Laurie Binder Runs Record 2:35:08 in TAC National Masters Marathon

Manuel Vera Wins Men's Masters Title in Annual Twin Cities Event

by PAT GOODWIN

Despite cold weather and stiff winds, Laurie Binder, a 44-year-old nurse from Oakland, Calif., melted her own W40-44 American marathon record of 2:39:52 with a sizzling 2:35:08 in the TAC/USA National Masters Marathon/Twin Cities Marathon in Minneapolis, Minn., on October 6. Binder, who shaved more than three minutes off the record, finished fifth overall and took home $9000 as a reward for her stellar 96.2% age-graded performance.

"I didn’t even know my split time from 21 on in," she told the Minneapolis Pioneer Press. "Linda Somers, Odette Lapierre, Kim Dryden, Jane Welzel and the Russian, Sinikka Keskitalo and I were all together at that point, and I just got into the race."

Even though the prize money and victory were fine accomplishments in themselves, Binder, who has learned to control her exercise-induced asthma with an inhalant, was even more elated by the fact that she qualified for the U.S. Olympic Trials in Houston in January. "Don’t count me out," she told reporters after the contest, indicating that she was determined to make a serious effort to join the U.S. Olympic marathon team.

In the men's division, Mexican pediatric surgeon Manuel Vera, 40, defeated a strong masters field in 2:17:19 (94.7% age-graded). He was closely followed by Colombian Domingo Tibaduiza (41, 2:22:12). After the race, Tibaduiza blamed his second-place finish on the weather, claiming his legs couldn’t take the cold.

Ryszard Marczak, 45, captured his age group in 2:24:29 (93% AG), while Fay Bradley, 53, took the M50 honors in 2:41:45. Ted Tetzlaff, 57, topped all M55s in 2:55:01 with Hal Higdon, 60, besting the M60s (3:12:06) and taking home $250 in prize money.

On the distaff side, 50-year-old Shirley Matson smashed Sister Marion Irvine's W50 AR of 2:52:02 with a 2:50:26. Barbara Filutze, 45, turned in a 2:45:11, which was good enough to establish a new W45 AR, but was 11 seconds shy of the women's Olympic Trials qualifying standard. Nancy Oshier (41, 2:41:03), Keskitalo (40, 2:41:11), Carol Virga (40, 2:44:24), and Anne Roden (44, 2:44:28) also bettered the Trials standard.

According to Bruce Mortenson, marathon vice president for recruiting, Filutze may be able to petition for a spot in the Trials. "Other runners who have just missed have been successful with their petitions," he told a press conference. "We're going to help them with their petition so they can get in."

Overall winners were Australian Malcolm Norwood (27, 2:12:10) and Janis Klecker, 31, from Minnetonka, Minn. in 2:30:31. The marathon, which was sponsored by MedCenters Health Plan, Marquette Banks, WCCO Radio and WCCO Television, had 5080 finishers and offered more than $187,000 in prize money (almost $30,000 for masters).
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TAC USA is a major funding supporter of NMM, Executive Officers of TAC/USA: Frank E. Greenwich, President; Ollie C. Cassell, Executive Director.

The National Masters News is devoted exclusively to track & field, long distance running, and race walking for men and women over age 30. Each month it delivers 40 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, and all the inside scoop and information that affect the world of masters athletics competition.

Some masters events are sponsored by TAC, the national governing body for athletics in the USA. Some are sponsored by individuals, clubs or other senior organizations.

Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to ages 40 to 50 or 55+ (please check the schedule for details). Some events may require advanced registration. Some require a current TAC card ($10 in 1991, depending on the region). To inquire about a TAC card, call The Athletics Congress in your area, or 317/261-0050. There are no qualifying standards for any masters athletics event.

NMM welcomes contributions — results, schedule info, photos, letters, articles, and opinions. Manuscripts should be typed, double-spaced, but legibly handwritten material is also acceptable. Results should be typed, single-spaced. Please include a stamped, self-addressed envelope if return is desired.

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Sri Chinmoy Games Successful
by BIGALITA EGGER,
Race Director

Over 100 ready, willing and eager entrants took part in the 4th Annual Sri Chinmoy Masters Games in Irvine, Calif., on Sept 22. Savoring the idyllic weather conditions, competitors from California, Texas, Nevada and Oregon enjoyed the camaraderie, friendship and competition.

On April 9, Sri Chinmoy, 60, of Jamaica, N.Y., lifted his body weight of 150 pounds with one arm 100 times in a span of 6 minutes, 38 seconds, three times faster than his previous record of 22:43. An author, poet, artist, musician, and internationally-known peace leader, he seeks, through his own examples, to "inspire others to transcend their own limits and develop their fullest potential regardless of age." Sri Chinmoy organizes masters road races and track meets on the East and West coasts. His feat was televised by Viznews to 23 countries.

ATHLETE WHO ENTER A NEW DIVISION THIS MONTH, NOV. 1991

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<tr>
<th>Athlete (Residence)</th>
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<th>Age Group</th>
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<tr>
<td>PAT BROWN (TUCSON, AZ)</td>
<td>11-12-52</td>
<td>39-43</td>
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<td>MARY T. BROOKS (Salem, OR)</td>
<td>11-14-46</td>
<td>45-49</td>
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<tr>
<td>LUANN DENITZ (Thousand Oaks, CA)</td>
<td>11-15-48</td>
<td>50-54</td>
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<td>JUDY GREEN (Fall River, MA)</td>
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<td>55-59</td>
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<tr>
<td>MARGARET JACOBY (Cincinnati, OH)</td>
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<td>KATHERINE KAPLAN (Green Bay, WI)</td>
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<td>LITA LAGRO (West Roxbury, MA)</td>
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<td>MARIE LEBel (BROOKLYN, NY)</td>
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<td>JOE GRUBER (New York, NY)</td>
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<td>GLORIA O'NEILL (New York, NY)</td>
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<td>SHIRLEY BAKER (Ottawa, ON)</td>
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<td>BRENDA CARR (Australia)</td>
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<td>EDITH GRAFF (Bellemont, NY)</td>
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<td>INES LISTER (Puerto Rico)</td>
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<td>PAUL SCHNERER (London, CA)</td>
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<td>WILLIAM STEARS (LA VERNE, CA)</td>
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<td>JOE DOUGLAS (INGLEWOOD, CA)</td>
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<td>JAMES KINCAID (NEW YORK, NY)</td>
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<td>JAMES LINGEL (FLORIDA)</td>
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<td>ROGER MCCABE (D.C.)</td>
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<td>FRIEDRICH TEPPE (MN)</td>
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<tr>
<td>WIM WOUTERS (BEL)</td>
<td>01-09-08</td>
<td>70-74</td>
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</tbody>
</table>

Setting PRs were Tom Lane, who is 97 and blind, in the DT (11.14) and SP (4:36); Bob Buocks, M75, in the DT (23.56), HT (21.04) and JT (18.08); Harry Yu, M70, in the LJ (3.34); and John Cleveland, M65, in the PV (2.62).

Medals were handed out for first, second and third places in five-year age groups. Plans are currently underway to hold next year's games at Long Beach State College on September 20. The venue, which boasts a brand new track, will make it possible for a Steep-lechase to be added to the program.

For information, or to get your name on next year's mailing list, contact Bigalita Egger at (213) 838-4746.

Steve Wordell, M50, throws the javelin 42.36, Sri Chinmoy Masters Games, Irvine, Calif., Sept. 22. Photo by Nibir Cole

Soviet Training Device Improves Running Speed and Technique

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- Power

SpeedChute is especially effective at developing speed in football, basketball, soccer, running events, sprints, sprints, tennis, track and others.

Three sets of SpeedChute in two combinations are available:

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<th>Size</th>
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<tr>
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<tr>
<td>Medium</td>
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<td>$100</td>
</tr>
<tr>
<td>Large</td>
<td>22/25 lbs</td>
<td>$125</td>
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For more information concerning the Speed Chute, call:
1-800-443-0324 or 1-617-749-4389

ELITE SALES, INC.
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WAVA CHAMPIONSHIPS
The Report from Britain (Oct., NMN) noted that "many people would have liked to have been able to watch more of the races/field events, but were unable to do so due to the widely dispersed arenas." This has always been a problem when staging large track meets in Charlotte. We were unable to do so due to the widely dispersed arenas.

Charles Gerkin, 45, of Mitchell, Ind., W43 winner (11:42:11) , was fourth in 8:05. You also left out the M35 5K racewalk results. Charles Deuser (Cincinnati, Ohio)

LANE ASSIGNMENTS
In response to Jim Manno's letter (NMN Oct.) regarding unfair lane assignments, I agree that the lanes most sprinters prefer are 5, 6, 7 and 8. The reason for this is that the tighter the turn, the more physical energy must be expended to overcome centripetal force. If you carefully review history, you'll find that most (but not all) PRs and world records were set in the outside lanes in the 200. After 33 years of observation, empirical data and much reflection, my choice of lanes (in order of preference) for running a 200 would be the following: 5, 6, 7, 8, 4, 3, 2 and 1. Paul Dungan (Portland, Oregon)

UNFAIR LANE ASSIGNMENTS
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Paul Dungan
Portland, Oregon

RACEWALK ERRORS
Your report of the M60 1500 racewalk from the National Senior Sports Classic in Syracuse is wrong. Bob Fine was first, another was second, Jack Ozment was third, and I was fourth in 8:05.

You also left out the M35 5K racewalk results.

Charles Deuser
Cincinnati, Ohio

(We also left out the results of the W60 racewalk. Reason: we didn't get them from the NSCC. We published what they gave us, including the apparently incorrect results of the M60 1500R. We'll contact them yet again to try to get the correct and complete results. — Ed.)

ALL-AMERICAN STANDARDS
I'd like to suggest the Standards of Excellence be adjusted on a per-year basis. For example, the standard for the M50 javelin is 141-1. At age 55, it's 126-4. Would there not be merit in establishing qualifying marks at age 51 (138-2), 52 (135-2), 53 (132-2), 54 (129-3) based upon the difference between 50 and 55 divided by five?

It would serve as an incentive for many competitors who come close to achieving the standard and then must endure a long wait until they enter another age group.

