Record 12,102 Athletes From 77 Nations Enter 10th World Veterans Championships

Miyazaki to Host Spectacular Event

With the addition of 214 late entries, a record total of 12,102 veteran athletes from 77 nations have entered the 10th WAVA World Veterans Athletics Championships this month in Miyazaki, Japan.

It will easily be the largest World Veterans Championships ever held, more than doubling the previous high of 4817 participants in Melbourne in 1987, and exceeding the previous high of 57 nations represented in Eugene in 1989.

Another 7000 family members and friends will descend on the town of 290,000 on Kyushu island in southwestern Japan, bringing an economic impact to the area of about US$50 million.

The final entry total was bolstered by 51 entries from Russia, as well as a smattering of sign-ups from other nations, many from the area of the former Soviet Union.

The number of USA entrants is 313 — 229 men and 84 women.

Competition will be held in the traditional five-year age groups, beginning at age 40 for men and age 35 for women. The action will begin on Thursday, October 7 with the Decathlon/Heptathlon and 10,000-meter finals. Opening ceremonies are set for October 9. Then, action continues through Sunday, October 17, with off days on Tuesday, the 12th, and Thursday, the 14th.

Olympians to Compete

Several Olympians have been invited to the event, including:

1) Frank Shorter (45, USA) in the 10,000 and cross-country. Shorter won Olympic marathon medals in 1972 (gold) and 1976 (silver).

2) Evelyn Ashford (36, USA) in the 100 and 200. Ashford won Olympic gold medals in 1984 (100 and 400 relay), 1988 (400 relay), and 1992 (400 relay).

Continued on page 18

Record Turnout for National Decathlon Championships

by JOHN WHITE

The 1993 USATF National Masters Decathlon/Heptathlon Championships drew 57 men and eight women — the largest participation ever — to Upper Arlington High School in Columbus, Ohio on July 10-11.

The athletes came from 25 states and Canada with Tom Light of Chugiak, Alaska coming the farthest.

The meet competition was based on 1989 WAVA Age-Grading and the 1985 IAAF Scoring Tables.

Three multi-event marks exceeded the current world age-group records. Phil Mulkey, 60, of Marietta, Ga., scored an amazing total of 8347 points, breaking his own world M60 mark of 8254 points garnered at the Kansas Relays in April. Boo Morcom held the old record. In principle, these scores can be compared with Dan O'Brien's current world record of 8891 points.

Heptathletes Phil Raschker, 46, also of Marietta; and Leonore McDaniels, 65, of Virginia Beach, Va., smashed...
NATIONAL MASTERS NEWS
The official world and U.S. publication for Masters Track & Field, long distance running and race walking

October, 1993

CONTENTS
DEPARTMENTS

USATF Officers 2
Letters to the Editor 4
NMN Sustainers 6
Ten Years Ago 8
The Foot Beat 10
Athlete-of-the-Month 11
Masters Racing 12
Health and Fitness 14
Five Years Ago 16
Track & Field Report 18
Training Advice 19
Speaker's Corner - Harvey 20
Countdown to Miyazaki 21
WAVA Officers 22
Women's Corner 24
WAVA/USATF Specs 25
Profile - Ruth Ryan 26
New Age-Group Athletes 27
Masters Scene 28
Schedule 29
All-American Standards 30
Results 31

FEATURES
Preview of World Games 1
Don Johnson Dies 11
U.S. Ultra Teams 12
Aloha State Games 14
New Jersey Meet 14
Parkerburg Half-Marathon 15
Nationals Age-Graded 16
Pikes Peak Marathon 17
WAVA Participants 18
WAVA Nominations 19
WAVA Amendments 19

ENTRY FORMS/RACE & PRODUCT INFO
National Masters 25K 3
NMN Subscription Form 4
Las Vegas Marathon 5
National Masters 8K X-C 7
Elite Health Products 8
Biohealth Distributing 9
United Pacific 11
George Linn 12
Publications Order Form 13
NMN Advertising Rates 13
Classified Ads 13
T&F Rankings Book 14
Mac Wilkins Video Tapes 15
Elite Sales Co. 16
National 10K X-C 23
All-American Application 25
Age-Graded Tables Book 31
Age-Record Book 31
Sports Travel International 32

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2) Christa Miller
3) Pete Mulkey

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The National Masters News is devoted exclusively to track & field, long distance running, and racewalking for men and women over age 30. Each month it delivers 24 to 48 pages, 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 USATF, 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 60+; please check the schedule for details. Some events require advance registration. Some require a current USATF card ($7 to $12 per year, depending on the region). To inquire about a USATF card, call USATF in your area, or call 317-261-0050. There are no qualifying standards for most masters athletics events.

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

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Athletes who participate in this competition will be subject to formal drug testing in accordance with USATF rules and IAAF Rule 14. Athletes found positive for banned substances will be disqualified from this event and will lose eligibility for future competitions. Any prescriptions and over the counter medications contain banned substances. Informative, understanding drugs and drug testing may be obtained by calling the USOC hotline at (800) 223-0309.
NATIONALS IN PROVO

Congratulations to the organizers and participants in the USA National Masters Track and Field Championships in Provo, Utah.

Special thanks, as well, to the officials who contributed their time and energy to a pleasurable event.

However, there was one awkward situation. Like previous years, the men's pentathlon was doomed to ragged staging. While the facilities in Provo (and other sites of this meet) are generally excellent, they can't cope with the simultaneous needs of the pentathlon along with competitors in other events.

In Provo, the throwing zones overlapped so it was not possible to conduct competitions at the same time in all areas. There were lengthy waiting times for all competitors in the field areas. The result was akin to a four-lane road that has been narrowed to two lanes — competitive traffic came to a standstill.

We should either: 1) hold the event at a different venue, perhaps even at a different time; 2) hold it one day prior to the start of all other events; 3) start it earlier in the day, with more time between age groups.

I am extremely appreciative of the work of the organizers and officials. I hope my comments will be taken constructively by those who perform the Field Championships in meets.

Andrew Miller
Fairfield, Connecticut

I'm sure that most who were in Provo would like to see that superb setting be part of the rotation of sites for future nationals.

There has been a national meet without at least a few glitches in scheduling, timing, lap counting, etc.? Getting 1000 athletes through their events smoothly is never a fail-safe operation, unless the budget allows for backup support every step of the way — and a crystal ball that works, too.

To the general praise for the officials, I would add highest marks for the announcers, always the key to a meet's atmosphere. Great job.

For the suggestion box: 1) admission should be free for the public. Any other means of funding the meet would be preferable. The more noise the better. 2) Day-one open events should, of course, be those which wouldn't conflict with pentathlon activity, if that's at all possible.

Bill Forsyth
Albuquerque, New Mexico

(Editor's note: Please see Rex Harvey's "Speaker's Corner" on page 17 for a thorough discussion of the day-one scheduling problems.)

Congratulations again to Al Sheehan for an outstanding job as announcer for the USA National Masters Track & Field Championships in Provo, Utah.

As editor and publisher of National Masters News, this athlete is a class act and his efforts are truly appreciated. Age-Graded, he would break the record for these performances.

Ted Ensminger
Porterville, California

My humble thanks to the good people of Provo and Brigham Young University, the officials and administrators of the 1993 USA National Masters Championships, but most of all, to my fellow comrades in arms and legs who all made my four days at the meet extremely memorable.

Mike Boudreau
Metairie, Louisiana

It's great to be winning races and feeling good about it. I sincerely admire the runners who shoot for PRs and the joy they show when they come close or surpass it. I felt great to see the happy face on Al Sheehan when he topped his PR and placed in the 300-meter hurdles in Provo.

We're all shooting to win medals, but it is truly a small part of the whole competitive scene. Doing better than our best and staying healthy are the big factors.

It was sheer delight to see Bruce Springbett back in action and looking super after his bypass operation. Amazing! It is a real tribute to his determination.

I enjoy the competition, but I love the camaraderie.

Marion A. Sanchez
Hayward, California

WAVA PRESIDENT'S REPORT

There are a number of comments which can be made regarding Cesare Beccalli's Presidential report. I shall, however, restrict myself to five so that I do not take up too much space in your excellent publication.

1.) "A year of great confusion." The issues were so fundamental to WAVA that it was essential to discuss them publicly. "Back room" politics has never been my style and it was right and proper that all athletes in WAVA understood the implications of Beccalli's IAAF stance.

I would remind Beccalli that his win in Turku was by a very small margin, particularly in view of the fact that one of the IAAF's "top guns" — August Kirsch of the IAAF Council — was in Turku supporting Beccalli in the days preceding the election.

2.) The more WAVA becomes integrated into the IAAF the more we are at risk of our policies being controlled by the IAAF Congress instead of the WAVA General Assembly.

3.) Cesare Beccalli's arithmetic is very inexact. We had 70 Affiliates at Turku — not the "about 50" he quotes. Assuming his "about 100 now" is correct, the increase is around 30. However, out of this number, nine have evolved from the break-up of the USSR (an affiliate in Turkso) so that the true increase is approximately 30.
Write On

Continued from page 4 twenty. Hence Beccalli's extremely loose use of figures makes the IAAF connection seem much better than it is in reality.

4. He refers to the IAAF Veterans' Committee. This committee is entirely composed of males. Bridget Cushen, who has represented women on the WAVA Council in a most excellent fashion for ten years, raised this bias with the Chairperson of that Committee and Beccalli. The matter was ignored by them. I do not see how any fair minded delegate, man or woman, can vote for a WAVA President who ignores the tremendous contribution of women veterans to our movement!

