Mondragon, Grayson Win in Crim; Ottaway Breaks U.S. Record

by JERRY WOJCIK

Martin Mondragon, 41, of Mexico, retained his masters title in the Crim 10-Mile Run, Flint, Mich., on Aug. 26, with a 49:30. His time was above last year's 49:13, but his take of $1200 for first master was the same.

Gary Henry, 40, of Australia, was second in 50:19, worth $800. Nick Rose, 43, of England, took third with a 50:56 for $500.

Mondragon also won the age-graded masters performance title with a 93.5%, with Rose runner-up at 92.2%.

Rose has never beaten Mondragon. "I'm really frustrated," Rose said. "Every race I'm in, he wins." Mondragon has lost only one race in two years as a master — a fourth place in the 1994 Boston Marathon. "He's in a class by himself," Rose said.

Wally Herrila, 50, of nearby Ann Arbor, one of Michigan's top 50+ runners, won the M50 race in 57:57. James Forshee, 69, also of Ann Arbor, ran an A-G 87.9% 67:33 to beat a younger James Beall, 66, Waterford, Mich., by three seconds in the M65 contest.

Chuck Davey, welterweight title contender in the 1990s, won the M70+ race in 78:40.

Joan Ottaway, 51, Sausalito, Calif., winner of the W50 5000 and 10,000 at the 11th WAVA Championships in Buffalo, broke Marion Irvine's 1983 record of 63:46 with a 63:02, a W40+ top age-graded 89.5%.


Whayong Semer, 66, Fremont, Ohio, repeated last year's W65 win with an 83:56.

Women's cash prizes equaled the men's. The weather at the start was cool in the high 50s with no wind. Laurie McCann was the race director. The Health Alliance Plan and Buick Motor Division, GMC, were the primary sponsors.

At Age 48, Raschker Competes on USA Team in England

Philippa (Phil) Raschker, 48, cleared 10-10 (3.30m) in the pole vault to place fourth in the USA vs. Great Britain open dual meet in Gateshead, England, Aug. 21. The leap equalled her 3rd-place height at the National Open & Championships in Sacramento in June, which qualified her for the dual meet.

This site is where the XIII WAVA World Veterans Championships will be held in 1999. "The main stadium will be absolutely second to none," said Phil Mulkey, M60 decathlon world record-holder who accompanied Raschker. "The officials there are quite used to conducting the biggest of major track and field competitions."

Two weeks later, back on home soil, Raschker closed her season with a world W45 record. She has been in the W45 division for four years now, and until her race in the finals of the women's 100m in the Coca Cola/Life College Challenge meet in Atlanta, Ga., Sept. 2, had not been able to better the W45 world record of 12.63 in that event by Irene Obera of California in 1979.

Continued on page 18
After 47 years
Bill Rodgers is still running.
Bill Rodgers wears Etonic.

Just coincidence?
WORLD CHAMPIONSHIPS

It was time for the opening ceremony at Buffalo and all the participants were forced to leave the stadium, go get a ticket and sit on the opposite side facing the sun.

This is just one more example in the growing evidence of the “it’s all about money” attitude at national and world meets. Stories about these meets always include a line about the economic impact (millions) they have on the community, as they should reap the benefits of the many many hours volunteered. But, when meet management uses underhanded tactics to milk every possible cent from participants, with little regard for the competitive conditions that bring those participants there . . . it makes you wonder if you should go any more.

We already know that they are not true “National or World Championships” because not everyone can afford to attend. Then when we factor in the obvious “they just want your money” attitude, we lose more participants.

I met a lot of wonderful people in Buffalo and as a rule the volunteers went out of their way to be helpful. I would like to hear from anyone else who refused to refund my dorm deposit after I was told no rooms were available.

I would like to hear from anyone else who was ripped-off in Buffalo or East Lansing, so we can let the governing body know about the frequency and severity of the problem, and possibly use the information in a class-action suit.

Joe Johnston
329 W. James Ave.
Apopka, Florida 32712

I’d like the opportunity to give a hearty thanks to the organizers of the WAVA World Championships held in Buffalo. I was particularly impressed with the quality of officiating and the friendliness of all the staff involved in the staging of this extravaganza.

I also enjoyed the PA announcing; Al Sheahan gave his usual outstanding performance. In addition, I was very impressed with the performance of Peter Taylor. His general knowledge of track and field and of each of the participants in each heat and final was very extensive. His up-to-the-second call of each race added tremendously to the enjoyment of all the spectators.

I hope that future organizing committees will take note of his performance, and he will be included in future championship meets.

Robert E. Bowen
Martinsburg, West Virginia

Buffalo has presided over the worst run Veterans Athletics Championships anyone can recall. What a contrast with Eugene where athletes departed full of praise for all aspects of the championships which were held there in 1989.

What actually took place on the track bore little resemblance to advance information sent to athletes or to the information in the competitors’ packets.

I finished second in my M75 100 heat, qualifying for the finals. But just before the final, I was pulled out by officials who said that only the heat winners plus the four fastest losers would be included. That’s a completely new rule to me. My appalling treatment in the 100, which also contributed to my failure to make the 200 final, was very disappointing.

Alvin Monen
Nottingham, England

I enjoyed your coverage of the meet in Buffalo. Didn’t enjoy the weather, but did enjoy the meet.

My only complaint is about the schedule in that I wish it could have been tailored to put the distance events in the evening after 7:00 p.m. We could have had much faster times in the 5000 and 10,000.

The cross-country appeared to be a complete fiasco. When are meet directors going to quit running events like that in the heat of the day, instead of early morning or late evening?

Anyway, I met a lot of personable athletes of all ages and got to see a few old friends from Miyazaki. The officials were very accommodating, and I appreciate everything they did to make the meet a success.

Carol McLatchie
Houston, Texas

Conceicao Geremias, Brazil, winner of the W55 heptathlon, with her brother, Claudio Honorio, 37, WAVA Games, Buffalo, N.Y.

Photo by Jerry Wojcik
The conditions in Buffalo were unacceptable.

I used the suggested travel agency for booking flights. My roommate used her own travel agent. To my dismay, my flight from Oakland to Buffalo involved layovers in Phoenix and Cleveland, arriving 12 hours later. My friend had one plane change in Chicago and a $125 cheaper ticket.

On my return trip, Continental told me I had too much baggage, even though it was the same amount as when I left Oakland. I was forced to

Continued on page 9

Seventeen Join NMN Sustainers

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

Special thanks this month go to:

Louise V. Adams
Hans Bitter
Melvin Brothman
Dale & Mary Buysse
John Cook
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Frank Please
Yards Are Fetching, Meters Not

According to the Information Please Almanac, a meter is defined as the distance traveled by light in a vacuum in 1/299,792,458 of a second. Until 1893, it was 1.650,764.73 wavelengths in vacuum of the orange-red line of the spectrum of krypton-86.

All this is about as meaningful to me as the results of the jumps and throws in National Masters News, which are reported only in meters.

I'm sorry Al, Jerry, Suzy, whoever is responsible for the policy of not reporting in feet and inches, for taking inches away from me. It's killing me. I could see exactly how the sun lines up with Stonehenge in England when the winners cross the line. I can visualize two or three inches, but I can't really get more than a very rough picture of .29 meters.

I happened to be in England at the time of Edwards's sensational jump and was glad to see that most of the media reports there gave the distance in both meters and in feet and inches. I'd probably look at every one of them. I'm sure what that .29 signifies. I thought it was centimeters. I could visualize a foot or more, but was informed that it was inches.

Hard To Visualize The Difference

When this publication reports that Harry Hawke of California won the M65 shot at the nationals with a 12.54-meter effort while Pete Augsburger of Colorado took second at 11.26 meters, I can't easily visualize the difference and without the aid of a calculator can't fully appreciate Hawke's throw. The end result is that I see roughly a five-foot gap.

If I were to go back to running miles every other year, let's face it, many people, including the media, are record conscious and there would be more records to shoot for that way — records that most people can appreciate.

To employ a word seldom used in this country but sometimes heard in England, I find miles to be much more "fetching" than kilometers. I think the word has the same meaning as "appealing." I'm sure that's the way it used to be called, and I like that word.

I did find one advantage to being a mental moron while in Great Britain and Ireland. Unable to make a quick conversion from liters to gallons and from pounds to dollars, I never quite got a handle on how much I was paying per gallon for petrol over there. If I had, I might not have enjoyed the trip as much as I did.

Lapp, Turosz Best at Sri Chinmoy Games

Rick Lapp, 46, Coram, N.Y. won the overall men's title at the 11th Annual Sri Chinmoy Masters Games, held at Victory Field, Forest Hills, N.Y. July 29.

Lapp, just back from winning the pentathlon at the National Masters Championships in Michigan, earned 29 points, the highest point count ever in these Games. He took first place in 9 of his 10 events, surpassing a field that included many national record holders.

Lapp has been competing in masters track and field since he turned thirty, winning three national masters pentathlon titles. "He's the best athlete we've seen at these Sri Chinmoy Games. His form is impeccable and his strength and endurance awesome," said Haig Bohigian USA TF East Regional Masters Coordinator and third-place for the overall men's title.

