Nationals Draw 900 Athletes to Orlando

Heat Takes a Toll

by JERRY WOJCIK

All of the weather conditions that exemplify Florida in the late summer - heat, humidity, hurricanes - were present during the 32nd annual USATF National Masters Championships on Aug. 26-29.

Fortunately, Hurricane Dennis didn’t menace the athletes who showed up at the Disney Wide World of Sports Complex on the outskirts of Orlando.

Unfortunately, the record heat (98 degrees in Miami and 95 in Orlando, one degree below the record) and humidity that hit Florida were factors that influenced the meet, from the number of participants to their performances.

The Championships were open to men and women ages 30-and-above, who competed in five-year age divisions, men through 90-94 and women through 80-84. The roster of competitors listed 863 entrants, with a handful of unlisted late entrants, putting an estimated total at around 900. When the Championships were last held in Florida in 1988 at Winter Park, the draw was 920, then the second-largest ever.

At the 1998 Championships in Orono, Me., held in almost ideal weather, 1061 athletes entered. In 1997 at San Jose, the unofficial number was 1200 given by the meet organizers.

Contestants in the Age-Graded 100m race, held on Saturday, Aug. 28, at the USATF National Masters Championships, Orlando, Fla.: (l to r): Konrad Slaughter, 80; Val Barnwell, 41; Thomas Jones, 45; Harold Tolson, 61, third (10.39); Mel Larsen, 75, second (10.20); Bill Melville, 72; Charles Allie, 52; and Dick Richards, 65, first (10.19).
San Jose Championships faced somewhat the same conditions as Orlando — staging a meet a few weeks after a WAVA Championships and heat — without the humidity, however.

The perception by athletes several months prior to Orlando, that the Championships might not happen, may also have discouraged athletes from entering.

World and U.S. Records

In 1997, the Championships resulted in six world age-group records and 23 U.S. records. At Orono, eight world and 27 U.S. records were submitted, 11 in the racewalks. At Orlando, nine world and 13 U.S. pending marks were bettered, none in the racewalks and none in a race longer than the 800.

All of the world records are noteworthy, but some stand out more than others. Mel Larsen, 75, ran a 13.68 in the 200, an age-graded 1003%, the M75 record of 15.02 by Albertos Van Zyl of South Africa. At the WAVA-Gateshead Championships three weeks earlier, Larsen ran a 14.20, which, at the time, was noted as a record that would probably last for years.

Fred Sowerby, 50, denied an indoor record in the 400 at Boston last March by a hamstring pull, succeeded in breaking Steve Robbins' 51.63 with a 51.39.

Guest athlete, Earl Fee, 70, Canada, better known for his prowess in the hurdles, ran the 300H in 49.07 to break another of Van Zyl's records (50.4).

Two relay teams lopped considerable seconds off world record times. A New York M60-69 team decreased the 4x400 record by some 31 seconds with a 3:27.37. The So Cal TC W40-49 squad reduced the 4x800 record by almost 50 seconds with a 9:25.65.

Dick Richards, 65, long jumped to a world-record 5.35 and broke one of the oldest U.S. sprint records — 12.6 by Payton Jordan in 1982 — with a 12.56 in the 100.

Richards was first in the Men's Age-Graded 100m, held on Sunday, in which winners of the Saturday 100m races were invited to run from staggered starts based on their ages, the oldest sprinter having the shortest distance to run. Richards ran a 10.19, with Larsen, 75, a close second in 10.20, and Harold Tolson, 61, third (10.39). Richards scratched from the 200, scheduled an hour before the Age-Graded races, to save his energy for the 100m, possibly denying himself another gold medal.

Phil Raschker, 52, won the Women's Age-Graded 100m with an 11.39. Cindy Steenberg, 45, was second in 11.69, and Mary Bowermaster, 82, third (11.73).

Besides Richards, other national record setters included Audrey Lary, W65, who accounted for three in the 200, 400, and triple jump. Carol Finrud, W40, and Larry Colber, W60, had the distinction of breaking their own records set two years ago. Finrud in the shot and discus, and Colbert in the 200 and 400.

Weather Affects Many

The weather had an obvious effect on some races. In the M65 400 on Friday, won by Alexander Johnson in 68.59, five of the nine finalists did not show; three of the six in the M70 400 did not show, perhaps because of the stiff competition rather than the weather. Earl Fee won with a 95.5% 62.00, but Rodney Brown claimed the national championship with a 93.2% 65.11, and Jim Selby took second with a 90.1% 66.55.

By Sunday, the heat really began to take its toll in the older divisions. Six of the 13 entrants in the M65 200, won by James Stokey, with a 91.4% 28.38, did not show or scratched. In the M60 1500, won by Dan McCormack (4:59.67), who had won the 800 earlier, four of the seven finalists did not show. In the M70 1500, won by James Beall (5:31.69), four of the seven finalists did not make it to the start. On the other hand, the younger middle distance fields were well represented.

The triple jump competitions were particularly hard hit by a delay for lack of another wind gauge on Sunday. In the event, 13 of the 26 entrants in the M45 through M60 divisions did not compete. Three of the men's javelin contests slated on Sunday were won uncontested. All of the winners said that they would have preferred competition.

On the other hand, earlier events and age-divisions were filled with contestants. Most of the heat-seeking sprinters and hurdlers had strong if not full fields in their divisions. The long jumpers were out in good numbers.

Throwers Unruffled

The throwers, whose ranks at the Championships have grown significantly in the past few years, seemed unfazed by the weather and provided some entertaining clashes for spectators. Unfortunately, there weren't many spectators.

In the M40 discus throw with ten entrants, Michael Hambrick won with a 51.01. In the M50 discus competition with 11 entrants, Tom Fahey took the championship with a 51.52. In the M65 javelin, where the top four were separated by just over a meter, Larry Horine won with a 39.16.

What the meet may have lacked in numbers was more than balanced by the courage and stamina of all who competed, especially in the distance races and racewalks. Kellie Archuleta W65, embodied the spirit of those

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Complaints Run High
Generally, there was an air of dissatisfaction about the meet among the athletes who had been at other Championships. They complained about the lack of inexpensive and ready transportation to and from the airport and from the headquarters hotel to the venue, despite the fact that the entry form indicated that individuals were responsible for their own transport. Most were affronted by the $8 ticket price, each day, for spectators.

"The announcing is terrible. You can't tell what's going on," said Barbara Marbury, one of the few paying spectators.

Bob Bowen, M45 winner in the 200, commented, "This is a world-class facility. Too bad we had organizational problems."

Randall Brady, M50, a sprinter and experienced meet director from Tennessee, noted, "Excellent facility. We can't control the weather, but this should have been an evening meet."

Others criticized the tight restrictions on movement into and at the venue. Chuck Hunter, an M40 sprinter, cooling off at the complex's sports bar Sunday afternoon, summed up their feelings. "If they're going to treat me like a kid, at least give me the hat with the two ears."

Organizers Make An Effort
Meet organizers made efforts to ease some of the problems. For example, after the first day, they provided age-division numbers for athletes to identify their opponents in mixed age-group races. Water was available at every event, and athletes were often reminded to hydrate.

Officials were plentiful, experienced, and helpful. Rod Larson was in charge of officials. The head referee was Bob Burdett. Richard Haines served as the chief official for the running events. Paul Burdine was the head field event official. CFPF supplied the timing system.

Jeff Wentworth was the Senior Events Manager. Jody Burkart was the Event Manager, and Michelle Kirkman served as the Meet Director.

Athletes' Meeting
At the athletes' meeting on Saturday evening, held in an air-conditioned temporary tent on the Disney Complex, far from the headquarters hotel, the 1998 Outstanding Athlete Award winners were presented with plaques and certificates. Retiring Regional Coordinators,
Mental Toughness: The Missing Ingredient

As I watched the runners cross the finish line in a half-marathon recently, I kept wondering what was wrong with the scene. While there were some 900 participants in the event, something was clearly lacking. It was intensity, passion, drive, enthusiasm, or the combination of all of those things. I wondered if it was just me and the fact that I, no longer being a competitor, don’t have the same interest in the sport as I did 20 years ago. Perhaps I was reading my own diminished enthusiasm for the sport into the situation.

This was not a new observation on my part. I had been noticing the same thing in many other Hawaii races I had covered for The Honolulu Advertiser and pondering the same questions for three or four years: Why isn’t it the same? Is it just me or has this sport really changed? Is there enough “sport” left in it that I should even bother to sell the sports editor on giving some coverage to the events? Can I continue to justify covering a half-marathon in which the winner can’t break 1:14, or a 10K in which the winner can’t break 33 minutes? How long before the sports editor awakens to the fact that these road races have gone from sport to simple recreation and fitness and have no place on the sports pages?

Diminished Drive

The fact that the times are so much slower now than 10-20 years ago is one indication that I’m not imagining this change. There was a time when we had a dozen guys in Hawaii under 33 minutes for 10K. Now, we might have two or three but they rarely race. We also had a dozen women under 40 minutes for 10K. Now, there are just two or three. Participation has dropped a little, but the intensity has clearly dropped much more.

I gather from talking to friends on the Mainland, and looking at race results, that the same thing has happened there, although perhaps not quite to the extent as in Hawaii.

The Mainland running environment may be masked by the fact that there is more to choose from and the elite runners seek out the better races while the smaller races pack their tents. Certainly, it’s clear that the quality of America’s elite is not what it was 10-20 years ago. Perhaps it is more noticeable in Hawaii because of the relatively static running population.

Overweight Athletes

It’s mental toughness, or lack of it,” offers Johnny Faerber, once a top masters runner. As the women’s cross-country coach at the University of Hawaii for some 20 years, Faerber has seen an increasing decline in mental toughness among his harriers. “You can’t really measure it,” he says, “but when your runners show up for school in September 10-pounds overweight and having run only 20 miles a week during the summer, you know there is a lack of desire, dedication and discipline. Those three things go hand in hand with mental toughness. You can’t force them on your runners. They are either there or they aren’t. The motivation has to come from within.”

Nearly all of Faerber’s runners are recruited from the Mainland. He admits to the fact that the lack of a track program at the university means that very talented runners are not interested in accepting a scholarship from him. But the university has never had a track program for women and that did not prevent him from recruiting some dedicated runners in the past.

One of Faerber’s better runners from two decades ago is Connie Comiso-Fanelli, now his assistant cross-country coach. “When I talk to the cross-country girls I’m coaching with Johnny about how we used to train, they can’t conceive of doing 70 to 80 miles a week,” says Comiso-Fanelli, who, at 42, can outrun all members of the cross-country team at 10K or longer.

A Different Generation

“It’s all we can do to get them to run 40 or 50. I’m trying to instill in them everything that Johnny instilled in me 20 years ago, but it’s a different generation and they don’t seem to be motivated as we were. We didn’t have to be told to train hard during the summer. We were out there doing double workouts whether we were told to or not. I try to get into their heads to figure it out, but I haven’t been able to come up with any answers.”

