1403 Compete in Track & Field In Oregon

Nike World Masters Games Draw 11,000

The good news is that more than 11,000 athletes—includes 1403 in track and field—participated in the fourth Nike World Masters Games in Oregon, August 9-22. The bad news is that only 11,000 athletes—excluding only 1403 in track and field—took part in the quadrennial event.

This dichotomy, espoused by people who saw the same event in different lights, is that the final numbers, despite being substantial, fell far short of the original estimates of 25,000 total and 4000 T&F athletes. As a result, some reviewers called them "disappointing."

Nevertheless, the magnitude of the Games was impressive. More than 100 nations were represented. It was the largest gathering of masters athletes ever assembled in the USA, surpassing the 8000 who came to Tucson, Ariz., in 1997 for the National Senior Sports Classic.

With 1403 entries in the T&F competition, it was the biggest masters meet held in the U.S. this year, outdrawing the 1061 who came to Orono, Maine, for the U.S. Nationals.

The Games consisted of 25 sports for masters athletes—generally age-30-and-up, depending on the sport. The Games are held every four years under the auspices of the International Masters Games Association (IMGA). This year they were staged by the Portland Sports Authority, a group formed to attract tourist dollars to Oregon, August 9-22.

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Anderson, Pozdnyakova Top Masters at Crim

Young, Wysocki, Utes Win Indy Points

by JANNA WALKUP

Indy Life Circuit competition heated up at the Crim Festival of Races 10 Mile in Flint, Mich., on Aug. 22. With the race serving as both an Indy Life Circuit event and the USATF masters 10 mile championships, Craig Young and Ruth Wysocki blazed to USA masters titles under warm, humid conditions. England's Keith Anderson and Ukraine's Tatiana Pozdnyakova defended their Crim masters titles, but were ineligible for the USA masters title or Indy Life Circuit points because they are not residents of the U.S.

Shooting for the American masters record of 49:46, the 42-year-old Young, Colorado Springs, Colo., expressed his disappointment at not being able to hang with Anderson, who clocked 49:45. "I should have been able to get that, but I didn't have it today," said Young, whose finish time was 50:33. "I just couldn't go with Keith."

While Young couldn't go with Anderson, no other American could stay with Young. Second place finisher Charlie Gray, 44, Lee's Summit, Mo., finished nearly three minutes behind in 53:20. Gary Romesser, 47, Indianapolis, Ind., placed third in 54:35.

Wysocki, 41, finished in 57:21 to set a U.S. single age record and moved into first place in the Indy Life standings. Both Wysocki, Canyon Lake, Calif., and Young earned $1750 in masters prize money for their wins. While Young had Anderson to chase, Wysocki likewise couldn't quite catch Pozdnyakova, who won the masters division in 57:05.

Jane Welzel, 43, Ft. Collins, Colo., was second behind Wysocki in the Indy Life and U.S. championship race,

Records Fall in USA Decathlon

by TOM THORNE

The 27th USATF National Masters Decathlon & Heptathlon Championships were held on July 25-26 in Neosho, Mo. Participants had high praise for the meet, especially for the degree of community involvement in the event, which included an international team challenge between athletes from the U.S., Canada, and Poland.

Despite high heat and humidity, many new championship meet records were recorded. Fifty-nine-year-old Emil Pawlik, Jackson, Miss., tied his high jump record of 5-5 and bettered his javelin mark of 136-2, both in the 1996 championships in San Diego, with a 141-9.

Dan Bulkley, 81, Phoenix, Ore., held a new meet record in the shot put for about 15 minutes, but E. Lee Todd, of Nebraska, surpassed Bulkley on his final throw with a 29-8. This was

Continued on page 8

Continued on page 6

Continued on page 6
Plasencia and Samuelson Rush to Falmouth Wins

by JANN WALKUP

In a battle of 41-year-olds, former Olympian Steve Plasencia, Shoreview, Minn., nipped England's Keith Anderson at the finish to secure a masters win and $3,000 at the 26th running of the Harvard Pilgrim Health Care Falmouth Road Race, Falmouth, Mass., August 16.

Plasencia and Anderson, who won $1,500, both posted times of 34:37 on the 7.1-mile course, with Plasencia winning by less than one second. Kenyan Peter Koech, 42, placed third in 35:47 and had a $750 payday.

Rounding out the men's top five were Jon Sinclair, 40, Ft. Collins, Colo., 36:12, $500, and Allen Choma, 45, Westerville, Ohio, 36:42, $250.


The women's prize money structure was identical to the men's.

Besides age group bragging rights, 50+ masters had an additional incentive of $500 on the table for men's and women's winners.

The legendary Bill Rodgers, 50, Sherborn, Mass., 38:18, and Peggy Couper, 53:21, snatched up victories. Rodgers, along with Benoit-Samuelson, is a past overall winner of the race. W60 winner Elizabeth Jazowski turned in an impressive 58:38 to claim an age group title.

A New England tradition, the Falmouth race is sponsored by Harvard Pilgrim Health Care, the largest non-profit health care organization in New England. The scenic race winds along the shore and past a lighthouse, finishing at the beach in Falmouth Heights.

FIFTEEN YEARS AGO

October, 1983

- 350 Compete in West Regionals in Los Gatos, Calif.
- Norm Green, Jr., Sets M50 Half-Marathon Mark of 72:09 in San Diego
- NMN Letters Unanimously Oppose Ban of South Africans from 5th WAVA Championships in Puerto Rico

The entry fee of $40 is good until January 23, 1999. No registration forms postmarked after that date will be accepted. Registration after that date will be accepted at the Motorola Marathon Expo and with a fee of $50.
NIKE WORLD MASTERS GAMES
There were many reasons not to attend the Nike World Masters Games. The entry fee of $200 was huge, and the competition schedule was another unnecessary money vacuum. Common doubles, such as the 200/400, 800/1500, and short/long hurdles all required one week-plus stays in Eugene, Ore. Had the anticipated 4500 athletes appeared, the schedule might have been unavoidable. Unfortunately, entries materialized against repeated entry deadline extensions, no provision was made for compression of the schedule. Many events, set for finals after two qualifying rounds, required the fee. While the fee was unprecedented in ·

common doubles, it was as rich as the entry fee. The only improvement could have been more attendance by athletes. Many stayed away because of the $200 entry fee. A mistake, as we feel the return was worth more than what we paid. There were many extras: a competent medical staff to take care of injuries and sore muscles, free massages, a Nike sports bag, unlimited events, free transportation, T-shirt, water bottle, results (minutes after the event), banquet dinner, and the most expensive, beautiful medals we have ever received.

And the friendship and camaraderie were priceless.

Chick Scheck
Lincoln Lake, Michigan
Earl Fee
Mississauga, Ontario, Canada

Masters track & field athletes are well-known for helping and rooting for one another, but that was never better demonstrated than at the Nike World Masters Games in Eugene, Ore., where I was involved in two typical examples of masters friendship and one not-so-typical.

While competing in the pentathlon, I fouled my first javelin throws and was in danger of blowing the whole event. With cheers from all my competitors, I managed a decent throw in my final attempt. That was followed by handshakes from all, including the eventual Russian winner, who spoke no English but was obviously fully aware of the situation.

Two days later, while I was warming up for the high jump, an announcement was made over the P.A. system, asking if anyone could lend a size-13 HJ shoe to a competitor (in a different age group from mine), who was also warming up and had torn the heel from his shoe. Since we were competing in back-to-back pits, I found him easily after discussion with both sets of competitors and officials, it was agreed that we would pass the shoe back and forth with some accommodation in jumping sequence, if necessary, to allow both of us to compete.

The final example of one competitor helping another is in a different category. While dining with two of my competitors, Larry Armstrong and Luigi Schiavio, following the HJ competition, I found myself choking on some food. After struggling in vain for perhaps 10-15 seconds to clear my throat, I realized I was in trouble and signaled for help. Larry came to my aid, performing the Heimlich maneuver, but didn’t have much luck and called for help from others in the restaurant. Eventually, they were successful. A very frightening incident happened happily, as once again one competitor came to the aid of another.

Congratulations and thanks to the competitors for being dedicated athletes, great friends, and life savers.

Philip M. Byrne
Charleston, Massachusetts

ORONO NATIONALS
I would like to take this opportunity to give kudos to Peter Taylor, the announcer at the National Masters Championships, Orono, Me. Peter had just the right kinds of information for each person, adding the perfect amount of spice to heighten the excitement of each event when announcing them over the PA. If he isn’t already, he should be an integral part of all the national meets regardless of location. Peter, you’re “DA BOMB.”

Harold Tolson
San Diego, California

As a very satisfied participant in the throwing events at the National Masters Championships in Orono,
ALAN BEARDALL

Unfortunately, Alan Beardall, listed as entering a new age group in the September issue, died Dec. 1, 1988, in England, when a truck plowed head-on into his car, killing his wife as well. Alan, a pioneer in the field of clinical kinesiology, is best known in Northern California, where he grew up into his car.

It was obvious that effort had been made to meet the comfort needs of the athletes. Thanks also to all of the hardworking volunteers from Orono.

Moss typified the prevailing helpful attitude by going out of his way to facilitate my paper requirements.

ALAN BEARDALL
Orange, California

ASSOCIATION UNITY

I have read with great interest the report on the joint meeting of representatives from WAVA, International Masters Games Association (IMGA), National Senior Games (NSG), USATF and IAAF on Aug. 7, 1998. It was on this basis that I, in cooperation with Bob Fine, proposed in 1988 that WAVA consider getting into the multi-sport business. Our entreaties, unfortunately, fell on deaf ears at that time. As a result, IMGA has carried the ball through four international games with varying degrees of success, and will, I am sure, strike gold in Melbourne in 2002, provided its organizers can profit from Portland’s mistakes.

