Krohn, Martin Triumph in Trump

by JERRY Wojcik


In last year's M50-59 race, Peter Hallop was second to Harold Nolan, in about as close a finish as you can get without a tie, 4:33.87 to 4:34.90. This year, Hallop, 51, Ann Arbor, Mich., took the M50-59 race handily in ALPUMA

The first three M40 battle it out in the final lap of a great tactical 10,000 in the European Veterans Championships, Cesenatico, Italy, Sept. 11-19. Francisco Gonzalez (346), Spain, who did most of the pace-setting, is about to be passed by Heiko Schinkeltz, Germany, who won by 0.23 seconds in 29:49.58. Bill Foster, Great Britain, took the bronze.

European Championships Draw 4291 from 38 Countries to Italy

by BRIDGET Cushen

Italy's Adriatic seaside resorts of Cesenatico and Bellaria-Igea Marina warmly welcomed 4291 competitors from 38 countries and did a brilliant job in organizing the record European Veterans T&F Championships, Sept. 11-19.

The Press Officer, Daniele Menarini, said the Organizing Committee, headed by the President, Anna Maria Cessi Carli, initially had difficulty convincing hotels to remain open until mid-September. The last summer vacationers usually go home at the beginning of the month. Athletes welcomed the opportunity of running along the miles of deserted sandy beaches in the morning. The temperature dropped from 79°F after the first two days to a mild 70°F.

Most hotels were within 10 minutes walking distance of the main stadium, and shuttle buses took competitors on the 20-minute journey to the second stadium.

Italy, as expected, fielded the largest entry (1111), of which 148...
**Statement of Ownership Management and Circulation**

1. Title of publication: National Masters News


I certify that the statements made by me above are correct and complete: Al Sheahen, Publisher.
SAN DIEGO RACERWALKS
The San Diego Senior Olympics, September 9-12, included four flawless walks. As a judge, I had a close view of the races, the athletes, the judging team, and the meet, which was impressively managed by David and Linda Pain. The staff and volunteers were competent and eager to assist and were a positive factor in lap counting the walks without error. Sharon, the starter, knew her job and did it with a welcome sense of humor.

The walkers finished happily, expressing thanks; the judges were pleased with the results; and the two DQs which occurred were agreed upon by all. This successful competition came about because of the following steps taken by the meet directors:
1. A pre-meet clinic taught the participants the rules, protocol, and technique of legal walking with individual attention to each athlete.
2. Brief pre-race instructions prior to each walk for clarification of rules, introduction of judges, and an invitation to the athletes to confer with judges after the events for feedback.
3. A brief post-race clinic for all competitors and officials to discuss results, rules, technique, and suggestions for improvement.
4. A well-managed registration and check-in system, an on-the-spot meet manager, a radio connection between the check-in area and the start line, and a competent starter.
5. A group of walk judges who knew their jobs, enforced the rules, and gave the benefit of the doubt as to legal status to the walker, as required by rule.

MIKE TYMN
After reading Mike Tymn's column (September, 1998), I feel like grabbing him by the shoulders and giving him a good talking to. Because he's no longer competitive for the top spots in his age group, is he no longer interested in the game of running?

I sometimes think it's a blessing that I was never as good as Mike Tymn or one of my other running friends. I don't have that heavy cross of past successes to bear. In the last 10 years of a 30-year racing career, I've slipped faster and farther in my performances than most of my long-term local rivals, but, you know what — there is still always someone out there on the race course to bring out the best in me on any given day.

Yes, I'd rather be racing to win my age group, but I'm nearly as happy with a good match-up with any of my fellow competitors — be they older, younger, faster, less experienced, whatever. The joy is in the race and the races within the race; not just what awards and accolades one receives.

I do miss my 70-miles per week habit, but I consider myself blessed that I am still running 35 miles per week. I get other parts of my exercise fix by going to the gym and paying attention to keeping the rest of my body strong.

The last part of my lecture to Mike: Get your weight down! Do it for your overall health, do it to decrease the injuries you can develop from running, and do it for the fun of it. Yes, I think this is important, and I will do it, or I will run faster (and I think it is), returning to your competitive weight would knock at least a minute off your two-mile time, even without doing any additional training.

SPECIAL TIP
As a special service to NMN readers (but at the risk of encouraging cut throat competition from masters not aware of this event), I will reveal the identity of the race which, in my opinion, is the best in the NYC area. It is the Eamonn Coghlan 5K, held Aug. 23 at Belmont Race Track.

The race featured: a perfectly flat, certified, one-lap course, with few turns and long straightaways, ideal for fast times; Irish crystal for top three in every age group, plus prize money for top three, and merchandise for masters; admission to a day-long Irish festival, with each entry, with music, dancing, beer, etc.; Eamonn Coghlan on hand to thrill the first 18 finishers by finishing

Eight Join NMN Sustainers
Each month, NMN publishes a list of "sustainers," those who help the athletics by making contributions.

David Brown
Joseph Carlizzo
Arny Ferrando
Katherine Gradick
Sunjiya Onodera-Leonard
Gordon Seifert
Eddie Simon
R. Gordon Sykes

Whittier, California
Gorham, Maine
Houston, Texas
Marathon, Florida
Huntington Beach, California
Birmingham, Alabama
La Mesa, California
Lake Oswego, California

In addition to the above contributions, these extra funds allow us to publish depth schedule section, and more.

Special thanks this month go to:
Trump Mile


The race for the title of fastest masters woman was between two local long-distance standouts, Martin, and Gillian Horovitz, 43. Martin, of Long Island, is the 1998 W45 indoor champion in the mile and 3000 (pending AR 10:43.72), and Horovitz, of NYC, was the W40+ winner (2:43:20) in the 1997 NYC Marathon. Martin, with an edge in running the shorter distances, won by some two seconds in 14:45.45, with Horovitz at 15:16.89. Robin Sarris-Hallop, 42, Ann Arbor, Mich., was first, finishing in 15:24.69. Marie Roach, 50, was first in 15:25.90. MTW-59 field.

The fastest three men and women received $300, $200, and $100 in prize money.

In the 5th annual George Sheehan Memorial Mile races for men and women age 60 and over, Fay Bradley, 60, Washington, D.C., was first with a rapid 5:10.71 in the M60-69 group of 15 runners. Texan Ino Cantu, 64, was second in 5:16:35. Witolte Bialokur, 63, NYC, first in last year's race (5:14:20), finished third in 5:18.00.

In the M70-79 contest, Bill Fortune, NYC, with a 6:07.3 was a decisive winner over Dixon Hemphill, 73, Fairfax Station, Va., a roadrunner in the D.C. area. Bob Matteson, 82, Bennington, Vt., took the champion in the outdoor 400 (86.18), won the M80+ race in 8:54.2, with Wilfred Rios, NYC, second (9:06.6). Max Popper, 95, NYC, again ran the race, finishing in 17:43.

Diane Palmason, 60, Englewood, Colo., ran a convincing 6:04.37 to win the Sheehan Memorial W60-69 race. Last year's winning time was 7:03.24. Zofia Turosz, 60, NYC, was second to Palmason in 6:20.44. The W70+ race went to Joan Rowland, 72, NYC, better known as a masters champion racewalker, who finished in 9:05.3.

Winners of the Elite Mile were Isaac Viciosa, Spain, 3:55.59, and Regina Jacobs, Oakland, Calif., 4:20:8.

Last year, the race course started at 82nd Street, in front of the Metropolitan Museum, and finished at 5th Ave and 62nd Street. At the request of Trump, the primary sponsor, the race was moved to 82nd Street south in hope of better participation. Al Puma, founder of the Sheehan Memorial races for the older men and women, said, "The new location did not increase attendance or improve the race. I hope it will start at 82nd in 1999."

For next year's event, Puma is seeking interested men and women for the 60-69, 70-79, and 80+ divisions. He can be reached at S. Puma, Inc., (212) 60 Street, Brooklyn, NY 11219-4999.

Who Receives the Awards?

by DON AUSTIN

 Masters T&F Awards Coordinator

Why do USATF Masters give annual awards? How are people selected to receive these awards? If my times were better than so-and-so's times, why didn't I get the award? Let me clarify the awards procedures for you.

Why do we have awards?

Awards are presented to members of the USATF masters program to recognize their outstanding contributions. The program and to honor the top age-group individuals in track & field events.

Who is eligible for an award?

U.S. citizens who compete in that year's regional, national indoor or outdoor, or the WAVA North American World Veterans Championships are eligible. Additionally, when they reach a milestone (e.g., 7-foot high jump, 4-minute mile), the awards committee recognizes this historic feat.

Who selects individual winners?

I am the Chair of the Awards Committee. Each year at the convention, the committee meets to make its selections. Members include individuals from all disciplines. Racing Walker has its own committee that presents its list of award recipients. The multi-events program has its own selection criteria and presents its list for approval. Members include: Jerry Wojsel, National Masters News; Pete Muddle, Records Chair; Rex Harvey, Multi-event Chair; Joan Stratton, track events; Suzy Hess, National Masters News; Phil Mulkey, multi-events; plus myself as chair. This is an open meeting where anyone may attend and share opinions with the committee.

Results from all the championships, using the top three places from each event, are considered. Each age group is looked at individually by gender and event. The performances are compared using age-graded percentiles, head-to-head competition, and level of competition. Graded, in WAVA championship years, individuals who participate have an edge because they have competed against the rest of the world and had to perform in a superior manner just to reach the finals.

Anyone changing age groups during the year is considered in both categories but separately, as they have competed in different age groups and against different individuals.

Which awards are given?

Nine major award plaques are given:

• Male Athlete of the Year
• Female Athlete of the Year
• Single Performance – Male
• Single Performance – Female
• Racewalker – Male
• Racewalker – Female
• Multi-Events Athlete – Male
• Multi-Events Athlete – Female
• Administrator of the Year

Outstanding individual age-group winners are awarded a certificate that lists all the year's winners. These awards are presented annually at the athletes' meeting during the national outdoor championships.

How are the multi-event awards chosen?

