Conley Clears 7-Foot High Jump

by JERRY WOJCIK

If you were looking to the WAVA Championships in Durban or the Nationals in San Jose to produce the first masters high jumper to break the seven-foot barrier, you should have been focusing, instead, on the Empire State Games at Rensselaer Polytechnic Institute in Troy, N.Y.

There, on Aug. 2, Glen Conley, 40, of Newburgh, N.Y., described in press releases as "a relative unknown," accomplished what Dwight Stones, Jim Barrineau, and other masters jumpers of seven-foot potential have not yet achieved - the much-sought-after seven-foot high jump.

Competing in the open division, Conley, a physical education instructor and track coach at the U.S. Military Academy in West Point, cleared 2.15/7-1/4 on his second attempt. "It was awesome," said Conley later. Continued on page 9

Metzmaker, Quinn Win U.S. 8K X-C

by JERRY WOJCIK


Running on a rolling, soft-surface, figure-8 course, Metzmaker finished in 27:46, over a half-minute ahead of Duston Ashley, 40, second in 28:23, and Dennis Villeneuve, 40, third in 28:30. Metzmaker is from Montana, where he wins overall in local races.

Quinn, perhaps the oldest woman to ever finish first in a masters long distance championships, took the women's race from a field of just eight entrants by three minutes with a 38:14. Bill Donoghue, 51, met the challenge of a larger 12-entrant M50 race in 29:55. Mike Donoghue, 55, one of three M55 runners won his race with a 32:52.

The M60 division, the largest with 15 contestants, went to Canadian Roger Davies, 62, with a 33:17. Continued on page 8

U.S. Weight Meet Held in Seattle

by JERRY WOJCIK

After the WAVA Championships in Durban and the Nationals in San Jose, most masters on Aug. 16 were home resting or searching for a final meet. Not so for the 25 men and six women throwers who took part in the USATF National Masters Weight & Superweight Championships. They were tossing weights, superweights, and super-duper weights from 10:30 a.m. to 2:30 p.m. at West Seattle Stadium.

The turnout surpassed the 17 men and four women who showed up for the 1996 Championships at the same venue and the total of 26 athletes who participated in 1995.

As in the past, the meet drew a nationally representative field. In addition to local athletes and those of neighboring states, entrants came from as far away as Florida, Georgia, Montana, Colorado, and Arizona, with two from Canada.

Stew Thomson, of California, won from a field of five in the M60 division, with a 17.57/57-7/1 for the 25-lb.

Continued on page 14

INSIDE:

- Indy Life Circuit——page 5
- Training Advice—by Earl Fee—page 16
- All American Athletes——page 22
YOUR "FAVORITE SOUTHEASTERN MARATHON"

AS VOTED BY THE READERS OF RUNNING JOURNAL

21ST ANNUAL ROCKET CITY MARATHON

HUNTSVILLE TRACK CLUB

DECEMBER 13, 1997

A Unique Running Experience

Annually rated by RUNNER'S WORLD as one of the top MARATHONS IN AMERICA

In 1995 and 1996, runners in the 14 states covered by RUNNING JOURNAL magazine, voted the ROCKET CITY MARATHON as their FAVORITE SOUTHEAST MARATHON.

HUNTSVILLE, ALABAMA has been RATED ONE OF the BEST 25 RUNNING CITIES IN AMERICA.

11,000 PRIZE MONEY

OPEN MEN: 1/ $2,000; 2/ $1,000, 3/ $500; 4-10/ $250

MASTERS MEN: 1/ $1,500; 2/ $750, 3/$500

MASTERS WOMEN: 1/ $1,500; 2/ $750, 3/ $500

$4,000 COURSE RECORD BONUSES

OPEN - $1,000; MASTERS - $1,000

MORE THAN A RACE: The WZYP Rocket City Marathon is more than just a race. It is an "event" to be encircled around the course. We work just as hard creating exciting activities to make your trip here fun as we do conducting a flawless race on a fast course to produce an enjoyable race that should yield your maximum performance. The carbo supper is excellent and we try our best to give it a home-cooked meal. The clinic is exciting and topped off with a nationally known speaker. These and the other Friday activities will have you hyped to run your best.

START: The race is seeded by fastest times to provide an organized start that is the safest and fastest for everyone. All pre-race activity, greetings and music is in a pre-race time schedule so that we start at exactly 6:00AM - please don't be late! First finisher is Supper #0000 seeded on a first come, first served basis, but can be seeded on a 10 mile or half marathon time submitted. You MUST be registered and WEARING YOUR RACE NUMBER TO START. A RUNNER MUST NOT RUN WITH ANOTHER RUNNER'S NUMBER. DO NOT EXCHANGE, SELL OR GIVE AWAY YOUR NUMBER.

FINISH: A finish you won't forget. Our PA announcers, male voice to female voice, will be your main bonanza for female finishers, are aided by a computer to inform the spectators with details about you as you finish. It will hype their cheering until they can't stand it any longer. It's a beautiful way to hear your name called. Our awards ceremony is a celebration so be sure to stick around.

RACE PRIZES: Your "Favorite Runners" will be on the sweepstakes and will receive a certificate, T-shirt, and more as they arrive home. Remember, this is your "Favorite Runners" Run. We try hard to make our prizes as diverse as possible. We also give away free entries and much much more.

RACE "MUST KEEPS"!!

1. To be eligible for our "Favorite Runners" Sweepstakes, you must fill out a "MUST KEEP" slip with your name on it and drop it into the slot before or after the race. This is the only way we can contact you if you win anything.

2. DO NOT WRITE ANYTHING ON THE "MUST KEEP" SLIP, including your name.

3. Any winner who is unable to claim their prizes because of out of town work or travel, etc., must have a "MUST KEEP" slip provided to them when they come to collect their prize.

4. Any winner who is unable to claim their prizes because of out of town work or travel, etc., must have a "MUST KEEP" slip provided to them when they come to collect their prize.

5. Any winner who is unable to claim their prizes because of out of town work or travel, etc., must have a "MUST KEEP" slip provided to them when they come to collect their prize.

6. Any winner who is unable to claim their prizes because of out of town work or travel, etc., must have a "MUST KEEP" slip provided to them when they come to collect their prize.

7. Any winner who is unable to claim their prizes because of out of town work or travel, etc., must have a "MUST KEEP" slip provided to them when they come to collect their prize.

8. Any winner who is unable to claim their prizes because of out of town work or travel, etc., must have a "MUST KEEP" slip provided to them when they come to collect their prize.

9. Any winner who is unable to claim their prizes because of out of town work or travel, etc., must have a "MUST KEEP" slip provided to them when they come to collect their prize.

10. Any winner who is unable to claim their prizes because of out of town work or travel, etc., must have a "MUST KEEP" slip provided to them when they come to collect their prize.

11. Any winner who is unable to claim their prizes because of out of town work or travel, etc., must have a "MUST KEEP" slip provided to them when they come to collect their prize.
## AGE-GRADING

In reading the results of masters meets, I see that most of the winners are in the first half of the age group; for example, 40, 41, or 42 in the M40-44 group. To be more equitable, we should adopt two classifications of winners, one based on the order of finishers, and another based on age-graded performance.

### MASTERS ON THE INTERNET

Every so often, I get mail from the future. This happens when I download my e-mail, and a message is from someone in Taiwan or Australia or another part of the globe whose time stamp shows the next day. It still astonds me. The Internet shrinks the world. It expands our access to knowledge. It connects people and institutions tens of thousands of miles apart. It's too much fun for one lifetime.

For those readers who have hesitated to go online and experience this wonderful new universe, I humbly offer this excuse: The Masters Track & Field Home Page. In February 1996, I started this site on the World Wide Web as a way of sharing my love of masters track. Since then, my site has grown to perhaps 300 "pages" of material, including records, results, training tips, charts and tables, photos of vets performers, a Message Board that anyone can post to and "links" to other major veterans athletics Web sites — including the WAFA meets.

And I have a database of athletes I call the Webmaster TC. Here I introduce myself and share profiles submitted by more than 50 veteran (and some submaster) athletes from eight countries. All with their e-mail addresses. This is key.

For too long, masters athletes have labored in obscurity. In the past, that isolation was broken only when they gathered for major meets or learned of someone nearby via NMN. But now athletes can talk with others in their event the same day via e-mail and chat rooms, sharing wisdom, training tips or sympathy on their latest injury.

Until I went online, I had little chance to interact with over-40 stars in my event, the 400 hurdles. But now I'm in frequent contact with Jess Brewer in Canada, Courtland Gray in Louisiana and Mike Pannell in New Mexico — all outstanding long hurlers. They are helping me realize my athletic potential. The same is happening to many visitors to my hobby page.

My site is a global Grand Central Station. Masters T&F Web sites in Finland, Sweden, Germany, Britain, South Africa, Australia and elsewhere link to my page. Many commercial sites in America (including T&FN and Runners World Online) list my Web address. The MT&F Home Page is also honored by a listing in Yahoo. And last November, America Online named my site its Member Home Page of the Week.

---

## NATIONAL MASTERS NEWS

### Subscription Form

**Masters Athletics is booming!**

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

| Class | USA, Canada, Mexico | USA, Canada, Mexico | Foreign rates: | Payment
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>6 months</td>
<td>$15</td>
<td>$15</td>
<td>(Air mail)</td>
<td>enclosed</td>
</tr>
<tr>
<td>1 Year</td>
<td>$26</td>
<td>$26</td>
<td>1 Year</td>
<td>$42</td>
</tr>
<tr>
<td>2 Years</td>
<td>$48</td>
<td>$48</td>
<td>2 Years</td>
<td>$80</td>
</tr>
<tr>
<td>3 Years</td>
<td>$70</td>
<td>$70</td>
<td>3 Years</td>
<td>$115</td>
</tr>
</tbody>
</table>

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

Provide your state and zip code in the State and Zip columns:

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>City</td>
<td>State</td>
</tr>
</tbody>
</table>

Send to: National Masters News
Subscription Dept.
P.O. Box 16597
North Hollywood, CA 91615-6597

Or Call: 818/760-8983

---

### Six 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:

- A. Goldman
- Yvette La Vigne
- Ruth Heidrich
- Ed Luce
- Allen McDaniel
- Scott Somers

Los Alamos, New Mexico
Los Angeles, California
Honolulu, Hawaii
Cleveland, Ohio
Atlanta, Georgia
Los Angeles, California
Runners in the National Masters News Age-Graded 100m, USATF National Masters Championships, San Jose, Calif., Aug. 7-10 (1 to 10: Jim Stoolkey, 67, Payton Jordan (winner in 10:21), 80, Bill Collins, 46, Bill Murphy, 75, Dick Richards, 63, Eugene Vickers, 36, and Harold Tolson, 59. Photo by Suzi Hess

Craig Young Victorious in Chicago 5K
by JANNA WALKUP

Craig Young picked up his fourth Indy Life Circuit race win as he sprinted to a 15:07 finish at the Chicago Indy Life Circuit race win as he sprinted with a Colorado Springs, Colo., also claimed $50,000 in prize money and added 10 points to his circuit lead. Second place in the masters division went to San Francisco’s Lloyd Stephenson, 42, who ran a 15:25 and jumped to fourth place in the Circuit standings. Doug Kurtis, 45, of Northville, Mich., placed third (15:34) to hold his second-place Circuit standing.

While Young built on his Circuit lead, age-graded competition tightened, setting up a final showdown in the Circuit’s upcoming longer events. Romesser and Kurtis are tied for first place in the age-graded standings, with Young shadowing them just one point behind. 0.

Hometown favorite Warren Utes, 77, of nearby Park Forest, continued his impressive string of performances by posting a U.S. single-age record of 20:03. His adjusted time is 13:26, or 96.6% age-graded. It was the third consecutive Circuit event in which Utes has established the top age-graded time. Other world-class times included a 17:19 turned in by Fay Bradley, 59, of Washington, D.C., and a 17:45 clocked by Bill Ulrich, 61, of Lexington, Ky.

Twin Cities Expecting Top Masters Field

The Twin Cities Marathon/USATF National Masters Championships on Oct. 5 in Minneapolis/St. Paul once again will attract a top masters field. Entries have been received from Sam Rotich (2:14:40 in 1993), Gary Romesser (1996 M45 runner of the year), John Kenton (1996 M70 runner of the year), rookie masters Regina Joyce (2:40 last year, 2:32 PR) Jane Welzel (1996 W40 runner of the year), Honor Fetherston (10th-ranked master by the Road Running Information Center in 1996), and Wen Shi-Yu (1996 W60 runner of the year).

Also expressing interest are Tatiana Pozdyueva, second-ranked master in the world in 1996, Steve Jones, whose 2:07:13 in 1985 was just a second off the world best, and local favorite Steve Plasencia, University of Minnesota cross-country coach, and one of the hottest masters in the U.S. right now. A Jones vs. Plasencia duel would a great masters match-up.

The race is also a Twin Cities Marathon event and counts as 1½ points. The USATF National Masters 15K Championships on Oct. 25 in Tulsa, Okla., is the final Indy Life Circuit race in 1997.
Determining Your Marathon Potential

With some big marathons coming up, you might be giving some thought to running one of them. But you don’t have to. You can sit back in your easy chair with a pencil and paper and calculate your time. It’s much easier on the body that way, although it doesn’t quite bring the satisfaction that actual finishers get out of completing the 26.2-mile endurance event.

If you are up for the sit-down marathon challenge, then sharpen the pencil and start reading.

Before we actually begin, however, you should know that the fastest marathon ever recorded by a human is 2 hours, 6 minutes, 50 seconds. That was recorded by Belayneh Densimo of Ethiopia in the 1988 Rotterdam Marathon. If that time in itself doesn’t mean much to you, consider that it is harder on the legs than running on a school track for more than 26 miles.

