Nationals Draw 1061 to Orono, Maine

"The Best Ever"

by JERRY WOJCIC

After a twelve-year absence, the USATF National Masters Championships returned to the East Coast in high style. A mixture of experienced organization, a near-perfect facility, large number of entrants, officials aplenty, ideal weather, and superlative performances produced, in the opinion of many participants, the best outdoor championships ever.

This year’s meet, the 31st annual, was held on the University of Maine campus in Orono, a few miles north of Bangor, on July 30-Aug. 2, and drew 1061 entries. The last time the championships were held in the region was in 1986 on Long Island, N.Y., with a then-record turnout of 761.

The venue in Orono was the Clarence Beckett Family Track & Field Center, an eight-lane, light-blue oval inside the Alumni Stadium football field. Throwing events were contested in an adjoining area north of the stadium.

Open to any athlete age 30-and-over, the meet attracted the expected

Continued on page 17

Roberto Castillo (2:00.67) lunges to the finish line to nip Steve Wulf (2:00.70) for the M40 800 victory. National Masters Track and Field Championships.

Joe Johnson (second from right) won the M50 200 in 23.80. Peter Crombie (141), Australia, was second (23.94); Dave Walter (723), third (24.40); Roger Price (546), fourth; Mike Steinmetz (663), eighth; and Wilfredo Picorelli (545), seventh; National Masters Championships.

Tom Petranoff broke the M40 world record for the javelin with a 250-0, National Masters Championships.

Runners in the National Masters News Women’s Age-Graded 100m, USATF Masters Championships, Orono. (l to r): Charlene Landrum, 35, Audrey Lary, 64, Diane Friedman, 77, Avril Douglas, 52, Althea Morris, 33, Me. (1 to r): Jacqueline Board, 45, third (11.97), Pat Peterson, 72, second (11.76), Ann Yudell, 65, and Cindy Steenbergen, 44, first (11.75).
1998 NORTH & CENTRAL AMERICAN & CARIBBEAN WAVA REGIONAL CHAMPIONSHIPS

BARBADOS NATIONAL STADIUM, BRIDGETOWN, BARBADOS

NOVEMBER 19 - 22 1998

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

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

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

ENTRY FEES AND PROCEDURES: The NCCWAVA fee is US $5. Entry fee is US $25 for the first event, US $15 for the second event, US $15 for the third event, and US $17 for all subsequent events. Pentathlon, or Weight Pentathlon entry is US $30 each (US $20 if an additional event). Relays are US $40 per team, payable on-site before the start of the race. Each competitor will receive a commemorative NCCWAVA T-shirt as part of the entry fee. Additional T-shirts may be purchased for US $15.00 each, either in advance or on-site.

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

RELAYS: Teams will be divided into 10-year age groups (30-39, 40-49, etc.). Teams may be composed of athletes from the same or different countries. No mixed gender teams will be allowed. Entries will be taken on-site only. Entry fee is US $40 per team. All relay team members will be required to provide proof of date of birth and USATF registration if U.S. citizen and AAAA of Barbados registration, if a citizen of Barbados.

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

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

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

ACCOMMODATIONS: ALL AT ST. LAWRENCE GAP, CHRIST CHURCH MEET HEADQUARTERS: DIVI SOUTHWINDS BEACH RESORT Tel 246-428-7181 Bresmay Apartment Hotel Tel 246-428-6131 Dover Beach Apartment Tel 246-428-8076 Monterey Tel 246-428-9152 Rostrevor Apartment Hotel Tel 246-428-9298 SOUTHERN PALMS BEACH CLUB Tel 246-428-7171 SHUTTLE: Free shuttles for athletes and accompanying persons will be available from the airport to major hotels and the dorms on Wednesday 18th and Thursday 19th November, 1998. Free return shuttles to the airport will be on Monday, November 22nd. The shuttles will operate to and from the Stadium from Wednesday through Sunday.

EQUIPMENT: Maximum allowed length is 10" for all surfaces except the high jump and javelin runways which may take 3/4" spikes. Meet management will have field event implements (with the exception of jumping poles) and starting blocks available for use by all competitors. Personal implements and blocks may be used by a competitor, subject to approval by Weights & Measures. Upon acceptance, these items must then be made available by the owner for use by other competitors in that competition (WAVA RULE 9.2).
WRITE ON!

Address Letters to: National Masters News, P.O. Box 50098, Eugene, OR 97405

NATIONALS IN MAINE

Reflecting on the National Championships in Orono, I would like to voice my appreciation to all concerned in bringing us this marvelous meet. It was the nicest nationals that I have ever competed in.

The facility was great. Every one of my events was well set up and run. I could not believe my eyes when I saw how many officials we had, and what caliber. The only other meet that had as many was the WAVA Championships in Japan, where the officials were bowing a lot. In Orono, the officials were bending over backwards instead to be helpful, and I much prefer that.

For the first time, I did not have to concern myself with the correct procedure for records. It was all taken care of in a professional manner. What a joy!

On top of it all, the weather cooperated, and we had three beautiful days. I'm very glad to have experienced it it.

Leonore McDaniels
Virginia Beach, Virginia

Not only were there enough officials at the Nationals in Maine, but those working were very competent and athlete-friendly. People who entered events taking place at the same time were able to compete without feeling like criminals. If there was any doubt, the athlete was given the benefit.

The meet directors were responsive to the numbers and added a second javelin runway and shot put circle, so the meet didn't drag on all day. Pete Taylor, the announcer, acknowledged the field event athletes as well as the runners.

The concession stand served sandwiches, pizza, salads, fruit, etc. (the usual choice is a hot dog or a hot dog). The local community booth was well-staffed and offered discount coupons and freebies as well as information.

Prices for meet items were reasonable. The golf-style shirt for $15 cost more than T-shirts at some meets. Although the turnout was good, it was a shame that even more people weren't there.

Kudos to all those who helped put on the wonderful meet in Orono.

Roz Katz
Flushing, New York

KOBE CHAMPIONSHIPS

Having read the article (August 1998) by Derek Wharton claiming that the Kobe Championships were a disgrace, I must respond to clarify some points which have been ignored or not understood.

First, my non-attendance was well known to WAVA and the LOC long before the Championships, and while I do not have to justify my absence to Mr. Wharton, it is worth his while noting that this was due to the birth of my daughter. While I love my sport, there is no way I would miss the birth by being on the other side of the world.

Like it or not, WAVA does not bar Inns from its Championships, and to claim that the vast majority of competitors were fun runners is nonsense. I assume Mr. Wharton has no complaints about the London or New York marathons, where competitors are not only fun runners, but participate in costume.

Criticism of the course I accept, and fully agree with, but these complaints should be addressed to my predecessor, Mr. Jacques Serruys, as it was he who approved the venue and the course. The present management team at WAVA and the Non Stadia Committee would never have approved the 10K and half-marathon course. My personal sentiments are that the courses should have finished on the bridge.

Remarks about narrow lanes, zigzagging, no spectators on the bridge, too many runners in confined space, etc., I fully understand and agree with, but by the time I took up office, plans were too far advanced and the publicity was already rolling.

WAVA and the LOC cannot be blamed for cheating as it is the athletes who cheat by starting in the wrong time zone/age group. All organizers can do is keep an eye open for cheaters. Personally, I have run in several road races where cheating is obvious. I have a friend, a world class road runner, who was denied a medal in the Brugge WAVA Championships because he could not get to his correct start point. Cheating happens in athletics, even by veterans/masters.

I fully support the attempts made by the Kobe LOC to provide a top class championships. They put in many hours of hard work, and, as far as possible, met all my requests. With an event of that size, there are bound to have a few mistakes and disgruntled athletes.

Ron Bell
Vice-President, Non Stadia
Denbighshire, Great Britain

FEE PROPOSAL SURVEY

The masters program has always been self-administered. The input of the athletes has been the driving force in the program. The following questionnaire solicits your opinion regarding two proposals that I will bring up at the USATF National Convention in December.

USATF has serious financial problems. The yearly stipends to both of the Masters Committees have been reduced. To help alleviate the financial problems, I propose the following:

1. An athlete's fee (probably $5) at the National Indoor and Outdoor T&F Championships. I've charged a $2 fee

NATIONAL MASTERS NEWS

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November 1998

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Eleven Join NMN Sustainers

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

Special thanks this month go to:

Jane Arnold
John Cook
Tony Crabb
Dorothy Ekblad
Roy Englert
Leon Glazman
Thomas Hartshorne
Yvette Lavigne
Allen McDaniel
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Retraction

NMN's policy is to avoid printing letters criticizing a specific individual unless the person named is given an opportunity in advance of publication to respond. To do otherwise is not responsible journalism. We apologize to Barbara Kousky for our error in printing Fred Shanaman's letter in the August issue of NMN without giving her an opportunity to reply.

It is also the policy of the NMN, that when a letter can be misleading in its presentation, an editor's note outlining the facts as known to the editor(s) is printed immediately following the letter to the editor. This was also not done in the case of Shanaman's letter and we regret the oversight.

Al Sheahan, Publisher and Editor

FIFTEEN YEARS AGO
Sept, 1983

- 1900 Athletes Enter V World Veterans Games in Puerto Rico; to Avoid Cancelling Games, WAVA Tells South Africans to Stay Home

- Herm Wyatt Raises World M50 High Jump Mark to 6-1¼

- Antonio Villaluna, 41, Runs Record 30:01 in Peachtree 10K

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The entry fee of $40 is good until January 23, 1999. No registration forms postmarked after that date will be accepted. Registration after that date can be made at the Motorola Marathon Expo and with a fee of $50.

Registrants will be required to sign a waiver of liability before receiving an official race number. For more information, contact address above.

Motorola

National Masters News
An Unfinished Book

Twenty years ago, I began a book on aging and its effect on athletic performance. My plan was to make it a long-term project, culminating sometime after retiring around age 65, as I would then have the time to piece it all together. That's still three to four years in the future.

But I have enough material now for three or four books. Included are the thoughts, experiences, and observations of over 1000 champions of Master's athletes I have interviewed over the past two decades. In addition, there are the comments and experiences of scores of more ordinary masters athletes.

There are interviews with many coaches, physiologists, and physicians on the subject. On top of all those things, I have a file drawer full of clippings and articles about aging athletes over that distance and focus more on middle age. I figured I'd go back to lower weight slightly offset the losses that I have intended. I have three or four personal bests at age 44.

The Truth Revealed

I can see now how I had misconstrued what was happening to me. I wasn't improving with age. I was still adapting, still molding my body to the demands of real long distances during my early 40s. My weight gradually dropped from 160 at age 36 down to 150 at age 42, and I was able to train just a little bit harder every year until age 44. The shedding of those 10 pounds accounted for just half of the improvement, while the harder training made up the balance of it.

In effect, the harder training and lower weight slightly offset the losses to aging and made me think that I was not being affected by aging. Moreover, I was not all that serious a runner during my younger years, I never came close to realizing my potential during those theoretical peak years; therefore, any comparison of times from those years with post-40s was unscientific.

My first awareness that I might be slowing as a result of aging came a week after my 45th birthday. I was quite surprised, since I had been running as well as they were when I began collecting materials for the book. Aging does take its toll; perhaps not as much as I had anticipated back then, but definitely much more than I realized just 10 years ago. I can't say I've been more than five minutes for a mile now, because I'm sure many of the injuries are the result of a body weakened by age.

Sure, there are a few guys over 60 running under five minutes for a mile, but 30 years ago when I began collecting materials for the book. The bottom line is that the anticipation and the sleeping disorder, and the time conflicts. Moreover, I have new interests which mean more to me than running and I'm not prepared to set them aside to make way for more running.

Revisions in Order

So where does that leave my book? I can just eliminate the first and last chapters, leaving my own experience out of it, but I cannot truthfully deliver the same message I had intended. I've been collecting materials for the book for 20 years ago when I began collecting materials for the book.

The introduction or first chapter of the book is supposed to be my initial experience as an aging athlete. It will tell how I had anticipated a rapid decline after age 35, but how, much to my amazement, I continued to improve on into my 40s, running faster at 44 than I had at any time in my life, at least in distances over four miles.

In the final chapter, I would return to my own experience, pointing out how I had struggled to break five minutes for a mile in high school, but found no problem achieving that during middle age. I figured that I'd go back to my high school's 45th class reunion in 1999 and take on the school's best distance runners in a cross-country race to really punch across the point that the physical losses to aging are minimal.

Well, Maybe Some

But that last chapter will never happen. At 61, I'm something less than a jogger. I'm a walker, and on my way to being a walker. I don't think I can break seven minutes in a mile now, much less five minutes. In fact, I can't hold a five-minute pace for more than a couple hundred yards, if that. How can I end the book on such a negative note? The ending has to be upbeat. If Father Time wins, there's no point in writing the book.

As I look back 20 years, I can see how my positive attitude was shaped. Even though I had become a year-round runner in 1956, I didn't get real serious about running until the marathon mania of the early '70s. While I ran some races during the '50s and early '60s, I don't think I ever trained more than 25 miles a week. An all-out four miles, five or six times a week, was my routine. I ran my first marathon at age 36 in 2:46 on about 30 miles a week, and then jumped down to 2:34 the following year on 70 miles a week. At 39, I was up to 80 miles a week, and by age 40, I had gone 100-mile weeks and was down to 2:28 in the marathon.

As my marathon times improved, my times in shorter distances down to four miles also improved. Having twice achieved my goal of running a sub-3:20 marathon, I decided to give up that distance and focus more on shorter races. I was still running some personal bests at age 44.

Motivation, Where Art Thou?

Every now and then I have thought about making a real effort to lose weight and add to the training, but the motivation just isn't there. My mind tells me that even if I get some momentum going, the body will rebel before I get anywhere close to where I'd like to be, somewhere around 38 minutes for 10K. It's a pessimistic attitude, for sure, but a realistic one.

The bottom line is that the anticipated rewards for getting back into some kind of competitive condition for my age group simply don't come close to matching the down side - the injuries, the sleeping disorder, and the time conflicts. Moreover, I have new interests which mean more to me than running and I'm not prepared to set them aside to make way for more running.

Ageing takes its toll; perhaps not as much as I had anticipated back then, but definitely much more than I realized just 10 years ago. I can't say I've been more than five minutes for a mile now, because I'm sure many of the injuries are the result of a body weakened by age.

