

NATIONAL MASTERS NEWS

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

170th Issue

October, 1992

\$2.50

50 Men and 7 Women Compete

Largest National Decathlon Championships Ever

by REX HARVEY, Co-Meet Director

The stadium at Drake University, "Home of the Drake Relays," in Des Moines, Iowa was the site for this year's edition of the TAC/USA National Masters Decathlon/Heptathlon Championships on July 25-26. It was a return engagement as these championships were held at the same site in 1986.

The 50 men and seven women competitors were the largest group to ever vie for the coveted titles of U.S. National Champions. Twenty-eight states and Canada were represented. The quality of the meet was indicated by the fact that 31 people earned All-American honors by exceeding the U.S. Standards of Excellence.

The turnout was an indication of the increasing popularity of this, the ultimate multi-event. There were world champions competing, as well as first time competitors, and the great feeling of comradeship that pervades the multi-events was evident everywhere. The fine group of Drake Relays officials that volunteered the long, long hours to conduct this meet were friendly, competent, and quite appreciated and complimented by the competitors.

Will Freeman, along with his wife, Evelyn, who coaches at Grinnell College, did double duty as Meet Organizer and Meet Director for the Decathlon. Evelyn served as the Meet

Director for the heptathlon. Will also spoke, in his usual enthusiastic manner, at the Saturday night participants' dinner, on recent thinking in track and field technique.

Bill Schooler, even with all his meet organizational duties, placed fourth in his age group. This is the ninth time that Bill has finished fourth in a national championship, but he warns other competitors that he is going to bust into the medals soon. Bill created the unique souvenir shirt that was given to the participants and officials. I hustled around with the scoring as the scheduled, and more competent, scorer

Continued on page 5



Rex Harvey, 46 (center), on the M45 victory stand at the National Indoor Pentathlon Championships in Indianapolis last February, was the top scorer (7422 points) in the TAC/USA National Masters Decathlon Championships, held July 25-26 in Des Moines, Iowa. Pictured with him are Henry Hopkins (1), 48, second-place M45 finisher in Indy, and Ray Starnes, 46, who came in third.

Photo by Gary Black

WAVA Road Race Championships Held In England

by MARTIN DUFF

The 1st WAVA Road Race Championships at Birmingham, England, August 29-30, were marred by poor organization that probably ensured that the city's bid to the British Veterans Athletic Federation to stage the 1997 WAVA championships will not be accepted.

The catalogue of problems included the lead vehicle in the accompanying walk races actually stopping to ask the way. Results took too long to be processed, and Jacques Serruys, WAVA Road Race Vice-President, became exasperated at the lack of good recording information being submitted to his successful Brugges computer staff, who were handling the results.

However, there were two good races. The 10K saw Mike McLeod, the 1984 British Olympic silver medalist, in his first veteran year, jump the field at the 6K mark and then stroll home in 30:40. Britain's Mike Fromant won a sprint

Continued on page 15

Mexico Hosts North American Championships

by MARILYN MITCHELL

Murphy (as in Murphy's Law) seems to have taken a trip to Xalapa, Mexico, August 19-23, for the WAVA North American Masters Track and Field Championships.

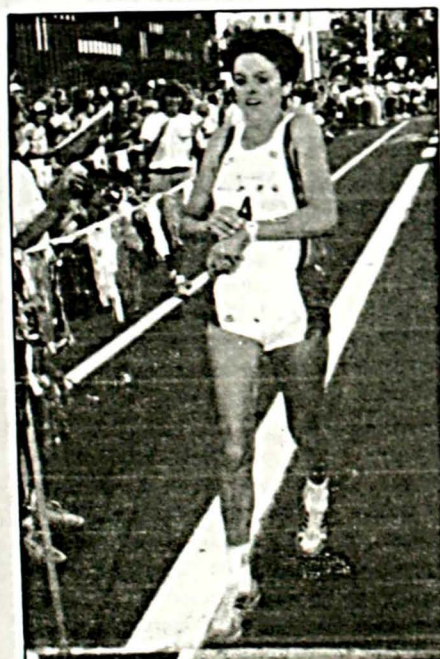
It all started with the strike at the meet headquarters hotel. Of course, not all the competitors knew about the strike when they arrived. Some had the misfortune of arriving at night, tired, with little or no knowledge of Spanish . . . only to be confronted by an adamant picket line, an uninhabitable hotel-on-strike, and few other available rooms in the town due to a Government convention.

And what about the unnamed tour leader who, upon securing other rooms in another hotel for the evening, found

that her van wouldn't start? And when the athletes were loaded into taxis, one of the taxis was hit by a bus. Murphy definitely worked overtime on this trip.

Nonetheless, almost everyone agreed the trip ended up being great. The Mexican organizers scrambled to obtain another hotel with sufficient rooms, the competitors tried to make the best of it, and everyone ended up having a good time.

The Mexican hosts excelled from the opening ceremony with two bands, numerous folk-dance troops, and assorted high-level government and sports officials to the closing ceremony which consisted of a sit-down dinner at the Hotel Xalapa with live music and dancing.



England's Bronwyn Cardy-Wise, 40, shown here at the 1989 World Veterans Championships in Eugene, was the first female finisher in the WAVA Road Racing Championship 10K in Birmingham, August 29, in 35:04.

Photo by Gretchen Sayder

CONTENTS

DEPARTMENTS

TAC Officers.....	2
Letters to the Editor	4
NMN Sustainers	4
Third Wind	6
Athlete-of-the-Month.....	8
New Age-Group Athletes.....	8
Track & Field Report	9
Masters Racewalking	10
Women's Corner.....	11
Five Years Ago	11
The Foot Beat	12
Ten Years Ago.....	12
Masters Scene	17
Schedule.....	18
All-American Standards	21
Results	22

FEATURES

National Decathlon	1
WAVA Road Championships ..	1
North American Championships.	1
All-Time Marathon List.....	6
Asbury Park 10K	7
Prize Money Earnings	7
T&F Rankings Report	9
Montana Masters Meet	11
Rocky Mountain Games	11
Sri Chinmoy Games	12
West Virginia Masters Meet...	12
BVAF Championships	15
Brugge Veterans 10/25K	15
Indoor Rankings	16
Clubs	20

ENTRY FORMS

National 8K Cross-Country....	3
NMN Subscription Form	4
Las Vegas Marathon.....	5
Charlotte Observer Marathon ..	7
Age-Graded Tables Book.....	11
T&F Rankings Book	12
Classifieds	13
Publications Order Form	13
Canada/U.S. Cross-Country ..	14
Northwest Event Management ..	14
Ski & Travel International	15
Sports Travel	15
Mac Wilkins	16
Age Record Book	17
National 5K Cross-Country ..	17
National 10K Cross-Country ..	19
National 25K	28

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: Open
Production Manager: Carol Covey
Production: American Publishing Co.
Track & Field Records: Pete Mundle
Long Distance Records: TACSTATS
Racewalking Records: Don Henry
Track & Field Rankings: Jerry Wojcik
Contributing Editors: Hal Higdon, Dr. John Pagliano, Mike Tymn

Correspondents: John Boyle (FL), Alex Coffin (NC), Bob Fine (FL), Carl Hammen (RI), Hal Higdon (IN), Bob and Carol Langenbach (WA), Phil Mulkey (GA), Tim Murphy (TX), Paul Murray (NY), Jim Oaks (AL), Phil Raschker (GA), Bob Stone (CA), Pete Taylor (PA), Danny Thiel (LA), Scott Thornsley (PA), Mike Tymn (HI), John White (OH), David Zinman (NY), Maury Dean (NY).

International Correspondents: Alastair Aitken (GBR), Jorge Alzamora (CHI), Cesare Beccalli (ITA), Bridget Cushen (GBR), Martin Duff (GBR), Don Farquharson (CAN), Clem Green (NZL), Mike Hall (AUS), Alastair Lynn (CAN), Wilf Morgan (GBR).

Photographers: Gene Cohn (CA), Vic Sailer (NY), Richard Lee Slotkin (CA), Gretchen Snyder (CA), Tesh Teshima (HI), Jerry Wojcik (CA), David Zinman (NY), Hank Kiesel (MO).

Creative Art: Eugene Paasinen, Herb Parsons

The *National Masters News* (ISSN-07442416) is published monthly by GAIN Publications, with an annual subscription rate of \$24.00. Main office address: 6320 Van Nuys Blvd., Suite #207, Van Nuys, CA 91401. Mailing address: P.O. Box 2372, Van Nuys, CA 91404. Second class postage paid at Van Nuys, CA 91409.

The *National Masters News* is an official publication of The Athletics Congress Masters Track & Field and Long Distance Running Committees, and of the World Association of Veteran Athletes. As an independent publication, its editorial policy is not necessarily that of TAC or WAVA.

TAC/USA is a major funding supporter of NMN. Executive Officers of TAC/USA: Frank E. Greenberg, President; Ollan C. Cassell, Executive Director.

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 your area, or 317/261-0500. There are no qualifying standards for any masters athletics event.

NMN welcomes contributions — results, schedule info, photos, letters, articles, and opinions. Manuscripts should be typed, double-spaced, but legibly handwritten material is also acceptable. Results should be typed, single-spaced. Please include a stamped, self-addressed envelope if return is desired.

Subscriptions: A one-year subscription (12 issues) is \$24.00 (mailed 2nd class). Add \$15 for 1st class (USA & Canada) or \$15 for foreign air mail. Please send all correspondence on subscriptions to NMN, P.O. Box 16597, No. Hollywood, CA 91615. 818/760-9083.

Address change: At least four weeks is required for a change of address. Please furnish your new address and an old label from a recent issue.

Disclaimer: All advertisements and articles printed in the *National Masters News* are believed to be from reliable sources. However, the opinions expressed by individuals or advertisers are their own. No statements made in any advertisement or article are to be necessarily construed as a recommendation or an endorsement by NMN.

Advertising information and rates: Please call 818/785-1895 and request current rate card. Send all printed material and ad copy to: NMN, P.O. Box 2372, Van Nuys, CA 91404. Closing date for all copy and ad space reservations is the 10th of the month prior to the cover date.

Mailing: The issue is mailed the last week of the month prior to the cover date.

Postmaster: Send address changes to: National Masters News, P.O. Box 16597, No. Hollywood, CA 91615.

National Masters News, P.O. Box 2372, Van Nuys, CA 91404. Phone: 818/785-1895 Fax: 818/782-1135.

NATIONAL MASTERS OFFICERS OF THE ATHLETICS CONGRESS (TAC)

TRACK & FIELD

Chairman: Barbara Kousky 5319 Donald St. Eugene, OR 97405 (503) 687-8787	Secretary: Marilyn Mitchell 330 E. 46 St. #4C New York, NY 10017 (212) 697-8216	Weight Events: Chuck Klehm 1218 North Route 47 Woodstock, IL 60098 (312) 551-3720	Regional Coordinators: East: Haig Bohigian 225 Hunter Ave. North Tarrytown, NY 10591 (914) 631-1547 Southeast: Phil Mulkey & Phil Raschker P.O. Box 71022 Marietta, GA 30007 (404) 973-3825 Midwest: Dick Green P.O. Box 6147 Rockford, IL 61125 (815) 332-4743 Mid-America: Tom Thorne 525 Oak Ridge Dr. Neosho, MO 64850 (417) 451-7417 Southwest: Danny Thiel 1459 Verna St. New Orleans, LA 70119 (504) 486-8066	West: Hugh Cobb 3180 Camino Arroyo Carlsbad, CA 92009 (919) 436-7696 Northwest: Marti Thielman 406 W 32nd St. Vancouver, WA 98660 (206) 693-2256 Awards: Bev LaVeck, above Law Chairman: Bob Fine 3250 Lakeview Blvd. Delray Beach, FL 33445 (407) 499-3370 WAVA Delegates: Barbara Kousky, Jerry Donley, Rex Harvey Alternates: 1) Pete Mundle 2) Marilyn Mitchell 3) Gary Miller
Outdoor Meets: Bruce Springbett 220 Oak Meadow Dr. Los Gatos, CA 95030 (408) 354-7333	Treasurer: Al Sheahen P.O. Box 2372 Van Nuys, CA 91404 (818) 785-1895	Site Selection: Max Goldsmith 481 Marcus Lewisville, TX 75067	Race Walking: Bev LaVeck 6633 N.E. Windemere Seattle, WA 98115 (206) 524-4721	
Indoor Meets: Scott Thornsley 18 Colgate Drive Camp Hill, PA 17011 (717) 737-2385	Records: Pete Mundle 4017 Via Marina #C-301 Venice, CA 90291	Team Manager: Sandy Pashkin 301 Cathedral Pkwy. No. 6U New York, NY 10026 (212) 666-8603		
Multi-Events: Rex Harvey 2661 Euclid Heights Blvd Cleveland Heights OH 44106 (216) 932-9368	Rankings: Jerry Wojcik 774 Blueridge Dr. Santa Maria, CA 93455	Rules Coordinator: Graeme Shirley 11212 Via Carroza San Diego, CA 92124 (619) 455-4440		
	Women's Representative: Christel Miller 1740 Grandview Ave. Glendale, CA 91201			

LONG DISTANCE RUNNING

Chairman: Charles Des Jardins 5428 Southport Lane Fairfax, VA 22032 (703) 250-7955	Secretary: Carole Langenbach 4261 S. 184th Street SeaTac, WA 98188 (206) 433-8868	Championships: Kirk Randall 71 Bromfield St. Newburyport, MA 01950 (508) 465-9677	Championship Stats: Norm Green 405 Curtis Ct. Wayne, PA 19087 wk (215) 768-2480
Vice Chairman Men: Kirk Randall 71 Bromfield St. Newburyport, MA 01950 (508) 465-9677	Treasurer: George Vernosky 5004 Glen Cove Pkwy. Bethesda, MD 20816 (301) 229-8391	Law and Legislation: Norm Brand 5224 Manning Pl., N.W. Washington, DC 20016 (202) 244-2218	Awards: Kirk Randall-Men Ruth Anderson - Women (address above)
Vice Chairman Women: Ruth Anderson 1901 Gaspar Drive Oakland, CA 94611 (510) 339-0563 (h)	Road Records & Rankings: Basil & Linda Honikman TACSTATS 915 Randolph Santa Barbara, CA 93111 (805) 683-5868	Nominations: Jerry Crockett 1124 W. Eskridge Stillwater, OK 74075 (405) 372-4010	Rules Coordinator: George Kleeman 5104 Alhambra Valley Rd. Martinez, CA 94553 WAVA Delegates: Ruth Anderson, Norm Green

GRAND CIRCLE TRAVEL TAC/USA NATIONAL MASTERS 8K CROSS COUNTRY CHAMPIONSHIPS

Saturday, November 21, 1992

Historic Franklin Park, Boston, MA - The Site of the 1992 World Championships

Hosted by the BOSTON RUNNING CLUB

TEAM PRIZE MONEY OVER \$2,000.00

Competitions in 5 year age groups

Separate races for men 40-49, 50-59, Men 60 and over with all women 40 & over

AGE GROUP AWARDS/Men & Women: 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+

ELIGIBILITY: All runners must have a current TAC card to participate. TAC registration is available by contacting your local TAC office or you can obtain a TAC card from the TAC representative at registration. Fee is \$12. YOU MUST DISPLAY CURRENT TAC CARD AT REGISTRATION!

MEET ACCOMODATIONS: Sheraton Boston Hotel : #1-800-325-3535 or: #1-800-44ELIOT
(When making reservations, mention association with meet!)

ENTRY FEES & DEADLINES:

Entries received on or before 11/5/92 (\$16) - Includes Race T-shirt & food @ Post Race Reception @ Eliot Lounge

Entries will be received after 11/5/92 up until 11/19/92 (\$16) - Does not include Race T-shirt.

ABSOLUTELY NO ON-SITE REGISTRATION!! ENTRY FEES WILL NOT BE REFUNDABLE NOR TRANSFERABLE!

RACE SCHEDULE:

9:30 AM	Course Tour
10AM-12:30PM	Number Pickup at Franklin Park
11:00 AM	Start of Race 40-49 MEN
12:00 Noon	Start of Race 50-59 MEN
1:00 PM	Start of race ALL WOMEN & 60+ MEN
2:30 PM	Awards Presentations at Franklin Park
4:00 PM	Reception @ The Eliot Lounge



TEAM ENTRIES: Only association clubs are eligible to compete for team titles. Athletes must indicate exact team name on individual entry forms. Team age divisions are 40+, 50+, 60+, and 70+. A maximum of 8 declared entries per team. Scoring is by aggregate time of top team finishers. Men 40+ and 50+ score 5 runners, 60+ and 70+ score 3 runners. All women's teams score 3 runners. If entering more than one team, that team must declare in writing, one hour before race to Race Management.

TEAM PRIZE MONEY

Men 40-49	Top 3 Teams.....\$300, \$200, \$100
Men 50-59	Top 2 Teams.....\$300, \$150
Men 60-69	First Place Team.....\$200
Men 70-79	First Place Team.....\$200
Women 40-49	Top 2 Teams.....\$250, \$150
Women 50-59	First Place Team.....\$200

POST RACE PARTY: The Eliot Lounge @ 4PM, located on the corner of Comm. Ave. & Mass. Ave. in Boston
FOR FURTHER INFORMATION, CALL # (617) 964-7802 WEEKDAYS 9am-3pm

ENTRY FORM

Name: _____

Street Address: _____ City: _____ St _____ Zip Code: _____

Phone: _____ Age on Race Day: _____ DOB: _____ / _____ / _____ Sex: _____ TAC#: _____

Exact Name of Team: _____

I know that running in a TAC activity is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in TAC activities including, but not limited to, falls, contact with other participants, the effects of the weather, including heat, extreme cold and/or humidity, traffic and the conditions of the competitive surface, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of accepting your application, I, for myself and anyone entitled to act on my behalf, waive and release the TAC, Grand Circle Travel, the Boston Running Club, TRACS Inc., the City of Boston, Boston Parks and Recreation, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature _____ Date _____

MAIL to TRACS, INC. 79 Malet Rd. Chestnut Hill, MA 02167. To Receive a confirmation of receipt of entry enclose a SASE.



GRAND CIRCLE TRAVEL



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

NATIONALS

The recent TAC National Masters Track & Field Championships in Spokane were done in excellent fashion. The sponsors should be congratulated on their first-class facilities, the on-time schedule, the efficient officials, the nice hotels, food and transportation and, most important, their hospitality. They set an example for future organizers.

Jack Wood
Charlotte, North Carolina

If the nationals "lacked excitement," one way to cure that would be to have Al Sheahen be the meet announcer. He adds knowledge, flair and excitement, because he is damned good.

Also get an official meet photographer. Each day, post pix from the previous day.

As far as complaints on the meet, you'll always have them. I thought it was a great meet. The best part was seeing everybody.

John Poppell
Panama City, Florida

I've just returned from the national where I had an enlightening personal experience.

Because of a problem with my vaulting poles that I could not solve, I asked at the meet office for a ride to the airport. Meet Director Vernie Foxley said she was very busy but she would take care of it. So I waited in her office, and got the most eye-opening

experience of my life.

I saw where decisions were made, problems were solved, ruffled feathers were smoothed, computer lists were prepared, verified and sent out, schedules were reworked, staff directed and redirected, and volunteers were doing all sorts of tasks.

Out of all this came a very successful, well-run meet (and Vernie found my poles and arranged for me to pick them up). Seeing what went on from the inside gave me a real appreciation for the college staff, the officials, the coordinators, the volunteers and all the other people from Spokane who made this meet possible.

To each of you in Spokane, we thank you and appreciate you.

Dick Bennett
Prescott, Arizona



Final handoff in the Junior Men's (age 30-49) Regional Relay at the Nationals in Spokane, August 15.

Photo by Gretchen Snyder

NATIONAL MASTERS NEWS Subscription Form

Masters Athletics is booming!

The *National Masters News* is the official world and U.S. publication for masters track & field, long distance running and race walking. It contains information you can't get anywhere else. Subscribe Now.

USA rates:	1st Class rates: (USA, Canada, Mexico)	Foreign rates: (Air mail)	
<input type="checkbox"/> 6 months \$13	<input type="checkbox"/> 1 Year \$ 39	<input type="checkbox"/> 1 year \$ 43	<input type="checkbox"/> Payment enclosed
<input type="checkbox"/> 1 Year \$24	<input type="checkbox"/> 2 years \$ 75	<input type="checkbox"/> 2 years \$ 83	<input type="checkbox"/> Bill me later
<input type="checkbox"/> 2 Years \$45	<input type="checkbox"/> 3 years \$110	<input type="checkbox"/> 3 years \$122	<input type="checkbox"/> \$_____ as a contribution to your work
<input type="checkbox"/> 3 Years \$65			

Circle applicable sports: T L R (T = T&F; L = LDR; R = RW)

Name _____

Address _____

City _____ State _____ Zip _____

Send to: National Masters News

Subscription Dept.

P.O. Box 16597

North Hollywood, CA 91615-6597

Or Call:
818/760-8983

CZMN

runners, so the overall finishing places were erroneous. All who should have received a medal did, but in one age group, the places of two medal winners were reversed. A mild protest was made, but no attempts were made to correct the situation.

It's easy to fault the officials for this foul-up, but I feel the runners, themselves, should shoulder a good deal of the blame. Most of the runners knew, or should have known, how many laps they had gone. If more runners, especially the leaders, had tried to correct the officials, the foul-up may not have occurred.

Patrick Devine
Rancho Palos Verdes, California

NORTH AMERICAN MEET

The North American Championships in Xalapa, Mexico (August 19-23) was the most un-organized (not disorganized; disorganized means badly organized, but unorganized means practically no organization at all), most laid back, most enjoyable meet I've been to.

The Mexican hosts were friendly, accommodating, relaxed, easy-going, and fun. Everything was late; nothing was efficient, and nobody (except the Americans and Canadians) seemed to care. After a day or so, we could see that our protests fell on deaf ears. "That's just the way we do things." We eased back and went with the flow. The competitors helped with the scoring, measuring, translating, etc.

The medals are gorgeous, the facility was excellent, and the crowds were phenomenal compared to U.S. meets. I ran my first steeplechase in front of several thousand cheering Mexicans, Carioka dancers and a string band. Who wouldn't do well under those conditions?

The food in the restaurants was outstanding and so inexpensive. The Hotel Maria Victoria was very nice and only \$42 a night. Xalapa isn't much of a tourist town, and so we didn't do well without Spanish, but we were able to communicate well enough with a phrase book and gestures.

Their photo system was awesome. A handful of photographers was ever-present, ever-shooting. As a roll was finished, a runner took it to a processing lab nearby. They printed up a set of 5 x 7 color prints, brought them back

Continued on page 5

Five 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:

Steven L. Beck
Joseph T. Cote
Melvin Brothman
Joseph Hemler
Alfreda Iglehart

Kelseyville, CA
New York, NY
Snyder, NY
Baltimore, MD
Los Angeles, CA

Decathlon Championships Continued from page 1

Susanne Hopkins was out because of an injury to her husband, Henry.

M30-34

This group was won by Ed Fye, 32, of Crete, NE, his third national championship in a row since reaching the sub-master age of 30. Doug Porter, 31, of Seattle, WA, placed second in his initial sub-masters competition. He also set a new championship meet record of 4.80 (15-9) in the pole vault, breaking the record of 4.75 set by Will Freeman, the Meet Director.

M35-39

Bill Lawson, 35, of Waterloo, IA, bested last year's champion Jeff Watry, 37, of Paddock Lake, WI.

M40-44

Mike Hill, 41, of Steamboat Springs, CO, defeated Mark Salzman, 40, of Tacoma, WA, who just entered that division. Tom Light, 44, of Chugiak, Alaska, won the award for coming the furthest for the meet.

M45-49

Rex Harvey, 46, of Cleveland, OH, returned to his old home town and was able to continue his string of national decathlon championships at nine. Rex, also, by vaulting 4.20 (13-5), broke the meet record in the pole vault of 3.96 (13-0). Up and coming Bill DeHorn, 45, an American citizen although he lives in Montreal, Quebec, placed second over Steve Rogers, 49, of Topeka, KS. Steve was the silver medal winner in the WAVA World Championships in Eugene, OR in 1989. Bill set a new meet record of 1.68 (5-6) in the high jump.

M50-54

Dale Lance, 54, of Tulsa, OK, the 1992 indoor pentathlon champion, won over Iowa local Dave Eidahl, 51.

M55-59

This division was hotly contested as Bob Moore, 56, of Roswell, GA, a newcomer to multi-events, bested veteran Phil Mulkey, 59. Phil fell hard, not once, but twice in the first event of the second day, the high hurdles. But, in typical multi-event fashion, he finished the race. Usually high-placing Doug McFetters, 59, of Phoenix, AZ, finished in fourth place despite a very painful and debilitating groin injury.

M60-64

Newcomer Clarence Trinkner, 60, of Janesville, WI, used very good sprinting to top his age group, winning over several veteran performers, including Dave Douglass, 60, the current indoor pentathlon champion. Don Grey of Roanoke, VA, jokingly petitioned to delay the meet for five days since he was 64 years, 11 months, and 26 days old as the meet began.

M65-69

The second and third best point totals of the meet were turned in by Denver Smith, 66, of Louisville, OH, and Buck Bradberry, 65, of Auburn, AL. The duel came down to the last event, the 1500 meter, with Denver coming out on top 7336 to 7163.

M70-74

Boo Morcom, 71, of Wilmot Flat,

NH, won his age group. He set a new meet record of 3.00 (9-10) in the pole vault.

M75-84

Dan Bulkley, 75, of Phoenix, OR, used his normal fine running and jumping to win his division, and place sixth overall. Dan and his opponent Ham Morningstar rewrote the meet record book, setting four new records.

M80-84

Bob Boal also rewrote the meet record book all by himself, setting three new meet records.

A short business meeting was held after the meet banquet and information about upcoming meets was passed on by Rex Harvey, the TAC/USA Masters Multi-Event Coordinator. Next year's National Decathlon/Heptathlon Championships are to be held at Columbus, Ohio, approximately mid-July, pending official approval at the 1992 TAC/USA Convention in Louisville. A vote was taken between Thomasville, NC, and Eugene, OR, for the site of the 1994 championships, with Eugene winning. That recommendation will be submitted to the 1992 TAC/USA Convention for approval.

Heptathlon Championships

Everyone was happy to see that the number of entrants in the heptathlon more than doubled from the year before. But to double from three to seven is not where we would like to be. Two more doublings to 12 and 24 is our goal. Some of the very best female masters multi-eventers in the world were present, albeit some with crippling injuries. The overall winner with 4998 points was Phil Raschker, 45, of Georgia. Following her with a fine performance of 4280 was newcomer Sande Lambert 34, of Texas. The oldest competitor, Leonore McDaniels, 64, from Virginia was third overall with a score of 4080.

Doing her first heptathlon ever was Marlene Sachs, 48. She scored an encouraging 3648 points, with no glaring weaknesses in her events. Sandy Maryott, in only her second year of heptathlon competition, won her age group with 3263, fifth overall.

Finishing out the field were two walking wounded, Lucy Anne Brobst and Liz McBlain, our guest competitor from Edmonton, Alberta, Canada. They are both to be commended for finishing all the events, even though injured too badly to score well. Liz was observing our U.S. National Championships meet as she, two years from now, will be organizing the North and Central American Championships, which will contain a multi-event, and be held Edmonton.

The highest scoring event of the competition was Leonore McDaniels' high jump. Her 1.07 (3-6) age factors to 1.58 (5-2), scoring 991 points on the IAAF point tables. Congratulations ladies, please tell your friends of the many pleasures of multi-events, or at least how the pleasures are worth the discomforts. □

Write On Continued from page 4

to the stadium, and laid them out on a blanket for all to see. Other young runners ran around trying to match the



Elton Richardson, 53, NYC, won the 5000RW and shared the gold in the 20K RW with Jaye Hanley, 52, San Diego, after officials mistakenly pulled Richardson out of the 20K, Masters National T&F Championships, Spokane, August 13-16.

National Masters News/Jerry Wojcik

prints with the athletes. "You buy? 15,000 pesos?" That's \$5.00, but the youngsters could often be negotiated down to about \$2.00.

Bill Brobst

Kitty Hawk, North Carolina

MASTERS PRIZE MONEY

This responds to Herb Chisholm's letter (July NMN) regarding prize money for masters.

You cannot give prize money to the winners in each age group and do it equitably. This has been tried more than once and it simply does not work. The reason? You have very disproportionate times; for example, in one race the M55-59 winner had a near world class time of 17:00 flat in a 5K while in the same race the M45-49 winner was timed in 19:02. Yet they both received the same amount of prize money. Also, in the same race the second male runner in the 55-59 was timed in 17:21 and received nothing? You can easily see that this runner deserved to be a money winner while the M45-49 winner did not.

The only way to give prize money, and awards for that matter, is to establish a top WAVA masters group,

Continued on page 7



27th
international
MARATHON
Including 5-Person relay and
"NEW" HALF-MARATHON
SATURDAY, FEBRUARY 6, 1993

♥ Over \$78,000 in Prize Money

- ♣ Men's Masters Championship ...Run With The World's Finest
- ♦ Includes 5-Person Marathon Relay Divisions...Compete for the New, Prestigious "Las Vegas" Cup
- ♣ Cool and Dry Running Weather
- ♦ Perfect Mid-Winter Get-a-way
- ♣ Commemorative Finisher Medals
- ♦ "New" VERY FAST Half Marathon

♦ LV Welcomes the MASTERS

- ♣ "Fun Capital" of America
- ♥ Fast, PR course; 900 ft. drop
- ♣ Come and See why this race has been a Runner's World "Top 20" Event for 1990, 1991, & 1992
- ♥ "New" Racewalking Divisions
- ♣ "New" Clydesdale Divisions
- ♥ Computerized Results Booklets
- ♣ Come to run a Personal Best



JIM FEIST
LAS VEGAS, NV Sports



PUREPOWER



Buttist's
Made in the West



VACATION VILLAGE
HOTEL • CASINO
PHONE 1-800-658-5000



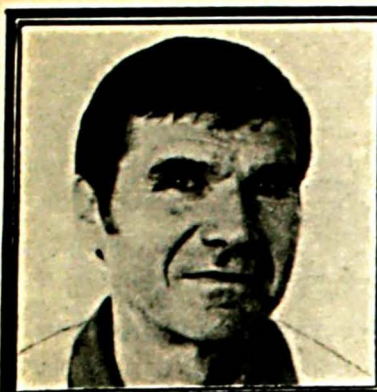
CITY OF LAS VEGAS
NEVADA

FOR ENTRY FORM SEND "SASE" TO:
LAS VEGAS INT'L MARATHON
AL BOKA, RACE DIRECTOR
P. O. BOX 81262
LAS VEGAS, NV 89180 USA

LV MARATHON Phone/FAX (702) 876-3870



Las Vegas
International Marathon



Third Wind

by Mike Tymn

The Lessons Of Aging From Barcelona

The subject of aging and athletic performance came up a number of times during the telecast of the Barcelona Olympics. Among the "aging" athletes competing in some of the prime-time sports were Carl Lewis, 31, Linford Christie, 32, Merlene Ottey, 32, and Evelyn Ashford, 35, in the sprints; Yekaterina Podkopaeva, 40, Robert Cheshire, 36, Lorainne Moeller, 37, and Francie Larrieu-Smith, 39, in the middle and long distances.

