Genesee Wins USA Team 5K

by ED CLOOS
ROCHESTER, N.Y. — The host Genesee Valley Harriers won their first USATF National Masters Cross-Country Championships with a balanced team effort over 5K on Oct. 11. Although placing just three finishers in the top ten, the Harriers' M40-49 team had a combined time of 1:23:54 to defeat Adirondack AC (1:24:17) and Central Mass Striders (1:24:18), who were led by overall winner Craig Fram, 40, Plaistow, N.H. Five runners scored for the men's team in the 40s and 50s; all other team scores were for three runners.

The balance of the Harriers showed as Tim McMullen, 45, N45 winner and fourth overall in 16:08, was followed closely throughout the race by most of his teammates in a group. Gary Moore, 42, finished seventh (16:33). Charlie Andrews, 41, was eighth (16:39); Tim's brother, Charlie, 12th (16:56); and Roger Messenger, 45, 29th (17:38).

Fram led from the start, building a 14-second advantage to win in 15:36, followed the whole way over the gentle hills of the grass course at Genesee Valley Park by Tom Dalton, 40, Schenecktady, N.Y.

The separate women's race was won by Patti Ford, 43, Syracuse, N.Y., in 18:46. She led the Syracuse Chargers to the W40-49 victory with a 12th (16:56); and Roger Messenger, 45, 29th (17:38).

Continued on page 9

National 8K Cross-Country Championships Return to Louisville

by BOB ULLRICH
On Oct. 25, the USATF Masters 8K Cross-Country Championships returned to Louisville, Ky., where they have been contested five times in the 1990s. The race was held over a two-loop course at E.P. "Tom" Sawyer State Park, and hosted by the Victory AC, Metro Parks TC, and Mason-Dixon AC, all of Louisville, and Sawyer State Park.

At race time, the temperatures were in the low 70s under sunny skies and low humidity as 88 runners from 11 states toed the starting line. The course was in top shape as more than a month of dry weather had rendered it hard and fast, and featured three small hills at half a mile, two miles, and 5/8 miles. Hay bales were placed at 1/5 and 3 miles to add a European flavor to the competition.

As the gun sounded, Stan Clark, 43, Pewee Valley, Ky., assumed the lead, was in first place by about 10 yards at the one-mile mark, and stretched his lead throughout the race as a master, and I hope to be one on page 9.

Final ILC Grand Prix Tuttle, Valadka Take USA 15K Firsts at Tulsa

by JANNA WALKUP
Under warm, humid conditions at the Tulsa Run 15K on Oct. 31, John Tuttle (1984 U.S. Olympic marathoner) and Patty Valadka captured USATF Masters titles in 54:43 and 54:29, respectively. Each earned $500. The 21st annual 15K race with 3,792 finishers also served as the eighth and final 1998 Indy Life Circuit race.

Tuttle, Douglassville, Va., dominated the men's masters field, as he won by over 90 seconds. Craig Young, 42, of Colorado Springs, Colo., the 1997 and 1998 Indy Life Circuit Grand Prix masters champion, ran another strong race to finish second in 47:26 ($400). Peter Kocie, second in the 1998 ILC Grand Prix Masters division, finished third in 47:40 ($300).

"Turning 40 is like a breath of fresh air," commented Tuttle, who turned 40 on Oct. 16. "This was my first major race as a master, and I hope to be one

Continued on page 8

Mondragon, Benoit-Samuelson First Masters in NYC Marathon

by MARILYN J. MITCHELL
Martin Mondragon, 44, and Joan Benoit-Samuelson, 41, were the masters victors in the 29th running of the New York City Marathon, which wound its way through all five NYC boroughs on Nov. 1.

Mondragon, of Mexico, finished 21st of the 31,456 runners, with a 2:18:16. Benoit-Samuelson, Freeport, Me., was 12th female and second U.S. runner in 2:41:06.

Dominique Chaivelier, 42, of France, was second master (2:22:24). Dick Hooper, 42, of Ireland, finished third (2:22:46). Antonella Bizzioli, 41, of Italy, was second female master (2:46:30). Gillian Horovitz, 43, of NYC, was third (2:46:36).

