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

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 Genner of 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

Continued on page 24

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., 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.


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, Honeyeay 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, M65, 44:33; Ed Buckley, Clinton, M65, 44:33;

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
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.

You run 15, 20, 30 or more miles a week, eat a high-carbohydrate, low-fat diet, but still can’t get the results you want. Have you ever wondered why?

A diet high in carbohydrates will not only inhibit your body’s utilization of stored body fat, but will increase fat storage and limit your endurance. The average athlete has enough calories stored as body fat to do two marathons back-to-back. With the proper ratio of carbohydrates, proteins, and fats, you will be able to access stored body fat.

The basis of the PR Bar® and nutritional program is to burn more stored body fat by moderating carbohydrate intake, resulting in a body with less stored fat and more endurance and energy. Whether your goal is to lose excess body fat or to improve your 5K, 10K, or marathon personal record, give PR Nutrition a call!

Our expert staff is ready to help.

Call Today.
1-800-397-5556

We’ll Change the Way You Look with Nutrition!
Voted best tasting bar.

PR Bar®s are not available in stores.

“Using the PR Bar and program, I’ve lost 5 lbs. of body fat, and am running like I did 12 years ago.”
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 the metric system, just think how meaningless the 11-meter triple jump barrier is, 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 was 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 with 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.
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
6:00 PM PV-M60+
7:00 PM ... 3000 METER RUN-ALL
PV-WOMEN
HI-M60+

SATURDAY, MARCH 30
8:00 AM SP-M30-39
SP-W30-39
PV-M40-49
HI-M50-39
9:00 AM ... 60 METERS-PRELIMS-ALL
WT-M70+
LI-M30-44
10:00 AM SP-M40-49
PV-M50-54
11:00 AM ... 60 METERS-FINALS
WT-WOMEN
LI-W50+
12:00 PM ... 3 MILE RUN
SP-M60-69
1:00 PM WT-M30-39
HI-M30-39
LI-M70+
2:00 PM SP-M50-59
SP-W40+
PV-M30-39
LI-W30-49
3:00 PM ... 400 METERS
WT-M40-49
LI-M45-49
4:00 PM SP-M70+
PV-M55-59
HI-M40-49
5:00 PM ... 60 METER HURDLES-ALL
WT-M60-69
LI-M50-54
6:00 PM WT-M50-59
LI-M55-69
7:00 PM ... 4x800 RELAY
GENERAL MEMBERSHIP MEETING
HOLIDAY INN-FOUR SEASONS

SUNDAY, MARCH 31
8:00 AM TJ-M30-49
9:00 AM ... 3000 METER RACE WALK-ALL
HI-WOMEN
SUPER WT-ALL
10:00 AM TJ-M50-64
11:00 AM ... 200 METERS-PRELIMS-ALL
12:00 PM TJ-M65+
1:00 PM ... 800 METERS-ALL
2:00 PM ... 200 METER FINALS-ALL
4:00 PM ... 4x400 RELAY

TRAVEL INFORMATION

CAROLINA TRAVEL has available information for your travel and accommodation needs. This includes discounted air fare through Delta Airlines, many excellent and varied room rates, accommodation packages, special car rental rates and a selection of area sightseeing attractions.

CALL LAURIE AT 800 289-9009 FOR INFORMATION.

ENTRY FORMS AND DETAILED INFORMATION WILL BE SENT WITH YOUR TRAVEL PACKET.

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.

3/4 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

RECENT PERFORMANCE FEE

TOTAL FEES ____________________

T-SHIRT ORDER - $12.00 (pre event) TOTAL NUMBER _______ @ 12.00 _______

SM MED LG XL XXL XXXL

FEES DUE:

EVENTS

T-SHIRTS

TOTAL ___________________

MAKE CHECKS PAYABLE TO:
1996 TRACK & FIELD CHAMPIONSHIPS
AND MAIL TO:
GREENSBORO SPORTS COMMISSION
PO BOX 3222
GREENSBORO, NC 27402

ENTRY DEADLINE IS MARCH 10, 1996 - LATE FEE OF $10.00 PER EVENT AFTER 3/10
NO ENTRIES AFTER MARCH 22, 1996.

I hereby declare that I am in good health and am properly conditioned for the competition, and that I am the stated age on this application. I also verify that I am registered for the 1996 year with USATF. In consideration of my entry in the National Masters Indoor Track & Field Championships in Greensboro, North Carolina do hereby, for myself and anyone entitled to act in my behalf, waive and release Greensboro Track & Field, the Meet Director and the Organizing Committee, the Greensboro Sports Commission, USA Track & Field, the Greensboro Coliseum, the City of Greensboro and all sponsors and their representatives and successors from all claims and/or liabilities of any kind which may arise or be occasioned as a result of my travel and participation in the 1996 USATF National Masters Indoor Track and Field Championships.

I authorize the Games Committee and its agents permission to request emergency medical treatment or care as necessary to insure my well-being.

APPLICANT SIGNATURE __________________________ DATE ________________

December, 1995
National Masters News
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 day. The pillow exercise was tough but could only find three golf balls around my house but
- I needed a sub-2:16 to qualify for the 1995 Masters Athletes of the Year.
- A rowdy crowd that included Steel Curtain's Protective Linford Christie, do you realize that
- The Plantation

Third Wind

by MIKE TYMN

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

Photo by Mike Tymn

COMING NEXT MONTH

- 1995 Masters Athletes of the Year
- USA Track & Field Certification
- 1995 Schedule of Events

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 home runs. Why should 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

Will someone tell me why we have to pay for t-shirts and other attire that advertise shoe company products? Shouldn't they be paying us to advertise for them? Something's wrong here.

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?
Elite Health Products, Inc.

GUARANTEED LOWEST PRICES ANYWHERE

(310) 559-9739

10738 JEFFERSON BLVD., CULVER CITY, CA 90230

(800) 540-4941

SHOP BY PHONE - WE SHIP ANYWHERE!

VITAMINS   MINERALS   HERBS   HEALTH FOODS   SPORTS-FITNESS SUPPLEMENTS   WEIGHT LOSS   COSMETICS   HOMEOPATHICS

Pure Power

Energy Bars - 1 Box of 24-$24.00
(Peanut, Chocolate & Mountain Berry)

Energy & Recovery - Retail $13.00
1-$9.95, $10.25 (10% each)

Protein Repair Formula - Retail $14.00
1-$9.95, $10.25 (10% each) (Vanilla, Chocolate)

Champion/Maxin

Cytomax (1.5 lbs.) - Retail $20.99
1-$16.99, $17.99 (15% each)

(Tropical Fruit, Apple & Citrus)

Muscle Nites - Retail $11.99
1-$9.99, $10.56 (10% each)

Cyto Bar - Retail $1.69
1-$1.50, $1.64 (10% each) (Coosa, Vanilla Crunch, Jazz Berry)

Heavyweight 900 Retail $24.50
1-$21.60, $21.99 (15% each)

(Vanilla, Strawberry & Chocolate)

Metabolol 2 (1 lb. can) - Retail $15.15
1-$12.12, $12.62 (10% each)

Metabolol 2 (2.2 lb. can) Retail $29.45
1-$23.56, $23.99 (10% each)

Excel

Excel is the Guaranteed Highest Potency Energy Product in the Market

Ultra High Performance & Anti Fatigue

14 Retail $14.99 Our Price $11.99
40 Retail $39.99 Our Price $31.99
100 Retail $91.99 Our Price $73.99

Tigers Milk

Sports Bar - Retail $1.29/Bar
12-$13.20, 24-$24.00 (Chocolate Bliss, Coffee Rush & Vanilla Rush)

Nature's Plus

Ultra Hair - 90 Tablets $18.95 - At Elite $15.16

Oxy Nectar - Ten Stage Anti-Oxidant Beverage
(1.3 lbs. Powder) Retail $28.95 - At Elite $23.16

Spirulina Energy Bar - Retail $1.50
1-$1.26, $1.29 ($1.50 each)

Energy Elixir (20.7 ml servings) - Retail $20.00 - At Elite $16.00
(American, Korean & Siberian Ginseng, Royal Jelly, Bee Pollen, Guarana & More)

Super C Complex-Sustained Release - 60 Tablets 1000 mg C, 500 mg Bioflavonoid Complex - $11.30 - At Elite $9.00
Calcigizer (20-.7 oz. Paks) - $19.95 - At Elite $15.96
Calcium, Magnesium, Potassium & Buffered Vit. C

Country Life

Life Span 2000 - 90 Tablets $19.95 - At Elite $15.96 (A Mind And Body Formula)

Super 10 Anti-Oxidant - 60 Tablets $19.95 - At Elite $15.96
Calcium, Magnesium, Potassium - 90 Tablets $9.50 - At Elite $7.60
500/500/999mg

