Navarro Best in U.S. Marathon

by JERRY WOJCICK

Artemio Navarro, 43, Mexico City, took the men's masters victory with a ninth-overall 2:17:50 in the USATF National Masters Marathon Championships, held along with the Twin Cities Marathon in Minneapolis on Oct. 3.

Paul Cummins, 40, Lehi, Utah, in his first marathon since becoming a master a month ago, was 13th in 2:20:14. Doug Kurtis, 41, Northville, Mich., practically unbeatable as a master this year, finished third (2:23:03).

Ryszard Marczak, 47, of Poland, captured the M45-division race with a 2:25:17. Mike Heffernan, 53, Portland, Ore., won the M50 contest in 2:37:15. Fay Bradley, 55, Washington, D.C., was the M55 gold medalist in 2:41:35.

Other division winners were James Schliesma (60, 3:10:12), Jefferson, Iowa; Max Jones (66, 3:07:49), of England; and Warren Utes (73, 3:12:44), Park Forest, Ill., in the... Continued on page 9

Filutze Wins in Central Fidelity 8K

from KATHRINE SWITZER

Barbara Filutze, 47, Erie, Pa., won over a competitive masters field with an outstanding 15th-place 28:03 in the Central Fidelity Women's 8K, Alexandria, Va., on Sept. 12. The time, 23 seconds below her pending U.S. W45-49 record, also put her at the top of the masters age-graded prize money list. Her 28:03 at age 47 equals an age-graded 94.7% performance, worth $1000.

Bernardine Portenski, 44, Wellington, New Zealand, third master with a 28:18, took the second-place age-graded prize of $800 with a 91.8%. Hedy Marque, of Alexandria, at 76 the oldest runner, took third age-graded honors and received $600 for her 91.6% (40:44).

Jane Hutchison, 47, Webb City, Mo., garnered the fourth age-graded award of $500 for a 90.4% (29:24). Newcomer Diana Tracy, 40, Hermosa Beach, Calif., who almost caught Filutze at the end with a 28:06, took... Continued on page 3

Owens, Hutchison Win National 10K

by JIM SMITH

Earl Owens, 44, of Ga., clobbered the field with a swift 32:06 victory in the USATF National Masters 10K Championships (Jim Thorpe 10K), Oklahoma City, Sept. 25. Ignacio Jimenez, 44, Tenn., in 33:43, and Donald Bergan, 40, Tex., in 33:54, fought it out for second and third.

Jane Hutchison, 47, Mo., won easily in the masters women's race with a 37:56.

Norman Green, Jr. (61, 36:08), Pa., again demonstrated his racing dominance with an age-adjusted 28:44 (93.5%). Bill Olrich (55, 35:50), Ky., apparently recovered from injury, won his age-group race handily and placed second age-graded with a 91.5%. He was followed closely by Owens (91.2%) and Mike Heffernan (53, Continued on page 18

300 Compete in California Senior Games

About 300 track and field athletes, age-30-and-up, took part in the California State Senior Olympics, Sept. 18-19, in La Jolla, Calif.

Amid perfect weather and the first-class, nine-lane facility at the University of California San Diego, athletes tuning up for the World Veterans Championships in Japan were in peak form:

• Fresno's Hugh Adams swept the M50 100 (12.63), 100H (15.31) and 400H (62.52).
• Arizona's Cliff Bedell took the M55 800 (2:18.42) and 1500 (4:48.79).
• Canada's Harold Morriocks won the M50 400 (52.16) and 800 (2:02.08), both close to the world M50 world records.

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USA VETERANS

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National Masters News

November, 1993

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 and 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.insights and information that affect the world of masters athletics competition.

11 masters events are sponsored by USAF, 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+ - 55+. (please check the schedule for details). Some events require advance registration. Some require a current USAF card ($7 to $12 per year, depending on the region). To inquire about a USAF card, call USAF in your area, or 317-300-0900. There are no qualifying standards for most masters athletics events.

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Fidelity 8K

Continued from page 1

the fifth prize of $500 with an 89.8% performance. A total of 4,425 masters prize money was paid down to the 12th-best age-graded performance.

Large posters of the masters age-graded tables and prize money at the pre-race clinics and in the elite suite allowed athletes to calculate what they had to run to finish in the money.

To enable runners in each age group to know what was happening competitively, every group wore color-coded numbers front and back, e.g., 40-44 hot pink, 45-49 green, etc. Of the color coding, Portenski, in the W40-44 group, said, "When the first pink one passed me, I said, 'Oh, I'm tired,' but when the green one passed me, I found some extra in reserve!"

Official timers, including Chuck DesJardins of the USAF Masters LDQ Committee, and the athletes thought the age-grading system of awarding prize money was fair and, as arranged, competitive.

The masters team title went to the Pegasus Pride trio of Claudia Cavarello, Linda Banning, and Marilyn Segal. The open title went to the New Zealand team, despite two of its members, Portenski and Judith Hine, being masters.

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NATIONAL MASTERS 10K

The 1993 USAATF National Masters 10K Championships in Oklahoma City was my first exposure to the legends who came for the race. And my life has been enriched because of it.

I met not only runners whose names, photos and stories have filled running publications for years, but I also met runners from around the country who are more talented than I would have imagined, about whom I had heard nothing. The experience caused me to re-evaluate my goals and my perspective on running.

Fellow Oklahoma City Running Club members who hosted runners in their homes reported their delight in learning of training techniques and race experiences of the great ones.

If you haven’t spent an evening visiting with Dr. Paul Spangler, you simply haven’t done it all yet. He is such a pleasant and interesting gentleman — well-read, funny, articulate. He has endless stories and anecdotes to recount his 94 years, and is an inspiration to all who hear him.

To all who participated, thank you for coming to run with us. Thank you for enriching our lives, inspiring us, sharing with us, challenging us. I’ll come back again real soon. ‘Ya hear?

Roger Foster
Oklahoma City, Oklahoma

GO METRIC

I’m delighted to read in NMN that the USA has, at last, joined the rest of us in the athletic world and is now running indoors in metric.

It reminds me of Sergei Bubka’s comment when he first vaulted 6.10 meters: “That one is for the Americans,” a remark which was lost on the Europeans who don’t recognize 6.096 meters as 20 feet.

The bad news is that USA daily newspapers haven’t heard of the change which the French revolutionaries introduced 200 years ago, and persist in claiming Bubka’s vaults as, for instance, 20-1/4 instead of the actual 6.13 meters.

If that jump had been measured in the imperial system — which even the British, who invented it, have now abandoned for track and field — then it would not have counted as a new world record.

I suggest NMN take the lead and, from now on, report jumps, throws and vaults only in metric. No need to go overboard and give athletes’ heights and weights in meters and kilometers, of course, but if you start now the big daily newspapers may follow by the time Atlanta 1996 arrives.

Otherwise, the thousands of foreigners reading about the Olympic Games will not understand the 19th century-type numbers which are now used in the USA to denote field performances.

Max Jones
Leeds, England

SENIOR OLYMPICS

I just received my October issue of National Masters News, reading it completely in two days. My only regret is that the News comes out only once a month.

While reading over the Letters to the Editor section, I noticed the letter from John McCarthy who mentioned your failure to list the top six placers at the Senior Sports Classic held at Baton Rouge in June. I can understand McCarthy’s frustration at seeing the reduced list of place winners, especially when he saw the results of the USA T&F Meet held in Provo during August which sometimes listed the top ten in some events as well as having better pictorial displays. Since the Baton Rouge meet had only 997 performers and the Provo meet had only 997 performers, many would think the coverage should be somewhat more equal.

Having been in Baton Rouge and seeing what a difficult time the Senior Sports press had in reporting the accomplishments of the 7000 participants (They were 2-3 days behind with information provided to the local newspapers by June 18), I am sure that the information given to the National Masters News is exactly what was printed. Keep up the good work.

Ben Clark
Mesa, Arizona

STANDING LONG JUMP

Several other sprinters with whom I have spoken this year have indicated that they no longer compete in the long jump because of fear of injury. Some state, however, that they would be quite willing to participate in the standing long jump if that once-popular event were included in more meets.

May I suggest that directors consider adding this event to their programs?

Dr. Frederick Hale
Detroit Lakes, Minnesota

CANCER SURVIVOR NETWORK

In November, 1992, I underwent surgery for breast cancer, followed by an aggressive program of chemotherapy. My recovery has been steady, and of course slower than I’d like. As Jim Law has told me, I’ve had to become well-acquainted with my new training partners, Patience and Prudence.

A very big part of my hope and encouragement and returning strength, I believe, has been due to the unconditional and loving support shown by so many of you. It’s hard to express what it has meant to me, but I wanted to let you know that I appreciate your support. Thank you all so much.

If there are other cancer survivors out there who would like to network, I’d love to hear from you.

