

NATIONAL MASTERS NEWS

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

220th Issue

December 1996

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French Top Masters in NY Marathon

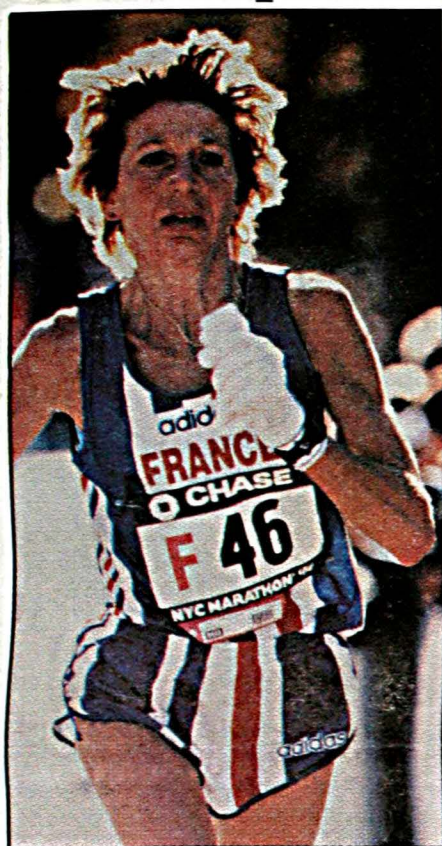
by MARILYN J. MITCHELL

The French took top masters honors in the men's and women's divisions of the 1996 New York City Marathon this year, in much the same way as the Brits did in the 1995 race. Forty-year old Dominique Chauvelier turned in a 2:17:26 for the men (16th overall) and 43-year-old Josette Collomb clocked a 2:41:06 (12th woman). Giacomo Leone (25, Italy) won the overall men's race in 2:09:54 while Anuta Catuna (26, Romania) won the overall women's race in 2:28:18.

Masters prize money was \$3000 for first place, \$2000 for second, and \$1000 for third. No masters qualified for the time-incentive bonuses.

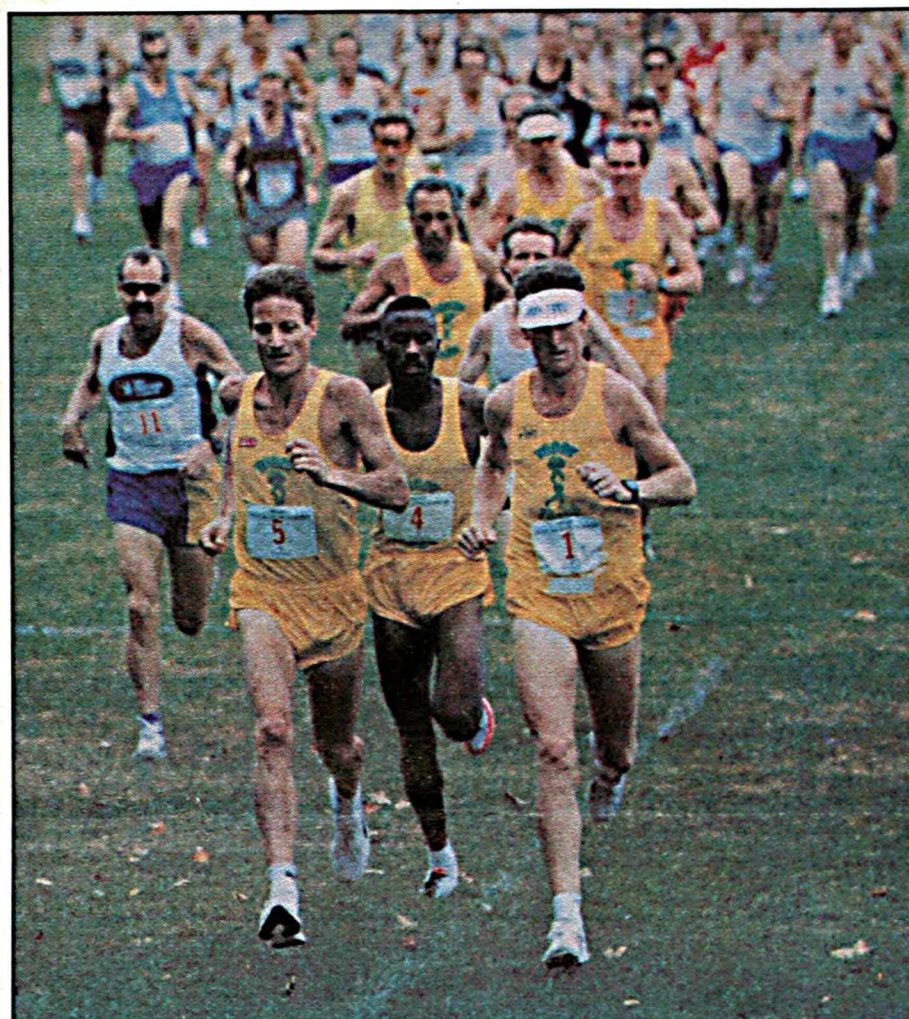
Both masters victories were something of an upset. Hugh Jones, last year's men's masters winner, was expected to win the division again this year. Overall winner of the 1982 London Marathon (2:09:24) and 1981 third-place open New York finisher (2:10:59), he was brought to the press room for post-race interviews, with everyone thinking at that time that he was the masters winner. Corrections were made by the evening awards ceremony. Jones did three other marat-

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Josette Collomb, 43, of France, was the first female masters runner (2:41:06) in New York.

Photo: Victah. © Photo Run 1996



Steve Scott (#1, 25:08), John Koningh (#5, 25:47), and Farley Simon (#4, 26:05), of the Toddy Toads, at the start of the USATF National Masters 8K Cross-Country Championships. They finished in the same order: 1-2-3.

Photo by Carroll DeWeese

Columbus Hosts National 5K X-C

by JOHN WHITE

One-hundred-and-three masters runners travelled to Columbus, Ohio, on Nov. 3 to participate in the USATF National Masters 5K Cross-Country Championships on a course prepared

by the host Wolfpack TC at the Ohio School for the Deaf.

The course was 50% flat grass and 50% rugged, rolling fields, a more demanding course than the old Airport

Continued on page 17



Members of the host Wolfpack TC M40-49 team, National Masters 5K Cross-Country Championships.

Photo by John White

Scott, McGinnis Win U.S. 8K X-C

by JERRY WOJCIK

Steve Scott, 40, led from the start and cruised to an impressive victory in the USATF National Masters 8K Cross-Country Championships, in Louisville, Ky., on Oct. 27. Scott, of Leucadia, Calif., finished in 25:08, 39 seconds ahead of Toddy Toads teammate, John Koningh, 40. Farley Simon, 41, another Toddy Toads member, was third in 26:05.

Scott, holder of the U.S. record

(3:47.69) and U.S. masters record (4:10.43) for the mile, fought off a hamstring cramp after the first mile to open a sizeable margin before the halfway mark. "After the first mile, it was like a twang," he said. "I backed off at that point and was worried I might not even finish."

In the M45 contest, Peter Hallop, at the top of his age group at 49, won with an eighth-place 27:42. Walter

Continued on page 8

1997 Masters Running Circuit Set

USA Track & Field has announced the creation of the "Indy Life Circuit," a masters-level road race series to be sponsored in 1997 by the Indianapolis Life Insurance Company.

The race series, which features competition for men and women over the age of 40, is designed to meet the needs of maturing "running boomers". The circuit will be made up of eight to ten events, ranging in distance from one mile to the marathon. Prize money

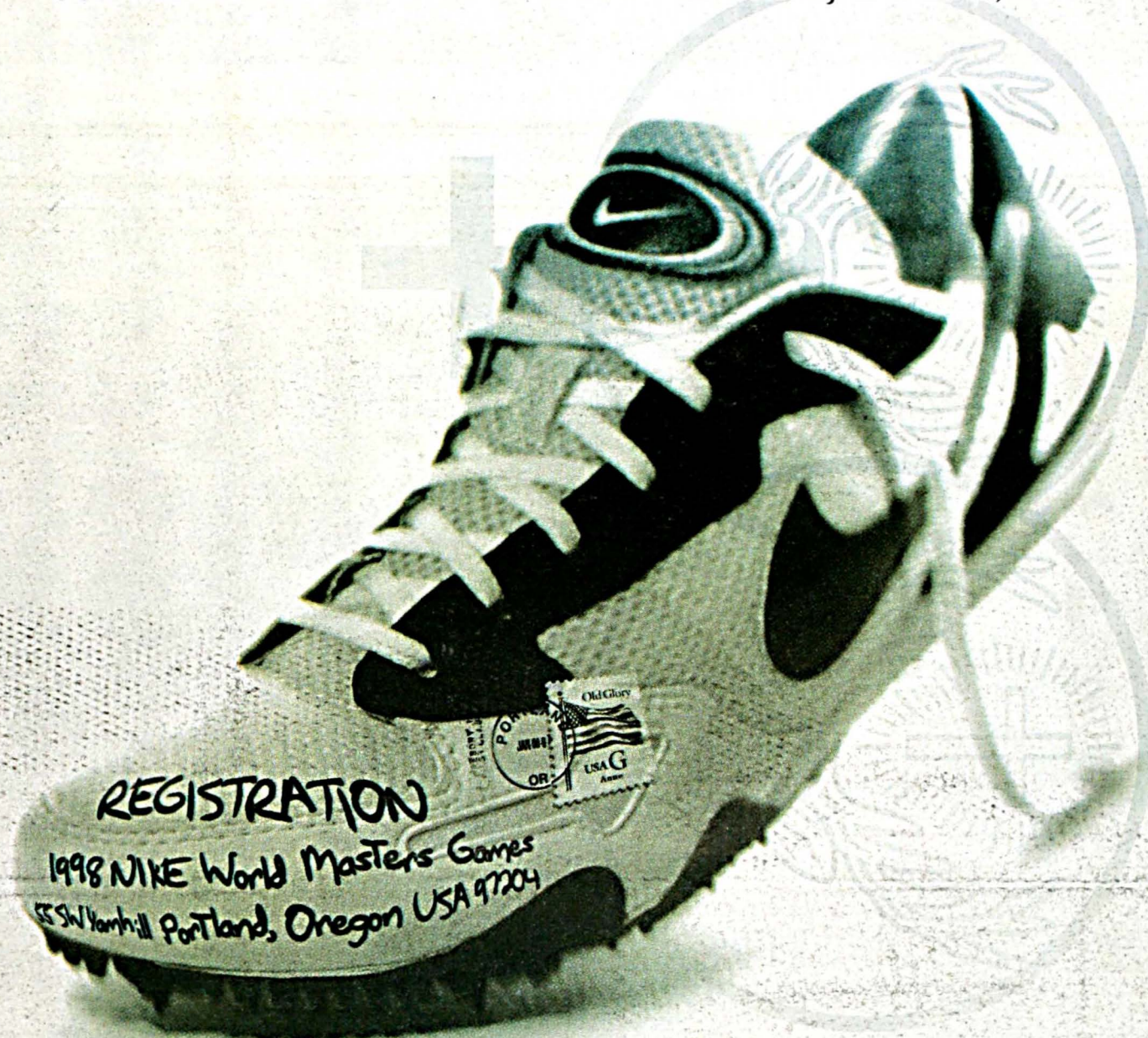
ranging from \$5000 to \$25,000 will be offered at each event.

Masters athletes will earn Grand Prix points based on their finishing place and time in each event, and points earned at the Indianapolis Life 500 Festival Mini-Marathon in May will be tripled. In addition, performances at the Twin Cities Marathon in October will be worth one-and-a-half.

The top overall Grand Prix finishers

Continued on page 19

A SUBTLE REMINDER TO TRACK AND FIELD ATHLETES THAT REGISTRATION FOR THE 1998 NIKE WORLD MASTERS GAMES OPENS JANUARY 10, 1997.



DON'T MISS YOUR CHANCE TO COMPETE IN THE WORLD'S LARGEST PARTICIPATORY MULTISPORT EVENT — AUGUST 9–22, 1998. O.K., track and field athletes, get ready for the race of your life. Official registration for the 1998 NIKE World Masters Games begins January 10, 1997 and ends as soon as spots are full (January 11, for example). Join over 4,000 of the world's most dedicated track and field athletes at legendary Hayward Field in beautiful Eugene, Oregon. Over 25,000 athletes will participate in the 1998 Games (the world's largest athletic and cultural event), inspired by the ideals of the original Olympic movement. As always, it's first-come, first-served and spots are limited, so call or write for registration packets and more information today — even if there isn't a phone or standard envelope near the training track.



1-800-98-GAMES

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The *National Masters News* is devoted exclusively to track & field, long distance running, and racewalking for men and women over age 30. Each month it delivers 32 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, and all the inside scoops and information that affect the world of masters athletics competition.

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

Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to age 40 +, 50 + or 55 + (please check the schedule for details). Some events require advance registration. Some require a current USATF card (\$12 to \$15 per year, depending on the region). To inquire about a USATF card, call USATF in your area, or 317/261-0500. There are no qualifying standards for most masters athletics events.

dards for most masters athletics events.

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

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LYING ABOUT YOUR AGE

We are writing in response to the Speaker's Corner column in the November issue. Ms. Bost implies Jane Parks had the right to ask another runner her age *during a race* (a time which some runners choose not to talk at all). Rights sometimes impose responsibilities on others. Bost implies that this is such a case, that Evelyn Franky had a positive responsibility to respond to Jane Parks and to do so truthfully. This strikes us as quite mistaken.

Parks wanted to win the race by doing the least she could. Parks chose to run strategically and not at her best. Parks has the responsibility to find out who her competition is. Bost seems to find the sort of compromising on quality and effort that Parks engaged in acceptable; while she implies that Franky's actions were not. We find neither action particularly admirable, but believe that Franky did not violate any implicit agreement between herself and Parks. She had taken on no obligation to respond to Parks' question. What if she had simply ignored Parks? Would that have been more sportsman-

like?

The real issue is not whether individual runners have to tell other runners their ages, but whether and how race directors should tell runners who their competition is. If Parks didn't want to run against open runners, is Bost suggesting that masters and open races be run separately? There are probably many good reasons to run those races together. Some may be economic and tactical - who has the time and volunteers and manpower to run two separate events? Another might be motivational - it probably inspires the masters runners to compete against the open runners. But, once masters and open runners enter the same race, of course, the field of competition is not clearly specified. If Parks has a quarrel, it is actually with the administrators of the race. She should have asked them how many people were in her age category and asked them to identify those people. Or, she should have asked the administrators to use race numbers that clearly designate a runner's age category.

What if Parks had asked Franky, "Do you intend to run really fast at the end?" and Franky had said no and then really kicked in for a final sprint. . . would Parks be justified in complaining about poor sportsmanship? Of course not. We see what happened as the moral equivalent of that. Runners routinely set up lowered expectations among their competitors as a psychological strategy prior to races. Why isn't Franky allowed to engage in strategy when the opportunity is handed to her by someone who was playing her

own game to minimize her effort while maximizing her purse?

*Al and Sue Ravenscroft
Willis, Michigan*

RACEWALKING

I'm responding to racewalkers who are unfortunate enough not to be able to racewalk with straight knees. I can't swim very well, but I don't bewail that.

As a 76-year-old racewalker who has won USATF national racewalk titles during the last two years at 5K, 10K (twice), 20K, 40K, and one-hour, I'm delighted that the judges disqualify those who can't meet the standards. If this had been done in the 5K at the Buffalo World Games, I'd have beaten the bent-knee winner, who had one second on me. It's frustrating to lose to someone who can't or won't meet the standards for racewalking.

My good fortune was to learn racewalking from the late Don Johnson, who taught me to lock my knees both for speed and to meet the standards. The day I get too old to lock my knees, I'll go back to running without a complaint.

*Tim Dyas
Ridgewood, New Jersey*

VIDEOTAPE

After competing at the NCCWAVA Meet in Eugene in August, I purchased the video of my races, available from Paul Dungan. I have had races videotaped by various people over the past 15 years and have never seen one more professionally edited.

From the beautiful surroundings of Eugene to individual coverage of the race, the video has captured a moment to be cherished throughout the years. No matter how you placed, this would be a tape that I recommend to all who competed.

Especially impressive was the clari-



Sadie Greenman, 65, finishes the last leg (8:12) of the Houston Area Road Running Association Guinness record-breaking 100x1-mile relay, Houston, Texas, Aug. 24. Photo by Jerry Smith

ty of the slow-motion shots, after the race was shown in its entirety, and the highlight portion, which captured some of the more memorable moments from every event.

Thanks, Paul, for putting so much time and effort into a project that will keep the memories alive.

*Vaughn Kastor
Calabasas, California*

THANK YOU AND FAREWELL

I want to thank Pepsi Cola for all their years of supporting me. I also want to say farewell to my fellow athletes. I have been called to a greater competition. For the next two years I'll be in Cottonwood School of Ministry in Los Alamitos, Calif.

If there's anything I can do to help anyone, please write. My heart will be with you all at the meets.

*Janet Wilson
PO Box 496
Los Alamitos, CA 90720*

TWENTY YEARS AGO December, 1976

- Miki Gorman, 41, Sets World Women's Masters Marathon Record of 2:39:11 in 1st New York City Marathon

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Mascali, Gordon Top Masters in Syosset Sprint

by MIKE POLANSKY

Paul Mascali, 44, of the New York Athletic Club, was the first masters finisher in the 18th edition of the Syosset Sprint 4 Mile, Syosset, L.I., on Nov. 2, with an eighth place, very strong 20:53. However, Don Di Donato (19:54), arguably still the best Long Island runner at any age at distances ranging from



Paul Mascali, 44, first master (20:53), Syosset Sprint 4 Mile, Long Island, N.Y., Nov. 2.

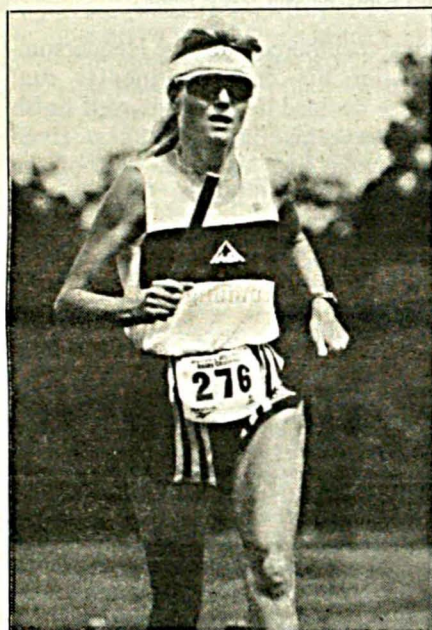
Photo by Mike Polansky

5K to 10K, scored a gritty two-second victory over Chad Kurtz, 24, and served notice that he will be one of the toughest masters runners in the Northeast when he turns 40 next spring.

Diane Gordon, 43, and Patty Zebersky, 40, continued their rivalry in the women's masters division, with Gordon (24:52) outkicking Zebersky (24:55) to take bragging rights this time around. Lori Harfenes Melnik, 40, was third (25:06).

Perhaps the most impressive performances of the morning were turned in by John McManus, 73, winner of the M70-74 race in 28:17, and Bob Davan, 75, who won the M75+ contest in 33:56. The oldest finisher was Walter Moritz, 78, in 45:07, and the oldest female finisher was Althea Wetherbee, 77, in 48:02.

The run was administered by the Plainview-Old Bethpage RRC, with POBRRC's Lynn Kotler serving as the race director for the third year. □



Patti Sears, 42, running a leg of the Houston Area RR Association women's 100x1-mile Guinness record relay, Houston, Texas, Aug. 24.

Photo by Jerry Smith



Award winners in the W45 division were (l to r) Elizabeth Penagos, third, Mary Rosado, first (25:59), and Estella Clasen, second, Syosset Sprint 4 Mile, Long Island, N.Y., Nov. 2.

Photo by Mike Polansky

Holland, Lister Tops in 20th St. George

John Holland, M40, Salt Lake City, and Julie Lister, W45, Glendale, Calif., were masters winners in the 20th running of the St. George Marathon in Utah on Oct. 5. Holland, the first of four masters in the top 15, finished 11th overall with a 2:34:19.

Val Barnes, M40, Mona, Utah, 12th overall, trailed Holland to the finish by 14 seconds with a 2:34:33. Mark Dickey, M40, Sandy, Utah, was 13th in 2:35:18, and Sam Hajj, M45, San Diego, Calif., 14th in 2:35:55.

John Cahill, Salt Lake City, broke

his 1995 course record of 3:16:39 in the M70-74 division with a 3:05:50.

Lister was 13th female with a 3:04:33. Cecilia Mulroy, W40, Salt Lake City, was second in 3:11:19. Diane Eastman, Los Alamitos, Calif., repeated her 1995 victory in the W50-54 race with a 3:21:42, three minutes faster than last year's time.

Unseasonably warm weather greeted the 4000 participants, who were treated to special gifts, activities, and runners' clinics during the 20th anniversary celebration of the race. □

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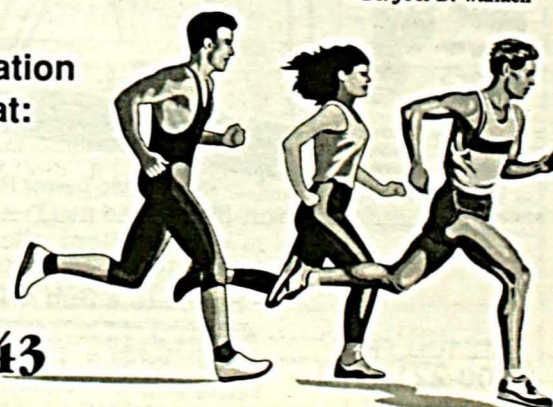
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Third Wind

by MIKE TYMN

How The West Was Run

The most considerate drivers are in Utah and North Dakota. The most aggressive drivers can be found in Colorado and Montana. The most inconsiderate Highway Patrol belongs to California. The most rattlesnake encounters can be had in Montana. The most litter along highways is in Mississippi and Louisiana. The cleanest highway awards go to Kansas, Utah, North Dakota and South Dakota. The best scenery is in Colorado, and most spectacular sunsets in Nevada.

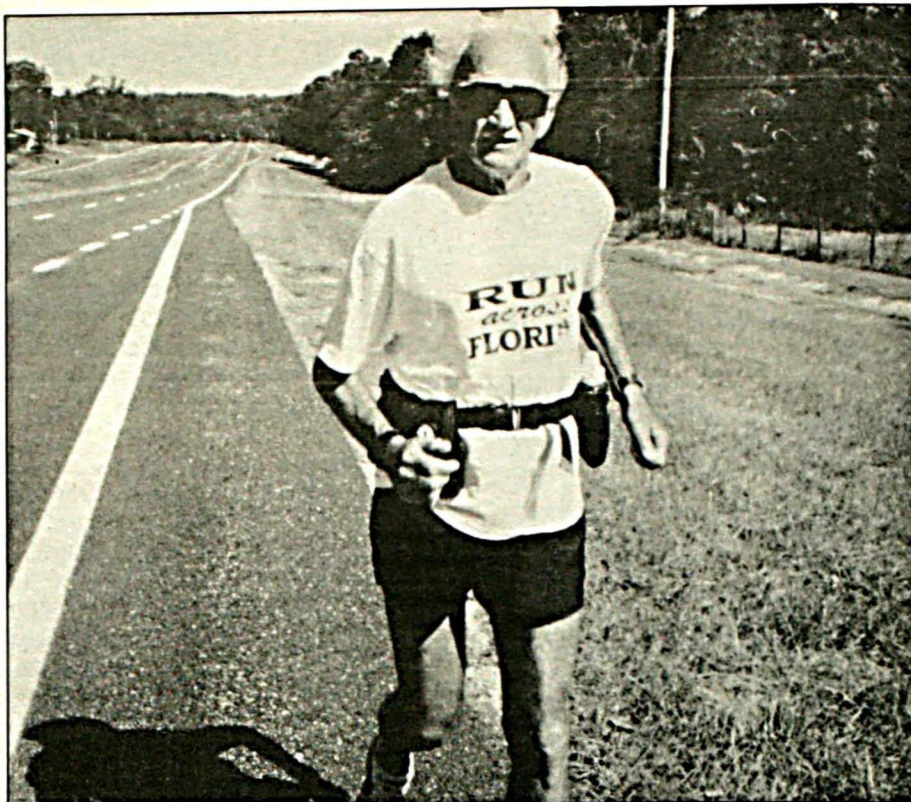
Those are just a few of the things you might want to know if you have plans to run across all of the western states, as Paul Reese of Auburn, Calif., has done. A 79-year-old retired Marine Corps officer and public school administrator, Reese finished off the last five of the 22 states west of the Mississippi this past summer. He breezed across the Florida panhandle during October, giving him a total of 27 states in his quest to run across all 50.

"I came across a Montreal banker in Arizona who was on a year's leave for a 5000-mile bike tour of the USA and Canada," said Reese, when asked why he was doing it. "He said, 'I don't have

to ask you why you're doing this running. You're doing it for the same reason I'm biking, because you enjoy it.' It's that simple."

A Long Trek

Reese launched his campaign in 1990 when he completed a 3192-mile trek across the United States, beginning at Jenner-by-the-Sea in California and ending 124 days later at Hilton Head Island, South Carolina. Followed by his wife, Elaine, in their 20-foot motor home, Reese chalked up 11 states on that adventure (see the December 1990 issue of *National Masters News*). Reese also chronicled that journey in *Ten Million Steps*, a



Paul Reese running across Florida.

book coauthored with Joe Henderson.

After his cross-continental run, Reese decided he might as well finish off the remaining 39 states. Even though he has just over half of the states crossed off his list, he figures he has completed 70 percent of the mileage required for the 50 states. After pressing a button on his computer, Reese reported that he had covered 6812.5 miles for the 27 states and has roughly 2000 miles remaining for the other states, all of which he hopes to cross in 1997. "I'm not getting any younger," he said. "I'd better do it while there's still time left."

After taking up running during his late 40s, Reese developed into one of the best age-class competitors in the world, setting many national records, including a 2:39 marathon at age 54. He races very little these days, admitting that his cross-state training doesn't promote racing speed. "If I really wanted to seriously race again, I wouldn't be training this way," he added. "What I miss most about racing is the social part of it."

Reese comments that he wasn't exactly brimming with confidence before starting his runs this past summer through the remaining five states west of the Mississippi - Texas, Louisiana, South Dakota, Minnesota,

and North Dakota. "For one thing I was not effervescent with energy. Secondly, my training left a lot to be desired. I had averaged only six miles a day over the previous six months and my longest runs were but 10 miles. Now here I was - boldly, foolishly, or rashly - setting out to run five states at the rate of 21 miles a day for 1050 to 1100 miles."

Inspirational Stories

But Reese gained inspiration from reading *The Terry Fox Story*, about the 22-year-old cancer victim with one leg amputated above the knee, who ran across Canada before losing his life to the dreaded disease, as well as a book about the travels of a 25-year-old journalist, Charles F. Lummis, in 1884. Lummis spent 143 days walking across eight states. His was a constant struggle for food, water and shelter.

"Compared with Fox and Lummis, what I was attempting was marshmallow stuff," Reese mused.

Reese recalls that while running along old Route 66 in Texas, he asked himself why he was enjoying himself so much. "Let's face it," I told myself, "there's nothing to be seen out here; the scenery is absolutely blah; the traffic is heavy, 75 percent of it noisy trucks; the wind is unkind; and the pavement hot and hard on the legs. Yet, I'm having a ball. Maybe it's the attraction of adventure, maybe it's just the sheer ecstasy of being healthy enough to be able to do this at age 79. There's almost a sensuality between me and the road."

Often, Elaine would go on ahead in the motor home and wait for Paul in the next town. Occasionally, motorists would assume that the "old man" running along the highway was in distress and would stop to render assistance. Now and then a Highway Patrol officer would pull over to check on him. One of the more amusing aspects is Elaine listening in on the truckers' CB radio



Paul Reese's special cut.

Continued on page 7

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Mark Culp

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Third Wind

Continued from page 6

band. Reese laughs at the report of one trucker to another as heard by Elaine: "I think the old guy's wife is in a camper and she went off and left him," roared one trucker. Another trucker: "He looks like the homeless type." Third trucker: "What's he doing out there in this weather? The guy must be crazy." Fourth trucker: "If I had a motor home, I'd give him a ride. He's an old guy, got grey hair."

"But the one that really made Elaine's day was on another day," Reese continued. "She heard one trucker who'd seen her walking the dogs on the side of the road say, 'He sure has a young chick for a wife.'"

Western Trivia:

Some other observations from his western states journal:

- * Friendliest people: North Dakota, Kansas, Utah.
- * Most annoying insects: Horse flies along Highway 96 in Colorado and Kansas.
- * Best wildlife viewing: Wyoming, 3rd largest antelope population in the world.
- * Most impressive small city: Madison, Minnesota.
- * Most offers of a ride or help: Utah.
- * Most memorable back roads: Abandoned Highway 50 in Utah and Colorado.
- * Most difficult bridge crossing: over Mississippi River at Helena, Arkansas.
- * Best buys for RV camping: Iowa (many under \$10).
- * Foulest smell: rendering plant in Kansas.
- * Most interesting ghost town: Shaniko, Oregon.
- * Most quaint western town: Austin, Nevada.
- * Most common highway kill: Raccoons.
- * Worst state park operation: Glendo State Park, Wyoming.
- * Most precious word, when uttered authoritatively, for a runner being chased by a dog: "Stay!"
- * Most surprising graffiti sign: "Pedophile love is misunderstood" in Wyoming.
- * Hottest/coldest place: Nevada desert, 104 and 10 degrees.
- * Most depressing city: Tie, Cotton Plant, Arkansas and Texola, Oklahoma.

In his journal, on day five of his trek through Texas, Reese wrote: "I was overcome this early morning with a feeling I'd never experienced before on one of these state runs. The feeling was one of guilt that I was out here enjoying all this, finding almost ecstatic pleasure in it, able to do all this at age 79 while so many other people, young and old, are suffering from infirmities. I knew that sort of thinking was somewhat oddball, but it did grip me for a while." □



1997 NATIONAL MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS

March 21-23, Reggie Lewis Track & Athletic Center, Boston, MA
Directed by TRACS, INC., Hosted by the Boston Running Club
In cooperation with USATF-New England



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FRIDAY 3/21			MEETSCHEDULE			SATURDAY 3/22		
TRACK - Registration 3 PM			SATURDAY 3/22			SATURDAY 3/22		
4:30	3000Meters	All	9:00	Shot Put	Women	2:30	Weight	Men 40-49
FIELD			FIELD			3:00	Weight	Men 30-39
4:00	Pole Vault	Men 60+	9:00	Shot Put	Men 70+	3:00	High Jump	Men 70+
	Weight	Women	9:00	Long Jump	Men 30-39	4:00	Long Jump	Women ALL
	Triple Jump	Women	10:00	Pole Vault	Men 40-49	SUNDAY 3/23		
6:00	Pole Vault	Women	10:00	Long Jump	Men 40-49	TRACK - Registration 8 AM		
	Weight	Men 60+	10:30	Shot Put	Men 40-49	9:00	3000M	Racewalk
	Triple Jump	Men 60+	10:30	Shot Put	Men 60-69	11:00	200M	Prelim
SATURDAY 3/22			11:00	Long Jump	Men 50-69	1:00	800M	Final
TRACK - Registration 8 AM			12:00	Shot Put	Men 50-59	3:00	200M	Final
9:00	60Meters	Prelim ALL	12:00	Shot Put	Men 30-39	3:30	4 x 400	Relay
		Women then Men	12:00	High Jump	Men 30-49	FIELD		
11:00	60Meters	Final	12:00	High Jump	Men 40-49	9:00	Triple Jump	Men 30-39
11:45	Mile	Women	12:00	Pole Vault	Men 50-59	10:00	Superweight	Women
	Mile	Men	1:00	Long Jump	Men 70+	10:00	High Jump	Men 40-49
2:00	400Meters	Women then Men	1:30	High Jump	Men 50-59	10:30	Triple Jump	Men 50-59
4:00	60 Meter H	Trials/Finals	1:30	High Jump	Men 60-69			
5:00	4 x 800	All	2:00	Pole Vault	Men 30-39			
			2:30	Weight	Men 50-59			

GENERAL INFORMATION

- **ELIGIBILITY:** Open to ALL men & women 30 years of age & older, including non-US citizens. Individuals will compete in 5-year age-groups, relays in 10-year age-groups. 1997 USATF membership, available at meet for \$15. USATF competition rules.
- **ENTRY:** Deadline is March 1, 1997. Fees: \$25 for the first event, \$15 for each additional event. Late fee of \$10 per event after March 1st. No entries accepted after March 14. Relays register on-site only (\$40). Entry fees are non-refundable and must be included with entry application. Entry fee includes: admission for 2 to the Championships, additional tickets are \$5/day, children under 12 free. No additions/changes after entry deadline.
- **AWARDS:** USATF Championship medals will be awarded to the first three places in each age-group/event.
- **FACILITY/IMPLEMENTS:** 6 lane, lightly banked 200 meter Mondo track, 8 lanes on the straightaways. Starting blocks will be provided. There will be two shot/weight circles throwing on to a synthetic surface soft shell shot and bag weight implements only, except for Superweight, which will be contested outdoors. Only 1/4" pyramid spikes or flats permitted, no hexagonal elements. All shoes will be checked, acceptable spikes implements will be available at the meet (\$3 per set). The track must remain clear at all times during the competition. Only athletes actually competing at that time will be allowed on the track/infield.
- **COMPETITION ORDER:** Women followed by men - oldest to youngest. Age groups may be combined to fill sections. Starting heights will be determined by facility equipment. Pole vaulters must bring their pole rated to their body weight. Preliminary rounds of the 60M Hurdles, 60M & 200M will be run as Finals if the number of entrants in an age-group does not exceed the number of available lanes. The Championships will not be delayed due to accidents, late wake-ups or any other unforeseen reasons.
- **DIRECTIONS:** By car: I-95 to Rte 128 South to I-93 North to Mass Ave/Roxbury Exit; go straight off ramp through lights (Mass Ave) on to Melnea Cass Blvd; follow 1 mile to Tremont St; go left & follow 1/2 mile. For more information call (617) 541-3535. Public transportation, Orange line of MBTA, Roxbury Crossing station. Shuttle bus service will run from meet hotel only.
- **RESULTS:** Mailed to all competitors, on-line: <http://www.brc.org>. Automatic timing by FinishLynx operated by Flash Results.
- **SOUVENIRS:** A wide variety of meet apparel & memorabilia will be available.
- **MEET HOTEL:** Sheraton Boston, (617) 236-2000, 39 Dalton St, Boston 02199. 2 miles from track. A world class hotel located near all area attractions. Mention the Championships at the time of making your reservation in order to get the special rate.
- **TRAVEL INFORMATION:** Marathon Tours, (800) 444-4097 has available information for your air travel and accommodation needs, mention the National Masters Meet. Boston Convention & Visitors Bureau at (800) 888-5515.
- **MEET INFORMATION:** Call (617) 332-3919, outside MA (800) 761-5787, web site: <http://www.brc.org>, fax (617) 964-8356.
- **FRIENDS OF THE NATIONAL MASTERS CHAMPIONSHIPS:** Help ensure the high quality of these Championships and future meets with a donation. There are three levels from which to choose: GOLD \$100, SILVER \$50, BRONZE, \$25. Gold level contributors will receive a event polo shirt and pin. Silver level contributors receive a meet T-shirt and lapel pin. Bronze level contributors receive a pin. All contributors will be listed in the official meet program and receive a full set of meet results.

