Olrich Age-Graded Victor

Hartel, Burleson Win National 5K Cross-Country

by JOHN WHITE

Invigorated by a slightly cold (mid-40s) but otherwise perfect day for running, Swag Hartel, 41, of Louisville, Ky., and Marie Burleson, 43, of Columbus, Ohio, won the overall masters titles in 15:58 and 18:54, respectively, at the TAC/USA National Masters 5K Cross-Country Championships in Columbus, Ohio, on November 8.

Bill Olrich, 57, of Lexington, Ky., winner of the men’s 50 & over race, was the age-graded champion (17:40, 88.6%). He was followed by Don Coffman, 49 (16:37, 87.9%), Peter Hallof, 45 (16:13, 87.6%), Wally Herral, 48 (16:38, 87.2%), and Lari Dunlap, 43 (16:04, 87.1%). Overall women’s champ Burleson also took top age-graded honors with an 82.9% performance, a repeat of her 1991 effort.

The best competition occurred at the forefront of the men’s 40-49 race. The principal challengers were high school coach Dan Sekerak, 45, of Granville, Ohio, overall winner of this event in 1989 and 1991; sporting goods store owner Hartel, 41; and Army Major Dunlap, 43, of Aberdeen Proving Ground, Md.

Sekerak and Dunlap battled for the lead for over 4000m, with Hartel staying close. A recurring hamstring injury suddenly brought Sekerak to a jog, and he limped in to finish 16th. Dunlap was unable to shake off Hartel, whose powerful last 300m kick gave him the win by six seconds. Track nuts may remember Hartel as a 4-minute miler during his college days.

This was a high quality race with 24 runners breaking 17 minutes and 40 runners breaking 18 minutes.

The men’s 40-49 race also produced the best team competition as eight teams bid for the medals. Victory AC

Continued on page 3

Levisse, Hine Capture 40+ Titles

12,000 Masters Run in 23rd New York Marathon

by MARILYN J. MITCHELL

Pierre Levisse, 40, of France, edged fellow countryman Jean-Michel Charbonnel, 2:19:42 to 2:20:23, to capture the men’s masters title in the 23rd staging of the NYC Marathon on November 1. More than 12,000 runners — 43% of the 29,000 entrants — were age 40 or over.

The temperature at the start of the race was 46 degrees with 51% humidity, and featured strong headwinds that took their toll on the frontrunners. Levisse’s time was more than five minutes slower than John Campbell’s 1990 masters course record of 2:14:34.

Topping the M50 division was Joachim Adomeit of Meersbusch, Germany (2:34:14). The M60 winner was Robert Peart in 2:54:20. Ansaldo Furiai topped the M70s in 3:24:07.

Oldest male finisher was Sam Gadiess, 85, of Boca Raton, FL., in 6:44:32. Masters awards were presented in 10-year age divisions.


Continued on page 8
December, 1992

National Masters News

5K Cross-Country

Continued from page 1

of Louisville, Ky., repeated its 1991 achievement by defeating the host Wolfpack TC "A" team, 1:22.28 to 1:23.18. The improved margin of victory from three seconds to 50 seconds occurred principally because Victory added Hartel, while Wolfpack lost the services of Bill Haviland. Wolfpack was nearly nipped by the surprisingly strong Motor City Striders, who turned in a 1:23:30 performance.

There are, of course, 10-20 U.S. women masters in the same class with Marie Burleson, but unfortunately we seldom see two of them in the same race, let alone a cross-country meet. The good news is that more women are entering cross-country races, due perhaps to a combination of high school experience and the formation of more masters competition teams.

As with the 1989 and 1991 championships, Burleson went right to the front to battle for the lead. This year she encountered a pack of three open runners who were a real challenge. She finally wore out one of the three to finish third overall in 18:54, more than two minutes ahead of the next master. This meet had excellent women masters team competition as the Motor City Striders went head to head with the Wolfpack. Motor City won, 29-30, with simple scoring and 10-11 with dual meet scoring. The Wolfpack prevailed by over a minute in the official aggregate time scoring, 1:03:29 to 1:04:33, due largely to the huge margin of victory achieved by Burleson.

The M50 & over team title was won by the Bob Schul Racing Team with a time of 1:01:57, to 1:06:17. The Syracuse Chargers won the M70 & over title with a time of 1:15:18.

This event is well-respected in the Ohio area, largely because the terrain of the conveniently-located Airport Golf Course is outstanding for cross-country running. The principal sponsor of the event is the Columbus Recreation and Parks Department. It also helps to have lots of good TAC officials on hand.

COMING NEXT MONTH

- 1992 Masters Athletes of the Year
- TAC Convention Report
- 1993 Schedule of Events

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MEET SCHEDULING

In your November issue, Clarence Killion suggests that all meets be held on Saturdays. This vexing and controversial issue of the most feasible day for meets is one that seems to surface about once a year in your "Write On!" column so I have come up with an ingenious solution that will solve the problem once and for all:

All masters track and field meets will begin on Friday morning and end on Monday evening with the track open and officials on duty the entire period. Entrants in any given event need not all compete at the same time. Instead, they can come any time during the meet and have their performance tallied and tabulated. An Orthodox Jew competing in the 10,000 meters can arrive at the track at sundown on Saturday, and have an official count and time his 25 laps. Seventh Day Adventists can show up after midnight on Saturday for their meet and have their performance tallied and tabulated.

In the past two games we have been able to reasonably participate in both the 10,000 and the 10K cross-country; and after travelling so far to race, we would hope that the organizers might incorporate that thinking into their scheduling.

John P. Cossick
Mary L. Wood
Montrose, Colorado

(Normally, the WAVA cross-country races are held on the second Thursday or Friday. However, Monday, October 11, 1993 is a Japanese holiday and the organizers want to hold the X-C in a small town outside of Miyazaki on that day, when "officials are available and the townspeople can watch and participate." — Ed.)

WAVA SPECIFICATIONS

Increasing numbers of masters athletes are entering the 80, 85 and 90 age divisions each year as indicated by lists published monthly in NMN.

During the past 12 months, 81 masters have entered these age divisions: 34 into the 80-84, 29 into the 85-89, and 18 into the 90+ categories.

Dr. Gabe Mirkin, M.D., (April, 1987 NMN) stated that "... with aging, you lose nerve cells which cause you to lose muscle fibers. When you lose fibers, the muscle becomes smaller and weaker. So, as you age, your muscles become weaker, no matter how much you exercise." This decline in strength is inevitable and becomes even more pronounced in ages past 80 and 90.

On the basis of the above facts, it would appear to be physiologically sound to add an 80-plus age division to the current WAVA/TA Implement Specifications, instead of stopping at 70-plus.

For each of the 50-60- and 70-age divisions the throwing implements are reduced in weight. Why should men 80, 85, 90 and 95 be expected to throw the same weight implements as those who just turned 70?

I suggest that a men's 80-plus division be added to the implements section with shot put and hammer weights of 3 kg.

Burt DeGroot
San Clemente, California

BOB WATANABE MISSED

What a great loss! We will greatly miss our friend and fellow trackster, Bob Watanabe. He was a kind and thoughtful man who always gave so generously for the welfare and happiness of others. Few men I have known were as courageous, respected, or admired as Bob. All of us that have been privileged to have been associated with him during his life-time have been enriched. As but one of his host of friends that had the pleasure of spending time and competing with him, I will always be grateful.

In 'hanging up my trusty spikes' this season of 1992 I moved to take this opportunity to express my heartfelt gratitude to all of my fellow competitors for the warmth of your friendships and the kind letters and words you have sent regarding my retirement and fun times we’ve shared. Each one of you are very special and champions in my eyes and heart. Thanks for the memories.

Harry Guth
Perryville, Missouri

AGE-GRADED NATIONALS

Comparing the age-graded results of the 1990 and 1992 nationals, we find performances have improved greatly.

Continued on page 18
U.S. MASTERS/SENIOR OLYMPICS
Early Morning "R" Track and Field

December, 1992

WINTER '93
JANUARY 17, 1PM
BETHEL COLLEGE
3900 Bethel Dr/(1/4 mi. South I-694 & Snelling-East of 35W)

MC1

MCI
Suggested entry donation is $8-one event, $15-unlimited & family. For the 4X100 family fun relay, last names and ages under one family name on backside of entry, and include any track history you care to share. Mail to: Rachel Lyga, M. C. S. O. 122 63/2/3Way NE, Mpls. MN 55432 (92)777-4661

ENTRY FORM
Pre-registration
by Dec 31-1991

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Birthday______________________

Age________________________

W____M____( )

State________________________

ZIP________________________

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Mail to: Rachel Lyga, M. C. S. O. 122 63/2/3Way NE, Mpls. MN 55432 (92)777-4661

EVENTS(CIRCLE): 15 110 TF 137 SS 8 5 110 H 100 400 1500 3000

BEST MARK '91-92

WAIVER: I, the undersigned, being of sound mind and physical condition, am participating in the MINNESOTA MASTERS-SENIOR OLYMPIC. Early Morning "R" Track & Field Men's of my own Free Will. I know my body's limitations, and take full responsibility for my own health. I have personal injury insurance, and do hereby agree to waive any future claims for injuries against anyone else, directly or indirectly, as a result of my activities in connection with these meets. I understand further, that I will not be publicly humiliated and assumed guilty of drug misuse, nor have, without a reasonable case, my US Constitutional Right of Privacy violated.