By awarding points for placing in the top three in Championship events: Indoor Pentathlon (1st: 5 pts; 2nd: 4 pts; 3rd: 3 pts); Indoor Heptathlon (4-3-2); Decathlon/Hectathlon (5-4-3); Weight Pentathlon (5-4-3); SCC- WAVA Pentathlon (6-5-4); WAVA Decathlon/Hectathlon (7-6-5); WAVA Weight Pentathlon (7-6-5). Points are also awarded for a single-age U.S. record (2 pts.); a 5-year U.S. record (4); a one-year WR (4); and 5-yr WR (8). The winners are the man and woman with the most points.
Third Wind
by MIKE TYMN

The Original Ironmen

Many of the professionals who competed in the Ironman Triathlon World Championship on October 3 were toddlers or infants when Honolulu taxi driver Gordon Haller was enduring the first Ironman 20 years ago. Some of them may be inclined to look at the record book and wonder why those "old timers" were so slow, Haller, then 28, finished that first one, held in Honolulu, in 11 hours, 46 minutes, 58 seconds. The men are now pushing eight hours and the women nine hours.

"We really had no idea as to how to pace ourselves for something that long," said Haller, now a computer programmer living in Englewood, Colorado, when he talked with him the week before the event. "I wasted a lot of time in the transitions. After finishing the swim, I took a shower, dried off, powdered up, and took maybe 10 minutes before beginning the bike. When I finished the bike, I jumped in the fountain at Aloha Tower to cool off and then got a massage before starting the run. I spent about 15 minutes in that transition. I finished the last five miles of the run at a pretty good clip and still had a lot left when I finished. It was just a matter of not knowing how to pace ourselves for something that long," said Haller, now a computer programmer living in Englewood, Colorado, when he talked with him the week before the event.

When I finished the bike, I jumped in the fountain at Aloha Tower to cool off and then got a massage before starting the run. I spent about 15 minutes in that transition. I finished the last five miles of the run at a pretty good clip and still had a lot left when I finished. It was just a matter of not knowing what to expect.

In finishing sixth in the 1980 Ironman, Haller took nearly an hour off his 1978 effort. "Had he been a full-time professional triathlete and devoted five or six hours a day to training, as today's elite triathletes do, it is likely he could have been even faster, probably under nine hours and maybe closer to eight.

20th Anniversary

Haller and nine or ten of the other 12 finishers in that first one, staged on February 18, 1978, were expected to compete in the 22nd annual Ironman in Kona, Hawaii, to celebrate the 20th anniversary of the event and of the sport. The race was held twice in 1982 when it was moved from February to October.

"It was considered more of a survival test than a race," added Tom Knoll, who as a 45-year-old Marine in 1978, finished sixth. "No one had ever done anything like that and so it was more a question of finishing than it was pacing. My trophy from the race says 'finisher,' that's all. That was the objective, just to see if it could be done."

Knoll was present at the discussion that gave rise to the birth of the Ironman and the sport of triathlon. "It was an awards ceremony at the Primo Brewery for the around-the-island run," Knoll recalled. "After a few beers, some guys asked a swimmer there what their big event was and he said it was the (Waikiki) Roughwater Swim. Then there was another guy there who was primarily a biker and someone asked him what his big event was, and he said it was the 112-mile-around-the-island bike race.

"Then John Collins commented that it would really be something if a person could do all three (including the Honolulu Marathon) in one day. He said that person would be truly an Ironman. Everyone laughed as if he was nuts, but some of us, like Gordon Haller and John Dunbar, thought it was a good idea. A few days later, John (Collins) called up and suggested we do it."

Father of the Ironman

Collins, then a Navy officer, is now considered the Father of the Ironman and the sport of triathlon. Retired and living in Panama, he was also expected to be in Kona for the anniversary celebration.

"I figured the event was made for me," said Haller, who had served as an officer in the Navy at Pearl Harbor several years earlier. "I was out of the Navy then and just sort of bumming around, selling real estate, working as a cab driver, and doing a few other odd jobs, mostly training for the 1977 Marine Corps Marathon at the time. I did some age-group swimming when I was younger and had done a lot of biking to just get around.

With a time of 2:27:34 in that Marine Corps Marathon just three months before the first Ironman, Haller had a good endurance base going into the Ironman. "But I developed an Achilles tendon problem in the Honolulu Marathon that December and did no running at all in the six weeks before the Ironman."

No Traffic Controls

Knoll remembers something else that accounted for slower times the first year. "We had no traffic controls whatsoever. You had to find as much space to bike or ride. Nobody knew what the heck we were doing out there. Nobody wore helmets."

Haller, now 48, still competes as a masters runner. "I can still run a sub-6 mile pretty easily, but I can't put too many of them together these days," he explained his present condition. "I can probably do 59 minutes for 10K now, maybe a little faster." His plan for the 22nd Ironman was to simply finish. "I don't want to take a full 17 hours (the time limit) to finish, but I will if I have to."

Knoll, who had recently won his age group in the Run to the Sun, a 36-mile trek up Maui's Mt. Haleakula, was mostly concerned about finishing the swim. "If I don't drown or get disqualified for not finishing the swim in the time limit, I'll finish," he said.

"It'll be my second and my last one."

Pacific Sun 10K

Continued from page 1

Colo., came home as the first master in 30:37, second overall. The 1997 ILC Masters Grand Prix champion won his second consecutive Indy Life masters race and set an age group (40-44) course record. Koech, 40, Albuquerque, N.M., was the second master in 31:18.

Wysocki, 41, Canyon Lake, Calif., not only won the masters race, but also the women's race overall in 34:49. The 1994 Olympian claimed her third consecutive Indy Life masters victory. Jeanne Lasee-Johnson, 41, Chula Vista, Calif., was the second master and second overall (35:32).

With their ILC wins, Young and Wysocki picked up 15 more Circuit points to increase their masters division leads. In addition, each earned $750 and $550 in masters and time bonus prize money, respectively. With two ILC events remaining to be scored (Twin Cities Marathon and Tulsa Run 15K), Young holds an 18-point lead over Koech (90 to 72), while Wysocki leads Lasee-Johnson by 11 points (73 to 62).

In the ILC age-graded competition, Warren Utes, 78, produced the best performance for the third straight Circuit race. His 43:06 adjusts to a 28:34 open time or 94.4%. Utes set course age group (75-79) and U.S. single age records. The Park Forest, Ill., resident's adjusted time was nearly bested by fellow Illinois resident Jack Nelson, 56, of Winnmetka. Nelson ran 34:26 (a U.S. single age record), which adjusts to 28:38. Utes, Nelson, and Young all scored over 90% (world class) on the WAVA age-graded tables.

Fay Bradley, 60, Washington, D.C., was just under 90%, but his 36:31 set a course age group record. For the women, Joan Ottaway, 54, topped the age-graded results and, like Utes, earned $500. The 1997 ILC age-graded Grand Prix champion from Sonora, Calif., ran a 38:36. Barbara Miller, 59, finished only eight seconds back in 40:47. The Modesto, Calif., resident also set a course age group record. Ottaway, Miller, June Machala, and Wysocki ran times at the world class level of 90% or higher.

Machala's 45:04 was a U.S. single age record (67). Local masters legend Shirley Matson, 59, Larkspur, Calif., returned to action with a 41:02 (fifth age-graded), a U.S. single age record. In the Indy Life men's age-graded standings, Utes increased his lead over Young to 10 points, 329 to 319. In the women's standings, Ottaway cut into Machala's lead, 313 to 305.

The Pacific Sun marked a milestone as the first time a U.S. road race received original live coverage on the Internet (www.broadcast.com/sports). Steve Sievert, host of the national radio show, Runner's World On-Air, anchored the broadcast. Over 1250 runners finished the 10K, the second largest in race history.

(Information provided by RRIC.)
Political Race Challenges Washington's Leaders

by JEFF DARMAN

On a warm Wednesday morning, Sept. 23, Washington, D.C., played host to the eighteenth SGMA Capital Challenge. The race in East Potomac Park drew a spectacular array of Washington VIPs intent on demonstrating for fitness and raising money for D.C. Special Olympics. Vice-President Al Gore headlined the impressive gathering, and ran 27:04 for the three miles, while the FBI team captured its second straight fastest and fittest team title.

Twenty-six members of Congress, scores of political appointees, as well as the FBI team captured its second straight fastest and fittest team title.

Craig Winter Cross-Country Championships

Pacif1C Sun 10K, Sept.

by CAROLE LANGENBACH


Masters men 40+ will run 6K, while masters women 35+ will run 4K.

Usually, masters women must be 40+ to run in national championships, but since both masters races are U.S. vs. Canada challenges, the international standard of 35+ for veteran women will apply.

Other races scheduled are the Senior Men's 4K and 12K, the Senior Women's 4K and 8K, the Junior Men's 8K, and the Junior Women's 6K.

These events will also serve as the USA Team Trials for the IAAF World Cross-Country Championships in Belfast in March. This is the first time the men's and women's trials will be conducted together.

To complete the weekend of races, two community events are scheduled. On Saturday, Feb. 13, prior to the championship events, a 4K community fun run will be held, as well as a clinic for prep athletes. On Sunday morning, prep athletes will do a 2K fun run on the same loop serving for the championships.

For more information, visit the website: http://www.pmf.org/usaxsc99.

Masters Will Be Part of Historic Winter Cross-Country

The purpose of the SGMA Capital Challenge is to determine who is fittest: the Legislative Branch, the Executive Branch, or the media that cover them.

Overall winner was the media's 40-year-old Jim Hage in 15:11. Kelly Keene, running for Senator Richard Lugar's team was first woman in 17:14. Repeat division winners from 1997 were Senate Majority Whip, Don Nickles (R-OK); Representative Bart Gordon (D-TN), still the fastest man in Congress; and print journalist Hage, running for the Bureau of National Affairs.

Senator Kay Bailey Hutchison (R-TX), broke her record for female senators in notching her second straight victory. Deb Jospin, Director of AmeriCorps, and Neil Gallagher, Deputy Assistant Director of the FBI, were the fastest sub-cabinet runners, with Jospin setting a new women's sub-cabinet record. Bill Plante of CBS News was the first 60+ captain, and Rita Colwell, Director of the National Science Foundation, set a new women's 60+ record.

Former world record holder, Jim Ryun, enlisted his twin sons and daughter for his team, but still had to settle for second place in the House division behind Bart Gordon's crew. Former professional football player, Steve Largent, also ran, finishing seventh among House members.

The Best Named Team was 50 Runners from the Chronicle of Philanthropy.

As always, the race had a festive air with the Howard University Show Time Marching Band entertaining runners pre-race and as they finished.

Media coverage was extensive, with live coverage on site by several local and national outlets. Post-race, the runners quenched their thirst with Deer Park water and munched on fruit and chocolate croissants.

