Scott Wins Two on Fifth Avenue

by JERRY WOJCICK

Steve Scott, 40, of Leucadia, Calif., won two separate mile races in the Discover Card Mile on Fifth Avenue, New York City, on Sept. 28.

First, Scott, who joined the masters ranks in May, won the M40-49 race by nearly 20 seconds in 4:06.57. Then, 40 minutes later, he ran the same distance 31 seconds slower in 4:37.02, but still managed to beat Ireland's Eamonn Coghlan, 43, in a two-man "Champions of the Mile" race.

"I was surprised by the 4:06," said the exhausted Scott, who had set a U.S. masters track mile record of 4:10.43 on May 26. "I thought I'd do about a 4:15." Scott's time took two seconds off Larry Almberg's M40-49 Fifth Avenue Mile record of 4:08.66, set in 1990.

Ed Sparkowski, 41, Hartford TC, finished second in the masters mile

Continued on page 5

Boston to Host Indoor Nationals

TRACS, Inc. has been awarded the bid for the 1997 National Masters Indoor Track & Field Championships. The meet is set for March 21-23, with the Boston Running Club serving as the host club.

TRACS, Inc. President Fred Treseler provides the coaching and management services to the BRC. The Club has been involved with hosting the New England Masters Track & Field Championships the last six years and the National Masters 8K Cross-Country Championships the past four years. Treseler served as the director for both events, as well as a number of other USATF-related track and field cross-country championships.

INSIDE:

• New USA LDR Records — pages 17-19
• Masters Club Listings — page 24
• Philadelphia Half-Marathon — page 5
• Achilles Tendinitis — page 7
• Lying About Your Age — page 20

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Keston Breaks Marathon Record

Grottenberg, Niemczak First in Twin Cities

by JERRY WOJCICK

If this was indeed the "Year of the Woman" in the 1996 Atlanta Olympics, the Twin Cities Marathon in Minneapolis on Oct. 6 was the 1996 "Marathon of the Masters Woman." In the race, which served as the USATF National Masters Championships, three of the top ten female finishers were aged 40-and-over.

Sissel Grottenberg, 40, of Norway and a resident of Boulder, Colo., was second woman overall, with a 2:35:45, to Olga Appell, 33, who ran a course record 2:27:59. After the race, Grottenberg said, "Today was a chance to possibly break the record (Laurie Binder's W40+ course record of 2:35:08), but Olga got out too far for her pace to be a factor."

Tatiana Pozdnyakova, 40, of the Ukraine, who has been relatively unchallenged in masters races until

Continued on page 16
After 47 years
Bill Rodgers is still running.
Bill Rodgers wears Etonic.

Just coincidence?
IMPROVING THE NATIONALS

Many thanks to the meet directors, officials and volunteers who put on the annual masters meet at Spokane. The facility was wonderful, and the competitors were friendly and most encouraging to one another. The built-in breaks found Sharon overseeing huge bowls of fresh fruit and a platter of cheeses. The steak fry was extraordinary, especially the side dishes and desserts, home-made by Sharon.

The care and thought given to every aspect of this event carried over to the medals, golf-style T-shirts, and awards ceremony. To top it off, the scenery was spectacular, especially for this city person.


Roz Katz
Queens, New York

OLYMPIC TV COVERAGE

Your commentary on NBC's Olympic coverage (Sept. NMN) was excellent. Each of us should send a copy endorsing your views with individual signatures.

I have friends in Canada and talked to people living in areas where NBC and CBC could both be seen.cbc quickly got all their viewing time.

Barry Kline
Washington, Pennsylvania

BILL WON

Bill Won died April 6 at age 63 from a virulent form of lung cancer associated with non-smokers. He ran competitively through last November. He got the flu and had a physical in December. The test results came back fine, but his cough lingered on. Antibiotics didn't help.

In January, an x-ray showed he had metastasized cancer in both lungs.

Bill discovered running at age 50 and took to it with great enthusiasm. He loved the competition and camaraderie. I'm glad he had six years of retirement to get the fullest measure of life.

Marilyn Won
Davis, California

KUDOS

The National Masters News is a great newspaper. Keep up the good work.

Beverley Lewis
Montecito, California

Club West Meet Features World Records

by BEVERLEY LEWIS

It was "a long day's journey into dusk" on Oct. 5 at Club West's 23rd annual masters meet at Santa Barbara City College when the day-long pole vault marathon culminated in a world record for Oregon's Ed Lipscomb.

Lipscomb, who displayed every sign of confidence during the day, was not fazed as the day wore on, the sun disappeared, the lights came on, and the fog rolled in from the Pacific.

Lipscomb, with great speed down the runway, took off into the foggy twilight and sailed over the bar on his third attempt for an M45-49 world record of 4.78/15-7/4, breaking the old record of 4.76/15-7/4 by Jerry Cash in 1982.

Another Oregonian, Ross Carter, 82, broke two single-age records in the shot put with an 11.47/37-7/4 and discus with a 33.58/110-2.

Every year at this meet special memorial awards are given for outstanding performances based on points scored in track, field, and a total for both areas. This year's George Adams High Point Track Award went to Timothy Jones. The Vernon Cheddie High Point Field Award was won by Dave Douglass, who also won the Jimmie Whitney High Point T&F Award.

John Brennand won the Ray Williams Award for the best performance in the 5000 by a 60-and-over runner. Carter won the Paul Snargler Award for the top performance by an 80-year-old. Bill Bangert was awarded the Hubbell-Herrman Award for best hammer throw by an 80-year-old.

Club West would like to thank all officials, both USA Track and Field volunteers who helped make this meet "the best event ever over 200 athletes competing," as expressed by Meet Director Gordon McNelis.
16th Annual Nike Capital Challenge Held

by JEFF DARMAN

Eleven U.S. Senators, 19 House members, scores of political bigwigs, and dozens of members of the media ran in the 16th annual Nike Capital Challenge 3-mile race on Wed. Sept. 18, in Washington, D.C.’s East Potomac Park.

140 teams were entered and captained by a U.S. senator, representative, cabinet member, or sub-cabinet presidential appointee, federal judge, on-air media personality or professional print journalist. Each captain had to finish the course for their team to count.

Official “whistle blower” and starter was 1984 Olympic Marathon gold medalist Joan Benoit Samuelson, who jumped in at the back of the pack after sending the field on its way.

The U.S. Navy defended its title as the fittest team, led by overall winner Ronnie Harris (2:43:49). Senator Bob Kerrey (D-Nebr.) ran a 3:24:17 in the Nike Capital Challenge 3 Mile, Wash., D.C., Sept. 18. Photo by Bill Fitzpatrick

Scott Wins Two

Continued from page 1

with a 4:26:07. Tim McMullen, 43, Greater Rochester TC, was third in 4:26:75. The first age 45+ runner was Al Swenson, 49, Westchester TC, fourth in 4:30:76.


In the George Sheehan Seniors Mile for men and women age 60-and-over, Ino Cantu, 62, of Texas, was first among the M60-69 runners, with a Seniors Mile record 5:09:56. Witold Bialokur held the previous record of 5:12:3 set in 1995.

James Aneshansley, 61, Central Park TC, 1996 national champion in the 800 at Spokane, was second in 5:11:27. Canada’s Earl Fee, 67, unbeatable, indoors and outdoors, in the 400 and 800 for the last seven years, was third in 5:17:37.


Kantor clocked 19:59 to top the cabinet heads.

Ellen Hart Pena, a top U.S. runner in the 80s and now wife of Federico Pena, Secretary of Transportation, was third woman in 18:30. This autumn, ABC will broadcast Dying to Be Perfect, a movie about her life and battle to overcome bulimia.

The race had a festive air with race officials dressed as a donkey and elephant. The event raised over $11,000 for the D.C. Special Olympics.

The best team name went to USA Today’s “Shoe Contract With America.” The worst team name went to ZDF German TV’s “Kraut TV.” ☐

Representative Bart Gordon (D-Tenn.), fastest man in Congress in the Nike Capital Challenge 3-Mile, Washington, D.C., Sept. 18, with 1984 Olympic Marathon Champion, Joan Benoit Samuelson.

Photo by Bill Fitzpatrick

Mondragon, Grottenberg Win in Philadelphia

A driving rain throughout the race didn’t bother Mexico’s Martin Mondragon (1:04:45) or Sweden’s Sissel Grottenberg (1:16:11), who took masters honors in the annual Philadelphia Half-Marathon, Sept. 22. Mondragon, 42, won $1000 with his 95.8% age-graded performance, besting Steve Jones (1:06:01) and Doug Kurts (1:08:55). Grottenberg took home $1050 for her masters win and 10th place female overall finish.

Runner-comic Gary Fanelli was all business, capturing the M45 division in 1:11:31, while New Zealand’s Judith Hine notched W45 laurels in 1:22:03.

Richard Webb (1:16:57) and Jo Marchetti (1:27:12) splashed to M50 and W50 wins, respectively. Amby Burfoot, 1968 Boston Marathon winner and editor of Runner’s World, placed eighth (1:26:34) in the M50 bracket.

The ubiquitous Wen-Shi Yu (1:43:40) and Toshiko d’Elia (1:47:36) won their respective W60 and W65 divisions. ☐

“80% of All the Money You Spend on Health Care Will be Spent in the Last Two Months of Your Life”

Are you as surprised as I was to learn the above fact?

After three decades of athletic competition (that’s me below in the late ’70s) and 16 years as a health care professional, this information astounded me.

Equally surprising to me is how disproportionate the top 10 causes of death in America are:

<table>
<thead>
<tr>
<th>Cause</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart Disease</td>
<td>37.8%</td>
</tr>
<tr>
<td>Cancer</td>
<td>19.3%</td>
</tr>
<tr>
<td>Stroke</td>
<td>10.3%</td>
</tr>
<tr>
<td>Accidents (Non-Auto)</td>
<td>3.0%</td>
</tr>
<tr>
<td>Influenza (Pneumonia)</td>
<td>2.9%</td>
</tr>
<tr>
<td>Motor Vehicle Accidents</td>
<td>2.4%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>1.9%</td>
</tr>
<tr>
<td>Liver Disease</td>
<td>1.7%</td>
</tr>
<tr>
<td>Arterial Sclerosis</td>
<td>1.5%</td>
</tr>
<tr>
<td>Suicide</td>
<td>1.4%</td>
</tr>
</tbody>
</table>

Causes 1 and 3 will take the lives of 48% of the Americans that die this year. Just imagine, nearly half of the people that die in America this year will be claimed by just these two causes.