The masters victory was worth $3000, with second getting $2000, and third, $1000. In addition, the New York RRC provided prizes for the first three NYRRC masters placers, worth $500, $250, and $100, respectively. Prizes were not cumulative, with the winner taking the larger offered prize, and this marathon acceded to the runners' requests for scoring and awards in five-year age groups.

Chopard watches were presented to the oldest male and female finishers. The oldest male finisher was 91-year-old Sam Gadlee, Boca Raton, Fla., in 8:26:00, despite the fact that he was the victim of a Sept. 1 hit-and-run automobile accident while training. The oldest female finisher was Carolina Bautica, 83, of Italy, in 8:48:15.

John Kagwe, 29, of Kenya, took his $3000, with second getting $2000, and third, $1000. In addition, the New York RRC provided prizes for the first three NYRRC masters placers, worth $500, $250, and $100, respectively. Prizes were not cumulative, with the winner taking the larger offered prize, and this marathon acceded to the runners' requests for scoring and awards in five-year age groups.

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The National Masters News provides valuable information to its readers, including news, results, and events in masters track and field, long distance running, and racewalking. It is a valuable resource for masters athletes and their families.
Martin, Stevenson
Win in Detroit
Free Press Marathon
by RON MARINUCCI
October 18 – The 21st running of the Detroit Free Press/Flagstar Bank International Marathon will be remembered for its rain and, especially, wind. About an hour into the race, the rain began, which might not have been completely unwelcome, considering the humidity and high temperatures (mid-60s) at the start.

But along with the wet stuff came the wind, gusts reaching 35 to 40 mph. It made finishing an extra challenge; in fact, over 300 of the 2358 registered entrants didn’t.

Local masters ace Jeff Martin, 40, Huntington Woods, Mich., snagged the M40+ crown in 2:35:18, good for seventh overall. Art Kitze, 41, Kettering, Ohio, was second in 2:43:42. The top W40+ was Patricia Stevenson, 43, London, Ontario, with a 10th-woman 3:29:49.

Division winners who posted good times despite the weather included Paul Nilsson, 50, Williamston, Mich., 2:35:18, and Jan Daker, 50, Davenport, Iowa, 2:39:49.

Ninety-year-old Jim Ramsey, Detroit, battled the elements to the finish line. “The wind and rain were something else,” he understated afterwards. He became the oldest U.S. finisher to break eight hours.

In keeping with the international flavor of the race – the start and first six miles are in Windsor, Ontario, Canada, while an “underwater mile” through the Detroit-Windsor Tunnel leads to the final 19 miles in Detroit – the women’s race was won by Tatiana Maslova, 31, Russia, in 2:45:06, and Zithulele Sinque, 35, South Africa, who, with his sights set at 2:10 or 2:11, finished well off at 2:18:52 to take the men’s race.

Sam Monastero
Sam Monastero, 87, of Philadelphia, passed away Oct. 13. He suffered a massive stroke while sitting in a chair, talking to his wife, Emily. He died ten hours later in hospital.

Monastero was a member of the Philadelphia Masters TC for over 20 years and had been a medal winner in city, state, and national meets. He had planned to compete in Orlando, Fla., in the 1999 National Games with his traveling friends, Claude Hills, 86, and Oscar Harris, 74, all of whom had qualified to represent Pennsylvania.

COMING NEXT MONTH
• 1998 USA Masters Athletes of the year
• USATF Convention Report
• 1999 Schedule of Events
LIFE REGAINED

Four years ago at age 68, I was hit with viral pneumonia and lost 30 pounds, 2½ years of healthy life, and another 1½ years to regain my health and desire.

I competed in the San Diego Senior Olympics on Sept. 12 and finished second in the M70 50m, 100, and 200. I was pleased to see so many of my old friends. I had started back in training three months before. It was quite a challenge.

On Oct. 10, I competed in the Nevada State Olympics and won the 50m and 100 and was second in the 200. Again, I was elated, but if I had finished last in all those races, I still would have been elated — just to be able to compete.

So I want to pass this on — never give up. Make the best of what life hands you. I now have a wonderful view of life and what it beholds, and this flows over to all other parts of my life: family, business, friends, etc. Thank you, masters track.