The women's overall winner was Zofia Turosz, 57, Hartford, Conn., with 24 points, drawn from 11 events. Turosz competes in races of all distances, from 100 meters through 100K as well as in the field events.

This year, 160 athletes competed in the Games, which have been held annually since 1985, drawing competitors from throughout the East Coast.
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COMPETITIONS in 5 year age groups. Separate races for MEN 40-49, 50-59, Men 60+ with all Women 40 & over.
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ELIGIBILITY: This meet is open to all athletes who meet the age requirements & have a current USATF membership regardless of levels of ability. There are no qualifying competitions. USATF membership is available by contacting your local USATF office. New England area residents can call (617)566-7600.
ENTRY FEES: Entry Fee per Athlete = $16 includes: Athlete goody bag & 1 pair of runner’s gloves. A complete set of results will be mailed to all entrants. Entry Fees Will Neither Be Refundable Nor Transferable!
DEADLINE: All entries must be Paid & Recvd by 11/15/95. Absolutely NO On-Site Registration!
Make check Payable (No Cash) & Mail to: Boston Running Club, 79 Manet Rd. Chestnut Hill, MA 02167.
To receive a confirmation of receipt of entry enclose a SASE & we’ll enclose a course map.
TEAM ENTRIES: All athletes must enter individually. Only USATF Association clubs are eligible to compete for team titles. Athletes must indicate exact team name on individual entry forms. A maximum of 8 declared entries per team. Scoring is by aggregate time of top team finishers. Men 40+ & 50+ score 5 runners, 60+ & 70+ score 3 runners. All women’s teams score 3 runners. If entering more than one team in an age division, all such teams must be declared in writing via mail or fax (617)964-8356 to our office by 5PM on Friday, 11/17.
MEET HOTEL: Holiday Inn Newton (Formerly DaysInn Newton), 399 Grove St. Newton, MA. For reservations (617)969-5300. (You must mention Masters 8k X-C Championship to receive the special rate of $60 per room plus 9.7% tax before 11/10)
RACE SCHEDULE:
10-12:30 PM Number Pickup @ Franklin Park
11:00 AM Start of race ALL Women & 60+ Men
12Noon Start of Race 50-59 Men
1:00 PM Start of Race 40-49 Men
For Additional Information: Call (617)964-7802 / Fax: (617)964-8356 Race Management: TRACS, Inc. USATF Sanctioned Event

TEAM PRIZE MONEY:
Men 40-49 Top 3 Teams: $300/$200/$100 Men 60-69 First Place Team: $200
Men 50-59 Top 2 Teams: $300/$150 Men 70-79 First Place Team: $200
Women 40-49 Top 2 Teams: $250/$150 Women 50-59 First Place Team: $200
Women 60-69 First Place Team: $200

Awards Presentations will follow each race.

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Exact Name of Team:

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

Signature Date: 

USA TRACK & FIELD INC.
Delayed Onset Muscle Soreness (DOMS)

Q: I am a 42-year-old runner. About 12 hours after running a long race, my muscles — especially the hamstrings — become extremely sore and painful. Why does it take so long before I begin to experience any pain, and what can I do to prevent it from happening again?

A: The condition you are describing is a common ailment, especially among masters long distance runners and marathoners who have recently completed a competitive run. Known as DOMS (Delayed Onset Muscle Soreness), the athlete will generally experience pain and soreness about 8-10 hours after activity. At this point, the discomfort is usually mild, but often progresses in severity, reaching a peak of intensity in 1-3 days. Most of the pain is concussive. Some studies believe that the soreness), the athlete will generally experience pain and soreness about fluids in the lower leg area. When the spasms are relieved and the fluid is dispersed, providing some relief from the pain.

But the most obvious cause of DOMS appears to be downhill running. This kind of running magnifies the intensity of muscle contractions, contributes to tendinitis, and aggravates knee problems. Although most DOMS problems could be eliminated by stopping downhill racing completely, that is not always possible for the competitive runner because most road race courses are not totally flat.

For the athlete who suffers from DOMS and still wants to continue long distance running over hilly courses, my advice is to stop downhill racing until the pain subsides. Then prepare for your next race with a training regimen that includes some downhill runs for a few minutes each week. Make sure the incline is only about 10%. This type of training will allow the muscles to gradually adapt to the stress, and help alleviate a recurrence of DOMS.

As with all persistent pain, a thorough diagnosis by a physician is often in order. In addition, you should not overlook the basics of injury-free athletics — good training shoes, proper stretching techniques, and a gradual training program.

Seattle Hosts National Weight Championships

by JERRY WOJCIK

The Seattle Masters Athletic Club staged the USATF National Masters Weight and Superweight Championships on Aug. 19, drawing 23 men and three women to the University of Washington's fine throwing facility in Seattle.

Manuel White, 79, Helena, Mont., broke age world records in the 25-lb. weight (10.14) and 35-lb. superweight (7.65).

Dick Hotchkiss, Grass Valley, Calif., out-threw his four opponents in the M55 division and all of the other 35-lb. weight throwers with a 14.17. George Mathews, M50, Seattle, took top honors in the meet with the 56-lb. weight with an 8.66.

Fred Shanaman, Seattle, won the M60 weight championship with the day's best mark of 12.82 with the 25-lb. weight but lost the superweight title to Pay Carstensen, Florida, who threw 6.23.


In the post-championships Ultra Weight Classic, competitors threw the next three heaviest weights. The five marks were adjusted for difficulty and added together to determine places in each division.

The standout in this event was Chuck Chapin, M50, Oregon, who finished second to Mathews in the championship events. Chapin heaved the 100-lb. weight 3.89/12-9, the 200-lb. 2.04/6-8¼, and the 300-lb. 1.51/4-11, which surpassed the next best 300-lb. throw of 0.96m by over a foot and a half, to post the highest adjusted score of 35.18 in the event.

Meet director Ken Weinbel and Mathews of SMAC propose to bid for the 1996 championships. If SMAC is awarded the bid, age-factoring will be used to determine the winners of the Ultra Weight Classic.

Sparks, Sampson Set U.S. Marks in Midwest Regionals

by KEN ROWE

Ken Sparks, 50, of Chagrin Falls, Ohio, narrowly missed becoming the first person over age 50 ever to break two minutes for the 800-meter run with a sensational time of 2:00.84 in the USATF Midwest Regional Masters Track and Field Championships in Indianapolis, Aug. 12.

This was a new U.S. M50 record.

The world M50 mark is 2:00.40, held by Australia's Alan Bradford.

Lucille Sampson of Carlisle, Ohio, posted a new U.S. W65 hammer throw record of 77-2 (23.52m), bettering the previous mark of 75-1/2 (23.90) set by Florida's Harriet Boyd in 1989.

The event, hosted by USATF's Indiana Association, drew 160 athletes (131 men and 29 women) from 15 states. Competitors traveled from as far away as Massachusetts and New Mexico.

Many top performances were posted at the Indiana U. Stadium despite difficult weather conditions. Temperatures were in the mid-90s with high humidity.
Write On!

Continued from page 4

pay an extra $135 ($45 per extra piece of luggage). They had me; there was nothing I could do and they knew it. Boy, talk about being held hostage.

Our housing at the Ramada, arranged through the meet organizers, was quite expensive and totally inadequate. The room had moldy/mildewy carpet. On more than one occasion our room was not only not cleaned, the bedding was not changed. We complained five or six times before we got hot water.

We tried to talk to the housing director, but she almost completely ignored us the first time. We approached her a second time and her response was "there was no more housing" and that she was "merely the data entry person; arrangements had been made through the travel agency."

I have no problem with staying in tiny dorm rooms where you have to trot down the hall to use the facilities. I certainly don't have to be in a fancy hotel in order to perform well, but the housing and transportation systems were totally misrepresented. Unfortunately, there didn't seem to be much we could do about it once we were there. I'm allergic to molds, so the longer I was in the room, the more severe the symptoms. It's hard to describe my disappointment at having trained all year just for this meet to know that my diminished performance was due to my allergic reaction.

As for the non-existent shuttles and transit systems, everything I read prior to arriving led me to believe there was no need to even think about having to rent a car. The morning of the 200m semifinal, I arrived in the lobby of our hotel 20 minutes prior to what I thought would be the shuttle arrival time, only to hear from the very helpful volunteers the shuttle had left five minutes ago. One hour and 15 minutes later, another shuttle arrived. I had allowed plenty of time, but there was no replacing all the energy I wasted getting upset.

It's not as if we haven't all had problems at one time or another at meets. My objection is that once everything was arranged, nothing I could do and they knew it. My objection is that once everything was arranged, nothing I could do and they knew it.

I had the wonderful opportunity of meeting contestants from Canada, New Zealand, Australia, South Africa, Argentina, Peru, England, and many more countries. All spoke a little English but that didn't matter. We communicated with our hands, our eyes, our smiles, our embraces, our "thumbs up" or anything that could express friendship or acknowledge individual efforts. If only the leaders and politicians of the world could experience and practice such feelings, there's no telling what mankind could achieve.