The SGMA Capital Challenge raised over $11,600 for D.C. Special Olympics. Challenge title sponsor, SGMA (Sporting Goods Manufacturers Association) and contributing sponsors, Prudential, DEW, and Running Times donated $4000 to D.C. Special Olympics, as well as paying all race expenses. All entry fees went to Special Olympics.
Hot Feet Studied

It is always interesting, when perusing medical literature, to find articles that may have an implication for the veteran runner. One study that came out of Texas related to the color of shoes and the potential for solar injury. In other words, does shoe color have an effect on the temperature of one’s foot?

Now, remember, this is theoretical and is a study related to non-runners. However, the results were very interesting. The upper shoe material was tested and was a form of leather. Each pair was solid white and one pair was solid black. A water balloon was placed in the toe box of each shoe to simulate the skin of the foot. A thermistor electrode was positioned beneath the surface of the leather and attached to the balloon. An infrared lamp was used to simulate sunlight.

The initial water temperature in the balloon started out at around 71-75 degrees. After 15 minutes, the temperature of the white shoe had risen to 77-79 degrees, while the temperature of the black shoe had risen to 88-91 degrees. After 30 minutes, the temperature of the black shoe had risen to 80-83 degrees, while the temperature of the black shoe had risen to 93-97 degrees. Although this may have nothing to do with running, it would make sense to use a white top shoe when running past 15 minutes, to reduce the foot temperature.

(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.)

Rule Changes for Finals

Advancement Proposed

by JEFF SCHALLER

Meets Coordinator Assistant for Events Scheduling, USATF Masters T&F

This is a convention rules proposals year, and at least two proposals have been submitted to custom-tailor rules of advancement for masters T&F.

One submission, from Carroll DeWeese and me, adds a word to Rule 262.1(h), which gives the committee more flexibility in formulating advancement procedures by reducing the required number of those who advance by place from a given heat. Another proposal, from me, more radically changes the wording of that rule to lay down specific basic guidelines for formulating advancement procedures that directly address the problems special to masters T&F.

This proposal would specifically permit us to: a) advance competitors primarily by time rather than by place (rule 75) from the first preliminary round, and b) raise the threshold of the number of preliminary heats that would require a second preliminary round from three (rule 75) to four (the same as WAVA) for events of 200m or shorter, and five for longer events.

Potomac Valley Meet Caps Outdoor Season

by GEORGE BANKER

Saying the best for last, the 23rd Potomac Valley Games, Alexandria, Va., were attended by 300 athletes from ages 3 through 96 on Sept. 5-6, ending the outdoor season in the D.C. area.

Among the competitors were athletes who have been active all season, several who have taken short respites, and one who has been out of competition for a couple of decades.

Leonore McDaniel, 70, Virginia, Va., who posted world and U.S. records at the 1998 Masters Nationals, Orono, Me., and the Nike World Masters Games, Eugene, Ore., won her specialties in this meet.

Sue Barnes, 78, Washington, D.C., medalist in the WAVA championships in Japan (1993) and Buffalo (1995) was second here to McDaniel in the 100 and 200, and will be headed for the championships in Gateshead in 1999.

Dr. Delano Meriwether, 55, Potomac, Md., placed second (60.28) in the M55 400 behind Mike Radov, 55, who won in 57.37. Meriwether was the national champion at 100y in 9.0 in 1971. "This is my first meet in 20 years," he said. "I'm back for family, fun and exercise, the same things that got me started. There is something good to be said about sportsmanship."

Everett Hosack, 96, Chagrin Falls, Ohio, secured an age record in the 200 with an 85.68.

The meet closed on a high note, with hardware going to all ages and levels of performance. Athletes expressed sincere thanks to the volunteers for keeping things on track.

In between events, White Oak Chiropractic and the National Capital Area Sports Massage Team kept athletes loose by taking care of tightened muscles and twitches.

Pozdynakova Clocks 2:29:25 at Chicago

by JANNA WALKUP

Ukrainian masters distance sensation Tatyana Pozdynakova, 43, scored a decisive win over Kim Jones, 40, Spokane Wash., to claim masters honors and the fifth overall woman's spot in the LaSalle Banks Chicago Marathon, Oct. 11. Pozdynakova's outstanding time of 2:29:25 scored 97.7% on the age-graded tables. Jones toured the course in 2:43:37. Rae Baymiller, 55, New York, NY, wrapped up the W55 win and finished as the third masters woman in 2:52:14, an age-graded 94.4%.


In the 5K competition, 40-year-old Thom Hunt, San Diego, Calif., outkicked fellow 40-year-old Kevin Peterson, Superior, Wisc., 15:33 to 15:36, to grab the top masters spot. Peter Hallop, 51, Ann Arbor, Mich., clocked a speedy 16:08 to take M50 honors, and M55 winner Vic Heckler, 56, Chicago, Ill., recorded an impressive 17:01.

Chicago's Radka Naplatanova, 41, 17:35, bested 42-year-old Robin Sarris-Hallop, Ann Arbor, Mich., 17:40, in the women's 5K masters competition. Not to be outdone was hometown favorite and W60 winner Julie Lackaff, 60, Chicago, who crossed the finish line in 19:36.

The 1998 Chicago Marathon set an all-time Chicago record with 20,063 entrants — a 23 percent increase over 1997.
Baton Rouge Will Host Second Summit

A second international summit of world leaders for Masters/Senior track and field athletics is scheduled for mid-November. The meeting, to be held in Baton Rouge, La., will be hosted by the National Senior Games Association. All persons who attended the inaugural meeting in Portland, Ore., have been invited.

I have been asked to chair the meetings and have planned an agenda conducive to continuing the atmosphere of cooperative productivity we experienced at our August meeting.

In the meantime, I am maintaining dialogue with the NSGA concerning an expressed interest in partnering our common interests and programs. Just recently, I attended a breakfast reception hosted by the U.S. Olympic Committee and the National Senior Games Association at the semi-annual USOC meeting in Phoenix.

NSGA President and CEO David Hull, and Phil Godfrey, Vice-President of the National Games, outlined their aspirations for fostering renewed partnerships among the USOC family of national governing bodies (NGB), USOC President Bill Hyble, and Executive Director Dick Schultz verbally applauded the NSGA program with supportive comments.

After the reception, Dave Hull, Phil Godfrey and I held a lengthy workshop, during which we identified the various benefits our respective organizations may expect to derive from partnering. Discussion also focused on the process of implementation and a potential calendar for the same. We have agreed to come to the next meeting, in Baton Rouge, prepared with more specifics that need scrutiny.

I am encouraged by the direction the meetings and discussions are taking. Comments and correspondence I have received from our membership have been very supportive of the concept of a USATF Masters and NSGA partnership. Please feel free to share your thoughts and suggestions. I plan to prepare a detailed report, with recommendations for the Masters Committee, at the Annual Meeting in Orlando in December and would appreciate your input.

USATF Restructuring

To bring you up to date, the USATF Restructuring Task Force presented recommendations for organizational restructuring to the USATF Executive Committee for review, prior to presentation for approval at the 1998 Annual Meeting. The proposed organizational chart and format for selection of representatives to the Executive Committee and Board of Directors are not considered acceptable by the Masters and Youth committees.

In an attempt to reduce the size of the Executive Committee and Board of Directors, the task force has presented a plan which groups Youth, Masters, and Association committees under one category (Open Competition) and allows for only one member from that group to be selected to the Executive Committee, who will then represent all three committees.

Under this plan, there is no guarantee that our chairperson will sit on the Executive Committee and/or the Board of Directors is important.

I have advised our Masters Executive Committee of the reasons for our reluctance to endorse the task force recommendations. With their input, I have constructed and presented revised proposals to the task force for consideration and action. The Youth Committee has done likewise.

My proposals, if accepted, protect the integrity of our committee and guaranteeing that our elected chairperson will automatically be seated as a member of the USATF Executive Committee and Board of Directors. This maintains continuance of our present representation.

I believe it is important that you are all aware of the status of the restructuring process, so you can consider, evaluate, and advise your delegates to the Annual Meeting, to act accordingly.

Pole Vault Equipment Study Group Formed

by EDDIE SEESE

The USA Track and Field Equipment and Facilities Specifications Subcommittee has formed a Pole Vault Equipment Committee to make recommendations on the creation of industry standards for pole vault equipment.

The committee will start by examining pole vault equipment by establishing the following subcommittees:

The first subcommittee will develop industry standards for a standard methodology for determining the stiffness of vaulting poles for standard pole lengths.

The second subcommittee will develop industry standards to determine if vaulting poles maintain their stiffness as they are used.

DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material, results, schedule items, and advertising is the 10th of the month before date of issue.

Send to National Masters News, P.O. Box 50098, Eugene OR 97405

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

The third subcommittee will develop a standard methodology for determining the stiffness of crossbars and the hardness of crossbar end pieces.

The fourth subcommittee will update the American Society for Testing and Materials F1162-88 Standard Specifications for Pole Vault Landing Pits. It is requested that anyone interested in becoming a member of any of the above subcommittees, or who would like to make any comments, or provide information, please provide your resume or comments by e-mail to psreport1@aol.com or by fax to 707-645-8555.

FIFTEEN YEARS AGO

November, 1983

• V World Veterans Games Draw 1935 to San Juan; 40 WRs Set; Problems Mar Successful Event

• 782 Compete in National T&F Championships in Houston

• Villanueva, Dalrymple Top Masters in El Paso 15K.

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Masters Racewalking

by ELAINE WARD

Apples in Orono Compared to Oranges in Eugene

Following are observations on the National Championships in Orono, Maine, and Nike World Games in Eugene, Oregon -- two major recent athletic events -- from Jack Bray, M65. In Orono he won gold in the 5K race-walk in 26:01.93 and silver in the 20K in 1:59:03.36; in Eugene he took 5K gold in 28:31.36 and 10K gold in 1:02:52.00.

In reflecting on how you would compare the National Championships in Orono with the Nike Games in Eugene, you can't compare apples to oranges. They were completely different. In the Orono meet, you had a wonderful entourage of special men and women. The Nationals are basically the same from year to year except the competitors change. Some get faster and some don't. Some get wiser and faster.

Hard Work

Some go through experiences like I had with Max Green in the 20K walk. I went through the experience of being beaten by Max, which I usually am in the 20K, but after analyzing the race, I realized I went out too fast for my training. I trained very hard for that six months and worked out from 5 to 7 a.m. just for the 20K.

