and TJ. Stan Holman, Spokane, won the 5000 and 10,000.

M35
Paul Fragua, New Mexico, took the 800 and 1500. David Harding, Oregon, won both long races. Ray Blackwell, Pennsylvania, scored an A-G 90.8% in the 400 and skimmed the 400H to victories. Ralph Howe, California, stabled a U.S. record with the javelin. Mike Blanchard, Colorado, race-walked to wins in the 5000 and 20K.

937 Compete

Continued from page 14

1:59.41 (A-G 90.7%). Daniel Barry, California, was second in 1:59.91 (A-G 90.4%). Julia Reyes, Texas, was third in 1:59.92 (A-G 90.35%), and Rick Barbero, Oregon, fourth in 2:01.16.

Earl Fee, Canada, won the M65 middle-distance races and added the 300 hurdles to his string of victories at U.S. nationals with a 48.48.

Whiteley and Mary Libal, W45 world record holder for the 400 and triple-sprint champion here, won the age-graded 100m, in which participants were given handicap starts determined by their ages. Libal, 46, ran an 11.81, to win the women’s race. Whiteley, 50, ran a 10.38, and Milt Silverstein, 76, Arizona, was second in 10.73 in the men’s race.

The meet was covered by the local affiliates of ABC, NBC, and CBS, which presented interviews with athletes during evening and late night news. The Spokane Spokesman-Review ran a pre-meet article featuring Olympic marathoner Don Kardong, director of the massive Bloomsday Run held in Spokane. The paper gave front page coverage with photos in the sports section, focusing on a different athlete every day, and published results three deep for all events.

Part of the success of the meet is attributable to the large numbers of sponsors and financial support from local businesses and individuals, probably the most ever for a national championships. The primary sponsors were Safeco, Seafirst Bank, URK stores, Great Harvest Bread Co., and Liesbeth Mathieu’s Nature’s Sunshine Products. Vernie Foxley and Maury Ray were co-directors, and were aided by a staff of 20 meet managers and advisors.

Next year’s championships will be held in San Jose Calif., on Aug. 7-10, after the WAVA Championships in Durban, South Africa, July 17-27.

Highlights of the Nationals

M40
Kevin Morning, California, was in the A-G 904-% range with 100 and 200 firsts. Pete Mogg, California, fought off tough fields to win the 800 and 1500. Anthony Rodiez, Wisconsin, outdistanced his competition in the 5000 and 10,000. Mark Neal, Washington, had top marks in the SP and DT. Warrick Yeager, California, walked away with gold medals in the 5000 and 20K RWs.

M45
Fred Sowerby, Nevada, dominated the 200 and 400. Richard O’Brien, Washington, ran to the finish line first in the 5000 and 10,000. Javelinist Ed Morland, Kansas, left town with a WR. Stan Chaminski, Washington, doubled in the 5000 and 20K.

Continued on page 16

937 Compete

Continued from page 14

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Next year’s championships will be held in San Jose Calif., on Aug. 7-10, after the WAVA Championships in Durban, South Africa, July 17-27.

Highlights of the Nationals

M40
Kevin Morning, California, was in the A-G 904-% range with 100 and 200 firsts. Pete Mogg, California, fought off tough fields to win the 800 and 1500. Anthony Rodiez, Wisconsin, outdistanced his competition in the 5000 and 10,000. Mark Neal, Washington, had top marks in the SP and DT. Warrick Yeager, California, walked away with gold medals in the 5000 and 20K RWs.

M45
Fred Sowerby, Nevada, dominated the 200 and 400. Richard O’Brien, Washington, ran to the finish line first in the 5000 and 10,000. Javelinist Ed Morland, Kansas, left town with a WR. Stan Chaminski, Washington, doubled in the 5000 and 20K.

Continued on page 16

937 Compete

Continued from page 14

1:59.41 (A-G 90.7%). Daniel Barry, California, was second in 1:59.91 (A-G 90.4%). Julia Reyes, Texas, was third in 1:59.92 (A-G 90.35%), and Rick Barbero, Oregon, fourth in 2:01.16.

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Training Advice

by ROSS DUNTON

On the Road to San Jose

I am a 64-year-old 800-meter runner who has not raced in the last two years. I am in the early stages of preparing for the 1997 track season, culminating with trips to the Nationals in San Jose and to the Worlds in Durban, South Africa. I hope that you will join me.

In the 1992 Nationals at Spokane, I finished third in the M60 800. I believe I have learned enough in the past four years to significantly improve my performance. I became a high school ‘walk-on’ track and cross-country coach. In preparing myself as a coach, I have attended numerous schools and clinics on track and field. One of the advantages of living in Southern California is the availability of track and field information. During the next year, I plan to share much of what I have learned about the finer points of track and field with readers of the National Masters News.

With part of the profit from the 1984 Olympics, the Amateur Athletic Foundation of Southern California was established. The primary goal of the AAF is to train youth coaches in various Olympic sports. I have attended AAF track and field, cross-country and advanced cross-country clinics. By attending a complete, multi-day AAF track and field clinic, I qualified to take the USATF Level I coaches exam. I passed the exam, and I am a USATF certified Level I track coach.

In each of the last three years, I have also attended national track and field coaches clinics with presenters such as Dr. Joe Vigil, Sam Bell, Joe Newton and Russ Rogers. By the time you read this, I will have attended the USATF Level II coaches school at Long Beach State. If I pass the exams, I will become a Level II certified coach. This is an intense eight-day school, with classes from 7:30 a.m. to 10:30 p.m. daily.