As impressive as that time seems, it is considered “soft” when compared with the current 5,000 and 10,000 meter records.

Human Base: Considering the fact that running on the roads is a little harder on the legs than running on a soft track, 2:05 is a more realistic “ultimate” for the marathon. Therefore, that’s the starting point for figuring your current marathon ability. Women should start at 2:19. While the fastest marathon ever by a woman is 2:21:06 by Ingrid Kristiansen of Norway in the 1985 London Marathon, that record is also considered “soft” when factoring in data that show women’s distance records are consistently 11 percent slower than men’s.

No Recovery

Mental Toughness: Clearly, the best marathoners in the world are from Africa, as they have grown up with fewer comforts and luxuries. Most of the elite Africans ran several miles to and from school every day. If you’ve grown up in urban America watching TV, eating junk foods, and not walking more than a few blocks to school, add five minutes to your base time. No amount of training is going to recover what you lost in the way of mental toughness and foundation strength during those growing years. If you grew up in rural America, add only two minutes.

Environmental Factors: The starting points are based upon ideal running conditions. If the temperature during your marathon is expected to be below 60 degrees, add nothing to your base times of 2:05 or 2:19. Add two minutes if it’s between 60 and 64; four minutes for 65-69; six minutes for 70-74; eight minutes for 75-79; and 10 more minutes if it is over 80 degrees. If your final time figures out to more than four hours, you’ll have to go back and add even more time, perhaps as much as 30 minutes, since you’d get a lot more of the sun. If you haven’t properly hydrated before the race, you might add another 30 minutes to an hour.

Age: As in most other areas of athletics, the peak years for distance running are between 22 and 35. The evidence seems to indicate that we lose about a minute a year on our marathon times beginning at age 35 and continuing to age 45. From age 46 to 55, we lose about a minute and a half each year and from 56 through 70 roughly two minutes each year. John Keston, a 71-year-old resident from Great Britain, broke the world record for men 70 and over with a 3:00:58 in the 1996 Twin Cities Marathon.

Depending on your age, make the necessary additions to your base and environmental times.

Weight Formula

Weight: Champion marathon runners come in all heights, but it is clear that the weight must be well distributed. A rough guide for determining your ideal running weight is to take your height in inches and double it. Thus, if you’re 70 inches tall, your ideal running weight is 140 pounds. A more scientific way, according to Dr. Kenneth Cooper of the Aerobics Center in Dallas, Texas, is (for men) to take their height in inches and multiply by four, then subtract that number by 128. Women should take their height in inches, multiply by 3.5 and subtract 108. If you have big bones, you can add up to 10 percent.

Now that you’ve found your ideal weight, add 45 seconds for each pound you are more than your ideal weight. For example, if your ideal weight is 150 and you weigh 170, multiply 20 (your excess weight) by 45 — a total of 900 seconds or 15 minutes to add to your already adjusted time.

Experience: Generally, it takes six minutes for 75-79; 10 minutes for 80-89; 15 minutes for 90-99; and 20 minutes for 100-109.

Write On

Continued from page 7

PAYTON JORDAN

“It's easy if spoken from the heart,” commented Payton Jordan, when I commented him on his talk at the barbecue in his honor, Saturday evening, at the Nationals in San Jose. His deep-set eyes conveyed a sincerity of purpose of both heart and soul that I’ve respected for years. I would have enjoyed Payton as my coach in my earlier years of track and field.

Life goes on and on, and I almost always feel comfortable in talking about the man, the mentor, the master that meant so much to me. I would have been many that were more sensible, but being a man, I could have let it slide.

In 15 years of working with Payton, I've learned that he had a great sense of humor, a sense of humor that would have been envied by many others.

Dick Richards

Encinitas, California
No False Start Rule

In Speaker’s Corner (July NMM), Hank Nottingham makes a flawed appeal to rescind the no false start rule. Mr. Nottingham’s proclamation that the “vast majority” of masters athletes are opposed to the so-called “abusive” NFS (No False Start) rule is wildly inaccurate. In my almost 10 years of experience as a masters sprinter and involvement organizationally, and after competing in many meets and talking to many sprinters, I have detected no consensus of dissatisfaction with this rule.

After my years of experience as a TAC and USATF delegate, I find Nottingham’s claim that the NFS rule was “railroaded through” at the convention hard to swallow; any rule proposals must first pass a vote by the committee at large of voting delegates before becoming a rule. I can speak with certainty about what happened at the 1992 convention, the last convention that dealt in-depth with this issue, where I was a voting delegate.

Two Votes

There were actually two votes taken on a proposal to rescind the NFS rule; the first, following a very contentious debate, accepted rescinding 14-10 (I personally voted to rescind the NFS rule).

Because it was felt that the margin was not a clear enough mandate for this rule change, another vote took place the next day after a more deliberate, thorough debate involving expert testimony from national level officials, coaches, and athletes, which changed the minds of almost everyone, including myself. The vote was only one for and 29 against rescinding the NFS rule.

Three of the most compelling facts presented during this debate were 1) that permitting false starts actually induces more false starts, not fewer, which becomes very important when there are 12+ age groups x 2 sexes at a big championships meet, 2) that false starts impose an unfair penalty on those who do not false start when they are forced to endure the disruption and wasted energy after what could have been an excellent start for them on the first gun, and 3) that, because false starting is also an act that seeks unfair advantage, it is as serious as any other disqualifying track violation. Adding to this the distasteful thought of giving opportunity to those willing to “game the system” (remember the men’s 100m finals at last year’s Olympics?) for the sake of allowing an act that invalidates a race, it’s easy to see why the second vote went as it did.

The fact that allowing false starts produces more of them was well illustrated by a recounting of history. In the 1970s, the NCAA became concerned with the number of false starts, and 2) because the beginning of a race (the start of motion) is not determined by a runner’s notion of when the gun should be fired. In other words, the only way that a starter can cause a false start is by somehow producing a false gun sound before the actual gun report, causing the runners to falsely react.

“...there is nothing in the written rules...that states you can’t ‘guess’.” This is an attempt to rationalize something that is clearly frowned upon in the rules. Rule 60.18, which provides for the use of gun-triggered sensed starting blocks for measuring reaction time, says: “...a false start shall be charged to the athlete(s) with a reaction time faster than 100/1000ths (.10) of a second.” Why? Because .10 seconds is faster than the fastest known human reaction time.

While some of us will always endeavor to rationalize the “art” of guessing, the spirit of the rules clearly illegitimates guessing and outlawing guessing wrong, even when done too soon after the gun is fired.

His assertion that the NFS rule causes sprinters to be “passive” starters. Relative to the rules that define correct, legal starts, all good, legal sprinters are “passive” starters in that the sprinter must wait for and then react to the sound of the gun (actually, a different term more accurately describes a correct, legal starter: “Reactive”). In this light, the NFS rule is therefore inconsequential to, if not good for, starting, and would even give U.S. sprinters an advantage in international competition, because our athletes would be better disciplined for and attuned to getting good starts on the gun. From everything said by Nottingham, an “active” sprinter can only be one who anticipates the gun.

No Fear

And for a sprinter who correctly executes starts, there is no “fear” of false starting — only the focus on his/her reaction to the gun.

And for me, the “fun” would not come from being allowed to false start, but does come from the challenge and execution of something difficult — getting a good, reactive and running a good race with my fellow sprinters — on the first gun! :)

TEN YEARS AGO
October, 1987

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

SPACE COAST SENIOR GAMES
SUNDAY, NOVEMBER 23, 1997

PALM BAY HIGH SCHOOL
PALM BAY, FLORIDA
QUALIFYING VENUE
FLORIDA STATE SENIOR GAMES

FEATURING
NON-FOUL FIELD EVENT RULES
NO-ELIMINATION FALSE START RULE
CORRECT SPRINT STARTING PROCEDURES

EVENTS
50, 100, 200, 400
800, 1500, 1500 R/W
SHOT, DISC, JAV, LJ, TJ, HJ

CONTACT: HANK NOTTINGHAM
290 MARCO WAY, N.
SATELLITE BEACH, FL 32937
(407) 773-4362
Neurological Foot Problems

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

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

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

Neuromas are irritated by poorly-cushioned shoes, and shoes that are too narrow. Changing to a well-cushioned, wider shoe that does not squeeze the forefoot is a good idea. Adding an insole of a 1/4-inch metatarsal pad to the shoe should help relieve forefoot pain. If condition persists, you should be examined by a foot specialist. In many cases, a custom-designed foot orthotic can help to control excessive foot pronation. Steroid injections can help reduce nerve inflammation, and, if all else fails, the neuroma can be removed under local anesthesia.

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 50098, Eugene, OR 97405.)

Elvis Spotted at the Hood to Coast Relay!

by JANNA WALKUP

7:30 a.m. — It’s August 22, Hood to Coast Relay morning and although this is my fourth HTC relay, I’m a bit nervous. This year, instead of organizing our usual team — the Cheese Zombies — my husband, Chris, and I decided to enter the Zombies in the less congested Mt. Rainier to Pacific Relay in June and sign up as a Coast. A week before the race, our phone rang. The Pace Invaders, a team sponsored by a law firm, needed two extra runners. Could we do the race?

“Sure,” we said. So here I stand with my running bag, at the home of someone I don’t know. Possibly all lawyers. Chris wishes me luck and runs off with his other van with five runners he doesn’t know from the Snohomish TC, USATF National Masters 8K Cross-Country Championships, Pasco, Wash., Sept. 1, (l to r): Chris Steer, David Jones, Mike Donoghue, Peter O’Neill, John Hahn, and Gale Pluemer.


Ifirig, 63, was second in 33:31. The remaining men’s winners were Pat Devine, 68, 37:26, Floyd Henschken, 76, 55:47, and Wilbur Inks, 80, 56:51.

Jule Crabtree, 83, an eastern Washington resident, was the oldest finisher, toughing it out in the heat with a 75:35.

Peggy Renish, 46, in 49:02, and Dawn Russell, 73, with a 56:45, were the other women’s age-group winners. After the race, Russell, from Eugene, Ore., said, “It was 85 degrees at ten o’clock in the morning. I’m not used to running in weather that hot. In some places, the course was covered with two to three inches of mulch grass clippings from a golf course. I would have worn spikes if I owned any.”

Team champions were the five-man 3 RRC M40-49 team; the Fast Masters quintet in the M50-59; and the M60-69 Snohomish trio.

Clubs Update

Next month, NMN will publish its semi-annual updated list of clubs. Any additions or corrections must be received by Oct. 10 to be included in the November issue.

12:00 noon — It’s hot. We pull over and offer Jim water. He gulps it down.

12:33 p.m. — Jim comes in soaked with sweat and hands off to Debbie, our most fashionably attired runner. Debbie informs us that she wants water and the Super-soakers at least once along her 4.3-mile leg. We’re happy to oblige.

4:15 p.m. — Van 1, done with our first set of legs, is headed to Justin’s house — the “pit stop” where we’ll refuel and relax. We’re ahead of our projected time. Runners four and five, Justin and Joe, finished well under their predicted paces.

I finished just over pace on my 8.6-mile hilly trek into Sandy, but I’m not concerned. Running in the heat of the day with no shade cover, I had no problem holding back. Last year, Tom, our leg nine runner for the Cheese Zombies, pushed the pace in 106-degree heat, collapsed at the finish and was rushed to the hospital. He still doesn’t remember running the last mile. We have a picture of him in the Gresham hospital, smiling, a bit dazed, wearing his finisher’s medal.

6:00 p.m. The pit stop rates four stars. Although we haven’t stopped at Kentucky Fried Chicken for my usual post-first-leg mashed potatoes, it’s more than made up for by the giant spread of food, hot showers, and a British masseuse.

8:10 p.m. — We’re waiting to meet Van 2 at Portland’s Old Spaghetti Factory. The sun is slowly setting and vans filled with runners in all shapes and sizes are pulling into the parking lot. An announcer is calling out team numbers. I’m wearing one of the silly hats — the sombrero — and Joe is walking around wearing the purple-and-black Mad Hatter hat. The hats work. Van 2 spots us. Their number 12 runner, Lynne, should be coming to the exchange in about 10 minutes. She’ll hand off to Dianna and Van 1 will take over once again.

11:45 p.m. — Dianna and Jim have completed their night legs with quads intact. We tell them that they’re almost done, just one leg to go. They collapse into the back of the van to try to get some sleep.

1:00 a.m. — Midway through my night leg a cool breeze is blowing and I’m enjoying running on back country roads. My lungs are telling me that this 4.4-mile “easy” leg is definitely uphill. As I run, I am imagining what the Cheese Zombies would do if they were running this leg.

3:00 a.m. — The sun is rising, but there’s still not much light. I’m running as fast as I can to get this leg done. I stop for a pit stop — how’s that for an oxymoron. I feel my speed picking up and I’m starting to think about bags of coffee beans, giant slices of pizza and ice cream sundaes.

5:30 a.m. — Mile 23. I feel as though I’m finally running. The sun is up, and the temperature is hovering around 50 degrees. I feel my speed picking up and I’m starting to think about bags of coffee beans, giant slices of pizza and ice cream sundaes.
Minutes of National T&F Meeting

National Masters T&F Championships

The meeting was convened by Chairman Ken Weinbel. He reported that this was not to be a legislative meeting and no official business would be conducted, but that it would be informative and informal only.

Present Budget Crisis - In January, a request was made to make further reductions in the masters committee budget. The committee was only allowed $22,700 instead of the $36,000 originally planned for. There were cuts all across the board. The team manager was given a budget of $2180 for expenses for South Africa. Every committee had to make do with less for this year, and, hopefully, USATF will be in better financial shape next year.

