North American Championships
Draw Athletes From 13 Countries

by REX HARVEY
The North and Central American and Caribbean Regional Association of WAVA (NCCWAVA) biennial Championships were conducted Aug. 4-7 at an excellent facility at the Strathcona Track and Field Arena in Edmonton, Alberta, Canada.

A total of 374 athletes competed. Six of the nine NCCWAVA affiliates were represented: Canada 172, USA 106, Mexico 30, Trinidad and Tobago 7, Costa Rica 2, and Puerto Rico 1. The female turnout at these championships was very impressive at 108 or nearly 30% of the total. The very strong delegation from Mexico was organized and lead by Marcelino Contreras, the NCCWAVA Vice President.

Included in the total were 56 guests from seven different countries: Belgium 1, Brazil 1, France 3, Great Britain 43, Germany 1, India 4, and New Zealand 3. Many of those in the large group from Great Britain had competed the previous week in Scarborough, Ontario at the WAVA Non-Stadia World Championships and had extended their trip to include western Canada. Also included in the total were two non-championship divisions. There were 20 men aged 35-39 and six women aged 30-34. Twenty-one of these 26 were from Canada showing how important this division is for local developmental purposes.

The weather for the meet was generally great except for one day of rain and cold. The meet itself lacked sufficient organization, equipment, and officials. However, almost everyone, especially athletes and friends, pitched in to help in many different ways.

Continued on page 20

Hosner, 69, First in Bud Light 10K

by HANK KIESEL
Premier masters runner and retired college professor, John Hosner, 69, Blacksburg, Va., won the 16th Annual Bud Light Stadium Run held Aug. 14 in St. Louis, Mo. The 10K race through the streets of St. Louis, with the finish line inside Busch Stadium, features a handicap start based on the runner’s age and gender. Hosner’s winning time was 29:03 with a 13-minute handicap. Hosner also placed first in 1993.

Another premier masters runner, Joy Gilbert, 56, from Cape Girardeau, Mo., was second overall in 31:06 with a 13½-minute handicap. Gilbert edged St. Louisan Leon Fennell, 61, who took third place at 31:06 with an 8½-minute handicap. Bud Light sponsored the Stadium Run and about 1700 runners participated.

Mondragon, Ray First in Crim

Martin Mondragon, 40, of Mexico, took off with the leaders at the start and raced to a masters first with a 15th-place 49:13, worth $1200, in the Crim 10-Mile Run, Flint, Mich., Aug. 27. Marathoner Doug Kurtis, 42, Northville, Mich., was second in 52:43, winning $800.

“It’s a good course,” said Mondragon through an interpreter. “It’s not an easy course, because of all the hills. The weather didn’t bother me.”

The humidity did affect last year’s masters winner, Ric Sayre, 41, of Ashland, Ore., who took third place and $500 in 53:17.

“Where I come from, it’s so dry,” Sayre said. “I’m a little disappointed where I finished.”

Kurtis said: “Mondragon was just flying; he ran a remarkable race.”

Suzanne Ray, 42, of Anchorage, Alaska, won the masters women’s title with a 12th-place 59:33. Karen Blackford, 44, of Ann Arbor, Mich., was second in 61:12. Rae Baymiller, 51, of New York City, was third in 62:01, an age-graded best for masters women of 90.9%.
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NMN welcomes contributions — results, schedule info, photos, letters, and opinions. Manuscripts should be typed, double-spaced, but lightly handwritten material is also acceptable. Results should be typed, double-spaced. Please include a stamped, self-addressed envelope if return is desired.

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The National Masters News (ISSN 0744-2148) is published monthly, with an annual subscription rate of $34.00. Main office address: 620 Hazeltine Ave., #6, Van Nuys, CA 91401. Mailing address: P.O. Box 2372, Van Nuys, CA 91404. Second class postage paid at Van Nuys, CA 91409.

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

Some masters events are sponsored by USA Track, 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 age 40 - 50 + or 50 + (please check the schedule for details). Some events require advance registration. Some require a current USA Track card ($7 to $12 per year, depending on the region). To inquire about a USA Track card, call USA Track in your area, or 317/261-0090. There are no qualifying standards for most masters athletics events.

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NATIONALS

I have participated in masters meets for many years and found the National Masters Track and Field Championships at Eugene to be an outstanding one in every sense of the word. The people conducting the meet carried out their duties with the utmost professionalism. The orientation at the long and triple jumps was exceptional. The officials had a firm knowledge of the events and I was impressed by the deep concern they had for the well-being of the athletes.

In my conversations with other athletes, I heard nothing but praise for the meet and was told that they had been the backbone of the masters program.

Ed Lukens
Skaneateles, New York

I participated in the National Masters Championships at Eugene last week. The events were generally well run and it was a pleasure to participate with so many fine athletes from so many places. The camaraderie was as much a reason to be there as the competition.

I am a racewalker, and feel that walker is being run in an archaic manner. In a 2K loop, it is possible for a walker to be disqualified before he starts. In 1994, it certainly should be possible to radio the red cards to the board so that a walker can quickly see that he or she is in danger.

In Eugene, we were told that we would be given warnings by a paddle or verbally. This did not happen. I was given one warning, which I appreciated, but after the race, I found that I was given three others without any communication. Of what value is a warning if it is a secret? Either do away with warnings or have the judges issue them so the walkers are aware.

My final gripe is about the inordinate amount of time it took to post the results. More 1920s approach.

Melvin Lees
San Luis Obispo, California

My thanks to the organizers and many volunteers who contributed to the success of the recent National Masters Championships in Eugene. The event went off like clockwork, and, as usual, the accommodations, food and camaraderie were great! So was the weather, and holding the longer races in the cool of the early morning was a good decision.

Thanks again!
Louise Adams
Boulder, Colorado

NORTH AMERICAN REGIONALS

Liz McBlain is to be highly commended for so very successfully conducting the WAVA North American Regional Championships in Edmonton, Alberta, August 4-7. Many thanks to her, as well as the officials and sponsors who made this enjoyable meet possible.

We just returned from this meet and enjoyed the opportunity to visit beautiful Alberta, Canada.

Manuel and Helen White
Helena, Montana

100TH BOSTON MARATHON

Your report on the 1994 Boston Marathon (May NMN) described it as the 98th running of the event. However, it was actually the 97th, and the celebration for the 100th Boston Marathon rightfully should take place in 1997, not in 1996 as is presently planned by the Boston Athletic Association (BAA).

The discrepancy lies in the fact that the 1918 Boston marathon was cancelled. Clarence DeMar, seven-time Boston winner, said in his autobiography that “after April 19, 1918 had passed with a relay race of service men over the course instead of the marathon.”

In Tom Derderian’s book “Boston Marathon,” the heading for the 1918 event says, simply: “Marathon Cancelled.”

“When Congress declared war against Germany,” Derderian wrote, “the BAA said they would do everything possible for men in the service. What they did was to cancel their marathon. To support boys who were about to go ‘over there’ they replaced the two-decade-old marathon with a special relay for servicemen.”

Derderian describes that relay in detail, calling it “a publicity stunt,” “silly,” “clumsy,” etc. There were 14 teams, from local Navy and Army camps, of 10 men in each who wore full service uniforms and boots, each man running 2½ miles in what nowadays would be called an Ekiden relay.

Someone should tell the BAA, the Boston Globe, Sports Tours, etc. that the race in 1996 will be the 99th Boston Marathon.

Sooner or later, the truth will out and the 10,000 or so runners planning on competing in 1996 will realize that it won’t be the 100th. It might be wise to have this misunderstanding of what took place on April 19, 1918 corrected now. If left until later, what is now a simple oversight may come to be regarded, by some recoupment-seeking individuals, as a deception. That would not be good for the sport.

Max Jones
Leeds, England

MIKE TYMN

Mike Tymn’s “Earning A ‘Black Belt’ in Running” (Sept. NMN) is a
Continued on page 5

Fifteen 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.

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WRITE ON!

National Masters News
October, 1994

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CZZMN

Len Thornton, Fresno, Calif., first M60+ (21-21), Bear Festival 5K, Los Osos, Calif. Photo by Elaine Rosenfield
DON'T "WEAVE GARLANDS" WITH USATF LOGO
A 1798 quote prophesies "Postery is a weed no garlands for imitators." Almost two years ago, when USA Track & Field (USATF) unveiled its new triangular logo, no one could foretell the popularity of the unique design. USATF began using its new logo on clothing, medals, banners, membership cards, newspapers, programs and many other items. It has, unquestionably, become the most recognized — and recognizable — mark in track and field.

Unfortunately, others across the country have attempted to imitate USATF's logo, without USATF's permission. Prominent among those imitators have been high schools and colleges, who have oftentimes changed the logo from red, white and blue to their school colors, and also changed the "USA" to their school's name or nickname. In each case that we've been made aware of, USATF has objected to such use of its logo, resulting in the school removing that logo from wherever it appeared (such as on T-shirts or track uniforms).

USATF has made a substantial investment in its trademarks and service marks, and has a duty to protect them. It has registered its triangular logo and its other important marks with the U.S. Patent and Trademark Office in Washington, D.C. As a not-for-profit organization, USATF relies heavily upon royalties received from licensees of its trademarks to support the promotion of track and field activities in the U.S. Unauthorized and unlicensed use dilutes the value and marketability of the logo, and hampers our ability to promote the sport. It hurts us all.

In short, schools and other organizations should be aware that any unauthorized use of USATF's marks or logos, including any variations thereof, is in violation of USATF's rights under both federal and state law, and will result in immediate action by USATF to protect its rights.

If you have any questions about USA Track & Field's mark or logos, please contact the USATF National Office in Indianapolis — (317) 261-0500.

Mark Springer

USATF Communications Manager

Indianapolis

NOTES FROM A WEIGHT PENTATHLON
The 1994 USATF Pacific Weight Pentathlon Championships was the first weight pentathlon I have put on. I tried to cover all the bases on scoring by using three different tables: the Stone/Parrtridge age-grading, the 1993 WAVA World Championships tables and age-grading, and the 1995 WAVA World Championships age-grading and tables. The week before the meet, I programmed into Lotus the three age gradings.

The first two have the factor of allowing four throws; whereas, the 1995 allows only three. We also had the problem in the weight throw of determining the correct implements, so the over-50 throwers threw both the standard and the new WAVA lighter weights.

The 1994 WAVA tables/age grading is a set formula, and the computer can take it from the metric distance to the point award immediately without looking at a table. When I do another weight pentathlon next year, I will use the 1994 WAVA tables for that reason as well as to get used to the realities that will be faced in Buffalo. Scoring the meet with three sets of tables even with a computer took days to program. It was worth it, however, and I will do it again... (one table).

Gary Kelmenson
Santa Cruz, California

TRAINING ADVICE
I would be interested in finding out some of the types of workouts that various athletes use. In visiting with many of them at meets, I find a wide difference in philosophies on workout content. For example, some sprinters do a lot of speed work whereas others do little work at top speed. I believe a lot of folks would be interested in the practices of some of the elite athletes.

Courtland Gray
Dallas, Texas

(So would we, but, except for the dozen or so training articles which we've published in the last couple of years, many top masters athletes seem to be reluctant to share their training "secrets." If any competitor would like to share his or her training regimen with NMN readers, please send it to NMN, PO Box 2372, Van Nuys, CA 91404. — Ed.)

KUDOS
We read and enjoy NMN as it keeps us up-to-date on veteran athletics, not only in the USA, but worldwide. Your coverage of last year's WAVA Championships in Miyazaki, Japan was outstanding. Keep up the good work.

We hope to have a strong Irish team in Buffalo, N.Y. for the next WAVA Championships in July '95. If the Eugene Games (1989) are anything to go by, we're going to have a great time.

Nick Corish
Dublin, Ireland

You do a great job in keeping me and my buddies informed, stimulated and active.

Lynndon Ruber
Lincolnwood, Illinois

Chuck McMahon

Chuck McMahon, who competed in masters throwing events for over 25 years, died of cancer at Mercy Hospital in San Diego, September 12. He was 79.

From age 51 to 76, McMahon set eight world and U.S. single-age records in the javelin, shot, discus, and hammer. In 1992, his competitive career ended after he underwent surgery on both knees and received a hip replacement.

As an Illinois high schooler, he competed in the shot, javelin, hurdles and middle-distance events. In the late 1930s, he won three gold medals and two bronze medals in regional and national AAU competition.

"Once you get hooked on being a competitor, you can enjoy being one the rest of your life," he said.

McMahon built landmark high-rise buildings as a construction manager. In 1961, he directed construction of the 20-story Home Tower in downtown San Diego. In 1965, he was named "Outstanding Professional Engineer of the Year."

He supervised construction of the Anheuser-Busch Brewery in Van Nuys, and an underground garage at Pershing Square in Los Angeles. He taught at San Diego State, UCLA, and the U. of Hawaii.

Jerry Siefert, a fellow M75 competitor, said: "The first masters meet I entered in 1970, Chuck was there. We have competed against each other and been very good friends ever since then. He will be greatly missed."