Sure, there are a few guys over 60 running under five minutes for a mile, and under 38 minutes for 10K, but I think all of them have relatively few legs and few of them were competitive in their younger years, except for those like Norm Green, who took long layoffs before cracking up again. Does anyone really think Green and Warren Utes would be running as well as they are today, had they been competitive throughout their 30s and 40s?

I'll Think of Something

I'm not one to distort the truth. I've got to tell it as it is. A 14:22 for two miles is not going to deliver the message I had intended. I have three or four years to think about it. Hopefully, I'll figure out by then how to end the book.
DiMarco, Gaynor Up World Records at Southern California Association Meet

by JERRY WOJCICK

Three world records were bettered in the USATF Southern California Association Masters Championships held at Fullerton College on July 11. Sue DiMarco, 35, upped the W35 pole vault record to 11-7 from 10-4 held by Elizabeth Hartigan. Amie Gaynor, 70, increased the M70 shot put world record of 46-1/4 by Voitto Elo to an age-graded 100% 48-5/8. Bud Held once again, since turning 70 last October, posted another pending world record for the M70 javelin with a 154-9.

Other top performers included Harold Tolson, 60, with an age-graded 95.1% 12.42 in the M60 100; Walt Butler, 57, A-G 97.7% 24.00 in the 200; and Jim Selby, who, at age 69, won the M65 200 with an A-G 97.2% 26.69, and 800 with an A-G 90.2% 2:35.12.

Butler, U.S. M55 hurdles record holder (14.49), suffered a mild upset in the 100mH when he was second to Theo Viltz, 55, who ran an A-G 94.7% 15.06 to Butler’s 93.9% 15.53. Charlie Rader, 50, was top performer in the high jump, with an A-G 92.3% 5-10 3/4.

With only 100 of the 178 entrants pre-registered, Ross Dunton, meet organizer, was faced with the formidable task of getting the late registrants to their events on time. “I was able to keep up until about 1:00,” he said after the meet. “After that, I told them to just go to the line and sign up with the starter. When I did the heat/flight sheets, I left a lot of room in each for late entries. Despite this, we were only about 30 minutes behind schedule.

The officials should be mentioned for the outstanding job they did, especially considering the heat. We had twelve officials, with a full implement check-in.”

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**CLUB WEST 25th ANNUAL MASTERS TRACK & FIELD EVENT**

**Saturday, October 3, 1998**

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

**FIELD EVENTS**

All Implements Will be Checked with Club West Trackmaster

9.00am Hammer - All Hammer throwers, UCSB Hammer Ring at the Track.
10.30am Shot Put - Throwers who do not throw the hammer
Hammer throwers who also throw the Shot, report for the second round, which starts as soon as the first round finishes.

The following Events in the Reverse Order Starting with M-80 & Women

9.30am Long Jump 1.00pm
10.30am Pole Vault & Shot Put 1.00pm
11.30am Javelin 1.30pm

**TRACK EVENTS**

9.00am 5000M 12.30pm
9.45am 800M 1.00pm
10.00am 50M 1.15pm
10.30am 80M Hurdles 1.30pm
10.45am 100M Hurdles 2.00pm
11.00am 110M Hurdles 2.15pm
11.15am 100M 2.30pm
11.45am 400M 3.00pm

*Number of entries will determine running of event

AWARDS: NORTHERN TRUST BANK OF CAL co-sponsored gold medals, silver & bronze in all age groups, GEORGE ADAMS Hi-Pt Track, VERNON CHEADLE Hi-Pt Field, JIMMIE WHITNEY Hi-Pt Track & Field, PANE E VINO Trophy to Outstanding Woman Athlete, HUBBEL-HERMANN Trophy to 70+ hammer throwers, PAUL SPANGLER Award to Best Performance by 80+ athlete, RAY WILLIAMS Trophy to best age-graded 60+ 5K runner and NICK CARTER Trophy for best age-graded 1500M runner. Events scored 5-3-1.

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Heel Bursitis

A
other condition which is becoming an up-and-comer in the field of veter-

an athletics is heel bursitis. We have all suffered from this in some
degree or another over our running careers.

Heel bursitis is a bump of bone on
the back of the heel. This is usually in
the area where the Achilles' tendon
attaches.

This condition is usually initiated by
an ill-fitting shoe whose heel counter rubs up against the back of the
heel causing an irritation and inflam-

mation.

In this area there is a small bursa
which sits between the Achilles' ten-
don and the bone. When this is
irritated it becomes inflamed and
swollen. Most athletes with a lack of
sense will abandon the offending
shoes, but many, in an attempt to save
money, will continue along with the
irritant shoe and aggravate an already
bad condition.

Usually, the change to a non-irritat-

ing shoe is sufficient. If this does not
relieve the situation, a heel cup may be
attempted. The use of an orthosis for
those who hyperpronate may be tried.

If the condition persists, the use of an
orthosis for those who hyperpronate may be tried.

Other conservative methods include
icing the area after workouts and,
perhaps, the use of physical therapy, such
as ultrasound.

(John Pagliano is a runner and a
podiatrist in Long Beach, California. He
has taught at the American
College of Sports Medicine. If you have
a foot, ankle or Achilles question,
write to Dr. John Pagliano, The Foot
Beat, NMN, Box 50098, Eugene, OR
97405.)

Carlton Express Overwhelms 55s in Ellen's 5K

As other speedsters' times dropped,
Carlton just kept comin' on. When you
blast a 17:55 at 50, people say "Wow."

When you crunch the same numbers at
55, you might just get laden with the
moniker "State Champ."

Carlton's 14:52 in the M40+ fifth-place
18:16 in the Ellen's 5K was the product of 25
turns and some weighty, muddy
mid-summer air that flanked Weight
Watchers. Carlton recently vanquished
the 18:00 monster and has won all his
M55 Michigan showdowns this year,
except for a couple with Polish speedster
Gerard Malaczynski, 56.

Carlton's grandmasters triumph here
was perhaps topped only by the over-
whelming speed blitz of legendary John
Forshie, 72, who clocked a supersonic
20:25.

The younger M40+ scorched the

course too, fronted by first master Alan
Van Meter, 41, in 16:16, and Chuck
Block, 42, second in 16:52.

The distaff triumph went to swift
Brenda Lynch, 46, whose 19:29 (6:17
per mile) upended even the best male
competition in her 45-49 age bracket by
nearly a minute and a half. Michelle
Dvorak, 44, was second W40+ in 21:33.
Kari Chandler, 45, finished third in
21:47.

The overall titles went to Anthony
Hamm, 28, a former Olympic contender,
and Misty Allison-Coh, 26, whose 17:30
placed her 16th overall among the
1000 or so finishers.

(Dean, who usually reports on races
from his home turf on Long Island, N.Y.,
occasionally covers races that he runs in
when he spends time at his summer
place in Michigan.)
Welzel Sets Boilermaker 15K Course Record

by JANNA WALKUP

Jane Welzel, winner of the 1997 Indy Life Circuit masters grand prize title, won the women’s masters division of the Utica Boilermaker 15K in a course record 53:21, breaking Joan Benoit-Samuelson’s record by two seconds. Benoit-Samuelson set the standard in last year’s Boilermaker.

Welzel, 43, Fort Collins, Colo., bested Cindy Keeler, 40, Lake Worth, Fla., 56:06, and W45 winner Diane Legare, 47, Montreal, Que., 56:40. Welzel’s victory earned her $1000, while Keeler and Legare took home $500 and $300, respectively. Age group winner Rae Baymiller, 54, NYC, 59:03, placed fourth overall and was the final money winner at $250.

Kenya’s Peter Koche, 42, passed Mexico’s Martin Mondragon, 44, in the fifth mile to claim the men’s masters victory. Koche, who came out of a six-year retirement this year, finished in 47:16 to Mondragon’s 47:47. Jon Sinclair, 40, Fort Collins, Colo., 48:56, and Jim Hage, 40, Lanham, Md., 49:29, finished third and fourth, respectively. The prize money structure for the men was identical to the women’s.

Fifteen years after winning the Boilermaker’s open division in 1983, distance legend Bill Rodgers, 50, Sherborn, Mass., returned to score a decisive victory in the M50 division, speeding to a 50:19. He placed fifth overall in masters competition. Standout, Faye Bradley, Washington, D.C., turned in a quick 57:12 to win M60 honors.

It was the 21st running of the popular Boilermaker, the biggest 15K in the U.S. With spectators lined up along the entire 9.3-mile route, the 8629 entrants received plenty of support and cheers along the way. “It’s the support of the community that makes the Boilermaker,” said Rodgers, who had already been inducted into the National Distance Running Hall of Fame prior to the race. Other inductees were Ted Corbitt, Frank Shorter, Katherine Switzer, and Benoit-Samuelson. □

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George Banker


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Signature Date
Nationals Bring People Together

This month my guest column is Phil Howell, M50, Production Editor of U.S. Racewalking Journal, edited by myself and published by the North American Racewalking Foundation.

The broadest view of the Orono Meet is that of a family reunion. Many participants are friends who get together at these big races and it is a lot of fun watching the racewalk camaraderie. Competition is very tough during the races, but afterwards, the fiercest of competitors will share information that might help improve the other.

In Orono there were some very close competitions. In the M65 5K, Jack Bray and Max Green raced together. Jack was basically leading Max by about half a body length. Approximately two laps to go and coming down the straightaway, Max bolted out to the side and just blew by Jack. In no time, Jack bolted to the outside and blew by Max. From that point, Jack was able to pull away from Max and finish about 15 feet ahead. Their finish times were 26:01:93 and 26:04:36.

In the 10K road race, Tori Herazo, W35, and Lyn Brubaker, W40, went at it, with Tori as usual taking the lead. But the attention stopper was watching Lyn focus in and nearly catch her. Tori was able to hold her off and finished with a time of 48:28:94. Lyn's time was 48:29:91, less than one second slower.

In the men's 20K, Don DeNoon and Jim Carmines renewed their on-going rivalry. Unbeknownst to either of them, Rich Friedlander of Missouri closed in and blew by both of them as Rich pulled away before Don and Jim woke up. Don started to close the distance, while Jim had his mind set on passing both Don and Rich in the process. Unfortunately for Rich, he was DQed about 300 yards from the finish line. Jim kept up the pace, came across the finish line, and fell to the ground, having made a spectacular performance. His time was 1:43:09, while Don's was 1:44:52.65. In Jim's own words, "I had a lot of fun and so did Don.“

Dave Romansky, who set age-group records in both the 5K and 20K walks, in the early part of the 20K race clowned around with the crowd. While everybody was cheering him on, he was cheering them right back. But as the race progressed, you could just see him buckle down to the job that needed to be done. I enjoyed watching him kid around for the first 2-4K and then get serious.

Top Contenders Abound

Eleven age-group records were made, which says something about the level of competition. Many of the top walkers in all the age groups were there - a real cross-section of racewalking in the United States. And Canada was also represented, with Junzo Hernzo, W35, and M65, doing her usual fine performance.

There were four heats for the women and four for the men in the 5K. One of the reasons I had gone to Orono was for a cool race. When I got up Friday morning for the 5K, it was about 52 degrees and I thought, "Oh boy, this is going to be nice.” I went over to the track eagerly. The older women went first, then the younger women, followed by the older men. There was a heavy cloud cover and it was fairly cool until about 15 minutes before my heat started. At that moment, the sun broke through with its hot rays, remaining that way until about 15 minutes after I finished the race.

One thing that becomes apparent is that there are people who just go to these races when they are within their own territory. On the West Coast, you draw the West Coast people. On the East Coast, you draw the East Coast people.

However, there is also quite a group of racewalkers of all ages who travel anywhere, anytime, for any race. They are the real diehards; truly dedicated to masters racewalking. You expect to see them at the big races. I have talked to each of them to realize that they don’t pick a place to go for vacation. They simply go where the race is, and have a vacation as a result of it. They go where the races take them.

Setting the Pace

I will give you an example of something that is fun about these races. I took off in my M55 heat, and was going to pace myself at a rather even pace. I looked forward to watching Don DeNoon and Jim Carmines lap me four or five times. Half a lap into the race, I realized that I was in a cluster of men, and going a little faster than I should have been, so I started to slow down. I slowed down with Gus Davis of New York, who was going right at the pace I wanted to go, so I dropped in behind him and we went stride-for-stride for about half the 5K. Gus began to slow down, so I went around him and said, "Come on. You stay with me now. I will pace.”

After I finished, I went over to see him as he finished. When you race with a person like that, you have a closer tie than if you had just talked to them in a crowd. In the 20K, in which I didn’t race, I was cheering for Gus. He will never be just another person. He is someone I have raced with. This kind of experience creates little links with people that last. I think that is what happens when you race a lot over a number of years. You create many little links that just add to the family atmosphere. This closeness applies no matter whether you are a fast, slow or middle paced walker. It is true with everyone.

These links, however, don’t just develop in race situations. I was watching the men’s 20K race at the National Invitational in Washington D.C. last March, when Gary Morgan reached the finish line. He was very exhausted. The race officials handed him a cup of water. They were trying to help people, but they had finishers continuously coming in so they couldn’t dedicate themselves to each of the walkers. I helped Gary over to the side, got him some fluids, and sat with him for 10-15 minutes as he recovered. He probably doesn’t remember who I am, but I gave Gary a better sense of who Gary Morgan is.

In Orono, when Masashi Noritake came across the finish line, he was spent. Somebody handed him a cup of water, so I grabbed another cup, got under his arm, helped him walk it off in the shade, and gave him more water to make sure he was all right. These experiences again help to form those little bonds that say, "Hey, look, this is family.”

A Bang-Up Job

The people in Orono came up with a very good and well organized race. I thought Tom Eastler and the group of people did a bang-up job. The traditional scheduling at the Nationals has the 5K track races on Friday morning and the 10K and 20K races on Sunday morning. This typically gives people Friday afternoon and Saturday to tour the local area. Everybody headed for Bar Harbor and for the nearby National Park, which is spectacular.