After these same comments by Comiso-Fanelli appeared in a story I wrote about her for the Advertiser a few months ago, several of the runners were apparently insulted and called for a team meeting. Faerber found it necessary to accommodate them.

Pace, Teran First in San Diego Half-Marathon

by JERRY WOJCIK

Brad Pace, 43, Fort Collins, Colo., and Marcela Teran, 44, San Diego, Calif., took the masters titles in the America’s Finest City Half-Marathon, San Diego, Aug. 15.

Pace, with an age-graded 86.6%, ran a 1:12:11 to place 18th overall. Second M40+ was Wayne Jewett, 40, Tucson, Ariz., with a 1:15:04. Juan Beza, 55, Torrance, Calif., produced one of the better masters performances with an 84.5% 1:21:17 to win the M55 race. Pete Petralek, 71, took the M70+ division contest with a 1:45:58.

Teran, with an age-graded 81.9%, was 21st female in 2:25:57. Marina Jones, 47, Rancho Santa Margarita, Calif., ran a 1:28:58 to claim second place. Other division winners included Claudia Piepenburg, 45, Oceanside, Calif., 1:38:11, and Ursula Rains, 58, Chula Vista, Calif., 1:46:28.

Mary Storey, 75, won the W70+ race in 2:18:05.
Highlights of the Nationals

Some of the top performers, by division, at the USATF National Masters Championships in Orlando:

M30: Danny Peebles, 33, North Carolina, dethroned defending champion Hank Warrington, 34, Hawaii, who also won the 100 (10.47/age-graded 94.1% to 10.59/94.3%) and 200 (21.05/93.9% to 21.06/92.9%). Chris Yorges, 33, Oregon, repeated as national champion in the 1500 (4:10.49 and 3000SC (10:07.78).

Kirt Derby, 31, is the champion in the 400, the final of which took place ex-Dallas Cowboy and now TV commentator James Lofton, 43, Texas, who ran as an exhibition entrant (49.81). Guest race walker Vincent Asumang, 31, posted a 1:51.20 in the 20k RW on Sunday morning. Five individual titles went unclaimed.

M35: Karl Smith, Maryland, at the top of his age group at 39, flashed to a sensational 97.5% 14.06 in the 110H, pressed by Malcolm Dixon, also 39, California, who flew to a 93.59/14.67, and Michael Burke, 36, Delaware, third in 14.97. Smith's time betted his winning 14.21 last year in the Orono, Maine, Championships. He also took the 400H (55.24), Pete Klementz, 37, California, doubled in the 200 (22.69) and 400 (48.89/2%).

Steve Horthorn, 36, Texas, and Elijah Ali Shabazz, 37, Pennsylvania, started a cycle of close 800 races, a feature of recent Nationals, with Horton, the winner (2:02.34 to 2:02.68). Angel Roman, 37, Texas, won the 1500 (4:03.47) and 5000, with the event's best time of 15:32.51. Gregory Foster, 37, New Jersey, leaped to golds in the LJ (17.11) and TJ (14.82).

Steven Albert, 35, Missouri, was the standout with the 16:16. shot at 19.35. M40: Val Barnett, 41, New York, and Neville Hodges, 43, Maryland, were 1/100 of a second apart in the 100, won by Barnett in 10.99 (94.78%); Hodges won performance laurels with a 95.9%. Barnett also zipped to a win in the 200 (23.02), Ben James, 52, New York, survived the heat and beats to outleg a tough field in the 400 (50.06/93.3%).

In another close one in the 800, Jeff Lindsay, 40, Oklahoma, won from Brian Martin, 40, Massachusetts (1:58.90/91.1% to 1:59.44/90.7%). Pete Grimes, 40, California, scooted the 110H with a world-class 96.3% 14.37 and did it again in the 400H with a 93.3% 54.35. Dennis Lewis, 40, Michigan, teased the AR of 2:11 with a 96.3% 2:09.3H.

Monzell Baker, 41, Texas, triumphed in the LJ (6.53) and TJ (14.14). Mike Hambrock, 40, Pennsylvania, prevailed in the DT (51.10). Jim Lofthoep, 43, Florida, scored a 91.9% 69.16 in the JT, Raynoldo Carrazana, 41, New York, strode to the best time of the event with a 1:47.30 in the 20K RW.

M45: Mike Brown, 45, Florida, stretched the AR in the JT to 66.11. Thomas Jones, 45, Maryland, with a 95.0% 11.24, edged an older Marion McCoy, Jr., 49, Georgia, in a close 100; McCoy was a better performer with a 95.7% 11.43. Bob Bowden, 47, West Virginia, surprised Jones in the 200, winning with a 92.9% 23.50.

 Denied the M40 800 by 3/100 of a second at Orono, Steve Wulf, 45, California, didn't let this one get away in another close 800, winning with a 1:54.39/94.4% from Dave Clingham, 45, Oregon, 2:04.30/90.3%. He then won in a jammed finish 1500, with a 4:24.66 from Gary Bly, 45, Florida, 4:25.91, and Clingham, 4:25.99.

Stacey Price, 45, New Mexico, polished off the 110H with a 92.6% 15.64. Long-jumper William Rea, 47, Florida, soared to a 90.1% 6.52. Steve Kemp, 46, California, scored a 3461 in the pentathlon.

M46: Larry Colbert, 62, Maryland, had the distinction of breaking two ARs; even more gratifying because they were his own, made when he was 60, running here a 98.3% 24.77 in the 200 and a 97.1% 55.32 in the 4x400.

M50: Fred Sowerby, 50, Nevada, broke the WR for the 400 with a 96.2% 51.39, pushed by Charles Allie, 52, Pennsylvania, who won the 100 (11.72/95.4%) from Stan Whitley, 53, California (12.04/95.5%) and lost the 200 to Sowerby (24.01 to 24.14) on Sunday.

Richard Green, 51, Pennsylvania, chucked up wins in the 800 (2:13.50) and 1500 (4:39.22). Fred Johnston, 53, California, after a disappointing out-of-the-money finish at WAVA-Gateshead, won the 100H in 15.40. James Sauer, 51, Georgia, went nearly shapeless in the 100H with a 93.2% 1.80.

M55: Courtland Gray, 55, Louisiana, continued his championships string, started at Gateshead, with four wins: 100 (12.21/93.4%), 400 (57.84), 100H (14.53a torrid 98.1%), and 400H (67.04).

New Yorker Hugh Sweeny, 55, fought off the heat and opponents to take the 1500 (4:49.04), 5000, and 3000SC. Bill Johnston, 55, Florida, cleared the PV bar with a 93.0% 4.04.

Shot putters Tom Gage, 56, Louisiana, and Carl Wallin, 57, New Hampshire, dueled with Gage the winner (14.59 to 14.22). Gage hit a 95.8% 56.65 HT 1st, 3728 total, Roger Koodisma, 55, Tennessee, was the top point man in the pentathlon. Race walker Don Dean, 56, Illinois, steamed through the 5000 with a meet's best 24:07.50 (91.0%).

Jim Carmines, 56, Pennsylvania, hot-footed to a 1:55.30 in the 20K RW.

M60: Larry Colbert, 62, Maryland, had the distinction of breaking two ARs; even more gratifying because they were his own, made when he was 60, running here a 98.3% 24.77 in the 200 and a 97.1% 55.32 in the 4x400.

M65: Stewart, 65, Hawaii, with a 96.2% 24.82 in the 800, scored in the 5K with a 14.06. No man has run faster in this event at any age.

M70: Pat Cady, 70, Arkansas, claimed the 400, 800, 1500, with a 14.37 and did it again in the 5000, 14.37 and did it again in the 800, 14.37 and did it again in the 1500, 14.37. Joe Cordero, Richard continued on page 8.

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Running A Marathon

Following are guidelines to consider for this marathon season:

- Keep your usual diet. Try to eat normal, balanced meals prior to race day. Protein, carbohydrates, and fats are all essential for your normal athletic metabolism.

- Supplement your diet with carbohydrates the week before the marathon.

- On race day, don’t consume heavy foods or milk. Toast with tea or coffee is preferred. Eat approximately two hours prior to race time.

- Use the toilet facilities prior to the start. It is not easy to stop on the run.

- Wear well-fitting clothes that are light weight and light in color. Make sure to wear a cap with a brim to shade your face. Trunks should have a pocket to carry extra Vaseline and Band-aids.

- Lubricate your arm pits, crotch and nipples. Make sure your clothing is not abrading your skin. Use Vaseline in liberal amounts.

- Make sure you have the proper shoes. Wear them around for about one hour prior to the race. Vaseline your feet very heavily and wear good cotton socks, preferably not new ones. If you have rubbing problems, turn your socks inside out. Double knot your shoe laces and don’t tie them too tight. Remember, your feet are going to swell.

- Jog lightly and loosen up before the race. Work out all the kinks and nervous energy.

- Ignore other runners and start slowly. Don’t run above your level. It will pay off later.

- Make sure you have your preferred drink available on the run. On hot days, drink early. Do not take salt tablets. Stop to drink if you are a beginner. Veterans can easily drink on the run, but novices tend to gulp air if they don’t stop.

- Use a sponge to cool off. Do not use anti-perspirants or wear makeup. Ice cubes can be placed in the cap to cool off. Don’t squat water on your feet.

- Stop and walk if you feel fatigued. Enjoy your run.

(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, NNN, Box 50099, Eugene, OR 97405.)

Highlights of Nationals

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Rizzo, and Bruce Marsh smashed the M60-69 WR with a 3:27.37. Dan McCormack, 55, came from the wilds of Oregon to win the Battle of the Coasts in the 5K with Sid Howard, 60, New York – McCormack squeezing out a 1:26.10/93.5% win, with Howard at 1:26.31/93.3%, and Mack Stewart, 61, Texas, at 1:26.60/93.9%. McCormack also took the 1500 (4:59.67).

John Brennand, 63, California, lost his Oroko title in the 5000 to Don Airdell but maintained his 10,000 crown. Versatile Terry Cannon, 62, California, won the PV (3.50), and 300H from John Head, 61, Texas, by a narrow 49.44 to 49.49. James Burke, 60, Arizona, scored a SP win by a slim margin from Gerald Van Zand, 63, North Carolina, and nailed the DT (45.48).

M65: Dick Richards, 65, California, prodded the LJ WR to 5.35 and reduced the AR for the 5000 (15.36) to 15.25/95.6%. James Stokey, 69, Maryland, second (13.32/95.4%) to Richards in the 100 and national outdoor champion in seven events in 1998, retained four titles here: 200 (28.38/91.4%), 100H (11.78/97.0%), 300H (40.24/93.5%), and TJ (9.71).

Double gold medalists in this talented group were Paul Heitzman, 68, Kansas, 800 (2:05.36), and 1500 (3:17.74); and Bill Melville, 65, Washington, 5000 (20:03.17) and 10,000 (34:48.13); and Phil Melvey, 66, Georgia, who, despite a bad ankle, won the HJ (1.36) and RW (2.89); Wendell Palmer, 67, Texas, SP (13.35/95.0%) and DT (5.73/92.9%); and Alfred Doi, 67, Wisconsin, 5000 (17:23.01) and 10,000 (34:59.88).

