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 marathons.


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.

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 for third place, won with an eighth-place 27:42. Walter

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 will be based on the Indianapolis Life 500 Festival Mini-Marathon in May. In addition, performances at the Twin Cities Marathon in October will be worth one-and-a-half. The top overall Grand Prix finishers

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December 1996

NATIONAL MASTERS NEWS

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

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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. Doing the least she could is not unlike and effort that Franky's actions were not. We find neither action particularly admirable, but believe that Franky did not violate any responsibility that this is such a case, that Evelyn had a positive responsibility to find out who her competition is. Bost seems to imply that masters and open runners enter 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 runner 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 disqualified 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 Dungan. I have had races taped by various people over the past 13 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 clarity 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.

Tungh 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

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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 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 POBRRRC’s Lynn Kotler serving as the race director for the third year.

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.


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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Dr. Joel D. Wallach

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How The West Was Run

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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 them at Jenner-by-the-Sea in California and ended 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 book coauthored with Joe Henderson.

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 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 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 and laughing when they ask what they'll be doing while they're talking.
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 gray 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).
* Foullest smell: rendering plant in Colorado.
* Most interesting ghost town: Shaniko, Oregon.
* Most quaint western town: Austin, Nevada.
* Most common highway kill: Raccoons.
* Most precious word, when uttered authoritatively, for a runner being chased by a dog: "Stay!"

Continued from page 6.
Sciatirc 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.

(De. Pagliao 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 Pagliao, The Foot Beat, NMN, Box 50098, Eugene, OR 97403.)

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 63:54.

Other high-profile runners besides Scott in the 150-entrant field were Craig Virgin, 41, former Olympian in the 10,000, and Bob Schuif, 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 Randall 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 POP Lodge 25.

The 1997 8K X-C Championships are scheduled for Sept. 1 in Pasco, Wash.
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 SDS 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, Dundes, 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 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 11 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.

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 Detroit Marathon a week later on U.S. 143 athletes aged 40-and-over to 4111.

In her third year of masters competition, Bergen has been high jump entries for just one year and trains, not having a facility near her home, at the petition, Bergen has been high jump- age record for the men's long jump (5:28.0). Jim with a 125-6 mark.

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IF TEN YEARS AGO
December, 1981

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- Dave Jackson Smashes the M50 Triple Jump WR With a Leap of 43-1 in Club West Meet
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Photo by Gary Allen

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December 1996

National Masters News

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WE PAY TO was 26:43 about time away from my job, but I also to hold a certain heart rate for at least have been training specifically for this EW: When you do speed work, ing here would top off the season. I constantly race? It is too difficult championships. I won both. I thought com- to keep revved at a certain point; but to important to do speed work regularly pionships. I won both. I thought com- the two state masters and open cham- important to do speed work regularly to get the benefits you want. You don't 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 tirious? 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 400m mark, or that 1.5- minute mark each time you come around. But also you need to take a 5-minute recovery between each longer interval. If you are going to go out hard for 3 minutes, you need to recover, get your heart rate down and perhaps take a glass of water 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 longer interval, 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 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, N.Y.C., N.Y. 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 conscious about my training, and I have been changing my technique. I have always landed a little flat-footed. 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 else, 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, not dominate your life.
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)
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 prone 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 prone as badly as it seems—and I hate to suggest this—walking 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 approximating 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 11/2 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 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 hamstring 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.)
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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That’s Why the Lady is a Champ

(The following article, by Lewis G. Maharam, M.D., FACSM, 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 anterior cruciate ligament surgery.

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 hip and the lower torso. 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’ is 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 WOJICK

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 the U.S. under the Detroit River via the Detroit-Windsor Tunnel.

Schlau, the oldest runner ever to

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 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) 308-8-FIT (2348).

SILVER STATE INDOOR MASTERS CLASSIC

February 16, 1997

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.

WHO: All men and women 30 years and up (sub-masters 30-39, masters 40-95)

FEES: $15.00 for first event, $10.00 each thereafter - Relays $20.00 per team.

DEADLINES: Registration must be received by Saturday Feb. 8, 1997 for final schedule. (walk in registration is limited to lane & time availability)

AWARDS: Medals, top 3 places, all age groups, all events.