David Pain
San Diego, California

KUDOS TO OFFICIALS

Over the past several weeks, I’ve been privileged to participate in several meets here in the West: the Hayward Classic, Western Regionals, Nike World Masters Games, National Weight & Superweight Championships, and National Weight Pentathlon. Unfortunately, Alan Beardall, listed as entering a new age group in the September issue, died Dec. 1, 1988, in England, when a truck plowed head-on into his car, killing his wife as well.

A world event can conceivably also incorporate the national championships of the host nation in certain sports. When the 1989 USA National Masters Championships were held in San Diego the week prior to the WAVA championships in Eugene, Ore., we enjoyed an entry of 1500 athletes, which included some 500 foreign masters bound for Eugene. The only additional expense was the medals awarded to the foreign athletes. The infusion of foreign athletes elevated the level of competition as well as enthusiasm at the meet.

The same situation occurred in 1975 when we held the AAU Masters Nationals in White Plains, N.Y., one week prior to the first World Masters T&F competition in Toronto. Such synergies can only take place when two or more athletic associations coordinate their competitions to complement one another.

The preeminence of WAVA as arbiter of masters athletes should be manifest. WAVA has spent nearly 25 years in association with masters governing bodies to develop and refine the rules of masters athletics, establishing that both male and female masters are capable of credibly performing all athletics disciplines.

WAVA is also capable of providing insight and guidance to such fledgling organizations as the National Senior Games, a.k.a. Senior Olympics. The Senior Olympics, although nationwide in scope, has had a provincial attitude, generally catering to the less qualified athlete, and, in many instances, failing to excite participation by many of the better masters athletes. A major event does not induce beginner participation by watering down the challenge level of the events offered.

I am informed that the Nike meet in Eugene was well conducted by Barbara Kousky and Tom Jordan, as it should have been, since both have close ties to WAVA. The Eugene athletics community enjoys a fine reputation for its promotion of excellent track and field events. This was essentially a WAVA production.

In order to make an affiliation work, it will be necessary for the participating organizations to form an “Olympic” type umbrella organization coupled with oversight authority, which means participating associations would have to subordinate their individual goals. Considering the number of sports involved, this may be difficult to achieve.

I have always viewed the world games multi-sport concept as the best vehicle for masters sports in that a large number of participants – note the success of the Brisbane Games with 24,000 participants – can appeal to sponsoring governmental entities willing to organize and fund such an event as a major tourist attraction. Further, international commercial sponsors can also be brought into the fold; whereas the individual sports federations lack sufficient clout.

It was on this basis that I, in cooperation with Bob Fine, proposed in 1988 that WAVA consider getting into the multi-sport business. Our entreaties, unfortunately, fell on deaf ears at that time. As a result, IMGA has carried the ball through four international games with varying degrees of success, and will, I am sure, strike gold in Melbourne in 2002, provided its organizers can profit from Portland’s mistakes.

David Pain
San Diego, California

Sri Chinmoy Meet Cancelled

Please Note:
The Sri Chinmoy T&F Meet scheduled for Sunday, October 25 in Long Beach, CA, has been CANCELLED.
The Lessons of Running

Having completed the transition from competitor to fitness runner or simply jogger, I recently looked back on the many years of competition and asked myself what I learned from the experience. The lessons were many.

To begin with, I learned that I could run faster and longer than I had ever imagined during the first 35 years of my life. But then, upon accomplishing what I had never imagined, I learned that I could never live up to my new expectations.

I learned that I could work a lot harder than I had ever realized possible, but then I learned that I could work too hard and go in reverse.

I learned that one can get very fit from a lot of running, but I also learned that one can become disabled from too much running.

I learned that you can go out too fast and "die" and that you can go out too slow and never catch up.

Slow vs. Fast

I learned that long, slow mileage in training can mean big gains, but that short, fast mileage is just as important.

I learned that winning can be fun and fulfilling, but I also learned that winning can bring unwanted pressures and harmful stress.

I learned that a low place with a good time can be more satisfying than a high place with a not-so-good time.

I learned that a good loser is better than a poor winner.

I learned that running can result in many friendships, but I also learned that it can hurt close relationships by taking away quality time with loved ones.

I learned that too much success can result in false pride, but I also learned that running can bring an abundance of humility.

I learned that excess weight can significantly slow you down, but too little weight can leave you weak and depleted.

I learned that other activities, such as weight training and biking, can help your running, but I also learned that if you do too much of those activities it can hurt your running.

I learned that stretching is important if one is to maintain flexibility and stride length, but I also learned that too much stretching can make you too supple and take the "snap" out of your running.

I learned that a lot of variety helps maintain motivation, but I also learned that too much variety causes one to stray from the disciplined path.

I learned that rest is important, but I also learned that too much rest can set you back.

So What?

I learned that the people I tried to impress most could not have cared less.

I learned that proper hydration is essential, but I also learned that too much hydration can result in restless nights and lack of sleep.

I learned that your fiercest rivals can be your best friends.

I learned that best tasting foods can hurt your running and that the worst-tasting foods can help it.

I learned that you can get faster with experience, but I also learned that you can get slower with age.

I learned that running can be a positive addiction, but it can also be a negative addiction.

I learned that the biggest material prizes can come from the smallest accomplishments and that the smallest material prizes can come from the biggest accomplishments.

Nothing For Nothing

I learned that the most treasured rewards come from within and cost nothing.

INDY LIFE CIRCUIT

Men After Four Races

1) Craig Young 42 Co . Springs.
2) Peter Koch 40 Albuquerque, NM 60
3) Steve Plascencia 41 Shreveport, LA 55
4) Charlie Gray 44 Los' Summit, MO 43
5) Antonio Niemczak 42 Albuquerque, NM 24
6) Gary Remsburger 47 Lynwood, WA 23
7) Kenneth Wilson 43 Albuquerque, NM 20
8) Budd Coates 41 Emmaus, PA 17
9) Lloyd Stephenson 43 San Francisco, CA 12
10) David Walters 42 Lyle, IL 8
Steve Scott 42 Carlbad, CA 8
Alan Vomatter 41 Southfield, MI 8

Age-Graded Standings:

1) Warren Utes 78 Park Forest, IL 279
2) Craig Young 42 Co. Springs, CO 275
3) Fay Bradley 60 Washington, DC 256
4) Gary Remsburger 47 Indianapolis, IN 231
5) Charlie Gray 44 Let's Run, MO 233
6) Jack Nelson 58 Winnetka, IL 222
7) Peter Koch 40 Albuquerque, NM 199
8) Paul Heitman 67 Sudora, KS 195
9) Steve Plascencia 41 Shoreview, MN 189
10) Jan Finkley 54 Grandview, CO 174
Sonny Moniz 62 El Segundo, CA 164
Dick Wilson 66 Lawrence, KS 148
Kenneth Wilson 43 Albuquerque, NM 146
Bobby Nunez 39 Fort Worth, TX 134
Budd Coates 41 Emmaus, PA 127
Lloyd Stephenson 43 San Francisco, CA 125
Ken Sparks 53 Chagrin Falls, OH 114
Bruce Katter 63 Edmonds, WA 110
Antonio Niemczak 42 Albuquerque, NM 108
Patrick Devine 67 RPVerdes, CA 106
Gary Tuttle 50 Ventura, CA 100

(Compiled by Road Running Information Center)

INDY LIFE CIRCUIT

Women After Four Races

1) Ruth Wysocki 41 Canyon Lake, CA 258
2) Joan Samuelson 41 A!ruque1que, NM 257
3) Regina Joyce 41 Lynnwood, WA 254
4) Patsy Waldak 40 Houston, TX 245
5) Sue Wetzel 43 Ft. Collins, CO 207
6) Diana Patrick 40 Lakewood, CA 207
7) Suzi Morris 40 Encinitas, CA 218
8) Victoria Crisp 46 Nashville, TN 198
9) Lesley Chaplin 40 Mt. Park, GA 188
10) Joan Samuelson 41 Freeport, ME 15

Age-Graded Standings:

1) Jane Machala 67 Spokane, WA 269
2) Joan Ottaway 54 Sonora, CA 255
3) Ruth Wysocki 41 Canyon Lake, CA 246
4) Joan Samuelson 41 A!ruque1que, NM 230
5) Regina Joyce 41 Lynwood, WA 207
6) Lesley Chaplin 40 Mt. Park, GA 199
7) Victoria Crisp 46 Nashville, TN 198
8) Gloria Jansen 51 Edina, MN 172
9) Ellen Nitz 58 Milford, MI 161
10) Linda Frisby 31 Grandview, CO 147
Suzi Morris 40 Encinitas, CA 146
Jane Hedlund 48 Ft. Collins, CO 144
Patsy Waldak 40 Houston, TX 141
Kimberly Campo 42 San Diego, CA 136
Ruth Vomund 40 Ventura, CA 125
Diana Frisby 40 Lakewood, CA 120
Marina Grissom 56 Greenwood, IN 118
Patricia Crisp 46 Indianapolis, IN 116
Kathy Ward 43 Sacramento, CA 111
Cindy Keeler 40 Lake Worth, FL 73

(Compiled by Road Running Information Center)

Crin Road Race

Continued from page 1

crossing the finish in 58:24. Cindy Keeler, 40, Lake Worth, Fla., 59:12, and Jeanne Lasee-Johnson, 41, Chula Vista, Calif., 59:30, also came in under the one hour mark to place third and fourth, respectively, in the Indy Life race.

In addition to Wysocki's record, several other U.S. age group records fell, despite the balmy temperatures. New York City's Rae Baymiller, 55, returned to top masters competition with a bang, shattering the $55 five-year age group record with an impressive 1:02:39 (93.5% on the age-graded tables). The record had stood for more than 10 years. Both Wysocki and Keeler had times that age graded over 90% (world class), and Welzel also came in under 90% (world class), and Welzel also

Young, in his quest for the American masters record, and 78-year-old Warren Utes, Park Forest, Ill., whose 1:11:39 (93.6%) was good for another U.S. single-age record. Utes holds a four-point lead over Young in the Indy Life age-graded standings, 279 points to 275. It was the second consecutive Indy Life age-graded win for Utes.

