Sekera, 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 (1:29:16), and the Grand Rapids TC from Michigan (1:30:04).

The M45 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 Meiklejqd (47, 17:18) and Jim Fox (47, 17:18). Greg Osmun took the M50 division (51, 18:00), with Sam Graceffo, 55 (17:59, 85.4%), and Sam Graceffo, 55 (17:59, 85.4%).

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 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).

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.

Continued on page 3

Marczak, Striuli Top Masters in New York City Marathon

by MARILYNN 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 Smechnova 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.

Continued on page 11
Sekerak, Burleson 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 medalists included: Howard Rubin (63, 19:48), Roland Ansphach (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 Buehler was first W45 (20:56), with Carol Bender topping the W50s (25:02) and Carole Schueterman taking home the gold in the W55 group (22:45).

Other first-place women were Mary Anne Cavicchi (W60, 39:38), Mary Norcorka (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 Schur 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.

Ten Years Ago

- New Zealanders Jack Foster (49, 2:23:58), 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 quartet. Other division winners were David Pikitelly, 55, Bellevue, Wash., 38:22; Roland Ansphach, 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 Ulrich, 44, finished third overall (35:25) and second for the Victory AC club champions.

Irvine Breaks Half-Marathon Record

Ware, 40, Wins Humboldt Marathon

Continued from page 1

by JERRY WOJCICK

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, Markleville, Calif., in 1:24:54. Tim Rostede, 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.

BUD LIGHT

DEER

invites you to run the

Special WORLD MASTERS Division of the Paramount 10K Run

The City of Paramount and the Paramount Rotary Club, in addition to the 13th Annual Paramount 10K Run, will have a very special WORLD MASTERS DIVISION sponsored by Bud Light. This division will be for those Master men and women runners that can meet the qualifying standards for their respective age divisions. The ability to meet these time standards will truly make this division a very special one. The race will be run with the Paramount 10K. If you can meet these standards, then come to Paramount and RUN WITH THE MASTERS. Of course, No Charge.

MASTER STANDARDS: Men 40-44, 34:00; 45-49, 36:00; 50-54, 38:00; 55-59, 40:00; 60-64, 43:00; 65-69, 47:00; 70-74, 52:00; 75-79, 65:00; 80-84, 90:00; 85-89, 100:00; 90+, 100:00

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

All times are "or faster"

Race Date: January 11, 1992
Race Time: 8:00 A.M. Sharp
Course: Flat, fast, certified and sanctioned by TAC
Accommodations: Comfort Inn
17111 Clark Ave., Bellflower, CA 1-800-389-2510 or 562-430-2800.
Ask reservationist to specify, "10K race participant." Pre-registration Only: Return Entry by 1/4/92.
Packet Pick-Up: At race site. Look for SPECIAL World Master table, from 6:00 A.M., inside Recreation Building.
Information: Oscar Rosales, 7846 Connie Dr., Huntington Beach, CA 92648 • (714) 841-5417.

NOTE: All applicants must submit times of last 3 races, certified courses. This is our tenth year with the Masters. It is a CLASSIC.

13TH ANNUAL ROTARY AND CITY OF PARAMOUNT 10K RUN

SPECIAL WORLD MASTERS DIVISION

Name

Male Female Age Phone
Address
City
State Zip

DIVISION:
• 40-44 • 45-49 • 50-54 • 55-59 • 60-64 • 65-69 • 70-74 • 75-79 • 80-84 • 85-89 • 90+

Submit "times" last 3 races, certified courses, in order to qualify, with this entry form.

RACE FEE: No Charge.

Official Entry Form Will Be Sent Upon Receipt Of This Form. Send SASE.
Send To: PARAMOUNT MASTERS 10K RUN, 7846 Connie Dr., Huntington Beach, CA 92648.
Include Times Of Last 3 Races, Certified Courses.
ENJOYED THE RE-CAP IN THE SEPTEMBER OUTSTANDING ATHLETES OMITTED A VERY IMPORTANT COMPETITOR - KARIN NMN. HOWEVER, I THINK YOUR LIST OF PERFORMANCE WAS A.M. COMPETITION ON A WET RUNWAY.

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.

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

WAVA CHAMPIONSHIPS

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. Congratulations 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 AS BRIEF AS POSSIBLE AND SUBJECT TO CONDENSATION. THEY MUST INCLUDE A SIGNATURE AND A VALID MAILING ADDRESS.

NOW AVAILABLE

1990 U.S. Masters Outdoor T&F Rankings Book

- Men’s and women’s 1990 U.S. 5-year track & field age-group rankings.
- 60 pages, over 100-deep in some events.
- All T&F events, including 3000, 10,000, weight, relays; races, raceskips (1500, mile, 3000, 5000).

Send $5.00 plus $1.00 postage and handling ($5.00 foreign) to:

NATIONAL MASTERS NEWS
P.O. BOX 2372
VAN NUYS, CA 91404

NOW AVAILABLE

1990 U.S. Masters Outdoor T&F Rankings Book

- Men’s and women’s 1990 U.S. 5-year track & field age-group rankings.
- 60 pages, over 100-deep in some events.
- All T&F events, including 3000, 10,000, weight, relays; races, raceskips (1500, mile, 3000, 5000).

