

# NATIONAL MASTERS NEWS

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

172nd Issue

December, 1992

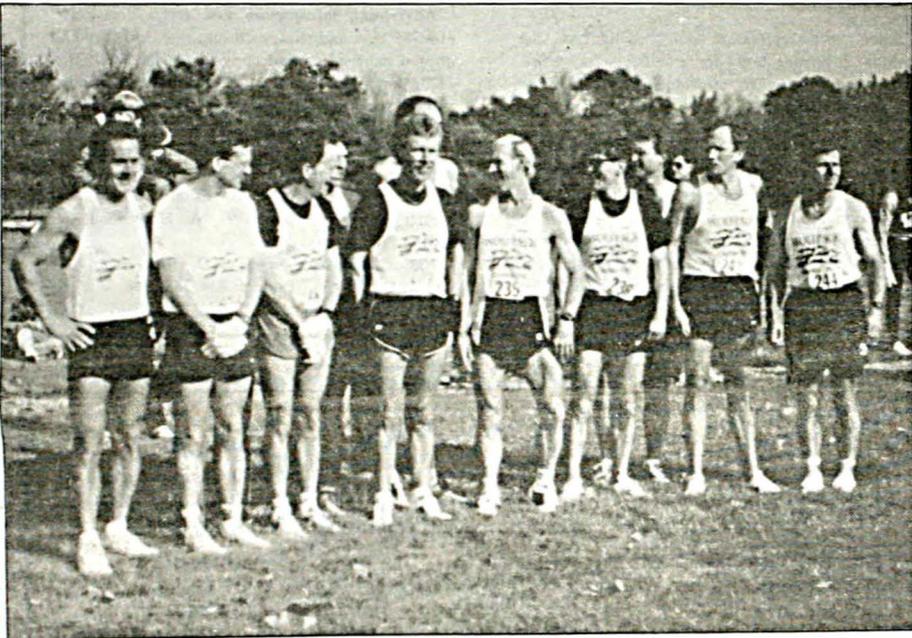
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## Olrich Age-Graded Victor

# 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.



Members of the Wolfpack TC M40 team: (l to r): Joe Klingenberg, John Black, Gerry Tann, Jim Tucker, Ken Hedrick, Mike Marci, Mike Markley, and Michael Barr, National Masters 5K Cross-Country Championships. Photo by Bev Moseley

## *Coghlan Turns 40: Aims For a 4-Minute Mile*

Eamonn Coghlan of Ireland, who turned 40 November 24, has firmed up plans to compete in the *Runner's World* Masters Mile at the Millrose Games, February 5, in New York's Madison Square Garden. Coghlan's aim is to become the first runner of 40 to run a sub-4-minute mile.

Considered the greatest indoor miler ever, Coghlan won a record seven Wanamaker Miles at Millrose on the Garden track. In 1983, at the Meadowlands Arena in New Jersey, he set his third world indoor mile record with the first and only sub-3:50, 3:49.78.

Marc Bloom, director of the Masters Mile, recently visited Coghlan at his home in Dublin to discuss his goals for the '93 season. Coghlan will compete

in a handful of other meets indoors and also hopes to compete in track and road racing events in the spring.

Bloom said Coghlan was making great progress toward his goal without yet doing speedwork. After concluding his elite career in 1990, Coghlan stopped running for 15 months. He resumed in June, 1991 with a pure distance program and ran the '91 New York City Marathon in a surprising 2:25:10. Continuing his distance work, Coghlan won a "Legends" road mile in Edinburgh in September in 4:06.62. He ran the second half in 2 minutes flat to defeat Sydney Maree.

"Eamonn's attempt should be the highlight of the indoor season," said Bloom. "And if he does break 4 minutes, it will be one of the biggest sports stories of the year." □

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 Hallop, 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 front 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.

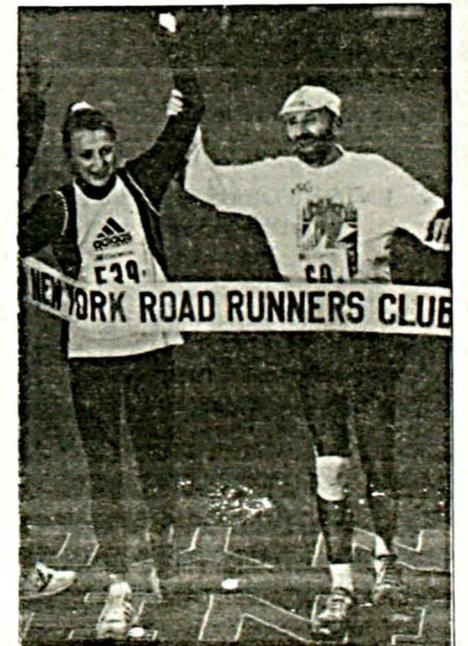
The temperature at the start of the race was 46 degrees with 51% humidity, and featured strong headwinds that took their toll on the frontrunners. Levisse's time was more than five minutes slower than John Campbell's 1990 masters course record of 2:14:34.

Topping the M50 division was Joachim Adomeit of Meerbusch, Germany (2:34:14). The M60 winner was Robert Peart in 2:54:20. Ansaldo Furiassi topped the M70s in 3:24:07. Oldest male finisher was Sam Gadless, 85, of Boca Raton, Fla., in 6:44:32. Masters awards were presented in 10-year age divisions.

New Zealander Judith Hine, 43, took women's masters honors with a 2:51:43, 25th-overall finish, followed by Janet Jordan, 43, of Portland, Ore. (2:56:37), and Truus DeMaare Duin, 41, of the Netherlands (3:00:22). Hine's winning time was far off the female masters course record of 2:30:17, set by Priscilla Welch in 1987.

New Yorker Anna Thornhill won the W50 group (3:09:47), with Santos Salazar taking the W60s in 3:20:48. England's Jose Waller led all W70s in 3:57:08. Oldest female finisher was New York City's Lois Schieffelin, 81, in 7:07:27.

Continued on page 8



NYRRC President, Fred Lebow, 60, currently in remission from brain and thyroid cancer, ran his first NYC Marathon accompanied by his coach and longtime friend, Grete Waitz.

Victor Sailer/Agence Shot

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

Some masters events are sponsored by TAC, the national governing body for athletics in the USA. Some are sponsored by individuals, clubs or other senior organizations.

Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to ages 40+, 50+ or 55+; (please check the schedule for details). Some events require advance registration. Some require a current TAC card (\$7 to \$11 per year, depending on the region). To inquire about a TAC card, call The Athletics Congress in your area, or 317/261-0500. There are no qualifying standards for any masters athletics event.

NMN welcomes contributions — results, schedule info, photos, letters, articles, and opinions. Manuscripts should be typed, double-spaced, but legibly handwritten material is also acceptable. Results should be typed, single-spaced. Please include a stamped, self-addressed envelope if return is desired.

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LONG DISTANCE RUNNING

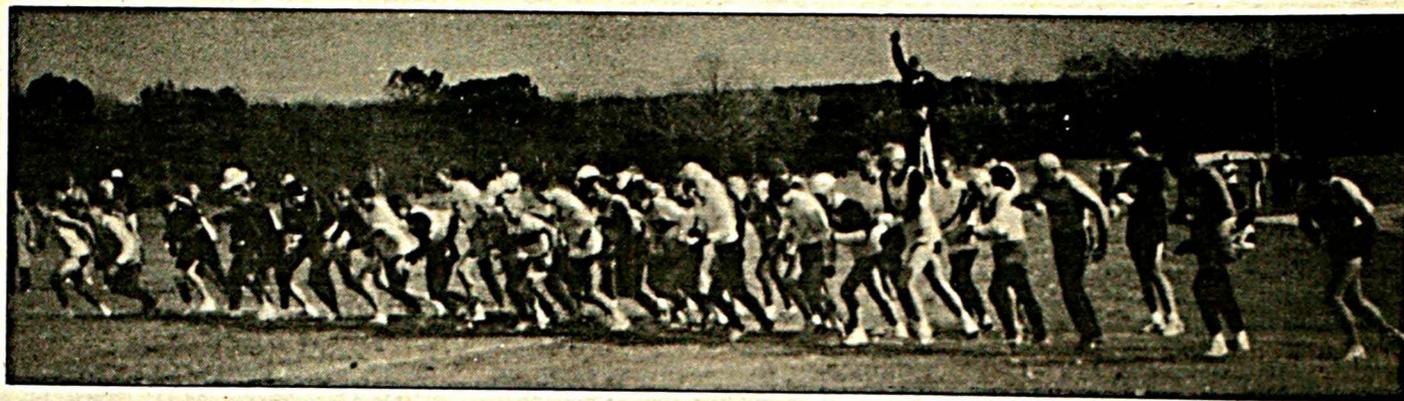
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## 5K Cross-Country

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



Start of the M50+ race, National Masters 5K Cross-Country Championships, Columbus, Ohio, November 8.

Photo by Bev Moseley

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 of-

ficial 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 1:30:57, despite the absence of Schul. The M60 & over team competition matched the Motor City Striders against the Wolfpack. The Striders won this challenge handily, 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. □



Members of the Motor City Striders W40+ team: (l to r) Cecilia Breys, Ellen Nitz, Vicki Putnam, Donna Olson, and Bernice Lopata, National Masters 5K Cross-Country Championships, Columbus, Ohio, November 8.

Photo by Bev Moseley

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- 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 recorded. 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 events. Fundamental Christians can perform on Friday, Saturday, or Monday.

Finally, at end of the meet, results can be tallied and tabulated.

Is there a Masters Track & Field Hall of Fame? If so, I expect to be inducted into it for this contribution.

Brian Pritchard  
Westlake Village, California

### WORLD GAMES SCHEDULE

We were somewhat dismayed to discover upon examination of the

preliminary schedule of events for the Miyazaki World Veterans Games that apparently little attention was given to the close scheduling of the distance events. Specifically, we see only one day's rest between the 10,000 and the 10K cross-country events, and only two days rest between the 10,000 and the 5000.

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/TAC Implements 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 as 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 am moved to take this opportunity to express my heartfelt



Walter Dahlin, 71, ended with a 58.6, 300mH, Western Regional Championships, Hayward, Calif.

Photo by Jerry Wojcik

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.

Payton Jordan  
Los Altos, California

Bob Watanabe tried to live life on the edge and to right the wrongs people do to each other. His early bitterness turned into a burning desire to help others, producing one of the world's greatest orthopedic surgeons.

Earning the world's goods was child's play for Bob, and he tithed to a fault to his many friends. It never seems fair when greatness is lost too soon. It has touches of an unfinished symphony.

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

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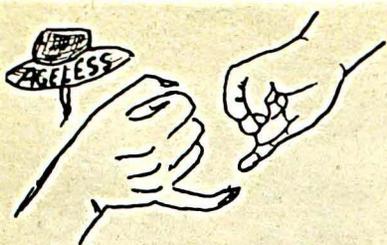
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Each month, NMN publishes a list of "sustainers," those who help the National Masters News and masters athletics by making contributions. These extra funds allow us to publish more photos, deeper results, an in-depth schedule section, and more.

Special thanks this month go to:

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# U.S. MASTERS/SENIOR OLYMPICS

## Early Morning "R" Track and Field



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### 55 meter Hurdles

OPEN Steve Dolan, Bloomington	8.0 (91)
M45 John Eving, (WI)	9.45 (89)
M50 John Eving, (WI)	9.21 (91)
M55 Jim Peterson, Aitkin	9.74 (89)
M60 Emmett Edwards, St. Paul	11.99 (89)
M65 Bob Warwick, Sr. (MO)	11.45 (89)
M70 Mel Buschman, (MI)	11.43 (91)
W50 Rachel Lyga, Fridley	11.84 (88)

### 55 meter Sprint

OPEN Stan McClure, Golden Valley	6.52 (91)
M35 Ken Pazdernik, Brooklyn Park	6.84 (89)
M40 Michael Sharratt, Eden Prairie	6.90 (91)
M45 Lloyd Cordner, St. Louis Pk.	6.83 (91)
M50 John Eving, (WI)	7.40 (91)
M55 Jim Peterson, Aitkin	7.12 (91)
M60 Chuck Olson, Nevis	8.33 (89)
M65 Bob Warwick, Sr. (MO)	8.59 (89)
M65 Chuck Olson, Nevis	8.83 (91)
M70 Mel Buschman, (MI)	8.79 (91)
W50 Rachel Lyga, Fridley (IL)	8.69 (88)
W55 Rachel Lyga, Fridley	8.81 (91)

### 800 meter Run

M30 Brian Bohne, Fridley	2:23.02 (89)
M35 Brian Bohne, Fridley	2:20.56 (91)
M40 John Cramer, St. Paul	2:21.89 (91)
M45 Richard Jones, Burnsville	2:24.45 (89)
M40 Kathy Marino, Apple Valley	2:57.65 (91)

### One Mile

M30 Brian Bohne, Fridley	6:06.81 (89)
M40 Michael Seaman, St. Louis Pk.	4:52.50 (91)
M45 Richard Jones, Burnsville	5:25.31 (89)
M60 Lloyd Young, Pine City	5:50.70 (89)

### One Mile Racewalk

M30 Brian Bohne, Fridley	11:07.99 (89)
M35 Steve Kobs, Shoreview	10:13.59 (91)
M50 George LaBelle, Ham Lake	13:04.24 (91)
M65 Ray Skotte, Mpls.	11:55.40 (89)

### 200 meter Sprint

M35 Shawn Regan, Mpls.	26.00 (89)
M45 Jim Lee, (WI)	25.4 (91)
M45 Randy Cleven, Mpls.	26.26 (89)
M55 Ray Eiland, Eagan	29.68 (91)
M65 Bob Warwick, Sr. (MO)	37.61 (89)
M65 Ray Skotte, Mpls.	41.04 (89)
M70 Bob Warwick, Sr. (MO)	37.78 (91)
W50 Rachel Lyga, Fridley	34.40 (87)
W55 Rachel Lyga, Fridley	35.97 (91)

### 400 meter Run

OPEN Stan McClure, Golden Valley	52.45 (91)
M30 Brian Bohne, Fridley	58.64 (89)
M35 Brian Bohne, Fridley	57.78 (91)
M40 Dick Ritter, St. Paul	59.73 (89)
M55 Ray Eiland, Eagan	1:21.72 (91)
M65 Bob Warwick, Sr. (MO)	1:24.80 (89)
M70 Bob Warwick, Sr. (MO)	1:27.03 (91)
W50 Rachel Lyga, Fridley (WI)	1:20.21 (87)

### 4X100 meter Relay

Michael Sharratt (42) John Eving (51) Randy Cleven (48) Lloyd Cordner (47)	48.3 (91)
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### Pole Vault

OPEN Steve White, St. Louis Pk.	14-6 (91)
M30 Kevin Hanson, Foley	13-0 (89)
M40 Phil Johnson, Wayzata	11-6 (91)
Michael Sharratt, Eden Prairie	11-6 (91)
M55 Jim Peterson, Aitkin	7-6 (89)
M65 Bob Warwick, Sr. (MO)	7-6 (89)
M70 Bob Warwick, Sr. (MO)	7-7 (91)
W50 Rachel Lyga, Fridley (IL)	6-6 (88)
W55 Rachel Lyga, Fridley	6-0 (91)

### High Jump

M35 Pat Boulay, Mpls.	5-6 (91)
M50 Tom Langenfeld, Edina	5-0 (89)
M55 Tom Langenfeld, Edina	5-2 1/2 (91)
M60 Emmett Edwards, St. Paul	4-2 (91)
M65 Bob Warwick, Sr. (MO)	4-0 (89)
M70 Mel Buschman, (MI)	4-2 (91)
W50 Rachel Lyga, Fridley	3-10 (88)
W55 Rachel Lyga, Fridley	3-10 (91)

### Triple Jump

M45 John Eving, (WI)	34-3 (89)
M50 George LaBelle, Ham Lake	26-11 (91)
M55 Jim Peterson, Aitkin	32-1 (89)
M60 Chuck Olson, Nevis	26-6 (89)
W50 Rachel Lyga, Fridley	23-10 (89)
W55 Rachel Lyga, Fridley	24-0 (91)

### Long Jump

OPEN Steve Dolan, Bloomington	20-5 (91)
M40 Michael Sharratt, Eden Prairie	16-2 (91)
M45 John Eving, (WI)	15-6 (89)
M50 John Eving, (WI)	16-4 (91)
M55 Jim Peterson, Aitkin	15-3 (89)
M60 Ed Holmes, (IN)	14-6 (89)
M60 Emmett Edwards, St. Paul	11-11 (89)
M65 Chuck Olson, Nevis	10-9 (91)
M70 Bob Warwick, Sr. (MO)	12-2 1/2 (91)
W50 Rachel Lyga, Fridley	12-3 1/2 (89)
W55 Rachel Lyga, Fridley	12-3 (91)

### ShotPut #16 6K #12 4K 3K

M30 Joe Pierst, Rogers	29-0 (91)
M45 Jim McClelland, New London	29-0 (91)
M50 George LaBelle, Ham Lake	36-5 (91)
M55 Larry Marsh, NM	37-2 1/2 (89)
M60 Emmett Edwards, St. Paul	34-8 1/2 (91)
M65 Bob Warwick, Sr. (MO)	27-0 (91)
M65 Ray Skotte, Mpls.	25-5 (89)
M70 Mel Buschman, (MI)	32-8 (91)
W50 Rachel Lyga, Fridley	25-4 (88)
W55 Rachel Lyga, Fridley	21-6 (91)

### Weight Toss M35 #25 W20

M50 George LaBelle, Ham Lake	27-11 (91)
M60 Emmett Edwards, St. Paul	34-11 (91)
M70 Mel Buschman, (MI)	29-0 (91)
W55 Rachel Lyga, Fridley	19-2 1/2 (91)

12th

W I N T E R '93

JANUARY 17, 1PM

BETHEL COLLEGE

3900 Bethel Dr.(1/4 mi. South I-694 & Snelling-East of 35W)

MINNESOTA MASTERS/ SENIOR OLYMPIC Early Morning "R" Track & Field

Purpose: to motivate ourselves through friendly competition, to be highly competitive, but most of all have FUN; to give our youth a positive image of athletic physical aging. (Keep smiling) Along with good manners, while at these meets--No drinks, smoking, fusing, or casual. The use of Biblical STerAIDS (Do unto others-as to yourself) is highly recommended.