Max and Max Walker (M50) started out together and I went with them at a 4:41K pace. I had been working out at a 5:00K pace. If you figure out what a 5:00K pace would be for 20K, it is 1:40.

For Max with his experience in the 20K, the 4:41 pace worked for him. After the race, he came up to me and said, "Jack, I am your buddy, you know that." Breathing hard, I replied, "Sure, I know that." Max said, "I want to tell you Buddy, I did you wrong today. I took you out too fast." At that point, I realized, yes, he did.

Bless his heart, he taught me a wonderful and profound lesson. I am eagerly looking forward to racing him in Gateshead. We will be racing against each other, but also with each other as part of the U.S. M55 team.

Big Thrill

My biggest thrill at the Nationals was setting the American 5K record. Max came in right behind me at 26:04. It was a fantastic race. It goes to show that you can be competitors and be friends and help each other be the best you can within the moment of the race.

There is always a fear of the unknown when you get on the start line of a race, of not knowing whether you can be all that you want to be. With the camaraderie and positive interaction of racing in the 5K, Max helped me and I am sure I helped him do the time that he did.

I am looking forward so much to keeping physically strong so Max and I, along with Dave Romansky, Robert Mimm, Don DeNoon, Jim Carmines and others, can give masters racewalking heightened awareness of the quality of life possible as the years progress.

More Than T&F

The Nike Games were more like the Senior Games. For example, there was badminton, wind surfing, swimming, archery, and bowling, to name a few. We did not get to see the other sports as they were mostly in Portland. The men and women's 5K racewalks had a total of 49 starters and 38 finishers. The 10K racewalks had a total of 40 starters and 34 finishers. The judging was very professional and the support staff excellent.

Unfortunately, I had injured myself the weekend before in a 1500 meter race and it hadn't healed for the Nike walk. I was going to scratch in the 5K. However, in the preceding women's 5K, there was a lady walking with a crutch. She was a full amputee on her left leg. It was inspiring.

Sue said to me, "Jack, if she can do it, you can do it. You are the only one racing in your age group. Use the event as a workout and don't worry about time."

Besides, the medals were gorgeous. They were bigger than the WAVA medals in Japan. They are a joy to see. I also told Sue when I finished the race that I wanted a picture with the amputee so I can look at her down the road and say, "If she can do it, I can do it."

DeNoon, Romansky Break Records in 5K RW

by BOBBY BAKER

The Food City USATF National Masters 5K Championships in Kingsport, Tenn., on Sept. 12, was another successful championships with great athletes, beautiful weather, and the support of 30 walkers from the Indiana Racewalking Club. Ninety-two entrants, representing 27 states, toed the starting line at 7:45 a.m., with temperatures in the mid-50s.


Third M40+, James Carmines, 55, New Cumberland, Pa., was also under the present record time with a 24:25.

Dave Romansky, 60, Pennsville, N.J., walked to a 25:39, below the U.S. M50 record of 26:31 by Don Lee.

DeNoon took the masters win by 34 seconds over Tish Roberts, 49, Fishers, Ind.

The first finisher among the M70+ competitors was Jack Starr, 70, Newark, Del., in 28:43. Jane Dana, 77, Redlands, Calif., was the oldest finisher (35:47).

Overall winners were course record holders Curt Clausen, 28, in 20:37, and Tori Herzog, 39, with a seventh-place 23:31.

Rating the Year's Best Racewalkers

by BEV LAVECK,

Masters Racewalking Coordinator

For the past decade, ballots have been sent out to USATF racewalking representatives, previous years' winners, and a committee of additional representatives from around the country who often attend racewalking events and are considered knowledgeable about the masters scene. In order to increase representation, in 1997 I included votes which I received on the racewalk list-serve on the Internet, usually 30-40 votes.

Currently, the ballots include the most likely candidates (usually 2 or 3) in each age group, and should never be considered an "honor roll" of notable performers. Most candidates are those who have competed in USATF or WAVA championships. The ballot includes championship performances, age-graded scores, and best performances when appropriate. Voters are also asked to select the overall outstanding male and female racewalkers.

Having experimented with weighting systems and various rules and policies, I have decided it is fairest (though messier) to simply open the voting to as large a group of identifiable voters as possible. Knowledgeable people have diverse opinions as to what should count in selecting awardees (e.g., participation in USATF championships vs. setting records elsewhere). I believe it is fairest to allow people to vote according to their beliefs, provided that a large number votes.

Anyone interested in taking on the responsibility for selecting racewalking awards may contact me at 6633 N.E. Windemere, Seattle, WA 98115, 206-524-4721.
Circuit Increases Marathon Appeal

The USATF Masters Long Distance Running executive committee conducted its semi-annual meeting and either observed or participated in the Twin Cities Marathon, a national masters championship and Indy Life Circuit race. TCM is a race that, more than any other, has elevated our championships to true national – rather than regional – status. TCM is to Masters LDR what Boston race...discussed. Budgets will be tighter than ever with normal increases in cost of living (airfare, phones, postage, services, etc.) and a larger championships program.

Green Cards Nixed

The committee decided to submit a rule revision to require U.S. citizenship status, rather than a green card, for our championships. The “green card” rule was established before dual citizenships were allowed, and this revision merely brings us in line with the rest of USATF. It probably will not take effect until Jan. 1, 2000. The committee also expressed general support for the restructuring report with some editorial clarifications. Elections will be an agenda item in Orlando. Most current officers have expressed a desire to continue, but each office will be open to nominations and your interest is welcome. Please contact me if you desire to take a more active role in Masters LDR governance.

In this issue, I would like to introduce one of our executive committee members who may be better known to you than I, or most of our other members. Ruth Anderson, an original inductee in the Masters Hall of Fame, was a ranked tennis player in high school and college who became one of the best known female long distance runners in the U.S.

A Gracious Champion

Ruth has won many open and masters national, as well as world, championships at distances from 5K to 100 miles. Now slowing down (who wouldn’t?), she continues to participate in many races each year and is a most gracious and unselfish backer of those with younger legs.

Ruth is a passionate ultra supporter and conducts our women’s Athlete of the Year awards. She also serves on our Hall of Fame committee and represents us on the women’s LDR committee. She is the elected Vice-Chair for Women and WAVA representative. Husband, John, and their two dogs are among her most ardent supporters.

A Thousand Stampede in Great South Bay Runs

by MAURY DEAN

As the Shelter Island 10K defines Long Island in June and the Cow Harbor 10K celebrates September, the month of pumpkin power featured Bay Shore’s favorite race festival – the Great South Bay 5K, 10K, and Half-Marathon on Oct. 3. The three races had a total of 1009 finishers and Masters triumphs abounded in all three, with national indoor champion Kathy Martin, 47, eyeing the overall win for a brief glorious mile, when nobody wanted to escape the six-minute mile pace in the 5K, until habitual Bay Shore 5K winner Billy Fodor, 28, finished with a 5:05 mile. Martin’s fifth-place overall 18:15 was within 15 seconds of the overall masters first, taken by Bill McDermott, 42, in 17:59.

John Del Maestro, one of Long Island’s greatest runners, blasted to an overall win in the 10K with a 34:53, with several of those seconds added on after he was misdirected into the 5K chute by mistake and had to do a whiskarround.

Two other L1 masters legends, both 6-4 sprints and about to crunch records when they grom the big 5-0 next year, Jim Walsh (37:15) and Bill Backe (39:03) finished third and fifth overall.

Patty Zegersky (nee Coyle), 42, outran all but a handful of male masters with a stunning 40:35. Hilton Goring, 62, battling illness, was second W40+ with a supercharged 41:27.

Bohemia TC founder Ann Marie Krepela, 58, ran a 52:09.

Alan Orman, 48, continues to amaze. In the half-marathon, he boomed a 76:46 for 8th overall. Helen Visguass, 43, sizzled a swift PR 86:56 to win the W40+ gold and the second/female spot.

Alex Flynnz, 56, outpaced the M55s with an 87:50, while a 60s showdown between David Smith (92:34) and Dick Murphy (93:27) showcased senior strength. 
Quality vs. Quantity

Runners progress by increasing levels. When beginners enter the sport of running, their usual approach is to concentrate on distance. They run a mile non-stop, then focus on doing two, then three miles. Some may reach this level in three weeks; others three months, or three years.

At some point, runners find a level that seems right for them. They become content to run 30 to 60 minutes a day, usually at a comfortable pace. To run much more raises the risk of injury and, quite frankly, takes too much time away from their busy schedules.

But if you want to improve performance, you need to continue to move from level to level. That doesn’t necessarily require more time, only more effort. You can run those workout miles faster. You can concentrate on speed, not distance. You can shift from quantity to quality. You can do speed work.

Speed work might be defined as any workout featuring running at a pace faster than your normal racing pace. At a clinic given earlier this year to past participants in the Chicago Marathon, I summarized five popular forms of speed work:

**Repeats:** This is the simplest form of speed work. You run a short distance hard. You walk or jog until you’re rested, then run that distance again equally hard. A typical repeat workout at the track would be 4 x 400 meters with 5 minutes rest between. Run the 400 repeats at the pace you might race 1500 meters, or a mile. (A repeat workout for a marathoner might be 4 x 1 mile, done faster than marathon race pace.) Repeats are good for developing speed.

**Tempo Runs:** This workout is more often run on the roads, or in the woods. It features a run of usually 30 to 45 minutes where you start easily for 10-15 minutes, build up to near 10K pace, then slow the last 5-10 minutes. Tempo runs are good for raising your aerobic threshold and ability to sustain a hard pace for a long time.

**Intervals:** Similar to repeats in structure, except you run more repeats at a somewhat slower pace and with less rest in between. A typical interval workout would be 10 x 400 meters, jogging the same distance between. Run the repeats at 5K or 10K race pace. The workout gets its name because you control the “intervals” between the fast repeats. Interval training is good for developing endurance.

**Sprints:** This is flat-out running. Sprint 50-150 meters as fast as you can. Rest and sprint again. A variation on this is “strides,” same as sprints but not run flat-out. Sprints and strides are good for improving form as well as speed. Elite athletes might include bounding drills in this workout (but that’s another subject).

Speedwork is not for everybody, only for those who have reached a plateau with their running and want to improve. Fitness runners can include some speedwork in their training, even if it is only to accelerate for brief periods in the middle of their usual comfortable run. In other words, do a modified tempo run, as above.

