

NATIONAL MASTERS NEWS

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

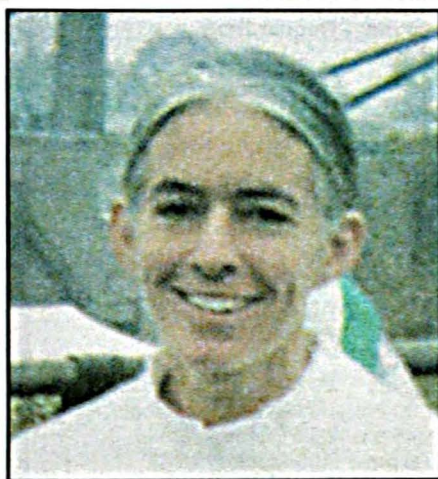
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December 1997

\$2.50



MARILYN MITCHELL
Antoni Niemczak, 41, first master (2:21:44), New York City Marathon.



RICK PASCARELLA
Gillian Horovitz, 42, first masters woman (2:43:20), New York City Marathon.

Niemczak, Horovitz Take Honors in New York City Marathon

by MARILYN J. MITCHELL

Antoni Niemczak, 41, NYC, posted a 2:21:44, and Gillian Horovitz, 42, NYC, clocked in at 2:43:20 to take top masters honors in the 1997 New York City Marathon.

The first place masters win was worth \$3000, but Horovitz, as the second fastest New York City-area woman, open or masters, took home the \$4000 prize for second place in that category and a Continental airlines domestic ticket for being the fastest woman, open or masters, from Manhattan and the New York City boroughs. She just missed an additional \$500 local time incentive bonus by 20 seconds, which would have been awarded had she posted a sub-2:43 time.

Cash prizes in the New York City Marathon are not cumulative – runners with dual eligibility for open and masters category prizes are awarded the higher bonus amount. Second place masters were awarded \$2000 and third place, \$1000. Additionally, there were prizes for local masters, male and female, of \$500 for first place, \$250 for second place and \$150 for third place.

Niemczak, who runs for Witold's Runners, has recently gained masters

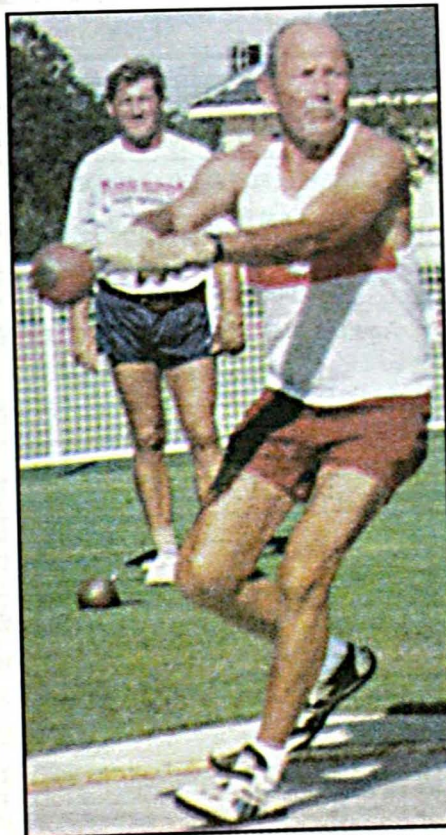
honors in numerous races across the United States but came in second in the 1997 Boston Marathon because of

Continued on page 8

Higgins, Hilliard are Top Pentathletes

by JERRY WOJCIK

After being stuck at around three dozen entrants for the previous three



LORRAINE QUINN
Reed Quinn, 67, Leesburg, Fla., in the weight throw, USATF National Masters Weight Pentathlon, Orlando, Fla., Oct. 11. Pay Carstensen, 65, Spring Hill, Fla., awaits his turn.

championships, the USATF National Masters Weight Pentathlon blossomed to a record 51 athletes, who competed at the Disney's Wide World of Sports Complex, Orlando, Fla., on Oct. 11.

As in the past, the field of 44 men and 7 women represented a wide cross-section of the U.S., with athletes from as far away as Rhode Island, Washington, California, and Colorado, bolstering a large contingent from Florida and neighboring states.

Lloyd Higgins, 55, Los Angeles, Calif., was the highest scorer among the men, with a 4776 total, which included 1129 points for his 169-10 discus throw and 1039 for a 55-6 1/4 toss with the 25-lb. weight.

Len Olson, 66, Daytona Beach, Fla., defended his M65 title with a second-best 4588, below his 4781 last year at the championships in Bozeman, Mont. The third highest scorer, Phil Brusca, 70, Maryland Heights, Mo., earned 4502 points to win the M70 championship.

Bob Humphries, 61, Camarillo, Calif., M60 winner with a 4239, was the only other repeat champion from the 1996 meet besides Olson.

In the closest contest, Richard McMullin, 46, Pennsauken, N.J., on the strength of a 166-8 javelin throw, worth 829 points, defeated Bruce Hedendal, 49, Delray Beach, Fla., by 30 points, with a 3579, in a strong field

Continued on page 5

Young, Welzel Win USATF 15K

by JANNA WALKUP

Coloradans and Indy Life Circuit champions Craig Young and Jane Welzel handily won USATF masters titles at the 20th annual edition of the Tulsa Run 15K, which doubled as a Circuit event and USATF National Masters Championships on Oct. 25 in Tulsa, Okla.

Young, 41, Colorado Springs, ran 47:29 to the 49:12 turned in by Charlie Gray, 43, Lee's Summit, Mo. Welzel, 42, Ft. Collins, Colo., finished in 55:02 – more than three minutes ahead of Marla Rhoden, 42, Topeka, Kansas, who finished second in 58:14. Young, the defending Tulsa Run champion, claimed his fifth Circuit victory, while Welzel captured her fourth.

Both Young and Welzel clinched the Circuit's overall masters division titles last month in the Twin Cities Marathon, earning \$6000 each for their top performances. Doug Kurtis, 45, Northville, Mich., and Honor Fetherston, 42, Mill Valley, Calif., fin-

ished second in the standings (\$3000), while Gary Romesser, 46, Indianapolis, Ind., and Kimberlee Campo, 42, San Diego, Calif., placed third (\$1500).

Welcomed by overcast skies, approximately 3720 runners toed the starting line of the 15K. In addition to a stellar masters field shooting for national titles, the Tulsa Run also featured elite open runners from all over the world, who were drawn by the race's offer of a \$20,000 world record bonus.

Bradley, Ottaway Top Age-Graded

With his 53:29 (a U.S. single-age record), Fay Bradley, 59, of Washington, D.C., produced the best men's age-graded performance (44:38) en route to winning the M55 division. Joan Ottaway, 53, Sonoma, Calif., ran the course in 59:43 to finish as the top age-graded woman (51:15) and the W50 national champion.

Bradley and Ottaway each took home \$1000 in prize money for their age-graded efforts. The top seven age-graded runners per gender earned prize money. Two men – Bradley and Young – scored over 90% age-graded (world class). Overall, 42 men and 23 women scored over 70% on the WAVA age-graded tables to earn points for the Indy Life Circuit.

Machala Sets Record

June Machala, 66, Spokane, Wash., set another U.S. W65 age group record and grabbed the W65 national title with her 1:11:40 finish. It was Machala's fifth age group record set on the Circuit. Other national champions who turned in top times included

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• Entry Forms For:

Indoor Nationals – page 2
Silver State Classic – page 5
World Masters Games – page 22

Indy Life Support to Continue

The Indianapolis Life Insurance Company, sponsor of the masters Indy Life Circuit in 1997, will continue its support of the series in 1998. Charles DesJardins, Indy Life Circuit coordinator, said that the races in the 1998 Circuit will be announced at the USATF annual meeting in Dallas, Dec. 2-6. Information on the Circuit will be available at the Indianapolis Life Insurance booth in Dallas. The races in the series will be published in the January issue of the NMN. □



**1998 NATIONAL MASTERS INDOOR
TRACK AND FIELD CHAMPIONSHIPS**
Reggie Lewis Track and Athletic Center, Boston, Massachusetts
March 27 - 29, 1998
Presented by USA Track & Field - New England



ELIGIBILITY. Open to all men and women 30 years of age and older, including non-US citizens. Individuals will compete in five-year age-groups, relays in 10-year age-groups. Meet will be run in accordance with USATF Competition Rules and Regulations. **1998 USATF membership will be required for all US residents. Membership may be obtained through your local association, or on-site at the meet for \$15.**

ENTRY. *March 8, 1998 is the deadline* for the early entry fee, and a guarantee that confirmation of your entry and final instructions will be mailed to you. **No entries, additions or changes will be accepted after March 20, 1998.** The entry fee includes admission for two to the Championships. Additional tickets will be available at \$5 per day, children under 12 free. Relay registration will take place on-site only (\$20 per team).

AWARDS. USATF Championship medals will be awarded to the top three places in each age-group of each event final. Foreign athletes will receive a duplicate award.

FACILITY/IMPLEMENTS. Six lane, lightly banked 200 meter Mondo track, eight lane straightaway. Use of starting blocks is restricted to those provided by the facility. All shoes will be checked, with only 1/4" pyramid spikes or flats permitted, no hexagonal elements. There will be one weight and two shot circles, throwing onto a synthetic surface. Softshell shot and bag weight implements only, except for the Superweight (men 30-59), which will be contested outdoors. Pole vaulters should bring their pole, rated to their bodyweight.

HOTEL and TRAVEL INFORMATION. **Headquarters:** Back Bay Hilton, 40 Dalton Street, Boston, (617)236-1100 - \$139, a world class hotel located near all area attractions (shuttle to track); Howard Johnson Kenmore, 575 Commonwealth Avenue, Boston (617)267-3100 and Howard Johnson Fenway, 1271 Boylston Street, Boston, (617)267-8300 - \$109 (both shuttle to track); Holiday Inn, 399 Grove Street, Newton, (617)969-5300 - \$69 (must have car, or use trolley). **To get the special rates make reservations at least 30 days prior to meet and mention the National Masters Championships.**

MARATHON TOURS, (800)444-4097, has information for your air travel and accommodation needs. Boston Convention and Visitors Bureau: (800) 888-5515

FRIENDS OF THE NATIONAL MASTERS CHAMPIONSHIPS. Help ensure the high quality of these Championships and future meets with a donation. All contributors will be listed in the official meet program and receive a set of meet results. Please consider:

GOLD \$100 contributors receive an event polo shirt and pin.

SILVER \$50 contributors receive a meet T-shirt and pin.

BRONZE \$25 contributors receive a pin.

THANK YOU.

FRIDAY MARCH 27

3:00 pm Registration

TRACK

4:30 pm 3000 Meters All

FIELD

4:00 pm Pole Vault Men 60+

Weight Women

Triple Jump Women

6:00 pm Pole Vault Women

Weight Men 60+

Triple Jump Men 60+

SATURDAY MARCH 28

8:00 am Registration

TRACK

9:00 am 60 Meters Trials, All

11:00 am 60 Meters Finals, All

11:45 am Mile All

2:00 pm 400 Meters All

4:00 pm 60 m. Hurdles, Trials/ Finals, All

5:00 pm 4 x 800 m Relays, All

FIELD

9:00 am Shot Put Women

Shot Put Men 50-59

Long Jump Men 30-39

10:00 am Pole Vault Men 40-49

Long Jump Men 40-49

11:00 am Shot Put Men 40-49

Shot Put Men 70+

Long Jump Men 50-69

12 noon High Jump Men 30-39

High Jump Men 70+

Pole Vault Men 50-59

Saturday, March 28 - continued

1:00 pm Shot Put Men 60-69

Shot Put Men 30-39

1:30 pm High Jump Men 40-49

High Jump Men 60-69

Long Jump Men 70+

2:00 pm Pole Vault Men 30-39

2:30 pm Weight Men 50-59

3:00 pm High Jump Men 50-59

4:00 pm Long Jump Women

4:30 pm Weight Men 40-49

6:00 pm Weight Men 30-39

TBA General Meeting

SUNDAY MARCH 29

8:00 am Registration

TRACK

9:00 am 3000 M. Racewalk All

11:00 am 200 Meter Trials, All

1:00 pm 800 Meter Final

3:00 pm 200 Meter Final

3:30 pm 4 x 400 M Relays, All

FIELD

10:00 am Triple Jump Men 30-39

Superweight Women 60+

to follow Superweight Women 30-59

to follow Superweight Men 70+

High Jump Women

11:00 am Superweight Men 60-69

to follow Superweight Men 50-59

to follow Superweight Men 30-49

11:30 am Triple Jump Men 40-49

1:00 pm Triple Jump Men 50-59

COMPETITION/ORDER. Women followed by men, oldest to youngest. Age groups may be combined to fill sections. Starting heights will be determined by facility equipment. If the number of entrants in an age-group does not exceed the number of available lanes, preliminary rounds of the 60 meters, 60 meter hurdles, and 200 meters will be eliminated; finals only will be run as scheduled. **NOTE** that field event starting times may need to be adjusted due to the size of fields.

FinishLynx Automatic Timing

MEET INFORMATION

Call USA Track & Field-New England at (617) 566-7600

<http://www.coolrunning.com/usatf.htm>

ENTRY FEE:

\$25 for first event.

\$15 each additional event.

After March 8, a late fee of \$10 per event will be added.

After March 20, no entries, changes and/or additions will be accepted.

Faxed entries will not be accepted.

PAYMENT:

Make checks payable to USATF - NE,

US funds only, drawn on a US bank.

All fees must be paid prior to the meet

MAIL TO:

National Masters Indoor Championships

USATF-New England

P.O. Box 1905

2001 Beacon Street, Suite 207

Brookline, MA 02146.



1998 USATF NATIONAL INDOOR TRACK & FIELD CHAMPIONSHIPS

ENTRY FORM

First Name _____ Last Name _____

Address _____ City/State _____ Zip _____

Telephone _____ Club/Affiliation _____

Male/Female _____ Date of Birth _____ Age (as of 3/27/98) _____ 1998 USATF number _____

Event _____ Best Recent Performance _____ Fee _____

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

T-shirt order (pre-event only)

S _____ M _____ L _____ XL _____ XXL _____

Total Entry Fees: \$ _____

Total: _____ shirts x \$12 = \$ _____

Friends' Contribution: \$ _____

TOTAL ENCLOSED \$ _____

All fees must be paid prior to the meet. Faxed entries will not be accepted.

WAIVER AND RELEASE: In consideration of your accepting this entry into the National Masters Indoor Track & Field Championships, I hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against USATF, USATF-New England, its employees, agents, officers, the Reggie Lewis Track and Athletic Center, Roxbury Community College, the sponsors, the volunteers and their representatives, successors and assigns for any and all injuries suffered by me in said event, or as a result of my travel to and from the competition. I attest and certify that I am physically fit and have sufficiently trained for the competition and that my date of birth is as stated on this application. I authorize meet personnel and its agents permission to request emergency medical treatment or care as necessary to insure my well-being. I agree not to cover or alter my competitor number in any way on pain of disqualification, and I acknowledge that my entry fee is non-refundable, including if the event is canceled.

SIGNATURE: _____ DATE: _____

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

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

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

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

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HALL OF FAME

Please allow me to respectfully suggest that the Masters Hall of Fame Committee once again missed it when it came to performing their assigned duty with any sense of proper purpose.

Their primary responsibility, as I understand it, was to nominate masters track and field athletes who had performed over a given duration at a highly acceptable level. As broad as the incorporation of these criteria are, nominations would certainly lend themselves to a plethora of very worthy men and women. But our committee, obviously limited in wisdom, was able to bring forth only *three* women from the historical entirety of our program. Only *three* from the many; virtually lost among the 22 males.

What sort of self-imposed critical standard did they employ that could have possibly left out names like: Polly Clarke, Bess James, Sister Marion, Ann Clarke, Edith Mendyka, Mary Bowermaster, Pearl Mehl, Judy Fox, Shirley Matson, Betty Vosburgh, JoAnn Grissom, and Leonore McDaniels, etc?

Whether done through bias or ignorance, either is embarrassingly inappropriate and unacceptable to me. All of these women and many others have, in great part, helped the program ascend to what it is today. After all they have done, it must be difficult for them not to believe that such an omission was a deliberate act. Indeed, how

else could such a notable and learned committee let so many "fall through the cracks"? Would it be any less damaging to their personal pride, relative to their marvelous achievements over the years, to excuse the committee by saying they unintentionally *forgot* about them?

Biblically speaking, I understand that "many are called, but few are chosen." And that is precisely my point. We are only talking *nominations*, here.

I personally consider it an affront to all the women of our program who have had to fight valiantly for every scrap of equality, gratuitously handed out from time to time by such honorable committees.

And typically, as in any bureaucratic organization, the offended are extremely limited in their own defense, due to their lack of position within.

Therefore, in an effort to exhibit my personal displeasure at the workings of the "Hall of Fame Committee," and on behalf of all the women of our program who have never been permitted a voice in so many matters relative to their own destiny, I herewith announce the immediate withdrawal of my own name from consideration and would not accept any re-nomination in the future until it is shown that such self-inflated, appointed committees are fully able to demonstrate a proper sense of balance.

Phil Raschker
Marietta, Georgia

OLDER AGE-DIVISIONS

Jerry Wojcik picked a good race — Long Island's Great Cow Harbor 10K — to exemplify the contents of the National Road Race Encyclopedia in his review in the October issue of NMN. It's an outstanding race, with one major flaw. Despite being advertised as an RRCA National Championships race, the oldest age group is 65+.

In 1991, I was first in the M70+ group, and then the age groups regressed to 65+. I would think that a truly national championships would include age division for masters runners of all ages.

I have written the meet directors about this problem, and their answer has been that there are not enough entrants over 70 to merit an age division for them. It's a Catch-22: people 70+ don't enter because there is no age group for them, and there's no age group because they don't show up.

This year the application showed a 65+ division, so I wrote again. Their answer was that there would be a 70+ age group because they had more entrants in that group this year. However, anyone just looking at the application would see only "65+."

I didn't run it anyway, because even a 70+ division doesn't give runners who are 75+ a fair chance, particularly in a race calling itself a national championships.

William Benson
Valley Stream, New York

RACE FEE REFUNDS

Hal Higdon's On The Run column in the October NMN left me more than a little perplexed at all the sound and fury about refunding race entry fees.

Admittedly, we're not the biggest club in the country, and our races aren't

"mega-races" like the NYC Marathon or Bolder Boulder or Gasparilla, but we do put on 14 races during the year. Several of them attract well over 1000 runners each, so we're not the smallest of potatoes either.

We don't question anyone who sends in an entry and then asks for a refund prior to the race. We don't ask if they're backing out because of injury, other commitments, or whatever. If they want their money back, we gladly refund it, or if they want their entry fee redirected to a subsequent club race, it's only a few seconds of work on the computer to accommodate them.

Sometimes race directors and sponsoring organizations forget what it's all about. We don't. The runner comes first, and that's what we're all about.

Mike Polansky, President
Plainview-Old Bethpage RRC
Long Island, New York

NO FALSE START RULE

I see no difference in disqualifying a runner after one false start, two false starts, etc. At some point, one must achieve a legal start.

A runner who has trouble starting legally, should practice legal starts. It may be worth considering allowing disqualified runners the option to run without placing in the competition, and thereby, be able to achieve a particular time. All that would be lost is the place and perhaps an award.

Though I disagree with those who would allow more chances to start legally, I appreciate their desire to compete. However, I suggest behavior rather than rules needs to be adjusted.

Robert Zahn
Cedarburg, Wisconsin

Most people in favour of no false starts base their arguments on entirely the wrong premise: that athletes who beat the gun are actually meaning to cheat, attempting to dash off just before the starter presses the trigger.

That's actually impossible, if you put yourself in the frame of mind and circumstances of we sprinters. Try it yourself, asking a friend to go through the normal track-start business, with a

Continued on page 5

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Eleven Join NMN Sustainers

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

Special thanks this month go to:

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JOHN SNADEN

Lillian Snaden, 68, Florence, S.C., winner of the W65 division (2075 points), USATF National Masters Weight Pentathlon, Orlando, Fla., Oct. 11.

Write On

Continued from page 4

sudden clap following an appropriate pause after the "Set!" Nine out of ten times you'll be hopelessly wrong. Their timings vary greatly, from person to person and from race to race. And they vary them deliberately, so you don't have anything to go by.

You'd look foolish — you might be half a second early, or just as likely a fraction too late. I know, I've done a little test like that. However, in actuality, in thousands of actual races in my lifetime I've never tried, or known anyone else to outwit the man with the gun.

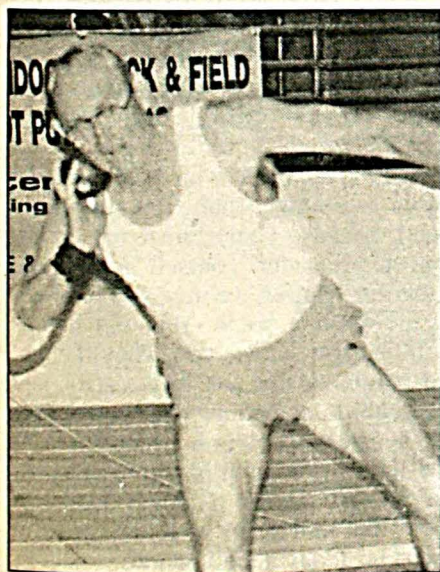
No, fliers happen as a kind of nervous twitch, or an alarm from thinking you've heard the start, or seeing someone else twitch.

To try to *anticipate* down to a tenth of a second, that's hopeless.

There must be a second chance given to the sprinter, who works best when his nerves are stretched. And where in the whole wide world do you find any other system?

Sylvester Stein
London, England

Continued on page 7



SUZY HESS

Harry Hawke, of California, winner of the M65 shot put (37-10 1/2), 1997 Silver State Games, Reno, Nev. The 1998 meet will be held Feb. 15.

National Weight Pentathlon

Continued from page 1

of eight throwers.

Vanessa Hilliard, 56, St. Petersburg, Fla., produced the highest total of the day — 4895 — and the best individual event mark, 52-10 with the 16-lb. weight, worth 1277 points and age-graded at well over 100%.

Carol Finsrud, 40, Lockart, Texas, was second overall among the women, with a 3975. Joan Stratton, 45, Yuma, Ariz., scored 3813, the third highest total, and included a pending U.S. W45 discus record of 111-10. The present

record of 106-5, set in 1983, is held by Joanne Grissom.

Commenting on the meet, Reed Quinn, M65, Leesburg, Fla., said, "The facilities and officials were good. They gave us rides from the parking lot on golf carts (Florida style) and provided a pleasant after-event buffet. Using the same throwing ring for the discus and hammer created significant delays."

All three of the top men and women scorers were recipients of the Phil Partridge Awards of clocks and checks

for \$125, \$100, and \$75. The Partridge Awards were instituted at the 1995 championships in Grass Valley, Calif., and were donated by Bob Stone, an M75 thrower from California. They honor Phil Partridge, 86, who was instrumental in the development of weight age grading and the adoption of the weight pentathlon as an official WAVA event.

The site and date for the 1998 championships will be bid and voted on at the 1997 USATF annual meeting in Dallas, Dec. 2-6. □



The Third 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 Ave. off Interstate 80, proceed north on Wells for two blocks).

WHEN: February 15, 1998 (SUNDAY) **TIME:** 7:30 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. 7, 1998 for final schedule. (Walk in registration is limited to lane & time availability).

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

HOST HOTELS: **DAYS INN** - \$39.00 a night 1-800-448-4555, Two blocks from track. (SILVER STATE STRIDERS / U.N.R. RATES)
HOLIDAY INN - Hotel / Casino - \$49.00 a night 1-800-648-4877, Three blocks from track.
TRUCKEE RIVER LODGE - Non Smoking / Kitchenettes - \$40.00 a night 1-800-635-8950, Down town Reno.

| Running Events | | Field Events |
|--|--------------------|---|
| 3000m Racewalk - 8:00 | 200m Dash - 11:15 | Weigh-In and measure - 8:45 |
| 3000m Run - 9:15 | 1500m Run - 11:45 | Pole Vault - 9:30 |
| 60m Dash - 10:00 | 60m Hurdles - 1:00 | Long Jump - 9:30, followed by Triple Jump |
| 800m Run - 10:15 | 400m Dash - 1:30 | Shot Put - 9:30, followed by Wt. Throw then Super Wt. Throw |
| Relays as requested (4 X 200, 4 X 400, 4 X 800) - 2:00 | | High Jump - 10:45 |

Application and entry checks (Silver State Striders) and mail to Silver State Striders P.O. Box 21171 Reno, NV 89515 (702/329-2814)

NAME _____ Male _____ Female _____

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WAIVER AND MEDICAL TREATMENT AUTHORIZATION

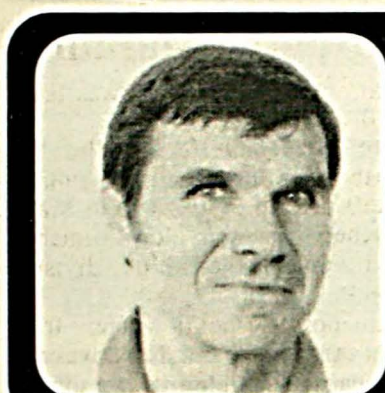
In consideration of my entry in the Reno Nevada - Silver State Indoor Masters Classic at the University of Nevada Bill Cosby Track, Reno, Nevada, on 15 February 1998, I intend to be legally bound, and I do hereby for myself and anyone entitled to act in my behalf, waive and release the University of Nevada, the Silver State Striders, the City of Reno, all Sponsors and their Representatives and Successors from all claims and/or liabilities of any kind arising from my travel to and participation in the meet. I grant permission to all of foregoing parties to use any photographs, video or motion pictures, record of any other record of the meet for any legitimate reason. I understand that all entry fees are final with no refunds. It is understood that this meet will entail physical activity and that various injuries may result. I certify that I am properly conditioned and have No physical injuries or defects that will preclude me competing. I authorize the Track Committee and its agents permission to request emergency medical treatment or care as necessary to insure my well-being.



Applicant Signature _____

Date _____





Third Wind

by MIKE TYMN

A Mile in Every City?

Are you a self-starter with good organizational and promotional abilities? Do you have a good understanding of track and road racing? Do you enjoy traveling? If so, then I have an investment and job opportunity to suggest to you.

You should contact one of the shoe companies and perhaps USATF and ask them to collaborate with you in organizing and staging road miles in cities all over the country. Tell them you're not talking about a single race for elite competitors only, but many races involving age groups from seven and under to 80 and over. Point out to them that if staged in the heart of town, especially during some celebration, there will be numerous spectators. Convince them that it will inspire the youth of the community and also demonstrate to older people that they can be much more active than they had realized.

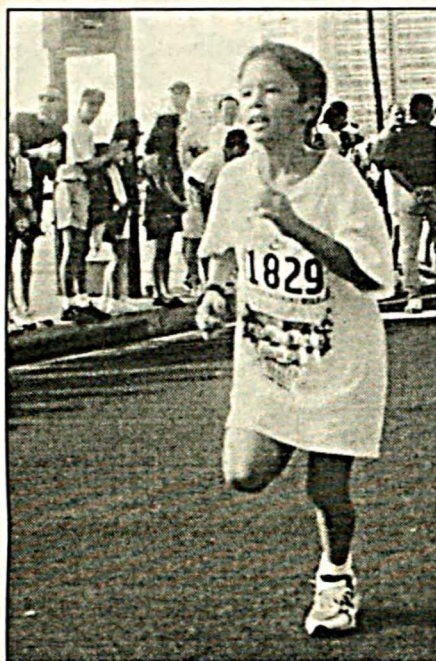
In Hawaii, where I live, I've observed the success of the Nike P.L.A.Y. Waikiki Mile over the past three years. It is held the day before the Honolulu Marathon on an up-and-back (half-mile up and half-mile back) course in the busiest part of the state. It begins with kids 7 and under and goes on up in two- or three-year age groups to the high school kids before the world class milers toe the line. Unfortunately, the organizers haven't seen fit to have divisions for masters, but they do have masters races in the Donald J. Trump Fifth Avenue Mile in New York City and that apparently has proved very successful.

Chance Spectators

In both New York and Honolulu, many people who just happen to be in the area that day become spectators. Although I've never seen the Fifth Avenue Mile, I'm sure that some of the older spectators were in awe when they saw a bunch of 70-year-old men and women maintaining a pretty good clip down that famous avenue.

"I'd say it was one of the three or four most memorable races in my life," says Joe King, a 71-year-old resident of Alameda, CA, who won the 70-79 division in 5:51.90, breaking the division record of 6:02.4, set by New York's John McManus in 1995. McManus, 74, was second to King in 6:20.29.

Considering the fact that King has been running for some 55 years and has countless victories, that's no small race endorsement. "You not only get to run in your own race, but you have all the spectators lined along the street cheering you on," King explains. "In



MIKE TYMN

Could this young boy be a future Olympian?

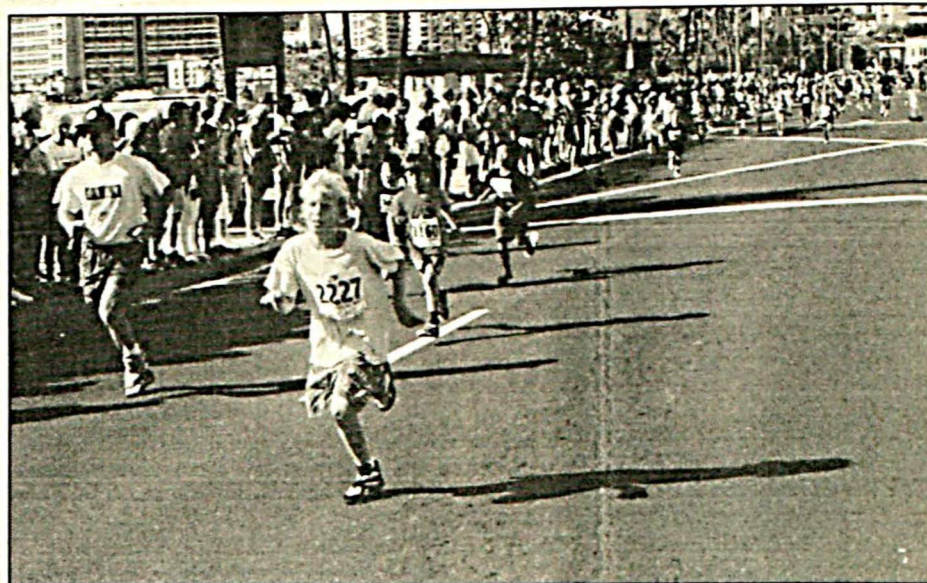
most road races, you can win your age group but come in 128th or 210th and you don't even know until much later whether you've won or not. Well, in this one, you're *really* first and everyone knows it. It was exciting, especially doing it in New York City."

Food For Thought

Certainly there must have been some sedentary senior citizens who had never seen masters run before, viewing King, McManus, and others like 71-year-old Muriel Merl (8:04.16) and 95-year-old Max Popper (14:26), who now have reason to rethink their views on aging and fitness.

If there were road miles in hundreds of cities around the country, think how many people might be inspired to take up running and then give track or road racing a try.

And why not *hundreds* of cities? Nearly every city has some kind of festival or day of celebration to which a road mile could add flavor and excitement. As I see it, it's just a matter of selling the idea to the city officials, chamber of commerce, whatever. I realize that there aren't enough world-class milers to make for a real main attraction in more than a dozen or so cities, but I don't think a world-class field is all that necessary to the success of the event. Most of the spectators



MIKE TYMN

Kids in the 9-10 division go at it in the Waikiki Mile in Honolulu. The adult on left is a course marshal.

don't know the names of the elite and have no real appreciation of the winning times. They'd admire a 4:32 victory by some local high school miler as much as a 3:52 mile by an Olympic miler.

Potential Talent

While I haven't seen masters milers running in Waikiki, I have seen the kids go at it, and I suspect that many of the young winners had never raced that far and had no idea they could win a race of that distance. Hopefully, some of them who otherwise would not have turned out for track or cross-country in high school will be motivated to do so. Hopefully, too, many of the runners-up will be encouraged to try a little harder next year and will also take up the sport in high school. I know there are many kids with potential distance running talent who never

give the sport a try, simply because they don't realize the potential is in them. These road miles can make them aware of that potential talent.

Although the up-and-back type course of Honolulu adds a second or two to the times (although not necessarily so if a wide turn is possible), I would push those over the straight-mile course of New York City as the spectators have the opportunity to view the runners more than once.

There are now road miles in 13 or 14 cities in the country. Why not in 1300 or 1400 cities? What an opportunity to promote the sport, promote fitness, provide entertainment, and maybe even make a little money for your consulting efforts. Surely, there must be some venturesome person out there who can see the possibilities here. □

Martin Mashers Fine Farmingdale Field

by MAURY DEAN

On the swift heels of her Fifth Avenue Mile masters championship (5:11) a couple of weeks before, speedy Kathy Martin, 46, Northport, L.I., N.Y., breezily wiped out a strong open field with an 18:07 in the curvy and hilly Farmingdale Rotary 5K on Long Island, Oct. 5. With her characteristic resolute Martin shuffle, she overcame feisty challenges from the W30-39 contingent in the 200+ strong L.I. field.

Farmingdale's fall 5K came a hairs-breadth (a couple of weeks) from a total masters sweep: Don DiDonato, 39-11/12, throttled a rapid stampede by his sizzling 16:04 on a course hampered by huge hummocks and ho-hum hills in the snail-slow second mile. When he hits 40, he'll join the short list of L.I. legends who conquered the 16-minute barrier as masters.

On such an apple-crisp October autumn weekend, you'd expect the usual five to seven L.I. races. Somebody goofed. The Farmingdale was the only race in town, and beyond the overall winners, golden glory paced the masters pack. Joe Cordero, perched, at 59½, on the edge of a new age group outpaced (18:45) a strong 50s field except NYC-Runner-of-the-

Year Candidate Julio Aguirre, 51, who sizzled to an 18:05.

In the Kid Masters division, new star John DelMaestro (17:17) outdueled M45 road warrior John Lupski (17:45); M45 bronze winner Frank Pellegrino (18:03) barely outkicked the M50+ gold-glommer by a few strides.

Aside from Martin's victory, the W50 masters race went to Annette Frisch, whose recent entry in the W55 was no impediment to whomping the entire W40+ crew. Marie Seiden (23:50) won the 40s.

For those of you who once ran great times and now simply run (but don't race), because your former rep dooms you to consider yourself a "Speedo Emeritus" duffer, we urge you to return to the running scene. Your old friends will be happy to see you. They'll enjoy your training tips and race stories, and you can do something you never, ever did before when your hot-blooded races red-lined the edge of pounding, gasping pain — you can run a comfortable race, have fun, and swap yesterday's obsessions for today's mellow glow.

Also, you'll get a T-shirt the size of a circus tent (Whaddya mean you want medium? Everybody loves XXL nowadays). Happy trails. □

Write On

Continued from page 5

After 31 years of masters sprinting and being the first master sprinter over the age of 50 to run the 200 under 24 seconds, I was disqualified from a 100 race for a false start. I made a mistake and was punished because that is the rule in its stupid unforgiving form.

After reading Phil Mulkey's "Entry Fee Rejected at Nationals" and the money he wasted (echoed herein because of NFS Rule), it is clear that he was not allowed to compete because of an autocratic elite administration.

I back Hank Nottingham's drive to eliminate the NFS Rule. If this is such a great rule, why are we the only country with such a rule? Why don't the Olympics, the World Track & Field Championships, and the U.S. Trials have such a rule?

For the older masters athlete, we have made exceptions by lowering hurdles, shortening races and lightening weight implements. Do we not give all field event competitors more than one chance, whether they foul or otherwise? Why punish the master sprinter or hurdler, in the U.S., for one mistake concerning his or her start?

We started the masters program, now let us get back in step and make it fun for all again.

Al Guidet
Culver City, California

TURNBULL'S 800 WR

Derek Turnbull's accomplishment in Durban of winning six gold medals with three world records is phenomenal. He is truly a great athlete.

His world record in the 800 of 2:28.34, though, would not be a world record if the meet officials at Turku, Finland, had completed the appropriate forms when Jim Lytjen of Susanville, Calif., ran a 2:27.57 to win the M70 event in 1991. Lytjen, a former UC Berkeley 400 sprinter and Lassen Community College track coach, has one of the smoothest strides you'll ever see and is deserving of the world record. For me, Lytjen's still the world record holder until Turnbull can top 2:27.57. Good luck and best wishes, Derek!

Phil Nemir
Susanville, California

(WAVA recently agreed to accept all marks set in WAVA Championships, so Lytjen may get credit for the record in the next WR report. - Ed.)

PUT OR THROW THE SHOT?

Ross Dunton's July 1997 article on the seemingly simple event known as the shot put offered some helpful insights. One point requires clarification, namely, when is one committing a

Continued on page 13

Canadians Win in Mohawk-Hudson Marathon

by PAUL MURRAY

Canadian runners won both the men's and women's masters races in the 15th annual Mohawk-Hudson River Marathon on Oct. 26. David Apolinario, 40, of Montreal, was the seventh finisher overall with a 2:44:41. Doreen Friedman, 42, also of Montreal, was fifth female in 3:14:15.

George Shurter, 43, Middletown, N.Y., in 2:46:09, and Ronald Johnston, 45, Durham, N.H., in 2:49:15, were second and third masters. Karen Provencher, 43, Glens Falls, N.Y., was second W40+ in 3:15:57. Jo-Ann

Spinelli, 44, Latham, N.Y., was third, 3:16:40.

Zeke Zucker, Jeffersonville, Vt., broke the three-hour barrier, winning the M50 race in 2:59:24. Jean Malo, of Quebec, was the oldest finisher, with a win in the M70+ division (5:13:30).

The point-to-point race from Schenectady to Albany, N.Y., was run under nearly ideal conditions. A total of 537 runners finished, 295 (55%) of them masters. The marathon was organized by the Hudson-Mohawk RRC, and directed by Lori Christina. □

Tufts Health Plan 10K for Women

by JANE DODS

The Tufts Health Plan 10K for Women took place in Boston, Oct. 12. Winner, Gladys Ondeyo, 22, from Kenya, crossed the line in 32:46, just a breath ahead of second place finisher Kim Jones, 39 (32:49).

The masters champion was Gillian Horovitz, 42, New York City, who finished in 36:14 (a 5:51 pace). This was, apparently, a good time trial for Horovitz who also topped the women's masters field at the NYC Marathon, Nov. 2. In second place was Janet Takahashi, 41, from Canada, in a time of 37:19. Third master was Stephanie Kessler, 40, New York City, who finished in 38:55.

Other age-group champs were Mary Ryczek, 51, 42:29, Ellen Clark, 60, 55:16, followed closely by Joyce Hals, 65, 55:30, and Ani Rak, 71, 1:08:03. □

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- USATF Convention Report
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The Foot Beat

by JOHN W. PAGLIANO
D.P.M.

Lower Leg Compartment Syndrome

One of the lesser-known running injuries is pain and swelling on the outside of the lower leg. This is known as Compartment Syndrome, or, more specifically, Anterior Compartment Syndrome.

The malady is usually caused by increased fluid pressure within a closed space. This results in inflammation, reduced circulation, damage to muscle and nerves, and pain.

Exercise may contribute to compartment syndrome, especially in the peroneal muscles and tendons of the lower leg. There may be a related numbness down into the top of the foot.

Upon resting, the athlete will notice a lessening of pressure. During exercise, pressure will rise.

The initial treatment is a reduction

in mileage, or complete rest for 6-8 weeks. Anti-inflammatory medication may help.

If the pain persists, see your physician for more treatment. In severe cases, a fasciotomy is recommended to decompress the compartment. □

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

Where Are They Now?

by MARILYN J. MITCHELL

Lisa Ondiecki – 1992 winner of the New York City Marathon and course record holder – an Australian, now 37 years old, was a volunteer guide with the Achilles Track Club (ATC) for disabled athletes and ran the race with blind Australian Nicholas Gleeson. Because Nicholas was quite a fast runner, Lisa had to run ahead of him yelling "Clear the deck, blind runner" so that runners would clear a pathway, whereupon Nicholas said something to the effect of "Maybe I should be a salesman for a Venetian blind company." Because this is a race with lots of bridges and, therefore, hills, Lisa tried to give hints about the terrain to indicate they were approaching a bridge. Cryptically, and

trying to make the run more interesting, Lisa asked Nicholas, "What goes up and then goes down?" to describe the bridge, whereupon Nicholas said, "So I've heard."

Allison Roe – New Zealander and 1981 winner – now 41 years old, came from New Zealand to run the race with an ATC blind runner, 41-year old Gillian Walker. Gillian, now a personal friend of Roe, was competing in her first marathon and served as Roe's physical and massage therapist during her competitive years. Roe said that it was as big a thrill to give Gillian support and guiding assistance as it was to have won this race.

Grete Waitz – nine-time winner of the NYC Marathon – now 44 years old, was named as first chairman of the fledgling New York Road Runners Foundation, which has been established to support and promote running among youth. This position is a natural for Grete, a former full-time high school teacher up until her third Olympics. The Foundation's first endeavor was to stage a high school grand prix for middle-distance and cross-country runners this fall, with the second grand prix event being a 2.2 mile road race for approximately 200 high school students in Central Park, commencing before the start of the race on Marathon day, finishing at the marathon's finish line. All entrants had to qualify earlier in the season for the series, and the idea was not only to promote interest in running but, in particular, to develop interest in future marathoning. □

FIVE YEARS AGO December, 1992

- Swag Hartel, 41, and Marie Murlison, 43, Win National 5K X-C Titles in Columbus
- 12,000 Masters Run in 23rd NYC Marathon; Pierre Levisse (40, 2:19:42) and Judith Hine (43, 2:51:43) Capture Masters Honors
- Wilson Waigwa (43, 30:01) and Barbara Filutze (46, 35:52) Top Masters in Pittsburgh 10K



The Bohemia TC Lady Masters, first W40+ team in the MAC Cross-Country Championships, NYC, Oct. 5 (l to r): Michelle Powers, Mary Wagner, Helen Visgauss, Betty Horstman, Mary Trotto, Estella Clasen, Judy Carroll, and Diane Gordon.

NYC Marathon

Continued from page 1

knee problems. He started running in 1980 at the age of 25 and has built a very solid masters career upon an impressive open career, although there was some controversy surrounding his fastest NYC Marathon time of 2:11:21 in 1992, when he came in second overall but was subsequently disqualified for using anabolic steroids, which he had attributed to the use of drugs for a dental surgical procedure.

He has run the NYC Marathon six times, finishing 7th overall in 1984 with a time of 2:17:34 and 5th overall in 1992 with a time of 2:13:00.

Currently coaching some top open runners, mostly from Poland, Niemczak runs a high-altitude training camp in Albuquerque, N.M. He also is a correspondent for Polish newspapers on a number of topics, primarily sports but not restricted to running. He plans on starting a masters running club as his next venture.