Bio-Mechanics

As I continue down the “Road to San Jose,” I will share with NMN readers my training as well as much of the technical information I have gathered over the past four years. I will outline some of the basic bio-mechanical changes I have incorporated into my running form. I am a fairly smooth runner, and have been somewhat successful. But, I did have some mechanical problems that slowed my turn rate.

For the past year I have been working on changing my mechanics and I believe these changes will allow me to run as fast as I did in 1990. I know that my turn rate has improved.

I was averaging about 20 miles per week for the past two years, but had not done any really serious training. Truthfully, I was not very motivated. Now that I am about to move into a new age group, the motivation has returned. In June, I started doing speed work and hard 200- and 300-meter intervals. I have also increased my mileage with more hill running. I have started down the long “Road to San Jose.”

Recently, I attended an AAF Advanced Cross-Country Coaches Clinic. One of the sessions was on lactic acid and heart rate monitors. I have been using a monitor for about four years and have read books on this topic, so I was fairly confident that I possess all knowledge on the subject. I was wrong. I was cooling down incorrectly and didn’t know it.

Truthfully, I have never done much in the way of cooling down. When I finish a hard interval session or a race, I am tired and just want to stop and walk. At best, I would walk a lap and then jog a lap or two. Whether I jogged or not, I was usually pretty stiff the next day and it took a long time to get loose. My problem was that I was cooling down too long after I finished.

The session presenter pointed out that the first five minutes after a hard run is the most critical time. The body continues to produce large amounts of lactic acid during that time, and if the heart rate is allowed to fall into the 60% range, the acid will accumulate rather than being flushed out by the blood. By slowly jogging, the rate will stay in the 70 to 80% range.

Don’t Stop

Now, I do not stop at the finish line. I slow jog at least 400m before I stop to walk. For example, in my 200m intervals, I run a set of five, with a 100m jog between each 200. I follow this with a set of four. I used to walk 600m between sets. Now, I continue to jog for at least 400m at the end of the set. I have been amazed at the difference this makes. It is very evident in the first 200 of the second set. I used to be very stiff and sore during that one. Now I am not nearly as stiff and sore. Also, I feel much better when I try to get out of bed the next day and my workouts start much easier.

If you are one who stops at the finish line, try a slow jog instead for a few days. The transition may be mentally tough, but you will probably feel a lot better the next day. When you do have to stop at the finish line in a race, even if you are in a finish chute, continue to jog in place.

For any of you horizontal or vertical jumpers who may be reading this, I will be specializing in those events at the USATF Level II school. In future issues, I will share some of what I learned about jumping.

Highlights of the Nationals

Continued from page 15

M50

Stan Whiteley, California, zipped to wins in the 100 and 200, in this new division for him. Tom Gage, Montana, stunned the crowd with a 200+ HT and himself with a win in the SP. Rex Harvey, Ohio, was top point man in the pentathlon.

Jim Carmines, Pennsylvania outstrd the fields in the 5000 and 20K walks.

W55

Walt Butler, California, ran the short hurdles with an A-G 97.5% in a 3.1 mph wind reading and breezed to a first in the 100. Emil Pawlik, Mississippi, outscored the entire day’s field in the pentathlon (3675) and leaped to a first in the HJ. Glen Johnson, Tennessee, was the SP and DT winner. John Elwarner, Michigan, took both the short and long racewalks.

M60

Bobby Thomas, California, was the only men’s triple sprint champion. Wendell Palmer, Texas, beat large, solid fields in the SP and DT, as did Bob Humphreys in the HT.

M65

Jim Stookey, Maryland, may be the U.S. male athlete of the meet, with six golds in the sprints, hurdles, and jumps. Jim Sutton, Pennsylvania, was the group’s distance standout with three firsts. Len Olson, now in this division, grabbed a U.S. shot record and a DT win.

M70

Manny Hersher, New York, a frequent competitor at national championships, became a champion, much to his delight. Vince Sempronio, Oregon, better known as a shot putter, surprised everybody in the HT with a U.S. record. Jim Forshee, Michigan, swept the distance races. Hurdlser Bob Higginbotham, California, took both races and the LJ. Ed Hooker, Oklahoma, returned to Tulsa with a U.S. DT record.

M75

Milt Silverstein, Arizona, is the national champion in the 100, 200, and...
Highlights of the Nationals

Continued from page 16

LJ. Mike Kagan, Texas, went from the short to the long of it with golds in the 400, 5000, and 10,000. Dan Bulley, Oregon, was even more diverse with wins in the long hurdles, SC, and pentathlon. Paul Geyer, Minnesota, added the 20K to his 5000 track walk victory.

M80
Frank Finger, Virginia, won the 400 and short hurdles. Bob Matteson, Texas, scored wins in the 400 and 800. Manuel White, Montana, hit records in the JT and HT and added a HJ win. Ross Carter, Oregon, again took the SP and DT.

W85
Ted Hatlen, California, is a quintuple champion. Tony Castro, 87, California, is a dual sprint champion.

W30
Dana Baumgarten, Florida, took the short sprints. Lisa Nichols, California, captured three firsts in the 400, 800, and 1500. Pamela Reynolds, Oregon, hit the heights with wins in the HJ, PV, and short hurdles. Elana Bavel-Goldberg, Kansas, blasted the implements to DT and HT bests.