Jock Jocoy
Del Mar, California

LAST OF THE STRADDLERS

The M55 world record high jump of 1.83 (six feet) achieved by Jaroslav Hanus of the Czech Republic in the European Veterans Championships as reported in the November NMN is an excellent record jump, reflected by how good a record Hanus broke. Former Californian and Western Roll practitioner Herm Wyatt owned the record at 1.79 (5-10½) for 11 years.

We Southern California high jumpers tend to object to outsiders holding any HJ record. This is especially so for the remaining straddle form performers. Former WR-holder John Dobroth, shedding his judicial robes for the afternoon, was seen in excellent form at the recent Club West meet in Santa Barbara. If he trains for it, he has a shot at bringing the record back to straddle jumper country.

Failing that, WR-holder and straddle jumper par excellence, Charlie Rader, M45, is in trace. The world's youngest and, therefore, last remaining straddle jumper is Jason Meisler, M40, who improves every year and will have the final straddle. For, after Meisler, the aesthetically impure, mechanically easier, "flop" form will take over through attrition.

The responsibility is great: preserving the beautiful and soaring grace, which made the high jump so admired in the past, will end with Dobroth, Rader, and Meisler. The world will then be more shabby, a less graceful place, as the "flopplers" flop to the fore. Good luck, men.

Phil Fehlen
Carlsbad, California

EAST REGIONALS

The 23rd Potomac Valley Games were also the 30th annual USATF East Regional Masters Championships.

If it weren't for the graciousness of Sal Corallo, the championships wouldn't have taken place. After four false starts (Adirondack, Maryland, Niagara, and Connecticut), Sal agreed to hold the meet in conjunction with the 23rd Potomac Valley Games held on Sept. 5-6 in Alexandria, Va.

The approval came less than two weeks before the event. Nevertheless, I was able to mail out 300 applications and call 100 athletes and clubs to alert them. The weather cooperated, the officiating was superb, the meet ran beautifully, and the athletes were at their best.

Haig Bohigian
USATF East Regional Coordinator

PROFITERING

People who hold office in various organizations, i.e., WAVA, USATF, and Masters T&F, as well as NMN, should not "profit" from that affiliation in connection with scheduled meets involving masters athletes.

Reed Quinn
Leesburg, Florida

(This issue has been raised before, but is it realistic? Many USATF and WAVA officers are also coaches, meet directors, sports administrators, etc. They volunteer their time with USATF and WAVA, but their jobs are closely related to their volunteer activities.

Should USATF or WAVA officers be prohibited from staging a race or meet because they might make some money from it? Should professional coaches be banned from holding a USATF or WAVA office because they earn a living from the sport? Should a staff for NMN or Runner's World not be allowed to hold a USATF or WAVA office? What's wrong with a USATF or WAVA office-holding offering a product or service that people want to buy? If they make money on it, so what? If people don't like their product, they won't buy it. What could be fairer? The same is true in all walks of life.

The head of a local plumbers' association makes his living as a plumber. The president of the bar association is a lawyer. Do their volunteer roles bring them extra business? Maybe. Is there anything wrong with that? — Ed.)

Pilkington Breaks 10-Mile Record in Southtrust

Poizdnyakova Top Age-Graded & Money Winner

by JERRY WOJCICK

Paul Pilkington, 40, broke the U.S. M40 record for the 10-mile with a 14th-place 49:34 in the Southtrust Running Festival, St. Petersburg, Fla., on Oct. 17. The previous record was held by the late Barry Brown, who ran 49:46 in 1983. The all-comers' record by a non-U.S. citizen belongs to New Zealand's John Campbell at 47:55.

Pilkington, a teacher and new master from Roy, Utah, was in fast company with John Tuttle, 40, also a new masters runner, who ran a 50:10, and Andrei Kuznetsov, third M40+ in 50:27.

Pilkington is perhaps better known for his pre-masters accomplishments, particularly in winning the Los Angeles Marathon a few years ago, when he, the designated rabbit, decided to go for the victory. In 1990, he ran the Houston Marathon in 2:11:13. His time in the Southtrust race age-graded to a 92.7%. He won $100 for his 14th-place and $800 as top M40+.