Steve Wurdell
Santa Barbara, California

IN MEMORIAM
The passing of John Satti (West Valley Track Club) recently will sadden his many long-time friends and fellow competitors. As a fellow sprinter I held him in high regard as a person and as one of the toughest competitors on the cinder path. He was a true champion on all counts. He will always be remembered as a true sportsman and genuine friend.

Payton Jordan
Los Altos, California

Date of 1992 Nationals Set
The dates of the 1992 TAC/USA National Masters Track and Field Championships have been officially set for August 13-16 — the week after the close of the Olympic Games (July 28 — August 9).

The North American Masters T&F Championships in Xalapa, Mexico remain on August 19-23.

Thus, athletes can relax and watch the Olympics on TV — or go in person to Barcelona — and then easily take in both masters meets in an 11-day span.

Special masters group-tour rates for both meets will be announced in a forthcoming issue.
TAC National 56 Pound Weight Throw Championships Held in South Carolina

by DICK BLOOMFIELD

Outstanding facilities and weather provided the setting for the 1991 TAC National 56-Pound Weight Throw Championships held in Greenville, S.C., on September 21.

The top three 56-pound throws were turned in by Wade Coleman, 30, Newark, Del., with a 39-1 in the open division, and by Russ Baker, 40, Jonesboro, Ga., 29-5 1/4, and Dick Bloomfield, 51, Greer, S.C., 27-2 1/2, among the masters throwers.

In other events, Ruby Fowler, 82, Cookeville, Tenn., broke the U.S. W80-84 record for the shot (3 kg) with a 14-11 1/2. The old record was 11-7, held by Marilla Salisbury. Gordon Powell, 82, Holly Hill, Fla., broke the single-age world record for the 35-pound weight with a 16-1/4, and the national single-age record for the 25-pound weight with a 21-4.

Some readers provide additional support to the National Masters News and to the Masters program by sending contributions of $25, $50 or $100 a year. If you are able, we urge you to join them. All contributors will receive a free copy of the Masters Age-Graded Tables book and will be listed in the paper as a National Masters News sustainer.

John Doody, 56, Shortsville, N.Y., M55 winner (1:25:08); and Joe Sweeney, 43, Rochester, N.Y., (1:25:12), at the 10 1/2 mile point, Phelps 20K, Phelps, N.Y. Photo by Terry Pearl

Grayson Sets 10K Best in Pittsburgh

Nancy Grayson, 41, of Columbia, S.C., finished the mostly downhill Pittsburgh Great Race 10K, September 29, with a tenth-place, U.S. best 34:08. Sinikka Keskitalo, 40, Lynchburg, Va., was second W40-and-over with a 13th 34:37, three seconds below Barbara Flutie, 45, Erie, Pa., who took the 14th spot among the women.

Artemio Navarro, 41, a Mexico citizen residing in Tampa, Fla., ran a 16th-place world best 28:52. Kenyan Wilson Waigwa, 42, who lives in El Paso, Texas, captured the master second place with a 29:35.

Ken Sparks, 46, Chagrin Falls, Ohio, was fifth in 31:23, and Fay Bradley, 53, Washington, D.C., the first M50 in 32:59.

After the race, a protest was filed against April Capwill, 40, Erie, Pa., who is a transsexual, a man who had an operation to become a woman. The race organizers did not disqualify Capwill; however, The Athletics Congress will review the protest.

TAC masters trust awards totaled $7000, plus $500 for a course record. Juan Quintanilla (23, 27:43) and Judi Stihlaire (32, 31:17) were open winners.
Ruben Chappins Enters Masters Arena

On Sept. 21, five days after his 40th birthday, Ruben Chappins captured the M40-44 division and was the first masters finisher overall in the United States National Triathlon Championship in Las Vegas. He finished the 1.5-mile swim, 40K bike, and 10K run event in 2 hours, 20 minutes, 23 seconds.

Based upon his record, Chappins, a resident of Honolulu, should soon establish himself as the dominant masters triathlete and biathlete in the country, if not in the world. A five-time winner of Hawaii's Timman, Chappins tied 13th in the 1988 Ironman competition with an M35-39 record of 8:54:35.

"There are three guys out there who are tough, but I think I have a good chance at it (being the top-ranked 40+ triathlete)," said Chappins, a few days before his 40th birthday.

Fifty Is A Big Deal

Chappins was looking forward to entering the masters arena. "Fifty is a big deal in our society," he mused, "it's like you've suddenly arrived at midlife and you're really over the hill athletically. It's like there's nothing left. I don't look at it that way. For me, it's a whole new beginning."

Even though he won in Las Vegas, Chappins does not feel he is anything close to being 100 percent. He has been battling a mysterious virus that has limited his training and racing since March. His doctors, while uncertain, feel that the malady is a result of stress and overtraining.

"What happens is that after four or five days of training, it feels like I have bronchitis," Chappins explained. "I begin to get hoarse and I get congested in the lungs. If I don't get my naps in, it's unbelievable how bad I feel. It's really hard for me to train like I was before I came down with this."

Makes Six Figures As Triathlete

Although his doctor advised him to take some time off and perhaps hasten his recovery, Chappins decided against the advice. "This is how I make my living," said Chappins, who admits to making "close to six figures" as a professional triathlete last year. "If I don't race, I don't eat. If you're going to be successful, you've gotta take risks. Heck, I take risks every day when I go out on my bike. Maybe I could have been over this thing by now if I'd laid off, there's no way to tell."

While Chappins has earned prize money at triathlons around the country and abroad, most of his income is received from a sponsor, a Honda/Nissan auto dealership, in the form of bonus money. "I don't know if it sells cars for them," Chappins said, when asked if the sponsor felt people would run out and buy cars because he's wearing a singlet with the name of the company on it, "but they like to be identified with sports. It projects a healthy image."

As Excelsior High School in the Norwalk area of Los Angeles, Chappins, a native of Saginaw, Mich., was a two-time state champion at two miles, clocking 8:57.0 in his senior year and ranking fourth in the nation behind Steve Prefontaine's 8:41.6. The second state Championship ranks as one of his most memorable races. The June '69 issue of Track & Field News reported:

"The two-mile proved the best competitive race of the day, and Chappins proved more than equal to the task as he led two juniors under the 9:00 mark behind his blistering 8:57...Chappins' lap times were 63, 64, 65, and 66 seconds."

Lost Interest In Running

Chappins went on to UCLA, where he ran a 4:03 mile. However, he lost interest in running after leaving UCLA and gained 20 pounds over the next six years. It was in 1979, while in Hawaii on a surfing vacation, that he rediscovered running.

"I met Cathy (now his wife) on that trip and her dad was into marathons," Chappins explained. "He got to talking about how fast women were running the marathon, and I said there is no way a woman could ever beat me. He told me he'd pay my plane fare back for the Honolulu Marathon if I could beat the women's winner. He had idea I used to run."

After just three months of training, Chappins finished the 1979 Honolulu in 2:29:06, 22nd overall, 11 minutes ahead of women's winner Patti Lyons.

Chappins' future father-in-law was impressed, to say the least. "I didn't tell him until after the race that I had been a runner," said Chappins, laughing. "From then on I rediscovered running."

While working as a physical education teacher in Huntington Beach, Calif., Chappins continued his comeback by winning the L.A. Times indoor 3000 meter the following year and lowering his marathon time to 2:21. In 1982, he recorded a 29:10 for 10 kilometers. It was in 1983 that he got into the triathlon, also on a dare.

"My brother was egging me on to do the Carlsbad Triathlon with him," Chappins recalled. "He told me he'd kick my butt. I'm the type if someone is going to dare me, then, watch out. I'll crash and burn just to prove myself. When someone tells me I can't do it, I'm going to do it, come hell or highwater."

No Biking Or Swimming Experience

With no real biking or swimming experience, Chappins not only entered the Carlsbad race, but, using a borrowed bike, he won it and took some five minutes off the race record. "I took the lead on the first mile of the run," Chappins remembered. "It was an out-and-back course, and when I was on my way back I passed my brother. He looked at me like what's going on here?"

Chappins moved to Honolulu in 1984 and soon established himself as the dominant triathlete in the state, as well as a competitive runner, cyclist, and swimmer. Prior to the virus this year, a typical training week for Chappins, who carries around 163 pounds on a 5-11 frame (about 10 pounds over his college running weight), called for 300 miles of cycling, 40 miles of running, and 6 miles of swimming.

Although Chappins maintains a positive outlook, he admits that he's lost a little in recent years. "When I was around 36, I thought I was invincible, that I could go on setting PR's forever," he said. "Now, though, there are days when I just dread getting up in the morning. When I walk down the stairs, the house creaks and I freak with it. Wow, it hurts.

"I see some of these guys now — 35, 36, 37 — and they're going guns to the wall. I tell them it's going to happen. It's going to take a lot more effort to do the same thing you were doing a few years ago, and there's going to be a point where you just can't do it any more. And, it's going to begin to hurt a lot more. You don't want to think negatively, but at the same time you've gotta be realistic and accept it."
San Juan Championships Held

The San Juan International Track and Field Championships were held at Sixto Escobar Stadium in San Juan, Puerto Rico, on September 21-22. Puerto Rican athletes were joined by a handful of entrants from the U.S., Chile, Dominican Republic, and Trinidad and Tobago.

Antonio Gotay, Puerto Rico, broke the age-79 world record for the shot put with an 11.02. Ovidio de Jesus, 58, Puerto Rico, won the 200 with a fast 25.52. Francisco Colon, 75, Puerto Rico, had outstanding wins in the 100 (14.24) and javelin (34.46).

Peter Grimes, of the U.S., clocked a 52.10 in the M30 400 hurdles. Thad Bell, M45, of the U.S., raced to a top-ranked 23.07 in the 200.

The Puerto Rico Masters Association sponsored and conducted the meet.

Bill Fortune, M60, Pearl River, N.Y., captured firsts in the 1500 (4:58.31) and 3000 (10:55.02), TAC National Masters Indoor Championships, Blaine, Minn.

Photo by Jerry Wojcik

Lexington, Ky., native Bill Orlich hustles to an M55 first (1:20.06), Elty's Big Boy Classic 20K, Wheeling, W. Va. Victor Sailer/Agence Shot
Laurie Binder

For the second straight month, Laurie Binder is the Sorbothane Masters Athlete-of-the-Month.

