

NATIONAL MASTERS NEWS

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

208th Issue

December, 1995

\$2.50



The M40-49 team winners from the Taconic RRC, collected \$400 for their victory in the USATF National Masters 10K Cross-Country Championships, Canandaigua, N.Y., Oct. 15, from left: (standing) Bob Hermes, M45, Ken Filmanski, M40, Rob Briglio, M45, (kneeling) Joe Porcaro, M45, and Anthony Galfano, M45. The team comes from upper Westchester County and Putnam County in New York. Photo by Nick Caswell

Sparkowski, Brown Win 10K X-C

from PETE GLAVIN, Meet Director Ed Sparkowski, M40, Simsbury, Conn., and Cathy Brown, W45, Fairport, N.Y., were first overall in the USATF National Masters 10K Cross-

Country Championships, Canandaigua, N.Y., on Oct. 15. The championships returned to its 1994 site on the challenging Finger Lakes Community College course, but while the weather in 1994 was near perfect, runners in this year's race faced 50° and gusting winds.

Sparkowski fought off an early challenge by Charlie McMullen, M40, Rochester, N.Y., to win with a 33:13. McMullen finished in 33:35. Pete McNeil, Sayville, N.Y., was third in 34:02.

Rick Hoebeke, Trumansburg, N.Y., repeated his 1994 M45 win with a 34:40. Terry Delph, Hellertown, Pa., ran a 35:35 to dethrone last year's M50 winner, Ray Kneer, Summer Hill, N.Y., second with a 37:35.

In the M55 race, Roland Cormier, third M50 last year, took a 25-second M55 win with a 37:22 from Charlie Kellogg, Honeoye Falls, N.Y. Bob Milner, Bouckville, N.Y., won the M60 race in 41:09.

Ed Stabler, North Syracuse, N.Y., M65, 44:33; Ed Buckley, Clinton,

Continued on page 25

Snyder, Marchetti Best in U.S. 5K X-C

by JERRY WOJCIK

Scott Snyder, M40, and Jo Marchetti, W50, won masters titles in the USATF National Masters 5K Cross-Country Championships in Landen, Ohio, on Nov. 11.

Snyder took a 12-second win over fellow Run Ohio Club member Rich Ventura, M40, with a 16:58. The race was highlighted by dropping temperatures, gusting winds, rain, and sleet. The Run Ohio Club won the M40-49 team championship.

Continued on page 25

Brits Take New York Marathon

by MARILYN J. MITCHELL

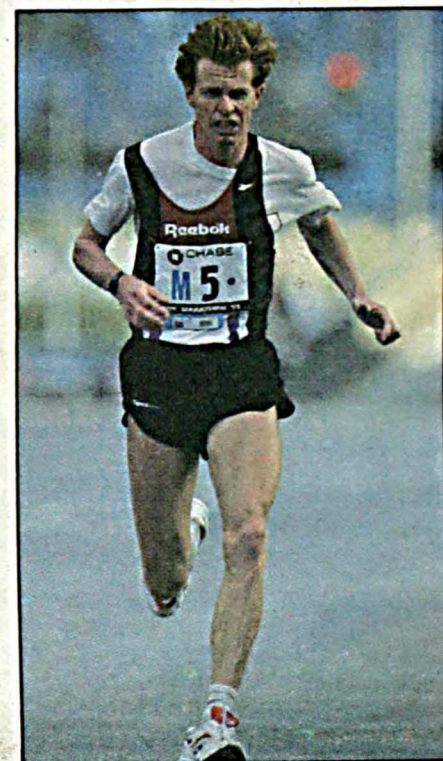
The Brits took top masters honors on both the men's and women's sides of the 1995 New York City Marathon, Nov. 12, with 40-year-old Hugh Jones (2:19:58, 29th overall) and Gillian Horovitz (40, 2:48:17, 17th female overall) each winning \$3000 masters prize money.

Jones was almost smirking, having had the advantage of a Nov. 1 birthday vaulting him into the new 40-year age category. His 2:19:58 is the 10th fastest masters time for the race.

The 1982 winner of the London Marathon (2:09:24) and 1981 third-place New York finisher (2:10:59), Jones still runs competitively and admits that, "I'm one of these people who earns a living at athletics."

He earns money in what he calls "races in far-flung places," and last year gainfully worked for the London Marathon on exhibition events. Married with three children and living in London, he's thinking about the 100th running of Boston next April but has

Continued on page 24



Hugh Jones winning the masters division of the New York Marathon. Photo by Victah

Simon, Hampton Top Masters at Marine Corps Marathon

by MARILYN J. MITCHELL

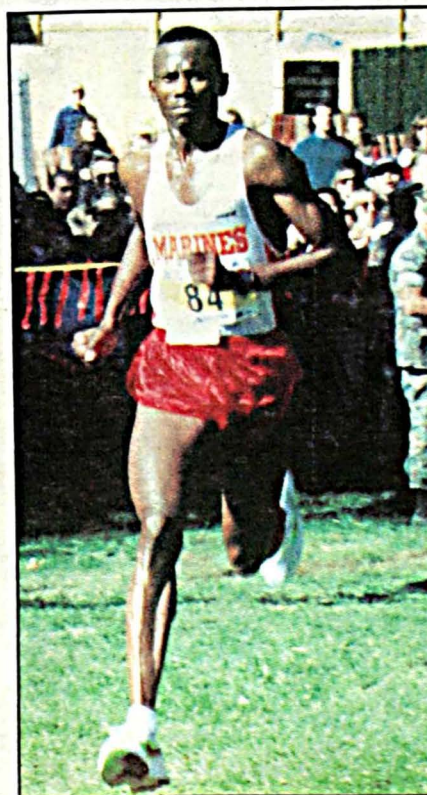
Forty-year-old Gunnery Sgt. Farley A. Simon, United States Marine Corps (San Diego, Calif., 2:25:25) and Joy Hampton (48, Clarksboro, N.J., 3:17:39) were the top masters in the 20th running of the Oct. 22 Marine Corps Marathon in Washington, D.C.

The race, which proudly bills itself as "The People's Marathon," continues to eschew prize money and promotes the race for people who run for the love of the sport. It's now the fourth largest marathon in the United States.

Simon had a good 4th place finish in a field of 18,400 registered runners (14,618 finishers), not far off the men's masters record for this race of 2:24:36, posted in 1981 by Bill Hall, 41, of Durham, N.C. Hampton's time, 49th among 3716 female runners, was quite a bit off the female Marine Corps Marathon record of 2:50:51, posted in 1983 by Diane Palmason, 45.

Top male overall was Darrell General (29, Maryland, 2:16:34). First female was Claudia M. Kasen (38, Williamsburg, VA, 2:49:21). Sub-vet Kasen fulfilled her dream of qualifying

Continued on page 24



Gunnery Sgt. Farley Simon, USMC, won the masters title (2:25:25) in the Marine Corps Marathon. Photo by G. Prados

Official U.S. Marine Corps Photograph

Burn it off!

Rod Dixon, one of the world's most versatile runners for the last 25 years, has never believed in a high-carbohydrate diet. Even at age 45, he continues to win world championships and still has the same amount of body fat he had at age 20. Rod firmly believes that his diet is a major contributor to his versatility and longevity, not to mention his personal records -- 3:53 in the mile and 2:08 in the marathon.

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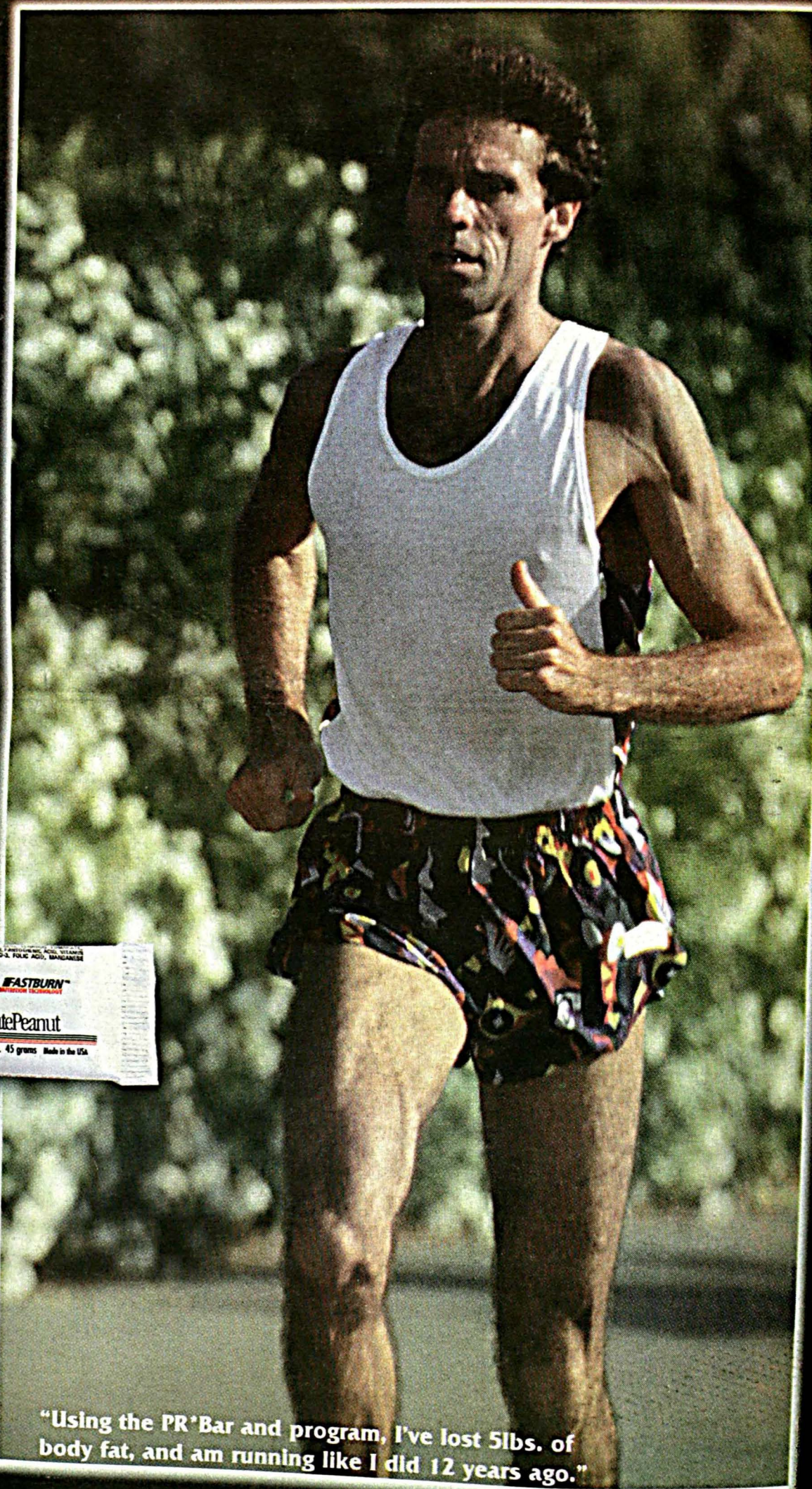
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CONTENTS

DEPARTMENTS

USATF Officers	3
Letters to the Editor	4
NMN Sustainers	4
Third Wind	6
Coming Next Month	6
The Foot Beat	8
Racewalking	10
Health and Fitness	11
Fifteen Years Ago	11
On the Run	12
Five Years Ago	12
The Weight Room	14
Profile - Dave Petersen	16
Ten Years Ago	16
Track & Field Report	18
Speaker's Corner	20
New Age-Groupers	21
Report from Britain	22
WAVA Officers	22
Masters Scene	26
Schedule	27
All-American Standards	29
Results	30

FEATURES

New York Marathon	1
Marine Corps Marathon	1
National 10K X-C	1
National 5K X-C	1
Club West Meet	8
East Regional RW	10
5K Racewalk Challenge	10
St. Louis Marathon	11
Weight Pentathlon Bests	14
Bud Light 10K	15
Regan Best Director	15
Eastern LDR Report	17
Great Pumpkin Classic	18
Mohawk Hudson Marathon	19
Canada vs. USA X-C	19
Sallie Stiegelmeier	20
Japan Nationals	22
Fifth Avenue Mile	23
St. George Marathon	23
Army 10-Miler	23
Marathon Records	24
World Games Refunds	25
100th Boston Update	26

ENTRY FORMS/RACE & PRODUCT INFO

PR Bar	2
NMN Subscription Form	4
Indoor Nationals	5
Plantation 5K	6
Elite Health Products	7
Hy-Tek	8
International Senior Games	9
Dogs and People	12
Publications Order Form	13
T&F Rankings Book	14
Sooner State Games	15
Brown U. Meet	17
On Track	19
WAVA/USATF Specs	22
World Road Championships	22
The Master Board	25
All-American Application	29
Etonic	35
Nike	36



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Editor and Publisher: Al Sheahen
818/786-1981

Senior Editor: Jerry Wojcik
Office Manager: Suzy Hess 503/343-7716
Fax: 503/345-2436

Associate Editor: Angela Egremont
Assistant Editor: Jane Dods

Circulation Manager: Stark Services
610/967-8316
Advertising Manager: Sue Hartman

Production Manager: Carol Covey
Production: American/Foothill Publishing Co.
Track & Field Records: Pete Mundle
Long Distance Records: Road Running

Information Center
Racewalking Records: Bev LaVeck

Track & Field Rankings: Jerry Wojcik

Contributing Editors: Hal Higdon, Dr. John Pagliano, Mike Tymn, Elaine Ward

Correspondents: Ruth Anderson (CA), John Boyle (FL), Bob Fine (FL), Courtland Gray (TX), Carl Hammen (RI), Carol Langenbach (WA), Marilyn Mitchell (NY), Phil Mulkey (GA), Tim Murphy (TX), Pete Taylor (VA), Mike Tymn (HI), John White (OH), Maury Dean (NY), Phil Raschker (GA).

International Correspondents: Alastair Aitken (GBR), Jorge Alzamora (CHI), Cesare Beccalli (ITA), Leo Benning (RSA), Hari Chandra (SIN), Bridget Cushen (GBR), Martin Duff (GBR), Don Farquharson (CAN), Jim Tobin (NZL), Jacques Serruys (BEL).

Photographers: Vic Sailer (NY), Tesh Teshima (HI), Jerry Wojcik (OR), Hank Kiesel (MO), George Banker (MD), Charlie Kluttz (NC), Suzy Hess (OR).

Creative Art: Eugene Paasinen, Herb Parsons

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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 USATF, 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 age 40+, 50+ or 55+ (please check the schedule for details). Some events require advance registration. Some require a current USATF card (\$7 to \$12 per year, depending on the region). To inquire about a USATF card, call USATF in your area, or

317/261-0500. There are no qualifying standards for most masters athletics events.

NMN welcomes contributions — results, schedule info., photos, letters, articles, and opinions. Manuscripts should be typed, doubled-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. **Subscriptions:** A one-year subscription (12 issues) is \$26.00 (mailed 2nd class). Add \$16 for 1st class (USA & Canada) or \$19 for foreign air mail. Please send all correspondence on subscriptions to NMN, P.O. Box 16597, No. Hollywood, CA 91615. 818/760-8983.

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NATIONAL MASTERS OFFICERS OF USA TRACK & FIELD

TRACK & FIELD

Chairman:

Barbara Kousky
5319 Donald St.
Eugene, OR 97405
(503) 687-1989

Treasurer:

Madeline Bost
P.O. Box 458
Ironia, NJ 07845
(201) 584-0679

Race Walking:

Bev LaVeck
6633 N.E. Windemere
Seattle, WA 98115
(206) 524-4721

Southeast:

Phil Mulkey &
Phil Raschker
P.O. Box 71022
Marietta, GA 30007
(770) 973-3825

Northwest:

Marti Skaer
5535 E. Evergreen Blvd. #7401
Vancouver, WA 98661
(360) 693-2256

Outdoor and Indoor Meets:

Scott Thornsley
18 Colgate Drive
Camp Hill, PA 17011
(717) 737-2385

Records:

Pete Mundle
4017 Via Marina #C-301
Venice, CA 90291

Team Manager:

Sandy Pashkin
301 Cathedral Pkwy. No. 6U
New York, NY 10026
(212) 666-8603

Midwest:

Mel Larsen
2316 Willemore
Springfield, IL 62704
(217) 546-2909

Awards:

Don Austin
3703 Electra Drive
San Antonio TX 78218
(210) 826-7538

Multi-Events:

Rex Harvey
160 Chatham Way
Mayfield Heights
OH 44124
(216) 446-0559 (H)
(216) 531-3000 X3366
(216) 531-0038 (Fax)

Rankings:

Jerry Wojcik
186 Brookside Dr.
Eugene, OR 97405

Rules Coordinator:

Graeme Shirley
11212 Via Carroza
San Diego, CA 92124
(619) 292-6132

Mid-America:

Tom Thorne
525 Oak Ridge Dr.
Neosho, MO 64850
(417) 451-7417

Law Chairman:

Bob Fine
3250 Lakeview Blvd.
Delray Beach, FL 33445
(407) 499-3370

Secretary:

Marilyn Mitchell
330 E. 46 St. #4C
New York, NY 10017
(212) 697-8216

Weight Events:

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4103 Hillcrest Ave. S.W.
Seattle, WA 98116

All-American Standards:

Bill Wood
2211 San Antonio Place
Santa Clara, CA 95051
(408) 246-4271

Southwest:

Danny Thiel
1459 Verna St.
New Orleans, LA 70119
(504) 486-8066

WAVA Delegates:

Barbara Kousky
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Alternates:
1) Ken Weinbel
2) Joan Stratton
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Regional Coordinators:

East:
Haig Bohigian
225 Hunter Ave.
North Tarrytown, NY 10591
(914) 631-1547

West:

Hugh Cobb
3180 Camino Arroyo
Carlsbad, CA 92009
(619) 436-7696

LONG DISTANCE RUNNING

Chairman:

Charles Des Jardins
P.O. Box 2281
Carson City, NV 89702-2281
(702) 884-9448

Secretary:

Carole Langenbach
4261 S. 184th Street
SeaTac, WA 98188
(206) 433-8868

Championships:

Mick Midkiff
4901 Pine St.
Bellaire TX 77401
(713) 667-2718 Fax: (713) 667-2902

Awards:

Ruth Anderson - Women
(address above)
John Boyle - Men
P.O. Box 1824
Deland, FL 32721 (904) 736-0002

Vice Chairman Men:

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Stillwater, OK 74074
(405) 372-4010

Treasurer:

George Vernosky
5004 Glen Cove Pkwy.
Bethesda, MD 20816
(301) 229-8391

Law and Legislation:

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Rules Coordinator:

George Kleeman
5104 Alhambra Valley Rd.
Martinez, CA 94553

Vice Chairman Women:

Ruth Anderson
1901 Gaspar Drive
Oakland, CA 94611
(510) 339-0563 (h)

Road Records & Rankings:

Basil & Linda Honikman
Road Running Information Center
5522 Camino Cerralvo
Santa Barbara, CA 93111
(805) 683-5868

Championship Stats:

Norm Green
405 Curtis Ct.
Wayne, PA 19087
(215) 768-2480 (w)

WAVA Delegates:

Ruth Anderson, Norm Green
IAAF Veterans Committee:
Charles DesJardins
P.O. Box 2281
Carson City, NV 89702-2281
(702) 884-9448



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METRIC SCORING

I am writing in rebuttal to Joe McDaniel's letter in the November NMN and in defense of Mike Tymn regarding the issue of the metric system. Just so McDaniel knows, I am writing this letter on my PC, not an Underwood typewriter.

The problem with the metric system in the U.S. is that we grew up with the English system. My 2½-year-old son, Kyle, is 3 feet tall and I tell him that. I don't tell him that he is .89 meters. My driver's license states my height is 5-10, and not some metric equivalent that no one in the United States understands.

Sure, I know a meter is a bit more than 39 inches, but that is beside the point. The point is that I, as well as thousands of track fans, cannot visualize how far a javelin throw of 70.68 meters is without converting, and track is hurting enough in this country without asking people to convert such a mark to appreciate or to not appreciate the throw.

A bit of irony here, and you can check with any field eventer, is that he understands how far his throw or jump is, but still cannot relate to another field eventer's mark. For instance, the javelin thrower who threw 70.68 understands that mark as well as his competitor's mark of 66.80 or 75.33, or whatever, but he does not relate to a 1.90 high jump. I know that such a jump is around 6 feet, but that is not accurate enough since I don't know if that jump is in fact 6 feet or 6 feet 6 inches.

Consequently, as much of a track

fan as I am, when I get to the field event section of the results, I simply skip them because, quite frankly, I can't be bothered to convert. It was never ingrained in me at an early age that I weighed 6.7 kilos or that my waist size is .74 meters and inseam is .78. I never heard a football announcer say it is second down and 4.3 meters to go. Feet and inches is as American as apple pie. The distance from the pitcher's mound to home plate is measured in feet. The standard height of the basketball rim is 10 feet, not 3.3 meters.

Without the English measurement system, just think how meaningless the sub-4-minute mile would be or the 60 ft. triple jump or the 30 ft. long jump or the 20 ft. pole vault or the 8 ft. high jump. We would have the 18-meter triple jump barrier, but it just isn't the same.

Along with a multitude of track fans, I just cannot relate to the metric system, and I am not a person who is resistant to change. In my line of work things are always changing and I would not have lasted 15 years in this field if I were resistant to change.

McDaniel talked about the 5K and 10K races. I occasionally run those distances, and in a 5K at my pace, I always subtract 30 seconds and then divide by 3 to get my per mile average. I bet there are many others who do the same as opposed to dividing by 5 to get their per kilometer average.

McDaniel also asked if Tymn understands what 18.29 dollars is. Well, of course, Tymn grew up with

dollars. I can tell you though, being from Jamaica, I went through a period of time of converting the U.S. currency to my native country's currency to understand what I was paying for things. Youngsters too from foreign countries will translate English spoken to them into their native language until eventually the familiarity from the English language no longer calls for this practice in order to comprehend what is being said to them.

Enough said, but one final request to NMN. Please list marks in metric and English measurement, like *Track and Field News* does, for our further enjoyment and full appreciation of the sport.

Peter Mogg
Simi Valley, California

After reading the October article by Mike Tymn and the response by Mr. McDaniel, I can only assume Tymn sincerely hopes he never does or says anything that really upsets McDaniel.

I agree with Tymn. Call me what you will, but I cannot relate to jump and throw results given in meters. My simple mind can handle race distances in meters.

My humble opinion is that 90% of masters athletes in the U.S. would prefer to see jump and throw results in feet and inches.

It is also my opinion that doing so would not have a negative impact on the U.S. or its standing with the rest of the world. I love your publication and look forward to it coming — keep up the great work.

Ben Lane
North Little Rock, Arkansas

I just had to respond to Mike Tymn's column after I read one reader's overreaction. I believe the subject of the article was the mile. Now, there is a sweet distance. The mile. Even the everyday runner understands what a mile is. I will be 50 in just a few weeks. My goal is to run a mile under five minutes.



Lorraine Gersitz of Fullerton, Calif., set a new U.S. W40 100K record of 8:33:06 at the World Challenge 100K in Winschoten, Netherlands, Sept. 16. She finished fourth U.S. woman, breaking the old mark of 8:42:03, set by Debbie Pebbles in 1992, by nearly nine minutes.

Photo by Bruce Guter

You want to know what running a 1500 is like? It is like running a PR at a local 5K only to find out that the race director cut the course short on you. Even at my age I have adapted to running 5Ks. However, I still want to know my mile split.

I'm not bigoted. I do understand third grade math and am not mentally lazy. I actually understand that a 5K is 5000 meters. But the 1500. What a bastard distance. Whose brain child was the 1500? We could have kept the mile and joined the modern world by going to a 1600m.

There is something about the mile that will always be part of track history. Maybe it is because that is what Roger Bannister ran. The mile. Now there's a distance you can be proud to run under 5 if you are 50. That is my goal. I just hope I can find a track meet that still has the mile.

Philip J. Found
Denver, Colorado
(Mile enthusiasts will be pleased to
Continued on page 17)

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Special thanks this month go to:

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Glen Johnson
Daniel Patt
Philip Steel

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Bristol, Tennessee
Lisle, Illinois
Elkins Park, Pennsylvania



1996 USATF NATIONAL MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS
MARCH 29, 30 & 31, 1996
GREENSBORO COLISEUM - GREENSBORO, NORTH CAROLINA

MEET SCHEDULE**FRIDAY, MARCH 29**

5:30 PM OPENING CEREMONIES
 6:00PM PV-M60+
 TJ-WOMEN
 7:00PM3000 METER RUN-ALL
 PV-WOMEN
 HJ-M60+

SATURDAY, MARCH 30

8:00AM SP-M30-39
 SP-W30-39
 PV-M40-49
 HJ-M50-59
 9:00AM60 METERS-PRELIMS-ALL
 WT-M70+
 LJ-M30-44
 10:00AM SP-M40-49
 PV-M50-54
 11:00AM60 METERS-FINALS
 WT-WOMEN
 LJ-W50+
 12:00PMMILE RUN
 SP-M60-69
 1:00PM WT-M30-39
 HJ-M30-39
 LJ-M70+
 2:00PM SP-M50-59
 SP-W40+
 PV-M30-39
 LJ-W30-49
 3:00PM400 METERS
 WT-M40-49
 LJ-M45-49
 4:00PM SP-M70+
 PV-M55-59
 HJ-M40-49
 5:00PM60 METER HURDLES- ALL
 WT-M60-69
 LJ-M50-54
 6:00PM WT-M50-59
 LJ-M55-69
 7:00PM4x800 RELAY
 GENERAL MEMBERSHIP MEETING
 HOLIDAY INN-FOUR SEASONS

SUNDAY, MARCH 31

8:00AM TJ-M30-49
 9:00AM3000 METER RACE WALK-ALL
 HJ-WOMEN
 SUPER WT-ALL
 10:00AM TJ-M50-64
 11:00AM200 METERS-PRELIMS-ALL
 12:00PM TJ-M65+
 1:00PM800 METERS-ALL
 2:00PM
 3:00PM200 METER FINALS-ALL
 4:00PM4x400 RELAY

GENERAL INFORMATION

ELIGIBILITY IS OPEN TO ALL MEN AND WOMEN 30 YEARS OF AGE AND OLDER. INDIVIDUAL IN 5-YEAR AGE GROUPS. RELAYS IN 10-YEAR AGE GROUPS.

USATF COMPETITION RULES WILL BE USED IN THE CONDUCT OF THE MEET.

USATF CHAMPIONSHIP MEDALS WILL BE AWARDED TO THE FIRST THREE PLACES IN EACH AGE DIVISION/EVENT.

REGISTRATION WILL CLOSE ON MARCH 22, 1996 FOR ALL EVENTS EXCEPT THE RELAYS WHICH WILL BE ON-SITE ONLY-TIMES OF REGISTRATION FOR RELAYS WILL BE POSTED AT THE TRACK SITE.

ORDER OF COMPETITION WILL GENERALLY BE WOMEN FOLLOWED BY MEN - OLDEST TO YOUNGEST. THERE WILL BE SOME EXCEPTIONS TO THIS TO ALLOW FOR MULTIPLE EVENT PARTICIPATION. THIS INFORMATION WILL BE POSTED AT THE MEET SITE.

AGE GROUPS MAY BE COMBINED TO FILL SECTIONS.

STARTING BLOCKS WILL BE PROVIDED.

3/16 INCH SPIKES ONLY-MAY BE USED.

WARMUP AREA WILL BE PROVIDED, SEPARATE FROM THE COMPETITION TRACK.

THERE WILL BE 2 SHOT/WEIGHT THROW CIRCLES ON TO A DIRT SURFACE.

PACKET PICKUP WILL BE AVAILABLE AT THE GREENSBORO COLISEUM BEGINNING AT 12:00 NOON ON FRIDAY MARCH 29, 1996.

NAME _____ ADDRESS _____
 CITY _____ STATE _____ ZIP _____
 PHONE(____) _____ AGE(as of 3/29/96) _____ DATE OF BIRTH _____
 1996 USATF # _____ MALE _____ FEMALE _____

EVENT FEES: FIRST EVENT - \$25.00 SUBSEQUENT EVENTS - \$15.00 RELAYS - \$40.00

EVENT	RECENT PERFORMANCE	FEE
1. _____	_____	_____
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APPLICANT SIGNATURE

DATE



Third Wind

by MIKE TYMN

Pillows, Cheaters, Courage, Gluttony & T-Shirts

Since giving up competitive running a few years back, I've been searching for a good routine, one that will give me a fairly intense workout without having to push myself to the edge as I often did when racing. George Foreman, perhaps the most successful over-40 athlete in history, has provided me with that routine. It appeared in the *USA WEEKEND* supplement of my paper last Sunday. Just in case you didn't see it, here is the routine Foreman recommended in his weekly fitness column to a Shreveport, Louisiana reader who wrote in asking for a way to stay in shape without killing himself:

- Put three pillows on the living room floor — one north, one south, one east. Then walk in S-curves around them for half an hour.

- Take a box of golf balls, as many as 300, and drop them around your yard. Then pick them all up.

- Take a jar of pennies out onto the backyard patio, put them at one end and an empty bucket at the other end. Walk back and forth, picking up a penny at a time until you've emptied the jar into the bucket.

Foreman says that it was this way that he got back into shape after 10 years out of the ring.

Big George didn't say whether a person should attempt all three exercises in one day or do just one a day. I decided to begin cautiously and try one a day. The pillow exercise was tough but I managed to finish it with only two brief water breaks and one time-out to argue with my wife, who was afraid I'd knock over the fishbowl when I went into oxygen debt and began to struggle.

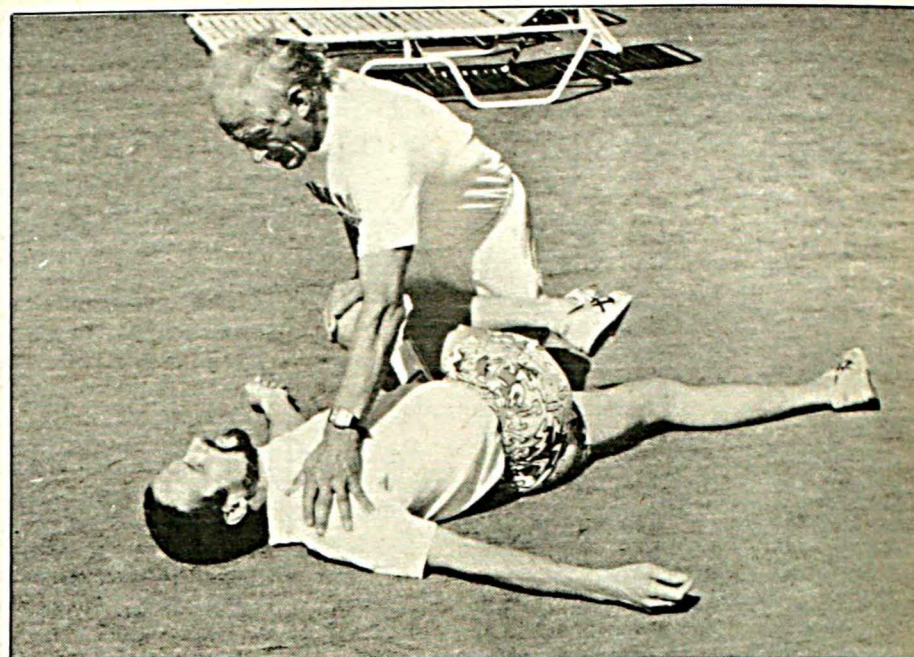
I could only find three golf balls around my house but I picked them up and dropped them 100 times, which should have been the equivalent of Foreman's recommended workout. I maintained a pretty good pace and could really feel it in my shoulders and arms for the next few days.

Foreman didn't say how big a jar of pennies one should use. I have a 10-gallon jar with about \$200 worth of pennies. I was concerned that it would be a bit much to attempt that many, so I opted for a jar of quarters with around \$25 in it. I think the extra weight made it every bit the equivalent of all those pennies.

I needed a day of recovery after that last one, but I've built up to the point where I can now do back-to-back routines, taking only one rest day every week. You might want to give it a try. However, I'd suggest you get a complete physical first and don't attempt too much the first day.

Degrees of Cheating

I was a bit mystified by Tom Derderian's article in the November



Wise up, Lasse, or I'm not going to let you get up.

Photo by Mike Tymn

issue of *Running Times*. Referring to the infamous Rosie Ruiz affair in the 1980 Boston Marathon, Derderian quotes David Isenberg, an author of an item called "Sport in the 20th Century," as follows: "Imagine an impostor coming to the plate in the World Series to hit a game-winning home run, or a fan in full gear and uniform jumping out of the stands to catch a game-winning pass in the Super Bowl..."

Tom, your book on the Boston Marathon was great and so was the rest of the article on the Rosie affair, but the analogy here completely escapes me. If some nobody were to disguise himself as a well-known ballplayer and make it to the plate to hit a homer in the World Series, that would be a real accomplishment. Once found out, the person would probably become an instant celebrity.

Is that cheating? By whom? But that leads me into the issue of types of cheating. Is one type of cheating worse than another type of cheating? Last year, Albert Belle, slugger for the Cleveland Indians, was suspended from baseball for 10 days for using a corked bat. Such bats give extra distance to the ball and are illegal. They didn't take any of his home runs away and this year Belle went on to lead the major in homers with 50. No one seems to frown on Belle's achievement even though there apparently remains some suspicion that he is using an illegal stick now and then.

What is it that makes Rosie Ruiz's abbreviated marathon worse than Belle's accentuated home runs? Why can Belle be so easily forgiven and not Rosie?

Defining Courage

From the curiosities section of my little notebook, I go back to the New York Reebok Games track meet in May and a comment by one of the announcers that a runner pulling away with 300 yards to go in the 3000 is "showing a lot of courage." His definition of courage is not the same as mine or the one in my dictionary. As I see it, if the guy makes his move with 300 yards remaining, he either has a lot left or doesn't have the finishing kick

over the final furlong that his competitors have. Courage? Give me a break.

Wisdom of Aging

Also from my curiosities section is a statement made by Carl Lewis in May, shortly before turning 34. "... if this year is great, everything is great for next year" Lewis was quoted in *USA Today*. How can anyone say something like that? How does he know how much a year will affect his speed at that age? He might lose only a small fraction of a second between 34 and 35, but that fraction can mean the difference between a medal and not even making the team.

About the same time, I read that Lasse Viren, the four-time Olympic champion, announced that he had plans to represent Finland in the marathon at the World Marathon Championships in August at the age of 45. He needed a sub-2:16 to qualify and said he had no doubt that he could do it. I don't know what happened to Viren, but he didn't make the team. What makes a guy who hasn't run within a half-hour of 2:16 in a dozen years make such a prediction?

And speaking of Lewis and rival Linford Christie, do you realize that baseball's new Ironman, Cal Ripken, is the same age as Christie and just a year older than Lewis? Ripken looks so much older, doesn't he?