Recently I discovered something new in the fight to save lives. This information will bring you up-to-date on the most comprehensive scientific research ever completed on the prevention of heart disease, stroke and many other health problems.

Please call Dr. Michael Halliday for free information.

Give the gift of life to someone you love.

Better Health Clinic
4415 Byron Center Ave.
Grand Rapids, MI 49509

Call (616) 534-4443 Today!
The Oxymoronic Lesson of Running

Looking back on 40 years of year-round running, I asked myself what the single most important thing I’ve learned from the experience has been. In attempting to identify the lessons of those 40 years, I found myself hung up on separating the lessons that apply to running itself as opposed to the lessons of running that have helped me in other areas of life. I decided to identify both.

Considering first the more microcosmic lessons, I asked myself what I would do differently if I could go back to 1956 and start over again with the knowledge I have today. I concluded that the biggest change would have to do with building an endurance base.

From 1956 through 1973, all of my training was intense. It was either hard intervals or a hard four-miler. Everything was all-out and timed. I assumed that running at anything slower than 7-minute miles in training? It didn’t make sense.

Training was intense. It was either hard did anything faster than 7-minute miles? I couldn’t understand it. How could he know how to balance work and play, and don’t stop to consider what their priorities are. Most of my business associates are mystified at how at exactly 11:30 a.m. I can head out of the office for the downtown fitness center, even when facing a tight deadline. They don’t understand why I pass up business lunches in favor of a noon workout or how I can leave the office at the end of the normal workday when they still have their noses to the grindstone. I sometimes explain to them that running has made me a more efficient person than most people, but they usually don’t buy that.

Paid the Price

Over a 40-year business career, I’ve watched much of my business associates struggle with health problems, including ulcers, obesity, alcoholism, nicotine addition, and heart ailments. Many of them climbed the corporate ladder much higher than I, but they paid the price. I wouldn’t trade places with any of them. It would have been nice had I been able to properly pace myself to greater financial rewards, but I feel that I have so far paced myself pretty close to my full potential, and I’m satisfied. Anything faster or more intense than I have taken life’s journey and I’d probably have crashed well before now.

In a way, it’s the same lesson that I learned in training when I made the change from all-out efforts every day to the LSD approach. The key lesson in both cases is to make haste slowly.

It’s an oxymoronic lesson.

Rodgers, Moller Victors in U.S. 10K

by JERRY WOJCIK

Bill Rodgers, 48, Shrewsbury, Mass., and Lorraine Moller, 41, of New Zealand, were masters winners in the U.S. 10K Classic, Atlanta, Ga., on Sept. 2.

Rodgers, multiple-winner in both the Boston and New York City Marathons, outdistanced his closest masters competition by over a minute with a 33:56. Moller, who won a bronze medal in the 1992 Olympic Marathon in Barcelona and represented New Zealand in the 1996 Olympic Marathon, defended her masters title with a 36:31, having won here in 1995 with a 35:35.

Francie Larrieu-Smith, 43, Georgetown, Texas, a member of five U.S. Olympic teams since 1972, was second W40-and-over with a 39:45.

George Fincher, 67, Marietta, Ga., winner of the M65 division race, recorded the best age-graded performance with a 91.16% 38:38.

The event’s pre-race activities started on Saturday of the Labor Day weekend and included appearances and autograph signings by Olympic gold medalists Kip Keino and Frank Shorter.

Bill Rodgers, 48, Shrewsbury, Mass., first master (33:56) in the U.S. 10K Classic, Atlanta, at the award ceremony. Photo from Don Whitney
Achilles’ Tendinitis

Q I am a 50-year-old male runner and injured my Achilles' tendon while running a half-marathon. I’ve tried ice, aspirin – and even stopped running for two weeks – but the pain doesn’t seem to go away. What can I do to get back on the roads again?

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

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

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

If all else fails, you may wish to consider a steroid injection in the area of the tendon. However, your doctor must be careful not to inject the steroids into the tendon itself as this may cause further weakening.

As the tendinitis improves, you can return to running on a gradual basis. Start with every-other-day workouts on a firm surface. Be sure to wear a heavy-duty training shoe with a good heel counter. Ice the tendon for five or six minutes after each session, followed by hot water soaks for 30 minutes each evening.

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

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 50098, Eugene, OR 97405.)
Sneaky fashion trend

Smelly old shoes run into big money

Doug Clark
sniffs out
latest fad
in Japan

The Spokesman-Review

Somewhere in Tokyo there's probably an oversized Japanese guy strutting around proudly in a pair of my 10-year-old Air Max Nikes he bought for $400 (43,652 yen).

Or perhaps he's showcased my size 12 dogs in his home as if they were exquisite antiques.

Talk about mass lunacy.

Japan's terminally cool are shelling out otherworldly wads of cash — sometimes thousands — for used, smelly American sneakers.

I know. I pocketed $150 for two pairs of well-worn running shoes that were Goodwill bound until I stumbled across Tace Chalfa's advertisement:

"Up to $500 for your 70's and 80's tennis shoes!"

Chalfa, 24, is the nation's premiere dealer in valuable sports footwear. She is featured in the September issue of Details Magazine (page 84), a sort of GQ for Generation X hipsters.

Although based in Seattle, where she and husband, Ed, run two second-hand clothing stores, the Chalfas also own a home on Spokane's South Hill.

They suspect the city that gave birth to Bloomsday is a treasure trove of outdated swoosh-striped gear.

Have some old Nikes? Want to make some quick cash? Call 1-888-499-NIKE.

This 24-year-old woman is in a buying mood.

Chalfa recently paid one longtime Spokane marathoner $1,200 for 30 pairs of well-abused Nikes. The man told Chalfa he might wave the check under the nose of his girlfriend, who nagged him to junk the battered shoes.

"It's pretty crazy," Chalfa concedes of the Japanese addiction to American kitsch.

And how. In recent years, fad-stricken Japanese have paid inflated prices for everything from our old cars to our old Levis.

But old running shoes? What's next; vintage jock straps?

Tokyo visitors today can find entire streets lined with shops that hawk nothing but classic Nikes and, to a lesser extent, Addidas and Pumas. Wearing costly vintage sneakers is the desire of every pampered teen.

Old Nike T-shirts, running suits and other paraphernalia also go for big bucks. Glossy, full-color Japanese fashion magazines are devoted to this bizarre shoe fetish.

Continued on page 9
We are usually drop boxes crammed with hundreds of pairs. "If I take them in the back room they just flip," adds Chalfa, who estimates her current inventory at over 1,000 pairs. "We have more shoes than anybody else in the world at this point."

First edition Air Jordans (1985) are among the most coveted. A red-and-black pair Chalfa pays $400 for will sell in a Tokyo boutique for $1,200. The price soars higher for blue-and-black Jordans, which are rare because they never sold as well.

Chalfa didn't have the cold cash hand," says Ed. 'I thought we were going to go broke."

"It would be hard to believe if you didn't have the cold cash in your hand," says Don Kardong. Bloomsday founder and a former Olympic marathoner.

Kardong once owned a shoe store that catered to runners. He probably would be a millionaire had he just sold his old inventory.

"This keeps alive my streak for missing business trends," laments the veteran runner. Chalfa jumped into this weird shoe biz several months ago.

Husband Ed, 42, has been buying and selling vintage clothing in Seattle for years. After Japanese customers started wandering into their store asking for Nikes, Chalfa placed an ad in the Seattle Weekly offering to buy old shoes for big bucks.

A TV station gave them some free publicity. The next day hundreds of sellers lined up with Nikes in tow. "We spent $2,500 in one week," says Ed. "I thought we were going to go broke."

Now the couple is running the way to the nearest vault.

They certainly have the shoes for it.

WANTED!

All Nike, Adidas, Puma, etc. t-shirts, warm-ups, nylon jackets, tote bags, and related items!

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Odd Colors & Prototypes!!!

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1-888-499-NIKE Toll Free!

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New or Used- We Pay for Ship

*Note- We are currently buying sizes 7-12 only. Original boxes may add 10-20% to shoe value.

If you have any of these shoes or athletic clothing you can...

1) CALL THE NEW STORE (d.b.a. The Red Light) at 1-888-499-NIKE, toll free for more information, or to request a shoe buying guide. Please be patient when requesting price quotes or other specific information over the phone.

2) Simply box and ship your shoes/clothing at our expense by sending them cash C.O.D. for shipping charges from any U.S. address. Please enclose your name, address and phone number so that we may contact you immediately with an offer. If you accept our offer, a check will be mailed to you within two business days. Money can be wired on the same business day for a $25 service charge. If you are not satisfied with our offer, your items will be shipped back to you within two business days.

Ship Shoes To: THE NEW STORE

4560 University Way NE, Seattle, WA 98105
Competitors Over Age 70

The following interviews took place at the National Masters Outdoor Championships in Spokane, Wash. In the 5K, Dorothy Robarts, W85, won gold; Herman Arrow, M75, won silver, and Mel Lees, M70, won bronze. Jane Dana, W75, won gold in the 5K and 10K; Masashi Noritake, M70, won gold in the 5K and silver in the 20K.

EW: Why do you racewalk?
Herman Arrow, 76: I had a quadruple bypass 10 years ago when I was 66. I started walking for therapy as an aerobic exercise. This led to power walking and then I learned about racewalking and realized what a marvelous aerobic exercise it is. I work with the Heart Association’s support group. My track workouts have been an example to many of those having bypass operations. They see that it is possible to come through the procedure, make the necessary changes in diet and exercise, and live an energetic, productive, happy life.

Racewalking has provided a whole new dimension to my life. I was athletic when I was 18 and not again until I was 66. There have been children, grandchildren and great grandchildren in between.

I think the biggest thrill I have is hearing one of my grandchildren call from the stands, “Come on old man. Shake it! Shake it!” When I hear that, everything falls into place.

Mel Lees, 74: I had a bypass at Christmas in 1989, but I had been an athlete before that. I was a mountain and had started to racewalk a few months before my bypass. Because I was in such good condition, my doctors told me to walk in-law before the operation, “He is going to make me look good.”

Now I work out pretty hard five days a week, anywhere from 35K to 50K.

I take Mondays and Fridays off. Sometimes, I take more days off if my body demands it. I listen to my body.

