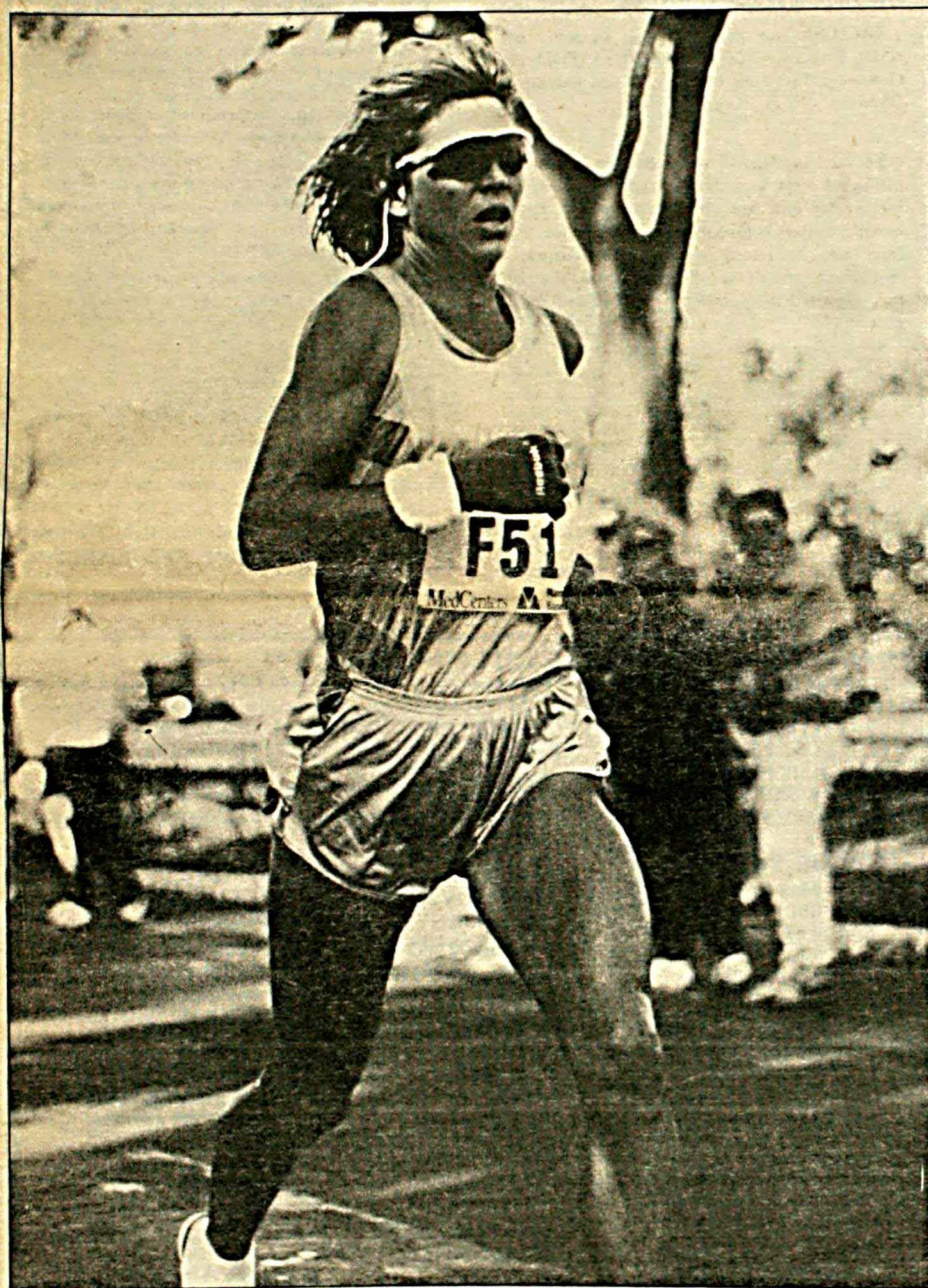


Laurie Binder Runs Record 2:35:08 in TAC National Masters Marathon



Laurie Binder, 44, on her way to an American Women's Masters Marathon record.

Photo by John Kelly

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., demolished 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 (43, 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). □

Walker Aims For Sub-4 Mile

John Walker, Olympic 1500-meter gold medalist and the first man to break 3:50 in the mile, will attempt to break the four-minute-mile barrier on his 40th birthday, January 12, 1992.

Walker will make his attempt on the John Walker track in Auckland, New Zealand, his home town.

No one over age 40 has come close to accomplishing the feat. Kenya's

Wilson Waigwa holds the current world masters mile record of 4:07.4 with a 4:05.39 pending. Larry Almberg of Ellensburg, Washington has a 4:06.70 pending.

Walker and countryman John Campbell, 42, holder of the world masters marathon best of 2:11:04, held a *Runner's World* seminar in New York City, October 31, moderated by Roger Robinson and Kathrine Switzer. □

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NATIONAL MASTERS NEWS

The official world and U.S. publication for Masters track & field, long distance running and race walking



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The *National Masters News* is devoted exclusively to track & field, long distance running, and racewalking for men and women over age 30. Each month it delivers 24 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, and all the inside scoops 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+, 50+ or 55+; (please check the schedule for details). Some events require advance registration. Some require a current TAC card (\$7 to \$11 per year, depending on the region). To inquire about a TAC card, call The Athletics Congress in

your area, or 317/261-0500. There are no qualifying standards for any masters athletics event.

NMN 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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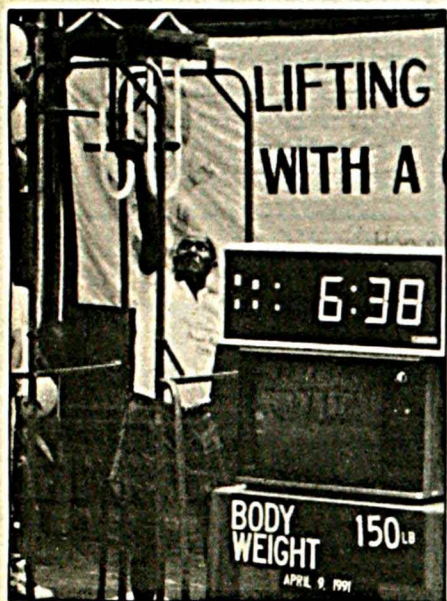
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Sri Chinmoy Games Successful

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 September 22. Savoring the idyllic weather conditions, contestants from California, Texas, Nevada and Oregon enjoyed the camaraderie, friendship and competition.

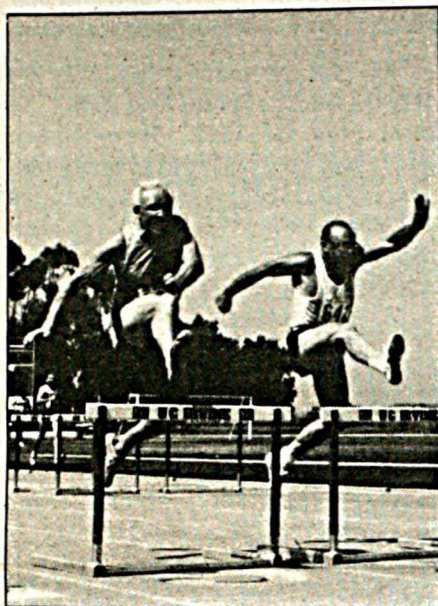


On April 9, Sri Chinmoy, 60, of Jamaica, N.Y., lifted his body weight of 150 pounds with one arm 100 times in a span of 6 minutes, 38 seconds, three times faster than his previous record of 22:43. An author, poet, artist, musician, and internationally-known peace leader, he seeks, through his own example, 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.

Photo: ABTS

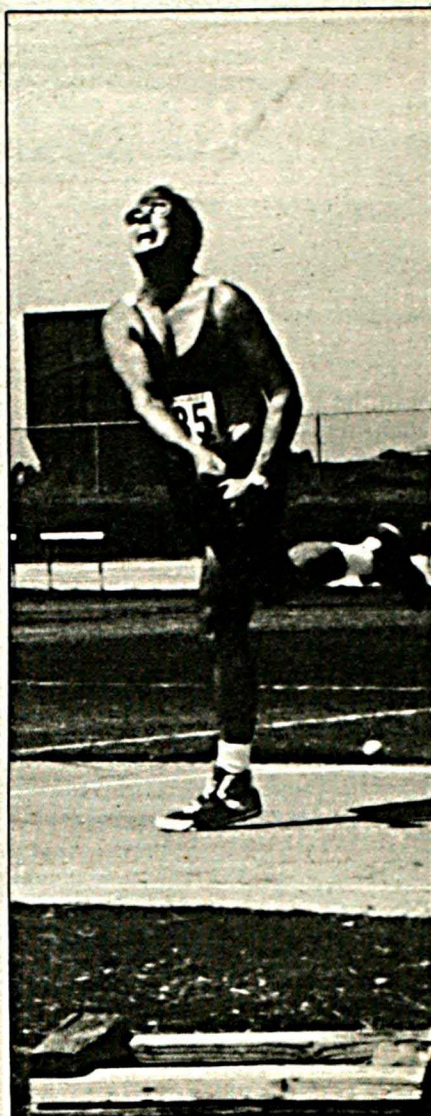
Setting PRs were Tom Lane, who is 97 and blind, in the DT (11.14) and SP (4.86); Bob Boucke, M75, in the DT (23.56), HT (21.04) and JT (18.08); Harry Yu, M70, in the LJ (3.34); and John Cleveland, M65, in the PV (2.62).

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 Steeplechase 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. □



M65s George Simon (l) and Chuck McFate run the 100H, Sri Chinmoy Masters Games, Irvine, Calif., Sept. 22. Simon bested McFate 21.3 to 21.4.

Photo by Nibir Cole



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

Photo by Nibir Cole

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

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
PAT BOWMAN (TUSCON, AZ)	11-13-26	65-69
MONETTE BRONSON (SALEM, UT)	11-17-51	40-44
LUANNE DEWITT (ANAHEIM, CA)	11- 0-31	60-64
JUDY GREER (ORLANDO, FL)	11-21-46	45-49
MARGARET JACKSON (CINCINNATI, IN)	11-14-11	80-84
KATHY KAPALIN (GREEN BAY, WI)	11- 1-46	45-49
SANDRA KIDDY (PALM SPRINGS, CA)	11-27-36	55-59
LYN LAGRANDE (EUGENE, OR)	11- 2-36	55-59
BILLIE MOREHEAD (ALBUQUERQUE, NM)	11-30-21	70-74
MARIE UEBEL (BRENTWOOD, MO)	11-10-11	80-84
JENNY WOOD ALLEN (GB)	11-20-11	80-84
GLORIA BARNABAS (SIN)	11-12-41	50-54
MARIANNE BORUSIAC (WG)	11-17-21	70-74
SHIRLEY BRASHER (AUS)	11- 6-26	65-69
RIA BROUWERS (WG)	11- 4-26	65-69
BRENDA CARR (AUSTRALIA)	11-17-36	55-59
GWENDOLINE CHARMAN (GB)	11-11-31	60-64
MERY GARCIA (COL)	11-14-21	70-74
EDITH GRAFF (BEL)	11- 9-41	50-54
JACQUELINE GUYON (FRA)	11- 6-41	50-54
URSULA HERINGHAUS (WG)	11-13-26	65-69
SVETLANA KASCHEVSKAYA (URS)	11-23-46	45-49
S. KRACHEVSKAYA (URS)	11-23-46	45-49
INEZ LISTER (NZL)	11-12-21	70-74
MARGARET ORMAN (NZ)	11- 4-41	50-54
PAULA SCHNEIDERHAN (WG)	11-16-21	70-74
ERIKA STEINLE (WG)	11- 2-31	60-64
WALT ATCHESON (LA VERNE, CA)	11- 3-26	65-69
IAN BABE (NZ)	11-10-36	55-59
SCOTTY CARTER (E. SANDWICH, MA)	11-14-16	75-79
VITTORIO COLO (ITA)	11- 9-11	80-84
RAY CONNOLLY (SCITUATE, MASS)	11-21- 6	85-89
JOE DOUGLAS (INGLEWOOD, CALIF)	11-10-36	55-59
ALAN FLANIGAN (PAC. PALISADES, CAL)	11-16-11	80-84
JEREMIAH GAINES (CHESAPEAKE, VA)	11-27-11	80-84
WILLIAM GREEN (PALO ALTO, CALIF)	11-19-36	55-59
NORMAN HIGGINS (NEW LONDON, CONN)	11-18-36	55-59
MERLE KNOX (MILWAUKEE, WISC)	11-17-21	70-74
JAMES LINGEL (LAFAYETTE, CALIF)	11-22-31	60-64
FIorenzo MARCHESI (SUI)	11- 1-41	50-54
HOWARD MILLER (SEATTLE, WASH)	11-21-26	65-69
OLAVI NIEMI (FIN)	11- 7-31	60-64
HARJE NOREBORN (SWEDEN)	11-23-26	65-69
AURU PEKHORANTA (FIN)	11- 7-41	50-54
WARREN RAYBURN (HOUSTON, TEXAS)	11-12-21	70-74
WILLARD SHANK (CA)	11- 9-21	70-74
STEPHEN SMITH (SPRINGFIELD, OR)	11-24-51	40-44
ROBERT SORLIEN (RI)	11- 3-16	75-79
JACK STEVENS (AUSTRALIA)	11-23-16	75-79
CLAUDE TAGGARD (COSTA MESA, CA)	11-29-11	80-84
FRIEDHELM TEPEL (WG)	11-13-31	60-64
WIM WOUTERS (BEL)	11-22-36	55-59



Address Letters to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

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

Turku. No one has ever been happy with the staging of events, but the incompetent organizers seem not to care.

With evening sessions, there would be no need to schedule events at the Raisio Field in the back country. Also, the two rest days should be eliminated. This would make competing in expensive countries such as Finland more affordable.

The banquet, which NMN previously described as a "disaster," should be moved to the last day of the games. Until the games are over, many athletes don't have a reason to celebrate.

*Ermo Kulmar
Richmond, British Columbia*

UNFAIR 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 centrifugal 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*

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 M55 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 NSSC. We published what they gave us, including the apparently incorrect results of the M60 1500RW. 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 Wordell
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

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.

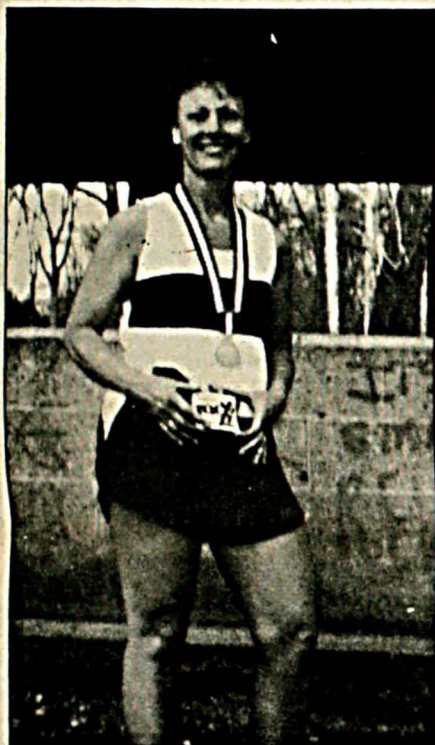
Special masters group-tour rates for both meets will be announced in a forthcoming issue.

Five Join NMN Sustainers

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

Special thanks this month goes to:

Dave Brown, Jr.	Whittier, CA
Joseph Sinicrope	East Granby, CT
Martin Legett	Austin, TX
Raymond Frost	Wenham, MA
John Clarke	Estes Park, CO



Charlotte Gerkin, 45, of Mitchell, Ind., W45 winner (11:42:11), TAC National Masters 50 Mile Championships, Columbus, Ohio.

Photo by John White



Three world-class high jumpers: From left, John Dobroth, M50; Annaliese Steekelenburg, W40; and Burl Gist, M75.

him in high regard as a person and as one of the toughest competitors on the cinderpath. 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*

KUDOS

I'd like to call your attention to Los Gatos (Calif.) High School coach Willie Harmatz. Willie has been a tremendous asset to masters athletes and has always run professional meets.

He puts on all-comers meets twice a year and they are superb. If there are any awards for excellence in race direction, I'd feel very confident in voting for Willie. *Bernard Stevens
Cupertino, California*

The letters column is an open forum for all viewpoints on subjects of general interest to our readers. Letters should be addressed to: Write On, NMN, P.O. Box 2372, Van Nuys, CA 91404. They should be kept as brief as possible and are subject to condensation. They must include a signature and a valid mailing address.

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CZZMN

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,

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.

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., 29-5/4, and Dick Bloomfield, 51, Greer, S.C., 27-2 1/2, among the masters throwers.

In other events, Rubye 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 16-3/4, and the national single-age record for the 25-pound weight with a 21-4. □



Don Gammie broke the M60 U.S. record with a 4:41.50 in the 1500, TAC National Masters T&F Championships, Naperville, Ill.

Photo by Jerry Wojcik

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 Kesitalo, 40, Lynchburg, Va., was second W40-and-over with a 13th 34:37, three seconds below Barbara Filutze, 45, Erie, Pa., who took the 14th spot among the women.

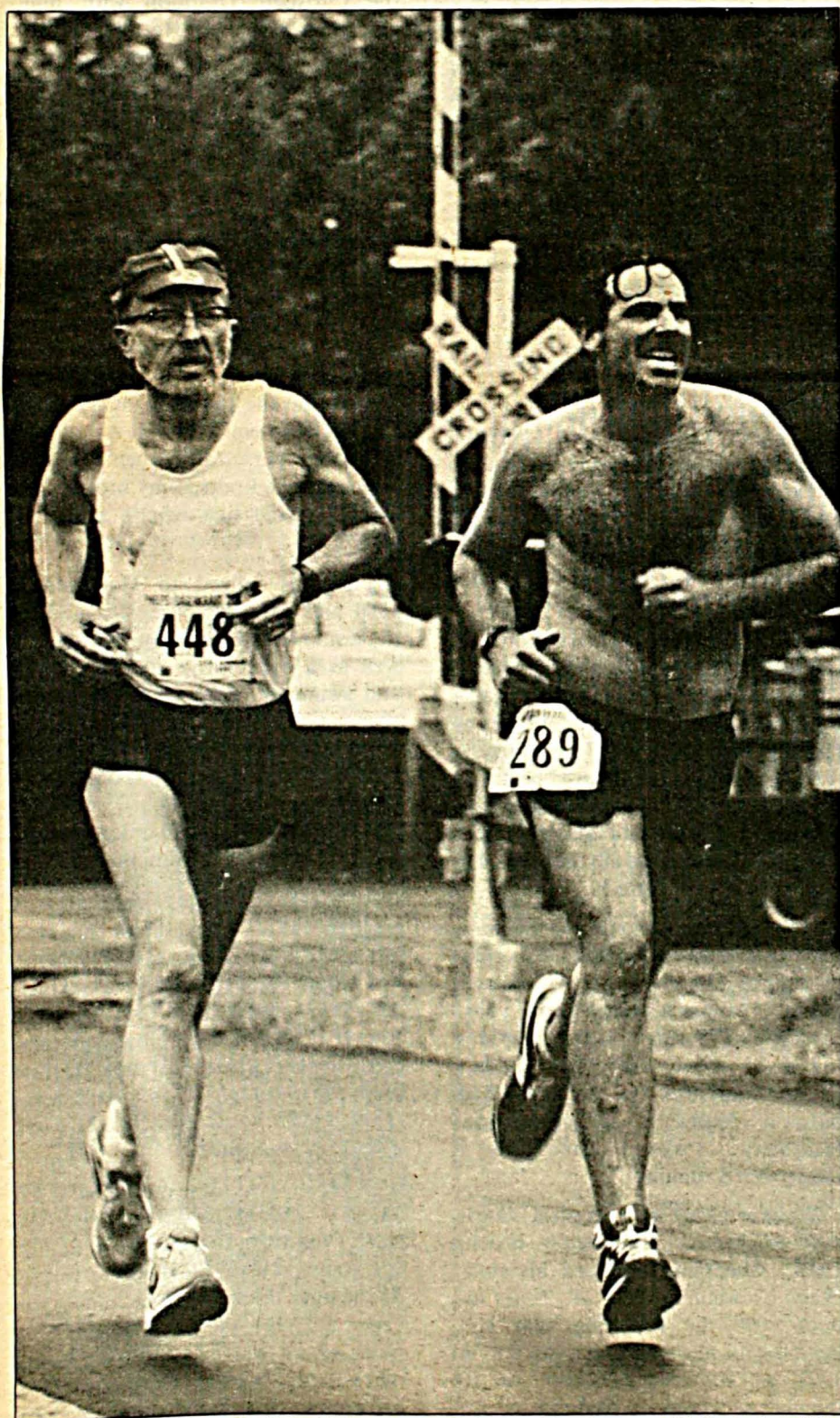
Artemio Navarro, 41, a Mexico citizen residing in Tampa, Fla., ran a 16th-place world best 28:52. Kenyan Wilson Waigwa, 42, who lives in El Paso, Texas, captured the master second place with a 29:35.