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December, 1992

NATIONAL MASTERS NEWS

page 5

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JANUARY 17, 1PM
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MINNESOTA MASTERS-SENIOR OLYMPIC Early Morning "R" Track & Field

Men's events are on Friday, January 17, 6:30 a.m. indoor T&F. Start at 8:00 a.m.

Promotes the opportunity for the athlete to improve his/family's participation in the Minnesota Masters-Senior Olympic G.T. Track & Field at the age of 49 years.

I.E. = New Record at Distance or Time

N O. = One Man's Distance or Time

N.O. = New National Record

N.O.S. = New State Record

N. A. = New Area Record

N.B. = New Bowler Record

N.B.C. = New Bowler's Club Record

N.B.C. = New Bowler's Club Record

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A Hall of Fame Just For Seniors

Jack Fones, a 75-year-old semi-retired public relations and advertising executive, would occasionally read about an amazing athletic feat by a senior athlete. "But then it would be gone and forgotten. It seemed to me that there should be a place to perpetuate these accomplishments and honor the seniors who are doing all these great things in various sports," said Fones, explaining his motivation in organizing the Senior Athletes Hall of Fame in Bradenton, Florida.

Sprinter Payton Jordan, 74, and distance runners Clive Davies, 76, and Sister Mary Spring, 72, were among the first 10 inductees to the Hall last April.

Pentathlete Melvin Buschel, 71, sprinter Helen Darnell, 63, and multi-event competitor Frank Furniss, 84, were among the other track & field athletes who became charter members of the Hall, which is located in the clubhouse of the Shorewalk Vacation Villas.

Rounding out the inductees of 1992 were swimmers Gustave Langer, 88, and Dorothy Donnelly, 70, bowler Joseph Norris, 84, and triathlete Theodore Epstein, Jr., 55.

Only U.S. Athletes Eligible

Only American athletes and their achievements after turning 50 are eligible for the Hall. More than 50 athletes were nominated for this year's induction, but only those 10 got the required five votes from the nine-person committee of experts from various sports.

As one of the so-called "experts," I came to realize how difficult it is to evaluate the accomplishments of people in other sports. In the case of Norris, for example, I know enough about bowling to appreciate a 198 average by someone in his 80s, but I don't know if there are others his age who might be even better.

I'm sure the same held true of the non-track & field and road racing experts on the selection committee. How does someone who doesn't follow our sport judge a 12.72 100 by a 70-year-old or a 2:42 marathon by a 65-year-old?

Problem With Selection

For the most part, the selection committee members had to make their decisions based upon how impressive the nominee's writeup and clippings were. There is a problem with that, however. A person in our sport can own several American records and have won a half-dozen national championships. He or she can also have a portfolio of clippings.

But, as I'm sure most knowledgeable readers will agree, that does not necessarily put him or her in the Hall of Fame category. There are hundreds of masters track & field and road rac-

Waigwa, Filutze First In Pittsburgh 10K

by JERRY WOJCIC

Wilson Waigwa, 43, of Kenya/Texas, and Barbara Filutze, 46, of Erie, Pa., each won $1000 for age 40-and-over firsts in the Pittsburgh Great Race 10K on September 27. Waigwa, finishing eleventh, ran an outstanding age-graded 96.9% of 30:01. Filutze’s 35:52 was an age-graded 92.9%.

Charles McMullen, 41, Rochester, N.Y., was second with an age-graded 96.5% in 30:36, followed by Luis Lopez, 43, Costa Rica, in 31:03. McMullen’s prize was $800; Lopez’s $500.

Masters divisions were in five-year categories, but prize money was paid in ten-year divisions.

Winner of the M50-54 race, Fay Bradley, 54, Washington, D.C., ran a 34:20 (AG 92.0%) to capture the M50-59 prize of $400. Bill Fortune, 64, Pearl River, N.Y., won $300 for his 39:22 first among the M60-69 runners.


John Petroff, 83, Erie, Pa., in 1:18:16, defeated Max Popper, 89, Flushing, N.Y., 1:22:56, for the M80+ title. Norma Perlmutter, 75, Pittsburgh, was the oldest woman finisher (1:37:50).

Masters runners comprised 33% of the 9903 registrants. Weather conditions were a light rain, 66% humidity, and wind at 10 mph.
Use Those Fast Twitch Muscles or Lose Them

My muscle fiber, magnified and photographed, resembled a crocodile’s skin. The scales formed a patchwork quilt, dark and light. The predominance of dark scales told me why my running times had slowed appreciably of late.

I am a mass of slow-twitch fibers. In fact, 73.5 percent of my muscle fibers are slow-twitch as opposed to fast-twitch. I know this because of tests conducted last summer at Ball State University’s human performance laboratory. The lab’s director, David L. Costill, Ph.D., conducted the tests. He inserted a needle into my gastrocnemius (calf) and pinched loose a tiny section of muscle. On a glass slide, it resembled a piece of hamburger. Magnified 100 times under a microscope, it became crocodile scales.

The dark scales (dyed for easier identification) are the slow-twitch fibers. Light scales are fast-twitch. Have a preponderance of one, and you more events. Have the other, and you’ll do to change it.

You scored 61.2 percent slow twitch as laboratory, suggest that fiber Slow twitch muscles was that 61.2; now declined with age. I once possessed a fast-twitch. Have a slow twitch muscles was that 61.2; now declined with age. I once possessed a

You cannot stop long after your fast twitch fibers have twitching? The result is a gradual decline. “That’s why we lose muscle mass, even though we continue to train,” he says. In other words, use it or lose it.

Dr. Costill states that another reason for the decline in fast twitch fibers is hormonal, but that should not be used as an excuse for prescribing anabolic steroids, either for aging athletes or those simply trying to maintain some general strength as they approach retirement age.

How can you keep your fast twitch muscles twitching? One way is to continue training for speed and strength, even as you age. This means speed work on the track and pumping iron in the weight room. But just as aerobic power declines with age, so does speed. “You can slow the decline,” Dr. Costill warns, “but you cannot stop it.”

That may sound like an ominous message to some, but I hope to keep twitching — fast or slow — for a few more years.
T
his month, the Sorbonthe Masters Athlete-of-the-Month is divided between a trackman and a long distance runner.

Joseph Nzau (pronounced “Zow”) of Kenya and now living in Laramie, Wyo., shares honors with Trinidad’s Ralph Roman who lives in Washington, D.C.

Nzau won two TAC National Masters titles: the marathon at Twin Cities in Minneapolis on October 4 in 2:16:12 and the 10-mile in Grand Rapids, Mich., August 22, in 49:48. In the former he beat France’s Pierre Levise, who had been virtually unbeatable all year, with an age-graded performance of 95.5%. In the 10-miler, he beat top 1992 US 40+ distance runner, Doug Kurtis, with a 94.7% rating.

Roman, 60, turned the age-graded tables on his ear with astonishing times of 54.6 for 400 meters in both the Potomac Valley Games, September 6, and the North American Championships, August 22. He obliterated the old M60 world record of 57.65, held by Jack Greenwood, with an unbelievable 102.24 on the age-graded scale.

Other top contenders this month included:
- Wilson Walugwa, 43, with a 30:01 (96.9%) in the Pittsburgh Great Race 10K, and a 50:38 (95.0%) in the National 10-mile, where he finished third to Nzau and Domingo Tlibaduz.
- Doug Bell, 41, who set a U.S. M40 record of 1:21:24 (93.3%) in the Minnesota Masters 25K, September 13, and defeated Doug Kurtis in the Madison Valley 8K, in 24:25 (91.9%), August 29.
- Doug Kurtis, 40, who captured the Fox Cities Marathon masters crown, October 11, in 2:20:40 (92.5%) and won the Detroit Marathon masters title just one week later in 2:19:25 (93.3%).
- Sharlet Gilbert, 40, who took top female masters honors in the Fox Cities Marathon in 2:20:38 (90.7%), and at Twin Cities (2:40:19).
- Gary Romesser, 41, with masters wins in the Dayton River Corridor half-marathon (1:07:56, 93.3%), October 25, and Tulsa 15K (46:51, 94.14%) a week later.
- Bill Rodgers, 44, who won TAC’s National Masters 20K title, September 7, in 1:03:07 (96.6%).
- Pierre Levise, 40, who captured the masters prize in the prestigious New York Marathon, November 1, in 2:19:02 (93.1%).
- Carol McLatchie, 40, with a solid 1:13:46 (90.0%) in the National 20K. Sorbonthe produces lightweight, shock-absorbing, air-infused insoles which can be found at most sporting goods stores. Sorbonthe sponsors the athletes-of-the-month award every other month in NMM. For their efforts, Nzau and Roman will split the $100 award.

