

# NATIONAL MASTERS NEWS

The official world and U.S. publication for Masters track & field, long distance running and race walking.

158th Issue

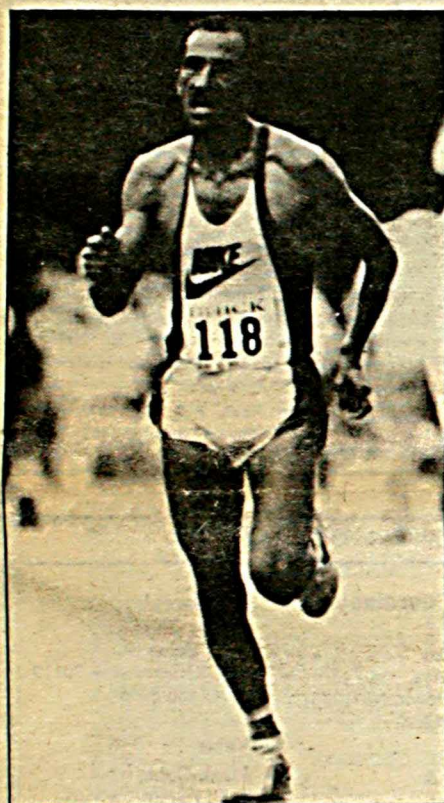
October, 1991

\$2.25

## Binder, Vera Smash Records in Crim 10-Miler

by LOIS CRAIG, Race Director

Laurie Binder, 44, fresh from her record-breaking performance in the Fujitsu 8K on June 15, smashed her own U.S. women's age 40-44 record of 58:34 for 10 miles with a dazzling 56:05 in the 15th Annual Crim Road Race in Flint Mich., August 24. Her time was just short of Zina Marchant's world best of 55:58. For her effort, Binder ran off with \$1500 in masters prize money.



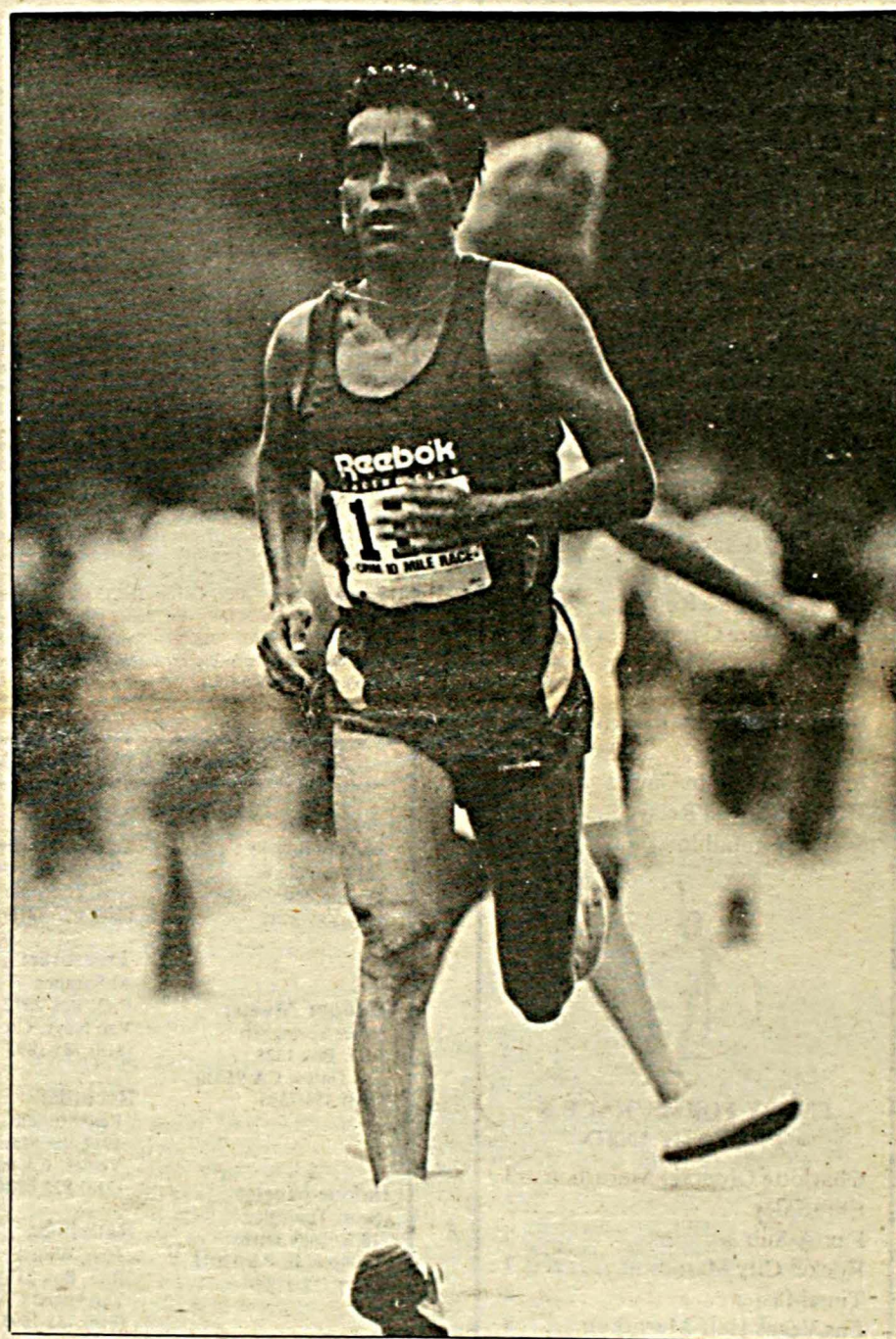
Domingo Tibaduiza, 41, of Colombia, sprints to a 50:29 performance and \$800 2nd master prize in the Bobby Crim Road Race, Flint, Mich., Aug. 24. Photo by Mike Ramsayer

Joining in the record-breaking spirit in the men's division was Manuel Vera, 40, who turned in a 49:17, shy of John Campbell's M40-44 performance of 47:55 in last year's Crim. Vera, a practicing pediatric cardiologist, in Mexico City, also took home \$1500.

Another outstanding performance in the 10-miler was by 62-year-old Whaywong Semer of Oakland, Calif., who eclipsed Jaclyn Caselli's single-age 1983 mark of 1:20:29 with a 1:19:36. Other masters men taking home prize money were Domingo Tibaduiza, 41 (50:29, \$800) and Henry Bickford, 40 (51:29, \$500). On the distaff side Gabriele Andersen, first W45, got \$800 for her 1:00:48 effort, while second W40, Laura Lynn picked up \$500 (1:01:8). Overall winners were Steve Kogo (47:15) and Lesley Lahane (54:02).

Now in its 15th year, the Crim drew a record 11,638 participants. Over 3200 volunteers provided water, directions,

Continued on page 9



Manuel Vera, 40, takes top masters honors with a 49:17 10-mile effort in the Bobby Crim Road Race, Flint, Mich., Aug. 24. Photo by Mike Ramsayer

## Sutton, Finger Set Marks in Don Harris Memorial Meet

by PETER TAYLOR

WYNNWOOD, PA., August 17 — Hot, humid conditions prevailed today at the Third Annual Donald S. Harris Memorial Track Classic held at Lower Merion High School. Even so, world champion middle-distance runner Jim Sutton, 60, ran the 1500 in 4:38.94, smashing Joe King's M60 AR of 4:46.96. Sutton also became the first 60+ American to break 5 minutes with his one mile effort of 4:58.2, eclipsing Dave Stevenson's 2-year-old M60 AR of 5:14.2.

In another record-shattering effort, retired University of Virginia philosophy professor Frank Finger, 76, broke Gil Gonzalez' M75 WR 300H mark of 60.78 with a blistering 56.82.

Madeline Bost, 52, vaulted 2.23 meters for a new best for her. Retired chemist Claude Hills, 79, bettered Herb Anderson's mark in the 80H with an 18.10, while Rhode Island's Sparks Sorlien soared 8.39 in the triple jump.

World 200 champion Ken Brinker, 44, showed his stuff by winning the 110H (15.38), 400 (52.65), and 200 (23.39). Versatile Irene Thompson made her trip from Syracuse, New York, worthwhile by going 4-6 in the W35 high jump, 4.62 in the long jump, and running the 100 in 13.12 and the 400 in 1:02.96.

Among other standout performers, Ed Cox had the right prescription as the good doctor roared through the

Continued on page 8

## Romesser Ends Campbell's Winning Streak at 46 Races

After going undefeated in 46 consecutive races in masters competition, New Zealand's John Campbell, 42, has finally lost.

Indiana's Gary Romesser, 40, upset Campbell in the Philadelphia Distance Run Half-marathon on September 15 in a time of 1:07:14. Luis Lopez, a Costa Rican living in New York, took

second in 1:08:18 with Campbell third in 1:10:25.

It was Campbell's first masters loss since he turned 40 over two years ago. He had defeated Romesser in the Bix 7, on July 27.

California's Laurie Binder, at age 44 running better than ever, smashed the

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# NATIONAL MASTERS NEWS

The official world and U.S. publication for Masters track & field, long distance running and race walking



**Editor and Publisher:** Al Sheahen  
**Senior Editor:** Jerry Wojcik  
**Managing Editor:** Jack Hudock  
**Circulation Manager:** Katie Williams  
**Advertising Manager:** Al Sheahen  
**Production Manager:** Herman A. Neufeld  
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**Track & Field Records:** Pete Mundle  
**Long Distance Records:** TACSTATS  
**Racewalking Records:** Bev LaVeck  
**Track & Field Rankings:** Jerry Wojcik  
**Contributing Editors:** Hal Higdon, Dr. John Pagliano, Mike Tymn

**Correspondents:** John Boyle (FL), Alex Coffin (NC), Mike Davis (IN), Bob Fine (FL), Dick Green (IL), Carl Hammen (RI), Hal Higdon (IN), Dick Lacey (FL), Bob and Carol Langenbach (WA), Gary Miller (CA), Phil Mulkey (GA), Tim Murphy (TX), Paul Murray (NY), Jim Oaks (AL), David Pain (CA), Phil Partridge (FL), Phil Raschker (GA), Dean Reinke (FL), Bob Stone (CA), Pete Taylor (PA), Danny Thiel (LA), Scott Thornsley (PA), Mike Tymn (HI), John White (OH), Ken Young (AZ), David Zinman (NY).

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**Photographers:** Alex Coffin (NC), Gene Cohn (CA), Mike Davis (IN), Vic Sailer (NY), Richard Lee Slotkin (CA), Gretchen Snyder (CA), Tesh Teshima (HI), Jerry Wojcik (CA), David Zinman (NY), Hank Kiesel (FL).

**Creative Art:** Eugene Paasinen, Herb Parsons

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The *National Masters News* is devoted exclusively to track & field, long distance running, and racewalking for men and women over age 30. Each month it delivers 24 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, and all the inside scoops and information that affect the world of masters athletics competition.

Some masters events are sponsored by TAC, the national governing body for athletics in the USA. Some are sponsored by individuals, clubs or other senior organizations.

Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to ages 40+, 50+ or 55+; (please check the schedule for details). Some events require advance registration. Some require a current TAC card (\$7 to \$11 per year, depending on the region). To inquire about a TAC card, call The Athletics Congress in

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212/666-3671

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525 Oak Ridge Dr.  
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TACSTATS  
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# Romesser Ends Campbell's Winning Streak

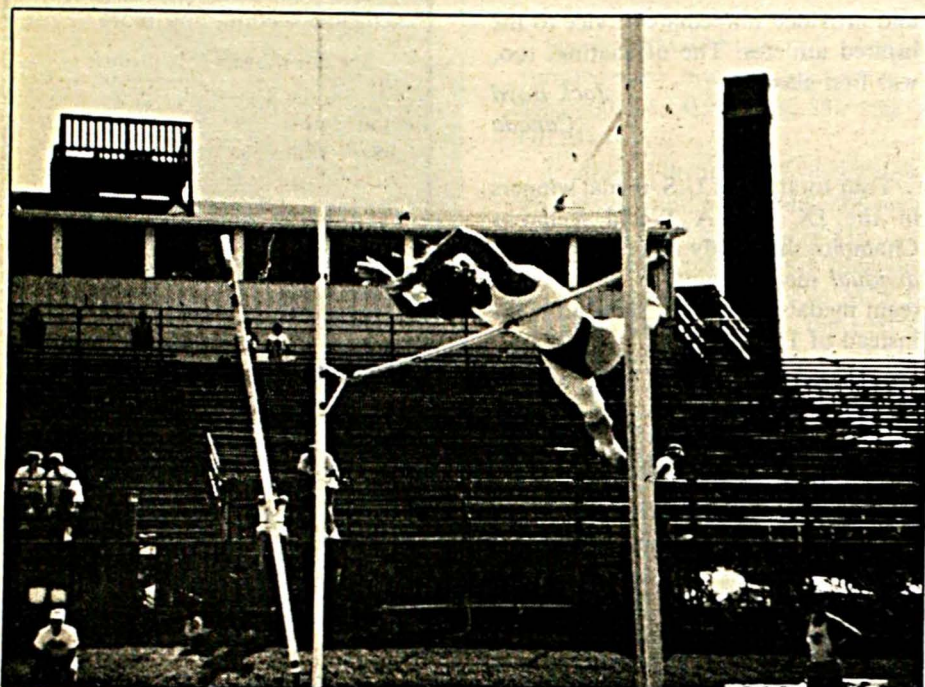
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listed U.S. masters half-marathon record with a time of 1:13:57 for fifth place woman overall. Her time is a 97.9% on the masters age-grade scale and demolished Barbara Filutze's U.S. W40-44 mark of 1:16:00.

Nancy Grayson was second (no time

available). Heather Matthews (1:18:27 was third. England's Priscilla Welch started but did not finish.

Overall winners were Rolando Vera (1:03:00) and Kim Jones (1:12:53). Complete results next month. □



Phil Raschker 44, breaking her W40-44 world pole vault record with a 3.00, TAC National Masters Championships, Naperville, Ill

Photo by Jerry Wojcik



Margaret Perrott, #30010, of Australia waits for her time (12.52) after finishing first in the W30 100. She also beat the field in the 200 (25.82). Terri Woodruff, #30027, finished 5th (14.86), and Kris Wright, 3rd (14.11), TAC/USA National Masters T&F Championships, Naperville, Ill., July 4-7.

Photo by Jerry Wojcik

## ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, OCT., 1991

| ATHLETE (RESIDENCE)                    | BIRTHDATE | AGE GROUP |
|--|-----------|-----------|
| MARGARET BILLS (US)                    | 10-23-16  | 75-79     |
| PEPPER DAVIS (ORLANDO, FL)             | 10-10-26  | 65-69     |
| HELEN DEMPSEY (TRENTON, NJ)            | 10-29-26  | 65-69     |
| SHIRLEY DIETDERICH (BERKELEY, CA)      | 10-15-26  | 65-69     |
| DONNA FERRARI (SAN FRANCISCO)          | 10-21-31  | 60-64     |
| PATRICIA FRANKUS (US)                  | 10-4-26   | 65-69     |
| DONNA GOOKIN (SAN DIEGO, CA)           | 10-12-36  | 55-59     |
| TJITSKE HARTOOG (PHOENIX, AZ)          | 10-31-26  | 65-69     |
| SUSAN HENDERSON (BOULDER, CO)          | 10-16-46  | 45-49     |
| SUE JOHNSON (OAKLAND, CA)              | 10-21-41  | 50-54     |
| MARY LUKER (HOUSTON, TX)               | 10-20-41  | 50-54     |
| JAN MCCLURG (ALDERWOOD, US)            | 10-21-41  | 50-54     |
| JAN MCCLURG (SEATTLE, WA)              | 10-21-41  | 50-54     |
| CAROL URISH-MCLATCHIE (HOUSTON, TX)    | 10-28-51  | 40-44     |
| JARI SMART (US)                        | 10-10-41  | 50-54     |
| SARA ZINMAN (PT. LOOKOUT, NY)          | 10-22-31  | 60-64     |
| AINA ALKSNE (URS)                      | 10-25-31  | 60-64     |
| THERESA BAIRD (AUS)                    | 10-1-41   | 50-54     |
| LEEN VAN BREMDT (BEL)                  | 10-5-46   | 45-49     |
| JUDY DALY (AUS)                        | 10-30-46  | 45-49     |
| JANICE DAVIES (AUS)                    | 10-20-41  | 50-54     |
| PAMELA DUNCAN (CAN)                    | 10-17-46  | 45-49     |
| LESLEY FOLEY (AUS)                     | 10-20-26  | 65-69     |
| ASTA LARSSON (SWE)                     | 10-23-31  | 60-64     |
| CISSIE MALAN (S. AFR.)                 | 10-4-21   | 70-74     |
| URSULA MIEHE (WG)                      | 10-4-41   | 50-54     |
| ELISABET MICHOFER (WG)                 | 10-18-16  | 75-79     |
| RONA PATTERSON (NZL)                   | 10-15-41  | 50-54     |
| JUTTA SCHAEFER (WG)                    | 10-17-31  | 60-64     |
| ILEANA SILAI (ROM)                     | 10-11-41  | 50-54     |
| JEANNE DE WILDE (BEL)                  | 10-14-26  | 65-69     |
| RAY ADAMS (WASH. DC)                   | 10-2-36   | 55-59     |
| REGINALD AUSTIN (AUS)                  | 10-16-36  | 55-59     |
| THANE BAKER (DALLAS, TEXAS)            | 10-4-31   | 60-64     |
| RON BELL (GB)                          | 10-1-46   | 45-49     |
| RICHARD BERGENBECK (CHATTANOOGA, TENN) | 10-23-26  | 65-69     |
| VICTOR BLANCO (SPAIN)                  | 10-21-6   | 85-89     |
| FRANK DEBERNARDI (SAUGUS, CALIF)       | 10-12-21  | 70-74     |
| FRANK DUARTE (LOS ANGELES)             | 10-20-41  | 50-54     |
| RUDY ENDERS (POTOMAC, MD)              | 10-19-31  | 60-64     |
| PAUL FAIRBANK (BETHESDA, MD)           | 10-21-6   | 85-89     |
| JIM GORRELL (APPLE VALLEY, CALIF)      | 10-15-21  | 70-74     |
| KENT GUTHRIE (PLEASANT HILL, CA)       | 10-22-36  | 55-59     |
| HERMAN HAND (PA)                       | 10-29-16  | 75-79     |
| SIMO HELMINEN (FIN)                    | 10-28-31  | 60-64     |
| TORSTI HELMINEN (FIN)                  | 10-16-36  | 55-59     |
| LLOYD HIGGINS (LOS ANGELES, CA)        | 10-31-41  | 50-54     |
| RUDY HOCHREITER (AUSTRALIA)            | 10-26-26  | 65-69     |
| JONATHAN HUTCHINSON (TORRINGTON, CONN) | 10-19-21  | 70-74     |
| DONALD JACKSON (OAKDALE, CA)           | 10-25-26  | 65-69     |
| JOSE KOPITAR (YUG)                     | 10-11-31  | 60-64     |
| EINO LEPPANEN (FINLAND)                | 10-18-16  | 75-79     |
| BILL MCCAFFREY (CROTON, NY)            | 10-2-26   | 65-69     |
| WALTER MCCONNELL (WHARTON, NJ)         | 10-2-31   | 60-64     |
| BERNARD METCALFE (GB)                  | 10-19-16  | 75-79     |
| BILL MORALES (SANTA ANA, CALIF)        | 10-17-16  | 75-79     |
| KEN MUELLER (BELLINGHAM, MASS)         | 10-2-36   | 55-59     |
| TIM MURPHY (IRVING, TX)                | 10-25-21  | 70-74     |
| JOHN PATTERSON (US)                    | 10-0-41   | 50-54     |
| WALTER RENAUD (MALDEN, MASS)           | 10-24-31  | 60-64     |
| NATE ROBINSON (DEARFIELD, FL)          | 10-25-51  | 40-44     |
| JAKOB SCHUMANN (WG)                    | 10-4-1    | 90-94     |
| IMRE TRENYI (HUN)                      | 10-19-31  | 60-64     |
| CARL WALLIN (HANOVER, NH)              | 10-4-41   | 50-54     |
| GEORG WOLFF (WG)                       | 10-4-16   | 75-79     |
| CAROL MCLATCHIE                        | 10-28-51  | 40-44     |
| RODOLFO GOMEZ                          | 10-30-51  | 40-44     |
| DENNIS MARTZ                           | 10-10-46  | 45-49     |

## Races

Marathon • Women's  
10K: includes 1992  
TAC National and  
N.C./TAC Championships •  
Men's 10K: includes 1992 TAC  
National and N.C./TAC Champi-  
onships • Men's Masters 10K

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open and masters

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19 **NCNB** 92

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Address Letters to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

### WAVA GAMES

I certainly enjoyed the IX WAVA World Veterans Championships in Turku, Finland. NMN's analysis and reporting in the September issue was excellent and provided an even broader



Carol Rider, 49, Bridgeport, N.Y., (1:37:45), in the Phelps Sauerkraut 20K, Phelps, N.Y. August 3. Photo by Terry Pearl

view of all the activities and results. In addition, Al Sheahan's announcing was outstanding and lent much to knowing more about the athletes and the competition.

I especially enjoyed the people-to-people aspect of the event. In my mind that is the most enjoyable, important and satisfying part.

Mel Larsen  
Springfield, Illinois

My motto is: "If you can't say anything good about something, don't say it." Therefore, I won't say anything at all about the World Games in Turku.

It was my first foreign country track meet — and it will be my last. I guess Eugene set too high a standard for everyone else to follow.

So, I thank Eugene once again for a wonderful experience, for the friendships I made there, and the camaraderie.

Chuck Sochor  
Gowen, Michigan

Turku was another fabulous experience — meeting masters from around the world. It was different from Eugene but very special in its own way with spectacular performances and inspirational efforts.

Once again we proved that it's possible for people of every race, nationality and political persuasion to live together in unity and harmony.

First aid crews did a wonderful job

and provided immediate service to the injured athletes. The officiating, too, was first class.

Jack Boyd  
Canada

Your total list of U.S. medal winners in the IX WAVA World Veterans Championships only represents the individual medal count. If you include team medals, the count should be 271 instead of 172.

In these events our U.S. masters managed to get another 35 gold, 31 silver and 33 bronze medals. I am very proud of my bronze in the team cross-country event.

Adrien Pronovost  
Corpus Christi, Texas

Great issue on the IX WAVA World Championships. The endless results are great for stat freaks. The W35 1500 showed Tatyana Kazankina in 2nd place at 4:47:58. Is that the 1500 world record holder who ran a 3:52.47 on August 13, 1980 and who was born on December 17, 1951? So she'd be almost 40?

If so, I don't think the WAVA Games have ever had a current world record holder competing. Do you know?

Bob Langenbach  
Seatac, Washington

(That was her. As far as we know, you're right. No other current world record holder has ever participated in a WAVA Championships. — Ed.)

### LET WOMEN COMPETE AT 30

I very much agree with Deborah Eckhart's letter (August NMN) about allowing women to compete internationally at age 30. Like her, I have just turned 30 and have been looking forward to competing in an age group, and meeting all the neat people involved in submasters track and field.

Including women in international competition at age 30 would encourage us to keep training and stay involved in the sport. It would also boost the number of female participants in the submasters program.

Joy Upshaw-Margerum  
Kamuela, Hawaii

### NO AWARDS FOR 60+

I've always enjoyed running the Presidio 10 in San Francisco, and have especially enjoyed seeing my peers decorated after their achievements. But this year there were no awards for anyone over 60.

## Nine 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 goes to:

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| Don Mather                | Mt. Prospect, IL        |
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| Moshe Myerow              | Bangor, ME              |
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| Robert K. Stone           | Kensington, CA          |

When we mentioned this oversight to the race director, he treated us like a bunch of recruits doing K.P. and told us to come back next year. However, I doubt I'll re-enlist. I'm over 65 now and may forget where I placed my boots.

Warren Pait  
San Francisco, California

### NATIONALS

I won a gold medal (W50 hammer) at the Nationals, and my family and friends shared my joy. However, NMN showed two other women threw farther than I, and that one of them broke my U.S. W50 record. But I never saw them throw.

The W50 hammer was scheduled for July 5 at 8 a.m. But on arrival I learned it had been switched to July 4. I was livid. Meet Director Dick Green told me to throw the next day with the men. I did, and later received a first-place ribbon from Green. But my name wasn't listed in the results.

What goes? I agree with Gary Miller (August NMN). The present system is out of date.

Mildred Toman  
Parma, Ohio

### AGE-GRADING

The July 1991 issue of NMN carried an article by Marty Post stating that Evy Palm's age-graded score of 1.0370 for the half-marathon in The Hague is the best age-graded mark on record.

It is also stated that no Americans have reached the 1.000 barrier.

Wrong! Al Oerter had age-graded scores in the discus of 1.0570 (age 50, 65.30m), 1.0461 (age 51, 63.80m) and 1.0420 (age 52, 62.74m). Larry Stuart has a score of 1.0094 for the javelin (age 51, 65.30), and Larry Almborg has a score of 1.0012 for the mile (age 43, 4:06.70).

Bev LaVeck  
Seattle, Washington

Continued on page 11

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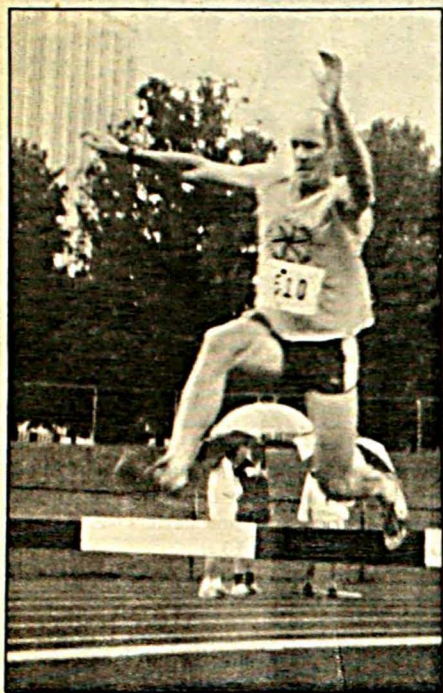
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## Empire State Games Draw 500

by PAUL MURRAY

Nearly 500 New York athletes participated in the 1991 Empire State Games Masters Track and Field meet



George Freeman clears the water hurdle en route to victory (13:31.6) in the M55 steeplechase, Empire State Games, Albany, N.Y., July 27. Photo by P. Murray

held in Albany, July 26-27. Despite the absence of some of the state's top Masters who were in Finland competing in the World Veterans Championships, several outstanding performances were turned in.

Adrian Sterrett of Jamaica dominated the M35 sprints, winning the 100 (11.86), 200 (24.30), and 400 (51.8).

Howard MacMillan of Liverpool sprinted away from his rivals to win the M65 100 (14.64), 200 (30.68), and 400 (70.05).

Rodney Wiltshire of Jamaica looked impressive winning the M40 400 meters (53.17) and 400 hurdles (58.81).

Joe Contario of Newark blew away the competition to win the M35 10K (32:19.6) and came back the next day with a strong second place finish in the 5K (15:37.5).

Vince Colgan scored a tough distance double, winning the M50 5K (17:36.4) and 10K (36:43.7).

Marcia Hulse of Brooklyn established herself as the fastest woman at the meet, easily winning the W35 100 (12.9), 200 (27.12) and 400 (64.4).

Kathy Pierce of Cortland was the busiest athlete at the Games as she won the W40 100 hurdles (16.36), javelin



Mark Heidelberg (54.32) finishes the M45 400 ahead of Jim Buckley (55.34), Empire State Games, Albany, N.Y., July 27. Photo by A. Tetrault

(23.42), and high jump (1.24) and placed second in the 100 (14.35) and 200 (29.2).

After months of uncertainty, the state legislature approved funding for the Games at the last minute, but organizational problems caused many problems for participants in New York's largest masters meet. Frequent delays between heats prolonged the track events unnecessarily. On both nights the last race finished after 11:00

p.m. Athletes and spectators who had arrived at 4:00 p.m. or earlier went home tired and hungry because no food was sold at the track. Disputes over lap counts in the 10K resulted in the disqualification of four runners, invalidating outstanding performances by Harold Rubin, Bob Gauvreau, Julie Wilcox, and Mary Wallace. Results were not provided for the press or participants, and no one seemed to know if meet records had been set. □

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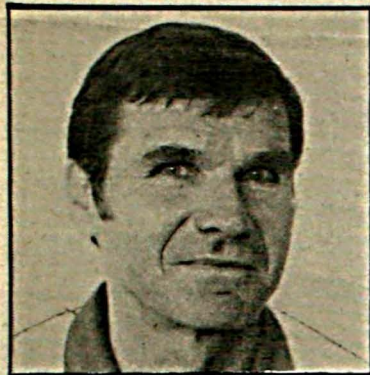
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## Third Wind

by Mike Tymn

### A Matter of Semantics

No doubt many readers reacted as I did to the media report that U.S. Open champion Payne Stewart, as well as fellow golf pros Lanny Wadkins and Mark Calcavecchia, all said that Jack Nicklaus shouldn't be picked for the U.S. Ryder Cup team because, at 51, Nicklaus would not be up to playing two rounds a day.

Thirty-six holes in one day! Wow! What a test of endurance for a person over 50! That's got to be the equivalent of running the Western States 100 miler in under 16 hours. So what if he gets to ride around in a cart for most of it; he's still faced with the challenge of climbing up to each green and then walking back down again. Doing that 36 times two days in a row certainly can tax the legs and cardiovascular system of someone Nicklaus' age.

It may very well be, though, that my facetiousness is based upon ignorance and false assumptions. My initial reaction was to assume that the three golf pros were talking about *endurance*. Moreover, I was applying my own definition of *endurance*. To me, *endurance* is something calling for both the aerobic and anaerobic systems to be pushed to their limits, while the mind allows the body to continue through the exercise of great willpower. I find it very difficult to think of playing 36 holes of golf as requiring such *endurance*.

#### Endurance vs Concentration

What Stewart, Wadkins, and Calcavecchia may have had in mind is not *endurance*, but *concentration*. When Nicklaus turned 50, golf pro Johnny Miller had this to say in a *USA TODAY* interview: "Jack is a once-in-a-lifetime player. But the older you get, the more difficult it is to maintain your concentration over four rounds. The

hardest thing for Jack will be that fourth round when he's in contention."

I can't quite comprehend in what way concentration is affected by age, although I do recall reading a few years back that world-class chess is a young man's game because the older chess masters had lost the ability to concentrate as they had in their youth.

Could it be that there is a link between concentration and the nervous system? "As you grow older, your nervous system isn't as good as it was," said former golf great Jerry Barber in a 1985 *Golf Digest* interview. "And when your nervous system deteriorates through age, that very fine fraction of a second that your timing is off affects your shotmaking, whether it's a chip, a bunker shot, or a drive."

Many aging golfers have made the same comment. Sam Snead referred to aging's attack on the nerves as the "yips."

#### Concentration vs Desire

On the other hand, I wonder if the concentration problems are related to a lack of the necessary desire. Perhaps Nicklaus, having won more than his share of championships and not hungry enough to subject himself to the pressures of competition as the "weariness" of 36 holes begins to set in, would be inclined to back off and relax too much rather than bear down. In his book, *Golf Begins at Forty*, Sam

Snead advises that "When you've got a good round going, you've got to play *cool mad*. You've got to work extra hard to concentrate on the shot at hand. If you don't, you'll get careless and relaxed. That's when the other players start passing you in droves."

#### Endurance vs Strength

Shortly after turning 50 last year, Nicklaus had this to say: "I think my chances are pretty good. I don't have the strength I once had, but strength isn't a factor at Augusta." What exactly Nicklaus meant by *strength* is not clear. Did he mean the strength necessary to drive the ball as far as he once had, or the strength necessary to go 72 holes? I hear the word *strength* tossed around a lot among runners, sometimes used in place of *endurance* and other times used synonymously with *speed*. I'm never quite sure what the runners are referring to, and most of the time I don't think they know either.

#### Strength vs Power

To me, *strength* is a weightlifter pressing 500 pounds over his head or perhaps doing a full squat with similar poundage. *Strength* is not the same thing as *power*; rather it is a component of *power*. *Strength* combines with *speed* or *quickness* and the result is *power*. Al Oerter throwing the discus and Brian Oldfield putting the shot are examples of awesome *power*. Of course, technique is also a factor.

As I see it, there are people who have world-class *strength* but who do not necessarily have world-class *power*. The reverse also holds true.

#### Strength vs Stamina

Applied to running, I see *strength* as the ability to sustain a given pace over a given distance. A person may have the *endurance* necessary to run a mara-



Libby Hagemann, shown here winning the javelin contest with a 58-11, broke the W70-74 hammer WR with a 72-6 and the U.S. discus record with a 62-8, Boston Masters NEAC Meet, Dedham, Mass., July 13.

Photo by Steve Schmitt

thon without stopping, but not have the *strength* necessary to sustain a 6-minute pace for the entire 26.2 miles.

Then again, I have heard two runners in recent months refer to their interval training as building *stamina*. How *stamina* ties in with *endurance*, *strength*, and *speed*, I can't say. My dictionary defines *stamina* as being pretty much synonymous with *endurance*. I suspect that some coach decided he'd use a different word, thereby making his runners think he was on to a unique training method.

If you're an aspiring coach and really want to awe your young runners, try telling them that your training system is designed to build *fortitude*.

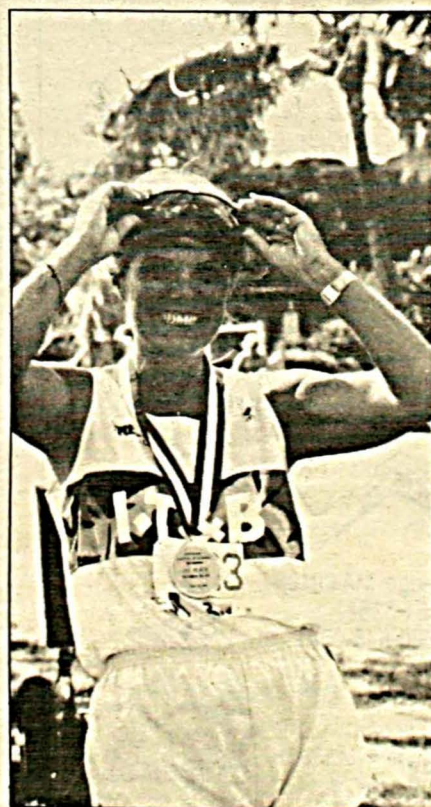
#### Speed vs Leg Speed

On this subject of definitions and semantics, will somebody please tell me who coined the term "leg speed," as in "The runner with the most leg speed is going to win this race"? Whenever I hear a television color commentator offer something along that line, I marvel at his wisdom. Most viewers would no doubt have assumed that the runner with the most arm speed would win it. Isn't "leg speed" something of a redundancy when we're talking about running?

But if we're talking about a long-distance race, isn't it the person with the least *leg speed* (the most slow-twitch muscle fibers) who wins the races?

If we're talking about a one-mile run, where physiologists tell us the best competitors have about 50-percent fast-twitch and 50-percent slow-twitch muscle fibers, neither the person with the most leg speed nor the person with the least leg speed should win the race. I guess that means if you're not exceptionally fast or exceptionally slow, you should be a good miler.

Why is it so confusing? □



Ruth Heidrich, W55 first (1:47:25), Windward Half-Marathon, Kailua, Hi.

Photo by Tesh Teshima

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## Campbell, Binder Take Masters Titles in Bix

by JERRY WOJCIK

John Campbell, 42, of New Zealand, with a 34:58, won his second straight masters title in the Quad-City Times Bix 7 Mile in Davenport, Iowa, on July 27. Gary Romesser, 40, Indianapolis, in 35:32, and Bill Rodgers, 44, Boston, Mass., a Bix perennial, with a 36:27, followed for second in the M40-49 division.

Ronn Baker, Omaha, Nebr., took the M50-59 race in 40:55. The M60-69 contest went to Warren Bystedt, Grand Junction, Colo., 45:52. Deno Tulini, Rock Falls, Ill., ran 51:48 to capture the M70+ division crown.

Laurie Binder, 44, of Oakland, Calif., won her third Bix masters title with a 39:28. Gabriele Andersen, 46, of Sun Valley, Ida., was second in 41:19, and Barbara Fitutze, 45, of Erie, Pa., third in 41:38.

Wen Shi Yu, Kew Gardens, N.Y., won the W50-59 race with a 50:32. LaDean Christensen, Davenport, took the W60-69 race in 61:18, and Ellen McCoy, St. Paul, Minn., won the W70+ affair with a fast 60:46.

This was the 17th running of the race, which was held in perfect weather with temperatures in the low 60s. A record number of 18,124 walkers and official runners started, with over 7700 of the runners finishing.

Ken Martin (32:21), Santa Fe, N.M., and Uta Pippig (37:04), Berlin, Germany, were open winners. □



Vanessa Hilliard broke U.S. records in the W50 discus (29.64) and hammer (39.41), TAC National Masters T&F Championships, Naperville, Ill., July 4-7. Photo by Jerry Wojcik



Bill Collins winning the M40 100 (10.88). Later, he won the 200 with a WR21.38, TAC National Masters T&F Championships, Naperville, Ill., July 4-7. Photo by Jerry Wojcik



Glen Conley, winner of the M30 high jump (2.13), clears the bar, TAC National Masters T&F Championships, Naperville, Ill., July 4-7. Photo by Jerry Wojcik

### Ten Years Ago

- John Alexander, 61, Scores 3611 Points To Win National Masters Pentathlon Championships
- New American W50 10K Mark of 38:16 is Set By Sister Marion Irvine
- Canadian Jean Cleator Breaks W55 5000 WR With a 21:18.5 in North American Masters Championships
- Philadelphia Expects 3000 Entrants For Masters Sports Festival

## Romesser, Grayson Masters Winners in Asbury Park 10K

by JERRY WOJCIK

Gary Romesser, 40, of Indianapolis, and Nancy Grayson, 41, of Columbia, S.C., were masters firsts in the 11th Asbury Park 10K Classic in Asbury Park, N.J., on August 10.