There are many ways to train. Sometimes you run long, sometimes you run fast. The best approach combines both quantity and quality.

(Fal Higdon’s latest book is Smart Running, a compilation of questions and answers from his Ask The Expert column on America Online. For more training advice, check Higdon’s web site: www.halhigdon.com.)

Helen Pain

In 1995, she received the Women in Travel award as the travel industry’s Person of the Year. In 1969, she joined with five other women in defying a ban on women diners at the downtown Grant Grill, San Diego, and brought down the exclusive males-only barrier. In 1976, she joined her husband and an African-American couple in South Africa to persuade authorities to permit integrated masters track and field competition. A Los Angeles native, she graduated from the University of Southern California in 1948, majoring in law and education. She moved to San Diego and taught grammar school before beginning to raise a family.

To support her husband, she helped form the San Diego Bar Association Auxiliary and served as its first president. She is survived by her former husband and two daughters, Robin Hochstadt of San Diego and Heather Whitmore, of Arvada, Colo.; two sons, David Randall Pain and Bruce Pain, both of San Diego; and seven grandchildren.

A memorial service will be held at 2 p.m., Sun., Nov. 8, at the west end of Shelter Island beyond the Friendship Bell at Pacific Rim Park. Donations may be made in her name to the American Leukemia Society in care of Connie Thompson of Leukemia Team in Training, 4475 Utah Street, No. 4, San Diego, CA 92116.
The "justification" on p. 8 of the October NMN is invalid for most of us who are interested in competing in a national or world meet. Unless you are in an older division, which may have little or no competition, there is no way to compete in six events. I don’t mean to slight anyone for doing that, but that to me seems like too much of a workout rather than serious competition unless, of course, you’re Phil Raschker. I would like to know the percentage of serious athletes who compete in six events at a major meet.

Next year’s WAVA meet in Gaskets will run $130 for six events. To reach $200 at Gateshead, not only would one have to compete in six events but also pay $37 to attend a party in which they may not have any interest, buy a program ($8), and purchase a results book ($16) that will give them the same results as NMN does for a lot less. For some, the runs to be forced to pay for extras they may not want.

A high entry fee deters athletes. One look at the results of the WNMG, compared to the Nationals in Maine, shows that in many instances where the top two or three placers at the Nationals were not in Oregon, the marks were inferior. In several events, a lower placing individual at the Nationals did better than the lifers did better in the WNMG. This would never have happened in a true international games if it weren’t for the high entry fee that kept many away.

Let’s hope to see future championships and major meets where cost will not be so prohibitive as to cause a boycott of sorts.

Peter Mogg
Simi Valley, California

WAVA WEIGHTS
Why don’t we go with the lighter WAVA specified implements in the weight throw, instead of 25-lb. for M60+? It makes no sense for an 85-year-old to be throwing the same weight (25-lb.) as a 60-year-old in a U.S. weight throw meet, but then throw a much lighter 12-lb. WAVA implement in a weight pentathlon.

Tom McDermott
Bradenton, Florida

TRAINING ADVICE
During my travels, I visited the US Olympic Training Center at Lake Placid, N.Y. Among the technical papers that I obtained from the staff at the center is a very good paper on "Lactate Threshold Training."

This contains excellent training information for middle-distance and distance runners. If you would like a copy, please contact me at "coachr880@aol.com" or mail a SASE to me at 1520 Woodstock Drive, Sevierville, IN 37862.

Ross Dunton
Sevierville, Indiana

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Athletes Walk a Tightrope With Nutritional Supplements

by BLAKE SURINA

Lake Surina is our guest columnist for this month’s Weight Room. Any opinions expressed herein are his own and not necessarily those of National Masters News.

As a result of my entire professional career spent in health and fitness, the topic of drugs in sports concerns me greatly. While attending the USATF National Outdoor Superweight and Weight Throw Championships this year in Seattle, I was able to track down and ask a busy Jerry Wojcik if a position statement on nutritional supplements could be made available. He said that I should submit an article for consideration.

Many athletes still believe that if a product is sold over the counter, it is a legal substance and entirely acceptable. This is true, even though we are reminded that there has been no comprehensive testing of these products, and accepted research to back up these claims is limited. Another big factor is the large number of products coming out: seemingly endless combinations of herbs, supplements and drugs that make it virtually impossible to police this multi-billion dollar industry.

The Dietary Supplement Health Education Act of 1994 (DSHEA) defines a dietary supplement as vitamins, minerals, herbs or other botanicals (except tobacco), amino acids, any “dietary substance for use by man to supplement the diet by increasing the total dietary intake,” and “a concentration, metabolite, constituent, extract, or combination of any of the above listed ingredients.”

This legislation is extremely broad and includes many pharmaceutically dangerous substances. It is just a matter of time before the law is revamped to better protect the public. In the meantime, the USATF needs to take a stand on many of these potentially dangerous drugs.

Unnatural Methods

Perhaps further clarification should be drawn on the definition of a performance enhancer. At times, this is a little confusing, but in general a performance enhancer is a substance which enhances physical or athletic performance by an unnatural means or by an unnatural manipulation of that substance. Unnatural means of attaining an advantage include blood doping, surgically removing pain receptors in weight lifters, enemas combined with colonic air trapping to increase buoyancy in swimmers, and gender manipulation.

The United States Olympic Drug Control Program classifies prohibited substance classes to include oral consumption of stimulants, narcotics, diuretics or the consumption of peptide and glycoprotein hormones and analogues (which is essentially the same as the exogenous administration of testosterone). Other classes of drugs such as alcohol, marijuana, local anesthetics, corticosteroids, beta-blockers and specified Beta-2 agonists have certain restrictions as well.

Other drugs that are difficult to classify, but are prohibited by the Olympic Training Center, include androstenedione, DHEA, tribulus terrestris, HMB (beta-hydroxy beta-methylbutyrate) and chrysin. Currently, keeping track of these drugs is a full-time job. The Olympic Drug Control Office has a hot line number for the status on the most common of these supplements at 1-800-233-0393.

Creatine is an extremely popular substance which can artificially increase the amount of high energy substrates, ATP-CP in the muscle cells. Although I’m inclined to believe it is fairly safe, its use sets a very dangerous precedent by allowing an advantage for those willing to synthetically manipulate themselves to attain more competitive performances. Currently, the Olympic Drug Control Office does not prohibit its use and athletes are advised to use it at their own risk.

Acceptable Modifications

So what is considered acceptable? Acceptable nutritional and pharmaceutical supplements are those which are taken to ensure or restore normal function. Examples of acceptable diet modifications include carbohydrate loading for a marathon runner, high protein diets for weight lifters, electrolyte and carbohydrate replacement drinks, and antioxidants (vitamin C and E, beta carotene) to reduce tissue damage done during intense metabolic work.

Natural means of gaining an advantage may include various training techniques, for example, towing for sprinters, altitude training for distance runners or computer-enhanced variable resistance training for a weight thrower. Personally, I have no problem with an asthmatic using an inhaler before a race, or an athlete taking anti-inflammatory drugs to restore competitive function. I don’t believe these examples should be looked at any differently than an athlete who wears corrective lenses or an orthotic in his or her shoe.

Surely, every competitor can see why a position statement is needed. Arnold Schwarzenegger, the highest ranking American and Vice-President of the International Olympic Committee, is lobbying very hard to get androgen stimulating drugs off the shelves. These so-called supplements are extremely dangerous and are consistent with the side-effects noted from anabolic steroids. Nutrition stores are taking them off the shelves now, but not for this reason. Since home run champion Mark McGwire stated that he uses an androgen formula (containing androstenedione), many nutrition centers have been forced to move this product off the shelves and behind the counters to prevent shopping.

Muscular Misconception

It is no wonder there is a problem with drug use today, with role models in professional sports advocating their use. The President’s Council on Physical Fitness appointed Arnold Schwarzenegger and Florence Griffith-Joyner as their official spokespeople. This was shortly after “Pumping Iron” was released about bodybuilding, a sport well known for rampant steroid use. With the heart disease that has plagued Schwarzenegger in the past, it is hard to ignore Robinson’s warning.

Continued on page 23

Weight Pentathlon Championships in California

by REX HARVEY

USAFT Multi-Event Coordinator

The fifth annual USAFT National Weight Pentathlon Championships in Azusa, Calif., on Sept. 5, were nearly flawless, resulting from the tremendous amount of effort put into preparation of the event by Meet Director Lloyd Higgins. It even finished ahead of schedule — almost unheard of in multi-event circles.

The throwing facilities at Citrus College were exceptional; only two discus competitions had to be held next door on the Azusa Pacific College fields. There was an excellent showing of USAFT registered officials from the Southern California area, and many knowledgeable, willing helpers from the Lloyd Higgins coterie of throwers.

Entries were down somewhat for the first time since the event’s inception, but the event could not be expected to expand forever. The decrease was most noticeable on the women’s side, with only two competing. A third, Joan Stratton, looked on enviously in a cast from the sidelines.

The level of competition was very high, with ten athletes scoring above 4000 points. Bob Ward, M65, was the top scorer with an excellent 4832. The best age-graded performers were Arnie Gaynor, M70, with a 94.1% 13.88 in the shot, and Ladiashvili Filip, M70, with a 92.3% 13.62, also in the shot. Meet Director Higgins, top scorer last year in the Championships in Orlando, mustered up enough energy to win the M55 championship.

There was a post-meet swap of places in the closely contested M70 group when videos of the javelin throw clearly showed that the throw had been misrecorded in the official results. This meet referee, after reviewing the tape, corrected the error, and Phil Brusca, 71, and Gaynor, 70, changed places with Gaynor ending up first.

Will four of the male Partridge Award winners scored above 4300. The awards were founded and sponsored by Bob Stone, who continues to enthusiastically support the event, though he is unable to compete now. Awards this year were porcelain Olympic plates and cash.

Alaskan Paula Maloy, competing at the awkward age of 69 in her age group, scored 2027, and also won the travel distance award. Johnny Valien, world discus holder, scored 2684, showing that she can excel in both individual and multi-events.