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 Stilaire (32, 31:17) were open winners. □



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

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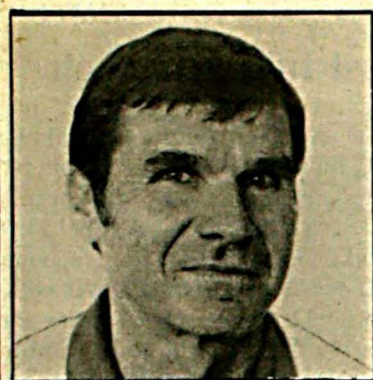
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Third Wind

by Mike Tymn

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 Tinman, he finished 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.

Forty Is A Big Deal

Chappins was looking forward to entering the masters arena. "Forty 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 real 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."

At 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 8:57.0....Chappins' lap times were 63, 2:09, 3:19, 4:28, 5:38, 6:49, and 8:01.1 before a sensational last lap sprint (55.9) brought him home with his 8:57.0."

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 Kathy (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 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

Five Years Ago

- Gabriele Andersen, 41, Clocks a 2:40:08 and Kjell-Erik Stahl, 40, a 2:18:28 to Win \$7500 and the Masters Titles in the Twin Cities Marathon
- Patrick Davis (M40, 1:28:42) and Katie Vandergraaf (W40, 1:49:47) Sweep to Victory in the National 25K in Joliet, Ill.
- 19th World Vets 10K Titles in Vancouver, B.C., Go to Britain's Allan Rushmer (M40, 30:47.9) and New Zealander Ngaire Drake (W40, 34:50.7)
- TACSTATS, TAC's LDR National Records Center, is Created

the Carlsbad Triathlon with him" Chappins recalled. "He told me he'd kick my butt. I'm the type that 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 creak 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." □

Masters Age Records 1990

(1991 Edition)

Compiled by WAVA and TAC Masters T&F Records Chairman Pete Mundle with Don Henry, Shirley Dietderich, Gordon Wallace and Alan Wood.

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Oct. 31, 1990
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MASTERS ATHLETE OF THE MONTH

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:

Mexico's Artemio Navarro, 41, who raced to a world masters road best of 28:52 in the Pittsburgh Great Race 10K on September 29 — a 98.9% age-graded effort. However, since the Pittsburgh course is downhill and not TAC-certified, times tend to be faster than normal and are not considered for records.

Mexico's Manuel Vera, 40, who

clocked 2:17:19 at Twin Cities (94.7%).

Nancy Grayson, 41, of Columbia, S.C., who ran a fast 34:08 in the Great Race 10K — an age-graded effort of 94.0%.

Fay Bradley, 53, of Washington, D.C., who ran a 32:59 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%.



Laurie Binder

• 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.

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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 6232 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. □



Award winners in the W70-74 long jump, National Senior Sports Classic, Syracuse, N.Y., June 27-July 3, from left: Rose Seadorf, 4th, 8-7¼; Mollie MacKown, 2nd, 9-11½; Florence Berry, 1st, 10-¾; and Libby Hagemann, 5th, 8-6½.

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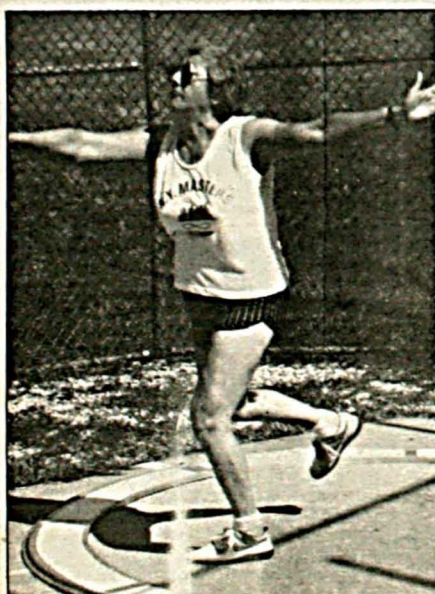
by CARL V. FLOWERS II, O.M.D.

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.



Anne Cirulnick, Rosedale, N.Y., first W55 (21.58) hammer, 91 National Masters Championships, Naperville, Ill. ends a throw with a Company flourish.
Photo by Jerry Wojcik

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.)



Joe Chadbourne smiling after breaking the U.S. M60-64 hammer record with a 49.76, TAC National Masters T&F Championships, Naperville, Ill.
Photo by Jerry Wojcik

Dartmouth Relays and Leverone Field House



Since its inception in 1970, the Dartmouth-United States Track & Field Federation Relay Meet has grown from a field of 300 competitors to the top indoor attraction in the Northeast. Dartmouth Coach Clark Wallin, who serves as the director, expects over 3,500 participants for this year's event.

Leverone Field House, site of the Dartmouth Relays, is considered one of the finest and fastest indoor facilities in the East. The Astro-trak is a six-lane, 220-yard layout comprised of three-eighths inch poured-in-place polyurethane.

At the west end of the field house is a 17,440-square foot area of astroturf for weight events. The track also includes a 60-yard sprint and hurdles segment. The track and out-laying area is rust red color, providing the perimeter for the long jump, high jump and pole vault pit plus runway on the green infield. Leverone Field House was designed by Pier Luigi Nervi, who gained fame for his creation of the complex used for the 1960 Olympic Games in Rome.

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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, undoubtedly 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 steeper 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 followup study older runners who maintained the same training over a 10-year period also decreased their VO₂max at a rate of 0.5% per year. Our interpretation of these results is that Mother Nature intended for our maximal exercise capacity to decrease 0.5% per 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 during an oral glucose tolerance 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.

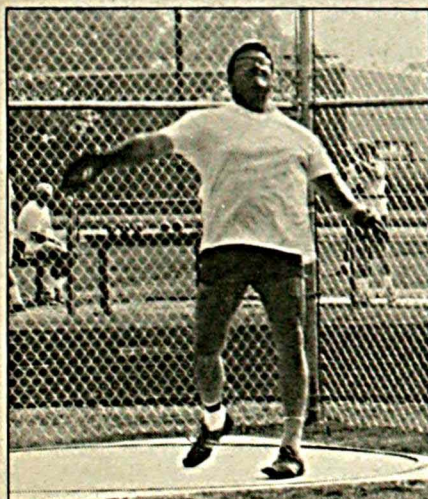
Thus these older men are very glucose tolerant. They clear glucose from the blood very quickly, are very insulin sensitive, and their insulin levels increase only minimally to clear the glucose from the blood. The older sedentary men in this study, and the American population in general, become both 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

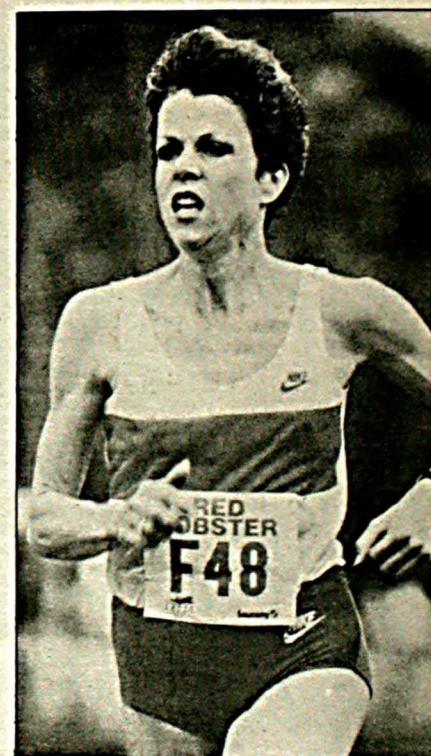
The benefits for the athletes are substantial as they receive a wealth of information about their cardiovascular and metabolic systems that in most cases is only available from research

Continued on page 12



Carl Klehm, 52, heaves the discus 27.93 at the TAC National Masters Weight Pentathlon Championships, Gonzalez, La., Aug. 24. Klehm finished second M50 with 2165 points.

Photo by Jeff Baty



Shirley Matson, 50, of Moraga, Calif., was second woman master, 11 seconds behind Laurie Binder, 43, with a U.S. 50-54 record 35:57, Red Lobster 10K, Orlando, Fla.

Victor Sailer/Agence Shot

Linda Lysak and Laura Schay Top Masters in Airport 12K

by MAURY DEAN

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 to the fleet feet of 41-year-old Linda Lysak (51:21) and 45-year-old Laura Schay (52:16). The race was won overall by a 48½-year-old in 43:34 over a 155-runner, open-class field, while the bronze medal (44:14) went to Craig Stewart, the only M40 runner I know who can both crack the 17-minute 5K barrier and bench press over 300 pounds. The \$64,000 question remains: Where were the swift kids?

The Airport 12K is a long-lasting Long Island institution. For years, it

guaranteed the world's worst weather, due to its old Ides of November time slot. The flat concrete ribbon which 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 Skrivaneck, W40, (the only masters runner on L.I. with golden eyes) and her 58:27 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 circuit (5 & 10Ks) will thrill to this

popular European cross-country distance. If you can furnish them with a nice pancake-flat asphalt ribbon like this race, they'll swell your rosters on race day. No one will doubt it's a real distance runner's event, yet no one will feel as totally drained as they would via a marathon or half or ten-miler.

The 1991 race was won by the 48½-year-old vet racer, in the slowest time ever he would grudgingly admit, but when he passed the 24-year-old leader at the 5½ mile, he knew that swift kid Phil Patanjo (44:28) would have a lifetime of opportunities for race victories. The older guy admitted, too, to sore feet—but a soaring ego. Yea, masters. May we all keep "a keepin' on."

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



Oregon's Mike Heffernan claims a bronze medal in the M50 10K Cross-Country run (34:03) at the WAVA championships in Finland.

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
- The First Annual San Juan Masters T&F Meet Draws Nearly 300 Entrants

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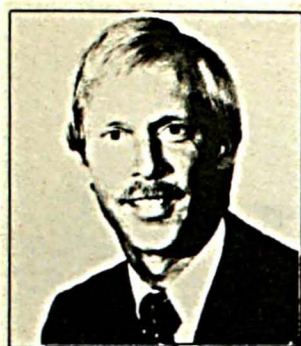
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THE FOOT BEAT

by JOHN W. PAGLIANO, D.P.M.

Achilles' Tendonitis

Q. I am a 50-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 over do it on your first workout — or you may re-injure the tendon and have to start the healing all over again. □

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 2372, Van Nuys, CA 91404.)

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, 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. □

1991 TWIN CITIES MARATHON AGE-GRADED RESULTS 10/17/91

NAME					TIME	TARGET	DIFF	PRCNT%
1. LAURIE	BINDER	OAKLAND	,CA	44	F 9308	8956	352	96.22
2. MANUEL	VERA	MEXICO CITY	,	40	M 8239	7803	436	94.71
3. RYSZARD	MARCZAK	85-166 BYDGOS	,	45	M 8669	8064	605	93.02
4. JOHN	BEDNARSKI	ALBUQUERQUE	,NM	42	M 8544	7904	640	92.51
5. DOMINGO	TIBADITZA	RENO	,NV	41	M 8503	7853	650	92.36
6. ARTEMIO	NAVARRO	MEXICO CITY	,	41	M 8532	7853	679	92.04
7. NANCY	OSHIER	RUSH	,NY	43	F 9663	8890	773	92
8. SHIRLEY	MATSON	MORAGA	,CA	50	F 10226	9389	837	91.81
9. LUIS	LOPEZ	SAN JOSE	,	42	M 8623	7904	719	91.66
10. JOHN	KESTON	MC MINNVILLE	,OR	66	M 10693	9762	931	91.29
11. BARBARA	FILUTZE	ERIE	,PA	45	F 9911	9024	887	91.05
12. STAN	CURRAN	MIDDLETON	,	44	M 8814	8009	805	90.87
13. ANNE	RODEN	WHYTELEAF, U,		44	F 9868	8956	912	90.76
14. WARREN	UTES	PARK FOREST	,IL	71	M 11437	10362	1075	90.6
15. SINIKKA	KESKITALO	LYNCHBURG	,VA	40	F 9671	8701	970	89.97
16. HENRY	BICKFORD	THORNHILL, ONT,		40	M 8698	7803	895	89.71
17. JANE	HUTCHISON	WEBB CITY	,MO	45	F 10171	9024	1147	88.72
18. MARIO	CUEVAS	MEXICO CITY	,	42	M 8946	7904	1042	88.35
19. FAY	BRADLEY	WASHINGTON	,DC	53	M 9705	8564	1141	88.24
20. CAROL	VIRGA	BOCA RATON	,FL	40	F 9864	8701	1163	88.21
21. HOKAN	SPIK		,	40	M 8873	7803	1070	87.94
22. JERRY	MARTINEZ	VELARDE, NEW M,		41	M 8954	7853	1101	87.7
23. DERCK	FRECHETTE	ROCHESTER	,NY	46	M 9265	8118	1147	87.62
24. DOUG	SUKER	MPLS	,MN	40	M 9020	7803	1217	86.51
25. MARY	WOOD	MONTROSE	,CO	46	F 10596	9090	1506	85.79
26. JIM	PELARSKE	ST. CLOUD	,MN	40	M 9117	7803	1314	85.59
27. TED	TETZLAFF	LA CROSS	,WI	57	M 10501	8884	1617	84.6
28. DALE	URBAIN	BURNSVILLE	,MN	57	M 10552	8884	1668	84.19
29. TOSHIKO	DELIA	RIDGEWOOD	,NJ	61	F 12507	10516	1991	84.08
30. WEN-SHI	YU	KEW GARDENS	,NY	56	F 11873	9945	1928	83.76

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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.

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 70s, 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.

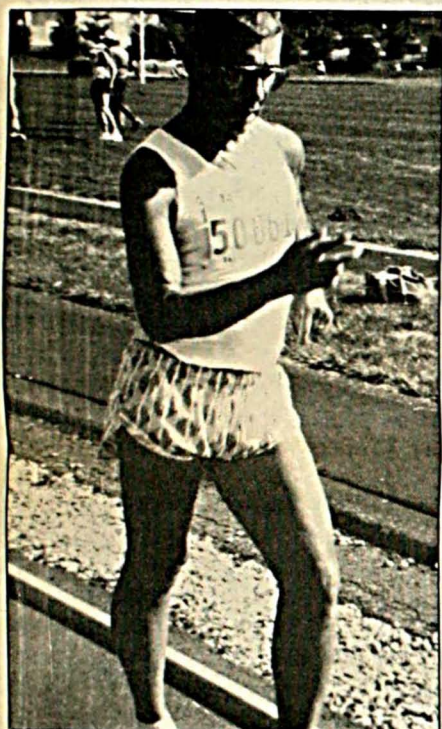
Because of the increasing number of 1500-meter racewalks due largely to the National Senior Sports Classic program, I have recently calculated All-American Standards for this distance. At the other extreme, I have also calculated tentative standards for the 50K. The 50K standards are difficult to establish 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" 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. □



Gerald Bocci, 6th (28:45) in the M50 5000 walk National Masters T&F Championships, Naperville, Ill. Photo by Jerry Wojcik

1500 meter All-American Standards for Race Walk

M130 (.80 Age-Graded)	6:42	F30 (.80 Age-Graded)	7:25
M135 "	6:53	F35 "	7:39
M140 "	7:03	F40 "	7:53
M145 "	7:15	F45 "	8:08
M150 "	7:29	F50 "	8:26
M155 "	7:45	F55 (.78 ")	8:45
M160 "	8:04	F60 (.76 ")	9:08
M165 (.78 ")	8:26	F65 (.72 ")	10:39
M170 (.78 ")	9:04	F70 (.72 ")	11:15
M175 (.76 ")	9:49	F75 (.72 ")	11:58
M180 (.72 ")	11:00	F80 (.72 ")	12:50
M185 (.72 ")	11:45	F85 (.70 ")	14:17
M190 (.70 ")	13:02	F90 (.70 ")	15:36

50K Standards for Race Walk

M130 (.80 Age Graded)	4:30	F30 (.78 Age-Graded)	5:11
M135 (.80 ")	4:36	F35 (.76 ")	5:26
M140 (.76 ")	5:00	F40 (.76 ")	5:36
M145 (.76 ")	5:09	F45 (.76 ")	5:46
M150 (.75 ")	5:20	F50 (.76 ")	6:00
M155 (.74 ")	5:41	F55 (.74 ")	6:25
M160 (.74 ")	5:53	F60 (.74 ")	6:41
M165 (.72 ")	6:20	F65 (.72 ")	7:13
M170 (.70 ")	6:48		
M175 (.70 ")	7:12		



Baton exchange, women's relay, Indian National Veterans Championships, Cuddapah, Andhra Pradesh, March 3-5. Photo from V. Suryanarayana



International Scene

by CESARE BECCALLI,
President of WAVA

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



At the closing ceremony in Turku, athletes parade in by age groups.

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.

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SPEAKER'S CORNER

by ALASTAIR LYNN,
Honorary Life Vice President, WAVA

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 WAVA 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, in-



Some of Great Britain's top veteran athletes greeted Jacques Serruys, WAVA Vice-President, September 3, when he visited Birmingham to inspect facilities for next year's WAVA World Veterans Road Racing Championships, August 29-30. Birmingham European Airways, one of the first major companies to pledge support to the championships, hosted a reception at Birmingham airport to welcome Serruys (center) and his delegation. Heading the reception line-up was the current world W35 marathon champion, Diane Underwood, 38, right; John Walker, 53, director for the 1992 event, 2nd right; and Ernie Warwick, 75, the current men's world 24-hour champion, left. Serruys expects more than 5000 veteran athletes from around the world to attend.

cluding 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 Constance 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.

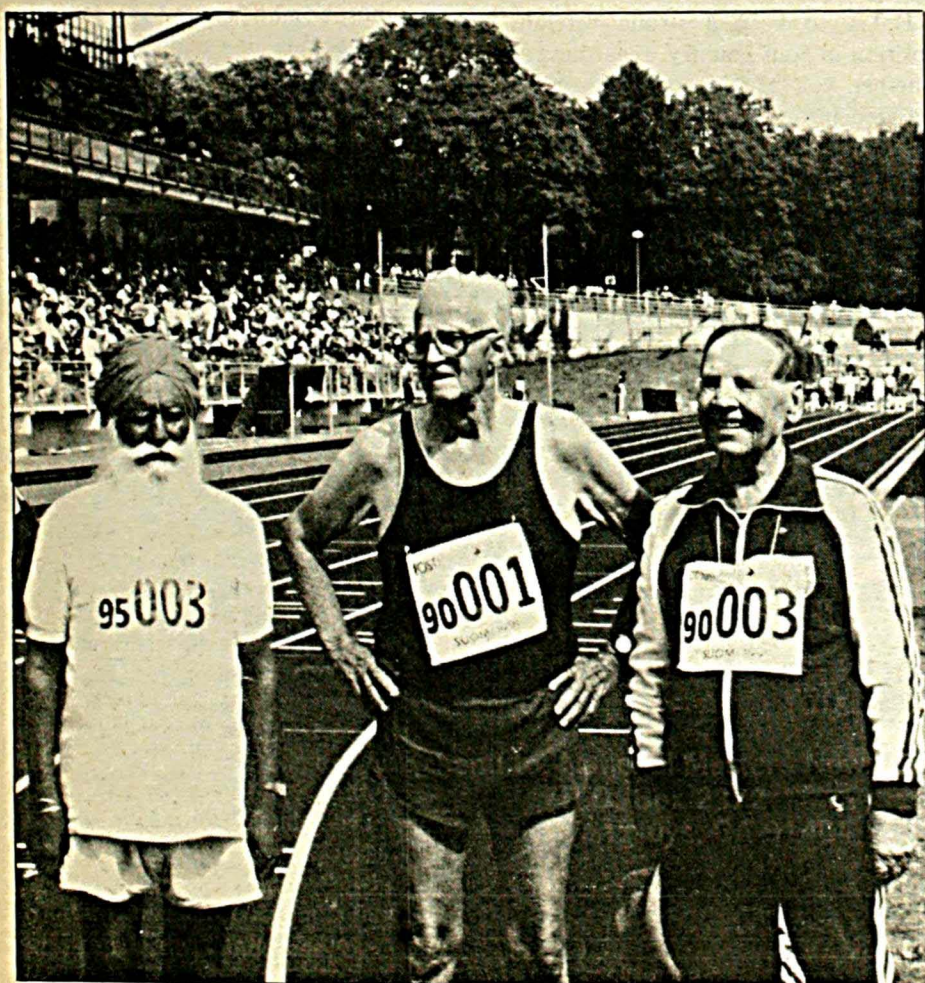
I will now refer to the brief statement headed "Bob Fine Replies to David Pain" which appeared in the October NMN. I have had to work with Robert Fine for the past eight years on the WAVA Council and I know him and his style well. His statement is typically Fine — pseudo-smart brief comment, a side-swipe 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 Farquharson (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. □



Buell Crane, U.S., second M90 in the 100 (22.28), with Joginder Singh (l), India, first M95 in the 100 (22.82), and Mikko Salonen (r), Finland, third M90 in the 100 (35.57), IX WAVA Championships, July 18-28, Turku, Finland.
Photo by Christine Guy



On the victory stand in Turku are the M60 400 medalists, from left: England's Keith Whitaker (2nd, 60.02), Germany's Wilhelm Selzer (1st, 57.36WR), Michigan's Chuck Sochor (3rd, 60.21).