T-Shirts

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Gluttony and Sloth

The movie "Seven" allowed me to recall the seven deadly sins, as learned in my grammar school catechism: pride, lust, gluttony, greed, sloth, envy, and wrath. In last month's column, I wondered why athletes talk so much about pride as a positive thing. This month I'm wondering why I see so many priests and ministers so obviously guilty of gluttony and sloth. How can they stand up there and preach to us about our sinful ways when they can't discipline themselves to control their appetites or to exercise regularly? □



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The Foot Beat

by JOHN W. PAGLIANO
D.P.M.

Unequal Leg Length and Sciatica

Q. I am a 42-year-old female who has been running for 12 years. I average about 40 miles per week. Recently, I have developed sciatic nerve pain in my left buttock and occasionally down the back of my left leg. I went to a chiropractor who prescribed wearing a 3/16-inch lift in my shoe and the pain miraculously disappeared. Lately, though, the pain has been coming back. Is the lift just a temporary solution, and is there anything more I can do to get rid of the pain for good?

A. Unequal leg length and sciatica are two problems that seem to plague runners to varying degrees. There are several theories as to the cause of unequal leg length. Usually, we are not too concerned if the measurements are under 1/4 of an inch and there are no complaints of pain.

But you should have the condition thoroughly examined to determine the source of the problem. Strength, range of motion, pain and leg circumference should also be checked.

Start a therapy program under a doctor's supervision at once. It should include strengthening, range of motion exercise or biomechanical devices to reduce any type of structural abnormality.

It appears that your condition could have been caused by running excessively and it may be wise to find a coach or trainer to develop a cross-training program that will not aggravate your condition.

Sciatica is a general term used to describe irritation of the sciatic nerve, which is formed by the nerve roots in the spine, passes through the pelvis into the leg, and terminates in the toe area.

Pain is usually caused by a pinching or irritation to the nerve. In many instances it becomes compressed by some of the muscles in the hip area. In your case, perhaps the leg instability could be causing the problem. Pelvic tilt or

pressure on a disc could be a few of the other causes.

Runners often confuse hamstring pull with sciatic nerve pain and try to run through the problem. If the pain extends down into the foot, it is probably a sciatic problem and you should seek help from your back specialist or neurologist. Sciatic pain often lasts longer, and comes and goes.

In either case, you should seek out professional help prior to continuing your running program. Often simple lower back exercises can help this condition. Leg exercises may irritate it. You may also wish a complete biomechanical examination of the lower leg to determine if there is any type of orthopedic problem that could be causing the pain. Moist heat packs and aspirin, along with your shoe lift should help. □

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 50098, Eugene, OR 97405.)

22nd Club West Meet Held in Santa Barbara

by BEVERLEY LEWIS

Club West meet director Gordon McClenathen hosted his second successful meet Oct. 7 on Santa Barbara City College's Nick Carter Spartan track.

This year marked the 22nd time the West Coast club has played host to what is usually the last important masters track and field meet of the year.

A standout among many standouts was Christel Miller, who broke the U.S. W60 javelin record (400g) with a throw of 93-8 (28.55m). This broke the previous mark of 92-10 1/4 (28.30) held by Ohio's Bernice Holland.

Miller, who had only arrived back from Europe the evening before the meet, rushed to Santa Barbara early the next morning to compete.

"I didn't even get any sleep," Miller said. "Maybe that's the secret?"

Miller, who holds four U.S. W55 records (80H, high jump, long jump, triple jump), also won the high jump at 3-11 1/4 (1.20).

Well-known race organizer John Brennand ran off with the Ray Williams Memorial Trophy for Best Athlete Over 60 Years in the 5000 when he won the M60 division in 19:24.16. Brennand became the first local athlete to win this trophy in several years.

Ted Hatlen, also from Santa Barbara, won five golds in his M80 age group in the shot, discus, javelin, high jump and 50m.

Eddie Watson of New York was pleased with his fast time of 12.19 in the M50 100m, while Fei-Mei Chou of Sunnyvale, Calif., took home three bags of gold by winning the W60 100, 200, and 50. Emil Pawlik came from Mississippi to set a new age-56 WR of 14.97 in the 100m hurdles.

Glaringly absent from the meet was Santa Barbara's John Whittemore, 95, who had expected to set new world 95+ hammer throw and shot put



Mrs. Mary Cheadle, widow of former UCSB Chancellor and masters athlete, Vernon Cheadle, is pictured with Club West president Gordon McClenathen, who is holding the Vernon Cheadle Memorial High Point Field Trophy at the club's recent meet Oct. 7 in Santa Barbara. The Cheadle Trophy, donated by masters athlete Ted Hatlen (Santa Barbara) was won in this inaugural year by Arnie Gaynor (Orange, CA) and Richard Hotchkiss (Grass Valley, CA) who tied for first place.

Photo by Beverley Lewis

records. But he was in the hospital with a broken hip. Earlier in the week, he had stepped off a curb at the local market and fallen heavily.

Besides Brennand, trophy winners this year were:

- Hubbel-Herman trophy for best hammer thrower over 70: Bill Bangert.

- George Adams Memorial high point track: Paul Raymond.

- Vernon Cheadle Memorial high point field: Arnie Gaynor and Richard Hotchkiss tied.

- Jimmie Whitney Memorial high point track and field: Emil Pawlik.

- Paul Spangler Memorial trophy for outstanding performer over 80: Ted Hatlen.

The meet honored the memories of Cheadle, Adams, Williams, Spangler and Whitney. (Results in last month's issue.) □

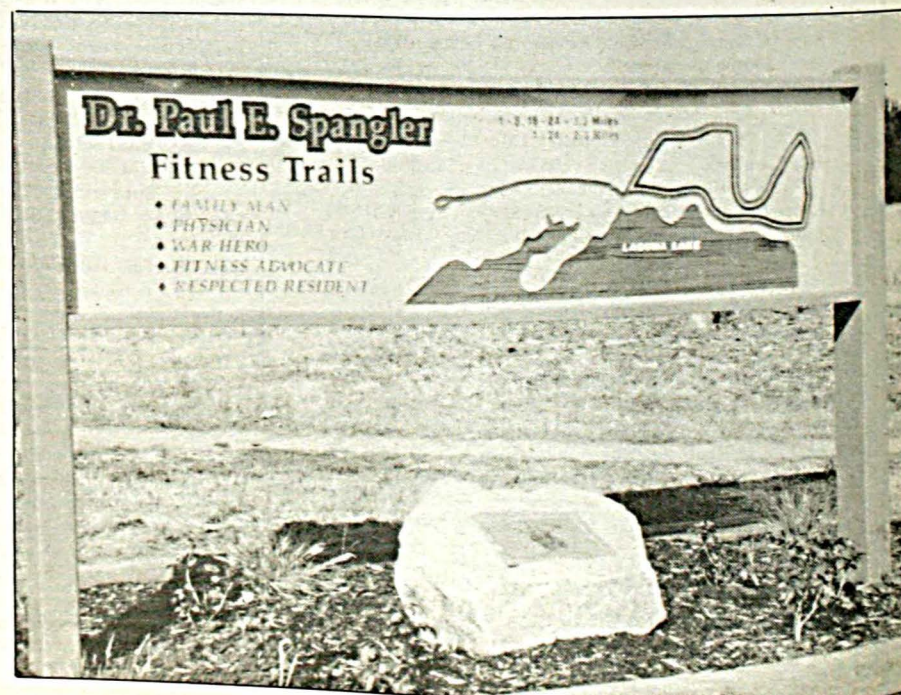
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The start of a fitness trail dedicated to the late Paul Spangler, in his home town of San Luis Obispo, Calif.
Photo by Jon Lomax



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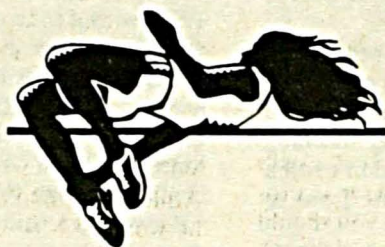


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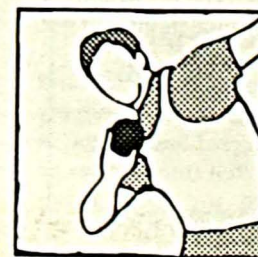
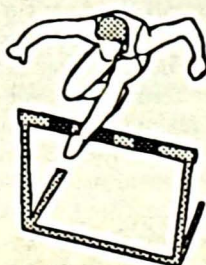
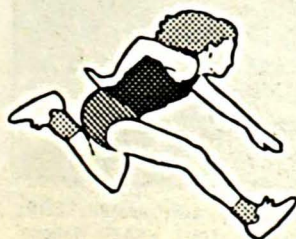
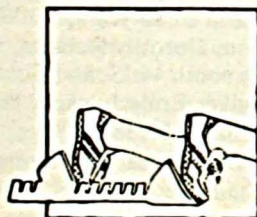
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Javelin Throw
Race Walking

Also a 10k roadrace and a 5k walk!





Masters Racewalking

by ELAINE WARD

Jim Carmines

Jim Carmines started racewalking in 1990 and began to compete seriously in 1991. He burst on the national scene quickly, settling for silver medals only when Don DeNoon was racing. In 1995, M50, he won the 5K gold medal at the Nationals in East Lansing in 23:43.66. He won the 5K silver medal at the Worlds in Buffalo in 24:01.97, and was 4th in the 20K, 1:52:24.

EW: Why did you start racewalking?

JC: I developed plantar fasciitis when I was jogging. I went back to walking, which I had always liked, and found that it did not bother my feet. Then I started pushing myself to see if I could walk as fast as I was jogging.

I probably got to a 12:00 minute mile when I heard about racewalking. Then I started getting some literature, going to clinics, talking with people, and entering some local races. This was about four years ago.

At this time, I hooked up with Jeff Salvage out of Philadelphia and his Phast group and met Lynda Brubaker. From there, I went down to the Potomac Valley Walkers, took some clinics from Bobby Briggs, and joined their club. I have learned a little bit from many people by talking with them and having them show me what they do.

EW: When you were learning the technique, what was the hardest for you?

JC: Hip rotation was the hardest. It took me nine months before I could get my hips rotating at will. Stretching helped loosen my hips and lower back. And I practiced and practiced my technique, especially during my long slow distance weekend walks. I would do a series of 100 meters focusing on my hips, on my arm swing, on my head position, on foot placement, leg straightening, and back to my hips. I would also accelerate for 100 meters, and rest for 100 meters. I would keep shifting my focus every 100 meters from one part of the technique to another as long as I could keep it up.

EW: As hip rotation is often hard for men, what did you focus on when you were learning?

JC: First, I worked on flexibility. You have to be able to move your hips before you can control them. After flexibility, I practiced and practiced. I would go 20 yards or so and know my hips weren't moving right. So I would stop and think about how I wanted my hips to feel and look. Then, I would try again. At the end of nine months, I got it.

I was working out on a track and was doing a 100-meter focus on my hips. Suddenly, I knew I had it right. It felt good. I also felt the power of pushing back with my foot. I immediately timed myself for four laps and found I had taken a full minute off my one-mile time. I said to myself,

"I've finally got it!" But I went home sore.

EW: How would you describe the hip rotation?

JC: The more technical people say it's a drop, that your hips move forward and drop in a circular motion. To me it's more like a washing machine agitator — front to back. I don't feel a drop in my hip. Mine is just front to back, front to back.

In racewalking I feel that the legs give you 60 to 70 percent of your effort in a race; you pick up 10 to 15 percent from toe pushing, and 10 to 15 percent from good arm movement. So many people are not getting the pace they want because they're only using 60 to 70 percent of their abilities — just their legs. If they used the push in their toes, used their arms and the little bit that they can get out of the hips — it would add up to better time.

EW: I noticed that you would not miss your workout the other night because of a target race. You are obviously very disciplined. Do you have a program that you follow?

JC: I have a training program that rotates on a two-week basis rather than a one-week basis. A lot of people do the same thing each Monday, Tuesday, etc. I have a program that carries me on a two-week schedule with only three days that more or less repeat themselves.

Saturday is usually a long, slow distance day of 14 to 18 miles.

Sunday is a recovery day doing a short distance — anywhere from 5 to 7 miles at a much slower pace.

Monday is my day off and I usually lift weights. About fifteen years ago I lifted weights regularly so my weight lifting is much heavier than I would recommend for racewalkers. I am currently benching 135 pounds ten times. The maximum that I benched was 225 pounds — so I have come down. All I am doing now is maintaining. I encourage people to use 5 to 7 pound weights to develop their arms, and 30 to 40 pounds for benching. I do nautilus and free weights for my legs.

Midweek I do a variety of intermediate and speed workouts. I call

the workout intermediate when it is slower than a speed workout and faster than long, slow distance. So I have the basic three types of workout programs: Slow, intermediate and speed.

(Next month: Jim Carmines, Part II.)

CORRECTION

(The following is a letter by Avram Shapiro, Adelphia, NJ. His letter corrects a mistaken perception on my part and adds concerns of his own.)

Thanks for your discussion of the
Continued on page 13

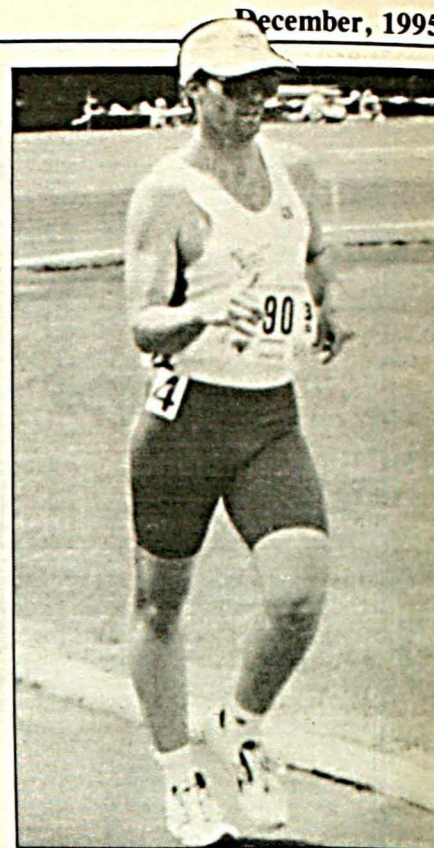
Carmines Sets New 30K Record

by ELAINE WARD

The USATF Eastern Regional 20K, 30K and 50K Championships, held on the T.C. Williams High School Track, Alexandria, Virg., furnished the setting for a new U.S. 30K, M50 racewalk record. Jim Carmines of Cumberland, Penn., shaved over five minutes off the former M50 record of 2:53:39, set by Ray McKinnis of North Carolina in 1990, with a time of 2:48:13.

With weather in the 30s and a light breeze, Carmines kept a pace between 8:40 to 8:50 the first 15 miles. "Bob Keating (M45, NH) and I walked together some of the time which challenged me," Carmines noted. "Between 15 and 18 miles I slowed down and by the last mile I was straining to keep a 10:00 pace."

When asked if he thought the fast early pace took its toll, Carmines explained, "This was the first time I had tried a 30K and my training mileage was for a 20K. Next June, I am going to do the 30K at the WAVA meet in Belgium and my training will be up to 20 to 22 miles." □



Mike Blanchard, 34, Colorado, in the early laps of the 5000 racewalk, 1995 USATF National Masters Championships, East Lansing, Mich.
Photo by Jerry Wojcik

5K Racewalk Team Challenge

by JANE DODS

Warrick (Rick) Yeager, one of America's premier master racewalkers, joined 47 other Northern California competitors in Kentfield, Calif., Oct. 8, at the second annual Gator Challenge put on locally by the Marin Racewalkers. The Challenge is a low-key national event to determine which club has the top masters racewalking team. Results from local races throughout America are compiled and age-graded. The prize? Bragging rights for a year!

Yeager, 41, did not disappoint those who witnessed his blazing speed a year ago in Marin, or read of his exploits at the recent World Games in Buffalo, as he raced to a Marin College track record of 22:34.

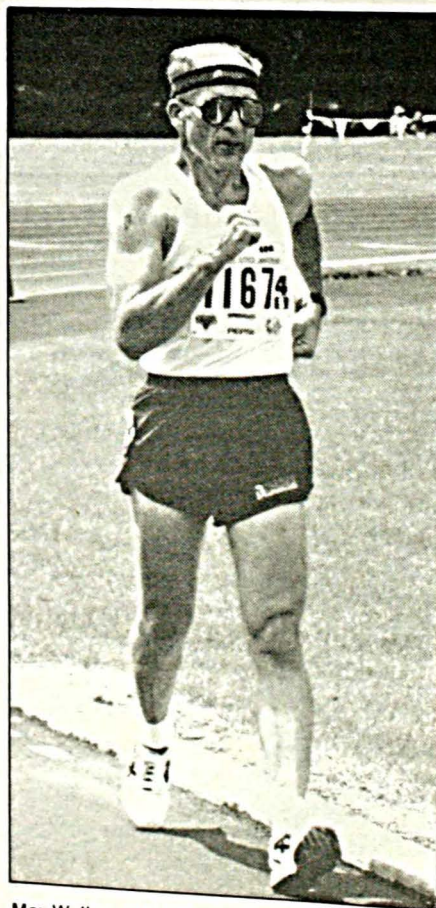
Outstepping the women in a winning time of 29:16 was Brenda Usher-Carpino, 48, competing unattached, followed closely by Marin Racewalker Virginia Fong, 40, in her over-the-shoulder time of 29:29.

Jack Bray, 62, led a group of 25 Marin Racewalkers. His 26:05 was good for second place.

Sierra Racewalkers, paced by Placerville's Fred Bell, 55, 28:14, sent eight walkers to the Challenge. Golden Gate Racewalker's top finisher, Keith McConnell, 51, came in at 28:40. Art Klein, representing the Santa Cruz Track Club, finished in 28:45.

Leading the senior crew were Marin's 86-year-old WAVA champion, Dorothy Robarts, who turned in a smooth 44:13, and Golden Gate Racewalker Ernie Lucken, 80, who cruised home in 35:38.

Other teams competing in the Challenge were the Wolverine Pacers, the Niagara Walkers, the Walkers Club of Los Angeles, the Pacific Pacers, and the Florida Athletic Club. □



Max Walker, 48, Indiana, fourth overall (26:49), M45 5000 racewalk, 1995 USATF National Masters Championships, East Lansing, Mich.
Photo by Jerry Wojcik



Health and Fitness

by **BOB MITCHELL**

Understanding the Aging Process

The more we understand what happens to us as we age, the better we can maintain good health, minimize adverse changes, and continue enjoying our sport.

Arthritis is the most prevalent chronic disease in men and the leading cause of senior disability, according to the National Institute on Aging.

Heredity and obesity contribute to its development. Joints lose flexibility with age and are more subject to injury because of tissue changes in the supporting tendons, ligaments and muscles.

This breakdown reduces joint mobility and reinforces the importance of warming up and gentle stretching exercises before engaging in sports.

Lower Back Pain

Weak abdominal and back muscles are the most common cause of lower back pain. Progressive muscle-strengthening exercises can help, as well as a regular exercise program.

Though generally considered a "woman's disease," osteoporosis can afflict older men as well. Excessive alcohol might be a factor. Evidence suggests physical exercise and increased calcium intake can increase peak bone mass and reduce future bone loss.

Losses in any of our five senses can also affect our quality of life.

Hearing

Presbycusis is the term for hearing loss associated with aging, but since not everyone is affected by this condition, factors other than age must be guilty. There are two basic types of hearing loss:

1) Conduction deafness, caused by blockage of the ear canal by excessive ear wax, abnormal structures in the outer ear, or infection. Most of these cases are successfully treated by flushing, medicines, or surgery.

2) Central or sensorineural deafness, resulting from damage to the nerve centers in the brain by loud noises, disease, and certain drugs. Vascular diseases can contribute to hearing loss by cutting off the blood supply to the ear.

Tinnitus — ringing in the ears — is a sensorineural disorder. The exact cause is unknown, but some cases are caused by excessive use of aspirin, certain antibiotics, diuretics, or tumors. Heredity may play a part in as much as 50 percent of age-related hearing loss.

Hearing aids may be recommended for both types of hearing loss.

Sight

More than half of all visual impairment occurs in people over age 65. The leading cause of blindness is age-

related macular degeneration (AMD) which affects part of the retina responsible for sharp central vision. Timely laser treatment is effective.

Another problem is cataract formation, the clouding of the transparent lens that focuses incoming light onto the retina. This is caused by changes in structural lens proteins brought on by aging, damage to lens cells by high levels of blood sugar in people with diabetes, or other causes. It is treated by surgical extraction of the lens. Highly successful, the surgery results in the return of useful vision in 90 to 95 percent of cases.

Glaucoma is the leading cause of blindness in the nation. It may occur at any time in one's life. Most types are characterized by high pressure of the fluid within the eye. Treatment with drugs, or conventional or laser surgery, can often reduce and control the pressure, but damage to the optic nerve cannot be reversed. If glaucoma is detected early, it can be stopped or slowed, and the remaining eyesight saved. But there are no symptoms, so it is important to have a specialist test for glaucoma during regular eye exams.

Dry eyes can be a problem because tear production decreases with age. But this condition can also result from arthritis, drugs, or medication. Tears are necessary for healthy eyes. Dry eyes should be treated with non-prescription artificial tears from the pharmacy.

Smell and Taste

Declining sense of smell may be due to nasal obstruction, allergies, certain medications, a decrease in olfactory nerve fibers, and age-related cell receptor loss or malfunction.

Gradual loss of taste buds begins for the 50- to 60-year-old, yet, there is little change in taste sensitivity. Most problems are the result of disease, drug side effects, wearing of upper dentures, or changes in chemicals needed to transmit messages between nerve cells.

Steps to control, correct, or compensate for sensory decline should be taken whenever symptoms occur, or after screening tests indicate the development of significant losses.

The Hair

Male sex hormones responsible for

hair growth are also the cause of male hair loss. "Male pattern baldness" can be anticipated.

Hair restorers have had little success, although the FDA has approved Minoxidil, which can partially restore hair growth in some men. Treatments are most effective in the early stages of loss. Gray hair is caused by the slowing production of pigment in the follicles. This is, for the most part, hereditary and irreversible.

Rogaine, a solution of the drug Minoxidil, is the only government-approved prescription for hair growth. The Upjohn Company, maker of Rogaine, is asking the FDA to approve over-the-counter sales, eliminating the need for a doctor's prescription.

(Information for this article was obtained from the National Institute on Aging. It was researched and written by Bob Mitchell, Publisher of Senior Softball Magazine.)



St. Louis Marathon masters winners, Gail Ford, 42, 3:11:11, St. Louis, and Dmitry Voldman, 42, 2:43:55, Overland, Kansas, proudly display their silver plates at the awards ceremony, Oct. 15.

Photo by Carol Keller

St. Louis Marathon — Age Division Prize Money Spurs Spirited Competition

by **TOM ECKELMAN**

For the second year, the St. Louis Marathon on Oct. 15 awarded \$10,000 of the \$17,500 total prize money to masters (40+) and seniors (50+) winners and in five-year age groups from 19-24 through 70+.

Some of the better over-40 Midwest runners responded with fine performances. In the men's masters, Dmitry Voldman, Overland Park, Kans., finished 11th overall in 2:43:55 to capture the \$1000 first-place masters money. Dennis Simmons won the Les Paton Award and the \$500 seniors first place prize money for his 3:20:13, 95th out of 690 male finishers.

In the female masters race, St. Louis Track Club's Gail Ford pushed to a 17-minute PR of 3:11:14 for first place and 10th overall. Fifty-nine-year-old Joan Gary, Fremont, Ind., bested all 50-plus runners to win the Frances Patterson Award and the \$500 first-place seniors money. Gary's winning time was 3:57:45.

The outstanding age division performance was turned in by Patrick Gallagher, 70, St. Louis. Being the only 70-plus runner in the field, he was in-

sured the victory just by finishing. Not satisfied with the victory, Gallagher ran the fastest time ever for a 70-year-old in the St. Louis Marathon, also the fastest time ever run by a 70-year-old in Missouri by 42 minutes.

Deaconess Health System was again joined by Diet Pepsi to continue the reputation of the St. Louis Marathon. Of the 1090 entrants, 45% (492) were masters runners, with 105 of those attempting the marathon distance for the first time. □

Fifteen Years Ago December, 1980

- Jim Bowers Sets U.S. Masters Marathon Record of 2:22:23
- Gary Muhrcke Wins National 10K in 32:06.7
- New York Marathon Masters Crown Goes to Roger Robinson (2:22:12)



On The Run

by HAL HIGDON

Mileage Increase is Tricky

Leslie complained about a painful hamstring. She also had a sore heel that sounded suspiciously like plantar fasciitis. Leslie was in her final countdown to run a marathon later this month, but her chassis was starting to creak. I asked how many miles she ran last week. The answer was 72. "How many miles do you normally run?" was my next question.

Leslie claimed to have averaged 67 miles a week over an 8-week period.

"No. No. What's your 'normal' mileage? How much were you running a year ago?"

The answer was 30. "Aha!"

It was a big "aha." You could draw a straight line between Leslie's high mileage routine and the injuries that had begun to plague her in the closing weeks of marathon preparation. Fortunately, three weeks remained before the marathon. Given proper rest — a pre-race taper — the injuries should heal sufficiently to allow her to arrive

at the starting line ready for a fast time.

If she didn't catch a cold!

High mileage is a double-edged sword. Increasing the level of your training is one way to achieve a good performance — maybe. You can set a PR, a personal record. Running too many miles, however, can increase your risk of injury.

Balancing risk vs. gain is the secret to success.

Surveys of runners suggest that the red line between health and injury is 25 miles a week. Run less than that amount and you probably won't get in-



Volunteers offer water to the M60 1500 runners, WAVA Championships, Buffalo.

Photo by Rex Dietderich

jured. Run farther and risks increase.

If you believe the surveys, you should never venture above that red line. That being the case, people would rarely run marathons, since normally it takes 40-50 miles a week of training to comfortably finish a 26-mile race.

Yet hundreds of thousands of runners a year successfully complete marathons without injury. How can that happen?

The answer is that most marathoners gradually increase their mileage over a period of many months. This allows them to adapt slowly to the stress of high mileage.

Bob Williams, a coach of adult athletes in Portland, Oregon, lists some of the risks associated with high mileage: "You risk physical and psychological breakdown. You can suffer chronic dehydration and excessive weight loss. Your immune system breaks down, making you more susceptible to colds and the flu."

Also a problem is staleness: a loss of interest in training to race. "You have less time for living a normal life," he adds.

Balancing that are benefits that may

come from a high mileage regimen.

"You can improve your aerobic base and toughen your muscles," says Williams. "You can control your weight and eat more nutritious food without fear of adding pounds." There is also the psychological boost that comes from knowing you're in "Great Shape."

Running more miles, however, doesn't always guarantee better performances, because in many cases risks outweigh gains. You can't run fast if you're injured.

For some runners, high mileage might be 25 miles a week. Others thrive on double or triple that load. "The secret," Williams says, "is to gradually increase mileage to your maximum level, but know when to back down to gather strength for the next training push."

He advises adding 10 percent every other week, dropping mileage 30% on between-weeks for recovery. "If you don't feel right after a 10% increase, you may have reached your most effective mileage. Hold there two-to-four weeks before attempting a further increase."

"Everybody has a red line for high mileage, which they exceed at their own risk," says Williams.

I'm hoping that Leslie rests enough these last few weeks to allow her to run a fast marathon. Her goal is to qualify for Boston, and she has a good chance for success. □

(Hal Higdon now has a web page on the Internet, where you can access his writing. He is the author of the recently-published "Boston: A Century of Running." He has information on the centennial race, past and present in a separate section, "Boston Countdown." He offers training advice and Q&A sessions with web-browsers. His URL is: <http://www.halhigdon.com>. Or by mail at higdon@adsnet.com. — Ed.)

ON THE RUN FROM DOGS AND PEOPLE



HAL HIGDON'S 1971 cult classic is available again in a reprint edition: \$14.95. Also: *Boston: A Century of Running*: \$40. (Add \$1.50 for postage and handling.) Get your signed copies from Hal Higdon, Box 1034, Michigan City, IN 46361-1034.

Five Years Ago December, 1990

- National 5K X-C Draws 13 Clubs from 12 States to Fayetteville, N.Y.
- John Campbell, 41, Wins Second Masters Triple Crown (Los Angeles, Boston and New York Marathons)
- Paul Reese, 73, Runs Across USA

Racewalking

Continued from page 10

New IAAF rules. My wife, Marcia, and I have been judging at the association level for the past two years. The job will be a bit more difficult due to the additional need to observe the leg at first contact.

You state in your "Comments on Changes in Straight Knee Rule" that "the knee must be straight from the moment of heel contact." Yet the new rule doesn't mention the heel, referring only to "moment of first contact." There are practitioners of the technique who make first contact forward of the heel with the leg (knee) already straightened in the vertical position. Some call this "straight-legged running," but "straight-legged running" has been within the rules up to now and, if I read the new rule correctly, it still is. Am I mistaken?

(Avram Shapiro is right. The new rule does not specify that ground contact must be with the heel as stated in my commentary. Though there was a great deal of talk about requiring a straight knee at heel contact, this idea was apparently scuttled by its USA proponent. It is likely that those practitioners who have been contacting the ground in front of the heel with bent knees and then straightening in the vertical position will make adjustments and join the "straight-legged runners." It appears the new definition of racewalking basically legitimized what has been going on. Back to Shapiro's letter. — E.W.)

The new rule makes it clear that the use of the white paddle is strictly to caution the competitor who is in danger of a violation. A violation elicits a red card, termed a "warning." The only difference I see from USATF Rule 39 is that Rule 39 calls the caution a warning, and the warning a disqualification call. "Caution" and "warning" are synonyms. To use them to denote different calls is confusing. I suggest using the terms "caution" and "violation" or "infraction" and getting rid of "warning" altogether.

The picture of 90-year-old Kasuo Morikawa appears to be clear evidence that WAVA judges used liberal criteria in interpreting the rules governing elderly walkers. I recall getting a pretty good dusting for suggesting a rule change to benefit those age groups populated by walkers who are afflicted with stiffening joints and muscles. Someone commented that such competitors enter the running divisions where they might still have a chance of winning. Choose one or the other, but the sport goes nowhere unless there is consistency.

(The consequence of modifying the contact rule is to put maximum emphasis on straight knees. "Straight knees" is the only objective requirement remaining in the new racewalk definition. They distinguish the racewalking gait from the flexed knee running gait. If bent knees are tolerated in racewalking, what is left of the rules? — E.W.)

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The Weight Room

by JERRY WOJCIK

You Can Have My Jav

Working out with the javelin in preparation for the 1995 season after a four-year layoff made me realize a couple of things. First, my goals couldn't be attained by the degree of time and dedication I was willing to expend. Second, men and women javelin throwers my age and older who are still competitive deserve more respect and admiration than we've shown them.

Based on my experiences last summer, throwers in their 60s who are still serious javelinists must have live-in

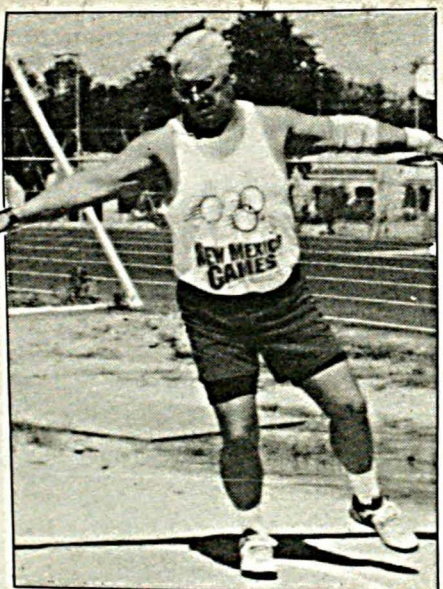
masseurs or masseuses or be descendants of Plastic Man. Throwers in their 70s and 80s who still launch a javelin into any flight with an arc all deserve gold medals.

Let's face facts here. The anatomical requirements for successful javelin throwing disappear quickly with aging. It's not so much the strength that goes as it is the elasticity and the socko-whammo that diminish as we ossify.

Consider the act of javelin throwing. After running anywhere from 25 to 100 feet, you plant your lead foot, come to a complete halt, not a screeching stop



Rasal Terhune-Young, 56, finished third (3698), USATF National Masters Weight Pentathlon Championships, Grass Valley, Calif., Aug. 26. Photo by Suzy Hess



Floyd Riddle, 61, spinning to a state record 151-5, New Mexico State Senior Games, Las Cruces. Photo by Bernadette Riddle



Jim York, 82, with a pending world record for the 56-lb. weight (12-4 1/2), KELfield Meet, Santa Cruz, Calif., Sept. 16.

Photo by Gary Kelmerison

— screeching is not good — but with a jarring cessation, then you wildly twist your torso upwards and flail your arm outward over your shoulder, much like the tip of a whip, except with a follow through. If you did this in public without a javelin, onlookers would pronounce you possessed. Sudden stops, violent twists, and explosive bursts are antithetical to the aging process.

I'd throw the hammer or discus or weight for over an hour and still rise and function the next day without para-medical assistance, but six 100% throws with the javelin last summer left me practically paralytic for two days. And the warm-up. I can get loose enough to throw any other implement in 15 minutes. With the javelin, by the time I'd stretched and flexed and thrown some 50 footers to loosen up, I was almost too bushed to throw for distance. Not that it would have mattered if I hadn't warmed up because it didn't go very far anyway.

Other sexagenarian and older throwers, who might want to offer the shot or discus as the throw which suffers the most with aging, need only examine the weight pentathlon marks to see that the javelin is generally the worst of the five throws in terms of points. I think we should shave some points off the already point-heavy shot and tack them onto the javelin at the next WAVA General Council Meeting in South Africa.

Older men and women who are still rocketing javelins into space are testaments to high pain thresholds, terrific training regimens, or great luck in the gene dice roll. Whatever, my hat is off to them. □

1994-95 Weight Pentathlon World's Bests

by MANUEL and HELEN WHITE

This issue contains partial lists of the best weight pentathlon scores by 60 men and 40 women in the world in 1994-95, following 1995 WAVA rules. The scores were compiled from reports in the *National Masters News* and were recalculated for verification and accuracy. The results should be of interest to dedicated throwers who enjoy multi-events. Those interested in the entire lists can contact us at P.O. Box 5058, Helena, MT 59604.

Approximately a year ago, John Von Rohr extolled the preeminence of German throwers. Rich Hotchkiss responded and expressed his dubiousness in regard to German progress in the throws. Perusal of the list reveals that the highest scores for men and women were recorded by Germans: K. Wendel, M65, 5229, and J. Schaefer, W63, 5061.