Meet Management/Marketing – Weinbel reported there were concerns about the meet and the problems caused by moving from venue to venue. Appreciation was expressed to the meet management for a job well done, but the event was not working as well as it could because the organizing committee has no meet manual. A manual would tell the directors what to expect and how to run a masters meet. The committee will work to create one and present it at the convention in Dallas for approval.

Interested persons may submit information to Ken Weinbel. He reported that this was not expected of him.

Shirley, an audience member, commended the event for giving the athletes a job well done, but the event was not working as well as it could because the organizing committee has no meet manual. A manual would tell the directors what to expect and how to run a masters meet. The committee will work to create one and present it at the convention in Dallas for approval.

People were encouraged to attend the entire athletes' meeting. The awards ceremony needs to be moved from venue to venue. Appreciation was expressed to the meet management for a job well done, but the event was not working as well as it could because the organizing committee has no meet manual. A manual would tell the directors what to expect and how to run a masters meet. The committee will work to create one and present it at the convention in Dallas for approval.

Ken Weinbel. He reported that this was not expected of him. (Darren Farris)

About his achievement, which some track and field followers are equating with Eamonn Coghlan’s running under four minutes (3:58.15) for the indoor mile in 1993, Conley commented, “I was a decent but not a great jumper. I jumped six-feet in high school, and nobody looked at me. I was injured when I was 38 and 39, but I got healthy and started to do heavy, lower body lifting with power snatch-ease, cleans, and squats.”

In the 1991 National Masters Championships in Naperville, III., he won the M30-34 high jump with a 2.13. At the 1997 National Masters Indoor Championships in Boston, he tied for first place with Barrineau in the M40-44 division at 2.00.

Conley had set his sights higher for 1998. After driving all day in a chartered bus to Newburgh on his way back from a spring break vacation at Myrtle Beach, S.C., Conley drove to Boston the night before the high jump. “I had high hopes, but my legs were gone,” he explained.

Conley, married and the father of two children, attended Middlefield High School in Ohio, graduated from Bowling Green State University in Ohio in 1979, and coached at Edinboro State College in Pennsylvania before taking a position at the U.S.M.C., where he coaches the sprinters and hurdlers.

His next goal is to break the indoor masters record of 2.06/6-9/4 held by Barrineau and to do it with a seven-foot leap at an indoor meet at West Point on Nov. 25. He hopes to compete in the 1998 National Indoor Championships in Boston.

Whatever his marks are after his historic jump at RPI in Troy, Conley won’t be wearing the “relative newcomer” cloak any more. He’ll be the man to watch in the high jump for the rest of his masters career.

CURRENT NMN PHONE/FAX NUMBERS AND ADDRESSES

- Results, Schedule, All-American, Letters, Publication Material:
  Phone: 1-541-343-7716 (Jenny Wojcik, Suzy Hess & Jane Dods)
  Fax: 1-541-345-2436
  Mail: P.O. Box 50098, Eugene OR 97405
  Shipments: 1675 Willamette Ave., Eugene, OR 97401

- Publisher/Editor, International
  Phone: 1-818-981-1996 (Al Sheehan)
  Fax: 1-818-981-3186
  Mail: P.O. Box 2372, Van Nuys CA 91404

- Advertising:
  Phone: 1-610-967-8738 (Karen Jennings)
  Fax: 1-610-967-7793
  Mail: 33 E. Minor St., Emmaus PA 18098

- Subscriptions:
  Phone: 1-818-760-8983
  (Darren Farris)
  Fax: 1-818-985-1213
  Mail: P.O. Box 16597, North Hollywood CA 91615

Conley Clears 7′

Continued from page 1

had been shooting for it since I was 35 and even thought of 2.207-2/3.”

His pending mark breaks Barrineau’s M40-44 record of 2.116-6/11
and ages-39 and 2.96% or 1.23% for 7-11/12 open performance.

Conley, 6-2 and weighing in at 165 lbs., came in when the cross-bar was at
1.986-6. “I rushed my first attempt at 2.15,” he said. “I actually wanted the
bar to be set at 2.13-6-11%, but the head official came over and said that it
had to go to 2.15 for it to be a record.”

After clearing 2.15, Conley had the bar raised to 2.20, but failed to clear it.
“My final attempt was a good one, but I hit the bar with my hand,” he said
afterward.

About his achievement, which some track and field followers are equating with Eamonn Coghlan’s running under four minutes (3:58.15) for the indoor mile in 1993, Conley commented, “I was a decent but not a great jumper. I jumped six-feet in high school, and nobody looked at me. I was injured when I was 38 and 39, but I got healthy and started to do heavy, lower body lifting with power snatch-ease, cleans, and squats.”

In the 1991 National Masters Championships in Naperville, Ill., he won the M30-34 high jump with a 2.13. At the 1997 National Masters Indoor Championships in Boston, he tied for first place with Barrineau in the M40-44 division at 2.00.

Conley had set his sights higher for 1998. After driving all day in a chartered bus to Newburgh on his way back from a spring break vacation at Myrtle Beach, S.C., Conley drove to Boston the night before the high jump. “I had high hopes, but my legs were gone,” he explained.

Conley, married and the father of two children, attended Middlefield High School in Ohio, graduated from Bowling Green State University in Ohio in 1979, and coached at Edinboro State College in Pennsylvania before taking a position at the U.S.M.C., where he coaches the sprinters and hurdlers.

His next goal is to break the indoor masters record of 2.06/6-9/4 held by Barrineau and to do it with a seven-foot leap at an indoor meet at West Point on Nov. 25. He hopes to compete in the 1998 National Indoor Championships in Boston.

Whatever his marks are after his historic jump at RPI in Troy, Conley won’t be wearing the “relative newcomer” cloak any more. He’ll be the man to watch in the high jump for the rest of his masters career.
Observations On The 12th WAVA Meet
A South African Perspective by Lionel Lawson

Just a few days after the 12th World Veterans Athletics Championships ended in Durban, South Africa, veterans of the WAVA office slowly tried to recover their wits, composure and posture as they wrapped up their reports to the various authorities. In one corner an accountant sifted through piles of invoices, claims and ledger papers as the battle to balance the books started. The rushed breathing of a staff run off their feet had changed to the concentrated furrowing of brows and snorts of dismay as invoices were juggled to fit into the puzzle that was the administration life-line. Two weeks later, the staff was still sorting through piles of checks and verifying that the money payable was pinned to the correct invoice and placed in the correct envelope. Almost like numbering the athletes before and after a race.

For us, this was the biggest athletics administration task we had ever tackled. Nothing had come even close. Not Rugby, nor Soccer finals, nor the African championships had come near in complexity or participation. While some of the overseas visitors quite rightly had a legitimate complaint or two, to us the miracle was that it led. Nothing had come even close. Not champion electronic chip for a walk. This was the first time we used the right chip and a legitimate complaint or timekeeper who had the recording clock was late.

As for the course, next time we will be stronger in our request of the municipal authorities that they give us an accurate 2.5K or 2K course. We were dragooned into accepting the 2.712K course on the grounds of costs, but it was not satisfactory. The moving kilometer markers were a little too variable for competitors already under stress. Also a 2K course would have made for better judging. As it was, the judges were a little too spread out as we were limited to nine judges, each 300 meters apart. Not good.

And yet, when it was over, we said, “What fools we were, but we made it.” Yes, the computers glitched at times and the telephones went faulty. But those were the manifestations of an administrative setup where 90% of the staff had never coped with an event of more than a few hundred. And remember, we were also in the middle of an affirmative action campaign with the majority of the helpers being taught on the job. No wonder some of us, me included, lost more hair than we cared to admit.

An American Perspective by Karl Acosta
The weather conditions were a factor in the 10K race, particularly as the M60s were combined with M65, M70 and up. They had us racing at 1:30 in the afternoon. I didn’t feel the heat, personally, but I knew it was there as I slowed down drastically the last 5K. It was almost like walking in slow motion. However, others had real problems, and some couldn’t finish the race. One walker was listing so badly to the right, the support crew called for aid and he was taken off the course. I don’t know why they put our age group in the heat of the day, while the young guys were racing in cooler weather.

There were two water stations – one near the start/finish and one at the turn-around. The heat problems weren’t from lack of water. However, to put the 20K at midday was pretty rough. The 5K for M60 was at noon. In both races, they had the older men last. There was considerable chaos before the race started. The course itself was pretty well managed. The lap counters were excellent. We all wore chips on our shoes and were automatically recorded every time we passed over the finish line. You would think, however, with such high technology that we would have had quick results, but we didn’t. I know there was some protesting, in the women’s races especially, which probably caused some delay.

In the 5K, there were eight judges. They were at every turn and the halfway point. We were constantly being chased. I was hit by every judge on that course though I wasn’t DQ’d. There was a lot of delay with warnings on the board. I stuck around for 30 minutes after the race and kept looking at the board. No “X’s” appeared. Then at dinner I was told I had two warnings. I never saw my name on the board.

A Crowded Start
There was a large field of participants. In Japan, they broke the M60 into two divisions. But in Durban they kept us in one group which made the start pretty crowded. There was a restart because the clock was not functioning right. However, the competitors spread out quite quickly and the lap counters were very efficient.

One incident that had to be a nightmare for the judges occurred because one of the women refused to get off the track when she was DQ’d. They didn’t want her to go across the finish line because of the automatic timing. She was protesting, “What are you DQing me for?” They had already given her warnings and the red paddle, way before the end. But she kept going. When she got to the end, they moved her off the track physically. She fought them. They wrestled her to the ground. She got up struggling and still got through that start/finish line. That is how determined she was to finish that race.

Mixed Feelings
I know WAVA has a strong financial organization. You would think they would learn. However, here again, I am spoiled from Miyazaki, Japan. The Japanese did so well, but Buffalo was bad and Durban wasn’t better.

After 11 days in South Africa, I returned home with mixed feelings. There were many confrontations right in our hotel as well as in the streets during broad daylight. We learned to walk in groups. At the Holiday Inn, where we stayed, there were knife- and gun-point confrontations, and robberies in the hallways. The woman in the room next to us was assaulted by two young men who followed her into her room. One U.S. runner was robbed at knife-point in an alley at midnight.

We were vulnerable because we were walking around with our U.S. uniforms on. I kept as little money on my person as possible, as any one of us could have been confronted at any time. In contrast, some women who were with our tour went right into a poor area and up. They were walking around with our uniforms on. I kept as little money on my person as possible, as any one of us could have been confronted at any time. In contrast, some women who were with our tour went right into a poor area of downtown without any problems.

Cape Town, on the other hand, offered a complete contrast. A beautiful resort, one could envision that city anywhere in the United States. The weather was great. Clean streets. No worry about being attacked. I would recommend Cape Town to anyone.

(Karl Acosta completed the M60 20K in 2:07:45 and 5K in 29:01:65.)
National Road Race Encyclopedia

compilations such as the Video Movie Guide (More Than 15,000 Movies! More Than 1,000 New Entries!) or the Oxford English Dictionary (dozens of scholars working for decades) have always impressed me by the amount of research that went into their creations.

Now, The National Road Race Encyclopedia, a compilation for road runners, joins the list of those definitive works. The book, co-edited by Michael Weddington and Barry Perilli, lists 100 races, starting with the Advil Mini Marathon in NYC and ending with the Wharf to Wharf in San Francisco.

Information on each race ranges from giving its location, date, and distance to the inclusion of a COURSE MAP! In between, you’ll find data on the start (when, where, and what determines a runner’s position), course, restrictions, aid, registration, divisions, and women finishers, with their times, overall masters, but no duplication); amenities (T-shirt, goody bag, race program, post-race refreshment and festivities); the contact; sponsorship (North Fork Bank, mostly); and race benefitters (Suffolk County Special Olympics). The examples I chose (parentheses) are a small sampling; there's much more.

Keep on reading; the best is yet to come.

After that is listed the top 100 men and women finishers, with their times, year, and country or state, and also the overall winners since the race’s origin (NYC Marathon winners start at 1970), plus the best 20 times for ages 19-and-under, 40-49, 50-59, 60-69, 70+, and wheel chair competitors. The four pages devoted to each race are spiced up with photos of past winners, or the start, etc.

The lists are preceded by an acknowledgement from Weddington and Perilli that data for specific years may be missing, and a request for the readers to supply missing or incorrect data. It's worth buying the book just to read the Preface and Introduction to find out how they went about its compilation.

Selection of the 100 races was based primarily on size (who says it doesn’t matter?) but not exclusively. Races, as opposed to “fun runs,” with detailed records of the top finishers and well-marked courses, which awarded achievement, not just participation, were given first consideration. Revisions of the book, say Weddington and Perilli, could change the original 100 races by as much as 20%.

Typical Entry

Let’s take a jog through a typical race entry. It’s a high profile event like the NYC Marathon or Gasparilla with which most runners would be familiar – the 1997 Great Cow Harbor Run 10K – however, I like the names. The course listed 20 deep September 50- 20) and where (Northport, Long Island, N.Y.), we find the altitude (sea level); 1996 finishes (2900); average temperatures for the date (high about 70, low in the mid-50s); the start (bag- age bus, parking, shuttle bus, directions if you’re driving); USAF certification (NY88006BN); restrictions (no baby strollers, animals, etc.); registration (no race day); divisions (top is 65+); awards (special useful information from giving its location, date, and distance to the inclusion of a COURSE MAP! In between, you’ll find data on the start (when, where, and what determines a runner’s position), course, restrictions, aid, registration, divisions, awards, accommodations, results, contact, sponsorship, benefitters, and miscellaneous facts: All of this is followed by a brief excerpt about an earlier race or its history, entitled “What Makes Us Special.”