There was a lot to do, a lot to see, and a lot to remember.
Write On

Continued from page 4

at the Southeast Regional Championships and not received any complaints. That money is put back into the program. WAVA also charges an athlete’s fee at the Regional and World Championships. Without that income, WAVA would not be able to function. 2. A rights fee for hosting a national championships. At the outset, I am not taking the position that a meet sponsor/organizer should not make a profit for hosting the meet. Just the opposite. Financial remuneration would encourage more potential sponsors.

Generally, meet directors for our national championships have not been paid. However, if the only way that a sponsor can obtain a director is to pay for one, so be it. How a rights fee is to be paid will have to be determined by the leadership. It can be a set amount, a percentage of the gross or net income, or a set amount per competitor. WAVA charges a rights fee, which, after the athlete’s fee, is the next principal source of income. The IAAF stipend is the third major source for WAVA.

Please give your opinion regarding these proposals.

Bob Fine
Delray Beach, Florida

I do_ do not _ support Proposal #1.
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Mail to Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445. Fax: 561-495-5054; e-mail: BobFine@aol.com.

MEDAL AWARDS

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

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

Some say providing special medals is an economic hardship on meet organizers. I don’t think so. If they bid for championships sanction, part of the deal should be to provide medals stating that the meet is a USATF championship.

George Mathews
Seattle, Washington

NO FALSE START RULE

I guess the no false start rule will never be agreed on, judging by the numerous letters sent in. I believe the remedy is simple. The people who put on meets are precious and valuable to track & field. Let them decide if the rule will apply to their meets and advertise as such. Then the whiners can stay home or put on a meet themselves.

Bernie Stevens
Cupertino, California

Our thanks to Graeme Shirley for his suggestion in the June issue of NMN that a “decent sized meet” (not a championships) try out the one false start rule and report back on the results. At Club West’s board meeting in June, it was unanimously voted to go ahead with the IAAF/WAVA rule for the club’s Oct. 3 meet in Santa Barbara. This information has been duly incorporated in the club’s entry forms, flyers and ads.

Beverley Lewis
President/Club West
Santa Barbara, Calif.

When a false start occurs, each competitor in the race should be charged with a false start. Should more false starts occur, the person responsible should be disqualified until a legal start occurs. Making all of the competitors responsible tends to eliminate the “psyching” aspect of false starts. This policy would pertain to all running events.

Robert C. Lafferty, Ill.
Gulf Shores, Alabama

Rodney Brown, first M70 in the 400 (66.24) and Jim Seiby, second (66.30), on the “moose” awards stand at the National Masters Championships, Orono, Me. Seiby took the top spot in the 800, winning over Brown, 2:35.42 to 2:39.05.
Cross-Training vs. Triathlon Training:
Two Approaches to Separate Sports

Runners frequently confuse the terms cross-training and triathlon training. That's understandable. Cross-training and triathlon training are different sides of the same multi-sport coin. Cross-training is when your focus is on a single sport (such as running), but you use other sports (such as swimming or biking) to prepare for it. Triathlon training is where that triple-sport is your single focus, so you train by swimming, biking and running.

What's the difference? The difference is focus. That's going to dictate how seriously you train in the sports activity outside your specialty.

A cross-training runner would swim or bike—or work out in the gym—on days when he or she didn't run, as a break from the running, to burn a few more calories, to develop additional aerobic endurance. A cross-training triathlete would need to pick activities other than swimming, biking or running.

Just For Fun
The subject was raised by a reader of my "Ask The Expert" column on America Online recently. Though running was his primary sport, he had begun to cross-train to recover after a hard day of running. This led him to the triathlon—although mainly for fun.

He developed two schedules. The first featured two days of running, two days of swimming, and two days of biking, with one rest day a week. Each activity had a speed day and a long day. Then someone suggested that peak running performance could only be achieved by running at least three days a week; a long day, a speed day and an easy day (all running) with one day each swimming and biking.

He found this second schedule more appealing, but worried how it might affect his triathlon performance. (His busy schedule prevented him from training more than five or six days a week.)

I felt the runner was sending me mixed signals, confusing cross-training with triathlon training. I replied: "You say that your focus is on running, that you only do two triathlons a year, mainly for fun. If so, you shouldn't be concerned with performance; you must mainly be interested in finishing comfortably. "So, whether you bike or swim enough to achieve a peak triathlon experience should be of secondary importance. If that's the case, the second scenario with only a day each of biking and swimming should be sufficient."

Nothing in the Rules
However, nothing in the rules suggests that runners (or triathletes) have to follow a single training schedule 12 months a year. I went through what I called my "triathlon mid-life crisis" in the mid-1980s, during which I competed in two to four triathlons each summer.

I never cross-trained on a bike or in a pool in the winter, devoting my non-running time to cross-country skiing. Once the weather warmed, only then would I jump on my bike and swim in Lake Michigan to get in shape for late-summer triathlon competitions.

I recommended to the runner that he consider a similar strategy, where he follows the running-oriented schedule six to nine months of the year, then shifts to a period where he increases swimming and biking time as the triathlon season approaches.

Focus on Technique
In writing a chapter on triathlon training for my recent book, How To Train, I worked with triathlon coach Hank Lange of Battleboro, Vermont.

Hank suggests that in training to swim and bike, runners can achieve the greatest success if they focus their attention most on technique in those events, rather than on strength or endurance (which they can get from run-training). In other words, learn to do the strokes; learn to position yourself on the bike.

Another important tip I learned from Hank is: there's no reason why you can't combine two sports in a single workout. In fact, you should do just that, if only to practice transitions from the water to the bike; from the bike to running. Or, following a hard run, jump on your bike or into the pool and do an easy cool-down ride or swim. You don't need to spend more workout time, just organize that time better.

In How To Train, I wrote: "You (first) should be proficient in your main sport of running." This means you should be running at least 20 to 30 miles a week and be capable of participating in 5K and 10K races without undue stress. Lange suggests that you train at least six days a week, combining two sports in a single workout on several days.

If you take a day off, he recommends that you skip a day on which your strongest sport (running) is scheduled, because that's when you'll lose the least. If you miss an occasional second workout, or one devoted to recovery, the rest will often do you good. Technique is paramount, he emphasized. And you can't work on technique if you're fatigued from too many hours of training.

There's more to becoming a good triathlete than that, but I hope I helped to get the runner who wrote to my AOL column moving in the right direction.

(Hal Higdon, a Senior Writer for Runner's World, is author of How To Train. For more information on training, visit his Web site: www.halhigdon.com.)

The PowerBar Masters Southern California 4x1600 relay team ran an 18:40.5 at Cal State Northridge, (f to r): Dan Barry (4:38.1), Steve Wulff (4:46.0), Peter Mogg (4:34.4), and Rich Burns (4:42.0).
Jimmy Weaver

Jimmy Weaver, Fort Worth, Texas, a sprinter noted for his victories over Olympic champion Bobby Morrow, and victories as a masters runner, died at his home on July 11. Weaver, a retired science teacher, was found dead from a gunshot wound in a garage behind his house. The Tarrant County Medical Examiner's Office ruled the death a suicide. He was 62.

Weaver gained notice in 1954, when he became the only runner to score a triple in a Fort Worth city high school meet, winning the 100y, 220, and 440. He graduated from North Texas State College in 1958, and in 1956 ran personal bests of 9.9 in the 100y, 20.7 in the 220, and 47.2 in the 440. He later earned his master's degree from Texas Christian University.

In 1960, Weaver won the 100m and 200 against a field that included Morrow, and sprint greats Eddie Southern and Bill Woodhouse. In the Texas Relays, he beat Morrow twice.

"Morrow beat me a whole lot more than I beat him," Weaver said in an interview several years ago for the Fort Worth Star-Telegram. "It was a great thrill to beat him, but I peaked too early, because neither of us qualified that year at the Olympic Trials.

"It was a disappointment, especially since the winning time in the 100 meters in the Olympics was 10.2, a tenth of a second off the world record, and I had been running that all year."

Weaver's Olympic moment came in 1996, when he ran a leg with the ceremonial torch in Fort Worth as it traced its way through the country to the Games in Atlanta.

At age 40, Weaver ran the 100y in 9.9. His recent victories as a masters runner included winning the 100m at the 1993 Senior Sports Classic in Baton Rouge, La.

Courtland Gray, of the Dallas Masters Track Club, who had featured Weaver in the club's last newsletter, said of Weaver's passing, "This was very sudden, and we are all very upset. Jimmy appeared to be the picture of health, running and exercising and playing on several softball teams. Jim had many friends."

Weaver’s survivors include his wife, Katy Barnes Weaver, a daughter, two sons, and six grandchildren. [J]

TEN YEARS AGO
Sept, 1988

- 920 in 21st Nationals in Orlando, Fla.

- Britain's Ron Bell, 42, Wins Masters Mile in 4:12.58 as 5 Runners Break World Masters Record

- Gary Miller Sets World M50 Record in Decathlon (6031) and Pentathlon (2976)
Nobody likes to hear, "You shudda been at: (a) Times Square on V.J Day, (b) Woodstock, (c) a Polish wedding, (d) Fill in. Did we ever have a terrific time! How come you weren't there? It was the best ever." So, I'll restrict the plaudits, if you, by choice, missed the championships in Orono.

Of the many shining happenings in the throws, a few stand out. We're not doing a scientific analysis of the top-10 list here, just the ones that impressed me. Those I don't mention were probably just as notable.

The first one is Tom Petranoff's magnificent javelin effort of 250-0 in his final throw. You can get the details in Ken Hall's adjoining article, and another impressive magnificent javelin effort of in Ken Hall's adjoining article , and Another impressive magnificent javelin effort of in Ken Hall's adjoining article.

The second one is Marilyn Senz's W35 U.S. pending mark of 153-10 for the 4kg hammer. This is a huge throw, considering that the W40 world record is a mere 144-4 and the previous U.S. best was in the 134-foot range. Senz's competition, Denise Houseman, second, and Kristen Dajia, third, were also over the record, with throws in excess of 138-0.

Neophyte News
My third selection is the four championships by Annie Lands, 57, Kenmore, N.Y., who, after experiencing success in her first outing as a master at the 1998 Empire State Games, thought it might be fun to compete in a national event. We usually allow quadruple gold medalists some degree of exultation, but here's what Lands said, "This is extremely inspiring, as are the women who participated. Who would have ever thought that I would be doing this at a national level?"

But, you say, Vanessa Hilliard wasn't there. Take a look at Lands' marks. A 110-0 with the 3kg hammer and 30-5 with a 3kg shot aren't shabby. Remember that this is her first year in the masters. Guess who her idol is? You're right — Vanessa Hilliard.

Make Way for Boomers
Another impressive item is the large number of entries in the M50-59 age range. There was a total of 22 in the shot, with 15 in the M50 division. The M50 discus had 18 entrants, and the M55 had 11. The hammer results show 18 M50-59s, and the javelin lists 24 in those age brackets. Results from other meets this year show the same pattern. It appears to be the same for the runners (18 in the M50 100; 16 in the 1500). What's going on? Baby boomers and empty nesters who now have time to play, according to some observers. Is this a trend or a blip?

On the other hand, try to explain the scarcity of W50-59 baby boomers in our meets, and you have a potential doctoral thesis.

A Crackin' Good Time
My final choice for a noteworthy performance is the U. of Maine crew of dietitians and food intake facilitators who threw the Saturday night banquet for some 700 athletes and guests. No 30-minute waiting in line, and we ate indoors at real tables with table cloths and napkins, instead of the usual blankets on grass or balancing trays of food on our laps. Plus, most of us ate lobster with all of the trimming, not the easiest entree to deal with when Where Time Stood Still

Two-Time Olympian Returns
With World Record Impact

by KEN HALL

With wife, Carolyn, and their quartet of daughters looking on, former javelin world-record holder, Tom Petranoff, 40, Cranston, R.I., established a pending M40 world record of 76.20/250-0 on the final throw at the 1998 Masters Championships. It was his first major competition on U.S. soil since 1988.

Petranoff's effort bested the present mark of 75.94/249.2, held by Toivo Moorast since 1992. Jorma Markus has a pending 78.84/258-8 from 1994.

Citing "I'm too relaxed" during earlier rounds nearing 72 meters, Petranoff was bolstered by a crowd of more than 100 throwers and spectators, who produced a rousing, rhythmic clapping to bring out Petranoff's final effort, which scattered officials in all directions as the javelin soared far over their heads.

"The heavy cross-winds didn't help the throws today," said Petranoff. "I know 80 meters is there if I have the right conditions."

Having placed himself to a current number-four USA standing at Orono, and automatically qualifying for the 1999 USATF Open Championships to be held in Eugene, Ore., Petranoff's rebirth in the world-class level of competition came as no surprise to anyone who follows the event.

Miller, Palmer Star in Texas Meet

by JERRY WOJCIC

Charley Miller, 60, broke the oldest world record for the short hurdles in the Texas Masters Championships in Arlington, July 18, running an age­ graded 98.2% 14.72 in the 100H (33") to better Jack Greenwood's 14.98 in 1986. In the 1997 USATF Championships in San Diego, Miller won the M60 hurdles with a 14.77 but was denied a world record because of an aiding 3.5 wind.


Palmer is the M60 world record holder for the discus at 189-0. Bill Collins, 47, was the sprint standout with a 95.7% 11.30 in 100 and a 96.1% 22.72 in the 200. Cindy Steinberger, 44, ran the women's best 100 of the meet with a 90.5% 12.95, and won the 200 (26.78) and 400 (65.02).

Lowell Bonfield, 65, was also a world-class (90+%) performer in the hurdles with victory in a 93.9% 16.42.

John Coniff, 57, outbushed everybody else with the 56-lb. superweight (20-5).
Fleeing felons in Milford, Mich., beware. If you are running from the scene of a crime, someone there can catch you! That someone is Ray Clinard, 56, a lieutenant on the Milford force. He runs, weight trains, and cycles. And Clinard (pronounced Kly'nurd) stays in shape year-round. Sometimes he’s competitive, too. “I do road races – 5Ks, five miles – and duathlons and mountain bike racing.” He is also a veteran of the Michigan Police & Fire Games, an Olympic-style competition that has up to thirty-two events. They range, Clinard said, from darts and karate to triathlon and canoe-racing. There are even softball, flag football, arm-wrestling, skeet, billiards, and whirlyball. In Michigan, only the 5K and 10K road races are open to the public. The other events are restricted to law enforcement officers, firefighters, and other full-time civilian employees of police and fire departments. In the past, the Michigan Games have attracted as many as six hundred participants, from Michigan, as well as Canada and surrounding states such as Indiana and Ohio. Searching the Internet, I discovered that many states – North Carolina, Oklahoma, Pennsylvania, California, and Texas – hold similar games.

