

# NATIONAL MASTERS NEWS

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

160th Issue

December, 1991

\$2.25



Marie Burleson, 42, of Columbus, Ohio, is top W40 with an 18:45 (82.9% Age-Graded), National Masters 5K Cross-Country Championships, Columbus, OH, November 3.

Photo by John White

## Sekerak, Burleson Win National 5K Cross-Country

### Herrala Age-Graded Victor

By JOHN WHITE

With temperatures in the low 30s and gusty winds that added almost 45 seconds to the winners' times, Dan Sekerak, 44, of Granville, Ohio, and Marie Burleson, 42, of Columbus, Ohio, won the overall masters crowns in 16:29 and 18:45, respectively, at the TAC/USA National Masters 5K Cross-Country Championships in Columbus, Ohio, on November 3.

Walter Herrala, 47, of Ann Arbor, Mich., was the age-graded champion (16:45, 86.0%). He was followed closely by Bob Milner, 56 (18:05, 85.7%), Sekerak, 44 (16:29, 85.5%), and Sam Graceffo, 55 (17:59, 85.4%). Overall women's champ Burleson also took top age-graded honors with an 82.9% performance.

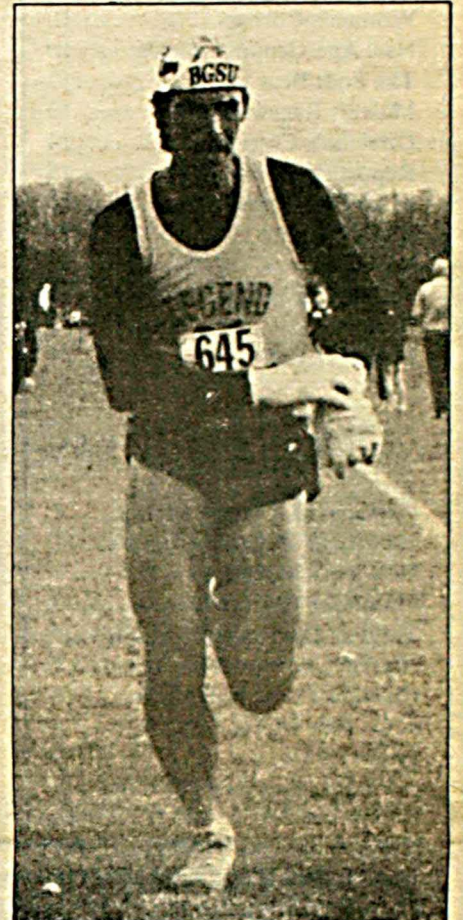
The greatest competition occurred among the M40 teams, with the Victory AC team from Louisville, Ky., narrowly edging the host Wolfpack TC "A" team by three seconds, 1:25:38 to 1:25:41. The next three places went to the Cincinnati AA (1:27:08), the

Legend Harriers from Central Ohio (1:29:16), and the Grand Rapids TC from Michigan (1:30:04).

The M40 division also had the most entries this year (47) and was the most hotly contested. Coming in second in the freezing cold behind Sekerak was David Amster, 40, of Carson City, Nev. (16:40), with Bill Haviland, 43, of Columbus taking third in 16:41.

In the M45 group, Herrala placed first (47, 16:45), followed by Keith Meikelreid (47, 17:18) and Jim Fox (47, 17:18). Greg Osmun took the M50 division (51, 18:00), with Sam

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Dan Sekerak, 44, of Granville, Ohio, is first master in 16:29 (85.5% Age-Graded), National Masters 5K Cross-Country Championships, Columbus, OH, November 3.

Photo by John White

## Marczak, Striuli Top Masters in New York City Marathon



Poland's Ryszard Marczak, 45, was the overall masters winner (2:21:03, 95.3% AG) in the NYC Marathon, November 3.

Photo by Jack McManus/Agence Shot

by MARILYN MITCHELL

Ryszard Marczak, 43, of Bydgoszcz, Poland, and Graziella Striuli, 42, of Italy, were the top male and female masters in the New York City Marathon on November 3. Marczak, who finished 23rd overall, turned in a sizzling 2:21:03 for a 95.3% age-graded performance and took home \$3,000 for his effort. The two-time Polish National Marathon champ has recently turned his attention to coaching and is awaiting the official announcement that he will be going to Barcelona as the Polish Olympic marathon coach. "Don't worry if you go over 40 (years old)," he advised well-wishers after the contest. "You can still battle the best athletes in the world."

Striuli, who defeated pre-race masters favorite Raisa Smekhnova in 2:40:15 (91.8% AG), also won \$3,000 but added a \$25,000 bonus by winning the John Hancock Challenge Award — first masters woman in Boston

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## Hartel First in U.S. 10K Cross-Country

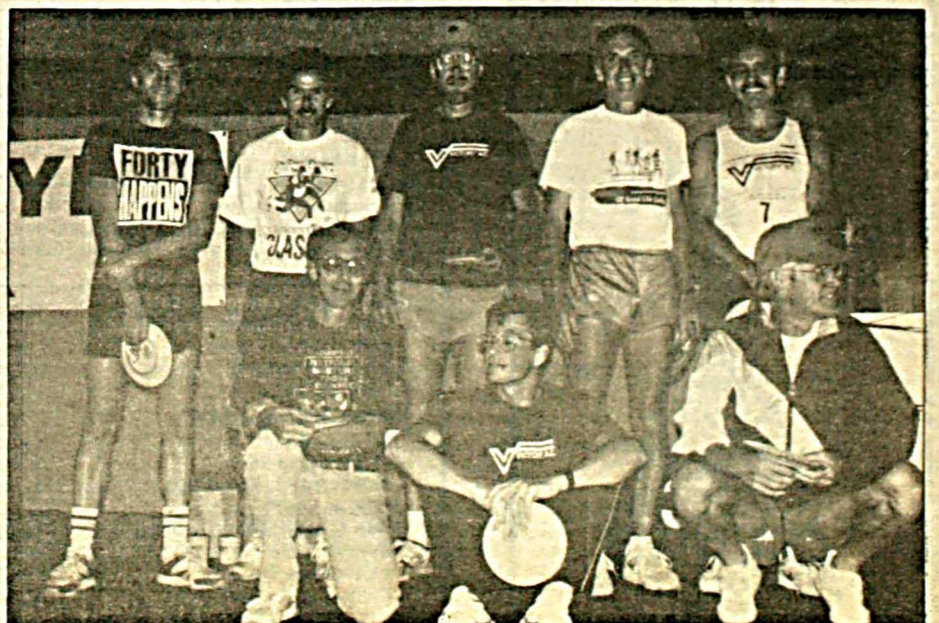
by JERRY WOJCIK

Running in his first major masters event since turning 40 in July, Swag Hartel took an early lead and kept it in winning the National Masters 10K Cross-Country Championships in his

hometown, Louisville, Ky, on October 26.

In his first cross-country race in 11 years, he finished the two 5K-loops in 34:49, 20 seconds ahead of runner-up

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Members of the first-place M40-49 Victory Athletic Club, TAC National Masters 10K Cross-Country Championships, Louisville, Ky., October 26.

Photo by Bob Ullrich



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# NATIONAL MASTERS NEWS

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



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The *National Masters News* (ISSN-07442416) is published monthly by GAIN Publications, with an annual subscription rate of \$22.00. Main office address: 6320 Van Nuys Blvd., Suite #207, Van Nuys, CA 91401. Mailing address: P.O. Box 2372, Van Nuys, CA 91404. Second class postage paid at Van Nuys, CA 91409.

The *National Masters News* is an official publication of The Athletics Congress Masters Track & Field and Long Distance Running Committees, and of the World Association of Veteran Athletes. As an independent publication, its editorial policy is not necessarily that of TAC or WAVA.

TAC/USA is a major funding supporter of NMN. Executive Officers of TAC/USA: Frank E. Greenberg, President; Ollan C. Cassell, Executive Director.

The *National Masters News* is devoted exclusively to track & field, long distance running, and race-walking for men and women over age 30. Each month it delivers 24 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, and all the inside scoops and information that affect the world of masters athletics competition.

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Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to ages 40+, 50+ or 55+; (please check the schedule for details). Some events require advance registration. Some require a current TAC card (\$7 to \$11 per year, depending on the region). To inquire about a TAC card, call The Athletics Congress in

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**Mailing:** The issue is mailed the last week of the month prior to the cover date.

**Postmaster:** Send address changes to: National Masters News, P.O. Box 16597, No. Hollywood, CA 91615.

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**Sekerak, Burluson Win National** Continued from page 1

Graceffo of Syracuse, N.Y. (55, 17:59), squeaking past Bob Milner (56, 18:05) to win the M55 contest.

Other gold medallists included: Howard Rubin (63, 19:48), Roland Anspach (65, 21:57), Ed Buckley (70, 22:44), John Evans (75, 26:11), and George Knox (80, 42:31).

In the women's division, Elizabeth Bugbee was first W45 (20:56), with Carol Bender topping the W50s (25:02) and Carole Schuiteman taking home the gold in the W55 group (22:45). Other first-place women were Mary Anne Cavicchi (W60, 39:38), Mary Norckauer (W65, 29:14), and Carol Peebles (W70, 32:43).

In the 50+ team competition, the

Syracuse Chargers prevailed (1:33:41) over the Grand Rapids TC "A" team (1:34:34) and the Bob Schul Racing Team (1:36:29). The host Wolfpack TC club captured both the M60 (1:10:19) and M70 (1:48:12) team titles.

Although the weather was less than hospitable and there were some long delays in posting results, this year's competition saw sharp increases in both the individual and team entries. It was a very successful meet, well-organized and officiated, and run over a competitive course. □

**Irvine Breaks Half-Marathon Record**

**Ware, 40, Wins Humboldt Marathon**

by JERRY WOJCIK

Steven Ware, 40, of Riverside, Calif., was winner overall with a 2:38:48 in the Humboldt Redwoods Marathon run under warm, sunny skies on the Avenue of the Giants Highway through Humboldt Redwoods State Park, south of Eureka, Calif., on October 20.

Jessie Stratton, 45, Redding, Calif., took the W40+ race in 3:35:23. Marge Dunlop, 52, of Redding, was second with a 3:35:44. Women's winner Kimberly Bruyn, 30, set a course

record of 2:46:16.

In the half-marathon, Sister Marion Irvine, 62, San Rafael, Calif., broke the U.S. W60-64 record of 1:35.02 set by Helen Dick in 1985, with a 1:29:56.

First masters were James Milton, 41, North Highlands, Calif., with a 1:10:01, and Linda Martynen, 43, Markleeville, Calif., in 1:24:54. Tim Rostege, 51, San Jose, Calif., won the M50 race with a 1:15:04.

Open winners were John Moreno, 36, in 1:07:07, and Diana Fitzpatrick, 33, with a course-record 1:17:25. □

**Ten Years Ago**

- New Zealanders Jack Foster (49, 2:23:55) and Robin Hames (44, 2:48:13) Are First Masters in New York Marathon
- Dave Jackson Smashes the M50 Triple Jump WR With a Leap of 43-1 in Club West Meet
- National Masters 5K Draws Over 250 Entrants

**Hartel First in 10K Cross-Country**

Continued from page 1

Ignacio Jimenez, Jr., 42.

Hartel trailed Ohio's Michael Barr, 40, sixth M40 in 36:41, through the early part of the race, then took the lead near the two-kilometer mark. Jimenez worked his way to second, passing Don Coffman, 48, Louisville, M45 winner in 35:55, but never got within 60 yards of Hartel.

The relatively flat course, described by Jimenez as "the best cross-country course I've ever run," provided tough footing, however, and a warm 20-25 mph wind made it a difficult race, Hartel said. His first place led the Victory Athletic Club of Louisville to the M40-49 team title.

Kirk Randall, 50, of Newburyport, Mass., won the M50 contest in 36:57, first for his winning M50-59 Boston Athletic Association quintet. Other division winners were David Pitkethly, 55, Bellevue, Wash., 38:22; Roland Anspach, 65, Springboro, Ohio, 46:14; and Ed Buckley, 70, N.Y., 49:51. Charles Cheek, 62, Louisville, 42:34, and Dudley Healey, 77, Chatham, N.J., 55:55, were uncontested winners.

Only four women competed, with Rose Taylor, 55, Louisville, first in 49:45.

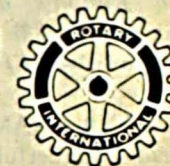
One hundred thirty-two runners from 15 states competed in the race and a 5K open. Race Director Bob Ullrich, 44, finished third overall (35:25) and second for the Victory AC club champions. □

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**MASTER STANDARDS: Women 40-44, 40:00; 45-49, 42:00; 50-54, 44:00; 55-59, 47:00; 60-64, 52:00; 65-69, 60:00; 70-74, 75:00; 75-79, 90:00; 80-84, 100:00; 85-89, 100:00; 90+, 100:00**

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### TWIN CITIES

Pat Goodwin's story on the Twin Cities Marathon was fine — as far as it went. But for some reason it did not go the distance. Why no mention of John Keston's 2:58:13 win of M65-69 or Warren Utes' time of 3:10:37 best of M70-74? Both times were faster than the winner of M60-64.

How do those times work out for age-graded performances?

*Jack Kirkpatrick  
Drain, Oregon*

(John Keston's age-graded performance was 91.3% and Warren Utes' was 90.6%. —Ed.)

### WAVA CHAMPIONSHIPS

I had a wonderful time in Turku and enjoyed the re-cap in the September NMN. However, I think your list of outstanding athletes omitted a very important competitor — Karin Smith.

Karin won the W35 javelin throw with a mark of 190 feet. Not bad for 8 a.m. competition on a wet runway. And, to my knowledge, she's the only one who then continued on to Tokyo to compete in another world championship meet.

I want to wish her the best of luck as she attempts to make her 5th Olympic team in 1992.

*Joan Stratton  
Riverside, Pennsylvania*

### WAVA SURVIVORS

Please be advised that Reg Austin has won gold medals in the last eight

WAVA Championships. In the first one in 1975, Reg wasn't yet 40, but he did compete in a special submasters 200-meter race (Does that count?).

It would be interesting to know how many competitors have taken part in eight WAVA World Championships.

*Dave Jackson  
Carson, California*

### CHANGE HIGH JUMP RULES

It would seem that high jumping could be made to be far less tedious to watch if the rules were similar to those in weight lifting, or even weight throwing.

Each competitor would be allowed a total of three attempts at whatever height he wanted to try on an ever rising bar. In the same area would be one or two warm up bars to prepare for whatever official three attempts selected. Possibly, as in the shot, six or eight finalists could be selected for three more attempts each.

I think this change would make the high jump a far more interesting event to spectators and competitors, and easier to officiate.

*Nathaniel Heard  
Sarasota, Florida*

I would like to suggest a way to improve the running of the high jump. I believe it is necessary to have two high jumps. One for jumpers who wish to start competing below five feet, and one for those who wish to come in above five feet.

With a two-tier high jump, it wouldn't matter which event went first. All I am asking for is the opportunity to compete in a meet where I can get a reasonable amount of practice jumps and not have to sit for hours after warming up before taking my first jump.

*Jason Meisler  
Santa Monica, California*

### KUDOS

Thank you for the extensive coverage NMN gave to the National Senior Sports Classic in Syracuse, N.Y. I think all of us were surprised and pleased with the level of competition. I hope your efforts will be just the beginning of many future mutually beneficial

exchanges between NMN, TAC, the NSSO, and any other similar groups promoting senior athletics.

Your coverage of the World Games was objective and fair. The Japanese will have a long way to go to surpass the hospitality of Oregon and the organization of Turku.

After Turku we joined a group headed for the Swiss Masters Championships in Baden, Switzerland. We all had a great time, but the meet left a lot to be desired. There were precious few non-German speaking officials. Commendations are due to Barbara and Ed Kousky and Tom Jordan of Northwest Management for putting together a first-class tour. It was a rare opportunity to get to know some wonderful athletes.

*Lucy Anne Brobst  
Kitty Hawk, North Carolina*

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



Members of the first-place M50-59 Boston Athletic Association team, TAC National Masters 10K Cross-Country Championships, Louisville, Ky., October 26. Photo from Bob Ullrich

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# MASTERS TRACK & FIELD REPORT

by JERRY WOJCIK  
National Masters T&F  
Rankings Coordinator

## Track & Field Rankings Report

This issue contains corrections to the 1991 indoor rankings published this year. No other correction list for the indoor events will appear.

The 1991 outdoor rankings are in progress. The rankings are based primarily on results published in the National Masters News. Athletes whose best marks have not appeared in the results section should forward them with verification to the event compilers given below.

Marks for events not listed, including track walks, should be sent to me at 774 Blueridge Dr., Santa Maria, CA 93455. Marks sent to me prior to the publication of the December issue have already been forwarded.

Inquiries about rankings should be

accompanied with a self-addressed, stamped envelope.

To help make the rankings more accurate, readers should know that athletes who compete in a ten-year age-division meet and cannot easily be identified for placement in the correct five-year division will automatically be placed in the lower division. As a point of information, the correct weight-throw implements for women are 20-lb. (9.80kg) for ages 30-49 and 16-lb. (7.62kg) for 50+.

If the rankings go along as well as they did last year, the 1991 rankings book should be available for the 1992 indoor championships in Columbus, Ohio.

The 1990 Outdoor Rankings Book has sold so well that there is a possibility

of its being sold out by the end of February.

Send Your Best Marks to:

100, 200, 400, 1500, 5000, 4x100 relay, 4x400 relay, discus, hammer:  
Larry Patz, RFD No. 1, Box 435, Con-  
toocook, NH 03229

800:

William Benson, 6 Eton St., Valley  
Stream, NY 11581

10,000:

John Dickey, 9128 N. Swan Circle,  
Brentwood, MO 63144-1145

High jump, triple jump:

Charles Mercurio, 4927 West 123 Pl.,  
Hawthorne, CA 90250

Pole Vault:

Tom Rauscher, 85 Sunset Blvd., Pitts-  
ford, NY 14534

Long Jump:

Robb Bong, 420 Silver Saddle Rd.,  
Monument, CO 80132

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

### 1991 Indoor Rankings Corrections

<b>Mile</b>	
M40-44	
Ken Popejoy	4:13.70
(3rd of 63, 1st U.S.)	
Rick Hoebeke	12th 4:40.8
Terry Habecker	16th 4:44.7
Jay Wind	20th 4:46.0
Rick Cleary	29th 4:57.0
Ron Krebs	37th 5:09.6
Phil Riposo	38th 5:10.0
Harland Bigelow	39th 5:10.1
Dave Rossiter	40th 5:10.6
M45-49	
Derck Frechette	3rd 4:45.5
Herb Engman	7th 4:59.4
M50-54	
Vincent Colgan	4th 5:15.4
(better time/no place change)	
M55-59	
Bob Milner	1st 5:00.6
Gordon Walker	5th 5:37.2
Chuck Collins	6th 5:40.5
M60-64	
Donald Ross	2nd 5:40.5
(better time/no place change)	
John Garrity	3rd 5:59.3
Roger Whalley	4th 5:59.6
Dick Sullivan	5th 6:20.0
George Gavras	6th 6:23.2
Jack O'Sullivan	8th 6:30.8
W35-39	
Diane Sherrer	3rd 5:59.5
W40-44	
Nancy Oshier	1st 5:15.6
Kathy Brown	5th 5:46.7
D Colbert-Mauboussin	
	6th 5:59.1
W55-59	
Gloria Brown	1st 6:26.5
Lois Bell	2nd 6:56.9
<b>Shot Put</b>	
M50-54	
Lou Vodopya	16th 10.47
M65-69	
Al Jankola	5th 10.54
(better mark/no place change)	
<b>3000m Racewalk</b>	
M40-44	
Jim Miner	5th 15:51.5
M45-49	
Gary Null	13:20.43
(should have been 1st, not	
2nd/original 1st-place time	
--12:26.3--in error)	
John Sholeen	7th 17:42.2
W45-49	
Dorothy Sholeen	1st 16:06.7

## 8th Annual DeLeon Springs Half Marathon

### 1992 TAC National Masters Championship

#### Sunday, January 12, 1992

#### 8 A.M.

**START AND FINISH:**  
AT DELEON SPRINGS STATE RECREATION AREA MAIN GATE - TAKE RT. 17 NORTH OF DELEON TO DELEON SPRINGS AND FOLLOW SIGNS TO STATE REC. AREA. RACE HEADQUARTERS: DELEON HILTON LOCATED ABOUT 8 MILES FROM RACE. START:  
MASTERS ONLY RACE STARTS AT 7:55 AM. OPEN RACE AT 8:02 AM ON SAME COURSE. AFTER A FEW ROLLING HILLS IN THE FIRST FEW MILES COURSE IS FLORIDA FLAT AND GEARED FOR PKRS.

**AMENITIES:**  
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**DIVISIONS:**  
OPEN: MALE & FEMALE:  
12-14 15-17 18-24 25-29 30-34 35-39  
MASTERS: MALE & FEMALE:  
40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 85 & OVER

**TEAM: TAC CHAMPIONSHIP RACES INCLUDE TEAM COMPETITION - TEAM SCORING ON LOW AGGREGATE TIME. MALE AGE DIVISION: 40-49 & 50-59 WILL SCORE 3 RUNNERS. 60-69 & 70-79 AND ALL FEMALE TEAMS SCORE 3 RUNNERS.**

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(LONG SLEEVE SHIRTS GUARANTEED BY EARLY REGISTRATION ONLY CASH MAY BE AVAILABLE ON RACE DAY)

**AWARDS:**  
OPEN: TOP 3 OVERALL MALE & FEMALE  
TOP 3 IN AGE GROUPS  
MASTERS: NATIONAL CHAMPIONSHIP AWARDS TO TOP 3 IN AGE GROUPS  
CHAMPIONSHIP PATCHES TO AGE GROUP WINNERS (HAND MADE POTTERY TO OPEN MALE & FEMALE CHAMPS AND TOP 3 AGE GRADED MASTERS CRAFTED BY STEVE HOWELL, A MASTER POTTER, WHO ALWAYS MANAGES A SOLID FINISH AT THIS RACE.)