Send $5.00 plus $1.00 postage and handling ($5.00 foreign) to:

NATIONAL MASTERS NEWS
P.O. BOX 2372
VAN NUYS, CA 91404

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. (9.08kg) for ages 30-49 and 16-lb. (7.26kg) 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, 3000, 4x100 relay, 4x400 relay, discuss, hammer.
Larry Patz, RFD No. 1, Box 435, Concord, NH 03329

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., Pittsford, 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

Mile
Hal Hargis 4:13.70

(3rd of 65, 1st U.S.)

Rick Hoebeke 12:44.08

Terry Taber 16:44.47

Jay Wind 20:46.00

Rick Curley 20:51.00

Ron Krebs 21:09.60

Phil Pignone 21:10.00

Bob Land Bigelow 21:10.50

Dave Reinstein 21:10.60

Steve Francette 3:45.53

Mike Engs 3:49.04

M5-50

Vince Colgan 4:15.15

(better time/no place change)

M5-50

Bob Milner 1st 5:00.60

Gordon Walker 5th 5:37.20

Chuck Conlin 6th 6:00.25

M6-64

Donald Ross 2nd 5:40.45

(better time/no place change)

John Curtice 3rd 5:53.92

Roger Whalley 4th 5:59.60

Dick Sullivan 5th 6:20.00

George Gervais 6th 6:23.2

Jack O'Sullivan 7th 6:38.8

M5-59

Diane Sherrill 3rd 5:59.56

T6-54

Nancy Ohchir 1st 5:15.66

Kathy Brown 5th 5:44.76

D Colbert-Woolnough 6th 5:59.1

W5-55

Gloria Brown 1st 6:26.55

Leila Bell 2nd 6:36.95

T4-54

Lou Vodopaya 16th 10.47

W6-54

Ad Jankowska 5th 10.54

(T10000 in place change)

W6XW: Raclewail

Hilary May 1st 15:51.51

M5-54

Gary Hull 13:20.43

(should have been last, not)

10. International list-place time

John Shubak 17th 17:42.2

W5-49

Swarth Duhlman 1st 16:06.7

Speed Chute

The Speed Chute was developed and tested in the USSR. It is the first and only training device to improve speed while maintaining significant gains in technique. Researchers have proven that using the Speed Chute is superior to old training means such as running with weighted belts, uphill sprints, towing, etc.

Advantages:

- Enhances running technique.
- Allows running forward, backward, changing directions and on curves.
- The Speed Chute used as a minitreadmill while running will greatly increase stride frequency and speed.
- Compact and weighs less than 3 oz.
- Speed Chute creates concentration during training and simulates gears.

Using the Speed Chute to increase:

- Start acceleration
- Sprint speed
- Speed endurance
- Power

Speed Chute is especially effective at developing speed in football, basketball, baseball, tennis, soccer, tennis, speed skating and others.

Speed Chute can be used in training at any level of the athlete and the training goal.

Some tests on Speed Chute in five communities are available:

Size RESISTANCE (mph) PRICE

Small Chute 6 mph $22.50

Medium Chute 12 mph $65.00

Large Chute 20 mph $90.00

Team Package 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 $275

- Free shipping
- Free printing
- Free delivery
- Free return
- Free service

- Free return
- Free delivery
- Free return
- Free service

Read these amazing Speed and Sweat athletes keep to stay up to the

Speed Chute

For more information contact the Speed Chute. Call

1-800-433-8324 or 1-617-749-4389

ELITE SALES, INC.
P.O. Box 345 - Aroostook, ME 04701
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 technician 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 a 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 I'm jogging but that I do "run" quite a bit. That seems to explain why I've been marked as "athletic" in the eyes of the aforementioned doctor or cardiologist trying to do the all-encompassing military physical, told me that I had 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," often 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 came to believe that a scientific understanding of this subject is fairly recent. Certainly, that old doctor who examined the high school track team in 1954 didn't seem to know anything about it. Nor, did my family worry about it. They knew that I was in training and did my best to do the best.

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 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 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 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


Compiled by WAVA and TAC Masters T&F Records Chairman Pete Mundie with Don Henry, Shirley Pretzsch, Johnordon Wallace and Alan Wood.

- Men's 40 & over: World and U.S. Age Bests for Track & Field events. 
- Men's 40 & over: Cross-Country Championships. 
- Men's 40 & over: Indoor Championship Records. 
- 48 pages. Thousands of entries. Lists name, age, state, and date of record.

Send $2 plus $1.00 postage and handling ($5.00 foreign) to NATIONAL MASTERS NEWS P.O. Box 2372 Van Nuys, CA 91404
Sparks Best Age-graded Performer

Romesser, Mieszczak

Fly to Masters Wins in Dayton

by JERRY WOJCIK

Gary Romesser, 49, and Nancy Mieszczak, 42, raced to masters finishes 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, 48, Chagrin Falls, Ohio, second master in 1:11:23 (1:04:42 AG). Third-master Don Coffman, 48, Franklin, Ky., had the next best age-graded performance (1:12:30/1:04:40 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 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.

Despite the lack of monetary incentives, strong local masters runners produced a very competitive, close race between mostly East coasters with a few exceptions, strong local masters runners produced a very competitive, close race between mostly East coasters with a few exceptions.

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 prizes or appearance money for masters, who nevertheless had to run qualifying races for the final invitational event on Manhattan’s Fifth Avenue.