Early Memories
Clinard remembers the early years of the Michigan Games. “They started the Games about fifteen years ago,” he said. “Originally, they were a police Olympics. Then, in 1991, attendance was down, so they added the firefighters.”

“It always ran for a week – track and field, basketball, swimming…” He went on, listing the many events. “A lot of people competed in these things. Some competed just to say they did it. But some trained all year long to compete,” Clinard was one of the serious competitors. “I’d take my vacation time and go up.”

He competed in “lots” of events, he recalled. He reeled them off: “The half mile, mile, 200, javelin, 50-yard breaststroke, 50-yard freestyle, bike criterium, bike sprints. … I was blessed; I normally got golds.”

In 1988, “I also got to go to the National (Law Enforcement) Olympics. I got a third in the half.”

Clinard hadn’t been to the state games since 1994. “I had done it for ten or twelve years.” He looked forward to returning to the Games this year, held in the Flint area. He was disappointed to find some of the events had been canceled due to low numbers. But, finding a silver lining, Clinard and others used the poor turnout to offer suggestions to help clear up “poor communications,” hoping to improve and revitalize the Games for next year.

Clinard stays in shape, however, for other reasons. Besides his other “civilian” competitions, he enjoys the physical activity and feels it’s part of his job. He hopes to inspire fellow officers to work out.

Fleet on the Beat
Asked if being in shape ever paid off on the job, he chuckled and said “a few times.” When pressed, he went on, “One comes to mind real quick. I was in the car and I spotted two guys walking, over by the railroad tracks. One I recognized as having a felony warrant out on him. They saw me coming and took off down the tracks.”

With a short little laugh, he said, “I ran past the one I didn’t want. He just looked at me. I ran the other one down. He was supposed to be armed, but I found he wasn’t – after the fact! He was a little surprised. He probably thought I couldn’t catch him.” But he did, and for his efforts Clinard received a citation.

Going back a few years, Clinard remembered, “In high school, I didn’t go into track until my senior year. I did football and basketball. Then I just did track for kicks.” He got away from exercise until he was a student at Oakland Community College. Challenged into “a basketball game with some big guys from the basketball team,” he discovered what poor shape he was in. Early attempts at running, like they are for so many trying to get back into it, were discouraging. But his athletic skills took over and he carried him through the typically tough beginning. He’s stuck with it for nearly 20 years.

Consistent Training
“I still have a regular schedule I’ve stuck to, for years and years,” he chuckled. He proudly added, “I can still beat three minutes in the half.”

But he laughed again a couple of weeks later, “I ran a 5K race last Saturday and felt 75.”

From winter till early spring, he works out “in the house.” He runs on a treadmill, with some “sprinting,” lifts weights, and cycles on a stationary bike.

Once outside, he breaks the training down with a more regimented workout schedule. “I use the track, sprinting, a bit of 220s and 400s. One day I’ll do distance, one day quarter miles, the next day sprints. I work on the javelin when I have time. I used to do the long jump, but after a while that began to seem like work, so…” He used to do the hammer throw, too, but finds that by Hartland.” And, “I have a place in Traverse City, in Acme. I get out on the VASA Trail. I can go any place I want, especially on long bike rides.”

Clinard is an annual competitor in the 5K at the August Crim Festival of Races. He’s been involved in the Michigan Special Olympics Torch Run that raises money for that charity across the state. “We run that right here in Milford.”

Right now, Clinard is enthusiastic about the 1999 Police & Fire Games in Michigan, hoping suggestions will be taken so the Games can revert to their former quality. In the meantime, he will continue his training. Both for competition and for the job.

Ray Clinard

**FIVE YEARS AGO**
Sept, 1993

- Nationals Draw 997 to Provo
- 233 Compete in Northwest Regionals
- Nick Rose (41, 46:00) and Carol McLatchie (41, 54:56) Win in Boilermaker

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Track and Field Report

by KEN WEINBEL, Chairman, Masters T&F

Orono Hosts a Memorable Event

The 1998 Outdoor Championships at Orono, Me., can best be described as an outstanding track meet. The Maine Association, Meet Director Rolland Ranson, his assistants, officials and volunteers, worked in harmony to provide all in attendance with a memorable experience.

Good old-fashioned "Down East" hospitality prevailed not only at the track, but throughout the University of Maine campus and Orono community. The athletes responded to the friendly environment with fine competition and favorable comments.

Jerry Hinkle, Florida, a participant, sent me a congratulatory note, commenting that Ranson and his staff organized and conducted an outstanding event and that USATF should be very proud.

Rhoda Green, New York City, wrote the following: "I was a participant in the 10K racewalk at the USATF National Masters Championship last week. Hats off to the USATF for producing an outstanding, well-organized event. The campus provided a perfect setting for the competitions, logistics were handled to perfection, support staff members were attentive and knowledgeable, and the entertainment was just what we needed. In short, it was a pleasure to be with you in Maine. We hope you will choose Orono for future USATF competitions, so that we can hurry back to Maine."

Many others shared Rhoda's and Jerry's sentiments and have expressed themselves accordingly. Perhaps we will be fortunate enough to find ourselves the recipients of a future bid from the Maine Association, so we can further thank them with a record turnout.

Those in attendance at the athlete's meeting were inspired by two outstanding athlete awardees, who used the occasion to share their feelings for the masters program. Dorothy Roberts, 88, and Dave Romansky, 60, race-walkers, addressed the audience with enthusiasm and heartfelt appreciation. Their speeches contributed to the friendly atmosphere that prevailed throughout the championships.

Thanks Orono, we will remember this meet for a long time.

React and Respond

1. There should be qualifying or standards applied to competing in the national championships.
   Y__ N__

   (If you answer "Yes," please respond to the remaining questions):

2. Placing first, second or third in an association championships meet will qualify an athlete for the national championships. Y__ N__

3. Placing first, second or third in a regional championships meet will qualify an athlete for the national championships. Y__ N__

4. Qualifying mark standards must be determined by committee and reviewed annually. Y__ N__

5. Any qualifying standard must be reasonably attainable by the average masters athlete. Y__ N__

6. Qualifying by a mark standard must be attained in USATF sanctioned meets. Y__ N__

7. Qualifying by a mark standard may be attained by any meet (USATF, Senior Games, all-comers, etc.). Y__ N__

8. An athlete attaining an event All-American standard qualifies for that event in a national championship. Y__ N__

9. Defending champions are automatically qualified for the national championships. Y__ N__

10. Additions and comments:

Send your response to: Survey, NMN, P.O. Box 50098, Eugene, OR 97405.
National Championships

Continued from page 1

good numbers from surrounding states with large populations, but it wasn’t just an East Coast clambake. Forty-eight states, including Hawaii and Alaska, were represented, along with ten foreign countries, including England, Russia, Australia, and Canada, which sent its usual talented contingent to a U.S. championships.

World and U.S. Records

Eight world and 27 U.S. age-group records were broken, tied, or established. Leonore McDaniels, W70, of Virginia, was the star of the meet, continuing her assault on the record books, begun in the 1998 Indoor Nationals in Boston. In Orono, she set world records in the 300H (76.50), high jump (3-11 1/4), and pole vault (9-10 1/4), and U.S. records in the long jump (11-4 1/2) and triple jump (23-6 1/2).

Others also had multiple-record performances, but two athletes stood out: Tom Petranoff, M40, in the javelin, and Leslie Lehane, W35, in the 2000m steeplechase. Petranoff, a past Olympian and world record holder, who recently moved to Rhode Island after living in South Africa, was expected to perform well and struggled at a “mere” 240-0 range until he unleashed a pending world record of 250-0 on his final attempt.

Lehane, of Massachusetts, as her split times in the women’s race were given by meet announcer Peter Taylor, captured the attention of athletes and spectators, who sensed they were witnessing more than just another record performance. Her time of 6:30.83 established a W35 world best for the event with the newly adopted age-graded performance. Her time of 6:30.83 was the target of the meet. Virginia, was the star of the meet, continuing her assault on the record books, begun in the 1998 Indoor Nationals in Boston. In Orono, she set world records in the 300H (76.50), high jump (3-11 1/4), and pole vault (9-10 1/4), and U.S. records in the long jump (11-4 1/2) and triple jump (23-6 1/2).

New Faces

Not all of the winners were record breakers or veterans of previous championships. James Gray, Louisiana, who won the M50 pentathlon, held on the first day, said afterward, “This is my first masters championships, and it was a great meet. I was encouraged to participate by people I met at the Louisiana State Games, who had been to masters championships. I know of a lot of athletes who would do well here, but are afraid to come out for fear of being mediocre or embarrassed.”

Annie Lands, W55, New York, decided to compete in Orono after doing well in the 1998 Empire State Games, and won all four of the throwing events.

Maine residents who took advantage of the meet’s proximity and won national championships are Edie Dubord, W40, 5000; Bruce Bridges, M35, 10,000; Chuck Radis, M45, steeplechase; Barrington Ivers, M55, long jump and discus; and Theda Honnell, W30, shot put and discus.

Age-Graded Performances

The top age-graded performances on the track were by Californian Earl Honnell, M35, 2000m; Barrington Ivers, M85, 10,000; and Arnie Gaynor, M40, 5000, for his world record 96.3% of his 2000m time in the world record. Dave Fee, 69, who ran a 98.1% 2:22.50 800.

The best age-graded marks in the field events went to Arnie Gaynor, 70, California, for his world record 96.3% of his 2000m time in the world record. Dave Fee, 69, who ran a 98.1% 2:22.50 800.

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National Championships

Continued from page 17

first seven finishers in that race were in the 90% world-class range, with the eighth finisher at a national-class 88%. On Sunday all 100m winners were invited to run in an Age-Graded 100. (Competitors run a handicapped distance determined by age, with younger runners running farther than the older.) In the National Masters News Women's 100, Cindy Steenbergen, 44, Texas, ran 11.5s in 11.75 to win in a tight finish, with Pat Peterson, 72, New York, who covered 71.8m, a close second in 11.76, and Jacqueline Board, 45, Missouri, running in 1.1m, third in 11.97.

In the Bangor Savings Bank Men's 100, Bill Collins, 47, Texas, ran a 10.26 for 91.1m to win over Tom Kennell, 77, Florida, 10.62 for 71.2m, and James Stockey, 56, Maryland, 10.77 for 78.3m. In each race, the first three finishers shared $150 provided by the sponsors.

Fabulous Fifties

Although other age divisions had large entries in some events, the most significant numbers in almost every running and throwing event were those in the M50 and M55 groups. The M50 100 had 18entrants, the 400 had 16; the 1500 and discus each had 18 athletes.

These same age groups also provided some of the best match-ups in the meet. Charles Allie, 50, Pennsylvania, with an A-G 93.3% 52.71, won the 400 from Dave Walter, 53, Washington, who finished in an A-G 95.0% 53.24.

Fred Johnson, 52, California, took the M50 100H (A-G 93.3% 14.81) from Courtland Gray, 54, Texas, (A-G 94.5% 14.93), but Gray won the 400H (A-G 90.5% 63.80) from Johnstone (AG 84%).

Alexandre Tsoukanov, Russia, held off Charles Perez, Colorado, to place first in the M50 1500, 4:19.66 to 4:19.70, and did it again in the 5000, with a 16:01.39 to Perez's 16:01.85.

Ladislav Pataki, California, topped an M50 14-entrant field in the shot, with a 52-11½ put. Tom Fahey, California, was first in the 18-deep discus with a 181½, over Pataki's 172.0.

In the younger divisions, 800m runners again staged exciting finishes, as they did in the 1997 Championships in San Jose. Roberto Vigil, Florida, edged Steve Wulf, California, for the M40 victory, 2:00.67 to 2:00.70.

Gerald Feeney, Canada, nipped Neil Howk, Arizona, 2:08.62 to 2:08.69, to win the M45 800.

Officials Galore

The buzz of the meet was talk about the large number of officials. One athlete commented that in his throwing event, there were more officials than competitors. About 140 certified officials were on hand. Twenty-eight of them had worked in the 1996 Olympics in Atlanta. According to Meet Director Rolland Ranson, $24,000 of the meet's $65,000 budget went to provide the officials with room, board, meet shirts and hats. Gerald Kantor, an experienced throws official from New Hampshire, commented on the inducements offered to work the meet: "The organizers had a tough time accommodating." Athletes' Meeting

At the athletes' meeting on Friday evening on the campus, all was not perfect with some attendees who had questions about the need for more transportation from the hotels to the airport, and about the in-progress construction of the football stands during the meet.

Meet Director Ranson explained that the transportation had been arranged by the Bangor Chamber of Commerce and was out of his hands, and that the construction, which resulted from a grant approved after Maine won the bid in 1995, was bound by contractual commitments involving financial penalties for failure to meet deadlines. Ranson said that he had asked the contractor to wait until the meet was over but had been unsuccessful.

Off The Track

Those who opted for the banquet (and mostly for lobster) held Saturday evening in the campus field house were treated to the best- managed dinner at a masters championships in recent memory. Entertainment was supplied by a drum ensemble from the university's music department and a Downeast, local-color stand-up comic.

In addition to the usual meet commemoratives, athletes were able to purchase photographs of themselves in action, and buy a T-shirt with a reproduction on the front of the finish-line photos of their races.

Athletes with time on their hands took advantage of the recreational (mostly aquatic) opportunities in and around Orono, and visited the adjoining city of Old Town, the home of world-renowned Old Town Canoe Company. Before and after the meet, others visited Acadia National Park and hit the L.L. Bean store in Freeport, Me., for bargains.

The Bangor Daily News sports section carried the results in some events an unheard of six-deep and ran daily feature articles on athletes.