Keep on reading; the best is yet to come.

All of this information between two covers is well worth the price. Just the maps alone are worth the cost. The book is soft covered (about 450 pages, and 8 ½ x 11 in size. I hope that Weddington and Perilli don’t read this far and jack up the price, because it’s a steal at $24.95, plus $3.00 for shipping/handling for a single book order (California residents add 7.5% sales tax); add $1.00 for each additional book. It is available from Weddington’s Running Series, P.O. Box 5469, Santa Rosa, CA 95402-5469; fax: 528-8226; e-mail: wedrun@sonic.net. 

---

Donna Howard (l) of Sponsor VYTRA Healthcare and Race Co-Directors Irene Robinson (l) and Barry Saltsberg congratulate the second-place masters team from the host Plainview-Old Bethpage RRC Fast Feet team (l to r): Margarita Marascia, 41, Andrea Otto, 46, and Elizabeth Penagos, 49, with Margarita’s daughter, Maria. Photo by Mike Polansky
Are Runners Cheapskates?

What is the actual cost of road racing? How much does it cost to put on a 5K race? A marathon? A masters track and field meet? (That question has been raised recently because of the $200 fee being asked for the Nike Masters Games in Eugene, Oregon next summer.) The entry fee for the Boston Marathon jumped from $50 to $75, making many runners unhappy. Are runners cheapskates, unwilling to pay a fair share of the costs of staging their sport?

Recently I received the following question addressed to my “Ask The Experts” column on America Online: “I recently submitted an entry for Grandma’s Marathon, what was to be my first. Unfortunately, I tore my medial meniscus and had to have my knee scoped last Tuesday. The double bad news is that the kind folks in Duluth won’t refund the entry fee, even though they typically fill up by this time every year and leave runners out in the cold. It seems to me like a rip. I wouldn’t put a customer of mine in a similar situation (expensive trip, ended up being a rip, couldn’t have expected to keep him long-term). Is this normal for a professionally run marathon?”

Economics of Race Roads

A lot of runners — including, obviously, this reader — don’t understand the economics of road race management. So I contacted Scott Keenan, director of Grandma’s Marathon, for his side of the story. First, here is Scott: Scott is a good friend of mine, and I have enormous respect for Grandma’s Marathon, so I’m probably not going to say anything negative about that major marathon, no matter how much I might disagree with what they do. What do they do, anyway?

The cost of entry to Grandma’s Marathon is $30, less than for any other major marathon, Scott explains. And, Grandma’s has a “no-refunds” policy — for good reason. “The runner registered in January,” Scott explains, “but we’d already spent his money by June.” Grandma’s has a budget of $700,000 and a field (in three races) of 11,000 runners. Ignoring the fact that runners in the shorter (half marathon, 10K) races probably cost less to service than marathons, the cost per runner is $63.64. (Scott suggested the cost per marathoner was $91.)

Scott explained that approximately one-third of the Grandma’s budget comes from subsidiary income, such as sales of T-shirts, the race dinner, beer at the post-race party, etc. (A lot of non-runners attend the Grandma’s post-race party, which features music and a festive atmosphere.) Another third of the budget comes from sponsorships. Only a third of the actual race cost comes from entry fees. Without the “other” income, this “professional-ly run race” would cost runners three times as much to enter.

Exception to the Rule

Scott said that, despite their “no-refund” policy, they did refund the entry fees of those entering from Grand Forks, Minnesota, figuring that those runners might not have been able to train this spring because of the floods. So don’t rag Grandma in my presence.

More on the subject: I contacted the complaining reader to try and determine the cause of the injury — whether or not it was running-related. He said that the tear had occurred during his mileage build-up. He was up to 8-10 miles with his long runs. Several months before, he actually had my “Ask The Experts” column with a question about cross-training. I don’t specifically remember the Q&A, but apparently I had advised against his playing in a basketball tournament before, and also told one more: “Even the slightest possibility of rain (at Napa) caused another runner to wear the high-priced rainsuit he’d bought the day before. So overall, I can’t guarantee him a dry run.”

The only problem was it didn’t rain during the race!

Joe Henderson reported that story in the June 1997 issue of his Running Commentary, and also told one more: “Even the slight possibility of rain (at Napa) caused another runner to wear the high-priced rainsuit he’d bought the day before. So overall, I can’t guarantee him a dry run.”

Taking a Rain Check

As an example, there was a story from the Napa Marathon this year of a runner who checked out of the hotel at 2:00 in the morning. Later, he demanded his money back on the grounds that “offici­als couldn’t guarantee him a dry run.” The only problem was it didn’t rain during the race!

Hood to Coast

Continued from page 8

Toni Cruz, 46, Winchester, Va., first masters woman (5:50), Loudoun Street Mile, Winchester. Photo by Kathy Smart

Continued on page 13
Hood to Coast Relay

Continued from page 12

Unlike the rest of us, Justin has been sleeping soundly a good part of the journey. A runner in a green cape had gone by, as has a runner from the eventual winning team, Nike Mambu Baddu. Compared to everyone else, the Nike runner looks like he’s running the 400 meters. He doesn’t, however, look like he’s having as much fun as the caped runner or Debbie, who stops for water and some major blasts from the Super-soaker.

8:30 a.m. – Not sleep-deprived, Justin is picking up the pace on his last leg. Van 1 is almost done.

9:15 a.m. – We stop to cheer Joe on, who is conquering what is arguably the toughest Hood to Coast leg of all. His 6.0-mile “very hard” (this time it’s accurate) leg is famous for its start = 3.5 miles of very steep uphill switchbacks through the Coast Range. He looks happy and waves as we pass. We’re glad it’s him, not us.

9:37 a.m. – Ready for my final 5-mile leg and looking forward to lots of downhill, I’m stretching out and chatting with another runner when suddenly I hear my name being screamed. Joe has arrived. I grab the official Hood to Coast wrist wrap, which I’ll need by now, and take off down the hill. I finish well under my projected time and take the Beach in Seaside. As teams finish and people are dancing stiffly. The cell phone — the phone that hasn’t worked all week — rings. It’s Lynne making her way down the leg. Van 2 is almost done.

Then we hear it: “Team 251! You’re on the prom!” We squint to search for Lynne making her way down the promenade to the sand. A few minutes later we can see her in the distance. We gather in the finishing chute, then join Lynne for the last 100 yards as she leads us under the FINISH banner. We congratulate our new friends and running comrades. We’ve made it to Seaside and we know that Elvis lives.

(Associate Editor Janna Walkup finished her fourth Hood to Coast Relay on Aug. 23. The Pace Invaders completed the 195-mile relay in 27:43:13, well behind Nike Mambu Baddu’s 16 hours and change, and also behind Elvis Is In The Exchange, but ahead of the green-caped team. Although she and Chris enjoyed the four-star accommodations provided by the Pace Invaders, they will be chartering yet another wild Cheese Zombie adventure in next year’s Hood to Coast relay.)

PUBLICATIONS ORDER FORM

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Total (US$)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Masters Age Records (1997 Edition)</td>
<td>$4.00</td>
</tr>
<tr>
<td>Men's and women's world and U.S. age bests for all track &amp; field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1996. 56 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&amp;F Records Chairman.</td>
<td></td>
</tr>
<tr>
<td>Masters Track &amp; Field Rankings (1996)</td>
<td>$6.00</td>
</tr>
<tr>
<td>Men's and women's 1996 U.S. outdoor track &amp; field 5-year age group rankings. 56 pages. 150-deep in some events. All T&amp;F events. Coordinated by Jerry Wojcik, USATF Masters T&amp;F Rankings Chairman.</td>
<td></td>
</tr>
<tr>
<td>Masters Track &amp; Field Indoor Rankings (1996)</td>
<td>$1.50</td>
</tr>
<tr>
<td>Same as above, except indoor rankings for 1996. 4 pages.</td>
<td></td>
</tr>
<tr>
<td>Masters Age-Graded Tables</td>
<td>$12.00</td>
</tr>
<tr>
<td>Single-age factors and standards from age 8 to 100 for men and women for every common track &amp; 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.</td>
<td></td>
</tr>
<tr>
<td>Masters 5-Year Age-Group Records</td>
<td>$12.00</td>
</tr>
<tr>
<td>Men's and women's official world and U.S. outdoor 5-year age group records for all track &amp; field events, age 35 and up, as of March 1, 1997; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&amp;F Records Chairman.</td>
<td></td>
</tr>
<tr>
<td>Masters 5-Year Indoor Age-Group Records</td>
<td>$12.00</td>
</tr>
<tr>
<td>Same as above, except indoor records (M40+, W35+) as of August 1996 (world) and January 31, 1997 (USA). 4 pages.</td>
<td></td>
</tr>
<tr>
<td>Competition Rules for Athletics (1997 Edition)</td>
<td>$15.00</td>
</tr>
<tr>
<td>U.S. rules of competition for men and women for track &amp; field, long distance running and racewalking—youth, open and masters.</td>
<td></td>
</tr>
<tr>
<td>USATF Directory (1997)</td>
<td>$12.00</td>
</tr>
<tr>
<td>U.S. Bylaws and operating regulations. Includes names and addresses of national officers and staff, board of directors, sport and administrative committees, etc.</td>
<td></td>
</tr>
<tr>
<td>IAAF Scoring Tables</td>
<td>$12.00</td>
</tr>
<tr>
<td>Official world scoring tables for men's and women's combined-event competitions.</td>
<td></td>
</tr>
<tr>
<td>IAAF Handbook</td>
<td>$15.00</td>
</tr>
<tr>
<td>Masters Racewalking</td>
<td>$15.00</td>
</tr>
<tr>
<td>Thirty American coaches and athletes share ideas on Technique, Training and Racing. This book is a unique and complete resource. Edited by Elaine Ward.</td>
<td></td>
</tr>
<tr>
<td>USATF Logo Patch 3 color embroidered 4” x 3”.</td>
<td>$4.50</td>
</tr>
<tr>
<td>USATF Race Walking Patch. 3-color embroidered 4” x 3” with gold trim. $5.50</td>
<td></td>
</tr>
<tr>
<td>USATF Cross Country Patch. 3-color embroidered 4” x 3” with gold trim. $5.50</td>
<td></td>
</tr>
<tr>
<td>USATF Lapel Pin. 3-color USATF Logo on 7/8” soft enamel lapel pin (nail pin back with military clutch). $5.50</td>
<td></td>
</tr>
<tr>
<td>USATF Decal. 3-color. 3” x 2-1/2”. $2.00</td>
<td></td>
</tr>
<tr>
<td>Guide to Prize Money Races and Elite Athletes 1997</td>
<td>$15.00</td>
</tr>
<tr>
<td>Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 800 addresses and phone numbers, calendar for over 400 prize money events, and more. $58.00</td>
<td></td>
</tr>
<tr>
<td>Running Research News</td>
<td>$12.00</td>
</tr>
<tr>
<td>Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. $35.00 per year.</td>
<td></td>
</tr>
</tbody>
</table>

Back Issues of National Masters News

| Issues: | $2.50 each. |
| Postage and Handling | $1.50 |
| Overseas Air Mail (add $5.00 per book) | $ |
| TOTAL | $ |

Send to: National Masters News Order Dept. P.O. Box 50098 Eugene OR 97405

Name ________________________________

Address ________________________________

City __________________________ State ______ Zip _______
How I Spent My Summer Vacation

A subscriber, a thrower, came up to me at the Nationals in San Jose and said how much he enjoyed reading the NMN. Then, he said, “Jerry, you’re getting soft. Your August column on the ways to get to San Jose could have been written by the AAA. How come no ranting and raving about rotten conditions for throwers recently?”

My answer was, “I haven’t been to many meets this year, and the ones I’ve gone to were all pretty good. I’m sorry I haven’t been carping at meet directors lately. Next year, I’ll look for some bad meets to keep you happy.” Well, that’s not exactly what I said, but I should have.

The two indoor meets I went to, the Reno Meet in February and the Boston Championships in March, were fun for me as a spectator and competitor, despite going from a PB with the weight (outdoors with outdoor weights) in Reno to a PW in Boston (indoors with indoor weights). Both facilities are superior, and the host cities have a great deal to offer besides a track meet.

Fun and Games in October

My first outdoor meet was the Portland Masters in the middle of June at Mt. Hood Community College, where Jim Puckett, the meet director, came over to the discus area, inspected our implements, and said, “They look okay to me. If anybody sets a record, we’ll check the discus.” Is that a sensible way to handle implements, or what? Puckett has put on masters national championships and other major meets, so if that’s good enough for him, it’s good enough for me. They ran out of something – T-shirts, programs, medals, or whatever. It couldn’t have been too critical, because I can’t remember what it was, but they did supply free drinks and some finger food. A favorable meet to start off the season. I’ll try to show up next year.

My next meet was the Hayward Classic in Eugene at the end of June. This was a four-star meet: top-notch officials, terrific facility, a well-attended athletes’ reception, and good weather. It wasn’t perfect. Parking is somewhat of a problem if you don’t know where to park for free or don’t carry a roll of quarters. A meet of this caliber that I can drive to in five minutes rather than in five hours tops my list of all-time favorites.

More West-Coast Fun

I followed the Hayward Meet with the Northwest Regionals in Seattle in July. While the rich and famous masters were in Durban, 200 of us showed up at West Seattle Stadium for an enjoyable, pleasantly warm two days of competition under cloudless skies (that alone was worth the trip to Seattle). Officials here were well-experienced and masters friendly. Meet organizers provided food and drinks. My marks were borderline, but of my mind. West Seattle Stadium is a choice site for meets and will improve after further refurbishing.