So how’d we do, per. 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.

Chiroprassion 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 haystalls and jack-o-lantern meadows. Awash in fall splendor, 1055 5K runners 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. Sustained with a passion (chiroprassion?) 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 third in the 40-49 category, was decided in ten miles 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

The 25th Annual Athens, Ohio Marathon
Race Ohio’s Oldest Marathon Road Race or the Second Annual Half Marathon

April 12, 1992 • 12 noon

- Age group awards • Long sleeve T-shirts • Beautiful Winding Rural Course • TAC certified marathon course • Silver bowls and additional awards will also be given in specific age groups • Laurel crowns flown from Athens, Greece will be awarded to the overall winners in both men’s and women’s marathons • Post-race refreshments.

Marathon Prize Money

<table>
<thead>
<tr>
<th>Category</th>
<th>1st</th>
<th>2nd</th>
<th>3rd</th>
<th>4th</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men</td>
<td>$150</td>
<td>$75</td>
<td>$50</td>
<td>$25</td>
</tr>
<tr>
<td>Women</td>
<td>$150</td>
<td>$75</td>
<td>$50</td>
<td>$25</td>
</tr>
<tr>
<td>Masters Men 40+</td>
<td>$150</td>
<td>$75</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Masters Women 40+</td>
<td>$150</td>
<td>$75</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Marathon & Half Marathon Entry Fee:

- $15
- Postmarked by April 1
- After April 1, $15, no T-shirt

For more information call

Tony Mele at:
(614) 593-6120

Mail 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.
- Grazziella 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 racwalking during the previous month. The winner receives $100 from Sorbothane.

Sorbothane produces lightweight, shock-absorbing air-infused insoles and can be found at most sporting goods stores.

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

Butler Stars in Club West Meet

by JERRY WOJCICK

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 Watanabe, 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.
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 Mieszczak, 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 Mieszczak (52:49) the second award of $375. Carol McClatchie, 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 Bener, 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).

NEW CONCEPT FOR BACK PAIN!!

EFFECTIVE HOME THERAPY!

Can help relieve: Sciatica • Lumbago • Hip Misalignment • Pain/Numbness Radiating Down Legs • Back & Leg Problems Due to Child Bearing • Sharp Heel or Toe Pain • And Much More!

USED BEFORE AND AFTER RUN TO RELAX HIPS AND STABILIZE SACRUM.

Lie and RELAX on the SACRO WEDGY for 15-20 minutes a day or when needed. Cradles and lifts the sacrum, allowing the hips to be slightly suspended thus returning to natural position. Can also be used in car while sitting. Small enough for pocket or purse. Has worked for many when all else failed!

To order call 1-800-833-9571, and specify Male or Female. Visa/MasterCard accepted. $29.95 ea. + $3.00 S/H. Alabama residents add applicable sales tax.

P.S. — The Mini-Crims

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 rival W40 in the 8K by over six minutes and W45 winner Darlene Smith, beating her closest W45, commandeered the 5K gold with a 20:44 effort, besting Michigan runner Maggie Zidar (22:32).

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.

---

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
Women's Corner

by BECKY SISLEY

Training Female Athletes

Dr. 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. Knutgen and K. Tittel), she reports on some of the research being done on 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 capacity 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.

**Training Female Athletes**

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. Women 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.
2. 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 proposed 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) excess 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., Syracuse, NY 13240.)

---

**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 I 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

---

**YES! I want to order ____ copies of Hal Higdon's new work, THE MASTERS RUNNING GUIDE. Please send to:**

Name  
Address  
City, State, Zip

Send $10.95 (includes mailing charges) to: NATIONAL MASTERS NEWS, P.O. Box 2372, Van Nuys, CA 91404