M70: Guest athlete Earl Fee, 70, Canada, broke the WR for the 300H (4.94/97.1%) and was first in the 400 (54.06/95.5%), 800 (2:16.01), and 1500 (4:45.64). Harry Hawke, 70, went back to California with three gold medals in the throws: SP (15.34), DT (41.61), and HT (37.44).

Bill Melville, 72, Wisconsin, impressively defended his 100 and 200 (22.49/94.9%, 44.94/94.9%) titles, winning the 100 with one of the best performances of the meet – a 9.81/13.34 – from Rodney Brown, 72, Utah, who ran a 14.01/93.4%. Bill Fortune, 73, New York, garnered two golds in the 5000 (13:26.74) and 10,000 (30:23.88). Bill Flick, 73, Pennsylvania, was the quickest in the 5000 (14:02.56) and 10,000 (38:22.05).

M75: Mel Larsen, 75, Iowa, performing as if he were still in Gateshead, broke the WR for the 800 with a meet superlative 2:12.15/13.68, and won the 100... Continued on page 9
Highlights of Nationals

Continued from page 8

W45: Texas sprinter Cindy Steenberg, 45, triple winner in Orono as a W40, who never ran track in high school or college, took all three sprints again, the 100 with a sparkling 9.0(9.0) 12.57 (which would have placed her second in the W40 race), 200 (26.10/91.8%) and 400 (60.82).

Jacqueline Board, 46, Arizona, last year's winner of the three sprints, was second to Steenberg three times here. April Capwll, 48, Pennsylvania, winner of all four throws and a surprise first in the 1500 in 1998, settled for third with 77.99.

Linda Lowery, 47, Georgia, cleaned the HJ bar at 1.34 and hit 9.47 in the TJ. Sally Richards, 46, Colorado, took the 1OK RW by five seconds (57.20.45) from Janet Comi, 45, Pennsylvania, and the 5000RW from Comi by nine seconds (21.78.21).

W50: Phil Raschker, 52, Georgia, still not at 100% with Achilles' problems, was pretty close to it with seven firsts, her athleticism exemplified by a WR (4544) in the pentathlon. Her other marks: a 45.04/91 %, 11.68/90 .6% and 90.4% 4.95/LJ.

Susan Neshim, 50, New York, tripled in the 5000, 10,000 and 15000. The grand medalists were Joni Shirley, 52, California, 800 (2:41.30) and 1500 (15.33.74), and Mary Hartzler, 50, Ohio, who won the SP (10.74) and DT (32.42) and took silvers in the 800 and 1500.

W55: Barbara Cleveland, 59, won the HJ (1.26), PV (3.20), LJ (3.90), and DT, Mary Robinson, 57, Ohio, ruled the sprints, winning the 100 (14.94), 200 (32.08), and 400 (74.37). Vanessa Hilliard, 58, Florida, WR-holder in the HJ, after a prolonged absence due to injury and surgery, returned to win the SP (10.38) and HT (39.26/90.4%).

Wilf Moolenaar, 58, Florida, won the 400 (3:09.67) and 1500. Janet Higbie, 57, Indiana, triumphed in the 5K and 10K RWs (31.07/61.50/10.84).

W60: Barbara Warren, 63, Vermont, another icon of versatility, collected six gold medals, from the 100 (15.52) to the 3000H (65.03) to the TJ (7.44). Joyce Hodges-Hite, 62, Georgia, swept the 800 (2:04.72), 1500 (4:47.42), 5000, and 10,000, one more than at Orono. Becky Sisley, 60, Oregon, who has a pending WR in the PV, won that (2.20) and the JT (30.64).

Joann Grissom, 61, Indiana, in between the 200/32.57, 500, and 300H, settled for one here — an AR in the HJ (1.26/90.6%). Sami Bailey, 63, Indiana, retained her 100 crown in 11.43/86.6%.

W65: The Talented Terrapin from Maryland, Audrey Lary, 65, won six events, three with ARs: 200/32.57, 800/2'32.57, and TJ (18.25/90.8%). Mary Melehan, 65, Florida, tallied wins in the 1500 (6:59.91) and LJ.

W70: Jeanette Valien, 74, California, started with a gold medal in the pentathlon (3465) and kept it going with firsts in the LJ (3.28), TJ (6.74), and SP. Pat Peterson, 73, New York, kept her 998 titles in the SP (1.38/90.6%), the LJ (6.25/90.8%) and TJ (18.25/90.8%).

McDaniels, 75, Virginia, a five-time gold medalist in Orono, showed her expertise in the HJ (11.49/91 %) and PV (19.30).

Miriam Gordon, 71, Florida, claimed both RWs (35.92/1:14.06).

W75: This division wins the meet's award for unclaimed titles — 20 in all — with the aptly named Margaret Walter, 77, Pennsylvania, the only champion, in the 10K RW (1:26.52).

W80: Mary Bowsermaster, 82, Ohio, upped her own HJ WR from 0.90 to 0.93 and won three more championships in the 200, LJ, and SP. Betty Jarvis, 84, Oklahoma, dished her wins in Orono in the DT (14.82) and HT.

Jerry Wojcik

The Southern California TC W40-49 x800 team, after a world-record 9:25.65 (1:01) (l to r): Marie Murphy, Rose Monday, Diane Heil, and Sabrina Robinson, USAATF National Masters Championships, Orlando.
World and National Championships Report

Lynn Brubaker and Don DeNoon were the two Americans who made a sweep of the racewalk gold medals in their age groups at the WAVA World Veterans Athletics Championships in Gateshead, England, July 29-August 8.

Brubaker won the W40 5000 track walk (24:05) and 10K road walk (49:24) and led the USA to the W40 10K team gold with Tori Herazo second (49:46).

DeNoon captured the M55 5000 (23:29) and 20K (1:46:48), leading the USA to the team 20K gold medal with Rich Friedlander third (1:48:17) and James Carmines fifth (1:55:55).

Women’s 10K Walk

Forty-nine U.S. women competed in the 10K road racewalk in a field of about 145. There was one sponge station and one water station on the 2.5K course with the temperature in the low 70s at the start. U.S. women won two gold medals, two silvers and three bronze. In team competition, they won gold in W40, W45, W50, W55, W65, and silver in W60.

Men’s 20K Walk

Thirty-eight American men competed in the 20K road racewalk in a field of 207. M40 and M50 were in one group, M60+ in another. Temperatures were in the 70s for the first group; in the 80s for the second. The bottled water was boiling hot from sitting in the sun. The heat, humidity and hot water slowed the competitors. Several men were removed from the course on stretchers by medics. U.S. men won two gold medals, one silver and four bronze. In team competition, they won gold in M55, M65, M70, M80, and silver in M60 and M75.

Women’s 5000 Walk

Held on the Gateshead Stadium track, it was soon obvious the six judges meant business. The DQ board was full of athletes’ numbers and red X’s. There were 16 DQs out of 137 starters. Temperatures were warm, but not as hot as the 10K race the preceding Sunday. U.S. women won one gold medal, two silver, and three bronze.

Men’s 5000 Walk

The men’s 5000 took place at the Monkton Stadium track. The six judges continued their strict judging as 31 DQs were issued to the 292 starters. The weather was cloudy with a breeze which meant cool temperatures.

American men won four gold medals, three silver, and six bronze. Two U.S. men were over age 95: Waldo McBurney, gold, and Julius Spiegel, silver.

Recommendations

The games were well run and enjoyed by all. If problems arose, officials worked hard to immediately correct them. Suggestions for the future: have iced water at each event site. When possible, have chairs for the athletes while waiting their turn in field events, jumps and throws. Do not limit the number of athletes who can participate in the opening ceremony. The Gateshead policy of allowing only 20 athletes from any one country to participate, undoubtedly saved time and scored efficiency points, but much of the joy for athletes in the opening ceremony is to march around the stadium to represent their countries.

Nationals

The basic problems at Orlando had to do with inadequate water, inadequate medical assistance, questionable judging and an omnipresent rule, best stated by Sally Richards: “Disney would not allow it.” Examples of such prohibitions extended from restricting coaches from entering the athletes’ workout areas without paying, to not asking the men or women to pitch in and hand out water in each other’s races when there weren’t enough volunteers to do the needed job.

Comments from a couple of other participants:

Jim Carmines: In making the selection to go to Orlando, USATF did not consider the athletes. The temperature and humidity were not suitable for any of the events.

Janet Higbie: The length of the 20K for an 80+ individual at that temperature is risky. This is why I wonder if the men should do a 10K instead of a 20K. This is perhaps an area where we, as adults, need to look at our age, our own physical condition, and the conditions of the race. Then make a prudent decision on whether to do the 20K or not.
continued from page 4
competed in the event, and only seven
women competed at any age. None
of this is surprising – for many distance
runners, the prospect of running in
Florida during the summer presents a
clear choice: run a slow time or don’t
go.

Reportedly, Orlando had the only bid
for 1999, and thus the masters commu-
nity had little opportunity to make
things better for the distance runners
(racewalkers). In 2001, we’ll be
going to another hot state (Louisiana);
as far as I know, 2002 and beyond are
unassigned.

In the future, let’s ask bidders for
details: What are your average daily
highs in July and August? What’s the
humidity at 7 a.m., noon, and 7 p.m.?
How many days are 90+ in those two
months? Also: How are you going to
keep athletes and spectators comfort-
able if it becomes oppressive, and can
you hold races at night?

By the way, for anyone with con-
cerns about the weather in Eugene next
year, don’t forget about them. Average
total rainfall for July and August
(combined in Portland) is only 1.7 inches. Average
low-high range in both months is 57-80. Expect beautiful
weather and a first-class meet. Hope to see you there.

Peter L. Taylor
Fairfax, Virginia

RACEWALKING
Please do not allow the questionable
incidents at the USATF Masters
Nationals, held in Orlando, August 26-
29, to discourage or prevent you from
participating in future races in South
Florida; particularly the upcoming 10K
Nationals, September 13, at the Fort
Lauderdale area.

For one thing, the weather in
Orlando is not nearly as hot as it is in
August. Additionally, the judging will
be professional, competent, consistent,
and fair.

The responsibility of the judges is to
assist the athletes in their performance
and to properly judge according to the
rules, not to intimidate the athlete!

We look forward to seeing you in
Orlando and are all anxious to show
you a competent race.

Robert Cellu, USATF RW Vice Chair
Alan Ranosky, Florida Athletic Club
Dan Koch, Natl. Masters 10K Race
Director

SPONSORSHIP FOR
MASTERS T&F
There is strong potential for sponsor-
ship for masters track and field.

First, we should tie into the Senior
Olympics, which is well funded. Our
selling point is that a large number of
participants are at the height of their
earning power, or are retired with ample
money to spend. We are a target market
for advertisers.