It may be some consolation to U.S. throwers that among the 60 men's scores, 24 are USA vs. 16 for Germany. The powerful German women reverse this tally to 11 German vs. 7 USA. The combined total for both men and women is 31 for USA vs. 27 for Germany. It, therefore, appears that both Von Rohr and Hotchkiss were justified in their assumptions and Hotchkiss for his skepticism. □

1994-95 World's Best Weight Pentathlon Scores (1995 WAVA Rules)

Men		
K.H. Wendel	65 GER	5229 '95
L. Filip	66 CZE	5214 '95
M. White	78 USA	5144 '94
R. Rzehak	65 GER	5071 '95
E. Svennevik	75 NOR	4865 '94
T. Gage	52 USA	4854 '95
R. Hotchkiss	56 USA	4804 '94
P. Speckens	60 GER	4548 '95
E. Helf	62 GER	4500 '95
Stew Thomson	62 USA	4433 '95
W. Palmer	63 USA	4393 '95
G. Rose	51 AUS	4356 '95
L. Olson	63 USA	4344 '94
H. Brandt	65 GER	4319 '95
R. Leino	60 FIN	4294 '95
I. Liitia	75 FIN	4287 '95
R. Hodge	55 USA	4271 '95
E. Eriksson	71 FIN	4262 '95
J. Hansen	57 GER	4253 '95
H. Hawke	66 USA	4244 '95
H. Schulz	62 GER	4195 '95
P. Mulkey	62 USA	4152 '95
R. Krzesinski	52 POL	4137 '95
J. Jakobsons	72 RSA	4135 '95
N. Barth	75 GER	4099 '95
H. Hackett	75 USA	4099 '95
Women		
J. Schaefer	63 GER	5061 '95
A. Ivanova	62 RUS	4656 '95
H. Scarle	56 AUS	4469 '95
E. Williams	57 GER	4372 '95
V. Hilliard	53 USA	4340 '94
M. Thomas	51 AUS	4042 '95
B. Holland	67 USA	4017 '94
C. Schultz	44 AUS	4015 '95
K. Jortikka	71 FIN	3936 '95
G. Malmann	53 GER	3909 '95
J. Grissom	55 USA	3834 '94
H. du Plessis	45 RSA	3834 '94
H. Baeker	53 GER	3819 '95
A. Scholten	66 GER	3792 '95
I. Faldager	47 DEN	3692 '95
compiled by Manuel & Helen White		

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CLOSE-OUT

Regan Named Race Director of the Year

by JEFF DARMAN

Road Race Management, the newsletter for race officials, has named George Regan, director of the Freihofer's Run for Women, as its 1995 Race Director of the Year. Regan received his award at the annual Road Race Management Race Directors' Meeting and Trade Show in Washington, DC, on Nov. 4.

Phil Stewart, editor of *Road Race Management*, in making the presentation described Regan as follows: "He doggedly set out to create the finest competitive all women's race that he could. For over a decade he has never wavered from that commitment — a fact that was noted by USATF's Women's Long Distance Running Committee when they named him 'Woman of the Year', several years ago."

Stewart went on to say, "Our winner has provided an additional boost for American women's running as well. He realized that the up-and-coming women who will be on his front row tomorrow, need support today. So he funded the Association Athletes Development Program which gives top runners in USATF's Associations a chance to come and compete in his race. To date, 195 women have participated in the program."

The finalists, besides Regan, were: Karen Heaps, Lilac Bloomsday Run

(Spokane, WA); Rick Nealis, Marine Corps Marathon (Washington, DC); and Jack Scaff, MD, Great Aloha Run (Honolulu, HI).

The award is made annually to recognize and promote excellence in race directing. Nominees were judged on several factors including overall ability, reputation of race, creativity and organizational ability. Previous recipients have been: Steve Bosley (Bolder Boulder), Julia Emmons (Peachtree Road Race), Ed Froehlich (Quad-City Times Bix 7), Chuck Galford (Cascade Run Off), Fred LeBow (New York City Marathon), Jeanette Parke (Gasparilla Distance Classic), Bill Reef (Bolder Boulder), and Steve Shostrom (Steamboat Classic). □

Hosner Takes Bud Light

by TOM ECKELMAN

As the first runner came down the ramp into Busch Stadium, the announcer reported that it was "premier masters runner, 70-year-old John Hosner, Blacksburg, Virginia, repeating as the winner of the 17th Annual Bud Light Stadium Run," St. Louis, Mo., on Sept. 17. It was, in fact, Hosner's fourth win in the 10K race through the downtown streets of



First three finishers, Bud Light Stadium Handicapped 10K, St. Louis, Mo., Sept. 17, from left: John Hosner, 70, first; Jack Gentry, 67, second; and Patrick Gallagher, 70, third. Photo by Hank Kiesel

St. Louis, which features a handicap format based on a runner's age and sex.

Hosner's winning time was 28:44 with a 14-minute handicap. He also was the winner in 1984 and 1993, tying him with St. Louisans Polly Peacock and Leon Fennell for the most wins in the event.

Jack Gentry, 67, Rogers, Ark., was second in 30:09 (12-minute handicap). Patrick Gallagher, 70, St. Louis, was third in 30:33 (14-minute handicap). The top 150 finishers received trophies,

and all participants were given baseball tickets to Sunday's Cardinals-Dodgers game courtesy of the sponsors, Bud Light and the St. Louis Cardinals.

The Bud Light Stadium Run is one of the most popular events not only in the St. Louis area, but throughout the Midwest, with 13 states represented outside Missouri and Illinois. It is especially popular with the older age groups because of the handicap format, evidenced by the fact that 95 of the top 150 finishers were masters runners. □

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- 1500 Meter
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- Pole Vault
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PROFILE

An Enduring Hope

by JOHN LODWICK

Our meeting seemed quite inauspicious. I never suspected an encounter with a runner's enduring hope. The frigid February air forced me to an unplanned bathroom stop at a corner cafe during a late afternoon run. As I attempted an inconspicuous exit, a man in his thirties with a plaid, woolen tie lowered his coffee cup and rose from his stool. "Aren't you John Lodwick, the 2:10 marathoner?" he asked.

In a moment of time, past races flashed across my mind. I was again reminded how my self-esteem, at times, was tied to how well or how poorly I ran. Grace had kept me from that constant bondage. Though I had retired from competitive running, in a way, I would always be "John Lodwick, the marathoner." I still liked the association.

I responded evasively, "I used to be." I explained that I had moved our family to Bend, Oregon, to be pastor of a church. My running now was merely at "maintenance level," enough to relieve stress, control weight, and provide enough fitness to play sports with my kids.

"I was wondering if you'd be interested in coaching me?" asked the inquisitive intruder to my anonymity. "I've run a 2:29 marathon, and my goal is to qualify for the 1988 Olympic Trials." I looked at his stocky, 5-9 frame, thought of the inclement training conditions in Bend, the dearth of local races, and my reluctance to get involved. "This guy doesn't realize how fast a 2:20 marathon is," I thought.

"Sure," I surprisingly muttered. "Maybe we could talk about it sometime." I started for the door, but he wasn't pacified. "Let me give you my card." It read: "David Petersen, Attorney at Law." "When can we get together?" he persisted. I thought that if I made an appointment three weeks hence, his enthusiasm might wane, and he wouldn't show.

It didn't; he showed. I ran 12½ miles with Dave Petersen on a cold Saturday morning in late February, 1987, and became a part of another running story, a story of enduring hope.

Never Ran Competitively

The next weeks and months brought

the two of us together for many runs and planning sessions. I learned much about Dave Petersen. Dave never ran competitively in high school, college, or law school. He was a 178-lb tax law graduate student at Boston University when he watched the 1983 Boston Marathon from his apartment perch near the 25-mile mark. Seeing Greg Meyer barrel down Commonwealth Avenue through a tunnel of humanity to seize his victory inspired Dave to begin jogging. He ran his first marathon in Portland, Oregon, five months later, at age 28. He managed a 3:14.

As our friendship matured, I also learned of Dave's incredible discipline and mental toughness. His genius, blended with his compassion and discipline, made him one of the most respected estate planning attorneys in Bend. These virtues also led to his careful planning and diligent training as a runner. Dave's sheer love of running, tromping through ponderosa forests, scaling hilly trails, pounding down paved highways, was refreshing. In our attempt to realize that dream of qualifying for the 1988 Marathon Trials, we ran together, planned together, dreamed together. We became best friends.

That's why I probably hurt as much as Dave did when his bid for the 2:20 standard was four minutes too slow. He ran a 2:24 in October, 1987, at St. George. Still (I thought), a big PR for a man in his thirties, with a law practice and a growing family might be a good way to end a running career.

Serious Doubts

I was wrong. Dave extrapolated his dream to the 1992 Olympic Trials. He would be 37 then. I seriously doubted he could do it. Yet what coach worth anything would ever tell an athlete that

he couldn't achieve his goal?

Again, we ran together and planned together. Part of our strategy was for Dave to run for Central Oregon Community College in Bend. The speed training and collegiate competition might serve him well in the long run. Coach Mike Dilley offered Dave a tuition scholarship. Because Dave had never competed athletically in college, he was eligible. Dave was older than Mike, his coach, and almost twice as old as the student/athletes he trained with and raced with; yet the speed work and shorter races sharpened Dave mentally and physically. Dilley coached COCC to several national championships during his tenure. Dave became a four-time Junior College All-American runner, claiming two national marathon championships.

One might wonder if Dave attended class and kept his grades up during those two years. Incredibly, he did. While continuing his law practice, and being a husband and father, Dave earned Academic All-American honors as well. "I wanted to show the kids on our team how valuable an education is and how running was their ticket to get it," he would later say.

But Dave still dreamt of the Olympic Trials invite. For two years, we pointed everything towards his attempt at the California International Marathon in December, 1990. There, he made his assault on the 2:20 standard. Dave was fit; he was confident; he humbly respected the event. Having started several rows deep at the starting line, Dave weaved his way through the field and the course to come close, heart-breakingly close, to the qualifying time. I still remember when Dave called me from Sacramento just hours after his race to tell me he had run "2:20:03".

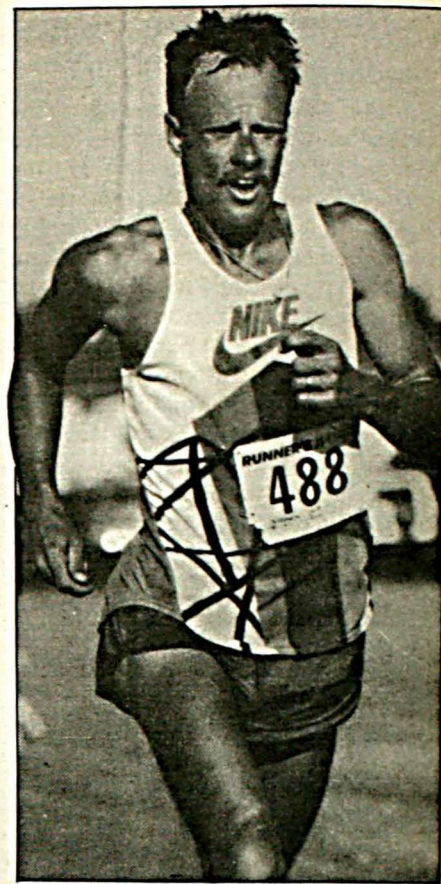
The disappointment lasted for weeks. "I gave everything I had in that race. I was alone the last hour, and it was the hardest I have ever pushed." But that was the race that made Dave realize, "I can do it." The hope yet endured.

A Dream Fulfilled

Spring and summer, 1991, provided ample opportunity to train and be race fit. From the gun of the St. George Marathon in October, Dave was competitive. He finished second in 2:17:12 (a PR). At age 37, he had realized his dream.

I was exhilarated when I learned of my friend's success. After almost five years and many hundreds of miles, his goal had been reached. Dave's hope was deferred no longer. Over the phone, he told me of his race, mile by mile, thought by thought, fear by fear, joy by joy. I identified and rejoiced with him. Dave would later tell me also of the peaceful satisfaction he felt at nearby Mt. Zion National Park, where he reflected on the beauty of creation and the grace of the Creator. God had graciously brought substance to his dream. I was encouraged as a coach and a pastor.

I would see Dave run in many more races. There were some in rural Oregon



Dave Petersen

Photo from Bend Bulletin

that he ran where the aid stations weren't set up in time as he raced by. There was one where he ran a sub-30 minute 10K at the end of a 14.5 mile race and his reward was a handshake from a fireman. Then there was a 15K race where Dave paid the entry fee for a penniless, All-American steepler so he could run in the race; then Dave beat him. Dave has since won the St. George Marathon, qualified for the 1996 Olympic Marathon Trials, set a U.S. record for 38-year-olds in the 10-mile and represented the United States in the 1995 World Cup Marathon Championships in Athens, Greece. He has also served for the past three years as president of Oregon International, the elite track and field team based in Eugene.

Potential Realized

"I was blessed with a durable body and inferior leg speed, which left the marathon as my only running alternative. I've always been a person of big dreams and a temperament given to self-discipline, sacrifice, and mental toughness." Dave shows that the enduring hope of wedding potential and performance can be realized with consistent training, stubborn tenacity, and the grace of God.

I never guessed that cold day in February would yield such a good friend, such pleasant memories, and such encouragement to a retired runner. I was blessed by someone with a big dream and an enduring hope. □

(In the 1995 USATF National Masters Marathon Championships, held along with the Twin Cities Marathon in Minneapolis on Oct. 8, Peterson ran 2:26:00 to finish sixth in the age 40-44 division. — Ed.)

Need Back Issues?

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Ten Years Ago December, 1985

- Sumner Brown Wins National Masters 10K in 34:10
- Guenter Mielke Top New York Marathon Master in 2:29:39
- Fundraising Begins to Bring 1989 World Games to U.S.

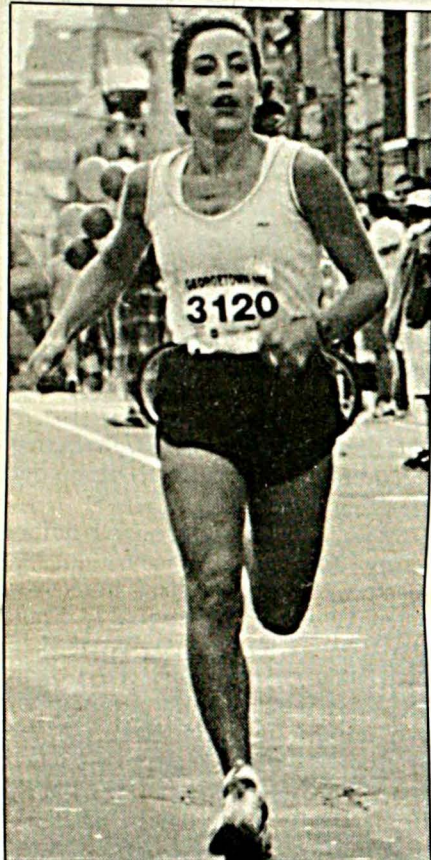
Masters Runners from Philadelphia to Georgetown

by GEORGE BANKER

The masters winners in the Philadelphia Half-Marathon on Sept. 17 were Martin Mondragon, 41, Mexico City, with a 17th-place 64:51 (age graded 95.0%) and Jane Welzel, 40, Fort Collins, Colo., 18th female in 77:57 (age-graded 87.4%). Over 6300 runners finished the race.

Juriy Mikhailov, 42, Russia, second master, was also in world-class A-G territory with a 92.1% 67:23. The first U.S. runner, Earl Owens, 46, Dunwoody, Ga., was third in 70:47.

Norman Green, Jr., 63, won the M60-64 race with an A-G 90.4% 81:52.



Claudia Piepenburg, 46, Arlington, Va., first W40+ (40:06), Georgetown 10K, Washington, D.C., Oct. 8. Photo by George Banker



Betty Blank, 42, Falls Church, Va., first W40+ (2:25:44), National Capital 20 Miler, Alexandria, Va., Sept. 24. Photo by George Banker

Welzel's nearest competition came from Honor Fetherston, 40, Mill Valley, Calif., 79:34, and Judith Hine, 46, Marietta, Ga., who edged Welzel for the W40+ best A-G performance with an 87.9% 81:32.

Britisher Priscilla Welch, 50, now residing in Grossmont, Colo., and on the mend from a bout with cancer, was fourth masters woman, with an 85:11.

In the National Capital 20-Miler, Alexandria, Va., on Sept. 24, Larry Jones, 40, of Alexandria, and Betty Blank, 42, Falls Church, Va., captured masters wins. Running in rain and against headwinds, Jones finished in

1:59:36, and Blank in 2:25:44. Masters firsts in a companion five-miler were Ken Shipp, 47, Great Falls, Va., in 29:34, and Cathy Ventura-Merkel, 40, Arlington, Va., with a second-female-overall 32:20.

Several thousand runners took over the streets in the heart of Georgetown in Washington, D.C., on Oct. 8 for the 16th annual Georgetown 10K. Chuck Moeser, 44, Herndon, Va., with a 32:54, and Claudia Piepenburg, (formerly Ciavarella), 46, Arlington, Va., in 40:06, were the first masters.

Michael McHale, 44, 34:19, Fairfax Station, Va., and Cathy Ventura Merkel, 46, 40:21, were masters runners-up. Stand-out division winners were Gerry Ives, 56, Cabin John, Md., in 37:11, and Charlotte Edwards, 60, McLean, Va., in 50:19. Over 2500 finished the race. □



Jerome Anderson, 56, Alexandria, Va., fourth M55 (2:34:21), National Capital 20 Miler, Alexandria, Sept. 24. Photo by George Banker

12th ANNUAL BROWN UNIVERSITY MASTERS INDOOR TRACK AND FIELD INVITATIONAL Sponsored by The Rhode Island Track and Field Foundation

DATE: Sunday, January 14, 1996 10:00 a.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+) USAT&F Sanctioned.

(For USAT&F registration call (617) 566-7600).

ENTRY FEE: Pre-entries will be \$7 first event; \$5 each additional event by Wednesday, Jan. 10, 1996

**Post entries will be \$8 first event; \$5 each additional event by 11:00 a.m.

ORDER OF EVENTS: Track

12:00 p.m. 55m Hurdles
55m (Trials/Finals)
Mile
400m
Mile Walk
800m
200m
3,000m
800m Relay (10 yr. groups-no fees/no awards)

Field

10:00 a.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)
12:30 p.m. High Jump (Bar not lowered)
Pole Vault (Bar not lowered)

FOR ADDITIONAL INFORMATION CONTACT:

Neil D. Steinberg
46 Roberts Avenue
Pawtucket, RI 02860
(401) 728-2869 (Evenings)

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Age (as of 1/14/96) _____ Male _____ Female _____

Club _____ USAT&F# _____ 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 Roberts Avenue, Pawtucket, RI 02860.

Waiver: In consideration of your accepting this entry for the 1996 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 USAT&F 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 _____

Write On!

Continued from page 4

know that the 1996 USATF National Masters Indoor T&F Championships will feature the mile, not the 1500. This is a result of a rule change at last year's convention, which gives the meet director the option of scheduling either a 1500 or mile at the Indoor Nationals. See entry form on page 5. — Ed.)

100th BOSTON MARATHON

The sports community will celebrate the 100th running of the Boston Marathon, the world's oldest annual marathon, on April 15, 1996. Held each year since 1897, even World War I did not suspend the continuity of the Boston Marathon.

In 1918, for the 22nd B.A.A. Marathon, the B.A.A. Board of Governors voted to uphold the marathon tradition in the spirit of patriotism but limit participation only to men of the United States armed services in the form of a marathon relay. Fifteen military teams (ten members

per team) competed. Each team member, wearing the full service uniform, carried a baton 2.5 miles. A Massachusetts-based Camp Devens Divisional team won in two hours, 24 minutes, 53 seconds.

The 1918 version, while not run as the format of the Boston Marathon today, preserved the consecutive nature of the race in that it was sanctioned by the Amateur Athletics Union, run on the official course, contested over the full distance (25 miles during that era), held on Patriot's Day and featured a competitive road running race.

As with Boston Marathons before and after the 1918 race, the 22nd Boston Marathon received widespread press attention in the newspapers of the day. *The Boston Herald and Journal*, *Boston Traveler* and *The Boston Globe* gave pre-race entries and commentary and detailed results reports. Following the race, *The Herald* reported, "...yesterday's grind, a novelty in sporting competition, was a thorough test of a service man's endurance and stability, and if only for this reason the

Continued on page 21



Track & Field Report

by BARBARA KOUSKY
Masters T&F Chairman

Non-Sanctioned Events

As the masters program continues to mature, we find ourselves facing some of the same problems the senior (open) athletes dealt with 15-20 years ago. We recently began to look at doping and the masters athlete. This month I would like to discuss the issue of non-sanctioned events.

As the National Governing Body (NGB) for track & field, running, and racewalking, we have a number of responsibilities to our constituency, including establishing and enforcing the rules and regulations of our sport, certifying race courses for accuracy, sanctioning events, and providing insurance to our members and sanctioned events.

It's easy to understand the necessity to establish and enforce rules and regulations, and to make sure race courses are measured properly. It is also a definite benefit to have the insurance. But why should the average athlete, who only wants to be able to compete against his or her peers, be concerned about "sanctions?"

Simply put, a USATF-sanctioned event is a promise to the athletes that the USATF Rules of Competition will be adhered to and a "level playing field" will be provided for all competitors. A sanction also promises that qualified officials (who know the rules and requirements applicable to all records) will conduct the competition; that proper medical supervision and safety precautions to protect all par-

ticipants will be maintained; and that USATF athletes will be protected by the USATF insurance for that particular competition.

Without a sanction, competitions can and do deviate from the rules. Such was the case when the independent National Senior Sports Classic held its Championships in San Antonio last May. Against the advice of USATF, its headquarters in Missouri elected not to sanction the event and to use 1994 rules instead of the current 1995 book.

Currently, another independent group is promoting the International Senior Games in Bermuda. Athletes who are interested in participating should be aware that under their Track & Field Rules, they state "Rules may be amended by the Games Committee due to time/or injury factors." This is a violation of the official rules of competition. In fact, the Games Committee is appointed to see that the competition site and equipment conform to the USATF (IAAF) rules of competition, not to allow the organizers to make arbitrary changes.

As the number of persons in the

40-and-over age brackets continues to increase, I anticipate we will see more and more "events" or "games" targeted to our market. As is the case with the Olympics, athletics is the most popular sport in the multi-sport competitions.

Certainly, not all non-sanctioned events deviate from the USATF rules. USATF masters track and field is still striving, though sometimes unsuccessfully, to provide the minimum standards covered by a sanctioned competition. We should apply the same standards to everyone. For the betterment of our sport, we need to give our support to those who follow the rules. □

Rodgers Wins in Great Pumpkin Classic

by MAURY DEAN

Bill Rodgers — simply the reason many of us took up running in the '70s — demolished a major-league masters field in the Great Pumpkin Classic Four Mile, Trumbull, Conn., Oct. 22. His 20:04 on a blustery, pumpkin-patch fall day, maples ablaze with autumn red-gold, was enough to serve silver to Irish-New Orleans superstar Desmond O'Connor (20:22).

No less amazing was the blazing pace of Rebecca Stockdale-Woolley (44, 23:12), and the supersonic 20:53 of near-master Tatiana Pozdnyakova, 39, listed from New York by way of the Ukraine.

Meeting Rodgers for the first time yesterday was like meeting Buddy Holly's Crickets last month — I had no reason to be nervous. These four legends proved to me that Nice Guys Can Finish First. On my pokey pre-race jog in my Levis, I was huff-puffing up the last hill, and there he was — 5-9, 128 pounds, wispy cowlick of blond hair bouncing as he loped easily. "Bill Rodgers — good to meet you — can I run along with you?" "Sure," he said.

I was doubly flattered when he said he read my NMN articles; seems he reads the mag cover to cover each month. We skimmed the hill for about 1½ miles, Bill uttering running wisdom, me blabbering. It was, in a word, inspirational. Rodgers turned out to be every bit the sincere, humble, good-natured superstar I always believed him to be. Ask any New Englander who's ever met or run with him.

The cobbles still gleaming from Saturday's gullywasher, 800 road warriors lined up at futuristic, posh Trumbull High School. I vowed to keep Bill in sight for the first half-mile upswamp. With metronomic precision, he clobbered five-minute miles like his glorious Big Apple and Boston Marathon victories in the '70s. Rodgers fished his way, at age 47, through the kid-pack of superstars (bronze Geary Daniels, 41, 20:30; Gary Nixon, 44, 20:31; and John Serrao, 46, 20:38). A whole phalanx of major-league masters, male and female,



Maury Dean, 52, NMN columnist, continued his domination of the M50-54 age group on Long Island with a 14th overall (35:37) of 630 finishers in the Rockville Centre 10K.

Photo by Mike Polansky

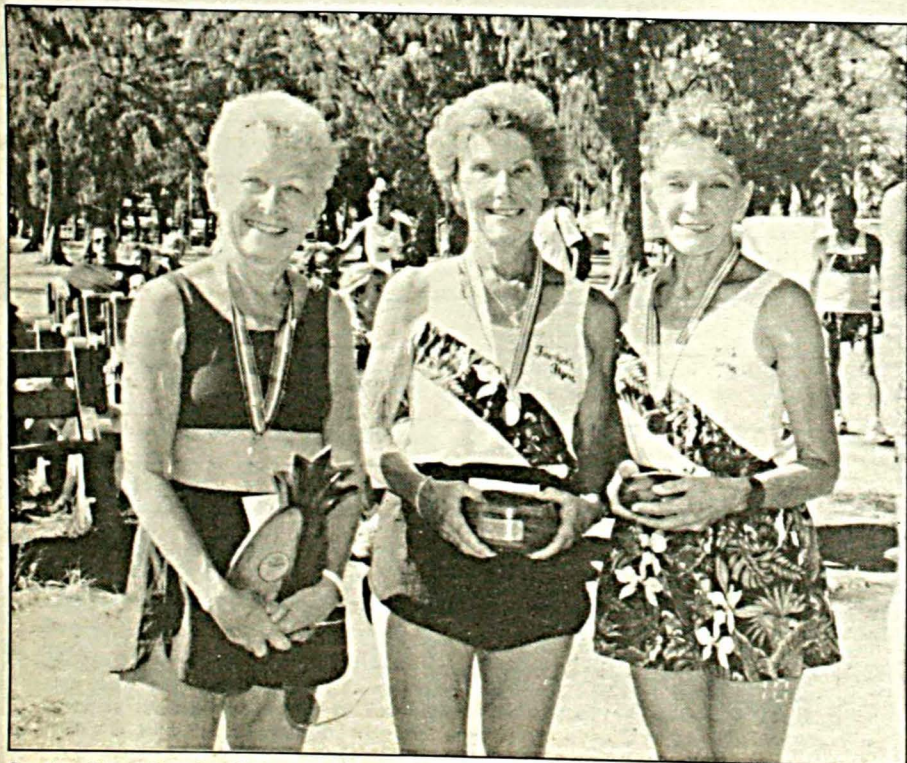
thundered over the byways, fracturing speed limits in the quest to stamp out the aging process.

NMN readers know how I notoriously duck serious competition in my sneaky bid to find the secret race where I can cop masters gold at 52; no way today. I was soundly drubbed to 11th master by nine guys and Stockdale-Woolley, who triumphed over another excellent masters effort by triathlete Mary Dunn (43, 24:13). Fab W50s gold featured a fine 26:02 by Jo Marchetti, 52, on breezy hills.

Robert Johnson, 50, was recognized as the top 50+ (Grandmasters they call us, and my daughter Lauri doesn't even get married until next May) runner with a fine 24:12. Peter Madden, 56, ran a masterpiece with a hot-on-his-heels 24:15.

The post-race bash featured pizza, bagels, fruit, candy bars and other goodies. Marty Schiavone's crew put up the numbers fast, and awards galore were given out. I ended up driving Desmond O'Connor back to Newark Airport by the Big Apple to fly back to steamy, sultry New Orleans. Des reprised his career for me: sub-4:00 mile, 2:12 Australian Marathon, Notre Dame, and many duels for top U.S. masters recently. Vagabonding the masters major-league circuit on weekends and hopping between the Crescent City and Omaha, Nebr., in his midweek attorney life, Des has recently settled down and is much prouder to talk of his one-year-old than of his records.

Race fans mistake O'Connor for rock star Rod Stewart, but after the start, you see only his manelike hair flapping in the breeze. For over two miles, he led Rodgers. In the final showdown, however, "Boston Billy" emerged as "Winner — and Still Champion." □



Faerber Flyers Running Club members swept the W65 age group awards, Raymonds 30/30 Run, Honolulu, Hawaii, Oct. 15: Barbara Zamparelli (c), first (3:09:55), Ellen Humphrey (l), second (3:13:32), and Marie Boles, third (3:39:11).

Photo by Tesh Teshima



Dale Keenan, 45, Selkirk, N.Y., finishes first overall, Mohawk Hudson River Marathon, Oct. 22.
Photo from Paul Murray

Canadians Upset U.S. in Annual Cross-Country Challenge

by CAROLE LANGENBACH

It was a close call in this year's masters U.S. vs. Canada cross-country challenge on Oct. 21 in Bellingham, Wash., with the hand-picked Canadian team underscoring the Americans by only three points.

Canada's Dave Reed, M40, Coquitlam, B.C., covered the soggy,

muddy 5K course in 17:59, only two seconds ahead of Mark Billett, M40, Seattle. Michael Allison, Seattle, was third M40 in 18:11.

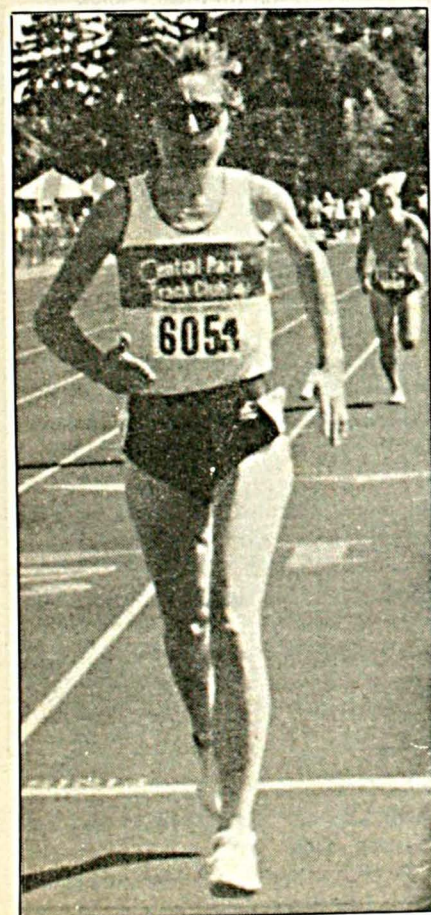
The women's field was led by Coquitlam's Nancy Tinari, W35, in 19:09, followed by countrywoman Thelma Wright, W40, in 19:45. Kate O'Neill, W45, Lake Stevens, Wash., was the first U.S. woman in 22:01.

Other notable division winners were Herb Phillips, M55, Burnaby, B.C., 19:04; Derek Mahaffey, M60, Woodinville, Wash., 20:31; Betty Jean McHugh, W65, North Vancouver, B.C., 25:04; Les Leyland, oldest competitor at age 78, from Trail, B.C., 31:45; and Lenore Marvin, W75, Surrey, B.C., 31:56.

The women's team event was won by the U.S., 28-30. The U.S. men didn't fare as well, losing to the Canadian men, 78-73. In cross-country, low score wins, so after combining totals the U.S. had to surrender the Fleischmann's Cup to the Canadians for one year, 108-111.

The USATF Masters LDR Committee hosted a pizza feed for all competitors after the race. National Masters Chairman Chuck DesJardins was present to pass out awards. After the conversation and good food, the fierce rivalry between the two countries changed to camaraderie.

The challenge was held in conjunction with Western Washington University's Invitational and coordinated by USATF Pacific Northwest Masters Committee. For more information on the unique scoring for this event, contact Carole Langenbach, USATF Master Secretary, 4261 S. 184th St., Seattle, WA 98188. □



Sylvie Kimche, Central Park TC, first U.S. W45 800 (2:32.89), 1995 National Championships, East Lansing, Mich.
Photo by Suzy Hess

Keenan Wins Mohawk Hudson Marathon

by PAUL MURRAY

At age 45, Dale Keenan, of Selkirk, N.Y. may have slowed a step or two over the past decade, but he proved that he is still a tough competitor by winning the 13th annual Mohawk Hudson River Marathon from Schenectady to Albany on Oct. 22.

Keenan paced a field of more than 600 runners to finish with a time of 2:35:06, just 26 seconds ahead of the second-place finisher, Jeff Ruttner, 30, of Montreal. Celio Hernandez, 47, Springfield, Mass., was third in 2:39:07. Other masters among the top ten included George Bailie, Glenmont, NY, 2:42:22, and Bruce Glasspoole, Pointe Claire, Quebec, 2:44:54.

Ten years ago, Keenan set a personal record of 2:20:35 on this scenic course along the banks of the Mohawk and Hudson rivers. In the past three years, however, he has encountered a series of setbacks. First, he was sidelined by Achilles' tendonitis. Then, this June, Keenan was nearly run over by a truck while cycling to work. He suffered a concussion and a severe laceration to his left knee when he jumped from his bike to avoid a collision. "I'm lucky to be alive," he said. "The driver never saw me. At the last moment I leaped off and crashed into the ditch."

Keenan had not originally planned to run the marathon, but race organizers sent the three-time former champion a free entry form. "Crazy as

it sounds, I only entered because of the free application," commented the frugal marathoner. "I didn't even start training seriously until a couple of months ago."

Ruttner can testify to Keenan's successful recovery. "I knew all about Dale," he said. "Anyone who runs a 2:20 marathon is special." Ruttner was willing to let Keenan set the early pace in hopes of catching him at the finish. "In the last couple of miles I tried a few bursts to see if I could catch him, but my legs started to hurt." Keenan was hurting too, as he battled a strong headwind to land his fourth victory.

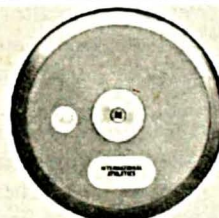
The top masters woman and tenth overall was Janet Labuc, Hudson, N.Y., with a 3:23:51. Elaine Lutzker, Saratoga Springs, N.Y., topped the W45 age group in 3:41:06. Not far behind was Margaret Ferrara of Ghent, N.Y., the W50 winner with a 3:41:31.

The oldest female finisher was 64-year-old Sylvia Weiner of Montreal, who won the W60 division in 4:14:27.

Seventy-one year old Sam Gratch of Utica, N.Y., was the oldest finisher in, 5:20:53.

A record 572 runners completed the race. The Mohawk Hudson River Marathon was organized by the Hudson Mohawk Road Runners Club and sponsored by Energy Answers, Inc. John Dahlem was the race director. □

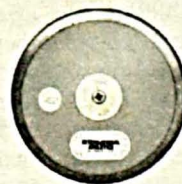
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Speaker's Corner

The Cost of Staging a Masters T&F Meet

by SCOTT THORNSLEY, Meet Director, East Regionals

I am fortunate that only one athlete complained about the high (\$17) first-event fee charged at the East Regional Masters T&F Championships, June 24, in Harrisburg, Pa.

The complainer said the fee, plus the \$5 subsequent event fees would keep competitors away; that it imposed a hardship upon many athletes.

He was right. If I had to travel three or four hours, then pay \$17 to run the 100 and \$5 for the 200, etc., I would have thought twice about going.

So I wanted to let everyone know what that \$17 went for. First, in analyzing the 1991 East Regional in Millersville, I found the average person entered three events. But about one-third entered just one event, for which I charged a \$10 first-event fee. When I reviewed my costs, I learned single-event athletes cost the meet money. That's why I imposed a high first-event 1995 fee, and then lowered subsequent fees.