W35
Joy Upshaw-Margerum, Hawaii, showed speed and technique with records and six wins in the sprints, hurdles, and jumps. Local favorite Kim Jones, Spokane, Olympic triallist, sped to firsts in the 1500 and 5000. Carol Finsrud, Texas, swept the SP and DT, as did Kelly Murphey-Glenn, Idaho, in the 5000 and 10K walks.

W40
Cindy Steenbergen, Texas, streaked to 100 and 200 firsts. Another Texan, Carol Mchatchie, won the 1500 and 5000. Ruth Welding, Indiana, took three throw golds, but Kate Schmidt, California, ex-Olympian, speared a U.S. record in the HT. Phyllis Hansen, New Jersey, rambled to both racewalk golds.

W45
Mary Libal, Oregon, triple winner in the sprints, and Pauline Thomas, Washington, with four golds in the throws, were the highlights in this division. Jumper Barbara Stratton, California, won a trio of golds. Marianne Martinco, Colorado, ruled the walks.

W50
Sprinter Nadine Lowenstein, New York, took the highest spot on the victory stand three times. Marlene Sachs, Vermont, was all over the place with wins in the pentathlon, short hurdles (a U.S. record) and HJ.

W55
Kathy Bergen, California, struck gold in the 100 and a record in the HJ. Jane Arnold, Connecticut, scampered to 800 and 1500 firsts. The versatile Becky Sisley, Oregon, won the short hurdles, LJ, and JT with a U.S. record. Vanessa Hilliard, Florida, was the dominant woman thrower of the meet with three wins and a record. Racewalker Elton Richardson, New York, won the 500 and 10K.

W60
Rita Kerr, California, swept the three sprints. Christel Miller, California, small but strong, won three throws and the HJ. Clair Ingraham, Idaho, took the 1500 and 5000.

W65
June Machala, Spokane, treated her local fans to a WR in the 10,000 and a U.S. record in the 5000. Californians Sumi Onodera-Leonard and Shirley Kinney sparkled, as did Montana’s Mavis Lorenz.

W70
Johnnye Valien, California, with five golds and two records, and Pat Peterson, New York, with three firsts got the spotlight here. Louise Adams, Colorado; Dawn Russell, Oregon; Renee Roloff, Arizona; and Joan Rowland, New York; were two-time winners.

W75
New age grouper Margaret Hinton, Texas, took advantage of her youth to post nine wins, including two WRs (HJ and PV) and one U.S., for the unofficial Best Woman Athlete of the Meet Award.

W80
Betty Jarvis, Oklahoma, swept the throws with U.S. records in the DT, HT and JT. Pearl Mehl, Colorado, ran to five firsts, from the 100 to 1500.

---Jerry Wojcik

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Olympic Reflections

The 1996 Atlanta Olympics reminded me why I love the WAVA World Veterans Athletics Championships. The parade of athletes. The same spirit of camaraderie. The same feeling that, regardless of the cultural and racial differences among the world's people, we're basically all alike. The same dream that if we all pull together on this planet, we can solve our problems of crime, violence, sickness, and poverty.

It's a great time and a great event. Yet I was struck by another similarity to the World Veterans Games. Namely, that different people can come away from the same event with totally different impressions.

I wasn't there in person, opting for the comfort of my living room and TV after being told the track and field tickets were sold out. But reports of the event varied from "magnificent" (mostly from the Atlanta organizers) to "pathetic" (mostly from the foreign press).

The Atlanta organizing committee, despite obvious problems, refused to apologize for the glitches and maintain they were doing an excellent job, much like the Buffalo OC did last year. Both groups were insecure and didn't want to hear any criticism. Of which there was plenty.

Critics cited massive transportation problems, computer snafus, security lapses, hot weather, rain, over-commercialization, price-gouging, and more.

"Atlanta was awful," said Tom Sturak, athletes' manager and masters athlete. "The heat was oppressive, but it could have been worse. Atlanta lucked out there."

"The games were much too large for Atlanta," said Charles DesJardins, USATF Masters Long Distance Running Chairman. "The transportation infrastructure was not in place. Commercialism was out of control. I thought I was at a carnival."

The International Olympic Committee ultimately was not pleased. Some said it would be a generation before the IOC would trust another U.S. city to host a summer Olympics. But there was much in Atlanta that was well done. As in Buffalo, the actual competition at the venues seemed to go remarkably well. And that's probably what counts most.

TV Commercials

Best Olympic TV commercial: Nike's "Give Her a Chance," narrated by women's soccer captain, Mia Hamm. The spot urged everyone to let girls play sports.

Worst Olympic TV commercial: Nike's "You don't win silver, you lose gold." The spot befuddled the Olympic spirit espoused by Baron Pierre de Coubertin that participating, not winning, medals, is what counts most.

"I am insulted every time I see it," said Olympic swimmer, Amy White. "They're slapping every athlete and every country that doesn't win gold in the face."

USA TV Coverage

Every four years, the Olympics give track and field a chance to boost its sagging popularity in the USA. Even masters T&F tries to piggy-back on the hoped-for boost.

But we must rely on television for the publicity. And while some events and some athletes (Michael Johnson, Carl Lewis, Dan O'Brien, the marathons) were, indeed, highlighted, the sport itself was generally short-sheeted.

The TV coverage was blasted by nearly everyone except NBC-TV. The network, owned by the General Electric Co., paid a fee of $456 million to the IOC for the exclusive rights to the U.S. market. ABC-TV bid $430 million. The IOC simply accepted NBC's bid because it was higher than ABC's.