#### "Rules of Fairness"

- 1) A demonstration of physical perfection in form is less likely in amateur masters-senior olympian age groups; therefore, no one, esp. over 55, scratches. Out of boundary throws are penalized by a 1/2 ft. reduction from release.  
Long and Triple Jumps are "Spot Measured" from the toe takeoff to the furthest backfoot landing. (actual jumping distance)
- 2) High Jump and Pole Vault contenders are allowed (if you're UP to it), up to, and including six attempts, the same as for other field events.
- 3) NO FALSE STARTS. LISTEN AFTER THE ORDER, "ON YOUR MARK" "GET SET," DO NOT LOOK AT THE STARTER. LISTEN FOR THE GUN SOUND BEFORE MOVING AND YOU CANNOT FALSE START. The starter will not extend a "hold" unnecessarily. A deliberate prestart eliminates your race time only, and waste energy. (sorry, but it is not fair to force a restart penalty on the other runners.)
- 4) Field Events will not close to anyone pre-registered and signed in with the field event judges; and before winners are decided.
- 5) To encourage diversity and variety in training, one limited entry fee covers the multirevents unlimited. (& family)
- 6) Whereas, there are few American-born or trained women hurdlers over the age of 50, spacing distance between 8 hurdles within 80 meters will remain a choice for women 50+ and men 70+.
- 7) MINNESOTA MASTERS-SENIOR OLYMPIC Early Morning "R" Track & Field Meets are "Recreational Sport" activities. - NO DRUG TEST. -
- 8) Suggestion: In this "Year of Our Lord," in the U.S.A., or wherever we are, PRAISE and THANK GOD for the privilege to compete, in fun and fairness.



Suggested entry donation is \$8-one event, \$15-unlimited & family. For the 4X100 family fun relay, list name and ages under one family name on backside of entry, and include any track history you care to share. Mail to: Rachel Lyga, M. M. S. O. 122 63 1/2 Way NE, Mpls, MN, 554332 (612)574-9661

#### ENTRY FORM

Pre-registration by Dec 31-Jan 1

Name \_\_\_\_\_ Birthdate \_\_\_\_\_ Age on 3/5/93 \_\_\_\_\_ W( ) M( )  
Please Print  
Home address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_  
Phone ( ) \_\_\_\_\_ (WOMEN SENIOR OLYMPIANS(55+))  
WEIGHT TOSS 35-25-20 lb.

EVENTS(CIRCLE) HJ LJ TJ PV SP 55mH 55 800m 400mRW 200m InRW 1miLe 400m 4X100

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 Meets 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, or have, without a reasonable cause, my US Constitutional Right of Privacy violated.

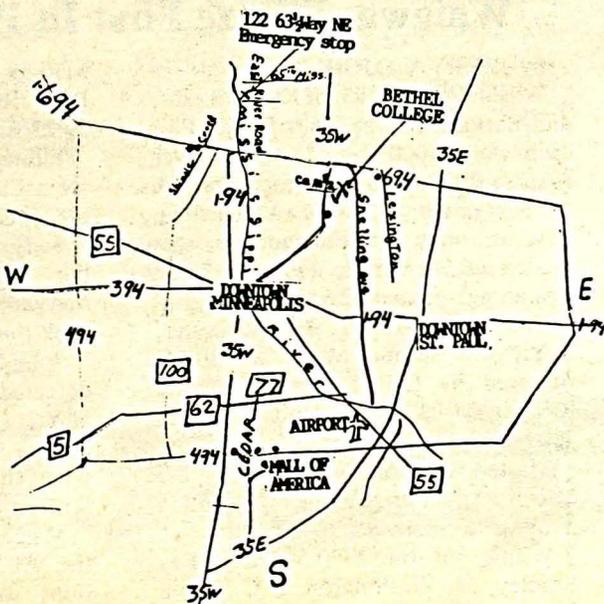
Signature \_\_\_\_\_ DATE \_\_\_\_\_

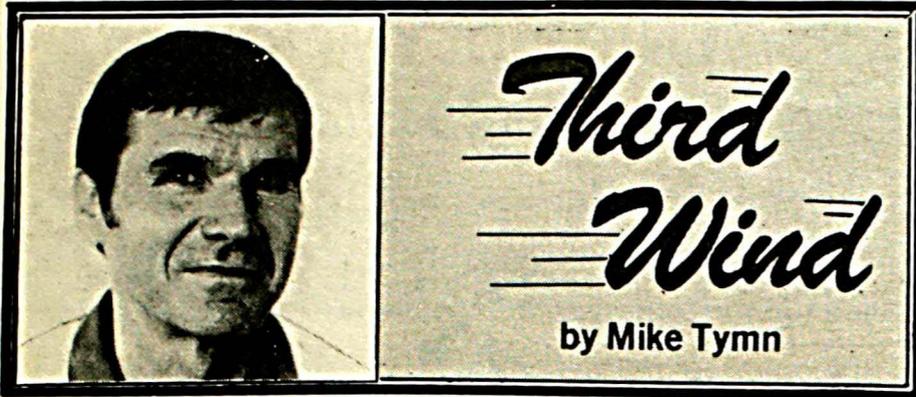
#### N. Area Motels

- 636-4123 1(800)777-2232
- 566-8000 1(800)465-4329
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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 Marion Irvine, 61, were among the first 10 inductees to the Hall last April.

Pentathlete Melvin Buschman, 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.

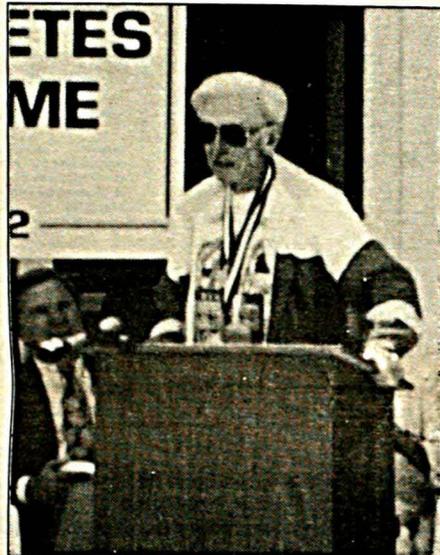
As one of the so-called "experts," I came to realize how difficult it is to evaluate the accomplishments of people in other sports. In the case of Norris, for example, I know enough about bowling to appreciate a 198 average by someone in his 80s, but I don't know if there are others his age who might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



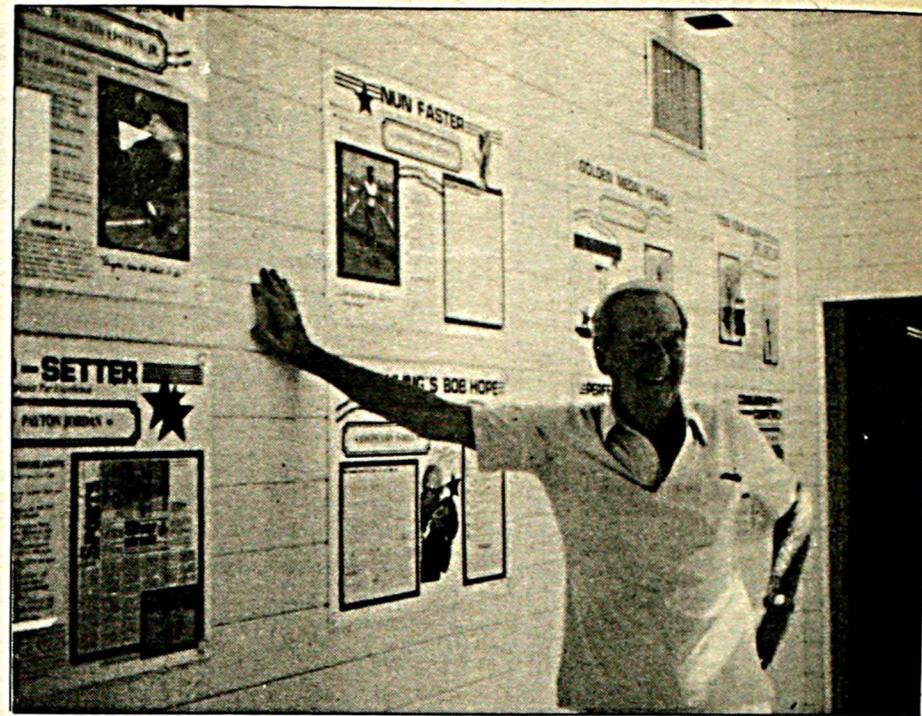
Clive Davies speaks at the induction ceremonies to the Senior Athletes Hall of Fame, April 29, 1992.

ing athletes who can lay claim to American records and national championships. But a Hall of Fame should be for the real superstars, those whose performances were against top-notch competition and whose marks stand up to age-grading.

There is a tendency for non-runners to be much more impressed by the long and the bizarre than by the short and conventional. I suspect that had a 70-year-old woman been nominated based upon having finished a marathon in around 7 hours, she would have been voted in. At the same time, had that same 70-year-old been nominated for running a mile in seven minutes, I doubt that she would have made it, even though the 7-minute mile is a significantly greater achievement than a 7-hour marathon.

Tell the bowling expert that the 70-year-old woman finished the Ironman Triathlon and he'd probably vote her in without even asking how long it took her.

Of course, that also stands true for the media and the general public. You could have a 70-year-old man breaking three hours for a marathon and an 80-year-old walking the same event in



Jack Fones, founder of the Senior Athletes Hall of Fame, showing some of the first exhibits.

seven hours and the latter would probably get more media attention. That's because most reporters have no idea as to the quality of a sub-3 hour marathon for a 70-year-old man.

### Wants Only the Best

Fones agrees that this is a problem. He said that he recently received a nomination for 1993 for a racquetball player. The writeup was very impressive, as were the clippings that accompanied it. However, he checked with an authority in that sport and found out that the person nominated ranked around eighth in the nation in his age group.

"I don't want number eight. I want number one," Fones said. "From now on I plan to conduct the same type of investigation with every person nominated. I'll submit the nomination to a knowledgeable person in that sport before it goes to the selection committee."

The fact that no golfer or tennis player was voted in this year, although several were nominated, came as a surprise to Fones. "Actually, I was thinking more tennis and golf when I started planning the Hall," he said, "because

we have a lot of that down here. I hope we have a few this next time."

### Looking for a Sponsor

Fones is now looking for some organization to take over sponsorship of the Senior Hall of Fame. He figures that he put in over \$3,000 in cash and \$12,000 in his own time to get it going. He points out that more than 100,000 people pass through the Shorewalk clubhouse every year and feels that a company dealing in products or services for senior citizens, mentioning both Geritol and Miracle Ear, would derive a public relations or advertising benefit from sponsoring the Hall.

"It was difficult trying to interest anyone in sponsoring it when we didn't have anything to show them," Fones said, "but now that it's off the ground and we've had some publicity, we have something to present to them."

In the meantime, Fones is accepting nominations for 1993. If you'd like to nominate someone for the Senior Hall of Fame, you should write to Fones c/o Senior Athletes Hall of Fame at Shorewalk, 4601 46th Street Court West, Bradenton, Florida 34210, and request a nomination form. □

## Waigwa, Filutze First In Pittsburgh 10K

by JERRY WOJCIK

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% 30:01. Filutze's 35:52 was an age-graded 92.9%.

Charles McMullen, 41, Rochester, N.Y., was second M40+ in 30:56, 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

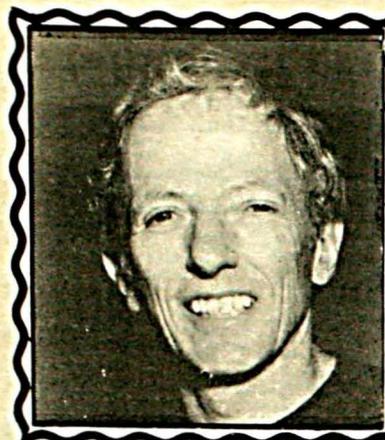
M50-59 prize of \$400. Bill Fortune, 64, Pearl River, N.Y., won \$300 for his 39:22 first among the M60-69 runners.

Filutze's closest competition came from Catherine Lempesis, 41, Columbia, S.C., second in 36:50 for \$800.

Judy Carroll, 50, Kent, Ohio, won the W50-59 prize, with a 42:21. Margaret Lutz, 63, Saxonburg, Pa., took the W60+ money in 47:15.

John Petroff, 83, Erie, Pa., 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°, 94% humidity, and wind at 10 mph. □



# On The Run

by Hal Higdon

## Use Those Fast Twitch Muscles or Lose Them

**M**y 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 snipped 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 likely will achieve success in endurance events. Have the other, and you'll do better in the sprints.

Fast twitch fibers, as you might expect, contract rapidly. Slow twitch fibers contract slowly, but more efficiently use glycogen, a form of energy. Long after your fast twitch fibers have stopped twitching, the slow twitch fibers continue to propel you forward to the finish line of a marathon.

Sprinters have mostly fast-twitch muscles. Alberto Salazar, who once set a world record for the marathon, had 97 percent slow twitch. Most people fall somewhere between 40 and 60 percent slow twitch.

You can train fast twitch muscles for endurance. That's why a sprinter can achieve success in a marathon — if he trains for it. But slow twitch athletes always get left in the blocks.

Scientists once thought that your fiber type was carved, if not in stone, certainly in flesh. Your muscle fiber percentage defined you as an athlete. If you scored 61.2 percent slow twitch as a youth, there was little you could do to change it.

But longitudinal studies, such as those conducted by Dr. Costill's laboratory, suggest that fiber percentages change with age. When first measured in 1974, my percentage of slow twitch muscles was that 61.2; now it is 73.5.

That's one reason why my speed has declined with age. I once possessed a fair amount of speed. In college, I sometimes ran a quarter-mile leg on the

relay. I could run the mile near four minutes. Today, I have to struggle to break six.

It's not that my slow twitch muscles have increased. Rather, my previously available fast twitch muscles have disappeared.

The same happens with nerve cells in the body. Dr. Costill speculates that fast twitch fibers do not self-destruct, but rather fall into disuse, because neurological impulse is lost. "With no impulse activating them," he says, "the fibers become non-functional and are reabsorbed."

The result is a gradual decline. "That's also 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. □

## Natter, Gibson Victors at St. George

by JERRY WOJCIK

Darrell Natter, M55, of Salt Lake City, and Ellen Gibson, W40, of Park City, Utah, ran to masters wins in the 16th annual St. George Marathon, Utah, on October 3. Natter beat the younger masters men with a 2:42:19. Gibson placed second woman in 2:43:16, a little over a minute out of first.

Robert Nelson, M45, Salt Lake City, finished second in 2:43:03. Besides Gibson, Merle Heimberg, W40, Los Angeles, was the only W40+ to break three hours, with a 2:56:11.

Dutch Benedetti, Monterey Park, Calif., took the M75+ race in 4:40:05. Velma Earl, Midvale, Utah, won the W65 contest with a course-record 4:26:43.

Thirty-five states and three countries were represented in the 2563 registrants, who made it the largest St. George ever. The average age of the runners overall was 42, with the average age for males at 43 and females at 38.



Velma Earl, Midvale, Utah, won the W65 race with a course record of 4:26:43, St. George Marathon, Utah, October 3.

Photo from St. George Marathon

The event included wheelchair and Clydesdale (heavyweight) divisions. □

## Bell, Hine Win Minnesota 25K

by JERRY WOJCIK

Doug Bell, 41, of Greeley, Colo., ran a pending national M40 age-group record 1:21:24 in the rain to win the RRCA Minnesota Masters 25K Championships, held along with the City of Lakes 25K, in Minneapolis, on September 13. The previous U.S. M40-44 best was an unrated 1:21:25 by Bruce Mortenson in 1985.

Bell's time equaled an age-graded 93.3%, the best among the masters, and brought \$300 in prize money. John Emmons, 46, White Bear Lake, Minn., took second place in 1:28:04. Last year's winner, Jim Pelarske, 41, St. Cloud, Minn., settled for third (1:28:45).

Greg Prom, 61, St. Anthony, Minn., with a 1:49:23 (AG 81.8%), won the M60-69 race from 67-year-old Alex Ratelle, Edina, Minn., who finished in 1:53:54 (AG 83.8%).

Judith Hine, 43, of Edina, and Sally Brent, 41, Loveland, Colo., duelled for the women's masters title. Hine took the gold and \$300 in 1:39:56, with Brent second (1:42:02).

Barbara Andersen, 67, St. Louis Park, Minn., led younger W60s to a victory with a 2:20:50.

Almost 1435 registrants finished. Next year's race is scheduled for September 12. □

## Romesser, Black Fly To Wins in Dayton

by JERRY WOJCIK

Gary Romesser, 41, of Indianapolis, and Iris Black, 49, of Spring Valley, Ohio, took the 40-and-over titles in the Dayton River Corridor Half-Marathon in Dayton, Ohio, on October 25. Romesser repeated as masters champion in 1:07:56, better than his 1991 time of 1:08:58.

Romesser, unchallenged for the M40-44 gold, ran an age-factored 1:03:39 to top all runners. Don Coffman, 49, of Frankfort, Ky., with an

M45 win in 1:11:50, was the next-best performer overall with an age-factored 1:03:43.