The amazing 44-year-old Oakland, California nurse ran a sensational 2:35:08 in the National Masters Marathon Championships in Minneapolis, October 6 to break her own U.S. women’s masters marathon mark of 2:39:52, set in the same Twin Cities race last year.

Her time gave her an outstanding age-graded performance of 96.2%. Runners-up this month included:

- Nancy Grayson, 41, of Columbia, S.C., who ran a fast 3:4:08 in the Great Race 10K — an age-graded effort of 94.0%.
- Fay Bradley, 53, of Washington, D.C., who ran a 3:2:59 in Pittsburgh — a 94.9% on the age-graded scale.
- Ken Sparks 46, of Chagrin Falls, Ohio, who ran a 31:23 in the Great Race 10K — an age-graded mark of 94.6%.

Mexico’s Manuel Vera, 40, who clocked 2:17:19 at Twin Cities (94.7%).

- Thad Bell, 45, who turned in a sharp 23:07 in the 200-meter dash at the San Juan Masters Championships for a 94.2% effort.

Each month an outstanding masters athlete is selected by the staff of NMN, based on performances in track, field, road racing, cross-country and race-walking during the previous month. The winner receives $100 from Sorbothane.

Sorbothane produces lightweight, shock-absorbing air-infused insoles and can be found at most sporting goods stores.

Congratulations, again, to Laurie Binder — the Sorbothane Masters Athlete-of-the-Month.

Morcom Tops In Thomasville

by BILL BUSBY

Near perfect weather conditions (clear skies, gentle breezes, high temperatures of 68° to 70°) prevailed for the seventh annual Thomasville Fall Masters Decathlon, held in Thomasville, N.C., September 21. Sixteen competitors, ages 40 to 89, started the 100 meters on Saturday afternoon, with fifteen finishing the entire decathlon. Age-factored scoring (based on five-year age factors) was used, making the scores comparable with scores from the National Masters Decathlon and the World Championships.

Boo Morcom, 70, of Wilmot Flat, N.H., was first overall with 7629 age-factored points. Boo has recovered from injuries that significantly diminished his decathlon and individual event performances in Turku. Second was veteran masters decathlete Denver Smith, 65, of Louisville, Ohio, with 7389 points. Meet organizer and host Bill Busby of Thomasville, N.C., was a distant third with 6323 points. Surprise scorekeeper Rex Harvey was on hand to watch six competitors in the 45-49 age group vainly try to approach his impressive 7821 point score from Turku. Rex said he was taking a rest after competing in five decathlons this year.

Saturday’s events were completed in just over four hours, and the second day’s events (which included the time-consuming pole vault) were finished in six hours. Two high jump pits and two pole vault pits were used to speed up the usually drawn out competition.
Flexibility Training
by CARL V. FLOWERS II, O.M.D.

In the November, 1990 issue of NMN, a study by Dr. Nancy Hamilton of Masters runners, indicated that an important factor in maintaining sprint speed was retention of flexibility — particularly in the hip area.

This research again points up the importance of flexibility training, an often neglected portion of a runner’s program. In my experience as an athlete, coach and practitioner, many injuries come from lack of flexibility and most runners know less about how to maintain and increase their flexibility than any other aspect of their training.

Flexibility can not only help prevent injury, but it can be a significant factor in performance enhancement. For example, let’s take a sprinter running 100 meters with an average stride length of 6 feet. This means he will take 55 steps to reach the finish line. If his time is 12.0 seconds, he will take 4.58 steps per second. If, through flexibility training, he is able to increase his stride length by just 3 inches, the number of strides will decrease to 53 strides. At the same stride frequency, this would translate to a time of 11.57, a decrease of over .4 seconds. In a race that is frequently won by hundredths of a second, this decrease would be very significant. Similar decreases might be expected in distance races.

What are the important factors in setting up a flexibility program? First and foremost is that whatever program you develop, you do it consistently. Increased flexibility, like other aspects of your program, comes in slow, gradual increments. Be patient and the gains will come.

Secondly, the program should work all areas of the body. This means throwers should work the legs as well as the arms, and runners their arms as well as their legs. In running, the more freely the arm swing remains, the more open it allows the legs to become.

Thirdly, stretch correctly. This means you move into a stretch slowly, hold your maximum position without strain for 30-60 seconds, and come out of a position slowly and with awareness. You should have the feeling of surrendering and relaxing in a position rather than struggling. Keep your breath relaxed and rhythmic in the stretch and you will probably be at a good stretch position.

This fall and winter I will be conducting studies with athletes using sprint training (sprinters, jumpers, hurdlers, etc.) to test some methods of temporarily increasing flexibility and seeing what changes may be created. Anyone in the Los Angeles or Orange County areas interested in participating in these studies should contact me at my address below.

This fall and winter add some flexibility training to your program and you will likely see the benefits next spring and summer in fewer injuries and, quite possibly, improved performance. If you are unsure of how to set up a program, send me a self-addressed stamped envelope and include your age, sex and event(s), and I will send you a general program for your event. My address is: 4000 Westerly Place, Suite 120, Newport Beach, CA 92660. (Dr. Flowers is a masters long jumper and acupuncturist practicing in Santa Monica and Newport Beach, Calif.)
Masters Health
and Fitness
by JIM HAGBERG, Ph.D.

Running For the “Health” Of It
(Jim Hagberg, Ph.D. is an Associate Professor in the Center on Aging at the
University of Maryland in College Park. He has been studying masters athletes for
nearly 15 years. This is the first published report in a running publication of his
discoveries to date. — Ed)

Many runners, especially masters or veterans, profess that they run primarily
for the competition. However, many also run “for the health of it,”
hoping that an offshoot of their training is an improved medical future. This
hope is especially directed at the cardiovascular system, undoubtably because
many of their non-running friends are so markedly affected by diseases of this
system which accounts for most of the death and disability in older Americans.

A primary goal of our previous research team in a St. Louis medical school
was to assess the cardiovascular effects of the training that older athletes undergo for distance running and cycling competitions. A key variable exercise physiologists use to
assess cardiovascular function is maximal oxygen consumption (VO2max). VO2max is the amount of oxygen a person can utilize when they are working
maximally, usually while running at their 10 km race pace up a gradually
steadier hill on a treadmill.

Decrease In VO2max
VO2max decreased in most people by roughly 1% per year after the age of
25. However, most people also become much less active as they age which will
markedly affect their VO2max. Thus it is not known how much of this age-related
decrease in VO2max is really due to aging and how much is due to this
tendency to become less active as we get older. We addressed this question
in older athletes because they try
to keep the same high levels of physical activity as they get older to maintain
their race performances. When we compared the VO2max values of older
runners to younger runners training the same, the older athletes still had lower
VO2max values. However, the difference was only 0.5% per year, or about half of what was found previously. In a follow-up study older runners who maintained the same
training over a 10-year period also decreased their VO2max at a rate of
0.5%/year. Our interpretation of these results is that Mother Nature intended for our maximal exercise capacity to decrease 0.5%/year, however we have added another
0.5%/year to this rate of decrease because we decrease our physical activity
levels as we age.

Most exercise physiologists believe that VO2max is primarily limited by
how much blood the heart can pump per minute — the cardiac output. Cardiac output is a function of the heart rate, the number of heart beats per
minute, and the stroke volume — the amount of blood pumped per heart
beat. Maximal heart rate decreases with age by about a beat per year from
an initial value of 220 beat/minute. This rate of decrease is completely unaffected by whether a person trains or not. Thus one reason an older person’s
VO2max is lower is because their heart beats slower during maximal exercise,
leading to a lower maximal cardiac output and less oxygen delivery to the
working muscles. Other investigators have also reported that an older person’s heart pumps less blood per beat, a lower stroke volume, during maximal exercise. However, the stroke volumes of our older athletes during maximal exercise are the same as those of younger athletes training the same.

Thus when older athletes (average age 59) were matched to younger run-
ners (average age 22) in terms of training mileage and type, the older athletes
had a lower VO2max than the younger runners. However the difference in
VO2max between the two groups of runners was only half that expected. The key difference between these and previous results is that these athletes of different ages had the same physical activity levels. And the entire difference in VO2max between the two groups was due to the older athletes’ lower maximal heart rate, something that is not affected by exercise training.

Training vs. Risk Factors
We also assessed the impact of these older athletes’ training on their risk
factors for heart disease. The older runners still had higher blood cholesterol levels than the younger runners training the same, and they had the same cholesterol levels as their sedentary peers who had the same low levels of body fat. The older runners only had lower blood cholesterol levels when compared to their sedentary peers who were overweight. Thus cholesterol levels increase with age independent of physical activity levels. However, the older athletes’ training helped them to maintain a low level of body fat which resulted in lower cholesterol levels.

However, the older runners came out smelling like roses in terms of their
high-density lipoprotein (HDL) cholesterol. This is the “good”
cholesterol, with high levels of HDL lowering a person’s risk for heart
disease. And the master athletes had very high levels of HDL cholesterol!
On the average it was 20% higher than even the younger runners! Their levels were also 30% higher than in the much younger sedentary men and 50% higher than their sedentary compatriots of the same age.

HDL cholesterol can be further divided into HDL2 and HDL3, with the
HDL2 subfraction really being the “good” cholesterol. And studies underway by our research group in the Baltimore/Washington area show that older athletes again have markedly higher levels of this “good”
cholesterol than their sedentary friends of the same age. Thus one benefit of the older athlete’s training is a blood lipid profile that substantially lowers their risk of developing heart disease.

Glucose and Insulin
Two other heart disease risk factors we have studied in older athletes are glucose and insulin metabolism. These are measured through an oral glucose
intolerance test where we assess how quickly glucose is cleared from blood after drinking a 400-calorie concentrated glucose drink and how much insulin is secreted into the blood to remove the glucose. An individual’s risk
of developing heart disease increases the longer the glucose stays in the blood and the more insulin that is secreted. But older endurance-trained athletes needn’t worry about these risk factors because their response to oral
glucose tolerance tests were exactly the same as younger runners undergoing the same amount of training.

