Kiddy, 171st Issue November, 1992


Nzau lost the overall win to David Mungai (23, 2:15:33), one of several Kenyans whom Nzau trains and works out with in Laramie.

France's Pierre Levisse, 40, sixth overall, was second M40+ in 2:17:52. Artemio Navarro, 42, Tampa, Fla., ran a 2:19:50 for third.

Nzau had the best age-graded performance of 95.5%. Ryszard Marczak, 47, of Poland, winner of the M45 race in 2:25:14, was the second-best performer (AG 95.1%), and Levisse, third (AG 94.3%), Warren Utes, 72, Park Forest, Ill., M70 winner in 3:09:10, outperformed all M50+ finishers, with a 92.5%.


The masters debut of France's Jean Michel Charbonnel, 40, was less than auspicious when he finished tenth master in 2:26:39.


Mary Wood, 47, Montrose, Colo., won the W45 race in 2:51:49. Marilyn Schnogrich, 51, Duluth, Minn., was the W50 winner with a 3:29:47. Sandra Kiddy, 55, Bishop, Calif., won the W55 contest in 3:08:43. Yoshiko d'Elia, 62, Ridgewood, N.J., was the W60 victor in 3:31:22.

Portenski had the best W40+ performance (AG 91.6%), with Gilbert in second at 91.1%. Kiddy's AG 86.9% performance was tops for all finishers W50-and-over.

The women's winner was Janis Klecker, 32, Minnetonka, Minn., in 2:36:50. 

Whitley, Carter Star in Northern California Meet

by JERRY WOJCIC

The Northern California Seniors Track and Field Classic was held at Edwards Field on the UC-Berkeley campus on September 13.

In addition to the usual five-year category awards, the host club awarded eight $50 prizes to the best age-graded performances by men and women in four categories: sprints and hurdles (100, 200, 400, hurdles); distance runs (800, 1500, 3000); jumps (HJ, PV, LJ, TJ); and throws (SP, JT, HT, DT).

Stan Whitley, 46, the Sorbothane Masters Athlete-of-the-Month in October, was the top performer in the sprints with a 50.35 400 for an age-graded 98.0%. Whitley also ran a near-record 22.39 200. Jutta McCormick, 51, was the best woman in the sprints, with a 66.57 400 (87.0%).

Michael Ackely, 48, with a 2:07.4 800 (90.7%), and Dee Dee Grafius, 43, with a 4:58.0 1500 (92.9%), took the distance awards.

High jumpers Marion Sanchez, 60, with a 5-0 (86.8%), and Christel Miller collected another $50 for the best effort among the women throwers, with a javelin toss of 29.92 (79.0%). Ross Carter, 78, outperformed.

Nzau, Ray First in National 10 Mile Championships

Joseph Nzau, 40, was first in TAC's National Masters 10 Mile Championships, with a 17th-place 49:48. The championships were run along with the Bobby Crim 10 Miler in Flint, Mich., on August 22. Colombia's Domingo Tibaduiza, 42, a resident alien living in Reno, was second in 50:16. Wilson Waigwa, 43, also of Kenya, who lives in El Paso, Texas, finished third in 50:38.

The first U.S. master was Douglas Kurtis, 41, of Northville, Mich., in 50:57.

Ken Rowe (45, 56:14), Okemos, Mich., won the M45 division race. Jim Ottillie (54, 54:07), Holland, Ohio, took the M50 contest with a masters best age-graded performance of 96.5%.
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National Masters News

November, 1992
Bell, McLatchie Tops in Maggie Valley 8K

by JERRY WOJCIC

Doug Bell, 41, of Greeley, Colo., and Carol McLatchie, 40, Boulder, Colo., raced to masters victories in the Maggie Valley Moonlight 8K in North Carolina, on August 29. The wins were valued at $1200 apiece, as the masters first six men and women collected the same amounts of prize money as the open finishers did.

Bell's time of 24:45 gave him a masters-best, age-graded 91.9%. Douglas Kurtis, 40, Northville, Mich., was Bell's closest competition, finishing second in 25:03 for $1000. Charles McMullen, 41, Rochester, N.Y., took the third prize of $800 with a 25:11. Earl Owens, 43, Dunwoody, Ga., the second best M40+ age-graded performer at 90.6%, finished fourth in 25:25, worth $600.

Bill Orlitch, 56, Lexington, Ky., was the standout of the other division winners, with a 28:31 (AG 89.3%).


Joan Hartnett Ottaway, 48, Sausalito, Calif., fourth in 30:01, was the best age-graded W40+, with an 89.2%. Susie Klutz, 55, Winston-Salem, N.C., won the W55 race handily in 34:59.

Besides nearly $20,000 in prizes, the slightly misnamed race offers runners a late evening jaunt (women at 7:30 p.m. and men at 9:00 p.m.) on a well-lighted highway through the heart of Maggie Valley, one of the most popular summer vacation spots in the Southeast.

National 56-pound Weight Throw Championships

by DICK and BRENDA BLOOMFIELD

Weight throwers from 12 states participated in excellent weather at the 1992 TAC National 56-pound Weight Throw Championships held at Eastside High School in Greenville, S.C., on October 3.

Nolan Fowler Awards were presented for the men's best age-graded 35-pound weight throw, which was won by Tom McDermott of Bradenton, Fla., with an M70 toss of 7.65m. Women's best age-graded 20-pound weight throw was won by Brenda Bloomfield, W50, of Greer, S.C., with a heave of 7.45m.

Russ Baker, 42, of Jonesboro, Ga., had the best 56-pound throw of the meet at 9.29m.

U.S. single age records were set by Gordon Powell, 83, of Holly Hill, Fla., for his 54:54. Nau's performance was a 96.0%.

The remaining men's winners were Bill Orlitch (56, 57:49), Lexington, Ky., with an excellent AG 92.0%; Norman Eastman (61, 63:27), Holt, Mich.; James Forshee (66, 64:41), Ann Arbor, Mich., with an AG 91.3%; Marilyn Bandlow (70, 84:27), Kewadin, Mich.; John Evans (76, 86:00), Grandville, Mich.; and James Ramsey (2:08:19), Detroit, the oldest finisher at age 84.

In the masters women's race, Suzanne Ray, 40, of Anchorage, Alaska, was first in 58:47, followed by Karen Hubbard, 42, Ann Arbor, Mich., and Barbara Filutz, 46, Erie, Pa., a second back at 59:15.

Filutz's time was four seconds under Shirley Matson's U.S. W45-49 best of 59:19, and gave Filutz the best age-graded percentage of 92.9% for W40-and-over. Hubbard was next best with a 90.2% and Ray close at 89.6%.

The other division winners were Judy Carroll (50, 70:00), Kent, Ohio; Wen-shi Yu (57, 73:51), Jamaica, N.Y.; Helen Dziwura (64, 2:01:06), Flint; and Barbara Andersen (67, 84:39), Minneapolis.

The Crim Festival of Races drew a record 12,455 participants for the 10 mile, 8K run/walk, 5K run/walk, plus races for youths and tots. Lois Craig was the event organizer.
BOB WATANABE
Masters track and field has lost a great competitor with the passing of Bob Watanabe. In addition to being a fine sprinter, he had a wonderful sense of humor, and was always willing to share with those around him. I'd like to suggest that we establish the Bob Watanabe Award, and give it every year to the outstanding male athlete at the outdoor nationals. If there isn't enough funds in the masters budget, I will gladly pay for the first year's award.

I would like to do something to keep the memory of such a great man alive.
John Poppell
Panama City, Florida

A book should, or could be written about Dr. Robert Watanabe, the man. I can only scratch the surface of a person you would love to be with, anywhere, any time. How to describe a man with so many talents, so many varied interests, so much love and compassion for his fellow man and such a genius at his chosen profession, orthopedic surgery. How?

Bob Watanabe was many things, but pure and simple, he was a "Runner." In our field of endeavor, he was a "Runner's Runner." Whether it was World Games, National Championships, Sri Chinmoy or Senior Olympics, Bob was there. Be it hot, cold, rain, or fog, no matter, Bob would run in the streets, on the track, in the hills - anywhere. That kind of runner.

Around the track we all knew Bob to be a quiet, sweet and gentle man. But, on the inside was a burning, competitive flame that was only recently extinguished by the fierce ravages of lymphoma cancer.

Running to Bob Watanabe was the fuel to burn that enabled him to mentally and physically become the genius he was in his other endeavors, such as orthopedic surgery and photography. Robert Watanabe's involvement in the field of arthroscopic surgery, cameras, tools and methods have changed orthopedic surgical procedures around the world.

On the field, he was such a simple, uncomplicated man. The lineups at each track meet for tapping this and that sore spot and the free diagnosis and advice he dished out so lovingly to his fellow runners - he loved it. I remember a meet in Bakersfield where a small line had formed in front of Bob and he taped one after another; until just one remained. A young athlete, very serious, told Bob that "you must be the team trainer - I would like a massage." Bob just smiled and said "I don't do massages."

He was one of the world's leading surgeons, dispensing, as only he knew how to do, his good will towards his brother athletes. There was a time when I thought Bob was a "Saint" - sent to earth to perform his goodly acts. However, God could never have allowed a saint to have as much fun as Bob had here on earth. No way.

Bob loved life and lived it to the fullest. He loved people and changed their lives forever by knowing him. Somewhere near the top of the list of what Bob loved the most has got to be a "good joke" and laughter. If you are going to think of Bob, smile and laugh with him - don't cry for him. He would like that.