"ABC had a better plan, one that would have provided so much more coverage," wrote Larry Stewart in the Los Angeles Times. "But that didn't matter to the IOC. All that mattered was money."

ABC would have had ESPN and Turner Broadcasting share the coverage. The plan was that ABC would give us what NBC gave us -- glitzy prime-time coverage aimed at a female audience -- while ESPN, TNT and TBS would cover such sports as soccer, boxing, softball, baseball, and track and field.

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ABC said such a plan failed in Barcelona in 1992. But it failed only because the price tag of $125 per household was too high.

As a result, the NBC coverage of track and field was weak, to say the least. In the sprint heats, we generally saw only those races with Americans. We got zero coverage of the first round and semifinals of the women's 800, despite the presence of well-known runners Suzy Hamilton, Meredith Rainey and Joetta Clark. We got only one heat of the women's 5000 -- the one with Mary Slaney -- while the heats of Lynn Jennings and Amy Rudolph, both of whom qualified for the final, were ignored.

And so it went throughout the week. We never saw Alvin Harrison in the 400 until the final. We saw nothing of the women's 10,000 heats or finals; nothing of the men's 800 rounds and only one heat of the semis; nothing of the women's 5000 finals, despite the presence of Jennings and Rudolph.

We saw three first-round heats of the women's 400 hurdles, but neither heat of the semis, even though all three U.S. athletes (Patrick, Batten, Buford Bailey) were still in it.

Needless to say, we saw none of the men's 10,000 final, none of the first two rounds of the steeplechase, none of the men's 5000 heats, and only some of the 5000 finals -- aired after midnight on tape -- despite the presence of U.S. record-holder, Bob Kennedy, in the race.

The seven hours of racewalk competition were condensed into 45 seconds.

Field Events

The field events generally received short shrift, usually on a tape-delay basis. The drama of Charles Austin's amazing high-jump upset win was condensed into less than three minutes.

Dwight Stones did his best to convey the field-event action in the small amount of time he was allowed. Tom Hammond and Craig Masback, the track commentators, are knowledgeable, but were never very interested in identifying runners in a race unless they were Americans. And they both have the annoying habit of telling stories during the races instead of calling who's first, second, etc.

"The coverage was absolutely abominable," Sturak said.

So, overall, it was a frustrating experience and, as Hal Higdon writes in his column this month, makes you want to plan on going to Sydney in 2000 rather than trying to catch the action on NBC, which has the U.S. rights sewn up through 2004. The network has promised to expand its 2000 broadcast to two other channels, so perhaps the coverage will improve. But don't count on it.

Meanwhile, the network had plenty of time for gymnastics, basketball,
Continued from page 18

With his dog.

NBC defended its decision and crowed about "big ratings," arrogantly proclaiming that its coverage, rather than the event, itself, brought in viewers.

The reason 193 million tuned into NBC was not their "terrific storytelling, compelling pictures and the emotional involvement of the audience," as NBC's Don Ohlmeyer claimed, but rather a lack of alternatives.

Since when does one choice indicate satisfaction? The main reason the Olympics get big ratings is the build-up they get, some of it from NBC but most from newspapers and magazines.

Some northern-U.S. viewers watched the feed from the Canadian Broadcasting Company, which reportedly showed more action and more hours of air time.

"I saw some of the feed from the BBC (in Britain) and it was wonderful," Sturak said.

Costas and several other NBC commentators often said fine work, but some interviews were embarrassing. Cheers were heard throughout the U.S. when sprinter Dennis Mitchell, asked an inane question by Chris Collinsworth, looked at him incredulously and just walked away.

The network was accused of its usual jingoism. But as in fairness, I did hear the national anthems of two other countries during the two-week period.

Even NBC's "defining moment" of the Games — Kerri Strug's gymnastic vault — was tape-delayed by five hours.

NBC's Tom Brokaw and other reporters had announced the results hours earlier.

"Whoever invented the concept of 'exclusive television rights' ought to be stripped of a chair and forced to watch 10 straight hours of commercials, followed by a few minutes of Americo-centric coverage that devotes 80% air time to American gymnasts while the gold-medalist foreigners are squeezed in like an afterthought," wrote Becky Nicolaides in the L.A. Times.

NBC even blew the opening ceremonies. During the emotional parade of athletes, Costas often made snide remarks about some negative aspect of the country or its athletes. NBC didn't think to do what Buffalo so admirably did last year at the World Pets — give a short announcement of the history and achievements of the athletes.

Continued on page 21
Entry Forms Ready Soon

Entry and housing forms should be ready shortly for the XII WAVA World Veterans Athletics Championships in Durban, South Africa, July 17-27, 1997.

The event will be open to all men age 40 and over and all women age 35 and over as of July 17. There are no qualifying standards, other than to be at least the minimum age. Competition will be held in the traditional five-year age groups in all track and field events, cross-country run, marathon and racewalks.

The Durban Organizing Committee expects more than 5000 participants from more than 75 nations. The XI World Championships in Buffalo last year drew 5335 competitors from 79 nations.

The event should be one of the most exciting World Championships ever.

First, the track facilities are first rate. The two tracks are right next to each other, about a 2K walk or bus ride apart. Group tours are being arranged from the main hotels. Stadium One has a nine-lane (10-lane straightaway) Mondo track. The stands are covered. Stadium Two is also covered, with eight lanes to be resurfaced. Free transportation will be provided to and from the venues.