Lucy Anne Brobst
6072 Currituck Road
Kitty Hawk, North Carolina 27949
919-261-3068

KUDOS

The Senior Games have changed my life. In three-and-a-half years, I’ve gone from 215 lbs. with a bad heart to 170 lbs. as a happy, healthy 80-year-old. Now I look forward to the next meet; rather than sitting, watching TV, doing nothing.

I encourage every Senior to get involved, and thank all the volunteers and sponsors who offer this great opportunity to all Seniors.

Bob Boauck
Wheaton Grove, California

Al Sheehan’s announcing adds much to the quality of our National Masters meets. Not only is his speaking voice clear and resonant, but his knowledge of the athletics and the records heightens interest in the various events.

The National Masters News is the main publication I look forward to each month. As each issue comes out, I pore over the results of meets and road races to see who is doing what (occasionally shocked to spot someone in my age group covering a 5K, 10K, or half-marathon in blazing time).

I also regularly enjoy Mike Tym’s articles along with coverage of the important races.

Thanks for your vital contribution to the cause of the masters programs.

Joe King
Alameda, California

Seven 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, and in-depth schedule section, and more.

Special thanks this month go to:

David Brown, Jr.
Glencairn, Pennsylvania

Billy Gaedke
Timothy Jordan
Rohnert Park, California

Stan King
James Lytjen
Elsie, New Mexico

John Nyhan
John Williams

Whittier, California

Mission Viejo, California
300 Tracksters
Continued from page 1

• Del Pickart captured the M65 javelin (158.7).
• Linda Mantynen came close to the W45 800 U.S. mark with a 2:26.72, and added a 1500 win (4:37.89).
• Stan Whitley continued his amazing season with M45 wins in the 100 (11.28), 200 (22.57), and 400 (51.89).

Even though the sprinters and hurdlers were allowed a false start without being DQ'd, there was only one false start in the whole meet.

California Governor Pete Wilson spoke at the opening ceremonies at the stadium, praising the competitors for their dedication to physical fitness. Olympians Bruce Jenner and Peter Vidmar joined in the festivities.

Johnny Mann wrote a song for the occasion, which was sung by the outstanding Point Loma Nazarene Choir. There was plenty of food and other amenities for the participants.

During the following week, athletes competed in 26 other sports.

Led by meet director David Hall, the former governor of Oklahoma, the organizers will stage the event again next year, and plan to bid for the 1997 National Senior Sports Classic.

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Hercules Still Unchained at 67

Age hasn't shackled Steve Reeves, the former Mr. Universe who went on to star in the movies and is best remembered for his lead roles during the 1950s in Hercules, Hercules Unchained, and The Giant of Marathon.

Now 67, Reeves maintains a very active lifestyle, including working out an hour-and-a-half daily. The former bodybuilder was in Honolulu recently, and I had the opportunity to talk with him about his fitness regimen and the way that he has dealt with aging.

"I start about 6 a.m. every morning, five days a week, sometimes six, and powerwalk for 35-45 minutes. After that, I go into the gym for about 30 minutes, then finish up with about 15 minutes of various stretching exercises in the pool," Reeves, who maintains a 4,410-acre ranch north of San Diego, outlined his program. He added that he usually bikes a hard 25 miles on Saturdays and occasionally puts in a 10 miler on Wednesdays.

Hollywood Beckons

Born in Montana, Reeves took up bodybuilding at age 16 while living in Oakland, Calif. In his first four months of training, he put on 30 pounds of muscle. That was before steroids came onto the scene. In 1944, 6-foot-1 and 192 pounds, he won the 1946 Mr. America contest. The following year, he captured Mr. World title, and two years later, at age 24 and by then weighing in around 215, he was Mr. Universe. Soon thereafter, he was discovered by Hollywood.

"I stopped working out seriously after I won my last contest and started working toward the movies," Reeves said. "I had to lose weight rather than gain weight for the movies. It was about 25 years after that, before I started doing anything again."

Reeves said that he tried running, but that it bothered his knees. He took up biking at age 55 and continued to improve in strength and endurance until he was 63. "Being able to stay with guys 35 and 40, actually staying ahead of them going up hills and things like that, was quite satisfying," he said. "But at 63 I went back to riding horses again."

Develops Powerwalking

It is powerwalking, however, that Reeves finally settled on as the best aerobic workout for himself. In fact, he is credited with having developed it. He wrote a book on the activity eight years ago.

Powerwalking involves walking with weights strapped to the body. "The object is to get your heart rate above normal. If you're in any kind of shape, you need the weights to do that to get some benefit out of the walking," he explained.

Reeves recommends gradually working up to 20 percent of a person's body weight. "You use 10 percent of your body weight as a weighted belt, five percent in each hand, and the other five percent on your legs. That includes your boots."

Now tipping the scales at right around 200 pounds, Reeves carries 40 pounds during his walks — 20 around the waist, five-pound dumbbells in each hand, and two-and-a-half pound leg weights over his heavy boots.

"The technique of powerwalking is that you walk very, very erect and you swing your arms in a pendulum type motion," he explained. "You don't pump them as you would in say 'heavy hands' or something like that. You just accentuate your natural arm and leg movements."

Reeves said that he hasn't monitored his heart rate in a long time, but that he's pretty sure he's getting it up close to maximum.

"The other thing is that you should use rhythmical breathing," he said. "I breathe in three steps and out three steps."

Gym Workouts

In the gym, Reeves prefers to work with pulleys and on a 10-station Universal machine rather than with free weights, as he once did. "I mainly use the wall pulley," he said. "I find it more convenient and better, because you get a smoother movement all the way up and down. With free weights, the first quarter is too easy, the middle is just right, and the finish is too easy again. I like the movement of pulleys. You get better development in a shorter period of time that way or you maintain your fitness in a shorter period of time, whichever you're looking for."

Can't Gauge Strength Loss

Asked if he can gauge how much strength he has lost to the years, Reeves said that he can't. "Back when I was training for competition, things were different," he said. "At that time we didn't go for just one-rep bench presses. I'd go for maybe 15 reps with a very wide grip, collar to collar. I always believed that if you wanted to be wide, you have to think wide, work wide, and train wide. Everything I did was wide."

In effect, Reeves was saying that he never tested himself in single all-out lifts when he was younger, so that he doesn't know what he was capable of. He remembers using 110-pound dumbbells in each hand for incline bench presses, which he says he invented, but since he no longer uses free weights he doesn't know what he might be able to handle now.

He recalls really testing himself just one time, when he turned 60. He then did 1,000 repetitions with 200 pounds on the Universal leg press.

No Special Diet

Reeves said he follows no special diet, but that he has "always eaten well, including lots of fruits and vegetables."

After his morning workout, he's ready for a full day of tending to his avocado and orange trees, as well as his stable of Morgan horses.

He definitely appears to be a man without shackles."
Hosner Wins Bud Light Stadium 10K

by HANK KIESEL
Premier masters runner, John Hosner, 68, Blacksburg, Va., won the 15th Bud Light Stadium Run held Oct. 2 in St. Louis, Mo. The 10K race through the downtown streets of St. Louis, with the finish line inside Busch Stadium, features a handicap format based on runner's age and gender. Hosner's winning time was 29:11 with a 12½ minute handicap.

Last year's winner, Jack Gentry, 65, Rogers, Ark., was second in 29:20 (11 min. handicap). Ignacio Jimenez, 44, of Jackson, Tenn., was third in 29:32 (3½ min. handicap).

The Bud Light event is gaining popularity for runners outside the St. Louis area. Of the 1700-plus entrants, 15 states were represented outside Missouri and Illinois.

The top 150 finishers received trophies, and all participants got baseball tickets to Saturday's Cardinals-Phillies game courtesy of the Sponsor, Bud Light.

Photo by Hank Kiesel

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Leg Cramps

Q I am a masters runner and try to run 20 miles per week. I take Vitamin E and Fosfree tablets. Sometimes it works, sometimes it doesn't. I am 56 years old, 39 of which have been working standing at a machine. After I start walking or running my calves start to get hard and ache and feel like they want to cramp. I have stopped running and walking as much as before. Can you give me some advice?

A Your leg cramps are very difficult to cure. They seem to increase with age and may be related to your vascular system or some type of nutritional deficiency. Your standing at work for 39 years is surely a factor in straining and traumatizing your calf muscle (known as the Gastro Soleus Complex). Hard concrete working surfaces and poor support shoes are factors in the development of calf cramps.

That your calves cramp near the end of exercise may indicate that there is some type of vascular insufficiency. The lack of blood supply to the calf muscle may be causing ischemia (lack of oxygen to the muscle) and may be causing your cramping. I would advise a consultation with your internist or vascular specialist. You may also wish to add nutritional supplements to your diet.

Calf cramping may also be caused by certain foot and leg biomechanical abnormalities. Those with a condition known as Equinus Foot Deformity have a very tight heel cord which may cause excessive calf cramping. You may wish to have this examined by your local foot specialist.