ENTRY FORM

NAME _____		ADDRESS _____	
CITY _____	ST _____	ZIP _____	PHONE(____) _____
AGE (as of 3/21/97) _____	DATE OF BIRTH _____	*97USATF# _____	MALE _____ FEMALE _____ CLUB _____
EVENT _____		EVENT FEES: FIRST EVENT - \$25 SUBSEQUENT EVENTS - \$15	
1. _____		RECENT PERFORMANCE _____	
2. _____		FEE _____	
3. _____		_____	
4. _____		_____	
5. _____		_____	
6. _____		_____	
T-SHIRT ORDER - \$12 (PRE EVENT)		TOTAL FEES: \$ _____	
SM _____	MED _____	LG _____	XL _____
XXL _____	TOTAL NUMBER _____ @ \$12.00		
FEE DUES:		AMOUNT \$ _____	
EVENTS: _____			
T-SHIRTS: _____			
FRIENDS: _____			
TOTAL: \$ _____			

MAKE CHECKS PAYABLE TO: National Master Indoor Championships (NMIC). Fees must be paid prior to meet & checks must be drawn from US banks. No faxed entries. No additional events may be entered once entry deadline has passed 3/14/97. Fill out entry form completely or it will be returned.
MAIL TO: National Masters Indoor Championships, 79 Manet Rd, Chestnut Hill, MA 02167.

ENTRY DEADLINE IS MARCH 1, 1997 - LATE FEE OF \$10.00 PER EVENT AFTER MARCH 1, 1997 - NO ENTRIES AFTER MARCH 14, 1997.
Assumption of Risk: I hereby declare that I am in good health & properly conditioned for the competitions, & that I am the stated age on this application. I also verify that I am registered with USATF. In consideration of my entry in the National Master Indoor T & F Championships in Boston, MA I do hereby, for myself & anyone entitled to act in my behalf, waive & release TRACS, Inc., BRC, USATF, NE, Reggie Lewis T & A C, Roxbury Community College, & all sponsors, volunteers, & their representatives & successors for all claims &/or liabilities of any kind which may arise or be occasioned as a result of my travel & participation to the competition. I authorize meet personnel & its agents permission to request emergency medical treatment or care as necessary to insure my well-being.

APPLICANT SIGNATURE _____

DATE _____



The Foot Beat

by JOHN W. PAGLIANO
D.P.M.

Sciatic Pain

Q I'm a 41-year old male runner. Recently, I developed a very painful sciatic condition which has kept me sidelined for four months. I've just started training again, but I'm afraid the sciatic pain will come back once I increase my efforts. What can I do to prevent this from happening, and – if the pain should return – is acupuncture helpful?

A Your condition is certainly one of the most painful ones affecting masters athletes. It is quite disabling and it does not respond well to any type of treatment except rest.

The pain is probably caused by a combination of conditions which can include the pinching of the sciatic nerve below the hip muscles; an irritation of the nerve in the back of the leg; a secondary condition resulting from lower back disc problems; or an irritation to the nerve from scar tissue due to over-training.

Resting for several months may be necessary to eliminate the pain. During that time, you can maintain your physical condition by cross-training.

To prevent a recurrence of the injury, avoid stretching the hamstrings. This can irritate the sciatic nerve further. Use straight leg lifts to increase the size of the quadriceps, but avoid full knee extension during this exercise.

Moist heat three-to-four times a day for twenty minutes should help. You can try acupressure treatments, but I prefer – and have seen the best results from – physical therapy involving direct ultrasound to the back of the hamstring area, moist heat packs and electrical stimulation. This will increase blood flow to the injured area and help promote faster healing. As a last resort, you might try a direct injection of cortisone or a short-acting steroid.

This condition is always aggravated by speed work. You must avoid sprint training and hill work for at least three months. A gradual return to running is the key to keeping this pain at bay. If it starts to return, stop and rest – then begin to slowly resume your training regimen.

If the pain keeps coming back, no matter how long you rest between training periods, I suggest you consult an orthopedist or back specialist to determine whether there is any underlying back or disc disease that is contributing to your sciatic pain. □

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



Cheryl McGinnis, 42, first woman (33:22), USAF National Masters 8K Cross-Country Championships, Louisville, Ky., Oct. 27.

Photo by Carroll De Weese

National 8K XC

Continued from page 1

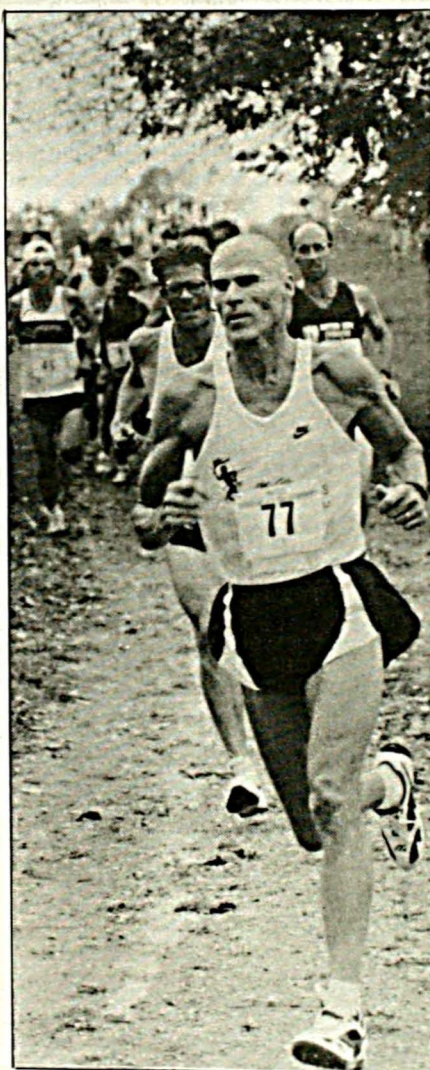
Herrala, 52, won the M50 race by 17 seconds from Terry Delph.

Jim Forshee, 70, turned in the best performance of the M60-and-older runners with a division-winning 34:25. Harold Massie, the oldest finisher at age 82, ran a 63:04.

Other high-profile runners besides Scott in the 150-entrant field were Craig Virgin, 41, former Olympian in the 10,000, and Bob Schul, 59, the last U.S. runner to win the gold medal in the Olympic 5000, having done so in the 1964 Tokyo Games.

Despite a knee injury, aggravated while he was an analyst for an NBC affiliate at the Atlanta Olympics, Virgin finished sixth in 26:54. "I'm out of shape," he said. "Cross-country running is very demanding. I could have quit at three or four miles and been very happy. It was a struggle for me the last couple of miles."

The winning M40-49 team was the talent-laden Toddy Toads of the San Diego area, captained by Bill Randell



Peter Hallop, 49, winner of the M45 race (27:42) and eighth overall, USAF National Masters 8K X-C.

Photo by Carroll De Weese

(27:46). The M50-59 title went to the Victory AC team of Louisville, led by Don Coffman (28:53). The Washington state-based Snohomish TC won the M60-69 team first place, led by M60 winner Bill Iffrig (31:28).

Cheryl McGinnis, 42, Prospect, Ky., was first of the 14 women finishers. The former Centre College star



Diana Okon, 41, fourth woman (36:04), National Masters 8K X-C.

Photo by Carroll De Weese

took the lead at the gun and never relinquished it, winning in 33:22. Laura Clark, 41, was second in 33:39.

The best performance among the women came from Birgit Horn, 52, third overall with a strong 33:54. Other division winners were Donna Olson, 46, 37:06; Madeline Bost, 57, 38:59; and Rose Taylor, 60, 41:12. The team firsts went to McGinnis' W40-49 and Taylor's W60-69 Victory AC squads.

With rolling hills and turns, the course was quite challenging. After an early morning rain, the sky was overcast for the 1:30 p.m. start, with the temperature at 70 degrees.

Contestants praised the event, from the course layout to the post-race refreshments and awards. Iffrig, of Washington, said, "Beautiful course. Everything went well. We were all impressed with the job the directors did. Better than other 8K cross-country championships I've gone to in the past."

Bobby and Melinda Miller served as meet directors. The Victory AC, Metro Parks, and the Mason-Dixon AC helped to organize the event. Brown Forman was the primary sponsor, with assistance from Gateway Press, Mizuno, and FOP Lodge 25.

The 1997 8K X-C Championships are scheduled for Sept. 1 in Pasco, Wash. □

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P.O. Box 50098 Eugene, OR 97405

McMullen, Ford Win at Syracuse Festival of Races

by DAVID OJA, Race Director

With separate races for men and women, the Syracuse Festival of Races, Syracuse, N.Y., on Oct. 6 continued its increase in participation with both 5K races up 19.5% in entrants over 1995. Difficult wind conditions on an otherwise beautiful race morning slowed times in both races.

In the NDI Foods/Denny's Grand

Slam Men's 5K, Charles McMullen, 43, Rochester, N.Y., topped the masters field in 15:55, also the best M40+ age-graded performance at 86.5%.

Canadian Frank Rajewski, 40, Dundas, Ontario, was second in 16:16. Sam Graceffo, 60, Syracuse, with an 18:56, and Howard Rubin, 68, New Hartford, N.Y., in 20:46, were division winners with age-graded marks at a

national-class 83%.

Patti Ford, 41, Lafayette, N.Y., took the masters race with an 18:18 in the Charger Women's 5K. Kathy Brown, 48, Fairport, N.Y., nipped Virginia Verdoes, 47, Manlius, N.Y., for the W45 win, with both timed in 20:53.

Margret Betz, now 60, Conklin, N.Y., was probably denied another U.S. single-age record (presently at 20:33) by the very difficult wind conditions but posted the best age-graded masters performance with an 87.8% 20:45.

An accompanying, non-competitive 3K attracted just under 2000 participants. □

Records Fall, Spirits Rise in Sri Chinmoy Meet

The ninth annual Sri Chinmoy Masters Track & Field Games drew 143 athletes aged 40-and-over to California State U. - Long Beach on Oct. 13. In addition to many personal bests, two field event records were broken. Kathy Bergen, 56, upped the U.S. W55-59 high jump record to 4-4½. Del Pickarts, 69, set a world single-age record for the 800g javelin with a 125-6 mark.

In her third year of masters competition, Bergen has been high jumping for just one year and trains, not having a facility near her home, at the meets with her husband.

Marina Jones, W40, who was first masters woman (2:56:19) in the Detroit Marathon a week later on Oct. 20, used the meet to hone her speed work, with wins in the 800 (2:47.6) and 1500 (5:28.0). Jim

Selby, M65, was a one-person track club, winning every race from the 100m (14.7) to the 3000 (12:09).

Stan Thompson, 86, traveled from Honolulu to compete for the second year in a row. Thompson started masters competition in 1970 and holds 41 age world records. The oldest competitors were thrower Burt De Groot, 89, who has been competing since 1939 at Stanford, and among the women, Lu Mahoney, 72, who took three firsts in the field events.

Bigalita Egger served as meet director. Marvin Thompson was the head official. The meet was filled with inspiration and friendly competition. The volunteers and Sri Chinmoy Marathon Team members enjoyed the event as much as the participants.

—from Urbara Scott

FIFTEEN YEARS AGO December, 1981

- New Zealanders Jack Foster (49, 2:23:55) and Robin James (44, 2:48:13) Are First Masters in New York Marathon
- Dave Jackson Smashes the M50 Triple Jump WR With a Leap of 43-1 in Club West Meet
- National Masters 5K Draws Over 250 Entrants to New Orleans



Patti Ford, 41, Lafayette, N.Y., first W40+ (18:18), Syracuse Festival of Races Women's 5K, Syracuse, N.Y., Oct. 6.

Photo by Gary Allen

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Masters Racewalking

by ELAINE WARD

Two East Coast Stars

The following interview took place at the Masters Outdoor Nationals in Spokane, Wash., August 1996. Phyllis Hansen, W40, was 1st overall masters woman in the track 5K (26:43.2) and road 10K (55:14). Elton Richardson, W55, was 1st in her age division in the 5K (29:35.9) and 10K (1:01:09).

EW: Phyllis, have you been racing all year?

PH: I have had some very good races this year. I did the indoor season and the Garden State Games. I also did the two state masters and open championships. I won both. I thought coming here would top off the season. I have been training specifically for this race and am happy winning the women's 5K track race today. My time was 26:43 about 10 seconds slower than my 1996 best of 26:14.

EW: Elton, you said you weren't going to race in Eugene next week.

ER: No, I'm not. I can't take more time away from my job, but I also

think you need recovery time after racing. Four major races on two consecutive weekends is a heavy dose. When you get a little older, you can't keep racing, racing, racing. I think it is important to do speed work regularly to keep revved at a certain point; but to constantly race? It is too difficult.

EW: When you do speed work, what do you do?

PH: Intervals of 1K, 2K, 400m and 200m. If I start a week emphasizing 200s, I'll do a workout with 2Ks at the end of the week to add balance. If I do 400s, I'll then do 1Ks. I also do a threshold workout once a week and try to hold a certain heart rate for at least

30-50 minutes.

EW: Elton, are you still training as much as you were in 1994 and 1995?

ER: No, not as hard. I am training the same in terms of time. I try to do speed work 2-3 times a week as before, but I do different lengths and not quite as intensely. I do more 1Ks now. If you remember, I was doing a lot of 440s and other short distances. Now, I am concentrating more on longer distance intervals.

I still believe in gym workouts, but I'm trying to do other things in my life. I'm not taking as much time at the gym as before.

Long & Short Intervals

EW: Why have you shifted to doing longer speed intervals?

ER: I am trying to see if I can maintain speed for a longer time and, therefore, race better. I do 1Ks or 1-milers and focus on maintaining a specific speed for that period. I think they may help me do a faster 5K or 10K than doing a lot of 400s. It is simply a matter of changing my mental attitude towards training.

EW: Phyllis, how do you find the short intervals versus longer intervals?

PH: I feel that the short spurts are good to give you that quick turnover. They also help you strengthen the smaller muscles in your legs. You have to do enough short intervals, however, to get the benefits you want. You can't just do six. You gave to do at least 12-20 of them.

EW: You don't find that many too tiring?

PH: No. However, it is important to take enough recovery in between each one. You can't just stop and start again. You need to take a rest; otherwise, your body will think it is racing, and a speed workout is not a race. You are training. Resting between intervals is part of the training.

I think the 1K and 2K intervals are even more important because you want to stay on a certain pace and want to hit that 2-minute mark, or that 1:56-minute mark each time you come around. But you also need to take a 5-minute recovery between each longer interval. If you are going to go out hard for 5 minutes, you need to recover, get your heart rate down and perhaps take a drink or stretch a little before you start again.

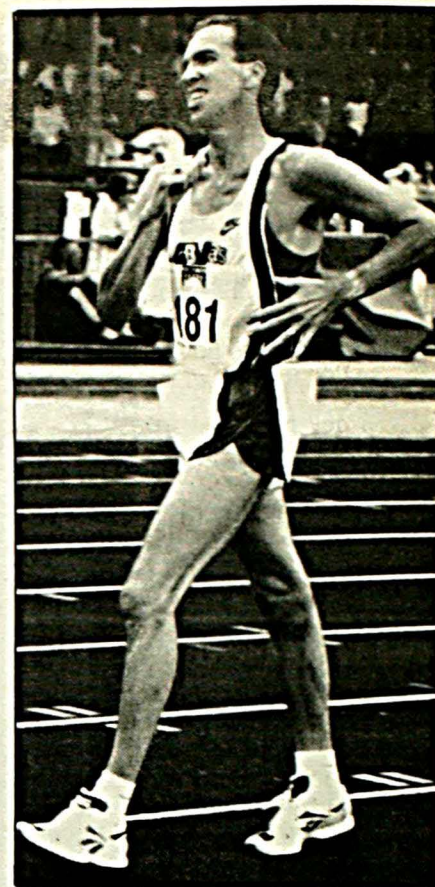
EW: If you are doing 400s, how long is your recovery time?

PH: At least one minute. If it is really a hot humid day, maybe longer. I'll drink some water, wet myself down and get ready. The main thing is to make sure that my heart rate is down enough. If, towards the end of the workout, it takes a bit longer to get the heart rate down, I will just wait.

Balancing Activities

EW: Elton, do you have something to add here?

ER: I have gotten personally and professionally interested in sports nutrition. I no longer take so many supplements. I discovered the new sports nutrition system licensed and



No problem with straight knee for the defending champion, Bob Care, in the M45 3000m walk at the British Veterans Championships in Exeter. He won in 13:22.42.

Photo by Jeremy Hemming

promoted by the USA Olympic Committee. I take two capsules of Overdrive and Life Pac and I'm energized for up to a 40K or marathon. GlycoBar and Sportalyte are great for training and racing as they provide extra glycogen and electrolyte replacement.

This new nutrition system has made a noticeable difference in my performance. (For further information, Elton's address is P.O. Box 93, Lennox Hill Station, NYC, NY 10021-0030 -EW).

EW: So you feel that your new business has not only brought balance to your naturally intense attitude toward competition, but made a difference in your life generally.

ER: Yes. My race times are a bit slower. I am still very conscientious about my training, and I have been changing my technique. I have always landed a little flatfooted. Since the new rule came in, I have been concentrating on landing with the forefoot higher and with a firmer heel plant. I think that accounts for my slower times more than my new career.

PH: I agree with Elton about balance. It's easy to get addicted to racing and live from race to race. Racing is important, but it isn't everything. You need to have other activities.

For example, what if you have a bad race? What do you do? Kill yourself because you feel you have failed and it's the end of the world? It's not, of course. But it helps to have something to turn to such as family or a job or something that you love and means something to you. Competition should be an addition to your life, not the main focus. It should enhance your life

Continued on page 11

THE NEW STORE

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Racewalking

Continued from page 10

and help you to perform better in other ways.

Dealing with DQs

EW: Have you ever been DQed, Elton?

ER: Yes. In national competition.

EW: What is your attitude towards being DQed? How did you feel? What did you do? Men and women of all ages struggle with this.

ER: I was DQed in the 30K nationals in Atlanta, Georgia. I had never been to Atlanta and this was to be my big vacation. I planned to have a wonderful time. When I was DQed, I was very thankful to come from a close-knit family with a strong spiritual background. I don't fall apart easily. I don't cry. I just say to myself, "This is a race. It is unimportant when compared to other things in my life like family and friends. It's just a race."

Actually, Spokane has a very special meaning to me because four years ago I was DQed in the 10K by accident. I had one lap to go. I had only one X on the board and I was pulled out of the race. Being DQed is very hurtful, but I just refused to let it get to me.

EW: If I remember correctly, you were reinstated as wrongly DQed and were given a gold medal along with Jay Hanley who had completed the race.

PH: I remember that moment. I was also DQed at Spokane, at the end of the 5000 meter track walk. I thought I had third place until I was told that I was DQed. This was my first national championship. I had flown all the way to Spokane from New Jersey. When I was disqualified, I was quite devastated.

After a while, I picked myself up and said, "Okay. I'm going to go out and do the 10K on Sunday, and just try to relax and be a little more careful." I did fine.

EW: Do you find that as your body changes over the years, your technique must make small adaptations?

ER: Your muscles have to adapt. I think that is why mine are a little sore right now because they keep meeting the new challenge of landing on the heel.

EW: Have you ever had a bent knee problem, Phyllis?

PH: No, my leg has always been straight. It's only the last 100 meters that I have to worry about. I want to come flying in to the finish line.

I think weight training is very important to racewalking. You need strong abs. You need a strong back. You need strength to hold your back up and keep it from sagging. We aren't just sprinters who go out for a short period of time. □

(Phyllis has given me her weight work out schedule for the first and last weeks of a six-week plan, which will be published in a forthcoming issue. -EW)



Robert Novak (l), U.S., finished second (54:58) in the M45 10K racewalk. Doug Vermeer, U.S., was second M40 (59:46), NCCWAVA Regional Championships, Eugene, Ore., Aug. 21-24.

Photo by Jerry Wojcik

DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising is the 10th of the month before date of issue. Send to *National Masters News*, P.O. Box 50098, Eugene OR 97405

TEN YEARS AGO December, 1986

- Georgia's Charlie Polhamus Breaks Roger Ruth's M40 Pole Vault Mark With a 15-1 3/4 in the North American Masters Championships
- Bill Boyd of Canton, Mich., is First Master (M45, 2:36:22) and Wen-shi Yu First Woman Master (W50, 3:17:33) in Detroit Free Press International Marathon
- Englishman David Clark Tops Masters Field in the New York Marathon With a 2:26:53
- NMN Publishes Its 100th Issue

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On The Run

by HAL HIGDON

Running's Ann Landers

Answers to All Your Questions on the Internet

Recently I took on a new assignment for *Runner's World* – or rather for its cyberspace version: *Runner's World Online*. I now write a daily advice column. I have become Running's Ann Landers.

The title of my column is "Ask the Experts." (The other expert is *RW* editor Bob Wischnia, who fields questions related to shoes.) Those with computer connections to *America Online* send me questions about their running problems. I offer advice, which often gets posted within hours of when their questions arrive. It is Internet interaction at its best.

And the response has been huge. One day recently, I received two dozen questions over a 24-hour period – and answered all of them (some of them for posting later when I was out of town). I don't know if I can keep that pace much longer.

Probably the most popular subject is high school cross-country. Apparently, a lot of young students have Internet access – and use it. Many questions relate to injuries, with knee problems and plantar fasciitis leading the list. A lot of people want advice on: beginning to run, losing weight, training for their first 10K or marathon. I'm happy to oblige.

Alas, if you don't subscribe to *America Online*, you won't be able to ask me a question, but here's a sampling of recent messages posted to "Ask The Experts."

Back to Racing

Question: I am training for my first 10K. Having just gotten out of the Navy, I have not run for over six

months and am eager to get back to racing. I am already up to three miles a day, but I'm not sure if I am doing anything right. Can you help?

Answer: All you need to do is double your longest run and you can finish the first 10K. It should be no problem, but I recommend you spend at least another 6-8 weeks gradually building up your body. After all, you just took six months to get out of shape.

Listen to your body. Maintain a steady level of running at the 2-4 mile level for 2-3 days in a row with a day off when your body yells, "Stop!" At the end of the 6-8 weeks mentioned above, you should be ready to finish that 10K – comfortably! It's no big deal. Tens of thousands of people have done it. The secret is to finish that second 10K faster.

Walking Might Be Better

Question: I pronate severely. Over the years, running on and off, I have developed stress fractures in both tibia that simply will not go away. I now run with neoprene tubes around my shins to help with blood flow from warming, and I have purchased some great shoes from Nike that control my foot. My question is: What would be a good program for me to use to get back to my three miles, every other day? These fractures are really uncomfortable! Someone told me that I could have the scar tissue massaged away. Is that true and where do you go to get this done?

Answer: If you pronate as badly as it seems – and I hate to suggest this – running may not be the sport for you. I'm assuming by now that you have been to a podiatrist, who has prescribed orthotics, but they have not been able to cure your problem. And certainly, whichever health experts you have seen have suggested stretching exercises and told you all about ice and Advil – but nothing helps.

My suggestion would be to modify your routine to encompass other fitness activities, limiting your running to a single, glorious day a week. Cycling. Swimming. And don't overlook the benefit of fitness walking. A good friend of mine, Mark Fenton, who used to be on the national team and now writes for *Walking* magazine has written a book called, "The 90-

Day Fitness Walking Program." By blending walking and running, you might be able to find a better route to aerobic fitness.

Can scar tissue be massaged away? Massage certainly can help. I see a massage therapist every other week, but I'm not sure that would be enough for your problem. It might be worth a try, however. See if you can locate a good therapist who can give you 30-minute massages with the emphasis on your trouble spots. Report back in six months and let me know what happens. We hate to lose you from running, but there are some people who, biomechanically, might be better off in other fitness activities, and you might be one of them.

110 Percent Recovery

Question: I tore my left hamstring sprinting during football. It is now a week and four days later, and I have done no running. The leg feels all right, but I don't think I can sprint on it, so what should I do to get back to where I was before my injury? When can I start jogging again and/or sprinting? What is enough time to heal and when and what do I do to get strong, and approximately how long does it take to be 110 percent?

Answer: I can't promise 110 percent; would you settle for 100? Without being in the training room, I can't diagnose your injury and tell you how soon you'll recover. Your team trainer is better qualified to give you an opinion. He and your coach are the best judges of when to resume training. I would be very, very cautious, however, about returning too soon.

Hamstring pulls often are caused by muscle imbalances. According to Gabe Mirkin, MD, author of *The Sportsmedicine Book*, most athletes in sports requiring running have quads that are 1½ times stronger than their hamstrings. "Those athletes who had a higher strength ratio between these two muscles were the ones most likely to pull their hamstrings."

When you do return to action, you might want to consider strength-building exercises for the legs that would reduce this imbalance.

Battling Through Pain

Question: I've been running a bit more than usual lately and have developed a pain running along the outside of my left knee. It runs from just before the side of my knee cap to the joint. It feels like a tendon or something like that. Do you have any idea what is causing this? Is it something I can run through? Or, do I need to rest it? I want to start training for a marathon and, like most athletes, am impatient when it comes to healing from injury. I am a former pro baseball player and have "battled" my way through injuries before. Can I do the same again?

Answer: Don't battle; don't run through your pain. Rest, and if the pain goes away you may be able to resume training. It sounds as though you have some form of tendinitis, but without



Second W40+, Janet Pionkowski, 46, in 45:44, Lawyers Have A Heart 10K, Washington, D.C.
Photo by George Banker

having you up on an examining table I couldn't tell – and I'm not sure I could tell then.

You surely don't want to start training for a marathon with a bum knee. Even under the best of circumstances, that's a difficult route. I'd suggest that if the pain doesn't go away (and not come back) within a few days, you should have your knee examined by a competent podiatrist, who understands running injuries.

Sore Quads and Arms

Question: The day following my regular 2-4 mile run, my quads and arms above the elbow are always sore. Help! What can I do to prevent this?

Answer: You didn't tell me how long you've been running, but I'm going to assume that you're a new runner. If so, it may be that those are the "weak" spots of your body and that, as you continue to condition yourself (through running), the soreness will be less of a problem.

If you have been running quite a while, and the weak spots persist, it may be that you simply lack strength in the quads and arms. Continuing to run should strengthen the quads, which normally are stronger than the hamstrings anyway in runners. Hill repeats or cycling will strengthen the quads. Push-ups or strength training featuring the arms should help in that area.

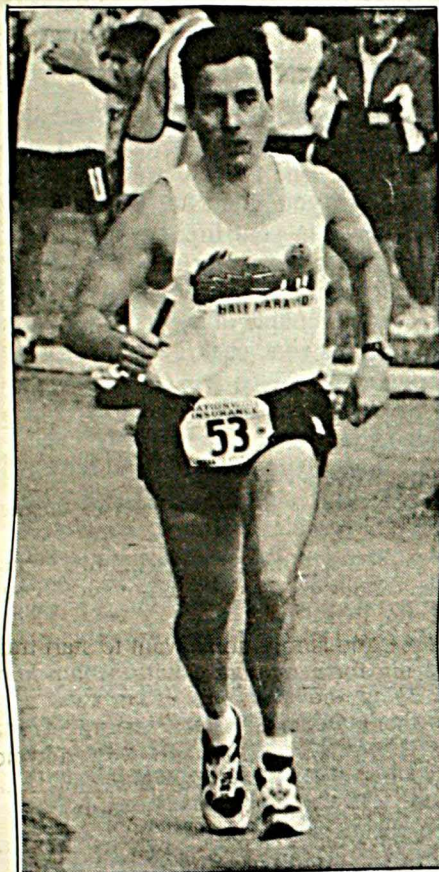
I'm hopeful that time will cause your problem to be no longer a problem. □
(Hal Higdon is a Senior Writer for *Runner's World*, and author of 29 books, including *Boston: A Century of Running*. For those with access to *America Online* who want to find Hal's "Ask the Experts" column: click on keyword, type RW and hit Go.)

FIVE YEARS AGO December, 1991

- Wally Herrala, 47, is Top Age-Graded Runner in National 5K X-C
- Ryszard Marczak (43, 2:21:03) and Graziella Striuli (42, 2:40:15) are First Masters in New York Marathon
- Swag Hartel, 40, Wins National 10K X-C in Louisville

Patrick Burns

Patrick Burns of Oak Creek, Wisc., passed away on Oct. 7 at the age of 43. Burns was a member of the Midwest Masters T&F Club for several years. He competed in the shot put and discus and was ranked in the top 20 in both events in 1995. An employee of the Cooper Power Systems-Kyle Plant for the past 19 years, he also served as an assistant t&f coach at Oak Creek High School. He is survived by his wife, Lillian, three children, and his parents. □



John Hanc, running the second leg for the winning Massapequa Mixed Masters team in the Coed Masters Division, Nationwide Insurance Ocean To Sound 50 Mile Relay, Long Island, N.Y., Sept. 8. Photo by Mike Polansky

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The Weight Room

by JERRY WOJCIK

That's Why the Lady is a Champ

(The following article, by Lewis G. Maharam, M.D., FACS, which appeared in the October 1996 issue of MastersSports, replaces my column this month. MastersSports can be reached at 800-562-1973. Next month, we'll report on the happenings concerning throwing at the USATF Convention in San Francisco.)

If gold-medal masters track & field athlete Roz Katz ever thought of her sports medicine doctor's office as a repair shop, who could blame her? Most people do.

Besides, it has been. Just four years ago she almost gave up athletics altogether when, fresh from one of her first meets as a marathoner-turned-thrower, she was warned by doctors that a woman of 50 who had just torn her anterior cruciate ligament should act her age and forget this jock stuff. I disagreed, and she ultimately had the sophisticated surgical repair done.

But the best was yet to come. Katz knows that repair work is only a piece of my practice, that when you step back a little from sports medicine, you see we're actually in the bigger business of performance. Our sweetest successes come when the knee pain and problem tendons and the other aches and pains have all been taken care of, and we can finally help you focus on one thing: winning.

Katz is living proof. This past August, exactly four years after her disastrous tendon-tearing meet in Seattle, she came back from the North and Central American and Caribbean Regional Championships of the World Association of Veteran Athletes packing gold medals for the hammer, the discus, and the weight pentathlon, and bronze medals for shot put and javelin — an award in every single event at the meet.



Roz Katz
Photo by Suzy Hess

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Participants and officials enjoying the free lunch provided by the meet organizers, USATF National Masters Weight Throws Championships, Seattle, Wash., Aug. 31. Photo by Jerry Wojcik

But two years ago she'd been stuck on a performance plateau. Fed up, she asked for my advice. "You're a masters athlete, Roz," I lectured. "Use every total fitness trick we know. Get to work on your strength, build your aerobic endurance, and get some advice on performance nutrition."

So we started a skeptical Katz on the road to her championship season. "Strength training? What do I need strength training for, a woman in her 50s?" she asked. "Besides I'm a thrower. A discus weighs 2.2 pounds."

Clearly, it was time for a metaphor: "God didn't make arms one day, legs the next," I countered, hoping she'd get the point that even throwing starts at the toes and works its way up through the whole torso before the arms eventually do their work. Power, we now understand, seldom if ever comes from one tiny part of the body. So over the last two years, her strength built up and her doubts went down as Katz turned from someone who "couldn't bench press a marshmallow" to someone who happily squats 110 pounds. And now gets gold medals in the hammer throw.

Cardiovascular conditioning was a

slightly tougher sell. "The hammer, the shot put, the weight throw, they're all anaerobic," she argued. And she was right. But you don't do just one of them, once in your life, I pointed out. What about the major meets that fall back-to-back? What about the days you enter a couple of events? How fast do you get your peak back? Not fast enough.

So the ex-marathoner started running again to improve her body's ability to burn oxygen to fuel and replenish her new strength. And she's not sorry. "My weight throw in the 'weight pentathlon' — the hammer, shot put, discus throw, javelin, and weight throw — equaled my best ever," she says amazed. Her throw had actually been as strong after being wiped out by four preceding events as it had ever been fresh. "Plus it was on the last day of competition!"

The final part of the tune-up, nutrition, was the hardest sell of all. And the simplest fix. A low fat, sensible-eating semi-vegetarian, Katz still knew something was missing. If she tried throwing in the afternoon she had

Continued on page 15

Track & Field Rankings Report

by JERRY WOJCIK, USATF Masters T&F Rankings Coordinator

The compilers for the 1996 outdoor season are listed below. The last National Masters News from which 1996 rankings data will be taken is the January 1997 issue.

However, if your best marks for 1996 have not appeared by this issue, you can facilitate the compilations by submitting your best marks (with verification) at the end of your season before the January issue is published.

All marks should be sent to the rankers so that they receive them no later than January 31.

Multi-eventers whose best marks were made in an individual event in the decathlon, heptathlon, etc., but not reported in the results section, should submit them for the rankings.

Marks sent to me will not be forwarded.

Racewalkers who want to be included in the 5K, 10K, and 20K rankings should contact Elaine Ward, 1000 San Pasqual, #35, Pasadena, CA 91106-3393.

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Schlau, Jones Speed to Wins in Motor City

by JERRY WOJCIK

Bob Schlau, 49, Charleston, S.C., and Marina Jones, 41, Santa Margarita, Calif., were first masters in the Detroit Free Press/Mazda International Marathon on Oct. 20. The race acquires its international flavor with the start in Windsor, Ontario, Canada, and the finish in downtown Detroit. Runners cross to the U.S. under the Detroit River via the Detroit-Windsor Tunnel.

Schlau, the oldest runner ever to

claim the masters title in this event, ran a 2:37:12, for an age-graded masters-best 87.7%, worth \$1000. Jones finished sixth woman in 2:56:19, adding another \$500 to her masters \$1000 prize money.

Bob Blunk, M40, was second M40+ in 2:42:03. Leslie Davison took the M50-54 race with a 2:48:57.

Competing in sunny, windy, 40-degree conditions, 2265 runners finished the race.

Jeff Orloff was the race director. The primary sponsors were Mazda, M-CARE, Frontier Communications, and Bruegger's Bagels. □



Directors of the USATF Masters Weight Championships in Seattle for the last three years, from left: Fred Shanaman, M60, Ken Weinbel, M65, and George Mathews, M50.

Photo by Suzy Hess

Weight Room

Continued from page 14

nothing left for weight work at night. No recovery, even though her diet was strictly by the book.

Her timing, however, was not, "My nutritionist didn't believe in that half-hour window you supposedly have to replenish carbohydrates after a workout," says Katz. "She started me on raisins, fig newtons, snacks like that right after the first workout of the day, and replacement drinks during it. I can't begin to tell you what a difference it made." Better workouts time after time, and ultimately a better athlete.

To a sports medicine physician's ears, there could be no sweeter words than Katz's. "I started track and field in my 40s, and, at 54, this was my best year ever." □

Dr. Maharam, a primary care sports medicine specialist, practices at 800A Fifth Avenue (at 61st St.), Suite 302, New York, New York 10021, (212) 308-B-FIT (2348).