Second, the cost of the trip should be within reason. The current air fares from New York are $1519; from Los Angeles $1682; from London $1300. The cost of housing and food will be low, because the South African rand continues to decline against the dollar (at press time, one U.S. dollar = 4.45 rand). Group tours are being arranged (see ads in this section) at low group rates.

Third, South Africa is undergoing one of the most significant peaceful transitions in history. Ten years ago, apartheid was the rule. Today the races mix freely and openly. South Africans are very friendly and anxious to make visitors feel welcome. It's an exciting time. Participating in the Games is an opportunity to be part of helping to bring this country into the world community.

Fourth, South Africa is one of the most physically beautiful countries in the world. The sunsets are breathtaking. There is much to see and do. Available in the Durban area are:

1) A half-day Durban city highlights tour;
2) A half-day Valley of 1000 Hills and Zulu cultural tour;
3) A full-day tour of Shakaland;
4) A full-day tour of the Hluhluwe (pronounced "Schlu-shlu-ee") Game Reserve;
5) A full-day Natal Wildlife Safari.

Outside Durban, optional tours include Southeast Africa, Cape Town, Johannesburg, Sun City, Kruger National Park, Victoria Falls, and, for the adventurous, a climb of Mt. Kilimanjaro.

Some tourists will opt for a ride on the luxury Blue Train – an expensive, but reportedly magnificent train ride between Cape Town, Johannesburg, and Victoria Falls.

The trip should be a memorable experience.

-Al Sheehen

WAVA Council members check out the facilities in Durban.

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From the Editor

Continued from page 19
culture of the country marching in. With its state-of-the-art graphics, NBC could have taught us a bit of geography by showing a map of where each country was. Simple enough, but it apparently didn’t occur to them.

If you don’t want to risk suffering through the same frustration four years hence, you may want to head for Sydney. Track and Field News has been sponsoring well-run Olympic tours since 1960, and still has space for 2000. You can call Theresa Tam at 415-948-8188 for details.

First three W40 in the discus, WAVA Championships, Buffalo, from left: Janet Wilson (41.54), USA, Christine Schultz (42.28), Australia, and Ursula Hoenberg (43.40), Germany. Photo by Shirley Dietderich

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| MEN                                           |
|     | Age | Race Distance | Hurdle Distance | To 1st Hurdle | Between Hurdles | To Finish |
|     | 30-39 | 100m | .914m | 13.72m | 9.14m | 15.80m |
|     | 40-49 | 100m | .914m | 13.72m | 9.14m | 15.80m |
|     | 50-59 | 100m | .914m | 13.72m | 9.14m | 15.80m |
|     | 60-69 | 100m | .914m | 13.72m | 9.14m | 15.80m |
|     | 70 plus | 100m | .914m | 13.72m | 9.14m | 15.80m |
|     | 30-39 | 400m | .914m | 45.00m | 35.00m | 40.00m |
|     | 40-49 | 400m | .914m | 45.00m | 35.00m | 40.00m |
|     | 50-59 | 400m | .914m | 45.00m | 35.00m | 40.00m |
|     | 60-69 | 400m | .914m | 45.00m | 35.00m | 40.00m |
|     | 70 plus | 400m | .914m | 45.00m | 35.00m | 40.00m |

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Superweight: M30-69 56-lb; M70+ 35-lb; W30-49 35-lb; W50+ 25-lb.
WAVA weights are used for USATF weight pentathlons.

The M40 1500 during an early stage of the race, WAVA Championships, Buffalo. The winner was the leader here, Alexandre Gonzalez #797, Portugal, in 3:57.68. Photo by Leo Benning

The start of the masters division in the 10K race, Ichinoseki Half-Marathon/10K, Iwate, Japan. Tesh Teshima, of Hawaii, who took the picture, said, "The Ichinoseki Half-Marathon was one of the best- run races I have ever been at. The Japanese officials treated the invited guests extremely well."
Masters Scene

NATIONAL

- Bill Stewart, 53, who still holds the U.S. masters indoor mile record of 4:11.0, continues to serve a 30-month sentence in Bradford, Pa., for selling Mideast maps. No word yet on his appeal. He recently clocked 9:1.1 for 2 miles and 26:25 for 5K on the prison grounds. "I'm now a 'town' driver," he says, "picking up and dropping off inmates and items in the area. My personal day-to-day freedom has increased dramatically, but it still isn't home. 'Home' and 'free' are four letter words. I never thought much about it." Donations to Bill's legal defense fund may be sent to Karen McKeachie, 802 Granger, Ann Arbor MI 48104.

- Reebok International's stock leaped 10% July 29 to $34.75 on news the company will buy up to 24 million of its shares. Investors viewed the buyback as a sign that Reebok's management feels the shoe lines the company plans to sell next year will boost earnings. Reebok was an official sponsor of the Olympics in Atlanta. It outfitted more than 3000 athletes in Reebok products.

- Correction: Last month's obituary of Edith Mendyka wrongly said she and her husband John only had one child. Actually, they also had a son, a talented athlete in his own right.