The competition in the M65 division featured Kansas age-group standouts Paul Heitman, 67, and Dick Wilson, 66, with Wilson finishing in front of Heitman, 1:05:44 to 1:06:52.

Other top masters performances at the Crim included M55 winner Jack Nelson, 58, Winnetka, Ill., 59:09; M60 winner Fay Bradley, 60, Washington, D.C., 1:01:46; M70 winner Jim Forshee, 72, Ann Arbor, Mich., 1:10:10; W45 winner Victoria Crisp, 46, Nashville, Tenn., 1:03:55; and W50 winner Joan Ottaway, 54, Sonora, Calif. 1:05:27.

The Crim 10 Mile set a record for entrants (6070) and finishers (5414), and featured a masters purse of $15,600.
Forty-one year old Keith Anderson proved to be almost as good a weatherman as he is a runner. The day before the Crim Road Race 10 Mile in Flint, Mich., Anderson said, "I think it's going to be too humid; but if it's not, I'd like a go at it." What he was going at was John Campbell's nine-year-old masters world record for ten miles (47:55), set here at the Crim.

Humid it was for the Saturday morning race. At 8 a.m., start time for the record 6072 runners, the humidity read on the ship, which went to Colorado. He had what he called a "fells" or hills. It can vary, he said, "from twelve minutes straight up-and-down to a three-hour horseshoe run."

"My first fell run, I was terrified. But I finished in a good position, exhausted, but exhilarated. It, the competitive bug, really kicked in. Three years later I managed not to get lost, stayed on my feet, and became the British (fell) champ."

He decided to move on to cross-country, where he placed fourth in the nationals, out of 5000 runners. Road races, mostly 5Ks, followed.

In a bit of an understatement, he explained, "I realized it was something I was good at. I surprised my wife. I went from a slob who smoked and drank, to someone who looked almost anorexic." He still weighs only 142 pounds. That's about ten pounds. That's about ten pounds. That's about ten pounds. That's about ten pounds. That's about ten pounds.

Although Anderson missed the opening his next half bottle of water. He still weighs only 142 pounds. That's about ten pounds. That's about ten pounds. That's about ten pounds. That's about ten pounds.

That competitive nature led him to Fell running is common in his native northern England. It consists of running "fells" or hills. It can vary, he said, "from twelve minutes straight up-and-down to a three-hour horseshoe run."

"I began jogging or," he chuckled, "stumbling a half-mile a day, off roads, on trails." As he continued, "I discovered I had this very competitive nature. Even though it hurt, I felt I had to run faster than the last time."

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A few sponsors, including adidas, has been tearing up the American masters circuit since the 1950s. But his story, he admits, "is not typical." A chef by trade, ten years ago he was overweight, smoking a pack of cigarettes a day, and doing some drinking, too. After meeting his future wife, he had what he called "an early midlife crisis." He started running, "there's more to life" than what he was then doing.

He quit smoking, which he had started at 14 years old. "That was difficult short-term, but not that hard to give up. Eating and drinking were harder. I still like a good glass of wine or beer."

Stumbling Along

Anderson had young kids and was starting to get his act together. Although he missed the opening his next half bottle of water, he still weighs only 142 pounds. That's about ten pounds. That's about ten pounds. That's about ten pounds. That's about ten pounds. That's about ten pounds.

He thanked his wife. "I'm lucky to have my wife, who let me train...not wonder if I could have been really good."

A Foreign Curiosity

Anderson has trained in Kenya, with the Kenyans, twice. "Villagers all came out to see me, like Livingston or somebody." The villages had no electricity or running water. "These people had never seen a white man. Thirty kids would chase me on long runs. Later he quipped, "I'm sure they exist. I just haven't met them."

Early on, he overtrained. "I nearly gave it up. I got ill...I pushed too hard, trying to get better, to prove something. I said, 'I've got to change.' I found a sports scientist to help train me."

He learned how to train, using a treadmill and a heart monitor. He learned "to balance hard work, which I can control, and relaxation." Again he cited Kenyans, this time not for their terrific work ethic, but for knowing how to relax. "They can sit on rocks at the side of the road, do nothing but sit and watch the world go by, or read a paper, and not move for two or three hours."

Anderson encourages older athletes, his success giving testament to his words. "Reach your potential. People say, 'I'm forty or fifty or sixty. You're too old.' Rubbish!" he said. "Make realistic goals. Look at them more carefully. Plan." He cited weight training and stretching as ways to "improve a little bit."

Take A Break

But he also preached patience and rest. Using his own training as an example, he pointed to his 110-120 mile weeks, with a tempo run for lactate threshold ("where you get the most improvement") and a long run ("fairly tough in itself"). "I try to work in interval work, two sessions, 10 x 1000 meters or 10 x a mile." He'll do that for two weeks. "Then the third week is an easy week, maybe sixty miles. If you try to go five or six weeks without an easy week, I think that's when you go off the edge."

After the Crim, Anderson returned to England for a bit of time with his family. But it was only a short break. Then he was off to Malaysia for the Commonwealth Games.

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Nike World Games

Continued from page 1

Portland through sporting events. Most of the events were held in Portland, with the T&F competition at Hayward Field in Eugene.

Best Meet Ever

The Eugene meet was arguably the best-organized masters T&F meet ever held. Led by experienced masters meet directors Tom Jordan and Barbara Kousky, the meet was virtually flawless. Athletes could read their times on the scoreboard within seconds after they crossed the finish line. The event ran on schedule. The paper flow was superb. The awards ceremonies went smoothly. The medals were beautiful—the biggest ever seen at a masters meet.

There were no lap-counting errors. At the Friday night barbecue, the food and the camaraderie were plentiful. At the Saturday night show, the audience with some clever quips and a shot put of 10 feet, 1½ inches, which automatically became a new world record for age 100+.

He became an instant celebrity. Two nights later on the Jay Leno Tonight Show on NBC, he reportedly improved his throw by two feet.

Making their masters track & field debuts were former Olympians Ron Laird, Dick Fosbury, Lee Evans and Joan Benoit-Samuelson.

In many events, the competition was at a world-class level. Eleven world and 13 U.S. records were established in the 12-day festival (see separate competition story on page 9).

Games Nearly Cancelled

With about 10,000 family members and friends included, the Games had an economic impact on the state of Oregon of about $21 million, according to standard economic estimates.

And yet the Portland Oregonian headlined: “Athletes and Sponsors Disappointed in Games; Nike Gets Blame for Event Failure.”

The paper reported the Games will finish with an operating loss of $500,000.

“Although disappointing,” the story said, “the shortfall is a relatively modest sum for an organization that, for months, danced on the edge of a financial precipice.”

The low point came in March when, according to three World Masters Games Board members, the event’s primary lender, U.S. Bancorp, demanded the organization repay its three-months’ overdue loan, reportedly between $800,000 and $1 million. The bank could have pulled the plug, but . . . was persuaded by financial heavy-hitters to ease off.

Organizers plan to narrow the budget deficit by selling office furniture and other assets as well as laying off most Games staffers early.

A $500,000 loss is nothing for an event of this size,” said Kousky. “Portland made some wrong assumptions and costly mistakes, but they were still able to pull it off. No one else could have gotten all the sponsors they did.”

$5 Million in Sponsorships

Indeed, the Games attracted 18 “world sponsors.” Of the total budget of $12 million, sponsors’ cash contributions approached $5 million, not far off the budgeted amount.

In a way, it was an amazing breakthrough. Never before had that much corporate sponsorship been drawn to an event with “masters” in its title. The National Senior Sports Classic, using the magic name “Senior Olympics,” has been successful in attracting corporate sponsorship, but many marketing people have long felt that the term “masters” was unsellable.

The Portland event proved that selling “masters” may be difficult, but not impossible.

$200 Entry Fee

Almost everyone agreed the fall-off of projected entries was due to the high entry fee of $200 per athlete.

“You don’t see very many people from the ghetto here, do you?” asked Hylke van der Wal, M60, of Canada.

“The biggest reason for the lack of participants is the entry fee,” said Martha Mendenhall, W35, of Tacoma.

Doug Single, the Games’ Chief Executive Officer, admitted the fee was too high in some sports, but “nobody cared in badminton.”

The experience was as rich as the entry fee,” said Doug Schneebeck of Albuquerque, N.M.

“The return was worth more than what we paid,” agreed Chuck Sochor of Lincoln Lake, Mich. (See comparative sidebar.)

The well-attended clinics at Hayward Field were held by Payton Jordan (sprints), John Thomas and Dick Fosbury (high jump), Ron Laird and Yng Ling Chen (racewalking), Mac Wilkins (discus), Joan Benoit-Samuelson (distance), Willie Davenport (hurdles), and Tom Perianoff (javelin).

National TV network ESPN ran two-and-a-half hours of the Games, featuring many of the 25 sports, including track and field.

Was $200 Entry Fee Justified?

Was the $200 entry fee at the Nike Masters Games justifiable?

“Yes, definitely, when compared with the entry costs of a WAVA Championship,” said Barbara Kousky and Tom Jordan, co-commissioners of the track and field competition at the Games.

Replied to criticism of the fee, they said:

“Let’s take a real person as an example in the World Masters Games. This person entered a total of six events (he could have entered even more for his $200). Those six events at the WAVA Championships in Gateshead next year will cost him 80 pounds, or $130.88 ($1.630 exchange rate). In addition, if he wants to attend the athletes’ party, it will cost $37.62. A program will cost $8.18, a reserved seat in the boooklet will cost $16.36, for a total of $193.04. (All of these items were included in the $200 NWMG fee.)