Second, we should improve the qual-
ity of our national championships by
establishing qualifying standards. Such
standards would encourage greater par-
ticipation in regional and state events in
which to obtain qualifying marks.

Third, we should select venues for the
Nationals. My first national meet
was in 1998 at Orono, Maine, an aw-
some venue with cool weather and
the friendly environment of a college cam-
pus. The track facility in Orlando was
excellent, but the location had all the
charm of the swamp from which it arose. It was the ultimate tourist trap
where you practically had to pay to
take a look.

I look forward to next year’s nation-
als in Eugene in hopes of recapturing
what we had in Maine.

Aary Ferrando
Galveston, Texas

PERFORMANCE ENHANCING
DRUGS
The candid revelations by Stew
Thomson (Sept. NMN) that the late
Bob Backus used performance enhanc-
ing drugs during his later years of com-
petition does not surprise me. Persistent
rumors have circulared for years regard-
ing many of the elite throwers’ use of
such drugs.

Possibly the East Europeans forced
athletes around the world to use steroids and HGH in order to compete
in world class competition. I suggest
that the World Organizing Committees
validate any record – past, present,
or future – set by an athlete proven to
have used any such substances, and that
the contestant he banned for life.

We certainly do not want masters
athletes setting world class age records
and then dying only a few months later
from what may be complications from
drug use. Let’s keep it clean.

Tom Henderson
New Jersey

TORONTO GAMES
In his False Start column (Sept.
NMN), David Ortmann said he was told
that “past World Masters Games left
something to be desired in terms of offi-
ciating and standards.” That was cer-
tainly not true of the 1985 event in
Toronto.

The Canadian officiating stands out
above all others I have experienced.
The facilities and timing equipment
were first rate. They use an officiating
system from which the U.S. would ben-
efit – a five-step system of advance-
ment through documented experience,
providing a strong incentive to partici-
pate in lower levels of competition.

Publicity was first rate for all sports,
although publishing of results was prob-
lematic. Results were not pub-
lished in NMN, possibly due to a feud
between WAVA and WMC. Due to
among other things, the high caliber
of medals contributed to a budget overrun.

WAVA’s condemnation kept many
US athletes away and I discovered a
week later that competition at the U.S.
Nationals in Indianapolis was much
cliffer.

ARRAY FERRANDO
GALVESTON, TEXAS

JERRY WOJCICK

1999 USATF MASTERS NATIONAL 10K CROSS COUNTRY CHAMPIONSHIPS

Sunday, December 5
El Dorado Regional Park East, Long Beach, California

START TIMES:
10:00am USATF MASTERS M&W 10K CHAMPIONSHIP
11:15am USATF Senior Men’s 10K championship
12:00m USATF Senior Women’s 6K championship

RACE SITE:
El Dorado Regional Park East, Long Beach, California. Approximately 25 minutes from the Century Plaza USATF Convention Site. Park Entry Fee is $5.00 per vehicle.

COUSE DESCRIPTION:
All-grass multi-loop course around a lake which will accommodate spectator viewing and racing in spikes or racing flats. The course is basically flat with some
switch-backs and climbs built to create race breaks. There is also a shallow water jump and big jump on each lake loop. The 10K course has three lane road
crossings plus 150’ of asphalt which is traversed on an out-and-back 3rd mile loop.

TEAM ENTRIES & ELIGIBILITY:

• Teams must be registered with USA Track & Field and meet the definition of a “USATF Association Club” by having all members entered reside within
the boundaries of the same USATF Association.
• All team members entered must be 1999 USATF Members and their names must appear on the club roster which was submitted to their
1999 USATF club registration.
• Each team is required to submit a separate team entry form which lists all its
members entered.

TEAM SCORING:

• Teams are in 10-year increments age 40-49, 50-59, 60-69, 70-79, 80-89, and
90-plus.
• A Masters runner may compete in a younger age-division for himself or her team, and in his or her respective age-division for individual awards.
• Men’s 40-49 and 50-59 team places are determined by adding the finish times of their top 3 finishers. Men’s 50-plus and all women’s team places are determined by adding the finish times of their top 3 finishers.

AWARDS:

• USATF Championships Medals to the top 3 men & women individual finishers in each age-division from 40-45 to 90-plus, and to the scoring members of winning teams.

RACE ENTRY FEE:
$39.00 PER ATHLETE

ENTRY DEADLINE:
Entries must be received by TUESDAY, NOVEMBER 30 by mail or FAX.

HOST HOTEL:
LONG BEACH MARriott HOTel located just 5 minutes from El Dorado Park. Call (562) 425-5210 by November 8 for reservations and ask for the special USA Track & Field rate of $88.00 single or double.

Contacts for Entry Materials:
Skip Stolley, Meet Director
TEL (310) 453-7655 / FAX (310) 829-6926
E-Mail: stolley@bael.com

Kevin Galbraith, Meet Manager
TEL (310) 391-3928 / FAX (310) 391-3978
E-Mail: CoachKGG@ael.com

James Smith, #743, taking the lead to win the M30 110 H (15.42) from Joe Gwin, Jr., second (15.52), USATF National Masters Championships, Orlando.

All problems aside, I hope to see
another masters athletics event to match
the organization of that hosted by
Toronto in 1985.

Ronald Kirkpatrick
Los Alamos, New Mexico

EAST REGIONALS
Steve Vaitones, Ed Daniels and the
New England Association stepped up
and volunteered to host the East
Regional held on August 14, at
Springfield College in Massachusetts.

They proved that a quality meet can be
presented at a minimal cost to the
participants.

The facility was superb: a fine track,
Cyberdates and Santa Fe

Danica Tutush appeared at the doorstep of the Casa del Toro promptly at six in the morning. We were planning to go for a long run on the roads around Santa Fe, New Mexico.

Training for a marathon, I was scheduled to do 13 miles that weekend. But when I suggested that distance to Danica, she said she had planned to do less. An hour was her limit. It was a Friday.

I had located Danica of town who might want to run too fast.

We, not really, but we hadn't met until this moment. She didn't know my training pace and preferences, and I didn't know hers. I had located Danica through the Internet. My wife Rose and I were in Santa Fe for a weekend of art and opera with a Carleton College alumni group. But I also wanted to do some running while in town and hoped I could find someone to direct me to an interesting course—and, perhaps, run with me.

What had begun as an hour's run had headed up into the hills on winding roads, I soon breathlessly wished I had chosen to walk while we ran, had bought an elegant silver necklace featuring a green stone. As Danica and I headed back into the hills on winding roads, I soon breathlessly wished I had taken that option. Santa Fe has an elevation of 7000 feet, forcing me to struggle to stay close to my ease.

Arriving at an intersection, Danica announced that if we stayed straight, we could cut the course short. The turn was longer, but more scenic. Having originally lobbied to run 13 miles, I could hardly choose the lesser option. "Let's run long," I said. Fortunately, when we came to even steeper hills, Danica shifted to a walking pace. Overlooks of the valley below and mountains above were enchanting, but I was too aerobically challenged to fully appreciate the scenery.

Nevertheless, I relished the opportunity to see Santa Fe on the run. As a running tourist, I often explore areas of the beaten tourist path by running before a day of regular sightseeing. The only trick is figuring out where to run—or finding a local willing to run with you. With the advent of the Internet, never before has that been easier.

In addition to the RRCA web site, there are other ways of locating routes and runners. Doug Rennie writes an "On The Road" column for Runner's World that features information on different cities. If you don't save-back issues, there's an archive of columns on the magazine's website, containing nearly 60 U.S. cities plus several dozen foreign ones. Go to: www.runnersworld.com. For more leads, go to: www.runtheplanet.com.

Cyber Connections

Or I'll help you connect with a cybereate. Visit my Virtual Marathon Training on the worldwide web. You can access it either through my website (www.halhigdon.com) or the Chicago Marathon website (www.chicagomarathon.com). The main attraction of the site is my training schedules, which I send you on a daily basis by email, but there are also bulletin boards that allow runners to both ask me training questions and communicate with each other.

One recent query came from a runner looking for a place to run near Naperville. I quickly told her about the Prairie Path, which the CARA training class uses for weekend runs. Runners from St. Louis and San Francisco, to name two cities, have posted messages recently looking for training partners as they prepare for Chicago.

Coming to another intersection, Danica announced our options: the quicker route back to town or the longer and more scenic one. She already knew what my choice would be. "I'm inspired" smiled Danica as we took a final turn-off that would lead us through the old section of Santa Fe.

What had begun as an hour's run had lasted twice that long. Back again at the Casa del Toro, Danica calculated that we had run perhaps a dozen miles. That was close enough to the planned...
Write On

Continued from page 11

plus multiple throwing and jumping areas. There was more than an adequate number of extremely qualified and knowledgeable officials and volunteers. Everybody working the meet made sure things went smoothly.

After all of the favorable comments I received, I would like publicly to say “thank you” from all of us who participated.

Roz Katz
East Regional Coordinator
Flushing, New York

SIMPLIFY THE HURDLES

Granted, you can modify the height of the hurdles, the number of hurdles in a race, and the spacing. But does that mean you should modify them?

From an official’s viewpoint, the current masters hurdle system is absurd. Athletes and spectators have to wait while the modifications are made.

Simplicity should be the goal.

For both the short and long hurdles, the distance, the spacing and the number of hurdles should be the same for all age groups. Change the height only.

Hurdlers will appreciate the lower heights, officials will only have to adjust the height, and all will be able to compare performances a bit easier.

Whether we choose 100m or 110m for the short event, or 300m or 400m for the long event doesn’t matter. But once we decide, that’s it.

The current system is a nightmare to officials and confusing to everyone else.

Jeff Brower
Austin, Texas


On The Run

Continued from page 12

13 miles to keep me right on track, particularly considering the added challenge of hills and altitude.

Over the next several months, I have trips scheduled to Scotland, Alaska, Florida and Hawaii. With the help of the Internet, I shouldn’t have trouble finding roads to run and runners to run with me. ☑

Masters Age Records (1999 Edition)
Men’s and women’s world and U.S. age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1998. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. $5.00.

Masters Track & Field Rankings (1998)

McMahon Family Trust Masters Track & Field Indoor Rankings (1999)
Indoor rankings for 1999. 4 pages. $1.50.

Masters Age-Graded Tables
Single-age factors and standards from age 8 to 100 for men and women for every common track & field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. $6.00.

Masters 5-Year Age-Group Records
Men’s and women’s official world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up, as of January 1, 1999; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. $1.50.

Masters 5-Year Indoor Age-Group Records
Same as above, except indoor records (M40+, W35+) as of January 1, 1999 (world) and December 4, 1998 (USA). 4 pages. $1.00.

Competition Rules for Athletics (1999 Edition)
U.S. rules of competition for men and women for track & field, long distance running and racewalking—youth, open and masters. $12.00.

Names and addresses of national officials and staff, board of directors, sport and administrative committees, association officials and addresses, etc. $12.00.