While, what gets me up in the morning is the thought, “Masashi is out there!”
Masashi Noritake, 72: I don’t come from an athletic background. As far as I know I am the only one who competes. Before I retired, I was a mail carrier and did a lot of walking. In 1990, I lost my wife. The first couple of years, I was at a loss. I felt I had to get out and get active. I saw a flyer for a racewalk competition and signed up for it. I didn’t know how to racewalk, but I thought I would try walking as fast as I could.

There is not much information at the public libraries on the rules of the sport. I tried to teach myself. Then, in 1992, I signed up for a racewalking class at East Los Angeles Community College given by Elaine Ward.

Dorothy Robarts, 86: I was sitting in a chair. I had arthritis in my shoulders and neck so bad that I couldn’t move my neck around on one side. Besides that, a detached retina had left me blind in one eye.

As I sat in the chair with my feet on an ottoman, I thought, “Oh, my God. I feel old.” I sat there and started talking to myself. “Dorothy, you can’t blame your father. You can’t blame your father. You can’t blame life. You are 83 and you can choose. You can either sit in this chair and rust out and have all your friends feel sorry for you, or you can get up from this chair and wear out.”

I chose to get up, sat down on the floor and started doing yoga. In about a week, I went to the hairdresser and saw a little box in the sports section announcing that Jack Bray was starting a new class at the College of Marin in racewalking with “Tai Chi and Chi Kung. I decided the class was exactly what I needed — mind and body. I knew I had to clear my mind of negative thoughts.

In November I will be 87. I have 17 medals and hold a world’s record in my age group.

Jane Dana, 75: I got dragged screaming into racewalking because I had a daughter who had joined a race-walking club and was doing quite well. Unbeknownst to me, she signed me up for the club and told me to come.

Soon I became interested because I have always been a person who likes challenges. I guess I am a natural competitor. Mel Grantham, who was in charge of the club at that time, said, “You’re doing fine. You better go home and build a cabinet for the awards you’re going to win.” They teased me along so I kept at it. There has been some DBQing that I didn’t like, but through thick and thin, I’ve survived.

EW: Have you always been competitive?

Arrow: I am a competitive person. It is part of my nature to try to get better at things that I am doing or to try to improve on myself. Competing with someone else isn’t the major factor though it provides incentive. My main motivation is to improve myself as much as I can in my daily life, in my work and in my art.

Robarts: I don’t think I was born competitive. I was the type of little girl who always was making everybody happy. Now, all of a sudden, in my 80s I have found another part of my personality.

I still want to help and encourage others, but there is a change that even my friends notice. They keep commenting, “You’re so competitive.” They aren’t used to seeing me this way. At first I didn’t have any encouragement from them. No one was accepting of me.

With the support of Jack and the Marin Racewalkers I feel like I have started a whole new adventure. Racewalking has done this for me as well as the associations I have with other racewalkers. I feel I landed a pot of gold and I won’t allow anything to come between me and that pot of gold.

Noritake: I have not been physically competitive before now. Maybe competitive in card games, but racewalking is the only sport I have competed in. I would like to try other sports and see what they are like, too. I never had a chance to do sports in high school. Now I find it is in me to be physically fit.

Lees: I have always been competitive; however, I avoided competition in mountaineering. I had enough competition in my business. I refused to get competitive in sports until I got into racewalking. It is just natural to compete in racewalking and I love it.

Arrow: When I was five and six, I was organizing competitive street games and trying to beat the other team. I think it is a matter of personality. I look at my grandchildren and I see different traits in each one. You can pick out the ones who are aggressive at age four, five and six.

Noritake: There is always somebody there to teach, lead and learn from. So long as I can improve myself, that is satisfaction in itself. A gold medal isn’t everything. If I can better my time, that is more of a satisfaction.

EW: I think if you look at yourself critically, are honest with yourself and want to grow, you are always opening up new vistas. Age isn’t a factor if you are looking at things anew or trying to understand new ideas and do new things.

Like Dorothy, racewalking has opened up a new dimension and confirmed the fact that life is full of new experiences whether it is in sport, a relationship with the family, science or politics. Staying young means never losing your mind or imagination at 76 or at any age, “I know everything there is to know.”

EW: If you are trying to recruit someone into racewalking, what do you say?

Lees: I don’t talk about competition per se. I talk about the camaraderie to be found in the racewalking community. You come to races as much and maybe more to meet persons who have become friends. You are happy to see them and they are happy to see you.

There is no competition until you get on the track, and that is as it should be. Off the track, everyone helps each other. They give you advice and just are genuinely glad to be with you. You can think this camaraderie is one of the outstanding attractions of racewalking.

Robarts: I would like to see women who think they are old at 80 think positive thoughts. You will always find people who dwell on the negatives. You have first to think health and stop

Matthews Shatters U.S. 5K RW

by BOBBY BAKER

This year’s USAJT National Masters 5K Road Race Championships were held in Kingsport, Tenn., Sept. 14. Competitors were treated to a beautiful crisp morning with temperatures in the low 60s. Proving that age is just a number, Matthew Matthews of Bloomington, Ind., broke the existing M40 American record by one-and-a-half minutes to capture the men’s championship. Matthews, who turned 40 in July, cruised to the win in a stellar time of 20:45. He broke the previous record (22:21) set by Ray Funkhouser in 1988. The victory was particularly sweet as Matthews, who has the American record in the 3K open and is a former 50K champion, is coming off a year that was filled with injuries.

Sally Richards, 44, claimed the women’s title in 25:53.

The open non-championship winners were Dave McGovern (20:27) and Michelle Rohr (22:40).

The race attracted walkers from California to New Jersey, all of whom seemed well-pleased with the new course.

Continued on page 11
Racewalking

Continued from page 10

saying to yourself when you get up in the morning, "I feel an ache here or a pain there."

Moaning about pain is no way to get attention. If you want to get attention, get out of that pain thing and say to yourself that you are going to take a helping step today that you didn't take yesterday. You have to take one step at a time on any road to recovery. But the bottom line is: For God's sake, get out of the chair and stop complaining about all your aches and pains.

Sometimes, you have to convince people that they can help themselves. I tell them it's a choice they can make. If a person can catch himself or herself saying, "Oh, my arm aches..." and then quickly say, "Arm heal yourself," that is one step. Moving the arm with gentle exercise is another step. Exercise in the chair at first if necessary. But the aim is to move and get out of the chair and become active.

Sometimes I'll tell women about a party I attended. Someone asked me, "What have you done with your life?" I said, "Well, I have raised two sons.”

The person looked at me and said, "Well, what else have you done?" That question was in the back of my mind when I was sitting, aching and feeling so old. I thought, "In no way am I going to rust out this chair. I am free. I can choose life or I can choose illness and death. So I am going to choose life.”

I tell people that racewalking makes my body feel strong. It gets my blood circulating and has relieved my arthritis and pain. The arthritis may be hiding and waiting to come back, but I am going to keep working out and not let it catch me again. □

Statement of Ownership, Management and Circulation


I certify that the statements made by me above are correct and complete: A. Sheehan, Publisher.
New Exercise Machine Offers A Healthy Ride

 Usually, I spend four or five minutes with my feet on the low pedals - then shift to the high pedals. A minute of that is about all I can take, then I shift back to low. Sometimes I finish with another minute on the highs. Ten or twelve minutes total: that's a tough workout for both the upper and lower body.

I'm talking about the HealthRider, the latest hot exercise machine, threatening even the NordicTrack in popularity among those seeking a total body workout.

If you watch much TV, you've probably seen one of the commercials for the HealthRider, spotlighting author Covert Bailey. One commercial featuring healthy, older athletes includes Jim O'Neil of San Diego, a regular at masters track meets.

Neither Jim nor Covert convinced me to buy my HealthRider; it was Bonnie and Colin who served as salesmen. Colin is a surgeon in Oklahoma City; his wife Bonnie works in his office. My wife Rose and I stayed with them while in Oklahoma on book tour last December.

Home Gym
Of the two, Bonnie is the more serious runner - a frequent marathoner. Thus, when she sees the TV commercials, the HealthRider resembles a low-built exercise bike. There's a wide seat and two sets of pedals, high and low. While riding the machine, you grip a rotating handlebar.

You exercise by pulling the handlebar and pushing the pedals. With your feet on the low pedals, you get a balanced workout: upper and lower body. Shift to high and the emphasis shifts to the upper body. That can be tough!

You can also shift the handlebar position, offering an even tougher upper-body workout. Resistance is provided by your own body weight, although you can add weights up to 100 pounds. A computer keeps time, counts repetitions, and estimates calories burned.

I Liked It
I tried the HealthRider and liked it. So did Rose. Enough so that I offered to buy her one as a Christmas present (knowing I would use it as much as she).

At $500, the HealthRider is not inexpensive. Before buying one, I considered several similar exercise machines, some of which cost $100-$200 less. Eventually, I paid extra for the HealthRider for two key reasons.

First, the quality seemed good. The machine felt sturdy, well-built. That was important to me. I didn't want parts falling off six months down the road, necessitating repairs or replacement.

Second, it felt good when I exercised. The machine offered a balance between upper and lower body muscles. NordicTrack's cross-country ski simulator offers a similar total body workout, but HealthRider is easier to use.

I have a workout area downstairs where I do my stretching and strength training. In addition to a barbell, I own a "Total Gym," a machine featuring pulleys. We decided, however, to place our new HealthRider upstairs in the TV room next to an exercise bike. That way I could exercise watching "Seinfeld" reruns on TV.

Training Routine
My current routine (during a period when I have taken a sabbatical from running after my 100th Boston Marathon) has been to combine work on the bike and HealthRider.

Generally, I warm-up with 10-20 minutes pedaling, shift to the Rider for 10 more minutes, then cool-down with 5-10 minutes pedaling. Combining the two machines, I can get a good workout in 30-40 minutes using most of the body's major muscles. And get some reading done too - at least on the bike.

While I was shopping for machines last Christmas, a salesman pitching a different machine tried to tell me that, despite what Covert Bailey claimed on TV, the HealthRider wouldn't exercise you aerobically.

I'm not sure I agree. Depending on how hard and fast I ride, I find I can exercise either aerobically or anaerobically. Besides, I didn't buy the machine for an aerobic workout, which I can get running. I was more interested in exercising those upper-body muscles that runners often ignore, at their own peril.