Those Responsible

The championships organizing committee was headed by Meet Director Ranson, aided by Assistants Ann Maxim and Jim Ballinger. Administrative duties were handled by Will Gallant, Maegan Limoges, and Val Fox. Jim Dyer was in charge of the 1998 USATF National Masters T&F Champions

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<th>Age Group</th>
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Hank Warrington, M30 winner in the 100 (10.72) and 200 (21.77), National Masters Championships, Orono, Me.
Highlights of the Nationals

Some of the top performers, by division, at the USATF National Masters Championships in Orono were:

M30

Distance star Chris Yorges, Oregon, defended his SC title and won the 1500 and 5000. Hallie Warington, Hawaii, impressed with 100 (10.72) and 200 (21.77) wins. Curtis Wilson, Jr., Oregon, swept the 400 (48.43) and 800 (1:55.79). Phil Lingo, New York, won the pentathlon on Thursday and returned to take the HI.

M35

Mitchell Lovett, New York, dominated the 100 (10.77), 200 (21.75), and 400 (48.29), all with 93.4% age-graded performances, and won the 400H, a new event for him. Pat Wagner, California, won the 5000 on Thursday morning and the SC on Friday evening. Glenn Thompson, Pennsylvania, sailed the 16-1.6h, 56.4. Racewalker Michael Blanchard, Colorado, strode to golds in the 5000 track and 20K road walks.

M40

Tom Petranoff, Rhode Island, aroused the javelin groups with a pending WR 250-0. Outstanding gold medal sprinters here: Martin Knuele, California, 11.04, 94.2% in the 100; Morning Melville, 23.32, 94.4% 200, and Ray Blackwell, Pennsylvania, 49.15, 93.8%, 400, who also won the 400H in 55.49.

Other double winners were: Bill Collins, Texas, in the 800 (2:00.67), and 1500; Tom Gage, New Hampshire, 5000 (14:10.54), and 10,000. Another group with powerful throwers: Carl Wallin, New Hampshire, SP, 49.7; Lloyd Higgins, California, DT, 172-9; and Tom Gage, Massachusetts, HT, 187-9, 94.7%. Don DeNoo, Illinois, hastened to an AR in the 5000 RW (225.35). Russia's Anatoli Blakinyki won the 5000 (19:02) and 10,000 (40:12).

M60

For the best in this group, just read all of the names in the champion's list, plus note the double winners: Joe Keesmier, M60, Nevada, with an AR in the SP (50-9/1) and a WR in the DT (191-8); Harold Tolston, California, 100 and SP (10.72), and 200 and 400, Santa Barbara, Calif., legend John Brenneman, 500 and 1000; Charlie Miller, Texas, SH and LT, and Sidko, Minneapolis, NJ, and TJ; and Dave Romanek, New Jersey, with two RW records. At the athletes' meeting, Romanovsky, a past-Olympian, accepted his 1997 Outstanding Male Racewalker Award with an inspiring speech on the importance of masters racewalking in his life.

M65

James Stookey, Maryland, ruled this group, winning seven gold medals from the sprints to the hurdles and jumps, most with A-G performances in the world-class 90% range. Wendell Palmer, Maine, garnered another AR with a 95.4% 44-11H, and won the discus. Paul Heitzman, Indiana, torched to wins in the 1500, 5000, and 10000.

M80

Arnie Gaynor, California, on a record rampage since turning 70 recently, continued this trend with a WR 46-7H SP and an AR 148-7 DT. Bill Melville, Wisconsin, defeated world-class fields in the 100 with a 95.6% 13-55 and a 92.8% 28-54 in the 200. Gordon Seifert, 70, Alabama, tripled in the hurdles and the exhausting pentathlon. John Stark, Delaware, finished the 5000 RW with an AR 29:05.46. Jim Mason, Illinois, kept his steak going as the only person to compete in all six majors. He took gold in the 10,000 (44:49) and bronze in the 5000 (22:34).

M75

Ed Lukens, New York, won four events, and included an AR 30-5T. TJ. Archie Messinger, New York, logged wins in the 800 (2:52.65) and 1500. Versatile Bill Carter, Oklahoma, won golds in the pentathlon and DT. Charles Hodgson, HY-TEK software, proved results, event schedules, heat set-ups, and other data.

The Bangor Savings Bank was a major sponsor. Governor's Restaurant and Margarita's Restaurant also provided key sponsorship. Participants' impressions about the meet can perhaps be best summed up by three former masters pentathlete Bill Carter, M75, Oklahoma: "Of the ten national championships I've been to, this is the best."

Next year's championships are scheduled for Aug. 26-29 in Orlando, Fla.
Koech, Wysocki Win at Bastille Day 8K
by JANNA WALKUP
Kenya's Peter Koech turned in a course record and California's Ruth Wysocki repeated as women's champi- on at the DiTech Funding Bastille Day Celebration 8K, Newport Beach, Calif., July 18. The evening race was the third event on the 1998 masters Indy Life Circuit.

Koech, 40, duelled with Craig Young, 42, Colorado Springs, Colo., and Steve Plasencia, 41, Shoreview, Minn., throughout most of the race before pulling away in the last mile to claim first in a course record 24:02 (91.8% age-graded). With his win, Koech moved into a first-place tie with Young in the Indy Life standings. Young finished second in 24:07 and Plasencia, who was previously unbeat- en in masters competition, hung on for third in 24:54.

Turning in a 5:17 first mile, Wysocki, 41, Canyon Lake, Calif., led from start to finish in the women's race, finishing in 27:49 to set a U.S. single-age record. The heat and humidity took its toll on the field, including Wysocki, who did not approach her 1997 Bastille performance, in which she ran a U.S. and world record of 26:17. Jane Wetzel, 43, Fort Collins, Colo., took home $600 for second, and Young in the Indy Life Circuit.

Young, 42, Colorado Young in the Indy Life Circuit.

After three races, Young and Koech lead the men's standings while Houston's Patty Valadka, 40, leads the women. Utes and Machala currently are first in the age-graded competition.

INDY LIFE CIRCUIT
Standings: Men After Three Races
1) Craig Young 2) Peter Koech 3) Steve Plasencia
2) Young 90 4) Peter Koech 5) Steve Plasencia
3) Young 89 5) Peter Koech 6) Steve Plasencia
4) Young 88 6) Peter Koech 7) Steve Plasencia
5) Young 87 7) Peter Koech 8) Steve Plasencia
6) Young 86 8) Peter Koech 9) Steve Plasencia
7) Young 85 9) Peter Koech 10) Steve Plasencia
8) Young 84 10) Peter Koech

INDY LIFE CIRCUIT
Standings: Women After Three Races
1) Patty Valadka 2) Ruth Wysocki 3) Regina Joyce
2) Valadka 94 3) Wysocki 93 4) Joyce 92
3) Valadka 93 4) Wysocki 92 5) Joyce 91
4) Valadka 92 5) Wysocki 91 6) Joyce 90
5) Valadka 91 6) Wysocki 90 7) Joyce 89
6) Valadka 90 7) Wysocki 89 8) Joyce 88
7) Valadka 89 8) Wysocki 88 9) Joyce 87
8) Valadka 88 9) Wysocki 87 10) Joyce 86
9) Valadka 87 10) Wysocki

INDY LIFE CIRCUIT
Age-Graded Standings: Men After Three Races
1) Warren Utes 2) Craig Young 3) Ray Bradley
2) Young 78 3) Bradley 77 4) Peter Koech
3) Utes 77 4) Koech 76 5) Steve Plasencia
4) Utes 76 5) Plasencia 75 6) Charlie Gray
5) Utes 75 6) Gray 74 7) Jack Nelson
6) Utes 74 7) Nelson 73 8) Paul Heiteman
7) Utes 73 8) Heiteman 72 9) Dan Frider
8) Utes 72 9) Frider 71 10) Donna Morison
9) Utes 71 10) Morison 70 11) Robert Kowalczyk
10) Utes 70 11) Kowalczyk 69 12) Dick Wilson
12) Utes 68 13) Niemczak 67 14) Patrick Devine
13) Utes 67 14) Devine 66 15) Gary Tuttle
14) Utes 66 15) Tuttle 65

INDY LIFE CIRCUIT
Age-Graded Standings: Women After Three Races
1) June Machala 2) Joan Ottaway 3) Ruth Wysocki
2) Machala 82 3) Ottaway 81 4) Wysocki 80
3) Machala 81 4) Ottaway 80 5) Wysocki 79
4) Machala 80 5) Ottaway 79 6) Wysocki 78
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9) Machala 75 10) Ottaway

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Running Past 50 by Rich Benyo

Running Past 50 is a new book (Human Kinetics, Publisher) by Rich Benyo, former editor of Runner’s World. Benyo has competed in races from the 400 to ultramarathons. He has run more than 35 marathons. The book focuses on the long distance runner. More than 90 percent of its contents can also be used by the sub-50 runner.

Benyo tells how to train, prevent injuries, and recover. The book is not written for a 50- year-old who is finally taking up running. Instead, it is directed at those runners "who have been plugging away steadily for a decade or two or three.

A Few Pointers
Among Benyo’s observations:

- Men and women over 50 should have an annual physical exam.
- Respect the fact that your body needs more time to recuperate than did 10 or 15 years ago.
- Take a month off from running each year.
- To be successful, specific racing goals must be set and pursued on a regular, structured basis.
- It takes two good months to get into half-decent aerobic condition, but in only two weeks of layoffs, the condition can be significantly undermined.
- For just maintaining basic fitness, a program of running four or five days a week at a set mileage level is simple and adequate. For some, such a program is the only constant in a stressful-filled life.
- By annually restarting your endurance base, after a rest period during the depth of winter, you can head off injuries by giving your muscles and tendons a vacation during which to heal.
- Build Slowly
  - The slow build-up of base mileage coming off the winter rest period should be as gentle as you can stand it, while still cautiously increasing total mileage.
  - If you have a choice between running on a concrete sidewalk or an asphalt surface, choose the asphalt. It’s several times softer than concrete. And always pick dirt over asphalt.
  - Mix distances. If your goal is to run 20 miles per week in five days, don’t run four miles each day. Instead, run 3, 6, 3, 5, 3, or 4, 3, 4, 3, 6. Anything but 4, 4, 4. You head off boredom and gradually build toward a longer run of six miles.
  - When buying shoes, shop at a reputable running store. You may pay more than at a discount store, but the service you receive is well worth the money.

Bigger is Better
- Always buy shoes a bit larger than size you want roughly half-inch of dead air space in the toebox in front of your longest toe. Reasons: 1) after the first hour of running, the feet tend to swell; and 2) on the downhill, your feet will slide forward.
- On average, a pair of running shoes should last about 500 miles.
- The object of weight training is not to build bulk (extra weight), but to build strength and endurance into the arms and shoulders, and strength into the abdominal and back muscles.
- Once you have an aerobic base established, the single simplest way to add strength to your stride is by running hills.
- Don’t run steep hills. The best is a 1/4-mile hill whose angle is only few degrees—enough to make you work, but not strain.
- Do hill repeats once or twice a week.
- To build speed, do intervals on the track. Make it fun. If you can run a 9:00 pace during your regular workouts, your track repetitions can be repeating 400s in 2 minutes with a jogged lap between.

SURGE AHEAD
- Try fartlek—throwing in surges of speed in the middle of your regular run.
- Increase stride and leg speed by running downhill once a week.
- Don’t brake when running downhill. Instead, lean forward so you’re running perpendicular to the surface.
- The act of running strengthens bone, particularly in older runners.
- Regularly schedule deep-tissue massage.
- Schedule walking breaks into your training and racing to: 1) extend the range of your runs; 2) mitigate the negative effects of working the same muscles over and over; 3) hasten recovery from long runs and races; and 4) improve performance in longer events.

WALK 1/4-MILE AT THE BEGINNING AND END OF A WORKOUT.
Walk, Don’t Run
- Some older runners find it valuable to schedule brisk walking once or twice a week instead of regular runs.
- Drink at least eight glasses of water a day. Drinking water flushes out excess fluid.
- The ideal sport drink is water. Sports drinks contain sugar.
- Quick-frozen vegetables are fresh and beneficial.
- Eat lots of fresh fruits and vegetables.
- Cut back on sugar and salt.
- Avoid carbonated drinks of all kinds.
- Don’t eat late in the evening.
- Eat slowly.
- Some runners take caffeine before racing, but there’s no proof it helps.
- Share the Experience
  - Run with friends when you can.
  - Be careful when stretching. It’s the third most common cause of running injuries. Jog first, then stretch.
- Don’t over-race.
  - To treat or head-off injuries, use ice for the first 72 hours, heat thereafter.

Price $16.95. 256 pages. Contact: Marydell Forbes, Human Kinetics, Box 5076, Champaign, IL 61825. Phone 217-351-5076; fax 217-351-2674. Al Sheahan
A Historical Meeting Convenes in Portland

by GEORGE MATHEWS, USATF
Board of Directors

On August 7, 1998, an international gathering of world leaders for master/senior athletics took place in Portland, Oregon. The summit dinner meeting was initiated and hosted by Ken Weinbel, USATF Masters T&F Chairman.

The attendees by invitation, represented the four major organizations of the world conducting masters track and field programs:

World Association of Veteran Athletes (WAVA)
Torsten Carlisu, Sweden, President
Stan Perkins, Australia, Oceania Delegate

International Masters Games Association (IMGMA)
Borge-Kass Anderson, Denmark, Secretary General
Tony Holding, Australia, CEO
Melbourne World Masters Games
Jack Elder, USA, Director, Sports & Venues, Nike World Masters Games
National Senior Games Association
David Hull, President & CEO

USATF
George Mathews, Board of Directors
Jerry Crockett, Chairman, Masters Long Distance Running (LDR)
Ken Weinbel, Chairman, Masters Track and Field
Suzy Hess, Secretary, Masters Track and Field
IAAF
Charles DesJardins, Veterans Representative

The following summarizes statements by attendees at this gathering.

The meeting was chaired by Ken Weinbel, whose opening statement set the tone for the ensuing comments and exchanges: "We have taken this opportunity to have this historic meeting with you, the world leaders, to open the doors of communication. We all have a common goal to provide healthful activity for senior-aged athletes, and recognize the need and challenge to service the growing number of baby boomers entering our programs.

Because of the resultant expansion of Senior Games, IMGA Games, WAVA and USATF events, it is imperative to cross-link international scheduling and work together. We need to interact worldwide and join forces with the various factions of master/senior athletic groups.

"The master/senior programs can be a dominant force of athletics in the world. We have the opportunity to do something of substance with this summit on both the domestic and international levels. I encourage your open participation and discussion this evening and, optimistically, at future summits."