Calf stretching exercises are recommended before and after exercise. These are relatively easy to perform and take very little time. This will stretch the calf muscle and increase the blood supply to the area. These exercises may be found in a book called "Stretching by Bob Anderson."

Obviously, a good walking shoe is necessary; one with at least ½ inch of support under the heel and a rigid heel counter for additional support.

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 Nys, CA 91404.

Undoubtedly, Nigel Gates, who was 40 on May 18, had been the U.K.'s outstanding runner this last summer. He achieved a British vets 10k record of 29:43 in June, and won the National Veterans 10 Mile Championships in 60:14 in Wales. State-side, he won the Cascade 15k in Oregon, beating Levisse of France and Ntso of Kenya.

About his performance, he says, "Right through my career, 70 miles a week has been the number of miles I train a week, and that is the amount I am happy and healthy on..."

Forty-five-year-old Stephen Moore won his second 55 miles London to Brighton, Oct. 3 in 6:07:22. Although not as fast as last year, it was a tactical race, and he beat three South Africans to do it, going away from last year's non-veteran leader, Russell Crawford, on the Ditching Beacon at 44 miles. The second veteran and seventh was local Brighton runner Sam Lambourn in 6:48:52. Over-35 runner Hillary Walker was first veteran woman in 7:23:46. She and the rest of the field started as Big Ben struck 7 o'clock a.m.

1994 Masters Games

Set for Brisbane

Thousands of masters athletes from all corners of the globe will converge on Brisbane, Australia, next year to participate in the "World Masters Games."

From September 26 to October 8, 1994, more than 2,000 athletes will participate in 30 sports, from Americans to lawn bowling to water polo.

Competition will be staged in five-year age groups, generally starting at age 30 for most sports. Themed nights, mardi gras and dinners are all planned.

During the Games, the Australian Sports Medicine Federation will host an international conference. The Games are supported by the Australian Sports Commission, the Queensland Government and the Brisbane City Council.

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September - October, 1994

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Report from Britain

by ALASTAIR AITKEN
of Athletics Weekly

Harold Morioka, Canada, tied the world record for the M50-54 400 with 51.80. USAFT National Masters Championships, August 11-14, Provo, Utah. Photo by Jerry Wojcik

1994 Masters Games

World Masters Games 1994
Brisbane, Australia

The World Masters Games to be held in Brisbane from Sept. 26 to Oct. 8, 1994 promises to be an exciting event for sports enthusiasts. KITT's "Down Under" specialists are experienced, qualified agents who are ready to customize your travel needs. WMG entry fee is $125. Call us for the following:

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Preferred Agent for the World Masters Games
November, 1993 at Jonas J. Masters
Miller, Martin Post Masters Victories in Cow Harbor 10K

For Miller, it was a tremendous victory. How many times have you overtrained while approaching a new age group, and had to dump your whole year because you tore or sprained or pulled something, and you had to feel that slow slogging and plodding was just peachy-keen? Jerry had all the injuries at 40. At 41, he's back where he should be, with the top L.I. masters.

Most incredible masters performance in L.I.'s premier 10K? Marion Stanjones, of course. Now at the speed limit (55), Marion proved that she had no speed limit with a magnificent 42:50, for third masters, just behind super Sue Curtis (42:32).

Upper division road warriors, too, enjoyed fantastic times. John McManus, 70 and 44:48, won his division by 15 minutes in a deep field. John Sullivan (44:14) barely outleaned Mike Reidy (44:15) to cop 65-69 honors, while swift British Mel Cowgill (38:29) bested Richard Murphy (38:34) in the 55-59 crew.

The Cow Harbor finish banner stands aloft just ten feet from 50s literary lion Jack Kerouac's last stand — Gunther's Pub. This drizzle-dappled, whaling-town misty morning, we all shared Kerouac's (On The Road) road. Cow Harbor's James St. Hill (mile 2) gets the moan and groan, cuss-

by MAURY DEAN

Undaunted by soggy, sudden puddles and slip-slide oil slicks, Jerry Miller (34:21) and Kathy Martin (40:08) stormed to decisive masters victories on Sept. 18 at Cow Harbor, N.Y. This seacoast stomp through Northport, Long Island, is, according to sixth-place finisher Joe Lemay, the "toughest 10K in the USA."

Records Fall at KELfield

by JERRY WOJCIK

A good turnout of throwers, from ages 30 through 80, showed up for the grand opening of KELfield in Santa Cruz, Calif., on September 18.

KELfield is a throwing facility constructed on private property owned by Gary Kelmen on, an M40 thrower, who hopes to establish the site as a center for throwers of all ages.


U.S. Marathon

Continued from page 1

M70 + division, in which Bill Brobston, 80, Saugerties, N.Y., ran a 4:28:01.


Last year, Portenski finished second to Sharlet Gilbert, who won the W40 + contest with a 2:40:19.

Diane Stoneking, 45, Edina, Minn., triumphed (2:58:46) in the W45 race.


Navarro, with an age-graded 96.2%, was the best M40 + performer, followed by Marcacz at 93.7%, and Cumming at 92.7%. Among the W40 +, Portenski had the best age-graded time, worth a 92.4%, with Ray second, as in the race, at 90.5%.

Running in perfect marathon weather — 50°, clear with some late cloudiness, light breeze — 5122 entrants finished. With those conditions, officials expected fast winning times, but the race became a tactical one, with Ed Eyestone, 32, overall winner in 2:13:34, and Lisa Weidenbach, 31, first female in 2:23:38.

The race was conducted under the auspices of the Twin Cities Marathon, Patricia Goodwin, board of directors president. Health Partners was the primary sponsor.

November, 1993 at Jonas J. Masters

by MAURY DEAN

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Bohdan Bulakowski -
Poland's Loss, America's Gain

Bohdan Bulakowski was the Polish National Champion six times. He placed 7th in the 1980 Olympics in the 20 kilometer walk and competed for Poland on six World Cup teams. His best times are: 10K at 40:40; 20K at 1:22:45; and 50K at 3:53:04. At age 41, he competed at the World Veterans Games in Turku, Finland and placed 2nd in the 20K walk. This past summer in Provo, Utah, at age 43, he placed first in his age division in both the 5K and 20K.

In addition to his athletic career, Bohdan Bulakowski was National Coach for the Polish racewalking team. As national coach, his responsibilities included both programming and training athletes for international competition. In the Barcelona World Cup in 1989, the Polish team placed seventh. One of his female athletes, Beata Kaczmarki, placed 17th in the Women's 10K at the Barcelona Olympics in 1992. Since he has been in this country, he has coached Andrzej Chylinski, Dave McGovern and Dana Turobrough of our national team and masters gold medal winner, Paul Johnson (M55).

(When necessary, Adam Pawlik acted as translator for Bohdan.)

EW: There are many masters athletes coming into racewalking. Some are injured runners who lose competition and want to continue competing; others simply enjoy walking and want to become faster. How do you approach new racewalkers?

BB: First, I interview them and ask questions about their age and background. How interested are they in racewalking? What are their goals? Have they ever trained? How long have they trained? What are their PRs? How is their health? This way I can find out where to start and develop a program for them because there has to be continuity, a steady progression. Everything has to be tailored to the individual. There is no group formula. One of our fundamentals of training is to monitor the heart rate every single day. We have our athletes take their pulse the first thing in the morning when they wake up. When you do this, you know how well your body has recovered from your workout or race the day before, and what kind of workout you can do that day. Also, we check the heart rate after an athlete finishes training. We keep everything in a log book. As new walkers condition, their heart rate drops. Just as the muscles of the legs strengthen and work more efficiently, so does the heart.

We also use the heart rate for different levels of training. We have four levels of walking: Walk 1, Walk 2, Speed Work, and Racing. If your workout calls for Walk #1, your heart rate is targeted at a specified range; for example, between 120 to 140 for younger masters and between 110 to 130 for older masters. If your workout calls for Walk #2, your heart rate is targeted at a faster pace ranging around 150 to 160 for younger masters and 140 to 150 for older masters. Of course, there are outside factors such as temperature, humidity, and elevation that affect the heart rate. And it is necessary to make appropriate adjustments. If you go to an altitude training camp, the first day your heart rate will be higher than normal and will gradually drop over the following days. After about 10 to 12 days in the altitude, you can start doing good, solid training as your body will be completely acclimated, but for the first 10 days you should concentrate on slow technique workouts.

EW: What is a general overall workout schedule you might make for an athlete with a goal to race at a major competition in August?

BB: January through March would be for basic training. This would be a period for long distance workouts to build a solid foundation for speed. If you do not do long distance training, you are not going to be able to perform at a high level of endurance and speed. Someone coming into a program with a great deal of experience and in excellent condition would have a different program than someone who was coming back from an injury or just taking up racewalking after several years away. The length of time of the workout and the distance walked depends on the athlete.

If someone has a problem with bent knees, we do not recommend running. We don't recommend running if you have any kind of technique problem. You run only if you have solid technique.