George Simon
Los Angeles, California

NATIONALS
The city of Spokane and the many excellent volunteers that officiated at the 1992 Nationals are to be commended for putting on an outstanding event, especially considering the 100-degree conditions.

Bill McClure and I hope to develop a similar group of crack volunteers to serve as officials for the 1993 season here in Birmingham. Spokane was great, although I must admit that Al Sheehan's announcing was missed.

Gordon Seifert
Birmingham, Alabama

The 1992 Nationals were terrific. I got to compete with Larry Almberg in the 1500, and I got to meet Shirley Matson, who came across as a wonderful, unassuming lady in addition to being a phenomenal running machine. Having the honor and privilege of witnessing a legend like Payton Jordan in action was wonderful. Thanks to everyone, and I'll see you to Provo in '93.

Neal Stoddard
Seattle, Washington

The organizers of the recent Nationals in Spokane are to be congratulated. It is generally a thankless task, but there were at least a thousand athletes there that sincerely appreciated their efforts.

The highlight was definitely the Holiday Inn All-Star Masters Regional Relays. In reading about it ahead of time, it seemed massively complicated, but in fact the event itself was fairly simple. One of the best features was requiring each team to run in order of youngest to oldest, putting the senior member in the spotlight at the end. It was an exciting team effort — especially thrilling because results were totally unpredictable because of the combined age scramble. Our thanks to the organizers for providing a terrific event for everyone — runners and spectators alike.

The one suggestion I might offer for future Nationals is to sign up Al Sheehan as commentator again, as in the past. It adds a great deal to have someone familiar with the masters, and Al is our man. We missed him.

Barbara Stewart
New York, New York

Continued on next page

Eight 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:

Bill Gaedke
John Williams
Laurie & Jim Rothrock
Leonard Olson
B.J. Wegner
William Poletti
Tom Talbott
Gordon Seifert

Clovis, NM
Mission Viejo, CA
Scottsdale, AZ
Daytona Beach, FL
Cheyenne, WY
Pioneer, CA
Cos Cob, CT
Birmingham, AL
Write On  Continued from page 4

Bob Watanabe, one of the most popular athletes in the masters track and field community, died on September 30 after a long battle with lymphoma cancer. He was 66.

A Los Angeles orthopedic surgeon, Watanabe died at St. John's Hospital in Santa Monica, where he had practiced sports medicine with an emphasis on the aging.

He was a national masters sprint champion on several occasions, and in 1991 was ranked third in the nation in the M65 100 (13.04) and 200 (25.91).

His cancer was first diagnosed in December, 1991. After several months of chemotherapy, he went back to work and regained 25 pounds. He competed in the SCA/TAC masters meet at Occidental on June 20, and at the Trojan meet at USC on July 12. He reportedly entered the nationals in Spokane, but the disease spread and her returned to the hospital in August.

Bob was a well-liked, friendly competitor. He could often be seen taping Achilles tendons and hamstring injuries at the meet and was always ready to offer advice to others.

He died on his way home from the hospital on October 30. He had been treated for his cancer with chemo and radiation, and his family had been visiting him regularly.

Bob was an accomplished amateur photographer. His photos often appeared in the National Masters News. He helped to make training films illustrating kinds of treatment in orthopedic surgery. He was asked by UCLA and the American College of Orthopedic Surgeons to help devise teaching techniques in medicine. For 25 years, he was the team physician at the Hula Bowl.

He was also proficient in woodcarving, claiming there's a close connection between both orthopedics and working in wood. Speaking at the memorial service, Dr. Harold Harada said: "Bob was truly a renaissance man in our day."

In his low-key style, Watanabe was instrumental in helping to persuade the Japanese to bid for the 1993 WAVA World Veterans Championships. He competed in several Japanese national masters championships, and was eager to make it happen.

His death is also a sober reminder that eating right and being in top condition is still no guarantee of long life; that a serious illness or accident can strike at any time; that, as Bob once said: "There is no life lost that can never be found."

"Bob loved life and lived it to the fullest," teammate Nick Newton said at the service.

Watanabe is survived by his son, Craig, and daughter, Diane, from his first wife Ruth; by his mother, Misao; and four sisters.

A memorial run sponsored by Bob's teammates from the Los Angeles Valley Athletic Club is planned for Sunday, November 1 at 8:00 a.m. at 26th & San Vicente in Santa Monica. It's hoped this run will become an annual event in Bob's memory. Participants and others who wish may make donations to Bob's name to the John Wayne Cancer Institute at St. John's Hospital. Further information may be obtained from LAVAC President George Simon at 818/784-0496.

Bob's positive, happy outlook and strong competitive spirit will be greatly missed by all who had the good fortune to know him.
Afflictions After 40

In his book, *Symptoms After 40*, Kenneth Anderson identifies several hundred afflictions, conditions, diseases, signs, and symptoms more likely to be found in those over 40 than those under. They range from abdominal hernia through Kimmelstiel-Wilson disease to Zollinger-Ellison syndrome. However, Anderson's research failed to turn up any of the afflictions I identified in this publication back in 1981, not to mention a couple of others I have since identified.

Some of the disorders encountered in my exhaustive research are common to all runners, but most seem to be found more often in older runners. I'll admit to having suffered at one time or another from at least a few.

Since my initial research, I have been able to better identify some of the symptoms of the disorders. Here is my updated list:

**Jockmania:** This is a common ailment affecting first-time marathon finishers. It doesn't matter how slow his time was, the individual wears his finisher's T-shirt to the office and holiday season parties, expecting recognition as the ultimate athlete. He has his finish-line photograph blown up to poster size and displayed in his living room or in his office so that all can see and give acclaim. He might even have the finish-line photo made into a Christmas card.

**Varsity-Letter Syndrome:** This is a more advanced form of Jockmania and is quite common among masters athletes. The person afflicted with this has graduated from the T-shirt stage and now wears the most fashionable sweats and running shoes wherever he goes. He sews numerous patches to his jacket and perhaps even drapes a few medals from it. He sets aside a special room in his house to display his trophies and medals.

**Ultra-Sophisticated Elitism:** Found most often in the upper echelons of the sport, this malady results from the person's need to be identified as "more than just a runner," even though his life is built around running. He avoids running parties, but makes an appearance when his sponsor insists upon it. He prefers not to associate with those runners clearly suffering from Jockmania or Varsity-Letter Syndrome and wouldn't be caught dead wearing a finisher's T-shirt.

This person rarely sticks around to pick up his award. In an attempt to humanize himself, he boasts of his beer-drinking prowess and his junk food preferences ("Wow, how good would this guy be if he took his training seriously?" is the desired reaction). Stories about him usually begin: "There is nothing in his home — no trophies, medals, or other memorabilia — to identify him as a great runner."

**Born-Again Anaemia:** This problem is most often found among older runners who, after years of smoking, drinking, and gluttonizing, achieve some kind of immortality as a result of finishing a race. It becomes their mission in life to convert all their friends and associates to this new way of life. They fast to quicken with others and they are instant experts on training and racing.

**Record Colitis:** A product of the age-class record book, this affliction is another very common among masters athletes. The person who suffers from this is more concerned with seeing his name in the record book than with the quality of the record. No matter that her age-57 record is two minutes slower than the age-59 record; it's an American record nonetheless.

**Plodder's Syndrome:** This is common among hometown heroes when some big guns from out-of-town show up. Instead of winning the local race as usual, or a least finishing in the top three, the hometown flash is made to look like just another plodder. Her friends ask her what happened to her, even though she set a personal record in the race. She replies that she was bothered by a leg injury and wasn't able to properly prepare for the race. This is sometimes referred to as "Big Fish in a Little Pond Syndrome."

**Middle-of-the-pack Marxism:** Runners who reach a plateau below the awards level are sometimes hit with this disorder. They demand greater distribution of awards, insisting that even though they train only half as hard as the winners they try just as hard in the race and therefore deserve equal reward and recognition.

**Methuselahosis:** This disorder is found only in those over 40. Because the gains from adaptation during the first five to seven years of running usually run ahead of the losses to aging, this individual becomes convinced that he has defied Father Time. He sees no end to his improvement. If he running 37 minutes for 10K at 45, he expects to run 32 minutes by the time he reaches 70. It's all in the positive attitude. If you believe you can do it, you can do it, or rather you can think you can do it.

"Are there any normal runners around?"

The truth, as I see it, is that all runners, especially those in the masters arena, are simply normal abnormal. **•**

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Tony DuPont, 51, of Bristol, New Hampshire, is the first to cross the finish line in the Ultramarathon de Panama, a 50.4-mile race across the North American continent — from the Atlantic Ocean to the Pacific Ocean — on Sept. 5-6. DuPont, running with a two-hour head start on the official winner, captured the M50-59 age division with a time of 8:17:31, under humid and otherwise adverse conditions.

Photo by Mike Tymn

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**No. California Meet**

Continued from page 1

... and all shot putters with a 38-4 (96.0%).

The John Satti award of $25 was inaugurated for the winning M75 long jump and won to Bob Boucke, 79, for his 2.12.

Hammer throwers went on an age-record rampage, with U.S. records going to Richard Hotchkiss, 53 (48.94), and James York, 79 (25.62), and a world record to Stew Thomson, 39 (40.62).