The Nationals on the track and in the field events were well run, despite complaints about off-the-track problems. A major boost, probably from beer and wine that were not available (public school grounds) at the Saturday evening BBQ. There was a flare-up in the discus area about warm-ups, and some athletes objected to having to report to a staging area, while others went directly to the venue, but any nationals that can start the hammer on time, without the traditional two-hour, bumped-by-the-pentathlon wait, gets my nod of approval.

A week after San Jose, I returned to Seattle for the Weight & Superweight Championships for another day of great weather, competition, and conviviality. Athletes who have never been to this meet or the post-meet Ultra Weight Classic snicker at the thought of throwers manipulating implements of up to 300# in weight. Throwers who opt for the Ultra Weight Classic give it all they can, but they also treat it with a degree of levity. I’ve had more than one person tell me that this is their favorite meet, and they were women.

Revisiting 1997

From what I hear and read in letters sent to me by athletes who went to Durban, I might be taking a different view of the season if I had gone to South Africa. I suspect that my blood pressure would have increased as well as my proclivity for the employment of foul language if I had suffered the treatment that throwers underwent there. Next month, some thoughts on the three major meets in 1997 – the USNSM Classic in Tucson; the WAVA Durban meet; and the San Jose Nationals. Hopefully, I’ll be back to my old critical, perhaps even vitriolic, self again.
Exercise Has Many Benefits

Strength Training Past 50 by Wayne Westcott and Tom Baechle contains 39 exercises, plus a 10-week training plan to help replace lost tissue and build strength in aging muscles. The 240-page book uses data collected and analyzed in a five-year study that examined the effects of regular strength training on previously sedentary adults.

For a copy, send $16.95 to Human Kinetics, PO Box 5076, Champaign, IL 61825. 217-351-5076. Fax: 217-351-2674.

"Exercise is an effective antidote for depression and poor sleep in older people," according to researchers at Tufts University Research Center on Aging.

Leg, hip and upper torso exercise on resistance equipment relieved depression and poor sleep in older adults, previously sedentary adults.

Aging.

A chemist at the University of California-Davis found the smell of chemicals that form potent cancer-fighting antioxidants.

Middle-aged men who feel hopeless and not optimistic are more likely to change one's situation so they gain hope or become more optimistic.

"Fluids are important for maintaining moist and flexible tissues, including those in the voice mechanism," says Sue Everson, a speech pathologist at Kaiser's Los Angeles Medical Center. She suggests people in general good health drink between 64 and 80 ounces of non-cof­feinated, non-alcoholic liquids daily.

Other activities that support and strengthen the vocal cords include singing, speaking, and vocal exercises that focus on breath support and flexibility.

A UCLA neurosurgeon has developed a new treatment that reversed the results of stroke in five of the first seven patients treated.

Still in the experimental stage, the procedure reroutes the blood flow to force it back into the parts of the brain starved for oxygen, and helps remove clots causing the damage.

Dr. John Frazee, a UCLA Medical Center professor of neurosurgery, said: "The stroke victims needed to be treated within seven hours of the stroke. After that the damage is done."

Frazee expects the procedure to be available to the public in three to five years. Until then, Frazee suggests stroke patients ask for the new clot-busting drug, TPA.

"Clearly, exercise will help minimize the risk of stroke," Frazee said, "as will a low-fat/low-cholesterol diet and not smoking."
Training For The 800

Earl Fee, 68, of Missassauga, Ontario, Canada, became the world M65 800-meter record-holder (2:14.33 in 1995 at age 66), when he won the gold medal at the 11th World Veteran Championships in Buffalo, N.Y. He successfully defended his world title at the 12th World Championships in Durban, South Africa this year in 2:19.08 — 99.4% on the age-graded scale. In Buffalo, he also set an M65 WR in the 400 (57.9797.9%), and won the 300 hurdles (45.71/98.7%). In addition, he holds world indoor records at 800 for M60 (2:16.04) and M65 (2:16.80), and at 400 for M65 (59.53). We asked him what kind of training he did to achieve these phenomenal performances, and he was kind enough to detail for us his 800-meter regimen. Admittedly, he spends a lot of time at this, which he has plenty of since he retired from the Atomic Energy Commission, where, as a mechanical engineer, he helped design power plants. He is currently working on a book, tentatively titled "Secrets of a Champion," and promises to send additional training tips for NMN readers in future issues.

The 800-meter run is roughly 50% anaerobic and 50% aerobic. Therefore, training on these energy systems should be roughly in those proportions. If either is neglected for over a week, performance will suffer by a few percent. Mileage should be at least 35 miles per week, including warmups and cool-downs.

Have a Long-Term Plan

It is essential to build a good base for at least 2½ months including hills and some speed work, in order to have endurance for interval training. Remember, it takes 6 to 8 weeks for the body to adapt. Do a lot of race pace training. Do not train hard for more than 12 weeks.

The recovery days are as important as the training days — with more rest days there is more quality and fewer injuries. To run 2% faster may require 40% more work, but it is worth it. Be sure to have fun and to taper about 1½ weeks before the big race.

Success also depends on low body fat (mine is 5%). Also counteract aging with weights and lots of stretching.

Your speed in the 800 depends a lot on your 400 speed. Normally your 800 time = two times your best 400 time, plus about 12 to 18 seconds. So you have to work on the 400 too. Some 400 workouts are included below. Also you should be able to run a good 5K.

Pool and Track Training

A lot of my training is in the pool and anaerobic threshold runs on the track. These are described briefly below.

Run in the water in the deep end: wear a vest or belt for flotation, run as naturally as possible — keep upright, don’t bob up and down, and keep hands straight up. Use these workouts for recovery mainly, but once a week a hard session of intervals is recommended.

Duplicate the land workout with the same perceived effort, the same reps, but much shorter rest intervals. Do not workout hard within four days of a meet or your legs will get tired during the race. Several times I’ve made this mistake. Do ABCs in the shallow end of the pool at least twice a week for at least 12 minutes.

Runs at the anaerobic (lactic or ventilatory) threshold are essential to increase the VO2 maximum (i.e., the volume of oxygen per unit time per unit of body mass). This training should be done at least once per week; i.e., run mile, or 2000 or mile-and-a-half repeats at 10K race pace for a minute, plus 15 seconds or preferably slightly faster. If your 10K pace is 6 minutes and 45 seconds per mile, then run at 7 minutes per mile. Alternately, run for 15 to 25 minutes at the above pace.

Typical Week

Following is a typical schedule after building a sound base:

Sunday: Long slow run (about 6 miles) or 30 minutes slow run plus 30 minutes pool runs.

Monday: Run in the water, or 100 or 150 stride repeats on earth or grass.

Tuesday: Fast short intervals.

Wednesday: Anaerobic threshold training.

Thursday: Longer fast intervals.

Friday: Rest day. This could be light cross-training.

Saturday: Sprint training or short fast intervals on track. Take one-hour rest and coffee. Go to park for downhill repeats on wood chips or long runs on grass.

If possible, do two workouts per day, or at least on the weekend. Retirees no excuse. One of the two workouts is normally the pool workout for recovery, or a weights-plus stretching session.

Anaerobic Training

Typical anaerobic workouts when in top shape are:

Note: race pace is target 800 race pace (with spikes on an artificial surface) unless otherwise specified. These are each a complete workout but could be followed by slow 150 repeats. At the start of speed training, rep times should be slower and take more rest and/or reduce the number of sets if you need to:

- 3 sets (4 x 200 at race pace with 30 to 40 seconds between reps) with 5 minutes between sets.
- 4 sets (200 at race pace plus 2 or 3 seconds, rest 30 seconds, run 100 at race pace or faster, rest about 2 minutes, repeat) with 5 minutes between sets.
- 3 sets (run 250 at race pace plus 2 to 4 seconds, rest 45 seconds, run 150 fast, rest about 2½ minutes, repeat) with 6 minutes between sets.

- 3 sets (200 race pace, rest 1 minute, 200 race pace, rest 1 minute, 300 race pace) with 6 minutes between sets or heart beat below about 110 to 120 beats per minute (b.p.m.).
- 3 sets (3 x 300 at race pace with 75 seconds between reps) with 8 minutes between sets. This is a tough workout.
- 2 or 3 x 500 gradual accelerations, start slow and finish fast, with a total time equal to race pace plus 0 to 3 seconds.
- 2 x 500 runs at race pace, run evenly. Full rest between.
- 5 x 250 at 400 race pace, rest 6 minutes or until heart returns to below 100 b.p.m. between reps.
- 3 or 4 x 200 steep uphill run at 95% effort, jog down, rest until heart beat goes down to 100 b.p.m. (time trial 600 at race pace — usually 1 or 2 weeks before race.
- 8 to 10 x 100 starting slower than 400 race pace and progressively faster, ending up faster than race pace, walk back plus rest about 30 seconds more. Work on relaxation and form.
- 300 at 400 race pace, rest 1 minute to 75 seconds, run 100 as fast as you can, rest 8 minutes or when heart rate returns to below 100 b.p.m. Repeat 3 times.
- 2 or 3 x 400 between 400 and 800 race pace about five days before a race. Rest until heart is below 100 b.p.m. (5 or 6 x 150 at 400 race pace three days before an important race. Rest until heart is below 100 b.p.m.

This is a small part (excerpts) of a book I have written on fitness/run training which is planned for publication next year.

(Next month: More Training Advice from Ross Dunton.)
Entry Fee Rejected At Nationals

Maybe Hank Nottingham had it right when he said we are being controlled by an elite, autocratic administration whose dictatorial aims are not in sync with the best interests of the athletes or, indeed, the masters program, itself. Example: upon returning from South Africa, I decided on somewhat a whim of detached loneliness to join some of my favorite people at the Nationals in San Jose.

After spending $750 for a flight and dealing with the ever-present bane of every vaulter's existence (the poles), I arrived Thurs., Aug. 7. In hand was my entry form with the necessary fees, plus the now required extra $50 for late entry (as so stated on the official entry form).

"We cannot accept your entry," spoke the friendly, but steely-eyed meet director. "You are too late."

"How can that be?" I asked, holding back tears welling in my eyes. "The official form states that I may do so, providing I am desperate enough to weaken my daughter's dowry by depleting its value by enough to cover the required $50."

"That's not exactly what we meant," he said. "What we failed to say on the form was that we would take entries, plus the $50, up to Aug. 4. Good lord, man, don't you read the National Masters News? That fact was mentioned in the story."

I replied that I was in Africa and hadn't read the latest issue, but I did read the New York Times on occasion and wondered if I might have overlooked it there.

"The colorful red, blue, and black form looked so official," I whined. "I thought I could depend on its words."

Then he turned and I was almost certain I heard him say, "That's probably true in a court of law: it's a jungle out there."

Wandering somewhat aimlessly, I finally divested myself of another $80 at the stunning, though less than ostentatious, San Jose Hyatt.

A troublesome night forced me to an early breakfast and, considering my loneliness was delighted to be joined by Al Sheahan, editor of the aforementioned NMN. Asking what events I would enter, amid consumption of breakfast fare, I informed him of my situation.

Moving more quickly toward the phone bank than any man should that early in the morning, he dialed the room of Chairman Ken Weinbel and relayed the story.

The Chairman, protector of all that is right and good in masters track & field, called for a gathering of the Games Committee – six noble and honorable men and women, including the meet director – to settle the issue.

As I observed the meeting, my sympathy grew for the meet director as the committee seemingly raised against him, admonishing that, indeed, despicable and abhorrent as Mulkey may be, he certainly stood on firm, legal ground.

But the director was magnificent, boldly defending his actions, standing proudly on his personal principle, refusing to be persuaded by logic.

Yet, while in admiration of him, I couldn't help wonder why he didn't just say, "Look, I really don't care. Why don't you as a committee relieve me of this nonsense and allow me to get back to my real work?" Plus, he might have winked, "We can always use the money, can't we?"
Kilgallon Triumphs in British Sugar Marathon

by MARTIN DUFF

Peter Kilgallon won his first BVAF title, August 31, at the British Sugar Marathon, Stoke Ferry, despite being badly affected in the second half by the hills and humidity. Taking the lead soon after the five mile mark, Kilgallon was through the half distance in 72:30, two minutes clear of the field and on course for his 2:26 clocking.

The hills at the 19/20 mile mark took their toll, but Kilgallon overcame a bad patch and hung on for a final 2:34:31 timing. Behind him, Dave Hollins collected BVAF silver.

Alan Carroll, winner of his category in the seven day tour of Thameside, Greater Manchester, showed no ill effects from his six races there, when he finished a fine fourth overall to take the M50 title in 2:43:57.

There was a disappointing turnout in the women’s section as only four of the six runners entered actually finished the race. BVAF Road Race supremo Peter Duhig was at a loss to understand the women’s reluctance to contest the championship. The men’s race had been well supported with 138 entries, but the women simply gave it a miss.

Thus it was left to Victoria Manley, from local club Diss, to take the open event, the BVAF open and the W45 award.

Entrants from the USA in the second heat of the M60 5000, 12th WAVA Championships, Durban, South Africa (l to r): Derek Mahaffey, Bob Langenbach, and Malcolm Gillis.