Report from Britain

By ALASTAIR AITKEN of *Athletics Today*, and
MARTIN DUFF of *Athletics Weekly*

Joseph Nzau, who was prevented from competing as a veteran athlete in the U.S. in 1989, has re-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 Swansea (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. □



M55 4x100 relay winners on the victory stand in Turku. Left: Germany, 2nd; center: USA, 1st (Matt Brown, Hugo Hartenstein, John Darrel); right: Australia. Photo by Bob Watanabe



WAVA World M60 200 finalists in Turku, from left: Lars Ingves (NOR), Manfred Jericke (GER), Wilhelm Selzer, (GER, 1st in 26.05), Heinz Strickstrack (GER), Cliff McPherson (GUY), Knut Bergesen (NOR).

WAVA/TAC Hurdles and Implements Specifications

HURDLES

WOMEN

Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish
30-39	100m	.840m 33"	13.00m 42'8½"	8.5m 27'10½"	10.5m 34'5"
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"
60-69 70 Plus					
30-39	400m	.762m 30"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"
40-49					
50-59					
60-69 70 plus	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"

MEN

30-39 40-49	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.0m 62'4"
30-49	400m	.914m 36"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"
50-59	400m	.840m 33"			
60+	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"

IMPLEMENTS

AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN
Women				
30-49	4.00k	1.00k	4.00k	600gms.
50 plus	3.00k	1.00k	3.00k	400 gms.
Men				
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.*
50-59	6.00k	1.50k	6.00k	800 gms.*
60-69	5.00k	1.00k	5.00k	600 gms.
70 plus	4.00k	1.00k	4.00k	600 gms.

*Either "old" or "new" javelin may be used

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U.S. MASTERS TRACK & FIELD RANKINGS

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

1991 Indoor Long Jump Compiled by Robb Bong

Includes December
1990 meets

M30-34

Greg Brittenham	6.47
Jay Mathis	6.42
Mike Larzia	6.31
Bruce Sinkbeil	6.27
Mark Williamson	6.20
Scott Evans	6.00
Glenn White	5.92
David Caldwell	5.84
Jim Fazio	5.84
Frank Makozay	5.73

(10)

Kevin Mulcahey	5.61
Rodney Atherton	5.51
David Gravender	5.46
Jim Hyatt	5.42
Mike Campbell	5.37
Pete Vanachanos	5.28
Remo Biagioni	5.24
Dwight Swartz	4.78
Jim Craig	4.76
Bob Saul	4.74

(20)

Joe Lafferty	4.48
Steve Bence	3.86

M35-39

Randy Kruse	6.62
Randy Rohweder	6.20
Jeff Watry	6.06
Dan Dohard	5.90
Eddie Mose	5.88
James Knip	5.80
Rick Plunkett	5.77
Mike Maryott	5.64
Dan Goia	5.56
Steve Cava	5.42

(10)

Robert Doran	5.41
Ted Tiernon	5.35
A Wright	5.29
Mark Gershon	5.05
Ken Castro	4.85
- Merviliska	4.70
Doug Haas	4.47
John Valiska	4.42
Charles Barnard	4.10
Russell Floyd	3.80

(20)

Ed Koch	3.21
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M40-44

Rex Harvey	6.09
Shaunte Stills	5.91
William Corsey	5.90
Scott Butera	5.75
Pat Crandall	5.70
Tom Brewer	5.59
Gordon Reiter	5.56
James Sauer	5.56
Waverly Waller	5.52
William DeHorn	5.46

(10)

Bill Hanson	5.39
A LaFramboise	5.36
Bob Burke	5.31
Hodge Kirby	5.27
Peter Riggins	5.25
Mike Davis	5.24
Angel Nieves	5.21
Don Knapp	5.20
Wing Mann	5.19
Ivan Black	5.17

(20)

George Anderson	5.14
Dick O'Riley	5.12
Joe Silverio	5.12
D Hill	5.09
Ed Laurelli	5.03
G Tayl Tunstall	5.01
- Scott	4.98
Mike DeJesus	4.93
D Ewing	4.89
Don Williams	4.88

(30)

Len Zigent	4.85
Mike Augeri	4.76
Bob Labarbara	4.75
Jim Shea	4.73
Michael Thompson	4.71
Ray Panek	4.70
Rich Bigelow	4.65
Fran Maineri	4.55
Rex Sears	4.47
Jim Larmondra	4.39

(40)

Don Hogan	4.18
John Buckley	4.17

M45-49

Stan Whitley	6.62
Joe Johnson	6.10
Roger Phillips	6.04
Tyrone Carlis	5.98
Ray Starnes	5.94
Johnie Meisner	5.69
Wm J Johnston	5.62
Bill McKinney	5.59
G Pachovsky	5.55
Dave Eidahl	5.49

(10)

Mike Milove	5.42
Doug Shaw	5.33
Bill Busby	5.28
Caleb Brown	5.26
Henry Hopkins	5.26
Dennis Leczinski	4.81
Charles Varnet	4.76
Bill Masuck	4.75
Jan Decker	4.72
Steve Rogers	4.72

(20)

John Blakely	4.64
Tom Thorne	4.52
David Luplow	4.42
Jacob Katz	4.15
Allen Drew	3.96
Rich Russell	3.49

M50-54

Pete Stopoulos	5.68
Emil Pawlik	5.45
Hugh Adams	5.42
Dale Lance	5.39
Lee Stopoulos	5.18
Grover Coats	5.09
John Ewing	4.97
Scott Tyler CAN	4.97
Bob O'Brien	4.93
Dennis Tancredi	4.89

(10)

John Head	4.84
Barry Kline	4.78
Ed Kent	4.59
Haig Bohigian	4.49
Ted Swanson	4.45
Rex Hane	4.34
John O'Neill	4.27
Larry Carter	4.23
Dave Connolly	4.14
C Bartholomeu	4.13

(20)

Al Maxey	3.94
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M55-59

Paul Williams	5.45
Phil Mulkey	5.27
Clarence Trinkner	5.02
Vince Ruffin	4.87
Dave Martin	4.84
Tom Langenfeld	4.74
John Sharpe	4.74
Rich Richardson	4.61
Jim Peterson	4.48
Earl Mege	4.45

(10)

Wendall Curry	4.43
Harold White	4.25
Doug Alberts	4.23
Ken Larsen	4.22
Jerry Newcomb	4.20
Frank LaPointe	4.17
Ralph Barcote	4.00
Floyd Smith	3.92
Don Bozzone	3.58
Giorgio Chiavelli	3.51

(20)

Tom Adams	3.44
Bob Smullens	3.22

M60-64

Frank Hayes	4.88
Tom Delany	4.77
Earl Ventura	4.75
Curt Trevor	4.62
Rich Soller	4.61
Jim Dexter	4.56
Harry Brown	4.47
Burt Saidel	4.47
Bill Townsend	4.39
Loren Swanson	4.29

(10)

Max Woerle	4.28
RG Wolf	4.28
Dick Greive	4.17
Quinto Biagioni	4.08
Paul Soraparu	4.06
Jack Lance	4.05
George Taylor	3.82
Phil Brusca	3.76
Bill Pardue	3.67
Tony Vivieros	3.48

(20)

Art Harris	3.08
------------	------

M65-69

Mel Larsen	5.31
Jim Platis	5.22
Denver Smith	4.83
Boo Morcom	4.65
Ed Lukens	4.62
Fred Birshimaki	4.47
Charles Obye	4.45
Valden Sadul	4.17
Oscar Harris	4.02
Jack Doorlay	3.97

(10)

Mel Buschman	3.91
Hillar Saareste	3.57

M70-74

Vern Mattson	4.32
Ed Matthews	4.13
Andy Jones	3.89
John Davison	3.73
AU Ricciardi	3.73
Marlen McWilliams	3.68
Sparks Sorlien	3.59
Geo Rajceovich	3.54
Ham Morningstar	3.43
Dave Hall	3.40

(10)	
RC Warwick	3.37
Hans Warvas	2.93
Earl Cole	2.77
Robert Sparks	2.21
Gene Wood	2.08

M75-79

Ian Hume	4.15
Jeremiah Gaines	3.45
Claude Hills	3.40
Fred Praeger	2.72
George Ratcliff	2.46
Bob Detweiler	1.87
Harold Mayland	1.79

M80-84

Virgil McIntyre	3.09
Stan Thompson	2.31

M85-89

Everett Bosack	2.23
Konrad Boas	1.78
Arling Pitcher	1.59

M90-94

Carol Schafer	4.37
Lisa Lockley	4.29
Becky DeLass	4.27
Colleen Sexton Lahr	3.84
Yancy Munoz	3.52

M95-99

Irene Thompson	4.83
M Mallia	4.31

M40-44

Phil Raschker	5.50
Penny Danielson	4.04
Antonia Coleman	2.83

M45-49

Pam Calvert	4.48
Gean Hemming	3.84
Barbara Stewart	3.60
Mary Lou Platis	3.52
Cathy Primmer	3.18

M50-54

Joann Grissom	3.78
Becky Sisley	3.76
Jutta Riegel	3.67
Dorthea Swanson	3.04

M55-59

Betty Vosburgh	3.90
Christel Miller	3.58
Nancy Ammermuller	2.92

M60-64

Leonore McDaniels	3.55
B Holland	3.23
- Bobowski	3.18
Pat Peterson	2.63
Virginia O'Connor	1.69

M65-69

Jos Sullivan	3.03
K Meri	2.99
Flo Berry	2.79
Ann McGowan	2.60

M70-74

Libby Hagemann	2.74
Ethel Mayland	2.08
Ernestine Yeomans	1.88

1991 Indoor 1500

Compiled by
Jerry Wojcik

Includes December
1990 meets

M30-34

—1-10—	
Jean Rileau	4:07.96
Larry Woods	4:09.7
Louis Christ CAN	4:13.25
Mike Hamilton	4:17.9
Marty Gonterman	4:23.8
Bob Levoy	4:24.6
Mark Filippi	4:27.7
Fred Hervert	4:29.05
John Mealey	4:31.6
Bruce Duncher	4:32.12

M35-39

—1-10—	
Charles Duggan	4:01
Dave Patterson	4:07.0
Tim Anderson	4:09.69
Joseph Perske	4:10.19
Stan Clark	4:10.6
Dave Nickels	4:13.43
Ricky Easley	4:16.37
Pat Perkins	4:18.4
Pat Laimadge	4:19.38
Ralph Wheeler	4:25.0

M40-44

—1-10—	
Dave Kannevurt	4:25.7
Brad Hurst	4:26.1
Doug Haas	4:27.0
Paul Forshey	4:29.1
Randy Scare	4:30.0
Phil Marshall	4:30.13
Hern Richards	4:34.4

Bill Halas	4:34.8
Dean Lennox	4:36.4
Marian Longsdon	4:38.6
—21-20—	
Jerry Feldhausen	4:39.9
John Dickey	4:40.42
Ted Castaneda	4:42.0
Jose Pais	4:43.8
Randy Waterman	4:49.9
Dana Waterman	4:49.9

M40-44

—1-10—	
Ken Fopejoy	3:56.7
Nolan Smith	3:59.24
Al Swenson	4:08.01
Dan Frye	4:09.7
Duane Green	4:10.47
Wayne Stewart	4:11.0
Rich Schornstein	4:12.89
Rich Puckerin	4:13.42
Bill Bridge	4:13.5
Gary Wallace	4:15.1

M45-49

Ben Brockwell	4:19.0
John Naslund	4:19.63
Don Fish	4:20.30
S Falck-Pedersen	4:21.03
F Bonacorso	4:23.63
Hal Gensler	4:25.97
Rich Davis	4:28.6
Pat Dineen	4:29.2
Chip Burton	4:29.56
Neal Schuster	4:29.97

M50-54

Bob Pertak	4:30.2
Mike Wilson	4:31.22
Jim Brady	4:35.0
Terry Habecker 43	4:36.1
R Motawa 41	4:39.9
Tim Shay	4:40.5
Larry Hurtell	4:40.96
Robert Caplin	4:41.7
Tom Homeyer 42	4:42.2
Tony Kenanino	4:43.5

M55-59

Dave McGuigan	4:43.8
Jim Irwin	4:48.8
Robert Weiner	4:49.0
George Sanders	4:50.9
Joe Burleson	4:55.3
Nelson Keyes	4:58.0
Tony DeSanto	5:00.9
Bill Inde	5:02.9

M60-64

—1-10—	
Ken Sparks	4:05.23
Paul Perry	4:05.55
Frank Davis	4:25.49
Michael Wilson	4:27.7
Sam Buckel	4:28.4
L Ohsenbort	4:35.00
Frank Myers	4:36.3
Norm Gautreau	4:40.0
Herb Engman 45	4:40.7
David Starnes	4:42.2

M65-69

Kirk Randall	4:42.84
John Mauritz	4:43.2
Kevin Smith	4:44.9
Art Maillet	4:48.68
Ray Currier	4:51.8

George Clark	5:02.8
Bob Congdon	5:05.9
Doug Ott	5:06.6
Vic Broustet	5:10.0

M40-44

—1-10—	
Don Conway	4:22.61
Sid Howard	4:26.3
Dan Hamner	4:27.0
Des O'Rourke	4:37.56
Tim Simpson	4:43.8
Duane Fjelstad	4:44.1
Gary Muhrccke	4:44.1
John Conner	4:46.3
Eric White	4:48.3
Jerry McFadden	4:52.4
—11-10—	
Jim Clark	4:57.5
Ken Uyden	4:58.6
Victor Antonio	4:59.8
Ken Baker	5:00.6
Paul Hamilton	5:00.8
Dave Gerridge	5:02.4
Ed Coplon	5:03.0
Martin Harms	5:17.0



Circuit Happenings

The Omaha Riverfront Marathon 10K is the 19th stop on the Sorbothane/USRA Masters circuit. Race Director Gary Meyer (402) 553-8349 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 Corroza 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 Sorbothane 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 Shorter. 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 Tibaduiza 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 honor with an impressive 2:35 showing . . . A plug for masters running and a recent feature on the Sorbothane Masters Circuit appeared in the *LA Times* in conjunction with the ARCO/America's Finest City Half-Marathon. Neal Finn and his crew conducted a veritable clinic on race directing. It was a highly successful event.

Besides providing headbands 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 features each year. This year, it's a new course. 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 Philadelphia 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, Delchamps grocery chain is the title sponsor of the Senior Bowl/Delchamps 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 Dorman 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 of 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 Rod Dixon is? We've got his room ready at the Sorbothane/USRA Masters Circuit National Championship or we can set up a Masters Road Mile Match Race through the Magic Kingdom between he and all-takers on Championship Weekend! We miss you

Continued on page 22

SORBOTHANE/USRA MASTERS CIRCUIT

Point Standings After 14 Events

PowerBar Men's Division

40-44 Men

Wilson Waigwa	30/3
Keane Omes	27/3
Bill Rodgers	17/2
Ken Hamilton	17/2
Barry Schaeffer	16/2
Gary Romesser	16/3
Steve Ruckert	15/3
Earl Owens	15/3
Luis Lopez	14/2
John Campbell	10/1

45-49 Men

Ron Ogilvie	9/2
Barry Brown	5/1
Roger Clark	5/1
Don McCarthy	5/1
Graham Tattersall	5/1
Don Coffman	5/1
Bill Rader	5/1

50-54 Men

Fay Bradley	5/1
James Leckey	5/1
Peter Jones	5/1
Charles Tesenier	5/1
Jerry McGrath	5/1
Jerry Knox	5/1
Michael Heffernan	5/1
Tia Rostegge	5/1

55-59 Men

Jimmy Davis	8/2
Bob Rice	8/2
Sonny Monioz	5/1
Charles Flynn	5/1
Mike Pacienza	5/1
Charles Rose	5/1
Gerald Koch	5/1

60-64 Men

Bill Fortune	8/2
Patrick Devine	8/2
Takeji Shimazaki	6/2
Charles Evans	5/1
Manfred Struse	5/1
Jay Sturdeviant	5/1
Paul Saucedo	5/1
Esko Sormunen	5/1

55-59 Men

John Hosner	15/3
William Kohrs	14/4
John Burton	9/2
Joe King	9/2
George Thompson	8/2
Tom Edwards	8/2
Charles Dotson	8/2

70+ Men

James Maudlin	6/2
Clayton Brelsford	5/1
Paul Randall	5/1
Sam Sater	5/1
Wayne Zook	5/1
Lois Edds	5/1
Alvin Grahm	5/1

Lily of France

Women's Division

40-44 Women

Nancy Grayson	40/4
Claudia Ciavarella	21/3
Claudia Scott	20/2
Nancy Oshier	18/2
Judith Miller	17/2
Janice Greiner	14/2
Darlene Wallach	10/1
Mary Geible	10/1
Sharon O'Connor	10/1
Anna Knowles	10/1

45-49 Women

Barbara Filutze	10/2
Jane Hutchinson	8/2
Heather Matthews	8/2
Peggy Smith Hite	5/1
Frances Strain	5/1
Sherry Johnson	5/1
Helen Phelps	5/1

50-54 Women

Susie Kluttz	19/4
Judy Kirchoffer	13/4
Sofia Turosz	5/1
Lis Valladsen	5/1
Mary Connelly	5/1
Carolyn Hickey	5/1
Joan Williams	5/1
Ellen Pua	5/1

55-59 Women

Wen Shi Yu	15/3
Masako Shimazaki	9/2
Jeanette Chambers	5/1
Dot Jones	5/1
Toni Valdez	5/1
Bev Brunko	5/1
Mary Woodring	5/1

60-64 Women

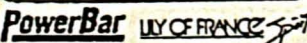
Cassie Bazar	5/1
Toahiko Delia	5/1
Verlan Bruce	5/1
Inez Ross	5/1
John Long	5/1
Colleen Mershon	5/1
Marion Irvine	5/1
Dorothy Ransom	5/1

65-69 Women

Charlotte Baker	5/1
Edith Farias	5/1
Virginia Moore	5/1
Lynn Edwards	5/1
Doris Gordon	5/1
Mary Storey	5/1
Helen Lachman	5/1

70+ Women

Louise Martin	5/1
Ellen McCox	5/1
Irene Crane	5/1
Jaclyn Caselli	5/1
Althea Jureidini	5/1
Trudi Desimone	5/1
Zira Kellner	5/1



IN ORLANDO, IT'S A SHORTER 8K

No, the distance isn't shorter, it's with Frank Shorter. 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 Clinic with Frank Shorter and other celebrity runners.

Enter today and experience this SHORTER 8K



OFFICIAL ENTRY FORM

(No refund) This form may be copied and used for additional registrations

ENTRY FEE: \$12 thru Jan 24
\$15 Jan 25 - Feb 1

Packet Pickup/Late Registration
Friday, January 31 4 - 8 PM
Saturday, Feb 1 6 - 7:30 AM

Make check payable to and mail to:
Orlando Running Festival
Reinke Sports
400 N. New York Ave-Suite 103
Winter Park, FL 32789

RACE HOTLINE
(407) 647-2918

RELEASE & WAIVER: I have read and understand the rules and regulations of the Sorbothane/USRA Masters Circuit National Championships and agree to participate in the race and all related activities. I understand that the race is a competitive event and I agree to accept the risk of injury. I agree to release the Sorbothane/USRA Masters Circuit National Championships and all related parties from any and all liability for any injury or death resulting from my participation in the race and all related activities. I agree to accept the risk of injury or death resulting from my participation in the race and all related activities.