Black's closest challenge for the W40+ first came from Linda Ray (41, 1:33:20), Springfield, Ohio, and Vicky Hughes (40, 1:33:37), Lima, Ohio. Gloria Brown, 60, Grand Island, N.Y., won the W60 contest with a 1:39:28.

The race, sponsored by Tandem Computers, had an 88% finish rate, with 1058 completions of 1207 registrants.

In the lesser-attended Miami Valley Hospital Sports Medicine Center 5K, Eugene Keller, 78, Cincinnati, was the top masters runner with an age-factored 16:39 for his 25:39, while the best W40+ performance came from Claire Brock, 56, Cleves, Ohio, with a 23:50, worth a 19:32 age-factor.

First masters were Jolly Holden (42, 18:06), Fairborn, Ohio, and Ellen Kohn (42, 22:33), Dayton. □

A VERY MERRY CHRISTMAS TO ALL



# MASTERS ATHLETE OF THE MONTH

## Joseph Nzau and Ralph Romain

This month, the Sorbothane 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 Romain 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 Levisse, who had been virtually unbeatable all year, with an age-graded performance of 95.5%. In the 10-miler, he beat top 1992 U.S. 40+ distance runner, Doug Kurtis, with a 94.7% rating.

Romain, 60, turned the age-graded tables on their 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 102.2% on the age-graded scale.

Other top contenders this month included:

- **Wilson Waigwa**, 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 Tibaduiza.

- **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 Mag-

gie Valley 8K, in 24:45 (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 2:39:58 (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, 94.1%) a week later.

- **Bill Rodgers**, 44, who won TAC's National Masters 20K title, September 7, in 1:03:07 (96.6%).

- **Pierre Levisse**, 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.

Sorbothane produces lightweight, shock-absorbing, air-infused insoles which can be found at most sporting goods stores. Sorbothane sponsors the athlete-of-the-month award every other month in NMN. For their efforts, Nzau and Romain will split the \$100 award. □

## 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 striders, 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-supersonic M40 33:58 earning only a ho-hum bronze.

Determined Estella Clasen was second W40+ (45:59), followed by nice efforts by Cheryl Skrivanke (W40, 46:17), Val Smith (W45, 51:34), and the irrepressible Mayte Cuti (W50, 55:32).

The race course is like a chunk of New England. Weaving along passed morning-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

Continued from page 1

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. Rhoda 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, Grete Waitz. 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 and Romanian syntax, "I was hurting. Even Grete was hurting. Her, for running so slow. Me, for running, period." Characteristically upbeat about his failure to break his goal of five hours, he muttered, "Even though I wanted to do a five-hour marathon, I don't mind so much because I got an extra half hour of enjoyment."

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 mess before 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

by Willie Mtolo, of South Africa, in 2:09:29 and Lisa Ondieki, of Australia, in 2:24:40. □

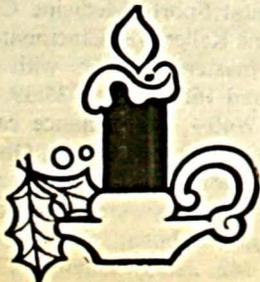
### PRIZE MONEY LEADERS MASTERS MEN

PRK	NAME	ST/N	1992 \$	#
1	Levisse, Pierre	FRA	\$27,050	15
2	Nzau, Joseph	KEN	\$23,250	7
3	Kurtis, Doug	MI	\$20,700	13
4	Navarro, Artamio	MEX	\$18,850	9
5	Rose, Nick	GBR	\$9,150	12
6	Tibaduiza, Domingo	COL/IV	\$7,200	15
7	Waigwa, Wilson	KEN	\$5,050	7
8	Bell, Doug	CO	\$4,775	10
9	Romesser, Gary	IN	\$4,075	11
10	Stahl, Kjell-Erik	SWE	\$4,000	1
11	Owens, Earl	GA	\$3,500	10
12	Campbell, John	NZL	\$3,450	8
13	Hill, Leonard	OR	\$3,100	2
14	Wheway, John	GBR	\$3,000	1
15	Vera, Manuel	MEX	\$2,700	6
16	Lopez, Luis	CRC	\$2,600	4
17	Kiecker, Barney	MN	\$2,500	2
18	McMullan, Charlie	NY	\$2,300	6
19	Marozak, Ryszard	POL	\$1,850	3
20	Paul, Don	CA	\$1,875	3
21	Rodgers, Bill	MA	\$1,550	6
22	Queensel, Claude	CAN	\$1,500	1
23	Sohiau, Bob	BC	\$1,500	5
24	Charbonnel, Jean-M	FRA	\$1,500	1
25	Froment, Mike	GBR	\$1,500	2
26	Jimenez, Ignacio	MEX/TN	\$1,400	5
27	Mendez, Sadot	NC	\$1,200	5
28	Judson, Ken	PA	\$1,000	3
29	Piva, Ray	CA	\$1,000	1
30	McCluskey, Terry	NA	\$1,000	1
31	Unknown, Runner	NA	\$1,000	1
32	Umberg, Richard	SUI	\$1,000	1
33	Foster, Larry	FL	\$950	3
34	Olsen, Larry	MA	\$925	5
35	Rono, Henry	KEN	\$900	3
36	Hurat, Kurt	SUI	\$900	2
37	Atkins, Herm	WA	\$800	2
38	Morris, Thomas	NA	\$750	1
39	Gomez, Rodolfo	MEX	\$700	3
40	Carroll, Tom	MA	\$650	4
41	Bradley, Jeff	PA	\$550	3
42	Pelarske, Jim	MN	\$550	3
43	Whatham, Rob	MN	\$550	2
44	Townsend, Gary	IL	\$525	3
45	Holda, Gary	IL	\$500	3
46	Hambrock, Patrick	NA	\$500	1
47	Matthews, Cliff	MA	\$500	4
48	Pollard, Jim	IA	\$500	2
49	Reinhart, Dave	MA	\$500	3
50	Bmalien, Byrie	CA	\$500	1

### PRIZE MONEY LEADERS MASTERS WOMEN

PRK	NAME	ST/N	1992 \$	#
1	Gilbert, Sharlet	CA	\$27,450	7
2	Grayson, Nancy	BC	\$15,325	20
3	McLatchie, Carol	TX	\$11,900	14
4	Roden, Anne	GBR	\$10,500	1
5	Filutza, Barbara	PA	\$10,450	17
6	Portanski, Bernadine	NZL	\$9,600	2
7	Weich, Priscilla	GBR	\$8,400	10
8	Ray, Suzanne	AK	\$8,950	5
9	Virga, Carol	FL	\$4,900	9
10	Silverio, Cheryl	PA	\$3,000	2
11	Hutchison, Jane	MO	\$2,800	5
12	Hine, Judith	NZL	\$2,550	6
13	Smekhnova, Raies	CIS	\$2,500	2
14	Lampeals, Catherine	SC	\$2,425	12
15	Binder, Laurie	CA	\$2,400	5
16	Hak, Sherri	CA	\$1,900	4
17	Jordan, Janet	OR	\$1,750	3
18	Wood, Mary	CO	\$1,650	2
19	Mabuda, Chie	JPN	\$1,500	1
20	Hubbard, Karen	MI	\$1,450	2
21	Veetal, Alenda	NC	\$1,175	7
22	Oehler, Nancy	NY	\$1,000	1
23	Emo, Adele	NA	\$1,000	1
24	Matson, Shirley	CA	\$1,000	3
25	Hughes, Janice	OH	\$1,000	1
26	Ottaway, Joan	CA	\$975	4
27	Raha, Cheryl	NY	\$950	9
28	Kidd, Christina	IL	\$950	8
29	Villaesen, Ue	VA	\$900	4
30	Ashworth, Teresa	NA	\$750	1
31	Streeter, Ginger	LA	\$750	2
32	Bimmie-Keesoker, BeCA	LA	\$750	1
33	O'Rourke, Martha	OK	\$725	3
34	Boot, Claudia	IA	\$700	8
35	Townsend, Susan	TN	\$650	2
36	Bovio, Nina	NA	\$500	1
37	Bugyl, Judy	PA	\$500	1
38	Ulmer, Martie	TN	\$500	2
39	Lynn, Laura	CAN	\$500	1
40	Bigmon, Nancy	NC	\$500	1
41	Hutchison, Jane	MO	\$500	1
42	Haimberg, Merle	CA	\$500	1
43	Stooskie, Elaine	RI	\$475	4
44	Meezozack, Nancy	NY	\$450	2
45	Gilley, Marcie	MN	\$450	2
46	Stoockdale, Rebecca	MA	\$400	2
47	Hancock, Janet	IN	\$400	1
48	DeGeorge, Mary	CT	\$400	2
49	Cash, Linda	CO	\$400	1
50	Igiehart, Alfreda	CA	\$350	1
51	Beetel, Karen	NE	\$350	2

FROM  
THE COMPETITIVE ROAD RACER  
P.O. BOX 1765  
BROOKLINE, MA 02146





These four participants in the National Masters Weight Pentathlon Championships, Seattle, all had birthdays on the day of the meet, September 5, a record of some sort. From left, Jim Minah, 73, Estelle Jenkins, 66, Ken Weinbel, 65, and Tom Pardun, 42. Photo from Ken Weinbel

## Warm Sun, Hospitality Greet Athletes at Utah Senior Games

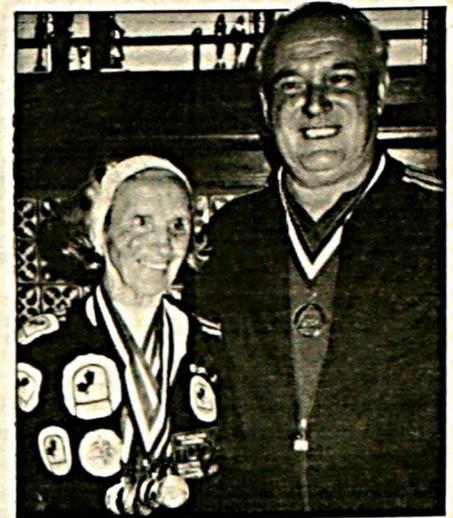
by DOUG SMITH

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



Canada's Ivy Granstrom, 81, sightless runner with her guide, Paul Hoeberigs, after her seven gold medal performances at the Senior Games in St. George, Utah. Photo by Doug Smith

breezes that held back some of the sprint times, because of headwinds, but even the wind could not deter some good performances as 54 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 seconds.

(Continued on page 14)

## National Weight Pentathlon Held In Seattle

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 1990.

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. □ — from Ken Weinbel



Throwers (from left) Barbara Stewart, 50, New York, Sally Polk, 62, New Mexico, Estelle Jenkins, 66, Canada, and Susan Hinz, 44, Washington, at the National Masters Weight Pentathlon Championships, Seattle, September 5.

### BOB SCHANZLE MEMORIAL WEIGHT PENTATHLON

Sunday, December 27, 1992 8 a.m.

Atlantic High School Delray Beach, Florida  
I-95 to Exit 44, East to Seacrest Blvd, 2 miles south on left

Discus Shot Javelin Hammer Weight Throw

Competition in 5 year Age Groups

A handsome medal to all who complete the events.

This is the 15th Annual Holiday Weight Pentathlon. Bob Schanzle and his wife, Mary, were professional circus people. When they retired to Palatka Bob became a dedicated Weight Pentathlete competing in the biggest meets in Florida. In his spare time he helped the Palatka high school Track coaches.

Out of state entries WELCOME

Oranges Gals Ocean Beaches Free Snacks

Top Weight Pentathletes compete in this meet including four former Olympians.

entry blank

name \_\_\_\_\_ birth date \_\_\_\_\_

street \_\_\_\_\_

city \_\_\_\_\_

TAC-WAVA Reg. No. \_\_\_\_\_

Holiday Inn 407 734 9100  
Golden Sands, Inc. 407 732 6075  
Lorraine Ct. Motel 407 732 8440  
Sage N Sand Motel 407 732 8196

Entry Fee \$12 send to  
Phil Partridge  
337 S W 14th Ave.,  
Boynton Beach, FL 33435

Some motels give 10% disc. to Holiday Meet entries. Ask for it.

I hereby certify that I am in excellent physical condition and I assume full responsibility for injury or illness that may occur to me at the meet or in travel or accommodations pertaining thereto

signature \_\_\_\_\_

Local athletes and those driving please bring implements if convenient. Most implements including 25# & 35# wts. furnished





# MASTERS RACEWALKING

by ELAINE WARD

## 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 window showing Marin as he was about to win European gold at Athens in 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 50K walk.

Now, at the risk of upsetting anyone

who has completed a marathon, I get a little weary of the television presenters who wax lyrical about the 26-mile race being the "ultimate endurance test." When Marin completed his efforts in the Greek capital, he had walked a little under 44 miles at an average of seven minutes per mile. This is a pace that most Sunday joggers would consider an achievement to hold for three miles.

What intrigues me is how Marin has managed to stay at the top of the heap for nearly 20 years. As late as 1989 at age 39, he set the last of his Personal Bests by hurtling around a track for 3000 meters in a time of 11:29, the



#191 Kirk Deford, 49, 27:16, passes Sol Tannenbaum, 75, 39:38, TAC Western Regional Masters T&F Championships, Hayward, Calif.

Photo by Jerry Wojcik

equivalent of 1.864 miles at a 6:10 minute per mile pace. And in finishing ninth in the 1992 Olympic 50K, on a course where the last two kilometers sported 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 Catalonian capital is hardly uplifting. Factories and other nondescript buildings dot the plain, flat landscape. But if El Prat took on a number of European countries at say, a team racewalk competition, this small community would severely dent the pride of whole nations.

Not only does Marin live here, but this is also home to Jordi Llopart, who won an Olympic silver in the 1980 Moscow Games. Having just become a master himself, Llopart only missed out on a place on the Spanish Barcelona team by half a minute. His 50K "losing" time was 3:49. Marin and Llopart not only continue to be class athletes, but both now coach the next generation of Catalonian walkers to continue the tradition that has thrived in El Prat since the turn of the century. Between them, they had five walkers in the Barcelona Olympics.

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. Llopart coaches Daniel Plaza who won the gold medal in the 20K walk, as well as Maria Curz-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 Spanish 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. "Isn't 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 three-hour walks 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 they 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 Serola, a mountain backdrop to Barcelona's congested center, and another is the Mont Serily 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 hard, and one week easy. Nearer the race, some of the sessions are track repetitions. Just two weeks before the Barcelona 20K and 50K racewalks, both Marin and his protege Massana completed a 200K, 6-day workload!

Motivation to keep going is not only because Marin remains among the world's best racewalkers, but because he can now derive satisfaction from passing on 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." □

(This interview was conducted by Paul Warburton at the Barcelona Olympics with Tony Munoz de Gispert as interpreter/co-author. — EW)

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

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
POLLY BAILEY (ST. LOUIS, MO)	12-15-22	70-74
MARY ANN BERG (LAKE OSWEGO, OR)	12- 5-52	40-44
FRANCES BRADFORD (MILL VALLEY, CA)	12-22-22	70-74
BARBARA DURAND (THOUSAND OAKS, CA)	12-30-32	60-64
SUSAN HINZ (PULLMAN, WA)	12-30-47	45-49
VEALLON HIXSON (SUN CITY, AZ)	12- 2- 7	85-89
CHRIS JOHNSTON (HOOPER, US)	12-25-47	45-49
EVA KARL (US)	12-26-22	70-74
ELAINE KIRCHEN (NEW YORK CITY, NY)	12- 1-42	50-54
MARY JANE MILLER (ST. LOUIS, MO)	12-28-27	65-69
JEAN MITCHELL (PORTLAND, OR)	12-29-22	70-74
MARYLIN MITCHELL (NYC, NY)	12-23-42	50-54
GINGER SMITH-PARKS (DE)	12-28-47	45-49
MARY PARSONS (GARLAND, TX)	12-11-12	80-84
FRAN PATTERSON (ST. JAMES, MO)	12-15-12	80-84
BETTY POPPERS (DENVER, CO)	12-17-42	50-54
PHYLLIS SMITH (SAN DIEGO, CA)	12- 4-37	55-59
MARCIE TRENT (ANCHORAGE, AK)	12-22-17	75-79
EDNA VALENCIA (US)	12-30-22	70-74
HAROLINE WALTERS (EL TORO, CA)	12- 5-42	50-54
INA BLAUW (HOL)	12- 1-47	45-49
JEANNE GRUT (DEN)	12-13-27	65-69
ELSE HUMMER (WG)	12-16-12	80-84
ANTONINA IVANOVA (URS)	12-25-32	60-64
KIMIKO NAKAMURA (JPN)	12- 7-37	55-59
ARLEY NICHOLLS (AUS)	12-19-12	80-84
ANTIONETTE SHAW (AUS)	12- 1-47	45-49
RAE WENMOTH (NZ)	12- 7-32	60-64
EVAUN B. WILLIAMS (GB)	12-19-37	55-59
LYNNE WILLIAMS (AUS)	12-14-47	45-49
CHRISTIANE WIPPERSTEG (WG)	12-25-27	65-69
DAVID BROWN (WHITTIER, CA)	12-22-22	70-74
BRUD CLEVELAND (US)	12-10-17	75-79
ALEX CORPACIOUS (HONOLULU, HI)	12-25- 7	85-89
ROBERT DELLWO (SPOKANE, WASH)	12-10-17	75-79
ELIGIO GALICIA (MEX)	12- 1-22	70-74
HAROLD HITT (PORTLAND, ORE)	12-23-32	60-64
IVAN IVANCIC (YUG)	12- 6-37	55-59
STEPHEN LESTER (VT)	12-29-42	50-54
NORMAN LLOYD (PALO ALTO, CA)	12- 3-32	60-64
JAMES VAN MANNEN (CA)	12-15-32	60-64
DOUGLASS MCFETERS (PLEASANT VAL, CA)	12- 1-32	60-64
DENNY MEYER (SEATTLE, WASH)	12-27-32	60-64
PIERO NASE (ITA)	12-11-17	75-79
JAMES OLESON (SANTA MONICA, CA)	12-29-17	75-79
JACK PENNINGTON (AUS)	12-11-22	70-74
MAX PICKL (CANADA)	12-24-17	75-79
BILL ROGERS (SHERBORN, MI)	12-23-47	45-49
ROGER RUTH (US-VICTORIA, CAN)	12-23-27	65-69
ROSS SMITH (RENO, NV)	12-11-27	65-69
JAY SPONSELLER (NAPLES, FL)	12-25-17	75-79
GUNTHER STOLZENBURG (WG)	12-13- 7	85-89
RANDY TAYLOR (LITTLE ROCK, AR)	12-13-47	45-49
TORSTEN VON WACHENFELDT (SWE)	12-24-27	65-69
HAROLD WALLACE (ANAHEIM, CA)	12-17-27	65-69
JAY WALLACE (RICHMOND, VA)	12- 8-27	65-69
SAMMY WHITE (EAST POINT, GA)	12-23-37	55-59
JOHN RUSSELL (TAMPA, FL)	12-13-17	75-79

### 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 Almberg (40, 33:58) and Charlotte Swanson (45, 42:42) Capture 10K Cross-Country Titles
- MAAD Formed to Fight Age Discrimination

## 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, Hutchison Tops in Tulsa

by JERRY WOJCIK

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 Hutchison, 46, of Webb City, Mo. Both also claimed masters age-factored honors. Romesser's 46:51 equaled a 43:53 performance, while Hutchison'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 winner 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 masters woman in 58:39, also garnered second-best performance honors (54:11). Lydia Borges, 51, of Tulsa, was third best, with a 65:00 W50 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. □

## 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 26:48, 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 W40+ age-graded honors with an 84.3%.