We also had Svetlana Boginskaya, 19, in gymnastics, Pablo Morales, 27, in swimming, and Larry Bird, 35, in basketball.

What is "old" seems to depend to some degree upon the sport. It's about 18 for a gymnast, 25 for a swimmer, 30 for a sprinter, and 35 for a middle-or long-distance runner.

It wasn't too many years ago, however, that swimmers were "over the hill" at 20, sprinters at 25, and distance runners at 30. The introduction of money to what was the amateur arena has motivated more and more athletes

to extend their careers and thereby redefine the aging thresholds in many sports.

Scientists tell us that we reach physical maturity during our teens but physically we are at our best during our early 20s. Somewhere around 25, the aging process begins to manifest itself. However, athletes don't always recognize this because the gains from continuing adaptation (the molding and strengthening of the body to the specific demands of the sport) combine with experience and the concomitant savvy and confidence to offset or overcome

the small physical decay that occurs over the next five to ten years.

In fact, in many sports the adaptation and experience factors more than overcome the small losses to aging as is evident by the fact that athletes often enjoy their peak years between 25 and 35.

Gymnastics

In the case of the gymnasts, the aging problem appears to be just the opposite of that in other sports — too much regeneration rather than degeneration. At 5-foot-2, the 19-year-old Boginskaya of Russia, while apparently still fast, flexible, and graceful enough to perform the artistry necessary to score perfect 10s in her routines, had, according to the expert commentary, grown a little too "big" to do the advanced intricate maneuvers of her more petite competitors.

Mental burnout, brought on by hours and hours of training, seems to be much more of a negative factor than actual physical decline for both gymnasts and swimmers. There has been no scientific theory that I have heard to suggest that the physical attributes required for swimming success deteriorate at a faster rate than those required for running and other sports.

Swimming

In winning the 100-meter butterfly at Barcelona, the 27-year-old Morales seems to have demonstrated that swimmers aren't necessarily past their prime at 25. It is also interesting to note that Morales took three years off from swimming before beginning his comeback for Barcelona seven months before the Olympic trials. That may very well explain his overcoming the burnout condition.

In the 1984 Olympics, "Rowdy" Gaines won three gold medals in swimming at the age of 25, including an Olympic record in the 100-meter freestyle. His avoidance of burnout may have been due to the fact that after competing in age-class swimming at ages eight and nine, he gave up the sport for baseball, basketball, and ten-



Norm Roof, Mansfield, Ohio, M55 winner (6:49:55), 1991 TAC National Masters 50 Mile Championships, Columbus, Ohio. Next year's championships will be held in Houston, February 26. Photo by John White

nis and didn't return to the pool until age 17. Had he been training through his early teens, he might very well have burnt out before 25.

Sprinting

When Carl Lewis broke the 100-meter world record at the age of 30 last year, he seemed to be pioneering new territory in the world of speed. Then when, approaching his 31st birthday, he finished a disappointing sixth in the Olympic trials 100, it was as if there were a large cliff somewhere between the ages of 30 and 31.

Former football great turned sprint commentator O.J. Simpson offered an explanation for Lewis' relatively poor performance at the Olympic trials. "I think as time goes on, Carl is going to have more and more days like this, especially in events of this format where he has to run more than one race in two days" Simpson said. "He had to run four races in 24 hours. He'll be 31 in 10 days, and, unfortunately, we're not going to see Carl Lewis perform well under those conditions again. In an invitational meet, where he has to run only once, he might be able to go out and break a world record. It's like the older golfers; they have trouble competing the third and fourth days. Carl can't run a lot of races in two days."

Simpson was, of course, alluding to the longer recovery time that comes with aging.

We would later be told that Lewis' problem at the Olympic trials was a virus and we would see his brilliance once again as he anchored the 400-meter relay team to a new world record in Barcelona. Since Lewis had to run only one heat before the final, we don't know for sure if Simpson's sum-



Barbara McLeod, 54, of Ontario, Canada, first woman (8:08:10), in the National Masters 50 Mile Championships, Columbus, Ohio. Photo by John White

ALL-TIME MASTERS MARATHON LIST

World Men

John Campbell (41,NZL)	06Feb49	2:11:04	Boston	16Apr90
Jack Foster (41,NZL)	26Oct37	2:11:19	Christchurch	31Jan74
Kjell-Erik Stahl (40,SWE)	17Feb46	2:12:23	Stockholm	07Jun86
Antonio Villanueva (42,MEX)	23Jul40	2:13:41	Eugene	12Sep82
Gerald Dravitzki (40,NZL)	03Dec43	2:14:50	New Plymouth	03Mar84
Barry Brown (40,USA)	26Jul44	2:15:15	St. Paul	30Sep84
Ron Hill (40,GBR)	25Sep38	2:15:46	Metairie	18Feb79
Ryszard Marczak (42,POL)	25Nov45	2:15:54	New York	06Nov88
Reinhold Leibold (40,FRG)	21May42	2:16:10	Munich	07May83
Jeff Norman (40,GBR)	21Oct45	2:16:13	Maassluis	12Apr86
questionable birthdate:				
Mamo Wolde (ETI)	12Jun32?	2:15:09	Munich	10Sep72

American Men

Barry Brown (40,NY)	26Jul44	2:15:15	St. Paul	30Sep84
Ken Judson (40,PA)	12Oct50	2:17:01	Huntsville	08Dec90
Doug Kurtis (40,MI)	12Mar52	2:17:03	Boston	20Apr92
Mike Manley (40,OR)	11Feb42	2:17:10	Houston	16Jan83
Bill Rodgers (40,MA)	23Dec47	2:18:17	Boston	18Apr88
Bob Schiau (40,SC)	28Sep47	2:19:27	Los Angeles	06Mar88
Bill Hall (40,NC)	02Aug40	2:21:20	Boston	20Apr81
Jim Bowers (45,CA)	06Nov38	2:21:32	Duluth	16Jun84
Bruce Mortenson (41,MN)	31Dec43	2:22:24	St. Paul	06Oct85
Steve Lester (43,UT)	29Dec42	2:22:52	St. George	04Oct86

World Women

Priscilla Welch (42,GBR)	22Nov44	2:26:51	London	10May87
Joyce Smith (44,GBR)	26Oct37	2:29:43	London	09May82
Evy Palm (47,SWE)	31Jan42	2:31:05	London	23Apr89
Charlotte Teske (40,FRG)	23Nov49	2:33:19	Munich	06May90
Birgit Bringslid (45,SWE)	06Dec45	2:34:49	Berlin	29Sep91
Laurie Binder (44,USA)	10Aug47	2:35:08	St. Paul	06Oct91
Graziella Striuli (40,ITA)	08Mar49	2:36:42	Pittsburgh	07May89
Sonja Laxton (40,RSA)	06Aug48	2:36:59	Durban	20Aug88
Dominique Rembert (40,FRA)	13Jan51	2:37:05	London	21Apr91
Doris Schlosser (41,FRG)	29Sep44	2:37:08	Hamburg	25May86

American Women

Laurie Binder (44,CA)	10Aug47	2:35:08	St. Paul	06Oct91
Gail LaDage Scott (41,CO)	18May46	2:37:12	St. George	03Oct87
Shari Gilbert (41,CA)	02Mar51	2:38:00	Duluth	20Jun92
Miki Gorman (41,CA)	09Aug35	2:39:11	New York	24Oct76
Gabriele Andersen (41,ID)	20Mar45	2:40:08	St. Paul	12Oct86
Nancy Oshier (43,NY)	17Jun48	2:41:03	St. Paul	06Oct91
Barbara Filutze (40,PA)	21Jun46	2:42:38	St. Paul	12Oct86
Cindy Dalrymple (40,NY)	05Mar42	2:43:36	Chicago	26Sep82
Bobbi Rothman (40,FL)	19Sep45	2:43:36	Boston	21Apr86
Carol Virga (40,FL)	16Dec50	2:44:24	St. Paul	06Oct91

compiled by Marty Post

Continued on page 7

Third Wind

Continued from page 6

mation is correct. We do know, though, that it didn't seem to apply to England's Christie, who, at a year older than Lewis, captured the gold medal in the 100.

Ottey may have been the victim of too many races in too short a period. With a best of 21.64 in the 200, the 32-year-old Jamaican was considered the woman to beat in the furlong. But she wound up third with a 22.09.

At 35, Ashford did not appear to have quite the same speed she once had even though she ran admirably on the women's gold-medal 400 relay team. Perhaps there is something to the old theory that athletes begin their decline at 35.

In fact, Dr. Douglas Wallace of Emory University, Atlanta, just recently reported on a new theory of aging. His research on healthy hearts revealed that DNA cell damage accumulates naturally as we grow older, "beginning at about age 35."

Long Distance Running

But then how do we explain someone like Francie Larrieu-Smith? Although she was not at her best in the Barcelona marathon, she had run personal bests at both 10,000 and in the marathon since turning 38. Since Larrieu had been competing for some 25 years before setting her personal bests, she should have been fully adapted and experienced at a much earlier age.

I don't think Larrieu defies science. As I see it, her success at such a late age can be explained. For one thing she did not seriously run the longer distances until her mid-30s; her focus was on the middle distances. As a track athlete for the first 20 years of her running career, she was a seasonal competitor and therefore was not a victim of burnout



Barbara Zamparelli, 63, shown with her husband, finished second in her age group, Kilauea Volcano Run 10 Miler, Hawaii, July 18. The difficult course required the runners to battle lava, ashes, wind, rain, and hills.

Photo by Tesh Teshima

or of the wear and tear that accompanies years of road racing. Further, I have observed that even seasoned middle-distance runners must undergo a few years of adaptation and experience in the longer distances before achieving personal records.

No one can say for sure, but I believe that Larrieu, given the same adaptation, experience, and racing environ-

ment at 30 as she had at 38 and 39, would have been even faster. Instead of having personal bests of 31:28.9 at 10,000 and 2:27:35 in the marathon, she might have had a sub-31 and a marathon time close to or even under 2:20. Maybe a 30-year-old Larrieu Smith would have won the Barcelona Olympics. To put it another way, Larrieu has declined a little; we just haven't been able to see it on a graph. I suspect that if she had been running the 1500 the past five years, we would be able to see it.

The most obvious and common manifestation of aging was observed in the person of Larry Bird. Although Bird seems to have lost nothing in his ability to shoot a three-pointer with accuracy, his ability to play at all has been hampered by various injuries. Injuries occur to young athletes, too, but right around 35, where Bird now is, they seem to strike more often, at least when the athlete attempts to maintain the same level of intensity, and they take much longer to get over.

Regardless of how the Barcelona Olympians were affected by aging, they served as real inspiration to the young and old alike. To me, they were the best part of the Olympics. Hopefully, we'll see them continue to extend the aging thresholds in their sports. □

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.

CUMULATIVE PRIZE MONEY EARNINGS MASTERS WOMEN 1992

RK	NAME	ST/N	CUM \$	#
1	Grayson, Nancy	SC	\$13,700	18
2	Gilbert, Sherlet	CA	\$10,700	4
3	Roden, Anne	GBR	\$10,500	1
4	McLatchie, Carol	TX	\$8,650	10
5	Filutze, Barbara	PA	\$7,900	12
6	Welch, Priscilla	GBR	\$7,400	9
7	Portenaki, Bernadine	NJA	\$3,500	1
8	Ray, Suzanne	AK	\$3,250	3
9	Silverio, Cheryl	PA	\$3,000	2
10	Hutchison, Jane	MO	\$2,800	5
11	Binder, Laurie	CA	\$2,400	5
12	Hine, Judith	NZL	\$2,050	4
13	Smekhnova, Raisa	CIS	\$2,000	1
14	Lempeis, Catherine	SC	\$1,975	9
15	Vrba, Carol	FL	\$1,750	4
16	Wood, Mary	CO	\$1,550	2
17	Matsuda, Chie	JPN	\$1,500	1
18	Hughes, Janice	OH	\$1,000	1
19	Fall, Sherri	CA	\$1,000	2
20	Imo, Adele	NA	\$1,000	1
21	Dahier, Nancy	NY	\$1,000	1
22	Villaheen, Lisa	VA	\$900	4
23	Matson, Shirley	CA	\$800	2
24	Palya, Cheryl	NY	\$750	2
24	Ashworth, Teresa	NA	\$750	1
24	Streeter, Ginger	LA	\$750	2

MASTERS MEN 1992

RK	NAME	ST/N	CUM \$	#
1	Lavisse, Pierre	FRA	\$21,350	14
2	Kurtis, Doug	MI	\$20,000	11
3	Navarro, Artemio	MEX	\$14,900	9
4	Rose, Nick	GBR	\$9,500	12
5	Tibeduliza, Domingo	COL/NV	\$8,100	11
6	Nzau, Joseph	KEN	\$4,750	5
7	Waigwa, Wilson	KEN	\$4,050	6
8	Romesser, Gary	IN	\$4,025	9
9	Stahl, Kjell-Erik	SWE	\$4,000	1
10	Campbell, John	NZL	\$3,450	8
11	Ball, Doug	CO	\$3,300	7
12	Whewey, John	GBR	\$3,000	1
13	Vera, Manuel	MEX	\$2,700	6
14	Owens, Earl	GA	\$2,250	6
15	Klecker, Barney	MN	\$2,000	1
15	Lopez, Luis	CRC	\$2,000	2
17	Paul, Don	CA	\$1,875	3
18	Charbonnel, Jean-M	FRA	\$1,500	1
19	Quenel, Claude	CAN	\$1,500	1
20	Schleu, Bob	SC	\$1,300	4
21	Mendez, Sadot	NC	\$1,150	4
22	Jimenez, Ignacio	MEX/TN	\$1,100	4
23	Umberg, Richard	BUI	\$1,000	1
23	Judson, Ken	PA	\$1,000	2
23	Piva, Ray	CA	\$1,000	1

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

Write On

Continued from page 5

honoring the top 10 or 12 finishers, depending on the size of the race. This would include the age-group finish. In other words, if the best WAVA master was age 51, he/she would also be honored as the first 50-54 finisher. If this master finishes in the Open money, then he/she would also receive the Open money.

This way you would always honor the best performances which could conceivably include everyone in the same age group, and you would never leave anyone out.

Joe McDaniel
Oklahoma Runner Magazine

TEXAS HOSPITALITY

While studying in Texas this summer, I competed in the Texas Masters Championships (Dallas) and the San Antonio Masters Championships — two very well run meets.

Hats off to Meet Directors Tom Garzillo (Dallas) and Art Rodriguez (San Antonio) — two dedicated men Texans should be proud of.

Brother Ed Kent
Queens, New York

Romesser, McLatchie Win in Asbury Park

by JERRY WOJCIK

Gary Romesser, 41, Indianapolis, and Carol McLatchie, 40, Houston, were the first masters in the 12th annual Asbury Park 10K in New Jersey.

Under cloudy skies, 65%, and 60% humidity, Romesser finished 19th of 3100 runners, with a 30:43. McLatchie was 13th woman and first of 95 W40-44 runners, with a 35:25. Both won \$750 first prizes.

Douglas Kurtis, 40, Northville, Mich., in 31:38, and Ewald Bonzet, 40, South Africa, with 31:51, were second and third M40+. Nancy Grayson, 43, Columbia, S.C., with a 35:36, was second W40+, with Barbara Filutze, 47, Erie, Pa., third in 36:03. Second prizes of \$400 and thirds of \$250 were equal for both sexes.

Romesser with an age-graded 93.5% and Grayson with a 93.1% were best masters performers.

Christine Tattersall, 50, of Connecticut won the W55 race in 40:05 (AG 85.9%). Harry Polites, 82, Ventnor, N.J., ran a 59:06 in the M80+ division.

Both open winners, Simon Karori,

32, Kenya, 28:02, and Olga Markova, 24, Russia, 32:15, broke course records. □



Shirley Matson and Nadine O'Connor, W50 runners from Northern California, at the Nationals in Spokane, August 14.

the Charlotte Observer Marathon

January 9, 1993

Weather That's Not Too Hot, Not Too Cold!

- ◆ 16th annual event features marathon and 10K racing
- ◆ 51-degree average temperature
- ◆ Finish inside Charlotte Convention Center
- ◆ Age groups: 14-under through 75-over in five-year steps
- ◆ \$51,000 prize fund: \$8,500 open and \$4,250 masters for each gender in marathon & 10K
- ◆ Weekend expo
- ◆ No increase in registration fees
- ◆ Special rates at the Omni Charlotte Hotel: 1-800-THE OMNI.

Registration forms: call 704/358-KICK or write Marathon, Box 30294, Charlotte, NC 28230.

Elite athletes: contact Larry Frederick, 704/358-0713, c/o Fleet Feet, 1412-I East Blvd., Charlotte, NC 28203.

Sorbothane
A VISCO ELASTIC POLYMER II

MASTERS ATHLETE OF THE MONTH

Stan Whitley

Sorbothane's Masters Athlete-of-the-Month is Stan Whitley, the 46-year-old speedster from Alta Loma, Calif.

Whitley won four events at the National Masters Track and Field Championships in Spokane, Wash., — the 100 (11.16), 200 (22.35), 400 (50.63) and long jump (6.63m/21-9).

Earlier in the season, he established two world M45 records in the 200 (22.30) and 400 (50.24), and his 100 clocking of 11.16 at the Nationals is the fastest M45 automatic time ever recorded. (Thane Baker ran an 11.0 hand time in 1980.)

Whitley had plenty of competition for this month's honors, including:

- Bill Collins, 41, who set a WR

21.86 in the M40 200, and nipped Payton Jordan for the 100m age-graded crown.

- Payton Jordan, 75, capping his amazing career with national titles in the 100 (13.83) and 200 (28.90). He also anchored the West regional 4x100 relay team to victory.

- Marion Sanchez, 60, with four impressive wins in Spokane in the 100 (12.74), 200 (26.19), 400 (58.52) and 300H (45.65).

- Fred Sowerby, 40, with a blazing 49.02 in the 400 at the Nationals.

- Rob Casselman, 40, who upset James King with a 54.02 in the 400 hurdles.

- James King, who finished second to both Sowerby and Casselman, but,



Massages were in big demand at the Nationals in Spokane, August 13-16.

at age 43, had the best age-graded performances of 97.3% and 97.5%, respectively.

- Shirley Matson, 51, top long distance performer who took to the track at the Nationals with five wins and four U.S. records in the 800 (2:25.29), 1500 (4:57.44), 5000 (18:02) and 10,000 (37:29).

- Jim Lytjen, 71, with three wins in

the Nationals in the 400 (65.82), 800 (2:31.70), and 1500 (5:22.84).

- Bud Held, 64, whose javelin toss of 53.74m/176-4 in Spokane was equal to a 96.7% performance.

- Ralph Miller, 60, who defeated world M60 800 champion Jim Sutton by over 50 meters in Spokane in 2:14.13.

- Larry Almborg, 45, who captured the 800 (1:58.96), 1500 (4:02.40), and 5000 (15:30.45) at the Nationals by wide margins.

- Ken Popejoy, 41, with Nationals' wins in the 800 (1:56.32) and 1500 (4:05.10).

- Walt Butler, 51, who won the 100H at the Nationals in 14.01 and earlier in the year clocked 13.84 — a 98.5% effort.

- Dan Bulkley, 75, with two world M75 records at the Nationals in the 300H (56.50) and 2000SC (9:46.90).

- Tom Gage, 49, with three strong wins in the M45 shot (14.72/48-3½), discus (43.78/143-8), and hammer (58.02/190-4) in Spokane.

- Phil Raschker, 45, with eight victories at the Nationals in the W45 100, 200, 80H, HJ, PV, LJ, TJ, and Pentathlon.

- Rex Harvey, 45, who topped all scorers in the National Masters Decathlon with 7422 points.

- Henry Rono and Doug Bell, both 41, whose duel at the Gardena 5000 road race (14:43 to 14:44) was one of the most competitive masters road races ever.

- And many others, too numerous to mention here, who were cited in the last two issues of NMN.

All these athletes, along with others, will be contenders for the 1992 TAC Masters Athlete-of-the-Year Awards which will be chosen at TAC's convention in December in Louisville, Ky.

Sorbothane produces lightweight, shock-absorbing air-infused insoles which can be found at most sporting good stores. Sorbothane sponsors the athlete-of-the-month award every other month in NMN. For his efforts, Whitley will receive a check for \$100 from Sorbothane. □

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, OCT., 1992

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
KATHY BROWN (FAIRPORT, NY)	10-13-47	45-49
LORRAINE CATTELL (KENT, WASH)	10-10-32	60-64
CHRISTINE CURTIS (SEATTLE, WA)	10-30-37	55-59
RUTH FRAWLEY (TONAWANDA, NY)	10-7-42	50-54
MARION GIBBONS (AZ)	10-15-22	70-74
SANDRA KNOTT (CLEVELAND, OH)	10-9-37	55-59
ALICE LANGFORD (MILTON-FREEWATER, OR)	10-27-27	65-69
LAVERNE MEIER (US)	10-22-27	65-69
MARJ MOORE (SAN JOSE, CA)	10-20-32	60-64
ANN NAUMAN (BELLPORT, NY)	10-12-27	65-69
LUISE HENSHAW NOTTAGE (OSSINING, NY)	10-23-22	70-74
CATHY OERTER (WEST ISLIP, US)	10-13-52	40-44
MS. PEACH (US)	10-31-32	60-64
RENEE ROLOFF (US)	10-5-22	70-74
QUEENIE THOMPSON (NEW YORK, NY)	10-13-22	70-74
SUSAN WARD (LOS ANGELES, CA)	10-1-47	45-49
WENDY WILLIAMS (OAKVILLE, TENN)	10-15-32	60-64
DORIT BREUL (WG)	10-27-42	50-54
PANAGADANHOUSE CALEYAMMA (IND)	10-1-52	40-44
MARGARET SUE DUMBLE (NZ)	10-8-37	55-59
ELKE GEIST (WG)	10-23-52	40-44
HILLA GERARDS (WG)	10-14-42	50-54
MARIANNE HAMM (WG)	10-2-27	65-69
AILEEN HOGAN (AUS)	10-23-22	70-74
JEAN HORNE (CAN)	10-20-32	60-64
GUR BANS KAUR KAMO (IND)	10-10-47	45-49
BRIGITTE LANGE (WG)	10-30-42	50-54
MARIA MAGYAR (HUN)	10-14-47	45-49
GUNNEL MALIK (SWE)	10-18-42	50-54
MABEL MITCHEL (AUS)	10-6-47	45-49
KITTY PENFOLD (AUS)	10-27-42	50-54
UNNI SAETHER (NOR)	10-30-32	60-64
JOYCE SMITH (GB)	10-26-37	55-59
MARY JOYCE SMITH (GBR)	10-21-27	65-69
MENJA STAPELFELDT (DEN)	10-10-42	50-54
MARGARET STRUEVEN (WG)	10-20-22	70-74
ANITA WELZ (WG)	10-30-42	50-54
BOB ARDREY (SALINA, KS)	10-20-37	55-59
BRIAN BULLEN (GB)	10-27-32	60-64
HUGH COLEMAN (KAUAI, HI)	10-8-32	60-64
ED DOWELL (WOODLAND, CA)	10-25-27	65-69
JIM GILLCRIST (BOCA RATON, FL)	10-28-27	65-69
ARTHUR GRAYBURN (NZ)	10-9-27	65-69
RUNE GUSTAFSSON (SWE)	10-17-12	80-84
KENNETH HALL (GB)	10-3-22	70-74
WOLFRAM HAUSMANN (WG)	10-3-22	70-74
NATHANIEL HEARD (MARION, MASS)	10-1-17	75-79
BUD HELD (SAN DIEGO, CA)	10-25-27	65-69
ALVIN HENRY (CARSON, CA)	10-20-37	55-59
SILVIU HODOS (FRA)	10-11-47	45-49
ALPHONSE JUILLAND (STANFORD, CA)	10-5-22	70-74
DALE LANCE (OILTON, OK)	10-29-37	55-59
SIDNEY MADDEN (SANTA MONICA, CA)	10-27-7	85-89
GARY MILLER (N. HOLLYWOOD, CA)	10-10-37	55-59
JOSH OWUSU (GUY-TX)	10-2-47	45-49
MEL PENDER (US)	10-31-37	55-59
CHESTER PETERS (MANHATTAN, KS)	10-15-22	70-74
FRANK PFLAGING (REISTERS TOWN, MD)	10-26-32	60-64
RALPH RATCLIFF (OKLAHOMA CITY, OK)	10-23-22	70-74
JOSEF SAHLMANN (WG)	10-4-7	85-89
HANS SCHICKER (FRG)	10-3-47	45-49
FRANK SHORTER (BOULDER, CO)	10-31-47	45-49
BRUCE SPRINGBETT (LOS GATOS, CA)	10-4-32	60-64
LARRY STUART (EL TORO, CA)	10-19-37	55-59
GARY TUTTLE (VENTURA, CA)	10-12-47	45-49
RON WHITNEY (CALISTOGA, CA)	10-5-42	50-54



Stan Whitley
Photo by Linda Pain

Need Back Issues?

Most back issues of the *National Masters News* are available for \$2.50 each, plus \$1.25 postage and handling for each order.

Send to:

National Masters News
P.O. Box 2372
Van Nuys, CA 91404



MASTERS TRACK & FIELD REPORT

by MARILYN MITCHELL,
National Masters T&F Secretary

Minutes of Masters T&F Meeting Spokane, Wash., August 15

Comments on the current championships should be sent to Chairman Barbara Kousky. The 1993 National Indoor Championships will be held in Bozeman, Mont., March 20-21. The entry form will be in the January issue of NMN.

The 1993 National Championships will be held in Provo, Utah, August 11-14.

Rule Changes

Proposed rule changes to be submitted to TAC's annual convention in December are:

- 1) to give meet directors the option of staging a 1500 or mile at championship meets;
- 2) to formally change regional boundaries, as approved at last year's convention;
- 3) to eliminate the no-false-start rule;
- 4) to allow records to be set in events where men and women run together;

- 5) to stage an indoor 5000 walk;
- 6) to hold relays with regional, rather than club or association teams;
- 7) to mandate that all javelins have to land point first;
- 8) to make sure that WAVA rules are followed.

Weight Pentathlon

Dick Hotchkiss needs volunteers to work on the women's scoring tables. The weight pentathlon will be held as an unofficial event at next year's WAVA Championships in Japan.

Minutes of Masters T&F Executive Committee Meeting — Spokane, Wash., August 12

Age-Graded 100

The committee rejected, 6-7, the allocation of \$200 prize money from the budget for the age-graded 100 at the nationals. It felt it wasn't fair to fund a sprint without providing money for other distances, as well. There were no objections, however, to an outside sponsor providing prize money for a particular event.

Awards

The committee voted, 7-3, to abolish all awards except the nine major ones: administrator, male & female athlete, male and female multi-event athlete; male and female racewalker; male and female single performance.

(Editor's note: Following the general meeting on August 15, at which the 1991 five-year age-group winners were acknowledged, Awards Chairman Bev LaVeck wrote the Committee: "Since so many of you got dewey-eyed at the response to the awards presentations in Spokane, I'll accept the suggestion that we continue giving awards to a representative sample of good masters athletes, based on event, rather than age groups.")

1993 Outdoor Nationals

Although no one on the Committee recalled ever hearing, during the bid process, that Brigham Young U. does not allow Sunday activities, we were told that the information was previously presented, and were thus faced with three options for 1993:

- 1) have a 3-day meet instead of 4 days;
- 2) have the fourth day on another track;
- 3) start the meet on Wednesday instead of Thursday.

The Committee approved the third option, so the meet will begin on Wednesday, August 11, 1993 and finish on Saturday, August 14.

Campus dorms (except for opposite-sex, non-married couples) will be available with meals included.

Grievance Procedure

The committee empowered the Chair to file a grievance in the normal TAC procedure concerning a TAC masters athlete (whose name was not disclosed) who allegedly entered a meet under a false age.

Hall of Fame

The Committee voted, 10-3, to pursue a Hall of Fame project for formal presentation at the convention. A benefactor has tentatively offered to fund a Hall. An ad hoc committee was formed under the temporary chairmanship of Marilyn Mitchell to explore the subject. NMN readers are asked to write Mitchell (address on page 2) as to whether it's a project we should pursue. Do we need it? Do we want it? Will it help promote masters track & field? What form should it take? Would it be in Indianapolis with TAC's Open Hall of Fame? Or in San Diego or some other site? Or is only a plaque needed to commemorate the inductee? Would it be a conceptual Hall of Fame, not a physical one? Would it include LDR and racewalking? How would inductees be selected? Etc.

Permanent Schedule

The Spokane schedule did not strictly follow the permanent schedule — adopted at the 1990 convention — because Spokane used the 1991 Naperville schedule, which had departed from the permanent schedule and nobody apparently noticed. Suggested changes to the "permanent" schedule will be made at the convention in December. Among the changes is to hold the women's high jump on day 3 instead of day 1.

Returned Checks

Some meet directors are stuck with bad checks. It was suggested that an unofficial list be circulated among meet directors indicating who the deadbeats were. Cash only for any post-entry was suggested to help reduce such incidents.

Track & Field Rankings Report

by JERRY WOJCIK,

Masters T&F Rankings Coordinator

With the publication of the 400 in this issue, all of the 1992 indoor events have been ranked. The weight throws will be combined with the outdoor marks in the 1992 outdoor rankings book.

The 1993 February NMN will be the last issue from which marks will be taken for the 1992 outdoor rankings. If your best 1992 marks have not appeared in the NMN by then, send them as soon as possible with verification to the rankers listed below. The rankers are on a February 10th deadline, so that the 1992 book can be compiled, printed, and available for the Indoor Championships, Bozeman, Mont., March 20-21.

Marks sent to me or NMN instead of the appropriate compilers will not be forwarded.

The rankers for the 1993 indoor season will be published in a later issue.

100, 200, 400, 1500, 5000, 4x100, 4x400 relays:

Larry Patz, RFD #1, Box 435, Con-toocook, NH 03229

800:

William Benson, 6 Eton St., Valley Stream, NY 11581

3000, 10,000:

John Dickey, 9128 N. Swan Circle, Brentwood, MO 63144-1145

HJ, TJ:

Charles Mercurio, 4927 W. 123 Pl., Hawthorne, CA 90250



Payton Jordan, M75 100 and 200 winner; and Annelies Steekelenburg, W40 high jump champion, at the Nationals in Spokane, August 15, after the Holiday Inn Regional Relay.