SIGNATURE

DATE

MASTERS SCENE

NATIONAL

- The Road Runners Club of America has just published the fifth edition of its handbook. Edited by Don Kardong and funded by Nike, Inc., the handbook's 168 pages explain every aspect of conducting races and managing a club. Copies are available for \$35 plus \$2.00 postage (\$5.00 First Class) from RRCA, 629 S. Washington St., Alexandria, VA 22314.
- Forty-one percent of all U.S. marathon finishers are 40 and over, according to figures compiled by TACSTATS, the long distance running arm of TAC. They range from 33% in the L.A. Marathon to 62% in the Glass City Marathon in Ohio. The 10K masters average is 34%, from a low of 25% in the Sallie Mae Cherry Blossom Chaser, D.C., to a high of 43% in the Miami, FL, Baby Boomer. The 5K average is 28%, ranging from 17% in the You Gotta Have Park, NYC to 44% in Iowa's Viking 5K. Generally, the smaller races had higher percentages of masters and lower percentages of juniors.
- In 1991, TAC membership showed 10,100 juniors (19%); 22,559 open (41%); and 21,900 masters (40%) athletes who checked LDR on their TAC cards.
- Annelies Steekenlenburg was sole winner of

the W40 high jump at the TAC Nationals in Naperville, IL, with a leap of 1.47.

• Road Race Management, Inc., the publisher of Road Race Management, a monthly newsletter for race directors and officials, will publish the 6th annual **Guide to Prize Money Races and Elite Athletes** on January 31, 1992. The Guide is a popular desktop reference for race directors seeking contact information about elite athletes (including masters) and athlete biographical information. The Guide will include an alphabetical directory with over 800 phone contacts and addresses. The 1991 Guide is available for \$44 from NMN (see Publication Order Form on page 13).

EAST

• The Hartford Track Club took top masters honors in the Spiegel Associates Ocean-to-Sound 52.4 mile road relay on September 22. The team of Bob Carter, Larry Purtell, Dick Ashley, Lol Fearon, Mark Childs, Gary Nixon, Jamie Gomez and Charles Whynacht finished in 4:48:15, fourth overall out of 139 teams. Each 8-runner team ran legs of 5.3-9.4 miles. Top women masters in 6:06:40 were the Warren Street Social & Athletic Club consisting of Kathy Horton, Marilyn Mitchell, Isabelle Carmichael,

Anna Thornhill, Bille Moten, Kiki Sweigart, Meeri Bodelid and Sophie Oakes.

• Bert Allen, 46, was first overall (27:38) in the 16th annual POW-MIA 5 Mile, Exeter, RI, September 15. Wendy Roberts, 42, was first W40+ (38:44).

• Barry Ivers broke Josiah Packard's WR of 15.4 for the M80-84 100m, set in '84, with a 15.29 in the Maine Senior Games, Bangor, September 14.

• Ed Stabler, 62, North Syracuse, NY, took advantage of the age and sex handicapped start to take first in the Monster Marathon, Ithaca, NY, September 1, with a 3:33:21. Janet Stein, 40, Honeoye Falls, NY, was sixth of 48 finishers, who faced a 5560' climb, in 3:47:35.

• Hector Vargas, 44, ended 11th of 687m, with a 34:17, in the NYRRRC Roosevelt Island 10K, NYC, September 8. Alan Fairbrother, 55, took the M55 race handily in 38:08. Marilyn Greeley, 47, was ninth of 223w in 43:00. Toshiko d'Elia, 61, with a 45:25, finished among the leaders.

• Pamela Cook, 41, garnered masters honors with a seventh 1:30:51 in the NYRRRC Women's Half-Marathon, Central Park, NYC, September 15. Helena Close, 61, won the W60-69 race with a 1:59:49. 622 of the 770 check-ins finished. In the adjunct Coed 5K, John Costa, 40, was eighth of 405m, with a 17:00. Belinda Saunders (40, 19:19) and Mary Ryan (44, 19:30) took the seventh and eighth slots of 276w. Gary Null, 46, was top racewalker overall in 23:37.

• Lawrence Torella (42, 1:13:12) was 15th of 1048m, and Ann Davies (44, 1:25:45), third of 251w in the Staten Island Half-Marathon, Staten Island, NY, September 22. Dan Hamner (51, 1:17:44) and Edith Jones (51, 1:38:14) were division winners by comfortable margins.

• Daniel Brach (40, 1:27:42) and Kathleen Horton (43, 1:45:29) were top masters bananas in the NYRRRC "Big Apple" Marathon Tune-Up 25K, September 29. Brach finished eighth of 1855m, and Horton was third of 676w. Sam Skinner (49, 1:30:49) and Anna Thornhill (51, 1:49:32) were second 40+s. Jay Sturdivant (60, 1:40:49) and Muriel Merl (65, 2:22:44) scampered to division wins with strong times.

• Seven hundred runners on 147 teams competed in the 11th annual Nike Capital Challenge 3 Mile, September 12, in Washington, DC's East Potomac Park. The event highlights the fitness of the nation's leaders, who, as team captains, must finish the race for teams to count. Senator Max Baucus (D-MT), captain of the winning Senate squad, the Rocky Mountain Racers, repeated as Senate winner in 20:15. Bart Gordon (D-TN) set a House division record of 17:35, while leading his Air Gordon team to second place among the Congressional teams. Representative Susan Molinari (R-NY) set a record as fastest female legislator with a 24:53. The race, directed by Jeff Darman, raised \$7000 for the DC Special Olympics. Nike, which picks up the expenses for this event, also donated \$2500 to the Special Olympics.

• Joe Latino, who had been associated with the Great Cow Harbor 10K as an administrator and participant since its inception in 1977, looked forward to moving into the M70 division for the 1991 race in September in his hometown of Northport, Long Island. Instead, the 14th running of the race was dedicated to his memory after Latino died of a brain tumor on June 18. He had had a seizure five months earlier, which led to the discovery of the illness. Always athletic in football and track, Latino, a retired high school math teacher and adjunct professor at Dowling College, started running in 1977 and went on to complete 143 races, including 18 marathons, among them six New York City's and the Boston. He is survived by his wife of 46 years, Eloise, and four children.

• Nancy Oshier, 43, of New York, outlegged the masters field with a 17:41 in Freihofer's 5K For Women, Syracuse, NY, September 29.

SOUTHEAST

• Frank Shorter won the masters title in 16:15 in the Alamo Kidz 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.

Carol Virga (40, 17:40) and Sally Snyder (50+ 20:56) were the parallel women's winners.

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, (26:30) in the Alamo Series. Linda Cash of Florida was top W40+ in 30:56.

□ Despite horrid weather, Diane Stoneking, 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 (40, 1:01:58) and Linda Schissel (42, 1:02:07).

WEST

• The Long Beach Winter Decathlon/Hep-tathlon 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 22nd-place 2:33:15, and Deborah Wagner, W40, Draper, UT, with a 2:52:39. Ken Harper, M45, Orem, UT, was second 40+ (2:38:37). Shirley Blush, 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, Albuquerque, September 29. Gail La Dage (1:29:30) took the W40+ crown.

INTERNATIONAL

• South African Masters have lost four of their members this year. Harry Lampert died on May 25 at age 69 (Sept. NMN). Fried Reid passed away on June 26, three days before his 82nd birthday. Reid 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 Girouard, who ran in a U.S. Championship, died after a 6-month battle with breast cancer. Louis van Rensburg, 90, who competed in the U.S. Nationals in 1983, also passed away.



Newly-appointed Executive Director of the President's Council on Physical Fitness and Sports, John Butterfield finishes the Nike Capital Challenge Three Mile, September 12, Washington, D.C. Photo by Ken Heinen

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 Ferstle, St. Paul Pioneer-Press

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

Name _____

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schedule

Track and field events feature competition for men and women over 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 2372, Van Nuys, CA 91404.



December 2-7. 13th Annual TAC Convention, Sheraton Hotel, New Orleans, La. TAC/USA, P.O. Box 120, Indianapolis, IN 46206. 316/261-0500.

TRACK & FIELD NATIONAL

April 3-5. U.S. TAC National Masters Indoor Championships, Ohio State U., Columbus. James Pearce, 2449 Southway Drive, Columbus, OH 43221.

June 19-28. U.S. Olympic Track & Field Trials, New Orleans. 504/484-1992.

August 13-16. 25th TAC/USA National Masters Championships, Spokane, Wash. Vernie Foxley, Spokane Falls Community College, Athletics MS-3070, W. 3410 Ft. George Wright Dr., Spokane, WA 99204-5288. Phone: 509/459-3644; Fax: 509/623-4128.

EAST

Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Virginia, Vermont.

December 15. Philadelphia Masters Indoor Development Meet, Haverford College, 9:30 a.m. No pre-registration.

December 21. Tri-State TC Indoor Meet, Hagerstown JC, Md. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.

January 5. Philadelphia Masters Indoor Development Meet and Tom Robinson Memorial Mile, Haverford College, 12:30 p.m. Peter Taylor, 3120 Schoolhouse Lane, Philadelphia PA 19144. 215/842-3807.

January 12. Brown Masters Indoor Invitational, Brown U., Providence, R.I. SASE to: Neil Steinberg, 46 Roberta Ave., Pawtucket, RI 02860.

February 29. Tri-State TC Indoor Meet, Hagerstown JC, Md. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.

June 28. Rhode Island Senior Olympics, Brown U., Providence. 40+. Dolores Casey Bergeron, Coordinator, 160 Pine St., Providence, RI 02903. 401/277-2819.

SOUTHEAST

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

November 1-11. The Paradise Senior Games, Marco Island, Fla. 55+. Connie Kormanyos, P.O. Box 1492, Marco Island, FL 33969. 813/394-4229.

November 3-9. Golden Age Games, Sanford, Fla. 55+. Golden Age Games, Box 1778, Sanford, FL 32772-1778. 407/330-5687.

November 12-17. Good Life Celebration, St. Petersburg, Fla. 55+. Shirley Lewis, P.O. Box 12288, St. Petersburg, FL 33733. 813/992-1521.

November 30-December 3. United States Senior Athletic Games, Palm Beach, Fla. 55+. USSAG, 200 Castlewood Dr., N. Palm Beach, FL 33408. 407/842-3030.

November 30-December 8. Florida Gulf Coast Senior Games, Bradenton. 55+. Barbara Shapiro, 1201 6th Avenue W., Bradenton, FL 34205. 813/743-3062.

December 29. Elmer Shaw Memorial Weight Pentathlon, Atlantic H.S., Delray Beach, Fla. Phil Partridge, 337 SW 14th Ave., Boynton Beach, FL 33435.

MIDWEST

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

January 18. 8th Annual Athlete's Foot Indoor Masters Meet, Augustana College, 639 38th St., Rock Island, Ill. Pete Stopoulos, 1029 16th Ave., East Moline, IL 61244. 309/755-2655.

MID-AMERICA

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

December 8. Minnesota Masters-Seniors EM "R" Meet, U. of Minnesota, Rachel Lyga, 122 63 1/2 Way NE, Fridley, MN 55432.

WEST

Arizona, California, Hawaii, New Mexico, Utah.

November 1-17. California Senior Olympics, Long Beach. 55+. Carol Patton, Long Beach Parks and Rec. Dept., 2760 Studebaker, Long Beach, CA 90815. 213/421-9431.

November 16. Foothill College Throws Series, Los Altos Hills, Calif. First event 9:30 a.m. Foothill College, c/o Gary Kelmenson, 2501 Friesland Ct., Santa Cruz, CA 95062. 408/725-1110(h). Coach Joe Mangan, 415/949-7358.

November 30. Long Beach State Distance Carnival, Long Beach, Calif. 800/1500/3000/5000/10,000. Coach Andy Sythe, 213/985-4666; or Coach Rosenthal, 985-1700.

December 14-15. Long Beach Winter Decathlon/Heptathlon, Long Beach U., Calif. Coach Andy Sythe, LBSU, 1250 Bellflower Blvd., Long Beach, CA 90804. 213/985-4666.

February 21-March 1. California Senior Olympics, Palm Springs. 55+. Ben Green, 480 So. Sunrise Way, Palm Springs, CA 92262. 619/323-5689.

INTERNATIONAL

November 1-4. Miyazaki International XII All-Japan Masters Athletic Championships, Miyazaki Prefecture. Miyazaki Prefectural Office, 2-10-1 Tachibanadori-higashi, Miyazaki City, Japan. 0985-26-7033. Fax: 0985-26-7331.

November 10. Guyana Masters International Games. Guyana Masters, Bridget Bayne, P.O. Box 10807, Guyana.

July 25-August 9. XXV Olympics, Barcelona, Spain.

August 19-23. WAVA North American Regional Track and Field Championships, Jalapa, Vera Cruz, Mexico.

LONG DISTANCE RUNNING NATIONAL

November 2. TAC/USA National Masters 15K Championships, Tulsa, Okla. Stan Austin, Tulsa Run Inc., 1 William Center, Box 2400, Tulsa, OK 74102. 918/299-3429.

November 3. TAC/USA National Masters 5K Cross-Country Championships, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 42230. 614/459-2547.

November 23. TAC/USA National Masters 25K Championships, San Diego, Calif. Also Team Championships. SASE to Joni Shirley, 8565 Lake Murray Plvd., No. 223, San Diego, CA 92119. 619/465-1049.

November 30. TAC/USA National Masters 8K Cross-Country Championships, Franklin Park, Boston, Mass. Steve Vaitones, New England AC, P.O. Box 1905 Brookline, MA 02146. 617/566-7600, or John McGrath, Boston X-C Committee, P.O. Box 252, Boston, MA 02113. 617/891-4538.

December 8. TAC/USA National Masters 8K or 10K Championships, New Orleans, La. Contact TBA.

February 1. 1991 Sorbothane/USRA Masters Circuit Grand Championship 8K (Orlando Running Festival), Orlando, Fla. Separate masters/open races. Dean Reinke, 400 N. New York Ave., Ste. 103, Winter Park, FL 32789. 407/647-2918.

EAST

Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Virginia, Vermont.

November 3. 14th Fred J. Hackett 10K, West Concord, N.H. Masters cash based on age-graded tables. SASE to: Concord Savings Bank Autumn Run, P.O. Box 739, Concord, NH 03302. Bob Teschek, 603/863-2537.

November 3. Marine Corps Marathon, Washington, D.C. MCM, Box 188, Quantico, VA 22134. 703/640-2225/690-3431.

November 3. New York City Marathon, NYRR, 9 E. 89th St., NY, NY 10128. 212/860-4455.

November 3. Delta Dental of Rhode Island Marathon, Newport. Rhode Island Marathon, c/o Meredith Nelson, 80 Lincoln St., North Kingstown, RI 02852. 401/885-1382.

November 10. Alamo Alumni Run, Boston. Image Impact, 4 E. 89th St., New York, NY 10128. 212/289-3011.

November 15-17. Road Race Management Race Director's Meeting and Trade Exhibit, Washington, D.C. SASE to RRM Race Director's Meeting, 2101 Wilson Blvd., Ste. 437, Arlington, VA 22201. 703/276-0056.

November 16. Finger Lakes CC 5K Cross-Country, Canandaigua, N.Y. Pete Glavin, 716/654-8991(d); 385-2679(e).

November 17. Watermen's Museum 10 Mile, Yorktown, Va. Masters money. 10 Mile, P.O. Box 531, Yorktown, VA 23690. 804/887-2641.

November 17. New Jersey TAC Open & Masters 10K Cross-Country Championships, Readington. George Miller, 23 Fox Hunt Rd., Ringoes, NJ 08551.

November 17. UNISYS Harrisburg Marathon, Harrisburg, Pa. Robert Mahady, 5906 Fox St., Harrisburg, PA 17112-2223. 717/652-7002.

November 23. Cobbs Hill Park 5K Cross-Country, Rochester, N.Y. Pete Glavin, 716/654-8991(w). 385-2679(e).

November 23. Syosset Spring 5K, Syosset, N.Y. Mike Polansky, 62 Sylvia Ln., Plainview, NY 11803. 516/433-0919.

ON TAP FOR NOVEMBER

TRACK AND FIELD

Action is confined generally to senior games activity (55+) in the warmer climes.

LONG DISTANCE RUNNING

TAC National Championships are the 15K in Tulsa on the 2nd; 5K cross-country in Columbus, Ohio, on the 3rd; 25K in San Diego on the 23rd; and 8K cross-country in Boston on the 30th.

USRA Masters Circuit races are the Omaha Riverfront 10K and Delchamps 10K in Mobile on the 2nd; San Antonio 5 Mile on the 10th; and the Seattle Half-Marathon on the 30th.

Other events of note include the New York City and Marine Corps marathons on the 3rd, and the U.S. vs. Canada 8K cross-country challenge in Seattle on the 16th.

The menu on Thanksgiving day consists of races in, among other cities, NYC, Southport, Conn.; Boston; DeLand, Fla.; Jacksonville; and Atlanta. □

November 24. Star City Half-Marathon, Roanoke, Va. Barry Brewer, Star City Striders, Box 8331, Roanoke, VA 24014.

November 28. Pequot Runners Thanksgiving Day 5 Mile, Jeff Palmer, 227 Godfrey Rd., Weston, CT 06883. 203/227-9054.

November 28. Thanksgiving Day 5K, Boston, Mass. Conventures, Inc., 250 Summer St., Boston, MA 02210. 617/439-7700.

December 1. Half Hollow Hills 5 Mile, Dix Hills, N.J. Bob Wiener, 10 Parkwood Ln., Dix Hills, NY 11746. 506/499-6207.

December 1. Brian's Run 10K, West Chester, Pa. Masters money. George Lokken, 1117 Stoneybrook Ln., West Chester, PA 19382. 215/692-2874(e).

December 8. Jingle Bell 5K For Arthritis, Hagerstown, Md. Judy Griffin, 370 Virginia Ave., Hagerstown, MD 21740. 300/791-2235(d), or Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 701/733-6076(n).

SOUTHEAST

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

November 2. LDDS Run For Child Protection 10K, Montgomery, Ala. Masters money. Brian Doby, 855 Park Ave., Montgomery, AL 36106. 205/240-8650.

November 2. Senior Bowl/Delchamps Charity Run 10K, Mobile, Ala. USRA Masters Circuit. Vic Knight, 205/458-2276, or Dean Reinke & Associates, 407/647-2918.

November 9. Channel 9 10K Challenge, Orlando, Fla. Track Shack, 1322 N. Mills Ave., Orlando, FL 32803. 407/898-1313.

November 10. The Old Reliable Run 10K, Raleigh, N.C. 919/829-4843.

November 17. Holder Challenge Half-Marathon, Tampa, Fla. Millard Shumate, 3312 Palmira, Tampa, FL 33629. 813/831-9381.

November 17. Savings of America Half-Marathon, Miami. Florida Masters Road Race. 800/940-4RUN.

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November 23. Vulcan Run 10K, Birmingham, Ala. Birmingham TC, Birmingham, AL 35236.

November 28. Santa Marathon & Half-Marathon, Atlanta, Ga. Julia Emmons, 3097 E. Shadowlane NE, Atlanta, GA 30305. 404/231-9064.

November 28. Jacksonville Distance Classic Half-Marathon, Jacksonville, Fla. Doug Alred, 3853 Baymeadows Rd., Jacksonville, FL 32217. 904/739-1917.

November 28. Thanksgiving 10 Mile, DeLand, Fla. Florida Masters Road Race, John Boyle, P.O. Box 1824, DeLand, FL 32721. 904/736-0002.

December 1. First Tennessee Memphis Marathon, Memphis, Tenn. Masters money. Kim Cherry, Box 84, Ste. 1001, Memphis, TN 38101. 901/523-4726.

December 7. Florida Citrus Bowl Half-Marathon, Orlando. Track Shack Event Management, 1322 N. Mills Ave., Orlando, FL 32803. 407/898-1313.

December 8. Tampa Bay Marathon, Tampa, Fla. Brandon RA, P.O. Box 1564, Brandon, FL 35509-1564. 815/974-2125.

December 14. Rocket City Marathon, Huntsville, Ala. USRA Masters Circuit, Huntsville TC, 8811 Edgehill Dr., Huntsville, AL 35802. 205/881-9077. Dean Reinke & Associates, 407/647-2918.

January 4. Charlotte Observer Marathon & 10K, Charlotte, N.C. \$4250 masters money, plus bonuses. Marathon, Box 30294, Charlotte, NC 28230. 704/358-KICK.