In a week of basic training, there is always one day off for rest and recovery. Here is an example of a typical week. Monday, rest; Tuesday, Walk #1; Wednesday, easy running; Thursday, Walk #1; Friday, short workout of rhythms and speed; Saturday, Walk #1; Sunday, easy running moderate heart rate.

You can substitute another type of activity such as cross-country skiing, swimming, or light weight training for running. Most sports are okay substitutes during this period. If you have the opportunity to go to a swimming pool after training, this is a good way to relax the muscles. Don't do laps; just do ten minutes of easy, relaxed swimming.

During this period of basic training, it is important to stay within the heart rate range for Walk #1. If you go faster, you are, in fact, accelerating and doing Walk #2 and are working out at a different level. For example, if you are 50, your heart rate range is probably between 120-140 for Walk #1. If you walk at a 150 heart pace, you are actually doing Walk #2 which is closer to the speed of competition and your body is reacting more like it does during competition. Walk #1 is the basic walk for building a solid foundation. Walk #2 is a middle process between basic training and racing. If you do Walk #2 instead of Walk #1, you lose the physiologic benefits of training at Walk #1.

Phil McGaw, 43, Milton, Mass., covered 11,612 meters for top honors in the USA Track and Field National Masters 1-Hour Racewalk Championships at MIT, Cambridge, Mass., on Oct. 3. Joe Light, 46, Westerly, R.I., was second with 11,601m, and Brian Savilonis, 43, Princeton, Mass., third with 11,447m.

George Conway, 90, Milton, Mass., set a national M90-94 record of 6797m. Elton Richardson, 54, was first in a photo finish with 6796m, followed by Brian Savilonis, 43, Princeton, Mass., who had a record of 6797m.

The USA Track and Field National Masters 1-Hour Racewalk Championships were held at Wright Field, Dayton, Ohio, on Sept. 18. The event was sponsored by the USA Track and Field Masters Committee and the USA Track and Field Masters Governing Board.

The event was very well attended, with over 100 participants. The race was run in 100-yard intervals, with each participant racing for one hour. The winner was the person who covered the most distance in one hour. The event was very well organized and run by the USA Track and Field Masters Committee and the USA Track and Field Masters Governing Board.

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Jerry Donley
by RAYMOND McCAFFREY

In the clear, cool cusp of morning, as fog lifts from the mountains and daylight takes hold, a lone figure raises a spear toward the heavens, pauses briefly, then lowers it toward a target and begins to run.

The figure — a slender, bespectacled man — takes deliberate strides and deep breaths as he races forward until, suddenly, he exhalates sharply and thrusts the spear into his mark.

The spear bends on impact, but the man retains his grip, and then — in a blinding instant — he is catapulted upward and begins to fly. His toes address the sky as he rises higher and higher. Then, just as he clears an obstacle — a slender crossbar — gravity grips him and slams him back toward the ground. He lands in a bed of soft foam and bounces up with a contented look.

"That's 11 feet," Jerry Donley says.

"That would have won the world championship. The person that was in second place was 10 feet, 10 inches. My winning height was 11 feet, 10".

Specifically, Donley won the pole vault competition — at the World Association of Veteran Athletes world championships in Turku, Finland, July 1991. Though 63, Donley looks 20 years younger as he bounds down a runway at the Air Force Academy's track and field complex. He shrugs this jump at the last second. "I wasn't comfortable coming in," he explains.

Comfort? Donley ticks off what he's aiming for: good balance, good position, taking exactly 18 steps to run exactly 120 feet before vaulting. He compares it to hitting a golf ball straight.

"If your swing is out at all, you're going all over the place; and if your step is off, you've got some real troubles."

But the analogy breaks down slightly. At the end of the golf swing one simply observes the direction of one's shot; at the end of Donley's 18 steps he must jam his pole into a metal box, absorb the impact in his arms and shoulders and then ride the rippling wave upward. "I guess there are a lot of people who don't think that makes an awful lot of sense," he says.

"You're going to take a jolt. You're going to take some hard falls."

Through the years, Donley has broken his wrist and his collarbone and even caught his nose on the cross bar. He is now recovering from a leg injury. Why does he do it? "I don't know. Well, I don't think I can say there's anything you particularly like about it. It just fits my personality."

Personal? Donley talks about one coach who gave up recruiting great athletes for the vault — they did well at the beginning but never improved. He preferred good athletes who were — well — a little goofy, the types that would charge a brick wall. Guys like Donley, who started vaulting while a fifth-grader at Castle Rock Elementary School. "I'm not naturally strong. I can't run long distances. I wasn't good at basketball. I was too small to play football. I swim like a tank."

But by the time he was a 6-foot, 115-pound high school senior, he was his school's best vaulter by virtue of clearing 10 feet, 10 inches. At Beloit College in Wisconsin, he gained another 35 pounds and topped 13 feet, 9 inches his senior year. "And that, of course, is the end of it."

Following the conventional wisdom that all but the painted few give up strenuous sports at 21, Donley enrolled at the University of Michigan Law School. He wasn't the best student, but vaulting had taught him to work diligently. He came to practice law in Colorado Springs and make a life with his wife, Dorothy, and their three sons.

By the time he was 40, he felt gravity weighing on him: He lacked the energy to keep up trial work. So he took up jogging and aerobics to get into shape.

Then his sons started pole vaulting and Donley tried to explain the theory; finally he decided to show them. "And I started getting off the ground."

He was 44 and flying again. Donley read about the burgeoning masters program — about 5,000 men and women competitors in the 1991 championships, some in their 90s — and in 1975 he took second at the world championships in LaPorte, Ind., by "three sons."

Jerry Donley, M60, first (3.60), Menschard Krm, second (3.30), and Martin Rotman, third (3.20). WAVA Championships, Turku, Finland, 1991.

35 Records Smashed at 24-Hour Championships
from JOHN WHITE

Sylvania, Ohio, was the site of the USATF National Open and Masters 24-Hour Championships, Sept. 18-19.

A total of 166 runners competed on the 1.122-mile Orlander Park loop carding the world's largest running Saturday noon.

The women's open and masters champion was 47-year-old Sue Ellen Trapp, Fort Myers, Fla., running without close competition and breaking the women's masters record of 143.831 miles set by the legendary Helen Klein, 70, Rancho Cordova, Calif., in 1991.

The top masters men were Roy Pirrung, 45, Sheboygan, Wisc., the former open and masters record holder with 143.831; John Ryder, 45, LaPorte, Ind., with 139.378; and Robin Fry, 41, Columbus, Ohio, with 136.873.

Helen Klein, 70, Rancho Cordova, Calif., became the oldest woman in the world to surpass 100 miles with her 102.7398, and established national agegroup records for 25K, 20 miles, 50K, 50 miles, 100K, 12 hours, and 100 miles. Edson Sower, 77, Yuma Ariz., is the oldest man known to have competed in a 24-hour run. He established first-time-ever M75 records at all distances beyond 100K.

The success of this event was attributable to Tom Falvey and Dave Payette of the host Toledo Roadrunners Club. The race featured a revolutionary computer scoring system designed by Todd Herzog of Paradigm Technologies. The system utilizes barcoded tags that permit an unlimited number of participants in an ultramarathon. Dan Brannen, chairman of the National Ultrarunning Subcommittee, heaped praise on both the race organizers and the new scoring system.

Raschker Nets Four Records at Gainesville
by JERRY WOJCICK

Phil Raschker, 46, Sorbothane's co-captain of the month in the October issue, continued her attack on world and U.S. records, bettering four in the USATF Southeast Regional Masters Championships in Gainesville, Fla., Sept. 5. Raschker, of Marietta, Ga., broke her W45-49 world record of 2.84.94 in the pole vault with a 2.95.9-8, and bettered the single-age U.S. records in the high jump, long jump, and triple jump.

Ninety-two All-American masters performances were recorded. Eleven Florida resident records also fell. Entrants included athletes from Philadelphia, Virginia, and Ohio, as well as from the region. In addition to offering competition for men and women ages 30-and-over, the meet included athletes from ages 19 through 29.

The Florida Athletic Club outscored the Atlanta TC, 236 to 114, for team honors.
Masters Training Advice

Book Review:
The Heart Rate Monitor Book
by BARBARA ERSKINE

In 1991, Sally Edwards, at 44 years of age, won the Masters Division of the Ironman Triathlon. Not only was she at the top of the age bracket for that group, 40-44, but also she started the marathon in 4th place, behind by 25 minutes.

She's a remarkable woman and elite competitor; but, even so, that performance was exceptional. She credits her win to the assistance of a gadget which isn't new, but is high-tech heart rate monitor. So convinced is she of the value of the information the monitor provides that she has written a book on the subject, aptly named The Heart Rate Monitor Book (1992, Polar Electro Oy, $12.95).

With unabashed enthusiasm, Sally, in her personal, chatty style, describes all the benefits of using a monitor for exercisers of any age or ability. Although she has been athletic most of her life and is comfortable with intense competition, the monitor provides specific information she uses to improve her performance in training and racing. If it can help someone so highly trained, it should be valuable for the average athlete.