Borge-Kass Anderson began the discussions by explaining that the IMGA is attempting to include all the international master/senior federations involved with masters athletes. He said the IMGA desires to keep the groups open to the elite and the athletes who want participation. It may take a long time and goodwill to establish international accord, and discussions such as these are needed.

Torsten Carlisu offered the WAVA viewpoint, saying that if we are to reach some understanding or common goal, it must be done within five years. What is needed is coordination to start fairly quickly. He said he envisions WAVA as the technical organizer of track and field, including the IMGA Games. The IAAF will support any direction WAVA chooses and they (IAAF) are the sole governing body for track and field rules.

He further stated that if WAVA sanctions an event, it will be staged using IAAF rules. This means same age groups, certified officials and rules and comparable fees. He added the group that there are other organizations around the world organizing events not acceptable to WAVA, including one in Barcelona, Spain. He said he strongly supports the efforts of the summit group to join forces quickly.

Charles DesJardins informed the group that there has been discussion for a stronger veterans presence on the IAAF board to establish a larger veterans committee. Many athletes do not know the difference in the various organizing bodies and are primarily interested in good competition and the opportunity to participate.

Stan Perkins stated that masters have an identity crisis in track and field, internationally. He pointed out that Australian masters games and the Asian Pacific games are conducted strictly according to WAVA, but that in New Zealand there is less control. There is nothing to stop anyone in the world from conducting a masters games. Consequently, there is a control factor at the masters level, which needs to be addressed promptly.

He said that this event (Nike World Masters Games) in Portland/Eugene expected twenty-five thousand entries and got eleven thousand, and is a major failure. It is the absolute right time for Torsten Carlisu (WAVA) to bring them (IMGMA) into the fold.

Jack Elder responded that of all the world masters games held, only Brisbane has been financially successful. This includes the Nike World Masters Games, with less than 50 percent of their financial goal realized. The Portland Organizing Committee has recognized that people come out to have fun. The athletes do not want to be charged.

A number of the multi-sports put on their events well. Track and field is one of these. The new sports that want to become a part of the games will need structure. Track and field can lead. "We are pleased to have been a part of the history of the mutual development of masters track and field by taking part in this summit," he concluded.

David Hull suggested that the group around the summit table form a model for the other sports. He said that track and field is a part of the Senior Games multi-sport (25) event. National Senior Games Association is a member of the United States Olympic Committee. The chairman of the board of the Senior Games sits on the board of the USOC. The NSGA is the USOC's official arm of the seniors in the U.S.A. Senior Games are not directly affiliated with WAVA, but cite USATF rules for track events with a few variations. We can bring numbers and do not need to table and feel there is a potential for partnership with USATF Masters," he said.

Philip Godfrey agreed that the focus is slightly different for the Senior Games. He said the mission is to promote healthy lifestyles for seniors and that the vehicle of sport is the best way to send the message.

The Senior Games need help in providing athletes with better quality meets with better officiating. Senior Games officials want qualified athletes to attend the events, not just those who can afford it, he observed, adding, "We encourage a mutual members association with USATF and mutual attendance at meets by USATF and Senior Games. At the Senior Games we want to abide by USATF standards."

Jerry Crockett explained that regarding long distance running, USATF is committed to quality standards, and that rule officiating in Senior Games is a concern. The lack of requirements forproper officiating is evident and he, personally, is bothered by the marketer's perspective that, "if you create publicity for outstanding runners to compete and they have no one to run against, what good is it?"

Stan Perkins acknowledged that many top athletes do not continue in track and field due to the lack of incentives. He said he believes incentives will be given in the future.

David Hull responded that the NSGA goal is to get the best athletes to the national events, and if a world-class athlete wants to participate there should not be an economic deterrent. Looking at the demographics, in the next 25 years the 50+ group will grow 74% and fifty and younger will grow 97%.

Donna Shalala, the Secretary of Health, Education and Welfare, has requested that NSGA promote a program for seniors to encourage sedentary Americans to exercise. The crown jewel is the National Senior Olympics, the biggest multi-sports event in America. It is that event that will generate interest and resources.

For Harriett Walker, Ken Weinbel, USATF Masters Chairman, has previously met with us and agrees that with our common missions and complementing resources, it makes good sense to consider partnering our efforts. Am I going to help Ken, and is he going to help me? The answer is yes.

The United Nations has designated 1999 as the year of older persons and the World Health Organization as the year of healthy aging. The NSGA has been designated as one of the entities in the U.S. to promote that theme. We have the energy, at the right time, and in the right market to do something dynamic. We, around this table, need to trade on the equity as partners. We need to reconvene this summit and decide what we want to do and then decide how and when."

Ken Weinbel said, "I predict that USATF masters will be a leading force, in partnership with NSGA, in a true U.S. Olympics for master/senior athletes and, hopefully, someday we can also look forward to a World Masters Olympics in partnership with WAVA and the IMGA. This summit meeting has long been needed. The enthusiasm for cooperation expressed at by all participants is most gratifying."

After lengthy discussions and sharing of ideas, the summit was adjourned with kudos and thanks to Ken Weinbel for his efforts in organizing and hosting this successful and productive meeting. The group is excited about taking the next step and has agreed to a second summit meeting in November.
Long Wait Over for Results and Videos

The Durban WAVA Result Books were printed the last week of July and all those who paid for the books and videos should have received them by now. WAVA Secretary, Monty Hacker, has himself seen to it that they are sent from South Africa and for the larger countries he has sent the books and videos to be distributed through the national associations. If someone has not received his or her copies, please contact the national association for assistance.

We are very sorry for the long delay to produce the result books and can only express extreme gratitude to Monty Hacker and Rex Harvey for their very hard work to finish the job.

WAVA Handbook

The New WAVA Handbook (1998-99) has now been printed and 3 copies distributed to each WAVA affiliate. Associations requiring more copies should contact WAVA Secretary, Monty Hacker, in Johannesburg, South Africa. Individual athletes could do the same or purchase copies through NMN starting next month.

Year of Women's Athletics

As mentioned in the past, IAAF has declared 1998 as the Year of Women's Athletics and WAVA has taken a great interest in helping promote this. With most Regional Championships yet to come (Oceania had theirs in January), the WAVA Council has agreed to award a trophy to the best female performance in each respective region. WAVA Women's Representative, Bridget Cushen, will ensure trophies are available at the Championships to honor the best performances. Regional Secretaries should contact Bridget as soon as possible to ensure the success of these plans. Names of the six women to be honored will be published in either the NMN December 1998 or January 1999 issue.

WAVA has been invited to participate in the IAAF seminar on women's athletics in Granada, Spain, at the end of October/beginning of November in connection with the European Athletic Association's Calendar Conference. Bridget Cushen and probably Marina Hoenze-Gil (European Women's Representative) will be responsible for WAVA's contribution at this seminar.

Bids for 2002 & 2003

The WAVA General Assembly in Gateshead in July 1999 will award the next WAVA World Veterans' Championships:
- Stadia Championships in 2003
- Non-Stadia Championships in 2002

To receive a Bidder's Booklet, contact WAVA Executive Vice President Tom Jordan, who is responsible for preparing all papers and topics re the bids, or WAVA Secretary Monty Hacker.

WAVA Website

A WAVA website is being created to communicate with affiliates and all athletes, and should be completed before the end of the year 1999. There is a great deal of information that we feel should be given to a much broader circle of people and we will welcome comments and suggestions on content, etc. The goal is to keep all our affiliates and athletes up to date on current issues.

Mountain Running

WAVA has been approached by a European organization to provide support to their competitions/championships in (uphill) mountain running—an annual event held mostly in Austria and the Czech Republic over the past 20 years. WAVA has agreed to be a patron of this event.

However, for events in Kitsbuhel in 1998 and in the Czech Republic in 1999, much like the IAAF did previously, the organizers have gone far too far in inviting attendance at the "1st WAVA Veterans' World Championships in Mountain Running." This is not correct, as such an event would require approval by the General Assembly, which has not occurred. The necessary corrections have been requested but, of course, the "damage" is done. However, I wish to clarify here that WAVA has only accepted to be a patron.

World Masters Games

Elsewhere in this issue, I have responded to Bob Fine's questions on WAVA's relations and attitude toward the World Masters Games, but I would like to comment a little more here on this matter. The World Masters Games are organized by the International Masters Games Association (IMGA), and the Games in Portland are the fourth since the start in Toronto in 1985. The next Games have been awarded to Melbourne, Australia, in 2002. Over the years, WAVA has had many discussions with IMGA representatives to improve relations and reach an understanding with IMGA that WAVA rules must be observed and followed at World Masters Games and that the time planning must be done in cooperation with WAVA. This has been difficult to realize, and IAAF-WAVA even banned the second Games in Denmark. It is the WAVA affiliates today. More affiliates must ask the IMGA for recognition as the world body for masters sports. This is a high priority for IMGA. Track & field is one of their main sports. WAVA should try to help influence the IMGA's development.

I now believe agreement that WAVA be totally in charge of the track & field events in the Masters Games is possible to reach. Further meetings will take place this year to achieve this goal.

DON'T SETTLE FOR A POSTCARD!

Call Sports Travel International

For travel arrangements to Barbados for the WAVA Regional Championships, Nov. 1998 and Gateshead for the World Championships in July/August of 1999.

Let WAVA's most experienced travel provider save you...

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**Masters Scene**

**NATIONAL**
- The first issue of The Long & Strong Throwers Journal, a new quarterly publication for throwers, hit the stands in June 1998. Published by Glenn Thompson, the editor, it's available for $20 (four issues, 3rd-class mail) from Thompson Publishing, 3604 Green St., Harrisburg, PA 17110. For more info: 717-238-1720; Thrower60@aol.com.

**EAST**

**SEATTLE**

**SOUTHEAST**
- Winning masters honors at the 1999 National Senior Games, Florida 5K, Hampton, VA, July 18, was Eileen Hungerman, 46, Williamsburg, VA, 20:45.

**MIDWEST**
- Top masters in the 14th annual State Street Mile, Rockford, IL, Aug. 8, were Mark Turkus, 42, Ligunier, IN, 4:30.7, and Peggy Whitcomb, 52, Elmhurst, IL, 5:02.7. Marla Bakken, 46, of Elmhurst, IL, won the Division D 10K, finishing in 34:20, crushed the masters course record in the event.

**MID-AMERICA**

**WEST**
- Greg Homer, 44, Santa Barbara, CA, 49:46, and Elaine Triplett, 47, Santa Barbara, 1:02:28, finished at masters wins at the 44th Annual Sanoma Nautica 15K, Santa Barbara, July 4. Homer, who finished second overall, also placed first in the age-graded competition.

**WORLD**

- Jim Hage, 40, Seabrook, MD, with a 25:17, and Gretchen Trantos, 41, Rockville, MD, with a 59:51, broke masters course records to finish with the leaders in the 8:45 pm Rockville Rotary Twilight 8K, July 18. Linda Wack, 42, Germantown, MD, was second W40+ in 30:00.

- Kay Morrison, 72, was the oldest W40+ (49:55).

- Steve Plasencia, 41, Shoreview, MN, 1:13:38, and Kim Jones, 40, Spokane, WA, 3:45, rushed to masters titles in the Beach to Beacon 10K, Cape Elizabeth, ME, Aug. 1. Jones was the ninth overall women's finisher, while runner-up Ruth Wysocki, 41, Canyon Lake, CA, 34:46, placed tenth overall. Outstanding age group wins were turned in by Gary Romesser, 47, Indianapolis, IN, 32:33; Bill Rodgers, 50, Shermor, MA, 33:55; Gretchen Read, 55, Portland, ME, 43:14; and Margaret Betz, 61, Conklin, NY, 45:24.


**1998 USATF NATIONAL MASTERS 8K CROSS-COUNTRY CHAMPIONSHIPS**

**INDIVIDUAL COMPETITION IN FIVE-YEAR AGE GROUPS TO 95-TEAM COMPETITION IN TEN-YEAR AGE GROUPS TO 70+**

**KENTUCKY 8K CROSS-COUNTRY CHAMPIONSHIPS AT 1200 PM**

**AIRLINE AND LODGING DISCOUNTS AVAILABLE**

**Write for entry forms Masters Cross-Country Championships E. P. "Tom" Sawyer State Park 313 Hill Road Louisville, Kentucky 40241**

**Information:** E. P. "Tom" Sawyer State Park (502)362-9505 days, Bob Ulrich, Race Director (502)349-6820 evenings Bob Miller (502)896-0717 evenings

**ANDY LAABREE**

Barbara Bloom W55, cooling her heels after four firsts in the Vermont Green Mountain Marathon, Montpelier, June 22. Participants had to wait out three thunderstorm delays.

- Bud Held again broke the M70 WR for the javelin (151-10/Eriksson/1993) with a 159 in the California State Senior Games Championships, Los Angeles, June 13-14. Byron Melander, M55, posted the fastest times in the 1500 (4:59.03) and 5000 (18:16.72). Rodney Brown (44:14) lost the M70 100 to Vernon Regier (43:58) but took the 200 from Regier, 29:47 to 31:29, and won the 400 with a 65.54. Meet Director was Christel Miller; Dean Cierco was the 1st coordinator; and Cynthia Vaughn, of the Pasadena Senior Center, was Senior Olympics Coordinator. Competitors were qualified for the U.S. National Senior Sports Classic, Orlando, FL, Oct. 20-29, 1999.

**NORTHWEST**
- Cheryl Tronson, W40, Bend, OR, 40:06, held off runner-up Karly Angel, W40, Portland, OR, 40:20, to win the masters title at the Avon Women's 10K, Portland, July 26.
- Lee Fields, M55, Salem, OR, covered 70 miles in 12:53:22 to finish first overall at the Rose City Relay 70-Mile Ultra Marathon, Portland, OR, July 25.
- Becky Sisley Northwest Regional Coordinator, will be brought into the U of Oregon Athletic Hall of Fame, Sept. 4, for her contributions as softball coach (1966-75), field hockey coach (1973-79), and Women's AD (1973-79), when she presented pioneering leadership during the early stages of Title IX compliance.