MIDWEST

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

November 9. Ohio TAC Open/Masters X-Country Championships, Lancaster H.S. M8K/W5K. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.

November 10. Columbus Marathon, Columbus, Ohio. P.O. Box 26806, Columbus, OH 43226. 614/433-0395.

MID-AMERICA

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

November 2. Tulsa 15K Run, Tulsa, Okla. Stan Austin, 1 William Center, Box 2400, Tulsa, OK 74102. 918/588-2850.

November 2. Striders Half-Marathon, Brookings, S. Dak. Bob Bartling, Prairie Striders, Box 267, Brookings, SD 57006. 605/692-2414.

November 2. Omaha Riverfront Marathon, Omaha, Nebr. USRA Masters Circuit. Gary Myer, 5822 Ohio St., Omaha, NE 68104. 402/553-8349.

November 24. St. Louis Marathon, St. Louis, Mo. St. Louis TC, Box 24278, St. Louis, MO 63130. 314/863-7151.

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

SOUTHWEST

Louisiana, Mississippi, Texas.

November 10. San Antonio Marathon, San Antonio, Texas. USRA Masters Circuit. John Pernell, 512/732-1332, or Dean Reinke & Associates, 407/647-2918.

November 22. Dallas White Rock Half-Marathon, Dallas. SASE to: Cross Country Club of Dallas, 7021 Prestonshire, Dallas, TX 75225.

December 8. Ole Man River Half-Marathon, Marrero, La. New Orleans TC, Box 52003, New Orleans, LA 70152. 504/482-6682.

WEST

Arizona, California, Hawaii, Nevada, New Mexico, Utah.

November 3. Santa Barbara Half-Marathon, Santa Barbara, Calif. John Brennan, Box 6616, Santa Barbara, CA 93160. 805/964-2591.

November 3. Orange County Marathon, Newport Beach, Calif. OCM Inc., 567 San Nicholas, Ste 101, Newport Beach, CA 92600. 714/640-2593.

November 10. Long Beach Shoreline Half-Marathon, Long Beach, Calif. Michael Braunstein, 1500 E. Anaheim St., Long Beach, CA 90813. 213/433-4557.

November 17. New Times Phoenix 10K, Phoenix, Ariz. Harvey Beller, 1201 E. Jefferson, Phoenix, AZ 85034. 602/229-1060.

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

December 1. Run To The Far Side VII 5K/10K, San Francisco, RTTFS VII, RhodyCo Productions, 3929 California St., San Francisco, CA 94118. 415/387-2178.

December 8. California International Marathon, Sacramento. SLDRA, Box 161149, Sacramento, CA 95816. 916/447-2786.

December 8. Fiesta Bowl 10K, Phoenix, Ariz. Bob Wallach, 6102 N. 16th St., Phoenix, AZ 85016. 602/277-4333.

December 8. San Francisco Half-Marathon, San Francisco, Calif. Scott Thomason, Pamakid Runners, Box 27557, San Francisco, CA 94127. 415/681-2323.

December 8. San Diego Marathon/Half-Marathon, San Diego, Calif. In Motion, 7847 Convoy Court, Ste. 105, San Diego, CA 92111. 619/268-5882.

December 8. Roy Campanella Run, 5K/10K, CSUN, Northridge, Calif. Kristine Boyle, 818/885-5341 or W-2 Promotions, 213/828-4123.

December 21. 25th Las Vegas Half-Marathon, Las Vegas, Nev. No. 10 size SASE to Bill Callanan, LVTC, 6252 Clarice Ave., Las Vegas, NV 89107. 702/870-8269; 878-8414.

February 1. 26th Las Vegas International Marathon & 5-Person Team Relay, Las Vegas, Nev. Al Boka, Race Director, P.O. Box 81262, Las Vegas, NV 89180.

NORTHWEST

Alaska, Idaho, Montana, Oregon, Washington, Wyoming.

November 16. U.S. vs. Canada Cross-Country 8K, Seattle. Noon. Carol Lagenbach, 4261 S. 184th St., SeaTac, WA 98188. 206/433-8868.

November 30. Seattle Marathon & Half-Marathon. USRA Masters Circuit. Frank Fleetham, 206/525-1295, or Dean Reinke & Associates, 407/647-2918.

INTERNATIONAL

November 2. Rosarito Beach Holiday 5K & 10K, Baja California, Mexico. Finish Line international, 7846 Connie Dr., Huntington Beach, CA 92648. 714/841-5417.

November 17. AAA Veterans 10K, Barnsley, Great Britain. M. McNally, 29 Havercroft Rise, South Hiendley, Barnsley, Yorkshire.

RACE WALKING

November 1-3. Martin Rodow 3K/Seminar, Ft. Lauderdale, Fla. Paul Geyer, P.O. Box 630096, Miami, FL 33163. 305/935-6063.

The Director's Corner

Continued from page 19

Rod, so let us know how you're running... A big welcome to 1980 Olympian with-no-where-to-go Benji Durdin who is now competitive on the masters scene. 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 28:52. Defending Sorbothane Circuit Grand Prix Champion Wilson Waigwa finished second. Nancy Grayson continued her winning ways with a 34:08 showing, netting her \$1200.

How about Frank Shorter's first-ever masters road-win over Bill Rodgers at the Alamo Run in Denver? Frank has run the Sorbothane Circuit National Championship the last three years and has steadily finished in the top ten. Never count the KG veteran out... Put Nancy Oshier (17:41) on the masters award stand at the Friehofer's Women's 5K in New York recently... This month's Columbus Marathon is directed under the capable leadership of Doug Thurston. This event will host the men's Olympic Marathon trials in 1992. The same goes for the Houston Tenneco Marathon for the women's trials coming up in January of '92... You can probably count the number of races in America that provide prize money for the Grand Masters (50 and over division). Put this month's Old Reliable Run in Raleigh on that list with \$400, \$300 and \$200 to the first, second and third runners. The masters winner will receive \$1000. Good job to Butch 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 Prindiville (203) 647-9926 and express your thoughts... Coloradoan Doug Bell continues to shine in his first full 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 master... IRS agents, do not read the following: Nancy Grayson leads the women's masters through the September/October issue of Competitive 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 zeros 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 Sorbothane/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. □

HERE'S WHAT PEOPLE ARE SAYING ABOUT RUNNING RESEARCH NEWS:

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Running Research News provides runners with scientifically based training strategies, discusses 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, please 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.

RECIPIENTS OF CERTIFICATES AS ALL-AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE

M30-34
Larry Rosen Discus 167-8 7-6-91

M35-39
Mark Furkis 800 2:03.59 7-4-91
1500 4:04.31 7-4-91
5000 14:55 7-4-91
Rick Easley 800 1:58.43 7-4-91
Robert Vives 110H 16.4 6-23-91

M40-44
Mike Mikos Pole Vault 4.60 6-29-91
Sakhshat Flowers 400 51.2 8-22-89
Ralph Moschella 400 54.0 7-13-91

M45-49
George Mathews Hammer 42.02 6-22-91

M50-54
Paul Johnson SK RW 25:48.7 7-21-91
John Sloan Pentathlon 2613 pts. 7-4-91
Sam Stone 1500 4:40 6-22-91

M55-59
Irwin Bernstein 800 2:26.8 6-15-91
Franklin Brown SK RW 25:51.7 7-28-91

M60-64
Bill Smallwood 400 63.38 7-4-91
Mark Richards 100H 19.9 9-1-91
James Dowling 200 27.7 6-16-91
400 64.0 7-27-91
Bill Smallwood 200 28.0 7-4-91

M70-74
Frank Bowles Pentathlon 3039 pts. 8-31-91
Ken Wheeler Discus 32.52 7-4-91

M75-79
Lloyd Houston 100 16.41 6-27-91
400 1:16.3 6-27-91
Bob Matteson SK 25:25 9-19-91

W40-44
Marquita Zevin SK 21:04 5-18-90
10K 43:58 9-21-90

W50-54
Mildred Toman Hammer 29.50 7-5-91

W55-59
Lucy Ann Brobst 100 15.75 4-28-91
Amy Hicks Shot Put 27-10 7-8-89
Discus 91-7 6-18-89
Javelin 84-1 7-2-91
Hammer 72-12 6-23-91

W60-64
Dorothy Ekblad Discus 60-9 9-30-90
Discus 60-5 4-28-91

W65-69
A. Leberhardinger 2400RW 17:07 8-1-91
1500RW 10:05 8-2-91

W70-74
Evelyn Lercher High Jump 3-4 10-1-91
Long Jump 8-6 1/2 10-1-91
Long Jump 10-3/4 6-27-91
Florence Berry 100 18.39 6-27-91

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

MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
1500	6:42	6:53	7:03	7:15	7:29	7:45	8:04	8:26	9:04	9:49	11:00	11:45	13:02
Mile	7:12	7:24	7:36	7:49	8:04	8:21	8:41	9:18	9:42	10:30	11:48	12:36	14:03
3000	13:59	14:23	14:46	15:12	15:36	16:12	16:54	18:00	19:00	20:30	23:00	24:36	27:18
2Mile	15:04	15:30	15:54	16:24	16:54	17:30	18:12	19:24	20:27	22:06	24:48	26:30	29:24
5000	23:36	24:13	24:48	25:33	26:24	27:18	28:24	30:24	31:54	34:33	38:42	41:24	45:54

10K	48:08	49:10	50:27	51:54	53:33	55:26	59:06	63:21	66:30	70:09	78:36	84:06	93:18
15K	1:12	1:14	1:16	1:19	1:23	1:27	1:31	1:35	1:40	1:47	1:58	2:10	2:22
20K	1:38	1:40	1:43	1:47	1:52	1:57	2:02	2:09	2:17	2:27	2:40	2:55	3:10
50K	4:30	4:36	5:00	5:09	5:20	5:41	5:53	6:20	6:48	7:12			

WOMEN

1500	7:25	7:39	7:53	8:08	8:26	8:45	9:08	10:39	11:15	11:58	12:50	14:17	15:36
Mile	8:00	8:15	8:30	8:45	9:03	9:42	10:18	11:30	12:09	12:54	13:48	15:21	16:48
3000	15:30	16:00	16:30	17:00	17:33	18:48	20:06	22:12	23:33	25:00	26:48	29:38	32:36
2Mile	16:44	17:15	17:46	18:18	18:54	20:12	21:36	24:00	25:21	26:54	28:54	32:09	35:09
5000	26:13	26:56	27:42	28:33	29:36	31:33	33:48	37:30	39:36	42:06	45:09	50:18	55:12

10K	53:25	54:41	56:12	58:00	63:12	65:48	70:33	76:06	82:42	87:54	94:12	1:42	1:51
20K	1:24	1:26	1:29	1:32	1:35	1:39	1:46	1:55	2:04	2:13	2:22	2:33	2:48
50K	5:11	5:26	5:36	5:46	6:00	6:25	6:41	7:13					

A minimum of two judges must be present and the competition must be limited to racewalkers (i.e. no runners).

U.S. MASTERS STANDARDS OF EXCELLENCE

FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
Mile	4:31	4:35	4:42	4:53	5:07	5:25	5:49	6:14	6:52	7:38	8:42	10:10
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:00	33:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:15	69:30
110H	15.3	16.4	17.75	18.75								
100H					18.0	19.0	20.0	21.3				
80H									18.0	21.0	25.0	30.0
400H	57.6	59.7	62.0	64.4	67.2	70.6						
300H					48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC	10:00	10:20	10:55	11:40	12:30	13:20						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.13	1.02	.92
	6-4 1/2	6-3 3/4	5-9 1/2	5-6	5-2 1/2	4-11	4-7 1/2	4-4	4-1 1/2	3-8	3-4	3-1
PV	4.40	4.15	3.90	3.60	3.30	3.05	2.80	2.55	2.30	2.05	1.80	1.50
	14-5 1/2	13-7 1/2	12-9 1/2	11-9 1/2	10-10	9-2 1/2	8-4 1/2	7-6 1/2	6-8 1/2	5-11	4-11	
LJ	6.55	6.20	5.85	5.45	5.10	4.75	4.40	4.00	3.65	3.35	3.00	2.65
	21-6	20-4 1/2	19-2 1/2	17-10 1/2	16-9	15-7	14-5 1/2	13-1 1/2	11-11 1/2	11-0	9-10	8-8 1/2
TJ	13.35	12.65	11.90	11.15	10.40	9.65	8.90	8.20	7.50	6.80	6.10	5.50
	43-9 1/2	41-6	39-1 1/2	36-7	34-1 1/2	31-8	29-2 1/2	26-11	24-7 1/2	22-4	20-1 1/2	18-1 1/2
Shot	15.20	14.10	13.00	12.00	12.40	11.20	12.00	10.80	10.00	8.80	7.65	6.50
	49-10 1/2	46-3 1/2	42-8	39-4 1/2	40-8 1/2	36-9	39-4 1/2	35-5 1/2	33-0	28-10 1/2	25-1 1/2	21-4
Discus	44.80	42.60	40.60	38.00	40.00	36.40	40.00	36.80	31.60	26.40	21.40	16.20
	147-0	139-9	133-2	124-8	131-3	119-5	131-3	120-9	103-8	86-7	70-2 1/2	53-2
Hammer	47.24	44.20	41.14	38.10	38.40	36.00	38.00	33.00	29.00	25.00	22.50	18.00
	155-0	145-0	135-0	125-0	126-0	118-1	118-1	108-3	95-2	82-0	73-10	60-0
Jav	62.00	57.00	52.00	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
	203-5	187-0	170-7	157-6	141-1	126-4	131-3	114-10	95-2	78-9	62-4	49-2
35#Wt.	15.00	14.00	13.00	12.00	10.00							
25#Wt.						11.00	10.00	9.00	8.00	7.00	6.00	
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
Pen	2800	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600
Dec	5500	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250

notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70+: 30".
3) Long hurdles: 30-49: 36"; 50-59: 33"; 60+: 30".
4) Shot put: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k.
5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg.
6) Hammer: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k.
7) Javelin: 30-59: 800g; 60+: 600g.
8) Metric heights and distances are the standard; feet and inches listed for convenience.
9) Pen/Dec: 30-39 TAAF pts.; 40+ WAVA factoring (new WAVA).

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0
400	63.5	65.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	96.5	103.3
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48
Mile	5:34	5:44	5:55	6:07	6:26	6:49	7:19	7:46	8:47	9:39	10:45
5000	19:45	20:30	21:20	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.5	79.9	84.4	88.8							
300H					66.0	72.0	79.0	87.0	96.0		
HJ	1.42	1.35	1.27	1.19	1.12	1.07	1.02	.97	.92	.89	.84
	4-8	4-5 1/2	4-2	3-11	3-8	3-6 1/2	3-4 1/2	3-2 1/2	3-0 1/2	2-11	2-9
LJ	5.00	4.60	4.25	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.00
	16-5	15-1	13-11 1/2	12-9 1/2	11-8	10-6	9-4 1/2	8-6 1/2	7-8 1/2	6-11	6-7
TJ	10.00	9.20	8.60	7.80	7.18	6.40	5.70	5.20	4.70	4.20	3.80
	32-10	30-2 1/2	28-2 1/2	25-7 1/2	23-7	21-0	18-8 1/2	17-1	15-5	13-9 1/2	12-5 1/2
Shot	10.30	9.30	8.40	7.70	7.95	7.20	6.50	5.80	5.25	4.70	4.25
	33-9 1/2	30-6 1/2	27-7	25-3 1/2	26-1	23-7 1/2	21-4	19-0 1/2	17-3	15-5	13-11 1/2
Jav	39.50	33.50	27.50	21.50	25.00	19.00	18.00	16.00	15.00	14.00	13.50
	129-7	109-11	93-6	70-6 1/2	82-0	62-4	59-1	52-6	49-2	45-11	44-4
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.5
	98-5	91-2	85-4	78-9	72-2	65-8	59-1	52-6	49-2	45-11	44-4
Hammer	35.0	32.5	30.0	25.0	23.0	22.0	20.0	18.0	14.0	12.0	9.0
	131-3	114-10	98-5	82-0	75-6	72-2	65-8	59-1	45-11	39-5	29-7
20#Wt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75

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.

NATIONAL

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

56 Pound Weight	
Open W Coleman 20	11.91
M30 C Mitko	7.52
M35 C Klehm	7.88
B Hendrix	5.96
M40 R Baker	8.97
M45 T Twomey	7.70
A Thomas	5.30
M50 D Bloomfield	8.29
M55 P Carstensen	6.54
M60 T Bartenfeld	4.66
M70 T McDermott	4.81
M75 N Fowler	4.13
M80 G Powell	3.15
M85 P Deye	2.39
M90 B Bloomfield	2.74
16 Pound Weight	
M35 P Deye	7.51
M45 B Bloomfield	10.94
M50 R Fowler	5.16
20 Pound Weight	
M35 P Deye	6.34
M45 B Bloomfield	6.71
M50 R Fowler	4.64
25 Pound Weight	
M30 C Mitko	13.78
M35 C Klehm	14.09
B Hendrix	12.28
M45 T Twomey	14.57
A Thomas	10.18
M50 D Bloomfield	15.39
M55 P Carstensen	12.46
M60 T Bartenfeld	7.58
M70 T McDermott	10.68
M75 N Fowler	9.81
M80 G Powell	6.50
35 Pound Weight	
M30 C Mitko	11.88
M35 B Hendrix	8.84
C Klehm	8.75
M45 T Twomey	11.26
A Thomas	6.95
M50 D Bloomfield	12.04
M55 P Carstensen	9.55

M60 T Bartenfeld	5.90
M70 T McDermott	7.70
M75 N Fowler	7.27
M80 G Powell	4.90
Shot Put	
M30 C Mitko	10.03
M35 C Klehm	9.56
B Hendrix	9.28
M45 A Thomas	7.32
M50 D Bloomfield	9.44
M55 P Carstensen	10.44
M70 T McDermott	9.46
M80 G Powell	6.99
M85 P Deye	5.95
M90 B Bloomfield	6.24
M90 R Fowler	4.56
U.S. age-group record)	

M50 Chas Kellogg	4:48.8
Dick Telarico	5:04.2
Bill Kehoe	5:07.5
M60+William Pow	6:37.5
M30 Anne Forbes	4:48.9
M35 Angela Fuller	5:44.3
M50+MaryJo Chiesa	8:20.1

Maine Senior Games Bangor; September 14

100m	
M55 Harvey Lorber	14.12
Robert Morrison	14.87
M60 Eben Osgood	13.72
Keith Curtis	13.78
M65 Mike Xirinachs	17.25
Russell Cyr	18.90
M70 Peter Slobogin	17.03
Gerald Robertson	17.36
M80 Barry Ivers	15.29
(age-group WR)	
M60 Phyllis Goodland	21.04
M65 Morna Rawcliff	20.78

1500m	
M55 Don Abrams	8:35.36
Ed Raymaker	6:38.12
M60 Eben Osgood	6:15.07
Joseph Aubin	6:19.05
M65 Wm Lawlor	6:33.99
Russell Cyr	8:20.08
M70 Peter Slobogin	6:59.34
5K Run	
M55 Don Abrams	23:07.2
M60 Eben Osgood	23:29.5

1500m RW	
M55 Harvey Mason	10:22.84
John Benoit	13:29.17
M60 David Gould	10:42.90
Phillip Wolley	13:52.42
M65 Russell Cyr	10:18.30
Paul Vance	15:54.36
M70 Peter Slobogin	10:19.44
M60 Phyllis Goodland	9:57.59
M65 Josephine Swann	13:25.31
Rosemary Sargent	14:08.50

See LDR East For Triple Cities Meet in Vestal, N.Y.

EAST

Pittsford Thursday Night Meets, Pittsford, NY

---August 8---	
3000m	
M30 Dave O'Leary	9:35.3
Bob Birecree	9:46.4
Paul Smarth	9:47.7
M35 Roger Messenger	9:38.1
Ken Rasmussen	10:55.7
Rick Iovine	11:33.6
M40 Jim Boyle	10:03.7
Tom Serafin	10:08.0
Tom Carr	10:21.8
Lloyd Smith	10:24.8
M50 Dick Telarico	10:52.1
M60+William Pow	14:20.1
M35 Angela Fuller	12:32.1
M40 Joan Miller	12:08.6
M50+Mary Shaver	12:48.1
---August 22---	
1500m	
M30 Bob Birecree	4:34.3
John Cianca	4:42.4
Jeff Washburn	4:54.7
M35 Mark Harrison	4:44.4
Ken Rasmussen	4:46.2
Rick Iovine	5:07.5
M40 Derck Frechette	4:31.8
Tom Serafin	4:34.4
Lloyd Smith	4:47.1
Tom Carr	4:50.8

SOUTHEAST

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

Age factored scoring was used, using 5-year age factors. Example: 40-44 use age 40 factor.