Not the least attraction was the barbecue with all of the amenities at the throwing site. Higgins’ brother and cousin, as chief cooks, contributed to the camaraderie. Perhaps the odors wafting over the field had something to do with the meet finishing early. I heard thanks from everyone for the terrific job by Higgins, the officials, and volunteers — thanks that were well-deserved.
All-State Marathoners Defy Laws of Scheduling

The Human Race segment of the July issue of Runner’s World includes a two-page photograph of 33 members of the “50 State and DC Club.” These and 133 other club members are a select group: each has run a marathon in every state, tossing in the District of Columbia for good measure.

Two of these “50-staters” launched that considerable undertaking while adding yet another challenge. Nancy Broadbridge and Tony Lopetrone not only ran a marathon in each state and DC, but did all of them in a single year! For the wife-husband team from Birmingham, Mich., that was 51 marathons in 51 weeks.

Starting early on Jan. 4, 1997, in Charlotte, N.C., the pair ended their quest on Dec. 21, at the Christmas Marathon in Olympia, Wash. It was quite fitting that the first and last races, were on the Atlantic and Pacific coasts, because they visited practically every place in between.

Nancy estimated they traveled about 70,000 miles. They flew, she said, to 40 states, while driving to the rest. According to Tony, the idea first popped up in Rhode Island, at the Ocean State Marathon in late 1996. They were introduced to other runners who were in the process of reaching their own 50-state goals. Discussion turned to the question of running a marathon in every state in a single year. Tony recalled, “They said, ‘You can’t run a marathon in every state in one year.’ It wasn’t the physical aspect, but you can’t schedule it.” Hearing “You can’t do it” was the clincher for the duo. Right then they decided to try it.

Logistical Challenge

As soon as they returned home from the Ocean State, Tony sat down to work out the logistics. “Scheduling was the toughest part,” he said. To find potential marathons, he scoured running magazines, surfed the Web, and consulted people in the running community. Compiling a database, organizing races “by state and date,” took him “about three weeks or so.”

Difficulties surfaced right away. Five states had only one marathon, “So, you have to do those.” Thirty-four others had only two. “Some conflicted with the single-marathon states, so those became one-marathon states,” Nancy laughed. “The marathon schedules chose us; we didn’t choose them.”

Finally, looking at the completed list of marathons, he and Nancy decided “It was possible . . . at least logistically.” Tony went on, “Nancy thought I was crazy. She said, ‘You can’t run all those weekends. Then I decided to average 3:25. But my times started getting slower and slower.” Ironically, despite all that running, “I was getting in worse shape. I couldn’t train.”

“Can’t train?” Running the marathons themselves prevented him from doing the necessary speed work in training to get his times where he wanted them. He was getting too tired and needed the weekdays to recover.

Recovery Pace

“I ran too fast. In nine days, I ran three Boston qualifiers.” As so often happens when running too far, too fast, too often, he became injured. “I hurt my hip. I decided to do one in four hours for recovery.” It may have been the first time in history a runner has decided to run a marathon in four hours to recover. But it worked. Throughout the 51 races, Tony averaged 3:27:33.

Nancy “can run a four-hour marathon, but she started out at 4:20 to 4:30.” She ended up averaging 4:57:24 for the year. Tony marveled at that, only imagining what it would be like to be on his feet for nearly five hours, week after week. Nancy remained consistent: her last marathon, the Christmas Marathon, was finished in 4:50.

“Basically, we tried to recover from the marathon. I’d try to run at least a couple times a week. I didn’t do any speed work like Tony did. Every marathon (for her) was a training run for the next one.”

“During the week, in order to recover quickly, we drank a lot of Ensure, ate a lot of Power Bars.” She added that they ate low-fat foods that were “high-quality protein and carbohydrates. I’m more healthful eating conscious than Tony.”

It helped, she said, that each of them had the “flexibility” to run and travel. “I really had to quit my job” as a medical technologist at an area hospital. “But I stayed on the payroll as a contingent.” She’s now back working part-time. Tony, she noted, “worked at home as a stock investor.”

Runners’ Rates

This allowed him to work out all the scheduling. “I did it all myself. I used the Internet.” He figured, that because of the uniqueness of their arrange-

ments, using a travel agent “would just give me twice as much work.” He found and booked their flights and even located “hotels with special rates for runners.”

During the year, they didn’t keep

Continued on page 16

FIVE YEARS AGO

November, 1993

• Artemio Navarro (43, 2:17:50), Bernadine Portenski (44, 2:41:25)

First in Masters Marathon Championships

• Earl Owens (44, 32:06), Jane Hutchison (47, 37:56)

Win National 10K

• Barbara Filutza (47, 28:03)

Breaks U.S. W45 Record

Central Fidelity 8K

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Club West Stages Successful Meet

by BEVERLEY LEWIS

Club West's 25th annual meet in Santa Barbara, Calif., on Oct. 3, chalked up more entrants from across the country (and Canada) than any other meet in the club's history. This year also represented the second occasion that the meet incorporated the Gold Coast Senior Games (14th annual), which qualified seniors (50+) for the National Senior Sports Classic at Orlando in October for the pole vault, high jump, and javelin.

Highlights of the meet included an outstanding performance by Avril Naylor, 51, who won the Jimmie Whitney High Point T&F Trophy. Naylor's win was the first time a woman has won an open division trophy since the meets commenced 25 years ago. Joy Margerum, 37, outdistanced the women competitors to take the Pane E Vino Trophy for outstanding performance by Avril Naylor, SI, who won the Jimmie Whitney High Point Trophy.

Naylor's win was the fist time a woman has won an open division trophy since the meets commenced 25 years ago. Joy Margerum, 37, outdistanced the women competitors to take the Pane E Vino Trophy for outstanding performance by Avril Naylor, SI, who won the Jimmie Whitney High Point Trophy. Naylor's win was the first time a woman has won an open division trophy since the meets commenced 25 years ago. Joy Margerum, 37, outdistanced the women competitors to take the Pane E Vino Trophy for outstanding performance by Avril Naylor, SI, who won the Jimmie Whitney High Point Trophy.

Club West president and USATF starter Beverley Lewis, who had earlier announced that the meet would follow IAAF/WAVA rulings for the starts, reported that the decision was an unprecedented success: "No one took advantage of the fact that they could have a false start and not be disqualified. I had a couple of wobbles with the older women and only one false start. Apart from those minor incidents, everyone held perfectly for the start. Having this rule today did not in any way slow up the meet." □

Southeast Region Provides Support for Championships

by ROBERT FINE

Masters Southeast Regional Coordinator

There are seven masters track & field regions in the U.S. The Regional Coordinators are appointed by the National Masters Chairperson and serve for the same term as the Chairperson. Once appointed, they cannot be removed by anyone.

I always felt that this was wrong and there should be some checks and balances on the Regional Coordinators. Accordingly, I composed a constitution for the Southeast Region, in which the Coordinator is elected by mail ballot, is accountable for his/her actions, and can be removed for malfeasance.

In fairness to the other coordinators, it can be a thankless job. Most regional coordinators had to be cajoled into accepting the position and should be applauded for their dedication.

We started off with nothing in our budget. We received $1090 from the National Committee. I imposed a $2 surcharge on the entry to the Regional Championships, which garnered another $466.

I felt that the region should do everything possible to assist the meet directors for our championships. We composed regional medals, which are available on a contingent basis to be paid for after the meet. The region will underwrite this program and take back unused medals. This will encourage sponsorship of the championships, as it means that directors will not have to lay out money for the medals in advance.

The region will provide, free of charge, championship patches (one per individual per meet), send out a major mailing to over 1300 on our mailing list, and keep an active list of competitors in the region.

We have the Hy-Tek computer program and will make it available to all sponsors of the regional championships. This program will instantly provide age-grading points and will enable us to keep track of meet records and competitors.

We have created a seven-year circuit for the championships as follows: Georgia 1998; North Carolina 1999; Tennessee 2000; Alabama 2001; South Carolina 2002; Virginia 2003; and Florida 2004. Regional racetracking and multi-event championships will also be available. Any group interested in sponsoring them should contact me (address on p. 1)

Mr. Lewis' first name is not given in this file.

The region will also help our seven associations in hosting their championships.

Division of track & field is not specifically mentioned in this file.

Masters' Scope

Continued from page 15

close tabs on things such as overall mileage and expenses. But Nancy laughed, "We had a friend - a '50-stater' - in California who kept track of expenses and all. He categorized everything. He's a CPA."

Amid all of this, Nancy admitted, "Getting there was the biggest problem." Tony offered, "We had a hard time getting from one race to another. The doubles were tough. Imagine finishing a marathon, jumping into a rental car and driving 600 miles to run another race the next day. They did just that, leaving the Big Sky Country of Montana on a Saturday for a marathon on Sunday in New Mexico.

Which marathon was the toughest? "We know a lot of marathons," Nancy quipped. One, the run up Mt. Evans in Colorado, "the highest paved road in America," began at 10,000 feet and went up to 14,000. She said, "The first half was totally uphill." Of course, what goes up must come down, so down they ran. "It turned out to be a little over 29 miles. I got altitude sickness, really light-headed, nauseous, dizzy. But it was very memorable because it was so beautiful."

Ice Conditions

Tony also remembered a couple of particularly tough ones. "At the Seaside, in Oregon, the weather was just barely above freezing, with 30- mile per hour winds, and rain. Houston had freezing rain." There, the entire challenge almost came crashing to a halt. "If it had been held the next day, it would have been canceled. Sheets of ice were falling from buildings."

But there were some beautiful ones, too. "Hawaii, on Maui," he said, "was very scenic. We ran past some kind of whales in the ocean, sugar cane fields. . . ."

Is there an encore in the works? Nancy quickly snuffed that idea. "No. When it was over it was a great sense of relief." Tony echoed that. "No. We really depleted our bank accounts." Then he quipped, "But if a sponsor would come around . . ." His laughter finished the sentence.

In June, they did return to Taos, N.M. "It was our poorest marathon, so we wanted to redeem ourselves," she explained. Sort of the hair of the dog that bit you, "I bettered my time by 40 minutes. Tony bettered his by two hours."

Still Running

This year is a new one, but you can still find Nancy and Tony running a lot, only in shorter races. They're easy to spot. They wear T-shirts that read, "Marathon Finishers in All Fifty States in One Year."