McMahon is survived by his wife, Jane.

FIFTEEN YEARS AGO

October, 1979

- South Africans Compete As Rhodesians in World Games in Germany
- WAVA Women's Committee Unanimously Opposes Medal Standards
- "Hannover Diary" Details III World Championships

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TWA
Cliff Rigsbee: Most All-Around Fit Grandfather

Cliff Rigsbee has the credentials to qualify as the world’s most all-around physically fit person over the age of 40. If not that, he certainly must be the most fit grandfather.

On August 14, Rigsbee, a 41-year-old resident of Honolulu, won the national triathlon championship in the 40-44 age division in Columbia, Maryland. The following week, in the Mrs. T’s Chicago Triathlon, said to be the largest triathlon in the world in terms of participation, Rigsbee also came out on top. He’s now preparing to defend his 40-44 championship title in the Gatorade Ironman Triathlon in Hawaii on October 15.

Last year, Rigsbee set the Ironman record for over-40 competitors by covering the 2.4-mile ocean swim, 112-mile bike challenge, and the 26.2-mile marathon run in 9 hours, 10 minutes, 47 seconds.

“I’m looking at a sub-9 this year,” said Rigsbee, not conceding anything to aging, even though his time last year was not up to his 9:01:34 of the year before, at age 39.

“My run fell apart on me last year,” Rigsbee explained, pointing out that he took 3:28:14 to run the marathon compared to a 3:19:20 the year before, “so if I can hold it together on the run this year, I think I can do it.”

Born in Corpus Christi, Texas, Rigsbee grew up as a “military brat” at various stations around the world. It was while watching the 1980 Ironman on television that he became interested in the triathlon. He had done a little cross-country running in high school, had attended Idaho State University on a swimming scholarship, and had worked as a bicycle messenger for three years in Seattle. The idea of combining the three activities intrigued him and he set about training for the 1981 Ironman.

Years of Adaptation

Rigsbee finished the ’81 Ironman in 12 hours, 5 minutes. The triathlon, especially the Ironman, is not an event in which one peaks in a couple of years. It’s a sport that takes years of adaptation. It took ten years for Rigsbee to fully adapt, as it was in 1991, at age 38, that he emerged as Hawaii’s top triathlete, winning the Hawaii Tinman competition (800 swim, 40K bike, 10K run) in record time and then going on to win the longer Windward Triathlon, another prestigious event in the 50th State, in record time.

“Until that year, I had my best year in 1988,” Rigsbee said. “My ’89 and ’90 seasons were somewhat disappointing to me. I raced okay, but nowhere near my potential. Around April of ’91, I decided that if I wanted to race and do well, I’d have to train more consistently than I had. I wasn’t going to have any excuses.”

In addition to his Hawaii victories, Rigsbee took second in the 35-39 age group in the nationals and fourth in the worlds. He was named by Triathlon Today magazine (now Inside Triathlon) as the Triathlete of the Year for 1991.

In 1992, Rigsbee became a grandfather five days before again winning the Hawaii Tinman.

Weight Training Key to Success

While Rigsbee feels that more consistent training has allowed him to stay ahead of Father Time, he also credits weight training. “I think it (weight training) has been the key to my success and improvement since 1991,” Rigsbee offered. “I try to do weights three days a week, pretty much all year.”

Most of Rigsbee’s weight training is leg work, such as extensions, curls, and squats. “I do a little stretch cords for the upper body, primarily for the swim, but I just don’t have the time to get in much upper-body work.”

In spite of working 40-50 hours a week as a manager for a wholesale restaurant supply company along with a part-time job at a retail running store, Rigsbee somehow manages to find time to put in 20-23 hours a week in preparation for the Ironman and 10-15 hours a week for the shorter events. While most top triathletes now specialize in either shorter distance events or the Ironman, Rigsbee doesn’t. He realizes he’ll probably do better if he focused on one or the other but he enjoys both long and short challenges too much to give up one for the other.

Effects of Aging

Rigsbee said he has noticed some effects of aging. “I feel as strong as ever, but I’m not recovering as fast,” he said. “I don’t know if that’s age or the fact that my work schedule has increased and I’m doing a lot more cramming than I used to.”

Rigsbee knows that six-time Ironman winner Dave Scott became a masters competitor this year, but Scott is considered a professional and will be in a different category than Rigsbee, still an amateur.

“The competition will be tough enough without Dave Scott,” Rigsbee said. “Several others have aged up and the three Germans behind me last year should be right up there. You just don’t know how things will go in the Ironman.”

Even if he doesn’t win his division, it’s a good bet that Rigsbee will be the first grandfather to finish.

Miller Sets World Record at Texas Masters Championships

The Texas Masters Championships were hosted by the Dallas Masters T&F Club on July 16 at Loos Field, Dallas. There were over 150 participants from six states. The highlight of the meet was the four events of the meet saw Charlie Miller of Bedford, Texas, better his own world record in the M55 100m hurdles with a 15.03.

Accu-Track timing, a wind gauge, and USAATF officials were all present to make it an official world record.
Da Silva, Ciavarella Victors in Parkersburg Half-Marathon

Brazilian Joao Da Silva, 40, took the $1000 top masters prize money with a win in 1:09:44 in the Parkersburg Half-Marathon, Parkersburg, W.Va., Aug. 20.

Last year's winner (1:06:41), Ric Sayre, 41, Ashland, Ore., settled for second and $500 with a 1:09:56. Sayre gained some consolation with a better age-graded performance of 88.1% over Da Silva's 87.7%.

Runner-up in 1993, Doug Kurtis, 42, Northville, Mich., was third, two seconds ahead of Reno Stirrat, 40, Smyrna, Ga., with a 1:11:17.

B.A.A. Announces Plans for 100th Boston Marathon

by JACK FLEMING

BOSTON, Mass — The Boston Athletic Association (B.A.A.) announced plans for the 100th Running of the Boston Marathon on Monday, April 15, 1996. As a result of worldwide interest, a field size of 25,000 athletes is expected for the historic race. The field — for one time only, in celebration of the 100th Boston Marathon — will include "100th Open Division" consisting of a limited number of non-qualified athletes, in addition to those who meet the current qualifying standards.

The 100th Boston Marathon will feature one start from Hopkinton, Mass. at noon. The existing qualifying times will remain in effect through the 100th Boston Marathon. Those entrants who meet the qualifying standards will start in front of the 100th Open Division, which will be selected by lottery. Access to the start in Hopkinton will be strictly controlled by state and local police.

"We realize that everyone wants to experience the 100th Boston Marathon as it has always been run," said B.A.A. Race Director Guy Morse. "This means one race, one start and one route. The plan will satisfy the largest number of runners and, equally important, will result in the safest race for everyone and the fairest to those runners who have qualified."

The decision for one race and one start was arrived at following a series of meetings with various representatives of the cities and towns along the route, race officials, and the B.A.A. Marathon organizing committee, as well as feedback from hundreds of runners.

"We explored in depth several start options when it became clear that, due to the 100th celebration, the field may be significantly larger than a normal year," Morse said. "Athletes are coming to Boston to celebrate the 100th Running, and the B.A.A. is pleased to extend them the privilege of participation."

Applications for the 100th Boston Marathon will be available following next year's Boston Marathon on April 17. In order to preserve the integrity of the Boston Marathon and to provide continued incentive to those who qualify for the race, applicants who run a qualifying time between October 1, 1994 and December 31, 1995 in a marathon sanctioned by USA Track & Field (or foreign equivalent) over a certified course and have their application completed and postmarked by December 31, 1995, will be entered. Runners not meeting the qualifying standards, who seek to enter the 100th Open Division, may enter the lottery by completing and mailing their application by November 1, 1995. Acceptance will be on a rolling, space available, lottery basis.

Qualifying times are based upon age on April 15, 1996:

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Men</th>
<th>Women</th>
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<tr>
<td>18-34</td>
<td>3 hrs 10 min</td>
<td>3 hrs 40 min</td>
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<tr>
<td>35-39</td>
<td>3 hrs 15 min</td>
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<td>40-44</td>
<td>3 hrs 20 min</td>
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<tr>
<td>45-49</td>
<td>3 hrs 25 min</td>
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<td>50-54</td>
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<td>60-64</td>
<td>3 hrs 40 min</td>
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<td>65-69</td>
<td>3 hrs 45 min</td>
<td>4 hrs 15 min</td>
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<tr>
<td>70 &amp; older</td>
<td>3 hrs 30 min</td>
<td>4 hrs 20 min</td>
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During the next several months, additional plans will be released regarding the 99th and 100th Boston Marathons, including further details of the lottery process which will be used for the 100th Open Division. In addition, the B.A.A. will outline plans for other events scheduled in conjunction with the celebration in 1996, the year in which the modern Olympic Games celebrates its centennial in Atlanta.

Claudia Ciavarella, 45, Arlington, Va., fourth in 1993 (1:26:43), improved on that with a W40+ first in 1:25:30, an age-graded 83.1%.

Lorraine Caldwell, 41, Colorado Springs, finished second in 1:26:55. Maria Gomes, 40, La Mesa, Calif., was third, worth $250, with a 1:27:45.

Masters prize money, five deep, was equal for both sexes.


Weather at the 8:00 a.m. start was sunny and 70°.
USA Weight Pentathlon

Draws 35 to Michigan

by RODNEY WILSON

Thirty-five men and women, ranging in ages from 25 to 79, travelled from 13 states to take part in the USATF National Masters Weight Pentathlon Championships, September 3, on Ralph King Field at Michigan State University in East Lansing, Mich.

The field will be the site of the 1995 USATF National Masters Track and Field Championships next July 6-9.

The 25 male and 10 female competitors tested their grit, sweat, strength, and mental toughness in competing in five weight events — the hammer, javelin, shot, discus, and weight throw.

Richard Hotchkiss, 55, was the top male point-earner with 4804. He was followed by Len Olsen (63, 4282 pts.), Bill Walmuth (70, 4046), Carl Wallin (52, 3810), and Norm Cyprus (56, 3720).

Vanessa Hilliard, 53, led the women with 3925 points, only one ahead of Bernice Holland (67, 3924), Joann Grissom (56, 3825), and Dortha Swanson (2756). The 10 women represented a record high 29% of the total participants.

Special thanks go to the many individuals who helped officiate and coordinate the meet: Judi Brown, Michigan USATF Chairperson and MSU Women’s T&F Head Coach; Jim Bibbs, Men’s Head Coach; F. Lee Slick and family; Mel Buschman; Claude Holland; Rex Harvey; and Lyle McFadden and Melinda Hickman, MSU Assistant Coaches.

Note: any participant who has not turned in his/her survey, please send it to Rodney Wilson, Dept. of Physical Education and Exercise Science, IM Circle Building, Room 1, Michigan State U., East Lansing, MI 48824.

These surveys will greatly assist in the study and nationwide promotion of USA Masters Track and Field.

If all else fails, a surgical approach is indicated. This usually necessitates an outpatient procedure under a general anesthesia. I recommend excision of the heel spur without disturbing the Achilles’ tendon. This is not a long or complicated procedure, but it is a surgical procedure, and you will need to find someone who has had experience in this field. Usually one can return to running in 6-12 weeks following surgery. Swimming is usually allowed after two weeks.

(To 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, 2372, Van Nuys, CA 91404.)

Heel Spurs

Q. I am a masters sprinter. After 25 years of competition, I have developed a rather large heel spur on the calcaneus and Achilles’ tendon in the back of my heel. It is most painful between races or after running — especially sprint training. Surgery is becoming a real option as the situation shows no sign of improvement. After such surgery, how long a rehabilitation period can I expect? What about recurrence after training is resumed? Should I just live with it, or perhaps quit running and take up other forms of exercise?

A. Unfortunately, as we get older, the blood supply to the back of the heel and Achilles’ tendon decreases up to 60%. This causes a 'brittleness' of the Achilles’ tendon and increases the incidence of injury. There are more adhesions, and the tendon becomes less elastic.

This lack of elasticity causes an additional pull of the Achilles’ at the back of the calcaneus or heel bone. Some think this additional stress causes a retrocalcaneal exostosis, or heel spur, at the attachment of the Achilles’ tendon.

The result is a fibrotic tendon inserting into a bony spur. Not a good condition. Couple this with a reduction in the blood supply, and you have a potentially dangerous and painful condition.

Other pundits state that as we get older, we develop arthritic spurs in our feet and the back of the heel bone is no exception. These spurs rub against the Achilles’ tendon and one gets an inflammatory condition or Achilles’ bursitis. These are usually quite red and swollen.

Obviously the first attack is to rest the area. Allow it to heal up. This can be coupled with physical therapy to include hydrotherapy ( whirl pool) and ultrasound. This increases the blood supply and speeds up the healing process. Also ems or electro stimulation has been shown to help. Avoid excessive stretching as this usually just irritates the inelastic tendon and causes micro tears. If you have to exercise, swimming is a good sport.