Here's what a "no frills" regional meet, like the one in Harrisburg, costs:

- 1) Sanction fee and related costs: \$120.
- 2) Ad in *National Masters News*: \$119 (a steal, considering I received over 50 entries from it).
- 3) Fully automatic timing system: \$380 (another steal).
- 4) Awards: \$1750.
- 5) Officials: \$1250. (This may be a shock to some, but \$50 is the going rate for a track official for a day in Central Pennsylvania.)
- 6) Two school maintenance men for 12 hours: \$626.
- 7) Food for officials: \$165.
- 8) Miscellaneous equipment: \$135.
- 9) Postage: \$96.
- 10) Printing of 3000 entry forms: \$30.
- 11) Telephone costs (I returned a lot of calls), several fees I returned because of death or sudden illness, \$430 in regional surcharges, which I turned over to our regional coordinator, and my favorite — checks returned for non-sufficient funds, and so on.

In the end, the meet cost over \$5200 to put on. And I wasn't even charged a facility rental fee, since I'm an active official in the community.

Here's what the athletes got: no lap mistakes; real officials, not well-meaning teenagers; javelin throwers heard "flat throws;" sprinters were DQ'd for false starts; implements were weighed; even a jumper was DQ'd.

Only a \$5 late fee per person was

charged. The fact that it was a rainy day unfit for even an Oregon duck didn't prevent more than 40 athletes from registering the day of the meet — a meet which had six months advance notice in the *National Masters News*, as well as an ad in NMN the month before, as well as 3000 meet flyers distributed to clubs and indoor races months before. Yet, I had to compete with two major meets the same weekend.

This year's awards were nicer than the generic medal used in 1991. Regional patches went from \$2 in '91 to \$3.25 in '95 — outrageous, since many competitors keep getting patches and never use them.

If I ever host another regional, I would change several things:

1) At this year's convention, I'm going to again ask why we're paying a \$2 regional surcharge. The indoor regional also had over 200 competitors, so that gives the regional coordinator at least \$830. What does he do with that money?

2) For those who want patches after they win an event, they can buy them, as many as they want, at cost. These two changes alone will reduce the first-event fee by almost \$4.

3) I'll ask for bids on the awards. I've been lulled into complacency by going back time and time again to the same vendor. A meet should not spend one-third of its budget on awards. What do athletes do with their medals?

With these three changes, I could charge just \$10-\$11 for the first event.

Meet managers would all prefer that entries be received on time. For a meet director to accept an entry on-site the day of the meet is an act of graciousness, despite whatever penalty is imposed. Sixty-five percent of the total East Regional entries were received *after* the deadline, or just three days before the meet. That's why some events, namely the shot and discus, were swamped with competitors.

Unfortunately, I cannot provide a food stand. The insurance costs are too much, and the school district prefers no food be sold.

Finally, for those of us who live in the eastern USA, either we get our act together and start bidding on some national outdoor championships, or our competitor base is going to dry up. No

Tribute to Sallie Stiegelmeier

by SUE STIEGELMEIER

The great writer and poet, Henry David Thoreau, once wrote, "If a man does not keep pace with his companions, perhaps it is because he hears a different drummer, let him step to the music for which he hears, however measured or far away." My mom, Sallie Stiegelmeier, heard a different drummer. She did not keep pace with her companions — she led the pack.

Sallie died of lung cancer on Thursday, Oct. 12 at age 63, in her home with her family by her side. Living her life differently than others was something she strived to do. Living her life differently, going for the gusto, and not letting a minute slip by, was what kept her going.

She lived with and won the battle of cancer for 18 years of her life. When faced with the obstacle of a deadly illness, she fought back instead of cowering. After several cancer surgeries and years of raising children and being a housewife, she decided to go back to school and pursue a long held desire to acquire a masters degree in Exercise Physiology. Sallie was then hired as a fitness evaluator at Omni Fitness Center where she worked until a year before her death.

While I was competing in college track and cross-country in the late 1970s, a desire for running was ignited in my mother after she was convinced to run a block-and-a-half with me by our home in Berea, Ohio. As her running progressed, she started to compete in local 10K and 5K races. After my college career, it was then her turn to persuade me to compete in local running races and the two of us participated in many competitions together. At the age of 53, she competed in her first marathon (The Cleveland Revco), and then went on to compete in a triathlon and numerous other running races. Just one year ago, she competed in and finished her second triathlon (The Tinman) in Chagrin Falls, Ohio.

My mom was also a one-time holder of four track and field records. She competed in senior and masters meets all over the U.S. She held the U.S. women's indoor 300, 600, and 50 meter and the U.S. outdoor 100 yard records in age group 50-54. She set the U.S. 100-yard record while having a 103-degree temperature and a torn plantar fascia.

Many may not have heard of all of Sallie's accomplishments and achievements. She never boasted of her endeavors. Achievements were just a fraction of what she was all about. She held values that far exceeded just that. Her family always came first. Sallie went above and beyond the call of duty for her family and grandchildren. She had an everlasting love and intense interest and concern for us all, even during the most extreme battles she was fighting in her own life. Sallie represented strength and tenacity. She was basically a caring and compassionate person, as any of her friends or co-workers could also testify.

It's unique in this day, in a society that places so much emphasis on accomplishments, to find someone who downplays these accomplishments. People like this are rare — we just lost one of those people.

The next time you are ever running or biking on the Metroparks bike path in Middleburg Heights, just North of Fowles Road, look to the left and you will see Woodvale Cemetery. You can then think of Sallie, the person who was my hero. The person who was an inspiration to so many others. Her legacy will always live on. □



Sallie Stiegelmeier

one wants to peak at an East Regional meet in late June or mid-July.

There were several new competitors in Harrisburg. I mailed a personal invitation to each of the 175 masters competitors who attended the 1994 Keystone State games, and many of

them showed up for their first real masters meet.

A final thanks to Morton Hahn. After I settled on June 24 as a date last year, he had to reschedule his own New Jersey meet. That kindness will not be forgotten. □

Write On!

Continued from page 17

race will go down in athletic history as most successful." According to *The Globe*, "Camp Devens made a splendid showing in the B.A.A. relay marathon. It was a great triumph..."

The Camp Devens weekly athletic bulletin (dated April 20, 1918) said: "This has been the most spectacular week in the history of Camp Devens athletics. A great victory was scored (by Company E of the 302nd Infantry) at the B.A.A. Patriots' Day run..."

With armistice declared in the fall of 1918 and peace treaties established by the spring of 1919, B.A.A. Marathon officials resumed regular competition the following year.

Jack Fleming
Boston Athletic Association
Boston, Massachusetts

EAST REGIONALS

This letter is long overdue. I started in track in the '40s, coached in the '50s, and never went to college, but I have been in hundreds of meets throughout the years. I have never written about, or to any of those meet directors, making this letter an exception.

On June 24, I participated in the USATF East Regional Championships at Harrisburg, Pa., run by Scott Thornsley. My friend and I called ahead of time because it was raining in Baltimore. Scott assured me that the meet would be run no matter what. How right he was — it poured down all day long. I doubt if any event was more than a half-hour late.

Medals were brought to the last event (hammer) to make sure competitors got theirs before leaving for home. I have run meets myself, and I can honestly say this was the best run, as well as the best officiated meet that I have ever participated in. Judges, timers, markers, rakers in the jumps, weighers and measurers of implements, nobody stopped working straight through the downpour.

Most of all — everyone involved in officiating knew what they were doing and made this a competitor's meet. Hats off for a job well done.

Bob Leishear
Baltimore, Maryland

SPONSORSHIP

Pepsi-Cola is a company that strongly supports the masters track and field program. Its sponsorship gave me an added incentive to persevere this year and I threw a two-year best at the World Championships in Buffalo.

Pepsi donated a substantial amount of free Pepsi Sport drinks to the Nationals this year in Michigan. It also donated substantial funds to support the cost of the banquet in East Lansing.

Thank you, Pepsi, for believing in me and my fellow masters track and field athletes.

Janet Wilson
Huntington Beach, California

SALLIE STIEGELMEIER

On Oct. 12, Sallie Stiegelmeier, 63, died. Sallie wasn't a runner who had cancer; she was a runner *because* she had cancer. About 18 years ago she had a malignant melanoma removed from the back of her thigh. The surgery was extremely invasive and required reattachment of muscles, and major skin grafts. Although active with tennis and golf prior to that time, Sallie took up running to rehabilitate her leg. She achieved such a high fitness level that she went on to become a masters champion in the sprints.

In her 50s she returned to school, took a masters degree in exercise physiology, did fitness evaluations for a Cleveland health club, and wrote a column on health and fitness for an area paper.

In the intervening years, Sallie had repeated surgery for recurring abdominal tumors but came back each time to run and win again. At one point she'd been given up as "inoperable," but fought her way back through yet another surgery. Finally, this past January, the cancer was discovered in her lungs, and this time she didn't make it back.

Sallie was a vivacious and courageous woman, a strong competitor, and a dear friend. I'll always see an empty lane in the sprint finals at the Nationals where Sallie would have been running.

Grace Butcher
Chardon, Ohio

ALAN WOOD

It's so sad to read about Alan Wood dying of liver cancer. He has faithfully, painstakingly, and lovingly produced the *Master Walker* for the past 20 years. I've seen him as a modest man, not a glory hound, who in his quiet, dedicated way made his mark upon our community by laboriously, every month, pecking out the *MW* on some manual typewriter, carefully crafting those little charts detailing master walkers' national bests. I can't imagine anyone else bothering to do this so faithfully and consistently. Through an unsung, unheralded labor of love, he has brought pleasure and gained the respect of those of us who know his work.

Harry Siitonen
San Francisco, California

RUNNING WITH BREAST CANCER

It happens too much these days, young women being diagnosed with breast cancer. The reaction is always the same, "Why me?"

On April 13 of this year, a lot of hope for a successful masters running career could have been lost when my wife, Nancy Hinkel, received news of her cancer.

Over the years, I've heard heroic stories of individuals overcoming obstacles to come out on top. I was fortunate to witness how a person really becomes a champion despite adversity.

From the day that Nancy learned of

her condition, she decided in mind and heart that the medical process wouldn't take any more of her than she could humanly allow. Her goal at the beginning of the year was to run the Portland Marathon and qualify for the Olympic Trials at the age of 40. It would take all she had to stay healthy and be in the best shape ever. But nobody figures in cancer.

Her mind was made up to meet her goal before her surgery and 37 radiation treatments. With all of the doctor appointments, side effects, and work as a dental hygienist, she never strayed from her training and her diet. She made everything accountable for her well-being. Those who knew were amazed, and she raised the level of every runner around her. In those next three months she ran PRs in the 5K (17:41), 8K (28:56), 10K (36:28), and 15K (56:28).

On Sept. 14, Nancy ran the most important race she might ever run — The Race For The Cure. The Crowd roared as the first breast cancer survivor approached on Front Avenue.

The smile gave it away long before her pink visor did. I'd know that smile anywhere. It always let me know that everything was going to be fine.



Larry Rodenbeck, 46, Missouri, winner of the M45 triple jump (12.34), 1995 USATF National Masters Championships, East Lansing, Mich.
Photo by Jerry Wojcik

On Oct. 1 at the Portland Marathon, Nancy ran 2:49:30 and qualified for the U.S. Women's Olympic Trials by one-half minute.

Bob Hinkel
Brightwood, Oregon

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH DEC. 1995

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
GERRIT DE BACKER (BEL)	12-3-25	70-74
ROBIN BALL (GB)	12-14-35	60-64
JAMES BENNETT (HONOLULU, HI)	12-14-15	80-84
GEORGE PATTERSON CRANDALL (US)	12-8-50	45-49
NOEL GOFF (AUS)	12-12-20	75-79
FRITZ HELBER (WG)	12-20-5	90-94
HANS HENNINGSSON (SWE)	12-2-25	70-74
SYD HESKETH (AUS)	12-4-5	90-94
MIKE HILL (BOULDER, CO)	12-6-50	45-49
CLEMENT HUYSEN (BEL)	12-27-35	60-64
BARRY IVERS (BREWER, ME)	12-6-10	85-89
AXEL JELTEN (WG)	12-6-40	55-59
JOHN J KELLEY (MYSTIC, CN)	12-24-30	65-69
WALTER KERN (WG)	12-19-5	90-94
JOHN KILBUCK (CHICAGO, IL)	12-26-20	75-79
KARLO LESELL (FIN)	12-9-30	65-69
RALPH LOVSHIN (US)	12-8-10	85-89
RAY MAHANNAH (FREMONT, CA)	12-6-15	80-84
BOB MARTIN (TULSA, OKLA)	12-9-20	75-79
BILL MCWILLIAMS (CENTERVILLE, MA)	12-27-35	60-64
LEN MOZHAJEV (PHILADELPHIA, PA)	12-25-25	70-74
BERTHOLD NEUMANN (WG)	12-13-30	65-69
GARY OLIPHANT (WICHITA, KS)	12-13-40	55-59
KEN POPEJOY (WHEATON, IL)	12-9-50	45-49
L. ROLLS (GB)	12-10-10	85-89
JAMES STEPHENSON (SAN FRANCISCO, CA)	12-4-20	75-79
RALPH THOMAS (GARDINER, ME)	12-27-35	60-64
PAUL THURSTON (SILVER SPRING, MD)	12-21-20	75-79
ARNOLDS TICMANIS (CAN)	12-14-5	90-94
SIGUARD TORMOEN (NOR)	12-12-5	90-94
WILLIAM TRIBOU (CT)	12-18-20	75-79
MARTTI VAINIO (FIN)	12-30-50	45-49
EDWIN WEBER (WG)	12-17-10	85-89
STAN WHITLEY (POMONA, CA)	12-17-45	50-54
JOSEF WILDMOSER (WG)	12-9-30	65-69
BERNO WISCHMANN (WG)	12-26-10	85-89
CAROLYN SUE CAPPETTA (CONCORD, MA)	12-27-35	60-64
JANE DODS (N. HOLLYWOOD, CA)	12-21-35	60-64
DONNIS DRUMGOLE (DECATUR, IL)	12-18-50	45-49
BUNNY FRANCO (NEW YORK CITY, NY)	12-28-30	65-69
ELIZABETH HAGAMANN (MARION, MA)	12-22-20	75-79
YVONNE HENRY (CARSON, CA)	12-2-35	60-64
CAROLE HERRICK (MCCLEAN, VA)	12-25-40	55-59
EVELYN HESS (EUGENE, OR)	12-9-35	60-64
SALLY HUGHES (FAIRFAX, CA)	12-13-40	55-59
JANE HUTCHINSON (WEBB CITY, MO)	12-16-45	50-54
VELMA JACOBS (GREELEY, CO)	12-6-15	80-84
EVE KARBENS (HONOLULU)	12-25-10	85-89
CAROLE MCNARD (US)	12-27-40	55-59
EDITH MENDYKA (TULUNGA, CA)	12-12-10	85-89
MARGARET MILLER (THOUSAND OAKS, CA)	12-12-25	70-74
NOEL MURCHIE (HONOLULU, HI)	12-25-35	60-64
CAROLYN O'NEIL (KALISPELL, MT)	12-6-35	62-64
NELLY WRIGHT (US)	12-17-45	50-54
CHRISTA BAUM (WG)	12-24-35	60-64
BIRGIT BRINGSLED (SWE)	12-6-45	50-54
RUTH CARRIER (CAN)	12-11-30	65-69
CHRISTINE FUCHS (WG)	12-24-40	55-59
A. HADE (WG)	12-9-35	60-64
TRAUDEL HAFELE (WG)	12-28-40	55-59
ELSBETH HENNESELER (WG)	12-22-30	65-69
TERTTU HYTTI (FIN)	12-27-45	50-54
CAROLINE MARLER (GB)	12-25-50	45-49
STEPANKA MERTOVA (CZE)	12-11-30	65-69
CHRISTINE MONROE (NZ)	12-13-50	45-49
YUKO MUNE (JPN)	12-26-40	55-59
FRANCOISE NICOLAS (FRA)	12-2-40	55-59
ANDRINA NORDEN (AUS)	12-6-50	45-49
JADVYGA PUTINIENE (URS)	12-30-45	50-54
VALERIE ROBINSON (NZ)	12-2-40	55-59
ANITA VERZEELE (BEL)	12-18-50	45-49
LYDIA WIDERA (AUS)	12-23-25	70-74
CAROL ANN WILD (GB)	12-19-45	50-54
P. WOOLMAN (NZ)	12-6-40	55-59
COMPILED BY PETER MUNDLE, WORLD AND USA MASTERS T&F RECORDS CHAIRMAN		
SYLVESTER STEIN (GBR)		12-20-20 75-79

Report From Britain

from MARTIN DUFF and BRIDGET CUSHEN

Paula Fudge, long-time British internationalist from 3000 to the marathon, returned to form with an overall women's victory in the popular West Country Half-Marathon at Stroud in Gloucestershire, Oct. 22. The 44-year-old clocked a fast 77:39 to go second in the British W40 rankings for the year behind Zina Marchant's 77:08. The

M40+ winner was Tim Hughes (71:02), while Leo Davis took the M50 title (75:58).

Consistent high performer, Laurie O'Hara, M60, won the Veterans AC 5K over a hilly course on Oct. 29 in 18:14 with a 45-second advantage. Equally as emphatic was Steve Charlton, 69, in 19:01.

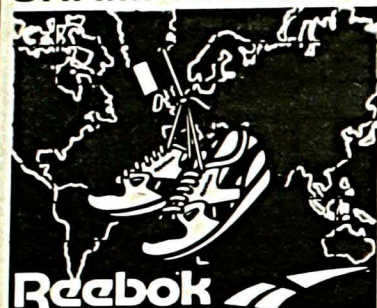
There was a great tussle in the M40/50 age group race, run separately, as newcomer Jonathan Milsby, just turned 40, and M50 ex-Irish international John Sheridan vied for the win. After setting a cracking pace in the early stages over the three-lap course, Sheridan acceded to Milsby, the winner in 15:53, and settled for the silver (16:16).

The day before, Nigel Gates, 42, Nick Rose's chief domestic rival, dominated the Sussex Cross-Country League race from a field of 200, many younger than Gates.

Former London Marathon winner Joyce Smith, 58, was forced to turn out for her Shaftesbury-Barnet AC in the Southern Women's relays on Oct. 7. They wound up fourth, to qualify for the National Road Relay, which they won. Joyce was not needed in the final.

The Veterans AC Half-Marathon Championships at Haslemere on Nov. 5 will surely go into the history books as the toughest in the country. Bob Roath, M40, picked up the gold medal, finishing in 77:53. Myra Garrett, W50, won the ladies' race, and in finishing third female overall, Bridget Cushen, collected the W55 gold and County silver medal. □

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Action in the 5000-meter run at the 16th All Japan Masters Championships in Hiratsuka, Oct. 8-10.
Photo from Saeko Matsuo

1650 Compete in Japan

by SAKEO MATSUO

The 16th All Japan Masters Athletics Championships drew 1650 athletes, including those from Chinese Taipei, to Hiratsuka, Kanagawa on Oct. 8-10.

Akiko Oohinata set a world W45 record with a triple jump of 11.65, breaking the old mark of 11.11, set in

1988 by Takato Togawa of Japan. Oohinata tied another of Togawa's world records with a long jump of 5.52.

The best-athlete awards went to Kosaku Kanamori (M80, 5000) and Norkio Nakamura (W55, 200), who each set new Japanese age-group records. □

WAVA/USATF Hurdles and Implements Specifications

HURDLES

WOMEN						
Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8½"	8.5m 27'10½"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"	8
60-69	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"	8
70 Plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"	8
30-39	400m	.762m 30"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
40-49	400m	.762m 30"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
50-59	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7
60-69	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7
70 plus	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7

MEN

30-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49	100m	.914m 36"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"	10
50-59	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"	10
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"	10
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.0m 62'4"	8
30-49	400m	.914m 36"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
50-59	400m	.840m 33"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
60 +	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7

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.

Steeplechase: 3000m for men 30-59; 2000m for men 60+ and women.



PRESIDENT:

Cesare Beccalli
P.O. Box 76
37010 Assenza di Brenzone
(Vr) Italy
Fax: 39-45-742-0661

EXECUTIVE

VICE PRESIDENT:

Tom Jordan
P.O. Box 10825
Eugene OR 97440 USA
Phone: 1-503-687-1989
Fax: 1-503-687-8016

VICE-PRESIDENT

(Stadia):

Jim Blair
43 Emslie Road
Pinchaven, Upper Hutt
New Zealand
Fax: 64-4-528-2992

VICE-PRESIDENT

(Non-Stadia):

Jacques Serruys
Korte Zilverstraat, 5
B - 8000 Brugge, Belgium
Fax: 32-50-334-325

SECRETARY:

Torsten Carlius
Smalandsgratan 25
S-25276 Helsingborg, Sweden
Fax: 46-42-128-956

TREASURER:

Al Sheahan
P.O. Box 2372
Van Nuys, CA 91404 USA
Phone: 1-818-786-1981
Fax: 1-818-989-7118

WOMEN'S Delegate:

Hannelore Guschmann
Sint Andriesdreef, 9
B - 8200 Brugge - St Michiels
Phone: 32-50-387612
Fax: 32-50-393032

IAAF Delegate:

Cesar Moreno Bravo
Camino a la Piedra del
Comal No. 24 Col. Tepepan
16020 Xochimilco, D.F.
Mexico

DELEGATE OF: NORTH AMERICA

Rex Harvey
160 Chatham Way
Mayfield Heights, OH 44124
USA
Home Phone: 216-446-0559
Business: 216-531-3000 x3366
Fax: 216-531-0038

SOUTH AMERICA

Jorge Alzamora
P.O. Box 685
Santiago, Chile
Fax: 56-2-696-5006
Phone: 56-2-621-1417

ASIA

Hari Chandra
15 C Jalan Haji Salam
Singapore 1646
Tel: 65-2424967
Fax: 65-2420934

EUROPE

Wilhelm Koster
Haydnstrasse 28
D-6103
Griesheim, Germany

OCEANIA

Jim Blair
43 Emslie Road
Pinchaven, Upper Hutt
New Zealand
Fax: 64-4-528-2992

AFRICA

Hannes Booysen
P.O. Box 5180
1403 Delmenville
South Africa
Fax: 27-11-827-7590

Seniors Stomp Fifth Avenue Mile Record

by MAURY DEAN

"Are you 60 yet, Witold?" I asked as the Polish Olympian (1956) warmed up for the Fifth Avenue Mile, Sept. 30. Witold Bialokur just flashed an impish smile and said, "Maury, shhhh. . ."

Something was brewing. The 60-year-olds toned up, tuned in, and pranced their warm-ups while John Underwood paced the M40+ milers in 4:22, and Vic Heckler and Salih Talib blasted the M50+ crowd. Little did we know that the seniors were poised to slash 20 seconds off last year's 60+ record.

John Conner was the favorite; with a world-record indoor mile 5:17, he simply had to beat a 5:35. The day dawned clear. It was stuffy, but hey, it's only a mile. The crosswinds stayed out of our faces, and the nasty little knob of a hill at five-eighths of a mile wasn't too daunting.

Conner's splits were 72.0 and 2:29 until the hill, where he gave up dreams of Below Five. He led the fast 60+ field but had a double shadow. Central Park TC's amazing James Aneshansley, a relative newcomer to senior stardom and 60, like John, sat on his shoulder as both urged a double-figure-seconds lead on last year's champion, Cliff Pauling, 61, and runner-up Geza Feld. Halfway through the race, fully ten super seniors were flirting with the vaunted six-minute mile.

At the third quarter, Conner began to tire. He knew the record would fall, and he calculated his final sprint. He looked back secretly (don't we all) and saw the flying figure of Aneshansley in tow. Conner pushed the fast pace, romping down the little hill toward 62nd Street. The guy in second place held on desperately.



William Schultz #3700, 41, took the 10th M40+ place from Herb Tolbert, 48, by one second with a 58:25, Army 10 Miler, Washington, D.C., Oct. 15. Photo by George Banker

"My tactics were to punch a fast 200m dash to the finish line," John told me later. "Unfortunately, I took off a few seconds too soon and had precious little energy left to fly across the finish line." Conner smashed Cliff Pauling's record of 5:35 by nearly 20 seconds. Conner took the bronze.

Aneshansley flew by near the finale, clipping Conner's magnificent mark of 5:15.7 with an incredible 5:12.7. Aneshansley took silver.

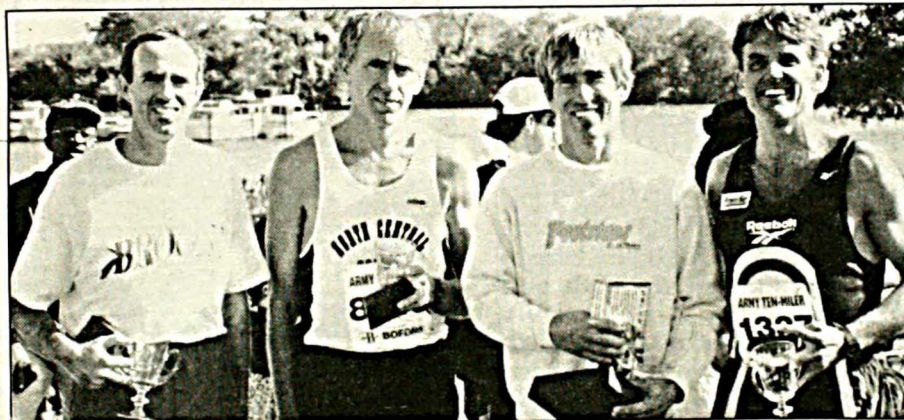
Jerry Wojcik, "Weight Room" columnist, and I grew up in Detroit-Hamtramck. We know a little bit (Jerry more than I) about Polish power. When I was 42 and Bialokur was 50, I ran a nice 28:45 five-miler, and he flew by me at the finish for a 28:40.

Witold snapped on his afterburners and blasted away (like Spaceman Spiff) all the competition in a super surge of speed — rocking the rafters with a jet-propelled 5:12.3. Last year's 5:35 effort was whopped by a supersonic 20+ seconds.

Pauling (5:34.5) and Feld (5:44.4), now 61 and beyond new-kid-on-the-block status, ran 1994 great times for fourth and fifth.

Gerry Owens, 60, won the mile, too, in a hard-fought 6:37.3 to Rosa Nales' 6:40.4, in the W60+ match-up.

Those of us still gasping from our own efforts started re-gasping when the Silver Senior Stampede stomped over the finish line with those tremendous times. It was a banner day in the history of the prestigious Fifth Avenue Mile. □



Top masters in the Army 10 Miler, Washington, D.C., Oct. 15, from left: Michael McHale, 44, fourth (55:19); Jim Whitnah, 41, third (54:16); Chuck Moeser, 44, first (53:29); and Lowry Foster, 44, fifth (56:11). Photo by George Banker

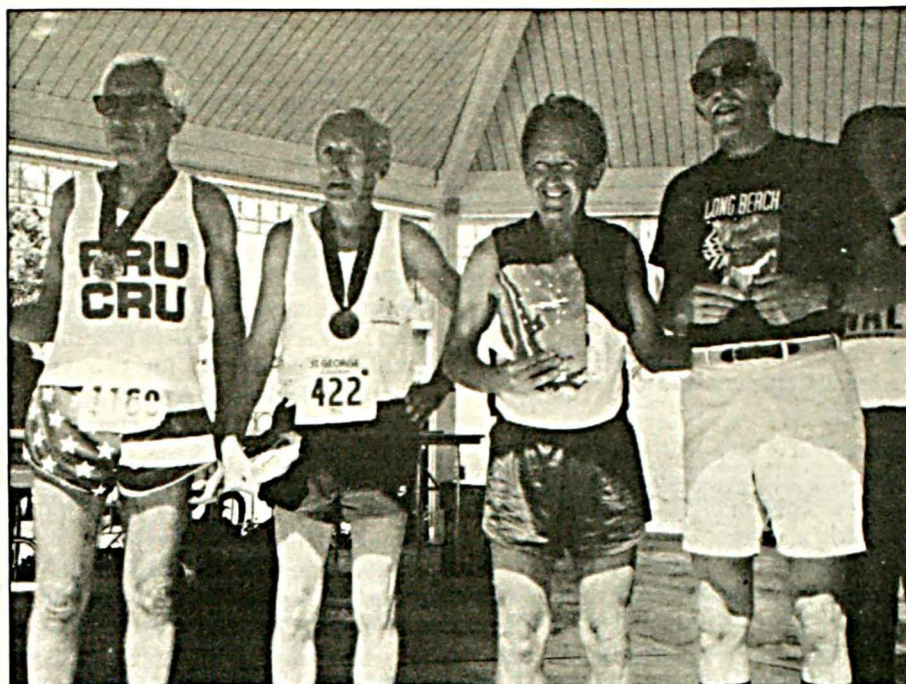
Army 10-Miler Biggest Ever

by JERRY WOJCIK

The Army 10-Miler had 1300 finishers in its inaugural race in 1984. This year, a little over 7100 of the record 8400 entrants finished, to assure the race's claim to the largest 10-mile in the U.S.

The first masters in this year's race on Oct. 15, staged for the 11th time in Washington, D.C., were Chuck Moeser, 44, Herndon, Va., with a 53:29, and Patricia Donohue, 41, Alexandria, Va., in 66:20.

Enrique Navarette, 48, Reistertown, Md., captured the second masters spot in 53:45 but took the first age-graded place with a 90.7% to Moeser's 88.4%. Jim Whitnah, 41, Chevy Chase, Md., finished third in 54:16.



Medalists in the M65 division, St. George Marathon, Utah, Oct. 7, from left: Leroy Peterson, Utah, 2nd (3:16:31); Eugene Barker, Kentucky, 4th (3:42:28); Paul Nance, Utah, 1st (3:08:35); and Bob Koch, California, 3rd (3:27:39). Photo by Mark Kariya

Workman, Egger Victors in St. George

by JERRY WOJCIK

Ray Workman, 45, Bountiful, Utah, and Virginia Egger, 42, Telluride, Colo., were masters firsts in Utah's St. George Marathon, considered one of the country's fastest courses, on Oct. 7.

Workman won in 2:30:10, taking a five-minute victory over Frank Hutchinson, Los Osos, Calif., who ran a 2:35:07. Brent Kartchner, Sandy, Utah, lost the masters second place by one second with a 2:35:08.

Egger, 42, qualified for the women's Olympic Marathon Trials by meeting the standard (2:50) with a 2:49:47. Her closest competition came from Ellen Gibson, Salt Lake City, with a 2:50:16, and Marina Jones, Rancho Margarita, Calif., with a 2:51:22.

Three division course records were broken. In the M60 race, Carlos Valle, Downey, Calif., a road runner who made his debut on the track a successful one in the 1994 Nationals in Eugene, ran a 2:51:58 to break Pat Devine's 2:53:22 in 1990. Garn McBride, Salt Lake City, M60 winner in 1994 with a 3:07:07, ran a 2:52:20 but had to settle for second to Valle.

John Cahill, Salt Lake City, set a new standard in the M70 group with a 3:16:39, bettering Eddie Lewin's 1990 record of 3:30:10. Antoinette Hill, Long Beach, Calif., erased Velma Earl's W65 record of 4:20:44 in 1992, with a 4:18:27.

While most of the entrants were from Utah and surrounding states, the prospect of a fast time also drew runners from Georgia, South Carolina, and Michigan. □



Medalists in the W45 race, Nancy Smith (l), first (70:17), and Deborah Gebhardt, second (71:02), Army 10 Miler, Washington, D.C., Oct. 15. Photo by George Banker

Marine Corps Marathon

Continued from page 1

for the Olympic Trials. "Just to go (to the Olympic Trials) is a big accomplishment," said Kasen.

The weather, sunny and cool at the start, warmed up later in the day. The course loops past many of Washington's historic monuments, including the Pentagon, the Capitol, Arlington National Cemetery and the Iwo Jima Memorial.

This year's race had a few runners who "ran with a purpose," including Marcy L. Gray of Oklahoma City, who ran with a delegation in memory of their friend, Lt. Colonel Paul D. Ice, 42, USMC Reserve (Retired), who was killed in the April bombing of the Alfred P. Murrah Federal Building in Oklahoma City. Ice, a Senior Special

Agent for the U.S. Customs Service, completed the 1994 Marine Corps Marathon and, as a special tribute, the race management retired his number for the 1995 race and sent the race bib to his family.

CWO Michael J. Durant, 34, had a happier ending to his story — he finally got to run his Marine Corps Marathon, which was postponed for two years because he had been sent to Somalia where he piloted a helicopter which was downed. He suffered substantial injuries, but after extensive rehabilitation, was able to compete again in the 26-mile event.

In 1996, the Marines are again looking for "a few good men — and women" to participate in the 21st running, which takes place on Sun., Oct. 27. □

New York Marathon

Continued from page 1

made no firm commitments.

Long a fixture on the local running scene in the New York area, Horovitz slipped into the new age category in June, celebrating her birthday by being the first masters woman in Grandma's Marathon. But due to persistent leg injuries, she hasn't raced much since. The mother of precocious 10-year-old twins and wife of famous playwright Israel Horovitz ("The Indian Wants the Bronx," "Line," and "Sunday Runners in the Rain"), she nonetheless manages, if uninjured, to "... race almost all the time except June to September, when I travel." A British citizen who lives in the USA, Horovitz is aiming for Boston in April.

The open winners were a repeat from last year: German Silva (27, Mexico, 2:11:00) and Tegla Loroupe (22, Kenya, 2:28:06).

Both the top masters and open runners were noticeably absent in New York, presumably because of the U.S. Olympic marathon trials, Feb. 17 in Charlotte, N.C. (men) and Feb. 10 in Columbia, S.C. (women). None of the top-ranked 20 U.S. men and only two of the top 20 U.S. women were there. Only four of the age-group winners were from the USA.

There were approximately 26,707 finishers of 27,900 registered runners, of whom 24% were women and 76% men.

The weather was as much the story as the race. It was the coldest New York City Marathon in the 26-year history of the race. The temperature was 40-degrees F, and winds blowing up to 32 miles per hour made the wind chill factor 18 degrees. The strong gusts knocked over water bottles on the tables where elite runners had their own special drinks. Many of those reported slower-than-expected times because they were unable to rehydrate appropriately.

Vic Navarra, who with his wife was in charge of the start operations, said half of the 14 tents used to shelter the

runners at the start blew down during the night. Transportation workers on the Verrazano Bridge (the first two miles of the course) lashed themselves onto their trucks with rope to avoid being blown over. Navarra opened up VIP rooms to take in runners in the interest of their safety and comfort.

In response to press queries, race director Allan Steinfeld said, "No way the race could be called — only if the bridge was unrunnable, which it wasn't."

The race was moved several years ago to November, in part to avoid the hot weather which frequently was a problem with October races.

Despite the weather, Emergency Medical Services only saw 90 patients, of whom 30 were taken to local hospitals, with none in life-threatening condition. Last year, there were three cardiac arrests — two fatal.

The New York Road Runners and their medical staff gave frequent, detailed information to the runners about how to prevent and treat hypothermia.