Scientists tell us that overall strength - requiring some form of weight training - may not make you a faster runner, but it can make you a healthier person, particularly as you age. Approaching my 65th birthday, I understand the need for preserving lean body mass. Hopefully, the HealthRider will help me do just that.

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Starnes, Jones
Winners in Annapolis 10-Mile

Again, the Annapolis Ten Miler upheld its reputation for heat and humidity and hills but still posted good numbers, with 3214 finishers of 4000 registrants, in its 21st edition on Aug. 25 in Annapolis, Md. The Annapolis Striders, organizers of the race, had also feared a drop-off in participation because of the elimination of team competition in the 1996 race.

Last year, 3260 runners crossed the finish line, so the decrease was insignificant.


Thad Jones, 40, Richmond, Va., took the masters men's race with a 1:18th-place 55:52, with Bill Knapp, 40, Hanover, Pa., coming in three minutes later in 58:33.

Fourth master, Robert Torchio, 45, who was 12th in the M40-44 race last year in 61:43, won the M45 contest in a much faster 59:16.

Dixon Hemphill, 71, of Fairfax, Va., defended his M70-74 title with an improved 78:05 over last year's 81:54.

The race starts at the flat Navy-Marine Corps Memorial Stadium before it hits the "real course" leading to an 80-foot high, curved span bridge over the Severn River, followed by the dreaded hills, before heading downhill to the grounds of the U.S. Naval Academy.

—from George Banker
Masters Age Records
Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1995. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundie, WAVA and USATF Masters T&F Records Chairman. $4.00.

Masters Track & Field Rankings
Men's and women's 1995 U.S. outdoor track & field 5-year age group rankings. 60+ pages. 150-deep in some events. All T&F events. Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman. $6.00.

Masters 5-Year Age-Group Records
Men's and women's official world and U.S. outdoor 5-year age group rankings for all track & field events, age 35 and up, as of March 1, 1996; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundie, WAVA and USATF Masters T&F Records Chairman. $1.50.

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

Masters 5-Year Indoor Age-Group Records
Same as above, except indoor rankings for 1996. 4 pages. $1.50.

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

IAAF Handbook
1996/1997 rules and regulations handbook. $15.00.

WAVA Handbook (1996-97)
Contains WAVA Constitution and By-Laws, a history of Veterans Athletics, and World Records as of January 31, 1994. 185 pages. $5.00.

Masters Racewalking
Thirty American coaches and athletes share ideas on Technique, Training and Racing. This book is a unique and complete resource. Edited by Elaine Ward. $15.00.

USATF Logo Patch 3-color embroidered 4” x 3”. $4.50.

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

Guide to Prize Money Races and Elite Athletes 1996
Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 800 addresses and phone numbers, calendar for over 400 prize money events, and more. $56.00.

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Bailey Gore

In 1995, he placed fourth in the M65-69 decathlon at the WAVA Meet in Buffalo. His last meet was in July at Marshall U., Huntington, W. Va., where he received seven awards for his performances and set a meet record in the javelin.

He served as coordinator of the Kentucky Senior Games and attended the May 1996 USNSO Workshop in Tucson. He was retired from Murray State University, where he taught in the H.P.E.R. Department and was on the football coaching staff for six years. He is survived by his wife, Betty, three children, and four grandchildren.

John Mendyka
Less than three months after Edith, his wife of 57 years, died, John Mendyka, 88, passed away in Tujunga, Calif., Sept. 15.

The father of masters athletes Karen Huff and Gary Mendyka, John held the German 100-meter high hurdles junior national record for 30 years. He came to the U.S. in 1929 with $2 in his pocket and limited English, settling in California.

Despite a massive stroke at age 36 which prevented him from speaking for the remaining 52 years of his life, he did not withdraw from his world or from those he loved. He found unique and subtle ways of communicating with his family.

Any gifts may be made to the ARCO Olympic Training Center, 1750 Wyeste Road, Chula Vista CA 91915; attn: Anne Bolzoni.

November 1996
National Masters News
page 13
Compétition Schedule Set

Interest is building for the XII WAVA World Veterans Athletics Championships in Durban, South Africa, July 17-27, 1997. Executive Director Monty Hacker and newly-appointed Chief Executive Officer Linda Barron flew from South Africa to North America to shake hands with athletes at championship meets in Vancouver, Spokane, and Eugene in August.

Barron, the long-time organizer of the prestigious South African Comrades Run, said she expected 8500 participants in the marathon, alone, and a sizeable entry in the cross-country races.

"We plan to make this a first-class event," she said. Unfortunately, the entry forms have been delayed.

"Translation into four different languages has taken more time than we thought," Barron said. "The entry forms are now in production, and we plan to dispatch them to the various countries by November 1st."

The competition schedule has been set, and is published on this page. Any man age 40 or over, or any woman age 35 or over, as of July 17 is eligible to participate. There are no qualifying standards, other than to be at least the minimum age.

The Championships have a website on the Internet. The address is http://www.wava.org.za. The site will be continuously updated through the Championships.

Barron promised plenty of interpreters and said the average daytime Durban temperature in July is between 22-26°C (72-79°F), while the night-time average is 18°C (65°F). She said there is little rain in July.

"Cape Town intends to bid in 1998 for the 2004 Olympics," she said, "so South Africa wants the WAVA Championships to be a success."

Barron said the re-surfacing of the secondary track has been completed and the electronic scoreboard in Stadium One has been constructed.

"Members of the Durban organizing committee — Jack Daya, Vijay Nathaniel and Harry Naidu — completed a successful marketing trip to the Asian Championships in Seoul, Korea in early October," Barron reported. "The interest from the Asian countries is excellent."

Barron said she is meeting with air-Continued on page 15

COMPETITION SCHEDULE: 12TH WORLD VETERANS ATHLETIC CHAMPIONSHIPS

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<th>STADIUM 1</th>
<th>JUMPS</th>
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<td>Decathlon</td>
<td>Heptathlon</td>
<td>Long Hurdles Prelim. (if necessary)</td>
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<td>Heptathlon</td>
<td>Long Jump</td>
<td>Hammer Throw</td>
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<td>DAY 3</td>
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<td>100m Prelim.</td>
<td>800m Prelim.</td>
<td>Long Hurdles Semis</td>
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<td>DAY 4</td>
<td>Sunday 20</td>
<td>W 10 km/20 km Road Walk</td>
<td>M10,000m/3400-60</td>
<td>100m Semis &amp; Final</td>
<td>800m Semis</td>
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<td>DAY 6</td>
<td>Tuesday 22</td>
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<td>200m Semis</td>
<td>800m Final</td>
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OPENING CEREMONY • SATURDAY 19 JULY | BANQUET • WEDNESDAY 23 JULY | CLOSING CEREMONY • SUNDAY 27 JULY
Entry Deadline for European Meet is Dec. 21

The entry deadline for the 1st European Veterans Indoor Athletics Championships is Dec. 21.

The event, open to participants from all countries throughout the world, will be held in Birmingham, England, on Feb. 28-March 2.

Overseas athletes are also invited to compete as guests in the British Indoor Masters Championships in Glasgow, Scotland, on Feb. 22.

Both meets are open to men age 40 and over and women age 35 and over, per international rules. The entry form was published in last month's NMN. Or you may write/fax to EVIC Secretary, 48 Ford Close, Harrow, Middlesex, England, HA1 4AZ. Fax: 218-248-2271 (from USA, add 011-441 before the number).

This is the "off-season" in England, so air fares from major U.S. cities to London are relatively low. From London, both cities are easily reached by plane or train.

Countdown to Durban

Continued from page 14 budget hotels are about $27 a night, also with breakfast. Self-catering apartments are available for as little as $16 per person per night (four to an apartment). Group tours are being arranged (see ads in this issue) at low group rates.

XII WAVA CHAMPIONSHIPS
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WAVA/USATF Hurdles and Implements Specifications

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IMPLEMENTS

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WAVA weights are used for USATF weight pentathlons.
The Weight Room
by JERRY WOJCIK

Things to Come (or Go)

After the 30 men and 6 women weight pentathletes at the Championships in Bozeman on Sept. 14 had received their medals, watched the presentation of the Phil Partridge Awards to the highest scorers, and consumed 36 pounds of sirloin steak (somebody must have been a vegetarian because I ate two pounds myself), 18 pounds of green beans, 28 pounds of twice-baked potatoes, 44 pounds of fruit, and jeroaboams of liquids, we got down to discussing business.

The discussion centered on two possible innovations in masters throwing: (1) changing the 800g javelin for M50-59 to the 700g, and (2) holding the National Weight Pentathlon Championships along with the National T&F Championships.

The proposal to amend Rule 262.2a to include the 700g javelin as the designated implement and delete the 800g for M50-59 has been submitted by Ken Weinbel, USATF Masters Weight Event Coordinator. It will be voted on at the 1996 USATF Convention in San Francisco, Dec. 3-7.

Weinbel’s reasoning is that in the employment of lighter weight implements as throwers age, the jump from 800g to 600g is inconsistent with the sequence of other implements for that age group. In the proposal, Weinbel states, “The 700g javelin is a better weighted javelin for the 50-59 men. It’s more easily thrown, lessening flat throws and producing better results.”

The 700g javelin is in use in other parts of the world and is readily available from implement manufacturers. Prices are similar to those for the 600g and 800g, ranging from about $60 for the practice, lead pipes implements to $200 or more for the high-tech, designer jobs.

What about present 800g records for the two-age groups involved? The two world and two U.S. records would remain, as would the single-age marks with the 800g, and a new category would be added for age-group records.

FIFTEEN YEARS AGO
November, 1981

* Dan Conway, 42, Wins the National 10K in 31:02.4, Then Sweeps the National 15K a Week Later in 48:29.9

* Antonio Villanueva, 41, Breezes to a Masters Victory in the Mike Marathon With a 2:17:16

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

Nationals Draw Weight Pentathletes from U.S.
by JERRY WOJCIK

BOZEMAN, Mont. — The USATF National Masters Weight Pentathlon Championships here, Sept. 14, offered the last opportunity for Pacific Northwest throwers to compete in one of five major meets in the region this season. For some, this was the finish of a skein of meets that started with the Northwest Regionals in early August in Tacoma and went through Vancouver, Spokane, Eugene, and Seattle before coming to Bozeman.