The use of a foot orthosis or some type of heel lift will also relieve stress to the rear foot.

In chronic cases, the use of injectable steroids around the spur area can reduce bursal swelling and help heal the condition.

If all else fails, a surgical approach is indicated. This usually necessitates an outpatient procedure under a general anesthesia. I recommend excision of the heel spur without disturbing the Achilles’ tendon. This is not a long or complicated procedure, but it is a surgical procedure, and you will need to find someone who has had experience in this field. Usually one can return to running in 6-12 weeks following surgery. Swimming is usually allowed after two weeks.

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They Call Him the Running Reverend

by DARLENE POLACHIC

Bernie Smith has always loved running. He ran track as a high school student back in Warren, Ohio. He's still running today as a senior. The thing Bernie likes best is that in almost 40 years he's hardly lost more than a second off his best times. His energy and enthusiasm are in constant demand for his services as a speaker to schools, young people's and seniors' groups.

On the track, it's no different. "I have a competitive spirit," the Calgary, Alberta, resident admits. "I only began running competitively in 1982 when I was 50. I happened to be in Toronto, Ontario, when a masters meet was on. A friend suggested I enter. I ran the 100, the 400, did the long jump, and emerged with three gold medals. That was it. I was hooked!"

In the recent WAVA North American T&F Championships in Edmonton, Smith won M60 silver medals in the 100 (13.07) and 400 (65.84). Smith definitely doesn't look his 60+ years. Moaned one of his former students, tongue-in-cheek: "It's a sad thing when the teacher looks younger than the student."

A good part of that, Bernie attributes to his unique training program. "I always wake up about 3:30 or 4:00 in the morning, so I get up and run." When he's at home in Calgary, Smith runs at a nearby athletic park. "I start out by walking around the track, and I use this time for personal devotions. I sing some, praise the Lord some, and pray. Sometimes I'll walk a whole mile before I do some stretches and start running. I spend a minimum of an hour doing serious running. Then I go home and go back to bed."

"I sleep like a log for two good hours. When I wake up, I'm fresh. There's nothing spiritual about it. I love running. It's my recreation. I've always kept in shape, even before I started competing. I like being able to keep up with the younger guys."

Smith is very particular about his diet. "After my father died of stomach cancer about 10 years ago, I started researching the whole matter of health and diet and food combination incompatibilities. Then my kids gave me a book for Father's Day called Fit for Life by Harvey Diamond. Those two things revolutionized the way I eat."

"You could say I'm a borderline vegetarian. I eat moderate amounts of chicken or fish, but I avoid pork like the plague, and rarely eat most red meats."

Breakfast for Smith is composed exclusively of fruit — and lots of it. Lunch is a huge salad with whole wheat toast or nuts. Smith raises herbs like mint, camomile, and comfrey in his kitchen garden. "I use the comfrey like lettuce. It's very good for you. I steer clear of junk food like candy bars and soft drinks. They have tons of sugar. My candy is dried apple slices, banana chips, or other dried fruits."

When was the last time Bernie Smith was sick? "I think I had a cold two or three years ago." Headaches? "One about every five years."

To Smith's mind, good health at any age comes from the absence of junk food in the diet, the right combinations of foods, rest, and exercise. "My heart is a muscle. If I exercise my heart, like any other muscle it will serve me better."

"People get old before their time because they think old," Smith observes. "And they act old. If they need to go four blocks to the store, they drive. They should walk, or run, or ride a bike."

There's nothing even remotely old about the Reverend Bernie Smith's thinking. "As long as the Lord gives me good health, there's no reason why I can't keep competing until 75, at least. Some are still doing it at 80."  

Bernie Smith with the Cleveland Classic Athlete of the Meet trophy. Photo by D. Polachic

The Running Reverend, Bernie Smith. Photo courtesy of B. Smith

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Photo by George Banker

Behind the Scenes in Eugene

by LAWRIE ROBERTSON

Lawrie Robertson was the Walks Referee at Eugene and was ably assisted by Bev LaVeck, Racewalk Administrator; Eric Zemper, Meet Officials Coordinator; Barbara Kousky and Tom Jordan, Meet Directors; and Jim Bean, Oregon Association Racewalk Chair. Lawrie has written the following excellent detailed report on the masters championship racewalks in Eugene.

Planning commenced in December 1993 with correspondence from Eric Zemper requesting technical assistance and a checklist for the walking competitions. Bev and I forwarded materials we had developed for the 1992 Masters Nationals in Spokane where we performed duties similar to those assigned to us in Eugene. From that point forward, Bev and Eric exchanged letters covering various details and needs. Even the major challenge changed letters covering various details that point forward, Bev and Eric exchanged letters covering various details and needs. Even the major challenge changed letters covering various details and needs. Even the major challenge changed letters covering various details and needs.

Jim Bean secured the services of a number of walking officials to assist the competition officials with the course set-up, judges' recording, DQ board and lap counting functions. He made sure that we had all of the times critical to administering the event and volunteers who were organized and dedicated to accurate record keeping.

Prior to the competition, Bev and I developed a matrix of judging assignments. We limited most track races to five judges (including the chief judge). We used a system of rotating首席 judges so that a number of persons had this experience. Each of our two IAAF judges, Martin Rudow and Darlene Hickman, served as the chief judge for two 5K races and the men's 20K and women's 10K.

What Went Well

First, the outstanding performances must be acknowledged. There were also many inspirational moments, best summarized by an incredible act of sportsmanship by Bob Di Carlo. Jack Bray was walking a beautiful race at a record pace when he was struck by a cramp. Bob caught up with Jack and, rather than taking advantage of Jack's adversity, stayed with Jack and gave him moral support until Jack was able to shake the cramp and resume a true competition between the two of them.

Both men displayed the finest attributes of our sports in putting more value on restoring a competitive situation than winning without regard to the other. My hat is off to Bob!

In covering the seven separate 5K races, we ensured that the chief judge was available following the race to complete the judging paperwork by ex­empting that judge from judging the subsequent race. Rotating in five to six judges per race among a pool of nine gave all of the judges some relief from judging the seven back-to-back races. Five judges appear to be the ideal track number as long as the field is 20 or less competitors. For the larger fields, we used six.

Due to the logistics of the 10K and 20K road races with their track start and finish, it was a challenge to get the chief judges for each race in the right place and move the cards to them in the event of a DQ. By using all nine judges, we were able to station three judges on the track during the start and two separate finishes for the 10K and 20K, and six judges on the road loop.

Three card runners on the track and three cyclists on the road ensured that cards moved from the judges to the recorder and DQ board quickly and efficiently. Despite very large fields, we had enough lap counters to minimize the chance of errors. We caught the only errors made by a single lap counter (who was reassigned) so that the results were correct. It was also very helpful having all competitors wear their numbers on both the front and the back of their shirts.

Critique

Despite the extensive efforts to prepare for this event, our post-event critique sessions indicated that there continues to be room for improvement. The most striking factors were the size of the fields and the problems related to a track start and finish with a very large, mixed field and two separate distances. This created not only logistics problems, but also once the women left the field, the remaining walkers were judged far more closely. This may have contributed to the difference in DQs between the men and women, and certainly led to more caution being issued.

We also experienced the problem in the 5K race of the results going to the announcer prior to being finalized and approved for issuance by the chief

Reminder

If you have not subscribed to the USATF Postal Regional/National Racewalking Ladders, now's the time. Many excellent times were made in Eugene. All qualified competitors will be on the ladder, but only those who subscribe receive the ladder updates and the annual awards as well as the newsletter, Racewalking in the 4 Regions. For a subscription form, please write Elaine Ward, N.A.R.F., P.O. Box 50312-0312, Pasadena, CA 91115-0312 or call 818-377-2264.

FIVE YEARS AGO

October, 1989

- Dave Stewart (41, 51:12) and Priscilla Welch (44, 55:18) Win in Crim 10-Miler
- Norm Green (57, 33:50, 95.7%) is Best in Asbury Park 10K
- Mario Cuevas (1:05:28) and Laurie Binder (1:18:18) Top Masters in Philadelphia Half-Marathon


Continued on page 11
South, to Canada

My teaching sabbatical has produced a dizzying blur of road races. Running amok from New Orleans to the Arctic Circle, I've met some of the best masters runners in the U.S.A. To confront my washed teenage athletic career head on, however, I had to journey, SOUTH, to Canada.

Perhaps your father, too, was born in another country. My dad, John Dean, hailed from Kildwinning, Scotland. At 13, he rode the boat to Windsor, Ontario. He settled just across the river from Detroit, which is north — in Windsor, Ontario, Canada. At 23 he married my mom (from Butte, Mont.) and only that way did he become an American citizen. At Sandwich East High School in 1927, he was captain of the football team, the basketball team, the baseball team, catcher on the baseball team, and held the school record for 25 years with a 10.1 second-yard dash. Matter of fact, he once advised me, "Son, never run over 100 yards unless someone's chasing you!"

He was a fine powerhouse engineer, a fine provider, and a mid-70's golfer at 50, but his whole life passed him by at the gun, shot north, and drummed a Scottish accent, except when he never rounded the dipthong like an American. The O rolled on forever.

As a teenager, I'd raced in Michigan every summer at our cottage, I'd never garnered the nerve to go south, to my dad's old neighborhood — south to Canada.

No matter which world our parents are in, most of us seek approval. I'd never garnered the nerve to go south, to my dad's old neighborhood — south to Canada.

What Would You Like to See in the National Masters News?


Let us know. Send your comments and suggestions to NMM, PO Box 2372, Van Nuys, CA 91404.

Masters Racewalking

Continued from page 10

A judge and walks referee. In two cases, late DQs were not included in the initial results. Walkers need to realize that in very large fields within very large meets, it is difficult to get 100% accurate walking results out for prompt award presentations. For example, in the 5K we had over 150 competitors spread among only seven races. Since each race immediately followed the preceding race, getting late DQs and the recorder's sheet posted was quite time-consuming.

Recommendation 4: For the Future

Recommendation 1: Since 1 in every 10 participants is in the walk, more attention needs to be given to dividing the road event into three events — the 10K for women, a 20K for men under 55, and a 20K for men 55 and older.

Recommendation 2: The judges strongly recommend that in all future masters' nationals, the men's and women's races be held separately, that they start and finish on the road (given the large field size), and that the loop be shortened from 200 meters to 1250 meters.

Recommendation 3: To assist the recorder, entry lists should be provided in numerical order for each race (a simple sorting function on the computer).

Recommendation 4: The ideal loop would be 1250 meters with a single point on the road for starting and finishing the race. This would facilitate competitor splits, even number of laps, lap counting accuracy, and appropriate judging observation (especially for assuring that a caution can be offered more frequently prior to issuing a DQ).

Recommendation 5: No finish results should be submitted to the awards steward or announcer until the chief judge and walks referee sign them off.

Masters Age Records 1993

(1994 Edition)

Compiled by WAVA and USAFT Masters T&F Records Chairman Pete Mundle with Rex Harvey, Shirley Dieterich, Beverly LaVeck 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, 1993.

U.S. Age bests for Men & Women for all track and field events, age 40 and up, as of Oct. 31, 1993.

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Fair Awards in Road Races

Do you care about awards in road races? I pose the question because it's an issue that can lead to a lively discussion about what is fair in the structuring of awards.

After over ten years of competing, and several years of being active in directing races and writing about the sport, I have come to some opinions which I'd like to share with you. Two issues stand out — gender and age divisions.

Let's look at gender first. I charted several New Jersey road races last year to see just who was competing. There's no question — this is a male-dominated sport.

While the numbers varied slightly, on average the ratio was 75% men to 25% women. When we look at the awards, however, is another matter. When we look at the awards, there were only three competing in that division. On the other hand, in that same age division there might have been 15 men, thus creating a true competition.

Deeper Awards for Men

The solution is to award deeper on the men's side and even cut off some of the awards on the women's side. With the aid of a computer, awards could be given based on percentages, as is done in the Prevention Half-Marathon in Pennsylvania.

When road racing first began to develop and they started handing out awards, there were no age divisions — and sometimes no gender divisions either.

As time went on, some folks started to realize that something was amiss. If we only recognize the front runners, we are missing some significant performances by people who are no longer in their peak years, or those who have not yet reached them. The solution? Age divisions.

Recognizing that a runner, no matter how talented, loses speed as part of the aging process, accommodations had to be made for the aging athlete. If anyone doubts that, just look at Eamonn Coglan's sub four minute mile (3:58.15) at the age of 41.

Rightly heralded as a great achievement for a masters runner, it acutely points out the slowdown of even this elite runner whose prime year's indoor PR is 3:49.78.

Age 49 vs. Age 40

If Coglan is slowing down, then so are the rest of us older athletes. But what is the rate of that slowdown? That's a hard question to answer and each individual is different. So let's pose the question in a different way. Will a 49-year-old athlete have a chance against a 40-year-old? And should he have to compete against the "youngster"?