PV:

Tomlinson Rauscher, 85 Sunset Blvd., Pittsford, NY 14534

LJ:

Robb Bong, 420 Silver Saddle Rd., Monument, CO 80132

Mile, both hurdles, SC, SP, DT, HT, JT, WT, decathlon, heptathlon, pentathlon, and 1500, mile, 3000, 5000 track walks:

Jerry Wojcik, 774 Blueridge Dr., Santa Maria, CA 93455. □



Ben Stowell (l) and Finn Hansen of Utah TAC considering plans for the 1993 National Masters T&F Championships, Provo, Utah, August 11-14, with TAC Masters Chairperson Barbara Kousky and Masters Secretary Marilyn Mitchell, TAC Committee Meeting, August 12, Spokane.

National Masters News/Jerry Wojcik

Long Hurdles

The group voted, 13-2, to retain the M70+ hurdles at 300 meters rather than 200.

Foreigners in Finals

Should there be at least 3 or 5 U.S. citizens in a national final? No vote taken.

Site Selection

At the 1991 convention, we decided we could award bids three years out. Thus, at this year's convention, we'll entertain bids for all 1994 and 1995 championships. All bidders will be notified as to who else is bidding. There is some interest from the following cities for indoor or outdoor championships:

1994: Boston, Eugene, Long Beach, Philadelphia.

1995: Boston, Eugene

Bids should be submitted to Max Goldsmith and Barbara Kousky no later than October 1, 1992.

Athletes are reminded that if they don't like where the meets are being held — or even if they do — to contact meet directors in desirable areas and put them in touch with Goldsmith (address on page 2).

1992 Convention

The Executive Committee will meet at 6 p.m. on Tuesday, December 1 in Louisville.

1995 WAVA Games

Singapore withdrew its bid to host the 1995 WAVA Championships. Several U.S. cities have indicated interest, including Houston; Lincoln, Nebraska; New Orleans; and Salt Lake City. □



MASTERS RACEWALKING

by ELAINE WARD

A Trail Of Gold

Gary Null, M45, is leaving a trail of gold medals behind him — winning “close to 70 gold medals and setting close to eight age group records” in his racewalking career. His latest acquisition of gold was in the 5K at the national outdoor championships in Spokane. With a temperature of 97 degrees, he walked a very respectable 24:01. The following interview took place directly after the 5K.

You had a strong race today.

In this heat (97°), 24:01 is good. My PR is 22:30. I did that in the spring, but I am not a hot weather racer. Toward the end of the race, I felt like an ice cube on the equator.

When did you start racewalking?

I started racewalking when I was 41.



Kirk Deford (49, 27:16) passes Sol Tanenbaum (75, 39:28), 5000 RW, TAC Western Regional Championships, Hayward, Calif., July 25-26. National Masters News/Jerry Wojcik

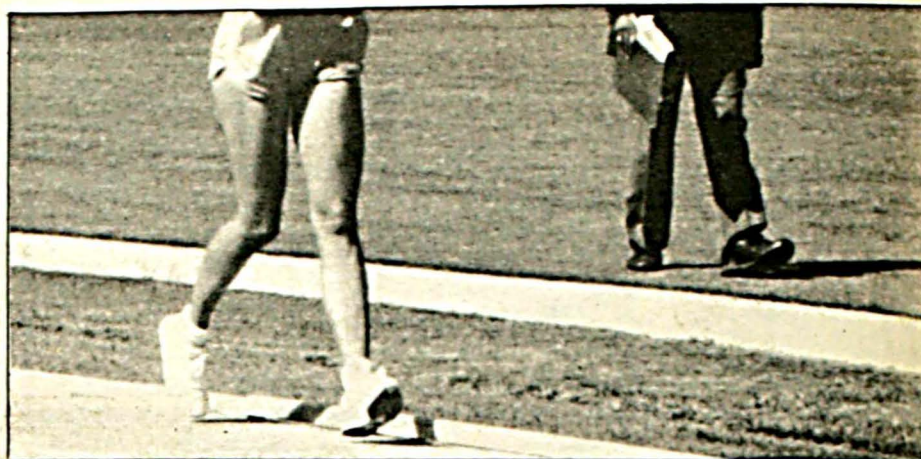
Up until that time, I had done over 400 running races and usually placed in the top five in my 10-year age group. I ran around 50 marathons and raced regularly in New York's Central Park.

One day I saw a friend of mine racewalking. I thought it looked strange, but when he invited me to racewalk a mile with him, I agreed. I couldn't go 100 feet. My legs ached. My stomach hurt. And I had always thought of myself as an athlete!

Later, my friend explained that racewalking is better than running cardiovascularly. There is no joint or major injury factor. You move more muscle groups. You burn more calories. You have more range of motion, and you can do it forever.

What the heck, I thought. How many times do I want to run another 10K in Central Park? So I started racewalking. At first, I would just go out and put in the mileage. I was used to putting in long and hard miles as a runner. I would frequently run 70-80 miles a week, and could hold a 5:00 mile pace racing.

But when I entered a racewalk, I would come in dead last. It was embarrassing. Everyone would be ahead of me. I was legal, but I was slow. I looked like one of those Frankenstein



Walking on air. This walker in the Western Regional Championships, Hayward, Calif., July 25-26, has lost contact with the track. The judge on the walker's right couldn't detect it because his eye is not as fast as the camera's lens and the curb blocks his vision.

National Masters News/Jerry Wojcik

walkers, stiff as a board with no range of motion.

Technique

Then, one day, Helene Britton gave me some pointers. She told me three things: (1) I was not leaning from the ankles into my walk, so I was pulling my body instead of pushing it.

(2) I was not rolling off the ball of my foot, and not getting that final spring from the ball to the toe. She told me it was a coil and recoil, like a snake. A snake can lengthen its body and strike in about two feet. In walking, the power is from the ball of the foot to the toe in the coil of the metatarsals and the muscles underneath the metatarsals. I was just coming up, leaving the ground at the ball of my foot and wasn't going clear off.

(3) I was not keeping my heel on the ground as long as possible. The reason for keeping your heel down is that the longer my heel is on the ground, the stronger my push-off is going to be and the longer my stride.

She also gave me imagery to do for hip rotation. I would stand in front of a mirror and would picture doing the rumba just to loosen the hips.

Improving my technique knocked six minutes from my time and I went from 54:00 to between 48:00-49:00. This was without DQ's or warnings. In fact, I have only had four warnings in my entire racewalking career and those were received when I was doing a 6:36 and 6:41 mile.

Visualization

Are there any special aids that you give masters walkers?

I think that guided visualization would help many masters. When you see athletes at the Olympic level, they use visualization because it works.

An example of guided visualization would be this: Visualize when you are walking that you are riding a bike and that your legs are just churning like a rubber band, smooth and loose and fluid where there is no separation between heel and toe, no lifting and effortless. Picture a white light coming from the middle of your chest so every time your arms come up, you are pulling yourself on a rope. The visualization is that you are not doing it all by yourself, but that you are being pulled by this white light. This makes you go faster.

Or take hill training for another example. I tell people when they are going up a hill to close their right eye, look forward on the ground and visualize going downhill. Without exception, by thinking that you are going downhill, your body thinks it is going downhill and you don't have the same stress.

I have actually tested this. I took people to a hill where they didn't know there was a hill. It was around the bend and about one mile. I had them close their right eyes and just look down in front of their feet so they wouldn't fall.

I also had them take their pulse before they started. The whole way up the hill, I kept saying, “It is easy, there is no effort on your heart, no effort on your lungs, no breathing problems; your muscles feel so relaxed, so supple, so elastic.”

When they got to the top of the hill, I told them to open their eyes and turn around and look back. They opened their eyes, turned around, looked down the one mile hill and were flabbergasted. I had them take their pulse, and their pulses had barely gone up from the beginning of the hill to the top.

Then I took another group of 20 people up the same hill. I told them, “Now we are going to climb up this hill.” Every step I said, “Oh, this is hard. I can't even breathe on this hill.” When we got to the top, their pulse rates had almost doubled.

Negative Splits

Nick Bdera taught me this lesson. We were in a 10K race. There were a lot of fast walkers in the race and when we went out, Nick said, “Stay with me.” And I did. I also said, “Nick, we are dead last!” There were about 80 people in the race, and we were the last two people. He said, “Don't worry. Now that we have gone a quarter of a mile, we have our breathing and rhythm down and are relaxed. Now we're ready to start pulling them in. We are going to do negative splits. Every mile we are going a little faster.”

It doesn't seem like 15-second drops would make a big difference, but the time savings accumulate. We started pulling in everybody, and came in 5th and 6th overall in that race.

Continued on page 13

Errors Noted in Spokane Results

by BEV LAVECK
National Masters
Racewalking Chairman

There were several errors in the published results of the 5K racewalk at the National championships in Spokane, August 13-16. The corrections are listed in this issue's results section.

There were differences between the official times — as recorded by the official timers — and the times taken by unofficial lap counters — who wrote down all split times. The times recorded on the latter's lap sheet are more accurate than the official times.

Polly Clarke, who probably set a new AR, didn't have a lap sheet and was given the “official time” that real-

ly belonged to Rose Kash, who finished one place ahead of her. Fortunately, Clarke's husband timed her correctly. This was verified the following day by checking the Accutrack photo.

This all goes to stress the extreme importance of having independent lap scorers write down the actual running time of each lap for each competitor. Even when a skillful finish-line judge makes no lap counting errors and has competitors go the correct number of laps, the timers — or person operating the chronomix button — can make errors.

High praise goes to Lawrie Robertson, who pulled the walks together, and to Barney Kinnick, for his work on the road course. 2□



Women's Corner

by BECKY SISLEY

Exercise and Osteoporosis

Osteoporosis is a severe bone loss or thinning of bone. Old bone is constantly breaking down and making new bone tissue. By our mid-30s, we start losing more bone than we make.

Osteoporosis affects up to 20 million U.S. residents yearly, mostly women over age 45. One in five women with hip fractures — about 40,000 in all — dies of complications, making osteoporosis a leading cause of death among older U.S. women.

Early menopause, low calcium intake, not enough exercise, drinking alcohol, and smoking cigarettes add to a woman's risk of getting osteoporosis. Since osteoporosis is essentially an irreversible disease, the optimum solution lies in prevention rather than treatment.

After menopause there can be a dramatic increase in the rate of bone loss because of reduced secretion of estrogen. Some menopausal changes can be relieved by replacement-estrogen.

Can physical activity alone prevent osteoporosis? It remains to be seen. There are only a few studies comparing bone density between female athletes to non-athletes. However, those few results uniformly show a higher bone mineral content in active women. A 1985 study found women in the Over-50 Runners Club had 40% greater bone density than expected for their age group. Studies caution that the exercise must be weight-bearing in nature. Thus, activities such as running, walking, hiking and tennis are good, while swimming and biking are ineffective. □

(Becky Sisley is an active masters competitor who lives in Eugene, Oregon. Her article is based on her own research into the subject of osteoporosis.)

Montana Meet Draws 95 to Bozeman

by MIKE CARIGNAN

Ninety-five competitors participated in the Montana Masters Meet in Bozeman, July 31-August 1, earning 115 medals using the meet's own set of standards. Mavis Lorenz added to her javelin world record set earlier in the summer with U.S. records in the W65 long jump (11-9½) and discus (84-9). Sixty All-American standards were achieved.

Tom Gage, who will turn 50 one week before the Indoor Championships in Bozeman, March 20-21, was the top age-graded performer with a 192-1 (94.9%) in the hammer. The 5000m times were outstanding, considering the 4900' elevation at the Montana St. U. track. The top five scorers for the winning Helena Cougars club each won \$50 in the team competition.

Manuel White, M75, was honored by having his image on the meet medal, as was Herb Kirk last year. Kirk, still active on the M.S.U. faculty, was the meet's oldest athlete at age 96.

Conditions were 80-90° and calm throughout the meet. □

Five Years Ago

- Laurie Binder Sets W40 Record (1:18:31) in America's Finest Half-Marathon
- Chris McCubbins (M40, 30:57) and Barbara Filutze (W40, 35:31) Win Asbury Park 10K
- Twin Cities Marathon Offers \$40,000 in Masters Prize Money



Janet Wilson, 39, after breaking the U.S. age discus record of 34.36m with a 44.92m, Western Regional Championships, Hayward, Calif., July 25-26. Wilson is flanked by her coach, Wilbur Thompson, M70, 1948 Olympic gold medalist (OR 17.12), and his wife, Nan.

Photo by Jerry Wojcik

Rocky Mountain Games Draw 132 to Boulder

The University of Colorado's Potts Field in Boulder played host to 132 athletes, age-30-and-up, in the 12th annual Rocky Mountain Masters Games on September 5-6 under near perfect conditions.

The most popular events were the 100 (39 starters) and 50-meter dashes (36 starters). George Crunkleton, 36, had the day's fastest times in the 50 (6.16), 100 (11.21), and 200 (22.62).

World Vets sprint champion Hugo Hartenstein, 57, absent from this year's nationals, captured the 50 (6.85)

and 100 (12.78). Jack Greenwood, 66, another world champion who missed the nationals, was also back in action.

Pearl Mehl set two single age-78 marks in the 1500 and 5000. Mike Hill, with 3788 points, outscored everyone in the pentathlon, while Scott Genter, 36, heaved the discus a healthy 159-8.

The annual Labor Day weekend event is open to all persons over age 30 and features expert officiating with records-verification and electronic timing.

—from David Simons

Masters Age-Graded Tables

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

- Includes single-age factors and standards for each age from 21 to 90 for men and women for every common track & field, long distance running, and racewalking event.
- Includes 5-year world and U.S. T&F age-group records, as of July, 1990.
- Shows how to conduct an age-graded track & field meet, road race or race walk.

- 66 pages. Easy to use.
- Detailed explanations, sample competitions, personal performance examples and charts.
- Compiled by the World Association of Veteran Athletes and the National Masters News.

Send \$5.95 plus \$1.00 postage and handling (\$5.00 foreign) to:

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

CZZMN

Name _____
Address _____
City _____ State _____ Zip _____



Deborah Eckhardt, 32, of New York, tests the knee in a run-up before taking a second (65-4/19.92) in the W30-34 division, TAC National Masters Championships, Spokane, Wash., August 13-16.

National Masters News/Jerry Wojcik



Pagliano's Podiatric Pointers

THE FOOT BEAT

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

Neurological Foot Problems

Q. I am a 45-year-old female runner who periodically experiences very severe pain in my toes. The soreness is mainly in the middle area of my foot, and is sometimes accompanied by a numbness or tingling sensation. What could be causing this problem, and what can I do to alleviate it?

A. The condition you describe may be attributed to some type of neurological disturbance in the foot. The most common ailment of this type in runners is called Morton's Neuroma.

The nerve that runs between the third and fourth toes is very susceptible to damage in active sports such as running. When it becomes irritated, it swells, causing a painful neuroma. The pain is often aggravated by squeezing the foot sideways, or by pressing between the third and fourth toes. In severe cases, the pain may even shoot up into the entire foot.

Neuromas are irritated by poorly-cushioned shoes, and shoes that are too narrow. Changing to a well-cushioned, wider shoe that does not squeeze the forefoot is a good idea. Adding an insole or a 1/4-inch metatarsal pad to the shoe should help to relieve forefoot pain.

If the condition persists, you should be examined by a foot specialist. In many cases, a custom-designed foot orthotic can help to control excessive foot pronation. Steroid injections can help reduce nerve inflammation, and, if all else fails, the neuroma can be removed under local anesthesia.

(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.) □

by NILPUSHPI WHITE

Victory Field, Forest Park, Queens, New York, proved true to its name on July 11, at the annual Sri Chinmoy Masters Games, as 171 athletes, age 40 and over, scored victories of many sorts. On this sunny Saturday, victory meant setting meet or personal records, crossing the finish line first, or simply crossing the finish line.

Ivan Black, 43, won the overall trophy for the men. In the morning he thought he had a chance to win the big trophy, but as the day wore on, he saw "the older guys competing in every event — often with little or no competition," and he began to lose hope. What he didn't know was that a graded scoring system took these inequities into account. If someone won and there was no competition, they got one point — if there was competition, they got three points. Ivan competed in 10



The three sisters from Queens, NYC, do it again! Rose Ruston and Pearl Auerbach of Jackson Heights and Sylvia Swartz of Forest Hills (l to r) laugh it up after each took the golds in the shot put, javelin, and discus at the Sri Chinmoy Masters Games in Queens, June 11. The sisters competed in three different age categories and each set meet records.

Photo by Adarini, Sri Chinmoy Marathon Team

A Day of Victories: Sri Chinmoy Masters Games

events, earning 18 points with four firsts.

Games founder Sri Chinmoy, 60, powered his way to the finish tape in the 100 in 13.7, a PR and a new meet record. Second was Tom Talbot, 60, (14.2). The two switched places in the 200m with a breathtaking photo finish — Tom's 29.6 just a hair ahead of Chinmoy's 29.7.

The three sisters, Pearl Auerbach, 70, Rose Ruston, 76, and Sylvia Swartz, 80, were back again, this year trailing clouds of glory from the New

York State Senior Games held in Portland, N.Y., June 11-14, where they won six gold medals each. The sisters have been gathering up the gold since they began competing in 1987.

The overall winner for the women, with 23 points, was Zofia Turosz, 54, who travelled from Hartford, Conn., for the meet. This is her second year in a row winning the overall trophy. Her mile race walk (9:02) topped the time in all the women's age-group categories by a full minute; so did her 6-minute mile run. Now that's some victory! □

West Virginia Hosts Midwest Masters Meet

by JERRY WOJCIK

Competitors in the Midwest Masters Track and Field Meet, held at Marshall University, Huntington, W. Va., on August 1, surpassed 35 All-American Masters Standards of Excellence and broke over 60 meet records.

James Stookey, M60, posted three solid wins, in the 100 (13.14), LJ (16-3 1/4), and TJ (32-2 1/2). Stookey

later won the M60-64 triple jump in the National Championships in Spokane.

Among the men's double winners were Scott Hartman, M40, 200 (24.10) and 400 (53.17); Larry Pratt, M50, SP (43-7 1/2) and DT (162-10); and Bill Weinacht, M75, 100 (13.71) and 200 (29.44).

Lucille Sampson, W60, earned women's All-American honors in the SP (26-4 1/2) and DT (62-70).

The meet was staged by the West Virginia Association/TAC, with David Stookey, Masters Chairperson, serving as director. □

NOW AVAILABLE

1991 U.S. Masters Outdoor T&F Rankings Book

- Men's and women's 1991 U.S. 5-year track & field age-group rankings.
- 56 pages, over 100-deep in some events.
- All T&F events, including 3000, 10,000, weight, relays; racewalks (1500, mile, 3000, 5000).

Send \$5.00 plus \$1.25 postage and handling (\$5.00 foreign) to:

NATIONAL MASTERS NEWS
P.O. BOX 2372
Van Nuys, CA 91404

Name _____

Address _____

City _____ State _____ Zip _____

Ten Years Ago

- Antonio Villaneuva, 42, Tops All Masters With a 2:13:41 in the Nike/Oregon Track Club Marathon
- Thane Baker, M50, Blazes to a 200 WR (23.4) in Rocky Mountain Games
- Eleven WRs Fall in First WAVA Decathlon Championships in San Diego
- British Olympian Tim Johnston Wins 10K (31:00) and Marathon (2:22:18) in World Veterans Distance Running Championships

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.*

CLASSIFIEDS

Classified ad rates are 75c a word. Count name and address as 5 words. Race notices are 5c per word. Prepayment required with copy. Deadline is the 10th of the month prior to the issue date. Send to NMN, PO Box 2372, Van Nuys, CA 91404.

SPORT QUILTS. Personalized quilts made from your favorite T-Shirts. Ideal Christmas gift. For brochure send SASE to Anne Trifanie, Rt. 2, Box 139, Leesburg, VA 22075 (703) 338-3825.

DISCOUNT PRICES for Masters. BOOKS FOR RUNNERS. Unique gifts for the holidays. FREE catalog. Great selection of Logs. The CAVU Co., 60121 Sweetgrass Lane - Dept. NM - Bend, OR 97702. 503-382-0864.

Masters Racewalking

Continued from page 10

It taught me a lesson about negative splits. At the beginning of a race, I always see people getting psyched and nervous with their adrenaline pumping. The danger of adrenaline is this: Adrenaline will get you super-psyched, super-hyped and super-strong for about 30 to 60 seconds. Then, it falls below normal and you experience a physical depression. As a result, those people who try to psyche themselves or stimulate themselves with caffeine, get a momentary rush and then a big drop off.

What do you think of the masters program generally?

I think that masters walking should be better promoted. And I will tell you why. I would still be running today at 47 if I hadn't met my racewalking friend that day. At least 80 percent of the runners I know would walk if they were told more about walking, if they understood it, and were given clinics about it. I feel that the racewalking community has a responsibility to talk more to the running community, to offer free clinics, and to encourage them.

I have a runners' group and a walkers' group in New York. We train, on average, 200 racewalkers per season and there are two seasons a year. Joan Rowland, Queenie Thompson, Thelma Wilson, Leo Rivera, and Liz Galasso — these are people who started from scratch and have become fine athletes.

Is there anything you'd like to say to new masters racewalkers?

I think that masters are the best learners. First, masters have the patience and the life experience to learn. A lot of young people get very impatient with themselves, and if they don't do well, they drop out. No matter what age a person starts, the key is to be patient and look around to see what information works. In other words, you have to honor your body and honor that your body is unique. No matter whether you are short or tall, have arthritis in the knees or back, make your body work for you as well as it can. Walking will add quality to your life. □

PUBLICATIONS ORDER FORM

Quantity		Total (US\$)
_____	Masters Age Records Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1991. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and TAC Masters T&F Records Chairman. \$4.00.	\$ _____
_____	Masters Track & Field Rankings Men's and women's 1991 U.S. outdoor track & field 5-year age group rankings. 56 pages. Over 100-deep in some events. All T&F events, including mile, weight, relays, and walks (1500, mile, 3000, 5000). Coordinated by Jerry Wojcik, TAC Masters T&F Rankings Chairman, and the National Masters News. \$5.00.	\$ _____
_____	Masters Age-Graded Tables Single-age factors and standards from age 21 to 90 for men and women for every common track & field, long distance running, and race-walking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 66 pages, including samples and charts. Compiled by the National Masters News and the World Association of Veteran Athletes. \$5.95.	\$ _____
_____	Masters 5-Year Age-Group Records Men's and women's official world and U.S. Outdoor 5-year age group records for all track & field events, age 35 and up, as of April 15, 1992; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and TAC Masters T&F Records Chairman. \$1.50.	\$ _____
_____	Competition Rules for Athletics (1992) U.S. rules of competition for men and women for track & field, long distance running and race walking — youth, open and masters. \$9.95.	\$ _____
_____	IAAF Scoring Tables (1985) Official world scoring tables for men's and women's combined-event competitions. \$11.95.	\$ _____
_____	Time Master Calculator Ideal for use in age-graded scoring. Works directly in hours, minutes, seconds. Acts as stop watch and calculator. \$45.00.	\$ _____
_____	Guide to Prize Money Races and Elite Athletes 1992 Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 800 contact addresses and phone numbers, calendar and contacts for over 400 prize-money events, plus much more. \$46.00.	\$ _____
_____	TAC/USA Patches. Embroidered, 4" x 3" - \$3.50.	\$ _____
_____	U.S. Track and Field Team Patches. Embroidered, 3½" x 2½". \$3.50.	\$ _____
_____	U.S. Track and Field Team Lapel Pins, Cloissone enamel, 1½" x 5/8" bar pin with safety catch. \$3.50.	\$ _____
_____	The Masters Running Guide by Hal Higdon 160-page paperback. Higdon reveals tips that helped him win three world championships in masters competition: base fitness, improving with age, training smart, maintaining mobility, minimizing injury, motivation, diet, increasing your youthspan. \$9.95.	\$ _____
_____	Run Fast by Hal Higdon How to Train For a 5K or 10K Race. How to train smarter, enhance fun, build strength, achieve endurance and run faster. \$14.95.	\$ _____
_____	Winning Secrets by Dr. Ladislav Pataki and Lee Holden 180-page paperback. Confessions of a Soviet-Bloc Sports Scientist. Secrets of Soviet training methods. New training concepts. "A remarkable work by a remarkable man." — Mac Wilkins. \$14.95.	\$ _____
_____	Running Research News Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. Written in an easy-to-read style, it offers many practical tips for improving individual workouts and overall training programs. "Simply the indispensable running newsletter." — Amby Burfoot. \$16.00 per year.	\$ _____
_____	Back Issues of National Masters News Issues: _____ \$2.50.	\$ _____
	Postage and handling	\$ 1.25
	Overseas Air Mail (add \$5.00 per book)	\$ _____
	TOTAL	\$ _____
	Send to: National Masters News Order Dept. P.O. Box 2372 Van Nuys, CA 91404	
	Name _____	
	Address _____	
	City _____ State _____ Zip _____	



October
25thOctober
25th

SIXTEENTH ANNUAL CANADA vs. U.S.A. MASTERS CROSS-COUNTRY CHALLENGE MATCH

Run For Your Country

This event goes back to the heady days of 1977, when we were still discovering the joys of masters sport and the international friendships it promoted.

We meet again every year, but every year is different and new.

The FLEISHMAN CUP changes hands more often now. Who wins in '92?

Cross-country - the end of the season - the breath of winter in the air - the challenge of the course

THIS YEAR, our annual challenge will take place in St Catharines, Ontario, in the grounds of Brock University, on Sunday Oct. 25th.

The location has been chosen to make it easier for those south of the border to make the trip. AND, we have arranged block booking at a Skyline hotel in Niagara Falls, overlooking the Falls, at a sweetheart rate which includes dinner the night before. This year's event can be a real celebratory party!

ELIGIBILITY: Women over 35. Men over 40.

AWARDS to First Three in Each Five Year Age Class

SCORING: will be based on 5-year age divisions starting at age 35 for women and age 40 for men. Age on race day will determine competitor's age division. Finish PLACE will count, not time. The team with the lowest total number points in all age divisions will win. We have a scoring system which gives every runner an opportunity to score, without giving unfair advantage to the host country. It has two main provisions:

- in divisions with runners from both countries, the lowest number of starters from either country will determine the number to count (but note that even below that number, you will still affect the standing of a runner from the other country);

- if one country has no competitors in an age division, the number to count will be 1, if one country has only 1 runner, or 2 if there are 2 or more, with the defaulting country being assigned points as though they had one or two runners finishing last.

(Example: Canada has 1 runner only, U.S. none:- Can. 1pt; U.S. 2. Canada has 7 runners, U.S. none:- Can. 3 pts., U.S. 17.)

ACCOMMODATION: Skyline Brook Hotel, 5705 Falls Avenue
Phone (416) 374-4444 Niagara Falls
Fax (416) 374-0885 Ontario L2E 6W7
Mention Can-Am Challenge

The deal is - \$65 Canadian room rate, single or double occupancy. This includes all taxes AND a set dinner the previous evening. We have a block booking for a few rooms on the Friday evening and for more on the Saturday evening, so book early. With this deal you can spend some time by the Falls in a good hotel at a great price. Bring someone! Only on the Sunday morning does life get serious!

RACE TIME: 11:30 a.m., Sunday October 25th. 8K - 2 loops

Brock University is about 36 miles from Buffalo, 12 miles from Niagara Falls. Take QEW. Exit south at Exit 49, near St. Catharines, onto 406. Drive 6 miles on 406 to St. David's Road West ... turn right and it is only a short distance to the University. Park in the Phys. Ed. parking lot. The Phys. Ed. block has changing facilities.

...out here.....

CAN/AM ENTRY FORM

NAME :(please print).....

SEX :..... AGE ON Oct. 25th: COUNTRY:.....

ADDRESS:

.....Postalcode.....

Phone # (home)..... (bus).....

Competitor's entry fee enclosed: J.S.\$ 10 or Can.\$ 12 ...
Additional barbecue(s) : U.S.\$ 4 Can.\$ 5 ...
(for accompanying guests) Total: Total:

Please sign the waiver on the other side.

Are you booking into Skyline hotel Friday?..... Saturday?

Mexico Hosts Championships

Continued from page 1

There were 420 athletes from eleven countries (Canada, Chile, Costa Rica, the Dominican Republic, France, Mexico, Puerto Rico, South Africa, Trinidad/Tobago, U.S. and Venezuela). As expected, most of the participants were from Mexico. The USA was represented by 44 competitors.

Aside from a few meet problems, including no judges for the track walk, some initial lap-counting problems in middle distance events, and initial failure to locate the pole vault cross bar (a neon-colored bungee cord was used for some of the warm-ups), the meet progressed well. There was no wind gauge ... but that also occurred at the U.S. open championships in 1991.

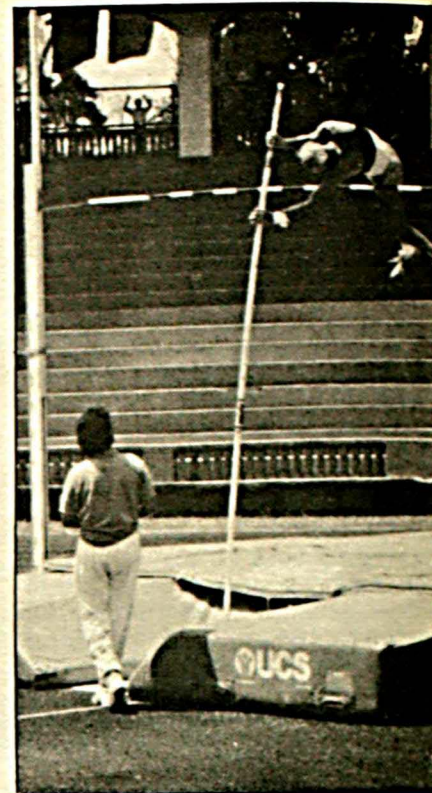
Marcellino Contreras, meet organizer, said "we experienced troubles because the support from the official Mexican sports bureau was insufficient and void, but the games were a success and I congratulate all the athletes who participated."

The competition was in many cases quite keen among athletes and there was plenty of good cheer and fellowship among the athletes to make the trip worthwhile. Visions of having no hotel room faded and were replaced by positive images.

At least two days had long day-time breaks, presumably for the heat, which afforded time for side trips to the archeological museum or to nearby towns or ruins. Many of the competitors enjoyed themselves so much that they asked the meet organizers to consider another regional meet, perhaps in the vicinity of Mexico City, in the future.

The North American Assembly elections resulted in several new officers:

President & WAVA Delegate: Rex Harvey, U.S.A.; Vice President: Marcellino Contreras, Mexico; Secretary: Xeno Constance, Trinidad/Tobago; Treasurer: Jack Loman, Canada; Stadia Chairman: Don Farquharson, Canada; Non-Stadia Chairman: Norman Green.



New Hampshire's Boo Morcom, a 1948 Olympian, vaults to a new U.S. M70 record of 3.15m (10-4) at the WAVA North American Championships August 19-23 in Xalapa, Mexico.