Eighty percent of the runners were 30 years of age or older; 43 percent were 40+. Mavis Lindgren (88, Orleans, Calif., 8:09:07) and Sam Gadless (88, Boca Raton, Fla., 7:12:18) were again the oldest finishers.

Runners-up to Jones were Jairo Correa (41, NY, 2:24:47) and Nick Rose (43, GBR, 2:25:37). Following Horovitz were Maria Gomez (41, BRA, 2:50:39) and Geny Masarillo (41, BRA, 2:32:18). Both second-place finishers won \$2000; third-placers each got \$1000.

Other age-group winners were Per Oeverland (50, NOR, 2:37:60), Marcelle Heine (50, LUX, 3:23:14), Chuck Sandres (63, NY, 3:01:48), Wen-Shi Yu (60, NY, 3:40:28), John Cahill (71, UT, 3:29:00), and Vreni Nikilus (72, NY, 4:41:09).

Due to the U.S. budgetary crisis, this year's winners were not invited to jog with the President in Washington. □
(Results will appear in next month's issue.)



This Syracuse Chargers W50-59 winning team trio collected \$200, USATF National Masters 10K Cross-Country Championships, Canandaigua, N.Y., Oct. 15, from left: Sue Gardiner, W50, Lois Bell, W60, and Lenie Tucker, W55.
Photo by Evelyn White

USA Track & Field Marathon Records and Bests

R = Ratified open or age group record or 'best' TYPE : O = open record, A = age group record, B = 'best' (fastest but not record)
U = Unratifiable, cannot be ratified S = Course may be aided by slope or tailwind, not eligible for records, can be 'best'
W = Open record in 'women only' event P = Pending, i.e. validation, application or proof of birth/citizenship needed

MEN					WOMEN				
AGE	REC TIME	P	TYPE	NAME	AGE	REC TIME	P	TYPE	NAME
M 4	6:03:35	P		BRENT BOGLE	F 5	4:56:36			JENNIFER AMYX
M 5	5:25:09			BUCKY COX	F 6	4:00:36			JENNIFER AMYX
M 6	4:07:27			BUCKY COX	F 7	3:51:54			JENNIFER AMYX
M 7	4:04:08			WESLEY PAUL	F 8	3:13:24			TABITHA FRANCKS
M 8	3:53:01			CHUCKIE EISELE	F 9	3:11:10			JENNIFER AMYX
M 9	3:07:40			SEAN HARTLEY	F 10	3:07:01			JENNIFER AMYX
M 10	3:02:23			DAVEN CHUN	F 11	3:03:55			JENNIFER AMYX
M 11	2:47:17			WESLEY PAUL	F 12	2:58:12			JENNIFER AMYX
M 12	2:46:42			WESLEY PAUL	F 13	2:52:58			SHONA JONES
M 13	2:43:02			TOM ANSBERRY	F 14	2:50:48			LORA CARTWRIGHT
M 14	2:41:31			WESLEY PAUL	F 15	2:46:23			DIANE BARRETT
M 15	2:29:11			MITCH KINGERY	F 16	2:34:24		AR	CATHY SCHIRO
M 16	2:23:47			MITCH KINGERY	F 17	2:46:57			HEIKE SKADEN
M 17	2:24:06			THOM HUNT	F 18	2:41:48			CELIA PETERSON
M 18	2:17:44			KIRK PFEFFER	F 19	2:34:41			KAREN DUNN
M 19	2:15:28	AR		PAUL GOMPERS	F 19	2:33:52	BR		JENNI SPANGLER
M 20	2:13:59			DAVID SEGURA	F 20	2:30:18			CATHY SCHIRO O'BRIEN
M 21	2:13:25			THOMAS RAUNIG	F 21	2:34:55			LISA LARSEN
M 22	2:13:18			HERB WILLS	F 22	2:31:19			CATHY O'BRIEN
M 23	2:12:38			MIKE BUEHMANN	F 23	2:29:38			CATHY O'BRIEN
M 23	2:08:13a	U BU		ALBERTO SALAZAR	F 24	2:30:26			CATHY O'BRIEN
* Course remeasured approximately 150m short. I					F 25	2:26:11			JOAN BENOIT
M 24	2:10:29			KIRK PFEFFER	F 26	2:29:17			LISA WEIDENBACH
M 25	2:09:21	U		ALBERTO SALAZAR	F 27	2:28:15			LISA WEIDENBACH
M 26	2:11:09			DAVE SMITH	F 27	2:24:52a	BRW		JOAN BENOIT
M 27	2:11:00			GREG MEYER	F 28	2:21:21	OR		JOAN BENOIT
M 27	2:08:47a	BR		BOB KEMPAINEN	F 28	2:29:50	ORW		MARGARET GROSS
M 28	2:10:46			FRANK SHORTER	F 29	2:31:34	P		KRISTY JOHNSTON
M 29	2:10:04	OR		PAT PETERSEN	F 29	2:28:12			OLGA APPEL
M 30	2:11:12			BENJI DURDEN	F 30	2:30:12			JANIS KLECKER
M 31	2:11:13			PAUL PILKINGTON	F 31	2:32:36			DEBBIE RAUNIG
M 32	2:11:32	U		PAUL CUMMINGS	F 32	2:32:36			NANCY DITZ
M 33	2:11:39			DON JANICKI	F 33	2:30:14			LORIE BINDER
M 34	2:13:21	P		DON JANICKI	F 34	2:35:19			JOAN SAMUELSON
M 35	2:12:13			PAUL PILKINGTON	F 35	2:32:20			JANE WELZEL
M 36	2:15:53			CHRIS FOX	F 36	2:35:55			FRANCIE LARRIEU SMITH
M 37	2:12:51			STEVE PLASENCIA	F 37	2:28:01			JANE WELZEL
M 38	2:17:55			KENNETH JUDSON	F 38	2:27:47			FRANCIE LARRIEU SMITH
M 39	2:17:25			BILL RODGERS	F 39	2:30:39			SUZANNE RAY
M 40	2:17:02	AR		KENNETH JUDSON	F 40	2:41:50			SHARLET GILBERT
M 40	2:15:15a	BR		BARRY BROWN	F 41	2:40:19			NANCY OSHIER
M 41	2:19:21			DOUG KURTIS	F 42	2:41:46			LORIE BINDER
M 42	2:20:00			DOUG KURTIS	F 43	2:39:52			LORIE BINDER
M 43	2:22:48			JIM BOWERS	F 44	2:35:08	AR		BARBARA FILUTZE
M 44	2:23:16			JIM BOWERS	F 45	2:45:11	AR		MARY WOOD
M 45	2:25:50	U AU		JIM BOWERS	F 45	2:44:30a	U BU		MARY WOOD
M 45	2:28:46	AR		JOHN BRENNAND	F 46	2:53:01			MARY WOOD
M 45	2:21:32a	BR		JIM BOWERS	F 47	2:51:49			MARY WOOD
M 46	2:26:21			JIM BOWERS	F 48	2:57:50			RUTH FINA
M 47	2:26:43	AP		BOB SCHLAU	F 48	2:47:40a			JOAN ULLYOT
M 48	2:30:45			JIM KNERR	F 49	2:51:19	P		JANE HUTCHISON
M 49	2:33:03	P		KEN SPARKS	F 50	2:50:26	AR		SHIRLEY MATSON
M 50	2:34:21			MICHAEL HEFFERNAN	F 51	2:51:44			S. RAE BAYMILLER
M 50	2:25:46a	BR		JIM O'NEILL	F 52	3:01:23			MARION IRVINE
M 51	2:29:11	AR		NORM GREEN	F 53	3:00:29			MARION IRVINE
M 52	2:25:51	U AU		NORM GREEN	F 54	2:52:02			MARION IRVINE
M 53	2:31:20			NORM GREEN	F 55	3:08:43			SANDRA KIDDY
M 54	2:32:28			NORM GREEN	F 55	3:05:48a			MARGARET MILLER
M 55	2:33:49	AR		NORM GREEN	F 56	3:07:21	AR		HELEN DICK
M 55	2:27:42a	BR		NORM GREEN	F 57	3:12:46			SANDRA KIDDY
M 56	2:38:55			ALEX RATELLE	F 58	3:20:43	P		WEN-SHI YU
M 57	2:38:07			ALEX RATELLE	F 59	3:24:00	P		HELEN DICK
M 58	2:37:40			ALEX RATELLE	F 60	3:15:30	AR		WHAYONG SEMER
M 58	2:37:40			NORM GREEN	F 61	3:28:22			TOSHIKO D'ELIA
M 59	2:48:25			ALEX RATELLE	F 62	3:31:22			WHAYONG SEMER
M 60	2:47:46			CLIVE DAVIES	F 63	3:29:56			WHAYONG SEMER
M 61	2:43:11			GAYLON JORGENSEN	F 64	3:38:38			WHAYONG SEMER
M 62	2:49:06			NORM GREEN	F 65	3:36:57	AR		WHAYONG SEMER
M 63	2:48:04			CLIVE DAVIES	F 66	3:48:51			WHAYONG SEMER
M 64	2:42:44	AR		CLIVE DAVIES	F 67	4:12:37			JOY JOHNSON
M 65	2:51:27			CLIVE DAVIES	F 68	4:01:55	U		LORETTA SHEHAN
M 66	2:42:49	AR		CLIVE DAVIES	F 69	4:12:58	U		GERRY DAVIDSON
M 67	2:55:15			CLIVE DAVIES	F 70	4:09:04	U AU		GERRY DAVIDSON
M 68	2:52:45			CLIVE DAVIES	F 70	4:30:24	AR		ELLEN MCCOY
M 69	3:00:57			MONTY MONTGOMERY	F 70	4:11:54a	BR		MARCIE TRENT
M 70	3:01:14	AR		WARREN UTE	F 71	4:22:25			LORETTA SHEHAN
M 71	3:03:05			CLIVE DAVIES	F 72	4:37:37			MAVIS LINDGREN
M 72	3:09:10	U		WARREN UTE	F 73	4:56:44			MAVIS LINDGREN
M 73	3:12:44			WARREN UTE	F 74	4:48:35			IDA MINTZ
M 74	3:37:07			ED BENHAM	F 75	4:56:30			MAVIS LINDGREN
M 75	3:54:58			ED BENHAM	F 75	4:41:45a	U BU		IDA MINTZ
M 76	3:34:42	AR		ED BENHAM	F 76	4:49:08	AR		ANNE CLARKE
M 77	3:33:27	U AU		ED BENHAM	F 77	5:13:12			MAVIS LINDGREN
M 78	3:42:57			ED BENHAM	F 78	5:00:37			IDA MINTZ
M 79	3:49:23	U		ED BENHAM	F 79	5:03:54			IDA MINTZ
M 80	4:28:01			BILL BROSTON	F 80	5:10:04	AR		IDA MINTZ
M 80	3:43:27a	BR		ED BENHAM	F 81	5:51:10	U		ANNE CLARKE
M 81	4:50:00			PAUL SPANGLER	F 82	6:13:48	U		MAVIS LINDGREN
M 82	5:10:38	U		MAX BAYNE	F 83	6:33:25	U		MAVIS LINDGREN
M 83	5:20:08			MAX BAYNE	F 84	6:02:03			IDA MINTZ
M 84	4:17:51	AR		ED BENHAM	F 85	6:53:50	AR		IDA MINTZ
M 85	5:21:51	U AU		PAUL SPANGLER	F 86	7:57:24			MAVIS LINDGREN
M 86	5:40:10			IVOR WELCH	F 87	7:08:48			MAVIS LINDGREN
M 87	6:48:44			IVOR WELCH					
M 92	9:23:25a	BR		PAUL SPANGLER					
All - Comers' Record (foreign citizen in U.S.)					All - Comers' Masters Record				
M	2:07:13	AR		STEVE JONES (GBR)	F	2:31:14	AR		PRISCILLA WELCH (GBR)
All - Comers' Masters Record					World Record (unofficial)				
M	2:14:33	AR		JOHN CAMPBELL (NZL)	F	2:21:06	WR		INGRID KRISTIANSEN (NOR)
World Record (unofficial)									
M	2:06:50	WR		BELAYNEH DENSIOM					

National 10K X-C

Continued from page 1

N.Y., M70, 49:56; and Nate White, Fayetteville, N.Y., M75, 55:14, repeated their 1994 division wins. Harold Massie journeyed from Cozad, Nebraska, to take the M80 title with 73:12.

Brown, second in 1994 to Canadian Maureen de St. Croix, who ran a W40+ race record 36:32, repeated her W45 division win with a 44:04 one-second win over Coreen Steinbach, W40, Pompey, N.Y. Brown opened a 50-yard lead on a tough uphill section in the fifth mile, but Steinbach narrowed the margin to four strides at the finish, just about the way it was at the start.

Late arrival Patti Ford, W40, Lafayette, N.Y., started two minutes after the field had left but managed to finish fourth (46:00).

Other women's age-group winners were Sue Gardiner, Verona, N.Y., W50, 51:05; Sally Rusby, Horseheads, N.Y., 51:25; and Liz Szawlowski, Sugar Hill, N.H., W60, 51:13.

The race is the only masters championships to give cash awards to teams. This year, the Taconic Road Runners quintet of New York took the M40-49 award of \$400. All of the other team awards went to Syracuse Chargers teams, including the W40-49 trio, which also won \$400.

The number of participants was down from last year's race, mainly because it also served as the US vs. Canada Cross-Country Challenge, held this year in Washington. □

National 5K X-C

Continued from page 1

Stan Clark, M40, of the Victory AC, second M40-49 club, was third in 17:15. Bill Olrich, 42nd of the 78 men finishers, won the M60 division title in 19:32. Michigander Chuck Sochor, better known as a sprinter and hurdler, won the M65 uncontested championship with a 25:35. Harold Massie was first of a three-man M80 field, with a 38:35.

Marchetti ran a 22:11 to outdistance the 40-to-49-year-old women. Loretta Hoffman won the W40 race in 22:35.

Other division winners were Cathy Firestone, W45, 27:47; Barbara Hennig, W70 34:40; and Ernestine Yeomans, W75, who repeated her 1994 championship, with a 44:47.

The M50-59 team winner was the Victory AC, with the Greenville TC second. □

World Games Refunds

Anyone entitled to a refund from the Buffalo Organizing Committee should have received it by now. Dennis Murphy said all refund checks were mailed on Nov. 14. If you applied for a refund but have not yet received it, please call Murphy at 716/842-4535.

The Master Board

To post your ad on
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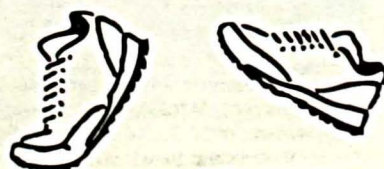
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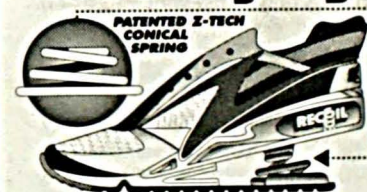
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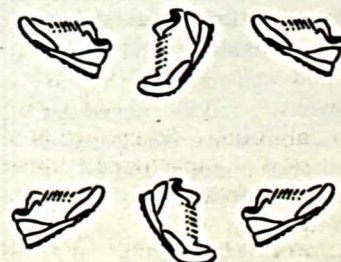
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Masters Scene

NATIONAL

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• Single-day ticket prices for the U.S. Olympic T&F Trials next June 14-23 in Atlanta will be \$10-\$30. TicketMaster has been selected as the official ticket vendor. Fans who want priority seating may purchase a "redemption certificate" by calling Ticketmaster at 404-249-6400. General sale of Trials tickets is expected to begin early next year through TicketMaster outlets. Tickets are reportedly also available from USATF, 250 Spring St., Suite 4S-112, Atlanta GA 30303.

• Hal Bateman, 63, historian and statistician of USATF's press department, is recovering from surgery. Doctors removed a benign tumor at the base of his brain during an operation Sept. 22 and anticipate a full recovery.

• Sub-vet and Olympic racewalker Victoria Herazo, 36, who participated in the 1995 National Masters T&F Championships, took the open women's national One-Hour Walk title on the M.I.T. track in Cambridge, MA on October 1 with 7 miles, 1159 yards.

• *Olympic Weekly Sports Update* reports that three-time New York Marathon winner Alberto Salazar is thinking about entering next February's U.S. Olympic Men's Marathon Trials in Charlotte, N.C. In recent years Salazar, 37, has been running ultra-distance races.

• USATF President Larry Ellis, who underwent heart transplant surgery in June, says he plans to attend USATF's annual convention in Atlanta this month. "I am well on the road to recovery, exercising, building my strength back up and looking forward to getting back to 100 per cent," Ellis says in USATF's Executive Report for October.

EAST

• Harold Nolan, 48, Middletown, NJ, won the overall men's title for the tenth time in the 17th annual Colts Neck, NJ, 10K, Sept. 17, with a 33:08, short of his course record 30:44 in 1989. Karen Van Heest, of Colts Neck, took the W40+ race in 41:35.

• Jack McShane, 43, and Suzanne Rohr, 45, motored to 40+ firsts in the NYRR NYC Marathon Tune-Up 30K, Central Park, Oct. 8. McShane finished ninth of 1522 men with a 1:52:56. Rohr was 12 of 783 women in 2:17:21. Robert Briglio, 46, was second M40+ with a 1:53:00.

• Tom Carter (43, 15:47), Johnson City, NY, and Jean Queal (43, 18:35), Watertown, NY, hurried to 40+ firsts, Syracuse, NY, Festival Of Races 5K, Oct. 1. Margret Betz, 59, Conklin, NY, ran a national-class, age-graded 89.0% 20:16 to win the W55 race.

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 50098, Eugene OR 97405

• The Shore AC shattered the M60-69 US club record for the 4x400 with a 4:15.9 at an all-comers meet in Lyndhurst, NJ, July 26. The foursome's lead-off leg of 65.3 was run by Alex Johnson, followed by Irwin Bernstein in 65.2, Lee Trout with a 64.4, and finally Frank Haviland in 61.0 to break the 4:28.1 record held by the San Diego TC.

• The first three M40+ in the America Against Crime 5K, Washington, DC, Oct. 14, were fab 50s runners John Benkert (54, 18:21), Severna Park, MD, fourth overall; Chan Robbins (58, 20:11), Arlington, VA, ninth overall; and Bill March (58, 20:28), Woodbridge, VA. Thomas Momiyama, 64, Silver Spring, MD, was 15th in 21:26. Cathy Ventura-Merkel, 40, Arlington, was third female in 19:39. Maria Mboua, 47, Wheaton, MD, was second W40+ in 22:42. The race was run in a downpour from start to finish.

• Elton Richardson (56, 9923 meters) trounced the women's masters competition by striding first across the line in the USATF One-Hour Racewalk Championships, Cambridge, MA, Oct. 8. Robert Keating (48, 11,877 meters) garnered first overall in the men's division. In the accompanying Two-Hour Championships, Justin Kuo (41, 20,012 meters) came out on top (second overall).

• Edward Ryan (43, 17:27) and Wendy Silverstein (41, 20:18) captured the masters titles at the NYRRC Norway Run 5K, Central Park, NYC, Oct. 14. Age-group standouts included Jack Porzio (47, 17:19), John McManus (72, 21:35), and Ruth Kassanga (60, 26:09).

• Grete's Great Gallop Half-Marathon, sponsored by the NYRRC, drew 956 women in Central Park, NYC, Oct. 14. Leading the masters home was Mary di Nardo (40, 1:29:17). Edith Farias (71, 2:09:53) won her division decisively.

• Two fleet-footed 50-year-olds, Ann Makoske (44:01) and Salih Talib (35:00) showed the 40-year-olds how it is done by taking the masters titles at the NYRRC Roosevelt Island Fall 10K, NYC, Oct. 15.

• Racewalker Leo Rivera, 50, who is well-known in the NYC metropolitan area, sustained serious injuries after being hit by an automobile while he was out on a training walk Oct. 7. He has been in a coma since then, although his condition is reported to have been upgraded from "critical" to "serious." Attempts to contact the family and to obtain official patient status information from the hospital were unsuccessful at press time. Cards may be sent to Leo Rivera (Patient), Westchester County Medical Center, Route 100, Valhalla, New York 10595.

SOUTHEAST

• Paul Stemmer, 41, Mobile, AL, ran a masters race record 33:10 in the Delchamps/Senior Bowl Charity Run 10K, Mobile, Nov. 4. Top W40+ was Susann Pierce, 44, Mobile, in 41:06. Winning Grandmasters (50+) were Don Wright (50, 37:04) and Betty Lafferty (53, 45:43), Gulf Shores, AL. First female overall in the RW was Becky Comeaux, 40, New Iberia, LA, with a 50:58. The event drew 4521 participants, and, prior to the 1995 race, had donated \$772,000 to various Mobile area charities.

• Jim Gaffey, 52, Duluth, GA, suffered a heart attack on August 1993, and after angioplasty, he was encouraged to start running, first on a treadmill, then on an inside track, and changed to a strict low-fat diet. By September 1995, he had completed his 15th competitive race, with PRs of 26:07 in the 5K, 59:28 in the 10K, and 2:20 for the half-marathon, with plans to run a 5K or 10K every weekend leading up to a half-marathon on Thanksgiving Day.

MIDWEST

• Desmond O'Connor, 41, New Orleans, won a close masters race by four seconds with a 32:02 from Scott Snyder, 40, Amherst, OH, in the Peace Race 10K, Youngstown, OH, Oct. 8. Terry Mahr, 46, Oregon, OH, took the W40+ first in 36:01.

• Mary Bowermaster, 78, Fairfield, OH, was one of 17 women selected for recognition to the Ohio Women's Hall of Fame on Oct. 24 for her accomplishments in masters t&f. She holds US W70-74 records in the HJ (3-8½) and LJ (10-2½).

• Robert McComber (44, 1:13:10), Bowling Green, OH, and Ruta Kunevicius (44, 1:33:04), Solon, OH, cruised to 40+ firsts in the Dayton River Half-Marathon, Oct. 14. Bill Olrich, 60, Lexington, KY, sailed to a win in the Senior Men's (60+) race with an age-graded 88.8% 1:20:53 over Don Gammie (64, 1:29:01), Centerville, OH. In an adjunct age-graded 5K, Dan Giner, 48, Kettering, OH, nailed down top honors with a timed 16:57, age-graded 15:08. Ron Rohrer, 56, Springboro, OH, was second on the list with 18:21/15:20.

• Que Harbor, 43, Rantoul, IL, posted a first female overall 19:22 in the Shoreline Classic 5K, Decatur, IL, Oct. 14. First M40+ was Merlin Anderson, 48, Normal, IL, in 17:21. In the 15K race, Terry Erickson (42, 54:59), East Moline, IL, and Kitty McCarthy (42, 67:00), Decatur, reeled off masters firsts. Barbara Gurtler, 61, Peoria, IL, was third W40+ in 74:32.

• Bob Schul, 58, has been named men's and women's assistant coach at Wittenburg U. in Springfield, OH. Schul won the 1964 Olympic 5000 and is a member of the National T&F Hall of Fame.

MID AMERICA

• Senovio Torrez (M40, 2:42:15) and Vivian Reinainen (W50, 3:45:18) nabbed 40+ honors, Duke City Marathon, Albuquerque, Oct. 1. Manny Pino (M40, 1:15:19) and Cecelia Niemczyk (W40, 1:34:02) took the 40+ races in the half-marathon. Iris Delpilar (W40, 2:04:44) was first female in the 20K RW, while Steven Moodie (M45, 26:22) beat everybody else in the 5K RW.

• Dick Wilson, 63, Lawrence, KS, motored to a fine 18:22 to win the Grandmaster Division (50+), Race Against Breast Cancer 5K, Topeka, Oct. 15. His time was the fastest ever by a 50+ in the four-year history of the race. On Oct. 29, in the Humana Greater Kansas City 10K, Wilson ran a 37:52 M60-64 course record. Bobby Kincaid, 58, set an M55 record with a 37:47. Trudy Calloway, W45, Wichita, took the W40+ race in 42:57.

• Wilson Waigwa, El Paso, TX, nipped Charlie Gray, Lee's Summit, MO, by one second to win the Elite Masters section of the Cherry Street Mile with a 4:10, Tulsa, Oct. 21. In an even closer finish, Pamela Williams, Mandeville, LA, got the nod in the W40+ set-to over Terry Mahr, Oregon, OH, with both timed in 4:57, a new masters course record. Jane Hutchison, Webb City, MO, holder of the old record of 5:09, ran a 5:08 to finish third.

SOUTH WEST

• The correct E-Mail address for the Dallas Masters T&F Club listing in the November issue is E-Mail: DallasMTAF@aol.com. The club's new PO box number is 941781.

WEST

• The Twilight's Last Gleaming Cross-Country Challenge, in its tenth year, is held on Saturday evening before the October time change and covers four miles of the hardest hills in Arroyo Verde Park, Ventura, CA. It also features odd-ball six-year age-groups and draws returning race veterans. This year, on Oct. 28, Steve Brown, M30-35, 25:11, and Keena Carstensen, W30-35, 25:16, were overall firsts. First in the 36-41 divisions were Kraig Lysek, 27:57, and Marla Randall, 38:45; the 42-47 winners were Paul Marcel, 28:22, and Kathy Sanders, 34:10.

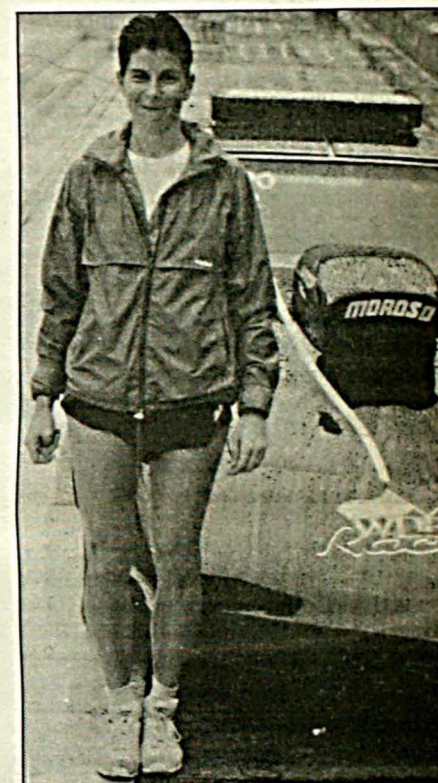
NORTHWEST

• Greg Gustafson (40, 31:51), and Nancy Hinkel (40, 36:28), hooked \$275 each for masters firsts, Fisher's Landing 10K, Vancouver, WA, Sept. 16. John Keston, 70, ran a world-class, age-graded 92.0% 39:35. Laurie Binder, 48, was second W40+ in 37:54.

• Ross Carter, 81, Eugene, OR, 1994 USATF Masters Athlete of the Year, was inducted into the U. of Oregon's Athletic Hall of Fame on Oct. 27. Carter, WR-holder in the SP and DT, was an outstanding lineman on offense and defense at Oregon in the mid-30s and went on to play four years in the NFL with the Chicago Cardinals.

CANADA

• Three of Canada's top M50+ runners showed some speed at the Flatlands 10K, Vancouver, BC, Oct. 15. Art Meaney, 51, ran a 22nd-place 33:57 of nearly 1400 runners, followed by Jack Miller, 51, in 34:15, and Herb Philips, 55, in 34:23.



Speedster Cathy Ventura-Merkel, 40, Arlington, Va., first W40+ (19:39), America Against Crime 5K, Washington, D.C., Oct. 14, with another hot racer. Photo by George Banker

100th Boston Update

With less than a year before the 100th B.A.A. Boston Marathon, the build-up for the historic race has begun in earnest. Nearly 40,000 runners have submitted applications for the special Open Division. To date, two of three random lotteries (July 10 and Oct. 10) have selected 4,000 lucky people. The number selected during the final lottery on Jan. 10 will be determined by the number of official qualifiers who have entered.

Fall marathons like Twin Cities (MN), St. George (UT), Chicago (IL), Bay State (MA) and Columbus (OH) reported record numbers of entrants — many who sought to earn a coveted spot at Hopkinton on Mon., April 15, 1996.

Athletes entering the Qualified Division (based on running a qualifying time between Oct. 1, 1994 and Dec. 31, 1995) have until Dec. 31 to submit their race applications. Boston officials expect approximately 25,000 official runners. □

—From RRIC

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 50098, Eugene OR 97405.

TRACK & FIELD NATIONAL

March 29. USATF National Masters Indoor Pentathlon Championships, Greensboro, N.C. SASE to Scott Thorn-sley, 18 Colgate Dr., Camp Hill, PA 17011-7624.

March 29-31. USATF National Masters Indoor Championships, Greensboro, N.C. Ron Foster, meet director, Greensboro Sports Commission, PO Box 3222, Greensboro, NC 27402. 800/289-9009.

August 15-18. 29th annual USATF National Masters Championships, Spokane, Wash. (The 14th may be added to make a five-day meet.) Spokane Sports Unlimited, West 3410 Fort George Wright Dr., MS 3070, Spokane, WA 99204. 509/533-3644; fax 509/533-4128.

EAST

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

December 3. MAC Indoor Development Meet, Pratt U., Brooklyn. SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 718/358-6233 (8-10 pm EST).

December 10. MAC Indoor Development Meet, Pratt U., Brooklyn. Contact Roz Katz (see above).

December 17. Philadelphia Masters Indoor Developmental Meet, Haverford College, Pa. 9 a.m. Age 18+. Karl Castor, 215/441-8584.

December 23. MAC Indoor Meet, 168th St. Armory, Manhattan. Individual and team awards. Contact Roz Katz (see above).

December 30. MAC Indoor Meet, 168th St. Armory, Manhattan. Contact Roz Katz (see above).

January 5-7. 27th Dartmouth Relays, Leverone Field House, Hanover, N.H. 200m polyurethane track. Carl Wallin, meet director, Dartmouth College, Alumni Gym, Hanover, NH 03755. 603/646-2848; 646-2540; 646-3570.

January 7. MAC Indoor Meet, Fairleigh Dickinson U., Hackensack, N.J. SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 718/358-6233 (8-10 pm EST).

January 7. Philadelphia Masters Indoor Developmental Meet, Swarthmore College, Pa. 9:30 a.m. Age 18+. Karl Castor, 215/441-8584.

January 12. MAC Indoor Meet, 168th St. Armory, Manhattan. Contact Roz Katz (see above).

January 14. 12th annual Brown University Masters Indoor Invitational, Providence, R.I. Neil Steinberg, 46 Roberta Ave., Pawtucket, RI 02860. 401/728-2869 (eve).

January 14. Greater Rochester TC Indoor Meet, U. of Rochester Fieldhouse, N.Y. 1 p.m. Rick Guido, 6 Timber Lane, Fairport, NY 14450. Meet Hotline: 716/872-6652.

January 19. MAC Indoor Meet, 168th St. Armory, Manhattan. Individual and team awards. Contact Roz Katz (see above).

January 20. 29th annual Hartshorne Memorial Masters Mile, Cornell U., Ithaca, N.Y. W30+/M40+. Men's elite mile purse: 1st-\$300/2nd-\$150/3rd-\$50. Rick Hoebeke, 2706 Agard Rd., Trumansburg, NY 14886. 607/255-6530(d); 387-6431(e).

January 21. Greater Boston TC Indoor Invitational, Harvard U., Allston, Mass. Includes 4x220y relay/invitational W40+ mile/invitational senior men's 2 mile. Jim O'Brien, GBTC, PO Box 183, Back Bay Annex, Boston, MA 02117-0183. 617/282-5537.

January 27. MAC Indoor Meet, Manhattan College, Bronx. Contact Roz Katz (see above).

February 11. New Jersey Submasters & Masters Indoor Championships, Fairleigh Dickinson U., Hackensack. All events, incl. George Sheehan Open Invitational Mile. SASE to Jim Manno, 792 Schaefer Ave., Oradell, NJ 07649. 201/261-7756.

February 11. Greater Rochester TC Indoor Meet, U. of Rochester Fieldhouse, N.Y. 1 p.m. Rick Guido, 6 Timber Lane, Fairport, NY 14450. Meet Hotline: 716/872-6652.

February 25. MAC Masters Championships, 168th St. Armory, Manhattan. Association and non-association awards.

SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 718/358-6233 (8-10 p.m. EST).

March 9. Philadelphia Masters Indoor Championships, Haverford College, Pa. 3 p.m. Age 18+. Contact TBA.

March 10. Greater Rochester TC Indoor Meet, U. of Rochester Fieldhouse, N.Y. 1 p.m. Rick Guido, 6 Timber Lane, Fairport, NY 14450. Meet Hotline: 716/872-6652.

March 17. East Regional Masters Indoor Championships, Brandeis U., Waltham, Mass., (near Boston). Steve Vaitones, USATF New England, 617/566-7600.

SOUTHEAST

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

December 2. Winter Weight Pentathlon, Atlantic HS, Delray Beach, Fla. John Von Rohr, 305/452-9248.

December 4-10. Florida Senior Games State Championships, Kissimmee. Laura Hallam, One Citrus Bowl Place, Suite 202, Orlando, FL 32805. 407/245-0300.

December 9. USATF South Carolina Weight Pentathlon Championships, Florence, SC. Florence Rec. Dept., 803/665-3253.

December 16. Florida Athletic Club Meet, Tampa. Larry Siegel, 813/933-1929.

January 9-12. Heart of Florida Senior Games, Haines City. Alice Rogers, PO Box 1507, Haines City, FL 33845. 813/421-1893.

April 5-6 (tentative). Weekend In Valhalla Throws Carnival. USATF-Sanctioned Training Camp, Gibsonville, N.C. Invited guests: Janis Lusi, Brian Oldfield, Yuri Syedikh. Peter Farmer, PO Box 8521, Greensboro, NC 27419; or Jeff Gorski, 1130 Hwy 54 W., Chapel Hill, NC 27516.

MIDWEST

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

January 6. "The Athlete's Foot" Indoor Masters Meet, Augustana College, Rock Island, Ill. Pete Stopoulos, 1029 16th Ave., East Moline, IL 61244. 309/755-2655.

January 27. Lincoln-Way Masters Indoor Meet, Lincoln-Way HS, Central Campus, Route 30, New Lenox, Ill. Mike Davis, 815/485-2879(e); 485-7676(d).

February 3. NIFS Open Indoor Meet. 19 yrs. and up. Age division heats. Fast, banked 200m track. Field events 5 pm/running 6 pm. National Institute for Fitness & Sport, 250 University Blvd., Indianapolis, IN 46202. 317/274-3432.

February 17. NIFS All-Comers Indoor Meet. See Feb. 3.

March 3. Kent State University Masters Championships, Kent, Ohio. Masters and submasters only; 300m indoor track. Doug Molnar, Track Office, Kent State U., Kent, OH 44242. 216/672-3991.

MID-AMERICA

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

December 9. U. of Missouri Indoor All-Comers, Hearn Center Fieldhouse, Columbia. 8 a.m. on-site registration.

February 4. Early Morning "R" Indoor Meet, Bethel College, Minneapolis, Minn. Rachel Lyga, 122 NE 63½ Way, Minneapolis, MN 55432. 612/574-9661.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

January 14. Magnolia Indoor Meet, Jackson, Miss. M&W 30+. Open mile for m&w 20-39, \$200 winners; masters mile for m&w, \$100 winners. Magnolia Express TC, PO Box 54143, Pearl, MS 39208. Butch Ard, 601/939-3331.