Bill Rodgers, 50, was seventh master in 56:21, taking the M50 race from Bob Schlu, who finished in 58:24. Donald Ardell won the M60 race with a 62:09.

Tatyana Poizdnyakova, 43, won the women's masters race with a comfortable five-minute margin at 55:47. Petra Vadka, W40, was second, and Cindy Keeler, W40, third. Poizdnyakova took the masters age-graded honors with a 94.2% and was top masters cash prize winner with $700 for her eighth-place finish and $800 for first W40+.
Shull, Baymiller Tops in MS Half-Marathon

by GEORGE BANKER

Patti Shull, 40, Ashburn, Va., applied the necessary pressure and pace to sail to an overall female victory in the MS Challenge Half-Marathon, Washington, D.C., Sept. 20. Shull celebrated her 40th birthday with a women's masters course record of 82:49. The previous best was 86:11 by Mary Astrop in 1996.

"I can't believe it. I did want to win. This is a PR for me. I was worried about the race. I don't know how tactical my race was; my first mile was 6:23, and my second 6:10. I felt strong at mile six. Going to Hains Point, I really surged and passed a bunch of guys," said winner Shull.

"I wish my kids could be here, but they are home decorating the house. My biggest supporter is my husband, Wes, who tells me to believe always in myself. I didn't start running until after our first child. We have three," Shull added.

It was a good day for women masters. Coming in a strong second overall with an 83:40 was Rae Baymiller, 55, of NYC. After the race, the U.S. age-group record holder said, "The cause attracted me, and I had not run in D.C. recently. My goal was to pace myself at 6:15 per mile. I was shocked to be in second place. There was a pack that grew at mile 11. I thought, 'Oh, my God, there are a bunch of people around me,' and said 'Get me home.'"


In the companion 5K, masters winners were Steve Donohue, 41, Arlington, in 18:08, and Valerie Lewis, 41, Mechanicsville, Va., in 23:34.

The events drew nearly 2000 entrants, who competed under overcast skies in high humidity. Proceeds help to fund vital local services as well as national medical research in the cause and cure of muscular sclerosis.

On Oct. 11, Shull was third woman, with a masters women's course record 62:10 in the Army Ten Miler over a new course that started on Route 27 and proceeded across the Memorial Bridge, where runners took a grand tour of the monuments and a visit to Capitol Hill at about the fifth mile.

After the race, Shull said, "I can't believe that I kept a six-minute pace. This was a personal record by a minute and 20 seconds. Two years ago I did 61:30 here."


Chuck Moeser, 47, Sterling, Va., was the M40+ winner with a 53:14. Bob Dalton, 45, Fayetteville, N.C., followed in 54:27.

The race, the 14th annual, which started in 1985 with 1379 runners, had 14,106 registered competitors. Event proceeds benefit soldier family programs.

Earlier, on Oct. 4, in the Georgetown 10K, Moeser captured fourth-place overall in 32:43, the best mas- ter’s time since 1990. Bernadette Flynn, 41, Fairfax, Va., claimed the top W40+ spot with a 42:36. The race boasted 3000 registered runners. Net proceeds were donated to the Pediatric AIDS/HIV Care, an organization that supports families with children affected by HIV.

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How to Cut 11 Years from Your Age

Most readers of this publication are aware of the relationship between feeling younger, acting younger, and performing younger. But I wonder how many readers have given conscious thought to the subtle little ways one can act younger. I thought about this recently as I got up from my desk at the office after being slouched over the computer for most of the day and then realizing that I was beginning to walk in a hunched manner, my shoulders drooping and my posture not as erect as it should have been. As I consciously pulled back my shoulders and walked more erect, I suddenly felt much younger and much stronger.

While browsing through a used-book store not long ago, I came across a book published in 1937, entitled Look Eleven Years Younger, by Gelett Burgess. Burgess was also the author of such popular books as Are You a Bromide? and Why Men Hate Women. He offers all kinds of tips on looking, acting, and performing younger. He identifies the “hunched over” problem I was beginning to experience as “The Human Bird” condition. “And what boots it, anyway, to spend half an hour a day on any particular routine of exercise if for the rest of the day you pay no attention to your behavior and slump and crumple and sag in unlovely, harmful postures?” Burgess drives home his point on this condition.