---

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

<table>
<thead>
<tr>
<th>ATHLETE (RESIDENCE)</th>
<th>BIRTHDATE</th>
<th>AGE GROUP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Louise Adams (Boulder, CO)</td>
<td>12-10-45</td>
<td>45-49</td>
</tr>
<tr>
<td>Cheryl Bunker (Culver City, CA)</td>
<td>12-3-46</td>
<td>45-49</td>
</tr>
<tr>
<td>Beatrice Blonsky (San Leandro, CA)</td>
<td>12-17-46</td>
<td>45-49</td>
</tr>
<tr>
<td>Gloria Brown (Grand Island, NY)</td>
<td>12-20-46</td>
<td>45-49</td>
</tr>
<tr>
<td>Marie Heisig (Palo Alto, CA)</td>
<td>12-27-46</td>
<td>45-49</td>
</tr>
<tr>
<td>Mark Hunsaker (Gilroy, CA)</td>
<td>12-30-46</td>
<td>45-49</td>
</tr>
<tr>
<td>Joni Penders (San Diego, CA)</td>
<td>12-31-46</td>
<td>45-49</td>
</tr>
<tr>
<td>Patti Shannon (Chico, CA)</td>
<td>12-31-46</td>
<td>45-49</td>
</tr>
<tr>
<td>Joan Stratton (Lake Tahoe, CA)</td>
<td>12-31-46</td>
<td>45-49</td>
</tr>
<tr>
<td>Elsie Tumney (Mill Valley, CA)</td>
<td>1-1-47</td>
<td>50-54</td>
</tr>
<tr>
<td>Barbara Vail (CA)</td>
<td>1-1-47</td>
<td>50-54</td>
</tr>
<tr>
<td>Kim Aldridge (CA)</td>
<td>1-1-47</td>
<td>50-54</td>
</tr>
<tr>
<td>Kirsten Skarvag (Nor)</td>
<td>1-1-47</td>
<td>50-54</td>
</tr>
<tr>
<td>Robin James (IL)</td>
<td>1-1-47</td>
<td>50-54</td>
</tr>
<tr>
<td>Sylvia Kimeh (Pra-New York, NY)</td>
<td>1-1-47</td>
<td>50-54</td>
</tr>
<tr>
<td>Maria Mogen (CA)</td>
<td>1-1-47</td>
<td>50-54</td>
</tr>
<tr>
<td>Agnes O'Donovan (CA)</td>
<td>1-1-47</td>
<td>50-54</td>
</tr>
<tr>
<td>Darlene Miller (CA)</td>
<td>1-1-47</td>
<td>50-54</td>
</tr>
<tr>
<td>Tanya Sweeney (URS)</td>
<td>1-1-47</td>
<td>50-54</td>
</tr>
<tr>
<td>Kirsten Starks (HOR)</td>
<td>1-1-47</td>
<td>50-54</td>
</tr>
<tr>
<td>Joan Sutton (CA)</td>
<td>1-1-47</td>
<td>50-54</td>
</tr>
<tr>
<td>Veronica Wegener (CA)</td>
<td>1-1-47</td>
<td>50-54</td>
</tr>
<tr>
<td>James Allen (El Cerrito, CA)</td>
<td>1-1-47</td>
<td>50-54</td>
</tr>
<tr>
<td>Joanna Belcher (CA)</td>
<td>1-1-47</td>
<td>50-54</td>
</tr>
<tr>
<td>Michel Bernard (France)</td>
<td>1-1-47</td>
<td>50-54</td>
</tr>
<tr>
<td>Russ Ahum (Birmingham, IN)</td>
<td>1-1-47</td>
<td>50-54</td>
</tr>
<tr>
<td>Stanley Brook (NY)</td>
<td>1-1-47</td>
<td>50-54</td>
</tr>
<tr>
<td>Cheryl Burd (Skidman, NJ)</td>
<td>1-1-47</td>
<td>50-54</td>
</tr>
<tr>
<td>Rob Carroll (GA)</td>
<td>1-1-47</td>
<td>50-54</td>
</tr>
<tr>
<td>Arthur Cooper (CA)</td>
<td>1-1-47</td>
<td>50-54</td>
</tr>
<tr>
<td>Barry Curtis (Brooklyn, NY)</td>
<td>1-1-47</td>
<td>50-54</td>
</tr>
<tr>
<td>Burt Degroot (San Clemente, CA)</td>
<td>1-1-47</td>
<td>50-54</td>
</tr>
<tr>
<td>Roy Foley (Auckland)</td>
<td>1-1-47</td>
<td>50-54</td>
</tr>
<tr>
<td>George Friend (CA)</td>
<td>1-1-47</td>
<td>50-54</td>
</tr>
<tr>
<td>Brooks-Goodstadt (CA)</td>
<td>1-1-47</td>
<td>50-54</td>
</tr>
<tr>
<td>Carol Johnson (CA)</td>
<td>1-1-47</td>
<td>50-54</td>
</tr>
<tr>
<td>Jack Kiley (Stevens, WA)</td>
<td>1-1-47</td>
<td>50-54</td>
</tr>
<tr>
<td>Vadas Koerner (Orangevale, CA)</td>
<td>1-1-47</td>
<td>50-54</td>
</tr>
<tr>
<td>Ann Larrard (Australia)</td>
<td>1-1-47</td>
<td>50-54</td>
</tr>
<tr>
<td>Edith Lemieux (CA)</td>
<td>1-1-47</td>
<td>50-54</td>
</tr>
<tr>
<td>Robert Miller (CA)</td>
<td>1-1-47</td>
<td>50-54</td>
</tr>
<tr>
<td>Robert Miller (CA)</td>
<td>1-1-47</td>
<td>50-54</td>
</tr>
<tr>
<td>William Reine (CA)</td>
<td>1-1-47</td>
<td>50-54</td>
</tr>
<tr>
<td>Nick Rose (Indiana)</td>
<td>1-1-47</td>
<td>50-54</td>
</tr>
</tbody>
</table>

---

December, 1991

---
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 timekeeper.

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.

---

PUBLICATIONS ORDER FORM

---

CLOSEOUT $2.00

---

Masters Age Records
Men's and women's world and U.S. age-group records for indoor and outdoor track & field events. 60 pages. Over 100-deep in some events. All T&F events, including mile, weight, relays, and walks (1500, mile, 3000, 5000). Compilied by Jerry Wojcik, TAC Masters T&F Rankings Chairman, and the National Masters News. $5.00

Masters 5-Year Age-Group Records
Men's and women's official world and U.S. Outdoor 5-year age-group records for all track & field events, age 35 and up, as of May, 1991. 4 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and TAC Masters T&F Records Chairman. $1.50

Masters Track & Field Rankings
Men's and women's 1990 U.S. outdoor track & field, 5-year age-group rankings. 60 pages. Over 100-deep in some events. All T&F events, including mile, weight, relays, and walks (1500, mile, 3000, 5000). Compilied by Jerry Wojcik, TAC Masters T&F Rankings Chairman, and the National Masters News. $5.00