Master Faster Masters Romp Riverhead
by MAURY DEAN
Over the years, the Riverhead Country Fair 10K, Riverhead, L.I., N.Y., has been a pumpkin-field promenade over rolling asphalt and mini-hills and one of the rural East End’s best races. Nudging 70°, this Indian summer 10K was picture-perfect for walkers and spectators but a little stuffy for runners (humidity 96%) on October 11. This year, the premier runners of October turned out to be masters. Ten of the top 17 were 40+ silver stirrers, and champs Bob Giambalvo (M40, 33:11) and Pat Doroski (W40, 40:59) took thirds overall.

I wish I could have seen the Giambalvo-Alan Oman duel for masters first, but as usual, they disappeared into the horizon shortly after the gun sounded. Two seconds decided the race, with Dan Brach’s semi-supersonics M40 33:58 earning only a ho-hum bronze.

Determined Estella Clasen was second M40+ (45:59), followed by nice efforts by Cheryl Skrivanke (W40, 46:17), Val Smith (W45, 51:34), and the irrepressible Mayte Cui (W50, 55:32). The race course is like a chunk of New England. Weaving along passed mists mist bays, 300-year-old houses, potato fields, and amused horses chuckling at creatures with two feet “racing” at an equine trot, the course bobbed and weaved its way on a windless day to Riverhead.

New York Marathon
Each first place masters win was worth $3000; second place, $2000; and third place, $1000.

First masters racewalker was Dan O’Connor, 50, of New York, in 3:43:22. Rdona Green, 59, also of New York, topped all female masters with a 4:58:44. The racewalk, an exhibition event due to the difficulty of judging walkers among 27,000 runners, drew more than 75 competitors, including some top international Olympians and world champions. Because it is an exhibition event, racewalk awards include only overall awards and not separate age-group trophies.

The most famous masters runner of the day was 60-year-old Fred LeBow, President of the New York Road Runners and the father of modern big-time marathoning. It was LeBow who took this race from four loops around Central Park into a city-wide race of the five boroughs with live network coverage and a world feed. Currently in remission from brain and thyroid cancer, LeBow relinquished his race director duties for this one time only and ran his first New York City marathon accompanied by his coach and good personal friend, Greet Waltz.

He fulfilled this long time dream of running this race and raised money for cancer research for the Sloan-Kettering Memorial Cancer Hospital.

Said Fred with his typical dry humor “I didn’t do this to get a medal and run around a city. I did this to fulfill a dream.”

The only major snafu on race day was a 55-second false start by some runners, caused by a chain of events including some overzealous semi-elite runners who, for the first time, were given starting positions up at the front, some perhaps inexperienced military cadetmen/women who were supposed to be holding the runners behind the starting line but who retreated slowly as the runners pressed forward, a cannon which then could not be fired because runners were too near to its gun barrel, and a New York Road Runners pace car which had to hightail it out of the mix because it became gridlocked in a sea of 27,000 runners, which would leave the lead runner with no pace car at all. Some of the runners interpreted the car’s departure to be their starting signal and they took off approximately 55 seconds prior to the official start. After viewing various television film footage, the Road Runners was adjusting times of the effected runners accordingly, projected to be only a few women and perhaps as few as 200 semi-elite male runners.

More than 83% of the registered marathoners were over age 30. A record 27,420 finishers completed the grueling trek, which was won overall...
The National Masters Weight Pentathlon Championships in Seattle on September 5 were held under ideal weather conditions at the fine facility of the University of Washington’s Husky Stadium. The Pacific Northwest Athletics Congress provided first-rate officials.

Len Olson, 61, of Pennsylvania, topped the 25 men entrants, with 4335 points on the age-factored table, followed by Richard Hotchkiss, 53, of California, with 4265, and Phil Brusca, 65, of Missouri, with 4110. Hotchkiss, winner of the M50-54 division, was the top regular point-scorer with 3449.

Sally Polk, 62, of New Mexico, outpointed the other three women, with an age-factored 3050. Her score was bolstered by a U.S. W60-64 record for the 3kg hammer of 28.10, which erased her own 27.64, set in September 5.

Leon Joslin, 80, of Washington, broke the world single-age record of 7.36 for the 25-lb. weight with a 7.90. A record of sorts, which will probably never be broken, was set by contestants Jim Minah, 73, of Washington; Estelle Jenkins, 66, of Canada; Ken Weinbel, 65, of Washington; and Tom Pardun, 42, of Washington. All celebrated birthdays on the day of the meet!

On the 6th, some of the more hearty competed in the PNAC 56-lb. weight championships. Weinbel and George Mathews of the Seattle Masters AC were meet directors.

Warm Sun, Hospitality Greet Athletes at Utah Senior Games

by DOUG SMITH

About 200 men and women, age 50- and-above, participated in the track & field segment of Huntsman Chemical’s “World Senior Games” held October 21-23 in St. George, Utah, at Dixie College. The college has allowed the track and field facilities to deteriorate, due, mainly, to the fact that it does not have a track and field team. The track needs to be resurfaced, and the concrete pad for the discus should have a metal ring for it to be legal. Possibly Huntsman Chemical and the college could join forces in order to improve these facilities.

This meet could be one of the best because of people like Sylvia Wunderli, Executive Director, Ken Christensen and Ken Jolley, who worked very hard at making sure this meet was a success. They made everyone feel welcome, and the many volunteers were very accommodating to the participants.

The atmosphere that pervaded this entire community during this meet was one of warmth and hospitality. Banners lined the main streets throughout the city proclaiming the World Senior Games, and many businesses offered special discounts or rates to the athletes.

The warm temperatures in the afternoons were tempered with slight breezes that held back some of the sprint times, because of headwinds, but even the wind could not deter some good performances as 34 new meet records were set on the track.

The meet did not use automatic timing and there were no wind gauges, so no sprint or jumping marks can be considered for U.S. age-group records. Discus throwers were limited to four throws. The sprints were run as sec-
Jose Marin — Still Scaling the Heights

When you consider that the ninth place finisher in the 1992 Olympic 50K racewalk was weaned when Frank Sinatra was still wooing bobby-soxers, you begin to appreciate just how durable Jose Marin is. At 42, the 5'4" Spanish electrician still knows how to make the sparks fly as he knocks off world-class times at an age when many are happy to sink into an armchair. In Barcelona, he not only had the satisfaction of completing his sixth Olympic walk, he maintained his remarkable status of always finishing in the top ten.

Some years ago on a previous visit to Barcelona, a generous store owner, responding to my less than subtle hinting, gave me a poster from his store being the tie he was about to win European gold at the 1982 20K walk. The poster has been a source of inspiration since. The sheer delight of having won a major title is caught in Marin's face as he crosses the finish line and fully realizes that the endless treadmill of hard training has paid off. A few days later in Athens, he added a silver by following the Finn, Salonen, across the line in the age 39. He set the last of his personal records with a 50K "losing" 3:49. Marin now is caught in Marin's face as he side comments during an achievement to hold for three years.

Not only does Marin live here, but this is also home to Jordi Llopart, who won the gold in the 1992 Olympic 50K, on a course where the last two kilometers were a 5.8 percent grade, Marin averaged a 7:41 mile pace. Jose Marin comes from a small town called El Prat de Llobregat, a suburb of Barcelona. Viewing the town from the train window on your way to the airport from the Catalan capital is hardly uplifting. Factories and other nondescript buildings dot the plain, flat landscape. But if El Prat took on the number of European countries at say, a team racewalk competition, this small community would severely dent the pride of whole nations.

Marin is the coach of Valentin Massana who should have taken the silver in the 20K except for his unlucky disqualification at the stadium entrance. He also coaches Jaime Barroso, who at 23, finished a credible 14th in the 50K; and on the women's side, he coaches junior walker, Emilia Cano, who placed 22nd in the 10K.

Marin coaches Daniel Plaza who won the gold medal in the 20K walk, as well as Maria Cuez-Diaz who took 10th place in the 10K.

It hardly will be a surprise that this wealth of walking talent has not just appeared out of the clear blue sky, but is the product of an intensive program largely sponsored by Spain's Athletic Federation. "Quantity not quality," is one of the reasons given by Marin.

"Pardon?" I queried through my interpreter, Tony Munoz de Gispert. "Is that meant to be the other way around?"

"What I mean," answered Marin, "is that you can't peak at major races and walk long and fast without doing the hard labor first."

What this "quantity" actually entails are daily sessions of the hordes of walkers for those in Marin's camp attempting 20K, and four- to five-hour walks for those racing 50K! These sessions are followed by sauna, massage, jacuzzi, and one day a week of total relaxation for recuperation.