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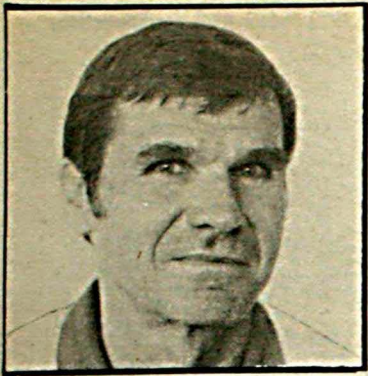
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## Third Wind

by Mike Tymn

### One Ka-Boom-Ck Equals Two Thumps

As I waited behind a closed door in the examining room during my annual physical last year, I could hear the technician who had just finished doing an EKG on me discussing it with the doctor.

"My God! Are you sure he's still alive?" the young female physician responded when the technician showed the EKG tape to her.

While the normal heart goes *thump...thump...thump* about 72 times a minute, mine goes **KA-BOOM-CK...KA-BOOM-CK...KA-BOOM-CK**, and was beating only 32 times a minute during the exam.

The doctor's reaction did not come as total surprise to me, as I had come to expect it from the many physical exams I have had over the years, almost always involving a different doctor at the employer-sanctioned clinic. After reviewing the EKG tape, the doctor usually asks if I "jog." When I respond to that in the negative, I get a perplexed look from the doctor. However, I then offered that I don't believe in jogging but that I do "run" quite a bit. That seems to explain, to some extent, my abnormal heart, as most doctors today associate certain abnormalities, including a slow pulse rate, heart murmurs, hypertrophy (chiefly in the left ventricle), low blood

pressure, orthostatic hypotension (lowered blood pressure upon standing) and third heart sounds, with an endurance heart.

Back in high school, I was kicked off the track team after the team doctor told the coach I had a bad heart. As I recall, it was beating 40 times a minute then and there were functional murmurs. I was warned not to strain myself, and for the next two or three years I was reduced to something of a cardiac cripple. It wasn't until a more enlightened doctor, conducting a military physical, told me that I had a classic "athletic heart" that I resumed my active ways.

#### Athletic Heart

A few years ago, I was assigned the task of researching and writing the entry on "Athletic Heart" for *Sports Encyclopedia North America*, published by Academic International Press. I

found that the term "athletic heart" (actually *Sportherz*) is believed to have been coined in 1899 by a Swedish clinician named Henschen, after noting greatly enlarged hearts in skiers. Its meaning was broadened over several decades to encompass all of the abnormalities frequently found in the hearts of athletes. Today, there is a tendency away from use of the term, more physicians and physiologists preferring to refer to an "endurance heart," associated with long-distance running, swimming, and cycling, or a "resistance heart," commonly found in sprinters, weightlifters, wrestlers, and shotputters. Most abnormalities are identified with the endurance heart.

Because the endurance athlete requires a heart that will pump blood rapidly and efficiently, the heart muscle adapts through training to this need by increasing in size. The increase in the heart's muscle mass results in a greater stroke volume. Blood is then pumped with greater force. As the maximal work the heart is capable of increases, the heart rate slows. Functional heart murmurs and third-heart sounds result from the greater force and volume of the blood flow.

#### Abnormal Heart

The problem is, however, that many of the same abnormalities found in the endurance heart are also found in diseased hearts. Therefore, the physician cannot always render a clear diagnosis, but must assume that the ability of the athlete to vigorously perform indicates a healthy heart.

Through my research for the encyclopedia, I had come to believe that a scientific understanding of this subject is fairly recent. Certainly, that old doctor who examined me for the high school track team in 1954 didn't seem to know anything about it. Nor, did my family physician. Recently, though, I came across the September 1927 issue of *Physical Culture* magazine. In it is an article entitled "The Truth About the Athletic Heart," by Carl Easton Williams. Although written 64 years ago, that article seems to say as much, and as accurately, as any current article might.

The article begins with the comment that "people everywhere tell you to beware of the athletic heart." Williams states that "You would be led to conclude that it is dangerous to be strong and safe to be weak."

#### Endurance Heart Is Better

He then refutes that: "Your common sense tells you better. Instinctively you know that strength is strength."

He continues: "But what is the 'athletic heart'? That's easy. It is just what its name implies — a strong, powerful, highly-developed heart, capable of athletic effort. It is the human heart developed up to the standards of healthy and vigorous animal life. It is the heart of a man that can be compared to the heart of the deer that runs without limit and without strain. It is like the heart of the wild goose that



Sam Graceffo, 55, wins the M55+ title in 17:59 (85.4% Age-Graded), National Masters 5K Cross-Country Championships, Columbus, OH, November 3. Photo by John White

flies and flies, perhaps thousands of miles, in its migratory flight. You don't worry about the heart of the carrier pigeon, or of the racehorse, or of your marathoning hunting dog, or of your racing, scampering bull terrier. But when a representative of the human species, the most highly-evolved, and physically the more nearly perfect of them all, develops a heart that corresponds to this all around muscular excellence, you begin to worry about it. You say that the athletic heart is dangerous."

Long before the Surgeon-General mandated warnings on cigarette packs, Williams wrote about the dangers of tobacco. He points to a relationship between smoking and high blood pressure and goes on to write: "...tobacco represents a load upon the heart, possibly a very slight load in some cases, perhaps a considerable load in other cases, depending upon the degree of tolerance."

#### Reduced Exercise Can Be Harmful

Williams examines the theory that the athlete must maintain his vigorous ways otherwise the heart once built up will degenerate disastrously. "We agree that it is not wise for athlete suddenly to drop his exercise and adopt a sedentary life," he writes. "It is a deplorable thing to do. But the great trouble there is the unhygienic character of inactivity and careless living."

In his concluding paragraph, Williams writes: "A powerful motor will pull you up the steepest hill, or bring the car through heavy mud, having the strength to combat resistance. Just so, the athletic heart is the kind that you can depend on to carry you through the emergencies of life."

All that said, I wonder if I will now die of a heart attack before this appears in print. However, my only real fear is that the examining physician will pronounce me dead when, in fact, there is still a pulse — so slow that he cannot detect — and that they'll seal me up when I am still alive. Therefore, I'm considering wearing a tag that reads: "I am a runner. Check carefully before pronouncing me dead." □

## Masters Age Records 1990

(1991 Edition)

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

- Men's and Women's World and U.S. Age Bests for Track & Field Events, age 35 and up, as of Oct. 31, 1990.
- U.S. Age bests for Men's and Women's all race-walking events age-40 and up, as of Oct. 31, 1990.
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*Sparks Best Age-graded Performer*

## Romesser, Mieszczak Fly to Masters Wins in Dayton

by JERRY WOJCIK

Gary Romesser, 40, and Nancy Mieszczak, 42, raced to masters firsts in the Tandem Dayton River Corridor Half-Marathon on October 13 in Dayton, Ohio. Romesser of Indianapolis finished sixth of over 1500 finishers with a 1:08:58. Mieszczak of Buffalo, N.Y., was third female in 1:23:09.

Age-graded honors for all finishers went to Ken Sparks, 46, Chagrin Falls, Ohio, second master in 1:11:23 (1:04:42 AG). Third-master Don Coffman, 48, Frankfort, Ky., had the next-best age-graded performance (1:12:30/

1:04:45 AG), with Romesser's age-graded 1:05:02 placing third overall.

John Hosner, 66, Blacksburg, Va., M65 winner in 1:29:31, was fourth-best age-graded master at 1:07:28.

The best age-graded overall female performance came from Whayong Semer, 63, Fremont, Ohio, whose W60 win in 1:41:06 gave her a 1:16:31. The next best performance went to Loretta Shehan, 68, Seneca, N.Y. (1:56:18/1:22:35 AG), and Vadine Koenig, 71, Hamilton, Ohio, (2:18:40/1:34:30 AG).

The 15th running of this race took place under breezy, sunny conditions with temperatures in the mid-40s. □

## 11th Annual New York Fifth Avenue Mile

by JIM HAMPTON

Replete with fall colors and mild weather, New York's beautiful Indian summer greeted competitors gathered on this day for the most famous of street miles. With Mercedes out as the major sponsor, there were no cash prizes or appearance money for masters, who nevertheless had to run qualifying races for the final invitational event on Manhattan's Fifth Avenue. But it's well worth the trouble as this is a thrilling, well-organized street mile starting at New York's Metropolitan Museum of Art and finishing 20 blocks later near Central Park South.

The first 400 meters of the straight line course is level before proceeding slightly uphill to the half. With 900 meters left, runners crest the hill and clearly see the finish. At that point, resisting the temptation to surge until

600 meters to go requires some pre-planning. This mile is very fast from the start and not at all tactical in the masters heat as it is in the open, where the win for the \$5000 first prize money is often the province of the kickers.

Despite the lack of monetary incentives, strong local masters runners produced a very competitive, close race between mostly East coasters with a Californian, Chicagoan and a Canadian also making the trip to the Big Apple. Locals Mike Wilson, 45, and Vince Gaines came in first (4:30:18) and second (4:30:48) after trading positions in the last 200 meters. Vic Heckler, 47, turned in a fine 4:31.3 for third in the 40-49 category while Fay Bradley, 53, who recently ran a 32:59 10K, showed his versatility with a 4:40.8 for first in the 50+ race.

Mary Ryan, 45, won the W40+ race in 5:18 from Belinda Sanders (5:28) in the last 400 meters. □

## Chiropassion 2 Run 4 Life

by MAURY DEAN

Recipe for a successful 5K race multitude? Take a gaggle of chiropractors from Brooklyn to Montauk Point 125 miles away, add every ambulatory footsore patient in their thriving practices, and send them to the hilly highways of Huntington. On October 6, Long Island's masters contingent arrived en masse, chasing the swift kids over a golden autumn tableau of homey haystacks and jack-o-lantern meadows. Awash in fall splendor, 1055 5K harriers hobbled to the finish line as the drizzle fizzled.

Rookie races are always an adventure; this one featured a 90° turn fifty meters into the race. Suffused with a passion (chiropassion?) for survival, I ran my best 50-yard dash since eighth grade, and then watched the fire-breathing stampede fly by me—a ribbon of raw Bugs Bunny speed.

Speedy Roger McCarthy, 49, 17:04, won the masters, though quirky age groups (41-45, 46-50, 51-55, etc.) saved his 45-49 competitors. Argentinian speedster Jorge Aguilera, 47, once the second-fastest masters runner on Long Island behind legendary Herb Kahl, zoomed to a 17:06, his best since his knee zapped him three years ago, to win the 46-50 gold over third-place Neil Battinelli. The 50-54 was decided in ten measly seconds, with Empire Games

mile champ Seth Kaminsky (17:30) outdueling Empire Games steeplechase champ Joe Cordero (17:36) and always-tough John Long (17:40). Johanne Carter took the W41-45 title (21:48), and Lana Soderholm the W51-55 (24:46).

Pumpkin season brings out the Island's best in the masters category. Our masters runners on the Subcontinent of Long Island might have a way to go to catch the fleet feet California contingent, or the Kenyan and Mexican mountain men of supersonic speed, but we have a lot of great local heroes.

So how'd we do? Roger notched a ninth overall, while Jorge took 11th out of nearly 1100. Though winner Andy Whitney hit a fantastic 15:07, second overall was 15:50, and when 45-year-olds can still crank out times only a minute slower, there's a triumph for all of us here somewhere. □

### Coming Next Month

- 1991 Masters Athletes of the Year
- TAC Convention Report
- Countdown to Miyazaki
- And much more



M50 team champion Syracuse Chargers (1:33:41), National Masters 5K Cross-Country Championships, Columbus, OH, November 3. From 1 to r: Sam Graceffo, Howard Rubin, Nate White, Vince Colgan, Bob Milner, Ed Buckley, and Dan Cohen. Photo by John White

## The 25th Annual Athens, Ohio Marathon

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Masters Men 40+	\$150	\$75		
Masters Women 40+	\$150	\$75		

Yes, I am interested in the 25th Annual Athens Marathon or Half Marathon. Please send me more information. M

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**Mall To: Mark Graham, P.O. Box 2282, Athens, Oh. 45701**





## Marion Irvine

This month's Sorbothane Athlete-of-the-Month is Sister Marion Irvine, 62, of San Rafael, Calif. She turned in an outstanding 1:29:56 in the Humboldt Redwoods Half-Marathon through Humboldt Redwoods State Park, south of Eureka, Calif., on October 20, eight days after her 62nd birthday.

The time broke the existing U.S. W60-64 record for the distance of 1:35:02, set by Helen Dick in 1985. On the masters age-graded scale, it was a month's best 95.7%.

Irvine won four gold medals in the 1991 WAVA World Veterans Athletics Championships in Turku, Finland, in the 1500, 5000, 10K and cross-country.

Runners up this month included:

- Walt Butler, 50, of Altadena, Calif., who raced to a sizzling 14.11 in the 100-meter hurdles — a 95.4% effort — in the Club West Meet in Santa Barbara, Calif., on October 19.

- Ryszard Marczak, 45, of Bydgoszcz, Poland, whose winning masters time of 2:21:03 in the New York Marathon on November 3 was a 95.3% performance.

- Doug Bell, 40, of Greeley, Colo., who won the National Masters 15K Championships in Tulsa on November 2 in 46:57 — 93.6%.

- New Zealand's Derek Turnbull, 64, who won the M60 division of the New York Marathon in 2:50:19 (93.4%).

- Gary Romesser, 40, of Indianapolis, who placed second behind Bell in the National 15K in 47:02 (93.1%).

- Ed Benham, 84, of Glen Burnie, Md., with a 74:38 in the National 15K (92.7%).

- Walter Dahlin, who unofficially broke the world M70 80m hurdle record with a 13.18 in the Club West meet. Dahlin, in a magnanimous act of honesty, later told the officials the record should not be allowed. A family member videotaped the race. When watching it at home that night, Dahlin said one of the hurdles was missing.

- Graziella Striuli, 42, of Italy, who won the women's masters title at the New York Marathon in 2:40:15 (91.8%).

- Ken Sparks, 46, of Chagrin Falls, Ohio, with a solid 1:11:23 (91.6%) in the Dayton River Half-Marathon, October 13.

Each month an outstanding masters

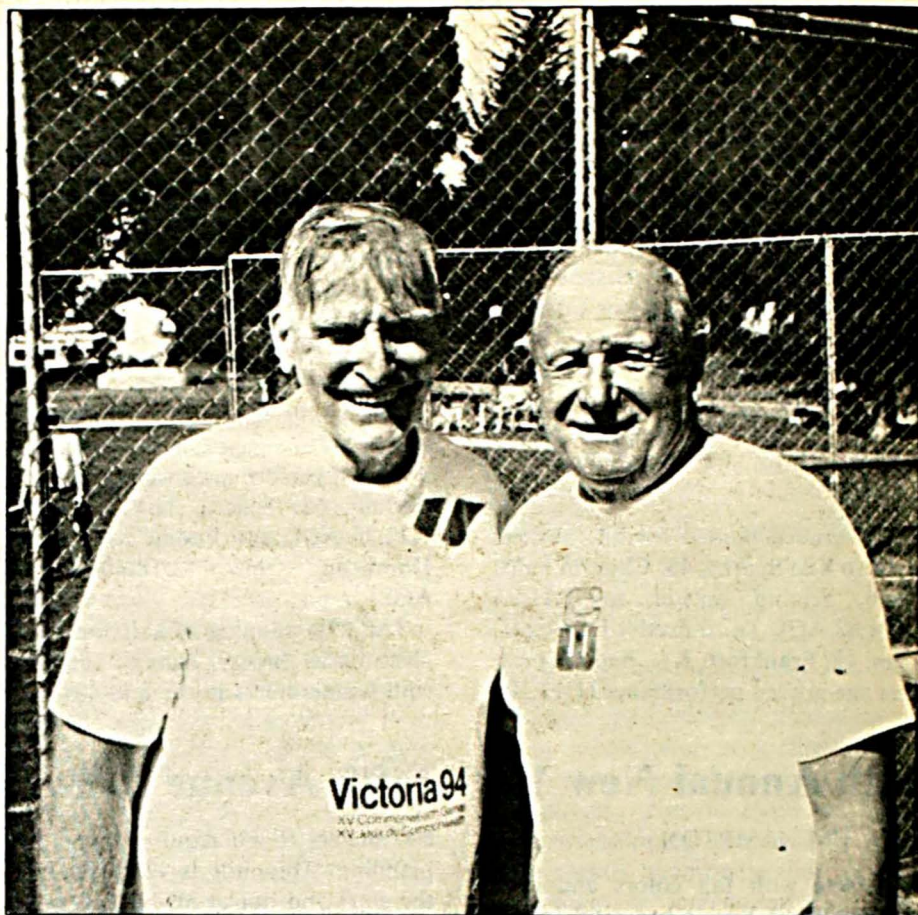
athlete is selected by the staff of NMN, based on performances in track, field, road racing, cross-country and race-walking during the previous month. The winner receives \$100 from Sorbothane.

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Congratulations to Marion Irvine — the Sorbothane Masters Athlete-of-the-Month. □



Marion Irvine



M70s Walt Jenkins (l) Vancouver, B.C., and Jim Minah staged the hottest hammer competition in the Club West Meet, Santa Barbara, Calif., October 19, with Minah winning 138-9 to 136-2. They may meet more often now that Minah, a native of Santa Barbara, recently moved to the Seattle area to be near members of his family.

Photo by Jerry Wojcik

## Butler Stars in Club West Meet

by JERRY WOJCIK

In the Club West Masters Meet in Santa Barbara, Calif., on October 19, Walt Butler, M50, was in world-record form with a 14.11 in the 100mH. The M50-54 record is an unofficial 14.3 by Charles Miller in 1988. Butler ran a pending 13.57 in the 1991 National Championships in July.

Another hurdler, Joy Margerum, W30, was the stand-out women's performer with four wins, including the 100mH (15.50).

The Best Track Athlete Award, given to the runner who scores the most points against competition, went to Bob Watanbe, M65, Los Angeles. His counterpart for the field events was Dave Douglass, M60, Los Angeles. The all-around Best Athlete Award winner was Bob Feaster, M60, Soquel, Calif. Marcel Diraison, M65, of France, with a 20:37, won the Ray Williams Memorial Trophy for the best 5000 time for M60-and-over.

Weather for the meet was perfect — sunny, warm, and almost windless — and officials and volunteers were plentiful. The meet always draws a good crowd, some from far off, and this year, out-of-staters included Jerry Cysewski, M70, of Washington; Mark (M60) and Caroline (W55) Richards of Virginia; and Jerry Donley, M60, past TAC masters t&f chairman, of Colorado.

In an unfortunate incident, John Martel, M60 hurdler from San Francisco, while warming up, suffered multiple metatarsal fractures, which necessitated surgery and his wearing a cast for several months. The injury may have ended his track career. □



Walt Dahlin betters the M70 80mH world record of 14.50 with a 13.18 in the Club West Meet, Santa Barbara, Calif., October 19.

Photo by Jerry Wojcik



## P.S. — The Mini-Crim

by MAURY DEAN

Ever go to the BIG RACE and run the Little Race? Ever feel so overwhelmed by the USRA Masters Circuit pros rampaging through your town that you decide to run the preliminary bout instead of the main event? Everyone knows that the Crim 10 Mile is among the tops in the U.S. for the distance. On August 24 in Flint, Mich., it took a good race and cut it in half for those of us who hit the wall at 6.3 miles, with an 8K and a brand-new 5K.

The 8K featured the notorious Barkley Hills, while the 5K crew duked it out on the undulations (not quite hills) by the Flint River, as the cool morning shifted to sultry.

The 8K masters champ, Bill Jones (28:12), had a super battle with Larry Hromek (28:14), while the bronze masters medal saw a similar situation between this reporter (28:24), who snuck past Nelson Mather (28:27).

In the 5K, only Rich MacLachlan (18:47) ran under 21 minutes in the M40-44. Canadian Lloyd Kehoe ran a nice 19:33 to lead the M50 crew.

Female masters races were less wire-to-wire, with Jane Ketchin (34:28) beating her closest W40 rival in the 8K by over six minutes and W45 winner Georgianna Tunningley (35:19) by a brick-paved block. Darlene Smith, W45, commandeered the 5K gold with a 20:44 effort, besting Michigan runner Maggie Zidar (22:32).



Len Olson, 60, throws the hammer 41.06 to capture the overall men's title with 3283 points, TAC National Masters Weight Pentathlon Championships, Gonzalez, La., Aug. 24.

Photo by Jeff Baty

Dinky these two races aren't. The 5K drew 705, not bad for openers on a first-year race, while the 8K presented the best efforts of well over a 1000 runners. The USRA Circuit is a great thing—I'm overjoyed that a few major leaguers can live on earnings from our dedicated running lifestyle. It also affords us hometown semi-speedsters a chance to meet the famous faces who grace *Runner's World*.