Photo by Carole Langenbach

WAVA/USATF Hurdles and Implements Specifications

<table>
<thead>
<tr>
<th>HURDLES</th>
<th>WOMEN</th>
<th>MEN</th>
<th>IMPLEMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>Race</td>
<td>Hurdle</td>
<td>To 1st Hurdle</td>
</tr>
<tr>
<td>30-39</td>
<td>100m</td>
<td>.840m</td>
<td>13.00m</td>
</tr>
<tr>
<td>40-49</td>
<td>80m</td>
<td>.762m</td>
<td>12.00m</td>
</tr>
<tr>
<td>50-59</td>
<td>400m</td>
<td>.762m</td>
<td>45.00m</td>
</tr>
<tr>
<td>50-69</td>
<td>300m</td>
<td>.762m</td>
<td>50.00m</td>
</tr>
<tr>
<td>60-69</td>
<td>110m</td>
<td>.914m</td>
<td>13.00m</td>
</tr>
<tr>
<td>70 Plus</td>
<td>100m</td>
<td>.840m</td>
<td>33&quot;</td>
</tr>
<tr>
<td>30-39</td>
<td>80m</td>
<td>.762m</td>
<td>12.00m</td>
</tr>
<tr>
<td>40-49</td>
<td>400m</td>
<td>.762m</td>
<td>45.00m</td>
</tr>
<tr>
<td>50-59</td>
<td>300m</td>
<td>.762m</td>
<td>50.00m</td>
</tr>
<tr>
<td>60-69</td>
<td>110m</td>
<td>.914m</td>
<td>13.00m</td>
</tr>
<tr>
<td>70 Plus</td>
<td>100m</td>
<td>.840m</td>
<td>33&quot;</td>
</tr>
<tr>
<td>30-39</td>
<td>80m</td>
<td>.762m</td>
<td>12.00m</td>
</tr>
<tr>
<td>40-49</td>
<td>400m</td>
<td>.762m</td>
<td>45.00m</td>
</tr>
<tr>
<td>50-59</td>
<td>300m</td>
<td>.762m</td>
<td>50.00m</td>
</tr>
<tr>
<td>60-69</td>
<td>110m</td>
<td>.914m</td>
<td>13.00m</td>
</tr>
<tr>
<td>70 Plus</td>
<td>100m</td>
<td>.840m</td>
<td>33&quot;</td>
</tr>
<tr>
<td>30-39</td>
<td>80m</td>
<td>.762m</td>
<td>12.00m</td>
</tr>
<tr>
<td>40-49</td>
<td>400m</td>
<td>.762m</td>
<td>45.00m</td>
</tr>
<tr>
<td>50-59</td>
<td>300m</td>
<td>.762m</td>
<td>50.00m</td>
</tr>
</tbody>
</table>

Steepelchase: men 30-59: 3000m/36" (914m); men 60+ and women: 2000m/30" (762m)
Superweight: M30-69 56-lb; M70+ 35-lb; W30-49 35-lb; W50+ 25-lb
WAVA weights are used for USATF weight pentathlons.

Karin Ilgen, Germany, third (33:06) in the W55 javelin, 12th WAVA Championships, Durban, South Africa, July 17-27. Photo by Suzy Hess

Janis Lusis, M55, Latvia, third (50:44/165-6) at the WAVA Championships, Durban, shows the form that earned him a gold medal in the 1968 Olympics. Photo by Leo Benning

Women selling pots, baskets, and beads at the venue of the 12th WAVA Championships, Durban, South Africa, July 17-27. Photo by Suzy Hess
Masters Scene

NATIONAL

• The 19th annual USA Track & Field Meeting will take place in Joplin, TX, Dec. 2-4, at the Fairmont Hotel. See National T&F Schedule for details. Ken Weinreb, USATF National Masters Chairperson, urges athletes and others involved in the masters program to forward items for possible inclusion on the agenda to him or members (addresses on p. 3) of the Masters T&F Committee by the end of October.

• Carol Johnston, 85, Whittier, CA, broke the M55-60 WR for the pole vault at the 1997 National Championships in San Jose, with a 2.24/7.4-1. His record was not listed with the pending world and U.S. records from the Nationals printed in the September issue. White Palunjär, Finland, holds the present mark at 1.90/6-2; and has a pending 2.0/6-6/1. Johnston already owns the WFRs for the M70 and M80 age groups.

• The Boston Marathon is dropping its requirement that entrants be USATF members, but the NYAC, as usual, has no intention of following because of the support the fees offer to local USATF associations.

• The Road Runners Club of America (RRCA) and its 600 constituent clubs nationwide are sponsoring the first annual RRCA National Run to Work Day on Tuesday, Oct. 21, to promote health, fit and enjoyable exercise through running. A National Run to Work Day MEDIA Kit is available from National Run to Work Day MEDIA Kit, 1150 S. Washington St., Suite 250, Alexandria, VA 22314, 703-836-0558; fax 703-836-4430.

• The results of the 5000 and 10K racewalks from the National Masters Championships in San Jose were mislabeled in the September issue. The corrected results are in this issue.

• Corrections to the WAVS Championships results from Durban in the September issue: members of the M45 4x100 relay team from the USA were Hahn, Bowen, Radiff, and Gonera and the second-place M45 4x400 relay USA team members were Constantino, Bowen, Radiff, and Gonera.

EAST

• John Barber, M40, 52-11, and Gillian Horovitz, W40, 60-32, were first masters in the Yankee Homecoming 10 Mile/USATF NE Championships, Newburyport, MA, July 24. Standouts included Larry Olsen, M50, 53-51, and Bill Riley, M60, 61-45. In the Salem Heritage Days 10K/USATF NE Championships, Salem, MA, Aug. 10, Barber (31:53) and Rebecca Stockdale-Woolley, W45, 38-04, nabbed masters wins in 32:59 and Riley (37:50) again produced top performances.

• Martin Mondragon, 43, and Joan Benolt-Samuelson, 40, steamed to masters wins, worth $1200 each, in the Utica Bollomaker 15K, Utica, NY, July 13. Mondragon ran a 46:47, leaving second place to Ted Jaleta, 42, with a 47:34. Samuelson won the women's (32:59) and Riley (37:50) again produced top performances.

• Robin Martinson, 47, and Carol Benji, 40, steamed to masters wins, worth $1200 each, in the Utica Bollomaker 15K, Utica, NY, July 13. Mondragon ran a 46:47, leaving second place to Ted Jaleta, 42, with a 47:34. Samuelson won the women's (32:59) and Riley (37:50) again produced top performances.

• Fourth woman overall, Karl Proffitt, 44, aced the masters division in 1:24:53 at the NYRRC Manhattan Hall-Marathon, Central Park, Aug. 3. Alan Ruben, 40, topped the men's division in 1:14:32. Susan Pavesi (59, 33:53) crossed the line nearly 17 minutes ahead of her nearest competitor to win the W55 title.

• Top masters competition in both the men's and women's fields was very tight at the Reservoir Run 5K, Central Park, July 26. First place honors went to Greg Diamond (40, 16:45) and Mary Diver (43, 20:35). Hot on their heels were John Kenney (41, 16:52) and David Manteine (41, 20:41).

• Winnie Ng, 45, from Hong Kong, was second woman overall in the NYRRC Roosevelt Island 10K, NYC, Aug. 10, grabbing the masters title in 37:45. Alan Ruben (40, 33:28) triumphed in the men's race. In the M60 division, Epifanio Morales (62, 37:46) turned in an 87.6% A-G performance.

• Tom Stevens, 42, scored an age-rated 90.3% with a 3:18:31 masters first in the Clarksburg 10K, Clarksburg, WV, on Aug. 2, but the best performance honor went to Bill Rodgers, 49, third M40+, with an A-G 90.9% 32:48. Connie Young, 42, was the W40+ winner in 41:41, Carol Conaway, 81, won the W70+ division race with a 97:47.

• The Masters Return To Illinois Meet attracted 137 athletes to Libertyville, July 12, where M45-Willip, M60, and the best marks for M40+ in the 100 (12:83; 25:34). Vic Hecker, 54, prep'd for his M55 title (42:35) in the Nationals at San Jose in August, with a 43:11.44. Andrew Boyce, 32, second in the LJ by 1/4-inch with a 21-4 in San Jose, hit the 21 1/11% mark.

• Senovio Torres, 43, Cordova, NM, and Deborah Shulman, 40, Bellevue, CO, were the quickest masters to travel up and down in the Rockies Peak Marathon, Colorado Springs, Aug. 17. Senovio was fifth of 530 men with a 4:02:22 (2:36:13 ascent, 1:26:09 descent); Shulman was also fifth, of 157 women, with a 5:10:04 (3:18:31, 1:51:33). First masters in the Ascend, Aug. 16, were Dale Petersen, 40, Denver, in 2:28:15, and Virginia Eggers, 44, Tellulah, CO, in 3:08:14.


• David Washburn, 41, did yeoman's work in the St. Joseph Hospital Men's 100K Mile Relay at Rice University track, Houston, Aug. 24, running a 4:28 to help the open team of 100 runners break the WR with a 7:41:14, and later clipping off the last leg in 4:33 for the M40-49 group, which finished with a 9:04:02 (5:26 pace). A veterans team (50+) finished in 11:08:12 (6:41 pace), led by David Chester, 51, with the best time of 5:24.

• According to an article, dated July 28, in the El Paso Herald-Post, Larry Jessee broke the M45 WR with a 1:16:01 at the El Paso's Kidd Field on July 27. Unless Jessee's record is verified at the USATF Dallas Convention, Jerry Cash holds the record at 15:71.

• Arna Geymon, 69, Orange, CA, hit a single-age AR in the shot with a 12.72/41-8", USATF/SCA Championships, Los Angeles, June 8. The old record was 11.76/39-6.4".

• Kenneth Wilson, 42, Albuquerque, NM, posted the fifth best masters time ever in the event, with a 70.57, an age-rated 87.5%, America's Finest City Half-Marathon, San Diego, Aug. 17. First W40+, Jeanne Lasse-
**Schedule**

USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are generally limited to age 50 and over. Long distance events generally are open to all age groups with the exception of age printed in the newspaper unless otherwise noted. Senior Games are generally limited to age 40.

---

**TRACK & FIELD**

<table>
<thead>
<tr>
<th>DATE</th>
<th>EVENT</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 9-11</td>
<td>29th annual Dartmouth Alumni Day</td>
<td>Dartmouth, NH</td>
</tr>
<tr>
<td>December 2-6</td>
<td>2020 USATF National Masters Championships</td>
<td>Various locations</td>
</tr>
<tr>
<td>January 11 &amp; 25</td>
<td>DCRRC Senior Games</td>
<td>Various locations</td>
</tr>
<tr>
<td>October 5</td>
<td>USATF National Masters Championships</td>
<td>Various locations</td>
</tr>
<tr>
<td>October 12</td>
<td>Army 10 Mile, Arlington, VA</td>
<td>Arlington, VA</td>
</tr>
<tr>
<td>October 19</td>
<td>South Carolina Senior Games</td>
<td>Various locations</td>
</tr>
<tr>
<td>October 26</td>
<td>November 5-7, Road Race Management's Race Directors' Meeting &amp; Trade Show</td>
<td>Washington, DC</td>
</tr>
<tr>
<td>November 14</td>
<td>Tallahassee Senior Games</td>
<td>Tallahassee, FL</td>
</tr>
<tr>
<td>November 25-26</td>
<td>Oyster Festival 5K, Greater Hartford Marathon</td>
<td>Greater Hartford, CT</td>
</tr>
<tr>
<td>January 1-15</td>
<td>DCRRC Indoor Meet - Jefferson Community Center</td>
<td>Various locations</td>
</tr>
<tr>
<td>February 8</td>
<td>DCRRC Indoor Meet - Jefferson Community Center</td>
<td>Various locations</td>
</tr>
<tr>
<td>October 8-17</td>
<td>Tampa Bay Senior Games</td>
<td>Various locations</td>
</tr>
</tbody>
</table>

---

**FIVE YEARS AGO October 1992**

- Mexico Hosts North American Championships
- National Decathlon Held in Des Moines
- 1st World Vets Road Race Held in England
- Gary Romesser (41, 30:43) and Carol McLatchie (40, 35:25) Win in Asbury Park 10K

---

**INTERNATIONAL**

- October 24-November 1: Australian Masters Games, Canberra
- November 16-17: XVII International Veterans Meet, Montevideo, Uruguay
- November 28: Montevideo-C.P. 11:100

---

**ON TAP FOR OCTOBER**

**TRACK AND FIELD**

The USATF National Masters Weight Pentathlon Championships should draw one of the largest fields in the event's history to the Orlando/Disney Sports Complex on the 1st. The lure of Santa Barbara will again entice a strong post-season turnout to the Club West Meet on the 4th. Touring athletes who attend that meet can stick around for the Sri Chinmoy Masters Games in Long Beach, Calif., on the 12th, or the Huntsman Senior Games, St. George, Utah, on the 23rd-24th. Florida is awash in Senior Games activity all month.

---

**LONG DISTANCE RUNNING**

Two National Masters Championships, both also Indy Life Circuit Races, highlight the schedule: the Twin Cities Marathon, Minneapolis/St. Paul, on the 5th, and the Tulsa 15K in Oklahoma on the 25th. Other available marathons range from the St. George in Utah on the 4th; the Indianapolis, on the 11th; the Chicago; Detroit; St. Louis; Motorola in Arizona on the 19th; the Marine Corps in Washington, D.C., and Kansas City in Missouri on the 26th. For less strenuous and less taxing runs, options are the Barb in Boise 10K in Idaho on the 4th; Phoebus 8K in Virginia on the 11th; Army 10 Mile, Arlington, Va., on the 12th; or Oyster Festival 5K on Long Island on the 19th.

---

**RACEWALKING**

Contestants in the National Masters One-Hour Championships will "have at it" for 60 minutes on the 12th in Cambridge, Mass. A 10K and clinics are set for the 4th in Bowling Green, Ky., and the Henry Laskau Invitational 10K & 5K hits the streets of Coconut Creek, Fla., on the 25th.