The field of 30 men and six women – about the same numbers that competed in the 1993 Championships in Grass Valley, Calif. — represented a broad cross-section of the U.S. In addition to athletes from the Northwest and West, entrants came from Kansas, North Carolina, Colorado, Florida, Michigan, Ohio, Pennsylvania, New York, Louisiana, Alaska, and Oklahoma.

The top scorer among the men was new age-grouper. Len Olson, 65, Pennsylvania, who, with 1000+ point performances in the shot (41-9.4) and 20-lb. weight (52-0), scored 4781 to win the M65 division from a field of four. Tom Gage, 53, from nearby Billings, Mont., had the second-best total of 4741; bolstered by 1000+ points in the hammer (200-9), shot (50-10/4), and 25-lb. weight (69-11).

Betty Jarvis, 81, Oklahoma, totaled 3426 points (974 for a 19-9 shot put) to lead the women. Four-time gold medalist in the 1996 Nationals, Pauline Thomas, 47, Washington, recorded the next-best score of 3199.

Meteorologists had predicted occasional showers for Saturday, but the weather cooperated and produced a sunny Big Sky with fleecy clouds and perfect autumn temperatures in the 70s for most of the meet.

After the meet and a barbecue, Bob Sager and Rex Harvey, Masters Multievent Coordinators, who competed in the M50 division, presented the Phil Partridge Awards of $100, $75, and $50 to the top three men and women scorers: Olson, Gage, and Bob Humphreys, 60, California, who had 4134, and Jarvis, Thomas, and Mary Norckauer, who totaled 2921.

The cash awards and trophies for the highest scorers were donated by Bob Stone, and U.S. thrower from California, in honor of veteran weightman, Phil Partridge, 85, who was instrumental in the development of weight age-grading and the adoption of the weight pentathlon as an official USATF event.

All proceeds from the meet, in excess of $300, will be turned over to Ken Weinbel, Masters Weight Coordinator, for the purchase of new equipment for future meets.

Next year’s site for these championships will be bid on and selected by vote at the 1996 USATF Convention in San Francisco, Dec. 3-7.

Twin Cities Marathon

Continued from page 1

Grottenberg came on the scene, finished fourth in 2:36:37. Alice Thureau, 41, Fisher, Pa., ran a 2:38:13 to place fifth, with men and women placers were also masters: Jane Welzel, 41, Colorado, 17th; and Elena Sipatova, 41, Russia, 14th.

Grottenberg (91.5%), Pozdnyakova (90.1%), and Thureau (90.8%) had the top three W40+ age-graded performances.

Either by coincidence or by training regimen, the first three finishers in the W45 division are all residents of Edina, a Minneapolis suburb, with Gloria Jansen, 57, leading the trio in 3:01:14 in 1990 with Warren Utes, Park Forest, Ill.

Masters cash awards totaled $23,000, starting with $5000 for first, down to $500 for fifth, with men and women receiving equal amounts.

Masters who finished in the top ten had the option of taking the open award if larger than the masters award. Cash awards also went to the first three USATF masters, division winners, and the six best age-graded performers.

Overall winners, Joel Onwong’a, 23, with a 2:13:13, and Appell won $20,000 each. The primary sponsors were Cub Foods, Fairview Hospital, and WCCO Radio.

The race was run under a sunny, clear sky with temperatures in the low 50s at the start and near 70 degrees later in the day, conditions that led $498 runners to finish. The Twin Cities Marathon has hosted the Masters Championships for six years and is scheduled to conduct the next four.

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by BILL BUSBY

A record number of 33 multi-eventers, ranging in age from 18 to 75, took part in the 11th annual Thomasville, N.C., Masters Decathlon, Sept. 28-29. Competitors came from 14 states. The weather was near ideal, with temperatures between 60-70°F both days and no rain. A supper party, featuring North Carolina barbecue, was enjoyed by athletes and officials following the first day's events.

Thirty-one of the 33 starters completed the event, with 12 exceeding the 5250 age-factored points required to achieve All-American status. The meet serves as an East Coast alternative to the Nationals when the Nationals are held in the West, as they were this year in San Diego.

Top age-factored scorer was Denver Smith, M70, of Louisville, OH, with 7100 points, highlighted by a 14-7 (4.45m) long jump worth 935 points. His score would have won last year's World Championships, where the winning M70 score was 6844.

Second was Gary Kinder, 33, winner of the 1988 U.S. Olympic Trials, with 7020, despite a DNF in the 1500. Rex Harvey, M50, competing in his 150th decathlon (Rex has competed in more decathlons than anyone in the history of the event), just missed 7000 with a score of 6990.

The highest score for an individual event was the 935 points earned by Joe Johnston, M50, for his 12-9 1/2 (3.90m) pole vault.

This meet will be the site of the 1997 National Masters Decathlon/Heptathlon in late September.
Is Lying About Your Age Cheating?

This past Memorial Day, a New York runner entered the Ridgewood Masters Mile although he was four years shy of his fortieth birthday. When he was unable to produce proof of age, he was disqualified and all the others advanced.

At the Run For The Roses 10K in Denville on June 15, another New Yorker appears to have engaged in less-than-sportsman-like conduct in order to take home purse money.

Morristown’s Jane Parks decided to run in ‘Roses in part because of the purse money the race awards to masters runners. As one of the state’s finest masters in the 40 to 44 age division, Parks, who runs for TriAthletics, had good reason to expect a share of the prize money.

‘Roses was in kind of a bad spot on the calendar for Parks. She had the President’s Cup Night Race 5K on Monday night — a 700 point MRGP Championship — a race she needed to run. She was hoping that there would be no need to run all out in the 10K on Saturday in order to conserve some energy for Monday night.

At about four miles into ‘Roses, Parks found herself running next to a woman who was unfamiliar to her. Uncharacteristically, she asked her fellow runner her age.

“I’m 38,” came the quick reply.

“Good,” responded Parks, “then we’re not competing.”

Parks felt she could relax after that, since she didn’t see any masters runners near her. She maintained a steady pace, trading leads with the other woman who eventually dropped in behind her. With a quarter of a mile to go, the stranger came around, and Parks, fearing no threat to her masters position, let her go. The stranger finished in 41:51. Parks finished in 41:56.

After they had caught their breath, Parks went to the woman to congratulate her and see what her finishing time was, a common practice among runners who run most of a race close together. She did not get the response she expected.

“I am a masters runner,” the woman said, flatly. Catching the stunned look on Parks’ face she added, “It’s a race.”

Later, a friend of Parks told her that a male companion of the woman was overheard prior to the start pointing out Parks as the woman she had to beat. Although Parks was ignorant of her competition, the stranger was fully informed and clearly intended to pounce with the advantage with her lie of being 38.

So, in the Run for the Roses, the masters women’s purse went to Kathy Gribbon, 42, of New York who finished in 39:29, second went to Evelyn Franky, of the Bronx, who is 41 or when she chooses, 38. Jane Parks earned third place money.

Is there a lesson to be learned here? A weak joke could be made that she should not talk to strangers. For Parks it was a rude lesson in the vanity of another runner.

“I’ll never ask the question again,” she said. “And I’ll always assume I have to run to beat everyone.”

Are runners supposed to be honest about the age division they race in? “It’s a race,” said Franky, as if that explains and justifies any deception.

It is easy to come into strange territory to race and do some sleuthing to find your competition. For the local runners, there is no way of learning the age divisions of visitors. Masters runners don’t wear their age on their faces (how often are we surprised to learn the age of another runner?) nor often on their backs.

Does Parks have reason to feel violated? I think she does. She thought she was among friends. The Run For The Roses is enthusiastically supported by local runners, yet the purse money, open to anyone from near and far, also drew in the unscrupulous. That’s what happened in Ridgewood on Memorial Day and that is what happened in Denville on June 15th.

To those who say that Parks should have been running to beat all of the competitors, my response is that Parks was running in the masters division of the race. She should have not had to run against anyone in the Open race.

Smart runners do not run any harder than they must to win unless they are going for a personal or other record. Michael Johnson certainly doesn’t blast every 200 or 400 meter race — he’d soon be on the sidelines. Why should we expect our masters athletes to do more?

Trapp Captures Women’s 24-Hour Title

by JERRY WOJCICK

Fifty-year-old Sue Ellen Trapp, Fort Myers, Fla., finished with 137.350 miles to place first master overall, man or woman, and third of 155 starters in the USATF National Masters 24-Hour Championships in Sylvania, Ohio, on Sept. 15. A steady drizzle and unseasonably chilly temperatures meant fewer miles and concern about hypothermia and dehydration for the contestants.

But Trapp, a three-time winner of the race held at Sylvania’s Olander Park, apparently was not affected by the elements. “Being from Florida, I’m obviously not used to the cold rain,” she said after the race. “But it was just something I had to deal with. It was kind of slow going, but I was happy with my finish. I had done a 136 and a 145 here before, so this was the second-best total I’ve had here.”

Sylvie Andonie, 40, who finished tenth overall with 119.997 miles, was Trapp’s closest masters competition.

The masters man was Tom Andrews, 42, fourth overall with 135.266 miles. Bill Seldomridge, 45, was fifth with 131.496. Richard Fedion, 62, won the M60-64 race with one of the better performances of the day, covering 108.066 miles and placing 19th in the field, which included runners from age 10 to 75.

John Geesler, 37, was first overall with 147.135 miles.
Masters Scene

NATIONAL

- The Taconic RR Club Masters Team repeated its 1995 M40+ win in the Nationwide Insurance Ocean To Sound 50-Mile Relay from Long Island’s Ocean Beach to Jericho, Sept. 8, with a 5:00:17. The members of the eight-man squad, sixth of Carroll, masters, in the Maccabiah 5K, hosted by the third-place Rich Ashby, 82+. The team included: Joseph Burns (67, 47:17), Rosa Nales (62, 51:21), and Toshiko D’Ella (66, 48:58).

SOUTHEAST


- Jim Pearson, 47, not only topped the masters field in the Runner’s Classic 5K at Sea World, Orlando, FL, Sept. 28, but won the men’s division overall in 15:50. His closest competitor was nearly two minutes behind.

MIDWEST

- The 17th annual Columbus Marathon on November 10 will offer $2500 in prize money presented by Marathon Oil to the first five male and female masters finishers. The event features an expo, runner’s clinics, pasta party, SK race and kids 1K fun run.