5. I am pleased to see that Owen Flaherty is running for President. Owen's contribution in his year as WAVA Secretary was tremendous in terms of intellect and innovation. I hope that the many people who voted for me in Turku (and those who didn't) will vote for Owen Flaherty to be the next President of WAVA.

Alastair Lynn
WAVA Honorary Life Vice President
Toronto, Canada

The issue of WAVA's relationship to IAAF was settled at Turku, so this year's election of the WAVA President can focus on the relative merits of the two candidates—Owen Flaherty and Cesare Beccalli.

When Flaherty was WAVA Secretary in 1986, he sent out questionnaires to the WAVA affiliates to obtain information on their Presidents, Secretaries, Treasurers and Women's Representatives.

Beccalli replied for WAVA's Italian affiliate at that time, IMITT, saying that he was President. As to the Secretary, Treasurer and Women's Representative, Beccalli said that IMITT did not have such officers as these services were provided to IMITT by a division of Beccalli's company.

In other words, Beccalli was not only President of IMITT, he was also Secretary, Treasurer and Women's Representative. Clearly, he alone ran veteran athletics in Italy at that time. So who nominated Beccalli for the WAVA Presidency in 1987? Presumably, Beccalli nominated himself.

Beccalli has been a divisive President of WAVA. He has succeeded in alienating half of the membership. Flaherty has no such drawbacks. He is not identified with only one half of WAVA. Flaherty can repair the damage done by Beccalli.

Henry Morrison
Edinburgh, Scotland

I have no intention of taking any initiative towards removing from the WAVA constitution the seven amendments which were adopted in Finland, and which will inevitably, bring WAVA closer to IAAF. Nor would I encourage others to do so.

Owen Flaherty
Alicante, Spain

MIYAZAKI SCHEDULING

I'm concerned to find a serious conflict in the scheduling of the M55 100 and 400 in Miyazaki.

The semifinals and finals of the M55 100 are in Stadium 1 at 9:40 and 12:20, respectively, but the first heat of the M55 400 is in Stadium 3 at 11:40. Thus, it will be impossible for any M55 100 and 400 competitor to run both events.

In most other age groups, the 400 events don't start until after the 100 finals. This would be more logical for the M50 and M55 events, even though it is still expecting a lot for older runners to complete two 100s and two 400s in a single day.

I hope something can be done about this problem.

Martyn Adamson
San Francisco, California

WIND READINGS SUSPECT

Remember those incredible negative gale-force winds the sprinters and hurdlers faced at last year's National Championships in Spokane? And remember how our brave sprinters and hurdlers muscled their way to World and American records anyway (not to mention a flock of PR's)?

Well, they're back! At the National USAATF Junior Championships held here this past June, the Junior Men faced negative winds of -3.0, -3.0, & -4.3 in the 100, 200, & Hurdles. The Junior Women had it even worse with -7.0, -4.8, & -6.0 respectively.

I'm concerned... There is absolutely no way one can run personal record times for themselves with this kind of wind-readings wind tunnel readings. Either re-check the equipment or have someone with a better understanding of mathematics do the reporting.

Phil Mulkey
Marietta, Georgia

SENIOR SPORTS CLASSIC

Two years ago, I wrote to you complaining that you didn't publish the sixth place finisher in the 1991 Senior Sports Classic in Syracuse.

Well, you did it again. You only published the first five from the 1993 event in Baton Rouge.

When we're competing against the best of 50 states — 4th through 6th place ribbon status should be treated equally or not at all.

John McCarthy
Waymart, Pennsylvania

KUDOS

I enjoyed Maury Dean's July articles (Same Racing Faces? and Hit the Road, Jack).

Barbara Hennig
Springfield, Massachusetts

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AIMS

The Ten Years Ago, October 1983

- 350 Compete in Western Regionals in Los Gatos, CA
- Norm Green Sets M50 Half-Marathon Mark of 1:12:09 in San Diego, CA
- NMN Letters Unanimously Oppose Ban of South Africans
When in Japan, Do as the Japanese Do

If you're headed for Miyazaki, Japan, for the WAVA World Athletic Championships, October 7-17, you should consider preparing for more than your track & field events.

You might want to practice some football drills, such as run and cut movements to avoid getting hit by some of Japan's kamikaze taxi drivers, or some offensive lineman's charges should you get caught up in a Japanese train station. You should practice your squating in the event you encounter Japanese-style toilets, and perhaps develop some finger dexterity in case you are forced to eat with chopsticks.

If you've been to Japan before, you probably know what to expect, although some things may have changed since your last visit. I lived there for several years during the 1960s and have been exposed to a strong Japanese influence in Hawaii for the past two decades. However, since things have changed over there, I decided to get some tips for those going to Japan from Clark Hatch, a fitness entrepreneur who lived in Japan for 15 years and now spends about two months out of every year there while looking in on his fitness centers. Six of his 52 worldwide fitness centers are located in Japan.

What to Expect

Hatch said that October is the best time of the year for track competition in Japan. The temperatures in Miyazaki, which is in the southern part of Japan and has a semi-tropical climate, should be in the upper 60s or low 70s. You'll see palm trees there and quite a few golf courses.

Hatch said to expect a well-organized event. "When the Japanese undertake something like that, it becomes a real national product," he explained. "They do everything within their power to be efficient. It's a source of national pride with them. You can look for all of the officials to be in immaculate uniforms. They're just so methodical in their preparation for something like this. It'll be just like the Olympics, I can assure you."

Don't expect the Japanese competitors to be anything less than 100-percent ready. "They take it very seriously," Hatch said. "I don't think you'll find any of the Japanese athletes competing just to have fun, as many Americans do. It's pretty much an obligation for them to try to excel. Doing their best is a number one priority."

Running Is Peaking in Japan

As I found out last year, when some 18,000 Japanese showed up for the Honolulu Marathon, the running and fitness movement seems to be peaking in Japan. A Japanese running magazine editor informed me that there are an estimated six to seven million runners in Japan.

Hatch agreed that there are more runners now than ever before in Japan, but he sees the growth slowing significantly. As in the United States, the young people are not joining in the fitness movement.

As is clear from the thousands of Japanese participating in the Honolulu Marathon over the past six or seven years, the Japanese are much more subdued and not likely to give boisterous demonstrations in victory as so many Americans do.

"But most of them understand the American ways," said Hatch. "There's nothing wrong with struttin' your stuff, but be a little humble on the victory stand."

Bowling is the Custom

Although bowling is a Japanese custom much like the handshake in our country, Hatch mentioned that the Japanese don't expect Americans to bow. However, if you want to brighten some faces and make some friends, you might try bowing, especially if the person is your elder. Don't mistakenly assume that bowing is a sign of subservience, or that there is anything nationalistic connected with it. It is simply a manner of greeting and showing respect. If you want to congratulate a competitor and don't remember the Japanese word (O-Mede-To), a bow is a nice substitute.

The general rule is: The older the person, the more respect he or she deserves and the deeper you bow. Competitors older than you, even if you beat them, rate generous bows.

Some Do's and Don'ts

According to Hatch, the Japanese are very big on exchanging pins, patches, singlets, and race t-shirts. He recommends taking at least a half-dozen such items to exchange, or to just give to a host or race official to show your appreciation.

Tipping is something you simply do not do in Japan, and that includes hotel employees and taxi drivers. "If you try to tip someone, you'll probably embarrass him," Hatch said.

Also, don't attempt to bargain for any goods in the Japanese marketplace. Expect to pay the listed price, which you'll probably find quite high compared to prices for comparable goods in the United States.

Making Yourself Understood

A very large percentage of the Japanese population speaks some English, but if you talk too fast, or if you are from points between Texas and Georgia, or if you are from New England and speak with a Kennedy-like dialect, you might not be understood, and the person you're speaking to may well indicate to you that he or she doesn't understand English at all. If you have the time, especially when asking directions, Hatch recommended writing down in a brief sentence what you have to say or ask, as most Japanese read English better than they can grasp the spoken word.

"When it comes to asking directions," Hatch said, "the Japanese will bend over backwards to show you around. It doesn't hurt to carry a map along to overcome any language barrier."

Although a crash course in Japanese probably won't do you any good at this time, Hatch recommended learning just five or six words, including Good Morning (Ohayo-go-zai-mas), Good Day (Kon-nichi-wa), Thank you (Domo Ari-gato), I'm sorry (Go-men-asai), and Pardon me (Sumi-sen). If you can't remember any of those, just bow your head, and you'll communicate any one of them.

More Tips

Drugs of any kind, including even inhalants, that might enhance performance are much frowned upon by the Japanese, according to Hatch.

Don't be afraid to drink the water in Japan. "There are a lot of places in Asia where you shouldn't drink the water at all, but in Japan all the city water is potable," Hatch said.

"What's more, the sanitation is very high standard. You can go in any small restaurant and eat safely."

If you do end up in one of those train stations or in a large crowd of some kind where there is a lot of showing or pushing, don't mistake that for rudeness, Hatch advised. "It's a matter of survival," he said, laughing. "There are so many people in the train stations that if you don't force your way in, you might not get on the train. Many of the people are commuting two hours to or from work, and they have to be forceful in situations like that. As a rule, the Japanese are very courteous people."

Spaghetti is Popular

If you're not into Japanese cuisine, Hatch said that spaghetti is a very popular dish almost anywhere in Japan. Other popular dishes among Americans in Japanese restaurants are curry rice and hash rice.