Floridan Pay Carstensen, M60, 1996 USATF National Masters Weight Throws Championships, Seattle, Wash., Aug. 31.

Photo by Jerry Wojcik

SILVER STATE MASTERS CLASSIC

February 16, 1997

INDOOR TRACK MEET

The Second Annual Indoor Masters Track and Field Meet is sponsored by the University of Nevada and the Silver State Striders. The Track is the University of Nevada's Bill Cosby Wooden Track (the same facilities used in the 1995 National Masters Indoor Championships).

WHERE: Reno Livestock Events Center (Exit Wells Avenue off Interstate 80, proceed north on Wells for two blocks)

WHEN: February 16, 1997 (SUNDAY) **TIME:** 8:00 A.M.

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In consideration of my entry in the Reno Nevada - Silver State Indoor Masters Classic at the University of Nevada Bill Cosby Track, Reno, Nevada, on February 16, 1997, I intend to be legally bound, and I do hereby for myself and anyone entitled to act in my behalf, waive and release the University of Nevada, the Silver State Striders, the City of Reno, all Sponsors and their Representatives and Successors from all claims and/or liabilities of any kind arising from my travel to and participation in the meet. I grant permission to all of foregoing parties to use any photographs, video or motion pictures, record of any other record of the meet for any legitimate reason. I understand that all entry fees are final with no refunds. It is understood that this meet will entail physical activity and that various injuries may result. I certify that I am properly conditioned and have No physical injuries or defects that will preclude me competing. I authorize the Track Committee and its agents permission to request emergency medical treatment or care as necessary to insure my well-being.



Applicant Signature

Date





Training Advice

by ROSS DUNTON

On The Road to San Jose and Durban

Running is primarily a horizontal activity, while, on the other hand, jumping has a vertical component. The problem is in converting from horizontal to vertical. How can a jumper convert the horizontal force of running into a vertical force for jumping?

Horizontal Jumps

Rather than start near the end of the jump with the takeoff, let's back-up to the beginning and develop a plan for the entire jump. All jumps have basically three phases: drive, continuation and transition. In the long and triple jumps, the approach should be from 16 to 18 strides. The initial stride should be with the quicker leg while pushing off with the stronger.

The drive phase is where momentum is built and the body's forces are developed. In the long and triple jump, this is usually six to eight strides. The body posture should go from slightly bent to fully erect. Training for this phase should include the following

session: three or four sets of 4x40m (or 50m for younger masters athletes) at near maximum effort with 30 seconds recovery between reps and three minutes of recovery between sets.

As the jumper enters the continuation phase, the body should be at near maximum velocity. The body should be erect with the butt under the shoulders. The foot should land only slightly in front of the hips. At foot plant, the ankle should be 'pre-tensioned', which means that the toes should be pulled up.

The transition phase is the most critical and this is where the most mistakes are made. This is the transition from horizontal run to a flight which has a vertical component. This phase



Sid Howard, U.S., leads at the third turn in the M50 800, NCCWAVA Regional Championships, Eugene, Ore., but Don McMillan, U.S., was first (2:14.58), with Howard second (2:15.72) and Des O'Rourke, U.S., third (2:18.59).
Photo by James Fields

covers the last four strides, and many jumpers put a mark four strides out from the board.

Penultimate Stride

This is where the body has to get into position to develop some vertical thrust. The only way to do this is to lower the center of mass (COM) of the body prior to takeoff so that it can be accelerated upward at takeoff. This is accomplished on the last two strides. Technically, the next to last stride is called the 'penultimate' stride. This and the takeoff are the most critical parts of the jump.

On the penultimate, the ankle should be completely pre-tensioned so that the foot plant is heel first and just lightly in front of the hips, which are tucked in under the shoulders. On the penultimate and takeoff strides, the tibia, or lower leg, should be vertical at foot touchdown. There should be minimal heel lift of the takeoff leg on the penultimate stride. There needs to be a slight lowering of the COM. The body is flattening out and the hips are slightly lowered.

The foot plant on takeoff will be the same. It must go from heel to full contact to up on the toes. Be patient at the board. Do not rush the takeoff. Leave the foot behind. Do not start the rise or takeoff until the COM (or hips) has passed the board.

As soon as flight is initiated, the arms must be blocked. That is, the upward arm movement must be completely stopped. Because of Newton's Law on action and reaction, continued upward movement of the arms after takeoff will result in a downward reaction in the rest of the body. During flight, the leg swing of the takeoff leg must be controlled. Bring the hip forward and let the leg extend forward and fall. A hard double arm downward sweep to the front will help produce some added leg lift during flight. Again, this is the action and reaction within the body.

Special Drills

There are a number of special train-

ing sessions and drills that jumpers should work on to enhance their strength and agility. Some of these are:

- **Short-End Jumps** - Here, only four to six strides are taken prior to takeoff. This is a high intensity, low volume drill. There should be from two to five reps per set, with complete recovery between sets.

- **Hurdle Drill** - Align ten hurdles together, then start by stepping over one and then ducking under the next, continuing to finish the flight. This develops a high degree of flexibility, and may be more difficult for some of the more senior masters athletes. With the same hurdle set-up, step over two hurdles and then step backwards over one, continuing over all ten hurdles. These drills help develop stability and both static (stationary) and dynamic (moving) flexibility.

- **Squats** - Very slow full squats, with weights, coming up onto the balls of the feet.

- **In-Place Jumps** - Ankle jumps or jumping rope. This is a low intensity, high volume drill. There should be from 100 to 400 contacts per session.

- **Lactate Tolerance Runs** - Runs of from 200 to 500 meters at 90 to 95% of your predicted best time with 15 to 20 minutes of full recovery between runs.

- **Endurance Jumps** - Bounding and hopping or a combination of the two, such as hop, step, step, hop. Again, this is a low intensity, high volume drill. A rep should be from 20 to 40 meters, with a total of 200 to 800 meters covered in a session.

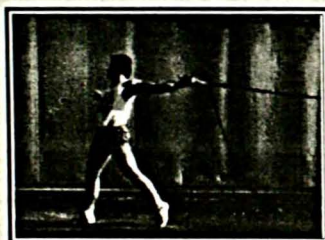
Obviously, if you are just starting some of these drills, you may not be able to achieve the numbers indicated, but they are numbers that you should work toward. You must constantly keep in mind the basic theory of training, which is to overload the body. It will adapt to the new load. □

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National 5K X-C

Continued from page 1

Golf Course site of three prior championships. Temperatures were in the 40s and 50s with bright, clear skies.

The meet started at 9:30 a.m. with the M50+ race, a smaller turnout than in 1994, possibly reflecting this serious cross-country venue. The times were appropriate for a tough 5K course.

The race was won by Wally Herrala, 52, of Detroit's Motor City Striders, with a 35-second margin, in



Allen Choma, 43, seventh M40 (16:16), USATF National Masters 5K Cross-Country Championships, Columbus, Ohio, Nov. 3, was first M40+ (2:32) in the Columbus Marathon on Nov. 10.

Photo by John White

17:17. He won this event in 1994 and may be the best 50+ X-C runner in the U.S.A. He was followed by Richard Myers, 51, of New Jersey's Raritan Valley Road Runners. Don Sleeman, 58, was third overall and first M55 by 41 seconds in 18:03.

As an indication of the strength of the M55 field, 1964 Olympic gold medalist and USATF Hall of Fame member Bob Schul, 59, Dayton, Ohio, dropped down to the M40-49 race to help out his M40 Bob Schul Racing Team, which he coaches, and finished in 18:46.

The M60-64s were dominated by runners from the Northwest, with the top three finishers from the Snohomish TC of the Seattle area, led by Bill Iffrig, 62, in 19:28. Raking in the M65 gold was Dr. Jerry Crockett, 68, a member of the USATF Masters LDR Committee, who ran a respectable 22:35.

The remaining division winners

were Jim Forshee, 70, Motor City Striders, who slamdunked the M70 field by over four minutes in 21:08; Ed Buckley, 75, Syracuse Chargers, in 25:45; and Eugene Keller, 82, Cincinnati, in 30:01.

In 1994, the M40-49 race was somewhat of a disappointment. This year the field returned to normal with the top competition coming from Ohio team members. As the 61 finishers began to exit the back field and head for the finish line 400m away, eight runners were still in contention.

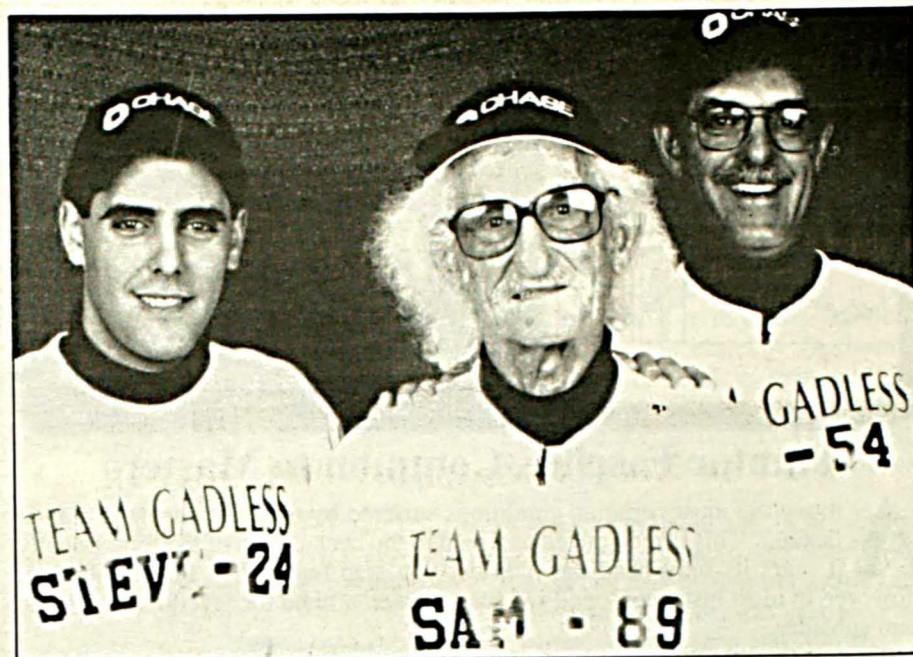
When the dust cleared, the first six runners were from the M40-44 division, led by Steve Crane, 40, from Run Ohio (a local running magazine), in 16:00, followed by Scott Snyder, 40, Run Ohio, 16:03, and Tim McMullen, 43, Genesee Valley Harriers, 16:04. Charles McMullen, 45, of the GVH from Rochester, N.Y., was seventh overall, winning his age division race by 56 seconds in 16:17. Roger Price, 47, Raritan Valley RR, was second, and Mike Unger, 46, GVH, third, 17:20.

Eleven masters women participated.; Sue Parks, 40, Muncie, Ind., was first in 19:09. Terry Mahr, 48, Toledo, Ohio, was second in 18:02. The W50 champion is Roberta Thaxton, 52, Motor City Striders, 27:16. Madeline Bost, 57, of New Jersey, won the W55 race in 23:22. Mary Cavicchi, 66, Over The Hill TC, won the W65 gold in 47:12. Ernestine Yeomans, 77, Wolfpack TC, was the W75 first in 46:26.

An age-graded champion plaque was awarded to Charles McMullen, 45, for his 85.8% performance. Steve Crane, 40, was second with an 84.3%, and Wally Herrala, 52, was third best performer with an 84.0%. Mahr outperformed Parks on the age-graded scale, 79.8% to 78.9%.

In the men's team competition, the M40-49 victors were from Run Ohio, a close winner over Wolfpack "A", 83:09 to 83:45. The exceptionally strong Motor City Striders M50-59 quintet won over the Raritan Valley RR, 90:21 to 92:19. Perhaps the best team competing, the Snohomish Team won the M60-69 contest, the top three scoring 60:35. The Syracuse Chargers won the M70+ title with an 82:35. In the women's team competition, the Motor City Striders were the only contenders, winning the W40-49 title with a 73:00.

The meet could have benefitted from more participation by M50s and women. Participants enjoyed the location, course, facilities, motels, and doughnuts. Results were prepared quickly and accurately. The assistance rendered by national committeemen Jerry Crockett of Oklahoma and Rex Harvey of Cleveland was greatly appreciated. The USATF Ohio officials did their usual quality job. □



Sam Gadless, 89, and family at the 1996 New York City Marathon. Photo: Victah © Photo Run 1996

French Top Masters in NYC Marathon

Continued from page 1

hons this year, including Ho Chi Minh (Viet Nam, 5th overall, 2:32:40), Tahiti (4th overall, 2:30+), and Reykjavik (Iceland, overall winner, 2:24+).

And on the women's side, the hands-down pre-race favorite was 40-year-old Ingrid Kristiansen, who still holds the open world marathon record of 2:21:06 set in London in 1985. Kristiansen's 2:39:00 finish in the 1996 Boston marathon placed her second there among the masters (to Lorraine Moller's stunning Boston finish of 2:32:02), and 20th woman overall at Boston, so she definitely looked like the woman to beat here in New York. Pre-race, Kristiansen said, "I run because I like to run... but, of course, being a very competitive runner before, I will do my best. I will try for a sub 2:45." But she admitted post-race that insufficient training mileage caused problems with her quads - her

longest training run was 30K - necessitating her dropping out at the 30K point. She was in New York with 13-year-old son Gauthier to run her second race as a masters runner.

Princeton Deputy Mayor Phyllis Marchand, 56, running her 14th New York Marathon, was hoping to finish in just under four hours but had to be satisfied with a 4:12:47. Sam Gadless, 89, was again the oldest finisher, but this year he was accompanied by his son Lou, 54, and his grandson Steve, 24. He claims that they both slowed him down, as it was their first marathon and it was his tenth. Sam will be 90 years old on November 30.

This year's race had four starters: Rudy Giuliani, Mayor of New York City; Joe Torre, Manager of the Champion World Series New York Yankees; Carl Lewis, representing the Olympics; and Grete Waitz, representing the Marathon. Lewis thrilled the runners before the start by telling them that they could all beat him over the 26.2 mile distance.

Grete Waitz and Bill Rodgers were in town in their roles as ambassadors in the Chase Bank Ambassador program, in which they go into the schools and encourage and challenge students to achieve athletically, academically, and in life.

Kim Jones (38, USA), who finished 4th overall, admits looking forward to being a masters runner in less than two years. "I still have two years but I plan to continue on and do what I'm doing and concentrate on one marathon a year and go back to the track. And I'm saving myself for the BIG marathon in four years (Olympics). I'll be 41 then."

The weather was 35°F at the start with direct sun increasing to 45°F at about the two-hour point with 17 mph winds. Said Hugh Jones, "The conditions were easier this year (than last year). The wind wasn't quite as strong, but it was still a factor... I managed to run three minutes slower." □



Wally Herrala, 52, M50-54 champion, Motor City Striders, finished in 17:17, USATF National Masters 5K Cross-Country Championships, Columbus, Ohio, Nov. 3. Photo by John White



Health and Fitness

by DR. DANIEL C. BATCHELOR

Plantar Fasciitis Common to Masters

Among the most common conditions suffered by masters runners is plantar fasciitis. This is recognized as a pain in the heel or arch of the foot. Usually it rears its ugly head the moment you step out of bed in the morning. However, in most instances, once you have walked around for several minutes, the pain subsides.

Plantar fasciitis pain tends to be worse at the start of a run, but will gradually decrease as the run continues. During a tough workout, such as speed work or hard hills, the pain usually returns. Trying to train through the pain becomes futile; in fact, this is one condition through which you should not train.

Plantar fasciitis is an inflammation of the fibrous band that supports the arch of the foot. Placing too much stress on this band is like over-stressing the guide wires supporting a suspension bridge. The cables begin to stretch and fray. The same goes for your foot. Constantly overstressing the supporting band of the foot will lead to the development of acute plantar fasciitis. Continue the process, and the condition will become chronic.

Another condition which feels similar to plantar fasciitis involves a portion of the plantar fascia. Heel spurs occur at the interface of the plantar fascia and the heel bone at the point where ligament turns to bone. Heel spurs can be diagnosed on x-ray but plantar fasciitis does not show up on x-ray. Heel spurs can develop from

chronic plantar fasciitis.

Not Just Runners

Plantar fasciitis is not limited to runners. A female friend is as much into aerobic exercise as I am into running. For months she wore shoes with too much flexibility in the mid-arch area. As a result of four to six aerobics classes a week, she developed plantar fasciitis.

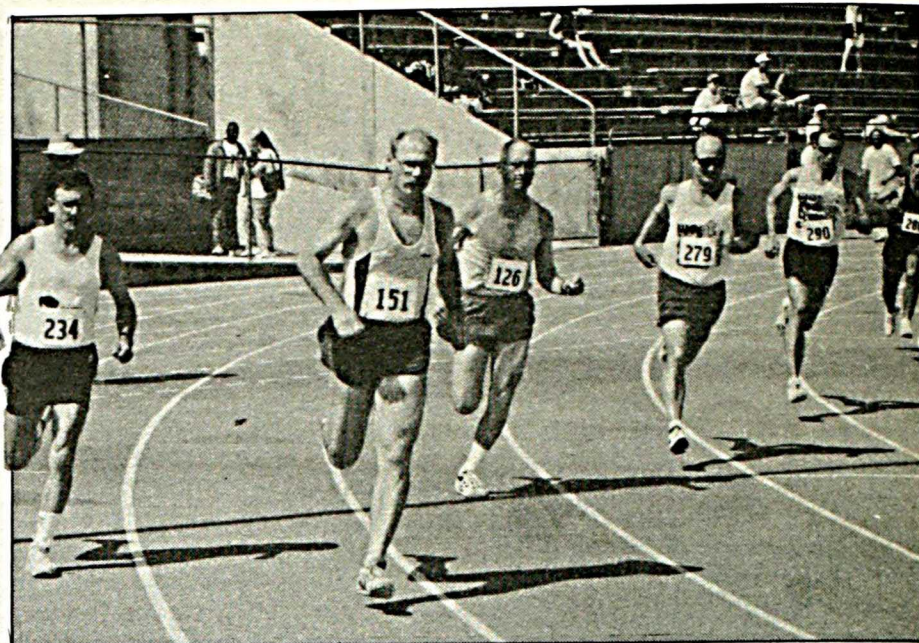
The same situation occurs among runners who train in racing flats, are overweight, run on their toes, do too much speed work, run too many hills, increase workout frequency, run with loose laces, run excess mileage, over-pronate (excess inward rolling of the foot), over-supinate (excess outward rolling of the foot), have tight calves, run on hard surfaces, and last, but not least, who refuse to heed the body's signals that something is wrong. These running errors make up the majority of cases of plantar fasciitis development.

Most runners do not visit the clinic with acute or recently developed plantar fasciitis. Rather, they usually come in after months of realizing that the pain "just won't go away." Since the pain tends to dissipate during the run or workout, there is a false sense that the condition is not very serious. However, nothing can be further from the truth. Plantar fasciitis is just as serious as a stress fracture and no running should occur until the condition has been corrected or healed.

Compensations occur as a result of plantar fasciitis. These commonly take the form of pain in the knees, back, calves, feet, etc., as the runner redistributes weight and stress to different areas of the body. You may start out with plantar fasciitis and end up developing another condition, further inhibiting your running ability.

Flip-Flops To The Rescue

Weak arches and lack of flexibility also contribute to plantar fasciitis development. When I am not at work, I wear flip-flops which require me to flex my feet slightly to keep them on. This helps strengthen the arch muscles. Not just any type of sandal or flip-flop will accomplish the job, since the arch must be somewhat rigid. Two recommended brands are Birkenstocks from Germany and Addidas socker sandals.



A mixed age-division 800 at the 1996 Visalia Masters Classic, Visalia, Calif., from left: Teddy Walton, Wayne Morris, Mike Russier, Dave Iremonger (first M40, 2:12.4), Dave Amster (first M45, 2:05.9), and Herve Pastre.
Photo by Glen Williams

In the past, I had a fairly severe pronation problem. Now, however, as a result of wearing orthotics in running and dress shoes, and wearing flip-flops during leisure activities, the arch muscles have strengthened. Increased strength of the arch helps prevent over-pronation and breakdown of the so-called "suspension bridge."

Helpful Hints

Following are some suggestions for dealing with chronic plantar fasciitis:

1. Wear fairly rigid dress and running shoes that prevent motion in the mid-arch area. It's okay if the forefoot of the shoe flexes, but a great deal of flexibility in the mid-arch area is a no-no.

2. Swim and bike. Be sure to use rigid shoes when cycling to prevent flexion in the arch area. Cross-training will not cause much loss of running fitness. However, considerable running fitness will be lost if training is continued with plantar fasciitis pain.

3. Tape the arch to support the structure. This will relieve stress on the plantar fascia and allow healing to take place.

4. Wear prescription orthotics from a chiropractor knowledgeable in sports injury.

5. Stretch the calf muscles.

6. Avoid testing the area of pain to see if it still hurts. This is like pulling up carrots to see if they are ripe.

7. Wear 1/8-inch heel lifts.

8. Continue the above procedures until there is no pain for five days in a row. If, on one of those days, you begin to feel pain, then start the five-day "no-pain" process all over again.

9. After achieving the five-day no-pain period, training can begin. Start with half a mile on the first day. In my experience, runners tend to resume the training schedule they had immediately prior to layoff. This is another no-no.

10. I recommend wearing the recently introduced Nike shoes with the new lacing system. This allows a more snug fit which also supports the

arch very effectively, and reduces stress in that area. Whatever shoes you wear, make sure they are always firmly laced, since loose lacing can cause plantar fasciitis.

11. Do not engage in jumping activities such as basketball or aerobics and do not walk in bare feet. One patient of mine, after walking four miles barefoot on the beach, could hardly make the return trip due to plantar fasciitis symptoms.

12. Do not engage in stairmaster type of activity. This will only stretch the plantar fascia and prolong rehabilitation.

13. Icing the area will not help due to protective fat over the plantar fascia. If ice were applied long enough to eventually penetrate the plantar fascia, the inevitable result would be frostbite.

Compensations

A 55-year-old patient of mine had run for 21 years and developed numerous imbalances and compensations, severely affecting her entire musculoskeletal system. She had pain and degeneration in several areas and complained that she no longer enjoyed running. She observed that she wished she had come in earlier in life before the imbalances had a chance to destroy normal function.

It's important to seek treatment from a sports medicine chiropractor *before* not *after* the development of pain and imbalance. In the words of another patient, when it comes to running, it's much better to learn from the mistakes of others than from your own.

(Dr. Daniel C. Batchelor has been a consultant for *Run and See Georgia, Running in Georgia, and Running Journal*. He cross-trains 12-15 hours a week while maintaining a full-time chiropractic sports medicine facility in Roswell, Georgia. He has won over 300 road races and has been a runner for 28 years. Contact him on the Net at DrDan007@aol.com, phone 770-992-2002, fax 770-992-2362, or write to 270 South Atlanta St., Roswell, GA 30075.)



Rose Malloy, 48, first W40+ and second finisher overall, with a race record 31:08, National Capital 5 Miler, Alexandria, Va.

Photo by George Banker

Cobb Resigns as West Regional Coordinator

Hugh Cobb, who has served as the USATF West Regional Coordinator since 1991, recently submitted his resignation. He plans to remain active in athletics.

Decathlete Gary Miller, who previously served in this position and has recently been working closely with Cobb, was appointed to the coordinator position by USA Masters Track & Field chairman, Barbara Kousky.

In addition to being the primary contact for masters athletes in the region, the coordinator is responsible for facilitating the selection of regional championship sites, assisting the directors of the regional championships, as well as coordinating the schedule of meets within the region. Regional coordinators are

expected to attend our outdoor national championships, as well as the annual USATF convention. Each of our seven regions is currently allocated \$1300. The coordinator is also responsible for disbursement of these funds.

Thanks, Hugh, for your five+ years of service to the athletes of the West Region. Your hard work and dedication are appreciated. □

— Barbara Kousky

Cassell Vote Could Be Close

On Dec. 3, at the USA Track & Field Convention in San Francisco, the 92-member USATF Board of Directors will vote on whether to terminate the contract of Ollan Cassell, its executive director for

virtually 31 years.

The USATF Executive Committee voted 12-9 in October to recommend the termination. The contract runs through March 1998.

The vote could be close. In 1994, the Executive Committee gave Cassell a 12-8 vote of confidence, and the Board voted 42-24 in his favor.

Masters T&F is represented on the Board by Barbara Kousky and Jerry Donley. Masters LDR delegates are Charles DesJardins and Jerry Crockett. □

Weinbel to Challenge Kousky; DesJardins Steps Down

National masters weight-event coordinator Ken Weinbel of Seattle will challenge national masters track & field chair Barbara Kousky of Eugene for the leadership of the Masters T&F Committee at the annual USATF convention in San Francisco, Dec. 6. Kousky has served as chair since Dec., 1989.

Jerry Donley of the Masters T&F nominating committee said nominations

for Secretary have been received from Suzy Hess of Eugene and current Secretary Marilyn Mitchell of New York.

Other officers to be chosen are Vice-Chairman (currently Graeme Shirley) and Treasurer (currently Madeline Bost).

Nevada's Charles DesJardins, Masters LDR Chair, is stepping down after eight years of service to focus on international activities. Oklahoma's Jerry Crockett is the only announced candidate to succeed him.

Also retiring on the LDR side are Carole Langenbach, Secretary, and George Vernosky, Treasurer. Other LDR officers to be elected this year are vice-chairmen of both men and women.

The two committees will also select five USA delegates to the WAVA General Assembly next year in Durban. Traditionally, the T&F Committee selects three delegates (currently Kousky, Donley, and Scott Thronsley) and LDR picks two (currently Norm Green and Ruth Anderson).

Nominations for all elected posts may be made from the floor □

LDR Circuit Announced

Continued from page 1

will share \$50,000 in prize money (\$21,000 for the top masters and \$29,000 for the top male and female age-graded performers).

"This is an ideal opportunity to recognize the strength of our masters program," said USATF Executive Director Ollan Cassell. "Many of our greatest stars from the '70s and '80s are eligible for masters competition, including Bill Rodgers, Frank Shorter and Joan Benoit Samuelson."

Rodgers, a 1976 Olympian in the marathon, emphasized the importance of the new circuit not only to masters runners, but also to younger athletes. "USA Track & Field and Indianapolis Life have given masters road racers a real boost with this circuit," Rodgers said. "But even more importantly, this shows younger runners that this is a sport for life, and that there are solid reasons to keep training and competing."

Charles DesJardins, Chairman of USATF's Masters Long Distance Running Committee, said, "the circuit is the culmination of two years of work and planning by our committee. We first approached Indianapolis Life in 1995 and are thrilled that they came on board. It's going to raise the aware-

ness of masters distance running to a new level."

Indianapolis Life Insurance Company, founded in 1905, is a mutual company licensed in 45 states and the District of Columbia. At the 1995 Indianapolis Life 500 Festival Mini-Marathon, the company unveiled a unique policy featuring significant premium discounts for serious runners. Runner's Edge™ is a 10-year term insurance policy available nationwide to individuals who complete a qualifying race within a specified time.

Larry Prible, President and CEO of Indianapolis Life, said, "In the 1970s, distance running in the U.S. was changed forever by names like Frank Shorter, Bill Rodgers and Indianapolis' own Gary Romesser, who all literally transformed the sport into what has become a way of life for millions of people."

"I'm excited that Indianapolis Life can now join forces with these sports legends, as well as with USA Track & Field, in the new 'Indy Life Circuit.' They stand for a lifetime commitment to health and fitness, just as we do. We can expect some outstanding competition, and, as a runner myself, I'm really looking forward to that."

The Tentative schedule for the 1997 Indy Life Circuit:

February 9	Las Vegas Half-Marathon	Las Vegas, Nevada
March 8	Gate River Run 15K	Jacksonville, Florida
May 2	Indianapolis Life 500 Festival Mini-Marathon	Indianapolis, Indiana
May 31	Freihofer's Run for Women 5K (women only)	Albany, New York
July 20	Chicago Distance Festival 5K (men only)	Chicago, Illinois
October 5	Twin Cities Marathon	Minneapolis/St. Paul
October 25	Tulsa Run 15K	Tulsa, Oklahoma
March 22	Azalea Trail 10K	Mobile, Alabama

National Masters Decathlon/Heptathlon Championships San Diego, July 6-7, '96

Financial Statement

Revenues:	
Entry fees (29x\$25)	\$ 720
T-shirt sales	350
USATF Subsidy	450
Total Revenues	\$1520

Expenses:	
Track Rental	500
Officials	130
Accutrack Rental	150
Officials' lunch	95
Buffet dinner	285
T-shirts	210
Telephone/postage	94
USATF Sanction	60
Total Expenses	\$1524

Net Loss \$ 4

SITES OF NATIONAL CONVENTIONS

TAC:

1	1979	Las Vegas
2	1980	Atlanta
3	1981	Reno
4	1982	Philadelphia
5	1983	Indianapolis
6	1984	San Diego
7	1985	Houston
8	1986	Tampa
9	1987	Honolulu
10	1988	Phoenix
11	1989	Washington, D.C.
12	1990	Seattle
13	1991	New Orleans
14	1992	Louisville

USATF:

15	1993	Las Vegas
16	1994	St. Louis
17	1995	Atlanta
18	1996	San Francisco
19	1997	Dallas

USATF CONVENTION, SAN FRANCISCO, WESTIN ST. FRANCIS HOTEL MASTERS SCHEDULE

Tue. Dec. 3

		Room
9:00am-11:00am	Masters LDR Executive Committee	Victorian 2
6:00pm-10:30pm	Masters Track & Field	Victorian 2
6:00pm-11:00pm	Masters LDR	Elizabethan 2

Wed. Dec. 4

9:00am-12:00n	USATF Opening Session	Grand Ballroom
1:00pm- 4:00pm	Masters T&F Awards Subcommittee	Bristol 2
6:30pm-10:00pm	Masters Track & Field	Oxford 2
8:00pm-10:00pm	Masters LDR	Mayfair 2

Thu. Dec. 5

8:30am-11:30am	Masters Track & Field	Elizabethan D-2
8:30am-11:30am	Masters LDR	Olympic 2
12 noon- 2:00pm	Hall of Fame Luncheon	Grand Ballroom
2:30pm- 6:00pm	Joint Masters T&F/LDR	Elizabethan 2

Fri. Dec. 6

7:00am- 9:00am	Awards Breakfast Buffet	Grand Ballroom
9:00am-12 noon	Masters Track & Field	Italian-Mezzanine
2:00pm- 5:00pm	Masters Track & Field	Elizabethan B-2
3:30pm- 6:00pm	Masters LDR	Elizabethan D-2
7:00pm-11:00pm	Jesse Owens Banquet	Grand Ballroom

Sat. Dec. 7

2:00pm- 5:30pm	USATF Closing Session	Grand Ballroom
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7 Months to Go



Countdown to Durban

by LINDA BARRON

Entry Forms Arrive

After a long delay, the official entry booklets for the XII World Veterans Athletics Championships have been mailed to all national governing bodies (NGBs) throughout the world.

The event will be held in Durban, South Africa from July 17-27, 1997, for men age 40-and-over and for women age 35-and-over. It will feature all the traditional track and field events, as well as a marathon, cross-country run and racewalks.

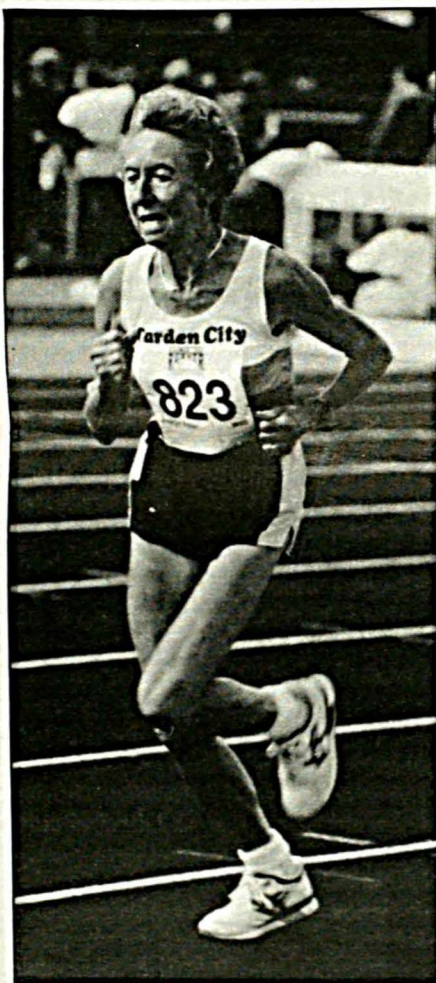
More than 5000 participants from over 75 nations are expected to attend.

Accommodation

A number of accommodation requests have been received from all over the world. They have been handled on a first-come, first-served basis.

With the decline of the South African rand against the U.S. dollar and other currencies, the cost of ac-

commodation continues to decrease. (At press time, the dollar stood at 4.71 rand.)



Jocelyn Ross on her way to victory in the W65 1500 in the 1996 British Veterans Championships in Exeter. Photo by Jeremy Hemming

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If you need more information, phone, write, or fax your request. When you are ready to send your deposit, request entry forms - if you have not already received them.

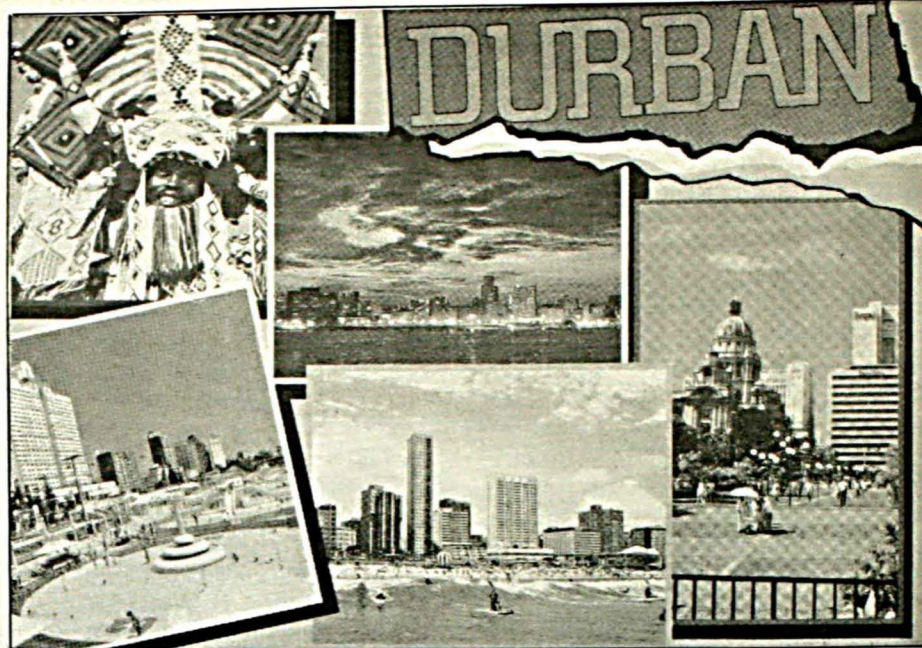
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LATE FLASH

Apparently, less than 200 Durban entry forms were shipped to the USA - arriving Nov. 22 at USATF and at masters travel agents. More will likely be shipped soon from Durban, but, in any event, NMN will publish the entry form and pertinent details on our January issue. □



Stadia

The second track has been resurfaced, as well as the warm-up tracks. The electronic scoreboard at Stadium One is being installed and should be up and running within the next two months. The lines on the track are being repainted and work is being done on cleaning and upgrading the stadium building. Field event facilities are being upgraded or replaced, as needed.