Senile Signals
As Burgess sees it, old age is the multiplication of thoughtless, lax, and indulgent mannerisms due to lack of conscious control in many minor movements. All such uncontrolled habits are therefore potentially senile. “A middle-aged man I once knew lost his job as watchman because he always cocked his head like a terrier and half closed his eyes when he was listening,” Burgess gives an example. “His boss thought he was too old and was losing his faculties. The old fellow didn’t think so. There was hardly a gray hair in his head and he had few wrinkles for his age. He didn’t know he looked silly. But that habit proved that he was becoming irresponsible and was going down hill.”

Burgess cautions against surrendering to emotionalism or to mere comfort. “It is a mental laxity which diminishes the interest in active, competitive life and dulls the ambition and the desire to please,” he explains. “It is, in short, a mental acceptance of old age as inevitable. This defeatism registers itself just as a physical disease registers itself in the face and on the body, in the voice, in gesture, expression, in visible symptoms of decrepitude for all to see and talk about.”

Subconscious Satan
Avoid self-pitting, Burgess counsels. This habit, involving running your hand up and down the other arm, is more common among women. It shows a lack of poise and is evidence of the “subconscious Satan” looking for mischief with the idle hands. Women, Burgess continues, don’t begin to bother much about age till they’re nearing thirty. Once they let themselves go in careless and senile habits, such as looking in a chair in a luxurious beauty parlor with one hand dipping into rose water and the other into a box of chocolates while having cosmetics plastered all over a dead face, they rarely recover.

“It’s pathetic the fatuous way women who have neglected all common-sense precautions to preserve their looks and youthfulness will sometimes try to excuse their appearance when time overtakes them to collect his bill,” Burgess continues. “Some try to belittle the change and say, ‘Oh, it’s only the light in the room, you know, that makes me look so.’ Or they say that if they had a little sleep they’d be all right.”

Men, especially, are guilty of the “Bishop’s Pose,” with the outspread finger tips of one hand delicately touching those on the other hand. Anyone caught in that pose is instantly recognized as elderly. “If his two joined hands are gently wagged up and down reflectively, one suspects that he is still more aged. If, at the same time, his eyes are directed in some far-off vacant stare, Burgess says that it is clear that the subconscious Satan is in control of the body. Men should also avoid raising their eyebrows while talking as well as tightening the lips or chewing their words. They add years to the person.

Head Biting
Women who bite their beads or pick their noses in public are just as guilty. Head biting is something that can start in girls as young as 16 and make them old before they are 30.

If he were alive today, Burgess would frown on older men competing with younger men. He sees it as increasing their apparent age. “Middle age endangers its youthfulness when competing with youth in youth’s special field,” he says. “The contrast is damaging. Middle age should know what it can and cannot do. It must at all cost avoid being ridiculous.”

On the other hand, Burgess says we should never surrender to youth. It allows the subconscious Satan to make us feel even older.

The bottom line is that you have to think young. If your name is Hortense, you tell yourself: “Hortense, fifty is not old; fifty is nifty.”

Other Tips on Acting Younger

Here are some additional tips on feeling, acting, looking, and performing younger as offered by Gelett Burgess in his book:

- Don’t get anchored at home and lose contact with life.
- Don’t try to appear young by being playful or frisky or arch. Youth cannot be assumed.
- Youthfulness dwells in the eyes. Keep them lighted.
- Crow’s-feet are caused by grins and grimaces and usually go with a fallen face. Women, especially, should avoid unnecessary smiling and grimacing.
- Smile only when there is a meaning to it. A perpetual smile that means nothing is a senile trait.
- Avoid scratching in public.
- When lowering yourself into a chair or hoisting yourself up from it avoid using your hands.
- Don’t be a mumbleboy, a drawlster, whiner, whisperette, mushmouth, or flannel-mouth. When you are out of luck, speak louder than usual.
- If you live alone, don’t eat in the kitchen.
- Slippers, dressing gowns, and solitude lead inevitably to laxities and indulgences that make you senile.
- Avoid monkey business.
- A fine discrimination in wines is characteristic of old age. If you wish to be youthful don’t be too critical and eloquent with regard to vintages.
- Avoid the display of portraits in a room as it is apt to retard youthfulness. It anchors us to the past.
- Study Kodak snapshots regularly as they will reveal unsuspected expressions, mannerisms, and postures.
- Don’t say, “Young people didn’t act like that in my day.” Make your day today.