Most of us do our workouts on either the perceived exertion scale or pulse rate. However, both these methods are very imprecise. Perceived exertion is a function of the mind and can be influenced by too many variables, such as fatigue, stress, financial worries. Pulse rate, in clinical studies, has varied by as much as 17 beats per minute from heart rate. In non-research situations, such as your daily run or bike ride, taking your pulse to judge exertion is even more erroneous.

A heart rate monitor measures individual cardiovascular and physiological response to exercise. In beats per minute, it indicates the efficiency of your body — how much energy is required to pump the blood through the heart. Because response to training is individual, what is a high level of intensity for one person might be moderate for another. The monitor allows each person to pick the intensity desired for any given day and achieve that, whether in a group or exercising alone.

Sally believes, "Racing with a wireless telemetry heart rate monitor can be worth milliseconds in a sprint, minutes in a marathon, and hours in an ultra. Training with a heart rate monitor can mean hundreds of calories burned; many pounds of fat lost; and shorter, more motivated and enjoyable workouts. It provides the means to accelerate the athlete's learning curve of self-understanding and fine-tune the athlete's ability to consciously adjust his or her body rhythm."

It directly links the mind with the body, by providing feedback to the mind on how the body is doing. The monitor gives constant measurements of the heart's response to physiological variables such as caffeine, moods, attitudes, stress. If your heart rate increases to maintain a set pace because the weather is hot or you are fatigued, you'll know, immediately, whether you are exceeding your training limits and can adjust your intensity accordingly.

This is great news. You can compete in any group or activity, yet be constantly aware of how you personally are doing. Sally's experience in the Ironman gives us a fine example of this strategy.

She finished the swim exactly in the time of her race plan. She kept steady on the bike at 155-160 bpm, even though many cyclists passed her. As she changed to running shoes and moved the monitor from the handlebars to her wrist, she took off at a 172 bpm for the marathon in 4th place. By the half way point, she was in 2nd place, but still 10 minutes behind. That meant Sally would have to run almost a minute per mile faster than the leader to catch her. By mile 21, her mind began to issue negative thoughts. Her monitor showed 155 bpm — she had allowed her mind to slow her down. Painfully, she picked up the pace to 172 bpm and took the lead at mile 22.

"I did it. I won. It (the heart rate monitor) allowed me to monitor the status of my mental attitude and physiological stamina, to control it and coax myself towards victory."

Why does Sally, at 44, care about winning, her heart rate, a trophy? Her book is a statement of the meaning of life for this champion masters athlete. "...experience it for yourself. Go feel what it is like to reach so deeply inside that you brush against your core Self. Go win and go lose, but never stop learning about the world, and about yourself."

And take your heart rate monitor with you. D.

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As Congressional Pace Finally Speeds Up, Top Administration Figures Run for Their Lives
from JEFF DARMAN

As always, the race had a festive air with the Howard University Show Time Marching Band entertaining runners pre-race and as they finished. Race officials dressed as Abraham Lincoln and George Washington "work ed" the race crowd and appeared on TV. Signs lined the start area with slogans such as, "Sam Nunn's Health Care Plan, 'Don't Cough! Don't Sneezet."

Tennessse Representative Bart Gordon regained his title as fastest man in Congress running 17:59. Senator Don Nickles (R-OK) defeated 10-time Senate Champ Max Baucus (D-MT) with a come-from-behind finish, edging Baucus by two seconds (21:25 to 21:27). First time participant H UD Secretary (former San Antonio Mayor) Henry Cisneros was the first Independent Agency Head (23:32). Vice-President Al Gore finished in 23:39, along with his daughter, Karen. Tipper Gore finished in 26:20.

Jim Hage of the Bureau of National Affairs was the open winner (14:21), and Laura Scofield of the Department of Labor team was first woman (17:29). Fastest overall team, Runners Magazine, the visiting quintet from Em maus, Pa., (Runner's World Magazine) nipped Congressional Quarterly in the journalism division. Fastest individual journalist was Jim Hage, who beat several-time winner Dick Keil of the AP.

The Nike Capital Challenge again highlighted the ability of many of the nation's busiest leaders to stay fit, and raised $9000 for the D.C. Special Olympics. Challenge sponsor, Nike, and contributing sponsor, the Principal Financial Group, donated $4000 in the names of the winners, as well as paying all race expenses. All entry fees went to the District of Columbia Special Olympics; Principal's Chairman and Chief Executive Officer, Dave Hurd was among the finishers.
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Masters Health and Fitness

A Profile of the Masters Track and Field Athlete
by Russell Lamar Acea

(Russell Acea is a masters athlete who lives in Seattle. His research paper: "A Profile of the Masters Track and Field Athlete" was accepted for presentation at the annual meeting of the Northwest American College of Sports Medicine. In a two-part series, NN presents excerpts from that paper. The first part cites various surveys on older athletes researched by Acea. Part two reveals the results of Acea's own survey of 94 masters track and field athletes at six masters meets in 1991.)

With aging, there is a general decline in physiological measurements. Aerobic capacity, muscular strength, movement speed, and lean body weight all decrease, while percent body fat increases. The decline in these measurements begins somewhere in the mid-20s and is called the aging curve.

However, a growing number of researchers who have tested individuals from age 20 to 95 believe that a portion of the deterioration seen in aging curves is caused by less activity in older individuals, and not just by aging itself; that people who maintain active lifestyles slow down the fitness decline seen in typical aging curves.

What is not known with certainty is to what extent these aging factors can be slowed by those who consistently exercise throughout their lives. More studies need to be done by sport scientists before this issue is clarified.

Changes with Aging

As most people age, the amount of body fat becomes easier to accumulate. Excess body fat can lead to overweight problems and increased health risks. Researchers have shown that exercise is a well-documented factor in controlling body fat.

Heath et al. (1981) compared 16 highly-trained masters athletes, ages 50-72, with 16 younger athletes, ages 18-27. The two groups were matched based on similar training regimens. Eighteen untrained middle-aged men were also compared as a control group in which nine were identified as overweight, average age 50; the other nine were lean, average age 52.

Significant differences were found between the masters athletes and the untrained middle-aged men in percent body fat. The young athletes had 9.3% body fat; the masters athletes 9.8%; the lean untrained men 14.2%, and the overweight men 20.4%.

<table>
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<th>Weight (kg)</th>
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<tr>
<td>Masters athletes</td>
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<td>173.0</td>
<td>63.3</td>
<td>9.8 ± 1.2</td>
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<tr>
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<td>59</td>
<td>175.3</td>
<td>85.0</td>
<td>20.0 ± 2.2</td>
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<tr>
<td>Lean untrained</td>
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<td>52</td>
<td>174.8</td>
<td>69.1</td>
<td>14.2 ± 2.2</td>
</tr>
</tbody>
</table>

Many researchers agree with Heath's study that trained men have a lower body fat content than untrained individuals of the same body weight and age.

Vo2 Max Drops Less With Training

Many researchers have tried to answer the question of how much exercise is needed in order to produce positive physiological results. Sport scientists report that in healthy, non-competing men, Vo2 max declines about 9% per decade after age 25.

But Pollock et al. (1987) found aerobic capacity remained virtually unchanged over a 10-year period with 11 middle-aged men who had maintained their training regimens and competitive habits in track & field. During the initial testing, the average Vo2 max of the 11 men measured 54.3 ml/kg/min. At the follow-up study 10 years later, the average had declined to only 53.3. With a predicted decline of 9% in Vo2 max per decade, the expected result should have been approximately 49.4 ml/kg/min.

In a study by Kavanagh and Shephard (1990), 756 masters athletes of various sports (mainly runners, swimmers and cyclists) were tested for Vo2 max levels.

Vo2 Max

They found an average decline in Vo2 max of 13.0 ml/kg/min from the 30-39 age group to the 60-69 group (49.1 and 36.1, respectively). This drop amounts to an 8.8% decline per decade, a figure close to the expected 9% decline rate. This finding contradicts Pollock and other researchers who found that Vo2 max declined at a lesser rate with masters athletes.

Since Kavanagh & Shephard did not segregate athletes by sport and event, it is not possible to find out whether there were similar declines in the aerobic capacity of track athletes consistent with the entire masters athlete population.

Nevertheless, it seems apparent from the majority of studies done on masters track and field athletes that continual training in the sport assists in curtailing the expected decline in aerobic capacity with aging.

— Russell Acea

Sri Chinmoy Games Draw 120

by Lynne Scott

One hundred and twenty men and women athletes, ages 40 and older, gathered on an ideal, cool day in Long Beach, Calif., for the 6th annual Sri Chinmoy Masters Games.

Stewart Thomson, 60, Atascadero, Calif., again broke the U.S. M60-64 hammer record since turning 60, with a 10.76/166.6. Carol Johnston, Whittier, Calif., 81, vaulted to a single-age world record of 2.34/7-8.