Jim Johnson, who also staged the Western Regional Championships in July, was the meet director, with assistance from club president Don Rose and his family, and Ed Miller, and Mark Grubi. **•**

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**Weather That's Not Too Hot, Not Too Cold!**

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Elite athletes: contact Larry Frederick, 704/358-0713, c/o Fleet Feet, 1412 E. Blvd., Charlotte, NC 28203.
As one of many who participated in the National Weight Pentathlon, I would like to compliment George Mathews and Ken Weinbel for doing an excellent job. This meet was very well organized, had excellent officials, and had a great social function and fine meal afterwards.

Bob Sager
Belgrade, Montana

AGE-GRADED TABLES
Derek Turnbull, 65, exceeded the 100% age-graded level four times this year, which should draw attention to the fundamental flaws in the WAVA age-graded tables.

The standards are based on the records achieved in previous years. Where those records were soft (e.g. the old M65 5000 and 10,000 marks of 17:43 and 36:03), Turnbull's 16:38 and 34:42 meant age-graded efforts of 102.0% and 101.7%, respectively.

Since age-graded tables are being used to award cash prizes (e.g. Twin Cities Marathon), it would be fairer to round off the figures to the nearest five-percentile points and divide the money equally in case of a tie.

Max Jones
West Yorkshire, England

ATHLETE OF THE MONTH
After setting four U.S. records in a single month (800, 1500, 5000, and 10,000), Shirley Matson of Morega, Calif., must be wondering what the future holds.

I’m curious myself. What more could a competitor do in a single month? Perhaps the judgment of whoever makes the selection was clouded by a little Sorothebante between the ears.

Jim Goodnik
Oakland, California
(Matson was a strong contender for the honor. It went to Stan Whitley because he had better age-graded marks than Matson, and because he set three world M65 records the previous month. — Ed.)

JOLTING WORKOUTS
The 7.6 and 6.4 earthquakes that hit our area in July had a profound, short-term effect on me.

In recent years, I have trained every day in order to maintain an 80% result-level in the short dashes and the horizontal jumps.

Three hours after the 7.6 jolt, I worked out and had a tired feeling and poor results. Minutes after I finished, the second jolt came, and after-shocks continued.

Just before my next workout two days later, there was a 5.5 jolt. At the workout, I performed at a level which I would rate about 100%. It was a fast way to get into shape for peak performances.

This jumpy-jumper effect continued for three more workouts before wearing off.

Joe Caruso
Palm Springs, California

SUGGESTIONS
With a new track year coming soon, here are some more or less brilliant suggestions to those who organize our track meets.

1) Include a 50-or 60-meter sprint. It makes a nice added event for sprinters.
2) Eliminate the "No false start rule." After all we are human, and we traveled a long distance.
3) Take a reasonable approach to pre-registering relay teams. What club knows ahead how many it can field in any one age group?
4) Keep Saturday as the basic day for meets.

Finally a word of thanks for all your planning and good work. We appreciate it.

Clarence Kilson
Sanger, California

CHISHOLM'S LAWS
When I submitted Chisholm's Laws of Running, which you published in April, I neglected to include numbers 13-15.

Number 13: Warm weather races starting later than 8 a.m. are set for reasons other than runners' concerns (late-rising politicians/celebrities, media coverage, etc.).

Number 14: Concerning the best time to run — no one (at home or work) misses you at dawn.

Number 15: Race Directors who feel that age-group winners prefer trophies should take the acid test — offer a choice between trophies and gift certificates!

Herb Chisholm
Alexandria, Virginia

RENAoled MEET
The Minnesota Masters Early Morning "R" Track and Field Meet has added the "Senior Olympics" title to its name. We're now into our 13th year and are looking forward to many more.

Thanks to NMM, countless others can share the results of our efforts. Look for the new MMSO track entry form in the December issue.

Rachel Lyga
Minneapolis, Minnesota

THANK YOU
I'd like to offer a belated thanks to Jim Pearce and his staff for handling the National Indoor Championships, and to Haig Bohigian and his staff for putting on a first-class Eastern Outdoor Regional Championships. Without the inclusion of professional officials, we would not be able to experience the joy of competition.

Barry Kline
Washington, Pennsylvania

Sri Chinmoy set a personal best 13.7 in the M60 100 in the Sri Chinmoy Masters Games, New York, July 11

Sri Chinmoy
by DAVE POWELL

Another perfect day in Southern California greeted the participants of the 5th annual Sri Chinmoy Masters Games at CSU-Long Beach on September 20. Athletes from as far away as Colorado participated in this year's event. This was a new venue and allowed a 2000m steeplechase.

Edith Mendiya, 81, took home a string of W80 records in the long jump (AR 1.57), shot put (AR 5.48), discus (WR 21.96), and javelin (AR 14.64). More than ten of the athletes had a faster time here in the running events than at the Nationals in Spokane.

Sri Chinmoy, an internationally-known peace ambassador, is planning to attend next year's meet in Long Beach, September 12. The founder of the Sri Chinmoy Marathon Team, which organizes race events worldwide, tries through his own example to "inspire others to transcend their own limits" and "never give up." He was recently honored by the Canadian Niagara Falls Parks Commission, which named Niagara Falls the "Sri Chinmoy International Peace Falls."

Our thanks for the success of the meet go not only to all the competitors but also to Andy Sythe, head track coach at Long Beach, who has been most supportive and helpful, and to Marvin Thompson, our faithful starter, as well as to everybody else — too numerous to mention — who kindly assisted us whenever needed.

Eastern Regional Championships
by HAIG BOHIGIAN

The Eastern Regional Masters T&F Championships were held at Randall's Island, NYC, August 1, with 166 athletes competing. The NY Masters won the overall team title with 193 points, and also captured the 50-59 team title with 120, but lost the 60+ title to the Philadelphia Masters, 66 to 73. The Garden State AC took the 30-39 and 40-49 titles.

Two men won four events: Ed Lukens, 70, HH, LJ, JT, and TT; and Claude Hills, 80, 100, TT, PV, and HJ. Triple winners were Cliff Pauling, 57, 200, 400, and 800; Barry Kline, 52, both hurdles and HJ; and Herb Cantor, 67, SP, DT, and JT.

Twelve men were double winners. Among them were Ken Brinker, 45, with a 15.72 in the HH and 52.42 in the 400, and Joe Johnson, 47, with an 11.84 (100 and 23.59 for 200). Gary Null, 47, turned in a fine 24:21.83 in the 5000 racewalk.

Libby Hagemann, 71, won the LJ, SP, DT, HT, WT, and JT. Irene Thompson, 38, won the 100, 400, HH, SP, and JT. Roslyn Katz, 50, Barbara Stewart, 50, and Lorraine Tucker, 45, each won four events.

The success of the meet can be shared by the 33 TAC officials and volunteers who helped conduct the meet. The use of fully automatic timing by Northeast Timing was crucial.

The meet was co-sponsored by the NY Masters and Valian Associates after it became clear that the scheduled host, the Potomac Valley Seniors, could not host it before the Nationals in mid-August. A special thanks to Beatrice Kelly, president of the NY Masters and members Arthur Bradley and Bill Benson.
Age-Graded Scoring

Most masters runners, particularly those who have competed for many years, have seen their pace slow. Although we know intellectually that slowing occurs with the changes in our physiology as we age, it can still be difficult to accept. What we need is a way to measure our present performance against a standard that takes into account the inevitable slowing. The recent introduction of age-graded scoring tables now enables us to do exactly that.

A set of tables of "standard" times has been published for all the major racing distances for men and women starting at age 30 for each single age up to age 90. These standards correspond approximately to world record times for a person for that age and sex at that distance. Your age-graded score is obtained by dividing the standard time by your actual time and converting the result to a percentage. Before dividing, both your time and the standard time must be converted to a common time unit, typically expressing minutes and seconds as minutes with a decimal point. For example, the standard for 52-year-old males for 8K is 24:35. If his actual 8K time is 31:20, his age-graded score is 24.58/31:33 = 78.4%.

The following classification of age-graded scores is often used:
- 90%+ = World Class
- 80-89% = National Class
- 70-79% = Regional Class
- 60-69% = Local Class

Your age-graded score can be used in numerous interesting ways. One use is to compare present times with times you achieved in the past. For example, my own best 10K time of 36:12 occurred at age 39. My best 10K time is 31:20, his age-graded score is 24.58/31:33 = 78.4%.

Another use of age-graded scores that is coming into more common practice is to base masters race awards on age-graded performances. The masters athlete with the highest age-graded score receives the first place masters award, the second highest age-graded score receives the second place award and so on. Even when race awards aren't based on age-graded scores, it still enables race officials to acknowledge strong performances of older athletes. For example, in the 1992 running of our Fifty Plus 8K race, John Keston, age 67, finished 15th overall but recorded the best age-graded performance of the day, an outstanding 94.85%.

Age-Graded Medalists At Nationals

by PHIL MULKEY, TAC Masters Southeast Regional Co-Coordinator

Once again, I've taken on the project (see page 9) of age-grading the National Masters Track and Field Championships meet, held in Spokane in August, 1992. The primary purpose of this examination is to find the medalists if we were all competing on a level playing field; if we were in our prime. To this end, I have age-graded the entire meet on a single-age level to show total equity. What could be fairer?