Finally, I must say that finding one's way inside the dorm at the Buffalo State University presented one of the biggest challenges of the World Games. It was easier to get in my rented car and drive around the corner of the building rather than locate my destination on the inside where every corner looked identical.

Erik Johansson
Fort Lauderdale, Florida

The World T&F Championships are behind us and, except for some minor difficulties, everything went smoothly.

In the 5000, there were problems with laps counters. Some laps were missed and times not recorded on the cards. Some competitors took advantage of this situation and ran a lap short, displacing faster runners.

One athlete complained about Ivry Granstrom being "pulled." I can assure you that IVy and I do our best to play in accordance with the WAVA rules. I try to stay behind IVy at all times. We let younger runners pass on our left. IVy does not have an unfair advantage. I am a big man and am unable to run in unison. Because of this, IVy is not able to use her right arm to her full advantage; it's a big disadvantage to her.

Paul Hoeberigs
Vancouver, B.C., Canada

(Ivy Granstrom, a blind W80 runner, runs with a wrist tether attached to her guide, Paul Hoeberigs. — Ed.)

NATIONALS

This was the first year I participated in the National Masters Track and Field Championships and I was overwhelmingly impressed with how well the meet was run.

I also wish to thank Al Sheehan for the excellent job he did announcing the events, and the comprehensive meet coverage given in the August issue of National Masters News. Since my return home, I have spent hours enjoying that issue.

Rick Sherrod
Big Sandy, Texas

BILL TAYLOR REMEMBERED

I would like to thank the World Association of Veteran Athletes and the individual council members for their generous donations to the fund closest to Bill Taylor's heart — the British Wheelchair Sports Foundation. The gifts fill my heart with joy. Thank you from Bill's family. Our loss is their gain.

I went to our National Championships in Exeter because I know Bill would have wanted me to, but it was one of the hardest things I have had to do since Bill died. I miss him so much — not surprising after more than 50 years of a loving and happy marriage.

I am lucky to live in a village such as Milton; everyone is so kind and they are very supportive. Everyone knew Bill; they all say how they miss his cheery smile and wave as they called out to him. He is missed by so many people. What a memory to leave behind.

I have had a seat put on the Village Green where he spent the last 15 years enjoying his sport. It has his date of birth and date of death. The village approves, and I think he would too.

Peggy Taylor
Milton-Under-Wychwood, England

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The advancing leg must be straightened (i.e., not bent at the knee) from the moment of first contact with the ground, so that no visible (to the human eye) loss of contact occurs. This change involves technique. One must be able to feel, by the movement of the body, that the rear foot leaves the ground. B. The supporting leg must be straightened (i.e., not bent at the knee) for at least one moment when in the vertical upright position.

Comment on Changes in Contact Rule: The new wording now conforms to what has in fact been going on for the last many years. The judges' eyes determine illegal loss of contact. The written requirements for double contact has been removed.

Comment on Changes in Straight Knee Rule: The knee must now be straight from the moment of heel contact with the ground until the leg is in the vertical upright position. This change involves technique.

The following are the most relevant revisions of the judges' duties for masters:

a) The new wording now conforms to what has in fact been going on for the last many years. The judges' eyes determine illegal loss of contact. The written requirement for double contact has been removed.

b) The following are the most relevant revisions of the judges' duties for masters:

c) In road races, depending on the size of the course, there should normally be a minimum of nine judges including the Chief Judge. In track races, there should normally be six judges including the Chief Judge.

Comment: According to Frank Soby at the National Masters Outdoor Championships in East Lansing, a competitor complained to the Games Committee that one of the 5000 meter heats had "too many judges." The above rule change states that there should normally be six judges including the Chief Judge. Certainly championships should meet normal standards; however, "normally" is the key word here and allows for realistic adaptation to local conditions.

3. The revision of Rule 191.3 and 191.4 is as follows:

Caution: Competitors must be cautioned when, by their mode of progression, they are in danger of failing to comply with Rule 191.1. They are not entitled to a second caution from the same judge for the same offense. Having cautioned a competitor, the judge must inform the Chief Judge of his action after the competition.

Rule: The new wording now conforms to what has in fact been going on for the last many years. The judges' eyes determine illegal loss of contact. The written requirement for double contact has been removed.

Comment: This revision and clarification of the process of judging is elegant—a decided improvement. It defines what in fact is taking place. When a competitor receives a yellow card, he or she is being cautioned of being close to a rule infraction. When the judge writes a red card, the competitor has made a rule violation and the judge is submitting a proposal for warning or disqualification. The warning is posted on the warning board to warn the athlete of his or her status. Disqualification is reserved for the act of the Chief Judge in removing a competitor from a race after three warnings by separate judges have been received.

Judges continue to be instructed to give cautions before giving warnings; however, a caution is still not deemed mandatory. As one of the most frequent complaints from competitors is not being cautioned and suddenly finding themselves DQ'd, it is important for athletes to understand that cautions are effectively technique "instructions." They give competitors a chance to focus, make technique adjustments and remain in the race. But again, a caution is not a requirement of rule enforcement.
John Keston — Aging FAST
by JOE HENDERSON

John Keston confessed to the radio interviewer, "I am superstitious. In my marathons, I carry a penny with me that I've found on a run." He said this two days before the Kelowna International Marathon in British Columbia. On race day, he tucked two cents — One U.S., one Canadian — into his shorts to doubly appease the gods of running.

Keston sought the record that had barely escaped him twice this year. He wanted to become the first 70-year-old to break three hours for a marathon.

He already was one of the few to average sub-seven-minute miles after a four-week taper, which enabled him to set the half-marathon record at 1:25:04.

Keston is the oldest marathoner to break three hours. But going into the Kelowna International race, he still hadn't done it at 70.

This event gave him the treatment usually reserved for young pros. Pre-race interviews centered on his record attempt. When word got out about this performing background, he agreed to sing "O, Sole Mio" at the pasta dinner.

Reports from the course told as much about his progress as the leaders. The warm day wasn't record-fast, and Keston's lucky pennies weren't quite enough. He slipped about 15 minutes above record pace with 3:02:51, but reacted with a shrug and a smile.

There would be other marathons, and soon Keston tried two more in the next month, running 3:03:23 and 3:07:30.

One runner his age remains faster. But no one in his 70s has ever run so fast, so often.

(Reprinted from Joe Henderson's "Running Commentary," published monthly. Subscriptions are $19 per year from RC, 61 West 34th Avenue, Eugene OR 97405. Phone: 503-683-2118. Fax: 503-344-9056.)

John Keston, 70, first in the National Masters News Age-Graded Mile (5.52.03 88.1%), Hayward Masters Classic, Eugene, Ore., June 24-25. Keston also won the 10,000, 5000, 3000, and 1500. Photo by Suzy Hess.

Bill Stewart Jailed for 2 1/2 Years
by LEW KIDDER and M.B. DILLON

The Michigan running community is reeling with the news that Bill Stewart, a respected coach and record-holding masters runner, was sentenced Sept. 8 in United States District Court in Alexandria, Va. to 30 months in prison.

Stewart was convicted in May on 10 counts of converting government property. The property consisted of digitized maps on computer tape obtained from a graduate student at Cornell University who told the court, however.

Bryan also did not consider the motion for a new trial. Stewart's attorney, William B. Moffitt, is optimistic, however, about chances for a successful appeal. Moffitt bases this on the litany of errors made at the original trial.

Stewart was formerly represented by a different attorney.

Stewart's many friends and the athletes he coaches have formed a legal defense committee to help defray the rather considerable costs involved. Contributions are much appreciated.

They can be sent to the Bill Stewart Legal Defense Committee, 802 Granger, Ann Arbor, Mich. 48104.

Keston is the oldest marathoner to break three hours. But going into the Kelowna International race, he still hadn't done it at 70.

This event gave him the treatment usually reserved for young pros. Pre-race interviews centered on his record attempt. When word got out about this performing background, he agreed to sing "O, Sole Mio" at the pasta dinner.

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There would be other marathons, and soon Keston tried two more in the next month, running 3:03:23 and 3:07:30.

One runner his age remains faster. But no one in his 70s has ever run so fast, so often.

(Reprinted from Joe Henderson's "Running Commentary," published monthly. Subscriptions are $19 per year from RC, 61 West 34th Avenue, Eugene OR 97405. Phone: 503-683-2118. Fax: 503-344-9056.)

John Keston, 70, first in the National Masters News Age-Graded Mile (5.52.03 88.1%), Hayward Masters Classic, Eugene, Ore., June 24-25. Keston also won the 10,000, 5000, 3000, and 1500. Photo by Suzy Hess.

Bill Stewart Jailed for 2 1/2 Years
by LEW KIDDER and M.B. DILLON

The Michigan running community is reeling with the news that Bill Stewart, a respected coach and record-holding masters runner, was sentenced Sept. 8 in United States District Court in Alexandria, Va. to 30 months in prison.