Romesser ran 30:50 to take 25th place overall, the first masters prize of \$750, and the best age-graded masters performance with a 92.6%. Luis Lopez 42, of NYC, second master in 31:30, worth \$400, was also second best performer with a 91.8%. Philip Kircher, 41, Flourtown, Pa., took the third place award of \$300 with a 31:43, but John Hosner, 66, of Blacksburg, VA., M65 winner in 39:09, was third best performer with a 91.2%.

Other division winners were Barry Brown, 47, Bolton Landing, N.Y., 33:32; Fay Bradley, 53, Washington, D.C., 34:31; John Dugdale, 56, Danbury, Conn., 36:40; Jay Sturdevant, 60, Ridgefield, Conn., 38:30; and Michael Bertolini, 71, Bridgeton, N.J., 43:08, in the M70-79 division.

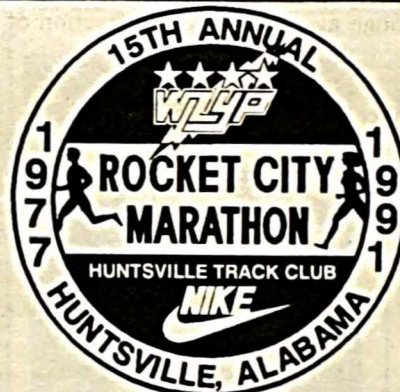
Nancy Grayson, 41, of Columbia, S.C., captured the women's masters

top prize of \$750 with a 14th-place 35:29, a 90.5% performance. Nancy Oshier, 43, of Rush, N.Y., garnered \$400 for her masters second 36:12, but Barbara Filutze, 45, of Erie, Pa., who had the top W40-and-over performance of 91.2% with a 36:15, had to settle for the third-place award of \$300.

The other W40+ winners were Sofia Turosz, 51, Hartford, Conn., 41:07; Wen Shi Yu, 56, Kew Gardens, N.Y., 44:02; Toshiko d'Elia, 61, Ridgewood, N.J., 45:19; Edith Farias, 67, Salisbury Mills, N.Y., 51:00; and Althea Jureidini, 73, Bronx, N.Y., W70-79 victor in 68:50.

Of the 4300 registered runners, 3424 finished. Temperatures were in the low 70s, with a cool breeze, and without the heat and humidity that has plagued the event for the last several years.

Peter Weilenmann, 25, 29:02, of Virginia, and Olga Markova, 23, 32:57, of the now defunct USSR, both won \$3000 for their open victories. Sponsors were J.C. Penney and Shore Athletic Club of New Jersey. □



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## MASTERS ATHLETE OF THE MONTH

### Laurie Binder

This month's Sorbothane Masters Athlete-of-the-Month is Laurie Binder, 44. The Oakland, California nurse seems to be getting better with age. At the upper end of her age 40-44 age group, she demolished Barbara Filutze's five-year-old U.S. women's masters half-marathon record of 1:16:00 with a sensational time of 1:13:57 at the Philadelphia Distance Run on September 15.

The time equates to an age-graded performance of 97.9% — the highest of any masters athlete during the past month.

In addition, she turned in a 96.7% effort with a 56:05 in the Bobby Crim 10-Mile Run on August 24. That broke her own U.S. W40 10-mile mark of 58:00, set two years ago when she was a mere lass of 42.

Runners-up this month included:

- Frank Finger, 76, who set a new world M75 record of 56.82 in the 300-meter hurdles — a 97.2% performance — at the Don Harris Memorial Meet in Philadelphia on August 17.

- Manuel Vera, 40, the first master

at Crim in 49:17 (95.7%).

- Jim Sutton, 60, who set a U.S. M60 record of 4:38.94 (94.4%) in the 1500 in the Don Harris Meet.

- Walt Butler, 50, who set a new M50 WR of 14.34 (93.9%) in the 100-meter hurdles at the Rocky Mountain Games on September 1.

- Gary Romesser, 40, who ended John Campbell's two-year-old masters winning streak with a 1:07:14 (98.7%) in the Philadelphia Distance run, and who won the masters division at the Asbury Park 10K in 30:50 (92.6%).

Each month an outstanding U.S. masters athlete is selected by the staff of NMN, based on performances in



Laurie Binder

track, field, road racing and racewalking during the previous month. The winner receives a \$100 check from Sorbothane.

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Congratulations to Laurie Binder — the Sorbothane Athlete-of-the-Month. □

### Sutton, Finger Master Don Harris Memorial

Continued from page 1

M60 sprints, winning in 13.20 and 28.31. The very capable Sharon Osborne, 40, showed her ability by running 13.48 and 27.74 and 27.74 in the dashes. National W50 400 champion Jane Arnold ran the one-lapper in 67.6 and toured the 800 in 2:37.58. Old pro Ed Matthews, M70, showed good form in running 14.50 and 29.74 in the 100/200.

Salih Talib, M45-49, had the day's best 800 (2:02.9). Shiela Smith, 55, impressed by walking 3000 meters in 17:59.3 (Larry Simmons, M45, led all walkers with 15:40.27). Newcomer Jan Wanklyn, an outstanding triathlete, ran the 1500 in 5:09.3 and 3000 in 10:34.9; Jan is 33 and hails from Australia.

Among the strong set, Virginia's Len Olson, 60, spun the discus 135-6 and put the shot 13.56. Tim Williams, M40, had the longest discus throw of the day-43.60 meters, while Dave Reiss, M40, was the only javelin thrower to break two hundred—204-3 on his first throw. Ann Cirulnick put the shot 8.98 in W55, while Lev Mozhaev, M65, shone in the weight throw with 13.54 meters. □



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All of the women's discus entrants, TAC Western Sectional Championships, Norwalk, Calif., June 22-23, front (from left), Fei-Mei Chou, W55; Shirley Dietderich W50, Shirley Kinsey, W60; rear (from left), Christel Miller, W55; Cheryl Kincaide, W40; Janet Wilson, W35; and Lorraine Coppola, W50.

Photo by Jerry Wojcik

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## DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising is the 10th of the month before date of issue. Send to **National Masters News, P.O. Box 2372, Van Nuys, CA 91404.**



# Masters Health and Fitness

by DANIEL HAMNER, M.D.

## New Light On Muscle Function

A new light on muscle function has been brought about by combining magnetic resonance with optical spectroscopy. Bittance Chance, Ph.D., head of the Department of Biochemistry and Biophysics at the University of Pennsylvania, has developed a new technology where we can see joints, tendons, and muscle configurations during strenuous exercise.

For example, a runner's fiber composition can be analyzed as to fiber type, recruitment patterns and reaction to fatigue. While exercising to exhaustion the MRI will show whether or not this runner has fiber development for a sprinter, middle distance, or long distance. Just think, when we 50-year-olds can't decide whether to be a sprinter or marathoner, we can have the test done!

We need slow twitch fibers for endurance and long distance, and fast twitch fibers for speed and sprints. People ask should we start hopping, bounding and skipping to get these fibers? The answer is yes!

Plyometrics or eccentric loading will

help develop those fast twitch fibers necessary for shifting gears in the 800 and 1500 meter runs. If you are too embarrassed to do this, there is a new machine out called Shuttle 2001. This machine allows you to bounce horizontally on a slide against variable resistance while pushing off a foot pad. I use this for my injured runners to keep those fibers firing when I take them off their interval work. □



Joe King, finishing with an AR 4:56.81, M65 1500, National Masters T&F Championships, Naperville, Ill., July 4-7. Photo by Jerry Wojcik



Pat Gallagher, M65 second (63:37), Gasparilla 15, Tampa, Fla. Photo by Hank Kiesel

## Binder, Vera Smash Records in Crim Road Race

Continued from page 1

food and pats on the back. The race "festival" also included an 8K, 5K, 8K racewalk, a family 5K walk, and a quarter-mile run for the kids.

The post-race party featured a smorgasbord of ethnic restaurants assembled under long, narrow tents, rides for the kids, and great music from several local bands. □



Harvey Franklin, M45 1500 winner (4:20.02), TAC/USA National Masters T&F Championships, Naperville, Ill., July 4-7.

Photo by Jerry Wojcik



Yvette Lavigne, W50-54 800 first (2:43.8), TAC Western Sectional Masters Championships, Norwalk, Calif. Photo by Jerry Wojcik

## TAC NATIONAL MASTERS

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11:00 am Masters Men (40 & Over)

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John White, Meet Director  
4865 Arthur Place  
Columbus, Ohio 43220  
[614] 459-2547 (h)





# MASTERS RACEWALKING

by ELAINE WARD

## Racewalking in Turku

The following is taken from interviews with Viisha Sedlak, W40 Gold Medalist in the 5K and 10K walks; Joan Rowland, W65 Gold Medalist in the 5K and 10K walks; Jolene Steigerwalt, W45 Bronze Medalist in the 5K walk; Max Green, M55 Bronze Medalist in the 20K walk; Jack Bray M55 and John MacLachlan M60.

**What did you think of the quality of the competition?**

**Viisha:** The walkers are getting faster everywhere in the world. The women's competition was excellent, and I expect that it will get tougher in the next years. With the Women's 10K in the Olympics, more women will be getting involved with racewalking.

**Jack:** To understand the quality of competition in the men's divisions, look at the winning times and the first Americans' times. In M40, the winning time was 20:58.0; the first American's time was 23:58.9 and he was 10th! In M45, the winning time was 21:45.6; the first American's time was 24:22.7 and he was 12th. In M50, the winning time was 22:33.7 and the first American's time was 23:53.9 for 8th place. In Max's and my division, M55, the winning time was 22:44.5, and Max was 5th in a time of 24:23.9.

Using M55 as an example, the winner was Vladimir Golubnitshi, a Russian who is a four-time Olympian and Gold Medal Winner, and the present Russian racewalking coach. I am not sure about the 2nd place winner, but the Englishman, David Stevens, who came in 3rd, is also an Olympian and former member of the British National Team. These men are world-class walkers. It was very different in Eugene.

**How was the track for the 5K walks?**

**John:** The 5K walks were held on an all-weather track with an excellent,

new surface. I didn't hear a complaint about it. The setting was more typical of one of our high school tracks where there are bleachers on one side of the field.

**Joan:** The racewalkers, as usual, had their races in a different venue than most of the major events. We were in Raisio, which is a town about 30 minutes away for Turku by bus. For this reason, and because of torrential showers the whole day of the 5Ks, the walks had no press coverage, and no photographers or spectators for the award ceremonies.

**Besides the intense competition in many of the 5K races, did anything unusual happen?**

**Jolene:** Some of the age groups had trouble with lap-counting which, in my case, made for a very hectic, but exciting race. A kid was in charge of flipping the lap cards telling the walkers how many laps they had to go. But he flipped the card as the lead walker went by, so as the slower walkers came through, they became confused as to the lap they were on.

**Jack:** Have you ever felt light in the head and light in your body? When the gun went off to start our race, I was levitating. I led the entire field for 1½ laps. My first lap was 1:40 and, of course, it was too fast. A 1:55 pace would have been ample, and at that pace, I might have had a chance to contest the bronze medal. As it was, I led

Golubnitshi for 1½ laps and it took Max nine laps to catch me. It wasn't wise race strategy, but it was an amazing feeling to feel so light and fast.

**John:** I watched Bob Mimm's race (M65), and we are talking about world-class walkers. Bob took 5th, and he had to work to do that. There was a comical aspect to the race. Bob had a short, stocky Italian behind him who did not have Bob's speed. So nearly every time he was going around a curve or was at a certain place on the track, he would go into a creep to catch up to Bob. When the race was in the third mile, it started to get to me. I went through the gate and approached a female judge who had been there for some time and said, "Am I the only one seeing that, or are you people seeing it, too?" She answered, "He knows I am watching." I replied, "I hope that your associates are doing something because it is totally unfair."

During all the 5K races, there was a minimum of three judges on each side of the track. Because there were so many age divisions, they worked in shifts. They were all business, and though some were tougher than others, the judging was pretty fair.

**What was the 10K and 20K road course like?**

**Viisha:** The course was designed by someone who obviously wasn't familiar with racewalking. The coned turns were basically the width of the cone, so each walker lost time at the turns. The course was very hilly with long, fairly steep grades; and there was a section of chopped up asphalt where every walker lost more seconds. I feel that the 10K and 20K times of both the women and men are not truly reflective of the effort made.

**Max:** The course was okay, but it was hard to get splits. I like to get splits every 2 to 2.5 kilometers. The course went around the 400 meter track, down a hill, made four loops of 1900 meters or so, and went back up the hill to finish on the track. Though there was a clock on the loop, there was no way of judging how far you had walked so it was hard to use. I am real good at pacing so it hurt me a little.

**How was the 10K walk?**

**Viisha:** The strongest learning experience I took away from Turku was

in the 10K. Because those of us in front had such an aggressive race, we were all very tired starting up the hill to finish on the track. I was pressing as hard as I could. I looked back and saw a walker behind me and was surprised because I thought I had left everyone behind. A few steps later, I looked back again, and she was closer. So again, I was surprised that she was coming on so fast.

Naturally, the last thing you want at the end of an aggressive race when you are pooped is to have someone walking you down quickly. So, after a little mental, "Oh, no," I realized that if I wanted to beat this woman, I would have to go faster, and I didn't know if I could. I told myself to go. My body tried to respond, but for a few moments, nothing really happened. Then, I was able to pick up my pace, eventually maintain, and then gain to beat the challenger.

It was a good lesson for me. It is always exciting when you have to dig to a new depth in a competition. Sometimes you have to find out how much is in

Continued on page 19

### 1991 Indoor Mile Walk Compiled by Jerry Wojcik

Includes December  
1990 results

|                    |          |  |
|--------------------|----------|--|
| M40-44             |          |  |
| 1 Dean Easterlund  | 8:12.0   |  |
| 2 Phil Kane        | 9:10     |  |
| 3 Greg McCoy 40    | 9:40.5   |  |
| 4 Dave Gustafson   | 9:48.1   |  |
| 5 Stan Kaufmann    | 10:33    |  |
| M45-49             |          |  |
| 1 Gary Null        | 8:51.21  |  |
| 2 Larry Simons     | 7:32.0   |  |
| 3 Franco Pantoni   | 7:32.54  |  |
| 4 Paul Butkovich   | 8:34.3   |  |
| 5 Frank Weibel     | 8:57.2   |  |
| 6 Joel Dubow       | 9:11     |  |
| 7 Gerry Havasy     | 9:35.2   |  |
| M50-54             |          |  |
| 1 Tom Zdrojewski   | 8:05     |  |
| 2 Joe Stefanowicz  | 9:17     |  |
| M55-59             |          |  |
| 1 Ellis Lesack     | 9:30.7   |  |
| 2 Bob Flynn        | 13:52    |  |
| M60-64             |          |  |
| 1 Ed Gawinski 63   | 9:17     |  |
| M65-69             |          |  |
| 1 Ray McKeeman     | 10:14.9  |  |
| M75-79             |          |  |
| 1 Jerry Wible      | 11:02    |  |
| 2 Warren Wiggins   | 13:25.0  |  |
| M80-84             |          |  |
| 1 Al Sabaroff      | 13:52    |  |
| W30-34             |          |  |
| 1 Susan Liers      | 7:19.93  |  |
| 2 Karen Rezach     | 7:34.19  |  |
| 3 Glenda Heffer    | 9:23.9   |  |
| W35-39             |          |  |
| 1 S DeNoon         | 8:51.10  |  |
| 2 C Best-Hall      | 8:55.73  |  |
| 3 Lucy Alvarez     | 9:07.9   |  |
| 4 Jessica Krow     | 9:27.2   |  |
| 5 Holly Farmer     | 9:33     |  |
| 6 Holly Myers      | 10:17.7  |  |
| 7 Kathryn Davis    | 10:21.72 |  |
| W40-44             |          |  |
| 1 Ceane Nabada 40  | 10:35.4  |  |
| W45-49             |          |  |
| 1 Elis Butkovich   | 10:40.9  |  |
| 2 Susan Levy       | 12:38    |  |
| 3 Eileen Furman    | 15:20    |  |
| W60-64             |          |  |
| 1 Joan Rowland     | 10:08.13 |  |
| W65-69             |          |  |
| 1 Queenie Thompson | 11:28.65 |  |



W40 walkers get set for the start of the 5K walk at Raisio Field at the World Veterans Championships in Turku



## Write On Continued from page 4

## CORRECTION

In the July issue of NMN, page 26, Dean Reinke mentions in his Director's Corner column that I will soon be entering the veterans category and that meet directors should contact *him* if they are interested in having me in their race.

I do not wish — nor will I ever wish — to have Dean Reinke represent me in negotiations with race promoters.

Anyone interested in my participation at their event should contact either Greg Meyer at Brooks, U.S.A. or Kim McDonald, 24 Park Rd., Traralton, Middlesex, England. Kim's phone number is 081-977-2902.

Thank you for printing this clarification.

Some readers provide additional support to the National Masters News and to the Masters program by sending contributions of \$25, \$50 or \$100 a year. If you are able, we urge you to join them. All contributors will receive a free copy of the new Masters Age Record book and will be listed in the paper as a National Masters News sustainer.

tion and may I congratulate NMN on an excellent publication. *Nick Rose  
Bristol, England*

## UNFAIR LANE ASSIGNMENTS

Who originated the present system for lane assignments in the 100/200/400-meter races, and why should it continue to be used?

The method is for the #1 seeded competitor to be assigned lane 4, #2 to lane 5, #3 to 3, #4 to 6, #5 to 2, #6 to 7, #7 to 1 and #8 to lane 8. This presupposes perfect seeding will result in an arrowhead figure as the finish line. Who cares?

Forgetting the 100 meters, which is run on a straightaway, and not subject to the disadvantages of such positioning. Has anyone ever asked a 200 or 400 competitor which lane they prefer? Most will pick lane 2 or 3 so they can key on their rivals in a staggered start.

Why should the #1 seed be handicapped by starting in lane 4, and the #2 seed be further handicapped by starting in lane 5? The tightness of turns in lanes 1 and 2 is vastly overrated when compared with the disadvantages of running in outside lanes.

In discussions with other sprinters, I have yet to find one who prefers lane 4 to 2. Wouldn't it be better to change

the present system to one preferred by the competitors? How about it?

*Jim Manno  
Oradell, New Jersey*

## KUDOS

Congratulations to Jeff Baty and his coworkers for the outstanding TAC National Weight Pentathlon Championships which they conducted recently in Gonzales, La.

I join my fellow competitors in the often-expressed comment that this was the finest meet we have competed in. Every event had adequate judges and scorers, and the announced schedule was carefully followed.

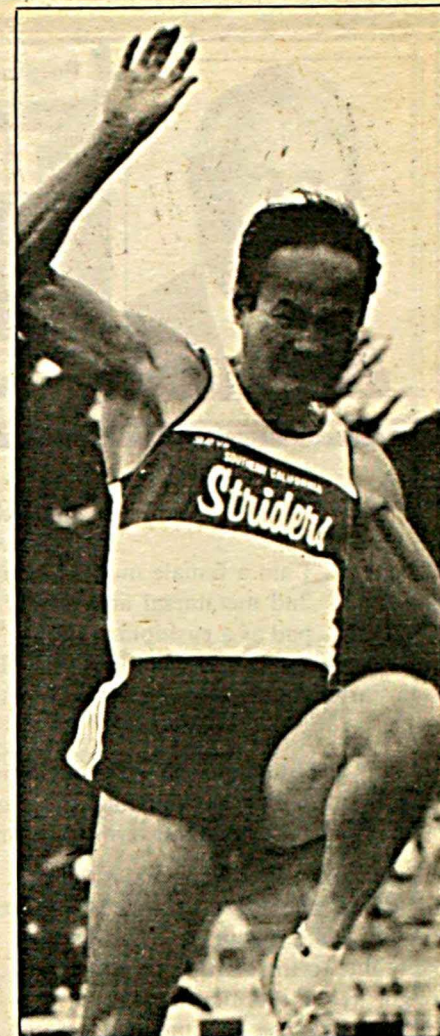
The fellowship around the table laden with jambalaya was outstanding.

*Gordon Powell  
Holly Hill, Florida*

I want to congratulate Scott Thornley for a job well-done in organizing the TAC Eastern Sectionals. Thanks.

*Terry G. Shuman  
Mountville, Pennsylvania*

■ The letters column is an open forum for all viewpoints on subjects of general interest to our readers. Letters should be addressed to: Write On, NMN, P.O. Box 2372, Van Nuys, CA 91404. They should be kept as brief as possible and are subject to condensation. They must include a signature and a valid mailing address.



Roger Tsuda won the M55 long jump with a 5.38, Club West Meet, Santa Barbara, Calif. last year. This year's meet is on October 19.

Photo by Fred Niedermeyer

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## Pagliano's Podiatric Pointers

## THE FOOT BEAT

by JOHN W. PAGLIANO, D.P.M.

## Metatarsalgia

**Q.** I am a female masters runner who has been experiencing pain in the 2nd metatarsal area of my left foot. Even though I use an orthotic pad as a cushioning device, the pain continues to bother me and I feel as though I am walking on a big lump. I have begun to limit my mileage and have even started taking some days off. What can I do to get rid of this pain permanently?

**A.** Unfortunately, your condition is one that is becoming more common among veteran long distance runners. Metatarsalgia is probably the most common term to describe this running injury.

Essentially, what happens, is the 2nd metatarsal-phalangeal joint becomes traumatized. In your case, it was probably due to the shifting of your body weight from the first to the second metatarsal. The second metatarsal joint is much smaller than the first and could not take the excessive load placed on it from running.

Age is another factor. With the weakening of the intermetatarsal ligaments, the metatarsals tend to 'drop' and become traumatized when we run. Trauma, such as that encountered when wearing light weight training shoes or shoes with poor mid-sole cushioning, can also cause this condition.

The sequence of events usually occurs when the joint is damaged. Obviously the soft tissue structures on the plantar side of the joint become irritated and inflamed. This includes the

tendon, nerve and soft tissue capsule underneath the joint. Eventually the joint loses its flexibility and stiffness sets in.

In advanced cases, the second toe will ride up over the metatarsal head and cause retrograde pressure, further irritating the metatarsal-phalangeal joint. In severe cases, there is joint swelling and pain.

Obviously, this can be a severe disability to the running athlete. It is necessary to take aggressive action at once. The easiest process would be to take a 6-week layoff, using cross-training to remove stress to the foot. This would be limited to swimming and easy bicycling. If the pain and swelling go down you can return to running on an asymptomatic basis.

I have found the use of a foot orthoses with a metatarsal lift to be quite helpful. You can return to running

with this orthoses, but you may have to limit your running until the swelling has diminished. The use of ice packs after the run is recommended.

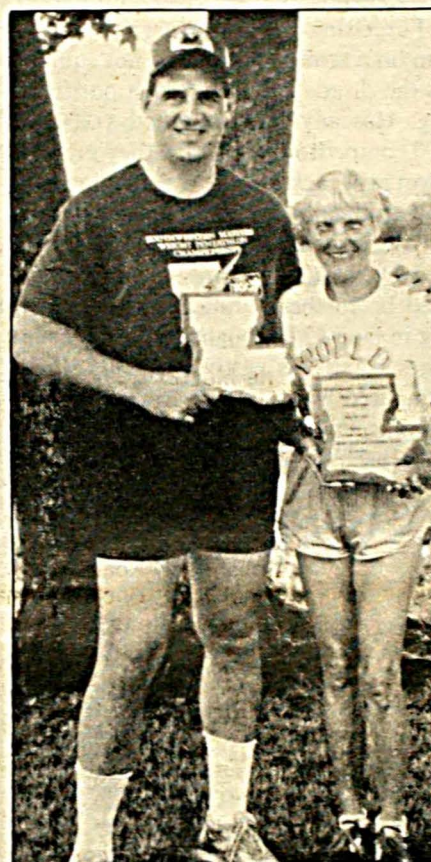
Medically, I have not had much luck with the use of oral anti-inflammatories. Probably buffered aspirin is your best choice. The use of a low-dye strapping, which is a foot-taping technique, is quite helpful. The drawback is you must tape your foot on a daily basis. In addition, the use of a well-cushioned training shoe is essential. Running on soft surfaces such as grass or dirt is recommended.

If all else fails, I have had great luck with the use of injection of a non-steroidal anti-inflammatory (yes, it is in-

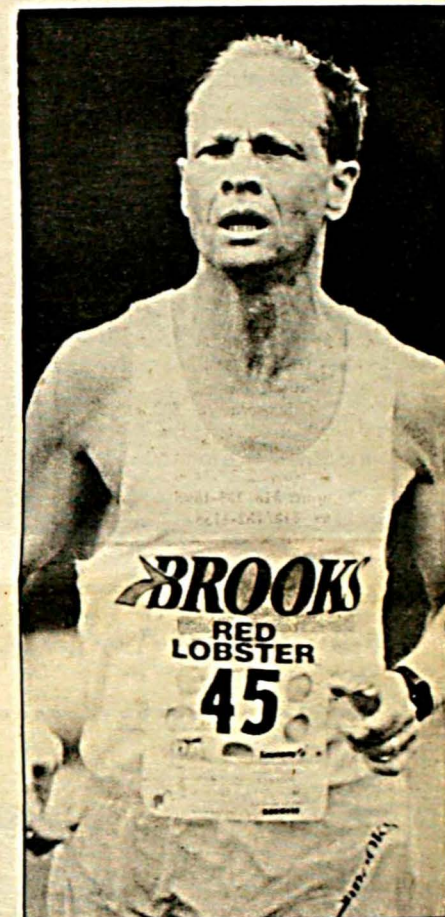
jected with a local anesthetic). This is probably the quickest and most effective method.

Finally, you may wish to try a surgical correction. There are simple procedures and more complicated procedures, so I recommend that you try all your conservative therapies first. Physical therapy can also be quite effective. This would include ultrasound, contrast baths and EMS to reduce joint swelling. □

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 2372, Van Nuys, CA 91404.)



Roger Kamla, M35, and Mary Norckauer, W65, show off their plaques for men's and women's overall champions, Louisiana Lightning Southwestern TAC Masters Weight Pentathlon, Gonzales, La. Photo by Jeff Baty



Larry Almberg, 43, of Ellensburg, Wash., fourth master (30:52) in the Red Lobster 10K, Orlando, Fla. Victor Sailer/Agence Shot

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## New Books on Running

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2) *Think Fast — Mental Toughness Training for Runners* by Joe Henderson, author of *Running Commentary* who has written 15 books on running, and James Loehr.

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Loehr's principles of mental toughness — psychological conditioning for athletes preparing for competition — specifically for runners. To order, send \$12.95 to Plume, 375 Hudson St., New York, NY 10014; 212-366-2222.

3) *Lore of Running* by Tim Noakes, M.D. is subtitled "Discover the Science and Spirit of Running." It weighs in at three pounds, is 804 pages long, and answers hundreds of questions about running. Noakes, a marathon runner, physician, and exercise physiologist, helps the reader "discover the science and spirit of running." Among its 18 chapters are: Energy Metabolism During Exercise, Diagnosis and Treatment of Running Injuries, Nutrition and Weight Control. Send \$19.95 to Human Kinetics, PO Box 5076, Champaign IL 61825; 800-747-4457. □



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## MASTERS TRACK & FIELD REPORT

by **BARBARA KOUSKY**  
Chairman, TAC Masters Track & Field Committee

### U.S. Well Represented in Turku

The United States was well represented at the WAVA Championships in Turku — 470 athletes competed, an increase of 72 over the Melbourne Championships in '87.

Having a full time Team Manager proved to be very important. Sandy Pashkin, who served in that capacity, did a terrific job. Sandy quickly developed rapport with the other team managers and the Director of Competition, and was instrumental in helping solve problems. Her knowledge and background as a competitor, official, meet director and coach, proved to be very beneficial. Her ability to respond quickly and in a fair manner was appreciated by all the athletes. Thanks again, Sandy!

The June issue of *Modern Maturity* featured an article on older athletes competing in senior sports. The response to the article was tremendous. Along with the Masters LDR committee chair, Charles DesJardins, and Bruce Douglass, TAC Racewalking Committee Chair, we received hundreds of inquiries regarding our track and field program. Each person was

sent a copy of our new program brochure, a listing of the masters clubs in the U.S., and a complimentary copy of *The National Masters News*.

From the letters we received we know there are many athletes who are not aware of our program, or who are possibly aware of it but feel it is for the "elite" athlete. Hopefully, the material they received will help dispel

this myth, and we will see many new competitors from throughout the U.S. joining our program.

Additional brochures are available to anyone who would like to have them. We would like to see the brochure distributed wherever masters athletes compete, as well as at senior organizations, YMCA's, etc. Contact your Sectional Coordinator, our secretary Marilyn Mitchell, or write to me requesting your copies.

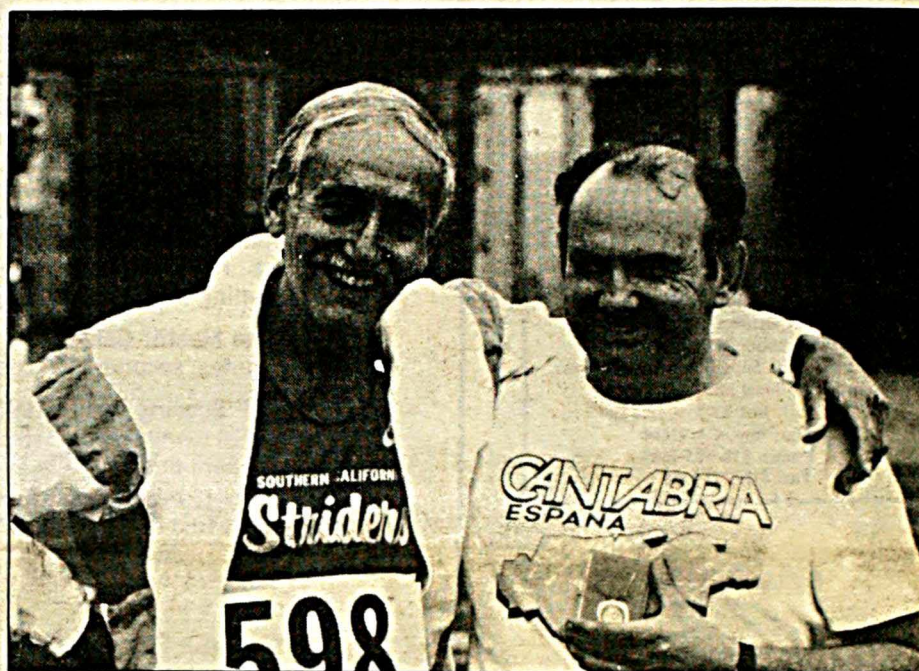
This year's TAC Convention will be held December 3-7, 1991, at the New Orleans Sheraton Hotel. Delegates and other interested persons are reminded that registrations postmarked after October will cost an additional \$10.00.

In order to assure confirmation of

your hotel reservation, it must be received on or before November 29. After that date they will be subject to availability inasmuch as the TAC/USA room block will be released to the public.

Items on our committee's agenda include awarding our 1993 Championship, budget, Meet Directors Manual, committee and sectional reports, awards, Committee Chair election, and USA uniforms.

If you need registration forms or hotel reservation cards, please contact TAC, Post Office Box 120, Indianapolis, IN 46206. If you are an Association Delegate, you should receive those materials from your Association. □



Los Angeles Dave Douglass (left), M55, and Juan Bustamante, M45, celebrate victories in last year's Club West Meet in Santa Barbara, Calif. This year's meet is set for October 19.

Photo by Fred Niedermeyer

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The *National Masters News* is the official world and U.S. publication for Masters track & field, long distance running and race walking.

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CZZMN

### Records Fall in Dayton Meet

by JERRY WOJCIK

The Dayton Classic Track and Field Meet in Ohio on August 10 drew a strong field of Midwesterners, who produced two U.S. age-group records.

Don Gammie ran a 10:13.7 in the M60-64 3000, breaking Californian Dave Stevenson's 10:31.4, set in 1989. Joann Grissom broke her own W50-54

mark of 39-7½, of 1989, with a 40-0.

Denver Smith ran the short hurdles in a hand-timed 16.9. The U.S. record is an automatic-timed 17.43 by Robert Hunt in 1985.

Willie Blackmon had excellent times in winning the M65 100 (13.1), 200 (27.5), and 400 (62.1).

Lois Brown, W35, ran the 800 in 2:22.9 and the 1500 in 5:06.8. □

### Butler Hurdles to WR in Colorado

by FRANK BOWLES

Walt Butler of California bettered the listed world record with a 14.34 in the M50-54 100mH in the Rocky Mountain Games at Colorado University, Boulder, August 31-September 1. The unofficial record is a hand-timed 14.3 by Charles Miller in 1988. Butler has a pending 13.71, set at the Western Sectional in June.

In other events, Coloradan Thad Bell, 47, posted the best times of all M30-and-over in the 50m (6.37), 100 (11.64), and 200 (23.34). Viisha

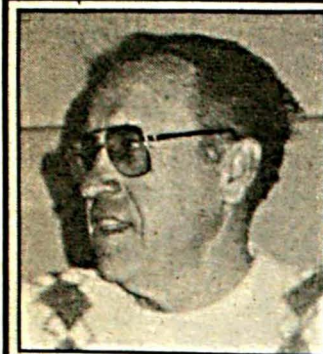
Sedlak, 42, of Colorado, finished first overall of 21 men and women in the 5000 racewalk with a 25:38.6.

In the throws, Tom Gage, 48, of Montana, topped all competitors in the shot and hammer, with a 48-3½ and a 183-6.

Pete Stopoulos, 55 (3141), of Illinois, and Charlotte Carter, 38 (2272), of Texas, were highest scorers in the pentathlon. Zamir Bavel, 62, of Kansas, had the best total (3297) in the weight pentathlon.

Over 120 competitors enjoyed sunny skies in the 11th edition of this event.





## MASTERS LONG DISTANCE RUNNING REPORT

by CHARLES DES JARDINS  
Chairman, TAC Masters  
Long Distance Running Committee

### New Orleans to Host Convention

**W**e are again approaching TAC's annual convention — this time in New Orleans from December 3 to 7. The Masters LDR Committee will have many important tasks to perform. Come and be a part of determining our future.

We must select runners-of-the-year by 5-year-age-groups for both men and women. If you think you should be considered, provide your race results to Kirk Randall (men) or Ruth Anderson (women). Their addresses are listed on page 2.

One of the most important jobs at

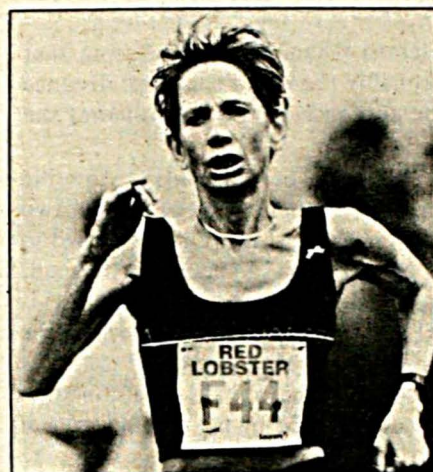
the convention is awarding TAC National Masters Championships. For the first time, TAC rules allow us to conduct championships at any distance of one mile or longer.

For 1992, only the 5K X-C, half-marathon and marathon have already been awarded. For 1993, only the

marathon is closed. All other distances are available for championships. It is our intent to award our Championships two years ahead so as to give race directors and athletes optimum time for planning. Contact Kirk Randall for information.

There has been discussion within TAC to merge Masters LDR and Masters T&F into one committee. Both committees are strongly opposed to a merger. The most powerful among many reasons is the reduction of authority throughout TAC's structure.

Your voice and participation in TAC Association activities and national committee activities will insure masters representation. See you in New Orleans. □



Nancy Grayson, 40, of Columbia, S.C., third woman master (37:00) in the Red Lobster 10K, Orlando, Fla. Victor Sailer/Agence Shot



Jim Boland, fourth M65 (70:12), Gasparilla 15K, Tampa. Photo by Hank Kiesel



"The Classic Collection," mixed masters winners of the 193-mile Hood-to-Coast in 23:04:17. Chuck Cammack, Sue Cammack, Jane Dods, Ed Englemann, Phil Klaus, Terry Loffelmacher, Rick Main, Maeve Metzker, Levi Query, Rob Rickard, Karen Romero, and Grace Walsh.

Photo by Jane Dods

### Oregonian Hood-to-Coast Relay

by JANE DODS

The 10th annual running of the 193-mile relay from Mt. Hood to the Pacific Ocean took place on August 23-24. There were some 750 teams totaling close to 8000 runners. Teams are made up of 12 runners; each of whom runs three approximate five-mile legs. The interval between the legs is anywhere from 5 to 8 hours (depending on pace).

Although this would seem to allow ample time for runners to rest, in actuality, it was catnaps for most of us, as the team's vans rolled from one hand-off point to the next. All in all, the people with the most stamina may well have been the drivers of the vans, who stayed awake for over 24 hours.

Starting at the Timberline Lodge on Mt. Hood, the teams took off in waves from 2:30 p.m. to 11:00 p.m. After dark, reflective vests and flashlights are mandatory. This year, a full moon

lent a special aura to the scene but did little to illuminate the runners' footsteps as they paced through the night (as a number of trips and tumbles attested). Fortunately, no major injuries ensued.

Relays such as this promote a great deal of camaraderie — from the joy of cheering on one's teammates along the course while en route to the next hand-off point to the shared intimate ambience of wet socks and other assorted wearing apparel in the van.

Team names are also a big item, often a dead give away to the team's "inner self." Signs are prominently displayed on each van — ranging from the "Hot Flashes" (a women's masters team) to "Rode Hard, Put Away Wet."