As a final thought, Hatch said: "If you want to enjoy yourself over there, be positive and curious, and don't criticize. Don't try to change the way they do things by telling them that we don't do it that way in the States. Do it their way."
GRAND CIRCLE TRAVEL
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ELIGIBILITY: All runners must have a current USA T&F card to participate. USA T&F registration is available by contacting your local USA T&F office or you can obtain a USA T&F card from the USA T&F representative at registration. Fee is $12. You must display current USA T&F card at registration.

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Entries will be received after 11/5/93 up until 11/19/93 ($16) - Does not include Race T-shirt.

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

TEAM ENTRIES: Only association clubs are eligible to compete for team titles. Athletes must indicate exact team name on individual entry form. 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 5 runners. If entering more than one team, that team must declare in writing one hour before race to Race Management.

HOSPITALITY SUITE: Friday, Nov. 19th 1993 at the Days Inn Newton, 399 Grove St. Newton, MA 02162 from 7-9PM. For directions call (617)969-5300. Number pick-up & post entry registration will be available...Come socialize with other master athletes.

MEET HOTEL: Days Inn Newton, 399 Grove St. Newton, MA 02162. For reservations (617)969-5300.

(You must mention USATF 8K to receive the special rate of $55 per room plus 9.7% tax before Nov. 10th)

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

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

ENTRY FORM

Name: __________________________
Street Address: __________________________
City: __________________________ St. ___________
ZipCode: __________________________
Phone: __________________________ Age on Race Day: __________
DOB / / Sex: __________ TAC#: __________

Exact Name of Team:
I know that running in a USA T&F activity is a potentially hazardous activity. I understand and appreciate this risk involved. I am medically able and properly trained. I agree to abide by any decision of an race official relative to my ability to safely complete the race. I assume all risks associated with running in USA T&F 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 USA T&F, 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 such 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 picture, recordings or any other record of this event for any legitimate purpose.

Signature: __________________________ Date: __________

Make check Payable & Mail to TRACS, Inc. 79 Manet Rd, Chestnut Hill, MA 02167. To receive a confirmation of receipt of entry enclose a SASE.
Heel Bursitis

Another condition which is becoming an up-and-comer in the field of veteran athletics is heel bursitis. We have all suffered from this in some degree or another over our running careers.

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

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

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

Usually, the change to a non-irritating shoe is sufficient. If this does not relieve the situation, a heel cup may be attempted. The use of an orthosis for those who hyperpronate may be tried. If the condition persists, the use of an injectable anti-inflammatory is recommended.

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

This month’s Sorbothane Masters-Athlete-of-the-Month award is divided between two outstanding and versatile performers — Phil Mulkey and Phil (Philippa) Raschker.

Mulkey, 60, won seven gold medals at the National Masters Track and Field Championships in Provo, Utah, August 11-14, in the M60 100 hurdles, high jump, pole vault, long jump, triple jump, shot put, and pentathlon.

Raschker, 46, the U.S. female masters track and field athlete of the year in 1992, won nine events in the W45 100, 200, 800-hurdles, high jump, pole vault; long jump, triple jump, pentathlon, and age-graded 100. This summer, she set W45 world records in the high jump (5-3) and pole vault (10-3/4).

Mulkey and Raschker were the top scorers overall in the National Masters Decathlon / Heptathlon championship, July 10-11, in Columbus, Ohio. They live and train together in Marietta, Ga.

Runners up (using the new WAVA age-graded tables) were:

• Jim Mathis, 58, of Tennessee, with three strong age-graded wins at the Nationals in the M55 100 (9.32, 94.6%), 200 (25.06, 94.4%) and a near-WR 54.60 (97.0%) in the 400.
• Stan Whitley, 47, of California, with three U.S. wins in the 100 (11.17, 96.5%), 200 (22.59, 96.8%), and 400 (50.39, 95.5%).
• Jim Law, 67, of North Carolina, with three triumphs in Provo in the 100 (13.04, 96.0%), 200 (26.21, 97.6%), and 400 (61.84, 93.5%).
• Stan Druckrey, 45, of Wisconsin, with a U.S. M45 record 14.84 in the 110H (97.8%), a 55.79 win (95.4%) in the 400H, and runner-up to Whitley in the 200 (22.61, 95.4%).
• Bill Weinauch, 76, of Ohio, with Utah wins in the 100 (14.21, 96.6%), 200 (29.65, 95.3%), and in the age-graded 100 (10.36).
• Marion Sanchez, 61, with triumphs in four events in Provo; 100 (12.61, 94.5%), 200 (26.21, 92.4%), 400 (59.54, 91.4%), and 300H (44.39, 95.6%). Sanchez won two more golds in the relays.
• Bill Collins, 42, of Texas, with wins in the 100 (10.96, 96.1%) and 200 (22.19, 95.4%).
• Harold Morloka, 50, of Canada, with a double-win in the 200 (23.79, 93.7%) and 400 (51.80 WP, 95.7%).
• Chuck Sochor, 65, of Michigan, with wins in the 400 (61.31, 92.3%) and 300H (48.05, 92.7%).
• Ken Popejoy, 42, of Illinois, with a middle-distance double in the 800 (1:55.93, 95.4%) and 1500 (4:02.60, 92.8%).
• Vic Heckler, 51, of Illinois with a triple in the 800 (2:07.31), 1500 (4:29.23) and 5000 (17:01).
• Dan Bulkey, 75, of Oregon, with four golds in the 300H (55.92), 800 (2:50.72), 80H (16.74), and 2000SC (9:54).
• Larry Stuart, 55, of California, with the best single age-graded performance in the Nationals — 98.8% — with a javelin throw of 59.34 (194-8).
• Jim Gilchri$t, 65, of Florida, with a 1.62 (5-3), 97.6% high jump.
• Greg Miguel, 46, of California with a 4.71 (15-5½, 96.5%) pole vault.
• Jim Barrineau, 38, of Kansas, with a 2.14 (7-0, 96.0%) high jump.
• Tom Cage, 50, of Montana, with a 62.38 (204-8, 92.5%) hammer throw.
• Don DeNoon, 50, of Illinois, with U.S. record wins in the 5000 walk (22.48, 91.6%) and 20K walk (1:35:19).

Continued on page 12

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FREE SHIPPING!
Paul Warburton — The English Connection
(Paul Warburton, a fine racewalker in his own right, is a feature writer for Athletics Weekly, England’s track and field publication. With a journalist’s eye, Paul has observed racewalking throughout the world and interviewed many Olympians, IAAF World Cup and World Championship medal winners. After the Barcelona Olympics, MNM carried Paul’s interview with José Marin, who at age 41, finished 9th in the 50K with a time of 3:58:41, walking the 30+ miles at a pace of 7:41. In the following interview, Paul discusses Gary Little, Marin and other masters of lesser renown, and explores the conventional wisdom about aging and distance.)

EW: Don DeNooN, America’s top 50-year-old master, and Gary Little, 51, New Zealand’s wonder, will meet in Miyazaki this October in the 20K. If both athletes are in top form it could be a very exciting contest. There has been speculation as to whether Gary has made all his extraordinary record times on legitimate courses with the required judging. Can you comment on this?

PW: Let me establish a little background here. My friend, Graham Seates, as he is known to everybody — is the New Zealand racewalking team manager. Seats was one of the New Zealand Team members with Murray Day in the 1986 Commonwealth Games in Edinburgh. Seats, Murray and I lived together, so we all got to know each other quite well. After he became team manager, I met him in San Jose at the World Cup in 1991, and we started a conversation. Pointing to a hardened, bronzed man, Seats said, “Watch this guy.”

The guy he was referring to was Gary Little. I thought that Gary was essentially there just to make up the team, but when he started to walk, I thought differently. His leg speed is phenomenal. He has this turnover which is absolutely blistering; it is like a whirling type of vision, and when I first saw him, he was just warming up. It strikes me that Gary is a man who is supremely fit. He can walk a very straight line and does not seem to be at all inefficient. If anything, his one problem has been that the longer the race, the less quality in the eventual result. This is surprising for a 51-year-old. For example, in his 20K best, his half way split was the master 10K record of 42:20. However, he ended up with a 20K of 86+ minutes; so he slowed considerably in the second 10K. He was very disappointed with this.

The conventional idea is that the older you get, the better you are at longer distances. Gary has done a 3K at 12:05.2 on the Christchurch 400-meter track with judges. So, I am quite happy to believe that his times are as legitimate as anyone else’s. Keep in mind that the New Zealand authorities are very stingy about sending people to any kind of international meet. They have a long tradition of winning. If you wear that famous, all black, kiwi shirt, then you are going to be a major Games, they fully expect you to make finals or preferably win medals.

Very often they had a team of eight or nine at the 1984 Olympics here in Los Angeles. When you consider that Britain sent a team of 150 track and field athletes, and New Zealand sent eight, you can probably guess that the eight people who made the team were there deservedly. The New Zealand qualifying time for the ’84 Olympics was 84 minutes. When you consider the Olympic record in 1984 was 83 minutes or something like that, a New Zealand walker had to come close to the record just to make the team. New Zealanders tend to send people only when they have obtained the highest standards, ridiculously high in effect. So you can probably guess when Gary has done his best times, he has probably done them because he needed to do them. And he has fully deserved his place on any team he has been on, which now amounts to two different Lugano or IAAF Racewalk World Cups.

EW: Is he showing any signs of slowing?