ON TAP FOR DECEMBER TRACK AND FIELD

Pickin's are slim as the outdoor season runs out of gas, the indoor season starts up, and the holiday season is in high gear. The Southeast offers a weight pentathlon in Florida on the 2nd and another in South Carolina on the 9th. Head for Haverford College on the 17th for a Philadelphia Masters Indoor Meet. MAC Indoor Meets are scheduled for the 3rd, 10th, 23rd, and 30th in the NYC area.

LONG DISTANCE RUNNING

The month opens big on the 3rd with the First Tennessee Memphis Marathon; California International Marathon, Sacramento; Fiesta Bowl Half-Marathon, Scottsdale, Ariz.; and Brian's Run 10K, West Chester, Pa. The Rocket City Marathon, Huntsville, Ala., and Citrus Sports Half-Marathon, Orlando, Fla., are set for the 9th, followed by the Honolulu and Dallas marathons on the 10th. The 16th offers the short and long of it with the Mainly Masters 10K, San Diego, Calif.; Jacksonville Marathon, Fla.; and Texas Trail 50 Mile/50K, Huntsville. Year 1995 ends and 1996 begins with the Runner's World Midnight 5K, Central Park, NYC, on the 31st.

RACEWALKING

The Holiday Grand Prix 5K Series is available on the 3rd and 10th in New York's Central Park. The USATF Southeast Regional Masters 10K Championships hits the bricks in Florence, S.C. on the 9th.

HAPPY HANNUKAH AND A MERRY CHRISTMAS!

February 3. Sooner State Games Indoor Sportsfest '96. Shawnee Expo Center. Century Center, 100 W. Main, Suite 287, Oklahoma City, OK 73102. Katrina Means, 405/235-4222.

June 1. USATF Southwest Association Open & Masters Meet, Loos Field, Dallas, Texas. John Pritchett, PO Box 821113, Dallas, TX 75382. 1-800-GO-RUN.

August 3. Texas Masters Championships, U. of Texas-Arlington. Dallas Masters, PO Box 821113, Dallas, TX 75382. 214/979-0246.

WEST

Arizona, California, Hawaii, Nevada

December 2 & 6. Timber Wolf TC Throws Meet, Encina HS, Sacramento, TWT&FC, PO Box 19142, Sacramento, CA 95819. 916/489-2708.

December 16. KELfield Throws Meet, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

January 13. KELfield Throws Meet, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

Continued on next page



Boston RC's M50-59 sprint medley relay team after a world record 3:58.16 at the Reebok Boston Masters Meet, Dedham, Mass., from left: Joe Kopka, Roger Pierce, Bic Stevens, and Lincoln Russin. Photo by Jack Falla

Continued from previous page

January 27. College of the Desert Meet, Palm Desert, Calif. 10:30 a.m. Grass track. No pre-registration. \$10 covers all events. Mike Castaneda, 619/321-9299.

February 10-11. California Senior Olympics, Palm Springs. 55+. Ben Green, 480 South Sunrise Way, Palm Springs, CA 92262. 619/323-5689.

February 24-27. Running Springs Winter Games. 55+. Harry Lund, PO Box 2656, Running Springs, CA 92382. 909/867-2411.

May 11. Southern California Striders Meet of Champions, CSU-Long Beach. Hugh Cobb, 3180 Camino Arroyo, Carlsbad, CA 92009. 619/436-7696.

NORTHWEST

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

June 29-30. Hayward Masters Classic, Eugene, Ore. SASE to Becky Sisley, 310 E. 48th Ave., 97405. 503/998-2858; 346-1073. Entry forms available in March.

INTERNATIONAL

March 2. British Veterans Athletics Federation Indoor Championships, Birmingham Arena. Winston Thomas, 67A Waterside Rd., Hertfordshire, WD48HE, Great Britain.

April 14-17. Senior Games, Bermuda, 50+. Also 10K road race. Senior Games, 460 Summer St., Stamford CT 06901. 800/867-5935.

July 7-13. WAVA Oceania Regional Championships, Papeete, Tahiti.

July 19-27. WAVA European Regional Championships, Malmo, Sweden. Europeans only.

August 21-24. WAVA North American Regional Championships, Eugene, Ore. M&W30+. 8K RR; 10K roadwalk for m&w. Northwest Event Management, PO Box 10825, Eugene, OR 97440. 503/687-1989.

Sept. 19-21. WAVA Africa Regional Championships, Namibia.

October 3-6. WAVA Asian Regional Championships, Seoul, Korea. Asians only.

November 19-23. WAVA South American Regional Championships, Concepcion, Chile.

OPEN

March 1-2. USATF Indoor Championships, Atlanta.

June 14-23. USA Olympic Trials, Atlanta.
July 26-August 4. XXVI Olympic Games (T&F dates), Atlanta, Ga.

LONG DISTANCE RUNNING NATIONAL

February 11. USATF National Masters Half-Marathon Championships, Las Vegas. Al Boka, race director, PO Box 81262, Las Vegas, NV 89180. Phone/fax 702/876-3870.

March 31. USATF National Masters 5K Championships, Carlsbad, Calif. Tim Murphy, 10509 Vista Sorrento Pkwy #102, San Diego, CA 92121. 619/488-9556.

October 27. USATF National Masters 8K Cross-Country Championships, Louisville, Ky. Bob Miller, P.O. Box 6667, Louisville, KY 40207. 502/896-0717.

EAST

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

December 3. Brian's Run 10K, West Chester. Brian's Run, PO Box 2440, West Chester, PA 19383. 215/436-2731.

December 31. NYRR/Runner's World Midnight Run 5K, Central Park. NYRR, 9 E. 89th St., NY, NY 10128. 212/860-4455.

April 15. 100th BAA Boston Marathon. Qualifying by times and application. SASE with 55¢ stamp to Boston AA, PO Box 1996, Hopkinton, MA 01748.

SOUTHEAST

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

December 3. World AIDS Day Walk/Run for Life, Broward Community College, Davie, Fla. Split-Second Timing, 2211 Charleston, Fort Lauderdale FL 33326.

December 3. First Tennessee Memphis Marathon. FTMM, PO Box 84, MO-8, Memphis, TN 38101. 800/893-RACE.

December 9. Rocket City Marathon. SASE to Huntsville TC, 8811 Edgehill Dr., Huntsville, AL 35802. Harold or Louise Tinsley, 205/881-9077.

December 9. Citrus Sports Half-Marathon, Orlando. Lorraine Evans, 8640 Tansy Dr., Orlando, FL 32819. 407/423-2476.

December 16. Jacksonville Marathon/Relay & 5K. 1st Place Sports, 3853 Baymeadows Rd., Jacksonville, FL 32217. 904/739-1917.

January 7. Walt Disney World Marathon, Orlando. 407/939-7810.

January 20. Plantation Prime 5K, Leesburg, Fla. Exclusively for 50+ runners. Track Shack, 1322 N. Mills Ave., Orlando FL 32803. 407/898-1313; 407/896-5473.

February 10. Carolina Marathon (U.S. Women's Olympic Trials), Columbia, S.C. SASE to Carolina Marathon, PO Box 5092, Columbia, SC 29250. 803/929-1996.

February 11. Hampton Coliseum Half-Marathon/5K. Coliseum Road Race, Hampton Building Dept., 22 Lincoln St., Hampton, VA 23669. 804/728-3235.

February 17. Charlotte Observer Marathon/NationsBank 10K (U.S. Men's Olympic Marathon Trials). Marathon, Box 30294, Charlotte, NC 28230. 704/358-5425.

February 24. Gasparilla Distance Classic 15K, Tampa. Gasparilla '96, PO Box 1881-RT, Tampa, FL 33601.

February 25. Colonial Half-Marathon, Williamsburg, Va. PO Box 399, Williamsburg, VA 23187. 801/221-3362.

MID-AMERICA

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

December 2. White Sands/Alamogordo Marathon. Clint Bursleson, race director, Box 1589, Alamogordo, NM 88311. 505/382-8869(h); 439-3771(w).



Martha Mendenhall, Washington, relaxing at the Nationals after winning the W35 high jump and long jump.
Photo by Suzy Hess



Ranjana Ghose, W40, with her four gold medals, standing between Sri Chinmoy, and two meet officials, San Juan International Games, Puerto Rico, Sept. 9-10. Two weeks earlier, Ghose won the Best Overall Woman Athlete Award for the 25th year in a row at the Sri Chinmoy Centre's International Sports Day.
Photo by Maral

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

December 2. Larry Fuselier 25K & 10K State Championships, Abita Springs, La. New Orleans TC, PO Box 52003, New Orleans, LA 70152-2003. 504/482-6682; 468-1488.

December 10. Dallas White Rock Marathon. Dallas Marathon, 3607 Oak Lawn Ave., Suite 204, Dallas, TX 75219. 214/528-2962.

December 16. Sunmart-Texas Trail 50 Mile/50K, Huntsville, Texas. Texas Trail 50, 11139 Mace River Ct., Rancho Cordova, CA 95670. 916/638-1161.

January 7. 89th Annual Jackson Day 9K Race, New Orleans. NOTC, PO Box 52003, New Orleans, LA 70152-2003. 504/482-6682; 468-1488.

January 20. Mardi Gras Marathon/Half-Marathon/5K. SASE to New Orleans TC, PO Box 52003, New Orleans, LA 70152-2003. 504/482-6681; 468-1488.

January 21. Houston-Tenneco Marathon & 5K, 5900 Memorial Dr., Suite 200, Houston, TX 77007. 713/864-9305; 800/409-6334.

February 18. Motorola Austin Marathon & Relays. SASE to Marathon, PO Box 684456, Austin, TX 78768. Lyle Clugg, director, 512/478-4608.

WEST

Arizona, California, Hawaii, Nevada.

December 3. California International Marathon, Sacramento. Marathon, PO Box 161149, Sacramento, CA 95816. 916/983-4622.

December 3. Fiesta Bowl Half-Marathon, Scottsdale, Ariz. Rob Wallach, 6505 N.

16th St., Phoenix, AZ 85016. 602/277-4333.

December 10. Honolulu Marathon. Honolulu Marathon Assoc., 3435 Wailae Ave., #208, Honolulu, HI 96816. 808/734-7200.

December 16. Mainly Masters 10K, Fiesta Island, Mission Bay, San Diego. Peter Stern, SDTC, 619/272-5380.

December 31. Gene Fair 5K, Los Angeles. 818/906-7108.

January 13. Paramount 10K, Paramount, Calif. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714/841-5417.

January 13. Paramount 10K World Masters Division. Qualifying standards for each age division. See above.

January 21. Trackathon, Sacramento, Calif. Runner selects race from 10K/20K/30K/marathon/50K on certified course. No race day entries. Paul Reese, 308 Forest Ct., Auburn, CA 95603. 916/823-0276.

February 11. Las Vegas Marathon, Half-Marathon, 5K/10K, Team Relay. Las Vegas Marathon, Al Boka, Race Director, P.O. Box 81262, Las Vegas, NV 89180. Phone/Fax 702/876-3870.

March 3. Los Angeles Marathon. L.A. Marathon, 11110 W. Ohio Ave., Suite 100, Los Angeles, CA 90025-3329. 310/444-5544.

INTERNATIONAL

March 17. British Veterans Athletics Federation Cross-Country Championships, Coventry. Midland Vets, 111 Cooks Lane, Kings Hurst, Solihull, B376NU, Great Britain.

June 29-30. 3rd WAVA World Veterans Road Race Championships (10K, 25K) & Roadwalk (20K, 30K), Brugge, Belgium. WVC, Korte Zilverstraat 5, B-8000 Brugge, Belgium.

OPEN

February 10. USA Women's Olympic Marathon Trials, Columbia, S.C.

February 17. USA Men's Olympic Marathon Trials, Charlotte, N.C.

RACE WALKING

November 26, December 3, December 10. Annual Holiday Gran Prix 5K Series. Central Park, New York City. Send SASE to Park Racewalkers, 320 E. 83rd St., Box 18, New York, NY 10028. 212/628-1317 (9-11 p.m.).

December 9. USATF Southeast Regional Masters 10K Racewalk Championships & Open 10K, Florence, S.C. Florence Recr. Dept., 803/665-3253.

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

M30-34
Jim Watts 400M 50.73 07-07-95

M40-44
Donald Filkins 35# Weight 50-2 08-13-95

M45-49
Jim Dolezel 100M 11.69 06-24-95

200M 24.11 06-24-95

Long Jump 5.46 05-27-95

Dana Harrell 18-11 08-12-95

Ed Jones 100M 11.8 07-27-91

100M 11.79 08-15-92

200M 24.78 08-15-92

Long Jump 19-10 07-27-91

Long Jump 19-7 06-06-92

Ed Poirier 800M 2:12 08-29-95

1500M 4:27.9 06-28-95

Mile 4:47.6 02-12-95

Terry Shuman Discus 41.30 09-03-95

Dave Stephens Decathlon 5817 Pts. 06-18-95

M50-54
Glenn Govertsen 800M 2:14.9 07-29-95

J. Lyndon Johnson 200M 24.32 06-17-95

Grant Lamothe Decathlon 5325 Pts. 06-18-95

Michael Milove 100H 15.3 06-10-95

400H 65.11 06-10-95

Long Jump 5.37 05-21-95

Triple Jump 10.90 05-21-95

Dave Walter 200M 25.20 09-03-95

400M 57.81 06-30-95

M55-59
Richard Imperiale Long Jump 4.81 09-02-95

Seth Kaminsky 1500M 4:52.8 08-05-95

Mile 5:23 07-29-95

M60-64
Edwin Alexander High Jump 1.42 07-18-95

Irwin Bernstein 400M 46.6 06-17-95

800M 2:29.9 06-17-95

Joseph La Bruno Mile 5:41 03-04-95

Dick Burton 56# Weight 16-6 08-12-95

Sid Joseph 300H 54.4 07-09-95

William O'Donnell 5K 19:30 10-29-95

M65-69
Jack Pritchard 100M 13.11 09-10-95

100M 13.46 09-23-95

Ray Propst 100H 19.90 06-25-95

300H 57.24 06-25-95

High Jump 4-7 06-18-95

Long Jump 14-1 02-26-95

Triple Jump 28-10 06-25-95

Decathlon 5780 Pts. 06-18-95

M75-79
George Rajcevic High Jump 3-8 06-03-95

Triple Jump 23-0 06-03-95

Myron Dover Discus 110-4 05-24-95

Discus 30.56 02-23-95

M85-89
Kurt Straus 5K RW 38:40.51 07-21-95

W40-44
Pamela Fisher 5K 20:07 06-03-95

Linda Lowery High Jump 1.34 07-09-95

W45-49
Yoko Eichel 5K 19:46 04-02-95

10K 44:36 04-02-95

W50-54
Sue Cammack 10K 42:16 08-10-95

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
Mile	4:31	4:35	4:42	4:53	5:07	5:25	5:49	6:14	6:51	7:38	8:42	10:10
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:00	32:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:15	68:30
110H	15.3	16.4	17.75	18.75								
100H					18.0	19.0	20.0	21.3				
80H									18.0	21.0	25.0	30.0
400H	57.6	59.7	62.0	64.4	67.2	70.6						
300H					48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC	10:00	10:20	10:55	11:40	12:30	13:20						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.13	1.02	.92
	6-4 1/2	6-3 3/4	5-9 1/2	5-6	5-2 1/2	4-11	4-7 1/2	4-4	4-1 1/2	3-8	3-4	3-1
PV	4.40	4.15	3.90	3.60	3.30	3.05	2.80	2.55	2.30	2.05	1.80	1.50
	14-5 1/2	13-7 1/2	12-9 1/2	11-9 1/2	10-10	10-0	9-2 1/2	8-4 1/2	7-6 1/2	6-8 1/2	5-11	4-11
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	20-4 1/2	19-2 1/2	17-10 1/2	16-9	15-7	14-5 1/2	13-1 1/2	11-11 1/2	10-10	9-10	8-8 1/2
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
	43-9 1/2	41-6	39-4 1/2	36-7	34-1 1/2	31-8	29-2 1/2	26-11	24-7 1/2	22-4	20-4 1/2	18-1 1/2
Shot	15.20	14.10	13.00	12.00	11.20	10.40	9.60	8.80	8.00	7.20	6.40	5.60
	49-10 1/2	46-3 1/2	42-8	39-4 1/2	36-9	33-9	30-4 1/2	27-5 1/2	24-10 1/2	21-1 1/2	18-4	15-4
Discus	44.80	42.60	40.60	38.00	35.40	32.80	30.20	27.60	25.00	22.40	20.00	17.60
	147-0	139-9	133-2	124-8	119-5	113-3	107-9	103-8	96-7	90-2 1/2	83-2	76-2
Hammer	47.24	44.20	41.14	38.10	35.00	31.90	28.80	25.70	22.60	19.50	16.40	13.30
	155-0	145-0	135-0	125-0	118-1	111-1	104-3	97-2	90-2	82-0	73-10	60-0
Jav	62.00	57.00	52.00	48.00	43.00	38.50	34.00	30.00	26.00	22.00	18.00	15.00
	203-5	187-0	170-7	157-6	141-1	126-4	113-3	101-0	90-2	78-9	62-4	49-2
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.00
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: 30-39: 39"; 50-59: 36"; 60-69: 33"; 70+: 30".
3) Long hurdles: 30-39: 36"; 50-59: 33"; 60+: 30".
4) Shot put: 30-39: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k.
5) Discus throw: 30-39: 2kg; 50-59: 1.5kg; 60+: 1.0kg.
6) Hammer: 30-39: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k.
7) Javelin: 30-39: 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 ALL AMERICAN STANDARDS OF EXCELLENCE FOR MASTERS RACE WALKERS

Event	1.5K	3K	5K	8K	10K	15K	20K	25K	30K	40K	50K
F30	7:13	7:47	14:50	26:38	42:04	52:43	1:21:56	1:52:06	2:24:43	2:59:16	5:37:30
F35	7:22	8:03	15:18	26:27	43:11	53:56	1:23:29	1:53:32	2:26:51	3:01:53	5:42:23
F40	7:37	8:21	15:53	27:26	44:47	55:56	1:26:37	1:56:06	2:32:33	3:08:56	5:55:48
F45	8:03	8:41	16:32	28:33	46:36	58:10	1:30:08	2:03:00	2:38:56	3:17:00	6:11:26
F50	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	6:29:09
F55	8:56	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	3:36:33	6:49:24
F60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	7:12:43
F65	9:48	10:36	20:06	34:43	56:33	1:10:37	1:49:50	2:30:12	3:14:51	4:02:20	7:39:46
F70	10:26	11:15	21:22	36:54	1:00:02	1:15:01	1:56:49	2:39:54	3:27:38	4:18:30	8:11:30
F75	11:10	12:01	22:51	39:28	1:04:10	1:20:14	2:05:05	2:51:18	3:42:50	4:37:46	8:49:28
F80	12:03	12:58	24:41	42:37	1:09:13	1:26:38	2:15:15	3:05:24	4:01:36	5:01:39	9:47:36
F85	13:13	14:16	27:05	46:45	1:16:50	1:35:01	2:28:37	3:24:00	4:26:20	5:33:10	10:39:15
F90	14:56	16:06	30:36	52:14	1:26:30	1:47:18	2:48:13	3:51:12			
M30	6:31	7:01	13:21	23:06	37:57	47:49	1:13:10	1:38:18	2:05:12	2:32:17	4:31:00
M35	6:43	7:14	13:47	23:46	38:55	48:53	1:14:28	1:39:43	2:06:56	2:34:14	4:34:53
M40	6:58	7:29	14:16	24:24	40:15	50:32	1:17:03	1:43:13	2:11:29	2:39:47	4:44:49
M45	7:13	7:46	14:47	25:31	41:44	52:25	1:19:58	1:47:10	2:16:35	2:46:05	4:56:24
M50	7:33	8:05	15:23	26:33	43:25	54:32	1:23:14	1:51:37	2:22:20	2:53:13	5:09:29
M55	7:50	8:26	16:04	27:43	45:19	56:56	1:26:56	1:56:38	2:28:52	3:01:19	5:24:22
M60	8:13	8:51	16:50	29:02	47:28	59:38	1:31:10	2:02:23	2:36:20	3:10:33	5:41:23
M65	8:38	9:19	17:43	30:33	49:56	1:02:45	1:36:01	2:08:58	2:44:53	3:21:11	6:01:01
M70	9:08	9:50	18:44	32:18	52:46	1:06:21	1:41:37	2:16:35	2:53:56	3:33:31	6:23:51
M75	9:43	10:28	19:55	34:20	56:04	1:10:35	1:48:13	2:25:34	3:05:02	3:48:05	6:50:54
M80	10:26	11:14	21:22	36:50	60:06	1:15:44	1:56:15	2:36:31	3:20:50	4:05:57	7:24:11
M85	11:21	12:13	23:14	40:04	65:20	1:22:26	2:06:43	2:50:48	3:39:31	4:29:18	8:07:50
M90	12:41	13:39	25:58	44:45	72:52	1:32:08	2:21:52	3:11:28	4:06:38	5:03:17	9:11:37

Age-graded time/.8 for mid-point of each 5-year interval (e.g. age 32, 37, 42, 47 etc.)

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
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70
	8-10½	7-10½	6-11	5-11	4-11	3-11	3-7½	3-3½	2-11	2-7½	2-3½
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	8-6	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	33.50	27.50	21.50	25.00	19.00	18.00	16.00	15.00	14.00	13.50
	129-7	109-11	93-6	70-6½	82-0	62-4	59-1	52-6	49-2	45-11	44-4
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.5
	98-5	91-2	85-4	78-9	72-2	65-8	59-1	52-6	49-2	45-11	44-4
Hammer	35.0	32.5	30.0	25.0	23.0	22.0	20.0	18.0	14.0	12.0	9.0
	131-3	114-10	98-5	82-0	75-6	72-2	65-8	59-1	45-11	39-5	29-7
20 Pwt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75
16 Pwt.					8.00	7.00	6.00	5.50	5.25	5.00	4.75

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene OR 97405. To keep information current, we generally do not publish results more than 4 months old. Results that are typed (maximum 28 spaces/2 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

Keystone State Games Harrisburg, PA; Aug. 4-6

100m	
M30 Richard Shaw	12.13
M35 Randy Frey	11.57
M40 Leroy Galloway	11.88
M45 Charles Crewshaw	12.86
M50 Gordon Khan	13.52
M55 Barry Kline Sr	13.47
M60 Karl Horst	13.65
M65 Tom Rice	14.70
M75 Rebecca St Jean	13.92
M80 Gail Cushing	17.23
M85 Linda Eyanon	15.65
M90 Janet Drummond	17.39
200m	
M30 Tom Abeling	24.24
M35 Randy Frey	24.14
M40 Bill Clugston	24.14
M45 Charles Crewshaw	27.79
M50 Glenn Schmehl	26.54
M55 Roger Sprockett	27.31
M60 Karl Horst	28.18
M65 Rebecca St Jean	32.45
M70 Gail Cushing	47.09
M75 Linda Eyanon	36.98
M80 Diane Fantaskey	37.83
400m	
M30 Tom Abeling	53.46
M35 Greg Riddle	53.66
M40 John Roebuck	58.58
M45 Tom Snedden	61.84
M50 Glenn Schmehl	60.52
M60 Karl Horst	65.41
M65 Diane Fantaskey	74.92
800m	
M30 Alan Flenner	2:10.35
M35 Phil Matraxia	2:11.12
M40 Tim Cook	2:31.99
M45 John Aikens	2:16.84
M50 Gordon Khan	2:32.42
M55 Robert Evans	2:33.43
1500m	
M30 Alan Flenner	4:25.99
M35 Phil Matraxia	4:26.76
M40 Tim Cook	4:24.96
M45 Tom Cook	4:50.96
M50 Ed Cartledge	6:10.81
M55 Jake Myers	5:14.22
5000m	
M30 Doug Crist	17:28.08
M35 Mark Haywood	18:02.42
M40 Tim Cook	16:03.7
M45 Charles Leader	18:11.5
M50 Ron Shields	21:54.2
10,000m	
M30 Tom Stronga	42:01.8
M35 Mike Smith	37:49.3
M40 Stan Shars	37:52.9
M45 David Micheal	43:14.6
M50 Karl Robinson	45:39.0
Short Hurdles	
M30 Joe Obeldobel	16.00
M35 Les Pearce	15.49
M40 Roger Barnes	18.01
M55 Barry Kline Sr	18.33
Long Hurdles	
M30 Rick Leuschner	66.91
M35 Richard Torbik	59.08
4x100m Relay	
M30 Roebuck/Torbik/Obeldobel/Makoz	46.22
M35 Conzentino/O'Connell/DiSalvo/Coleman	46.37
M40 Galloway/Johnson/Graham/Crewshaw	50.21
M45 Utley/Snedden/Hecker/Guman	59.02
M50 Cartledge/Horst/Buyny/Rinker	59.18
M55 Drummond/Cushing/Crowder/Eyanon	65.69
4x400m Relay	
M30 Obeldobel/Pierce/Torbik/Makoz	3:45.35
M35 Glenright/Martens/Magaro/Dunkleberger	4:04.41
M40 Johnson/Galloway/Coleman/Callen	4:10.64
M50 Cartledge/Schmehl/Evan/Olivett	4:58.19
High Jump	
M30 Joe Obeldobel	6-0
M35 Rick Hedrick	5-6 1/2
M40 John Emanuel Jr	5-2
M45 Ed Laurelli	4-8
M55 Barry Kline	4-8
M60 Jane Deskis	5-8
Pole Vault	
M30 Scott Still	12-0
M35 John Butler	12-0
M40 Steve Gorman	12-6
M45 Tom Randolph	10-0
Long Jump	
M30 Bob McKiver	5.95m
M35 Lonnie Bastress	5.03
M40 Dennis Grapham	
M45 Ed Laurelli	5.46
M50 Ed Cartledge	4.60
M55 Ted Mordecia	3.89
M65 Tom Rice	4.15
M75 Laurie Frederick	3.86
M80 Tom Rice	3.67
Triple Jump	
M30 Bob McKiver	13.16m
M35 Lonnie Bastress	12.33
M40 Roger Barnes	12.02
M45 Charles Crewshaw	9.56
M50 Tom Rice	8.10
Shot Put	
M30 John Bauer	13.07
M35 Pete Fox	11.29
M40 Gary Williams	11.02
M45 Selden Cooper	12.99
M50 Paul Morrone 12#	13.42
M55 Ted Mordecia 12#	10.72
M60 Ray Feick	11.78
M65 Fred Huston 5k	8.22
M75 Rebecca St Jean	8.24
Discus	
M30 Bill Witt	38.40
M35 Herman Pinque	40.26
M40 Tom Talbot Jr	37.92
M45 Tim Williams	42.02
M50 Ian Percy	35.28
M55 Ted Mordecia	27.64
M60 Ray Feick	38.12
M65 Fred Huston	28.20
M75 Robert Cushing	20.68
M80 Jane Beatty	40.20
Hammer	
M35 Bill Wolfe	23.80
M45 Terry Shuman	35.68
M60 Ray Feick	35.80
M70 Jane Beatty	34.42
Javelin	
M30 Tom Coleman	49.26
M35 Bill Wolfe	57.82
M40 Brian McAuliffe	50.08
M45 Dick Richardson	46.86
M50 Ian Percy	47.76
M55 Ray Feick	42.16
M65 Tom Rice	25.74
M75 Robert Cushing	12.82
Decathlon	
M35 Jim Taylor	4458
M40 Frank Britt	4118
M45 Bill Hanson	4076
5000m Racewalk	
M35 Steve Bence	29:37
M45 Edward Zindell	27:28
M50 James Carmine	24:57
M60 Paul Gorka	31:09
M75 Caroline Semanick	47:47
M80 Donna Kilgore	nta
from Trey Jackson, T&F Director	
Dartmouth Weight Meet	
Hanover, NH; Oct. 7	
Shot Put 16#	
Carl Wallin 54	46-10 1/2
Don Filkins 41	41-6 1/2
Carmen Letizia 42	37-4 1/2
Shot Put 6k	
Carl Wallin 54	50-4 1/2
Carmen Letizia 42	40-7 3/4
Packy Fusco 52	33-4
Discus	
Carl Wallin 1.5k 54	123-5
Packy Fusco 1.5k 52	119-9
Don Filkins 2k 41	118-7
Mike Grisko 2k 48	110-7
Hammer	
Carl Wallin 6k 54	153-4
Don Filkins 16# 41	131-7
Mike Grisko 16# 48	110-8
Carmen Letizia 16# 42	103-0
Weight 25#	
Carl Wallin 54	59-0
Mike Grisko 48	56-10 1/2
Don Filkins 41	54-0
Carmen Letizia 42	45-0
Maryland Masters TC	
Fall Sprint Classic	
Towson; Nov. 4	
50m	
Brian Lee 42	6.75
Jim Stookey 65	6.78
Bill Bergen 67	8.40
Elly McComas W56	8.49
Howard Cohen 59	8.50
John Sellers 59	9.50
Bud McGarvey 73	10.22
Alma McGarvey W67	10.52
Lottie Pollock W38	nta
100m	
Brian Lee 42	13.10
Bill Bergen 67	14.71
Elly McComas W56	15.78
John Sellers 59	17.60
Herman Blinichikoff 61	17.90
Bud McGarvey 73	18.42

Alma McGarvey W67	19.72
Lottie Pollock W38	21.84
200m	
Henry Featherstone 29	25.75
Brian Lee 42	26.93
Jim Stookey 65	29.10
Bill Bergen 67	31.28
Elly McComas W56	34.37
John Sellers 59	35.00
Herman Blinichikoff 61	37.17
Bud McGarvey 73	40.65
Alma McGarvey W67	43.97
400m	
Henry Featherstone 29	56.53
Brian Lee 42	26.93
Rodney Jones 37	59.49
Dan Masterson 50	67.38
John Sellers 59	75.57
Gary Cunningham 46	74.40
Herman Blinichikoff 61	78.96

MID AMERICA

Kansas Senior Olympics Topeka; Oct. 8

100M	
M50 William Selbe	12.00
M50 Douglas McKiver	13.80
M50 Jim Ratzlaff	14.80
M55 Dale Lance	12.40
M55 Jan Kalusha	12.70
M55 Roger Nyfeler	13.10
M55 Gregory Koppes	14.80
M55 Larry Kahler	15.20
M55 Harold Haun	15.30
M60 Bob Santine	13.20
M60 Chung Anderson	13.70
M60 Charles Newman	13.70
M60 Bill Anderson	13.90
M60 Roger Weidman	14.00
M60 Louis Robinson	15.20
M60 Harry Comstock	16.40
M65 Earl Ventura	13.00
M65 Trevor Snell	16.30
M65 Charles Palmer	18.80
M70 Jack Haelele	15.50
M70 Otto Lohrenz	16.70
M70 Hardy Dunn	17.30
M70 Charles Hamm	24.60
M75 Ed Carter	15.80
M75 Ralph Maxwell	16.40
M75 Robert Warwick	16.90
M75 Robert Anthony	16.90
M80 Lee Todd	16.00
M80 Eugene Cottrell	18.40
M80 Burton Smith	33.00
M85 Eileen Schmidt	16.90
M85 Susan Miller	17.60
M90 Sandra McCoy	17.90
M95 Jessie Dunn	21.70
M70 Lavina Haelele	16.20
M70 Maxine Anderson	18.50
200M	
M50 William Selbe	25.50
M55 Dale Lance	28.00
M55 Harold Harris	29.50
M55 Gregory Koppes	32.50
M60 Bob Santine	28.80
M60 Chung Anderson	29.40
M60 Bill Anderson	29.70
M60 Louis Robinson	33.10
M65 Trevor Snell	31.30
M65 Charles Palmer	43.40
M70 Jack Haelele	32.20
M70 Otto Lohrenz	35.60
M75 Ed Carter	34.00
M75 Robert Warwick	37.40
M75 Ralph Maxwell	38.10
M80 Eugene Cottrell	42.90
M80 Burton Smith	1:11.10
M85 Eileen Schmidt	37.40
M85 Susan Miller	37.70
M70 Lavina Haelele	35.20
M70 Maxine Anderson	40.20
400M	
M50 William Selbe	59.80
M55 Howard Erickson	1:22.70
M55 Wes Nicholson	1:31.90
M60 Paul Heitzman	1:05.70
M60 Bill Anderson	1:08.10
M60 Louis Robinson	1:18.60
M65 Charles Palmer	1:51.10
M70 Jack Haelele	1:16.80
M70 Otto Lohrenz	1:27.00
M70 Frank Creason	1:38.00
M80 Burton Smith	2:36.20
M85 Eileen Schmidt	1:39.00
M70 Maxine Anderson	1:52.00
800M	
M55 Howard Erickson	2:59.60
M55 Wes Nicholson	3:23.80
M55 Terry Schonlan	3:43.50
M60 Bill Anderson	3:08.50
M70 Frank Creason	3:38.80
M80 Burton Smith	5:57.90
M85 Eileen Schmidt	4:03.00
1500M	
M50 Jim Ratzlaff	6:44.10
M55 Howard Erickson	6:01.80
M55 Michael Hooper	6:13.10
M60 Paul Heitzman	5:07.10

M60 Bill Anderson	6:26.50
M70 Frank Creason	7:26.90
M75 Alvin Acker	8:28.50
M80 Burton Smith	11:52.80
M50 Suzanne Pinkerton	8:04.00
M55 Myrna Guion	7:30.80
M55 Eileen Schmidt	7:36.00
High Jump	
M50 Mark Chapman	4'07.00
M50 Jim Ratzlaff	4'04.75
M55 Dale Lance	5'01.00
M55 Roger Nyfeler	4'06.25
M55 George LaBelle	4'00.75
M55 Gregory Koppes	3'10.50
M60 Charles Newman	4'07.75
M60 Bill Butterworth	4'05.50
M60 Donald McAfee	4'00.00
M60 Harry Comstock	3'06.50
M65 J C Brown	4'10.25
M65 John Rutherford	4'00.00
M65 Jerry Reichart	3'05.75
M65 Floyd Jack	3'04.00
M70 Kelly Green	3'07.25
M75 Scott Herrman	3'09.75
M75 Robert Warwick	3'08.75
M75 Ralph Maxwell	3'08.00
M75 George Hoferer	3'07.25
M75 Ed Carter	3'06.50
M75 Robert Anthony	3'04.00
M80 Lee Todd	3'06.50
M80 Lee Haun	2'10.50
M55 Eileen Schmidt	3'07.75
Long Jump	
M50 Douglas McKiver	13'03.75
M50 Jim Ratzlaff	12'03.75
M50 Mark Chapman	10'10.00
M55 Dale Lance	16'08.50
M55 Roger Nyfeler	13'02.00
M55 George LaBelle	12'05.25
M55 Harold Haun	10'09.50
M60 Charles Newman	13'07.50
M60 James Duncan	13'03.25
M60 Chung Anderson	12'05.75
M60 Bill Anderson	11'07.00
M65 Earl Ventura	14'00.50
M65 John Rutherford	10'06.75
M65 Jerry Reichart	7'07.75
M70 Kelly Green	11'10.50
M75 Ed Carter	12'02.50
M75 Robert Warwick	10'09.25
M75 Ralph Maxwell	10'05.25
M75 Robert Anthony	10'03.00
M75 William Trimmell	5'02.00
M80 Lee Todd	10'08.50
M80 Lee Haun	6'10.25
M85 Susan Miller	9'11.00
M55 Eileen Schmidt	9'02.25
M65 Elizabeth Maxwell	4'11.25
M70 Lavina Haelele	9'09.50

Shot Put	
M50 Mark Chapman	36'10.50
M50 Jim Ratzlaff	34'02.25
M50 Richard Darnall	32'02.25
M55 Ron Anderson	38'00.50
M55 Al Salmon	37'01.25
M55 Dale Lance	33'00.50
M55 George LaBelle	32'03.50
M60 Tom Wesselski	40'03.50
M60 James Duncan	34'00.75
M60 Donald Hamilton	30'09.25
M60 Bob Santine	28'05.75
M60 Donald McAfee	27'01.75
M60 Bill Anderson	26'00.75
M60 John Gramlich	24'07.75
M60 Bill Sanks	24'06.50
M65 Earl Ventura	39'01.25
M65 Floyd Jack	36'00.75
M65 Bill Brazelton	31'09.50
M65 Jerry Reichart	29'10.00
M65 Charles Palmer	23'06.25
M70 Kelly Green	38'03.25
M70 Jack Haelele	31'01.75
M70 Elvin Reed	23'11.75
M75 Scott Herrman	40'01.50
M75 William Trimmell	30'09.00
M75 Leo Chapman	30'09.00
M75 Robert Warwick	27'02.75
M75 George Hoferer	24'05.50
M80 Lee Todd	34'09.75
M80 Lee Haun	24'02.75
M80 Burton Smith	21'00.50
M55 Eileen Schmidt	24'07.25
M55 JoAnn Lovendahl	21'05.50
M80 Hazel Hawks	9'02.25
Discus Throw	
M50 Jim Ratzlaff	117'06.00
M50 Douglas McKiver	104'05.00
M50 Mark Chapman	103'04.00
M50 Richard Darnall	102'05.00
M55 Ron Anderson	140'04.00
M55 Dale Lance	123'08.00
M55 Jim Young	115'02.00
M55 Al Salmon	113'04.00
M55 George LaBelle	90'05.00
M60 Tom Wesselski	132'04.00
M60 James Duncan	118'09.00
M60 Donald Hamilton	106'05.00
M60 Chung Anderson	99'10.00
M60 Bob Santine	91'10.00
M60 John Gramlich	84'00.00
M60 Donald McAfee	83'02.00
M65 Floyd Jack	132'00.00
M65 Earl Ventura	124'02.00

M65 Bill Brazelton	110'04.00
M65 Jerry Reichart	109'03.00
M65 Ralph King, Jr.	106'03.00
M70 Jack Haelele	103'01.00
M70 Kelly Green	97'01.00
M70 Elvin Reed	63'02.00
M75 Scott Herrman	101.09.00
M75 Leo Chapman	74'10.