NAME	100	LJ	SP	HJ	400	800	1600	5000	10000	20000	40000	TOTAL
Boo Morcom 70	15.14	4.55 14-11	10-19 33-54	1.35 4-5	1:14.11	15.17	29.74 97-7	2.90 9-64	28.50 93-6	7:04.0		7629
Willmot Flat, NH	679	985	726	896	738	851	680	895	629	550		7629
Denver Smith 65	14.22	4.62 15-14	9.85 32-34	1.35 4-5	1:10.32	17.43	34.30 112-6	2.59 8-6	36.09 118-4	6:44.2		7389
Louisville, OH	728	878	691	776	732	955	709	645	742	533		7389
Bill Busby 47	13.27	5.25 17-24	9.80 32-2	1.50 4-11	1:03.61	18.39	29.12 95-6	3.80 12-54	45.77 150-1	5:30.4		6232
Thomasville, NC	605	652	586	585	550	642	551	781	710	570		6232
Bob Green 42	12.21	5.29 17-44	12.12 39-94	1.53 5-04	55.46	18.28	27.18 89-2	3.30 10-10	40.83 133-11	5:04.8		6170
Seneca, SC	746	582	706	544	773	577	468	546	574	654		6170
Joe Johnston 47	13.00	5.11 16-94	8.70 28-64	1.62 5-34	1:02.02	17.94	25.25 82-10	4.00 13-14	35.76 117-4	5:46.7		6097
Apopka, FL	653	615	507	705	606	686	460	856	521	488		6097
Henry Hopkins 48	13.51	5.02 16-54	9.82 32-24	1.53 5-04	1:02.33	18.92	29.05 95-3	3.60 11-10	42.44	5:17.4		6007
Plainfield, IN	563	591	587	619	595	591	549	711	561	640		6007
Pat Crandall 40	12.40	5.70 18-84	8.81 28-11	1.65 5-5	58.48	16.91	25.21 82-8	2.90 9-64	33.96 111-5	5:44.9		5655
Annapolis, MD	711	686	480	661	653	716	425	429	453	441		5655
Bill DeHorn 44	12.99	5.45 17-104	9.56 31-44	1.68 5-6	1:02.98	19.34	27.06 88-9	3.20 3-20	41.90 91-0	6:11.4		5307
Montreal, QUEBEC	601	621	531	687	491	479	465	517	593	322		5307
John Pwing 47	13.50	4.49 14-84	8.24 27-04	1.59 5-24	1:01.97	20.34	22.37 72-104	3.20 10-6	33.98 101-8	6:32.4		5137
Memphis, TN	565	459	474	679	608	466	393	576	433	487		5137
Mike Valle 50	14.11	4.43 14-64	11.12 36-54	1.38 4-64	1:10.41	20.97	36.78 120-8	2.28 7-54	35.60 116-9	6:26.4		4961
Burlington, NC	522	514	651	544	421	341	692	338	570	368		4961
John Buckley 43	13.82	4.73 15-64	9.59 31-54	1.38 4-64	1:02.89	20.59	27.75 91-0	3.00 9-10	37.07 121-7	5:32.8		4704
Bingham, MA	461	451	533	419	494	401	480	457	507	501		4704
Jan Decker 45	13.69	4.68 15-44	8.18 26-10	1.50 4-11	1:07.76	21.34	22.37 73-44	3.20 10-6	33.98 111-6	6:32.4		4644
Saratoga Spgs, NY	534	506	469	585	417	387	394	576	488	288		4644
Bob Boal 79	18.68	2.88 9-54	5.83 19-14	1.03 3-44	1:37.84	20.64	16.45 53-114	1.67 5-54	19.19 43-11	7:41.6		4146
Wake Forest, NC	324	431	428	544	281	421	376	379	450	512		4146
Jaro Jarosinsky 45	14.64	4.13 13-7	6.83 22-5	1.32 4-4	1:04.94	22.14	15.95 52-4	2.13 7-0	27.74 91-0	5:05.1		3976
Plainfield, IN	387	375	373	419	506	328	250	255	373	710		3976
Arling Pitcher 89	25.64	1.45 4-9	3.62 11-104	0.81 2-74	2:37.6	DNF	11.17 36-74	0.94 3-14	15.13 49-74	13:42.1		1778
Indianapolis, IN	34	79	332	396	0	0	320	165	452	0		1778

MIDWEST

Wolfpack Fall Throwing Classic Columbus, OH; September 8

Discus	
M30 Chris Mitko	104-0
M35 Rick Meindl	153-10
M40 Steve Kaye	127-3
David Stebing	124-3
M45 Mickey Bitsko	121-1
Jim Pearce	105-7
Doug Welkert	103-11
M50 John Sloan	102-10
M55 Frank Caron	115-3
Pay Carstensen	95-3
Robert Premo	56-3
M60 Zamir Bavel	115-11
M65 Jacob Stein	107-6
Bob Peters	91-4
M70 Ham Morningstar	100-9
M80 George Knox	53-1
M85 Everett Hosack	51-6
M45 Pat Van Hook	52-9
M50 Joann Grissom	84-4
M60 Bernice Holland	88-7
M75 Lenka Seda	36-5
Shot Put	
M30 Chris Mitko	32-3 1/2
M35 Rick Meindl	48-11
M40 Dave Stebing	43-6
Steve Kaye	38-3 1/2
M45 Mickey Bitsko	37-11 1/2
Jim Pearce	34-3/4
Doug Welkert	30-11 1/2
M50 John Sloan	30-4 1/2
M55 Pay Carstensen	34-8 1/2
Robert Premo	19-10 1/2
M65 Jacob Stein	25-8
M70 Ham Morningstar	30-8
M80 George Knox	20-5 1/2
M85 Everett Hosack	19-11 1/2
M45 Pat Van Hook	20-4 1/2
M50 Joann Grissom	40-8 3/4
M60 Bernice Holland	28-11 1/2
M75 Lenka Seda	13-9 3/4
Javelin	
M30 Chris Mitko	104-11
M40 David Stebing	147-0
M45 Doug Welkert	136-5
Jim Pearce	102-11
Mickey Bitsko	94-4
M50 John Sloan	120-9
M55 Frank Caron	108-7
Pay Carstensen	98-11
Robert Premo	55-10
Weight Throw	
M30 Chris Mitko	36-7 1/2
M40 David Stebing	41-8 1/2
M45 Mickey Bitsko	40-11
Jim Pearce	35-11 1/2
M55 Pay Carstensen	32-9
Robert Premo	16-7 1/2
M60 Zamir Bavel	38-4 1/2
M65 Jacob Stein	28-2 1/2
M70 Ham Morningstar	25-10 1/2
M85 Everett Hosack	15-4
M45 P Van Hook	25-9 1/2
M50 Joann Grissom	34-4 1/2
M60 B Holland	29-6
M75 Lenka Seda	14-4 3/4
56# Weight	
M30 Chris Mitko	25-3 3/4
M40 Steve Kaye	25-4 1/2
M45 Mickey Bitsko	26-8
Jim Pearce	25-3/4
M55 Pay Carstensen	21-11 3/4
M60 Zamir Bavel	14-9 1/2
M65 Jacob Stein	14-9
M70 Ham Morningstar	14-7 1/2
M50 Joann Grissom	13-8 3/4
M65 Jacob Stein	8-8
M70 Ham Morningstar	8-3
M85 Everett Hosack	36-3
M45 Pat Van Hook	42-3
M50 Joann Grissom	99-0
M60 Bernice Holland	82-1
Hammer	
M30 Chris Mitko	114-6
M40 David Stebing	131-1
M45 Mickey Bitsko	146-6
Jim Pearce	117-10
M55 Pay Carstensen	112-5
Robert Premo	44-11
M60 Zamir Bavel	113-10
M65 Jacob Stein	93-3
M85 Everett Hosack	44-1
M45 Pat Van Hook	60-6
M50 Joann Grissom	98-7
M60 Bernice Holland	79-0

Weight Throw	
M30 Chris Mitko	36-7 1/2
M40 David Stebing	41-8 1/2
M45 Mickey Bitsko	40-11
Jim Pearce	35-11 1/2
M55 Pay Carstensen	32-9
Robert Premo	16-7 1/2
M60 Zamir Bavel	38-4 1/2
M65 Jacob Stein	28-2 1/2
M70 Ham Morningstar	25-10 1/2
M85 Everett Hosack	15-4
M45 P Van Hook	25-9 1/2
M50 Joann Grissom	34-4 1/2
M60 B Holland	29-6
M75 Lenka Seda	14-4 3/4
56# Weight	
M30 Chris Mitko	25-3 3/4
M40 Steve Kaye	25-4 1/2
M45 Mickey Bitsko	26-8
Jim Pearce	25-3/4
M55 Pay Carstensen	21-11 3/4
M60 Zamir Bavel	14-9 1/2
M65 Jacob Stein	14-9
M70 Ham Morningstar	14-7 1/2
M50 Joann Grissom	13-8 3/4
M65 Jacob Stein	8-8
M70 Ham Morningstar	8-3
M85 Everett Hosack	36-3
M45 Pat Van Hook	42-3
M50 Joann Grissom	99-0
M60 Bernice Holland	82-1
Hammer	
M30 Chris Mitko	114-6
M40 David Stebing	131-1
M45 Mickey Bitsko	146-6
Jim Pearce	117-10
M55 Pay Carstensen	112-5
Robert Premo	44-11
M60 Zamir Bavel	113-10
M65 Jacob Stein	93-3
M85 Everett Hosack	44-1
M45 Pat Van Hook	60-6
M50 Joann Grissom	98-7
M60 Bernice Holland	79-0

MID-AMERICA

Run for the Homeless Colorado Springs, CO; August 10

100m	
M30 Bruce Long	12.34
Joseph Mee	12.64
Don Eckert	13.11
M35 Scott Arnold	12.79
Marvin Boyd	12.95
Carl Crockett	13.51
Russ Scejkousky	14.08
Stan Turpin	15.30

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

	Discus	Shot	Javelin	Hammer	Weight	Total
	2.0 k	16 #	800 g	16 #	35 #	
Chris Mitko	31.70	9.84	31.98	34.90	11.16	
34 WPI	498	476	327	573	556	2,430
	498	489	344	573	556	2,460 AF
Dave Stebling	37.88	13.26	44.80	39.96	12.71	
43 WPI	622	683	512	655	650	3,122
	678	771	604	725	690	3,468 AF
Jim Pearce	32.18	10.38	31.38	35.92	10.96	
46 WPI	507	508	319	590	543	2,467
	581	508	405	677	611	2,782 AF
Mickey Bitsko	36.92	11.57	28.76	44.66	12.22	
48 Day H	602	580	282	726	620	2,810
	711	704	377	852	724	3,368 AF
	1.5 k	6.0 k	800 g	6.0k	35#	
E. Robt. Premo	17.16	6.06	17.02	13.70	5.06	
55 Day H	219	252	122	138	194	925
	244	311	218	207	281	1,263 AF
Pay Carstensen	29.04	10.58	30.16	34.28	9.98	
59 NYH	446	521	301	563	484	2,315
	539	680	547	721	732	3,219 AF
	1.0k	5.0k	600 g	5.0k	25#	
Jacob Stein	32.78	7.82	27.04	28.42	8.59	
67	480	356	258	460	401	1,955
	624	508	552	640	540	2,864 AF
	1.0k	4.0 k	800 g		25#	
Ham Morningstar	30.72	9.34	23.00	--	7.88	
74 Mich H	479	446	236		359	1,520
	718	673	671		608	2,760 AF
	1.0k	4.0k	600 g	4.0k	25#	
Everett Hossack	15.70	6.09	11.06	13.44	4.67	
89 OTH	193	254	46	131	172	756
	580	663	430	485	570	2,228 AF
	1.0 k	4 k	600 g	4.0 k	25 #	
Patricia Van Hook	16.08	6.20	12.88	18.46	4.80	
46 (F) OTH	200	284	158	256	196	1,094
	298	449	387	378	325	1,837 AF
	1.0 k	3.0 k	400 g	3 k	20 #	
Joann Grissom	25.79	12.41	30.18	30.06	10.47	
53 (F)	381	688	486	490	560	2,905
	714	1009	1132	576	912	4,343 AF
	1.0 k	3.0 k	400 g	3.0 k	16 #	
Bernice Holland	27.00	8.82	25.02	24.08	8.99	
64 (F) Clev H	406	452	383	376	464	2,081
	1125	924	1242	604	892	4,787 AF

Continued from previous page

M60 Phillips, Barney	30.7
M65 Miller, Tom	31.5
Welch, Joseph	40.4
M70 Lawler, David	30.8
Hurt, Bob	35.6
Mercurio, Charles	45.1
W45 Catt, Jan	31.7
M55 Wood, Nina	37.3
400m	
M50 Lemox, John	59.9
Bennett, Dave	1:01.5
Cosgrove, John	1:05.3
M55 Sanchez, Marion	1:02.6
Carrington, Jesse	1:03.8
Darrell, John	1:03.8
W45 Catt, Jan	1:10.1
800m	
M45 Cardenas, Robert	3:12.2
M50 Bennett, Dave	2:20.7
Cosgrove, John	2:28.9
M55 Carrington, Jesse	2:19.0
McGuire, Lloyd	2:38.7
M60 Beetle, Lou	2:36.2
Bangs, Alan	2:50.5
Selby, Jim	3:09.5
M65 Fitzgerald, Louis	2:36.5
Schneider, Bill	2:44.1
Darison, Marcel	2:49.9
M70 Dahlin, Walter	3:07.1
M75 Ganahl, Pete	3:07.1
W50 LaVigne, Yvette	2:38.6
1500m	
M45 Galdenas, Robert	6:47.8
M50 Mulhern, Joe	6:11.7
M60 Jacques, Boyce	5:45.4
Selby, Jim	6:52.1
M65 Darison, Marcel	5:39.1
Bryant, Avery	5:43.2
W50 LaVigne, Yvette	5:45.3
3000m	
M45 Echivo, Luigi	13:41.6
Caldenas, Robert	13:54.7
M50 Miller, Lee	11:08.6
Smith, Ronald	14:35.5
Foster, Coleman	14:52.3
M55 Harper, John	12:07.5
Dr. DeRothe, Jr.	19:35.8
M60 Jacques, Boyce	11:23.1
Linde, Gunar	11:25.0
Stayton, John	11:31.7
Selby, Jim	14:54.1
M65 Bryant, Avery	12:28.4
W45 Greiner, Sharon	13:09.2
Miller, Coty	14:27.6
100m HURDLES	
M50 Butler, Walter	11.6
Carr, John	19.6
M55 Sanchez, Marion	19.2
M65 Simon, George	21.3
McFate, Chuck	21.4
M70 Dahlin, Walter	14.5
Hunt, Bob	15.6
300m HURDLES	
M50 Carr, John	54.3
M55 Sanchez, Marion	48.0
M70 Hunt, Bob	1:01.6
M75 Ganahl, Pete	1:05.3
HIGH JUMP	
M45 Sallinger, Larry	1.58
Bly, Bob	1.43
M50 Pettigrove, Herman	1.58
M55 Fehlen, Phil	1.68
Durrenberger, Joe	1.22
M65 Cole, Wallace	1.27
Cleveland, John	1.27
McFate, Chuck	1.17
M75 Boucke, Bob	1.17
Ganahl, Pete	1.12
M60 Kinsey, Shirley	.98
POLE VAULT	
M45 Bly, Bob	3.20
M50 Oleata, Ed	3.66
M55 Rothrock, James	2.44
M65 Cleveland, John	2.62
Devos, Ronnie	1.83
M70 Vernon, Jim	2.62
M75 Johnston, Carol	2.44
LONG JUMP	
M45 Sallinger, Larry	5.59
Bly, Bob	5.11
M50 Horn, Darrell	6.11
Foster, Coleman	3.21
M55 Tsuda, Roger	5.30
Rothrock, James	4.37
Vickers, Archie	4.33
M70 Dahlin, Walter	4.29
Yu, Harry	3.34
M75 Trahan, Clarence	3.60
Boucke, Bob	2.37
M55 Miller, Christel	3.38
M60 Kinsey, Shirley	2.89
TRIPLE JUMP	
M65 McFate, Chuck	6.62
M70 Mercurio, Charles	8.50
Yu, Harry	4.71
M75 Trahan, Clarence	7.68
M55 Miller, Christel	7.63
SHOT PUT	
M50 Vermillion, Paul	13.87
Oleata, Ed	12.70
M55 Hart, James	13.46
Thomson, Stewart	12.38
Rothrock, James	11.32
M60 Gaynor, Arnie	12.45
Smit, Jan	11.82
M65 Bangert, Bill	12.14
M70 Minah, Jim	11.43
Siefert, Jerry	10.08
M75 Boucke, Bob	9.56
M95 Lane, Tom	4.06
W45 Rothrock, Laurie	7.14
Catt, Jan	6.82

DISCUS	
M45 McCormick, Cornelius	37.08
Schwartz, Lee	37.86
Muttall, David	27.00
M50 Scheinker, Abe	31.36
M55 Thomson, Stewart	46.66
Hart, James	44.32
Rothrock, James	36.82
M60 Hawke, Harry	47.60
Smit, Jan	37.36
Gaynor, Arnie	35.16
M65 Bangert, Bill	38.10
M70 Siefert, Jerry	27.76
M75 Boucke, Bob	23.56
M95 Lane, Tom	11.54
W45 Rothrock, Laurie	21.20
HAMMER	
M50 Scheinker, Abe	30.60
M55 Thomson, Stewart	50.90
Hart, James	30.90
Rothrock, James	27.82
M60 Smit, Jan	32.60
Morrill, Jack	27.06
M70 Minah, Jim	40.48
Dahlin, Walter	26.84
M75 Boucke, Bob	21.04
W45 Rothrock, Laurie	16.34
JAVELIN	
M45 McCormick, Cornelius	38.44
Schwartz, Lee	22.00
M50 Stuart, Larry	60.20
Wordell, Steve	42.80
M55 Rothrock, James	43.80
Muttall, David	34.68
M60 Morrill, Jack	27.14
M70 Siefert, Jerry	32.42
M75 Angelman, Jack	21.36
Boucke, Bob	18.08
M95 Lane, Tom	9.00
W45 Rothrock, Laurie	20.48
5000m Race Walk	
M45 Pennor, Bill	28:08.9
M55 Meador, Bob	28:49.5
Greiner, Ted	31:33.4
M60 MacLachlan, John	33:40.1
Selby, Jim	35:38.3
Chingren, Oliver	38:35.0
M70 Newberry, Jorge	35:57.2
W45 Shaw, Pamela	44:55.0

INTERNATIONAL

Veterans Meet
Baden, Switzerland
August 3-4

U.S. entrants results	
M40-44	
400 4th Daryl Katcher	55.72
800 2nd Daryl Katcher	2:07.70
M50-54	
5000 4th Bob Brewer	20:43.10
M55-59	
200 4th H Cisneros	28.10
400 3rd H Cisneros	63.56
800 2nd H Cisneros	2:32.24
PV 2nd H Cisneros	3.20
DT 2nd Ray Feick	35.80
SP 1st Ray Feick	12.87
JT 1st Ray Feick	41.50
M60-64	
100 2nd Bob Feaster	13.73
200 2nd Bob Feaster	29.42
SP 2nd Bob Feaster	12.77
800 3rd Wm Brobst	3:00.45
1500 1st Wm Brobst	6:22.04
5000RW 1st M Myerowitz	29:47.1
M65-69	
100 2nd Bill Weinacht	14.62
200 2nd Bill Weinacht	30.29
JT 2nd Jacob Stein	31.96
M70-74	
5000RW 3rd G Wallace	39:02.0
M40-44	
5000RW 1st V Sedlak	24:56.2
2000 5th Kathy Holmstrom	32:18.2
M55-59	
800 2nd Marion Irvine	2:52.88
5000 1st M Irvine	20:34.90
5000RW 1st B-Myerowitz	31:20.3
M60-64	
100 1st Betty Vosburgh	15.32
200 3rd B Vosburgh	32.17
11J 3rd B Vosburgh	1.15
11J 2nd L McDaniels	1.20
11J 2nd L McDaniels	3.76
100 3rd L McDaniels	16.56
100 2nd P Peterson	16.28
200 5th P Peterson	35.38
200 4th Lucy Brobst	33.60