Masters Age-Graded Tables
Single-age factors and standards from age 21 to 90 for men and women for every common track & field, long distance running, and race-walking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 66 pages, including samples and charts. Compiled by the National Masters News and the World Association of Veteran Athletes. Includes world and U.S. 5-year age-group records, as of July 1, 1990. $5.95

Masters 5-Year Age-Group Records
Men's and women's official world and U.S. Outdoor 5-year age-group records for all track & field events, age 35 and up, as of May, 1991. 4 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and TAC Masters T&F Records Chairman. $1.50

Competition Rules for Athletics (1991)
U.S. rules of competition for men and women for track & field, long distance running and race walking — youth, open and masters. $9.95

Time Master Calculator
Ideal for use in age-graded scoring. Works in distinct hours, minutes, seconds. Acts as stopwatch and calculator. $45.00

IAAF Scoring Tables (1985)
Official world scoring tables for men's and women's combined-event competitions. $11.95

Guide to Prize Money Races and Elite Athletes 1991
Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 700 contact addresses and phone numbers, calendar and contacts for over 250 prize-money events, plus much more. $44.00

TAC/USA Patches
Embroidered, 4" x 3", $2.50

U.S. Track and Field Team Patches
Embroidered, 4" x 2", $2.50

U.S. Track and Field Team Lapel Pins
Cloisonne enamel, 1 1/4" x 5/8" bar pin with safety catch. $5.00

The Masters Running Guide by Hal Higdon
160-page paperback. Higdon reveals tips that helped him win three world championships in masters competition: base fitness, improving with age, training smart, maintaining mobility, minimizing injury, motivation, diet, increasing your lifespan. $9.95

Winning Secrets by Dr. Ladislav Pataki and Lee Holden

Running Research News
Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. Written in an easy-to-read style, it offers many practical tips for improving individual workouts and overall training programs. "Simply the indispensable running newsletter." — Amby Burfoot. $16.00 per year

Back Issues of National Masters News

Order: _______________________________ Total (US$) ____________

Postage and handling ____________________________ $2.25
Overseas Air Mail (add $5.00 per book) $2.25

TOTAL ____________________________ $2.50

Send to: National Masters News Order Dept.
P.O. Box 2372
Van Nuys, CA 91404

Name ____________________________________________
Address ____________________________________________
City ______________________ State ______ Zip ______

Graziailli Stiuli, 42, of Italy, topped all women masters with a 2:40:41, NYC Marathon, November 3. Photo by Jack McManus/Agence Shot.
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 accupuncture 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 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. 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 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. 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 increase your 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. 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 increase your efforts. What can I do to prevent this from happening, and — if the pain should return — is acupuncture helpful?
TAC has jurisdiction over masters racewalking. The masters T&F Committee has jurisdiction over masters’ racewalking events controlled directly by the Masters T&F Committee as 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. Currently, TAC maintains contact with WA VA, with the WA VA, Non-Stadia Road Running Championships. TAC’s Masters Track & Field Committee has jurisdiction over masters racewalking. 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.

---

**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’ racewalking events controlled directly by the Masters T&F Committee as 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. Currently, TAC maintains contact with WA VA, with the WA VA, Non-Stadia Road Running Championships. TAC’s Masters Track & Field Committee has jurisdiction over masters racewalking. 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.

---

**Masters' Racewalking**

by ELAINE WARD

---

**NEW YEAR'S RESOLUTIONS**

1. Eat fruit and vegetables every day.
2. Exercise for at least 30 minutes a day.
3. Drink at least 8 glasses of water a day.
4. Take a walk after dinner.
5. Avoid sugary drinks and snacks.

---

**HAPPY HOLIDAYS**

**AND A HEALTHY NEW YEAR!**
Circuit Happenings

Despite near zero wind chill conditions and snow drifts, runners still braved the Omaha Marathon and 10K, the 19th stop on the Sorbothane/USRA Master's Circuit. Curt Hoeh, 40, led the men in 3:14:19 for 10K, while Melanie Varley (W44, 52:09) led the women. Wisconsin's Judy Kirkhoff, 34, braved the travel conditions to lead the grand master's women in 51:04 ... The Dayton Coronavirus 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 Oanes. 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-jailed 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 Sheahan (W65, 1:56:18) captured their divisions respectively.

Debbie Royer

A big Sorbothane/USRA master's Circuit welcome to the San Diego Marathon (Dec. 8) which has replaced the Snowbird 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 (621-268-5822).

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 $900 for a new course record ... Not many race directors are more enthusiastic or creative than Austin's Paul Corrozza 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 Flutie, Laurie Binder, Nancy Mieszczak, Claudia Cliavarella and Nancy Osher. On the men's side invitations are out to Bill Rodgers, Manuel Vera, John Campbell, Mario Cues, Artemio Navarro, Wilson Waigwa, Dave Stewart, Gary Romesser, Bob Schlau, Ken Sparks, Barry Brown, Doug Bell and Byron Dycz. 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 Tabudada at the Fuji-Jitsu Classic earlier this year in California. That standard eclipsed the 23:35 Mario Cardena 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 14:48, ahead of Canada's Dave Stewart, Indiana's Gary Romesser, former Michigan State standout Ken Pogorely, and former Colorado marathoner Chuck Smed. 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 $150 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 Treacy stepped in as the peacemaker. No blows were struck, but Stewart got the nod and the $1000 first prize.
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 them as a result of stellar performances by Welshman Tony Simons whose bad back kept him from making it four wins in a row.