Non-Stadia

Cross-country

The topographic drawing of the course is completed. The course builder feels it should be even better than the IAAF World X-C Championships held in Cape Town this year. The course will be IAAF-certified.

Road Walk

The route has been finalized and essentially approved by the city police.

Marathon

The route encompasses part of the Comrades route, the city of Durban, the harbor and the beach front. It is a two-lap, out-and-back course, which showcases the city and is flat and fast. The finish will be in Stadium One.

Officials

More than 280 officials are on record with more expected. This does not take into account foreign officials who have offered their services. Several workshops are planned throughout the country starting early next year.

Administration

The staff is composed of myself plus two full-time assistants. We have access to extra secretarial support from

Durban Tourism as needed. I believe I'll be adding to the full-time staff very early in the new year.

Marketing

Three members of the Durban organizing committee were in Seoul, Korea to promote the event at the WAVA Asian Regional Championships in October. A representative also went to Concepcion, Chile for the South American Regional Championships in November.

We have an event mascot, named Ubhejane, which is Zulu for rhino.

On November 12, we officially launched the event to the South African media and Durban community at a luncheon for which a special marketing video was produced.

Merchandising for the event is nearly complete, with the clothing designs submitted and approved. Other merchandise such as curios, wines, pins, etc., are also in the pipeline.

An advertising campaign for South Africa is being planned.

Our website on the Internet continues to receive excellent comments from around the world. We are continually updating it. Our address is <http://www.wava.org.za/>.

We plan to send a newsletter to all NGBs and veteran travel agents starting in December/January, on a five-week schedule.

We are very excited about staging these Championships, and we look forward to seeing you here next July. □

(Linda Barron is the Chief Executive Officer of the Championships.)

USA Durban Entries To Go Thru USATF

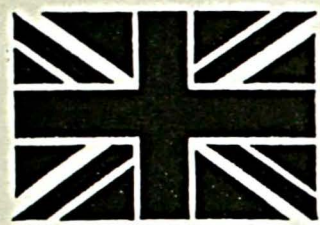
All USA masters athletes planning to participate in the XII World Veterans Athletics Championships in Durban are required to submit their entries through USA Track & Field. This is a requirement of the World Association of Veteran Athletes.

Completed entry forms, together with a copy of your birth certificate or current passport showing date of birth, as well as a photocopy of your 1997 USATF membership card, and the appropriate entry fees (payable as outlined on the international entry form)

must be sent to Sandy Pashkin, USATF Team Manager, 301 Cathedral Parkway, 6U, New York, NY 10026.

Once the entry forms, proof of birth, and USATF membership have been verified and stamped, the entries will then be forwarded to the organizers of the appropriate international championships. Any entry sent direct to Durban without the USATF Masters Stamp will be returned to the athlete. All confirmations will be sent directly to the athlete by international organizers. □

- Barbara Kousky



Report from Britain

by MARTIN DUFF,
and BRIDGET CUSHEN

At Age 70, Charlton Runs 37:55 10K

Steve Charlton celebrated his elevation to the M70 ranks by taking advantage of a top-class field and good running conditions, with a sensational 37:55 in the British Veterans 10K Championships, Oct. 6. Nigel Gates returned to form to take the main race in 30:39, nearly a minute clear of Jim Estall. Two of the Brugges World Vets top five, Mike Hager and Mike Girvan, were a little down the field.

Mike Hurd, too, returned to the top of the M50 listings with a 31:47 victory over Brugges M50 winner, Alun Roper.

Zina Marchant, W45, with a 35:21, scored a resounding victory over the Welsh duo of Frances Gill, W35, 35:48, and double world champion Bronwyn Cardy-Wise, W40, 36:39. Cardy-Wise continues her return to top class after a foot ligament operation designed to straighten her toes that were pointing upwards. Another world champion, Elaine Statham, took the W50 race in 39:18.

England defended its M40-44 title in the British and Irish International Cross-Country at a challenging course, capturing the first three places, with Derek Mullin, a comfortable 12-second winner in 34:01 over Peter Yeomans. International distance runner, Lynn Harding, W35, first woman in 18:48, led Scotland to its only division title. Pat Gallagher (20:45) and Statham (20:42) staged a great race for the W50 individual title. □



Zina Marchant on the way to a W45 10,000 world record at the British Veterans Championships. Photo by Jeremy Hemming

XII WAVA CHAMPIONSHIPS DURBAN SOUTH AFRICA

July 17-27, 1997

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WAVA Non-Stadia Committee Meets

The Non-Stadia Committee of the World Association of Veterans Athletes (WAVA) held its annual meeting Nov. 16 in Washington, D.C.

The group:

1) Reviewed the pros and cons of the 1996 WAVA World Veterans Road Championships in Belgium, which drew 2836 participants (93% foreign) from 44 nations.

2) Discussed plans for the 1998 World Championships in Kobe, Japan, in April, 1998. The 10K and half-marathon runs will be held on the Akashi-Kaikyo Bridge - the longest (3910m) bridge of its type in the world when completed in 1998. The road walks will be held at a separate venue.

3) Criticized the opening ceremonies at the World Veterans Athletics Championships in both Buffalo and Miyazaki, noting the athletes were forced to wait a long time before entering the stadiums.

4) Noted no bids have yet been received for the 2000 or 2002 Championships. However, Valladolid, Spain is a possibility.

5) Discussed plans for the marathon, cross-country runs and road walks at the 1997 World Athletics Championships in Durban. Jacques Serruys, Non-Stadia Chair, is the liaison with the Durban Organizing Committee.

6) Supported a proposed WAVA constitutional amendment, to be voted upon by the General Assembly in Durban, which would give an additional vote to any affiliate which was represented by at least 100 participants at the

last three non-stadia championships.

7) Favored extending the term of WAVA Council members from two to four years, but limiting the maximum number of terms from five to two. (Thus, the maximum time a Council member could serve in one post would be eight years.) The amendment will be on the Durban agenda.

8) Discussed using the influence of the IAAF to establish liaison with the various international multi-sport bodies springing up all over the world.

9) Agreed to require WAVA championships to use computer-chip technology where more than 2000 entrants are expected for a single road race. The chips monitor the split times of each runner.

10) Discussed racewalk judging and the role of RW within the Non-Stadia Committee.

11) Explored obtaining funding to help support the keeping of world-wide LDR veteran records.

12) Recommended the longer race at the Non-Stadia Championships revert to 25K after the half marathon in Kobe.

13) Debated whether to stage a 100K world championship.

Attending: Jacques Serruys (BEL), Chair; Norm Green (USA), Barbara Dunsford (GBR), Fred Jesbera (FRA), Brian Keaveney (CAN), Hannelore Guschmann (BEL), Josep Antentas (ESP), Ruth Anderson (USA). Guests: Charles DesJardins (USA), Al Sheahen (USA). Absent: Daniel Andrade (CVD), Kiyoshi Kounoike (JPN), Jim Tobin (NZL), Albino Ariza (COL). □

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Speaker's Corner

by REX HARVEY,
USATF National Multi-Event
Coordinator

A Memorable Experience

The 2nd International Masters Decathlon/Heptathlon Team Challenge in Neosho, Mo., Oct. 26-27, was a memorable experience. The event was much more than the athletic competition itself. Organizer Tom Thorne and his Decathlon Midwest Track Club, wanting to show his guests a good time, had inspired the entire city of Neosho (pop. 10,000) to make the 10 days an experience not to be forgotten.

Most of the British, and those Americans who could, stayed after the meet to enjoy Neosho and southern Missouri. The total British contingent numbered 39 people, including two very fine decathletes who were injured and could not compete.

John Charlton, the M45 world decathlon champion in Miyazaki, served as the spokesman for the British team. Les Williams, one of the best M70 decathletes around, served as the Clerk of the Course for the meet.

The British arrived and were picked up in Springfield by the Abundant Life Bus and driver donated by a local church group. They then met and settled in with their host families, where they stayed all week. Many went to local schools the next day and spoke in appropriate classes about their sport and their country.

Opening Ceremony

The night before the competition, there was a hospitality reception and dinner at the city-owned Teledyne Foundation Lodge in the woods on the rolling hills of the city golf course.

Both teams were then transported by bus, with police escort, into the city stadium for a special opening ceremony with an Olympic theme, marching bands and other fanfare.

The stadium was nearly full as weekly newspaper articles had been appearing about the meet for months beforehand. Everyone on the street knew who was in town and what they were doing. The competitors were individually announced, with special recognition to the three competing Olympians – Bill Brobst, USA, 1964 pistol shooting; Snowy Brooks, GBR, 1972 decathlon; and Mike Corden, GBR, 1976 decathlon.

Thorne had given all of the American athletes attractive USA jackets and the teams looked very impressive lined up on the field. It's rare for USA team members to wear the same uniform.

The bands played God Save the Queen, O Canada, and the Star Spangled Banner to close the ceremony and start the state football playoff game involving the local team which, by the way, won.

Pow Wow

Saturday night, after the first day of competition, a dinner was held in conjunction with a mini Indian pow wow. Tom, and his father, Dr. Tom, Sr., are Cherokee. But the local Cherokee dance group was busy and we had a Quapaw group from Miami, Okla. (Neosho is very close to both Oklahoma and Arkansas.)

The dances, costumes and culture were fascinating, especially to our British guests. The drums and dancing (everyone eventually participated) went well into the night. After all, the time changed that night so we got an extra hour of sleep. Tom later took a lot of heat for sneaking a secret rain dance into the program.

Early Sunday morning before the competition, Tom, in his pastor role, conducted a short communion service for athletes and friends at his Neosho Congregational Church, which was the unofficial HQ for the week.

A memorial was held for those multi-event athletes we have lost this year – Al Freda, Bailey Gore, Ham Morningstar and Arling Pitcher.

The Rains Came

The first day of the meet was an excellent American Midwest fall day: 78 degrees with bright sun on the fall foliage and a nice legal tail wind. In the previous 10 years in Neosho, it had only rained one-tenth of an inch total on that weekend.

But the weather swung towards British damp and cool the second day when a storm hit just at the starting time. It was a hard, driving rain making it impossible to proceed until afternoon.

Because of this lengthy delay, many of the Americans, with travel arrangements already made, had to forego the final few events (see results in this issue).

The U.S. decathlon team had some further bad luck in that one of the designated athletes was injured in the very first event and had to withdraw, earning no points for the team.

But, we shall return. Remember 17-year-old Bob Mathias who, despite saying he would never do another decathlon after his Olympic win in the

1948 London rain, cold, and mud, came back to win in 1952 at Helsinki. And so shall we.

The Americans tried to use the excuse that the British had an unfair advantage because they had already gotten an extra hour of sleep in England the week before they came here and got another extra hour of sleep, but it did not elicit much sympathy. Be warned, the Yanks are now anxious to avenge the loss at the next meeting, whenever and wherever the British want to hold it, as long as it is at least 78 degrees with a nice little tail wind.

Awards Ceremony

Sunday night, there was a big dinner, awards ceremony and country-western dance, although the last group didn't finish until 11:30 p.m. Some time after midnight, I presented the team awards. But it was bitter-sweet for me. I could not help but remember that, just two short years before in England, Bill Taylor, the former WAVA Stadia Vice-President, had presented these same awards before his sudden death last year. I truly miss him more than I ever thought I would.

Branson

The serious social calendar started on Monday. We all loaded into the Fellowship Baptist Bus and started off towards Branson, Mo., the new home of country music. We paused in Springfield, Mo., where we made an extended stop at the Bass Prop complex where we were guests at their wildlife museum, which features some of the best wildlife taxidermy dioramas in the world.

That evening, we went to a big country-western revue in Branson where the comedian MC worked a running gag with one of our British competitors, Tony McKay, whom he claimed was his "cousin," even though he talked funny English – nothing like an Arkansas drawl.

Our group and the crowd had a lot of fun with that one. Most then went to a Karaoke bar and proceeded to distinguish, or make fools of, themselves at the microphone. The next day, lots of shopping was done at the various discount malls. We attended a juggling, magic and illusion show before departing for Neosho and a meal at Wendy's, one of the major meet sponsors in Neosho.

Wendy

The story must be told. One of the British ladies, who shall remain anonymous, had read in the itinerary about this meal at Wendy's. She thought how nice of this Wendy to have such a large group over for a meal, so she had brought Wendy a nice little cheese knife from England as a gift. She will never live that one down.

Finances

The money for the meet and all the various activities was raised as a community service by a community-wide committee which planned, staffed, and carried out the many projects.



Bob Gunn, M40, in the weight throw (38-11), Throwers Only Meet, Ringoes, N.J.

Photo by Suzy Hess

Throughout the year, one soccer and two softball tournaments were held for the purpose of raising money. There were private donations, such as the beef that was raffled off. Some local companies, such as Walmart, gave cash. Many others gave services, such as Coca-Cola, who furnished all the drinks for all the meals.

Attractions

A local historian gave us a guided tour of the city. We learned Neosho is an Indian word for "many waters" or "many springs" of which there truly are many. The first national fish hatchery, specializing in trout, is located in town.

The biggest thing to hit Neosho for a long time was Fort Crowder, a WWII army base with 65,000 soldiers. On the site of the base is now Crowder Community College, where some of the U.S. athletes stayed at the shocking price of \$8 per night. Crowder's technical students are world famous for racing solar electric-powered cars.

We visited downtown Neosho and its courthouse with beautiful large murals painted in its corridors. The proud artist even stopped by to meet us. We lunched segregated, the men at the Rotary Club and the women at the Soroptimist Club.

The afternoon was spent at the George Washington Carver National Monument not too far out of town, and at Precious Moments, where the little guardian angels and the cute little ceramic figurines come from.

Dinner that night was Chinese at the Oriental House back in Neosho, following which most went to a country-western dance hall, the Painted Stallion, in nearby Joplin, to savor the local culture. Almost everyone got to "shake a leg" there.

Continued on page 23

Can-Am Challenge Lacks Competitors From USA

by DON FARQUHARSON

The 20th Annual Can-Am Challenge took place this year on Oct. 20 over 9.5 kilometers in Toronto's Sunnybrook Park.

The event had almost everything – a muddy, challenging course; a competitive field; a well-organized race; commemorative awards to all finishers; an enticing post race meal; prize draws ... everything except American competitors! This, in spite of a welcoming article in *National Masters News* and information to the U.S. organizer. Ed Best, M45, was the sole U.S. representative.

During the 20-year history of the race, staged annually on opposite sides of the border – and, lately, on both east and west sides of the countries – there have been memorable, stirring races,

close competition and even friendlier fellowship, but this year was a disappointing letdown. Next year, 1997, the race should normally take place in the northeastern U.S. but unless a U.S. individual or club comes forward with determination to save the historic challenge, it will be lost.

Canadian enthusiasm, which has seen us win most of the 19 encounters to date, brought out 65 runners who thoroughly enjoyed themselves, despite the one-sided competition.

From the gun, M40 Fred Robbins confidently strode into the lead and never relinquished it, even though a hard-running duo of Mike Vidito and Bruce Trigg never allowed him to ease up. In M45, Phil Pyatt and Brad Simser staged a good race won by the

former. Ed Best showed the Stars and Stripes for a third place in the age class. In the M50, Peter Haase, Bernard Philips and Bert de Vries took the honors. Bob Moore's M55 victory was over Vern Christensen and Jim Pascoe.

The M60 section saw the closest competition of the race as the first three runners finished within 12 seconds of each other. Gerhard Krowlow came through ahead of Richard Graves and Bill Bryson.

After two years of absence from competition, Cliff Hall, M70, winner of the most age divisions in this race (American or Canadian) came back with a resounding win.

The evergreens – M75 Ed Vivancos and M80 Whitey Sheridan – won their respective divisions.

On the distaff side, Jennifer Ditchfield led all the women (and most of the men) with an 18th place overall and a W35 win. The W40 class saw long-striding Christine Guy winning over Barbara Aston and Laurie Goettl. This division, however, was overwhelmed by W45s Linda Findley and Anne Emmett, as well as W55 winner Joan Christensen and W60 WAVA medalist Molly Turner. In W50, Margaret Rolfe had a good race and a



The rain didn't bother Gus Likos, North Bellmore, N.Y., M60 third, Maccabiah 5K, Plainview, L.I., N.Y., Sept. 22.
Photo by Mike Polansky

Britain Tops USA in Multi-Events Challenge

by REX HARVEY

A team from Great Britain bested a USA squad in the 2nd International Masters Decathlon/Heptathlon Team Challenge held in Neosho, MO., Oct. 26-27.

A total of 79 people participated in what was probably the largest masters decathlon/heptathlon ever held outside of the World Championships.

The British decathlon team defeated the USA contingent, 77,221 to 72,366 points, winning seven of the 15 indi-

vidual pairings. The British heptathlon team won by an even larger margin, 21,020 to 16,455 points, winning four of the five individual pairings.

The teams had been designated by team leaders before the competition started and were chosen to be as even as possible (see pairings below).

The top scorer, overall, with 7374 points, was, to no one's surprise, Dale Lance, 58, the current WAVA world decathlon champion and the 1995 USATF multi-event athlete-of-the-year.

For more details on the meet, see "Speaker's Corner" on page 22. □

Speaker's Corner

Continued from page 22

The next day was more or less free time with the host families. Some played golf. Some flew a private plane to Miami, Okla., to lunch at the world's largest McDonalds. Some went shopping again, this time in Joplin. More meals were hosted by the St. Canera's Catholic Church, the Church Women United, and the Lions Club.

Hayride

The final afternoon was spent riding horses at a small ranch near town. We capped the day with a hayride to a pleasant place along a stream where the biggest bonfire imaginable was lit. Hot dogs, marshmallows, and even "S'mores" were sacrificed alternately to the fire and to the mouth.

The next day, after a final brunch put on by the local Athletic Booster Club, everyone departed for Springfield, St. Louis, New York, London, and beyond. Tired, but happy.

Memories

Those of us who participated in Neosho will never forget it: for some challenging weather, but mainly for a lot of down home hospitality shared with our guests. It is awesome what Americans can do when they are organized in a positive direction towards a worthy cause, such as international understanding through sport.

Thank you, Neosho, and thank you, Tom Thorne. □

DECATHLON PAIRINGS

Name	Age	GBR	USA
Childs, Len	70 GBR	2930	
Hiralmaki, Fred	72 USA		4398
Sleedman, Ian	68 GBR	4901	
Scott, Dick	67 USA		4186
Taylor, Cliff	64 GBR	4869	
Jankovich, Bill	63 USA		6409
Charles, Bruce	65 GBR	5896	
Mills, Bruce	67 USA		4136
Freebalm, John	66 GBR	6596	
Young, Rodger	69 USA		3376
McKay, Tony	68 GBR	6836	
Lance, Dale	58 USA		7374
Ross, John	58 GBR	6842	
Ratzloff, Jim	55 USA		3928
Brooks, Snowy	52 GBR	6186	
Angus, Bill	63 USA		6702
Fitzgerald, Eamon	50 GBR	6893	
Johnston, Joe	62 USA		6293
Harlick, Brian	54 GBR	3224	
Reller, Gordon	50 USA		3554
Roberts, Terry	50 GBR	6585	
Thorne, Tom	53 USA		5644
Corden, Mike	48 GBR	5354	
Russell, Alan	48 USA		6105
Stevenson, Robert	43 GBR	5885	
Bilderback, Jeff	40 USA		5419
Howarth, Tony	42 GBR	4444	
Meares, Kelly	43 USA		4842
Taylor, Bevis	30 GBR	3381	
Vance, Scott	31 USA		0000
GBR Men's Totals		77,221	
USA Men's Totals			72,366

Brown, Jenny	37 GBR	4935	
Hathaway, Christina	18 USA		3562
Barker, Hazel	37 GBR	4236	
Adamson, Mary	23 USA		3074
Smith, Carol	39 GBR	3565	
Thornburg, Laura	30 USA		1958
Charles, Jackie	66 GBR	4292	
Bachs, Marlene	63 USA		4369
Sleedman, Betty	63 GBR	3992	
Watry, Katie	11 USA		3494
GBR Women's Tot.		21,020	
USA Women's Tot.			16,455

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH DEC. 1996

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
JAMES ALLEN (EL CERITO, CA)	12-24-21	75-79
IOANNIS BELLOS (GRE)	12-8-36	60-64
MICHEL BERNARD (FRANCE)	12-21-31	65-69
RUSS BONHAM (BLOOMINGTON, IN)	12-10-31	65-69
STANLEY BROOKS (GB)	12-26-26	70-74
CHARLES BUCHTA (SKILLMAN, NJ)	12-12-41	55-59
NOEL CARROLL (GB)	12-7-41	55-59
ARTHUR CONRO (MA)	12-26-36	60-64
BARRY CURTIS (BRONX, NY)	12-10-36	60-64
BURT DEGROOT (SAN CLEMENTE, CA)	12-17-6	90-94
ROY FOLEY (AUS)	12-8-16	80-84
GEORGE FRENCH (CA)	12-26-41	55-59
BROR-RICKARD GUSTAFSSON (SWE)	12-16-36	60-64
CAROL JOHNSTON (WHITTIER, CA)	12-24-11	85-89
MIKE KELLY (TYBEE IS., GA)	12-13-46	50-54
VANCE KOERNER (ORANGEVALE, CA)	12-26-26	70-74
ALEX LAMPARD (AUS)	12-2-16	80-84
TOM LAVERY (RSA)	12-18-11	85-89
EDWIN LUKENS (SYRACUSE, NY)	12-9-21	75-79
ROBERT MILLER (SEATTLE, WA)	12-6-36	60-64
JIM NOLAN (CAN)	12-1-26	70-74
MAYNARD ORME (MONTE SERENO, CA)	12-0-36	60-64
TOM PATSALIS (ALHAMBRA, CA)	12-6-21	75-79
RUSSELL RANDALL (DENVER, CO)	12-30-6	90-94
JOHN REEVES (CAN)	12-1-26	70-74
GEORGE RHODEN (JAM-SAN DIEGO, CA)	12-13-26	70-74
HENRI SALAVARDA (BEL)	12-1-36	60-64
DOUG SMART (SEATTLE, WA)	12-4-36	60-64
RAY STEWART (SAN FRANCISCO, CA)	12-16-26	70-74
FRIEDRICH TEMPEL (WG)	12-15-1	95-99
JAMES TODD (GBR)	12-29-21	75-79
DEREK TURNBULL (NZ)	12-5-26	70-74
JIM VERNON (WEST COVINA, CA)	12-28-16	80-84
WILLIAM WEINACHT (ROCKY RIVER, OH)	12-1-16	80-84
RICHARD WILSON (US)	12-29-31	65-69
LOUISE ADAMS (BOULDER, CO)	12-18-21	75-79
CHESTINE BARNES (CULVER CITY, CA)	12-2-46	50-54
RUSTY BARNETT (EL DORADO HILLS, CA)	12-24-41	55-59
BEATRICE BLONSKY (TARZANA, CA)	12-16-21	75-79
GLORIA BROWN (GRAND ISLAND, NY)	12-20-31	65-69
MARIE HEISSLER (PANORAMA CITY, CA)	12-24-26	70-74
SYLVIE KIMCHE (FRA-NEW YORK, NY)	12-11-46	50-54
MAVIS LORENZ (MISSOULA, MT)	12-22-26	70-74
MARY MARSOLOIS (EAGLE RIVER, AK)	12-13-36	60-64
JONI PENDLETON (SAN DIEGO, CA)	12-10-46	50-54
PHYLLIS SCHWANDT (DECATUR, IL)	12-31-21	75-79
JONI SHIRLEY (SAN DIEGO, CA)	12-10-46	50-54
JOAN STRATTON (S. LAKE TAJOE, CA)	12-11-51	45-49
ELS TUINZING (MILL VALLEY, CA)	12-3-21	75-79
SUE TUNNICLIFF (EDMUND, OK)	12-29-36	60-64
BARBARA VAIL (CA)	12-11-31	65-69
BEVERLEE ADAMS (AUS)	12-14-31	65-69
TEENA COLEBROOK (GBR)	12-18-56	40-44
MIA DUDINK (HOL)	12-24-46	50-54
KIRSTEN GARBO (NOR)	12-14-26	70-74
ROBIN HAMES (NZ)	12-5-36	60-64
TATYANA KAZANKINA (URS)	12-17-51	45-49
DOINA MELINTE (ROM)	12-27-56	40-44
TAMA NAKASHIMA (JPN)	12-22-16	80-84
MAUD NORKLIT (SWE)	12-22-11	85-89
AGNES O'DONOVAN (NZ)	12-15-36	60-64
DAPHNE PIRIE (AUS)	12-12-31	65-69
TATYANA SEVRYUKOVA (URS)	12-0-16	80-84
KIRSTEN SKARSVAG (NOR)	12-14-26	70-74
JOAN SUTTON (AUS)	12-5-41	55-59
GREET WARNAAR (HOL)	12-19-41	55-59
VERONICA WELGEMOED (RSA)	12-1-31	65-69

Masters Scene

NATIONAL

• Date changes for LDR Masters Championships: 5K, from March 30 to April 13; 8K X-C, from Sept. 6 to Sept. 1 (Labor Day).

• Steve Vaitones, M40, recorded 11,445m, and Jeanette Smith, W45, logged 10,195m to top the masters racewalkers in the USATF National One-Hour Racewalk Championships, Cambridge, MA, Oct. 23. Submaster Tory Herazo, 37, outstrode everybody with 12,215m. Bob Barrett, M60, finished among the leaders with 10,492m. Brian Savilonis, M45, covered more meters than anybody else in the Two-Hour Championships with a 22,271 total.

EAST

• Manoel Batista Leal (40, 2:46:20) and Lily Kosaka (46, 3:36:52) captured top masters honors in the Warwick Marathon, Warwick, NY, Nov. 3.

• Pete Kaplan, 40, Charlotte, NC, clocked a 2:33:35 to grab the top masters spot and finish 13th place overall in the 21st Annual Marine Corps Marathon, Washington, DC, Oct. 27. Barbara Bellows, 42, Ithaca, NY, coasted to a 3:04:44, finishing as the first female masters runner.

• Nick Caswell, 46, Peekskill, NY, 1:20:35, and Dee Jacobs, 46, Piermont, NY, 1:39:50, turned in masters wins in the Rockland Half-Marathon, Orangeburg, NY, Sept. 29. Second M40+, Morris Whiting, 52, Hopewell Junction, NY, was best age-graded at 82.8% with a 1:20:55. Third masters woman, Wen-Shi Yu, 61, Kew Gardens, NY, was top age-graded W40+ with an 82.3% 1:40:50.

• Carl Wallin, 55, hurled a US age record for the 16# SP with a 48-3/4 in Hanover, NH, on Oct. 5. The old record (42-10) was set in 1978 by George Ker, Los Angeles, one of the pioneers of masters t&f in Southern California and founder of the Grandfather Games, which transmuted into the UC-Irvine's Dan Aldrich Memorial Meet.

• Burke Koncelik, 42, East Hampton, L.I., wasn't deterred by the October 19 Nor'easter, which flooded Long Island roads and washed out the first game of the World Series, finishing first woman overall in 19:11 in the Oyster Bay 5K. Hometown John Lupski, 44, was second overall in 17:56.

• Robert Torchia, 45, Baltimore, MD, 2:04:14, and Kiki Sweigart, 45, MClean, VA, 2:32:32, negotiated masters firsts in the National Capital 20 Miler, Alexandria, VA, Sept. 29. In the 5 Miler, contested after the start of the 20 Miler, Rose Malloy, 48, Annapolis, MD, was second overall in a race record 31:08, behind the winner, Jack Barrar, 44, Alexandria, who ran 30:40. Malloy holds the W40+ course record (2:08) for the 20 Miler.

• Ed Sparkowski, 41, Simsbury, CT, logged a first overall in 15:05, Mountain Laurel Challenge 5K, Bloomfield, CT, Oct. 6. Jacqueline Shettle, 44, was W40+ winner in 21:41. Sparkowski is the M40-44 1995 Masters 10K X-C champion.

• Dale Keenan, 46, Selkirk, NY, captured the masters first in the Mohawk-Hudson River Marathon/USATF Adirondack Championships, Schenectady-Albany, Oct. 27, with a second-place 2:36:56. Karen Provencher, 41, Glens Falls, NY, was the W40+ winner in 3:13:45.

• Wayne Jacob, M40, 1:10:21, and Sandy Lovejoy, W40, 1:23:50, sailed to masters firsts in the USATF New England Championships/Newport Savings Half-Marathon, Newport, RI, Sept. 29. Joe Fernandez logged an M65 win with a 1:24:18. In the USATF/NE Championships/Cape Cod Marathon, Falmouth, MA, Oct. 27, Bob Ruel, M40, 2:40:39, and Lovejoy, 3:00:17, breezed to masters firsts.

• John A. Kelley, 89, whose name is synonymous with "Boston Marathon," was honored with a Doctor of Humane Letters degree at the Boston U. Commencement in May. Born in 1907, he ran the Boston Marathon 61 times between 1931 and 1992, winning in 1935 and 1945, com-



John A. Kelley

ing in second on seven occasions, and finishing the race in the top 10 nineteen times. A member of the US Olympic team in 1936 and '48, he was one of the few athletes to compete in both Games. He was selected for the canceled 1940 Olympics, and was national AAU champion in 1948 and '50. In 1973, Kelley retired after 37 years with Boston Edison. Dr. Kelley now lives in East Dennis, MA, where he pursues a second career as a painter.

• Richard Webb, 52, was top scorer in the 3rd annual Runner's Pentathlon, Swarthmore College, PA, Oct. 27, with a total of 412.76. Runners were scored by age- and sex-grading their times in the 3000, 800, 200, 1500, and 400, in that order, and adding up their percentages. Webb ran 9:52.9/2:18.7/28.9/4:47.9 and 63.7. The first female was Shelley Keeling, 45, with a 387.36 (11:47.3/2:38.8/31.5/5:39.3/68.5). Thirty-three runners, ranging in age from 19 to 71, participated.

Janet Takahashi, 40, 36:01, London, Ont., grabbed the masters title at the Tufts 10K for Women, Boston, MA, Oct. 14. Other age group winners were Barbara Filutze, 50, 39:39, Carolyn Capetta, 60, 46:40, and Ani Rak, 70, 1:05:44.

SOUTHEAST

• Bob Dalton, 43, Fayetteville, GA, and Sheila Haire, 41, Atlanta, were first masters in the Peachtree City 15K Classic, which served as the RRCA National Championships, Peachtree City, GA, Oct. 13. Dalton won in 51:31, leaving second to Pat Hambrick, 47, New Orleans, 51:58. Second W40+ here in 1995, Haire won with a 64:59, with Patty Dye, 47, Wellington, GA, second in 65:31. In an adjunct 5K, masters winners were Danny Daniel, 43, Bowdon, GA, 17:14, and Cherolynn Weaver, 40, College Park, GA, 20:53.

• Jose Clavijo, 43, Fort Lauderdale, 16:32, and Lynn McFadden, 40, Miami, 18:57, scrambled to wins in the Over The Hill Masters 5K, Cooper City, FL, Oct. 19. Grandmasters winners were David Compton, 55, West Palm Beach, 18:28, and Mimi Oliveira, 57, Miami, 23:20. In

the racewalk division, Linda Stein, 49, Sunrise, FL, topped both the men's and women's fields for the eighth time in her career with a 28:03. Rod Vargas, 47, Miami, was the first M40+ in 28:40.

• Andrew Smith, M45, 43:29, and Grace Annunziata, W55, 60:04, nailed down firsts in the NCCWAVA 8K Racewalk Championships, Columbia, SC, Oct. 5.

• Jim Pearson, 47, finished first overall in 15:50 in the Sea World 5K in Orlando, FL. "It was my first race as a grandfather," Pearson told Prime-TV after the race. "It's a great course."

MIDWEST

• Chuck Sochor, Gowen, MI, top-ranked M65 sprinter in 1995, who missed the 1996 season with a slow-healing hamstring injury incurred in February, won the M65 division of the Apple Country 5K, Grand Rapids, MI, Oct. 19, with a 25:48. He writes, "Have just run road races and stayed away from the fast stuff. Started speed work with the Grand Valley State track team. Feel stronger and better than I have in a long time." Masters winners in the Apple Valley 5K were Fred Geary, M40, Holland, MI, 17:36, and Sharon Hoekstra, W45, Hudsonville, MI, 19:55.

• Jonathan Matthews, 40, Bloomington, IN, strode to a first overall with a 22:09 in the Monster Mash 5K Racewalk, Indianapolis, Oct. 19. Fourth-place Max Walker, 50, was second M40+ in 25:57. Jeanette Smith, 47, was fifth with a 27:55.

• Al Choma, 40, seized top masters honors in the Columbus Marathon, Nov. 10, with a solid 2:32:24 (84.6% AG). Laurel Cihak, North Muskegon, MI, W40, topped the female masters field in 3:09:42. Age group standouts included Ed Whitlock, Milton, OH, finishing in 2:56:42 in the M65 division, and Nina Bovio, Brighton, MI, winning the W50 division in 3:24:27.

MID-AMERICA

• Call him Congressman. Three-time Olympian and masters runner, Jim Ryun, 49, was elected to the U.S. House of Representatives from Kansas' 2nd district, Nov. 5. A Republican, Ryun defeated his Democrat opponent by a 48-42 percentage margin.

• After a five-year hiatus, the legendary Jack Greenwood, now 70, of Aurora, CO, returned to action this season in a few local meets. The four-time USA masters track & field athlete of the year (1983, 1986, 1989, 1991) had a kneescope in 1991 which didn't turn out well. The doctors told him to give up running, which he did for five years. "But I got the itch back this year," Greenwood said. "I started out walking a quarter-mile, then jogging 100, until I gradually got it up to three miles. It doesn't hurt that much, so I'm going to keep at it." Greenwood, who had successful heart by-pass surgery in 1987, competed in this year's Rocky Mountain Masters Games, Sept. 1, winning the M70 100 (14.23, 90.2%), 200 (29.10, 90.0%) and 400 (69.90, 84.8%). He still holds four world age-group records in the short and long hurdles but says it's doubtful if he'll ever hurdle again.

• John Hosner, 71, Blacksburg, VA, placed first in the Bud Light Stadium Run 10K, St. Louis, Sept. 8, running an actual time of 43:38 with a handicap of 14:30 to record a handicap best time of 29:08. Jack Gentry, 68, Rogers, AR, was second with a 42:53, minus a 12:30 handicap for a 30:23. Gail Ford, 43, St. Louis, was first W40+ on a 41:15, less 7:00, for a 34:15.

• The St. Louis TC starts its annual Frostbite Series on Dec. 28 at Forest Park Fieldhouse at 9 a.m. Remaining dates are Jan. 11 & 25, and Feb. 8 & 15. Each meeting consists of two different races, varying in distance from two miles to a half marathon. 314-781-3926.