Official cut-off time for finishers was midnight on Saturday. Awards were given out Sunday morning on the beach at Seaside. □

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□

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# On The Run

by Hal Higdon

## Chasing Paavo Nurmi's Shadow

**O**n a sunny Saturday this summer, I jogged through the streets of Turku, crossed the river, and turned up the road to the stadium, passing as I did Paavo Nurmi's statue.

It cast a shadow in my path.

I was in Turku for the 1991 World Veterans Championships chasing that shadow. Turku once was home for Nurmi, arguably the world's greatest distance runner. A statue of him running guarded the approach to the *urheilupidto*, the track.

In a career spanning three Olympic Games, Nurmi won seven gold and three silver medals. His brightest moment came in the 1924 Games when he won the 1500 and 5000 meters on one day.

I never raced Nurmi, who was a generation before my time, but I raced his son on the same Turku track that served as a site for the 1991 World Vets. It was 1956. I was competing on a U.S. team travelling through Finland.

In three earlier meets, I scored three victories. My head swelled with pride. This was Finland, home of great distance runners, where Americans were not expected to succeed.

Then I came to Turku, the big leagues. On the last lap of a 3000, two Finns swept past me. One happened to be Nurmi's son, a shadow of his dad, but good enough to beat me.

I also took third in a steeplechase the next day. After the race, I sat in a trackside sauna, my disappointment in defeat balanced by my having come at least close to a legend.

Turku in 1991, thus, became a passage back to youth, a quest for lost glory. In today's run-for-pay era, Turku has drifted into a backwater, but its track once was the world's fastest, its cinders imbued with the same *sisu* that lurks in the sauna. John Landy once set a world record there. So did Emil Zatopek and Ron Clarke.

Jogging past Nurmi's statue, I couldn't help but think on those greats. The Turku track sits atop a rocky hill. It is surrounded by a sawdust jogging trail used in winter for cross-country skiing. There is a separate area used only for warm-up.

I sat stretching in this area reflecting upon the single-minded effort that had brought me to this moment. For nearly two years, I had plotted my return to Turku.

I turned 60 just before Turku, moving into a new age group. It's easier to win when you're the youngest old guy in your race.

Although I had won three previous World Vets titles, I had not medaled since 1981, a 10-year drought. My focus had widened to other sports: triathlons, bike touring, downhill skiing.

During this period, the level of competition had improved dramatically with 5000 athletes from all over the world entered in Turku. I knew I would have to be at my best to succeed.

Thus, I had trained hard. Following advice I often give to others in *Runner's World*, I had spent the winter building an aerobic base. In spring, I worked on endurance with sharp runs near race pace. In summer, I switched to sprints and went to the Notre Dame

track several times to run barriers. I tapered carefully to assure going to the line strong.

Twenty-one runners appeared for the 2000 steeplechase for men 60-65 — remarkable when you consider the difficulty of the event. I drew lane 21, starting off the track.

The early pace seemed too swift. I dawdled mid-pack, fearful that my medal quest was futile. But those ahead began faltering. With 500 meters to go, I moved into third. I wondered if I was doomed to finish eternally third in Turku.

But then body took control over brain; I found myself suddenly young again. My stride stretched. I flew over the barriers. As in some Nintendo game, a runner appeared in front of me; I passed. Another runner; I sprinted by.

After that, my wife said I acted shamelessly. I crossed the line arms spread wide like Carl Lewis. I bent down and kissed the track like I once had seen an Italian steeple chaser do at the Olympics. I took a victory lap, although nobody had requested I do so — and few were in the stands to cheer. It is one of the prerogatives of old age to act crazy now and then.

I still did not deserve to tie the shoe laces of Paavo Nurmi, but at least there were no more shadows on the track. □



Judy Chandler, 1991 New Zealand champion in the W50 400 (71.5) and 800 (2:42.33).

## WAVA/TAC Hurdles and Implements Specifications

### HURDLES

#### WOMEN

| Age     | Race Distance | Hurdle Height | To 1st Hurdle     | Between Hurdles   | To Finish         |
|---------|---------------|---------------|-------------------|-------------------|-------------------|
| 30-39   | 100m          | .840m<br>33"  | 13.00m<br>42'8½"  | 8.5m<br>27'10½"   | 10.5m<br>34'5"    |
| 40-49   | 80m           | .762m<br>30"  | 12.00m<br>39'4"   | 8.0m<br>26'3"     | 12.00m<br>39'4"   |
| 50-59   | 80m           | .762m<br>30"  | 12.00m<br>39'4"   | 7.0m<br>22'11½"   | 19.00m<br>62'4"   |
| 60-69   |               |               |                   |                   |                   |
| 70 Plus |               |               |                   |                   |                   |
| 30-39   | 400m          | .762m<br>30"  | 45.00m<br>147'7½" | 35.00m<br>114'9½" | 40.00m<br>131'2½" |
| 40-49   |               |               |                   |                   |                   |
| 50-59   |               |               |                   |                   |                   |
| 60-69   | 300m          | .762m<br>30"  | 50.00m<br>164'0½" | 35.00m<br>114'9½" | 40.00m<br>131'2½" |
| 70 plus |               |               |                   |                   |                   |

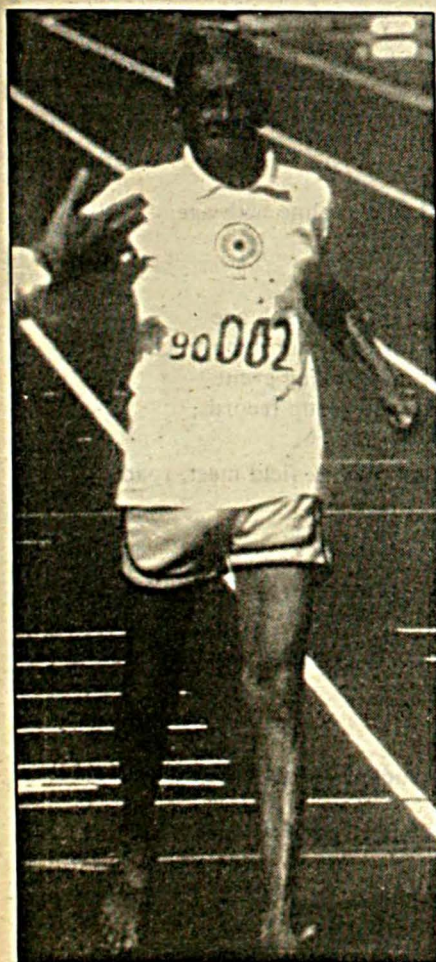
#### MEN

|         |      |              |                   |                   |                   |
|---------|------|--------------|-------------------|-------------------|-------------------|
| 30-39   |      |              |                   |                   |                   |
| 40-49   | 110m | .991m<br>39" | 13.72m<br>45'     | 9.14m<br>30'      | 14.02m<br>46'     |
| 50-59   | 100m | .914m<br>36" | 13.00m<br>42'8"   | 8.50m<br>27'10½"  | 10.50m<br>34.5"   |
| 60-69   | 100m | .840m<br>33" | 13.00m<br>42'8"   | 8.50m<br>27'10½"  | 10.50m<br>34.5"   |
| 70 plus | 80m  | .762m<br>30" | 12.00m<br>39'4"   | 7.0m<br>22'11½"   | 19.0m<br>62'4"    |
| 30-49   | 400m | .914m<br>36" | 45.00m<br>147'7½" | 35.00m<br>114'9½" | 40.00m<br>131'2½" |
| 50-59   | 400m | .840m<br>33" |                   |                   |                   |
| 60 +    | 300m | .762m<br>30" | 50.00m<br>164'0½" | 35.00m<br>114'9½" | 40.00m<br>131'2½" |

### IMPLEMENTS

| AGE     | SHOT PUT        | DISCUS | HAMMER          | JAVELIN   |
|---------|-----------------|--------|-----------------|-----------|
| Women   |                 |        |                 |           |
| 30-49   | 4.00k           | 1.00k  | 4.00k           | 600gms.   |
| 50 plus | 3.00k           | 1.00k  | 3.00k           | 400 gms.  |
| Men     |                 |        |                 |           |
| 30-49   | 7.26k (16 lbs.) | 2.00k  | 7.26k (16 lbs.) | 800 gms.* |
| 50-59   | 6.00k           | 1.50k  | 6.00k           | 800 gms.* |
| 60-69   | 5.00k           | 1.00k  | 5.00k           | 600 gms.  |
| 70 plus | 4.00k           | 1.00k  | 4.00k           | 600 gms.  |

\*Either "old" or "new" javelin may be used



India's Murthy Narayana won five gold medals in the M90 division in Turku, including two WRs in the 200 (44.77) and 400 (1:59.76).

Photo by Bob Watanabe





## Report from Britain

By ALASTAIR AITKEN of *Athletics Today*, and  
MARTIN DUFF of *Athletics Weekly*

British opinion on the IX WAVA World Veterans Championships was divided. Many people would have liked to have been able to watch more of the races/field events but were unable to do so due to the widely dispersed arenas. Using the main facilities for evening sessions would have made more sense and probably would have attracted a large crowd of locals.

The presence of the U.S.S.R. contingent was widely applauded, especially in the field events, and no more so than in the javelin where Janis Lusi, M50, proved a very congenial competitor.

Despite the votes on commencement of veteran age for women at 40 being rejected by the women (why?), the W35 group was once again poorly-supported, and medals went to very modest performances. The W40 group was much higher in standard.

Five-year age groups for relays also

meant that medals were sprayed around like confetti, to all and sundry — much the same as in the cross-country, marathon and walks.

Back home after the games, the BVA 10 Mile Championship took place at Oswestry on the Welsh border. Predictably, the outstanding performance on this difficult course under hot temperatures came from an athlete who did not participate in Turku. M40 Dennis Fowles won handily in a new record time of 50:25 (93.6% age-graded), over two minutes ahead of the rest, with 1990 winner Peter Banks, a sub 15:00 5000 runner this year, only managing a sixth place finish.

The M45 division was taken by Harry Clague in 54:25, with the M50 going to Phil Lancaster (54:54). In the women's group Dianne Payton finished first in the W35 division (62:18), Kath Grogan (72:15) took the W40, and Julie Beckford led the W45s in 65:27. □

## England to Host 1st WAVA World Road Championships

The city of Birmingham, England was chosen to host the I WAVA World Veterans 10K and 25K Road Racing Championships on August 29-30, 1992.

The site was selected by delegates to the WAVA General Assembly on July 24 in Turku, Finland. Birmingham was the only bidder for the event when a planned bid by Paris was withdrawn at the last minute.

The first WAVA 10K Road Championships actually were held in Eugene, Oregon in 1989 as part of the VIII WAVA World Veterans Athletics Championships. More than 1100 runners took part. But the LDR communi-

ty within WAVA lobbied for a separate road championship. Their request was granted, 11-1, by the WAVA Council in 1990. Thus, there was no 10K road championship this year in Turku. The intent is to hold the road event each even-numbered year in a different location. South Africa will reportedly bid for the 1994 event.

Also on the Birmingham program will be non-championship 20K (women) and 30K (men) racewalks.

Jacques Serruys, WAVA Vice-President of Non-Stadia events, predicted 4000 runners would enter the Birmingham race. Birmingham is a 90-minute drive or a 65-minute train ride from London. □

## 22 "Survive" All Nine WAVA Meets

by DON FARQUHARSON,  
WAVA Historian

The list of competitors who have taken part in all nine WAVA World Veterans Athletics Championships was reduced from 27 to 22 following the IX biennial Games in Turku, Finland in July.

George Simpson died last year in his eighties. Albert White, 88, decided not to enter. Irene Obera showed up but was unable to compete due to injury. Clem Green also appeared but did not compete. Roland Johansson did not show.

Our congratulations to the 22 "survivors." □

### LIST OF 22 COMPETITORS WHO HAVE TAKEN PART IN ALL NINE WAVA WORLD CHAMPIONSHIPS

|                 |     |                  |     |
|-----------------|-----|------------------|-----|
| Ruth Anderson   | USA | #John Gilmour    | AUS |
| *Reg Austin     | AUS | Max Gould        | CAN |
| Norbert Barth   | GER | Konrad Hernelind | SWE |
| Robert Boutard  | FRA | Don Johnson      | USA |
| Hari Chandra    | SIN | Colin McDowell   | GBR |
| Phil Conley     | USA | Bob Mimm         | USA |
| Willie Dunne    | IRL | Jim O'Neil       | USA |
| John Dunsford   | GBR | #Isobel Saumier  | CAN |
| Don Farquharson | CAN | Ray Spencer      | USA |
| Bob Fine        | USA | Jack Stevens     | AUS |
| Nolan Fowler    | USA | *Jim Vernon      | USA |

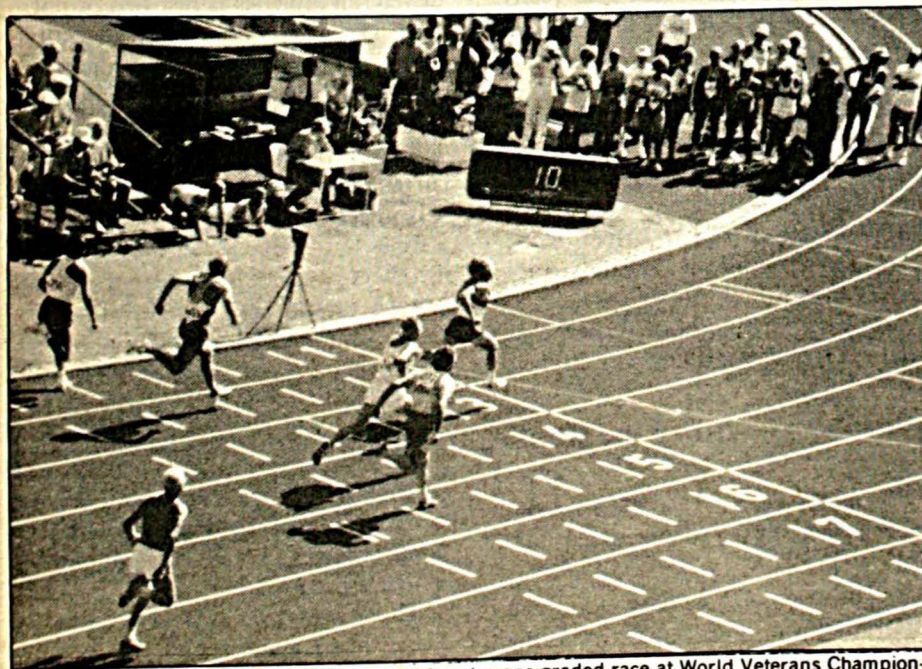
\*Won gold medal in all nine Championships

#Won medal in all nine Championships

Compiled by Don Farquharson, WAVA Historian



Medalists in the W45 4x100 relay celebrate on the victory stand in Turku. From left: Australia (2nd), Germany (1st), Canada (3rd). Photo by Bob Watanabe



Colorado's Hugo Hartenstein, M55, wins 100-meter age-graded race at World Veterans Championships. Photo by Fred Niedermeyer

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### SOUTH AMERICA

Jose Figueras  
Juncal 1395  
Floor 2 of 15  
Montevideo  
Uruguay

### ASIA:

Hari Chandra  
#24-12 Block 44,  
Marine Crescent, Singapore

### EUROPE:

Hans Axmann  
Eichendorffstrasse 2  
D-800 ANSBACH  
Federal Republic of Germany

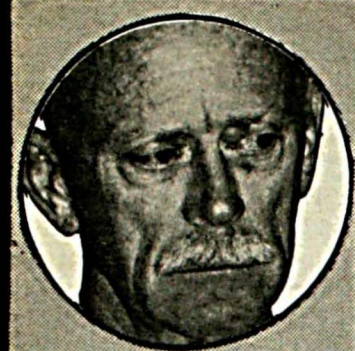
### OCEANIA:

Jim Blair  
43 Emslie Road  
Pinehaven, Upper Hutt  
New Zealand

### AFRICA:

Col. Pascal Mackonguy  
BP 1222 Brazzaville  
Rep Pop Du Congo





## SPEAKER'S CORNER

by DAVID H.R. PAIN,  
WAVA North American Regional Delegate

### IAAF Captures WAVA

**T**he WAVA General Assembly held in Turku, Finland on July 24 adopted constitutional amendments and elected pro-IAAF officers which spelled the end of WAVA as a free and independent athletics entity. The IAAF capture of WAVA is now virtually accomplished.

In the vote for president between Alastair Lynn (the WAVA Council-endorsed candidate) and Cesare Beccalli (the IAAF candidate), the electorate was given a clear choice as to what WAVA's future direction should be. Lynn represented those who wished to maintain WAVA's independence and cooperation with the IAAF; Beccalli, an IAAF takeover.

The key role in the IAAF seizure was played by four of the five U.S. delegates and by Bob Fine, WAVA Executive Vice-President, who supported Beccalli and the pro-IAAF amendments. WAVA delegates are selected by their national bodies. In the U.S., delegates are chosen from TAC's Masters Track & Field and Long Distance Running Committees. In Turku, they consisted of Barbara Kousky, TAC Masters T&F Chairperson; Jerry Donley, former Masters T&F Chairperson; Rex Harvey,

Masters T&F Multi-events Chairperson; Norman Green, Masters LDR; and Ruth Anderson, Masters LDR.

At the outset, it should be noted that delegate Rex Harvey voted against the pro-IAAF candidates and constitutional amendments designed to facilitate the IAAF takeover.

The remaining four U.S. delegates, however, voted as a block in favor of Beccalli and the IAAF amendments. Without these four votes the Beccalling body or will be held persona non grata by the IAAF. We are already experiencing this difficulty in Peru and India.

5. One nation, one vote. The IAAF is organized on this basis, which means it is dominated by small nations who wish to throw their weight around in the athletic world. The subject was raised by Mouassiposo Mackonguy Pascal, an IAAF appointee from the Congo, at the Council meeting in

Turku. There is sentiment in WAVA to have its charter track that of the IAAF. When that happens, the U.S. and other

calli/IAAF ticket would have lost since the vote for president was 55-49. Had their votes gone the other way, as they should have, Lynn would have won, 53-51, and he would also have picked up two more votes from defeated presidential candidate Fernando Ferreira of Portugal. With Lynn in the chair as president-elect, the outcome of the election for the remaining offices and constitutional amendments might well have been different. In short, the election of Beccalli set the tone for the remainder of the General Assembly. The outcome of the positions for executive vice-president and secretary were then pre-ordained, as was the legislation.

The election was essentially Europe vs. the rest of the world. Lynn had the support of Oceania, Asia, most of North and South America, and some of Europe. Lynn hoped for U.S. support, based on the fact that his running mate for secretary was from the U.S. and supported his policy. His aspiration was misplaced as I proved a prophet without honor in my own land.

Why did Fine and four of the U.S. delegates support Beccalli and the pro-IAAF amendments?

Fine's support is particularly curious. In 1987, he wrote a letter in which he referred to a conversation he had with Ollan Cassell, Executive Director of TAC, regarding the IAAF's intentions, after which Fine concluded:

"The IAAF wishes to take total control of the Veterans program, including all income and funding and sanctioning; the IAAF Veterans Committee (elected solely by the IAAF) will be the actual governing body; the IAAF could cut out WAVA anytime it wanted, which is something I believe it would do as soon as possible . . . I certainly no longer have any faith or trust in the IAAF."

Has Fine now concluded that the IAAF is the leopard that has really changed its spots? Or have his concerns been overwhelmed by a desire for personal political advancement in WAVA and the IAAF? Has Fine made a "Faustian deal" with Beccalli to assume Beccalli's position in the future?

The reasons for the U.S. delegation's support of Beccalli are not entirely clear.

Kousky and Fine both denied that what the IAAF was doing was, in fact,

a takeover. One can only reply that if it looks like a duck, quacks like a duck, and walks like a duck, it must be a duck.

The reasons to resist an IAAF seizure of WAVA seemed manifest. The veterans program of age-group athletics got its start in the U.S. The first World Masters Championships were held in 1975 in Toronto, Canada. By consensus, the best World Games to date were staged by the U.S. in 1989 in Eugene.

WAVA has built an enviable record in a short 16 years by producing excellent championships, funded basically by the efforts of the organizing committees and administered by WAVA's Council. WAVA has written the book on rules for the veteran athlete. Adding another layer of administration certainly was not called for. Neither does adding more IAAF affiliates to WAVA's membership appear to be a justification. Virtually all the countries making a significant contribution to WAVA are already affiliated. Those that the IAAF can contribute are, for the most part, small, third-world nations unable to sponsor a world championships and whose athletes cannot afford to participate, anyway.

With the IAAF now in the driver's seat, what does the future hold for WAVA?

1. Within the next four to six years, we can expect to see the IAAF continue to solidify its control. In order to mollify those on the fence, Beccalli backed off on both the drug-testing issue and the constitutional amendment that would have given the IAAF the last word on accreditation of affiliates. One can be certain that these issues will be re-asserted in the near future. Having now won a hotly-contested election, Beccalli will move in — with full IAAF approval — to further strengthen its stranglehold on WAVA. To think otherwise would be naive.

2. The IAAF will order drug testing at the next WAVA Championships regardless of the wishes of the participants and without regard to whether testing in veteran athletics is justified or not.

3. The IAAF as a political entity, dominated by third-world countries, will determine who may affiliate with WAVA.

4. Approximately 50% of WAVA's current affiliates are not associated with their IAAF national body. These affiliates — many WAVA charter members — will be squeezed out of WAVA or will be either forced to affiliate with their IAAF national government.

Continued on page 19



New Zealand's Pam Graham (2nd, 4:43.14) leads USA's Jacqueline Hansen (4th, 4:52.19), Denmark's Ingerlise Jensen (3rd, 4:50.61) and Poland's Krystyna Kacperczyk in the W40 1500. Australia's Judy Daly won in 4:37.43.

### Bob Fine Replies to David Pain:

I will not respond in kind to the above article for the following reasons:

1) David's point of view has been clearly known and rejected by the WAVA Assembly in a democratic vote;

2) The average participant in the program is properly disgusted with personal attacks which do nothing to enhance the program.

Those who have worked closest with Dave voted against him for WAVA Secretary. His article is just one indication as to why they did so. — Bob Fine



## Olson, Hilliard Tops in Weight Pentathlon

by JEFF BATY

The National Masters Weight Pentathlon Championships were held at East Ascension High School in Gonzales, La., on August 24.

Age-graded champions were Len Olson, 60, of Centreville, Va., with 4248 points, and Vanessa Hilliard, 50, of St. Petersburg, Fla., with 4140. Hilliard set an age-division world record of 47-3/4 for the 16-lb. weight.

Lurline Struppeck, of Baton Rouge,

La., broke the U.S. record for the W45-49 javelin with a 107-6. The old record of 102-8, set in 1983, was held by Christel Miller.

James York, Modesto, Calif., broke U.S. age-78 records in the 4kg. hammer (90-9) and 25-lb. weight (28-7 1/2). Gordon Powell, Holly Hill, Fla., broke the national record for men 82 in the 25-lb. weight with a 21-8 1/2.

After the competition, everyone was treated to a chicken and sausage jambalaya. □

## Speaker's Corner Continued from page 18

major nations which have supported the WAVA program financially and with large numbers of participants, can expect to be put in a minority position in the General Assembly. Even now, with the new IAAF token affiliates joining WAVA, we can see the power base shifting, in spite of WAVA's current constitution which gives to those countries with the most participants — such as the U.S. — up to five delegates. All WAVA affiliates — even those with no athlete participants — currently get at least one delegate.

6. The IAAF, being politically motivated, makes non-athletic rulings. Some are based on perceived problems raised in the context of the open athlete. Neither of these criteria have any rational application to veteran athletics. Nevertheless, the IAAF will implement its policies across the board, regardless of their applicability to the veteran athlete.

7. The IAAF and many of its national governing bodies — such as TAC — are not particularly competent. The current sorry plight of athletics in the U.S. is largely due to TAC administrative incompetence. While TAC and the IAAF bumble

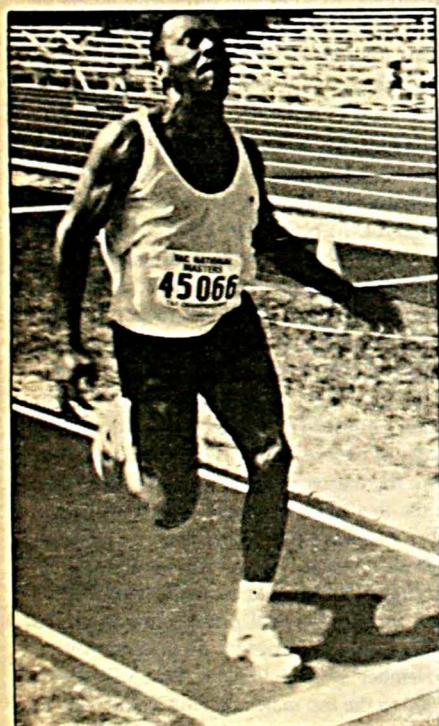
along, we see organizations such as the U.S. Senior Olympics forge ahead with excellent leadership and substantial sponsorship. In spite of this reality, we find a surging successful, autonomous WAVA throwing itself into the arms of the IAAF.

8. WAVA, since its inception, has accepted all entrants wishing to compete in the world championships. With control of WAVA shifting to Europe and the IAAF, we can expect a change in WAVA policy to a more elitist championship event — more along the lines of the current IAAF open track and field championships.

If the U.S. delegates had been even remotely interested in why the WAVA Council rejected Beccalli for re-election, they could have easily found out. Perhaps they did not care, or were so interested in their own political turf that they were not concerned with the long-term consequences of their actions as they might impact WAVA.

Lacking the necessary support of the U.S. delegation, I have announced that I feel compelled to withdraw as the North American Regional Delegate to WAVA and as President of the North American region. As a matter of principle, I can no longer serve on a WAVA Council headed by the Beccalli-Fine faction. □

(Speaker's Corner is an open forum for extended comments on all viewpoints on subjects of general interest to our readers. Replies or contrary opinions are always welcome. — Ed.)



Hans Gordon, third M45 (11.08) triple jump, National Masters Championships, Naperville, Ill., in July. Photo by Jerry Wojcik

## Five Years Ago

- V European Veterans Championships Draws 2418 to Malmö, Sweden
- First NMN Age-Graded T&F Meet Held in Van Nuys, CA
- Englishman Ron Taylor, M50, Sets 200 WR of 22.91 in V European Veterans Championships

## Masters Racewalking Continued from page 10

there and how much you are willing to put out. I would say that my effort in the last lap on the track was the biggest effort I have ever made in a race. It is always a nice moment of discovery when you have to go deeper than you have gone before to answer a challenge.

Did the men's 20K race go well?

Max: For much of the race, I followed a Russian named Zigurds Irbe who is really a Latvian, and didn't want to call himself a Russian. He was listed as Russian, but when he signed in, he substituted Latvia, and wore a shirt that had Latvia on it. He was the one who came in 4th in the 5K, beating me substantially with a time of 24:03.

Dave Stevens, who finished 2nd in the 20K, had told me that Irbe was on the 50K Russian team at one time, so I decided I would try to follow him. This worked well for about 10K. We got our splits at 5K, and my time was 19 seconds slow—26:19 rather than 26:00

flat. So I sped up and he did, too.

He had quite a few people with him telling him things. We went through the 10K point at 52:06 which was close to the 1:44 I was aiming for. Then he faltered badly, so I went by him. The next person was a New Zealander, Maurice Hinton. When I passed him, I was in third place. The guys ahead of me were much faster, going under a 1:43 20K and I didn't really try to catch them. I knew I had 3rd if nothing happened, so I settled for safe.

Some people didn't go to Turku because they didn't think they would do well enough.

Max: The middle of the pack didn't have great times, but everyone enjoyed themselves. It was a great experience and the friendliness was overwhelming. I would encourage people who walk seriously to go to Japan in '93 whether or not they think they are going to get a medal. It is fun to compete and talk with people from all over the world. □

## MIDWEST MASTERS WEIGHT PENTATHLON

National Masters Highland Games Championships

**SATURDAY — OCTOBER 26 9 A.M.**

5-yr. age groups/M&F No advance entry required

Show up day of the meet/\$3 Entry Fee/Starts at 10 A.M.

Meet Site: 1218 North Rte. 47, Woodstock, IL 60098

For Information Contact: Chuck Klehm (815) 338-2880

## PRIVATE TUTORING WITH COACH DON HOOD

Come spend a few days with Coach Don Hood in Abilene, Texas. Stay with Don and his wife, Betty Ann, in their spacious Texas ranch home and receive coaching and instruction from one of America's most successful coaches.

Talk with Don Mather of Chicago. Don and his wife stayed 3 days last March, and he improved over 30' in both the javelin and discus. Don won the 60-65 division javelin throw at the Masters' Meet last summer.

Bring your spouse and make this a vacation! The cost is only \$100 per day which includes room and food (for both husband and wife), coaching, and instruction. Video analysis, video study, drills, workout schedules, etc., will be used. Available training facilities are swimming pool, lighted tennis court, fishing, hunting, hiking, throw areas and rings, jumping pits, ropes, bars, rings, weights, and plyometrics.

Coach Don Hood's Abilene Christian University teams won 10 National Titles in the last decade. He watched 7 of his ACU athletes compete in the Seoul Olympics — more than any other U.S. coach. He has coached more vaulters over 18' than any U.S. coach and is the only coach in the U.S. to have 2 vaulters over 19' — Billy Olson and Tim Bright. He coached Bill Schmidt at North Texas State who was the last American to win a javelin medal. He has coached numerous National Champions in all events at all levels in his 35 years of coaching experience. He has conducted clinics and camps all over the world. He has produced training videos for vaulters, throwers, and jumpers. He can help you!

**For more information or reservations  
call Coach Hood at (915) 677-9677**

**or write to him at**

**4073 Caldwell Road, Abilene, Texas 79601**





# The Director's Corner

by DEAN REINKE

## Circuit Happenings

Plans continue to come together for the February 1, 1992 Sorbothane/USRA Master's Circuit National Championship. The event will be held at the MetroWest development, an upscale community near Universal Studios, and features an 8K layout that will be a fast and flat course. While promoters are hoping to again have a stellar masters field of competitors, attempts are being made to feature the first ever match race between circuit defending champion John Campbell and 1991 Master Runner-of-the-Year Manuel Vera. Recent world steeple chase champion Hal Higdon, M60, is the first major grand master name to commit to the event.

Wilson Waigwa leads the PowerBar men's division, and defending circuit champion Nancy Grayson leads the Lily of France women's division after 14 events on the circuit. Norway's Kaare Osnes holds the second spot on the men's side, followed by Bill Rodgers and Canada's Ken Hamilton. Defending Grand Master's Champion Fay Bradley of Washington, D.C. and Susie Kluttz of North Carolina lead their respec-

tive divisions while Wen Shi Yu, W55, and Bill Fortune, M60, lead the divisions they captured a year ago.

Circuit organizers have also announced the prize money breakdown for both the Grand Prix Circuit and the National Championship in Orlando. Prize money for men and women will be equal. For the Grand Prix, money will be awarded for first through fifth, including \$1500 (1st), \$750

(2nd), \$500 (3rd), \$250 (4th) and \$100 (5th) for both men and women. Each individual age division winner from the 45-49 through 70 and over division will receive \$100. Any ties will be decided by head-to-head competition at the championship in Orlando. In addition, the top two individuals in each age division will receive all-weather jackets from Circuit sponsor Sub 4.

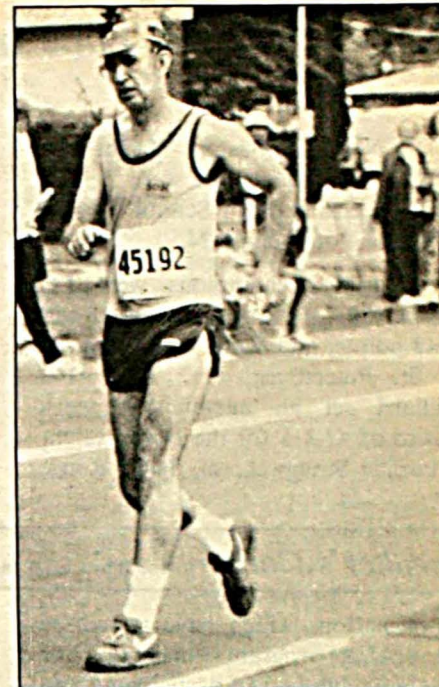
Twenty-five hundred dollars of the Sorbothane/USRA Master's Circuit \$10,000 prize fund will go toward the Orlando championship. Money will be awarded to the top men and women overall masters as follows, first - \$750, second - \$250, third - \$100, and fourth - \$50. One hundred dollars will go to the grand masters (50 and over) men's and women's champions.

New forty-year-old Larry Swanson of Chicago captured the Park Forest scenic 10 Mile master's race in 53:39. He was followed by 1980 U.S. Olympic Marathoner Benji Durden, 17 seconds back . . . Third place went to former University of Chicago Track Club ace Ken Sparks of Cleveland who had an outstanding feature in the current *Running Times* . . . Tremendous thanks to our good friends on the Sorbothane/USRA Circuit who hosted circuit officials for August events. Hats off to Asbury Park 10K, Fiesta 5000, Arco/America's Finest City Half Marathon and the Maggie Valley 8K. With ten events remaining on the 1991 Circuit, the remaining races will be hard-pressed to match the hospitality of our friends in those cities.

Excitement reigns at *Running Times* magazine with new ownership coming from a Connecticut-based publisher. Larry Flynt has sold the popular book, and ambitious plans call for circulation to rise significantly on the newsstands to over 100,000. Best wishes to editor Bob Cooper and publisher Carol Lasseter . . . Caught up with '88 Circuit Grand Prix Champion Bob Schlauf during a recent trip to Charleston. Bob is planning on running the Twin Cities Marathon . . . Officials at the Myriad Gardens 10K (October 5, 405-297-2597) expect over 6000 entrants at this popular Oklahoma event . . . On the first place stand at the New Haven 20K was Mexican Luis Lopez running 65:53 and netting \$500. Barbara Mathewson won the women's race in 81:06.

Paul Corroza reports that things are progressing well for the January 5 Run Tex Marathon, the last regular season's stop on the '91 Sorbothane Circuit (512-472-3254) . . . California Road Mile will have no prize money to offer this month, but event promoter Mike Marcus will be producing a similar event in Miami on January 18. . . The October 12 Bowling Green Classic will offer \$400 to the top masters man and woman finishers. The event could not secure a car for a random prize give-away, so they will be distributing \$20,000 in cash to a lucky random drawing winner. . . Barb Filutze of Erie, Pa., repeated her '90 circuit championship victory over Nancy Grayson at the Maggie Valley Moonlight Run. Grayson came back to win the Parkersburg Half Marathon masters title, running 1:17:45 and netting \$250.

October 6 will be the only Pennsylvania stop on the Sorbothane circuit with the Delaware Distance Classic 15K (302-234-1189). . . The much ballyhooed Denver Marathon scheduled for this month has been delayed until next year due to a change in city administration. Organizers report they are still enthusiastic and will be back in '92. . . In less than two years, marathon man Doug Kurtis will join the masters ranks. The Detroit resident is the



Ed Glander of the USA competing in the M45 20K Road Walk at the World Veterans Championships in Eugene.

subject of a feature in this month's *Runner's World*, written with Hal Higdon.

The October 13, Iowa Hospice Race continues to grow under the able direction of Peg McElroy. That event joins Bix, All Iowa 8K, Dam to Dam 20K and the Fifth Season 8K as five of the best events offered by any state in the county . . . Olympian Frank Shorter will appear at the Providence Hospital Run October 12 in Waco, Texas . . . Make that \$500 for the first master female finisher at the Tuft's Race in Boston on October 14. . . \$500 to the top master finisher in the Detroit FreePress/Mazda Marathon on October 20.

Manuel Vera continues his record-setting year with a win at Falmouth, finishing 14th overall in 33:51, just six seconds back of Keith Brantly, and netting \$3600. Fellow Mexican Artemio Navarro came in 11 seconds back, winning \$2350, finishing ahead of Bryan Sheriff and Steve Jones. Laurie Binder set a new course record on the women's masters side running 39:16 and grabbing \$3350. . . A new race on the horizon in Montgomery, Ala., the Lightning 10K, appears to be fairly ambitious. Keep an eye on it. . . One of the best last chances for a quality tune-up for the fall marathons is the Dayton-Corridor Classic Half-Marathon, a member of the Sorbothane Circuit (513-885-4683).