PW: He looked pretty whacked out on the last lap of the Monterey World Cup 20K last April, but there again, so did just about everybody else. It looked very tough for him, and his time was 1:41:13, but I don’t think Monterey is a good guide as to whether he is slowing down. His goal is to make the New Zealand Commonwealth Team next year. He wants to go to Vancouver as part of the 30K team, and probably 30K would be ideal for him. It is not too short or too long. I think he has the opportunity of making it, but he needs to do a 2:14 to 2:15 to even qualify for the team. When you consider that Murray’s New Zealand record is 2:15:07 when he was in his early 20’s, you can probably guess that Gary is going to have to work at it. But because of his personal circumstances, he does have the opportunity to make it, and he has the advantage of not being burned out yet. He has only been in the sport just over five years.

EW: You did a wonderful article on Marin which was well received by all who read it. Are there any other comparable masters racewalkers?

PW: Marin is an exception at age 42. He still maintains a regime and a mileage which allows him to compete with the very best. How does he do it, I don’t know. He has been at it for over 20 years, day in and day out. It sounds almost treadmill-like to me, but he has gained much success from it.

Off the top of my head, I don’t think anybody quite equates with Marin, but there would be plenty if they wanted to give it a second try. I suppose the other Spaniard, Jorge Llopart, the silver medalist in the 1980 Moscow Olympics, would be another. He was born in February 1952, so he is 41. He missed out on an Olympic Team place in 1992 by less than 2 minutes. He was 4th in a 50K team qualifier with a time of 3:48 to 3:49. Marin and Llopart are still very much in the fray.

As I reported in my article on Marin, the amazing thing about Marin and Llopart is that they each have a camp of walkers, and the camps are very competitive. For example, the Olympic gold medalist, Daniel Plaza, is coached by Jorge Llopart. Valentin Massana, who was DGQ at the last moment in Barcelona was the gold medalist in the World Championships, is coached by Marin. They have others who are not quite as famous yet, but you can probably guess that they are going at each other hammer and tongs.

The Russians, in particular, could produce a number of outstanding masters walkers if they wanted to. Vladimir Golubnitsni and Semjenov competed in Turku; however, most of the Russians seem to disappear pretty quickly. They either go into administration or simply disappear out the back door. I have always thought that the Russians had a pretty tough regime, and they do some crazy, mad things. Maybe it is the life style they have. For example, Andrey Perlov and Alexandr Potashov finished hand-in-hand in the 1992 World Championships in Tokyo. They crossed the 50K finish line together, although the IAAF gave it to Potashov. Apparently, they did things such as train 30K a day for five or six days, and at the end of each day, managed to knock back half a bottle of vodka each. I think the Russians have lived hard and played hard.

Then there is Mikhail Schemninkov, world indoor champion three or four times, world Luger Cup winner twice, and winner of umpteen other awards. He didn’t have a particularly good race in Barcelona, and in the days that followed the 20K, whenever I would see him, he was puffing away in a big cloud of capitalist tobacco. I wonder if some of these top Russians have the stomach or the fight to go on, past their ultimate best, into masters competition.

EW: You were commenting that Gary Little seemed to reverse the conventional wisdom that age and distance, and excel in the shorter distances at 50. Yet, on the other hand, I heard that Maurizio Damilano deliberately started walking longer distances, particularly as comparative youngsters like de Benedictis began pushing up.

PW: The conventional wisdom is the same in track and field, generally. The sprinters or the middle distance people are always traditionally kept up, so the 1500 meter runner becomes a 5000 meter runner and then maybe a 10,000 meter — even a marathon runner. But the thing about walkers that I have noticed is that at the very top, they are probably likely to be able to walk a 5K as well as a 50K. I have never quite worked out why people such as Ronald Weigel can walk a 5K in 18:43 and still do a 50K in 3:45 at the age of 34. By and large, when walkers are at the very top, they seem to be able to take in stride whatever the distance is.

Damilano announced his retirement at age 36, last September, on a world record 30K time, but the times he set on his route to that 30K record were nothing short of outstanding. His 5K, 10K and 20K splits were all excellent. In fact, he set a world best for the 2-hour mark. Considering that he finished the 30K in 2:01, his range is fairly extensive.

I don’t think there is much evidence to suggest that walkers do need to move up, unless they are as lazy as I am, and basically can’t hack the speed work any longer when it hurts; and it does hurt to go out and do that kind of...
Don Johnson Dies

In Miyazaki there will tragically be one less recipient of the award for participating in all 10 WAVA World Veterans Championships.

Don Johnson was one of only 24 athletes who had competed in all nine previous World Games. But he died of bone cancer in New Jersey on August 25 at the age of 76.

"The hormone Lupron had brought his P.S.A. blood score back to normal," wrote Alan Wood in The Master Walker. But it came back stronger than ever. Leg-swelling and a jump in the score were the first tips off, and other symptoms followed. The cancer went to his bones, and he entered the hospital for radiation treatments on August 4. But asthma developed to complicate matters, and in just three weeks he was gone.

"Johnson was one of the most beloved and respected people in our sport. He was quiet and unassuming, the cancer went to his bones, and he entered the hospital for radiation treatments on August 4. But asthma developed to complicate matters, and in just three weeks he was gone.

"Johnson was one of the most beloved and respected people in our sport. He was quiet and unassuming, particularly in the mid-30s. He rose to first lieutenant in the Army Air Corps in World War II, navigating dangerous missions in the Pacific," wrote Elliot Denman in The Asbury Park Press. "He married, was father to son Greg and daughter Karen, and rose through the civilian ranks to become a general officer and commander of the U.S. Air Force." A collapsed lung prompted him to take up walking, and he went on to set age records from the 1500 to 30K.

"He found time, too, to serve as designer and certifier of many of the racing courses so busily used today in the Shore Athletic Club," Denman wrote.

But it was the World Veterans Championships that was his special love, that stirred his competitive juices, that served as his personal Olympics. He won medals, individual and team, at virtually all the World Games. "Long-time teammate and traveling companion Bob Mimm knew Don as a man who had friends in every corner of the planet," Denman wrote. "Don, he'd wander, virtually every continent included, there would be a 'Hi, Don' from a friendly face.'"

Masters Racewalking

Continued from page 10

hard, hard endeavor. I think if you are lazy, you can move to longer distance better than you can actually travel at speed.

EW: How do you see the masters movement in England? Don Johnson was a big influence on the development of the sport in England, unfortunately, it is growing. It seems a strange thing to say, doesn't it? But racewalking in England, quite frankly, is at an all-time low. It doesn't due to lack of effort on the part of the people in charge, although their efforts are limited by the time and emphasis. We desperately need a major success in a major racewalk. I am talking about the Halcyon days of the '60s when people such as Don Thompson were winning gold in Rome, and Paul Nihil, Ken Matthews, and Roger Mills were champions. With these names, racewalking attracted fields of 200 to 300 walkers. Even our top people these days very recently attracted 100. In fact, our top field this year, so far, has been 89 in any one single race. When you compare this to fields of 200 to 300, you can see that things are on an upswing.

One of the problems is that although people have stayed in the sport — and there is a hard, knotty core — these walkers have all become masters; so that now, the open races often are won by masters without anybody else being in it. A famous race like the Belgrave Seven is an example. This race is held every November, usually the third Saturday. In the past, the winners have been walkers of international caliber leading fields of 200 to 300 walkers. However, in the last race, of the first 15, there were only four people who weren't masters. So the masters thing is quite healthy in Britain, but there isn't the developing talent coming up.

We need to do three things in Britain to promote the sport: (1) We need to channel some effort into producing a major medal winner; (2) We need to have a walk division in the London Marathon, as sixteen million people see the race on Sunday morning in April when it takes place; (3) We need to really push to make a walk part of the League track and field competition, in my view, it is very, very strong. We need to have a 3K or 5K walk as part of a League event.

If two of these three happened, new energy might come into walking. However, at this point, masters walking is quite healthy, but that is not what people would say about the general state of walking in Britain.

Record Turnout for Decathlon Championships

Continued from page 1

the world records for their respective age groups. Rascher tallied 6031 points to better the current W45 record of 5670 set by F. Kummerle-Vokl of Germany in Turku, Finland, in 1991. McDaniels' 4805 points topped the W65 mark of 4499 set by Australia's Gwen Davidson in Eugene in 1989.

A total of 31 individual-event meet records were set, including six by Mulkey, five by Rascher and McDaniels, four by Dan Buckley, 76, of Phoenix, Ore., and three by Claude Hills, 81, of Floutourtown, Penn. Rascher's 1.60 high jump is a new W45 WR, while Liz McBain (45) cleared 1.47 in the high jump for a new W45 Canadian mark.

As successful as this meet appeared, it was nevertheless marred by an horrendous wind and rain storm that caused a two-hour delay on the afternoon of the first day. The wind was so strong and sudden that the accutrack scaffolding was blown over, striking a meet official. Fortunately, her back and foot injuries appear to be healing well.

Next to Mulkey in the decathlon scoring were Dale Lance (55, OK, 7627); Denise Smith (67, OH, 7289); Ben Harvey (47, OH, 7259); Buckley (6938); Ken Ellis (35, OK, 6997); Eddie Fye (33, NE, 6895); and Al Brenda (65, CA, 6809). Behind Rascher and McDaniels was Sande Lambert (35, TX, 4623).

The meet was hosted by the Wolfpack TC and the Ohio USATF Officials Committee, the same group that conducted the National Indoor T&F Championships in 1989 and 1992. The site and date of next year's event will be decided at the USATF annual convention in Las Vegas, December 3.

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Masters Health and Fitness

Nobody is Bulletproof

by JACK BOYD

During August 1990, I was completing my final preparations to compete in the Canadian Masters Track and Field Championships to be held in Montreal. I was feeling fit, for a 56-year-old decathlete. My discus was flying well and my 400-meter time was good, for me.