Dick Evans (33:14) led the M45s, while Turku medalist Les Presland (37:39) grabbed the women’s crown in 78:59. Stroud (20.0) produced the fastest American performance of the year.

Harvey, Oxley Vie for North American Post

As reported in October’s NNM, 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 Kalapa, 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.

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.

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 Marshov, President of the Soviet Veterans Sports Association headquartered in Moscow, extends a personal 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.
• Elton Richardson of NYC was second female, with a W50-54 U.S. age-group record of 2:44:54, in the TAC National Masters 40+ RW Championship meet at Robert Monmouth, NJ, September 15.


• Barkey Kerneck, M40, Minnetonka, MN, rebounding from a broken ankle, placed sixth (3:28:39) in the Humana-Prime 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, took the M40+ race (28:36).

• Brian Gove, 50, of Los Angeles, CA, won the TAC National Masters 50+ 8K on September 12.

• 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 6 p.m. EST (5 p.m. PST).

• Michigan State’s Jim Dulin, 45, won the JAL Gold Coast Marathon, July 4, for the first time in four years.

• Tim Willoughby, 40, of Minneapolis, Minn., won the Twin Cities Marathon, October 26, for the third time in four years.

• Mike Boudreaux, 40, of Baton Rouge, La., won the New York City Marathon, November 5, for the first time.

• Janice Brown, 50, of San Francisco, Calif., won the Women’s World Masters 50+ 10K, September 20, in the most hotly contested women’s race in marathon history.

• The 30th Annual World Masters 50+ 10K was held in Tokyo, Japan, November 27, with 1,250 runners from 23 countries.

• The World Masters 50+ 10K was held in Tokyo, Japan, November 27, with 1,250 runners from 23 countries.
Track and field events feature competition for men and women over 40 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 50.

ON TAP FOR DECEMBER

The Eastern indoor season gets rolling while indoor competition includes all-comers meets, a weight pentathlon, and a weight decaathlon on the 14th, and a weight decaathlon 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 conference, which runs from the 2nd to the 4th 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, Santa Monica; Fiesta Bowl 10K, Phoenix; San Diego 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 flat courses with world-class competition can travel to 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.
Continued from page 18

<table>
<thead>
<tr>
<th>Month</th>
<th>Event</th>
<th>Location</th>
<th>Distance</th>
<th>Organizer</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 20</td>
<td>SCAT District Championships</td>
<td>Occidental College, Los Angeles</td>
<td>SASE to Christel Miller, 1740 Grandview Ave., Glendale, CA 91201, 818-843-2139</td>
<td>9 p.m.</td>
</tr>
<tr>
<td>July 25-26</td>
<td>TAC Western Sectional Masters Championships</td>
<td>Chabot College, Hayward, Calif.</td>
<td>Cal Jim Johnson, 1026 Murchison, Millbrae, CA 94030, 415-697-1899</td>
<td></td>
</tr>
</tbody>
</table>

**NORTHWEST**

Alaska, Idaho, Montana, Oregon, Washington, Wyoming

<table>
<thead>
<tr>
<th>Month</th>
<th>Event</th>
<th>Location</th>
<th>Distance</th>
<th>Organizer</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 6</td>
<td>Senior Sports Festival</td>
<td>West Seattle Stadium, 55 +, Diana Hoyland, 100 Dexter Ave. No., Seattle, WA 98109, 684-4951</td>
<td></td>
<td></td>
</tr>
<tr>
<td>June 26</td>
<td>Scholastic/ Masters Meet</td>
<td>Lewis &amp; Clark College, Portland, Ore.</td>
<td>Mike Monahan, P.O. Box 1143, Gresham, OR 97030, 503-667-1145</td>
<td></td>
</tr>
<tr>
<td>November 19-20</td>
<td>Montana Senior Olympics</td>
<td>Billings, MT +, Don Tavolacci, 465 Freedom Ave., Billings, MT 59105</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**INTERNATIONAL**

July 25-August 9 | XXV Olympics | Barcelona, Spain |

<table>
<thead>
<tr>
<th>Month</th>
<th>Event</th>
<th>Location</th>
<th>Distance</th>
<th>Organizer</th>
</tr>
</thead>
<tbody>
<tr>
<td>August 19-23</td>
<td>WAVA North American Regional Track and Field Championships</td>
<td>Jalapa, Vera Cruz, Mexico</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**LONG DISTANCE RUNNING NATIONAL**

December 8 | TAC/USA National Masters 10K Championships | New Orleans, LA P.O. Box 50203, New Orleans, LA 70112-2033, 504-482-6502 |