Enthusiasm remains high at the Senior Bowl/Delchamps Charity Run 10K in Mobile — make a note on your calendar (205) 458-2276. . . November 2 Tulsa 15K will offer \$500 to the first male and female master finisher. . . Henry Rono is at it again, this time at the Wharf to Wharf race in California. It seems Henry didn't quite make it to the starting line as he became inebriated and ended up sleeping it off at race director Kirby Nicoll's house. The 39-year-old former Olympic world record holder is only one year away from the master's ranks. . . Make that \$7000 to the first place male and female at the October 10 Twin Cities Marathon. . . The Birmingham Vulcan Run will continue on November 23 in spite of the loss of Pepsi's sponsorship. The local newspaper has picked up the event. No word yet on prize money. . . November 17 Old Reliable Run will award \$1000 to the top male and female and \$400 to the top grand masters in the popular North Carolina event. . . See you next month on the roads. □

### SORBOTHANE/USRA MASTERS CIRCUIT

Point Standings after 14 Events

#### PowerBar Men's Division

##### 40-44 Men

|                 |      |
|-----------------|------|
| Wilson Waigwa   | 38/3 |
| Kaare Osnes     | 27/3 |
| Bill Rodgers    | 17/2 |
| Ken Hamilton    | 17/2 |
| Barry Schaeffer | 16/2 |
| Steve Ruckert   | 15/3 |
| Earl Owens      | 15/3 |
| Luis Lopez      | 14/2 |
| John Campbell   | 10/1 |
| Gary Roemer     | 10/1 |

##### 45-49 Men

|                   |     |
|-------------------|-----|
| Ron Ogilvie       | 9/2 |
| Barry Brown       | 5/1 |
| Roger Clark       | 5/1 |
| Don McCarthy      | 5/1 |
| Graham Tattersall | 5/1 |
| Don Coffman       | 5/1 |
| Bill Rader        | 5/1 |

##### 50-54 Men

|                   |     |
|-------------------|-----|
| Fay Bradley       | 5/1 |
| James Lackey      | 5/1 |
| Peter Jones       | 5/1 |
| Charles Teseniar  | 5/1 |
| Jerry McGrath     | 5/1 |
| Jerry Knox        | 5/1 |
| Michael Heffernan | 5/1 |
| Tim Rostage       | 5/1 |

##### 55-59 Men

|               |     |
|---------------|-----|
| Jimmy Davis   | 8/2 |
| Bob Rice      | 8/2 |
| Sonny Monioz  | 5/1 |
| Charles Flynn | 5/1 |
| Mike Pacienza | 5/1 |
| Charles Rose  | 5/1 |
| Gerald Koch   | 5/1 |

##### 60-64 Men

|                  |     |
|------------------|-----|
| Bill Fortune     | 8/2 |
| Patrick Devine   | 8/2 |
| Takeji Shimazaki | 6/2 |
| Charles Evans    | 5/1 |
| Manfred Struss   | 5/1 |
| Jay Sturdeviant  | 5/1 |
| Paul Saucedo     | 5/1 |
| Esko Sormunen    | 5/1 |

#### 55-59 Men

|                 |      |
|-----------------|------|
| John Hosmer     | 15/3 |
| William Kohrs   | 12/3 |
| John Burton     | 9/2  |
| Joe King        | 9/2  |
| George Thompson | 8/2  |
| Tom Edwards     | 8/2  |
| Charles Dotson  | 8/2  |

#### 70+ Men

|                   |     |
|-------------------|-----|
| Edwin Small       | 5/1 |
| Clayton Brelsford | 5/1 |
| Paul Randall      | 5/1 |
| Sam Sater         | 5/1 |
| Wayne Zook        | 5/1 |
| Lois Edds         | 5/1 |
| Alvin Grahn       | 5/1 |

#### Lily of France Women's Division

##### 40-44 Women

|                    |      |
|--------------------|------|
| Nancy Grayson      | 40/4 |
| Claudia Ciavarella | 21/3 |
| Claudia Scott      | 20/2 |
| Nancy Oehler       | 18/2 |
| Judith Miller      | 17/2 |
| Janice Greiner     | 14/2 |
| Darlene Wallach    | 10/1 |
| Mary Geible        | 10/1 |
| Sharon O'Connor    | 10/1 |
| Anna Knowles       | 10/1 |

##### 45-49 Women

|                  |      |
|------------------|------|
| Barbara Filutze  | 10/2 |
| Jane Hutchinson  | 8/2  |
| Heather Mathews  | 8/2  |
| Peggy Smith Hite | 5/1  |
| Frances Strain   | 5/1  |
| Sherry Johnson   | 5/1  |
| Helen Phelps     | 5/1  |

#### 50-54 Women

|                 |      |
|-----------------|------|
| Susie Kluttz    | 19/4 |
| Judy Kirchoffer | 12/3 |
| Sofia Turosz    | 5/1  |
| Lis Valladsen   | 5/1  |
| Mary Connelly   | 5/1  |
| Carolyn Hickey  | 5/1  |
| Joan Williams   | 5/1  |
| Billen Pus      | 5/1  |

#### 55-59 Women

|                   |      |
|-------------------|------|
| Wen Shi Yu        | 15/3 |
| Maske Shimazaki   | 9/2  |
| Jeanette Chambers | 5/1  |
| Dot Jones         | 5/1  |
| Toni Valdez       | 5/1  |
| Bev Brunke        | 5/1  |
| Mary Woodring     | 5/1  |

#### 60-64 Women

|                 |     |
|-----------------|-----|
| Cassie Bazar    | 5/1 |
| Toshiko Della   | 5/1 |
| Verian Bruce    | 5/1 |
| Inez Ross       | 5/1 |
| JoAnn Long      | 5/1 |
| Colleen Hershon | 5/1 |
| Marion Irvine   | 5/1 |
| Dorothy Ransom  | 5/1 |

#### 65-69 Women

|                 |     |
|-----------------|-----|
| Charlotte Baker | 5/1 |
| Edith Farias    | 5/1 |
| Virginia Moore  | 5/1 |
| Lynn Edwards    | 5/1 |
| Doris Gordon    | 5/1 |
| Mary Storey     | 5/1 |
| Belen Lechman   | 5/1 |

#### 70+ Women

|                  |     |
|------------------|-----|
| Louise Martin    | 5/1 |
| Ellen McCox      | 5/1 |
| Irene Crane      | 5/1 |
| Jaelyn Caselli   | 5/1 |
| Althea Jureidini | 5/1 |
| Trudi Desimone   | 5/1 |
| Zira Kallmar     | 5/1 |







## One Best Exercise?

by JOE HENDERSON

**H**e's the other Bob Anderson. Not "Runner's World" Anderson from California who is now out of running, but "Stretch" Anderson from Colorado who's still very much in it.

Bob II appeared this summer at Jeff Galloway's running camp. While teaching stretching, Anderson was asked, "If someone were to do just one exercise, which would you recommend?"

Bob had a ready answer: "The Saigon squat. Asians sit in this full-

squat position for long periods of time, and it stretches out most of the leg muscles. It's the single best exercise that a runner can do."

His answer raised a question of my own: How would I single out the one addition to running that has helped me the most?

I wouldn't name any stretching or strengthening exercise. Though I practice several or each, the benefits are at best subtle.

I wouldn't vote for any of today's favored cross-training activities: running in water, swimming or biking. I haven't practiced any of them enough to know how well they work.

My clear choice would be the humble act of walking. My biggest break through in the past 20 years has been learning to walk again.

You may not be ready to believe that it works. I too sometimes forget its value in the rush to get on with running. But walking never fails to help if I give it a chance.

We aren't talking here about RACE walking, which is a demanding sport in

its own right. Mine are normal walks used to fill the gaps between runs.

This walking is something to do in the rest phase of interval training. Intermittent running probably is the most natural way to train (witness the go-stop activity of kids and puppies), and the uses of intervals reach far beyond speedwork on the track.

Let me praise some of those applications.

1. Walking as a warmup before and cooldown after running. It's better than stretching for working out pre-run kinks. The stiffer you are, the longer you need to walk before starting. Walking also works better than any other exercise to ease away the post-run effects. The harder you run, the more you need to walk afterward.

2. Walking to make the running faster and longer. The interval system works both ways. By breaking a piece of work into smaller pieces, you can run each piece at higher speed or add more pieces — without increasing total effort. Training can range from Jack Daniels' "cruise intervals" on the track (run a lap at 10-K race pace, walk a minute and repeat) to Jeff Galloway's marathon plan on the road (walk a minute for each kilometer or mile of the longest runs).

3. Walking to make the running easier and safer. For injury recovery start by walking, later mix brief runs into the walk, then brief walks into the run. For injury prevention walk the steepest hills or roughest terrain. If you feel minor twinges in midrun, walk through them to prevent escalation in seriousness.

4. Walking as an alternative or addition to running. It's a satisfying form



Judith Inazu, W40 second (1:50:24), Windward Half-Marathon, Kailua, Hi., May 19. On April 15, she ran the Boston Marathon in 3:51.

Photo by Tesh Teshima

of cross-training. It doesn't mimic the physical benefits as well as some other alternatives. But walking is unmatched in mimicking the experience of running. It puts you on the same ground, in the clothes and shoes, at the same time. These are all pluses if you need days away from running but still want to stay close to it. Walking is as close as you'll get.

Walking doesn't promise to make you a better runner any more than Bob Anderson's "Saigon squat" does. But well-placed walks will let you do more of the running that can make you a better runner. □

Reprinted from Joe Henderson's *Running Commentary*, available for \$18.00 per year from Joe Henderson, 441 Brookside Dr., Eugene, OR 97405.

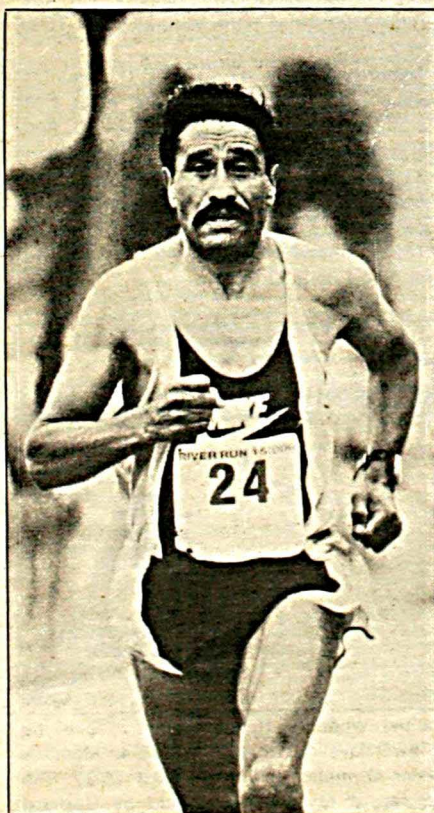
### CUMULATIVE PRIZE MONEY EARNINGS MASTERS MEN 1991

| RNK | NAME               | ST/NATCUM | PRIZE \$    |
|-----|--------------------|-----------|-------------|
| 1   | Caupbell, John     | NZL       | \$25,750 8  |
| 2   | Ronesser, Gary     | IN        | \$12,350 16 |
| 3   | Navarro, Artemio   | MEX       | \$11,800 8  |
| 4   | Judson, Ken        | PA        | \$10,000 3  |
| 5   | Vera, Manuel       | MEX       | \$9,750 7   |
| 6   | Tibaduiza, Domingo | COL/NV    | \$9,625 11  |
| 7   | Rodgers, Bill      | MA        | \$6,350 9   |
| 8   | Hamilton, Ken      | CAN       | \$5,000 11  |
| 8   | Waigwa, Wilson     | KEN/TX    | \$5,000 5   |
| 10  | Cuevas, Mario      | MEX       | \$4,350 4   |
| 11  | Marczak, Ryszard   | POL       | \$4,050 2   |
| 12  | Paul, Don          | CA        | \$3,300 3   |
| 13  | Bell, Doug         | CO        | \$2,900 10  |
| 14  | Osnes, Kaare       | NOR/FL    | \$2,200 10  |
| 15  | Reimer, Rick       | CO        | \$2,150 2   |
| 16  | Schlau, Bob        | SC        | \$2,015 5   |
| 17  | Pearson, Jim       | FL        | \$1,850 7   |
| 18  | Lopez, Luis        | CRC       | \$1,800 1   |
| 18  | Ueborg, Richard    | SUI       | \$1,800 2   |
| 20  | Holnar, Steve      | PA        | \$1,600 2   |
| 21  | Krivoy, Vladimir   | URS       | \$1,400 2   |
| 22  | Tibaduiza, Domingo | COL/NV    | \$1,300 3   |
| 23  | Alaberg, Larry     | WA        | \$1,100 2   |
| 24  | Ovens, Earl        | GA        | \$1,050 8   |
| 24  | Swiatocha, Ed      | TX        | \$1,050 5   |
| 26  | O'Neil, Bill       | VT        | \$1,000 1   |
| 26  | Ornes, Kaare       | FIN       | \$1,000 1   |
| 26  | Ortega, Fred       | N/A       | \$1,000 1   |
| 26  | Koskei, Kipsibai   | KEN       | \$1,000 1   |

### CUMULATIVE PRIZE MONEY EARNINGS MASTERS WOMEN 1991

| RNK | NAME                | ST/NAT | CUM PRIZE \$ |
|-----|---------------------|--------|--------------|
| 1   | Grayson, Nancy      | SC     | \$13,615 22  |
| 2   | Binder, Laurie      | CA     | \$13,600 15  |
| 3   | Welch, Priscilla    | SBR/CO | \$13,450 9   |
| 4   | Striulli, Grazilla  | ITA    | \$9,300 1    |
| 5   | Oshier, Nancy       | NY     | \$6,250 14   |
| 6   | Filutze, Barbara    | PA     | \$5,250 10   |
| 7   | Virga, Carol        | FL     | \$4,850 7    |
| 8   | Wood, Mary          | CO     | \$4,500 7    |
| 9   | Hine, Judith        | NZL/NM | \$3,775 6    |
| 10  | Keskitalo, Sennika  | FIN    | \$3,000 1    |
| 11  | Ciavarella, Claudia | TN     | \$2,800 8    |
| 12  | Hutchison, Jane     | MO     | \$2,600 7    |
| 13  | Matson, Shirley     | CA     | \$2,000 2    |
| 14  | Kruger, Jeanne      | VA     | \$1,575 2    |
| 15  | Greer, Judy         | FL     | \$1,450 4    |
| 16  | LaPierre, Odette    | CAN    | \$1,400 1    |
| 17  | Bugyi, Judith       | PA     | \$1,300 2    |
| 18  | Banning, Linda      | SC     | \$1,250 3    |
| 19  | Blais, Helene       | N/A    | \$1,150 1    |
| 20  | Nieszczyk, Nancy    | NY     | \$1,100 4    |
| 21  | Ingelhart, Alfreda  | CA     | \$1,100 2    |
| 22  | Stronsmoer, Marcia  | N/A    | \$1,000 1    |
| 22  | Nielsen, Ana        | ARG    | \$1,000 1    |
| 22  | Miller, Kathryn     | N/A    | \$1,000 1    |
| 25  | Kluttz, Susie       | NC     | \$900 2      |

FROM  
THE COMPETITIVE ROAD RACER  
P.O. BOX 1765 BROOKLINE,  
MA 02146



Mario Cuevas, first master (46:42), Jacksonville 15,000 in Florida. Victor Sailer/Agence Shot

## Masters Age Records 1990

(1991 Edition)

Compiled by WAVA and TAC Masters T&F Records Chairman Pete Mundle with Don Henry, Shirley Dietderich, Gordon Wallace and Alan Wood.

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Oct. 31, 1990
- U.S. Age bests for Men & Women for all race-walking events age-40 and up, as of Oct. 31, 1990.
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# MASTERS SCENE

## NATIONAL

- **Tom Rauscher's** first-place height in the M45 PV at the '91 Nationals, Naperville, IL, was incorrectly listed as 4.60. His actual mark was 4.41 (14-6).
- **Yvette Lavigne** was listed as second in the W50 1500 in 5:43.06 in the '91 Nationals results. She should have been first with the same time. **Joyce Hodges**, credited with the win in 5:13.81, should have been third in 6:13.81.
- **Abel Kiviat**, 99, who was the oldest living U.S. Olympian (2nd in 1500 in Stockholm, 1912) died at Lakehurst, N.J. last month.
- **WAVA Age-Graded** factors are built into the **Runtime Software** (607-754-2339), a popular road race computer scoring system.
- **Hal Higdon**, 60, of Michigan City, IN, who won the M60 steeplechase gold medal in Turku, will attempt to complete six marathons in six weekends. He'll begin October 5 in the Twin Cities Marathon, and follow with the Lake Shore (Milwaukee), Detroit, Chicago, Marine Corps (Washington), and Columbus Marathons. "I'd like to break three hours in all six," Higdon told NMN, "but the main thing is to finish them all."
- **Running Times Magazine** has been acquired by Air Age, Inc. of Wilton, CT, beginning with

the December, 1991 issue. The magazine was previously published by LFP, Inc., of Beverly Hills, CA. **Louis DeFrancesco, Jr.**, Group Publisher of Air Age, says "Running Times will be redesigned and enhanced."

- Our apologies to the following U.S. medalists at the WAVA World Championships in Turku, Finland, for omitting their names in the chart on page 14 of the September issue: M50: **Gerald Counihan**, PV bronze; **Joe Keshmiri**, DT silver; **Ron Mickle**, DT bronze. M60: **Gaylon Jorgensen**, marathon bronze. W60: **Ruth Anderson**, marathon bronze.

## EAST

- **Hector Vargas**, 44, was fifth of 1396m finishers, with a 1:15:44, in the Hispanic Half-Marathon, Central Park, NYC, August 18. **Sam Skinner**, 48, took the ninth spot in 1:17:02. Other division winners included **Bill Fortune** (63, 1:30:26) and **Vince Carnevale** (a recent 75, 1:55:29). **nn Davies**, 44, was third of 485w in 1:29:15. **Althea Wetherbee**, 72, won the W70 + race in 2:18:15.
- **John Costa**, 40, finished tenth (22:21) in the NYRR Back To Work 4 Mile, Central Park, August 24. **Alan Fairbrother**, 55, took the M55



Fred Waybright, 43, of South Charleston, W. Va., first overall (5:55:40), TAC National Masters 50 Mile Championships, Columbus, Ohio, relaxes with one of the race workers.

Photo by John White

race in 24:20. **Cheryl Ralya**, 44, was fifth woman in 25:26. **Lisa Praskins**, 57, won the W55 contest with a 28:57.

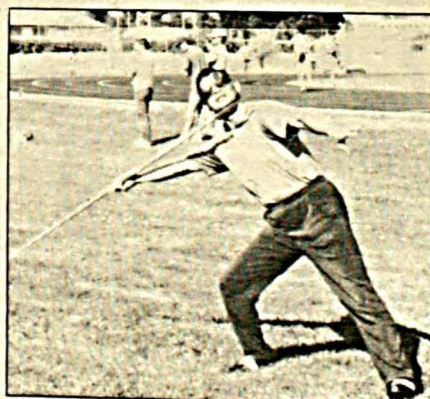
- **Laurie Binder**, 43, of California, collected \$3350 for a 13th-woman, W40 + course-record 39:16 in the Falmouth 7.1 Mile, Falmouth, MA, August 18. **Manuel Vera**, 40, of Mexico, denied the pleasure of John Campbell's company when the latter failed to show, pocketed \$3600 for his 14th-place 33:51.
- **Gloria Brown**, 59, Grand Island, NY, set a U.S. single-age record of 1:32:44 in the 25th Phelps Sauerkraut 20K, Phelps, NY, August 3.
- **Derck Frechette**, 46, Rochester, NY, and **Rich Rima**, 40, Parish, NY, finished together in 1:11:51 for masters honors. **Barbara Blaszak**, 41, Syracuse, NY, was first W40 + with a 1:22:06. One of the best organized races in the East, the event, directed by **George Tillson**, drew 511 entrants: five years ago there were 185 participants.

## SOUTHEAST

- **Lawrence Hillis** (41, 16:06) and **Pam Marshall** (41, 22:35) were top masters in the RRCA Women's Festival 5K, held in their hometown, Huntsville, AL, July 20.
- **Bill Adams**, 50, Plantation, FL., won masters honors in the Florida International University Labor Day 5K with an 18:06. **Miguel Estremadoyro**, 50, Cooper City, FL, was second in 18:15. **Elizabeth Thomas**, 41, Miami, FL, took the W40 + crown in 19:31.

## MID AMERICA

- **Gary Madison** (45, 16:46), Tulsa, OK, and **Vicky Fegaly** (42, 20:01), Catoosa, OK, captured masters titles in the Mohawk 5000, Tulsa, July 27.
- **Deborah Wagner**, 41, Draper, UT, was first woman overall (4:45:59) in the Pikes Peak Marathon, Colorado Springs, August 25. **Andy Marshall**, 42, Hobart, IN, was first master in 4:31:23. **Robert Weed**, 40, Wilson, WY, broke the masters record by almost six minutes in the ascent race (13.1 miles) held on the 24th, with a 2:18:46. **Cheryl Beckwith**, 42, Denver, was first W40 + in 3:11:08.



Manuel White of Helena, Mont., broke the M75-79 javelin WR with a 135-4, Montana Senior Olympics, Billings, August 16-17. The old record of 126-4 was held by Gerhard Schepe of Germany.

Photo from Montana Senior Olympics

## SOUTH WEST

- Athletes in the second annual Alamo City Vintage Masters Meet, San Antonio, TX, July 27, set 24 meet records. Seven competitors exceeded the U.S. Masters Standards of Excellence, among them were **John Head**, M50, who won the 400H in 69.9, and **Pamela King**, W35, with a 12.9 in the 100. The meet directed by **Arthur Rodriguez** and **Don Austin**, was held in the afternoon and evening after they had conducted a morning meet for over 200 children ages 4 through 18.

## WEST

- **Marshall Ulrich**, Fort Morgan, CO, celebrated his 40th birthday on July 4 looking forward to his masters debut in the Hi-Tec Badwater 146 from Badwater, Death Valley (-282 feet) to the Mt. Whitney Trail Head (8360 feet), July 24-27. When the 139-mile test was over, Ulrich not only was the winner but also the record holder with a 26:34:10, collecting \$1000 for the win and \$500 for the record.
- Masters wins in the America's Finest City Half-Marathon, San Diego, August 18, were contrasts. **Don Paul**, 41, San Francisco, took the men's \$250 prize in 1:10:59, 98 seconds up on **Steven Ware**, 40, Riverside, CA. **Darlene Wallach**, 40, San Jose, CA, was much harder pressed to earn her \$250, finishing four seconds and one place ahead of **Linda Cash**, 42, Bloomfield, CO, with a 1:25:54. Over 5300 runners started.
- Highly-ranked javelin thrower **Dr. Frances Conley**, W50, Professor of Neurosurgery at Stanford University, who resigned her position in June due to sexual harrasment, has decided to return. According to her, the university is making a concerted effort to correct the situation.



Frank Struna, 50, long jumps 19-9 in the 13th Montana Masters Meet, Bozeman, Mont., Aug. 9-10.

## NORTHWEST

- **Ralph Roylance**, M65, broke **Bill Morales'** 1984 javelin AR of 148-3 with a throw of 157-7 in the 13th Montana Masters Meet, Bozeman, MT, August 9-10. The high elevation (4900 ft.), coupled with aiding winds up to 3.3 mps, helped many sprinters and throwers set new PRs.

## CANADA

- **Art Meaney**, 47, ran 55:42 to finish ninth in the Evening Telegram 10 Mile, St. John's, Newfoundland, August 11. He tuned up for the race, one of Canada's oldest, by running a 34:24 10,000m in the Newfoundland t&f championships on the previous weekend.

## INTERNATIONAL

- NBC plans to offer three pay-per-view, commercial-free channels for the 1992 Olympic Games in Barcelona, July 25-August 9, 1992. The network also plans to offer 160 hours of free programming, which is comparable to air time for the 1988 Games in Seoul.

## Here's What Readers Say About THE MASTERS RUNNING GUIDE



—This book is filled with information including chapters on: Minimizing Injury, Secrets of the Masters, Maintaining Mobility, Diet, Improving With Age, and Training Smart. I recommend this book for those of us "transitioning" into the "improving with age" category. (Great gift idea too.)

—**Joyce Rankin, Reston (VA) Runners**

—I wish I had read the book ten years ago. (I wish it had existed ten years ago.)

—**Gordon Pitz, River to River (IL) Runners**

—The book describes masters sports and discusses the safety of intensive competition for older athletes... It's tough to read the first chapter and not get an urge to slip on a pair of shoes and go for a run.

—**Mike Davis, Indianapolis News**

"I generally stay away from endorsing books, but this one is worth making an exception for."

—**Jim Ferstle, St. Paul Pioneer-Press**

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# schedule

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



**December 2-7.** 13th Annual TAC Convention, Sheraton Hotel, New Orleans, La. TAC/USA, P.O. Box 120, Indianapolis, IN 46206. 316/261-0500.

## TRACK & FIELD NATIONAL

**June 19-28.** U.S. Olympic Track & Field Trials, New Orleans. 504/484-1992.

**August TBA.** 25th TAC/USA National Masters Championships, Spokane, Wash. Vernie Foxley, Spokane Falls Community College, Athletics MS-3070, W. 3410 Ft. George Wright Dr., Spokane, WA 99204-5288. Phone: 509/459-3644; Fax: 509/623-4128.

**April 3-5.** U.S. TAC National Masters Indoor Championships, Ohio State U., Columbus. James Pearce, 2449 Southway Drive, Columbus, OH 43221.

### EAST

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

**October 10-12.** Maryland Senior Olympics, Towson St. U. 55+. Residents only. Robert Ziegler, Towson St. U., Baltimore, MD 21204. 301/830-3163.

**December 21.** Tri-State TC Indoor Meet, Hagerstown, JC, Md. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.

**January 12.** Brown Masters Indoor Invitational, Brown U., Providence, R.I. SASE to: Neil Steinberg, 46 Roberta Ave., Pawtucket, RI 02860.

**February 29.** Tri-State TC Indoor Meet, Hagerstown JC, Md. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.

### SOUTHEAST

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

**October 12.** Last Chance Mini-Meet, Vanderbilt U., Nashville, Tenn. R. Brady, 2709 Linmar Ave. #5, Nashville, TN 37215.

**October 22-November 2.** Ft. Lauderdale Senior Games, Ft. Lauderdale, Fla. 55+. Suzanne Broucek, P.O. Box 14250, Ft. Lauderdale, FL 33302. 305/761-5383.

**November 1-11.** The Paradise Senior Games, Marco Island, Fla. 55+. Connie Kormanyos, P.O. Box 1492, Marco Island, FL 33969. 813/394-4229.

**November 3-9.** Golden Age Games, Sanford, Fla. 55+. Golden Age Games, Box 1778, Sanford, FL 32772-1778. 407/330-5687.

**December 29.** Elmer Shaw Memorial Weight Pentathlon, Atlantic H.S., Delray Beach, Fla. Phil Partridge, 337 SW 14th Ave., Boynton Beach, FL 33435.

### MID-AMERICA

Arkansas, Colorado, Iowa, Kansas, Minnesota, Missouri, N. Dakota, Nebraska, Oklahoma, S. Dakota.

**October 8-9.** Arkansas Senior Olympics, Harrison. 55+ Phil Peters, P.O. Box 1795, Harrison, AR 72601. 501/741-1144.

**October 11-13.** Kansas Senior Olympics, Topeka, 55+. Marge Rightmeier, KSO, City Hall, Rm. 250-259, Topeka, KS 66603. 913/232-9665.

**October 19.** Kansas Big Guys Classic IV, U. of Kansas, Lawrence, Gary England, Rm. 143, Allen Fieldhouse, Lawrence, KS 66045. 913/864-5635.

**December 8.** Minnesota Masters-Seniors EM "R" Meet, U. of Minnesota, Rachel Lyga, 122 63½ Way NE, Fridley, MN 55432.

### SOUTHWEST

Louisiana, Mississippi, Texas.

**October 9-12.** Mississippi Golden Games, Gulfport, 55+. Residents only. Don Cross, 1800 Beach Dr., Gulfport, MS 39507. 601/896-8469.

### WEST

Arizona, California, Hawaii, New Mexico, Utah.

**October 19.** Club West Masters Meet, Santa Barbara, Calif. Lloyd Albright, 3722 Cordero Dr., Santa Barbara, CA 93105. 805/682-9540.

**October 22-25.** World Senior Games, St. George, Utah. 50+. T&F/Road Races; 5K (10/23), 5K RW (10/24), 10K (10/25). Sylvia Wunderli, 1605 Walker Center, Salt Lake City, UT 84111. 801/583-6231.

**November 1-17.** California Senior Olympics, Long Beach. 55+. Carol Patton, Long Beach Parks and Rec. Dept., 2760 Studebaker, Long Beach, CA 90815. 213/421-9431.

**November 30.** Long Beach State Distance Carnival, Long Beach, Calif. 800/1500/3000/5000/10,000. Coach Andy Sythe, 213/985-4666; or Coach Rosenthal, 985-1700.

**November 30-December 1.** Long Beach Winter Decathlon/Heptathlon, Long Beach, Calif. See above.

### INTERNATIONAL

**October 8-20.** 3rd Australian Masters Games, Brisbane, Australian Masters Games Hotline: (07) 221-1890.

**November 1-4.** Miyazaki International XII All-Japan Masters Athletic Championships, Miyazaki Prefecture. Miyazaki Prefectural Office, 2-10-1 Tachibanadori-higashi, Miyazaki City, Japan. 0985-26-7033. Fax: 0985-26-7331.

**November 10.** Guyana Masters International Games. Guyana Masters, Bridget Bayne, P.O. Box 10807, Guyana.

**July 25-August 9.** XXV Olympics, Barcelona, Spain.

**August 19-23.** WAVA North American Regional Track and Field Championships, Jalapa, Vera Cruz, Mexico.

## LONG DISTANCE RUNNING NATIONAL

**October 6.** TAC/USA National Masters Marathon Championships, Minneapolis, Minn. Bruce Mortenson, 15301 Highland Place, Minnetonka, MN 55345.

**October 26.** TAC/USA National Masters 10K Cross-Country Championships, Louisville, Ky. Bob Ulrich, P.O. Box 6667, Louisville, KY 40206. 502/459-6820.

**October 26.** TAC/USA National Masters 100K Championship, Duluth, Minn. Bill Wenmark, 18665 Rutledge Rd., Deephaven, MN 55391. 612/593-9014. Fax: 512/593-9809.

**November 2.** TAC/USA National Masters 15K Championships, Tulsa, Okla. Stan Austin, Tulsa Run Inc., 1 William Center, Box 2400, Tulsa, OK 74102. 918/299-3429.

**November 3.** TAC/USA National Masters 5K Cross-Country Championships, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 42230. 614/459-2547.

**November 23.** TAC/USA National Masters 25K Championships, San Diego, Calif. Also Team Championships. SASE to Joni Shirley, 8565 Lake Murray Blvd., No. 223, San Diego, CA 92119. 619/465-1049.

**November 30.** TAC/USA National Masters 8K Cross-Country Championships, Franklin Park, Boston Mass. Steve Vaitones, New England AC, P.O. Box 1905 Brookline, MA 02146. 617/566-7600, or John McGrath, Boston X-C Committee, P.O. Box 252, Boston, MA 02113. 617/891-4538.

**December 8.** TAC/USA National Masters 8K or 10K Championships, New Orleans, La. Contact TBA.

### EAST

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

**October 6.** Delaware Distance Classic 15K, Wilmington. USRA Masters Circuit. Doug White, 302/234-1189, or Dean Reinke & Associates, 407/647-2918.

**October 6.** Connecticut Senior Olympic 10K Race & Racewalk, Bridgeport. 55+. Under 55 run as open. CT Sr. Olympics, U. of Bridgeport, 120 Waldemere Ave., Bridgeport, CT 06601. Ginger or Will, 203/576-4722; 576-4242.

**October 6.** Women's 5K Race For The Cure, Central Park, NYC. NYRRC, 9 E. 89th St., NY, NY 10128. 212/870-4455.

**October 12.** Mendon Ponds Park 5K Cross-Country, Hendon, N.Y. Pete Glavin, 716/654-8991(d); 385-2679(e).

**October 12.** Applefest Half-Marathon, Hollis, N.H. Bill Gray, 24 Woodhawk Way, Litchfield, NH 03051. 603/889-8049.

**October 13.** Historic Reading 10K, Reading, Pa. Savings bonds masters prizes. Glenn Mohler, City Hall, 815 Washington St., Reading, PA 19601. 215/320-6326(d).

**October 13.** Belmont Plateau Autumn 5 Mile Cross-Country, Philadelphia. Peter Taylor, 3120 School House Ln. (J-A9), Philadelphia, PA 19144. 215/842-3807.

**October 13.** Army Ten-Miler, Washington, D.C. SASE to: Army 10-Miler, P.O. Box 46594, Washington, DC 20050-6594.

**October 14.** Tufts Health Plan 10K For Women, Boston, Mass. Masters money. Meg Crowley, 250 Summer St., Boston, MA 02210. 617/439-7700(d).

**October 19.** Adirondack/TAC Cross-Country Championships, New York State U.-Albany. Roberts Vives, 57 Brenden Ct., Clifton Park, NY 12065. 515/442-3064.

**October 19.** Mercedes Mile On Fifth Ave., NYC, NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.

**October 20.** 8th Annual Great Northern 10K, Revere, Mass. Great Northern Mfg.

## ON TAP FOR OCTOBER

### TRACK AND FIELD

Offerings are scanty but varied, ranging from the Kansas Big Guys Classic and the Club West Masters Meet in Santa Barbara on the 19th to the World Senior Games in Utah, starting on the 22nd, laced with other senior meets in almost every region.

### LONG DISTANCE RUNNING

National Masters Championships will be held in the marathon, Minneapolis, on the 6th; the 10K cross-country, Louisville; and 100K, Duluth, both on the 26th.

USRA Masters Circuit events are the Myriad Gardens, 10K, Oklahoma City, on the 5th; Delaware Distance 10K, Wilmington, on the 6th; and Dayton-Corridor Half-Marathon in Ohio, on the 13th.

The East provides most of the action, including the Fifth Avenue Masters Mile, NYC, on the 19th, and Great Northern 10K, Revere, Mass., on the 20th.

In the Midwest, the Chicago Marathon/Rogaine 5K on the 7th is the big draw.

In the West, the St. George Marathon, Utah, on the 5th, features a downhill course, and the Humboldt Redwoods Marathon, California, on the 20th, offers nonpareil scenery.

### RACEWALKING

The North American Masters Championships, Midland, Texas, are scheduled for the 6th, and the Florida TAC 10K Championships, Orlando, are set for the 19th. □

Corp. Race, P.O. Box 9107, Chelsea, MA 02150. Tony Jr. or Sal, 617/284-4444; 1-800-258-6245.

**October 20.** Stamford Classic Marathon/Half-Marathon, Stamford, Conn. Steve Lobdell, 700 Canal St., Stamford, CT 06902. 203/359-1248.

**October 20.** Richmond Newspapers Marathon/Half-Marathon, Richmond, Va. DeWayne Davis, Box C-32333, Richmond, VA 23293. 804/649-6325.

**October 27.** New Jersey TAC Masters 5K Cross-Country Championships, Readington. George Miller, 23 Fox Hunt Rd., Ringoes, NJ 08551.

**October 27.** Cape Cod Marathon, Falmouth, Mass. Courtney Bird, Box 699, West Falmouth, MA 02574. 508/548-0348.

**October 27.** Mohawk-Hudson River Marathon, Schenectady, N.Y. Lee Wilcox, 10 Eaton Rd., Troy, NY 12180. 518/274-7444.

**November 3.** 14th Fred J. Hackett 10K, West Concord, N.H. Masters cash based on age-graded tables. SASE to: Concord Savings Bank Autumn Run, P.O. Box 739, Concord, NH 03302. Bob Teschek, 603/863-2537.

Continued on page 24



Continued from page 23

**November 3.** Marine Corps Marathon, Washington, D.C. MCM, Box 188, Quantico, VA 22134. 703/640-2225/690-3431.

**November 3.** New York City Marathon, NYRR, 9 E. 89th St., NY, NY 10128. 212/860-4455.

**November 15-17.** Road Race Management Race Director's Meeting and Trade Exhibit, Washington, D.C. SASE to RRM Race Director's Meeting, 2001 Wilson Blvd., Ste. 437, Arlington, VA 22201. 703/276-0056.

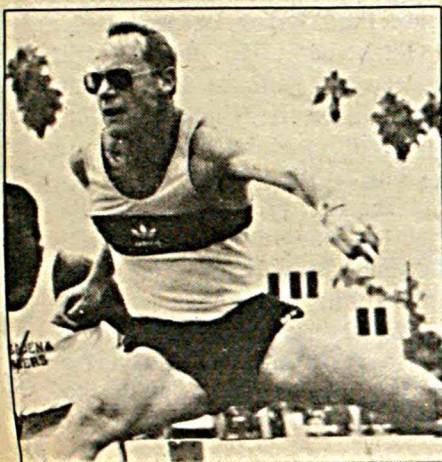
**SOUTHEAST**

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

**October 5.** Av-Med Coconut Grove 5 Miler, Miami. Florida Masters Road Race. 800/940-4RUN.

**October 12.** Capital Trail 10 Mile/5K, Raleigh, N.C. Dean Reinke, 400 N. New York Ave., Ste. 103, Winter Park, FL 32789. 407/647-2918.

**November 2.** LDDS Run For Child Protection 10K, Montgomery, Ala. Masters money. Brian Doby, 855 Park Ave., Montgomery, AL 36106. 205/240-8650.



John Dobroth placed 5th in the World Championships M50 100H in 15.83.

Photo by Fred Niedermeyer

**November 2.** Senior Bowl/Delchamps Charity Run 10K, Mobile, Ala. USRA Masters Circuit. Vic Knight, 205/458-2276, or Dean Reinke & Associates, 407/647-2918.

**November 10.** The Old Reliable Run 10K, Raleigh, N.C. 919/829-4843.

**December 14.** Rocket City Marathon, Huntsville, Ala. USRA Masters Circuit, Huntsville TC, 8811 Edgehill Dr., Huntsville, AL 35802. 205/881-9077. Dean Reinke & Associates, 407/647-2918.

**January 4.** Charlotte Observer Marathon & 10K, Charlotte, N.C. \$4250 masters money, plus bonuses. Marathon, Box 30294, Charlotte, NC 28230. 704/358-KICK.

**MIDWEST**

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

**October 12.** Bowling Green 10K, Bowling Green, Ky. Rick Kelley, Box 1802, Bowling Green, KY 42102. 502/782-3660.

**October 13.** Tandem-Dayton River Corridor Half-Marathon, Dayton, Ohio. USRA Masters Circuit. Lloyd Laubach, Wright Brothers, Box 9154, Dayton, OH 45409. 513/296-1845.

**October 13.** Fox Cities Marathon, Neenah, Wisc. Gloria West, 316 N. Appleton St., Appleton, WI 54911. 800/452-9526.

**October 13.** U.S. International 10K Peace Race, Youngstown, Ohio, Masters money Jack Cessna, Peace Race, P.O. Box 1320, Youngstown, OH 44501. 216/743-6632.

**October 13.** INB StepAhead Stampede 25K/ 10K/5K Walk, Indianapolis. Ken Long & Associates, 107 W. Loretta Dr., Indianapolis, IN 46217. 317/786-8812.