As I completed the organ donor card on my driver’s license, I was thinking that it was quite possible I might be killed trying to drive to Montreal, but someone could get another 50 years use out of my heart. Life is full of surprises.

Awakened from Sleep

At 1:00 a.m. I was awakened from a deep sleep by the discomfort of indigestion. It was bothersome enough that I rose, took two antacid tablets and walked around a bit. When this failed to clear up the problem, I proceeded to do a series of bending and stretching exercises in an attempt to get up. It did not work.

Having a Heart Attack

Since it is difficult to get a doctor’s appointment on short notice, and I was about to leave for Montreal, I popped into the emergency department of a local Sudbury hospital to see if they could give me a more effective medicine for the indigestion. They conducted an EKG and did some blood work, then informed me I was having a heart attack. I was admitted to a critical care unit where I spent four days. While the championships were being run, I was lying in my cot with a stop watch in my hand, mentally competing in the six events I had entered.

I had none of the normal factors that make one a candidate for cardiac problems — obesity, smoking, high blood pressure, sedentary lifestyle, diabetes and family history of heart disease. Despite this, subsequent tests showed that for years my system had been silently building up with cholesterol —

Nobody has as big a stake in your health as you do. Like me, you have to live with your mistakes. Of the 50,000 Canadians who die from heart attacks annually, nearly two thirds never make it to the hospital, choosing to believe that the pain will go away. Sound familiar? Others accept the possibility of a heart attack, but continue with chores or errands just to “finish up.”

Remember the immortal words of Al Capone, “Nobody is bulletproof.” He went on to prove it. I did too. Don’t you.

U.S. Ultra Teams Score Well in World Championships

by RUTH ANDERSON

In the 4th IAU 100K World Challenge, Torhout, Belgium, August 7, held under the patronage of the IAAF, U.S. athletes performed their best competitive placings. The women were third of ten national teams; the men fifth of 23.

All six men and six women finished, with Sue Ellen Trapp, 46, Fort Myers, Fla., in 8:17:62, scoring in the top three for the second time on the USA women’s team. She was also third in her age group. Debbie Peobles, 41, Tyler, Texas, ran 8:25:36, placing fifth for the team.

Rae Clark, 40, Camino, Calif., placed fifth for the men’s team in 7:44:19.

Mulkey and Rascher

Continued from page 9

92.1%

Nick Rose, 41, with a masters win (46:00, 93.8%) in the Utica Boilermaker 15K.

Sorbathane sponsors the Athlete-of-the-Month Award every other month in NMN. Sorbathane is a lightweight, shock-absorbing, air-infused insole which can be found at most sporting goods stores.

For their efforts, Mulkey and Rascher will each receive a check for $50, compliments of Sorbathane.
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<td>Guide to Prize Money Races and Elite Athletes 1993</td>
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<td>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. $47.00.</td>
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<td>1/2&quot; x 1/2&quot; $3.50.</td>
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<td>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.</td>
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**FIVE YEARS AGO**

**October, 1988**

- Bill Rodgers (48:14) and Laurie Binder (57:11) — Set U.S. Records in Crim 10-Mile Road Race
- North American Meet Draws 302 to Toronto
- 226 Compete in Eastern Regionals in Providence
- National Decathlon Lures 49 to Los Angeles

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**2. FREQUENCY DISCOUNTS (1-year period)**

- 3 to 5 insertions: 15%
- 6 to 12 insertions: 15%

**3. COMMISSIONS:** Agency commission of 15% allowed to recognized agencies.

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- Photo offset printing.
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- CIRCULATION April 1993

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**Masters Track & Field Report**

_by JERRY WOJCICK_

**Ranjana Ghose, 42, was the best woman athlete in the Sri Chinmoy Masters Games, Queens, N.Y.**

Published in the NMN, after your best marks, season are listed below. Please forward marks sent to me or the NMN for the 1993 outdoor season have not been published in the 1993 rankings book. Changes in the 1993 indoor rankings will be published in the December issue.

Compilers for the 1993 indoor season are listed below. Please forward your best marks, if they were not published in the NMN, after your season is over.

Marks sent to me or the NMN instead of the appropriate compilers will not be forwarded. All marks, including those made in open competition, should have some form of verification. 100, 200, 400, 1500, 5000, 4x100, 4x400 relays:

- Larry Patz, RFD #1, Box 435, Conshohocken, PA 19428
- William Benson, 6 Eton St., Valley Stream, NY 11581
- John Dickey, 9128 N. Swan Circle, Brentwood, MO 63144-1145
- Charles Mercurio, 4927 W. 123 Pl., Mayfield Heights, OH 44124
- Robb Bong, 420 Silver Saddle Rd., Monument, CO 80132
- Sally Polk, P.O. Box 71, Sandia Park, NM 87047
- John Wojcik, 240 N. Adams #10, Eugene, OR 97402
- Rex Harvey, 160 Chatham Way, Mayfield Heights, OH 44124
- Peggy Pollack, W30, racewalked the 3000 in 14:54 in the 100; and Adeline Crocker, W30, quickly stepped up to a 29:16.8 in the 3000 racewalk.

The 1994 games are set for June 10-19.

**Aloha State Games Draw 7000 to Hawaii**

By JANE DODS

Despite a problem with sponsorship, the Aloha State Games went on as scheduled and were a great success. This Olympics-style sports festival drew nearly 7000 athletes.

The track and field portion of the games took place June 12-18 at the University of Hawaii, Manoa. Jack Karbens, the director, was pleased to note the vast majority of the 400+ entrants were over 30 and appeared to thoroughly enjoy the competition.

Excellent marks were recorded in all age-groups. Duncan Macdonald, M50, sped to a 2:04 victory in the 800; the M30 James Ferrigno TC 4 x 400 team tore up the track in 3:25.00; and Steve Feith, M45, racewalked the 3000 in 18:07.5 for a gold medal.

On the women's side, Pat McLachian, W50, heaved the shot 30-9 1/2 to easily win her division; Robyn Calhoun, W50, sprinted to a 14.54 in the 100; and Adeline Crocker, W30, quickly stepped up to a 29:16.8 in the 3000 racewalk.

**New Jersey Meet Draws Over 200**

By SANDFORD KALB

More than 200 men and women competed in the New Jersey T&F Championships, June 6, under sunny skies at Monmouth College, West Long Branch. Highlights of the meet included blind athlete Rich Ruffalo, M40, winning the javelin (129-4), and placing third in the shot and discus.

Mike Pascuzzo, M30, high jumped 7-0. Ray Funkhouser, M40, won the 5000 racewalk in 21:39.

Jim Mann, M70, tripled in the dashes. Libby Hagemann, W70, won the hammer throw (21.16), weight, and javelin.

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**1992 U.S. Masters Outdoor T&F Rankings Book**

*Men's and women's 1992 U.S. 5-year track & field age-group rankings.
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Name: ____________________________
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The Throwers' Forum

by LARRY STUART

In response to an inquiry from Rod Lamb of Oklahoma City about weight training for throwers:

Weight lifting is not the most important factor when you're a masters athlete, mainly because it's extremely difficult to train your muscle groups as you grow older. If you lift weights prior to masters competition, you will be a leg up on most masters athletes. However, it's important to do certain weight training exercises to prevent injury while throwing at any level.

1) I recommend sprinting to strengthen your legs and build explosion. I do my sprinting on grass, running criss-crosses at 100 yards. Do what feels good at 3/4 speed, trying to increase your efforts each sprint.

2) Light-weight reps to stretch good explosive muscles and stretch muscles rather than build size. Three muscle groups, which are sets per exercise twice a week is tantamount when you're throwing an implement. Don't try to open competition. I was doing pullovers enough. Use a weight that will tire you mentally. When I was throwing my best in open competition I was doing pullovers at ten to fifteen reps. Don't try to break your personal best on each exercise, this will happen by itself over a period of workouts. Believe me, you will be surprised.

3) Pullovers from a bench are probably the best overall exercise to build good explosive muscles and stretch muscle groups, which are very important when you're throwing an implement. When I was throwing my best in open competition I was doing pullovers at over 250 lbs. which explains why I threw 281-11 back in 1971. Don't try that much weight but do lots of pullovers, and you will improve greatly.

To have good rhythm and explosion is very important, and to accomplish this you need to be very flexible. This is something very rare in most throwers. I would concentrate on building flexibility and explosion. Most people equate long throws with large size and strength. However, flexibility and arm speed are the factors which separate the good throwers.

Grayson Repeats Win

by JERRY WOJCIK

Sayre Beats Kurtis in Parkersburg


Earl Owens, 43, Dunwoody, Ga., was third in 1:10:36. Fay Bradley, 55, Washington, D.C., won the M55 race with a sparkling 1:21:17.

Sandy and John Tucker, Lexington, Va., after John competed in the M40 division, USAF National Masters Championships, August 11-14, Provo, Utah.

Suzie Kluttz was top W55 in 1:40:22 in the Parkersburg Half-Marathon.

Malcolm Gillis was top M60 in 1:23:07 in the Parkersburg Half-Marathon.

I hope this will give you a different slant on your weight training efforts.

(Larry Stuart won the 1993 USA National Masters M55 javelin in Provo with a throw of 59.34 meters (194-8). He holds the world javelin record for M55 (63.74 in 1993), M50 (65.76 in 1988), and M45 (72.80 in 1984). He lives and trains in El Toro, Calif.)

Sandy and John Tucker, Lexington, Va., after John competed in the M40 division, USAF National Masters Championships, August 11-14, Provo, Utah.