Many race directors think he should. And that the 69-year-old should compete against the 60-year-old. We're talking about ten-year age groups in masters competition. Even worse is the "something" and up, often 60 and up, but I've seen races where it's 50 and up.

Now, let's look at purse money.

Fair Awards in Road Races

The only fair way to distribute purse money in the masters divisions is to use age-adjusted scoring. This system uses the computer to adjust the runner's time to equate what he or she would have run in his or her prime years. It puts the 40-year-old runner on a par with the 60-year-old.

We will be seeing it happen this fall at the Run For Life 10K in Morris County where age-adjusted scoring will determine the masters purse distribution. It's a start.

(Madeline Bost of Ironia, N.J., a road racer and track and field competitor, writes a running column that appears in the Daily Record of Morris County, the Home News in Middlesex County and the Jersey Journal of Hudson County.)

Masters Age-Graded Tables

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- See how much your performance should decline with age.
- Chart your own performance progress.
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Granted, an award ceremony lasts longer if you give out more awards. By the time they get to the older age divisions most of the crowd has disappeared. You can remedy that, too.

Start With Older Groups

Start with the older divisions. It be fair, those folks are the ones who should have the privilege of walking away before the ceremony is over. After all, they are older and shouldn't be made to stand around longer than anyone else. Start with the less populated older groups and it will go quickly enough. When you get to the larger divisions your crowds will still be there.

Now let's look at purse money. If a race is offering prize money deep to the women, and I believe that they should, then go to five or six deep on the men's side.

Age-Graded Scoring

The only fair way to distribute purse money in the masters divisions is to use age-adjusted scoring. This system uses the computer to adjust the runner's time to equate what he or she would have run in his or her prime years. It puts the 40-year-old runner on a par with the 60-year-old.

We will be seeing it happen this fall at the Run For Life 10K in Morris County where age-adjusted scoring will determine the masters purse distribution. It's a start.
PUBLICATIONS ORDER FORM

Quantity

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, 1993. 56 pages. Lists name, age, state and date of record. Compiled by Peter Mundie, WAVa and USAFT Masters T&F Records Chairman. $4.00.

Masters Track & Field Rankings
Men's and women's 1993 U.S. outdoor track & field 5-year age group rankings. 52 pages. Over 100-deep in some events. All T&F events, including mile, weight, relays, and walks (5000, 10K, 20K). Coordinated by Jerry Wojcik, USAFT Masters T&F Rankings Chairman, and the National Masters News. $6.00.

Masters Age-Graded Tables (1994)
Single-age factors and standards from age 8 to 100 for men and women for every common track & field, long distance running, and racewalking 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. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. $6.00.

Time Master Calculator
Ideal for use in age-graded scoring. Works directly in hours, minutes, seconds. Acts as stop watch and calculator. $29.95

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 March 31, 1994; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundie, WAVa and USAFT Masters T&F Records Chairman. $1.50.

Masters 5-Year Indoor Age-Group Records
Same as above, except indoor records (M40+, W35+) as of January 31, 1994. 3 pages. $1.00.

Competition Rules for Athletics (1994)
U.S. rules of competition for men and women for track & field, long distance running and racewalking — youth, open and masters. $12.00.

IAAF Scoring Tables (1985)
Official world scoring tables for men's and women's combined-event competitions. $12.00.

Guide to Prize Money Races and Elite Athletes 1994
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 to over 450 prize money events, plus much more. $52.00.

Fastest Old Man in the World
22-minute video of New Zealand's great Derek Turnbull. He ran a 2:41 marathon at age 65, and currently holds ten world five-year age-group records from the 800 to the marathon. $29.95.

USATF Logo Patch 3 color embroidered 4" x 3". $4.50.

USATF Race Walking Patch. 3-color embroidered 4" x 3" with gold trim. $5.50.

USATF Cross Country Patch. 3-color embroidered 4" x 3" with gold trim. $5.50.

USATF Lapel Pin. 3-color USATF Logo on 7/8" soft enamel lapel pin (pin back with military clutch). $5.50.

USATF Decal. 3-color. 3" x 2 1/2". $1.50.

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, enchance fun, build strength, achieve endurance and run faster. $14.95.

Marathon by Hal Higdon
The ultimate training and racing guide. $14.95

Running Research News
Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. $16.00 per year.

Back Issues of National Masters News
Issues: $2.50 each.

Postage and Handling

Overseas Air Mail (add $5.00 per book)

TOTAL

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Awards Name Change

Each year the outstanding male and female athletes of the year are presented an award by the USAJT Masters Track & Field Committee. This is called The Gwilym Brown Award.

Who was Gwilym Brown? A poll of members at the 1993 convention in Las Vegas turned up nothing. The national office had no idea. Answers ranged from "her" being a benefactor, to an official or an administrator. With this, the membership voted to change the name of the award.

Bob Fine finally provided the answer: "Gwilym Brown was a sportswriter for Sports Illustrated. He was a friend of mine, at the time I was the National Chair. He ran but was not a serious competitor, an outstanding competitor or mediocre. Should there be two awards — male and female? How would you feel, say, as a shot putter, about receiving an award named after a distance runner? Or vice-versa?"

Probably the main criterion should be that this individual(s) is someone who has contributed to the program. I am sure that many of you can think of worthy individuals to name this award after.

Please submit the recommended name(s) to me at 3703 Electra Drive, San Antonio, TX 78218, along with a short explanation as to why he/she should be selected. If available, include a biographical sketch of the individual.

Pikes Peak Ascent and Marathon

Dennis Fowler, 43, Sandy, Utah, and Nancy Stevenson, 40, Denver, were the first masters to finish in Colorado's Pikes Peak Ascent on Aug. 20. Fowler, 19th overall, finished in 2:36:30. Stevenson, with a 2:56:17, left her closest opposition 17 minutes back.

In the marathon on Aug. 21, Senovio Torres, 40, Cordova, N.M., broke the M40 division record with a fourth-place 3:56:18. Diane Ridgway, 45, Denver, won the W40-and-over race with a 3:53:06. Eckhardt Lemberg, 66, raced to an M65 victory in 6:01:03.

The event, the final in the KRDO Colorado Triple Crown of Running, had 510 male and 123 female finishers.

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.

Some readers provide additional support to the National Masters News 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.

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National Masters T&F Championships

I checked out a few of the throwing events at the Nationals in Eugene. First was the W50 javelin on Thursday. It had eight contestants, the largest of the women’s divisions, and included at least three top-ranked throwers: last year’s winner, Karen Huff, Illinois; Fran Conley, California; and Vanessa Hilliard, Florida.

Huff, off her game, settled for second (27.14/89-0). Conley, hampered by two debatable “flat” javelin calls and a tendency to throw to the far right, took third (25.46/83-6) with just one fair throw. Hilliard, throwing from a stand because of an injury, was fourth. Linda Ticknor, 1994 Northwest Regional Champion, was a somewhat surprising first with a 30.02/98-7.

From the toe board should have come a cement discus ring about four by two debatable "flat" discus calls, and a tendency to throw to the far right. Among the five women, Sarah Boslaugh, W35, NYC, was the top performer, with a 10.89/35-1/4 in the 20-lb. weight, and 9.19/30-2 in the 25-lb. Debbie Eckhardt, another New Yorker, was second in the 20-lb. with an 11.08/36-4.

For the discus on Saturday, I chose my division, M60, which I had not entered because I felt that a potential last place would not enhance my credibility as a columnist. Smart decision. Probably the deepest field of good throwers in the event here, it included veterans like WR-holder Wendell Palmer, Texas; Len Olson, Pennsylvania; and Stewart Thomson, California, plus division newcomers Walt Badorek, Oregon; Sam Adams, California; and Len Cohen, New Hampshire. Palmer three-peated but by not all that much, considering his recent WR of 57.60/189-0, with a 52.28/173-6 over Badorek (51.52/169-0). Olsen, on the mend after cancer treatment last year was third (47.48/155-9). Some mention was made of the strength of the field before the event started after I sent a note to the announcing booth, but not much else was heard later.

Sunday found me at the shot put ring with the M40 throwers, a large field of 14, including bona fide putters, a weight thrower or two, and several decathletes. Roger Kamla, Louisiana, who won the discus also in a field of 14, was first with a 14.83/48-8. Bill Leffler, Missouri, finished second (13.54/44-5). The event went essentially unnoticed by the announcers.

For the javelin on Saturday, I chose Manuel White, 78, Montana, Columbia, of Eugene, despite a wrapped left thigh, defeated former record-holder Christel Miller, California, on her fifth throw with a 30.02/98-6. Joanne Grissom, Indiana, essentially a shot putter and discus thrower, was third. Neither event received live coverage by the announcing crew.

On Friday, I watched the M50 hammer throwers, the most competitive throwers on the scene as evidenced by their grunts, screams and yells, sometimes even when they’re throwing. World-record-holder Tom Gage, Montana, was the hands-down winner (62.82/206-1) but tied with George Mathews, Washington, second-best thrower (48.84/160-3), in the yellow category. Lloyd Higgins, California, was a near third (47.02/154-3) but ineffective in the yellow phase, with a soprano-like yip, not during or after the throw but before it! Higgins later avenged his loss to Gage with a big win in the discus.

I caught another double-header here: the M55 were also in this flight. Richard Hotchkiss was the top thrower (47.04/154-4) and screamer in this group of three more-sedate Californians. Ralph Terhune-Yoong, who, at about 160 pounds, among the behemoths in this event looks like the guy who gets sand kicked in his face on the beach in the Charles Atlas ads, nevertheless got the distance (42.28/138-8) with three well-executed turns for second-place. I can’t recall hearing any announcement of the competition as it took place.

For the discus on Saturday, I chose my division, M60, which I had not entered because I felt that a potential last place would not enhance my credibility as a columnist. Smart decision. Probably the deepest field of good throwers in the event here, it included veterans like WR-holder Wendell Palmer, Texas; Len Olson, Pennsylvania; and Stewart Thomson, California, plus division newcomers Walt Badorek, Oregon; Sam Adams, California; and Len Cohen, New Hampshire. Palmer three-peated but by not all that much, considering his recent WR of 57.60/189-0, with a 52.28/173-6 over Badorek (51.52/169-0). Olsen, on the mend after cancer treatment last year was third (47.48/155-9). Some mention was made of the strength of the field before the event started after I sent a note to the announcing booth, but not much else was heard later.

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Eugene Makes You Feel Like A Celebrity

The people of Eugene, Oregon, like to refer to their community as the track and field capital of the world. Maybe so; maybe not. I can think of other cities from Boulder to Oslo that might claim that title. Nevertheless, Eugene knows how to put on an uncommonly fine track meet, as I discovered in August.

I visited Eugene for the National Masters Championships for men and women over age 30. Despite its limited appeal to spectators, masters track continues to grow in appeal to competitors. A record 1400 athletes appeared in Eugene for the nationals. Last fall, 12,000 competed at the world meet in Japan. Next summer, the world’s best will convene in Buffalo, N.Y. So great is demand, that 70 percent of the housing in that community already has been booked.

I had come to Eugene partly as a warm-up for Buffalo, but also because I appreciate the smooth organizational skills — and feeling of celebrity — that Eugene officials bring to an event.

Too often, masters meets are casual affairs. You come. You run. You go. Other times, I appreciate a bit of ceremony. You get just that in Eugene plus more.

For starters, the facility is first class, the same track at the University of Oregon used three times for the U.S. Olympic Trials as well as for the world masters meet in 1989. I appreciate running in the footsteps of great runners. I arrived in Eugene on a Friday afternoon expecting to run a semifinal heat in the 1500 meters. Because of the numbers, everybody advanced to the finals. I retired to the grandstand and became a spectator instead of competitor.

I don’t accept that role easily. I sit in the stands and think, “I should be down there.” I also feel that if you waste time watching, it drains energy best hoarded for competition.

Thus, on Saturday, I skipped the meet and went downtown to meet a friend for lunch. I also visited the outdoor market, where merchants display wares from t-shirts to jewelry.

Last Bastion of Hippie Movement

Eugene may be the last bastion of the 1960s Hippie Movement. Those who survived seem to have moved to Eugene to grow organic vegetables. Men with belly-length beards. Women with hairy armpits. A bit fatter, a bit more wrinkled, but Eugene Hippies have changed little in 25 years. Nor have I. I am still running track meets. Sunday, I reported 90 minutes before my race. Like any big-time meet, you need to declare your intent to start. After doing that, I moved to a side track. Warming up on the main track was forbidden. This was, after all, the Major Leagues, the “Show,” not some All-Comers’ meet. I jogged, stretched, did some strides, then reported again 20 minutes before my race. I already had numbers front and back of my singlet, but received a third number to attach to my hip. I felt like a signboard.

I sat down and fussed with my shoes. Another runner attempted to talk. I am a terrible conversationalist, just before I race. He was trying to relax by chatting; I was trying to focus my mind. We were temporarily incompatible.