At the Crim, I had a nice discussion with the fastest M45+ in the U.S., modest Ken Sparks, who, despite a fourth M40+ overall, was eliminated from the money prize due to the overwhelming field. My pal Doug Goodhue, always in the top five M45 for all distances in Michigan, ran the race of his life and eked out a fifth in the BIG RACE, while national M45 steeplechase champ Mike Persak earned only a sixth place. Such are the horrors of the Circuit coming to town. What is the answer?

Wimp out. Go to the short race. At the Crim, you'll find all the good times, the frantic festival, the munchies and music, and maybe even the glory. In half (or a third) of the time. Who cares if John Campbell or Bill Rodgers wins the 10-miler? Maybe you'll win the 5K, and when you do, introduce yourself to John or Bill as the other masters medalist. As Robert Frost may have once said:

*Two roads diverged in a yellow wood,  
And you took the shorter one,  
Both Bugs Bunny and the Ninja Turtles  
Glommed trophies when the races were won.*

OK, OK, the Big Crim winners won \$1500, and yes, we mini-crim buffs won coffee mugs. Nifty, swell mugs, though. □

## Bell, Hutchison Tops in Tulsa

by JERRY WOJCIK

Doug Bell, 40, of Greeley, Colo., and Gary Romesser, 40, of Indianapolis, finished one-two in the TAC National Masters 15K Championships, run along with the Tulsa Run, in Tulsa, Okla., on November 2.

Masters cash awards were based on age-graded performances; Bell's 46:47 was also the age-graded best (44:07), earning him \$500. Romesser's 47:02 (44:21) was worth \$375. Ed Benham, 84, of Glen Burnie, Md., with a 74:38 (44:30) took the third award of \$275.

Other division winners were M45 Phil Benson, New Jersey, 51:37; M50 Karlton Naylor, Arkansas, 57:18; M55 Ino Cantu, Texas, 55:27; M60 Jack Gentry, Arkansas, 59:08; M65 Whit Mauzy, Oklahoma, 69:35; and M70 Leo Wade, Oklahoma, 81:40.

The M40-44 race had the largest field of 22. Masters men finishers numbered 1185, most of them without TAC registration, making them ineligible for championships places.

In the masters women's race, Jane Hutchison, 46, of Webb City, Mo., with a 56:48, and Nancy Mieszcak, 42, of Buffalo, N.Y., with a 57:09, took first and second.

Hutchison, with an age-graded 51:20, won the top prize of \$500, and Mieszcak (52:49) the second award of \$375. Carol McLatchie, 40, of Houston, Texas, with a 57:16 (53:41) won \$250.

The other division winners were W50 Linda Brown, Tulsa, 66:47; W55 Ruth Heidrich, Honolulu, 76:03; and W65 Jean Benear, Tulsa, 1:46:02.

Of the 273 masters women runners, most were not TAC-registered, leaving only 17 eligible for championship competition.

The 14th annual race was run in snow flurries and frigid temperatures, which struck Mid-America on the weekend. The event, which offered a total of \$26,500 in prize money, was directed by Stan Austin. Sponsors were The Williams Companies and the *Tulsa World*.

Open winners, who received \$5000 each, were Frank O'Mara (43:44) and Jill Hunter (49:09). □



### Five Years Ago

- Georgia's Charlie Polhamus Breaks Roger Ruth's M40-44 Pole Vault Mark of 15-1¼ With a 15-1¼ in the North American Masters Championships
- Bill Boyd of Canton, Mich., is First Master (M45, 2:36:22) and Wen-shi Yu First Woman Master (W50, 3:17:33) in Detroit Free Press International Marathon
- Englishman David Clark Tops Masters Field in the New York Marathon With a 2:26:53
- NMN Publishes Its 100th Issue

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# Women's Corner

by BECKY SISLEY

## Training Female Athletes

**D**r. Barbara Drinkwater is an internationally renowned researcher who has focused on the effects of exercise on females.

In Part 8.1 of *The Olympic Book of Sports Medicine* (edited by A. Dirix, H.G. Knuttgen and K. Tittel), she reports on some of the research being done on older female athletes. Here are her findings:

### Aerobic Power

1. The ability to utilize oxygen is determined more by training than by gender. The lower hemoglobin levels of women reduce the oxygen-carrying capacity of their blood to about 10% below male levels.

2. In sports where endurance capaci-

ty is the primary requisite for success, elite male athletes usually have higher levels of aerobic power than their female counterparts.

3. Studies of masters athletes show that endurance training is effective in maintaining high levels of aerobic power well into middle age.

## Here's What Readers Say About THE MASTERS RUNNING GUIDE



—This book is filled with information including chapters on: Minimizing Injury, Secrets of the Masters, Maintaining Mobility, Diet, Improving With Age, and Training Smart. I recommend this book for those of us "transitioning" into the "improving with age" category. (Great gift idea too.)

—Joyce Rankin, Reston (VA) Runners

—I wish I had read the book ten years ago. (I wish it had existed ten years ago.)

—Gordon Pitz, River to River (IL) Runners

—The book describes masters sports and discusses the safety of intensive competition for older athletes... It's tough to read the first chapter and not get an urge to slip on a pair of shoes and go for a run.

—Mike Davis, Indianapolis News

"I generally stay away from endorsing books, but this one is worth making an exception for."

—Jim Ferstle, St. Paul Pioneer-Press

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### Training

1. The effectiveness of aerobic conditioning programs is the same for men and women.

2. Women lose about 1.5mg of iron per day — twice as much as men — and frequently fail to meet the recommended daily allowance of 18mg of iron in their diet.

### Strength

1. Weight training can give women close to a 30% improvement in some muscle groups within a few months. This is similar to the percentage improvement for men. Women may have larger relative gains in strength because their initial levels of strength are lower.

2. Women may need special emphasis on upper body strength where their overall strength is 54% that of men, as contrasted to 68% of male strength in the lower body. Increasing muscular strength can also help prevent injuries.

3. The male-female difference in strength is primarily due to the anabolic effect of testosterone on the male's musculature. The male's larger muscles are a distinct advantage.

### Heat Tolerance

1. The procedures for heat acclimatization are the same for men and women. Heart rate and core temperature decrease. Tolerance time improves. Both sexes increase sweat capacity — particularly important because women's tendency to sweat less than men has been perceived as an inadequate response to thermal stress.

### Menstrual Function

1. Four main theories have been pro-

posed to explain why menstrual irregularities occur: a) a decrease in body fat content; b) acute and chronic hormonal changes resulting from sustained intense exercise; c) excessive energy expenditure; and d) psychological stress.

2. A prolonged hypo-estrogenic state may also result in a loss of bone mass. While exercise has been shown to assist older women in halting or even reversing bone loss, it apparently does not protect young athletes from a decrease in bone density.

### Summary

The primary difference between the sexes in response to training is related to the differential effects of estrogen and testosterone on the muscular system. □

(All comments, articles or other input on "Women's Corner" should be sent to Becky Sisley, 310 E. 48th St., Eugene, OR 97405.)



Gloria Brown, Grand Island, N.Y., setting a U.S. record 1:32:44 for age 59, Phelps Sauerkraut 20K, Phelps, N.Y., August 3.

Photo by Alexis Santaseri

### ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, DEC., 1991

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
LOUISE ADAMS (BOULDER, CO)	12-18-21	70-74
CHESTINE BARNES (CULVER CITY, CA)	12- 2-46	45-49
BEATRICE BLONSKY (TARZANA, CA)	12-16-21	70-74
GLORIA BROWN (GRAND ISLAND, NY)	12-20-31	60-64
MARIE HESSLER (PANORAMA CITY, CA)	12-24-26	65-69
MARY MARSOLAIS (EAGLE RIVER, AK)	12-13-36	55-59
JONI PENDLETON (SAN DIEGO, CA)	12-10-46	45-49
PHYLLIS SCHWANDT (DECATUR, IL)	12-31-21	70-74
JOAN STRATTON (S. LAKE TAHOE, CA)	12-11-51	40-44
ELS TUINZING (MILL VALLEY, CA)	12- 3-21	70-74
BARBARA VAIL (CA)	12-11-31	60-64
BEVERLEE ADAMS (AUS)	12-14-31	60-64
KIRSTEN GARBO (NOR)	12-14-26	65-69
ROBIN HAMES (NZ)	12- 5-36	55-59
SYLVIE KIMCHE (FRA-NEW YORK, NY)	12-11-46	45-49
MAUD NORKLIT (SWE)	12-22-11	80-84
AGNES O'DONOVAN (NZ)	12-15-36	55-59
DAPHNE PIRIE (AUS)	12-12-31	60-64
TATYANA SEVRYUKOVA (URS)	12- 0-16	75-79
KIRSTEN SKARVAG (NOR)	12-14-26	65-69
JOAN SUTTON (AUS)	12- 5-41	50-54
VERONICA WELGEMOED (RSA)	12- 1-31	60-64
JAMES ALLEN (EL CERILLO, CA)	12-24-21	70-74
IOANNIS BELLOS (GRE)	12- 8-36	55-59
MICHEL BERNARD (FRANCE)	12-21-31	60-64
RUSS BONHAM (BLOOMINGTON, IN)	12-10-31	60-64
STANLEY BROOKS (GB)	12-26-26	65-69
CHARLES BUCHTA (SKILLMAN, NJ)	12-12-41	50-54
NOEL CARROLL (GB)	12- 7-41	50-54
ARTHUR CONRO (MA)	12-26-36	55-59
BARRY CURTIS (BRONX, NY)	12-10-36	55-59
BURT DEGROOT (SAN CLEMENTE, CA)	12-17- 6	85-89
ROY FOLEY (AUSTRALIA)	12- 8-16	75-79
GEORGE FRENN (CA)	12-26-41	50-54
BROR-RICKARD GUSTAFSSON (SWE)	12-16-36	55-59
CAROL JOHNSTON (WHITTIER, CA)	12-24-11	80-84
MIKE KELLY (TYBEE IS., GA)	12-13-46	45-49
VANCE KOERNER (ORANGEVALE, CA)	12-26-26	65-69
ALEX LAMPARD (AUSTRALIA)	12- 2-16	75-79
TOM LAVERY (RSA)	12-18-11	80-84
EDWIN LUKENS (SYRACUSE, NY)	12- 9-21	70-74
ROBERT MILLER (SEATTLE, WA)	12- 6-36	55-59
JIM NOLAN (CAN)	12- 1-26	65-69
MAYNARD ORME (MONTE SERENO, CA)	12- 0-36	55-59
TOM PATSALIS (ALHAMBRA, CA)	12- 6-21	70-74
A. E. PITCHER (INDIANAPOLIS, IN)	12- 2- 1	90-94
GEORGE REEVES (CAN)	12- 1-26	65-69
GEORGE RHODEN (JAM-SAN DIEGO, CA)	12-13-26	65-69
HENRI SALAVARDA (BEL)	12- 1-36	55-59
DOUG SMART (SEATTLE, WA)	12- 4-36	55-59
RAY STEWART (SAN FRANCISCO, CA)	12-16-26	65-69
FRIEDRICH TEMPEL (WG)	12-15- 1	90-94
DEREK TURNBULL (NZ)	12- 5-26	65-69
JIM VERNON (WEST COVINA, CAL)	12-28-16	75-79
WILLIAM WEINACHT (ROCKY RIVER, OH)	12- 1-16	75-79
NICK ROSE	12-30-51	40-44



**New York Marathon**

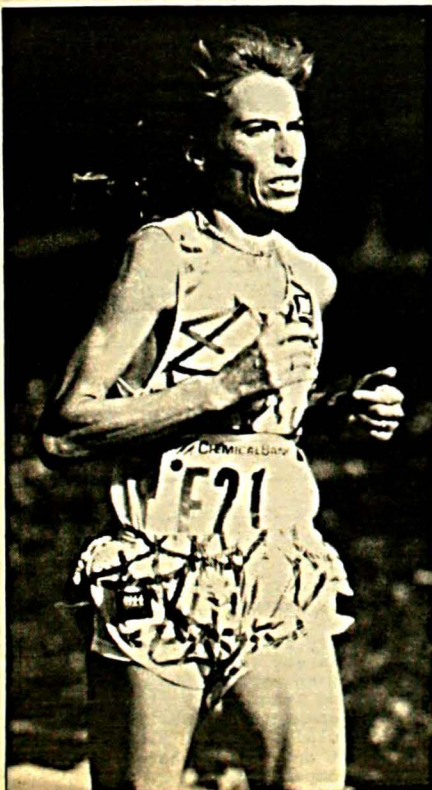
Continued from page 1

(2:37:01), Los Angeles (2:36:48), and New York over a two-year period. Although she has been selected for the Italian Olympic marathon team, she told the press that she prefers running in the U.S. because "there is equal prize money and substantial recognition for masters."

The M50 division was won by Mario Gonzalez of Mexico (2:29:10, 92.3% AG), while New Zealand's Derek Turnbull, 64, took the M60-69 division for the second year in a row with a 2:50:19 (93.4% AG). Afterward he declared that he is now the one to beat in the 1992 London Marathon, wryly noting that he found the huge New York turnout a bit different from the Riverton-to-Cargill marathon that he ran in 1956 where he was the only runner and the race director jumped on a bicycle and fulfilled all of the official duties, including starter, drinks steward and timer.


In the M70-79 age group, Andrew Neidnig, 72, took first place for the third consecutive year. A Millrose Club member, who won a bronze in Turku as a member of the U.S. 10K cross-country team, Neidnig completed the 26.2 miles in 3:42:49. "Every year I tell myself that I'm not going to run another New York City Marathon because it's getting harder and harder," he opined. "But each time I win, I guess I want to come back and... defend the title."

The oldest female finisher was New Yorker Lois Schieffelin, 80, who started marathoning at 75 and has completed five to date, with a time of 6:47:06. Her male counterpart was 93-year-old Joseph Galia of Germany who completed his 24th marathon in 7:59:34. □



Graziella Striuli, 42, of Italy, topped all women masters with a 2:40:41, NYC Marathon, November 3. Photo by Jack McManus/Agence Shot

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# THE FOOT BEAT

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

## Sciatic Pain

**Q.** I'm a 41-year old male runner. Recently, I developed a very painful sciatic condition which has kept me sidelined for four months. I've just started training again, but I'm afraid the sciatic pain will come back once I increase my efforts. What can I do to prevent this from happening, and — if the pain should return — is acupuncture helpful?

**A.** Your condition is certainly one of the most painful ones that affects athletes. It is quite disabling and it does not respond well to any type of treatment except rest.

The pain is probably caused by a combination of conditions which can include the pinching of the sciatic nerve below the hip muscles; an irritation of the nerve in the back of the leg; a secondary condition resulting from lower back disc problems; or an irritation to the nerve from scar tissue due to over training.

Resting for several months may be necessary to eliminate the pain. During that time, you can maintain your

physical condition by cross-training.

To prevent a recurrence of the injury, avoid stretching the hamstrings. This can irritate the sciatic nerve further. Use straight leg lifts to increase the size of the quadriceps, but avoid full knee extension during this exercise.

Moist heat three-to-four times a day for twenty minutes should help. You can try accupressure treatments, but I prefer — and have seen the best results from — physical therapy involving direct ultrasound to the back of the

hamstring area, moist heat packs and electrical stimulation. This will increase blood flow to the injured area and help promote faster healing. As a last resort, you might try a direct injection of cortisone or of a short-acting steroid.

This condition is always aggravated by speedwork. You must avoid sprint training and hill work for at least three months. A gradual return to running is the key to keeping this pain at bay. If it starts to return, stop and rest — then begin to slowly resume your training regimen.

If the pain keeps coming back no matter how long you rest between training periods, I suggest you consult an orthopedist or back specialist to determine whether there is any underlying back or disc disease that is contributing to your sciatic pain. □

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



New Zealand's Derek Turnbull, 64, turned in a sizzling 2:50:19 (93.4% AG) to take the M60-69 division, NYC Marathon, November 3. Photo by Jack McManus/Agence Shot

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**DIRECTIONS:** From North: I-95S to Branch Avenue (Exit 24). Turn left on Branch to light. Cross intersection, go up Cypress Street hill to Hope Street, turn right and follow to Athletic Center Complex. From South and East: I-95N to Branch Ave. (Exit 24). Turn right on Branch to light. Cross intersection and follow same as above.  
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\*\*Post entries will be \$7 first event; \$5 each additional event by 9:30 a.m. (for 10:00 events) and 11:30 for all other events.\*\*

ORDER OF EVENTS: Track		Field	
12:00 p.m.	55m Hurdles	10:00 a.m.	Weight Throw (Young to Old)
	55m (Trials/Finals)		Long Jump (Old to Young)
	Mile		Shot Put-Following WT (Young to Old)
	400m		Triple Jump-Following LJ (Old to Young)
	Mile Walk		High Jump (Bar not lowered)
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3. _____	_____	6. _____	_____

Total fee enclosed \$ \_\_\_\_\_

Mail entry form and check, payable to The Rhode Island Track and Field Foundation to: Neil D. Steinberg, 46 Roberta Avenue, Pawtucket, RI 02860.

Waiver: In consideration of your accepting this entry for the 1992 Brown University Masters Indoor Track and Field Meet, I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the TAC, Rhode Island Track and Field Foundation, or Brown University, their Agent, Representatives, Assignees or Sponsors for any and all injuries, damages and/or claims which I might otherwise have arising out of said event. I attest and verify that I am physically fit and sufficiently trained for this competition.

Date \_\_\_\_\_ Signature \_\_\_\_\_





# MASTERS RACEWALKING

by ELAINE WARD

## Governing Bodies of Masters Racewalking

This month's column is by Bob Fine, Executive Vice President of WAVA, the World Association of Veteran Athletes.

There are three governing bodies for Masters Racewalking: 1) The Athletics Congress (TAC) on the national level; 2) The North American Association of Veterans Athletes on the hemisphere level; and 3) the World Association of Veteran Athletes (WAVA) on the international level.

On the national level, TAC's Masters Track & Field Committee has jurisdiction over masters (40+) race walking. The national masters racewalking events controlled directly by the Masters T&F Committee are the 3000-meter indoor, the 5000-meter outdoor, the 10,000-meter outdoor for women, and 20,000-meter outdoor for men. Unfortunately, there has been a major problem with the administration of these indoor and outdoor championships.

Elaine Ward's article, *The Delinquent Twins*, in the September NMN went into some of the administrative problems. Without belaboring the specifics, I feel some changes need to be made. At the present time, Bev LaVeck chairs a racewalking sub-committee to the Masters T&F Committee. I propose each Masters T&F Regional chairperson appoint one person to constitute a seven-person masters racewalking committee. The

overall Masters T&F Chair, Barbara Kousky, would have the right to appoint anyone else whom she might like. This would make a viable working committee to supervise the operation of the championships. (Presently, LaVeck has a committee of approximately 20 active masters athletes throughout the country providing input to the Masters Program.)

As for the other national championship distances, there is an agreement that TAC's National Racewalking Committee will hold the remaining masters championships concurrently with open championships. The only condition to this arrangement is that masters receive the proper age-group classifications and proper awards. This places responsibility on the National Racewalking Committee to award a wide range of championship distances to TAC Associations throughout the country in an appropriate site-selection process.

This arrangement has worked fairly well in the past, but recently racewalking has exploded. The largest age-group classification now is masters, not open. It is a situation where the tail may be wagging the dog, in that we may have more masters competing than open athletes under 40, with the Racewalking Committee basically concerned with open athletes. I do not want to disturb the open program, but I feel very strongly that masters must control their own program.

Because several distances have failed to be awarded each year by TAC's Racewalking Committee, I started a North American circuit of championships which is strictly for masters men over 40 and masters women over 35. The circuit has been receiving good support, and gives a structure for annual

masters championships apart from the TAC championships.

On the international level, there never has been any official racewalking championships outside those that are held in every odd-numbered year as part of the World Association of Veteran Athletes (WAVA) Track and Field Championships. The most recent was held this year in Turku, Finland. These championships involve a men's and women's 5K on the track and a women's 10K and men's 20K on the road.

About six years ago, we restructured WAVA to have Stadia and Non-Stadia Committees. Racewalking comes under the jurisdiction of the Non-Stadia Committee. The Chairperson is Jacques Serruys. He has been very amenable to having official world road racewalking championships on even-numbered years to complement the Track and Field Championships held on odd-numbered years.

Next year, the WAVA Road Running Championships will be held in Birmingham, England, and they expect to have a non-championship racewalk-

ing event. Ultimately, it will be formalized. I don't know what the distances will be, but they probably will not be the distances held in the Track & Field Championships. It will depend on what the racewalking community wants, but the road racewalking championships will be concurrent with the WAVA, Non-Stadia Road Running Championships.

It is not fully appreciated that masters have an indirect effect on the success of the open program in our country because masters are providing the competitions and local coaching needed by young and open athletes. At the same time, the number of masters coming into racewalking is increasing so rapidly that we need to have more people get involved in the administration of the sport. This may be the biggest challenge to improving existing problems and providing more opportunities. □



HAPPY HOLIDAYS  
AND A  
HEALTHY NEW YEAR!



Nick Bdera, 43, (l) finished second overall (3:53:47), and Marc Bagan, M40, was fourth (3:56:25), TAC National Masters 40K Racewalk Championships, Fort Monmouth, N.J., September 15. Photo by Elliott Denman

## RUN IRELAND

June 14-21

Join Pat Savage and Hal Higdon in Ireland this summer. Pat is one of Chicago's most successful coaches and maintains contact with relatives in Ireland. Hal (an O'Leary) is Senior Writer for *Runner's World* and organizer of running vacations.