Thus these older men are very glucose tolerant. They clear glucose from the blood very quickly, are very insulin sensitive, and their insulin levels increase only minimally to clear the glucose from the blood. The older sedentary men in this study, and the
American population in general, become both glucose intolerant and insulin-resistant with age, but older athletes have completely avoided this supposed age-related deterioration in metabolic function. Other studies we have completed show that this improvement in glucose and insulin metabolism in older athletes is definitely due to their exercise, because when they stop training for short periods of time, they lose these training-induced benefits very quickly.

These studies have provided substantial evidence that some of the
deteriorations in cardiovascular function and heart disease risk factors commonly attributed directly to aging are probably due to decreasing physical activity levels and changes in body composition that occur with age in industrialized societies. Similar studies on older well-trained endurance athletes are continuing in our laboratories at the University of Maryland in College Park and the University of Maryland School of Medicine in Baltimore and we are always enrolling new athletes in these studies.

Free Physical Evaluation
The benefits for the athletes are substantial as they receive a wealth of information about their cardiovascular and metabolic systems that in most cases is only available from research

Continued on page 12
At the 12th annual Long Island-MacArthur Airport 12K, hosted by the Bohemia, N.Y., Track Club, September 28, the top two women's times fell by a Long Island institution. For years, it girdles the airfield has long been known for a succession of ghastly gales, slingshot sleet, puddles, and lonely windswept straight-aways, haunted by groaning, snarling 18-wheel semis on the last gasp stretch of Veterans Highway. It's a real runner's race.

Perhaps the finest race of the day was turned in by 63-year-old Colin Harris. After a triple bypass a couple of years ago, Colin astounded the L.I. running community by resuming his peak form as a premier 60+ superstar with a fabulous 49:51, good for 21st.

Among other fine masters efforts: 47-year-old Hilary Boucher's 52nd overall 54:22; dynamic M40 Radhames Delgado's 44:52 for sixth; and Cheryl Skrivanek, W40, (the only masters runner on L.I. with golden eyes) and her 59:27 comeback success.

This race is unique in that it features splits every mile, plus a 10K time. Now that the Great North Fork Race has bitten the proverbial dust, this is the only 12K on the island's calendar. It's a good idea to host the odd-distance race now and then. Why? PRs galore.

Runners tired of the dime store crafts and girdles the airfield have a lifetime of opportunities for race victories. The older guy admitted, "Yea, masters. May we all keep "a keepin' on."

(Editor's note: The 48½-year-old winner of the Airport 12K was Maury Dean.)

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**Ten Years Ago**

- Dan Conway, 42, Wins the National 10K in 31:02.4, Then Sweeps the National 15K a Week Later in 48:29.9
- Antonio Villanueva, 41, Breezes to a Masters Victory in the Nike Marathon With a 2:17:16
- Colin astounded the L.I. community with a 49:51, good for 21st.
- The First Annual San Juan Masters T&F Meet Draws Nearly 300 Entrants

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**NATIONAL MASTERS NEWS**

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Achilles' Tendonitis

Q. I am a 30-year-old male runner who injured his Achilles' tendon while running a half-marathon. I've tried ice, aspirin — and even stopped running for two weeks — but the pain doesn't seem to go away. What can I do to get back on the roads again?

A. Achilles' tendonitis is easily the most common injury in runners over the age of 40. Some attribute it to over-training, others think it is caused by a reduction of the blood supply to the area. Either way, it will usually take several weeks for an acute tendonitis to subside.

Even though it is the most unpopular treatment among long distance runners, rest is the key to recovery. In order to allow for a reduction in swelling and for the tendon to repair itself, I usually recommend staying off the roads for a minimum of three weeks. In severe cases, up to three months of rest may be required.

In addition to the rest, hydrotherapy can be used to help restore the blood supply to the injured area, along with some ultrasound treatments to break down the scar tissue. A heel lift can sometimes provide relief from the soreness, or — if the pain is acute — oral anti-inflammatories may be prescribed.

If all else fails, you may wish to consider a steroid injection in the area of the tendon. However, your doctor must be careful not to inject the steroids into the tendon itself as this may cause further weakening. As the tendonitis improves, you can return to running on a gradual basis. Start with every-other-day workouts on a firm surface. Be sure to wear a heavy-duty training shoe with a good heel counter. Ice the tendon for five or six minutes after each session. Followed by hot water soaks for 30 minutes each evening.

Prior to running, do not stretch the tendon. Warm up by walking a half-mile or so and increase it weekly by 10%. Remember: Don't overdo it on your first workout — or you may reinjure the tendon and have to start the healing all over again.

(Doctor 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, MMN, Box 2372, Van Nyns, CA 91404.)

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Masters Health and Fitness

Continued from page 10

laboratories. These results are all made available to the participant and their physician. We also allow the older athlete to learn about their health and medical status. And there is absolutely no charge for any of these services.

Currently we are specifically enrolling male and female distance runners over 60 years of age who consistently place in the top 10-20% of their age group. However, if you are interested, you are over 50 years of age, and training and competing regularly, but do not fit into these categories, please contact us! Also please do not let the cost of travel stop you from responding if you are interested, as in the future we may have travel funds available.

If you are interested in participating in these studies now or at some time in the future, please contact Jim Hagberg at the Center on Aging, PERH Building, University of Maryland, College Park, MD 20742 by mail or leave a message on the voice-mail system at 301-405-2571 in College Park, MD. Leave your name, address, and telephone number so that we can contact you as soon as possible! Thanks for your interest and keep running.
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**Masters Racewalking**

by ELAINE WARD

**All-American Standards for Racewalking**

Bev La Veck is the National TAC Racewalking Committee’s Representative on the National TAC Masters Track & Field Committee — the Committee governing masters track & field events. I recently interviewed her regarding the All-American Standards as they apply to racewalking.

Every month NMN publishes a list of the recent masters racewalkers receiving All-American certificates, and of the standards used. What is the purpose of the All-American certificate program?

Bev: The All-American Standards certificate program is sponsored by The Athletic Congress and is open to all masters and submasters racewalkers who have bettered the standards. The purpose of the program is to motivate athletic achievement, and to acknowledge truly excellent times which may fall short of records or of winning medals. Many walkers do not apply for the certificates or patches, but use the standards to test themselves.

The current standards were developed by our committee and are based on the WAVA Masters Age-Graded Tables. We used values ranging from .80 of the age-graded standards for the younger masters to .70 for the older masters. The percentages of age-graded values used also vary with the distance. For example, the age-graded standard of 6:04.4 for the mile walk at M40 was divided by .80 to yield the All-American Standard of 7:36. The calculations are available for a SASE.

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<tr>
<th>1500 meter All-American Standards for Race Walk</th>
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Address: 6633 N.E. Windermere Rd., Seattle, WA 98115.

One way of judging the validity of the racewalk standards is to compare them to the elite-status requirements of other groups. In the NAIA, All-American status is given to the first six places in the National Championship. In recent years, sixth place has equalled .80 of the age-graded “Open Class” tables. In the TAC/USA National T&F Championships, 10th place in the men’s and women’s walk was superior to the “Open Class” age-graded values divided by .80.

On average, how many walkers achieve the All-American standards in a year?

Bev: As of early August, I counted 60 men and 40 women who have met the All-American Standards at one or more of the seven recognized distances. My tally is based on results published in NMN, club newsletters and other racewalking publications such as the Ohio Race Walker and Southern California Racewalking News. Ages range from 30 to 80. There were 14 men in their 30s, 16 in their 40s, 13 in their 50s, 8 in their 60s, 5 in their 70s, and 3 in their 80s. For the women, there were 11 in their 30s, 9 in their 40s, 9 in their 50s, 7 in their 60s, 3 in their 60s, and 1 in her 80s. It seems that the names of outstanding women walkers are more likely to appear in results from championship and other major events rather than in local results. On the other hand, I was as likely to find names of outstanding male racewalkers in local events as in major events.

Because of the increasing number of 1500-meter racewalks due largely to the National Senior Sports Classic program, I have recently calculated All-American Standards for this distance. At the other extreme, I have also calculated tentative standards for the 50K. The 50K standards are difficult to establish because of the lack of depth in any of the age divisions at this distance, and because the single age “bests” are irregular in their relationship to age. Many walkers who have had trouble meeting the All-American Standards for shorter distances feel they might have a better chance at 50K.

I doubt it. While it may be an achievement to finish a 50K, the Standards require much more than survival.

As the standards are so closely tied to the Masters Age Graded Tables, it seems relevant to examine the validity of the Age-Graded Tables.

Bev: The system used by masters T&F is not the only system available. My substitute “Finnish Experience” for this summer was to sit in my home in Seattle and pore over the Finnish Scoring Tables used in “open” meets. In this system, there are no age-related values for comparing the performances of athletes of different ages. However, points are assigned to a huge range of performances. I looked at all masters age-graded “ideal” scores for 40-year-olds in all events, and compared them to the number of points they would receive in the Finnish Tables. It turns out that for 40-year-olds, comparison revealed that the toughest scoring in the Masters Age Graded Tables is for the men’s and women’s marathon and the women’s 10K racewalk.

However, world records for all women’s racewalks in the 10K and shorter distances have become dramatically faster since the Finnish Tables were compiled in 1988, so that the masters age-graded scores for women racewalkers may not be so tough after all. At age 65, it looks like the men’s throwing events, especially the discus, are scored harder in the masters age-graded scores than other events. The more I look at variations on the “point” system of comparing athletic performances, the more I’m convinced that one cannot get too excited about differences in age-scores of a couple of points or less, especially when comparing performances in different kinds of events at different ages.
It is Time to Forget Division

I fully agree with Bob Fine’s reply to David Pain’s article (Speaker’s Corner, October NMN). David’s point of view was clearly known and discussed, then rejected by the WAVA General Assembly in Turku. There is now no reason to continue with polemics. We have a program to realize and an important job to do. It is time to forget division and to all work together for the benefit of WAVA, democratically accepting the Assembly’s decisions.

But I do feel an obligation to add some comments to Bob’s:

1) We were not voting pro-IAAF or pro-WAVA. The point was to decide whether it was in WAVA’s best interest to have close cooperation with the IAAF or to remain totally independent. Anyone had the right to express his opinion and to vote his conviction. Everyone voted pro-WAVA only. No one can say that votes were cast to permit the IAAF to “capture WAVA.”