At the awards reception, Horovitz remarked on her just missing the time incentive bonus: "If I had known what my time was, I would have run quicker, because there was a time bonus." She not only had forgotten about the time bonus while running but, in fact, was unaware of her elapsed time and had no idea how she was doing in terms of position because she could not identify the other masters competitors. Nonetheless, she was very happy, as this was her fastest marathon in 4½ years.

Married to the well-known Broadway playwright, Israel Horovitz, and the mother of twins, Gillian, who has maintained her British citizenship,

has long been one of the top female runners in the NYC area, both as an open athlete and as a masters competitor.

The temperature at the 10:40 a.m. start of the race was 59 degrees with 92% humidity. Within 20 minutes it had warmed up to 60 degrees with 90% humidity and south winds with a 29.54 falling barometer. Rains, heavy at times, made the course somewhat slippery, but did not dampen the runners' enthusiasm.

Despite the conditions, a record number of runners finished the race – approximately 30,332 finishers of 31,400 registered starters, of whom 27.7% finishers were women and 72.3% finishers were men. This was the highest number of starters and finishers for this race.

Said race director and New York Road Runners' CEO, Allan Steinfeld, "The New York City Marathon is not just 'The Marathon'... it is a New York tradition. The New York crowds are not fainthearted. Rain doesn't bother them... they're there to cheer the three-hour runners, the four-hour runners..." The crowds stayed out in the rain to cheer approximately 20,000 runners over the finish line by the elapsed time of 4:45, so the bulk of the runners in this marathon were mid-pack runners.

Ninety-year-old Sam Gadless, Boca Raton, Fla., was again the oldest finisher with a time of 8:10:44 and now sports a pierced left ear and a peace earring as a celebration of having reached the age of 90. Although he professed mild disappointment that he had to walk part of the way, he's definitely hot and plans on being back next year to run again. □

Tulsa 15K

Continued from page 1

Kurtis, (49:23); Bill Dunn, 50, Sunnyvale, Calif. (55:25); Sonny Monioz, 61, El Segundo, Calif. (59:17); Paul Heitzman, 66, Eudora, Kansas (1:00:03); Barbara Luciano, 47, Oklahoma City (59:27); Lydia Borges, 56, Tulsa (1:08:14); and Mona Keffer, 60, Ponca City, Okla. (1:14:08).

Kurtis, Ottaway Win Age-Graded Titles

It came down to the final event to decide the Circuit's top five age-graded Grand Prix performers who would share the \$29,000 prize purse. Kurtis and Ottaway claimed the Circuit age-graded titles with clutch races.

With his fourth-place age-graded performance (worth 39 points) at Tulsa, Kurtis held off Young by just half a point, 1017.5 to 1017, despite Young's second-place finish (worth 41 points) in the age-graded results. Kurtis took home \$600 for the Circuit age-graded title, while Young picked up \$3500. Gary Romesser (\$2500), Fay Bradley (\$1500), and Lloyd Stephenson, 43, San Francisco (\$1000), completed the Circuit's age-graded top five for the men.

Ottaway won the women's age-graded Circuit title a little more comfortably, but she too needed a solid race at Tulsa. She delivered impressively with the best women's age-graded time (worth 23 points) and claimed \$6000 in prize money. Ottaway's age-graded win enabled her to outdistance Terry Mahr, 49, Oregon, Ohio, 319.5 points to 313 points in the final standings. Mahr picked up \$3500 for her second-place finish. Welzel (\$2500), Machala (\$1500), and Campo (\$1000) rounded out the women's top five age-graded standings.

Nine Events, \$125,000 Purse

The inaugural Indy Life Circuit fea-

tured nine events – eight scoring races per gender – which ranged in distance from 5K to the marathon. The Circuit distributed over \$125,000 in total prize money, including a final \$50,000 Grand Prix purse (\$21,000 for the top three male and female masters and \$29,000 for the top five male and female age-graded performers).

In the Indy Life Circuit, eligible masters athletes earned Grand Prix points based on their overall finishing place (top ten) and/or time (age-graded) in each event. To score points, an athlete needed to be: 1) a member of USA Track & Field, 2) 40 years of age or older, and 3) a U.S. citizen or green card holder.

At each Circuit race, the top ten masters overall earned points in reverse order of place, with first place earning 10 points, second (9), third (8), fourth (7), fifth (6), sixth (5), seventh (4), eighth (3), ninth (2), and tenth (1).

The age-graded scoring system used for the Indy Life Circuit was based on the number of eligible runners who scored 70% or higher (regional class or better) from the 1994 WAVA tables. At each Circuit race, participants earned points in reverse order of the total number of runners over 70%. For instance, at the Las Vegas Half-Marathon, 92 men scored 70% or higher. The first man earned 92 points, the second 91 points, the third 90 points, and so on down to one point for the 92nd man. The points – overall and age-graded – earned at the Twin Cities Marathon and Indianapolis Life 500 Half-Marathon were multiplied by 1.5 and 3.0, respectively.

Runner's Edge Insurance

Indianapolis Life Insurance Company, the Circuit sponsor, offers a unique policy called Runner's Edge which features significant premium discounts for serious runners. Its 10-year term insurance policy is available nationwide to individuals who complete a qualifying race within a specified time. Call 888-786-3343 for more details. □

Young, Welzel Win Titles; Numerous Records Set in Inaugural Indy Life Circuit

by JANNA WALKUP

Talented runners, intense competition, and memorable performances added up to 26 U.S. single age records, 12 U.S. age group records, and two masters world road records set at the inaugural masters Indy Life Circuit, which also boasted 60 performances of runners scoring 90% or better (world-class level) on the WAVA age-graded tables.

The men's Circuit champion, Craig Young, won five Circuit races and placed no lower than third in any race he entered. Jane Welzel, the winner on the women's side, ran consistently strong throughout the Circuit, winning four races and placing no lower than second in any race.

Joining the masters ranks, 40-year-olds Steve Plasencia and Ruth Wysocki won three Circuit races each with some record-setting performances. Wysocki, competing in three races, set three U.S. masters records (5K, 8K and 10K) and two world masters records (5K and 8K). Plasencia set two U.S. masters records (15K and

half-marathon) in three races.

June Machala, who finished fourth in the age-graded Circuit standings, competed in seven races and set five age group (65-69) records (5K, 8K, 15K twice, and half-marathon) and one U.S. best (half-marathon). John Keston (70-74) and Warren Utes (75-79) also set age group records in the half-marathon.

Thirteen masters runners produced more than one performance at the world class level on the age-graded tables. Young led the way with six world class efforts, followed by Fay Bradley, who recorded world-class times at five races. Romesser scored world class four times, while Wysocki, Plasencia, Welzel, Ottaway, Kurtis, Utes, Bill Rodgers, and Shirley Matson all had three world-class performances.

More than 400 masters runners scored Circuit points and seven athletes – Young, Kurtis, Romesser, Lloyd Stephenson, Sonny Monioz, Terry Mahr, and Kimberlee Campo – scored points in every Circuit race. □

INDY LIFE CIRCUIT

Final Age-Graded 1997 Standings

| Men | Age | Hometown | State | Total | Prize |
|-----------------------|-----|------------------|-------|--------|--------|
| 1. Doug Kurtis | 45 | Northville | MI | 1017.5 | \$6000 |
| 2. Craig Young | 41 | Colorado Springs | CO | 1017 | \$3500 |
| 3. Gary Romesser | 46 | Indianapolis | IN | 1012.5 | \$2500 |
| 4. Fay Bradley | 59 | Washington | DC | 987.5 | \$1500 |
| 5. Lloyd Stephenson | 43 | San Francisco | CA | 966 | \$1000 |
| 6. Sonny Monioz | 61 | El Segundo | CA | 905 | |
| 7. Jan Frisby | 53 | Grand Junction | CO | 818 | |
| 8. Bill Rodgers | 49 | Sherborn | MA | 756 | |
| 9. Ken Sparks | 52 | Chagrin Falls | OH | 749 | |
| Steve Plasencia | 40 | Shoreview | MN | 749 | |
| Women | Age | Hometown | State | Total | Prize |
| 1. Joan Ottaway | 53 | Sonora | CA | 319.5 | \$6000 |
| 2. Terry Mahr (GBR) | 49 | Oregon | OH | 313 | \$3500 |
| 3. Jane Welzel | 42 | Ft. Collins | CO | 306 | \$2500 |
| 4. June Machala | 66 | Spokane | WA | 298.5 | \$1500 |
| 5. Kimberlee Campo | 42 | San Diego | CA | 282 | \$1000 |
| 6. Honor Fetherston | 42 | Mill Valley | CA | 269 | |
| 7. Marilyn Grissom | 55 | Greenwood | IN | 211 | |
| 8. Shirley Matson | 56 | Larkspur | CA | 190 | |
| 9. Claudia Piepenburg | 48 | Arlington | VA | 150 | |
| 10. Kathy Ward | 42 | Sacramento | CA | 130 | |

INDY LIFE CIRCUIT

Final 1997 Standings

| Men | Age | Hometown | State | Total | Prize |
|---------------------|-----|------------------|-------|-------|--------|
| 1. Craig Young | 41 | Colorado Springs | CO | 98.5 | \$6000 |
| 2. Doug Kurtis | 45 | Northville | MI | 74.5 | \$3000 |
| 3. Gary Romesser | 46 | Indianapolis | IN | 64.5 | \$1500 |
| 4. Steve Plasencia | 40 | Shoreview | MN | 55 | |
| Lloyd Stephenson | 43 | San Francisco | CA | 55 | |
| 6. Bill Rodgers | 49 | Sherborn | MA | 29 | |
| 7. Jeff Foster | 40 | Edinboro | PA | 22 | |
| 8. Miguel Tibaduiza | 40 | Reno | NV | 17 | |
| 9. Charlie Gray | 42 | Lee's Summit | MO | 16 | |
| 10. Ken Sparks | 52 | Chagrin Falls | OH | 12 | |
| Budd Coates | 40 | Emmaus | PA | 12 | |
| Women | Age | Hometown | State | Total | Prize |
| 1. Jane Welzel | 42 | Ft. Collins | CO | 92 | \$6000 |
| 2. Honor Fetherston | 42 | Mill Valley | CA | 62 | \$3000 |
| 3. Kimberlee Campo | 42 | San Diego | CA | 59.5 | \$1500 |
| 4. Terry Mahr (GBR) | 49 | Oregon | OH | 41 | |
| 5. Joan Ottaway | 53 | Sonora | CA | 40 | |
| 6. Ruth Wysocki | 40 | Canyon Lake | CA | 30 | |
| 7. Kathy Ward | 42 | Sacramento | CA | 28 | |
| 8. Alice Tharau | 41 | Fisher | PA | 27 | |
| 9. Shirley Matson | 56 | Larkspur | CA | 21 | |
| 10. Regina Joyce | 40 | Lynnwood | WA | 20.5 | |

INDY LIFE CIRCUIT

1997 Records

| | | |
|---|---|---|
| Las Vegas Half-Marathon (downhill and point-to-point = U.S. bests not records) Craig Young 1:04:39 (40-44); U.S. masters best John Keston 1:24:24 (70-74) June Machala 1:41:03 (65-69) | Indianapolis Life 500 Half-Marathon Steve Plasencia 1:05:33 (40-44); U.S. masters record Gary Romesser 1:09:16 (single age, 46) Bill Rodgers 1:10:17 (single age, 49) Jane Welzel 1:14:32 (single age, 42) Joan Ottaway 1:23:09 (single age, 53) Shirley Matson 1:23:53 (single age, 56) John Keston 1:27:44 (70-74) Warren Utes 1:30:19 (75-79) June Machala 1:39:49 (65-69) | Joan Ottaway 18:19 (single age, 53) June Machala 22:07 (65-69) |
| Gate River Run 15K Steve Plasencia 45:14 (40-44); U.S. masters record Gary Romesser 48:37 (single age, 46) Bill Rodgers 49:33 (single age, 49) June Machala 1:12:13 (65-69) | Freihofer's Run for Women 5K Ruth Wysocki 16:06 (40-44); U.S. and world masters record Jane Welzel 16:28 (single age, 42) | PacificCare Bastille Day Celebration 8K Ruth Wysocki 26:19 (40-44); U.S. world and masters record Jane Welzel 27:28 (single age, 42) Warren Utes 33:27 (single age, 77) June Machala 35:29 (65-69) |
| Azalea Trail Run 10K Ruth Wysocki 33:22 (40-44); U.S. masters record Gary Romesser 31:06 (single age, 46) | Tulsa Run 15K Fay Bradley 53:29 (single age, 59) June Machala 1:11:40 (65-69) | Chicago Distance Classic 5K Warren Utes 20:03 (single age, 77) |



Masters Racewalking

by ELAINE WARD

Elliott Denman –

Olympian, Race Director and Historian

EW: First, I want to say what a privilege it is to interview you with your long history of participation and contribution to the sport of racewalking. I want to focus on your career as a racewalker and on your long tenure as race director of the 40K National Championship in New Jersey. When did you start racewalking?

ED: I had always been a fan of track and field through my brother Martin, who was a sprinter at Long Island University and then New York University. I used to tag along to the meets to see him run and became very interested in the sport of track and field in general. I noticed that there weren't a whole lot of people in the one-mile walking. Yet I felt that the walk might be an event for me. I had always liked walking. I was the only kid in the Boy Scouts who enjoyed 14-mile hikes and decided to enter a race.

EW: What was your first race?

ED: My very first race was in 1953. I entered the Junior Metropolitan AAU one-mile indoor walk at the 168th Street Armory in New York City. I had not trained at all and had great trouble finishing the race. I was sore, but had a great feeling of accomplishment. Little did I know that I would be going a lot farther than that in the years to come.

The following year, I switched over to full-time studies at New York University, and that's when I joined the NYU track team. My life started turning around as I got on a regular training program. I received experienced coaching and met dedicated walking people, principally Henry Laskau and Bruce MacDonald. They took me under their wing and slowly but surely things began to change.

The NYU track team coach was

Emil Von Elling. He was one of the great coaches in U.S. track history – a two-time Olympic coach. He knew what racewalking was all about and knew some of the greats of the past. He didn't say, "You have to be a runner, kid." He encouraged me. He said, "You can be a walker and still be a member of my team."

One day coach Von Elling introduced me to George Bonhag, an old gentleman who had been coming around to watch our practices. This was one of my great moments, but I didn't realize it at the time. George Bonhag was the athlete who won the 1500 meter walk at the unofficial 1906 Olympic Games in Athens. To this day, he is the only American walker to finish first in an Olympic Games.

EW: Why were the 1906 Olympic Games unofficial?

ED: 1906 was the tenth anniversary of the first Olympic Games in Athens. The Greeks desired to celebrate this anniversary by having their own Games. The official 1904 Olympic Games in St. Louis had been a total disaster. They were very poorly organized and, by all reports, the 1906 Games were better. However, they were held just two years after the previous Olympics and the international authorities did not give them full recognition. They are called the Interim Olympics, between the 1904 and 1908 Games.

EW: When did you start doing long distances?

ED: After I joined NYU track team in 1954 and began training more intensely, one thing led to another. The winter indoor season came and I actually won a medal in my third race. I won the Junior Metropolitan AAU 1-mile walk in 8:11.23. That was like the ultimate. I was ready to quit, as I thought I would never do any better. Fortunately, I had a change of heart and stayed in the sport, I gradually got faster and better and was able to go a lot longer than one mile. And a lot of good things began happening.

Within a couple of months, I was racing up to 10 miles, and that fall I competed in a race as far as 30K. By 1955, I was competing in the indoor



BOB LANGENBACH

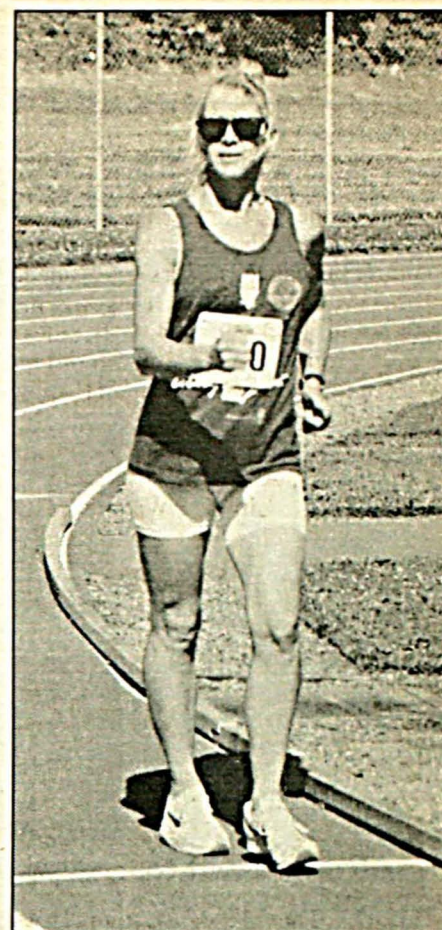
Lorraine Coppola, W55, USA, 5000 racewalk, 12th WAVA Championships, Durban, South Africa.

and outdoor nationals and won my first championship medal. In 1956, I was fortunate enough to make the Olympic Team at 50K with a time of 4:55:56. This was after three years of training. Even stranger, in today's perspective, this Olympic Trials was my first 50K



JERRY WOJCIK

Lyn Brubaker of Pennsylvania, bettered the world W40 best for the 5000 racewalk with 23:57.93, National Masters Championships, San Jose, Calif.



JERRY WOJCIK

Shirley Walton, 47, Portland, Ore., W45 winner (37:29.5), USATF Northwest Regional Masters Championships, Seattle.

race. Nowadays you have to make a qualifying time in other 50K races just to compete in the trials, and then you have to make even harder qualifying times to compete in the Olympics. Our 50K guys in Atlanta met the A standard of 4-hours or less – almost an hour faster than my time.

Actually, I was very fortunate to make the 1956 Olympic Team. I placed fourth in the Trials. Jim Hewson from Buffalo, NY, had placed third, but he elected just to walk the 20K as he had won the 20K Trials. His decision opened the door for me and that was another turning point in my life.

Going to Australia was the very first airplane trip of my life. I was 22 years old. We first flew from New York to Los Angeles, for a two-week pre-Olympic Training period. I remember walking through Griffith Park and downtown Los Angeles. It was a totally new adventure. I had a true sense of awe.

EW: How did you do in the Olympics?

ED: I placed 11th in Melbourne, Australia. It was a smaller field than normal. There were 21 starters as there were two late scratches. The Suez crisis was in effect at the time and the Swiss team stayed out of the Olympic Games. Because of the extreme heat, there were also many dropouts.

An historical point of interest: the 1956 men's Melbourne Olympic Team turned out to be the most successful in Olympic History. The United States won 15 out of 24 gold medals. That could never happen again. It left only 9 events for the rest of the world. Of course, I didn't have very much to do

Correction:

In our last issue, we neglected to correct a typographical error that snuck into Elaine Ward's column.

The sentence read: "There was considerable grumbling among masters about the old straight leg rule requiring that the knee only be straight from heel contact to the vertical position."

The sentence should have read: "There was considerable grumbling among masters about the old straight knee rule requiring that the knee only be straight in the vertical position."

Georgetown 10K Gets Steeper

by GEORGE BANKER

It's hard to believe that the idea of taking out some hills and replacing them with steeper ones was bought by entrants of the Georgetown 10K. That must have been missed in the fine print by the 3600 eager runners who lined up on M Street in Georgetown, Washington, D.C., on Oct. 5. Besides the hilly course, the event did offer excellent post-race food from J. Paul's Restaurant.

In the masters races, Roberto Rodriguez, 41, Arlington, Va., with a 35:31, and Linda Wack, 41, Germantown, Md., with a sixth overall 39:26, emerged winners over the demanding course.

Older M40s took second and third, with Paul Zink, 50, Reston, Va., runner-up in 36:47, and Jay Jacob Wind, 47, Arlington, Va., following closely in 36:54. The age-graded best was M55 winner, Gerry Ives, 58, Washington, D.C., who ran an 82.7% 38:52.

Wack left second to Cathy Ventura-Merkel, 42, Arlington, Va., eighth woman in 39:55. "It all went well," said Wack. "The hills were tough. This was the first time I ran this, and I did-

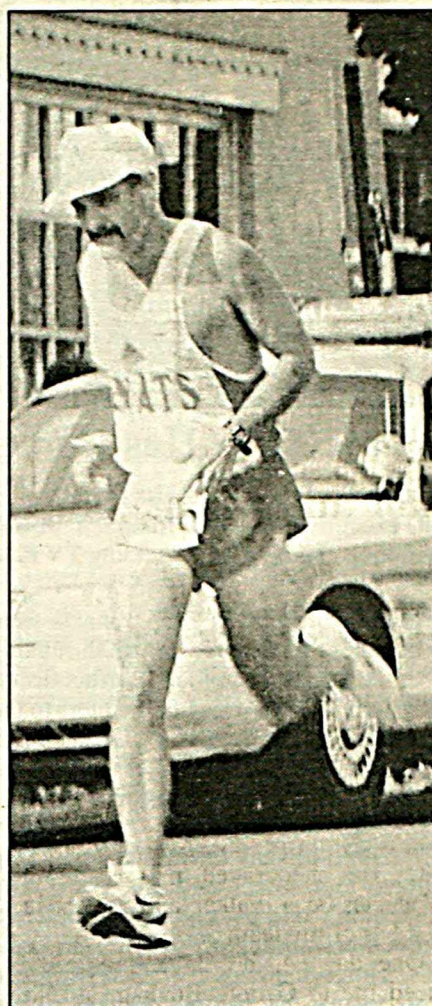
n't know what to expect, but I came out to run as well as I could."

Third W45 in 47:35 was Marianne Rains, Charlottesville, Va., a seasoned triathlete and runner, who was diagnosed with breast cancer last June and underwent a mastectomy. "I used to run for PRs, now I run to live," she said. "People should use running as a source of strength. It's my life line of hope to win my race against cancer."

The net proceeds of the race are donated to Pediatric AIDS/HIV Care, an organization devoted to support for families with HIV-infected children.

A week later, in the Army 10 Miler, Ventura-Merkel, probably the hottest W40+ racer in the D.C. area recently, took the masters contest from Wack, 63:33 to 64:32. Tom Borschel, 40, Idaho Falls, Idaho, won the men's masters race in 52:44, but lost the age-graded honors, 87.1% to 87.8%, to Gerry Ives, winner of the M55 race in 60:20, who was also top A-G in the Georgetown 10K.

Sharon Dolan, 55, Gaithersburg, Md., was the best A-G W40+ with an 84.4% 69:25. Hedy Marque, 80, Alexandria, Va., ran an 83.3% 98:21. □



GEORGE BANKER
John Sherlock III, 49, finishing the Georgetown 10K, Washington, D.C., Oct. 5, in 41:38.



GEORGE BANKER
Linda Wack, 41, first W40+ (39:26), Georgetown 10K, Washington, D.C., Oct. 5.

Racewalking

Continued from page 10

with it, but I was there and saw it all happen and made a life-time of friends. I was the second American in the 50K. I passed Leo Sjogren, who was having some leg trouble, in the final miles. Adolph Weinacker placed 7th, I placed 11th and Leo placed 12th.

EW: What happened after the Olympics?

ED: On my return from Australia, greetings from Uncle Sam were in the mail. I was drafted into the army. The army was nice enough to let me compete for the army track team at various nationals around the country and I won a few medals. 1959 was another highlight of my short career as one of the better walkers. I won two nationals. I won a 3K in Boulder, Colo., and the 50K in Pittsburgh, Pa. - all within two weeks. To my knowledge, there are only two other walkers who have won the shortest and longest outdoor championship races in the same year: Larry Young and Allen James.

EW: When the 1960 Olympic Trials came around, what happened?

ED: I had high hopes of making the team again, but I had a few injuries which slowed down my training plus a lot of new guys were coming into the sport. I just didn't make it. I was pretty far back. I think I was 11th in the 50K Trials.

EW: But you had your moment - and what a moment! If you were going to be on an Olympic Team, it sounds like you picked a very impressive one. Certainly your interest in walking has never wavered.

ED: I found that I really loved the longer races. In the late 60s I started doing ultra races. I competed in the

London to Brighton race four times: in 1965, 1967, 1969 and 1971. This race was one of the classic British events. It is a point-to-point race with a distance equivalent to a double marathon, 52.5 miles. There were approximately 200 in the field each race.

The first time I competed, it was a real struggle. I had no idea of the pacing or how I was doing. After walking many, many hours we finally came to a sign that said "Welcome to Brighton." I thought, "This is marvelous. The finish line must be around the corner." Little did I know that the finish line was still six miles away on the sea front of the English Channel. I kept struggling and when I reached the finish line had a feeling of great achievement.

EW: What is there about the long distances that catches your fancy?

ED: The longer the better for me. One of my regrets is that I never became a centurion. I had always wanted to become a centurion and never really got into shape to do the distance. I always kept saying, "Next time, next time." When I finally entered one in Lowell, Massachusetts, I basically fell asleep after 65 miles. After a long bus ride and everything, I wasn't able to stay up all night to walk 100 miles.

EW: Do you still walk long distances?

ED: I did the New York Marathon again this year. I have done it 18 years in a row, ever since 1980. Even after a little cardiac distress in March of '96, I walked the marathon the next November.

EW: That accomplishment says it all about you and racewalking. □

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On The Run

by HAL HIGDON

Pace Groups: An Idea Whose Time Has Come

En route to the starting line of The LaSalle Banks Chicago Marathon, I stopped to chat with Amby Burfoot, executive editor of *Runner's World*. Frank Shorter, the 1972 Olympic marathon champ who was doing TV race commentary, soon joined us.

Burfoot said 4000 runners had signed up for the *Runner's World* pace groups, one fourth the marathon's field. The magazine had printed 800 numbers for those hoping to finish in four hours and 30 seconds, the group I was leading. All had vanished by Saturday afternoon at the Expo!

Shorter commented: "Obviously, it's an idea whose time has come."

True, but it seemed a frightening idea. Although Cristina Negron, the magazine's senior editor, was sharing pace duties with me for the 4:30 group, I wondered how the two of us were going to squire 800 runners through the streets of Chicago.

Credit for inventing the pace group

goes to Burfoot. In 1995, runners were hoping to qualify for the 100th running of the Boston Marathon. Burfoot decided to bring the magazine's editors to the St. George Marathon in Utah (which features a downhill course) to pace runners in their qualifying efforts.

Mid-Pack Rabbits

"Elite runners have 'rabbits' to help them run fast," said Shorter. "Why shouldn't mid-pack runners be offered the same privileges?"

The pace groups at St. George proved so popular that Burfoot decided to do it again at the 1996 Dallas White Rock Marathon. Chicago received the nod for 1997.

That proved an extra challenge, since

with 12,000 runners Chicago was significantly larger than St. George or Dallas. News spread, and soon Chicago became the marathon to run in the fall of 1997. More than 16,000 runners appeared.

Fearing that the larger field might make pace groups difficult to manage, I offered to recruit group leaders from the CARA marathon training class. Burfoot decided to stay with magazine editors only. That decision was understandable, but as I started toward the starting line, I worried about my ability to cope with 800 eager runners.

Others in the field were worried about coping with us! At the final lecture of the CARA training class, someone in the audience asked, "With the pace groups so large, how will we get around you?"

I smiled. "We'll get around you."

I anticipated a slow start leading to a fast finish. In 1996, I had begun in the back row and taken just over two minutes to cross the starting line. Thus, I designed a pace plan featuring a 12:00 first mile, 11:00 for the second, then a series of 10:00 and 10:20 miles through 24 miles. Slower miles were for those featuring aid stations, which I intended to walk through. Running 10:30 the last two miles would ensure an exact 4:30 finish.

Just Off Pace

Alas, it took more than three minutes to cross the line. After an 11:00 second mile, we were 90 seconds down. No panic, however. By running a series of miles just under 10:00 (and taking slightly less than planned at aid stations), I had my group on pace by nine miles.

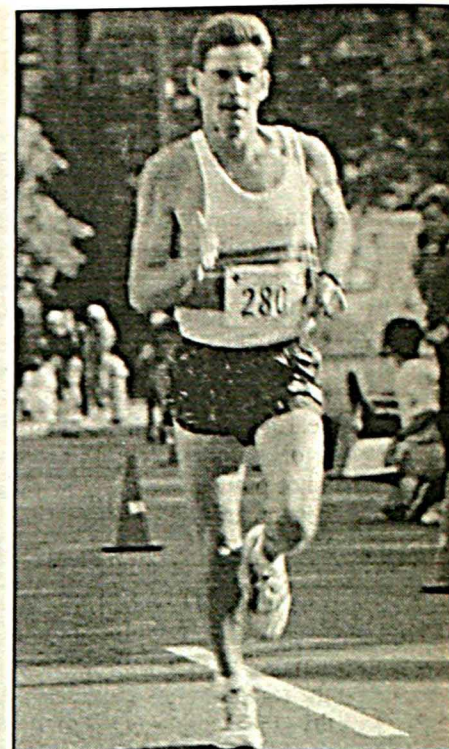
How big that group was, I had no way of knowing. A number of people later would say they looked for me with no luck. Others became separated from the group, often at an aid station. As group leader, I ran in front, wearing a red cap along with a "4:30" on my back so runners could identify me. Every mile, I would raise that cap and shout, "4:30!" A large cheer would rise from those behind, but I didn't dare turn to look.

Cristina Negron, meanwhile, had chosen a strategy borrowed from Jeff Galloway featuring one-minute walking breaks every mile. For identification, she had a rotating propeller on her red cap and a whistle to blow so her group knew when to walk and run.

Our groups divided early, and it wasn't until near the 13-mile where the course goes up-and-back both sides of Harrison Street that I spotted her running about a minute behind, a large bunch in tow. Between us was Tom Joens, one of the leaders from the CARA training class. Keith Stones, a computer programmer from Winston-Salem, North Carolina, had made wrist bands featuring splits for all the *Runner's World* editors. I had given Joens one at the starting line, and he had attracted several dozen runners as well.

Ten Seconds - Plus or Minus

As we passed each mile, I would consult my pace band and announce the planned time, comparing it with digital



GEORGE BANKER

Deane Burke, 41, Arlington, Va., first M40+ (34:02), 1997 Run To The Rescue/Crystal City 10K, Arlington, Va.

clocks along the course. Rarely were we more than ten seconds off, plus or minus. "Relax. Relax," I counseled. "We're six seconds behind, but we'll make it up next mile." I became aware of several runners (whose names I never learned) running consistently off my shoulder, but had no idea of how many else trailed.

Efforts to learn from spectators who was leading the race failed. Near the half-way point, I announced, "The leaders have already finished."

To which someone responded, "You're our leader!"

That was comforting, but by 20 miles I sensed fewer people on my shoulders. By then, Negron - still taking walking breaks - had closed the gap between our groups. We alternately passed and repassed each other. "There were several dozen people running behind, not saying much, just looking very determined," she reported later. "I immediately thought of the Pied Piper." At 25 miles, however, she noted that my group was down to six - "and you looked pretty beat."

Rubber Legs

True. I had warned those with me that I was drifting off pace and to go ahead. With a mile to go, I realized I would need a 9:30 split to hit our goal time of four hours and 30 minutes. My legs were rubber; I missed by 90 seconds. (Counting time lost at the start, we actually ran 4:28.)

Alas, with the crowd at the finish, I never had a chance to high-five any of those who had run for me. I would begin hearing from them in the following days, usually by e-mail. Most were happy for the help. As Frank Shorter said, it was an idea whose time had come.

Next year, *Runner's World* will move to a different marathon, but the legacy of its pace groups remains. We have already begun discussions to make pace groups a permanent fixture of The LaSalle Banks Chicago Marathon. □

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Write On

Continued from page 7

foul by "throwing" the shot?

I doubt any old codger would benefit from "throwing" the 5k or 4k shot, therefore, any violation would seem immaterial. In such a case, instead of a rules violation, it would seem more a case of bad technique.

For our purpose, "throwing" means extending the arm out so that one propels the forearm sideways like a hammer instead of like a piston. In other words, the shot put technique is the art of using the forearm in a piston-like motion, along its axis, not a lateral sweeping motion. The question remains, "How far out must the forearm be to constitute a lateral 'throw' and thus a foul?" Perhaps it's a matter of degree. I suggest, if the forearm is mainly used as a piston, the distance away from the neck is immaterial. It is more a matter of bad technique than a rule violation.

In his article, Mr. Dunton says "the motion is started with the shot nested at the neck on the underside of the chin." However, such language does not originate in the rule, which reads: "The shot shall be put from the shoulder. At the time the competitor takes a stance in the ring to commence a put, the shot shall touch or be in close proximity to the chin, and the hand shall not be dropped below this position during the act of putting. The shot must not at any time be brought behind the line of the shoulders." (Rule 98, USA Track & Field Competition Rules)

For discussion:

(1) The experts' advice on the shot being "nested at the neck" and/or "on the underside of the chin" pertains to a preferred form, not to a rule.

(2) Ditto, with regard to the usual advice that "the hand is not pulled out sideways away from the neck." The rule states it shall "not be dropped below this position," which seems to allow some movement sideways.

(3) Rule 98 indirectly provides the definition of illegal "throwing" when it states, "the shot must not be brought behind the line of the shoulder." That is, if the shot is forward of that line, and in "close proximity to the chin," it would be neither "throwing" nor a foul.

Officialdom could clarify these points by giving the official word on "close proximity to the chin." In the meantime, "close proximity" should mean any reasonable distance as long as the forearm is used as a piston, the shot does not go beyond the line of the shoulders, and the hand does not drop below its original position.

*Ed Chynoweth
Sanger, California*

DEADLINE

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

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The Weight Room

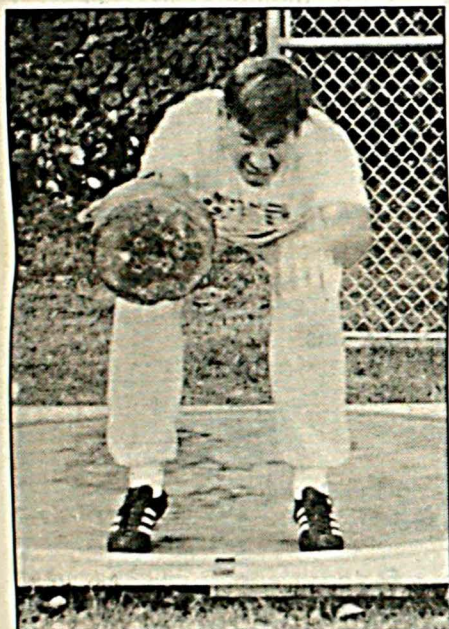
by JERRY WOJCIK

You'd Better Start Carrying Your Weight Around Here!

While the change from outdoor to indoor meets for runners and jumpers probably entails some adjustments in gear, the transition can be expensive and vexing for the serious thrower.

Unless shot putters can find a meet that allows them to throw on a surface that won't be damaged by outdoor implements, they have to buy an indoor shot, costing anywhere from about \$30 to around \$50, depending on its weight for a plastic implement that is the size of a weather balloon. Some shots have a softshell casing, which means they kind of plop when they land; others are hardshell and leave a mark on the surface that Ted Williams in his best years would have trouble seeing.

Some shot putters who also throw the weight lay out big bucks — in the \$250 range — for an indoor weight,



JERRY WOJCIK
Pay Carstensen, 64, scored big points with his 10-4 1/4 heave with the 98-lb. weight and won the M30-60 Ultra Classic Weight title, Seattle, Wash.

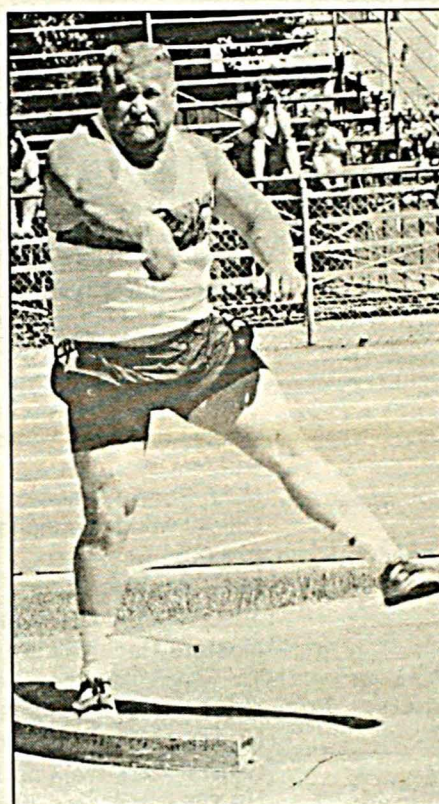
because meet directors are too cheap or too broke to supply them. Figure \$1000 for four weights (35-lb. for M30-59/25-lb. for M60+/20-lb. for W30-49/16-lb. for W50+), and you can see why the director of the Minnetonka Masters Invitational Indoor Championships Classic may be loathe to keep them on hand for one meet a year.

I don't know anybody who relishes throwing the indoor weights, dubbed "Easter baskets," because they look and feel like overstuffed wicker containers with handles. If you don't get a chance to practice with one before a meet, your timing is off until you get the feel of the weight, and some throwers never do. Some meet sites don't allow even the indoor weight for fear of floor damage.

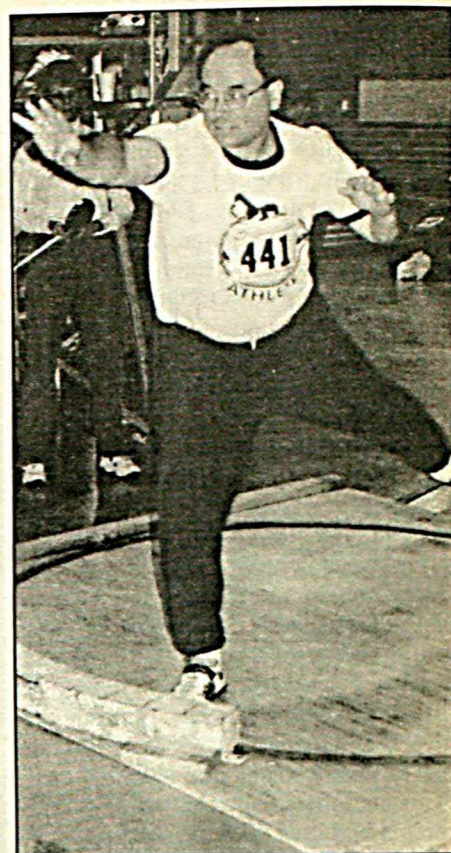
On the other hand, some meets offer, in addition to the shot and weight, the superweight, which can be had at about \$200 a pop. Here it gets complicated. Usually, the 56-lb. superweight for M30-69 is thrown outdoors for obvious reasons, so, as far as I know, a plastic 56-lb. indoor weight

doesn't exist. It would be a little larger than the Goodyear blimp, if it did. However, the M70+ superweight implement is the 35-lb., and the superweights for the women are the 35-lb. for W30-49 and 25-lb. for W50+, so these competitors would probably throw those overgrown indoor weights inside.

Some clubs purchase the indoor weights for use by their members, and most throwers don't own all of this junk. And that's where problems arise, when throwers go to an indoor meet empty handed, expecting the director or another thrower to supply an implement, but find none or just one size. I've seen meet results showing that men and women of all ages threw the same implement. Even worse is when the meet director, who probably doesn't know his weights from a hole in the floor, doesn't indicate in the results what size weight was used.



JERRY WOJCIK
Ron McKee, M35, California, winner in the shot put (55-3 1/2), National Masters Championships, San Jose, Calif.



JERRY WOJCIK
Shot putter Terry Holland, 45, 1997 Eugene Indoor Meet. The 1998 meet is scheduled for February 7-8 in Eugene, Ore.

The guys love it when the only weight available is a women's 16-pounder! And does it raise hell with the rankings!

If you're really lucky, you can find an indoor meet where outdoor implements are used, such as the Reno Indoor in February. For the past two years, the shot was thrown on a dirt surface inside the Reno Livestock Events Center, the site of the 1995 Masters Indoor Championships, and the weight and superweight were thrown outdoors, which is why the meet draws the best non-championships field of throwers of the season.

I asked the Reno meet directors last year what happens if the weather turns bad, and their answer was that an indoor area with a dirt floor adjoining the Center was available. At least, you don't have to gamble on the weather spoiling your fun in Reno. □

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USATF Convention, The Fairmont Hotel, Dallas Masters Schedule

| Tues. Dec. 2 | | Room |
|----------------|-------------------------------|------------------|
| 9:00am-12:00n | Masters LDR Exec. Committee | Panorama TL |
| 5:30pm-8:30pm | Masters T&F Exec. Committee | Panorama TL |
| 5:30pm-8:30pm | Masters Long Distance Running | Terrace TL |
| Wed. Dec. 3 | | |
| 9:00am-12:00n | USATF Opening Session | Regency Ballroom |
| 1:00pm-4:00pm | Masters T&F Awards Subcomm. | Patio TL |
| 5:30pm-8:00pm | Masters Track & Field | Garden TL |
| 5:30pm-8:30pm | Masters Long Distance Running | Patio TL |
| Thurs. Dec. 4 | | |
| 7:30am-10:30am | Masters Long Distance Running | Garden TL |
| 8:00am-10:00am | Masters Track & Field | Fountain TL |
| 2:30pm-5:00pm | Joint Masters T&F/Masters LDR | Parisian BL |
| Fri. Dec. 5 | | |
| 7:30am-9:30am | Awards Breakfast Buffet | Regency Ballroom |
| 10:00am-12:00n | Masters Track & Field | Pavilion TL |
| 2:00pm-5:00pm | Masters Track & Field | Far East BL |
| 3:30pm-6:00pm | Masters Long Distance Running | Parisian BL |
| 7:00pm-???? | Jesse Owens Banquet | Regency Ballroom |
| Sat. Dec. 6 | | |
| 10:00am-12:00n | USATF Closing Session | International LL |

New Hall-of-Famers to Be Announced

The second class of USATF Masters Hall of Fame inductees will be announced at the USATF National Convention in Dallas, Dec. 2-6.

Two men and five women were selected to the first class a year ago. Earlier this year, the chairmen of the Masters Track & Field and Long Distance Running committees each nominated three people to form a new Hall of Fame Committee. These are: T&F: Bob Fine, Len Olson, Louisa Mead-Tricard; LDR: Chuck DesJardins, Norm Green, Dudley Healy.

Five of the committee members met in Durban, South Africa at the WAVA Championships and sliced a list of 40 proposed nominees down to 25.

"We felt 25 was a more realistic

number," said Fine. "If we had kept it at 40, it would have been much more difficult for anyone to get a majority."

Fine said the committee tried to allocate the nominees by: track (6), field (6), LDR (5), RW (3), Administrator (2), "Old-timer" (2). Each nominee must have been a participant in the masters program for a minimum of 10 years.

Ballots were then mailed to officers of each masters committee and to those association and other delegates listed in the current USATF directory, according to Green, who supervised the mailing and tabulation of results.