EAST

- Susan Rae Baymiller, 52, helped her Central Park TC edge out a win by three points in the Masters Women's Team contest with a first place W40+ 31:20, NYRRC Club Team 8K Championships, Central Park, July 21. The CPTC three team members tallied 136 to Moving Comfort-NY's 139. Baymiller's time, an age-graded 87.7%, put her 18th of 185 women. The Milrose AAA threesome took the Senior Masters Women's title with a 360 over Taconic RR's 394. The Taconic quintet won the Masters Men's championships easily with a 386 sum from Wtol's Runners (718). CPTC captured the Senior Masters Men's win with a 538, with Taconic second at 681. Luis Tiran, 42, was the first M40+ in 26:03. In the Not The Club Team Championships run an hour later, masters victo-

Masters Age Records (1996 Edition)

Compiled by WAVA and USATF Masters T&F Records Chairman Pete Mundle with Rex Harvey, Shirley Dietderich and Beverly LaVeck.

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Oct. 31, 1995.

- U.S. Age bests for Men & Women for all racewalking events, age 40 and up. as of Oct. 31, 1995.

- Men's U.S. Masters Indoor & Outdoor Championship Records.

- 52 pages. Thousands of entries. Lists name, age, atate, and date of record.

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NATIONAL MASTERS NEWS
P.O. Box 50098
Eugene, OR 97405

Name
Address
City State Zip

SOUTHEAST

- Sue Ellen Trapp, 50, Fort Myers, FL, improved her US record for the 48-hour run by over two miles, covering 225 miles, 1435 yards at Surgers, France, May 3-5. She reached 100 miles in 17:22:41 and 200 in 40:49:21.

MIDWEST


- Dick Wilson, 64, was the first Senior Masters finisher in 17.58, Fiesta Mexicana 5K, Topena, in July. Richard Sanderson, 40, 17.00, and Marla Rhodes, 40, 18.10, were the first masters.


MID-AMERICA

- U.S. mile record-holder Steve Scott, 40, Leucadia, CA, took an M40+ win in the 25th Midnight Madness 10K, Ames, IA, July 13, with a 3:33.43. Terry Stewart, 42, Brooklyn Park, MN, was second in 3:44.7. Gloria Jansen, 49, Edina, MN, won the W40+ race in 41:15. In the companion SK, Rick Ironside, 42, Belle Plaine, IA, in 17:12, and Beth Henriksen, 40, of Ames, in 20:57, were 40+ firsts. The event, which started as a marathon in 1972 with 12 finishers, totaled 1937 finishers in all races, including team competitions.

SOUTHWEST

- Bill Collins, 45, who underwent surgery after sustaining an injury last March in the 1996 Indoor Championships, Greensboro, ran the 100m in 11.18 and the 200m in 23.94, both times age-graded at the 97.9% level, in the USATF Southwest Regional Masters Championships, Greensboro, N.C.

R.A. Blackwell, 37, Pennsylvania, winning the M35 400.00 (50.97). 1996 National Masters Indoor Championships, Greensboro, N.C. Photo by Suzy Hess
USA track and field events feature competition for men and women over age 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. International T&F meets are generally limited to men over 40 and women over 35. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to MNM, P.O. Box 50098, Eugene OR 97405.

**Track & Field**

### National

**September 14.** USA National Masters Weight Pentathlon Championships, Bozeman, Mont. Bob Sager, meet director, PO Box 89, Wilsall, MT 59086. 406-578-9870. Phil Partridge Awards for the best performances.

**September 4-28.** Maine Senior Games, Portland. 55+. Anita Chandler, PO Box 10480, ME 04104. 207-775-6503. October 1-5. Senior Games, Montana. 50+. Orvis Daniels, PO Box 34. Great Falls, MT 59403. 406-572-2948.


**Midwest**

**September 4-10.** Wisconsin Senior Games, Milwaukee. Helen Ramon, SE Wisc Area Agency on Aging, 125 N. Executive Dr., Suite 102, Brookfield, WI 53005. 414-768-2284.

**September 9.** Charlotte Senior Games, Charlotte. Dr. David Rowland, 704-336-6210.

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Continued from previous page

page 24 National Masters News

September 1996

SOUTHWEST

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


September 7. Run By The River 5K, Clarksville, Tenn. Masters & Grandmasters money. SASE to RBR, PO Box 3899, Clarksville, TN 37040. 615-647-3855.


September 28. The Virginia Ten Miler, Lynchburg, VTM, c/o Chris Ellis, PO Box 2027, Lynchburg, VA 24501. 800-732-5821.


November 1. First Tennessee Memphis Masters Meet. FTMM, Box 84, MO-8, Memphis, TN 38101. 800-393-RACE; fax: 901-233-4354.

November 14. Rocket City Marathon, Huntsville. SASE to Huntsville TC, 811 Edgehill Dr., Huntsville, AL 35802. Harold or Louise Tinsley, 205-881-9077.

VOLUNTEER HELP

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Continued from previous page

**SOUTHWEST**
Arkansas, Louisiana, Mississippi, Oklahoma, Texas

September 7, Run for Ryan 5K & Mile, Kenner, La. 6:30 pm. NOTC, PO Box 52003, New Orleans, LA 70123-2003. 504-482-6682; 468-1488.

October 5. Santee Cooper 10K Bridge Run, Santee, SC. Masters money. Tony DeAloia, PO Box 11, Santee, South Carolina 29142. 803-854-2705.


October 20. Furniture Furniture 20K/USATF Open Women's Championship, Houston. Bob Gulliver, PO Box 721405, Houston, TX 77272-1405. 713-242-0515.

October 20. Halloween Pumpkin Chase Race 5K, Metairie, La. 6 pm. NOTC, PO Box 52003, New Orleans, LA 70123-2003. 504-482-6681; 468-1488.