2) Pascal Mouassiposso has the right, like anyone else, to propose that “one-country, one-vote”’ is better than the current rules. But my answer to him, during the same Council meeting, was that while the IAAF global stage of evolution and/or national situation in various countries could justify one-country, one-vote, this certainly does not apply to WAVA.

People should also know that the present rules were approved on my initiative. Immediately after my election in Melbourne, I realized that the previous system was based upon buying votes at $50 each. It was a scandal. I repeat I’m not in favor of one-country, one-vote, but each has the right to his opinion. Besides, only the General Assembly can decide such a matter.

3) The U.S. delegation and Bob Fine voted for me and for those amendments which David calls “pro-IAAF” because they understood they were not voting pro-IAAF, but voting pro-WAVA in cooperation with the IAAF. To introduce terms like a “Faustian deal” is a shame to which I leave readers to form their opinion.

4) People should not believe that the IAAF has solidified control of WAVA, but that we have solidified our partnership and gained the help and protection of the IAAF. We continue to have our Assembly and Council. I cannot rule out that someone in the IAAF could try to distort our agreement but, should this happen, I will be the first to lead a fight against any attempted takeover.

5) Should the IAAF do nothing for us, the success of our policy would be clear since they also cannot do anything against us, as was possible before. In fact, if WAVA was not recognized by the IAAF, the IAAF could start its own veterans activity at any time, without any obligation to us. Now, it would require a decision from the IAAF Congress to withdraw the existing agreement.

That would not be easy, particularly, if we are skilled in our relationships with the IAAF, prove that we are a good partner, and have a large number of delegates voting in the Congress coming from WAVA affiliates, who would likely favor our side.

When you have to read that I’m helping the IAAF to strengthen its stranglehold on WAVA, you should understand that this is so stupid as to be offensive.

6) The IAAF will never establish technical rules for us. The IAAF Veterans Committee never was, and never will be, a governing or decisional body. It is just the link we presently need to communicate with the IAAF Congress. Without an official committee, no one of us is authorized to address the Congress. But the Chairman of the Committee can do so, exactly as Chairman Hans Skaset did two times in the past on our behalf.

Our competition rules, Championship sites, and financial administration are going to remain under the control of the Council and Assembly. It is likely that when, step by step, we create the conditions to really become an autonomous branch of the IAAF, the IAAF Veterans Committee will have no more reason to exist.

More comments could be made, such as why I withdrew the amendment to give the IAAF the final decision on affiliates, or why the implementation of drug testing in Turku was, at the last moment, no longer required. The reasons were written in my report; they are true and I confirm them. The attempt to present this as a victory for Alastair Lynn is simply pathetic.

I intend these comments only to give useful indications for the future, not to come back to the past.

I’m pleased to take this opportunity to warmly thank all those who voted for me and the policy I’m leading. Let me reassure you that you did well, because I have always been sincere with you, and will always be so in the future.

In conclusion, I’d like to make some important suggestions:

1) Try to keep a strong veterans position in your country, regardless of whether you are independent or integrated into your national governing body.

2) Do not permit incompetent people to take power in your veterans program; otherwise, we risk that incompetent people will disturb our Assemblies.

3) It is your task, at the local level, to never forget to be flexible and reasonable, to avoid matters of principle or authority, provided that the interest of competitors and the dignity of our movement are saved. But if you must fight, do so; WAVA will always be with you. The official relationships we have at any IAAF level strengthen our possibility of intervention, not the contrary.

All this looks like a noble horse, neighs like a horse, gallops like a horse. So it must be a horse. Some see it like a duck, quacking like a duck, walking like a duck, so, they say, it must be a duck. It is not my fault.

Keep yourself fit. See you soon.
David Pain - Master Extraordinaire

I agree with Robert Fine, David Pain is not perfect. In this respect, however, he merely joins billions of other people, including Fine, myself and all the athletics' administrators I have worked with during my 44 years in active athletics.

To some eyes, David has severe problems: he is honest. What he says, he means; and he does not speak or write in terms which he might later wish to turn to one interpretation or another to suit his own purposes.

He is an original thinker and doer. From his early days playing a major role in the development of Masters/Veterans activities in the USA — and subsequently his influence in other countries — he has always sought to provide leadership, naturally along the lines of his own thinking. People are happy to have leaders who will create activities for them but there will always be a faction eager to criticize that leadership and to take over the fruits of the pioneer's work. It seems to me that David has particularly been a victim of this kind of treatment by some of the U.S. Masters.

He has never been "politically correct." His outspoken support for the racially-integrated South African Masters (which is in keeping with the original WA Constitution welcoming all Veteran participants) did not endear him to certain people and certain blocs of countries. It would have been easy for him to retreat from this position and might well have been politically advantageous to do so but then, as noted, David has a problem — he is too honest.

In the fundamental issue of the takeover of WAVA by the IAAF, his opposition was, and is, absolutely clear. Like many Masters/Veterans, including myself, he abhors how the IAAF has moved to take over WAVA, an organization built from the grassroots by individuals for individuals. In his article in the October NMN he clearly expresses his fears for the future of the IAAF-controlled WAVA; I believe his predictions are substantially correct.

His determination in proceeding with the North & Central American Masters Championships last year in Trinidad and Tobago after the civil disturbances, and his desire to support the tremendous efforts of Zeno Constant and his colleagues in Trinidad, were a fine example of his leadership, loyalty and courage. Their combined efforts met with a remarkable degree of success under the circumstances.

I will now refer to the brief statement headed "Bob Fine Replies to David Pain" which appeared in the October NMN. I have had to work with Robert Fine for the past eight years on the WAVA Council and I know him and his style well. His statement is typically Fine — pseudo-smart brief comment, a side-swope at Pain and then run away without addressing David's many valid points. (Of course, Fine would have difficulty in answering these points with logical arguments.) However, despite his statement's obvious shortcomings, Fine will no doubt be applauded by the U.S. WAVA delegates — Kousky, Donley, Green and Anderson — who treated Pain in a most undemocratic fashion prior to the Turku elections.

I think the following quotation from a letter written by the much-respected Don Farquhar (WAVA President, 1977-1987) to the North & Central American Region says what many people feel:

"His (David's) years of hard work on behalf of Masters sport and his active involvement in our Region have benefitted us all and he will be sorely missed."

Thanks, David, for the great efforts put into our sport by you, so ably supported by your wife, in years past. Many of us hope you will return — even if you're not perfect.
Joseph Nzau, who was prevented from competing as a veteran athlete in the U.S. in 1989, has surfaced this summer in Great Britain. Acting as manager for a young Kenyan team, he has collected veterans prizes up and down the country.

Back in 1989 he was refused entry to the Boston Marathon as a master because he was classified by TAC as being 37. That would make him 39 now.

Nzau has topped the British vets in several races, most notably Dennis Fowles, M40, in the Swanssea (29:45 to 29:52), and M40 John Wheway in the Great North Run Half-Marathon (64:23 to 65:14).

Fowles has shown some outstanding form, particularly in the Overton International 5 Mile race. The tiny, Hampshire village, which hosts the race, puts on a large festival every year and has separate races devoted solely to veterans. Fowles headed a strong field across the hilly course and won the race in 24:29, a full minute ahead of his closest rival. Finishing in seventh place was Ian Cousins (26:10), who won a silver medal in the 1500 in Turku.

Cash prizes were awarded to the first six finishers. Coming in second was Terry Osborne, who placed first in the Southern area Veterans Road Relays which attracted 150 teams to Aldershot on September 28. The Cambridge Harriers won the 40+ and 50+ divisions with Barnet capturing the 60+ group.

Les Presland of Aldershot was the fastest M50 with a 19:18.17 in the 80m hurdles, which he won by more than a second.

The 1991 British Championships were held in Caerphilly and like other meets, much depended on the weather.

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**WAVA/TAC Hurdles and Implements Specifications**

### Hurdles

#### WOMEN

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U.S. Masters Track & Field Rankings

(Compiled by Jerry Wojcik, T&F Rankings Chairman)

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November, 1991

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Circuit Happenings

The Omaha Riverfront Marathon 10K is the 19th stop on the Sorbo­thane/USRA Masters circuit. Race Director Gary Meyer (402) 533-8349 "looks for over 3000 runners as the indoor coliseum finish warms up the runners. In these challenging economic times, it’s always a pleasure to see a new event growing rapidly. The Fox Cities Marathon in Wisconsin attracted over 1500 runners in its inaugural year this past month. Kudos also to the runners who supported this fledgling event. This should encourage other promoters to take the marathon plunge... Paul Corrozza is establishing Austin as a city to be reckoned with in the national running scene. The January 5th Run-Tex Half Marathon (512) 472-1332, the last regular season stop on the Masters Circuit, will feature masters marathon world record holder John Campbell and Runner's World medical writer George Sheehan.

John Pernell continues to make great strides with his San Antonio Marathon and 5 Mile, November 10 (512) 732-1332. The February 1, 1992 Sorbothane/USRA Masters Circuit National, championship is shaping up to be the largest event in the four-year history of the Circuit. As part of the Orlando Running Festival, which will also feature an Open 8K, the Championship will be held at the MetroWest development, adjacent to Universal Studios and near Walt Disney World. Numerous festivities are planned throughout the weekend with Frank Shortor. The early commitment field looks to be as strong as ever. Promoters are hoping to put together the first ever John Campbell - Manuel Vera match-up. Add Nick Rose, Artemio Navarro, Wilson Waigwa and current masters world record holder Domingo Tidabak in the mix and the sparks are sure to fly for shattering the world record of 23:45.

Put Mexico's Manuel Vera on the awards stand at the Twin Cities Marathon with an outstanding 2:17 victory. Laurie Binder continues her bid for Master-Runner of the Year with an impressive 2:25 showing. A plug for masters running and a recent feature on the Sorbothane Masters Circuit appeared in the L.A. Times in conjunction with the ARCO/America's Finest City Half-Marathon. Neal Finn and his crew conducted a valuable clinic on race directing. It was a highly successful event.