**October 20.** Louisville Marathon/Half-Marathon, Louisville, KY. Gil Clark, Box 36452, Louisville, KY 40233. 502/456-8160.

**October 20.** Detroit Free Press-Mazda International Marathon, Detroit, Mich. Barbara Bennage, 321 W. Lafayette, Detroit, MI 48226. 313/222-6676.

**October 27.** Chicago Marathon, Chicago, Ill. Also Rogaine 5K. Chicago Marathon, 223 W. Erie, Chicago, IL 60610.

312/951-0660.

**October 27.** Rogaine 5K, Chicago. In conjunction with Chicago Marathon. M&W40+ \$750-500-350-200-150. John Ruane or Andy Clark, 312/280-7086.

**October 27.** Ohio TAC 20/50K Championships, Whetstone Park, Columbus. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.

**November 9.** Ohio TAC Open/Masters X-Country Championships, Lancaster H.S. M8K/W5K. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.

**November 10.** Columbus Marathon, Columbus, Ohio. P.O. Box 26806, Columbus, OH 43226. 614/433-0395.

**MID-AMERICA**

Arkansas, Colorado, Iowa, Kansas, Minnesota, Missouri, N. Dakota, Nebraska, Oklahoma, S. Dakota.

**October 5.** Myriad Gardens 10K, Oklahoma City. USRA Masters Circuit. Carolyn Sims, 405/297-2597, or Dean Reinke & Associates, 407/647-2918.

**October 6.** Continental Insurance Governor's Cup 5K, Denver. Creigh Kelley, 8400 E. Prentice Ave., No. 202, Englewood, CO 80111. 303/741-3587(d).

**October 13.** KAZY Marathon, Denver, Colo. BKB Ltd., 8400 E. Prentice Ave., Ste. 202, Englewood, CO 80111. 303/741-3587.

**October 27.** Humana Prime Health Marathon, Kansas City, Mo. Betsy Titterington, 5001 State Line, Kansas City, MO 64112. 816/531-2387.

**November 2.** Tulsa 15K Run, Tulsa, Okla. Stan Austin, 1 William Center, Box 2400, Tulsa, OK 74102. 918/588-2850.

**November 2.** Striders Half-Marathon, Brookings, S. Dak. Bob Bartling, Prairie Striders, Box 267, Brookings, SD 57006. 605/692-2414.

**November 2.** Omaha Riverfront Marathon, Omaha, Nebr. USRA Masters Circuit. Gary Myer, 5822 Ohio St., Omaha, NE 68104. 402/553-8349.

**SOUTHWEST**

Louisiana, Mississippi, Texas.

**October 5.** El Paso/Juarez International 15K, El Paso, Texas/Juarez, Mex. El Paso Sun Carnival Assn., 2609 N. Stanton, El Paso, TX 79902. 915/533-4416.

**October 19.** Louisiana Mini-Marathon, New Orleans. NOTC, P.O. Box 52003, New Orleans, LA 70152-2003. 504/482-6682.

**November 22.** Dallas White Rock Half-Marathon, Dallas. SASE to: Cross Country Club of Dallas, 7021 Prestonshire, Dallas, TX 75225.

**November 10.** San Antonio Marathon, San Antonio, Texas. USRA Masters Circuit. John Pernell, 512/732-1332, or Dean Reinke & Associates, 407/647-2918.

**WEST**

Arizona, California, Hawaii, Nevada, New Mexico, Utah.

**October 5.** St. George Marathon, St. George, Utah. Kent E. Perkins, 86 S. Main St., St. George, UT 84770. 801/634-5850.

**October 5.** Manhattan Beach Old Hometown Fair 10K, Manhattan Beach, Calif. Russ Lesser, 213/372-3553; Ann Martin, 213/372-2823.

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

**October 12.** Chrysalis Run For The Homeless 5K/10K, Los Angeles. Susan Romick, 702 S. San Pedro St., Los Angeles, CA 90014. 213/623-9394.

**October 12.** 10th annual Moving Comfort 8K For Women, San Diego, Calif. Also separate men's race. SASE to Race Director, 2115 Craig Court, Lemon Grove, CA 91945-4237. 619/460-3110.

**October 20.** Humboldt Redwoods Marathon/Half-Marathon, Weott, Calif. Masters money. SASE to Karen Angel, Race Director, 351 Roundhouse Creek Rd., Trinidad, CA 95570. 707/442-6463 (M-F, 2-4 p.m.)

**October 26.** Twilight Last Gleaming Mile Cross-Country, Arroyo Verde Park, Ventura, Calif. 5:00 p.m. Andrew Hecker, P.O. Box 7793, Ventura, CA 93006. 805/983-0044(d); 642-3879(e).

**October 26.** Alhambra Moonlight 8K, Alhambra, Calif. Open women's TAC championships. City of Alhambra. 111 So. First St., Alhambra, CA 91801. 818/570-5044.

**November 3.** Santa Barbara Half-Marathon, Santa Barbara, Calif. John Brennand, Box 6616, Santa Barbara, CA 93160. 805/964-2591.

**November 10.** Long Beach Shoreline Half-Marathon, Long Beach, Calif. Michael Braunstein, 1500 E. Anaheim St., Long Beach, CA 90813. 213/433-4557.

**December 21.** 25th Las Vegas Half-Marathon, Las Vegas, Nev. No. 10 size SASE to Bill Callanan, LVTC, 6252 Clarice Ave., Las Vegas, NV 89107. 702/870-8269; 878-8414.

**February 1.** 26th Las Vegas International Marathon & 5-Person Team Relay, Las Vegas, Nev. Al Boka, Race Director, P.O. Box 81262, Las Vegas, NV 89180.

**NORTHWEST**

Alaska, Idaho, Montana, Oregon, Washington, Wyoming.

**October 27.** Tri-Cities Marathon, Pasco, Wash. SASE to 3RRRC 1205 Ryan Ave., Pasco, WA 99301. 509/545-5693.

**November 16.** U.S. vs. Canada Cross-Country 8K, Seattle. Noon. Carol Lagenbach, 4261 S. 184th St., SeaTac, WA 98188. 206/433-8868.

**CANADA**

**October 6.** Toronto Marathon, Ontario. Marathon, 1220 Sheppard Ave. East, Willowdale, Ontario, Canada M2K 2X1. 416/495-4311.

**INTERNATIONAL**

**October 11-27.** Adventures: India. Multi-day Trial Race, Trek and Delhi Marathon (25th). Extension and optional tours available. Force 10 Expeditions LTD., P.O. Box 30506, Flagstaff, AZ 86003 USA. 1-800-922-1491.

**November 2.** Rosarito Beach Holiday 5K & 10K, Baja California, Mexico. Finish Line international, 7846 Connie Dr., Huntington Beach, CA 92648. 714/841-5417.

**RACE WALKING**

**October 5.** Octoberfest 10K Racewalk, Greenville, S.C. Olympic Trials qualifier; open and masters. Certified, sanctioned, masters and national judges. Greenville Rec. Dept., 103 Cleveland Park Dr., Greenville, SC 29601.

**October 5.** Alden 3K RW, Naperville, Ill. Bill Wojcik, 1525 Oxford Ln., Naperville, IL 60565. 312/286-3883.

**October 6.** North American Masters 20K Championships and 20K/5K Open. Midland, TX. Norm Frable, P.O. Box 8248, Midland TX 79708. 915/694-2134.

**October 12.** Sweet Potato Festival 20K Racewalk, Darlington, S.C. Open and masters. Darlington County Rec., P.O. Box 1740, Darlington, SC 29532.

**October 19.** Florida TAC 10K Championships, Orlando. Central Fla. Walkers, Verna Buchs, 585 Via Lugano, Winter Park, FL 32789. 407/645-4706.

**November 1-3.** Martin Rodow 3K/Seminar, Ft. Lauderdale, Fla. Paul Geyer, P.O. Box 630096, Miami, FL 33163. 305/935-6063.

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# RECIPIENTS OF CERTIFICATES AS ALL-AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE

|                |            |           |         |                |           |          |         |                  |           |           |         |
|----------------|------------|-----------|---------|----------------|-----------|----------|---------|------------------|-----------|-----------|---------|
| <b>M30-34</b>  |            |           |         | <b>M50-54</b>  |           |          |         | <b>M65-69</b>    |           |           |         |
| William Harry  | 400        | 50.7      | 7-24-91 | James Huffman  | 800       | 2:18.14  | 7-6-91  | Lloyd Young      | 1 Mile    | 5:31.7    | 7-23-88 |
| <b>M35-39</b>  |            |           |         | Jack Miller    | 800       | 2:19.0   | 7-6-91  | Ed Holmes        | High Jump | 4-8       | 6-1-91  |
| Mark Cwiek     | Javelin    | 210-6     | 7-7-91  | Ed Schmidt     | Shot Put  | 12.55    | 2-3-91  | <b>M70-74</b>    |           |           |         |
| <b>M40-44</b>  |            |           |         | <b>M55-59</b>  |           |          |         | Myron Dover      | Long Jump | 3.77      | 3-30-91 |
| Wayne Gripp    | 100        | 11.56     | 7-5-91  | Bob Santine    | 100       | 12.8     | 6-29-91 | Charles Irwin    | Discus    | 33.89     | 3-30-91 |
|                | 400        | 53.52     | 7-14-91 | Everett Hardy  | Discus    | 129-11   | 6-22-91 | Adrien Pronovost | High Jump | 1.25      | 6-27-91 |
|                | 200        | 24.19     | 7-18-91 | Chris Rush     | 800       | 2:25.7   | 7-26-91 |                  | 5000      | 23:04.6   | 7-23-91 |
|                | 800        | 2:03.2    | 7-26-91 | Doug Alberts   | High Jump | 5-0      | 6-21-91 | <b>M75-79</b>    |           |           |         |
| Pete LaRouech  | 1 Mile RW  | 7:31      | 2-16-91 |                | 100H      | 17.7     | 6-22-91 | Fred Praeger     | 100       | 16.31     | 6-22-91 |
| Ben Brockwell  | 1 Mile     | 4:30.0    | 6-4-91  | <b>M60-64</b>  |           |          |         | Eugene Bradford  | Shot Put  | 9.09      | 6-22-91 |
| Gordon Overbye | 3000 SC    | 10:52.98  | 6-22-91 | Bailey Gore    | Long Jump | 15-1 3/4 | 6-22-90 |                  | Shot Put  | 30-10 1/2 | 6-15-91 |
| Larry Purtell  | 1 Mile     | 4:40.96   | 2-17-91 |                | 200       | 28.10    | 6-22-90 | <b>W40-44</b>    |           |           |         |
| Gary Westlund  | 3000 RW    | 14:41.3   | 6-30-91 |                | 100       | 12.97    | 6-9-90  | Sandy Maryott    | High Jump | 4-4       | 7-21-91 |
| Karl F. Birns  | 35# Wt.    | 44-7      | 10-1-91 |                | Long Jump | 15-2     | 2-1-91  | Skipper Clark    | Long Jump | 4.26      | 8-17-91 |
| Ken Cooper     | High Jump  | 1.77      | 7-5-91  | Ed Mahany      | 2000SC    | 9:12.44  | 7-27-91 | Colette Govan    | 5000 RW   | 27:23.81  | 6-22-91 |
| Alan Russell   | 200        | 24.04     | 7-4-91  | Warren Doscher | 200       | 27.25    | 7-4-91  | <b>W45-49</b>    |           |           |         |
| <b>M45-49</b>  |            |           |         |                | 100       | 13.41    | 7-4-91  | Mary Lou Platis  | Long Jump | 12-10     | 2-3-91  |
| Rich Davis     | 5000       | 16:22     | 7-25-91 | Jack Lance     | Long Jump | 15-3 1/2 | 7-28-91 | Karen Wright     | Javelin   | 22.34     | 8-3-90  |
| Jack Karbens   | Pentathlon | 2708 pts. | 7-4-91  | Arnold Meardon | 800       | 11.8     | 7-6-91  |                  | Discus    | 24.19     | 8-3-90  |
| Larry Norris   | 3000 SC    | 10:53.16  | 7-1-91  |                |           | 2:34.5   | 7-13-91 |                  | Shot Put  | 27.8      | 7-27-91 |
|                | 800        | 2:08.7    | 7-26-91 |                |           |          |         |                  |           |           |         |

## U.S. MASTERS ALL AMERICAN STANDARDS OF EXCELLENCE FOR MASTERS RACE WALKERS

| Event | 30-34 | 35-39 | 40-44 | 45-49 | 50-54 | 55-59 | 60-64 | 65-69 | 70-74 | 75-79 | 80-84 | 85-89 | 90-94 |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Mile  | 7:12  | 7:24  | 7:36  | 7:49  | 8:04  | 8:21  | 8:41  | 9:18  | 9:42  | 10:30 | 11:48 | 12:36 | 14:03 |
| 3000  | 13:59 | 14:23 | 14:46 | 15:12 | 15:36 | 16:12 | 16:54 | 18:00 | 19:00 | 20:30 | 23:00 | 24:36 | 27:18 |
| 5000  | 23:36 | 24:13 | 24:48 | 25:33 | 26:24 | 27:18 | 28:24 | 30:24 | 31:54 | 34:33 | 38:42 | 41:24 | 45:54 |
| 10K   | 48:08 | 49:10 | 50:27 | 51:54 | 53:33 | 55:26 | 59:06 | 63:21 | 66:30 | 70:09 | 78:36 | 84:06 | 93:18 |
| 15K   | 1:12  | 1:14  | 1:16  | 1:19  | 1:23  | 1:27  | 1:31  | 1:35  | 1:40  | 1:47  | 1:58  | 2:10  | 2:22  |
| 20K   | 1:38  | 1:40  | 1:43  | 1:47  | 1:52  | 1:57  | 2:02  | 2:09  | 2:17  | 2:27  | 2:40  | 2:55  | 3:10  |
| Event | 30-34 | 35-39 | 40-44 | 45-49 | 50-54 | 55-59 | 60-64 | 65-69 | 70-74 | 75-79 | 80-84 | 85-89 | 90-94 |
| Mile  | 8:00  | 8:15  | 8:30  | 8:45  | 9:03  | 9:42  | 10:18 | 11:30 | 12:09 | 12:54 | 13:48 | 15:21 | 16:48 |
| 3000  | 15:30 | 16:00 | 16:30 | 17:00 | 17:33 | 18:48 | 20:06 | 22:12 | 23:33 | 25:00 | 28:48 | 29:48 | 32:36 |
| 5000  | 26:13 | 26:56 | 27:42 | 28:33 | 29:36 | 31:33 | 33:48 | 37:30 | 39:36 | 42:06 | 45:09 | 50:18 | 55:12 |
| 10K   | 53:25 | 54:41 | 56:12 | 58:00 | 63:12 | 65:48 | 70:33 | 76:06 | 82:42 | 87:54 | 94:12 | 1:01  | 1:15  |
| 15K   | 1:24  | 1:26  | 1:29  | 1:32  | 1:35  | 1:39  | 1:46  | 1:55  | 2:04  | 2:13  | 2:22  | 2:33  | 2:48  |
| 20K   | 1:54  | 1:57  | 2:01  | 2:05  | 2:09  | 2:14  | 2:23  | 2:34  | 2:47  | 3:00  | 3:13  | 3:38  | 3:47  |

A minimum of two judges must be present and the competition must be limited to race walkers (i.e. no runners).

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

| Event  | 30-34     | 35-39    | 40-44    | 45-49     | 50-54    | 55-59 | 60-64    | 65-69    | 70-74     | 75-79     | 80-84    | 85-89    |
|--------|-----------|----------|----------|-----------|----------|-------|----------|----------|-----------|-----------|----------|----------|
| 100    | 11.0      | 11.33    | 11.67    | 12.0      | 12.5     | 13.0  | 13.5     | 14.0     | 15.0      | 16.5      | 18.0     | 20.0     |
| 200    | 22.4      | 23.3     | 24.2     | 25.1      | 26.0     | 27.2  | 28.5     | 29.8     | 32.4      | 35.8      | 39.8     | 44.0     |
| 400    | 51.0      | 52.5     | 54.0     | 56.0      | 58.5     | 61.5  | 65.0     | 70.0     | 76.5      | 84.5      | 94.0     | 105.0    |
| 800    | 2:01      | 2:04     | 2:08     | 2:13      | 2:19     | 2:27  | 2:37     | 2:49     | 3:06      | 3:27      | 3:54     | 4:24     |
| 1500   | 4:11      | 4:15     | 4:22     | 4:32      | 4:45     | 5:02  | 5:24     | 5:47     | 6:22      | 7:03      | 7:59     | 9:15     |
| Mile   | 4:31      | 4:35     | 4:42     | 4:53      | 5:07     | 5:25  | 5:49     | 6:14     | 6:51      | 7:38      | 8:42     | 10:10    |
| 5000   | 15:30     | 15:42    | 16:06    | 16:44     | 17:30    | 18:24 | 19:36    | 21:08    | 23:30     | 26:00     | 29:07    | 33:30    |
| 10000  | 32:11     | 32:35    | 33:30    | 34:45     | 36:15    | 38:10 | 40:30    | 44:15    | 48:30     | 54:30     | 61:15    | 68:30    |
| 110H   | 15.3      | 16.4     | 17.75    | 18.75     |          |       |          |          |           |           |          |          |
| 100H   |           |          |          |           | 18.0     | 19.0  | 20.0     | 21.3     |           |           |          |          |
| 80H    |           |          |          |           | 48.0     | 51.0  | 55.0     | 60.0     | 66.5      | 74.5      | 84.0     | 95.0     |
| 400H   | 57.6      | 59.7     | 62.0     | 64.4      | 67.2     | 70.6  |          |          |           |           |          |          |
| 300H   |           |          |          |           |          |       |          |          |           |           |          |          |
| 3K-SC  | 10:00     | 10:20    | 10:55    | 11:40     | 12:30    | 13:20 |          |          |           |           |          |          |
| 2K-SC  |           |          |          |           |          |       | 9:30     | 10:30    | 12:00     | 14:00     | 16:30    | 19:30    |
| HJ     | 1.94      | 1.85     | 1.76     | 1.68      | 1.59     | 1.50  | 1.41     | 1.32     | 1.23      | 1.13      | 1.02     | .92      |
|        | 6-4 1/2   | 6-3 3/4  | 5-9 1/2  | 5-6       | 5-2 1/2  | 4-11  | 4-7 1/2  | 4-4      | 4-3       | 3-8       | 3-4      | 3-1      |
| PV     | 4.40      | 4.15     | 3.90     | 3.60      | 3.30     | 3.05  | 2.80     | 2.55     | 2.30      | 2.05      | 1.80     | 1.50     |
|        | 14-5 1/2  | 13-7 1/2 | 12-9 1/2 | 11-9 1/2  | 10-10    | 10-0  | 9-2 1/2  | 8-4 1/2  | 7-6 1/2   | 6-8 1/2   | 5-11     | 4-11     |
| LJ     | 6.55      | 6.20     | 5.85     | 5.45      | 5.10     | 4.75  | 4.40     | 4.00     | 3.65      | 3.35      | 3.00     | 2.65     |
|        | 21-6      | 20-4 1/2 | 19-2 1/2 | 17-10 1/2 | 16-9     | 15-7  | 14-5 1/2 | 13-1 1/2 | 11-11 1/2 | 11-0      | 9-10     | 8-8 1/2  |
| TJ     | 13.35     | 12.65    | 11.90    | 11.15     | 10.40    | 9.65  | 8.90     | 8.20     | 7.50      | 6.80      | 6.10     | 5.50     |
|        | 43-9 1/2  | 41-6     | 39-1 1/2 | 36-7      | 34-1 1/2 | 31-8  | 29-2 1/2 | 26-11    | 24-7 1/2  | 22-4      | 20-1 1/2 | 18-1 1/2 |
| Shot   | 15.20     | 14.10    | 13.00    | 12.00     | 12.40    | 11.20 | 12.00    | 10.80    | 10.00     | 8.80      | 7.65     | 6.50     |
|        | 49-10 1/2 | 46-3 1/2 | 42-8     | 39-4 1/2  | 40-8 1/2 | 36-9  | 39-4 1/2 | 35-5 1/2 | 33-0      | 28-10 1/2 | 25-1 1/2 | 21-4     |
| Discus | 44.80     | 42.60    | 40.60    | 38.00     | 40.00    | 36.40 | 40.00    | 36.80    | 31.60     | 26.40     | 21.40    | 16.20    |
|        | 147-0     | 139-9    | 133-2    | 124-8     | 131-3    | 119-5 | 131-3    | 120-9    | 103-8     | 86-7      | 70-2 1/2 | 53-2     |
| Hammer | 47.24     | 44.20    | 41.14    | 38.10     | 38.40    | 36.00 | 36.00    | 33.00    | 29.00     | 25.00     | 22.50    | 18.00    |
|        | 155-0     | 145-0    | 135-0    | 125-0     | 126-0    | 118-1 | 118-1    | 108-3    | 95-2      | 82-0      | 73-10    | 60-0     |
| Jav    | 62.00     | 57.00    | 52.00    | 48.00     | 43.00    | 38.50 | 40.00    | 35.00    | 29.00     | 24.00     | 19.00    | 15.00    |
|        | 203-5     | 187-0    | 170-7    | 157-6     | 141-1    | 126-4 | 131-3    | 114-10   | 95-2      | 78-9      | 62-4     | 49-2     |
| 35#Wt. | 15.00     | 14.00    | 13.00    | 12.00     | 10.00    | 9.00  |          |          |           |           |          |          |
| 25#Wt. |           |          |          |           |          |       | 11.00    | 10.00    | 9.00      | 8.00      | 7.00     | 6.00     |
| 56#Wt. | 9.50      | 9.00     | 8.50     | 8.00      | 6.00     | 5.00  | 4.50     | 4.00     | 3.50      | 3.00      | 2.50     | 2.00     |
| Pen    | 2800      | 2600     | 2600     | 2600      | 2600     | 2600  | 2600     | 2600     | 2600      | 2600      | 2600     | 2600     |
| Dec    | 5500      | 5250     | 5250     | 5250      | 5250     | 5250  | 5250     | 5250     | 5250      | 5250      | 5250     | 5250     |

notes: 1) 100 standards are for automatic time; use standard conversion for hand time.

2) Short hurdles: 30-49: 33"; 50-59: 36"; 60-69: 33"; 70+: 30".

3) Long hurdles: 30-49: 36"; 50-59: 33"; 60+: 30".

4) Shot put: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k.

5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg.

6) Hammer: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k.

7) Javelin: 30-59: 800g; 60+: 600g.

8) Metric heights and distances are the standard; feet and inches listed for convenience.

9) Pen/Dec: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).

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

| Event  | 30-34 | 35-39  | 40-44  | 45-49 | 50-54 | 55-59 | 60-64 | 65-69 | 70-74 | 75-79 | 80-84  |
|--------|-------|--------|--------|-------|-------|-------|-------|-------|-------|-------|--------|
| 100    | 13.8  | 14.2   | 14.6   | 15.0  | 15.6  | 16.2  | 16.9  | 17.8  | 18.8  | 20.0  | 21.2   |
| 200    | 28.0  | 29.2   | 30.3   | 31.4  | 32.5  | 34.0  | 35.7  | 37.5  | 40.0  | 43.5  | 47.0   |
| 400    | 63.5  | 65.5   | 67.5   | 69.5  | 71.5  | 73.5  | 78.5  | 83.7  | 90.0  | 96.5  | 103.3  |
| 800    | 2:32  | 2:35   | 2:40   | 2:46  | 2:54  | 3:05  | 3:19  | 3:36  | 3:56  | 4:09  | 4:35   |
| 1500   | 5:10  | 5:19   | 5:29   | 5:40  | 5:58  | 6:20  | 6:48  | 7:23  | 8:04  | 8:52  | 9:48   |
| Mile   | 5:34  | 5:44   | 5:55   | 6:07  | 6:26  | 6:49  | 7:19  | 7:46  | 8:47  | 9:39  | 10:45  |
| 5000   | 19:45 | 20:30  | 21:20  | 22:16 | 23:12 | 24:16 | 26:08 | 28:08 | 30:08 | 32:21 | 34:26  |
| 10000  | 41:00 | 42:40  | 44:40  | 47:00 | 49:30 | 52:00 | 56:00 | 60:00 | 66:00 | 76:00 | 86:00  |
| 100H   | 17.2  | 18.2   |        |       |       |       |       |       |       |       |        |
| 80H    |       |        | 15.0   | 15.8  | 16.5  | 17.6  | 18.7  | 20.2  | 22.2  | 25.0  | 28.0   |
| 400H   | 75.5  | 79.9   | 84.4   | 88.8  |       |       |       |       |       |       |        |
| 300H   |       |        |        |       | 66.0  | 72.0  | 79.0  | 87.0  | 96.0  |       |        |
| HJ     | 1.42  | 1.35   | 1.27   | 1.19  | 1.12  | 1.07  | 1.02  | .97   | .92   | .89   | .84    |
|        | 4-8   | 4-5½   | 4-2    | 3-11  | 3-8   | 3-6½  | 3-4½  | 3-2½  | 3-0½  | 2-11  | 2-9    |
| LJ     | 5.00  | 4.60   | 4.25   | 3.90  | 3.55  | 3.20  | 2.85  | 2.60  | 2.35  | 2.10  | 2.00   |
|        | 16-5  | 15-1   | 13-11½ | 12-9½ | 11-8  | 10-6  | 9-4½  | 8-6½  | 7-8½  | 6-11  | 6-7    |
| TJ     | 10.00 | 9.20   | 8.60   | 7.80  | 7.18  | 6.40  | 5.70  | 5.20  | 4.70  | 4.20  | 3.80   |
|        | 32-10 | 30-2½  | 28-2½  | 25-7½ | 23-7  | 21-0  | 18-8½ | 17-1  | 15-5  | 13-9½ | 12-5½  |
| Shot   | 10.30 | 9.30   | 8.40   | 7.70  | 7.95  | 7.20  | 6.50  | 5.80  | 5.25  | 4.70  | 4.25   |
|        | 33-9½ | 30-6½  | 27-7   | 25-3½ | 26-1  | 23-7½ | 21-4  | 19-0½ | 17-3  | 15-5  | 13-11½ |
| Jav    | 39.50 | 33.50  | 27.50  | 21.50 | 25.00 | 19.00 | 18.00 | 16.00 | 15.00 | 14.00 | 13.50  |
|        | 129-7 | 109-11 | 93-6   | 70-6½ | 82-0  | 62-4  | 59-1  | 52-6  | 49-2  | 45-11 | 44-4   |
| Discus | 30.0  | 27.8   | 26.0   | 24.0  | 22.0  | 20.0  | 18.0  | 16.0  | 15.0  | 14.0  | 13.5   |
|        | 98-5  | 91-2   | 85-4   | 78-9  | 72-2  | 65-8  | 59-1  | 52-6  | 49-2  | 45-11 | 44-4   |
| Hammer | 35.0  | 32.5   | 30.0   | 25.0  | 23.0  | 22.0  | 20.0  | 18.0  | 14.0  | 12.0  | 9.0    |
|        | 131-3 | 114-10 | 98-5   | 82-0  | 75-6  | 72-2  | 65-8  | 59-1  | 45-11 | 39-5  | 29-7   |
| 20/Wt. | 10.00 | 9.00   | 8.00   | 7.00  | 6.00  | 5.00  | 4.00  | 3.50  | 3.25  | 3.00  | 2.75   |



# TRACK & FIELD RESULTS

Please send masters meet results to NATIONAL MASTERS NEWS, PO BOX 2372 VAN NUYS CA 91404. If possible, please type single space with minimum of white space.

## NATIONAL

### National Senior Sports Classic Syracuse, NY; June 27-July 3

100 and 1500 results were published in the August issue

|                   |          |
|-------------------|----------|
| <b>200m</b>       |          |
| <b>M55-59</b>     |          |
| Andrew Branch     | NY 25.70 |
| Clifford Pauling  | NY 26.10 |
| Alexander Johnson | NJ 26.20 |
| Joseph Hemler     | MD 27.20 |
| Vince Waltz       | IA 27.60 |
| <b>M60-64</b>     |          |
| Rich Barretta     | NJ 26.50 |
| Chuck Sochor      | MI 27.30 |
| Larry Anderson    | NM 27.70 |
| Ed Destremps      | NC 28.10 |
| Rich Chapin       | AZ 28.30 |
| <b>M65-69</b>     |          |
| Jim Law           | NC 26.20 |
| Willie Blackmon   | OH 26.40 |
| Paul Saunders     | MO 28.30 |
| Joe Rogers        | SC 28.40 |
| Dick Herzer       | AZ 29.00 |
| <b>M70-74</b>     |          |
| Ed Matthews       | MD 29.30 |
| Bill Weinacht     | OH 29.60 |
| Milt Silverstein  | AZ 29.80 |
| Jim Manno         | NJ 30.30 |
| Jay Sponseller    | FL 30.40 |
| <b>M75-79</b>     |          |
| Conrad Shuck      | CA 32.10 |
| Gil Gonzalez      | PR 33.00 |
| Lloyd Houston     | NM 34.30 |
| Milo Lightfoot    | IN 35.20 |
| Murphy Domingues  | LA 35.30 |
| <b>M80-84</b>     |          |
| Casimir Bechner   | NM 37.05 |
| Kermit Webber     | FL 37.62 |
| Luman Parrott     | MO 39.34 |
| Byron Fike        | OH 39.41 |
| Herb Steele       | FL 45.99 |
| <b>M85-89</b>     |          |
| Sam Dorman        | IL 44.90 |
| Waldo McBurney    | KS 45.69 |
| William Maine     | OH 82.90 |
| <b>M90-94</b>     |          |
| Guy Sibley        | IL 95.34 |
| <b>W55-59</b>     |          |
| Janet Freeman     | OH 33.40 |
| Joan Doucet       | NM 34.30 |
| Lucy Anne Brobst  | NC 34.90 |
| Joan Dugan        | CO 36.70 |
| Nina Wood         | CA 37.00 |
| <b>M60-64</b>     |          |
| Jane Clarkson     | MO 34.00 |
| Leonore McDaniels | VA 35.00 |
| Barbara Coates    | PA 36.70 |
| Susie Barnes      | DC 37.20 |
| Mary Dassen       | MI 39.00 |
| <b>M65-69</b>     |          |
| Lavinia Haeefe    | KS 36.19 |
| Pat Peterson      | NY 36.38 |
| Lillian Lake      | NM 36.43 |
| Dottie Gray       | MO 37.47 |
| Johnnie Valien    | TX 39.18 |
| <b>M70-74</b>     |          |
| Molly MacKown     | CO 39.88 |
| Florence Berry    | IL 40.34 |
| Carol Peebles     | WI 41.78 |
| Carla Convery     | VA 45.19 |
| Sis Warnke        | NM 46.70 |
| <b>M75-79</b>     |          |
| Lucille Monroe    | MO 40.90 |
| Millie Crews      | WI 43.30 |
| Ellen Charlie     | MI 45.80 |
| Josephine Gregg   | OH 47.40 |
| Mavis Borthick    | TN 47.40 |
| <b>M80-84</b>     |          |
| Polly Clarke      | CO 41.39 |
| Kate Phillips     | NC 64.80 |
| Allie Walker      | TN 68.67 |
| Carmelia Rumble   | OH 86.16 |
| <b>M85-89</b>     |          |
| Anna Ward         | MO 59.49 |
| Florad Mendoza    | CO 63.77 |
| Rose Monda        | AZ 65.57 |
| Sue Matthews      | PA 67.80 |
| <b>400m</b>       |          |
| <b>M55-59</b>     |          |
| Cliff Pauling     | NY 57.64 |
| Fritz Schlereth   | NY 58.43 |
| Ernest Walls      | OH 59.39 |
| Joe Hemler        | MD 59.83 |
| James Ware        | IN 62.10 |
| <b>M60-64</b>     |          |
| Chuck Sochor      | MI 60.23 |
| Larry Anderson    | NM 61.33 |
| Benjamin Knaub    | CO 61.76 |
| Jack Greenwald    | OH 62.76 |
| Fred Frost        | SD 63.88 |

|                  |            |
|------------------|------------|
| <b>M65-69</b>    |            |
| Jim Law          | NC 58.52   |
| Willie Blackmon  | OH 58.98   |
| John Haeefe      | KS 65.87   |
| Harold Johnson   | GA 66.95   |
| Foster Anderson  | LA 73.92   |
| <b>M70-74</b>    |            |
| Ed Matthews      | MD 66.91   |
| Jay Sponseller   | FL 68.38   |
| Erich Dahl       | MO 68.61   |
| Jim Manno        | NJ 69.71   |
| Phil Protheroe   | PA 73.15   |
| <b>M75-79</b>    |            |
| Lloyd Houston    | NM 76.32   |
| Murphy Domingues | LA 79.82   |
| Delbert Bender   | SD 79.90   |
| Robert Matteson  | VT 80.93   |
| Milo Lightfoot   | IN 83.23   |
| <b>M80-84</b>    |            |
| Casimir Bechner  | NM 84.77   |
| Luman Parrott    | MO 89.75   |
| Byron Fike       | OH 95.75   |
| Anthony Denardis | NM 1:44.82 |
| Oscar Baer       | AZ 1:59.00 |
| <b>M85-89</b>    |            |
| Sam Dorman       | IL 1:54.89 |

|                  |            |
|------------------|------------|
| <b>W55-59</b>    |            |
| Janet Freeman    | OH 1:13.46 |
| Joan Doucet      | NM 1:16.47 |
| Kathy McIntyre   | AZ 1:17.20 |
| Lucy Anne Brobst | NC 1:19.53 |
| Beth Carrin      | NC 1:28.62 |
| <b>M60-64</b>    |            |
| Jane Clarkson    | MO 1:16.49 |
| Lois Filreis     | NJ 1:23.64 |
| Barbara Coates   | PA 1:24.40 |
| Ethel Lehmann    | FL 1:26.40 |
| Mary Dassen      | MI 1:30.91 |
| <b>M65-69</b>    |            |
| Dottie Gray      | MO 1:23.78 |
| Pat Peterson     | NY 1:27.30 |
| Agnes Reinhard   | WI 1:29.45 |
| Margot McCaffrey | NH 1:33.90 |
| Angie Smith      | NY 1:45.45 |
| <b>M70-74</b>    |            |
| Anna Romagna     | MD 1:36.20 |
| Carol Peebles    | WI 1:37.90 |
| Anna Royer       | PA 1:42.10 |
| Helen Fluke      | PA 1:48.80 |
| Sis Warnke       | NM 1:53.50 |
| <b>M75-79</b>    |            |
| Alice McCormick  | PA 2:00.91 |
| Margaret Jackson | OH 2:05.71 |
| Helen Birch      | OH 2:08.84 |
| Miriam Miller    | PA 2:12.15 |
| Dorothy Bavaro   | NY 2:26.98 |
| <b>M80-84</b>    |            |
| Polly Clarke     | CO 1:45.20 |
| <b>M85-89</b>    |            |
| Flora Mendoza    | CO 3:18.49 |

|                  |            |
|------------------|------------|
| <b>800m</b>      |            |
| <b>M55-59</b>    |            |
| Cliff Pauling    | NY 2:18.70 |
| Fritz Schlereth  | NY 2:20.40 |
| Leon Bierbower   | PA 2:24.10 |
| Bailey Abernathy | MS 2:24.60 |
| Franklin Brown   | IA 2:27.30 |
| <b>M60-64</b>    |            |
| William Cooney   | NY 2:20.88 |
| Benjamin Knaub   | CO 2:23.49 |
| Jack Gentry      | AR 2:26.51 |
| J S Tobey        | VT 2:26.54 |
| Fred Frost       | SD 2:28.08 |
| <b>M65-69</b>    |            |
| John Meeks       | NY 2:34.57 |
| Carl Hammen      | RI 2:40.34 |
| J B McManus      | NY 2:41.29 |
| Paul Schmitt     | MO 2:42.09 |
| Harold Johnson   | GA 2:44.99 |
| <b>M70-74</b>    |            |
| Jay Sponseller   | FL 2:46.10 |
| Erich Dahl       | MO 2:47.60 |
| Jim Manno        | NJ 2:53.64 |
| Norman Hansen    | WA 2:54.98 |
| Bill Tribou      | CT 2:56.20 |
| <b>M75-79</b>    |            |
| Larry Patterson  | MO 3:08.80 |
| Edmund Vuolo     | CT 3:11.20 |
| Harry Lindower   | OH 3:11.30 |
| Robert Matteson  | VT 3:20.90 |
| Max Springer     | TN 3:28.00 |
| <b>M80-84</b>    |            |
| Caldwell Nixon   | NC 3:53.20 |
| Luman Parrott    | MO 4:23.10 |
| Oscar Baer       | AZ 4:24.70 |
| Anthony Denardis | NM 4:39.10 |
| <b>M85-89</b>    |            |
| Waldo McBurney   | KS 4:46.30 |
| <b>M90-94</b>    |            |
| John Pino        | NM 9:44.70 |
| <b>W55-59</b>    |            |
| Audrey Sullivan  | MO 3:17.94 |
| Jean Hopkins     | OH 3:23.39 |
| Sis. J Schaeffer | IL 3:25.04 |
| Janet Freeman    | OH 3:36.68 |
| Peggy Bliss      | NC 3:37.32 |

|                 |            |
|-----------------|------------|
| <b>M60-64</b>   |            |
| Lois Filreis    | NJ 3:11.60 |
| G P Embler      | SC 3:15.00 |
| Nancy Smalley   | CO 3:22.10 |
| Ethel Lehmann   | FL 3:29.80 |
| Vera Whiteside  | IL 3:40.70 |
| <b>M65-69</b>   |            |
| Dottie Gray     | MO 3:17.78 |
| Agnes Reinhard  | WI 3:20.49 |
| Melanie Paschal | FL 3:28.99 |
| Pat Peterson    | NY 3:53.78 |
| Esther Wilson   | IA 3:55.99 |
| <b>M70-74</b>   |            |
| Anna Romagna    | MD 4:01.90 |
| Carol Peebles   | WI 4:04.65 |
| Helen Fluke     | PA 4:17.03 |
| Sis. E Warnke   | NM 4:33.10 |
| Alvorna Dewald  | PA 5:22.76 |
| <b>M75-79</b>   |            |
| Pearl Mehl      | CO 4:15.20 |
| Mavis Borthick  | TN 4:22.60 |
| Millie Crews    | WI 4:25.90 |
| Josephine Gregg | OH 4:58.90 |
| Miriam Miller   | PA 5:19.40 |