And this $193.04 WAVA cost does not include the other items which were included in the NWMG $200 fee, such as free massage, chiropractic, sports bag, t-shirt, unlimited fresh fruit daily, and Technique clinics, among others. The clinics alone, featuring Mac Wilkins, Willie Davenport, Joan Benoit-Samuelson, Dick Fosbury, et al, were worth the price of admission. The medals awarded were literally of Olympic quality.

The difference, of course, is that athletes can choose not to buy the additional items at a WAVA Championships. For an athlete interested in only one event, and not interested in the normal extras, athletes tend to purchase, it proved too expensive. And these folks by and large did not enter. But for a large majority of those who did enter, the cost was not out of line.”

Single said Games’ organizers underestimated the money and marketing needed for a 25,000-person event, and he was disappointed that city and state governments didn’t contribute more money.

He said organizers learned the Masters Games are an event for 10,000 to 15,000 people. (The first Games in Toronto in 1985 drew 4,000; 8,000 came to Denmark in 1989; and 24,000 attended the Brisbane Games in 1994.)

In 2002, the Masters Games will return to Australia – to Melbourne, site of the successful WAVA World Veterans Championships in 1987.

—Al Sheehan
### World Masters Games

When track & field fans hear "Hayward Field," they envision an eight-lane oval swarming with world-class runners, forgetting that it may be one of the best venues for field events in the country, especially for throwers. The shot put, javelin, and discus are held in the center of the infield, a rarity at most sites, and the hammer area is a few steps away from the track.

No surprise then that of the 11 world and 13 U.S. pending records broken or set, 21 were in the field events, and 14 of those were in the throws. Three bests were set in the 2000 steeplechase, a new event with the 30-inch barriers.

Shot put records by older athletes don’t gather much media coverage, but the one by Ben Levinson, of California, received national notice and earned him a spot on The Tonight Show with Jay Leno. Levinson is 103 years old and the oldest individual ever to set a t&f world record, with a put of 21-10 1/2, which he reportedly surpassed before a national television audience on Leno’s show after his performance at Hayward Field.

Other world record performers were also noteworthy for superior achievement. Marcello Podmolik, of Czech Republic, won the M50 20K walk in 1:34.41, 95.0%, but was second (2:32.07) with an A-G 92.5%

### AGE GROUP RECORDS SET AT THE NIKE WORLD MASTERS GAMES

#### Eugenie, Oregon; August 10-22

<table>
<thead>
<tr>
<th>Event</th>
<th>Age</th>
<th>New Mark</th>
<th>Name</th>
<th>Old Mark Held By</th>
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<td>100m</td>
<td>W70</td>
<td>16.15</td>
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In May, I entered the 15K Orono. There was a good crowd, too. I was just smiling for the whole three days. The competition in my 5K heat was- the trees, the small town feeling, and the carnival-like, congenial atmosphere. This was the very special experience. I have never enjoyed a national event as much, because I felt very relaxed. The people were wonderful. The setting was incomparably beautiful — the trees, the small town feeling, and the temperature. Then, of course, we had time to see some of Maine, which was a wonderful experience. The spirit was very, very positive and people were up. It just seemed as though we had more time to really get to know each other.

Goodwill
I fell in love with June-Marie Provost, who is in my age group. We helped each other have really good races. I think this is the very special thing about masters racewalking. Everyone encourages everyone to do the very best they can. During the last half lap in the 5K, when I passed June-Marie, she said, "Go for it, Shirley." And I thought, "Isn't that a beautiful way to compete?" And, of course, the 10K is her race, and I was just as happy for her when she got such a good time.

Right after the Nationals, I went to Mt. Shasta for six days of Qigong training. Qigong is the grandaddy of Tai chi. Its purpose is to strengthen the energy in the body. Qigong actually means cultivation of the Chi energy in the body.

Then, in a 5K judged race here in Marin, I knocked 40 seconds off my Orono time, and I know it was because of the Qigong. We were doing a form called wall squatting, where we line up with a wall, nose and forehead to the wall, toes as close as possible. Then you squat down and release your back. It has made my legs so much stronger. I don’t know what else to credit for my much faster time.

I think the time I will spend doing Qigong training and working with the energy fields in my body will make the difference for me next year in Gateshead. Besides, Qigong makes it more fun to race. You don’t have to work as hard.
A Vision to Pursue

I trust you have read George Mathews's report, "A Historical Meeting Convenes in Portland," printed in the September National Masters News. I perceived the importance of organizing a summit meeting of world leaders for master/senior athletics after experiencing conflicting national and international schedules and lack of communication and consideration for each other's priorities. A meeting of this magnitude was too long in waiting. There is so much to gain for our common programs and constituencies that it is hard to believe our predecessors had not orchestrated an amicable union of the world organizations prior to this date.

In one evening of open discussion, USATF Masters, Senior Games Association, WAVA and International Masters Games representatives created a feeling for and a desire to move forward in harmony, to create bigger and better programs for the senior/master-aged athletes of the world. All will benefit from the efforts, as was evidenced from the dialogue at the meeting and ensuing interaction following adjournment. The attendees agreed that this first summit should be followed by others, and that the harmonious atmosphere was a precursor to future interaction.

We have found our way through the forest, and the path is clear for traveling forward with our newfound friends and potential partners. I am directing my priorities to develop a working relationship/partnership between USATF Masters and the National Senior Games Association (NSGA). Early on, discussions between their responsible people and myself have been most satisfactory. Many of the past criticisms and differences of opinion have been addressed and are now non-issues. The NSGA has expressed dedication to having all athletics (track & field) comply with IAAF rules of competition as they apply to masters, and will be looking to USATF Masters for guidance and assistance.

David Pain, in his "Letter to the Editor" (this issue, p. 5), expressed an opinion that the National Senior Games, a.k.a. Senior Olympics, have had a provincial attitude, which generally caters to the less qualified athlete. This may have been the case in days gone by, but I can assure you it is not an attitude projected by the new administration of NSGA. We, USATF Masters and NSGA, share a vision to develop a Senior/Masters Olympics that will bring together the USA's finest athletes in an Olympic multi-sport format. As in all Olympics, track and field will be the natural focal highlight of the games. The finest track and field athletes will compete. Pain reminds us that he and Bob Fine unsuccessfully proposed to WAVA in 1988 that WAVA consider getting into the multi-sport business. Our present plan is for USATF Masters to join directly with NSGA, which has the demonstrated administrative ability in place to organize and finance national multi-sport events, to produce a model for the rest of the world to follow. It is important that USATF Masters carry the ball responsibly with positive support, as we develop an affiliation with the National Senior Games Association.

My vision has been to develop strong, active masters programs from association and regional levels to the national championships. We have the opportunity to take our program to another level, a true USA Olympics. Let us all work together to make it happen.

National Decathlon/Heptathlon

Continued from page 1

Todd's first full decathlon since 1944 when he won a U.S. Olympic spot but was denied participation because of WWII. Bulkley managed three other meet records: 400 (87.5); 800H (18.8), and 1500 (7:42.4). Bulkley and Todd shared a record in the pole vault (5-7½).

In the women's decathlon, Leonore McDaniel, 70, Virginia Beach, Va., had a record rampage, setting meet bests in four of the seven events: high jump (3-11¼), shot put (22-3½), 200 (37.8), and long jump (11-1). Karen Vaughn, of California, who was on a three-week driving vacation with her family, broke her meet record for the shot put (30-1¼).

Pawlik scored the meet's highest age-graded total of 7750, which is even more impressive because he is, at age 59, at the top of his group. Next year, at age 60, Emil's scores will be calculated with a higher set of age factors.

Close behind Pawlik was open athlete Jason Ramsey, 24, representing the U.S. Navy, who scored 7443 without age-factors. The open and high school divisions were not championships but were presented as a service to the track & field community for development purposes.

The international team challenge was interesting, not only from an athletic aspect, but even more for the cultural exchange and international contacts and friends that were made. The U.S. won both the Polish and Canadian challenges, with Canada winning over Poland.

Scoring was calculated by adding the total points of predetermined team members matched as closely as possible in skill level within the age groups. So, if the Poles had a 45-year-old with approximately a 5000 point skill level, then one of the U.S. athletes in the 45-49 group with about the same skill level was matched up with him or her. The scores for all of the designated athletes are added together for a grand total for each country.

Meet organizer Rev. Tom Thorne, a long-time, multi-event participant and organizer, and unofficial chaplain, gave a short invocation Sunday morning at the starting line of the hurdles, with special remembrances of departed competitors, especially Leonard Wray, of Oklahoma, who passed away this year.

Rex Harvey, USATF National Masters Multi-Events Coordinator, commented that "this was another fine example of excellent work of Thorne, the Midwest Decathlon Club, and the Neosho community. The international challenge meet here two years ago put Neosho on the world's multi-event map, and this event extended that reputation. Neosho is getting known in some far-flung corners of the world as a friendly and caring place, and, like it or not, this world is getting smaller all the time."
On The Run
by HAL HIGDON

Training Tips – The Magic Taper

What do you do the final week before the marathon? Or before a road race at a shorter distance, or before a track meet, even before your favorite field event? How do you cut back on training? How much should you rest? What is the proper amount of taper?

David L. Costill, Ph.D., director of the human performance laboratory at Ball State University, believes runners often train too hard in the weeks immediately preceding a marathon. "They feel they need one last butt-busting workout and tear themselves down," says Dr. Costill. That's true regardless of your event, and regardless of your sport.

In research with swimmers, he noticed that they often set personal records by tapering as much as three to six weeks before an event. Yet Dr. Costill knew that runners rarely taper that much, even for marathons. He continued the experiment with runners, starting their taper three weeks before a 5K. During this period they ran only two miles daily, "just a warm-up." Two problems developed. Addicted to running and worried about losing conditioning, the runners showed increases in anxiety as measured by psychological tests. Also, in a preliminary 5K, they were so rested they went out too fast and faded at the end. But in a second trial, the runners relaxed and ran their fastest.