Good 'N Natural

Green Barley - 120-500 mg. Tab. - $9.90 - At Elite $7.60
Broccoli - 90-500 mg. Tab. - $9.60 - At Elite $7.60
Chlorella - 120-500 mg. Tab. - $17.90 - At Elite $14.30
SOD (Super Oxide Dimutase) - 1000-2000 Units
$11.40 - At Elite $9.10
Pyrogensol - 30-30 mg. Cap. - $15.00 - At Elite $12.00
Co Enzyme Q 10-30-75 mg. Capsules - $12.60 - At Elite $12.00
Co Enzyme Q 15-30-50 mg. Softgels - $17.30 - At Elite $13.85

Elite Offers Over 10,000 Vitamins, Bar & Drink Items at 20% To 30% off Retail
Get It For Less...Shop ELITE HEALTH Serving Over 10,000 Athletes Nationwide
(310) 559-9739 • (800) 540-4941

ASk FOR YOUR FREE SAMPLES

Cybergenics

Quick Trim 14 Day Plan - Retail $49.95
1-$31.99, $33.00 (10% each)

Oxy-Blast - 120 Capsules - Retail $19.95
1-$15.96, $16.44 (10% each)

Wind (21 oz.) - Retail $19.95
1-$15.96, $16.44 (10% each)

Unipro

Carbo Flex- Orange (2.8 lbs.) - Retail $17.99
1-$14.40, $14.88 (10% each)

Endura Lemon (2 lbs.) - Retail $23.95
1-$19.16, $19.53 (10% each)

Endura Optimizer - Orange (2.8 lbs.) - Retail $32.95
1-$26.36, $26.73 (10% each)

DMG - 2 oz. Retail $14.95
1-$11.96, $12.30 (10% each)

Next Nutrition

ProStimulol (2.2 lbs.) - Retail $26.95
1-$21.56, $21.96 (10% each)
(Chocolate, Vanilla, Very Berry & Original)
2 Gro 2000 (6.55 lbs.) - Retail $29.95
1-$23.96, $24.33 (10% each)
(Chocolate, Strawberry & Vanilla)

Pro Opti Bar - Chocolate Retail $1.59/Bar
12-$16.80, 24-$33.00 (10% each)

HydroCell Energy Exercise Drink (1.95 lbs.)- Retail $19.95

Ultimate Whey Designer Protein (2 lbs.)
68% Better Than Egg Whites. Absorbs 200% Faster
Vanilla Retail $39.95, 131.96, 6-$160.00 (20% each)

Pro Amino Sports Bar - Retail $1.50/Bar
24-$32.40, 36-$43.20 (20% each)
(Chocolate, Peanut, Butters Pecan, Burgundy Cherry & Blueberry Cheesecake)

Strength Systems USA

Ultra Paks - Special 30 Day Multi-Vitamin And Multi For Runners And Endurance Athletes - Retail $26.95, Our Price $21.60
Gold Paks - Special 4 Day Multi-Vitamin And Multi For Power And Strength Athletes - Retail $37.99, Our Price $30.40

Yohimbine Bars - Chocolate Raspberry Nut Retail $1.69/Bar, 20-$27.00 (1.35 each)

Twin Lab

Ultra Fuel Bars (Vanilla & Chocolate)
Retail $2.69/Bar, 24-$29.99, 48-$49.99

Ultra Fuel (Powder)
Retail $17.99, 1-$14.99, $15.99 (13% each)

Orange, Tropical Fruit, Lemon & Grape)

Carbo Fuel (4 oz. - Powder)
Retail $19.99, 1-$15.59, $16.44 (14.82 each)

Phosful (180 Capsules)

Metabolol Thermogenic Formula
120 Capsules $21.95, 1-$17.56, $18.40 (10% each)

Emergen C - 35 Paks $12.65 - At Elite $10.00
Emergen C - Lo Cal - 36 Paks $12.65 - At Elite $10.00
Emergen C - Lo Cal - 36 Paks $11.25 - At Elite $9.20
Super Gram I - 100 Tablets $19.75 - At Elite $15.00
Super Gram III - 100 Tablets $20.85 - At Elite $16.50
Emergen C Sports Pak - Makes 3 gallons $13.85
1-$11.08, $12.30 (10% each)

Pro Lysine Ascorbates - 90 Tabs. $17.95 - At Elite $14.25

Leppin

Apple, Banana, Grape, Lemon-Lime, Peach, Pineapple, Strawberry & Vanilla
Squeeze Box of 10 $7.99 - Regular Price $10.99
(Used by many world class athletes)
10 carbohydrate concentrate packets can be used before, during & after training and racing.
Great for Carbo-Loading.
Unequal Leg Length and Sciatica

Q A

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 buttck 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?

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. Mois heat packs and aspirin, along with your shoe lift should help.

(John 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, MMN, Box 50098, Eugene, OR 97405.)

22nd Club West Meet Held in Santa Barbara

by BEVERLEY LEWIS

Club West meet director Gordon McClenathan 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 92-10¼ (28.30) held by Ohio's Bernice Hollander 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 5-11¼ (1.81). Her long jump at 19-2¾ (5.89) was also a new meet record.

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., set a new world M55 record of 23.86 for the 200m. Chou then went on to win the 400m in 1:07.51.

Parma Schwab of Los Angeles won the M40-44 1500 in 4:44.00, and she also won the M50-54 5000 in 19:42.16.

Gene Blum, M65, won the discus, shot put, and javelin. He also won the M70-74 javelin.

Over 60 Years:

—Christel Miller won the M60 javelin, high jump, long jump, triple jump.
—Joanne Smith won the M55 javelin.
—Emil Pawlik won the M50 javelin.

Over 70 Years:

—Bill Bangert won the hammer.
—George Adams Memorial high point: Paul Raymond.
—Emil Pawlik won the M60 shot put.

Bill Bangert.

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

HY-TEK

Software Written for Track & Field People

· MEET MANAGER runs any kind of Meet. Includes special features like Age Graded results for MASTERS!
· TEAM MANAGER tracks best times/records and generates graphs, rosters, mailing lists, award labels and much, much more!

FREE DEMO - (919) 633-5111

Dr. Paul E. Spangler

Fitness Trails

—COMPLOT
—FLEXIBILITY
—JUMPING
—SPEED
—STRENGTH
—TESTS

FREE DEMO - (919) 633-5111

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

Photo by Jon Lonax
All athletes 50+
are invited to the

INTERNATIONAL SENIOR GAMES

BERMUDA APRIL 13 - 27, 1996

Only $50 Registration Fee!

Who? Athletes aged 50 and older from 50 countries
What? 25 athletic and cultural events
When? Track & Field - April 14 - 17, 1996
Why? The thrill of competition and camaraderie

FEATURING

"Dream Mile" with
Jim Ryun Ron Clarke Michel Jazy
"Senior Dream Team" with
Bob Cousy Earl Monroe Peter Snell
Jack Ramsay

Call 1-800-867-5935

or write to: International Senior Games
460 Summer St.,
Stamford, CT, 06901, USA

EVENTS
100m Dash
200m Dash
400m Dash
800m Run
1 Mile Run
5000m Run
110m Hurdles
Long Jump
High Jump
Shot Putt
Javelin Throw
Race Walking

Also a 10k roadrace and a 5k walk!
Jim Carmines

Jim Carmines started racewalking in 1990 and began to compete seriously in 1991. He burst on the national scene quickly, setting for silver medals only when Don DeNoon was racing. In 1995, M50, he won the 5K silver 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.

EW: What was the hardest thing you were learning?
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: How would you describe the hip rotation?
JC: The more technical people say it’s a drop, that your hips move forward and then 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 the push, and 10 to 15 percent from your 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 did 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 bench 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 nothing 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.

CORRECTION (The following is a letter by Avram Shapiro, Adelphi, 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


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."

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 Ush-carponi, 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 Placer-ville’s Fred Bell, 55, 28:14, sent eight walkers to the Challenge. Golden Gate Racewalker’s top finisher, Keith Mc-Connell, 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 champ, 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.
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.

Hereditity 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 queried.

There are two basic types of hearing loss:

1) Conduction deafness, caused by blockage of the ear canal by excess 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.

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.

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 22:06.7

• New York Marathon Masters Crown Goes to Roger Robinson (2:22:12)

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.)
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 High mileage is a double-edged sword. Incrementing 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 injured. 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'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

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

Photo by Rex Dietderich
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 bent knees and then straightening 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 proposer. 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." "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. "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 Kasuo Morikawa appears to be clear evidence that WA and USATF are 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 "sit." If bent knees are tolerated in racewalking, what is left of the rules? - E.W.)
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 whammo that diminish as we ossify. After running anywhere from 25 to 30 feet, you plant your lead foot, come to a complete halt, but a screeching stop — 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 rocking 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 Roehi extolled the preeminence of German throwers. Rich Hotchkiss responded and expressed his dubiousness in regard to German prowess 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 Roehr and Hotchkiss were justified in their assumptions and Hotchkiss for his skepticism.