|                 |             |
|-----------------|-------------|
| <b>1500m RW</b> |             |
| <b>M55-59</b>   |             |
| Art Noll        | PA 7:13.70  |
| Pres Donaldson  | TX 7:13.90  |
| John Boitano    | CT 7:18.60  |
| Chris Amoroso   | CO 7:19.60  |
| F D Brown       | IA 7:26.80  |
| <b>M60-64</b>   |             |
| Jack Shuter     | OH 8:24.70  |
| Pete Palmer     | CO 8:57.10  |
| Joe Kendall     | IL 8:57.80  |
| Ken Campbell    | NV 9:05.90  |
| Joe Miller      | NM 9:14.10  |
| <b>M65-69</b>   |             |
| John Nervetti   | NJ 8:35.90  |
| Don Gladding    | AZ 8:42.50  |
| Harvey Geller   | MD 8:43.10  |
| Mike Machnicki  | AZ 8:53.40  |
| Pace Kenyon     | AZ 8:58.30  |
| <b>M70-74</b>   |             |
| Cokey Daman     | VA 8:27.00  |
| E E Hershberger | AZ 9:14.00  |
| Paul Geyer      | FL 9:16.20  |
| Tom Hennen      | PA 9:16.80  |
| Jerry Jerome    | MI 9:19.40  |
| <b>M75-79</b>   |             |
| Wm Patterson    | NC 9:15.30  |
| Ed Seeger       | VA 9:15.40  |
| Phil Lawrence   | AZ 9:27.20  |
| M E Peterson    | FL 9:49.20  |
| Madeleo Blake   | IA 9:58.10  |
| <b>M80-84</b>   |             |
| Kurt Straus     | AZ 10:04.20 |
| Harold Hoffman  | NC 10:50.80 |
| L R Thomas      | OH 11:04.40 |
| Al Nellis       | SC 11:28.50 |
| Ellery Clark    | MD 11:42.50 |
| <b>M90-94</b>   |             |
| Guy Sibley      | IL 17:30.60 |
| <b>M95-99</b>   |             |
| John Fleck      | PA 19:39.40 |

|                  |             |
|------------------|-------------|
| <b>W55-59</b>    |             |
| Joyce Decker     | IL 8:28.60  |
| Maurine Lia      | MO 8:46.30  |
| Doris Liberman   | MO 9:39.50  |
| Joann Deiner     | AZ 9:46.60  |
| Gail Sangree     | CT 10:07.20 |
| <b>M60-64</b>    |             |
| Ruth Leff        | WI 9:02.70  |
| Pat Nesley       | DC 9:28.90  |
| Pat Palmer       | CO 9:36.30  |
| Phyllis Goodland | CAN 9:40.60 |
| Pat Merriman     | TX 9:44.80  |
| <b>M65-69</b>    |             |
| Miriam Gordon    | FL 9:08.20  |
| Joan Rowland     | NY 9:18.50  |
| M F Mahoney      | AZ 9:47.00  |
| Millie Bolton    | OH 10:15.00 |
| Frances Kenney   | MI 10:22.00 |
| <b>M70-74</b>    |             |
| L Nottage        | NM 9:34.80  |
| Imogene Watkins  | MS 10:00.20 |
| Helen Waag       | CO 10:18.40 |
| Margaret High    | NC 10:29.50 |
| Marg Lambert     | CO 10:33.90 |
| <b>M75-79</b>    |             |
| Wm Sutter        | FL 10:43.70 |
| Millie Crews     | WI 10:47.00 |
| Lucille Monroe   | MO 11:01.20 |
| Fayline Allen    | TX 11:03.70 |
| Fran Harngraves  | NC 11:04.30 |
| <b>M80-84</b>    |             |
| Laura Payne      | TX 10:32.80 |
| Polly Clarke     | CO 10:49.20 |
| Susie Hughes     | TX 11:42.20 |
| Margaret Murray  | NJ 12:21.50 |
| Mary Thoms       | NJ 12:23.10 |
| <b>M85-89</b>    |             |
| Anna Ward        | MO 13:28.10 |
| Eleanor Cheek    | NC 13:52.90 |
| Sue Matthews     | PA 13:56.20 |
| Constance Schwab | MD 16:11.70 |

|                  |             |
|------------------|-------------|
| <b>5000m RW</b>  |             |
| <b>M60-64</b>    |             |
| Robert Fine      | FL 26:59.90 |
| Jack Oment       | VA 28:29.10 |
| Chas Deuser      | OH 28:44.30 |
| Jack Shuter      | OH 29:35.00 |
| Fred Shaffer     | PA 29:36.00 |
| <b>M65-69</b>    |             |
| Don Gladding     | AZ 30:57.70 |
| John Nervetti    | NJ 31:00.80 |
| Mike Machnicki   | AZ 31:24.40 |
| George Heller    | NJ 31:28.90 |
| Pace Kenyon      | AZ 31:39.90 |
| <b>M70-74</b>    |             |
| Cokey Daman      | VA 29:55.20 |
| Tim Dyas         | NJ 31:32.60 |
| Paul Geyer       | FL 31:36.40 |
| E E Hershberger  | AZ 31:38.70 |
| Tom Hennen       | PA 32:20.10 |
| <b>M75-79</b>    |             |
| Ed Seeger        | VA 32:15.70 |
| Phil Lawrence    | AZ 33:03.10 |
| Martin Peterson  | FL 33:46.40 |
| Wm Patterson     | NC 33:56.20 |
| Irving Firestein | NY 35:34.20 |
| <b>M80-84</b>    |             |
| Kurt Straus      | AZ 35:29.60 |
| Harold Hoffman   | NC 38:50.70 |
| Ellery Clark     | MD 40:21.70 |
| C R Woodland     | PA 40:41.30 |
| Alex Murphy      | CT 42:17.10 |
| <b>M85-89</b>    |             |
| Waldo McBurney   | KS 43:59.00 |

|                |             |
|----------------|-------------|
| <b>W55-59</b>  |             |
| Joyce Decker   | IL 30:16.00 |
| Maurine Lia    | MO 31:03.70 |
| Jeanne Kirsch  | SD 32:59.50 |
| Joann Deiner   | AZ 33:21.30 |
| Doris Liberman | MO 33:52.60 |

|                 |             |
|-----------------|-------------|
| <b>M65-69</b>   |             |
| Miriam Gordon   | FL 31:30.00 |
| Joan Rowland    | NY 31:59.80 |
| Marion Mahoney  | AZ 34:09.10 |
| Frances Kenney  | MI 35:10.60 |
| Millie Bolton   | OH 35:38.60 |
| <b>M70-74</b>   |             |
| L Nottage       | NM 34:35.80 |
| Imogene Watkins | MS 34:58.40 |
| Helen Waag      | CO 35:11.40 |
| Margaret High   | NC 35:52.70 |
| Ada Windolph    | AZ 37:40.40 |

|                 |             |
|-----------------|-------------|
| <b>M75-79</b>   |             |
| Velma Jacobs    | CO 36:51.00 |
| E G Frendberg   | AZ 37:55.00 |
| Miriam Miller   | PA 38:33.40 |
| Mary Nichols    | MI 39:19.00 |
| Mary Lathram    | VA 39:23.20 |
| <b>M80-84</b>   |             |
| Polly Clarke    | CO 37:40.80 |
| Louise Swanson  | WA 41:58.90 |
| Allie Walker    | TN 43:35.00 |
| Margaret Murray | NJ 43:47.40 |
| Arda Perkins    | MI 49:15.10 |
| <b>M85-89</b>   |             |
| Anna Ward       | MO 46:56.60 |
| Eleanor Cheek   | NC 47:33.10 |
| Sue Matthews    | PA 58:08.60 |

|                     |             |
|---------------------|-------------|
| <b>5K Road Race</b> |             |
| <b>M55-59</b>       |             |
| T R Milner          | NY 17:21.20 |
| John Dugdale        | CT 17:29.70 |
| Gerald Koch         | TN 18:00.80 |
| Don Farley          | NY 18:12.30 |
| Wm Hoss Jr          | VA 18:14.70 |
| <b>M60-64</b>       |             |
| Joe Fernandez       | MA 17:47.90 |
| Jack Gentry         | AR 18:29.70 |
| H S Rubin           | NY 19:12.90 |
| John Bertsche       | IL 19:15.60 |
| Harrie Hess         | NV          |



Continued from previous page

**EAST****Dartmouth Weight Meets  
Hanover, NH**

--July 20--

16# Shot  
2 Carl Wallin 49 48-3  
3 Bob Harvey 48 40-10

6k Shot  
1 John Brownstein 51 36-1

12# Shot  
2 Carl Wallin 49 53-10  
3 Bob Harvey 48 48-11 1/2

16# Hammer  
1 Carl Wallin 49 146-5  
3 Ed Daniels 39 133-11

6k Hammer  
1 John Brownstein 51 111-6  
2 Bob Harvey 48 108-9

2k Discus  
2 Carl Wallin 49 119-9  
3 Bob Harvey 48 117-8  
4 John Brownstein 51 116-9  
5 Ed Daniels 39 107-5

1.5k Discus  
1 Carl Wallin 49 133-7  
2 John Brownstein 51 129-8

--August 3--  
16# Shot  
1 Carl Wallin 49 49-3 1/2  
2 Bob Mead 47 45-5 1/2  
4 Bob Harvey 48 40-10  
5 Harold Krause 43 38-8 1/2

16# Hammer  
3 Bob Mead 47 150-10  
4 Carl Wallin 49 148-4  
6 Harold Krause 43 136-0  
7 Ed Daniels 39 132-11  
8 Bob Harvey 48 110-3

2k Discus  
3 Bob Mead 47 133-10  
4 Bob Harvey 48 117-6  
5 Carl Wallin 117-3  
6 Ed Daniels 39 105-11

1.5 Discus  
1 Bob Mead 47 148-3  
2 Carl Wallin 49 135-1  
3 Bob Harvey 48 127-7

--August 11--  
16# Shot  
2 Carl Wallin 49 46-2 1/2  
3 Bob Mead 47 46-2  
4 Luke Hotte 44 41-2 1/2  
5 Al Neville 47 39-5 1/2

16# Hammer  
1 Bob Mead 47 155-2  
4 Al Neville 47 117-10  
5 Luke Hotte 44 115-9

2k Discus  
2 Bob Mead 47 133-3  
4 Luke Hotte 44 123-4  
5 Al Neville 47 106-10

35# Weight  
1 Bob Mead 47 48-2  
4 Al Neville 47 38-1 1/2

--August 18--  
16# Shot  
1 Carl Wallin 49 49-1  
2 Bob Mead 47 46-2  
3 Cliff Blair 62 38-10  
4 Al Neville 47 36-1 1/2

6k Shot  
1 Carl Wallin 49 52-10 1/2  
2 Bob Mead 47 49-8 1/2

16# Hammer  
1 Bob Mead 47 154-11  
2 Carl Wallin 49 142-6  
3 Cliff Blair 62 140-8  
4 Al Neville 47 116-10

2k Discus  
1 Bob Mead 47 129-7  
2 Carl Wallin 49 118-3

2k Discus  
1 Bob Mead 47 129-7  
2 Carl Wallin 49 118-3  
3 Al Neville 47 103-2  
4 Cliff Blair 62 103-0

**Empire State Games  
Albany, NY; July 24-25**

100m  
M30 Jesse Thomas 11.04  
Val Barnwell 11.08  
Fred Feaster 11.57

M35 Adrian Sterrett 11.86  
Chris Best 12.12  
Steve Signor 12.56

M40 Bill Overby nta  
Smokey Santillo nta  
Larry Bradwell 12.32

M45 Gene Ballard 12.1  
Sam Hall 12.2  
Ed Howard 12.2

M50 Walt Thorne 13.04  
Howard Dewey 13.36  
Tom Fondy 13.46

M55 Andy Branch 12.67  
Fritz Schlereth 13.48  
Gus Franze 14.04

M60 Ed Cox 13.55  
Tom Brooks 14.41  
Bill Townsend 15.17

M65 Howard MacMillan 14.64  
Anthony Nero 15.89  
Francis Mariano 17.30

W30 Barbara Fishbaugh 13.2  
Barbara Tomczak 14.4  
Cathy McKeever 15.0

W35 Marcia Hulse 12.9  
Della Branch 14.2  
Darbie MacCubbin 14.5

W40 Sharon Osborne 13.67  
Kathleen Pierce 14.35  
Marie Beretey 14.57

W45 Nadine Lowenstein 15.35  
Mary Wallace 15.83  
Nancy Swanson 16.90

W50 Norma Schilloff 19.01  
Ruth Smith 17.50  
Betty Sotile 19.68

W60 Sally Secome 19.36  
W65 Barbara Hennig 20.72

200m  
M30 Jesse Thomas 22.26  
Val Barnwell 22.73  
Fred Feaster 22.74

M35 Adrian Sterrett 24.30  
Ted Daher 24.71  
Chris Best 24.88

M40 Bill Overby 24.38  
Smokey Santillo nta  
Bob Micho 25.50

M45 Gene Ballard 25.48  
Ed Howard 25.92  
Bob Dilwith 26.02

M50 Ed Small 25.46  
Walt Thorne 26.09  
Tom Fondy 26.95

M55 Andy Branch 26.26  
Fritz Schlereth 28.24  
Gus Franze 28.44

M60 Ed Cox 28.05  
Jim Dowling 28.42  
M65 H MacMillan 30.68

M70 Sid Zecher 37.59  
W75 Bill Shrader nta  
Louise Clark 28.16

W30 Louise Clark 28.16  
Barb Tomczak 28.16  
Kathy Mead 31.51

W35 Marcia Hulse 27.12  
Darbie MacCubbin 30.06  
W40 Sharon Osborne 28.05

W45 N Lowenstein 30.91  
Mary Wallace 32.72  
W55 Ruth Smith 37.67

W60 Sally Secome 44.25  
W65 Barbara Hennig 44.25

400m  
M30 Fred Feaster 50.5  
Jesse Thomas 50.5  
Dave Bull 55.5

M35 A Sterrett 51.8  
Chris Best 56.1  
M40 Rod Wiltshire 53.17

M45 M Meidelberg 54.32  
Jim Buckley 55.54  
Paul Stelmazyk 57.94

M50 Ed Small 56.92  
Walt Thorne 57.67  
John Allen 58.41

M55 Fritz Schlereth 60.85  
Chris Rush 63.61  
George Freeman 67.45

M60 Jim Dowling 64.20  
Bob Warner 75.63  
M65 H MacMillan 70.05

M70 Sid Zecher 99.66  
M75 Chas Jorgenson 87.23  
W30 Louise Clark 68.2

W35 Marcia Hulse 64.4  
Darbie MacCubbin 64.9  
W40 Kathy Pierce nta

W45 Nancy Swanson 2:54.25  
Louise Liberty 3:06.89  
Kathy Hoffman 3:19.71

W50 Marge Rajczewski 3:28.0  
W55 Betty Sotile 4:23.7

800m  
\*men's results not available  
W30 Joan Pertak 2:58.68

W35 Ann Michalek 2:30.51  
Darbie MacCubbin 2:33.00  
Maureen McLeod 2:41.55

W40 Ann Trela 3:13.13  
Diane Wagner 3:13.21  
Catherine Clark 3:18.25

W45 Nancy Swanson 2:54.25  
Louise Liberty 3:06.89  
Kathy Hoffman 3:19.71

W50 Marge Rajczewski 3:28.0  
W55 Betty Sotile 4:23.7

1500m  
\*men's results not available  
W30 Amy Herold-Russom 5:08.61

W35 Ann Michalek 5:14.79  
D MacCubbin 5:24.77  
Joan Celentano 5:52.60

W40 Gayle Wilson 5:38.65  
Lorraine Vail 5:58.50  
W45 Nancy Swanson 6:10.9

W50 Marge Rajczewski 6:41.6  
W55 Betty Sotile 9:00.9  
W65 Barbara Hennig 7:19.0

5000m  
M30 Ken Switnicki 17:08.8  
M35 S Schallenkamp 15:35.9

M40 Joe Contario 15:37.5  
Chip Button 16:14.0

M40 Kevin Kelly 16:19.3  
Reinhold Wotawa 16:47.2  
Pat Glover 16:49.8

M45 Salih Talib 16:30.1  
Jerry Smith 16:55.1  
Howard Phasan 17:02.7

M50 Vince Colgan 17:36.4  
Lee Wilcox 17:41.5  
Steffenhagen 17:44.2

M55 Hilton Goring 18:21.3  
Peter Hettrich 18:44.1  
M60 Howard Rubin 19:17.6

M65 Bob Hennig 21:56.1  
Ed Buckley 22:16.2

M70 Nate White 23:11.1  
M75 Chas Torgenson 29:04.6  
W30 A Herold-Russom 19:05.1

M75 Chas Torgenson 29:04.6  
W30 A Herold-Russom 19:05.1  
Pat Nagy 19:55.5

M75 Chas Torgenson 29:04.6  
W30 A Herold-Russom 19:05.1  
Pat Nagy 19:55.5

M75 Chas Torgenson 29:04.6  
W30 A Herold-Russom 19:05.1  
Pat Nagy 19:55.5

M75 Chas Torgenson 29:04.6  
W30 A Herold-Russom 19:05.1  
Pat Nagy 19:55.5

M75 Chas Torgenson 29:04.6  
W30 A Herold-Russom 19:05.1  
Pat Nagy 19:55.5

M75 Chas Torgenson 29:04.6  
W30 A Herold-Russom 19:05.1  
Pat Nagy 19:55.5

M75 Chas Torgenson 29:04.6  
W30 A Herold-Russom 19:05.1  
Pat Nagy 19:55.5

M75 Chas Torgenson 29:04.6  
W30 A Herold-Russom 19:05.1  
Pat Nagy 19:55.5

M75 Chas Torgenson 29:04.6  
W30 A Herold-Russom 19:05.1  
Pat Nagy 19:55.5

M75 Chas Torgenson 29:04.6  
W30 A Herold-Russom 19:05.1  
Pat Nagy 19:55.5

M75 Chas Torgenson 29:04.6  
W30 A Herold-Russom 19:05.1  
Pat Nagy 19:55.5

M75 Chas Torgenson 29:04.6  
W30 A Herold-Russom 19:05.1  
Pat Nagy 19:55.5

M75 Chas Torgenson 29:04.6  
W30 A Herold-Russom 19:05.1  
Pat Nagy 19:55.5

M75 Chas Torgenson 29:04.6  
W30 A Herold-Russom 19:05.1  
Pat Nagy 19:55.5

M75 Chas Torgenson 29:04.6  
W30 A Herold-Russom 19:05.1  
Pat Nagy 19:55.5

M75 Chas Torgenson 29:04.6  
W30 A Herold-Russom 19:05.1  
Pat Nagy 19:55.5

M75 Chas Torgenson 29:04.6  
W30 A Herold-Russom 19:05.1  
Pat Nagy 19:55.5

M75 Chas Torgenson 29:04.6  
W30 A Herold-Russom 19:05.1  
Pat Nagy 19:55.5

M75 Chas Torgenson 29:04.6  
W30 A Herold-Russom 19:05.1  
Pat Nagy 19:55.5

M75 Chas Torgenson 29:04.6  
W30 A Herold-Russom 19:05.1  
Pat Nagy 19:55.5

M75 Chas Torgenson 29:04.6  
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M75 Chas Torgenson 29:04.6  
W30 A Herold-Russom 19:05.1  
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M75 Chas Torgenson 29:04.6  
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M75 Chas Torgenson 29:04.6  
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Pat Nagy 19:55.5

M75 Chas Torgenson 29:04.6  
W30 A Herold-Russom 19:05.1  
Pat Nagy 19:55.5

M75 Chas Torgenson 29:04.6  
W30 A Herold-Russom 19:05.1  
Pat Nagy 19:55.5

M75 Chas Torgenson 29:04.6  
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M75 Chas Torgenson 29:04.6  
W30 A Herold-Russom 19:05.1  
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M75 Chas Torgenson 29:04.6  
W30 A Herold-Russom 19:05.1  
Pat Nagy 19:55.5

M75 Chas Torgenson 29:04.6  
W30 A Herold-Russom 19:05.1  
Pat Nagy 19:55.5

M75 Chas Torgenson 29:04.6  
W30 A Herold-Russom 19:05.1  
Pat Nagy 19:55.5

M75 Chas Torgenson 29:04.6  
W30 A Herold-Russom 19:05.1  
Pat Nagy 19:55.5

M75 Chas Torgenson 29:04.6  
W30 A Herold-Russom 19:05.1  
Pat Nagy 19:55.5

M75 Chas Torgenson 29:04.6  
W30 A Herold-Russom 19:05.1  
Pat Nagy 19:55.5

M75 Chas Torgenson 29:04.6  
W30 A Herold-Russom 19:05.1  
Pat Nagy 19:55.5

M75 Chas Torgenson 29:04.6  
W30 A Herold-Russom 19:05.1  
Pat Nagy 19:55.5

M75 Chas Torgenson 29:04.6  
W30 A Herold-Russom 19:05.1  
Pat Nagy 19:55.5

M75 Chas Torgenson 29:04.6  
W30 A Herold-Russom 19:05.1  
Pat Nagy 19:55.5

M75 Chas Torgenson 29:04.6  
W30 A Herold-Russom 19:05.1  
Pat Nagy 19:55.5

M75 Chas Torgenson 29:04.6  
W30 A Herold-Russom 19:05.1  
Pat Nagy 19:55.5

**Pole Vault**

M30 Dan Kennedy 3.66  
Wayne Bequette 3.35  
Pat Haley 3.15

M35 Jim Henderson 3.96  
Kevin Donovan 3.66  
Gary Watkins 3.50

M40 Paul Torreano 3.66  
Jim Trotter 3.23  
Mike Watson 3.15

M45 Tom Rauscher 3.96  
Jan Decker 3.35  
M50 Norm Cyprus 3.35

M60 Chas Stevenson 2.17

Long Jump  
\*men's results not available  
W35 Marby Gansle 4.15

W35 Marby Gansle 4.15  
Donna Sayers 3.47  
W40 Marie Beretey 4.59

W40 Marie Beretey 4.59  
W55 Ruth Smith 3.20  
Rosa Gioia 2.67

Triple Jump  
\*men's results not available  
W35 Marby Gansle 8.11

W35 Marby Gansle 8.11  
Donna Sayers 7.22  
W55 Rosa Gioia 5.96

Shot Put  
M35 Ulises Delgado 12.31  
Rod Krysztof 12.02  
Ray Bzibziak 10.17

M40 Roger Taylor 12.91  
B Warrington 11.32  
Tony Ficorelli 11.03

M45 Ken Straky 12.20  
Geoff Brown 11.25  
Jerry Spicer 8.46

M50 Harold Schwarze 13.42  
Brian McKenna 11.81  
W Schilloff 10.91

M55 Chuck Yost 11.46  
Martin Kintish 10.43  
Kurt Krastin 10.02

M60 John Pavacic 10.17  
Ed Keene 10.11  
John Sheridan 9.12

M65 Bob Chotoff 9.10  
Bill Russo 8.58  
M70 Erwin Sorkin 9.15

M75 Ralph Williams 8.84  
Sid Zecher 6.58

\*women's results unavailable  
Discus  
M30 Jim Vander Wood 35.25

M35 Bob Lane 42.68  
Ulises Delgado 32.82  
Mike Sayers 29.40

M40 Marty Krempa 34.50  
G McDearmon 33.92  
Roger Taylor 33.73

M45 Geoff Brown 40.27  
Ron Cross 34.96  
M50 Harry Schwarze 40.09

M55 Martin Kintish 38.09  
Chuck Yost 33.01  
Kurt Krastin 30.46

M60 Ed Keene 35.59  
John Sheridan 33.74  
Rich Holloway 32.19

M65 Bob Chotoff 32.76  
Bill Russo 30.01  
Ed Lukens 28.96

M70 Ralph Williams 26.23  
W30 Debbi Eckhardt 21.74  
W35 Nancy LaChiusa 18.67

M75 Claude Hills 18.10

100h  
M60 George Taylor 18.53  
M75 Claude Hills 18.10

300h  
M30 Michael Howard 47.0  
M35 George Crummel 41.23

M40 Ivan Black 46.88  
John Borden 49.32  
George Sanders 4:58.63

M45 Gregg Atzert 4:59.01  
Sid Howard 4:52.10  
Bob Evan 5:34.13

M50 Cliff Pauling 5:01.08  
Bruce Gilbert 5:03.85  
George Jackson 5:16.01

200m  
M30 Fred Feaster 22.84  
Remo Biagoni 23.04

M35 Don McNeill 23.44  
Doug Mason 25.13  
Michael Howard 26.37

M40 Mark Richards 59.79  
George Taylor 1:06.86  
M75 Frank Finger 56.82

M75 Frank Finger 56.82  
W30 Mary Ellen Malloy 54.60

400m  
M30 Fred Feaster 51.86  
Mike Howard 57.36

M35 Adrian Sterrett 52.35  
Ralph Penn 53.59  
Terry Leanness 54.75

M40 Ken Brinker 52.65  
Donald Hodge 54.98  
Phil Felton 56.30

M45 Tom O'Hara 55.46  
Paul Henry 57.10  
Tom Hartman 1:04.29

M50 Larry Colbert 59.02  
Tom Kilroy 1:10.60  
M55 Doug Alberts 1:11.52

M60 John Blood 1:08.32  
Jack Lance 1:13.23  
Oscar Harris 1:12.70

M65 Oscar Harris 1:12.70  
John McCarthy 1:15.88  
Manny Herscher 1:16.95

M70 Ed Cunningham 18.20  
Ed Matthews 14.50  
Sparks Sorlien 16.13

M75 Irene Thompson 13.12  
Sharon Osborne 13.48  
Lorraine Tucker 13.81

M80h  
M60 George Taylor 18.53  
M75 Claude Hills 18.10

1500m  
M30 Dennis Coleman



## Continued from previous page

|                     |          |
|---------------------|----------|
| M35 Ed Murphy       | 9:45.85  |
| Robert Peterson     | 10:39.7  |
| M40 Phil Yoder      | 10:05.53 |
| Denny Mellish       | 10:21.86 |
| George Sanders      | 11:29.09 |
| Kyle Mecklenborg    | 11:41.81 |
| M45 Bill Cooper     | 10:29.9  |
| M60 Larry Dickerson | 12:30.09 |
| Earl Smith          | 13:26.34 |
| Jerry Nolan         | 13:56.99 |
| W30 Jan Wanklyn     | 10:34.9  |
| W35 Neysa Westman   | 13:34.24 |
| W50 Nancy Rose      | 15:49.10 |

|                     |          |
|---------------------|----------|
| 3000m racewalk      |          |
| M40 Stan Kauffman   | 19:21.11 |
| Greg McCoy          | 19:28.59 |
| M45 Larry Simmons   | 15:40.27 |
| M55 Fred Barfield   | 17:58.42 |
| Robert Sadler       | 19:23.98 |
| M65 Ray McKeeman    | 21:19.81 |
| M80 Albert Sabaroff | 26:25.8  |
| W30 Ellen Marshall  | 17:26.09 |
| W35 Jessica Krow    | 19:01.66 |
| W40 Ceane Rabada    | 20:38.49 |
| W45 Rukm. Spiritoso | 19:30.01 |
| W55 Shiela Smith    | 17:59.3  |

|                         |         |
|-------------------------|---------|
| 4 x 200 relay (8 teams) |         |
| Younger Men             | 1:35.90 |
|                         | 1:35.94 |
|                         | 1:38.97 |
| Older Men + Women       | 1:43.56 |
|                         | 1:45.08 |
|                         | 1:46.39 |
|                         | 1:46.51 |
|                         | 1:47.00 |

|                     |      |
|---------------------|------|
| pole vault (meters) |      |
| M35 Ken Kring       | 3.95 |
| Jim Henderson       | n.h. |
| M40 Rich Holmes     | 3.05 |
| M60 George Taylor   | 2.03 |
| M65 Jack Doorlay    | 2.28 |
| M75 Claude Hills    | 1.63 |
| W50 Madeline Bost   | 2.23 |

|                       |      |
|-----------------------|------|
| high jump (ft/in)     |      |
| M30 Richard Alexander | 6-6  |
| M35 Ed Fern           | 5-10 |
| M40 Ivan Black        | 5-0  |
| Rob Schabla           | 4-10 |
| Ed Laurelli           | 4-10 |
| William Corsey        | n.h. |
| M45 James Dickerson   | 5-6  |
| M50 Aarand Roos       | 4-2  |
| M55 Doug Alberts      | 4-6  |
| Earl Mege             | 4-2  |
| Morton Hahn           | 3-10 |
| M60 Tom Delany        | 4-4  |
| Mark Richards         | 3-10 |
| Art Harris            | 3-10 |
| M75 Claude Hills      | 3-8  |
| W30 Mary Ellen Malloy | 4-2  |
| W35 Irene Thompson    | 4-6  |
| W40 Skipper Clark     | 4-6  |

|                     |      |
|---------------------|------|
| long jump (meters)  |      |
| M30 Remo Biagoni    | 5.51 |
| Frank Makozy        | 5.40 |
| M35 Mark Gershon    | 5.19 |
| Joel Westman        | 4.89 |
| Richard Ryan        | 4.73 |
| M40 William Corsey  | 5.77 |
| Woody Disharoon     | 5.40 |
| Ed Laurelli         | 5.13 |
| Ivan Black          | 5.01 |
| Jim Shea            | 4.78 |
| Lyle Bryant         | 4.66 |
| M45 James Dickerson | 5.86 |
| Joe Johnson         | 5.46 |
| Jacob Katz          | 4.20 |
| M50 Nate Byrd       | 4.04 |
| M55 Earl Mege       | 4.32 |
| M60 Tom Delany      | 4.21 |
| Jack Lance          | 3.85 |
| George Taylor       | 3.30 |
| Art Harris          | 3.14 |
| M65 Oscar Harris    | 4.04 |
| Jack Doorlay        | 3.83 |
| M70 Sparks Sorlien  | 3.72 |
| W35 Irene Thompson  | 4.62 |
| Patricia Brown      | 3.07 |
| W40 Skipper Clark   | 4.25 |

|                      |       |
|----------------------|-------|
| triple jump (meters) |       |
| M30 Frank Makozy     | 10.28 |
| M35 Mark Gershon     | 10.36 |
| Richard Ryan         | 9.40  |
| M40 Ivan Black       | 11.33 |
| Ed Laurelli          | 10.73 |
| Jim Shea             | 9.95  |
| M45 James Dickerson  | 11.33 |
| M50 Aarand Roos      | 9.75  |
| M55 Earl Mege        | 7.74  |
| Morton Hahn          | 6.12  |
| M60 George Taylor    | 6.48  |
| M65 Jack Doorlay     | 7.23  |
| M70 Sparks Sorlien   | 8.39  |

## discus (meters except for M60-75)

|                        |       |
|------------------------|-------|
| M30 Scott Bull         | 38.75 |
| Al Russo               | 34.70 |
| Remo Biagoni           | 32.06 |
| M35 John Kalnas        | 38.79 |
| Tom Talbot             | 36.45 |
| Nick Helfrich          | 31.87 |
| Pat Cassidy            | 30.13 |
| M40 Tim Williams       | 43.6  |
| Rich Dunphy            | 33.3  |
| Ed Beebe               | 30.6  |
| Woody Disharoon        | 29.9  |
| Dennis Chandler        | 26.1  |
| M45 John Abbott        | 39.3  |
| Terry Shuman           | 35.9  |
| George Reynolds        | 26.4  |
| M50 John Bronstein     | 43.0  |
| Ed Bradway             | 36.7  |
| Tom Kilroy             | 27.4  |
| Aarand Roos            | 25.3  |
| Larry Pratt            | n.d.  |
| M55 Ray Feick          | 32.5  |
| Fred Wimmer            | 20.5  |
| M60-M75 in feet/inches |       |
| M60 Len Olson          | 135-6 |
| Richard Holloway       | 104-6 |
| Art Harris             | 96-3  |
| Ned Curran             | 87-9  |
| Mark Richards          | 85-11 |
| M65 John McCarthy      | 97-11 |
| Manny Herscher         | 94-4  |
| M75 Gene Wood          | 68-10 |
| W35-55 in meters       |       |
| W35 Patricia Brown     | 16.5  |
| W40 Skipper Clark      | 20.0  |
| W45 Roslyn Katz        | 20.8  |
| W50 Joan Youngs        | 20.3  |
| W55 Ann Cirulnick      | 20.5  |

|                      |       |
|----------------------|-------|
| shotput (in meters)  |       |
| M30 Scott Bull       | 12.43 |
| Al Russo             | 11.91 |
| M35 Pat Cassidy      | 12.13 |
| Nick Helfrich        | 11.30 |
| Joel Westman         | 9.70  |
| M40 Craig Shumaker   | 13.24 |
| Rich Dunphy          | 12.00 |
| Ed Beebe             | 11.24 |
| Woody Disharoon      | 9.88  |
| Jim Shea             | 9.14  |
| M45 Joe Kalnas       | 11.89 |
| Terry Shuman         | 10.72 |
| Jacob Katz           | 5.65  |
| M50 Ed Bradway       | 11.71 |
| John Bronstein       | 11.17 |
| M55 Ray Feick        | 12.10 |
| Fred Wimmer          | 8.15  |
| Morton Hahn          | 7.36  |
| M60 Len Olson        | 13.56 |
| Richard Holloway     | 10.90 |
| Ned Curran           | 10.58 |
| Art Harris           | 9.05  |
| M75 Gene Wood        | 9.22  |
| W35 Patricia Brown   | 6.34  |
| W40 Marianne Winters | 6.91  |
| W45 Roslyn Katz      | 6.36  |
| W55 Ann Cirulnick    | 8.98  |

|                          |       |
|--------------------------|-------|
| weight throw (in meters) |       |
| M40 Ed Beebe             | 12.41 |
| John Casamassima         | 12.35 |
| Frank Monroe             | 9.46  |
| M50 John Bronstein       | 8.85  |
| M55 Ray Feick            | 9.43  |
| M60 Len Olson            | 10.37 |
| Art Harris               | 9.22  |
| Ned Curran               | 6.14  |
| M65 Lev Mozhaev          | 13.54 |
| W35 Patricia Brown       | 5.58  |
| W40 Marianne Winters     | 6.67  |
| Skipper Clark            | 5.80  |
| W45 Roslyn Katz          | 6.75  |
| W55 Ann Cirulnick        | 8.56  |

|                             |          |
|-----------------------------|----------|
| javelin (M30-M35 in meters) |          |
| M30 Scott Bull              | 47.74    |
| Al Russo                    | 31.74    |
| M35 Dick McMullin           | 46.82    |
| M40-60 in ft/in             |          |
| M40 Dave Reiss              | 204-3    |
| Dennis Chandler             | 178-9    |
| Woody Disharoon             | 106-11   |
| Ed Beebe                    | 103-9.75 |
| M45 George Reynolds         | 153-11   |
| Jacob Katz                  | 58-1     |
| M55 Bob Youngs              | 144-2.5  |
| Ray Feick                   | 120-1.5  |
| Morton Hahn                 | 93-11    |
| M60 Richard Holloway        | 117-3    |
| Mark Richards               | 114-11   |
| Len Olson                   | 112-4.5  |
| Ned Curran                  | 98-2.5   |
| George Taylor               | 86-3     |
| Art Harris                  | 54-2.5   |

|                       |       |
|-----------------------|-------|
| M65 in meters         |       |
| John McCarthy         | 26.58 |
| Jack Doorlay          | 24.06 |
| Ed Cunningham         | 22.64 |
| M75 Gene Wood (ft/in) | 53-5  |
| W35 Patricia Brown    | 19.22 |
| W40 Lorraine Tucker   | 29.30 |
| Skipper Clark         | 25.10 |
| W45 Roslyn Katz       | 12.18 |
| W50 Joan Youngs       | 19.76 |
| W55 Ann Cirulnick     | 15.84 |
| Caroline Richards     | 12.64 |

## SOUTHEAST

Miami RC All-Comers  
Miami, FL; July 30

|                        |        |
|------------------------|--------|
| 100m                   |        |
| M30 Ron Cotton         | 12.1   |
| Alex Fernandez         | 13.0   |
| M40 Emilio Labori      | 11.9   |
| Joe Hart               | 12.1   |
| Matt Sitkowski         | 12.1   |
| 200m                   |        |
| M30 Jeff Allen         | 25.0   |
| Ron Cotton             | 27.0   |
| Alex Fernandez         | 28.0   |
| M40 Emilio Labori      | 25.0   |
| Joe Hart               | 25.0   |
| 400m                   |        |
| M30 Jeff Allen 35      | 56.0   |
| Rawn James 37          | 69.0   |
| M40 Laureano Cancio 41 | 83.0   |
| 800m                   |        |
| M30 Coleman McCaskey   | 352:21 |
| M40 L Cancio 41        | 5:05   |
| 1600m                  |        |
| M30 C McCaskey 35      | 5:06   |
| Jeff Allen 35          | 5:18   |
| Trevor King 37         | 6:11   |
| M40 L Cancio 41        | 6:19   |
| Greg Graham 45         | 6:23   |
| John Marshall          | 6:53   |

|                         |       |
|-------------------------|-------|
| 3200m                   |       |
| M30 Trevor King         | 13:45 |
| M40 Joe Hart            | 10:55 |
| L Cancio                | 14:22 |
| Orlando Salas           | 16:06 |
| W60 Nancy Wienand 61    | 11:58 |
| Long Jump               |       |
| M30 Ron Cotton          | 18-7  |
| Garth Brown             | 16-8  |
| 1500m RW                |       |
| M30 Rawn James 37       | 10:57 |
| Rod Johnson 30          | 12:27 |
| John Blair 39           | 13:59 |
| M40 Ron Rodin 44        | 12:47 |
| L Cancio 41             | 13:14 |
| W30 Olga Cancio 38      | 13:30 |
| W40 Ronni Capsuto 45    | 17:09 |
| W60+Yolanda Gouffray 62 | 13:55 |
| Gloria Sadowsky 70      | 15:18 |
| Nancy Wienand 61        | 17:49 |