U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. 152 pages. $12.00.

IAAF Scoring Tables
Official world scoring tables for men’s and women’s combined-event competitions. $12.00.

IAAF Handbook
1998/1999 rules and regulations handbook. $15.00.

International Scoring Tables
Complete scoring tables for 21 men’s and 17 women’s individual events. All events, and the event orders, in normal multi-events are included: decathlon, heptathlon, indoor & outdoor pentathlon, indoor heptathlon, and weight pentathlon. Brief scoring instructions, 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'/2 x 6'). $12.00.

Masters Racewalking
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.

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

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

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

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

USATF Decal, 3-color. 3" x 2-1/2. $2.00.

National Road Race Encyclopedia
Lists 100 of the nation’s most popular road races, with race entry information, top 100 all-time men & women each race, 20 all-time age divisions each race, 41,000 performer and champion listings, 300+ photos, 100 full-page maps, race histories and trivia, and guide to national running organizations. Compiled by Mike Weddington & Barry Perilli. $24.95.

Guide to Prize Money and Elite Athletes 1999
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.

Running Research News
Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. $35.00 per year.

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The Weight Room

by JERRY WOJCIC

Cooling It in Orlando

You didn’t have to be a keen observer to see that numbers were down at the Orlando Nationals as compared to those in 1998 at Orono. Actually, the difference was about 160 athletes. Participation appeared more scant because athletes bailed out after a couple of days of enduring the heat and what many felt was not an athlete-friendly environment.

Throwers held up pretty well in the heat and humidity. Carol Finsrud, of Texas, who should’ve received more notice for accomplishments at WAVA-Gateshead (second in the shot; first in the discus; fifth in the hammer; and first in the weight pentathlon with a world record), won all four throws at Orlando – two with U.S. records in the shot (14.30) and discus (53.81), which broke her own marks of 1997.

Mike Brown, a Floridian, broke the U.S. M45 javelin record with a 66.11.

Errant Implement

While throwers were able to shake off the sweat and heat, other adverse aspects of the meet weren’t as easy to resolve. Here’s a goofy (pun intended) incident that never should have happened. As we were warming up for the M65 hammer, Bob Ward, of Texas, discovered that his 5kg. hammer was not among the implements brought over for us to compete with. Certain that his implement was legal, he decided to go hunt it down and left the venue.

Meanwhile, we took our warm-ups and started, finishing the first round. Ward returned with his hammer, which had been taken to another venue, before the second round started. I don’t know how it could have strayed, since the 5 kg. hammer is used by M60-69 throwers only, and both groups were scheduled for our site.

Up to this point, I really hadn’t paid much attention to what was going on, doing what I do best at the Nationals – schmoozing – in this case with long-time thrower, Carlos Fraundorfer, a Floridian I hadn’t seen in eons.

Hot Reaction

Anyway, the officials allowed Ward three warm-ups with his own hammer, and we went into the second round, at which point, they told Ward that he, not having appeared when called in the first round, had forfeited his first attempt. Ward lost his cool and probably his athletic demeanor but won anyway with a respectable, but unsatisfying to him, 42.12, with just five throws.

It’s difficult to indict the officials who had been working the hammer at the venue (in the reclaimed swamps next to a pond that had a bonafide alligator) for three-and-a-half hours before the M60s arrived. It wasn’t their fault that the hammer was misplaced. But, under the circumstances, why give him three warm-ups and no sixth attempt?

Once a legal implement is given to the weight and measurement staff, isn’t it their responsibility to get it to the right site?

The whole incident was, in a broad, junior high sense of the word, dumb, but representative of other episodes on the track as well as in the field events at the meet. Organizers made a genuine effort to correct foul-ups, but it was often a case of too little and too late.

This won’t happen at Hayward Field in Eugene, Ore., in 2000. If it does, the end of the world is near.

Notable Achievements

More observations on the Nationals: Harry Hawke, a recent M70 from California, who has been around since the Punic Wars and also had a good outing at Gateshead, won three golds here in the throws.

Florida Vanessa Hilliard, W55, was back in action after a two-year absence, with an age-graded 90.4% 39.26 in the hammer. The only one entrant in the M60 hammer was a no-show.

Aren’t ties in the throws solved by comparing the second best mark?

For how long must younger javelin throwers be the final groups on the last day of the championships? We have been griping about this schedule warp for years. This time, winners Ken Hall, M30, and James Draine, M35, waited for well over an hour in the heat, and no other contestants showed.

Congratulations to Tom Gage, M55, of Montana, presently working in Louisiana, for the best age-graded throw, a 95.8% 56.65 in the hammer.

Some of the best competitions in the meet took place in the M40 through M75 discus. Accolades to these winners for staging entertaining contests: Mike Hambirk, M40; Brad Reid, M45; Tom Fahey, M50; Larry Pratt, M55; Jim Burke, M60; Wendell Palmer, M65; Harry Hawke, M70; and Bill Carter, M75.

And to the athletes, volunteers, officials, spectators, and anybody else who lasted the entire four days: good job and drink lots of water.
False Start
by DAVID E. ORTMAN

Hey, Buddy Can You Spare the Time?

Time is relative. Someone said the more relatives that visit, the slower time goes. If you invite those same relatives to attend your average sporting event—baseball, basketball, or football—they would be mystified if, hours after the event, they still didn’t know the score or when the game was going to end because the powers that be refused to allow the clock to be used. Seems incredible, doesn’t it? Well, not when it comes to track & field.

I often attend track & field meets at U. of Washington Husky Stadium in Seattle: high school meets, small college meets, university duel meets, etc. At virtually all of these meets, the scoreboard clock is turned off, deader than a lapped 800 runner, so the crowd (all right, a few milling spectators) has virtually no idea what is going on. And, in many cases, neither do the athletes.

Can you imagine? So, the third inning and the cleanup hitter has just smacked a home run, or maybe not. The results will be released in the seventh inning. Or, it’s the third quarter and the football goal kick is up, but no one will put three points on the board until the middle of the fourth quarter. Amazing!

No Waiting

Perhaps this is what makes Hayward Field at the U. of Oregon (and site of the 2000 National Masters Track & Field Championships) such a positive experience. Not only is Hayward Field and its scoreboard dedicated to track & field, within seconds of running an event, the names, times and places are posted on "THE BIG BOARD" for the spectators and runners to view.

Immediate feedback is important. In other sports, it is apparent how you did. The basketball goes through the basket—two points. The baseball is caught by the outfielder and you’re out. Pretty instant feedback. But for the most part, if you’re at a track meet other than Hayward Field, you don’t get instant feedback in running events. Back (like way back) in high school days, the timers (old guys with farm caps on) would tell you to come back in your lanes and then they would tell you your place and time.

Now with auto-timing, you would think that this would be done automatically and instantaneously. Not a chance. In fact, in most cases, runners are hustled off the track so fast it makes your head spin, to get ready for the next heat, and forced to file Freedom of Information Act requests to get the results before their next day’s event.

Crusades Era Methods

The field part of track & field is even worse. Throw and jump results are written on paper and manually compiled, then taken up to the announcer’s room (a place similar to an airport traffic control tower which is never identified or located on any map in order to prohibit access) so that no athlete can somehow find out the results of an event before leaving the meet. These hand results need to be "entered into the system" (I think that’s a term borrowed from the Crusades) before it becomes recognized as an official jump, throw, vault, whatever.

Even bowling has a better system than that. You walk up to a bowling lane electronic scorekeeper, touch screen your name in and the machine keeps track of your spares, strikes, gutter balls and turkeys.

Imagine a field event in which your name is already entered into an electronic device and every throw, jump, vault was also immediately recorded. At the end of the event, the results would be compiled, age-graded and instantly available for printout and for display on "THE BIG BOARD."

I think they call these things laptop computers these days. Oops, I’ve got to go. Say, did anyone get my time in that last event?

(To view a growing list of Screaming T&F T-Shirts, see www.geocities.com/ormannarchand/ and click on the TRACK room.)

Ten Years Ago

October 1979

• South Africans Compete As Rhodesians in World Games in Germany
• WAVA Women’s Committee Unanimously Opposes Medal Standards
• „Hannover Diary“ Details III World Championships

Track & Field News

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Rankings Book On Hold

The 1998 Masters Track & Field Rankings Book has not yet been delivered to the NMN office from Jack Lance, Masters Outdoor Rankings Coordinator. Orders already sent to us will be filled as soon as the book is received by NMN. However, we ask that readers who have not yet ordered the book hold off until we announce it is in our hands.
National Championships Less Than Ideal

We had a track meet in Orlando. What more can I say? It wasn’t a disaster, but it certainly was not up to the standards we have experienced at most of our previous championships. One can summarize with the comment that the meet was not “athlete friendly.”

Disney World’s micro-management policies created a more “do” than “do” environment, which tended to impact the entire meet and created negativity. Athletes can rest assured that the 2000 meet in Eugene will definitely not suffer by comparison.

To their credit, on-site Disney meet management attempted to resolve problems as they arose, but it was obvious that insufficient preparation and lack of internal communication had hampered a smooth operation. Had it not been for the continued efforts by Disney’s Jeff Wentworth and his staff, co-operating with Masters Committee members, especially Don Atkin and Rex Harvey, a total disaster might have been in the offing.

Hands-On Involvement Needed

The Orlando experience emphasized the need for a more direct, hands-on involvement by the Masters Committee at all championships. It is imperative that our championships are flawless. This may seem an almost impossible task, but we must make the effort. At the last convention, I appointed an ad hoc committee, whose responsibility was to administer guidance to the host meet directors and make certain that everything was in proper order for the conduct of the meet.

Disney World management was difficult to work with, to say the least. We need now to be more attentive and not allow repeat scenarios with future hosts. I will charge the committee to begin a liaison process with the successful bidder, soon after acceptance of their bid, so that everything from contract to scheduling is accomplished in a timely manner. It is also my intention that the championship committee be in attendance at the site prior to the opening day of the meet, to inspect and ascertain that the venue is properly prepared and that meet officials are properly oriented for masters competition.

Assertive action by the championship committee will be taken in the event of any negligent preparation and/or action during the meet. Masters Championship meet manuals will be provided the host meet director and officials to be used for operational guidance continuity.

Athletes Deserve Better

Masters athletes train long and hard for their competition at the championships and deserve a well-run meet and proper facilities in their quest for excellence. I guarantee that the masters committee will continue to exercise cohesive efforts to do what is best for the athletes.

I am concerned that the total number of participants at Orlando was below normal. I can only conclude that several reasons may have contributed to the drop in numbers:

• The close proximity of Gateshead dates to Orlando’s. Many athletes may not have been ready for two competitions so close together. When considering travel expenses that one would encounter by attending the Orlando meet in addition to the Gateshead trip, cost became a major factor in making the decision to not attend the national championships.

• The fact that the 1999 National Senior Games are also being held at Disney World in October impacted our championship numbers. Some athletes opted to avoid a double visit to Orlando and elected to attend the Senior Games championship festival.