Anointed Ground

Five minutes before the start, an official led us onto the track and gave us permission to run some strides. This was anointed ground. There were few in the stands, it was daylight, but I had the feeling of jogging under a spotlight. Finally, they called us to the line and fired the gun.

The race was over too quickly: five minutes of running, everybody advanced to the finals. I finished well back. At least I had run close to my season best.

While in Eugene, I had done an interview with a former Olympian. He competed into his mid-30s, then realized he would never get any faster. He switched to golf and now has a 5 handicap. He jogs only occasionally. But running was my first love, and it probably will be my last love.

I came to Eugene. I had not conquered, but neither did I feel conquered. I had been treated like a champion. I flew home plotting a new training schedule. I can’t wait to run in Buffalo during the summer of 1995.

(Hal Higdon is a Senior Writer for Runner’s World. Though closely challenged in Eugene by other runners, Higdon still holds the American M40 records for 5000 meters and the 3000 meter steeplechase, set in 1972 and 1975.)

On The Run

by HAL HIGDON

Video Tapes of Nationals Available

Four video tapes of the National Masters Track and Field Championships, Eugene, Ore., August 11-14, are now available:

1) All men’s and women’s 100 and 200 finals; both age-graded 100s; all 4 x 100 relays
2) All men’s 400 finals; 400 relays for W40, W35, W30; all 4 x 400 relays; 400H for M30 thru M55
3) All men’s and women’s 800 finals; all 4 x 800 relays
4) All men’s and women’s 1500 finals

The videos were filmed and edited by Paul Dungan, former masters sprinter and Portland, Ore. resident.

“All these videos have been made to recognize every athlete in each race,” Dungan says.

The cost of each video is $20 (Canada $22; Great Britain $25).

Since duplication takes time, please allow four to 10 weeks for your tape(s) to arrive. Dungan promises all orders will be filled.

Send checks or USA money orders to: Paul Dungan, 4016 NE Hazelfern Place, Portland, OR 97232.
WA VA Budget Approved

At its meeting in Buffalo, N.Y., USA, on April 10-14, the WAVA Council approved a budget for the 1994-1995 accounting period.

The budget projects estimated revenues of US$159,300 and estimated expenses of US$164,700, for an estimated deficit of US$5,400. However, it’s hoped the revenue will be a bit higher, or the expenses a bit lower, so as not to incur a deficit for the period.

Since WAVA’s bank balance on December 31, 1993 was US$188,000, approximately the same amount should remain in the account at the end of 1995.

A total of US$4,000 of the estimated US$159,300 in revenues will come from the IAAF. In addition to WAVA’s budget, a separate IAAF/WAVA budget, controlled by the IAAF at its Monaco headquarters, will provide US$36,000 over the two-year period for WAVA-related expenses.

Thus, the total IAAF commitment for the 1994-1995 period is US$80,000 — US$40,000 per year.

Among the budget highlights:
1) The largest source of revenue — US$75,000 — is expected from the WAVA fee required of each entrant to the WAVA World Veterans Championships. Attendance in Buffalo next year is estimated at 5000.
2) Estimated office expenses (phone, fax, etc.) for WAVA officers is budgeted at US$3,000, up 39% from 1992-93. Hopefully, the actual expenses will be less.
3) Financial assistance to the regions will be increased 216% to US$43,000. The Council felt this was an area of critical need. The region requests funded to help develop veterans programs in third-world nations, to buy computer programming, to purchase equipment, to provide travel expenses to regional and world championships for needy athletes, and to train coaches and administrative help. The allocated amounts vary by region from a high of US$334 for Europe to US$33 for South America, Asia and Oceania.
4) The expense for members to travel to the annual Council meetings will be an estimated 22% less than 1992-93, due to lower air fares to Buffalo than to Japan.
5) A new expense of US$950 was budgeted for travel for four people to a meeting of the Stadia Committee, and three people to a meeting of the Non-Stadia Committee. (The Stadia meeting was held in Buffalo in February, 1994, and was helpful in the planning of the schedule and other technical matters for the 1995 Championships.)
6) Another new expense of US$600 was budgeted for drug testing. This is to be available for administrative, travel, research or testing expense in addition to the amount budgeted for testing by the Buffalo Organizing Committee.
7) Yet another new expense item of US$500 was created for travel expenses for at least one Council appointee (not necessarily a Council member) to inspect the facilities of any city which bids for a 1998 or 1999 WAVA Championship. The WAVA representatives will then give an impartial report of their findings to the delegates in Buffalo.

My proposal to the Council which would have enabled the General Assembly to have a greater voice in the budget process was, in effect, deferred until the Assembly meets next year in Buffalo.

Detailed breakdowns of both the WAVA budget and the separate IAAF/WAVA budget are listed on page 19.

Voting Delegates

Also in this issue is an updated list of WAVA affiliates, competitors and delegates, based on the number of participants in Eugene, Turku and Miyazaki (see page 21). 1) The first column shows the number of delegates each affiliate was entitled to in Miyazaki, based on the formula used to determine delegates, as stated in the WAVA Constitution, Section 4(B):

"At the General Assembly, each affiliate shall be entitled to one delegate and also one additional delegate for each 100 of its competitors in the last three World Veterans Athletics Championships (excluding the current Championship). No affiliate shall be entitled to more than five delegates."

2) The second column shows the number of delegates who actually showed up in Miyazaki and voted. Of the 141 eligible delegates, 99 were there. (Along with 15 voting Council members, the maximum votes that could be cast on any ballot measure was 114.)

3) The next four columns show the number of competitors from each nation at each of the last three World Championships, and the combined total for each.

4) The next column shows the number of delegates each affiliate is entitled to in 1995 in Buffalo, based on the above formula. As of March 10, the total is 147. (That number will likely increase as new affiliates sign up prior to Buffalo.)

5) Thus, Canada, for example, with a total of 366 competitors in the last three Championships, gets four delegates. Norway, with a total of 219, gets three delegates. Brazil, with 139, gets two. And so on.

Some interesting data can be gleaned from the report:

• The number of affiliates is up to an even 100.
• More than half (50) of the 99 voting delegates in Miyazaki were from Europe.
• Countries adding delegates in Buffalo will be: Spain (1), Mexico (1), Brazil (1), India (1), Japan (3), Taiwan (1). Losing delegates will be New Zealand (2).
• Five affiliates which have had no competitors in any of the last three world championships nevertheless cast votes in Miyazaki: Senegal, Aruba, Paraguay, San Marino, and Venezuela. Seven affiliates who cast votes were represented by only one athlete. Two other affiliates had less than five athletes in the last three Championships.
• Larger countries are limited to five delegates and, thus, have proportionately less representation. For example, Germany, Italy and Australia, with a combined total of 2282 participants in the last three championships, are entitled to 14 delegates in Buffalo, a ratio of 163 athletes to one delegate. The 14 countries mentioned above, with a combined total of 13 participants in the last three championships.

Continued on page 19
Local Organizing Effort is Under Way

With nine months to go, local organizing efforts were publicly launched on August 23 for the XI WAVA World Veterans Athletics Championships, to be held July 13-23, 1995, in Buffalo, N.Y., USA.

"The World Veterans Championships are the premier international track and field competition for women 35 years of age and over and men 40 years of age and over," said Vito Borello, executive director of the event.

"More than 6000 athletes and another 6000 spectators are expected to come to Buffalo for competitions at the University of Buffalo, Niagara Falls, and the Skyler Marathon Route," Borello said.

The Championships are co-chaired by Robert Greene, managing partner of Phillips, Lytle, Hitchcock, Blaine & Huber, and Neal Fatin III, president of T.R.E.S. Services Business Telephone Systems.

"Preparations are well under way with 21 members of the local organizing committee and many other volunteers to ensure that the hosting of the Championships will be a success for Buffalo and Western New York," said Greene. "Say what you will, there was a positive legacy left by the World University Games — the recognition that Buffalo is now one of the world's leading venues for amateur sporting events."

The University Games attracted thousands of athletes to Buffalo last year.

Charging Buffalo Logo

Organizers at a press conference unveiled the Championships' logo depicting a charging buffalo and the letters "USA" in red, white and blue.

The logo was designed by Crowley Webb & Associates of Buffalo.

"This logo is an important unifying symbol for all the efforts leading up to and including the competitions next summer," said Fatin. "The charging buffalo serves as a tribute to this region's rich athletic heritage and capitalizes on our investment in facilities and marketing in becoming the amateur sports capital of the U.S."

While operating with a current budget of under US$1.6 million dollars — compared to the US$15.2 million spent on the 10th WAVA Championships last year in Miyazaki, Japan and the $120 million spent on the World University Games — the 1995 Championships are expected to have an economic impact of $25 million.

About one-third of the Championships' budget will come from athletes' entry fees and housing fees. Another one-third of the budget will be funded by vendors, parking fees, merchandising, and sales of books and programs to athletes. The final one-third of the budget will come from private contributions, corporate sponsorships and public funds. Public funding represents only seven percent of the budget.

Organizers announced the participation of Budget Car and Truck Rental, the Hyatt Regency, the Radisson Hotel & Suites, Stovroff & Taylor Travel Ltd., and the Travel Team as initial sponsors of the XI WAVA World Veterans Athletics Championships.

"The early support of these sponsors is going a long way toward ensuring the eventual success of the Championships," Borello said.

No Qualifying Standards

Anyone who meets the age criteria — regardless of athletic skills or past amateur or professional status — is eligible to compete in the Championships. There are no qualifying standards. Past participants include 1972 Olympic marathon winner Frank Shorter, three-time Olympic medalist Evelyn Ashford, and four-time Olympic discus gold medalist Al Oerter.

Athletes compete within five-year age groups with gold, silver and bronze medals awarded to the top finishers.

The Championships consist of every common track and field event, plus a common track and field event, plus a 5K track walk, a 10K women's road walk, and a marathon.

The World Veterans Championships have been held every other year since 1975, and been governed by the World Association of Veteran Athletes (WAVA) in cooperation with the International Amateur Athletic Federation (IAAF). The 1993 Championships in Japan drew athletes from more than 70 countries.

The only other time the Championships were held in the USA was in 1989 in Eugene, Ore., when nearly 5000 athletes from 58 nations participated.

The other time the Championships were held in the USA was in 1989 in Eugene, Ore., when nearly 5000 athletes from 58 nations participated.

Barry is Meet DIRECTOR

Dick Barry of the U. of Buffalo will direct the competition. Other key staff members include: Bob Carr, Communications; Richard Gioia, Fundraising; Chris Glenn, Tourism; Dennis Murphy, Hospitality; Daryl Rasulli, Transportation; Virginia Seabill, Medical; Nick Turovich, Jr., Volunteers; and Harry Shelton, Assistant to Borello.

Complement in 1993 to host the World University Games, the new stadium at the State University of New York at Buffalo will serve as the primary track and field facility. The other stadium at UB will serve as the secondary stadium; it's about a 12-minute walk (1000 meters) from the main stadium. Free shuttle buses will run between the two venues.

The Skyler Marathon route will be the first USATF-sanctioned course to begin in the United States and end in Canada. The race will start in downtown Buffalo and travel alongside the Niagara River on a flat and fast course that will end on the Canadian side of Niagara Falls.

Site of the last nine USA National Racewalk Championships, the Robert Moses Parkway in Niagara Falls, NY, will provide a scenic route for the road races. Akrum Falls Park will provide a challenging cross-country course.

Banquet

A banquet for athletes, guests, local residents and sponsors will be held on Wed., July 19, 1995. The cost before May 15 is US$30, and $35 after May 15.

Athletes will be offered a variety of different housing options. Inexpensive housing and meals will be available at the university dormitory complex, which can accommodate up to 3000 people. The Buffalo area offers more than 6400 hotel rooms for a range of budgets within 30 minutes of the venues. Buffalo residents will entertain athletes and their families during the Championships.

The fee schedule is as follows (all prices are in U.S. dollars):

- WAVA Fee: $15.00
- 1st event: 30.00
- 2nd thru 5th events: 10.00 each
- 6th and over: 17.00 each
- Decathlon, heptathlon, and weight pentathlon: 30.00 each

Entry Forms

Athletes from the USA may obtain entry forms from the WVAC at 1604 Box 150, Niagara Square Station, Buffalo, NY 14201-0150. Interested parties may phone Carol Sweeney at 1-716-852-2765; ext. 202, for further information as well. Or fax 1-716-852-0131.

Foreign athletes may obtain entry forms from their respective national governing bodies, or from the above numbers.
International Scene

Continued from page 17

ships, are also entitled to 14 delegates in Buffalo, a ratio of about one to one. Thus, a delegate from, say, Thailand, has, in effect, 163 times more voting power than a delegate from Germany.

A motion to lessen this seeming unfairness a bit by increasing the maximum number of an affiliate’s delegates from five to seven was defeated in the General Assembly in Turku in 1991.

If you have any questions or comments about anything in the budget report or delegate report, please contact me, your regional representative, or your national delegate.