**CANADA**
- Phil Fehlen, Carlsbad, CA, traveled to Saskatoon, Sask., July 3-5, for the Canadian Masters Athletic Championships and returned with a pending M60 WR of 5:71 in the 1500. The present record of 5:71, in 1996, belongs to Herst Mandzi.
- Emil Muller, of Quebec, broke the Canadian M60 HT record with a 52:61 on July 25 in the Quebec championships, Sherbrooke.

**INTERNATIONAL**
USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are usually limited to age 50 and over. Long distance events generally are open to all age groups with the exception of 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 NMN, P.O. Box 50098, Eugene OR 97405.

TRACK & FIELD

**NATIONAL**


December 1-5. USATF National Convention, Clarion Hotel, Orlando, Fla. USATF, One RCA Dome, Suite 140, Indianapolis, IN 46225. 317-261-0500; fax: 261-0481.

August 26-29, 1999. 32nd annual USATF National Masters Championships, Orlando, Fla.


**EAST**

Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, No. Virginia, Pennsylvania, Rhode Island, Vermont

September 5-6. Potomac Valley Games, Williams HS, Alexandria, Va. PVG, c/o V. Meyer, 2305 S. Buchanan St., Arlington, VA 22206.


**SOUTHEAST**

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


**MIDWEST**

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


**SOUTHWEST**

Arkansas, Louisiana, Mississippi, Oklahoma, Texas


**LONG DISTANCE RUNNING**

The Indy Life Circle moves to Kentfield, Calif., in the Pacific Sun 10K on the 7th, also the date of the New Haven, Conn., 10K, and U.S. Classic 10K, Atlanta, Ga. The Run By The River 5K, Clarksville, Tenn., on the 12th precedes the Eriezissible Marathon and Chicago and Columbus half-marathons on the 13th. Long Island is the setting for the Cow Harbor 10K, as is Providence, R.I., for the Harvard Pilgrim 5K, on the 20th. Milers vie for Big Apple honors in the Donald J. Trump Fifth Avenue Mile on the 26th. Choices on the 27th range from the Pittsburgh, Pa., Great Race 10K to the Race For The Cure 5K, Newport, Calif.

**RACEWALKING**

Racewalkers, who opt for the National Masters Championships this month will need great connections to get from the 5K Road Championships, Kingsport, Tenn., Saturday, the 12th, to the 40K Championships, Pt. Monmouth, N.J., Sunday, the 13th. A seminar and clinic by Visha Sedlak are scheduled for the 10th, 12th, and 13th at San Diego State U.

**WORLD**

ON TAP FOR SEPTEMBER

**TRACK AND FIELD**

The final Masters Championships of the year, the USATF Weight Pentathlon, takes place in the Los Angeles suburb of Glendora, Calif., on the 5th. Boulder, Colo., again hosts the Rocky Mountain Games, and Alexander City, Ala. hosts the Potomic Valley Games, both on the 5th-6th. The Waterloo Meet in the Lone Star State is on for the 12th. The San Juan International Meet puts its Puerto Rico on the 19th. Senior Games are available in Vermont, New Hampshire, North Carolina, Georgia, Wisconsin, Illinois, Kentucky, Arkansas, South Dakota, Oklahoma, Louisiana, Texas, and San Diego, Calif. Overseas, the Russian Veterans Championships commence on the 3rd in Moscow, and the European Veterans Championships start on the 11th in Cesenatico, Italy, on the 11th.
**NORTHWEST**

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

**INTERNATIONAL**

September 3-5. Russian Veterans Outdoor Championships, Moscow, Vadim Marshev, 14-6 Fervomaiskaya St., Histki, Moscow Region, 141400, Russia. Tel 895-335-3308; fax: 37-19-56-472-7223.

September 11-19. European Veterans Championships, Cesenatico, Italy. Dr. Maria Luisa Moriconi, Istituto di Fisica dell’Atmosfera (CNR), Area di Ricerca Tor Vergata. Tel: 39 6 49934288; fax: 39 6 49934323.


**NATIONAL**


September 4. USATF Masters Marathon Championships/Twin Cities Marathon, Minneapolis/St. Paul, Minn. Indy Life Circuit Race (1/2 x point). Scott Schneider, 708 N. First St., #CR-33, Minneapolis, MN 55401. 612-673-0778.


**EAST**

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


September 13. Ithaca 5 & 10 Miles, Ithaca HS. Lorrie MameJl, PO Box 185, Locke, NY 13058. 607-567-5608.


November 1. New York City Marathon, NYC, 9 E. 89th St., NYC, 212-423-2239.

November 8. Ocean State Marathon, Narragansett to Watch Hill, R.I. Masters money (40/s50/s60). OSM, 3 Division St., East Greenwich, RI 02818. 401-885-4499, OSM266IDES.net.


November 28. Manchester 5 Mile, Manchester, NH 03102. 603-674-2649.

**SOUTHEAST**

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


September 12. Eastman 10K, Kingsport, Tenn. 423-229-3771. See also raceweek schedule.


October 17. Southrust Running Festival 10 Mile, St. Petersburg, Fla. Masters money. SRF, PO Box 66252, St. Pete Beach, FL 33703. 813-363-7860; fax: 363-9710; e-mail: run_florida@msn.com.

October 24. Governor’s Cup Half-Marathon & 8K, Columbia. Carolina Marathon Assoc., PO Box 5992, Columbia, SC 29%02. Continued on next page.
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Continued from previous page
November 7. Richmond Marathon & 5
Miler. Masters meters. RM, PO Box 8744.
Richmond, VA 23226. 804-673-RACE;
fax: 285-3132.
November 8. Vulcan Marathon. Bir-
mingham. VM Weekend. PO Box 43447.
Birmingham. AL 35243. 205-879-5344.
November 15. Old Reliable 10K. Raleigh,
N.C. Butch Robertson. PO Box 1229.
Raleigh, NC 27602. 919-829-4843.
November 21. Star City Half-Marathon &
5K. Roanoke. Star City Striders. PO Box
8331. Roanoke. VA 24011. 540-966-7866,
or Chris Miller. 540-982-1657.
November 26 (Thurs.). Outback Distance
1st Place Sports. 3853 Baymeadows Rd.
Jacksonville. FL 32217. 904-739-1917.
November 26. Atlanta Marathon & Half-
Marathon. SASE. to Atlanta TC. 397 E.
Shadowsawn Ave.. Atlanta. GA 30305.
404-231-9064.
December 6. First Tennessee Memphis
Marathon. FTMM. PO Box 84. MO-8.
Memphis. TN 38101. 800-893-RACE;
fax: 901-523-4354.
December 12. WZYP Rocket City
Marathon. Huntsville. Ala. Malcolm Gillis,
1001 Opp Reynolds Dr., Toney. AL 35773.
800-235-6207.
December 19. Jacksonville Marathon &
Half-Marathon. 1st Place Sports. 3853
Baymeadows Rd., Jacksonville. FL 32217.
904-739-1917.

MIDWEST
Wisconsin. West Virginia
September 5. Charleston 15 Mile & 5K
Charleston Run Committee. PO Box 2749.
Charleston. WV 25330.
September 6. Scotty Hanton Marathon &
Lapine. PO Box 129. Marysville. MI
W. Va. Masters money. Doneyce Jeffron Jr.,
3330 Canizaro Ave. Parkersburg. WV 26104.
304-422-8916(day); 422-6585.
September 7. Park Forest Scenic 10 Mile &
5K/USATF Women's Championship. 
Park Forest Ten. 301 Centre. Park Forest.
September 13. Chicago Half-Marathon.
Dillon Productions Inc., PO Box 577017.
Chicago. IL 60657. 773-929-5978; fax:
929-6047.
September 13. Columbus Half-Marathon.
UltraFit USA. PO Box 06358. Columbus.
OH 43206. 614-481-9077.
September 19. USAFT Marathon. Wright-
Pattern ABF. Tom Fisher. 88 SPTGISVC.
5215 Chicago. IL 60631.408-673-2883;
fax: 285-3132.
September 27. Frank Lloyd Wright 5K.
October 3. Bowling Green 10K. BG
Classic. PO Box 1802. Bowling Green.
KY 42101. 502-782-3660; 800-599-7223.
October 10. Indianapolis Marathon &
Half-Marathon. Joel Sauer. Indianapolis
Marathon Corp. PO Box 36214.
Indianapolis. IN 46236. 317-826-1670.
October 11. Chicago Marathon. CM. PO
Box 105977. Chicago. IL 60610. 888-243-
3344.
October 11. Dayton River Corridor Half-
Marathon. Chris Brady. Wright Brothers.

SOUTHWEST
Arkansas. Louisiana. Mississippi.
Oklahoma. Texas
October 17. Alamo 10,000. San Antonio.
PO Box 500324. San Antonio. TX 78280.
210-543-0444; fax: 543-0445.
Dallas. X-C Club of Dallas. PO Box
802414. Dallas. TX 75238. 214-855-1511,
or Horace Duncan. 972-270-3264.
November 7. 10 Miles for Texas. The
Women's Emerald Express Run Club.
Cust, Sugar Land. TX 77478. 281-365-2696.
SAM. 1123 Navarro. San Antonio. TX
78203. 210-248-9692.
Dallas WRM. 3607 Oak Lawn Ave.
Ste. 204. Dallas. TX 75219. 214-528-
2962.
February 14. Motorola Austin Marathon
& Relays. Austin. Tex. Motorola Austin
Marathon. P.O. Box 684587. Austin.
TX 78768-4587. 512-305-8304.

WEST
September 27. Race For The Cure 5K.
Newport Beach. Calif. Kinane Events.
2987 Highland Dr. Carlsbad. CA 92008.
760-434-2112; fax: 434-7706.
HMC Assoc.. 3435 Waialae Ave.. Rm. 208.
Honolulu. HI 96816. 808-734-7200.
December 13. Lasse Viren 20K. Point
Mugu ST. Park. Calif. Steve Bums. 505
Briarwood Terrace. Ventura. CA 93001.
805-652-1744.

NORTHWEST
1st. Washington. Wyoming
PO Box 4040. Beaverton. OR 97005.
212-1111.
November 28. Seattle Marathon & Half-
Marathon. SM Assoc.. PO Box 31849.
Seattle, WA 98103. 206-729-3660.


CANADA
October 25. Casino Niagara Intl.
Karen Starke, Heart Niagara. Allied
Health Bldg.. 206-5673 North St, Niagara
Falls. Ontario. Canada L2G 1J4. 905-355-
5552.
November 1. Ontario Masters 5K Cross-
Country Championships. Sunnybank Park,
Toronto. Doug Smith. 416-699-5818;
douglas@sympatico.ca.

INTERNATIONAL
Athens Marathon. c/o Apostolos Green
Tours, 3145 So. Akron St., Denver, CO
80231. 303-755-2888. http://www.rural-
net.net/~apostolo.

RACEWALKING
September 10. 12, 13. Racewalking
Seminar and Clinic by Vinna Sedak. San
Diego State U. Calif. American Racewalking
Assoc., PO Box 4, Paonia. CO 81428-
0004. 970-527-4577.
September 12. USATF National Masters
5K Championships. Kingsport. Tenn.
Bobby Baker. 318 Twinline Dr., Kingsport.
TN 37660. 423-229-4364.
September 13. USATF National Masters
40K Championships. Ft. Monmouth. N.J.
Elliott Dennan. 28 N. Locust Ave., West
Long Branch, NJ 07764. 732-222-9800.
October 4. USATF National Masters One-
Hour & Two-Hour Championships.
PO Box 1905. Brookline. MA 02146.
617-566-7600.
October 17. MAC & East Region 30K
Championships. Central Park. NYC.
Stella Cashman, Park Runners USA. 320 E.
33rd St.. Box 18. NY. NY 10028. Telefax: 212-
628-1317; e-mail: FrankieC@aol.com.
November 7. USATF South Region One-
Hour Championships. Myrtle Beach. S.C.
USATF South Carolina. PO Box 491.
Union. SC 29379-0491. 803-427-1829.
November 22. Gran Prix #1 5K Racewalk.
Central Park. NYC. All ages. Stella
Cashman. Park Runners USA. 320 E. 33rd
St.. Box 18. NY. NY 10028. Telefax: 212-
628-1317; e-mail: FrankieC@aol.com.
November 29. Gran Prix #2 5K Racewalk.
Central Park. NYC. All ages. See Nov. 22.
December 13. Gran Prix #3 5K Racewalk.
Central Park. NYC. Stella Cashman. Park
Runners USA. 320 E. 33rd St. Box 18. NY.
NY 10028. Telefax: 212-628-1317; e-mail:
FrankieC@aol.com.
## U.S. Masters All American Standards of Excellence for Racewalkers

<table>
<thead>
<tr>
<th>Event</th>
<th>5K</th>
<th>10K</th>
<th>15K</th>
<th>20K</th>
<th>25K</th>
<th>30K</th>
<th>35K</th>
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</table>

## Notes:
- Standings are based on elapse time; standards are based on equivalent handicap times.
- Standards are based on elapse time; standards are based on equivalent handicap times.

### Age-graded times:
- For mid-point of each 5-year interval (e.g., age 32, 37, 42, etc.).

## U.S. Masters Standards of Excellence for Walkers

<table>
<thead>
<tr>
<th>Distance</th>
<th>5K</th>
<th>10K</th>
<th>15K</th>
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<tr>
<td>5K</td>
<td>36:42</td>
<td>63:29</td>
<td>90:16</td>
<td>117:03</td>
<td>143:50</td>
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<tr>
<td>10K</td>
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<td>1:39</td>
<td>2:12</td>
<td>2:35</td>
<td>2:58</td>
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<tr>
<td>20K</td>
<td>2:16</td>
<td>3:11</td>
<td>4:06</td>
<td>5:01</td>
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<td>6:51</td>
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<tr>
<td>30K</td>
<td>3:26</td>
<td>4:21</td>
<td>5:16</td>
<td>6:11</td>
<td>7:06</td>
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### Recipients of Certificates/Patches as All-Americans

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<th>Name</th>
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<td>Mike Joe</td>
<td>32</td>
<td>M</td>
<td>Los Angeles</td>
<td>CA</td>
<td>90001</td>
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<tr>
<td>Jane Smith</td>
<td>37</td>
<td>F</td>
<td>New York</td>
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<td>John Doe</td>
<td>42</td>
<td>M</td>
<td>Chicago</td>
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<td>60601</td>
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### All American Standards Committee

- The All American tables have been changed to reflect current marks set by athletes all over the nation. The changes were made by the All American Standards Committee; however, the old tables may be used for one year until people have adjusted to the newer version. This was not done to make it more difficult for the athlete, but to make it more equitable after analyzing all the data.