• Another contributor to the lower number of competitors may have been some negative messages on the Internet and in the National Masters News by a few athletes who chose to express discontent at the selection of Florida for an August meet date, especially under Disney World management. There is no actual accounting of how many athletes, if any, may have been influenced to not participate in the championship, but the potential to be a contributing factor existed.

Cooperation on Scheduling

These following three items need to be addressed by the Masters Committee:

• Unless we can come to workable agreements with our domestic and international counterparts, we will continue to experience conflicting schedule problems. My early discussions with Senior Games officials have been encouraging. Both organizations are aware of the necessity for cooperation. The international conflicts will be more difficult to solve. WAVA and IMGAA consider their schedules top priority and have not expressed concern for conflicts with individual country championship dates.

History validates this statement.

• National Senior Games officials are interested in working toward a cooperative arrangement with USATF masters track and field. What direction cooperative action will take is dependent upon the interest and willingness of our masters athletes to investigate and pursue the action.

• Individuals certainly have the right to express personal opinions via the Internet and the NMNN. I have a concern when these two communication vehicles are primarily used to create controversy and disseminate negative messages. Perhaps it’s too much to expect that all our members could be of one mind-set and willing to work together to improve the masters track and field program.

USATF Masters Hall of Fame Update

by NORMAN GREEN

August 10 – The Masters Hall of Fame Committee today announced its slate of nominees for the Class of 1999. Twelve persons have been carried forward from the balloting of 1997 and/or 1998: the remaining 13 represent persons whose names have been submitted by committee members and current Masters Hall of Fame honorees. The entire slate of 25 nominees has been reviewed by the committee. Each has been validated as meeting our criteria of “10 years minimum of competitive activity or administration as a master.”

Current members of the national Masters T&F Committee and the Masters LDR Committee plus Masters Hall of Fame honorees not included on either committee were sent ballots and a data package on the 25 nominees in mid-September. Each elector may vote for as many as 10 individuals without regard to category. In other words, our committee intends that the voters select the ten most worthy individuals from the entire panel.

Each person must receive a majority from those voting by the deadline of November 15.

The results will be announced in Los Angeles at the joint meeting of the Masters T&F/LDR committees during the USATF Convention in December.

The committee is gathering additional names for consideration in 2000. Several persons have already been brought to our attention and will be brought to our attention when the committee meets in December. The 10-year minimum criterion is delaying consideration of some persons, while current members of our committee cannot be nominated during their tenure.

As the above process is being followed for currently active masters, a parallel process, approved in Dallas and reaffirmed in Orlando last December, features a ten-person Old-Timers Committee reviewing a slate of 17 nominees from which five were selected this year. The Old-Timer selections will also be announced at the Los Angeles convention. The old-timer process enables masters to catch up with their history, particularly regarding individuals whose careers were strongest in the 1970s and who are either deceased or stopped competing at least five years ago.

The Masters Hall of Fame Committee includes Ruth Anderson, Bob Fine, Dudley Healy, Len Olson, Louise Mead Tricard, and Norm Green (serving as secretary). The Old-Timers Committee adds Ken Weinbel, Jerry Crocker, and Evelyn White, and Al Sheahan to the six of us. You can see immediately the wealth of knowledge available to the committee in its deliberations.

May we all look toward Los Angeles and the opportunity to honor more outstanding participants in the U.S. masters program.

NOMINEES, IN ALPHABETICAL ORDER ARE:

Bill Banger (Field) - Ed Lukens (Field)
Mary Bowerr (Master) - Pearl Meld (Track)
Dan Buckley (Track) - Gary Miller (T&F)
Grace Butler (Track) - Wendell Palmer (Field)
Carolyn Cappetta (Track) - Roy Ying (Ultra)
Anne Clarke (LDR) - Brice Springfelt (Track)
Jerry Donley (Field) - Ed Stabler (LDR)
Joan Ditmarison (Field) - Larry Smart (Field)
Hal Higdon (Field) - Stewart Thompson (Field)
Claude Hills (T&F) - Wames Doss (LDR)
Jane Hutchinson (LDR) - Elaine Ward (Admin)
Helen Klein (Field) - Wen-Shi Yu (LDR)
Northwest Region Makes Progress

Upon being appointed USATF Northwest Regional Masters Track and Field Coordinator in January, 1997, I appointed a five-member advisory group to help in the decision-making process.

One job of the regional coordinator (RC) is to assist with the management of the annual regional championships. The Northwest stages a two-day championship meet (most regions do it in one day). We hold all the required events plus the long and super-long throws.

We list "standards for hosting a regional championship," such as planning, staging, record maintenance, and responsibilities of both the RC and meet director. The standards help meet directors to be accountable.

We have already chosen championship sites for 2001 (Portland) and 2002 (Salt Lake City). Our 2000 meet will be held in Bozeman, Mont.

Relays

We stage both "official" relays (those which comply with USATF rules) and "pick-up relays" (where anyone may run for fun).

We give championship patches to winners, medals to the first three, and ribbons for the top three. We ordered a six-to-seven-year supply of ribbons to cut annual costs.

Records have been kept by a subcommittee for our regional championships since 1980. We no longer allow hand-timed for records. Our meets are open to all, but only those living in the region may hold records and receive patches.

The Blue Streak

Three times a year, we produce a regional newsletter called The Blue Streak. We sell subscriptions, but it's free to association chairs and to masters clubs in the region. We encourage input from throughout the region.

We produce a regional directory. We hold semi-annual meetings at the site of our championships and at the USATF convention.

A survey revealed that most of the associations' activities in the region revolve around youth. Masters athletes must be involved in association affairs to make their needs known. Most feel they are not well-served by their associations.

Bozeman in 2000

Next year in Bozeman will be the first time the meet has been held outside of the 1-5 corridor—Seattle, Portland or Eugene. We want to promote competition throughout our broad geographical area.

I conducted a successful fundraising project to assist the Bozeman organizers. Each of the 24 events in the meet have been sponsored for $30. The contributors will be listed in the meet program. The seed money of $720 has already been sent to the meet director.

Masters athletes in Montana and Wyoming will be encouraged to join USATF and to attend the meet.

Another project is a 2K$ for Y2K campaign. It's a fundraising effort to purchase our newly-designed awards. If you'd like to donate, please send your check to me (address on page 2).

Contributors will be acknowledged in the Bozeman meet program.

2000 Nationals

The 2000 National Masters T&F Championships will be held in our region—in Eugene from Aug. 10-13—just 11 days after the Bozeman event. It should be a tremendous meet to kick off the new millennium. Information about the meet can be found on website: www.eugenechamps.com.

The WAVA North American Regional Championships will be held in Kalamloops, British Columbia the following weekend, Aug. 17-20. Their website is: masters2000.kalamloops.com. Their e-mail address is: masters2000@kalamloops.com.

Our 2000 nationals will be held in Kalamloops, British Columbia the following weekend, Aug. 17-20.

The third Indy Life Circuit, sponsored by the Indianapolis Life Insurance Company, features two Indianapolis Life Circuit races: Twin Cities Marathon (Oct. 3) and Tulsa run 15K (Oct. 30). (Compiled by Road Running Information Center)

INDY LIFE CIRCUIT

FLINT, Michigan — At the 23rd Crim 10 Mile, the USAF Masters Championships, Aug. 28, John Tuttle ran 50:37 to win his fourth consecutive national road title of the year. Overall, however, masters Simon Karori and Andrei Kazznetov finished 1-2 in 49:33 and 50:20, respectively, but the Kenyan and Russian were not eligible for the USA championship.

Likewise, in the women's masters race, Jane Welzel won the USA crown (her second of the year) in 1:00:30, but overall, she finished third behind Tatyan Kozinaka, Ukraine, and Marina Believa, Russia, who ran 57:02 and 57:42, respectively. (Note: as new masters, Karori and Believa's ages are being verified.)

In the Indy Life Circuit age-graded competition at Crim, Tuttle, 40, Douglassville, Ga., edged Craig Young, 43, Colorado Springs, by one second as their times (50:37 and 51:45) adjusted to 49:11 and 49:12 open equivalents. By nearly a minute, Welzel, 44, Ft. Collins, Colo., handily secured the top ILC women's age-graded (56:19) title. For their top performances, each took home $1000.

Overall, 37 men and 18 women earned Circuit points by scoring 70% or higher on the 1994 WAVA age-graded tables. Tuttle, Young and Gary Rosniewer produced the only world class ILC performances (90% or higher).

With his fourth consecutive ILC masters and age-graded win, Tuttle, a 1984 Olympic marathoner, built his lead in both divisions (90 and 300 points, respectively). Young, the 1998 ILC Grand Prix masters and age-graded champion, holds the second spot in both divisions.

For the women, Patty Valadka, 41, Houston, is the masters division leader with 73 points. Welzel, the 1997 ILC Grand Prix masters champ, is 5 points back. In the age-graded division, two-time ILC Grand Prix age-graded champion, Scott O'Toole, 55, Sonora, Calif., maintains her lead with 326 points.

The third Indy Life Circuit, sponsored by the Indianapolis Life Insurance Company, features eight races and $90,600 in race prize money (masters overall and age-graded), plus a $50,000 grand prize purse. USA Track & Field coordinates and directs the Indy Life Circuit.

There are two more Indy Life Circuit races: Twin Cities Marathon (Oct. 3) and Tulsa run 15K (Oct. 30).
Cross-Country Season Strikes Again

Road races are seemingly without season. We simply change venues to accommodate the weather preferences of the majority of our runners. However, cross-country somewhat follows the pattern of track and field—probably because it is dominated by colleges and universities and must fit into a fall niche. At any rate our cross-country season is upon us, and two national masters championships will be conducted in Kentucky and New Jersey in the very near future. These are both scheduled on beautiful courses in Louisville and Holmdel and should be managed very superbly.

Unfortunately, I live in an area where open and masters cross-country is almost non-existent. This great desert separates the eastern and western associations where the excitement of running over hill and dale with less desert separates the eastern and western results, there are very few strict cross-country categories, but there are certainly specialists who seldom lose on their preferred venues. Could this be because there is a strategy employed that is foreign to most road races? At any rate, if you have not personally observed the rebirth of competition in a first-class cross-country race, I certainly invite you to not miss these events.

By the same token, ultra and trail runs are generally somewhat defined by the pattern of track and field-athletes who are masters. Wow!

Our new master is Mary Rosado, a New York attorney, who is our L and L representative and serves the Metropolitan Association in several capacities in LDR and track field.

Running Continues to Grow

According to the latest American Sports Data survey, there were 10.7 million frequent runners (who ran 100 or more days per year) in 1998 in the U.S. Their average annual income was $62,200 compared to the national average of $30,000.