<table>
<thead>
<tr>
<th>Month</th>
<th>Event</th>
<th>Location</th>
<th>Distance</th>
<th>Organizer</th>
</tr>
</thead>
<tbody>
<tr>
<td>December 1</td>
<td>Half Hollow Hills 5 Mile</td>
<td>Dix Hills, N.J.</td>
<td>Bob Wiener, 10 Parkwood Ln., Dix Hills, NY 11746, 506-499-6207</td>
<td></td>
</tr>
<tr>
<td>December 1</td>
<td>Brian's Run 10K</td>
<td>West Chester, Pa.</td>
<td>Masters money. George Lokken, 1117 Stonebrook Ln., West Chester, PA 19385, 215-692-2874(e)</td>
<td></td>
</tr>
<tr>
<td>December 8</td>
<td>Jingle Bell 5K for Arthritis</td>
<td>Hagerston, Md.</td>
<td>Judy Griffin, Box 1143, Gresham, OR 97030, 520-252-8749 (e)</td>
<td></td>
</tr>
<tr>
<td>December 11</td>
<td>10K Annual Running Pentathlon</td>
<td>Clearwater, FL</td>
<td>Masters money. Dick Lacey, 1270 S. Duncan Ave., Clearwater, FL 34616, 813-474-7161</td>
<td></td>
</tr>
</tbody>
</table>

**SOUTHEAST**

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

<table>
<thead>
<tr>
<th>Month</th>
<th>Event</th>
<th>Location</th>
<th>Distance</th>
<th>Organizer</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 12</td>
<td>TAC/USA National Masters Half-Marathon Championships</td>
<td>DelLeon Springs, Fla.</td>
<td>Also team championships</td>
<td></td>
</tr>
</tbody>
</table>

**MIDWEST**

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

<table>
<thead>
<tr>
<th>Month</th>
<th>Event</th>
<th>Location</th>
<th>Distance</th>
<th>Organizer</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 12</td>
<td>25th Annual Athens, Ohio Marathon</td>
<td>Athens, OH P.O. Box 1881, Athens, OH 45701 or Tony Mele, 614/593-6120</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**MID-AMERICA**

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

<table>
<thead>
<tr>
<th>Month</th>
<th>Event</th>
<th>Location</th>
<th>Distance</th>
<th>Organizer</th>
</tr>
</thead>
<tbody>
<tr>
<td>December 7</td>
<td>Spinner Clinic Jingle Bell 5K</td>
<td>Tulsa, Okla.</td>
<td>Masters money. Sharon Blessing, 6160 S. Yale St., Tulsa, OK 74136, 918-492-7200(e)</td>
<td></td>
</tr>
<tr>
<td>December 7</td>
<td>Tulsa Holiday 5K, Tulsa, Okla.</td>
<td>Masters money. Glen Lafateperi, 263 E. 50th Pl., Tulsa, OK 74105, 918-742-5344</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**SOUTHWEST**

Louisiana, Mississippi, Texas

<table>
<thead>
<tr>
<th>Month</th>
<th>Event</th>
<th>Location</th>
<th>Distance</th>
<th>Organizer</th>
</tr>
</thead>
<tbody>
<tr>
<td>December 8</td>
<td>Ole Man River Half-Marathon</td>
<td>New Orleans, LA 70122-1000, 1-800-THE-HALF</td>
<td>Box 2001, New Orleans, LA 70152, 504/482-6682</td>
<td></td>
</tr>
</tbody>
</table>

**NATIONAL MASTERS NEWS**

**December, 1991**

**NEED BACK ISSUES?**

Most back issues of the National Masters News are available for $2.25 each, plus $1.00 postage and handling for each order.

Send to: National Masters News P.O. Box 2372 Van Nuys, CA 91404

**December 8, California International Marathon | Sacramento, CA 95816 916/447-2786**

**December 8, Fiesta Bowl 10K, Phoenix, Ariz.**

**December 8, San Francisco Half-Marathon, San Francisco, Calif.**

**December 8, San Diego Marathon & Half-Marathon, San Diego, Calif.**

**December 8, Roy Campos Pac Run, San Luis Potosi, Mexico.**

**December 15, Honolulu Marathon, Honolulu, Hawaii.**

**December 12, 25th Las Vegas Half-Marathon, Las Vegas, Nev.**

**December 21, Baboomer West, Phoenix, Ariz.**

**January 5, Run-Tex Half-Marathon, Austin.**

**January 11, Bud Light Paramount 10K | Paramount Division, Paramount, Calif.**

**January 29, Baby Boomers West, Phoenix, Ariz.**

**January 11, Masters Circuit.**

**January 18, Searchlight 10K/ Half-Marathon, Redding, Calif.**

<table>
<thead>
<tr>
<th>Month</th>
<th>Event</th>
<th>Location</th>
<th>Distance</th>
<th>Organizer</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 14-21</td>
<td>Run Ireland</td>
<td>Tour, includes stays and runs in Dublin, Galway, Limerick. Hal Higdon, 2815 Lake Shore Dr., Michigan City, IN 46360, 219-878-0133</td>
<td></td>
<td></td>
</tr>
<tr>
<td>August 29-30</td>
<td>1st WAVA Road Running Championships</td>
<td>Birmingham, England.</td>
<td>W40 &amp; W55 + 10K/25K, Barbara Dunford, 71 Hillside Crescent, South Harrow, Middlesex, HAZ UQ England, Phone: 01-44-81-7217</td>
<td></td>
</tr>
</tbody>
</table>
**RECIPIENTS OF CERTIFICATES AS ALL-AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE.**