Such a mythical meet gives our truly outstanding performers a platform to show how well they are actually doing. Certainly the superstars stand out as expected. But what about some of the other folks? Maybe some names you had never heard of before also stand out.

There is a by-product to this project that reflects on the authenticity of the age-grading system, itself. In past meets, we've found the grading to be slanted in favor of the sprinters and hurdlers, followed in order by the runners, jumpers, throwers, walkers and multi-eventers. This meet confirms that bias, and should hopefully influence the revision of the tables currently being done by WAVAY.

The ultimate problem I have in accepting such age-graded performances is that they seem too generous. Almost without exception, all the medalists performed beyond anything they had done when they were in their prime. This is not to say that some are not working harder now than ever before, and, as a result, are able to perform in a superior manner. Still, I personally Led 24-4½ in the 1960 Olympic Trials, and yet was credited with nearly a foot farther (25-3½) at the Spokane meet. I question if I have gained that kind of skill with the amount of work I'm putting in.

This is not an effort to defame our age-graded tables. A lot of hard work went on in many corners of the world to come up with those tables. We had to start somewhere. It now appears that with all the actual empirical data gained that perhaps some adjustments are due.

Stan Whiteley won three firsts (100, 200, LJ) with a silver in the 400 to easily lead all male performers. Ray Funkhouser (5K, 20K) and Tom Gage (SP, HT) each won two championships. Al Funk (10K, 5K) and Dan Bulkley (SC, LJ) each took a gold and silver.

The distaff side of the meet saw Phil Raschker winning five events (200, SH, PV, LJ, PEN) plus three bronze medals. Shirley Matson took four golds and four of the top five percentages. Grace Apiasi was the only other double-gold winner.
1992 NATIONAL TAC Masters Track & Field Championships

100 meters
10.23, STAN WHITNEY (46) CA 96.3%
10.30, Payton Jordan (75) CA 95.3%
10.32, Bill Collins (41) TX 94.4%

200 meters
20.85, STAN WHITNEY (46) CA 97.0%
20.92, Bill Collins (41) TX 98.3%
21.04, Paul Eden (51) NE 98.5%

400 meters
44.00, FEIO DOWNEY (43) NV 97.9%
44.01, STAN WHITNEY (46) CA 97.7%
44.48, James King (47) CA 97.9%

800 meters
1:34.87, DON PARKER (49) CA 97.6%
1:36.16, Ralph Miller (60) OH 98.0%
1:36.48, Larry Almayo (63) WA 95.1%

1500 meters
3:38.79, JAMES BRENNAN (68) IL 97.6%
3:39.32, Jimoxton (42) MT 92.0%
3:41.07, James Hatcher (47) MT 91.5%

5000 meters
13:38.78, LARRY ALBRECHT (65) WA 95.4%
13:40.32, Jim Dulin (70) OH 97.6%
13:41.85, Earl Heffernan (51) OR 92.2%

10000 meters
30:00.00, JAY VINCENT (40) NV 93.1%
30:07.96, John Keating (67) CA 92.4%
30:15.07, Mike Defmann (51) CA 95.8%

3:04.20, ALFRED FUNK (78) OH 93.5%
3:08.39, John Feast (57) OH 92.9%
3:15.79, Mike Deffmann (51) CA 95.8%

100 hurdles
11.26, WALT WOLFE (51) CA 97.2%
11.33, Hugh Adamo (52) CA 97.0%
11.57, Ellis Mavor (55) NE 95.7%

400 hurdles
48.31, JAMES KING (47) CA 97.4%
49.25, Dan Holley (75) CA 98.5%
49.14, Bob Cassell (60) NY 98.8%

800 meters hurdles
1:51.14, DM HULSKY (72) WI 92.7%
1:53.72, Jerry Breyer (52) CA 97.7%
1:53.97, Jim Smith (71) OH 96.7%

1 mile walk
21:20.75, RAY FUNKHouser (41) NJ 92.8%
21:23.82, Jack Nry (55) CA 96.0%
21:25.43, Max Green (66) MI 97.9%

2000 meters walk
2:00.66, RAY FUNKHouser (41) NJ 87.7%
2:01.28, Max Green (66) MI 97.9%
2:02.06, Robert Nim (47) CA 82.0%

High Jump
185.64, CHARLES RADER (44) CA 92.3%
188.23, FEIO DOWNEY (43) NV 96.4%
192.10, Dan Dallm (73) CA 97.0%

Pole Vault
14.00, ED LIPSCOM (41) CA 94.4%
V 16.00, Stve Harrison (42) CA 90.7%
17.22, Ed Gileata (55) CA 80.3%

Long Jump
25.16, STAN WHITNEY (46) CA 91.7%
25.16, Phil Hetrick (58) CA 91.7%
25.06, James Stockey (62) MI 96.9%

Triple Jump
47.63, RAY VINCENT (46) CA 92.7%
191.70, Harold Koon (59) CA 97.4%
40.63, RAY VINCENT (46) CA 92.7%

Tennis (UI, SJ, ST, LJ, 800)

Discus
168.41, GLENN GEPHART (35) CA 76.1%
168.41, GLENN GEPHART (35) CA 76.1%
168.41, GLENN GEPHART (35) CA 76.1%

TOP TEN PERCENTAGES (Males)
109.0, Payton Jordan (75) CA 89.0%
109.0, Payton Jordan (75) CA 89.0%
109.0, Payton Jordan (75) CA 89.0%

TOP TEN PERCENTAGES (Females)
109.0, Payton Jordan (75) CA 89.0%
109.0, Payton Jordan (75) CA 89.0%
109.0, Payton Jordan (75) CA 89.0%

DEADLINE
NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising is the 10th of the month of the issue. Send to National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

1. DISPLAY ADVERTISING RATES

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2. FREQUENCY DISCOUNTS (1-year period)

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- c. Negative ok. No mats, cuts or plates
- d. Three colors add $30
- e. Screen: 45 lines per inch

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- The 10th of the month before due date of issue.
- CIRCULATION October 1990

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Gentry First in Stadium 10K

by HANK KIESEL

The Bud Light Stadium 10K is not an age-graded event in the usual sense. Each runner is given a starting time handicap based on the 1991 TAC/USA individual age/sex records for 10K. The advantage of the handicap is that each runner has a chance to cross the finish line first no matter the age or sex. That's why the Stadium 10K, hosted by the St. Louis TC, is traditionally the most exciting run in St. Louis.

The excitement for the 14th annual race, September 6, was provided by two masters runners. Jack Gentry, 64, Rogers, Ark., finished first in 29:46 (actual time 39:46); and Leon Fennell, 60, St. Louis, took second in 30:25 (38:25). Gentry ended Fennell's three-year reign as the Stadium Run champion.

Terry Mahr, 43, Oregon, Ohio, 31:09 (38:09) and Marty Cooksey, 38, Chesterfield, Mo., 31:20 (37:20) were sixth and seventh women overall. Approximately 1700 runners participated, with awards to the first 150 finishers. Every runner received a T-shirt and a free general admission ticket for the Cardinals-Giants baseball game following the run.

Minneapolis Masters 15K

by JACK MORAN

The Minnesota Masters 15K Championships in Edina, September 20, saw its closest finish since 1981, when Dan Conway nosed out Paul Noreen by five seconds. John Emmons, 46, was expecting Jim Pelarske, 41, to do his "usual kamikaze thing" and blast off from the start, which would have been helped by the short downhill in the first half mile.

Instead, Pelarske, who had been beaten by Emmons twice in recent months, decided to be a little cautious. Emmons, who was watching Pelarske, suddenly realized that the other runners were watching him. They crept along at 5:30 pace through halfway, half mile, when Barney Klecker, 41, just getting back into racing form, decided that he'd had enough and took off, with Emmons, Pelarske, and Doug Sucker, 41, in pursuit.

They caught him at the 1.5-mile turnaround, with Emmons and Sucker taking the lead and Pelarske following. They went through 5K in 16:38. "I felt sluggish until about the four-mile mark," Pelarske said. "Then I started to feel better and took off." After the seven-mile mark, he started throwing in some surges and maintained the lead he picked up on the downhill to win in 50:10, followed by Emmons (50:30), Sucker (50:36), and Klecker (52:51).

Gloria Jansen, 45, was aiming at a 63:00 and for a white run with Carol Kitzke, 45, who had beaten her in a 25K the week before, but Jansen decided the pace was too slow and picked it up, going through the 5K in 21 flat and winning in a personal best 62:44. "I knew I had reached a new level this year," she said, "when I ran a 1:30 PB at Bruegger's, and felt I could have gone even faster.

Besides the regular five-year age-group awards, the Masters 15K also gives awards in "Novice" divisions to runners who have never won their age-group in any race ever. Thanks to Blue Cross and Blue Shield of Minnesota, who have now been sponsoring the race for ten years, and to Q Cumbers, who are in their third year of sponsorship.

Cliff Climbers Scramble at Sea Cliff 5K

by MAURY DEAN

Job Lupski, M40 (17:41), and Jackie Gow, W40 (21:03), dashed up Long Island's toughest cliff to haul in the heaviest masters hardware in the Sea Cliff 5K, September 5. Easy rolling hills lull the 818-strong stampeded through the first mission-bedocked shady mile. Suddenly you're alone with Isaac Newton and gravity as you fall over a deep dark drop into a vine-tangled hollow at the bottom of a grand suburban canyon. Thundering at sub-five pace, you know full well you'll soon pay the price for your rocket afterburners. You're dealing with nasty thoughts about hiking — not running — up the endless uphill.