Photo by Bill Brobst

PARTICIPANTS IN NORTH AMERICAN CHAMPIONSHIPS

	Men	Women
1 Canada	14	5
2 Costa Rica	4	0
3 Chile	1	0
4 France	1	0
5 Dominican Republic	4	1
6 Puerto Rico	4	0
7 Mexico	245	88
8 South Africa	1	0
9 USA	32	12
10 Trinidad & Tobago	4	2
11 Venezuela	2	0
Total	312	108

U.S.A.; Multi-Event Chairman: Liz McBlain, Canada; Racewalking Chairman: Robert Fine, U.S.A.; Women's Representative: Ruth Anderson, U.S.A.

After the election a new constitution was discussed and adopted, with details to be given in a separate article by Harvey.

Complete results next month. □

Miyazaki '93

one year to go!

Northwest Event Management, Inc. will be conducting one of its highly acclaimed tours to Miyazaki, Japan in October of 1993 for the Xth World Veterans' Championships.

We've been to Miyazaki, and can tell you that the track & field facilities are about the best we've seen for a World Championships. We have our hotel rooms blocked, and are anticipating a great tour to Japan next year.

If you would like to receive information about the Miyazaki Tour as it becomes available — with absolutely no obligation — mail or fax your name & address to: NEM, Inc., Box 10825, Eugene, OR 97440. FAX: 503/687-1016. PHONE: 503/687-1989.

OFFERED BY NORTHWEST EVENT MANAGEMENT, INC.
(Tom Jordan & Barbara Kousky, Directors)

Ogden Stars in British Championships

by JERRY WOJCIK

Jo Ogden, W65, was the star of the British Veterans Athletic Federation Track and Field Championships held in Copthall on a hot and humid July 18-19 weekend.

Her five gold-medal performance included a javelin world record of 30.58 (old record 25.80) and four British records in the 100 (14.84), 200 (31.34), SP (9.08), and HT (28.58).

Other national records included a 14.86 in the 100H by M50 Berry

Ferguson, who won (14.98) in the European Veteran Championships in Norway, and a 17:10.9 5000 by M60 Laurie O'Hara. The new BVAFA Chairman, Keith Whitaker, showed his pedigree by winning (48.77) the M60 300H.

Guest athletes included U.S. competitors Nate Robinson, M40 hurdler, Ed Matthews, M70 sprinter, and Jerry Donley, M60 pole vaulter, who all finished first in their specialties. □

WAVA Championship

Continued from page 1

for second (30:51), ahead of German Ingo Senzburg (30:53).

Britisher Alun Roper took the M45 race in 31:18 from Belgium's Omer Van Noten (31:24). Bill Stoddart of Britain won the M60s in 35:23 before returning the following day to surprise Norman Green of the U.S. in the 25K, with a 1½ minute victory in 1:34:50.

Britain's Bronwyn Cardy-Wise, W40, was first overall in the women's 10K in 35:04. In the W45 class, there was a battle between Pat Gallagher and Elaine Statham of Britain, won by Gallagher in 37:14. She was, however, headed by the Swiss W50 Ursula Odermatt (37:04). Jose Waller of Britain took the first of two golds in the W70 class, with a 49:46.

McLeod felt the Championships lacked many top veteran runners like Joe Nzau, Nick Rose and Pierre Levisse.

"I can understand why Nick and the rest of the boys weren't here," he told Duncan MacKay of *Athletics Today*. "They have to make a living out of the sport."

The 25K was of a lower standard, but was also badly affected by weekend rain and hailstorms that at one point slowed the leaders to a jog where the road was turned into a lake. Eventually, the pace picked up and Britain's Dave Hill broke clear at the 19K mark to win from the former East German marathoner Klaus Goldammer, in 1:22:08.

There were serious problems with results which led to protests at the prize giving.

Liz Hughes of Britain had suffered from a virus last year but recovered to win this race by four minutes in 1:33:58. Sue Coxshall (W40, 1:38:17), Britain, Yerti Wettstein (W45, 1:38:31), Switzerland, and Christine Fuchs (W50, 1:39:03), Germany, all gave good age-graded performances, with the British women cleaning up in the older groups.

There were few entries from outside Europe. One South African appeared, but the Australians were absent. It was disappointing that the American presence was also limited, especially as the dollar had only dramatically weakened after entries closed.

The WAVA Non-Stadia Committee met during the weekend and voted to give priority for the 1994 Championships to Toronto in late July if its formal bid is received before November 1, 1992.

If Toronto fails to file such a bid, misses the deadline, or is perceived not to be ready for the championships (to be determined by a site visit), the 1994 Road Championships will go to Brugge, Belgium.

The Committee voted to recommend to the WAVA Council the addition of a 20K walk for women and a 30K walk for men to the 1994 Championships. □



Bill Bangert, M65, at the post-meet dinner with his daughter Celia (l) and her friend Mandy (r), South African Championships, Krugersdorp, May 8-9. Bangert won golds in the shot put (11.45) and discus (37.30), and finished second in the Weight Pentathlon (3304) behind J. Visser (3316).

Photo from Laurie Wale

Brugge Veterans 10K & 25K Held in Belgium

The Brugge Veterans Races in Belgium, which originated in 1972, were held this year on June 20-21. Russian Michael Ulymov, M40, took the 10K race by ten seconds from Ken Woodhouse, Great Britain, with a 31:46. The M45, M50, and M60 races also went to Russian Runners.

Pat Gallagher, W45, Great Britain, ran an amazing 37:22, finishing 24th overall, to take the women's 10K from Diane Underwood, W35, Great Bri-

tain, who closed in 38:08.

Forty-five-year-old Omer Van Noten of Belgium won the 25K by nearly two minutes with a 1:18:37, leaving second to Britain's Dave Hill, M40, 1:20:20.

In the women's race, Belgians Vicky Hendrickx, W35, 1:39:10, and Lisette Devoogt, W45, 1:41:58, finished 1-2.

Other represented countries included the U.S., France, Holland, Ukraine, and Lithuania. □



SPORTS TRAVEL INTERNATIONAL LTD

YOUR BEST CHOICE FOR
JAPAN '93 X WAVA

- Sports Travel International is the most experienced agency for travel to international meets.
- Sports Travel International offers the best range of accommodations while in Asia
- Sports Travel International provides a complete "Asian Experience" — not just air travel & hotel.

For More Information
Please Call:

(619) 225-9555

- or -

1-800-466-6004

FAX: (619) 225-9562

X WORLD VETERANS CHAMPIONSHIPS MIYAZAKI, JAPAN — OCTOBER 7-17, 1993 TRAVEL TOGETHER AND SAVE!!!

Complete package includes: round-trip airfare, selected accommodations, transfers, personal escort by Paul Geyer, masters racewalker (1991 Turku trip). Optional local tours and other destinations.

Package will cover to and from all destinations in USA and Canada.

Please write or call Paul Geyer for all information which will be available soon. Don't wait. Do it now!

SKI & TRAVEL INTERNATIONAL
P.O. Box 630096, Miami, FL 33163
Telephone or FAX (305) 935-6063

(Coordinated by Jerry Wojcik, T&F Rankings Chairman)

1992 Indoor 400M Rankings Compiled by Larry Patz and Andrew McNeil		KEVIN LOZANO 58.20 21- 30		DAN WELLER 1:00.50 PHIL DORFF 1:01.20 JOE DEMAIO 1:01.80 LARRY ISLER 1:02.04 RAY PANEK 1:03.80 P. HOGAN 1:05.52		BOB FUHRMAN 1:02.80 DAVID AYERS 1:03.51 PAUL DAVIS 1:04.89 BOB EVAN 1:09.80 JAMES BANKS 1:11.18 G. KAPSULLS 1:11.66		SAM MADIA 1:11.70 BOB FARSONS 1:12.90 OSCAR HARRIS 1:14.50 HOWARD MacMILLAN 1:15.00 CHARLES McGARVEY 1:17.80		WOMEN'S 40-44 1- 10	
NAME	TIME										
MEN'S 30-34 1- 10											
CHRISTIAN GIBSON	50.10			STANLEY WHITLEY	51.97	LARRY COLBERT	55.96	WILLIS MOSES	1:19.12		
ROBERT ABDULLAH	50.70			ROGER PIERCE	53.80	KEN BAKER	57.62	ROBERT WINGO	1:20.12		
FRED FEASTER	52.20			MARKUS HEIDELBERG	54.20	RICHARD RIZZO	57.70	SID TOABE	1:21.80		
J. SMITH	52.41			RON JOHNSON	54.37	JAMES MATHIS	58.10	BUZZY HOOD	1:23.92		
V. ROGERS	54.06			GORDON REITER	56.10	CLIFFORD PAULING	58.41	ROY ENGLERT	1:37.13		
FRANK MAKOZY	54.60			G. ROBINSON	56.53	PAUL JOHNSON	58.71	MEN'S 70-74 1- 10			
CARLTON WARD	54.74			CEASAR AUSTIN	56.62	FRED SCHLERETH	1:00.70	EDWARD MATTHEWS	1:09.10		
MICHAEL VORHES	54.75			CHIP ROBINSON	56.80	ROBERT COZENS	1:01.90	JAY SPONSER	1:10.15		
JAY MATHIS	54.90			PAUL HENRY	57.43	JOSEPH HEMLER	1:04.20	JOHNSON	1:11.10		
JOHN FOLAN	55.10			MIKE RADOV	57.80	IRWIN BERNSTEIN	1:04.36	JIM MANNO	1:11.20		
MEN'S 40-44 1- 10											
GREGORY STEPHENS	55.20			BILL HENRY	58.40	TONY DAPONTE	1:05.40	JOHN MCCARTHY	1:23.97		
DAVID KNAUS	55.33			ED LILLIS	58.49	JAMES BRADLEY	1:05.90	GEORGE RAJCEVICH	1:26.99		
LAWRENCE FINLEY	55.95			GARY PATTERSON	59.46	RICHARD CROAK	1:06.40	ROBERT WARWICK	1:27.03		
M. EGLE	56.08			LARRY SIMMONS	59.60	KEN NORTHRUP	1:07.20	RUSSELL MORE	1:27.80		
FRED HERVERT	56.51			MICHAEL BILLMAN	1:00.21	J. McDONALD	1:07.46	CLARENCE OSBORN	1:45.30		
RODNEY WILSON	57.30			VICTOR BROUSHET	1:00.76	PHILIP PLANT	1:09.20	EARL COLE	1:50.20		
KEVIN GOLDSTEIN	57.60			K. SMITH	1:02.22	RAY EILAND	1:21.72	MEN'S 75-79			
MIKE SHANNON	57.90			PETER FELDMAN	1:02.40	FRED WIMMER	1:23.00	MILO LIGHTFOOT	1:24.75		
JEFF BROWER	57.91			MARSHALL FISHER	1:02.60	MEN'S 60-64 1- 10					
DAVID HEIDLER	58.40			BOB CHINCHILLO	1:02.70	HARRY BROWN	1:01.56	FRED WHITE	1:32.50		
MEN'S 35-39 1- 10											
MICHAEL McDOWELL	50.55			BOB BRIDGES	1:03.20	GORDON SEIFERT	1:02.85	HAROLD MASSIE	2:16.50		
GEORGE CRUMMEL	52.10			ROGER STEELE	1:03.70	ANDY ANDERSON	1:03.62	MEN'S 80-84			
DON MCNEILL	52.60			MIKE CACCUITO	1:04.50	CHUCK SOCHOR	1:04.67	VIRGIL MCINTYRE	1:31.76		
JAMES EASTER	52.80			TOM CARPER	1:04.82	BERNARD STEVENS	1:04.86	RICHARD LACEY	1:43.99		
ADRIAN STERRETT	53.20			BOB CONGDON	1:05.30	JACK GREENWALD	1:05.10	WOMEN'S 30-34 1- 9			
ROBERT E BOWEN	53.29			THOMAS J HARTMAN	1:06.10	ROGER HOCKER	1:08.01	STEPHANIE VEGA	57.70		
CALVIN SAULSBERRY	53.60			MEN'S 50-54 1- 10			D. KLINGENSMITH	1:08.13	LOUISE CLARK	1:02.07	
MATT RECKMEYER	54.10			WILLIAM BURRELL	56.22	DICK EDMONDS	1:09.82	JOAN STERRETT	1:04.20		
RON TAYLOR	54.10			EDWARD SMALL	56.23	BILL BOWERS	1:09.90	MONICA HIRIS	1:05.03		
DAVID ORTMAN	54.20			STEPHEN IRELAND	57.91	THOMAS MORRIS	1:12.10	MAURA GILL	1:06.40		
MEN'S 45-49 1- 10											
HORACE HUDSON	54.30			GLENN SHANE	58.87	JACK NYHAN	1:12.30	BERNADETTE CREED	1:06.50		
WILLIAM CHEADLE	54.96			RICHARD RIZZO	59.10	JACK LANCE	1:12.30	CAROL ASAM	1:08.62		
KEITH WITHERSPOON	55.01			BILL MCILWAINE CAN	59.10	GEORGE LUCE	1:13.50	MARY CLAEYS-OTTO	1:10.20		
RON FISHER	56.12			JOE JOHNSON	59.92	TOM DYCKMAN	1:14.50	K STUART-SMITH	1:19.10		
DON JONES	56.20			BOB BURKE	58.30	MEN'S 65-69 1- 10					
FRANKLIN KNOX	56.30			RUSSELL FLOYD	58.60	WILLIE BLACKMON	1:03.17	IRENE THOMPSON	1:03.40		
WARREN FISHER	56.70			MIKE CONWAY	58.90	JIM LAW	1:03.56	JEAN ROEDER	1:11.64		
KERMIT HUMMEL	57.54			BEN DRAPER	58.90	ROBERT NAYLOR	1:06.30	DIANNA BEST	1:12.57		
BRIAN BOHNE	57.78			MEN'S 55-59 1- 10			MELVIN B. LARSEN	1:07.78	MARY CROUSE	1:16.25	
MEN'S 60-64 1- 10											
DAVID LARSON	59.00			THORNTON SHELTON	1:01.83	JOE BERGTHOLD	1:11.40	GERALDINE ANTHONY	1:23.52		
JOSE MARTINEZ	59.40			LAWRENCE HAVEN	1:02.00	WOMEN'S 35-39					
ED LYONS	59.50			RALPH O'NEAL	1:02.16	WILLIE BLACKMON	1:03.17	IRENE THOMPSON	1:03.40		
NOAH PERLIS	1:00.30			BARRY KLINE	1:02.20	JIM LAW	1:03.56	JEAN ROEDER	1:11.64		
MEN'S 65-69 1- 10											
DAVID LARSON	59.00			THORNTON SHELTON	1:01.83	ROBERT NAYLOR	1:06.30	DIANNA BEST	1:12.57		
JOSE MARTINEZ	59.40			LAWRENCE HAVEN	1:02.00	MELVIN B. LARSEN	1:07.78	MARY CROUSE	1:16.25		
ED LYONS	59.50			RALPH O'NEAL	1:02.16	JOE BERGTHOLD	1:11.40	GERALDINE ANTHONY	1:23.52		
NOAH PERLIS	1:00.30			BARRY KLINE	1:02.20	WOMEN'S 40-44 1- 10					
MEN'S 70-74 1- 10											
DAVID LARSON	59.00			THORNTON SHELTON	1:01.83	WILLIE BLACKMON	1:03.17	IRENE THOMPSON	1:03.40		
JOSE MARTINEZ	59.40			LAWRENCE HAVEN	1:02.00	JIM LAW	1:03.56	JEAN ROEDER	1:11.64		
ED LYONS	59.50			RALPH O'NEAL	1:02.16	ROBERT NAYLOR	1:06.30	DIANNA BEST	1:12.57		
NOAH PERLIS	1:00.30			BARRY KLINE	1:02.20	MELVIN B. LARSEN	1:07.78	MARY CROUSE	1:16.25		
MEN'S 75-79 1- 10											
DAVID LARSON	59.00			THORNTON SHELTON	1:01.83	JOE BERGTHOLD	1:11.40	GERALDINE ANTHONY	1:23.52		
JOSE MARTINEZ	59.40			LAWRENCE HAVEN	1:02.00	WOMEN'S 45-49 1- 6					
ED LYONS	59.50			RALPH O'NEAL	1:02.16	HARRY BROWN	1:01.56	A. ROSENITSCH CAN	1:09.15		
NOAH PERLIS	1:00.30			BARRY KLINE	1:02.20	GORDON SEIFERT	1:02.85	WOMEN'S 55-59			
MEN'S 80-84 1- 6											
DAVID LARSON	59.00			THORNTON SHELTON	1:01.83	ANDY ANDERSON	1:03.62	CAROLYN CAPPETTA	1:07.60		
JOSE MARTINEZ	59.40			LAWRENCE HAVEN	1:02.00	CHUCK SOCHOR	1:04.67	CAROLE AUSTIN	1:19.80		
ED LYONS	59.50			RALPH O'NEAL	1:02.16	BERNARD STEVENS	1:04.86	SALLY STIEGELM'ER	1:20.99		
NOAH PERLIS	1:00.30			BARRY KLINE	1:02.20	JACK GREENWALD	1:05.10	KATI MCINTYRE	1:21.43		
MEN'S 85-89 1- 6											
DAVID LARSON	59.00			THORNTON SHELTON	1:01.83	ROGER HOCKER	1:08.01	WOMEN'S 60-64			
JOSE MARTINEZ	59.40			LAWRENCE HAVEN	1:02.00	D. KLINGENSMITH	1:08.13	STEPHANIE VEGA	57.70		
ED LYONS	59.50			RALPH O'NEAL	1:02.16	DICK EDMONDS	1:09.82	LOUISE CLARK	1:02.07		
NOAH PERLIS	1:00.30			BARRY KLINE	1:02.20	BILL BOWERS	1:09.90	JOAN STERRETT	1:04.20		
MEN'S 90-94 1- 6											
DAVID LARSON	59.00			THORNTON SHELTON	1:01.83	THOMAS MORRIS	1:12.10	MONICA HIRIS	1:05.03		
JOSE MARTINEZ	59.40			LAWRENCE HAVEN	1:02.00	JACK NYHAN	1:12.30	MAURA GILL	1:06.40		
ED LYONS	59.50			RALPH O'NEAL	1:02.16	JACK LANCE	1:12.30	BERNADETTE CREED	1:06.50		
NOAH PERLIS	1:00.30			BARRY KLINE	1:02.20	GEORGE LUCE	1:13.50	CAROL ASAM	1:08.62		
MEN'S 95-99 1- 6											
DAVID LARSON	59.00			THORNTON SHELTON	1:01.83	TOM DYCKMAN	1:14.50	MARY CLAEYS-OTTO	1:10.20		
JOSE MARTINEZ	59.40			LAWRENCE HAVEN	1:02.00	WOMEN'S 65-69					
ED LYONS	59.50			RALPH O'NEAL	1:02.16	PATRICIA PETERSON 1:25.57					
NOAH PERLIS	1:00.30			BARRY KLINE	1:02.20	DOTTIE GRAY 1:30.59					
MEN'S 100-104 1- 6											
DAVID LARSON	59.00			THORNTON SHELTON	1:01.83	MARGOT McCAFFREY 1:38.20					
JOSE MARTINEZ	59.40			LAWRENCE HAVEN	1:02.00	WOMEN'S 70-74					
ED LYONS	59.50			RALPH O'NEAL	1:02.16	CAROL PEEBLES 1:45.03					
NOAH PERLIS	1:00.30			BARRY KLINE	1:02.20	DIANE FRIEDMAN 1:45.72					
MEN'S 105-109 1- 6											
DAVID LARSON	59.00			THORNTON SHELTON	1:01.83	VERDA COPES 2:43.88					
JOSE MARTINEZ	59.40			LAWRENCE HAVEN	1:02.00	WOMEN'S 75-79					
ED LYONS	59.50			RALPH O'NEAL	1:02.16	PEARL MEHL 1:51.05					
NOAH PERLIS	1:00.30			BARRY KLINE	1:02.20						



TRAIN WITH THE CHAMPIONS

**"Still the BEST teaching videos on the market
for coach and athlete....."**

Order video tapes from these Olympic Athletes:

MAC WILKINS **Gold Medal Discus**

Training, technique and slomo analysis of Schmidt, Delis, Sylvester, and Bugar

AL FEUERBACH Basic 70' Shot Putting

Rotational style with Dave Laut. Also weight training and drills.

YURIY SYEDIKH'S SYBERVISION HAMMER THROW

Eastern hammer technique with drills explained by U.S. Coach Ed Burke

WILLIE BANKS **BANKS ON TRIPLE JUMP**

Drills, weight training and bounding demonstrated by Willie Banks

Name _____

Address _____

Card # _____

Exp. Date _____

GOLD MEDAL DISCUS \$49.50

BASIC 70' SHOT PUTTING \$49.50

DISCUS - SHOT COMBO \$90.00

BANKS ON TRIPLE JUMP \$59.95

SYBERVISION HAMMER \$60.00

WA Sales Tax &/or Shipping _____

Add \$3.50 1st class/\$2.50 reg. mail

VHS ONLY	TOTAL
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9
10	10
11	11
12	12
13	13
14	14
15	15
16	16
17	17
18	18
19	19
20	20
21	21
22	22
23	23
24	24
25	25
26	26
27	27
28	28
29	29
30	30
31	31
32	32
33	33
34	34
35	35
36	36
37	37
38	38
39	39
40	40
41	41
42	42
43	43
44	44
45	45
46	46
47	47
48	48
49	49
50	50
51	51
52	52
53	53
54	54
55	55
56	56
57	57
58	58
59	59
60	60
61	61
62	62
63	63
64	64
65	65
66	66
67	67
68	68
69	69
70	70
71	71
72	72
73	73
74	74
75	75
76	76
77	77
78	78
79	79
80	80
81	81
82	82
83	83
84	84
85	85
86	86
87	87
88	88
89	89
90	90
91	91
92	92
93	93
94	94
95	95
96	96
97	97
98	98
99	99
100	100

MAC WILKINS PRODUCTIONS

P.O. BOX 5571

BELLEVUE, WA 98006

PHONE ORDERS (206) 562-1875

MASTERS SCENE

NATIONAL

• Omitted from the 1992 National Masters T&F Championship results, September NMN, was the M75 5000 RW, won by **Bill Peterson**, Greensboro, NC in 33:21.6, with **Bill Tallmadge**, Kentucky, second (33:50.5), and **Don Johnson**, New Jersey, third (34:48.1).

• **Steve Shopoff** (45, 6:04:44), El Paso, TX, and **Barbara McLeod** (54, 8:08:10), Ontario, Canada, were the top finishers in the National Masters 50 Mile Championships, Columbus, OH, March 29.

• **Baton Rouge, LA**, is the host city for the U.S. National Senior Sports Organization Classic IV — The Senior Olympics — in June 1993. The 1991 event — a biennial multi-sport competition for men and women age-55-and-over — drew over 4000 to Syracuse, NY.

• **Bill Rodgers** captured TAC's National Masters 20K Championships with a 63:07 (\$1000) on September 7 in New Haven, CT (17th overall). **Doug Kurtis** (63:48, \$600) was second 40+ and 21st overall. **Carol McLatchie** (73:46, \$1400) was first woman-over-40 and sixth female finisher. **Barbara Filutze** (74:13, \$700, 9th) and **Nancy Grayson** (75:12, \$450, 12th) were runners-up. Complete results and story next month.

• **Marty Post**, masters researcher extraordinaire, says to watch out for France's **Jean-Michel Charbonnel**, who ran a 2:12:39 marathon in Paris last March a month before his 40th birthday. He's scheduled to run Twin Cities (also TAC's National Masters Marathon) this month.

EAST

• The best LDR bargain for November is in one of the most expensive cities in the U.S. — New York. For a mere \$8, you can run in the National Masters 15K X-Country Championships in the

Bronx, November 29, get a souvenir T-shirt, and indulge in a complimentary after-race buffet. The NYRRRC and the Millrose Team, with the help of the Metropolitan Athletics Congress and the NYC Dept. of Parks and Rec., are organizing the event. See LDR Nationals in schedule.

• **George Bonzet**, of South Africa, logged a masters win, with an eighth-place 1:11:08 in the NYRRRC Hispanic Half-Marathon, Central Park, August 16. **Vincent Gaines**, 45, was second in 1:15:56. **Ann Davies**, 45, took the W40+ race in a seventh 1:28:34. **Muriel Merl**, 66, was W65 winner in 1:57:01. Finishers numbered 1481 men and 481 women.

• **Paul Mascali**, 40, NYC, was first of 472 finishers with a 16:07 in the Hospitals 5K For Health, Central Park, July 14. **Patty Le Parmalee**, 52, NYC, finished sixth woman of 168 in 20:55. Second masters were **Bob Weiner** (45, 18:30) of Maryland and **Marjorie Kos** (47, 21:43) of the Bronx.

• **Rick Pieschel**, 40, elected to win the M40+ race in the NYRRRC Roosevelt Island 5K, NYC, July 19, with a fifth-overall 15:57 of 554 finishers. Fifty-one-year-old **Anna Thornhill** bested the W40+ field in 19:52. On July 26, Pieschel topped (26:45) the M40+ field again in the Club Team Championships, Central Park. But his Central Park TC finished third (89) behind the Taconic RR (41) and Runners Edge (44). **Nancy Adler**, 40, also on the CPTC, outlegged the W40+ contingent in 33:09, but again the CPTC (16) failed to nab team honors, succumbing to Warren Street (12). In the non-club championships race, **Hugh Sweeney** (48, 27:12) and **Patty Lee Parmalee** (52, 34:42) took masters firsts.

• **Joe Knap**, 41, of Ohio, sailed through the NYRRRC Reservoir 5K, Central Park, August 2, with an eighth-place 16:23 of 1115 for M40+ laurels. **Barbara Anderson**, 40, NYC, swamped the W40+ field with a 19:12.



Hawaii member of the U.S. House of Representatives **Fred Hemming**, 56 (l), and his wife finished the Kilauea Volcano Run 10 Miler along with **Tesh Teshima**, 60 (r), on July 18.

Photo by Tesh Teshima

SOUTHEAST

• Colorado's **Doug Bell**, 41, journeyed to North Carolina to pick off masters honors in the Maggie Valley 8K, August 29. His 24:45 was worth \$1200 in prize money. Second 40+ was **Doug Kurtis** (40, MI, 25:03, \$1000), followed by **Charlie McMullen** (40, NY, 25:11, \$800). Colorado's **Carol McLatchie** (40, 28:25, \$1200) led the 40+ women, trailed by **Nancy Grayson** (42, SC, 29:03, \$1000).

MIDWEST

• **Dan Phelps** (M40, 35:29) and **Nina Bovio** (W45, 42:18) captured 40+ firsts in the 600-finisher Tuuri 10K, Flint, MI, July 25. **Jim Forshee**, M65, toured the course in a very fast 39:30. Top masters in the smaller (250) 5K were **Tyrone Griffin** (M45, 16:12) and speedy **Georgiann Tunningly** (W50, 21:02).

• **Joe Nzau** of Kenya was the first 40+ and 17th overall (49:48, \$1200) in the Bobby Crim 10-mile race in Flint, Mich. on August 22. **Domingo Tibaduiza** (42, CO, 50:16, \$800) and **Wilson Waigwa** (43, KEN, 50:38, \$500) were next. **Suzanne Ray** (40, AK, 58:47, \$1200) led the female masters, followed by **Karen Hubbard** (42, MI, 59:14, \$800) and **Barbara Filutze** (46, PA, 59:15, \$500).

WEST

• **Sharlet Gilbert**, 41, of Richmond, CA, combined the third-place prize \$3500 with the

\$1000 for first W40-and-over for a \$4500 take in the City of San Francisco Marathon, August 30, with a 2:42:06. **Joe Schieffer**, 41, Oakland CA, took the M40+ \$1000 with a 2:38:02. About 2400 runners took part in the event, run under the ownership of worldwide sports marketing giant International Management Group, which paid out \$51,000 in total prize money.

• **Anna Wlodarczyk's** LJ WR of 5.96 for age 41 was omitted from the Dan Aldrich Irvine Meet results in July NMN. Wlodarczyk is a Polish Olympian visiting the U.S. on a tourist visa.

• **Bob Watanabe**, 66, of Los Angeles, was making great strides in his recovery from lymphoma but has suffered a setback. He has pneumonia and again is undergoing chemotherapy for his cancer. As of September 8, he was in St. John's Hospital in Santa Monica, Room 367, 3 South.

NORTHWEST

• **Channing Berthiaume** (M45, 35:34), Tacoma, and **Steve Campagna** (M45, 35:54), Tacoma were 1-2 overall in the Zoo 10K, Tacoma, August 8. **Jane Treleven** (W40, 39:21), Gig Harbor, WA, was first W40+. **William Hickman**, Tacoma, won the M55 race in 40:55.

• **Ruth Eberle**, 60, Florissant, MO, had a stunning mile RW time of 8:54.2 in Seattle, while visiting family. Then a week later, at age 61, she had an 8:47.4, far under the U.S. single-age best of 9:11.

TAC NATIONAL MASTERS 5 KM CROSS-COUNTRY CHAMPIONSHIPS

*Columbus Cross-Country Invitational
Airport Golf Course, Columbus, Ohio
Sunday, November 8, 1992*

MASTERS AND OPEN COMPETITION - MEN AND WOMEN
FIVE-YEAR AGE GROUPS FOR INDIVIDUALS (30 & Over)
TEN-YEAR AGE GROUPS FOR TEAMS (30 & Over)

Estimated Schedule of Events (more races if required by entries)

9:30 am	Open and Submasters Men (39 & Under)
10:00 am	Open, Submasters, and Masters Women
10:45 am	Masters Men (40 - 49)
11:15 am	Masters Men (50 & Over)

Write or call for entry forms:
Masters Cross-Country Championships
John White, Meet Director
4865 Arthur Place
Columbus, Ohio 43220
(614) 459-2547 (h)

Masters Age Records 1991 (1992 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, 1991.
- U.S. Age bests for Men & Women for all race-walking events, age 40 and up, as of Oct. 31, 1991.
- Men's U.S. Masters Indoor & Outdoor Championship Records.
- 52 pages. Thousands of entries. Lists name, age, state, and date of record.

Send \$4 plus \$1.00 postage and handling (\$5.00 foreign) to:

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

Name _____
Address _____
City _____ State _____ Zip _____

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.



TRACK & FIELD NATIONAL

October 3. TAC/USA National Open and Masters 56# Weight Throw Championship, Greenville, S.C. Dick Bloomfield, 103 Crestwood Dr., Greer, SC 29651. 803/879-7839.

March 20-21. TAC/USA National Masters Indoor Championships, Bozeman, Mont. Bob Sager, 545 Coulee Dr., Bozeman, MT 59715. 406/587-1141.

August 11-14. 26th TAC/USA National Masters Championships, Provo, Utah. Brigham Young U. Contact: TBA.