---

**Application for an All-American Certificate/Patch**

**Name:**

**Address:**

**Sex:**

**City:**

**State:**

**ZIP:**

**Date of meet:**

**Meet Site:**

**Event:**

**Hurdle Height:**

---

**Notes:**
- Certificates are mailed to you with a patch, with a certificate and a patch ordered at the same time.
- The cost for both certificate and patch ordered at the same time is $15.
- 5. A-color, 8" by 10" certificate, suitable for framing, and a-3 color, 3" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.
Continued from previous page

W60 Merton Knight 1:20.65
W60 Angela Johnson 1:20.70
W70 Mary Holland 2:02.30

300m
M30 Jeffery Endres 2:25.56
M40 Wall Barwise 2:23.71
M45 Mike Phillips 2:52.70
M50 Ted Nykeld 2:52.75
Eugene Kester 3:52.77
M60 Rod Smith 3:26.57
M65 Earl Fee Can 2:26.38
M70 Enni McDonald 3:48.52
M80 Penny Delabbio 3:19.54
M90 Ruth Tiegen 2:57.20
W55 Marilyn Morehead 3:00.10
W60 Vicki Lacy 2:42.69
W70 Mary Knight 2:51.85

1500m
M30 Ken Pule 4:50.23
M35 Jeff Endres 4:53.77
M40 Wall Barwise 4:37.50
M45 Mike Phillips 4:12.70
M50 Ted Nykeld 4:13.79
W50 Bill Borth 4:06.08
W60 Cathy Paklakian 3:21.23
W70 Lorraine Keister 3:06.75

Short Hurdles
M40 Mark Jakubowski 17.52
M45 Greg Giovacchini 18.02
M55 Tom Seaver 18.14
M70 Chuck Schur 14.92

110m
M30 Jerry Brown 13.47
M40 Mark Jakubowski 14.56
M50 Stan Kus 14.60
M60 Gary Krueger 13.95
M70 Eugene Kester 15.05
M80 John Lamb 15.30
M90 Ken Ekel 18.10

400m
M30 Bruce Lourie 44.29
M40 Mark Jakubowski 45.83
M50 John Lamb 47.40
M60 Greg Giovacchini 51.27
M70 Tom Seaver 51.91
M80 Chuck Schur 61.46

High Jump
M40 John Smith 1.65
M45 Mark Jakubowski 1.45
M55 Stan Kus 1.40
M65 Gary Krueger 1.35
M75 Eugene Kester 1.05
M85 John Lamb 1.30
M95 Ken Ekel 1.10

Pole Vault
M40 John Smith 6.18
M45 Mark Jakubowski 6.38
M55 John Lamb 6.25
M65 Gary Krueger 6.48
M75 Eugene Kester 6.25
M85 John Lamb 6.25

Decathlon
M30 Robert Pomp 2114
M40 Robert Stire 2113
M50 Mike Phillips 2115
M60 Mike Keene 2114
M70 Tom Field 2114
M80 Ken Ekel 2110

100m
M30 Tom McCrossen 10.8
M40 Robert Stire 11.07
M50 Mike Phillips 11.67
M60 Mike Keene 12.21
M70 Tom Field 12.67
M80 Ken Ekel 13.37

220m
M30 Tom McCrossen 22.7
M40 Robert Stire 23.07
M50 Mike Phillips 23.67
M60 Mike Keene 24.21
M70 Tom Field 24.67
M80 Ken Ekel 25.37

800m
M30 Tom McCrossen 2:04.0
M40 Robert Stire 2:06.37
M50 Mike Phillips 2:08.73
M60 Mike Keene 2:11.10
M70 Tom Field 2:13.47
M80 Ken Ekel 2:15.85

1500m
M30 Tom McCrossen 3:27.4
M40 Robert Stire 3:29.77
M50 Mike Phillips 3:32.14
M60 Mike Keene 3:34.50
M70 Tom Field 3:36.87
M80 Ken Ekel 3:39.24

USATF Midwest Regional Masters Championships Marshall University, Huntington, WV

100m 100
M30 Dennis Culp 12.04
M35 Dennis Hale 12.11
M40 Kent Powers 12.04
M45 Rick Dye 12.05
M50 Mike Keene 12.05
M55 Chris Morley 12.10
M60 Mike Keene 12.07
M70 Kent Powers 12.07
M80 Mike Keene 12.07

1500m 1500
M30 Tony Donlosky 10.33
M35 Dave Shipp 10.35
M40 Mike Keene 10.36
M45 Rick Dye 10.37
M50 Mike Keene 10.38
M55 Chris Morley 10.39
M60 Mike Keene 10.40
M70 Kent Powers 10.40
M80 Mike Keene 10.40

High Jump 15
M30 Kent Powers 5.6
M35 Tom Field 5.6
M40 Rick Dye 5.6
M45 Rick Dye 5.6
M50 Mike Keene 5.6
M55 Chris Morley 5.6
M60 Mike Keene 5.6
M70 Kent Powers 5.6
M80 Mike Keene 5.6

400m 400m
M30 Dennis Culp 45.1
M35 Dennis Hale 45.2
M40 Kent Powers 45.3
M45 Rick Dye 45.4
M50 Mike Keene 45.5
M55 Chris Morley 45.6
M60 Mike Keene 45.7
M70 Kent Powers 45.7
M80 Mike Keene 45.7

1500m 1500
M30 Tony Donlosky 13.11
M35 Dave Shipp 13.13
M40 Mike Keene 13.14
M45 Rick Dye 13.15
M50 Mike Keene 13.16
M55 Chris Morley 13.17
M60 Mike Keene 13.18
M70 Kent Powers 13.18
M80 Mike Keene 13.18

5000m 5000
M30 Tony Donlosky 29.64
M35 Dave Shipp 29.66
M40 Mike Keene 29.68
M45 Rick Dye 29.70
M50 Mike Keene 29.71
M55 Chris Morley 29.72
M60 Mike Keene 29.73
M70 Kent Powers 29.73
M80 Mike Keene 29.73

10000m 10000
M30 Tony Donlosky 57.77
M35 Dave Shipp 57.79
M40 Mike Keene 57.81
M45 Rick Dye 57.83
M50 Mike Keene 57.85
M55 Chris Morley 57.87
M60 Mike Keene 57.89
M70 Kent Powers 57.91
M80 Mike Keene 57.93
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<td>Tim Montgomery</td>
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**SOUTHWEST**

**USATF Southwest Regional Masters Championships**

**San Antonio, TX; July 14**

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**National Masters News**

**September 1998**

**Texas Masters Championships**

**Dallas, TX; July 18**

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**Notes**

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 Continued from page 36

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<td>Women's 200m</td>
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<td>John Herring</td>
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<td>Stan Whitmore</td>
<td>200m</td>
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<tr>
<td>Emma Tracey</td>
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<tr>
<td>Emma Tracey</td>
<td>400m</td>
<td>44.72</td>
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### National Masters News

**September 1998**

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<td>55+</td>
<td>5000m</td>
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**5000m Winners**

- **M65** J. Selby: 23:55.20
- **M60** J. Davis: 23:50.30
- **M55** M. Cleary: 23:45.30

**5000m Breakdown**

- **M55** M. Cleary: 23:45.30
- **M60** J. Davis: 23:50.30
- **M65** J. Selby: 23:55.20

**5000m Qualifiers**

- **M55** M. Cleary: 23:45.30
- **M60** J. Davis: 23:50.30
- **M65** J. Selby: 23:55.20

**5000m Masters**

- **M55** M. Cleary: 23:45.30
- **M60** J. Davis: 23:50.30
- **M65** J. Selby: 23:55.20

**5000m Masters Qualifiers**

- **M55** M. Cleary: 23:45.30
- **M60** J. Davis: 23:50.30
- **M65** J. Selby: 23:55.20

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**Northern California Seniors**

- **City Union, CA; July 12**

**100m**

- **M35** J. Davis: 10.70
- **M40** A. Hecker: 10.70
- **M45** R. Jarrett: 10.70
- **M50** D. Stein: 10.70
- **M55** J. Davis: 10.70
- **M60** R. Mitchell: 10.70
- **M65** W. Moon: 10.70
- **M70** A. Bryant: 10.70
- **M80** G. Adams: 10.70

**200m**

- **M35** J. Davis: 21.40
- **M40** A. Hecker: 21.40
- **M45** R. Jarrett: 21.40
- **M50** D. Stein: 21.40
- **M55** J. Davis: 21.40
- **M60** R. Mitchell: 21.40
- **M65** W. Moon: 21.40
- **M70** A. Bryant: 21.40
- **M80** G. Adams: 21.40

**400m**

- **M35** J. Davis: 43.70
- **M40** A. Hecker: 43.70
- **M45** R. Jarrett: 43.70
- **M50** D. Stein: 43.70
- **M55** J. Davis: 43.70
- **M60** R. Mitchell: 43.70
- **M65** W. Moon: 43.70
- **M70** A. Bryant: 43.70
- **M80** G. Adams: 43.70

**800m**

- **M35** T. Buett: 2:02.62
- **M40** J. Davis: 2:02.62
- **M45** M. Cleary: 2:02.62
- **M50** W. Maitland: 2:02.62
- **M55** L. Cummings: 2:02.62
- **M60** R. Mitchell: 2:02.62
- **M65** T. Buett: 2:02.62
- **M70** A. Bryant: 2:02.62
- **M80** G. Adams: 2:02.62

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**USATF West Regional Masters Championships**

- **Santa Barbara, CA; July 18-19**

**M30**

- **M30** J. Selby: 10.70
- **M30** R. Mitchell: 10.70
- **M30** A. Bryant: 10.70
- **M30** G. Adams: 10.70

**M40**

- **M40** J. Davis: 10.70
- **M40** A. Hecker: 10.70
- **M40** T. Buett: 10.70

**M50**

- **M50** J. Davis: 10.70
- **M50** A. Hecker: 10.70
- **M50** T. Buett: 10.70

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**Continued on next page**
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1998 USA Track & Field
National Masters 5K
Cross-Country Championships

and

Canada vs. USA International Masters
Cross-Country Challenge

Plus

The Genesee Valley Harriers Open 5K Run

Sunday, October 11
The Glen at Genesee Valley Park
Rochester, NY

USATF NATIONAL MASTERS 5K XC CHAMPIONSHIPS INFO:
ELIGIBILITY: the competition is open to all runners, age 40 & over on race day who are members of USATF.
You must have a 1998 USATF number to participate. USATF registration is available by contacting your local USATF office or by contacting your local USATF office. All runners can register by contacting their local USATF office. Registration is $15.00 per non-USATF member, $12.00 for non-Canadian members.

TIME SCHEDULE:
8:00-10:30am: Masters packet-pickup/Open Race Post-Registration
10:00am: USATF Nat’l Masters Women’s Championship
10:45am: USATF Nat’l Masters Men’s Championship
11:30am: GGV/River Romance Open 5K

ENTRY FORM

LAST NAME ________________ FIRST NAME ________________
ADDRESS ________________________________________________
CITY/TOWN ___________ ST _______ ZIP __________
EMAIL ADDRESS (optional) ______________________________
PHONE # (____) ___________ GENDER: M F
AGE ON RACE DAY ________ D.O.B. __________
Masters only Info: 1998 USATF # ______________________
Exact team name: ___________________ Team age group: ______
Note: all runners will be required to sign a liability waiver when picking up their race packets/numbers

CHECK APPROPRIATE FEES AND QUANTITIES

$15.00 Masters Pre-Registration ____________ $10.00 Post Race Chicken Bar-B-Q
$20.00 Masters Late Registration (10/10) ____________ $6.00 Under 18 Chicken Bar-B-Q
$10.00 Open 5K Pre-Registration ____________ $10.00 Masters long sleeve T-shirt
$15.00 Open 5K Late Post-Registration ____________ $10.00 Open 5K Pre-Registration

TOTAL ENCLOSED $________

Make checks payable to: Genesee Valley Harriers (GVH)
and mail to: 160 Laney Road, Rochester, NY 14620-3046
Telephone inquiries: (716) 242-9031
Email inquiries: ghv@frontiernet.net

USATF NATIONALLY RANKED 5K XC CHAMPIONSHIP INFO:
Qualification: the 1998 USATF Masters 5K Championship will be held on October 11, 1998, at the Glen at Genesee Valley Park, Rochester, NY. The race will be open to all runners, age 40 & over on race day who are members of USATF. All runners must have a 1998 USATF number to participate. USATF registration is available by contacting your local USATF office or by contacting your local USATF office. Registration is $15.00 per non-USATF member, $12.00 for non-Canadian members.

AWARDS: The top 30 runners in each age group will receive awards. Awards will be given to the top 30 runners in each age group, 40-49, 50-59, 60-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95+

AWARDS CEREMONY & POST RACE PARTY: The Awards Ceremony will be held on October 11, 1998, at the Glen at Genesee Valley Park, Rochester, NY. The ceremony will begin at 10:00am and will include the presentation of awards to all winners. The Awards Ceremony will be followed by a post-race party at the Genesee Valley Harriers headquarters, located at 160 Laney Road, Rochester, NY 14620-3046. The party will feature a variety of food and drinks, as well as live music and entertainment. All runners, age 40 & over, are encouraged to attend the Awards Ceremony and Post Race Party.

ACCOMMODATIONS: The following hotels are recommended and are located within 5 miles of Genesee Valley Park:

- Holiday Inn Airport: 716-528-8000
- Holiday Inn South: 716-475-1510
- Holiday Inn North: 716-478-9000
- Additional lodging options: call 1-800-777-7682

ALL RUNNERS: All runners are encouraged to attend the 1998 USATF Masters 5K Championship. All runners will receive a race t-shirt. USATF membership is not required for participation.

NOTE: All runners must have a 1998 USATF number to participate. USATF registration is available by contacting your local USATF office or by contacting your local USATF office. Registration is $15.00 per non-USATF member, $12.00 for non-Canadian members.