Stewart was convicted in May on 10 counts of converting government property. The property consisted of digitized maps on computer tape obtained from a graduate student at Cornell University who told the court, however.

Bryan also did not consider the motion for a new trial. Stewart's attorney, William B. Moffitt, is optimistic, however, about chances for a successful appeal. Moffitt bases this on the litany of errors made at the original trial.

Stewart was formerly represented by a different attorney.

Stewart's many friends and the athletes he coaches have formed a legal defense committee to help defray the rather considerable costs involved. Contributions are much appreciated.

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The Science of Peaking

W

by did only three out of 26 track gold medalists from the 1991 World Championships in Tokyo win gold medals in the 1992 Olympic Games in Barcelona? Why did so many athletes’ finishing performances change so dramatically in just one year’s time?

Injuries, race tactics, and competitive pressures probably played an important role in determining the Olympic results. However, one reason many of the defending world champions could not repeat their previous-year performances was their inability to fully reach and properly time their peak performances to occur during the Olympic Games.

It may come as a surprise that elite athletes are not always able to “peak” perfectly. All of us have similarly important races where we want to do our best. Peaking for a race can be the difference between doing our very best or performing below our potential.

It is important to realize that peak performance is a relatively short period of time. At that peak, your body is performing at an all-time high and is probably very close to its maximum ability. This peak can put the finishing touches on your racing ability.

Peak, Manitou Springs, Colo., on Oct. 10, 1985, was the final event of the Triple Crown of Running, sponsored by KRDO-TV.

A history of the marathon, which originated in 1956, has been written by Hal Walter and Harald Fricker. Entitled America’s Ultimate Challenge, it is available for $15, plus $2 postage, from Pikes Peak Marathon, PO Box 38235, Colorado Springs, CO 80937.

Keenan, Glover Lead Hour Run

by PAUL MURRAY

Dale Keenan, 45, Selkirk, N.Y., and Pat Glover, 49, Clifton Park, N.Y., were the first two finishers in the Hudson Mohawk RRC Hour Run, in Albany, Aug. 10, as masters runners captured four of the top six places.

Ten Years Ago, October, 1985

• 700 Compete in Nationals in Indianapolis

• Bellign, Madeira Top Masters in Asbury Park

• Boo Morcom Tops U.S. Decathletes in San Diego
Midwest Masters Meet

Over 50 meet records were broken at the Midwest Masters Meet, July 29, in Huntington, W. Va. Several athletes also surpassed the U.S. Standards of Excellence for All-American masters honors.

National champion James Stookey, M65, won three sprints, including the 100H (17.69) and high jump (4-10). Scott Hartman, M50, posted the meet’s best times in the 200 (23.59) and 400 (53.76). National Championship medalists Glen Johnson, M55, and Rudy Houg, M60, won in the discuss and shot put.

Vickie Hears’ three wins in the W30 sprints included a 26.50 200. Betty Steele, W60, and Lucille Sampson, W65, each won four throws, with both over the 82-0 mark in the hammer.

The USATF West Virginia Association sponsored the meet and will continue to do so in the future. David Stooke was the meet organizer. 

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DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising is the 10th of the month before date of issue. Send to National Masters News, P.O. Box 50098, Eugene OR 97405
Enough is enough. As a rule, throwers are hardworking, dedicated athletes, who ask nothing more than to be treated as equals with other track and field athletes. Typically, throwers are a friendly bunch of men and women who often take the extra time to thank officials for their hard work and to assist another during the competition.

Several serious concerns in recent meets have become so frustrating that I can bite my tongue no longer and would like to comment on them, starting with the National Championships in East Lansing, Mich., in July:

1. No insert was provided for the hammer circle, even though we were told several days before the meet began that one would be available on competition day.
2. The hammer cage was insufficient and dangerous. We were fortunate that there was no serious accident.
3. At about 6 p.m. on the day the hammer was contested, the official combined the last three flights into one large group, saying that they were running out of daylight, even though sunset was three hours away, which resulted in throwers having more than 20 minutes between throws. It was a total disregard for the athletes' health, and a violation of the rules, which, it is my understanding, call for flights no closer than eight.
4. The weights and measurement official, although knowledgeable and helpful, allowed the athletes to take implements sometimes several days before the competition, instead of impounding them.
5. During the throws, officials engaged in discussion back and forth across the circle, sometimes about silly things such as metric vs. standard measurements.
6. Several throwers competed at a local high school, where there was no recessed ring for the discus. The ring official said, and I quote, "Those of you who have on those shoes that the toes point up (referring to throwing shoes), if you have your toe in the air over the painted circle, it will be called a foul because if we had a recessed circle you would be touching it." When the throwers said that was incorrect, the official responded, "I'm the official and that's how I'm gonna call it." The athletes requested that he measure the throws if he made that call, so they could protest the call. In an extremely put-out manner, the official stated, "Just make it quick."
7. Concrete circles at the high school were so rough that throwers were tearing shoes and injuring backs and legs because they could not pivot.
8. The discus site at the high school had no sector lines or field arcs. String was used for sector lines. In addition, a maintenance man rode a very loud lawnmower within 10 feet of the back of the cage just as an athlete was throwing. The ultimate in distractions. During the fifth round of the discus, a 20-to-25 minute break was taken to discuss mowing at the shot circle. When questioned, one official stated, "He's probably paid by the hour," to which the competitors replied that they would pay him to get the hell out of the way until they were finished, citing their personal expenditures and effort in coming to East Lansing.
9. During the M35 shot put, after the shot putters had warmed up and were ready to go on time, the head official brought in three M30 throwers from the high school site, stopped the M35 throwers, and allowed the three M30s to warm up, while the M35s cooled down. The amount of warm-ups allowed one M30 was excessive, and the event started 30 minutes after the M35s finished their warm-up throws.
10. A small number of throwers actually received their medals on the stand. When requested to put on an occasional field event among the runners, the officials said, "Oh, we had one or two earlier today." To compound the situation, one could not receive medals at other times without major battles with officials. The evening medal ceremony was always held prior to the throws being completed.

The National Championships were not unique in these problems. For example, at the Indoor Championships in Reno:
1. All throwers had to report at 8:00 a.m. to throw the 35-lb. weight. The M35s actually threw the weight at 6:00 p.m. Then it was so late that all age groups were combined into one for the superweight with no warm up. The event finished around 9:00 p.m., with large amounts of time in between throws.
2. The superweight implement had a rusty swivel and weights were attached to the handle to make it legal.

The Southeastern Masters Track Championships also had its problems:
1. Younger groups had to show up at 8:00 a.m., with their first throws occurring around 11:00 a.m. These throwers finished the superweight at 8:00 a.m., after everyone had left for the banquet. The awards stand had closed, and, as of today, most younger throwers still have not received some of their medals. This was particularly frustrating because this facility has many circles available.
2. The weight and superweight had to be thrown from circles with toe boards. The hammer was thrown at a different site with no insert and a field that went uphill.
3. The superweight did not swivel. OUCH!!!!
4. Officials, tired and hungry, hurried younger groups at the end of the event.

The Molinei Throwers Club, of which I am a member, is based in the Southeast, the reason why my comments are directed at those meets; although, from reports, these problems are not unique to that area.

How would hurdlers feel if no hurdles were provided, and the officials decided to just draw lines and watch to see if the athletes jumped high enough at the required distances or be disqualified if they didn't? How would sprinters and distance runners feel about arriving for an event at eight in the morning but not competing until six in the evening?

Throwers and jumpers, realizing that they are being treated with disrespect, are starting to offer meets excluding the runs. No event or age group is more important than any other. If the object of national and regional meets is to provide athletes the opportunity to compete under conditions that maximize their potentials rather than minimize them, we are sure missing the boat. If the object is just to get a bunch of people to sign up under the guise of a championship that promises adequate facilities but doesn't deliver, then we have another problem, perhaps to be met by athletes suing for the poor quality of organization and site preparation to reflect in any way on the hard-working volunteers who help run meets. However, enough is enough. If you want to do it, do it right. If you don't, don't do it.
The Championships in Review

Without exception, fault can be found in the organization of any track and field meet — be it at the local, national, or international level. No matter how much effort is put in by the organizers, problems will inevitably arise. This is the nature of all events, including track and field meets. What is important is to have the structure in place to deal with problems as they arise. This can be more critical than the problems themselves.

At this year’s Nationals in East Lansing, there were significant problems with the throwing areas. In an attempt to provide the shot and discus throwers with a legal ring, the decision was made to move some of the throwing events to the high school. This enabled the athletes to continue with their competition. With the move didn’t solve all the problems, under the circumstances, the decision by Field Event Referee Lee Slick and the organizers was made quickly and in the best interest of the majority of the athletes.

Similarly, when the unseasonably hot weather forced the Buffalo and WAVA medical personnel to cancel two remaining cross-country events, the Buffalo organizers responded swiftly to reschedule the event at the first opportunity. This entailed obtaining clearance for the public site, additional volunteers, officials, and medical personnel. Despite the circumstances, they did everything possible to accommodate the majority of the athletes while ensuring their safety.