IAAF/WAVA BUDGET

<table>
<thead>
<tr>
<th>REVENUES:</th>
<th>1992-93</th>
<th>1994-95</th>
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<tr>
<td>1. IAAF Grant</td>
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<td>2. Entry fees - Stadia</td>
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<tr>
<td>3. Entry fees - Non-stadia</td>
<td>$10,000.00</td>
<td>$14,000</td>
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At the WAVA General Assembly meeting in Miyazaki, Charles DesJardins of the USA calls out the votes to WAVA Secretary Torsten Carlius of Sweden in the balloting between Buffalo (USA), Durban (South Africa) and Malmo (Sweden) for the right to host the 1995 WAVA World Veterans Championships. Buffalo won on the first ballot with 58 votes to Malmo’s 39 and Durban’s 15.
The quality performances of the meet were topped off by Earl Fee, M65, who posted a very fast 2:16.04 800, a 98.28% age-graded performance. He backed that up with a 99% performance, running 47.40 in the 300 intermediate hurdles. Sprunger Steve Robins, M51, of the U.S. ran an 11.48 100 for a 96.17% performance level. He also backed that up with a 98.86% 200 in 23.77.

American thrower, Tom Gage, M51, of Montana, turned an excellent 207-9 hammer for a 94.45% rating. Ralph Romain, M62, competing for Trinidad and Tobago, had bad luck in that his 400 cm late on a cold and rainy day. However, he still posted a 56.91 for a 94.22% performance level. He also backed that up with a 92.66% 200 performance of 25.87. Phil Rascher W47, before being injured, ran a 12.22 second 80 meters hurdles for a 93.37% rating. Hurdling specialist, Charley Miller, M57, from Texas, ran his 100 meter hurdles in 15.28 for a 93.32% rating.

World record holder, Harold Morikoa, M51, of Canada, ran a fine 400 in 53.60 for 92.66% and backed it up with two other performances of 91.61% in the 200 and 90.80% in the 800.

Other performances in the meet above 90% were: Victor Valles, M57, Mexico, 12.50 100, 91.28%; Bruce Sprigingett, M61, U.S., 12.97 100, 91.06%; Bernie Smith, M62, Canada, 13.07 100; and Chuck Sochor, M66, U.S., 13.58 100, 90.35%.

**North American Meet**

Continued from page 1... different roles wherever needed and the championships proceeded reasonably well from the cooperation effort. There were a few dedicated helpers and officials who really bit the bullet and worked virtually straight through the meet without food or sleep. They cannot be thanked enough for their heroic voluntary efforts.

Two combined events were held. The outdoor pentathlon, on the first day, attracted 24 men and five women. One of the first official WAVA specified weight pentathlons ever was held with 26 men and eight women reporting for the five throws involved. Long distance running events were the 5K on the track and the 8K cross-country with 47 men and 18 women, and the 15K road race with 40 men and 16 women. In addition to the 3K racewalk on the track, there also was a 10K road walk offered with 29 men and 10 women taking part.

A WAVA grant to the region for an athlete sponsorship program resulted in four people from three countries being able to compete in the championships who otherwise would not have been able to attend for economic reasons. Those sponsored had various portions of their travel expenses covered by the program which required that a private sponsor or sponsors furnish half of the money, with the other half coming from the WAVA grant. Some sponsors befriended and encouraged their sponsored athletes, who, other sponsors preferred to remain completely anonymous. Either way those sponsored greatly appreciated the chance to be there.

Perhaps the most exciting event of the meet was the twins from Mexico, Bernardo and Marcelino Contreras, who otherwise would not have been able to attend for economic reasons. Those sponsored had various portions of their travel expenses covered by the program which required...
**WORLD ASSOCIATION OF VETERAN ATHLETES**

**PROMOTING VETERAN ATHLETICS THROUGHOUT THE WORLD**

LIST BY NATION AND REGION OF AFFILIATE COMPETITORS AND DELEGATES

<table>
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<tr>
<th>Region</th>
<th>No. of Delegates (in Miyazaki)</th>
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- Cameroon
- Cape Verde
- Central Africa
- Chad
- Congo
- Ethiopia
- Gambia
- Ghana
- Guinea
- Kenya
- Lesotho
- Mauritania
- Mozambique
- Namibia
- Rwanda
- Senegal
- Seychelles
- South Africa
- Zaire
- Zambia

**ASIA**

- Afghanistan
- Argentina
- Armenia
- Austria
- Belarus
- Belgium
- Bulgaria
- Croatia
- Cyprus
- Czech Republic
- *Czechoslovakia*
- Denmark
- Estonia
- Finland
- France
- Germany
- Great Britain
- Greece
- Hungary
- Iceland
- Ireland
- Italy
- Latvia
- Lithuania
- Moldova
- Netherlands
- Norway
- Poland
- Portugal
- Romania
- Russia
- San Marino
- Slovakia
- Spain
- Sweden
- Switzerland
- Turkey
- Ukraine
- USSR
- Yugoslavia

**OCEANIA**

- Australia
- Cook Islands
- Fiji
- Guam
- Papua New Guinea
- Tonga

**TOTALS - Africa**

19 3 11 8 93 112 19

**TOTALS - Asia**

19 14 227 141 10177 10545 24

**TOTALS - Oceania**

10 9 9 4 9 5 1

**TOTALS - North America**

1 17 1 1 2 2 1

**TOTALS - South America**

1 2 2 2 2 2 2

**TOTALS - Total**

17 10 503 213 223 941 15

**100 GRAND TOTALS**

141 99 4754 4802 12175 21731 147

Prepared by Al Shelton, Treasurer — March 10, 1994
Women's Corner
by JOYCE HANNA, MA, MS

Running Through Menopause (And Beyond)

It's hard to believe that women were not officially allowed to run in marathons until 1973. Now, a little more than 20 years later, the number of women running in marathons has grown exponentially. Women born in the 1930s, '40s, and even the early '50s can remember that as schoolgirls we were expected to pitch underhanded, play only half-court basketball, do 'girl push-ups' from the knees up, and definitely refrain from running. (It was believed that if we ran we might damage our female organs.) Not surprisingly, the concept of running through menopause was unheard of.

Of course, times have changed. Today, many people would ask, "Why would anyone think they couldn't run while they're going through menopause?" It should be stressed that menopause, whether passage is smooth or disorienting, is a process, not an event. The average age for menopausal onset, which is marked by the cessation of menstrual function, is 51 in the United States. One third of a woman's life is now spent post-menopausal — almost the same percentage of time as is spent in the reproductive years.

Mona M. Shangold, MD, co-author of The Complete Sports Medicine Book for Women (Simon & Schuster, 1992), states, "The main problems women experience at or after menopause are hot flashes, sleep disturbances, bone loss, heart disease, vaginal dryness, depression, and weight gain. Some of these are due to lack of estrogen and other hormonal changes, and some are due to the aging process. Estrogen therapy can relieve all of these except weight gain. Exercise can prevent or relieve all of these except hot flashes and vaginal dryness.

Most women will benefit from estrogen therapy; all women will benefit from regular exercise." 

Yet only 15 percent of women over 50 engage in physical activity at a level recommended for better health. What impact does running have on women as they pass through menopause? Judy Mahle Lutter, president and co-founder of the Melpomene Institute, an organization that helps women of all ages link physical activity with better health, reports that Melpomene research substantiates most women's belief that while physical activity is not a guarantee of an easy menopause, it does help even the most difficult menopausal experience.

Physiologically, almost everything that gets worse with aging gets better with exercise. There are three significant physiological benefits that a woman going through menopause can expect to enjoy if she exercises regularly:

- Maintenance of muscle mass and bone density, which reduces the risk of osteoporosis.
- Maintenance of basal metabolic rate, which helps to maintain a healthy weight.
- Stimulation of HDL (good cholesterol), which provides a cardioprotective effect.

Recent studies show that the decline in cardiorespiratory function during menopause is not because of hormonal changes (as previously suspected), but rather because of a decrease in physical activity. And there has been no evidence to indicate that running causes rectal, uterine, or urinary bladder prolapse.

The real benefits of keeping active through menopause, however, might lie in the psychological impact. Exercise can be a powerful factor in a woman's maintaining her sense of identity. Most runners report that the act of running allows them to "center" themselves in a very elemental and uncomplicated manner. This feeling can be especially rewarding at a time when many women feel a loss of control. Running can provide a wonderful opportunity to focus on the positive, preventative aspects of health rather than the deteriorating, remedial aspects.

A woman who continues to exercise while going through menopause can decrease risk factors for coronary heart disease and osteoporosis, and strengthen the pelvic structure. Exercise can also raise self-esteem, improve the quality of sleep, and relieve anxiety, tension, fatigue, and depression. Commitment, a positive attitude, and a healthy style of living are the main ingredients for running well at any age. To quote the National Institute on Aging, "If exercise could be packed into a pill, it would be the single most widely prescribed and beneficial medicine in the nation." Running just might be the perfect pill to take while going through menopause. □

(Please note: Joyce Hanna is an exercise physiologist at Stanford University's Center for Research in Disease Prevention, and a board member of the Fifty-Plus Fitness Association. Reprinted from NY Running News, Sept 1994.)

Pryde, Malloy Log Wins at Annapolis

Rose Malloy, 46, Annapolis, was first W40-and-over and eighth female with an age-graded 83.7% 64:25. Joyce Adams, 40, Reston, Va., took second in 66:29. Claudia Ciavarella, 45, Arlington, Va., was third in 68:02.

Hedy Marque, 77, Alexandria, Va., won the W70+ division race with a 1:36:19.

To reflect the performance of masters runners, Pryde and Malloy were presented with special awards. A change in the course added some hills; temperatures in the 80s and high humidity provided an additional challenge.
Masters Scene

NATIONAL

• The 4 x 800 relay results for the women's teams in the USATF National Masters Championships in Eugene were not published in the September issue. They are in this issue under the Women's Relay Results.

• Michael Brown's 2:26.9 for the M40 win was the best javelin throw of the 1994 National Masters Championships. Brown, a history teacher and track coach from Florida, won his first masters competition after competing for years in open meets. His best with the new rules javelin is 233.11 (9.18) m.

• In a close competition for the best age-graded performance in the women's events, Elizabeth Longton, a member of the Nashville Track Club, noted out Linda Lowery for the gift certificate from Team Nashville Athletic store by recording a 3000 racewalk time of 15:52.1, a 75%, Jim Mathis, still strong at 59 years of age, scored a 92% for his 55.7 m in the 400. One of the more outstanding events of the day was the men's mile where Tom Bowden, the M50, beat the entire field with a fine time of 4:50.0.

• Five times were turned in at Fort Lauderdale Road Runner's "Runners on the Hill" event, August 20, in Fort Lauderdale. Winning masters were Enrique Alvarez (40, 15:04) and Carol Virga (43, 18:58). Top grand masters were Hector Rodriguez (50, 17:48) and Janet Ross (51, 23:26). In the accompanying 5K, John Fredericks (26) and Linda Stein (28-20) came out on top.

EAST

• Sean Doyle (40, 1:18:40) and Ann Davies (47, 1:35:04) were first 40+ to cover the NYRRC Half-Marathon course, Central Park, NYC, Aug. 14. Andrew Neidig, 75, took the M75+ race in 2:15:35. Wen-Shi Yu, 59, won the W55 contest with a 1:48:55. In November, Yu will join the W60 division, won here by Bertha Bellinghausen, 60, in 1:45:47. Doyle returned to Central Park on Aug. 28 to win the M40+ contest in the NYRRC Back To Work 4 Mile with a fourth-place 20:34. Cheryl Rady, 47, coyed her first with a 29:25 in the women's ranks. Sam Skinner (51, 22:53) and Muriel Mertl (66, 38:26) set fast pacers in their division wins.

• Sonia Morales, 46, and Bette Vargas, 40, composed the top female team in the Eastern Regional 10K Relay RW Road Championships, Central Park, Aug. 29, sponsored by Park Racewalkers, USA. Each walker did a 5-loop 5K around the park's Great Lawn, first passing off a baton (in this case, a light, easy-to-carry tongue depressor) to the second walker. Morales passed off to Vargas at 30:56, Vargas finishing in 60:48. Gary Null (49, 24:16), recovering from a hamstring injury, and Takamano (44, 19:19) were third team overall. Bob Barrett (60, 27:57) and Herb Zydkevich (55, 27:57) took the M50+ race. Twenty-seven teams, some with mixed sexes, started; two were DQ'd.

• The MAC 3K Championships, Central Park, July 10, Null finished second (14:01), Amano third (14:17) of 55 finishers. Elton Richardson, 55, first W40+, was ninth in 16:24.

SOUTHEAST

**Dallas Masters M60-69 400 relay team (54.72) at the Dallas Masters Meet, July 16, from left: Bill Bowers, 67, Bill Partridge, 64, Normal Wells, 63, and Andy Anderson, 65.**

**Photo from Bill Bowers**

**Dallas Masters M60-69 400 relay team (54.72) at the Dallas Masters Meet, July 16, from left: Bill Bowers, 67, Bill Partridge, 64, Normal Wells, 63, and Andy Anderson, 65.**

**Photo from Bill Bowers**

NORTHWEST

• Martin Baling, 57, took first place overall for the third time in the Crater Lake Marathon on August 13. His 3:11:41 put him one minute ahead, although 20 years older, of the second-place finisher in this beautiful mountain race.