Together, they plan to lead a group of runners on an eight-day trip to the Old Sod. Depart O'Hare Field on Sunday, June 14, arriving Dublin early Monday. Three nights in Dublin, plenty of time for sightseeing and guided runs, ending with a Wednesday fun run from Malahide Castle to Swords.

Thursday, board a luxury motorcoach for an all-day sightseeing journey through the heart of Ireland, past Athlone and Cionmacnoise to Galway, where we stay two nights, climaxed with a road race and dinner Friday in Loughrea organized by one of Pat's cousins to inaugurate a new track.

Saturday, head for Limerick past the Cliffs of Moher, staying overnight in that city before flying home from Shannon Sunday, June 21. Optional tours (and runs) available for those who want to stay past one week. More details later.

Cost of this 7-Day Irish run/adventure is only \$1295!

Our Roadrunner Tours package includes: round-trip air Chicago/Ireland; 6 nights in first-class hotels including breakfasts; airport transfers and bus travel; portage charges; castle admissions, runs and guide service.

To reserve a place, send us your \$100-per-person deposit now (fully refundable until we provide final details later). Since air/land costs may rise, we will guarantee the \$1295 price if you pay in full now. (Those doing so before March 17 receive an autographed copy of Hal's coming book, "Run Fast.") The price is based on double occupancy (single supplements extra), but we usually match roommates. If you have questions, call Hal or Rose Higdon at (219) 879-0133.

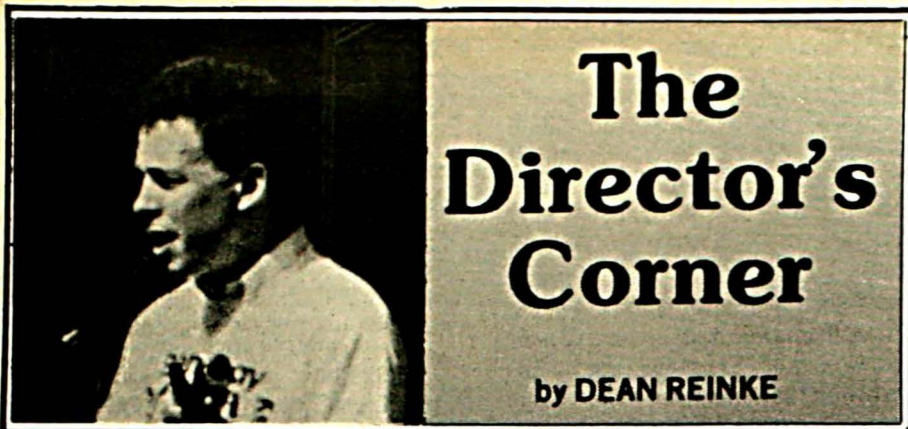
Sure, and I want to run Ireland with me favorite boy-ohs, Pat and Hal. Enclosed is my (completely refundable) deposit of \$100 per person.

Name (s): \_\_\_\_\_  
Address: \_\_\_\_\_  
Tel: \_\_\_\_\_

Mail to: Hal Higdon, 2815 Lake Shore Dr., Michigan City, IN 46360; (219) 879-0133; FAX (219) 874-7413.







# The Director's Corner

by DEAN REINKE

## Circuit Happenings

Despite near zero wind chill conditions and snowdrifts, runners still braved the Omaha Marathon and 10K, the 19th stop on the Sorbothane/USRA Master's Circuit. Curt Hoegh, 40, led the men in 34:19 for 10K, while Melanie Varley (W44, 52:09) led the women. Wisconsin's Judy Kirchoffer, 54, braved the travel conditions to lead the grand master's women in 51:04. . . . The Dayton Corridor Classic once again attracted a strong field of masters. Indiana's Gary Romesser M40, captured the men's division (1:08:58) ahead of Kaare Osnes. Cleveland's Ken Sparks (1:11:23) defeated Kentucky's Don Coffman in the competitive M45 division. Buffalo's Nancy Mieszczak, W40, running healthier after a 1990 injury-plagued season, captured the distaff side with a 1:23:09. Top Buffalo area runners and past circuit age group champions, Gloria Brown (W55, 1:37:49) and Loretta Shehan (W65, 1:56:18) captured their divisions respectively.

A big Sorbothane/USRA master's Circuit welcome to the San Diego Marathon (Dec. 8) which has replaced the Seattle Half-Marathon as the 22nd stop on the 25-city national circuit. Race Director Lynn Flanagan, for years one of the leading race directors on the West Coast, is a welcome

addition. The Seattle Half-Marathon has undergone a number of problems and leadership changes but we wish them well and hope they can rejoin the Circuit in the future. San Diego has new sponsorship and will strengthen the Sorbothane Circuit on the West Coast. Other West Coast stops

this past year have included the Pacific Sun 10K in San Francisco, the Fiesta 5000 in San Clemente, the ARCO America's Finest City Half-Marathon in San Diego, and now the San Diego Marathon (619-268-5882).

A good Philadelphia area event is the Brian's Run 10K on December 1 which annually attracts a strong mid-Atlantic field. . . . Not many do it better than the Rocket City Marathon on December 14. Pittsburgh's Ken Judson established a new masters American marathon record there a year ago and the course is fairly conducive to fast times. A thousand dollars goes to first place with \$500 for a new course record. . . . Not many race directors are more enthusiastic or creative than Austin's Paul Corroza of the Run-Tex Half-Marathon. John Campbell and George Sheehan will be on hand at the January 5th event. Look for a stellar field in the masters division.

Keep an eye on the first Tennessee Marathon in Memphis on December 1 with \$700 for the first male and female master. . . .

The Sorbothane/USRA Masters Circuit National Championship is moving to Orlando on February 1, 1992. The field will once again include one of the best masters fields ever assembled. Invitations have been extended to the top women including Nancy Grayson, Priscilla Welch, Barbara Filutze, Laurie Binder, Nancy Mieszczak, Claudia Ciavarella and Nancy Oshier. On the men's side invitations are out to Bill Rodgers, Manuel Vera, John Campbell, Mario Cuevas, Artemio Navarro, Wilson Waigwa, Dave Stewart, Gary Romesser, Bob Schlaue, Ken Sparks, Barry Brown, Doug Bell and Byron Dyce. New names looking to compete include newly-turned 40-year-old, Charlie McMullen, the former sub 4-minute Missouri miler, and 1980 U.S. Olympic Team marathoner Benji Durden. Later this month, Great Britain's Nick Rose turns 40 and is planning on running in Orlando.

Negotiations are continuing with New Zealand's John Walker in hope he will add a world's best 8K to the sub 4-minute mile he hopes to run the day after his birthday, January 12, 1992. Circuit organizers are pursuing a \$10,000 World Record Bonus for a men's world best which currently is 23:45, set by Domingo Tibaduiza at the Fujitsu Classic earlier this year in California. That standard eclipsed the 23:51 Mario Cuevas ran at the Circuit Championship two years ago in Naples, FL. Interest is sky high and those seeking entry forms and further information should call Dean Reinke Sports (407) 262-1350.

Wilson Waigwa demolished a strong field at the Chicago Rogaine 5K. He ran a quick 14:09, ahead of Canada's Dave Stewart, Indiana's Gary Romesser, former Michigan State standout Ken Popejoy, and former Colorado marathoner Chuck Smead. England's Tony Burke captured the men's masters marathon in 2:33:12, while Sandy Brant won the women's in 2:57:00. . . . A strong field once again ran at the Alhambra Moonlight 8K in California. Laurie Binder captured the \$1000 first-place masters prize in 27:54. . . . Shades of World Wrestling Federation at Providence Downtown 5K last month. It seems that Dave Stewart and Charlie McMullen got into a mad life or death sprint to the finish with elbows flailing. Words were exchanged in the finish chute as Olympian John Treacey stepped in as the peacemaker. No blows were struck, but Stewart got the nod and the \$1000 first prize.

### Sorbothane Cup Standings After 28 Events

#### MEN

Wilson Waigwa	15/3
Dick Benson	12/3
Bill Rodgers	8/2
Gary Romesser	8/2
John Hoener	7/2
Keare Osnes	5/2

Ken Hamilton	5/2
Don Coffman	5/2
John Campbell	5/1
Bob Schlaue	5/1

#### WOMEN

Nancy Grayson	14/4
Wen Shi Yu	13/3
Barbara Filutze	10/2
Nancy Oshier	8/2
Judy Kirchoffer	8/2

Nancy Mieszczak	6/2
Mako Shimazaki	6/2
Susie Kluttz	6/2

Levi Query	5/1
Mary Connolly	5/1

Colorado's Doug Bell, who is having a strong year, captured third overall at the Twin Cities 5K, running 14:48, 12 seconds behind Steve Scott, the overall winner. Wilson Waigwa took the \$1000 first prize at the Sun Carnival International Classic 15K, running 47:19. . . . Excellent prize money on tap January 4th at the annual Charlotte Observer Marathon and 10K. It should be a good final tune-up for the Sorbothane/USRA Masters Circuit National Championship one month later in Orlando. Mobile, Ala., was a warm host as the Delchamps/Senior Bowl Charity 10K conducted an excellent event on their first year on the Circuit. Local standout Don Wright, M40, won the men's masters in 34:14 while Susan Pierce, W40, ran 38:39 to lead the women. . . . Two months and counting to the Sorbothane/USRA Masters Circuit National Championship - we hope to see you there! □



Luigi Schiavo, third in the M45 long jump, Southern California Association TAC Championships, Los Angeles. Photo by Jerry Wojcik

### SORBOTHANE/USRA MASTERS CIRCUIT

#### PowerBar Men's Division

#### Point Standings after 28 Events

40-44 Men		65-69 Men		50-54 Women	
Kaare Osnes	36/5	John Hoener	20/4	Susie Kluttz	19/4
Wilson Waigwa	30/3	Dick Benson	15/3	Judy Kirchoffer	13/4
Gary Romesser	26/3	William Kohra	14/4	Sofia Turosz	5/1
Earl Owens	19/4	John Burton	9/2	Lis Valladsen	5/1
Bill Rodgers	17/2	Joe King	9/2	Mary Connolly	5/1
Ken Hamilton	17/2	George Thompson	8/2	Carolyn Hickey	5/1
Barry Schaeffer	17/2	Tom Edwards	8/2	Joan Williams	5/1
Steve Ruckert	16/2	Charles Dotson	8/2	Eillen Pus	5/1
Earl Owens	15/3	<b>70+ Men</b>		<b>55-59 Women</b>	
Luis Lopez	14/2	James Haudlin	6/2	Wen Shi Yu	20/4
John Campbell	10/1	Clayton Brelsford	5/1	Mako Shimazaki	9/2
<b>45-49 Men</b>		Paul Randall	5/1	Jeanette Chambers	5/1
Ron Ogilvie	9/2	Sam Sater	5/1	Dot Jones	5/1
Barry Brown	5/1	Wayne Zook	5/1	Toni Valdez	5/1
Roger Clark	5/1	Lois Edds	5/1	Bev Brunke	5/1
Don McCarthy	5/1	Alvin Grahn	5/1	Mary Woodring	5/1
Graham Tattersall	5/1	<b>Lily of France Women's Division</b>		<b>60-64 Women</b>	
Don Coffman	5/1	Nancy Grayson	40/4	Cassie Bazar	5/1
Bill Rader	5/1	Claudia Ciavarella	21/3	Toshiko Delia	5/1
<b>50-54 Men</b>		<b>40-44 Women</b>		Verlan Bruce	5/1
Ken Prior	9/2	Claudia Scott	20/2	Inez Ross	5/1
Fay Bradley	5/1	Nancy Oshier	18/2	JoAnn Long	5/1
James Lackey	5/1	Judith Miller	17/2	Colleen Marahon	5/1
Peter Jones	5/1	Janice Greiner	14/2	Marion Irvine	5/1
Charles Teseniar	5/1	Darlene Wallach	10/1	Dorothy Ranson	5/1
Jerry McGrath	5/1	Mary Geible	10/1	<b>65-69 Women</b>	
Jerry Knox	5/1	Sharon O'Connor	10/1	Margaret Hagerty	12/3
Michael Heffernan	5/1	Anna Knowles	10/1	Charlotte Baker	5/1
Tia Rostegge	5/1	<b>45-49 Women</b>		Edith Farias	5/1
<b>55-59 Men</b>		Barbara Filutze	10/2	Virginia Moore	5/1
Jimmy Davis	8/2	Jane Hutchinson	8/2	Lynn Edwards	5/1
Bob Rice	8/2	Heather Mathews	8/2	Doris Gordon	5/1
Sonny Monioz	5/1	Peggy Smith Hite	5/1	Mary Storey	5/1
Charles Flynn	5/1	Frances Strain	5/1	Helen Lachman	5/1
Mike Pacienza	5/1	Sherry Johnson	5/1	<b>70+ Women</b>	
Charles Rose	5/1	Helen Phelps	5/1	Louise Martin	5/1
Gerald Koch	5/1	<b>60-64 Men</b>		Ellen McCox	5/1
Bill Fortune	8/2	Bill Fortune	8/2	Irene Crane	5/1
Patrick Devine	8/2	Patrick Devine	8/2	Jaelyn Caselli	5/1
Takaaji Shimazaki	6/2	Takaaji Shimazaki	6/2	Althea Juraidini	5/1
Charles Evans	5/1	Charles Evans	5/1	Trudi Desimone	5/1
Manfred Struse	5/1	Manfred Struse	5/1	Zira Kellner	5/1
Jay Sturdeviant	5/1	Jay Sturdeviant	5/1	<b>PowerBar</b>	
Paul Saucedo	5/1	Paul Saucedo	5/1	<b>LYL OF FRANCE</b>	
Beko Sormuran	5/1	Beko Sormuran	5/1	<b>LYL OF FRANCE</b>	





## Report from Britain

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

On November 3, British runners made the pilgrimage to the windswept wastes of the U.K. oil capitol of Aberdeen for the fourth running of the Home Countries Cross-Country International. England managed to retain her hold on the seven team titles, mostly as a result of stellar performances from the M40 "B" teams. Further embarrassment was heaped on the shoulders of team selectors when "B" team members Roy Bailey (32:06) and Mike Hagar (32:24) finished in first and third places respectively in the 10K contest. They were split by Welshman Tony Simmons whose bad back kept him from making it four wins in a row with a 32:16.

Dick Evans (33:14) led the M45s, while Turku medalist Les Presland (33:58) and Steve James (34:05) were beaten by new M50 Graham Patton in 33:54. Gerry Spink, who just turned 60, won his division in 36:54 over Bill Stoddard (37:39).

Sally Young, W35, who captured three medals in Turku, narrowly edged Christine Price 16:57 to 17:10 in the 5K. Anne Roden took the W40s with a 17:50, while Maureen Singleton breezed to the W50 title in 19:50.

All of the competitors had to pay their own way to Aberdeen, many of them spending upwards of \$300 for the privilege of running for their country.

Two weeks earlier on October 20 Eugene 10K champion Alun Roper, M45, won the AAA's Vets Half-Marathon in 69:53 over a tough course at Sutton Park just north of Birmingham. Graham Patton took the M50 division in 72:51 as Liz Hughes, W35, grabbed the women's crown in 78:59. The fastest half, however, was at Stroud in Gloucestershire on October 27 where John Wheway, M40, ran a 65:29. Brian O'Neill bested the M45s in 69:39, with Graham Patton again taking the M50 group in 71:11. □

## Soviet Meets To Be Held In Moscow

The 1992 Soviet Union Masters Indoor Track and Field Championships will be held in Moscow on March 14-15. The Outdoor meet is also set for Moscow on July 11-12.

Vadim Marshev, President of the Soviet Veterans Sports Association headquartered in Moscow, extends a special invitation to all of his National Masters News friends to participate in either or both competitions. He recommends adding a week to your stay to visit the famous resort area by the

Black Sea and Yalta (he has a villa waiting for you).

His son, Oleg, by the way, is a classical pianist who performed in New York's Lincoln Center, November 18, playing Brahms, Rachmaninoff, Prokofiev and Liszt.

In addition, several other Soviet meets and races throughout the year are open to masters from other countries. For a complete list and travel details, contact Helen Pain at Sports Travel International; 1-800-466-6004 or fax 619-225-9562. □

## IAAF Rejects World Road Records

by BASIL HONIKMAN,  
Co-Director, TACSTATS

The 38th Congress of the International Amateur Athletics Federation met in Tokyo in August and decided not to proceed with the adoption of official recognition of world road racing records.

A year ago we would have felt this was a setback but, believe it or not, we are considerably relieved. It took only one meeting of a task force to study the implementation of the proposed world-record system to make me realize that the IAAF is not ready for road racing as we know it in the USA.

A system of world records would necessitate the adoption of an international set of rules; 184 countries would have to agree to abide by these rules. At the study group meeting in London last April, the intention was to recognize only 'outside the stadium' distances for record purposes. This meant no 5K, 8K, 10K or 12K records. The fact that the 10K road race probably attracted more contestants than any other athletic event seemed to have little influence on this group. Honorable and sincere men and women were unable to make the cross-

cultural leap necessary to understand and accept that road racing is a social organism. It has evolved and is still growing and changing. It simply cannot be designed conveniently to fit preconceived patterns.

Road racing events enjoy their success, popularity and financial health to the fact that they are one big community celebration. The strength and charm of the sport emanates from the individuality and personality of each event. Any regulation must be careful, responsive and supportive of the sport as a whole. A world-record system will, and is growing naturally out of the sport.

TACSTATS will continue to compile and publish unofficial world road racing records. The records committee at the 1991 TAC convention will be asked to consider whether or not to recommend the adoption by the Congress of an official U.S. system of world road records.

Not to do so would be folly because the entire sport in the U.S. talks about "The World Record." There is a certain zing attached to the phrase. It is one of the most potent promotional images we have — to be the best in the world — the world record. □

## Harvey, Oxley Vie for North American Post

As reported in October's NMN, David Pain, Chairman and Delegate of the WAVA North American Region, has resigned.

According to the North American Constitution, the Vice-Chairman (Don Farquharson) assumes the role of the Chairman until the next meeting in Xalapa, Mexico next August.

However, a new delegate to the WAVA Council must be chosen prior

to the next meeting of the Council (May 21-25 in Japan).

Farquharson has requested nominations for the delegate's post. At press time, two candidates — Rex Harvey of the USA and Brian Oxley of Canada — had been nominated. This month, ballots will be mailed to North American voting members. The results will be announced after December 20. □



M60 4x400 relay team members: (1 to r) Chuck Sochor, Bill Smallwood, Lawrence Anderson, and Harry Brown, IX WAVA World Veterans Championships, Turku, Finland, July 18-28, 1991.

Photo by Elissa Hyvonen

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# MASTERS SCENIE

## NATIONAL

• **Elton Richardson** of NYC was second female, with a W50-54 U.S. age-group record 4:24:54, in the TAC National Masters 40K RW Championships, Fort Monmouth, NJ, September 15. **Nick Bdera**, M40, of NYC was second overall (3:53:47) of a field of 82 open and masters walkers. **Jeanne Bocci**, W45, of Michigan, finished third (4:26:42) W40+ and **Donna Cetrulo**, W40, fourth (4:35:01). Masters team championships went to the **New England Walkers** trio and the women's **Shore AC**.

• **Bob Keating**, 44, Nashua, NH, and **Jeanette Smith**, 42, Indianapolis, trod to masters firsts in the National Masters One-Hour RW Championships, Cambridge, MA, October 20. Keating, first of 24 mixed-age men starters, covered 12,571m on the track at MIT. Smith finished sixth of 38, with 10,809m. Oldest walkers were **George Conway** (88, 6947m), Milton, MA, and **Simone McGrath** (73, 6575m), Woburn, MA.

• There will be an IAAF Veterans 8K Cross-Country race on March 20, one day before the World Cross-Country Championships in Boston. The race is not a championship, yet will showcase an unlimited number of masters runners from all interested countries. Men from the U.S. must be 40 and over, but, since it's an international event, U.S. women may be 35 and over.

• Is track making a comeback? Two former fixtures of the Mobile Indoor Grand Prix — the Cleveland Knights of Columbus meet (Feb. 15) and the Ottawa Winternational Games (Jan. 18) — are returning to the circuit this winter.

• Commenting on **Magic Johnson's** retiring from basketball after being diagnosed HIV-positive, **Ric Munoz** said: "Five years ago, I got the same diagnosis as Magic. Prior to learning of my status, I'd run six marathons. Since then, I've run 34 more, including a 2:54 in the 1991 L.A. Marathon. Obviously, I've rejected 'giving up' on life and all that it offers... HIV is a manageable condition."

## EAST

• **Belinda Saunders**, 40, defeated **Ann Davies**, 44, for the 40+ title by three seconds with a 19:15 in the NYRR Race For The Cure 5K, Central Park, NYC, October 13. **Cheryl Ralya**, 45, was third in 19:26. **Anna Thornhill**, 50, took the W50 race with a 20:24. **Kathleen Amato**, 28, was first of 1687.

• Decathlete **Boo Morcom**, M70, of Wilmot Flat, NH, livened up when he received word recently that Medicare had denied a \$38.31 claim he had submitted. Explaining the reason for denying the claim, Medicare wrote, "The date of this service was reported after the date of death." Not quite dead yet, Morcom responded:

"Dear Sirs, I have received your letter of October 3, 1991, in which you stated your refusal to pay my medical claim for \$38.31 because, as you indicated, the surgery was performed after my death. My feeling is you are guilty of bureaucratic nit-picking and that you are just a bunch of meanies."

As a postscript to his message, Morcom added, "P.S. Don't bother to send flowers."