"Doing nothing is one of the most important factors in training," explained Marin. "Without the right recovery, athletes will not sustain the workload, even when do no other job."

To cope with this demanding routine, Marin spends time searching for scenic training routes to relieve the tedium of an entire morning's walking. A favorite is the Coll Serra, a mountain backpack to Barcelona's congested center, and another is the Mont Serly in the Pyrenees.

"Yes, of course these routes are tough," Marin replied. "But they provide excellent conditioning and attractive surroundings in a relaxed atmosphere. If you saw them, you would see one of the reasons why I still train hard.

The ideal Marin training cycle involves two weeks and a half, and one week easy. Near the race, some of the sessions are track repetitions. Just two weeks before the Barcelona 20K and 50K walks, both Marin and his protege Massana completed a 200K, 6-day workload!

Motivation to keep going is not only because Marin remains on the world's best racewalkers, but because he can now derive satisfaction from completing the El Prat tradition to the next generation. When he was 13-years-old and undersized, he was told to try walking to build up his strength. Now, he sees the sport as spanning all ages. "Unlike some events, walking is for life," he noted. "I see no reason why someone couldn't walk competitively when they're 60."

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ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, DEC. 1992

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<th>ATHLETE (RESIDENCE)</th>
<th>BIRTHPLACE</th>
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<tr>
<td>Marie Ann Berde (Lakeshore, CA)</td>
<td>San Diego, CA</td>
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<td>Barbara Durand (Thousand Oaks, CA)</td>
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<td>Susan Hintz (Pullman, WA)</td>
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<td>Sammy White (East Point, GA)</td>
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<tr>
<td>John Russell (Tampa, FL)</td>
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**Five Years Ago**

- At age 42, Priscilla Welch is first woman in New York Marathon in 2:30:17
- 135 Compete in NMN Age-Graded Meet
- Larry Almborg (40, 33:58) and Charlotte Swanson (45, 42:47) Capture 10K Cross-Country Titles
- MAAD Formed to Fight Age Discrimination

---

(This interview was conducted by Paul Warburton at the Barcelona Olympics with Tony Munoz de Gispert as interpreter/co-author. — EW)
Reda Leads Masters At Mohawk-Hudson Marathon

Vinny Reda of Albany, N.Y. battled cold and windy weather to capture the masters title at the tenth annual Mohawk-Hudson Rivers Marathon on October 25. Reda, a 40-year-old university publicist, finished fourth overall, less than six minutes behind the winner, in 2:35:50. The top female master was Merrill Cray of Lake Elmore, Vt., who posted a 3:27:18 to finish seventh overall among the women.

Mike Mason, Northfield, Vt., was the second master in 2:46:08. Jacqueline Seltzer of New York City was the second female master in 3:38:56. The day's most outstanding age-group performance was the 3:17:26 time turned in by 63-year-old Al Becken of San Antonio, Texas. Sam Gratch of Utica, N.Y. the marathon's oldest finisher at age 68, captured the M65 title in 4:26:18.

Two hundred and eighty-eight runners finished this scenic marathon along the banks of the Mohawk and Hudson Rivers. The Hudson Mohawk Road Runners Club organized the race, and Energy Answers, Inc. was the race sponsor.

Romesser, Hutchinson Tops in Tulsa

by JERRY WOJCICK

Tulsa Mayor Susan Savage fired the starting gun to send 7952 entrants toward the finish of the 15th annual Tulsa Run 15K on October 31. A cool, overcast morning, unlike last year's freezing weather, greeted the participants, with many Fun Runners in Halloween costumes.

At the close, masters firsts were Gary Romesser, 41, of Indianapolis, and Jane Hutchinson, 46, of Webb City, Mo. Both also claimed masters age-grouped honors. Romesser's 46:51 equaled a 43:53 performance, while Hutchinson's 58:08 was worth a 52:08.

Roger Robinson, 53, of Vienna, Va., M50 winner, was the second-best performer, with a 52:54 (45:26), followed by M55 victor Ino Cantu, 58, of El Campo, Texas, 56:20 (46:11). Jack Gentry, 64, of Rogers, Ark., took the M60 gold with a fast 61:17 (47:13).

Martha O'Rourke, 42, of Tulsa, second master woman in 58:39, also garnered second-best performance honors (54:11). Lydia Borges, 51, of Tulsa, was third best, with a 65:00 win (55:57).

Open, masters, and wheelchair winners shared in the $29,500 prize money. The race was sponsored by The Williams Companies, Inc., and the Tulsa World. Stan Austin was race director.

Here is the P&L for the outdoor eastern sectionals held at Cornell University on March 22, 1992. These accounts do not include personal expenses for travel, food, or lodging.

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<td>Refunds</td>
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Expense total $2,932.94

Amount expenses exceed income ($2693.94 - $5402.50) equals $889.44 (net loss)

Here is the P&L for the indoor eastern regional held at Randall's Island on August 1, 1992.

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Expense total $4,845.34

Amount income exceeds expenses ($4866.10 - $4845.34) equals $20.76 (net profit)

Northwest Masters 8K

Michael Allison, 41, of Seattle, and Kate O'Neil, 45, of Lake Stevens, Wash., finished first in the Northwest Masters 8K in Seattle on October 24. Allison, with a 2:46:48, took the race by two seconds from Philip Welch, 43, Seattle. In the women's contest, O'Neil won handily in 31:21, but Judy Groombridge, 52, Seattle, second in 32:54, took $4,866.10 age-graded honors with an 84.3%

Oro Keniston, 65, Seattle, had the best age-graded performance overall with a 31:49 for an 87.8%, followed by M50-54 division winner Dave Williams, 50, 27:54, Puylapul, Wash., with an 87.4%

Helen Stout, 82, Seattle, was the oldest finisher, with a 1:35:12. The race, a low-key affair, was directed by the Snohomish TC, and sponsored by Control Seneca, Kirkland, Wash., with donations from Super Jock & Jill in Seattle.

Ten Years Ago

- Antonio Villanueva [42, 2:08:58] and Cindy Dalmatine Take Masters Titles in NYC Marathon
- Dan Conway [43, 48:13] and Lollie Bache [40, 1:00:50] Speed to National Masters 15K Victories
- Hal Higdon Sets U.S. M50 15K Record (51:05.9) in El Paso
Compartment Syndrome of the Lower Leg

One of the lesser-known running injuries is pain and swelling on the outside of the lower leg. It’s called Compartment Syndrome, or, more specifically, Anterior Compartment Syndrome.

The malady is usually caused by increased fluid pressure within a closed space. This causes inflammation, reduced circulation, damage to muscle and nerves, and pain. Exercise may cause a compartment syndrome, especially in the peroneal muscles and tendons of the lower leg. There may be a related numbness down the leg, associated with tingling, shooting pain, and a tightness sensation in the calf.

Anti-inflammatory medication may help.

If the pain persists, see your physician for more treatment. In severe cases, a fasciotomy is recommended to decompress the compartment.

(Emmy Stocker 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.)

Rodgers, McLatchie Set Course Records In National 20K

by Emmy Stocker

Two course records fell in this year’s National Masters 20K Championships, held in New Haven, Conn., September 7.

The race drew hundreds of top over-40 runners, who travelled to compete alongside the 2000-plus competitors in Connecticut’s second largest race — the New Haven 20K.

Get The Picture?

The NMN welcomes all photograph contributions. Unfortunately, some photos we receive are unsuitable, so here are a few pointers to help amateur photographers submit print-quality photos:

1. When taking pictures specifically for NMN, it’s best to use black-and-white film, especially when shooting indoors.
2. When shooting posed pictures, have the subjects face the lighting and remove hats.
3. In the captions, be sure to include the race or event, date, location, the subjects’ names, ages, residences, and marks. Give photo credit to the person who actually took the picture, not the provider of the camera (unless the photo was done with a self-timer).
4. Photos to be returned should have the return address on the back of each one.

Blomquist, Parsi First in Applefest

by Jerry Wojcik

Peter Blomquist, 40, of Worcester, Mass., and Carrie Parsi, 53, of Lexington, Mass., captured masters firsts in the Applefest Half-Marathon in Hollis, N.H., on October 10. Blomquist finished 12th of 712 runners with a 1:15:19 in the race, which served as the RRCA New Hampshire Championships. Parsi defeated the younger masters women with a 1:37:01, a single-age course record, nine of which were set in the race.

Ron Kita, 47, of Hollis ran a 1:18:11, another age-record, to take the second place. Ellie Lowell, 45, West Willington, Conn., was the next fastest W40-and-over in 1:40:22.

Carlton Mendell, of Portland, Me., at 70 the oldest finisher, won the M70+ contest in 1:42:47, also an age-record.

The overall winners were defending champions Dave Dunham (28, 1:06:07) and Michelle Jahns (32, 1:24:59). Threatening rain held off until the last finishers.