Orlo 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), Puyallup, 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 Villaneuva (42, 2:19:09) and Cindy Dalrymple Take Masters Titles in NYC Marathon
- Dan Conway (43, 48:13) and Lolitia 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

### 9th ANNUAL BROWN UNIVERSITY MASTERS INDOOR TRACK AND FIELD INVITATIONAL

Sponsored by The Rhode Island Track and Field Foundation

**DATE:** Saturday, January 16, 1993, 12:00 p.m.  
**SITE:** Brown University Athletic Center, Hope Street and Lloyd Ave., Providence, RI (Adjacent to the Meehan Hockey Rink and Smith Swim Center)  
**DIRECTIONS:** From North: I-95S to Branch Avenue (Exit 24). Turn left on Branch to light. Cross intersection, go up Cypress Street hill to Hope Street, turn right and follow to Athletic Center Complex. From South and East: I-95N to Branch Ave. (Exit 24). Turn right on Branch to light. Cross intersection and follow same as above.  
**FACILITY:** New, ultra-resilient, 200-meter, 6 lane, flat, California Products rubberized surface (field events, too). Use 3/16" spikes. Lockers and showers available.  
**AWARDS:** First three places in all events.  
**DIVISIONS:** Five-year groupings for men and women (30-80+) TAC Sanctioned. (For TAC registration call (617) 566-7600).  
**ENTRY FEE:** Pre-entries will be \$6 first event; \$5 each additional event by Tuesday, Jan. 12, 1993.

\*\*Post entries will be \$7 first event; \$5 each additional event by 11:00 a.m. (for 12:00 p.m. events) and 1:00 p.m. for all other events.\*\*

<b>ORDER OF EVENTS: Track</b>		<b>Field</b>	
2:00 p.m.	55m Hurdles 55m (Trials/Finals) Mile 400m Mile Walk 800m 200m 3,000m 800m Relay (10 yr. groups-no fees/no awards)	12:00 p.m.	Weight Throw (Young to Old) Long Jump (Old to Young) Shot Put-Following WT (Young to Old) Triple Jump-Following LJ (Old to Young)
		1:30 p.m.	High Jump (Bar not lowered) Pole Vault (Bar not lowered)

**FOR ADDITIONAL INFORMATION CONTACT:** Neil D. Steinberg  
 46 Roberta Avenue  
 Pawtucket, RI 02860  
 (401) 728-2869 (Evenings)

PLEASE PRINT

Name \_\_\_\_\_ Phone \_\_\_\_\_  
 Address \_\_\_\_\_  
 Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
 Age (as of 1/16/93) \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_  
 Club \_\_\_\_\_ TAC# \_\_\_\_\_ Date of Birth \_\_\_\_\_

Event	Best Recent Mark	Event	Best Recent Mark
1. _____	_____	4. _____	_____
2. _____	_____	5. _____	_____
3. _____	_____	6. _____	_____

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

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

**Waiver:** In consideration of your accepting this entry for the 1993 Brown University Masters Indoor Track and Field Meet, I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the TAC, Rhode Island Track and Field Foundation, or Brown University, their Agent, Representatives, Assignees or Sponsors for any and all injuries, damages and/or claims which I might otherwise have arising out of said event. I attest and verify that I am physically fit and sufficiently trained for this competition.

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

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

EXPENSES		INCOME	
ITEM	AMOUNT	ITEM	AMOUNT
TAC Officials & Volunteers	\$1,260.00	Pre-entry income	\$4,248.00
20th Anniversary T-shirts	873.36	Post-entry income	675.00
Individual & team awards	1,678.25	Refund on unused awards	274.50
Cornell University facility	800.00	Accutrack refund	100.00
Accutrack	300.00	Remaining T-shirts	105.00
Phone calls & FAXes	437.17		
Mailing, copies, supplies	315.16	Income total	\$5,402.50
EMS unit on standby	200.00		
TAC Registration fees	156.00		
TAC Sanction	45.00		
Bad checks & bank fees	146.00		
Refunds	83.00		
Expense total	\$6,293.94		

Amount expenses exceed income (\$6293.94 - \$5402.50) equals \$891.44 (net loss)

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

EXPENSES		INCOME	
ITEM	AMOUNT	ITEM	AMOUNT
TAC Officials & Volunteers	\$1,125.00	Pre & Post-Entries	\$4,501.00
TAC Individual & Team Awards	1,669.10	Refund on unused awards	335.10
Eastern T-Shirts	420.00	Remaining T-shirts	30.00
FAT by Northeast Timing	570.00		
TAC Registration Fees	216.00	Income totals	\$4,866.10
Application Ad in NMJ	135.00		
TAC Sanction	50.00		
Phone calls & FAXes	301.75		
Postage, copies, & supplies	221.49	Submitted by Haig Bohigian,	
Refunds	137.00	TAC Eastern Region Masters	
		T&F Coordinator	
Expense total	\$4,845.34		

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



**Pagliano's Podiatric Pointers**

# THE FOOT BEAT

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

## 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 into the top of the foot.

Upon resting, the athlete will notice a reduction in pressure. During exercise, pressure will rise.

The initial treatment is a reduction in mileage or complete rest for 6-8 weeks.

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. □

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

## 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.

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 Michigander 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 Tibaduiza was a close fourth in 1:05:03.

Houston'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 record pace, trying to fend off Barbara Filutze (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 (1:39:34).

Christine Tattersall set a blistering over 50's pace with a time of 1:24:29. Following close behind were Zofia Turosz, 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. □

## Get The Picture?

The NMN welcomes all photograph contributions. Unfortunately, some photos we receive are unusable, so here are a few pointers to help amateur photographers submit printable 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.

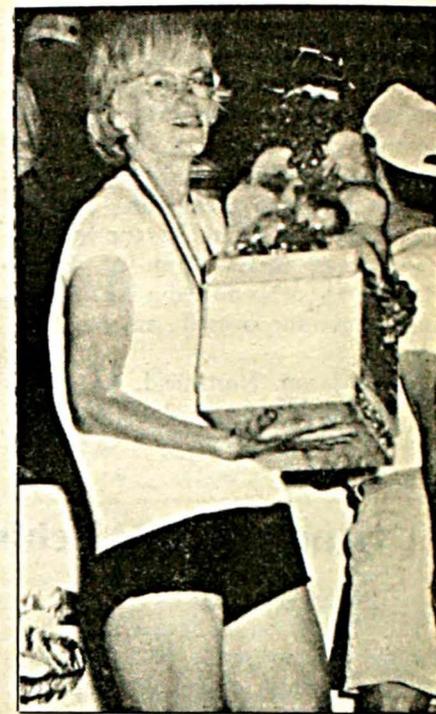
Ron Kita, 47, of Hollis ran a 1:18:11, another age-record, to take the second place. Ellie Lowell, 45, West Willington, Conn., was the next fastest W40-and-over in 1:40:22.

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, 1:24:50). 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, Kerk Mo-

tion Products, and New England Country Pies. □



Dorothy Bergman, Marblehead, Mass., W60 winner (1:57:43), Applefest Half-Marathon, Hollis, N.H., October 10, groans under the load of a fruit basket award.

Photo from Bill Gray

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

by EMMY STOCKER

Battling 26-30 mph headwinds, masters Rich Alvin and Rose Malloy defended their titles in the 17th Marine Corps Marathon. The amateur race, which toured the nation's capital on October 25, attracted over 5000 masters. They — like all the participants — came not for prize money, but for the prestige of finishing the nation's third largest marathon.

A miserable headwind slowed the 13,000 runners, particularly along the

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, from 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.

MaryLou 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. □



Tim Breiner, of Wooster, Ohio, speeds to a fourth place M40 finish (16:25), National Masters 5K Cross-Country Championships, Columbus, Ohio, November 8.

Photo by Bev Moseley

## CLASSIFIEDS

Classified ad rates are 75c a word. Count name and address as 5 words. Race notices are 50c per word. Prepayment required with copy. Deadline is the 10th of the month prior to the issue date. Send to NMN, PO Box 2372, Van Nuys, CA 91404.

**SPORT QUILTS.** Personalized quilts made from your favorite T-Shirts. Ideal Christmas gift. For brochure send SASE to Anne Tifanie, Rt. 2, Box 139, Leesburg, VA 22075 (703) 338-2835.

**U.S. MASTERS/SENIOR OLYMPIC EM "R"** Track & Field, Jan. 17, includes the 'fastest family' fun relay. Send entry page 5 or SASE to: Rachel Lyga 122 63 1/2 Way NE, MPLS, MN 55432.

### Ocean To Sound 50 Mile Relay

by MARILYN J. MITCHELL

Top masters honors went to the Hartford Track Club (4:39:08) in the men's division and the Long Island Road Masters (5:53:14) in the women's division of the Spiegel Associates Ocean to Sound 50 Mile Relay, with the Hartford masters placing fourth overall, beating out 38 open teams. The Hartford Track Club runners consisted of Al Swenson, Bob McCusker, Larry Purtell, Lol Fearon, Jack McShane, Gary Nixon, Dennis Crowe and Jamie Gomez.

Each winning masters team carried home a \$1000 first prize. There were no cash prizes beyond first place and net proceeds from the \$240/team entry fee were donated to Aspire, an organization which provides prostheses for young amputees. There were 114 registered teams, including three physically challenged teams.

The relay consisted of teams of eight runners per team, with each runner traversing a leg of between 5 and 8 miles, starting in Wantagh Park, winding through Nassau and Suffolk counties and ending on the track at Mitchell Field. Following the finish, more than a thousand runners and their support crews headed to the "greatest post-race party in the Northeast" with awards, food, a disc jockey and dancing.

Race Director Alan End said, "It's a great day of team spirit and camaraderie that proves that running can be a team sport as well as an individual event." □

### 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.*

## PUBLICATIONS ORDER FORM

Quantity		Total (US\$)
_____	<b>Masters Age Records</b> Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1991. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and TAC Masters T&F Records Chairman. \$4.00.	\$ _____
_____	<b>Masters Track &amp; Field Rankings</b> Men's and women's 1991 U.S. outdoor track & field 5-year age group rankings. 56 pages. Over 100-deep in some events. All T&F events, including mile, weight, relays, and walks (1500, mile, 3000, 5000). Coordinated by Jerry Wojcik, TAC Masters T&F Rankings Chairman, and the National Masters News. \$5.00.	\$ _____
_____	<b>Masters Age-Graded Tables</b> 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. \$5.95.	\$ _____
_____	<b>Masters 5-Year Age-Group Records</b> 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 April 15, 1992; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and TAC Masters T&F Records Chairman. \$1.50.	\$ _____
_____	<b>Competition Rules for Athletics (1992)</b> U.S. rules of competition for men and women for track & field, long distance running and race walking — youth, open and masters. \$9.95.	\$ _____
_____	<b>IAAF Scoring Tables (1985)</b> Official world scoring tables for men's and women's combined-event competitions. \$11.95.	\$ _____
_____	<b>Time Master Calculator</b> Ideal for use in age-graded scoring. Works directly in hours, minutes, seconds. Acts as stop watch and calculator. \$45.00.	\$ _____
_____	<b>Guide to Prize Money Races and Elite Athletes 1992</b> 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.	\$ _____
_____	<b>TAC/USA Patches.</b> Embroidered, 4" x 3" - \$3.50.	\$ _____
_____	<b>U.S. Track and Field Team Patches.</b> Embroidered, 3 1/2" x 2 1/2". \$3.50.	\$ _____
_____	<b>U.S. Track and Field Team Lapel Pins,</b> Cloissone enamel, 1 1/2" x 5/8" bar pin with safety catch. \$3.50.	\$ _____
_____	<b>The Masters Running Guide by Hal Higdon</b> 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 youthspan. \$9.95.	\$ _____
_____	<b>Run Fast by Hal Higdon</b> How to Train For a 5K or 10K Race. How to train smarter, enhance fun, build strength, achieve endurance and run faster. \$14.95.	\$ _____
_____	<b>Winning Secrets by Dr. Ladislav Pataki and Lee Holden</b> 180-page paperback. Confessions of a Soviet-Bloc Sports Scientist. Secrets of Soviet training methods. New training concepts. "A remarkable work by a remarkable man." — Mac Wilkins. \$14.95.	\$ _____
_____	<b>Running Research News</b> 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.	\$ _____
_____	<b>Back Issues of National Masters News</b> Issues: _____ \$2.50.	\$ _____
	Postage and handling	\$ 1.25
	Overseas Air Mail (add \$5.00 per book)	\$ _____
	<b>TOTAL</b>	\$ _____

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

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Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_





## MASTERS TRACK & FIELD REPORT

by BARBARA KOUSKY  
*Masters T&F Chairman*

### Convention Agenda to Include Rule Changes and U.S. Bid for '95 WAVA Championships

Nike'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 TAC 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 TAC 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 em-

EVENT	MARK	CHANGE
-55m/60yfl-		
M35 Jim Taylor 42"	8.4	5th of 9
-55m/60y-		
M35 Kevin Lozano	7.1	16th of 30
M50 Chuck LaChiusa	7.1	1st of 27
M30 Sylvia Kapturowski	10.2	4th of 4
M55 Edna Hyer	10.8	4th of 4
-200m-		
M65 Joe Bergthold 69	29.1	4th of 18
-800m-		
M40 Joe Farber	2:10.1	17th of 51
-1500m-		
M40 Patrick Dineen 41	4:18.1	7th of 26
-Mile-		
M60 Paul Heitzman 61	5:32.4	3rd of 8
M65 Carl Hammen	6:14.1	3rd of 6
-Long Jump-		
Rich Christoph	4.65	36th of 41
-Triple Jump-		
M40 Joe Brown	11.95	4th of 18
-Shot Put-		
M50 Brenda Bloomfield	8.68	2nd of 5
M50 Dortha Swanson	7.22	4th of 5

Changes To 1991 10K & 20K Racewalk Rankings  
Published June 1992

-10K-		
M55 Stu Summerhayes CAN 54:07		3rd of 31
-20K-		
M55 Stu Summerhayes CAN 1:55:57		3rd of 20

## NOW AVAILABLE

### 1991 U.S. Masters Outdoor T&F Rankings Book

- Men's and women's 1991 U.S. 5-year track & field age-group rankings.
- 56 pages, over 100-deep in some events.
- All T&F events, including 3000, 10,000, weight, relays; racewalks (1500, mile, 3000, 5000).

Send \$5.00 plus \$1.25 postage and handling (\$5.00 foreign) to:

NATIONAL MASTERS NEWS  
P.O. BOX 2372  
Van Nuys, CA 91404

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

ployed for the 1989 Championships. Details of the selection process will be announced following the Convention. A general mailing will be made from the TAC 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

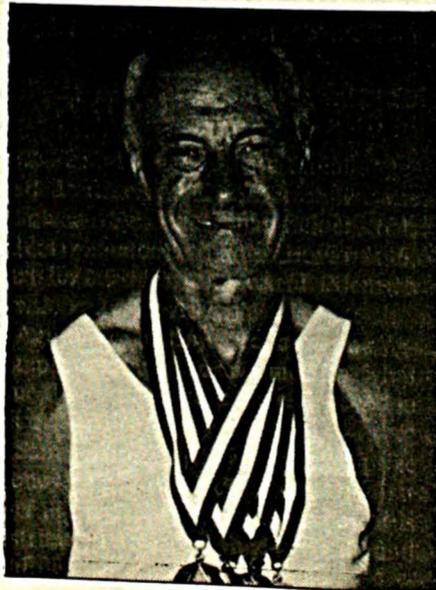
I have been contacted by numerous athletes regarding the proposed schedule of events for the '93 WAVA Championships in Miyazaki. The major concern voiced was the scheduling of events for the distance athletes. I agreed with many of your suggestions and your desire to see the schedule changed. Your comments 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

tioned finals, with no seeding. There was no competition in the hurdles, pole vault, steeplechase, or hammer throw. The entry fee was \$49, which covered all events.