## MIDWEST

Midwest Meet  
Huntington, WV; August 3-4

|                       |      |
|-----------------------|------|
| 100m                  |      |
| M30 Chris Bastien     | 11.2 |
| Leonard Strong        | 11.3 |
| Denver Word           | 11.5 |
| M35 Mike Andrews      | 11.6 |
| James Dean            | 12.3 |
| Vince Carter          | 13.6 |
| M40 Barry Scragg      | 12.6 |
| George Castelle       | 13.3 |
| M45 Robert Watts      | 15.8 |
| M50 Sonny Haynes      | 14.4 |
| Richard Copley        | 14.6 |
| M55 Paul Williams     | 13.0 |
| M60 Jack Greenwald    | 13.6 |
| Eugene Hess           | 15.0 |
| Frank Anson           | 16.2 |
| M65 Philip Wilson     | 14.1 |
| M85 Arling Pitcher    | 22.7 |
| 200m                  |      |
| M30 C Bastien         | 23.2 |
| L Strong              | 23.9 |
| D Word                | 24.0 |
| M35 M Andrews         | 23.4 |
| James Dean            | 25.6 |
| Randy Dean            | 27.2 |
| M40 Joe Broce         | 26.0 |
| Barry Scragg          | 26.9 |
| M45 Robert Watts      | 32.2 |
| M50 Ed Canterbury     | 32.2 |
| M55 P Williams        | 27.6 |
| Wendell Curry         | 29.4 |
| M60 Eugene Hess       | 34.1 |
| Lyle Ramsey           | 34.4 |
| M65 Philip Wilson     | 29.5 |
| M70 Campbell Neel     | 38.9 |
| M75 Hugh Yeomans      | 43.5 |
| M85 Arling Pitcher    | 50.9 |
| W70 Ernestine Yeomans | 56.0 |

|                     |        |
|---------------------|--------|
| 400m                |        |
| M30 Chris Bastien   | 53.3   |
| Mark Brown          | 55.8   |
| Don Maynard         | 56.2   |
| M40 George Castelle | 65.5   |
| M50 Ed Canterbury   | 72.9   |
| M60 Jack Greenwald  | 64.7   |
| Lyle Ramsey         | 76.2   |
| M70 C Neel          | 87.5   |
| M85 A Pitcher       | 2:17.2 |
| 800m                |        |
| M30 Don Maynard     | 2:21.4 |
| M35 D M Taylor      | 2:03.3 |
| M50 Paul Hamilton   | 2:17.5 |
| Ed Canterbury       | 2:32.9 |
| M60 Lyle Ramsey     | 3:00.3 |
| M75 Hugh Yeomans    | 4:07.1 |
| W70 E Yeomans       | 5:03.4 |
| 1500m               |        |
| M35 D M Taylor      | 4:22.7 |
| Steve Shattles      | 5:03.5 |
| Bill Hill           | 4:23.6 |
| Stefan Loehr        | 4:55.1 |

|                       |         |
|-----------------------|---------|
| M45 Don Miller        | 5:05.5  |
| Gene Curtis           | 5:34.4  |
| M50 Paul Hamilton     | 4:43.7  |
| M55 Wendell Curry     | 6:09.4  |
| M60 Lyle Ramsey       | 6:17.7  |
| M70 Campbell Neel     | 6:36.6  |
| W30 Linda Redouty     | 6:20.3  |
| W35 Annette Castelle  | 6:34.5  |
| W40 Linda Curtis      | 6:00    |
| 5000m                 |         |
| M30 Chris Parsons     | 16:56.5 |
| M35 Judd Rosebury     | 18:23.6 |
| M50 Paul Hamilton     | 18:38.6 |
| Ed Canterbury         | 24:27.7 |
| M60 Lyle Ramsey       | 24:36.5 |
| M70 Campbell Neel     | 26:18.2 |
| W30 Michelle Endicott | 22:52.9 |
| W35 Chris Rosebury    | 33:52.2 |
| W40 Linda Curtis      | 21:58.9 |

|                     |      |
|---------------------|------|
| High Jump           |      |
| M35 Ken Rowe        | 6-0  |
| M60 Eugene Hess     | 4-7  |
| M65 Victor Golowash | 4-0  |
| M85 Arling Pitcher  | 2-8½ |

|                       |      |
|-----------------------|------|
| Pole Vault            |      |
| M30 Don Maynard       | n/a  |
| M35 Charles Cronacher | 11-6 |
| Mickey Kollross       | 11-0 |
| M40 Richard Beckner   | 12-8 |
| Terry Wilson          | 10-6 |
| M45 Curt Fletcher     | 10-6 |
| M85 Arling Pitcher    | 4-6  |

|                     |        |
|---------------------|--------|
| Long Jump           |        |
| M30 Phil Cunningham | 15-3   |
| M35 James Dean      | 19-1   |
| Randy Dean          | 16-10½ |
| Mike Davis          | 14-4½  |
| M40 Terry Wilson    | 15-8½  |
| Barry Scragg        | 14-9   |
| M55 Paul Williams   | 16-3½  |
| Wendell Curry       | 14-1½  |
| M60 Eugene Hess     | 13-2½  |
| M65 Vic Golowash    | 10-6½  |
| W70 E Yeomans       | 6-4    |

|                    |        |
|--------------------|--------|
| Triple Jump        |        |
| M30 Denver Word    | 40-11½ |
| M35 James Dean     | 36-6   |
| Ken Rowe           | 35-5   |
| Mike Davis         | 32-2½  |
| M40 Terry Wilson   | 32-11½ |
| M60 Eugene Hess    | 25-3   |
| M65 Vic Golowash   | 27-7½  |
| M75 Hugh Yeomans   | n/a    |
| M85 Arling Pitcher | 12-2   |
| W70 E Yeomans      | 15-3   |

|                     |        |
|---------------------|--------|
| Shot Put            |        |
| M30 Phil Cunningham | 32-6½  |
| M40 Barry Scragg    | 33-7½  |
| M45 Mickey Bitsko   | 38-4   |
| M50 Sonny Haynes    | 34-½   |
| M55 Brad Ankerstar  | 36-1½  |
| M60 Fred Anson      | 28-5   |
| M65 Cliff Sampson   | 35-10½ |
| Vic Golowash        | 26-3   |
| M50 Everett Hosack  | 20-3   |
| W55 Betty Steele    | 26-11½ |
| W60 Bernice Holland | 29-0   |
| Lucille Sampson     | 25-5½  |

|                     |        |
|---------------------|--------|
| Discus              |        |
| M35 Mike Davis      | 101-4  |
| M40 Barry Scragg    | 105-9  |
| M45 Mickey Bitsko   | 117-1  |
| M50 Terry Simmons   | 131-1  |
| Sonny Haynes        | 82-9   |
| M55 Brad Ankerstar  | 102-1  |
| M65 Cliff Sampson   | 135-10 |
| Vic Golowash        | 87-4   |
| M85 Everett Hosack  | 46-9   |
| Arling Pitcher      | 42-7   |
| W55 Betty Steele    | 67-3   |
| Arlene Stooke       | 50-2   |
| W60 Bernice Holland | 82-11  |
| Lucille Sampson     | 80-1   |

|                     |       |
|---------------------|-------|
| Hammer              |       |
| M40 Barry Scragg    | 72-7  |
| M45 Mickey Bitsko   | 136-2 |
| M65 Cliff Sampson   | 100-5 |
| Vic Golowash        | 72-7  |
| M85 Everett Hosack  | 46-1  |
| W55 Betty Steele    | 56-11 |
| W60 Bernice Holland | 78-3  |

|                     |        |
|---------------------|--------|
| Javelin             |        |
| M30 Phil Cunningham | 119-10 |
| M35 Randy Dean      | 121-2  |
| Mike Davis          | 120-3  |
| M55 Wendell Curry   | 71-10  |
| M65 Vic Golowash    | 72-10  |
| M75 Hugh Yeomans    | 51-4   |
| W50 Sonja Moretz    | 35-6   |
| W55 Betty Steele    | 54-0   |
| W60 Bernice Holland | 76-6   |
| W70 E Yeomans       | 28-5   |

|                    |       |
|--------------------|-------|
| Weight             |       |
| M45 Mickey Bitsko  | 48-5  |
| M65 Cliff Sampson  | 41-9  |
| Vic Golowash       | 26-4  |
| M85 Everett Hosack | 15-9  |
| W55 Betty Steele   | 15-11 |

|                   |         |
|-------------------|---------|
| Racewalk          |         |
| M40 Gene Harrison | 29:41.2 |
| M75 Hugh Yeomans  | 31:50   |
| W45 Sylvia Miller | 38:14   |
| W70 E Yeomans     | 37:05   |

Dayton Classic  
Dayton, OH; August 10

|                       |      |
|-----------------------|------|
| 100m                  |      |
| M30 Chris Bastien     | 11.2 |
| Leonard Strong        | 11.2 |
| Mark Leeper           | 11.7 |
| M35 Michael Andrews   | 11.3 |
| Larry Lewis           | 11.8 |
| Ted Martin            | 11.7 |
| M40 Lloyd Hathcock    | 11.9 |
| Bobby James           | 12.0 |
| Steve Smith           | 12.0 |
| M45 Abdul Singh       | 12.1 |
| Caleb Brown           | 12.2 |
| Avital Schurr         | 12.3 |
| M50 Paul Dorsey       | 12.6 |
| Ken Sullivan          | 14.7 |
| M55 Paul Williams     | 12.9 |
| Thom Phillips         | 13.2 |
| Leon Cook             | 14.2 |
| M60 Troy Banks        | 12.9 |
| Burt Sidel            | 13.1 |
| Jack Greenwald        | 13.5 |
| M65 Willie Blackmon   | 13.1 |
| Joe Hessel            | 14.0 |
| W30 Deborah Leeper    | 13.0 |
| Toni Cox              | 14.2 |
| Pat Finley            | 14.6 |
| W35 Gail Miller       | 13.9 |
| W45 Patrice Thomas    | 16.5 |
| W50 Eunice Brown      | 15.4 |
| W70 Ernestine Yeomans | 24.5 |



Continued from previous page

**MID-AMERICA****Colorado Masters Championships  
Aurora; July 14**

|                   |          |  |
|-------------------|----------|--|
| <b>50m</b>        |          |  |
| M45 Walt Gibson   | 6.2      |  |
| M50 Ed Arnold     | 6.5      |  |
| M60 H J Fisher    | 6.7      |  |
| M70 John Davison  | 6.7      |  |
| <b>100m</b>       |          |  |
| M40 Fred Berry    | 13.3     |  |
| M45 Robb Bong     | 11.9     |  |
| M50 Ed Arnold     | 14.2     |  |
| M60 H J Fisher    | 13.7     |  |
| M65 Norm Katzman  | 14.2     |  |
| M70 John Davison  | 14.17    |  |
| <b>200m</b>       |          |  |
| M40 Fred Berry    | 28.15    |  |
| M45 Robb Bong     | 24.08    |  |
| M60 H J Fisher    | 29.62    |  |
| M65 Norm Katzman  | 31.17    |  |
| M85 Herb Anderson | 49.32    |  |
| <b>400m</b>       |          |  |
| M45 Robb Bong     | 53.0     |  |
| M65 Norm Katzman  | 69.1     |  |
| <b>800m</b>       |          |  |
| M55 Ernie Black   | 2:50.44  |  |
| <b>1500m</b>      |          |  |
| M55 Ernie Black   | 5:38.28  |  |
| <b>High Jump</b>  |          |  |
| M40 Fred Berry    | 5-0      |  |
| M50 Ed Arnold     | 4-8      |  |
| <b>Long Jump</b>  |          |  |
| M40 Fred Berry    | 14-1 1/2 |  |
| M70 John Davison  | 12-6 1/2 |  |
| <b>Shot Put</b>   |          |  |
| M55 Ernie Black   | 30-4     |  |
| M70 Dale Buysse   | 40-9     |  |
| M85 Herb Anderson | 21-2     |  |
| <b>Discus</b>     |          |  |
| M55 Ernie Black   | 81-8     |  |
| M70 Dale Buysse   | 126-5    |  |
| <b>Javelin</b>    |          |  |
| M40 Rocco Petitto | 159-0    |  |
| M70 Dale Buysse   | 86-7     |  |

**Rocky Mountain Masters Games  
Potts Field,  
Colorado University  
August 31-September 1**

|                         |       |      |
|-------------------------|-------|------|
| <b>***** 50m *****</b>  |       |      |
| M70 ZAHN, ROBERT        | 6.60  | E/WI |
| M43 AZUGU, MAC          | 6.44  | R/CO |
| M41 VERTI, BOB          | 6.49  | R/CO |
| M41 BRYANT, EARL        | 6.62  | W/CA |
| M41 DOLEZEL, JIM        | 6.95  | E/OK |
| M41 BERRY, FRED         | 7.00  | R/CO |
| M47 BELL, THAD          | 6.37  | R/CO |
| M45 BONG, ROBB          | 6.39  | R/CO |
| M48 LOUBET, JEFF        | 6.96  | R/NM |
| M47 LUPLOW, DAVID       | 7.10  | R/CO |
| M49 NELLESSEN, JOHN     | 7.13  | R/CO |
| M49 STARR, TOM          | 7.16  | R/CO |
| M50 BUTLER, WALT        | 6.51  | W/CA |
| M53 LANCE, DALE         | 6.94  | E/OK |
| M52 ARNOLD, ED          | 7.21  | R/CO |
| M56 HARTENSTEIN, HUGO   | 6.67  | R/CO |
| M55 STOPOLUS, PETE      | 7.10  | E/IL |
| M60 WELCH, FRANK        | 7.53  | R/CO |
| M62 COHEN, ALAN         | 8.30  | W/AZ |
| M69 MURPHY, TIM         | 7.38  | E/OK |
| M69 PARKS, HAYON        | 7.36  | R/CO |
| M72 DAVISON, JOHN       | 7.49  | R/CO |
| M71 SILVERSTEIN, MILTON | 7.61  | W/AZ |
| M89 ANDERSON, HERB      | 11.35 | R/CO |
| F32 SPOERL, ANNETTE     | 7.63  | R/CO |
| F33 ZAHN, LAUREN        | 7.91  | E/WI |
| F59 DUGAN, JOAN         | 7.62  | R/CO |

|                         |       |      |
|-------------------------|-------|------|
| <b>***** 100m *****</b> |       |      |
| M38 THOMAS, RICHARD     | 11.75 | E/OK |
| M37 ZAHN, ROBERT        | 12.15 | E/WI |
| M43 AZUGU, MAC          | 11.88 | R/CO |
| M41 VERTI, BOB          | 12.00 | R/CO |
| M41 BRYANT, EARL        | 12.14 | W/CA |
| M41 DOLEZEL, JIM        | 12.69 | E/OK |
| M41 BERRY, FRED         | 12.91 | E/OK |
| M47 BELL, THAD          | 11.64 | R/CO |
| M45 BONG, ROBB          | 11.85 | R/CO |
| M47 LUPLOW, DAVID       | 13.03 | R/CO |
| M49 NELLESSEN, JOHN     | 13.40 | R/CO |
| M49 STARR, TOM          | 13.47 | R/CO |
| M50 BUTLER, WALT        | 12.13 | W/CA |
| M51 TOZER, BENTZ        | 12.44 | R/NM |
| M53 KIRKPATRICK, RON    | 12.54 | R/NM |
| M53 LANCE, DALE         | 13.14 | E/OK |
| M52 HENRY, LARRY        | 13.66 | R/CO |
| M52 ARNOLD, ED          | 13.88 | R/CO |
| M56 HARTENSTEIN, HUGO   | 12.49 | R/CO |
| M59 BROWN, DONALD       | 14.49 | R/NM |
| M62 FISHER, HARVEY      | 13.79 | R/CO |
| M60 WELCH, FRANK        | 14.61 | R/NM |
| M62 COHEN, ALAN         | 15.10 | W/AZ |
| M69 MURPHY, TIM         | 13.92 | E/OK |
| M69 PARKS, HAYON        | 14.84 | R/CO |
| M66 KATZMAN, NORMAN     | 15.03 | R/CO |
| M72 DAVISON, JOHN       | 14.02 | R/CO |
| M71 SILVERSTEIN, MILTON | 14.53 | W/AZ |
| M75 PRAEGER, FRED       | 18.59 | R/CO |
| M84 RANDALL, RUSSELL    | 17.98 | R/CO |
| M81 BENNETT, EMETT      | 21.92 | E/SD |
| M89 ANDERSON, HERB      | 21.19 | R/CO |
| F32 SPOERL, ANNETTE     | 14.39 | R/CO |
| F33 ZAHN, LAUREN        | 14.96 | E/WI |
| F59 DUGAN, JOAN         | 15.75 | R/CO |
| F77 NEHL, PEARL         | 21.73 | R/CO |

|                         |       |      |
|-------------------------|-------|------|
| <b>***** 200m *****</b> |       |      |
| M43 AZUGU, MAC          | 23.87 | R/CO |
| M41 BRYANT, EARL        | 24.96 | W/CA |
| M40 GREINER, LEE        | 26.01 | E/OK |
| M41 BERRY, FRED         | 26.76 | R/CO |
| M41 DOLEZEL, JIM        | 26.87 | E/OK |
| M71 BELL, THAD          | 23.34 | R/CO |
| M45 BONG, ROBB          | 23.84 | R/CO |

|                      |       |      |
|----------------------|-------|------|
| M45 SIMONS, DAVE     | 25.06 | R/CO |
| M49 NELLESSEN, JOHN  | 27.93 | R/CO |
| M50 BUTLER, WALT     | 24.47 | W/CA |
| M53 KIRKPATRICK, RON | 24.75 | R/NM |
| M51 TOZER, BENTZ     | 25.29 | R/NM |
| M50 IRELAND, STEPHEN | 25.59 | E/OK |
| M52 WEISSER, HOWARD  | 26.36 | E/NE |
| M50 KRELL, DAVE      | 26.64 | R/CO |
| M53 LANCE, DALE      | 27.24 | E/OK |
| M53 HENRY, LARRY     | 27.96 | R/CO |
| M52 ARNOLD, ED       | 28.32 | R/CO |
| M56 JOHNSON, PAUL    | 25.86 | E/OK |
| M59 BROWN, DONALD    | 29.55 | R/NM |
| M61 MCGOWAN, ROBERT  | 28.28 | W/CA |
| M62 FISHER, HARVEY   | 28.77 | R/CO |
| M60 WELCH, FRANK     | 29.98 | R/NM |
| M62 COHEN, ALAN      | 30.34 | W/AZ |
| M69 MURPHY, TIM      | 28.86 | E/OK |
| M69 PARKS, HAYON     | 30.16 | R/CO |
| M66 KATZMAN, NORMAN  | 30.28 | R/CO |
| M72 DAVISON, JOHN    | 30.63 | R/CO |
| M59 ANDERSON, HERB   | 51.45 | R/CO |
| F31 JOYCE, YVONNE    | 26.64 | R/CO |
| F32 SPOERL, ANNETTE  | 31.81 | R/CO |
| F33 ZAHN, LAUREN     | 32.33 | E/WI |
| F77 NEHL, PEARL      | 47.12 | R/CO |

|                         |         |      |
|-------------------------|---------|------|
| <b>***** 400m *****</b> |         |      |
| M30 ALLMENDINGER, TODD  | 52.28   | R/CO |
| M31 SCHNEEBECK, DOUG    | 57.05   | R/NM |
| M40 GREINER, LEE        | 60.66   | E/OK |
| M45 BONG, ROBB          | 53.31   | R/CO |
| M47 BENSTON, STRIDER    | 62.94   | R/CO |
| M49 NELLESSEN, JOHN     | 65.87   | R/CO |
| M53 KIRKPATRICK, RON    | 55.04   | R/NM |
| M50 IRELAND, STEPHEN    | 57.10   | E/OK |
| M50 KRELL, DAVE         | 58.06   | R/CO |
| M50 OELL, GLEN          | 61.71   | R/CO |
| M52 WEISSER, HOWARD     | 62.59   | E/NE |
| M53 HENRY, LARRY        | 65.70   | R/CO |
| M56 JOHNSON, PAUL       | 56.38   | E/OK |
| M59 BROWN, DONALD       | 70.07   | R/NM |
| M61 MCGOWAN, ROBERT     | 63.40   | W/CA |
| M62 COHEN, ALAN         | 77.10   | W/AZ |
| M66 KATZMAN, NORMAN     | 68.94   | R/CO |
| F69 ADAMS, LOUISE       | 91.47   | R/CO |
| F77 NEHL, PEARL         | 1:46.32 | R/CO |

|                         |         |      |
|-------------------------|---------|------|
| <b>***** 800m *****</b> |         |      |
| M30 ALLMENDINGER, TODD  | 1:59.73 | R/CO |
| M33 GREEN, WOODY        | 2:18.82 | R/CO |
| M35 FUERTS, JOHN        | 2:06.42 | R/CO |
| M40 RODRIGUEZ, DAVID    | 2:05.79 | E/OK |
| M41 COHAN, DAVID        | 2:28.09 | R/NM |
| M45 EIDINGER, GEORGE    | 2:24.64 | R/CO |
| M52 WEISSER, HOWARD     | 2:28.93 | E/NE |
| M53 HENRY, LARRY        | 2:34.19 | R/CO |
| M61 MCGOWAN, ROBERT     | 2:26.66 | W/CA |
| M60 BLACK, ERNIE        | 2:38.13 | W/AZ |
| M62 COHEN, ALAN         | 2:06.59 | W/AZ |
| M66 MACDONALD, ERNIE    | 3:08.57 | R/CO |
| M81 BENNETT, EMETT      | 3:55.81 | E/SD |
| F31 JOYCE, YVONNE       | 2:13.84 | R/CO |
| F30 KILBANE, KATE       | 2:33.62 | R/CO |
| F38 FILLEY, TRISH       | 2:42.59 | R/CO |
| F53 PALMASON, DIANE     | 2:37.39 | R/CO |
| F77 NEHL, PEARL         | 3:58.41 | R/CO |

|                          |         |      |
|--------------------------|---------|------|
| <b>***** 1500m *****</b> |         |      |
| M33 GREEN, WOODY         | 4:57.50 | R/CO |
| M35 HAAS, DOUG           | 4:30.23 | R/CO |
| M60 BLACK, ERNIE         | 5:43.86 | R/CO |
| M62 COHEN, ALAN          | 6:29.77 | W/AZ |
| F39 GREEN, LORRAINE      | 6:39.12 | R/CO |
| F53 PALMASON, DIANE      | 5:36.81 | R/CO |
| F77 NEHL, PEARL          | 8:31.59 | R/CO |

|                          |         |      |
|--------------------------|---------|------|
| <b>***** 5000m *****</b> |         |      |
| M45 FOUND, PHIL          | 18:44.0 | R/CO |
| M47 STABY, PAUL          | 20:51.5 | R/CO |
| M56 BEAN, FRED           | 23:12.8 | R/CO |
| M60 BLACK, ERNIE         | 19:56.8 | R/CO |
| F43 STABY, JIGGER        | 25:23.2 | R/CO |
| F53 PALMASON, DIANE      | 20:51.5 | R/CO |

|                            |         |      |
|----------------------------|---------|------|
| <b>***** 5K WALK *****</b> |         |      |
| M30 BLANCHARD, MICHAEL     | 30:27.5 | R/CO |
| M41 BROWN, CHARLES         | 31:49.4 | R/CO |
| M41 HENEFELD, LOU          | 32:52.3 | R/CO |
| M49 YAP, ALAN              | 28:59.3 | R/CO |
| M50 MARCHANT, LARRY        | 30:59.0 | R/CO |
| M58 LYLE, JOHN             | 29:38.2 | R/CO |
| M57 STRAUTINS, VILMARIS    | 30:13.1 | R/CO |
| M59 STORIE, GERALD         | 30:27.5 | R/CO |
| M57 HATFIELD, CLYDE        | 32:00.1 | W/CA |
| M62 TIMMERHAUS, K.O.       | 31:32.0 | R/CO |
| M65 HOFFMAN, JOHN          | 32:16.5 | R/CO |
| M68 MOSKOVIT, LEONARD      | 34:36.8 | R/CO |
| M71 PETERS, MAX            | 38:33.0 | R/CO |
| F37 MILLER, PEGGY          | 26:02.9 | R/CO |
| F38 RICHARDS-KERR, SALLY   | 29:08.3 | R/CO |
| F42 SEDLAK, VIISHA         | 25:38.6 | R/CO |
| F45 LOGMAN, LYNN           | 31:32.0 | R/CO |
| F49 CLEMONS, SHIRLEY       | 35:39.0 | E/FL |
| F49 DETTMER, DIANA         | 36:00.0 | R/CO |
| F55 MAROZSAN, BEVERLY      | 32:53.5 | R/CO |
| F75 JACOBS, VELMA          | 38:21.0 | R/CO |

|                            |       |      |
|----------------------------|-------|------|
| <b>***** 100m HH *****</b> |       |      |
| M50 BUTLER, WALT           | 14.34 | W/CA |
| M53 LANCE, DALE            | 16.50 | E/OK |
| M55 HAMILTON, RUSTY        | 22.04 | E/SC |
| M70 BOWLES, FRANK          | 23.08 | R/CO |

|                            |       |      |
|----------------------------|-------|------|
| <b>***** 110m HH *****</b> |       |      |
| M31 SCHNEEBECK, DOUG       | 16.38 | R/NM |
| M30 JELDEN, KEVIN          | 17.53 | R/CO |
| M37 ZAHN, ROBERT           | 15.79 | E/WI |
| M45 OREBAUGH, BILL         | 18.29 | R/CO |
| M48 LOUBET, JEFF           | 18.52 | R/NM |
| M47 LUPLOW, DAVID          | 19.63 | R/CO |

|                            |       |      |
|----------------------------|-------|------|
| <b>***** 300m HH *****</b> |       |      |
| M70 BOWLES, FRANK          | 65.92 | R/CO |

|                            |       |      |
|----------------------------|-------|------|
| <b>***** 400m HH *****</b> |       |      |
| M31 SCHNEEBECK, DOUG       | 58.59 | R/NM |
| M38 ACEA, RUSSELL          | 58.49 | R/NT |
| M40 HILL, MIKE             | 62.30 | R/CO |
| F38 CARTER, CHARLOTTE      | 75.77 | E/OK |

|                              |      |      |
|------------------------------|------|------|
| <b>***** HIGH JUMP *****</b> |      |      |
| M41 DOLEZEL, JIM             | 5-0  | E/OK |
| M41 COHAN, DAVID             | 4-6  | R/NM |
| M45 OREBAUGH, BILL           | 5-6  | R/CO |
| M45 EIDINGER, GEORGE         | 5-2  | R/CO |
| M53 LANCE, DALE              | 5-2  | E/OK |
| M54 CARTER, LARRY            | 4-10 | E/OK |

|                     |      |      |
|---------------------|------|------|
| M52 ARNOLD, ED      | 4-4  | R/CO |
| M62 COHEN, ALAN     | 3-10 | W/AZ |
| M60 MORRIS, ALLEN   | 3-8  | E/OK |
| M70 BOWLES, FRANK   | 3-6  | R/CO |
| F59 DUGAN, JOAN     | 3-10 | R/CO |
| F62 AZELTINE, JEANE | 3-0  | R/CO |

|                               |      |      |
|-------------------------------|------|------|
| <b>***** POLE VAULT *****</b> |      |      |
| M32 CHAMBLER, JIM             | 15-3 | W/UT |
| M38 ACEA, RUSSELL             | 10-0 | R/NT |
| M41 COHAN, DAVID              | 10-0 | R/NM |
| M41 DOLEZEL, JIM              | 9-6  | E/OK |
| M49 HOLMES, LARRY             | 12-0 | W/OK |
| M48 LOUBET, JEFF              | 11-6 | R/NM |
| M46 LEWIS, KENT               | 10-0 | R/CO |
| M61 DOHLEY, JERRY             | 11-6 | R/CO |
| M60 MORRIS, ALLEN             | 6-6  | E/OK |

|                              |         |      |
|------------------------------|---------|------|
| <b>***** LONG JUMP *****</b> |         |      |
| M30 JELDEN, KEVIN            | 18-6    | R/CO |
| M38 THOMAS, RICHARD          | 21-5    | E/OK |
| M41 DOLEZEL, JIM             | 16-0    | E/OK |
| M41 COHAN, DAVID             | 13-5    | R/NM |
| M45 BONG, ROBB               | 20-1    | R/CO |
| M47 LUPLOW, DAVID            | 15-11   | R/CO |
| M53 LANCE, DALE              | 18-0    | E/OK |
| M52 ARNOLD, ED               | 15-5    | R/CO |
| M55 STOPOLUS, PETE           | 16-6    | E/IL |
| M72 DAVISON, JOHN            | 12-3    | R/CO |
| M72 TRIMMEL, WILLIAM         | 8-9 1/2 | E/OK |
| M89 ANDERSON, HERB           | 6-3     | R/CO |
| F33 ZAHN, LAUREN             | 13-5    | E/WI |
| F32 SPOERL, ANNETTE          | 13-2    | R/CO |

|                                |          |      |
|--------------------------------|----------|------|
| <b>***** TRIPLE JUMP *****</b> |          |      |
| M30 JELDEN, KEVIN              | 37-8 1/2 | R/CO |
| M41 DOLEZEL, JIM               | 32-0 1/2 | E/OK |
| M54 CARTER, LARRY              | 28-5 1/2 | R/CO |
| M62 COHEN, ALAN                | 22-8     | W/AZ |
| M89 ANDERSON, HERB             | 15-9 1/4 | R/CO |

|                             |           |      |
|-----------------------------|-----------|------|
| <b>***** SHOT PUT *****</b> |           |      |
| M37 DAHLBERG, GREGG         | 39-0 1/4  | R/CO |
| M38 CALE, ROBERT            | 33-2 1/2  | R/CO |
| M44 BROCE, RON              | 38-8 1/4  | R/CO |
| M43 SAGER, BOB              | 38-0 1/4  | R/NT |
| M40 HILL, MIKE              | 37-10     | R/CO |
| M40 JOHNSON, TOM            | 29-10 1/4 | R/CO |
| M48 GAGE, TOM               | 48-3 1/2  | R/NT |
| M49 HAMBRICK, RON           | 34-2 1/4  | R/CO |
| M52 KLEHM, CARL             | 37-11 1/2 | E/IL |
| M56 WESSELSKI, TOM          | 40-1 1/2  | E/OK |
| M56 SPENCER, VERN           | 29-0 1/2  | R/CO |
| M55 HAMILTON, RUSTY         | 28-6 1/4  | E/SC |
| M62 BRAZELTON, BILL         | 33-2      | R/OK |
| M60 EIGHT, JACK             | 32-0      | R/CO |
| M60 MORRIS, ALLEN           | 29-10 1/4 | E/OK |
| M62 COHEN, ALAN             | 26-1 1/4  | W/AZ |
| M72 TRIMMEL, WILLIAM        | 35-6 1/2  | E/OK |
| M72 FLACK, TOM              | 35-4      | R/CO |
| M71 HACKETT, HUGH           | 33-9 1/4  | R/NM |
| M89 ANDERSON, HERB          | 21-8 1/4  | R/CO |
| F62 AZELTINE, JEANE         | 20-1 1/2  | R/CO |
| F69 MAGGINITY, BETTYE       | 18-0 1/2  | R/CO |

|                     |           |      |
|---------------------|-----------|------|
| ***** HAMMER *****  |           |      |
| M37 SAGER, BOB      | 97-11     | R/NT |
| M44 BROCE, RON      | 93-0      | R/CO |
| M48 GAGE, TOM       | 183-6     | R/NT |
| M47 MARTINEZ, JOHN  | 64-2 1/4  | R/CO |
| M52 KLEHM, CARL     | 127-4     | E/IL |
| M56 WESSELSKI, TOM  | 113-8     | E/OK |
| M56 SPENCER, VERN   | 102-3     | R/CO |
| M62 BAVEL, ZAMIR    | 118-3     | E/OK |
| M63 WEINBEL, KEN    | 109-8     | E/OK |
| M62 BRAZELTON, BILL | 61-11 1/2 | R/WA |
| M62 COHEN, ALAN     | 60-3 1/4  | R/WZ |
| M60 MORRIS, ALLEN   | 58-3 1/4  | E/TX |
| M72 FLACK, TOM      | 78-2 1/4  | R/CO |
| M70 BOWLES, FRANK   | 69-0 1/2  | R/CO |
| M75 PRAGER, FRED    | 68-0 1/2  | R/CO |
| M79 FETTERSTON, JIM | 83-9      | R/NN |



## Continued from previous page

|                            |
|----------------------------|
| M35 15:21.4 Mike Layman    |
| 15:48.4 Terry Boos         |
| 16:12.7 Bob Boland         |
| 17:18.5 Jim Arestad        |
| 18:22.5 David Rowell       |
| M40 16:31.9 Jim Hatcher    |
| 17:18.7 Dan Heimburger     |
| 17:49.5 Marc Wiitala       |
| M45 17:39.2 George Tuthill |
| 18:02.1 Walt Wetzel        |
| 18:04.1 Frank Wilson       |
| 18:11.9 K. Kirkpatrick     |
| 20:24.1 Gene Murray        |
| 23:23.2 Peter Clark        |
| M50 19:55.8 Mike Copeland  |
| M55 21:04.6 Ron Paige      |
| M60 21:07.2 Frank Newman   |
| 25:19.8 Hank Barksdale     |
| 25:42.0 RF Haynes          |
| 28:00.2 Larry Prince       |
| M70 20:59.9 Will Metz      |
| 26:09.3 Jack Kirkpatrick   |
| M75 22:57.9 Al Funk        |
| 37:25.6 Lloyd Berg         |

## 5000 Racewalk

|                            |
|----------------------------|
| M30 35:47.1 Viviana Odwin  |
| M50 32:22.0 Jean MacInnes  |
| M65 39:16.0 Stella Anacker |
| M45 32:18.4 George Birtic  |
| 35:42.3 Andy Sangray       |
| M50 32:32.7 Lew Savik      |
| M55 32:39.0 Howard Austin  |
| 35:57.0 Reed Thomas        |
| M60 35:40.0 Ken Chomo      |
| M65 33:40.0 Arne Hovin     |
| M70 36:07.0 Ed Anacker     |
| M75 33:53.0 Al Funk        |

## High Jump

|                        |
|------------------------|
| M60 3'9" Mavis Lorenz  |
| M30 4'9" Mike McLean   |
| M35 5'2" Bill Monro    |
| M50 5'2" Dwaine Horton |
| M55 4'4" Ross Thomas   |
| M65 4'0" Arnold Scott  |
| 3'10" Don Tavolacci    |
| M70 4'2" Brady Walker  |
| 3'10" Tom Regan        |
| M75 4'0" Manuel White  |
| 3'6" John Mays         |

## Pole Vault

|                        |
|------------------------|
| M30 13'1" Ted Polette  |
| M35 11'0" Russell Acea |
| M40 16'3" Ed Lipscomb  |
| M55 10'6" John Diggs   |
| 8'6" Walter Diggs      |

## Long Jump

|                               |
|-------------------------------|
| M30 18'11 1/2" Vince Martin   |
| M35 19' 1/2" Russell Acea     |
| 18'6 1/2" Bill Monro          |
| M45 18'5 3/4" Steve Blood     |
| 16'1 3/4" Francis Odom        |
| M50 19'9" Frank Struna        |
| M60 14'5 1/2" Bob Graham      |
| 9' 4 3/4" RF Haynes           |
| M65 12'7 3/4" Arnold Scott    |
| M70 11'10 3/4" Brady Walker   |
| M75 12'9 3/4" Clarence Trahan |
| 10'6 1/2" John Mays           |
| M80 8'10" Emmett Bennett      |
| M40 10'9" Priscilla Birtic    |
| M60 11'1 3/4" Mavis Lorenz    |

## Triple Jump

|                            |
|----------------------------|
| M30 37' 1/2" Vince Martin  |
| M35 35'11 1/4" Bill Monro  |
| M45 36'2 3/4" Steve Blood  |
| M50 38'4 3/4" Frank Struna |
| 29'8 1/2" Merv Armstrong   |
| M60 28'5 1/4" Bob Graham   |
| M70 28'3" Charles Mercurio |
| 23'7 1/2" Brady Walker     |
| M75 23'1" Clarence Trahan  |
| M30 27'9 1/4" Sian Leyshon |

## Shot Put

|                            |
|----------------------------|
| M30 38'2" Lisa Neff        |
| 27'7 1/2" Sian Leyshon     |
| M35 33'5" John Patrick     |
| M40 43'5" Gary Bills       |
| 38'8" Bob Sager            |
| M45 47'10" Tom Gage        |
| 38'11" John Kasperski      |
| M50 33' 1/2" Tony Dumay    |
| M55 28'11" Walter Diggs    |
| 25'9" Reed Thomas          |
| M60 36'2 1/2" Wes Goodwin  |
| 32'10" BJ Smith            |
| M65 35'2" Arnold Scott     |
| 28'1" Don Tavolacci        |
| M70 37'2 1/2" Brady Walker |
| M75 36'4" Manuel White     |
| 30'6 1/2" John Mays        |