Take Heed

That's a message we all should heed, but the work ethic that pushes us to success often pushes us to train too hard at the end. There's also the fear of failure. If you taper for any length of time, it belies full commitment. The first-time marathoner, if well coached, faces few of these problems. If the goal is only to finish, that's relatively easy, given an intelligent training plan. But the serious marathoner lays his personal status and security on the line when he seeks to improve.

Nevertheless, if you want to run well in the marathon, you need to change habits in three areas:

1. Cut total mileage. Many of us are slaves to our diaries. We find security in the consistency with which we run week after week, month after month. That's fine, but for the last weeks before the marathon, mileage doesn't count. More likely, it will hinder your performance. In the last three weeks before the marathon, run 75%, 50% and 25% of the mileage you ran the preceding three weeks.

2. Cut frequency. The simplest way to cut total mileage is to cut the number of times you train. If you follow a hard/easy pattern in training, simply eliminate the easy days. Instead of running an easy five-miler on your in-between days, don't run at all. Take a day off. By doing so, you'll allow your body to recover more fully from the hard workouts, and you won't lose any conditioning.

3. Cut intensity (but not pace). Research at McMaster University suggests that you need to continue to train at or near your regular pace on those hard days. So keep the speed up, but stop short. In speed workouts, cut the number of repetitions. In the CARA marathon training class, the weekend long run goes from 20 to 12 to 8 miles three weeks before the marathon.

Be Careful

The result of this drop in mileage during the taper will be a concomitant drop in calories burned. Since there's a direct relationship between calories burned and calories consumed in maintaining proper weight, you may put on a few pounds if you're not careful. I don't necessarily recommend that you drastically cut calorie intake, but you need to at least watch your diet to avoid eating more calories than normal. Robert Estick, a coach from Nashville, Tennessee, warns, "I tell my runners to watch their intake for the first three days of the marathon week to avoid weight gain and then to eat a little more than their normal intake with the emphasis on carbohydrates the last three days."

Ease Off

Will this taper work for athletes who are not marathoners? Sure, the percentages in Item 1 above work even if your main event is 1500 meters, although you might not want to taper a full three weeks. Even shot putters need to cut back on their lifting and on their throwing five to ten days before The Big Event.

If you're a normal runner, you've become used to a regular training pattern; you're addicted. In some respects, cutting miles is like taking heroine away from an addict. But if you want to achieve peak performance, you need to know when and how to stop.

(Hal Higdon is the Training Consultant for The LaSalle Banks Chicago Marathon. This article is adapted from his book, Marathon: The Ultimate Training & Racing Guide, available at: www.halhigdon.com.)

On The Run

Run New Zealand

Runner's World's Hal Higdon will take you Down Under:

Race the Mountain to Surf Marathon (downhill, also a 2 x 13 relay).
Run through a redwood forest in Rotorua. Hike the Kepler Trek. A distance runner's dream vacation: March 6-21, 1999. For information, contact Rose at: Roadrunner Tours, P.O. Box 1034, Michigan City, IN 46360-1034. Call toll-free at 1-888-ON-A-RRUN (1-888-662-7786).

Roadrunner Tours

The Final Week

More than 900 runners train with the CARA Marathon Training Class in Chicago. Here is the final taper for novice runners in the Marathon Training Guide on Hal Higdon's web site (www.halhigdon.com):

Sunday: Final "long" run: 8 miles at an easy pace.
Monday: Rest day, no running.
Tuesday: 3 miles at your normal pace.
Wednesday: 4 miles, easy.
Thursday: 2 miles of gentle jogging.
Friday: Rest. Get a good night's sleep.
Saturday: Rest, although some runners do light jogging the day before the marathon. If so, take Thursday off.
Sunday: The LaSalle Banks Chicago Marathon.
Weight Winners
Double Up in Seattle

by JERRY WOJCIK

In a display of athletic consistency, the 22 men and one woman who competed in the USATF National Masters Weight & Superweight Championships in Seattle, Aug. 29, finished in exactly the same places in both events, except for one instance in the M65 division.

The championships event took place at West Seattle Stadium, its home for the last several years, which has been made into a throwers' haven by the host Seattle Masters Athletic Club, with the help of a cooperative Seattle Parks & Recreation Department. Weather was close to perfect—sunny with temperatures in the low 80s.

Competitors were divided into flights, in which they stayed for both events, using one of two available throwing circles.

As in the past, the event drew athletes from distant states, such as Florida, Pennsylvania, and Arizona, and Canada.

Tim Edwards, 50, of Colorado, was the standout with the 35-lb. weight and 56-lb. superweight, with meet bests of 50-9/16 and 33-7/8, both age-group meet records. Stew Thomson, 65, of California, achieved new meet records with 25-lb. (53-7/8) and 56-lb. (26-8/16). Ken Weinbel, 70, of Washington, recorded meet records with the 25-lb. (39-5/16) and 35-lb. superweight (28-7/8). In all, 11 meet records were broken.

Suzy Hess, 56, of Oregon, was the W55 winner in the 16-lb. weight (23-11) and 25 lb. superweight (17-7/8).

In the Ultra Weight Classic that followed the championships, Edwards outdistance everybody in the 300-lb. weight with a heave of 4-2/5. However, Mark Neal, 45, of Washington, won honors with the 200-lb. with a 6-10/16 hurl.

Award winners in the Ultra Weight were M30-59, Edwards; M60-69, Ray Feick, 66, of Pennsylvania; M70+, Weinbel; and W55+, Hess. Competitors' marks were age-graded using a modified version of the Partridge Tables.

Medals were awarded to the first three in each division in the championships, with the champions receiving a championships patch. Ultra Weight winners were mailed plaque awards.

Participants received the usual picnic lunch and a free T-shirt for their entry fee.

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**PUBLICATIONS ORDER FORM**

<table>
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<tr>
<th>Quantity</th>
<th>Masters Age Records (1998 Edition)</th>
<th>Total (US$)</th>
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<td></td>
<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, 1997. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundie, WAAS and USATF Masters T&amp;F Records Chairman. $5.00.</td>
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<td>Masters Track &amp; Field Rankings (1997)</td>
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<td>Men's and women's 1997 U.S. outdoor track &amp; field 5-year age group rankings. 52 pages. 125-deep in some events. All T&amp;F events. Compiled by Jack Lance, USATF Masters T&amp;F Rankings Chairman. $7.00.</td>
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<td>Men's and women's official world and U.S. outdoor 5-year age group records for all track &amp; field and racewalking events, age 35 and up, as of March 1, 1998; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundie, WAAS and USATF Masters T&amp;F Records Chairman. $1.50.</td>
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<td>Same as above, except indoor records (M40+, W35+) as of January 5, 1998 (world) and December 5, 1997 (U.S.). 4 pages. $1.00.</td>
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<td>U.S. rules of competition for men and women for 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. $6.00.</td>
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<td>Names and addresses of national officers and staff, board of directors, sport and administrative committees, association officers and addresses, etc. $12.00.</td>
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<td>IAAF Scoring Tables</td>
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<td>Complete scoring tables for 21 men's and 17 women's age factors for the common WAVA multi-events, and instructions for hand times and automatic times are included. In English and German. Pocket size (4'/x 6) $12.00.</td>
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<td></td>
<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. $15.00.</td>
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<td>Lists 100 of the nation's most popular road races, with race entry information, top 100 all-time men &amp; women each race, top 20 all-time age divisions each race, 41,000 performers and championship listings, 300+ photos, 100 full-page maps, race histories and trivia, and guide to national running organizations. Compiled by Mike Weddington &amp; Barry Perelli. $24.95.</td>
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<td>Guide to Prize Money Races and Elite Athletes 1998</td>
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<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. $60.00.</td>
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<tr>
<td></td>
<td>Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. $35.00 per year.</td>
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**Name**

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**The Weight Room**

by JERRY WOJCICK

### Bearing the Burdens of Weighty Matters

The long-awaited pending world and U.S. records for the weight pentathlon appear on this page. The marks, as of Aug. 31, do not include the National Weight Pentathlon Championships held on Sept. 5. The world marks will be submitted to WAVA records committee members for approval and the U.S. marks to the USATF records people.

According to Pete Mundie, USATF Records Manager, this marks record list, the pending world records have a good chance of confirmation because they were made in WAVA meets. However, most of the U.S. marks may not fare as well. "So far, I have documentation on just three U.S. marks," says Mundie.

The fact that U.S. throwers are allowed four throws instead of three as is the rest of the world is also a problem. Without proper documentation, Mundie has no way of knowing whether the athlete’s best throw was made in the fourth attempt, which would nullify it for world record consideration. That may explain the discrepancies and odd-looking marks, such as the 169 total for M95 Everett Hosack in the pending WR list.

How many of the U.S. marks will hang around as pending for years, until they are bettered by documented performances, or are written off as unverifiable unless the necessary paperwork is submitted? Imagine the futility in trying to find the attendant officials to verify marks and implement specifications in meets dating back to 1997, much less 1987. What probably happened was, because the event was not WAVA-approved until just a few years ago, it never occurred to athletes and officials that they might be involved in record performances.

Athletes with record potential in any event, not just the weight pentathlon, take heed. Most meet organizers of national championships and major events have a system to initiate the proper paperwork for records, but some directors don’t. Athletes should take the responsibility of alerting them of possible records (so that officials can check before or during the event) and making sure they follow through at the moment, not two weeks, two months, or two years later.

If you have questions or comments, contact Pete Mundie at 4017 Via Marina, #C-301, Venice, CA 90291.

_year of the woman in athletics – another facet_ This year has been designated the Year of the Woman in Athletics by the IAAF. Ironically, the turnout for women of our 1998 national championships was just a few digits above nil, and generally less than it was in 1997. Three women (four in 1997) did the pentathlon in Orono. Three women (two in 1997) competed in the heptathlon in July in Missouri. Two (seven in 1997) showed up for the weight pentathlon in California in September, and one thrower (six in 1997) was on the scene in Seattle for the weight and superweight.