All of their marathons, places, dates, and times can be found on the Internet at this Web-site: www.ontherun.com/news/0009.htm. Tony, who likes to hear from other runners, can be reached by e-mail at tlopetro@mic h.com. □
## Masters Women All-Comer's Records (non-U.S. citizens)

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North Texas Masters

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Cooperation Takes Another Step Forward

Another month has passed during which we have seen many new veterans' activities. The most important are our discussions with the International Masters Games Association which administers the World Masters Games - this year held in Portland/Eugene. Although a success, they attracted fewer athletes than expected, mostly due to the very high entry fee and, perhaps, to the fact that they did not - for track and field - comply completely with WAVA rules and conditions.

I have, in earlier issues of NMN, discussed our views on World Masters Games with respect to future cooperation between IMGA on one side and WAVA/other ISFs on the other, and WAVA's requirements that the track and field events must be under total WAVA control in order to be recognized by us. In Portland, the IMGA Board of Governors listened carefully to our views and accepted them in principle.

We met again in Copenhagen, Denmark, on October 1, following which the IMGA Board of Governors was to present our requirements at their annual meeting in Monaco for sanction by the delegates.

Proposed Plan

In Copenhagen, I once more outlined the following plan for future cooperation between IMGA and WAVA, which must also be approved by the General Assembly in Gateshead next year:

1. There is a very great need for an overall world body responsible for administration and coordination of all World and Regional Masters Games in order to avoid other masters games conflicting, not only with the World and Regional Championships, but also with each other. We need simply a world body with strength enough to sanction masters games worldwide, to offer athletes first class events. IMGA could be just that body recognized by the IOC.

2. WAVA requires that WAVA assume overall responsibility for track and field events at the World Masters Games beginning in Melbourne in 2002. I have raised this point many times and IMGA has consented to its inclusion in future contracts for World Masters Games.

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In Copenhagen, I once more outlined the following plan for future cooperation between IMGA and WAVA, which must also be approved by the General Assembly in Gateshead next year:

1. There is a very great need for an overall world body responsible for administration and coordination of all World and Regional Masters Games in order to avoid other masters games conflicting, not only with the World and Regional Championships, but also with each other. We need simply a world body with strength enough to sanction masters games worldwide, to offer athletes first class events. IMGA could be just that body recognized by the IOC.

2. WAVA requires that WAVA assume overall responsibility for track and field events at the World Masters Games beginning in Melbourne in 2002. I have raised this point many times and IMGA has consented to its inclusion in future contracts for World Masters Games.

3. There is a very great need for an overall world body responsible for administration and coordination of all World and Regional Masters Games in order to avoid other masters games conflicting, not only with the World and Regional Championships, but also with each other. We need simply a world body with strength enough to sanction masters games worldwide, to offer athletes first class events. IMGA could be just that body recognized by the IOC.
8000 Participants Expected

The XIII World Veterans Athletics Championships will be held in Gateshead, England, July 29 to Aug 8, 1999. The biennial event is open to men age 40 and up and women 35 and up. There are no qualifications to enter except to be at least the minimum age.

Competition will be held in the traditional five-year age groups. All traditional track and field events will be held, plus two racewalks, a cross-country run and a marathon.

This is the most prestigious event in the world for masters track and field athletes. Following three WAVA World Veterans Championships in Japan, the USA and Africa, the event now returns to Europe for the first time since 1991 (Turku, Finland). It will be the first time Great Britain has hosted the Championships.

Because of the proximity to central Europe, and the relatively low cost of travel between England and North America, a record number of entries is expected in 1999. The last two WAVA T&F Championships drew over 5000 participants, but the Gateshead organizers expect 8000 next year. Thus, it should be the most competitive and the closest to a true world championships ever held.

Three stadia will be utilized and activities will take place from early morning to late evening. Virtually all athletes must submit their competition entry forms through their national governing body. In the U.S., that's USA Track and Field. The U.S. team manager, Sandy Pashkin, will accept and process all entries, making sure the birthdate, citizenship and USATF membership are correct. Athletes who send their entries directly to Gateshead will have their forms returned in good order. Entry booklets may be obtained from any of the masters travel agents (see ads in this issue), or from Pashkin at 301 Cathedral Pkwy, #6U, New York, NY 10026.

Gateshead is located in the northeast of England, not far from the border of Scotland. Many pre- and post-games tours are being arranged to Scotland, Ireland and England.

"It is with great pleasure that we invite all veteran athletes to come to Gateshead," said Keith Whitaker, Chairman of the British Veteran Athletes Federation. "I can assure you that you will be welcomed not only by your fellow athletes, but by the very well qualified officials, and by the people of the northeast of England who are not only the most friendly, but also the most knowledgeable supporters of athletics that you could find anywhere in the world."  □

European Championships

Continued from page 1

were women. Germany had 824 (263 women). There were 1071 female competitors, and 12 women and 52 men entered the 80+ age group.

Germany dominated in the medal count with 370, followed by Great Britain (144) and Italy (113).

Twenty-six pending world records were set, eight by men and 19 by women. Shot putters were in good form, with four records: Ivan Ivancic, M60, Croatia, 16.20; Tauno Kivi, M70, Finland, 14.38; Erik Eriksson, M75, Finland, 12.91; and Marianne Hamm, W70, Germany, 9.13.

Two of the women record setters accounted for six records, three apiece. Christiane Schmalbruch, W60, Germany, had record marks in the high jump (1.32), long jump (4.67), and triple jump (9.52). Paula Schneiderhan, W75, Germany, set records in the 100 (16.20), 200 (35.23), and long jump (3.62).

Three pending relay records were tallied, the most notable a 3:55.32 by the W35 4x400 German team. The present record is 4:00.21.

A total of 53 European records were broken. Not surprisingly, most were in the field events. The sprinters found the main track too slow.

The M40 group attracted 646 competitors; 80 entered the 100 and 87 went for the 400. After eight rounds of heats and three semis on Saturday, the slowest qualifier had to better 11.78 to get to Sunday's finals, won by British Naval Officer Kwadro Ansah, current BVAF champion, who ran a decisive 11.55, after clocking 11.24 in the semi-final. Stephen Peters, Great Britain, current world M45 champion, was the sprint sensation with wins in the 100 (11.56), 200 (22.50), and 400 (50.47).

Two were golds in the relays made him one of the most medalled competitors in the Championships.

The distance races saw outstanding performances by Heiko Schinkitz, M40, Germany, and Akhmet Siraziev, M70, Russia. Schinkitz won the 5000 in 14:53.29 and the 10,000 in 29:49.38, outpacing by 0.23 seconds Spain's Francisco Gonzalez, who had led for much of the race. Siraziev missed world records by 0.21 in the 5000 with an 18:43.82, and eight seconds in the 10,000 with a 38:31.50.

In recognition of the International Year of Women in Athletics, the EVAA donated a trophy for the best overall performance, which went to Inge Faldager, W50, Denmark, for her 51.36 world record in the hammer. Awards were also made for the best performance in each age group from W35 to W85. □

(Martin Duff and Jerry Wojcik contributed to this article.)

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XIII WAVA CHAMPIONSHIPS

GATESHEAD, ENGLAND

July 29-August 8, 1999

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To get on mailing list, please mail or fax your address to Paul Geyer, Master Race Walker, at the address listed below. Many optional tours all over Europe available. Packet will cover to and from all destinations in USA and Canada. As soon as a package is ready, you will receive the completed information. The Durban Trip in '97 was a great success. Be a part of the Trip to Gateshead!

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Masters Scene

NATIONAL

- Two U.S. age-group records should be added to the list of records at the Nike World Masters Games, published in the October issue: Kathy Jager's W55 13:36:60 (13.84/Irene Obera, 1989), and Sumi Onodera-Leonard's W70 3:24:00 (3:24/Gerry Davidson, 1991).
- "American Women's Track and Field is the first and only book on the history of U.S. women's track and field. Louise Mead Tricard has compiled a reference work on the history - based on many interviews and meticulous research in primary source documents - of women's track and field, from its beginnings on the lawns of Vassar College in 1895 through 1980, when Title IX began to create a level playing field for men and women. Tricard was a member of the 1959 Pan-Como history - a first-hand account of the meticulous beginnings on the lawns of the earliest races." by Zenn, 90, Melnik, 70, and former, 99.

- "The biggest outdoor track and field event east of the Mississippi River was the Great Cow Harbor 10K, hosted by RRCA and Breezeway, and featured 133 finishers, including John Haubert, 56, Northport, NY, in a 32:01. The event was the 137th in the series, with 137 field ever. The USOC hosted the event, directed by Onodera-Leonard's 10 Miler, 22:46 to 10, and the weight and super-weight champion in the weight pentathlon: Filipo (5206) and Pataki (4866)."

- "The long-distance events included the 10K with a 227-0 hammer throw, just 4-feet shy of his 1998 record of 231-0 in 1964."

- "The importance of a position statement on these drugs is needed now, before these chemically altered athletes cast suspicion on every major athletic competition. We may never know the cause of Carlton's untimely death. And, we may never know if McGwire could have hit 70 home runs without using androstenedione or creatine, or what Ben Johnson could have run in the 100m without steroids. A ban of all drugs with severe sanctions is the only option for maintaining integrity in athletics."

- "Great Cow Harbor 10K, 22:46. Since its inception in 1990, the Fredrick Mead Foundation Series has raised nearly $4 million for foster care-related non-profit organizations."

- "Besting the masters field in the Pittsburgh Great Race 10K, Pittsburgh, PA, Sept. 27, were Dan Keennon, 42, Mechanicsville, MD, 33:09, and Robin Smith, 42, Erie, PA, 40:05. Other top performers included W50 winner Tom Burnett, 50, Durango, CO, 34:23, and W50 winner Barbara Flutiaux, 52, Erie, PA, 40:37. Eric Williams, 50, Pittsburgh, PA, 16:14, and Susan McDermott, 43, Allison Park, PA, 20:31, zoomed to masters wins in the companion 5K."

- "The Running's Edge men's octet (50-52:18) and Bohemia W40+ "A" team (6:13:40) were first masters in the Nationwide Insurance Ocean To Sound 50 Mile Relay from Jones Beach St. Park to Farmingdale, L.I., NY, Sept. 27. Of the 137 eight-person teams that started, 133 finished, the biggest field ever. The Plainview-Old Bethpage RRC hosted the event, directed by Alan and Sharon End."