• **Robin Rappa**, 45, of Massachusetts, pocketed \$500 for the 40+ win with a 38:03 in the women's Tufts Health Plan 10K, Boston, October 14.

• **Charlie McMullen** of New York led the masters contest most of the way in the Downtown 5K, Providence, RI, October 20, with Canada's **Dave Stewart** just off his shoulder. When Stewart tried to pass on the inside near the finish, elbows flew. Stewart got past and was given the win, both credited with 14:54. **Chuck Smead** of Colorado was third (15:10) and Massachusetts' **Bill Rodgers** fourth (15:15). **Nancy Grayson** of South Carolina took

the W40+ honors in 17:20.

• **Rick Hoebeke** (17:27) and **Kathy Brown** (20:51) logged 40+ firsts in the Sports Page 5K X-Country Challenge, Newark, NY, September 21. M40+ team winner was **Syracuse TC** (Greer, 17:42; Smith, 17:55; Cleary, 19:04).

• **Tom Carroll** (41, 17:03), Dunstable, MA, and **Margret Kemington-Oman** (44, 22:03), Andover, MA, paced the masters over a slippery, muddy course in the Yankee Runner 5K X-Country, South Byfield, MA, October 6. Carroll's Greater Lowe RR took the M40+ team title, and the Liberty AC, led by W50-59 winner **Barbara Pike** (50, 24:03), Concord, MA, took the W40+.

• Dartmouth coach **Carl Wallin**, who joined the M50 ranks on October 4, broke **Parry O'Brien's** U.S. M50-54 SP record of 52:7½ set in '85, with a 53:10 (6kg), on October 5, in a weight pentathlon at Hanover, NH. He also broke the U.S. single-age records for the 16-lb. (50-1½) and 12-lb. (57-0).

• **Harold Nolan** (M40, 16:34) and **Diane Hankins** (W40, 22:06) scamped to masters victories in the New Jersey TAC 5K X-Country Championships, Readington, October 27. **Austin Newman** (22:36) took the M70+ contest.

• **Dave Martin**, 56, a very popular member of the Philadelphia Masters, succumbed to a heart attack November 5. The Hummelstown, PA, resident was a second-place finisher in this year's National Masters Decathlon and is survived by his wife, Connie.

## SOUTHEAST

• **Carol Virga**, 40, Boca Raton, FL, was first female (57:10) in the Electric Island 15K, Miami Beach, October 20. First M40+ was **Alan Miller** (54:30).

• **Don Gammie**, Dayton, OH, broke the U.S. M60-64 mile record with a 5:04.9 in the Nashville TC Meet at Vanderbilt U., October 12. **Dave Stevenson** held the old record of 5:14.2, set in '89.

• **Anson Clapcott** (47, 37:57), Fort Lauderdale, and **Patty Dye** (42, 43:28), Wellington, FL, romped to 40+ firsts in the Coconut Festival 10K, Halover Beach, FL, October 27. In a rare outcome, **Mary Level-Menton**, 28, was the overall winner in 35:42.

• Colorado's **Benji Durden**, former top open runner, has turned 40 and won masters honors and \$300 in the Lightning 10K Run in Montgomery, AL, November 2 in 31:54. **Nancy Grayson** was first 40+ female in 35:25, also good for \$300.

## MIDWEST

• **Ryszard Marczak**, 45, of Poland, recorded a masters win (30:56) in the International 10K Peace Race, Youngstown, OH, October 13.

• **Gary Romesser**, 40, and **Nancy Grayson**, 40, turned in 40+ firsts in the Bowling Green 10K Classic, Bowling Green, KY, October 12. Romesser collected \$600 for his 30:15, and Grayson \$400 with an eighth-place 35:37.

• Two 40-year-old Indianapolis runners — **Bill Garaghan** (1:28:13) and **Marilyn Stranbridge** (1:42:57) were first 40+ in the StepAhead Stampede 25K, Indianapolis, October 3.

• **Tony Burke**, 42, of England, and **Sally Brent**, 40, of Colorado, braved the winds along Lake Shore Drive to take 40+ firsts in the Chicago Marathon, October 27. Burke's 2:33:12 was worth \$500, as was Brent's 2:57:19. **Wilson Waigwa's** masters first in 14:09 in the companion Rogaine 5K earned him \$750. **Dave Stewart**, 41, of Canada, was second in 14:50, with **Gary Romesser**, 40, of Indiana, third in 14:58, and **Ken Popejoy**, 40, of Illinois, fourth in 15:11.

• **John Campbell** won the masters contest by

three seconds with a 32:19 over **Benji Durden** in the Iowa City Hospice 10K, October 13.

• **Barney Klecker**, M40, Minnetonka, MN, rebounding from a broken ankle, placed sixth (2:38:39) in the Humana-Prime Health Marathon, Kansas City, MO, October 27. **Margie Lloyd-Allison**, W40, Colorado Springs, was W40+ first (3:20:09).

• **Martha O'Rourke**, 40, of Tulsa, was first female in the Tulsa Zoo 8K, Tulsa, OK, September 7. **Wesley Perkins**, 40, Tulsa took the M40+ race (28:36).

## MID AMERICA

• **Diane Palmason**, 53, who used to be one of Canada's top women masters distance runners, has moved to Englewood, CO. Slowly rounding back into form, she bettered the All-American W50 Standards of Excellence in the Rocky Mountain Games in the 5000 (20:51.5), 1500 (5:36.81) and 800 (2:37.39). "The 5000 is an embarrassment," she said, "but still one of my better performances since I began my battle with the chronic fatigue syndrome/virus/whatever in July, 1988." She's been relatively healthy for several months and is gradually increasing her training load. Now into coaching, she is interested in working with masters runners.

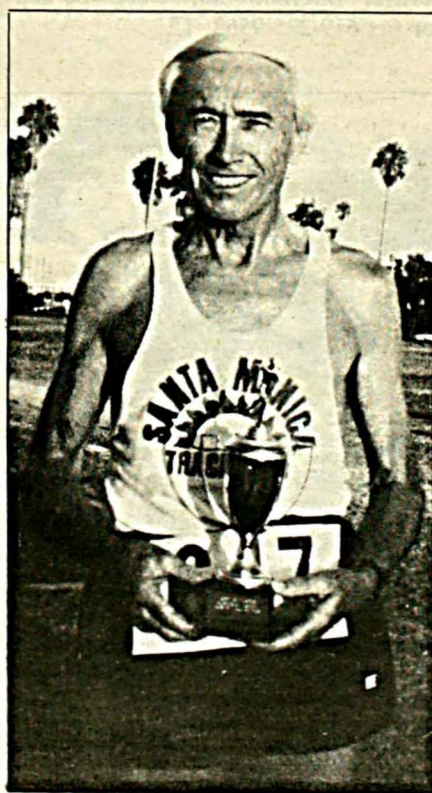
## SOUTH WEST

• **Ed Whiteman** (52, 1:49:31), Covington, LA, and **Eliza Walbridge** (41, 1:59:15), Zuni, NM, heeled and toed to 40+ firsts in the North American Masters 20K RW Championships, Midland, TX, October 5. **Richard Letsinger** (46, 1:52:16), Austin, TX, was second 40+.

• **Mike Diorka** (43, 17:06) and **Becky Ryder** (46, 22:01) netted masters firsts in the Gumbo Festival Bridge 5K, Bridge City, LA, October 13. Top grandmasters (50+) of the 1165 finishers were **Larry Fuselier** (56, 20:51) and **Elizabeth Van Bathum** (67, 25:11). First racewalkers overall were **Ed Kelly** (53, 31:57) and **Ruby Chaney** (49, 36:44).

• **Wilson Waigwa**, Kenyan in local residence, won the \$1000 masters prize with an eighth-place 47:19 in the Sun Carnival International 15K, El Paso, TX, October 6.

• **Max Goldsmith**, M65 sprinter from Dallas, has been inducted into the North Texas State U. Athletic Hall of Fame.



Marcel Diraison of France, winner (20:37) of the Ray Williams Memorial 5000 (M60-and-over), Club West Masters Meet, October 19, Santa Barbara, Calif. The award is given yearly to honor Ray Williams, a masters distance runner from the Santa Barbara area, who passed away several years ago. Photo by Ruth Williams

## WEST

• **Paul Spangler**, 92, of San Luis Obispo, Calif. who won seven medals in Turku, was featured on ABC-TV's *Prime Time Live* on November 14, and will be honored as "Senior Athlete of the Year" on ESPN-TV, December 25 at 8 p.m. EST (5 p.m. PST).

• **Bill Morrison**, 58, of El Paso, TX, racewalker and thrower, passed away recently in Flagstaff, AZ.

• The "King of the Hill" contest this year, October 6, was without major sponsorship providing appearance or prize money, but the mile race was as tough as ever up San Francisco Nob Hill's 12-18% gradient. Runners take about twice the time to complete the second half of the race as the first, and a six-minute average pace is only achieved by the fittest of competitors more accustomed to covering the distance in just over four minutes on the track. The masters race was without **Rod Dixon**, leaving the locals to decide the winner. **Harvey Franklin**, 47, was first in a PR 5:52, dusting off **Ramsey Thomas**, 47, 6:01, with **Jim Hampton**, 45, third (6:15), and **Searcy Barnett**, 44, fourth (6:19).

• Three laps around the block in the little town of San Rafael in Marin County and you have one of the reasons for miling after track season in California. The race, October 12, has twelve tight corners, but with masters and sub-masters all in the same heat, the pace is often quick. **Jim Hampton**, got out well on the tight, crowded course to win the masters competition in 4:34.2 over **Harvey Franklin** (4:43.2). **Doug Rustud** won the 50+ (5:14.6), and **Arnold Knepper** topped the 60+ category (5:54.7).

• **Stew Thomson's** M55 HT mark in the Sri Chinmoy Meet, September 22, November NMN, was incorrectly given as 50.90. It should have been 52.08, a PR with the 6kg.

• **Helen Dick**, 67, Los Angeles ran a 5K in Santa Monica, CA October 20, in 23:47.

• **Shirley Matson**, 50, of Moraga, CA, set a WR for the W50-54 5000 with a 17:26 on the track on September 26. Her time, a PR by nine seconds, knocked 20 seconds off the old record of 17:46, held by **Edeltraud Pohl** of Germany. Since turning 50 last November, Matson has set eight road (from the 5K to the marathon) and one track record.

• **Pete Escobar**, 63, competed in his first T&F event since high school at the Club West Masters meet in Santa Barbara, October 19. Escobar, owner of the famous Casa Escobar Restaurant in Marina Del Rey, Calif., just starting working out a few months ago when he learned about age-group competition from masters sprinter **Bob Watanabe**, a regular patron. Escobar lost 15 pounds and competed well in the 50, 100, and 200. "I really enjoy this," Escobar said at his restaurant where he was hosting the annual L.A. Valley AC social. "Since I've been working out, my employees say I'm not as crabby anymore. I can't wait to go to Japan in 1993."

• Further signs that running may be slipping in popularity comes from **Laszlo Tabori**, who has been coaching runners in the San Fernando Valley, four nights a week for 21 straight years. Because of lack of participation, Tabori has dropped his Monday/Wednesday sessions and now coaches only on Tuesday/Thursday. "The 18-29 year-olds just aren't interested anymore," Tabori lamented. "Most of my runners are over 35."

## INTERNATIONAL

• **Karen Gobby**, 38, of West Australia, ran the fastest (2:36:42) ever for an Australian veteran (W35+) woman in the July JAL Gold Coast Marathon. **Kevin Jury**, M40, was first veteran in 2:28:12.

• South Africa has decided to send a team to the 1992 Olympic Games in Barcelona. Presumably, the country will soon be accepted back into the fold of IAAF and WAVA, and thus would be eligible for the next WAVA World Championships in 1993 in Miyazaki, Japan.

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# schedule

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



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

## TRACK & FIELD NATIONAL

**February 15.** TAC/USA National Masters Indoor Pentathlon Championships, Indianapolis. Suzanne Hopkins, 833 N. Center Rd., Plainfield, IN 46168. 317/839-7736.

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

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

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

### EAST

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

**December 8 & 15.** MAC Indoor Meet, Fairleigh Dickinson U., Teaneck, N.J., 9 am-5 pm. Roslyn Katz, 170-11 65th Ave., Flushing, NY 11365. 718/358-6233.

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

**December 15.** Buffalo Belles & Brawn Indoor All-Comers, Buffalo St. College. 9:00 am. Gino Cacciatore, 145 Meadow Ln., Tonawanda, NY 14223. 877-8026.

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

**December 21.** MAC Indoor Meet, West Point Academy. 9:30 am-6 pm. See December 8 & 15.

**December 29.** Greater Rochester TC Indoor All-Comers, U. of Rochester, N.Y. 3:00-5:00 pm.

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

**January 12.** Brown Masters Indoor Invitational, Brown U., Providence, R.I. SASE to: Neil Steinberg, 46 Roberta Ave., Pawtucket, RI 02860. 401/728-2869(e).

**January 12.** Greater Rochester TC Indoor All-Comers, U. of Rochester, N.Y. 3:00-5:00 pm.

**January 12.** Brown U. Masters Indoor T&F Invitational, Providence, R.I. 10 am. Neil Steinberg, 46 Roberta Ave., Pawtucket, RI 02860. 401/728-2869 (e).

**January 12 & 26.** DC RRC Indoor Meets, Jefferson Community Center, Arlington,

Va. Masters mile races are qualifiers for Legends Masters Mile, George Mason U., February 9. No field events. DC RRC 24-hour hotline: 708/241-0395. Meet director: 920-5193.

**January 14.** Philadelphia Masters Indoor Development Meet, Haverford College. Pete Taylor, 3120 Schoolhouse Ln., Philadelphia, PA 19144. 215/842-3807.

**January 18.** 25th Annual Hartshorne Masters Mile, Cornell U., Ithaca, N.Y. In conjunction with Cornell Open Indoor Meet. E.R. Hoebeke, Race Director, 2706 Agard Rd., Trumansburg, NY 14886. 607/255-6530 (d); 387-6431 (e).

**January 19.** Philadelphia Masters Intra-squad "Dual Meet," Swarthmore College, Swarthmore, PA. 10:15 am. See Pete Taylor, below.

**February 2.** Kutztown U. Masters Indoor Meet. Kutztown, Pa. 10:15 am. Includes Rudolf Nilsen 2 mile, awards also in 55, 200, 400, 800, LJ, SP. Pete Taylor, 3120 Schoolhouse Ln., Philadelphia, PA 19144. 215/842-3807.

**February 2.** Buffalo Belles & Brawn Indoor All-Comers, Buffalo St. College. 9:00 am. Gino Cacciatore, 145 Meadow Ln., Tonawanda, NY 14223. 877-4026.

**February 2 & 23.** DC RRC Indoor Meets, Jefferson Community Center, Arlington, Va. No field events. DC RRC 24-hour hotline: 703/241-0395. Meet director: 920-5193.

**February 16.** Greater Rochester TC Indoor All-Comers, U. of Rochester, N.Y. 3:00-5:00 pm.

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

**March 1.** Buffalo Belles & Brawn Indoor All-Comers, Buffalo St. College. 9:00 am. Gino Cacciatore, 145 Meadow Ln., Tonawanda, NY 14223. 877-8026.

**March 7.** Philadelphia Masters Indoor Invitational, Haverford College. 4:00 pm. Pete Taylor, 3120 Schoolhouse Ln., Philadelphia, PA 19144. 215/842-3807.

**March 8.** Greater Rochester TC Indoor All-Comers, U. of Rochester, NY. 3:00-5:00 pm.

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

**July 5.** Garden State AC Inter-Continental Masters Championships, Randolph, N.J. New \$1,000,000 facility. Morton Hahn, 19 Bedminster Rd., Randolph, NJ 07869. 201/625-1764(d); 361-3282(e).

### SOUTHEAST

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

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

**March 7.** Virginia State Indoor Masters Championships, Lexington, Va. SASE to John Tucker, c/o RARO, 300 Diamond St., Lexington, VA 24450. 703/463-9525.

**April 4.** Naples-On-The-Gulf Masters Meet, Collier H.S., Naples, Fla. Open to m & w over age 19. Florida Circuit Meet. Rudy

Vlaardingerbroek, 10311 Windsor Way, Naples, FL 33942. 813/597-6870.

**April 18.** Florida Circuit Meet - Palm Beach County. Open to m & w over age 19. SASE to Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445.

**May 9.** Jacksonville TC Masters Meet, Bolles School, Jacksonville, Fla. Florida Circuit Meet. Lamar Strother, 1511 So. McDuff Ave., Jacksonville, FL 32205. 904/388-7860.

**May 16.** Florida TAC Masters Championships, Orlando. Open to m & w over age 19. SASE to Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445.

**May 23.** Florida Circuit Meet, Clearwater. Open to m & w over age 19. SASE to Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445.

**June 13-14.** 17th annual Northwest Classic, Miami-Dade Community College, N. Campus. Florida Circuit Meet. Jesse Holt, 1310 N.W. 90th St., Miami, FL 33147. 305/836-2409.

**July 11.** Florida Circuit Meet, Ft. Lauderdale (Sunshine Games). Open to m & w over age 19. Full slate. Five-year age-group awards. SASE to Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445.

**July 11.** Nashville TC Open & Masters Meet, Vanderbilt U. Randall Brady, 2709 Linmar Ave., No. 5, Nashville, TN 37215. 615/383-6733.

### MIDWEST

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

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

**June 13.** Indy Senior Classic, Indiana U. - Purdue U., Indianapolis. Annie Chester, 1426 W. 29th St., Indianapolis, IN 46208. 317/924-7059.

**June 20.** Cleveland Track Classic, Wickliffe H.S. Jeff Gerson, 4173 Wilmington Rd., South Euclid, OH 44121. 216/382-2656.

### MID-AMERICA

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

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

**January 4.** UNL/SmithKline Beecham Regional TAC Indoor Championships, U. of Nebraska, Devaney Center. Gary Bredehoff, 4037 N. 20th, Lincoln, NE 68521. 402/435-7061.

**June 28.** TAC Mid-America Sectional Masters Championships, Nebraska Wesleyan U. Gary Bredehoff, 4037 N. 20th, Lincoln, NE 68521. 402/435-7061.

### SOUTHWEST

Louisiana, Mississippi, Texas.

**April 5.** Houston Senior Olympics, Butler Stadium. 55+. Terri Riha, Coordinator, 5601 S. Braeswood, Houston, TX 77096. 713/351-7250.

### WEST

Arizona, California, Hawaii, New Mexico, Utah.

**December 14.** All-Comers Meet, Hancock College, Santa Maria, Calif. 11 a.m. Grass-Tex track & runways. Kelly Moore, 805/349-0884, or Mike Morris, 805/925-7306.

**December 14.** All-Comers Meet, Santa Monica City College, Pico Blvd., Santa Monica, Calif. Open for masters. 9 am.

**December 14.** Foothill College Throws Series, Los Altos Hills, Calif. First event

## ON TAP FOR DECEMBER

### TRACK AND FIELD

The Eastern indoor season gets rolling, while outdoor competition includes all-comers meets, a weight pentathlon, and a decathlon in California on the 14th, and a weight pentathlon in Florida on the 29th.

### LONG DISTANCE RUNNING

The National Masters 10K Championships will be held in New Orleans on the 8th, following the 13th Annual TAC convention, which runs from the 2nd through the 7th in the Crescent City.

Among races of interest to masters on the 1st are Brian's Run 10K in Pennsylvania and the First Tennessee Marathon in Memphis.

The 8th contains a longer list, with the Tampa Bay Marathon; California International Marathon, Sacramento; Fiesta Bowl 10K, Phoenix; San Francisco Half-Marathon; and San Diego Marathon.

The Rocket City Marathon, a masters favorite and a USRA Circuit race, is set for the 15th, followed by the Honolulu Marathon on the 15th.

Runners who like to combine fun with games should check into the Las Vegas Half-Marathon on the 21st, while Sooners should rush to Tulsa for a 5K.

Snowbirds will join locals for the Orange Bowl Marathon on the 28th.

Again, New Year's Eve offers races for those who want to start the year on the right (or left) foot.

### RACEWALKING

Most of the races mentioned above and listed in the LDR schedule include racewalk divisions.

HAPPY HOLIDAYS! ☐

9:30 am. Foothill College, c/o Gary Kelmenson, 2501 Friesland Ct., Santa Cruz, CA 95062. 408/479-0202. Coach Joe Mangan, 415/949-7358.

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

**January 4.** All-Comers Meet, Hancock College, Santa Maria, Calif. 11 am. Kelly Moore, 805/349-0884, or Mike Morris, 805/925-7306.

**January 11.** All-Comers Meet, Santa Monica City College, Pico Blvd., Santa Monica, Calif. Open for masters. 9 am.

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

**May 25.** San Diego Senior Sports Festival, Balboa Stadium. 55+. Sam Cohen, 4867 A Collwood Blvd., San Diego, CA 92115. 619/286-3588; 583-3300.

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Continued from page 18

**June 20.** SCATAC District Championships, Occidental College, Los Angeles. SASE to Christel Miller, 1740 Grandview Ave., Glendale, CA 91201. 818/843-2139 until 9 p.m.

**July 25-26.** TAC Western Sectional Masters Championships, Chabot College, Hayward, Calif. Jim Johnson, 1026 Murchison, Millbrae, CA 94030. 415/697-1889.

**NORTHWEST**

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

**June 6.** Senior Sports Festival, West Seattle Stadium. 55+. Diana Hoyland, 100 Dexter Ave. No., Seattle, WA 98109. 684-4951.