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



Chuck Sochor, 65, set five meet records (100/13.2, 200/27.4, 400/1:02.1, 800/2:33.3, LJ/14-5½), Senior Games, St. George, Utah, October 21-23.

## Track & Field Rankings Report

by JERRY WOJCIK

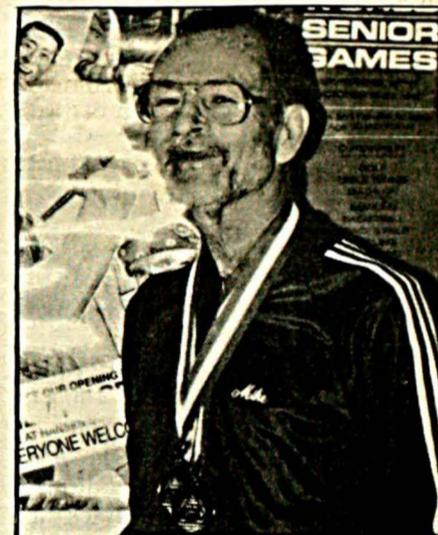
*Masters T&F Rankings Coordinator*

This page contains corrections for the 1992 indoor rankings published in the NMN. Some submitted changes may not appear because information was incomplete. At the indoor championships in Columbus, two athletes handed me a note with corrections and walked away. Unfortunately, they had forgotten to include their names.

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, M45, of 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, 5000, and 4x100 and 4x400 relays. □



Michel Kagan had M70 firsts in the 400 (1:16.9), 800 (3:03.2), and 1500 (6:22), Senior Games, St. George, Utah, October 21-23.

each week to go on her training runs with her guide, Paul. They arise this 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, of Cedar Springs, Mich., set new meet records in the 100 (13.16), 200 (27.38), 400 (1:02.11), 800 (2:33.26), and long jump (14-5½). He also won the 50 and high jump to garner seven gold medals in the 65-69 division. □

# PROFILE

## Swag Hartel

by LES REYNOLDS

**E**rwin "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 Launder, Swag chose Western Kentucky University. Too much speedwork, too little rest, injuries and illness dotted 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 with a 4:01 mile, a 29:09 10K, and a 2:19 in his first-ever marathon.

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



Erwin "Swag" Hartel  
Photo by Les Reynolds

and underwent surgery ("A brutal operation," as he described it).

The running community wrote him



Thomasville decathlon winners: (from l): Boo Morcom, M70; Bob Boal, M80 second; George Taylor, M60; Claude Hills, M80 first; and Denver Smith, M65, in Thomasville, N.C., September 19-20.

Photo by Eileen Smith

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 1993 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 Budd 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 .9859, the factor for M35, = 2:15:04.) Gary Gargas (36, 2:19:32/2:16:45) was second, followed by Dennis Hammond (36, 2:24:53/2:21:59), and Terry McCluskey (44, 2:32:55/2:22:26).

Joan Benoit-Samuels, 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

*10 Months to Go*



# Countdown to Miyazaki

## Entry Booklets Available Soon

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 event is open to men age 40+ and women age 35+. All the traditional track and field events will be staged, as well as a 10K cross-country run, a marathon, a 5K race walk and a 10K/20K race walk. In addition, an unofficial weight pentathlon will be held. There are no qualifying standards. Everyone is welcome.

The entry booklet has been printed and copies will be shortly available in all countries. The final schedule of events is printed on this page.

Low-cost tours are being organized by several masters travel agents in the USA and other countries. (See ads in this section) Japan can be expensive, but the tours are designed to bring the total cost of airfare and housing down

to an affordable level. Miyazaki is a city of 290,000 on the southern tip of Japan, and is not nearly as expensive as Tokyo, Osaka, or other large metropolitan areas.

This will be the first time the biennial Championships have ever been held in Asia. The city and the prefecture (state) of Miyazaki are solidly behind the event. Governor Matsukata reports that: "We are currently busily engaged in major efforts for the preparation of the Championships, with assistance from the Japanese Ministries of Foreign Affairs, Education, and Health and Welfare."

NMN will update the preparations for the Championships each month in this column. □

## British Isles Cross-Country Championships

by MARTIN DUFF

The British Isles Home Countries Cross-Country International moved to Belfast, Northern Ireland, for its fifth running on October 31. Guest teams from the Republic of Ireland also took part. England again dominated the proceedings, taking six of the seven

team awards and five of the individual titles.

The youngest man in the field, Bob Treadwell, who turned 40 a few days before the race, was a trump card for England, as he romped away from a group to win by nearly a minute in 32:47. Treadwell has always been described as a mudlark, and the five-lap undulating course suited his loping style.

Wales' Tony Simmons maintained his good M40 record with a solid second place (three wins and two seconds in the five years) in 33:45 with a typical late run, as England's Mike Hagar (M40, 33:55) and Dave Hill (M40, 34:03) consolidated for the team advantage.

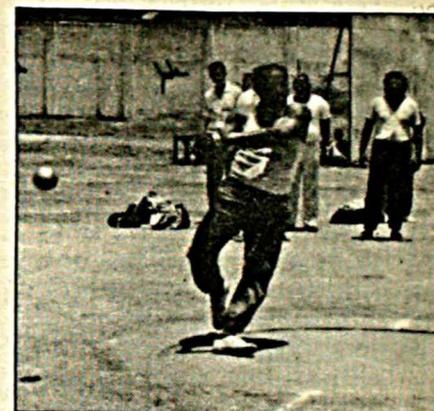
Colin Youngsen (34:29) took Scotland to a narrow M45 team win over Wales and England (one point covering all three). England, led by Graham Patton (35:51), dominated the M50 group, but Paschal Morris (39:15) won the M60s for Ireland, ahead of Laurie O'Hara, also an Irishman but running for England.

Anne Turrington (19:06) and Maggie Statham (19:12) dominated the W35 group for England, after Scotland's pre-race favorite Sandra Branney (19:38) fell away. A powerful last mile saw Turrington pull away strongly.

Diane Marsh of England was a comfortable W40 winner (19:46) over Yvonne Healy (20:23) of Northern Ireland. New British W50 half-marathon record holder Molly Smith was a sound victor in 21:55. □

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

Thu Oct 7	Decathlon/Heptathlon 10,000 finals
Fri Oct 8	Decathlon/Heptathlon 10,000 finals
Sat Oct 9	200 heats (women) 800 heats LJ, JT Opening ceremony
Sun Oct 10	200 finals (women) 200 heats/semis (men) 800 finals (women) 800 semis (men) HH (semis/finals) HJ (men) PV (women) SP, XC
Mon Oct 11	200 finals (men) 800 finals (men) 300/400H semis 5000 finals 10K/20K Road Walk PV (men) HJ (women) DT
Tue Oct 12	No competition Meetings: Stadia, Non-stadia, Women, Regions
Wed Oct 13	100 heats/semis Steeplechase finals 300/400H finals TJ, HT
Thu Oct 14	No competition General Assembly
Fri Oct 15	100 finals 400 heats/semis 1500 semis
Sat Oct 16	400 finals 1500 finals 5000RW finals Weight Pentathlon* Social Function
Sun Oct 17	Marathon 4x100 Relay 4x400 Relay Closing ceremony *Unofficial event



A. Mogalareb's M40 winning hammer throw, India National Veterans Athletics Championships.

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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

McKeigan, 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, plac-

ing 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 Kazdan, 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 '93

## 10 months to go!

Northwest Event Management, Inc. will be conducting one of its highly acclaimed tours to Miyazaki, Japan in October of 1993 for the Xth World Veterans' Championships.

We've been to Miyazaki, and can tell you that the track & field facilities are about the best we've seen for a World Championships. We have our hotel rooms booked, and are anticipating a great tour to Japan next year.

If you would like to receive information about the Miyazaki Tour as it becomes available — with absolutely no obligation — mail or fax your name & address to: NEM, Inc., Box 10825, Eugene, OR 97440. FAX: 503/687-1016. PHONE: 503/687-1989.

OFFERED BY NORTHWEST EVENT MANAGEMENT, INC.  
(Tom Jordan & Barbara Kousky, Directors)

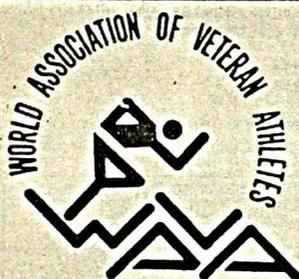
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### WAVA/TAC Hurdles and Implements Specifications

HURDLES					
WOMEN					
Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish
30-39	100m	.840m 33"	13.00m 42'8 1/2"	8.5m 27'10 1/2"	10.5m 34'5"
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"
60-69					
70 Plus					
30-39	400m	.762m 30"	45.00m 147'7 3/4"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
40-49					
50-59					
60-69	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
70 plus					
MEN					
30-39					
40-49	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34.5"
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"
30-49	400m	.914m 36"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
50-59	400m	.840m 33"			
60 +	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
IMPLEMENTS					
AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN	
Women					
30-49	4.00k	1.00k	4.00k	600gms.	
50 plus	3.00k	1.00k	3.00k	400 gms.	
Men					
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.	
50-59	6.00k	1.50k	6.00k	800 gms.	
60-69	5.00k	1.00k	5.00k	600 gms.	
70 plus	4.00k	1.00k	4.00k	600 gms.	

Write On

Continued from page 4

In only two events (HJ/TJ) were the 1990 top efforts better than in 1992.

The top 95.5% in 1990 from Jim Mathis' 400 was easily topped by the 98.3% 400 effort in 1992 by Fred Sowerby. Stan Whitley's 1990 winning 100 AG time of 10.39 wouldn't even have placed in 1992, and his 200 AG time would have only gotten third this year.

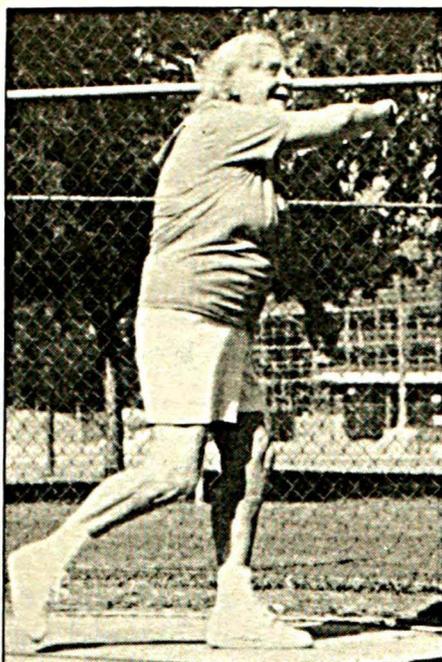
It appears that the national masters championships are not only getting bigger, but better. It's getting to the point where many of us with "All-American" performance certificates can't even make the finals of our events, let alone get a medal.

Phil Mulkey  
Atlanta, Georgia

THANK YOU

This is just a note to say thank you very much for all of the prayers, acts of kindness, and contributions made to me in memory of my son, Thaddeus John Bell II, who expired August 11, 1992.

Thad's death was a sudden and untimely death and a significant tragedy to me and my family. However, the support that I have received from many of my friends and competitors in



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

masters track & field have made this tragedy a little easier for me to accept and bear.

On behalf of Gloria, Tiffany, Tonisha, and myself, I say thank you very much.

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



Marion Sanchez, on his way to a first (48.0), M60-64 300mH, Western Regional Championships, Hayward, Calif. #99 Ian Steadman, of Great Britain finished 48.6, with Al Sheahan, third, 51.1.

Photo by Jerry Wojcik

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Herb Anderson Dies

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 whittled 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. □

1992 TAC/USA NATIONAL MASTERS INDOOR PENTATHLON  
Financial Report

Receipts:  
 \$200.00 TAC support 1991  
 \$225.00 Entry fee deposit 1/22/92 15 entries x \$15.00  
 \$270.00 Entry fee deposit 2/5/92 18 entries x \$15.00  
 \$200.00 Entry fees received after 2/5/92 12 x \$15.00 + 1 x \$20.00  
 \$ 22.00 Parking fee collected  
 \$917.00 Total  
 + 13.60 Refund from Valian Associates for returned medals and difference in initial/final bill  
 \$930.60 Total

Disbursements:  
 \$350.00 National Institute of Fitness and Sport Rental  
 \$ 62.00 IUPUI Parking Services (NIFS Parking Lot Rental)  
 \$ 15.00 TAC National Sanction Fee  
 \$ 47.24 Computer 4-part forms for heat sheet and field event forms  
 \$173.25 Valian Associates - Medals and Patches  
 \$ 84.72 Accutrack Polaroid Type 87 film - 2 boxes  
 \$ 83.94 Hospitality Room  
 \$ 10.00 Film  
 \$ 11.62 Photo development  
 \$ 6.27 Photo reprints  
 \$ 8.50 T-shirt shipping charge  
 \$ 23.20 Postage stamps - mailing entries, housing information  
 \$ 1.67 Postage - medal return  
 \$ 19.88 Postage - results, NMN article/results/photos  
 \$ 17.59 Colored tape for hurdle markings  
 \$ 1.47 Scotch tape and posterboard  
 \$ 86.33 Phone  
 \$ 80.00 Workers/Officials  
 \$100.00 Busby - Accutrack  
 \$ 87.00 Printing  
 \$ Competition Numbers  
 \$1269.68 Total

TAC NATIONAL MASTERS DECATHLON/HEPTATHLON CHAMPIONSHIP		
25-26 JULY 1992		
<b>INCOME</b>		
Entry fees		\$2,030.00
Late fee		\$10.00
Extra T-shirts and meal sales		\$295.00
	<b>TOTAL</b>	<b>\$2,335.00</b>
<b>EXPENSES</b>		
Meet Banquet		\$926.59
Meet T-shirts		\$787.50
Facilities Charge (Drake Univ.)		\$557.03
Special Masters Implements		\$255.78
Awards (Medals & Patches)		\$228.15
Postage		\$58.00
Competitors Numbers		\$46.52
TAC Sanction		\$30.00
Officials Refreshments		\$25.00
Gas (Meet Transportation Van)		\$25.00
Copies & Supplies		\$24.54
Iowa TAC Sanction		\$10.00
	<b>TOTAL</b>	<b>\$2,974.11</b>
Rex J. Harvey, Meet Co-Director		

# MASTERS SCENE

## 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. Incoming 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

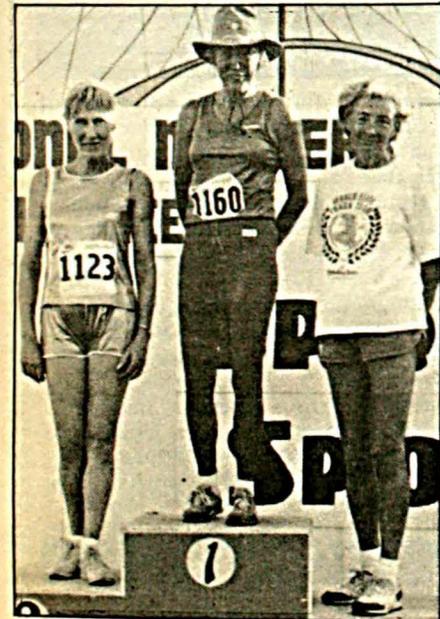
• Cheryl Ralya, 46, and Ann Davies, 45, staged the best masters division race in the NYRR Women's Half-Marathon, Central Park, NYC, October 11, with Ralya taking the masters first in 1:27:06 and Davies second in 1:28:54. Lisa Praskins, 52, won the W55 contest in 1:39:21. In the companion Coed 5K, Rick Pieschel, 41, was seventh of 267m in 16:12 and Art Hall, 45, tenth in 16:37. Belinda Saunders, 41, was W40+ winner with a 19:14 for fifth of 219w. May Chou, 56, went to the head of the W55 class with a 23:56.

• Albin Swenson, 45, Wolcott, CT, broke Kirk Randall's US M45-49 9:06.6 record for the 3000, set in 1987, with an 8:44.90 at Trinity College, Hartford, CT, September 29. Running in a strong, gusting wind, Swenson ran laps of 70.85, 71.21, 70.13, 70.39, 71.61, 71.90, and a final 65.67 for the pending record. Ed Sparkowski, 37, Simsbury, CT, was second in 8:53.33.

• Johnny Kelley, 85, says he won't run another Boston Marathon. But, he'll stand beside the course forever, after a 14-foot sculpture of him, titled "Young at Heart," is unveiled on the Heartbreak Hill section before the '93 race. The sculpture will depict two Kelleys, one young and one old, crossing the finish line hand in hand.

• Actor Bruce Dern explained to a New York Times reporter the hold that running has on him, "I'm addicted to running. I am screwed up by running. I haven't missed a day in nine years, and I've missed five days in 30 years. It's sick. I wake up in the morning and I dread having to run. I have been begging myself to miss a day for the last year and a half, but I can't do it."

• On Long Island, Cindy Bermudez (44, 20:15) copped the W40+ gold in the South Bay Sports 5K, Copiague, October 4. Maddy Harmeling, 47, was first W40+ (1:26:06) in the Bayshore



Medalists in the W60 100 at the Nationals in Spokane, August 14. From left, Nikki Ryan (WA, 15.82), Betty Vosburgh (GA, 15.10), Lenore McDaniels (VA, 16.92).