Bill Gray was the race director. The Gate City Striders hosted the event. Major sponsors were Brookdale Fruit Farm, Gemini Construction, Kerno Strivers, and New England Pizzaland.

5000 Masters Run in 17th Marine Corps Marathon; Alvin, Malloy Triumph

by Emmy Stocker

Pioneer Bill Rodgers, who won the inaugural race back in 1978, blazed along the flat, fast urban course in 1:03:07 (17th overall). He broke Bob Doyle’s masters record of 1:04:56, set in 1989. Rodgers goal was to run a 5-flat pace. “But due to the high humidity I died in the last mile,” he said. He was pleased to beat Michigand Doug Kurtis for the first time this year. Kurtis was the second master in 1:03:48. Gary Nixon’s 1:05:00 earned him third place. Domingo Tibuadiza was a close fourth in 1:05:03.

Hollis’s Carol McLatchie took the women’s masters title in 1:13:46 (5th female overall). She broke Nancy Mieszczak’s 1989 W40 course record. McLatchie said that she unknowingly set a course record, trying to fend off Barbara Flutton (who was second in 1:14:13) and Nancy Grayson (third in 1:15:12).

Roland Cormier was the first 50-59 male in 1:13:20; Norm Green was the top 60-69 in 1:15:15. Five 70-plus men completed the course, topped by Max Quackenbos (1:19:34).

Christine Tattersall set a blistering over 50’s pace with a time of 1:24:29. Following close behind were Zofia Turos, Judy Savitt, and Wen-Shi Yu. Three 60-plus women finished.

Clearly, the big names brought extra excitement to this Labor Day extravaganza. The action seemed to please even back-of-the-pack masters.

Potomac River bank and along the open highway, Ken Carnes, the first wheelchair finisher, agreed with the leading men when he said “This is the toughest race I’ve been in because of the headwind.”

The 42-year old Alvin, from Dorchester, England, finished in 2:34:55, 53 seconds slower than last year’s time (still, his time was only 10 minutes, 44 seconds behind the leader Rene Guerrero). Alvin pulled ahead of Bennett Beach of Bethesda, Md., in mile 26, to take the title by nine seconds.

Malloy’s time of 2:56:42 was over a minute slower than in 1991. But the Annapolis resident’s mark earned her sixth place among overall females. Maddy Harmeling, New York, was second with 3:01:54.

Hometown competitor Edward Doheny, 49, ran a 2:48:59 to top the M45-49 year age bracket. Massachusetts resident Richard Hoyt, 52, posted an impressive 2:40:47. Bernard Goldstein’s 2:51:34 won the M55 race, while Jay Sturdevant the M60 contest in 3:03:16.

Long Islander Marion Stanjones, 54, was the first W50-54 female with 3:28:53. Her time, though, was almost three minutes behind Doris Debb, 61, who won her category by almost one hour.

Mary-Lou Fisher, 87, was the oldest female finisher, recording a 5:23:47. The Baltimore resident proves that running keeps even 80-plus-year olds fit and strong — all the more reason to take on the marathon challenge at any age.
**PUBLICATIONS ORDER FORM**

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<td><strong>Masters Age Records</strong>&lt;br&gt;Men's and women's world and U.S. age bests for all track &amp; field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1991. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and TAC Masters T&amp;F Rankings Chairman. $4.00.</td>
<td>$4.00</td>
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<tr>
<td><strong>Masters Track &amp; Field Rankings</strong>&lt;br&gt;Men's and women's 1991 U.S. outdoor track &amp; field 5-year age group rankings. 56 pages. Over 100-deep in some events. All T&amp;F events, including mile, weight, relays, and walks (1500, mile, 3000, 5000). Coordinated by Jerry Wojcik, TAC Masters T&amp;F Rankings Chairman, and the National Masters News. $5.00.</td>
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<td><strong>Masters Age-Graded Tables</strong>&lt;br&gt;Single-age factors and standards from age 21 to 90 for men and women for every common track &amp; 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. $5.95.</td>
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<td><strong>Masters 5-Year Age-Group Records</strong>&lt;br&gt;Men's and women's official world and U.S. Outdoor 5-year age group records for all track &amp; field events, age 35 and up, as of April 15, 1992; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and TAC Masters T&amp;F Rankings Chairman. $1.50.</td>
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<td><strong>IAAF Scoring Tables (1985)</strong>&lt;br&gt;Official world scoring tables for men's and women's combined-event competitions. $11.95.</td>
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<td><strong>Time Master Calculator</strong>&lt;br&gt;Ideal for use in age-graded scoring. Works directly in hours, minutes, seconds. Acts as stop watch and calculator. $45.00.</td>
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<td><strong>Guide to Prize Money Races and Elite Athletes 1992</strong>&lt;br&gt;Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 800 contact addresses and phone numbers, calendar and contacts for over 400 prize-money events, plus much more. $46.00.</td>
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<td><strong>U.S. Track and Field Team Lapel Pins, Cloissone enamel, 1 1/8&quot; x 5/8&quot; bar pin with safety catch. -$3.50.</strong></td>
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Deadline: NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising is the 10th of the month before date of issue. Send to National Masters News, P.O. Box 2372, Van Nuys, CA 91404.
Masters Track & Field Report

By Barbara Kousky
Masters T&F Chairman

Convention Agenda to Include Rule Changes

ike’s slogan “There Is No Finish Line” took on added meaning for me in early November when my computer’s hard drive decided to fail. I found myself staring at the ever-growing stack of T&AC correspondence and pre-convention work that needed to be completed. By the time this column is in print, the stack will be smaller, the pre-convention work will be finished, and your track and field committee will be at the T&AC Convention in Louisville working on your behalf.

There are 159 proposed rule changes that will be reviewed and acted upon at the Convention. Twenty-three of the proposed changes pertain directly to masters track and field. The proposals range from eliminating the no-false-start rule, to changing the eligibility of relay teams that compete at our national championships, to housekeeping details.

Since the May announcement that Singapore has withdrawn its bid for hosting the 1995 WAVA Championships, no other bids have been received by the WAVA Council, according to Bob Fine, Executive Vice-President of WAVA, who chairs its site-selection process. During this time frame five U.S. cities indicated an interest in bidding for the Championships. Because of the interest exhibited by these cities, a decision was made that the U.S. would submit a bid. We will be working with a very tight time-line, as the selection process for the U.S. site will need to be completed by spring. It will be my recommendation that our committee follow the process employed for the 1989 Championships. Details of the selection process will be announced following the Convention.

A general mailing will be made from the T&AC national office to associations, clubs, sports organizations and cities, informing them of the opportunity to bid for the U.S. site for the '95 WAVA Championships. If you are aware of any club or organization that you think might be interested in receiving bid information, please have them contact me at their earliest convenience.

Other items on the agenda include the 1993 budget, awarding of bids for our national championships, uniforms, committee reports, national championships competition schedule, awards, and a review of the proposed competition meet manual.

Miyazaki Competition Schedule

I have been contacted by numerous athletics regarding the proposed schedule of events for the '93 WAVA Championships in Miyazaki. The major concern voiced was the scheduling of events for the distance athletes. I agreed with many of your suggestions and your desire to see the schedule changed. Your comments were passed on to members of the WAVA Council and the Miyazaki Organizers in August. Unfortunately, they were unable to accommodate your requests for changes. Such dilemmas again point up the need for longer range planning within the WAVA organization.

Utah Seniors Games

Continued from page 9

The "sweetheart" of these World Senior Games was the 81-year-old sightless grandmother, Ivy Granstrom. A native of Vancouver, B.C., Ivy won seven gold medals while setting meet records in four events (200, 800, 5K and 10K). She started running in 1980, and awakens at 3:00 a.m. three days each week to go on her training runs with her guide, Paul. They arise early because it's safer to train on the roads without so many cars. Paul also is legally blind; however, his sight is corrected enough with glasses for him to be able to go on all training runs and guide her throughout all of her races. Ivy's other passion is participating in the famous Polar Bear Swims in Canada. She has been in 65 of these swims, and has the distinction of now being the official Queen of the Polar Bear Swim. She claims to be 81 going on 18! No one will argue that point!

Chuck Sochor, 65, set five meet records (100/13.2, 200/27.4, 400/1:02.1, 800/2:33.3, U/14:51), Senior Games, St. George, Utah, October 21-23.

Track & Field Rankings Report

By Jerry Wojcik
Masters T&F Rankings Coordinator

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Track & Field Rankings Report

by Jerry Wojcik
Masters T&F Rankings Coordinator

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The compilers for the 1993 indoor season rankings will be published in the January or February issue. Don't send marks to me until those names and addresses are published.

The rankings for the 56-lb. weight throw will be in the 1992 Outdoor Rankings Book. Rankings for this event have never been compiled before. So far, George Mathews, 445, at Seat­tle, Wash., has the best mark among the men, with a 9.78m. Vanessa Hilliard, W50, of St. Petersburg, Fla., leads the women with a 4.67m. The final rankings will be in the usual five-year age groups.