- Tony Rodize, 40, New Berlin, WI, 25:56, and Cheryl Neumann, 40, Milwaukee, with an eighth-place 10:10 in the women’s results, uncorked masters wins in Al’s Run 5K, Milwaukee; Sept. 16; and Joe Forgione, M55, Milwaukee, 54, was the top 40+ runner with an 86.6% 2:38:22. Mark Dicks, 88, Waukesha, WI, ran under the USATF Age-Group Guideline, with a 54.2.

- Len Olson, 65, Peytonia, PA, and Everett Hosack, Cleveland, altered five single-age records in the Wolfpack TC Throwing Classic, Columbus, OH, Sept. 8. Olson broke WRs for the 16-lb. shot (10.59) and 56-lb. weight (6:40) and the M65 record for the 2K discus (3:12). Hosack established WRs with the 25-lb. (4:38) and 35-lb. (3:11) weights. Olson, USATF 1996 M65 weight pentathlon champion (4781 points) at Bozeman, scored 3502, using the open implements in the Columbus meet.

MID-AMERICA

- Three-time Olympian and masters runner Jim Ryun, 49, has a 22-point lead in the polls in his race for Kansas’ 2nd District Congressional seat against lawyer John Frieden. Ryun still holds the high school record for the mile (3:55.3 in 1965). A Republican, Ryun is calling for a balanced budget amendment to the Constitution, pension reform, and reductions in capital gains taxes, and a strong military.

- Athletes in the M80+ divisions hit high-ranked marks in the New Mexico Senior Games, Las Cruces, July 23-28. Casimir Berczyn, 86, posted top-ranked times in the 400 (8:40.17) and 1500 (8:37.56) and added a 5-3 HJ to his first. John Pinto, 86, grabbed a gold medal in the javelin with a 21.4.

- Masters men runners hot-footed to overall firsts in the St. Louis Fire Fighters 10K & 3K, Aug. 25. Frank Curatto, 42, won the 10K in 35:44, and Larry Doerr, 41, took the 10K in 31:26. Runners-up in both races were also masters: Dave Daum 43, 35:16, and Peter Mannis, 49, 10:08. First W40s were Bernadette Houston, 43, third overall in the 10K at 42:28, and Carol Keller, 40, with a 11:56 in the 3K.

- The PV mark of 9-3 attributed to M70 William Chivits in the Mid-America Regional record. Mr. October issue was incorrect. He did not vault because of injury.

SOUTHWEST

- A team of 100 women masters from the Houston Area RR Association (HARRA) established a pending Guinness Book of World Records record for W40+ by running a 100-mile relay in 12:12:23. Rules for the record required that 100 women run one mile apiece, relay-style, on a certified track. Team captains, Chiquita Taylor, 46, and Debbie Kempler-Smith, 45, started the relay off at 6:30 a.m. at the Cullen Track in Memorial Park, Houston. Some twelve hours later, 65-year-old Sadie Greenman, the 100th runner, finished in 8:12, while spectators, runners, and volunteers cheered. Carole Smith, 41, posted the last time (5:31). Joyce Gaskin, 59, had the best age-graded performance (83.6%) with a 6:19. At the same time that the W40+ were setting a record, another 100 HARRA women were breaking the Guinness former record (10:14:16) for open women with a 9:49:08, and a third group, ages 60 to 62, completed the 100 miles in 13:04:42.

WEST

- Marcella Teran, 41, San Diego, CA, boasted the W40+ field with an 18:00 in the Orange County Race: For The Cure Women’s 5K, Newport Beach, CA, Sept. 22. Thirty-nine-year-old Olympian Ruth Wysocki, Canyon Lake, CA, was fifth overall with an age-graded 92.1% 16:17. In the Coed 5K, John Koningh, 40, Newport Beach, was fourth in an A-G 90.3% 14:56.

- Shirley Matson, 55, Moraga, CA, ran below the US W55 record of 49:43 with a second woman overall 45:41, Chey’s To Chey’s 12K, Sacramento, CA, Sept. 21, on the ungraded course. On Sept. 29, Matson continued her score spree begun last August, with a 37:29, Run For The Bern 7K, Medford, CA, an A-A race with Margaret Miller’s record of 39:59. At the Ears Form Arts 5K, Carmel, CA, Oct. 6, Matson lowered the national W55 record of 22:10, held by Margaret Banz, with a third-female 18:39, worth $200.

- Javelin thrower Ken Hall, M30-34, logged 10,000 miles this season competing in 26 meets starting at San Francisco State on Feb. 24 and ending at UC-Berkeley on Sept. 8. He was first in his division at the 10K meet in Manhattan Beach,Sept. 1. His season’s best mark of 22-10 came in a meet at Stanford U. on June 5.

- Jacqueline Hansen, 47, Topanga, CA, former world women’s marathon record holder (2:38:19 in 1975) and World Veterans medalist, is assistant athletic director at St. Monica High in Santa Monica, Calif. Despite chronic arthritis in her knees, Hansen nevertheless ran 18 miles of the 100th Boston Marathon on mainly water training, a specialty at her age. She was honored in Boston as a former winner; all Boston winners have their names engraved in marble.

NORTWEST

- Placing third overall, Leonard Hill (44, 2:27:46) captured the men’s masters title as well as all the Portland Marathon's, Portland, OR, Sept. 29. Debbie Mumma (40, 3:04:09) led the masters women to the finish line. Hugo Badgett, 62, won the open men’s division with a 3:59:00.

Increase Your Power with POWER ball

OSL Bamachew Kevin McMahan
"POWER ball is my pyrometric exerciser of choice."

TEN YEARS AGO
November, 1986


- Patrick Davis (M40, 1:28:42) and Katie Vandelgraaf (W40, 1:49:47) sweep to Victory in the National 25K at Joliet, Ill.

- 19th World Vets 10K Titles in Vancouver, B.C., Go to Britain’s All-Hallowesque (M40, 30:47:9) and New Zealander Ngaire Drake (W40, 34:50:7).

Free Video!

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[Image of a power ball]
USA track and field events feature competition for men and women over age 30 unless otherwise noted. Long distance events are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. International & T&F meets are generally limited to men over 40 and women over 35. Entry blanks for nationals and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to FMM, PO Box 50088, Eugene OR 97405.

**TRACK & FIELD**

### NATIONAL

**WEST**

Arizona, California, Hawaii, Nevada

- November 16. Long Beach Senior Games, Long Beach, Calif. 50+: Karla Yuki, 310-570-1776.
- November 16. KELFeld Flows Meet #54, Santa Cruz. Gary Kelmsen, 5001 Empire Grade, Santa Cruz CA 95060. 408-458-0022. Contact Kelmsen before attending meet.
- February 7-16. California Senior Olympics, Palm Springs, Calif. 50+: Ben Green, 619-523-5689.
- February 15-17. Paradise Pentathlon, Honolulu. Weight Pentathlon. Hawaii Masters Track Club, PO Box 15763, Honolulu, HI 96830-7563.

**INTERNATIONAL**

- November 19-23. WAVA South American Regional Championships, Concepcion, Chile. Pentathlon m/w/10K X-C. Fax 56-41-229-333.
- December 14-15. Indoor Russian Veterans Sport Association Cup "Match 5", Moscow. Vadim Marshev, 14-6 Pervomayskaya St., Himki, Moscow Region, 141400, Russia. 7-095-5734150; fax 776-6436.
- July 17-27. XII WVA World Veterans Athletics Championships, Durban, South Africa.
- August 9-22, 1998. 4th International Masters Games (multi-sports), Portland, Ore.

### EAST

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


### SOUTHEAST

Alabama, Florida, Georgia, North Carolina, South Carolina, Tennessee, Virginia


### MIDWEST

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

- February 15. NIFS-Indiana USATF Indoor Masters Invitational. The National Institute for Fitness and Sport, 250 University Blvd., Indianapolis, IN 46202. Vern LaMere, 317-274-3432.


**LONG DISTANCE RUNNING**

### NATIONAL


**ON TAP FOR NOVEMBER TRACK AND FIELD**

Except for the Long Beach Senior Games (50+) on the 16th and limited-event meet in California, not much is on the menu. It's a good time to make plans to attend the USATF National Convention in San Francisco, December 3rd-7th. Anyone interested may attend. See the T&F National schedule for details.

### LONG DISTANCE RUNNING

The USATF National Masters 5K Cross-Country Championships is scheduled for the 3rd in Columbus, Ohio under the direction of John White, an experienced race and meet director. Masters on the 3rd with bigger ideas will be on the starting line at 10:50 a.m. for the NYC Marathon's tour of the five boroughs. Marathoners who oversleep for the NYC can opt for the Ocean States, R.I., on Columbus, Ohio or S. Antonio, Texas, Marathons on the 10th. More 26-milers are available in Tulsa on the 23rd and Seattle on the 30th. The Manchester, Conn., 4:75 Milers, in its 60th year on the 26th, is one of the largest races in the U.S.

**RACEWALKING**

Racewalkers longing for competition can find it in the D.C. area on the 3rd, in Florida on the 10th, and in Central Park, NYC, on the 24th, as well as in some of the LDR races, which may offer a WR section, listed in the Schedule.

**EAST**

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

- November 3. Warwick Marathon/RCCA NY State Championship. SASE to Jerry Terry, race director, PO Box 561, Warwick, NY 10990.
- November 10. Ocean State Marathon/RCCA National Championships, Narragansett, R.I. OSM, 5 Division St., East Greenwich, RI 02818. 401-885-4499; fax 401-885-3188.
- November 28. Manchester Road Race Continued on next page
**MID-AMERICA**

**SOUTHWEST**

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

November 3. Picayune Fall Classic 10K & 5K. Masters & Grandmasters money. Picayune Rotary, PO Box 1152, Picayune, MS 39466. David Guzierix, 601-798-4881(d); 504-847-1701(eve).


**WEST**

Arizona, California, Hawaii, Nevada

November 2. Big Sur Trail Marathon, Big Sur State Park, Calif. Envirosports, PO Box 1040, Stinson Beach, CA 94970. 415-888-1829.

November 2, 9, 23. 6th Annual USATF Pacific Association Cross-Country Series.

**NORTHWEST**

Alaska, Idaho, Montana, Oregon, Utah, Washington, Wyoming


**INTERNATIONAL**

SAS, France. To In

**RACEWALKING**


December 15. 25th Annual Masters 5K, Central Park, NYC. Stella Cashman, Park Racewalkers USA, 320 East 83rd St., NYC, NY 10028. 212-628-1317.