**June 6.** Scholastic/Masters Meet, Lewis & Clark College, Portland, Oregon. Mike Monahan, P.O. Box 1143, Gresham, OR 97030. 503/667-1145.

**June 19-20.** Montana Senior Olympics, Billings. 55+. Don Tavalacci, 465 Freedom Ave., Billings, MT 59105.

**INTERNATIONAL**

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

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

**LONG DISTANCE  
RUNNING  
NATIONAL**

**December 8.** TAC/USA National Masters 10K Championships, New Orleans. New Orleans TC, P.O. Box 52003, New Orleans, LA 70152-2003. 504/482-6682.

**January 12.** TAC/USA National Masters Half-Marathon Championships, DeLeon Springs, Fla. Also team championships.

John Boyle, P.O. Box 1824, DeLand, FL 32721-1824. 904/736-0002.

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

**EAST**

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

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

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

**December 8.** Jingle Bell 5K For Arthritis, Hagerstown, Md. Judy Griffin, 370 Virginia Ave., Hagerstown, MD 21740. 301/791-2235(d), or Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 701/733-6076(n).

**March 20.** International Veterans Cross-Country Classic, Boston, Mass. Precedes IAAF World Championships. John McGrath or Sue Smith, 617/891-4538.

**April 20.** 96th Boston Marathon, Boston, Mass. Entry deadline March 9. Qualifying times: M40 3:20; M45 3:25; M50 3:30; M55 3:35; M60 3:40; M65 3:45; M70+ 3:50; W40 3:50; W45 3:55; W50 4:00; W55 4:05; W60 4:10; W65 4:15; W70+ 4:20. SASE to BAA Boston Marathon, P.O. Box 1992, Hopkinton, MA 01748. 508/435-6905.

**SOUTHEAST**

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

**December 1.** First Tennessee Memphis Marathon, Memphis, Tenn. Masters

money. Kim Cherry, Box 84, Ste. 1001, Memphis, TN 38101. 901/523-4726.

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

**December 8.** Tampa Bay Marathon, Tampa, Fla. Brandon RA, P.O. Box 1564, Brandon, FL 35509-1564. 813/974-2125.

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

**December 28.** Orange Bowl Marathon, Miami. Michael Peyton, 7920 SW 40th St., Miami, FL 33155. 305/227-1500.

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

**January 5.** Miami Marathon & Half-Marathon, Miami, Fla. Also state RRCA/TAC 5K Championships, Miami RC, Tropical Park Stadium, 7920 SW 40th St., Miami, FL 33155. 305/227-1500; 800/940-4RUN.

**January 11.** 10th Annual Running Pentathlon, Clearwater, Fla. Masters & open. On track: 3000, 800, 200, 400, 1500. Must run all five. Dick Lacey, 1207 S. Duncan Ave., Clearwater, FL 34616. 813/447-7161.

**January 11.** Naples 8K At Pelican Bay, Naples, Fla. Dean Reinke, 400 N. New York Ave., Ste. 103, Winter Park, FL 32789. 407/647-2918.

**February 15.** Gasparilla 15K/5K, Tampa Fla. SASE to Gasparilla, P.O. Box 1881, Tampa, FL 33601-1881. 813/229-RUNN.

**MIDWEST**

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

**April 12.** 25th Annual Athens, Ohio Marathon/Second Annual Half-Marathon. 12 noon. Mark Graham, P.O. Box 2282, Athens, OH 45701 or Tony Mele, 614/593-6120.

**MID-AMERICA**

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

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

**December 21.** Tulsa Holiday 5K, Tulsa, Okla. Masters money. Glen Lafarlette, 263 E. 45th Pl., Tulsa, OK 74105. 918/742-5344.

**SOUTHWEST**

Louisiana, Mississippi, Texas.

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

**December 15.** Holiday Half-Marathon, Tucson, Ariz. So. Ariz. RC, 4625 E. Broadway, Ste. 112, Tucson, AZ 85711. 326-9383.

**December 15.** Appletree Jingle Bell 5 Mile, Houston, Texas. Downtown YMCA, 1600 Louisiana, Houston, TX 77002. 713/659-8501.

**January 5.** 85th Jackson Day 9K, New Orleans. NOTC, P.O. Box 52003, New Orleans, LA 70152-2003. 504/482-6682.

**WEST**

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

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

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

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

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

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

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

**December 15.** Honolulu Marathon, Honolulu, Hawaii. Jonathan Cross, 3435 Waialae Ave., Rm. 208, Honolulu, HI 96816. 808/734-7200.

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

**December 29.** Baby Boomer West 10K, Phoenix, Ariz. SASE to: Arizona Road Racers, P.O. Box 37876, Phoenix, AZ 85069-7876. 602/954-8341.

**January 5.** Run-Tex Half-Marathon, Austin. USRA Masters Circuit. Paul Corroza, 512/472-3254, or Dean Reinke & Associates, 407/647-2918.

**January 11.** Bud Light Paramount 10K World Masters Division, Paramount, Calif. Masters money. Oscar Rosales, 7846 Connie Dr., Huntington Beach, Calif. 92648. 714/841-5417. No entry fee. Must meet qualifying standards: M40 34:00; M45 36:00; M50 38:00; M55 40:00; M60 43:00; M65 47:00; M70 52:00; M75 65:00; M80 90:00; M85 100:00; M90 110:00; W40 40:00; W45 42:00; W50 44:00; W55 47:00; W60 52:00; W65 60:00; W70 75:00; W75 90:00; W80 100:00.

**January 18.** Record Searchlight 10K/Half-Marathon, Redding, Calif. Masters money. Tony Johnson, 9009 Olney Park Dr., Redding, CA 96001. 1-800-THE-HALF.

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

**March 1.** Los Angeles Marathon, Los Angeles, Calif. L.A. Marathon, 11110 West Ohio Ave., Ste 100, Los Angeles, CA 90025-3329. 213/444-5544.

**INTERNATIONAL**

**June 14-21.** Run Ireland Tour, includes stays and runs in Dublin, Galway, Limerick. Hal Higdon, 2815 Lake Shore Dr., Michigan City, IN 46360. 219/879-0133.

**August 29-30.** 1st WAVA Road Running Championships, Birmingham, England. W40+, W35+, 10K/25K. Barbara Dunsford, 71 Hillside Crescent, South Harrow, Middlesex, HAZ OQU England, Phone: 011-44-81-422-7157.

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

<b>M30-34</b>			
Jim Fountain	Pole Vault	15-1/2	7-27-91
<b>M35-39</b>			
Tom Thompson	100M	10.9	6-22-91
Rick Easley	1500M	4:13.03	6-15-91
Al Wright	200M	23.26	7-4-91
David Ortman	400M	58.6	6-26-91
<b>M40-44</b>			
Jerry Cash	Pole Vault	14-6	6-22-91
John Roehr	Shot Put	45-6	8-11-91
Walt Davenport	Triple Jump	41-6 1/2	7-5-91
Jerry Senters	Shot Put	43-4	6-22-91
	Discus	143-11	6-22-91
<b>M50-54</b>			
James Hart	Shot Put	45-8	1-19-91
	Discus	150-4	4-1-91
	Hammer	131-1 1/2	4-1-91
David Connolly	100M	12.5	7-14-91
Robert Miller	100M	12.3	6-28-91
	200M	25.41	6-23-91
	400M	57.7	7-31-91

Dick Bloomfield	Hammer	140-0	6-22-91
	35# Weight	41-2	6-22-91
	56# Weight	27-7 1/4	6-1-91
<b>M55-59</b>			
Jim Schlewitz	100M	13.0	8-10-91
	200M	27.2	8-10-91
Neil Saling	Shot Put	39-3	6-22-91
	Discus	41.56	6-22-91
<b>M60-64</b>			
Alan Maxwell	100H	18.55	7-12-91
Don Mather	Discus	131-7	6-15-91
Loren Swanson	Decathlon	5415 pts.	6-22-91
Alan Cohen	Pentathlon	2725 pts.	8-31-91
Zamir Bavel	25# Weight	11.77	1-20-90
	Hammer	114-1	7-25-87
	25# Weight	38-4 1/2	9-8-91
	56# Weight	14-9 1/2	9-8-91
	Hammer	36.04	8-31-91
<b>M65-69</b>			
Sam Madia	400M	69.17	7-31-91

<b>M75-79</b>			
Bill Tallmadge	SK	32:48	7-18-91
<b>W30-34</b>			
Mary E. Malloy	800M	2:27.2	3-9-91
	800M	2:30.5	16-16-90
<b>W45-49</b>			
Brenda Bloomfield	Hammer	100-1/2	6-22-91
	20# Weight	28-10 1/2	5-4-91
<b>W55-59</b>			
M. Seewerker	SK RW	31:14	5-1-91



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

Event	MEN													
	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	
1500	6:42	6:53	7:03	7:15	7:29	7:45	8:04	8:26	8:50	9:04	9:49	11:00	11:45	13:02
Mile	7:12	7:24	7:36	7:49	8:04	8:21	8:41	9:18	9:42	10:30	11:48	12:36	14:03	
3000	13:59	14:23	14:46	15:12	15:36	16:12	16:54	18:00	19:00	20:30	23:00	24:36	27:18	
2Mile	15:04	15:30	15:54	16:24	16:54	17:30	18:12	19:24	20:27	22:06	24:48	26:30	29:24	
5000	23:36	24:13	24:48	25:33	26:24	27:18	28:24	30:24	31:54	34:33	38:42	41:24	45:54	
10K	48:08	49:10	50:27	51:54	53:33	55:26	59:06	63:21	66:30	70:09	78:36	84:06	93:18	
15K	1:12	1:14	1:16	1:19	1:23	1:27	1:31	1:35	1:40	1:47	1:58	2:10	2:22	
20K	1:38	1:40	1:43	1:47	1:52	1:57	2:02	2:09	2:17	2:27	2:40	2:55	3:10	
50K	4:30	4:36	5:00	5:09	5:20	5:41	5:53	6:20	6:48	7:12				

Event	WOMEN													
	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	
1500	7:25	7:39	7:53	8:08	8:26	8:45	9:08	10:39	11:15	11:58	12:50	14:17	15:36	
Mile	8:00	8:15	8:30	8:45	9:03	9:42	10:18	11:30	12:09	12:54	13:48	15:21	16:48	
3000	15:30	16:00	16:30	17:00	17:33	18:48	20:06	22:12	23:33	25:00	26:48	29:48	32:36	
2Mile	16:44	17:15	17:46	18:18	18:54	20:12	21:36	24:00	25:21	26:54	28:54	32:09	35:09	
5000	26:13	26:56	27:42	28:33	29:36	31:33	33:48	37:30	39:36	42:06	45:09	50:18	55:12	
10K	53:25	54:41	56:12	58:00	63:12	65:48	70:33	76:06	82:42	87:54	94:12	1:02	1:15	
15K	1:24	1:26	1:29	1:32	1:35	1:39	1:46	1:55	2:04	2:13	2:22	2:33	2:48	
20K	1:54	1:57	2:01	2:05	2:09	2:14	2:23	2:34	2:47	3:00	3:13	3:38	3:47	
50K	5:11	5:26	5:36	5:46	6:00	6:25	6:41	7:13						

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

### U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

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

notes: 1) 100 standards are for automatic time; use standard conversion for hand time.  
 2) Short hurdles: 30-39: 33"; 40+: 30"  
 3) Shot put: 30-49: 4k; 50+: 3k.  
 4) Javelin: 30-49: 600gm; 50+: 400gm.  
 5) Hammer: 30-49: 4k; 40+: 3k.  
 6) Metric heights and distances are the standard; feet and inches listed for convenience.

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

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
Mile	4:31	4:35	4:42	4:53	5:07	5:25	5:49	6:14	6:51	7:38	8:42	10:10
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:00	33:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:15	69:30
110H	15.3	16.4	17.75	18.75								
100H					18.0	19.0	20.0	21.3				
80H									18.0	21.0	25.0	30.0
400H	57.6	59.7	62.0	64.4	67.2	70.6						
300H					48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC	10:00	10:20	10:55	11:40	12:30	13:20						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.13	1.02	.92
	6-4 1/2	6-3/4	5-9/4	5-6	5-2 1/2	4-11	4-7 1/2	4-4	3-8	3-4	3-1	
PV	4.40	4.15	3.90	3.60	3.30	3.05	2.80	2.55	2.30	2.05	1.80	1.50
	14-5 1/2	13-7 1/2	12-9 1/2	11-9 1/2	10-10	10-0	9-2 1/2	8-4 1/2	7-6 1/2	6-8 1/2	5-11	4-1



# TRACK & FIELD RESULTS

Please send masters meet results to NATIONAL MASTERS NEWS, PO BOX 2372 VAN NUYS CA 91404. If possible, please type single space with minimum of white space.

## NATIONAL

### Darmouth Weight Meets Hanover, NH

-August 25-  
**16# SP**  
1 Carl Wallin 49 50-½  
U.S. record--age 49  
4 Harold Krause 43 39-3½

**12# SP**  
1 C Wallin 49 55-9  
2 H Krause 43 45-7½

**16# HT**  
3 Carl Wallin 49 148-2  
6 H Krause 43 129-1

**2kg DT**  
4 H Krause 43 103-0  
5 C Wallin 49 102-9

-September 1-  
**16# SP**  
1 Carl Wallin 49 50-2½  
U.S. record--age 49  
2 Bob Mead 47 46-8 3/4  
4 Luke Hotte 44 43-3  
5 Bob Harvey 48 42-6½

**12# SP**  
1 C Wallin 49 55-9  
2 B Harvey 48 49-3½

**6kg SP**  
1 C Wallin 49 53-2

**16# HT**  
2 Bob Mead 48 152-8  
3 C Wallin 49 148-6  
4 Mike Grisko 44 114-11  
5 B Harvey 48 112-11  
6 Luke Hotte 44 102-9

**2kg DT**  
2 B Harvey 48 113-5  
3 C Wallin 49 112-5

-September 8-  
**16# SP**  
1 Carl Wallin 49 50-½  
3 Mike Grisko 44 31-0

**12# SP**  
1 Carl Wallin 49 56-9

**6kg SP**  
1 C Wallin 49 53-5 3/4

**1.5kg DT**  
1 C Wallin 49 130-0

**35# Weight**  
2 C Wallin 49 47-3/4

-September 15-  
**16# SP**  
3 C Wallin 49 48-7½

**5kg SP**  
4 Cliff Blair 62 47-1

**16# HT**  
3 C Blair 62 5kg 158-8  
5 Dave Chesborough 30133-3

-September 22-  
**16# SP**  
1 C Wallin 49 49-1½  
3 Mike Grisko 44 34-7

**16# HT**  
4 Mike Grisko 44 125-2

**2kg DT**  
2 C Wallin 49 1.5kg 128-7  
3 Mike Grisko 44 145-6

-October 5-  
**Weight Pentathlon**  
(SP/WT/HT/DT/JT)  
Mike Grisko, 44, 2780/3352 (12.34/13.51/40.64/37.22/27.82)  
Carl Wallin, 50, 3657/4345 (16.41/14.94/47.22/40.92/42.88)  
16.41 SP-U.S. M50-54 record  
Cliff Blair, 62, 3735/4504 (14.87/18.77/45.90/30.62/30.76)  
18.77 WT-U.S. age-62 record  
(C Wallin 16# SP 50-1½ & 12# SP 57-0 U.S. age-50 records)

-October 19-  
**16# SP**  
2 Bob Mead 47 47-7

**6kg SP**  
1 C Wallin 50 52-11½  
2 Bob Mead 47 52-4

**Hammer**  
4 B Mead 47 16# 159-7  
5 C Wallin 50 6kg 156-2

**Discus**  
4 B Mead 47 2kg 135-0  
5 C Wallin 50 1.5kg 133-10

### Triple Cities RC Meet Rochester, NY; October 20

**Open Mile**  
1 Tom Carter 39 4:26.2  
2 Bob Somerville 38 5:06.4  
3 Jonathan Reid 33 5:19.9  
4 Rick Woit 37 5:49.9  
5 Ken Florence 37 5:50.5  
6 Joe Miller 41 6:27.5  
8 Pete Keyes 55 6:54.3  
10 Doug Kilmer 39 7:03.4

**Masters Mile**  
1 Joe McGuinness 45 5:39  
2 David Weston 47 5:40  
3 Joe Mee 47 5:53  
4 P Greenberg 41 5:54  
5 Tony Farrand 56 5:58  
6 Ron Sloum 48 6:29  
7 Frank Holby 66 7:43

## SOUTHEAST

### Great Gainesville Meet Gainesville, FL; September 28

**100m**  
M35 Alfredo Rossi 13.58  
M50 P J VanBlokland 15.24  
M60 Bill Gentry 15.40  
Robert Abrams 15.50  
M70 Fred Keene 16.43  
W30 Jennifer Mercuri 16.79  
W40 Nancy Carmichael 17.70  
W45 Dana Moser 19.52

**200m**  
M35 A Rossi 29.86  
M50 P J VanBlokland 32.93  
M70 F Keene 35.88  
W40 Nancy Carmichael 37.40  
W45 Dana Moser 43.44

**400m**  
M35 Rick Swenson 65.0  
M50 P J VanBlokland 69.0  
Max Galvez 75.0

**800m**  
M35 John Johnston 2:15.7  
M40 Byron Dyce 2:26.7  
M45 Jim Gallagher 2:25.6  
M50 P J VanBlokland 2:52  
W35 Tina Lipe 2:52.1

**1500m**  
M35 Hans Gottgens 4:28.3  
John Johnston 4:31.11  
M45 Jim Gallagher 4:56.8  
W30 Suann Oman 6:13.5  
W35 Tina Lipe 5:12.1  
W45 Kristine Gallagher 6:13.1

**3000m**  
M30 Kris Feigel 10:19  
M35 H Gottgens 9:31.2  
M60 Robert Abrams 12:58.4  
W40 Marilyn Shadburn 18:39.8

**Short Hurdles**  
M35 Alfredo Rossi 19.98  
M60 Bill Gentry 19.78

**Pole Vault**  
M55 Jerry Welbourn 2.70

**Shot Put**  
M35 A Rossi 11.96  
M60 Lawrence Siegel 10.50  
Bill Gentry 8.80  
M65 Jack Gamble 9.91

**Discus**  
M35 A Rossi 30.76  
M60 L Siegel 29.26  
B Gentry 25.81  
M65 Jack Gamble 37.74

**Javelin**  
M30 Steve Alpers 29.00  
M35 A Rossi 48.02  
M50 Max Galvez 17.20  
M60 Bill Gentry 21.92  
M65 Jack Gamble 30.58

### Nashville TC Last Chance Meet Vanderbilt U.; October 12

**50m**  
M30 Barry Pruitt 6.5  
M40 Barry Faust 7.0  
M45 Fred Miller 6.7  
M60 Ed Redditt 7.0  
M70 Joe Martin 7.8  
W35 Donna Faust 8.7

**100m**  
M30 Brad Davies 12.0  
M35 Bob Phillips 11.4  
M45 Fred Miller 12.8  
M50 Avital Schurr 12.1  
M60 Ed Redditt 13.1  
M65 Ed Holmes 14.3  
W30 Nise Davies 15.5  
W35 Donna Crawford 19.5

**200m**  
M45 Avital Schurr 25.1  
M60 E Redditt 27.1  
Frank Hayes 27.2

**300m**  
M30 Jim Busby 38.8

**400m handicap race**  
(actual distance)  
M45 Jeremy Conlon (360m) 57.2  
M55 W Curry (336m) 53.8  
M60 Gord Seifert (321m) 49.8

**800m handicap race**  
M30 Bill Crips 2:28  
M60 Gordon Seifert 2:00.5

**Mile**  
M35 Mark Jidou 5:10.1  
M40 Tony Zahorik 5:01.1  
M60 Don Gammie 5:04.9  
(age-group AR)  
W30 Wendy Fairbrother 6:24.0  
W55 Evelyn Zerfoss 6:50.4

**3000m**  
M40 Mick Gavin 10:32.8  
M45 Dave Kays 11:12.7

**Long Jump**  
M40 Barry Faust 14-3½  
M50 Avital Schurr 16-10½  
M55 Wendell Curry 13-9½  
M65 Ed Holmes 13-2½

**Shot Put**  
M30 Jeff Bertram 34-4½  
M55 Lou Vodopya 37-7½  
M60 R E Bergland 32-10½  
M65 Ed Holmes 30-6

**Discus**  
M30 Jeff Bertram 110-5  
Brad Davies 108-9  
M55 Lou Vodopya 98-1  
M60 R E Bergland 143-9  
Bob Bergenback 96-4  
M65 Ed Holmes 105-8  
W65 Audrey Bergenback 41-0

**Javelin**  
M30 Brad Davies 173-7  
M40 Barry Faust 106-1  
M55 Bill Duckworth 165-4  
M60 R E Bergland 113-9  
M65 Ed Holmes 89-4  
W65 A Bergenback 23-5

## SOUTHWEST

### Greater New Orleans Senior Regional Games Metairie, LA; October 5-12

**50m**  
M55 Sid Montecino 6.83  
M60 Al Rieke 7.64  
M65 William Noonan 7.78  
M70 Gordon Gaille 8.38  
W55 Mildred Coleman 10.21  
W60 Betty Reynolds 9.67  
W70 Verda Copes 12.62  
W75 Delia Thompson 13.37