EVENTS ENTERED:

Running Events

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<tr>
<td>Relays as requested (4 X 200, 4 X 400, 4 X 800)</td>
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Field Events

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<th>Shot Put</th>
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<th>Super Weight Throw</th>
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<td>High Jump</td>
<td>Long Jump</td>
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<tr>
<td>Shot Put</td>
<td>Weight Throw</td>
<td>Super Weight Throw</td>
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Application and entry checks (Silver State Striders) and mail to Silver State Striders • P.O. Box 21171 • Reno, NV 89515 • (702/329-2814)

NAME: ____________________________

ADDRESS: _________________________

CITY / STATE: ______________________

CLUB AFFILIATION: USA/AAFA #

DATE OF BIRTH: ________ AGE: ________ PHONE #: ______________________

EVENTS ENTERED: ________ ________ ________ ________ ________

1ST 2ND 3RD 4TH 5TH

COMPETITORS #: ______________________

OFFICIAL USE: ______________________

WAIVER AND MEDICAL TREATMENT AUTHORIZATION

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, as a cooperating party, 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: ______________________

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:

- 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 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 training 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.
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 turns 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 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 Ifrig, 62, in 19:28. Raking in the M60 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 slam dunked 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, Genessee 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, Genessee Valley Striders, 27:16. Madeline Bost, 57, of New Jersey, won the W55 race in 23:22. Mary Cavicchi, 66, Of 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 awarded the W50 division, 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 benefited 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.
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 as a stress fracture and no running fitness will be lost if training is continued.

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-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 fitness will be lost if training is continued with plantar fasciitis pain.

1. 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.
2. Tape the arch to support the structure. This will relieve stress on the plantar fascia and allow healing to take place.
3. Wear prescription orthotics from a chiropractor knowledgeable in sports injury.
4. Stretch the calf muscles.
5. 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. 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.
8. 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 injury. This is another no-no.
9. 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.)

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.

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

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. Wear prescription orthotics from a chiropractor knowledgeable in sports injury.
3. Stretch the calf muscles.
4. Avoid testing the area of pain to see if it still hurts. This is like pulling up carrots to see if they are ripe.
5. Wear 1/8-inch heel lifts.
6. 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.
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 injury. 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 a 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 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.
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.

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 Pribile, 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
- March 8: Gate River Run 15K
- May 2: Indianapolis Life 500 Festival Mini-Marathon
- May 31: Freihofer’s Run for Women 5K (women only)
- July 20: Chicago Distance Festival 5K (men only)
- October 5: Twin Cities Marathon
- October 25: Tulsa Run 15K
- March 22: Azalea Trail 10K

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 Gramee Shirley) and Treasurer (currently Madeline Bost).

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

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

Financial Statement

Revenues:
Entry fees (29x$25) $720
T-shirt sales 150
USA Track Subsidy 450
Total Revenues $1320

Expenses:
Track Rental 500
Officials 130
Accutrack Rental 130
Officials' lunch 95
Buffet dinner 285
T-shirts 210
Telephone/postage 94
USA Track Sanction 60
Total Expenses $1324

Net Loss $4

SITES OF NATIONAL CONVENTIONS

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<td>Masters LDR Executive Committee</td>
<td>Victoria 2</td>
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Entry Forms Arrive

A
fter 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. The event will be held in Durban, South Africa.

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 accommodation continues to decrease.

At press time, the dollar stood at 4.71 rand. (At press time, the dollar stood at 4.71 rand.)

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.)

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.

Usa Durban Entries

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
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.

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 2386 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 stadium.

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 worldwide 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 Guzechmann (BEL), Josep Antentas (ESP), Ruth Anderson (USA). Guests: Charles DesJardins (USA), Al Sheahan (USA). Absent: Daniel Andrade (CVD), Kiyoshi Kounaiko (JPN), Jim Tobin (NZL), Albino Arizta (COL).

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XII WAVA CHAMPIONSHIPS
DURBAN SOUTH AFRICA
July 17-27, 1997
TRAVEL TOGETHER AND SAVE!!!
Complete package includes: round-trip airfare, hotels, transfers, personal escort by Paul Geyer, master race walker. Many optional tours available. Package will cover to and from all destination in USA and Canada. Please write or FAX to Paul Geyer for all information which is now available. DON’T WAIT. DO IT NOW!!!

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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.

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 (everyone eventually participated) 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.

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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, wherever and wherever the British want to hold it, as long as it is at least 78 degrees with a nice little tail wind.

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 arist even stopped by to meet us. We lunch 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 figures 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 Cam-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 downside, Jennifer Dickfield led all the women (and most of the men) with an 18th place overall and a W35 win. The W40 class saw long-standing Christine Guy winning over Barbara Astin and Laurie Goettl. This division, however, was reconquered by W45s Linda Findley and Anne Emmett, as well as W55 winner Joan Christensen and W60 WAVA medalist Molly Turner. In M50, Margaret Rolfe had a good race and a comfortable win over Georgie Gillis.

Can-Am Challenge Lacks Competitors From USA

by REX HARVEY
A team from Great Britain beat 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 individual pairings. The British heptathlon team won by an even larger margin, 21,020 to 16,455 points, winning four of the five individual pairings.

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.

Britain Tops USA in Multi-Events Challenge

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 Camera Club. The Church Women United, and the Lions Club.