Masters Clubs

Below is a list of masters track & field, long distance running, and race walking clubs arranged alphabetically by region. Some offer workout facilities. Most have social programs and annual awards. If you'd like to find out more about what's going on in your area, contact one. To have your club listed, please send the necessary information to National Masters News, P.O. Box 50098, Eugene OR 97405.
U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

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<th>Event</th>
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APPICLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME________________________AGE-GROUP_____________________
ADDRESS_______________________SEX: M_F________________________
CITY NOTE: NAME___________________STATE____________________ZIP________________________
MEET DATE______________________MEET SITE_____________________
EVENT________________________MARK_________________________
HURDLE HEIGHT__________________WEIGHT OF IMPLEMENT________________

1. If you have equaled or bettered the standard of excellence, please fill out this application, completely.
2. A copy of your results or a note stating in which issue your results appeared MUST accompany this application.
3. Please send $10 for a certificate, $10 for a patch, and $10 for a patch tag showing event and year. The cost for both a certificate and patch ordered at the same time is $15.
4. Send to: All-American, National Masters News, P.O. Box 500908, Eugene OR 97404.
5. A 3-color, 8" x 10" certificate, suitable for framing, and/or a 3-color, 3" x 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.
**TRACK & FIELD RESULTS**

Please send results to: National Masters News, P.O. Box 66088, Eugene OR 97406. To print information current, we generally do not publish results more than 4 months old. Results that are typed (maximum 25 characters per line) in bold format receive precedence. Deadline is the 10th of the month prior to issue date.

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**NATIONAL**

USATF National Masters Pentathlon Championships
Bozeman, MT; Sept. 14

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**EAST**

Keystone State Games
Harrisburg, PA; Aug 2-4

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**USATF Potomac Valley Assoc. Masters Championships**
Alexandria, VA; Aug 31-Sept 1

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**November 1996**

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<td>Tom Rass</td>
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Continued on next page
November 1996

Continued from previous page

M30 Joseph Daniels 16.23 Tar
Tedd Polus
Wendell Brown 19.40
M35 John Runo 17.50
M40 John Reek 17.20
Timothy Good 20.33
M40 Mike Pointer 18.25
M45 Don Kang 18.25
J 1 Wind 18.56.

M30 Ted Polus 34.01h
Wendell Brown 40.22h
M40 Mytch Jackson 39.74
David Griffith 43.94
David Zelinski 105.37h
M40 Don Kang 34.74
J 1 Wind 39.24h

M40 John Runo 3.10
M35 John Sloan 1.23h
M40 Mike Pointer 7.00
John Martin 5.96

M30 Ted Polus 15.31
Bob Shelton 17.63
Bill Emanuel 22.02
M40 John Emanuel Jr. 19.68
M55 John Sloan 17.92
M70 John Emanuel 16.28

M35 John Sloan 1.23h
M40 Mike Pointer 3.74
M30 John Sloan 5.00
LeRoy Yohe 8.65

M30 Mike Pointer 9.14
M35 Robert Randall 5.05
M45 Lorry Harry 12.86
Robert Leschiar 8.04

M50 Mike Pointer 7.00
M70 John Haywood 9.98
M80 Randy Yohe 8.80

Hanover Weight Meets

M40 $coli Black 11.54 3000 RW
M35 Dob Shelton 10 .00 Charles Ted
M70 Jack Premo 3 .09 Weil ThrQw

M40 Randy Yohe 8.65
M35 Dob Shelton 8.04
M70 John Haywood 7.98

M45 Randy Yohe 8.80
M35 Dob Shelton 8.04
M70 John Haywood 7.98

M50 Mike Pointer 7.00
M80 Randy Yohe 8.80

New York Fall Mini-Meet

Kingsbridge L. I., N.Y., Sept. 8

High Jump
M50 John Haywood 3.00
M60 Mort Hahn 3.60
M70 Art Keough 4.00
M80 Ian Hame 1.60 7.00

Long Jump
M50 Mike Pointer 6.74
M60 John Haywood 6.74
M70 Art Keough 6.74
M80 Ian Hame 1.60 7.00

Triple Jump
M50 Mike Pointer 6.74
M60 John Haywood 6.74
M70 Art Keough 6.74
M80 Ian Hame 1.60 7.00

SOUTHEAST

Jacksonville TC Classic Championship, July 27

10m
M40 Donald Reh 10.67
M50 Bernard Scott 11.5
M60 Craig Garry 9.88
M70 Steve Smith 11.68

50m
M40 Donald Reh 10.67
M50 Bernard Scott 11.5
M60 Craig Garry 9.88
M70 Steve Smith 11.68

200m
M40 Donald Reh 10.67
M50 Bernard Scott 11.5
M60 Craig Garry 9.88
M70 Steve Smith 11.68

400m
M40 Donald Reh 10.67
M50 Bernard Scott 11.5
M60 Craig Garry 9.88
M70 Steve Smith 11.68

END

MIDWEST

Wolfpack Fall Throwing Classic Columbus, OH, Sept. 8

Shot Put
M50 Jim Jones 10.87
M60 Steve Ray 11.08
M70 David Weis 10.87

Discus
M50 Philip Reher 21.89
M60 Steve O'Brien 21.89
M70 David Weis 21.89

Hammer
M50 Philip Reher 21.89
M60 Steve O'Brien 21.89
M70 David Weis 21.89

Continued on next page
November 1996
National Masters News

Continued from previous page

W40 Cheryl Mallon 55-56
W40 Ruth Seeger 55-65
W40 Kathy Thrush 55-65
W40 Marilyn Bok 32-40
W40 Marie Pollock 33-41
W40 June Sabine 45-54
W40 Flora Bailey 55-65
W40 Marilyn Horsley 60-69
W40 Janet Connolly 70-79
W40 Linda Wolf 70-79
W40 Joan Winn 70-79
W40 Janet George 70-79
W40 Alice Solberg 80+1

M35 Robert Trujillo 12.2
M35 Gary Mess 13.2
M35 Ray Elgin 14.2
M35 Bobbi Thomas 15.2
M35 Mary Letson 16.3
M35 Maureen Mooney 17.3
M35 Betty Thompson 18.3
M35 Alysia Melton 19.3
M35 Robert DeCosta 20.3
M35 Linda Arnold 21.3
M35 Nancy Hahn 22.3
M35 Letitia Jones 23.3
M35 John Heim 24.3
M35 Elaine Gillingham 25.3
M35 David Powell 26.3
M35 Bruce Donahoe 27.3
M35 Richard Kibbe 28.3
M35 Marie Pollock 29.3
M35 Margaret McCarthy 30.3
M35 Mary Ann Hikita 31.3
M35 Angela Rose 32.3
M35 Elizabeth Cross 33.3
M35 Carolyn Ferris 34.3

Northern California Seniors

UC-Berkeley, Sept: 8

M40 Rich Kibbe 11.58
M40 Greg Bencivenga 12.58
M40 John Schneid 13.58
M40 Mike Peterson 14.58
M40 Phil Malpulse 15.58
M40 Bob Fullner 16.58
M40 Bobbi Thomas 17.58
M40 Marvin Swisher 18.58
M40 Allen Schmitt 19.58

W40 Cheryl Mallon 55-56
W40 Ruth Seeger 55-65
W40 Kathy Thrush 55-65
W40 Marilyn Bok 32-40
W40 Marie Pollock 33-41
W40 June Sabine 45-54
W40 Flora Bailey 55-65
W40 Marilyn Horsley 60-69
W40 Janet Connolly 70-79
W40 Linda Wolf 70-79
W40 Joan Winn 70-79
W40 Alice Solberg 80+1

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M35 Elaine Gillingham 25.3
M35 David Powell 26.3
M35 Bruce Donahoe 27.3
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M35 Marie Pollock 29.3
M35 Margaret McCarthy 30.3
M35 Mary Ann Hikita 31.3
M35 Angela Rose 32.3
M35 Elizabeth Cross 33.3
M35 Carolyn Ferris 34.3

Northern California Seniors

UK-Cerkeley, Sept: 8

M40 Rich Kibbe 11.58
M40 Greg Bencivenga 12.58
M40 John Schneid 13.58
M40 Mike Peterson 14.58
M40 Phil Malpulse 15.58
M40 Bob Fullner 16.58
M40 Bobbi Thomas 17.58
M40 Marvin Swisher 18.58
M40 Allen Schmitt 19.58
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**November 1996**

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<td>M30 W Swan</td>
<td>10:01.34</td>
</tr>
<tr>
<td>M25 W Powers</td>
<td>11:03.94</td>
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<tr>
<td>M20 W Wagher</td>
<td>12:00.00</td>
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<tr>
<td>M15 W Pignotti</td>
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**European Veterans Championships**

**Malmo, Sweden; July 20-28**

<table>
<thead>
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<tbody>
<tr>
<td>M85 J Eruzhenik</td>
<td>23:10.34</td>
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<tr>
<td>M75 W Peterson</td>
<td>23:57.01</td>
</tr>
<tr>
<td>M70 W Fish</td>
<td>24:58.31</td>
</tr>
<tr>
<td>M65 W Strijk</td>
<td>27:18.97</td>
</tr>
<tr>
<td>M60 W Murrell</td>
<td>29:14.85</td>
</tr>
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<td>M55 W Fish</td>
<td>31:37.01</td>
</tr>
<tr>
<td>M50 W Strijk</td>
<td>33:49.71</td>
</tr>
<tr>
<td>M45 W Strijk</td>
<td>35:52.11</td>
</tr>
<tr>
<td>M40 W Strijk</td>
<td>37:54.51</td>
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<tr>
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<td>M30 W Strijk</td>
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<td>M25 W Strijk</td>
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<tr>
<td>M20 W Strijk</td>
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**Continued on next page**
### U.S. 10K Classic

**Attica, NY, September 29th**

<table>
<thead>
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<tbody>
<tr>
<td>Kelly DeLuzo</td>
<td>31:35</td>
</tr>
<tr>
<td>Kathy Wright</td>
<td>31:47</td>
</tr>
<tr>
<td>Carol Knapp</td>
<td>31:53</td>
</tr>
<tr>
<td>Carol Hines</td>
<td>32:00</td>
</tr>
<tr>
<td>Jane Fordham</td>
<td>32:10</td>
</tr>
<tr>
<td>Betty Stetson</td>
<td>32:15</td>
</tr>
<tr>
<td>Carol McIntosh</td>
<td>32:20</td>
</tr>
<tr>
<td>Patricia Marshall</td>
<td>32:25</td>
</tr>
<tr>
<td>Susan Ziegler</td>
<td>32:30</td>
</tr>
<tr>
<td>Joan Hopper</td>
<td>32:35</td>
</tr>
<tr>
<td>Gloria Brown</td>
<td>32:40</td>
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**Million Dollar 5K**