Each voter could vote for up to 10 people. To become a Hall-of-Famer, a person must receive a majority of all votes cast. □

Evelyn Ashford Elected to USATF Hall of Fame

by MARILYN J. MITCHELL

In a teleconference interview on Nov. 4, 40-year-old Evelyn Ashford expressed her elation and appreciation for having been elected to the 1997 class of the USATF Hall of Fame. Fellow 1997 class members include Henry Carr, Henry Laskau and Renaldo Neamiah, who will be inducted in ceremonies Dec. 4 to be held in Dallas during USATF Convention week.

Ashford, who competed in the 1993 WAVA Games in Miyazaki, Japan, winning the W35 200 in 24:14, was asked why her open performance of 10.76 for the 100 had stood for so long. She did not have a ready explanation, although implicit from her statements was the fact that her goals were not financial but were more competition-oriented.

Her first goal in 1976 was to just make an Olympic team. Her goal after making the Olympic team was to get a gold medal in the 1976 and 1984 Olympic Games. "My whole thing after I got my gold medal was to be the fastest woman . . . then they thought if you had a child, your career was over." So her next goal was to prove that a woman could have a child and still excel at a world-class level.

After having a child, she coached herself and then retired. "I was absolutely ready to go when I retired. I believe in 1988 I was at the peak of my athletic career. I think I was the best that I,

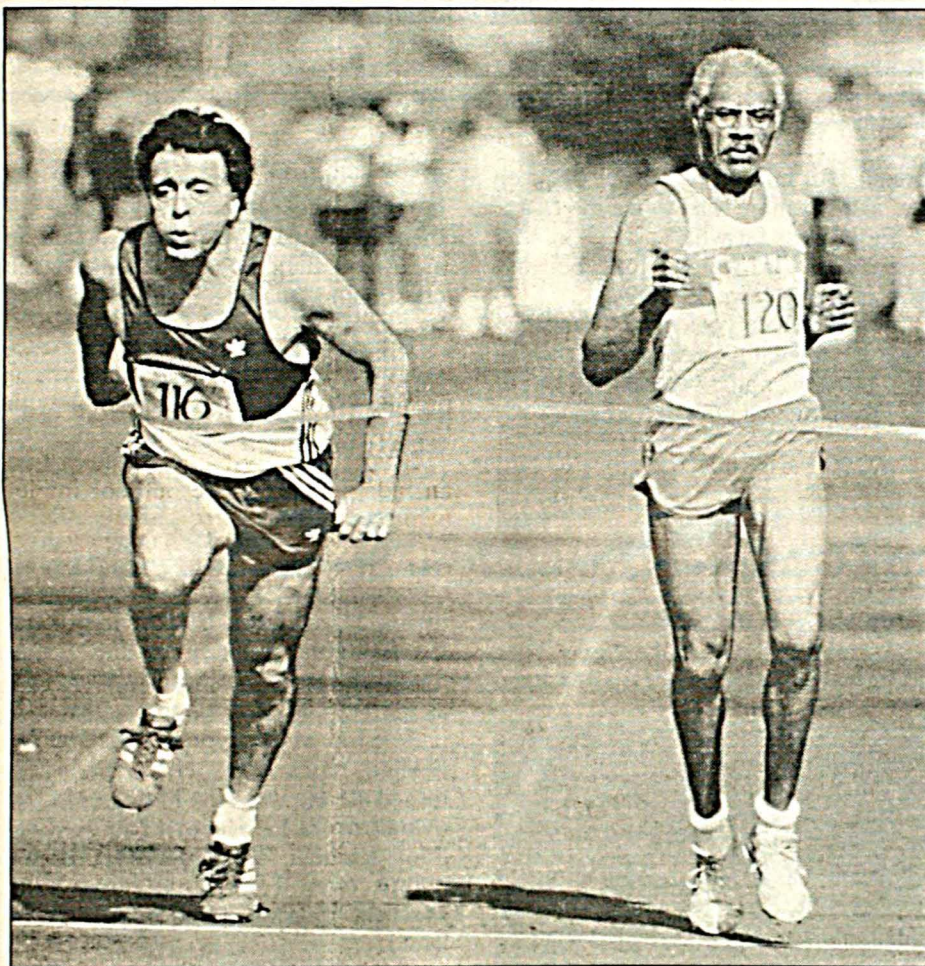
Evelyn, could be . . . I regret losing the gold medal (in 1988). But, I know that I was the best that I could be that year."

In 1993, Ashford came back at the invitation of the Japanese and competed as a masters athlete in the WAVA Games in Miyazaki, Japan, again proving that she could do it. She then again retired to be the full-time mother of now 12-year-old, 7th-grade daughter, Raina.

Ashford has done no further masters competitions after Miyazaki and says, "After I retired, I felt I had done everything I wanted. Now, I walk fast two to three miles a day and have no real desire to continue competition." □

TEN YEARS AGO December, 1987

- At Age 42, Priscilla Welch is First Woman in New York Marathon in 2:30:17
- 135 Compete in NMN Age-Graded Meet
- Larry Almborg (40, 33:58) and Charlotte Swanson (45, 42:42) Capture 10K Cross-Country Titles
- MAAD Formed to Fight Age Discrimination



ADARINI

Haig Bohigian, 61, outleaves Cliff Pauling, 63, to win the M60 100 (13.52), Sri Chinmoy Masters Games, Flushing, N.Y., Oct. 4. Pauling, however, beat Bohigian in the 200 and 400.

Lapp, Ghose Best in Sri Chinmoy Games

by ATALA TOY

Rick Lapp, 48, Port Jefferson, N.Y., and Ranjana Ghose, 46, Jamaica, N.Y., scored the highest points, besting 120 athletes, in the Sri Chinmoy Masters Games, Forest Hills, N.Y., Oct. 4.

Lapp, winner of the honor in 1995, set a meet record in the M45 100 and bettered his own previous records for the long jump and triple jump. A member of the Central Park TC, Lapp works at American Avionics and coaches t&f for Long Island youth.

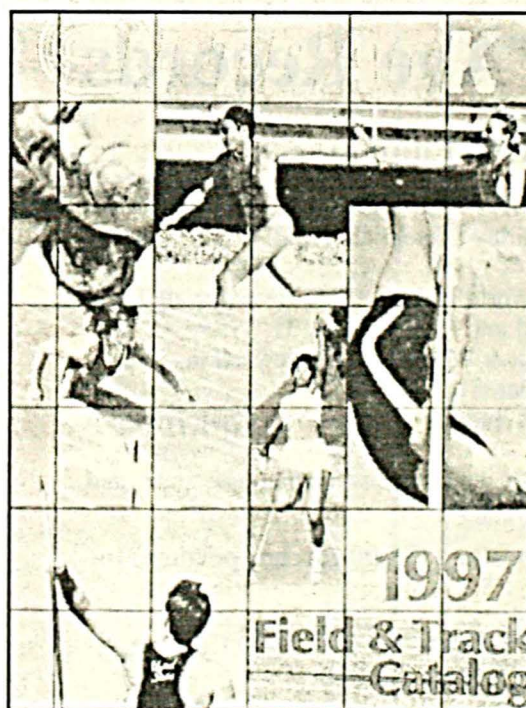
Ghose, women's top scorer in 1993 and 1994, was first in the discus, shot put, and long jump. A member of the Sri Chinmoy Marathon Team, she owns a clothing and gift boutique in

Jamaica, N.Y.

Special participation awards were given to two Central Park TC members, Cliff Pauling, 63, of the Bronx, and Haig Bohigian, 61, Sleepy Hollow, N.Y. Each has competed in nine of the 13 Sri Chinmoy Games held since 1985. Bohigian has scored the most points in the men's competition three times. Sulochana Kallai of the Sri Chinmoy team was also honored for her competition in all 13 of the Games.

Sri Chinmoy, the meet's sponsor, announced that next year the New York-based team will, for the first time, offer two games a year, in the spring and fall. □

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Health and Fitness

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Many problems often associated with aging – lack of flexibility, muscle weakness, and decreased endurance – are actually the result of inactivity, claims Dr. Harold Kohl, director of research at Baylor College of Medicine's Sports Medicine Institute in Houston.

"It's possible to lower your risk of certain diseases," Dr. Kohl said. "Aching joints and bulging midsections can be minimized by exercising. Even simple exercises, such as walking 30 minutes a day, can help you stay energized and battle aging."

Sets of push-ups and sit-ups on a regular basis can add a strengthening element to a workout program. Stretching is important, as well. Older muscles tend to get stiff and tight muscles are more likely to get injured.

As you get older, consider eating smaller meals, say the authors of a study in the October issue of the *American Journal of Clinical Nutrition*.

The study compared how well women in their 20s burned fat compared with women in their 60s and 70s. The groups matched closely when eating meals of 250 to 300 calories.

But when 1000 calories were consumed, the older women's fat-burning process was about 30% lower.

The study was performed by the U.S. Department of Agriculture. The work may help explain why body fat typically doubles between the ages of 20 and 60.

The National Institute of Health recommends a healthy, balanced diet low in fat, moderate in calories, and rich in fiber. This means:

- Eat lots of fruits and vegetables, grains, and beans.
- Include some lean meats and low-fat dairy products.
- Go easy on fats.

A few tips on how to do this without giving up foods we like:

- Switch to reduced or non-fat salad dressing.
- Try whole wheat toast with jelly, fruit spread, or jam instead of white



ANITA HALL

Members of the Team Oklahoma Masters T&F Club, first M40-49 Team in Oklahoma to run a sub-4:00 4x400 relay (l to r): Steve Hicks, Tom Fisher, Paul Clark, and George Marchetti, at the Oklahoma Masters Meet.

bread with butter. You'll cut back on fat, and get more than twice the fiber.

Eating less fat will:

- Assist in weight loss because you're eating fewer calories.
- Help reduce your risk of heart disease by reducing saturated fat, which will help lower blood cholesterol levels.
- Help reduce the risk of cancer.

About 1.5 million people per year suffer heart attacks. About 275,000 of

those people die before reaching the hospital. Researchers say many of them might survive if they carried an aspirin in their pocket, for use when chest pain signaled a heart endangered by blood loss.

Rohit Arora, of Columbia University, and his colleagues, reported aspirin now rescues 6665 heart attack sufferers a year. Some doctors recommended a daily dose of aspirin for anyone over age 40. □

MAC Masters Compete in South Shore Sprint

by MIKE POLANSKY

Virtually every top New York Metropolitan area runner was on hand

in Bay Shore, Long Island, Nov. 1, for the inaugural running of the South Shore Sprint 4 Mile, which also served as the 1997 MAC Championships.

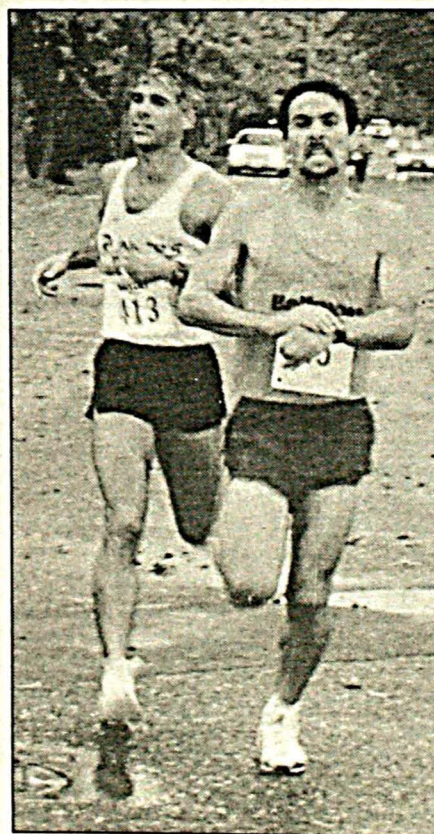
The top M40+ runner was Don Di Donato, Hicksville, N.Y., who just turned 40. He was first M40+ and fifth overall in 20:19. He was followed by Paul Richey, 40, Danbury, Conn., eighth overall in 20:39, and Paul Mascali, 45, Manhasset, N.Y., tenth in 21:11.

Kathy Martin, 46, Northport, N.Y., was the outstanding W40+ runner, finishing second overall in 23:46, a scant 10 seconds behind 37-year-old Barbara Gubbins, Southampton, N.Y.

The oldest finishers were 79-year-olds Manfred Gundell and Walter Moritz, first and third in the M75+ race, and Sallie Fiesta, 76, top performer in the W75+ group.

Besides the first running of this event, it was also the inaugural race staged in Suffolk County by the Plainview-Old Bethpage RRC. Race Directors Lynn Kotler and Mary Ellen Stajk, were thrilled with the outcome. "This was a great first time event, and we were happy with the turnout, especially in light of the rainy weather conditions," noted Kotler.

The principal sponsor was local business, South Shore Outdoor, with additional support from Southside Hospital, Power Bar, local radio station B-103, Transcare, and Saucony. □



MIKE POLANSKY

First master Don Di Donato (l) crosses the finish line fifth overall (20:19), a fraction behind Adam Cigliano, 25, South Shore Sprint 4 Mile, Bay Shore, N.Y., Nov. 1.

Masters Age Records

(1996 Edition)

Compiled by WAVA and USATF Masters T&F Records Chairman Pete Mundle with Rex Harvey, Shirley Dietderich and Beverly LaVeck.

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Oct. 31, 1995.
- U.S. Age bests for Men & Women for all racewalking events, age 40 and up, as of Oct. 31, 1995.
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Training Advice

by VIISHA SEDLAK

Diet, Exercise, and Self Esteem: The Dilemma of Consistency

Every week coaches hear athletes talk about the difficulty of maintaining consistency in their training with the common challenges usually related to: (1) finding the time to train, (2) eating appropriately, and (3) keeping a positive attitude toward themselves and their goals. Some of these athletes train obsessively, eat fanatically, and outwardly seem to have problems in only the attitude category. (These are the athletes who are often injured.) The coach is there to guide his walkers to good health and healthy performance, so these problems must be resolved.

People have difficulty with goal achievement for many reasons, and by now each of us has probably read or heard about, ad nauseum, the self-help books that offer solutions for changing behavior for the better. So let's bypass all the summaries and move on to where the athletes are running into trouble: many aren't acting on what they know they need to do. The most common reasons for this are:

1. Unrealistic expectations: Most of us want to improve ourselves but we expect too much too soon and continually disappoint ourselves by failing to do the impossible in an impossibly short time. The solution: Relax and get off your own back. Set more moderate goals, that seem too simple and too easy.

Then accomplish them while giving yourself more time than you think you need to achieve them.

2. Lack of commitment: Just because you say you want to lose ten pounds doesn't necessarily mean you intend to lose ten pounds. Losing ten pounds of fat means eating better quality foods, exercising properly and proportionately to your caloric intake, and drinking enough water. It also means not overeating. Are you willing to take those actions? If you have been saying for years that you need to lose weight and haven't, you aren't committed to action to achieve your goals. The solution: either stay overweight and quit talking about it, or do what it takes to trim down. It is tiresome to hear people talk

about the weight they want or need to lose. It is damaging to continually disappoint yourself with thwarted goals.

3. Laziness: Don't feel alone on this one, we're all lazy at times. The inclination to lie in the sun and eat grapes is in our genes and keeps us healthfully moderate or allows us to rest or heal. But when inertia gets out of hand we suffer, and if you are skipping workouts or not applying self-discipline as needed out of laziness there is only one cure... do it anyway, in spite of yourself. Most athletes would rather not have to train hard and daily - sometimes twice daily - to meet goals, but that's how it works.

4. Mismanagement of time and resources: Take a realistic look at your schedule, family demands, and work commitments, and restructure your priorities. This could mean getting up earlier in the morning, or dropping the aerobics class, or less partying, or more sleep. Are you putting too much time into low priorities? Do the people and events into which you put time and energy reward you? Support you? Are you rewarding and supporting the people and events that need you? Evaluate where your priorities lie, and schedule your time accordingly; then set your athletic and fitness goals.

5. Inappropriate goals: No matter how successful you are in addressing all the issues above, you will make little progress, or not enjoy what progress you do make, if you are chasing a goal that belongs to someone else. Are you trying to maintain a competitive athlete's schedule because you have been taught you should do something well or not do it at all, but fifteen workouts a week are hard to do? Maybe what you really want is simply to be healthy, and five workouts a week would meet your real goal, but not your parents' or your coach's

goal. (This applies to parents who have passed on, by the way. Maybe it's time for some mature and independent behavior and attitude adjustment.) Make sure your goals are truly your own. Many athletes or "wannabes" strive to the point of misery in an attempt to please others. Your sport is a means to enhance your life. Forget others' expectations and adjust your goals as necessary.

Quality performance in any area of your life depends upon the honesty of your goals, your commitment to those goals, and your satisfaction in the process of working towards them. The goals themselves are irrelevant, so make them easy and fun, share them with only those who respect and encourage you, remain consistent in your efforts even when you doubt yourself, and evaluate weekly your progress and direction. Work with a coach who accepts your goals rather than imposes his own, and be the final judge of all your training and racing decisions.

Accept that you will repeatedly experience setbacks and understand that every world-record athlete has failed more often than succeeded. Those stories seldom hit the media, and most athletes won't admit or want to remember the long slow trail to their victories. Do the daily grit work and you'll discover you've been designed to surpass yourself. □

Largest American Road Races in 1996

E = Estimated number of finishers, complete results unavailable

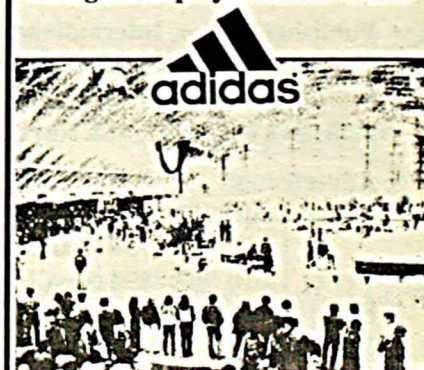
| FIN'96 | RACE NAME | DIST | LOCATION | DATE'96 | FIN'96 | RACE NAME | DIST | LOCATION | DATE'96 | FIN'96 | RACE NAME | DIST | LOCATION | DATE'96 |
|--------|-----------|--|----------|----------------------|----------|-----------|------|----------|--|--------|--------------------|----------|----------|---------|
| 1 | 56156 | LILAC BLOOMSDAY RUN | 12K | SPOKANE, WA | 05/05/96 | 52 | 6500 | E | NATIONWIDE INSURANCE PORTLAND TO COAST | 126MI | JACKSONVILLE, FL | 03/02/96 | | |
| 2 | 53030 | EXAMINER BAY TO BREAKERS | 12K | SAN FRANCISCO, CA | 05/19/96 | 53 | 6341 | | RICHARD S. CALIGIURI GREAT RACE | 10K | PORTLAND, OR | 08/21/96 | | |
| 3 | 50000 | E PEACHTREE ROAD RACE | 10K | ATLANTA, GA | 07/01/96 | 54 | 6285 | | SOUND TO NARROWS | 12K | PITTSBURGH, PA | 09/29/96 | | |
| 4 | 35868 | BOSTON | MARA | BOSTON, MA | 04/15/96 | 55 | 6153 | | ADVIL MINI MARATHON | 10K | TACOMA, WA | 06/08/96 | | |
| 5 | 34782 | BOLDER BOULDER | 10K | BOULDER, CO | 05/27/96 | 56 | 6006 | | BEACH TO BAY RELAY | 5K | NEW YORK, NY | 06/08/96 | | |
| 6 | 28182 | NEW YORK CITY | MARA | NEW YORK, NY | 11/03/96 | 57 | 6000 | E | RACE FOR THE CURE: BALTIMORE | 5K | CORPUS CHRISTI, TX | 05/18/96 | | |
| 7 | 24359 | HONOLULU | MARA | HONOLULU, HI | 12/08/96 | 58 | 5900 | E | RUN TO THE FAR SIDE | 5K | BALTIMORE, MD | 10/05/96 | | |
| 8 | 21275 | RACE FOR THE CURE: DC | 5K | WASHINGTON, DC | 06/15/96 | 59 | 5862 | | ATLANTA | 5K | SAN FRANCISCO, CA | 12/01/96 | | |
| 9 | 20000 | E CRESCENT CITY CLASSIC | 10K | NEW ORLEANS, LA | 04/06/96 | 60 | 5701 | | SPRING LAKE | 10K | ATLANTA, GA | 11/28/96 | | |
| 10 | 18000 | E GREAT ALLOHA RUN | 8.25M | HONOLULU, HI | 02/19/96 | 61 | 5700 | E | REVCO CLEVELAND | 5MI | CLEVELAND, OH | 05/05/96 | | |
| 11 | 17500 | E OFFICE DEPOT CORPORATE CHALLENGE | 3.5MI | ATLANTA, GA | 09/12/96 | 62 | 5587 | | PORTLAND | MARA | SPRING LAKE, NJ | 05/25/96 | | |
| 12 | 16500 | E CHASE CORPORATE CHALLENGE: NYC #2 | 3.5MI | NEW YORK, NY | 06/26/96 | 63 | 5575 | | GRANDMA'S | MARA | PORTLAND, OR | 09/29/96 | | |
| 13 | 16180 | CITY OF LOS ANGELES | MARA | LOS ANGELES, CA | 03/03/96 | 64 | 5565 | | UTICA BOILERMAKER | MARA | DULUTH, MN | 06/22/96 | | |
| 14 | 15983 | AUSTIN AMERICAN STATESMAN CAPITOL 10,000 | 10K | AUSTIN, TX | 03/24/96 | 65 | 5545 | | GASPARILLA DISTANCE CLASSIC | 15K | UTICA, NY | 07/14/96 | | |
| 15 | 15951 | QUAD-CITY TIMES SIX 7 | 7MI | DAVENPORT, IA | 07/27/96 | 66 | 5483 | | TWIN CITIES | MARA | TAMPA, FL | 02/24/96 | | |
| 16 | 15314 | REVON RUN FOR WOMEN | 5K | LOS ANGELES, CA | 05/11/96 | 67 | 5433 | | SHAMROCK SHUFFLE | 8K | MINNEAPOLIS, MN | 10/06/96 | | |
| 17 | 15283 | RACE FOR THE CURE: PORTLAND | 5K | PORTLAND, OR | 09/08/96 | 68 | 5400 | E | RACE FOR THE CURE: LITTLE ROCK | 5K | CHICAGO, IL | 03/24/96 | | |
| 18 | 15219 | MARINE CORPS | MARA | WASHINGTON, DC | 10/27/96 | 69 | 5200 | E | DALLAS YMCA TURKEY TROT | 8MI | LITTLE ROCK, AR | 09/21/96 | | |
| 19 | 14500 | E OFFICE DEPOT CORPORATE RUN | 5K | MIAMI, FL | 05/02/96 | 70 | 5195 | | NORTEL CHERRY BLOSSOM | 10MI | DALLAS, TX | 11/28/96 | | |
| 20 | 14022 | CHASE CORPORATE CHALLENGE: CHICAGO | 3.5MI | CHICAGO, IL | 08/01/96 | 71 | 5181 | | GET IN GEAR | 10K | WASHINGTON, DC | 03/31/96 | | |
| 21 | 12969 | INDIANAPOLIS LIFE 500 FESTIVAL | HMAR | INDIANAPOLIS, IN | 05/03/96 | 72 | 5145 | | GASPARILLA DISTANCE CLASSIC | 10K | MINNEAPOLIS, MN | 04/27/96 | | |
| 22 | 12000 | E CHASE CORPORATE CHALLENGE: BOSTON | 3.5MI | BOSTON, MA | 07/25/96 | 73 | 5114 | | CRIM FESTIVAL OF RACES | 5K | TAMPA, FL | 02/24/96 | | |
| 23 | 11941 | RACE FOR THE CURE: PEORIA | 5K | PEORIA, IL | 05/04/96 | 74 | 5100 | E | RACE FOR THE CURE: FT. WORTH | 10MI | FLINT, MI | 08/24/96 | | |
| 24 | 11454 | COOPER RIVER BRIDGE RUN | 10K | CHARLESTON, SC | 03/30/96 | 74 | 5100 | E | RACE FOR THE CURE: HOUSTON | 5K | FT. WORTH, TX | 04/13/96 | | |
| 25 | 11200 | E IDAHO WOMEN'S FITNESS CELEBRATION | 5K | BOISE, ID | 09/21/96 | 74 | 5100 | E | CHASE CORPORATE CHALLENGE: LONG ISLAND | 3.5MI | HOUSTON, TX | 10/05/96 | | |
| 26 | 11000 | E WEINHARDT'S ALEST. PATRICK'S DAY DASH | 3.9MI | SEATTLE, WA | 03/17/96 | 74 | 5100 | E | CRAZY LEGGS | 5MI | LONG ISLAND, NY | 06/25/96 | | |
| 27 | 10501 | BRIGGS & STRATTON'S WALK | 8K-W | MILWAUKEE, WI | 09/28/96 | 78 | 4929 | | UNION TRIB DR. SEUSS RACE FOR LITERACY | 8K | MADISON, WI | 04/20/96 | | |
| 28 | 10500 | E WHARF TO WHARF | 10K | CAPITOLA, CA | 07/28/96 | 79 | 4825 | | AMERICA'S FINEST CITY | HMAR | SAN DIEGO, CA | 08/25/96 | | |
| 29 | 10000 | E CHASE CORPORATE CHALLENGE: NYC #1 | 3.5MI | NEW YORK, NY | 05/09/96 | 80 | 4815 | | BROAD STREET RUN | 10MI | SAN DIEGO, CA | 05/05/96 | | |
| 30 | 9900 | E NATIONWIDE INSURANCE HOOD TO COAST | 195MI | MT. HOOD SEASIDE, OR | 08/23/96 | 81 | 4800 | E | CELEBRATION IN THE OAKS | 2MI | PHILADELPHIA, PA | 05/05/96 | | |
| 31 | 9200 | E RACE FOR THE CURE: NEW YORK | 5K | NEW YORK, NY | 09/08/96 | 82 | 4732 | | CANNON LONG ISLAND | HMAR | NEW ORLEANS, LA | 12/07/96 | | |
| 32 | 9196 | LASALLE BANKS CHALLENGE | MARA | CHICAGO, IL | 10/20/96 | 83 | 4714 | | KENTUCKY DERBY FESTIVAL | HMAR | EAST MEADOW, NY | 05/05/96 | | |
| 33 | 9070 | MANCHESTER ROAD RACE | 4.77MI | MANCHESTER, CT | 11/28/96 | 84 | 4707 | | BRIGGS & STRATTON'S RUN | 8K | LOUISVILLE, KY | 04/27/96 | | |
| 34 | 9069 | COWTOWN | 10K | FT. WORTH, TX | 02/24/96 | 85 | 4704 | | BANK IV RIVER RUN | 2MI | MILWAUKEE, WI | 09/28/96 | | |
| 35 | 8500 | E DALLAS YMCA TURKEY TROT | 3MI | DALLAS, TX | 11/28/96 | 86 | 4700 | E | CHASE CORPORATE CHALLENGE: SYRACUSE | 3.5MI | SEATTLE, WA | 05/11/96 | | |
| 36 | 8400 | E CHASE CORPORATE CHALLENGE: BUFFALO | 3.5MI | BUFFALO, NY | 06/21/96 | 87 | 4674 | | REDONDO BEACH SUPER BOWL | 10K | SYRACUSE, NY | 07/30/96 | | |
| 37 | 8100 | UNION BLOOMSDAY | 2MI | SPOKANE, WA | 04/13/96 | 88 | 4600 | E | RACE FOR THE CURE: PEORIA | 1.6MI | REDONDO BEACH, CA | 01/28/96 | | |
| 38 | 8000 | E CHASE CORPORATE CHALLENGE: NYC #3 | 3.5MI | NEW YORK, NY | 07/24/96 | 89 | 4500 | E | RUNNER'S WORLD/NIKE MIDNIGHT RUN | 5MI | PEORIA, IL | 05/04/96 | | |
| 39 | 7885 | RACE FOR THE CURE: ORANGE COUNTY | 5K | NEWPORT BEACH, CA | 09/22/96 | 91 | 4468 | | RACE FOR THE CURE: MEMPHIS | 5K | NEW YORK, NY | 01/01/96 | | |
| 40 | 7777 | CHERRY CREEK SNEAK | 5MI | DENVER, CO | 04/28/96 | 92 | 4449 | | RACE FOR THE CURE: BEAT THE BRIDGE | 8K | MEMPHIS, TN | 10/12/96 | | |
| 41 | 7700 | E RACE FOR THE CURE: DETROIT | 5K | DETROIT, MI | 04/20/96 | 93 | 4388 | | DINOSAUR DASH MILWAUKEE PUBLIC MUSEUM | 5K | SEATTLE, WA | 05/19/96 | | |
| 42 | 7579 | ARMY TEN MILER | 10MI | WASHINGTON, DC | 10/13/96 | 94 | 4347 | | HOUSTON TENNECO | 5K | MILWAUKEE, WI | 10/20/96 | | |
| 43 | 7421 | RACE FOR THE CURE: DALLAS | 5K | DALLAS, TX | 10/19/96 | 95 | 4329 | | TUFTS HEALTH PLAN FOR WOMEN | MARA | HOUSTON, TX | 04/28/96 | | |
| 44 | 7362 | CARLSBAD 5000 | 5K | CARLSBAD, CA | 03/31/96 | 96 | 4300 | E | AZALEA TRAIL RUN: MOBILE | 10K | HOUSTON, TX | 01/14/96 | | |
| 45 | 7322 | RACE FOR THE CURE: PITTSBURGH | 5K | PITTSBURGH, PA | 05/12/96 | 96 | 4300 | E | NEW TIMES PHOENIX | 2MI | MOBILE, AL | 03/23/96 | | |
| 46 | 7295 | OMAHA CORPORATE CUP | 10K | OMAHA, NE | 02/22/96 | 96 | 4300 | E | THANKSGIVING TURKEY TROT | 10K | PHOENIX, AZ | 11/10/96 | | |
| 47 | 6905 | MICHAEL FORBES TROLLEY RUN | 4MI | KANSAS CITY, MO | 04/21/96 | 99 | 4298 | | MERCURY NEWS | 10K | DETROIT, MI | 11/28/96 | | |
| 48 | 6851 | FALMOUTH ROAD RACE | 7.7MI | FALMOUTH, MA | 08/18/96 | 100 | 4263 | | RACE FOR THE CURE: DALLAS | 1MI | SAN JOSE, CA | 03/24/96 | | |
| 49 | 6613 | PHILADELPHIA DISTANCE RUN | HMAR | PHILADELPHIA, PA | 09/22/96 | | | | | | DALLAS, TX | 10/19/96 | | |
| 50 | 6549 | RACE FOR THE CURE: DENVER | 5K | DENVER, CO | 10/06/96 | | | | | | | | | |

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Book Review

by TOM ALLISON

Quantum Strength & Power Training

Quantum Strength & Power Training (*Gaining the Winning Edge*) joins an ever growing group of books and publications dealing with improving athletic performance via weight or resistance training. What sets *Quantum Strength & Power Training* apart from the plethora of publications on the market is that its author, Patrick O'Shea, has set forth the scientific principles of sports science and applied them to weight training for the athlete seeking to improve his or her performance.

While the book emphasizes the physically mature athlete, a great deal of information addresses the teenage, master, and recreational athlete.

The first chapter establishes the author's philosophy by emphasizing that athletic strength training encompasses speed, quickness, mobility and high velocity power and the use of free weights, as opposed to machine-assisted resistance training.

In addition, the first chapter discusses power lifting via the Olympic lifts, periodization, and Hans Selye's GAS (general adaption syndrome) principle of stress training. The training cycles of 1) conditioning, 2) base strength, and 3) strength power are set forth, coupled with an interesting comparison of men's and women's strength relative to muscle size.

We learn that, generally, there is a little difference in strength between men and women in the lower weight

classes, but that as the respective size of each gender increases so does the potential for greater muscle size in the male and, therefore, greater strength.

Chapters two through six are somewhat necessarily scientifically based and discussions of the central nervous system, muscle tissue types coupled with force of contraction, all or none principle, fast twitch-slow twitch, and the endocrine system, may be slightly challenging but the author states, "Athletic-type lifting is supposed to be hard. If it wasn't hard everyone would be doing it." — analogous for the necessity of some scientific background.

The reader is reminded of important points for all athletes:

1) "...to maximize fast twitch motor unit recruitment you must think speed when executing strength and power movements."

2) Power is the ability to apply force throughout a full range of body-joint



SUZY HESS

Sprinters in the *National Masters News* Age-Graded 100m, USATF National Masters Championships, San Jose, Calif., (l to r): Joy Margerum, 36, Cindy Steenbergen, 43, Mary Libal, 47, Kathy Jager, 54, Kemisole Solwazi, 57, Irene Obera (winner in 10.86), 63, Betty Vosburgh, 66, Johnnye Valien, 72, and Diane Friedman, 76.

movement with speed for maximum time and/or distance.

3) To attain peak performance, work (workouts) must be high intensity by placing stress on muscles, joints and one's central nervous system via the overload principle.

The author strongly advocates incorporating free weight lifts, inter alia, of the parallel squat, standing push press, power snatches, and power cleans along with sprinting and jumping exercises to improve one's dynamic strength.

Quantum Strength & Power Training contains a great many helpful diagrams, charts and pictorials to help the reader better understand strength and power training.

The final chapter (twelve) addresses the master athlete, the inevitable aging process versus longevity and pumping iron. Emphasizing the "use it or lose it" thesis, the author states his case for weight training interspersed with pointed quotations, e.g., "How old would you be if you didn't know

how old you was?" — Satchel Page.

Dr. O'Shea gives a brief biography of his background which includes 13 years of Olympic lifting, then master cycling competitor, marathon running, Nordic skiing, mountaineering and backpacking. Upon turning 50, the author resumed a strength training program in an attempt to equal prior years' performances. His four-cycle program totaling approximately 10 months is set forth. A summary of his results shows incredible improvement in the squat, bench press, deadlift and power clean.

The readability of the book, coupled with a solid scientific analysis, makes it a must for the serious athlete. The soft cover 248-page *Quantum Strength & Power Training* sells for a bargain price (these days) of \$20.00 plus \$4.00 shipping and handling plus tax, if applicable, (add \$7.50 for Canadian orders), and may be obtained by sending orders to: Patrick's Books, P.O. Box 1024, Corvallis, Oregon 97339-1024. □

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International Scene

by **TORSTEN CARLIUS**

Report from the President

Some three months have now passed since the wonderful weeks and our 12th World Veterans Athletics Championships in Durban in July. For me it is very important to thank you all for the confidence you showed by electing me as new WAVA President and successor to Cesare Beccalli. I will do my utmost to live up to all expectations and am sure I can count on your support in the very important job to develop WAVA and veterans' athletics still more in the next several years.

It is my intention to publish a column in each issue of NMN to inform and explain what we are doing. This month I will concentrate on three areas, i.e., our Road Championships in Kobe in 1998, composition of some WAVA Committees, and WAVA cooperation with the International Masters Games Association.

Road Championships in Kobe 1998

These will be our fourth World Road Championships and we look forward to very good performances March 28-29, 1998. As you are all very aware, we will have these Championships on the new and impressive Akashi Kaikyo Bridge linking Awaji Island with the City of Kobe. In the middle of October, I had the opportunity to visit Kobe

together with our new Vice President Non-Stadia, Ron Bell, to discuss preparations and organization with the LOC. We were very impressed and know we'll have a marvelous time in Kobe where they expect at least 5000 competitors.

During our visit we discussed the entry procedure and believe it important to extend the time limit for entries. The new deadline is January 15 but still with the usual conditions, i.e., through the NGBs. Please observe this change and we hope that as many road runners/walkers as possible will find it worthwhile to go to Kobe.

WAVA Committees

We are now slowly getting our WAVA committees in order and following is our latest list:

Stadia Committee:

Chairman
Africa
Asia
Europe
North and Central
America & Caribbean
Oceania
South America
Others

VP Stadia, Jim Blair, New Zealand
Basil Carnie, South Africa
Ranjit Weerasena, Sri Lanka
Winston Thomas, Great Britain

Sandy Pashkin, USA
Ian Anderson, Norfolk Island
Jorge Manrique, Peru
Heinrich Clausen, Germany
Rex Harvey USA
Marina Hoernicke-Gil, Spain
Arne Saether, Norway

Non-Stadia Committee

Chairman
Africa
Asia
Europe
North and Central
America & Caribbean
Oceania
South America
Others

VP Non-Stadia, Ron Bell, Great Britain
Willy Ward, South Africa
Kiyoshi Kounoike, Japan
Fred Jesbera, France

Norman Green, Jr., USA
Jim Tobin, New Zealand
Jorge Banegas, Colombia
Ruth Anderson, USA
Josep Maria Antentas, Spain
Barbara Dunsford, Great Britain
Brian Keaveney, Canada

Law & Legislation

Chairman
Africa
Asia
Europe
North and Central
America & Caribbean
Oceania
South America
Others

WAVA Secretary, Monty Hacker
Willy Ward, South Africa
Indra Kartasasmita, Indonesia
Keith Whitaker, Great Britain

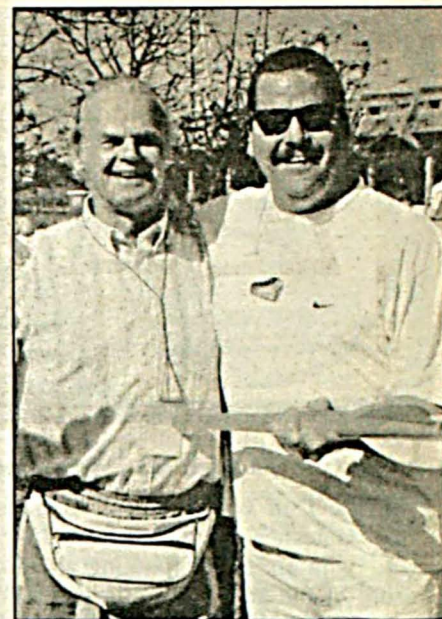
Brian Oxley, Canada
Jim Tobin, New Zealand
Jorge Manrique, Peru
Len Childs, Australia
Bob Fine, USA

Other committee assignments will follow shortly.

WAVA Cooperation with International Masters Games Association (IMGA)

This point refers to Masters Games which will be staged in Portland, Ore., USA, in 1998. Our relations with IMGA have improved essentially over the last few years but we are still not at a point where the WAVA rules and procedures are respected completely by IMGA and organizers of World Masters Games.

Cesare Beccalli and I had the opportunity to attend the IMGA Annual Congress in Duisburg, Germany, in October and it was decided there that we will attempt to make more progress. The WAVA point is very firm. If cooperation takes place aiming at some kind of Veterans Olympics, it must in all respects be on the condition that WAVA organizes and is responsible for the athletic events. From the discussions in Duisburg, we are convinced that many other World Associations are of the same opinion. For that reason, our Past President, Cesare Beccalli, has offered to try to clarify the situation and help us take the necessary steps to reach an agreement. Please note that, before any decision for WAVA is taken, our WAVA General Assembly must discuss and approve of it and such dis-



KAREN HUFF

Javelin greats, Janis Lusis, 58, Olympic gold medalist from the former USSR, now a Latvian, and Tom Petranoff, 39, ex-world record holder and South African citizen, at the WAVA Championships in Durban.

cussion will no doubt be on the agenda in Gateshead in 1999.

Let me finally also inform you that the WAVA Council will meet the next time in Gateshead the first week of April, 1998, and thereafter we will be ready to print our new WAVA Handbook. □

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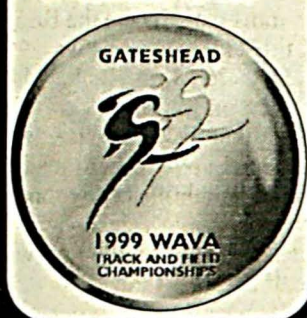
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19 Months to Go



Countdown to Gateshead

by RON BELL

What to See and Do in Gateshead

The 13th WAVA World Veterans Athletics Championships will be held in Gateshead, England from July 29-August 8, 1999. For readers of NMN who are either thinking about or definitely coming to Gateshead, but are unsure of the area's attractions, the following should help you decide where to stay and what to see. I was born and lived in the northeast of England and find it easy to describe its people, culture and attractions.

Gateshead is in the northeast corner of England on the south side of the River Tyne. Your arrival will probably be into Newcastle, on the north side of the river, home of the area's international airport, inter-city rail and bus station, and ferries from Scandinavia.

The area is sport crazy, with world-class rugby, cricket and soccer competition. The Great North Run draws tens of thousands of competitors each year.

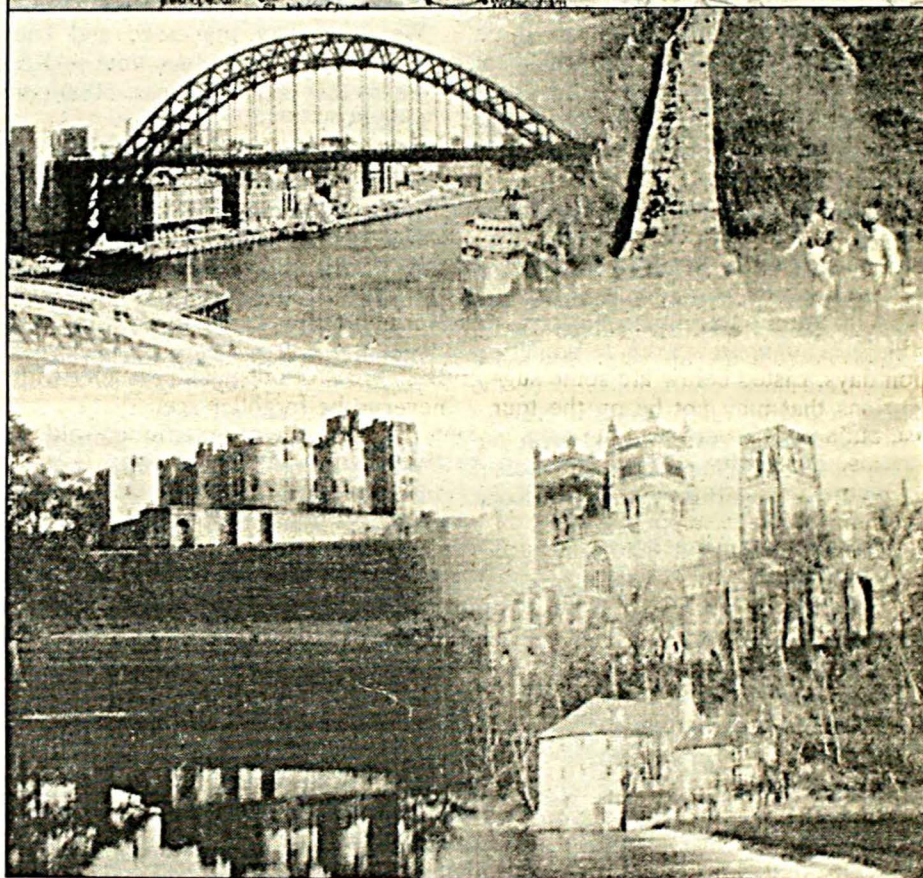
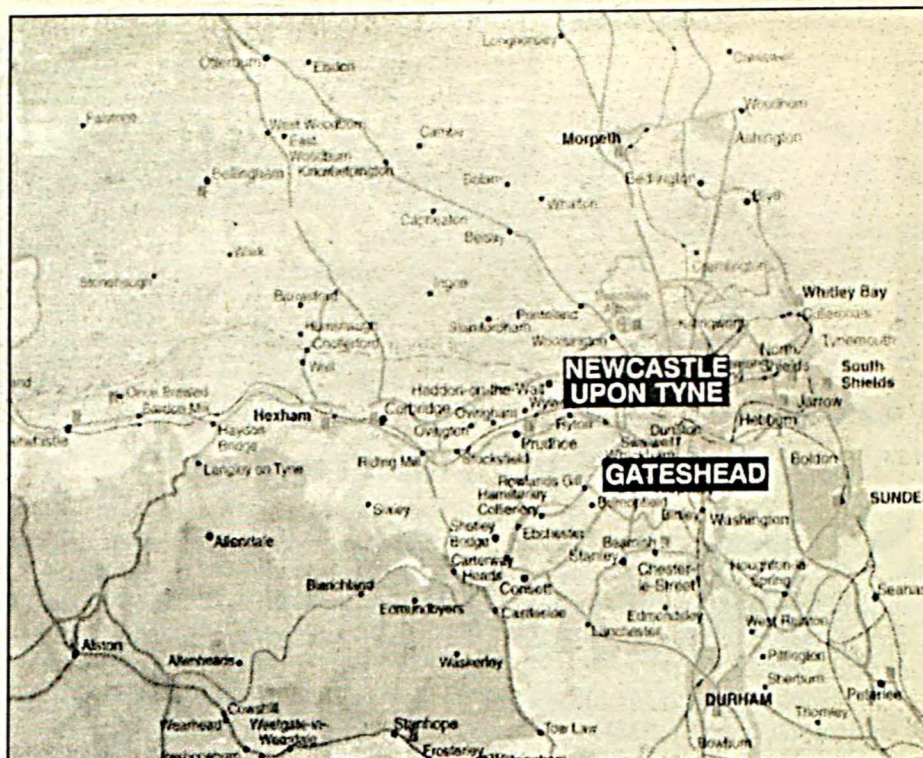
The locals are known as "Geordies." They have an unmistakable accent in the English language. Indeed, if you were to talk to a "true

Geordie," you would probably not recognize some of the words. For example, bait means food, bairn means child, hadaway means go away.