We were blessed with cool and muggy weather — an oddity for Labor Day. The quad-power triathletes thrived on the grueling uphills. The fladland panickers suffered the most. Despite the terrain, some noble races were run and won.

Take John McManus, for instance. The 68-year-old blasted a 20:40, besting L.I.'s other 65+ star Bert Jablon by two minutes (22:42). Or Nancy Fraser, blessed with a five-year-old (35), won third master in a supersonic 23:59 (W40-44 Marilyn Bays won silver in 23:11).

Masters athletes kept up with other age groups at Sea Cliff. Fifty-nine-year-old race director Jack Williams, who puts this race on to help severely disabled kids at the Sea Cliff Hospital, was astounded to note that masters times shaded open age-group divisions, and like so many current race directors, he featured the silver-haired champs first, so the kids could see what they had to look forward to.

When I was a kid in the '50s, the only time I'd see men run was to first base. I never thought I'd see the day when the race winners were nudging the half-century mark. Tom Derringer is "Quantum Leap" article in the October 1992 Runner's World chronicles his astounding story — at 42, he goes back and makes his college cross-country team. Whereas, football stars are put out to pasture at 32, and baseball tolls the knell of retirement at 38, and hockey or basketball 35, we hang-in-there harriers keep on running and running and running.
Romain Sets Record in Downpour

by JERRY WOJCIC

Ralph Romain, 60, of Trinidad and Tobago, didn’t let a pouring rain that moved the high jump indoors deter him from a world record at the Potomac Valley Games in Alexandria, Va., on September 6. Romain, who holds the M55-59 world record at 5.26, broke the M60-64 record for the 400 with a hand-timed 54.6. Jack Greenwood held the record of 57.64, made when he was 63 in 1989.

In other events, Denver Smith, 66, broke the 52-second barrier for the 300H with a 51.8. Gordon Bobell, 56, conquered a wet ring to lead all hammer throwers with a 144-6.

Contestants in the judged 3000 racewalk were paced by Alan Price (45, 15:05:1) and Judy Goldston (43, 17:31:3).

The meet was preceded by a series of Potomac Valley Senior development meets, which started in early May.

14th TAC Convention Set for Louisville

The 14th Annual National Convention of The Athletics Congress, the national governing body for Athletics in the USA, will be held in Louisville, Ky., on December 1-5.

Everyone is invited to attend. TAC needs the active participation of athletes, race and meet directors, and anyone interested in the governing of track and field, road running and race walking to help develop and promote our sport.

Masters are a vital link in TAC’s program. Both the Masters Track and Field and Masters Long Distance Running Committees will meet daily to discuss rule changes, sites for future championships, awards, and more.

All meetings will be held at the headquarters hotel: the Galt House (800) 626-1814 in Louisville. Prior to November 9, the room rates are $59 single, $69 double, $79 triple.

TAC’s name will likely be changed at the convention. Leading candidates are “U.S. Track and Field Federation” and “USA Track & Field.”

The 1993 National Masters LDR Championships have already been awarded for the 8K, 8K X-C, 10K, half-marathon, marathon and 50 miles. The Masters LDR Committee will consider bids on other standard distances. For more info, contact Kirk Randall (address on page 2).

TAC Executive Director Ollan Cassell, who has long been under fire, was given a vote of confidence by the TAC Executive Committee in September and is expected to be retained as Director for another term by TAC’s Board of Directors in Louisville.

For more info on the Convention, call TAC at (317) 261-0500.

Rankings Update

Please send decathlon, heptathlon, and regular pentathlon marks (single event and totals) which have not appeared in the NMN to Rex Harvey, 2662 Euclid Heights Blvd., Cleveland Heights, OH 44106.

Corrections for all 1992 indoor rankings will be published in the December issue.

24th DARTMOUTH RELAYS

Friday, January 8, 1993

Leverone Field House

Hanover, New Hampshire

Masters Track and Field

Sponsored By NIKE

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Men and Women Age 30-79

Prizes - Glass Mugs

Events - Sprints Hurdles

Middle Distance - Distance

Shotput Wt. Throw

High Jump Long Jump

Pole Vault Triple Jump

For further information call or write Carl Walling, Head Track Coach, Dartmouth College, Alumni Gym, Hanover, NH 03755. 603/646-2848 646-2540 646-2571 646-3570
Achilles’ Paratendinitis

Q. I’m a fifty-two-year-old male sprinter. During a high-speed workout a few months ago, I felt a pain in my left Achilles’ tendon area. I stopped training for two weeks, then began again with slow jogging which I was able to tolerate well. However, when I tried an easy sprint, the pain came back. I have developed a small lump on the side of the tendon, and the pain has decreased to a point where I can now do light sprinting. Can I steadily increase my training level? Can you recommend any treatment that might help me?

A. What you have developed is an Achilles’ paratendinitis. The Achilles’ itself has no synovial sheath, and the inflammation you describe is in the soft, connective tissue known as the paratenon. Inflammation of the paratendinous tissue can cause pain and swelling in the back of the Achilles. The tendon can also become thickened in that area, with a “creaking” sound when it moves. It may also become thickened in that area, with a “creaking” sound when it moves. You may have remembered that as you age, the circulation in the affected tendon decreases and it takes much longer to heal. Apply moist heat to the back of the tendon for 20 minutes a day.

Using a heavy-duty training shoe with a 1/8-inch heel lift will help reduce stress on the tendon. Once the pain subsides, start off your training routine with some easy jogging, preceded by a half-mile walk to loosen up the tendon. Ice down the afflicted area for five minutes after each workout session.

Achilles’ paratendinitis is an injury that you must take care of in the proper manner, or it will tear again and cause even more problems. The nodule or “bump” that you describe may remain for quite a while; if it isn’t tender to the touch, I wouldn’t worry about it. Gradually increase your running level as long as you are pain free.

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California.)

Nike Capital Challenge

Calling a time out from monitoring the serious issue debate between Vice-President Dan Quayle and Murphy Brown, official Washington gathered in East Potomac Park on September 17 for the 12th running of the Nike Capital Challenge three mile. Over 600 runners on 140 teams took part. Among the entrants were over 40 members of Congress, a dozen Federal Judges, several White House teams decked out in special uniforms with team names like Tipper’s Taboo and Hilary Too and Spotted Towels (Endangered Cleatsies). NASA fielded two teams one led by its top official, Administrator Daniel Goldin, and the other by Astronaut Charles Bolden. Bush Campaign co-chair, Representative Vin Weber (R-MN) followed his team, The inVINcibles, to victory in the House Division.

Joining in the fun was official “whistle blower” and starter, Olympian Patissie Plumer, who jumped in at the back of the pack after getting the field underway. Teams had to be captained by a U.S. Senator, Representative, Cabinet Member, or Sub-Cabinet presidential appointee, Federal Judge, or a Media person. A captain in this event is not an honorary position, as each VIP had to finish the course for their team to count.

Regrettably, in the highly sought after and prestigious Best and Worst team name categories was intense. The IRS’s team “No Pain No Capital Gain” best honors and “SNL’s” in the Court,” Federal Court of Appeals Judge Glenn Archer Jr.’s entry, took the Worst title. Second best team name was “Way off the Record” captured by USA Today sportswriter Dick Patric, which nipped “Tipper’s Taboo and Hilary Too”, a White House entry.

As always, the race had a festive air with a fire and drum band entertaining runners at the start and finish. Two race officials dressed as a Donkey and Elephant “worked” the race crowd. Political signs lined the start area with slogans like “When He Runs, Does Bill Clinton Inhalate?” “If Ross Perot called a press conference in the forest, would the trees listen?”, “Jim Baker has come back more times than Elvis”, and “Thanks for the Memories—Mike Brinker, 45, in the 200, 23.1 to 23.2 Johnson also won the M45 100 (11.65) and LJ (5.74m).

Bob Bowen recorded a nice M40 triple, wining the 100 (11.83), 200 (23.6) and 400 (54.4). M70 standout Ed Mathews took his age division in the 100 (14.3) and 200 (29.4), Alabama invader Gordon Seifert, 64, high jumped 4-10 and ran the 400 in 1:04.3. Puerto Rican Gilbert Gonzalez, 79, turned in a 3:23.2.

Lousie Clark took the W35 sprint at 12.93, 26.8, and 1:04.1, while Marcia Hulse topped the W35s in 13.20 and 27.2. Jennifer Pinto, W40, turned in a 1:36.60, 27.9 and 1:04.7 400.

Colon Shines in Don Harris Memorial

by PETER TAYLOR

Francisco Colon, 76, of Utuado, P.R., was one of the top performers in the Philadelphia Masters Don Harris Memorial Track Classic, held August 30 in Wynnewood, Pa. The meet, which commemorates the longtime Philadelphia Masters competitor and good-will ambassador who passed away in June 1988, was conducted at Lower Merion H.S. under perfect weather conditions.