An address change to the list of 1992 outdoor rankers, who appeared in the October NMN: Larry Patz, 534 Gould Hill Rd., Contoocook, NH 03229. Patz compiles the 100, 200, 400, 1500, 3000, and 4x100 and 4x400 relays.

Utah Seniors Games

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Swag Hartel

by LES REYNOLDS

Ervin “Swag” Hartel has been running for 28 of his 41 years. He started out in the fast lane — and has stayed there.

Originally from near London, England, Hartel had a natural gift as a runner, turning out a 60-second quarter-mile at the age of 13. In 1969, he ran the second-fastest time in the world for a 17-year-old with a 1:51 half-mile. It’s no wonder, then, that colleges all over America clamored for him.

Through the efforts of another Englishman, Allan Lauder, Swag chose Western Kentucky University. Too much speedwork, too little rest, injuries and illness doted most of Hartel’s college career in the early ’70s. He became disillusioned and showed little, if any, improvement. He even left Western for a time, wondering if he’d made a mistake.

Through the efforts of teammates Hector Ortiz and Nick Rose, and Rose’s coach in England (Dave Jennings), Hartel got back on track and ran the times he was capable of running: a 1:49 880 and 3:40 for 1500 meters. He even made the British International team and ran a sub-four-minute mile by 1976.

The next few years were spent finishing school and working. Hartel was still running, but it wasn’t until the 1980s that his post-collegiate career really took off. He’d settled in Louisville, started a running shoe retail business, married and had two children. Hartel’s name became a household word as he achieved “folk hero” status on the road-racing scene.

But by mid-decade, problems arose again. His business partner split and Hartel was forced to start over alone. Also, his running career nearly bit the dust.

Noticing persistent numbness and pain in his left hip and leg, Hartel was finally diagnosed with a triple hernia and underwent surgery (“A brutal operation,” as he described it). The running community wrote him off as he struggled through a rough recovery. “I’d almost go into oxygen debt just getting out of my subdivision,” he said. Although shades of his early college career had returned to haunt him, Hartel refused to quit.

He started racing again, and as he neared the masters age-group, he seemed to find new life.

He ran a 10K in 31:17 at 39, and on his 40th birthday at the Bluegrass Games in Lexington, Ky., he announced his intentions of moving in on the world masters mark in the mile, currently held by African (and former UTEP star) Wilson Waigwa, 43, at 4:05. Hartel fell short that day, running 4:17; but it served notice he was back.

Early in 1992, Hartel placed fourth in the TAC Masters Indoor Championship 1500 with a 4:05. In April, in his first competitive outdoor mile in nearly a decade, Hartel was two seconds off a gold medal with a 4:18. By July, when the rankings were published in the National Masters News, Hartel was listed in the middle of the top 10 indoor 800 meter runners with a 2:01.6.

Hartel claims he needs to run more races and plans to try cross-country this fall, again aiming for the TAC masters title. Of course, there’s the indoor circuit early in ’93.

The hard-working family man admits to having lost some speed (with PRs of 48 seconds and 22 seconds, respectively, for the quarter and 220 due to age and “all those years on the road.” He feels 4:05 is within his reach but that 4:08-10 is more realistic.

Hartel believes his best chance for a record is in the 1500. “As long as I get the breaks, all goes well and I stay focused and healthy. I’ll need an element of luck, too, I suppose,” he said.

Is 1992 Hartel’s year? “Waigwa told me at the New York Games that I’d run better after the age of 41,” he said.

“I believe I will, because this year I realized how much I’d lost in track speed, so I’ll be better prepared next year. In fact, my speed is actually better now than it has been for the last six years.”

The critics might say Hartel’s already done his best; he’s lost too much speed, etc. However, he’s established a habit of proving the critics wrong and overcoming whatever obstacles are in his way. Quickly. How else can you do it — in the fast lane?

Columbus Discovers Age-Graded Awards

New to the Columbus Marathon held on October 11 this year, its 13th, was the distribution of awards by age-graded times to runners age 35 and over. Seeking to be called “America’s Race,” this marathon has a U.S.-citizen-only prize-money policy.

The top age-graded male finisher was Bud Coates, 35, 6th overall, whose actual time of 2:17:00 was factored to an age-graded time of 2:15:04 (2:17:00 x 0.959, the factor for M35, 2:15:04).


Jordan Benoit-Samuelson, a 1984 Olympic marathon gold medalist who’s now 35, won the women’s race overall in 2:32:20 and had the best female age-graded time of 2:29:58. She was followed by Whayong Semer (64, 3:38:41/2:46:06), Nina Bovio (46, 3:08:30/2:51:42), and Carol Poenisch (38, 3:04:27/2:57:59).

Age-factored times equalize the aging process and are a guide to what time the runner might have achieved in his or her prime.

Samuelson won $17,000 open prize money, Brad Hudson, 26, was first overall in 2:13:51. Prize money was distributed to open, age-graded, and Ohio winners.

The 1992 field was well prepared, as a record 81.5% of the 3988 entrants finished under ideal weather conditions.

Kurtis, Gilbert Overall Winners in Fox Cities Marathon

On October 11, Doug Kurtis, 40, successfully defended his title in the second annual Community First Fox Cities Marathon on an absolutely perfect day for fall color running in Appleton, Wisc. Despite winds slowing him to a 2:20:40, he was content to collect $6500.

Sharlet Gilbert, 40, of Richmond, Calif., not to be outdone, also pocketed the same amount for her overall women’s win in 2:39:58. Gilbert has had masters wins in the Las Vegas, Pittsburgh, and, most recently, the Twin Cities marathons.

The following week, Kurtis crossed Lake Michigan to his hometown of Detroit to make another successful title defense in the Detroit Marathon, which he clipped off in 2:19:25. The Motor City marathon saw another double masters win, as Karen Hubbard, 42, took the women’s crown in 2:45:21.

This must be some type of record here — back-to-back major marathons with both male and female masters as overall winners! There is also the fact that Kurtis has done his “hat trick” of back-to-back marathon victories in those same two marathons, two years in a row. In 1991, at 39, he won Fox Cities and Detroit with times of 2:17 and 2:19, respectively, under ideal marathon weather conditions.

— From Jack La Plante
The 10th WAVA World Veterans Athletics Championships will be held in Miyazaki, Japan, from October 7-17, 1993. The Japanese organizers predict more than 6000 participants from over 60 nations will attend.

The entry booklet has been printed on this page. The entry booklet is available soon. The entry booklet has been printed on this page. The entry booklet is available soon.

**Final Schedule for WAVA World Veterans Athletics Championships Miyazaki, Japan — Oct. 7-17, 1993**

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<th>Event</th>
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<td>400m</td>
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<td>400m</td>
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<td>1500m</td>
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Canada Wrests Back Fleischman Trophy

by DON FARQUHARSON

Piqued by losing this annual match for only the fourth time in 1991, Canadian masters turned out in strength for the 16th annual Can-Am Cross-Country Challenge, staged at Brock University, St. Catharines, Ont., near Niagara Falls on October 25. With a venue so close to the U.S. border, Canadians expected strong opposition, but, unhappily, far too few U.S. masters arrived to contest the match. Those who did come ran well. James Mattingly (29:26) and U.S. captain Jerry Smith (29:45) captured first and second in the M45, running 5th and 6th overall. Ed Buckley (40:09) and Nate White (43:00) took 2nd and 3rd spots in the M70. Vince Colgan (33:35) was 4th at M50. The race was honored by the participation of North & Central America & Caribbean President Rex Harvey of the U.S. The rest of the field was all Canadian.

The three-loop, 8K course featured equal parts of undulating, grassy field and twisting, difficult wooded trails. There were no big hills, but much of the trail followed a steady rise up the Niagara escarpment.

Overall winner of the race was one of Canada's top runners Ted McKiegan, M40, just two seconds ahead of new M40 George Aitken, in 27:24. Ken Inglis celebrated his return from injury with an excellent M50 win in 28:54. Other division winners were Brian Delaney, M55, 33:37; Manuel Teodoro, M60, 35:16; Cliff Hall, M65, 34:58 (faster than any of the M60s); Johnny Johnston, M70, 39:31; and Sid Pritchard, who beat evergreen Whitey Sheridan for the first time ever to take the M75 in 55:43.

Among the women, a fast Janet Takahashi won the W35 in 30:38, placing 11th overall. Linda Findley won the W40 in 34:10; a fast-improving Judith Nichol took the W45 with a 35:56. Jean Doench, W50, 43:23; Phyllis Roberts, W55, Dorly Brechbuehl, W65, 47:26; and Judith Kazarian, W70, 52:44 won their divisions.

The total score was Canada 47 and the U.S. 140, with the lower score winning.