Hayride

The final afternoon was spent riding horses at a small ranch near town. We caved 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

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Constitutional Convention

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NATIONAL

- John A. Kelley, 59, whose name is synonymous with "Boston Marathon," was honored by a Doctor of Human 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, completing the racewalk division, Linda Stein, 49, Sunrise, FL, topped both the men's and women's fields for the eighth time in total with a 2:03. Rod Vargas, 47, Miami, was the first M40+ in 28:40.

- Andrew Smith, M45, 43:29, and Grace Annuzzi, W55, 60:04, nailed firsts in the NCCWAVA 8K Racewalk Championships, Cobleskill, NY, 80.

- Jim Pearson, 47, finished first overall in 1:50:00 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."

- Chuck Sochor, Gowen, W1, top-ranked M55 sprinter in 1995, who missed the 1996 sea- son with a serious hamstring injury incurred in February, was the first man over 50 in the Apple Country 5K, Grand Rapids, MI, Oct. 19, with a 25:48. He writes, "I 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 8K, Nigeria, M40, Holdenville, MI, 17:36, and Sharon Hoekstra, W45, Hudsonville, MI, 19:55.

- Jonathan Matthews, 40, Bloomington, IN, strode to a first overall with a 2:29:09 in the Monster Mash 5K Racewalk, Indianapolis, Oct. 19. Fourth-place Max Walker, 50, was second M40+ in 2:47. Janet Jeffer, 47, was fifth with a 2:57.5.

- At Choma, 40, on the 2nd day, his oldest son in the Columbus 5K, was first overall in 19:11 in the Oyster Bay Run, Huntington, NY, Nov. 10, with a 23:22:49. (64.6% AG). pullout.

- Carl Barrett, M60, and Morris Whiting, 52, were top scorers in the M65 division, and Nina Bovio, Brighton, MI, winning the W50 division in 3:24:27.

- Call him Congressman. Three-time Olympic and masters runner, Jim Ryan, 49, was elected to the U.S. House of Representatives from Kansas's 2nd district, Nov. 4. A Republican, Ryan defeated his Democratic opponent by a 48-42 percent margin.

- After a five-year hiatus, the legendary Jack Greene, son of the late, great and breaking of the 5K world record (1980, 200, 1500, and 800 in that order, and adding up their percentages.

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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 NNH, 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.


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

**EAST**

Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Vermont


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


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


Footsure Indoor DCRRC Track Meet, 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 2. 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).

February 25-26. Penn Relays, Philadelphia. 25K: 4x100m (M40+; M50+ in same race); 100m (M40+, M40+ in same race). 26th: 4x400m (M50+ & W40+ run in same race). 100m (M40+, M40+ in same race).

February 26. Silver State Indoor Masters Classic, Reno. Events added this year: pole vault, super weight, hurdles, race-walk, 3,000m, 880m.

**SOUTHWEST**

Arizona, California, Hawaii, Nevada

December 14. KEL fields Meet #56, Santa Cruz, Gary Kemelson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202. Contact Kemelson before attending meet.


February 18. KEL fields Meet #57, Santa Cruz, Gary Kemelson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202. Contact Kemelson before attending meet.

February 17-18. California Senior Olympics, Palm Springs, Calif. 50+ Ben Green, 619-322-5689.

February 23. KEL fields Meet #58, Santa Cruz, Gary Kemelson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202. Contact Kemelson before attending meet.


**INTERNATIONAL**

December 14-15. Indoor Russian Veterans Sport Association Cup “Match-5”, Moscow. Vadim Marshew, 14-6 Perovskyayskaya St., Honity, Moscow Region, 141400, Russia. 7-095-5734150; fax 5726436.


February 26. Silver State Indoor Masters Classic, Reno. Events added this year: pole vault, super weight, hurdles, race-walk, 3,000m, 880m.

**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 Rocket Run 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 the Culver City, Calif., host marathons on the 3rd. More 26-milers are available on the 5th in Tucson; Dallas; Middletown, Del; Brandon, Fla; Sacramento, and Honolulu, with a less conventional distance 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 Vinir 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 Mainely Masters 10K in the 21st. The Runner’s World Midnight 5K closes the door on 1996 on the 31st.

**RACEWALKING**

No events.

**LONG DISTANCE RUNNING**

USA Track and Field News


Continued on next page
Continued from previous page
Phone/fax: 702-876-3870.
April 13. USATF National Masters 5K Championships, Carlsbad, Calif. Tim Murphy, 10509 Vista Sorento Pkwy, #102, San Diego, CA 92119. 619-450-6510.

### EAST
 Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, N.J. Pennsylvania, Rhode Island, Vermont


### SOUTHWEST

Start/Finish: Tavern on the Green.