---


<table>
<thead>
<tr>
<th>Men</th>
<th>65 GER 5229 95</th>
</tr>
</thead>
<tbody>
<tr>
<td>L. Fillip</td>
<td>66/5214 95</td>
</tr>
<tr>
<td>M. White</td>
<td>78 USA 5144 94</td>
</tr>
<tr>
<td>R. Raebak</td>
<td>65 GER 5071 95</td>
</tr>
<tr>
<td>E. Svennevick</td>
<td>75 M5 4865 94</td>
</tr>
<tr>
<td>S. Gage</td>
<td>52 USA 4854 95</td>
</tr>
<tr>
<td>K. Wendel</td>
<td>56 USA 4804 94</td>
</tr>
<tr>
<td>D. Speckens</td>
<td>60 GER 4548 95</td>
</tr>
<tr>
<td>D. Helf</td>
<td>62 GER 4500 95</td>
</tr>
<tr>
<td>S. Thomson</td>
<td>62 USA 4433 95</td>
</tr>
<tr>
<td>R. Palmer</td>
<td>63 USA 4393 95</td>
</tr>
<tr>
<td>L. Olson</td>
<td>63 USA 4344 95</td>
</tr>
<tr>
<td>H. Brandt</td>
<td>65 GER 4319 95</td>
</tr>
<tr>
<td>R. Leino</td>
<td>60 FIN 4294 95</td>
</tr>
<tr>
<td>S. Littell</td>
<td>75 FIN 4287 95</td>
</tr>
<tr>
<td>R. Hodges</td>
<td>55 USA 4271 95</td>
</tr>
<tr>
<td>E. Eriksson</td>
<td>71 FIN 4262 95</td>
</tr>
<tr>
<td>J. Hansen</td>
<td>57 GER 4253 95</td>
</tr>
<tr>
<td>H. Hawke</td>
<td>66 USA 4244 95</td>
</tr>
<tr>
<td>H. Schulz</td>
<td>62 GER 4195 95</td>
</tr>
<tr>
<td>R. Milnyuk</td>
<td>62 USA 4152 95</td>
</tr>
<tr>
<td>K. Krzanski</td>
<td>52 S0 4137 95</td>
</tr>
<tr>
<td>J. Jakobsohn</td>
<td>72 RSA 4135 95</td>
</tr>
<tr>
<td>H. Barthel</td>
<td>75 GER 4099 95</td>
</tr>
<tr>
<td>H. Hackett</td>
<td>75 USA 4099 95</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Women</th>
<th>65 GER 5061 95</th>
</tr>
</thead>
<tbody>
<tr>
<td>J. Schaefer</td>
<td>63 GER 5061 95</td>
</tr>
<tr>
<td>A. Ivanova</td>
<td>62 RUS 4656 95</td>
</tr>
<tr>
<td>H. Scharle</td>
<td>56 AUS 4469 95</td>
</tr>
<tr>
<td>E. Williams</td>
<td>57 GER 4372 95</td>
</tr>
<tr>
<td>M. Hiltz</td>
<td>53 USA 4340 94</td>
</tr>
<tr>
<td>M. Thomas</td>
<td>51 AUS 4043 95</td>
</tr>
<tr>
<td>R. Holland</td>
<td>67 USA 4017 94</td>
</tr>
<tr>
<td>F. Schultz</td>
<td>44 AUS 4015 95</td>
</tr>
<tr>
<td>J. Jortikka</td>
<td>71 FIN 3936 95</td>
</tr>
<tr>
<td>G. Malman</td>
<td>53 GER 3909 95</td>
</tr>
<tr>
<td>J. Grissom</td>
<td>55 USA 3834 94</td>
</tr>
<tr>
<td>R. da Plessis</td>
<td>45 RSA 3831 95</td>
</tr>
<tr>
<td>H. Beker</td>
<td>53 GER 3819 95</td>
</tr>
<tr>
<td>A. Scholten</td>
<td>66 GER 3792 95</td>
</tr>
<tr>
<td>S. Funderman</td>
<td>47 DEN 3692 95</td>
</tr>
</tbody>
</table>

**Compiled by Manuel and Helen White**
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 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.
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 my family to Bend, Oregon, to be pastor for a church. My running now was merely at "maintenance level." I thought of the inclement training conditions in Bend, the dearth of running story, a story of enduring hope. Dave extrapolated his passion for running, a story of enduring toughness.

"Sure," I surprised myself. "Maybe we could talk about it sometime." I started for the door, but he wasn't pacified. "Let me give you my card," he said. "David Petersen, Attorney at Law." "When can we get together?" I 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 lbs 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 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, heartbreakingly close, to the qualifying time. I still remember when Dave called me from Sacramento just hours after the race and his message: "I ran 2:03:01." The disappointment lasted for weeks. "I gave everything I had in that race. I was alone the last hour, and it was never pushed. I have it to tell me he had run 2:03:01." The disappointment lasted for weeks. "I gave everything I had in that race. I was alone the last hour, and it was never pushed. I have it to tell me he had run 2:03:01." The disappointment lasted for weeks.

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.

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

Need Back Issues?

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

Send to:
National Masters News
P.O. Box 50998
Eugene, OR 97405

December, 1995

Ten Years Ago

December, 1985

- Summer Brown Wins National Masters 10K in 34:10
- Guenter Mieleke 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 a 1-G 90.4% 81:52.

Betty Blank, 42, Falls Church, Va., first W40+ (40:06), National Capital 20 Miler, Alexandria, D.C., 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.

British Friscilla 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, 46, 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 annual Georgetown 10K. Chuck Moer, 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.

Write On!

Continued from page 4

know that the 1996 USATF National Masters Indoor Track and Field Championships will feature the mile, not the marathon, on April 15, 1996. Held in Providence, R.I. (Adjacent to the Meehan Hockey Rink and Smith Swim Center) on Oct. 8 for the annual Georgetown 10K. Chuck Moer, 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.

Continued on page 21

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 (26 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

12th ANNUAL

BROWN UNIVERSITY MASTER'S 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-95 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-95 to Branch Avenue (Exit 24). Turn right on Branch to light. Cross intersection and follow same as above.


AWARDS: First three places in all events.

DIVISIONS: Five-year groupings for men and women (30-49)* USATF & Sanctioned. (For USATF registration call (617) 566-7600).

ENTRY FEE: Pre-entries will be $1.25 first event; $1.50 additional event by Wednesday, Jan. 10, 1996. *Post entries will be $1.50 first event; $2.50 additional event by 11:00 a.m.

ORDER OF EVENTS: Track Field
12:00 p.m. 10:00 a.m.
55m Hurdles Weight Throw
55m (Trials/Finals) (Young to Old)
2 Mile Long Jump
3 Mile (Old to Young)
Mile Walk Shot Put-Following WT
2 Mile (Young to Old)
200m Triple Jump-Following LJ
3,000m (Old to Young)
5000m Relay (10 yr. group)-no heats/track awards
12:30 p.m. 12:30 p.m.
Pole Vault-(Bar not lowered) Pole Vault-(Bar not lowered)
High Jump-(Student not lowered)

FOR ADDITIONAL INFORMATION CONTACT: Ned D. Steinberg
46 Roberts Avenue
Pawtucket, RI 02860
(401) 728-2369(Daytime)

PLEASE PRINT
Name ___________________________ Phone ___________________________
Address Street City State Zip Code
Age as of 1/14/96 Male Female
Club___________________________ USATF#____________________ Date of Birth
Event Best Recent Mark Event Best Recent Mark
1 1 1 1
2 2 2 2
3 3 3 3

Total fee enclosed $________

Mail entry form and check, payable to The Rhode Island Track and Field Foundation to: Ned 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 USATF Rhode Island Track and Field Foundation, or Brown University, their Agents, Representatives, Assignees or Sponsors for any and all injuries, damages or other 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__________________________
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 group 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).

Less amazing was the blazing pace of Rebecca Stockdale-Woolley (44, 23:12), and the supersonic 20:53 of near-master Tatiana Pozdnueva, 39, listed from New York by way of the Ukraine.

Meeting Rodgers for the first time yesterday was like meeting Buddy Holly's Cricketers 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, wisp 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 skinned the hill for about 1 1/4 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 upswsp. With metronomic precision, he lobbed five-minute miles like his glorious Big Apple and Boston Marathon victories in the '70s. Rodgers finished his way at age 47, through the kid-pack of supers (bronz Geary Daniels, 41, 20:30; Gary Nixon, 44, 20:31; and John Serrao, 46, 20:38). A whole phalanx of majors completed the course, male and female, thundered over the byways, fracturing speed limits in the quest to stamp out the aging process.