THE BISHOP’S POSE: Few young men assume this attitude. The hands alone tell the story of senescence. It is one of the abstracted, introspective and retrospective postures that show a negative view of life. He has given up competition and is unaware of his environment.

THE BUTCHER’S POSE: Probably the ugliest posture ever conceived by the subconscious Satan. The most beautiful movie star could make herself grotesque by hanging her shoulders up over the back of a chair like a leg of mutton on a hook. She could make herself look still older by feeling her face.
Double-Dipping From a Master’s Viewpoint

By the same token, is it right that a masters individual should have to choose between the open and masters purses? Or have to accept the lesser masters purse, as a few races have done? And, if the master should win and choose the open purse, does the second-place master get the masters first place money, which might be more than the second-place open money, thus making a possible overall second place open finisher receive less money than a masters runner who may have finished several places back?

The views are several, and, when soliciting those of masters runners, who have the potential to be an overall winner, they obviously would like to win both purses and maybe even age-graded and Clydesdale monies if they qualify. However when masters-only money is considered, it is obvious that age-grading is favored as the award determiner simply because there are more people who have a chance to win or place on this basis than on an overall masters winner basis.

The posture of the USATF Masters LDR in the Indy Life Circuit cumulative awards is to make awards on both bases and not allow double-dipping; however, we have abstained from trying to tell our individual races how they should respond. Interestingly, many of them allow not only double-dipping within the masters, but also allow the masters to win in the open category.

Obviously, I am treading water on this issue because deep down I feel that prize money should be equally divided among all 70+ year-old runners who finish the race.

Award Selection Process Outlined

by RUTH ANDERSON

Nominations for USATF LDR athlete-of-the-year candidates are collected by the men’s and women’s award chairmen (1998 – Tom Boyle and Ruth Anderson). A slate for voting is presented at the National USATF Convention to the whole Masters LDR Committee at a specified meeting.

The data for each five-year awardee, beginning at age 40 through age 100+, are tabulated from RRIC, NRIC, NMN, and other running publications. Athletes are encouraged to submit resumes, as well as knowledgeable sources (association LDR chair, coaches, agents, etc.).

A separate award is given to the outstanding Masters Ultra Running Man and Woman of the year, by the same process.

The recipient of the Otto Essig Award, for meritorious service to Masters LDR, is selected by the whole Masters LDR Committee, following nominations presented by the Masters LDR Executive Committee. In addition, nominations may be submitted from the floor at this selection meeting for the above awards.

Award winners will be announced at the Awards Breakfast at the Annual USATF Convention.

Andrews, Ford Top Masters in Syracuse 5K

by DAVE OJA


Charles Mattingly, 52, Theresa, N.Y., won the M50 race in 17:20. Charles Jorgensen, 83, the oldest finisher, ran a 33:51.

Ford wasn’t pushed quite as hard, with her 11th-place female 18:13 comfortably in front of Patricia Smith, 41, Youngstown, N.Y., who ran a 19:39. Karen Davies, 52, Fulton, N.Y., finished with the leaders, winning the W50 race with a 21:22.

Race morning weather was seasonably cool, sunny, and relatively warm, allowing the course to produce the fast times for which it is known, exemplified this year by 25-year-old Peter Githuka’s course record 13:38.

Major sponsors included Gold’s Gym, UnitedHealthCare, WSTM-TV, and Pilot Communications.

Apolinario Repeats Mohawk Hudson Victory

by PAUL MURRAY

Wearing bib #4, David Apolinario, M40, of Montreal, finished fourth overall to win his second consecutive masters title at the 16th annual Mohawk Hudson River Marathon, on Oct. 18.