<table>
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<tr>
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<tbody>
<tr>
<td>Paul Robinson</td>
<td>15:00</td>
</tr>
<tr>
<td>Richard Legere</td>
<td>15:05</td>
</tr>
<tr>
<td>Ted Warner</td>
<td>15:10</td>
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<tr>
<td>Bob Smith</td>
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</tr>
<tr>
<td>John Cooper</td>
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<tr>
<td>Tom Vail</td>
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</tr>
<tr>
<td>John Thompson</td>
<td>15:30</td>
</tr>
<tr>
<td>David Brown</td>
<td>15:35</td>
</tr>
<tr>
<td>Michael Cross</td>
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<tr>
<td>Robert Johnson</td>
<td>15:45</td>
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**Massachusetts**

<table>
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<tbody>
<tr>
<td>John O'Brien</td>
<td>16:00</td>
</tr>
<tr>
<td>Steven Daniels</td>
<td>16:05</td>
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<tr>
<td>William Ford</td>
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<tr>
<td>Richard Miller</td>
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<tr>
<td>Charles Jackson</td>
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<tr>
<td>David Williams</td>
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<tr>
<td>Robert Collins</td>
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<tr>
<td>Michael Martin</td>
<td>16:35</td>
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<tr>
<td>James Allen</td>
<td>16:40</td>
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<tr>
<td>John Phillips</td>
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**Ohio**

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<tr>
<td>William Johnson</td>
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</tr>
<tr>
<td>Charles Brown</td>
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<tr>
<td>David White</td>
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<tr>
<td>Michael Williams</td>
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<td>Robert Price</td>
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<tr>
<td>Thomas Riley</td>
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<td>James Smith</td>
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<tr>
<td>Richard Johnson</td>
<td>17:40</td>
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<tr>
<td>David Green</td>
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**Pennsylvania**

<table>
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<td>John Thompson</td>
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<tr>
<td>William Brown</td>
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<tr>
<td>Charles Cooper</td>
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<tr>
<td>David Johnson</td>
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<tr>
<td>Michael Harper</td>
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</tr>
<tr>
<td>Robert Miller</td>
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<tr>
<td>Thomas Williams</td>
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</tr>
<tr>
<td>James White</td>
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</tr>
<tr>
<td>Richard Williams</td>
<td>18:40</td>
</tr>
<tr>
<td>David Brown</td>
<td>18:45</td>
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**South Carolina**

<table>
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<tbody>
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<tr>
<td>William Smith</td>
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<tr>
<td>Charles Robinson</td>
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<tr>
<td>David Brown</td>
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</tr>
<tr>
<td>Michael Johnson</td>
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<tr>
<td>Robert Williams</td>
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<td>Thomas Brown</td>
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<td>James Smith</td>
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<td>Richard Johnson</td>
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<tr>
<td>David Williams</td>
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**West Virginia**

<table>
<thead>
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<th>Name</th>
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<tr>
<td>John Green</td>
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<tr>
<td>William Smith</td>
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<td>Richard Johnson</td>
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<td>David Williams</td>
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Continued from previous page

Bernie Black 3:03.11
Steve Carlson 3:03.55
Arthur Grassett 3:07.12
Neville Pearson 3:07.53
Paul Jones 3:07.99
John Bradley 3:08.58
Craig Stone 3:08.90
M55 Robert Dethorge 3:08.08
Brent Fender 3:08.50
Kotie Staxton 3:08.96
Ronald Rebel 3:13.46
Richard Lechthaler 3:13.08
Paul Wince 3:17.45
Elwood Starr 3:22.18
Earl Barnett 3:22.33
Bob Scarborough 3:24.65
Yoshikatsu Itoh 3:27.09
Luis Chatterman 3:32.92
Dick Stone 3:39.28
BreeFINES 3:29.52
M60 Hugo Badgers 3:27.55
Kenneth Smythe 3:27.55
Bob Posthuma 3:28.16
John Eriek Nilsson 3:28.36
Philip Krannum 3:29.32
Colin Cunsum 3:30.08
Jack Swanson 3:30.08
Mel Frey 3:30.04
Jerome Murphy 3:45.42
Alle Tinnion 3:45.42
Marko Cornelius 3:45.12
Robert Christensen 3:45.12
Keith Fish 3:47.05
Bob Surf 3:51.10
Lewis Holland 4:10.56
Omer Allard 4:23.12
Jimmie Drisko 3:26.37
Ron Pitelzog 4:29.08
Glen Edgerton 4:47.22
Vic Twowings 4:29.48
M70 Otto Hansen 4:00.01
Rodc mLough 4:11.00
Walter Taluron 4:53.04
David Blu 5:56.20
M75 Susan Koba 6:33.14
Chuck McFerron 6:20.34
M80 Donald McCour 5:50.24
W40 Debbie Munmm 3:04.09
Katie Angel 3:11.58
Jean Gannum 3:15.12
Margie Rettman 3:18.22
Vicki McCracken 3:18.33
Carol Kafands 3:19.46
Debra Roberts 3:29.35
Sue Cox 3:29.35
Judy Keely 3:34.68
Terry Church 3:32.24
W45 Marc Cumpson 3:23.36
Liz Cumberbatch 3:25.27
Kathy Bowden 3:25.34
Betty Wagen 3:25.63
Carol Barany 3:28.31
Sally Skinner 3:29.49
Shirley Kaufer 3:30.90
Christi Stickper 3:31.36
Linda Holm 3:33.15
Kel Lampe 3:27.24
W50 Gunhild Swanson 3:24.36
Spain Fleming 3:45.48
Suzie Carlsen 3:47.35
Gail Johnson 3:49.27
Patrj Henry 3:50.13
Sandra Anderson 3:53.16
Barbara Flazen 3:53.00
Janice Boyer 3:53.24

W55 Sue Stope 3:45.46
Janet Bevier 3:48.16
Irene Neave 3:59.52
Kiyoko Tanaka 4:02.37
Kathy Ryan 4:09.29
Janet Habenstein 4:31.32
Julie Laver 4:35.05
Jean Oli 4:46.93
W60 Dorothy Should 4:19.92
Patricia Johnson 4:22.66
Rochelle Hannam 4:39.34
Patsy Abe 5:11.46
Florencfe Overt 5:34.28
Dore Odeghen 5:35.49
W65 Collen Matthews 5:02.14
Margarette Systok 4:10.22
Theresa Finzo 5:16.40
Jeanne Fjelde 5:14.31
Mary Ehrlich 5:46.42
Katherine Callaway 6:24.91
W70 Althea Jurpocius 6:31.29

INTERNATIONAL
El Paso-Juarez Internationa 10k El Paso, TX-Juarez, MEX Oct. 6

Chile
Lacaron Naya 4:45.03
Dawid Aziz 4:59.19
M50 Porlito Malnado 5:34.36
Augusto 5:36.35
Octavio Chaves 5:37.13
Rick Gaffaro 5:42.21
Joe Villa 5:01.08
Hardell Davis 5:19.39
Robert Rolen 6:21.63
Jesus Espejuz 7:00.09
Jim May 7:13.81
Manoncaro Amin 8:34.06
M55 Jesus Torme 11:34.00
Enrique Ajalba 10:57.02
Thomas Kass 11:30.19
Henry Furl 6:21.31
Don Boyes 7:32.07
Luis Diaz 6:16.13
M60 Raymond 11:39.27
Ken Valentine 7:07.02
Caramino Amadeo 8:39.40
Jesus Ramos 7:00.09
Vicente Vazquez 7:52.03
M55 Jesus Mordi 9:05.30
Pablo Gonzalez 8:30.04
Francisco Andreu 10:09.57
Marcos Navarro 11:05.01
M65 Jesus Moore 13:56.00
Mary Ehrlich 12:30.12
Ivan Zepeda 12:38.01
Vicente Aparicio 13:10.82
III
W55 Martin Lopez 10:03.00
J Janigo 11:21.79
Rad Retzcmann 11:57.51
M65 Joseph Perez 86.42
Joe Perez 86.42
M70-Carl Brown 81.00
Bill Barton 90.52
W60 Rosa Hammond 70.03
David Fitzgerald 70.18
M75+ Maria Carras 77.40
Geno Carras 77.40
W65-Julie Lader 80.05
Renee Ponco 87.48
Yi Ting Shue 89.89
MAR0 Antonia DeCarau 73.57
Vida Kerpey 89.12
Viana Karpency 89.12
W70-Lang Halley 89.40
W80-Wendy Langley 75.00
W55 Kendall Johnson 1:07.07
M55 Brian Morse 1:10.27

RACEWALKING

USATF State 3K Racewalk Championship
Miami, FL, Sept. 8

M40 Chuck Bryant 18.25
M45 Juan Yanes 16.45
M50 Jay Dash 18.64
M55 Bob Cella 17.06
M60 Tom Cunningham 19.18
M65 Bob Finc 17.40
M70 S Shafman 19.11
M75 Chris Lazzaro 22.99

W40 Donna Pape 17.92
W45 Linda Stein 16.35
W50 Franc Kreiger 25.35
W55 Mary Allen 21.95
W65 Marcia Slaffman 21.22
W70 Debbie Widdowson 27.34

USATF Masters Roads Race/ Walk/10k East Coast Road Race Kingsport, TN; Sept. 14

Chris Knapp 20.27
Michelle Rohr 22.40
M30 J Williskoff 20.27
Mike Rohr 22.46
Keith Luoma 25.04
Tom Flora 25.04
M35 Gary Morgan 21.14
Ian Whaley 21.29
Doug Johnson 26.14
Ed Fitch 26.16
M40 Nathan Thomas 29.19
Paul Capus 29.31

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Maitland, FL 32751
http://www.adoptmanatee.com

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1-800-854-CLUB
SUNMART

Texas Trail Endurance Runs
Host of the USAT&F
50 Mile & 50 K
Trail Championships

Saturday, Dec. 14, 1996
Huntsville State Park, Houston TX

Norm Klein, 11139 Mace River Ct.
Rancho Cordova, CA 95670
(916) 638-1161