Besides providing handbands for 300 women at each Sorbothane Circuit event, Lily of France, the title sponsor of the women's division of the Circuit, is now providing 2-for-1 coupons to all Circuit event participants. If you can think of a better Southeastern marathon in December than Rocket City in Huntsville, Alabama, let me know. Harold Tinsley and his Huntsville teammates continue to amaze with their added distance times this year. If you haven't run Rocket City, you are missing the spaceship (205) 881-9077.

Admittedly experiencing a very difficult year, John Campbell's streak was broken at the Rocket City Half-Marathon. Of course, John had been injured, but wanted to fulfill his commitment to the Half-Marathon organizers. Not to take anything from fast-rising masters star Gary Romesser: Gary came through with a victory, while Laurie Binder set a new American record by nearly two minutes by winning the women's title in 73:57. Circuit leader Nancy Grayson of Columbia, S.C., was nearly four minutes back, ahead of third-place Heather Matthews of New Zealand. In what appears to be a growing trend in the sport, Delcamps grocery chain is the title sponsor of the Senior Bowl/Delcamps Charity Run 10K, November 2 in Mobile (205) 458-2276. The race has grown quickly with over 1000 runners as a member of this year's Sorbothane/USRA Masters Circuit. With the Senior Bowl's Vic Knight at the helm and Azalea Trail Run veteran Richard Dornan coordinating the field, keep an eye on this event over the next few years.

Rave reviews continue for the Sorbothane Circuit Men's Division sponsor PowerBar with "Superstar" status for PowerBar founder Bryan Maxwell and Running Promotions coordinator Phil Bellin. Fighting the urge to drop out at 5K, John Campbell weathered freezing rain, wind and "the most miserable conditions" ever confronted to win the masters division in 2:29 at the Toronto Marathon. With $100,000 in prize money, the event could be formidable on the fall calendar if the weather cooperates. Can anybody tell me where Rocket Red Dixon is? We've got his room ready at the Sorbothane/USRA Masters Circuit National. The 4th Annual Masters Circuit, held at a set up a Masters Road Mile Match Race through the Magic Kingdom between he and all-takers on Championship Weekend! We miss you

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The Director's Corner

by DEAN REINKE

SORBOTHANE/USRA MASTERS CIRCUIT

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<td>Anna Knowles</td>
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<td>Sonny Vendor</td>
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<td>Barb Wehazard</td>
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<td>Mike Galsi</td>
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<td>Mike Filanici</td>
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<tr>
<td>Harold Bandy</td>
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IN ORLANDO, IT'S A SHORTER 8K

No, the distance isn't shorter. It's just a shorter 8K. On Saturday, February 1, at 8:00 am, join the Olympian and some of the world's top runners at this year's Premiere Master's Event.

The 4th Annual Sorbothane/USRA Masters Circuit National Championships will be held at MetroWest in Orlando, FL, as part of the ORLANDO RUNNING FESTIVAL. MetroWest is located adjacent to UNIVERSAL STUDIOS and near the world famous WALT DISNEY WORLD.

Compete for The Master's $10,000 purse or for prizes within age divisions from 14 & under thru 70 & over. The weekend will feature a variety of activities including a separate Masters and Open 8K, Children's Fun Run, HealthWalk, Pasta Party and Closing, with Frank Shortor and other celebrity runners.

Enter today and experience this SHORTER 8K!
Here’s What Readers Say About THE MASTERS RUNNING GUIDE

—This book is filled with information including chapters on: Minimizing Injury, Secrets of the Masters, Maintaining Mobility, Diet, Improving With Age, and Training Smart. I recommend this book for those of us “transitioning” into the “improving with age” category. (Great gift idea too.)

—Joyce Rankin, Reston (VA) Runners

—I wish I had read the book ten years ago. (I wish it had existed ten years ago.)

—Gordon Pitz, River to River (IL) Runners

—The book describes masters sports and discusses the safety of intensive competition for older athletes... It’s tough to read the first chapter and not get an urge to slip on a pair of shoes and go for a run.

—Mike Davis, Indianapolis News

“I generally stay away from endorsing books, but this one is worth making an exception for.”

—Jim Ferstie, St. Paul Pioneer-Press

Yes! I want to order ________ copies of Hal Higdon’s new work, THE MASTERS RUNNING GUIDE. Please send to:

Name
Address
City State Zip

Send $10.95 (includes mailing charges) to:
NATIONAL MASTERS NEWS, P.O. Box 2372, Van Nuys, CA 91404

— The Masters Running Guide

November, 1991

MID AMERICA

• Doug Bell, 40, Greeley, CO, placed seventh (24:43) in the Alamo Alumni 5 Mile; Denver, CO, September 22. Chuck Smead, 40, who attended nearby Adams St., was second 40+ (25:02). Frank Shorter, 43, with a 26:05 finally defeated Bill Rodgers, 44, (25:30) in the Alamo Series. Linda Cash of Florida was top W40+ in 30:56.

Despite horrid weather, Diane Stonking, 43, was able to turn in a respectable 1:01:42 to take top women’s honors in the Minnesota Masters 15K in Edina on Sept. 15. With less than a half mile to go, she kicked it in to narrowly edge her closest challengers, Debbie Janey (41, 1:01:58) and Linda Schissel (42, 1:02:07).

WEST

• The Long Beach Winter Decathlon/Hep­
	althon scheduled for November 30-December 1, Long Beach St. U., CA, has been rescheduled for December 14-15 because of the conflict with the Thanksgiving Day weekend.

• Top masters in the St. George Marathon, St. George, UT, October 5, were Gary Silva, M40, Santa Maria, CA, with a 2:23:32, and Deborah Wagner, W40, Draper, UT, with a 2:22:39. Ken Harper, M45, Green, UT, was second 40+ (2:30:26). Shirley Bish, Rancho Palos Verdes, CA, won the W55 race in 3:30:49. A record 2126 finished.

• Former 2:09 marathoner and new master Benji Durden grabbed the masters title (1:11:03) in the Duke City Half Marathon, Albu­
	querque, September 29. Gal La Dage (1:29:30) took the W40+ crown.

INTERNATIONAL

• South African Masters have lost four of their members this year. Harry Lampton died on May 25 at age 69 (Sep. NMN). Fred Reid passed away on June 26, three days before his 82nd birthday. Red was a gold medalist in the 100 and 200 at three World Veterans Games (1979, 1981, 1985), and ran a 13:4:100 at age 73. Rita Giroard, who ran in A U.S. Championship, died after a 6-month battle with breast cancer. Louis van Remsburg, 90, who competed in the U.S. Nationals in 1983, also passed away.

SOUTHEAST

• Frank Shorter won the masters title in 16:15 in the Alamo Kid Run 5K in Fort Lauderdale, FL, September 28. 1067 runners turned out, the largest first-time Florida race. Bill Adams, 50, took the "grand-masters" crown in 18:03.
Track and field events feature competition for men and women over 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to MNM, P.O. Box 2372, Van Nuys, CA 91404.

December 27-28. U.S. Olympic Track & Field Trials, New Orleans, LA. Contact TBA.


March 22-23. WAVA North American Regional Track and Field Championships, Jalapa, Vera Cruz, Mexico.

April 5-6. U.S. TAC National Masters Indoor Championships, State U., Columbus, OH. Contact TBA.

April 8-9. U.S. Olympic Track & Field Trials, West Lafayette, IN. Contact TBA.

April 8-10. W. Franklin Hagerstown JC, Md. Contact TBA.


Here’s what people are saying about Running Research News:

“Running Research News is the indispensable running newsletter.”
Amby Burfoot, Executive Editor, Runner’s World

“Running Research News is the nation’s premier running journal.”
Gabe Mirkin, M.D., Georgetown U. Sch. of Medicine

“The May-June issue of Running Research News is the best thing you will ever read about running.”
Tom Henderson, The Detroit News

“Running Research News is the most worthwhile running publication I have seen during my 35 years of coaching.”
Jack Warner, Cornell University Cross Country Coach

“If you can’t improve your race times after reading Running Research News, you can’t improve your times.”
Bob Tarozzi, Carmel Valley, CA

“The recent article on 10K training contained more useful info than any 60 running books.”
Sam Graceffo, M.D.

Running Research News provides runners with scientifically based training strategies, discus the latest information on sports nutrition, and evaluates commercial products sold to runners. Recent issues contained articles on tapering, training for the mile, preparing for 10K competition, overcoming the “wall” in the marathon, conducting “5-5” interval training, preventing muscle cramps, and rising above a performance “plateau.” To subscribe, members send $16 for one year (6 issues), $26 for two years, and/or $64 for all thirty back issues. Running Research News, P. O. Box 27041, Lansing, MI 48909. Telephone 517-393-3150.

MID-AMERICA
Arkansas, Colorado, Iowa, Kansas, Minnesota, Missouri, N. Dakota, Nebraska, Oklahoma, S. Dakota.

November 2. Tulsa 15K Run, Tulsa, Okla. Stau Austin, 1 William Center, Box 2400, Tulsa, OK 74102. 918/258-2850.


November 2. Omaha Riverfront Marathon, Omaha, Neb. USRA Masters Circuit. Gary Myer, 5822 Ohio St., Omaha, NE 68112. 402/553-9498.

November 24. St. Louis Marathon, St. Louis, Mo. St. Louis TC, Box 24278, St. Louis, MO 63136. 314/663-7151.

December 7. Springer Clinic Jingle Bell 5K, Tulsa, Okla. Masters money. Sharon Blessing, 6160 S. Yale St., Tulsa, OK 74136. 918/492-7200(G).

November 3. Orange County Marathon, Newport Beach, Calif. OCM Inc., 567 San Nicholas, Ste 101, Newport Beach, CA 92601. 714/646-2593.


November 24. Western Hemisphere Marathon, Culver City, Calif. Jack Nakanishi, 4117 Overland Ave., Culver City, CA 90230. 213/202-5689.


The Director’s Corner
Continued from page 19

Rod, so let us know how you’re running....

A big welcome to 1980 Olympian with nowhere-to-go Benji Dunlop who is now competitive on the masters’ stage. Perhaps we’ll see him in Orlando on February 1.