His 2:49:10 was three minutes off his 1997 clocking, due to a combination of unseasonably warm weather and a stiff head wind in the last six miles. “The only problem was the wind,” said Apolinario, who ran solo for most of the course on bikepaths along the banks of the Mohawk and Hudson Rivers from Schenectady to Albany, N.Y.

Rudy Afanador, Shirley, N.Y., second M40, was sixth overall in 2:56:17. Robert Somerville, Oneonta, N.Y., M45 winner, finished eighth in 2:58:05.

Maggie Philbrick, W40, was the W40+ winner in 3:27:35. Susan Rodocanachi, W40, Ottawa, Ontario, was second in 3:33:07.

Konstantin Chaks, Pointe-Claire, Quebec, was the M70 champion in 4:50:05.

Four hundred and sixty-three runners completed the scenic course. Lori Christina directed the race for the Hudson Mohawk RRC.

Paul Murray, M40, Montreal, Canada, masters winner and fourth overall (2:49:10), Mohawk Hudson River Marathon, Oct. 18.
Foot Soaks

Q. One of the most commonly asked questions from veteran runners is: How should I soak my feet after races or when they get sore?

A. This is a good question. After long runs our feet tend to get tired and swollen. Many times we have some strange foot condition or athlete's foot that defies description. Our toe nails become loose and the sides become infected and sore. Open blisters form from rubbing on shoes. All these conditions respond well to foot soaks.

The concept of foot soaks derives from the use of wet dressings to take care of diabetic ulcers and open sores on the extremities. Solutions were applied with gauze compresses to the affected areas.

In the case of athletic problems, salt solutions can be prepared, and we can soak our feet in containers of these preparations. Foot soaks are used to reduce inflamed, oozing types of sores on the feet; athlete's foot; ingrown and inflamed nails; swollen ankles and feet. Salt solutions reduce inflammation and help rid the area of crusts, debris and infection.

Probably the most common and easiest soak to prepare is a normal saline solution. This is compounded by adding one level teaspoon of salt to one pint of water. It is good for single eruptions and simple skin problems. Soak for 20 minutes.

Epsom salt soaks or magnesium sulfate may be prepared by dissolving one tablespoon per quart of water. The affected area can be soaked for 20 minutes. This is similar to the saline solution but a little stronger.

Burrow's solution is known as solution of aluminum acetate. This comes as a commercial preparation such as Domeboro tablets or packets. This solution is prepared by dissolving one tablet or packet in a quart of cool water. This makes a 1:40 solution. Remember, however, that after half an hour the solution becomes concentrated into a 1:10 strength and this will probably be too irritating and drying to the skin.

Potassium permanganate is a great solution. However, this must be made by a dispensing pharmacist. It is a solution that must be made fresh. One needs to crush a 65 mg tablet of potassium permanganate into a quart of water for a 1:16,000 solution. This solution is antiseptic and drying, and stains the skin and clothing.

For those with persistent dry or moist fungus of the foot, you may wish to try a simple 1:1 solution of apple cider vinegar and water. Twenty minute soaks, 2-3 times a week, usually changes the acidity of the skin and kills the superficial fungus.

(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, MNM, Box 50098, Eugene, OR 97405.)

Tulsa Run

Continued from page 1 of the top masters runners in the world.

In the women's masters race, Ukraine's Tatyana Pozdnjakova, 43, the top female masters road runner in the world, won the masters race in 51:31 (6th overall), but she was not eligible for the Indy Life Circuit or USATF Masters Championships.

Valadka, 40, Houston, Tex., returned from a mid-year injury to win her second 1998 masters crown. She is also the half-marathon national champion (Indianapolis Life 500). Jeanne Lasee-Johnson, 41, Chula Vista, Calif., was the second ILC master in 54:59. Ruth Wysocki, 41, Canyon Lake, Calif., placed third in 55:18.

The top age-graded ILC runners at Tulsa were Tuttle and June Machala, who both earned $500. Tuttle's 45-49 adjusts to 44:25 open time, or 93.29% on the WAVA tables. Machala, 67, Spokan, Wash., ran 1:08:58, which converts to a 50-43 open time (90.43%). Machala's time is also a pending U.S. 65-69 age-group record.