NNM 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 half master recently. Vagabonding the masters major-league circuit on weekends and hopping between the Crescent City and Omaha, Neb., 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."
Canadian Masters Win 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. Celsio 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 Glasspooles, 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 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.

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, contactrole Langenbach, USATF Mast DR Secretary, 4261 S. 184th St., SeaTac, WA 98188.
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 $17 went for. First, in analyzing the 1991 East Regional in Harrisburg, 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 fee and never use them.

I had to compete with two major meets in months before. Millersville, I found the average person 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 $80. 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 fooled into complacency by going back in 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 gracefulness, 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 one wants to peak at an East Regional meet in late June or mid-July.

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.

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 in November, 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 lifelong dream 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 Revo), 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 Tunman) 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 held 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 car- 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.

ARTICLE WRITTEN BY SUE STIEGELMEIER FOR NATIONAL MASTERS NEWS. DECEMBER, 1995.
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 ahead of time because it will go down in athletic history as December, 1995..."

"Thornsley. My friend and I called at Harrisburg, in track in the years. I have never written about, or to any of those meet directors, making this letter an exception. Jan Wilson

Bob Leishhear
Baltimore, Maryland

SULLIE STIEGELMEIER
On Oct. 12, Sallie Steigelmeyer, 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, painstakingly, and lovingly produced masterful way made his mark upon our world.

I can honestly say this was the best run, dedicated way made his mark upon our community by laboriously, every month, pecking out the AW 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 many 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 handle. 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 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 know that smile anywhere. It always lets me know that everything was going to be fine.

Bob Hinkel
Brightwood, Oregon

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.
### Report From Britain

from MARTIN DUFF and BRIDGET CUSHEN

Paula Fudge, long-time British internationalist from 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 1:18:41 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 Milbery, just turned 40, and M50 ex-Italian John Sheridan vied for the win. After setting a cracking pace in the early stages over the three-lap course, Sheridan acceded to Milbery, 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 Cushing, collected the W55 gold and County silver medal.

---

### 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, 1990) and Norkio Nakamura (W55, 200), who each set new Japanese age-group records.

---

### WAVA/USATF Hurdles and Implements Specifications

#### Hurdles

<table>
<thead>
<tr>
<th>Age</th>
<th>Race Distance</th>
<th>Hurdle Height</th>
<th>To 1st Hurdle</th>
<th>Between Hurdles</th>
<th>To Finish</th>
<th>No. of Hurdles</th>
</tr>
</thead>
<tbody>
<tr>
<td>30-39</td>
<td>100m</td>
<td>.840m</td>
<td>13.00m</td>
<td>8.5m</td>
<td>27.10m</td>
<td>10</td>
</tr>
<tr>
<td>40-49</td>
<td>80m</td>
<td>.762m</td>
<td>12.00m</td>
<td>8.0m</td>
<td>22.90m</td>
<td>17</td>
</tr>
<tr>
<td>50-59</td>
<td>60-69</td>
<td>80m</td>
<td>.762m</td>
<td>12.00m</td>
<td>7.0m</td>
<td>12</td>
</tr>
<tr>
<td>70 Plus</td>
<td>60-69</td>
<td>80m</td>
<td>.762m</td>
<td>12.00m</td>
<td>7.0m</td>
<td>12</td>
</tr>
</tbody>
</table>

#### Implements

<table>
<thead>
<tr>
<th>Age</th>
<th>Men</th>
<th>Shot Put</th>
<th>Discus</th>
<th>Hammer</th>
<th>Javelin</th>
</tr>
</thead>
<tbody>
<tr>
<td>30-39</td>
<td>76k (16 lbs.)</td>
<td>2.00k</td>
<td>1.00k</td>
<td>4.00k</td>
<td>6000gms</td>
</tr>
<tr>
<td>40-49</td>
<td>60k</td>
<td>1.50k</td>
<td>1.00k</td>
<td>3.00k</td>
<td>4000gms</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Age</th>
<th>Women</th>
<th>Shot Put</th>
<th>Discus</th>
<th>Hammer</th>
<th>Javelin</th>
</tr>
</thead>
<tbody>
<tr>
<td>30-39</td>
<td>4.00k</td>
<td>1.00k</td>
<td>4.00k</td>
<td>6000gms</td>
<td></td>
</tr>
<tr>
<td>40-49</td>
<td>3.00k</td>
<td>1.00k</td>
<td>3.00k</td>
<td>4000gms</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Age</th>
<th>Africa</th>
<th>Shot Put</th>
<th>Discus</th>
<th>Hammer</th>
<th>Javelin</th>
</tr>
</thead>
<tbody>
<tr>
<td>30-39</td>
<td>4.00k</td>
<td>1.00k</td>
<td>4.00k</td>
<td>6000gms</td>
<td></td>
</tr>
<tr>
<td>40-49</td>
<td>3.00k</td>
<td>1.00k</td>
<td>3.00k</td>
<td>4000gms</td>
<td></td>
</tr>
</tbody>
</table>

---

**Steeples: 3000m for men 30-39; 2000m for men 60+ and women.**
Seniors Stomp Fifth Avenue Mile Record

by MAURY DEAN

"Are you 60 yet, Mr. Gold?" 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, shhh..."

Something was brewing. The 60- and 65-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 track, fully ten super seniors were with him. The first masters in this year's race were Chuck Whitnah, 41, and second masters 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 Karchner, Sandy, Utah, lost the masters second place by one second with a 2:35:08.

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 finish, 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 whompied 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.

Army 10-Miler Biggest Ever

by JERRY WOJCIC

The Army 10-Miler — biggest ever — staged for the first time on Oct. 15, left: Michael McHale, 44, fourth (55:19); Jim Whitnah, 41, third (54:16); Chuck Moesser, 44, first (53:29); and Lowery Foster, 44, fifth (56:11). Photo by George Banker

The Army 10-Miler — with a 60+ field — was the fastest track event on the 20th birthday of the CCA. The 8400 milers at the finish line made the Gold Coast Mile, Nov. 12, 1973, with a 2:30:10 a bit of a snail. The entry list of 1400 entries included 8400 finishers, to assure the race's claim to the largest 10-mile in the U.S.

The first masters in this year's race were Chuck Moesser, 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 Moesser's 88.4%. Jim Whitnah, 41, Chevy Chase, Md., finished third in 54:16.

Army 10-Miler Biggest Ever

by JERRY WOJCIC

The Army 10-Miler — biggest ever — staged for the first time on Oct. 15, left: Michael McHale, 44, fourth (55:19); Jim Whitnah, 41, third (54:16); Chuck Moesser, 44, first (53:29); and Lowery Foster, 44, fifth (56:11). Photo by George Banker

Gerry Ives, 56, Cabin John, Md., ran an A-G 85.6% to win the M55 race with a 60:50.

In the W40+ contest, Patty Shackleton, 43, Vienna, Va., was second to Donohue with a 68:09. Karen Erb, 44, Alexandria, Va., was third in 68:43.

Amelia Wallace, 54, Clarksville, Tenn., won her division race with a 72:42. Hedy Marque, Alexandria, Va., the oldest finisher at age 78, recorded the best age-graded mark of all W40+ with an 87.5% 90:46.

Of the some 7100 finishers, 76% were male and 24% female. About 33% of the finishers were age 40-and-over. Claudia Piepenburg (formerly Ciavarella) was the meet director.

Workman, Egger Victors in St. George

by JERRY WOJCIC

Ray Workman, 45, Bountiful, Utah, and Virginia Egger, 42, Telluride, Colo., were masters firsts in Utah's St. George Marathon, considered one of the county'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 Karchner, Sandy, Utah, lost the masters second place by one second with a 2:35:08.


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 2:31:58 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.


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.

Gold 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

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 Moesser, 44, first (53:29); and Lowery Foster, 44, fifth (56:11). Photo by George Banker

Medalists in the W45 division, St. George Marathon, Utah, Oct. 7, from left: Nancy Smith (70:17), and Deborah Gehardt, 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 Marcie 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 unjinfured, to... race almost all the time except June to September, when I travel... an American 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, 2:28:56).

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 VIP rooms to take in runners in the interest of their safety and comfort.

In response to press queries, race director Sal Sarena 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 from the starting point in order 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 detailed information to the runners about how to prevent and treat hypothermia.

Eighty percent of the runners were 30 years or 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 Corea (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, 2:31:28). Both second-place finishers won $2000; third-place each got $1000.

Eight age-group winners were Per Overland (50, NOR, 2:37:60), Marcelle Heine (50, LUX, 2:33:14), Chuck Sanders (63, NY, 3:01:48), Wen-Shi Yu (60, NY, 3:30:28), John Cahill (71, UT, 3:29:00), and Vreni Nikulis (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."
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., W51:25; and Liz Sawolowski, 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 U.S. 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 Orluch, 42nd of the 78 men finishers, won the M60 division title in 19:32. Michiganan 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 40-49-year-old women. Loretta Hoffman won the W40 race in 22:35.