Colon won six events — the 100 (14.66), HJ (4.0), JT (33.84m), DT (27.78m), SP (9.78m), and the LJ (3.81m) — to top all masters in his age division. Joe Johnson, 47, downed Ken

Ten Years Ago

- Mike Manley, M40, Runs a 2:17:32 in the Beijing, China Marathon
- The San Diego Track Club Sets U.S. Masters 100 Mile Relay Record
- Ken Prior (41, 54:06.6) and Laurie Binder (W35, 55:21.5) Capture Masters Titles in Bob by Crim 10-Miler
- A New U.S. M60 Half-Marathon Mark of 1:21:19 is Set by Jack Start, 61

Rufus King III, winner (18.50) in the Judges-Men category, Nike Capital Challenge 3 Mile, Washington, D.C., September 17

Photo by Bill Fitz-Patrick

Representative Mike Synar (D-Okl), fastest congressional (20:03), Nike Capital Challenge 3 Mile, Washington, D.C., September 17

Photo by Bill Fitz-Patrick

Dukakis.” Post race the runners sipped Perrier and munched on fruit and chocolate croissants.

Oklahoma Democratic Representative Mike Synar, fresh from a tough primary win, ran to victory (20:03) in his division and was the fastest legislator. Senator Max Baucus (D-MT) won his tenth title (20:18) as fastest Senator, while Representative Susan Molinari (R-NY) was first woman Representative (26:37). Former presidential candidate Senator Bob Kerrey was the second Senator, running a swift 22:09. Kerrey of Nebraska led an elite Navy SEAL Team in combat in Vietnam until he was severely wounded, forcing the amputation of his right leg below the knee. With the use of a prosthesis, Kerrey is able to run quite well. The U.S. Department of Agriculture’s “USDA Full of Crop” team led by General Counsel.
Capital Challenge

Continued from page 12

Alan Raul again won honors as the fittest team in Washington.

The Nike Capital Challenge highlights the ability of many of the nation's busiest leaders to stay fit, and raised $7000 for the District of Columbia Special Olympics. Challenge sponsor, Nike, donated $2500 in the names of the winners as well as paying all race expenses. All entry fees went to the District of Columbia Special Olympics.

—from Jeff Dorman

Statement of Ownership Management and Circulation


I certify that the statements made by me above are correct and complete: Al Sheehan, Publisher.
North American Racewalking Championships

Recently, I received a letter inquiring how various racewalking events are designated as official "North American" championships. Because this subject is of great importance and interest to the entire racewalking community, I present the letter in its entirety and the response of Bob Fine, North American Racewalking Chairman:

I read with interest in the July issue of NMN the results of the North American 10K Championships in Van Nuys Calif.; on June 7. This set me to thinking that, despite the fact that I am most active in racewalking in Canada and belong to the Canadian Masters Athletic Association, the Ontario Masters of the North American 10K Racewalking Championships prior to reading the results. So I began to check.

A look back through your paper as far as January revealed that this competition had not once appeared in the "Future Events" listings. Then I checked with the editors of the three publications of the organizations to which I belong as well as with the National Masters News, I had never heard of the North American 10K Racewalking Championships prior to reading the results. So I began to check.

I am the North American Racewalking Chairperson. Each year I send out application forms to all the racewalking clubs and activists I know of, seeking their sponsorship of various North American Racewalking Championships.

I send $5.00 plus $1.25 postage and handling ($5.00 foreign) to:

NATIONAL MASTERS NEWS
P.O. BOX 2372
Van Nuys, CA 91404

Send $5.00 plus $1.25 postage and handling ($5.00 foreign) to:

Name ____________________________
Address ____________________________
City __________________ State ________ Zip ________

People are not falling all over each other to sponsor these events. I usually award the various events (3,5,8,10,15, 20K) on a first-bid basis. Each meet director is responsible for publicity. I advise the National Masters News about the events.

These events are, in effect, sanctioned by WAVA. (I was given the authority to issue such sanctions by David Pain, former North American Chairman.)

The only Canadian group I know which is involved in racewalking is the Burlington Runners. They have never responded to my inquiries.

If you, or any group you're associated with, would be interested in hosting any of these events, please contact me. I will be more than happy to place you on my mailing list and would give preference to a Canadian sponsor.

I look forward to working with you in better publicizing these events.

Bob Fine
3250 Lakeview Blvd.
Delray Beach, FL 33445
(The dates of the North American Championships are available in the Ohio Race Walker and the Southern California Racewalking News, — EW.)

(The Van Nuys meet notice may have been lost in the mail, because NMN publishes advance notice of all Association, Regional, National and WAVA racewalkers that we know of. It's our opinion that no event should bear the title "WAVA North American Championships" unless it is a major, well-promoted, well-attended, well-organized event. Assigning North American Championship status to several small racewalking events each year dilutes the prestige of the name "WAVA North American Championships." Unless a group is willing to devote considerable resources to sponsor a major racewalk, perhaps Championship status should be limited to the racewalks held at the biennial North American Track & Field Championships. This is a matter for the WAVA North American Regional Council. — Al Sheahen, NMN Editor.)

Racewalking Pros and Cons

Correspondence continues to come in regarding masters judging. The following suggestions are from an 84-year-old racewalker from South Africa.

JUDGING

I think a study should be made by a panel of orthopedic doctors and racewalk judges to discover whether people suffering from leg-stiffness and arthritic bent knees really gain an unfair advantage. This is the crux of the matter.

One solution to the "bent-leg" problem among the older competitors, who in the opinion of the judges should be DQed, is to allow the walker to complete the course and thus not suffer the ignominy of being hauled off. Further, he should be given his official time, but he should not receive a medal even if he finishes in the first three. At least it would give the walker the consolation of completing the race, which is a great consideration for some walkers.

Many competitors have to travel great distances at considerable expense to compete in the masters international races. To be DQed and not allowed to finish the race seems excessive. For example: In 1989 at the National Masters TAC Championships in San Diego, there were two others besides myself who were DQed: Francis Scully of Australia and Peter Taitre of New Zealand, both of whom travelled 8000 miles to reach San Diego.

For all my moans about DQs, I have one piece of good news — the doctors assure me that after my knee joint replacement, my left leg should only be at the most two degrees short of straight, instead of the ten degrees prior to the operation! However, post-op, my stride length has decreased from 108 cm to 84 cm, a loss of about 9 inches. My strides per minute have fallen from 145/150 down to 120.

Both of these factors are no doubt due to the fact that the knee has not yet regained its former condition; fact it is still warm to the touch. My doctors have told me that I must not exercise at more than a brisk walk until such time that the swelling has completely subsided. This has been going on for six months and is most distressing.

There is one critical factor for us in South Africa. Before we can go to Japan we have to be accepted by the IAAF. On page 21 of the July NMN it was reported that the IAAF has provisionally accepted South Africa, but this has to be ratified at the IAAF Congress next year in Stuttgart.
North American Region Reorganized

by REX HARVEY, NCCWAVA President

Significant changes were made to what was formerly called the North American Region of WAVA in Jalapa, Mexico, the site of this year’s North American Championships August 19-23.

Masters Organization

For those new to, or unfamiliar with, the overall organization of our sport, here is a little snapshot of the regional organization.

WAVA North American Championships. The old Constitution was completely dropped and an entirely new Constitution adopted. The new Constitution was drafted by Brian Oxley, circulated for comments, then modified first by the Executive Committee and finally by the General Assembly. There was a lot of work by many people to create the resulting Constitution and many compromises were made as the document was closely debated, point by point.

In the new Constitution, the name was changed to more accurately reflect the actual membership in the organization. Our regional organization will now be known as the North and Central American and Caribbean Regional Association of WAVA, or NCCWAVA for short.

Its basic organization encourages action in behalf of the athlete, not in behalf of the bureaucracy. It contains many checks and balances that were lacking before. It should serve us well as we move ahead developing masters track and field in our geographical area of the world. Anyone interested in the actual text of the Constitution can contact me or any of the NCCWAVA officers for a copy.

The by-laws are being developed for the new Constitution and I will report when they are finished.

As President, I have exercised the option of also serving as the Regional Delegate to the WAVA Executive Council as provided in the new Constitution. So please, everyone in the Region, let me know your ideas and I will pass them along to WAVA. I cannot work for your concerns if I don’t know them.

Thanks

I want to personally thank all those who were responsible for the very enjoyable Regional Championships that were held in Mexico this year. The meet director, Mr. Marcelino Contreras and his group of organizers, administrators, and officials worked very long and hard on the meet and truly deserve our thanks.

The Mexican team conducting the meet included Lorenzo Amaya, WAVA world champion in the 400-meter hurdles and a Mexican Athletes Representative; Carlos Brito, to whom entries were sent; Bernardo Contreras, Marcelino’s twin brother and close lieutenant, Bernardo Contreras Jr., who did a fine job of translating many hours each day; Francisco Corish, who also did considerable volunteer translation; Bethuel Cruz, who, along with others, helped late into the night with the demanding job of multi-event scoring; Gregorio Orazco, who organized the exceptional opening ceremony; Antonio Villanueva, who, in addition to being a masters world record holder in several distance events, is the Sports Director for the city of Jalapa and did yeoman work in conducting the meet; and Hector Villanueva, who served as the Technical Director of the

Continued on page 16
Minutes of WAVA Non-Stadia Committee Meeting  
— Birmingham, England —
August 29, 1992


Road Race Championships
Serruys said the first separate WAVA Road Race Championships held August 29-30 in Birmingham at 10K and 20K were approved by the General Assembly in Turku last year.

Road Walks in Championships
The committee voted to recommend to WAVA that a 20K road walk for women and a 30K walk for men be added to the Road Race Championships — held in even-numbered years. Walks were offered in Birmingham without world championship status.