Only Suzy Hess, W55, of Eugene, Ore., and the National Masters News, put in an appearance in Seattle on Aug. 29. The officials working the throwing circle, where she competed with the men age-60 and over, were three women, who assumed not just the conventional female tasks of measuring and recording, but also called fouls and hauled 25-lb. and 35-lb. weights around.

Later in the Ultra Weight Classic held after the championships, the three officials — Pam Allie-Morrill, Gwen Robertson, and Carole Langenbach — declined offers of assistance from several of the 250-lb. males on hand, and said that they were capable of transporting the 200-lb. weight back to the throwing ring. Observed one thrower, "I don’t know if their lugging that weight around is a step forward or backward for women in track & field, but they aren’t having any trouble getting the job done."

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### PENDING WORLD RECORDS FOR WEIGHT PENTATHLON (1994 WAVA SCORING TABLES)

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<td>58</td>
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<tr>
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<td>Karl-Heinz Wendel (GER)</td>
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<td>6466</td>
<td>Ladaslav Filip (USA)</td>
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<td>M70</td>
<td>6467</td>
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### U.S. RECORDS FOR WEIGHT PENTATHLON

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(Compiled by Pete Mundie, USATF Masters T&F Records Coordinator)
Miles O’ Smiles

In the next few issues I will introduce you to members of USATF’s LDR executive committee and their roles in our organization. Our current structure is shown on page 2 of NNM with the addresses and phone numbers of personnel who fill the various slots. As your chair, it is my obligation to articulate the efforts of our LDR leaders and to represent masters LDR on the USATF executive committee.

This has been a trying, yet exciting time to serve in this capacity. With a budget that provides no more than 60% of what we had become used to, we have attempted to grow in quality and to establish new programs. I feel we have been somewhat successful and that the primary objective should go to our executive committee for not only maintaining a positive outlook, but for making time and financial sacrifices to make the growth possible.

Charles DesJardins, who serves both as treasurer and executive committee coordinator of the Indy Life Circuit, is a retired government ecologist and ex-baseball player, who found running later in life. He oversees the Indy Life Circuit, a series of races which provides awards to both male and female overall masters winners and also to top age-graded athletes. Awards are for both individual races and for cumulative point achievement.

As we near the end of our second year of operation, we find ourselves being contacted by the organizers of many top races and are approaching the enviable position of being able to pick and choose. Charles works with our championships coordinator, John Boyle, to provide dual-status for as many circuit races as possible.

While our funding is not as good as we would wish, and our operations are still being fine-tuned, we are progressing well. Our ultimate goal is to bring together top masters athletes from all age-groups in diverse geographical venues in races of different distances at the lowest possible cost to them. In this way all of us can meet and run with these speed-merchants and rate ourselves on the national scale, as well as find out what great people they are.

A member of the executive committee is present at each race to facilitate the Indy Life Circuit regulars and to explain the program to others who would like to be part- or full-time circuit competitors. The only requirements are USATF membership, a race entry number and a back number. Charles can be reached at 702-884-9448 (home) or 702-721-9964 (cell phone).

USATF Elections to be Held in Orlando

by COURTLAND GRAY

At the annual USATF convention in Orlando in December, elections will be held for several offices on the executive committee and for the three masters representatives as WAVA delegates.

Executive Committee positions up for election this year are: 1) Masters Chairman, Ken Weinbel, incumbent; 2) Vice Chairman, Graeme Shirley, incumbent; 3) Secretary, Suzy Hess, incumbent; and 4) Treasurer, Madeline Bost, incumbent. It is expected that all of these officers will run for reelection. Additional nominations are welcomed and encouraged.

Incumbent WAVA delegates are: 1) Barbara Kousky, 2) Ken Weinbel, and 3) Scott Thomsley.

In accordance with the by-laws, the Masters Track and Field Executive Committee has appointed a nominating subcommittee of three persons to coordinate the nominations for these offices. The nominating subcommittee will present its report of the nominations to the full masters track and field committee 48 hours before the election in December.

Members of the nominating subcommittee are: 1) Courtland Gray, Chairman, 1200 Fairview Ave., Monroe, LA 71201, 318-327-5817, cpgray@america.net; 2) Christopher Yorges, 1902 Jefferson, Eugene, OR 97405, 541-338-0800, steeplechase@ aol.com; and 3) Roz Katz, 170-11 65th Ave., Flushmg, NY 11365, 718-358-6253, throwersfan@aol.com.

Individuals wishing to nominate any person for an elected office may do so by contacting any member of the nominating subcommittee. Nominations may also be made from the floor at the annual meeting in Orlando.

No nomination may be made for an absent person unless that person has notified the nominating subcommittee in writing of his or her willingness to serve in that specific position.

All individuals are urged to develop and encourage participation in the masters organization at all levels. Having more participation strengthens the organization and ensures a steady stream of new ideas.

Mark Richards: A Quiet Warrior

by SAL CORRALLO

On July 30, Mark Richards, a longtime Potomac Valley Track Club athlete and contributor, passed away in Arlington, Va. He was 68. A national masters age-group pentathlon champion in 1991, he was a fierce competitor. He wanted to win, and he did win with regularity.

Born in Newark, N.J., and a resident of Alexandria, Va., since 1969, Mark was a graduate of the University of Houston and received a master’s degree from Boston University.

Even though he was modest and would only tell about his accomplishments if asked, his military life experiences could be the basis for a movie or TV adventure series. He was a retired Air Force colonel and a highly decorated combat pilot, who fought in Vietnam. Between 1965 and 1968, he had 6000 pilot hours and 153 attack missions (33 over North Vietnam) as a special operations pilot. He flew unmarked Douglas A26 fighter planes for night missions and close air support.

Gage, O’Connor Break Records in Colorado

by TIM EDWARDS

Two U.S. age-group records were broken in the Rocky Mountain Masters Games held in Boulder, Colo., Sept. 5-6. Nadine O’Connor, Del Mar, Calif., broke the W55 long jump record of 13-3½, set last year, by more than a foot, with a 14-4½. Tom Gage, Billings, Mont., increased the M55 hammer (6 kg) record by over two feet with a 199-9. The present record of 197-8 was made way back in 1981 by Bob Backus.

A total of 48 meet records also fell, six by Carol Finnsrud, W40, of Texas, including a 149-3 discus throw.

Sue Norton, W40, was the sprint standout, with records in the 50m (7.42) and 100 (13.72). The meet drew 131 entrants to Potts Field on the University of Colorado campus.

Among his decorations were the Silver Star, two Distinguished Flying Crosses, and ten Air Medals. Upon retirement, he worked in the offices of the Secretary of Defense, Secretary of the Air Force, and the State Department, where he was awarded two Presidential Citations.

Mark was a fully committed PVTC member. Despite his rigorous personal training schedule, frequent flights in his own aircraft, and family commitments, he and Caroline, his wife of 44 years, always found time to support our events. We hope to include a pentathlon in next year’s Potomac Valley Games, dedicated to Mark Richards. It would be a small tribute to a fine man and a great competitor.

He was buried in Arlington Memorial Cemetery on Aug. 13, with full military honors. We will miss him greatly. Fly fast, Mark, but not too far above that hurdle, as the gold medal awaits you in the sky.

—from the Potomac Valley TC Newsletter, September 1998
U.S. Entries Must Be Submitted Via USATF

All USA athletes planning to participate in the XIII World Veterans Athletics Championships in Gateshead, England, July 29-Aug. 8, 1999, must submit their competition entry forms through USATF Team Manager, Sandy Paskhin, who has taken over the position of team manager, due to the illness of Richard Lee, the former team manager.

U.S. entries will not be accepted without the official USATF stamp, which signifies that the information submitted with regard to birthdate, citizenship, and USATF membership is correct. Athletes who forward their entry forms directly to Gateshead will have their forms returned.

It will be necessary to provide proof of birthdate (copy of birth certificate or copy of passport, showing photo and date of birth), as well as other pertinent information. U.S. athletes are required to be current (1999) members of USATF in order to participate in the WAVA Championships.

Entry booklets may be requested from Sandy Paskhin, 301 Cathedral Pkwy., No. 6U, New York, NY 10026.

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**WAVA/USATF Hurdles and Implements Specifications**

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**WAVA Championships in Gateshead**

The 1999 WAVA Championships in Gateshead, England, were held from July 29 to August 8, 1999. The event was sponsored by USATF and WAVA. The main events included hurdles, sprints, long jumps, and hammer throws. The championships were attended by athletes from various countries, including the USA, who were eager to compete and showcase their talents. The event was a great success, with many athletes setting new records and impressing the audience with their performances.

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**Veterans Battered by Gales in Wales**

by MARTIN DUFF

Last time the British Veterans Championships went across the Severn Bridge to Wales, 10 years ago, the event suffered wild and windy weather. Unfortunately, the 1999 BVAF Championships, in Newport, July 10-11, suffered the same conditions, and the record entry was buffeted by wind and rain throughout the two days. Sprinters had to battle winds up to 5 meters per second up the home straight on opening day. On Sunday, the wind gauge was broken when it was blown over.

On Saturday, Steve Peters held off Wally Franklin in the M45 to win in 11.59 and later in the day the took the 400 (51.88), and, on Sunday, won the 200. An anticipated M40 400H clash between new British record-holder Mike Coker and Howard Moscrop did not disappoint. Moscrop led in the early stages, but Coker applied pressure to take the lead, after Moscrop hit the last hurdle badly, and won in a fine 54.84. Coker also won the short hurdles on Sunday with a windy 14.9.

While Sunday's 10,000 was badly affected by the wind, the 5000 on Saturday produced some top-class performances. Hayley Nash dominated the W35 in pouring rain with a 16.55.30. Nigel Gates was the pick of the men's runners with a solo M45 14.49.40 victory to add to his win in the 10,000.