## Discus

|                               |
|-------------------------------|
| M30 120'4" Lisa Neff          |
| M35 67'11" Kimberly Kasperski |
| M60 68'5" Mavis Lorenz        |
| M35 111'2" John Patrick       |
| M40 106'7" Bob Sager          |
| M45 136'6" Tom Gage           |
| 115'7" Mike Moravec           |
| 112'6" John Kasperski         |
| M50 114'9" Dwaine Horton      |
| 95'3" Tony Dumay              |

|                          |
|--------------------------|
| M55 82'11" Walter Diggs  |
| 78'4" Reed Thomas        |
| 72'6" Ross Thomas        |
| M60 113'2" Wes Goodwin   |
| M65 107'2" Don Tavolacci |
| 106'6" Arnold Scott      |
| M70 103'10" Brady Walker |
| M75 114'11" Manuel White |
| 80'2" John Mays          |
| M80 62'0" Emmett Bennett |

## Javelin (IAAF for M30-59)

|                              |
|------------------------------|
| M30 90'9 1/2" Lisa Neff      |
| M35 54'0" Becky Hunter       |
| M45 59'10" Rose Schlewitz    |
| M60 65'5" Mavis Lorenz       |
| M40 98'7" Bob Sager          |
| M45 159'8" Steve Blood       |
| M50 160'1" Russ Miller       |
| 142'1" Tony Dumay            |
| M55 137'4" Malcolm Russell   |
| 83'1" Ross Thomas            |
| 80'1 3/4" Reed Thomas        |
| 78'3" Walter Diggs           |
| M65 157'7" Ralph Roylance AR |
| 108'0" Don Tavolacci         |
| 97'2" Arnold Scott           |
| M70 108'4" Brady Walker      |
| M75 132'10" Manuel White WR  |
| 63'8 1/2" John Mays          |

## Hammer

|                              |
|------------------------------|
| M30 63'4" Kimberly Kasperski |
| 63'0" Sian Leyshon           |
| M40 100'8" Bob Sager         |
| M45 192'2" Tom Gage          |
| 120'7" John Kasperski        |
| M50 64'10" Tony Dumay        |
| M55 66'0" Ross Thomas        |
| M70 105'11" Brady Walker     |
| M75 97'7" Manuel White       |

## Exhibition

|                        |
|------------------------|
| 25# Weight Throw       |
| M70 31'1" Brady Walker |
| M75 29'9" Manuel White |

## IAAF 800g Javelin

|                         |
|-------------------------|
| M75 117'2" Manuel White |
|-------------------------|

## 1.5 Kilo Discus

|                            |
|----------------------------|
| M75 91'9 1/2" Manuel White |
|----------------------------|

## 2.0 Kilo Discus

|                            |
|----------------------------|
| M75 81'4 1/2" Manuel White |
|----------------------------|

## Team Scores

|                       |     |
|-----------------------|-----|
| Helena Cougars        | 121 |
| Mercury TC            | 114 |
| Missoula Road & Track | 64  |
| Helena Cougars II     | 59  |
| Flathead Valley TC    | 51  |
| Thunderbolts          | 51  |
| Portland Masters      | 37  |
| Yellowstone Valley TC | 24  |
| Mercury TC            | 23  |
| Helena Cougars III    | 11  |

## Top Age-Graded Performances

|                              |
|------------------------------|
| 93.9 Tom Gage HT 192'2"      |
| 93.2 Ed Lipscomb PV 16'3"    |
| 93.1 Manuel White JT 132'10" |
| 92.8 Clint Bickham 100 11.3w |
| 90.5 Stephen Odwin 200 25.5w |
| 26.8 Jack Coy 200 26.8w      |

Montana Senior Olympics  
Billings, August 16-17

|                    |       |
|--------------------|-------|
| 60m                |       |
| M50 Russell Miller | 8.14  |
| M60 Richard Chapin | 8.41  |
| M65 Lloyd Monahan  | 9.24  |
| M70 Jack Davison   | 8.49  |
| M80 Robert Miller  | 12.90 |
| M55 Ione Schmidt   | 11.04 |

|                    |       |
|--------------------|-------|
| 100m               |       |
| M60 Richard Chapin | 13.42 |
| Alan Cohen         | 14.56 |
| Jim Yorgason       | 15.13 |
| M65 Lloyd Monahan  | 14.83 |
| Robert Hinkel      | 17.24 |
| M70 Jack Davison   | 13.82 |
| Hap Gilliland      | 18.56 |

|                    |       |
|--------------------|-------|
| 200m               |       |
| M50 Russ Miller    | 26.73 |
| Joe Stewart        | 27.48 |
| Darrell Short      | 29.9  |
| M55 Frank Page     | 30.10 |
| M60 Rich Chapin    | 28.69 |
| Alan Cohen         | 30.79 |
| Jim Yorgason       | 34.37 |
| M70 Jack Davison   | 31.50 |
| Wm Knuppel         | 33.56 |
| M80 Emmett Bennett | 41.94 |

|                   |       |
|-------------------|-------|
| 400m              |       |
| M50 Gary Robinson | 60.22 |
| Darrell Short     | 69.81 |
| M60 Alan Cohen    | 78.87 |
| M80 E Bennett     | 98.45 |

|                    |         |
|--------------------|---------|
| 800m               |         |
| M50 Vince Ruegamer | 2:55.9  |
| Bob Redpath        | 3:06.82 |
| M60 Alan Cohen     | 3:30.03 |

|                    |         |
|--------------------|---------|
| 1500m              |         |
| M50 Vince Ruegamer | 6:20.27 |
| M55 Don Jelinek    | 6:20.27 |
| M60 Alan Cohen     | 6:33.5  |
| M55 Donna Sweeney  | 7:47.45 |

|                  |          |
|------------------|----------|
| Short Hurdles    |          |
| M60 Bob Graham   | 17.9     |
| High Jump        |          |
| M50 Russ Miller  | 4-8      |
| Darrell Short    | 4-2 1/2  |
| M60 Harold Rhode | 4-3 1/2  |
| Francis Kindt    | 3-11 1/2 |
| M65 Arnold Scott | 3-11 1/2 |
| George Cross     | 3-10 1/2 |
| M70 Tom Regan    | 3-8 1/2  |
| M75 Manuel White | 3-8 1/2  |
| M60 Mavis Lorenz | 3-8      |
| Lee Anthony      | 3-2      |

|                     |          |
|---------------------|----------|
| Long Jump           |          |
| M50 Darrell Short   | 13-10    |
| M55 Jack Hegardt    | 12-5     |
| M60 Rich Chapin     | 14-3 1/2 |
| Francis Kindt       | 12-0     |
| M65 George Cross    | 12-1     |
| George Butchko      | 11-1     |
| Arnold Scott        | 9-5      |
| M70 Jack Davison    | 12-2     |
| M80 Robert Miller   | 6-10     |
| M60 Mavis Lorenz    | 10-9     |
| M65 Edith McDonough | 6-2      |

|                    |           |
|--------------------|-----------|
| Triple Jump        |           |
| M50 Joe Stewart    | 31-5      |
| Darrell Short      | 24-1      |
| M60 Francis Kindt  | 23-8      |
| M80 Robert Miller  | 17-0      |
| Shot Put           |           |
| M50 Russell Miller | 31-4      |
| M60 Wes Goodwin    | 36-4 1/2  |
| Harold Rhode       | 33-1      |
| Francis Kindt      | 29-10 1/2 |
| M65 Arnold Scott   | 34-9      |
| Vern Anthony       | 34-9      |
| Irv Gerber         | 26-3 1/2  |
| M75 Manuel White   | 34-7      |
| M60 Lee Anthony    | 23-7      |

|                    |       |
|--------------------|-------|
| Discus             |       |
| M50 Art Reno       | 92-11 |
| M60 Wes Goodwin    | 127-4 |
| Harold Rhode       | 120-8 |
| Alan Cohen         | 101-6 |
| M65 Arnold Scott   | 121-1 |
| Don Tavolacci      | 115-2 |
| Vern Anthony       | 104-7 |
| M75 Manuel White   | 109-2 |
| M80 Emmett Bennett | 58-1  |
| M55 Doris Hinkle   | 41-3  |
| M60 Lee Anthony    | 76-11 |
| Mavis Lorenz       | 73-10 |

|                   |       |
|-------------------|-------|
| Javelin           |       |
| M50 Russ Miller   | 166-6 |
| Kent Hanify       | 94-8  |
| Robert Redpath    | 85-11 |
| M55 Jack Hegardt  | 103-4 |
| M60 Harold Rhode  | 107-1 |
| M65 Don Tavolacci | 106-4 |
| Arnold Scott      | 98-9  |
| George Butchko    | 86-0  |
| M75 Manuel White  | 135-4 |
| (age-group WR)    |       |
| M55 Doris Hinkle  | 35-0  |
| M60 Mavis Lorenz  | 76-11 |

|                     |         |
|---------------------|---------|
| 1500mRW             |         |
| M50 Art Reno        | 9:18.6  |
| M55 Frank Page      | 10:11.7 |
| M65 Emmett Know     | 11:39.0 |
| M70 Hap Gilliland   | 10:44.2 |
| M55 Marilyn DeSonia | 10:44.0 |
| M60 Ruth Anderson   | 11:05.0 |
| Lee Anthony         | 11:52.8 |
| M65 Marie Knox      | 11:24.6 |
| M70 Wilma Fender    | 12:56.8 |
| Dottie Schook       | 14:12.0 |

|                     |          |
|---------------------|----------|
| 5000mRW             |          |
| M55 Frank Page      | 35:44.64 |
| M65 Don Anderson    | 46:14.08 |
| M70 Ted Berreth     | 41:03:02 |
| M55 Marilyn DeSonia | 38:14.15 |
| M70 Wilma Fender    | 45:13    |
| Dottie Schook       | 48:34    |
| M75 Lucy Baker      | 43:28.7  |

## INTERNATIONAL

Veterans Meet  
Piracicaba, Sao Paulo,  
Brazil; July 14

|                      |       |
|----------------------|-------|
| 100m                 |       |
| M40 Milton Araujo    | 12.70 |
| Mauri Parra          | 12.74 |
| A J Assato           | 13.45 |
| M45 Paulo Burity     | 11.97 |
| Massatshi Nakano     | 12.99 |
| Sergio Lazoski       | 13.28 |
| M50 Zildo Bueno      | 12.31 |
| Vicente Viegas       | 12.84 |
| Hironu Shimizu       | 13.83 |
| M55 Haruki Saito     | 14.74 |
| Tadashi Tahira       | 15.02 |
| M65 Mario Cesar      | 14.90 |
| Ataulpho Oleto       | 17.27 |
| A R Santos           | 19.33 |
| M30 Maria Eufrazio   | 15.17 |
| M35 Elisabete Kemari | 15.68 |
| M40 Gloria Loraya    | 14.45 |
| M45 M R Petanys      | 15.34 |
| M50 Minako Goshima   | 16.97 |
| Eliza Taname         | 18.50 |
| M55 Mioho Kaneyamie  | 16.52 |
| Jae Natumi           | 17.49 |
| Yoko Terante         | 17.62 |

|                     |          |
|---------------------|----------|
| 3000m               |          |
| M30 Q dos Santos    | 15:49.40 |
| M40 M J A Tavares   | 12:59.52 |
| M50 Eliza Tanoue    | 16:27.39 |
| T Shimabukuro       | 16:57.40 |
| M55 Norma de Martim | 14:59.05 |
| Mitiko Nakatoni     | 15:15.58 |
| M60 Tudeko Skiki    | 15:13.02 |

|                  |          |
|------------------|----------|
| 5000m            |          |
| M35 R R Ferreira | 17:32.29 |
| P S de Franca    | 17:54.04 |
| Cicero Rima      | 17:55.72 |

|                        |      |
|------------------------|------|
| Long Jump              |      |
| M40 Milton Araujo      | 5.31 |
| Antonio Assato         | 5.03 |
| Vicente Hatterri       | 4.87 |
| M45 Antonio de Limas   | 4.90 |
| Sergio Lazoski         | 4.89 |
| Sunao Saita            | 4.42 |
| M50 Hironu Shimizu     | 5.06 |
| Hissaa Ikeba           | 4.72 |
| Ducio Morita           | 4.01 |
| M55 Kitao Shini        | 4.09 |
| Haruki Saito           | 3.94 |
| Tadashi Tahira         | 3.64 |
| M60 Hagimi Nakagima    | 4.77 |
| Yoshiuki Shimizu       | 4.65 |
| Tomikiko Shimizu       | 3.97 |
| M65 T Watanabe         | 4.04 |
| Yasutaka Fukui         | 3.90 |
| M75 Yoshitaka Ide      | 3.52 |
| M80 Koichi Nishitani   | 2.90 |
| M35 Eliz Ikemoru       | 3.60 |
| M40 Gloria Laranja     | 4.22 |
| M45 M I Ribeiro        | 3.46 |
| Fumi Suzuki            | 3.16 |
| M50 Minako Goshima     | 3.30 |
| Eliz Tanoue            | 2.67 |
| M55 Mihoko Kanega      | 3.76 |
| W S Sakata             | 3.21 |
| M60 Mitsui Shimizu     | 3.12 |
| Kazue Fugivara         | 3.01 |
| M65 Hatsuuko Nishimura | 2.55 |

|                      |       |
|----------------------|-------|
| Shot Put             |       |
| M45 Jose Filho       | 9.31  |
| Vittorio Bado        | 8.32  |
| M50 Artur Palma      | 10.36 |
| Tokio Goshima        | 9.11  |
| M55 J M Afonso       | 9.89  |
| M Shibus             | 6.87  |
| M60 M P Santos       | 12.27 |
| Hajime Nakajima      | 8.77  |
| M65 A B Pereira      | 8.91  |
| Mamoru Ursami        | 8.36  |
| Sueiko Mori          | 8.35  |
| M70 Susumu Hise      | 9.69  |
| T Shimizu            | 8.28  |
| Z Huzita             | 8.18  |
| M75 J S Morin        | 8.15  |
| M80 Koichi Nishitani | 6.81  |

|                        |       |
|------------------------|-------|
| Discus                 |       |
| M45 J P Filho          | 29.30 |
| Vittorio Bado          | 24.82 |
| M50 Artur Palma        | 35.32 |
| Tokio Goshima          | 27.22 |
| M55 J M Afonso         | 39.88 |
| M60 M P Santos         | 41.24 |
| Hajime Nakajima        | 27.60 |
| M65 Sueiko Mori        | 30.78 |
| Mainoru Ussami         | 23.38 |
| M70 T Shimizu          | 27.40 |
| Susumu Hise            | 24.02 |
| M75 J S Marín          | 23.86 |
| M30 Elisabeth Mori     | 18.24 |
| Tiem Hoota             | 16.60 |
| M40 Gloria Ferraz Musa | 25.44 |
| Maria da Silva         | 24.54 |
| Nobumi Shimizu         | 22.96 |
| M45 Fumi Suzuki        | 18.06 |
| M50 Creuza Andrade     | 19.46 |
| Minako Goshima         | 15.86 |
| Yoko Shine             | 15.08 |
| M55 Wanda dos Sakata   | 22.20 |
| Dirce Coelho           | 20.82 |
| Yoko Terada            | 18.18 |
| M60 Mafalda Soares     | 16.34 |
| M65 Hatsuho Rushumura  | 18.70 |
| Toshito Muzita         | 24.06 |
| M70 Kazumo Hara        | 22.07 |

|                       |       |
|-----------------------|-------|
| 400m                  |       |
| M35 Mauri Castelhan   | 58.52 |
| R R Ferreira          | 64.18 |
| M40 Evaldo Silva      | 54.19 |
| Milton Araujo         | 59.31 |
| J A Leite             | 61.09 |
| M45 Masato Korati     | 60.87 |
| Antonio de Cemos      | 61.36 |
| Wigberto Ribeiro      | 61.98 |
| M50 Nelson da Silva   | 56.49 |
| V P Viegas            | 62.78 |
| F A de Barro          | 65.06 |
| M55 Delio de Souza    | 63.87 |
| Miguel Ribeiro        | 64.49 |
| M60 Yoshifuki Shimizu | 62.91 |
| Gregorio de Souza     | 68.86 |
| M65 Joao Bidin        | 67.41 |
| M C Carnereiro        | 69.25 |
| Yasutake Fukin        | 73.41 |
| M70 Tsugio Shiki      | 79.52 |
| M75 Herotdis Takage   | 82.59 |

|                       |         |
|-----------------------|---------|
| 1500m                 |         |
| M60 A D Nogueira      | 4:52.72 |
| Tekeo Kimura          | 5:53.69 |
| Darcy Fernandes       | 5:40.31 |
| M65 Benedito de Paula | 5:39.15 |
| Alfrido Castilho      | 5:56.06 |
| M70 Tsugio Shiki      | 6:28.74 |
| Susumu Mitake         | 6:32.25 |
| M75 Tatsumi Okomo     | 7:52.65 |
| M80 Takejiri Tanaka   | 8:49.89 |

|                     |          |
|---------------------|----------|
| <b>3000m</b>        |          |
| W30 Q dos Santos    | 15:49.40 |
| W40 M J A Tavares   | 12:59.52 |
| W50 Eliza Tanoue    | 16:27.39 |
| T Shimabukuro       | 16:57.40 |
| W55 Norma de Martim | 14:59.03 |
| Mitiko Nakatoni     | 15:15.58 |
| W60 Tudeko Skiki    | 15:13.02 |
| <b>5000m</b>        |          |
| M35 R R Ferreiro    | 17:32.29 |
| P S de Franca       | 17:54.04 |
| Cicero Rima         | 17:55.72 |



## Continued from previous page

|                        |         |
|------------------------|---------|
| M50 Daniel Hamner      | 1:25:55 |
| Ramon Ruiz             | 1:27:45 |
| Abraham Bernstein      | 1:28:49 |
| M55 Frank Dudley       | 1:31:16 |
| Dario DeLeon           | 1:37:29 |
| Doug Reilly            | 1:40:51 |
| M60 Wm Fortune         | 1:30:26 |
| Don Dixon              | 1:32:11 |
| Joseph Burns           | 1:36:38 |
| M65 John Corrigan      | 1:41:06 |
| George Thompson        | 1:42:20 |
| Bob Muller             | 1:42:45 |
| M70 Andrew Neidnig     | 1:49:10 |
| T J Gibbons            | 1:59:34 |
| Wilfredo Rios          | 2:09:34 |
| M75+Vince Carnevale    | 1:55:29 |
| Chas Feldman           | 2:09:42 |
| George Jaffe           | 2:55:07 |
| W40 Ann Davies         | 1:29:15 |
| Suzanne Rohr           | 1:33:03 |
| Lily Kosaka            | 1:37:59 |
| W45 Jessie-Lea Hayes   | 1:34:16 |
| S B Beltrandi          | 1:46:58 |
| Jillian Lazaridis      | 1:49:47 |
| W50 PattyLee Parmalee  | 1:43:58 |
| Edith Jones            | 1:44:01 |
| C G Garino             | 1:51:46 |
| W55 Rosa Nales         | 1:52:02 |
| May Chou               | 2:00:24 |
| Naomi Vogel            | 2:11:30 |
| W60 Muriel Merl        | 2:01:22 |
| Edith Farias           | 2:01:47 |
| Daisy Klein            | 2:18:36 |
| W70+Althea Wetherbee   | 2:18:15 |
| Finishers: 1396m; 485w |         |
| Weather: 78°/h82%/hazy |         |

DC RRC Greenbelt 15K  
Greenbelt, MD; September 1

|                  |            |
|------------------|------------|
| 1 Mike Lieder    | 36 53:21   |
| 5 Bill Wooden    | 47 56:12   |
| 8 Jay Wind       | 41 57:14   |
| 10 Bill English  | 40 58:13   |
| 14 Bob Platt     | 40 60:22   |
| 15 John Haubert  | 48 60:46   |
| 17 Alan Weiss    | 45 61:39   |
| 19 Peter Monahan | 57 63:27   |
| 31 Roy Peacock   | 51 68:41   |
| 37 Dick Good     | 61 70:12   |
| 60 Sid Conger    | 62 81:39   |
| 70 Alvin Gutttag | 72 1:57:15 |
| 71 Bud Averitt   | 71 2:00:28 |

## SOUTHEAST

RRCA Women's Festival 5K  
Huntsville, AL; July 20

|                      |       |
|----------------------|-------|
| Overall              |       |
| Steve Dudley 19      | 15:43 |
| Cheryl Boessow 30    | 18:29 |
| M40 Lawrence Hillis  | 16:06 |
| Carl Nicholson       | 16:27 |
| M45 Don Wallace      | 19:04 |
| John Roberts         | 19:47 |
| M50 Jim Oaks         | 18:24 |
| Earl Jacoby          | 18:57 |
| M55 Ray Mattie       | 20:13 |
| Hooty Crittenden     | 20:30 |
| M60 L A Doering      | 23:43 |
| Robert Cobb          | 24:39 |
| M65 Gene Simonson    | 29:52 |
| W40 Pam Marshall     | 22:35 |
| Judy Granger         | 23:14 |
| W45 Carol Ward       | 23:22 |
| Genie Street         | 25:41 |
| W50 Barbara Meyer    | 24:51 |
| Cele Coyle           | 25:24 |
| W55 Dorothy Stockard | 32:52 |

Florida International U.  
Labor Day 5K  
Miami, FL; September 1

|                       |       |
|-----------------------|-------|
| Overall               |       |
| Chris Daniels 28      | 15:56 |
| Cathy Dowling 36      | 19:01 |
| M40 German Andujar    | 18:32 |
| Jack Wilson           | 19:23 |
| Fred Burgess          | 19:57 |
| Robert Norris         | 20:04 |
| William Shisler       | 20:11 |
| M45 Ralf Lindberg     | 19:47 |
| Bob Broadwater        | 19:57 |
| Frank Nowicki         | 21:20 |
| Jerry Meyer           | 22:19 |
| Tommy Hyde            | 22:27 |
| M50 Bill Adams        | 18:06 |
| m Estremadoyra        | 18:15 |
| Jeff Kurland          | 20:37 |
| M55 Don Magyari       | 19:28 |
| Joe Staniewicz        | 22:17 |
| John Sheldon          | 23:59 |
| M60 Porfirio Carrillo | 22:59 |
| Napoleon Franco       | 27:10 |
| M65+Bob Johnston      | 21:49 |
| Ray Flynn             | 25:12 |
| Dan Biele 72          | 25:43 |
| W40 Eliz Thomas       | 19:31 |
| Sandra Henchy         | 21:36 |
| Cindy Jacobson        | 23:48 |
| W45 Linda Sparrow     | 23:23 |
| Virginia Fuentes      | 23:50 |
| W50 Mary Wagner       | 26:26 |
| W55 Dottie Sywenki    | 29:39 |
| W60 Helen Weiss       | 31:01 |
| Tita Silsby           | 31:30 |
| W65+Ann Monroe 73     | 49:01 |

## MIDWEST

Metro-Macomb Runners 5K  
Mt. Clemens, MI; August 14

|                             |       |
|-----------------------------|-------|
| Overall                     |       |
| Ramon Lara                  | 16:58 |
| Windi Gutsch                | 21:08 |
| M40 Gary Flatt              | 18:50 |
| Tim Klinkhamer              | 18:56 |
| W45 Floyd Humphreys         | 23:41 |
| W50 Edith Jones             | 29:10 |
| W55 Lisa Praskins           | 28:57 |
| W60 Barbara Beck            | 39:08 |
| W70 Mayme Bdera 76          | 59:05 |
| Finishers: 372m/206w        |       |
| Weather: 67°/h93%/w12mph NE |       |

Metro-Macomb Runners 5K  
Mt. Clemens, MI; August 21

|                    |       |
|--------------------|-------|
| Overall            |       |
| Larry Graves       | 16:38 |
| Windi Gutsch 13    | 20:58 |
| M40 Gary Flatt     | 18:20 |
| M45 Tim Klinkhamer | 19:08 |
| M50 Jim Fitch      | 17:59 |
| M55 Herb Seegert   | 20:14 |
| M60+Al Evers       | 27:46 |

15th Annual Crim  
10-Mile Road Race  
Flint, MI; August 24

|                     |         |
|---------------------|---------|
| M40 Manuel Vera     | 49:17   |
| D. Tibaduiza        | 50:29   |
| Henry Brockford     | 51:29   |
| Gary Wolfram        | 54:58   |
| Peter Hallop        | 55:01   |
| Tyrone Griffin      | 55:04   |
| Aaron Randal        | 55:10   |
| Rich Rima           | 55:52   |
| Paul Wilsson        | 56:55   |
| Nick Mercucci       | 57:12   |
| M45 Ken Sparks      | 54:30   |
| Walter J. Merral    | 56:29   |
| Pat Monahan         | 56:37   |
| Cliff Dorlin        | 57:26   |
| Doug Goodhue        | 58:37   |
| Michael Persak      | 59:49   |
| Frank Wilson        | 1:00:30 |
| James Carlton       | 1:01:15 |
| Robert Penile       | 1:01:42 |
| M50 Edwin Sirelunas | 58:46   |
| Ron Thomas          | 59:36   |
| Greg Osmun          | 1:00:08 |
| Ralph Judd          | 1:00:45 |
| Lloyd Laubach       | 1:01:48 |
| Jim Fitch           | 1:02:01 |
| Gerald Bruce        | 1:02:43 |
| Kurt Makowski       | 1:03:19 |
| Fred Germaine       | 1:04:12 |
| Lloyd Cox           | 1:04:45 |
| M55 Andre Tocco     | 1:03:14 |
| Jim Matherley       | 1:03:26 |
| Larry Nicholson     | 1:05:39 |
| Ted Fasing          | 1:05:40 |
| Dick Wagen          | 1:06:17 |
| Robert Daly         | 1:06:58 |
| Ralph Palmer        | 1:08:27 |
| Darrell McKee       | 1:08:56 |
| Jim Campbell        | 1:10:12 |
| Gerald Loviska      | 1:10:25 |
| M60 Norm Eastman    | 1:02:11 |
| John Kolmetz        | 1:06:27 |
| High Sweeney        | 1:08:50 |
| Dick Lamer Mayer    | 1:09:57 |
| Dick Griese         | 1:10:29 |
| Jim Beall           | 1:12:10 |
| Jack Hoskins        | 1:12:48 |
| Manuel Teodoro      | 1:13:27 |
| Herb Spence         | 1:16:09 |
| George Pauling      | 1:16:14 |
| M65 Jim Forshee     | 1:03:57 |
| John Tanzer         | 1:16:55 |
| Marlynn Bandlow     | 1:20:53 |
| Darlyn Spaylsky     | 1:21:37 |
| Bob McCafferty      | 1:22:10 |
| Jim Parker          | 1:23:03 |
| Don Sill            | 1:23:23 |
| John Roberts        | 1:28:19 |
| John Lobur          | 1:38:33 |
| Doug Moore          | 1:48:57 |
| M70+Tony Napoli     | 1:10:03 |
| Paul Hansen         | 1:19:33 |
| Joe Thornburg       | 1:33:05 |
| Arnold Citron       | 1:45:07 |
| Jim Ramsey (83)     | 1:56:02 |
| Ken Gempel          | 2:03:23 |
| Joe Abbas           | 2:13:52 |

|                     |         |
|---------------------|---------|
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| Aaron Randal        | 55:10   |
| Rich Rima           | 55:52   |
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| Nick Mercucci       | 57:12   |
| M45 Ken Sparks      | 54:30   |
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| Michael Persak      | 59:49   |
| Frank Wilson        | 1:00:30 |
| James Carlton       | 1:01:15 |
| Robert Penile       | 1:01:42 |
| M50 Edwin Sirelunas | 58:46   |
| Ron Thomas          | 59:36   |
| Greg Osmun          | 1:00:08 |
| Ralph Judd          | 1:00:45 |
| Lloyd Laubach       | 1:01:48 |
| Jim Fitch           | 1:02:01 |
| Gerald Bruce        | 1:02:43 |
| Kurt Makowski       | 1:03:19 |
| Fred Germaine       | 1:04:12 |
| Lloyd Cox           | 1:04:45 |
| M55 Andre Tocco     | 1:03:14 |
| Jim Matherley       | 1:03:26 |
| Larry Nicholson     | 1:05:39 |
| Ted Fasing          | 1:05:40 |
| Dick Wagen          | 1:06:17 |
| Robert Daly         | 1:06:58 |
| Ralph Palmer        | 1:08:27 |
| Darrell McKee       | 1:08:56 |
| Jim Campbell        | 1:10:12 |
| Gerald Loviska      | 1:10:25 |
| M60 Norm Eastman    | 1:02:11 |
| John Kolmetz        | 1:06:27 |
| High Sweeney        | 1:08:50 |
| Dick Lamer Mayer    | 1:09:57 |
| Dick Griese         | 1:10:29 |
| Jim Beall           | 1:12:10 |
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| Manuel Teodoro      | 1:13:27 |
| Herb Spence         | 1:16:09 |
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| M65 Jim Forshee     | 1:03:57 |
| John Tanzer         | 1:16:55 |
| Marlynn Bandlow     | 1:20:53 |
| Darlyn Spaylsky     | 1:21:37 |
| Bob McCafferty      | 1:22:10 |
| Jim Parker          | 1:23:03 |
| Don Sill            | 1:23:23 |
| John Roberts        | 1:28:19 |
| John Lobur          | 1:38:33 |
| Doug Moore          | 1:48:57 |
| M70+Tony Napoli     | 1:10:03 |
| Paul Hansen         | 1:19:33 |
| Joe Thornburg       | 1:33:05 |
| Arnold Citron       | 1:45:07 |
| Jim Ramsey (83)     | 1:56:02 |
| Ken Gempel          | 2:03:23 |
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| Michael Persak      | 59:49   |
| Frank Wilson        | 1:00:30 |
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| Robert Penile       | 1:01:42 |
| M50 Edwin Sirelunas | 58:46   |
| Ron Thomas          | 59:36   |
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| Greg Osmun          | 1:00:08 |
| Ralph Judd          | 1:00:45 |
| Lloyd Laubach       | 1:01:48 |
| Jim Fitch           | 1:02:01 |
| Gerald Bruce        | 1:02:43 |
| Kurt Makowski       | 1:03:19 |
| Fred Germaine       | 1:04:12 |
| Lloyd Cox           | 1:04:45 |
| M55 Andre Tocco     | 1:03:14 |
| Jim Matherley       | 1:03:26 |
| Larry Nicholson     | 1:05:39 |
| Ted Fasing          | 1:05:40 |
| Dick Wagen          | 1:06:17 |
| Robert Daly         | 1:06:58 |
| Ralph Palmer        | 1:08:27 |
| Darrell McKee       | 1:08:56 |
| Jim Campbell        | 1:10:12 |
| Gerald Loviska      | 1:10:25 |
| M60 Norm Eastman    | 1:02:11 |
| John Kolmetz        | 1:06:27 |
| High Sweeney        | 1:08:50 |
| Dick Lamer Mayer    | 1:09:57 |
| Dick Griese         | 1:10:29 |
| Jim Beall           | 1:12:10 |
| Jack Hoskins        | 1:12:48 |
| Manuel Teodoro      | 1:13:27 |
| Herb Spence         | 1:16:09 |
| George Pauling      | 1:16:14 |
| M65 Jim Forshee     | 1:03:57 |
| John Tanzer         | 1:16:55 |
| Marlynn Bandlow     | 1:20:53 |
| Darlyn Spaylsky     | 1:21:   |





# Mission Bay 25K

## Road Race & Relay Race

Saturday, Nov. 23, 1991 7:30 am

### Grand Prize Drawings

- 2 nights, 3 days for 2 people at the Long Beach Travelodge next to the Queen Mary
- 2 nights, 3 days for 2 people at the San Diego Marriott Hotel & Marina next to Sea Port Village

For the 25th time, the San Diego Track Club presents this 15.6 mile race on a flat, fast course around Fiesta Island, the ULTIMATE MARATHON TUNE UP. Denny's Restaurants will provide Mother Butler's Pies to award winners. After the 25K, enjoy freshly baked muffins from Souplantation and fresh fruit.

#### RACE FEATURES

- ☐ TAC National Masters Championship, San Diego-Imperial TAC Championship, TAC Sanctioned Event, Quality T-Shirts with Silver Anniversary design, flat, fast, record breaking course. Medical support courtesy of "CALL DOCTOR, Inc. Providing Acute Care Physician House Calls".

#### DRAWINGS

- ☐ Dinner and/or gift certificates from Souplantation, John's Waffle Shop, Movin' Shoes, Chart House Running Team, Cafe del Rey Moro, T.D. Hayes, T.G.I. Friday's, The Old Spaghetti Factory, Salmon House, Sheldon's Cafe, Cook's Champagne and many more. No purchase necessary. Non-runners may register during day-of-race registration. Must be present to win drawings.

#### SPECIAL RELAY TEAM DIVISION

- ☐ Relay teams shall consist of 5 runners. The first 4 runners will run 3 miles and the fifth runner will run the last 3.6 miles for a total of 15.6 miles. Exchange zones will be at 3, 6, 9, & 12 mile marks. Awards will be given to Public Safety (Police, Fire & Military), Open & Masters categories. Award to 1st all Women's team.

#### DIVISIONS

- ☐ Runners: Men and Women under 19, 19-29, 30-34, 35-39, etc., through 95+. Wheelchair, Racewalk.

#### AWARDS

- ☐ Pies given to Top three in most divisions, varying at Race Director's discretion, based on entries.

#### ENTRY FEE

- ☐ SDTC Members \$8 or Activity Card. Non-Members: \$12. Add \$2 for entries postmarked after November 9 or day-of-race. \$7 for optional, beautifully designed 25th Anniversary T-Shirt (only guaranteed through 11/15 postmark) Non-members may run free by joining SDTC.

**SPECIAL DISCOUNT!** Earn \$\$\$ and run this race free, including T-shirt. A \$3 discount will be allowed for every non-track club member you enter in the 25K. You need only to recruit 4 non-members (self excluded & relay excluded).

**RELAY FEE:** \$30 for 5 person team - no individual fee required. All participants must complete & sign individual entry forms & indicate team name.

**25K TEAM FEE:** \$25 Team fee plus individual entry. Day-of-race entry permitted. Masters Teams (Clubs) must be TAC registered.

#### ENTRY PROCEDURE

- ☐ Send entry form, check & stamped, self-addressed envelope before 11/9 to the address below. Registration material will be returned only to entries received by 11/9.

#### DAY OF RACE

- ☐ Registration and late-entry packet pick-up from 6:00 am - 7:15 am.

#### INFORMATION

- ☐ (619) 465-1049

#### COURSE

- ☐ Starts and finishes on NW side of Fiesta Island. Includes loop on path to De Anza Cove and back. Markers every mile. Water and ERG at start, finish, and every 2-3 miles. Certification CA88067RS

**RACE RECORDS:** 1:17:30 (Ed Mendoza) 1:26:50 (Sylvia Mosqueda)

#### SDTC & TAC AWARDS

- ☐ Medals to top three men and women SDIAC members & Medals to top three men and women Masters TAC Members. In 5 year divisions from 40 years to 95 years old. Points in the Challenge Series to the top ten (275-6542 for info). SDTC members will earn Grand Prix points.

#### RESULTS

- ☐ Will appear in SDTC News and National Masters News.

**Souplantation**

**Denny's**

### ENTRY FORM:

Make check out to SDTC Mail with SASE to: Joni Shirley, Race Director  
8565 Lake Murray Blvd. # 223, San Diego, CA 92119

TAC Registration No. \_\_\_\_\_

Team/ Relay Team Name: \_\_\_\_\_

Are you a U.S. Citizen? ☐ Yes ☐ No

TAC-Registered Club name or No.: \_\_\_\_\_

|   |                              |                |
|---|------------------------------|----------------|
| Your Name<br>(first) _____ (last) _____ |                              | Bib. No. _____ |
| Age on Race Day _____                   | Sex (Circle One) M / F       |                |
| Circle One:<br>Run / Walk / Wheelchair  | SDTC Member? (Circle) Y / N  |                |
| City of Residence _____                 | SDIAC Member? (Circle) Y / N |                |

Street Address \_\_\_\_\_

Zip \_\_\_\_\_ Phone: \_\_\_\_\_ Born: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
month day year

\$ Enclosed: \_\_\_\_\_  
Entry fee + Late fee + T-Shirts = Total

I, the undersigned, understand that there are risks associated with strenuous physical exertion and with this event, including but not limited to those caused by the terrain, weather, condition of the athlete, vehicles, other participants and lack of hydration. In consideration of the right to participate in the above event, I hereby assume all risks associated with this event and I hereby waive, release and discharge any and all claims for damages, for death, personal injury or property damage or actions of any kind which may hereafter accrue to me or to any other person as a result of my participation in this event. This waiver and release shall be binding on my heirs and assigns and shall run in favor of SDTC, TAC, City of San Diego, County of San Diego, and all promoters, sponsors, officials and any individuals or entities in any way connected with this event even though their liability may arise out of negligence or carelessness on their part.

Athletes who participate in this competition will be subject to formal drug testing in accordance with TAC rules and IAAF Rule 14. Athletes found positive for banned substances will be disqualified from this event and will lose eligibility for future competitions. Some prescriptions and over-the-counter medications contain banned substances. Information regarding drugs and drug testing may be obtained by calling the USOC Hotline at (800) 223-0393.

Signature \_\_\_\_\_  
(Parent if entrant under 18)

### JOIN THE SAN DIEGO TRACK CLUB AND RUN THE 25K FREE

#### BENEFITS:

- Two free race entries annually (for four families)
- Lower race fees
- Monthly SDTC NEWS
- Free workouts

#### MEMBERSHIP COSTS:

- Life .....\$200
- Family .....\$40
- Individual (18 & Over) .....\$25
- Individual (17 & Under) .....\$15

Name \_\_\_\_\_  
Street Address \_\_\_\_\_  
City \_\_\_\_\_ Zip \_\_\_\_\_  
Phones: Home \_\_\_\_\_ Bus. \_\_\_\_\_  
Birth Date: (Mo/day/yr) \_\_\_\_/\_\_\_\_/\_\_\_\_  
You may call me to help at an event: Y / N