1994 Championships
The Committee recognized that waiting for the 1993 WAVA General Assembly to select a site for the 1994 Championships would leave too little time for an organizer to prepare. Beccalli proposed this committee make a recommendation for 1994 to the WAVA Council, and then let the General Assembly in Miyazaki decide on 1996. The Committee agreed to recommend Toronto for 1994, subject to a site selection visit by Serruys and also either Steffny, Verhoorn or Green in early November. If Toronto is deemed unacceptable, Brugge, Belgium was offered by Serruys as a back-up.

WAVA World Cross-Country Championships
There is talk of moving the WAVA Cross-Country Championships from the Track & Field Championships, held in odd-numbered years, to the IAAF Cross-Country Championships, held in even-numbered years. Hungary, host of the 1994 IAAF event, has agreed to stage an official masters championships race if WAVA and the IAAF agree.

Czechoslovakia to Host European Road Championships
The city of Upice, Czechoslovakia was the sole bidder and will host the biennial European Veterans Road Racing Championships in late May, 1993. The successful bid was approved by the General Assembly of the European Veterans Athletics Association (EVA) at its annual meeting on June 30 in Kristiansand, Norway, site of this year's EVA Track and Field Championships.

There were two bids for the next EVA T&F Championships in 1994 — from Athens, Greece; and Banska Bystrica, Czechoslovakia. After discussion, Athens was chosen.

The T&F Championships are held in even-numbered years, while the Road Championships are staged in odd-numbered years.

Hans Axmann, EVAA Chairman, was congratulated by the group on his 70th birthday and was presented the first EVAA golden pin as a token of appreciation for his outstanding work on behalf of European Veterans.

Organizers from the 1993 WAVA World Veterans Championships in Miyazaki, Japan were on hand to promote next year's event.

The EVA now has 23 affiliates with 54 delegates entitled to vote. The Assembly decided there will be no EVAA affiliation fee as the same amount will be paid by IAAF through WAVA EVA.

From Andre Findeli, EVAA Secretary

North American Region

X WORLD VETERANS CHAMPIONSHIPS
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Chinese-Taipei placed third in the medal tally with a total of 104, 7th Asian Veterans Athletic Championships, Singapore, June 11-14. Photo by Hari Chandra
Minutes of the General Assembly
North and Central American and Caribbean Region Association of WAVA (NCCWA)

The General Assembly meeting of the above Regional Association was held in Jalapa, Mexico, on August 20, 1992, chaired by acting President Don Farquharson.

Cesare Beccalli, WAVA President, and Cesar Moreno Bravo, IAAF Veterans Committee Chairman, asked the Assembly to be aware of WAVA/IAAF ties. They promised financial assistance from the IAAF to our region.

Shoichi Chuman of Japan promised an outstanding WAVA World Veterans Championships next year in Miyazaki, Japan.

The chair ruled the standing committee chairs could not vote on Assembly business. Bob Fine challenged the ruling, saying all officers should vote since they are the ones that do the work. The challenge was upheld, 12-6.

Brian Oxley, regional delegate to WAVA, reported on the WAVA Council meeting in Miyazaki in May, 1992.

Zeno Constance, Secretary, distributed copies of the minutes of the 1991 meeting held in Turku, Finland.

In the absence of Al Sheahen, Treasurer, Farquharson distributed Sheahen's financial report.

Elections were held, with the following results:

Quote of The Month
"The runner, the thrower and the jumper are unconditionally alone. No one can help them. No one can make them look better than they really are. No one can throw a block for them or pinch-hit them out of a tight spot. A running contest personifies Everyman's life struggle—the life struggle conceived on an ideal, almost Platonic plane. In life, the best man often loses; on the other hand, he nearly always wins. There is no one pulling strings or playing the angles on the track. No referee blows a whistle; no coach's favorite gets the starting halfback or shortstop assignment. There is no sign directing anyone to the back of the bus. What could be more democratic?" — John Telford

The Longest Dash

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Masters Age Records 1991
(1992 Edition)
Compiled by WAVA and TAC Masters T&F Records Chairman Pete Mundle with Don Henry, Shirley Dietderich, Gordon Wallace and Alan Wood.

- U.S. Age bests for Men & Women for all race-walking events, age 40 and up, as of Oct. 31, 1991.
- Men's U.S. Masters Indoor & Outdoor Championship Records.
- 52 pages. Thousands of entries. Lists name, age, state, and date of record.

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Records compiled by Peter Mundie, USA.
### National Long Distance Running Records and Bests

**COMPLED BY TASTATS / USA 915 RANDOLPH RD. SANTA BARBARA CA 93111, [TELEX 665-5866]**

#### Key to Codes
- F: Female record holder
- W: Women’s only race
- R: Record set by record holder
- W: Women’s record holder
- M: Multiple record holders

#### Masters M

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### Masters Women

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### Masters Mixed

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### Masters Mixed Women

| DIST | TIME | GPEIC | NAME | AGE | HSTATE | RODE | RESTATE | ROODE |

### Masters Men 40-44

| DIST | TIME | GPEIC | NAME | AGE | HSTATE | RODE | RESTATE | ROODE |

### Masters Men 45-49

| DIST | TIME | GPEIC | NAME | AGE | HSTATE | RODE | RESTATE | ROODE |

### Masters Men 50-54

| DIST | TIME | GPEIC | NAME | AGE | HSTATE | RODE | RESTATE | ROODE |

### Masters Men 55-59

| DIST | TIME | GPEIC | NAME | AGE | HSTATE | RODE | RESTATE | ROODE |

### Masters Men 60-64

| DIST | TIME | GPEIC | NAME | AGE | HSTATE | RODE | RESTATE | ROODE |

### Masters Men 65-69

| DIST | TIME | GPEIC | NAME | AGE | HSTATE | RODE | RESTATE | ROODE |

### Masters Men 70-74

| DIST | TIME | GPEIC | NAME | AGE | HSTATE | RODE | RESTATE | ROODE |

### Masters Men 75-79

| DIST | TIME | GPEIC | NAME | AGE | HSTATE | RODE | RESTATE | ROODE |

### Masters Men 80-84

| DIST | TIME | GPEIC | NAME | AGE | HSTATE | RODE | RESTATE | ROODE |

### Masters Men 85+ (non-U.S. citizens)

| DIST | TIME | GPEIC | NAME | AGE | HSTATE | RODE | RESTATE | ROODE |

### Masters Women 80-84

| DIST | TIME | GPEIC | NAME | AGE | HSTATE | RODE | RESTATE | ROODE |

### Masters Women 85+ (non-U.S. citizens)

| DIST | TIME | GPEIC | NAME | AGE | HSTATE | RODE | RESTATE | ROODE |

### Masters Mixed 80-84

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### Masters Mixed Women 80-84

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**Women 85-89**

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**Women 90-95**

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**November, 1992**

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<th>November, 1992</th>
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</table>
Masters hurrider John Cosgrove, center, and Fred Niedermeyer, right, filming a commercial for an Ohio bank.
Track and field events feature competition for men and women over 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to MNM, P.O. Box 2372, Van Nuys, CA 91404.

---

**TRACK & FIELD NATIONAL**


August 11-14. 26th TAC/USA National Masters Championships, Provo, Utah. Brigham Young U. Contact: TBA.

---

**WEST**

Arizona, California, Hawaii, Nevada


December 5. Throw Masters Series #10. Stanford U. Gary Kellemison, 5001 Empire Grade, Santa Cruz, CA 95060. 408/479-0202.

---

**INTERNATIONAL**


November 30-December 6. VI WAVA Regional Oceania Championships, Norfolk Island, Ian Anderson, PO Box 158, Norfolk Island. M400 +, 7915 +. Fax: 011-61/2-672-3310. Phone: 011-61/2-672-3115.

---

**LONG DISTANCE RUNNING NATIONAL**

November 8. TAC/USA National Masters 5K Cross-Country Championships, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547.


February 20. TAC/USA National Masters 50 Mile Championships, Houston, Dan Brantman, 46 Roberta Ave., Pawtucket, RI 02860. 401/728-2869 (e). January 17. Philadelphia Masters Meet, Swarthmore College, Swarthmore, PA. 10:00 a.m. Please see January 3.


---

**MIDWEST**

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


---

**ON TAP FOR NOVEMBER**

**TRACK AND FIELD**

Slim pickings this month, unless you head to the WAVA Regional Oceania Championships, Norfolk Island, starting on the 30th or a meet in the Dominican Republic on the 21st. Senior games (55+) activity is slated for Long Beach, Calif., on the 14th, and for four Florida sites during the month. Check the US Senior Sports Organization Games schedule published in October.

---

**LONG DISTANCE RUNNING**

As t&f stars, runners can overindulge in four TAC national championships: 5K cross-country, Columbus, 8th; 25K, San Diego, 14th; 8K cross-country, Boston, 21st; and 15K cross-country, Bronx, 29th.

The month opens with a biggie — the NYC Marathon on the 1st. The schedule for the 8th includes marathons in Orange, Calif., and Santa Ana, Texas, and a half-marathon in Long Beach, Calif.

Offerings on the 15th include the Watermen’s Museum 10 Mile in Virginia, and the Phoenix 10K in Arizona. The weekend of the 21st-22nd includes the NYC Marathon in Deland, Fla. and a half-marathon in Jacksonville. The Seattle Marathon and the Ohio TAC masters Championships are set for the 28th.