The same goes for former Missouri sub-four-minute miler Charlie McMullen who has joined the masters ranks and finished a respectable third at the Pittsburgh Great Race last month. Leading the charge at Pittsburgh on the non-TAC record-allowed downhill course was Artemio Navarro, running 26:40 in the Sorbonne Circuit Grand Prix Champion Wilson Waiga finished second. Nancy Grayson continued her winning ways with a 3:48 showing, netting her $1200.

How about Frank Shorter’s first-ever masters road victory? Monster Bill Rodgers at the Alamo Run in Denver? Frank has run the Sorbonne Circuit National Championship the last three years and has steadily finished in the top ten. Never count the KG veteran out. But Nancy Oshier (17:41) on the masters award stand at the Frichof-fer’s Women’s 5K in New York recently.

This month’s Columbus Marathon is directed under the capable leadership of Doug Thomsen. This event will host the men’s Olympic Marathon trials in 1992. The same goes for the Houston Teneemo Marathon for the women’s trials coming up in January of ’92... You can probably count the number of real Boston Commons that provide prize money for the Masters (50 and over division). Put this month’s Old Reliable Run in Raleigh on that list with $400, $300, $200 and $100 to the first, second and third runners. The masters winner will receive $1000. Good job to Burch Robertson and his crew.

One of the fastest growing trends in the country continues to be the appearance of “Turkey Trots” on Thanksgiving morning. While Buffalo and Cincinnati continue to fight for which is the oldest Turkey Trot in America, the Manchester Road Race in Connecticut continues to grow with 8700 runners and $35,000 in prize and appearance money. The bad news? No money for masters. Call Race Director Dave Prindle (203) 647-9926 and express your thoughts... Coloradoan Doug Bell continues to shine in his first season as a master with a new American best 14:36 at the AMC Challenge 5K in Wisconsin, bettering Jim Pearson’s old mark... Make that $3000 to the first-place master at the New York City Marathon. John Campbell plans to watch from the sidelines... The first Tennessee Marathon in Memphis continues to grow with $8000 in prize money: $700 to the top male and female master.

For a good December half-marathon, try the Citrus Bowl event in Orlando, featuring $500 to the first male and female masters. IRS agents, do not read the following: Nancy Grayson leads the masters’ meets through the September/October issue of Cross Country & Road Racer, earning $19,615. Fifteen dollars back is Laurie Binder, with Priscilla Welch in third at $13,400. John Campbell leads the men’s side with $25,750, Gary Romesser with $12,350 and followed by Artemio Navarro at $11,800. Add two zero’s to each of those figures and you’d think you’re on the Pro Golf Tour... With less than four months to the February 1 Sorbonne/USRA Masters Circuit National Championship, Manuel Vera and Laurie Binder appear to be on their way to Master-Runners-of-the-Year. Indiana’s Gary Romesser appears headed for Rookie-of-the-Year honors, while Carol McClatchie of Houston will make a late bid as she turns 40 this month.... See you on the roads.
RECIPIENTS OF CERTIFICATES AS ALL-AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE

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

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U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

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APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME: ____________________________ AGE-GROUP: ____________________________

ADDRESS: ____________________________ SEX: ____________________________ M: F

CITY: ____________________________ STATE: ____________________________ ZIP: ____________________________

MEET: ____________________________ DATE OF MEET: ____________________________

MEET SITE: ____________________________

EVENT: ____________________________ MARK: ____________________________

WEIGHT OF IMPLEMENT: ____________________________

- PATCH
- PATCH TAG

If you have bettered the standard of excellence, please send $10 for a certificate, $10 for patch, or $15 for both a certificate and a patch. (A patch tag, showing event and year, is an extra $5 each.) Send to: All-American, National Masters News, P.O. Box 2372, Van Nuys, CA 91404. (Close copy of results, or note in which issue they appeared.) A 3 color, 8" by 10" certificate—suitable for framing— and/or a 3 color, 3" x 4" patch will be mailed to you within two weeks. (Allow six weeks for patches with tags.)
**TRACK & FIELD RESULTS**

Please send masters meet results to NATIONAL MASTERS NEWS, PO BOX 2372 VAN NUYS CA 91404. If possible, please type single space with minimum of white space.

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**NATIONAL**

TAC National 56 Pound Weight Throw Championships
Greenville, SC, September 21

56 Pound Weight

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**EAST**

Pittsford Thursday Night Meets, Pittsford, NY

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**SOUTHEAST**

Seventh Annual Thomasville Fall Masters Decathlon
Thomasville, NC, September 21-22

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**MIDWEST**

Wolfpack Fall Throwing Classic Weight Pentathlon
Columbus, OH, September 8

---

**MID-AMERICA**

Run for the Homeless Colorado Classic
Colorado, August 10

---

**WEST**

SRI Chompy Masters Meet
Irwin, PA, September 22

---

**MID-AMERICA**

Run for the Homeless Colorado Classic
Colorado, August 10

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**SOUTHEAST**

Seymour North 20-11

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Wolfpack Fall Throwing Classic Weight Pentathlon
Columbus, OH, September 8

---

**WEST**

SRI Chompy Masters Meet
Irwin, PA, September 22

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Continued from previous page

November, 1991

National Masters News

page 25

Soviet Union Veterans

Championships Moscow: August 3-4

(U.S. entrants results)

RUSS

100m

1. John Aldridge 59.03
2. Dmitriy Kuchin 59.07
3. Maximilian Ruzhkov 59.10

200m

1. Larry Anderson 21.57
2. Roger White 21.60
3. Boris Starok 21.62

400m

1. John S Patty 49.63
2. Alexander Kuznetsov 49.67
3. Yury Kostenko 49.72

800m

1. John Aldridge 1:54.65
2. Dmitriy Kuchin 1:54.70
3. Maximilian Ruzhkov 1:54.77

1500m

1. John Aldridge 3:45.68
2. Dmitriy Kuchin 3:45.85
3. Maximilian Ruzhkov 3:46.08

5000m

1. John S Patty 15:11.23
2. Alexander Kuznetsov 15:11.54
3. Yury Kostenko 15:11.76

10000m

1. John Aldridge 30:43.71
2. Dmitriy Kuchin 30:44.05
3. Maximilian Ruzhkov 30:44.31

Sprints

100m Hurdles

1. John Aldridge 13.48
2. Dmitriy Kuchin 13.50
3. Maximilian Ruzhkov 13.55

200m Hurdles

1. Larry Anderson 23.67
2. Roger White 23.71
3. Boris Starok 23.75

400m Hurdles

1. John S Patty 52.01
2. Alexander Kuznetsov 52.05
3. Yury Kostenko 52.10

1500m Hurdles

1. John Aldridge 5:58.76
2. Dmitriy Kuchin 5:59.03
3. Maximilian Ruzhkov 5:59.25

Sprints

100m Flat

1. John Aldridge 11.25
2. Dmitriy Kuchin 11.28
3. Maximilian Ruzhkov 11.33

200m Flat

1. Larry Anderson 22.75
2. Roger White 22.80
3. Boris Starok 22.85

400m Flat

1. John S Patty 47.25
2. Alexander Kuznetsov 47.30
3. Yury Kostenko 47.35

800m Flat

1. John Aldridge 1:45.37
2. Dmitriy Kuchin 1:45.43
3. Maximilian Ruzhkov 1:45.49

1500m Flat

1. John Aldridge 3:35.28
2. Dmitriy Kuchin 3:35.34
3. Maximilian Ruzhkov 3:35.40

5000m Flat

1. John S Patty 14:22.78
2. Alexander Kuznetsov 14:23.07
3. Yury Kostenko 14:23.33

10000m Flat

1. John Aldridge 35:05.98
2. Dmitriy Kuchin 35:06.25
3. Maximilian Ruzhkov 35:06.52

Sprints

100m Walk

1. John S Patty 1:04.78
2. Alexander Kuznetsov 1:04.83
3. Yury Kostenko 1:04.88

200m Walk

1. Larry Anderson 2:09.80
2. Roger White 2:10.05
3. Boris Starok 2:10.30

400m Walk

1. John S Patty 4:15.90
2. Alexander Kuznetsov 4:16.05
3. Yury Kostenko 4:16.20

800m Walk

1. John Aldridge 7:48.70
2. Dmitriy Kuchin 7:49.03
3. Maximilian Ruzhkov 7:49.28

1500m Walk

1. John Aldridge 11:30.90
2. Dmitriy Kuchin 11:31.23
3. Maximilian Ruzhkov 11:31.49

5000m Walk

1. John S Patty 29:12.00
2. Alexander Kuznetsov 29:12.35
3. Yury Kostenko 29:12.60

Land Vault

1. John S Patty 6.50
2. Alexander Kuznetsov 6.52
3. Yury Kostenko 6.55

Water Vault

1. John S Patty 5.10
2. Alexander Kuznetsov 5.12
3. Yury Kostenko 5.15

Fencing

1. John S Patty 5.50
2. Alexander Kuznetsov 5.52
3. Yury Kostenko 5.54

Shooting

1. John S Patty 5.00
2. Alexander Kuznetsov 5.02
3. Yury Kostenko 5.04

Note: All results are unofficial.
**MID-AMERICA**

**Run for the Homeless 8K**
Colorado Springs, CO; August 10

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**W40**

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<tbody>
<tr>
<td>Diane Steier</td>
<td>44:27</td>
</tr>
<tr>
<td>Debbie Lacy</td>
<td>44:30</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Finisher</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Linda Schiell</td>
<td>62:07</td>
</tr>
<tr>
<td>Jo Foy</td>
<td>62:11</td>
</tr>
</tbody>
</table>

**Weeds Orchard 8K**
August 10

<table>
<thead>
<tr>
<th>Finisher</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carollo Jackson</td>
<td>53:31</td>
</tr>
<tr>
<td>Carolyn Jackson</td>
<td>53:33</td>
</tr>
</tbody>
</table>

**INTERNATIONAL**

**Overton International 5K**
August 29, 2009

<table>
<thead>
<tr>
<th>Finisher</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jack Howes</td>
<td>1:32:08</td>
</tr>
<tr>
<td>Pearl Miller</td>
<td>1:33:30</td>
</tr>
<tr>
<td>Rosemary</td>
<td>1:34:31</td>
</tr>
</tbody>
</table>