Geordies are very passionate about their homeland, family life, sport and honesty. They will do everything humanly possible for you to enjoy your stay. I strongly recommend you enroll for the "host-a-vet" social program, which will be available at Gateshead International Stadium.

Accommodation

To lodge the anticipated large entry, accommodation has been reserved in Newcastle, Gateshead and Durham,



Map and sites in and around the North East of England.

1999 World Veteran Track & Field Championships Gateshead, England 29th July - 8th August

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with options at South Shields, Whitley Bay and Sunderland.

Newcastle

Newcastle is a thriving modern city which has managed to successfully mix the old and new styles of architecture. Accommodation is in the heart of the city, close to cinemas, shops, theater and dozens of eating places. Wherever you stay in Newcastle, you will only be a short walk from the Metro, which offers extensive service, reaching down to the seaside resorts of South Shields and Whitley Bay. For those wishing to use the Metro instead of the free shuttle bus service, there is a stop only a few minutes walk from Gateshead International Stadium.

Newcastle has many running places, including the vast Town Moor with miles of grassland; or Jesmond Dene, a park complete with streams,

waterfalls and an excellent running surface.

The likely headquarters hotel is just out of the city center, offering wonderful golf and recreation facilities.

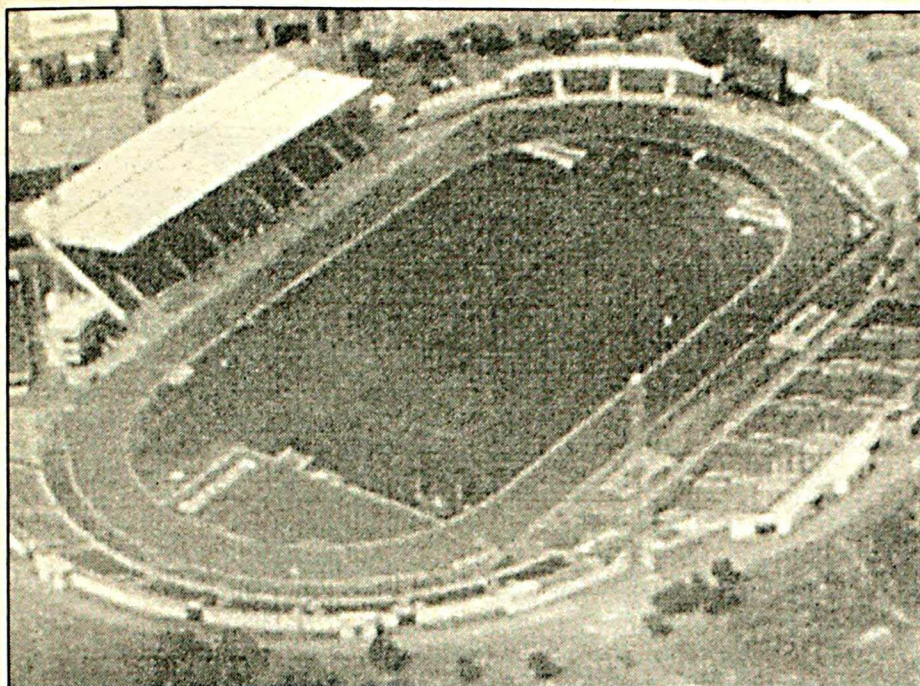
Gateshead

Gateshead offers a range of hotels, some within jogging distance of the Stadium. One of the features of Gateshead is the "Metro Center," Europe's largest shopping mall with numerous attractions, including cinemas, bowling, all kinds of restaurants and fast-food outlets. There is also a fine park in Gateshead in which to run, in addition to the banks of the River Tyne.

Durham

Durham typifies "Olde England" with its cathedral, narrow cobbled streets, picture-postcard scenery and air of history. Accommodation is available

Continued on page 21



Gateshead International Stadium

Countdown

Continued from page 20

at the university and at local hotels.

Newcastle, Gateshead and Durham will be included in the free shuttle bus service.

What to See Tours

A full range of tours is being planned. For the first time, some tours will be available throughout competition days. Listed below are some suggestions that may not be on the tour list, but are well worth a visit.

Close Proximity

Beamish Mansion. A live, open-air museum. It's like stepping back into history, with streets, a school, a farm and shops as they were in the 1850-1900s. You can even go down into a coal mine.

Tyne Valley/Hadrian's Wall. The historic market towns of Hexham and Corbridge; Hadrian's Wall and Kielder Reservoir (Europe's largest man-made reservoir).

Morpeth, Alnwick, Warkworth. Quaint market towns with castles and

excellent settings.

Farther Afield

Banburgh Castle and Holy Island. Outstanding scenery and magnificent castle. Walk the causeway to visit Holy Island, home of the monks and birthplace of Christianity in Northumbria.

Lake District/Scottish Lochs. Both areas of outstanding beauty with never-to-be-forgotten scenery.

York. One of England's oldest cities with cobbled streets, Roman houses and York Minster, one of England's finest cathedrals. The city is steeped in history.

Even Farther Afield.

London and Edinburgh. Both cities have world-wide appeal.

All accommodation and tours can be booked through WGT, the Official Travel Agent and tour operator. Details are available in the entry booklet, which will be available in January, 1998. (Also see the advertisement on page 20.) □

Ron Taylor Retires Undefeated in 139 Races

by BRIDGET CUSHEN

Ron Taylor, arguably the world's greatest masters sprinter, confirmed that he is totally disillusioned with track and field and has quit the sport.

Taylor did not go to the world championships in Durban, although he was assured of sponsorship from the optical company that employs him. He was not interested in competing, despite the opportunity to run against Reg Austin, on the rare occasion when these two giants of the sprints share the same age group.

Taylor's performances have been truly phenomenal. He has won every European and world sprint championship he has entered and has shattered world records. In June 1994, he won the IX European M60 100, clocking an astounding 11.70, then followed

up that performance a few days later with a 23.99 in the 200 final after having run heats and semis. On the age-graded tables his times correlated to 9.77 and 19.75, respectively, superior to Leroy Burrell's much-publicized world record of 9.85 in the 100, which was set in perfect conditions in Lausanne on July 6, 1994. Taylor also holds M55 world records for the 100 (11.57) and the 200 (23.37).

The controversial Taylor was not interested in taking part in a television documentary about his illustrious career, saying that he does not trust anyone and doesn't want to bother anyone or be bothered. But perhaps he might just make a comeback when he is 70 and his son reaches masters age. A father and son head-to-head competition might just appeal to him! □

Girvan, Nutland Take UK Half-Marathon

by MARTIN DUFF

Mike Girvan, world 10K silver medalist at Brugges last year, controlled a classy field to take the British title in 1:08:28 in the British masters half-marathon championships in Southampton on Oct. 12.

The 42-year-old former cyclist, who also won the British masters 10,000 title last year, next tackled the British and Irish Cross-Country International in Ballymena, Northern Ireland, in November. After going through the three-mile mark in 15:48, it was Rob Wise, M40, who sped things up with a succession of five-minute miles as the lead group of five runners reached the ten-mile mark in 51:10.

Girvan took control of the race a mile later but had to fight to hold off Tim Jones, M40, and Wise, who finished with identical times of 1:08:31. Mike Hager, M45, another Brugges silver medalist, hung with the leaders but could not quite match the closing pace and finished in 1:09:05.

In the women's race, Sharon Nutland was the first master in 1:24:17. The best result came higher up in the age groups, with Sue Lambert winning the W55 title in a fast 1:34:52, and Mary Anstey claiming the W60 crown in 1:38:41.

Wise, M40, third in the British mas-

ters half-marathon championships two weeks prior, moved up to take the British masters 5K title (15:15) in Eastway, Lea Valley, on Oct. 26. Jim Estall, M40, pushed the pace on the second of three laps before falling behind Wise, who eventually opened up a 70-yard lead on the final circuit. Estall finished second in 15:29. World champion Nigel Gates was part of the lead pack but pulled up with an injured calf on one of the hills.

M45 half-marathon winner and world silver medalist Mike Hager comfortably added to his M45 bag of titles with a fine third overall (15:32).

Brian O'Neill, M50, won the separate 50-59 race in 16:16 after breaking clear of fellow M50 runners Graham Wootton (16:29) and Gareth Jones (16:33).

New M60, Barry Fozzard, won a close race with Derek Surrey to take the M60 gold in 18:45. New M70, Bob Belmore, won his age group title in 24:06.

Alison Fletcher, W35, tracked Lynn Higgs, W35, for the opening circuit of the women's race before breaking away on the third lap for a 17:51 victory, ahead of Higgs' 18:08. Marion Eldridge (18:46) took the W40 title and placed third overall. Pam Jones, W60, won her age group with a strong 22:09 clocking. □

WAVA/USATF Hurdles and Implements Specifications

HURDLES

WOMEN

| Age | Race Distance | Hurdle Height | To 1st Hurdle | Between Hurdles | To Finish | No. of Hurdles |
|---------|---------------|---------------|----------------------|----------------------|----------------------|----------------|
| 30-39 | 100m | .840m 33" | 13.00m 42'8 1/2" | 8.5m 27'10 1/2" | 10.5m 34'5" | 10 |
| 40-49 | 80m | .762m 30" | 12.00m 39'4" | 8.0m 26'3" | 12.00m 39'4" | 8 |
| 50-59 | 80m | .762m 30" | 12.00m 39'4" | 7.0m 22'11 1/2" | 19.00m 62'4" | 8 |
| 60-69 | 80m | .762m 30" | 12.00m 39'4" | 7.0m 22'11 1/2" | 19.00m 62'4" | 8 |
| 70 Plus | 80m | .762m 30" | 12.00m 39'4" | 7.0m 22'11 1/2" | 19.00m 62'4" | 8 |
| 30-39 | 400m | .762m 30" | 45.00m 147'7 1/2" | 35.00m 114'9 1/2" | 40.00m 131'2 1/2" | 10 |
| 40-49 | 400m | .762m 30" | 45.00m 147'7 1/2" | 35.00m 114'9 1/2" | 40.00m 131'2 1/2" | 10 |
| 50-59 | 300m | .762m 30" | 50.00m 164'0 1/2" | 35.00m 114'9 1/2" | 40.00m 131'2 1/2" | 7 |
| 60-69 | 300m | .762m 30" | 50.00m 164'0 1/2" | 35.00m 114'9 1/2" | 40.00m 131'2 1/2" | 7 |
| 70 plus | 300m | .762m 30" | 50.00m 164'0 1/2" | 35.00m 114'9 1/2" | 40.00m 131'2 1/2" | 7 |

MEN

| | | | | | | |
|---------|------|--------------|----------------------|----------------------|----------------------|----|
| 30-39 | 110m | .991m 39" | 13.72m 45' | 9.14m 30' | 14.02m 46' | 10 |
| 40-49 | 100m | .914m 36" | 13.00m 42'8" | 8.50m 27'10 1/2" | 10.50m 34'5" | 10 |
| 50-59 | 100m | .840m 33" | 13.00m 42'8" | 8.50m 27'10 1/2" | 10.50m 34'5" | 10 |
| 60-69 | 100m | .840m 33" | 13.00m 42'8" | 8.50m 27'10 1/2" | 10.50m 34'5" | 10 |
| 70 plus | 80m | .762m 30" | 12.00m 39'4" | 7.0m 22'11 1/2" | 19.0m 62'4" | 8 |
| 30-49 | 400m | .914m 36" | 45.00m 147'7 1/2" | 35.00m 114'9 1/2" | 40.00m 131'2 1/2" | 10 |
| 50-59 | 400m | .840m 33" | 45.00m 147'7 1/2" | 35.00m 114'9 1/2" | 40.00m 131'2 1/2" | 10 |
| 60+ | 300m | .762m 30" | 50.00m 164'0 1/2" | 35.00m 114'9 1/2" | 40.00m 131'2 1/2" | 7 |

IMPLEMENTS

| AGE | SHOT PUT | DISCUS | HAMMER | JAVELIN | WEIGHT |
|---------|-----------------|--------|-----------------|----------|------------|
| Women | | | | | WAVA USATF |
| 30-49 | 4.00k | 1.00k | 4.00k | 600gms. | 20# 20# |
| 50 plus | 3.00k | 1.00k | 3.00k | 400 gms. | 16# 16# |
| 60 plus | | | | | 12# 16# |
| Men | | | | | |
| 30-49 | 7.26k (16 lbs.) | 2.00k | 7.26k (16 lbs.) | 800 gms. | 35# 35# |
| 50-59 | 6.00k | 1.50k | 6.00k | 800 gms. | 25# 35# |
| 60-69 | 5.00k | 1.00k | 5.00k | 600 gms. | 20# 25# |
| 70-79 | 4.00k | 1.00k | 4.00k | 600 gms. | 16# 25# |
| 80 plus | 4.00k | 1.00k | 4.00k | 600 gms. | 12# 25# |

Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m)
Superweight: M30-69 56-lb.; M70+ 35-lb.; W30-49 35-lb.; W50+ 25-lb.
WAVA weights are used for USATF weight pentathlons.

World Masters Games Expecting 25,000

The World Masters Games is a quadrennial international sports event for older athletes.

The fourth World Masters Games will be held in the USA for the first time next year. The event will be hosted by Portland, Ore., with the track & field segment slated for Eugene, Ore. on Aug. 10-22, 1998.

The event consists of up to 25 different sports for participants generally over age 30, depending on the sport. The first Masters Games drew about 4000 athletes to Toronto in 1985. About 8000 went to Denmark in 1989. The third renewal drew an astounding 24,000 to Brisbane, Australia in 1994.

Organizers of the 1998 Games anticipate up to 25,000 participants, including a projected 4000 in the track & field competition. Unlike the multi-sport National Seniors Classic, there are no qualifying requirements to enter the event, other than to be at least the minimum age.

The World Masters Games differs from the WAVA World Veterans Athletics Championships. That event, which drew 5788 athletes to Durban,

South Africa for its 12th biennial renewal last July, includes only track & field, long distance running and racewalking. It is limited to men over age 40 and women over age 35. The 13th WAVA Championships are set for Gateshead, England, in 1999.

The Portland event signed up NIKE as a title sponsor, and has lined up several other sponsors – called “partners” – to help defray the costs of the enormous event.

Twenty-four people staff the Portland headquarters and more may be added as the start of the Games approaches. Thousands of volunteers from the Portland, Salem and Eugene communities will be recruited to help out.

In addition to the competition, which is expected to be first-rate, the main appeal of the historic event will be the opportunity to participate in a two-week festival of sport and social activity.

One of the controversial features of the Games has been its registration fee of \$200. This is substantially higher than the WAVA meet, the USATF



Doug Single (center), 1998 NIKE World Masters Games General Manager and CEO, welcomes the first two “Gold Medal Passport” package registrants for the Games – a windsurfer from Finland and a long distance runner from England.

National Masters Championships, or the USA National Senior Sports Classic.

But organizers point out that the athlete gets a lot of value for the \$200 (see comparison chart on page 24). Included are:

- Entry fees for an unlimited number of T&F events.
- Lavish opening ceremonies, slated for Portland on Sun. Aug. 9, featuring celebrity entertainment.
- Opening ceremonies for track & field in Eugene, Mon., Aug. 10.
- “The World’s Largest Athletes’ Party” in Portland on Sat., Aug. 15.
- Special athletes’ party in Eugene, Fri., Aug. 14.
- Closing ceremonies on Sat., Aug. 22.
- “Celebration City” featuring entertainment and interactive exposition.
- Arts and cultural celebrations.

- Certificate of Participation.
- Official 1998 NIKE World Masters Games T-shirt.
- NIKE athletic bag.
- Official souvenir program and athlete handbook.
- Daily events schedules and results.
- A free visit to Nautilus Plus Fitness Center and discount on additional visits.
- Product samples from Games Partners.
- Numerous discounts on restaurants, merchandise, etc.
- Free access to all sports.
- Free airport shuttle from Eugene airport.
- Free shuttle between hotels and Hayward Field.

Doug Single, General Manager/CEO of the event, admitted that \$175 might have been a more realistic fee (Australia charged the equivalent of US\$125). But he said he hoped the event would be so enjoyable that the participants would think the \$200 fee was a bargain.

“We plan to have so many social activities and make this such an outstanding event, that I hope people leave saying they got their \$200 worth and more,” Single said.

He said sports other than track & field are accustomed to high entry fees. He emphasized that the cost of the Games is about \$206 for each T&F competitor and up to \$400 per athlete for some of the other sports.

“Registration and entry fees alone can’t pay for an event of this size,” Single said. “Fortunately, we’ve lined up several partners to help defray the costs.”

The famed Hayward Field will be the site of the Eugene action. The venue was the site of the 1989 WAVA Championships, numerous NCAA championships, Olympic Trials, National Masters Championships, the annual Pre Classic, and more. Tom

Continued on page 24



1998 NIKE WORLD MASTERS GAMES REGISTRATION INFORMATION

The World Masters Games brings together thousands of athletes for the largest international participatory multisport competition in the world. Inspired by the ideals of the original Olympic movement, the Games celebrate the simple joy of athletic competition. The competition will be held August 9-22 amid the natural beauty and urban sophistication of Portland, Oregon.

25 Sports: Athletics + Canoe/Kayak + Orienteering + Softball + Triathlon + Badminton + Cycling + Rowing + Squash + Volleyball + Basketball + Diving + Rugby + Swimming + Water Polo + Baseball + Fencing + Sailing + Table Tennis + Weightlifting + Bowling + Golf + Soccer + Tennis + Windsurfing

All competitors who meet the minimum age requirement in their sport (30 years old in most sports) are welcome. The Games are open to: past champions, people who have never competed at an elite level, and others returning to their sport after retiring. Athletes compete as individuals or as teams. The deadline for registration is May 31, 1998. Registration costs \$200 and includes entry into competition as well as numerous entertainment events, athletic bag and T-shirt.

Mailing Address:

1998 NIKE World Masters Games
55 SW Yamhill, Portland, Oregon USA 97204-3331
Phone: (503) 226-1998 • Fax: (503) 226-7700
Website: www.worldmasters.org • E-Mail: info@worldmasters.org

To register, complete all information and mail or fax it to the above location.

Sport of Competition: _____
Last (Family) Name: _____ First Name: _____ Middle Initial: _____
Street Address: _____
City: _____
State/Province: _____ Zip/Postal Code: _____
Country: _____
Gender: ☐ M ☐ F
Date of Birth (day-month-year): _____
Daytime Telephone Number: _____
Fax Number or E-Mail Address: _____





RESPECT YOUR ELDERS.
PARTICULARLY IF THEY CAN STILL RUN A 4-MINUTE MILE.



THE 1998 NIKE WORLD MASTERS GAMES

Every four years the finest masters athletes gather together to compete in 25 world-class athletic events.

To learn more call 503-226-1998 or visit www.worldmasters.org.

Japan to Host 4th WAVA World Veterans Non-Stadia Championships

by RON BELL, WAVA Non-Stadia VP
The 4th WAVA World Veterans Non-Stadia Championships will be held March 28-29 in Kobe, Japan. A flying visit to Kobe with WAVA President, Torsten Carlius, proved valuable, reinforcing that the local organizing committee is planning an excellent event. The host city is both welcoming and friendly. Osaka airport will be the point of arrival. From this futuristic airport, you can either transfer to Kobe by airport limousine, coach (70 minutes), or jet foil (27 minutes).

The Akashi Kaikyo Bridge, the venue for the 10K and half-marathon, is easily reached by train. Competitors' packets will include details of the train service, which will have 15 trains every hour from Motomachi Station to Maiko Station.

Once at the bridge you will be guided through registration, changing, toilet and warm-up areas. The one-way system planned is easy to follow. The planners have allowed plenty of space.

The 10K and half-marathon start and finish on the bridge. The shorter

distance runs across the bridge and back. The longer race covers the extra distance on Awaji Island.

Medical provision will be unique. A team of medical practitioners will participate in each race, in addition to being available for emergencies.

The road walks in the "Village of Happiness" will take place on a course frequently used for Japanese walking championships. Barbara Dunsford, the WAVA racewalk coordinator, will visit the course next month to ensure problems previously experienced by walkers will not be repeated.

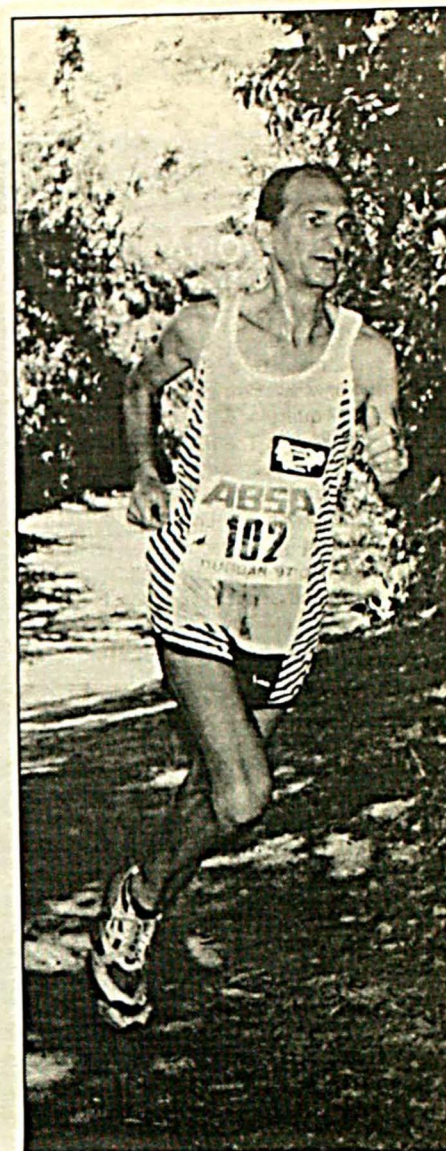
While the Championships do not follow the normal WAVA format, I can assure you the reasons are well beyond the control of the local organizing committee, which is doing everything possible to ensure another memorable event in Japan.

They have agreed to extend the closing date for entries to January 20.

Kobe offers an unrivaled experience in the culture and friendliness of its people, and in the location of the road races and racewalks.

The Championships offer a once-in-a-lifetime opportunity and I sincerely hope you accept the invitation to participate.

To receive an entry form you may fax me at 011-441-182-470-5250 or contact the Organizing Committee at Kaijima - bldg. K-14, Dojima 2-3-4, Kita-ku, Osaka 530, Japan. Fax: ++81-6-342-3155. □



LEO BENNING
Trevor Smith, volunteer worker at the WAVA Championships in Durban, running under a natural tree arch on the picturesque course in the South African Cross-Country Championships Amanzimtoti, Durban, Sept. 13.

4th WAVA World Veterans' Championships

Road Race/Half Marathon/10K • Road Walk/20/30K

Events: Half Marathon March 28, Akashi Kaikyo Bridge
10K Run March 28, Akashi Kaikyo Bridge
Walk, 30K for men and 20K for women March 28, Village of Happiness, Kobe

Entry Fees: One event - Yen 4,000 Two events* - Yen 5,000
*Walk must be one of the two events

Deadline: January 20, 1998

Qualifications: Membership in Veteran Athletes Association (valid USATF number)
Birthdate: March 28, 1958 or before (men), March 28, 1963 or before (women)

MERCATOR TRAVEL, in cooperation with Japan Airlines and Japan Travel Bureau, is offering special tour packages starting at \$1,869 per person from the West Coast and \$2,169 per person from New York to this exciting event, including:

- Roundtrip airfare in economy class on JAL from New York/Los Angeles to Osaka, Japan
- Depart March 25, return April 2, 1998
- Accommodations in selected hotels, including breakfast, based on double rooms
- Transfers and personal tour escort (Anne Marie Kunz, Master Racewalker)
- Optional local sightseeing tours and excursions

For information on how to register, please contact:

Mercator Travel, Inc., 122 East 42nd Street, Suite 3006, New York, NY 10168-0072
Anne Marie Kunz, Tel. 212-682-6979, 800-294-1650, FAX 212-682-7379

| Item | World Masters Games 1998 Eugene, Oregon, USA | National Senior Games 1997 Championships Tucson, Arizona | 1997 USA National Masters Outdoor Championships San Jose, Calif. | 1997 WAVA Championships Durban, South Africa |
|--------------------------------------|--|--|--|--|
| Entry Fee | \$200.00 Unlimited Number of Events Allowed | \$70.00 Limited to Events in which athlete pre-qualifies | \$60.00 (Three Events) Additional \$15.00 Each | \$65.00 (Three Events) Additional \$10/\$20 Each |
| Age Allowed | 30+ Men & Women | 50+ Men & Women | 30+ Men & Women | 35+ Women/40+ Men |
| Events Offered | All Track/Field | Limited | All Track/Field | All Track/Field |
| Multi-Events | Included | Not Available | \$25.00 | \$30.00 |
| Qualification Required | No | Yes | No | No |
| Pre-Qualification Entry Fees | None | \$24 to \$60 Varies Per State | None | None |
| Implements Provided | Included | Javelin, Discus, Shot only | Included, except vaulting poles | Included |
| Program | Included | Included | \$3.00 | \$7.50 |
| Results Book | Included | Included | Not Available | \$15.00 |
| Airport Shuttle | Included | Not Available | Not Available | Included |
| Housing/Venue Shuttle | Included | \$30.00 | Included | Included |
| T-Shirt | Included | \$12 and up | \$10.00 | \$15.00 |
| Athletic Equipment Bag | Included | For Purchase Only | For Purchase Only | For Purchase Only |
| Athlete's Party | Included | Extra Fee | Extra Fee | Extra Fee |
| Product Samples & Local Discounts | Included | Included | Coupons Only | Coupons Only |
| Dormitory Housing | \$34.00 Including 3 Meals | \$28.00 Meal Plan Extra | \$22.00 No Meal Plan | \$41.50 Including 3 Meals |
| Host-An-Athlete | Included | Not Available | Not Available | Not Available |

World Masters Games

Continued from page 22

Jordan and Barbara Kousky, who have directed many successful meets, will be the meet coordinators.

The state of Oregon offers a multitude of recreational activities, from windsurfing in the famous Columbia River Gorge to exploring 11,000 ft. Mt. Hood, the Pacific Ocean, the Cascade Range and the high desert of eastern Oregon. The state combines a setting of environmental beauty and world-class sport venues perfectly suited for international competition.

Many masters athletes will likely take part in the 31st annual USATF National Masters Track and Field Championships the week before in Orono, Maine (July 30-Aug. 2) and then fly, drive, or take the train to Oregon for the Masters Games.

Registration materials are available by calling 503-226-1998, visiting the Games' website at www.worldmasters.org, or E-mail at info@worldmasters.org. You can also fax 503-226-7700. □

- Al Sheahan

Masters Scene

NATIONAL

• Names of the members of the U.S. silver medalist M50-54 4x100 squad listed in the Durban WAVA results in the September issue should have read: **Bell, Spenser, Walter and Robbins**. Sprinters in the bronze medal M50-54 U.S. 4x400 quartet were **Duffy, Knocke, Brinker, and Walter**. The results in the M50 100 showed a DQ for **Steve Robbins**. It should have read DNF, as a result of his falling at the start.

• **Payton Jordan**, 80, Los Altos, CA, will be inducted into the T&F Coaches' Hall of Fame at the USATF Convention in Dallas. Jordan, Olympic team and Stanford U. coach, is also the world record holder in the M70, M75, and M80 100 and 200.

EAST

• **Kathy Martin**, 46, Northport, NY, continued her domination of the W40+ runners on Long Island, cruising through a tough 3.1-mile course in 18:35 in the Oyster Festival 5K, Oyster Bay, NY, Oct. 18. **Skip Murray**, 41, NYC, was first M40+ and fourth overall in 17:26. **Bill Benson**, 78, Valley Stream, NY, celebrated his 500th career race by winning the M75+ contest in 29:21.

• **Robert Francis**, 48, NYC, 18:39, and **Jolanta Zwierzchowska**, 44, Brooklyn, 21:59, outran the age-40-and-over bulls – and the bears – to take masters honors in the Wall Street 5K, run on the Street at 6:30 p.m., Sept. 18. **Abe Weintraub**, 85, Brooklyn, who was a teenager during the Crash of '29, was third in the M60+ race with a 35:09.

• **Vladimir Krivoy**, M40, 2:48:08, and **Marilyn Nolan**, W40, 3:32:04, cruised to masters wins in the Cape Cod Marathon, Falmouth, MA, Oct. 26.

• NYC 1997 Marathon demographics show that men and women runners age 30+ made up 78+% of the entrants, with masters runners (40+) making up 41% of that figure. Thirty-five percent of all the entrants were first-time marathoners. An amazing 88% indicated "College" (37%) and "Graduate School" (41%) on their applications. New Jerseyites topped all out-of-staters with 2041. Numbers from non-nearby states were topped by Californians at 1086 and Floridians at 713. The "Occupations" listing was headed by "Administrator/Mgr" with 1592 (1122 men/470 women), followed by "Attorney" with 1400 (1020m/380w), probably in good shape from running after ambulances. The lowest rung was occupied by "Dental Assistant" and "Politician" both at 22 entrants. France (2261), Great Britain (1485), and Germany (1260) were the foreign countries that furnished the most non-U.S. entrants. Kenya, home of the men's winner, supplied three runners. A remarkable 585 entrants came from the small country of Switzerland, home of the women's winner.

• A world-class field turned out for the Virginia Ten Miler, Lynchburg, Sept. 27, with **Peter Githuka**, Kenya, 48:54.9, and **Valentina Yegorova**, Russia, 56:16.1, leading the pack across the line. Masters champions were **Phillip Rowan**, 42, 54:11.1, and **Hetty Hoyt**, 44, 1:12:57.2.

• Swiftly striding to first place overall in the National One-Hour Racewalk Championships, Worcester, MA, Oct. 12, was **Robert Keating**, M50, 11:30.5m. **Elton Richardson**, W55, 9443m, led the masters women home. In the Men's Two-Hour contest, **Dave Romansky**, M55, 22,614m, was the first master to step over the line.

The men's masters title was closely contested in the Reach Out to a Child 5K in West Potomac Park, Washington, DC, Sept. 7. **Larry Harris** 43, 17:56, barely held off **Gregory Price**, 41, 17:59. **Cathy Ventura-Merkel**, 42, 18:48, led the

women with a 6.03 pace. **Ray Blue**, 73, zapped his division with a 23:39, and **Tami Graf**, 61, turned in a 24:09 to win her division decisively.

• The MS Challenge 5K and Half-Marathon in West Potomac Park, Washington, DC, Sept. 14, drew 2000+ to run for this good cause. The 5K masters champions were **Gregory Price**, 42, 24:07, and **Pamela Wusthof**, 44, 24:07. In the longer race, **Jon Thoren**, 42, 1:17:41, and **Mary Astrop**, 43, 1:26:41, led the masters field.

• **Steve Ward**, 42, 1:56:17, aced the men's masters division and finished third overall at the Powergel National Capital 20-Miler, Alexandria, VA, Sept. 18. **Betty Blank**, 44, 2:27:19, completed the scenic out and back course ahead of all other masters women. Kudos also to **Sharon Dolan**, 55, 2:32:13, and **Alvin Marcy**, 62, 2:39:30, for winning their divisions. In an accompanying 5 Miler, **Jack Barr**, 45, 30:58, and **Cathy Ventura-Merkel**, 42, 31:37, were the masters champions, with Ventura-Merkel taking first place overall in the women's division.

• **Chuck Moeser**, 46, 16:09, crushed his competition to take the men's masters title at the Race Against Racism 5K, Washington, DC, Oct. 19. Women's masters champ was **Valerie Campbell**, 46, 21:02. **Craig Masback**, 42, Executive Director of USATF, turned in a 20:54.

• On Oct. 25, the troops massed once again in Washington, DC, for the Marine Corps Marathon. Breaking the tape for the masters were **Steven Ward**, 42, 2:34:32, and **Sara Dwyer**, 41, 3:15:46. Also impressive in winning their divisions were **Heide McGaffigan**, 52, 3:31:38, and **Robert Johnson**, 67, 3:14:28.

• Utica Boilermaker 15K road race officials and city of Utica mayor **Edward Hanna** have announced plans to develop the National Distance Running Hall of Fame in Utica, N.Y. This year, the Boilermaker celebrated its 20th anniversary by increasing its race field to make it the largest 15K road race in the country.

SOUTHEAST

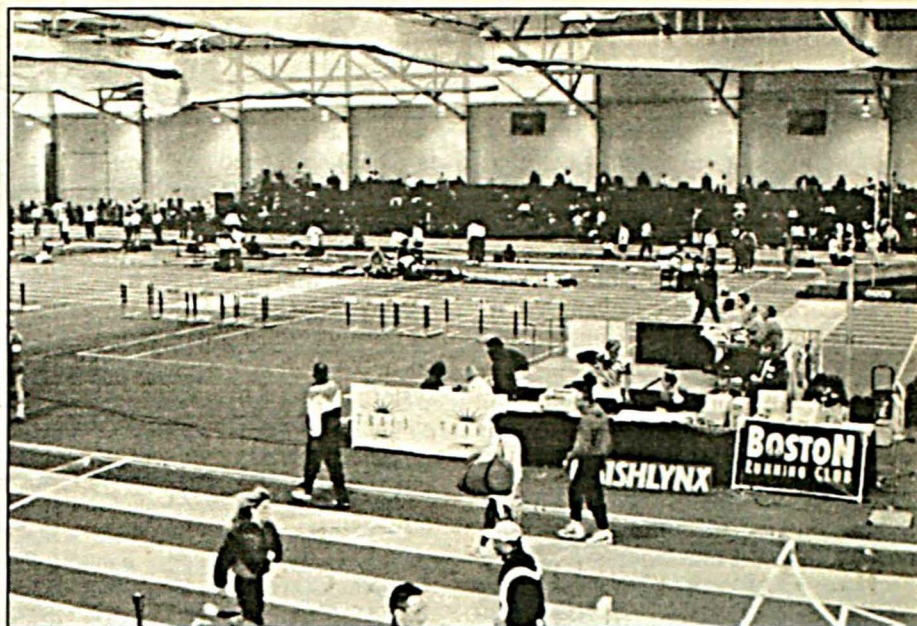
• **Rick Platt**, 47, Williamsburg, VA, 35:45, and **Eleanor Sloane**, 40, Hampton, VA, 45:19, sailed to masters victories on the 6.2-mile loop course around the Yorktown Battlefield tour roads of the Coast Guard Semper Paratus 10K, Yorktown, VA, Nov. 1.

• Placing first overall **Bob Cella**, 60, 29:17, showed the rest of the field how it was done at the Henry Laskau Invitational 5K Racewalk, Coconut Creek, FL, Oct. 25. **Patricia Barren**, 50, 33:56, led the masters women.

MID-WEST

• Olympians **Bill Rodgers** (1976 Montreal), 49, and **Bob Schul** (1964 Tokyo, gold medalist 5000), 60, placed 1-2 in the Dayton River Corridor Age-Graded 5K, Dayton, OH, Oct. 12. **Rodgers**, Sherborn, MA, ran an 89.5% 16:07, and **Schul**, of Dayton, finished in an 88.1% 17:59. **Jeff Rawlins**, 40, Tipp City, OH, 71:58, and **Steve Fader**, 41, Cincinnati, OH, 72:02, were second and third overall in the main event half-marathon. **Betty Newton**, 44, Oregon, OH, won the W40+ contest in 92:31. **Whayong Semer** flew to a US W69 pending record 1:54:15.

• **Doug Kurtis**, 45, Northville, MI, and **Marina Jones**, 45, Rancho Santa Margarita, CA, motored to masters victories in the Detroit International Marathon, Oct. 19. About 2600 runners started in Windsor, Ontario, Canada, crossed into the U.S. via the Detroit-Windsor Tunnel, and finished in downtown Detroit. Kurtis, six-time overall winner of this event, was ninth overall in an age-graded 90.7% 2:27:28, and Jones, ninth female, bettered her 1996 W40+ winning time by three minutes with an A-G 85.8% 2:53:02.



SUZY HESS

The Reggie Lewis Track & Athletic Center, site of the 1998 USATF National Masters Indoor Championships, Boston, March 27-29.

• Coming out on top at the Indianapolis Marathon, Oct. 11, were masters **Mark Squires**, 46, 2:45:15, and **Deborah Zehr**, 43, 3:26:51. In the accompanying half-marathon, **Mark Wilhelm**, 41, 1:19:56, and **Linda Branstetter**, 44, 1:31:29, were the masters champions.

MID-AMERICA

• **Paul Heitzman**, 66, Eudora, KS, set two state records in the 5K in less than a week. On Labor Day, he lowered his Kansas record to 18:43 in Leawood Labor Day Run. Six days later, he reduced his Missouri record to 18:38 in the Plaza Run For ALS. In the Plaza Run 10K, **Charles Brandon**, M40, with a nifty 34:25, and **Marla Rhoden**, W40, with a quick 38:28, were masters firsts.

• **David Dobkowski**, 39, St. Louis, MO, was first overall in the Heart Of America Marathon, Columbia, MO, Sept. 12. Dobkowski, in his 12th appearance in the 38th annual race, overcame 70 degrees at the 6 am start and 93% humidity to finish in 2:45:17. First 40-and-overs were **Raul Flores**, 41, Leawood, KS, in 3:09:56, and **Lynda Crutchfield**, 47, Lake Charles, LA, in 4:15:26. **Andrea Fischer**, 33, of Columbia, was second overall to Dobkowski in 2:54:48.

WEST

• **Stewart Thomson**, 64, Atascadero, CA, who joins the M65 ranks in May 1998, broke his U.S. M60-64 hammer record of 50.76/166-6 in 1993 with a 53.32/174-11 in the Sri Chinmoy Masters Games, Long Beach, CA, Oct. 12.

• **Marina Jones**, 45, Rancho Santa Margarita, CA, did a speed workout in the 800 (2:46.5), 1500 (5:18.8), and 3000 (11:37.3), a week before winning the W40+ race in the Detroit Marathon on Oct. 19.

• Annihilating the masters field at the Sacramento Marathon, Oct. 5, was **Joe Schieffer**, 46, 2:45:54. **Sandra Stork**, 43, 3:48:59, took the women's title. In the accompanying half-marathon, **Steven Hall**, 45, 1:18:06, and **Carol Lampe**, 1:32:06, took home blue ribbons.

• Javelin throwers always say that they can do other events just as well. Here's proof: **Bud Held**, San Diego, CA, holder of the M65 JT WR of 180-6, broke the M70 WR for the high jump with a pending 1.52/4-11 1/4 in a Senior meet in Phoenix, AZ, Nov. 8, after turning 70 on Oct. 25. **Ian Hume**, of Canada, set the existing record of 1.48/4-10 1/4 in 1995. "The main reason I have the record now is that **Jim Gillcrist**, who also turned 70 (Oct. 28) last month, is not jumping now because of hip surgery," said Held. "But it's still not bad for an old, injured javelin thrower to set a world record in the high jump. I have been throwing the javelin again a little lately and hope the cartilage in my left knee will be good enough for a javelin world record next summer."

NORTHWEST

• **John Keston**, 73, McMinnville, OR, world and U.S. track and LDR record holder, went over the handlebars on his bicycle, landed on his hip, and underwent hip surgery on Oct. 25.

• **Gary Clarida**, 48, 36:49, ran a 5:56 pace to grab the men's masters title at the hilly Prefontaine Memorial Run 10K, Sept. 20, Coos Bay, OR. **Jeanne Landrum**, 42, 43:15, outdistanced her nearest competitor by nearly six minutes to top the masters women. **Alice Rose**, 62, 50:02, was back home eating breakfast by the time the rest of her division finished.

• **Nancy Hinkel**, 42, Vancouver, WA, succumbed to breast cancer in October. Hinkel qualified to run in the 1996 U.S. Olympic Trials with a 2:49 in the Portland Marathon and was one of 13 masters in the Trials in Columbia, S.C., finishing fourth W40+ in 2:57.

INTERNATIONAL

• **Peter Kilgallon**, M40, claimed first place in the BVAF Marathon Championships held in Norfolk, East Anglia, England, Aug. 31. Kilgallon's 2:34:31 was just 49 seconds off the masters course record set by **Richard Gray** in 1992. **Veronica Manly**, W45, won the women's title in 3:29:45. Manly set the course standard for women (3:17:00) also in the 1992 race.

• The Leicester Mercury 10K Road Walk served as the National Veterans Championships in England, Sept. 14. Winning the women's division overall was master **Elaine Callanan**, W35, 52:49. **Alan King**, M40, 49:07, led home the masters men. The men's changing room at this venue was out of order, so the gentlemen (and apparently they were) had to share the facility with the ladies. It seems a lot of wriggling about under large towels took place.