**100m**  
M55 Elliott Egan 14.54  
Sid Montecino 14.59  
M60 Al Rieke 14.35  
Leonard Catalano 14.50  
M65 Wm Noonan 15.42  
Lorenzo Gunn 15.74  
M70 Fred Faucheux 18.07  
W55 Bernice Bordelon 17.68  
Mildred Coleman 20.24  
W60 Betty Reynolds 18.94  
Alice English 19.56  
W70 Verda Copes 25.22  
W75 Dorothy McKnight 26.69  
Delia Thompson 34.06

**200m**  
M55 Chas Wimberly 30.21  
Sid Montecino 30.37  
M60 Al Rieke 34.47  
L Catalano 36.56  
M65 Lorenzo Gunn 35.49  
Elliott Streeck 35.74  
M70 Fred Faucheux 37.54  
John Morrison 49.09  
W55 Mildred Coleman 49.77  
W60 Betty Reynolds 48.58  
Margie Scheuermann 54.83  
W70 Verda Copes 62.84  
W75 D Thompson 77.84

**400m**  
M55 Chas Wimberly 68.10  
S Montecino 73.88  
M60 Al Rieke 72.41  
M70 Fred Faucheux 84.99  
Al Masakowski 95.88  
W60 Connie Butler 2:20.44  
W70 Verda Copes 2:43.88

**800m**  
M55 Chas Wimberly 2:48.32  
Sid Montecino 3:21.15  
M60 Charles Bennett 4:06.27  
M70 Fred Faucheux 3:31.48  
Al Masakowski 3:41.47  
W60 Connie Butler 5:01.58  
W75 Delia Thompson 6:15.95

**Long Jump**  
M55 Vernon Parker 7-½  
M60 Sam Ascani 13-7  
Al Rieke 12-7  
M65 Wm Noonan 12-6½  
Glenn Lorenzo 8-4  
M70 Gordon Gaille 9-2½  
John Zamora 8-11  
W55 Bernice Bordelon 9-4½  
W60 Alice English 7-½  
Joyce Corso 6-½  
W70 Verda Copes 7-5½

**Shot Put**  
M60 Al Rieke 27-5  
Ted Dorsa 24-5½  
M65 Norman Hedrick 33-10½  
M70 Gordon Gaille 32-8  
Ed Olsen 28-11½  
W60 Alice English 22-8½  
Joyce Orso 19-10½  
W65 Audry Gibson 19-10½  
W70 Verda Copes 20-8½

**Discus**  
M60 Ted Dorsa 42-10  
M65 Norman Hedrick 106-5  
Lorenzo Gunn 56-7  
M70 Wesley Johnson 98-11  
Gordon Gaille 71-4  
W60 Alice English 62-1  
Joyce Orso 43-3  
W65 Hilda Johnson 37-7

**1500m RW**  
M60 Ted Dorsa 9:22.99  
M65 Lorenzo Gunn 11:38.27  
M70 Al Masakowski 9:55.55  
Delmar Gerard 10:36.03  
Gordon Gaille 10:38.58  
W55 Mary Ban 11:29.63  
W60 Connie Butler 11:19.45  
Ro Hoerner 11:32.83  
W70 Verda Copes 12:14.39  
Josie Gaille 12:29.10  
W75 Delia Thompson 12:46.02  
Dorothy McKnight 13:26.21

## WEST

### Duke City Masters Games Albuquerque, June 8-9

**100 (hand times)**  
M0 Todd Reed 11.45  
Frank Bradshaw 11.91  
Will Murphy 12.11  
M30 Ed Lambert 12.70  
M40 John Battaglia 11.70  
Tony Gomez 12.31  
M45 Roger Assink 11.64  
Richard Wild 12.31  
Maurice Smith 12.62  
Tom Cannon 13.25  
M50 Ron Kirkpatrick 12.56  
John Head 13.58  
M55 Bill Gilmore 15.33  
M60 Andy Anderson 12.99  
Gordon Albury 13.35  
Alan Cohen 13.67  
Charles Rice 14.31  
M65 Lee Hirst 14.60  
M70 Hugh Hackett 15.94  
M80 Stan Thompson 22.80

**200**  
W30 Robbi Mulford 28.19  
W35 Pam Leslie 30.71  
W45 Frances Stohl 30.89  
W55 June Dickinson 35.69  
M0 Todd Reed 24.03  
Will Murphy 25.40  
M30 Ed Lambert 26.7  
M40 Fred Collins 23.27  
Tom Kunkle 25.21  
Tony Gomez 25.39  
M45 Roger Assink 23.63  
Richard Wild 25.17  
Maurice Smith 26.29  
Tom Cannon 26.81  
M50 John Head 27.91  
Gan. Rocherelle 30.42  
M55 Ray Graves 26.53  
M60 Andy Anderson 27.34  
Charles Rice 29.42  
Alan Cohen 29.52  
M65 Jack Greenwood 26.56

**400**  
M0 Todd Reed 50.57  
Chuck Clark 52.16  
M30 Peter Green 51.18  
Paul Fragua 53.57  
M40 David Salazar 54.55  
Larry Ruggles 55.05  
Dave Cowan 59.37  
Manuel Palacios 61.38  
M45 Tom Cannon 56.89

**800**  
W0 Kristi Leonard 2:19.15  
W30 Robbi Mulford 2:35.38  
W35 Brenda Derosier 2:56.09  
W55 June Dickinson 3:01.91  
M0 Chuck Clark 1:59.85  
Frank Morgan 2:02.87  
Dave Comarty 2:05.84  
M30 Paul Fragua 1:57.68  
Gary Moss 2:03.78  
M35 Jim Garsow 2:01.00  
Scott Darling 2:38.09  
M40 David Salazar 2:01.28  
Dave Cowan 2:27.00

M45 Tom Cannon 2:15.26  
Don Miller 2:25.71  
M50 Cliff Bedell 2:13.16  
Gang. Rocherelle 2:34.18  
M60 Jim Schirber 2:32.57  
Alan Cohen 3:06.05  
M65 Luther Burdelle 2:43.09

**1500**  
W35 Diana Best 5:59.64  
Brenda Derosier 6:13.70  
W55 June Dickinson 6:17.09  
M0 Frank Morgan 4:12.95  
Dave Comarty 4:21.98  
M30 Gary Moss 4:32.57  
M35 Scott Darling 5:38.84  
M40 Manuel Palacios 4:41.69  
M45 Tom Cannon 5:22.02  
Michael Byrnes 5:41.92  
M50 Charles Harris 4:39.57  
M60 Alan Cohen 6:38.61  
M65 Luther Burdelle 5:55.16

**80mH**  
M70 Armando Ricciardi 16.13  
Ham Morningstar 20.63

**100H**  
M50 John Head 17.10  
M65 Jack Greenwood 15.41

**110H**  
M0 Frank Bradshaw 16.87  
M45 Jeff Loubet 18.57

**300H**  
M65 Jack Greenwood 45.38  
M70 Ham Morningstar 78.33

**400H**  
M40 Bill Forsyth 69.34  
M50 John Head 72.34

**IJ**  
M40 Bill Forsyth 1.62/5'4  
Dave Cowan 1.42 4'8  
M45 Jeff Loubet 1.53 5'½  
M50 John Head 1.47 4'10  
M60 Tom Maloy 1.29 4'3  
Alan Cohen 1.12 3'8  
M70 Ham Morningstar 1.29 4'3  
M80 Stan Thompson 1.04 3'5

**PV**  
M0 Duran Rocherelle 4.09  
M40 Dave Cowan 2.89  
M45 Jeff Loubet 3.58  
John Freidman 3.05  
M65 Lee Hirst 2.13  
M70 A. Ricciardi 2.29  
H. Morningstar 2.13  
M80 Stan Thompson 1.37

**LJ**  
M0 Frank Bradshaw 5.68  
Chuck McMaster 5.93  
M40 Bill Forsyth 5.44  
Tony Gomez 4.85  
Dave Cowan 4.37  
M45 Maurice Smith 5.57  
John Freidman 4.74  
M50 Ken Medley 5.53  
John Head 4.51  
M55 Ray Graves 4.21  
Tom Maloy 3.46  
M65 Lee Hirst 3.82  
M70 A. Ricciardi 3.65

### Pentathlon

M0 Chuck McMaster 2514  
(6.06, 38.03, 24.96, 29.99, 5:24.48)  
LJ J 200 D 1500  
M30 Jeff Bilderbeck, 34 2905 (3090/34AG)  
6.22 48.10 24.52 33.12 5:27.60  
M35 Richard Cernosek 2560 (2657/37)  
5.44 36.13 25.43 30.35 5:45.01  
John Kernan 2155 (2329/39)  
5.00 30.41 28.41 17.72 4:54.27  
M40 Bill Forsyth 2946 (3185/44)  
5.58 48.40 27.23 31.60 5:45.28  
M50 Ken Medley, 50 3080  
5.88 33.95 26.42 32.17 6:56.25  
M60 Alan Cohen 2545  
3.26 24.84 30.48 33.02 6:16.42  
M70 Ham Morningstar 2183 (2508/74)  
3.26 30.81 39.66 31.05 dnf

### Weight Pentathlon

W0 Charnia Parrish 1894  
9.62 21.97 13.82 24.21 9.88

**SP D J H WT**  
W55 Judy Fetherston, 59 2415 (2665/59)  
8.12 20.03 10.80 24.85 7.44  
W65 Ann Toya 2704 (2849/67)  
6.91 16.45 17.10 17.09 6.22

M0 Chris Jaramillo 1961  
11.55 28.39 28.29 25.01 6.99  
M40 Bill Forsyth 2761 (2932/44AG)  
10.72 30.53 46.03 28.97 8.06  
M55 Larry Marsh 1869  
10.15 29.54 30.51 - -  
M60 Alan Cohen 2235  
8.57 30.30 25.85 16.46 7.60  
M70 A. Ricciardi, 71 3643 (3756/71)  
9.59 26.53 23.70 36.42 13.17  
Ham Morningstar 3606 (4058/74)  
9.68 31.44 30.29 27.30 12.01  
Tom Flack 3542 (3753/72)  
11.71 29.43 32.43 23.33 10.52  
M60 used 12#S&H, 20#wt; M0, M40 12#H  
M70, W 20#wt

**TJ**  
M40 Dave Cowan 9.24  
M60 Alan Cohen 7.42  
M70 Hugh Hackett 8.14  
Ham Morningstar 7.04

**SP**  
W0 Charnia Parrish 6.72  
W30 Patricia Ball 10.59  
W65 Ann Toya 7.00  
M0 Frank Bradshaw 13.74  
Chris Jaramillo 10.36  
M35 Lennis Umshler 11.30  
M40 Bill Forsyth 10.73  
Dave Cowan 7.89  
M60 Alan Cohen 8.60  
M65 Lee Hirst 9.86  
M70 Tom Flack 10.74  
Ham Morningstar 9.96  
M75 Ralph Bowyer 7.89

**Discus**  
W0 Charnia Parrish 22.30  
W30 Pat Ball 32.90  
W65 Ann Toya 17.42  
M0 Frank Bradshaw 42.48  
Chris Jaramillo 28.18  
M35 Dennis Umshler 46.58  
M40 Bill Forsyth 33.20  
Joe Lister 32.04  
Dave Cowan 20.35  
M60 Tom Maloy 32.66  
Alan Cohen 31.30  
M65 Lee Hirst 29.60  
M70 Ham Morningstar 31.78  
Armando Ricciardi 30.68  
Tom Flack 29.52  
M75 Ralph Bowyer 29.96

**Hammer**  
W0 Charnia Parrish 25.02  
W30 Pat Ball 17.93  
W55 Judy Fetherston 23.05  
W65 Ann Toya 19.63  
M40 Bill Forsyth 63.90  
M60 Alan Cohen 20.24  
M65 Lee Hirst 16.29  
M70 A. Ricciardi 36.32  
Tom Flack 24.28

**Javelin**  
W0 Charnia Parrish 16.61  
W65 Ann Toya 17.46  
M0 Mark Morris 63.14  
M40 Joe Lister 49.75  
Bill Forsyth 48.02  
Joe Powdrell 44.64  
M50 Wayne Morris 47.22

**Javelin**  
M60 Alan Cohen 27.35  
Tom Maloy 25.72  
M70 Ham Morningstar 29.36  
Tom Flack 25.92

**2 Mile RW**  
W0 Rachel Darling 19:04.03  
W35 Sara Norman 23:08.94  
W50 Mary Villanueva 24:10.57  
W55 Ina Stewart 25:32.56  
W65 Marjorie Holmes 24:04.54  
M0 Theron Kissinger 17:24.07  
M30 Sal Waquie 20:09.22  
M45 Peter Armstrong 18:02.91  
M50 Winston Crandal 17:31.60  
M55 Arnold Levick 19:09.86



Continued from previous page

Club West Masters Meet Santa Barbara, CA; October 19

Table of race results for Club West Masters Meet, Santa Barbara, CA, October 19. Includes categories like 50m, 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50k, 100k, 150k, 200k, 300k, 400k, 500k, 600k, 700k, 800k, 900k, 1000k.

Table of race results for Club West Masters Meet, Santa Barbara, CA, October 19. Includes categories like 50m, 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50k, 100k, 150k, 200k, 300k, 400k, 500k, 600k, 700k, 800k, 900k, 1000k.

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Table of race results for Club West Masters Meet, Santa Barbara, CA, October 19. Includes categories like 50m, 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50k, 100k, 150k, 200k, 300k, 400k, 500k, 600k, 700k, 800k, 900k, 1000k.

Table of race results for Club West Masters Meet, Santa Barbara, CA, October 19. Includes categories like 50m, 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50k, 100k, 150k, 200k, 300k, 400k, 500k, 600k, 700k, 800k, 900k, 1000k.

INTERNATIONAL

Table of race results for International events, including Italian Veteran Championships Cesenatico, September 20-22. Includes categories like 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50k, 100k, 150k, 200k, 300k, 400k, 500k, 600k, 700k, 800k, 900k, 1000k.



LONG DISTANCE RESULTS. Please send master's race results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. Please include date, distance and city.

NATIONAL TAC National Masters 10K Cross-Country Championships Louisville, KY; October 26. Includes categories like 10K, 50k, 100k, 150k, 200k, 300k, 400k, 500k, 600k, 700k, 800k, 900k, 1000k.

NATIONAL M45 (15 finishers) and M50 (21 finishers). Includes names and times for various distances.

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Table with race results for M65 (3 finishers), M70, M75, W55 (3 finishers), W60, M40-49 Team, M50-59 Team, and National Masters 5K Cross-Country Championships.

National Masters 5K Cross-Country Championships

Table with Age Graded Results for National Masters 5K Cross-Country Championships, listing names and times.

Men Overall

Table with Men Overall results for National Masters 5K Cross-Country Championships, listing names and times.

Women Overall

Table with Women Overall results for National Masters 5K Cross-Country Championships, listing names and times.

Table with race results for M50 SyracuseChargers, Grand Rapids "A", Bob Schul RT, Grand Rapids "B", Over-the-Hill TC, M60 Wolfpack TC, Over-the-Hill TC, M70 Wolfpack TC, Over-the-Hill TC.

Table with Women's Teams Overall results for Wolfpack, W30, Over-the-Hill, W30, W40 Grand Rapids TC, W50 Grand Rapids TC.

TAC National Masters 15K Championships (Tulsa Run)

Tulsa, OK; November 2

Table with Overall results for TAC National Masters 15K Championships, listing names and times.

Table with M40 (22 finishers) and M45 (16 finishers) results for TAC National Masters 15K Championships.

Table with M50 (8 finishers) and M55 (3 finishers) results for TAC National Masters 15K Championships.

Table with M60 (5 finishers) and M65 (4 finishers) results for TAC National Masters 15K Championships.

Table with M70 (3 finishers) and M80 results for TAC National Masters 15K Championships.

Table with M40 (7 finishers) and M50 results for TAC National Masters 15K Championships.

Table with M60 (4 finishers) and M65 (3 finishers) results for TAC National Masters 15K Championships.

Table with M70 (3 finishers) and M75 results for TAC National Masters 15K Championships.

Masters Age-Graded Results National 15K Championships

Tulsa, OK; November 2

Table with Masters Age-Graded Results for National 15K Championships, listing names, ages, and times.

EAST

Annapolis 10 Mile

Annapolis, MD; August 25

Table with Masters Men and Masters Women results for Annapolis 10 Mile.

Yankee Runner 5K Cross-Country

South Byfield, MA; October 6

Table with Overall results for Yankee Runner 5K Cross-Country.

Table with M40, M50, M60, M70, and M80 results for Yankee Runner 5K Cross-Country.

Chiropassion 2 Run For Life

Melville, L.I., NY; October 6

Table with Overall results for Chiropassion 2 Run For Life.

Table with M40, M50, M60, M70, and M80 results for Chiropassion 2 Run For Life.

Belmont Plateau Autumn Classic Five Miles

Philadelphia, PA; October 13

Table with Overall results for Belmont Plateau Autumn Classic Five Miles.

Table with M40, M50, M60, M70, and M80 results for Belmont Plateau Autumn Classic Five Miles.

NYRR Race For The Cure 5K

Central Park, NYC; October 12

Table with Overall results for NYRR Race For The Cure 5K.

Table with M40, M50, M60, M70, and M80 results for NYRR Race For The Cure 5K.

Table with race results for M51-55, M56-60, M61-65, M66+, M70, M75, M80, M85, M90, M95, W50, W55, W60, W65, W70, W75, W80, W85, W90, W95.

New York 5th Avenue Mile

Manhattan; October 19

Table with Men 40-49 and Men 50+ results for New York 5th Avenue Mile.

New Jersey TAC Masters 5K Cross-Country Championships

Readington; October 27

Table with Overall results for New Jersey TAC Masters 5K Cross-Country Championships.

New York City Marathon

November 3

Table with Overall results for New York City Marathon.

Coconuts Festival 10K/5K/5K RW

Halover Beach, FL; October 27

Table with Overall results for Coconuts Festival 10K/5K/5K RW.

Electric Island 15K

Miami Beach; October

Table with Overall results for Electric Island 15K.

Av-Med Coconut Grove 5 Mile/5 Mile RW

Coconut Grove, FL; October 5

Table with Overall results for Av-Med Coconut Grove 5 Mile/5 Mile RW.

Coconuts Festival 10K/5K/5K RW

Halover Beach, FL; October 27

Table with Overall results for Coconuts Festival 10K/5K/5K RW.

Coconuts Festival 10K/5K/5K RW

Halover Beach, FL; October 27

Table with Overall results for Coconuts Festival 10K/5K/5K RW.

Coconuts Festival 10K/5K/5K RW

Halover Beach, FL; October 27

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Halover Beach, FL; October 27

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Halover Beach, FL; October 27

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Coconuts Festival 10K/5K/5K RW

Halover Beach, FL; October 27

Table with Overall results for Coconuts Festival 10K/5K/5K RW.

Table with race results for M51-55, M56-60, M61-65, M66+, M70, M75, M80, M85, M90, M95, W50, W55, W60, W65, W70, W75, W80, W85, W90, W95.

New York 5th Avenue Mile

Manhattan; October 19

Table with Men 40-49 and Men 50+ results for New York 5th Avenue Mile.

New Jersey TAC Masters 5K Cross-Country Championships

Readington; October 27

Table with Overall results for New Jersey TAC Masters 5K Cross-Country Championships.

New York City Marathon

November 3

Table with Overall results for New York City Marathon.

Coconuts Festival 10K/5K/5K RW

Halover Beach, FL; October 27

Table with Overall results for Coconuts Festival 10K/5K/5K RW.

Electric Island 15K

Miami Beach; October

Table with Overall results for Electric Island 15K.

Av-Med Coconut Grove 5 Mile/5 Mile RW

Coconut Grove, FL; October 5

Table with Overall results for Av-Med Coconut Grove 5 Mile/5 Mile RW.

Coconuts Festival 10K/5K/5K RW

Halover Beach, FL; October 27

Table with Overall results for Coconuts Festival 10K/5K/5K RW.

Coconuts Festival 10K/5K/5K RW

Halover Beach, FL; October 27

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Coconuts Festival 10K/5K/5K RW

Halover Beach, FL; October 27

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Halover Beach, FL; October 27

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Coconuts Festival 10K/5K/5K RW

Halover Beach, FL; October 27

Table with Overall results for Coconuts Festival 10K/5K/5K RW.

Table with race results for M51-55, M56-60, M61-65, M66+, M70, M75, M80, M85, M90, M95, W50, W55, W60, W65, W70, W75, W80, W85, W90, W95.

New York 5th Avenue Mile

Manhattan; October 19

Table with Men 40-49 and Men 50+ results for New York 5th Avenue Mile.

New Jersey TAC Masters 5K Cross-Country Championships

Readington; October 27

Table with Overall results for New Jersey TAC Masters 5K Cross-Country Championships.

New York City Marathon

November 3

Table with Overall results for New York City Marathon.

Coconuts Festival 10K/5K/5K RW

Halover Beach, FL; October 27

Table with Overall results for Coconuts Festival 10K/5K/5K RW.

Electric Island 15K

Miami Beach; October

Table with Overall results for Electric Island 15K.

Av-Med Coconut Grove 5 Mile/5 Mile RW

Coconut Grove, FL; October 5

Table with Overall results for Av-Med Coconut Grove 5 Mile/5 Mile RW.

Coconuts Festival 10K/5K/5K RW

Halover Beach, FL; October 27

Table with Overall results for Coconuts Festival 10K/5K/5K RW.

Coconuts Festival 10K/5K/5K RW

Halover Beach, FL; October 27

Table with Overall results for Coconuts Festival 10K/5K/5K RW.

Coconuts Festival 10K/5K/5K RW

Halover Beach, FL; October 27

Table with Overall results for Coconuts Festival 10K/5K/5K RW.