It is unfair when those on the inside (either organizing the event, or privy to every dispute and mistake) portray these individual problems they encountered. They are able to see beyond that to view the quality of the championships as a whole.

(NMN devoted 24 of its 48 pages last month to the World Championships. Of those 24 pages, the “Problems” column occupied less than a page-and-a-half, or about six percent. — Ed.)

National Weight Pentathlon
Held in Grass Valley

by TOM GAGE
Aug. 26, 5:00 a.m. — The sleeping bag is unceremoniously removed from my peacefully reclining form. The day is about to begin. Coffee, black and potent, accompanies fried potatoes and pheasant. Sunlight is just blazing the tops of the trees, which blanket a crystal blue sky. This is Grass Valley, Calif., and I am the guest of Meet Director Dick Cresswick at the USATF National Weight Pentathlon Championships to be held at Nevada Union H.S.

At 6:30, a few volunteers are on the site. Dick is mowing the javelin runways, while Russ Hodge and I are flagging the javelin sectors. The borrowed scale arrives, along with the first early competitors.

Everyone’s mood seems to be high. This is a thrower’s day. If there are any complaints about the venue, we did it, so if there is an enemy, it is us!

Competition begins. Two hammer circles host the M60+ and women. Two shot circles await them. M50-59 follow the hammer throwers and provide a short diversion as we search a thorny cluster of blackberry bushes for George Mathews’ errant hammer, while George calls for the grounds crew and a bulldozer.

The weather cooperates all day with clear skies but withholds any favorable discus winds. From the M50 javelin group comes a mighty roar and an answering towering scream from the M45 weight circle. A few of us chuckle at our enthusiasm as birds flush and circle, stunned.

It is an almost flawless competition, marred only by the lack of a ring for one of the discus-shot circles, and the questionable slope of the shot landing areas. But, we have all competed under far inferior conditions at meets which promised us perfection.

The beginning of this event is commemorated on the meet T-shirt, which depicts a 40-year-old photo, provided by Stew Thomson, of himself and ten others in the first “national” weight pentathlon in 1955 in Paterson, N.J. We, indeed, have a tradition to carry on, and thanks to a lot of effort, the tradition is fully recognized at the masters level.

Thanks to Dick for the many hours of labor, days of worry, and sleep lost, for pulling the meet together. To the many volunteers, three hearty cheers. As we gathered around the barbecue feast for the awards, I reflected on the many years of pleasure and the multitude of friends that throwing has given me. I’ll keep my ceramic coffee cup, glazed in Dick’s kiln, in a prominent spot always.


Unexplained Shortness of Breath During Exercise

I magine starting out on a cool morning in the crisp fall air, running the same course you have covered dozens of times the previous summer — and 6-8 minutes into your training you begin to cough, feel tightness in your chest, and experience enough discomfort with breathing that you slow to a walk. “What’s going on?” you think. And then you remember — it’s been two weeks since you tackled this hilly course, plus late hours at work have recently kept you below your usual mileage. You check your pulse. “But it’s only 110, and my legs aren’t the least bit tired. What’s going on?”

This is exactly what runners’ suffering from Exercise-Induced Asthma (“EIA”) might experience. Exercise-Induced Asthma can occur at any time during exercise, but is most common between 5-10 minutes after the onset of strenuous activity. Asthma is a condition characterized by episodes of narrowing of — and inflammation in — the air passages of the lungs, resulting in increased resistance to the flow of air into and out of the lungs. Characteristically, then, the airway muscle constricts and the bronchial lining swells, causing a tightening in the chest, shortness of breath, and coughing — most often noticeable in exposure to cool, dry, dusty or pollen-filled air.

Wheezing

Most of us are familiar with the classic asthma symptom, “wheezing,” which is the sound made when air is forced through the narrowed airways. But not all patients with asthma wheeze, especially if their condition is mild or if symptoms occur with exercise. And sometimes athletes participating in indoor sports, such as swimming or weight training, may exhibit no symptoms whatsoever, but when participating in basketball, soccer, or track may be very symptomatic.

As a result, most cases of EIA go undiagnosed because 1) victims may avoid the stimulus which triggers their discomfort, i.e., exercise, and 2) such discomfort may easily be confused with the normal shortness of breath which occurs from strenuous exercise. But it has been reported that up to 15% of the population may suffer from EIA, which means that at the recently concluded WAVA Championships in Buffalo as many as 900 of the participants may have suffered from the condition.

Competitive athletes, as well as recreational level athletes, may occasionally find their performances limited by breathing difficulties.

While making a correct asthma diagnosis in adult athletes will improve performance and the enjoyment of sports, it takes on even more urgency in children because an early diagnosis can allow children to participate normally in games and sports which teach lessons about teamwork, winning and losing, as well as developing a sense of self-confidence and positive self-image.

If this sounds more than clinical, it’s because it is colored by my own childhood experiences of being restricted from participation in outdoor activities, such as camping and sports and the humiliation of being teased for being a “sissy” and a “geek” and the necessity of being protected from bullies by my younger brother. Fortunately, while aggressively treating my asthma, my forward-thinking family doctor insisted that I participate in sports. This allowed me to develop a level of confidence in my physical ability that no longer left me at a disadvantage when it came to athletics.

Difficult To Diagnose

Diagnosis of EIA may be difficult and a “high index of suspicion” is necessary. This means that unless the doctor thinks of it, the diagnosis is easily missed by routine tests. It is very helpful for the athlete to suggest this possibility to the physician who may then order appropriate tests or refer the athlete to a pulmonary specialist.

Standard pulmonary function tests (or PFTs) may not detect mild asthma or EIA. Ideally, PFTs should be done immediately before and after an exercise challenge, and if this is done in the exercise lab, EIA still might not be discovered due to the exercise being performed under optimal conditions.

At the same time, performing this test in the field is usually not practical, so an accurate diagnosis requires very specific laboratory tests. (I’d be happy to tell any runner which test(s) he should request of his physician.)

Once diagnosed, what can the athlete do, which can result in both improved performance and increased enjoyment of his sport?

1. Fifteen minutes before the start of exercise, 90% of athletes will find it effective to take two puffs of a B2 agonist inhaler (such as Proventil, Ventolin, Brethaire). Use of theophylline preparations (Theodur, etc.) and Cromolyn or tolazoline inhaler may provide additional benefit in some athletes.

2. Athletes should conduct a thorough warm up of at least 10-15 minutes at submaximal effort but vigorous enough to raise heart rate to 115-130 before beginning their normal workout.

Most Asthma Drugs Approved

Note that most asthma drugs are now approved for use in NCAA and NAIA competition.

Track & Field Rankings Report

by JERRY WOJCIK, USATF Masters T&F Rankings Coordinator

The compilers for the 1995 outdoor season are listed below. The last National Masters News from which 1995 rankings data will be taken is the February 1996 issue.

However, if your best marks for 1995 have not appeared by the January 1996 issue, you can facilitate the compilations by submitting your marks (with verification) at the end of your outdoor season before the February issue is published.

Multi-eventers whose best marks were made in an individual event in the decathlon, heptathlon, etc. but not reported in the results should submit them for the rankings.

Marks submitted to me prior to this issue have been forwarded to the appropriate rankers. Marks sent to me instead of the correct rankers now will not be forwarded.

Anyone interested in compiling the rankings for the 5000m track racewalk should contact me.

Track & Field Rankings Report

100: 200, 400, 5000, 10000
4x400 Relays: Larry Patz, 534 Guild Hill Rd., Contoocook, NH 03229.
800: William Benson, E 6ton St., Valley Stream, NY 11581.
3000, 10,000: John Dickey, 9128 N. Swan Circle, Brentwood, MO 63144-1145.


SP: Russ Reabold, 1125 N. Stimson Ave., La Puente, CA 91744.

DT: Palmer Sweet, P.O. Box 5469, Charlottesville, VA 22905.

Multi-events whose best marks were made in an individual event in the decathlon, heptathlon, etc. but not reported in the results should submit them for the rankings.

Please contact the rankers for information!
Club West to Honor Cheadle and Adams

by BEVERLEY LEWIS

Club West's October 7 meet at Santa Barbara City College's Nick Carter Track will be dedicated to the memories of former members and local dignitaries, Vernon Cheadle and George Adams.

Cheadle, who passed away July 23, was Chancellor at UCSB from 1962 until his retirement in 1977. He was an active masters athlete during his latter years and was elected into the Miami Athletic Hall of Fame in 1978. A memorial service honoring him was held Sept. 11 at the University of California, Santa Barbara on October 14. Vieckie, a Special Olympic athlete, was one of the stars at the Santa Barbara Special Olympics held earlier this year. A fun run in Vieckie's memory will be held in Santa Barbara on October 14.

Four athletes from Moldova and three from Russia will compete in the meet.

Borrey Breaks Vault Record in Berkeley

by JERRY WOJCIC

Dan Borrey, who just turned 50, smashed the world record for the MSO-54 pole vault by soaring 14-9 (4.50m) in the Northern California Masters Seniors meet at the U. of California, Berkeley, on Sept. 2.