Tony Bateman, M60, was in form with British records in the long (5.25) and high (1.61) jumps.

Rosemary Chrimis tied the M65 shot record with a 10.90, while Euan Williams, W60, was out to 11.61. Both went on to add more titles, but could get nowhere near their records in the conditions.

It took a British record of 42.49 for Jenny Earle to hold off the challenge of Diane Smith and world medalist Clare Cameron in the W35 hammer.

Noel Carmody dominated the middle-age-group 3000 racewalk. Bob Care, M50, was the standout in the 5000 the following day, as was Ann Lewis, taking both races.

---

**Masters Uniform Bids Open**

People interested in submitting bids for masters uniforms to be worn at the WAVA Championships in Gateshead in 1999 and other competitions are urged to contact members of the USATF Masters Uniform Committee: Suzy Hess, 514-343-7716, e-mail: natmanews@aol.com, or Rex Harvey, 440-255-0751, e-mail: rexjg@aol.com, or Madeline Bost, 973-584-0679.

Other uniforms sold before one is selected by the committee and publicized in the National Masters News will not be recognized as the official uniform.

---

**Don't Settle for a Postcard!**

Call Sports Travel International

For travel arrangements to Barbados for the WAVA Regional Championships, Nov. 1998 and Gateshead for the World Championships in July/August of 1999.

Let WAVA's most experienced travel provider save you... 
* Time * Effort * & Money! 

SPORTS TRAVEL International 
CALL Today! 
619-225-9555 or 800-466-6004
Committee Appointed for Special Year of Women in Athletics

by BRIDGET CUSHEN
WAVA Women’s Representative

The International Amateur Athletics Federation has designated 1998 as a special year for women athletes. A sub-committee consisting of three very capable and experienced women has been appointed, primarily to raise awareness and to carry forward their ideas. The three are IAAF Council members Abby Hoffman, Canada, an ex-international 800 runner; Nawal El Moutawakel, Morocco, the first Muslim woman to win an Olympic medal; and Ilse Bechthold, Germany, Chairwoman of the Women’s Committee.

To date, the year has been a great success; most notably on May 7 when women competed in the Grand Prix in the Khalifa stadium in Doha and women spectators were allowed into the stadium. A significant breakthrough -.

· · ·

Women’s Committee, was a popular feature at the workshop held in conjunction with the IAAF World Calendar Conference in Spain in October. Most countries have marked the Year with special meetings or other promotions.

You can access information on the Year at Internet http://iaaf.org/ywa, and use the special logo.

To mark the occasion, it was agreed at the WAVA Council meeting in Gateshead to donate a special trophy/plaque to each region to mark 1998 as the IAAF’s International Year of Women in Athletics. Awards will be for best overall female performance in each region.

As NCCWAVA Women’s Chair, I am soliciting nominations with full performance details. A review committee is being formed and a slate of nominations will be presented to the NCCWAVA General Assembly in Barbados for final selection.

I am also open to suggestions on an appropriate type of trophy. So far a wood carving and cut glass vase or bowl have been suggested.

Please send nominations and/or trophy suggestions, no later than Nov. 1, to Ruth Anderson, 1901 Gaspar Drive, Oakland, CA 94611.
Masters Scene

NATIONAL

• TRACS, Inc., will again direct the National Masters Indoor Championships at the Reggie Lewis Center in Boston, March 27-29. TRACS conducted the 1997 Championships. See schedule for details.

• RRCA’s second annual National Run to Work Day will be held Tue. Oct. 20. “Forget the car, at least one day a year,” urged RRCA President Don Kardong, “run to work.” For info, call 703-836-0558 or visit the RRCA’s website at http://www.rrca.org.

• For items lost at Hayward Field during the Nike World Masters Games, check with Northwest Event Management, 541-687-1989; fax: 687-1016.

EAST

• Dee Nelson, 54, Gaithersburg, MD, finished tenth in 23:24, Prince George’s RC creating TAC Trust, the system that first allowed athletes to be paid, died July 17. Chris, who was 68, had been diagnosed with brain cancer seven weeks earlier.

• Chuck Mooser, 46, Sterling, VA, gave Lomita Bonssa, 21, of Ethiopia, a battle for the overall victory through 5K before falling back to second-place with a 30:04 at the Leesburg 10K, Leesburg, VA, Aug. 16. Bonssa, in his first U.S. race, won with a 32:28. Brent Phillips, 43, Frederick, MD, was second MA40 (37:16). Betsy Cullen, 41, Towson, MD, captured the W40+ win in 43:53. The sponsoring Northern Virginia Running Industry Association designated the $500 raised to be distributed to 10 local charities.

• Speeding to masters wins at the Maggie Valley Moonlight 8K, Maggie Valley, NC, Aug. 22, were Michael Beeson, 41, Atlanta, GA, 27:28, and Nonie Hudnall, 48, Spartanburg, SC, 35:08.

MIDWEST

• One age-group WR and five age records were recorded in the WolfPaw Fall Throwing Classic, Columbus, OH, Aug. 16. Len Olson, 67, racked up U.S. feet for the 164 SP (10:25), 24 GT (31:28), and 164 (12:78). Everett Hosack, 96, established an M95 WR for the 4k HT with a 10:46, and age records for the 25k (3:38) and 35k (2:55).


MID-AMERICA


WEST

• Greg Mislick, MA40, 27:44, and Helen Birnbaum, W60, with a rapid 35:25, took masters firsts in the Distance Derby 5 Mile, Huntington Beach, CA, Aug. 15. In an adjacent 10 mile, Jim Norton, MA45, 59:27, and Karl Proffitt, W40, 63:26, nailed down masters titles. Pat Devine, M65, 77:24, and Sally Adam, W55, 73:53, were the standouts among the older division winners.

• Ron Gee, MA45, 16:53, and Sharon Lotesco, W45, 21:06, scored masters SK firsts in the Run Through The Barns 5K, East Los Angeles, CA, Aug. 23. Helene Birnbaum, W60, was second W40 in 23:20. John Araujo, MA40, 35:00, and Tareah Horn, W45, 47:55, were 40+ firsts in the 10K.


• Jim Hague, 40, Lanhim, MD, 1:10:06, and Sue Norris, 41, Enantiola, CA, 1:13:09, few to masters wins at the America’s Finest City Half-Marathon, San Diego, CA, Aug. 16. Top masters in the 5K were Matt Lake, 42, San Diego, CA, 18:11, and overall women’s winner Jeanne Lasee-Johnson, 41, Chula Vista, CA, 17:57.


NORTHWEST

• The Wild Women of Sandy, OR, 24:50:57, averaged a 7:32 pace en route to winning the women’s masters division of the Hood to Coast Relay, which traversed 193.8 miles from Mt. Hood to Seaside, OR, Aug. 28-29. Other top masters teams were Pace Setter - To Be Old, Portland, OR, 18:21:53 (5:41 pace), first in men’s masters; No Walkin’ Til The Van Passes, Champaign, IL, 20:27:33 (6:20), first in mixed masters; PCC Eastside Striders, West Richland, WA, 22:08:34 (5:61), first in men’s supermasters; and Super Heart and Soul, Portland, OR, 29:29:59 (8:08), first in women’s supermasters.

INTERNATIONAL

• Corrie Keijpers broke Gerda Van Kooten’s W55 WR of 5:07.3 with a 5:06.94 in the Dutch Veterans Championships, Zevenaar, June 6-7.

OPEN

• Nominated for the National Track and Field Hall of Fame are Greg Foster, Dwight Stones, Charlie Moore, Jay Silvester, Larry Young, Francis Larrieu-Smith, Maren Selander, Ted Corbit, Evie Dennis and Oliver Jackson. At least three will be inducted Dec. 3 during the USA Track & Field meeting in Orlando, Fl.
Continued from previous page

Conventures, Inc., One Design Center Place, Boston, MA 02210, 617-439-7700.


October 25. Cape Cod Marathon Relay, Falmouth, Mass. SASE to Cape Cod Marathon, Box 699, West Falmouth, MA 02574. 508-540-6959.


November 1. New York City Marathon. NYRRC, 9 E. 89th St., NY 10128. 212-423-2239.

November 8. Ocean State Marathon. Narragansett to Warwick, R.I. Masters money (40+50+60+). OSM, 5 Division St., East Greenwich, RI 02818. 401-885-4499; OSM26@DTS.net.

November 15. NYRRC Cross-Country Championships, Bronx, NY. See Nov. 1.


November 28. Manchester 5 Mile. Manchester RR Committee, PO Box 201, Manchester, CT 06040-0211. 860-649-6456 (8 am-6 pm).

November 28. NYRRC Metropolitan 50 Mile & 50K, Central Park, NYC. See Nov. 1.


December 6. Brian's Run 10K, West Chester, BR 10K, PO Box 2440, West Chester, PA 19383. 610-436-2731.


SOUTHEAST

Alabama

Florida

Georgia

North Carolina

South Carolina

Tennessee

Virginia

SWEETWOOD

Halloween Scamper

Seniors Only, 50 and Older, Men and Women Sweetwood Senior Community, Williamstown, Massachusetts

Gently rolling course through woods and meadows with spectacular views of the Berkshires. Festive decorations – pumpkins, cornstalks, balloons, and the like – in celebration of Halloween. Refreshments. Many cultural and historic attractions nearby.

Awards

Five-Year Age Groups, 50-54 to 90+. Medals for first, second, third, M & F, in each age group, and for overall top three, M & F. T-shirts for all entrants.

Registration

To October 15, $12. To October 25, late, $15.

For Information and Registration

Bob Matteson, Scamper Director

359 Main Street (Putnam Square), Bennington, Vermont 05201-2173

(802) 447-2566

5K CROSS-COUNTRY RUN • OCTOBER 31 (2 P.M.)