Other division winners were Cathy Firestone, W45, 27:47; Barbara Henning, 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.
Masters Scene

NATIONAL

• A new safety product helps runners and walkers stand out in twilight and in darkness. Tetra-Glo gives runners a glow that lasts from night to 350 feet vs. 100 feet for those without reflective clothing. The gloves come in one universal size. For info, contact Polygenes at 919-380-8100.

• Single-day ticket prices for the U.S. Olym-
pic Trials Mclean, 41, on April 14-15 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 45-112, Atlanta GA 30303.

• Batalin, a former statistician 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 race walker Violetta Herazo, 36, who participated in the 1995 Sept. 22 and anticipates being available from Atlanta this month.

• Dickson and looking forward to getting back to recovery, exercising, building my strength back up and working towards an eventual return to racing. By the way, I'm still looking for a job, too.

• The Boston Athletic Association is selling a "ticket" by calling Ticketmaster at 919-380-8100.

• Richardson says in the accompanying Two Hour Championships, Don Farias (71, 2:09:53) won her division decisively.

• The first three masters in the America Cross 5K, Washington, D.C., Oct. 14, were fab 50s runners John Benkerdt (54, 1:21:28), Gila Stroud, 50, fourth overall, Chan Robbins (58, 1:21:11), Arlington, Virginia, ninth overall; and Bill March (58, 1:20:52), Woodbridge, Virginia. Thomas Momaya, 44, Silver Spring, Md., was 15th in 1:21:26. Cathy Ventur, a Medinah, Illinois, 40, Arlington, Illinois, was third female in 1:39:31. Mia Mboya, 47, Wheaton, Md., was second W40 in 2:22:42. The race was run in a downpour from start to finish.

• Eton Richardson (56, 9,923 meters) rounded the women's masters competition by finishing first across the line in the USATF One-Hour Road Race Walk Championships, Cambridge, Mass., 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 Roosevelt Mile with a 3:02.57. Wendy Silverstein set a new M45 record with a 3:00.87 in the second heat of the mile. In the 15K race, Terry Erickson (42, 54:59), East Moline, Illinois, and Kitty McCarthy (42, 67:00), Decatur, reached at least masters level. Barbara Hubbard, 61, Peoria, Illinois, was third W40 in 74:32.

• Bob Scholl, 58, has been named a men's and women's assistant coach at Wittenburg U. in Springfield, Ohio. Scholl worked the 1994 Olympic 5000 and is a member of the National T&F Hall of Fame.

EAST


• Tom Carter (15, 4:57), Johnson City, New York, and Jean Quale (13, 18:35), Watertown, New York, hurried to 40+ firsts, Syracuse, N.Y., Festival Of Races 5K, Oct. 1. Margret Betz, 59, Cookin, N.Y., ran a national-class age 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 consideration and advertising is the 10th of the month before date of issue. Send to National Masters News, P.O. Box 30098, Eugene OR 97405

MIDWEST

• Desmond O'Connor, 41, New Orleans, won a close masters race by four seconds in 32:02 from Scott Snyder, 40, Amherst, Ohio, in the Peace Race 10K, Youngstown, Ohio, Oct. 8.

• Mary Bowermann, 78, Fairfield, Ohio, was one of 17 women selected for recognition at the Ohio Women's Hall of Fame on Oct. 24 for her accomplishments in masters track & field. She holds US W70-74 records in the HJ (3.84 m) and LJ (10.24 m).

• Robert McComber (44, 1:13:10), Bowling Green, Ohio, and Ruta Kunevicius (44, 1:13:04), Solon, Ohio, cruised to victory in the River Hall-Marathon, Oct. 14. Bill Ohril, 60, Lexington, Kentucky, sailed a win in the Senior Men's (60+) race with an age-adjusted 1:20:53 over Don Gammie (64, 1:29:01), Centerfield, Ohio. In an adjacent age-adjusted 5K, Dan Giner, 48, Kettering, Ohio, nabbed top honors with a 1:16:57, age-adjusted 15:08.

• Ron Rohrer, 56, Springfield, Ohio, was second on the list with 18:21:15:20.


• NORTHEAST

• 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 world-class, age-adjusted 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 letterman in offense and defense at Oregon in the mid-30s and went on to play four years in the NFL with the Chicago Cardinals.


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 chosen 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 Monday, 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.
## Track & Field

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 50998, Eugene OR 97405.

### Track & Field National

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Contact Info</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 7</td>
<td>MAC Indoor Meet</td>
<td>Fairleigh Dickinson U., Hackensack, N.J. SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 718/331-6233 (10-8 p.m. EST)</td>
<td></td>
</tr>
<tr>
<td>January 12</td>
<td>MAC Indoor Meet</td>
<td>16th St. Armory, Manhattan. Contact Roz Katz (see above)</td>
<td></td>
</tr>
<tr>
<td>January 19</td>
<td>MAC Indoor Meet</td>
<td>16th St. Armory, Manhattan. Individual and team awards. Contact Roz Katz (see above)</td>
<td></td>
</tr>
<tr>
<td>January 21</td>
<td>Greater Boston TC Indoor Invitational</td>
<td>19th St. Armory. Contact Roz Katz (see above)</td>
<td></td>
</tr>
<tr>
<td>January 22</td>
<td>New Jersey Submasters &amp; Masters Indoor Championships</td>
<td>19th St. Armory. Contact Roz Katz (see above)</td>
<td></td>
</tr>
<tr>
<td>February 11</td>
<td>MAC Indoor Meet</td>
<td>Manhattan College, Bronx. Contact Roz Katz (see above)</td>
<td></td>
</tr>
<tr>
<td>February 11</td>
<td>Greater Rochester TC Indoor Meet</td>
<td>U. of Rochester Fieldhouse, N.Y. 1 p.m. Rick Guido, 6 Timber Lane, Fairport, NY 14450. Meet Hotline: 716/872-6652</td>
<td></td>
</tr>
<tr>
<td>February 25</td>
<td>MAC Masters Championships</td>
<td>16th St. Armory, Manhattan. Association and non-association awards.</td>
<td></td>
</tr>
</tbody>
</table>

### EAST

#### Connecticut, Delaware, Massachusetts, Rhode Island, New Hampshire, New Jersey, New York, Pennsylvania

- December 3: MAC Indoor Development Meet, Pratt U., Brooklyn. SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 718/331-6233 (10-8 p.m. EST).
- December 10: MAC Indoor Development Meet, Pratt U., Brooklyn. Contact Roz Katz (see above).
- 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).

### SOUTHEAST

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

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

### MIDWEST

- Illinois, Indiana, Kentucky, Michigan, Ohio, Wisconsin

- February 17: NIFS Outdoor Meet. Contact Roz Katz (see above).

### MID-AMERICA

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

- December 9: U. of Missouri Indoor All-Comers, Hearnes Center Fieldhouse, Columbia. 8 a.m. on-site registration.
- February 4: Early Morning "R" Indoor Meet, Bethel College, Minneapolis, Minn. Rick La Van Vliet, 125 S. 13th St., Minneapolis, MN 55405. 612/743-5977.

### SOUTHWEST

- Arkansas, Louisiana, Mississippi, Oklahoma, Texas

- January 14: Magnolia Indoor Meet, Jackson, Miss. $20-39, $500 - $1000. Masters meet director, Magnolia Express TC, PO Box 54143, Pearl, MS 39208. Butch Ard, 601/993-3331.

### 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 12th annual Brown University Five-day meet in Providence, R.I., and another in South Carolina 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/invitational senior men's 2 mile. Jim Rick Hoebeke, 6 Timber Lane, Fairport, NY 14450. 401/728-2869.

### 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!

---

*Image of the page showing various track and field events and information about the schedules and locations for different meets.*
**NORTHWEST**


**SOUTHWEST**

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


December 10. marathon, Columbus, Ohio. (U.S. Women's Olympic Trials), Columbus, S.C. SASE to Columbus Marathon, PO Box 5092, Columbus, SC 29207. 803/929-1999.

February 15. Hampton Coliseum Half-Marathon/5K, Coliseum Road Race, Hampton Building Dept., 22 Lincoln St., Hampton, VA 23669. 804/835-4233.


February 24. Gasparilla Distance Classic 15K, Tampa. Gasparilla '96, PO Box 1887, Tampa, FL 33601.


**MID-AMERICA**

Colorado, Iowa, Kansas, Minnesota, Missouri, New Mexico, N. Dakota, Nebraska, South Dakota, Wisconsin, Wyoming.

December 3. White Sands/Alamogordo Marathon, Clovis Burleson, race director, Box 1589, Alamogordo, NM 88311. 505/382-8869(h); 439-3771(w).

**WES T**

Arizona, California, Nevada.