Half-Marathon, October 3. Maury Dean, 49, took the M40+ contest in an addendum 10K (36:10). Newsday 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

• Sadot Mendez (40, 1:25:12), Hertford, NC, and Catherine Lempesis (41, 1:42:02), Columbia, SC, were first masters in the Governor's Cup 25K (RRCA National Championships), Columbia, October 10. The best 40+ performance came from Don Coffman, 49, Frankfort, KY, second in 1:27:05 for an age-graded 91.1%. In a companion 8K, 55-year-old Susie Kluttz, Winston-Salem, NC, was first W40+ in 34:21. Earl Owens, 43, Dunwoody, GA, was best M40+ in 25:30. Gordon English, 67, Birmingham, AL, took the M60+ matchup in 35:19.



Bob Scheffel, M40, ran the 10,000 in 39:13 and came back later to run the Steeplechase in 14:01, Hayward Masters Classic, Eugene, Ore.

Photo by Jerry Wojcik

## MIDWEST

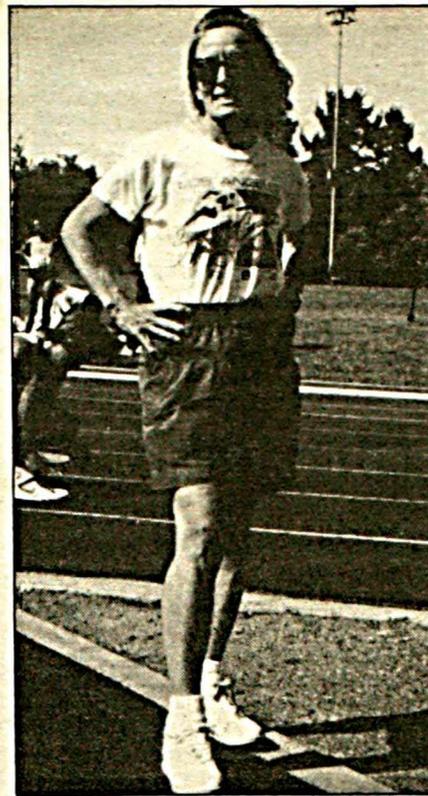
• Becky Baum, 45, Springfield, IL, was first woman (19:34) in the Autumn Shoreline 5K, Decatur, IL, October 10. Top masters in the larger-attended 15K were Dave Daum (50:59), Chesterfield, IL, and Christina Kidd (59:31), Carmi, IL. Hal Higdon, M60 winner in 63:08, was guest speaker at a pre-race pasta 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 Levisse, 40, of France outlasted 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 two seconds up on Levisse. Diane Legare, 41, of Canada won the W40+ crown from Judith Hine, 43, of New Zealand by one second in 17:53.

## SOUTH WEST

• Phil Mulkey, 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 1.18. Mulkey shot put the 6K 13.07 and high jumped 1.57. The best perfor-



Vickie Bigelow, 56, set a new U.S. age-group record of 5:14.2 in the 1500, TAC/Pacific Masters Championships, Los Gatos, Calif.

Photo by Shirley Dieterich

mance of the meet was by Henry Wadsworth, 55. The former University of Florida high jumper/pole vaulter, who had missed making the 1960 U.S. Olympic team on the "fewer misses" rule in the pole vault with 15-3 (a 15-5/4 PR), now out for senior T&F for the first time since then, won the high jump with an outstanding 1.68. That's an age-graded percentage of over

90%. His age-graded performance of 2.19 compares favorably with his all time PR of 2.06.

## 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 Dellinger. "That's three really good Oregon runners killed in traffic accidents," he told Dave Kayfes of the Eugene Register-Guard. Steve Prefontaine died in a traffic accident in 1975.

## INTERNATIONAL

• The AVOHK 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 other 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 10368, Central Hong Kong.

## Masters Age-Graded Tables

- Keep track of your progress over the years.
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# schedule

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



**December 1-5.** 14th Annual TAC Convention, Galt House Hotel, Louisville, Ky. TAC/USA, P.O. Box 120, Indianapolis, IN 46206. 317/261-0500.

## TRACK & FIELD NATIONAL

**March 20-21.** TAC/USA National Masters Indoor Championships, Bozeman, Mont. Bob Sager, 545 Coulee Dr., Bozeman, MT 59715. 406/587-1141.

**August 11-14.** 26th TAC/USA National Masters Championships, Provo, Utah. Brigham Young U. Contact: TBA.

### EAST

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

**December 13.** Philadelphia Masters Indoor Development Meet & Bill Cox 400 dash,

Haverford College, Haverford, Pa. 9:30 am. Peter Taylor, 3120 School House Ln., J-A9, Philadelphia, PA 19144. 215/842-3807.

**December 13.** Buffalo Belles & Brawn Indoor Meet, Buffalo St. College, N.Y. 9 a.m. Chuck LaChiusa, 59 Mona Dr., Buffalo, NY 14226. 716/833-9071.

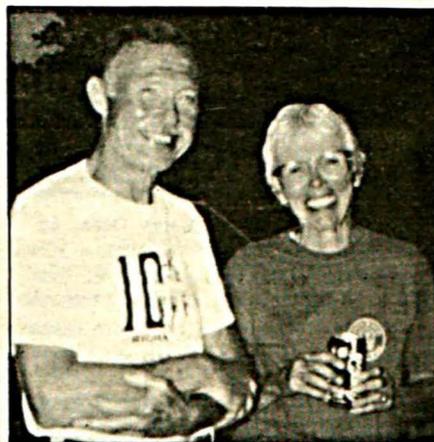
**December 19.** Tri-State TC Holiday Indoor Classic, Hagerstown (MD) Junior College. 6 p.m. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.

**December 27.** Greater Rochester TC Indoor Meet, U. of Rochester, N.Y. 3 p.m. Rick Guido, 6 Timber Lane, Fairport, NY 14450. 716/425-3116h/359-5257w.

**January 3.** Philadelphia Masters Meet, Kutztown U., Kutztown, Pa. 10:00 a.m. Awards in 55/200/400/800/Tom Robinson mile/4x200/HJ/LJ/SP. Other events for competition only. Peter Taylor, 3120 School House Ln., JA9, Philadelphia, PA 19144. 215/842-3807.

**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, Arl-



ington. 8:30 a.m. Masters miles on 10th & 24th are qualifying for Mobil 1 Grand Prix Masters Mile, George Mason U., February 7. DCRRC, P.O. Box 1352, Arlington, VA 22210. Meet Director, J.J. Wind, 703/920-5193.

Photo by Vern Mattson

**January 16.** Brown U. Indoor Invitational T&F Meet. SASE Neil Steinberg, 46 Roberta Ave., Pawtucket, RI 02860. 401/728-2869 (e).

**January 17.** Philadelphia Masters Meet, Swarthmore College, Swarthmore, Pa. 10:00 a.m. See January 3.

**January 17.** Greater Rochester TC Indoor Meet, U. of Rochester, N.Y. 3 p.m. Rick Guido, 6 Timber Lane, Fairport, NY 14450. 716/425-3116h/359-5257w.

**January 24.** Buffalo Belles & Brawn Indoor Meet, Buffalo St. College, N.Y. 9 a.m. Chuck LaChiusa, 59 Mona Dr., Buffalo, NY 14226. 716/833-9071.

**January 24.** Western Pa. TC Indoor Championships, Slippery Rock, Pa. Ray Sanchas, 412/419-1410.

**January 30.** Hartshorne Masters Mile, Cornell U., Ithaca, N.Y. A featured event of the Cornell Invitational Indoor Meet. Rick Hoebeke, 2706 Agard Rd., Trumansburg, NY 14886. 607/387-6431(h).

**January 31.** Boston TC Invitational, Selected masters events. Jim O'Brien, 36 Granville St., Dorchester, MA 02124. 617/282-5537.

**March 7.** Philadelphia Masters Indoor Games, Lehigh U., Bethlehem, Pa. Peter Taylor, 3120 School House Ln., J-A9, Philadelphia, PA 19144. 215/842-3807. Pre-entry preferred.

**April 23-25.** Penn Relays, Philadelphia. Pole vault (age-graded, elite only), Runner's World Masters Mile (M40+, elite), 4x100, 4x400, 100m for M75+. Peter Taylor, 3120 School House Ln., J-A9, Philadelphia, PA 19144. 215/842-3807.

### MIDWEST

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

**January 9.** Midwest Masters T&F Meet, Westwood Sports Complex, Sterling, Ill. Field events 11 a.m., track events 11:30 a.m. Harry Brown, 610 Hillside Ave., Wauconda, IL 60084. 708/7686.

**January 9.** Lake Erie TAC Indoor Championships, Baldwin-Wallace College, near Cleveland. Lawrence & Patricia Finley, 20610 E. Sunset Dr., Warrensville, OH 44122-6342. 216/751-7187.

### MID-AMERICA

Colorado, Iowa, Kansas, Minnesota, Missouri, New Mexico, N. Dakota, Nebraska, S. Dakota

**January 17.** Minnesota Masters-Senior Olympic EM "R" T&F Meet. 1 p.m. SASE Rachel Lyga, 122 63 1/2 NE, Minneapolis, Minn. 55432 612/574-9661.

## ON TAP FOR DECEMBER

### 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 14th annual 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 marathon 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 Miler, 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 racewalk 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 79423. 806/792-6430.

### WEST

Arizona, California, Hawaii, Nevada

**December 5.** Throws Series #10, Stanford U. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

**December 5.** River City TC Meet, Sacramento St. U., Calif. Michael Holzgang, P.O. Box 255131, Sacramento, CA 95865. 916/489-7881 (7-9 p.m.).

**December 12-13.** 22nd Winter Decathlon/Heptathlon. Andy Sythe, Head Track Coach, Long Beach St. U., 1250 Bellflower Blvd., Long Beach, CA 90804. 310/985-1700.

**January 16.** Throws Series #11, Stanford U. Gary Kelmenson, 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, N.Z.

Continued on next page

*A Weekend Festival of Running*

**SATURDAY, MARCH 20, 1993**

**TAC Masters 8K CHAMPIONSHIP**

- TAC Masters 8K Championship
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- Pasta Party
- Runner's Clinic
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Continued from previous page

**April 1993.** Australian Masters Games, Perth, Western Australia. February 28 deadline. Christine Stanton, P.O. Box 1993, Wembley, Western Australia 6014. 619/383-7557; 446-8825.

## LONG DISTANCE RUNNING NATIONAL

**December 6.** TAC/USA National Masters 10K Cross-Country Championships, Louisville, Ky. Bob Ullrich, 1879 Douglass Blvd., Louisville, KY 40205. 502/459-6820.

**December 30-31.** TAC/USA National Masters 24-Hour Championships, Gibson Ranch, Sacramento, Calif. Norm Klein, 916/638-1161.

**February 6.** TAC/USA National Masters 5K Cross-Country Championships, Sandy, Ore. (with U.S. Open X-C trials) Oregon TAC, Harry Simonis, 10514 NE Halsey St., Portland, OR 97220. 503/253-2639.

**February 20.** TAC/USA National Masters 50 Mile Championships, Houstont, Dan Brannen, 400 Housertown Ct., Morris Township, N.J. 07960. 201/285-1551.

**February 27.** TAC/USA National Masters 100K Championships, Central Park, NYC. 4-mile certified loop, rolling hills. Rich Innamorato, P.O. Box 1239, Long Island City, NY 11101. 718/361-7960.

**March 20.** TAC/USA National Masters 8K Championships, Virginia Beach. Jerry Boccie, 2308 Maple St., Virginia Beach, VA 23451. 804/481-5090.

### EAST

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

**December 6.** Brian's Run 10K. Brian's Run, P.O. Box 2440, West Chester, PA 19383.

**December 20.** NYRRC Holiday 4 Miler & MAC 30K Championships, Central Park. NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-9754.

**April 19.** 97th Boston Marathon. Must meet qualifying times. Deadline March 8. SASE to Boston Athletic Assn., P.O. Box 1993, Hopkinton, MA 01748. 508/435-6905.

### SOUTHEAST

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

**December 5.** Citrus Bowl Half-Marathon. Jon Hughes, Track Shack, 1322 N. Mills Ave., Orlando, FL 32803. 407/898-2425.

**December 6.** Baby Boomer 10K, Miami. Florida Masters RR Series. 305/227-1500.

**December 6.** First Tennessee Memphis Marathon. Masters money. Kim Cherry, Box 84, Ste. 1001, Memphis, TN 38101. 800/489-4040, x4726.

**December 12.** BASF 10 Mile (RRCA Southern Region Championships). Masters money. SASE to BASF Road Race, P.O. Box 98, Dalton, GA 30722. 1-800/652-9964.

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Most back issues of the *National Masters News* are available for \$2.50 each, plus \$1.25 postage and handling for each order.

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Van Nuys, CA 91404

**December 12.** Rocket City Marathon. Harold Tinsley, 8811 Edgehill Dr., Huntsville, AL 35802. 205/881-9077.

**January 9.** Charlotte Observer Marathon/10K. \$8500 for M&W40+. Marathon, Box 30294, Charlotte, NC 28230. 704/358-KICK.

**February 7.** Pomoco Group/Hampton Coliseum Road Race/Half-Marathon, Hampton, Va. Hampton Planning Dept., 22 Lincoln St., Hampton, VA 23669. 804/727-6140.

**February 27.** Gasparilla 15K/5K. Susan Harmeling, Director, Gasparilla Classic, P.O. Box 1881, Tampa, FL 33601. 813/229-7866.

**February 28.** Anheuser-Busch Colonial Half-Marathon, Williamsburg, Va. Bonita Bates, Colonial Half-Marathon, P.O. Box 399, Williamsburg, VA 23187. 804/221-3362.

### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**December 6.** Dallas White Rock Marathon. WRM, 3607 Oak Lawn, Dallas, TX 75219. 214/526-5318.

**December 19.** Texas Trail Endurance Run, Huntsville, Texas. 50 mile trail run and trail marathon. Rudy Alvarez, Box 4456, Houston, TX 77210. 713/639-5889 or 800/285-8098.

**January 3.** 86th Jackson Day 9K. New Orleans TC, P.O. Box 52003, New Orleans, LA 70152-2003. 504/482-NOTC; 468-1488.

**January 16.** 28th Mardi Gras Marathon/5K. See January 3.

**January 24.** Houston-Tenneco Marathon. #10 SASE to Marathon, P.O. Box 2511, Houston, TX 77252-2511. 713/727-2700.

### WEST

Arizona, California, Hawaii, Nevada

**December 6.** 45th annual Western Hemisphere Marathon and 5K, Culver City, Calif. Cash prized in 11 age categories. SASE to WHM, 4117 Overland Ave., Culver City, CA 90230. 310/202-5689.

**December 6.** San Diego Marathon. Lynn Flanagan, In Motion, 7847 Convoy Ct., Ste. 105, San Diego, CA 92111. 619/268-5882.

**December 6.** California International Marathon, Sacramento, CIM, P.O. Box 161149, Sacramento, CA 95816. 916/477-2786.

**December 13.** Honolulu Marathon. HM, 3435 Waiialae Ave., #208, Honolulu, HI 96816. 808/734-7200.

**December 13.** Holiday Half-Marathon. Also 5K. So. Ariz. RC, 4625 E. Broadway, Ste. 112, Tucson, AZ 85712. 602/326-9383.

**December 13.** Fiesta Bowl 10K. Rob Wallach, 6102 N. 16th Ave., Phoenix, AZ 85016. 602/277-4333.

**December 19.** Las Vegas Half-Marathon. Also relay. Bill Callanan, Tri-A-Run, 6252 Clarice Ave., Las Vegas, NV 89107. 702/870-8269.

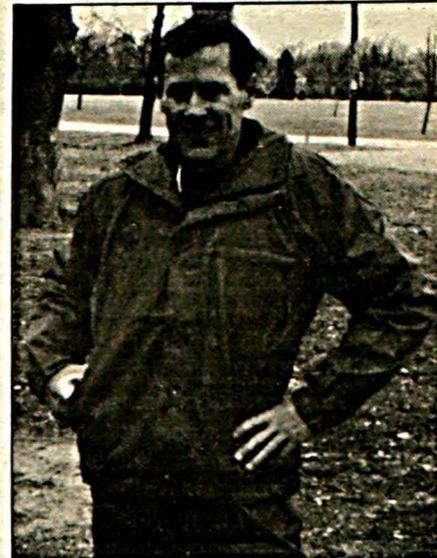
**January 9.** San Diego AC Fiesta Five Mile. SDAC, 701 "B" St., #50, San Diego, CA 92101. 619/239-3622.

**January 16.** Paramount 10K, Paramount, Calif. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714/841-5417.

**January 16.** Paramount 10K World Masters Division. Pre-registration only, by Jan. 9. Must meet qualifying standards: M40 34:00/M45 36:00/M50 38:00/M55 40:00/M60 43:00/M65 47:00/M70 52:00/M75 65:00/M80 90:00/M85 100:00/M90 110:00; W40 40:00/W45 42:00/W50 44:00/W55 47:00/W60 52:00/W65 60:00/W70 75:00/W75 90:00/M80 100:00. See Jan. 16 above.

**February 6.** Las Vegas International Marathon/5-Person Relay/Half-Marathon. Al Boka, Race Director, P.O. Box 81262, Las Vegas, NV 89180. 702/876-3870.

**March 7.** Los Angeles Marathon. L.A. Marathon, 11110 W. Ohio Ave., #100, Los Angeles, CA 90025-3329. 310/444-5544.



Steve Shopoff, 45, of Plano, Texas, first (6:04:44) in the National Masters 50 Mile Championships, Columbus, Ohio.

Photo by John White

## RACE WALKING

**December 6-20.** One Hour Postal, Monmouth College, N.J. Shore AC, E. Denman, 28 N. Locust Ave., W. Long Branch, NJ 07764.

**December 13.** Grand Prix 5K #3, Central Park, NYC. Park Walkers Club, Stella Cashman, 320 E. 83rd St., Box 18, NY, NY 10028. 212/628-1317.