Soviet Union Veterans
Championships Moscow;
August 3-4

(U.S. entrants results)	
100m	
M60 2 Larry Anderson	13.52
M65 2 Ray Bower	14.48
M75 1 Herb Miller	15.29
M85 1 Willard Benton	26.52
W40 1 Adrienne Tucker	14.01
W60 1 S Dietrich	19.54
W70 1 Carol Peebles	20.04
200m	
M60 1 Larry Anderson	27.24
M65 1 Ray Bower	29.26
M75 2 Bob Hunt	32.92
M85 1 H Miller	35.35
M95 1 W Benton	53.42
W50 3 Becky Sisley	35.36
W70 1 Carol Peebles	43.17

400m	
M45 5 John Aldridge	59.03
M50 4 Fred Niedermeyer	59.89
M60 1 L Anderson	63.10
M70 1 Denman Stanfield	1:47.98
M80 1 H Miller	1:29.21
M85 1 L Nielsen	1:49.03
M95 1 W Benton	1:58.28
W70 1 Carol Peebles	1:39.06
800m	
M40 6 Woodie Green	2:11.61
M50 6 Neil Doherty	2:18.47
M60 1 W Benton	4:44.35
M85 1 Yvette Lavigne	2:46.89
W70 1 Carol Peebles	4:11.17
1500m	
M40 13 Woodie Green	4:43.91
M50 6 Neil Doherty	4:38.01
M55 9 James Keat	5:40.45
M70 4 D Stanfield	8:00.04
M80 2 L Nielsen	8:48.35
M85 6 Rutha Johnson	6:59.39
W45 2 Diane Fjelstad	7:04.50
W70 1 C Peebles	8:15.52
5000m	
M50 14 Brian Ferni	18:09.64
M65 1 James O'Neil	19:25.36
M70 3 D Stanfield	29:00.97
M80 1 L Nielsen	31:57.11
M85 1 W Benton	32:51.87

Short Hurdles	
M45 1 Rex Harvey	18.25
M50 1 Alvin Henry	16.09
M70 1 Boo Morcom	14.80
M75 1 Herb Miller	17.58
W50 1 Becky Sisley	15.71

Long Hurdles	
M70 1 Boo Morcom	56.78
2 Robert Hunt	63.50

High Jump	
M60 1 Varney Sheldon	1.50
M70 1 Boo Morcom	1.35
M75 1 Herb Miller	1.20
W50 1 Becky Sisley	1.27

Pole Vault	
M70 1 Boo Morcom	2.90

Long Jump	
M50 1 Darrel Horn	6.10
2 Henry Alvin	5.57
M55 2 Pete Stopoulos	5.50
3 David Jackson	5.12
M70 1 Boo Morcom	4.45
M75 1 Herb Miller	3.23
W50 1 Becky Sisley	3.76

Triple Jump	
M50 2 Henry Alvin	11.78
M55 1 David Jackson	11.67
M75 1 Herb Miller	7.42
W50 2 Becky Sisley	9.35

Shot Put	
M50 1 Joe Keshmiri	14.20
M70 1 Wilbur Thompson	11.78

Discus	
M50 1 Joe Keshmiri	46.12
M60 1 Wm Garrahan	52.56
M70 1 Wilbur Thompson	37.82
W60 2 S Dietrich	18.40

Javelin	
M35 1 Lorraine Green	20.00
W40 1 Adrienne Tucker	29.92
W50 1 Becky Sisley	31.20
W60 1 S Dietrich	21.20

Decathlon	
M45 1 Rex Harvey	7502

5000m RW	
M65 3 Robert Mimm	30:50.9
4 Don Cotner	34:38.6
M70 1 Don Johnson	32:37.3
W35 2 Lorraine Green	32:02.8
W65 1 Jean Cotner	42:00.3

San Juan International
Championships
San Juan, Puerto Rico
September 21-22

100m	
M35	
James Bonilla	USA 11.21
Victor Navarro	PUR 11.90
Basilio Bernier	PUR 12.30
M45	
Thad Bell	USA 11.37
Santos Delgado	PUR 11.78
Wilf Picorelli	PUR 11.81
M50	
Ruben Diaz	PUR 12.56
Victor Aponte	PUR 12.84
M55	
C Andrade	PUR 12.88
Pedro Pacheco	PUR 13.35
M60	
Sergio Michel	DOM 13.62
Felix Archeval	PUR 13.81
E McLean	T&T 13.88
M65	
Raul Gonzalez	PUR 15.49
M70	
David Rohena	PUR 14.47
Antonio Gonzalez	PUR 16.28
Manuel Pietri	PUR 16.80
M75	
Francisco Colon	PUR 14.24
Gil Gonzalez	PUR 15.22
Jose Ortiz	PUR 18.16
W45	
Trinidad Oquendo	PUR 16.04
W55	
Myrtha Reyes	PUR 22.33
W60	
Irma Velez	PUR 18.66

W65	
Prudencia Polanco	DOM 25.61
200m	
M30	
Peter Grimes	USA 22.14
A Montes	PUR 22.96
Stan Salaberrios	PUR 24.50
M35	
J Bonilla USA	USA 23.01
Victor Navarro	PUR 24.89
Jose Solivan	PUR 28.25
M40	
Francisco Catala	PUR 26.43
M45	
Thad Bell	USA 23.07
Santos Delgado	PUR 23.89
Wilf Picorelli	PUR 24.52
M50	
Angel Cintron	PUR 26.71
Victor Aponte	PUR 26.90
Jose Miranda	PUR 30.43
M55	
Ovidio de Jesus	PUR 25.52
Pedro Pacheco	PUR 27.88
E Cruz	PUR 28.54
M60	
Sergio Michel	DOM 27.87
Luis Gandia	PUR 32.98
M65	
Raul Gonzalez	PUR 38.06
M70	
David Rohena	PUR 29.75
Manuel Pietri	PUR 37.22
E Gundlach	CHI 45.07
M75 Gil Gonzalez	PUR 32.50
W30	
Lucresia Martin	PUR 33.94
W40	
Carmen Aguayo	PUR 31.75
W45	
Trinidad Oquendo	PUR 33.81
W50	
Sara Gonzalez	CHI 36.44
Susan Levy	USA 54.99
W55 Millita Morales	PUR 41.54
400m	
M30	
Peter Grimes	USA 49.15
Anibal Montes	PUR 53.62
Stan Salaberrios	PUR 55.50
M35	
Jose Solivan	PUR 64.52
M45	
Santos Delgado	PUR 55.00
Herm Lightbourne	T&T 59.92
David Vidal	PUR 62.97
M50	
Miguel Saez	PUR 63.32
Alberto Collazo	PUR 68.44
Jose Miranda	PUR 72.18
M55	
O de Jesus	PUR 58.66
Felix Aleman	PUR 66.78
Luciano Alvarez	DOM 67.75
M60	
Luis Torres	PUR 69.44
M70	
David Rohena	PUR 74.50
M75	
Gil Gonzalez	PUR 88.19
W30	
Nereida Carrera	PUR 72.76
W45	
T Oquendo	PUR 77.33
W50	
Sara Gonzalez	PUR 83.51
800m	
M35	
Abraham Leon	PUR 2:09.34
M40	
R Rivera	PUR 2:17.60
Jose Martinez	PUR 2:23.12
M45	
Lucas Polanco	DOM 2:27.19
Joe Rooney	USA 2:39.08
M50	
Vic Melendez	PUR 2:29.60
Miguel Saez	PUR 2:38.34
M55	
L Alvarez	DOM 2:48.76
M60	
Luis Torres	PUR 2:38.94
W30	
Nereida Carreras	PUR 3:09.12
W45	
T Oquendo	PUR 3:08.12
W50	
Sara Gonzalez	CHI 3:26.92
1500m	
M35	
H Medina	PUR 4:24.26
Felix Velez	PUR 6:47.14
M40	
Roberto Rivera	PUR 4:40.14
Jose Martinez	PUR 4:53.59
M45	
Lucas Polanco	DOM 4:49.91
Jose Irizarry	PUR 5:16.05
M50	
Vic Melendez	PUR 5:26.06
Ray Burris	USA 6:35.58
M55	
Luciano Alvarez	DOM 5:48.50
H Lugo	PUR 6:47.66
M60	
Luis Torres	PUR 5:14.89
Gregorio Angulo	PUR 5:37.05
W35	
Ilica Garbo	PUR 6:09.69
W50	
Sara Gonzalez	CHI 6:36.31

Continued from previous page

M60	Hector Marrero	PUR	22.85
M65	Al Jankola	USA	23.90
	Raul Gonzalez	PUR	21.37
M70	Jubal Horta	PUR	26.46
	Jose Delgado	PUR	23.64
	E Gundlach	CHI	21.75
M75	Francisco Colon	PUR	34.46
	Antonio Gotay	PUR	18.63
W50	Nydia Lopez	PUR	25.75
W55	Maria Aguayo	PUR	15.33
	Myrtha Reyes	PUR	11.40
W60	Irma Velez	PUR	13.68
W65	Prudencia Polanco	DOM	7.21
W70	Marlis Fleckner	CHI	11.50
Hammer			
M30	Jose Lopez	PUR	18.52
M35	Rafael Lopez	PUR	27.06
M40	Esteban Cruz	PUR	25.75
M45	Jose Mendez	PUR	26.76
	Rafael Garcia	PUR	25.72
M50	E Martino	PUR	27.50
	Jose Miranda	PUR	21.21
M55	Pedro Candelaria	PUR	29.15
M60	Luis Velez	PUR	37.40
	Domingo Pillot	PUR	18.30
M65	Al Jankola	USA	27.25
M70	Jose Delgado	PUR	30.72
	Antonio Gonzalez	PUR	22.85
	Anibal Torres	PUR	22.25
M75	Gil Gonzalez	PUR	21.04
W70	Marlis Fleckner	CHI	12.47
Weight Throw			
M40	Esteban Cruz	PUR	27-8
M45	Jose Mendez	PUR	33-10
M60	Al Jankola	USA	31-2
	Raul Gonzalez	PUR	19-2
M70	Jose Delgado	PUR	24-8
	Anibal Torres	PUR	20-6
	E Gundlach	CHI	19-8
M75	Gil Gonzalez	PUR	21-8
W70	Marlis Fleckner	CHI	18-2
5000m RW			
M55	Heriberto Lugo	PUR	38:05.03
M60	G Angulo	PUR	31:34.39
M70	E Gundlach	CHI	44:12.36
W55	Tomas Santana	DOM	39:42.51
W65	P Polanco	DOM	44:13.45

LONG DISTANCE RESULTS

Please send masters race results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. Please include date, distance and city.

NATIONAL

TAC/USA National Masters Marathon Championships and Twin Cities Marathon Minneapolis, MN October 6

Men Overall	
Malcolm Norwood, 27	2:12:10
Robert Kempainen, 25	2:12:12
Driss Dacha, 28	2:13:03
Jean-Michel Charbonnel, 39	2:13:19
Matt Clayton, 26	2:14:04
M40 Manuel Vera, 40	2:17:19
Domingo Tibaduiza, 41	2:21:43
Artemio Navarro, 41	2:22:12
John Bednarski, 42	2:22:24
Luis Lopez, 42	2:23:43
Henry Bickford, 40	2:24:58
Stan Curran, 44	2:26:54
Hokan Spik, 40	2:27:53
Mario Cuevas, 42	2:29:06
Jerry Martinez, 41	2:29:14
M45 Ryszard Marczak, 45	2:24:29
Derck Frechette, 46	2:34:25
Joaquin Carneiro, 46	2:42:21
Harry Cottrell, 45	2:43:13
Robert Dahl, 45	2:46:24
Jared Mondry, 49	2:46:32
Leonard Clegg, 45	2:47:21
Don Mathieu, 45	2:47:55
John Emmons, 45	2:48:18
Roger Rode, 46	2:48:52
M50 Fay Bradley, 53	2:41:45
Walt Pect, 50	2:53:11
Myron Anderson, 54	2:58:35
Jerry Anders, 52	2:59:17
Rick Kleyman, 51	2:59:55
Jerry Bruce, 50	3:00:15
Donald Dickmeyer, 51	3:00:49
Lee Stauffacher, 50	3:01:52
Pete Huffman, 50	3:02:14
George Savanick, 53	3:02:49
M55 Ted Tetzlaff, 57	2:55:01
Dale Urbain, 57	2:55:52
Ralph Koenig, 57	2:59:02
Jim Schleisman, 58	3:00:44
Kenneth Ekvall, 55	3:05:33
Gary Smith, 55	3:06:01
Francisco Gata, 57	3:08:08
Arlen Sunn, 57	3:10:35
Don Gilbertson, 56	3:15:24
Glenn Hegman, 55	3:17:46

M60 Hal Higdon, 60	3:12:06
Greg Prom, 60	3:13:31
Walter Blair, 60	3:15:27
Pat Moreland, 61	3:16:54
Ray Hardman, 61	3:24:11
Wesley Johnson, 60	3:27:43
George Sivanich, 63	3:28:04
Heinz Ehlers, 60	3:28:55
Lopez Edelm Hinojosa, 62	3:31:56
Richard Guthrie, 60	3:35:09
M65 John Keston, 66	2:58:13
Alex Ratelle, 67	3:20:11
Lloyd Young, 68	3:42:29
Walter M. Beier, 65	3:55:43
Frank O'Brien, 65	4:02:08
Gerry Davies, 66	4:04:27
Harold Hubbard, 65	4:11:41
Gustav Dinga, 69	4:25:58
Charles Rollins, 67	4:26:31
William Style, 67	4:41:07
M70 Warren Utes, 71	3:10:37
Richard Evans, 70	4:25:38
Howard Brady, 70	4:45:58
Phil Hodge, 70	5:19:56
M75 Clayton Moran, 77	5:02:37
Wesley Paul Werner, 78	5:16:34
M80 Ed Benham, 84	4:17:51
Women Overall	
Janis Klecker, 31	2:30:31
Marcia Narloch, 22	2:33:48
Lutsia Belacva, 33	2:34:44
Odette Lapierre, 36	2:34:52
Laurie Binder, 44	2:35:08
W40 Laurie Binder, 44	2:35:08
Nancy Oshier, 43	2:41:03
Sinikka Kesitalo, 40	2:41:11
Carol Virga, 40	2:44:24
Annie Roden, 44	2:44:28
Jan Vermilye, 42	2:56:09
Linda Schissel, 42	3:03:40
Diane Stoneking, 43	3:03:43
Debbie Jones, 40	3:06:31
Linda Strobl, 42	3:09:58
W45 Barbara Filutze, 45	2:45:11
Jane Hutchison, 45	2:49:31
Mary Wood, 46	2:56:36
Georgine Cook, 48	3:15:34
Lenore Rupert, 48	3:30:18
Sandy Coleman, 46	3:33:49
Jean Burke, 45	3:35:27
Mary Brandt Croft, 45	3:37:44
Janet Boughner, 46	3:39:55
Kathleen Peterson, 48	3:39:56

W50 Shirley Matson, 50	2:50:26
Marilyn Schnobrich, 50	3:40:16
Shirley Carter, 53	3:51:36
Phyllis Kahn, 54	3:56:13
Arlene Dahlberg, 50	3:56:21
Sally Hauser, 50	3:56:39
Audrey Schroeder, 51	3:56:41
Alice Highman, 50	3:57:00
Patricia Wolkoff, 51	4:00:15
Sandy Pirkle, 50	4:10:10
W55 Wen-Shi Yu, 56	3:17:53
Mae Horns, 57	3:28:00
Lois Degonda, 57	4:01:42
Fern Anderson, 56	4:09:07
Mary Jordal, 57	4:20:27
Ann Kelly, 55	4:24:59
Mary Zehrer, 56	4:25:27
Patricia Wahlgren, 57	4:34:48
Kitty Dornfeld, 56	4:36:58
Carolyn Wilson, 59	4:43:33
W60 Toshiko Delia, 61	3:28:27
Ruth Anderson, 62	4:02:18
Mabel Velge, 64	4:28:35
Mary Lou Carlson, 64	4:28:51
Leatrice Nielsen, 63	4:48:05
Barbara Burhans, 60	5:18:33
Betty Bohn, 64	5:52:33
W65 Betty Halcen, 69	5:32:18
W70 Hazel Mayo, 72	7:06:46
Eleanor Michlink, 70	7:06:47
W75 Edith Wenmark, 76	5:11:59

5K

M40 Doug Bell, 40	14:48
Michael Seaman, 41	15:51
Kare Osnes, 41	15:53
Ed Max, 40	16:25
Thom Gilligan, 42	16:42
Jim Bohn, 43	16:53
Jerry Beutel, 41	17:01
Albert Andersen, 43	18:00
Steve Fossen, 43	18:45
Bob Houlihan, 44	18:49
M45 Dave Griffith, 48	16:48
David J Fischer, 46	17:26
Keith E Palmer, 45	17:37
Hal Gensler, 45	17:42
Gary C Lundene, 47	18:13
Elwood Vetus, 48	18:27
Frank Rioux, 48	18:50
John Brown, 48	18:51
Joe Carlson, 47	19:32
Tom Tinkham, 47	20:05
M50 Kirk Randall, 50	17:22
Don Saari, 52	20:21
Don Meck, 51	20:37
Maurice Hobbs, 53	20:42
Allen R Rothe, 52	21:20
Robert E Spy, 50	21:59
John Dixon, 52	22:32
Rolando Chavez, 52	23:55
Ron Adler, 54	24:52
Larry Walde, 50	25:01
M55 Norman Green, 59	17:44
Raymond Garrity, 57	18:43
Douglas Rowlett, 56	19:19
Norman M Horns, 58	22:12
Dennis Quinn, 57	23:07
Richard Rummel, 59	24:42
John Clark, 58	24:49
Peter Butler, 59	25:04
Charlie Lloyd, 59	25:14
Thomas G Benick, 56	25:28
M60 Bill C Fraser, 61	19:49
Bill Galbrecht, 63	20:44
Rogers Anderson, 62	21:07
Leonard Yanez, 60	22:14
John H Moberg, 61	22:20
Dick Bandy, 63	25:16
John Horns, 60	26:10
Ernest F Wormwood, 64	26:31
Harold J Kurtz, 60	30:16
Vernon Andersen, 62	52:06
M65 John C Burton, 68	22:29
Joseph Leon Stark, 65	35:10
Robert H Vangene, 68	36:43
Reuben Sjulstad, 65	48:39
M70 Emil Gottlob Balz, 72	23:43
Warren Ditch, 70	31:02
Jack Hall, 73	1:00:45
M80 William Andberg, 80	27:59
Judith Hine, 42	18:50
Carol Klitzke, 44	19:43
Marcy Gilles, 42	19:59
Patricia Falsone, 43	20:11
Irene Herman, 42	20:31
Connie Class, 41	20:48
Fay Tong, 40	21:27
Kathy M Wheeler, 40	22:02
Lisa Reavill, 40	22:18
Diane DeMars, 42	22:25

W45 Althea Stevens, 47	21:35
Nadine O'Connor, 49	22:04
Pat Clabo, 46	23:36
Mary Corrado, 45	23:52
Diana Middleton, 47	25:18
Phyllis M Trippel, 45	25:34
Mavonne Treptow, 49	25:41
Leslie Kjos, 45	25:45
Rosemary M Hamly, 45	26:31
Nancy Kuhlmeier, 45	27:04
W50 Judy Cronen, 50	21:19
Judy Lutter, 51	23:25
Marilyn DeVries, 54	28:15
Linda J Bohrer, 50	29:01
Doreen Dell, 52	29:01
Betty Leverton, 51	29:07
Judy Rykken, 53	29:09
Mariys Husebo, 52	31:17
Carol Shope, 53	32:56
Jane A Durand, 53	34:08
W55 Kathryn Potter, 55	29:38
Jan Lloyd, 59	31:02
Margaret H Heglund, 56	31:41
Barbara B Anderson, 55	35:28
Mary Reidhead, 59	35:34
Margaret Fletcher, 58	37:14
Donna Clothier, 55	39:29
Diana Waliczek, 55	39:29
Joyce Mundahl, 57	39:37
Fern Nelson, 58	42:42
W60 Diane Goulet, 62	27:55
Joan Cochrane, 60	48:04
Maryanne Gardner, 63	48:47
Shirley Andersen, 61	55:02
W65 Eileen Bendtsen, 65	39:58
Henrietta Bear, 69	48:11
W80 Marguerite F Michales, 82	59:03