---

**USA Track and Field Events**

- January 17-28: 9th Oceania Veterans Games, Hawkes Bay, Jim Tomlin, Box 7144, Turarada Napier. Phone/Fax: 06-844-5072; mobile phone: 025-240-8880
- August 9-22: NIKE World Masters Games (multi-sports), Portland, Ore. 1-800-98-GAMES
- Northwest Event Management, PO Box 10825, Eugene, OR 97440. 541-687-1989; 687-1016.
October 19, 1997

Continued from previous page

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

October 18. First of America Running Festival 10 Mile, St. Petersburg, Fl. SASE to Running Festival, PO Box 66252, St. Pete Beach, FL 33701. 813-363-7866; fax: 813-360-9710.
November 27. Atlanta Marathon & Half-Marathon. SASE to Atlanta TC, Nov. 1.
February 28. Myrtle Beach Marathon & Marathon Relay, Myrtle Beach, S.C. Myrtle Beach Marathon, PO Box 8780, Myrtle Beach, SC 29578-8780. 803-349-2733.

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

October 11. Indianapolis Marathon, Lawrence, Ind. Joel Sauer, PO Box 36214, Indianapolis, IN 46236. 317-826-1670.
October 19. Detroit International Marathon, Windsor, Canada, to downtown Detroit. DM, 300 Stroh River Place, Suite 2600, Detroit, MI 48207. 313-393-7749.
October 19. Chicago Marathon, Marathon, Dept. 2100, 134 S. LaSalle St., Chicago, IL 60674-2100. 312-243-3344; fax: 312-243-5652.

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

October 19. St. Louis Marathon, SLTR,
### U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

**Event** | **30-34** | **35-39** | **40-44** | **45-49** | **50-54** | **55-59** | **60-64** | **65-69** | **70-74** | **75-79** | **80-84**
---|---|---|---|---|---|---|---|---|---|---|---

100 | 11.20 | 11.33 | 11.67 | 12.00 | 12.35 | 13.50 | 15.00 | 16.00 | 17.00 | 18.00 | 20.00

200 | 22.43 | 23.33 | 24.25 | 25.10 | 25.95 | 27.00 | 28.00 | 29.00 | 30.00 | 31.00 | 32.00

400 | 51.00 | 52.34 | 54.00 | 56.15 | 57.40 | 59.00 | 61.00 | 63.00 | 65.00 | 67.00 | 70.00


5000 | 15:30 | 15:40 | 15:50 | 16:00 | 16:10 | 16:20 | 16:30 | 16:40 | 16:50 | 17:00 | 17:10

10000 | 32:00 | 32:15 | 32:30 | 32:45 | 33:00 | 33:15 | 33:30 | 33:45 | 34:00 | 34:15 | 34:30

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

**Event** | **30-34** | **35-39** | **40-44** | **45-49** | **50-54** | **55-59** | **60-64** | **65-69** | **70-74** | **75-79** | **80-84**
---|---|---|---|---|---|---|---|---|---|---|---

100 | 13.80 | 14.00 | 14.30 | 14.50 | 14.60 | 14.70 | 14.80 | 15.00 | 15.50 | 16.00 | 16.50

200 | 28.10 | 28.30 | 28.60 | 28.90 | 29.10 | 29.30 | 29.50 | 29.70 | 30.00 | 30.50 | 31.00

400 | 63.55 | 65.35 | 67.56 | 70.65 | 73.56 | 76.85 | 79.40 | 81.00 | 83.00 | 85.00 | 89.00

1500 | 5:01 | 5:05 | 5:10 | 5:15 | 5:20 | 5:25 | 5:30 | 5:35 | 5:40 | 5:45 | 5:50

5000 | 17:10 | 17:20 | 17:30 | 17:40 | 17:50 | 18:00 | 18:10 | 18:20 | 18:30 | 18:40 | 18:50

10000 | 36:10 | 36:20 | 36:30 | 36:40 | 36:50 | 37:00 | 37:10 | 37:20 | 37:30 | 37:40 | 37:50

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

**NAME**

**ADDRESS**

**SEX**

**AGE-GROUP**

**CITY**

**STATE**

**ZIP**

**MEET**

**DATE OF MEET**

**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 completely.
2. A copy of your results in which your results appeared MUST accompany this application.
3. Please send $50.00 for a certificate, $50.00 for a patch, and $10.00 for a patch tag showing event and year. The cost for both a certificate and a patch ordered at the same time is $51.00.
4. Send to: All-American, National Masters News, P.O. Box 8008, Eugene OR 97405.
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 patch tag.
<table>
<thead>
<tr>
<th>Event</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>100m</td>
<td>M40 John Brooks</td>
<td>11.4s</td>
</tr>
<tr>
<td>200m</td>
<td>M20 Tony J.</td>
<td>22.4s</td>
</tr>
<tr>
<td>400m</td>
<td>M50 Michael Arabella</td>
<td>47.0s</td>
</tr>
<tr>
<td>800m</td>
<td>M55 John Sheridan</td>
<td>15.1s</td>
</tr>
<tr>
<td>1500m</td>
<td>M50 Kenneth Straley</td>
<td>9.2s</td>
</tr>
<tr>
<td>5000m</td>
<td>M55 Joe Charleston</td>
<td>13.2s</td>
</tr>
<tr>
<td>10000m</td>
<td>M55 Steve K.</td>
<td>13.2s</td>
</tr>
<tr>
<td>15000m</td>
<td>M55 Tony J.</td>
<td>13.2s</td>
</tr>
<tr>
<td>3000m</td>
<td>M55 John Sheridan</td>
<td>13.2s</td>
</tr>
<tr>
<td>5000m</td>
<td>M55 Steve K.</td>
<td>13.2s</td>
</tr>
<tr>
<td>10000m</td>
<td>M55 Tony J.</td>
<td>13.2s</td>
</tr>
<tr>
<td>15000m</td>
<td>M55 Tony J.</td>
<td>13.2s</td>
</tr>
<tr>
<td>30000m</td>
<td>M55 Tony J.</td>
<td>13.2s</td>
</tr>
<tr>
<td>4000m</td>
<td>M55 John Sheridan</td>
<td>13.2s</td>
</tr>
<tr>
<td>8000m</td>
<td>M55 Steve K.</td>
<td>13.2s</td>
</tr>
<tr>
<td>12000m</td>
<td>M55 Tony J.</td>
<td>13.2s</td>
</tr>
<tr>
<td>16000m</td>
<td>M55 Tony J.</td>
<td>13.2s</td>
</tr>
<tr>
<td>20000m</td>
<td>M55 Tony J.</td>
<td>13.2s</td>
</tr>
<tr>
<td>25000m</td>
<td>M55 Tony J.</td>
<td>13.2s</td>
</tr>
<tr>
<td>30000m</td>
<td>M55 Tony J.</td>
<td>13.2s</td>
</tr>
<tr>
<td>40000m</td>
<td>M55 Tony J.</td>
<td>13.2s</td>
</tr>
</tbody>
</table>

Note: The table above lists the top performers in various track and field events. The times listed are in seconds. Some events are not specified due to lack of data.
Continued from previous page

---

National Masters News

October 1997

---

Ohio Games

Lakeworth, OH; July 20

100m
M30 Christopher Jones 11.53
M30 Sibigtroth 11.53
M30 Mudd 12.02

400m
M30 Johnson 46.57
M30 Karakech 46.87
M30 Johnson 47.20

800m
M30 Johnson 1:54.76
M30 Johnson 1:54.87
M30 Johnson 1:55.02

1500m
M30 Johnson 3:38.43
M30 Johnson 3:38.54
M30 Johnson 3:38.65

---

Dartmouth Weight Meet

HANover, NH; August 23

100m
M30 John Phillips 10.78
M30 John Phillips 10.78
M30 John Phillips 10.78

400m
M30 John Phillips 45.78
M30 John Phillips 45.78
M30 John Phillips 45.78

800m
M30 John Phillips 1:46.24
M30 John Phillips 1:46.24
M30 John Phillips 1:46.24

1500m
M30 John Phillips 3:38.43
M30 John Phillips 3:38.43
M30 John Phillips 3:38.43

---

Midwest

Michigan Senior Games

Fenton, MI; June 19-21

100m
M50 Robert Lloyd 12.31
M50 Robert Lloyd 12.31
M50 Robert Lloyd 12.31

200m
M50 Robert Lloyd 23.63
M50 Robert Lloyd 23.63
M50 Robert Lloyd 23.63

400m
M50 Robert Lloyd 51.71
M50 Robert Lloyd 51.71
M50 Robert Lloyd 51.71

800m
M50 Robert Lloyd 1:57.86
M50 Robert Lloyd 1:57.86
M50 Robert Lloyd 1:57.86

1500m
M50 Robert Lloyd 3:48.00
M50 Robert Lloyd 3:48.00
M50 Robert Lloyd 3:48.00

---

SF:

SP-John Sellers, 68.05
Howard Cohen, 68.05
Herman Bichlbaum, 68.05
Howard Cohen, 68.05

---

Page 26
<table>
<thead>
<tr>
<th>Event</th>
<th>Participants</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>100m</td>
<td></td>
<td>10.32</td>
</tr>
<tr>
<td>200m</td>
<td></td>
<td>21.13</td>
</tr>
<tr>
<td>400m</td>
<td></td>
<td>43.65</td>
</tr>
<tr>
<td>110mHurdles</td>
<td></td>
<td>13.70</td>
</tr>
<tr>
<td>400mHurdles</td>
<td></td>
<td>54.28</td>
</tr>
<tr>
<td>800m</td>
<td></td>
<td>1:52.19</td>
</tr>
<tr>
<td>1500m</td>
<td></td>
<td>3:49.12</td>
</tr>
<tr>
<td>High Jump</td>
<td></td>
<td>2.03</td>
</tr>
<tr>
<td>Long Jump</td>
<td></td>
<td>2.34</td>
</tr>
<tr>
<td>Triple Jump</td>
<td></td>
<td>2.47</td>
</tr>
<tr>
<td>Shot Put</td>
<td></td>
<td>2.17</td>
</tr>
<tr>
<td>Discus</td>
<td></td>
<td>1.98</td>
</tr>
<tr>
<td>Hammer</td>
<td></td>
<td>2.00</td>
</tr>
<tr>
<td>Pole Vault</td>
<td></td>
<td>2.17</td>
</tr>
<tr>
<td>Long Jump</td>
<td></td>
<td>2.34</td>
</tr>
<tr>
<td>Triple Jump</td>
<td></td>
<td>2.47</td>
</tr>
<tr>
<td>Shot Put</td>
<td></td>
<td>2.17</td>
</tr>
<tr>
<td>Discus</td>
<td></td>
<td>1.98</td>
</tr>
<tr>
<td>Hammer</td>
<td></td>
<td>2.00</td>
</tr>
<tr>
<td>Pole Vault</td>
<td></td>
<td>2.17</td>
</tr>
<tr>
<td>Long Jump</td>
<td></td>
<td>2.34</td>
</tr>
<tr>
<td>Triple Jump</td>
<td></td>
<td>2.47</td>
</tr>
<tr>
<td>Shot Put</td>
<td></td>
<td>2.17</td>
</tr>
<tr>
<td>Discus</td>
<td></td>
<td>1.98</td>
</tr>
<tr>
<td>Hammer</td>
<td></td>
<td>2.00</td>
</tr>
<tr>
<td>Pole Vault</td>
<td></td>
<td>2.17</td>
</tr>
<tr>
<td>Long Jump</td>
<td></td>
<td>2.34</td>
</tr>
<tr>
<td>Triple Jump</td>
<td></td>
<td>2.47</td>
</tr>
<tr>
<td>Shot Put</td>
<td></td>
<td>2.17</td>
</tr>
<tr>
<td>Discus</td>
<td></td>
<td>1.98</td>
</tr>
<tr>
<td>Hammer</td>
<td></td>
<td>2.00</td>
</tr>
<tr>
<td>Pole Vault</td>
<td></td>
<td>2.17</td>
</tr>
<tr>
<td>Long Jump</td>
<td></td>
<td>2.34</td>
</tr>
<tr>
<td>Triple Jump</td>
<td></td>
<td>2.47</td>
</tr>
<tr>
<td>Shot Put</td>
<td></td>
<td>2.17</td>
</tr>
<tr>
<td>Discus</td>
<td></td>
<td>1.98</td>
</tr>
<tr>
<td>Hammer</td>
<td></td>
<td>2.00</td>
</tr>
<tr>
<td>Pole Vault</td>
<td></td>
<td>2.17</td>
</tr>
<tr>
<td>Long Jump</td>
<td></td>
<td>2.34</td>
</tr>
<tr>
<td>Triple Jump</td>
<td></td>
<td>2.47</td>
</tr>
<tr>
<td>Shot Put</td>
<td></td>
<td>2.17</td>
</tr>
<tr>
<td>Discus</td>
<td></td>
<td>1.98</td>
</tr>
<tr>
<td>Hammer</td>
<td></td>
<td>2.00</td>
</tr>
<tr>
<td>Pole Vault</td>
<td></td>
<td>2.17</td>
</tr>
<tr>
<td>Long Jump</td>
<td></td>
<td>2.34</td>
</tr>
<tr>
<td>Triple Jump</td>
<td></td>
<td>2.47</td>
</tr>
<tr>
<td>Shot Put</td>
<td></td>
<td>2.17</td>
</tr>
<tr>
<td>Discus</td>
<td></td>
<td>1.98</td>
</tr>
<tr>
<td>Hammer</td>
<td></td>
<td>2.00</td>
</tr>
<tr>
<td>Pole Vault</td>
<td></td>
<td>2.17</td>
</tr>
<tr>
<td>Long Jump</td>
<td></td>
<td>2.34</td>
</tr>
<tr>
<td>Triple Jump</td>
<td></td>
<td>2.47</td>
</tr>
<tr>
<td>Shot Put</td>
<td></td>
<td>2.17</td>
</tr>
<tr>
<td>Discus</td>
<td></td>
<td>1.98</td>
</tr>
<tr>
<td>Hammer</td>
<td></td>
<td>2.00</td>
</tr>
<tr>
<td>Pole Vault</td>
<td></td>
<td>2.17</td>
</tr>
<tr>
<td>Long Jump</td>
<td></td>
<td>2.34</td>
</tr>
<tr>
<td>Triple Jump</td>
<td></td>
<td>2.47</td>
</tr>
<tr>
<td>Shot Put</td>
<td></td>
<td>2.17</td>
</tr>
<tr>
<td>Discus</td>
<td></td>
<td>1.98</td>
</tr>
<tr>
<td>Hammer</td>
<td></td>
<td>2.00</td>
</tr>
<tr>
<td>Pole Vault</td>
<td></td>
<td>2.17</td>
</tr>
<tr>
<td>Long Jump</td>
<td></td>
<td>2.34</td>
</tr>
<tr>
<td>Triple Jump</td>
<td></td>
<td>2.47</td>
</tr>
<tr>
<td>Shot Put</td>
<td></td>
<td>2.17</td>
</tr>
<tr>
<td>Discus</td>
<td></td>
<td>1.98</td>
</tr>
<tr>
<td>Hammer</td>
<td></td>
<td>2.00</td>
</tr>
<tr>
<td>Pole Vault</td>
<td></td>
<td>2.17</td>
</tr>
<tr>
<td>Long Jump</td>
<td></td>
<td>2.34</td>
</tr>
<tr>
<td>Triple Jump</td>
<td></td>
<td>2.47</td>
</tr>
<tr>
<td>Shot Put</td>
<td></td>
<td>2.17</td>
</tr>
<tr>
<td>Discus</td>
<td></td>
<td>1.98</td>
</tr>
<tr>
<td>Hammer</td>
<td></td>
<td>2.00</td>
</tr>
<tr>
<td>Pole Vault</td>
<td></td>
<td>2.17</td>
</tr>
<tr>
<td>Long Jump</td>
<td></td>
<td>2.34</td>
</tr>
<tr>
<td>Triple Jump</td>
<td></td>
<td>2.47</td>
</tr>
<tr>
<td>Shot Put</td>
<td></td>
<td>2.17</td>
</tr>
<tr>
<td>Discus</td>
<td></td>
<td>1.98</td>
</tr>
<tr>
<td>Hammer</td>
<td></td>
<td>2.00</td>
</tr>
<tr>
<td>Pole Vault</td>
<td></td>
<td>2.17</td>
</tr>
<tr>
<td>Long Jump</td>
<td></td>
<td>2.34</td>
</tr>
<tr>
<td>Triple Jump</td>
<td></td>
<td>2.47</td>
</tr>
<tr>
<td>Shot Put</td>
<td></td>
<td>2.17</td>
</tr>
<tr>
<td>Discus</td>
<td></td>
<td>1.98</td>
</tr>
<tr>
<td>Hammer</td>
<td></td>
<td>2.00</td>
</tr>
<tr>
<td>Pole Vault</td>
<td></td>
<td>2.17</td>
</tr>
<tr>
<td>Long Jump</td>
<td></td>
<td>2.34</td>
</tr>
<tr>
<td>Triple Jump</td>
<td></td>
<td>2.47</td>
</tr>
<tr>
<td>Shot Put</td>
<td></td>
<td>2.17</td>
</tr>
<tr>
<td>Discus</td>
<td></td>
<td>1.98</td>
</tr>
<tr>
<td>Hammer</td>
<td></td>
<td>2.00</td>
</tr>
<tr>
<td>Pole Vault</td>
<td></td>
<td>2.17</td>
</tr>
<tr>
<td>Long Jump</td>
<td></td>
<td>2.34</td>
</tr>
<tr>
<td>Triple Jump</td>
<td></td>
<td>2.47</td>
</tr>
</tbody>
</table>
## Ultra Weight Classic