Borrey, who won the world veterans M45 title in Buffalo last July with a vault of 15-1 (4.60m), bettered Vic Cook's 13-year-old record of 14-4 (4.37m). Borrey's mark equals a 96.7% age-graded performance.

Jacyln Caselli, 74, broke the U.S. W70-74 record of 18:22.0 for the 3000 by Bess James in 1982 with a 16:55.0. In the 1500, Jim Selby, 67, lowered the single-age U. S. record to 5:15:41. All of these records are pending until approved.

In the sprints, Bobby Thomas, 60, defeated solid M60 fields in the 100 and 200 in 12.71 and 26.05.


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**WAVA/USATF Hurdles and Implements Specifications**

**HURDLES**

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**IMPLEMENTS**

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<td>4.00k</td>
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Running in the Morning

At the time when Jim Fixx's best-selling The Complete Book of Running first appeared, I was invited to appear with Jim on a morning TV show in Chicago. Also on the show was Erma Tranter, one of the better local runners at that time.

At some point, I mentioned having already run that morning, meaning I had to rise around 4:00 to complete my run before driving into Chicago for the show.

Erma was astounded. Not a morning person, she always had waited until evening before doing her daily run. This meant she would rush home from work and try to squeeze in a workout before preparing dinner. Everything was rush, rush, rush, before preparing dinner. Everything was charged with energy.

Erma realized. Later, she told me this changed her life. Although getting out of bed an hour early would never seem easy, five or ten minutes into her morning run she began to come alive. The city looked different at dawn. Breakfast tasted better. She went off to work charged with energy. And evenings became less of a hassle — although she often didn't stay awake for the evening news.

I don't necessarily recommend that everyone train in the morning. Actually, some surveys suggest that if you're a morning runner you have a higher risk of injury. Presumably this is because we're stiffer right after getting out of bed. Also, we're less likely to stretch, or warm-up properly, before starting that morning run.

During the winter, it can be colder in the hours before dawn. It's also somewhat scary. The roads can be icy and snow-covered if the snowplows have not yet done their work. On the other hand, you often can run down the middle of the road, because there's not much traffic moving at that time of the day.

Having flexible hours, I usually run midday during winters, hoping to suck what possible warmth I can from a low-lying sun. Others I know run during their lunch hours for this same reason. But by spring, as the days stretch in length, I find myself more often running in the morning.

Daily Miracle

There is a quiet and beauty to the morning that you don't find at other hours of the day. I'm not the only one who has discovered this. When I run early, I encounter a regular crew of joggers and walkers and bikers enjoying the dawn. Yes, I know the sun comes up each morning, but this miracle of daily rebirth never ceases to astound and invigorate me.

Training early in the morning is particularly sensible in mid-summer. It's less fun running midday or late afternoon on very hot days. Evening running is fun, but it interferes with other activities. I enjoy training on golf courses the most since the smooth and springy surface offers a perfect anti-dote for aging knees, but I don't like the idea of interfering with golfers who have paid greens fees. Running early allows me to stay out of their way and to become acquainted with greenkeepers up doing early sprinkling.

Running in the morning is not for everybody, nor is it for all seasons. Runners, rather, should consider that there may be many means of achieving your daily fitness fix other than the way you've been doing it for years.

Consider A Change

If you run after work, like Erma Tranter, consider changing your routine. Likewise, morning runners should consider taking some workouts at other times of the day. Most important, we should all become more flexible in our training methods, bringing to our sport a willingness to shift approaches and test new ideas.

For those squeezed for time because of the demands of a nine-to-five job, I've often recommended that they move their serious training to the weekends. On Saturday and Sunday people usually have more time and freedom. There's nothing wrong with being a weekend warrior.

Train hard on Saturdays and Sundays, bracketing those two hard workouts with days of rest on Friday and Monday. On such a schedule, a little training mid-week can go a long way. Whether or not you run in the morning then becomes a matter of personal choice.

ON THE RUN FROM DOGS AND PEOPLE

HAL HIGDON'S 1971 cult classic is available again in a reprint edition: $14.95. Also: Boston: A Century of Running: $40. (Add $1.50 for postage and handling.) Get your signed copies from Hal Higdon, Box 1034, Michigan City, IN 46361-1034.

Raschker Competes For USA in England

Continued from page 1...

"It always seemed," Raschker said, "that I was either running into a very strong headwind, or the event came so late in the program that I simply didn't have enough energy and quickness to get the time needed to break it. I knew I could do it. It was only a question of getting the right conditions."

She found the right conditions on the brand new, Olympic-style Mondo surface at the inaugural international meet at Life College. With more than 200 countries represented, Raschker finished second with a 12.50 in a field in which she was more than twice the age of any other finalist. Her time was aided by wind of only +0.23 mps, well below the maximum allowable of 2.00 mps.

It was Raschker's final competition of the outdoor season, and she limited herself to only this single event as opposed to her regular seven to ten.
Health and Fitness

Continued from page 16

IOC competition, including inhaled albuterol (Ventolin and Proventil), theophylline and inhaled corticosteroid (Azmacort, Beclovent, Vanceril). Oral corticosteroids (taken by mouth), which are much different from anabolic steroids (which are always banned), are not permitted and injected corticosteroids are permitted only if they are injected into the joint (Medrol).

Inhaled epinephrine (Primatene Mist) is banned in competition and all inhalers, including over-the-counter inhalers, are dangerous to use any time, except as directed by a physician. The seriousness of asthma and the use of unprescribed inhalers was recently publicized by the death of Kristin Taylor, the 17-year-old Florida model who died of undiagnosed asthma. It was initially thought that her use of an unprescribed over-the-counter inhaler contributed to her death, but while this has been eliminated by the medical examiner as a direct cause of death in this case, reliance on the inhaler may have delayed her seeking medical attention and contributed to her death by masking the seriousness of her asthma.

The best advice is, if you have any of the symptoms mentioned above that occur with running or exercise, consulting a physician trained in this area may result in improved performance and enjoyment.

To post your ad on the Master Board, call Karen Sonnenset at 610-947-7757 or FAX 610-947-7793.
Problems? What Problems?

On behalf of the Buffalo Organizing Committee for the XI World Veterans' Athletic Championships, I wish to respond to an article written in the September edition of the National Masters News entitled "Problems Mar Successful Championships." Unfortunately, the article was not factually based, and contained misinformation in numerous areas.

However, I am pleased to report that through numerous complimentary letters received and conversations with the WAVA Council, athletes and guests, the OC has received favorable reviews, and has been complimented by President Cesare Becalli on hosting one of the best events in the WAVA history.

Possibly the largest misconception in the article was that the OC "seemed determined to cut costs, wherever possible." The budget for the XI Championships was nearly $2 million, as much as or more than past host, with the exception of Japan, which was easier to operate and half of the expenditures. The famous Skylon Marathon which crossed into Canada and ended near Niagara Falls. Representatives of the Stadia Committee reported that they felt their championship was extremely popular and frequented by the more than 500-700 athletes and guests who rekindled friendships and danced to the variety of live music performed daily. This was the cultural hotspot!

Buffalo indeed had a "Host an Athlete" program, enabling athletes to mingle with western New Yorkers. Numerous ethnic receptions also occurred throughout the Championships, involving hundreds of athletes and guests, who experienced first-hand the melting pot which makes up the western New York community.

The overall operation of competition was a highlight. The Hy Tek meet management system was outstanding, results were available immediately and the scoreboard kept people well informed. Our facilities, particularly UB Stadium, were world class, evidenced by the more than 40 world records set at UB stadium and 35 records in total. Our competition staff worked long hours and did a tremendous job. The WAVA Council reported that they felt the competition operation was superior to all past championships.

While we are pleased with many components of the operation, areas in which our local organization will improve for future international competitions include increased signage in multiple languages. Also, we were disappointed that the resurfacing of Stadium II was not fully settled prior to competition, due to the excessive heat for the month prior to the event. Overall, we are thrilled to have had the opportunity to host the XI World Veterans' Athletic Championships. As the "City of Good Neighbors," I hope that your stay was memorable and you found the people of western New York to be friendly and hospitable. Our community is hopeful that you will make a return visit, perhaps to another international sporting competition.

Vito J. Borrello
Executive Director
World Veterans' Athletic Championships

(As we said last month, the schedule for running events was near-perfect and a model for the future. We stand by our statement that the OC did not provide simultaneous, or instantaneous, translation at the General Assembly. In the future, we hope to improve in this area.)
Although some of the competitors in Buffalo chose to miss the National Championships at Exeter, Aug. 5-6, any deficiency was quickly made up by Australian and New Zealand athletes taking the long way home from the World Championships. Australian Peter Combie got a hat trick in the M50 100, 200, and 400.

The Buffalo heat wave also came to Exeter on the first day. Nigel Gates, M40, winner of the WAVA 10K road race in Toronto, ran a solo 14:57.9. Ponomaryov, M45, took the long way home from the WAVA 25K. Burton, a 64-4-528-2992z

British, Belgians

by JERRY WOJCIK

British runners dominated the shorter portion of the 22nd Veterans Grand Prix 10K and 20K in Brugge, Belgium on June 25.