FIFTEEN YEARS AGO December, 1982

• **Antonio Villanueva** (42, 2:19:09) and **Cindy Dalrymple** Take Masters Titles in NYC Marathon

• **Dan Conway** (43, 48:13) and **Lolitia Bache** (40, 1:00:50) Speed to National Masters 15K Victories

• **Hal Higdon** Sets U.S. M50 15K Record (51:05.9) in El Paso

Schedule

USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are generally limited to age 50 and over. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. International T&F meets are generally limited to men over 40 and women over 35. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 50098, Eugene OR 97405.

TRACK & FIELD

NATIONAL

December 2-6. USATF National Convention, Dallas. Fairmont Hotel, 1717 N. Akard, Dallas, TX 75201. 214-720-2020. USATF, PO Box 120, Indianapolis, IN 46225. 317-261-0500; fax: 261-0481.

March 27-29. USATF National Masters Indoor Championships, Boston, Mass. Steve Vaitones, New England Association, 2001 Beacon St., Suite 207, Brookline, Mass. 617-566-7600; Fax: 617-734-6322.

July 30-August 2. 31st annual USATF National Masters Championships, U. of Maine, Orono. U. of Maine, 5747 Memorial Gym, Orono, ME 04469-5747. 207-581-1077; fax: 207-581-3474; e-mail: ranson@maine.maine.edu. Web site: <http://www.ume.maine.edu/~track/trackfield.html>

EAST

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

December 5. MAC Indoor Meet, 168th St. Armory, Manhattan. Business-size SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 718-358-6233 (7:30-9:30 pm, Eastern time). Schedule will be sent when available.

December 12. MAC Indoor Meet, 168th St. Armory. Limited masters events. Roz Katz (See Dec. 5).

December 14. Philadelphia Masters Developmental Meet, Haverford College. No PV. 9 am to noon. PMTA, c/o Claude Hills, 510 E. Valley Green Rd., Flourtown, PA 19301. Tom Yunker, 610-828-4672(eve); e-mail: tyunker@netreach.net.

December 19. MAC Indoor Meet, 168th St. Armory. Roz Katz (See Dec. 5).

December 28. MAC Indoor Meet, 168th St. Armory. Roz Katz (See Dec. 5).

January 9-11. 29th annual Dartmouth Relays, Leverone Fieldhouse, Dartmouth College, Hanover, N.H. Carl Wallin, meet director, Dartmouth Athletic Dept., 6083 Alumni Gym, Hanover, NH 03755-3512. 603-646-2848.

January 11. Philadelphia Masters Developmental Meet, Swarthmore College. 9:30 am to 12:30. PMTA, c/o Claude Hills, 510 E. Valley Green Rd., Flourtown, PA 19301. Tom Yunker, 610-828-4672(eve); e-mail: tyunker@netreach.net.

January 11 & 25. DCRRC Indoor Meets, Jefferson Community Center, Arlington, Va. 8 am-noon.

January 16. MAC Indoor Meet, 168th St. Armory, Manhattan. Business-size SASE to Roz Katz, 170-11 65th Ave., Flushing,

NY 11365. 718-358-6233. (7:30-9:30 pm, Eastern time).

January 18. Greater Boston TC Invitational, Harvard U. Indoor Track, Allston, Mass. 40+. Jim O'Brien, GBTC, PO Box 183, Boston, MA 02117-0183. Various running & some field events for masters. 617-282-5537; e-mail: JIM-OBRIEN@JUNO.COM.

January 24. 31st Hartshorne Memorial Masters Mile, Cornell U., Ithaca, N.Y. W30+/M40+. Prize purse for Men's Elite Mile; bonus for new record (M&W40+). 10 am. Rick Hoebeke, 2706 Agard Rd., Trumansburg, NY 14886, 607-255-6530(d); 387-6431(e); fax: 607-255-0939.

February 1. MAC Indoor Meet, 168th St. Armory, Manhattan. Limited masters events. Business-size SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 718-358-6233 (7:30-9:30 pm, Eastern time).

February 8. DCRRC Indoor Meet, Jefferson Community Center, Arlington, Va. 8 am-noon.

February 8. New Jersey Submasters & Masters Indoor Championships, Fairleigh Dickinson U., Hackensack. One Mile Open. SASE to Jim Manno, 792 Schaefer Ave., Oradell, NJ 07649. 201-261-7756.

February 27. MAC Indoor Masters Championships, 168th St. Armory. Roz Katz (See Feb. 1).

April 24-25. 104th Penn Relays, Philadelphia. Masters: 100 (M40/M50/M60/M75+/W40+); 4x100 relay (M40+/M50+/W40+); 4x400 relay (M40+/M50+/W40+). Karl Castor, 44, Penn St., Hatboro, PA 19040. 215-441-8584. Peter Taylor, 4014 Hallman St., #3, Fairfax, VA 22030. 703-385-4392. Deadline: March 31.

SOUTHEAST

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

December 3-7. Florida Senior Games, Kissimmee. 50+. Nov. 7 deadline. Laura Hallam, 8 Broadway, Kissimmee, FL 34741. 407-943-7992.

MIDWEST

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

January 3. Athlete's Foot Indoor Masters Meet, Augustana College, Rock Island, Ill. Fred Whiteside, 309-794-7524(w).

January 10 & 24. Westwood Indoor Meets, Westwood Sports Ctr., Sterling, Ill. Y/HS/O/M. Kevin Davern, 815-622-5201.

January 11. Oak Park Indoor Meet, River Forest HS, Oak Park, Ill. Al Wright, 708-763-0635(h).

January 24. Lincoln-Way Masters Meet, Lincoln-Way Central Campus Fieldhouse, New Lenox, Ill. Mike Davis, 815-485-2879.

February 7 & 14. Westwood Indoor Meets, Westwood Sports Ctr., Sterling, Ill. Y/HS/O/M. Kevin Davern, 815-622-6201.

February 15. Byron Masters Meet, Byron HS, Byron, Ill. Mike Elliott, 815-234-8435.

March 7. USATF Midwest Regional Masters Indoor Championships, Indianapolis. Open to all competitors 20+ yrs.; 5-yr. age-groups. Very fast 200, moderately banked MONDO track. The National Institute for Fitness & Sport, Indianapolis, Ind. Vern LaMere, 317-274-3432.

March 15. USATF Illinois Masters Indoor Championships, Westwood Sports Ctr., Sterling. USATF Illinois, 630-953-2052.

MID-AMERICA

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

January 31. Sooner State Games, Shawnee Exposition Center, Shawnee, Okla. 405-235-4222.

February 1. 21st Century AGELESS Games, Minneapolis. SASE to Rachel Lyga, 122 NE 63 1/2 Way, Minneapolis, MN 55432. 612-574-9661.

June 26-27. Missouri State Senior Games, Columbia. 50+. Out-of-state welcome. Jack Miles, U. of Missouri, 404 Jesse Hall, Columbia, MO 65211. 573-882-1462.

WEST

Arizona, California, Hawaii, Nevada

January 9-13. Sierra Vista Golden Games, Danny Frasier, SVGG, 3020 E. Tacoma St., Sierra Vista, AZ 85635. 520-458-7922.

January 19-February 12. Yuma Senior Games. Joe Cox, 1793 1st Ave., Yuma, AZ 85364. 520-343-8686; 343-8672.

January 24-31. Tucson Senior Games Festival. Virginia Martinez or Eileen Miller, 220 S. 5th Ave., Tucson, AZ 85701. 520-791-4865.

February 15. Silver State Indoor Masters Classic, Reno, Nev. See entry form with schedule this issue. Silver State Striders, PO Box 21171, Reno, NV 89515. 702-329-2814.

May 9. Southern California Striders Meet of Champions, Cal State Long Beach, Calif. Hugh Cobb, 3180 Camino Arroyo, Carlsbad, CA 92009. 619-436-7696.

May 24. Dan Aldrich Memorial Meet, UC-Irvine, Calif. Mac McCormick, 714-586-9942.

June 13-14. California State Senior Games Championships, Occidental College, Los Angeles. Cynthia Vaughn, 85 E. Holly St., Pasadena, CA 91103. 818-397-4064; 397-4062.

June 28. Trojan Masters Meet, USC, Los Angeles. Russ Reabold, 818-917-6289.

July 18-19. USATF West Regional Masters Championships, Santa Barbara CC, Calif. Robin Paulsen, 805-965-0581; 805-563-1498(h).

October 3. Club West Meet, Santa Barbara CC, Calif. Beverley Lewis, 805-969-5851.

October 11. Sri Chinmoy Masters Games, Cal State Long Beach, Calif. 40+. Bigalita Egger, 310-645-0271.

NORTHWEST

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

February 7-8. Eugene Indoor Meet, Lane County Fairgrounds, Eugene, Ore. Masters compete on 8th. Erin Regali, PO Box 932, Eugene, OR 97440. 541-345-3285.

ON TAP FOR DECEMBER

TRACK AND FIELD

Tracksters in need of competition can find it outdoors in Florida on the 3rd-7th, and indoors in NYC in the MAC's meets on the 5th, 12th, and 19th, or in Philadelphia on the 14th. Those interested in action of a different type should register for the USATF annual meeting in Dallas on the 2nd-6th.

LONG DISTANCE RUNNING

The year's championships close out in a big way in the USATF Masters 50 Mile & 50K, Huntsville, Texas, on the 13th. The 7th is a day to remember because it is the month's starship, loaded with races, in Tennessee, Arizona, Florida, California, Virginia, Pennsylvania, and Texas. The Rocket City Marathon blasts off on the 13th in Huntsville, Ala. Honolulu hosts its marathon on the 14th. Final pre-holiday action is available on the 20th on Long Island, in San Diego, and in Jacksonville. 1997 ends with the *Runner's World*/Asics Midnight 5K in Central Park, NYC, on New Year's Eve.

RACEWALKING

A 5K is listed for Texas on the 6th. Most races include a racewalk in their categories, and some meets offer a walk. □

May 23. Oregon Senior Games, Silverton. Amy Castle, Box 783, Silverton, OR 97381. 503-873-8577.

June 6. Seattle Parks Dept. Masters Meet, West Seattle Stadium. Paula Petesch, 206-684-7093.

June 13-14. Portland Masters Classic/USATF Oregon Association Championships, Mt. Hood CC. Paul Stepan, 503-666-8950.

June 19-20. Montana Senior Games, MSU, Missoula. Entries: Don Tavolacci, 465 Freedom Ave., Billings, MT 59105. T&F contact: Mavis Lorenz, 406-543-6276.

June 25-28. Wyoming Senior Games, Riverton. WSG, PO Box BD, Riverton, WY 82501. 1-800-856-4398.

June 27-28. Hayward Masters Classic/USATF Northwest Regional Championships, Hayward Field, U. of O., Eugene. Ruth BreMiller/Frank Lulich, Co-directors, 590 W. 29th Ave., Eugene, OR 97405.

July 11-12. Oregon State Games, Mt. Hood CC, Gresham. Ron Allen, 503-520-1319.

July 17-19. Big Sky Games, Billings, Mont. 406-254-7426.

July 24-25. Seattle Masters Classic/USATF Pacific Northwest Association Championships, West Seattle Stadium. Ken Weinbel, 206-932-3923.

Continued on next page

Continued from previous page

INTERNATIONAL

January 17-28. 9th Oceania Veterans Games, Hawkes Bay. Jim Tobin, Box 7144, Taradale Napier. Phone/fax: 06-844-5072; mobile phone: 025-240-8880.

January 18. Malta Masters Meet. M40+/W35+. Limited events. Tony Chircop, Chairman, Malta Veterans Committee, Primrose 25 Spring St., Qormi QRM 10, Malta. 356-487704; fax: 356-247675.

August 9-22. NIKE World Masters Games (multi-sports), Portland and Eugene, Ore. M&W30+. 1-800-98-GAMES. Northwest Event Management, PO Box 10825, Eugene, OR 97440. 541-687-1989; fax 687-1016.

October 14-18. X Asian Veterans Athletic Championships, Okinawa, Japan. M40/W35. June 30 deadline. Japan Masters AA, Fuji-kasai Bldg., 1-25 Kitonashinchi, Wakayama City, 640 Japan. 0734-32-0787/7416; fax: 0734-32-7416.

July 29-August 8, 1999. XIII World Veterans Athletics Championships, Gateshead, England.

**LONG DISTANCE
RUNNING****NATIONAL**

December 13. USATF National Masters 50 Mile & 50K Championships, Huntsville, Texas. Helen/Norm Klein, 11139 Mace River Ct., Rancho Cordova, CA 95670. 916-638-1161.

March 22. USATF National Masters 8K Championships/Shamrock Shuffle, Chicago. David Patt, 203 N. Wabash, Suite 1104, Chicago, IL 60601. 312-666-9836; fax: 312-781-1736; e-mail: cararuns@aol.com.

March 28. USATF National Masters 10K Championships/Run Old Mesilla, Mesilla, N.M. Don Shepan, 3007 Ronna Dr., Las Cruces, NM 88001. 505-524-7824.

March 29. USATF National Masters 5K Championships/Carlsbad 5000, Carlsbad, Calif. Tim Murphy, 10509 Vista Sorrento Pkwy, #102, San Diego, CA 92121. 619-450-6510.

May 1. (Fri.). USATF National Masters Half-Marathon Championships/Indianapolis Life 500 Festival Mini-Marathon, Indianapolis. Applications available Feb. 1. \$10,000 masters prize money. SASE to 500 Festival, 201 S. Capitol Ave., Suite 201, Indianapolis, IN 46225. 317-636-4556; 800-638-4296; fax: 317-264-5693.

May 30. USATF National Masters Women's 5K Championships/Freihofers 5K, Albany, N.Y. George Regan, 233 Fourth St., Troy, NY 12180. 518-273-0267.

October 4. USATF National Masters Marathon Championships/Twin Cities Marathon, Minneapolis/St. Paul, Minn. Scott Schneider, 708 N. First St., #CR-33, Minneapolis, MN 55401. 612-673-0778.

October 25. USATF National Masters 8K Cross-Country Championships, Louisville, Ky. Bob Ullrich, 1879 Douglass Blvd., Louisville, KY 40205. 502-459-6820.

EAST

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

December 7. Brian's Run 10K, West Chester. Brian's Run, PO Box 2440, West

Chester, PA 19383. 610-436-2731.

December 20. HoHoHo Holiday 5K, JFK Middle School, Bethpage, N.Y. 516-439-HOHO.

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

April 20. Boston Marathon. SASE to Boston AA, One Ash St., Hopkinton, MA 01748-1897. Qualifying window: Oct. 1, 1997 through March 1, 1998.

SOUTHEAST

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

December 7. Hampton Coliseum Half-Marathon & 5K, Hampton, Va. Masters money. Steve Shapiro, 757-727-6246; Rick Platt, 757-229-7375.

December 7. Brandon Half-Marathon, Brandon, Fla. Brandon HM, PO Box 1564, Brandon, FL 33509-1564. 813-671-6148; 800-772-1688.

December 7. First Tennessee Memphis Marathon. 1-800-893-RACE.

December 13. WZYP Rocket City Marathon, Huntsville, Ala. \$5000 Masters purse. Huntsville TC, c/o Malcolm Gillis, 1001 Opp Reynolds Road, Toney AL 35773. 205-828-6207. Entry form in October issue.

December 20. Jacksonville Marathon, Half-Marathon & 5K. JM, 3853 Baymeadows Rd., Jacksonville, FL 32217. 904-739-1917; fax: 731-3187.

January 1 (Thurs.). Sentara 5K, Hampton, Va. 1 pm. Scott Tunstall, 757-766-2658; Peninsula TC Hotline, 757-868-3975.

January 10. Charlotte Observer Marathon/NationsBank 10K. Marathon, Box 30294, Charlotte, NC 28230. 704-358-5425.

January 11. Walt Disney World Marathon, Orlando. WDW, PO Box 22094, Lake Buena Vista, FL 32830.

February 14. Gasparilla Distance Classic 15K, Tampa. SASE to GDCA-RT, PO Box 1881, Tampa, FL 33601-1881. 813-229-7866.

February 22. Colonial Half-Marathon, Williamsburg, Va. CH-M, PO Box 399, Williamsburg, VA 23187. William and Mary Special Events, 757-221-3362; or Rick Platt, 757-229-7375; e-mail: rick.platt@juno.com.

February 28. Myrtle Beach Marathon & Marathon Relay, Myrtle Beach, S.C. Myrtle Beach Marathon, PO Box 8780, Myrtle Beach, SC 29578-8780. 803-349-2733.

MID-AMERICA

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

April 18. 29th Longest Day Marathon/Relay/Half-Marathon/10K/5K/5K Racewalk, Brookings, S. Dak. Brenda Algood, 46731 210th St., Brookings, SD 57006-6214. Kurt Osborne, 605-696-2479.

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SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

December 7. Dallas White Rock Marathon. DWRM, 8189 S. Central Expressway, Dallas, TX 75241. 214-528-4765, x120.

January 17. Mardi Gras Marathon, New Orleans. NOTC, PO Box 52003, New Orleans, LA 70152-2003. 504-482-6682; fax: 469-9268.

January 18. Houston Marathon & 5K. HM, Suite 335, 720 N. Post Oak Rd., Houston, TX 77024. 713-957-3453.

February 14. Conoco 10K Rodeo Run, Houston. Conoco 10K, PO Box 4584, Houston, TX 77210. 281-293-2447.

February 15. Austin Marathon. AM, PO Box 684587, Austin, TX 78768. 512-505-8304.

February 28. Cowtown 10K & Marathon. Cowtown 10K, PO Box 9066, Fort Worth, TX 76147. 817-735-2033; fax: 735-2449.

WEST

Arizona, California, Hawaii, Nevada

December 7. California International Marathon, Sacramento. CIMJ, Box 161149, Sacramento, CA 95816. 916-983-4622.

December 7. Fiesta Bowl Half-Marathon, Scottsdale, Ariz. Rob Wallach, c/o FBHM, 6505 N. 16th St., Phoenix, AZ 85016. 602-277-4333.

December 7. Lady Footlocker 5K, Pasadena, Calif. 714-374-3200.

December 7. Tucson Marathon, Tucson, Ariz. 520-320-0667.

December 14. Honolulu Marathon. HM Association, 3435 Wai'alae Ave., Rm. 208, Honolulu, HI 96816. 808-734-7200; fax: 732-7057.

December 14. West Valley TC Christmas Relays, Lake Merced, San Francisco. 4 runners/4.5 miles per leg. Relays, c/o Marc Lund, 1433 Norman Dr., Sunnyvale, CA

94087. Searcy Barnett, 510-635-9508(eve). **December 20.** Mainly Masters 10K, Fiesta Island, San Diego. SDTC, 619-272-5380.

February 16. Great Aloha Run, Honolulu. Aloha Run, N. Nimitz Hwy., Bldg. A, Suite 152A, Honolulu, HI 96817. 808-528-7388.

March 1. Los Angeles Marathon & 5K. L.A. Marathon, 11110 W. Ohio Ave., Suite 100, Los Angeles, CA 90025. 310-444-5544; fax: 473-8105.

INTERNATIONAL

January 17. Malta Masters 10K. M40+/W35+. Tony Chircop, Chairman, Malta Veterans Committee, Primrose 25 Spring St., Qormi QRM 10, Malta. 356-487704; fax: 356-247675. Air Malta ticket and cash awards based on age-graded performance.

January 16-18. Bermuda International Race Weekend: Marathon, Half-Marathon, 10K, and Mile. Marathon Committee, PO Box DV 397, Devonshire DV BX, Bermuda, 441-236-8086.

March 28. British Veterans Athletic Federation Cross-Country Championships, Croydon, Surrey. W35+/M40+. Entry Secretary, 8A Heather Park Parade, Heather Park Dr., Wembley, Middlesex, HAO 1SL, England.

April 11. Two Oceans Ultra-Marathon (56K) & Half-Marathon, Cape Town, South Africa. T-O Marathon, PO Box 2276, Clareinch 7740, Cape Town, South Africa. 27-21-61-9407; e-mail: twooceans@iafrica.com.

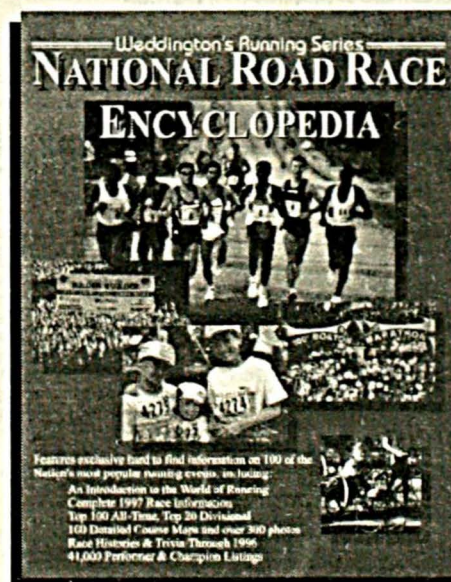
RACEWALKING

December 6. Pharr 3rd Winter Festival 5K Racewalk, Pharr Plantation, Texas. A.C. Jaime, Race Organizer, P.O. Box 271, Pharr, TX 78577.

February 15. Silver State Indoor Masters Classic, Reno, Nev. M&W30+. 3000 racewalk. See entry form with schedule this issue. Silver State Striders, PO Box 21171, Reno, NV 89515. 702-329-2814.

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— Bill Rodgers —

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

M30-34
Carl Clark 1500 4:05.3 7-5-97

M40-44
George Hall 110 Hurdles 17.37 5-25-96

M45-49
Bill Bixler 800 2:11.9 8-17-97
Jim Satterfield 3K Steeplechase 11:37.33 8-8-97
Jerry Senters Shot Put 40-8 3/4 6-28-97
Michael Wiggins 5K Racewalk 24.02 8-8-97

M50-54
Sam Hall 200 24.9 6-6-97
Terry Shuman Shot Put 13.96 6-1-97
Discus 47.78 6-1-97
Weight 11.99 6-1-97
Hammer 43.92 6-1-97

M55-59
Mark Adams 1500 Racewalk 7:16 5-24-97
Mile Racewalk 8:15 4-26-97
3K Racewalk 15:36 4-27-97
5K Racewalk 26:54 9-13-97
100 12.71 6-12-97
200 26.98 6-12-97
Long Jump 5.18 6-12-97
Javelin 144-8 10-25-97
Shot Put 11.81 9-28-97
Discus 122-8 6-5-93

M60-64
James Young Discus 136-4 9-6-97
Lloyd Kempf High Jump 4-11 8-21-97
Jack Miller 1500 4:57 6-28-97

M65-69
Floyd Gibbons 200 28.11 9-21-97
100 13.46 9-21-97

M75-79
Jerry Siefert Javelin 26.34 6-8-97
Shot Put 9.21 6-8-97

W40-45
Teresa Drotar 400 66.95 8-7-10-97
200 29.66 8-7-10-97
Karen Vaughn High Jump 1.32 9-20-97
Shot Put 9.27 8-7-97

W50-54
Georgia Cutler Superweight 5.56 8-16-97
Hammer 28.44 7-19-97
Weight 8.84 8-16-97
Long Jump 12-11 1/2 7-20-97
Shot Put 29-8 1/2 7-21-97
Discus 73-11 7-12-97

W55-59
Mary Lou Platts Discus 68-10 9-13-97

W65-69
Barb Thorgimson Shot Put 23-10 1/2 8-3-97
Weight 23-2 8-3-97

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

| Event | 30-34 | 35-39 | 40-44 | 45-49 | 50-54 | 55-59 | 60-64 | 65-69 | 70-74 | 75-79 | 80-84 | 85-89 |
|---------|-----------|----------|----------|-----------|----------|-------|----------|----------|-----------|-----------|----------|---------|
| 100 | 11.0 | 11.33 | 11.67 | 12.0 | 12.5 | 13.0 | 13.5 | 14.0 | 15.0 | 16.5 | 18.0 | 20.0 |
| 200 | 22.4 | 23.3 | 24.2 | 25.1 | 26.0 | 27.2 | 28.5 | 29.8 | 32.4 | 35.8 | 39.8 | 44.0 |
| 400 | 51.0 | 52.5 | 54.0 | 56.0 | 58.5 | 61.5 | 65.0 | 70.0 | 76.5 | 84.5 | 94.0 | 105.0 |
| 800 | 2:01 | 2:04 | 2:08 | 2:13 | 2:19 | 2:27 | 2:37 | 2:49 | 3:06 | 3:27 | 3:54 | 4:24 |
| 1500 | 4:11 | 4:15 | 4:22 | 4:32 | 4:45 | 5:02 | 5:24 | 5:47 | 6:22 | 7:03 | 7:59 | 9:15 |
| Mile | 4:31 | 4:35 | 4:42 | 4:53 | 5:07 | 5:25 | 5:49 | 6:14 | 6:51 | 7:38 | 8:42 | 10:10 |
| 5000 | 15:30 | 15:42 | 16:06 | 16:44 | 17:30 | 18:24 | 19:36 | 21:08 | 23:30 | 26:00 | 29:00 | 32:30 |
| 10000 | 32:11 | 32:35 | 33:30 | 34:45 | 36:15 | 38:10 | 40:30 | 44:15 | 48:30 | 54:30 | 61:15 | 68:30 |
| 110H | 15.3 | 16.4 | 17.75 | 18.75 | | | | | | | | |
| 100H | | | | | 18.0 | 19.0 | 20.0 | 21.3 | | | | |
| 80H | | | | | | | | | 18.0 | 21.0 | 25.0 | 30.0 |
| 400H | 57.6 | 59.7 | 62.0 | 64.4 | 67.2 | 70.6 | | | | | | |
| 300H | | | | | 48.0 | 51.0 | 55.0 | 60.0 | 66.5 | 74.5 | 84.0 | 95.0 |
| 3K-SC | 10:00 | 10:20 | 10:55 | 11:40 | 12:30 | 13:20 | | | | | | |
| 2K-SC | | | | | | | 9:30 | 10:30 | 12:00 | 14:00 | 16:30 | 19:30 |
| HJ | 1.94 | 1.85 | 1.76 | 1.68 | 1.59 | 1.50 | 1.41 | 1.32 | 1.23 | 1.13 | 1.02 | .92 |
| | 6-4 1/2 | 6-1/2 | 5-9/2 | 5-6 | 5-2 1/2 | 4-11 | 4-7 1/2 | 4-4 | 4-1/2 | 3-8 | 3-4 | 3-1 |
| PV | 4.40 | 4.15 | 3.90 | 3.60 | 3.30 | 3.05 | 2.80 | 2.55 | 2.30 | 2.05 | 1.80 | 1.50 |
| | 14-5 1/2 | 13-7 1/2 | 12-9 1/2 | 11-9 1/2 | 10-10 | 10-0 | 9-2 1/2 | 8-4 1/2 | 7-6 1/2 | 6-8 1/2 | 5-11 | 4-11 |
| LJ | 6.55 | 6.20 | 5.85 | 5.45 | 5.10 | 4.75 | 4.40 | 4.00 | 3.65 | 3.35 | 3.00 | 2.65 |
| | 21-6 | 20-4 1/2 | 19-2 1/2 | 17-10 1/2 | 16-9 | 15-7 | 14-5 1/2 | 13-1 1/2 | 11-11 1/2 | 11-0 | 9-10 | 8-8 1/2 |
| TJ | 13.35 | 12.65 | 11.90 | 11.15 | 10.40 | 9.65 | 8.90 | 8.20 | 7.50 | 6.80 | 6.10 | 5.50 |
| | 43-9 1/2 | 41-6 | 39-1/2 | 36-7 | 34-1 1/2 | 31-8 | 29-2 1/2 | 26-11 | 24-7 1/2 | 22-4 | 20-1/2 | 18-1/2 |
| Shot | 15.20 | 14.10 | 13.00 | 12.00 | 11.20 | 10.40 | 9.60 | 8.80 | 8.00 | 7.25 | 6.50 | |
| | 49-10 1/2 | 46-3 1/2 | 42-8 | 39-4 1/2 | 40-8 1/2 | 36-9 | 39-4 1/2 | 35-5 1/2 | 33-0 | 28-10 1/2 | 25-1 1/2 | 21-4 |
| Discus | 44.80 | 42.60 | 40.60 | 38.00 | 40.00 | 36.40 | 40.00 | 36.80 | 31.60 | 26.40 | 21.40 | 16.20 |
| | 147-0 | 139-9 | 133-2 | 124-8 | 131-3 | 119-5 | 131-3 | 120-9 | 103-8 | 86-7 | 70-2 1/2 | 53-2 |
| Hammer | 47.24 | 44.20 | 41.14 | 38.10 | 38.40 | 36.00 | 36.00 | 33.00 | 29.00 | 25.00 | 22.50 | 18.00 |
| | 155-0 | 145-0 | 135-0 | 125-0 | 126-0 | 118-1 | 118-1 | 108-3 | 95-2 | 82-0 | 73-10 | 60-0 |
| Jav | 62.00 | 57.00 | 52.00 | 48.00 | 43.00 | 38.50 | 40.00 | 35.00 | 29.00 | 24.00 | 19.00 | 15.00 |
| | 203-5 | 187-0 | 170-7 | 157-6 | 141-1 | 126-4 | 131-3 | 114-10 | 95-2 | 78-9 | 62-4 | 49-2 |
| 35#Wt. | 15.00 | 14.00 | 13.00 | 12.00 | 10.00 | 9.00 | 8.00 | 7.00 | 6.00 | 5.00 | 4.00 | 3.00 |
| 25#Wt. | | | | | | | 11.00 | 10.00 | 9.00 | 8.00 | 7.00 | 6.00 |
| 56#Wt. | 9.50 | 9.00 | 8.50 | 8.00 | 6.00 | 5.00 | 4.50 | 4.00 | 3.50 | 3.00 | 2.50 | 2.00 |
| Pen | 2800 | 2600 | 2600 | 2600 | 2600 | 2600 | 2600 | 2600 | 2600 | 2600 | 2600 | 2600 |
| Dec | 5500 | 5250 | 5250 | 5250 | 5250 | 5250 | 5250 | 5250 | 5250 | 5250 | 5250 | 5250 |
| Wt. Pen | 2800 | 2800 | 2800 | 2900 | 3000 | 3000 | 3000 | 3000 | 2900 | 2800 | 2700 | |

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

U.S. MASTERS ALL AMERICAN STANDARDS OF EXCELLENCE FOR RACEWALKERS

| | 1.5K | Mile | 3K | 5K | 8K | 10K | 15K | 20K | 25K | 30K | 40K | 50K |
|-----|-------|-------|-------|-------|---------|---------|---------|---------|---------|---------|---------|----------|
| W30 | 7:13 | 7:47 | 14:50 | 25:38 | 42:04 | 52:43 | 1:21:56 | 1:52:06 | 2:24:43 | 2:59:15 | 4:08:45 | 5:37:30 |
| W35 | 7:22 | 8:03 | 15:18 | 26:27 | 43:11 | 53:56 | 1:23:29 | 1:53:32 | 2:26:51 | 3:01:53 | 4:12:21 | 5:42:23 |
| W40 | 7:37 | 8:21 | 15:53 | 27:26 | 44:47 | 55:56 | 1:26:37 | 1:58:06 | 2:32:33 | 3:08:56 | 4:22:13 | 5:55:48 |
| W45 | 8:03 | 8:41 | 16:32 | 28:33 | 46:35 | 58:10 | 1:30:08 | 2:03:00 | 2:38:56 | 3:17:00 | 4:33:31 | 6:11:25 |
| W50 | 8:25 | 9:05 | 17:15 | 29:49 | 48:36 | 1:00:41 | 1:34:08 | 2:08:30 | 2:46:11 | 3:26:08 | 4:46:23 | 6:29:09 |
| W55 | 8:55 | 9:31 | 18:05 | 31:14 | 50:54 | 1:03:33 | 1:38:40 | 2:14:48 | 2:54:26 | 3:36:33 | 5:01:03 | 6:49:24 |
| W60 | 9:17 | 10:01 | 19:01 | 32:51 | 53:32 | 1:06:50 | 1:43:51 | 2:21:54 | 3:03:54 | 3:48:29 | 5:17:54 | 7:12:43 |
| W65 | 9:48 | 10:35 | 20:06 | 34:43 | 56:33 | 1:10:37 | 1:49:50 | 2:30:12 | 3:14:51 | 4:02:20 | 5:37:25 | 7:39:46 |
| W70 | 10:26 | 11:15 | 21:22 | 36:54 | 1:00:02 | 1:15:01 | 1:56:49 | 2:39:54 | 3:27:38 | 4:18:30 | 5:50:18 | 8:11:30 |
| W75 | 11:10 | 12:01 | 22:51 | 39:28 | 1:04:10 | 1:20:14 | 2:05:05 | 2:51:18 | 3:42:50 | 4:37:46 | 6:27:35 | 8:49:28 |
| W80 | 12:03 | 12:58 | 24:41 | 42:37 | 1:09:13 | 1:26:38 | 2:15:15 | 3:05:24 | 4:01:36 | 5:01:39 | 7:01:26 | 9:47:35 |
| W85 | 13:13 | 14:15 | 27:05 | 46:45 | 1:15:50 | 1:35:01 | 2:28:37 | 3:24:00 | 4:26:20 | 5:33:10 | 7:46:16 | 10:39:15 |
| W90 | 14:56 | 16:06 | 30:36 | 42:14 | 1:25:30 | 1:47:18 | 2:48:13 | 3:51:12 | | | | |
| M30 | 6:31 | 7:01 | 13:21 | 23:05 | 37:57 | 47:49 | 1:13:10 | 1:38:18 | 2:05:12 | 2:32:17 | 3:27:30 | 4:31:00 |
| M35 | 6:43 | 7:14 | 13:47 | 23:46 | 38:55 | 48:53 | 1:14:28 | 1:39:43 | 2:06:56 | 2:34:14 | 3:30:17 | 4:34:53 |
| M40 | 6:58 | 7:29 | 14:16 | 24:24 | 40:15 | 50:32 | 1:17:03 | 1:43:13 | 2:11:29 | 2:39:47 | 3:37:53 | 4:44:49 |
| M45 | 7:13 | 7:46 | 14:47 | 25:31 | 41:44 | 52:25 | 1:19:58 | 1:47:10 | 2:16:35 | 2:46:05 | 3:46:36 | 4:56:24 |
| M50 | 7:33 | 8:05 | 15:23 | 26:33 | 43:25 | 54:32 | 1:23:14 | 1:51:37 | 2:22:20 | 2:53:13 | 3:56:29 | 5:09:29 |
| M55 | 7:50 | 8:26 | 16:04 | 27:43 | 45:19 | 56:55 | 1:26:56 | 1:56:38 | 2:28:52 | 3:01:19 | 4:07:41 | 5:24:22 |
| M60 | 8:13 | 8:51 | 16:50 | 29:02 | 47:28 | 59:38 | 1:31:10 | 2:02:23 | 2:36:20 | 3:10:33 | 4:20:30 | 5:41:23 |
| M65 | 8:38 | 9:19 | 17:43 | 30:33 | 49:56 | 1:02:45 | 1:36:01 | 2:08:58 | 2:44:53 | 3:21:11 | 4:35:15 | 6:01:01 |
| M70 | 9:08 | 9:50 | 18:44 | 32:18 | 52:46 | 1:06:21 | 1:41:37 | 2:16:35 | 2:53:56 | 3:33:31 | 4:52:23 | 6:23:51 |
| M75 | 9:43 | 10:28 | 19:55 | 34:20 | 56:04 | 1:10:35 | 1:48:13 | 2:25:34 | 3:05:02 | 3:48:05 | 5:12:40 | 6:50:54 |
| M80 | 10:26 | 11:14 | 21:22 | 36:50 | 60:06 | 1:15:44 | 1:56:15 | 2:36:31 | 3:20:50 | 4:05:57 | 5:37:34 | 7:24:11 |
| M85 | 11:21 | 12:13 | 23:14 | 40:04 | 65:20 | 1:22:26 | 2:06:43 | 2:50:48 | 3:39:31 | 4:29:18 | 6:10:11 | 8:07:50 |
| M90 | 12:41 | 13:39 | 25:58 | 44:45 | 72:52 | 1:32:08 | 2:21:52 | 3:11:28 | 4:06:38 | 5:03:17 | 6:57:43 | 9:11:37 |

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

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

| Event | 30-34 | 35-39 | 40-44 | 45-49 | 50-54 | 55-59 | 60-64 | 65-69 | 70-74 | 75-79 | 80-84 |
|---------|----------|----------|-----------|----------|-------|----------|----------|----------|---------|----------|-----------|
| 100 | 13.8 | 14.2 | 14.6 | 15.0 | 15.6 | 16.2 | 16.9 | 17.8 | 18.8 | 20.0 | 21.2 |
| 200 | 28.0 | 29.2 | 30.3 | 31.4 | 32.5 | 34.0 | 35.7 | 37.5 | 40.0 | 43.5 | 47.0 |
| 400 | 63.5 | 65.5 | 67.5 | 69.5 | 71.5 | 73.5 | 78.5 | 83.7 | 90.0 | 96.5 | 103.3 |
| 800 | 2:32 | 2:35 | 2:40 | 2:46 | 2:54 | 3:05 | 3:19 | 3:36 | 3:56 | 4:09 | 4:35 |
| 1500 | 5:10 | 5:19 | 5:29 | 5:40 | 5:58 | 6:20 | 6:48 | 7:23 | 8:04 | 8:52 | 9:48 |
| Mile | 5:34 | 5:44 | 5:55 | 6:07 | 6:26 | 6:49 | 7:19 | 7:46 | 8:47 | 9:39 | 10:45 |
| 5000 | 19:45 | 20:30 | 21:20 | 22:16 | 23:12 | 24:16 | 26:08 | 28:08 | 30:08 | 32:21 | 34:26 |
| 10000 | 41:00 | 42:40 | 44:40 | 47:00 | 49:30 | 52:00 | 56:00 | 60:00 | 66:00 | 76:00 | 86:00 |
| 100H | 17.2 | 18.2 | | | | | | | | | |
| 80H | | | 15.0 | 15.8 | 16.5 | 17.6 | 18.7 | 20.2 | 22.2 | 25.0 | 28.0 |
| 400H | 75.5 | 79.9 | 84.4 | 88.8 | | | | | | | |
| 300H | | | | | 66.0 | 72.0 | 79.0 | 87.0 | 96.0 | | |
| HJ | 1.42 | 1.35 | 1.27 | 1.19 | 1.12 | 1.07 | 1.02 | .97 | .92 | .89 | .84 |
| | 4-8 | 4-5 1/2 | 4-2 | 3-11 | 3-8 | 3-6 1/2 | 3-4 1/2 | 3-2 1/2 | 3-0 1/2 | 2-11 | 2-9 |
| PV | 2.70 | 2.40 | 2.10 | 1.80 | 1.50 | 1.20 | 1.10 | 1.00 | 0.90 | 0.80 | 0.70 |
| | 8-10 1/2 | 7-10 1/2 | 6-11 | 5-11 | 4-11 | 3-11 | 3-7 1/2 | 3-3 1/2 | 2-11 | 2-7 1/2 | 2-3 1/2 |
| LJ | 5.00 | 4.60 | 4.25 | 3.90 | 3.55 | 3.20 | 2.85 | 2.60 | 2.35 | 2.10 | 2.00 |
| | 16-5 | 15-1 | 13-11 1/2 | 12-9 1/2 | 11-8 | 10-6 | 9-4 1/2 | 8-6 1/2 | 7-8 1/2 | 6-11 | 6-7 |
| TJ | 10.00 | 9.20 | 8.60 | 7.80 | 7.18 | 6.40 | 5.70 | 5.20 | 4.70 | 4.20 | 3.80 |
| | 32-10 | 30-2 1/2 | 28-2 1/2 | 25-7 1/2 | 23-7 | 21-0 | 18-8 1/2 | 17-1 | 15-5 | 13-9 1/2 | 12-5 1/2 |
| Shot | 10.30 | 9.30 | 8.40 | 7.70 | 7.95 | 7.20 | 6.50 | 5.80 | 5.25 | 4.70 | 4.25 |
| | 33-9 1/2 | 30-6 1/2 | 27-7 | 25-3 1/2 | 26-1 | 23-7 1/2 | 21-4 | 19-0 1/2 | 17-3 | 15-5 | 13-11 1/2 |
| Jav | 39.50 | 33.50 | 27.50 | 21.50 | 25.00 | 19.00 | 18.00 | 16.00 | 15.00 | 14.00 | 13.50 |
| | 129-7 | 109-11 | 93-6 | 70-6 1/2 | 82-0 | 62-4 | 59-1 | 52-6 | 49-2 | 45-11 | 44-4 |
| Discus | 30.0 | 27.8 | 26.0 | 24.0 | 22.0 | 20.0 | 18.0 | 16.0 | 15.0 | 14.0 | 13.5 |
| | 98-5 | 91-2 | 85-4 | 78-9 | 72-2 | 65-8 | 59-1 | 52-6 | 49-2 | 45-11 | 44-4 |
| Hammer | 35.0 | 32.5 | 30.0 | 25.0 | 23.0 | 22.0 | 20.0 | 18.0 | 14.0 | 12.0 | 9.0 |
| | 131-3 | 114-10 | 98-5 | 82-0 | 75-6 | 72-2 | 65-8 | 59-1 | 45-11 | 39-5 | 29-7 |
| 20#Wt. | 10.00 | 9.00 | 8.00 | 7.00 | 6.00 | 5.00 | 4.00 | 3.50 | 3.25 | 3.00 | 2.75 |
| 16#Wt. | | | | | 8.00 | 7.00 | 6.00 | 5.50 | 5.25 | 5.00 | 4.75 |
| Sup.Wt. | 6.50 | 6.00 | 5.50 | 5.00 | 5.25 | 5.00 | 4.75 | 4.50 | 4.00 | 3.50 | 3.00 |
| Wt.Pen. | 2600 | 2500 | 2500 | 2500 | 2800 | 2600 | 2600 | 2500 | 2500 | 2400 | 2300 |

TRACK & FIELD RESULTS

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

NOTICE: The National Masters News will no longer process results that are submitted handwritten.