- "Budd Coates, 41, Emmaus, PA, 32:48, and Kathy Martin, 46, Northport, NY, in a 10th place 17:30. The 1989 masters indoor championship was won by masters in Long Island's Great Cow Harbor 10K, 10th, 8:00, Sept. 19. Coates is a four-time U.S. Olympic Trials qualifier and was ranked in the top 10 masters in the world in 1989. Martin is the 1989 W55 indoor champion in the mile and 3000. Other division winners included Joe Cordero, 60, Islip Terrace, NY, 23:58, and Martin Stanjekon, 60, Northport, 47:17. Sponsoring by North Fork Bank, the race also served as the RRCA Masters National Championships."

- "NYC police officer John Williams, 41, Freeport, NY, booked the masters first with a third-place 16:52, Vrata Human Race 5K, on Long Island, NY, 10th place 57:55, canted to masters firsts in Long Island's Great Cow Harbor 10K, 10th, 8:00, Sept. 19. Coates is a four-time U.S. Olympic Trials qualifier and was ranked in the top 10 masters in the world in 1989. Martin is the 1989 W55 indoor champion in the mile and 3000. Other division winners included Joe Cordero, 60, Islip Terrace, NY, 23:58, and Martin Stanjekon, 60, Northport, 47:17. Sponsoring by North Fork Bank, the race also served as the RRCA Masters National Championships."

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USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are usually limited to age 50 and over. 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. International T&F meets are generally limited to men over 40 and women over 35. 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 50098, Eugene OR 97405.

**Schedule**

**NATIONAL**

December 1-5. USATF National Convention, Clarion Hotel, Orlando, Fla. USATF, One RCA Dome, Suite 140, Indianapolis, IN 46225. 317-261-0500; fax: 261-0481.

March 26-28, 1999. USATF National Masters Indoor Championships, Reggie Lewis Center, Boston, site of the 1997 & '98 Championships. TRACS, Inc., 79 Manet Rd., Chestnut Hill, MA 02167. 617-332-3919; e-mail: tracs@earthlink.net.


**EAST**

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


January 10. Philadelphia Masters Indoor Meet, Swarthmore College, Pa. 9:30 a.m.


January 23, 32nd Hartshorne Memorial Masters Mile, Cornell U., Ithaca, N.Y. W30+M40+. Prize purse for Men's Elite Mile; bonus for new M&W40+ record. 10 a.m. Rick Hoebeke, 2706 Agard Rd., Trumansburg, NY 14886. 607-255-6530(c); 387-6431(e).


January 31. Albright College Indoor Pentathlon (H/L/S/IP/H/M800/W600), Reading, Pa. Masters welcome. 2 p.m. Don Gottschall, PO Box 15234, Reading, PA 19612. 610-921-7535.

**SOUTHEAST**

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


November 7. USATF South Carolina Association Weight Pentathlon Championships, Open & Masters. David Vandergriff, 117 N. Pinewood Dr., Surfside Beach, SC 29575. 843-828-4418(b); 238-3381(w).


December 2-6. Florida Senior Games Championships, Sarasota County, Laura Hallam, 407-943-7992.

December 27. Len Olson Holiday Weight Pentathlon, Delray Beach, Fl. Randall Cooper, 222 22nd Lane, Delray Beach, FL 33444.

**MIDWEST**

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


**WEST**

Arizona, California, Hawaii, Nevada

November 1. 2nd annual Great Pumpkin Weight Pentathlon & Open Throws Meet, Grass Valley, Calif. Dick Hotchkiss, 14005 Meadow Dr., Grass Valley, CA 95945. 530-273-5600.


November 21. Kel Field Throws Meet, Santa Cruz, Calif. No fees charged. Gary Kelmenso, 5601 Empire Grade, Santa Cruz, CA 95060. 831-458-0202; email: kelfield@aol.com.


December 19. Kel Field Throws Meet, Santa Cruz, Calif. No fees charged. Gary Kelmenso, 5601 Empire Grade, Santa Cruz, CA 95060. 831-458-0202; email: kelfield@aol.com.

January 23. Kel Field Throws Meet, Santa Cruz, Calif. No fees charged. Gary Kelmenso, 5601 Empire Grade, Santa Cruz, CA 95060. 831-458-0202; email: kelfield@aol.com.


**NORTHWEST**

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

June 12-13. Portland Masters Classic, Portland, Ore. Stevan, 3011 NE Linden Ave., Gresham, OR 97030. 503-666-8590(b); 234-4111(w).

June 19-20, 21. USATF Classic Masters Meet, Eugene, Ore. Geoff Hughes, 1600 Russel Dr., Eugene, OR 97401. 541-484-1275(h); 343-6511(w).

**INTERNATIONAL**


November 6-8. Asian Masters Games, Southport, Queensland, Australia.


March 5-7. Spanish Masters European Indoor Championships, Malmo, Sweden.


July 24-25 (tentative). Veterans meet, Belfast, No. Ireland.

July 29-August 8. XIII World Veterans Championships, Sheffield, England. XII WAVA Championships, PO Box 18, Gateshead NE8 1EA, England.

**LONG DISTANCE RUNNING**

**NATIONAL**


**ON TAP FOR NOVEMBER**

**TRACK AND FIELD**

Despite talk of its cancellation, the NCCWAVAs Championships are still on in Barbados on the 19th-22nd. Other action is sparse, starting with a weight pentathlon in California on the 1st, followed by the Sanford Senior Games in Florida and another weight pentathlon in South Carolina on the 7th. The next weekend features the Southland Senior Olympics, Long Reach, Calif., on the 14th, and the Space Coast Senior Games in Florida on the 15th. We say “Aloha” to the month with the Hawaii Senior Games on the 28th. Brazil is the setting for the WAVA South America Championships on the 1st-7th.

**LONG DISTANCE RUNNING**

The NYC Marathon “bor­oughs” is its way through the Big Apple on a Saturday. On the follow­ing weekend, the 7th lists the Richmond, Va., Marathon and the Dallas White Rock Half-Marathon; offerings on the 8th include the Ocean State Marathon, Rhode Island; Santa Clarita Marathon (suburban L.A.); and both a marathon and a cross-country race in Columbus, Ohio. Another one of the Race For The Cure series, Pasadena, Calif., and the Phoenix, Ariz., 10K, are set for the 15th. More marathons are available on the 21st in Tulsa, Okla., and the 22nd in Philadelphia. Calorie burning races on Thanksgiving Day can be had in Boston Mass.; Jacksonville, Fla.; Atlanta, Ga.; Dallas; and NYC. Seattle hosts a marathon on the 26th.

RACEWALKING

Events include a one-hour race in Myrtle Beach, S.C.; on the 7th; a 20K in Cooper City, Fla.; on the 14th; and the Grand Prix 5K in NYC’s Central Park on the 22nd and 29th.
## Recipients of Certificates/Patches as All-Americans for Achieving U.S. Standards of Excellence

### U.S. Masters Standards of Excellence for Men

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### U.S. Masters Standards of Excellence for Women

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### Notes:
1. All American tables have been changed to reflect current marks set by athletes all over the nation. The changes were made by the All American Standards Committee; however, the old tables may be used for one year until people have adjusted to the new rules. This was not done to make it more difficult for the athlete, but to make it more equitable after analyzing all the data. All American Standards Committee.
### National Masters News

#### EAST

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#### National Masters News

#### EAST

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**NOTE:** The National Masters News will no longer publish results that are more than 3 months old. Results with 20 spaces / 2½" wide in our format receive prefer- ence. Deadline is the 10th of the month prior to issue date.
RACEWAY

Racing at Eastman Road Race/Food City St. John's National Road Race Championships Kington, TN

Overall

Curt Casseus 38 20.37
Terry Herazo 39 23.31
M40 Jonathan Matthews 21.09
Damon Clements 30.05
Wendell Lowe 30.05
M45 Mike Renfroe 27.48
Ross Bancroft 31.22
David Mills 31.19
Bob Summan 31.52
Jim Murphy 33.08
M50 Bruce Booth 23.38
Gene Ophema 25.50
MAX Walker 26.22
Bill Penner 26.51
David Wade 28.35
M55 Don Denon 23.32
James Carmines 24.25
Vice Arnold 29.42
Berne Finch 30.07
Charlie Mullins 30.46
M60 Bryson 28.35
Paul Johnson 26.49
Ray Ersven 28.36
Robert Ilowski 30.82
M65 Dick Persuizi 28.35
Bob Stewart 30.22
M70 Jack Starr 28.43
Ken Long 27.37
Frank DeGruv 40.41
M75 Paul Gyerys 38.00
William Montgomery 37.01
W40 Sandy Denony 27.15
Barbara Stayne 31.46
Kathy Finch 30.06
Jim McChesney 31.38
M75 Paul Gyerys 38.00
W50 Barry McIver 40.38
W40 Sandy Denony 27.15
Barbara Stayne 31.46
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Barbara Stayne 31.46
Kathy Finch 30.06
Jim McChesney 31.38

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, NOVEMBER 1998

BIRTHDATE AGE GROUP
JIM BOWERS (SANTA ROSA, CA) 11-11-28 60-64
LOUIS CHARBONNE (BRED,FR) 11-13-28 60-64
ALVAN COWIN (ROLLING HILLS, CA) 11-18-28 70-74
JIM HARRIS (JAX, FL) 11-21-33 65-69
BOBBY FAIR (TRURO,IN) 11-24-33 65-69
MUMUDE ALAM (VIVSTEAD,GB) 11-25-33 65-69
ADRIANNE EUL RENS (BOL) 11-25-38 70-74
PETER HIGGINS (GB) 11-30-38 70-74
JOE JUREK (SG) 11-30-40 70-74
W50 Barry McIver 40.38
W40 Sandy Denony 27.15
Barbara Stayne 31.46
Kathy Finch 30.06
Jim McChesney 31.38
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Barbara Stayne 31.46
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Jim McChesney 31.38

FAQ:
1. You should be qualifying or standards applicable to competing in the national championships.
   Y, N
2. If you qualify "Yes," please respond to the remaining questions:
   a. Placing first, second or third in an association championships meet will qualify you for the national championships.
      (Y, N)
   b. An athlete attaining the All-American standard qualifies for the national championships.
      (Y, N)
   c. Any qualifying marks must be reasonably satisfied by the average master meets.
      (Y, N)
   d. Qualifying by a mark standard must be attained in USATF sanctioned meets.
      (Y, N)
   e. That the standards must be qualified by any meet, USATF Senior Games, all-comers.
      (Y, N)
   f. An athlete attending an event All-American standard qualifies for that event in the national championships.
      (Y, N)
   g. Defending champions are automatically qualified for the national championships.
      (Y, N)