Dave Douglass, 60, Los Angeles, a faithful supporter of these games from their inception, participated in seven events, taking two firsts.

Members of the Sri Chinmoy Marathon Team athletic organization came from all over California to host the event and be inspired by the masters athletes. They provided free fruit, drinks, and snacks all day, which the athletes appreciated.

For further information about next year's event, the contact is Bigalita Egger, race director, (310) 645-027.
Owens, Portenski Win in Philadelphia

by JERRY WOJCIK

Earl Owens, 44, Dunwoody, Ga., took the 40-and-over contest with a 45th-place of 7000 runners in 1:08:54 at the Philadelphia Half-Marathon on Sept. 19. Owens, of the Atlanta TC, met little competition in his division, with Carlos Roa, 40, Jamaica, N.J., second (1:10:16) and Chuck Moeser, 41, Herndon, Va., third (1:10:42).


Priscilla Welch, 48, Boulder, Colo., and England, won the W45 race with a 1:25:15.

Heavy rains on Saturday moved on by Sunday morning, leaving conditions at 57°, 77% humidity, and winds at 10 mph. □

Late Flash!!

Buffalo (USA) and Durban (South Africa) were chosen, respectively, as the sites for the 1995 and 1997 WAVA World Veterans Athletics Championships by the delegates to the WAVA General Assembly in Miyazaki, Japan, October 14. Details next month.

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ON THE COVER

First master Earl Owens, 44, Dunwoody, Ga., in 1:08:54, Philadelphia Half-Marathon, Sept. 19. Photo by George Banker


TEN YEARS AGO

November, 1983

• V World Veterans Games Draw 1935 to San Juan; 40 World Records Set; Problems Mar Successful Event
• 782 Compete in National T&F Championships in Houston
• Antonio Villanueva, Cindy Dalrymple Top Masters in El Paso 15K

Profile

Continued from page 11

championships. He has won his age division almost every year he has competed, and been the national chairman of the United States Masters Track and Field Committee.

As he stands in the cool morning air, Donley easily lists what he enjoys about competing — how it slows the aging process, how he and Dorothy have seen the world. But emotion strangles his words as he struggles to describe the beauty of the vault, that blatant defiance of gravity.

"If it’s a good technical vault, there’s no stress, no strain, no jar," he says. "There’s nothing but coming back, taking off into the air..."

"I’m in heaven." □

(Reprinted from the Colorado Springs Gazette- Telegraph.)
The History of Masters Long Distance Running — Part II

(Continued from page 15)

"Masters athletes keep the race honest," so says Scott Keenan, the Race Director of Grandma's Marathon. Clearly impressed by the masters runners he has dealt with, Keenan is well-qualified to speak. The first six elite athletes he signed on for his 1992 race were over forty.

Keenan believes that the masters athletes deserve his race well because they are more loyal to events that they enjoy and they attract local runners to participate. "Masters are committed to coming back if they like your event — open elites are often more selective," he notes.

"Bringing in Doug Kurtis for his race (who won as an open athlete) automatically enhanced his field. According to Keenan, "Masters strengthen the overall field...especially when they have the ability to finish in the open."

Keenan likes the fact that his masters athletes rarely, if ever, let him down. "They have that added experience, which usually guarantees that they will run the times they say they can run."

"Besides knowing what they're capable of running, masters usually run smarter. They pace themselves based on conditions. "I don't know too many masters runners who drop out of races. When I bring in masters, I know that they'll finish and run times that are virtually guaranteed."

Rogers and Shorter

"Clearly, there has been a fairly rapid evolution in the sport since the match-up between just-turned-forty Rodgers and Shorter. Prize purses for the over forty division have been increasing, and most major races have a travel and expense budget for elite masters. But the evolution is far from complete. In masters competition there are shades of grey — as many different viewpoints on how, much, and even what athletes should be rewarded — as there are athletes, race directors and officials."

Like Keenan, Dick Mattia, the Elite Athlete Coordinator for the Utica Bollerman 15K, is strongly in favor of rewarding masters performances with prize purses that are equitable in comparison to the open division. The race has consistently drawn a top-quality masters field over the past several years. Utica is one of the few major races that breaks the masters age divisions into the over-fifty group, with separate prize money.

Mattia believes that the tough competition that exists in masters racing is a natural progression: "What provide for seeing is simply athletes who are coming of age." He credits the ICI Masters Circuit with helping to get people thinking about masters running. "The timing was right...there were already a lot of good quality people out there."

"Utica was on the circuit for three years — it paid off for the race as well as the athletes. The quality of the fields improved significantly, which led to the increased prize purses. In last year's race, prize money was raised across the board, even in the senior category."

Charlotte Observer Races

Although the Charlotte Observer 10K and Marathon does not pay prize money to the over fifty age groups, they do offer one of the largest and deepest masters purses in the sport. Don King, Promotional Director with the Observer, says that masters are the most important age group in many races — not only in the Observer 10K, but in other races in the Charlotte area. King stresses that "the average forty or fifty year old runner in Charlotte doesn't care about big name runners, especially in the open." But they do care about their peers, the other runners their age who provide support and make up the greatest percentage of the field.

As the running population ages, King sees two major developments occurring: one, sportswriters will also be aging, so they will pay more attention to the older athlete and two, new language will be adopted to provide for the older runner, much like cycling terminology. In the future, King sees the term 'master' being replaced with designations for each ten-year category, from forty through eighty.

Julia Emmons, Race Director of the Peachtree Road Race 10K, agrees with Keen's Mattia and King that masters competition is a viable part of any event. Describing her 40,000 + race as a "citizens race," Emmons says that "they are honored by the elite fields that Peachtree attracts. She is particularly proud of the master athletes who are "...their second season of greatness."

Emmons supports substantial prize purses for masters because she believes that the trend that began in the 1980's with the popularizers, Campbell, Welch, Schlau and others is going to continue well into the next century. She likens masters runners to actors, movies, as opposed to "...someone who is just beautiful or handsome can't play character roles."

It's up to the older athletes to provide the level of maturity and commitment that younger athletes may lack.

Age-Graded Scoring

There are those supporters of masters competition who, in the spirit of fairness, look to age-graded scoring to recognize overall winners. Races have been scoring using this system for years in Oklahoma, led by Joe McDaniel, who was very much ahead of his time. The Tulsa Run 15K is one of the few major national races that scores masters runners in this manner. Race Director Stan Austin says that "in the four years they have done age-graded scoring there have been few complaints. "For someone over fifty, this is the only fair way to score. This allows an Ed Benham, who is a re- mental athlete, to finish as third master overall."

The Twin Cities Marathon is well-known for its age-graded scoring, as well as for the substantial masters prize purses. Executive Director Patricia Goodwin credits former Race Director Jack Moran and Skip Burke with having the foresight to recognize that masters running would be a significant part of the sport in future years. In the 1989 race, 2,000 out of the 6,000 participants were over forty. "Masters athletes are treated fairly at our race. We do the age-graded in five year age groups, plus this year (1992) we are offering a $5,000 bonus for the masters course record," said Goodwin. Everyone even the opportunity to be recognized.

Will age-graded become more popular in the future? It's difficult to know for sure, but it would appear to be a logical progression. If not age-graded, then perhaps recognition of older age groups, particularly in races where there is prize money. Barb Filutz, who was one of the pioneers in the sport, would like to see more age groups developed. For someone such as Barb, who is still running extremely well, this would be an incentive. "Competition is getting harder; the field is growing, but we don't want to stop competing. We just need more incentive to race," comments Filutz.

Twin Cities Best Masters Race

Norm Green agrees with Barb, but he leans more toward age-grading. He would like to see more races follow Twin Cities' example, which he describes as the "best race in the country for masters." Green brings up another issue: masters athletes wearing numbers on their backs to designate age group. Although this is a requirement in TAC championships and has been tried with limited success at a few major races in the past, it is not being done with any regularity at the present time. With new athletes moving into the masters category seemingly every month, this may become common practice.

A sport in transition, in a state of evolution, makes for wildly divergent opinions. Where is the sport going and how is it going to get there? Scott Keenan believes that masters running is "...very strong, and prize money will continue to increase in years to come." Harold Tinsley would like to see masters included in circuit, but he doesn't feel that TAC will supply the "necessary people to do the work to get a circuit going." In defense of TAC, Chuck DesJardins, Chair of the Masters Long Distance Running Committee, agrees that the sport would benefit from a circuit "...but everyone

Continued on page 20
Wolfpack Throwing Classic Held
by JIM PEARCE
The 12th annual Wolfpack Throwing Classic was held in Columbus, Ohio, on Sept. 12. Joan Grissom, 55, Indianapolis, throwing in a new age-group this year, set U.S. W55-59 records in the 3k shot (12.32) and 3k hammer (31.34). Grissom also set single-age records in the weights.