NATIONAL

USATF National Masters Weight Pentathlon Championships Disney's Wide World of Sports Complex, Orlando, FL; Oct. 11

| Name | Points | HT | SP | DT | JT | WT |
|--------------------------|-----------|----------|-----------|-----------|----------|--------|
| M35 | | | | | | |
| 1 Bull, Scott #19 | | 30.26m | 11.94m | 34.78m | 47.50m | 10.64m |
| Neshanic Station, NJ | 99'03.00 | 39'02.25 | 114'01.00 | 155'10.00 | 34'11.00 | |
| Age graded mark: | | 30.26m | 11.94m | 34.78m | 51.12m | 11.05m |
| Age graded percent: | | 36.34% | 53.78% | 48.90% | 53.26% | 44.22% |
| Age: 39 | 2633 | (355) | (603) | (559) | (605) | (511) |
| 2 Truesdale, William #54 | | 30.16m | 10.89m | 28.96m | 31.04m | 11.27m |
| Ft. Lauderdale, FL | 98'11.00 | 35'08.75 | 95'00.00 | 101'10.00 | 36'11.75 | |
| Age graded mark: | | 30.16m | 10.89m | 28.96m | 33.40m | 11.71m |
| Age graded percent: | | 36.22% | 49.05% | 40.72% | 34.81% | 46.84% |
| Age: 37 | 2231 | (353) | (539) | (444) | (347) | (548) |
| 3 Roberts, John #48 | | 16.34m | 9.23m | 25.54m | 38.84m | 6.72m |
| Jacksonville, FL | 53'07.00 | 30'03.50 | 83'09.00 | 127'05.00 | 22'00.75 | |
| Age graded mark: | | 16.34m | 9.23m | 25.54m | 41.80m | 6.98m |
| Age graded percent: | | 19.62% | 41.58% | 35.91% | 43.55% | 27.93% |
| Age: 39 | 1707 | (136) | (440) | (378) | (468) | (285) |
| M40 | | | | | | |
| 1 England, Gary #62 | | 41.40m | 15.41m | 44.70m | 47.78m | 13.75m |
| Orlando, FL | 135'10.00 | 50'06.75 | 146'08.00 | 156'09.00 | 45'01.50 | |
| Age graded mark: | | 45.92m | 16.33m | 44.70m | 56.50m | 15.43m |
| Age graded percent: | | 55.15% | 73.59% | 62.85% | 58.87% | 61.74% |
| Age: 42 | 3687 | (609) | (872) | (761) | (685) | (760) |
| 2 Baty, Jeffrey #61 | | 39.48m | 12.42m | 35.32m | 42.66m | 13.24m |
| Gonzales, LA | 129'06.00 | 40'09.00 | 115'10.00 | 139'11.00 | 43'05.25 | |
| Age graded mark: | | 43.78m | 13.16m | 35.32m | 50.46m | 14.86m |
| Age graded percent: | | 52.59% | 59.31% | 49.66% | 52.56% | 59.45% |
| Age: 42 | 3143 | (574) | (677) | (570) | (595) | (727) |
| 3 Goudge, Ted #31 | | 28.38m | 11.85m | 37.78m | 43.72m | 10.25m |
| Maryville, MO | 93'01.00 | 38'10.50 | 123'11.00 | 143'05.00 | 33'07.50 | |
| Age graded mark: | | 31.46m | 12.56m | 37.78m | 51.70m | 11.50m |
| Age graded percent: | | 37.80% | 56.59% | 53.12% | 53.87% | 46.03% |
| Age: 40 | 2784 | (374) | (640) | (620) | (614) | (536) |
| 4 Kneafle Sr., Mark #38 | | 32.76m | 9.31m | 27.42m | 25.12m | 11.14m |
| Baltimore, MD | 107'06.00 | 30'06.50 | 89'11.00 | 82'05.00 | 36'06.75 | |
| Age graded mark: | | 36.32m | 9.86m | 27.42m | 29.70m | 12.50m |
| Age graded percent: | | 43.64% | 44.46% | 38.55% | 30.95% | 50.02% |
| Age: 43 | 2231 | (452) | (477) | (414) | (295) | (593) |
| M45 | | | | | | |
| 1 McMullin, Richard #41 | | 37.22m | 11.50m | 38.08m | 50.80m | 12.45m |
| Pennsauken, NJ | 122'01.00 | 37'08.75 | 124'11.00 | 166'08.00 | 40'10.25 | |
| Age graded mark: | | 45.80m | 13.58m | 41.68m | 66.02m | 15.10m |
| Age graded percent: | | 55.03% | 61.17% | 58.62% | 68.79% | 60.44% |
| Age: 46 | 3579 | (607) | (703) | (699) | (829) | (741) |
| 2 Hedendal, Bruce #65 | | 40.82m | 12.14m | 40.56m | 41.18m | 12.23m |
| Delray Beach, FL | 133'11.00 | 39'10.00 | 133'01.00 | 135'01.00 | 40'01.50 | |
| Age graded mark: | | 50.24m | 14.33m | 44.40m | 53.52m | 14.83m |
| Age graded percent: | | 60.35% | 64.57% | 62.44% | 55.76% | 59.37% |
| Age: 49 | 3549 | (680) | (749) | (754) | (641) | (725) |
| 3 Shumaker, Craig #49 | | 34.26m | 14.06m | 39.72m | 42.82m | 10.65m |
| Glenmoore, PA | 112'05.00 | 46'01.50 | 130'04.00 | 140'06.00 | 34'11.25 | |
| Age graded mark: | | 42.16m | 16.60m | 43.48m | 55.66m | 12.92m |
| Age graded percent: | | 50.65% | 74.79% | 61.15% | 57.98% | 51.70% |
| Age: 49 | 3461 | (548) | (888) | (736) | (673) | (616) |
| 4 Edwards, Tim #27 | | 42.88m | 10.57m | 36.78m | 32.48m | 14.28m |
| Commerce City, CO | 140'08.00 | 34'08.25 | 120'08.00 | 106'07.00 | 46'10.25 | |
| Age graded mark: | | 52.78m | 12.48m | 40.26m | 42.22m | 17.32m |
| Age graded percent: | | 63.39% | 56.22% | 56.62% | 43.98% | 69.32% |
| Age: 49 | 3371 | (723) | (636) | (670) | (474) | (868) |
| 5 Von Rohr, John #55 | | 42.92m | 12.38m | 33.60m | 33.56m | 12.09m |
| Plantation, FL | 140'10.00 | 40'07.50 | 110'03.00 | 110'01.00 | 39'08.00 | |
| Age graded mark: | | 52.82m | 14.62m | 36.78m | 43.62m | 14.66m |
| Age graded percent: | | 63.45% | 65.85% | 51.72% | 45.44% | 58.69% |
| Age: 49 | 3299 | (723) | (766) | (599) | (495) | (716) |
| 6 Watson, Richard #56 | | 36.96m | 10.67m | 33.66m | 48.34m | 11.10m |
| Yuma, AZ | 121'03.00 | 35'00.25 | 110'05.00 | 158'07.00 | 36'05.00 | |
| Age graded mark: | | 45.48m | 12.60m | 36.84m | 62.82m | 13.46m |
| Age graded percent: | | 54.64% | 56.76% | 51.82% | 65.46% | 53.88% |
| Age: 45 | 3273 | (602) | (643) | (601) | (780) | (647) |
| 7 Chandler, Dennis #23 | | 27.94m | 12.11m | 32.50m | 48.26m | 10.35m |
| Denville, NJ | 91'08.00 | 39'08.75 | 106'07.00 | 158'04.00 | 33'11.50 | |
| Age graded mark: | | 34.38m | 14.30m | 35.58m | 62.72m | 12.55m |
| Age graded percent: | | 41.31% | 64.41% | 50.03% | 65.35% | 50.24% |
| Age: 49 | 3118 | (421) | (747) | (575) | (779) | (596) |
| 8 Priestley, John #46 | | 34.18m | 11.34m | 30.88m | 32.70m | 11.32m |
| Mt. Rainer, MD | 112'02.00 | 37'02.50 | 101'04.00 | 107'03.00 | 37'01.75 | |
| Age graded mark: | | 42.06m | 13.39m | 33.80m | 42.50m | 13.73m |
| Age graded percent: | | 50.53% | 60.32% | 47.54% | 44.28% | 54.95% |
| Age: 46 | 2918 | (546) | (691) | (540) | (478) | (663) |
| M50 | | | | | | |
| 1 Broce, Ron #17 | | 45.98m | 13.60m | 37.10m | 39.96m | 15.46m |
| Loveland, CO | 150'10.00 | 44'07.50 | 121'09.00 | 131'01.00 | 50'08.75 | |
| Age graded mark: | | 57.10m | 16.26m | 40.00m | 57.08m | 17.13m |
| Age graded percent: | | 68.59% | 73.28% | 56.27% | 59.46% | 68.53% |
| Age: 51 | 3877 | (794) | (867) | (665) | (694) | (857) |
| 2 Percy, Ian #45 | | 38.88m | 12.14m | 42.58m | 42.58m | 13.33m |
| Greeley, CO | 127'07.00 | 39'10.00 | 139'08.00 | 139'08.00 | 43'09.00 | |
| Age graded mark: | | 48.28m | 14.52m | 45.92m | 60.82m | 14.77m |
| Age graded percent: | | 58.00% | 65.41% | 64.58% | 63.36% | 59.09% |
| Age: 52 | 3666 | (648) | (760) | (786) | (750) | (722) |

| | | | | | | | |
|-----|------------------------|-----------|----------|-----------|-----------|----------|--------|
| 3 | Bitsko, Mickey #14 | | 45.74m | 12.21m | 37.90m | 29.80m | 15.29m |
| | Dayton, OH | 150'01.00 | 40'00.75 | 124'04.00 | 97'09.00 | 50'02.00 | |
| | Age graded mark: | | 56.80m | 14.60m | 40.88m | 42.56m | 16.94m |
| | Age graded percent: | | 68.23% | 65.79% | 57.49% | 44.35% | 67.77% |
| | Age: 54 | 3561 | (789) | (765) | (682) | (479) | (846) |
| 4 | Mathews, George #39 | | 46.48m | 12.40m | 31.64m | 30.90m | 16.37m |
| | Seattle, WA | 152'06.00 | 40'08.25 | 103'10.00 | 101'04.00 | 53'08.50 | |
| | Age graded mark: | | 57.72m | 14.83m | 34.12m | 44.14m | 18.13m |
| | Age graded percent: | | 69.33% | 66.81% | 47.99% | 45.98% | 72.56% |
| | Age: 54 | 3547 | (805) | (779) | (546) | (502) | (915) |
| 5 | Bowersox, Jerry #15 | | 41.26m | 11.49m | 39.62m | 33.94m | 14.10m |
| | Hudsonville, MI | 135'04.00 | 37'08.50 | 130'00.00 | 111'04.00 | 46'03.25 | |
| | Age graded mark: | | 51.24m | 13.74m | 42.72m | 48.48m | 15.62m |
| | Age graded percent: | | 61.55% | 61.91% | 60.09% | 50.51% | 62.50% |
| | Age: 50 | 3466 | (697) | (712) | (720) | (566) | (771) |
| M55 | | | | | | | |
| 1 | Higgins, Lloyd #33 | | 43.46m | 12.60m | 51.78m | 43.68m | 16.92m |
| | Los Angeles, CA | 142'07.00 | 41'04.25 | 169'10.00 | 143'04.00 | 55'06.25 | |
| | Age graded mark: | | 59.90m | 16.79m | 62.26m | 68.56m | 20.26m |
| | Age graded percent: | | 71.95% | 75.68% | 87.55% | 71.43% | 81.03% |
| | Age: 55 | 4776 | (841) | (900) | (1129) | (867) | (1039) |
| 2 | Hotchkiss, Richard #35 | | 48.00m | 12.70m | 43.52m | 28.18m | 16.95m |
| | Grass Valley, CA | 157'06.00 | 41'08.00 | 142'09.00 | 92'05.00 | 55'07.50 | |
| | Age graded mark: | | 66.16m | 16.92m | 52.32m | 44.22m | 20.29m |
| | Age graded percent: | | 79.47% | 76.28% | 73.59% | 46.08% | 81.18% |
| | Age: 58 | 4317 | (946) | (908) | (919) | (504) | (1040) |
| 3 | Conniff, John #24 | | 28.60m | 12.45m | 40.88m | 33.54m | 10.73m |
| | Dripping Springs, TX | 93'10.00 | 40'10.25 | 134'01.00 | 110'00.00 | 35'02.50 | |
| | Age graded mark: | | 39.42m | 16.59m | 49.14m | 52.64m | 12.84m |
| | Age graded percent: | | 47.35% | 74.77% | 69.12% | 54.85% | 51.39% |
| | Age: 56 | 3483 | (503) | (888) | (852) | (628) | (612) |
| 4 | Decker, Robert #25 | | 35.18m | 10.04m | 28.88m | 28.02m | 12.19m |
| | Montgomery, NY | 115'05.00 | 32'11.25 | 94'09.00 | 91'11.00 | 40'00.00 | |
| | Age graded mark: | | 48.48m | 13.38m | 34.72m | 43.98m | 14.59m |
| | Age graded percent: | | 58.25% | 60.30% | 48.83% | 45.82% | 58.38% |
| | Age: 57 | 3111 | (651) | (690) | (558) | (500) | (712) |
| 5 | Cahners, Robert #20 | | 31.86m | 8.96m | 23.58m | 22.48m | 14.02m |
| | Naples, FL | 104'06.00 | 29'04.75 | 77'04.00 | 73'09.00 | 46'00.00 | |
| | Age graded mark: | | 43.92m | 11.94m | 28.34m | 35.28m | 16.78m |
| | Age graded percent: | | 52.75% | 53.81% | 39.87% | 36.76% | 67.15% |
| | Age: 55 | 2822 | (576) | (603) | (432) | (374) | (837) |
| 6 | Biddiger, Steven #13 | | 24.88m | 6.71m | 20.66m | 17.96m | 8.09m |
| | Fallon, NV | 81'07.00 | 22'00.25 | 67'09.00 | 58'11.00 | 26'06.50 | |
| | Age graded mark: | | 34.28m | 8.94m | 24.84m | 28.18m | 9.68m |
| | Age graded percent: | | 41.19% | 40.30% | 34.93% | 29.37% | 38.75% |
| | Age: 59 | 1913 | (419) | (422) | (364) | (274) | (434) |
| M60 | | | | | | | |
| 1 | Humphreys, Bob #36 | | 45.42m | 12.65m | 47.98m | 24.78m | 17.50m |
| | Camarillo, CA | 149'00.00 | 41'06.00 | 157'05.00 | 81'03.00 | 57'05.00 | |
| | Age graded mark: | | 63.42m | 17.15m | 53.60m | 39.38m | 20.25m |
| | Age graded percent: | | 76.18% | 77.28% | 75.38% | 41.03% | 81.02% |
| | Age: 61 | 4239 | (900) | (922) | (946) | (433) | (1038) |
| 2 | Cantrell, John #21 | | 31.46m | 13.40m | 41.98m | 38.20m | 14.75m |
| | Dallas, TX | 103'02.00 | 43'11.75 | 137'09.00 | 125'04.00 | 48'04.75 | |
| | Age graded mark: | | 43.94m | 18.16m | 46.90m | 60.70m | 17.07m |
| | Age graded percent: | | 52.77% | 81.86% | 65.95% | 63.25% | 68.29% |
| | Age: 61 | 3970 | (577) | (985) | (806) | (748) | (854) |
| M65 | | | | | | | |
| 1 | Olson, Leonard #44 | | 39.28m | 12.80m | 43.48m | 35.54m | 14.95m |
| | Daytona Beach, FL | 128'10.00 | 42'00.00 | 142'08.00 | 116'07.00 | 49'00.75 | |
| | Age graded mark: | | 60.88m | 19.33m | 54.16m | 62.06m | 18.69m |
| | Age graded percent: | | 73.12% | 87.07% | 76.16% | 64.65% | 74.79% |
| | Age: 66 | 4588 | (857) | (1058) | (957) | (769) | (947) |
| 2 | Feick, Ray #28 | | 36.68m | 11.91m | 34.60m | 36.94m | 15.60m |
| | Gilbertsville, PA | 120'04.00 | 39'01.00 | 113'06.00 | 121'02.00 | 51'02.25 | |
| | Age graded mark: | | 56.86m | 17.99m | 43.10m | 64.50m | 19.51m |
| | Age graded percent: | | 68.28% | 81.02% | 60.61% | 67.20% | 78.04% |
| | Age: 65 | 4293 | (790) | (974) | (728) | (806) | (995) |
| 3 | Baggett, Austin #59 | | 37.82m | 9.91m | 36.76m | 35.60m | 16.59m |
| | Fort Myers, FL | 124'01.00 | 32'06.25 | 120'07.00 | 116'09.00 | 54'05.25 | |
| | Age graded mark: | | 58.62m | 14.97m | 45.78m | 62.16m | 20.74m |
| | Age graded percent: | | 70.40% | 67.41% | 64.39% | 64.76% | 82.99% |
| | Age: 66 | 4227 | (820) | (788) | (783) | (770) | (1066) |
| 4 | Carstensen, Pay #22 | | 37.28m | 10.80m | 32.38m | 30.70m | 14.48m |
| | Spring Hill, FL | 122'04.00 | 35'05.25 | 106'03.00 | 100'09.00 | 47'06.25 | |
| | Age graded mark: | | 57.78m | 16.31m | 40.32m | 53.60m | 18.11m |
| | Age graded percent: | | 69.40% | 73.47% | 56.72% | 55.85% | 72.44% |
| | Age: 65 | 3903 | (806) | (870) | (671) | (642) | (914) |
| 5 | Garrahan, William #30 | | 31.14m | 11.00m | 40.84m | 30.48m | 12.85m |
| | Narragansett, RI | 102'02.00 | 36'01.25 | 134'00.00 | 100'00.00 | 42'02.00 | |
| | Age graded mark: | | 48.26m | 16.61m | 50.86m | 53.22m | 16.07m |
| | Age graded percent: | | 57.97% | 74.83% | 71.54% | 55.45% | 64.28% |
| | Age: 68 | 3857 | (648) | (889) | (888) | (636) | (796) |
| 6 | Quinn, Reed #47 | | 29.96m | 10.39m | 36.64m | 31.80m | 14.18m |
| | Leesburg, FL | 98'03.00 | 34'01.25 | 120'02.00 | 104'04.00 | 46'06.25 | |
| | Age graded mark: | | 46.44m | 15.69m | 45.64m | 55.52m | 17.73m |
| | Age graded percent: | | 55.77% | 70.68% | 64.18% | 57.85% | 70.94% |
| | Age: 67 | 3793 | (618) | (832) | (780) | (671) | (892) |
| 7 | Branham Jr., Mack #16 | | 28.60m | 10.84m | 35.90m | 28.02m | 11.11m |
| | Chapin, SC | 93'10.00 | 35'06.75 | 117'09.00 | 91'11.00 | 36'05.50 | |
| | Age graded mark: | | 44.32m | 16.37m | 44.72m | 48.92m | 13.89m |
| | Age graded percent: | | 53.24% | 73.74% | 62.88% | 50.97% | 55.58% |
| | Age: 66 | 3463 | (583) | (874) | (761) | (573) | (672) |
| M70 | | | | | | | |
| 1 | Brusca, Phillip #18 | | 35.76m | 12.87m | 37.48m | 36.72m | 14.40m |
| | Maryland Heights, MO | 117'04.00 | 42'02.75 | 122'11.00 | 120'06.00 | 47'03.00 | |
| | Age graded mark: | | 55.02m | 19.37m | 52.04m | 70.46m | 17.40m |
| | Age graded percent: | | 66.09% | 87.25% | 73.19% | 73.41% | 69.63% |
| | Age: 70 | 4502 | (760) | (1060) | (913) | (896) | (873) |
| 2 | Banert, Bill #60 | | 30.50m | 11.18m | 31.94m | 19.50m | 14.59m |
| | Marthasville, MO | 100'01.00 | 36'08.25 | 104'09.00 | 64'00.00 | 47'10.50 | |
| | Age graded mark: | | 46.92m | 16.83m | 44.34m | 37.42m | 17.63m |
| | Age graded percent: | | 56.37% | 75.80% | 62.37% | 38.98% | 70.55% |
| | Age: 73 | 3573 | (626) | (903) | (753) | (405) | (886) |

Continued from previous page

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|-------------------------|-----------|----------|-----------|-----------|----------|
| 3 Weinbel, Ken #57 | 39.34m | 9.29m | 26.12m | 19.78m | 15.84m |
| Seattle, WA | 129'01.00 | 30'05.75 | 85'08.00 | 64'11.00 | 51'11.75 |
| Age graded mark: | 60.54m | 13.98m | 36.26m | 37.96m | 19.14m |
| Age graded percent: | 72.70% | 62.98% | 51.01% | 39.54% | 76.60% |
| Age: 70 | 3554 | (852) | (727) | (589) | (413) |
| 4 Reid, Don #63 | 34.08m | 10.13m | 28.38m | 21.68m | 10.75m |
| New Smyrna, FL | 111'10.00 | 33'03.00 | 93'01.00 | 71'01.00 | 35'03.25 |
| Age graded mark: | 52.44m | 15.24m | 39.40m | 41.60m | 12.99m |
| Age graded percent: | 62.98% | 68.68% | 55.42% | 43.34% | 51.98% |
| Age: 73 | 3258 | (717) | (804) | (652) | (465) |
| 5 Snaden, John #50 | 17.68m | 8.21m | 23.18m | 19.12m | 8.48m |
| Florence, SC | 58'00.00 | 26'11.25 | 76'00.00 | 62'09.00 | 27'10.00 |
| Age graded mark: | 27.20m | 12.35m | 32.18m | 36.68m | 10.25m |
| Age graded percent: | 32.67% | 55.66% | 45.26% | 38.22% | 41.01% |
| Age: 71 | 2301 | (306) | (628) | (507) | (394) |
| 6 Dew, Robert #26 | 5.70m | 6.23m | 13.10m | 8.76m | 5.70m |
| Gonzales, LA | 18'08.00 | 20'05.25 | 43'00.00 | 28'09.00 | 18'08.50 |
| Age graded mark: | 8.76m | 9.37m | 18.18m | 16.80m | 6.89m |
| Age graded percent: | 10.53% | 42.24% | 25.58% | 17.51% | 27.56% |
| Age: 74 | 1108 | (23) | (448) | (238) | (119) |
| M75 ----- | | | | | |
| 1 Marriott, Charles #64 | 29.36m | 8.54m | 28.60m | 31.76m | 9.73m |
| Louisville, TN | 96'04.00 | 28'00.25 | 93'10.00 | 104'02.00 | 31'11.25 |
| Age graded mark: | 50.14m | 14.32m | 44.26m | 66.98m | 12.71m |
| Age graded percent: | 60.23% | 64.55% | 62.26% | 69.77% | 50.84% |
| Age: 76 | 3627 | (679) | (748) | (752) | (843) |
| 2 McDermott, Thomas #40 | 30.66m | 8.63m | 26.82m | 9.24m | 11.69m |
| Bradenton, FL | 100'07.00 | 28'03.75 | 88'00.00 | 30'04.00 | 38'04.25 |
| Age graded mark: | 52.36m | 14.47m | 41.52m | 19.48m | 15.27m |
| Age graded percent: | 62.89% | 65.23% | 58.38% | 20.30% | 61.08% |
| Age: 79 | 3073 | (716) | (757) | (696) | (154) |
| W40 ----- | | | | | |
| 1 Finsrud, Carol #29 | 36.64m | 12.99m | 45.38m | 32.34m | 12.11m |
| Lockart, TX | 120'02.00 | 42'07.50 | 148'11.00 | 106'01.00 | 39'08.75 |
| Age graded mark: | 40.80m | 13.88m | 48.08m | 42.82m | 17.00m |
| Age graded percent: | 68.03% | 64.72% | 65.10% | 53.54% | 88.78% |
| Age: 40 | 3975 | (729) | (786) | (813) | (721) |
| 2 Welding, Ruth #58 | 31.74m | 10.99m | 35.84m | 26.36m | 11.54m |
| Culver, IN | 104'01.00 | 36'00.75 | 117'07.00 | 86'06.00 | 37'10.50 |
| Age graded mark: | 35.34m | 11.74m | 37.96m | 34.90m | 16.19m |
| Age graded percent: | 58.93% | 54.76% | 51.41% | 43.64% | 84.60% |
| Age: 41 | 3314 | (609) | (644) | (615) | (570) |
| 3 Hallen, Sue #32 | 28.28m | 8.49m | 24.68m | 22.24m | 10.21m |
| Elk Grove Village, IL | 92'09.00 | 27'10.25 | 81'00.00 | 72'11.00 | 33'06.00 |
| Age graded mark: | 31.50m | 9.07m | 26.14m | 29.44m | 14.33m |
| Age graded percent: | 52.51% | 42.30% | 35.40% | 36.82% | 74.85% |
| Age: 40 | 2610 | (526) | (469) | (390) | (466) |
| W45 ----- | | | | | |
| 1 Stratton, Joan #52 | 34.24m | 10.45m | 34.08m | 25.62m | 12.36m |
| Yuma, AZ | 112'04.00 | 34'03.50 | 111'10.00 | 84'01.00 | 40'06.75 |
| Age graded mark: | 42.12m | 12.80m | 40.80m | 38.54m | 18.68m |
| Age graded percent: | 70.24% | 59.71% | 55.24% | 48.19% | 97.55% |
| Age: 45 | 3813 | (758) | (714) | (670) | (639) |
| W50 ----- | | | | | |
| 1 Szanto, Erika #53 | 22.88m | 8.54m | 23.10m | 18.80m | 9.92m |
| Olmsted Falls, OH | 75'01.00 | 28'00.25 | 75'09.00 | 61'08.00 | 32'06.50 |
| Age graded mark: | 26.92m | 10.39m | 31.24m | 27.34m | 12.89m |
| Age graded percent: | 44.90% | 48.47% | 42.31% | 34.18% | 67.35% |
| Age: 53 | 2564 | (427) | (555) | (486) | (426) |
| W55 ----- | | | | | |
| 1 Billiard, Venessa #34 | 44.28m | 11.83m | 28.98m | 28.86m | 16.10m |
| St. Petersburg, FL | 145'03.00 | 38'09.75 | 95'01.00 | 94'08.00 | 52'10.00 |
| Age graded mark: | 57.58m | 16.51m | 44.30m | 47.70m | 22.54m |
| Age graded percent: | 95.99% | 77.02% | 59.98% | 59.63% | 117.69% |
| Age: 56 | 4895 | (1102) | (962) | (738) | (816) |
| W60 ----- | | | | | |
| 1 Messner, Erika #42 | 27.04m | 9.42m | 24.68m | 22.18m | 12.25m |
| Clermont, FL | 88'08.00 | 30'11.00 | 81'00.00 | 72'09.00 | 40'02.25 |
| Age graded mark: | 38.84m | 15.08m | 42.62m | 41.66m | 14.92m |
| Age graded percent: | 64.77% | 70.35% | 57.72% | 52.08% | 77.98% |
| Age: 62 | 3752 | (686) | (866) | (705) | (699) |
| W65 ----- | | | | | |
| 1 Snaden, Lillian #51 | 14.24m | 5.69m | 11.42m | 10.78m | 7.93m |
| Florence, SC | 46'09.00 | 18'08.00 | 37'05.00 | 35'04.00 | 26'00.25 |
| Age graded mark: | 22.60m | 10.45m | 22.28m | 23.00m | 10.40m |
| Age graded percent: | 37.67% | 48.72% | 30.18% | 28.76% | 54.35% |
| Age: 68 | 2075 | (335) | (559) | (319) | (345) |

EAST

Sri Chinmoy Masters Games

Forest Hills, NY; Oct. 4

100m

| | |
|------------------------|-------|
| M40 Ted de la Santa | 12.94 |
| Jim McFarlane | 12.99 |
| Kodanda Nathan | 13.91 |
| M45 Rick Lapp | 11.46 |
| Bill Corsey | 11.77 |
| Jess Norman | 11.79 |
| M50 Ed James | 13.94 |
| Greg MacColl | 15.27 |
| Francis Neller | 15.39 |
| M55 Julio Cesar Martin | 12.92 |
| Ed Small | 13.29 |
| G Rocherolle | 15.04 |
| M60 Haig Bohigian | 13.52 |
| Cliff Pauling | 13.82 |
| Charles James | 16.36 |
| M65 Rick Barretta | 12.96 |
| Tom McCormick | 15.58 |
| Al Chameides | 20.60 |
| M70 Rudy Valentine | 16.12 |
| M75 Andy Niednig | 26.79 |

| | |
|-----------------------|-------|
| W40 Bhagirathi Savage | 17.76 |
| Saudamini Siegrist | 18.00 |
| W45 Karabi Hart | 14.79 |
| Ranjana Ghose | 15.35 |
| Nilima Silver | 17.16 |
| W50 Cassandra Clarke | 14.63 |
| Gayatri Rocherolle | 18.39 |
| W60 Namrata Moses | 25.10 |
| Chameli Herdes | 34.41 |
| W65 Sulochana Kallai | 20.41 |
| Ishani Frankie | 33.84 |
| W80 Ida Keeling | 28.24 |
| 200m | |
| M40 Jim McFarlane | 27.00 |
| Pat Mangus | 27.41 |
| Kodanda Nathan | 27.65 |
| M45 Jesse Norman | 23.65 |
| Rick Lapp | 24.20 |
| Wm Corsey | 25.57 |
| M50 Ed James | 28.78 |
| Francis Neller | 32.34 |
| Luis Teran | 35.53 |
| M55 Julio Cesar Marin | 26.84 |
| Ed Small | 27.23 |
| G Rocherolle | 31.02 |

| | |
|-----------------------|-------|
| M60 Cliff Pauling | 27.35 |
| Haig Bohigian | 29.44 |
| Charles James | 37.03 |
| M65 Rick Barretta | 28.24 |
| Tom McCormick | 33.77 |
| Art Kearney | 34.55 |
| M70 Rudy Valentine | 34.63 |
| M75 Andy Niednig | 55.30 |
| W40 Bhagirathi Savage | 37.81 |
| Saudamini Siegrist | 39.16 |
| W45 Karabi Hart | 30.80 |
| Nilima Silver | 36.77 |
| Janette Terry | 43.99 |
| W50 Cassandra Clarke | 33.05 |
| Gayatri Rocherolle | 37.88 |
| W65 Sulochana Kallai | 40.00 |
| 400m | |
| M40 Jim McFarlane | 57.18 |
| Kodanda Nathan | 66.60 |
| Ken Kresge | 66.76 |
| M45 Rick Lapp | 57.14 |
| Ivan Black | 64.21 |
| Noivedya Brower | 65.98 |
| M50 Ron Johnson | 57.27 |
| Vincent Gaines | 59.70 |

| | |
|------------------------|---------|
| Ed James | 70.98 |
| M55 Ed Small | 63.29 |
| G Rocherolle | 71.29 |
| Alberto Ocampo | 72.00 |
| M60 Cliff Pauling | 63.34 |
| Haig Bohigian | 69.87 |
| M65 Al Chameides | 86.27 |
| M70 Rudy Valentine | 86.11 |
| M75 Andy Niednig | 2:03.76 |
| W40 Bhagirathi Savage | 88.88 |
| Saudamini Siegrist | 91.12 |
| W45 Sutushti Lang | 1:39.34 |
| Janette Terry | 1:43.44 |
| W50 Cassandra Clarke | 80.33 |
| W65 Sulochana Kallai | 1:51.19 |
| 800m | |
| M40 Jim McFarlane | 2:18.44 |
| Rimas Jakelaitis | 2:22.55 |
| Ivan Mills | 2:23.12 |
| M45 Rick Lapp | 2:19.90 |
| Juanito Hernandez | 2:23.61 |
| Noivedya Brower | 2:42.78 |
| M50 Vince Gaines | 2:20.71 |
| Bill Inde | 2:37.00 |
| Luis Teran | 2:49.90 |
| M55 Alberto Ocampo | 2:50.25 |
| M60 Haig Bohigian | 3:12.99 |
| M65 Al Chameides | 3:23.62 |
| M75 Bill Benson | 3:33.12 |
| Andrew Niednig | 5:03.09 |
| W40 Saudamini Siegrist | 3:32.29 |
| W45 Sutushti Lang | 3:42.80 |
| Janette Terry | 4:25.24 |
| W50 Cassandra Clarke | 3:55.00 |
| W65 Sulochana Kallai | 4:20.26 |
| 1 mile | |
| M40 Rimas Jakelaitis | 4:59.80 |
| Vince Morton | 5:02.66 |
| Ivan Mills | 5:20.93 |
| M45 Arpan D'Angelo | 5:26.35 |
| Juanito Hernandez | 5:34.44 |
| Saral Opera | 5:53.32 |
| M50 Lenny Sheehan | 5:30.27 |
| Luis Teran | 6:12.21 |
| Cesar Palacio | 6:56.29 |
| M55 Seth Kaminsky | 5:46.25 |
| Alberto Ocampo | 6:16.34 |
| M75 Bill Benson | 7:53.97 |
| W40 Diane Ditchfield | 5:51 |
| Nolina Gauthier | 7:53 |
| W45 Nirhari DeLong | 7:35 |
| Sutushti Lang | 7:47 |
| Nayana Hein | 9:27 |
| W50 Margaret Carinci | 7:27 |
| W65 Sulochana Kallai | 9:22 |
| W70 Sarama Minoli | 11:41 |
| 3000m | |
| W40 Suprabha Beckjord | 13:39 |
| W45 Sutushti Lang | 14:26 |
| W65 Sulochana Kallai | 17:25 |
| 5000m | |
| M40 Vince Morton | 17:33 |
| Matt Farrano | 17:39 |
| Dhanu Alaimo | 19:24 |
| M45 Arpan D'Angelo | 18:28 |
| Saral Opera | 20:06 |
| Pulak Viscardi | 21:07 |
| M50 Luis Teran | 20:40 |
| Ed James | 21:38 |
| Greg MacColl | 25:19 |
| M55 Sauriya Clark | 22:07 |
| M65 Al Chameides | 24:26 |
| M75 Andrew Niednig | 39:27 |
| High Jump | |
| M40 Kodanda Nathan | 4-10 |
| Jim McFarlane | 4-8 |
| M45 Asal Pettersson | 5-7 |
| Rick Lapp | 5-2 |
| Ferdinand Hague | 5-2 |
| M50 Ed James | 4-0 |
| Francis Neller | 3-6 |
| M60 Haig Bohigian | 3-8 |
| M65 Arthur Kearney | 4-0 |
| W45 Janette Terry | 2-10 |
| W50 Cassandra Clarke | 4-0 |
| Long Jump | |
| M40 Jim McFarlane | 4.97 |
| Kodanda Nathan | 4.43 |
| Misha Pavlovic | 3.27 |
| M45 Rick Lapp | 5.90 |
| John Oleski | 5.02 |
| Ivan Black | 4.99 |
| M50 Ron Johnson | 5.32 |
| Greg MacColl | 3.41 |
| Francis Neller | 3.22 |
| M55 Julio Cesar Marin | 3.84 |
| M60 Haig Bohigian | 3.65 |
| M75 Hillar Saareste | 3.17 |
| W45 Ranjana Ghose | 3.93 |
| Janette Terry | 2.27 |
| Nilima Silver | 2.15 |
| W50 Cassandra Clarke | 4.17 |
| W65 Sulochana Kallai | 2.35 |

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|-------------------------|-------|
| Triple Jump | |
| M45 Rick Lapp | 11.67 |
| Ivan Black | 11.46 |
| John Oleski | 10.10 |
| M50 Ron Johnson | 10.78 |
| Greg MacColl | 7.32 |
| Francis Neller | 6.72 |
| M55 Julio Cesar Marin | 7.83 |
| M60 Haig Bohigian | 8.59 |
| M75 Hillar Saareste | 7.00 |
| Shot Put | |
| M40 Dennis Hansen | 11.91 |
| Prakash Jennings | 9.27 |
| Misha Pavlovic | 7.48 |
| M45 Asal Pettersen | 10.70 |
| Rick Lapp | 7.73 |
| John Oleski | 7.08 |
| M50 Stephen Budihas | 9.36 |
| Carl Levine | 9.20 |
| Reginald Lewis | 7.68 |
| M55 August Kauffman | 11.27 |
| Julio Cesar Marin | 8.69 |
| Horace Andrews | 8.56 |
| M60 Meemo Maasik | 10.18 |
| Lucius Ware | 10.16 |
| Pete Barker | 9.65 |
| M70 Trishakash Pogachar | 8.10 |
| W40 Pranika Baum | 6.18 |
| Bhagirathi Savage | 5.88 |
| W45 Ranjana Ghose | 8.28 |
| Chetana Hein | 6.60 |
| W55 Nona Katrupan | 6.22 |
| W60 Namrata Moses | 5.91 |
| W65 Sulochana Kallai | 6.22 |
| Discus | |
| M40 Misha Pavlovic | 22.43 |
| M45 Asal Pettersen | 32.51 |
| Rick Lapp | 24.44 |
| John Oleski | 23.81 |
| M50 Stephen Budihas | 28.55 |
| Carl Levine | 27.06 |
| Adhiratha Keefe | 25.09 |
| M55 Horace Andrews | 26.64 |
| M60 Meemo Maasik | 36.77 |
| Pete Barker | 33.31 |
| Lucius Ware | 30.69 |
| M70 Manny Herscher | 25.01 |
| W40 Pranika Baum | 16.65 |
| W45 Ranjana Ghose | 26.73 |
| Chetana Hein | 19.21 |
| W55 Nona Katrupan | 15.08 |
| W65 Sulochana Kallai | 12.41 |
| Javelin | |
| M45 Rick Lapp | 35.47 |
| Ivan Black | 30.71 |
| Arpan D'Angelo | 24.36 |
| M50 Stephen Budihas | 31.95 |
| Adhiratha Keefe | 29.07 |
| Carl Levine | 22.96 |
| M60 Frank Illuzzi | 40.67 |
| Meemo Maasik | 31.54 |
| Lucius Ware | 23.92 |
| M70 Arthur Kearney | 29.91 |
| W40 Pranika Baum | 12.00 |
| W45 Chetana Hein | 22.42 |
| Ranjana Ghose | 20.84 |
| W50 Cassandra Clarke | 19.99 |
| Kalpita Lawless | 8.99 |
| W55 Nona Katrupan | 20.70 |
| W65 Sulochana Kallai | 8.17 |
| 1 Mile Racewalk | |
| M40 Misha Pavlovic | 8:52 |
| M45 Ivan Black | 10:40 |
| Arpan D'Angelo | 10:58 |
| M50 Adhiratha Keefe | 9:44 |
| Francis Neller | 11:42 |
| Reginald Lewis | 11:59 |
| M60 Don Alexander | 12:09 |
| Haig Bohigian | 12:55 |
| M65 Trishakash Pogachar | 11:20 |
| W40 Mary Kresge | 13:18 |
| Sukantika Donovan | 13:37 |
| W45 Nirjhari DeLong | 10:55 |
| Hiranmoyi Elliott | 11:13 |
| Janette Terry | 13:24 |
| W50 Annetee Kaminski | 11:26 |
| W60 Chameli Herdes | 15:28 |
| W65 Sulochana Kallai | 13:48 |
| Mitsuko Adachi | 15:51 |
| W70 Sarama Minoli | 13:16 |
| Martha Horiuchi | 15:20 |

SOUTHWEST

Oklahoma Senior Games
Tulsa, OK; Sept. 19-21

50m

| | |
|-----------------------|-------|
| M50 Mike Steinmetz | 6.86 |
| M55 Dale Lance | 7.17 |
| M60 Glen Stone | 7.12 |
| M65 Jack Pritchard | 7.99 |
| M70 Luther McAllister | 9.61 |
| M75 Foster Johnson | 9.11 |
| M85 J. Allen | 14.55 |

Continued from previous page

| | |
|-----------------------|----------|
| Javelin | |
| M50 Dale Deuval | 98-9 |
| M55 Mike Wilhite | 87-11 |
| M60 Jim McWilliams | 124-11 |
| M65 B Brazelton | 107-1 |
| M70 Robt Brousseau | 72-9 |
| M75 Bob Warwick | 57-5 |
| M85 Dick Swan | 36-1 |
| W55 Martha Strickman | 38-4 |
| W60 Jean Cobb | 53-8 |
| W65 Ruby Gooden | 60-1 |
| W70 Jane Sellmeyer | 39-0 |
| W80 Betty Jarvis | 34-7 |
| 1500m Racewalk | |
| M50 Vernon Mims | 13:06.83 |
| M55 Wayne Clark | 9:48.93 |
| M60 Jim Trowbridge | 9:19.33 |
| M65 Lloyd McGuire | 9:09.92 |
| M70 Dick Donley | 10:28.77 |
| M75 Foster Johnson | 11:44.22 |
| W55 Lynda PoFahl | 12:26.39 |
| W60 Ruth Trowbridge | 9:38.94 |
| W65 Betty Davis | 11:40.82 |
| W70 Marg Harris | 13:35.52 |
| 5000m Racewalk | |
| M55 Wayne Clark | 35:17 |
| M60 Ernest Daniels | 39:39 |
| M65 L McGuire | 33:02 |
| M70 Dick Donley | 37:19 |
| W55 Linda PoFahl | 42:08 |
| W60 Terry Saunders | 41:16 |
| 5K Road Race | |
| M50 Gary Edwards | 20:59 |
| M55 Geo Marchetti | 17:45 |
| M60 Don Antle | 21:17 |
| M65 Rich Thompson | 27:09 |
| M70 Art Roepke | 23:01 |
| M75 Fisher Lewis | 27:20 |
| W50 C Habiger | 22:58 |
| W60 Glenna Lee | 31:23 |
| W65 Opal Alexander | 32:18 |
| 10K Road Race | |
| M50 Gary Edwards | 47:24 |
| M55 Geo Marchetti | 39:30 |
| M60 Don Antle | 43:31 |
| M65 Steve Blanchard | 47:22 |
| M70 Art Roepke | 47:07 |
| M75 Fisher Lewis | 57:01 |
| W50 Judy Huff | 61:47 |
| W55 Phyllis Durham | 55:23 |
| from Dick Donley | |

WEST**Sri Chinmoy Masters Games
Long Beach, CA; Oct. 12**

| | |
|-----------------------|------|
| 100m | |
| M40 David Perrin | 12.0 |
| Nick Adelizi | 13.0 |
| Chip Baldoni | 14.1 |
| M45 Johnny Williams | 11.8 |
| Thierry Boucquey | 12.5 |
| Steve Klock | 12.7 |
| M50 Stan Whitley | 11.7 |
| Rober Phillips | 12.3 |
| David Naylor | 12.5 |
| M55 Lee Gillespie | 13.4 |
| Roger Sprocket | 13.6 |
| Juan Bustamante | 13.7 |
| M60 Dick Richards | 12.3 |
| Bill Wright | 13.0 |
| Delos Eyer | 13.8 |
| M65 Floyd Gibbons | 13.5 |
| Jim Selby | 14.6 |
| Frank Kishi | 15.2 |
| M70 George Simon | 16.8 |
| M75 Alfred Guidet | 16.6 |
| M80 Clarence Trahan | 17.6 |
| Bert Morrow | 18.2 |
| M85 Pete Allen | 20.5 |
| W40 Debbie Selby | 16.6 |
| Katherine Herring | 16.7 |
| Anna Cok | 17.3 |
| W50 Avril Naylor | 14.6 |
| W55 Kathy Bergen | 14.8 |
| Marilyn Ongley | 16.8 |
| Nancy Brinkley | 18.1 |
| W65 Magdalena Kuehne | 17.7 |
| 200m | |
| M40 Scott Shaughnessy | 24.5 |
| James Bonilla | 24.8 |
| Danny Goldman | 26.4 |
| M45 Johnny William | 25.1 |
| Mike Tipping | 27.3 |
| Walter Fus | 27.3 |
| M50 Stan Whitley | 24.1 |
| David Naylor | 25.7 |
| Dale Herring | 25.9 |