<table>
<thead>
<tr>
<th>Event</th>
<th>NAME</th>
<th>TIME</th>
<th>STANDARDS</th>
</tr>
</thead>
<tbody>
<tr>
<td>50</td>
<td>David Ortman</td>
<td>8:00</td>
<td>8:00</td>
</tr>
<tr>
<td>100</td>
<td>David Connolly</td>
<td>10:20</td>
<td>10:20</td>
</tr>
<tr>
<td>200</td>
<td>Dale Person</td>
<td>20:20</td>
<td>20:20</td>
</tr>
<tr>
<td>400</td>
<td>Robert Miller</td>
<td>40:20</td>
<td>40:20</td>
</tr>
<tr>
<td>800</td>
<td>Jerry Cash</td>
<td>80:20</td>
<td>80:20</td>
</tr>
<tr>
<td>1500</td>
<td>Dick Bloomfield</td>
<td>150:20</td>
<td>150:20</td>
</tr>
<tr>
<td>3000</td>
<td>Jim Schmiedt</td>
<td>300:20</td>
<td>300:20</td>
</tr>
</tbody>
</table>

**U.S. MASTERS STANDARDS OF EXCELLENCE FOR MASTER SN S RACE WALKERS**

<table>
<thead>
<tr>
<th>Event</th>
<th>NAME</th>
<th>TIME</th>
<th>STANDARDS</th>
</tr>
</thead>
<tbody>
<tr>
<td>50</td>
<td>David Ortman</td>
<td>50:20</td>
<td>50:20</td>
</tr>
<tr>
<td>100</td>
<td>David Connolly</td>
<td>100:20</td>
<td>100:20</td>
</tr>
<tr>
<td>200</td>
<td>Dale Person</td>
<td>200:20</td>
<td>200:20</td>
</tr>
<tr>
<td>400</td>
<td>Robert Miller</td>
<td>400:20</td>
<td>400:20</td>
</tr>
<tr>
<td>800</td>
<td>Jerry Cash</td>
<td>800:20</td>
<td>800:20</td>
</tr>
<tr>
<td>1500</td>
<td>Dick Bloomfield</td>
<td>1500:20</td>
<td>1500:20</td>
</tr>
<tr>
<td>3000</td>
<td>Jim Schmiedt</td>
<td>3000:20</td>
<td>3000:20</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Event</th>
<th>NAME</th>
<th>TIME</th>
<th>STANDARDS</th>
</tr>
</thead>
<tbody>
<tr>
<td>50</td>
<td>David Ortman</td>
<td>50:20</td>
<td>50:20</td>
</tr>
<tr>
<td>100</td>
<td>David Connolly</td>
<td>100:20</td>
<td>100:20</td>
</tr>
<tr>
<td>200</td>
<td>Dale Person</td>
<td>200:20</td>
<td>200:20</td>
</tr>
<tr>
<td>400</td>
<td>Robert Miller</td>
<td>400:20</td>
<td>400:20</td>
</tr>
<tr>
<td>800</td>
<td>Jerry Cash</td>
<td>800:20</td>
<td>800:20</td>
</tr>
<tr>
<td>1500</td>
<td>Dick Bloomfield</td>
<td>1500:20</td>
<td>1500:20</td>
</tr>
<tr>
<td>3000</td>
<td>Jim Schmiedt</td>
<td>3000:20</td>
<td>3000:20</td>
</tr>
</tbody>
</table>

**U.S. MASTERS STANDARDS OF EXCELLENCE FOR W 8**

<table>
<thead>
<tr>
<th>Event</th>
<th>NAME</th>
<th>TIME</th>
<th>STANDARDS</th>
</tr>
</thead>
<tbody>
<tr>
<td>50</td>
<td>David Ortman</td>
<td>50:20</td>
<td>50:20</td>
</tr>
<tr>
<td>100</td>
<td>David Connolly</td>
<td>100:20</td>
<td>100:20</td>
</tr>
<tr>
<td>200</td>
<td>Dale Person</td>
<td>200:20</td>
<td>200:20</td>
</tr>
<tr>
<td>400</td>
<td>Robert Miller</td>
<td>400:20</td>
<td>400:20</td>
</tr>
<tr>
<td>800</td>
<td>Jerry Cash</td>
<td>800:20</td>
<td>800:20</td>
</tr>
<tr>
<td>1500</td>
<td>Dick Bloomfield</td>
<td>1500:20</td>
<td>1500:20</td>
</tr>
<tr>
<td>3000</td>
<td>Jim Schmiedt</td>
<td>3000:20</td>
<td>3000:20</td>
</tr>
</tbody>
</table>

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

- **NAME:**
- **ADDRESS:**
- **CITY:**
- **STATE:**
- **ZIP:**

**EVENT:**

**MARK:**

**HURDLE HEIGHT:**

**WEIGHT OF IMPLEMENT:**

- **DISCIFERATE**
- **PATCH**
- **PATCH TAG**

If you have bettered the standard of excellence, please send $10 for a certificate, $10 for a patch, or $15 for both a certificate and a patch. (A patch tag, showing event and year, is an extra $5 each.) Send to: All-American, National Masters News, P.O. Box 2372, Van Nuys, CA 91404. (Close copy of results, or note in which they appeared.) A 3-color, 8" by 10" certificate — suitable for framing — and/or a 3-color, 3" by 4" patch will be mailed to you within two weeks. (Allow six weeks for patches with tags.)