• Kevin Setnes, 42, of Eagle, WI, was the overall men's winner at the Edmund Fitzgerald/USATF 100K Championships, Oct. 19, in 7:06:36. Placing second overall in the women's race was master's champion, Mo Bartley, 41, of Cool, CA, in 9:03:05. Forty-six men and nine women completed the 100K dis-

tance from Finland, MN, to Duluth, on a sunny day with temperatures ranging from the upper 20s to the 50s.

• Patrick Jablonski of Alexandria, VA, has been disqualified from his second-place M40-44 finish in Grandma's Marathon, Duluth, MN, June 22, for not running the entire course. He crossed the finish line 13 seconds behind masters winner Doug Kurtis, who ran 2:27:26, but the marathon uses video check points, and Jablonski did not show up as having gone through all of them. "I called him and told him he's a disgrace to the sport," said race director Scott Keenan. "The sad thing is, he collected \$2000 from the Pittsburgh Marathon." That race is now considering its options. Dave Johnson (2:31:20) and Terry Stewart (2:38:42) were moved into the second and third M40 spots in the official Grandma's results.

WEST

• Mark Drake, M40, 1:15:34, and Karen Johnson, W40, 1:28:21, snagged masters firsts in the Sacramento Half-Marathon, Oct. 6. Their counterparts in the marathon were Bill Hambrick, M40, 3:04:23, and Brenda Hill, W45, 3:48:38.

• The Nevada Senior Games drew 220 participants from 20 states to the U. of Nevada-Las Vegas track, Oct. 11-13. Yvette LaVigne, W55, doubled in the 1500/5K run in 5:58 and 21:22. Bob Bergfeldt, M60, registered a unique triple with solid marks in the JT (139-2), LJ (15-1), and HJ (5-1).

• Walt Dahlin, 75, broke the US M75 record for the HJ with a pending 4-3/4 at a Timber Wolf TC Meet, Sacramento, Oct. 13. The former record of 4-3/4 in 1978 was held by Herb Anderson.

• Shirley Matson 55, Moraga, CA, was third W40+ in 1:23:09 in the Humboldt Half-Marathon, Weott, CA, Oct. 20, outkicking Joan Ottaway (1:23:14) the last tenth and breaking Barbara Miller's US W55-59 record of 1:28:27 in 1995. In a 5K at San Ramon, CA, Oct. 13, she bettered her pending 18:40 US record with an 18:27, and on Oct. 27, she was first woman overall over a hilly 10K in 38:54. Matson has a pending US 10K record time of 37:29, run on Sept. 29.

• Yeager Warrick, M40, 36:07, and Brenda Carpino, W45, 47:59, breezed to firsts in the USATF Western Regional 8K Racewalk Championships, Las Vegas, NV, Oct. 20. Ed Kousky, M55, 42:20, and Jack Bray, M60, 42:32, sailed to division wins in cool, very windy conditions.

INTERNATIONAL

• An International Summit for Vertical Jumps is scheduled for Dec. 5-7 in Juarez, Mexico. Prospective participants will include Lawrence Johnson, US record holder; Larry Jessee, masters record holder; Roman Botcharnikov, Russian vault expert; and Dr. Rene Romero, Cuban high jump coach. In addition to a clinic on the 5th and 6th, an exhibition featuring Johnson and Jessee is planned for the 6th, and a competition for top USA and European women is scheduled for the 7th. Contact is Elbert Pratt, 5000 Love Rd., El Paso, TX 79912; 915-584-1726, or 011-52-16-13-33-92.

• Gerard Hol, M40, 2:26:31, and Jeanner Janssen, W35, 2:53:57, were veterans firsts in the Dutch National Marathon Championships, Eindhoven, Oct. 13. Wil v.d. Lee won the M65 race in a very good 2:48:26.

• Tom Jordan, WAVA Executive V-P, reports interest has been shown to host the 2001 WAVA World Veterans Athletics Championships by Victoria (CAN), Sydney (AUS), Spokane (USA), and Kuala Lumpur (MAL).

OPEN

• Vic Holchak, the man behind track and field's successful toll-free hotline, says his 800 number service will operate from February through September next year. He said there were 291,314 calls received at 1-800-94-TRACK in 1996, logging over 12,000 hours.

Schedule

USA track and field events feature competition for men and women over age 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. International T&F meets are generally limited to men over 40 and women over 35. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 50098, Eugene OR 97405.

TRACK & FIELD

NATIONAL

December 3-7. USATF National Convention, Westin St. Francis, San Francisco, Calif. USATF, PO Box 120, Indianapolis, IN 46206-0120. 317-261-0500.

March 21-23. USATF National Masters Indoor Championships, Boston. TRACS, Inc., 79 Manet Rd., Chestnut Hill, MA 02167. Fax: 617-964-8356. Entry form in December and January issues.

May 21-28. U.S. National Senior Sports Classic VI, Tucson, Ariz. TLOC 4 East Congress, 2nd floor, Bank One Annex Bldg., Tucson, AZ 85701. 520-791-5555.

August 7-10. 30th annual USATF National Masters Championships, San Jose, Calif. San Jose Sports Authority, 99 Almaden Blvd., Suite 975, San Jose, CA 95113. Steve Hess, meet director. 408-288-2935.

August 6-9, 1998. 31st annual National Masters Championships, Orono, Maine.

EAST

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

December 6. MAC Indoor Development Meet, 168th St. Armory, Manhattan. SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 718-358-6233 (7-9:30 pm EST).

December 13. MAC Indoor Meet, 168th St. Armory, Manhattan. See Dec. 6.

December 15. Philadelphia Masters Indoor Development Meet, Haverford College, Haverford, Pa. Bill Krieger, 215-656-7617, ext. 245 or Karl Castor, 215-441-8584.

December 29. MAC Indoor Meet, 168th St. Armory, Manhattan. See Dec. 6.

January 10-12. Dartmouth Relays, Leverone Field House, Hanover, New Hampshire. Carl Wallin, Meet Director, Dartmouth College, Alumni Gym, Hanover, NH 03755. 603-646-2848, 646-2540, 646-3570.

January 12 & 26. DCRRC Indoor Meet Series, Jefferson Community Center, Arlington, VA. 8 am-12 noon. Top 4 M&W40+ milers on 26th will be invited to run in masters mile at Grand Prix, George Mason U., Feb. 23.

January 18. 30th Anniversary Hartshorne Memorial Masters Mile, Cornell U., Ithaca, NY. W30+/M40+. Prize purse for Men's Elite Mile; bonus for new record (M&W40+). 10 am. Rick Hoebeke, 2706 Agard Rd., Trumansburg, NY 14886. 607-255-6530(day), 387-6431(eve).

January 18. MAC Indoor Meet, 168th St. Armory, Manhattan. SASE to Roz Katz,

170-11 65th Ave., Flushing, NY 11365. 718-358-6233 (7-9:30 pm EST).

January 19. Greater Boston TC Invitational, Harvard U., Allston, Mass. Masters/open events. Jim O'Brien, meet director, GBTC, PO Box 183, Boston, MA 02117-0183. 617-282-5537.

February 9. DCRRC Indoor Meet Series, Jefferson Community Center, Arlington, Va. 8 am-12 noon. Top 4 M&W40+ milers will be invited to run in masters mile at Grand Prix, George Mason U., Feb. 23.

February 9. New Jersey Submasters & Masters Indoor Championships, Fairleigh Dickinson U., Hackensack. SASE to Jim Manno, 792 Schaefer Ave., Oradell, NJ 07649. 201-261-7756.

February 28. MAC Indoor Masters Championships, 168th St. Armory, Manhattan. SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 718-358-6233 (7-9:30 pm EST).

April 25-26. Penn Relays, Philadelphia. 25th: 4x100m (M40+; M50+ & W40+ run in same race), 100m (W40+, M40+, M50+, M60+), 4x400 (M50+ & W40+ run in same race). 26th: 4x400 (M40+), 100 (M75+). April 1 deadline. Karl Castor, 44 N. Penn St., Hatboro, PA 19040; 215-441-8584, or Peter Taylor, 4014 Hallman St., #3, Fairfax, VA 22030; 703-385-4392.

SOUTHEAST

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

December 2-8. Florida Senior Games Championships, Kissimmee. 50+. Laura Hallam, Governor's Council on PFS, One Citrus Bowl Place, Suite 202, Orlando, FL 32805-2451. 407-245-0300.

MIDWEST

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

January 4. 13th Annual "The Athlete's Foot" Indoor Masters Meet, Augustana College, Rock Island, Ill. Pete Stopoulos, PO Box 465, East Moline, IL 61244. 309-792-1015.

January 25. Lincoln-Way Masters Meet. Lincoln-Way HS, Central Campus, New Lenox, Ill. Rt. 30, New Lenox, Ill. Mike Davis, 815-485-2879(d); 485-7676(d).

February 15. NIFS-Indiana USATF Indoor Masters Invitational. The National Institute for Fitness and Sport, 250 University Blvd., Indianapolis, IN 46202. Vern LaMere, 317-274-3432.

MID-AMERICA

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

February 2. The 21st Century AGELESS GAMES. See the Master Board. SASE to

Rachel Lyga, 122 NE 63 1/2 Way, Mpls, MN 55432. 612-574-9661.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

February 1. Sooner State Games, Shawnee Exposition Center, Shawnee, Oklahoma. 405-235-4222.

WEST

Arizona, California, Hawaii, Nevada

December 14. KELfield Throws Meet #55, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202. Contact Kelmenson before attending meet.

December 15. Timber Wolf T&F Club Meet, Sacramento. John Gallen, 916-489-2708.

January 18. KELfield Throws Meet #56, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202. Contact Kelmenson before attending meet.

February 7-16. California Senior Olympics, Palm Springs, Calif. 50+. Ben Green, 619-323-5689.

February 15. KELfield Throws Meet #57, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202. Contact Kelmenson before attending meet.

February 15-17. Paradise Pentathlon, Honolulu. Weight Pentathlon. Hawaii Masters Track Club, PO Box 15763, Honolulu, HI 96830-5763. Ed Costello, 808-988-2379.

February 16. Silver State Indoor Masters Classic, Reno. Events added this year: pole vault, super weight, hurdles, race-walk. Silver State Striders, PO Box 21171, Reno, NV 89515. 702-329-2814.

INTERNATIONAL

December 14-15. Indoor Russian Veterans Sport Association Cup "Match-5", Moscow. Vadim Marshv, 14-6 Pervomayskaya St., Himki, Moscow Region, 141400, Russia. 7-095-5734150; fax 5726436.

February 22. British Masters Indoor Championships, Glasgow, Scotland. Henry Morrison, 40 Arden St., Edinburgh, Scotland EH9 1BQ.

February 28-March 2. 1st WAVA European Indoor Championships, Birmingham, England. Foreigners welcome. EVIC Entry Secretary, 48 Ford Close, Harrow, Middlesex, HAI 4AZ, England. Fax: 181-248-2271.

June 28-29. British Masters Championships, Blackpool, England.

July 10-25. 15th Maccabiah Games, Tel Aviv, Israel. US Maccabiah Committee, 1926 Arch Street, Philadelphia, PA 19103. 215-561-6900.

July 17-27. XII WAVA World Veterans Athletics Championships, Durban, So. Africa.

August 9-22, 1998. 4th International Masters Games (multi-sports), Portland, Ore.

LONG DISTANCE RUNNING

NATIONAL

December 3-7. USATF National Convention, San Francisco, CA. See T&F National.

ON TAP FOR DECEMBER TRACK AND FIELD

Not much going on outdoors, except for abbreviated meets in the warmer climes of Florida and California. Gothamites can warm up for the indoor season with MAC Development Meets on the 3rd, 16th, and 29th, at the 168th St. Armory, Manhattan. Otherwise, you can avoid being an old stay-at-home by attending the USATF Convention on the 3rd-7th in San Francisco.

LONG DISTANCE RUNNING

The USATF Masters 10K Cross-Country Championships are scheduled for the 7th in San Francisco. The Masters 50K/50-Mile Championships hit Houston, Texas, on the 14th. Memphis, Tenn., and Culver City, Calif., host marathons on the 1st. More 26-milers are available on the 8th in Tucson; Dallas; Middletown, Del.; Brandon, Fla.; Sacramento; and Honolulu, with a less conventional distance race of 30K set for Houston. The Rocket City Marathon blasts off in Huntsville, Ala., as does the Jacksonville Marathon in Florida on the 14th. Two variations on the long-distance theme are the Lassen Virin 20K, Pt. Mugu, Calif., (north of Los Angeles), and the Xmas Relays in San Francisco on the 15th. On the 21st, the menu offers the Ho Ho Ho 5K on Long Island; Louisiana State Championships in the 15K and 30K in New Orleans; and the Mainly Masters 10K in San Diego. The Runner's World Midnight 5K closes the door on 1996 on the 31st.

RACEWALKING

NYC walkers have two Gran Prix 5Ks handy in Central Park on the 1st and 15th. Texans have a 50K available in Houston on the 29th.

December 7. USATF National Masters 10K Cross-Country Championships, San Francisco, Calif. John Mansoor, 120 Ponderosa Ct., Folsom, CA 95630. 916-983-4622.

December 14. USATF National Masters 50K/50 Mile Championships, Huntsville, Texas. Sunmart-Texas Trail Endurance Run. Norman Klein, 11139 Mace River Ct., Sacramento, CA 95670. 916-638-1161; fax 916-638-0857.

January 12. USATF National Masters One Mile Road Championships, Santee, Calif. Masters money for overall winners, plus sex- & age-graded money for masters. Elite Racing, 10509 Vista Sorrento Pkwy, #102, San Diego, CA 92121. 619-450-6510.

February 9. USATF National Masters Half-Marathon Championships, Las Vegas, Nev. Al Boka, race director, PO Box 81262, Las Vegas, NV 89180.

Continued on next page

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Phone/fax: 702-876-3870.

April 12. USATF National Masters 10K Championships, Plainview, N.Y. Michael Polansky, 62 Sylvia Lane, Plainview, NY 11803. 516-433-0919.

April 13. USATF National Masters 5K Championships, Carlsbad, Calif. Tim Murphy, 10509 Vista Sorrento Pkwy, #102, San Diego, CA 92121. 619-450-6510.

June 5-8. RRCA 40th Convention, Colorado Springs. RRCA, 1150 S. Washington St., Suite 250, Alexandria, VA 22314.

September 1. USATF National Masters 8K Cross-Country Championships, Pasco, Wash. Jim Peterson, 520 Franklin, Richland, WA 99352. 509-376-6731.

EAST

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

December 1. NYRRC Pete McArdle X-C Classic, Bronx, N.Y. NYRRC, 9 E. 89th St., New York, NY 10128. 212-860-4455.

December 1. Rob's Run 5K X-C, Syosset, L.I., N.Y. Plainview-Old Bethpage RRC, 62 Sylvia Ln., Plainview, NY 11803. Ed Melnik, 516-433-4633.

December 8. Delaware Marathon, Middletown. Wayne Kursh, c/o DM, PO Box 398, Wilmington, DE 19899. 302-654-6400.

December 21. Ho Ho Ho Holiday 5K, Bethpage, N.Y. See Dec. 1. Ed Kovesdy, 516-499-1439.

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

April 21. Boston Marathon. Boston Athletic Association, Marathon Applications, PO Box 1997-A, Hopkinton, MA 01748. 15,000 limit; entries accepted until Feb. 1.

SOUTHEAST

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

December 1. First Tennessee Memphis Marathon. FTMM, Box 84, MO-8,

Memphis, TN 38101. 800-893-RACE; fax: 901-523-4354.

December 8. Semper Paratus 10K, Coast Guard RTC, Yorktown, Va. Sandy Harrison, 804-898-2226.

December 8. Brandon Marathon. Marathon, PO Box 1564, Brandon, FL 33509. 813-681-4279.

December 14. Rocket City Marathon, Huntsville. SASE to Huntsville TC, 8811 Edgehill Dr., Huntsville, AL 35802. Harold or Louise Tinsley, 205-881-9077.

December 14. Jacksonville Marathon, Fla. Race hotline, 904-739-1917.

January 4. Charlotte Observer Marathon. SASE to Observer Marathon, Box 30294, Charlotte, NC 28230. 704-358-5425.

January 25. Gasparilla 15K & 5K, Tampa. SASE to Gasparilla, PO Box 1881-RT, Tampa, FL 33601-1881.

February 15. Viking Classic 10K/USATF Georgia Open Championships, Rome. Jim Dugger, 490-575 Berry College, Mt. Berry, GA 30149-0575.

February 23. Colonial Half-Marathon & 5K, Williamsburg, Va. Bonita Flesher, PO Box 399, Williamsburg, VA 23185. 757-221-3362.

March 15. Shamrock Sportsfest Marathon, 8K and Masters 8K, Virginia Beach, Va. SASE to Shamrock, 2308 Maple St., Virginia Beach, VA 23451. 757-481-5090; fax: 481-2942.

MIDWEST

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

April 26. Kentucky Derby Festival Half-Marathon, Louisville. 1-800-928-FEST.

May 4. Revco-Cleveland Marathon & 10K. 1-800-GO-REVCO.

MID-AMERICA

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

June 8. KRDO Garden Of The Gods 10 Miler/RRCA National Championships, Colorado Springs. Fred Mais, 809 N. Cascade Ave., Suite F, Colorado Springs,

CO 80903. 719-473-2625.

June 21. Grandma's Marathon, Duluth, Minn. Grandma's Marathon, PO Box 16234, Duluth, MN 55816. 218-727-0947.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

December 8. Dallas White Rock Marathon, DWRM, 3607 Oak Lawn Ave., Dallas, TX 75219. Doris Lafayette, 214-528-2962.

December 8. Altel SLT 30K, Houston. Tom McBrayer, 4021 Montrose, Houston, TX 77006-4956.

December 14. Sunmart Texas Trail Endurance Runs, Huntsville State Park, Houston, Texas. Norm Klein, 11139 Mace River Ct., Rancho Cordova, CA 95670. 916-638-1161.

December 21. The Wall-Louisiana State Championships, 30K and 15K. Abita Springs, La. NOTC, P.O. Box 52003, New Orleans, LA 70152-2003. 504-482-6682 or 468-1488.

January 5. 90th Jackson Day Race, 9K. New Orleans. NOTC, P.O. Box 52003, New Orleans, LA 70152-2003. 504-482-6682 or 468-1488.

January 12. Houston Marathon. HM, PO Box 56464, Houston, TX 77024. 713-864-9305, 864-7525.

January 18. New Orleans Mardi Gras Marathon, 1/2 Marathon, 6K. NOTC, P.O. Box 52003, New Orleans, LA 70152-2003. 504-482-6682 or 468-1488.

February 16. Austin Marathon. SASE to Marathon, PO Box 684587, Austin, TX 78768. Lyle Clugg, race director, 212-505-8304.

February 22. Cowtown Marathon & 10K, Fort Worth, Texas. Cowtown Runs, PO Box 9066, Fort Worth, TX 76147. 817-735-2033.

March 29. Crescent City Classic 10K, New Orleans. Mac DeV Vaughn, 8200 Hampson St., #217, New Orleans, LA 70118. 504-861-8686.

WEST

Arizona, California, Hawaii, Nevada

December 1. Western Hemisphere Marathon, Culver City, Calif. CC Recr. Dept., 4117 Overland Ave., Culver City, CA 90230. 310-253-6650.

December 8. Palm Desert 5K/USATF Open Men's Championship, Palm Desert, Calif. Tim Murphy, Elite Racing, 10509 Vista Sorrento Pkwy, Suite 102, San Diego, CA 92121. 619-450-6510.

December 8. Tucson Marathon & Half-Marathon. Southern Arizona RR, 4625 E. Broadway, Suite 112, Tucson, AZ 85711. 520-325-2736; fax 770-9899.

December 8. California International Marathon, Sacramento. CIM, PO Box 161149, Sacramento, CA 95816. 916-983-4622.

December 8. Honolulu Marathon. HM Assoc., 3435 Wailae Ave. #208, Honolulu, HI 96816. 808-734-7200.

December 15. 19th Annual Lasse Viren 20K, Pt. Mugu St. Park (15 miles north of Malibu), Calif. Steve Blum, 505 Briarwood Terrace, Ventura, CA 93001. 805-652-1744 or Ray Seay 805-647-4124.



December 15. Christmas Relays, Lake Merced, San Francisco. 4 person teams; 4 1/2 miles per leg. SASE to West Valley TC, c/o Marc Lund, 1433 Norman Dr., Sunnyvale, CA 94087. Searcy Barnett, 510-635-9508 (eve).

December 21. 12th Mainly Masters 10K, San Diego. 800-450-SDTC.

January 11. Paramount 10K & Special World Masters 10K Race, Paramount, Calif. Standards for World Masters 10K. SASE to The Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

January 12. Steve Scott Festival of Races/USATF Master's Mile National Championship, Santee, Calif. Elite Racing 619-450-6510.

January 19. San Diego Marathon & Half-Marathon, Carlsbad, Calif. SASE to In Motion, Dept. RT, 511 S. Cedros Ave., Ste. B, Solana Beach, CA 92075. 619-792-2900; fax 792-2901.

January 26. Redondo Beach Super Bowl Sunday 10K, Redondo Beach, Calif. Conte Productions, 901 Van Ness Ave., Torrance, CA 90501. 310-781-2020; fax 543-9605.

February 8. Great American Adventure Cross-Country, Huntington Beach. Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

February 9. Las Vegas International Marathon & Half-Marathon & 5K. PO Box 81262, Las Vegas, NV 89180. 702-876-3870.

February 17. Great Aloha 8.25 Miles, Honolulu. Aloha Run, 1130 N. Nimitz Hwy., Bldg. A, Ste. 121A, Honolulu, HI 96817. 808-528-7388.

May 11. Great Trans Koolau Trek 10 Mile, Hawaii. Meet officials expect 100,000. \$3 non-refundable fee for commemorative race entry booklet to Race Headquarters, 50 S. Beretania St., Suite C-211A, Honolulu, HI 96813. 808-521-4351.

NORTHWEST

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

December 31. Resolution Run 5 Mile, Seward Park, Seattle. 3 pm. 206-524-RUNS; 522-7711.

April 12. Pear Blossom Run 10 Mile, Medford, Ore. Jerry or Zellah Swartsley, PO Box 146, Medford, OR 97501. 541-535-1205.

May 4. Lilac Bloomsday 12K. SASE April 15 to Bloomsday, PO Box 1511, Spokane, WA 99210-1511. 509-838-1579.

INTERNATIONAL

July 17-27. XII WAVA World Veterans Athletics Championships, Durban, South Africa.

RACEWALKING

December 1. Gran Prix #2, 5K, Central Park, NYC. Stella Cashman, Park Racewalkers USA, 320 E. 83rd St., NY, NY 10028. 212-628-1317.

December 15. Gran Prix #3, 5K, Central Park, NYC. See Dec. 1.

December 29. South Regional 50K Championships, Houston, Texas. Dave Gwyn, 6502 Briar Bayou, Houston, TX 77072. 713-498-0027.

February 16. Silver State Indoor Masters Classic, Reno, Nev. See T&F Feb. 16.

Masters Age-Graded Tables

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

M30-35				M60-64				M70-74			
Kent Powers	Triple Jump	41-9	08-03-96	James Beahm	5K	19:32	10-05-96	Bob Higginbotham	Long Jump	13-0	08-24-96
				James Duncan	Long Jump	4.60	05-19-96	Charles Schorr	56# Weight	4.25	09-08-96
M40-44					300H	54.16	06-01-96				
Bill Jacques	Mile	4:38.06	05-03-96		Pentathlon	2973	05-03-96				
M45-49				Pete Fish	5K	19:24	10-12-96	W45-49			
Rick Sherrod	400	56.0	02-25-96	Lloyd Kempf	High Jump	4-8	09-07-96	Ranjana Ghose	100	14.55	09-14-96
	800	2:09.09	05-12-96	Neil Saling	Shot Put	12.15	06-30-96		200	29.37	09-14-96
					Discus	45.36	08-24-96		Shot Put	8.38	09-14-96
									Discus	26.00	09-14-96
									Javelin	22.56	09-14-96
M55-59				M65-69				W70-74			
Dwaine Horton	High Jump	5-2	09-07-96	Rudy Bredenbeck	Discus	37.74	06-15-96	Lu Mahoney	Discus	50-7½	10-13-96
	100	12.7	09-07-96	Jack Pritchard	100	13.94	09-07-96				
James Huffman	800	2:26.5	06-28-96		100	13.93	09-21-96				
Rod Mackinlay	10,000	37:58.5	06-02-96								

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
Mile	4:31	4:35	4:42	4:53	5:07	5:25	5:49	6:14	6:51	7:38	8:42	10:10
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:00	32:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:15	68:30
110H	15.3	16.4	17.75	18.75								
100H					18.0	19.0	20.0	21.3				
80H									18.0	21.0	25.0	30.0
400H	57.6	59.7	62.0	64.4	67.2	70.6						
300H					48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC	10:00	10:20	10:55	11:40	12:30	13:20						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.13	1.02	.92
	6-4½	6-3¼	5-9½	5-6	5-2½	4-11	4-7½	4-4	4-½	3-8	3-4	3-1
PV	4.40	4.15	3.90	3.60	3.30	3.05	2.80	2.55	2.30	2.05	1.80	1.50
	14-5½	13-7½	12-9½	11-9½	10-10	10-0	9-2½	8-4½	7-6½	6-8½	5-11	4-11
LJ	6.55	6.20	5.85	5.45	5.10	4.75	4.40	4.00	3.65	3.35	3.00	2.65
	21-6	20-4	19-2½	17-10½	16-9	15-7	14-5½	13-1½	11-11½	11-0	9-10	8-8½
TJ	13.35	12.65	11.90	11.15	10.40	9.65	8.90	8.20	7.50	6.80	6.10	5.50
	43-9½	41-6	39-½	36-7	34-1½	31-8	29-2½	26-11	24-7½	22-4	20-½	18-½
Shot	15.20	14.10	13.00	12.00	12.40	11.20	12.00	10.80	10.00	8.80	7.65	6.50
	49-10½	46-3½	42-8	39-4½	40-8½	36-9	39-4½	35-5½	33-0	28-10½	25-1½	21-4
Discus	44.80	42.60	40.60	38.00	40.00	36.40	40.00	36.80	31.60	26.40	21.40	16.20
	147-0	139-9	133-2	124-8	131-3	119-5	131-3	120-9	103-8	86-7	70-2½	53-2
Hammer	47.24	44.20	41.14	38.10	38.40	36.00	36.00	33.00	29.00	25.00	22.50	18.00
	155-0	145-0	135-0	125-0	126-0	118-1	118-1	108-3	95-2	82-0	73-10	60-0
Jav	62.00	57.00	52.00	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
	203-5	187-0	170-7	157-6	141-1	126-4	131-3	114-10	95-2	78-9	62-4	49-2
35Wt.	15.00	14.00	13.00	12.00	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.00
25Wt.							11.00	10.00	9.00	8.00	7.00	6.00
56Wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
Pen	2800	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600
Dec	5500	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250

notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
 2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70+: 30".
 3) Long hurdles: 30-49: 36"; 50-59: 33"; 60+: 30".
 4) Shot put: 30-49: 7.26k (16½); 50-59: 6k; 60-69: 5k; 70+: 4k.
 5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg.
 6) Hammer: 30-49: 7.26k (16½); 50-59: 6k; 60-69: 5k; 70+: 4k.
 7) Javelin: 30-59: 800g; 60+: 600g.
 8) Metric heights and distances are the standard; feet and inches listed for convenience.
 9) Pen/Dec: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0
400	63.5	65.5	67.5	69.5	71.5	73.5	75.5	83.7	90.0	96.5	103.3
800	2:32	2:35	2:40	2:46	2:54	3:03	3:19	3:36	3:56	4:09	4:35
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48
Mile	5:34	5:44	5:55	6:07	6:26	6:49	7:19	7:46	8:47	9:39	10:45
5000	19:45	20:30	21:20	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.5	79.9	84.4	88.8							
300H					66.0	72.0	79.0	87.0	96.0		
HJ	1.42	1.35	1.27	1.19	1.12	1.07	1.02	.97	.92	.89	.84
	4-8	4-5½	4-2	3-11	3-8	3-6½	3-4½	3-2½	3-0½	2-11	2-9
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70
	8-10½	7-10½	6-11	5-11½	4-11	3-11	3-7½	3-3½	2-11	2-7½	2-3½
LJ	5.00	4.60	4.25	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.00
	16-5	15-1	13-11½	12-9½	11-8	10-6	9-4½	8-6½	7-8½	6-11	6-7
TJ	10.00	9.20	8.60	7.80	7.18	6.40	5.70	5.20	4.70	4.20	3.80
	32-10	30-2½	28-2½	25-7½	23-7	21-0	18-8½	17-1	15-5	13-9½	12-5½
Shot	10.30	9.30	8.40	7.70	7.95	7.20	6.50	5.80	5.25	4.70	4.25
	33-9½	30-6½	27-7	25-3½	26-1	23-7½	21-4	19-0½	17-3	15-5	13-11½
Jav	29.50	33.50	27.50	21.50	25.00	19.00	18.00	16.00	15.00	14.00	13.50
	129-7	109-11	93-6	70-6½	82-0	62-4	59-1	52-6	49-2	45-11	44-4
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.5
	98-5	91-2	85-4	78-9	72-2	65-8	59-1	52-6	49-2	45-11	44-4
Hammer	35.0	32.5	30.0	25.0	23.0	22.0	20.0	18.0	14.0	12.0	9.0
	131-3	114-10	98-5	82-0	75-6	72-2	65-8	59-1	45-11	39-5	29-7
20Wt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75
16Wt.					8.00	7.00	6.00	5.50	5.25	5.00	4.75

notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
 2) Short hurdles: 30-39: 33"; 40+: 30"
 3) Shot put: 30-49: 4k; 50+: 3k.
 4) Javelin: 30-49: 600gm; 50+: 400gm.
 5) Hammer: 30-49: 4k; 50+: 3k.
 6) Metric heights and distances are the standard; feet and inches listed for convenience.