EAST

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

December 19. Tri-State TC Holiday Indoor Classic, Hagerstown (MD) Junior College. 6 p.m. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.

U.S. NATIONAL SENIOR SPORTS ORGANIZATION GAMES

Corpus Christi Senior Games
YMCA of Corpus Christi
417 S. Broadway
Corpus Christi, TX 78403
(512) 882-1741
Coor: Dusty Wilson
Date: 10/1-10/4

North Carolina Senior Games
P.O. Box 33590
Raleigh, NC 27636
(919) 851-5456
Coor: Margot Raynor
Date: 10/1-10/4
QUALIFYING GAME

El Paso Senior Games
Parks & Recreation Dept.
#2 Civic Center Plaza
El Paso, TX 79999
(915) 541-4331
Coor: Manuel Calvillo
Date: 10/5-10/23

Kansas Senior Olympics
Parks & Rec. of Topeka
1534 SW Clay St.
Topeka, KS 66604
(913) 232-9665
Coor: Marge Rightmeier
Date: 10/9-10/11
QUALIFYING GAME

South Mississippi Senior Sports Classic
1800 Beach Drive
Gulfport, MS 39507
(601) 896-8469
Coor: Donald Cross
Date: 10/14-10/17
QUALIFYING GAME

Arkansas Senior Olympics
P.O. Box 1795
Harrison, AR 72601
(501) 741-1144
Coor: Phil Peters
Date: 10/20-10/21
QUALIFYING GAME

South Florida Senior Games
Parks & Recreation Dept.
City of Ft. Lauderdale
301 N. Andrews Ave.
Ft. Lauderdale, FL 33301
(305) 761-5394
Coor: Suzanne Broucek
Date: 10/27-11/7

Maryland Senior Olympics
Towson Center, Room 318
Towson State University
Baltimore, MD 21204
(301) 830-1163
Coor: Dr. Robert Zeigler
Date: 10/8-10/10
QUALIFYING GAME

Village Senior Games
1403 Paradise Dr.
Lady Lake, FL 32159
(904) 753-0637
Coor: Pat Evenson
Date: 10/12-10/20

Louisiana Senior Olympic Games
P.O. Box 14748
Baton Rouge, LA 70898-4748
(504) 925-1748
Coor: Jennifer Taylor
Date: 10/19-10/26
QUALIFYING GAME

Oxford Parks & Recreation
P.O. Box 3383
Oxford, AL 36203
(205) 831-2660
Coor: Don Hudson
Date: 10/21-10/22

Gulf Coast Senior Games
NCNB, P.O. Box 1061
Bradenton, FL 34206 (813) 745-3062
Coor: Barbara Shapiro Date: 11/30-12/6 QUALIFYING GAME

* Closed to out-of-state residents

SOUTHEAST

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

October 1-4. Georgia Golden Olympics. 55+. Vicki Pilgrim, Division of Health, 878 Peachtree St., NE #102, Atlanta, GA 30309. 415/479-2000, x3013.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

October 19-24. Arkansas Senior Olympics, Arkansas Tech., Russellville. 55+. Senior Arkansas Sports, P.O. Box 1795, Harrison, AR 72601. 501/741-7641.

WEST

Arizona, California, Hawaii, Nevada

October 3. Club West Masters Meet, Santa Barbara Comm. College, Calif. Lloyd Albright, P.O. Box 1079, Goleta, CA 93116. 805/682-9540.

October 24. Throws Series #9, Stanford U. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/479-0202.

December 5. Throws Series #10, Stanford U. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/479-0202.

NORTHWEST

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

October 20-23. Huntsman Chemical's World Senior Games, St. George, Utah. 50+. Sylvia Wunderli, Executive Director, 1355 So. Foothill Dr., Ste. 103, Salt Lake City, UT 84108. 801/583-6231.

INTERNATIONAL

October 9-12. VI WAVA South American Regional Championships, Caracas, Venezuela. Jorge Alzamora, P.O. Box 685, Santiago, Chile. 621-1417. Fax: 0 11 56 2 669 5006.

October 10-11. San Juan Masters International Meet. Capt. Adalberto Alvarado, PR Masters Assn., P.O. Box 31300, 65th Inf. Strider, Box 1083, Hollis, NH 03049. 00929-0300.

October 24-25. Hong Kong Veterans International Meet. M&W35+. AVOHK, International Meet, G.P.O. Box 10368, Central Hong Kong.

November 30-December 6. VI WAVA Regional Oceania Championships, Norfolk Island, Ian Anderson, PO Box 158, Norfolk Island. M40+, W35+. Fax: 011-64-672-3-3106. Phone: 011-64-672-3-2115.

LONG DISTANCE RUNNING NATIONAL

August 1-October 31. RRCA Women's Distance Festivals. RRCA-sponsored races throughout the country. SASE to Women's Distance Festival, RRCA National Office, 629 S. Washington St., Alexandria, VA 22314. 703/836-0558.

October 4. TAC/USA National Masters Marathon Championships, Minneapolis, Minn. Bruce Mortensen, 15301 Highland Pl., Minnetonka, MN 55345.

November 8. TAC/USA National Masters 5K Cross-Country Championships, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547.

November 13-15. Road Race Management Race Director's Meeting and Trade Show, Washington, D.C. SASE to Race Director's Meeting, 2101 Wilson Blvd., Suite 437, Arlington, VA 22201. 703/276-0056.

November 14. TAC/USA National 25K Championships, San Diego, Calif. Joni Shirley, 11212 Via Carroza, San Diego, CA 92124. 619/455-4440.

November 21. TAC/USA National Masters 8K Cross-Country Championships, Boston, Mass. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802.

Continued on next page

ON TAP FOR OCTOBER

TRACK AND FIELD

The National Open and Masters 56# Weight Championships, Greenville, S.C., will give some athletes a chance to throw their weight around on the 3rd.

Club West stages its 19th annual masters meet in Santa Barbara on the 3rd. The Huntsman Chemical's World Senior Games (50+) runs for three days starting on the 20th in St. George, Utah. The warmer climes offer a smattering of Senior Games (55+).

World travelers can pick from the WAVA South American Regional Championships, Venezuela, 9th-12th; San Juan Masters, Puerto Rico, 10th-11th; and Hong Kong Veterans, 24th-25th.

LONG DISTANCE RUNNING

The Twin Cities Marathon hosts the National Masters Championships in Minneapolis-St. Paul on the 4th.

Races before that include the Freihofer's 5K For Women, Syracuse, N.Y., and St. George Marathon on the 3rd.

The marathon motif continues on the 11th in Wisconsin and Columbus, Ohio; gets into full steam on the 18th in Detroit; Atlantic City; Humboldt, Calif.; Richmond, VA; and Stamford, Conn.; and climaxes on the 25th in Chicago; Kansas City, Mo.; and Albany, N.Y.

RACEWALKING

The National Masters 1-Hour and 2-Hour Championships stride off in Cambridge, Mass., on the 18th. Metropolitan Athletics Congress Championships are scheduled for the 5K on the 18th and 30K on the 24th. Most t&f meets and many road races, such as the Connecticut Senior Olympics 10K on the 11th, include racewalk categories. □



Joan Ottaway (171) streaks to a W45 division victory (7:50.2) in the 2000 SC. Kim Rupert (60) took the W35 event in 7:59.9, TAC/Western Regional Championships, Hayward, Calif., July 25-26.

Photo by Steve Ottaway

Continued from previous page

November 29. TAC/USA National Masters 15K Cross-Country Championships, Bronx, N.Y. Kurt Steiner, 1660 E. 21st St., Brooklyn, NY 11210. 718/336-3025.

December 6. TAC/USA National Masters 10K Cross-Country Championships, Louisville, Ky. Bob Ullrich, 1879 Douglass Blvd., Louisville, KY 40205. 502/459-6820.

February 20. TAC/USA National Masters 50 Mile Championships, Houston, Dan Brannen, 40 Witherspoon Ct., Morris Township, N.J. 07960. 201/285-1551.

March 20. TAC/USA National Masters 8K Championships, Virginia Beach. Jerry Bocrie, 2308 Maple St., Virginia Beach, VA 23451. 804/481-5090.

EAST

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

October 3. Syracuse Freihofer's 5K For Women (TAC/USA Senior Women's National Championship). David Oja, 213 Scott Ave., Syracuse, NY 13224. 315/446-6285.

October 4. Jersey Shore Half-Marathon, Long Branch, N.J. Also 20K RW. Dean Shorts, Box 150, Millburn, NJ 07041. 201/376-0231.

October 4. NYC Marathon Tune-Up 25K. NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.

October 10. Applefest Half-Marathon (State RRCA Championships). Gate City Striders, Box 1083, Hollis, NH 03049. 603/889-8049.

October 11. NYRRC Women's Half-Marathon. Also coed 5K. NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.

October 11. Connecticut Senior Olympics 10K & RW. 55+. Senior Olympics, U. of Bridgeport, 120 Waldemere Ave., Bridgeport, CT 06601. 203/576-4722; 576-4242.

October 11. Belmont Plateau Autumn Classic (5 miles cross-country), Fairmont Park, Phila. Peter Taylor, 3120 Schoolhouse Ln., JA-9, Philadelphia, PA 19144. 215/842-3807.

October 12. Tufts Health Plan 10K For Women. Meg Crowley, Conventures, 250 Summer St., Boston, MA 02210. 617/439-7700.

October 18. Atlantic City Marathon. Also 10K, 5K, & 2M RW. Barbara Altman, Boardwalk Runners, Box 2181, Ventnor, NJ 08406. 609/822-6911.

October 18. Stamford Marathon. Steve Lobdell, Box 2030, Stamford, CT 06906. 203/359-4022.

October 18. Downtown 5K. Charles Breagy, P.O. Box 40759, Providence, RI 02903. 401/232-2622.

October 25. Mohawk-Hudson River Marathon, Albany, N.Y. Lee Wilcox, 10 Eaton Rd., Troy, NY 12180. 518/274-7444.

November 1. New York City Marathon. NYRRC, P.O. Box 881, FDR Station, New York, NY 10128. 212/860-4455.

SOUTHEAST

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

October 10. Governor's Cup 8K/25K (RRCA National Championships). Governor's Cup, P.O. Box 50205, Columbia, SC 29250. Ed Prytherch, 803/788-8941.

October 18. Richmond Marathon. DeWayne Davis, P.O. Box C-32333, Richmond, VA 23293. 804/649-6325.

October 24. Dick Bachelor 5K, Orlando. Florida Masters RR Series. 407/898-1313.

MIDWEST

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

October 3. Bowling Green 10K. Rick Kelley, P.O. Box 1802, Bowling Green, KY 42102. 502/782-3600.

October 11. Columbus Marathon. Masters money. Doug Thurston, P.O. Box 26806, Columbus, OH 43226. 614/433-0395.

October 11. Lakefront Marathon. Also relay. Running on Prospect, 2103 N. Prospect Ave., Milwaukee, WI 53202. 414/272-7867.

October 11. Fox Cities Marathon. Masters money. SASE to Gloria West, Inc., 316 N. Appleton St., Appleton, WI 54911. 1-800/452-9526.

October 18. Detroit International Marathon. Barbara Bennage, 321 W. Lafayette Blvd., Detroit, MI 48226. 313/222-6676.

October 24. Columbus Roadrunners Zoo Run 5 Mile. Sue Daly, 3111 Rainier Ave., Columbus, OH 43231. 614/890-1309.

October 25. Chicago Marathon. Carey Pinkowski, 223 W. Erie, Chicago, IL 60610. 312/951-0660.

October 25. Tandem-Dayton River Corridor Half-Marathon. Ray Olfsky, Wright Brothers, Box 9154, Dayton, OH 45409. 513/885-4821.

November 1. Ohio TAC 20K/50K Road Race/Racewalk Championships, Columbus. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.

MID-AMERICA

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

October 24. 9th annual Prairie Striders Half-Marathon, So. Dak. St. U., Brookings. Cody Rufer, race director, 605/692-6782.

October 25. Kansas City Marathon/10K. Masters money. KCM, P.O. Box 36444, Kansas City, MO 64111. 816/531-2387.

November 1. Omaha Riverfront Marathon. Also 10K. Gary R. Meyer, 5822 Ohio St., Omaha, NE 68104. 402/553-8349.

SOUTHWEST

Louisiana, Mississippi, Texas.

October 17. Race For The Cure 5K For Women. Pat Genung, Komen Found., 5005 LBJ Freeway, Ste. 730, Dallas, TX 75244. 214/558-1691.

October 30. Halloween Pumpkin Chase 5K, Metairie, La. 7:00 p.m. New Orleans TC, P.O. Box 52003, New Orleans, LA 71052-2003. 504/482-NOTC or 468-1488.

October 31. Tulsa Run 15K. Stan Austin, Tulsa Run, One Williams Ctr., P.O. Box 2400, Tulsa, OK 74102. 918/588-2850.

WEST

Arizona, California, Hawaii, Nevada

October 4. Alamo Alumni Run 5 Mile, San Francisco. 415/668-2243. Rhody Co. Productions.

October 18. Humboldt Marathon, Weott, Calif. Karen Angel, 351 Roundhouse Creek Rd., Trinidad, CA 95570. 707/442-6463.

October 25. Twilight's Last Gleaming 4 Mile Cross-Country Challenge, Arroyo Verde Park, Ventura. 5:00 p.m. Awards in 6-yr. divisions. Andrew Hecker, P.O. Box 7793, Ventura, CA 93006. 805/642-3879.

October 31. Moonlight 8K (TAC/USA Open Women's National Championship). Masters money. For info: call the city of Alhambra, CA. 818/570-5044.

November 1. San Diego-Imperial Athletic Congress Cross-Country Championships. Masters Challenge Series. Ken Bernard, 619/488-3960.

December 6. 45th annual Western Hemisphere Marathon and 5K, Culver City, Calif. Cash prizes in 11 age categories. SASE to WHM, 4117 Overland Ave., Culver City, CA 90230. 310/202-5689.

December 19. Las Vegas Half-Marathon. Also relay. Bill Callanan, Tri-A-Run, 6252 Clarice Ave., Las Vegas, NV 89107. 702/870-8269.



Elaine Geyer, 71, finished the Camptown Races 3+1 Mile Cross-Country in 31:19, DeLand, Fla., July 4.

Photo by John Boyle

NORTHWEST

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

October 3. St. George Marathon. Kent Perkins, St. George Leisure Services Dept., 86 S. Main St., St. George, UT 84770. 801/634-5850.

INTERNATIONAL

October 4. BVAF Marathon Championships (The Flying Fox), Stone, Staffordshire. Monica Darlington, The Radfords, Stone, Staffordshire.

November 15. BVAF 10K Championships, Barnsley, Yorkshire. Max MacNally, 29 Havercroft Rise, South Hiendley, Barnsley, Yorkshire.

RACE WALKING

October 4. TAC National Seniors (Open) 5K Championships, Hamden, Conn. 10-year age groups for 40+. American Heart Assn., c/o TAC 5K Championships, 5 Brookside Dr., Wallingford, CT 06492, ATTN: Sue Heerd. RW Director, Richard Torrellas, 8 Marion Ln., Clinton, CT 06413. 203/669-4258.

October 18. TAC/USA National Masters 1-Hour & 2-Hour Championships, Cambridge, Mass. Philip McGaw, 156 Blue Hill Ave., Milton, MA 02174. 617/698-1806.

October 18. One-Hour Racewalk, Williams HS, Alexandria, Va. Judged. 9 a.m. Entrants provide lap counters. SASE to: Potomac Valley Walkers, Valerie Meyer, 2305 So. Buchanan St., Arlington, VA 22206.

October 18. MAC 5K Championships, Central Park, NYC. Stella Cashman, 320 E. 83rd St., Box 18, NY, NY 10028.

October 20-25. ARA RW Training Camp (20-23) & Instructor Certification Camp (24-25), Scottsdale, Ariz. ARA, P.O. Box 18323, Boulder, CO 80308-8323. 303/447-0156.

October 24. MAC 30K Championships, Central Park, NYC. Gary Null, 200 W. 86th St., NY, NY 10024.

November 6-8. Martin Rudow Invitational Seminar & 5K (8th). Plantation, Fla. Paul Geyer, P.O. Box 630096, Miami, FL 33163. 305/935-6063.

1992 TAC/USA NATIONAL MASTERS 10K CROSS-COUNTRY CHAMPIONSHIPS

following the TAC National Convention in Louisville, KY

E. P. "Tom" Sawyer State Park
Louisville, Kentucky
Sunday, December 6, 1992
1:00 P.M. EST



Hosted by
Victory Athletic Club
Mason-Dixon Athletic Club
Metro Parks Track Club



MEN'S AND WOMEN'S CHAMPIONSHIP COMPETITIONS
INDIVIDUAL COMPETITION IN FIVE-YEAR AGE GROUPS TO 95+
TEAM COMPETITION IN TEN-YEAR AGE GROUPS TO 70+

LOUISVILLE 5K CROSS-COUNTRY CHAMPIONSHIPS AT 1200 PM

AIRLINE AND LODGING DISCOUNTS AVAILABLE

Write for entry forms:
Masters Cross-Country Championships
c/o Jogger-Runner-Racer, Inc.
131 St. Matthews Avenue
Louisville, Kentucky 40207

Information:
Bob Kinny (502)896-4064 days
Bob Ullrich (502)459-6820 evenings

CLUBS

Below is a partial list of masters track & field and long distance running clubs arranged by region. Some offer work out facilities. Most have social programs and annual awards. If you'd like to find out more about what's going on in your area, contact one. To have your club listed, please send the necessary information to National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

EAST

Four Winds TC
1303 Marvista St.
Pittsburgh, PA 15212
Selena Brown/Andrew McNeill
412/322-9392
Liberty AC
14 Rutland St.
Cambridge, MA 02138
Syracuse Chargers Track Club
c/o N.E. White
18 Foxcroft Drive
Fayetteville, NY 13066
Boston AA
P.O. Box 1991
Hopkinton, MA 01748
Atlanta TC
c/o Bob Glover
236 E. 78th, Box 6
New York, NY 10021
Finger Lakes RC
P.O. Box 321
Newfield, NY 14867
607/273-1107
Potomac Valley Seniors TC
Lynda Durfee
250 S. Whiting St.-315
Alexandria, VA 22304
703/370-5646
West Pennsylvania TC
1245 Alamae Rd.
Washington, PA 15301
Shore Athletic Club
Sanford Kalb
22 Addison Road
Howell, NJ 07731
The Achilles Heel
(for disabled)
9 East 89th St.
New York, NY 10128
212/398-0348
North Jersey Masters
P.O. Box 56
Ridgewood, NJ 07450
Greater Rochester TC
P.O. Box 92608
Rochester, NY 14692
New Jersey Striders
P.O. Box 742
Madison, NJ 07940
Central Park TC
250 W. 89th St., #P4F
New York, NY 10024
212/619-4240
New York Pioneer Masters
c/o G. Shane
2400 Sedgwick Ave., Suite 25C
Bronx, NY 10468
212/733-8767
Garden State AC
19 Bedminster Rd.
Randolph, NJ 07869
201/625-1764
Maine Walkers Club
1570 Broadway
Bangor, ME 04401
207/947-3333
Maryland Masters TC
c/o Joe Hemler
107 Rosewood Ave.
Baltimore, MD 21228-4939
410/744-2652
Tri-State Masters T&F Club
c/o Wayne Vaughn
734 W. Franklin St.
Hagerstown, MD 21740
301/733-6076
NYRRC
9 E. 89th St.
New York, NY 10128
212/960-4455
Buffalo Belles and Brawn
266 Puritan Rd.
Tonawanda, NY 14150
Greater Springfield Harriers
Peter Stasz
206 W. Weymouth St.
Springfield, MA 01108

Philadelphia Masters
c/o Peter Taylor
3120 Schoolhouse Lane (J-A9)
Philadelphia, PA 19144
215/842-3807
New York AC
180 Central Park South
New York, NY 10019
New York Masters Sport Club
5831 Bell Blvd.
Bayside, NY 11364
Plainview Old Bethpage RRC
62 Sylvia La.
Plainview, NY 11803
Mike Polansky
516/433-0919
Connecticut Racewalkers
889 Donna Dr.
Orange, CT 06477
203/795-6441
Boston AA
Bob Sevene
8th Flr., 131 Clarendon St.
Boston, MA 02116
617/236-1652
Boston RC
c/o Fred Treseler
79 Manet Rd.
Chestnut Hill, MA 02167
617/964-7802
Taconic RRC
P.O. Box 99
Baldwin Place, NY 10505
914/765-5074
Avanti Sport TC
9 Baker St.
Bristol, RI 02809
Millrose Team
Jack Ryan 9E
240 W. 98th St.
N.Y., NY 10025
212/663-5641

SOUTHEAST

Virginia Track Club
P.O. Box 5696
Charlottesville, VA 22905
Carolina Masters AC
Jim Saxon
3120 Libeth St.
Charlotte, NC 28205
800/642-0513
Tidewater Striders
A. Morris, Rm. E-222
Armed Forces Staff College
Norfolk, VA 23511-6097
804/444-5547
Central Florida Masters
P.O. Box 1824
Deland, FL 32721
904/736-0002
Huntsville TC
8811 Edgell Dr.
Huntsville, AL 35802
Atlanta TC
3097 E. Shadowlawn Ave. NE
Atlanta, GA 30305
Memphis Runners TC
P.O. Box 17981
Memphis, TN 38187-0981
901/683-MRTC
Port City Pacers
P.O. Box 16907
Mobile, AL 36616
South Carolina Masters TC
c/o CPT John Roehr
3rd Region, USACIDC
Fort Jackson, SC 29207
803/751-5129/7664
Greenville Track Club
P.O. Box 16262
Greenville, SC 29607
Jack Gillmore: 803/242-6600
Florida AC
c/o Bob Fine
3250 Lakeview Blvd.
Delray Beach, FL 33445
Star City Striders
P.O. Box 8331
Roanoke, VA 24014
703/966-RUNN

Richmond T&F Club
P.O. Box 6701
Richmond, VA 23230
Attn: Bill Cole
804/272-3544
Nashville TC
2709 Linman Ave. #5
Nashville, TN 37215
615/383-6733
Miami RC
Tropical Park
7920 S.W. 40th St.
Miami, FL 33155
1-800/940-4RUN
North Carolina RRC
P.O. Box 26761
Raleigh, NC 27611
919/231-0714



MIDWEST

Miami U TC
Rich Ceronie
Millet Hall Athletic Dept.
Oxford, OH 45056
Legend Harriers
Roger Toothman
6543 Beecher Rd.
Granville, OH 43023
Over The Hill TC
4173 Wilmington Rd.
South Euclid, OH 44121
Wisconsin United AC
Jerry Robinson
1205 Manhasset Pl.
Madison, WI 53711
608/271-6725
Fitness Track Club
c/o Stan Allen & Presley Yates
12954 Asbury Pk.
Detroit, MI 48221
Wolfpack Track Club
Jim Pearce
2449 Southway Dr.
Columbus, OH 43221
614/481-7745
Ann Arbor Track Club
P.O. Box 7551
Ann Arbor, MI 48107
Don Sleeman
313/426-5430
Indianapolis TC
c/o Mark Daly
901 W. New York St.
Indianapolis, IN 46223
317/274-6780
Ohio River RRC
933 Kenosha
Kettering, OH 45429
513/299-7461
Midwest Masters T&F Club
P.O. Box 6147
Rockford, IL 61125
815/332-4743
Wabash River RC
2019 Hall St.
Lafayette, IN 47904
317/742-3426
Victory AC
P.O. Box 6667
Louisville, KY 40206
502/893-6057
Columbus Roadrunners
P.O. Box 15584
Columbus, OH 43215-0584
614/890-1309
Dayton Masters TC
P.O. Box 17706
Dayton, OH 45417
513/837-2754
Manitowoc Area TC
1404 Silver Creek Rd.
Manitowoc, WI 54220
414/684-0912

MID AMERICA

Omaha RC
P.O. Box 31219
Saddle Creek Station
Omaha, NE 68132
Mid-America Masters
P.O. Box 14668
Lenexa, KS 66215
Lawrence TC
P.O. Box 3743 Jayhawk Station
Lawrence, KA 66044
Lincoln TC
2900 John Ave.
Lincoln, NE 68502
Prairie Striders
Box 267
Brookings, SD 57006
St. Louis TC
2885 Hampton Ave., No. 101
St. Louis, MO 63139
314/781-3926
782-3726 (raceline)
St. Louis Metro Masters
Jim Irwin
536 Windsor Mill Dr.
Ballwin, MO 63011
314/394-4166
Ozark Mountain Ridge Runners
P.O. Box 10067
Springfield, MO 65808-0067
417/881-8884
Santa Fe Striders
P.O. Box 1818
Santa Fe, NM 87504
505/983-2144
Los Viejos T&F Club
Neil Silver
728 Loma Vista Dr. NE
Albuquerque, NM 87106
505/265-8234

SOUTH WEST

Tulsa Running Club
P.O. Box 300
Tulsa, OK 74102
Space City Masters
John Hartfield
15106 Chasehill Dr.
Missouri City, TX 77087
713/721-9388
Houston Masters Sports Assoc.
Tom McBrayer
7733 Moline
Houston, TX 77087
West Texas Masters
P.O. Box 1584
Ozona, TX 76943
915/392-3773
King of the Hill TC
Charles Wimberley
48 Chateau Haut Brion
Kenner, LA 70065
504/467-1197
Louisiana Lightning TC
Dan Thiel
1459 Verna St.
New Orleans, LA 70119
504/486-8066
New Orleans TC, inc.
P.O. Box 52003
New Orleans, LA 70152-2003
504/482-6682
East Texas T&F Club
Robert Hahn
3334 S. SW Loop 323, Ste. 128
Tyler, TX 75701
903/561-9511
Beaumont TC
P.O. Box 4112
Beaumont, TX 77704-4112
409/898-1308
Oklahoma City RC
2408 N.W. 112th Terrace
Oklahoma City, OK 73120
405/752-9097
Waterloo T&F Club
Marion Coffee
4112 Burnet Rd.
Austin, TX 78756
512/458-6010
San Antonio TC
21024 Cedar Br.
Garden Ridge, TX 78266
512/651-5414

Dallas Masters T&F Club
1130 E. Parker Rd., S-203
Plano, TX 75074
214/422-2273

WEST

Island Empire Racewalkers
Mel Grantham
9847 Cedar Ave. Ste. 18
Bloomington, CA 92316
714/877-3548; 824-2336
Valley Isle RRA
P.O. Box 330099
Kahului, HI 96733
242-6042
Los Gatos Athletic Assoc.
P.O. Box 1328
Los Gatos, CA 95031
Seniors TC
William Crum
P.O. Box 2699
Crestline, CA 92325
San Diego Track Club
P.O. Box 7853
San Diego, CA 92107
619/270-SDTC
Trojan Masters TC
Russ Reabold
1125 Stimson
La Puente, CA 91744
818/917-6289
San Diego Athletic Assoc.
P.O. Box 829
Del Mar, CA 92014
619/755-3658
West Valley TC
P.O. Box 459
San Carlos, CA 94070
West Valley Joggers & Striders
1124 Kennington Ave.
Sunnyvale, CA 94087
408/246-2651
Golden Gate Race Walkers
106 Sanchez St. #17
San Francisco, CA 94114
Empire Runners
4700 Fougler Dr.
Santa Rosa, CA 95405
No. Calif. Seniors TC
Paul Warner
3887 18th St.
San Francisco, CA 94114
415/626-8601
Fresno Joggers
846 N. Harrison
Fresno, CA 93728
209/237-4718
Walkers Club of L.A.
610 Woodward Blvd.
Pasadena, CA 91107
818/792-4573
All-American TC
Frank Reilly
8307 Joan Lane
West Hills, CA 91304
818/716-7280
Club West
George H. Adams
P.O. Box K
Goleta, CA 93116
805/687-6323
Southern Calif. Striders
Jon Lomax
1483 Westerly Terrace
Los Angeles, CA 90026
213/666-0379
Sierra Racewalkers
Dick Petrucci
P.O. Box 513
Carmichael, CA 95609
916/483-2917
Hawaii Masters TC
P.O. Box 15763
Honolulu, HI 96830-5763
Easy Striders Walking Club
2718 Monogram Ave.
Long Beach, CA 90815
213/429-5739
Pico Rivera Athletic Club
9502 Reichling Lane
Pico Rivera, CA 90660
213/942-8774

Gardena Valley Runners
Daniel Ashimine
1345 W. 168th St.
Gardena, CA 90247
213/327-6960
L.A. Valley Athletic Club
George Simon
15355 Mulholland Drive
Los Angeles, CA 90077
818/784-0496
San Fernando Valley TC
Laurie Kulchin
10631 Lindley Ave. #220
Northridge, CA 91326
818/780-7719
So. Calif. Corporate AA
2408 Paseo Noche
Camarillo, CA 93010
805/987-8052(r); 494-2302
Active 5
William K. Sumner
P.O. Box 7132
Newport Beach, CA 92660
714/831-6473
Elite Health TC
5267 1/2 Village Green
Los Angeles, CA 90016
310/559-9739
High Country RR
c/o Running & Fitness Den
310 Washington St.
Reno, NV 89503
702/329-3443
River City TC
P.O. Box 255131
Sacramento, CA 95865
916/489-7881
Corona del Mar TC
c/o David Jackson
19103 S. Andmark Ave.
Carson, CA 90746
310/638-7125
L.A. Patriots
Marv Thompson
2301 Hyperion Ave. #P
Los Angeles, CA 90027
213/662-1062

NORTHWEST

Team Alaska TC
Ric Wilson
2420 Glenwood Dr.
Anchorage, AK 99508
907/279-2773
Southern Oregon Sizzlers
P.O. Box 665
Medford, OR 97501
Portland Masters TC
c/o Joe Thielman
406 W. 32 St.
Vancouver, WA 98660
Avia RE-TREADS
c/o Gina Blanchette-Cupp
2533 125th Ave. NE
Bellevue, WA 98005
206/885-4372
Bigfoot Masters
c/o Duane Hartman
Spokane Community College
N. 1810 Greene St. MS-2050
Spokane, WA 99207-5399
Snohomish TC
4261 S. 184th
Seattle, WA 98188
Oregon Track Club Masters
P.O. Box 11364
Eugene, OR 97440
Phidippides Running Club
c/o R.G. Andersen-Wyckoff
P.O. Box 2315
Salem, OR 97308
503/399-7057
Anchorage RC
P.O. Box 211923
Anchorage, AK 99521-1923
907/337-8606



TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. To keep information current, we generally do not publish results more than 4 months old. Results that are typed (maximum 28 spaces/2 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

NATIONAL

TAC/USA National Masters Decathlon Championships, Des Moines, IA; July 25-26
1991 WAVA Standards, 1989 WAVA Age-Grading, 1985 IAAF Scoring