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|------------------------|---------|
| M55 Lee Gillespie | 27.2 |
| Roger Sprocket | 27.4 |
| Anthony Craddock | 28.3 |
| M60 Frank Hollier | 27.9 |
| Delos Eyer | 28.9 |
| M65 Floyd Gibbons | 28.7 |
| Jim Selby | 30.3 |
| Frank Kishi | 32.1 |
| M70 Joseph Welch | 37.6 |
| M75 Alfred Guidet | 36.7 |
| M80 Bert Morrow | 18.5 |
| M85 Pete Allen | 44.3 |
| W40 Kathryn Herring | 34.8 |
| Debbie Selby | 35.2 |
| W50 Avril Naylor | 31.1 |
| Gloria Lockhart | 34.0 |
| W55 Marilyn Ongley | 34.5 |
| 400m | |
| M40 Peter Mogg | 54.3 |
| Scott Shaughnessy | 54.6 |
| Daniel Barry | 55.2 |
| M45 Steve Morris | 1:01.6 |
| Philip Gnesin | 1:02.3 |
| Walter Fus | 1:03.8 |
| M50 Stan Whitley | 54.6 |
| Bob Russell | 59.7 |
| M55 Gary Sims | 1:04.2 |
| M60 Frank Hollier | 1:07.9 |
| M65 Jim Selby | 1:08.8 |
| Al Sheahan | 1:13.7 |
| M80 Pete Ganahl | 1:50.0 |
| W40 Karen Baughn | 1:21.2 |
| Debbie Selby | 1:27.8 |
| W55 Marilyn Ongley | 1:20.4 |
| 800m | |
| M40 Peter Mogg | 2:01.2 |
| Barry Daniel | 2:01.4 |
| Steve Wult | 2:02.8 |
| M45 Bob Arnold | 2:50.5 |
| M50 Bob Russell | 2:16.5 |
| Steve Shepherd | 2:28.3 |
| M55 Gary Sims | 2:42.7 |
| Jon Barkman | 3:00.5 |
| M60 Jerry Jefferson | 2:37.4 |
| Ray Archibald | 3:01.1 |
| M65 Jim Selby | 2:35.2 |
| M75 John Boller | 5:50.7 |
| W45 Marina Jones | 2:46.5 |
| W55 Marilyn Ongley | 3:17.2 |
| 1500m | |
| M40 Danny Goldman | 4:44.7 |
| M45 Bob Arnold | 6:07.9 |
| Jerry Jefferson | 5:40.6 |
| M60 Ray Archibald | 6:22.9 |
| M65 Jim Selby | 5:41.3 |
| M70 Milo Sather | 6:34.5 |
| W45 Marina Jones | 5:18.6 |
| 3000m | |
| M40 Nikos Mourtos | 10:29.0 |
| Dave Cook | 10:34.1 |
| John Keatings | 10:57.0 |
| M45 Phil Marshall | 10:46.0 |
| Dan Hirst | 11:37.3 |
| Bob Arnold | 12:06.7 |
| M50 Dick Jones | 12:06.2 |
| John Cosgrove | 12:49.0 |
| M60 Jerry Jefferson | 12:00.2 |
| M65 Robert Culling | 11:33.6 |
| Jim Selby | 12:06.7 |
| W45 Marina Jones | 11:37.3 |
| W50 Jolene Steigewalt | 14:16.3 |
| Short Hurdles | |
| M50 Sheridan Groves | 16.2 |
| M60 Delos Eyer | 20.1 |
| M80 Bert Morrow | 18.5 |
| Long Hurdles | |
| M50 Sheridan Groves | 47.1 |
| M55 John Carr | 1:02.5 |
| M60 T Cannon | 48.0 |
| M65 Phillip Johnson | 1:04.7 |
| 4x100 Relay | |
| M40 Oldies but Goodies | 49.9 |
| Pius X | 55.8 |
| M50 Monsoon Trackclub | 50.2 |
| Fantoms | 55.3 |
| W50 Lady Monsoon | 1:05.5 |
| High Jump | |
| M40 Jason Meisler | 1.88 |
| David Perrin | 1.48 |
| M45 Charlie Rader | 1.83 |
| M50 Robert Pozzi | 1.68 |
| Jorge Birbaum | 1.48 |
| Glenn Palmer | 1.43 |
| M55 David Perry | 1.37 |
| Ira Ramjoo | 1.37 |

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| M65 Sam Teaford | 1.17 |
| Bob Perry | .99 |
| M80 Pete Ganahl | 1.00 |
| W45 A Steekelenburg | 1.43 |
| W60 Christel Miller | 1.17 |
| Pole Vault | |
| M40 Bill Halverson | 4.84 |
| John Arbogast | 2.75 |
| Charles Brown | 2.37 |
| M45 Ed Lipscomb | 4.72 |
| M50 Greg Miguel | 4.27 |
| M60 Hal Smith | 2.29 |
| M70 Donald Roser | 2.29 |
| Long Jump | |
| M40 David Perrin | 5.34 |
| M45 John Kuechle | 5.02 |
| M50 Carl Flowers | 5.70 |
| Leroy Clippis | 4.29 |
| M55 Alvin Henry | 5.06 |
| M60 Dick Richards | 5.52 |
| Jim Selby | 3.66 |
| M80 Clarence Trahan | 3.13 |
| W40 Christine Stone | 2.12 |
| W45 Debbie Vestal | 2.42 |
| W50 Avril Naylor | 4.10 |
| W55 Marilyn Ongley | 3.40 |
| Triple Jump | |
| M40 Dave Cook | 10.85 |
| M55 Alvin Henry | 10.38 |
| Ira Ramjoo | 7.95 |
| M65 Carlos Martinez | 6.68 |
| M75 Charles Mercurio | 6.77 |
| M80 Clarence Trahan | 6.39 |
| W45 Debbie Vestal | 5.93 |
| W50 Avril Naylor | 8.39 |
| W65 Magdalena Kuehne | 7.48 |
| Shot Put | |
| M40 James Kerman | 12.92 |
| David Perrin | 10.48 |
| M45 Mike Deller | 11.52 |
| Jim Cordes | 9.98 |
| Tim Fuehrer | 9.49 |
| M50 Glen Palmer | 12.72 |
| David Pena | 11.63 |
| Larry Lloyd | 8.91 |
| M55 David Archambault | 9.79 |
| Art Altschiller | 9.66 |
| Fred Hunter | 8.73 |
| M60 Hal Smith | 13.84 |
| Stewart Thompson | 12.93 |
| Alan Rosen | 10.14 |
| M65 Arnie Gaynor | 12.11 |
| Harry Hawke | 11.26 |
| Carlos Martinez | 10.35 |
| M75 Seymour Lampert | 8.63 |
| Jerry Siefert | 8.40 |
| W40 Karen Vaughn | 9.21 |
| W50 Patricia Hunter | 7.23 |
| W60 Mary Hirst | 6.63 |
| W65 Magdalena Kuehne | 7.27 |
| Discus | |
| M40 Del Barrett | 34.08 |
| David Perrin | 30.44 |
| M45 Mike Deller | 39.64 |
| Russ Reabold | 37.18 |
| Jim Cordes | 31.98 |
| M50 Glenn Palmer | 38.30 |
| David Rena | 32.44 |
| Larry Lloyd | 27.50 |
| M55 David Nuttall | 33.34 |
| David Archambault | 30.94 |
| Fred Hunter | 28.20 |
| M60 Stewart Thompson | 50.92 |
| Hal Smith | 43.06 |
| Gary Miller | 38.38 |
| M65 Arnie Gaynor | 43.78 |
| Harry Hawke | 43.64 |
| Don Hegberg | 40.46 |
| M70 Donald Roser | 29.78 |
| M75 Wilbur Thompson | 32.36 |
| Seymour Lampert | 25.08 |
| M80 Clarence Trahan | 20.18 |
| M85 Pete Allen | 18.02 |
| W50 Patricia Hunter | 18.48 |
| Hammer | |
| M40 David Perrin | 23.94 |
| M45 Mike Deller | 43.72 |
| M55 Fred Hunter | 27.00 |
| M60 Stewart Thomson | *53.32 |
| M75 Seymour Lambert | 24.86 |
| Javelin | |
| M40 David Perrin | 47.38 |
| M45 Mike Tipping | 40.96 |
| Ron Rook | 37.08 |
| M50 David Pena | 40.08 |

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|-----------------------|---------|
| M55 David Nuttall | 38.80 |
| Fred Hunter | 29.68 |
| Larry Tiffin | 24.84 |
| M60 Gary Miller | 44.56 |
| Hal Smith | 35.72 |
| M65 Carlos Martinez | 26.62 |
| Floyd Gibbons | 25.08 |
| M70 Del Pickarts | 43.32 |
| Donald Roser | 30.58 |
| M75 Jerry Siefert | 24.70 |
| W45 Surinder Brar | 9.80 |
| W50 Patricia Hunter | 20.86 |
| W60 Christel Miller | 25.16 |
| 5000m RW | |
| M50 M Blakeman | 34:11.9 |
| M55 Charles Hap | 34:01.8 |
| M60 Carl Acosta | 28:52.9 |
| Arvid Rolle | 31:31.9 |
| Leon Glzman | 32:16.0 |
| M65 John Kelly | 30:55.1 |
| Lloyd McGuire | 32:52.2 |
| W50 Jolene Steigewalt | 30:40.8 |
| C Covington | 42:14.5 |
| W55 Nancy Brinkley | 33:17.3 |
| Ena Dubnoff | 36:36.2 |
| Jean Mahoney | 40:12.6 |

*AR (Thompson/50.76/1993)

CANADA**Canadian Masters Championships
York U., Toronto; Aug. 16-17**

| | |
|---------------------------|-------|
| 100m | |
| M35 1 Foon Lee | 11.40 |
| 4 Willie Price US | 12.15 |
| M40 1 Kerry Smith | 11.20 |
| M45 1 Smoky Castillo US | 11.59 |
| 2 Les Hale | 11.63 |
| M50 1 Lloyd Hathcock US | 12.28 |
| 2 Kim Posonski | 13.01 |
| M55 1 Scott Tyler US | 12.74 |
| 2 Alan Slater | 12.99 |
| M60 1 Clark Little | 13.90 |
| M65 1 James Stookey US | 13.43 |
| 2 Ted Swanson US | 14.09 |
| 3 Ken Morris | 15.21 |
| M70 1 John O'Neill | 13.81 |
| 2 Chuck Sochor US | 15.26 |
| 3 Sam Madia US | 15.36 |
| W30 1 Kisha Carman US | 12.83 |
| 2 Linda Carly US | 13.02 |
| W35 1 Rose Getz US | 13.34 |
| 2 Corry Fox | 13.94 |
| W40 1 Deborah Lenz | 13.22 |
| W45 1 Charlotte Jarvis US | 15.61 |
| W50 1 Joyce Thomas | 14.46 |
| W60 1 Edith Gray | 15.93 |
| 2 Mary Melehan US | 17.15 |
| W80 1 Isabel Cunningham | 22.32 |
| 200m | |
| M35 1 Foon Lee | 23.06 |
| M40 1 Kerry Smith | 22.96 |
| M45 1 Les Hale | 23.65 |
| 2 Zeke Zlobicki US | 25.60 |
| M50 1 Lloyd Hathcock US | 24.92 |
| 2 Kim Posonski | 26.18 |
| M55 1 A Lopez Suarez | 28.18 |
| 2 Phil Byrne US | 29.04 |
| M60 1 Clark Little | 29.06 |
| M65 1 James Stookey US | 28.31 |
| 2 Ted Swanson US | 29.61 |
| 3 Ken Morris | 31.87 |
| M70 1 Chuck Sochor US | 32.59 |
| 2 Sam Madia US | 32.60 |
| M75 1 Tom Kennell US | 34.26 |
| W30 1 Linda Carly US | 26.87 |
| 2 Kisha Carman US | 27.61 |
| W35 1 Belinda McCoy US | 27.66 |
| 2 Rose Getz US | 27.92 |
| 3 Denise Neziroski | 29.01 |
| W40 1 Deborah Lenz | 27.44 |
| W80 1 Isabel Cunningham | 55.41 |
| 400m | |
| M35 1 Doug Ditchfield | 53.10 |
| 3 Willie Price US | 57.96 |
| M40 1 Francois Martel | 55.40 |
| 2 Horace Hudson US | 55.70 |
| 3 Bob Thomas US | 56.13 |
| M45 1 Gerald Feeney | 57.26 |
| 3 Peter Palmer US | 61.64 |
| M50 1 Glenn Hooper | 67.81 |
| M55 1 A Lopez Suarez | 64.30 |
| M60 1 Gerhard Krolow | 74.35 |
| 2 John Hurley US | 79.35 |
| M65 1 Earl Fee | 61.57 |
| 3 Wm Bergen US | 76.47 |
| W30 1 Deb Thomas US | 64.06 |
| 2 Kisha Carman US | 65.32 |
| W35 1 Belinda McCoy US | 65.53 |
| 2 Carol Felephuk | 65.53 |
| W45 1 Chitra Thuraijah | 94.02 |

| | |
|------------------------|----------|
| W60 1 Jean Horne | 76.28 |
| 2 Mary Melehan US | 87.24 |
| 800m | |
| M35 1 Doug Ditchfield | 2:10.47 |
| M40 1 Francois Martel | 2:05.99 |
| 2 Bob Thomas US | 2:07.12 |
| M45 1 Mike Carter | 2:15.79 |
| M50 1 Bruce Mitchell | 2:31.08 |
| M55 1 D Featherstone | 2:23.92 |
| M60 1 Gerhard Krolow | 2:53.44 |
| M65 1 Earl Fee | 2:19.14 |
| M70 1 Kurt Gelbhaar | 2:58.28 |
| 2 Sam Madia US | 3:11.17 |
| W30 1 Deb Thomas US | 2:31.04 |
| W35 1 Carol Felephuk | 2:37.19 |
| W40 1 Georgia Inglis | 2:32.20 |
| W50 1 Mary Zadel | 2:56.83 |
| W55 1 Marg Harrison | 4:10.13 |
| W60 1 Jean Horne | 2:54.17 |
| 2 Mary Melehan US | 3:24.59 |
| W70 1 Dony Brechbuehl | 4:06.26 |
| 1500m | |
| M35 1 Richard Earl | 4:31.10 |
| M40 1 Francois Martel | 4:26.21 |
| M45 1 Brad Simser | 4:34.65 |
| M50 1 Ron Ruffin US | 4:51.94 |
| 2 Murray Mostyn | 4:58.55 |
| M55 1 D Featherstone | 4:49.26 |
| M60 1 Jack Geddes | 5:06.24 |
| M65 1 Ed Whitlock | 5:04.30 |
| M70 1 Kurt Gelbhaar | 5:52.53 |
| W35 1 Cheryl Youldon | 5:01.43 |
| W40 1 Georgia Inglis | 5:12.66 |
| W45 1 Brenda Cassel | 7:07.39 |
| W50 1 Mary Zadel | 6:45.52 |
| W60 1 Helly Visser | 6:13.24 |
| 2 Mary Melehan US | 6:39.79 |
| W70 1 Dony Brechbuehl | 8:07.12 |
| 5000m | |
| M35 1 Ray Pacque | 16:38.19 |
| M40 1 Brian Burke | 16:33.75 |
| M45 1 John Clarke | 16:36.19 |
| M50 1 Mike Scott | 17:11.61 |
| 2 Ron Ruffin US | 17:38.21 |
| M55 1 Robert Moore | 17:23.37 |
| M60 1 Roger Davies | 18:36.75 |
| M65 1 Ed Whitlock | 17:52.01 |
| M70 1 Kurt Gelbhaar | 21:34.45 |
| M80 1 Les Leyland | 23:36.37 |
| W35 1 Jenny Ditchfield | 18:46.38 |
| W50 1 Monica Thomas | 22:11.02 |
| W55 1 J Christensen | 23:53.20 |
| W60 1 Helly Visser | 22:16.49 |
| 2 M Melehan US | 24:51.48 |
| 10,000m | |
| M35 1 Tim Andrew | 34:12.83 |
| M40 1 Tim Caney | 32:14.22 |
| M45 1 Bob Knuckey | 36:13.50 |
| M50 1 Mike Sheridan | 40:36.20 |
| M55 1 Robert Moore | 36:28.88 |
| M60 1 Roger Davies | 40:13.13 |
| M65 1 Kurt Gelbhaar | 45:12.90 |
| M80 1 Les Leyland | 58:47.23 |
| Hurdles | |
| M35 1 Glenn Chipkar | 17.69 |
| M45 1 Steve Bogatek | 18.08 |
| M50 1 Bill Argus US | 16.00 |
| M55 1 Scott Tyler US | 16.00 |
| 2 Phil Byrne US | 20.50 |
| M60 1 Bob Land | 20.66 |
| M65 1 James Stookey US | 16.91 |
| 2 Ted Swanson US | 20.91 |
| M70 1 Chuck Sochor US | 20.83 |
| W30 1 Karyn Humber | 14.33 |
| W35 1 Corry Fox | 16.87 |
| W60 1 Edith Gray | 18.96 |
| Long Hurdles | |
| M35 1 Glenn Chipkar | 59.49 |
| M40 1 Horace Hudson US | 63.17 |
| 2 C Swanekamp US | 72.70 |
| M45 1 Steve Bogatek | 63.63 |
| 2 Pete Palmer US | 72.93 |
| 3 A Laframboise US | 76.76 |
| M55 1 M Kotkapura | 2:10.65 |
| M60 1 Bob Land | 60.11 |
| M65 1 Jim Stookey US | 51.61 |
| 2 Ted Swanson US | 59.99 |
| 3 Ken Morris | 63.74 |
| M70 1 Chuck Sochor US | 59.18 |
| Steeplechase | |
| M35 1 Steve Keating | 10:50.96 |
| M40 1 Fred Robbins | 9:57.84 |
| M45 1 Doug Smith | 12:37.78 |
| M55 1 V Christensen | 12:40.41 |
| M60 1 John Hurley US | 9:30.47 |
| M65 1 Geo Freeman US | 9:25.10 |
| 2 Ken Morris | 12:01.08 |
| M70 1 C Sochor US | 11:25.63 |
| 2 Peter Fellowes | 11:43.61 |
| 4x100m Relay | |
| M35 1 Mississauga TC | 45.64 |
| M40 1 USA 40-49 | 45.09 |
| 2 Woodstock Lgn AC | 49.12 |

Continued from previous page

| | |
|------------------------|-------|
| M65 1 Ray Feick US | 34.44 |
| 2 Max Woerle | 32.44 |
| 3 Bill Bergen US | 26.22 |
| M70 1 Lari Pavasars | 30.20 |
| M75 1 Garry Bachman | 30.28 |
| M80 1 Ian Hume | 22.80 |
| M85 1 Karl Trei | 17.92 |
| W30 1 J Rasenberg | 29.24 |
| W35 1 M Hopkins US | 21.02 |
| 2 Terry Manley | 20.16 |
| W40 1 Kim Kasperski | 22.36 |
| W45 1 Karen Hladki | 24.72 |
| W50 1 Joyce Thomas | 32.08 |
| W55 1 Annie Lands US | 25.16 |
| W60 1 D Swanson US | 20.02 |
| W65 1 Velta Tomsons | 18.74 |
| W75 1 Elga Merl | 15.38 |
| Hammer | |
| M45 1 Boris Zaitchouk | 52.34 |
| M50 1 Chris Kirlis | 44.22 |
| 2 John Izzo US | 36.34 |
| M55 1 Mastan Kotkapura | 18.42 |
| M60 1 Emil Muller | 48.86 |
| M65 1 Max Woerle | 39.96 |
| 2 Ray Feick US | 37.52 |
| M70 1 Peder Nielsen | 24.74 |
| M75 1 Arvids Zakis | 25.54 |
| M80 1 Ian Hume | 21.26 |
| W55 1 Annie Lands US | 28.86 |
| W60 1 D Swanson US | 25.34 |
| Javelin | |
| M35 1 Marty Withers | 56.24 |

LONG DISTANCE RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 2 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

NATIONAL
**USATF National Masters
Championships, Tulsa Run 15K
Indy Life Circuit
Tulsa, OK; Oct. 25**

| | |
|--------------------|---------|
| Overall | |
| Peter Githuka | 43:15 |
| Delillah Asiago | 49:22 |
| M40 Craig Young* | 47:29 |
| Charlie Gray* | 49:12 |
| Douglas Clark* | 49:15 |
| Dan Lawson | 49:55 |
| Greg Lautenslager | 49:57 |
| David Johnson | 50:06 |
| Kieth Dowland | 50:26 |
| Lloyd Stephenson | 51:06 |
| Norman Roper | 52:04 |
| Stann Vernon | 52:42 |
| M45 Doug Kurtis* | 49:23 |
| Gary Romesser* | 49:38 |
| Bill Aragon* | 53:34 |
| David Williams | 54:14 |
| Tom Lloyd | 54:32 |
| Gregory Owings | 56:42 |
| Jeff Bullard | 56:45 |
| Mike Allen | 57:05 |
| Peter Mayo | 57:21 |
| Mark Donelson | 58:00 |
| M50 Jeff Berven | 53:27 |
| Bill Dunn* | 55:25 |
| Bernard Wright* | 57:20 |
| Rick Brower | 58:18 |
| Charles Mabry | 58:54 |
| Warren Jones | 58:57 |
| Edward Gustavson | 59:20 |
| Larry McKee | 59:30 |
| Robert Maddy* | 59:52 |
| Ron Kuykendall | 1:00:06 |
| M55 Fay Bradley* | 53:29 |
| Alberto Rivas | 57:52 |
| George Marchetti | 58:30 |
| Gerald Glass | 1:00:00 |
| Glenn Lumry* | 1:02:38 |
| Richard Martin | 1:03:29 |
| Andy Hogan* | 1:04:18 |
| Freddy Rodriguez | 1:04:43 |
| Billy Jaynes | 1:05:40 |
| Robert Mason | 1:05:42 |
| M60 Oleg Morozov | 59:14 |
| Sonny Monioz* | 59:17 |
| Bobby Kincaid* | 1:00:59 |
| Charles Doze | 1:03:05 |
| Fred Dice* | 1:05:18 |
| Bob Adkins | 1:05:45 |
| Jose Herrera | 1:06:50 |
| Paul Dean | 1:08:06 |
| Donald Antle | 1:08:30 |
| George Templeton | 1:10:16 |
| M65 Paul Heitzman* | 1:00:03 |
| Patrick Devine* | 1:08:09 |
| Jack Gentry | 1:08:57 |

| | |
|---------------------------|-------|
| M40 1 Mike Finkbeiner | 46.94 |
| M45 1 A Laframboise US | 40.06 |
| 2 Les Hale | 30.12 |
| M50 1 Bill De Horn | 42.78 |
| M55 1 Fred Parmenter | 43.46 |
| 2 Phil Byrne US | 38.16 |
| M60 1 Eero Yia Outinen | 40.74 |
| M65 1 Ray Feick US | 37.32 |
| 2 Max Woerle | 25.96 |
| M70 1 Kurt Hering | 20.50 |
| M75 1 Arvids Zakis | 24.06 |
| M80 1 Ed Purgalis | 26.68 |
| M85 1 Karl Trei | 19.48 |
| W35 1 Michelle Hopkins US | 24.02 |
| W40 1 Xain Hering | 13.88 |
| W50 1 Joyce Thomas | 28.18 |
| W55 1 Annie Land US | 23.44 |
| W60 1 Dortha Swanson US | 20.12 |
| W75 1 Elga Merl | 18.06 |
| W80 1 I Cunningham | 10.10 |

Weight (?)
 W55 1 Annie Lands US 9.76
 W60 1 Dortha Swanson US 10.44

| | |
|-----------------------|----------|
| 5000m Racewalk | |
| M35 1 Tomis Jenkins | 27:23.36 |
| M50 1 Mike Stones | 26:11.76 |
| M55 1 K Uusikartano | 32:37.30 |
| M60 1 S Summerhayes | 28:07.67 |
| M70 1 S Brancaccio | 31:17.76 |
| W30 1 Joni Bender | 23:20.82 |
| W45 1 Laura Lynn | 26:21.73 |
| W60 1 J Provost | 30:57.70 |

Age-Graded Champions
 Steve Jones (41) 45:16 (43:30)
 Jane Welzel (41) 53:32 (51:07)

Azalea Trail Run 10K
Mobile, AL; Mar. 22

| | |
|--------------------------|-------|
| Masters Champions | |
| Craig Young | 30:48 |
| Ruth Wysocki | 33:22 |

Age-Graded Champions
 Gary Romesser (46) 31:06

| | |
|-------------------|---------------|
| Ruth Wysocki (40) | 33:22 (31:58) |
|-------------------|---------------|

Indianapolis Life 500
Half Marathon
Indianapolis, IN; May 2

| | |
|--------------------------|---------|
| Masters Champions | |
| Steve Plasencia | 1:05:33 |
| Jane Welzel | 1:14:32 |

Age-Graded Champions
 Warren Utes (76) 1:30:19

| | |
|---------------------|-------------------|
| Shirley Matson (56) | 1:23:53 (1:10:10) |
|---------------------|-------------------|

Freihofer's Run for Women 5K
Albany, NY; May 31

| | |
|-------------------------|-------|
| Masters Champion | |
| Ruth Wysocki | 16:06 |

Age-Graded Champion
 Ruth Wysocki (40) 16:06 (15:20)

PacificCare Bastille Day
Celebration 8K
Newport Beach, CA; July 12

| | |
|--------------------------|-------|
| Masters Champions | |
| Craig Young | 24:05 |
| Ruth Wysocki | 26:19 |

Age-Graded Champions
 Warren Utes (77) 33:27 (22:28)

| | |
|-------------------|---------------|
| Ruth Wysocki (40) | 26:19 (25:10) |
|-------------------|---------------|

Chicago Distance Classic 5K
Chicago, IL; July 20

| | |
|-------------------------|-------|
| Masters Champion | |
| Craig Young | 15:07 |

Age-Graded Champion
 Warren Utes (77) 20:03 (13:26)

Twin Cities Marathon
Minneapolis/St. Paul, MN; Oct. 5

| | |
|--------------------------|---------|
| Masters Champions | |
| Steve Plasencia | 2:19:06 |
| Jane Welzel | 2:42:31 |

Age-Graded Champions
 Steve Plasencia (40) 2:19:06 (2:16:48)

| | |
|------------------|-------------------|
| Jane Welzel (42) | 2:42:31 (2:35:48) |
|------------------|-------------------|

Tulsa Run 15K
Tulsa, OK; Oct. 25

| | |
|--------------------------|-------|
| Masters Champions | |
| Craig Young | 47:29 |
| Jane Welzel | 55:02 |

Age-Graded Champions
 Fay Bradley (59) 53:29 (44:38)

| | |
|-------------------|---------------|
| Joan Ottaway (53) | 59:43 (51:15) |
|-------------------|---------------|

EAST
Brewery Exchange 5K
Lowell, MA; Sept. 7

| | |
|----------------|-------|
| Overall | |
| Art Smith | 14:37 |
| Maggi Murray | 16:54 |

| | |
|---------------------|-------|
| M40 John Barbour | 15:13 |
| M45 Tom Carroll | 16:10 |
| M50 Larry Olsen | 16:00 |
| M55 Charles Kellogg | 18:22 |
| M60 Bill Riley | 17:48 |
| M65 Leland Chisholm | 22:42 |
| M70 Louis Peters | 28:48 |
| M75 Phil Campbell | 29:28 |
| W40 Mary Lammi | 17:50 |
| W45 Sue Maslowski | 19:48 |
| W50 Sue Gustafson | 19:38 |
| W55 Carie Parsi | 20:59 |
| W60 Patricia Ring | 32:41 |
| W65 Joyce Hals | 26:43 |

Teams (5-40/50, 3-60)
 M40 Central MA Str 1:19:58
 M50 Cambridge Sports 1:30:25
 M60 Central MA Str 1:01:09
 W40 Central MA Str 1:33:43
 W50 Central MA Str 1:06:49

Reach Out to a Child 5K
Washington, DC; Sept. 7

| | |
|--------------------|-------|
| Overall | |
| Raymond Pugsley 28 | 14:38 |

Wall Street 5K,
Wall Street, NYC; Sept. 18

| | |
|------------------------|-------|
| Overall | |
| Alan Wells 34 | 16:21 |
| Jennifer Janisch 22 | 19:49 |
| M40 Robert Francis 48 | 18:38 |
| Mark Whisler 46 | 19:04 |
| Jim Hornecker | 19:10 |
| M50 Robert Hansen 51 | 19:10 |
| Emanuel Chosak 50 | 19:48 |
| M60+Al Puma 67 | 27:30 |
| Albert Orsi 61 | 34:35 |
| Abe Weintraub 87 | 35:09 |
| W30 Mary Macneill 31 | 20:53 |
| Mary McConnell 35 | 21:28 |
| W40 J Zwierzchowska 44 | 21:59 |
| Ella Woger 48 | 24:52 |
| Maria Shafrensky 42 | 24:52 |
| W50 Ann Makoske 52 | 22:14 |
| Julia Yaffee 53 | 23:51 |
| W60+Naomi Vogel 62 | 26:04 |

Powergel National
Capital 20-Miler
Alexandria, VA; Sept. 28

| | |
|---------------------|---------|
| Overall | |
| Mike Harrison 30 | 1:51:09 |
| Sharon Servidio 24 | 2:12:02 |
| M40 Steven Ward | 1:56:17 |
| Jon Thoren | 2:07:10 |
| William Troy | 2:15:48 |
| M45 J J Wind | 2:08:19 |
| Mark Grumer | 2:14:51 |
| James Warren | 2:22:12 |
| M50 Jay Houseman | 2:23:39 |
| Louis Pilsch | 2:28:41 |
| Fred Gedrich | 2:29:51 |
| M55 John Haubert | 2:21:05 |
| Malcom O'Hagen | 2:27:11 |
| Michael Shannon | 2:44:30 |
| M60 Alvin Marcy | 2:39:30 |
| Mich McKeown | 3:23:42 |
| Wayne Black | 3:39:09 |
| M65 Donald McCarten | 3:20:38 |
| W40 Betty Blank | 2:27:19 |
| Lindy Spruill | 2:46:28 |
| Linda Sheimo | 2:52:07 |
| W45 Sandra Adams | 2:33:00 |
| Maria Nusbaum | 2:51:29 |
| Gardenia Pittman | 2:58:47 |
| W50 Kay Sammons | 3:16:09 |
| Irene Pieper | 3:26:47 |
| Georgiana Havill | 3:27:15 |

MS Challenge 5K & Half-Marathon,
Washington, DC; Sept. 14

| | |
|-----------------------|-------|
| 5K | |
| Overall | |
| Tom Woods 26 | 15:56 |
| Susan Thomas 29 | 18:11 |
| M40 Gregory Price | 18:20 |
| Ed Newcomer | 18:53 |
| Jerry Bitting | 20:45 |
| M45 Cornell Rowbotham | 24:00 |
| Robert Smart | 26:13 |
| Eric Schlesinger | 26:36 |
| M50 Glen Homan | 24:30 |
| Edward Leiby | 30:07 |
| Joseph Drew | 33:32 |
| M55 Carl Cox | 20:40 |
| James Sykes | 22:52 |
| Marshall Catoe | 24:18 |
| M60 Kenneth Owens | 26:58 |
| M70 Thaddeus Taylor | 30:34 |
| W40 Pamela Wusthof | 24:07 |
| Sheila Cave | 24:28 |
| Susan Kellam | 24:52 |
| W45 Linda Walgenbach | 25:23 |
| Judith Holt | 27:06 |
| Penny Bodine | 27:20 |
| W50 Loida Velilla | 24:23 |
| Pamela Diamond | 33:32 |
| W60 Lillian Wolfe | 40:37 |

Half-Marathon
Overall
 Darrell General 31 1:05:45
 Donna Moore 36 1:19:38
 M40 Jon Thoren 1:17:41
 John Marquart 1:21:34
 Vernon Loeb 1:23:23
 M45 J J Wind 1:20:25
 Milan Basta 1:23:16
 Bradford Loo 1:23:30
 M50 Fred Romkema 1:25:03
 Edward Doheny 1:26:50
 Gary Chidester 1:28:24
 M55 Warren Prenella 1:29:34
 Malcolm O'Hagen 1:30:50
 Francisco Sanches 1:31:23
 M60 Robert Wutrich 1:26:55
 Richard Williams 1:43:56
 Joseph Koletar 1:46:40
 M65 Hugh Ferry 1:47:59
 Keith Mulrooney 1:59:16
 Donald McCarten 2:05:51
 W40 Mary Astrop 1:26:41
 C Ventura-Merkel 1:26:47
 Shelley Ralston 1:30:36
 W45 Susan Humphries 1:31:04
 Sandra Adams 1:33:38
 G Welde 1:35:15
 W50 Ellie Thayer 1:49:22
 Priscila Prunella 1:50:10
 W55 Sharon Dolan 1:34:03
 Nancy Linck 1:54:45
 Sadj Bartolo 1:56:08

Georgetown 10K
Washington, DC; Oct. 5

| | |
|-----------------------|-------|
| Overall | |
| Eric O'Brien 23 | 31:00 |
| Kristy Johnston 32 | 35:34 |
| M35 Chris Fox | 31:38 |
| Jim Hage | 32:23 |
| Bill Aldrich | 34:30 |
| M40 Roberto Rodriguez | 35:31 |
| Peter Darmody | 37:14 |
| David Andrews | 37:55 |
| John Bacon | 39:05 |
| Doug Taylor | 39:26 |
| Mark Baldino | 39:37 |
| John Wallerstedt | 39:45 |
| M45 Jay J Wind | 36:54 |
| Rick Kelsey | 39:09 |
| Harvey Balser | 39:51 |
| Peter Lunt | 40:15 |
| Jim Porterfield | 40:22 |
| M50 Paul Zink | 36:47 |
| Mike Golash | 41:44 |
| Bob Chase | 41:56 |
| Bill Scott | 42:12 |
| James Daley | 43:22 |
| M55 Gerry Ives | 38:52 |
| John Haubert | 40:13 |
| Henry Sierka | 41:05 |
| David Harrell | 43:31 |
| Chas Raper Jr | 44:03 |
| M60 Chan Robbins | 41:52 |
| Carl Fox | 44:41 |
| Julian Ives | 46:17 |
| M65 Larry Dickerson | 44:54 |
| Ernie Hurst | 48:25 |
| Don McCarten | 50:55 |
| M70 Dixon Hemphill | 49:15 |
| Ray Blue | 53:19 |
| Frank Haines | 68:10 |
| W35 Ann Conlin | 41:03 |
| Suzanne Romness | 41:34 |
| Codi Dudley | 41:40 |
| W40 Linda Wack | 39:26 |
| Cathy Ventura-Merkel | 39:55 |
| Jan Tripp | 42:28 |
| Betty Blank | 42:32 |

Army 10 Miler
Washington, DC; Oct. 12

| | |
|--------------------|-------|
| Overall | |
| Dan Browne 22 | 47:44 |
| Chris Udovich 31 | 56:58 |
| M35 Chris Fox | 49:35 |
| Sammy Ngatia | 49:39 |
| Thomas Doody | 52:56 |
| M40 Tom Borschel | 52:44 |
| Dave Kannewurf | 53:21 |
| Jim Whitnah | 54:17 |
| Brad Ingram | 54:23 |
| Pete Gibson | 54:37 |
| Peter Kirk | 55:03 |
| Lloyd McDonald | 55:15 |
| Bob Dalton | 55:35 |
| Terry Marcott | 55:43 |
| Mike Barnes | 56:52 |
| M45 J J Wind | 58:44 |
| Ridge Kelley | 58:46 |
| Bob Torchia | 59:22 |
| Jim Moreland | 59:23 |
| Larry Camp | 59:44 |
| M50 Jose Yanez | 59:34 |
| Pat Griffith | 61:59 |
| Mal Replogie | 63:45 |
| Ken Dent | 64:18 |
| M55 Garry Ives | 60:20 |
| Mal O'Hagan | 65:20 |
| Cal Fowler | 65:23 |
| Carl Grimm | 66:14 |
| M60 Wm Hoss | 69:59 |
| Bozia Hall Jr | 70:43 |
| Al Marcy | 73:18 |
| M65 Geo Yannakakis | 69:44 |
| Larry Dickerson | 70:22 |
| Gresh Downs | 76:29 |
| M70 Dixon Hemphill | 77:38 |
| Nianxiang Xie | 79:02 |

USATF New England
Championships
Attleboro, MA; Oct. 5

| | |
|-----------------------|---------|
| Overall | |
| Peter Bithuka | 22:32 |
| Kathy Franey | 26:00 |
| M40 John Barbour | 25:00 |
| M45 Tom Carroll | 26:59 |
| M50 Larry Olsen | 26:04 |
| M55 Charles Kellogg | 29:44 |
| M60 Bill Riley | 29:21 |
| M65 Joe Fernandez | 31:24 |
| M70 Doug Blanchard | 37:30 |
| M80 Bob Phinney | 50:23 |
| W40 Mary Lammi | 26:00 |
| W45 Sue Maslowski | 32:18 |
| W50 Sue Gustafson | 32:49 |
| W55 Elsa Murphy | 43:15 |
| W60 Barbara Belanger | 44:25 |
| W65 Lillian Christmas | 58:00 |
| W70 Starre Najarian | 1:05:52 |

Continued from previous page

| | |
|-------------------------|---------|
| Marcel Bitoun | 83:01 |
| M75 Geo Richardson | 2:24:01 |
| Henry Heymann | 2:30:31 |
| M80 Fay Steele 81 | 1:50:32 |
| W35 Donna Moore | 58:21 |
| Cecilia Lutz | 60:37 |
| Stacey Nicholson | 61:12 |
| W40 Cathy VenturaMerkl | 63:33 |
| Linda Wack | 64:32 |
| Donna Lewis | 66:51 |
| RosemaryRodrigues66:52 | |
| Pat Donohue | 67:42 |
| Betsy Callanan | 68:09 |
| W45 Susan Humphries | 67:22 |
| GwenEsdaileTorchia68:45 | |
| Sandra Adams | 70:31 |
| Karen Erb | 73:37 |
| W50 Randon Fritsch | 68:23 |
| Hideko Pirie | 70:28 |
| Linda Tice | 75:48 |
| W55 Sharon Dolan | 69:25 |
| Kathy Lewis | 79:19 |
| Janet Newburgh | 83:27 |
| W60 Gisele Lindsay | 81:35 |
| Tami Graf | 83:03 |
| JeanetteChambers | 96:42 |
| W65 Marge Stahl | 2:03:58 |
| W70 Kay Morrison | 1:42:45 |
| Phyllis Edwards | 2:12:58 |
| W80 Hedy Marque 80 | 1:38:21 |

Tufts Health Plan Women's 10K, Boston, MA; Oct. 12

| | |
|-------------------------|---------|
| Overall | |
| Gladys Ondeyo 22 | 32:46 |
| W40 Gillian Horowitz 42 | 36:14 |
| Janet Takahasi 41 | 37:19 |
| S Kessler 40 | 38:55 |
| C Thomas 40 | 39:08 |
| W50 Mary Ryczek 51 | 42:29 |
| Janet Bober 53 | 44:03 |
| Katherine Ives 51 | 45:15 |
| Doris Murphy 53 | 46:52 |
| Eliz Murphy 51 | 47:04 |
| W60 Ellen Clark 60 | 55:16 |
| Joyce Hals 65 | 55:30 |
| Joan Fitzgerald 60 | 58:13 |
| S O'Hara 61 | 1:01:06 |
| D Zimmerman 66 | 1:01:58 |
| W70+ Ani Rak 71 | 1:08:03 |
| Louise Rossetti 76 | 1:13:52 |
| Avis Feldman 72 | 1:17:40 |
| Marie Lunt 82 | 1:23:39 |
| D Thornley 73 | 1:25:44 |

Oyster Festival 5K Oyster Bay, L.I., NY; Oct. 18

| | |
|-----------------------------|-------|
| Overall | |
| Michael Going 25 | 16:06 |
| Kathy Martin 46 | 18:35 |
| M40 Skip Murray | 17:26 |
| John Del Maestro | 17:46 |
| Adrian Starrett | 18:33 |
| M45 John Lupski | 18:27 |
| Nick Mondello | 20:06 |
| Pat Viola | 20:41 |
| M50 Lutz Hoffman | 18:51 |
| Pete Mugglestone | 19:16 |
| Leo Pfeiffer | 19:21 |
| M55 Tom Shay | 20:21 |
| Richard Roth | 20:24 |
| John Doyle | 20:53 |
| M60 Bob Mitchell | 20:58 |
| Jim Ducrow | 24:39 |
| Dan Jacobs | 24:53 |
| M65 Walt McCarthy | 23:44 |
| Guy Froehlig | 23:54 |
| Ira Brotman | 26:49 |
| M70 Sid Platt | 28:26 |
| Cliff Gulbransen | 29:05 |
| M75+Bill Benson 78 | 29:21 |
| Ed Finkelstein 75 | 31:23 |
| W40 Kathy Martin 46 | 18:35 |
| Teresa Gregory | 21:09 |
| Joan Woletsky | 25:29 |
| W45 Joanne Gallo | 22:19 |
| Eliz Penagos | 24:13 |
| Lorraine Desposito | 24:58 |
| W50 Hilory Boucher | 24:38 |
| Erica Gassen | 26:54 |
| Selma McLean | 29:28 |
| W55 Fran Zaslow | 26:30 |
| W60 Maryann Castaldo | 31:09 |
| Ruth Sturgess | 31:14 |
| W65 Vera Allen | 32:33 |
| Isabelle MacLeod | 36:37 |
| W75+AltheaWetherbee78:40:17 | |

Race Against Racism 5K Washington, DC; Oct. 19

| | |
|----------------------|-------|
| Overall | |
| Kevin Idiome 24 | 15:10 |
| Ruth O'Hara 34 | 18:43 |
| M40 Alphonso Coles | 20:12 |
| Jerry Bitting | 20:18 |
| Craig Masback | 20:54 |
| M45 Chuck Moeser | 16:09 |
| Lee Dutton | 20:26 |
| Robert Weiner | 21:31 |
| M50 Michael Golash | 19:26 |
| Edward Mouton | 24:09 |
| Robert Mrak | 26:30 |
| M55 John Haubert | 19:04 |
| Robert Davis | 29:06 |
| James Lavelle | 31:13 |
| M60 Bill Lorentz | 26:34 |
| W Gundersheimer | 28:38 |
| M70 Edward Dack | 43:32 |
| W40 Rolena Chutate | 22:54 |
| Jean Holcombe | 23:38 |
| Margaret Totten | 25:09 |
| W45 Valerie Campbell | 21:02 |
| Suzi Lorentz | 23:11 |
| Janice Rankins | 23:24 |
| W50 Joan Laffey | 32:23 |
| Lynn Liotta | 40:54 |
| W55 Nan Shepard | 25:17 |
| E Stephenson | 34:18 |