Andrew Catton, M40, Great Britain, was first in 31:03, with Pyotr Ponomaryov, M40, Russia, just two seconds back. He was pursued by Michael Girvan, M40, Great Britain, third in 31:08.


British runners were particularly strong in the older age groups, sweeping the top five places in several races. Martin Malcolm led a strong M30 contingent of U.K. runners to the finish with a 32:30. Laurie O'Hara ran a 36th overall in 35:58, the first of five top Britshers in the M60 race. Rose Grimley in 39:57 paced a British quintet to the wire in the W50 contest.

The club championship again went to a British trio — the Hastings Runners, led by M40 Graham Stewart's 10th-place 1:23:45. Stewart's 1:21:58 played a large role in Germany's denying the British a second country championships.

The total number of finishers in the 10K was 343, in the 25K, 379. Jacques Serruys was the Grand Prix organizer.

Reign in Brugge

Denise Alvoet, W55, evidenced some of the Belgian strength shown by the men, with a 1:51:40 win. The time would have placed her fifth in the W35 results.

The club championship again went to a British trio — the Hastings Runners, led by M40 Graham Stewart's 10th-place 1:23:45. Stewart's 1:21:58 played a large role in Germany's denying the British a second country championships.

The total number of finishers in the 10K was 343, in the 25K, 379. Jacques Serruys was the Grand Prix organizer.

3rd WAVA World Veterans Road Running Championships

BRUGGE BELGIUM 29/03 JUNE 1996

Road: 10 - 25K
Walk: 20 Km Women 30 Km Men

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Korte Zilverstraat 5
8000 Brugge - Belgium
Tel. 00 32 50 341 781
Fax: 00 32 50 334 325

Report from Britain
by MARTIN DUFF & BRIDGET CUSHEN

Rod Dixon, New Zealand, (left), put on a final burst of speed and was able to beat Nolan Shafned, U.S.A., 4:01.21 to 4:01.65, M45 1500, WAVA Championships, Buffalo. Photo by Leo Benning

Stephen James, Great Britain, leads Sybrand Mostet (c), South Africa, and Herb Phillips, Canada, in the M55 1500 finals, WAVA Championships, Buffalo. Photo by Leo Benning
Masters Glossary of Terms

To help explain and simplify the sometimes mysterious nomenclature of masters athletics, we present, in alphabetical order, the following "Masters Glossary of Terms."

**Age Grading:** A method to quickly and easily compare your performances at different ages and in different events. Age-graded tables are a series of "age factors" and "age standards." They correct a person's performance, no matter what his/her age, to what it would have been in their prime. It also provides each individual with a percentage value which enables him/her to judge their performance in any event without bias toward age or sex. It is used to score masters multi-events.

**Age Groups:** Masters competition is divided into 5-year age group categories for both men and women (30-34, 35-39, 40-44, etc.). One's date of birth (not year of birth, as in youth competition) determines one's age.

**Age Records:** Official world and USA indoor and outdoor five-year age-group T&F records are kept and are available through NMN (see Publications Order Form on page 13). An annual book of unofficial single-age records is also available. USA racewalk records are included in both of the above. USA LDR five-year records are published annually in NMN, usually in November. There are no official World LDR records.

**All-American Standards:** A program sponsored by the USATF, Masters T&F Committee, which enables a person to earn an "All-American" certificate and patch by meeting the AA standard for their event. (See standards in this issue.)

**All-Comer Meets:** Open to all, young or old. Generally, low key, fun meets.

**AR:** American Record.

**Athletes:** The sports of track & field, long distance running and racewalking.

**Certified:** Generally used to mean a road-race course is "certified." It means someone has officially measured and calibrated the exact distance of the race. USATF designates the course as "certified accurate." It is encouraged that all road races be held on certified courses. This allows athletes to know they have run (or walked) the actual distance.

**Eligibility:** There are no requirements needed to enter most masters athletics competitions, except to be at least the minimum age. (One should also be reasonably fit.) One may never compete in an older age group. The masters program operates on the honor system. Lying about one's age violates the spirit and purpose of the masters program and is not tolerated. Violators risk banishment from USATF masters competition for a period of two years.

**Hurdles:** To allow for the decrease in speed, stamina and flexibility as one ages, the standard distances for hurdle races are shortened, and the heights of the hurdles are gradually lowered as one gets older. (See "WAVA/USATF Specifications" in this issue.)

**IAAF:** International Amateur Athletic Federation, the international governing body for athletics, with more than 175 member nations. Its headquarters are in Monaco.

**Implement:** Lightweight implements (shot, discus, javelin, hammer, weight) are generally used by older athletes. See "WAVA/USATF Specifications" in this issue.

**LDR:** Long Distance Running.

**Masters Clubs:** Most areas have local running clubs, some of which cater to masters athletes. A list of masters clubs is periodically printed in the National Masters News.

**Masters Competition:** Every event from the 100-meter dash to the pole vault to the marathon is available for both men and women. Medals are generally awarded to the first three places in each men's and women's age group. While everyone does his or her best, participation and friendship are the heart of the program. Masters help each other with advice, training tips and health suggestions. Many combine their vacations with trips to regional, national and international competitions.

**Meet/Race Director:** The person in charge of a T&F, LDR, or RW event. This individual is responsible for volunteers, pre-race preparation, meet/race management, and post-meet/race requirements such as reporting results to the official recordkeepers. A few meet directors may make money on staging meets and races, but it is generally required by competing in state sanctioned events, such as national and regional championships. It is not necessary for a foreign competitor to become a USATF member to compete in some USATF-sanctioned events, such as national and regional championships. It is not necessary for a foreign competitor to become a USATF member to compete in USATF events.

**Postal Event:** Generally a championship whereby athletes may compete in various parts of the country during the year, and mail ("post") their mark to the event coordinator, who combines everyone's results to determine winners.

**PW:** Personal Worst.

**Rankings:** An annual book of masters T&F rankings is compiled and available through NMN. LDR rankings are available through the Road Running Information Center.

**RRCA:** Road Runners Club of America is a national organization composed of hundreds of clubs devoted to road running.

**Rules:** USATF publishes an annual "Competition Rules Book, which includes special rules for masters competition. WAVA publishes a biennial "WAVA Handbook" with international rules. Both are available through the form on page 13.

**RW:** Racewalking.

**Sanction:** Although "sanction" has both negative and positive meanings in the general English language, in athletics it is a positive term. It generally means that USATF or WAVA has "sanctioned" or "approved" a road race. An automatic sanction is granted by USATF to any meet or race, unless it's determined the event would be "detrimental to the sport.

**Seniors:** A word of many meanings: 1) A USATF competitor age 20 or over; 2) Unofficially used in some road events to denote runners age 60 and up; 3) Athletes 55+ (or 50+ in some cases) who compete in Senior Games throughout the USA; 4) Sometimes unofficially used by the media and others as a substitute for "masters."

**Sponsorship:** Masters events are sometimes supported by local or national sponsors. There is no single national sponsor at the moment.

**Stadia:** Refers to events held within a stadium (100-md. track and field, etc.).

**Sub-Masters:** Men and women age 30-39.

**T&F:** Track and Field.

**Uniforms:** Some masters participants compete in their club uniform, some in a T-shirt and shorts. In the World Championships, each participant competes as an individual, not as a representative of any nation. Thus, national uniforms are entirely optional. USA uniforms are available from the Chair of the Masters T&F Committee (address on page 2).

**USATF:** USA Track & Field is a nonprofit organization chartered by the U.S. Congress. It is the official "national governing body" (NGB) for athletics in the USA. USATF is the exclusive U.S. member of the IAAF. USATF's home office is in Indianapolis, with 56 "affiliates" offices throughout the nation. Two of its seven sports committees are the Masters T&F Committee and the Masters LDR Committee.

**VIP:** Viewpoint. It generally means that someone is a "VIP." It is encouraged that all road races be held on certified courses.
MIDWEST

- Warren Utens of Illinois turned 75 this summer and ran BK in a new world 75-79 mile record of 1:01:52, bettering the old mark of 1:02:21.
- The photo on p. 25, September issue, of Joe Hines (top), U.S. Olympian, set a new world record of 1:00:59 in the 10K race.

SOUTHEAST

- Harry Polites, Ventnor, N.J., at age 85, is the oldest person to win seven gold medals (swimming, running, walking, track) with meet records in the 800 and 1500.
- The Boston Master Sprint Force, comprising of Lincoln Russin, Joe Kopka, Roger Pierce, and Bic Stevens set their 2nd WR of the summer with a 1:40.33, below the old record of 1:41.3, for the 4 x 200 relay at the BAA T&F Meet, Smith College, Northampton, MA, Aug. 2.
- On June 24, at the Reebok/USAFT NE Championships, the four-speedsters ran a 3:58:16 sprint medley to break the former record of 3:59:11.