EAST



Virgil Mt. Madness 21.1 Mile Ithaca, NY: August 11

(111 finishers)	
1 Gary Burdick	36 2:43:58
4 Peter Yacobucci	41 2:49:51
20 David Cavall	41 3:07:54
21 Will Barrett	43 3:11:29
22 Joe Babes	52 3:13:13
28 Vic LaPort	51 3:18:23
46 John Edwards	54 3:34:44
51 Kristeen Hickey	28 3:44:41
80 Barb MacArthur	50 4:20:02
93 Jerry Patton	56 4:41:52
106 Ed Hart	64 5:09:14

Monster Marathon/Half-Marathon Ithaca, NY September 1

--Marathon--	
(age-sex handicap staggered start)	
1 Ed Stabler	62 3:33:21
5 Joe Babes	52 3:47:25
6 Janet Stein	40 3:47:35
8 R Wotawa	42 3:53:56
15 Herm Kreiley	47 4:40:13
34 Jacques Karr	56 5:39:23
46 Ninette Texidor	48 6:25:54
(5600' climb; 48 finishers)	
--Half-Marathon--	
1 Shawn McDonald	25 1:46:36
10 Hector Vargas	44 2:08:31
15 Paul Dunham	49 2:12:49
26 Dan Mittler	51 2:34:32
32 Gus Cardenas	57 2:56:12
33 Diane Sherrer	40 2:56:36
39 Annette Johnson	54 4:49:02
(39 finishers)	

DC RRC Greenbelt 15K Greenbelt, MD: September 1

1 Mike Lieder	36 53:21
5 Bill Wooden	47 56:12
8 Jay Wind	41 57:14
10 Bill English	40 58:13
14 Bob Platt	40 60:22
15 John Haubert	48 60:46
19 Peter Monahan	57 63:27
22 Al Marcy	55 64:18
31 Roy Peacock	51 68:41
37 Dick Good	61 70:12
60 Sid Conger	62 81:39
70 Alvin Guttig	72 1:57:15
71 Bud Averitt	71 2:00:28
(71 finishers)	
1 Alice Roupar	26 69:42
6 Nancy Imhoff	51 81:19
8 Lois Chaffin	42 82:35
9 Shirley Moore	48 93:36
(9 finishers)	

NYRRC Roosevelt Island

Fall 10K NYC September 8

Overall		
Kevin Sullivan	25	31:06
Kathleen Amato	28	36:20
M40 Hector Vargas		34:17
Vincent Gaines		35:14
M45 Sam Skinner		35:24
Pat Cosgrove		36:44
M50 Iljin Aleksander		40:05
Joe Roche		40:15
M55 Alan Fairbrother		38:08
Martin Winter		42:17
M60 Wm Fortune		39:36
Hector Pacheco		42:49
M65 John McManus		42:40
Wallace Cutler		54:27
M70 Al Goldstein		48:46
Tom Gibbons		51:10
M75+Vince Carnevale		52:04
Chas Feldman		56:47
W40 Anne Richards SCOT		44:18
Johana Carter		46:13
W45 Marilyn Creeley		43:00
Roberta Brill		45:58
W50 Patty Parmalee		44:58
Joan Bondell		50:06
W55 Thelma Wilson		52:20
Marlene Tortora		58:34
W60 Toshiko d'Elia		45:25
Jozi Neullinger		66:40
W70+Althea Wetherbee		59:26
Althea Jureidini		72:09
Racewalkers		
3 Wm Ellington	63	68:06
3 Marcella Tobias	66	80:16
Finishers: 687m; 223w		
Weather: 75°/h35%/wNW5mph		

Continued from previous page

Masters Women

1 Nancy Grayson	41 34:08
2 S Kesitalo	40 34:37
3 Barbara Filutze	45 34:40
4 Janet Jordan	40 37:37
5 April Capwill	40 38:31
6 Jeannie Rice	43 39:04
7 Judith Bugyi	45 39:42
8 Ann Gerhardt	40 39:55
9 Dianne Siegel	41 40:14

Long Island Airport 12K
Bohemia, NY; September 29

Overall	
Maury Dean 48	43:34
Linda Lysak 41	51:21
M40 Craig Stewart	44:14
Radhames Delgado	44:52
George Skrivane	48:51
M45 Warren Taylor	46:09
Charles Lombardo	50:33
Nike Birnbaum	54:38
M50 Barry Aronowsky	51:43
Ron Swanson	53:18
Doug Wood	55:28
M55 Joe Viverito	48:56
Dick Opsahl	51:43
Rich Wilson	52:50
M60 Colin Harris	49:51
Mike Reidy	52:32
M65+Pete D'Iorio	63:18
George Dennis	66:16
W40 Cheryl Skrivane	58:57
Loretta Tulloch	77:09
W45 Laura Schay	52:16
Hilary Boucher	54:22
Noel Relyea	56:28
W50 Pam DeLise	62:39
Kathleen Scotti	76:32
Finishers: 155	
Weather: 55°/wSW10-18mph	

New York City Marathon
Tune-Up 25K Central Park;
September 29

Overall	
Humberto Castorena	31:23:17
Gillian Beschloss	32 1:34:23
M40 Dan Brach	1:27:42
Nick Caswell	1:32:54
Walt Severini	1:38:00
M45 Sam Skinner	1:30:49
Julio Lugo	1:40:27
M50 Dan Hammer	1:36:06
Sidney Howard	1:36:10
A N Ilijin	1:42:48
M55 Marcos Herrera	1:41:39
Warren Kass	1:47:56
M60 Jay Sturdevant	1:40:49
Hector Pacheco	1:44:48
Ken Jones	1:47:57
M65 Bob Muller	1:58:47
George Thompson	2:00:02
Phil Mongillo	2:03:05
M70 Peter Harangozo	2:11:27
Wilfredo Rios	2:31:01
M75+Vince Carnevale	2:13:54
Chas Feldman	2:25:41
W40 Kathy Horton	1:45:29
Carol Gellman	1:59:21
W45 Laurie Baker	1:59:35
Yvonne Franck	2:05:01
J Lazaridis	2:05:22
W50 Anna Thornhill	1:49:32
PattyLee Parmalee	1:54:57
W55 Marilyn Seidner	2:25:49
Naomi Vogel	2:26:12
M A Lotze	2:30:31
W60 Muriel Merl 65	2:22:44
Daisy Klein	2:36:47
W70+A Wetherbee	2:31:09
Racewalkers	
3wRhoda Green 57	2:54:08
Finishers: 1855m/676w	
Weather: sun57°/h67°/wSW5mph	

SOUTHEAST

Full Moon Frolic 8 Mile
DeLand, FL;
August 24

Overall	
Doug Butler 28	42:22
Judy Mercon 32	49:37
M40 Dale Parfitt	46:54
Bob Perry	47:25
Bob Dehne	50:26
M45 Bill LaMon	52:07
Phil Little	53:55
M50 Robert Bohannon	49:25
Nick Wigelius	58:16
David Sawders	60:46
M55 Merle Crouse	59:23
Ron Weinert	62:48
Tony Manduca	65:52
M60 Jim Blount	52:33
M65 Joe Evan	84:53
M70 Harold Tucker	1:45:59
M75 Dick Fortier	79:30
W40 Barbara Ebers	56:59
Dana Carlson	61:21
Jane McCrossan	64:55

W45 Pam Bohannon	60:48
Judy Johannes	78:43
W55 Pat Dixon	61:38
W60 Jean Crouse	84:59

RRCA Women's 5K
DeLand, FL; September 15

Overall	
Kitty Sokoll 35	19:13
W40 Susan Sides	22:53
Rose Tillery	23:41
W45 Lucia Schatteley	22:48
Carol Lager	24:54
W50 Donna Hiatt	22:23
W55 Pat Dixon	21:51
W60 Angela Saldana	28:28
W70 Elaine Geyer	31:24

Alamo Kidz Run 5K
Fort Lauderdale, FL
September 28

Open Nils Antonio	
Ena Weinstein	15:08
Ena Weinstein	16:44
M40 Frank Shorter	16:15
Alan Miller	16:42
Matt Cucchiara	17:22
M45 Hector Rodriguez	18:13
Al Shamoun	18:59
Dale Nelson	19:25
M50 Bill Adams	18:03
Miguel Estremadoyro	18:48
Alan Ashton	19:04
M55 Hubie Virard	21:02
Jerry Utter	22:22
Steven Corwin	24:45
M60 Bob Levine	20:09
A J Ryan	22:11
Ken Williams	22:33
M65+Joel Matos	22:36
Bill McDonough	24:14
Carmelo Crupi	24:19
W40 Carol Virga	17:40
Patty Dye	19:56
Betty Boppert	20:13
W45 Marjorie Ralston	23:32
Barbara Zarefsky	23:41
Joey Leonard	26:25
W50 Sally Snyder	20:56
Maria Germaine	22:00
Jeanette Garcia	25:11
W55 Pip Reed	32:28
Barbara Meyer	34:55
W65+ None	

Sertoma 5K
Charlotte, NC; October 5

Overall	
Sam Lewis	16:27
Sherri Williams	20:27
M40 John Bernhardt	17:22
Gene Cassell	18:20
M50 Howe LaGarde	23:47
Bob Ferrier	24:10
W40 Lynn Matthews	33:22
W50 Louise Merring	23:01
Dana Caldwell	27:44
W60+Margaret Hagerty	41:33

Sunset 5K
Charlotte, NC; October 5

Overall	
Scott Dvorak 21	15:28
Jennifer Saliez 24	19:33
M40 Dave Roeber	17:28
Bill Peay	17:51
Larry Barden	18:53
M50 John Boles	19:59
Alex Coffin	20:54
David Petts	23:09
M60 Pete Hayward	26:29
George Crouse	26:48
M65+Bill Johnson	26:59
W40 Dottie Sifford	25:21
Ray Peay	25:21
W50 Beverly Sweigart	29:30
W65+Margaret Hagerty	40:48

MIDWEST

Metro-Macomb Runners 3 Mile
Mt. Clemens, MI; September 11

1 Keith Harris	27 16:53
2 Jim Fitch	52 17:24
4 Geo Gambert	43 18:19
5 Tim Klinkhamer	45 18:30
7 Darrell McKee	57 19:09
8 Herb Seegert	55 19:15
11 Currell Pattie	48 19:37
1wRonda Spezia	30 18:47

MID-AMERICA

Run For the Homeless 8K
Colorado Springs;
August 10

8K Road Race	
M30 Lionel Rivers	32:46
Michael Olson	32:48
John Gohl	33:47
M35 Sam McClure	31:31
Tom McCauley	34:35
Mark Cooper	39:16
M40 David Huber	33:53
Lou Ruie	35:12
Les Lundin	40:16
M50 Ken Randall	31:33
Jesse Daniels	54:08
M55 Ralph Nelson	39:45
David VanZyrtveld	43:48
M55 Mike McKay	48:22
W30 Serena Duval	47:45
W35 Susan Nord	45:21
Telia Hughes	46:33
Norma Diaz	51:20
W40 Sandra Jones	46:28
W55 Samantha Sartain	61:00

Minnesota Masters 15K
Championship
Edina, Minn.; Sept. 15

M40 Doug Suker, 40	50:58
Jim Pelarske, 40	51:40
Michael Seaman, 41	52:49
Thomas Eisenrich, 40	54:25
William Hidding, 42	55:18
Charles Black, 44	56:14
Fred Clayton, 42	56:49
John Naslund, 41	57:12
Josh Arnold, 40	57:17
John Cretzmeyer, 42	58:10
M45 Bruce Mortenson, 47	55:00
Bob Besinger, 45	56:39
Patrick J Ross, 48	57:21
Larry A Ochendorf, 46	
Hal Gensler, 45	58:03
Gary C Lundeen, 47	60:19
John Brown, 48	60:24
Dan Shannon, 47	60:55
Rainer G Rocheleau, 48	60:59
Roland B T Thorstenson, 45	61:59
M50 Ron Bole, 51	58:59
Andy Deters, 50	60:38
George Savanick, 53	61:34
John Quinton, 54	62:22
David L King, 50	63:22
Bob Lindberg, 50	67:17
Tom Howes, 50	67:42
John Adams, 54	67:48
Francis J Tangney, 53	68:31
John Bond, 51	69:48
M55 Dale E Urbain, 57	61:05
Raymond Garrity, 57	61:14
Ralph E Koenig, 57	62:35
Dick Andersen, 56	65:48
Ernest Ogren, 55	66:49
Floyd H Bouley, 58	71:24
Rich Roeder, 55	74:02
Mendal Mearkle, 55	77:23
John Gegen, 55	77:32
Darold Gutormson, 59	79:24
M60 Greg Prom, 60	64:31
Rogers H Anderson, 62	
George Sivanich, 63	67:24
Arnie Gilbertson, 60	73:00
Richard A De Lyser, 60	78:02
Bill Brown, 61	79:53
Cyril L Paul, 61	81:41
Lee Johnston, 61	86:15
Theodore Esau, 62	90:00
M65 Alex E Ratelle, 67	62:20
Harold Hubbard, 65	63:59
A P (Frank) O'Brien, 65	75:37
Kenneth V Hodges, 65	78:28
John McQuillan, 67	94:18
John S Engbreton, 69	1:42:25
M45 Emil Gotlob Balz, 72	
Leopold D Harding, 73	76:35
	81:26
W35 Ann Andre', 35	68:05
Barbara Fletcher, 39	69:38
Jeannine Naslund, 39	70:20
Jacqueline Vos, 37	75:05
Katy Sears Lindblad, 35	
	79:31
Laura Heytens, 35	81:07
Roxanne E Kotke, 36	81:29
Jan Rathbun, 39	84:19

Terry Jacobsen, 37	87:52
Kristina M Torkelson, 36	87:56
W40 Diane Stoneking, 43	61:42
Debbie L Janey, 40	61:58
Linda Schissel, 42	62:07
Jo Vos, 42	64:47
Janice Pearson, 41	65:33
Barbara Spannaus, 43	69:25
Gloria Jansen, 44	70:30
Deedee Anderson, 41	75:58
Nancy Gilbert, 43	77:58
Carolyn Johnson, 42	79:38
W45 Georgine Cook, 48	63:56
Shirley Hanson, 48	70:52
Pat Clabo, 46	76:10
Joyce Pfaff, 48	85:23
Nancy Darcy, 45	86:56
W50 Judy Cronen, 51	68:41
Pat Larson, 54	69:51
Phyllis Kahn, 54	78:32
Audrey Schroeder, 51	78:49
Jacque Lindscoog, 51	91:36
Judith M Lepp, 51	1:41:29
W55 Mac Horns, 57	71:59
Kitty Dornfeld, 56	82:49
Barb Smith, 55	92:55
DeEtte C Andersen, 56	94:54
W60 Barbara Burhans, 60	89:36
W65 Betty Halcen, 69	1:45:52

WEST

St. George Marathon
St. George, UT; October 5

Overall	
Tracy Fifield	2:16:51
Cheryl Harper	2:39:18
M40 Gary Silva	2:33:15
Bob Hermes	2:38:53
Ronald Durtschi	2:39:11
Charles Otero	2:42:47
Gene Bates	2:43:13
Bill Welch	2:43:38
M45 Ken Harper	2:38:37
David Burton	2:41:30
Paul Peacock	2:43:47
Ernst Baer	2:45:20
Leonard Wright	2:48:31
Willie Cowden	2:48:49
M50 Ron Peterson	2:46:55
Bob McAndrews	2:49:19
Doug Wells	2:57:34
Byron Hutchings	2:59:23
Don Kirby	2:59:38
M55 Kent Topham	2:49:29
Andre Tocco	2:53:48
J G McBride	2:56:14
Don Van Dyke	2:56:57
John Cushing	2:59:57
M60 Paul Nance	2:57:56
Pat Devine	3:16:14
George Lyman	3:20:09
James Cushing	3:22:36
M65 Franklin Mason	3:28:46
Bill Collings	3:46:50
John Cahill	3:50:39
Bry Thorne	4:04:40
M70 Don McNeely	4:46:17
Woodrow Evans	4:54:21
Travis Wellman	5:04:40
M75+Dutch Benedetti	4:13:39
Fraser MacMinn	4:23:10
Eddie Lewin	4:26:50
W40 Deborah Wagner	2:52:39
Merle Heimberg	2:56:13
C Ostler-Lyman	2:59:14
Janice Colton	3:12:54
Jeanie Groves	3:13:52
W45 Cheryl Hansen	3:25:04
Bonnie Wadley	3:30:12
Debbie McCarver	3:34:31
Margaret Hourigan	3:36:59
W50 Ida Hendrick	3:46:07
Idalia Lewis	3:55:01
Ida-Lee Reaveley	3:55:09
W55 Shirley Blush	3:30:49
Bessie Denetclaw	3:44:46
Elfriede Schmitt	3:45:30
W60 Helen Carlson	4:28:15
Velma Earl	4:32:17
Julia Barnett	4:54:26

NORTHWEST

Founder's Day 8K
Ashland, OR; September 2

Overall	
Ric Sayre	25:49
Dawn Welch 43	33:53
M40 John Thomas	29:38
Michael Sullivan	30:18
Dana Brown	32:29
Tim Rose	34:08
Tom Link	34:10
M50 Gary Sampson	33:40
Dick Latour	34:15
Robert Miller	35:40
Ron Marchetti	40:15

M60 Ken Oliver	34:16
Bill Stowell	35:30
Lopaka Schubert 67	44:18
M70+Merrill Barnebey	58:06
W40 Elaine Deisman	34:21
Sue Laks	41:32
Cheri Browne	44:14

INTERNATIONAL

Overton International
5 Mile Road Race
Overton, England
September 14

M40 Dennis Fowles	24:29
Terry Osborne	25:27
Mike Rideout	25:42
Ahmed Amraoui	25:56
Grenville Tuck	26:28
Peter Crowhurst	26:32
M45 Martin Duff	26:06
Brian O'Neill	26:09
Ian Cousins	26:10
M50 Les Presland	26:16
Alan Garrett	27:22
M55 Richard Gould	29:29
M60 Bill Davies	32:18
W35 Sally Young	28:37
W40 Barbara Kirk	30:58

Southern Vets 4 & 6K Road
Relay Aldershot, England;
September 28

M40 Terry Osborne	18:50
Tony Simmons	18:52
Dave Hill	18:53
M45 John Sheridan	19:18
Martin Duff	19:22
Brian O'Neill	19:23
M50 Les Presland	19:18
Geoff Harrold	20:45
M60 Steve Charlton	23:09
M40 Teams	
Cambridge Harriers	1:17:54
Brighton Thove	1:18:25
Aldershot	1:18:32

RACE WALKING

Tulsa Racewalkers 3K
Tulsa, OK; September 14



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, flat, fast, record breaking course. Medical support courtesy of "CALL DOCTOR, Inc. Providing Acute Care Physician House Calls".

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 many 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, 19-29, 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 T-Shirt (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 forms & 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 CA88067RS

RACE RECORDS: 1:17:30 (Ed Mendoza) 1:26:50 (Sylvia Mosqueda)

SDTC & TAC AWARDS

- ☐ Medals to top three men and women SDIAC 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 (275-6542 for info). SDTC members will earn Grand Prix points.

RESULTS

- ☐ Will appear in SDTC News and National Masters News.

Souplantation

Denny's

ENTRY FORM:

Make check out to SDTC 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.

Circle One:

Run / Walk / Wheelchair

SDTC Member? (Circle) Y / N

City of Residence

SDIAC Member? (Circle) Y / N

Street Address _____

Zip _____

Phone: _____

Born: _____

month

day

year

\$ Enclosed: _____

Entry fee

+ Late fee

+ T-Shirts

= Total

I, the undersigned, understand that there are risks associated with strenuous physical exertion and with this event, including but not limited to those caused by the terrain, weather, condition of the athlete, vehicles, other participants and lack of hydration. In consideration of the right to participate in the above event, I hereby assume all risks associated with this event and I hereby waive, release and discharge any and all claims for damages, for death, personal injury or property damage or actions of any kind which may hereafter accrue to me or to any other person as a result of my participation in this event. This waiver and release shall be binding on my heirs and assigns and shall run in favor of SDTC, TAC, City of San Diego, County of San Diego, and all promoters, sponsors, officials and any individuals or entities in any way connected with this event even though their liability may arise out of negligence or carelessness on their part.

Athletes who participate in this competition will be subject to formal drug testing in accordance with TAC rules and IAAF Rule 14. Athletes found positive for banned substances will be disqualified from this event and will lose eligibility for future competitions. Some prescriptions and over-the-counter medications contain banned substances. Information regarding drugs and drug testing may be obtained by calling the USOC Hotline at (800) 223-0363.

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 _____

Phones: Home _____

Bus. _____

Birth Date: (Mo/day/yr) ____/____/____

You may call me to help at an event: Y / N