Photo by Jerry Wojcik

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Nationals Age-Graded by PHIL MULKEY

How would the "Best of the Best" fare in direct competition with one another? Age-grading results show just that. The purpose of age-grading is to level the playing field (or running, jumping and throwing arenas) so that all performers are brought to a common factor that allows us to compare any age performance against all others of any age.

It shows how the marks of some of the great men and women competing in the upper age brackets are able to out-perform many of the seemingly "superior" performances of the younger set. It offers a system of fairness for recognition in all performances on a level with today's top nationally and internationally ranked open athletes.

We picked the top six in each event. There was only one double winner, Don Denoon, M50, who won both walks — and by big margins. Decathlete Phil Mulkey, M60, didn't win any one event but did win the long jump with silver and ended up placing in the top six in eight events. In fact, only three gold medal winners were able to place in more than two events (Stan Whitley, M45; Marion Sanchez, M60; and Jim King, M55). It was a "great paper" competition with many of the events being extremely close, while others were won by incredibly broad margins. And unless we do age-grading, appearances can fool us.

Want to know who are the best hurdlers and sprinters in the Nation? The best jumpers and throwers? The best distance runners and walkers? Read on.

Who had the toughest time winning? Three of the contests went to margins of less than 1/10th of one percent. M45 Druckey barely squeaked by M60 Mulkey in the high hurdles (2/100th of a second). M65 Law stayed ahead of M45 Whitley in the 200 by 3/100th. M40 Popejoy outlasted M40 Spinney in the 1500 by only 3/10 second.

Some of the athletes were so dominant in their event that winning was not a problem. M50 Burke out-hammered M60 Thompson by almost 40 feet (15.4%). Pole vaulter M45

### 1993 AGE-GRADED NATIONAL USATF MASTERS CHAMPIONSHIPS - PROVO, UTAH

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<thead>
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<th>Age Class</th>
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<td>M40/45/50</td>
<td>M50</td>
<td>Phil Raachker</td>
<td>1500</td>
<td>40</td>
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### 2000 METER RUN

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<td>Pole Vault</td>
<td>40</td>
<td>16'02.5&quot;</td>
<td>117.60</td>
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Pentathlon Should Be a Priority

The outdoor pentathlon is an increasingly popular event. Its mix of events allows a "different" type of athlete to excel compared to other multi-events.

For many years, it was held in conjunction with the national masters outdoor championships. But an experiment in the mid-80s broke it out as a separate championship.

It was moderately successful, but many participants lobbied for it to be placed back with the outdoor championships. The main reasons were so they could travel less and also so they could participate in the rest of the meet activities. This is possible because the pentathlon is not as exhausting as the decathlon/heptathlon which remain a separate championship.

These participants were even willing to spend an extra day to get the two back together. So, in 1989, the pentathlon was again added to the permanent outdoor championship schedule. It was placed on its own day (usually Thursday) ahead of the rest of the meet (usually Friday, Saturday, and Sunday) to ensure that it did not interfere with the rest of the meet, and so it could serve as a good tune-up for officials and administrators.

Takes 12 Hours Now

In the five years since, other events have been creeping back into the pentathlon day. In fact, so many events have been sneaked back in that it now takes over 12 hours to complete the pentathlon.

This is unacceptable. We are killing off performances, interest, and possibly even people when 80-year-olds are kept out in the sun for that long.

Officials are also being overworked. The first day of a meet should be a "break-in" period for officials, not a "kill-off" period with three long days still in front of them.

Some people are even getting the idea that the pentathlon is interfering with the other events when, of course, the exact opposite is true.

Track is Free

The pentathlon uses the track relatively little (men: 200 and 1500; women: hurdles and 800). So it’s free most of the time for preliminary or other events. However, the philosophy must be that the multi-events have strict priority over all other events, not because they are more important, but because they must be done in order.

Any delays build on each other all through the day. Some people went six hours this year without completing two events.

Multi-event heats and flights tend to be small; specialist heats and flights tend to be large. It’s better to have a specialist wait a half-hour once in the day than to have the multi-eventer wait an hour several times.

Certain field events do not interfere much with the pentathlons. Only women (usually only about 10 people) shot put and high jump so those areas are empty most of the day. Pole vault pits are empty all day unless they share long jump runways, which is often the case.

Hammer Not Compatible

The hammer throw is not compatible with the pentathlon. It is usually thrown from the same rings as the discus. And even when it’s not, the landing areas are sometimes common with the discus or javelin, and sometimes both.

This year’s meet director stated in the athletes’ meeting that the problem causing the pentathlon to run long was caused by 35 or 40 more participants than he had planned for. This was a little surprising, because there was actually only one more participant than last year. In Spokane, there were 63 men and seven women. In Provo, 62 men and nine women.

The men’s numbers should remain fairly constant, while the women’s numbers should slowly increase.

Multi-events, being the “ultimate test,” are very popular with more and more participants. Let us, please, conduct those competitions as quickly and efficiently as possible in order to give those participants a chance to perform as well as possible.

Specialists would not expect, and would not tolerate, repeated delays in the middle of their competitions. Multi-eventers certainly feel the same.

The "pentathlon" day of the national championships would welcome other events if it would help out the meet schedule, but not at the cost of many extra draining hours on the track. It is too hard on both athletes and officials.
## 10th WAVA Championships

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**TOTALS** 9845 2257 12102

## 0 Months To Go

### Countdown to Miyazaki

**12,102 to Compete in Japan**

Continued from page 1

3) Kenji Kihara (52, Japan) in the marathon. Kihara competed in three Olympic marathons (1964; 1968, when he won the silver medal; and 1972).

4) Yekeshi So (40, Japan) in the marathon. So ran two Olympic marathons (1980 and 1984, when he was fourth).

5) Juri Tararak (47, Estonia) in the high jump, in which he won the 1972 gold in Munich.

6) Tatyana Kazakhina (41, Russia) in the 1950. She won gold medals in 1976 (800, 1500) and 1980 (1500). She still holds the official women's world records at 1500 (3:52.47) in 1980 and 3000 (8:22.62) in 1984. (Two Chinese women, Qu Yunxia and Wang Junxia, bettered those marks, respectively, in China last month.)

**Camaraderie**

While the competition is the reason for the whole affair, the best experience for most participants in Miyazaki will be meeting and making friends with athletes from all over the world. It's a rare opportunity to talk to people from other nations in a relaxed and common setting.

The Championships are held every other year under the auspices of the World Association of Veteran Athletes (WAVA). This year, they will be staged by the X World Veterans Championship's Organizing Committee, under the leadership of Miyazaki's Governor Sukeketsu Matsukata, Meet Director Hidenori Kawasaki, General Affairs Director Shoichi Chuman, and hundreds of other government officials and volunteers from the Miyazaki community.

"We are literally working day and night, seven days a week, to ensure the meet's success," said Chuman.

A press conference was held on September 7 to announce the total entries, competing Olympians, and other highlights of the Games.

**Lighting The Flame**

On October 8, the Veterans' Flame will be lit in Hiwadai Park. Traditional Japanese spectacles such as NOH plays and Yaguraga (a sacred dance performed in Miyazaki) will be held.

Optional sightseeing tours are available to introduce various aspects of Miyazaki.

"We hope to entertain the athletes while exposing them to Japanese culture," Kawasaki said.

The Championships are the first to be held in Asia.

"Miyazaki prides itself in offering some of Japan's best tourist attractions," said Matsukata. "The world's largest 'ocean dome' has recently opened. We are confident that participants will be able to enjoy the resort and tourist attractions between their competitions."

**Facilities**

The track and field events, 5K racewalk, and the finish of the marathon will be staged in Miyazaki Sports Park, a 15-minute ride from downtown. The main stadium can accommodate 31,000. Next to it is a 300-meter cinder practice track; next to that is a throwing field. A few minutes walk away is a new 400-meter track, built especially for this event.

Thus, all the track and field action will be within the Park, creating a wonderfully festive atmosphere. The marathon will begin downtown, wind through the city and continue on a flat, traffic-free road along the Pacific Ocean. The cross-country will be held in Saito City, a 40-minute ride from Miyazaki City. Runners will complete two loops of a 5K course set in a hilly park. There are some 350 meters of road in each lap, so runners are advised not to wear spikes.

The road walk course will be a 2.5K circuit on a flat road along the coast.

**Transit** will be provided by shuttle buses which will transport athletes and their families from the Park to the downtown hotel area. On October 4, 5, and 6, a free shuttle bus will make four return trips between Miyazaki Airport and the city center. Miyazaki also has good public bus and train systems which can be used.

**Interpreters**

More than 300 volunteer interpreters have been trained in English, French, Spanish, and German. In addition, a force of professional interpreters will be on hand to help with any language difficulties that may arise.

**Opening Ceremony**

More than 15,000 are expected to attend the opening ceremony, which will include a 100-member brass band, a 600-member women's choir, a Usutaiko Dance performed by 500 elementary school children, and a march by 200 high school students.