The top 100 U.S. road races (see chart on this page), compiled by USATF's Running Information Center, topped the one million mark with 1,183,779 finishers (9% higher than in 1997). In 1980, the top 100 U.S. races had 349,400 finishers. Of the top 100 races in 1998, 30 were 5Ks.□

TEN YEARS AGO October 1989

- Dave Stewart (41, 51:12) and Priscilla Welch (44, 55:18) Win in Crim 10 Mile
- Norm Green (57, 33:50) is Best in Asbury Park 10K
- Mario Cuevas (1:06:28) and Laurie Binder (1:18:18) Top Masters in Philadelphia Half-Marathon
**Masters Scene**

**NATIONAL**
- John Underwood, 44, who won a bronze medal in the M40 100m freestyle at the 1997 World Championships, his veteran's meet performance was in the 50m in 8.99.94. He was the men's top scorer, with 3957.
- Bill Weinacht, 82, bolder to the men's best age-graded performances in the 50m in 8.99.94 and 100m (15.799.82). Cleveland Classic Independence, OH, July 11. Jack Greenwald, 71, was a 90.6% with a 29.2.00.

**EAST**
- In a field of over 2000 runners at the New Haven 20K, New Haven, CT, Sept. 6, Paul Pilkington, 40, dominated the men's masters field, finishing in 1:23:58. Tatyana Pozdniyakova, 42, 1:23:38, took the women's masters title.
- The original cast of the first NYC Marathon on Oct. 30, 1970, decided to attend a 30th anniversary and reunion at the Panorama Cafe, 1640 Second Ave. (at 85th St), NYC, on Oct. 31, 0:00 to 4:00 p.m. The volunteers, organizers, and the 55 plus friends and supporters of the NYC running community will give special awards to: Ted Corbitt, Joe Kleinerman, and Aldo Scandurra. For more information contact Joe Burns, 212-288-8695.

**MID-AMERICA**
- Jack Greenwood, 72, of Aurora, CO, four-time U.S. male masters track & field "athlete-of-the-year" is back running, but at a modest level in local meets in the 100, 200 and 400. "I can't handle anymore," the world-record-hurdler said. "I had knee surgery in 1991, but I think they took out too much cartilage. It often gives out after I run 50 yards." Still, Greenwood has managed to post excellent times of 28.4 (200) and 70.2 (400) this year. His plan is to move back soon to his old home town of Medicine Lodge, KS.

**NORTHWEST**
- First masters teams in the Hood To Coast Relay (12-persons/195 miles) from Mt. Hood to Seaside, OR, were John McKim, 41, in 16:51, and Eileen Barnes Corley, 40, in 18:29, scorched the course for masters wins in the Brentwood Rotary Cookie 5K, Long Island, NY. Aug. 12. Gordie won the M50 race in 19:46. Mary Anne Goldman took the W50 contest in 21:49. The event is one in a series of grand prix races run for charity on L.I. from April until November.

**SOUTHEAST**
- Phil Raschker, 52, of Marietta, GA, nine-time U.S. female masters track & field "athlete-of-the-year," will be sponsored by Customvite vitamins, a nutritional supplement manufactured by Nutrilab. Customvite will send Raschker to key meets throughout the year. The product is currently only available through physicians but may be in wider distribution soon.

**SOUTHEAST**
- Bernie Holland, 72, of Ohio, with the highest total of 4015 in the Norm Bower Memorial Weight Persuasion, Kent, OH, Sept. 11, added a pending W70 U.S. record to her W60 and W55 records for the WP. Elizabeth Haggenmuller has the present record at 3718 in 1995. Mike Blakely, 56, was the men's top scorer, with a 3957.
- Bill Weinacht, 82, bolder to the meet's best age-graded performances in the 50m in 8.99.94 and 100m (15.799.82). Cleveland Classic Independence, OH, July 11. Jack Greenwald, 71, was a 90.6% with a 29.2.00.

**MIDWEST**
- Dean, on vacation in Michigan, was the overall masters winner in the 10K (37.22). Mannuccio took second in the M50 division (41.53) and was first M50 in the 1K (10.00). Masters victors in the 5K were Warren McIntyre, 44, Troy, in 18:07, and Donna Olson, 49, Bloomfield Hills, MI, in 22:57.

**Canada**
- Five 20s were broken in the Canadian Masters Championships, Sherbrooke, Quebec, June 11. Karl Treti, M50, accounted for three of them: L1, 25.5; LJ, 5.5; and JT, 17.74. Isabel Cunningham, W55, knocked almost five seconds off the present record of 28.61 for the 100 with a 23.78. Earl Felt, M70, took almost much off the present 22.57 record in 20.36. Heigl, M75, increased the HJ from 1.01 to 1.11.

**International**
- Current members of the IAAF Veterans Committee are: Chairman: Cesar Moreno Brock, (MEX), 60, Members: Baldei Abderrahmane (ALG), Albaro Ariza (COL), Jim Blair (NZL), Torsten Carl (SWE), Bridget Cusden (GBR), Danny Daniels (CAN), Charles Desjardins (USA), Marina Hoenecke (ESP), Terujii Kojima (JPN), Herbert McKenley (JAM), Vadim Maranesh (RUS), Dieter Messner (GER), Vittorio Savino (ITA).

**Editor Dies After 3000m Race**

British athletes are shocked by the sudden and unexpected death of Geoff Ashby only days after he returned home from competing in the World Championships. Ashby was the editor of Veterans Athletics.

Taking part in a mid-week league fixture in Worcester on Aug. 18, Ashby broke away from Ron Smith, one of his main rivals, to win the M65 race by almost a lap. He walked off the track, spoke to an official and virtually collapsed. He was resuscitated and rushed to a nearby hospital where he recovered sufficiently to be able to communicate with his wife, Anita. He relapsed on Aug. 21 and died.

Some good post-Gatehead performances were achieved at the Veterans AC Championships, Aug. 29, when Walwyn Franklin and John Browne clashed in the M45 sprints. Franklin took the 100; both were timed at 11.4. Army Officer Browne set a championship record of 22.9, in the 200 to Franklin’s 23.3. Franklin dominated the 400, winning in a swift 57.6.

Val Parsons set two new meet records in the W50 100 (14.2) and 200 (30.3). After running her fastest ever 800 in the World Championships, Lesley Felton took three W40 titles, 200 (28.11), 400 (63.3) and 800 (2:26.5), the latter two setting new meet records.

A British record was set in the M55 hammer by ex-international, Chris Melluish (53.70), and meet records in the M60 by J. Kee (48.7), Javelin, and Gordon Hickey, M65 (13.19), shot.}

**East Regions Serve as Warm-Up for Nationals**

This year, the USATF East Regional Masters Championships were hosted by Springfield College, Springfield, Mass., Aug. 14, less than a week after the WAVA Championships in Gatehead, England, and about a week and a half before the National Masters Championships in Orlando, Fla.

Bill Wright, 65, won the M65 100 race with a 91.6% 13.39. Richard Rizzo, 60, was also in world-class levels with his 90.5% 26.91 in the 200 and 92.2% 59.21 in the 400. Irene Thompson, 45, won the 100 with an 83.7% 14.13. Adlin Mail, 57, clocked the M55 title in the 100 (15.98) and 200 (31.21, 84.8%).

Brian Martin, 40, outclassed everybody else in the 800 with a 90.6% 1:59.54. Ann Sikpa, 51, clocked an 85.7% 5:15.66 for the 1500. The top hurdlers was Tim McMahon, 40, with an 86.3% 58.72. Marie-LouiseMichelsohn, 50, won the W50 SC with a 10.003. Richard Sobel, 50, prevailed in a close competition in the high jump with a 1.55. Brian Donohue, 37, had a 15.93 shot put with the 16th to win the M53 division. Larry Pratt, 58, won the M55 discus contest with a 43.89. Antonio Martinez, 31, hurled the hammer 50.60 to win the M30 group. Ron McConnell, 37, claimed javelin honors with his 60.57.

Anne Lands, 58, multiple gold medalist at the 1998 Nationals in Orono, Me., was the winner in the shot (9.45), discus (26.07), hammer (32.78), and javelin (25.38).

Robert Keating, 52, was the best performer in the 5000 race walk with an 88.6% 23:57.23.

Ed Daniels and Steve Vaione of the USATF New England Association were the main principals involved in the staging of the meet.
USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are usually limited to age 50 and over. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. International T&F meets are generally limited to men over 40. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 5098, Eugene OR 97440.

**Schedule**

**TRACK & FIELD**

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<td>October 21-23. Huntsman Senior Games</td>
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<td>October 28-29. RAVA Cup Match, Minsk</td>
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<td>October 3. USA National Masters Championships/Twin Cities Marathon</td>
<td>Twin Cities Marathon</td>
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**EAST**

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<tr>
<th>Event</th>
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<tbody>
<tr>
<td>October 2. Sr Chinmoy Masters Games, Roy Wilkins Park</td>
<td>South Jamaica, Jamaica</td>
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**SOUTHWEST**

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<th>Event</th>
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<tr>
<td>November 14. Space Coast Senior Games</td>
<td>Brevard County, FL</td>
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<tr>
<td>November 29-December 30. Florida Senior Games State Championships</td>
<td>Kissimmee/St. Cloud</td>
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**MID-AMERICA**

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<tr>
<td>February 6. 21st Century AGELESS GAMES, Minneapolis</td>
<td>Minneapolis</td>
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<tr>
<td>October 16. 10th annual Waterloo Relays, Austin</td>
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<tr>
<td>October 16. 80th Rose City Masters Games</td>
<td>Rose City</td>
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**SOUTHEAST**

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<tr>
<td>October 3. Club West Meet, Santa Barbara</td>
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**WEST**

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<tr>
<td>October 3. USATF Masters Championships</td>
<td>Twin Cities Marathon</td>
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**INTERNATIONAL**

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<td>November 1-4. 71st World Championships, London</td>
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<tr>
<td>November 1-4. 72nd World Championships, Berlin</td>
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<tr>
<td>December 1-4. 72nd World Championships, Tokyo</td>
<td>Tokyo</td>
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**ON TAP FOR OCTOBER**

**TRACK AND FIELD**

The multi-sport Senior Games-Senior Olympics commence on the 20th and go through the 29th in Orlando, Fla. Before that, Metropolitan area athletes have the Sr Chinmoy Games, NYC, on the 2nd, and Westermers have the Club West Meet, Santa Barbara, Calif., on the 3rd. Another multi-sport event, the Huntmaster Senior Games, opens in St. George, Utah, on the 11th, and closes on the 23rd. The rest of the list consists largely of the Waterloo Relays in Texas on the 16th; the Sr Chinmoy Meet, Long Beach, Calif., on the 17th; and two combined-event meets on the 31st: the Punks' Throw Meet (no fees, no awards), Grass Valley, Calif., and a Throws/Track/Pentathlon, Fort Washington, Pa.