Continued from previous page

M75 Bob Warwick	7-3
W55 Sue Tunnicliff	5-8
Long Jump	
M50 Renn LaCroix	15-0
M55 Wayne Skartved	13-10½
M60 Chuck Crawford	12-1½
M65 Willard Speck	11-7
M70 Doc Bennett	10-1
M75 Bob Warwick	9-7
M80 Frank Beck	7-6
M85+Brownlee Smith	6-1½
W55 Sue Tunnicliff	8-3
W60 Jean Cobb	10-3
W65 Lila Holmes	8-4
Shot Put	
M50 V Minassian	29-10
M55 R Anderson	38-8
M60 Jim Majors	39-6
M65 Floyd Jack	36-9½
M70 A T Richeson	33-1½
M75 Leo Chapman	30-9 3/4
M80 Frank Beck	24-4½
M85+Brownlee Smith	18-½
W55 Sue Tunnicliff	23-9½
W60 Ruby Goodon	23-9½
W65 Laura Downum	21-6
W70 Willie Gatza	15-3
Discus	
M50 P Thomas	79-11
M55 R Anderson	129-6
M60 D Forrester	120-4
M65 Floyd Jack	125-5
M70 A T Richeson	105-5
M75 Frank Beck	69-9
W55 Sue Tunnicliff	69-6
W60 Jean Cobb	56-1
W65 Laura Downum	50-8
W70 Willie Gatza	44-2
Javelin	
M50 P Thomas	71-7
M55 J McWilliams	83-6
M60 Bob Santine	99-0
M65 Floyd Jack	104-2
M70 Tim Murphy	90-2
M75 Bob Warwick	74-6
M80 Dick Swan	43-5
W55 Sue Tunnicliff	63-5
W60 Jean Cobb	56-0
W65 Jane Sellmeyer	36-10
W70 Willie Gatza	43-9
1500m Racewalk	
M55 V Shockley	10:32.74
M60 Barry West	10:12.94
M65 Dick Donley	9:51.77
M70 N McIntosh	10:51.42
M75 Cecil Griffin	12:17.09
W55 Janet Mason	9:50.20
W60 S Brownlee	11:00.26
W70 Alyce Pate	12:15.75
5000m Racewalk (track)	
M55 V Shockley	37:44.89
M65 Dick Donley	34:42.89
M70 N McIntosh	37:29.73
W55 Janet Mason	34:38.63
W60 Carole Engman	39:08.07
5K Road Race	
M50 Geo Marchetti	17:35.32
M55 Jose Herrara	22:00.77
M60 S Blanchard	19:27.56
M65 Arthur Roepke	22:25.20
M70 Gene Henson	23:23.58
W50 Judy Bomer	24:31.93
W60 Glenna Lee	29:51.10
W65 O Alexander	30:20.02
10K Road Race	
M50 Geo Marchetti	37:05.99
M55 Jose Herrara	46:25.74
M60 S Blanchard	40:17.45
M65 Arthur Roepke	46:46.96
M70 Gene Henson	49:11.83
W50 Lydia Borges	46:26.44
W55 B Hambrick	53:57.97
W60 Glenna Lee	66:40.22
W65 O Alexander	62:15.23
from Dick Donley	

Louisiana Senior Olympic Games Louisiana State U. Baton Rouge, Oct. 13-14

100m	
M55 James Paddie	13.20
Gerald Latiolais	14.25
Philip McCarty	14.51
M60 Charlie Richard	14.14
Sid Montecino	15.04
Ray Burnham	15.30
M65 Louis Riecke	14.41
Joseph Dinkins	15.55
M70 Foster Anderson	16.70
Alton Brown	16.88
M75 Ted Yenari	17.25
Ike Delee	17.72
Frank Knaus	18.19
W55 Colleen Fontaine	22.31
W60 Bernice Bordelon	18.45
Marynell Schweinfurth	18.57
Louise Reynolds	18.70
W65 Thais Lacrouts	21.35
W70 Mary Norckauer	19.45
W75 Mary Doxey	27.13
W80 Marnie Evans	25.76
W85 Clara Englade	30.99
200m	
M55 James Paddie	27.06
Pope Huval	30.35

Ed Gautreaux	30.75
M60 Julius Huhn	29.07
Charlie Richard	29.28
Sid Montecino	30.94
M65 Louis Riecke	30.29
Wayne Hanson	31.38
M70 Foster Anderson	34.51
Alton Brown	36.67
M75 Ted Yenari	38.24
Ike Delee	38.85
M80 Dan Mestayer	37.36
W55 Janette Baldwin	47.70
W60 Bernice Bordelon	39.21
Louise Reynolds	43.43
Mildred Coleman	43.75
W65 Denise Buillotte	57.05
W70 Mary Norckauer	47.56
W75 Mae Copes	1:28.00
W80 Delia Thompson	1:47.07
400m	
M55 Pope Huval	1:08.11
Ed Gautreaux	1:12.78
Tony Tringali	1:12.86
M60 Julius Huhn	1:04.88
Ray Burnham	1:10.11
Sid Montecino	1:13.56
M65 Wayne Hanson	1:11.02
Larry Cinquemano	1:11.97
Ken Blanchard	1:15.90
M70 Foster Anderson	1:27.70
Alton Brown	1:32.08
M75 Ike Delee	1:41.23
M80 Dan Mestayer	1:45.70
W55 Janette Baldwin	1:42.20
W60 Bernice Dimarco	1:46.38
Mildred Coleman	1:47.77
W70 Mary Norckauer	2:04.65
W75 Mae Copes	3:31.12
W80 Delia Thompson	4:04.98
800m	
M55 Pope Huval	2:49.18
Gerald Daugereaux	2:51.56
Tony Tringali	2:59.27
M60 Julius Huhn	2:38.15
Ray Burnham	3:01.24
Graham Reeves	3:11.91
M65 Larry Cinquemano	2:43.15
Wayne Hanson	2:51.08
Foster Doty	3:03.34
M70 Foster Anderson	3:36.53
Dick Findlay	3:41.25
M75 John Morrison	4:33.56
W55 Janette Baldwin	4:16.81
W60 Evelyn Taylor	5:00.46
W70 Mary Norckauer	4:38.09
W75 Mae Copes	7:28.78
W80 Delia Thompson	8:32.28
1500m	
M55 Tom Snyder	7:04.79
Doug Holmes	7:41.47
M60 Julius Huhn	5:18.15
Richard East	5:23.53
Graham Reeves	6:31.20
M65 Larry Cinquemano	5:33.52
Wayne Hanson	5:51.00
Foster Doty	5:52.10
M70 Dick Findlay	7:50.57
Donald Carpenter	8:23.01
M75 John Morrison	8:56.52
W55 Janette Baldwin	8:48.49
W60 Irma Landry	8:57.16
W70 Mary Norckauer	8:41.82
W75 Mae Copes	14:37.83
W80 Delia Thompson	15:51.63
5000m	
M55 Gerald Daugereaux	22:06
C G Mouch	23:48
Bill Kilian	25:57
M60 Richard East	19:23
Ron Piontek	23:14
Graham Reeves	23:31
M65 Larry Cinquemano	20:46
Wayne Hanson	21:21
Foster Doty	21:41
M70 Ted Overman	25:30
Dick Findlay	25:51
M75 John Morrison	33:26
W55 Mary Piontek	30:46
W60 Cat Guice	29:08
Irma Landry	30:47
W70 Mary Norckauer	30:33
W80 Delia Thompson	54:21
10,000m	
M55 Gerald Daugereaux	42:16
C G Mouch	48:51
Bill Kilian	54:50
M60 Richard East	41:37
M65 Larry Cinquemano	43:21
Foster Doty	44:55
Gerald Jorda	45:54
M70 Dick Findlay	51:17
Ted Overman	53:25
W55 Mary Piontek	1:05:25
Janette Baldwin	1:08:37

W60 Cat Guice	59:46
W70 Mary Norckauer	1:02:12
W80 Delia Thompson	1:53:37
High Jump	
M55 James Paddie	5-2
Don North	4-2
Philip McCarty	4
M60 Ron Byrd	4-4
Jerry Lyons	4-2
Roland Forman	3-6
M65 Nick Revon	3-8
Bill Noonan	3-6
M70 Willis Ward	3-10
M75 Frank Knaus	3-4
Ted Yenari	3-2
Delmar Gerard	3
M80 Bob Baker	3
W60 Bernice Bordelon	3-4
M Schweinfurth	3-2
Louise Reynolds	3-2
Mary E Williams	3-1
Pole Vault	
M55 Don North	7-5
Philip McCarty	6-6
M60 R Paul Adams	7
M65 Bill Noonan	6-6
M70 Jeff DeBlanc	5-6
M75 Ted Yenari	5-6
M80 Dan Mestayer	4
Long Jump	
M55 James Paddie	15-11.75
Ron Guidry	13-8.25
Billy Savoy	11-7.50
M60 Charlie Richard	16-6.25
Roland Forman	12-9.50
Don LeBlanc	12-0.25
M65 Bill Noonan	11-10
Nick Revon	11-6.50
M70 Jeff DeBlanc	10-9.25
Willis Ward	10-5.25
Delroy Spann	8-11.25
M75 Ike Delee	11-0.75
Ted Yenari	10-4.75
Frank Knaus	9-4.50
M80 Dan Mestayer	10-5
W55 Shirley Gioe	5-6
W60 Bernice Bordelon	10-1.25
M Schweinfurth	9-3.25
Jerry Marque	8-7
W65 Thais Lacrouts	5-10.75
W70 Mary Norckauer	9-1.50
W80 Marnie Evans	6-4.25
W85 Clara Englade	5-9.25
Shot Put	
M55 Don North	34-7.25
Charles Jolly	30-5
Carroll Duhon	27-6.50
M60 Milton Brady	37-0.75
R Paul Adams	30-8.50
Roland Forman	30-5
M65 Bob Meador	30-9.25
Tom Orolano	27-9.75
M70 Sam Bergeron	30-9
Bert Beadle	29-11
Willis Ward	29-6
M75 Ernie Tyler	26-11.50
Ed Aucoin	25-4.50
Wes Johnson	24-6.5
M80 John Tubbs	25-2
Dan Mestayer	22-4.25
Roddie Renfrow	19-10.50
W55 Shirley Gioe	19-2.75
Rose Mae Rodrigue	16-9.25
W60 Mae Dugas	23-10.75
Evelyn Taylor	22-7.75
M Schweinfurth	22-5
W65 Thais Lacrouts	23-2
Babe English	21-6.50
Lillian Patin	20-11
M70 Irene Bible	22-3.75
Millie Buchert	17-11.25
Daisy Connell	16-2
W75 Betty Jo Waggoner	18-1.25
Mae Copes	16-6.75
Helen Andrews	12-9
W80 Marnie Evans	16-11.25
Mary Ann Mestayer	15-4.50
Edith Jarrell	12-10.75
W85 Verna Theriot	15-5.50
Clara Englade	11-2.50
Noonie Englade	9-9.75
Discus	
M55 Don North	114-3
Philip Nicaud	87-2
Charles Jolley	84-7
M60 Milton Brady	114-11
F Paul Adams	110-5
Don LeBlanc	105
M65 Jay Woods	112-2
Samuel Hughes	99-7
Bob Meador	95-2
M70 Sam Bergeron	89-2
Norman Hedrick	86-8
Willis Ward	85-9

M75 Wes Johnson	87-9
Ed Aucupom	69-4
Ed Olsen	54-7
M80 John Tubbs	76
Dan Mestayer	63-7
Joe Armstrong	54-6
Philip Guidry	56-11
Shirley Gioe	41-4
Carol Morris	39-1
W60 Mae Dugas	61-4
M Schweinfurth	51-6
Evelyn Taylor	46-7
W65 Babe English	63-6
Thais Lacrouts	49-2
Joyce Ourso	46-9
W70 Mary Norckauer	53
Millie Buchert	47-11
Norma Bender	44-8
W75 Betty Jo Waggoner	38-10
Mae Armstrong	35-9
Mae Copes	32-6
W80 Marnie Evans	37-4
Mary Ann Mestayer	29-2
W85 Clara Englade	28-4
Verna Theriot	25
Javelin	
M55 Don North	122-6
Philip Nicaud	115-6
Philip McCarty	102
Chip Button	35-25
Ron Blackmore	35-27
Chris Burns	36-02
Dave Alessi	36-22
Brian Dodge	36-29
Steve Scallenkamp	36-52
Bill McMullen	36-54
Mark Harrison	37-12
Paul Persia	37-26
Tom Knapp	38-19
John Whitman	38-28
Brian Nagle	38-29
Larry Krol	38-37
Charlie Keller	38-50
Gary Wade	39-06
Kevin Morrisroe	39-07
Tony Trama	39-26
Ken Filmanski	39-38
Tom Gabruk	39-48
Terry McConnell	40-28
Joe Spencer	41-18
Paul Hiscutt	43-59
Tim Mathews	46-21
Jonathan Maltese	46-49
Carl Klapp	48-32
M45 Rick Hoebeke	34-40
Bob Hermersch	35-16
Al Oman	36-14
Joseph Porcaro	36-33
Robert Briglio	36-47
Anthony Galfano	37-42
Tom Lamme	37-51
Myron Baker	38-09
Tom Honeyer	39-20
David Blake	40-02
Dale Ladd	40-53
Tom Ryan	41-19
Jim Owens	41-30
Larry Feller	42-07
Louis Gross	43-01
Ralph Josephson	45-47
Jan Jezorio	45-52
Larry Naukam	49-31
Morgan Scott-Smith	51-02
John Cochol	52-06
M50 Terry Delph	35-35
Ray Kneer	37-35
Chuck Keating	37-50
Herb Engmann	37-57
John Boyle	38-31
Dick Withrow	38-35
Paul Rose	38-44
Derck Frechette	39-03
Jim Bisogni	39-08
Tom Carr	40-12
Bob Congdon	40-15
Peter Szawlowski	40-43
Joe Reynolds	42-37
Don Solarek	42-43
Bill Kehoe	45-21
John McMurry	47-19
M55 Roland Cormier	37-22
Charlie Kellogg	37-47
Vince Colgan	39-21
Sam Graceffo	40-00
Dan Cohen	41-33
Joe Dabes	42-51
John Coons	43-27
Dick Jarrett	48-40
M60 Bob Milner	41-09
Gerald Barney	41-40
Peter Hetterich	41-49
Jim Hilton	43-04
Wally McRae	46-26
John Garrity	47-55
Ted Sullivan	48-22
M65 Ed Stabler	44-33
Roger Whalley	49-28
Richard Sullivan	49-44
Joseph Conrad	49-48
M70 Ed Buckley	49-56
Bob Hennig	50-38
Tom Walnut	56-53
M75 Nate White	55-14
Bob Wood	72-06
M80 Harold Massie	73-12
W40 Coreen Steinbach	44-05
Laurie Kinsella	44-57
Patti Ford	46-00

WEST KELfield Throws Meet #42 Santa Cruz, CA, Oct. 21

Shot Put	
M40 Richard Watson	34-8½
M45 Gary Kelmenson	37-4½
M50 Rick Bahrons	34-0
M60 Stew Thomson	42-3½
M70 GeeGee Toscano	27-2
Discus	
M40 Richard Watson	111-1
M45 Gary Kelmenson	109-11
M50 Rick Bahrons	108-7
M60 Stew Thomson	165-7
M70 GeeGee Toscano	72-10

Hammer	
M30 Jeff Carpenter	177-1
M40 Magnus Thordarson	1

Continued from previous page
 Victory AC (Mabe/Harpool/
 Wellerding/Clark/LeGrand) 91:01
 Cincinnati AA (Wenstrup/
 Forshey/Stacey/Wilson/Wayte)
 95:10
 M50+Victory AC (Coffman/Meik-
 lereid/Olrich/Malloy/Delph)
 57:27
 Greenville TC (Freeman/
 Carner/Craven/Williams/
 Eversole) 62:57

EAST
Cookie Run 5K
Brentwood, NY; Aug. 28

Overall	
Richard Gonzo	16:18
Regina Rowan	17:59
M40 John Lupski	17:16
M45 Jim Walsh	16:42
Jack Porzio	16:59
M50 Dan Badalament	18:22
M55 Gary Muhke	18:11
M60 Richard Murphy	18:40
M65 Bert Jablon	23:34
M70+Peter D'Iorio	27:47
Bill Merz	27:58
W40 Jane McGraw	21:03
Cecilia McCormack	21:17
W45 Estelle Clasen	21:10
W50 Betty Horstman	21:10
Annette Frish	22:25
W55 Marge Smith	30:08
W60 Alexandra Finger	27:40
W70+Dorothy Rabas	41:23

Fall Classic/USATF-NJ Masters
Five Mile Championships
Cranford, NJ; Sept. 4

OPEN WINNERS	
Gavin Sloane	25:10
Chantal Shea	28:24
TOP MASTERS AGE GRADED TIMES	
M1. Bill Pape	47, 27:53 to 25:34
M2. Roger Price	46, 27:49 to 25:43
M3. Victor Cruz	55, 29:59 to 25:47
M4. Gary Rosenberg	48, 28:44 to 26:09
M5. B. Langenkamp	46, 28:36 to 26:26
W1. Sue Juronics	47, 32:09 to 29:39
W2. Betty Conover	46, 32:37 to 29:39
W3. Lena Hollman	44, 32:50 to 30:22
W4. Madeline Bost	56, 37:26 to 30:58
W5. Lois Filreis	65, 41:35 to 31:07
AGE DIVISION WINNERS	
M40 Ray Schick	27:46
Dan Brannen	28:03
Mike Carr	28:16
M45 Roger Price	27:49
Bill Pape	27:53
B. Langenkamp	28:36
M50 Doug Brown	29:49
Butch Pivano	31:00
Jeff Martin	31:17
M55 Victor Cruz	29:59
Lee Wilcox	31:46
George Kelly	33:24
M60 Jo La Bruno	35:27
Don Bergman	35:45
Joe Brescher	36:44
M65 Roman Martinez	43:14
M70 Lester Riddings	39:54
M80 Dudley Healy	47:27
W40 Lena Hollman	32:50
Kathy Myers	33:02
Jane Parks	33:25
W45 Sue Juronics	32:09
Betty Conover	32:37
Kathy Battersby	34:39
W50 Natalie Grabow	35:37
W55 Madeline Bost	37:26
W65 Lois Filreis	41:35
W70 Trudy Schmidt	54:46

Philadelphia Half-Marathon
Philadelphia, PA; Sept. 17

Overall	
Joseph Kanau 22	1:01:30
Tatjana Pozdnyakova391	1:12:56
M40 Martin Mondragon	1:04:51
Juriy Mikhailov	1:07:23
Terry Permar	1:10:52
Mark Will-Weber	1:12:02
Paul Peterson	1:12:44
Michael McHale	1:13:34
John Ausherman	1:13:56
Joseph Muldowney	1:14:10
Patrick Seaney	1:14:19
Rusty Moore	1:14:25
M45 Earl Owens	1:10:47
Nicholas Caswell	1:16:26
Roger Price	1:16:29
Stephen Probert	1:16:41
Thomas Laine	1:17:39
Tim Sponseller	1:18:17
Seth Bergmann	1:18:18
Bob Hermes	1:18:27
M50 Richard Webb	1:18:16
Sam Skinner	1:19:00
Michael Carnes	1:19:22
Roy Carl	1:19:38
Edward Doheny	1:21:07
Frank Hopper	1:21:35
M55 Anthony Cerminaro	1:19:01
Herb Townsend	1:23:54
David Cartwright	1:25:17

M60 Norman Green Jr	1:21:52
Rich Hause	1:32:07
Ruben Melendez	1:32:27
M65 Stan Cherim	1:36:11
Wally Wright	1:37:19
W40 Jane Welzel	1:17:57
Honor Fetherston	1:19:34
Kathy Gribbon	1:26:11
MaryAnn McDonald	1:31:54
Susan Packard	1:32:00
W45 Judith Hine	1:21:32
C Rodriguez-Irwin	1:25:21
Claudia Piepenburg	1:28:21
Carolyn Mather	1:32:26
W50 Priscilla Welch	1:25:01
Randon Fritsch	1:29:37
Erlene Michener	1:30:24
W55 Brenda Cook	1:36:53
Imme Dyson	1:41:46
W60 Wen-Shi Yu	1:46:35
Thelma Wilson	1:49:43
W65 Janet Glassman	1:50:44

Colts Neck 10K
Colts Neck, NJ; Sept. 17

Overall	
Harold Nolan 48	33:08
Lynn McBride 25	38:42
M40 H Nolan	33:08
Farley Specton	35:40
Dan Staehle	36:53
M50 George Odell	40:24
Kent Sabin	40:40
Bob Stoveken	42:59
M60 M60 Tom Cangialosi	54:22
Bill O'Brien	59:30
M70 Adam Gornicz	66:45
W40 Karen Van Heest	41:35
Mary Conry	42:47
Patrice Hancock	43:01
W50 Trudy Parton	59:49
MaryAnn Walker	60:55

Upstate New York
Cross-Country 5K
SUNY-Geneseo; Sept. 23

Overall	
Pat Cauley 28	16:38
Loren Mooney 23	19:36
M40 Doug Burdick 41	18:04
Brian Dodge 42	18:43
Dave Alessi 42	10:47
M50 Herb Engmann 50	19:20
Jim Bisogni 50	19:47
Tom Carr 50	19:57
W40 Deb Stokes 43	25:43
W50 Sue Gardiner 53	26:26
M40+ Team	
Blade Runners	28
High Noon AC	31
Cats AC	67

National Capital 20 Miler
Alexandria, VA; Sept. 24

Overall	
Jim Hage 37	1:50:57
Tricia Brookover 28	2:12:38
M40 Larry Jones 40	1:59:36
Ben Beach 46	2:02:46
Michael Lieder 40	2:03:51
Mike Hart 40	2:04:26
M50 P VeraGonzales55	2:14:30
Dave Cartwright562	18:20
Dick Hipp 55	2:27:33
M60 Hank Hatch 60	2:39:04
Francis Gignac62	2:40:30
W40 Betty Blank 42	2:25:44
Irene Moffett 40	2:30:09
W50 Tina Olson 50	3:16:14
Jo Marlow 52	3:17:20
W60 Kay Morrison 69	3:33:22

Yankee Runner 5K
Byfield, MA; Sept. 24

Overall	
Edward Gillick 17	16:23
Lynn Jennings 35	16:55
M40 Robert Chasen 41	17:11
Don Hennigar 43	17:30
Don Salamone 40	17:37
M50 Sumner Brown 51	17:57
Jon Stableford 50	18:49
John Boyle 51	19:42
M60+Ed Connor 60	23:49
Rod L'Italien 60	24:05
W40 Deb Bullerjahn 45	20:09
Debbie Judge 41	21:06
W50 Andrea Hatch 52	24:46
W60+Mary Harada 60	26:27
M40+ Team (first 5)	
CSU 91:02/WinnersCircle96:09	
W40+ Team	
Liberty AC 67:02	

Fifth Avenue Mile
NYC; Sept. 30

M40 John Underwood 40	4:22.8
Ed Sparkowski 40	4:24.1
Paul Mascali 43	4:27.1
S Schellenkamp 41	4:27.9
Al Swenson 48	4:28.6
Tom Hartshorne 41	4:32.0
Jeff Stone 40	4:38.8
Ernesto Ayala 43	4:39.3
M50 Vic Heckler 53	4:39.1
Salih Talib 50	4:39.1
Sid Howard 56	4:56.8
Frank Handelman50	4:58.8
Ben Grundstein 51	4:59.3

W40 Burke Koncelik 41	5:20.6
Sylvie Kimche 48	5:33.8
Ruben Roach 47	5:42.0
W50 Ann Makoske 50	5:48.2
George Sheehan Seniors Mile	
1 Witold Bialokur 60	5:12.3
2 Jim Aneshansley 60	5:12.7
3 John Conner 60	5:15.7
4 Cliff Pauling 61	5:34.5
5 Geza Feld 61	5:44.4
6 Elton Robinson 63	5:53.2
7 Ken Jones 65	5:54.4
9 John McManus 72	6:02.4
12 Jack Haar 68	6:22.3
15 Bob Muller 70	6:38.5
18 Al Goldstein 75	7:44.2
19 Wilfredo Rios 78	8:22.6
23 Max Popper 92	13:18
1 Gerry Owens 60	6:37.3
2 Rosa Nales 61	6:40.4
3 Muriel Merl 69	7:59.1
4 Althea Jureidini7710	27.8

Syracuse Festival Of Races 5K
Syracuse, NY; Oct. 1

Overall	
Tim Hacker 32	13:52
Lynn Jennings 35	16:07
M40 Tom Carter	15:47
Tim McMullen	15:59
Larry Camp	17:12
K J Morrisroe	17:41
M45 John Thorpe	16:18
David Delfavero	17:26
Bruce Bush	17:38
M50 Ed Frisillo	17:56
Don Masterson	18:44
M55 George Luke	18:03
Sam Graceffo	18:09
M60 Tom Brannon	21:44
Robert Hunter	21:45
M65 Ed Stabler	20:15
M70 Bob Hennig	23:08
M75 Nate White	24:10
M80 Dudley Healy	26:02
Charles Jorgensen	34:29
W40 Jean Queal	18:35
Patti Ford	19:22
Joan Butler	19:32
Toni Donoghue	20:53
W45 Kathy Brown	20:14
Eliz Mastin	20:56
W50 Nancy Frisillo	20:27
Liz Bugbee	21:15
W55 Margaret Betz	20:16
W60 Lois Bell	25:38
W65 Nancy Auster	27:44
W70 Marsha Tillson	31:17

Riverhead Country Fair 10K
Riverhead, NY; Oct. 8

Overall	
Andy Whitney	33:09
Burke Koncelik 41	38:13
M40 Joe Wynne	36:37
Rick Davis	37:45
Craig Stewart	37:50
M45 Al Oman 45	35:16
Bob Moritz	36:12
Dave Oakley	37:34
M50 Maury Dean	36:42
Jurenas Vaidis	39:02
Howie Bergesen	39:09
M55 John Boyle	40:50
Bob Mitchell	43:20
Tom Sanchez	43:51
M60 John Conner	41:47
Ira Brotman	53:30
M65 Pete Badmajen	52:06
Jim Gowan	52:08
M70 Mel Freidel	63:24
John Watson	94:25
M75 Walter Moritz	68:38
W40 Burke Koncelik	38:13
Diane O'Donnell	42:21
Pat Doroski	43:54
Aileen Zingman	50:50
W45 Estella Clasen	45:30
Jean Wolf	47:05
Diane Birkel	48:23
M50 Betty Horstmann	43:58
Nancy Tischler	44:48
Annette Frisch	47:36
M55 Mayte Cuti	55:14
Gail Pisciotta	62:50
W65 Lya Kilian	59:53
Dolly Finkelstein	60:25
from Maury Dean/346 finish/ 53% masters	

NYC Marathon Tune-Up 30K
Central Park, NYC; Oct. 8

Overall	
Abel Mokibe 30	1:35:17
Marilyn Charles 27	2:05:02
M40 Jack McShane	1:52:56
Frank Gallo	1:59:44
Hecto Gonzalez	2:00:30
M45 Robert Brigilio	1:53:00
Edgar Sandoval	1:58:58
Nicholas Caswell	1:59:56
M50 Sam Skinner	1:58:56
Flores Luis	2:05:19
Benny Kim	2:11:02
M55 Manfred Konrad	2:04:49
Richard Creditor	2:11:02
Alberto Ocampo	2:12:11
M60 Charles Sendres	2:18:53
Warren Kass	2:20:17
Ernest Frank	2:33:03

M65 Charles Safran	2:29:06
Francisco Vidal	2:51:10
Leo Schonhaut	3:03:39
M70 Phil Mongillo	2:34:42
Sab Koide	2:57:38
M75+Wilfredo Rios 78	3:21:19
Charles Feldman794	04:08
W30 Patrice Kentner332	07:23
Wendee Pratt 33	2:11:28
A Gallup-Black35	2:13:23
W40 Joan Baldassari	2:17:49
Kim Bauder	2:18:33
Brenda Seidner	2:20:17
W45 Suzanne Rohr	2:17:21
Carolyn Moore	2:28:02
Carol Gellman	2:28:04
W50 Jillian Lazaridis2	39:00
Susan Haberman	2:40:05
Cynthia Portella	2:44:38
W55 Edith Jones	2:56:19
Billie Moten	3:08:14
Ceil Laikind	3:22:45
W60 Naomi Vogel	3:06:19
Marie Camardi	3:13:19
Ilona Gardosh	3:35:37
W65 Joan Fisher	3:20:33
Daisy Klein	3:31:20
Helena Close	3:43:08
Finishers: 1522m/783w	

Georgetown 10K
Washington, DC; Oct. 8

Overall	
John Trautmann 27	29:29
Heidi Gerken 32	34:49
M40 Chuck Moeser	32:54
Michael McHale	34:19
Ed Ryan	36:04
Larry Harris	36:20
Bob Hersh	36:42
M45 Tim Doescher	35:46
John Sherlock III	35:54
Jay Wind	37:06
Mike Pionkowski	37:33
M50 Ed Doheny	36:50
Alan Roe	38:44
Roy Koehn	38:55
M55 Gerry Ives	37:11
Carl Cox	41:54
Julian Ives	42:36
M60 Larry Dickerson	41:55
Alvin Marcy	44:21
Ernie Hurst	45:08
M65 Michael Ensley	49:13
Don Butler	54:11
M70+Ray Blue 71	47:53
Frank Haines 71	57:50
W40 Cathy VenturaMerkel40	21
Patty Shackleton	43:08
Michelle Haynie	45:01
Merrilee Seidman	45:07
W45 Claudia Piepenburg40	06
Diana FosterJones	43:15
Deborah Gebhardt	43:29
W50 Janice Stoodley	44:55
Dee Chapman	52:53
W55 Sara Levy	54:45
Patricia Cuff	59:40
W60 Charlotte Edwards	50:19
W65 Doralie Segal	53:51
W70+Evelyn Kerper 73	67:51

America Against Crime 5K
Washington, DC; Oct. 14

Overall	
Eron Ferreira 24	15:17
Ruth O'Hara 32	18:27
M40 George Vees	20:43
Doug Swinburne	22:34
M45 Robert Barnes	23:37
Jeff Kaufman	26:28
M50 John Benkert	18:21
Allan Schlesinger	26:01
M55 Chan Robbins	20:11
Bill March	20:28
M60 Tom Momiyama 64	21:26
M70+Harold Jones 70	36:02
W40 Cathy VenturaMerkel19	39
Maura Garibay	29:55
W45 Maria Mboua	22:42
W50 Mary Price	30:44

NYRRRC Grete's Great Gallop
Half-Marathon
Central Park, NYC; Oct. 14

Overall	
Junko Asari 26	1:12:33
W40 Mary DiNardo	1:29:17
Marie Wickham	1:30:07
Diano Sharp	1:33:13
W45 Ann Davies	1:33:43
Jenny Kennedy	1:38:23
Irene Jackson	1:41:06

Continued from previous page.