NATIONAL MASTERS NEWS

October 1998

50706. 605-697-9058.


SOUTHWEST

Arkansas

Louisiana

Mississippi

Oklahoma

Texas


November 7. White Rock Half-Marathon. Dallas, X-C Club of Dallas, PO Box 820414, Dallas, TX 75382. 214-855-1511, or Horace Duncan, 972-270-5264.

November 7. 10 Miles for Texas, The Woodlands. Ellen Earle, Gulf Coast Run Club, Sugar Land, TX 77478. 281-265-3696.


January 17. Houston Marathon. SASE to HM, 720 N. Post Oak Rd., Suite 335, Houston, TX 77024. 713-957-3453.

February 14. Motorola Austin Marathon & Relays, Austin, Tex. Motorola Austin Marathon, P.O. Box 684587, Austin, TX 78768-4587. 512-505-8304.

Continued on next page
Continued from previous page

WEST
Arizona, California, Hawaii, Nevada

October 25. Silicon Valley Marathon & Half-Marathon, San Jose. Firstwave Events, PO Box 565, Los Gatos, CA 95031. 408-354-0857.
December 6. California International Marathon, Sacramento. CIM, PO Box 161149, Sacramento, CA 95816. 916-983-4652.
December 13. Honolulu Marathon. HM Assoc., 3433 Waialae Ave., Rm. 208, Honolulu, HI 96816. 808-734-7200.
January 17. San Diego Marathon, Carlsbad, Calif. In Motion, Inc., Dept. RT, 511 S. Cedros Ave., Solana Beach, CA 92075. 619-792-2900; fax: 792-2901; e-mail: imidst@aol.com.
February 7. 33rd Las Vegas International Marathon, Half-Marathon, & 5K, Las Vegas, Nev. New course. SASE to Las Vegas Marathon, Avenida, Director, PO Box 81262, Las Vegas, NV 89180. Phone/fax: 702-876-3870; Web: http://www.LVMarathon.com

NORTHEAST
New Hampshire, Vermont, New York, Massachusetts, Connecticut, Rhode Island

October 4. Portland Marathon. Les Smith, PO Box 4040, Beaverton, OR 97076. 503-226-1111.

INTERNATIONAL


RACEWALKING

October 10. One-Hour Postal Racewalk, Central Park, Plantation, Fl. 7:30 p.m. Daniel Koch, Florida AC-Walkers, 3331 NW 22nd St., Coconut Creek, FL 33066. 954-970-9634(b); fax: 970-0382.
October 17. MAC & East Region 30K Championships, Brian Piccolo Park, Cooper City, Fla. Daniel Koch, Florida AC-Walkers, 3331 NW 22nd St., Coconut Creek, FL 33066. 954-970-9634(h); fax: 970-0382.

Eric Zemper (l), director of officials; and Tom Jordan, co-commissioner of athletes, at the cross-country venue at the Nike World Masters Games.

NATIONAL SPORTS EVENTS PRESENTS

33rd Las Vegas \n
MARATHON

Including 5-person Ekiden Half Marathon & 5K

Sunday, February 7, 1999

Televisioned over ESPN's "Running & Racing"
Masters Half-Marathon Championship  "International" Friendship 5K Run
Cool and Dry Running Weather
Half Marathon Racewalking Championship
"Fun Capital" of the World
Come see why Runner's World listed these events amongst the "fastest" in the USA and join Runners from 50 States and 35+ Countries
3 day health & fitness expo at MGM Grand Hotel

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- 3 day health & fitness expo at MGM Grand Hotel
NATIONAL MASTERS New York World Masters Games
Eugene, OR: Aug 12-21

350 -100m PRELIMS-
1. Art Anderson USA 10.82
2. Steve Hofs USA 10.85
3. Robert Thomas Jr. USA 10.90
4. Ken Carey USA 10.95
5. Eric Merriweather USA 11.00
6. Richard Ciston USA 11.05
7. David White USA 11.15
8. Don Ahrenholtz USA 11.20
9. Steve Hofs USA 11.25
10. Paul Stepan USA 11.30
11. Ron Jensen USA 11.35
12. Paul Favreau USA 11.40
13. John Sanborn USA 11.45
14. Richard Ciston USA 11.50
15. Bill Sawyer USA 11.55
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**National Masters News**

**October 1988**
### National Masters News

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**October 1998**

1. **Kenneth Hadfield**
2. **Linda Bartman**
3. **Joe Graziano**
4. **Tim Sheeper**
5. **Dave McJunkin**
6. **Edward Platzer**
7. **Jeff Hollister**
8. **Michael Galloway**
9. **Douglas Galloway**
10. **Donald Cristal**
11. **James Denson**
12. **William Stuart**
13. **Randy Younker**
14. **Julie James**
15. **Gary Wickersham**
16. **Joe Solomon**
17. **Dean Sturzaker**
18. **Linda Bartman**
19. **Ken Clark**
20. **Barbara Brass**
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### October 1998

#### National Masters News page 27

**Ultra Weight Classic Age-Graded Partridge Tables (modified)**

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**Ultra Weight Classic Age-Graded Partridge Tables (modified)**

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October 1998  National Masters News  page 35

Masters Age-Graded Tables

- Keep track of your progress over the years.
- Compare performances of older and younger individuals in the same or different events.

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- Racewalking:
  Women’s Distance Festival: 5K Racewalk
  Parkersburg, WV, July 11
  Women’s Distance Festival: 5K Racewalk
  Parkersburg, WV, July 11

ATLETES WHO ENTER A NEW DIVISION THIS MONTH, OCTOBER 1998

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<td>Charles Booth (CA)</td>
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Compiled by Pete Mundie, World and U.S. Masters T&F Records Chairman.
WZYP Rocket City Marathon
RRCA Southern Region Championship
Running Journal Double Point Grand Prix Race
Saturday, December 12

$18,000 Prize Money
Open (M&F): $2000, $1000, $500, seven $250's
Masters (M&F): $1500, $750, three $250's
Age Graded Masters: $500, $400, $300, $200, $100
Plus $4000 in Course Record Bonuses

Race Headquarters, Start, and Finish are at the Huntsville Hilton, downtown at 401 Williams Avenue. Rooms available for $58, 1 to 4 persons. 256-533-1400

Entry by mail through December 1, 1998. A good value at $20 through September, $25 during October, and $30 to December 1. Limited late entry from 5 to 9 PM on Friday, December 11, fee $50.

Race start is at 8 AM sharp. Seeding is by best marathon time in last three years. Ten mile or half marathon times may be used if no recent marathons.

Entry confirmation is by canceled check and Information Book mailed mid-November. Send SASE for special entry confirmation. Book is mailed third class, notify us if your address changes.

Race course is fast and generally flat, only two hills over 35'. Average temperature is 46 degrees. Split every mile with ten aid stations and ten Port-a-Johns on the course.

Teams: Send SASE for team entry. Return by Nov. 15 for guaranteed team entry. Later arrivals handled as time permits. No team fee.

Results: Interim results posted after each 50 finishers. Race photo ($7 to keep) and finisher certificate are mailed first class shortly after race. Race results book is mailed later.

Awards: T-shirt and info book to all entrants. Key chain medallion and race cap to all finishers. Awards to prize money winners, age division winners, and team winners. Age divisions are 0-19, then five year divisions to 75+.

Certificates to Southern Region Champions (overall, masters, and age groups) and for Alabama State Records.

Friday activities: Historic district group runs (2 or 4 miles) start at Hilton at 4 PM. Free Packet pickup and expo - 5 to 9 PM
Carbo Supper 5 to 7 PM - $8, $9 at door.
Clinic and guest speaker - 7 to 8:30 PM. Free

Saturday Activities: Packet Pickup- 6:30 - 7:30
Expo- 6:30 AM to 2:30 PM Free
Marathon Start - 8 AM
Post race snack - 10:15 AM to 1:30 PM. Free
Ask the experts panel - 1:30 to 2:30 PM
Awards & celebration- 2:30 PM. Free
Post Race Banquet - 5:30 PM
$15 in advance.
Vegetarian entree available

For information:
Call Race Director
Malcolm Gillis
256-828-6207

PLEASE PRINT PLAINLY

Did you run WZYP Rocket City Marathon last year? Yes No

LAST NAME__________ FIRST __________ Circle SEX Male Female
STREET ___________________ Circle Shirt SIZE S M L XL
CITY ______________________ BIRTHDAY __/__/ __

Home Phone __________ Work Phone __________ No. of Marathons Run __________

Best Marathon Time _______ Year _______ Best Time 1996-98 _______ USA Track Number _______
Fee Postmarked in Aug./Sept $20, Oct $25, Nov $30
@ $8 $ __________ Check if entering __________ Open Male Team
Sat. Night Banquet $ __________ as a team __________ Open Female Team
Husband/Wife __________ as a team __________ J Master Male Team
Parent/Child __________ __________ Master Female Team

Total enclosed __________

I, individually, and/or as a parent and/or guardian of the named minor(s) for and in consideration of my receiving permission from the Huntsville Track Club, to enter and participate in the Rocket City Marathon and/or the Southern Region Championship, do hereby release, renounce, waive, and forever discharge the Huntsville Track Club, the City of Huntsville, the United States, and all sponsors groups of this racing event, together with all of their officers, agents, officials, and employees, from any and all claims, demands, actions, or causes of action, whether arising out of or related to any injury, illness, loss, or damage, including death, relating to participation in this event. I further state that I am in proper physical condition to participate in this event.

Signature __________ Date __________

All entry forms must be signed and dated. If under age 19, Parent or Guardian signs
Make out check and mail to: Huntsville Track Club, 94 Scenic Drive, Huntsville AL 35801

TEAMS: Sends SASE for team entry. Return by November 15 for guaranteed team entry. Later arrivals handled as time permits. No team fee.