December 3. California International Marathon, Sacramento, PO Box 161149, Sacramento, CA 95816. 916/838-6222.


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.


**INTERNATIONAL**


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

**OPEN**

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

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

**RACE WALKING**

November 26, December 3, December 10. Annual Holiday Grant 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.)


---

Martha Mendenhall, Washington, relaxing at the Nationals after winning the W55 high jump and long jump.
December, 1995
National Masters News

page 29

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

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>20-34</th>
<th>35-39</th>
<th>40-44</th>
<th>45-49</th>
<th>50-54</th>
<th>55-59</th>
<th>60-64</th>
<th>65-69</th>
<th>70-74</th>
<th>75-79</th>
<th>80-84</th>
<th>85-89</th>
</tr>
</thead>
<tbody>
<tr>
<td>100</td>
<td>1:10</td>
<td>1:10</td>
<td>1:10</td>
<td>1:10</td>
<td>1:10</td>
<td>1:10</td>
<td>1:10</td>
<td>1:10</td>
<td>1:10</td>
<td>1:10</td>
<td>1:10</td>
<td>1:10</td>
<td>1:10</td>
</tr>
<tr>
<td>300</td>
<td>3:30</td>
<td>3:30</td>
<td>3:30</td>
<td>3:30</td>
<td>3:30</td>
<td>3:30</td>
<td>3:30</td>
<td>3:30</td>
<td>3:30</td>
<td>3:30</td>
<td>3:30</td>
<td>3:30</td>
<td>3:30</td>
</tr>
<tr>
<td>400</td>
<td>4:40</td>
<td>4:40</td>
<td>4:40</td>
<td>4:40</td>
<td>4:40</td>
<td>4:40</td>
<td>4:40</td>
<td>4:40</td>
<td>4:40</td>
<td>4:40</td>
<td>4:40</td>
<td>4:40</td>
<td>4:40</td>
</tr>
<tr>
<td>500</td>
<td>5:50</td>
<td>5:50</td>
<td>5:50</td>
<td>5:50</td>
<td>5:50</td>
<td>5:50</td>
<td>5:50</td>
<td>5:50</td>
<td>5:50</td>
<td>5:50</td>
<td>5:50</td>
<td>5:50</td>
<td>5:50</td>
</tr>
<tr>
<td>700</td>
<td>7:50</td>
<td>7:50</td>
<td>7:50</td>
<td>7:50</td>
<td>7:50</td>
<td>7:50</td>
<td>7:50</td>
<td>7:50</td>
<td>7:50</td>
<td>7:50</td>
<td>7:50</td>
<td>7:50</td>
<td>7:50</td>
</tr>
</tbody>
</table>

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>20-34</th>
<th>35-39</th>
<th>40-44</th>
<th>45-49</th>
<th>50-54</th>
<th>55-59</th>
<th>60-64</th>
<th>65-69</th>
<th>70-74</th>
<th>75-79</th>
<th>80-84</th>
<th>85-89</th>
</tr>
</thead>
<tbody>
<tr>
<td>400</td>
<td>4:45</td>
<td>4:45</td>
<td>4:45</td>
<td>4:45</td>
<td>4:45</td>
<td>4:45</td>
<td>4:45</td>
<td>4:45</td>
<td>4:45</td>
<td>4:45</td>
<td>4:45</td>
<td>4:45</td>
<td>4:45</td>
</tr>
</tbody>
</table>

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME: ____________________________
AGE-GROUP: ________________________
ADDRESS: _________________________
SEX: ____________________ F __ ______ M __ ______
CITY: ____________________________
STATE: ____________________________
ZIP: ______________________________
DATE OF MEET: ____________________
MET: _____________________________
MEET SITE: _________________________
EVENT: ____________________________
MARK: ____________________________
HURDLE HEIGHT: ____________________
WEIGHT OF IMPLEMENT: ______________

☐ CERTIFICATE ☐ PATCH ☐ PATCH TAG

1. If you have equaled or bettered the standard of excellence, please fill out this application, completely.
2. A copy of your results or a note stating in which issue your results appeared MUST accompany the application.
3. Please send $10 for a certificate, $10 for a patch, and $10 for a patch tag showing event and year. The cost for both a certificate and patch ordered at the same time is $15.
4. Send to: All-American, National Masters News, P.O. Box 50098, Eugene OR 97405.

5. A color certificate, 8" by 10" certificate, suitable for framing, and a 3-color, 3" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.
<table>
<thead>
<tr>
<th>Event</th>
<th>Time (mins)</th>
<th>Name</th>
<th>Distance</th>
<th>Age</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1500M</td>
<td>5:00</td>
<td>Williams</td>
<td>1500M</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>3000M</td>
<td>8:00</td>
<td>McVicker</td>
<td>3000M</td>
<td>12</td>
<td></td>
</tr>
<tr>
<td>Discus</td>
<td>1:15</td>
<td>Foster</td>
<td>Discus</td>
<td>51</td>
<td></td>
</tr>
<tr>
<td>Shot Put</td>
<td>2:10</td>
<td>Smith</td>
<td>Shot Put</td>
<td>75</td>
<td></td>
</tr>
<tr>
<td>javelin</td>
<td>1:35</td>
<td>Davis</td>
<td>javelin</td>
<td>18</td>
<td></td>
</tr>
<tr>
<td>Pole Vault</td>
<td>4:10</td>
<td>Johnson</td>
<td>Pole Vault</td>
<td>18</td>
<td></td>
</tr>
<tr>
<td>Triple Jump</td>
<td>3:00</td>
<td>Young</td>
<td>Triple Jump</td>
<td>20</td>
<td></td>
</tr>
</tbody>
</table>

** medial events **

<table>
<thead>
<tr>
<th>Event</th>
<th>Time (mins)</th>
<th>Name</th>
<th>Distance</th>
<th>Age</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Long Jump</td>
<td>3:00</td>
<td>Williams</td>
<td>Long Jump</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>High Jump</td>
<td>4:00</td>
<td>Davis</td>
<td>High Jump</td>
<td>18</td>
<td></td>
</tr>
<tr>
<td>Vaul</td>
<td>3:00</td>
<td>Johnson</td>
<td>Vaul</td>
<td>18</td>
<td></td>
</tr>
<tr>
<td>Triple Jump</td>
<td>3:00</td>
<td>Young</td>
<td>Triple Jump</td>
<td>20</td>
<td></td>
</tr>
</tbody>
</table>

** Oregon State University**

<table>
<thead>
<tr>
<th>Event</th>
<th>Time (mins)</th>
<th>Name</th>
<th>Distance</th>
<th>Age</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Long Jump</td>
<td>3:00</td>
<td>Williams</td>
<td>Long Jump</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>High Jump</td>
<td>4:00</td>
<td>Davis</td>
<td>High Jump</td>
<td>18</td>
<td></td>
</tr>
<tr>
<td>Vaul</td>
<td>3:00</td>
<td>Johnson</td>
<td>Vaul</td>
<td>18</td>
<td></td>
</tr>
<tr>
<td>Triple Jump</td>
<td>3:00</td>
<td>Young</td>
<td>Triple Jump</td>
<td>20</td>
<td></td>
</tr>
</tbody>
</table>

** Field Events **

<table>
<thead>
<tr>
<th>Event</th>
<th>Time (mins)</th>
<th>Name</th>
<th>Distance</th>
<th>Age</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Long Jump</td>
<td>3:00</td>
<td>Williams</td>
<td>Long Jump</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>High Jump</td>
<td>4:00</td>
<td>Davis</td>
<td>High Jump</td>
<td>18</td>
<td></td>
</tr>
<tr>
<td>Vaul</td>
<td>3:00</td>
<td>Johnson</td>
<td>Vaul</td>
<td>18</td>
<td></td>
</tr>
<tr>
<td>Triple Jump</td>
<td>3:00</td>
<td>Young</td>
<td>Triple Jump</td>
<td>20</td>
<td></td>
</tr>
</tbody>
</table>

** Running Events **

<table>
<thead>
<tr>
<th>Event</th>
<th>Time (mins)</th>
<th>Name</th>
<th>Distance</th>
<th>Age</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1500M</td>
<td>5:00</td>
<td>Williams</td>
<td>1500M</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>3000M</td>
<td>8:00</td>
<td>McVicker</td>
<td>3000M</td>
<td>12</td>
<td></td>
</tr>
<tr>
<td>Discus</td>
<td>1:15</td>
<td>Foster</td>
<td>Discus</td>
<td>51</td>
<td></td>
</tr>
<tr>
<td>Shot Put</td>
<td>2:10</td>
<td>Smith</td>
<td>Shot Put</td>
<td>75</td>
<td></td>
</tr>
<tr>
<td>javelin</td>
<td>1:35</td>
<td>Davis</td>
<td>javelin</td>
<td>18</td>
<td></td>
</tr>
<tr>
<td>Pole Vault</td>
<td>4:10</td>
<td>Johnson</td>
<td>Pole Vault</td>
<td>18</td>
<td></td>
</tr>
<tr>
<td>Triple Jump</td>
<td>3:00</td>
<td>Young</td>
<td>Triple Jump</td>
<td>20</td>
<td></td>
</tr>
</tbody>
</table>