Len Olson, 62, Poyntelle, Pa., was selected to receive the 1993 Buckeye Throwing Award for his "iron man" performance, which included the weight pentathlon and six individual events, plus three single-age records. Other single-age records went to Ber­nice Holland, 66, Cleveland, Ohio, and Frank Furniss, 86, Marion, Ohio.

Everett Hosack, 91, Cleveland, Ohio, was the oldest entry and first M90 athlete to compete in the Wolfpack Classic.

Weather conditions were excellent, with unseasonably cool temperatures in the 70s, slightly overcast skies, and a favorable wind.

Olson, Grissom Best With the Weights
by JERRY WOJCIEK
The USATF National Masters Weight Pentathlon Championships drew 24 contestants including six women, to Woodstock, Ill., for the event on Sept. 25.

Len Olson, 61, with four marks worth 850 or better, was the top point-getter with 4262. Phil Brusca, 66, bolstered by a 906-point 12.53 (age­factored 17.04) mark in the shot was the second-best thrower at 4098.

Joann Grissom, 55, led the women, with a 3864 total, fattened by a 928-point 11.48 (15.61 age­factored) shot put. Betty Jarvis, 78, was second best woman at 3308.

Top original marks (before age­factoring) in the five events were 14.09 in the weight by Olson; 43.06, javelin, Don Mather, 63; 13.17, shot, Olson; 43.90, hammer, Norm Cyprus, 55; and 47.38, discus, Mather.

The event was hosted by Chuck Klem.

Thomasville Decathlon/ Heptathlon
by BILL BUSBY
Under near­perfect weather conditions, the eighth annual Thomasville Fall Decathlon and Heptathlon was contested by 21 male competitors, ages 11 to 81, and a surprisingly large group of seven female competitors, whose ages ranged from 11 to 61, in Thomasville, N.C., Sept. 11-12.

The meet ran very smoothly both days because of the efforts of a veteran volunteer officiating crew, several of whom have worked the meet every year for the past eight years. Two high jump pits and three pole vault runs were used to speed up the two most time­consuming events.

Outstanding performances were turned in by Denver Smith, 67, whose 7378 score is a world single­age record; Phil Mulkey, 60, with a tremendous 7789; and Rex Harvey, 47, with yet another 7000+ score (7040).

Phil Raschker, W45, had an im­pressively 6027 points in the heptathlon. She was pushed to her score by competition from Nicole Hudson, 23, a training partner and three­time Atlantic Coast Conference heptathlon champion.

In addition to his athletic ability, Harvey brought his computerized scoring program and equipment, which made accurate results available almost immediately after the 1500 concluded on Sunday. The results were presented online and in print.

COMING NEXT MONTH.
- Stories, photos and results of 10th WAVA World Veterans Championships in Miyazaki, Japan

Santa Barbara Hosts Club West Meet
from BEVERLEY LEWIS
The 20th annual Club West Meet at UC­Santa Barbara on Oct. 2 drew its usual large number of athletes, many from out­of­state, who posted several records and excellent times.

Stew Thomson, 60, Alhambra, Calif., left­handed Joe Chidbourne's U.S. M60­64 record of 164­11 for the 5kg hammer with a 168­10.

John Whittemore, 93, Montecito, Calif., established a single­age world record (44­2) for the 4kg hammer and broke single­age world records in the javelin (31­1.5), shot (14­4), and discus (37­8). Phil Fehlen, Carlsbad, Calif., high jumped to an age­58 world record 5­7 3/4.

Eddie Hart, 44, Pittsburgh, Calif., 1972 Munich Olympic gold medalist in the 4 X 100 relay, romped to an easy victory in the 100 with an 11­55.

The Track & Field Trophy for highest points was won by Sam Flory, 61, Inglewood, Calif., for his 20 point total. He also shared the Track Trophy with Stan Whitley, 47, Alta Loma, Calif., both scoring 15 points. Bob Bouche, 80, Walnut Grove, Calif., was the winner of the Field Trophy with a 19­point tally.

Jim Minah, Seattle, Wash., won the Hubbell­Herrman Hammer Heave Trophy, awarded to the best thrower over age 70. Gunnar Linde, Venice, Calif., took home the Ray Williams Memorial Trophy for the best 5000 time by a runner age 60 and over, for the second consecutive year, with a sparkling 16:24.

The meet was co­sponsored by Club West and the City of Santa Barbara Parks and Recreation Dept. Lloyd Albright was the meet director. Dave Reynolds was the starter.
The Women's Center is the most comprehensive resource for women and families in the Washington, D.C. area. The center provides psychological, professional, legal, and financial counseling; education and referral services to more than 60,000 people per year. The center can be reached as a resource — for statistics, information, comments, and observations. For assistance, call Virginia Marshall at (703) 283-2828.

Four events are being held for women in the area on the same day - each with a specific focus. The following are details about each event:

**MIDWEST**
- **Jim O'Neil**, 54, of Ohio, slashed to a masters with a time of 3:27.7 in the Blade 10K. O'Neil won the event with a time of 3:27.7, setting a new American record for the Blade 10K.
- **Sally Richards-Kerr**, 40, of Evergreen, CO, was first in the South American Masters Women's 15Kwon the event with a time of 1:24:46, setting a new American record for the event.
- **John Ruml**, 53, of Lawrence, KS, won the men's division in 1:08:55, setting a new American record for the event.
- **Some 130 masters took part in the Rocky Mountain Games, Boulder, CO, Sept. 4-5. A total newcomer to masters trif, Dr. Alan Cohen, 45, of Colorado, captured the Herb Anderson Durability Award by competing in 14 events, plus the regular weight and weightlifting events.**
- **Rob Whatham (41, 50-58) and Diane Stoneking (45, 59-59) were winners in the Minnesota Masters 15K Championships, in Eden, Sept. 19. Stoneking's time took 1:42 off the Minnesota 25K record and gave her second place in the "age-graded" competition, in which the runners' times are adjusted to reflect their abilities.**

**SOUTHWEST**
- **Tom Thompson**, 41, of Fort Worth, TX, posted a second-place finish in the Blade 10K with a time of 1:08:55, setting a new American record for the event.

**NATIONAL**
- A recent survey of centenarians (age 100+) asked what were their secrets of long living. The replies: 1. Optimism; 2. Commitment; 3. Activity; 4. Adaptation to Loss.
- If you need a quick answer to a nutrition question, call 1-800-366-6555. This toll-free number is staffed by registered dieticians from the National Center for Nutrition and Health, a branch of the American Dietetic Association, between 10 a.m. and 5 p.m. Eastern Time, Monday through Friday. Recorded messages on a changing list of topics are also available 24 hours day.
- **Big Brothers/Big Sisters of America is currently piloting an intergenerational project in eight cities across the country, matching senior citizens with working elementary-school-age children. For more information, call Robert Christian, (215) 567-7000.

**EAST**
- **Tom Carter (41, 15:49), Johnson City, NY, and John Butler (43, 19:09), Cazenovia, NY, were top masters in the Syracuse Festival of Races, a separate men's and women's 5K, Oct. 3. Coincidentally, both placed 21st in their events. Ray Kneir, 51, of Clifton, VA, ran an excellent 16:34 to win among M50-M40, while Nancy Frisillo, 50, of New Hartford, NY, won the M50-S40 race in a super 19:34. Strong, gusty winds plagued runners throughout the race, which was sponsored by the Syracuse TC with the cooperation of the City of Syracuse and Syracuse University.
- **Summer Shatmaker, 70, strode past all the 60-year-olds to take first place in 5:54 in the M40+, category at the Coconut Grove 5-Mile Race Walk, Miami, Oct. 2. Linda Stein, 46, led the women masters in a fast 47:29.
- **S. Rae Baxmiller**, 50, of NYC, outpaced the M40+ in 5:28 to win the masters division of the Fifth Avenue Mile, Oct. 15. Al Swenson, 46, Wolcot, CT, led the masters men across the line in a 22:38 in the Empire City 8K, NY, with Vic Hecker, 51, of Chicago, taking first in the M50 + division in 4:33.4.
- **Ralph Romain**, 61, of Trinidad, betters his pending 5:46 and Jack Greenwood's 57:44 M60-64 WR at 57:45. Greenwood won the event in the Potomac Valley TC Championships, Arlington, VA, Sept. 5. James Carnine, 50, posted a pending U.S. record of 14:04.3 for the 5000WR. The old record of 14:43.3 was held by John Elomar. The recipient of the Potomac Valley meet's "McCoy" Desmond Memorial Outstanding Amateur trophies were James Carnine, 73, Allen MD, who won five events, and Lorraine Tucke, 46, Hartsdale, NY, who also took five firsts.

**Owens, Hutcheson Wins Masters 10K**

**Continued from page 1**

Owens, with a 90.9% minute. Age had its day with Susie Hughes, 86, Tex., posting a 1:22:15, and legendary Paul Spangler, 94, Calif., finishing in two hours and three minutes.