### SOUTHEAST

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

December 1. First Tennessee Memphis Marathon. FTMM, Box 84, MO-8, Memphis, TN 38101. 800-893-RACE; fax: 901-523-4534.
December 8. Semper Paratus 10K, Coast Guard RKC, Yorktown, VA. Sandy Harrison, 804-898-2226.
December 8. Brandon Marathon, PO Box 1564, Brandon, FL 33509. 813-681-4279.
December 14. Rocket City Marathon, Huntsville SASE to Huntsville TC, 881 Edgehill Dr., Huntsville, AL 35802. Harold or Louise Tinsley, 205-881-9077.
January 25. Gasparilla 15K & 5K, Tampa. SASE to Gasparilla, PO Box 1881-RT, Tampa, FL 33681-1881.
March 15. Shamrock Sportsfest Marathon, 8K and Masters 8K, Virginia Beach, VA. SASE to Shamrock, 2308 Maple St., Virginia Beach, VA 23451. 757-481-5000; fax: 804-292-8242.

### MID-AMERICA

Colorado, Iowa, Kansas, Minnesota, Missouri, Nebraska, N. Dakota, Ohio, S. Dakota


### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

January 5. 90th Jackson Day Race, 9K, New Orleans. NOC/T. P.O. Box 52003, New Orleans, LA 70152-2003. 504-482-6682 or 468-1488.
January 12. Houston Marathon, HM, PO Box 55446, Houston, TX 77204. 713-864-9305, 864-7525.
February 16. Austin Marathon. SASE to Marathon, PO Box 684587, Austin, TX 78760. Kyle Cagg, race director, 512-505-8304.
February 22. Cowtown Marathon & 10K, Fort Worth, Texas. Cowtown Runs, PO Box 9066, Fort Worth, TX 76147. 817-735-2033.

### WEST

Arizona, California, Hawaii, Nevada

December 1. Western Hemisphere Marathon, Culver City, Calif. CC Rec., 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 Sorento Pkwy, Suite 102, San Diego, CA 92119. 619-450-6510.
December 8. California International Marathon, Sacramento, C. P.O. Box 161149, Sacramento, CA 95816. 916-983-4622.
December 8. Honolulu Marathon. HM Ath., 3365 Waialae Ave, #208, Honolulu, HI 96816. 808-734-7200.

### RACEWALKING

December 15. Christmas Relays, Lake Merced, San Francisco. 4 person teams; 4/4 miles per leg. SASE to West Valley TC, c/o Marc Lund; 1433 Norman Dr., Sunnyvale, CA 94087. Seeary Barnett, 510-635-9508 (eve).
December 21. 12h Mainly Masters 10K, Sand Diego. 800-450-SDTC.
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For achieving U.S. Standards of Excellence:

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- Long Jump: 4:49.1
- Shot Put: 3:30.5
- Discus: 5:25.0
- Triple Jump: 4:35.0

For American Standards of Excellence:

- High Jump: 2:33.5
- Long Jump: 4:49.1
- Shot Put: 3:30.5
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<td>M65 800m</td>
<td>R. Cooper, J. Harvey</td>
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<tr>
<td>M70 800m</td>
<td>J. Anderson, M. Harrison</td>
</tr>
<tr>
<td>M50 1500m</td>
<td>V. Morgan, J. Price</td>
</tr>
<tr>
<td>M65 1500m</td>
<td>R. Cooper, J. Harvey</td>
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<tr>
<td>M70 1500m</td>
<td>J. Anderson, M. Harrison</td>
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<tr>
<th>Event</th>
<th>Participants</th>
<th>Time</th>
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<td>M60 5000m</td>
<td>C. Smith, L. Thompson</td>
<td>13:57.20</td>
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<td>M70 10000m</td>
<td>J. Anderson, M. Harrison</td>
<td>27:45.00</td>
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M75 Dale Buyse 84.9
M74 John McGowan 65.4
M70 Reid Elsworth 49.3
W50 Jane Sear 71.1
W55 DeAnne Janne 84.0
W60 Karen Teden 44.10
W65 Barbara Brandt 75.8
W70 Mary Bussey 33.6
M50 Stan Stanislav 19.25
M55 Bob Gisern 19.25
M60 Alan Mercer 24.18
M65 Ken Ogden 20.49
M70 Ed Gookin 24.09
Joe Johnson 21.26
M75 John Gresham 23.44
M80 Warrington Taylor 41.22
W60 Jeane Hoozard 23.49
Donna Gookin 26.01
M50 Tony Taylor 53.62
M55 Ken Ogden 50.49
Joe Johnson 49.15.5
Roy Nelson 51.27.0
M60 Ed Dobson 59.47.1
Ken Campbell 60.00
W65 Judy Olson 72.08
W70 Marybell Russell 72.08

Time & Distance Contest W10:00 Sacramento, CA

[Data entries for various distances and times, including
names, ages, and times for running and walking events.]
After 47 years
Bill Rodgers is still running.
Bill Rodgers wears Etonic.

Just coincidence?