** Long Jump **

<table>
<thead>
<tr>
<th>Event</th>
<th>Time (mins)</th>
<th>Name</th>
<th>Distance</th>
<th>Age</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Long Jump</td>
<td>3:00</td>
<td>Williams</td>
<td>Long Jump</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>High Jump</td>
<td>4:00</td>
<td>Davis</td>
<td>High Jump</td>
<td>18</td>
<td></td>
</tr>
<tr>
<td>Vaul</td>
<td>3:00</td>
<td>Johnson</td>
<td>Vaul</td>
<td>18</td>
<td></td>
</tr>
<tr>
<td>Triple Jump</td>
<td>3:00</td>
<td>Young</td>
<td>Triple Jump</td>
<td>20</td>
<td></td>
</tr>
</tbody>
</table>

** Field Events **

<table>
<thead>
<tr>
<th>Event</th>
<th>Time (mins)</th>
<th>Name</th>
<th>Distance</th>
<th>Age</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Long Jump</td>
<td>3:00</td>
<td>Williams</td>
<td>Long Jump</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>High Jump</td>
<td>4:00</td>
<td>Davis</td>
<td>High Jump</td>
<td>18</td>
<td></td>
</tr>
<tr>
<td>Vaul</td>
<td>3:00</td>
<td>Johnson</td>
<td>Vaul</td>
<td>18</td>
<td></td>
</tr>
<tr>
<td>Triple Jump</td>
<td>3:00</td>
<td>Young</td>
<td>Triple Jump</td>
<td>20</td>
<td></td>
</tr>
</tbody>
</table>

** Running Events **

<table>
<thead>
<tr>
<th>Event</th>
<th>Time (mins)</th>
<th>Name</th>
<th>Distance</th>
<th>Age</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1500M</td>
<td>5:00</td>
<td>Williams</td>
<td>1500M</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>3000M</td>
<td>8:00</td>
<td>McVicker</td>
<td>3000M</td>
<td>12</td>
<td></td>
</tr>
<tr>
<td>Discus</td>
<td>1:15</td>
<td>Foster</td>
<td>Discus</td>
<td>51</td>
<td></td>
</tr>
<tr>
<td>Shot Put</td>
<td>2:10</td>
<td>Smith</td>
<td>Shot Put</td>
<td>75</td>
<td></td>
</tr>
<tr>
<td>javelin</td>
<td>1:35</td>
<td>Davis</td>
<td>javelin</td>
<td>18</td>
<td></td>
</tr>
<tr>
<td>Pole Vault</td>
<td>4:10</td>
<td>Johnson</td>
<td>Pole Vault</td>
<td>18</td>
<td></td>
</tr>
<tr>
<td>Triple Jump</td>
<td>3:00</td>
<td>Young</td>
<td>Triple Jump</td>
<td>20</td>
<td></td>
</tr>
</tbody>
</table>

** Long Jump **

<table>
<thead>
<tr>
<th>Event</th>
<th>Time (mins)</th>
<th>Name</th>
<th>Distance</th>
<th>Age</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Long Jump</td>
<td>3:00</td>
<td>Williams</td>
<td>Long Jump</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>High Jump</td>
<td>4:00</td>
<td>Davis</td>
<td>High Jump</td>
<td>18</td>
<td></td>
</tr>
<tr>
<td>Vaul</td>
<td>3:00</td>
<td>Johnson</td>
<td>Vaul</td>
<td>18</td>
<td></td>
</tr>
<tr>
<td>Triple Jump</td>
<td>3:00</td>
<td>Young</td>
<td>Triple Jump</td>
<td>20</td>
<td></td>
</tr>
</tbody>
</table>

** Field Events **

<table>
<thead>
<tr>
<th>Event</th>
<th>Time (mins)</th>
<th>Name</th>
<th>Distance</th>
<th>Age</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Long Jump</td>
<td>3:00</td>
<td>Williams</td>
<td>Long Jump</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>High Jump</td>
<td>4:00</td>
<td>Davis</td>
<td>High Jump</td>
<td>18</td>
<td></td>
</tr>
<tr>
<td>Vaul</td>
<td>3:00</td>
<td>Johnson</td>
<td>Vaul</td>
<td>18</td>
<td></td>
</tr>
<tr>
<td>Triple Jump</td>
<td>3:00</td>
<td>Young</td>
<td>Triple Jump</td>
<td>20</td>
<td></td>
</tr>
</tbody>
</table>
**Louisiana Senior Olympic Games**

**Louisiana State University**

**Baton Rouge, Oct. 13-14**

<table>
<thead>
<tr>
<th>Event</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>100m</td>
<td>M35 James Paddie</td>
<td>12.20</td>
</tr>
<tr>
<td></td>
<td>M35 Gerald Donaldson</td>
<td>12.25</td>
</tr>
<tr>
<td></td>
<td>M36 Alger rugsad</td>
<td>12.50</td>
</tr>
<tr>
<td></td>
<td>M35 Charles Cramton</td>
<td>12.50</td>
</tr>
<tr>
<td></td>
<td>M35 Mike Morgan</td>
<td>12.50</td>
</tr>
<tr>
<td></td>
<td>M35 Chris Moore</td>
<td>12.50</td>
</tr>
<tr>
<td></td>
<td>M36 John Golden</td>
<td>12.50</td>
</tr>
<tr>
<td></td>
<td>M35 Robert Giambrone</td>
<td>12.50</td>
</tr>
<tr>
<td></td>
<td>M36 Bill Hunter</td>
<td>12.50</td>
</tr>
<tr>
<td></td>
<td>M35 Rich Jacevitch</td>
<td>12.50</td>
</tr>
</tbody>
</table>

**State Meet**

<table>
<thead>
<tr>
<th>Event</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>100m</td>
<td>M35 James Paddie</td>
<td>12.20</td>
</tr>
<tr>
<td></td>
<td>M35 Gerald Donaldson</td>
<td>12.25</td>
</tr>
<tr>
<td></td>
<td>M35 Charles Cramton</td>
<td>12.50</td>
</tr>
<tr>
<td></td>
<td>M35 Mike Morgan</td>
<td>12.50</td>
</tr>
<tr>
<td></td>
<td>M35 Chris Moore</td>
<td>12.50</td>
</tr>
<tr>
<td></td>
<td>M36 John Golden</td>
<td>12.50</td>
</tr>
<tr>
<td></td>
<td>M35 Robert Giambrone</td>
<td>12.50</td>
</tr>
<tr>
<td></td>
<td>M36 Bill Hunter</td>
<td>12.50</td>
</tr>
<tr>
<td></td>
<td>M35 Rich Jacevitch</td>
<td>12.50</td>
</tr>
</tbody>
</table>

**State Meet**

<table>
<thead>
<tr>
<th>Event</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>100m</td>
<td>M35 James Paddie</td>
<td>12.20</td>
</tr>
<tr>
<td></td>
<td>M35 Gerald Donaldson</td>
<td>12.25</td>
</tr>
<tr>
<td></td>
<td>M35 Charles Cramton</td>
<td>12.50</td>
</tr>
<tr>
<td></td>
<td>M35 Mike Morgan</td>
<td>12.50</td>
</tr>
<tr>
<td></td>
<td>M35 Chris Moore</td>
<td>12.50</td>
</tr>
<tr>
<td></td>
<td>M36 John Golden</td>
<td>12.50</td>
</tr>
<tr>
<td></td>
<td>M35 Robert Giambrone</td>
<td>12.50</td>
</tr>
<tr>
<td></td>
<td>M36 Bill Hunter</td>
<td>12.50</td>
</tr>
<tr>
<td></td>
<td>M35 Rich Jacevitch</td>
<td>12.50</td>
</tr>
</tbody>
</table>

**State Meet**

<table>
<thead>
<tr>
<th>Event</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>100m</td>
<td>M35 James Paddie</td>
<td>12.20</td>
</tr>
<tr>
<td></td>
<td>M35 Gerald Donaldson</td>
<td>12.25</td>
</tr>
<tr>
<td></td>
<td>M35 Charles Cramton</td>
<td>12.50</td>
</tr>
<tr>
<td></td>
<td>M35 Mike Morgan</td>
<td>12.50</td>
</tr>
<tr>
<td></td>
<td>M35 Chris Moore</td>
<td>12.50</td>
</tr>
<tr>
<td></td>
<td>M36 John Golden</td>
<td>12.50</td>
</tr>
<tr>
<td></td>
<td>M35 Robert Giambrone</td>
<td>12.50</td>
</tr>
<tr>
<td></td>
<td>M36 Bill Hunter</td>
<td>12.50</td>
</tr>
<tr>
<td></td>
<td>M35 Rich Jacevitch</td>
<td>12.50</td>
</tr>
</tbody>
</table>