INTERNATIONAL


• The first-ever age-handicap marathon will be held in Valencia, Spain, Feb. 5. Runners will start at different times depending on their age groups, beginning with the women 60-plus at 8:30 a.m. and ending with the men 18-34 at 9:15:30.

• A major contact is S. O. Correcamino, potato, Perico, 7-10-46010 Valencia, Spain; phone 963-609-21. Race director is Toni Lastra. Deadline is Jan. 23.

• Sharp-eyed reader Leo Benning of Cape Town points out Jose Walter's Miyazaki medal count (July WMN) was a bit off; that South Africa won one less weight throw title and Japan's Waller's medal count (July WMN) was a bit off. That South Africa won one less weight throw title and Japan's Waller's medal count (July WMN) was a bit off. That South Africa won one less weight throw title and Japan's Waller's medal count (July WMN) was a bit off. That South Africa won one less weight throw title and Japan's Waller's medal count (July WMN) was a bit off.

• Visha Sedlak, director of the American Racewalk Association, has been appointed to the World Association of Veteran Athletes (WAVA) Women's Committee. The Committee is dedicated to the development of women's participation and encouragement in the sports of track and field, long distance running, and racewalking. Sedlak is one of nine women from several countries on this committee, which is chaired by Belgium's Hannalre Gunck. The Committee will next meet at the WAVA World Championships in Buffalo, NY in 1995.

Superweight

Continued from page 15

Yorke, won both events in the W30 division. Suzy Hess, Oregon, won the W30 weight throw title over Barbara Stewart, formerly of New York, now residing in Georgia, but lost the superweight to Stewart. Canadian Estelle Jenkins took two firsts in the W65 division.

The championships were followed by the "Ultra Weight Throw Classic," in which competitors threw the next three heaviest weights for a total of five; for example, the M40 competitors, after throwing the 35-lb. and 56-lb. in the championships, threw the 100-lb., 200-lb., and 300-lb. Age-division places were based on totals adjusted for each implement weight. All who competed were awarded a commemorative paper weight.

Contestants were treated to a free luncheon and received championships T-shirts depicting a classic weight thrower and the Seattle Space Needle.

**Write for Track & Field People . . . . . . . NOT computer people!**
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, but 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

November 29-December 3. USATF 16th Annual National Convention, The Adam's Mark Hotel, St. Louis, Mo. USATF, PO Box 120, Indianapolis, IN 46206-0120. 317/261-0500.


October 1. Fall Helena Throws Festival/Weight Pentathlon, White's Field, Helena, Mont. Manuel/Helen White, PO Box 1058, Helena, MT 59604. 406/227-5020.

INTERNATIONAL

October 2-5. WAAS Asian Regional Championships, Jakarta, Indonesia. Asians only.


LONG DISTANCE RUNNING NATIONAL


October 2. USATF National Masters 5K Championships, Syracuse, N.Y. David Oja, 213 Scott Ave., Syracuse, NY 13224. 315/466-6265.


November 6. USATF National Masters 5K Cross-Country Championships, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220. 614/479-2547.


December 4. USATF National Masters 10K Championships, St. Louis, Mo. Tom Eckelman, 7140 Waterman, St. Louis, MO 63130. 314/727-7582.

EAST

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

October 2. Fifth Avenue Mile, NYC. NYRR, 9 E. 89th St., NYC 10128. 212/860-4455.

ON TAP FOR OCTOBER

TRACK AND FIELD

A throws meet opens the month on the 1st in Helena, Mont. Two masters pennantals — the Club West Meet in Santa Barbara, and the Thomasville Decathlon/Heptathlon — are listed for the 8th, which also has a mini-meet in Nashville.

The Huntsman Senior Games for mkw ages 50+ start on the 19th in St. George, Utah, about an hour's drive north of Las Vegas.

The WAVA Asian Regional Championships open on the 2nd in Jakarta.

LONG DISTANCE RUNNING

Three USATF National Masters Championships are scheduled: marathon (Twin Cities), Minneapolis, and 5K, Syracuse, N.Y., both on the 2nd; and 10K Cross-Country, Canandaigua, N.Y., which is offering team prize money.

It's a marathoners month, ranging from the St. George in Utah on the 1st, to the Detroit on the 16th, the Marine Corps on the 23rd, and the Chicago on the 30th. Other races of interest include the 5th Avenue Mile on the 2nd; Army 10 Mile, the 16th; and Boston Mayor's Cup Cross-Country, the 3rd.

RACEWALKING

A varied menu this month starting with the Alongi Classic, Dearborn, Mich., on the 1st. The USATF Masters 1-Hour Championships are hosted by Cambridge, Mass., on the 9th. The 16th shows four events, including a 30K in NYC and an 8K in Las Vegas.

Senior Men PowerBar Relay Teams: West (1st), Southeast (2nd), and East (3rd) being given awards by coordinator Phil Mukey of PowerBar, at the USATF National Masters Championships, Eugene, Ore., Aug. 13.
continued from page 24

October 1. Lejeune Half-Marathon. Dr. Ron Gerughty, Fitness Director, 910/451-5430, Camp Lejeune, N.C.

October 15. Lejeune 15K Cross-Country. Dr. Ron Gerughty, Fitness Director, 910/451-5430, Camp Lejeune, N.C.

November 5. Old Reliable 10K. Butch Robertson, PO Box 1229, Raleigh, NC 27602, 919/829-4883.

November 19. Vulcan 10K. Birmingham TC, PO Box 530363, Birmingham, AL 35223, 205/999-5344.

November 24. Thanksgiving Day 10 Mile, Spurley Center, Deland. John Boyle, PO Box 1824, Deland, FL 32721, 904/736-0002.


December 10. Rocket City Marathon. Harold Tinsley, Huntsville TC, 8811 Edgewall Dr., Huntsville, AL 35802, 205/881-9077.

November 13. Columbus Marathon. Prize money for top five age-graded times for 40+. Joan Riegel, race director, PO Box 26806, Columbus, OH 43226-0806. 614/433-0395.


November 13. Columbus Marathon. Prize money for top five age-graded times for 40+. Joan Riegel, race director, PO Box 26806, Columbus, OH 43226-0806. 614/433-0395.

MASTERS CLUBS

Below is a list of masters & field, long distance running, and race-walking clubs arranged alphabetically by region. Some offer workout facilities, and many have social programs and 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.
Minutes of WAVA North American Meeting

October, 1994

North and Central American and Caribbean Regional Association of WAVA (NCCWAVA)

Executive Committee Meeting Minutes
August 4, 1994

The NCCWAVA executive committee was held in Edmonton, Alberta, Canada, and was called to order by the President, Rex Harvey, at 8:05 p.m. Mr. Harvey announced that the purpose of the meeting was to prepare an agenda for the Assembly meeting scheduled for August 5.

Executive Committee members present: Ruth Anderson, Marcelino Contreras, Bob Fine, Don Farquharson, Norm Green, Rex Harvey, and Liz McBlain. There were 13 guests present for some or all of the meeting.

Tasks: Confirm the Assembly meeting room reservation and determine that the space is large enough. Marilyn Mitchell volunteered to handle this.

A review of the list for delegates and officers resulted in a maximum voting potential of 30 delegates.

Agenda Items: Consensus delegates present; select scrutineers; Bylaw proposals; authorize President to create a standard contract for championships.

It was decided that the scrutineer selection should be planned and that elections and decisions be placed "last" on the agenda. It was also decided that new officers take office starting after close of responsibilities.

Further Agenda Item: Elections. Mr. Harvey reported that the NCCWAVA executive committee had received some objections from different regions. It was recommended that the NCCWAVA Constitution be revised to require a second meeting to consider changes to the WAVA Constitution. One of these concerned records. Mr. Harvey stated that NCCWAVA needed to add a second meeting to its standing committees. Ms. Mitchell is seeking support from the region members at the 1995 WAVA General Assembly.

Further Agenda Item: Elections. Adjustments Needed Here.

It was decided that the Edmonton meeting was an important one and the meet would be held to order by its President, Rex Harvey, at 19:40. Mr. Harvey welcomed all present and stated that his expectations were high.

Certification of Voting Procedures: Mr. Harvey reminded the audience that each country is entitled to one vote plus one additional vote for each 50 athletes in the previous 3 regional championships. The roll call of countries produced the following:

Canada: Jack Castle, Jake Madowden, John Powell, Doug Smith
Costa Rica: Raul Mora
Mexico: Jorge Aguairre, Bernardo Contreras, Jesus Haro, Alvaro Lopez, Horacio Reyes
United States: Charles Desjardins, Marilyn Mitchell, Sandy Pastkin, Phil Raschke

These 14 persons from NCCWAVA Council (7 present) resulted in 21 possible votes. Mr. Harvey then noted that Honduras had recently affiliated with the region (though unable to be represented in Edmonton) and that a representative of Bermuda expressing interest in possible affiliation was present.

Introduction of the NCCWAVA Council:

President: Rex Harvey

Mr. Harvey proposed that at our last championships in 1993, Honduras had been allowed to participate by a vote of 57 to 40 with two abstentions: NCCWAVA would use this standard instead of the one used in championships before 1992.

The President explained the negative vote from Mexico as expressing a wish to have medals that reflect the uniqueness of each championship location. Ms. Mitchell then asked if a By-Law was needed to provide the secretary a budget and was told that such an item would be handled under budget in the agenda.

On motion by Mr. Pastkin and second by Mr. Mitchell the second By-Law was APPROVED by a vote of 19 yes to 0 with 1 abstention. There would be no ratification until the 1995 By-Law committee and chairs shall take office at the close of the championships where they are elected.

Mr. Harvey noted that the October 12, 1993 minutes of the Assembly meeting held in Miyazaki, Japan, were distributed to all affiliates, delegates and council members on record.

On motion by Ms. Anderson and second by Mr. Pastkin the minutes were APPROVED by a vote of 18 yes to 0.

By-Law Proposals: Mr. Harvey invited delegates to propose any amendments to the NCCWAVA Constitution they desired. None were offered.

Meet Directors Guidelines and Championship Contracts:

Mr. Pastkin requested that at the Executive Committee meeting the previous evening it was recognized that guidelines are needed to assist championship organizers. Mr. Fine reminded Mr. Harvey that as President he had the authority to appoint a committee. Mr. Pastkin suggested that a task force composed of past and Non-Stadia members should be involved. This matter becomes an ACTION TASK for Mr. Harvey. Mr. Davis suggested that the task be completed by the WAVA games in Buffalo next year.

The contract for these Edmonton games was based on the WAVA world games contract and included items that did not apply. Such a contract indicates to a meet director what is expected. Mr. Fine stated that he was in charge of negotiating the WAVA contracts and that while some items might not apply in the regional contract, it is better to have such items in the document in case a subsequent development makes the item applicable. Mr. Pastkin proposed that WAVA and the region contracts allow WAVA or the region to make a challenge when there is a problem.

Ms. Anderson observed that guidelines cover desirable matters and contracts the binding ones.

Mr. Fine suggested that it is not necessary to have the tasks handled by the same group.

Ms. Green reported that he had prepared a beginning list of Non-Stadia guidelines and had distributed them to all present. He asked for the privilege to continue on next page.
Continued from previous page.

Ms. Green then moved, and Ms. Anderson seconded to adopt Non-Stadia guideline #2 that would allow the road race distance to be negotiable, as well as whether the championship road race would allow an existing local race. Mr. Fine argued that Mr. Rex also spoke in favor of expanding and Ms. Anderson also spoke in favor of negotiating the distance. On motion by Mr. Green and second by Mr. Rex, a further By-Law was APPROVED by a vote of 17 yes to 1 no. The distance of the NCCWAVA road race event shall be negotiated between the local organizer and the Non-Stadia chair.

There followed extensive discussion about whether the regional masters championships road race might be held in conjunction with a non-championship event. Mr. Green stated that he had received new information since Thursday evening and now saw that a championship and a road race of 10K runners (as registered here in Edmonton) would automatically cause the meet director to lose money on the event. Mr. Green said that the option to opt out was not attractive to him but he was not entirely sure what would happen if he did offer the option of negotiating the event was to prevent such an automatic loss for the organizer. Mr. Fine noted that he was sanctioning a regional championship and that it should stand alone. Ms. Paskin stated that she was worried about holding it. Mr. Faqharson wanted to lose money on our event. Mr. Faqharson observed that a non-championship event could detract from our championship and might not produce any cash award not permitted by WAVA. Mr. Fine added that holding our championship with another event could result in a contract with the race organizer. Braebec then observed that both Mr. Fine and Mr. Faqharson had offered problems, and yet such problems could be soluble. Ms. Anderson then reflected that some national masters championships in the United States had been held in conjunction with local events and found their media exposure and quality enhanced by it.