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

TRACK & FIELD RESULTS

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

EAST

Potomac Valley TC Meet Alexandria, VA; Aug. 4

100m	
M30 Gregg Shaw	11.70
M40 Bruce Waggoner	13.10
M45 Jef Glazer	13.70
M50 Walt Gibson	12.90
M55 Rich Demulling	14.30
W75 Carla Convery	24.00

200m	
M30 George Ridley	22.70
M35 Wm Greene	26.90
M40 Bruce Waggoner	27.10
M45 Jef Glazer	27.70
M55 Rich Demulling	30.50
W75 Carla Convery	54.60

400m	
M30 George Ridley	50.50
M35 Wm Greene	57.40
M40 Bruce Waggoner	62.40
M45 Ken Umbarger	59.10
M55 Rich Demulling	70.90
W40 L Davis 40	70.90
W50 Chris Stockdale	72.10
W55 Tami Graf	79.40

800m	
M30 Stan Mitchell	2:07.50
M35 Wm Greene	2:10.80
M40 Kerry Lanham	2:16.40
M45 Wayne Harris	2:21.40
W40 L Davis 40	2:52.90
W50 Chris Stockdale	2:42.60
W55 Tami Graf	3:21.50

1 Mile	
M30 Gregg Rowe	5:08.20
M35 Marcus Mason	4:51.30
M40 Scott Winston	4:51.50
M45 Ken Umbarger	4:49.90
M55 Roland Hill	6:02.60
M75 Bud Averitt	12:40.00
W50 Chris Stockdale	5:53.90
W55 Tami Graf	7:02.60

3000m	
M30 Gregg Rowe	10:04.9
M40 Jack Barrar	10:37.7
M75 Bud Averitt	24:53.8
W55 Tami Graf	13:51.6

Shot Put	
M35 Ron Shekels	12.71
M45 John Priestley	10.13
W60 Sharon Good	5.19

Discus	
M35 Ron Shekels	41.00
M40 Mike Ellis	35.64
M45 John Priestley	30.33
M55 Al Gardner	22.53
M60 Bill Smith	40.67
M65 Rick Laulor	26.62
W55 Tami Graf	11.13
W60 Sharon Good	12.42
W75 Carla Convery	10.59

Javelin	
M35 James Overby Jr	32.18
M40 Mike Ellis	40.13
M50 Russ White	55.41
W60 Sharon Good	10.13
W75 Carla Convery	12.07

Weight Throw	
M45 John Priestley	9.46
W60 Sharon Good	5.47
3000m Racewalk	
M30 Alan Borst	19:46
M45 Jim Goldstein	16:18.1
M50 Bill Masciangelo	20:28.4
M70 Bill O'Reilly	20:20.4
W30 Patrici Zerfas	18:11.0
W40 Fran Carnevale	17:29.8

Maryland Masters Weight Meet Catonsville, Aug. 8

-Shot Put	
M35 Ron Scheckles	12.88
M40 Mike Ellis	12.10
M50 Jimmy Jones	11.62
M55 Jack Hoppenstein	10.92
M65 Bob Leishear	7.94
W55 Evelyn Wright	8.89
W60 Sharon Good	5.39
W70 Wally Dashiell	4.78

--Discus

M40 Mike Ellis	34.78
M50 Jimmy Jones	47.62
M55 Jack Hoppenstein	33.36
M60 Herm Blinckhoff	23.22
M65 Bob Leishear	27.28
W55 Evelyn Wright	26.68
W60 Sharon Good	9.42
W70 Wally Dashiell	13.92

-Hammer	
M40 Mike Ellis	29.42
M50 Tom Welischoskiy	36.34
M55 Jack Hoppenstein	23.80
M65 Bob Leishear	29.54
W55 Evelyn Wright	23.52
W60 S Good	12.33
W70 W Dashiell	13.88

-Javelin	
M40 Mike Ellis	37.34
M50 Jimmy Jones	39.12
M55 Dick Fox	28.00
M60 Herm Blinckhoff	32.20
M65 B Leishear	27.78
W55 Evelyn Wright	26.68
W60 Sharon Good	9.42
W70 Wally Dashiell	14.46

-Pentathlon Weight Throw	
M40 Mike Ellis	11.03
M50 Jimmy Jones	14.46
M55 Jack Hoppenstein	10.45
M65 Bob Leishear	11.40
W55 Evelyn Wright	8.60
W60 Sharon Good	5.04
W70 Wally Dashiell	4.52

-Weight Throw	
M35 Ron Scheckles	11.00
M40 Mike Ellis	11.59
M50 Jimmy Jones	11.26
M55 Jack Hoppenstein	8.00
M65 Bob Leishear	10.90
W60 Sharon Good	5.64
-Pentathlon (Age-graded)	
Jimmy Jones 52	3659
Mike Ellis 42	2690
Bob Leishear 67	2950
Jack Hoppenstein	2860
Dick Fox	2299
Evelyn Wright 59	3106
Wally Dashiell 72	2222
Sharon Good 63	1482

Potomac Valley TC Meet Alexandria, VA; Aug. 18

--100m	
M35 Manny Rosenberg	12.00
M40 Wilson Varga	13.50
M45 Jef Glazer	13.60
M50 Fred Cook	15.10
M55 Alan Gersman	15.60
M65 John Martin	16.00
M75 Ed Matthews	14.70
W45 Dru Klinger	17.40
W55 Evelyn Wright	16.10
W60 Audrey Lary	16.10
W75 Carla Convery	22.80

--200m	
M30 Andy Mitchell	25.40
M35 Paul Allen	24.20
M40 Al Harden	24.90
M45 Jef Glazer	27.70
M75 Ed Matthews	30.60
W30 Sonya Jordan	30.50
W45 Dru Klinger	37.90
W55 Evelyn Wright	34.70
W60 Audrey Lary	34.90
W75 Carla Convery	56.40

--400m	
M30 Brad Rogers	63.00
M35 Paul Allen	52.80
M40 Kerry Lanham	57.30
M45 D J Bertagnoli	62.70
M50 John Haubert	64.30
M55 Joe Broderick	83.60
M75 Bud Averitt	2:00.20
W30 Sonya Jordan	64.80
W50 Chris Stockdale	71.50
W65 Helen Schley	99.70

--800m	
M35 Wm Greene	2:13.30
M45 Wayne Harris	2:16.40
M75 Bud Averitt	5:36.40
W50 Chris Stockdale	2:40.30
W65 Helen Schley	3:58.40

--1 Mile	
M30 Ted Poulos	4:45.40
M35 Marcus Mason	4:51.60
M40 Milton Basta	5:11.60
M45 Paul Ryan	4:46.30
M50 John Haubert	5:29.50
M55 Joe Broderick	6:53.60
M75 Bud Averitt	12:22.00
W50 Chris Stockdale	3:48.80

--3000m	
M30 Ted Poulos	9:33.50
M35 John Rusinko	10:30.00
M40 Larry Parkinson	11:44.30
M45 J J Wind	10:15.50

--Short Hurdles	
M50 Kevin Sherbock	18.40
--High Jump	
M50 Fred Cook	1.37
--Long Jump	
M50 Fred Cook	4.14
M75 Ed Matthews	3.75
--Triple Jump	
M35 Stephen Metcalf	11.95
M75 Ed Matthews	7.52

--Discus	
M50 Russ White	31.34
M60 E R Premo	20.24
W45 Dru Klinger	14.78
W60 Audrey Lary	21.59
-Javelin	
M50 Russ White	55.96
M55 Joe Broderick	16.13
M60 E R Premo	17.98
W55 Evelyn Wright	26.62
W60 Sharon Good	10.97
W75 Carla Convery	11.89

--3000m Racewalk	
M30 Alan Borst	20:17.40
M45 B E Booth	14:37.70
M50 Vic Litwinski	17:57.00
M70 Ralph Driscoll	20:56.10
M75 Bud Averitt	27:39.10

Weight Meet Hanover, NH; Aug. 25

16# Shot	
Carl Wallin 54	46-5
Bob Mead 52	45-6
Bob Harvey 53	39-6
Carmen Letizia 43	38-2
Russ Foregger 58	34-7.75
6# Shot	
Bob Mead	51-4
Carl Wallin	51-0
Bob Harvey	42-8
Jerry BookensWeiner	50:42-7.75
Russ Foregger	36-6 1/2
6# Hammer	
Bob Mead	161-9
Carl Wallin	152-5
Carmen Letizia 16#	92-0
1.5 Discus	
Bob Harvey	134-8
Carl Wallin	134-3
Bob Mead	130-0
Jerry BookensWeiner	129-2
Packy Fusco 53	121-5
Russ Foregger	103-6
Carmen Letizia 2k	100-3



Weight Meet Hanover, NH; Oct. 5

16# Shot Put	
Carl Wallin 55	*48-3 1/2
Don Filkins 42	41-7
Carmen Letizia 43	38-0
6# Shot Put	
Carl Wallin	51-7 1/2
Don Filkins	46-6 1/2
Carmen Letizia	40-7
Packy Fusco 53	36-10
Discus	
Packy Fusco 1.5k	124-0
Don Filkins 2k	120-2
Carmen Letizia 2k	100-8
Mike Grisko 49 2k	97-8
16# Hammer	
Don Filkins	139-8
Mike Grisko	119-7
Carmen Letizia	108-2
*US single-age record	

Delaware Senior Olympics Dover, DE; Oct. 5

100m	
M50 Clifton Manvel	14.1
M55 Clyde Dossett	14.7
M60 Paul Beckman	15.0
M65 George Taylor	16.9

M70 David McCorkie	34.3
M74 Lloyd Treut	20.3
W55 Dolores Blakey	18.1
W60 Lois Johnson	21.5
W65 Marion Lisehora	21.5
W75 Becky Yancharis	21.5

200m	
M50 Clifton Manvel	29.6
M55 Clyde Dossett	31.5
M60 Thomas Obenchain	31.0
M65 Fred Knobloch	33.6
W55 Judith Armstrong	43.4
W60 Lois Johnson	46.6
W65 Marion Lisehora	48.7
W75 Becky Yancharis	1:02.2

400m	
M55 Stuart Modell	1:13.2
M60 Thomas Obenchain	1:14.1
M65 James Sayers	1:20.1
M85 Meriwether Buckalew	2:42.6
W55 Nancy Sorg	1:37.9
W60 Lois Johnson	1:37.8
W65 Marion Lisehora	1:49.7
W75 Becky Yancharis	2:19.8

800m	
M50 Richard Webb	2:19.9
M55 Robert Bennett	2:31.5
M60 Bill Gowdy	3:17.9
M65 William Beiser	3:34.9
M70 Luther Burdelle	3:20.1
M85 Meriwether Buckalew	6:16.6
W55 Nancy Sorg	3:50.3
W60 Suzanne Patton	3:29.5
W65 Marion Lisehora	4:16.9

1500m	
M50 Richard Webb	4:41.0
M55 Robert Bennett	5:15.0
M60 Peter Plimmer	5:25.2
M65 James Sayers	6:35.2
M70 Luther Burdelle	6:30.5
M85 M Buckalew	23:23.0
W55 Nancy Sorg	7:32.1
W60 Lois Johnson	7:21.0
W65 Marion Lisehora	8:23.0

Long Jump	
M50 Clifton Manvel	13-4.50
M55 Clyde Dossett	12-10.25
M60 Paul Beckman	12-4.50
M65 George Taylor	10-11.50
M70 John Kolodien	6-1
M75 Charles Irwin	9-3.50
W65 Marion Lisehora	7-5.50
W75 Becky Yancharis	3-6.25

Shot Put	
M50 Frank Beckman	30-10.50
M55 James Collins	30-9.75
M60 Paul Beckman	33-8
M65 John Bonner	25-9.75
M70 Edward Meggs	29-5
M75 Robert Wagner	25-9
W50 Rachel Singleton	26-3.50
W55 Jean Lane	23-10.25

Discus	
M55 John DeBenedictis	82-7
M60 Paul Beckman	112-1
M65 William Dawkins	83-2
M70 Edward Meggs	76
M75 Charles Irwin	88-11

W55 Jean Lane	52-7
W65 Genevieve Nunan	25-2
W55 Jean Lane	58-2

Javelin	
M50 Lynn Keene	66-5
M55 James Collins	68-10
M60 Albert Smith	83-6
M65 George Taylor	89-4
M70 Hugh Horning	83-1
M75 Charles Irwin	65-2

SOUTHEAST

Henry Williams Meet Huntsville, AL; Sept. 12

400m	
M55 Roger Chassay	72.32
Dick Anderson	73.02
M60 Hugh Manning	92.6
M65 Floyd Deuring	71.48
Grady Edwards	82.73
W65 Betty Dooley	1:48.15
Peggy Myrick	1:50.0

800m	
M55 Roger Chassay	2:58.63
M60 Hugh Manning	3:40.38
M65 Floyd Deuring	2:53.56
Grady Edwards	3:17.0
W65 Betty Dooley	4:17.23
1 Mile	
M55 Roger Chassay	6:30
M60 Hugh Manning	8:35
M65 Floyd Deuring	6:12
Grady Edwards	7:15
W65 Betty Dooley	9:45

MID-AMERICA

2nd International Team Decathlon/Heptathlon Challenge Neosho, MS; Oct. 26-27

Name	Points	100	LJ	SP	HJ	400 Day 1	HURDLE	DT	PV	JT	1500
--- M30 ---											
1 Taylor, Bevis		12.4	5.10m	8.18m	1.54m	1:01.2		22.3	24.26m	2.10m	28.26m 5:45.7
OBR		1608.75	26'10.00	5'00.50				7907.00	6'10.75	9'20.00	
Age: 30	3381	(531)	(400)	(377)	(434)	(369)	2111	(158)	(353)	(159)	(275) (325)
2 Vance, Scott		DNF	DNS	DNS	DNS	DNS		DNS	DNS	DNS	DNS
USA											
Age: 31	0000	(0)	(0)	(0)	(0)	(0)		(0)	(0)	(0)	(0)
--- M35 ---											
1 Stuart, Jim		13.2	4.73m	7.10m	1.24m	1:02.8		21.9	21.32m	1.90m	25.20m 5:09.9
USA		1506.25	23'03.50	4'00.75				69'11.00	6'02.75	8'20.00	
Age: 35	3231	(425)	(378)	(313)	(263)	(379)	1758	(236)	(297)	(145)	(259) (536)
2 Winkel, Steve		11.6	6.11m	10.04m	1.66m	53.6		DNF	DNF	DNF	DNF
USA Memphis, TN		20'00.50	32'11.25	5'05.25							
Age: 38	3206	(715)	(682)	(487)	(602)	(720)	3206	(0)	(0)	(0)	(0)
3 Ziska, Mark		12.6	5.43m	11.10m	1.63m	59.5		DNF	DNF	DNF	DNF
USA		1709.75	36'05.00	5'04.25							
Age: 35	2670	(525)	(525)	(552)	(577)	(491)	2670	(0)	(0)	(0)	(0)
--- M40 ---											
1 Watry, Jeff		12.4	5.53m	10.72m	1.72m	57.7		17.8	32.36m	3.15m	38.60m 5:08.1
USA Paddock Lake, WI		1801.75	35'02.00	5'07.75				106'02.00	10'04.00	12'60.00	
Age: 41	6014	(637)	(635)	(568)	(749)	(628)	3217	(642)	(511)	(514)	(524) (606)
2 Stevenson, Robert		11.7	6.05m	7.84m	1.60m	53.4		17.5	22.96m	2.70m	33.70m 4:51.1
OBR		19'10.25	25'08.75	5'03.00				75'04.00	8'10.25	11'00.70	
Age: 43	5885	(774)	(769)	(385)	(627)	(803)	3358	(672)	(328)	(381)	(440) (706)
3 Bilderbeck, Jeff		12.6	5.18m	10.26m	1.63m	59.3		19.5	31.96m	3.30m	40.24m 5:48.2
USA Alamosa, CO		1700.00	33'08.00	5'04.25				104'10.00	10'10.00	13'20.00	
Age: 40	5419	(601)	(550)	(538)	(661)	(568)	2918	(486)	(503)	(560)	(553) (399)
4 Mearns, Kelly		12.6	5.19m	9.56m	1.57m	1:02.6		20.0	28.66m	3.00m	30.60m 5:46.6
USA Grant City, MO		1700.50	31'04.50	5'01.75				94'00.00	9'10.00	10'00.50	
Age: 43	4842	(601)	(552)	(493)	(602)	(452)	2700	(443)	(438)	(467)	(387) (407)
5 Cox, Steve		12.8	5.21m	10.76m	1.63m	1:02.6		22.5	34.78m	2.85m	38.90m 6:40.2
USA		1701.25	35'03.75	5'04.25				114'01.00	9'04.25	12'70.70	
Age: 44	4767	(565)	(556)	(570)	(661)	(452)	2804	(260)	(559)	(423)	(530) (191)
6 Howarth, Tony		12.8	4.77m	8.16m	1.46m	57.9		20.6	24.72m	2.55m	29.00m 5:38.1
OBR		1507.75	26'09.25	4'09.50				81'01.00	8'04.25	9'50.20	
Age: 42	4444	(565)	(455)	(404)	(496)	(620)	2540	(395)	(362)	(340)	(360) (447)
7 Watson, Richard		13.9	4.74m	10.54m	1.49m	1:05.9		21.4	32.68m	2.55m	45.36m 6:01.1
USA Yuma, AZ		1506.75	34'07.00	4'10.50				107'03.00	8'04.25	14'10.00	
Age: 44	4441	(387)	(447)	(556)	(528)	(348)	2266	(334)	(517)	(340)	(643) (341)
8 Caviness, Ken		12.5	5.46m	9.16m	1.52m	1:04.2		18.7	DNF	DNF	DNF
USA		1711.00	30'00.75	4'11.75							
Age: 40	3215	(620)	(619)	(468)	(552)	(400)	2659	(556)	(0)	(0)	(0)
--- M45 ---											
1 Russell, Alan		11.9	4.89m	10.42m	1.57m	54.9		21.0	33.24m	2.85m	33.20m 5:20.3
USA Ames, IA		1600.50	34'02.25	5'01.75				109'01.00	9'04.25	10'8'11.00	
Age: 46	6105	(814)	(563)	(625)	(679)	(818)	3499	(439)	(591)	(485)	(488) (603)
2 Corden, Mike		12.5	5.55m	11.66m	1.63m	1:02.9		DNF	35.34m	3.00m	37.90m 6:54.6
OBR		1802.50	38'03.25	5'04.25				115'11.00	9'10.00	12'40.00	
Age: 48	5354	(697)	(739)	(714)	(749)	(514)	3413	(0)	(638)	(533)	(578) (192)
3 Light, Tom		13.6	4.85m	7.68m	1.51m	1:04.1		20.9	21.42m	3.00m	28.62m 5:32.1
USA Chudisk, AK		15'11.00	25'02.50	4'11.50				70'03.00	9'10.00	93'11.00	
Age: 48	4840	(506)	(552)	(430)	(619)	(474)	2581	(447)	(337)	(533)	(402) (540)
4 McDonald, Harry						22.2					
USA											
Age: 48	349	(0)	(0)	(0)	(0)	(0)	0 (349)	(0)	(0)	(0)	(0)
--- M50 ---											
1 Harvey, Rex		12.7	5.35m	12.14m	1.60m	1:02.8		16.6	38.62m	3.30m	38.10m 6:40.2
USA Mayfield Heights, OH		1706.75	39'10.00	5'03.00				126'08.00	10'10.00	12'50.00	
Age: 50	6782	(740)	(788)	(760)	(803)	(596)	3687	(725)	(698)	(719)	(654) (299)
2 Angus, Bill		12.7	5.04m	10.38m	1.60m	1:02.4		15.8	30.18m	3.00m	36.70m 5:21.3
USA Salem, OH		1606.50	34'00.75	5'03.00				99'00.00	9'10.00	12'00.50	
Age: 53	6702	(740)	(695)	(631)	(803)	(610)	3479	(812)	(515)	(606)	(624) (666)
3 Fitzgerald, Eamon		12.4	5.82m	8.44m	1.72m	1:01.8		15.9	28.64m	3.45m	28.08m 6:17.9
OBR		1901.25	27'08.25	5'07.75				93'11.00	11'03.75	92'01.00	

Continued from previous page

Age: 50	6693	(797)	(935)	(491)	(944)	(631)	3798	(802)	(482)	(778)	(444)	(389)
4 Johnston, Joe	12.2	5.50m	9.78m	1.63m	1:03.8	17.4	26.56m	3.60m	27.06m	6:40.9		
USA Apopka, FL	18'00.50	32'01.00	5'04.25			87'02.00	11'09.75	88'09.00				
Age: 52	6293	(836)	(833)	(588)	(840)	(561)	3658	(642)	(438)	(837)	(422)	(296)
5 Brooks, Snowy	12.7	5.55m	11.34m	1.31m	1:02.9	16.8	38.94m	2.70m	32.02m	7:21.4		
GBR London	18'02.50	37'02.50	4'11.50			12'709.00	8'10.25	10'501.00				
Age: 52	6186	(740)	(850)	(701)	(705)	(592)	3588	(704)	(705)	(501)	(526)	(162)
6 Winters, Ken	13.0	5.14m	10.48m	1.63m	1:04.4	17.8	32.64m	2.10m	32.46m	6:32.0		
USA	16'10.50	34'04.75	5'04.25			10'701.00	6'10.75	10'606.00				
Age: 53	5770	(685)	(725)	(639)	(840)	(541)	3430	(603)	(568)	(303)	(535)	(331)
7 Thorne, Tom	13.0	4.80m	10.40m	1.60m	1:08.3	17.9	28.48m	2.70m	35.04m	6:35.1		
USA Neosho, MO	15'09.00	34'01.50	5'03.00			9'305.00	8'10.25	11'411.00				
Age: 53	5644	(685)	(626)	(633)	(803)	(417)	3164	(592)	(479)	(501)	(589)	(319)
8 Roberts, Terry	12.7	4.95m	9.36m	1.45m	1:01.5	20.0	28.70m	2.55m	32.06m	5:59.8		
GBR	16'03.00	30'08.50	4'09.00			94'02.00	8'04.25	10'502.00				
Age: 50	5585	(740)	(668)	(557)	(644)	(642)	3251	(406)	(483)	(449)	(526)	(470)
9 White, Jack	13.2	4.44m	9.58m	1.36m	1:03.9	20.8	29.46m	2.03m	22.82m	7:14.0		
CAN	14'07.00	31'05.25	4'05.50			96'08.00	6'08.00	74'10.00				
Age: 53	4494	(649)	(527)	(574)	(544)	(557)	2851	(343)	(499)	(282)	(336)	(183)
10 Reiter, Gordon	13.1	4.97m	8.46m	1.48m	59.6	20.9	DNF	DNF	DNF	DNF	DNF	DNF
USA Saint Louis, MO	16'03.75	27'09.25	4'10.25									
Age: 50	3554	(667)	(675)	(493)	(670)	(713)	3218	(336)	(0)	(0)	(0)	(0)
11 Harlick, Brian	15.4	3.76m	8.10m	1.30m	1:19.7	21.3	31.64m	29.06m	7:27.6			
GBR	12'04.00	26'07.00	4'03.25			103'10.00	95'04.00					
Age: 54	3224	(316)	(352)	(467)	(488)	(140)	1763	(307)	(546)	(0)	(464)	(144)
12 Ewing, John	13.4	4.24m	7.96m	1.48m	1:06.9	19.4	DNF	DNF	DNF	DNF	DNF	DNF
USA Memphis, TN	13'11.00	26'01.50	4'10.25									
Age: 50	3129	(614)	(473)	(457)	(670)	(460)	2674	(455)	(0)	(0)	(0)	(0)
13 Clapper, Henry	14.0	4.17m	9.26m	1.60m	1:11.0	19.8	DNF	DNF	DNF	DNF	DNF	DNF
USA	13'08.25	30'04.75	5'03.00									
Age: 52	3085	(516)	(455)	(550)	(803)	(339)	2663	(422)	(0)	(0)	(0)	(0)
14 Hopkins, Henry	13.5	4.86m	10.44m	1.48m	1:08.5		DNF	DNF	DNF	DNF	DNF	DNF
USA Plainfield, IN	15'11.50	34'03.00	4'10.25									
Age: 53	2960	(599)	(644)	(636)	(670)	(411)	2960	(0)	(0)	(0)	(0)	(0)
— M55 —												
1 Lance, Dale	12.4	5.58m	9.78m	1.54m	1:04.6	15.9	38.30m	3.04m	37.38m	7:00.3		
USA Tulsa, OK	18'03.75	32'01.00	5'00.50			125'08.00	9'11.75	122'08.00				
Age: 58	7374	(878)	(982)	(669)	(831)	(618)	3978	(897)	(788)	(705)	(718)	(288)
2 Ross, John	12.5	4.82m	8.90m	1.36m	57.4	19.8	28.90m	2.03m	38.50m	5:08.4		
GBR	15'09.75	29'02.50	4'05.50			94'10.00	6'08.00	126'04.00				
Age: 58	6642	(858)	(729)	(598)	(619)	(887)	3691	(511)	(558)	(326)	(744)	(812)
3 Charles, Bruce	13.0	4.84m	7.66m	1.36m	1:01.7	19.5	24.20m	2.15m	30.02m	5:36.3		
GBR	15'10.50	25'01.75	4'05.50			79'05.00	7'00.50	98'06.00				
Age: 55	5896	(765)	(736)	(498)	(619)	(722)	3340	(537)	(447)	(367)	(546)	(659)
4 McKay, Tony	14.0	4.41m	10.52m	1.45m	1:09.4	18.6	34.46m	2.45m	33.26m	6:51.5		
GBR	14'05.75	34'06.25	4'09.00			113'01.00	8'00.50	109'01.00				
Age: 58	5836	(591)	(602)	(730)	(723)	(463)	3109	(618)	(693)	(475)	(621)	(320)
5 Freebairn, John	14.6	4.47m	10.82m	1.54m	1:12.8	19.9	34.76m	2.15m	33.98m	6:52.2		
GBR	14'08.00	35'06.00	5'00.50			114'00.00	7'00.50	111'06.00				
Age: 58	5395	(497)	(621)	(754)	(831)	(366)	3069	(502)	(701)	(367)	(638)	(318)
6 Mills, Bruce	13.8	3.82m	7.26m	1.39m	1:08.2	18.7	18.16m	1.22m	10.98m	6:49.0		
USA	12'06.50	23'10.00	4'06.75			59'07.00	4'00.00	36'00.00				
Age: 57	4136	(626)	(433)	(466)	(653)	(500)	2678	(609)	(306)	(89)	(124)	(330)
7 Ratcliff, Jim	14.7	4.26m	10.98m	1.33m	1:16.8	20.0	37.44m	DNF	DNF	DNF	DNF	DNF
USA	13'11.75	36'00.25	4'04.25			122'10.00						
Age: 55	3928	(483)	(559)	(767)	(593)	(265)	2667	(494)	(767)	(0)	(0)	(0)
8 Young, Rodger	13.7	4.25m	8.26m	1.48m	1:23.8	23.0	25.64m	DNF	DNF	DNF	DNF	DNF
USA	13'11.50	27'01.25	4'10.25			84'01.00						
Age: 59	3376	(641)	(554)	(546)	(758)	(124)	2623	(272)	(481)	(0)	(0)	(0)
— M60 —												
1 Jankevich, Bill	13.1	4.52m	9.30m	1.23m	1:06.3	19.7	36.56m	2.45m	36.70m	6:21.5		
USA	14'10.00	30'06.25	4'00.50			119'11.00	8'00.50	120'05.00				
Age: 63	6409	(827)	(734)	(643)	(552)	(655)	3411	(543)	(682)	(541)	(713)	(519)
2 Markwell, Glendale	13.6	4.56m	9.58m	1.41m	1:05.3	20.3	29.14m	1.94m	18.34m	6:41.0		
USA	14'11.50	31'05.25	4'07.50			95'07.00	6'04.25	60'02.00				
Age: 60	5680	(740)	(748)	(666)	(767)	(689)	3610	(491)	(515)	(342)	(287)	(435)
3 Peterson, Jim	14.4	4.49m	9.74m	1.35m	1:14.1	19.1	36.20m	2.03m	26.78m	8:01.0		
USA	14'08.75	31'11.50	4'05.00			118'09.00	6'08.00	87'10.00				
Age: 62	5410	(606)	(725)	(679)	(696)	(415)	3121	(596)	(674)	(376)	(479)	(164)
4 Taylor, Cliff	15.1	3.54m	10.62m	1.29m	1:14.2	23.9	32.98m	1.45m	27.76m	6:39.0		
GBR	11'07.50	34'10.25	4'02.75			108'02.00	4'09.00	91'01.00				

Age: 64	4669	(499)	(425)	(752)	(619)	(413)	2708	(236)	(601)	(179)	(502)	(443)
5 Goodwin, Tom			14.1	4.15m	9.30m	1.32m	1:51.2	DNF	DNF	DNF	DNF	DNF
USA			13'07.50	30'06.25	4'04.00							
Age: 63	2569	(655)	(610)	(643)	(661)	(0)	2569	(0)	(0)	(0)	(0)	(0)
6 Zimmerman, Don			15.5	3.26m	8.18m	1.17m	1:19.7	DNF	DNF	DNF	DNF	DNF
USA Speedway, IN			10'08.50	26'10.00	3'10.00							
Age: 60	2101	(443)	(345)	(551)	(488)	(274)	2101	(0)	(0)	(0)	(0)	(0)
— M65 —												
1 Ventura, Earl			13.1	4.59m	11.22m	1.34m	1:13.5	18.9	28.42m	DNF	DNF	DNF
USA Paola, KS			15'00.75	36'09.75	4'04.75			93'03.00				
Age: 66	5308	(922)	(869)	(909)	(776)	(531)	4007	(729)	(572)	(0)	(0)	(0)
2 Steedman, Ian			14.8	3.90m	7.46m	1.22m	1:10.9	19.7	21.28m	18.38m	6:51.0	
GBR			12'09.50	24'05.75	4'00.00			69'10.00	60'04.00			
Age: 68	4901	(631)	(619)	(562)	(619)	(610)	3041	(656)	(396)	(0)	(329)	(479)
3 Scott, Dick			15.0	4.12m	9.28m	1.34m	1:15.5	25.0	31.40m	DNF	DNF	DNF
USA Rockaway Beach, MO			13'06.25	30'05.50	4'04.75			103'00.00				
Age: 67	4186	(601)	(695)	(729)	(776)	(474)	3275	(265)	(646)	(0)	(0)	(0)
4 Brobet, Bill			16.1	3.09m	6.92m	1.22m	1:29.7	26.2	26.02m	DNF	DNF	DNF
USA Kittyhawk, NC			10'01.75	22'08.50	4'00.00			85'04.00				
Age: 65	2799	(444)	(358)	(513)	(619)	(154)	2088	(199)	(512)	(0)	(0)	(0)
— M70 —												
1 Smith, Denver			14.6	4.00m	10.90m	1.34m	1:21.0	14.5	23.28m	DNF	DNF	DNF
USA Louisville, OH			13'01.50	35'09.25	4'04.75			76'04.00				
Age: 71	5086	(771)	(753)	(876)	(868)	(438)	3706	(870)	(510)	(0)	(0)	(0)
2 Hirsimaki, Fred			15.3	3.82m	9.54m	1.25m	1:22.8	15.8	21.20m	DNF	DNF	DNF
USA Findley, OH			12'06.50	31'03.75	4'01.25			69'07.00				
Age: 72	4398	(661)	(684)	(750)	(740)	(393)	3228	(717)	(453)	(0)	(0)	(0)
3 Childs, Len			18.2	3.04m	9.20m	1.22m	1:31.4	26.7	26.34m	DNF	DNF	DNF
GBR			9'11.75	30'02.25	4'00.00			86'05.00				
Age: 70	2930	(287)	(405)	(719)	(705)	(209)	2325	(10)	(595)	(0)	(0)	(0)
— M75 —												
1 Warwick, Bob			16.9	3.23m	7.58m	1.13m	1:37.8	17.9	17.64m	DNF	DNF	DNF
USA Tulsa, OK			10'07.25	24'10.50	3'08.50			57'10.00				
Age: 76	3674	(554)	(548)	(650)	(661)	(199)	2612	(650)	(412)	(0)	(0)	(0)
2 Thorne, Tom Sr.			18.6	2.60m	6.46m	0.97m	1:50.5	31.1	16.74m	DNF	DNF	DNF
USA Neosho, MO			8'06.50	21'02.50	3'02.25			54'11.00				
Age: 79	2080	(348)	(324)	(536)	(449)	(39)	1696	(0)	(384)	(0)	(0)	(0)
— M80 —												
1 Tod, Lee			15.9	3.13m	9.44m	1.16m	1:45.9	18.4	25.70m	DNF	DNF	DNF
USA			10'03.25	30'11.75	3'09.50			84'04.00				
Age: 81	4909	(843)	(595)	(953)	(794)	(188)	3373	(783)	(753)	(0)	(0)	(0)

Continued from previous page

Glen Markwell	13.98
M65 Jack Pritchard	13.93
M70 Tom Cook	19.88
M75 Foster Johnson	15.36
M80 Cecil Griffin	24.84
M85+Brownlee Smith	24.56
W50 Donna Brown	17.00
W55 Mary Garcia	17.04
M60 Glenna Lee	17.96
W65 Lila Holmes	21.04
W70 Marvene Greene	19.32
W75 Thelma Pidgeon	28.54
200m	
M50 Mike Steinmetz	26.55
Tom Fisher	26.92
M55 Dale Lance	26.88
M60 Glen Markwell	28.47
Vern Schewe	28.71
M65 Jack Pritchard	29.91
M75 Ross Waltzer	32.78
Foster Johnson	32.88
M80 Cecil Griffin	55.50
M85+Brownlee Smith	63.34
W60 Glenna Lee	40.22
400m	
M50 Dan Taylor	68.70
M55 Marvin Winters	68.66
M60 Ken Smith	66.10
M65 Steve Blanchard	70.14
M75 Ross Waltzer	78.77
W50 Sharon Dorris	1:32.17
W55 Lydia Borges	1:24.22
W60 Mary Wagner	1:40.12
800m	
M50 Geo Marchetti	2:27.48
M55 Marvin Winters	2:57.35
M60 Fred Dice	2:45.31
M65 Steve Blanchard	2:43.47
M75 Ross Waltzer	3:15.95
W50 Sharon Dorris	3:48.48
W55 Lydia Borges	3:08.00
W60 Mary Wagner	3:55.01
1500m	
M50 Gary Edwards	5:43.61
M55 Chas Bertalot	5:21.80
M60 Fred Dice	5:23.78
M65 Steve Blanchard	5:16.11
M70 Richard Land	6:38.98
M75 Ross Waltzer	6:37.32
W50 Sharon Dorris	7:17.90
W60 Mary Wagner	7:32.66
1500m Racewalk	
M50 Vernon Mims	13:09.39
M55 Roy Kelly	11:55.70
M60 Jim DeBell	8:40.00
M65 L McGuire	8:55.97
M70 Dick Donley	9:52.08
M75 Sidney Roper	11:47.38
M80 Cecil Griffin	12:05.90
M85+Dolph Roney	12:49.62
W55 Linda Pofahl	12:36.62
W60 Janet Mason	9:25.54
W65 Shirley Brownlee	12:05.32
W70 Viv Harrison	13:59.23
W75 Iv Sanders	11:02.85
5000m Racewalk	
M55 Roy Kelly	34:03.12
M60 Jim DeBell	28:47.32
M65 L McGuire	31:21.60
M70 Dick Donley	34:26.32
W50 Patty Mills	34:23.24
W55 L Pofahl	40:02.61
W60 J Mason	30:20.87
W65 Lora Shay	41:43.74
W75 E Sanders	37:19.56
High Jump	
M50 Geo Marchetti	4-7
M55 Dale Lance	4-7
M60 Glen Markwell	4-1
M65 Ross Vrooman	4-3
M70 Dick Donley	3-9
M75 Scott Herrman	4-1
M55 M Atkinson	3-9
W60 Jean Cobb	3-5
Pole Vault	
M55 Dale Lance	13-1
M60 Chuck Crawford	8-0
M65 Bill Boyce	8-0
M70 Tom Cook	4-3
M75 Bob Warwick	7-4
W60 Sue Tunnecliff	6-0
Long Jump	
M50 Renn LaCroix	16-6
M55 Dale Lance	18-0
M60 Glen Markwell	14-5.75
M65 Willard Speck	11-9
M70 Tom Cook	7-3
M75 Foster Johnson	11-0
M85+Frank Beck	7-9
W55 Marg Atkinson	10-9 1/4
W60 Jean Cobb	10-0
W65 Lila Holmes	8-6 1/2
W70 Marvene Greene	8-7 1/2
Shot Put	
M50 Jack Crawford	36-3
M55 Sheppard Myers	42-3 1/2
M60 Ron Anderson	42-10 1/2
Tom Wesselowski	40-10
M65 Floyd Jack	34-5 1/2
M70 Bob Brousseau	41-6 1/2
M75 Scott Herrman	37-9 1/2
M80 Pel Stringer Sr	17-7
M85+Frank Beck	23-9
Dick Swan	17-10
Brownlee Smith	16- 1/4
W50 Margaret Guy	24-4
W55 Nancy Collins	24-10
W60 Ruby Gooden	25-0
M50 Sue Tunnecliff	22-5 1/2

W65 Laura Downum	21-0
W70 Frances McCarter	14-4
W80 Betty Jarvis	15-6 1/2
Discus	
M50 Jack Crawford	112-4
M55 Sheppard Miers	119-10
Dale Lance	113-10
M60 Ron Anderson	159-6
Tom Wesselowski	124-2
M65 Floyd Jack	121-10
M70 Ed Hooker	141-10
M75 Scott Herrman	99-3
M80 Pel Stringer Sr	43-3
M85+Frank Beck	59-4
Dick Swan	32-5
W50 Linda Stringer	53-0
W60 Sue Tunnecliff	75-5
W65 Laura Downum	43-11
W70 Doris Beck	36-2
W80 Betty Jarvis	48-0
Javelin	
M50 Jack Crawford	110-6
M55 Dale Lance	100-0
M60 Bob Santine	110-3
Gary Collins	110-1
M65 Bill Brazelton	113-7
M70 Bob Brousseau	84-6
Don Heald	83-1
M75 Leo Chapman	71-4
M80 Pel Stringer Sr	29-9
W55 Nancy Collins	54-4
W60 Jean Cobb	66-5
W65 Fran Longacre	26-6
W70 Fran McCarter	19-2
W80 Betty Jarvis	35-0
5K Road Race	
M50 Gary Madison	17:42
M55 Andy Hogan	19:29
Chas Bertalot	19:38
M60 Fred Dice	19:51
M65 Steve Blanchard	19:25
M70 Ted Hine	23:39
M75 Ross Waltzer	25:34
W55 Phyllis Durham	26:35
S Wilkerson	26:57
W60 Dru Young	23:47
W65 O Alexander	32:27
W70 Bertie Henson	51:56
W75 O Harrison	51:58
10K Road Race	
M50 Jim Hix	41:42
M55 Andy Hogan	40:50
M60 Fred Dice	41:07
M65 S Blanchard	40:03
M70 Gene Henson	52:11
M75 Glen McGuire	54:55
W55 Lydia Borges	44:58
W60 Dru Young	50:28
W65 O Alexander	66:33