30 - 34 AGE GROUP RESULTS

PL	AGE	SCORE	DATE	NAME	RESIDENCE	100M	LJ	SP	HJ	400M	800M	1500M	5000M	10000M	30000M	60000M	1500M
1	32	6850	26JUL92	Ed Fye(NE)		1196	623	1144	188	532	1572	3910	420	5370	N	4:45.80	
meet:	Des Moines, IA					693	666	580	723	706	778	667					
FT-IN						20-5	1/4	37-6	1/4	6-2	128-3	1/4	1413-9	1/4	176-2		
2	31	6644*	26JUL92	Doug Porter(WA)		1200	649	1191	178	549	1703	110/42	3320	480	5250	N	4:58.50
meet:	Des Moines, IA					687	725	609	636	635	679	528		886	672	587	
FT-IN						21-3	1/2	39-0	3/4	5-10	108-11	15-8	3/4	172-2	3/4		
3	31	5148	26JUL92	Chad Carmack(DE)		1290	559	1144	168	604	2029	3414	420	4320	N	5:27.01	
meet:	Des Moines, IA					518	523	580	552	430	338	547		702	526	432	
FT-IN						18-4	3/4	37-6	1/4	5-6	112-0	13-9	1/4	141-8	3/4		
4	33	5080	26JUL92	Jim Novacek(IA)		1276	594	1078	178	615	1745	2822	420	4080	N	6:33.78	
meet:	Des Moines, IA					543	600	540	636	393	591	430		702	489	156	
FT-IN						19-5	3/4	35-4	1/4	5-10	92-7	13-9	1/4	133-10	1/4		

35 - 39 AGE GROUP RESULTS

PL	AGE	SCORE	DATE	NAME	RESIDENCE	100M	LJ	SP	HJ	400M	800M	1500M	5000M	10000M	30000M	60000M	1500M
1	35	6862	26JUL92	Bill Lawson(IA)		1234	608	1241	178	5545	1755	3968	420	4688	N	4:48.30	
meet:	Des Moines, IA					669	700	681	705	693	619	702		763	633	697	
FT-IN						19-11	1/4	40-8	1/2	5-10	130-2	13-9	1/4	153-9	1/2		
2	37	6223	26JUL92	Jeff Watry(WI)		1258	578	1068	183	5539	1669	3448	315	4038	N	4:51.89	
meet:	Des Moines, IA					624	628	569	758	695	708	591		451	524	675	
FT-IN						18-11	1/2	35-0	1/4	6-0	113-1	14/10-4		132-5	3/4		
3	36	5540	26JUL92	Steve Jensen(WI)		1280	521	1128	168	5942	1993	3286	375	4526	N	5:22.43	
meet:	Des Moines, IA					584	498	608	619	540	401	556		626	605	503	
FT-IN						17-1	3/4	37-0	5-6	107-9	1/2	12-12	122-6	3/4			
4	36	5476	26JUL92	Jeff Bilderbeck(CO)		1284	580	945	152	5916	1802	3028	360	4262	N	5:16.67	
meet:	Des Moines, IA					576	632	490	480	549	572	502		581	561	533	
FT-IN						19-0	1/4	31-0	4-11	3/4	99-4	11-9	1/2	139-9	3/4		
5	38	4846	26JUL92	Bill Engel(KS)		1300	487	1100	168	5732	2076	3308	261	2974	N	5:25.09	
meet:	Des Moines, IA					549	425	589	619	619	336	561		309	350	489	
FT-IN						15-11	1/2	36-1	5-6	108-6	1/4	8-6	3/4	97-6	3/4		
6	39	2357	26JUL92	Mike Maryott(NE)		1308	529	938	147	6389	ds	000		00	N	0:00.0	
meet:	Des Moines, IA					534	516	485	434	388	0	0		0	0	0	
FT-IN						17-4	1/4	30-9	1/4	4-9	3/4	0-0		0-0			

40 - 44 AGE GROUP RESULTS

PL	AGE	SCORE	DATE	NAME	RESIDENCE	100M	LJ	SP	HJ	400M	800M	1500M	5000M	10000M	30000M	60000M	1500M
1	41	7030	26JUL92	Mike Hill(CO)		1233	622	1156	168	5446	1655	3788	315	4190	N	4:51.61	
meet:	Des Moines, IA					723	823	667	687	815	783	706		501	593	732	
FT-IN						20-4	3/4	37-11	5-6	124-3	1/4	10-4		137-5	1/2		
2	40	6855	26JUL92	Mark Salzman(WA)		1253	594	1153	183	5786	1595	3798	390	4520	N	6:18.65	
meet:	Des Moines, IA					685	748	665	840	677	850	708		737	652	293	
FT-IN						19-5	3/4	37-9	3/4	6-0	124-7	1/4	12-12	122-6	3/4		
3	42	5795	26JUL92	Mike Davis(IL)		1348	555	932	157	6209	1924	3178	390	3736	N	5:00.90	
meet:	Des Moines, IA					516	648	515	585	521	516	569		737	512	676	
FT-IN						18-2	1/2	30-6	3/4	5-1	104-3	12-9	1/2	122-6	3/4		
4	43	5391	26JUL92	Bill Schooler(IA)		1310	477	986	162	5792	2042	2614	285	4366	N	5:14.12	
meet:	Des Moines, IA					582	459	551	627	674	415	445		413	624	601	
FT-IN						15-7	3/4	32-4	5-3	3/4	85-9	9-4		143-2	3/4		
5	44	5009	26JUL92	Angel Nieves(MA)		1271	507	1088	142	6266	2074	3092	285	3718	N	5:54.49	
meet:	Des Moines, IA					651	529	621	449	501	390	550		413	509	396	
FT-IN						16-7	1/2	35-8	1/4	4-7	3/4	101-5	1/4	9-4		121-11	3/4
6	44	4565	26JUL92	Tom Light(AK)		1387	489	864	168	6594	2385	2448	315	3410	N	5:28.03	
meet:	Des Moines, IA					453	487	469	687	395	183	409		501	455	526	
FT-IN						16-0	1/2	28-4	5-6	80-3	3/4	10-4		111-10	1/2		
7	44	3852	26JUL92	Neal Schuster(WI)		1428	444	687	132	6296	2207	1974	223	3478	N	5:22.92	
meet:	Des Moines, IA					390	386	350	367	491	292	308		248	467	553	
FT-IN						14-6	3/4	22-6	1/4	4-3	3/4	64-9	7-3	3/4	114-1	1/4	

45 - 49 AGE GROUP RESULTS

PL	AGE	SCORE	DATE	NAME	RESIDENCE	100M	LJ	SP	HJ	400M	800M	1500M	5000M	10000M	30000M	60000M	1500M
1	46	7422	26JUL92	Rex Harvey(IA)		1242	602	1126	162	5817	1711	3722	420	4408	N	5:45.73	
meet:	Des Moines, IA					763	869	691	705	750	801	744		929	678	492	
FT-IN						19-9	3/4	36-11	1/4	5-3	3/4	122-1	1/4	143-14		7-1/4	
2	45	6041	26JUL92	Bill DeHorn()		1339	548	970	168	6207	1932	2758	345	4164	N	6:04.69	
meet:	Des Moines, IA					584	716	579	767	604	583	515		659	631	403	
FT-IN						17-11	1/2	31-9	3/4	5-6	90-5	3/4	11-3	3/4	136-7	1/4	
3	49	5900	26JUL92	Steve Rogers(KS)		1372	515	1203	152	6287	2035	3544	270	4190	N	5:31.83	
meet:	Des Moines, IA					529	626	747	610	576	494	701		418	636	563	
FT-IN						16-10	3/4	39-5	1/2	4-11	3/4	116-3	1/4	8-10	1/4	137-5	1/2
4	49	4877	26JUL92	Tom Thorne(MO)		1375	489	844	147	6731	2112	2708	270	3858	N	6:07.60	
meet:	Des Moines, IA					523	559	488	560	430	431	503		418	574	391	
FT-IN						16-0	1/2	27-8	1/4	4-9	3/4	88-10	8-10	1/4	126-6	3/4	
5	45	4352	26JUL92	Jim Rose(WV)		1306	475	1056	137	6081	2169	3234	270	00	N	0:00.0	
meet:	Des Moines, IA					643	523	640	464	650	387	627		418	0	0	
FT-IN						15-7	3/4	34-7	1/2	4-5	3/4	106-1	8-10	1/4	0	0	
6	45	1624	26JUL92	Bill Start(CA)		1378	516	831	d	0	0	000		00	N	0:00.0	
meet:	Des Moines, IA					518	628	478	0	0	0	0		0	0	0	
FT-IN						16-11	27-3	0-0	0-0	0-0	0-0	0-0		0-0			

50 - 54 AGE GROUP RESULTS

PL	AGE	SCORE	DATE	NAME	RESIDENCE	100M	LJ	SP	HJ	400M	800M	1500M	5000M	10000M	30000M	60000M	1500M
1	54	7087	26JUL92	Dale Lance(OK)		1297	555	948	157	6165	1532	3460	375	4378	N	6:12.37	
meet:	Des Moines, IA					719	835	537	740	710	887	642		852	737	428	
FT-IN						18-2	1/2	31-1	5-1	3/4	113-6	12-3	1/2	143-7	1/2		
2	51	6072	26JUL92	Dave Eldahl(IA)		1350	549	870	147	6275	1679	2766	285	3178	N	5:33.87	
meet:	Des Moines, IA					624	818	483	636	670	723	486		525	493	614	
FT-IN						18-0	3/4	28-6	1/2	4-9	3/4	90-8	3/4	9-4		104-3	
3	50	5707	26JUL92	Tim Collins(WY)		1353	501	874	142	5918	2160	2650	270	3344	N	5:03.70	
meet:	Des Moines, IA					620	675	486	585	804	296	461		472	527	781	
FT-IN						16-5	3/4	28-8	4-7	3/4	86-11	1/4	8-10	1/4	109-8	1/2	
4	51	1919	26JUL92	Jim Ratzloff(KS)		4286	d	1186	d	df	df	3708	d	3300	N	10:01.10	
meet:	Des Moines, IA					0	0	702	0	0	0	699		0	518	0	
FT-IN						0-0	38-10	3/4	0-0	121-7	3/4	0-0		108-3			

Continued from previous page

W60 Pat Nesley	64 16.9
W70 Carla Convery	72 21.1
200m	
M30 Curtis Jones	32 23.8
M40 Ralph Penn	40 23.4
M50 Alby Williams	52 24.7
M60 Joel Holman	62 29.2
M70 Ed Matthews	72 29.3
M30 Lynn Davis	36 31.2
400m	
M30 Ken Womack	33 50.6
M40 Ralph Penn	40 51.7
M50 Alby Williams	52 54.1
M70 Ed Matthews	72 70.3
M30 Lynn Davis	36 69.1
M40 J J Decatur	40 73.0
M50 Satsu Rosen	51 86.9
800m	
M30 Bruce Hamilton	37 2:01.3
M40 Abdul Elmehdaoui	43 2:02.5
M50 Jim Demma	52 2:16.2
M30 Marg Zalenska	32 2:34.8
1 mile	
M30 Bruce Hamilton	37 4:30
M40 Spider Rossiter	40 4:54
M50 Rolland Elliot	56 5:49
M30 Renee Butler	31 6:04
3000m	
M30 Dave Lopez	31 9:16
M40 Bob Weiner	45 10:25
M50 Rolland Elliot	56 12:08
M60 Bernard Gelb	60 16:55
Short Hurdles	
M30 Lloyd Jeremia	33 15.3
M60 Mark Richards	61 21.5
400mH	
M30 Karl Smith	33 51.9
High Jump	
M30 Percell Sykes	31 6-4
M40 Howard Cohen	57 4-0
Long Jump	
M30 Nathan Lewis	32 17-9
M30 Pat Brown	39 10-1 1/2
Triple Jump	
M30 Jeff James	33 38-1 1/2
Shot Put	
M30 Joe Johns	35 46-10
M50 Marty Rademacher	54 32-8
M60 Ned Curran	63 34-7
M30 Pam Hinkle	32 24-6 1/2
M50 Sharon Good	59 20-4
M60 Kate DeAngelis	65 20-2
M70 B Kleinschmidt	70 18-10 1/2
Discus	
M30 Joe Johns	35 138-11
M40 Claude Lott	47 130-0
M50 Ed McComas	58 151-1
M60 Bob Leishear	60 108-9
M30 Pam Hinkle	32 69-6
M50 Sharon Good	59 46-6
M60 Kate DeAngelis	64 56-3
M70 B Kleinschmidt	70 50-9
Javelin	
M40 Russ White	48 199-10
M50 Marty Rademacher	54 126-6
M60 Ned Curran	63 92-4
M80 Clarence Larson	82 52-8
M30 Patricia Brown	39 61-1
M50 Sharon Good	59 35-8
M60 Lee Glassco	61 77-10
M70 B Kleinschmidt	70 52-8
1 mile Racewalk	
M30 Dan Kornhauser	36 8:47
M40 Al Logie	42 10:15
M60 Bill O'Reilly	66 9:49
M70 John Dunaway	70 10:40
M30 Wendy Paul	38 14:01
M40 Joan Schindel	49 9:41
M60 Pat Nesley	64 10:19
3000m Racewalk	
M30 Buddy Clark	39 18:22
M60 Bill O'Reilly	66 20:08
M70 John Dunaway	70 20:34
M40 Joan Schindel	49 18:57
--July 12--	
100m	
M30 Jeff Waldo	35 11.2
M40 Mike McDaniel	46 12.4
M50 Albert Gardner	51 13.5
M60 Bill Bergen	64 15.1
M70 John Martin	65 15.1
M70 Ed Matthews	72 13.9
M30 Desiree Benjamin	37 21.0
M40 Jillian Kelly	45 15.7
200m	
M40 Ralph Penn	40 23.7
M50 Ralph Romain	59 24.8
M60 Bill Bergen	64 31.7
M70 Ed Matthews	72 29.1
M30 Lynn Davis	36 31.1
400m	
M30 Frank Williams	34 54.7
M40 Ed Yielding	43 64.5
M50 Ralph Romain	59 54.3
M60 Don McCarten	62 66.8
M30 Bernadette Creed	34 66.6
800m	
M30 Mark McCabe	32 2:01.5
M40 L Washington	41 2:21.0
M50 Jack Wagner	51 2:25.9
M30 Bernadette Creed	34 2:34.0
1 mile	
M30 Farley Simon	37 4:19.6
M40 Paul Zink	44 4:45.0
M60 Tom Brown	61 5:59.8
M30 Bernadette Creed	34 5:30.2
M40 Evelyn Holst	45 6:38.2
3000m	
M30 Farley Simon	37 8:47
M40 John Hlaubert	49 10:59
300mH	
M60 John Martin	65 54.8

High Jump	
M40 Ed Yielding	43 4-6
M50 Howard Cohen	56 4-2
M60 John Martin	65 4-0
Long Jump	
M40 Mike McDaniel	46 18-11
M50 Jack Kuhns	53 14-3
M30 Pat Brown	39 10-1
Shot Put	
M30 Joe Vilella	38 42-10 1/2
M40 Nick Byrne	47 34-8 1/2
M50 Jack Kuhns	53 37-0
M60 Chas Pistorino	69 35-7 1/2
M30 Pat Brown	39 20-9 1/2
M40 Lark Lovering	46 19-3 1/2
M50 Sharon Good	55 18-8 1/2
M70 B Kleinschmidt	70 19-6
Discus	
M30 Joe Vilella	38 121-10
M40 Claude Lott	47 125-5
M50 Phil Scudieri	56 113-6
M60 Chas Pistorino	69 106-9
M30 Pat Brown	39 60-1
M40 Lark Lovering	46 55-8
M50 Sharon Good	55 46-7
M60 Kate DeAngelis	64 56-1
M70 B Kleinschmidt	70 48-9
Javelin	
M40 Russ White	48 195-0
M50 Phil Scudieri	56 121-9
M60 Chas Pistorino	69 98-9
M30 Pat Brown	39 52-8
M50 Sharon Good	55 36-8
M60 Lee Glassco	61 77-11
M70 B Kleinschmidt	70 54-5
1 mile Racewalk	
M30 Buddy Clark	39 8:30
M40 Vic Litwinski	48 8:46
M50 Paul Robertson	53 10:29
M60 Neville Hewson	69 9:26
M30 Valerie Meyer	33 8:29
M40 Judy Goldston	43 8:53
M70 Mary Lathram	77 12:36
3000m Racewalk	
M30 Jim Moreland	39 18:27
M40 Vic Litwinski	48 17:28
M50 Paul Robertson	53 20:28
M60 Bill O'Reilly	66 20:04
M30 Valerie Meyer	33 17:37

Sugarloaf All-Corners
Amherst, MA; July 9

100m	
1 Troy Martins	20 11.3
6 Mike Cassamasse	38 12.1
9 Lincoln Russin	47 12.8
10 Richard Clark	38 13.2
16 Bill Dean	45 14.8
17 Harry Brooks	58 15.6
22 Lynne Hans	50 16.3
200m	
1 Ron Morgan	29 23.2
5 Mike Lapointe	37 24.9
6 Mike Cassamasse	38 25.0
7 Roy Currie	37 25.2
10 Richard Clark	38 29.9
12 Bill Dean	45 31.1
13 Harry Brooks	58 32.2
18 Scott Hartblay	45 34.6
20 Lynne Hans	50 36.3
400m	
1 Chris Welch	17 53.8
2 Roy Currie	37 54.6
3 Dave Larson	43 59.0
4 Rich Clark	38 60.1
5 Lincoln Russin	47 60.5
6 Peter Stasz	45 63.6
8 Jim Plaza	40 69.0
9 Bill Romito	38 70.2
10 Scott Hartblay	45 71.3
11 Bill Sherburne	42 72.6
12 Dave Madsen Sr	60 74.6
12 Bill Dean	45 74.6
14 Fred Wellman	52 75.2
800m	
1 Jon Novak	28 2:00.9
2 Chris Farmer	38 2:01.0
6 Bob Weiner	45 2:15.1
9 Richard Clark	38 2:23.9
13 Bill Dean	45 2:57.1
18 Lynne Hans	50 3:23.9
Masters Showcase Mile-W40+	
1 Sue Grant	48 6:53.2
2 Anne Lyman	42 6:59.3
3 Margot Parrot	43 8:03.5
Masters Showcase Mile	
1 Bob Weiner	45 4:54.0
2 Seth Roberts	40 4:58.9
3 Bob Stanley	40 5:02.0
4 Jim Murphy	45 5:06.4
5 Dave Condit	44 5:07.2
6 Peter Doherty	57 5:09.3
7 Jack Castner	— 5:16.0
8 Jim Plaza	40 5:43.5
9 Tim Metoxin	46 5:49.8
10 Harry Brooks	58 5:54.8
11 Dave Madsen	60 6:07.9
12 Dave Simmons	41 6:11.2
13 Bill Dean	45 6:18.0
14 Scott Hartblay	45 6:34.2
1 mile	
1 Dave Keinhardt	40 4:22.8
3 Chris Farmer	38 4:35.1
5 Stu Dickson	38 5:02.4
8 Ken Duffy	38 5:08.3
10 Bill Romito	38 5:11.7
11 Roy Currie	37 5:26.8
12 Fred Wellman	52 5:34.5
16 Dave Madsen Sr	60 5:56.6
17 David Permuter	34 5:57.4
19 Scott Hartblay	45 6:19.2
21 Bill Sherburne	42 6:53.0

23 Lynne Hans	50 7:06.4
4 Colleen Kelley	31 7:04.7
10,000m	
1 Gary Crowley	33:32
2 Mark Clark	35 34:07
5 Dave Condit	44 38:56
6 Don Grant	50 39:45
8 Roy Currie	37 40:15
9 Peter Stasz	45 41:16
10 Bill Gibson	40 45:54
11 Walt Kolodczynski	49 46:20
12 Bob Romer	61 47:13
13 Lynne Hans	50 54:16
15 Scott Hartblay	45 57:16

Sri Chinmoy Masters Games
Queens, NY; July 11

100m	
M40 Sakshat Flowers	12.11
Ivan Black	12.21
M45 Bhashvar Hart	11.82
Adhiratha Keefe	14.35
M50 Gene Ballard	12.30
Julio Marin	12.73
M55 Lloyd Henry	12.95
John Darrell	13.56
M60 Sri Chinmoy	13.69
Tom Talbott	14.20
M65 Manny Herscher	14.98
Mike Guluzzi	20.00
M70 Ken Jack	13.62
George Carbonell	16.45
M75 Bill Eipel	19.92
M40 Jennifer Pinto	13.17
Lorraine Osborne	13.27
M45 Lorraine Tucker	13.41
Orundun Johnson	16.59
M50 Sandy Pashkin	15.14
Zofia Turosz	16.76
M55 Anne Cirulnick	19.04
May Chou	19.55
M60 Sulochana Kallai	18.47
Rosalina Gioia	19.18
M65 Yvonne Scordia	22.97
200m	
M40 Pat Caddon	24.44
Sakshat Flowers	25.54
M45 Bhashvar Hart	24.22
Mike Milove	25.43
M50 Ed Small	24.92
Gene Ballard	25.68
M55 Lloyd Henry	27.08
John Darrell	28.47
M60 Tom Talbott	29.63
Sri Chinmoy	29.69
M65 Mike Guluzzi	41.16
Manny Herscher	34.43
M70 Ken Jack	28.57
George Carbonell	35.93
M40 Sharon Osborne	27.62
Jennifer Pinto	27.65
M45 Lorraine Tucker	28.56
Shantishri McGrath	39.16
400m	
M50 Sandy Pashkin	32.44
Zofia Turosz	34.52
M55 May Chou	46.68
Chameli Herdes	64.77
M60 Sulochana Kallai	40.56
M65 Pramoda Vacher	45.96
800m	
M40 Rod Wiltshire	52.11
Abadh Whiteaway	54.60
M45 B Hart	53.94
Mike Billman	56.97
M50 Purodo Elkins	71.32
Chas Merlis	77.09
M55 Ken Baker	55.53
John Darrell	68.15
M60 Tom Talbott	74.81
Don Spitzer	86.91
M65 John McManus	71.44
Mike Guluzzi	1:40.17
M70 George Carbonell	96.24
M40 Betty Clair-Searcy	64.95
Nilima Silver	79.26
M45 Shantishri McGrath	98.54
Kumuda Hart	1:54.44
M50 Zofia Turosz	76.63
S Klandt	1:49.42
M55 Chameli Herdes	2:41.64
M60 Sulochana Kallai	1:46.96
M65 Sarama Minoli	1:54.83
800m	
M40 V Gauthier CAN	2:08.23
A Whiteaway CAN	2:09.63
M45 Paul Fetscher	2:30.96
Rudra Tamm	2:39.05
M50 Ed Small	2:13.56
Luis Flores	2:24.30
M55 John Darrell	2:59.77
M60 Al Puma	2:53.42
Jose Rodriguez	2:59.41
M65 John McManus	2:43.98
Mike Guluzzi	3:53.80
M70 William Benson	3:16.98
George Carbonell	3:53.31
M40 Betty Clair-Searcy	2:34.29
Snigdha Fitch	3:16.34
M45 Zofia Turosz	2:47.22
Srotaswini Klandt	3:45.41
M55 May Chou	3:46.75
Margaret Taylor	5:05.68
M60 Sulochana Kallai	3:58.61
1 mile	
M40 V Gauthier CAN	4:51.65
Robert Cain	5:22.57
M45 Ed James	5:29.52
Paul Fetscher	5:30.31
M50 Tom Farr	5:53.64
Robert Delphin	5:56.39
M55 Tom Shaughnessy	7:59.70

M60 Al Puma	6:28.09
Ed Lasso	8:15.30
M65 John McManus	6:02.41
M70 William Lencsu	7:24.00
George Carbonell	8:33.14
M40 Nirjhari DeLong	7:12
Ellen Liawba	7:14
M45 Sujato Muto	JAP7:56
Kumuda Hart	8:52
M50 Zofia Turosz	6:00
Ruth Greher	8:52
M55 May Chou	7:42
M60 Sulochana Kallai	8:35
Marion Scott	10:05

3000m	
M40 N DeLong	14:04
Ellen Liawba	14:07
M45 Shantishri McGrath	18:37
M50 Zofia Turosz	11:39
Ruth Greher	16:30
M55 May Chou	14:40
Margaret Taylor	21:11
M60 Sulochana Kallai	16:30
Marion Scott	19:21
5000m	
M40 Scott Abercrombie	16:58
Jay Hildebrand	17:27
M45 Paul Fetscher	18:39
Ed James	19:06
M50 Luis Flores	17:30
Delfido Davilla	19:54
M55 Buzz Perri	22:55
Tom Shaughnessy	24:55
M60 Jose Rodriguez	19:37
Ed Lasso	25:16
M65 Mike Guluzzi	28:10
M70 Frank LaMorte	25:26

High Jump	
M40 Ivan Black	5-0
Pulak Viscardi	3-9
M45 Adhiratha Keefe	4-1
Rudra Tamm	3-9
M50 G Rocherolle	4-1
Furodha Elins	3-9
M55 John Darrell	3-6
Buzz Perri	3-6
M60 Ed Lasso	3-3
Roosevelt Cox Jr	3-0
M65 Mike Guluzzi	3-0
M70 George Carbonell	3-3
M40 Skipper Clark	4-2
M45 Shantishri McGrath	3-7 1/2
M50 Srotaswini Klandt	3-1
Zofia Turosz	3-1
M60 Rosalia Gioia	3-1
Trudy Dorn	1-1
M70 Pearl Auerbach	2-6 1/2
M80 Sylvia Schwartz	2-6 1/2

W40 Skipper Clark	4-2	
W45 Shantishri McGrath	3-7½	
W50 Srotaswini Klandt	3-1	
	Zofia Turosz	3-1
W60 Rosalia Gioia	3-1	
	Trudy Dorn	1-1
W70 Pearl Auerbach	2-6½	
W80 Sylvia Schwartz	2-6½	
Long Jump		
M40 Ivan Black	5.41	
	Rich Ryan	4.55
M45 Mike Milove	5.20	
	Paul Fetscher	3.67
M50 Julio Marin	4.42	
	Delfido Davilla	3.85
M55 John Darell	4.07	
	Buzz Perri	3.40
M60 Ed Lasso	3.32	
	Sri Chinmoy	3.23
M65 Mike Guluzzi	2.54	
W40 Ranjana Ghose	4.23	
	Sharon Osborne	4.11
W45 Lorraine Tucker	4.61	
	Shantishri McGrath	3.15
W50 Roslyn Katz	2.78	
	Zofia Turosz	2.65
W60 Rosalia Gioia	2.67	
	S Kallai	2.53
W70 Pearl Auerbach	1.71	
W80 Sylvia Schwartz	1.22	

Continued from previous page

Long Jump

M30 Kevin Gleason	18-3½
Don O'Malley	17-4½
M35 Eddie Mose	17-3½
Mike Cassamasse	15-8
M40 Eugene Rivard	17-10½
Angel Nieves	16-7
Rex Mischovich	16-6½
M50 Jerome Willis	17-0
M55 Horace Stephens	13-1
Rusty Hamilton	12-2
M60 Hank Perry	14-11
Frank Barous	14-7
W30 Kim Grall	13-10
M55 Amy Hicks	9-2½
M60 Joyce Finley	6-5 3/4
M65 Joyce McGowan	8-3½
Doris Berlepsch	4-9½
Virginia O'Connor	4-5½
M70 Libby Hagemann	8-1½

Triple Jump

M30 Manuel Toppins	43-6
Kevin Gleason	34-3
M40 Angel Nieves	32-11
M50 Jerome Willis	32-11
M55 Rusty Hamilton	28-3
M65 Bill Townsend	28-0
M70 Wm Carmen	21-4
M55 Amy Hicks	18-6
M65 Ann McGowan	16-93/4
M70 Libby Hagemann	16-8½

Shot Put

M30 Carl Swanke	44-6 3/4
Kevin Gleason	30-2½
M35 Ed Clarke	41-1½
Don Boggis	33-11½
Mike Cassamasse	26-6½
M40 Harold Krause	38-2
Ken Woodward	36-4
Angel Nieves	34-4½
M45 Robert Harvey	37-11
M50 Carl Wallin	49-6
Bill Burkle	31-11
M55 Alan Brooks	34-10
Chas Haller	34-5½
George Scott	31-4
M60 Cliff Blair	45-10½
Matt Boyle	28-4
M65 Wm Lonnroth	23-1
W30 Julie Ryan	34-11½
Kim Grall	28-7
Virginia Bogni	24-10½
W45 Ethel Conway	17-3½
W50 Audrey Boyle	25-6
M55 Amy Hicks	25-7½
M60 Joyce Finley	17-10
M65 Virginia O'Connor	18-8
Doris Berlepsch	17-6
M70 Libby Hagemann	23-0

Discus

M30 Karl Swanke	130-8
Kevin Gleason	89-3
M35 Ed Clarke	121-11
Ed Daniels	111-11
Don Boggis	105-3
M40 Hal Krause	110-10
Angel Nieves	109-5
M45 Bob Harvey	114-1
Rick Krause	110-0
M50 Carl Wallin	133-4
Bill Burkle	115-2
M65 Bill Lonnroth	66-9
M70 Boo Morcom	101-7
Jack Hagemann	92-11
Mike Biaz	83-1
W30 Virginia Bogni	58-6
W45 Ethel Conway	52-0
W50 Audrey Boyle	72-11
M55 Amy Hicks	85-5
Joan Youngs	68-3
M60 Joyce Finley	43-5
M65 Doris Berlepsch	48-1
Virginia O'Connor	43-4
M70 Libby Hagemann	AR65-4

Hammer

M30 Mike Stomski	107-1
M35 Ed Daniels	136-7
M40 Harold Krause	122-11
M45 Bob Harvey	110-11
M50 Carl Wallin	151-1
M55 Bill McWilliams	165-5
George Scott	75-7
M60 Cliff Blair	152-5
Matt Boyle	83-3
M65 Jim Crawford	103-2
M80 Paul Narcessian	78-1
W30 Virginia Bogni	78-9
W45 Ethel Conway	63-1
M55 Amy Hicks	70-10
Joan Youngs	69-5
M60 Joyce Finley	64-2
M65 Doris Berlepsch	44-4
Virginia O'Connor	42-11
Ann McGowan	31-11
M70 Libby Hagemann	71-5

Javelin

M30 Karl Swanke	149-10
Kevin Gleason	125-1
M35 Don Boggis	152-0
M40 Bob Powers	177-10
Eugene Rivard	135-3
Angel Nieves	128-6
M45 George Reynolds	162-10
Robert Harvey	111-11