**WEST**
Arizona, California, Hawaii, Nevada


October 6. Sacramento Marathon, Calif. Ron Sturgeon, PO Box 995, Dixon, CA 95620, 916-678-5005.


October 20. Humboldt Redwoods Marathon & Half-Marathon. SASE to HRM, PO Box 4989, Arcata, CA 95521-4989. 707-433-1220; fax 433-2535.


October 27. Bowl To Bowl 5K Run/Walk, Rose Bowl, Pasadena. Jim Hanley, direc-
tor, 85 E. Holly St., Pasadena, CA 91103. 818-397-4064; 397-4062.

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

September 29. Portland Marathon, Portland, Ore. PM, PO Box 4040, Beaverton, OR 97075. 503-226-1111.

October 5. St. George Marathon, Leisure Activities, 86 S. Main St., St. George, UT 84770. 801-634-5850.


**CANADA**

October 13. Royal Victoria Marathon, Victoria, B.C. VM, c/o #182-911 Yates St., Victoria, BC, Canada V8V 4X3.

**INTERNATIONAL**

October 29-November 5. Himalayan 100-Mile Stage Race, from Darjeeling, India, $1200. Force 10 Expeditions, 1-800-922-1494.

November 5-12. Mt. Everest Marathon, 10 Expeditions, 1-800-922-1494.


**RACEWALKING**

April 1 - October 1. 5K Racewalk Team Challenge. Each club stages own event on a track or a certified course. Minimum 10 club members, regardless of age, sex, or ability. Scoring by WAVA Age-Graded Tables. No entry fees. FAC, 3250 Lakeview Blvd, Delray Beach, FL 33445. Bob Fine, 407-499-3370; fax: 407-495-5054.

September 2. West Regional 15K Championships, Albuquerque, NM. Audrey Dix, 2301 El Nido Ct, NW, Albuquerque, NM 87104.


September 14. USATF National Masters 5K Road Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 615-229-4364(w), 615-349-6040(h).


September 22. East Regional 10K Road Championships, Atlantic City, NJ. See Sept 8.


Masters Age-Graded Tables

- Keep track of your progress over the years.
- Compare performances of older and younger individuals in the same or different events.
- Select the best performance in an event among all age groups.
- Score multi-events.
- See how much your performance should decline with age.
- Includes single-age factors and standards for each age from 8 to 100 for men and women for every common track & field, long distance running, and racewalking event.
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Photo by Suzy Hess

Steve Coenen, 40, Virginia, placed fourth (54.16) in a field of 14 in the M40 400, 1996 National Masters Indoor Championships, Greensboro, N.C.
Masters Glossary of Terms

To help explain and simplify the sometimes mysterious nomenclature of masters athletics, we present, in alphabetical order, the following "Masters Glossary of Terms."

To change, correct, clarify, or inquire about any of the following masters terminology, or anything about the world or U.S. masters program, write the Masters Wizard, c/o NMN, Box 50098, Eugene, OR 97405.

Age Grading: A method to quickly and easily compare your performances at different ages and in different events. Age-graded tables are a series of "age factors" and "age standards." They correct a person's performance, no matter what his/her age, to what it would have been in their prime years. It also provides each individual with a percentage value which enables him/her to judge their performance in any event without bias toward age or sex. It is used to score masters multi-events.

Age Groups: Masters competition is divided into 5-year age category groups for both men and women (30-34, 35-39, 40-44, etc.). One's date of birth (as of one's current birthday) determines one's age.

Age Records: Official world and USA indoor and outdoor five-year age-group T&F records are kept and are available through NMN (see Publications Order Form on page 13). An annual book of unofficial single-age records is also available. USA road race records are included in both tables of the above. USA LDR five-year records are published annually in NMN, usually in November. There are no official World LDR records.

The American Standards: A program sponsored by the USA Masters T&F Committee, which enables a person to earn an "All-American" certificate and patch by meeting the AA standard for their event (See standards in this issue.)

All-Comer Meets: Open to all, young or old. Generally, low key, fun meets.

AA: American Record.

Athletics: The sports of track & field, long distance running and racewalking.

Certified: Generally used to mean a road race is "certified." It means someone has officially measured and calibrated the exact distance of the race. USA Masters designates the course as "certified accurate." It is encouraged that all road races be held on certified courses. This allows athletes to know they have run (or walked) the actual distance.

Eligibility: There are no requirements needed to enter most masters athletics competitions, except to be at least the minimum age. (One should also be reasonably fit.) One may never compete in an older age group. The masters program operates on the honor system. The USA Masters Committee meets each December at the USA Masters Convention, and their executive committees meet at other times of the year. USA Masters conducts annual indoor and outdoor national T&F championships, as well as national championship LDR races from one mile and longer throughout the year. It also stages dozens of regional and local meets and races, for youth, open, and masters.

USA Masters Membership: It is necessary for a participant to become a member of USA Masters ($12 to $15 per year, depending on the area). A person is automatically insured against injury while competing in, or travelling to, a USA Masters-sanctioned competition. It is necessary to become a USA Masters member to compete in some USA Masters-sanctioned events, such as national championships. It is not necessary for a participant to join USA Masters to compete in non-sanctioned masters events. It is not necessary for a foreign competition to be USA Masters member to compete in USA Masters events.

USA Masters Regions: There are seven regions in the USA masters T&F program: East, Southeast, Midwest, Mid-America, Southern West, and Northwestern. (See Schedule for a state-by-state breakdown.) There are 15 regions in USA open and youth championships.