Louisiana Senior Games
Baton Rouge, LA; Oct. 10-11

M50 Gary Stansbury	13.34
M55 James Paddie	12.33
M60 R Hesmondhalgh	13.29
M65 Al Badinger	14.68
M70 Louis Riecke	14.26
M75 Ted Yenari	17.41
M80 Bill Domingues	17.14
M85 S Goodspeed	nta
W50 Judy Bordon	17.89
W60 Bernice Bordon	18.42
W65 Louise Reynolds	18.78
W70 Mary Norckauer	20.27
W75 Irene Bible	27.70
W80 Mary Dakey	26.84
W85 Clara Engle	32.01
200m	
M50 Gary Stansbury	28.41
M55 James Paddie	27.07
M60 R Hesmondhalgh	29.05
M65 Al Badinger	31.14
M70 Louis Riecke	30.49
M75 Houston Morgan	50.70
M80 Bill Domingues	37.66
W50 Judy Bordon	40.75
W60 Bernice Bordon	40.52
W65 Burtie Smith	42.56
W70 Mary Norckauer	49.46
W75 Irene Bible	86.49
W80 Delia Thompson	1:48.16
400m	
M50 Ben Cherbonnier	66.13
M55 James Paddie	61.70
M60 Julius Huhn	68.13
M65 Larry Cinquemano	73.89
M70 Foster Anderson	83.70
M75 Dick Findlay	92.18
M80 Bill Domingues	92.73
W65 Burtie Smith	1:50.84
W70 Mary Norckauer	2:08.09
W75 Mae Copes	3:40.18
W80 Delia Thompson	3:58.10
800m	
M50 Ben Cherbonnier	2:31.59
M55 Pope Huval	2:44.70
M60 Charlie Wimberly	2:27.89
M65 Larry Cinquemano	2:46.09
M70 Foster Anderson	3:30.48
M75 John Boots	3:02.23
M80 John Morrison	4:37.79
W55 Belle O'Donovan	3:59.78
W60 Janice Pratt	4:56.70
W70 Mary Norckauer	4:39.63
W75 Mae Copes	7:44.72
W80 Delia Thompson	8:29.35
1500m	
M50 George Bourke	5:10.47
M55 Pope Huval	5:41.74
M60 Charlie Wimberly	5:04.38

M65 Wayne Hanson	5:41.27
M70 Foster Anderson	7:12.78
M75 John Boots	6:04.16
M80 John Morrison	9:01.26
M70 Mary Norckauer	9:13.02
W80 Delia Thompson	16:06.40
5000m	
M50 George Bourke	19:13
Ben Cherbonnier	19:13
M55 G Daugereaux	21:10
M60 Richard East	20:23
M65 Larry Cinquemano	21:33
M70 Ted Overman	27:25
M75 Dick Findlay	27:15
W55 Mary Piontek	33:54
W70 Mary Norckauer	32:26
W80 Delia Thompson	58:28
High Jump	
M50 Peachy Landry	3-4
M55 James Paddie	4-10
M60 Ron Byrd	4-4
Sammy Bullard	4-4
M65 Nick Revon	4-0
M70 Willis Ward	3-10
M75 Jeff DeBlanc	3-6
M80 Dan Mestayer	2-10
W50 Judy Bordon	3-8
W55 Judy Schoenthal	3-2
W60 Bernice Bordon	3-4
W65 Louise Reynolds	3-6
Pole Vault	
M55 Don North	7-6
M60 Philip McCarty	7-6
M70 Bill Noonan	6-0
M75 Ted Yenari	7-0
M80 Dan Mestayer	3-0
JoPaul Stiner	3-0
Long Jump	
M50 Johnny Bourque	13-5
M55 James Paddie	15-5 1/4
M60 Charlie Richard	15-10
M65 Al Badinger	14- 1/4
M70 Foster Anderson	11-4 1/4
M75 Ike Delee	10-1 1/4
M80 Bill Domingues	9-5 1/4
W50 Judy Bordon	10-10 1/4
W60 Bernice Bordon	10-1 1/4
W65 Evelyn Taylor	5-6 1/4
W70 Mary Norckauer	8-8 1/4
W75 Irene Bible	4-8
W85 Marnie Evans	5-10 1/4
Shot Put	
M50 Chester Guidry	34-3 1/4
M55 Don North	32-7 1/4
M60 Milton Brady	34-11
M65 John Reid	31-9 1/4
M70 Bob Meador	35-5 1/4
M75 Jack Blalock	31-9 1/4
M80 Ernie Tyler	27-10
M85 Roddie Renfrow	17- 1/4
W50 Pearl Garcia	21-2
W55 Fay Richard	24-0
W60 M Schweinfurth	24-1 1/2
W65 Thais Lacrouis	21-10 1/2
W70 Lillian Patin	20-4
W75 Irene Bible	21-6
W80 Mary Mestayer	14-2
W85 Marnie Evans	17-5 1/2
Discus	
M50 Chester Guidry	111-2
M55 Don North	113-0
M60 R. Paul Adams	112-7
M65 Samuel Hughes	103-0
M70 Bob Meador	90-7
M75 Jack Blalock	93-5
M80 Ernie Tyler	72-1
W50 Marilyn Duvall	63-7
W55 Judy Schoenthal	63-6
W60 Janice Pratt	59-10
W65 Babe English	56-11
W70 Mary Norckauer	53-3
W75 Millie Buchert	46-2
W80 Marnie Evans	34-8
W85 Verna Theriot	28-9
Javelin	
M50 Chester Guidry	129-11
M55 Don North	133-5
M60 Philip McCarty	118-0
M65 Nick Revon	106-4
M70 Doc Barnilleaux	112-1
M75 Burt Beadle	95-3
M80 John Tubb	60-7
W50 Marilyn Duvall	81-7
W55 Fay Richard	74-10
W60 Janice Pratt	57-3
W65 Joyce Ours	61-0
W70 Mary Norckauer	61-8
W75 Millie Buchert	44-5
W80 Anette Thibodaux	25-1
W85 Verna Theriot	27-1
1500m Racewalk	
M50 George Bourke	9:08.12
M55 John O'Donovan	11:50.32
M60 Bill Elrod	9:08.02
M65 LeRoy Lecamus	11:30.79
M70 Cy Buchert	9:14.08
M75 H. Newman	11:55.19
M80 John Morrison	12:44.12
W50 Pearl Garcia	11:52.20
W55 Mary Jordan	10:23.51
W65 Aleda Brasher	9:59.33
W70 Mary Norckauer	11:13.45
W75 Mae Copes	16:00.15
W80 Delia Thompson	16:04.39
5000m Racewalk	
M55 Coach Ory	34:12
M60 Gerry Bodet	32:55
M70 Cy Buchert	35:55
M75 Delmar Gerard	35:21
M80 Winter Trapolin	38:44
W50 Ruth Starkey	37:39

WEST

Flagstaff Senior Olympics
Flagstaff, AZ; Sept. 7

50m	
M50 Ronald Jordan	6.56
M55 Dwaine Horton	6.50
M60 Richard Glasgow	6.75
M65 Ed Wilkinson	6.91
M70 Jack Gilbert	7.31
M75 Johnny Gibson	8.15
M80 Paul Hall	8.75
W50 Alleene Turpin	8.09
W70 Betty Gahdy	10.21
100m	
M50 Ronald Jordan	13.34
M55 Dwaine Horton	12.70
M60 Norb Wedepohl	12.57
M65 Ed Wilkinson	14.09
M70 Jack Gilbert	14.75
M75 Fred Fackler	19.43
M80 Paul Hall	19.56
W50 Alleene Turpin	17.03
W70 Betty Gaudy	23.31
200m	
M50 Louis Ortiz	32.57
M55 Fred Kjer	26.88
M60 Norb Wedepohl	26.88
M65 Ed Wilkinson	30.88
M70 Jack Gilbert	30.66
M80 Lloyd Houston	45.16
W50 Marge Doerrer	44.47
400m	
M50 Louie Ortiz	1:15.65
M55 Dave Downer	1:13.93
M60 Dave Douglas	1:13.88
M65 Gus Salazar	1:18.84
M70 Jack Gilbert	1:15.31
M80 Lloyd Houston	1:50.60
800m	
M50 Louie Ortiz	2:58.50
M55 Eric Owers	2:50.25
M60 Frank Lamonte	3:46.87
M65 Tom Cooka	2:55.31
M70 Bill Hubert	4:03.03
M80 Lloyd Houston	4:43.40
W55 Jeanne Cooper	4:23.47
1500m	
M55 Eric Owers	5:27.56
M60 Frank Lamonte	8:01.12
M65 Tom Cooka	6:04.57
W55 Jeanne Cooper	8:02.40
3000m	
M55 Michael Wunsch	13:58.97
M60 Frank Lamonte	19:24.78
M65 Richard Cooper	15:37.03
W55 Jeanne Cooper	18:01.16
High Jump	
M50 Ed Martensen	4-8
M55 Dwaine Horton	5-2
M60 Dave Douglas	4-2
M65 Grant Twitchell	4
M70 Ted Ryan	3-7
Long Jump	
M55 Antonio Chavez	14-10.50
M60 Carl Wolf	13-4
M65 Joseph Sarvis	12-6
M70 Jack Gilbert	13-8.75
M75 Fred Fackler	8-1
W50 Andrea Scott	8
W55 Karen Bergfeldt	6-5.50
Shot Put	
M50 Duane Thompson	39-11
M55 Bob Beck	40-4
M60 Ben McGrady	40-5.50
M65 Paul O'Leary	35-8
M70 Ole Ane Schjeide	31-4.25
M75 Fred Fackler	30-10
M80 Ed Neltner	20-10.50
W50 Karen Bergfeldt	19-3
W65 Mary Gilbert	11
Discus	
M50 Duane Thompson	111-2
M55 Bob Beck	118-5.50
M60 Ben McGrady	125-4
M65 Paul O'Leary	92-6.50
M70 Ole Ane Schjeide	92-1
M75 Roy Clark	82-1
W50 Karen Bergfeldt	59-0.50
W65 Mary Gilbert	29-11
Javelin	
M50 Ed Martensen	120-10
M55 Bufo Morrison	116-1
M60 Ben McGrady	115-6
M65 Ed Wilkinson	105-3
M70 Bill Clark	82-7.50
M75 Robert Broadbent	70-3
W55 Karen Bergfeldt	47-10
W65 Mary Gilbert	18-7
1500m RW	
M55 Bob Daniel	9:23.24
M75 Ernest Hershsberger	10:58.96
W50 Mary Morrison	11:40.19

Continued from previous page

M75 Dale Buysse	84-9
John McGowan	65-4
M80 Reid Ellsworth	49-3
W50 Jane Serra	71-1
W55 DeeAnne Janne	64-5
W60 Karen Teder	44-10
W65 Barbara Brandt	75-8
W70 Mary Buysse	33-6
5K	
M50 Stan Stauble	19:25
Bob Giersberg	19:28
M55 Alan Mercer	24:18
M60 Ken Ogden	20:49
Ed Gookin	21:22
Joe Johnson	21:26
M65 John Gregson	23:54
W55 Yvette Lavigne	21:22
W60 Jeanne Hoagland	23:49
Donna Gookin	26:01
10K	
M55 Tony Taylor	53:06.2
M60 Ken Ogden	46:57.8
Joe Johnson	49:15.5
Roy Nelson	51:27.0
M65 Ed Dobson	59:47.1
Ken Campbell	60:00
W65 Jody Olson	72:05.8
W70 Marybell Russell	77:00.7

Timber Wolf TC Meets Sacramento, CA

- Oct. 13 -	
100m	
M60 Dennis Rietz	17.2
200m	
Steve Walaski	41.6
800m	
M35 Tony Bosserman	2:22
M45 Paul Mullinger	2:38
1600m	
M35 Tony Bosserman	5:26
M45 Paul Mullinger	5:56
110mH	
M45 Ed Baskauskas	18.3
High Jump	
M50 Bill Wood	4-6
M55 Wayne Roberts	3-10
M75 Walt Dahlin	AR4-3½
(Anderson/4-3½/1978)	
W45 Barbara Stratton	3-6½
Long Jump	
M50 Bill Wood	14-3½
W45 Barbara Stratton	10-1.75
Discus	
M55 Warren Ilsohn	90-1
M60 Dennis Rietz	119-7
M65 Rick DeGregorio	104-4
Hammer	
M45 John Gallen	63-10
M60 Dennis Rietz	94-7
Javelin	
M45 Ed Baskauskas	115-8
- Oct. 27 -	
100m	
M45 Roger Trujillo	12.5
M50 David Naylor	11.9
W45 Avril Naylor	14.3
200m	
M45 Roger Trujillo	26.3
M50 David Naylor	25.9
W45 Avril Naylor	31.8
3000m	
M45 Rich Hayes	11:52
Long Jump	
M45 Roger Trujillo	19-6½
W45 Avril Naylor	13-10½
Triple Jump	
M45 Roger Trujillo	40-1.75
W45 Avril Naylor	28-½
Discus	
M60 Dennis Rietz	126-6
M70 Ira Backman	96-6
Javelin	
M45 John Gallen	93-5
Hammer	
M45 John Gallen	61-4
M60 Dennis Rietz	104-3

Sri Chinmoy Masters Games CSU-Long Beach, CA; Oct. 13

-100m	
M40 Hedley Green	11.8
Johnny Williams	11.9
Steve Cummings	12.0
David Perrin	12.2
M45 Thierry Boucquey	12.4
Amador Calleros	12.5
Sheridan Groves	12.5
M50 David Naylor	12.3
Dale Herring	12.6
Nathan Asberry	12.7
M55 Lee Gillespie	13.4
M60 Roger Tsuda	13.3
Sam Flory	14.1
Tony Nasralla	15.6
M65 Jim Selby	14.7
Frank Kishi	14.7
M70 Joe Welch	17.4
M80 Bert Morrow	17.1
M85 Stan Thompson	37.7
W40 Kathy Herring	17.0

W45 Avril Naylor	14.5
Mellie Clark	15.7
Latanya Glass	15.8
W50 Gloria Lockart	15.9
W55 Kathy Bergen	14.4
--200m	
M40 Steve Cummings	24.2
Jim Bonilla	24.9
Johnny Williams	24.9
M45 Amador Calleros	26.8
George Weston	26.9
Phil Gnesin	28.1
M50 David Naylor	26.1
Dale Herring	26.5
Mike Blakeman	34.7
M55 Walt Butler	26.0
Lee Gillespie	27.9
Fred Hartman	28.7
M60 Roger Tsuda	27.3
Tony Nasralla	32.4
M65 Jim Selby	30.2
Frank Kishi	31.6
M70 Joe Welch	37.3
M80 Bert Morrow	37.9
M85 Stan Thompson	84.1
W40 Debbie Selby	36.7
W45 Avila Naylor	30.9
W50 Gloria Lockhart	34.6
W65 Magdalene Kuehne	37.1
--400m	
M40 Dave Powell	79.3
M45 Phil Gnesin	63.6
Bob Arnold	74.8
M50 Rob Russell	58.5
Ron Salupo	58.9
Mahiyon Savage	74.4
M55 Fred Hartman	66.2
M60 Tony Nasralla	71.0
M65 Jim Selby	70.9
W75 Bob Hunt	1:48.7
W40 Debbie Selby	94.0
W55 Mary Bonner	1:55.3
--800m	
M40 John Keating	2:09.2
Dave Powell	3:02.8
M45 Bob Arnola	2:45.1
M50 Rob Russell	2:12.3
Steve Shepherd	2:31.6
Rigo Contreras	2:39.1
Mahiyon Savage	2:40.2
M55 Bob McAlpine	2:24.4
Tom Dilday	2:33.8
M60 Jerry Jefferson	2:33.1
Ray Archibald	3:00.7
M65 Jim Selby	2:35.3
Erfran Sanchez	2:50.1
W40 Marina Jones	2:47.6
Debbie Selby	3:44.6
W55 Mary Bonner	4:07.7
--1500m	
M40 John Keating	9:33.7
M45 Gary Shapiro	4:28.1
Bruce Nicotero	5:30.0
Bob Arnold	5:41.3
M50 Rico Contreras	5:41.1
M60 Jerry Jefferson	5:30.0
Ray Archibald	6:10.5
M65 Jim Selby	5:54.3
W40 Marina Jones	5:28.0
--3000m	
M40 Venu Riggio	12:32.0
M45 Bruce Nicotero	11:55.1
Bob Arnold	12:21.0
M50 Dick Jones	11:41.4
Rico Contreras	11:51.1
M55 Tom Dilday	11:28.5
Bruce Wagner	11:58.0
M60 Ray Archibald	13:03.3
M65 Jim Selby	12:09.6
M70 Robert Mimm	16:20.2
W40 Marina Jones	11:06.4

--Short Hurdles	
M40 David Perrin	17.3
Ken Stone	19.9
M45 Sheridan Groves	19.1
M55 Walt Butler	15.4
M60 Al Sheahan	19.7
M65 Mark Richards	22.7
M70 Bob Higginbotham	13.7
M80 Bert Morrow	17.0
W55 Mary Bergen	19.8
--Long Hurdles	
M40 Steven Cummings	67.9
Ken Stone	71.7
M45 Sheridan Groves	49.3
M60 Al Sheahan	57.1
--Steeplechase	
M40 Andrew Hecker	12:55.5
David Powell	16:02.5
M60 Bob Culling	8:37.1
Erfran Sanchez	9:43.6
--4x100m Relay	
M40 Monsoon TC	49.8

M50 Monsoon TC	50.2
W40 Monsoon TC	66.7
--High Jump	
M40 Jason Meisler	1.83
Richard Watson	1.48
David Perrin	1.43
M50 Lad Pataki	1.22
M55 Bert Bergen	1.37
Terry Rowan	1.27
M60 Ray Archibald	1.07
M65 Sam Teaford	1.17
Bob Perry	1.00
M80 John Damski	1.12
W55 Kathy Bergen	AR1.33
(Miller/1.29, 4-2.75/1990)	
W60 Christel Miller	1.22
W70 Lu Mahoney	0.99
--Pole Vault	
M40 David Perrin	2.90
Richard Watson	2.74
M45 Steve Morris	4.27
Greg Miguel	4.27
M50 Larry Holmes	3.66
M60 Hal Smith	2.29
M70 Don Roser	2.14
Tom DeVaughn	2.00
M80 Carol Johnston	2.14
W65 Shirley Kinsey	1.68
--Long Jump	
M40 David Perrin	5.34
Richard Watson	4.76
Don Perkins	4.08
M45 Carl Flowers	5.74
Leroy Clippis	4.30
M55 Glen Odell	4.76
Bert Bergen	4.28
Terry Rowan	4.44
M60 Roger Tsuda	4.38
Ed Martin	3.56
M65 Jim Selby	3.56
M70 Bob Higginbotham	4.12
M80 John Damski	3.50
Clarence Odell	2.80
M85 Stan Thompson	1.45
W45 Avril Naylor	3.92
Deb Vestal	2.55
W70 Lu Mahoney	2.08
--Triple Jump	
M55 Terry Rowan	9.58
Glen Odell	9.11
M75 Charles Mercurio	7.71
M80 John Damski	7.19
M85 Stan Thompson	2.80
W45 Avril Naylor	8.23
Deb Vestal	6.09
W65 Magdalene Kuehne	7.34
--Shot Put	
M40 Bill Gardner	13.71
Art Raya	10.82
David Perrin	10.44
M45 Mike Deller	11.94
Jim Cordes	9.94
Tim Fuehrer	9.32
M50 Lad Pataki	14.86
Dave Pena	11.82
Dave Archambault	9.55
Robert Hunter	9.44
M55 Dennis McGraven	12.10
Fred Hunter	8.98
M60 Hal Smith	14.06
Mike Devlin	11.08
Alan Rosen	10.11
M65 Carlos Martinez	9.40
Don Hegberg	9.12
James Glynn	8.80
M75 Sy Lampert	8.82
Jerry Siefert	8.78
M80 Clarence Odell	8.96
M85 Burt DeGroot	5.66
Stan Thompson	3.66
W40 Svetlana Yesayan	10.46
W45 Latanya Glass	8.68
Nellie Clark	7.88
W65 Magdalene Kuehne	6.89

--Discus	
M40 Bill Gardner	37.66
Art Raya	35.54
Richard Watson	33.80
M45 Mike Deller	37.68
Jim Cordes	30.96
Al Cain	29.25
M50 Lad Pataki	49.73
Mike Woodward	44.30
Dave Pena	35.56
M55 Fred Hunter	29.69
Abe Sheinker	28.26
M60 Hal Smith	40.74
Alan Rosen	38.66
Mike Devlin	33.58
M65 Don Hegberg	39.37
Carlos Martinez	27.92
Bob Perry	19.00
M70 Don Roser	29.88

M75 Sy Lampert	28.30
Bob Hunt	26.15
M80 Clarence Odell	23.46
M85 Burt DeGroot	17.11
Stan Thompson	9.79
W40 Yesayan Svetlana	35.89
W45 Mellie Clark	24.60
Deb Vestal	15.32
W50 Pat Hunter	17.90
W60 Christel Miller	21.91
W70 Lu Mahoney	15.43
--Hammer	
M40 Richard Watson	34.33
M45 Mike Deller	44.26
M55 Fred Hunter	29.35
M65 Mike Devlin	31.64
M70 Tom DeVaughn	27.98
M75 Sy Lampert	29.46
M85 Stan Thompson	4.80
--Javelin	
M40 David Perrin	48.62
Bill Gardner	48.48
Richard Watson	47.92
M45 Al Cain	26.44
M50 Dave Pena	38.26
M55 Fred Hunter	31.38
M60 Ed Martin	35.76
Mike Devlin	32.66
Leon Barette	23.62
M65 Delf Pickarts	38.26
Mark Richards	28.43
Don Hegberg	27.79
M70 Bob Higginbotham	32.02
Don Roser	31.77
M75 Jerry Siefert	27.12
M80 Clarence Odell	21.76
M85 Stan Thompson	10.60
W50 Pat Hunter	19.12
W60 Christel Miller	28.23
PattyKay Devlin	18.19
W70 Lu Mahoney	14.30
--5000m Racewalk	
M50 Mike Blackman	34:51.6
Gerry Koenig	35:34.1
M60 Bob Meador	30:58.1
Arvid Rolle	31:36.1
Leon Glazman	32:25.0
M65 John Kelly	32:08.1
M70 Robert Mimm	30:44.0
W45 Ashanka Staggs	32:18.5
W50 Jol Steigerwalt	29:56.2
Anne Poxon	37:26.9
W55 Nancy Brinkley	32:56.8
Ena Dubnoff	36:21.4
W70 Joann Beers	36:15.4

NORTHWEST

Helena Octoberfest

Weight Meet

Helena, MT; Oct. 5

WEIGHT THROW	
Bob Sager 48	12.43
Art Jaago 70 CAN	8.63
Eddie Plewis w62 CAN	6.42
SUPERWEIGHT	
Bob Sager 48 56#	7.77
Art Jaago 70 CAN 35#	7.36
Eddie Plewis w62 CAN	4.75
WEIGHT PENTATHLON	
Bob Sager 48	3250
Art Jaago 70 CAN	3767
Mavis Lorenz 69	2949
Eddie Plewis, w62 CAN	2171

Changes to 1996 Indoor Rankings Published in July

--55m	
M40 Mike Fortunato	7.10
M45 David Friedman	8.4
W45 Lorraine Tucker	8.10
--200m	
M45 David Friedman	35.5
--400m	
M45 David Friedman	71.1
M50 Bic Stevens	54.1
W50 Yvonne Rothenberg	
--800m	
M35 Ben Gorecki	2:12.8
--1500m	
W35 Sue O'Malley	5:43
--Mile	
M50 Richard Murray	4:50.76
--3000m	
M45 Bob Kuebler	10:53.7
--High Jump	
M45 David Friedman	1.17
--Pole Vault	
M30 John Hoogasian	3.96
--Long Jump	
M45 David Friedman	4.36

LONG DISTANCE RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 2 1/2" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

NATIONAL

USATF National Masters 8K Cross-Country Championships Louisville, KY; Oct. 27

M40 Steve Scott	25:08
John Konigh	25:47
Farley Simon	26:05
John Wellerding	26:16
Steve Crane	26:20
Craig Virgin	26:54
Stan Clark	27:23
Gordon Benfield	27:44
Bill Randell	27:46
10 Guy Gadowski	28:09
Brad Ingram	28:38
Gary Holda	28:51
Bruce Harrison	28:54
Mike Taylor	29:06
Larry Legrand	29:08
Jay Sheldon	29:20
Don Dunlap	29:42
Jack Harbaugh	29:44
Larry Strange	29:59
20 Nick Wolf	30:02
Mike Ducharme	30:14
Dean Smith	30:24
Tom Tarnow	30:49
Vernon Mabe	31:05
John Dickey	31:15
Dave Crandell	32:52
David Roth	32:53
Bill Spears	36:20
Art Kelly	36:51
M45 Peter Hallop	27:42
Mike Unger	28:49
Buddy Harpool	28:50
Roger Price	28:51
Robert Meier	29:16

Continued from previous page

20	Marc Pendleton	18:06
	Terry Pescolido	18:27
	Nick Wolf	18:34
	Mike Hasenhauer	18:35
	James Davis	18:30
	Mark Harmsen	18:41
	Jan Brodka	19:04
	Pat Smith	19:05
	Dale Crandell	19:08
	Warren Walker	19:27
	Steven Barker	19:34
30	Joe Spencer	19:41
	Dave Hoch	19:45
	Tim Schroeder	19:46
	Danny Loskamp	20:33
	Tim Matthews	20:40
	John Hanley	20:47
	Steve Buch	21:24
M45	Charles McMullen	16:17
	Roger Price	17:13
	Mike Unger	17:20
	John Black	17:24
	Ward Wenstrup	17:26
	Dave Wendell	17:45
	John Hunt	17:48
	Don Drozd	18:05
	Bob Huston	18:12
10	Jeff Hlinka	18:20
	Greg Good	18:21
	Mike Barr	18:36
	Bob Kulwicki	18:40
	Chris Lehman	18:52
	Jorge Rivera	19:16
	Mike Reif	19:18
	Gary Evans	19:32
	David Thompson	19:49
	Joe LaLonde	19:54
20	Jeff Gerson	21:14
M50	Wally Herrala	17:17
	Richard Myers	17:52
	Paul DeLadurantaye	18:04
	Dick Ferguson	18:05
	Hugh Sweeny	18:16
	Doug Brown	18:37
	John Novatowski	18:50
	Bill Robson	18:52
	Thomas Carr	18:55
M55	Don Sleeman	18:03
	Pat Cosgrove	18:44
	Bob Schul	18:46
	Jim Siefing	18:47
	Richard Conley	20:24
	Butch Pivano	20:28
M60	Bill Iffrig	19:28
	David Pitkethly	20:10
	Mel Preedy	20:57
	Roger Bryan	21:00
	Field Ryan	23:27
M65	Jerry Crockett	22:35
	Robert Kehoe	23:17
	Chuck Sochor	25:26
	Jack Shuter	25:27
M70	Jim Forshee	21:08
	Bob Hennig	25:58
	Howard MacMillan	27:08
	Richard Cavicchi	43:31
M75	Ed Buckley	25:45
	Russ More	29:42
M80	Eugene Keller	30:01
	Harold Massie	36:12
	Hugh Yeomans	46:07
W40	Sue Parks	19:09
	Laura Clark	20:37
W45	Terry Mahr	19:45
	Vicki Putnam	21:59
	Linda Evans	24:26
	Cathi Gerson	27:38
W50	Roberta Thaxton	27:16
W55	Madelaine Bost	23:22
	Ellen Nitz	23:45
W65	Mary Cavicchi	47:12
W75	Ernestine Yeomans	46:26
Men's Teams		
M40	Run Ohio	83:09
	Wolfpack "A"	83:45
	Genesee Val Harr	87:24
	Motor City Striders	89:33
	Raritan Valley RR	92:05
	Bob Schul RT	95:16
	Wolfpack "C"	95:30
	Wolfpack "B"	98:51

M50	Motor City Striders	90:21
	Raritan Valley RR	92:19
M60	Snohomish RR	60:35
M70	Syracuse Chargers	82:35
Women's Teams		
W40	Motor City Striders	73:00

EAST**Yankee Runner 5K
Cross-Country
Byfield, MA; Sept. 22**

<u>Overall</u>	
Sean Tynan 24	16:00
Karen Whitcher 30	19:16
M40 Phil Riley 45	17:02
Tom Carroll 46	17:12
Kevin Retille 40	17:13
Don Hennigar 44	18:10
Richard Puckerin 46	18:26
M50 Jon Stableford 51	19:26
Michael Feine 50	21:42
Robert Aucoin 54	22:22
W40 Rita Cecil 40	19:55
Deb Bullerjahn 46	20:41
Alda Cossi 41	20:46

Teams		
M40 GLRR	21	
Winners	34	
M50 Winners	6	
W40 Liberty A	6	
Winners	15	

**Rockland Half-Marathon
Orangeburg, NY; Sept. 29**

M40	Chris Burns	1:24:35
	John Armstrong	1:27:22
	Steve Josepher	1:27:45
	John Mulcathy	1:27:46
	Joe Kolankowski	1:28:13
	Larry Beckerle	1:28:45
	Wm Richardson	1:29:26
M45	Nick Caswell	1:20:35
	Benito Segarra	1:23:45
	Samir Rasamny	1:26:00
	Anibal Barrero	1:26:58
	Doug Smith	1:27:25
	Bill Curran	1:28:06
	Richard Catapano	1:32:17
M50	Morris Whiting	1:20:55
	James Hudick	1:23:03
	Mike Hudick	1:26:08
	Geo Desharnais	1:33:19
	Arnold Solomon	1:35:15
	Paul Kalbut	1:39:32
M55	Herbert Navarro	1:26:18
	Wolfgang Sander	1:36:06
	David Schechter	1:36:12
	John Wallace	1:37:36
	Eli Colom	1:39:44
	John Singer	1:42:23
M60	Bob Mitchell Sr	1:33:17
	Cliff Davis	1:41:26
	Doug Vassiliatos	1:41:31
	Chuck Sendras	1:44:59
	Phil Brennan	1:51:20
M65	Martin Greitzer	1:53:11
	Chuck Marti	1:54:26
	Jerry Olitt	2:00:29
M70	Sab Koide	2:03:12
	A Rabitcher	2:31:18
W40	Lisa Faist	1:40:13
	Anne Wilson-Rizk	1:43:22
	Jolanta Zwierczwska	1:43:26
	Mary Wilhelm	1:46:35
W45	Dee Jacobs	1:39:50
	Marian Fuller	1:42:07
	Pat Hear	1:44:38
	M Gambardella	1:44:47
W50	Veronica Delaney	1:44:48
	Joan Grishman	1:57:54
	MaryAnn Harnett	1:59:42
W55	Chris Garino	1:48:12
	Miriam Kaminer	1:53:11
	Janice McGeary	2:03:26
W60	Wen-Shi Yu	1:40:50
	Alexandra Finger	2:21:45

**USATF New England
Championships/Newport
Savings Half-Marathon
Newport, RI; Sept. 29**

Overall		
Dave Dunham	CR	1:06:48
Suzi Walmsley	CR	1:19:14
M40	Wayne Jacob	1:10:21
	Dave Raunig	1:10:58
	Bob O'Hara	1:11:31
M45	Phil Riley	1:12:10
	Larry Olsen	1:13:35
	Tom Carroll	1:13:58

M50	Billy Burgos	1:17:12
	Sumner Brown	1:18:54
	Rich Murray	1:19:20
M55	Bob Ludwig	1:26:36
	Mike Dundin	1:34:40
	Fred Zulenger	1:36:32
M60	Bill Spencer	1:29:44
	Stu Thurston	1:30:38
	Jim O'Toole	1:31:04
M65	Joe Fernandez	1:24:18
	Ray Pickell	1:38:21
	Jack Nyhan	1:49:46
M70	Stephen Brooks	1:53:17
	Y Ben-Canan	1:59:03
W40	Sandy Lovejoy	1:23:50
	Marge Belisle	1:24:56
	Eliz Duquette	1:28:23
W45	Molra Durmin	1:25:36
	Deb Bullerjahn	1:27:08
	Ginger Arthur	1:35:47
W50	Sue Gustafson	1:28:27
	Mary Ryzek	1:32:47
	Cathy Farrel	1:35:44
W55	Carrie Parsi	1:39:37
	Marlena Yannetti	1:50:18
W60	Christy Robertson	2:03:14
	Hazel Palmer	2:37:35
W65	Lil Christmas	2:37:06

**National Capital 20 Miler &
5 Miler
Alexandria, VA; Sept. 29**

Overall		
Jeff Morganti	29	1:54:55
Bea Marie Altieri	29	2:12:03
M35	George Altieri	1:59:47
	Stephen Redmon	2:01:12
	Mike Sinisi	2:03:03
	Mark Drosky	2:05:10
	Blitsy Pookums	2:06:23
M40	Bob Rodriguez	2:05:30
	Milan Basta	2:14:15
	Daryl Knuth	2:22:14
	Tim Money Penny	2:23:23
	Tom Skelly	2:25:06
	Dave Noonan	2:27:52
	Ed Silverman	2:28:07
	Ken Erickson	2:29:33
M45	Robert Torchia	2:04:14
	Doug Pickett	2:09:47
	Jay Houseman	2:19:53
	Jim Warren	2:20:26
	Mike Campbell	2:20:31
	Thom Ruppert	2:22:56
	Jerry Burk	2:23:48
	Robert Platt	2:25:17
M50	Frank Probst	2:17:53
	Jack Wicks	2:24:30
	Bob Trost	2:27:38
	Fred Gedrich	2:28:05
	Mickey Lackey	2:31:22
	Walt Charles	2:31:32
M55	Warren Prunella	2:31:09
	Steve Thompson	2:36:31
	Courtney Riordan	2:37:07
	Richard Viera	2:39:11
M60	Jimmy Ross	2:40:54
	Don McCarten	2:40:58
	Charles Weden	2:40:58
M70	Walt Washburn	2:50:37
W35	Shelley Burns	2:22:31
	Julia Morris	2:27:33
	Pauline Knapp	2:27:53
	Beth McCann	2:37:56
W40	Susan Briers	2:36:32
	Pat Berzins	2:39:57
	Asteria Claire	2:48:40
	Lindy Spruill	2:48:48
	Linda DeMartino	2:50:22
	Julie Baker	2:51:51
W45	Kiki Sweikart	2:32:32
	Susan Humphries	2:38:17
	Penny Gray	2:55:16
	Andrea Almond	3:08:15
W50	Meredith Bonta	2:44:39
	Janet Newburgh	2:56:42
	Bonnie Howe	3:14:14
W55	none	
W60	Lois Johnson	3:57:51
-5 Miler-		
Overall		
Jack Barrar	44	30:40
Rose Malloy	48	31:08
M40	Jack Barrar	30:40
	M45 Robert Welsh	42:41
	M50 Wayne Holland	40:01
	M55 Paul Sharp	38:52
	M60 Arnold Henderson	54:38
	W40 Linda Dickerman	41:07
	W45 Rose Malloy	31:08
	W50 Jo Marlow	45:40
	W55 Ardis Henderson	56:40

**Mountain Laurel Challenge 5K
Bloomfield, CT; Oct. 6**

Overall	
Ed Sparkowski 41	15:05
Carole Swanson 28	18:31
M30 Wm Brosmith 32	15:12
M40 Ed Sparkowski 41	15:05
Steven Morse 44	16:59
M50 Tom Durie 53	17:44
M60+Tom Butterfield 60	19:46
W30 Cathy Lyons 38	19:10
W40 Jacky Shettle 44	21:41
W50 Barb Maloney 50	22:04