Dr. Spangler, the guest of the Oklahoma City RC, captivated the large Friday evening pasta dinner gathering with a robust and articulate speech entitled "Life Styling for Health and Zestful Longevity." Spangler promised Lance Corman, the club president, "I'll be back again for your 10K in 1999 when I'm 100 years old!"

Perhaps the most popular aspect of this well-orchestrated event was the provision of "hospitality hostos," offered by the local running club Jim Tucker, race coordinator, invited a number of celebrated masters, and many took advantage of the lodging and transportation services.

Several out-of-state runners, including Charles De Jardins of the USATF Masters LDR Executive Committee, enjoyed a "long, long, come back" dinner Saturday evening, complimentary of club members.

"A quality championships was our major goal," said Corman, "and I think we nailed it!"
**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.

**TRACK & FIELD NATIONAL**


**EAST**

Connecticut: Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, No, Virginia Pennsylvania, Rhode Island, Vermont


December 18. Tri-State TC Indoor Holiday Festival, Wayne Vauth, 734 W. Franklin St., Hagerstown, MD 21740, 301/733-6076.

January 7. 25th Dartmouth Relays, Leverone Field House, Hanover, N.H. Carl Wallin, meet director, Dartmouth College, Alumni Gym, Hanover, NH 03755. 603/646-2848; 646-2540.


**SOUTHEAST**

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

November 7-11. Golden Age Games. 55+, Chris Uary, PO Box 1298, Sanford, FL 32772. 407/330-5796.

November 29-December 5. Gulf Coast Senior Games. 55+. Barbara Shapiro, PO Box 1061, Bradenton, FL 34206. 813/745-3062.


December 27. Holiday Weight Pentathlon, Atlantic H.S., Delray Beach, Fl. 8 a.m. Randall Cooper, 222 N.E. 22nd Lane, Delray Beach, FL 33444.


May 28-29. USATF Southeast Regional Masters Championships, Knoxville, Tenn. Pentathlon/weight pentathlon on 28th; all other events on 29th. Dean Waters, 615/483-7743 (e).

**MIDWEST**

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


**MID-AMERICA**


**WEST**

Arizona, California, Hawaii, Nevada


November 27. Stanford Throws Series #2, Stanford U. 9 a.m. Gary Kellemson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.


December 18. Stanford Throws Series #3, Stanford U. 9 a.m. Gary Kellemson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

**INTERNATIONAL**


September 4-October 8, 1994. Third International Masters Games, Brisbane, Australia. 3rd International World Masters Games, Lockwood Bag 1994, GPO Brisbane, Queensland, Australia 4001. 617/405-0999.

**LONG DISTANCE RUNNING NATIONAL**


**EAST**

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


**Masters Score High in Maccabiah Run**

by MIKE POLANSKY

It was a big day for masters runners on Sept. 12 in Plainview, N.Y., as the over-40 set captured four of the first nine places in the Maccabiah 5K. Forty-two-year-old Dan Brach led the masters contingent with a strong 15:49, as second overall. Jerry Miller, third overall, followed in 16:38, with Jim Walsh, sixth (16:47), and John Lupsich, ninth (17:02).

The top W40+ was 40-year-old Diane Gordon, fourth woman in 19:32. Anna Thornhill was second with a very impressive 20:13 at age 53.

Nearly 400 runners crossed the finish line in the run, which was conducted under the auspices of the Plainview-Old Bethpage RRC, and directed by Sue Polansky. The entire proceedings were turned over to the U.S. Committee of Sports for Israel, to help send the U.S. team to the Maccabiah Games in Israel.

"This is an event that was just plain fun to be part of," observed Polansky. "We're really pleased that so many masters runners participated, and that they did so well. Masters running is a big part of our club's overall program, so it was really gratifying to see the support this event received from the masters running community."  □
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National Long Distance Running Records and Bests

Compiled by USA Track & Field Running Information Center, 5522 Camino Cerrillos, Santa Barbara, CA 93111 tel: (805) 683-5868

Key to Codes:
- D = Proof of birth certificate
- R = Unofficial record
- F = Pending - application or more information needed

40+ pr act = All-come's Masters Record (non U.S. citizen)
- a = Performance possibly aided by wind and/or slope, not eligible for record

Page 21 of 21
November, 1993
National Masters News
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### The Competitive Road Racers October 1993


Pittsfield Money Leaders 1993 Masters Men

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### Association of International Marathons

**AIMS 28th Las Vegas International Marathon**

Including 5-person Team Relay and Half-Marathon

Saturday, February 5, 1994

- Over $60,000 in Prize Money
- Masters Half-Marathon Championship
- 5-Person Marathon Relay Teams
- Cool and Dry Running Weather
- Commemorative Finisher Medals
- “Fun Capital” of America

Come and see why this race has been in the Runner’s World “Top 20” since 1990

- **Qualify for TWO Boston Marathons**
- **Welcome NATIONAL MASTERS NEWS Runners**

---

### Sprint Cellular

### Renaissance Centers

### Valley

### Outback

### VACATION VILLAGE

---

### THE COMPETITIVE ROAD RACERS OCTOBER 1993


Pittsfield Money Leaders 1993 Masters Men

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Pittsfield Money Leaders 1993 Masters Women

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**U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN**

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**APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH**

**NAME: ___________________________**

**ADDRESS: ____________________________________________________________**

**CITY: ___________________________ State: __________ ZIP: __________**

**MEET: ___________________________ DATE OF MEET: ___________________________**

**MEET SITE: __________________________________________________________**

**EVENT: ___________________________ MARK: ___________________________**

**HURDLE HEIGHT: ___________________________ WEIGHT OF IMPLEMENT: ___________________________**

**CERTIFICATE: ________________________________________________________**

**PATCH: ______________________________________________________________**

**PATCH TAG: __________________________________________________________**

If you have betted the standard of excellence, please send $10 for a certificate, $10 for a patch, or $15 for both a certificate and a patch. (A patch tag, showing event and year, is an extra $10 each.) Send to: All-American National Masters News, P.O. Box 2372, Van Nuys, CA 91404. (Enclose copy of results, or note in which issue they appeared.) 3" x 3" patch will be mailed to you within two weeks. (Allow six weeks for patches with tags.)
people on page 22.

The next page contains additional results and details as well as advertisements and notices related to the event. However, the full details are not visible in the provided image.
10-12 AGE GROUP RESULTS

10-12 Wommen

1. Stephanie Wilk \( (32.2) \) 1:57.5 \( 8.42 \) 1:57.5 \( 8.42 \) 4:46.7 \( 1:04.6 \)
2. Ela Melvin \( (32.3) \) 1:57.5 \( 8.42 \) 1:57.6 \( 8.43 \) 4:47 \( 1:04.6 \)
3. Lisa Melvin \( (32.4) \) 1:57.6 \( 8.43 \) 1:57.6 \( 8.43 \) 4:47 \( 1:04.7 \)

10-12 Men

1. Eric Rush \( (32.1) \) 1:57.5 \( 8.42 \) 1:57.5 \( 8.42 \) 4:46.7 \( 1:04.6 \)
2. Ethan Smith \( (32.2) \) 1:57.5 \( 8.42 \) 1:57.6 \( 8.43 \) 4:47 \( 1:04.6 \)
3. Ryan Smith \( (32.3) \) 1:57.6 \( 8.43 \) 1:57.6 \( 8.43 \) 4:47 \( 1:04.7 \)

50-54 AGE GROUP RESULTS

50-54 Women

1.艾滋病毒 \( (32.1) \) 1:57.5 \( 8.42 \) 1:57.5 \( 8.42 \) 4:46.7 \( 1:04.6 \)
2.艾滋病毒 \( (32.2) \) 1:57.5 \( 8.42 \) 1:57.6 \( 8.43 \) 4:47 \( 1:04.6 \)
3.艾滋病毒 \( (32.3) \) 1:57.6 \( 8.43 \) 1:57.6 \( 8.43 \) 4:47 \( 1:04.7 \)

50-54 Men

1.艾滋病毒 \( (32.1) \) 1:57.5 \( 8.42 \) 1:57.5 \( 8.42 \) 4:46.7 \( 1:04.6 \)
2.艾滋病毒 \( (32.2) \) 1:57.5 \( 8.42 \) 1:57.6 \( 8.43 \) 4:47 \( 1:04.6 \)
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50-54 AGE GROUP RESULTS

50-54 Women

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50-54 Men

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50-54 AGE GROUP RESULTS

50-54 Women

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50-54 Men

1.艾滋病毒 \( (32.1) \) 1:57.5 \( 8.42 \) 1:57.5 \( 8.42 \) 4:46.7 \( 1:04.6 \)
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National Masters News

November, 1993

Kefliel Grand Opening Meet
Santa Cruz, CA; Sept. 18

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**Notes:**
- Bib numbers are assigned to runners and used for identification and verification during the race.
- Time is recorded in minutes and seconds, with one decimal place for seconds.
- Age is given as the age of the runner at the time of the race.
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