Jose Soriano	36:55
Edward Napolitano	38:56
M50 Salih Talib	35:00
Pat Cosbrove	37:49
Louis Marjion	39:13
M55 Manfred Konrad	37:38
Mikhail Papkov	41:31
David Doshner	48:36
M60 Dan Sokal	40:26
Alfred Finger	42:16
Martin Winter	42:54
M65 Joseph Burns	43:43
Hector Pacheco	45:33
Jack Haar	45:38
M70 Sab Koide	52:57
M75 Wilfredo Rios	59:15
W40 Maureen Barry	49:26
Ethel Wolvovitz	50:14
Sally Birchard	52:13
W45 Rita LaBar	52:24
Judith Friedman	53:27
Virginia Monette	54:49
W50 Ann Makoske	44:01
Delia Galeano	51:00
Nancy Larkin	54:41
W55 Patty Parmalee	48:02
Billie Moten	58:09
Patricia Masterson	1:00:11
W60 Marie Camardi	57:45
Melissa Sutphen	59:49
R Warshawsky	1:13:21

Mohawk Hudson River Marathon
Schenectady-Albany, NY
Oct. 22

M40 Celio Hernandez	2:39:07
George Baillie	2:42:22
Bruce Glasspool	2:44:54
M45 Dale Keenan	2:35:06
Bob Hermes	2:52:54
Ken Klapp	2:55:42
M50 John Doebrich	3:03:32
Ed Bown	3:05:14
Bill Lord	3:13:03
M55 Jim Moore	3:15:26
Dick Adler	3:25:08
Bob Dennison	3:27:08
M60 Gerald Barney	3:27:25
Richard Fedion	3:33:07
Richard Shook	3:33:38
M65 Jim Edwards	3:40:53
Harry Chafetz	3:41:46
M70 Sam Gratch	5:20:53
W40 Janet Labuc	3:23:51
Pamela Roberts	3:26:40
Janet Piez	3:30:33
W45 Elaine Lutzker	3:41:06
Carol Gellman	3:44:16
Susan Hale	3:46:42
W50 Margaret Ferrara	3:41:31
Lynn Leland	4:17:00
W55 none	
W60 Sylvia Weiner	4:14:27

Great Pumpkin Classic 4 Mile
Trumbull, CT; Oct. 22

Overall	
Paul Mbugua 307	18:50
Tatiana Pozdnyakova39	20:53
M40 Bill Rodgers 47	20:54
Desmond O'Connor43	20:22
Geary Daniels 41	20:30
Gary Nixon 44	20:31
Ed Sparkowski 40	20:32
John Serrao 46	20:38
Frank Lewis 47	21:05
Wes Byerly 43	22:18
Joe Stawley 42	22:38
Mark Ullasz 41	23:29
M50 Maury Dean 52	23:19
Robert Johnson 50	24:12
Peter Madden 56	24:15
Guy Pulino 50	24:37
Richard DeMarco 53	25:13
Jerry Levasseur 57	25:23
M60 Mandel Trindade 64	29:36
Remo Pagliarella64	29:56
Ted Foster 61	29:59
Joseph Madden 68	31:04
Al Chameides 65	31:39
M70 Austin Ross 74	39:39
W40 R StockdaleWooley44	23:12
Mary Dunn 43	24:13
Susan Gold 40	25:25
Barbara Pearce 41	26:40
Cathy MacDonald 45	27:13
Susan Zuckerman 40	27:16
Grazina Venskus 40	28:44
W50 Jo Marchetti 52	26:02
Vivian Godin 52	29:24
Margaret Fenyesi53	30:21
Kaeren Dorney 56	31:40
W60 J VyseGravener 64	38:58
Gail Sangree 61	46:53

Marine Corps Marathon
Washington, DC; Oct. 24

Overall	
Darrell General29	2:16:34
Claudia Kasen,38	2:49:21
M30 Nelson Shertzer32	2:24:11
Maximo Ayala 30	2:25:27
David Mitzi 31	2:27:42
G S Gough 39	2:28:12

Andrew Jones 33	2:28:31
R Colon Molave31	2:29:20
Lance Winders 32	2:29:39
Bob Winn Jr 36	2:30:07
Mitchell Craib34	2:31:03
Dominique Daluz36	2:31:21
Dennis Santiago32	2:31:45
Tim Vanderruyt30	2:32:06
Robert Marino 38	2:32:08
Paul Leonard 33	2:32:24
J S Schoenberg32	2:32:40
M40 Farley Simon 40	2:26:25
Alvin Rich 45	2:34:44
James Pryde Jr42	2:37:49
V CuevaCardona41	2:38:32
Ed Donohue 40	2:40:42
Al Nirenstein 48	2:41:57
Mike Zeigle 44	2:42:14
Robert Johnson42	2:42:29
B B Barteaux 40	2:42:51
Patrick Seane40	2:43:09
Thomas Shinnick42	2:43:43
Ray Workman 45	2:44:12
Mark Will-Weber40	2:44:29
Lou Gunderman 43	2:45:08
Tim Loftus 44	2:45:42
M50 Daniel Cronin 54	2:33:29
John Kirkpatrick52	2:50:10
Ken Brewer 54	2:53:48
Jerry McGath 57	2:54:51
Louis Smith 51	2:59:10
Jose Yanez 50	3:01:32
Zeke Zucker 51	3:03:33
Jack Moek 56	3:04:00
Berwyn Brown 58	3:05:46
L A Christian 50	3:06:01
M60 Ruben Cordon 62	2:53:42
Jay Sturdevant64	3:08:20
R T Murphy 61	3:11:47
Michael Morgan60	3:21:17
Bill McLellan60	3:22:07
M70 Richard Cosby 70	3:33:43
Phil Mongillo 70	3:48:41
Dixon Hemphill70	3:52:16
Harry Kirsch 72	3:55:53
W30 Claudia Kasen 38	2:49:21
M Pazarentzos 33	2:52:18
Teren Block 30	2:54:50
Pat Leisher 34	2:55:35
Laura Lilac 32	2:57:06
Flone Branton 36	2:57:11
Ruth O'Hare 32	2:58:15
J P MacDonald 39	3:00:21
Carrie Weyant 34	3:02:10
Carol By 36	3:02:28
W40 Joy Hampton 48	3:17:39
Georeanne Welde43	3:18:42
Kim Moggison 40	3:19:25
Virginia Binnel43	3:19:34
Paula Holm 42	3:20:07
Martha DeGrazia44	3:21:41
Pam Musselman 42	3:22:06
Linda Mills 45	3:24:21
A J Louderback41	3:24:22
H M Visgeuss 40	3:25:10
Ann Meckley 41	3:25:43
Cris Sterling 49	3:26:18
W50 Lorraine Provost50	3:00:26
Joan Ulyot 55	3:25:41
Marcia Mitchell50	3:25:47
Tucker Maney 50	3:32:14
H E McGaffigan50	3:32:39
H P Brandenburg50	3:34:16
Ginger Herring 53	3:35:13
M L Puryear 52	3:40:03
Gale Cordell 51	3:45:41
CarolynCappetta59	3:48:16
W60 Wen-Shi Yu 60	3:33:55
Sheila Barnett69	4:15:06
Alice Wilson 60	4:45:33
Kay Morrison 69	4:47:27
P W Crenshaw 62	4:56:51
W70 Evelyn Kerper73	5:30:10
M H Hagerty 72	6:38:12
Dorothy Bright70	6:59:31

M50 Daniel Cronin 54	2:33:29
John Kirkpatrick52	2:50:10
Ken Brewer 54	2:53:48
Jerry McGath 57	2:54:51
Louis Smith 51	2:59:10
Jose Yanez 50	3:01:32
Zeke Zucker 51	3:03:33
Jack Moek 56	3:04:00
Berwyn Brown 58	3:05:46
L A Christian 50	3:06:01
M60 Ruben Cordon 62	2:53:42
Jay Sturdevant64	3:08:20
R T Murphy 61	3:11:47
Michael Morgan60	3:21:17
Bill McLellan60	3:22:07
M70 Richard Cosby 70	3:33:43
Phil Mongillo 70	3:48:41
Dixon Hemphill70	3:52:16
Harry Kirsch 72	3:55:53
W30 Claudia Kasen 38	2:49:21
M Pazarentzos 33	2:52:18
Teren Block 30	2:54:50
Pat Leisher 34	2:55:35
Laura Lilac 32	2:57:06
Flone Branton 36	2:57:11
Ruth O'Hare 32	2:58:15
J P MacDonald 39	3:00:21
Carrie Weyant 34	3:02:10
Carol By 36	3:02:28
W40 Joy Hampton 48	3:17:39
Georeanne Welde43	3:18:42
Kim Moggison 40	3:19:25
Virginia Binnel43	3:19:34
Paula Holm 42	3:20:07
Martha DeGrazia44	3:21:41
Pam Musselman 42	3:22:06
Linda Mills 45	3:24:21
A J Louderback41	3:24:22
H M Visgeuss 40	3:25:10
Ann Meckley 41	3:25:43
Cris Sterling 49	3:26:18
W50 Lorraine Provost50	3:00:26
Joan Ulyot 55	3:25:41
Marcia Mitchell50	3:25:47
Tucker Maney 50	3:32:14
H E McGaffigan50	3:32:39
H P Brandenburg50	3:34:16
Ginger Herring 53	3:35:13
M L Puryear 52	3:40:03
Gale Cordell 51	3:45:41
CarolynCappetta59	3:48:16
W60 Wen-Shi Yu 60	3:33:55
Sheila Barnett69	4:15:06
Alice Wilson 60	4:45:33
Kay Morrison 69	4:47:27
P W Crenshaw 62	4:56:51
W70 Evelyn Kerper73	5:30:10
M H Hagerty 72	6:38:12
Dorothy Bright70	6:59:31

Delchamps/Senior Bowl
Charity Run 5K
Mobile, AL; Nov. 4

Overall	
Mark Coogan 29	28:33
Joan Nesbit 33	32:04
Top Masters	
1 Paul Stemmer 41	33:10
2 Leonard Vergunst.40	34:08
3 Jeff Rigdon 42	34:15
1 Susan Pierce 44	41:06
2 Deb n Pfeiffer 45	43:39
3 Gail Bevier 42	44:05
Top Grandmasters (50+)	
1 Don Wright 50	37:04
2 Bill Cseh 54	38:17
1 Betty Lafferty 53	45:43
2 Chee Chee Street 51	51:48
M35 William Knapp	34:45
G M Robertson	35:07
Jon Adams	36:21
Alan Goudzwaard	36:22
Gabriel Chamblin	37:30
M40 Dr R E Murray	37:43
Robert Schoobauer	38:22
David Kennedy	39:06
Paul Mayer	39:07
Kevin Nobles	39:41
M45 Dalton Orr	36:43
Fred Crook	37:27
Opie Humphrey	37:50

Shoreline Classic 15K/5K
Decatur, IL; Oct. 14

Overall	
Scott Touchette 25	47:25
Pam Campbell 37	61:46
M40 Terry Erickson	54:59
Mark Cook	59:31
Steve Bennett	60:18
Norman Diehl	60:21
M45 Thys Bax	55:46
Grear Kimmel	57:19
Ed Reid	61:50
M50 Chuck VanArsdale	64:21
John Pass	65:47
Larry Avery	65:57
M55 Rick Brodine	61:49
Perry Holman	64:24
Jim Clark	73:25
M60 Tom Griffith	77:27
Neil Henkel	79:24
M65+Dale King 65	85:03
Bob Schwardt 72	86:10
W40 Kitty McCarthy	67:00
Debra Williamson	78:49
Sandra Brady	78:49
W45 Joanne Niehay	72:00
Janet Newton	84:14
Lynn Troost	92:04
W50 Linda Watson	80:04
W55 Mary Jane Pratt	76:28
W60+Barbara Gurtler 61	74:32
Overall	
Dan Niemerg 28	16:31
Que Harbor 44	19:22
M40 Joe Page	18:03
Doug McCarthy	21:28
Jay Emrich	21:32
Grady Wilkinson	21:38
M45 Merlin Anderson	17:21
Angelo Rinchivso	18:48
Gary Olmstead	19:50
M50 J D Bowman	19:20
Norman Schutt	22:15
Charles Hunt	22:20
M55 Charles Kennedy	20:07
John Reid	22:28
Albert Tuttle	27:59

Rick Walton	38:46
Don Eder	40:12
M50 Calvin Ziegler	38:30
David Jeffrey	38:39
Eddie Wadlow	39:52
Wilson Strouse	41:26
William Catlow	42:26
M55 Leon Mattics	41:24
Will Wright	41:33
Neil Hall	42:56
Jesse Grizzard	44:54
M60 Richard Tankersley	43:32
Jerome Canaday	44:01
Keith Cooper	46:25
Julius Cannon	48:14
M65 Bruce Hill	52:45
Elmer Ballard	58:17
Clayton Hare	62:54
M70+Dan McCarthy 71	46:42
Bill Rice 70	50:31
Tom Youngblood 70	51:14
Melvin Burt 70	55:49
W35 Jean Lankford	36:58
Doreen Merrigan	44:58
Nerissa Clark	46:02
Kim Thomas	47:33
Leigh Parks	47:34
W40 Geri Bobo	45:18
S F Bertagnolli	45:24
Jennifer Zietz	45:24
Kay Taylor	47:31
Shirley Henderson	47:32
W45 Elaine Evans	45:22
Judy Douglass	46:07
Marian Loftin	46:23
Cindy Conde	48:03
Berne Irwin	48:44
W50 Linda Shipp	56:16
Brenda Hopkins	56:57
Lynn Millman	62:55
Mamie McCall	63:17
W55 Mary Watson	54:29
Martha Harris	57:26
Betty Lamberth	62:24
Luise Mitchell	65:24
W60 Billie Madero	66:59
W65 Faye Eisenacher	56:06
W70+Daphne Dvorak 71	72:14
Fran Olive 70	91:02

Racewalkers Overall
1 Dave McGovern 30
2 Todd Golomb 39

1 Becky Comeaux 40	50:58
2 Barbara Duplichain	51:19

MIDWEST

Peace Race 10K
Youngstown, OH; Oct. 8

M40+ Desmond O'Connor 41	32:02
Scott Snyder 40	32:06
Rich Ventura 41	32:09
Bill Lundberg 40	32:12
Frank Lewis 47	32:13
W40+ Terry Mahr 46	36:01
Joan Ellis 46	38:08
Cindy Grimm 43	39:53
Carole Taylor 43	41:24
Vel Verhage 47	44:31

Shoreline Classic 15K/5K
Decatur, IL; Oct. 14

Overall	
Scott Touchette 25	47:25
Pam Campbell 37	61:46
M40 Terry Erickson	54:59
Mark Cook	59:31
Steve Bennett	60:18
Norman Diehl	60:21
M45 Thys Bax	55:46
Grear Kimmel	57:19
Ed Reid	61:50
M50 Chuck VanArsdale	64:21
John Pass	65:47
Larry Avery	65:57
M55 Rick Brodine	61:49
Perry Holman	64:24
Jim Clark	73:25
M60 Tom Griffith	77:27
Neil Henkel	79:24
M65+Dale King 65	85:03
Bob Schwardt 72	86:10
W40 Kitty McCarthy	67:00
Debra Williamson	78:49
Sandra Brady	78:49
W45 Joanne Niehay	72:00
Janet Newton	84:14
Lynn Troost	92:04
W50 Linda Watson	80:04
W55 Mary Jane Pratt	76:28
W60+Barbara Gurtler 61	74:32
Overall	
Dan Niemerg 28	16:31
Que Harbor 44	19:22
M40 Joe Page	18:03
Doug McCarthy	21:28
Jay Emrich	21:32
Grady Wilkinson	21:38
M45 Merlin Anderson	17:21
Angelo Rinchivso	18:48
Gary Olmstead	19:50
M50 J D Bowman	19:20
Norman Schutt	22:15
Charles Hunt	22:20
M55 Charles Kennedy	20:07
John Reid	22:28
Albert Tuttle	27:59

M60	Larry Snow	21:36
M65	John Kelson	30:23
W40	Que Harbor	19:22
	Christina Kidd	20:42
	Peggy Stewart	22:40
	Kathy Fulk	22:43
W45	Eileen Slade	24:18
	Meg Anderson	25:09
	Pat Anderson	26:45
W50	Donna Danner	26:01
	Sandra Theobald	27:00
	Susan Saunders	28:40
W55	Agnes Baletto	27:38
	Pat Thatcher	37:42
W60	Betty Moser	32:35
	June Shanholtzer	44:32
W65	Audrey Harshman	34:00
	Phyllis Schwandt	38:47

Continued from previous page

W40 Carol Harlan	23:16
Cynthia Doisy	24:02
Sherrie Walker	24:07
W45 Pat Weiss	22:26
John Matthews	22:46
Sandra Oneal	24:25
W50 Frances Stohl	25:32
Shirley Hanson	26:12
W55 Phyllis Smith	26:09
Edwina Hubert	27:11
W60 Sue Robles	23:49
W70 Lilli Marjon	30:45
W75 Josephine Burum	91:45

--20K Racewalk--

Overall	
George V Sheehan	1:49:04
Iris Delpilar	2:04:04
M40 Arthur Fuldauer	2:12:24
M45 Steve Petrakis	1:51:29
M50 Richard Martinez	2:22:58
M55 Donjon Harris	2:34:16
M60 Cliff Elkins	2:25:39
M65 Ryszard Nawrocki	2:21:50
M70 Sam Murdoch	2:40:23
W40 Iris Delpilar	2:04:04
Glenda Muirhead	2:09:06
Cindi Stone	2:25:56
W45 JoAnn Owen	2:05:12
Eva Vega	2:22:40
Cindy Thatcher	2:23:28
W50 Brooke Martin	2:28:30
Niki Martin	2:32:49
Judy Sidlauskas	2:32:55
W55 Ginger Grossetete	2:34:13
W60 Tillie Sutton	2:43:20
W70 Betty Miner	3:08:59

--5K Racewalk--

Overall	
Winston Crandall	M50 26:21
Claudia Leonard	26:20
M40 David Womald	26:51
Don Gleason	31:40
Ron Latimer	32:45
M45 Steven Moodie	26:22
Ray Tuegel	35:48
M50 Gerald Burton	27:45
Robert Edgar	31:38
M55 Winston Crandall	26:21
Mark Adams	29:07
Arnold Levick	29:49
M60 Joe Thompson	30:31
Victo Suazo	37:00
Ken Manicki	38:17
M65 Alex Hachigian	34:01
Ricardo Tenorio	35:45
M70 Hu Rhymes	35:34
M75 A Leatherwood	43:34
M80 David Lyon	45:31
W40 Jeri Strong	34:14
Zia Telfair	35:33
Pamela Owens	35:35
Claudia Aragon	36:34
W45 Doryne Bunton	29:55
Carol Wilkinson	31:27
Janet Blair	34:18
W50 Barbara Jansen	33:36
Kathy Nunn	34:11
June Decker	36:15
W55 Hatsuko Goodson	32:57
Mary Friberg	34:29
Peggy Hinkle	36:29
W60 Lois Thompson	36:44
Joan Blair	40:46
W65 Ursula Besse	36:38
Norma Houston	37:50
W70 Marjorie Holmes	38:07
W75 Rose Valdez	49:58
W80 Pauline Varley	47:59

Kansas Senior Olympics 5K/10K
Topeka, Oct. 5-6

--5K--	
M55 Bobby Kincaid	18:33
Wally Brawner	19:35
M60 Paul Heitzman	18:44
M65 Paul Willis	26:10
M70 Frank Creason	25:20
--10K--	
M55 Wally Brawner	41:49
Wes Nicholson	49:37
M60 Paul Heitzman	39:56
M65 Paul Willis	56:27
M70 Frank Creason	55:32

St. Louis Marathon
St. Louis, MO; Oct. 15

Overall	
Joe Leuchtman	2:23:59
Roxi Erickson	2:38:57
Top Masters (40+)	
Dmitry Voldman	2:43:55
Kenneth Hlase	2:45:24
Bill Lawder	2:46:57
Gail Ford	3:11:14
Catherine Wides	3:16:55
Marilyn Nolan	3:25:05
Top Seniors (50+)	
Dennis Simmons	3:10:13
Jon Eber	3:15:35
Joan Gary	3:57:45
Norma Bonham	4:08:47
M40 David Talburt	2:52:57
Terry Wiese	2:57:23
Charles Peters	2:57:52
Steven Leyton	2:58:27
John Gleeson	2:58:28
M45 Gary Jullin	2:47:14
Bernie Candy	2:48:06
Gary Krosch	2:58:20
Lance LaVenture	2:59:18

Ohilip Davis	3:04:23
M50 Ken Benson	3:15:47
Frank Bright	3:19:09
Richard Madsen	3:22:26
Jan Ryerse	3:23:38
M55 Harold Dix	3:20:28
Don Wills	3:26:19
Jim Norval	3:27:30
Bill Hendey	3:28:37
M60 Ethan Busby	3:29:00
Mike Goldman	3:30:53
James Roche	3:31:21
M65 Charles Thomas	4:42:06
Charles DePaepe	4:55:54
M70 Pat Gallagher	3:35:25
W40 Vickie Sanders	3:34:22
Kay McVey	3:38:55
Mary May	3:38:55
W45 Barbara Early	3:37:47
Jenine Ebersohl	3:40:26
Kathy Mathews	3:40:28
W50 Janet Littlefield	4:19:08
W60 Sue Fay King	4:34:05

Mission Sunflower 5K/10K
Mission, KS; Oct. 22

--5K--	
Overall:	
Rusty Collins	16:03
Sara Gutsch	19:16
M40 Dmitry Voldman	17:04
M45 Bob Cook	19:02
M50 Fritz Barlag	19:32
M55 Bobby Kincaid	18:32
M60 Paul Heitzman	18:40
M65 Bernie Feinerman	25:42
M70 Frank Creason	25:42
M75 Didar Singh	31:35
W40 Deanna Farnum	22:35
W45 Fay Clyne	23:45
W50 Mary Haley	24:05
W60 Linda Dodge	29:39
W65 Diana Coleman	30:35
--10K--	
Overall:	
David Heppner	32:36
Cindy Blakely	37:00
M40 Pat Ireland	38:14
M45 Curtis Hancock	38:49
M50 Rick Hogan	37:04
M55 Joe Schrag	40:40
M60 Firmin Snodell	51:19
M65 Gerald Witten	47:56
M70 Jerry Morrison	48:50
M75+ Ed Burnham	61:11
W40 Marcia Dowling	41:24
W45 Diane Taylor	46:46
W50 Terry Wittington	48:58
W65 Gretajo Northrop	67:03

Humana Greater Kansas City 10K Kansas City, KS; Oct. 29	
Overall	
Jimmy Hearld	29:35
Cathy Palacios	34:49
M40 Bill Lundberg	33:06
M45 Russ Lundstrom	37:10
M50 Robert McLaughlin	38:27
M55 Bobby Kincaid	37:47
M60 Dick Wilson	37:52
M65 Gerald Witten	46:53
M70 Stanley Rostov	60:25
M75 Didar Singh	64:22
W40 Sharon Greenwood	44:02
W45 Trudy Calloway	42:57
W50 Suzie Turner	47:34
W55 Janice Talge	55:05
W60 Ann Williams	52:40
W65 Diane Coleman	63:22
W70 Dottie Gray	63:27

El Paso-Juarez International 15K El Paso, TX; Oct. 1	
Overall	
Herzon Otowi	19
Salina Chirchir	22
M40 Steve Jones	47:09
M45 Ismael Donce	63:13
M50 Sterling Bassett	60:06
M55 Jesus Morales	60:42
M60 J Adams	70:13
M65 Parker Johnson	75:55
M70+ Cecil Brown	81:34
W40 Jude Drapeau	65:58
W45 Betty Shaffer	77:55
W50 Terry Pasqualone	71:49
W55 Connie Bosworth	92:14
W65 Josefina Arellano	1:44:05
Racewalk	
1 Bohdan Bulakowski	47:74:14
1 Sally Edwards	43:1:27:23

31st Balboa 4 Mile Cross-Country San Diego, CA; Sept. 2	
Overall	
Steve Scott	39
Susie Stewart	25
M40 Kevin McCarey	21:49
Bill Randall	22:55
M45 Bob Betancourt	23:24
M50 Hal Goforth	24:11
M60 Ron Morgan	29:04
W40 Beverly Clendenen	28:44
W45 Joni Shirley	28:14
W50 Kathy Loper	30:12

Overall	
Tim Jones	2:16:08
Gayle Jacklin	2:40:13
M40 Frank Hutchinson	2:35:07
Brent Kartchner	2:35:08
Harold Ketting	2:36:14
Sam Hajj	2:36:25
Brad Hardy	2:39:13
M45 Ray Workman	2:30:10
Ray Lobato	2:45:37
Skip Brown	2:47:01
Alan Stewart	2:47:10
Charles Nak	2:49:12
M50 Ron Peterson	2:47:27
Robert Lindsey	2:51:00

W55 Eileen Pae	31:23
W60 Dorothy Stock	37:31
W70 Mary Storey	37:09

Labor Day Run
McFarland, CA; Sept. 4

5K	
Overall	
Rey Sanchez	18
Shannon Battles	28
W30 Brenda Villanueva	34
Denise Sprague	35
Lori Melendez	36
W40 Margaret Pnuis	46
Carman Pasqual	44
W50 Marjorie Turner	57
W70+ Mary Meisel	73
M30 Bruce Deeter	39
Isaac Gonzalez	33
John Alcala	38
M40 Pete Moronez	40
Dana Ronald	45
Vince Barulich	40
M50 Robert Mitchell	51
Henry Morales	52
Steve Freeland	53
M60 Turner Pirecy	60
George Anderson	66
M70+ Stanley Coombs	71
10K	
Overall	
Bill Lind	27
Virginia Dickson	30
W30 Virginia Dickson	30
Gloria Baker	36
W40 Susan Ledrew	40
W50 Becky Whitehead	56
M30 Sean McCormick	31
James Jones	35
Michael Baumann	38
M40 Robert Rodriguez	44
Gil Meachum	47
Gary Pierson	42
M50 Roger Sebert	52
Fred Mendoza	55
Gary Smedley	56
M60 George Medina	60
Ray Myers	64
Al Adams	63

Corporate Rat Race/5K
Bakersfield, CA; Oct. 6

Overall	
Bobbi Jo Carlovski	W20 18:21
Mark Conover	M30 15:10
W30 Sally Baker	20:04
Maria Puente	20:45
Denise Sprague	22:29
W40 Susan Ledrew	24:50
Marvis Friesen	25:00
Debi Smith	26:19
Becky Whitehead	26:27
Mardi Briggs	28:31
Margaret Lemucchi	30:24
W60 Aurora Perez	33:01
M30 Mark Conover	15:10
Al Bates	15:54
Juan Rayna	16:54
M40 Bruce Deeter	16:55
Mark Miller	17:27
Nick Velasquez	17:54
M50 Ray Maranda	18:22
Bob Coons	19:09
Brad Standley	20:27
M60 George Medina	21:02
Colby Churchman	21:38
Ruben Salazar	23:41
M70 Stanley Coombs	25:52

Canning Hunger 5K
Yorba Linda, CA; Oct. 7

Overall	
Gus Mojarro	32
Yayoi Liu	38
M40 David Learn	17:19
Bruce Guter	17:37
Kirk Daley	17:55
M45 Joe Alverado	17:30
Donald Oceana	17:36
Don Chadez	18:01
M50 Joe Barraza	20:38
Ed Wisemann	20:57
Jack Hutter	21:23
M55 Gerald Tyner	22:34
Norm Landsman	22:47
Bud Gardner	22:54
M60 George Ennis	26:41
Earl Maddock	29:27
M65 Frank Buxton	21:05
Robert Kay	22:30
Ruben Esqueda	22:41
M70+ Bill Nice	80
Gil Cisneros	25:59
J. Mooshagian	29:13
W40 Lorra Gersitz	19:41
Kim Strong	21:42
Tina Lane	22:03
W45 Rac. Rodriguez	24:16
Peg Jamieson	24:57
Sharon Lash	26:40
M50 Su Peterson	30:17
Mamie Clarke	32:16
Provi Hull	32:56
W55 Elaine Cook	27:48
Mary Chocek	33:18
Lucy Bosco	36:30
W60 Mar. Zambelin	31:44
Halen Alonzo	40:50
W65 Lilly Esqueda	34:01
W70 Nyala Cook	41:12

St. George Marathon
St. George, UT; Oct. 7

Overall	
Tim Jones	2:16:08
Gayle Jacklin	2:40:13
M40 Frank Hutchinson	2:35:07
Brent Kartchner	2:35:08
Harold Ketting	2:36:14
Sam Hajj	2:36:25
Brad Hardy	2:39:13
M45 Ray Workman	2:30:10
Ray Lobato	2:45:37
Skip Brown	2:47:01
Alan Stewart	2:47:10
Charles Nak	2:49:12
M50 Ron Peterson	2:47:27
Robert Lindsey	2:51:00

Marc Irwin	2:54:48
Chuck Sorensen	2:56:26
Cary Howard	2:57:14
M55 Darrell Natter	2:47:30
Steven Badolato	3:08:04
Michael Hall	3:11:58
Joel Kirk	3:12:05
Raleigh Jensen	3:13:50
M60 Carlos Valle	2:51:58
Garn McBride	2:52:50
Carl Warberg	3:05:11
John Cushing	3:11:42
Andre Tocco	3:17:47
M65 Paul Nance	3:08:35
Leroy Petersen	3:16:31
Bob Koch	3:27:39
Eugene Barker	3:42:28
M70 John Cahill	3:16:39
Franklin Mason	3:36:50
Fred Nagelschmidt	3:47:24
Walt Washburn	3:50:48
M75+ John Cole	5:03:58
Earl Rippee	5:08:36
W40 Virginia Egger	2:49:47
Ellen Gibson	2:50:16
Marina Jones	2:51:22
Carol Kollstedt	3:00:13
Mary Beacco	3:02:37
W45 C Rodriguez-Irwin	2:56:36
Carolyn Mather	3:09:42
Haruko Sasaki	3:12:34
Julie Lister	3:12:52
M50 Diane Eastman	3:24:20
Marj Lindsey	3:31:34
Dianne Rindt	3:33:18
Dori Ultibarri	3:37:29
M55 Elaine Murphy	3:29:33
Shirley Blush	3:37:15
Viola Phillips	3:50:17
W60 Barbara Martindal	3:59:19
Elfriede Schmitt	4:13:34
Audrey Hauth	4:24:38
W65 Antoinette Hill	4:18:27
Linda Lakshin	4:53:34
Velma Earl	4:55:23
W70+ Sarah London	6:36:09

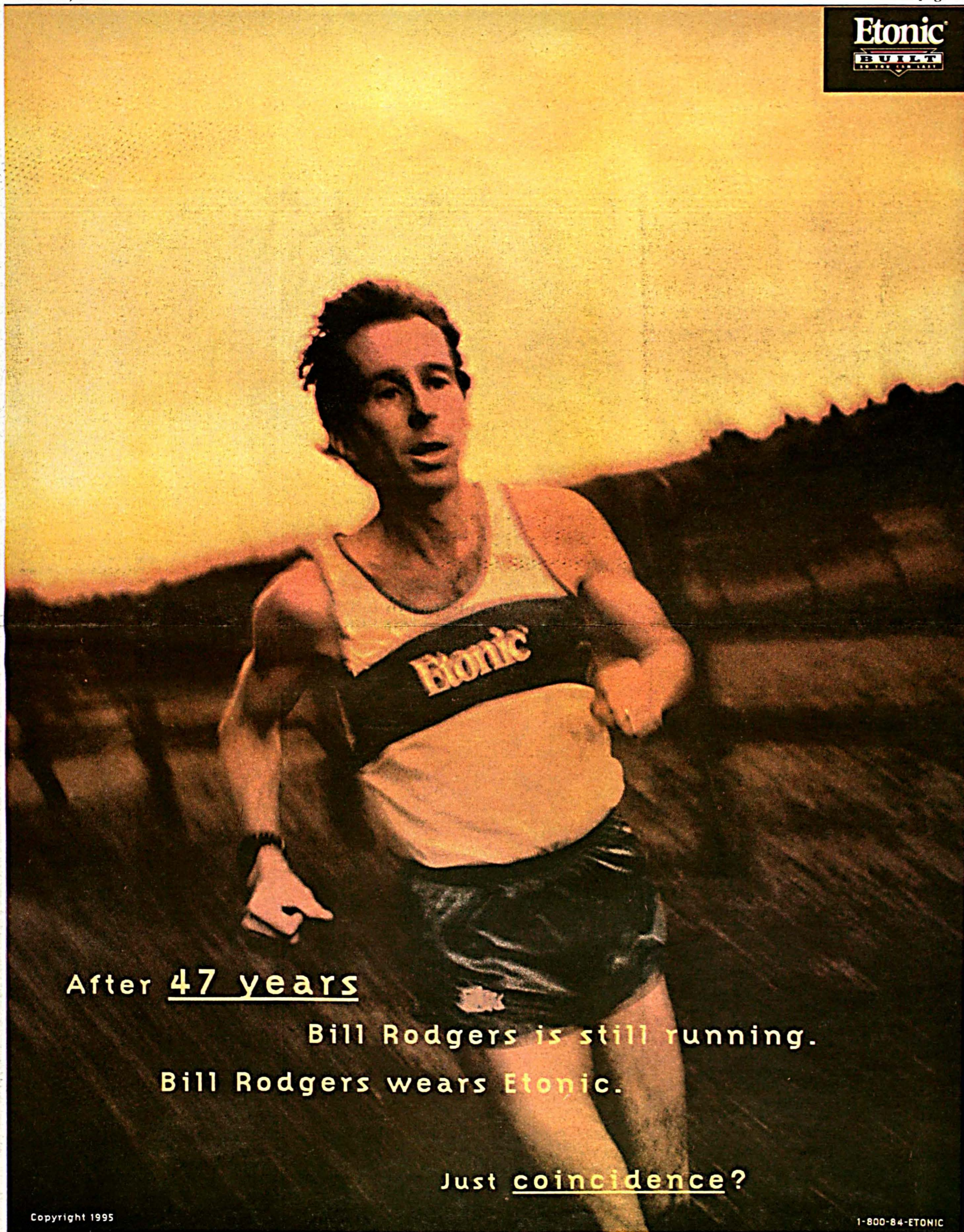
Balboa 5K
Newport Beach, CA; Oct. 14

Overall	
Dr. John Koningh	39
Kathy Smith	29
M40 Steve Kellymyer	18:01
Jeff Davis	18:10
Mark Bradbury	18:12
M45 Bill Braun	18:09
Nick Prupok	19:32
Gordon Dooley	19:40
M50 Nevl. Pearson	18:34
Bob Giblin	19:46
Jim Ballone	22:43
M55 Tom Dilday	20:03
Ray Hughes	20:07
Bill Fordiani	21:24
M60 Buddy Belshe	21:09
D. Jeffries	23:27
R. Kafesjian	24:11
M65 Frank Buxton	20:57
G. McGaffigan	21:39
J. Chistlett	24:49
W40 M.-Margesson	22:59
M. Towerbey	23:25
D. Lawrence	23:54
W45 Diane Ito	20:14
Ann Fordiani	22:05
Linda Lane	23:05
W50 Ellen Keys	22:30
Nan Ten-Berge	22:33
Eleanor Palk	27:52
W55 Winnie Rich	27:37
Elaine Cook	27:51
Helen Gerundo	28:09
W60 Nina Nixon	28:50
Margaret Cook	28:58
Jean Saglin	29:31

Twilight's Last Gleaming
Cross-Country Challenge 4 Mile
Ventura, CA; Oct. 28

M30-35	
1 Steve Brown	25:11
3 Derek Turner	27:57
M36-41	
4 Kraig Lysek	27:57
11 Kim Fertig	29:43
M42-47	
5 Paul Marcel	28:22
10 Frank Ogilvie	29:33
M48-53	
21 Arturo Frausto	32:01
40 Dublin Galyean	38:23
M54-59	
32 Kim Hocking	34:54

Etonic
BUILT
TO YOU RUN LAST



After 47 years

Bill Rodgers is still running.

Bill Rodgers wears Etonic.

Just coincidence?



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