- [8:48] Doris发财
- [8:49] Diane Sargent
- [8:49] Dorothy Smith
- [8:49] Dorothy Tannehill
- [8:50] Dorothy Vardiman
- [8:51] Dorothy Yenchik

## Age Graded Partridge Tables (modified)

<table>
<thead>
<tr>
<th>Women 65+</th>
<th>(568 984) 2000</th>
<th>A=Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1.25</td>
<td>1.25</td>
</tr>
<tr>
<td>2</td>
<td>1.24</td>
<td>1.24</td>
</tr>
</tbody>
</table>

## Reservoir Run SK

- [9:00] Pauline Watson
- [9:00] Carol Marzullo
- [9:00] Carol Miller
- [9:00] Carol Shaw
- [9:00] Carol Todd

## Overview

- [9:00] Overall
- [9:00] Masters Men
- [9:00] Masters Women
- [9:00] Super Masters

## Chicago hill Classic (Indy Life Circuit)

- [9:00] Chicago, IL: July 20

## National Masters News

- [9:00] page 29

---

**LONG DISTANCE RESULTS**

Please send results to National Masters News, P.O. Box 3004, St. Charles, IL 60174. We do not publish results more than 3 months old. Results that are typed (maximum 250 words) in our formal race receive preference. Deadline is the 10th of the month prior to issue date.
MID-AMERICA

Triathlon Hotel Hill Runs Kansas City, MO; June 1

--Half-Marathon--

Overall

Beginners 25
Irina Bogacheva
M40 Valery SvyatogOr 70:29
W60 Carolyn Delcono 2:06:21
Fritz Hazing 12:21:31
W60 Helen Black 1:50:05
W70 Mary Cotte 2:42:39

Pikes Peak Marathon
Colorado Springs, CO; Aug. 17

Overall

Roberta Meja 3:30:55
Dan Ballenger 3:43:46
M40 Benito Torres 4:02:21
Dick Thompson 4:19:14
M45 Chris Revely 4:39:54
David Adams 4:58:49
Ve Selcen 5:03:54
M50 J B Chavez 4:49:49
Zeke Zucker 5:05:05
Jim Omberger 5:08:42
M55 Richard Hillalist 5:12:05
Stephen L遗憾 5:14:08
M50 Brad Mladen 6:01:47
Paul McDonald 6:30:16
M50 Louis Joline 6:09:50
Ed Mispel 6:45:40
Eckart Lemberg 7:12:57
M70 John Moran 8:15:07
M75 Lionel Ortega 7:40:33
Jim Collins 7:52:12
W40 Deborah Shumard 10:04:04

Menorah Medical Center
5K & 10K
Leawood, KS; Sept. 1

Overall

Sue Rachel 31:39
Leica Reed 16:20
Gayle Balanos 13:54
M55 Michael Goodwin 40:19
M55 Richard Bel 45:40
M55 Roger Wilson 58:12
M55 Derek Wilson 59:10
M55 Dick Wilson 59:29
M55 Frank Cranson 61:39
M55 Bury Lilly 49:14
M55 Nellie McC 52:07
M55 Diane Reh 56:26
M55 Janice Taige 57:28

Half-Marathon

Robert Taylor 43:05
Jeanie O'Pel 43:55
Julie Adams 52:05
Robert Reina 52:23
Randy Santana 52:45
M55 Gay Yzaguirre 52:49
M55 Greg Davis 52:51

Masters

M50 Mike Davis 51:02
M55 Phil Ziegler 52:36
M60 Don Bloom 60:07
M60 John Martin 60:46
M65 Pat Andrus 65:24
M70 Mike B_ISS 67:54
M70 Mike BISS 68:22
M70 Mike BISS 69:05
M70 Mike BISS 70:48
M70 Mike BISS 71:52
M70 Mike BISS 72:45

SOUTHWEST

St. Joseph's Hospital
Men's 100 & 1-Mile Relay

Overall

Nordel Valley 1:50:06
Jerome Lauten 1:58:03
M50 Paul Beck 2:19:43
W40 Deborah Shumard 2:34:00
M55 Mike Davis 2:38:17
M60 John Martin 2:46:13
M60 Mike Davis 2:54:30
M70 Mike BISS 3:01:54
M70 Mike BISS 3:08:56
M70 Mike BISS 3:15:59
M70 Mike BISS 3:22:59
M70 Mike BISS 3:29:59
M70 Mike BISS 3:36:59
M70 Mike BISS 3:43:59
M70 Mike BISS 4:00:59
M70 Mike BISS 4:07:59
M70 Mike BISS 4:14:58

Masters

M50 Mike Davis 2:38:17
M55 Mike Davis 2:46:13
M60 Mike Davis 2:54:30
M65 Mike Davis 3:02:57
M70 Mike BISS 3:01:54
M70 Mike BISS 3:08:56
M70 Mike BISS 3:15:59
M70 Mike BISS 3:22:59
M70 Mike BISS 3:29:59
M70 Mike BISS 3:36:59
M70 Mike BISS 3:43:59
M70 Mike BISS 4:00:59
M70 Mike BISS 4:07:59
M70 Mike BISS 4:14:58

W70 Marilyn McKinley 4:07:59
M70 Mike BISS 4:00:59
M70 Mike BISS 4:07:59
M70 Mike BISS 4:14:58

NATIONAL MASTERS NEWS

October 1997

CONTINUED FROM PREVIOUS PAGE

Marilyn McKinley 51:56
Della McIntyre 53:18
W50 Mary Minnick 45:36
Karen Sweney 70:43
W55 Marty Ogens 70:17
Frances Rosell 71:30
W50 Janet Hayden 63:57
W70+Opta Conaway 81:97

U.S. TRIATHLON NATIONAL CHAMPIONSHIPS

San Francisco, CA; July 13

Kathryn Gehlhart 50:52
Shannon Patricio 53:13
W45 Charla Blakely 52:59
Diane Ridgway 52:52
Jen Botforst 64:09
W50 Joyce Taylor 64:39
Dalia Lohan 70:45
W55 Marilyn Sell 70:21
W60 Cathie Insley 71:05
W60 Grace Rome 7:15:07
W70 Dick Gatta 8:16:53
W70 Jan Richards 9:13:31
Po Adams 10:43:00

Finishers 3537:03 13:35

Masters Men's 10-Mile

W55 John Rollins 1:18:18
M55 Brian Powell 1:20:02
M55 John Rollins 1:22:46
M55 Thomas McGlynn 1:25:20
W55 Robert Leonard 1:36:17
W45 Paul Hernandez 1:36:52
W45 John Buescher 1:38:40
W45 Charles Huntington 1:40:26
### RACEWALKING

#### 2000m Walk

<table>
<thead>
<tr>
<th>Team</th>
<th>Name</th>
<th>Gender</th>
<th>Age</th>
<th>State</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Portland</td>
<td>Lyn Brubaker</td>
<td>M</td>
<td>40</td>
<td>OR</td>
<td>0:03:57</td>
</tr>
<tr>
<td></td>
<td>Therese Ikonan</td>
<td>W</td>
<td>40</td>
<td>CA</td>
<td>0:03:59</td>
</tr>
<tr>
<td></td>
<td>Peggy Miller</td>
<td>W</td>
<td>43</td>
<td>NM</td>
<td>0:04:02</td>
</tr>
<tr>
<td></td>
<td>Roswetha Sideko</td>
<td>W</td>
<td>44</td>
<td>FL</td>
<td>0:04:07</td>
</tr>
<tr>
<td></td>
<td>Karen Stoyanowski</td>
<td>W</td>
<td>42</td>
<td>CA</td>
<td>0:04:10</td>
</tr>
<tr>
<td></td>
<td>Sandra DeNoon</td>
<td>W</td>
<td>42</td>
<td>IL</td>
<td>0:04:12</td>
</tr>
<tr>
<td></td>
<td>Laura Nobles</td>
<td>W</td>
<td>49</td>
<td>TX</td>
<td>0:04:16</td>
</tr>
<tr>
<td></td>
<td>Chris Elnicki</td>
<td>W</td>
<td>51</td>
<td>CA</td>
<td>0:04:21</td>
</tr>
</tbody>
</table>

---

### Petition

**No False Start Rule**

I, the undersigned Masters Athlete, request that the Disqualification Rule for False Starting be changed back to the original rule allowing one false start - which conforms to all other national (USATF) and international competition rules.

**NAME (Signature):** ______________

**ADDRESS:**

**PHONE:**

**COMMENTS:**

PLEASE RETURN TO HANK NOTTINGHAM AND LOUISE MEAD TRICARD

290 MARCO WAY NORTH
SATELLITE BEACH, FLORIDA 32937
PHONE:407 773-4162
Get to the Heart of Your Exercise.

Introducing Endurox® ProHeart™:
The unique supplement that protects healthy heart function and increases fat metabolism up to 43% during exercise.*

Get even more out of your regular exercise by adding Endurox ProHeart. Endurox ProHeart is a unique combination containing Endurox®, the standardized extract of the herb ciwujia, antioxidant vitamins E and C, and folic acid. Vitamin E has been shown to prevent the formation of plaque-producing cells in the arteries.* Vitamin C and folic acid each play an essential role in preventing the buildup of free radicals and other metabolites, which interfere with normal heart and cardiovascular function. During exercise Endurox ProHeart is proven to shift the energy source from carbohydrate to fat. This carbohydrate shift increases the metabolism of fat up to 43% and also reduces muscle fatigue and soreness.* Endurox ProHeart is not a stimulant and has been used extensively without reported side effects.*

Visit the Endurox Workout Center at: http://endurox.com

At the Heart of Your Exercise.

Available at GNC and other fine health food stores.