**Syracuse Festival Of Races
Syracuse, NY; Oct. 6**

NDI Foods/Denny's Grand Slam Men's 5000m		
Overall		
Lhoussine Siba	23	14:04
M35	Bob Nugent	15:39
	Robin Wheelless	15:53
	Chris Anklin	16:04
	Alan Tarr	16:54
	Tim Murphy	17:03
M40	Charles McMullen	15:55
	Frank Rajewski	16:16
	Bob Petrillo	17:15
	Mike Hornak	17:40
	Jim Schlenz	18:14
	Jack Azevedo	18:18
M45	Dave Del Favero	17:34
	Kevin Morrisroe	17:56
	Bruce Bush	18:00
	Bob Kulwicki	18:26
	Robert Maloney	18:37
	Larry Consenstein	18:55
M50	Ed Frisillo	18:29
	Leo Pfeiffer	18:30
	David McSally	19:30
	Jack Soltis	19:40
M55	Paul Halbert	21:10
	Tony DeNiro	21:44
	Sam Clemence	22:35
M60	Sam Graceffo	18:56
	Bob Hunter	21:42
	Roger Hahn	22:52
M65	Howard Rubin	20:46
	Frank McNulty	25:15
M70	Bob Hennig	23:27
	Don Auster	29:31
M75	Ed Buckley	25:19

Chargers Women's 5000m

Overall		
Molly Watcke	25	16:34
W35	Joyce Switzer	17:43
	Barb Saville	18:11
	Cynthia Lynch	18:22
	Karen Stopyra	18:25
W40	Patti Ford	18:18
	Grace Tabek	20:02
	Marg Hartmann	20:08
	Jean Queal	20:28
	Karen Stocker	20:42
W45	Kathy Brown	20:53
	Virginia Verdoes	20:53
	Donna Owens	21:39
	Pat Watson	21:40
W50	Nancy Frisillo	20:24
	Margaret Henry	21:33
	Karen Davies	22:10
W55	Mary Shaver	21:20
	Margie McMillan	25:00
	Linda Eberly	25:19
W60	Margret Betz	20:45
	Gloria Brown	23:59
	Lois Bell	26:11
W65	Bertie Argyris	29:36
W70	Loretta Shehan	28:40
W75	Marsha Tillson	32:24

**Tufts 10K
Boston, MA; Oct. 14**

Overall			
	Gladys Ondeyo	21	32:47
W40	Janet Takahashi	40	36:01
	R Stockdale-Wool	45	37:11
	Mary Lammi	40	37:39
	Honor Fetherston	41	37:58
	Sheila Purves	41	39:02
W50	Barbara Filutze	50	39:39
	Susan Gustafson	50	41:18
	Mary Ryzcek	50	42:25
	Janet Bober	52	44:07
	Katherine Ives	50	44:20
W60	Carolyn Cappetta	60	46:40
	Clemency Coggins	62	54:28
	Mary Marada	61	55:24

Continued from previous page

M50 Bob Pike	24:08
Bob Hansen	24:27
Mike Service	24:36
M55 Joe Cordero	25:20
Abe Bernstein	26:19
Chris Sweeney	28:25
M60 David Smith	25:34
Mike Goldman	25:52
Geza Feld	26:31
M65 Bill Fortune	26:39
Harry Irwin	28:12
Colin Harris	28:39
M70 John McManus	28:17
Art Bowen	31:31
Herb Silber	38:13
M75 Bob Davan	33:56
Bill Benson	37:10
Walt Moritz	45:07
W35 Ellen Weinstein	28:34
Georgette Dubois	28:36
Terese BurkTane	29:49
W40 Diane Gordon	24:52
Patty Zebersky	24:55
L Harfenes Melnik	25:06
W45 Mary Rosado	25:59
Estella Clasen	27:40
Eliz Penagos	28:56
W50 Nancy Tischler	27:35
Betty Horstmann	27:52
Judy Carroll	29:14
W55 Mary Nathan	26:46
Billie Gail Moten	39:01
W60 Berth Bellinghausen	30:34
Margaret Carinci	32:21
Alexandra Finger	35:07
W65 Thelma Wilson	31:54
Chickie O'Toole	35:14
Dolly Finkelstein	37:43
W70 Minna Charles	53:25
W75 Althea Wetherbe	77:48:02

Warwick Marathon Warwick, NY; Nov. 3

Overall	
Lhoussine Siba	2:33:39
Charlene Lyford	2:52:07
M40 M Batista Leal	2:46:20
Richard Foss	2:50:33
Mark DeBarolo	2:59:28
S Brennan	2:59:35
M50 Jim Haggatt	3:11:24
Katsuo Okubo	3:23:40
C Weinberger	3:27:16
M60 Al Becken	3:57:34
Phil Brennan	4:20:10
F Versola	4:33:52
W40 Lily Kosaka	3:36:52
M Gambardella	3:44:44
Terry Carroll	4:58:33
W50 Miriam Kaminir	5:43:36
Carolyn Ciccone	4:51:41
W60 Samara Balfour	5:15:06

New York City Marathon NY; Nov. 3

M30-39	
Andres Espinosa	2:11:39
Martin Fiz	2:12:31
S Nyangincha	2:12:44
William Koech	2:12:57
Ezekiel Bitok	2:15:57
Marcello Curioni	2:16:19
Terje Naess	2:17:47
Elija Lagat	2:18:35
Klaus Hansen	2:18:41
F Manzanarez	2:19:51
Abdi Djama	2:20:31
Joseph McVeigh	2:21:12
Javier Cortes	2:23:09
Pascal Fetizon	2:23:55
Anselmo Vilches	2:24:00
M40-49	
D Chauvelier	2:17:26
M Zerkowski	2:18:24
Hugh Jones	2:22:58
J Marechet	2:25:04
Paul Barnhoorn	2:25:34
Joerg Bunert	2:26:10
Luigi Albertini	2:37:18
Roberto Fedeli	2:39:03
E Van Acker	2:40:30
Albert Recken	2:40:59
Mimmo Massari	2:40:59
Gert Kaerlin	2:41:37
John Scholtens	2:41:55
Pierre Harve	2:42:46
G O'Sullivan	2:42:52
M50-59	
Julian Barrera	2:47:01
Gordon Wilson	2:47:22
Josef Broch	2:50:42
Alan Friend	2:52:04
Alan Turner	2:52:26
Rainer Brix	2:58:56
James Hudick	2:58:57
Didier Bobeau	2:57:33
Jan Andersen	2:58:28
A Musella	2:58:45
Stefano Fedje	2:59:18
Molero-Membrilla	2:59:23
Larry Barrett	2:59:50
Michel Orchilles	2:59:51
Averardo Montesi	3:00:55
M60-69	
Manuel Rosales	2:46:10
A Cerninaro	2:56:13
Manfred Ritter	2:59:53

G Cattaneo	3:02:55
H Walker	3:07:33
E Buchheister	3:07:52
Egon Grubert	3:09:10
Donald Schildhaus	3:13:27
Richard Murphy	3:14:06
Hakan Olofsson	3:17:40
Kent Sabin	3:20:37
Otmir Ruedig	3:25:36
Marcos Herrera	3:27:05
Maurice Oneta	3:27:37
B Akerberg	3:29:12
M70-79	
Jorge Miranda	3:41:32
Phil Mongillo	4:03:55
Franklin Mason	4:04:03
Pierre Dubreuil	4:04:23
Zachary De Gaster	4:11:20
V Lanzuise	4:16:14
Leopold Lesage	4:16:49
Josef Astner	4:22:50
Maurice French	4:26:31
Julius Coards	4:35:06
Melgert Rijdsdijk	4:35:32
S Guaragna	4:37:00
Stanley Edelman	4:43:07
Heinz Raasch	4:44:23
Leonard Morgan	4:45:15
M80-89	
Wilfredo Rios	5:51:04
Giacomo Balducci	6:02:19
A Weintraub	6:18:34
David Schilowitz	6:46:34
Sam Gadless	7:24:59
Vincent Carnevale	7:48:48
Edward Campbell	8:03:07
W30-39	
Kim Jones	2:34:46
Christine Mallo	2:35:31
Grete Kirkeberg	2:37:37
Gadisa Edato	2:40:44
Z Wiciorowska	2:42:46
Nelly Glauser	2:43:25
Maria Menconi	2:46:01
Annie Coathale	2:46:05
Jean Chodnicki	2:49:33
Makiko Somya	2:55:37
V Kienbichi	2:55:54
Brigitte Gyr	2:58:05
Paola Nasini	2:57:37
Linda Thomson	2:58:08
Gaby Aebersold	2:58:28
W40-49	
Josette Collomb	2:41:06
Gillian Horovitz	2:45:12
Maria Gomes	2:54:47
Kari Proffitt	2:57:19
Susanne Wansky	3:02:39
Burke Koncelik	3:03:53
Ursula Alder	3:06:40
Joyce Evers	3:06:52
Viviane Murat	3:10:38
M Boime	3:11:16
Lucette Fiolet	3:11:36
Jeanne Kruger	3:11:43
Eileen Mallesch	3:12:03
Linda Jannelli	3:12:10
Jolice Siftar	3:13:06
W50-59	
Ann Davies	3:21:03
Schwarzmueller	3:29:21
Janine Gomez	3:29:49
Margaret Clinton	3:30:23
Renee Vettorello	3:31:21
Jayne Zinke	3:33:15
Inge Springer	3:34:17
Mae Palm	3:34:42
M Scacchi	3:35:01
Margarete Dolzer	3:35:44
M Ducournau	3:35:51
Nelly Balza	3:37:58
Josy Gavouille	3:41:12
C Schermerhorn	3:41:49
Noelle Pitou	3:43:13
W60-69	
Wen-Shi Yu	3:42:24
Myra Rhodes	3:51:00
Yoshiko Takahashi	3:55:31
B De Preter	3:59:41
Sue Medaglia	4:08:22
Johanna Wrobel	4:11:40
Whayong Semer	4:11:44
Valerie Scotten	4:12:24
A Zuniga Catalan	4:15:28
T Struthmann	4:18:26
Maria Fukissima	4:19:18
Karen Holappa	4:21:17
M Befumo	4:22:21
Kazimira Luznik	4:22:22
Lenora Moses	4:22:23
W70-79	
Marie Schwarz	4:36:04
Edith Farias	4:58:29
Kay Morrison	5:13:10
Loretta Shehan	5:14:59
Hester Wicks	5:19:00
Elisabeth Vetter	5:33:36
Anna Schneider	5:38:05
Doris Eggert	5:50:33
Yolanda Marois	6:15:10
M Bretschneider	6:30:07
G Ballesteros	6:32:11
Vivian Lowery	6:33:19
Queenie Thompson	6:54:48
W80-89	
F Liedtke	7:07:29



SOUTHEAST

Peachtree City 15K & 5K Peachtree City, GA; Oct. 13

Top 3 M40+	
Bob Dalton	51:31
Pat Hambrick	51:58
Sam Norman	55:05
M40 Larry Gordon	57:30
Jerome Aull	58:11
Jerry McCrum	58:27
M45 Henry Wolfe	55:13
John Bernhardt	56:37
Jim Struve	56:51
M50 Morris Johnson	56:34
John Stephens	60:13
Wayne McAmis	66:13
M55 Ben Jordan	64:01
George Sharp	66:21
Alvin Walls	66:40
M60 John Bittinger	68:36
Chas Teague	69:55
Lloyd Chambers	72:02
M65 Joe McLaughlin	75:30
Edgar Lewis	77:15
Bo Lynch	1:47:06
M70+Bob Darden	1:47:53

Top 3 W40+	
Sheila Haire	64:39
Patty Dye	65:31
Diana Barr	66:55
Nelly Glauser	69:51
Jeanne Sauban	72:32
Gerry Gardner	73:15
M45 Betty McBrayer	72:01
Ruthie Tucker	73:03
Deborah Outen	74:59
W50 Yvonne Lee	71:28
Rae Hobgood	71:39
Diane Johnson	74:37
W55 Frances Ard	72:52
Alpha Bennett	79:22
W60 Glenna Rice	1:41:27
Anne Patrick	2:00:16
W65 Tina Anderson	1:45:55
Wanda Lavroff	1:58:56

---5K---	
Top 3 M40+	
Danny Daniel	17:14
Greg Rucker	17:29
Curtis Hollabaugh	17:30
M40 Joe Robinson	18:09
M45 Jon Spiro	19:35
M50 George Woodard	19:39
M55 Howard Dial	20:49
Tommy Chisholm	20:51
M60 Phil Holder	23:09
M65 Chas Wilburn	23:18
M70+Frank Collins	30:55
Top 3 W40+	
Cherolyn Weaver	20:53
Norwood	22:31
Athena Whitlow	23:10
W40 Alice MacDonald	23:29
Gwen Blackwelder	23:33
W45 Sally Dupree	24:59
W50 Carol Brim	25:01
W55 Julia Emmons	25:15
Ann Akers	25:18
W60 Rolio Lancaster	32:01
W65 Marg Bittinger	43:42
W70+Jinx Brown	35:35

Over The Hill Masters 5K Cooper City, FL; Oct. 19

Men Overall	
Jose Clavijo	16:32
Jorge Ramos	16:52
Dan Healy	17:41
Men Grandmasters	
David Compton	18:28
Robert Ludwig	19:33
Bruce Kadota	19:47
M40 Mike Jeselnick	17:59
M45 Rolando Cabrera	18:42
M50 Al Shamoun	20:13
M55 Joe Singer	20:31
M60 Art Merkle	23:05
M65 Jim Higgins	21:19
M70 Herman Smolar	38:41
M75+Carmelo Crupi	25:38
Women Overall	
Lynn McFadden	18:57
Kimberly Halliday	19:11
Patty Dye	20:15
Women Grandmasters	
Mimi Oliveira	23:20
Christina Welsberg	23:29
Joey Leonard	24:58
W40 C Raes Barnard	21:03
W45 Isolde Cahill	22:41

W50 Carol Leavitt	25:28
W55 Sue Blaurock	25:07
W60 Lois Balafas	28:52
W70 Blanche Waldman	35:17
---Racewalk---	
Men Overall	
Rod Vargas	28:40
Bob Cella	29:21
Bob Fine	29:52
Men Grandmasters	
Jay Dash	30:27
Gerry Gomes	30:45
Neal Donahue	31:34
M47-53 Daniel Koch	31:54
M54-60 none	
M61-67 David Perrucci	38:34
Women Overall	
Linda Stein	28:03
Roswitha Sidelko	28:55
Eliz Nelson	29:22
Women Grandmasters	
Barbara Grand	32:52
Pat Baran	33:37
June Ranofsky	34:23
W40-44 Pilar Heredia	46:46
W54-60 D Dettmering	34:54
W68-74 Miriam Gordon	35:57

MIDWEST

Dayton River Corridor Classic Half-Marathon/Age-Graded 5K Dayton, OH; Oct. 13

Half-Marathon	
Overall	
John Agnew	1:08:52
Terri Lemke	1:19:06
M40 Steve Fader	1:11:37
David Wilson	1:16:01
Jim Gross	1:17:37
Tim Anstaett	1:18:16
Ken Kovacs	1:18:43
Bill Whaley	1:20:05
John Austin	1:20:34
Terry Pescosolido	1:20:46
Chris Mooney	1:21:49
Dale Crandell	1:25:57
Nick Ruchty	1:26:58
Ron Schulze	1:27:12
Steve Simon	1:27:30
Steve Briggs	1:27:32
Richard Barton	1:27:56
Daniel Otten	1:28:02
M45 Dennis Kollai	1:16:58
Ron Koogler	1:25:36
Terry Irwin	1:25:42
Luis Colas	1:26:10
Karl Thorndike	1:28:01
Edward Fisher	1:28:50
Paul Ryan	1:30:00
Brad Cramer	1:30:30
Wayne Brashar	1:31:17
Tom Steiger	1:31:55
Stephen Hatmaker	1:32:23
Terry Rieder	1:32:24
Tom Rau	1:32:28
Kenneth Knight	1:33:09
M50 Don Coffman	1:15:52
Peter Wayne	1:16:48
Rich Davis	1:19:09
Wayne Doehman	1:19:33
James Bishop	1:22:37
Christopher Thieke	1:22:56
Howard Zeke	1:28:11
Rick Brown	1:30:53
James Miller	1:30:58
Stephen Powers	1:32:57
Gerry Landvatter	1:34:16
Russell Clarke	1:35:13
James Troknya	1:35:55
M55 James Siefring	1:22:22
Bill Zehner	1:28:11
Bob Watts	1:29:03
Danny Place	1:31:41
Don Tarasiewicz	1:33:45
John Koerner	1:35:26
Leon Burk	1:36:11
Wayne Chrisler	1:37:17
Norm Sawdey	1:37:21
Edward Lang	1:38:05
M60 John McHugh	1:32:36
Richard Weidner	1:41:12
Jack Nash	1:42:32
Mel Sebright	1:44:32
Willis Ridenour	1:46:47
Jim Tinstman	1:47:11
Carl Gauthier	1:47:42
Louis Wright	1:54:27
M65 Walter Beale	1:37:18
William Workman	1:43:19
Joe Schwaiger	1:51:30

Roy Miller	1:55:12
Peter Donahue	1:56:44
Herbert Carroll	2:10:07
M70+ Roland Anspach	1:55:04
Robert Thompson	1:57:27
Jack McClain	2:09:03
Ivan Paris	2:13:43
Jim Zink	2:15:48
W40 Julie Rathbone	1:28:33
Janie Wilson	1:30:00
Sherry Hyden	1:34:52
Jane Seidel	1:35:56
Margaret Drew	1:36:18
Barbara Jones	1:36:28
Deborah Cadill	1:37:00
Pamala Berry	1:38:42
Kimberly Theiss	1:40:57
Kate Lapple	1:43:01
Karen Stross	1:43:15
W45 Ingrid Honzak	1:37:55
Kay Heinrichs	1:42:47
Jane Schul	1:45:01
Connie Newman	1:47:21
Gwen English	1:47:46
Barbara Smith	1:50:17
Sandy Bosley	1:55:51
W50 Mitzi Kernan	1:44:07
Diana Porter	1:46:51
Iris Black	1:50:51
Betty Warwick	1:54:57
Bonnie McQueen	1:57:29
Sandy Jepson	1:58:35
Barbara Herman	2:00:33
W55 Wilma Lang	1:42:35
Mitzi Henschied	1:53:32
Pat Darling	1:53:57
Jean Fry	1:56:33
Beatrice Downey	1:58:36
Susie Todd	2:04:00

5K Age-Graded	
Kelly Keeler	17:00
Dan Giner	17:03
Bob Schul	18:39
Dave Stewart	18:06
Michelle Maton	17:28

Continued from previous page

M65	Willis Ridenour	3:35.59	W45	Mimi Sturgell	3:13.40
	Norm Roof	3:36.14		Ruta Kunevicius	3:16.56
	C Kielkopf	3:37.58		D Foster-Jones	3:21.49
	Ed Whitlock	2:56.42		Maggy Zidar	3:24.43
	Lee Cooper	3:36.18		Ingrid Honzak	3:29.24
	Matt Norris	3:36.44		Sandy Padgett	3:32.17
	W Workman	4:00.24		Astrid Varga	3:33.20
	Joe Schwaiger	4:07.36		Barb McKinley	3:40.24
	Robert Ault	4:15.11		Diana Morris	3:40.50
M70	Dixon Hemphill	3:54.33		Jeannie Rice	3:45.09
	Don McNelly	4:45.13		Jean Sandver	3:45.25
	Laurel Cihak	3:09.42		C Reinbolt	3:47.25
	Robin Smith	3:13.18	W50	Nina Bovio	3:24.27
	Shelley Ralston	3:13.58		Nancy Wells	3:33.25
	Judy Gehrman	3:22.13		Linda Tortora	3:35.35
	Debra House	3:23.21		C Stallings	3:49.04
	Pamala Berry	3:25.30		Mary Gonyea	3:54.01
	Janet Suttillier	3:27.10		M Biermann	3:56.46
	Beth Orines	3:27.27		L Jacobson	3:56.51
	Jeanine Kohn	3:30.59		V Matuszewski	3:58.22
	June Jenkins	3:38.04		Janice Hicks	4:03.26
	Joanne Riddell	3:38.59		Bonnie Detling	4:11.35
	Betty Lukey	3:39.19	W55	Kathy Lewis	3:50.40
	Kay Pon-Brown	3:39.38		Barb Norman	4:07.03
	Holly Lehnhard	3:39.41		Louise Miklovic	4:15.45
	Viola Burke	3:40.04	W60	Marlene Welsh	4:24.50
				Nancy Mueller	4:36.44

MID-AMERICA

St. Louis Bud Light Stadium Run Handicap 10K
St. Louis, MO; Sept. 8

PLACE	NAME	AGE/SEX	CITY STATE	HNDP	HNDP TIME	ACTUAL TIME
1	JOHN F. HOSNER	71 M	BLACKSBURG VA	29:08	14.5	43:38
2	JACK GENTRY	68 M	ROGERS AR	30:23	12.5	42:53
3	GORDON BENFIELD	43 M	EVANSVILLE IN	30:40	3.0	33:40
4	PATRICK W. GALLAGHER	71 M	ST LOUIS MO	30:46	14.5	45:26
5	RAY BATTISTINI	44 M	FENTON MO	32:00	3.5	35:30
6	BERNIE VIOLAND	46 M	WILDWOOD MO	32:05	4.0	36:05
7	FRANK CURIOTTO	42 M	ST LOUIS MO	32:09	3.0	35:09
8	MARK HOSLER	49 M	JACKSON MO	32:14	4.5	36:44
9	LARRY MC MAHON	45 M	ST LOUIS MO	32:20	3.5	35:50
10	MIKE TOOLEN	51 M	BARNHART MO	32:26	5.0	37:26
11	DICK HESSLER	55 M	COLUMBIA MO	32:32	6.0	38:32
12	DAVE DAUM	43 M	ST LOUIS MO	32:35	3.0	35:35
13	BERNIE CANDY	48 M	MANCHESTER MO	32:50	4.5	37:20
14	ERNIE HIRSCHFELD	69 M	PACIFIC MO	33:05	13.0	46:05
15	JACK BELLMER	46 M	SPRINGFIELD IL	33:31	4.0	37:31
16	CARL SEGRETTO	63 M	SPRINGFIELD IL	34:06	9.5	43:36
17	PAUL AUCCOIN	51 M	EVANSVILLE IN	34:09	5.0	39:09
18	RON KELLER	40 M	CAPE GIRARDEAU MO	34:10	2.5	36:40
19	MIKE SERNIAK	12 M	MANCHESTER MO	34:12	5.5	39:42
20	AMY FRULAND	24 F	MANCHESTER MO	34:14	3.5	37:44
21	GAIL B. FORD	43 F	ST LOUIS MO	34:15	7.0	41:15
22	JUDY WEST	28 F	BALLWIN MO	34:23	3.5	37:53
23	BILL WAGNER	44 M	ST PETERS MO	34:27	3.5	37:57
24	MARVIN ZEMAN	48 M	CARBONDALE IL	34:30	4.5	39:00
25	TERRY W. WIESE	44 M	ST LOUIS MO	34:33	3.5	38:03
26	DAN SEBREN	45 M	ST LOUIS MO	34:47	3.5	38:27
27	TRACY CIOTA	30 F	BRIDGETON MO	34:49	4.0	38:49
28	BOB HOWARD	65 M	ST LOUIS MO	35:08	11.0	46:08
29	CRAIG DULLE	35 M	ST LOUIS MO	35:15	1.5	36:45
30	MARION DE MURI	68 M	FLORISSANT MO	35:20	12.5	47:50
31	STEVE MROTEK	33 M	ST LOUIS MO	35:21	1.0	36:21
32	DONALD GRANBERG	54 M	COLUMBIA MO	35:22	6.0	41:22
33	LYNNE WILLIAMS	38 F	UNIVERSITY CITY MO	35:30	6.0	41:30
34	HOWARD JONES	38 M	ST LOUIS MO	35:37	2.0	37:37
35	JOE BOZARTH SR	68 M	WEST FRANKFORT IL	35:38	12.5	48:08
36	TREVOR L. TREDWAY	29 M	ST LOUIS MO	35:39	0.0	35:39
37	MARK MULLIN	38 M	ROLLA MO	35:53	2.0	37:53
38	NATHAN W. SCHERRY	25 M	ST LOUIS MO	36:02	0.0	36:02
39	LARRY DOERR	41 M	ST LOUIS MO	36:07	2.5	38:37
40	RENZO DREON	55 M	MANCHESTER MO	36:09	6.0	42:09
41	BEN BRADSHAW	62 M	ST LOUIS MO	36:23	9.0	45:23
42	JOHN C. DICKEY	42 M	BRENTWOOD MO	36:26	3.0	39:26
43	BOB SANDERS	36 M	COLLINSVILLE IL	36:27	1.5	37:57
44	STEVE LAWRENCE	26 M	ST LOUIS MO	36:28	0.0	36:28
45	CURT LARSON	42 M	ST PETERS MO	36:30	3.0	39:30
46	WAYNE CORSE	46 M	CHARLESTON MO	36:31	4.0	40:31
47	BILL SCHMITT	74 M	GODFREY IL	36:33	16.5	53:03
48	MIMI ZIELINSKI	36 F	ST LOUIS MO	36:40	5.5	42:10
49	TENNA HOSNER	45 F	BLACKSBURG VA	36:43	7.5	44:13
50	DANIEL SMORONSKI	14 M	ST LOUIS MO	36:43	3.5	40:13
51	GEORGE MERIWETHER	54 M	MANCHESTER MO	36:44	6.0	42:44
52	BILL STEWART	62 M	CLAYTON MO	36:46	9.0	45:46
53	MATT SWAIN	35 M	VALLEY PARK MO	36:52	1.5	38:22

WEST

Sacramento Marathon & Half-Marathon
Sacramento, CA; Oct. 6

M40	Bill Hambrick	3:04.23	John Mullane	4:35.38
	Chuck Kratochvil	3:10.12	Mike Starr	4:50.21
	Bruce Guter	3:12.42	Ed Reilly	3:55.43
	Mike Hernandez	3:16.49	John Milne	4:06.53
	Mike Castillo	3:17.09	Richard Wolle	5:42.23
	Tom Nadsady	3:27.48	Debra Lopez	3:50.20
	Randy Thiele	3:29.50	Brenda Hill	3:48.38
	Alfredo Garcia Jr	3:32.34	Janice Level	3:52.16
	Rich Hieronymus	3:33.07	Debbie DeLong	4:11.15
	Rick Mollenkopf	3:07.12	W50 Barbara Elia	6:33.16
	Rick Morrissey	3:29.15	W55 Marie Harmon	4:32.17
	Earl Looney	3:33.20	Half-Marathon	
	Clement Choy	3:35.22	M40 Mark Drake	1:15.34
	Gary Henslee	3:40.06	Mike Deatherage	1:18.14
	Igor Hermann	3:40.19	John Kennedy	1:20.55
	John Duncan	3:41.26	Bruce Aldrich	1:23.58
	Bob Brittingham	3:43.19	Hank Beal	1:26.24
M50	Bill Bowers	3:24.03	Loou Nishimura	1:26.26
	Mike Rogge	3:28.14	Steve Grant	1:27.26
	Warren Mine	3:31.33	George Emlein	1:27.52
	Dorsh Sanders	3:36.33	Bob Fredenburgh	1:28.00
	Bob Cowdrey	3:37.11	Steve Backlund	1:28.18
	Buzz Gray	3:47.49	John Camps	1:34.56
	Jim Simpson	3:49.14	Carl Cox	1:35.44
	John Bruns	3:53.10	M45 Steve Hall	1:18.49
	Bob VanSteenburg	3:32.12	Jim Flanagan	1:24.00
	Web Chadwick	3:38.07	Urbano Luna Jr	1:26.10
	Robert Terry	4:04.35	Jim King	1:26.57
			Larry Morrison	1:29.35
			Greg Rousseau	1:32.20
			Tom Markuse	1:34.00
			Wm Bennett	1:34.53
			Jeffery Pecota	1:35.56

Charles Curran	1:36.44	Chris Scanga	2:48.19
Scott Lery	1:37.50	Ty Schmalz	2:49.22
M50 Howard Ferris	1:25.23	Bob McNaught	2:53.41
Rick Espinosa	1:28.55	Ward Wagstaff	2:54.35
Arnold Utterback	1:29.59	Joel Greene	2:56.05
Terry Hedemark	1:32.09	Norm Gould	2:57.42
Ron Parrett	1:32.41	Buddy Hyman	2:58.19
Rich Howell	1:35.24	Joe Anderson	2:58.50
Steve Topper	1:36.18	Charlie Castelan	2:59.31
Alfred Murillo	1:38.33	Ken Myers	3:00.49
Don Wilkinson	1:39.55	M50 David Burton	2:39.49
M55 Jon Shelgren	1:29.17	Robert Lindsey	2:50.15
Bob Peterson	1:35.09	Jerry Rosa	2:53.54
Bruce Piner	1:39.21	Doug Saari	2:56.48
Clark Herzog	1:40.16	John Nelson	2:59.25
Abe Underwood	1:41.01	Dan Ashimine	3:00.16
John Segerdell	1:46.00	Bob Hansen	3:01.26
M60 Don VanDyke	1:30.56	Ken Harper	3:02.14
Gary Hollinger	1:37.37	Doug Cornell	3:03.51
Jeremiah Russell	1:41.01	Jim Hutchings	3:04.03
Everett Riggle	1:43.46	David Mechem	3:08.26
Paul Chorley	1:45.01	Lenard Wright	3:11.06
George Moss	1:46.24	M55 Ron Peterson	2:52.41
M65 Herb Hoover	2:07.30	Darrell Natter	2:59.04
Harvey Cain	2:17.58	Douglas Wells	3:01.30
M70+George Billingsley	1:59.22	Joel Kirk	3:02.06
Charlie Deards	2:07.52	Daniel Gillis	3:06.43
Paul Camerer	2:32.58	Cary Howard	3:07.07
W40 Karen Johnson	1:28.21	Norm Pittenger	3:07.08
Anne Veling	1:35.02	Phil Mann	3:12.33
Linda Belton	1:39.43	Dick Kirkwood	3:13.29
Desiree Wilson	1:39.46	John Sonstroem	3:15.53
Laurie Piner	1:42.23	Stephen Utley	3:18.34
Diane Kuhn	1:45.21	Stanton Neumann	3:19.51
W45 Angie Williams	1:44.16	M60 Carlos Valle	2:54.20
Brenda Pollard	1:46.50	J G McBride	2:58.01
Joyce Bayne	1:51.32	John Cushing	3:09.43
Marilyn Arguelles	1:52.46	Larry Dervin	3:25.09
W50 Cyni Calvin	1:37.06	Jim Lillywhite	3:27.12
Rusty Barnett	1:43.03	Jim Crandall	3:32.25
John Kramer	1:55.19	George Davall	3:32.27
Judy Press	1:55.25	Don Minson	3:32.54
W55 Louise Walters	1:41.22	M65 Robert Skankey	3:15.22
Chiyo Shingu	2:05.47	Paul Nance	3:18.01
JoAnn Souvignier	2:15.49	Leroy Petersen	3:22.33
W60 Linnell Barnhart RW	4:21.00	Richard Rozier	3:46.27
W65 Lois Cook	2:36.48	Dewain Jenkins	3:52.34
Charlotte Walker RW	2:40.52	Eugene Barker	3:52.36
W70+ Po Adams	2:29.03	Tom Gregory	4:11.28

Balboa Beach to Bay 5K
Newport Beach, CA; Oct. 12

Overall			
Gus Quinonez	30	15:05	
Rena Acuna	26	16:30	
M40 Dr. John Koningh		15:17	
David Parsel		15:25	
Jeff Snyder		16:47	
M45 Bill Braun		18:14	
Bill Sumner		18:29	
Warren Young		19:21	
M50 Neville Pearson		18:42	
Richard Lewis		19:12	
Shel Mankin		19:23	
M55 Al Shook		20:40	
Bill Fordiani		21:39	
Andre Rios		21:56	
M60 Buddy Belshe		21:22	
Jim Wood		22:09	
Darrel Jeffries		23:10	
M65 Frank Buxton		20:50	
Patrick Devine		21:07	
Debbie Leftwich		22:15	
David Rich		22:37	
M70 Larry Banuelos		22:37	
Robert Kay		23:07	
John Mooshagain		32:03	
W40 Diane Lawrence		23:52	
Phyllis Bourgault		24:47	
Silvia Rodriguez		25:14	
W45 Debby Jamieson		20:32	
Ann Fordiani		21:48	
Marianne Towersey		23:14	
W50 Ellen Keys		22:33	
Sandra Thomas		26:51	
Alice Stotler		27:33	
W55 Martha Trbovich		30:31	
Missy Boelscher		31:47	
Sharon Bridges		34:05	
W60 Mickie Shapiro		26:21	
Winnie Rich		28:19	
Pat Buxton		47:12	
W65 Rita Cobb		44:42	
Patricia Litten		47:48	
Katherine Dean		52:21	
W70 Faye Gutierrez		47:08	

NORTHWEST

St. George Marathon
St. George, UT; Oct. 5

Overall			
Tim Jones		2:18.39	
Mary Burns-Prine		2:41.27	
M40 Mark Holland		2:34.19	
Val Barnes		2:34.33	
Mark Dickey		2:35.18	
Brent Karchner		2:38.27	
Brad Hardy		2:42.30	
Jeff Ogren		2:43.11	
Kim Clark		2:43.53	
Joe Peterson		2:44.51	
James Fuller		2:45.03	
Rick West		2:45.24	
Charles Wight		2:47.31	
Paul Ruckel		2:48.05	
David Johnson		2:48.27	
Steve Bowling		2:48.53	
Fritz Wonderlich		2:50.55	
M45 Sam Hajj		2:35.55	
Ray Workman		2:36.39	
Glen Nakano		2:46.26	
Alan Stewart		2:47.27	

INTERNATIONAL

British Veterans 10K
Championships
Solihull, Midlands; Oct. 6

M40 Nigel Gates	30:39
Jim Estall	31:31
M45 Gordon Stewart	31:40
Mike Hages	31:47
M50 Mike Hurd	31:47
Alun Roper	32:04
M55 Graham Patton	33:56
Phil Lancaster	34:24

M60 Mick Ward	36:21
Harry Clayton	36:44
M65 Derek Howarth	41:22
Laurie Forster	42:12
M70 Steve Charlton	37:55

Etonic
BUILT
FOR THE RUNNER

After 47 years

Bill Rodgers is still running.

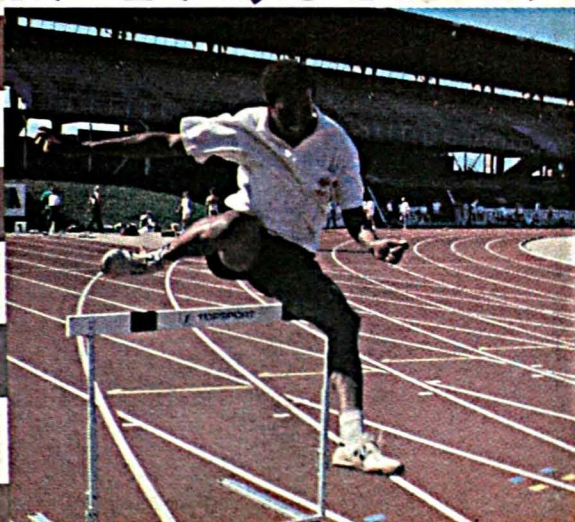
Bill Rodgers wears Etonic.

Just coincidence?



WORLD VETERANS' ATHLETIC CHAMPIONSHIPS

17-27 JULY 1997 DURBAN SOUTH AFRICA



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