M50 William Burkle	101-5
M55 Karl Rohnke	116-6
Chas Haller	104-6
Allen Brooks	102-0
M60 James Duncan	121-9
Cliff Blair	110-10
M70 Boo Morcom	80-8
Angelo Oliver	50-7
W30 Kim Grall	103-0
M55 Amy Hicks	81-7
Joan Youngs	74-5
M60 Joyce Finley	35-10
M65 Doris Berlepsch	51-11
Virginia O'Connor	42-6
Ann McGowan	34-11
M70 Libby Hagemann	56-7
Mile Walk	
M40 Phil McGaw	7:25.4
M45 John Dove	9:22.8
M50 Jim DeSimone	11:10.1
M60 Matt Boyle	11:18.8
M65 Ed O'Connell	8:45.5
Wm Lonnroth	11:29.6
Stuart Corning	11:38.9
M80 Frank Ruben	11:33
M60 Barbara O'Connell	13:42.6
M65 Helen Lonnroth	11:11.1

Syracuse Chargers Meet
Syracuse, NY; July 15

100m	
M40 Jasper Royal	12.6
M45 Sam Hall	12.5
M50 Tom Fondy	13.3
M55 Andy Branch	12.7
M60 Marty Scicchitano	14.3
M65 Bob Metzner	17.2
M70 Russ More	16.4
W55 Shirley Pollay	20.0
200m	
M45 Sam Hall	25.2
M50 Tom Fondy	27.3
M55 William Berry	29.8
M60 Marty Scicchitano	29.8
M70 Russ More	38.0
W55 Shirley Pollay	42.0
400m	
M45 Bob Micho	56.7
M55 Fred Schlereth	60.9
M60 Marty Scicchitano	67.8
M70 Russ More	89.4
800m	
M30 Glenn Sandiford	2:07.6
M35 Chris Burke	2:12.0
M40 Wendell Davson	2:16.4
M55 William Berry	3:10.2
1500m	
M30 Glenn Sandiford	4:19.9
M35 Terry McConnell	4:38.9
M40 Kevin Kelly	4:25
M45 Allen Drew	5:44.3
M55 William Berry	6:15.9
M60 Roy Armstrong	5:53.3
M65 Jack Groskin	6:33.8
M70 Nate White	6:33.3
W30 Marilyn Brandt	5:55
W35 Patti Ford	4:57
W55 Joyce Armstrong	9:13
Long Jump	
M45 Allan Drew	12-6½
M55 Nick Palladino	9-1
M60 John Murray	8-10½
Shot Put	
M55 Nick Palladino	27-6½
M60 Rich Holloway	36-7½
Discus	
M40 Jim Alexander	103-0
M45 Allan Drew	69-11
M55 Nick Palladino	77-4
M60 Rich Holloway	123-11
M65 Bob Metzner	70-0

Buffalo Belles & Brawn
Buffalo, NY; August 1-2

100m	
M30 Mark Guthrie	11.6
M40 Charles Allie	11.7
M50 G. Bartholomew	13.8
M60 Ted Swanson	13.5
W30 Barbara Tomczak	15.0
W40 Rhona Trott	14.2
W50 Dortha Swanson	18.3
200m	
M30 Jessie Thomas	23.0
M40 Charles Allie	23.8
M50 G. Bartholomew	28.1
M60 Ted Swanson	28.7
W30 Barbara Tomczak	31.6
W40 Jo Cross	29.8
W50 Dortha Swanson	40.8
400m	
M30 Frank Makoz	53.9
M40 Dorel Watley	52.5
M60 Ted Swanson	1:09.8
W30 Barbara Tomczak	1:11.3
W40 Jo Cross	1:07.7
800m	
M30 Mike Young	2:10.6
M40 Dorel Watley	2:05.8
M50 Harvey Boles	2:58.1
W30 Chris Vasey	3:03.5
1500m	
M30 Ken Switnicki	4:58.3
M40 Peter Callopy	4:39.4
M50 Andy MacDonald	6:50.5
W30 Chris Vasey	6:04.1
110H/100H	
M30 Horace Hudson	18.3
M40 A. LaFramboise	20.8
M60 Andrew Thomson	19.9
W30 Lucy Williams	20.7

400H/300H	
M30 Horace Hudson	1:00.1
M60 Andrew Thomson	55.8
W60 Pat Peterson	1:10.5
High Jump	
M30 Serge Lebel	5-0
M40 Kevin Donovan	5-0
M50 David Morris	4-6
M60 Ted Swanson	4-4
W30 Deborah Eckhardt	3-4
W40 Vera Cabanus	3-11
W60 Pat Peterson	8-9½
Pole Vault	
M40 Kevin Donovan	11-6
M50 Harvey Boles	8-0
M60 Stan Egerton	10-0

Long Jump	
M30 David Hoel	17-4
M40 Joe Brown	17-6½
M50 Harvey Boles	13-6½
M60 Ted Swanson	13-2½
W30 Lucy Williams	13-8
W40 Jo Cross	13-8½
W60 Pat Peterson	8-9½

Triple Jump	
M30 Serge Lebel	34-3
M40 Joe Brown	36-0
M50 Harvey Boles	28-1½
M60 Ted Swanson	27-9
W30 Pauline MacDonald	26-9
W40 Linda Edwards	23-3
W50 Dortha Swanson	20-2

Shot Put	
M30 Paul Kittell	32-3½
M40 Rick Westwood	35-11½
M50 Jim Flowers	26-6½
W30 Carol Bryant	31-9½
W40 Vera Cabanus	26-4

Discus	
M30 Paul Kittell	117-11
M40 Rick Westwood	108-10
M50 David Morris	116-6
M60 Jim Flowers	93-4
W30 Lucy Williams	93-2
W40 Vera Cabanus	71-0
W50 Dortha Swanson	67-3½

Javelin	
M30 Serge Lebel	155-4
M40 A. Framboise	144-9
M50 Fred Pamentor	143-0
M60 Ken Morris	85-4
W30 Deborah Eckhardt	74-5
W40 Vera Cabanus	79-5

Pittsford Thursday Nite 3000
Pittsford, NY; August 6

M30 Tim Jones	9:58.7
M35 Augie Calabrese	9:58.9
Tim O'Neill	10:10.9
M40-49	
Derck Frechette	9:31.5
Jim Boyle	10:01.9
Dave Kemp	10:53.7
Tim Matthews	11:10.3
Rick Lesser	11:45.8
Alan Hamburg	12:31.1
M50+Bill Kehoe	11:19.9
W35 Angela Fuller	12:43.4
W40-49	
Kathy Brown	11:21.1
Joan Miller	11:54.3
Anita Shaw	12:11.3

DCRR Club Masters Mile
Alexandria, VA; August 12

1 Jerry Merkel	40 4:56.31
2 Bob Weiner	45 4:58.54
3 J J Wind	42 5:09.76
4 Gary Guenther	40 5:13.24
5 Paul Quinn	44 5:19.68
6 Robert Platt	41 5:20.50
7 George Guiley	43 5:25.01
8 John Haubert	49 5:26.06
9 Jim Derham	50 5:29.53
10 Jim Medas	48 5:31.90
11 Larry Monaco	54 5:36.28
12 Larry Dickerson	54:47.13
13 Jim Mergenson	54:58.53
14 M Thompson	45 6:02.70
15 Jack McMahon	61 6:02.74
16 Al Morris	50 6:24.10
17 Frank Gignac	59 6:29.21
18 James Duffy	42 6:31.30
19 Jim Hall	47 6:34.04
20 Andy Buechele	49 6:46.02
21 Larry Welch	49 7:04.41
22 James Eitel	59 7:31.82

Triple City RC Masters Mile
Endwell, NY; August 16

1 Care Stoneking	41 5:15
2 Paul Natelli	48 5:33
3 George Groome	52 5:40
4 Doug Kilmer	40 6:07
5 Tony Farrand	56 6:08
6 Alan Jones	55 6:17
7 Frank Seliga	51 6:21
8 unk	6:49
9 Tom Nedlik	43 6:56
10 Dave Heck	61 7:14

Pittsford Thursday Nite 1500
Pittsford, NY; August 20

M30 Andy Smith	4:36.3
M35 Tim O'Neil	4:39.0
Roger Messenger	4:39.4
Mark Harrison	4:42.1
M40 Tom Serafin	4:51.7
Rick Lesser	5:06.5
M50 Dick Telarico	5:07.7
W35 Angela Fuller	5:44.2
LuAnn VanPeursen	6:10.4
W40 Mary Hasenauer	5:34.1
Lorraine Vail	5:47.4
Anita Shaw	5:51.5

SOUTHEAST

Tennessee Senior Games
Jackson; July 27-30

100m	
M55 Jim Mathis	12.86
M60 Estes Redditt	13.2
M65 Frank Hayes	14.00
M70 Warren Barger	16.29
M75 Richard Houton	19.18
W55 Ruth Sluder	17.47
W60 Barbara Fish	19.43
W65 Ruth Shanks	18.13
W70 Marion Shew	21.15
W75 Loretta Patterson	21.69
W80 Eleanor Pease	26.85

200m	
M55 Jim Mathis	26.00
M60 E Redditt	27.94
M65 F Hayes	29.31
M70 George Reynolds	36.86
M75 William Nelms	38.62
W55 Ruth Sluder	36.64
W60 B Fish	42.92
W65 Marie Kellum	42.60
W70 Ellinora Vinson	48.78
W75 Mavis Borthwick	51.34
W80 Allie Walker	68.37

400m	
M55 Jim Mathis	56.19
M60 Asa Lewis	68.68
M65 Frank Hayes	67.78
M70 Geo Reynolds	83.59
M75 Max Springer	92.74
W55 Robbie Tompkins	96.50
W60 Harriet Locke	1:32.50
W65 Ruth Shanks	1:37.52
W70 Bonita Irwin	nta
W75 Mavis Borthwick	1:56.41

800m	
M55 Gerald Koch	2:38.65
M60 Billy Williams	2:48.50
M65 Ken Robinson	4:10.40
M75 Max Springer	4:35.75
W55 Evelyn Zerfoss	3:12.88
W60 Harriet Locke	3:33.37
W65 Martha Bradley	5:18.56
W75 Mavis Borthwick	4:40.09
W80 Allie Walker	5:57.31

1500m	
M55 Bruce Logan	6:34
M60 Asa Lewis	8:00
M65 Wandie Nelson	8:17
M70	
M55 Gerald Koch	5:16.97
M60 Billy Williams	5:46.44
M65 Ned Brown	7:41.00
M70 Don McCune	7:54.19
M75 Max Springer	7:30.59
W55 Evelyn Zerfoss	6:23.44
W60 Margaret Locke	6:57.00
W65 Luella Carroll	11:16.00
W75 Mavis Borthwick	9:48.56
W80 Allie Walker	11:24.19

5000m	
M55 Gerald Koch	18:49
M60 Billy Williams	20:59
M65 Jim Horan	26:06
M70 Augustus Ford	32:06
M75 Orland Patterson	43:40
W55 Robbie Tompkins	28:17
W60 Harriet Locke	25:02
W70 Ellinora Vinson	33:56
W75 Mavis Borthwick	35:44
W80 Allie Walker	42:17

10,000m	
M55 Gerald Koch	40:19
M60 Buster Tankersley	42:22
M65 Bill Layman	60:46
M70 Augustus Ford	71:56
M75 Max Springer	60:55
W55 Robbie Tompkins	62:57
W60 Harriet Locke	53:59
W70 Ellinora Vinson	73:51
W75 Mavis Borthwick	80:25
W80 Allie Walker	87:43

High Jump	
M55 Dewayne Bolton	4-6
M60 Robert Mathis	4-2
M65 Robert Duvernoy	3-3
M70 Warren Barger	3-10
M80 Burhl Bailey	2-6
M55 Mary Duvernoy	2-10
M60 Janet Branson	3-0
M65 Christine Fulbright	3-8

Long Jump	
M55 Dewayne Bolton	12-6
M60 Joe Tucker	11-11½

Continued from previous page

M50 Larry Pratt	162-10
Terry Simons	134-9
Mike Valle	129-7
M55 Frank Caron	113-1
M60 Larry Horine	139-2
Rudy Bredenbeck	118-1
Fred Anson	114-10
M65 Cliff Sampson	132-11
Jacob Stein	107-0
George Butchko	101-5
M70 Chas Irvin	89-6
M90 Everett Hosack	40-7
W35 Vickie Johnson	71-11
W55 Arlene Stooke	48-2
Donelda Smith	41-1
W60 Lucille Sampson	62-7
Eliza Dalzell	53-3
W75 Lenka Seda	32-2
Hammer	
M45 Mickey Bitsko	137-9
M50 Mike Valle	134-0
M60 Don Sibigroth	69-3
David Vachon	66-1
M65 Cliff Sampson	92-9
Jacob Stein	85-10

Javelin	
M30 Craig Dupler	120-6
M35 Randy Dean	124-4
M40 Barry Faust	115-9
M45 Curt Fletcher	117-3
Gary Kidd	108-10
M50 John Sloan	125-4
M55 Frank Caron	99-7
M60 Larry Horine	108-7
David Vachon	91-0
M65 Jacob Stein	99-1
George Butchko	89-11
G W Dalzell	82-4
M70 Chas Irvin	63-1
W35 Vickie Johnson	81-4
W45 Arbra Beckelheimer	54-5
W55 Arlene Stooke	46-10
W60 Eliza Dalzell	52-11
MaryEllen Horine	38-3

5000m Racewalk	
M35 Bill Garten	30:43.10
M45 Gary Kidd	32:26.40
M45 Abra Beckelheimer	34:29.00
M55 Donelda Smith	39:05.80
M60 MaryEllen Horine	38:14.40

MID AMERICA

Lincoln TC Decathlon
Lincoln, NE; June 14

M30 Steve Reinbolt	34 2727
David Saye	32 1203
M35 Mike Maryott	39 5542
M40 Bill Scholler	43 5397
Jim Knapp	40 5078
Tom Light	44 4847
M45 Rex Harvey	45 7730
M50 Jim Retzlaff	51*5907
John Lewis	51*2954

*non-standard implants/distincs

St. Louis TC Mile
St. Louis, MO; June 18

M30 Dennis Gournic	4:49
Jon Delano	4:55
Craig Mallinkrodt	5:00
M35 James Pannbacker	4:58
John Dickey	5:11
Richard Bates	5:14
M40 Kent Oglesby	4:51
Dan Sebben	4:55
Robert Leutwiler	5:03
M45 Kelley Boyd	5:13
Ernie Carr	5:16
Steve Cottle	5:41
M50 John Munch	5:37
Bob Tarrant	5:45
John Kardos	6:16
M55 Bill Stewart	5:35
Jim Carney	5:50
Harold Dix	5:59
M60 Joe Bell	6:12
John Rossio	6:59
Jack Frohlichstein	9:05
M65 Pat Gallagher	6:15
Paul Schmitt	6:23
W30 Wendy Halamecek	5:17
Norma Mahie	6:25
W35 Kathy Marchbanks	6:16
Carol Keller	6:45
W40 Carol Amos	7:18
W45 Sandy Kram	7:30
W50 Carol Peluso	6:50
W55 Ann Wilson	8:22
W65 Dottie Gray	7:30
P Bailey-McCarthy	10:28

Rocky Mountain Masters
Games
Boulder, CO; September 5-6

M32 WINGSTON, STEVE	6.23
M34 CRUMKLETON, GEORGE	6.26
M38 PANNELL, MIKE	6.52
M38 ZAHN, ROBERT	6.64
M35 FIELDS, JAMES	6.65
M39 RUF, GARY	6.76
M41 SANTOS, ANTHONY	6.45
M42 VERTI, BOB	6.61
M42 DOLEZEL, JIM	6.72
M42 AYERS, DAN	7.16
M46 BONG, ROBB	6.58

M49 LOUBET, JEFF	7.02
M49 MENWOGLE, CHUCK	7.20
M50 GIBSON, WALTER	7.00
M50 LECZINSKI, DENNIS	7.25
M54 HORTON, DWAIN	7.27
M50 TAYLOR, SAM	7.27
M50 STARR, TOM	7.29
M52 ARNOLD, ED	7.74
M57 HARTENSTEIN, HUGO	6.85
M56 STOPOLLOS, PETE	7.20
M57 WHITE, RITCH	8.05
M62 POPPELL, JOHN	7.11
M63 ALBURY, GORDON	7.30
M63 ANDERSON, ANDY	7.40
M61 MELCH, FRANK	7.61
M61 JAENECKE, RUSS	8.92
M65 SOCHOR, CHARLES	7.31
M68 SILVA, ALEX	8.13
M67 BUTCHKO, GEORGE	8.51
M73 DAVIDSON, JOHN	7.75
M77 TODD, LEE	8.80
M75 PRAEGER, FREDERICK	8.83
M78 BYERS, J.C.	9.41
F41 THOMPSON, SUE	9.21
F59 FRANKS, JOYCE	10.53

M32 WINGSTON, STEVE	11.65
M36 CRUMKLETON, GEORGE	11.21
M38 PANNELL, MIKE	12.06
M38 ZAHN, ROBERT	12.12
M39 RUF, GARY	12.68
M35 FIELDS, JAMES	12.70
M40 THOMPSON, TOM	11.47
M40 RADIFF, DAN	11.88
M41 SANTOS, ANTHONY	11.96
M42 VERTI, BOB	12.10
M41 GREINER, LEE	12.58
M42 DOLEZEL, JIM	12.65
M46 BONG, ROBB	12.29
M50 TAYLOR, SAM	12.59
M54 KIRKPATRICK, RONALD	12.79
M50 GIBSON, WALTER	13.17
M54 HORTON, DWAIN	13.43
M50 STARR, TOM	13.52
M50 LECZINSKI, DENNIS	13.84
M57 HARTENSTEIN, HUGO	12.78
M57 WHITE, RITCH	14.72
M62 POPPELL, JOHN	13.12
M63 ALBURY, GORDON	13.21
M63 ANDERSON, ANDY	13.55
M61 MELCH, FRANK	14.42
M60 HEIN, RICHARD	15.00
M61 JAENECKE, RUSS	17.00
M66 GREENWOOD, JACK	14.04
M67 KATZMAN, NORMAN	14.88
M68 SILVA, ALEX	15.04
M67 BUTCHKO, GEORGE	16.36
M73 DAVIDSON, JOHN	14.46
M75 PRAEGER, FREDERICK	16.40
M77 TODD, LEE	17.77
M78 BYERS, J.C.	18.08
F41 THOMPSON, SUE	17.22
F59 FRANKS, JOYCE	19.65
F61 RUTTLER, IDA	17.96
F78 NEHL, PEARL	22.50

M32 WINGSTON, STEVE	22.81
M34 FRY, JEFF	28.45
M36 CRUMKLETON, GEORGE	22.62
M38 PANNELL, MIKE	23.95
M39 RUF, GARY	24.90
M35 FIELDS, JAMES	27.90
M40 THOMPSON, TOM	23.27
M40 RADIFF, DAN	23.75
M41 SANTOS, ANTHONY	24.46
M42 VERTI, BOB	24.83
M41 CONNORS, DAN	25.36
M41 GREINER, LEE	25.89
M42 AYERS, DAN	27.58
M46 BONG, ROBB	24.62
M54 KIRKPATRICK, RONALD	25.47
M50 TAYLOR, SAM	26.82
M50 STARR, TOM	27.40
M57 WHITE, RITCH	32.42
M62 POPPELL, JOHN	26.97
M63 ALBURY, GORDON	27.29
M63 ANDERSON, ANDY	28.05
M61 MELCH, FRANK	30.02
M62 DOWLEY, JERRY	30.09
M65 SOCHOR, CHARLES	26.94
M66 GREENWOOD, JACK	29.50
M67 KATZMAN, NORMAN	30.65
M68 SILVA, ALEX	32.11
M73 DAVIDSON, JOHN	31.71
M75 PRAEGER, FREDERICK	36.86
F41 THOMPSON, SUE	36.86
F59 FRANKS, JOYCE	43.45
F61 RUTTLER, IDA	38.92
F78 NEHL, PEARL	48.72

M32 SCHNEEBECK, DOUGLAS	56.31
M38 PANNELL, MIKE	54.56
M40 THOMPSON, TOM	52.18
M41 CONNORS, DAN	56.31
M41 GREINER, LEE	59.93
M42 AYERS, DAN	64.44
M41 UNDERWOOD, JEFF	64.78
M46 SIMONS, DAVE	54.55
M46 BONG, ROBB	54.79
M54 KIRKPATRICK, RONALD	56.35
M63 ANDERSON, ANDY	64.50
M65 SOCHOR, CHARLES	61.64
M67 KATZMAN, NORMAN	68.20
M68 SILVA, ALEX	75.86
F31 KINNEY, KATE	67.15
F41 THOMPSON, SUE	85.54
F61 RUTTLER, IDA	93.24
F78 NEHL, PEARL	1:50.90

M34 GREEN, WOODY	2:13.18
M35 LAYMAN, JEFF	2:15.98
M42 CAMIER, HERB	2:24.76
M51 KRELL, DAVE	2:20.39
M59 LUFF, KENNETH	2:27.32
M61 BLACK, ERNIE	2:44.81
M67 MACDONALD, ERNIE	3:00.99
F54 PALMASON, DIANE	2:40.93
F61 RUTTLER, IDA	3:41.33
F78 NEHL, PEARL	4:13.08

M34 GREEN, WOODY	4:43.08
M42 KIMBLE, ERIL	4:46.61
M43 BYSTRAL, HAROLD	4:49.52
M40 ROM, JERRY	4:59.55
M42 DOLEZEL, JIM	5:32.05
M41 UNDERWOOD, JEFF	5:38.16
M52 BUD, DAVID	6:02.80
M59 LUFF, KENNETH	4:59.83
M61 BLACK, ERNIE	5:43.98
F31 KINNEY, KATE	5:00.57
F38 ROM, SUSAN	5:43.74
F54 PALMASON, DIANE	5:40.47
F78 NEHL, PEARL	9:12.07

M35 KOWING, JOHN	15:34.0
M43 KATZ, RICK	16:23.2
M59 LUFF, KENNETH	17:30.7
M57 FRANKS, RAY	22:40.3
M61 BLACK, ERNIE	20:52.2
F30 LORRI, CATHERINE	17:30.4
F39 O'BRIEN, SANDRA	23:05.5
F54 PALMASON, DIANE	21:52.0
F78 NEHL, PEARL	37:10.4

M59 DICARLO, BOB	27:58.0
M57 FRANKS, RAY	29:59.5
M58 STRAUTINS, VILMARIS	31:00.8
F42 COOPER, PAT	28:04.0
F41 ANDERSON, HOLLY	35:34.2
F55 FREDERICK, DORIS	37:25.2

M50 GIBSON, WALTER	18.89
M57 WHITE, RITCH	26.18
M68 HIRSHAKI, FRED	20.79

M32 SCHNEEBECK, DOUGLAS	58.40
M38 PANNELL, MIKE	59.13
M40 RADIFF, DAN	63.47
M41 SANTOS, ANTHONY	74.27
M65 SOCHOR, CHARLES	85.31
F39 CARTER, CHARLOTTE	80.33

M39 HAMMOND, SCOTT	5-8
M35 FIELDS, JAMES	4-4
M44 LIGHT, THOMAS	5-2
M42 DOLEZEL, JIM	5-0
M41 SANTOS, ANTHONY	4-8
M49 LOUBET, JEFF	4-10
M49 MENWOGLE, CHUCK	4-6
M54 HORTON, DWAIN	5-0
M50 LECZINSKI, DENNIS	4-6
M55 CARTER, LARRY	4-10
M57 WHITE, RITCH	4-0
M55 ROTH, JIM	4-0
M60 WHITE, HAROLD	4-10
M60 HEIN, RICHARD	4-8
M62 DOWLEY, JERRY	4-4
M68 HIRSHAKI, FRED	4-4
M67 BUTCHKO, GEORGE	3-10
M71 BOWLES, FRANK	3-8
M73 TRIMMELL, BILL	3-6
M77 TODD, LEE	3-4
F60 DUGAN, JOAN	3-10

M36 BILDERBECK, JEFF	12-0
M42 DOLEZEL, JIM	9-0
M49 LOUBET, JEFF	11-0
M49 MENWOGLE, CHUCK	8-0
M56 HAMILTON, RUSTY	8-6
M55 ROTH, JIM	9-0
M52 DOWLEY, JERRY	11-0
M62 MORRIS, ALLEN	7-0
M67 GROSCH, DON	9-6
M68 HIRSHAKI, FRED	8-0

M39 HAMMOND, SCOTT	19-3
M36 BILDERBECK, JEFF	17-7
M38 MCINTOSH, RON	16-8 1/2
M41 SANTOS, ANTHONY	19-2
M42 VERTI, BOB	18-1 1/4
M42 DOLEZEL, JIM	17-8
M49 LOUBET, JEFF	16-7 3/4
M49 MENWOGLE, CHUCK	13-11
M50 LECZINSKI, DENNIS	16-6
M52 ARNOLD, ED	14-0
M56 STOPOLLOS, PETE	16-11
M55 CARTER, LARRY	14-0
M57 WHITE, RITCH	11-9 1/2
M60 HEIN, RICHARD	14-7 1/2
M60 WHITE, HAROLD	14-7 1/2
M67 BUTCHKO, GEORGE	11-6 1/4
M73 DAVIDSON, JOHN	12-10 3/4
M73 TRIMMELL, BILL	5-2 1/2

M41 SANTOS, ANTHONY	39-0 1/2
M42 VERTI, BOB	36-11 3/4
M42 DOLEZEL, JIM	33-6 3/4
M50 LECZINSKI, DENNIS	29-4 1/2
M55 CARTER, LARRY	28-3 1/4
M68 HIRSHAKI, FRED	26-10 1/2

M34 FRY, JEFF	28-6 1/2
M38 REED, DALE	37-9 1/4
M45 BROCE, RON	39-5 1/4
M48 MARTINEZ, JOHN	25-7
M50 HAMBRICK, RON	38-10 1/4
M53 JURGENS, ROBERT	37-5 1/4
M57 MESSALOWSKI, TOM	38-7 3/4
M57 SPENCER, VERN	30-7 1/4
M60 HEIN, RICHARD	39-8
M62 DARLING, CHUCK	38-11
M63 BRAZELTON, BILL	34-6 1/2
M61 EIGHTY, JACK	34-3 3/4
M62 MORRIS, ALLEN	30-0 1/4
M67 CANTOR, HERBERT	35-3 3/4
M69 DALZELL, GRAEME	31-8
M65 KROEGER, HAROLD	30-11 1/4
M67 BUTCHKO, GEORGE	25-2 3/4

M71 BUTSSE, DALE	40-2 1/4
M73 FLACK, TOM	34-11
M71 BOWLES, FRANK	34-0 3/4
M73 TRIMMELL, BILL	33-2
M75 PRAEGER, FREDERICK	37-11 3/4
M77 TODD, LEE	31-10
F60 DUGAN, JOAN	24-10 3/4
F64 DALZELL, ELIZA	21-5 1/2
F63 AZELTIN, JEANE	18-10 1/4
F70 MCGINNITY, BETTYE	18-2 1/2

M34 FRY, JEFF	89-5 1/2
M36 GENTHER, SCOTT	159-8
M36 BILDERBECK, JEFF	104-0
M45 BROCE, RON	109-8 1/2
M51 KRELL, DAVE	126-2 1/2
M54 HORTON, DWAIN	119-6
M53 JURGENS, ROBERT	99-10 3/4
M50 HAMBRICK, RON	97-8 3/4
M57 MESSALOWSKI, TOM	124-0
M57 SPENCER, VERN	102-8
M56 HAMILTON, RUSTY	86-0 1/4
M62 DARLING, CHUCK	138-5
M60 SHIT, JAN	122-8 1/2
M63 BRAZELTON, BILL	119-10
M60 HEIN, RICHARD	99-6 1/2
M61 EIGHTY, JACK	85-4
M62 MORRIS, ALLEN	80-10 1/2
M65 KROEGER, HAROLD	127-6
M67 CANTOR, HERBERT	114-3
M67 BUTCHKO, GEORGE	98-0 1/4
M69 DALZELL, GRAEME	87-10
M71 BOWLES, FRANK	125-6
M71 BOWLES, FRANK	97-11 1/4
M73 FLACK, TOM	84-6 1/4
M77 TODD, LEE	76-9 1/2
M75 PRAEGER, FREDERICK	79-11 3/4
F40 GREEN, LORRAINE	82-10 1/2
F60 DUGAN, JOAN	80-8 1/2
F64 DALZELL, ELIZA	51-0 1/2
F63 AZELTIN, JEANE	43-4
F70 MCGINNITY, BETTYE	44-4

M57 MESSALOWSKI, TOM	113-5
M57 SPENCER, VERN	104-1
M62 MORRIS, ALLEN	65-7
M67 CANTOR, HERBERT	105-3
M65 KROEGER, HAROLD	75-5
M69 DALZELL, GRAEME	71-5
M71 BOWLES, FRANK	74-4
M73 FLACK, TOM	72-10
M75 PRAEGER, FREDERICK	72-5
F60 FETHERSTON, JUDY	87-9

M33 KNUTSON, PAUL	148-6
M38 MCINTOSH, RON	98-11 1/2
M44 LIGHT, THOMAS	119-9
M45 BROCE, RON	123-3
M50 HAMBRICK, RON	147-0
M53 COCUREHAM, WALTER	143-5 1/2
M54 WEEKS, BOB	107-11
M57 SPENCER, VERN	79-7 1/2
M63 BRAZELTON, BILL	137-7
M60 WHITE, HAROLD	137-2 1/2
M62 MORRIS, ALLEN	83-7
M67 CANTOR, HERBERT	98-3 0 1/2
M67 BUTCHKO, GEORGE	89-3
M69 DALZELL, GRAEME	76-3
M65 KROEGER, HAROLD	75-0
M71 BOWLES, FRANK	105-

Continued from previous page

Hammer	
M35 Andrew Kappell	79-1
M40 Bob Sager	104-5
M45 Tom Gage	192-1
M60 Larry Marsh	111-2
M70 Brady Walker	118-11
M75 Manuel White	91-10

Javelin	
M35 Skip Butler	172-8
M40 Bob Sager	112-9
M55 Mal Russell	147-3
M60 Larry Marsh	110-8
M65 Don Tavalacci	106-8
M70 Brady Walker	100-10
M75 Manuel White	122-0
M80 Emmett Bennett	52-2
M55 Katie Spurlock	50-5
M65 Mavis Lorenz	81-10

5000m Racewalk	
M35 Steve Gardiner	32:10.9
M45 George Birtic	33:45.5
M60 Howard Austin	33:07.0
M65 Arne Hovin	34:41.0
M70 Ed Anacker	37:22.9
M80 Phil Lawrence	34:09.8
M30 Marj Logozzo	32:06.3
M50 Jean MacInnis	32:06.3
M55 Martha Yale	38:56.0
M60 Lois McClaren	38:55.4
M75 Isabel Lawrence	47:16.0

Team Scores	
Helena Cougars #1	145
Helena Cougars #2	79
Missoula R&T	61

INTERNATIONAL**British Veterans Athletics
Federation Championships
Cophthall, July 18-19**