Coconuts Festival 10K/5K/5K RW

Halover Beach, FL; October 27

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Coconuts Festival 10K/5K/5K RW

Halover Beach, FL; October 27

Table with Overall results for Coconuts Festival 10K/5K/5K RW.

Coconuts Festival 10K/5K/5K RW

Halover Beach, FL; October 27

Table with Overall results for Coconuts Festival 10K/5K/5K RW.



Continued from previous page

Table with 2 columns: Name and Time. Includes entries like M40 John Robson 18:52, M45 Rafael Vargas 19:50, M50 Alan Ashton 19:47, etc.

MIDWEST

Crim Festival of Races Flint, MI; August 24

Table with 2 columns: Name and Time. Includes entries like M40 Rich McLachlan 18:47, M45 Dan Gamble 20:02, M50 Lloyd Kehoe 19:33, etc.



Tandem Dayton River Corridor Half-Marathon Dayton, OH; October 13

Table with 2 columns: Name and Time. Includes entries like Overall Michael Michno 28 1:07:21, M40 Gary Romesser 1:08:58, M45 Ken Sparks 1:11:23, etc.

StepAhead Stampede

25K/10K/5K RW Indianapolis; October 13

Table with 2 columns: Name and Time. Includes entries like Overall Peter Maher 31 1:14:29, M40 Bill Gavaghan 1:28:13, M45 Tom Fiedler 1:42:31, etc.

Table with 2 columns: Name and Time. Includes entries like Overall Pete Wielenmann 25 29:10, M40 Swag Hartel 32:43, M45 Ralph Berkeypile 38:29, etc.

Table with 2 columns: Name and Time. Includes entries like Overall Gary Morgan 31 20:38, M40 Don Anderson 27:07, M45 Ron Wallace 28:02, etc.

Metro-Macomb Runners 10K Mt. Clemens, MI; October 27

Table with 2 columns: Name and Time. Includes entries like Overall C Maycock-Dorlin 47 35:20, M40 Gary Flatt 42:05, M45 Tim Klinkhamer 40:28, etc.

MID-AMERICA

VP Fair 10K/3K St. Louis, MO; September 1

Table with 2 columns: Name and Time. Includes entries like Overall Brian Radle 29:36, M40 Larry McMahon 34:00, M45 Jerry Kurfman 35:07, etc.

--3K--

Table with 2 columns: Name and Time. Includes entries like Overall Jeff Pigg 9:02, Melissa Sapa 11:04, M40 Dusty Morris 9:44, etc.

Tulsa Zoo 8K Tulsa, OK; September 7

Table with 2 columns: Name and Time. Includes entries like Overall Ron Parks 30 25:28, Martha O'Rourke 40 31:37, M40 Wesley Perkins 28:36, etc.

Cherry Street Mile Tulsa, OK; October 25

Table with 2 columns: Name and Time. Includes entries like Overall Paul Donovan 3:58.32, Teena Colebroo 4:41, Masters Men Greg Owings 43 4:38, etc.



Humana-Prime Health Marathon 10K Kansas City, MO; October 27

Table with 2 columns: Name and Time. Includes entries like Overall Jerrald Wynia 2:20:19, Barbara Adkins 2:56:32, M40 Barney Klecker 2:38:39, etc.

WEST

L.A. Philharmonic 5K/10K/5K Walk Griffith Park, September 28

Table with 2 columns: Name and Time. Includes entries like Overall Farron Fields 29 14:46, Christi Bach 29 18:44, M40 Art Jimenez 16:51, etc.

Table with 2 columns: Name and Time. Includes entries like Overall J Besirra 24 31:49, Mary Button 32 38:15, M40 Mike Chambliss 34:09, etc.

Table with 2 columns: Name and Time. Includes entries like Overall 1 Reed Johnson 36 40:49, 2 Dick Ames 40 41:47, 4 Ted Pobud 48 49:04, etc.

California Mile San Francisco's Nob Hill (12-18% gradient) October 6

Table with 2 columns: Name and Time. Includes entries like 1 Harvey Franklin 47 5:52, 2 Ramsey Thomas 47 6:01, 3 Jim Hampton 45 6:15, etc.

San Rafael 4th Street Mile San Rafael, CA; October 13

Table with 2 columns: Name and Time. Includes entries like Men 30+: 1 Devon Flynn 30+ 4:31.4, 2 Jim Hampton 45 4:34.2, 3 Ken Thompson 30+ 4:35.7, etc.

Humboldt Redwoods Marathon/Half-Marathon Arcata, CA; October 20

Table with 2 columns: Name and Time. Includes entries like Overall Steven Ware 40 2:38:48, Kimberly Bruyn 30 2:46:16, M40 Kenny Warde 2:51:39, etc.

Table with 2 columns: Name and Time. Includes entries like M45 Jessie Stratton 3:35:23, Inez Drixelius 4:01:54, Lois Purgalis 4:20:04, etc.

Table with 2 columns: Name and Time. Includes entries like Overall John Moreno 36 1:07:07, Diana Fitzpatrick 33 1:17:25, M40 James Milton 1:10:01, etc.

Table with 2 columns: Name and Time. Includes entries like Overall Linda Mantynen 1:23:54, DeeDee Grafius 1:25:56, M45 Susan Henderson 1:24:17, etc.

TAC/Regional Cross-Country Championships (M 10K/W 6K) Belmont, CA; November 2

Table with 2 columns: Name and Time. Includes entries like Overall Jim Sapienza 30 31:34, Sabrina Han 23 21:29, M40 D Tibaduiza 41 33:02, etc.

RACE WALKING

TAC/USA National Masters 40K RW Championships Fort Monmouth, NJ; Sept. 15

Table with 2 columns: Name and Time. Includes entries like Overall Paul Malek 35 WI 3:32:40, Micheline Daneau CAN 3:56:29, M40 Nick Bdera 3:53:47, etc.

North American Masters 20K RW Championships Midland, TX; October 5

Table with 2 columns: Name and Time. Includes entries like M40 Andrew Smith 1:57:43, Ross Barranco 2:09:34, M45 Richard Letsinger 1:52:16, etc.

Table with 2 columns: Name and Time. Includes entries like M40 Eliza Walbridge 1:59:15, Kathy Stevens 2:48:28, M45 Kathy Frible 2:14:52, etc.

TAC National Masters One-Hour RW Championships MIT, Cambridge, MA; Oct. 20

Table with 2 columns: Name and Time. Includes entries like Men: 1 Bob Keating 44 12571, 2 Brian Savilonis 41 11692, 3 John Johnson 46 11526, etc.

Women:

Table with 2 columns: Name and Time. Includes entries like 1 Victoria Herazo 32 12771, 6 Jeanette Smith 42 10809, 11 Emily Hewitt 47 9757, etc.

Table with 2 columns: Name and Time. Includes entries like Men's Team: 1 New England Walkers "A" (Keating/Savilonis/Knatt), 2 New England Walkers "B" (Ullman/Mansbach/Lonnroth), etc.

Table with 2 columns: Name and Time. Includes entries like Women's Team: 1 Indiana Walkers (Smith/Alexander/Young-Grady), 2 New England Walkers "A" (Hewitt/Cantor/Kuo), etc.

Florida Walkers Health & Racewalk 5K Coconut Creek, Nov. 5

Table with 2 columns: Name and Time. Includes entries like M40 John Fredericks 24:26, James Burkhart 29:37, Austin White 31:51, etc.





## CLUBS

Below is a partial list of masters track & field and long distance running clubs arranged by region. Some offer workout facilities. Most have social programs and annual awards. If you'd like to find out more about what's going on in your area, contact one. To have your club listed, please send the necessary information to National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

## EAST

Four Winds TC  
1303 Marvista St.  
Pittsburgh, PA 15212  
Selena Brown/Andrew McNeill  
412/322-9392  
Liberty AC  
14 Rutland St.  
Cambridge, MA 02138  
Syracuse Chargers Track Club  
c/o N.E. White  
18 Foxcroft Drive  
Fayetteville, NY 13066  
Boston AA  
P.O. Box 1991  
Hopkinton, MA 01748  
Atlanta TC  
c/o Bob Glover  
236 E. 78th, Box 6  
New York, NY 10021  
Annapolis Striders  
P.O. Box 187  
Annapolis, MD 21404  
Potomac Valley Seniors TC  
Lynda Durfee  
250 S. Whiting St.-315  
Alexandria, VA 22304  
703/370-5646  
West Pennsylvania TC  
1245 Alamae Rd.  
Washington, PA 15301  
Shore Athletic Club  
Sanford Kalb  
22 Addison Road  
Howell, NJ 07731  
The Achilles Heel  
(for disabled)  
9 East 89th St.  
New York, NY 10128  
212/398-0348  
North Jersey Masters  
P.O. Box 56  
Ridgewood, NJ 07450  
Greater Rochester TC  
P.O. Box 92608  
Rochester, NY 14692  
Pike Creek Valley RC  
1 Embry Ct.  
Newark, DE 19711  
302/737-5859  
New Jersey Striders  
P.O. Box 742  
Madison, NJ 07940  
Central Park TC  
250 W. 89th St., #P4F  
New York, NY 10024  
212/619-4240  
New York Pioneer Masters  
c/o G. Shane  
2400 Sedgwick Ave., Suite 25C  
Bronx, NY 10468  
212/733-8767  
Garden State AC  
19 Bedminster Rd.  
Randolph, NJ 07869  
201/625-1764  
Maine Walkers Club  
1570 Broadway  
Bangor, ME 04401  
207/947-3333  
Finger Lakes RC  
Ed Hart  
RO#4, Updike Rd.  
Ithaca, NY 14850  
607/272-2943  
Tri-State Masters T&F Club  
c/o Wayne Vaughn  
734 W. Franklin St.  
Hagerstown, MD 21740  
301/733-6076  
NYRRC  
9 E. 89th St.  
New York, NY 10128  
212, 960-4455

Buffalo Belles and Brawn  
266 Puritan Rd.  
Tonawanda, NY 14150  
Taconic RRC  
P.O. Box 99  
Baldwin Place, NY 10505  
212/370-7577  
Sugarloaf Mountain AC  
P.O. Box 659  
Amherst, MA 01002  
Mr. Don Grant  
413/584-7725  
Philadelphia Masters  
c/o Peter Taylor  
3120 Schoolhouse Lane (J-A9)  
Philadelphia, PA 19144  
215/842-3807  
New York AC  
180 Central Park South  
New York, NY 10019  
New York Masters Sport Club  
5831 Bell Blvd.  
Bayside, NY 11364  
Virginia Track Club  
P.O. Box 5696  
Charlottesville, VA 22905  
Millrose Team  
c/o Katie Knight-Perry  
530 E. 84th St. 1E  
New York, NY 10028  
212/879-7926  
Tidewater Striders  
A. Morris, Rm. E-222  
Armed Forces Staff College  
Norfolk, VA 23511-6097  
804/444-5547  
Greater Springfield Harriers  
Peter Stasz  
206 W. Weymouth St.  
Springfield, MA 01108

## SOUTHEAST

Spartanburg RC  
Jack Todd  
820 Patch Dr. 803/582-7128  
Carolina Masters AC  
Jim Saxon  
3120 Libeth St.  
Charlotte, NC 28205  
800/642-0513  
Central Florida Masters  
P.O. Box 1824  
Deland, FL 32721  
904/736-0002  
Huntsville TC  
8811 Edgehill Dr.  
Huntsville, AL 35802  
Atlanta TC  
3097 E. Shadowlawn Ave. NE  
Atlanta, GA 30305  
Memphis Runners TC  
P.O. Box 17981  
Memphis, TN 38187-0981  
901/683-MRTC  
Port City Pacers  
P.O. Box 16907  
Mobile, AL 36616  
South Carolina Masters TC  
c/o CPT John Roehr  
3rd Region, USACIDC  
Fort Jackson, SC 29207  
803/751-5129/7664  
Greenville Track Club  
P.O. Box 16262  
Greenville, SC 29607  
Jack Gillmore: 803/242-6600  
Nashville TC  
2709 Linmar Ave. #5  
Nashville, TN 37215

Palm Beach T&F Assoc.  
6301 Dockside Circle  
Greenacres City, FL 33463  
407/968-7171  
North Carolina RRC  
P.O. Box 26761  
Raleigh, NC 27611  
919/876-8347  
Richmond T&F Club  
P.O. Box 6701  
Richmond, VA 23230  
Attn: Bill Cole  
804/272-3544  
Star City Striders  
P.O. Box 8331  
Roanoke, VA 24014  
703/966-RUNN  
Victory AC  
P.O. Box 6667  
Louisville, KY 40206  
c/o Don Goodwin  
502/969-5057

## MIDWEST

Midwest Masters T&F Club  
P.O. Box 6147  
Rockford, IL 61125  
815/332-4743  
Miami U TC  
Rich Ceronie  
Millet Hall Athletic Dept.  
Oxford, OH 45056  
Legend Harriers  
Roger Toothman  
6543 Beecher Rd.  
Granville, OH 43023  
Hoosier Track Club  
305 South Barton  
Indianapolis, IN 46241  
317/241-5446  
Dayton Masters TC Inc.  
P.O. Box 17706  
Dayton, OH 45417  
513/268-7341  
Over The Hill TC  
4173 Wilmington Rd.  
South Euclid, OH 44121  
Wisconsin United AC  
Jerry Robinson  
1205 Manhasset Pl.  
Madison, WI 53711  
608/271-6725  
Fitness Track Club  
c/o Stan Allen & Presley Yates  
12954 Asbury Pk.  
Detroit, MI 48221  
Grand Rapids TC  
6948 Georgetown Ave.  
Hudsonville, MI 49426  
616/669-9331  
Wolfpack Track Club  
Jim Pearce  
2449 Southway Dr.  
Columbus, OH 43221  
614/481-7745  
Ann Arbor Track Club  
P.O. Box 7551  
Ann Arbor, MI 48107  
Don Sleeman  
313/426-5430  
Indianapolis TC  
c/o Mark Daly  
901 W. New York St.  
Indianapolis, IN 46223  
317/274-6780  
Ohio River RRC  
933 Kenosha  
Kettering, OH 45429  
513/299-7461

## MID AMERICA

Omaha RC  
P.O. Box 31219  
SaddleCreek Station  
Omaha, NE 68132  
Mid-America Masters  
P.O. Box 14668  
Lenexa, KS 66215  
Lawrence TC  
P.O. Box 3743 Jayhawk Station  
Lawrence, KA 66044  
Lincoln TC  
2900 John Ave.  
Lincoln, NE 68502  
Prairie Striders  
Box 267  
Brookings, SD 57006  
St. Louis TC  
2885 Hampton Ave., #101  
St. Louis, MO 63139  
314, 781-3926  
782-3726 (raceline)  
St. Louis TC  
6611 Clayton Rd., No 200  
St. Louis, MO 63117  
314/862-SLTC  
St. Louis Metro Masters  
Jim Irwin  
536 Windsor Mill Dr.  
Ballwin, MO 63011  
314/394-4166  
Tulsa Running Club  
P.O. Box 300  
Tulsa, OK 74102  
Oklahoma City Running Club  
2408 N.W. 112th Terrace  
Oklahoma City, OK  
405/752-9097  
Ozark Mountain Ridge Runners  
P.O. Box 10067  
Springfield, MO 65808-0067  
417/881-8884

## SOUTH WEST

Space City Masters  
John Hartfield  
15106 Chasehill Dr.  
Missouri City, TX 77087  
713/721-9388  
Houston Masters Sports Assoc.  
Tom McBrayer  
7733 Moline  
Houston, TX 77087  
Dallas Masters T&F Club  
Joe Murphy  
4707 W. Lover's Lane  
Dallas, TX 75209  
214/357-5611  
West Texas Masters  
P.O. Box 1584  
Ozona, TX 76943  
915/392-3773  
King of the Hill TC  
Charles Wimberley  
48 Chateau Haut Brion  
Kenner, LA 70065  
504/467-1197  
Louisiana Lightning TC  
Dan Thiel  
1459 Verna St.  
New Orleans, LA 70119  
504/486-8066  
New Orleans TC, Inc.  
P.O. Box 52003  
New Orleans, LA 70152-2003  
504/482-6682  
East Texas T&F Club  
Robert Hahn  
3334 S. SW Loop 323, Ste. 128  
Tyler, TX 75701  
903/561-9511  
San Antonio TC  
John Head  
404 Cordoba  
Universal City, TX 78147  
512/659-2444  
Beaumont TC  
P.O. Box 4112  
Beaumont, TX 77704-4112  
409, 898-1308

## WEST

Sante Fe Striders  
P.O. Box 1818  
Sante Fe, NM 87501  
Island Empire Racewalkers  
Mel Grantham  
9847 Cedar Ave. Ste. 18  
Bloomington, CA 92316  
714/877-3548; 824-2336  
Valley Isle RRA  
P.O. Box 330099  
Kahului, HI 96733  
242-6042  
Los Gatos Athletic Assoc.  
P.O. Box 1328  
Los Gatos, CA 95031  
Seniors TC  
Al Hromjak  
3372 Dalhart Ave.  
Simi Valley, CA 93063-1410  
L.A. Patriots  
Marvin Thompson  
P.O. Box 2981  
Beverly Hills, CA 90213-2981  
213/388-9689  
San Diego Track Club  
P.O. Box 7853  
San Diego, CA 92107  
619/270-SDTC  
Trojan Masters TC  
Russ Reabold  
1125 Stimson  
La Puente, CA 91744  
818/917-6289  
San Diego Athletic Assoc.  
P.O. Box 829  
Del Mar, CA 92014  
619/755-3658  
West Valley TC  
P.O. Box 459  
San Carlos, CA 94070  
West Valley Joggers & Striders  
1124 Kennington Ave.  
Sunnyvale, CA 94087  
408/246-2651  
Golden Gate Race Walkers  
106 Sanchez St. #17  
San Francisco, CA 94114  
Empire Runners  
4700 Fougler Dr.  
Santa Rosa, CA 95405  
No. Calif. Seniors TC  
Paul Warner  
3887 18th St.  
San Francisco, CA 94114  
415/626-8601  
Runners For Christ  
28681 Rochelle Ave.  
Hayward, CA 94544  
415/537-2706  
Fresno Joggers  
846 N. Harrison  
Fresno, CA 93728  
209/237-4718  
River City TC  
P.O. Box 255131  
Sacramento, CA 95865  
916/482-7881  
So. California Striders  
John Cosgrove  
7411 Earldom Ave.  
Playa Del Rey, CA 90293  
Walkers Club of L.A.  
610 Woodward Blvd.  
Pasadena, CA 91107  
818/792-4573  
All-American TC  
Frank Reilly  
8307 Joan Lane  
West Hills, CA 91304  
818/716-7280  
Club West  
George H. Adams  
P.O. Box K  
Goleta, CA 93116  
805/687-6323  
Seniors TC  
Bill Crum  
P.O. Box 2604  
Crestline, CA 92325  
Hawaii Masters TC  
P.O. Box 15763  
Honolulu, HI 96830-5763  
Corona Del Mar TC  
David F. Brown  
10208 Hamage Ave.  
Whittier, CA 90604  
213/941-9968  
Easy Striders Walking Club  
2718 Monogram Ave.  
Long Beach, CA 90815  
213/429-5739  
Gardena Valley Runners  
Daniel Ashimine  
1345 W. 168th St.  
Gardena, CA 90247  
213/327-6960  
Loeschhorn's Running Club  
Dave Reynolds  
10810 Warner Ave.  
Fountain Valley, CA 92708  
714/964-4567  
L.A. Valley Athletic Club  
George Simon  
15355 Mulholland Drive  
Los Angeles, CA 90077  
818/784-0496  
High Country RR  
c/o Running & Fitness Den  
310 Washington St.  
Reno, NV 89503  
702/323-2112  
Pico Rivera Athletic Club  
9502 Reichling Lane  
Pico Rivera, CA 90660  
213/942-8774  
Point Fermin Flyers  
Jeffrey Dobra  
1454 W. 25th St.  
San Pedro, CA 90732  
213/548-6865  
A Running Experience  
Bob Brown  
P.O. Box 3209  
Long Beach, CA 90803  
213/433-7722  
San Fernando Valley TC  
Laurie Kulchin  
10631 Lindley Ave. #220  
Northridge, CA 91326  
818/780-7719  
So. Calif. Corporate AA  
2408 Paseo Noche  
Camarillo, CA 93010  
805/987-8052(r); 494-2302  
Active 5  
William K. Sumner  
P.O. Box 7132  
Newport Beach, CA 92660  
714/831-6473  
Elite Health TC  
5267 1/2 Village Green  
Los Angeles, CA 90016  
213/295-9497

## NORTHWEST

Southern Oregon Sizzlers  
P.O. Box 665  
Medford, OR 97501  
Portland Masters TC  
c/o Joe Thielman  
406 W. 32 St.  
Vancouver, WA 98660  
Avia RE-TREADS  
c/o Gina Blanchette-Cupp  
2533 125th Ave. NE  
Bellevue, WA 98005  
206/885-4372  
Bigfoot Masters  
c/o Duane Hartman  
Spokane Community College  
N. 1810 Greene St. MS-2050  
Spokane, WA 99207-5399  
Snohomish TC  
4261 S. 184th  
Seattle, WA 98188  
Oregon Track Club Masters  
P.O. Box 11364  
Eugene, OR 97440  
Phidippides Running Club  
c/o R.G. Andersen-Wyckoff  
P.O. Box 2315  
Salem, OR 97308  
503/399-7057