**Special Awards**

A special award will be given to Continued on page 19

### Competition Schedule

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<td>Oct. 8</td>
<td>Decathlon, Heptathlon 10,000 m</td>
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<td>Celebration of the Lighting of the Veterans' Flame</td>
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<td>Oct. 10</td>
<td>Track &amp; Field Competition, Opening Ceremony</td>
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<td>Oct. 11</td>
<td>Track &amp; Field Competition, Cross-Country</td>
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<td>Oct. 12</td>
<td>Track &amp; Field Competition, Road Walk</td>
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<td>Track &amp; Field Competition, Non-Competition Day</td>
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<td>Oct. 14</td>
<td>Regional Meeting, Women's General Meeting, Stadia and Non-Stadia Community Meetings</td>
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<td>Track &amp; Field Competition, Non-Competition Day</td>
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<td>Oct. 15</td>
<td>WAVA General Assembly, Track Competition</td>
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<tr>
<td>Oct. 16</td>
<td>Track Competition, Party, Relays, Marathon</td>
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<td>Oct. 17</td>
<td>Closing Ceremony</td>
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Tachibana-dori is the main street in Miyazaki City. A green belt of Washington Palms surrounds the department stores, specialty shops, and souvenir stands which form the biggest shopping center in Miyazaki Prefecture.
WAVA Amendments Proposed

Following are proposed amendments to the WAVA Constitution and By-Laws. The WAVA General Assembly will vote on these amendments in Miyazaki on October 14. (The number of the section in the Constitution to which the amendment applies is listed on the left.) Voting cards will be distributed for the Constitutional Amendments. Voting on by-laws will be done by voice or hand vote.

Proposed Amendments to WAVA Constitution:

1D. Requires a two-thirds vote to amend the Constitution.

4H. Prohibits a defeated motion from being reintroduced at the next Assembly.

4I. Clarifies voting eligibility. Each delegate of an affiliate shall be a member of that affiliate. There shall be no proxy voting.

3. Changes Council quorum from five to nine members.

8B. Limits voting in Women's meetings to actual delegates.

9. Adds to standing committees: 1) Organizing, Advisory Committee; 2) Law and Legislation Committee; 3) Doping Committee.

9a. Moves Records Committee language to By-Laws; changes number of members from three to ten.

Other proposals:

1) Adopts the weight pentathlon as an official event beginning in 1994 - hammer, shot, discus, javelin, heavy weight.

2) Holds 20K road racewalking championships for men and women in the WAVA Non-Stadia Championships, and eliminate road walk from Stadia Championships; a British proposal would change the men's distance to 30K.

3) Hold cross-country championships, now held with Stadia championships, with IAAF championships. Proposed distances: men 10K; women 7K.

4) Determines an athlete's age by year of birth, rather than by date of birth.

Championship Sites

Also to be decided at the General Assembly will be the sites for the 1995 and 1999 WAVA Stadia Championships, and the 1994 and 1996 WAVA Non-Stadia Championships.

Bidding for the 1995 event are Buffalo (USA), Malmo (Sweden), and Durban (South Africa). Bidding for 1997 will be the two losers from 1995, plus Concepcion (Chile) and Kuala Lumpur (Malaysia).

Toronto (Canada) and Brugge (Belgium) will each bid unopposed for the 1994 and 1996 Championships, respectively.

Election of Officers

Elections will be held for two offices: President, where incumbent Cesare Beccalli (Italy) is being challenged by Owen Flaherty (Great Britain); and Vice President, Stadia, where incumbent Bill Taylor (Great Britain) is being opposed by Vadim Markevich (Russia).

The other four incumbents, Bob Fine (Executive Vice-President), Jacques Serruys (Vice-President, Non-Stadia), Torsten Carlus (Secretary), and Al Sheehan (Treasurer), are running unopposed.

One other election will be held. The Women's Delegate will be selected at the Women's Meeting on October 12.

Countdown to Miyazaki

Continued from page 18

athletes who have participated in all 10 World Veterans Championships.

Cafeteria

A cafeteria will be set up in the Park, offering meals to athletes and the public.

Farewell Party

A farewell party will be held on Saturday, October 16 at the Miyazaki Kokusai Hotel — all you can eat and drink for 3000 yen (US $28) — featuring Shishimai, a Japanese lion dance.

Publicity

During the event, an amateur radio room will be set up at the Park, so that information can be broadcast both inside and outside Japan.

Medical Aid

All costs of medical treatment received in Japan must be borne by athletes, themselves, excluding treatment received at the first aid stations in the Sports Park.

U.S. Team Meetings

U.S. Team Manager, Sandy Pashkin, will hold daily meetings for all U.S. participants beginning October 7, about one hour prior to the first event of the day. Athletes are urged to check the message board and attend the daily briefings. Throughout the competition, Pashkin will be stationed in the main stadium in an area above the finish line. Look for the USA banner and flag.

Relay Teams

Relays (4x1000, 4x4000) are limited to one team per country. The selection process varies from country to country. U.S. relay teams will likely be formed by taking the best four U.S. times in each 5-year age group from the 100m and 400m competitions in Miyazaki. Relay selections and practice times will be posted on the message board.

Sections

The 5000 and 10,000 runs, steeplechases, and 5000 track walks may have seeded sections based on estimated performances. The faster sections will go last. Overall best times from all sections will determine the age-group winners.

In the field events (except the high jump and pole vault), age groups with large entries will be divided into flights with three trials each. The top eight performers will advance to the finals.
Does Hormone Replacement Therapy Contravene IAAF Doping Control Rules?

Drug testing is now, sadly, necessary in international veteran athletics. Hormone Replacement Therapy is now widely prescribed to women of menopausal age, but what is its status within the IAAF Doping Regulations? I brought this question to Professor Arne Ljungqvist, Chairman of the IAAF Medical Committee. He said that there are several treatments available such as estrogens, progestogens, and gonadotrophins (e.g., Tibolone).

In relation to the doping regulation in sports, estrogen and progestogen therapy prescribed to women would be allowable. However, because of its reported anabolic activity, it is suggested that Tibolone not be used, and an alternative treatment be sought where possible.

If you are in any doubt, you are advised to contact your sport's governing body.

Wearing Clothing on the Legs in Race Walk Competition

Under our By-Laws, entries to our World Track & Field Championships are not subject to prior achievement of qualifying standards. The majority have had no previous international experience and, unfortunately, in one instance at our Championships, a competitor was totally unaware of IAAF Rule 139 on Clothing, which states: "The competitors must not wear clothing which could impede the view of the judges." She insisted on competing in the walk in a loose fitting track suit and was disqualified.

However, with modern clothing which is light and fits snugly, the wearing of tights would be allowed if they did not impede the view of the judges. Certainly tights would be allowed during cold weather conditions or for any other good reason such as those situations where cultural or religious requirements dictate the wearing of clothing. These tights should not be of a design that could present visual problems to the judges. Solid colours are preferable; camouflage-type designs should be avoided.

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WAWA/USATF Hurdles and Implements Specifications

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National Masters News October, 1993

Continued from page 19

Opening ceremony at the 14th All Japan Masters Athletics Championships in Kobe

Photo by Saeko Matsuo

Countdown to Miyazaki

Continued from page 21
Ruth Ryan at the Plate

by MARILYN J. MITCHELL

Ruth Ryan aka Mrs. Nolan Ryan, frequently seen on the Race for the Cure circuit, is becoming known as a good, solid masters runner. She was one of the 5500 women recently taking part in the Advil Mini-Marathon 10K race in New York City on June 12. Typical of the many women masters runners in the U.S.A., she did not compete in running in high school or college because there were rarely competitive running programs in place for women at that time.

Out-of-shape and lacking energy after the birth of a third child, Ruth was encouraged by husband, Nolan, to go out running. The first day, she ran past three houses in her neighborhood and quit, she was so out of breath.

Mrs. Ryan has been concentrating upon devising her own training program, which consists of increasing the distance a bit each time she trains and running a bit farther than she had the first day, and ran a bit farther each day thereafter.

She was well on her way. “Ever since I was thirty-years-old, I have been running, and I love it,” she said. Forty-four years old, trim and fit, Mrs. Ryan is concentrating upon 5Ks, 10Ks and fun runs. She devised her own training program, which consists of increasing the distance a bit each time she trains and instinctively taking off a couple of days (recovery days) before resuming training. Five days a week she alternates jogging for fitness with aerobic exercises, biking, walking and gym workouts. “A lot of the time I work out in hotel fitness centers or at ball parks. At home I have a Life Cycle and a Stair Master.”

Daughter Wendy, a 16-year-old All-District athlete in volleyball and basketball who also excels in softball, flew in from Hawaii via Texas for the race. She was tired, but happy that she finished in 1:06:44. Although a fine athlete, Wendy does not place running high on her agenda and runs very few races. Ruth says that she and Wendy run in order to spend time together.

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Phil Mulkey presents medals to the winning Junior Women’s Regional Relay Teams, USATF National Masters Championships, August 11-14, Provo, Utah.

The New York Road Runners presented a surprised Ruth with racing bib number 34 (her husband’s baseball jersey number) at a press conference prior to the race. Ruth was slightly disappointed that she did not beat last year’s time of 54:4. After the race, she said, “I’m happy that I finished in less than an hour . . . I wanted to beat last year’s time, but I didn’t. But that’s okay. Even though I wanted to do it, I was unable to train hard. I’m not a competitive runner, but more of a fitness runner.” Her 57:21 finish placed her well within the top third of the finishers.

Countdown to Miyazaki

Continued from page 20

where athletes are from.

WAVA Meetings

Several important meetings will take place during the Championships, many of which are open to everyone (see meeting schedule).

General Assembly

Everyone is invited to attend the WAVA General Assembly Meeting on Thursday, October 14 at a downtown hotel. Only delegates may vote, however. Contact your national delegate if you have an opinion on some item of business. (The U.S. delegates are Ruth Anderson, Jerry Donley, Norm Green, Barbara Kousky, and Marilyn Mitchell. Alternates are Sandy Pashkin, Christel Miller, and Pete Mundle.)

Time Difference

Miyazaki is 13 hours ahead of New York and 16 hours ahead of Los Angeles. Thus, when it’s 10:00 p.m. on Tuesday in Los Angeles, it’s 2:00 a.m. on Wednesday in Japan.