On motion by Mr. Green and second by Ms. Anderson the following By-Law was APPROVED by a vote of 16 yes to 2 no: The NCCWAVA road race may be held in conjunction with a local event as negotiated by the Non-Stadia chair.

Reports by Officers and Standing Chairs:

Chair: Mr. Faqharson said that most of his attention since Jalapa has been placed on the Scarborough event of the previous weekend. To save regional funds, he did not plan to attend. His view was that such a trip might have helped to solve some problems.

Chair: Mr. Contreras expressed his pleasure in working with Mr. Harvey. He noted that the needs of Continental Masters athletes were different and that improved communication requires attention. He also noted that Mexico is going through a difficult period, while other nations to its south are in even greater need. He would appreciate any support that might be given. Mr. Harvey stated that he had been interested in bringing such a large delegation from Mexico to these games.

Chair: Mr. Fine stated that we are the only region having race walk championships across the year. Events in Nkx, Bx, 9K, and 15K distances have been held in such venues as Dallas (TX) and Washington (DC). He seeks support to host a race walk championship.

Non-Stadia Chair: Ms. Green said that his report was in writing and had been distributed.

President: Mr. Harvey reported that he had represented the region in the APA convention and that APA Council approved to make the IAAF funding evenly distributed across all regions.

That action increased our biennial allocation from $1,700 to $2,300. He further reported that the Miloski Memorial Run was the WAVA-recognized event program which had been approved up to $4,000 subject to matching sponsor dollars. He stated his belief that he had done a good job of effectively communicating that he had been deeply involved in technical matters.

Strident Program Report and Possible Changes: Mr. Harvey reported that the Strident Program had received WAVA’s approval.

Chair: Ms. Mitchell nominated and Mr. DesJardins seconded the motion by Mr. Harvey that the WAVA Council has allocated for special regional projects. His proposal that the WAVA Council be the Strident Program which had been approved up to $4,000 subject to matching sponsor dollars. Mr. Harvey reported that the WAVA Council for “banking” the IAAF allocation rather than spending it on scholarships. It was pointed out that Mr. Harvey made no request for funds for this purpose.

Chair: Mr. Harvey proposed that the region pay the Strident Program Masters News for the Edmonton games advertisement without seeking reimbursement from the games organizer. He further proposed that the region pay the travel expense ($1,100) to Corichi for the trip and that Mr. Harvey requested the reimbursement of $1,100 for Mr. Corichi was APPROVED by a vote of 20 yes to 0 no.

On motion by Mr. Fine and second by Mr. Harvey reported that the VAVA Constitutional Committee had recommended that the next election be held in 1997. The opposition to this proposal was not formal. Mr. Harvey said that he had received a letter from Ms. Anderson on this topic. Mr. Harvey said that he had received a letter from Mr. Fine that the nomination was valid because, to his knowledge, the NCCWAVA constitution did not prohibit it in any way. It was proposed that the nomination be subsequently elected by acclamation.

Treasurer: Mr. Castle was nominated by Mr. Powell and elected by acclamation.

Stadia Chair: Ms. Mitchell was nominated by Ms. Anderson. Ms. Paskin was nominated by Ms. Sedlak, seconded by Ms. Mitchell, withdrawn by Mr. Harvey. It was proposed that as a result of the nominations, the position be filled by acclamation.

Non-Stadia Chair: Mr. Green was nominated by Mr. Pashkin and was elected by acclamation.

Chair: Mr. Fine was nominated by Ms. Sedlak, seconded by Mr. Harvey, withdrawn by Mr. Harvey. It was proposed that the position be filled by acclamation.

Women’s Chair: Ms. Sedlak was nominated by Ms. Paskin, Ms. Mitchell was nominated by Ms. DesJardins. Ms. Mitchell was nominated by Bernadette Conteras. The three candidates were invited in alphabetical order to speak briefly. After the presentations Ms. Mitchell withdrew. A written ballot was distributed. The scrutineers reported the election results as: Ms. Anderson was elected with 11 votes to 10 for Ms. Sedlak.

Proposed WAVA Constitutional / By-Law Changes: Ms. Mitchell stated that she and Ralph Roman had prepared 4 items for action at Buffalo. She wished to have Mr. Corichi translate the items for discussion to Spanish and English; she is inviting each affiliate to consider these items and to support them when they are presented at Buffalo. Mr. Fine stated that since the items had not received validation by this Assembly, they could not be sent in the name of NCCWAVA but he would be happy to distribute an individual basis. Ms. Mitchell stated that she would proceed to act within that framework.

Communications and Fund Raising: Mr. Harvey invited invited Ms. Sedlak to speak on this topic. Ms. Sedlak stated that in the United States the demographic trends were favorable toward drawing corporate funding of masters athletes. There is a need for a media kit in conjunction with each championships to expand our ‘customer’ base. She asked all who have a similar interest to hers to join her on a media committee.

Chair: Mr. Fine told Ms. Sedlak that he desired to have her fully involved in this kind of role.

Other Business: On motion by Mr. Fine and second by Mr. Greene, a further By-Law was APPROVED by a vote of 17 yes to 0 no: Any bidder for the media rights must sign a contract with the NCCWAVA that the WAVA has negotiated. The contract must state that any revenues from media rights will be distributed to the organizers of the event. Mr. Farquharson withdraws his motion.

Mr. Harvey reported a need for a Records Chair in the region. He proposed that the constitution be amended to add a Records Chair to the standing committee chair. The motion by Mr. Harvey and seconded by Mr. Castle was APPROVED by a vote of 19 yes to 0 no to add the position of a constitutional amendment to a postal vote.

Mr. Farquharson proposed and the Assembly expressed its thanks for the work Mr. Harvey had conducted the meeting.

Marcelino Conteras announced that Silvano Corona of Mexico was the first athlete sponsored and was here to express his thanks. Mr. Corona stated his appreciation for the opportunity to compete in these games. Mr. Conteras further thanks the Executive Committee for its good work.

There being no other business, upon proper motion and second, it was VOTO to adjourn the meeting at 22:10.

Respectfully submitted:
Norman Green, secretary pro tem

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National Masters News

October, 1994
U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

**Event** | **100** | **200** | **400** | **800** | **1500** | **3000**
---|---|---|---|---|---|---
**100** | 11.3 | 22.4 | 44.9 | 93.2 | 150.5 | 325.6
**200** | 22.4 | 44.9 | 93.2 | 186.4 | 301.0 | 653.2
**400** | 44.9 | 93.2 | 186.4 | 372.8 | 602.0 | 1204.0
**800** | 93.2 | 186.4 | 372.8 | 745.6 | 1204.0 | 2408.0
**1500** | 150.5 | 301.0 | 602.0 | 1204.0 | 2408.0 | 4816.0
**3000** | 325.6 | 653.2 | 1204.0 | 2408.0 | 4816.0 | 9632.0

**Notes:**
1. 100 standards are for automatic time; use standard conversion for hand time.
2. Short hurdles: 30-49: 30%; 50-59: 35%; 60-69: 40%
3. Long hurdles: 30-49: 35%; 50-59: 40%; 60-69: 45%
4. Discus: 30-49; 40-49: 75%; 50-59: 80%
5. Hammer: 30-49: 75%; 50-59: 80%
6. Metric heights and distances are the standard; feet and inches listed for convenience.

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

**NAME:** ______________________

**ADDRESS:** ______________________

**SEX:** M  F

**CITY:** ______________________

**STATE:** ______________________

**ZIP:** __________

**MEET DATE:** ______________________

**MEET SITE:** ______________________

**EVENT:** ______________________

**MARK:** ______________________

**HURDLE HEIGHT/WEIGHT OF IMPLEMENT:**

**CERTIFICATE**  **PATCH**  **PATCH TAG**

1. If you have equaled or bettered the standard of excellence, please fill out this application and present it to your meet director for his examination and signature.
2. A copy of your results or a note stating in which issue your results appeared must accompany this application.
3. Please send $10 for a certificate, $10 for a patch, and $10 for a patch tag showing event and year. The cost for both a certificate and patch ordered at the same time is $15.
4. Send to: All-American National Masters News, P.O. Box 2372, Van Nuys, CA 91401.
5. A “color,” 8” by 10” certificate, suitable for framing, and/or a 3-color, 3” by 4” patch will be mailed to you within six weeks. Allow eight weeks for a tag.

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

**Event** | **100** | **200** | **400** | **800** | **1500** | **3000**
---|---|---|---|---|---|---
**100** | 11.2 | 22.4 | 44.8 | 93.2 | 149.5 | 300.0
**200** | 22.4 | 44.8 | 93.2 | 186.4 | 302.0 | 604.0
**400** | 44.8 | 93.2 | 186.4 | 372.8 | 608.0 | 1216.0
**800** | 93.2 | 186.4 | 372.8 | 745.6 | 1216.0 | 2432.0
**1500** | 149.5 | 302.0 | 608.0 | 1216.0 | 2432.0 | 4864.0
**3000** | 300.0 | 604.0 | 1216.0 | 2432.0 | 4864.0 | 9728.0

**Notes:**
1. 100 standards are for automatic time; use standard conversion for hand time.
2. Short hurdles: 30-49: 30%; 50-59: 35%; 60-69: 40%
3. Long hurdles: 30-49: 35%; 50-59: 40%; 60-69: 45%
4. Discus: 30-49: 75%; 50-59: 80%
5. Hammer: 30-49: 75%; 50-59: 80%
6. Metric heights and distances are the standard; feet and inches listed for convenience.

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**U.S. MASTERS AMERICAN STANDARDS OF EXCELLENCE FOR RACE WALKERS**

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<td>31:34</td>
<td>63:03</td>
<td>94:32</td>
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<td>41:50</td>
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<td><strong>20K</strong></td>
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<td>102:20</td>
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<tr>
<td><strong>25K</strong></td>
<td>61:30</td>
<td>111:50</td>
<td>142:20</td>
<td>173:30</td>
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<tr>
<td><strong>30K</strong></td>
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<td>121:00</td>
<td>151:30</td>
<td>181:50</td>
<td>212:20</td>
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</table>

**Notes:**
1. 10K standards are for automatic time; use standard conversion for hand time.
2. Short hurdles: 30-49: 30%; 50-59: 35%; 60-69: 40%
3. Long hurdles: 30-49: 35%; 50-59: 40%; 60-69: 45%
4. Discus: 30-49: 75%; 50-59: 80%
5. Hammer: 30-49: 75%; 50-59: 80%
6. Metric heights and distances are the standard; feet and inches listed for convenience.

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**NAME:** ______________________

**ADDRESS:** ______________________

**SEX:** M  F

**CITY:** ______________________

**STATE:** ______________________

**ZIP:** __________

**MEET DATE:** ______________________

**MEET SITE:** ______________________

**EVENT:** ______________________

**MARK:** ______________________

**HURDLE HEIGHT/WEIGHT OF IMPLEMENT:**

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## NATIONALS Results

### 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 or hand-written are placed in our format receive preference. Deadline is the 10th of the month prior to issue date.

### USATF National Masters

**Eugene, OR; Aug. 14**

- 4000 Relay
  - W55 finish: 17:36.4
  - M55 finish: 14:28.3

- 4000 M-Fast and Slow
  - W55 slow: 18:39.3
  - M55 slow: 15:39.3

### USATF National Masters Weight & Superweight Championships

**Seattle, Aug. 20**

- 5K run
  - W55 slow: 26:24.3
  - M55 slow: 22:21.3

- 4000 M-Fast and Slow
  - W55 slow: 16:35.3
  - M55 slow: 13:45.3

### USATF Masters Weight Pentathlon Championships

**Michigan State University; September 3**

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<th>Name</th>
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<th>DGS</th>
<th>JAVLN</th>
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<td>3</td>
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<td>2 Danny Miller</td>
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### NATIONAL

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<tr>
<th>Age graded mark</th>
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<td>55-59</td>
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### Charts

- Chart 1: Track Results
- Chart 2: Field Results

- Chart 3: Champions
- Chart 4: Overall Results

### Continued on next page
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<tr>
<th>Event</th>
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<tr>
<td>Mile</td>
<td>3:59</td>
<td>Jim Moran</td>
</tr>
<tr>
<td>1,500 Yards</td>
<td>2:19</td>
<td>Jim Hines</td>
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<td>1,600 Yards</td>
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<td>2,000 Yards</td>
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<td>Jim Matthews</td>
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<tr>
<td>1 Mile Run</td>
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<td>Hines</td>
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<tr>
<td>1,500 Meters</td>
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<td>Hines</td>
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<td>3,000 Meters</td>
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<td>880 Meters</td>
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<td>4:26</td>
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<td>440 Yards</td>
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<tr>
<td>440 Yards</td>
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**West Texas Senior Sports Classic**

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<td>50</td>
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**San Antonio Classic**

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### Weight Pentathlon Men Age Graded Aug. 7

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