**December 13.** Bill Reilly-Todd Scully 10K, Takanasee Lake, N.J. Shore AC, E. Denman, 28 N. Locust Ave., W. Long Branch, NJ 07764.

**December 27.** 10 Miler Polar Bear RW On The Boardwalk, Asbury Park, N.J. Shore AC, E. Denman, 28 N. Locust Ave., W. Long Branch, NJ 07764.

# NATIONAL MASTERS NEWS

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 14th Annual Paramount 10K Run, will have a very special WORLD MASTERS DIVISION. 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. Last year The Paramount Rotary Club donated \$8500.00 to our High School Scholarship Fund.

**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 16, 1993  
**Race Time:** 8:00 A.M. Sharp  
**Course:** Flat, fast, certified and sanctioned by TAC  
**Accommodations:** Comfort Inn 17111 Clark Ave., Bellflower, CA 1-800-228-2000 or 310-920-8853. Ask reservationist to specify. "10K race participant."  
**Preregistration Only:** Return Entry by 1/9/93.

**Race Location:** 15550 Downey Ave., Paramount, CA. Thomas Bros. Map, Pg 66, A3.  
**Seeded Start:** You will be on the front line. I.D. Ribbons. Slower runners move to East side of starting line into the "Safe Zone," for your protection, please.  
**Awards:** 10 deep each division, men and women.  
**Shirt:** Long sleeve, 3 color  
**Race fee:** \$16.00.  
**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 eleventh year with the Masters. It is a CLASSIC.

Cut & Return

## 14TH ANNUAL ROTARY AND CITY OF PARAMOUNT 10K RUN SPECIAL WORLD MASTERS DIVISION

Name \_\_\_\_\_ Male  Female  Age \_\_\_\_\_ Phone \_\_\_\_\_  
Race Day  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
**DIVISIONS:**  
 • 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 form. RACE FEE: \$16.00  
 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

1. DISPLAY ADVERTISING RATES				
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			10"	6 1/2"
			7 1/2"	8 1/2"
13	1/4 Page	180	5"	6 1/2"
			10"	3 1/4"
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			2 1/4"	6 1/2"
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1		36	2 1/4"	1"

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

<b>M30-34</b> William Johnson Pentathlon 2958 pts. 2-9-92	<b>M55-59</b> Hilton Goring 5000M 18:21 7-24-91 Carlos Vernon Triple Jump 9.94 7-25-92 Jim Peterson Pentathlon 2743 pts. 2-15-92 Decathlon 5287 pts. 7-25-92	<b>M70-74</b> Gil Young High Jump 1.23 7-24-92
<b>M40-44</b> Jerry Senters Shot Put 46-10 7-11-92 Discus 144-3½ 7-5-92 Bill Wilson Javelin 192-8 5-23-92 Walt Davenport Triple Jump 12.26 3-28-92 Long Jump 5.96 3-28-92	<b>M60-64</b> Theodore Swanson Triple Jump 9.36 5-24-92 200M 27.8 8-19-92 100M 13.3 6-20-92 Long Jump 4.57 3-22-92	<b>W35-39</b> Maureen Fazio 1500M 5:18.3 7-25-92
<b>M45-49</b> Jerry Whitten One Mile RW 7:49 7-4-92 Terry Shuman Discus 126-4 7-25-92 Douglas Spencer 100M 11.64 7-25-92 200M 24.28 7-25-92	<b>M65-69</b> Edward Holmes High Jump 4-7 8-13-92	<b>W55-59</b> Dortha Swanson Triple Jump 6.48 8-19-92 Long Jump 3.20 8-19-92 Hammer 25.68 8-19-92 Shot Put 8.26 8-19-92 Discus 68-11 6-20-92 Weight Throw 7.54 6-20-92

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

MEN													
Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
1500	6:42	6:53	7:03	7:15	7:29	7:45	8:04	8:26	8:49	9:11	9:36	10:01	10:27
Mile	7:12	7:24	7:36	7:49	8:04	8:21	8:41	9:18	9:42	10:30	11:48	12:36	14:03
3000	13:59	14:23	14:46	15:12	15:36	16:12	16:54	18:00	19:00	20:30	23:00	24:36	27:18
2Mile	15:04	15:30	15:54	16:24	16:54	17:30	18:12	19:24	20:27	22:06	24:48	26:30	29:24
5000	23:36	24:13	24:48	25:33	26:24	27:18	28:24	30:24	31:54	34:33	38:42	41:24	45:54
10K	48:08	49:10	50:27	51:54	53:33	55:26	59:06	63:21	66:30	70:09	78:36	84:06	93:18
15K	1:12	1:14	1:16	1:19	1:23	1:27	1:31	1:35	1:40	1:47	1:58	2:10	2:22
20K	1:38	1:40	1:43	1:47	1:52	1:57	2:02	2:09	2:17	2:27	2:40	2:55	3:10
50K	4:30	4:36	5:00	5:09	5:20	5:41	5:53	6:20	6:48	7:12			

WOMEN													
Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
1500	7:25	7:39	7:53	8:08	8:26	8:45	9:08	10:39	11:15	11:58	12:50	14:17	15:36
Mile	8:00	8:15	8:30	8:45	9:03	9:42	10:18	11:30	12:09	12:54	13:48	15:21	16:48
3000	15:30	16:00	16:30	17:00	17:33	18:48	20:06	22:12	23:33	25:00	26:48	29:48	32:36
2Mile	16:44	17:15	17:46	18:18	18:54	20:12	21:36	24:00	25:21	26:54	28:54	32:09	35:09
5000	26:13	26:56	27:42	28:33	29:36	31:33	33:48	37:30	39:36	42:06	45:09	50:18	55:12
10K	53:25	54:41	56:12	58:00	63:12	65:48	70:33	76:06	82:42	87:54	94:12	1:42	1:51
15K	1:24	1:26	1:29	1:32	1:35	1:39	1:46	1:55	2:04	2:13	2:22	2:33	2:48
20K	1:54	1:57	2:01	2:05	2:09	2:14	2:23	2:34	2:47	3:00	3:13	3:38	3:47
50K	5:11	5:26	5:36	5:46	6:00	6:25	6:41	7:13					

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



## U.S. MASTERS STANDARDS OF EXCELLENCE

### FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
Mile	4:31	4:35	4:42	4:53	5:07	5:25	5:49	6:14	6:51	7:38	8:42	10:18
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:00	33:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:15	69:30
110H	15.3	16.4	17.75	18.75								
100H					18.0	19.0	20.0	21.3				
80H									18.0	21.0	25.0	30.0
400H	57.6	59.7	62.0	64.4	67.2	70.6						
300H					48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC	10:00	10:20	10:55	11:40	12:30	13:20						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.13	1.02	.92
	6-4½	6-3/4	5-9½	5-6	5-2½	4-11	4-7½	4-4	4-½	3-8	3-4	3-1
PV	4.40	4.15	3.90	3.60	3.30	3.05	2.80	2.55	2.30	2.05	1.80	1.50
	14-5½	13-7½	12-9½	11-9½	10-10	10-0	9-2½	8-4½	7-6½	6-8½	5-11	4-11
LJ	6.55	6.20	5.85	5.45	5.10	4.75	4.40	4.00	3.65	3.35	3.00	2.65
	21-6	20-4½	19-2½	17-10½	16-9	15-7	14-5½	13-1½	11-11½	11-0	9-10	8-8½
TJ	13.35	12.65	11.90	11.15	10.40	9.65	8.90	8.20	7.50	6.80	6.10	5.50
	43-9½	41-6	39-½	36-7	34-1½	31-8	29-2½	26-11	24-7½	22-4	20-½	18-½
Shot	15.20	14.10	13.00	12.00	12.40	11.20	12.00	10.80	10.00	8.80	7.65	6.50
	49-10½	46-3½	42-8	39-4½	40-8½	36-9	39-4½	35-5½	33-0	28-10½	25-1½	21-4
Discus	44.80	42.60	40.60	38.00	36.40	34.00	36.40	40.00	36.80	31.60	26.40	21.40
	147-0	139-9	133-2	124-8	131-3	119-5	131-3	120-9	103-8	86-7	70-2½	53-2
Hammer	47.24	44.20	41.14	38.10	38.40	36.00	36.00	33.00	29.00	25.00	22.50	18.00
	155-0	145-0	135-0	125-0	126-0	118-1	118-1	108-3	95-2	82-0	73-10	60-0
Jav	62.00	57.00	52.00	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
	203-5	187-0	170-7	157-6	141-1	126-4	131-3	114-10	95-2	78-9	62-4	49-2
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00						
25#Wt.							11.00	10.00	9.00	8.00	7.00	6.00
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
Pen	2800	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600
Dec	5500	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250

notes: 1) 100 standards are for automatic time; use standard conversion for hand time.  
 2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70+: 30".  
 3) Long hurdles: 30-49: 36"; 50-59: 33"; 60+: 30".  
 4) Shot put: 30-49: 7.26kg (16#); 50-59: 6kg; 60-69: 5kg; 70+: 4kg.  
 5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg.  
 6) Hammer: 30-49: 7.26kg (16#); 50-59: 6kg; 60-69: 5kg; 70+: 4kg.  
 7) Javelin: 30-59: 800g; 60+: 600g.  
 8) Metric heights and distances are the standard; feet and inches listed for convenience.  
 9) Pen/Dec: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).

## U.S. MASTERS STANDARDS OF EXCELLENCE

### FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0
400	63.5	65.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	96.5	103.3
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48
Mile	5:34	5:44	5:55	6:07	6:26	6:49	7:19	7:46	8:47	9:39	10:45
5000	19:45	20:30	21:20	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.5	79.9	84.4	88.8							
300H					66.0	72.0	79.0	87.0	96.0		
HJ	1.42	1.35	1.27	1.19	1.12	1.07	1.02	.97	.92	.89	.84
	4-8	4-5½	4-2	3-11	3-8	3-6½	3-4½	3-2½	3-0½	2-11	2-9
LJ	5.00	4.60	4.25	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.00
	16-5	15-1	13-11½	12-9½	11-8	10-6	9-4½	8-6½	7-8½	6-11	6-7
TJ	10.00	9.20	8.60	7.80	7.18	6.40	5.70	5.20	4.70	4.20	3.80
	32-10	30-2½	28-2½	25-7½	23-7	21-0	18-8½	17-1	15-5	13-9½	12-5½
Shot	10.30	9.30	8.40	7.70	7.95	7.20	6.50	5.80	5.25	4.70	4.25
	33-9½	30-6½	27-7	25-3½	26-1	23-7½	21-4	19-0½	17-3	15-5	13-11½
Jav	39.50	33.									





Continued from previous page

Table of race results including names like M65 Leslie Robson, M70 Harry Thompson, M75+Ron Linsdell, etc.

Table of race results including names like M55 M Sarkar, M60 J Mathias, M70 D Waters, etc.

Table of race results including names like M75 A Debnath, M35 B K Gill, W40 E Lavindia, etc.

Table of race results including names like M50 D Swarmakar, M55 M Sarkar, W35 M Bhargava, etc.

Table of race results including names like M60 Motor City, Wolfpack TC, M70 Syracuse Chargers, etc.

Table of race results including names like Dianne Siegel, Shirley MacFee, Sharon Conway, etc.

LONG DISTANCE RESULTS. Please send results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

NATIONAL National Masters 20K Championships New Haven, CT; September 7

Table of race results for National Masters 20K Championships including names like M40-49 Bill Rodgers, Doug Kurtis, Gary Nixon, etc.

Table of race results for National Masters 20K Championships including names like Jim Holzman, Terry Frenndling, Tom Raynor, etc.

EAST Ocean to Sound 50 Mile Relay Long Island, NY September 13

Table of race results for Ocean to Sound 50 Mile Relay including names like Men Hartford TC, Taconic Masters, etc.

Upstate NY 5K Cross-Country Newark; September 26

Table of race results for Upstate NY 5K Cross-Country including names like Overall Jerry Lawson, Patti Ford, etc.

Pittsburgh Great Race 10K Pittsburgh, PA September 27

Table of race results for Pittsburgh Great Race 10K including names like Overall Alejandro Cruz, Judi St Hilaire, etc.

Bayshore Half-Marathon & 10K Bayshore, L.I., NY October 3

Table of race results for Bayshore Half-Marathon & 10K including names like OVERALL Pat Connelly, Eileen Corley, etc.

South Bay Sports 5K Copiague, NY; October 4

Table of race results for South Bay Sports 5K including names like Overall George Schroeder, Diane Slevin, etc.

Applefest Half-Marathon Hollis, NH; October 10

Table of race results for Applefest Half-Marathon including names like OVERALL Dave Dunham, Michelle Jahns, etc.

INTERNATIONAL International Veterans Meet Hong Kong October 24-25

Table of race results for International Veterans Meet including names like 100m M35 C Ping-cheung, M40 S A Khan, etc.

Triple Jump

Table of race results for Triple Jump including names like M35 L Chi-keung, M40 P Singh, etc.

TAC/USA National Masters Cross-Country Championships Columbus, OH; November 8

Table of race results for TAC/USA National Masters Cross-Country Championships including names like Age-Graded Results, Bill Olrich, etc.

Women's Teams

Table of race results for Women's Teams including names like M40 Victory AC, Wolfpack TC A, etc.

Men's Teams

Table of race results for Men's Teams including names like M40 Victory AC, Wolfpack TC A, etc.



Continued from previous page

Table with 2 columns: Name and Time. Includes entries like M70+Carlton Mendell 1:42:47, W40 Paula Maloney 1:43:17, etc.

Connecticut Senior Olympics 10K U.of Bridgeport; October 11

Table with 2 columns: Name and Time. Includes entries like M55 Fred Pitt 72:38, M60 Arnie Green 40:44, etc.

Riverhead County Fair 10K Riverhead, LI, NY October 11

Table with 2 columns: Name and Time. Includes entries like OVERALL John McKim 32:27, Ellen Gluf 37:48, etc.

NYRRC Women's Half-Marathon Central Park, NYC; October 11

Table with 2 columns: Name and Time. Includes entries like Overall Jean Chodnicki 33 1:19:24, W40 Kathleen Horton 1:30:07, etc.

NYRRC Coed 5K Central Park, NYC; October 11

Table with 2 columns: Name and Time. Includes entries like Overall Nat Larson 30 15:11, Alissa Henning 25 17:47, etc.

Table with 2 columns: Name and Time. Includes entries like W45 Mary Ryan 19:36, Bonnie Dietrich 23:15, etc.

Oyster Bay Supervisors 5K Oyster Bay, LI, NY October 17

Table with 2 columns: Name and Time. Includes entries like OVERALL Don Diconato 35 15:24, Eileen Corley 33 17:58, etc.

Upstate N.Y. Cross-Country 3 Mile; Rochester, NY October 24

Table with 2 columns: Name and Time. Includes entries like Overall Jerry Lawson 14:28, Patti Ford 18:09, etc.

Marine Corps Marathon Washington, DC; October 25

Table with 2 columns: Name and Time. Includes entries like M40 Rich Alvin 2:34:55, Bennett Beach 2:35:05, etc.

Table with 2 columns: Name and Time. Includes entries like W65 Sheila Barnett 4:00:38, Jean Wasser 4:02:55, etc.

Mohawk-Hudson Marathon Schenectady to Albany, NY October 25

Table with 2 columns: Name and Time. Includes entries like M40 Vinny Reda 2:35:50, Mike Mason 2:46:08, etc.

NYC Marathon November 1

Table with 2 columns: Name and Time. Includes entries like M40 Pierre Levisse 2:19:42, Jean Charbonnel 2:20:23, etc.

Mulberry Island Half-Marathon/5K Fort Eustis, VA; October 3

Table with 2 columns: Name and Time. Includes entries like --Half-Marathon-- Overall Michael Harrison 25 1:07:00, Claudia Kasen 35 1:20:05, etc.

Governor's Cup 25K (RRC National Championships) & BK Columbia, SC; October 10

Table with 2 columns: Name and Time. Includes entries like --25K-- Top M40+ Sadot Mendez 40 1:25:12, Don Coffman 49 1:27:05, etc.

Table with 2 columns: Name and Time. Includes entries like Betty Lussier 6:33:42, Evelyn Havens 7:11:04, etc.

Av-Med Coconut Grove 5 Miler Coconut Grove, FL; October 3

Table with 2 columns: Name and Time. Includes entries like Paul Marmaro 27 25:27, Lynn McFadden 35 30:20, etc.

Mulberry Island Half-Marathon/5K Fort Eustis, VA; October 3

Table with 2 columns: Name and Time. Includes entries like --Half-Marathon-- Overall Michael Harrison 25 1:07:00, Claudia Kasen 35 1:20:05, etc.

Governor's Cup 25K (RRC National Championships) & BK Columbia, SC; October 10

Table with 2 columns: Name and Time. Includes entries like --25K-- Top M40+ Sadot Mendez 40 1:25:12, Don Coffman 49 1:27:05, etc.

Table with 2 columns: Name and Time. Includes entries like W45 Joan Mulvihill 2:06:55, Kathy McCandless 2:09:15, etc.

Halloween Ghost Chase 10K Herndon, VA; October 25

Table with 2 columns: Name and Time. Includes entries like OVERALL Rick Ferguson 33:59, Barbara Wigle 38:57, etc.

Av-Med Coconut Grove 5 Miler Coconut Grove, FL; October 3

Table with 2 columns: Name and Time. Includes entries like Paul Marmaro 27 25:27, Lynn McFadden 35 30:20, etc.

Mulberry Island Half-Marathon/5K Fort Eustis, VA; October 3

Table with 2 columns: Name and Time. Includes entries like --Half-Marathon-- Overall Michael Harrison 25 1:07:00, Claudia Kasen 35 1:20:05, etc.