Marine Corps Marathon Washington, DC; Oct. 25

| | |
|-----------------------|---------|
| Overall | |
| Darrell General 31 | 2:18:20 |
| Donna Moore 37 | 2:53:42 |
| M40 Steven Ward | 2:34:32 |
| Ginge Gough | 2:35:07 |
| V Cuevas Cardoa | 2:46:37 |
| Dante Ciolfi | 2:47:09 |
| Thaddeus Noll | 2:49:19 |
| Wayne Howell | 2:50:15 |
| Luis Diaz Ayala | 2:50:37 |
| S Simmons | 2:51:47 |
| Jay Woods | 2:51:55 |
| Larry Miller | 2:56:43 |
| M45 Al Rich | 2:42:09 |
| Mike Ziegler | 2:44:22 |
| Ken Miller | 2:50:37 |
| Rich Rima | 2:53:50 |
| Richard Tyte | 2:54:48 |
| Jaime Arizmendi | 2:55:31 |
| Terry Parks | 2:56:35 |
| Swartzendruber | 2:57:12 |
| Chris Arey | 2:57:41 |
| K Greenwell | 2:58:39 |
| M50 John Kirkpatrick | 2:54:54 |
| Alejandro Ulloa | 2:58:28 |
| Michael Gibby | 2:59:59 |
| Jose Yanez | 3:02:17 |
| Elliott Lehman | 3:02:58 |
| Ron Rembaum | 3:11:26 |
| Michael Ward | 3:13:25 |
| Daniel Turner | 3:14:06 |
| Kenneth Dent | 3:14:16 |
| M55 Mel Williams | 2:55:15 |
| J Frank Smith | 3:05:24 |
| David Gibson | 3:11:28 |
| James Hill | 3:11:50 |
| John Haugh | 3:12:37 |
| R Navarrete | 3:15:07 |
| Fred Gedrich | 3:15:14 |
| Carl Grimm | 3:17:40 |
| Bill Zehner | 3:17:32 |
| M60 Leon Bierbower | 3:16:16 |
| Willi Rupprecht | 3:30:18 |
| David Morgan | 3:33:29 |
| Bob Watkinson | 3:26:10 |
| Lawrence Corley | 3:41:24 |
| Quang Nguyen | 3:41:44 |
| R Langton | 3:44:41 |
| Dick Green | 3:43:18 |
| M65 Robert Johnson | 3:14:28 |
| G Yannakakis | 3:42:57 |
| Richard Sullivan | 3:45:55 |
| Wayne Myers | 3:59:48 |
| John Sadlouskos | 4:06:30 |
| George Tarrico | 4:07:34 |
| Harold Collins | 4:10:21 |
| Donald Bergman | 4:13:54 |
| M70+ Marcel Bitoun 70 | 3:26:28 |
| Phil Mongillo 72 | 4:14:57 |
| Harry Kirsch 74 | 4:29:16 |
| D Irrera 71 | 4:34:23 |
| W Washburn 75 | 4:42:12 |
| Alfred Down 70 | 4:54:31 |
| C Mendell 76 | 4:57:47 |

| | |
|--------------------|---------|
| W40 Sara Dwyer | 3:15:46 |
| Linda Russo | 3:20:48 |
| Betty Hoshioan | 3:22:01 |
| Ann Meckley | 3:34:39 |
| Linda Sheimo | 3:29:46 |
| Maryh Brereton | 3:29:47 |
| Manuela Stanga | 3:29:23 |
| M Lybarger | 3:37:21 |
| W45 Paula Wahl | 3:23:21 |
| Sandra Adams | 3:27:18 |
| Karen Letts | 3:31:17 |
| Kiki Sweigart | 3:34:24 |
| G Welde | 3:45:56 |
| Robin McKenzie | 3:37:55 |
| Rachella Seeley | 3:39:32 |
| Corinne Buoni | 3:44:37 |
| W50 H McGaffigan | 3:31:38 |
| Barbara Isom | 3:49:49 |
| Charles Wattles | 3:48:09 |
| Marilyn Patrick | 3:47:43 |
| Maureen Meyer | 3:52:29 |
| Anne Grossman | 3:53:12 |
| Sue Foss | 3:58:19 |
| W55 Hwa Ja Andrade | 4:09:05 |
| Marilyn Hick | 4:16:41 |
| Vivian Johnson | 4:16:43 |
| Pat L'Italien | 4:27:18 |
| Kathy Price | 4:35:21 |
| Liz Johnson | 4:40:51 |
| Linda Brittain | 4:40:39 |
| W60 Emmy Bonnell | 4:06:50 |
| Deana Gunger | 4:24:54 |
| Elaine Weekley | 4:25:35 |
| Harriet Anderson | 4:26:09 |
| Dorothy Marden | 4:35:48 |
| Evelyn Zerfos | 4:37:37 |
| W65 Patricia Gray | 5:12:20 |
| Betsy Page | 5:29:50 |
| Ethel Autorino | 5:35:23 |
| L Washington | 5:39:31 |
| Jackie Benoit | 5:58:58 |
| Lorraine Cephus | 6:12:38 |
| W70 Canh Eggleston | 4:39:52 |
| Betty Walker | 4:47:09 |
| M Haggerty | 6:12:53 |

Mohawk-Hudson River Marathon/USATF Adirondack Marathon Championships Schenectady-Albany, NY Oct. 26

| | |
|----------------------|---------|
| Overall | |
| Zach Yannon 23 | 2:33:03 |
| Gayle Porcelli 39 | 2:56:05 |
| M40 David Apolinario | 2:44:41 |
| George Shurter | 2:46:09 |
| Arne Hammarlund | 2:53:01 |
| M45 Ronald Johnston | 2:49:15 |
| Bruce Glasspoole | 2:50:55 |
| Dan Logan | 2:54:47 |
| M50 Zeke Zucker | 2:59:24 |
| Alain Moureaux | 3:00:37 |
| Darryl Ferguson | 3:02:27 |
| M55 Roger Goulet | 3:08:50 |
| Jim Moore | 3:13:57 |
| G Lamontagne | 3:18:29 |
| M60 Fred Bostrom | 3:34:24 |
| John Waterman | 3:49:35 |
| Ben Burd | 3:50:40 |
| M65 Dick Murphy | 3:57:10 |
| Harry Chafetz | 4:04:58 |
| Joe Panni | 4:52:53 |
| M70 Jean Malo | 5:13:30 |
| W40 Doreen Friedman | 3:14:15 |
| Karen Provencher | 3:15:57 |
| Jo-Ann Spinelli | 3:16:40 |
| W45 Mary DeNitto | 3:28:09 |
| Kathleen Strait | 3:45:06 |
| Sharon Trumble | 3:47:18 |
| W50 Martha Anderson | 3:47:04 |
| Susan Magher | 3:59:54 |
| Margaret Ferrara | 4:11:43 |
| W55 Sara Moss Herz | 4:06:39 |
| Mary Phillips | 4:16:16 |
| Helen Hill | 5:24:41 |

South Shore 4 Mile Sprint Bay Shore, L.I., NY; Nov. 1

| | |
|--------------------|-------|
| Overall | |
| Mike Guastella 27 | 19:47 |
| Barbara Gubbins 37 | 23:36 |
| M40 Don Di Donato | 20:19 |
| Phil Richey | 20:39 |
| John Williams | 21:44 |
| M45 Paul Mascali | 21:11 |
| Rudolph Pekorek | 22:20 |
| Nick Caswell | 22:42 |
| M50 Hugh Sweeny | 22:13 |

| | |
|-----------------------|-------|
| Julio Aguirre | 24:10 |
| Lutz Hoffman | 24:23 |
| M55 Sam Skinner | 23:11 |
| Joe Cordero | 24:39 |
| Art Brunelle | 29:03 |
| M60 Mike Goldman | 25:43 |
| Mel Cowgill | 26:31 |
| Geza Feld | 27:11 |
| M65 Harry Irwin | 29:13 |
| Guy Froehlig | 29:58 |
| M70 Bert Jablon | 31:58 |
| John Niesen | 38:24 |
| M75+ManfredGundell79 | 40:37 |
| Ed Finkelstein 75 | 41:10 |
| W40 Marg Marascia | 26:38 |
| Linda Ottaviano | 26:58 |
| Suzanne Schoen | 27:02 |
| W45 Kathy Martin | 23:46 |
| Mary Wagner | 28:18 |
| Joanne Gallo | 28:54 |
| W50 Betty Horstmann | 27:14 |
| Nancy Tischler | 28:09 |
| MaryAnneGoldman28:26 | |
| W55 Mary Nathan | 26:55 |
| Annette Frisch | 30:18 |
| Wendy Burns | 32:00 |
| W60 Marg Carinci | 33:22 |
| Billie Moten | 38:12 |
| W65 Dolly Finkelstein | 38:35 |
| Josephine Curtin | 42:36 |
| W70 none | |
| W75+Sallie Festa 76 | 42:14 |

NYRR New York City Marathon, Nov. 2

| | |
|---------------------------|-------------|
| Overall | |
| John Kagwe 28 | KEN 2:08:12 |
| Franziska Rochat-Moser 31 | FRA 2:28:43 |
| M40-49 | |
| 1 Antoni Niemczak 41 | NY 2:21:44 |
| 2 Helko Schinkitz 40 | GER 2:22:04 |
| 3 Dick Hooper 41 | IRE 2:25:19 |
| 4 Cesar Perez 40 | ESP 2:28:19 |
| 5 Doug Kurtis 45 | MI 2:28:35 |
| 6 Alan Ruben 40 | NY 2:33:25 |
| 7 Patrick Leve 47 | FRA 2:34:44 |
| 8 Mohsen Mechichi 42 | NY 2:38:56 |
| 9 Viggo Aaberg 45 | NOR 2:39:20 |
| 10 Patrick Pujol 46 | FRA 2:40:03 |
| 11 Manuel Leal 41 | CT 2:40:33 |
| 12 Sidnei Ferreira 45 | BRA 2:41:06 |
| 13 Roberto Delgado 44 | ESP 2:41:54 |
| 14 Dan Gutierrez 42 | CRC 2:41:55 |
| 15 Celso Scussiato 48 | BRA 2:42:02 |
| M50-59 | |
| 1 J C Castagnet 51 | FRA 2:40:20 |
| 2 Bernard Guelft 50 | FRA 2:45:34 |
| 3 Anton Ritsch 59 | ITA 2:50:12 |
| 4 Grazietto Soro 51 | ITA 2:50:24 |
| 5 Hiroaki Tanaka 50 | JAP 2:50:58 |
| 6 Jacques Dahmann 51 | FRA 2:54:40 |
| 7 Louis Rodriguez 51 | NY 2:55:41 |
| 8 Tor Aanensen 56 | NOR 2:56:24 |
| 9 Andriano Bruni 50 | ITA 2:56:34 |
| 10 Giuseppe Babbolin 59 | ITA 2:56:38 |
| M60-69 | |
| 1 Manuel Rosales 62 | ESP 2:47:10 |
| 2 Francisco Penha 60 | BRA 2:55:33 |
| 3 Peter Kopp 60 | SUI 3:02:25 |
| M70-79 | |
| 1 Francesco Porcheddu 70 | ITA 3:45:02 |
| M80-89 | |
| 1 Wilfredo Rios 81 | NY 5:37:32 |
| M90-99 | |
| 1 Sam Gadless 90 | FL 8:10:44 |
| W40-49 | |
| 1 Gillian Horowitz 42 | NY 2:43:20 |
| 2 Marion Millward 40 | NZL 2:49:51 |
| 3 Stephanie Kessler 40 | NY 2:58:14 |
| 4 Maria Gomes 43 | BRA 3:01:51 |
| 5 Karen Reinthal 40 | NJ 3:01:55 |
| W50-59 | |
| 1 Jeanne Kruger 50 | VA 3:11:56 |
| 2 Carmela Iamonte 52 | ITA 3:12:04 |
| 3 Karen Bestul 55 | NE 3:16:20 |
| 4 Anna Thomhill 57 | NY 3:23:20 |
| 5 Inge Springer 53 | GER 3:24:20 |
| W60-69 | |
| 1 Wen-Shi Yu 62 | NY 3:49:19 |
| 2 Yoshiko Takahashi 62 | NY 3:59:28 |
| 3 Val Scotten 62 | GBR 4:10:22 |
| W70-79 | |
| 1 Joy Johnson 70 | CA 4:28:41 |
| W80-89 | |
| 1 Friedegard Liedtke 81 | GER 7:14:14 |

SOUTHEAST

Virginia Ten Miler Lynchburg, VA; Sept. 27

| | |
|--------------------|---------|
| Overall | |
| Peter Githuka | 48:54 |
| Valentina Yegorova | 58:16 |
| M40 Phillip Rowan | 54:11 |
| Lanny Doan | 55:26 |
| Thad Jones | 56:43 |
| Paul Brand | 59:22 |
| Mike Fuller | 59:39 |
| Rick Wallen | 1:01:06 |
| Jeffrey Stone | 1:02:18 |

| | |
|---------------------|---------|
| Ed Weston | 1:02:31 |
| Kevin Ledwith | 1:04:05 |
| Craig Miller | 1:05:47 |
| M45 Dennis Holman | 1:01:33 |
| Gary Adkins | 1:01:40 |
| Edward Martin | 1:04:17 |
| Don Lucy | 1:08:26 |
| Phil Stokes | 1:09:12 |
| Jerome Loy | 1:09:17 |
| Robert Fitzgerald | 1:10:22 |
| James Lowe | 1:10:57 |
| Phili Halapin | 1:11:00 |
| Larry Jones | 1:11:07 |
| M50 Emmons Welch | 1:05:20 |
| Bob Hartless | 1:07:27 |
| Jim Bell | 1:08:39 |
| Lewis Lance | 1:10:01 |
| Parker Wayne | 1:10:48 |
| Dexter Grindstaff | 1:10:49 |
| James Weimer | 1:10:58 |
| Dick Waters | 1:11:15 |
| John Justice | 1:11:51 |
| M55 Dick Ashley | 1:06:59 |
| Jerry Harris | 1:07:57 |
| Gailes Stuckey | 1:08:20 |
| Bobby Bruce | 1:09:11 |
| Donald Powers | 1:11:31 |
| Horace Ellis | 1:13:12 |
| Harlan Wright | 1:14:34 |
| Terry Haakenson | 1:15:48 |
| Reese Hunt | 1:15:51 |
| M60 Bernie Davis | 1:11:02 |
| Richard Williams | 1:18:23 |
| Dillard Vaughn | 1:23:59 |
| Edward Jefferson | 1:24:22 |
| Henry Anderson | 1:29:30 |
| Jim Hite | 1:29:46 |
| Thomas Pebworth | 1:32:41 |
| George Beasley | 1:36:55 |
| M65 Larry Dickerson | 1:13:26 |
| Gresh Downs | 1:18:25 |
| Wm Middleton | 1:20:16 |
| Fred Fauber | 1:24:42 |
| Robert Fetherston | 1:27:57 |
| Paul Smeal | 1:28:59 |
| Harry Freestone | 1:30:31 |
| Harry Fisher | 1:33:22 |
| M65 Hetty Hoyt | 1:12:57 |
| Molly Gerke | 1:13:24 |
| Karen Miller | 1:16:52 |
| W40 Joann Fafrowicz | 1:18:07 |
| Janice Bales | 1:18:40 |
| Elizabeth Hanners | 1:20:25 |
| W45 Sally Carter | 1:23:03 |
| Carla Branch | 1:29:17 |
| Susie Reilly | 1:32:08 |
| Kate Kohn | 1:32:48 |
| Sue Wimet | 1:34:00 |
| Shelley Jennings | 1:34:55 |
| W50 Barbara Ivey | 1:22:34 |
| Andrea Hess | 1:24:59 |
| Cheryl Haakenson | 1:27:52 |
| Mary Thompson | 1:29:44 |
| Linda Perdue | 1:31:09 |
| W55 M Broadus | 1:35:53 |
| Bea Danley | 1:50:51 |

Continued from previous page

| | |
|------------------------|---------|
| Stephen Wmth | 3:12.55 |
| Bruce Gilbert | 3:14.14 |
| M50 Gary Buck | 3:24.28 |
| Larry Miller | 3:28.37 |
| Bill Barnecllo | 3:32.00 |
| Wesley Sabins | 3:34.00 |
| M55 Paul Wilson | 3:17.44 |
| Bruce Bancroft | 3:30.46 |
| Bill Hardesty | 3:33.25 |
| Tom Felger | 3:36.39 |
| M60 Norman Carlson | 4:04.03 |
| Milton Taylor | 4:12.53 |
| Wesley Love | 5:06.20 |
| M65 Thomas Hathaway | 3:32.49 |
| Hilary Lenze | 3:41.43 |
| James Jones | 5:51.39 |
| M70 Kenneth Robinson | 4:45.54 |
| W40 Deborah Zehr | 3:26.51 |
| Marie Koenig | 3:44.29 |
| Jan Suttmeier | 3:48.17 |
| W45 Catherine Rainbolt | 3:46.06 |
| Mary Brookshire | 4:24.09 |
| Terri Curson | 4:44.47 |
| W50 Linda Tortora | 3:27.03 |
| Marcia Farley | 5:35.13 |
| W60 Sue Heiwig | 4:41.57 |
| W65 Marge Ferris | 4:51.57 |

Half-Marathon

| | |
|-----------------------|---------|
| Overall | |
| David Darvassy 27 | 1:10.33 |
| Missy Williams 25 | 1:25.33 |
| M40 Mark Wilhelm | 1:19.56 |
| Stephen Lampert | 1:24.36 |
| Richard Rella | 1:24.43 |
| Ronald Seats | 1:25.45 |
| Ross Christoph | 1:26.05 |
| M45 Bruce Johnson | 1:31.38 |
| Thomas Baker | 1:33.18 |
| Jack Keene | 1:33.30 |
| Alan Wlasuk | 1:33.57 |
| John Cardwell | 1:36.32 |
| M50 William Williams | 1:27.44 |
| Larry Varchetti | 1:33.49 |
| David Honey | 1:34.25 |
| Frank Tuckerman | 1:34.27 |
| M55 Jim Cox | 1:33.20 |
| Don Stewart | 1:40.40 |
| William Flesher | 1:44.35 |
| Jerry Stauffer | 1:47.24 |
| M60 Bernard Huesing | 1:54.17 |
| Gary Miller | 1:57.05 |
| John Ritchey | 1:59.27 |
| M65 Billy Sedam | 1:54.46 |
| Bruce Bowden | 2:03.25 |
| Thomas Hall | 2:51.40 |
| M70 Bob Terry | 2:05.45 |
| Fred Dietz | 2:14.52 |
| W40 Linda Branstetter | 1:31.29 |
| Cancy Wojcik | 1:40.31 |
| Jan Sauer | 1:46.29 |
| W45 Peggy Jones | 1:52.28 |
| Ellen Chrapla | 1:52.41 |
| Susan Maguire | 1:56.33 |
| W50 Susan Rossetter | 1:44.51 |
| Therese Jochum | 1:45.28 |
| W55 Barbara Miller | 2:11.05 |
| Shirley Kemp | 2:11.54 |
| W60 Mary Williams | 1:53.39 |

Dayton River Corridor Half-Marathon & Age-Graded 5K
Dayton, OH; Oct. 12

| | |
|----------------------|-------|
| Overall | |
| John Agnew 35 | 69:58 |
| Lori Eppard 31 | 81:49 |
| M40 Jeff Rawlins 2nd | 71:58 |
| Steve Fader 3rd | 72:02 |
| Art Kitz | 75:44 |
| Pete Beckman | 76:14 |
| Tim Anstaett | 77:09 |
| John Gray | 78:00 |
| David Lenahan | 78:06 |
| Ken Kovacs | 80:19 |
| Bill Faber | 80:36 |
| Jim Gross | 80:59 |
| M45 Arcadio Alvarez | 82:24 |
| John Newton | 84:22 |
| Glenn Bowen | 85:14 |
| Mike Casey | 85:16 |
| Tim Schroeder | 85:23 |
| Tom Cunningham | 86:32 |
| Cliff Martinez | 90:18 |
| Tom Rau | 90:53 |
| M50 Rich Davis | 78:49 |
| Chris Thieke | 84:13 |
| Tom Steiger | 86:45 |

| | |
|-----------------------|------------|
| Bob Casey | 88:17 |
| Debert Ruckle | 91:24 |
| Peter Jones | 94:37 |
| M55 James Siefing | 81:52 |
| Bill Zehner | 88:37 |
| Ken Prior | 89:42 |
| Don Tarasiewicz | 91:59 |
| John Norris | 94:46 |
| John Koerner | 94:47 |
| M60 Bob Schlosser | 1:38:41 |
| Don Hammond | 1:41:39 |
| Richard Albuaugh | 1:47:46 |
| Ray Wylam | 1:52:20 |
| Louis Wright | 1:56:22 |
| M65 Wm Workman | 1:49:19 |
| Peter Vivoli | 1:50:16 |
| Mel Sebright | 1:52:58 |
| M70+Mike Fremont 75 | 1:54:01 |
| Bob Thompson 73 | 1:55:01 |
| Roland Anspach 71 | 1:55:48 |
| W40 Betty Newton | 92:31 |
| Renee Steele | 93:20 |
| Barbara Jones | 94:46 |
| Linda Long | 94:56 |
| W45 Pat Palcic Weaver | 1:43:09 |
| Lynda Breen | 1:45:41 |
| Debbie Levalley | 1:51:45 |
| W50 Janice Kreuz | 1:41:04 |
| Judy Harmony | 1:43:03 |
| Linda Macke | 1:49:48 |
| W55 Barb Jerman | 1:56:06 |
| Mitzi Henschel | 2:06:37 |
| W60 Pat Darling | 1:50:18 |
| W65 Whayong Semer | 1:54:15 |
| -Age-Graded 5K- | A-G% |
| Bill Rodgers 49 | 16:07.89.5 |
| Bob Schul 60 | 17:59.88.1 |
| Dave Stewart 55 | 17:37.85.9 |
| John Hickey 48 | 16:43.85.6 |
| Ron Rohrer 58 | 18:26.84.3 |
| Allen Byrum 49 | 17:21.83.1 |
| Shelley Lorek 121 | 17:43.81.4 |
| Joe Raskay 56 | 19:02.80.3 |
| Chris Hamilton 37 | 16:28.80.2 |
| Blair Martin 110 | 21:55.76.9 |
| Tina Peters 19 | 23:12.75.9 |
| Willis Moses 71 | 23:34.75.7 |
| Steve Savage 16 | 17:48.75.4 |
| John Benkovic 45 | 18:35.75.2 |
| Ken Garceau 50 | 19:31.74.4 |

MID-AMERICA**Heart Of America Marathon**
Columbia, MO; Sept. 1

| | |
|----------------------|---------|
| Overall | |
| David Dobkowski 39 | 2:45:17 |
| Andrea Fischer 33 | 2:54:48 |
| M40 Raul Flores 41 | 3:09:56 |
| Jamie Mondello 42 | 3:10:22 |
| M50 Paul Jensen 53 | 3:13:20 |
| Gerald Glassa 59 | 3:18:21 |
| M60 Lou Joline 65 | 3:31:08 |
| W40 L Crutchfield 47 | 4:15:26 |

Victory 10K & 5K
Minneapolis, MN; Sept. 1

| | |
|---------------------------|-------|
| -10K- | |
| Overall | |
| Sean Mulheron 28 | 31:15 |
| Bonnie Sons 32 | 36:07 |
| M35 Tom Stambaugh | 32:01 |
| M40 Perry Bach | 33:06 |
| M45 Michael Seaman | 33:39 |
| M50 Garrett Tomczak | 35:20 |
| M55 Thom Weddle | 37:55 |
| M60 Allen Anderson | 44:00 |
| M65 Greg Prom | 42:47 |
| M70 Harold Hubbard | 44:19 |
| M75 Emil Balz | 53:14 |
| W35 Kristi Larson | 39:20 |
| W40 Lynn-Marie Fawcett 40 | 15:15 |
| W45 Marcy Gilles | 38:59 |
| W50 Gloria Jansen | 40:36 |
| W55 Judy Cronen | 45:35 |
| W60 Mae Horns | 55:50 |
| W65 Carol Sankey | 54:59 |
| W70 Barbara Andersen | 59:19 |
| W75 Betty Haleen | 75:25 |

| | |
|--------------------|-------|
| -5K- | |
| Overall | |
| Jay Nelson 27 | 15:18 |
| Tracy Dahl 26 | 17:16 |
| M35 Pat Billig | 15:40 |
| M40 Dennis Barker | 15:50 |
| M45 Steve Skelly | 17:52 |
| M50 Keith Palmer | 18:21 |
| M55 Dave Robinson | 19:45 |
| M60 Gary DeFrance | 21:57 |
| M65 Greg Prom | 22:35 |
| M70 Oliver Cristan | 57:48 |
| W35 Vicki Heagerty | 20:27 |
| W40 Kathy Nelson | 18:26 |
| W45 Nancy Camp | 20:30 |

| | |
|----------------------|-------|
| W50 Shirley Hanson | 22:42 |
| W55 Carol Finley | 29:48 |
| W60 Renny Cassidy | 54:43 |
| W65 Diane Goulett | 30:45 |
| W70 Virg Schurhammer | 37:15 |

City of Lakes 25K
Minneapolis, MN; Sept. 7

| | |
|-----------------------|-----------|
| Overall | |
| Steve Plasencia 40 | 1:18:38 |
| Sharon Stubler 32 | 1:36:04 |
| M40 S Plasencia | AR1:18:38 |
| (Bell/1 21:24/1992) | |
| Perry Bach 40 | 1:27:28 |
| Brent Smith 41 | 1:27:49 |
| Rob Whetham 45 | 1:28:01 |
| Jim Pelarske 46 | 1:29:29 |
| M50 Robert Behrens 52 | 1:41:50 |
| John Brown 54 | 1:42:53 |
| David Daubert 51 | 1:44:23 |
| Doug Saari 55 | 1:44:47 |
| M60 Jim Wirkes 56 | 1:52:35 |
| Ernest Ogren 61 | 2:01:42 |
| Stan Bell 63 | 2:05:21 |
| M70+Hal Hubbard 71 | 1:57:32 |
| Lloyd Young 74 | 2:04:21 |
| B Van Dake 70 | 2:29:03 |
| W40 L M Fawcett 41 | 1:46:05 |
| A Wickstrom 42 | 1:46:38 |
| Julie Virkus 45 | 1:52:20 |
| W50 Gloria Jansen 50 | 1:46:55 |
| Mary Hiatt 51 | 1:55:52 |
| Kathy Schmitt 50 | 2:03:29 |
| W60 Lois DeGonda 63 | 2:28:39 |
| Carol Sankey 66 | 2:33:50 |
| Diane Goulett 68 | 2:53:02 |
| W70+M L Carlson 70 | 2:58:41 |
| Betty Haleen 75 | 3:34:51 |

ALS Plaza 5K & 10K
Kansas City, MO; Sept. 7

| | |
|---------------------|-------|
| -5K- | |
| Overall | |
| Phil Hudnall | 15:11 |
| Heidi Metz | 17:47 |
| M40 Tony Estes | 16:36 |
| M45 Bob Buhrmeister | 17:52 |
| M50 Frank McCarthy | 20:53 |
| M55 John Jorgensen | 22:16 |
| M60 P Stauffacher | 21:10 |
| M65 Paul Heitzman | 18:38 |
| W40 Jane Lundgren | 20:17 |
| W45 Marilyn Nolan | 22:21 |
| W50 Donna Romans | 24:38 |
| W55 Anne Coveney | 27:17 |
| -10K- | |
| Overall | |
| Eliasa Tanui | 31:41 |
| Daria Moberly | 35:32 |
| M40 Chas Brandon | 34:25 |
| M45 Bill Woolsey | 37:43 |
| M50 Ted Glenn | 38:31 |
| M55 Joe Lechner | 40:24 |
| M60 Mel Yoder | 42:40 |
| M65 Bob McCallister | 45:05 |
| W40 Marla Rhoden | 38:28 |
| W45 Marcia Dowling | 41:16 |
| W50 Suzi Kilbride | 46:01 |
| W60 Carolyn DeFonzo | 55:49 |

Sunflower Run 8K
Overland, KS; Oct. 19

| | |
|---------------------|-------|
| Overall | |
| Charlie Brandon | 25:41 |
| Kim Fritzie | 28:47 |
| M40 Derek Shoare | 26:31 |
| M45 Bill Woolsey | 28:30 |
| M50 Gustow Penazola | 28:03 |
| M55 Dick Wootton | 29:34 |
| M60 Bobby Kincaid | 29:55 |
| M65 Paul Heitzman | 29:02 |
| M70 Frank Creason | 39:00 |
| M75 Ed Burnham | 47:35 |
| W40 Jane Lundgren | 31:36 |
| W45 C Piekarski | 39:06 |
| W50 Nancy Danner | 42:58 |
| W55 R Heidlage | 43:34 |
| W60 Ann Nelson | 46:06 |

WEST**Juan In A Million 5K**
Las Vegas, NV; Sept. 20

| | |
|----------------------|-------|
| Overall | |
| James Bungei | 13:16 |
| Sylvia Mosqueda | 15:30 |
| M40 Doug Bell | 15:14 |
| Steve Blum | 15:22 |
| Keith Thutthauer | 15:25 |
| M50 Tom Curry | 16:07 |
| M60 Sonny Monioz | 17:46 |
| M70+Menas Tashjian | 26:20 |
| W40 Ruth Wysocki 2nd | 15:44 |
| Marcela Teran | 17:05 |

| | |
|---------------------|-------|
| W50 Barbara Filutze | 18:39 |
| W60 Gina Faust | 20:38 |
| W70+Jo Kiesecker | 23:56 |

Sacramento Marathon and Half-Marathon
Sacramento, CA; Oct. 5

| | |
|------------------------|---------|
| Marathon | |
| M40 Bill Hambrick | 3:11:50 |
| Ronald Giannone | 3:15:22 |
| John Lima | 3:18:41 |
| M45 Joe Schieffer | 2:45:54 |
| Nazzi Zola | 3:07:00 |
| Steve Sutter | 3:29:29 |
| M50 Ernest Takahashi | 3:10:23 |
| Wayne Sprague | 3:14:22 |
| Jack Rozance | 3:24:10 |
| M55 Richard Leutzinger | 3:15:21 |
| Jim Boyd | 3:25:52 |
| James Simpson | 3:55:41 |
| M65 Fred Belt | 3:57:40 |
| W40 Sandra Stark | 3:48:59 |
| Judy Huarte | 4:25:02 |
| W45 Freda Dillard | 4:13:49 |
| K Hammergren | 4:23:21 |
| J Tally-Benner | 5:08:09 |
| W50 Cynai Calvin | 3:29:25 |
| Suzanne Foster | 4:48:50 |
| Linda Elam | 5:08:07 |
| W55 Marie Harmon | 4:24:46 |
| W60 Lee Fairley | 5:54:21 |

Half-Marathon

| | |
|-----------------------|---------|
| M40 John Kennedy | 1:20:06 |
| Dan Zulaica | 1:22:25 |
| Irwin Grant | 1:22:28 |
| M45 Steve Hall | 1:18:06 |
| Chris Enfante | 1:10:19 |
| Dennis Meidinger | 1:21:41 |
| M50 Don Matthews | 1:29:51 |
| Terry Hedemark | 1:30:43 |
| Alfred Murillo | 1:31:09 |
| M55 James Matthew | 2:52:43 |
| Robert Seldner | 1:25:46 |
| Howard Ferris | 1:26:39 |
| M60 Paul Mitchell | 1:43:27 |
| George Medina | 1:43:42 |
| Edward Reilly | 1:45:24 |
| M65 Jack Sohl | 1:46:43 |
| Mack Martinez | 2:03:15 |
| Rick Thomas | 2:09:29 |
| M70 Charlie Deards | 2:13:25 |
| Jim Sullivan | 2:25:23 |
| Vic Lyons | 2:38:05 |
| W40 Carol Lampe | 1:32:06 |
| Desiree Wilson | 1:33:21 |
| Anne Veling | 1:36:39 |
| W45 Angie Williams | 1:39:10 |
| Cindy Ainsworth | 1:44:11 |
| Julia Cirigliano | 1:55:48 |
| W50 Marilyn Arguelles | 1:39:14 |
| Shelley Black | 1:51:00 |
| Mary Ellen Murillo | 1:54:02 |
| W55 Nancy Zielenski | 1:52:18 |
| Joan Kramer | 1:54:12 |
| R Armstrong | 1:54:39 |
| W60 Cristina Rangel | 4:00:06 |
| W65 Geri Sullivan | 2:48:12 |
| Rosemary Carr | 3:37:13 |
| Dona Rice | 3:37:13 |
| W70 Peggy Ewing | 2:14:59 |
| Betty Hill | 2:21:38 |
| Po Adams | 2:40:12 |

NORTHWEST**Prefontaine Memorial Run 10K**
Coos Bay, OR; Sept. 20

| | |
|-------------------|-------|
| M40 Stan Godell | 39:06 |
| Anthony Crawford | 39:43 |
| John Ticer | 41:01 |
| Gary Collins | 41:04 |
| Bruce Miller | 41:08 |
| Jerry Worthen | 41:22 |
| M45 Gary Clarida | 36:49 |
| Thomas Brown | 39:36 |
| Chris Rock | 41:49 |
| Ron Apling | 41:51 |
| Fred Arnold | 44:10 |
| Jim Zwicker | 44:36 |
| M50 Art Coolidge | 38:56 |
| John Seggie | 39:55 |
| Phillip Anderson | 42:56 |
| Anthony Kenyon | 44:39 |
| Larry Tergeesen | 45:03 |
| M55 Jack Anderson | 42:42 |
| Doug Pierce | 43:06 |
| Roy Mollier | 45:45 |

| | |
|----------------------|---------|
| Robert Bolin | 47:20 |
| Robert Olson | 49:16 |
| M60 Marv Rexius | 41:14 |
| Tom Burnham | 44:18 |
| Ben Pace | 48:10 |
| Norman Leeling | 52:44 |
| M65 Larry Haun | 55:54 |
| Pat Porter | 55:56 |
| John Stapert | 1:15:42 |
| M70 Alfred Acord | 53:08 |
| Val Hickerson | 1:07:49 |
| M75 Bill Hutchinson | 1:02:32 |
| Jack Kirkpatrick | 1:03:48 |
| W40 Jeanne Landrum | 43:15 |
| Claudia Benn | 49:12 |
| Debbie Miller | 52:40 |
| Brenda Curtner | 52:51 |
| W45 Marita Kunkel | 51:35 |
| Kate Sharples | 52:30 |
| Jill Christiana | 53:42 |
| Deborah Lyman | 54:02 |
| W50 Sally Lockyear | 47:39 |
| Donna Brown | 52:58 |
| Carl Camley | 55:29 |
| W55 Martha Gilleland | 1:00:54 |
| Rosalie Johnson | 1:08:00 |
| Gwen Elissalde | 1:04:31 |
| W60 Alice Rose | 50:02 |
| Rita Homing | 1:42:18 |
| Donna Reilly | 1:50:50 |
| W65 Lois Humphrey | 1:25:43 |
| W70 Loretta Peterson | 1:19:35 |

CANADA**Detroit International Marathon**
Windsor, Canada-Detroit, MI
Oct. 19

| | |
|-------------------------|---------|
| Overall | |
| Brad Hudson 31 | 2:15:50 |
| Lyubov Klochko 38 | 2:39:59 |
| M40 Allen Choma | 2:29:43 |
| Alan Vanmeter | 2:37:14 |
| Louis Hoekstra | 2:45:59 |
| Tim Emmett | 2:47:12 |
| Richard Dunigan | 2:48:05 |
| David Haussler | 2:49:04 |
| Joe Lasher | 2:50:45 |
| Glen Miller | 2:52:43 |
| Paul Krebsbach | 2:52:49 |
| Ken Harper | 2:58:33 |
| M45 Doug Kurtis | 2:27:28 |
| Martin Denonville | 2:45:09 |
| Mike Stone | 2:54:26 |
| Larry Wojcik | 2:55:48 |
| Victor Bakorski | 2:57:48 |
| Don Correll | 2:58:48 |
| David Vanker | 3:00:04 |
| M50 Randy Bulla | 2:45:34 |
| Ken Rowe | 2:52:25 |
| Alan Glovack | 2:56:03 |
| Dominic Vella | 2:59:47 |
| James Rillema | 3:00:53 |
| Jose Hernandez | 3:05:43 |
| M55 Gerry Malaczynski 2 | 2:56: |

Continued from previous page

**British Masters 5K
Championships
Eastway, Lea Valley, UK
Oct. 26**

| | |
|---------------------|-------|
| M40 Rob Wise | 15:15 |
| Jim Estall | 15:29 |
| Keith McLellan | 15:42 |
| M45 Mike Hager | 15:32 |
| Tony McDevitt | 16:42 |
| Stuart Littlewood | 16:57 |
| M50 Brian O'Neill | 16:16 |
| Graham Wootton | 16:29 |
| Gareth Jones | 16:33 |
| M55 Les Presland | 17:02 |
| Dave Gibson | 17:06 |
| Les Haynes | 17:16 |
| M60 Brian Fozzard | 18:45 |
| Derek Surrey | 18:50 |
| Peter House | 19:17 |
| M65 Joe Cleverly | 20:38 |
| Bill Davies | 20:45 |
| Pat Newall | 20:48 |
| M70 Bob Belmore | 24:06 |
| Jim Hay | 24:43 |
| George Eastwood | 28:28 |
| M75 Bruce Davidson | 25:17 |
| M80 Charlie Megnin | 37:49 |
| W35 Alison Fletcher | 17:51 |
| Lynn Higgs | 18:08 |
| Liz Craig | 19:17 |
| W40 Marion Eldridge | 18:46 |
| Celia Duncan | 19:01 |
| Sue Ogilvie | 19:21 |
| W45 Josie Heffernan | 19:10 |
| Sue James | 19:15 |
| Barbara Hutcheon | 20:51 |
| W50 June Norris | 21:11 |
| Vicky Flowers | 22:49 |
| June Hieatt-Smith | 23:42 |
| W55 Iris Hornsey | 22:43 |
| Jean Hulls | 22:56 |
| Joan Allen | 23:29 |
| W60 Pam Jones | 22:09 |
| Anne Martin | 25:11 |
| W65 Betty Forster | 26:13 |

RACEWALKING
**Leicester Mercury 10K Road
Walk/National Veterans
Championships
Leicester, England; Sept. 14**

| | |
|--------------------|-------|
| Overall | |
| Les Morton | 44:21 |
| Elaine Callanan | 52:49 |
| M40 Alan King | 49:07 |
| Davud Sharpe | 56:28 |
| M45 Michael Graham | 50:27 |
| Carl Lawton | 53:07 |

| | |
|---------------------|---------|
| M50 Bob Dobson | 52:32 |
| Keith Richards | 57:06 |
| M55 Peter Cassidy | 55:44 |
| John Whyte | 56:00 |
| M60 Brian Gore | 54:46 |
| John Short | 57:19 |
| M65 Pat Burns | 1:02:48 |
| Denis Withers | 1:04:01 |
| M70 Edwin Grocock | 1:04:01 |
| Karl Abolins | 1:04:43 |
| M75 Phil Malins | 1:14:41 |
| M80 George Mitchell | 1:12:48 |
| W35 Elaine Callanan | 52:49 |
| Karen Ratcliffe | 54:08 |
| W40 Kath Reader | 56:39 |
| Jackie King | 1:03:15 |
| W45 Ann Lewis | 57:45 |
| Mary Wallen | 1:04:19 |
| W50 Sally Haynes | 1:13:18 |
| W55 Pam Ficken | 1:05:56 |
| W60 Gloria Burns | 1:11:31 |

**National One & Two Hour
Racewalk Championships
Worcester, MA; Oct. 12**

| | |
|-----------------------|--------|
| Men's Two Hour | |
| Gary Morgan | 24:616 |
| Dave Romansky | 22:614 |
| Curt Sheller | 22:135 |
| Douglas Johnson | 21:711 |
| Jack Larch | 51:587 |
| Charles Mansbach | 18:102 |
| Patrick Bivona | 17:968 |
| Benno Stein | 17:765 |
| Men's One Hour | |
| M40 John Costello | 9,835 |
| M45 Brian Savilonis | 11,240 |
| Robert Ullman | 10,222 |
| Larry Titus | 9,673 |
| Stanley Sosnowski | 9,655 |
| M50 Robert Keating | 11,305 |
| Norm Frable | 11,168 |
| Joe Light | 10,813 |
| Bob Young | 8,466 |
| M55 Thomas Knatt | 9,813 |
| Bernie Finch | 9,515 |
| John Facklund | 8,997 |
| M60 Bob Barrett | 10,380 |
| Paul Johnson | 10,100 |
| Robert Beaudet | 8,811 |
| M65 Jack Starr | 10,147 |
| Mike Michel | 9,737 |
| Louis Free | 8,940 |
| Bill McCann | 8,547 |

| | |
|--|--------|
| M70 Tim Dyas | 8,468 |
| Stuart Corning | 7,512 |
| Women's One Hour | |
| W30 Monica Rief | 9,102 |
| Lisa White | 8,896 |
| W40 M Robinson | 8,928 |
| W45 Sheila Danahey | 8,561 |
| Barbara Currier | 8,248 |
| Tina Koehler | 7,889 |
| W50 Kathy Frable | 9,245 |
| A Montgomery | 8,667 |
| Darlene Backlund | 8,029 |
| W55 Elton Richardson | 9,443 |
| W60 J Shepardon | 8,833 |
| Anne Whitaker | 8,077 |
| Racher Beaudet | 8,012 |
| W65 Lorelei Ruben | 7,449 |
| Men's One Hour Masters Team | |
| New England Walkers | 33,358 |
| Women's One Hour Masters Team | |
| New England Walkers | 26,628 |
| (Robinson/Shepardon/Montgomery) | |

**Giulio DePetra & Peter Ferrante
Memorial Megawalk 10K
Racewalk
Monterey Bay, CA; Oct. 25**

| | |
|---------------------|---------|
| M40 Quang Than | 58:56 |
| Art Klein | 1:00:41 |
| M45 Rober Wellborn | 55:29 |
| M50 John Doane | 1:02:16 |
| Gary Bower | 1:07:42 |
| M55 Stu Kinney | 1:10:01 |
| M60 Dick Petruzzi | 59:35 |
| Buzz Schulte | 1:13:31 |
| M65 Bill Moremen | 1:04:36 |
| Robert Eisner | 1:05:16 |
| M70 Rich Hansen | 1:17:09 |
| M80 Ernest Lucken | 1:20:11 |
| W30 Camille Johnson | 1:10:10 |
| Helen Storrs | 1:11:56 |
| W35 Kim Wilkinson | 50:52 |
| W40 Therese Iknoian | 56:52 |
| Mary Baribeau | 1:00:34 |
| Terri Brothers | 1:00:35 |
| W45 Ann Gerhardt | 58:55 |
| W50 Deetta Nicely | 1:10:03 |
| W55 Brierly Reybine | 1:05:22 |
| Hansi Rigney | 1:08:33 |
| Lorraine Coppola | 1:11:43 |
| W65 Grace Moremen | 1:18:53 |
| W75 Ruch Van Sandt | 1:17:22 |

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