In 1993, British Columbia will have responsibility for the event, which is expected to be run simultaneously in the east and west. The east run will probably be in Syracuse. N.Y. □

Alzamora Chosen South American Delegate to WAVA

Jorge Alzamora of Chile was elected as the South American delegate to the Council of the World Association of Veteran Athletes (WAVA) at the biennial meeting of the WAVA South American Region during the VI South American Veterans Championships in Maturin, Venezuela, October 9-12. He replaces Jose Figueras of Uruguay. Albano Ariza of Colombia was elected President of the group. Alzamora had unsuccessfully run for Council posts at WAVA General Assemblies in 1989 and 1991. He now becomes one of 15 WAVA Council members. □

MIYAZAKI... here the mythological creators of Japan blessed the first Emperor, Jimmu

Journey with us in October and experience the lore of Japan. Ask about our very special post-Games tour.
by FRANK BOWLES
Herb Anderson, M.D., one of the grand old pioneers of masters track, passed away at a Denver nursing home on October 1, 1992. He was 90.

He had been in failing health for some months following a series of strokes that were preceded by a heart attack.

Born in 1902 in Nebraska, he often recalled: "There was no radio, no TV and very few automobiles. We had to make up our own fun. We swam, skated, sang and canoed."

At Hastings College, Herb starred on the track team as a middle-distance runner, and in basketball and football as well. In 1926, he went to medical school at the U. of Nebraska-Omaha and began a 62-year marriage that endured until his wife Clair's death in 1988. In 1930, he began a 42-year career as an eye, ear, nose and throat physician in Hastings. He retired in 1972 and moved into a mountain cabin near Fort Collins, Colo.

In 1974, he learned of masters track and figured he could "still do some of the events." With no track to practice on, he ran the mountain roads and whistled an aspen sappling for a practice javelin. He made an outstanding debut at the 1974 National Masters Championships in Oregon, setting new age-group records in the javelin and the pentathlon. "That's when I got the fever," he later said.

Over the next 15 years, Anderson won more medals and set more world and American age records than anyone. Despite his small stature (5-6, 132 lbs.), he was strong as well as fast. Herb often did 12 to 15 events in a single day, and was an inspiration to other masters athletes.

Bothered by injuries in recent years, he retired several times, but, unable to stay away from the sport he loved, always returned to the wars. In July 1991, he took part in his last decathlon, two days shy of his 89th birthday. He leaves four children, 10 grandchildren and 11 great-grandchildren, most of whom attended his 90th birthday party at the hospital this past July 15.

Herb Anderson Dies

Thaddeus J. Bell, M.D.
North Charleston, South Carolina

Edith Mendyka, 81, broke four W80-84 records in the St. Chinoay Games, Long Beach, Calif., September 20. Photo by Nibir Cole

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1992 TAC/USA NATIONAL MASTERS INDOOR PENTATHLON Financial Report

Receipts:
$280.00 TAC support 1991
$225.00 Entry fee deposit 1/12/92 15 entries x $15.00
$270.00 Entry fee deposit 2/24/92 18 entries x $15.00
$200.00 Entry fees received after 2/24/92 12 x $15.00 + 3 x $20.00
+ $32.00 Parking fee collected
+ $175.00 Total
= $10,850.00 Entry fee total
= $300.00 Refund from Italian Associate for returned medals and
difference in initial/final bill
= $1,300.00 Total

Disbursements:
$300.00 to National Institute of Fitness and Sport Rental
$ 82.00 to UTEP Parking Services (UTEP Parking Lot Rental)
$ 50.00 to TAC National Sanction Fee
$ 47.24 Computer 4-part form for heat sheet and field event forms
$273.00 Velon Associates - Media and Patches
$ 84.72 Accoutrements Polaroid Type 50 film + 3 boxes
$ 63.94 Hospitality Room
$ 10.00 Film
$ 11.00 Photo development
$ 9.57 Photo reprint
$ 6.00 T-shirt shipping charge
$ 35.00 Postage stamps - mailing entries, housing information
$ 1.47 Postage - mail return
$ 8.00 Parking fees - results, MAA tournament photos
$ 17.00 Covered bag for turbie marksmanship
$ 1.47 Stethoscope tape and postcardboard
$ 44.33 Phone
$ 40.00 Workers/Officials
$ 100.00 Buskey - Accoutrements
$ 67.00 Printing
= $1,324.86

TAG NATIONAL MASTERS DECATHLON/HEPTATHLON CHAMPIONSHIP

In 1992

Entry fees $2,030.00
Late fees $20.00
Extra T-shirts and meal sales $295.00
= $2,335.00

Total

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NATIONAL

A social function on Saturday night at the meet headquarters Holiday Inn for athletes and friends is part of the program at the National Masters Indoor T&F Championships, Bozeman, MT, March 20-21. In-coming entrants will be greeted by a host and reception, information booth at the Gallatin Field airport terminal. Entry form will be in the January issue. Check schedule for contact. A special air fare using a designated code will be available through Continental Airlines.

EAST

- Cheryl Raya, 46, and Ann Davies, 45, staged the best masters division race in the NYRRC Women's Half-Marathon, Central Park, NYC, October 11, with Raya taking the masters first in 1:27:06 and Davies second in 1:28:54. Lisa Praskins, 52, won the W55 contest in 1:39:21.

- Sadat Mendez (40, 1:25:12), Herford, NC, and Catherine Lempesis (41, 1:42:02), Columbus, SC, were first masters in the Governor's Cup 25K (RRCA National Championships), Columbus, October 10. The best 40 + performance came from Don Coffman, 49, Frankfort, KY, second in 1:27:05 for an age-graded 91.1%.

- Sherry Albin (40), Josh Welch, 47, and Ann Vosburgh, 40, won the W55 contest in an addendum 10K (36:10). Newsway reporter Jim Scovel, 62, took the 60s in 44:08. Dean won another (17:45) in the Oyster Bay 5K, October 17, where Diane O'Donnell, 41, was fourth woman in a swift 20:04.

SOUTHEAST

- Bob Schell, 50, ran the 10,000 in 33:13 and came back later to run the Steeplechase in 14:01. Hayward Masters Classic, Eugene, Ore. Photo by Jerry Wojcik

- Becky Baum, 40, Springfield, IL, was first woman (19:34) in the Autumn Shoreline 5K, Decatur, IL, October 10. Top masters in the larger-attended 15K were Dave Daum (50:59), Chesterfield, IL, and Christina Kidd (59:31) Carmi, IL. Hal Higdon, M60 winner in 63:08, was guest speaker at a pre-race pasta party. Both races and a 5K fun walk drew 858.

- Gary Romesser, 41, rolled to the M40+ first (30:43) in the Bowling Green 10K, KY, October 17. Bill Rodgers, who will be 45 on December 23, took the second spot (31:53). Priscilla Welch, 47, finished seventh woman in 34:58.

- Pierre Leviasse, 40, of France outdistanced Doug Bell, 41, of Colorado to take the M40+ title by two seconds with a 14:35 in the Rogaine 5K, Chicago, October 25. Irish miler great Eamonn Coghlan, 39, finished second two ups on Leviasse. Diane Legare, 41, of Canada won the W40+ crown from Judith Hine, 43, of New Zealand by one second in 17:53.

SOUTHWEST

- Phi Mukey, 59, of Atlanta, GA, and Lucy Anne Brobst, 59, of Kitty Hawk, NC, conducted a track & field clinic under the auspices of Holiday Inn Worldwide at the Louisiana State Senior Olympics at Baton Rouge on October 23 & 24th. Participating as guest competitors, both athlete/instructors achieved their best performances of the season. Brobst long jumped 3.55 and high jumped 1.8. Mukey shot put the 60 13.07 and high jumped 1.57. The best perfor-

WEST

- David Hurford, 70, of South Laguna, CA, collapsed of a heart attack while participating in the high jump in the Senior Olympics November 14 in Long Beach, CA. He was immediately rushed to the hospital by the stand-by ambulance, but did not survive. Earlier in the day, he had competed in the 50, 100 and 400. A week earlier, he participated in the swimming competition of the annual Seniors event, performing well.

NORTHWEST

- Bill McChesney, Jr., 33, son of masters distance ace Bill McChesney, Sr., 64, and top U. of Oregon distance runner in the 80s, died in a traffic accident west of Eugene on October 30. Tom McChesney, the oldest of the four running McChesney boys, died in 1986 when he was hit by a truck while riding a bicycle in Los Angeles. "For that to happen to that family again is too much," said Oregon track coach Bill Dellingr. "That's their really good Oregon runners killed in traffic accidents," he told Dave Kayes of the Eugene Register-States. Steve Pfohlfontaine died in a traffic accident in 1975.