100m	
M40 N Robinson US	11.59
A Ross	12.05
M45 G Sutton	11.74
M50 R Austin	12.31
M55 R Taylor	11.86
M60 A Meddings	13.13
M65 D Adair	13.74
M70 E Matthews US	14.19
L Williams	14.64
M75 E Plimer	15.06
M80 A Beckett	17.64
M35 A Mullinger	12.9
M40 B Blurton	13.34
M45 Y Priestman	13.59
M50 U Gore	14.07
M55 C Graham	15.05
M60 R Gordon	17.09
M65 J Ogden	14.84
M70 M Wixey	16.99
M75 M Williams	21.63

200m	
M40 J Caines	22.64
M45 G Sutton	23.8
M50 R Austin	24.88
M55 R Taylor	25.49
M60 A Meddings	26.43
M65 G Bridgeman	29.36
M70 E Matthews US	29.75
A Monen	32.91
M75 E Plimer	32.52
M80 A Beckett	41.22
M35 M Smith	26.8
M40 B Blurton	27.55
M45 Y Priestman	28.25
M50 U Gore	29.98
M55 E Turner	33.08
M60 R Gordon	36.52
M65 J Ogden	31.34

400m	
M40 A Clark	51.66
M45 J Henson	52.61
M50 R Austin	55.10
M55 W Morgan	57.07
M60 B Parnaby	60.09
M65 J Quantrell	68.28
M70 E Matthews US	70.11
M35 J Saunders	59.25
M40 B Blurton	59.94
M45 M Hocknell	64.08
M50 J Hulls	65.92
M55 M Holmes	79.75
M60 B Green	90.41

800m	
M40 A Clarke	1:59.42
M45 J Treadwell	2:04.53
M50 f Hearn	2:08.40
M55 M Fox	2:12.05
M60 T Clowry	2:26.98
M65 B Neilson	2:50.22
M70 D Evers	2:51.08
M35 A Turrington	2:13.35
M40 B Blurton	2:29.59
M45 C Oxtan	2:25.08
M50 I Hornsey	2:38.30
M55 B Crowley	3:03.84

1500m	
M40 P Molloy	4:08.36
M45 J Treadwell	4:15.6
M50 S Warzee	4:19.75
M55 B Bartholomew	4:38.21
M60 D Howarth	5:01.55
M65 H Tempan	4:57.84
M35 A Turrington	4:38.32
M40 J Gardner	4:56.45
M45 C Oxtan	4:58.74
M50 J Smith	4:58.74
M55 B Crowley	6:07.08
M70 J Waller	6:57.79

5000m	
M40 H Emmerton	15:04.0
M45 B O'Neill	15:28.4
M50 P Lancaster	16:03.2
M55 M Morrell	18:04.5
M60 L O'Hara	17:10.9
M65 S Charlton	18:18.0
M70 B Davidson	21:53.3
M35 L Hughes	17:38.9
M40 C Rollason	18:11.9
M45 E Statham	17:50.2
M50 B Matley	20:00.0
M70 J Waller	25:00.1

10,000m	
M40 C Dickinson	32:59.09
M45 B O'Neill	32:04.05
M50 P Andrews	34:09.20
M55 D Surrey	37:19.06
M60 P Morris	35:14.26
M65 S Charlton	38:12.2
M70 M Statham	37:12.3
M40 B Bradshaw	42:27.5
M45 D Fellows	38:53.0
M50 J Bryan	43:37.4
M75 J Waller	49:47.6

Short Hurdles	
M40 N Robinson US	15.25
A Roker	16.54
M45 G Long	17.82
M50 B Ferguson	14.86
M55 C Shafto	17.04
M60 I Steedman	17.5
M70 L Williams	15.03
M35 S Owen	16.5
M40 J Willis	12.86
M45 P McNab	15.05
M50 J Charles	15.03
M55 C Graham	15.94

Long Hurdles	
M40 A Roker	58.06
M45 G Long	62.64
M50 D Barrington	67.92
M55 C Shafto	66.04
M60 K Whittaker	48.77
M65 D Dickson	54.95
M35 J Searle	74.65
M40 H Vogel	78.26
M45 M Hocknell	70.18
M50 N Cross	54.89

Steeplechase	
M40 M Eveleigh	9:35.16
M45 M Nelson	10:04.95
M50 H Artiss	11:18.74
M55 P Morris	12:16.49

High Jump	
M40 M James	1.75
M45 E Fitzgerald	1.70
M50 R Hancock	1.50
M55 T Crocker	1.55
M60 C Taylor	1.37
M65 G Leete	1.49
M35 S Owen	1.50
M40 P Garvey	1.30
M45 S Smallwood	1.35
M50 J Charles	1.15
M55 R Chrimes	1.25

Pole Vault	
M40 N Phipps	3.80
M45 E Fitzgerald	3.60
M50 G Benson	3.80
M60 J Donley US	3.50
A Woods	3.00

Long Jump	
M40 C Wright	6.96
M45 E Fitzgerald	6.06
M50 B Taylor	5.48
M55 T Driver	4.37
M60 A Kalirai	4.61
M65 P Munn	3.77
M75 L Watson	3.59
M35 A Mullinger	4.49
M40 J Willis	5.09
M50 J Charles	4.15
M55 C Graham	4.10
M70 M Wixey	3.01

Triple Jump	
M40 D Cowley	13.13
M45 S Power	13.12
M50 C Green	11.25
M55 T Driver	10.07
M60 A Kalirai	10.21
M65 G Leete	10.22
M70 L Williams	9.08
M75 S Barnes	5.45
M35 S Owen	9.49
M40 J Willis	9.64
M50 J Charles	9.14
M55 C Graham	8.63
M70 M Wixey	6.31

Shot Put	
M40 N Phipps	13.59
M45 B Gillo	12.97
M50 E Barker	14.64
M55 W Whyte	---
M60 P Oakeshott	11.03
M65 T Henderson	8.01
M70 J Gercs	10.04
M75 B Metcalfe	8.09
M40 L Hallam	9.23
M45 B Terry	10.25
M50 E Williams	12.13
M55 R Chrimes	11.31
M60 M Grant-Stevens	7.61
M65 J Ogden	9.08
M75 M Williams	4.94

Discus	
M40 N Griffin	39.32
M45 S Brooks	35.30
M50 B Symonds	45.90

M55 R Sykes	41.18
M60 J Watson	42.78
M65 T Henderson	30.92
M70 L Williams	31.98
M75 B Metcalfe	26.34
M40 L Ballam	29.84
M45 B Terry	29.42
M50 C Dorrin	23.18
M55 R Chrimes	37.64
M60 M Grant-Stevens	18.48
M70 M Wixey	13.28
Hammer	
M40 I Murphy	37.58
M45 K Prior	40.08
M50 W Gentleman	45.10
M55 D Bayes	45.66
M60 J Watson	42.70
M65 T Henderson	20.24
M70 J Gercs	28.68
M75 B Metcalfe	25.64
M40 L Hallam	20.34
M45 P McNab	35.08
M50 E Williams	37.38
M55 B Dunsford	23.62
M65 J Ogden	28.58

Javelin	
M40 K Turnbull	56.96
N Robinson US	52.68
M45 C Byerley	52.70
M50 D Price	44.68
M55 J Phillips	44.86

M60 D Field	36.42
M70 J Gercs	27.56
M35 M Jarvis	17.64
M45 J Smallwood	23.74
M50 E Williams	35.38
M55 M Holmes	21.32
M65 J Ogden	WR30.58
M70 M Wixey	13.08
M75 M Williams	9.30
3000mRW	
M40 J Hall	13:07.2
M45 R Care	13:17.9
M50 A Seddon	14:06.1
M55 D Stephens	14:28.4
M65 H Jaquest	18:37.6
M70 P Mallins	19:31.0
M35 C Reader	15:13.0
M40 P Ficken	21:55.0
M45 S Porter	17:25.4
M50 P Wilson	20:04.5
M60 M Worth	17:26.9

5000mRW	
M40 J Hall	22:41.2
M45 R Care	22:46.4
M50 E Shillabeer	23:53.6
M55 D Stevens	24:51.8
M65 H Jaquest	32:29.9
M35 C Reader	25:52.7
M40 A Lewis	30:41.2
M45 M Baldwin	34:40.4
M50 H Nyman	31:47.7
M60 R Scott	33:33.0

Overall	
Andrzej Karczewski	32 5:44:36
Jill Julin	37 7:22:35
M40 Phil Freeland	7:14:29
Martin Maurice	7:37:50
Bruce Osran	10:43:32
M45 Steve Shopoff	6:04:44
John Giovengo	6:40:09
Don Lindley	8:56:14
M50 Richard Sitter	7:00:28
Doyle Carpenter	7:26:34
Norman Killop	7:44:48
Arthur Moore	8:03:40
Rich Lacey	8:31:40
M55 Norm Roof	6:49:55
John Payotelis	7:57:51
Russ Scott	9:17:21
M60 Dick Good	8:02:17
M70 Harry Smith	12:38:56
M45 Margaret MullenCAN	9:32:37
M50 Barbara McLeod CAN	8:08:10

from John White	
Overall	
Mohamed Idris 30	14:50
Amy Fredericks 26	18:12
M40 Rick Pieschel	15:57
M45 Hugh Sweeney	16:13
M50 Luis Anthony Flores	17:11
M55 Alan Fairbrother	18:38
M60 Bill Fortune	19:28
M65 John McManus	20:00
M70 Bob Davan	25:09
M75 Jim Keeney	25:19
M40 Mary Rosado	20:15
M45 Susanna Beltrandi	21:58
M50 Anna Thornhill	19:52
M55 Margaret Carinci	24:16
M60 Dolly Finkelstein	29:24
M65 Arlene Kernis	32:12
M70+Althea Jureidini	74:34:10

Overall	
Mohamed Idris 30	14:50
Amy Fredericks 26	18:12
M40 Rick Pieschel	15:57
M45 Hugh Sweeney	16:13
M50 Luis Anthony Flores	17:11
M55 Alan Fairbrother	18:38
M60 Bill Fortune	19:28
M65 John McManus	20:00
M70 Bob Davan	25:09
M75 Jim Keeney	25:19
M40 Mary Rosado	20:15
M45 Susanna Beltrandi	21:58
M50 Anna Thornhill	19:52
M55 Margaret Carinci	24:16
M60 Dolly Finkelstein	29:24
M65 Arlene Kernis	32:12
M70+Althea Jureidini	74:34:10

Overall	
Mohamed Idris 30	14:50
Amy Fredericks 26	18:12
M40 Rick Pieschel	15:57
M45 Hugh Sweeney	16:13
M50 Luis Anthony Flores	17:11
M55 Alan Fairbrother	18:38
M60 Bill Fortune	19:28
M65 John McManus	20:00
M70 Bob Davan	25:09
M75 Jim Keeney	25:19
M40 Mary Rosado	20:15
M45 Susanna Beltrandi	21:58
M50 Anna Thornhill	19:52
M55 Margaret Carinci	24:16
M60 Dolly Finkelstein	29:24
M65 Arlene Kernis	32:12
M70+Althea Jureidini	74:34:10

Overall	
Mohamed Idris 30	14:50
Amy Fredericks 26	18:12
M40 Rick Pieschel	15:57
M45 Hugh Sweeney	16:13
M50 Luis Anthony Flores	17:11
M55 Alan Fairbrother	18:38
M60 Bill Fortune	19:28
M65 John McManus	20:00
M70 Bob Davan	25:09
M75 Jim Keeney	25:19
M40 Mary Rosado	20:15
M45 Susanna Beltrandi	21:58
M50 Anna Thornhill	19:52
M55 Margaret Carinci	24:16
M60 Dolly Finkelstein	29:24
M65 Arlene Kernis	32:12
M70+Althea Jureidini	74:34:10

Overall	
Mohamed Idris 30	14:50
Amy Fredericks 26	18:12
M40 Rick Pieschel	15:57
M45 Hugh Sweeney	16:13
M50 Luis Anthony Flores	17:11
M55 Alan Fairbrother	18:38
M60 Bill Fortune	19:28
M65 John McManus	20:00
M70 Bob Davan	25:09
M75 Jim Keeney	25:19
M40 Mary Rosado	20:15
M45 Susanna Beltrandi	21:58
M50 Anna Thornhill	19:52
M55 Margaret Carinci	24:16
M60 Dolly Finkelstein	29:24
M65 Arlene Kernis	32:12
M70+Althea Jureidini	74:34:10

Overall	
Mohamed Idris 30	14:50
Amy Fredericks 26	18:12
M40 Rick Pieschel	15:57
M45 Hugh Sweeney	16:13
M50 Luis Anthony Flores	17:11
M55 Alan Fairbrother	18:38
M60 Bill Fortune	19:28
M65 John McManus	20:00
M70 Bob Davan	25:09
M75 Jim Keeney	25:19
M40 Mary Rosado	20:15
M45 Susanna Beltrandi	21:58
M50 Anna Thornhill	19:52
M55 Margaret Carinci	24:16
M60 Dolly Finkelstein	29:24
M65 Arlene Kernis	32:12
M70+Althea Jureidini	74:34:10

Masters Women	
1 Warren Street (2-4-6)	12
2 Central Park TC (1-3-12)	16
3 Millrose AA (5-7-8)	20

Continued from previous page

M70+Fred Dye	51:01
W40 Donna Swanson	42:35
Donna Olson	44:35
Maggie Zidar	45:09
W45 Nina Bovio	42:18
Pat Roselli	45:08
W50 Ellen Nitz	43:25
Bethany Riopelle	49:11
W55 Delores Wilson	59:06
600 finishers/from M Dean	

MID-AMERICA

Colorado Springs 10K
July 19

Overall	
Celindo Bordin	29:42
Amy Giblin	36:06
M40 Rick Katz	33:42
Ric Rojas	34:46
Tom Burnett	35:00
Al Grime	35:14
Richard Kinney	35:36
M45 Barry Roth	36:33
Jerry Ahlberg	36:53
Ron Davis	37:10
Jim Connally	37:52
M50 Pete Ybarra	35:47
Bob McAndrews	37:55
Philip Mann	39:02
M55 Jim Way	37:41
Glen Ash	39:27
Ron Walters	41:38
M60 Dale Goering	41:29
Ernie Black	42:36
Bill Turley	43:35
M65 Sam Gutierrez	53:54
Vincent Rosadillo	55:53
M70 Rodge Rodgers	51:01
M75 Carl Mappas	68:06
W40 Linda Cuth	41:18
Eileen Cram	42:15
Brenda LeBrasse	43:20
W45 Marilyn Stapleton	42:18
Judy Connally	43:56
Joyce McKelvey	45:37
W50 Sharon Connolly	49:15
Joan Trebilcock	49:35
W55 Grace Rome-Kuhn	49:57
Martha Kinsinger	55:29
W60 Nelma Burnett	56:52

Quad-City Times Bix 7
Davenport, IA; July 25

Overall	
Alejandro Cruz	32:21
Olga Markova	36:48
M40 Nick Rose	GBR 33:52
Joseph Nzau	KEN 34:18
Pierre Levisse	FRA 35:21
Gary Romesser	IN 35:29
Tim Dooling	NE 35:41
Wilson Waigwa	TX 36:02
M50 Jose Medina	IL 40:30
Doug Braasch	IL 42:05
Don VanDell	IL 42:31
Nick Rogers	MN 42:47
Patrick Murphy	IA 42:58
Ron Goudreau	WI 43:09
M60 Warren Bystedt	CO 45:52
Richard Lamermayer	IL 48:53
Leonard Hoffman	IA 50:20
Don Novak	IA 51:56
M70+Deno Tulini	IL 51:48
Joe Anholt	IA 57:21
W40 Barbara Filutze	PA 41:48
Carol McLatchie	TX 42:07
Judith Hine	NZL 42:53
Catherine Lempestis	ID 44:05
Claudia Scott	IA 47:12
Gwenell Archer	IA 47:47
W50 Kathryn Loper	CA 49:16
Marcia Gerbein	IL 57:39
Donna Guley	IL 59:00
Carol Lodico	IL 59:34
Susan Welke	IL 59:43
W60 LaDean Christensen	IA 61:01
Eleanor Wallace	IL 63:26
Shirley Denny	IA 67:18
Maisie Cronie	MN 69:02
W70+Geneva Meadows	IA nta

SOUTH WEST

Pikedash 5K
Tulsa, OK; July 18

M40 Larry Biddle	18:45
M45 Daniel Vasicek	18:11
M50 Henry Hawkins	19:49
M55 Bob Vernon	20:32
M60 Art Melendez	18:50
M65 Eugene Byrnes	23:11
M70+T Waltzer 70	24:29
W40 Martha Heinsius	19:48
W45 Marina Henry	24:35
W50 Lydia Borges	20:57
W55 Dru Young	23:37
W60 Jo Campbell	34:18
W65+Jean Benear 66	34:36

Racewalk	
I Jim McFadden 53	25:58
ITWChristine Vincent47	47:36

Huguley Labor Day 5K/15K
Fort Worth, TX; August 30

Overall	
Keith Johnson	14:57
Gayle Book	18:12
M40 Dave Flanigan	18:14
M45 Dave Joyce	21:04
M50 Jimmy Ponce	18:57
M55 Allen Cox	24:19
M60 Winn Talley	23:39
M70+Mike Kagan	23:47
W40 Karen Kirkpatrick	22:00
W45 Martha Campbell	24:12
W50 Judy Barnes	30:00
W55 Doris Mocio	43:27
W60 Billye Talley	31:50
W70+Ester Christiansen	44:25

Overall	
Gordon Hyde	47:51
Joni Dodson	58:12
M40 James Guinn	60:12
M45 John Schrader	59:08
M50 Larry Worth	58:19
M55 Jesse Galino	71:45
M60 Robert Coffey	68:59
M70+Barret Duke	nta
W40 Linda Musil	62:54
W45 Donna Giblin	70:38
W50 Anna Vance	70:18
W55 Betty Forsvall	97:02
W60 MaryAnn Cotten	82:14

WEST

Mother Lode Mile
Sonora, CA; August 2

M40 James Milton	42 4:39
Dennis O'Halloran	40 4:42
Rich Govi	40 4:45
M50 Don Spicklemier	51 5:01
Stephen Lyons	51 5:02
Tim Rostegge	52 5:07
M60 Carl Ellsworth	61 5:45
John Russell	60 6:05
M70+Ray Mahannah	76 8:30
W40 Sharlet Gilbert	5:30
DeeDee Grafius	5:34
W50 Shirley Matson	5:21
W60 Myra Rhodes	7:00

America's Finest City
Half-Marathon
San Diego; August 16

Overall	
Jose-Marcos Rosendo	24 68:36
Laura La Mena-Coll	25 76:23
M40 Sam Hajj	76:19
Ian Cumming	76:37
Bill Tippets	76:39
Don Ocan	78:05
Juan Sandoval	81:06
Al Sanchez	81:36
M45 Byrle Smallen	76:42
Juan Cabeza	82:16
Ron Ogilvie	83:08
Mickey Depalo	84:04
M50 Tim Rostegge	82:32
Richard Greene	85:14
William Reschke	87:49
Francisco Saiz	89:14
M55 Jerry Albert	91:34
Frank Vasquez	91:43
Ricardo Ramirez	92:15
Warren Osborn	98:45
M60 Hal Higdon	97:51
John Smith	1:47:42
Budd Rubin	1:55:59
M65 Ray Penkert	1:43:17
Louie Ojeda	1:59:53
M70+Tom Edwards	70 1:48:28
Carl Agriesti	71 2:01:26
Mindy Ireland	1:26:13
Lorraine Ordaz	1:33:41
Sandra Marshall	1:34:02
W45 Angela Davis	1:40:24
Yoko Eichel	1:40:35
W50 Kathy Loper	1:36:42
W55 Irene Olberz	1:42:52
Wen-Shi Yu	1:43:11

San Francisco Marathon
August 30

Overall	
Sergio Jimenez	25 2:16:44
Irina Bogacheva	31 2:36:54
M40 Joseph Schieffer	2:38:02
Barry Scacaffer	2:44:59
Peter Gross	2:47:36
John Hirschberger	2:49:29
M45 Joachim Bechtle	2:54:16
Bob Hansen	3:04:46
Stephen Schur	3:07:11
Gunnar Thowsen	3:08:57
M50 Maurie Bousquet	3:05:15
Andrew Kotulski	3:10:36
Robert Vogt	3:12:40
M55 Frank Vasquez	3:13:27
Hugo Badgett	3:15:17
Bob Hyde	3:19:02
M60 William Hayward	3:33:46
Edward Mooney	3:40:51
Richard Laine	3:43:25
M65 Charlie Deards	3:50:13
Franklin Mason	3:55:18
William Hall	4:14:21

M70+Stephen Woishnis	4:24:29
Earl Rippee	4:51:50
Joe Gallegos	4:56:06
W40 Sharlet Gilbert	2:42:06
Candy Dodge	3:07:24
Janet Strauss	3:38:15
W45 Margaret Neville	3:33:50
Karen Lanterman	3:41:49
Elaine Pierce	3:42:05
W50 Mae Palm	3:45:29
Louise Walters	3:47:28
Marit Roman	3:47:35
W55 Wen-Shi Yu	3:32:04
Meg Ghetge	4:00:49
Mary Dugan	4:29:07
W60 Betty Robinson	nta
W65 Helen Klein	4:29:57
Ettal Palmer	5:05:15

NORTHWEST

Senior Olympics
Silverton, OR; June 6

100m	
M40 W Man	12.08
M45 M Ritchey	18.21
M50 Paul Edens	11.84
M55 Jim Schlewitz	13.87
M60 Jack Coy	13.36
M70 W Bronson	15.04
M75 R Coleman	21.20
M80 Leon Joslin	18.50
W40 S Weidman	17.05
W45 J Stewart	16.01
W50 M Thielman	16.58
W60 Luci Wells	20.76
W70 Irene Crane	23.42
200m	
M40 -- Stutzman	25.23
M45 J Casey	26.41
M50 Paul Edens	24.39
M55 J Schlewitz	28.84
M60 D Kane	28.12
M70 William Bronson	30.69
W45 C Goin	36.40
W50 Marti Thielman	36.20
W60 Luci Wells	45.93
W70 M Stafford	43.80
400m	
M40 Jim Hiebert	54.54
M45 S Boyer	55.72
M50 Joe Thielman	58.01
M55 K Ogden	64.75
M60 R McGowan	62.64
M65 H Gillis	96.05
M70 G Aronson	72.16
W40 S Weidman	92.14
W60 Lucy Wells	1:53.10
W70 Irene Crane	1:55.11
800m	
M40 Jim Hiebert	2:06.14
M45 H Pastre	2:03.12
M50 D McMillan	2:12.22
M55 Ken Ogden	2:26.83
M60 R McGowan	2:31.56
M65 L Tritsch	2:46.83
M70 Larry Castle	4:43.42
W40 K Holmstrom	2:46.78
W45 K Kranz	3:17.40
W50 K Duncan	3:24.85
W55 S Means	3:23.78
1500m	
M40 R Scheffel	5:11.93
M45 A Beck	4:29.35
M50 E Bender	5:45.90
M55 H Braff	5:28.80
M60 J Keener	5:40.61
M65 H Gillis	7:06.38
M75 D McClure	8:18.16
W50 K Duncan	7:12.46
W55 S Means	6:56.65
3000m	
M40 Ken Travis	nta
M45 Alan Beck	9:34.73
M50 George Brandret	10:38.24
W45 Claire Goin	16:52.08
W65 Jane Brown	20:09.69

500m	
M40 Jim Hiebert	54.54
M45 S Boyer	55.72
M50 Joe Thielman	58.01
M55 K Ogden	64.75
M60 R McGowan	62.64
M65 H Gillis	96.05
M70 G Aronson	72.16
W40 S Weidman	92.14
W60 Lucy Wells	1:53.10
W70 Irene Crane	1:55.11
1000m	
M40 Jim Hiebert	2:06.14
M45 H Pastre	2:03.12
M50 D McMillan	2:12.22
M55 Ken Ogden	2:26.83
M60 R McGowan	2:31.56
M65 L Tritsch	2:46.83
M70 Larry Castle	4:43.42
W40 K Holmstrom	2:46.78
W45 K Kranz	3:17.40
W50 K Duncan	3:24.85
W55 S Means	3:23.78
1500m	
M40 R Scheffel	5:11.93
M45 A Beck	4:29.35
M50 E Bender	5:45.90
M55 H Braff	5:28.80
M60 J Keener	5:40.61
M65 H Gillis	7:06.38
M75 D McClure	8:18.16
W50 K Duncan	7:12.46
W55 S Means	6:56.65
3000m	
M40 Ken Travis	nta
M45 Alan Beck	9:34.73
M50 George Brandret	10:38.24
W45 Claire Goin	16:52.08
W65 Jane Brown	20:09.69

Five Mile	
M40 Gary Wilson	25:34.9
M45 Larry Everson	29:26.8
M50 Ed Bender	32:34.0
M55 Bob Kerver	31:36.9
M60 Pat Wickman	52:40.4
M65 David Blunt	43:43.9
M70 Jack Kirkpatrick	39:20.2
M75 Don McClure	47:54.5
W40 Jill Ward	40:19.3
W45 Jane Casey	42:20.9
W50 Rita Rudder	39:37.0
W60 Luci Wells	48:48.3
High Jump	
M40 A Huffstutter	4-10
M45 F Lulich	5-4
M50 M Akerman	5-4
M55 J Newcomb	4-8
M60 H Lewellen	4-8
M65 H Buck	4-2
M70 R Atherton	3-10
M75 R Coleman	3-5
Pole Vault	
M40 R Scheffel	7-0
M45 L Holmes	12-8
M55 J Newcomb	7-0
M60 H Lewellen	9-6
M70 L Hintz	5-5
Long Jump	
M40 Wing Man	15-7
M45 C Chapin	16-8
M50 J Johnson	16-2
M55 J Newcomb	13-10

M60 L Swanson	14-5
M65 H Gillis	9-4
M70 W Bronson	13-2 3/4
M75 R Coleman	6-4
M80 Leon Joslin	10-1 3/4
W45 J Stewart	12-1
W50 J Ollila	6-11
Triple Jump	
M40 Wing Man	32-11
M45 T Foster	31-7 3/4
M50 M Ackerman	29-7
M70 R Atherton	20-2
Shot Put	
M40 D Taylor	33-3
M45 C Chapin	49-10
M50 J Gambill	43-4
M55 N Saling	39-6
M60 H Lewellen	36-1
M65 W Church	29-8
M70 Jerry Cysewski	39-8
M75 R Coleman	35-5
M80 Leon Joslin	30-1
M85 L Towell	19-5
W50 Becky Sisley	27-1

Discus	
M40 D Taylor	107-4
M45 C Chapin	141-1
M50 R Roy	141-10
M55 N Saling	126-8
M60 B Fisher	139-5
M70 Jerry Cysewski	106-3
M75 R Coleman	38-6
M80 Leon Joslin	92-11
M85 L Towell	47-9
W50 Marti Thielman	55-5
1500m Racewalk	
M40 Jerry Frost	9:17.59
M45 John Hlanan	7:57.99
M65 Harry Gillis	9:54.27
M70 Joe Mallon	8:53.25
M75 Carl Szedlak	nta
M85 Leigh Towell	13:22.38
W40 Kerry Frost	10:33.23
W45 Judy Heller	8:19.64
W50 Kaye Duncan	9:41.77
W55 Betty Bronson	10:29.64
W65 Jane Brown	11:17.11
W70 Alline Witten	12:13.69
W75 Claire Coleman	11:25.16

Zoo Run 10K
Tacoma, WA; August 8

M40	John Payne	36:5
	John Prokop	38:5
	Pete Philley	38:5
	Ren Gallier	39:5
M45	Channing Berthiaume	35:3
	Steve Campagna	35:5
	Ron Taylor	37:1
	Clint Chamberlain	37:3
	Chris Steer	38:5
	Richey Morgan	39:2
	Art Knapp	39:3
M50	Larry Sorenson	44:2
	Gary Liddick	46:5
	Jim Shedd	47:5
	Dick Contrell	48:0
M55	Wm Hickman	40:5
	Chas Diedrich	44:0
M60	Peter Klopfer	44:5
	Dwayne Westlin	50:2
M65	Stan Wasankari	56:2
	Ward Squires	58:0
M70+	Chas Oslakovic	43:5
	Gary Ross	52:2
W40	Jane Treleven	39:2
	Lynn Rose	44:4
	Becky Thurston	49:4
W45	Judith Fisher	47:2
	Kit Bean	49:0
	Nancy Pendergraft	49:1
W50	Jean Dixon	54:3
	Carolyn Mitchell	56:2
W60+	Billie Murphy	52:0
	Nessie Mullicky	54:5
	from John Donagan	



TAC NATIONAL MASTERS CHAMPIONSHIP SAN DIEGO-IMPERIAL TAC CHAMPIONSHIP

Road Race & Relay Race

Saturday, Nov. 14, 1992

7:30 am

Grand Prize Drawing

2 nights, 3 days for 2 people at the San Diego Marriott Hotel & Marina next to Sea Port Village

For the 26th time, the San Diego Track Club presents this 15.6 mile race on a flat, fast course around Fiesta Island. 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, flat, fast, record breaking course. Aid stations provided for and manned by Team Chart House.

DRAWINGS

- ☐ Dinner and/or gift certificates from Souplantation, John's Waffle Shop, Movin' Shoes, Chart House Running Team, T.D. Hayes, Brigantine, The Old Spaghetti Factory, Salmon House, Sheldon's Cafe, Acapulco Mexican Restaurant, 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 overall winners.

DIVISIONS

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

AWARDS

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

ENTRY FEE

- ☐ SDTC Members \$8 or Discount Activity Card. Non-Members: \$12. Add \$2 for entries postmarked after November 1 or day-of-race. \$7 for optional, beautifully designed T-Shirt (only guaranteed through 11/9 postmark)

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 and must include current TAC number on entry form.

ENTRY PROCEDURE

- ☐ Send entry form, check & stamped, self-addressed envelope before 11/1 to the address below. Registration material will be returned only to entries received by 11/1. All masters competitors competing in the National Master's Championship must include their current TAC Registration number on the entry form to be eligible for awards and records. Any runner wishing to compete in the San Diego Imperial TAC Championship must be registered with the San Diego Imperial TAC. Registration for San Diego-Imperial TAC (\$11) will be available day of race.

DAY OF RACE

- ☐ Registration and late-entry packet pick-up from 6:00 am - 7:15 am.

INFORMATION

- ☐ (619) 292-6132

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.



ENTRY FORM:

Make check out to SDTC Mail with SASE to: Joni Shirley, Race Director
11212 Via Carroza, San Diego, CA 92124

TAC REGISTRATION NO. _____

Team/ Relay Team Name: _____

Are you a U.S. Citizen? ☐ Yes ☐ No

TAC-Registered Club name or No.: _____

Your Name (first) _____ (last) _____		Bib. No. _____
Age on Race Day _____	Sex (Circle One) M / F	
Circle One: 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)

BENEFITS:

- 50% discount on 4 SDTC races (Families receive 8)
- Lower race fees
- San Diego Running 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