---

**RACEWALKING**

Events include the MAC 40K Championships, NYC, and a racewalk in the Syosset 3K on Long Island on the 21st, and a racewalk on the west coast in New Jersey on the 22nd.

---

**SOUTHWEST**

Louisiana, Mississippi, Texas, Arkansas, Oklahoma

November 8. San Antonio Marathon, also 5M. John Purnell, 930 N. St. Mary’s St., San Antonio, TX 78215. 210/732-1332-246-YMCA.


November 22. Larry Fuselle State Championships 2SK, Belle Chase, La., New Orleans TC, P.O. Box 52003, New Orleans, LA 70112-2003. 504/482-NOTC, 468-1488.

Continued from previous page

December 6. 45th annual Western Hemisphere Marathon and 5K, Culver City, Calif. Cash prizes in 11 age categories. SASE to WHM, 4117 Overland Ave., Culver City, CA 90230. 213/202-5689.


December 6. California International Marathon, Sacramento, CIM, P.O. Box 161149, Sacramento, CA 95816. 916/477-2786.

December 13. Honolulu Marathon. HM, 3435 Waialae Ave., #208, Honolulu, HI 96818. 808/734-7200.


January 16. Paramount 10K World Masters Division. Pre-registration only, by Jan. 9. Must meet qualifying standards: M40 34:00/M45 36:00/M50 38:00/M55 40:00/M60 43:00/M65 47:00/M70 52:00/M75 65:00/M80 90:00/M85 100:00. M90 110:00. W40 40:00/W45 42:00/W50 44:00/W55 47:00/W60 52:00/W65 60:00/W70 75:00/W75 90:00/M80 100:00. See Jan. 16 above.

February 6. Las Vegas International Marathon/5-Person Relay/Half-Marathon. Al Boka, Race Director, P.O. Box 81262, Las Vegas, NV 89180. 702/787-3870.

NORTHWEST

Arizona, California, Hawaii, Nevada


November 29. Run To The Far Side 10K/5K, San Francisco. 415/668-2241.

December 6. 45th annual Western Hemisphere Marathon and 5K, Culver City, Calif. Cash prizes in 11 age categories. SASE to WHM, 4117 Overland Ave., Culver City, CA 90230. 213/202-5689.


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NORTHWEST

Arizona, California, Hawaii, Nevada

November 28. Seattle Marathon. P.O. Box 31849, Seattle, WA 98103. 206/547-0885.

CANADA


INTERNATIONAL

November 7. Rosarito Beach Holiday Runs, Baja California, Mexico. SASE to

In a mixed age group 400, Val Scott, W30, barely edged Martie Behrens (lane 1). W40, 66 to 66.4, to the finish. Shirley Matson (center), 51, set a U.S. single-age record with a 66.5. TAC Western Regional Masters T&F Championships, Hayward, Calif.

Seminars & 5K (8th). Plantation, Fl. Paul Geyer, P.O. Box 630096, Miami, FL 33163. 305/915-4003.

November 21. MAC 40K Championships, Central Park. Gary Nul, P.O. Box 918, Planetarium Station, NY, NY 10024.


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• BOOKS, Our publishing division, Tafnews Press, is the world's major publisher of track books. Write for free booklist.

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

<table>
<thead>
<tr>
<th>Event</th>
<th>Standard</th>
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<th>Time</th>
<th>Rank</th>
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<tbody>
<tr>
<td>Mile</td>
<td>4:20:00</td>
<td>Jeff Helton</td>
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<tr>
<td>3000m</td>
<td>8:05:00</td>
<td>James, Perry Jr.</td>
<td>100M</td>
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<tr>
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<td>Matt Byrnes</td>
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<tr>
<td>400M</td>
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<td>Dela Wilcecon</td>
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<td>Rob Jackson</td>
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<td>Mike McCracken</td>
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<tr>
<td>400M</td>
<td>50:00</td>
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<td>800M</td>
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<td>Allen McDaniel</td>
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<tr>
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<tr>
<td>5000m</td>
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<tr>
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<td>Richard Soukup</td>
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<td>Walter Cockerham</td>
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## U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

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<td>Hammer</td>
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<td>Allen McDaniel</td>
<td>800M</td>
<td>2:11.93</td>
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## APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

**NAME:**

**ADDRESS:**

**SEX:** M/F

**CITY:**

**STATE:**

**ZIP:**

**DATE OF MEET:**

**MEET SITE:**

**EVENT:**

**MARK:**

**HURDLE HEIGHT**

**WEIGHT OF IMPLEMENT**

**CERTEFICATE**

**PATCH**

**PARCH TAG**

If you have betted the standard of excellence, please send $10 for a certificate, $10 for patch, or $15 for both a certificate and a patch. (A patch tag, showing event and year, is an extra $5 each.) Send to: All-American, National Masters News, P.O. Box 2372, Van Nuys, CA 91404. (Enclose copy of results, or note in which event they appeared.) A 3-color, 8" by 10" certificate—suitable for framing and/or a 3-color, 3" x 4" patch will be mailed to you within two weeks. (Allow six weeks for patches with tags.)
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<td>Dave Cooper</td>
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<td>Steve Daniels</td>
<td>2:10.20</td>
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<tr>
<td>Steve Jenkins</td>
<td>2:10.65</td>
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<tr>
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<tr>
<td>Bob King</td>
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</tr>
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<td>Tom Little</td>
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**10000 M Steeplechase**

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<tr>
<td>Mike Brown</td>
<td>32:03.20</td>
</tr>
<tr>
<td>Tom Clark</td>
<td>32:07.60</td>
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<tr>
<td>Dave Cooper</td>
<td>32:12.00</td>
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<tr>
<td>Steve Daniels</td>
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</tr>
<tr>
<td>Steve Jenkins</td>
<td>32:20.80</td>
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<tr>
<td>Mark Johnson</td>
<td>32:25.20</td>
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<tr>
<td>Bob King</td>
<td>32:29.60</td>
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<td>Tom Little</td>
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**5000 M Steeplechase**

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<td>Tom Clark</td>
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<td>Dave Cooper</td>
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<td>Mark Johnson</td>
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<tr>
<td>Steve Jenkins</td>
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<tr>
<td>Mark Johnson</td>
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<tr>
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<td>Mark Johnson</td>
<td>5:25.20</td>
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<tr>
<td>Bob King</td>
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<td>Tom Little</td>
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**1000 M Steeplechase**

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<td>Bob King</td>
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**50 M Steeplechase**

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**10 M Steeplechase**

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<td>Tom Little</td>
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**5 M Steeplechase**

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**1 M Steeplechase**

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<td>Tom Little</td>
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Huntsville State Park

December 19, 1992

SUNMART

Texas Trail Endurance Run

50 Mile Trail Run & Trail Marathon

Soft dirt trails through beautiful and scenic forest with rolling hills to provide
variety and challenge. The trail is well maintained, well marked, and VERY FAST.

* START: 6:00 am 50 mile race ... 9:00 am Marathon
* $40.00 by 12/01/92, $50.00 from 12/01/92 to 12/18/92.
  Add $5.00 for checks from non U.S.A. banks.
* NO RACE DAY REGISTRATION!
* Accurately measured course! Four 12.5 mile loops
  for 50 mile race. (1.2 mi. + 2 loops for marathon)
* 24 well equipped aid stations. (12 aid stations, marathon)
* 11 hour time limit. (8 hr. limit for marathon)
* Pre-race pasta dinner 12/18/92 from 6 pm to 8:30 pm.
  (1 guest included). $10.00 each additional guest.
* Post race bar-b-que includes food and soft drinks.
  (1 guest included). $5.00 each additional guest.
* Awards Ceremony at 5:00 pm at the start/finish line.
* Camping at Huntsville State Park. Motels in Huntsville, TX.
* Additional race information will be provided AFTER entry is received.
* Contact: Rudy Alvarez, P.O. Box 4456 Houston, TX 77210 (713) 639-5889 or Brent Bergevin 1-800-285-8098.

ENTRY FORM: Make checks payable to SUNMART-Texas Trail Endurance Run. MAIL TO: P.O. Box 4456, Houston, TX 77210

CIRCLE ONE: RACE: 50 mile Marathon SEX: Male Female T-SHIRT: S M L XL XXL

Name:

Address:

City: _______________ State: _______________ Zip: _______________

Phone No.1 (day) _______________ (night) _______________ Age (on 12/19/92) _______________ Birth Date: _______________

# UTRAS completed: _______________ Best 50 mile time: _______________ # marathons completed: _______________ Best marathon time: _______________

Name of GUEST (1 Free)

# of Sunmart-1150 runs Completed: _______________ Number of ADDITIONAL guests at:

| Pre-race: _______________ X $10.00 = _______________ |
| Post-race: _______________ X $5.00 = _______________ |

I realize that there are risks associated with competing in this event and in consideration of your accepting this entry, I the below signed intending to be legally bound for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against any persons, organizations, officials, and/or sponsors of the Texas Trail Endurance Run and their representatives, successors, and assigns for any and all injuries suffered by me in this event. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event. Further, I grant full permission to any and all of the foregoing to use photographs, videotapes, motion pictures, and recordings of me, or other record of this event, for any legitimate purpose. Also, I understand that the race director has the right to reject any entry.

Signature of Race Applicant: ______________________ Date: ______________________

MINIMUM AGE: 18 years on 12/19/92.