Table with 2 columns: Name and Time. Includes entries like Ruth Varner 42:21, Helga Hulett 42:46, etc.

Halloween Ghost Chase 10K Herndon, VA; October 25

Table with 2 columns: Name and Time. Includes entries like OVERALL Rick Ferguson 33:59, Barbara Wigle 38:57, etc.

Av-Med Coconut Grove 5 Miler Coconut Grove, FL; October 3

Table with 2 columns: Name and Time. Includes entries like Paul Marmaro 27 25:27, Lynn McFadden 35 30:20, etc.

Mulberry Island Half-Marathon/5K Fort Eustis, VA; October 3

Table with 2 columns: Name and Time. Includes entries like --Half-Marathon-- Overall Michael Harrison 25 1:07:00, Claudia Kasen 35 1:20:05, etc.



MID WEST

Columbus Marathon; Columbus, OH; October 11 All Finishers 35 & Older were age-graded using the tables developed by the World Assoc. of Veteran Athletes.

Male, 35 & over

Table with 3 columns: NAME, TIME, AGE-GRADED TIME. Includes entries like 1 Buck Cones 2:17:00 2:15:04 35/Emmaus, PA, etc.

Female, 35 & over

Table with 3 columns: NAME, TIME, AGE-GRADED TIME. Includes entries like 1 Joan Benoit-Samuelson 2:32:20 2:29:58 35/Freeport, ME, etc.

Continued from previous page

Autumn Shoreline Classic 15K  
Decatur, IL; October 10

Top master men

50:59	54:12	54:33	56:47	55:17	61:08	61:45	56:16	58:53	59:57	62:44	64:01	64:06	63:08	67:39	67:52	75:18	77:29	85:41
50:59	54:12	54:33	56:47	55:17	61:08	61:45	56:16	58:53	59:57	62:44	64:01	64:06	63:08	67:39	67:52	75:18	77:29	85:41

top female master

59:31	60:20	63:56	74:38	70:43	75:36	77:36	71:18	74:18	97:57	94:12	84:48	113:47	97:04
59:31	60:20	63:56	74:38	70:43	75:36	77:36	71:18	74:18	97:57	94:12	84:48	113:47	97:04

Fox Cities Marathon  
Appleton, WI; October 11

2:20:40	2:39:58	2:44:19	2:49:53	2:35:46	3:04:05	3:14:46	3:16:19	3:34:04	3:11:05	4:36:17	4:48:09	5:14:04
2:20:40	2:39:58	2:44:19	2:49:53	2:35:46	3:04:05	3:14:46	3:16:19	3:34:04	3:11:05	4:36:17	4:48:09	5:14:04

Lakefront Marathon  
Grafton to Milwaukee, WI  
October 11

2:26:03	2:51:39	2:41:14	2:46:39	3:18:25	3:05:37	3:11:40	3:28:24	4:03:48
2:26:03	2:51:39	2:41:14	2:46:39	3:18:25	3:05:37	3:11:40	3:28:24	4:03:48

Dayton River Corridor  
Half-Marathon  
Dayton, OH; October 25

OVERALL

1:05:47	1:18:57	1:07:56	1:13:37	1:17:48	1:18:30	1:18:43	1:18:51	1:19:52	1:20:41	1:20:54	1:20:58	1:11:50	1:14:08	1:14:15	1:16:52	1:19:42	1:20:11	1:20:21	1:20:31	1:19:02	1:21:56	1:23:52	1:25:01	1:25:04	1:26:30	1:25:36	1:33:33	1:34:47	1:34:54	1:28:23	1:41:20
1:05:47	1:18:57	1:07:56	1:13:37	1:17:48	1:18:30	1:18:43	1:18:51	1:19:52	1:20:41	1:20:54	1:20:58	1:11:50	1:14:08	1:14:15	1:16:52	1:19:42	1:20:11	1:20:21	1:20:31	1:19:02	1:21:56	1:23:52	1:25:01	1:25:04	1:26:30	1:25:36	1:33:33	1:34:47	1:34:54	1:28:23	1:41:20

1:35:33	1:44:53	1:58:16	2:12:35	2:32:19	1:33:20	1:33:37	1:36:31	1:38:56	1:41:51	1:42:54	1:32:41	1:37:35	1:38:43	1:45:47	1:47:44	1:48:54	1:54:02	2:05:54	1:39:28	1:44:32	2:02:46	722:36:58
1:35:33	1:44:53	1:58:16	2:12:35	2:32:19	1:33:20	1:33:37	1:36:31	1:38:56	1:41:51	1:42:54	1:32:41	1:37:35	1:38:43	1:45:47	1:47:44	1:48:54	1:54:02	2:05:54	1:39:28	1:44:32	2:02:46	722:36:58

MID AMERICA

RRCA Minnesota Masters 25K  
Championships  
Minneapolis; September 13

Overall

1:16:44	1:32:49	ARI:21:24	1:28:25	1:29:45	1:30:49	1:33:48	1:28:04	1:30:17	1:31:57	1:32:42	1:36:56	1:33:36	1:38:18	1:39:30	1:41:46	1:44:57	1:48:07	1:51:02	1:49:23	1:53:54	2:00:00	2:15:52	2:40:34	1:39:56	1:42:02	1:52:08	1:52:47	1:48:52	1:50:22	1:50:22	2:06:29	1:58:50	2:02:53	2:05:13	2:11:33	2:25:30	2:30:03	672:20:50	2:25:45	612:39:13	3:04:02
1:16:44	1:32:49	ARI:21:24	1:28:25	1:29:45	1:30:49	1:33:48	1:28:04	1:30:17	1:31:57	1:32:42	1:36:56	1:33:36	1:38:18	1:39:30	1:41:46	1:44:57	1:48:07	1:51:02	1:49:23	1:53:54	2:00:00	2:15:52	2:40:34	1:39:56	1:42:02	1:52:08	1:52:47	1:48:52	1:50:22	1:50:22	2:06:29	1:58:50	2:02:53	2:05:13	2:11:33	2:25:30	2:30:03	672:20:50	2:25:45	612:39:13	3:04:02

SOUTHWEST

Tulsa Run 15K  
Tulsa, OK; October 31

Overall

43:17	49:10	46:51	50:24	52:19	52:20	52:33	52:53	53:20	53:41	54:38	51:25	52:39	53:10	53:10	55:27	56:10	56:56	35:70	52:54	57:00	57:26	57:33	57:59	58:12	56:20	57:34	58:55	60:57	61:17	63:05	65:44	69:03	72:08	72:21	70:17	74:35	77:32
43:17	49:10	46:51	50:24	52:19	52:20	52:33	52:53	53:20	53:41	54:38	51:25	52:39	53:10	53:10	55:27	56:10	56:56	35:70	52:54	57:00	57:26	57:33	57:59	58:12	56:20	57:34	58:55	60:57	61:17	63:05	65:44	69:03	72:08	72:21	70:17	74:35	77:32

58:39	60:25	60:56	62:03	62:32	63:36	58:08	69:06	69:21	71:37	72:40	65:00	68:45	74:31	75:32	74:03	77:32	78:10	78:47	87:27	93:08	1:32:23	1:41:23	1:37:17	2:26:36
58:39	60:25	60:56	62:03	62:32	63:36	58:08	69:06	69:21	71:37	72:40	65:00	68:45	74:31	75:32	74:03	77:32	78:10	78:47	87:27	93:08	1:32:23	1:41:23	1:37:17	2:26:36

NORTHWEST

St. George Marathon  
St. George, UT; October 3

Overall

2:20:51	2:42:03	2:44:10	2:46:11	2:49:05	2:51:42	2:45:53	2:45:56	2:51:26	2:43:03	2:47:07	2:47:11	2:48:25	2:42:19	3:00:45	3:05:54	3:07:31	3:01:52	3:04:32	3:06:07	3:07:04	3:26:59	3:37:28	3:41:24	4:23:31	4:40:05	4:53:54	2:43:16	2:56:11	3:14:01	3:27:10	3:33:27	3:33:32	3:40:50	3:42:45	3:51:12	3:20:22	3:44:07	3:58:09	4:32:55	4:41:56	4:26:43
2:20:51	2:42:03	2:44:10	2:46:11	2:49:05	2:51:42	2:45:53	2:45:56	2:51:26	2:43:03	2:47:07	2:47:11	2:48:25	2:42:19	3:00:45	3:05:54	3:07:31	3:01:52	3:04:32	3:06:07	3:07:04	3:26:59	3:37:28	3:41:24	4:23:31	4:40:05	4:53:54	2:43:16	2:56:11	3:14:01	3:27:10	3:33:27	3:33:32	3:40:50	3:42:45	3:51:12	3:20:22	3:44:07	3:58:09	4:32:55	4:41:56	4:26:43

Huntsman Chemical's World  
Senior Games 5K/10K  
St. George, UT  
October 20-23

---5K---

18:29	18:55	19:03	19:47	21:07	24:10	20:33	20:36	21:00	23:12	23:29	23:59	28:37	28:37	25:00	25:07	27:11	28:17	22:31	24:08	24:20	22:49	28:25	32:20	25:34	27:39	51:58	25:06	25:06	36:07
18:29	18:55	19:03	19:47	21:07	24:10	20:33	20:36	21:00	23:12	23:29	23:59	28:37	28:37	25:00	25:07	27:11	28:17	22:31	24:08	24:20	22:49	28:25	32:20	25:34	27:39	51:58	25:06	25:06	36:07

---10K---

40:26	40:45	41:23	43:22	47:33
40:26	40:45	41:23	43:22	47:33

49:51	51:55	54:10	55:16	59:53	72:35	48:10	51:11	52:57	46:41	58:34	69:32	53:48	58:05	52:04	76:52
49:51	51:55	54:10	55:16	59:53	72:35	48:10	51:11	52:57	46:41	58:34	69:32	53:48	58:05	52:04	76:52

Northwest Masters 8K  
Seattle, WA; October 24

26:48	26:50	26:57	27:15	29:11	29:32	30:38	27:54	29:26	30:28	29:15	29:37	30:46	43:35	45:19	46:43	31:49	37:19	41:52	41:53	41:55	31:21	31:35	32:54	34:47	35:12	37:35	45:58	37:20	39:16	95:12
26:48	26:50	26:57	27:15	29:11	29:32	30:38	27:54	29:26	30:28	29:15	29:37	30:46	43:35	45:19	46:43	31:49	37:19	41:52	41:53	41:55	31:21	31:35	32:54	34:47	35:12	37:35	45:58	37:20	39:16	95:12

CANADA

Can-Am Cross-Country  
Challenge  
St. Catharines, Ontario  
October 25

C=Canada/U=USA	27:24	27:26	27:26	28:39	30:30	30:36	31:21	31:38	32:19	32:30	34:40	36:48	40:44	29:26	29:45	30:26	30:91	30:32	31:43	31:47	32:03	32:26	33:56	34:10	37:26	44:58	28:54	32:11	32:42	33:35	34:49	35:39	37:25	37:28	33:37	34:21	35:08	35:30	35:32	37:40	42:04	43:18	35:16	36:10	36:29	37:27	39:58	41:22	41:34	47:07	34:58	40:55	47:09
C=Canada/U=USA	27:24	27:26	27:26	28:39	30:30	30:36	31:21	31:38	32:19	32:30	34:40	36:48	40:44	29:26	29:45	30:26	30:91	30:32	31:43	31:47	32:03	32:26	33:56	34:10	37:26	44:58	28:54	32:11	32:42	33:35	34:49	35:39	37:25	37:28	33:37	34:21	35:08	35:30	35:32	37:40	42:04	43:18	35:16	36:10	36:29	37:27	39:58	41:22	41:34	47:07	34:58	40:55	47:09

C 39:31	U 40:09	U 43:00	C 43:55	C 52:15	C 55:43	C 57:00	C 30:38	C 48:10	C 34:10	C 37:21	C 35:56	C 41:35	C 41:58	C 44:58	C 43:23	C ---	C 45:17	C 47:26	C 52:44	CAN 47	USA 140
C 39:31	U 40:09	U 43:00	C 43:55	C 52:15	C 55:43	C 57:00	C 30:38	C 48:10	C 34:10	C 37:21	C 35:56	C 41:35	C 41:58	C 44:58	C 43:23	C ---	C 45:17	C 47:26	C 52:44	CAN 47	USA 140

INTERNATIONAL

British Isles Home Countries  
Cross-Country (M10K/W5K)  
Championships  
Belfast, Northern Ireland  
October 31

ENG 32:47	WAL 33:45	ENG 33:55	ENG 34:03	ENG 34:13	SCO 34:29	--- 35:32	--- 35:40	WAL 35:41	IRE 35:53	ENG 35:51	ENG 36:44	ENG 36:53	WAL 36:58	--- 43:15	--- 44:58	--- 47:05	IRE 39:15	ENG 39:22	ENG 39:45	--- 19:06	ENG 19:12	WAL 19:23	NIR 19:36	SCO 19:38	ENG 19:46	NIR 20:23	WAL 20:26	WAL 20:29	--- 23:26	ENG 21:55	IRE 22:29	ENG 23:21
ENG 32:47	WAL 33:45	ENG 33:55	ENG 34:03	ENG 34:13	SCO 34:29	--- 35:32	--- 35:40	WAL 35:41	IRE 35:53	ENG 35:51	ENG 36:44	ENG 36:53	WAL 36:58	--- 43:15	--- 44:58	--- 47:05	IRE 39:15	ENG 39:22	ENG 39:45	--- 19:06	ENG 19:12	WAL 19:23	NIR 19:36	SCO 19:38	ENG 19:46	NIR 20:23	WAL 20:26	WAL 20:29	--- 23:26	ENG 21:55	IRE 22:29	ENG 23:21

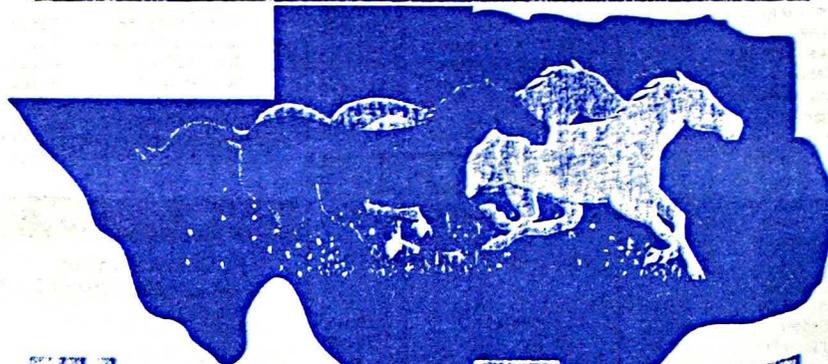
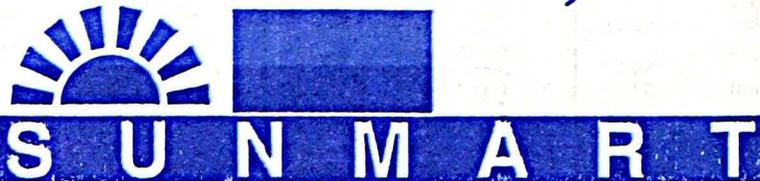
TAC/USA National Masters  
1-Hour & 2-Hour Racewalk  
Championships  
MIT, Cambridge, MA  
October 18

---1-Hour---

11869m	11202	10088	12773	11804	11246	10567	11181	10221	8042	9545	7977	8586	7823	8149	7704	8008	10585	9503	9502	9505	88
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# Huntsville State Park

# December 19, 1992



# Texas Trail Endurance Run

## 50 Mile Trail Run & Trail Marathon

Soft dirt trails through beautiful and scenic forest with rolling hills to provide variety and challenge. The trail is well maintained, well marked, and VERY FAST.

- \* **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)
- \* **24 well equipped aid stations.** (12 aid stations, marathon)
- \* **11 hour time limit.** (8 hr. limit for marathon)
- \* **Pre-race pasta dinner 12/18/92** from 6 pm to 8:30 pm. (1 guest included). **\$ 10.00** each additional guest.
- \* **Post race bar-b-que** includes food and soft drinks. (1 guest included). **\$ 5.00** each additional guest.
- \* **Awards Ceremony** at 5:00 pm at the start/finish line.
- \* **Camping** at Huntsville State Park. Motels in Huntsville, TX.
- \* **Additional race information** will be provided **AFTER** entry is received.
- \* **Contact:** Rudy Alvarez, P.O. Box 4456 Houston, TX 77210 (713) 639-5889 or Brent Bergevin 1-800-285-8098.

ENTRY FORM:... Make checks payable to SUNMART-TEXAS TRAIL ENDURANCE RUN. MAIL TO: P.O. Box 4456, Houston, TX 77210

CIRCLE ONE! RACE: 50 mile Marathon SEX: Male Female T-SHIRT: S M L XL XXL

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip \_\_\_\_\_

Phone No.: (day) \_\_\_\_\_ (night) \_\_\_\_\_ Age (on 12/19/92) \_\_\_\_\_ Birth Date: \_\_\_\_\_

# ULTRAS completed: \_\_\_\_\_ Best 50 mile time: \_\_\_\_\_ # marathons completed: \_\_\_\_\_ Best marathon time: \_\_\_\_\_

Name of GUEST (1 free) \_\_\_\_\_ ENTRY FEE: \$ \_\_\_\_\_

# of Sunmart-TT50 runs Completed: \_\_\_\_\_ | Pre-race: \_\_\_\_\_ X \$ 10.00 = \$ \_\_\_\_\_

Number of ADDITIONAL guests at:.. | Post-race: \_\_\_\_\_ X \$ 5.00 = \$ \_\_\_\_\_

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 for 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.

TOTAL AMOUNT DUE \$ \_\_\_\_\_

Signature of Race Applicant.....: \_\_\_\_\_ Date: \_\_\_\_\_

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