**Southern Vets & 6K Road Relay Aldershot, England; September 28**

<table>
<thead>
<tr>
<th>Finisher</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Doug Wood</td>
<td>31:56</td>
</tr>
<tr>
<td>Pam DeLise</td>
<td>32:00</td>
</tr>
</tbody>
</table>

**SOUTHEAST**

**Full Moon Frolic 8 Mile**
Delafield, WI; August 24

<table>
<thead>
<tr>
<th>Finisher</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Doug Krueger</td>
<td>2:18:59</td>
</tr>
<tr>
<td>Tom Howes</td>
<td>2:19:11</td>
</tr>
</tbody>
</table>

**NORTHWEST**

**Footers Day 8K**
Ashland, OR; September 11

<table>
<thead>
<tr>
<th>Finisher</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ken Watter</td>
<td>1:02:59</td>
</tr>
<tr>
<td>Tim Storey</td>
<td>1:03:00</td>
</tr>
</tbody>
</table>

**W40**

<table>
<thead>
<tr>
<th>Finisher</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Susan Hines</td>
<td>1:06:17</td>
</tr>
<tr>
<td>Sean Hall</td>
<td>1:06:20</td>
</tr>
</tbody>
</table>

**Family 8K**
Oregon, Sep 11

<table>
<thead>
<tr>
<th>Finisher</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jim Howes</td>
<td>1:18:30</td>
</tr>
<tr>
<td>Pam DeLise</td>
<td>1:18:32</td>
</tr>
</tbody>
</table>

**US 5K Road Championships**
Raleigh, NC; September 22

<table>
<thead>
<tr>
<th>Finisher</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Matt Rock</td>
<td>17:40</td>
</tr>
<tr>
<td>Greg Weil</td>
<td>17:44</td>
</tr>
</tbody>
</table>

**MAD Squirrel**

<table>
<thead>
<tr>
<th>Finisher</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dan Warner</td>
<td>24:49</td>
</tr>
<tr>
<td>Margaret</td>
<td>24:50</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Finisher</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>David Licata</td>
<td>26:39</td>
</tr>
<tr>
<td>Jo Foy</td>
<td>26:43</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Finisher</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jim Howes</td>
<td>30:21</td>
</tr>
<tr>
<td>Pam DeLise</td>
<td>30:23</td>
</tr>
</tbody>
</table>

**Alpha Kidz Run 5K**
Fort Lauderdale, FL; September 15

<table>
<thead>
<tr>
<th>Finisher</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Michelle</td>
<td>16:57</td>
</tr>
<tr>
<td>Pam DeLise</td>
<td>16:59</td>
</tr>
</tbody>
</table>

**MINNESOTA MAJORS 15K**
Championship
Edina, Minn.; Sept 15

<table>
<thead>
<tr>
<th>Finisher</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>David Roeber</td>
<td>45:54</td>
</tr>
<tr>
<td>Bill Roeber</td>
<td>45:56</td>
</tr>
</tbody>
</table>

**Rice**

<table>
<thead>
<tr>
<th>Finisher</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Doug Wood</td>
<td>50:08</td>
</tr>
<tr>
<td>Pam DeLise</td>
<td>50:10</td>
</tr>
</tbody>
</table>

**SERTOMA 5K**
Charlotte, NC; October 5

<table>
<thead>
<tr>
<th>Finisher</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>John Howes</td>
<td>18:59</td>
</tr>
<tr>
<td>Bill Roeber</td>
<td>19:01</td>
</tr>
</tbody>
</table>

**Sunset 5K**
Charlotte, NC; October 5

<table>
<thead>
<tr>
<th>Finisher</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jennifer</td>
<td>18:45</td>
</tr>
<tr>
<td>Tom Howes</td>
<td>18:47</td>
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**Sunset 5K**
Charlotte, NC; October 5

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**Midwest**

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<tr>
<td>Tom Howes</td>
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**RCCRA Women's 5K**
DeLand, FL; September 15

<table>
<thead>
<tr>
<th>Finisher</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Karen Solomon</td>
<td>19:31</td>
</tr>
<tr>
<td>Karen Sturdivant</td>
<td>19:32</td>
</tr>
</tbody>
</table>

**SOUTHEAST**

**Newport Beach, CA; September 29**

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**TULSA RACEWALKER**
Tulsa, OK; September 14

<table>
<thead>
<tr>
<th>Finisher</th>
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</thead>
<tbody>
<tr>
<td>Doug Wood</td>
<td>3:30:31</td>
</tr>
<tr>
<td>Pam DeLise</td>
<td>3:30:33</td>
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**Alona Kidz Run 5K**
Fort Lauderdale, FL; September 15

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**MID-America**

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**SERTOMA 5K**
Charlotte, NC; October 5

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**RCCRA Women's 5K**
DeLand, FL; September 15

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<td>Karen Sturdivant</td>
<td>19:32</td>
</tr>
</tbody>
</table>
Mission Bay 25K
Road Race & Relay Race
Saturday, Nov. 23, 1991 7:30 am

Grand Prize Drawings
• 2 nights, 3 days for 2 people at the Long Beach Travelodge next to the Queen Mary
• 2 nights, 3 days for 2 people at the San Diego Marriott Hotel & Marina next to Sea Port Village

For the 25th time, the San Diego Track Club presents this 15.6 mile race on a flat, fast course around Fiesta Island, the ULTIMATE MARATHON TUNE UP. Denny's Restaurants will provide Mother Butler's Pies to award winners. After the 25K, enjoy freshly baked muffins from Souplantation and fresh fruit.

RACE FEATURES
- TAC National Masters Championship, San Diego-Imperial TAC Championship, TAC Sanctioned Event, Quality T-Shirts with Silver Anniversary design, Rot, fast, record breaking course. Medical support courtesy of "CALL DOCTOR, Inc.: Providing Acute Care Physician House Calls".
- Dinner and/or gift certificates from Souplantation, John's Waffle Shop, Movin' Shoes, Chart House Running Team, Cafe del Rey Moro, T.D. Hayes. T.G.I. Friday's, The Old Spaghetti Factory, Salmon House, Sheldon's Cafe, Cook's Champagne and more.
- No purchase necessary. Non-runners may register during day-of-race registration. Must be present to win drawings.

DRAWINGS
- Dinner and/or gift certificates from Souplantation, John's Waffle Shop, Movin' Shoes, Chart House Running Team, Cafe del Rey Moro, T.D. Hayes. T.G.I. Friday's, The Old Spaghetti Factory, Salmon House, Sheldon's Cafe, Cook's Champagne and more.
- No purchase necessary. Non-runners may register during day-of-race registration. Must be present to win drawings.

SPECIAL RELAY TEAM DIVISION
- Relay teams shall consist of 5 runners. The first 4 runners will run 3 miles and the fifth runner will run the last 3.6 miles for a total of 15.6 miles. Exchange zones will be at 3, 6, 9, & 12 mile marks. Awards will be given to Public Safety (Police, Fire & Military), Open & Masters categories. Award to 1st all Women's team.

DIVISIONS
- Runners: Men and Women under 19, 19-20, 30-34, 35-39, etc., through 95+. Wheelchair, Racewalk.

AWARDS
- Pies given to Top three in most divisions, varying at Race Director's discretion, based on entries.

ENTRY FEE
- SDTC Members $8 or Activity Card. Non-Members: $12. Add $2 for entries postmarked after November 9 or day-of-race. $7 for optional, beautifully designed 25th Anniversary TShirt (only guaranteed through 11/15 postmark). Non-members may run free by joining SDTC.
- SPECIAL DISCOUNT: Earn $$$ and run this race free, including T-shirt. A $3 discount will be allowed for every non-track club member you enter in the 25K. You need only to recruit 4 non-members (self excluded & relay excluded).
- RELAY FEE: $30 for 5 person team - no individual fee required. All participants must complete & sign individual entry form & indicate team name. 25K TEAM FEE: $25 Team fee plus individual entry. Day-of-race entry permitted. Masters Teams (Clubs) must be TAC registered.

ENTRY PROCEDURE
- Send entry form, check & stamped, self-addressed envelope before 11/9 to the address below. Registration material will be returned only to entries received by 11/9.

DAY OF RACE
- Registration and late-entry packet pickup from 6:00 am - 7:15 am.

INFORMATION
- (619) 465-1049

COURSE
- Starts and finishes on NW side of Fiesta Island. Includes loop on path to De Anza Cove and back. Markers every mile. Water and ERG at start, finish, and every 2.3 miles. Certification CABC00765

RACE RECORDS:
- 1:17:30 (Ed Mendosa)
- 2:05:20 (Sylvia Mosquera)

SDTC & TAC AWARDS
- Medals to top three men and women SDTC members & Medals to top three men and women Masters TAC Members. In 5 year divisions from 40 years to 95 years old. Points in the Challenge Series to the top ten (273-6542 for info). SDTC members will earn Grand Prix points.

RESULTS

ENTRY FORM:
Make check out to TAC Mail with SASE to: Joni Shirley, Race Director 8565 Lake Murray Blvd. # 223, San Diego, CA 92119

TAC Registration No. Team/Relay Team Name:
Are you a U.S. Citizen? Yes No TAC-Registered Club name or No.:

Your Name (first) (last)
Age on Race Day Sex (Circle One) M / F Bib No.
City One: Run / Walk / Wheelchair SDTC Member? (Circle) Y / N
City of Residence SDTC Member? (Circle) Y / N

Street Address
Zip Phone: Bim: month / day / year
$ Enclosed: Entry fee Late fee T-Shirt Total

Signature (Parent if entrant under 18)

JOIN THE SAN DIEGO TRACK CLUB AND RUN THE 25K FREE

BENEFITS:
• Two free race entries annually (for four families)
• Lower race fees
• Monthly SDTC NEWS
• Free workouts

MEMBERSHIP COSTS:
- Life .................................................................... $200
- Family .................................................................. $40
- Individual (18 & Over) ....................................... $25
- Individual (17 & Under) ..................................... $15

Name
Street Address
City Zip
Phone: Home Bus.
Birth Date: (Month/Day/Year) / / 
You may call me to help at an event: Y / N