Currency Exchange

Competitors are advised to bring either U.S. dollars or Japanese yen to Miyazaki as only a limited number of currencies can be exchanged there. Japan is a cash society and most purchases are paid for in cash.
The second athletic sports field in Miyazaki's Sports Park.

Countdown to Miyazaki

Continued from page 21.


Weather

The average high in Miyazaki in October is 75°F (24°C); the average low is 57°F (14°C). The typhoon season has passed. There is a 19% chance of rain daily, so bring an umbrella.

Japanese Culture

Japan is a fascinating, exciting and absorbing place to visit. Its history is rich. Its people are warm, soft-spoken, polite, and friendly. They have great respect for older people, which is one of the reasons the Championships have attracted so many participants, and why the Miyazaki community will roll out the red carpet for its visitors.

"We hope to stage a grand event that will linger in the memories of all who come to Miyazaki," Kawasaki said.

When speaking to people in Japan, it is considered most polite to call them by their last name followed by the word "san." When greeting people, a handshake is not the normal custom in Japan, but is acceptable from a foreigner. The Japanese custom is a slight bow from the waist. Since most Japanese can read English with more fluency than speak or understand it when spoken, you can often communicate better by printing what you wish to say.

While women have traditionally been relegated to the status of second-class citizens, the situation is slowly changing. Women are beginning to branch out from their normal roles as housewives and teachers, into political, business, and scientific careers.

The Japanese work ethic is legendary; 12 hour days are the norm for most male office workers, who often skip earned vacations to stay on the job. But that behavior, too, is slowly changing, as more Japanese companies and workers see more leisure time as beneficial to the companies, the workers' families, and to society in general.

In a tremendous political upheaval earlier this year, Morihiro Hosokawa became Japan's first prime minister in 58 years who does not represent the Liberal Democratic Party. Although the yen is up 20 percent against most currencies this year, the economy is in the same recession affecting the rest of the world.

The Japanese are too polite to discuss the subject, but there may be some hidden resentment against the U.S. dropping two atomic bombs in 1945. U.S. intelligence reports made available this year bolster the view that Japan was willing to surrender as early as three months before the bombs obliterated Hiroshima and Nagasaki, and that the bombs were dropped "as a threat to Moscow, not to save thousands of American lives by making an invasion of Japan unnecessary," according to historian Gar Alperovitz. There are memorial shrines in both cities that will be on the sight-seeing list of many tourists.

A characteristic of the Japanese that is a legacy of their traditional culture — and also contributes to personal security — is a high degree of honesty. Honesty was formerly taught as the only way of life. While it is no longer taught as it was in the feudal age with the same dedication, it remains strong enough to make Japan a favorite destination for foreign travelers.

"We are anticipating warm exchanges of friendship with overseas visitors," Matsukata said. "We hope you will have the chance to deepen your understanding of Japan by this face-to-face, direct contact with the people of Miyazaki and the culture of Japan." — Al Sheehan
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.

LONG DISTANCE RUNNING NATIONAL

October 3. USATF National Masters Marathon Championships, Minneapolis.
October 20. Men's and Women's CHAMPIONSHIP NATIONAL

1993 USATF NATIONAL MASTERS
10K CROSS-COUNTRY CHAMPIONSHIPS

the third year for this successful meet in Louisville, KY

E. P. "Tom" Sawyer State Park
Louisville, Kentucky
Sunday, October 31, 1993
11:00 AM EST

Hosted by the Victory Athletic Club, Mason-Dixon Athletic Club, and 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+

KENTUCKY 5K CROSS-COUNTRY CHAMPIONSHIPS AT 8:00 AM

AIRLINE AND LODGING DISCOUNTS AVAILABLE

Write for entry forms:
Masters Cross-Country Championships
c/o E. P. "Tom" Sawyer State Park
3000 Freys Hill Road
Louisville, Kentucky 40241

Information:
E. P. "Tom" Sawyer State Park (502)246-8950 days
Bill Naull (502)267-3772 evenings
Bob Ulrich (502)459-6820 evenings


October 19. Marathon/SK/10K. nf. 8th St., New York, NY 10012, 212/860-4355.

October 23. Cherry Street Mile. Masters money. SASE to Fred Ehrabian, PO Box 4246, Tulsa, OK 74119-0246, 918/744-2222.

October 24. Columbus Marathon. PO Box 26006, Columbus, OH 43210, 614/433-0395.


SOUTHWEST

Louisiana, Mississippi, Texas, Arkansas, Oklahoma.

November 17. Crescent City Fall 10K. Bill Burke, 800 Hampton St. #217, New Orleans, LA 70118, 504/861-8866.

NORTHWEST


November 7. Cresent City Fall 10K. Bill Burke, 800 Hampton St. #217, New Orleans, LA 70118, 504/861-8866.

INTERNATIONAL


November 6. RosaRita Beach Holiday 5K/10K/5K Walk, Baja California, Mexico. Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648, 714/841-5147.

October 31. 20K/5K. Chicago Marathon, 214 W. Erie, Chicago, IL 60610, 312-95-0660.


NORTHWEST


October 23. Picayune Fall 10K/5K Walk, Rose Bowl, Pasadena, CA. USATF, 5K unjudged, 1.7 mle recreational, men, women, children, Jim Hanley, director. Cynthia Vaughn, Pasadena Senior Center, E. Holly St., Pasadena, CA 91103, 818/397-4064, 397-4062.

October 6. MAC 30K Championships, Central Park, NYC. Stella Cashman, Park Races, 130 E. 83rd St., Box 18, NYC 10028, 212/628-1317.

October 17. One-Hour RW, Williams Hs, Alexandria, Va. 9 a.m. Sal Corallo, 703/243-1291.

October 22. 2nd Annual Bowl To Bowl Walk, Rose Bowl, Pasadena, CA. USATF, 5K unjudged, 1.7 mile recreational, men, women, children, Jim Hanley, director. Cynthia Vaughn, Pasadena Senior Center, E. Holly St., Pasadena, CA 91103, 818/397-4064, 397-4062.


November 6. WAVA Western Region American Century Incline 20K Championships, Darlington, S.C.
RECIPIENTS OF CERTIFICATES/PATCHES AS ALL-AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

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<th>30-34</th>
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<th>40-44</th>
<th>45-49</th>
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U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

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APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME: ___________________________ AGE-GROUP: __________________
ADDRESS: ________________________ SEX: M / F
CITY: ____________________________ STATE: __________ ZIP: _________
MEET: ___________________________ DATE OF MEET: ____________
MEET SITE: _______________________
EVENT: __________________________ MARK: ____________________
HURDLE HEIGHT: ___________________ WEIGHT OF IMPLEMENT:
   □ CERTIFICATE   □ PATCH   □ PATCH TAG

If you have OBTAINED the standard of excellence, please send $10 for a certificate, $10 for patch, or $15 for both a certificate and a patch. A patch tag, showing event and year, is an extra $10 each.
Send to: All-American, National Masters News, P.O. Box 2732, Van Nuys, CA 91404. (ENCLOSE COPY OF RESULTS, OR NOTE IN WHICH ISSUE THEY APPEARED.) A 3-color, 4" x 4" patch will be mailed to you within two weeks. (Allow six weeks for patches with tags.)
## NATIONAL Masters Championships Decathlon Scoring Results

Upper Arlington HS, Columbus, Ohio July 10-11

(concord to 1991 WAVA Standards, 1989 WAVA Age-Performing, 1995 IAAF Scoring)

### 30-34 AGE GROUP RESULTS

<table>
<thead>
<tr>
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<th>Age</th>
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<td>Bruce Baurk</td>
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<td>John Broder</td>
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<td>Robert Dwyer</td>
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<td>James Crook</td>
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<td>Mark Shuler</td>
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### 55-59 AGE GROUP RESULTS

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<td>Michael Finn</td>
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### 80-84 AGE GROUP RESULTS

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<td>Mark Shuler</td>
<td>80</td>
<td>704</td>
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<td>704</td>
</tr>
</tbody>
</table>

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*Note: Standard implements or distances may apply. W=Wind Aided Performance.*
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Miguel went over the top of M45 Rauscher two feet (10.1%). And M75 Buckley got home more than 50 seconds ahead of M40 Cumming in the steelpole (8.0%). M55 Larry Stuart wasn't all that dominant in winning his event, the javelin, because M65 Del Pickarts managed to stay within 18 feet (6.3%).

Phil Raschker dominated the women's overall age-graded National Championships as surely as she dominated her own W45 division in the actual meet itself. (Why aren't we surprised?) She led all performers with six victories and one silver. Leonore McDaniels won a pair with the high jump and long hurdles, and Sally Richards-Kerr won both walks.

Once again the value of the age-grading becomes apparent with the classic example of former Olympian hurdle, Debbie Sweezy, and her W45 record-equaling performance. Sweezy's age-graded performance examples and charts.

Select the best performance in an event among all age groups.
- Score multi-events.
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Photos by Shirley Dietricher

The tightest wins were 3/10ths of an one percent: W45 Raschker over W40 Sweezy in the high hurdles and W45 Mantynen over W50 Nalape in the 1500. The biggest margin of victory went to W35 Ruppert getting home 5½ minutes ahead of M40 Kincaide (31.1%) in the steeple, and W45 Raschker vaulting a full meter over the top of W65 McDaniels (27.7%).

(EDITOR'S NOTE: the performances were calculated using the 1989 WAVA age-graded tables. The WAVA Council has approved the new, revised 1993 tables, which will be published in the near future.)
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