INTERNATIONAL

- The AVDHK International Veterans T&F Meet in Hong Kong, October 24-25, drew 200 entries, the largest veterans gathering ever in that area. The Indian contingent was the largest, with small groups or individuals from the Southeast Asia countries, Europe, Australia, and the U.S. Next year's meet has been scheduled for October 3, to provide a warm-up-meet for overseas competitors headed for Miyazaki, Japan, for the World Championships, October 7-17. Write to Athletic Veterans of Hong Kong, G.P.O. Box 10366, Central Hong Kong.
Track and field events feature competition for men and women over 30 unless otherwise noted. Long distance events generally be printed in the newspaper

Women over age 30 at "National Masters News," P.O. Box 2372, Van Nuys, CA 91404.

December 1-14, 14th Annual TAC Convention, Galt House Hotel, Louisville, Ky. TAC/USA, P.O. Box 120, Indianapolis, IN 46206. 317/261-0500.

TRACK & FIELD NATIONAL


EAST

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


December 13, Buffalo Belles & Brawn Indoor Meet, Buffalo St. College, N.Y. 9 a.m. Chuck LaChiusa, 59 Mona Dr., Buf­falo, NY 14225. 716/833-9071.

December 19, Tri-State TC Holiday Indoor Classic, Hagerstown (MD) Junior College. 6 p.m. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/773-6876.


January 8, Dartmouth Relays Masters Meet, Hanover, N.H. Carl Wallin, Athletic Dept., Dartmouth, Hanover, NH 03755. 603/747-2840.

January 10, 24, 31, DCRRC Indoor Track Series, Jefferson Community Center, Atlanta, GA 30318. Pat Peterson, W65, and Carl Hammen, M65, socialize after the NEAC Championship Meet. December 14, Peterson won her age division in the 100, 400, and H.J. Hammen took gold in the 800 and 3000.

Photo by Vern Mattson

Track and Field

The indoor season debuts in the East, while in the West, California offers the River City TC's meet, Sacramento on the 5th, and a decathlon/heptathlon, Long Beach, starting on the 12th.

LONG DISTANCE RUNNING

The National Masters 10K Cross-Country Championships will be held on the 6th in Louisville, Ky., the host city for the 1993 National Masters TAC convention which runs from the 1st through the 5th. A late addition to the schedule, the National Masters 24-Hour Championships are set for Sacramento on the 30th-31st.

It's March madness on the 6th, with 26.2 milers in Sacramento, Dallas, Memphis, San Diego, and Culver City, Calif.

The Rocket City Marathon, a masters favorite, is listed for the 12th, followed by the Honolulu Marathon on the 13th.

If you're in for the long haul, head for Texas Trail Endurance 50 Mile, Huntsville, on the 19th. The Las Vegas Half-Marathon offers a run for your money also on the 19th.

RACEWALKING

Some activity on the East Coast. Many track meets, indoor and outdoor, offer racewalking events, just as some road races have a racewalk category.

HAPPY HOLIDAYS!

SOUTHWEST

Louisiana, Mississippi, Texas, Arkansas, Oklahoma

March 6, 4th annual Lubbock Christian U. Masters Indoor Meet. Submasters/masters, walking & running events only. Steve Ireland, 3309 94th St., Lubbock, TX 79243. 806/792-6430.

WEST

Arizona, California, Hawaii, Nevada

December 5, 30th Series #10, Stanford U. Gary Kelmanson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0220.

December 5, River City TC Meet, Sacramento S. U., Calif. Michael Holzgang, P.O. Box 3231, Sacramento, CA 95856. 916/489-7881 (7-9 p.m.)

December 12-13, 22nd Winter Decathlon/Heptathlon, Andy Sypher, Head Track Coach, Long Beach St. U., 120 Bellflower Blvd., Long Beach, CA 90804. 714/983-1700.

January 16, Through Series #11, Stanford U. Gary Kelmanson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

February 13-14, Senior Olympics, Palm Springs, Calif. 619/323-5689.

INTERNATIONAL

March 12-14, New Zealand Masters Championships, Auckland. Rosalie Green, 92 Kiwi Esplanade, Mangere Bridge, Auckland, NZ.

Continued on next page
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P.O. Box 2372
Van Nuys, CA 91404

December, 1992
National Masters News
## U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

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

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## APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

|-------|-----------|---------|------|-----|-------|--------|--------------|-------------|--------|------|-------------|---------------------|

**Notes:**
1. All standards are for automatic time; use standard conversion for hand time.
4. Javelin: 30-49; 600gm; 500gm.
5. Metric heights and distances are the standard; feet and inches listed for convenience.
6. The recipient must present the competition must be limited to masters (i.e., over 40 years old).
**DARTMOUTH WEIGHT MEETS**

- **Carl Wallin**
  - Shot Put: 161-30 42-4
  - Discus: 161-30 53-8
  - Hammer: 161-30 63-9
  - Javelin: 161-30 63-9
- **Al Neville**
  - Shot Put: 161-30 42-4
  - Discus: 161-30 53-8
  - Hammer: 161-30 63-9
  - Javelin: 161-30 63-9

** Continued on next page **

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**SOUTHEAST**

**Continued Overall Age-Factored Results of 8th Thomasville Fall Decathlon**

- **Mike Daniels**
  - 100m: 11.9 87.8 1'0.4 9.7 4.9 1.0 2.0 1.0 1.0 1.0
  - 200m: 23.8 94.3 2'0.4 9.7 4.9 1.0 2.0 1.0 1.0 1.0
  - 400m: 55.6 256.6 5'0.4 9.7 4.9 1.0 2.0 1.0 1.0 1.0
  - 800m: 2:11.1 877.4 11'0.4 9.7 4.9 1.0 2.0 1.0 1.0 1.0
  - 1500m: 4:31.1 1819.4 23'0.4 9.7 4.9 1.0 2.0 1.0 1.0 1.0
  - 110m Hurdles: 14.9 392.9 4'0.4 9.7 4.9 1.0 2.0 1.0 1.0 1.0
  - 400m Hurdles: 53.6 256.6 5'0.4 9.7 4.9 1.0 2.0 1.0 1.0 1.0
  - Long Jump: 5.2 156-4 50-2 38-11 31-10 24-9 17-8 10-7 7-6 4-5 1-4
  - High Jump: 6.0 191-7 60-1 45-11 36-4 27-7 19-0 10-7 7-6 5-4 2-1
  - Triple Jump: 24.5 745.5 24'0.4 9.7 4.9 1.0 2.0 1.0 1.0 1.0 1.0
  - Shot Put: 161-30 42-4
  - Discus: 161-30 53-8
  - Hammer: 161-30 63-9
  - Javelin: 161-30 63-9

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M50: Paul Borel
M50: Eamonn O’Malley
M50: Bob Woolley
M50: Bob Wilson

100 P
M5: 0.4
M10: 1.0
M20: 2.0
M30: 3.0
M40: 4.0
M50: 5.0
M60: 6.0
M70: 7.0
M80: 8.0
M90: 9.0
M100: 10.0
M55: 5.5
M65: 6.5
M75: 7.5
M85: 8.5
M95: 9.5
M105: 10.5
M5: 5.0
M10: 10.0
M20: 20.0
M30: 30.0
M40: 40.0
M50: 50.0
M60: 60.0
M70: 70.0
M80: 80.0
M90: 90.0
M100: 100.0

December, 1992

Master News

Continued on next page
Huntsville State Park

- **START:** 6:00 am 50 mile race ... 9:00 am Marathon
- $40.00 by 12/01/92, $50.00 from 12/01/92 to 12/18/92. Add $5.00 for checks from non U.S.A. banks.
- **NO RACE DAY REGISTRATION!**
- Accurately measured course! Four 12.5 mile loops for 50 mile race. (1.2 mi. + 2 loops for marathon)
- 11 hour time limit. (8 hr. limit for marathon)
- **Contact:** Rudy Alvarez, P.O. Box 4456 Houston, TX 77210 (713) 639-5889 or Brent Bergevin 1-800-285-8098.

### Entry Form

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<th>CIRCLE ONE</th>
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**Name:**

**Address:**

**City:**

**State:**

**Zip:**

**Phone:** (day) (night)

**Age (on 12/19/92):**

**Birth Date:**

**# ULTRAS completed:**

**# marathons completed:**

**Name of GUEST (1 Free):**

**ENTRY FEE:**

**# of Sunmart-T1150 runs Completed:**

**Number of ADDITIONAL guests at:**

**Pre-race:**

**Post-race:**

**TOTAL AMOUNT DUE:**

I realize that there are risks associated with competing in this event and in consideration of your accepting this entry, I the below signed intending to be legally bound by myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against any persons, organizations, officials, and/or sponsors of the TEXAS TRAIL ENDURANCE RUN and their representatives, successors, and assigns for any and all injuries suffered by me in this event. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event. Further, I grant full permission to any and all of the foregoing to use photographs, videotapes, motion pictures, and recordings of me, or other record of this event, for any legitimate purpose. Also, I understand that the race director has the right to reject any entry.

**Signature of Race Applicant:**

**MINIMUM AGE:** 18 years on 12/19/92:

**Date:**