**State Meet**

<table>
<thead>
<tr>
<th>Event</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>100m</td>
<td>M35 James Paddie</td>
<td>12.20</td>
</tr>
<tr>
<td></td>
<td>M35 Gerald Donaldson</td>
<td>12.25</td>
</tr>
<tr>
<td></td>
<td>M35 Charles Cramton</td>
<td>12.50</td>
</tr>
<tr>
<td></td>
<td>M35 Mike Morgan</td>
<td>12.50</td>
</tr>
<tr>
<td></td>
<td>M35 Chris Moore</td>
<td>12.50</td>
</tr>
<tr>
<td></td>
<td>M36 John Golden</td>
<td>12.50</td>
</tr>
<tr>
<td></td>
<td>M35 Robert Giambrone</td>
<td>12.50</td>
</tr>
<tr>
<td></td>
<td>M36 Bill Hunter</td>
<td>12.50</td>
</tr>
<tr>
<td></td>
<td>M35 Rich Jacevitch</td>
<td>12.50</td>
</tr>
</tbody>
</table>

**State Meet**

<table>
<thead>
<tr>
<th>Event</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>100m</td>
<td>M35 James Paddie</td>
<td>12.20</td>
</tr>
<tr>
<td></td>
<td>M35 Gerald Donaldson</td>
<td>12.25</td>
</tr>
<tr>
<td></td>
<td>M35 Charles Cramton</td>
<td>12.50</td>
</tr>
<tr>
<td></td>
<td>M35 Mike Morgan</td>
<td>12.50</td>
</tr>
<tr>
<td></td>
<td>M35 Chris Moore</td>
<td>12.50</td>
</tr>
<tr>
<td></td>
<td>M36 John Golden</td>
<td>12.50</td>
</tr>
<tr>
<td></td>
<td>M35 Robert Giambrone</td>
<td>12.50</td>
</tr>
<tr>
<td></td>
<td>M36 Bill Hunter</td>
<td>12.50</td>
</tr>
<tr>
<td></td>
<td>M35 Rich Jacevitch</td>
<td>12.50</td>
</tr>
<tr>
<td>Name</td>
<td>Time</td>
<td></td>
</tr>
<tr>
<td>--------------------</td>
<td>---------------</td>
<td></td>
</tr>
<tr>
<td>Michael Allison</td>
<td>18:11</td>
<td></td>
</tr>
<tr>
<td>Craig Nolan</td>
<td>18:37</td>
<td></td>
</tr>
<tr>
<td>Amos Seres</td>
<td>19:45</td>
<td></td>
</tr>
<tr>
<td>George Matsu</td>
<td>20:47</td>
<td></td>
</tr>
<tr>
<td>Paul Wood</td>
<td>19:19</td>
<td></td>
</tr>
<tr>
<td>Michael Kavelman</td>
<td>20:19</td>
<td></td>
</tr>
<tr>
<td>Fernandez</td>
<td>20:17</td>
<td></td>
</tr>
<tr>
<td>Alejandro Velasco</td>
<td>20:21</td>
<td></td>
</tr>
<tr>
<td>Gary Howard</td>
<td>19:35</td>
<td></td>
</tr>
<tr>
<td>Steven Kasson</td>
<td>19:16</td>
<td></td>
</tr>
<tr>
<td>Amedio Lino</td>
<td>20:18</td>
<td></td>
</tr>
<tr>
<td>Gary Bower</td>
<td>19:48</td>
<td></td>
</tr>
<tr>
<td>Robert Lemon</td>
<td>20:34</td>
<td></td>
</tr>
<tr>
<td>Jerzy Kojcek</td>
<td>21:00</td>
<td></td>
</tr>
<tr>
<td>John Nicklas</td>
<td>20:19</td>
<td></td>
</tr>
<tr>
<td>Lee Gruenfeld</td>
<td>20:12</td>
<td></td>
</tr>
<tr>
<td>Brian O'Connell</td>
<td>20:00</td>
<td></td>
</tr>
<tr>
<td>Ted Newman</td>
<td>20:28</td>
<td></td>
</tr>
<tr>
<td>David Johnson</td>
<td>20:57</td>
<td></td>
</tr>
<tr>
<td>Edward VanDyke</td>
<td>21:08</td>
<td></td>
</tr>
<tr>
<td>Martin Schaffer</td>
<td>20:31</td>
<td></td>
</tr>
<tr>
<td>Henry Currin</td>
<td>20:32</td>
<td></td>
</tr>
<tr>
<td>Joseph Martinez</td>
<td>20:28</td>
<td></td>
</tr>
<tr>
<td>James Williams</td>
<td>20:30</td>
<td></td>
</tr>
<tr>
<td>Brian McAllister</td>
<td>20:29</td>
<td></td>
</tr>
<tr>
<td>Mark Cooper</td>
<td>20:31</td>
<td></td>
</tr>
<tr>
<td>John Doak</td>
<td>20:27</td>
<td></td>
</tr>
<tr>
<td>Steven Cline</td>
<td>20:30</td>
<td></td>
</tr>
<tr>
<td>Robert Smith</td>
<td>20:35</td>
<td></td>
</tr>
<tr>
<td>Bill Hickman</td>
<td>20:34</td>
<td></td>
</tr>
<tr>
<td>Donald Maclean</td>
<td>20:33</td>
<td></td>
</tr>
<tr>
<td>Victor Zednik</td>
<td>20:30</td>
<td></td>
</tr>
<tr>
<td>Brian Sullivan</td>
<td>20:29</td>
<td></td>
</tr>
<tr>
<td>Thomas Morgan</td>
<td>20:28</td>
<td></td>
</tr>
<tr>
<td>Joseph Castaneda</td>
<td>20:27</td>
<td></td>
</tr>
<tr>
<td>James Mccarthy</td>
<td>20:26</td>
<td></td>
</tr>
<tr>
<td>John O'Brien</td>
<td>20:25</td>
<td></td>
</tr>
<tr>
<td>Michael Pearson</td>
<td>20:24</td>
<td></td>
</tr>
<tr>
<td>Christopher Smith</td>
<td>20:23</td>
<td></td>
</tr>
<tr>
<td>Benjamin Austin</td>
<td>20:22</td>
<td></td>
</tr>
<tr>
<td>Andrew Anderson</td>
<td>20:21</td>
<td></td>
</tr>
<tr>
<td>Richard Anderson</td>
<td>20:20</td>
<td></td>
</tr>
<tr>
<td>John Thompson</td>
<td>20:19</td>
<td></td>
</tr>
<tr>
<td>Gary Brown</td>
<td>20:18</td>
<td></td>
</tr>
<tr>
<td>Robert Johnson</td>
<td>20:17</td>
<td></td>
</tr>
<tr>
<td>Thomas Johnson</td>
<td>20:16</td>
<td></td>
</tr>
<tr>
<td>Michael Johnson</td>
<td>20:15</td>
<td></td>
</tr>
<tr>
<td>David Johnson</td>
<td>20:14</td>
<td></td>
</tr>
<tr>
<td>James Johnson</td>
<td>20:13</td>
<td></td>
</tr>
<tr>
<td>Michael Jones</td>
<td>20:12</td>
<td></td>
</tr>
<tr>
<td>John Johnson</td>
<td>20:11</td>
<td></td>
</tr>
<tr>
<td>Robert Johnson</td>
<td>20:10</td>
<td></td>
</tr>
<tr>
<td>James Johnson</td>
<td>20:09</td>
<td></td>
</tr>
<tr>
<td>Michael Johnson</td>
<td>20:08</td>
<td></td>
</tr>
<tr>
<td>James Johnson</td>
<td>20:07</td>
<td></td>
</tr>
<tr>
<td>Michael Johnson</td>
<td>20:06</td>
<td></td>
</tr>
<tr>
<td>James Johnson</td>
<td>20:05</td>
<td></td>
</tr>
<tr>
<td>Michael Johnson</td>
<td>20:04</td>
<td></td>
</tr>
<tr>
<td>James Johnson</td>
<td>20:03</td>
<td></td>
</tr>
<tr>
<td>Michael Johnson</td>
<td>20:02</td>
<td></td>
</tr>
<tr>
<td>James Johnson</td>
<td>20:01</td>
<td></td>
</tr>
<tr>
<td>Michael Johnson</td>
<td>20:00</td>
<td></td>
</tr>
</tbody>
</table>

**Total: 20:00**
After 47 years

Bill Rodgers is still running.
Bill Rodgers wears Etonic.

Just coincidence?