USNSSO: U.S. National Senior Sports Organization, an independent organization, which sponsors a national multi-sport competition (archery, softball, swimming, track, etc.) each odd-numbered year for men and women age 55-and-up. USNSSO helps promote state and regional competitions throughout the USA, mainly in conjunction with local government recreation departments, some of which allow 50+-year-olds to compete.

Veterans: The international term for "masters," with the exception that "veterans" also includes men and women age 35-39. The term "veterans" is also unofficially used in some USA road race definitions (runners age 50-59).

Volunteers: There is always a need for volunteer help in masters athletics. Meet and race directors need help in timing, officiating, and in all sorts of ways. The sport is built on volunteer help and would cease to exist without it.

USA Masters: The official world masters organization for athletics, recognized by the IAAF as the official organization to oversee vet athletics. USA Masters stages a World Veterans Championships each odd-numbered year for men 40+ and women 35+. It holds a World Veterans Road Race Championships each even-numbered year. It has more than 110 member nations, called "affiliates," which meet every two years at the World Championships. With no central office or paid staff, its business is handled by volunteers throughout the year.

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WAVA Regional: There are six worldwide regions: Europe, Africa, North America South America, Asia, and Oceania. WAVA Regional T&F Championships are held in each region every even-numbered year. Some regions also stage LDR Championships.

WR: World Record.
### U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

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Notes: 1) MASTERS standards are for automatic times; use standard conversion for hand-timed times. 2) Short hurdles: 30-39: 33.33; 40-44: 34.12; 45-49: 34.90; 50-54: 35.68; 55-59: 36.45; 60-64: 37.22; 65-69: 37.99; 70-74: 38.76; 75-79: 39.53; 80-84: 40.30; 85-89: 41.07.

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

**NAME:**

**AGE-GROUP:**

**ADDRESS:**

**SEX:**

**F**

**CITY:**

**STATE:**

**ZIP:**

**MEET:**

**DATE OF MEET:**

**MEET SITE:**

**EVENT:**

**MARK:**

**WEIGHT OF IMPLEMENT:**

---

1. If you have equaled or bettered the standard of excellence, please fill out this application completely.

2. A copy of your results or a note stating in which issue your results appeared MUST accompany this application.

3. Please send a self-addressed, stamped envelope for certificates/patches. Please use a separate, self-addressed, stamped envelope for patches.

4. Send to: All-American, National Masters News, P.O. Box 50099, Eugene OR 97405.

5. A 3-color, 8" by 10" certificate, suitable for framing, and/or a color, 3" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.
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### 800 Meters

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<td>Chen Xiaohui</td>
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<tr>
<td>Liu Xiaowen</td>
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<tr>
<td>Zhang Yuqun</td>
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### 400 Meters

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<tr>
<td>Liu Xiaoming</td>
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### 400 Meter Int. Havels

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### National Masters News

#### September 1996

#### Women's 4X5000 Meter Relays

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#### High Jump

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<tr>
<td>Michael Jackson</td>
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<td>Jeff Haffner</td>
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<tr>
<td>Greg Condon</td>
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<td>Steve Benson</td>
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#### Long Jump

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<td>Don Issel</td>
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<td>James O'Connor</td>
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<tr>
<td>Joseph Cameron</td>
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<tr>
<td>Becky Bentley</td>
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<td>Hannelin Taken</td>
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#### Triple Jump

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#### Discus

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<td>Joseph Cameron</td>
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#### Hammer

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### September 1996

**National Masters News**

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#### Results

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**10K Racewalk**

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<th>2nd Attempt</th>
<th>3rd Attempt</th>
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<th>5th Attempt</th>
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<tbody>
<tr>
<td>H. &quot;Mark&quot; McFadden</td>
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**5K Racewalk**

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<tbody>
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<td>H. &quot;Mark&quot; McFadden</td>
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On page 31, please continue reading the next page for more information.
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<table>
<thead>
<tr>
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<th>Name</th>
<th>Team</th>
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<tbody>
<tr>
<td>10k Racewalk</td>
<td>37:52</td>
<td>Paul Foster</td>
<td>Japan</td>
<td>5000m</td>
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<tr>
<td>5k Road Race</td>
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**State Games**

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<tr>
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<td>36:21</td>
<td>John Bronstein</td>
<td>USA</td>
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**Long Distance**

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<td>20k Run</td>
<td>1:10:40</td>
<td>Robert Yee</td>
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**Relays**

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<tr>
<td>4x400m Relay</td>
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**Cross Country**

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<tr>
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<td>Japan</td>
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**Track and Field**

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<td>200m Dash</td>
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<td>400m Dash</td>
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**Field Events**

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<td>Javelin</td>
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**Sprint Relay**

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<td>Bob Bodine</td>
<td>USA</td>
</tr>
<tr>
<td>4x400m Relay</td>
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**Multi-Sport**

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<th>Age</th>
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<tbody>
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<td>Paul Foster</td>
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<tr>
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**Master's Women**

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<tr>
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<td>Paul Foster</td>
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<td>5k Run</td>
<td>14:29</td>
<td>Dave Hanbrick</td>
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**Junior Men**

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<tr>
<td>10k Run</td>
<td>37:52</td>
<td>Paul Foster</td>
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**Junior Women**

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## USA/FT West Regional Masters

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This page contains a table with names and scores, possibly indicating a sports event. The table is presented in a readable format.
After 47 years

Bill Rodgers is still running.
Bill Rodgers wears Etonic.

Just coincidence?