EAST

- The NYRR Hispanic Half Marathon, Central Park, Aug. 13, drew 2700 competitors. Basting the masters in 83-degree heat were Jose Santiago (40, 1:16:46) and JoAnn Baldassarri (40, 1:34:07). Wen-Shi Yu, 60, crossed the line in 1:46:26 to take her division decisively.

SOUTHWEST

- Steve Jones, 40, registered a masters win with a 32:09, U.S. 10K Classic, Atlanta, GA, Sept. 4. Nick Rose, 43, was second in 32:32.
- Lorraine Moller, 40, New Zealand, took the W40 title in 35:50. Olympic gold medalist, 1972, in the marathon, Frank Shorter, 47, ran 1:23:00.
- Martin Mondragon, 40, Mexico, in 35:30, and Lorraine Moller, with a 33:10, collected $1500 each for 40+ in the Fitchbeest 10K, Atlanta, July 4. First 50+ were Tom Dooley, 51, Toccoa, GA, in 35:22, and Manna Luken, 50, Netherlands, in 40:43.

COMING NEXT MONTH

- USA Long Distance Records
- Masters Club Listings
- Results of National Marathon
- Training Advice
- And More

Photo by Jim Oakley

Sayre, Grayson Winners in Parkersburg

by JERRY WOJCIK


Romesser could take some solace with the masters best, age-graded 88.6% performance to Sayre's 87.8%. Reno Stirrat, 41, Spartanburg, S.C., was third in 1:12:24, winning $250.

Matt Norris, 67, Westlake, Ohio, with a 1:39:29, and Lou Lodovico, 71, Ellwood City, Pa., with a 1:42:11, were winners by large margins in their respective divisions.

Grayson won her race with a 1:23:07, an 85.5% age-graded performance, over Suzanne Ray, 43, Anchorage, Alaska, who finished in 1:25:55.

These are 15 of the 17 runners who have completed all 16 W2YP Cotton Row Runs. (All are from Madison county unless noted). Front: (l to r) Donnie Hils (38); George Beason (51); Hector Ramirez, Sr. (69); Lon Porch (47); Scottsboro, AL; Gary Deere (50); Bill Albright (40); Morris Black (42); Athens, AL; Back (l to r) Charles Van Velsenbergh (38); Merrill Jones (54); Carl Senkbeil (58); Woody Davis (59); Bill McDowell (41); James Carroll (44), Burns, TN, Lynn Bembry (41), Fayetteville, TN; Bruce Woody (46).

Photo by Jim Oakley
Schedule

Track and field events feature competition for men and women over 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NNN, P.O. Box 50098, Eugene OR 97405.

TRACK & FIELD NATIONAL


March 1-4. 1996. USA Track & Field National Championships, Columbus, OH 43201. 614/222-3300.


April 17-19. 1996. USA Track & Field National Championships, Columbus, OH 43201. 614/222-3300.


May 23-26. 1996. USA Track & Field National Championships, Austin, TX 78758. 512/477-4741.

June 20-22. 1996. USA Track & Field National Championships, Santa Fe, NM 87501. 505/988-3540.


September 19-21. 1996. USA Track & Field National Championships, Fort Worth, TX 76102. 817/874-3300.


November 15-17. 1996. USA Track & Field National Championships, Dallas, TX 75201. 214/748-3500.


April 3-5. 1997. USA Track & Field National Championships, Austin, TX 78758. 512/477-4741.


May 1-3. 1997. USA Track & Field National Championships, Austin, TX 78758. 512/477-4741.


November 5-8. 1997. USA Track & Field National Championships, St. Louis, MO 63104. 314/668-3500.

November 15-17. 1997. USA Track & Field National Championships, Dallas, TX 75201. 214/748-3500.


March 5-7. 1998. USA Track & Field National Championships, Albuquerque, NM 87102. 505/841-9020.


April 9-11. 1998. USA Track & Field National Championships, Austin, TX 78758. 512/477-4741.


May 14-16. 1998. USA Track & Field National Championships, Austin, TX 78758. 512/477-4741.


June 18-20. 1998. USA Track & Field National Championships, Austin, TX 78758. 512/477-4741.

July 2-4. 1998. USA Track & Field National Championships, Columbus, OH 43201. 614/222-3300.


October 8-10. 1998. USA Track & Field National Championships, Columbus, OH 43201. 614/222-3300.


October 22. Halloween Pumpkin Chase 5K, Metairie, La. 6:00 pm. New Orleans TC, PO Box 32003, New Orleans, LA 70123-2004. 504/482-6682; 468-1488.


November 4. Picayune Fall 10K & 5K Racewalk (separate judged event). Masters money. David Guizerix, director, PO Box 1152, Picayune, MS 36466. 601/984-8161; 504/487-1701(e).


October 7. St. George Marathon, Leisure Services, 86 S. Main St., St. George, UT 84770. 435/364-8850.

November 25. Seattle Marathon. PO Box 31849, Seattle, WA 98103.

INTERNATIONAL


Fifteen Years Ago

October, 1980

- Toshiko d’Elia Becomes First Woman Over 50 to Break 3 Hours (2:57.25) in Marathon
- 1200 Compete in Xlll World Veterans LDR Championships in Glasgow, Scotland
- 3000 Spectators View Pan American T4F Meet in San Juan
RECIPIENTS OF CERTIFICATES/PATCHES AS ALL-AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

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U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

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APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME ________________________
SEX: ________________________
CITY ________________________
STATE ________________________
ZIP ________________________
DATE OF MEET ________________
MEET SITE ________________________
EVENT ________________________
MARK ________________________
HURDLE HEIGHT ______
WEIGHT OF IMPLEMENT ______

CERTIFICATE: ☐
PATCH: ☐
CERTIFICATE/PATCH: ☐

1. If you have equaled or bettered the standard of excellence, please fill out this application, completely.
2. A copy of your results or a note stating in which issue your results appeared MUST accompany this application.
3. Please send $10.00 for certificate, $10.00 for patch and $10.00 for patch tag showing event and year. The cost for both a certificate and patch ordered at the same time is $15.00.
4. Send to: All-American, National Masters News, P.O. Box 50089, Eugene OR 97407.
5. A 3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 4" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.
## USATF National Masters Weight & Superweight Championships

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### Women

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## NATIONAL

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Empire State Games

Albany, NY, Aug. 4-5

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**Tulsa Meet**

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**INTERNATIONAL**

Dutch National Championships
Vught, Netherlands: June 24-25

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**1995 WAVA World Championships Decathlon**
Buffalo, NY, July 13-14

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**Overs**

- Daley Thompson
- Bruce Jenner
- Kevin Young
- Sebastian Coe
- Sergey Bubka
- Steve Cram
- Steve Ovett
- Sergey Bubka
- Steve Ovett
- Steve Cram

**Total 1995 Competitors**

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**October, 1995**

National Masters News page 33
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**Event 324: Weight Pentathlon 55-59 Men Results**

1. Richard Hochmann #187 54.23 13.95m 45.80m 36.58m 15.24m Poland
2. Johann Klaasen #104 61.99 13.95m 45.80m 36.58m 15.24m Poland
3. Norbert Barthe #132 61.99 13.95m 45.80m 36.58m 15.24m Poland
4. Diane Schultz #485 54.23 13.95m 45.80m 36.58m 15.24m Poland
5. Peter Splawski #309 54.23 13.95m 45.80m 36.58m 15.24m Poland

**Event 323: Weight Pentathlon 55-59 Men Results**

1. Karl-Heinz Wende #117 47.96 13.95m 45.80m 36.58m 16.17m Germany
2. Norbert Barthe #132 61.99 13.95m 45.80m 36.58m 15.24m Poland
3. Norbert Barthe #132 61.99 13.95m 45.80m 36.58m 15.24m Poland
4. Wolfgang Palme #122 54.23 13.95m 45.80m 36.58m 15.24m Poland
5. Peter Splawski #309 54.23 13.95m 45.80m 36.58m 15.24m Poland

**Event 322: Weight Pentathlon 55-59 Men Results**

1. Karl-Heinz Wende #117 47.96 13.95m 45.80m 36.58m 16.17m Germany
2. Norbert Barthe #132 61.99 13.95m 45.80m 36.58m 15.24m Poland
3. Norbert Barthe #132 61.99 13.95m 45.80m 36.58m 15.24m Poland
4. Wolfgang Palme #122 54.23 13.95m 45.80m 36.58m 15.24m Poland
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**Event 321: Weight Pentathlon 55-59 Men Results**

1. Karl-Heinz Wende #117 47.96 13.95m 45.80m 36.58m 16.17m Germany
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5. Peter Splawski #309 54.23 13.95m 45.80m 36.58m 15.24m Poland

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**Continued from next page**
Burn it off!

Rod Dixon, one of the world's most versatile runners for the last 25 years, has never believed in a high-carbohydrate diet. Even at age 45, he continues to win world championships and still has the same amount of body fat he had at age 20. Rod firmly believes that his diet is a major contributor to his versatility and longevity, not to mention his personal records - 3:53 in the mile and 2:08 in the marathon.

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