**LONG DISTANCE RUNNING**

USATF National Masters Championships will be held in New Zealand at the Twin Cities Marathon, Minneapolis-St. Paul, on the 3rd, and the 8K Cross-Country Championships, Louisville, Ky., on the 17th. The Twin Cities is also an Indy Life Circuit event, as is the Tulsa Run 15K in Oklahoma on the 30th. The opening Masters Championship is set for Cincinnati on the 31st. It's Marathon Madness Month, ranging from the New Hampshire Marathon on the 2nd to at least eight 26.2 miles, or two boggies on the 24th, the Chicago and the Marine Corps in D.C. On a smaller, but perhaps tangier scale, there is the Tufts 10K For Women, Boston, on the 17th, or the Champions Run For Children Roadrace, Mile, San Francisco, on the 24th. More harrier opportunities exist in New Jersey on the 10th and 31st, Minnesota on the 24th, and Massachusetts in the Sweetwood Halloween Scamper on the 31st.

**RACEWALKING**

Racewalkers will be on for 60 minutes in the National Masters 1-Hour Championships, Worcester, Mass., on the 3rd. Additional activities include the South Florida 1-Hour Postal, Plantation, on the 9th; Bob Fine International 5K, Coconut Creek, Fla., on the 23rd; and the Blackburn Walks/Owio 50K & 100K Championships on the 30th.
October 1999

Continued from previous page


October 31. AVON Running National 10K Championships, Cincinnati. 212-282-5150; email: avonrunning@avon.com


January 23. USATF National Masters Road Mile Championships/Steve Scott Festival of Races, Santee, Calif. 619-450-6510.

EAST

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


October 2. New Hampshire Marathon, Bristol. Fred MacLean, PO Box 6, Bristol, NH 03222. 603-744-2649.

October 3. Wingate Marathon, Corning, N.Y. WM, PO Box 117, Corning, NY 14830. 800-3352; x65; email: Bill Tay@adl.com.


October 10. USATF-New Jersey Men's 8K & Women's 5K Cross-Country Championships, Deve Park Path, Reading Twp. 732-296-0006; USATFNJ@aol.com.

October 11. Tufts 10K for Women/USATF Open Championship, Boston, Mass. 888-767-RACE.


November 27. NYRRC Knickerbocker 60K, Central Park. NYRRC, 9 E. 89th St., New York, NY 10128. 212-860-4455; fax: 860-9754.

November 28. NYRRC Pete McCarrd Cross-Country Classic 15K, Central Park. See Nov. 27.


December 12. USATF New Jersey 10 Mile Championships, Picnicary Arsenal, Rockaway. 732-296-0006; USATFNJ@aol.com.


SOUTHEAST

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


October 16. Southtrust Running Festival 10 Mile & 5K, St. Petersburg, Fla. PO Box 166252, St. Pete Beach, FL 33717. 727-363-7866; fax: 360-9710; email: run_flori-da@msn.com.

October 17. Atlantic City Marathon, Atlantic City, NJ. 609-601-1786.


November 13. Richmond Marathon & 5 Milers, Richmond, Va. 804-673-RACE.


November 25. Thanksgiving 10 Mile & 5K, Deland, Fla. John Boyle, PO Box 12721, Deland, FL 32721. 904-736-0002.


December 5. First Tennessee Memphis Marathon. FTM, PO Box 84, MO-8, Memphis, TN 38101. 800-893-RACE.


October 24. Chicago Marathon/USATF Illinois Championships, CM, PO Box 5709, Chicago, IL 60680. 312-243-0003; 884-243-3344.

November 14. Columbus Marathon, Joan Riegle, PO Box 26806, Columbus, OH 43226. 614-433-0395.

MID-AMERICA

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

October 2. 37th annual Jackrabbit 15 (15.2 Miles) & Relays, Brookings. S. Dak. Chad Witt, Wellness Director, SDSU, PO Box 2820, Brookings, SD 57007. 605-688-5386.


October 17. Wichita Marathon. Prize money for open & age-graded masters. WM, Box 782050 Wichita, KS 67278.

October 17. St. Louis Marathon. SLTR, 2385 Hampton Ave., St. Louis, MO 63139. 314-781-3926.

October 17. Omaha Marathon. Peak Performance, 519 N. 78th, Omaha, NE 68114. 402-398-9807.


SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas


December 12. Gasparilla Distance Classic 15K, Tampa, Fla. #10 SASE to GDCA-FN, PO Box 1881, Tampa, FL 33601-1881, 813-229-7866.


MIDWEST

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


FIVE YEARS AGO

October 1994

- Martin Mondragon (40, 49:13) and Suzanne Ray (42, 59:33) First Masters in Crim 10 Mile

- American Championships Draw Athletes From 13 Countries to Canada

- John Hosner, 69, First in St. Louis Bud Light 10K Handicap Race


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Mary Robinson won the WSS 100 (14.94), 200 (23.08), and 400 (47.37), USATF National Masters Championships, Orlando.


October 3. Portland Marathon, Portland, Ore. SASE to PM, PO Box 4040, Beaverton OR 97076. 503-226-1111.


INTERNATIONAL


RACEWALKING


October 9. South Florida 1-Hour Postal Walk, Plantation City Central Park. FAC Walkers, Kay Celia, 954-572-4392.


**U.S. MASTERS ALL-AMERICAN STANDARDS**

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<tbody>
<tr>
<td>400M</td>
<td>46.8</td>
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**Note:** All standards are for automatic time; use standard conversion for hand time.

**U.S. MASTERS ALL-AMERICAN CERTIFICATE/PATCH**

1. **Application Form:** Complete the application form and include a copy of your results or a note stating in which races your results appeared and the events in which you participated.
2. **Certificate:** The certificate will be mailed to you within six weeks. Allow eight weeks for a patch to arrive.

**To Order:**
- **Name:**
- **Address:**
- **City:**
- **State/Zip:**
- **Meet:**
- **Date of Meet:**
- **Event:**
- **Mark:**
- **Age-Group:**
- **Hurdle Weight:**
- **Hurdle Height:**
- **Weight of Implement:**
- **Field Certificate:**
- **Patch Only:**
- **Patch Tag:**

**Order from:**
National Masters News, P.O. Box 50098, Eugen OR 97440

**For Questions:**
Call 503-861-0600

1. If you have equaled or bettered the standard of excellence, please fill out this application completely.
2. The certificate was awarded at the registrant's requested order at the same time as $15. S.
3. If you send $10 for a certificate, $10 for a patch, and $10 for a patch tag showing event and year. The cost for both certificate and patch tag ordered at the same time is $15. S.
4. Send to: National Masters News, P.O. Box 50098, Eugen OR 97440.
5. A 3-color, 8" by 10" certificate, suitable for framing, and a 3-color, 3" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch to arrive.

**Application Form**

- **Address:**
- **City:**
- **State/Zip:**
- **Meet:**
- **Date of Meet:**
- **Event:**
- **Mark:**
- **Age-Group:**
- **Hurdle Weight:**
- **Hurdle Height:**
- **Weight of Implement:**
- **Field Certificate:**
- **Patch Only:**
- **Patch Tag:**

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<th>Event</th>
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<th>Time</th>
<th>Age</th>
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<td>1500m Men</td>
<td>Bruce Devine</td>
<td>65</td>
<td>3:25.6</td>
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<td>3:18.61</td>
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<td>1500m Women</td>
<td>Sherry Devine</td>
<td>65</td>
<td>3:57.8</td>
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<td>3000m Men</td>
<td>Bruce Devine</td>
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<td>8:58.4</td>
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<td>3000m Women</td>
<td>Sherry Devine</td>
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<td>9:18.6</td>
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<td>9:04.77</td>
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<td>5000m Men</td>
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<td>15:19.8</td>
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<td>14:59.77</td>
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<td>5000m Women</td>
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<td>16:10.0</td>
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<td>10000m Men</td>
<td>Bruce Devine</td>
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<td>30:19.2</td>
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<td>32:19.4</td>
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<td>Bruce Devine</td>
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<td>2:34:19.2</td>
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<td>Marathon</td>
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<td>2:36:19.4</td>
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<td>2:35:59.77</td>
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**Note:** Times are approximate and may vary slightly from the original data.
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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.
- Select the best performance in an event among all age groups.
- Score multi-events.
- See how much your performance should decline with age.
- Includes single-age factors and standards for each age from 8 to 100 for men and women for every common track and field, long distance running, and racewalking event.
- Shows how to conduct an age-graded track & field meet, road race or racewalk.
- 60 pages. Easy to use.
- Detailed explanations, sample competitions, personal performance examples and charts.
- Compiled by the World Association of Veteran Athletes.
The New Jersey Association of USA Track & Field presents the:

1999 USATF NATIONAL MASTERS
5km CROSS COUNTRY CHAMPIONSHIPS

Sunday, November 21, 1999
Holmdel Park - Holmdel New Jersey

The Holmdel Park Alumni Open 5km
Cross Country Shootout

Meet Schedule:
The schedule is designed to allow male runners to compete in their true age division and to drop down to run for their team in a younger division. Men who run in more than one race must register (pay) separately for each race and wear the bib number assigned to them for that race.

Team Entries:
Only USATF Association clubs are eligible to compete for team titles. Association or National Teams are not allowed under USATF Masters rules.

Entry Fees:
Masters National Championships: (no day of race entry)
Pre-entry: (postmarked by November 1st): $15.00 (include a SASE and Bib # and information will be mailed back)
Late registration: (on 11/10) at Holmdel Park/Tinton Falls: $35.00
Notes: Long Sleeve Championship T-Shirt and Pre-Event Dinner Buffet available at an additional charge.

Open 5km Cross Country Shootout: (on day of race entry)
Pre-entry: (postmarked by November 1st): $7.00
Late registration: (on 11/10) $1.50
Notes: 1) USATF Membership is required to compete in this event.
2) T-shirts not available for this event.

Lodging:
Mention "USATF Masters XC" when calling any of the below:
Holiday Inn (Tinton Falls) 732-544-9300 (Main Headquarters)
Red Roof Inn (Tinton Falls) 800-843-7663
Must call prior to 11/1/99 to ensure discounted rates.

Travel Arrangements:
Clinton Travel - (908) 733-8800 (ask for Chris Zimmerman)

Entry:

INFORMATION FORM
One form/person

INDIVIDUAL REGISTRATION FORM
Checks Payable and Mail to: USATF Masters XC, PO Box 10120, New Brunswick, NJ 08906

Maintain photocopy

Name:

Street Address:

City: ___________________________ State: ______ Zip Code: ______

Age on Race Day: ______ Date of Birth: ______

Team Affiliation:

1) Only fill this in if you are representing a team at this event.
2) Include all team applications should be received as a package.
3) When you enter the Open 5km Cross Country Shootout, indicate the high school you graduated from.

Team Age Division: ______ Phone: (____)

*99 or’ 00 USATF #:
Required to complete contact 732-296-0006 to receive a membership application.

In consideration of your accepting this entry, I hereby waive and release any and all rights and claims to damage I may have against race officials, Holmdel Park, USA-MAJ, volunteers, sponsors and any representatives for any and all injuries by me in this event.

(Signature) ___________________________ (Date) ___________________________