Three other runners produced world class times (90% or higher): Jack Nelson, 59, Winnetka, Ill. (53:30), Young, and Gary Romesser, 47, Indianapolis, Ind. (49:37).

As the Indy Life Circuit finale, final grand prix positions were decided at the Tulsa Run. With her third place ILC performance at Tulsa, Wysocki held off Lasee-Johnson for the women's Indy Life Circuit Grand Prix masters division crown, 83 points to 78. As the top Indy Life master overall, the 1984 Olympian took home $600, while Lasee-Johnson earned $3000.

Young, Ottaway Win A-G Titles

In the men's age-graded division, Young also earned the top spot (398 points) with Warren Utes, 78, Park Forest, Ill., a close second with 392 points. For the women, Joan Ottaway, 54, Sonoma, Calif., repeated as the ILC Grand Prix age-graded women's champion, worth $5000. Ottaway edged Machala by two-and-a-half points, 365.5 to 363.

(Information provided by RRIC.)

INDY LIFE CIRCUIT

Men Final Standings:

1) Craig Young 42 Co. Springs, CO 112.5
2) Peter Koch 40 Albuquerque, NM 112.5
3) Steve Plascencia 40 Shoreview, MN 55
4) Charlie Gray 44 Lee's Summit, MO 43
5) Gary Romesser 47 Indianapolis, IN 43
6) Antoni Niemczak 42 Albuquerque, NM 24
7) Kenneth Wilson 43 Albuquerque, NM 20
8) Budd Coates 41 Emporia, PA 17
9) John Tuttle 40 Douglasville, GA 15
10) Lloyd Stephenson 43 San Francisco, CA 14

Age-Graded Final Standings:

1) Craig Young 42 Co. Springs, CO 398
2) Warren Utes 78 Park Forest, IL 392
3) Peter Koch 40 Albuquerque, NM 343.5
4) Fay Bradley 60 Washington, DC 339
5) Gary Romesser 47 Indianapolis, IN 339
6) Jack Nelson 60 Winnetka, IL 316
7) Paul Heitzman 59 Eudora, KS 273
8) Jan Frisby 54 Grandlucjon, CO 240
9) Danny Mientz 62 El Segundo, CA 230
10) Charlie Gray 44 Lee's Summit, MO 223
11) Steve Plascencia 42 Shoreview, MN 189
12) Dick Wilson 66 Lawrence, KS 148
13) Kenneth Wilson 43 Albuquerque, NM 146
14) Lloyd Stephenson 43 San Francisco, CA 141
15) Bullby Kincade 61 Farley, MO 134
16) Patrick Devine 70 RP Verde, CA 128.5
17) Budd Coates 41 Emporia, PA 127
18) Ken Sparks 53 Chagrin Falls, OH 111.4
19) Bruce Kater 63 Edmonds, WA 110
20) Antoni Niemczak 42 Albuquerque, NM 108

Women Final Standings:

1) Ruth Wysocki 41 Canyon Lake, CA 83
2) Jeannine Johnson 41 Chula Vista, CA 78
3) Regina Joyce 41 Lynnwood, WA 64
4) Patsy Valadka 40 Houston, TX 60
5) Diana Fitzpatrick 40 Larkspur, CA 38
6) Janice Welzel 43 P. Collins, CO 36
7) Cindy Klee 40 Lake Worth, FL 32
8) Bev Dockey 40 St. Paul, MN 30.5
9) Victoria Crip 46 Nashville, TN 24
10) Suzi Morris 40 Encinatas, CA 21

Age-Graded Final Standings:

1) Joan Ottaway 54 Sonora, CA 365.5
2) June Machala 67 Spokane, WA 363
3) Jeanne Johnson 41 Chula Vista, CA 342
4) Ruth Wysocki 41 Canyon Lake, CA 328
5) Victoria Crisp 46 Nashville, TN 312.5
6) Gloria Janzen 51 Edina, MN 297
7) Regina Joyce 41 Lynnwood, WA 281
8) Ellen Nitz 58 Milford, MI 222
9) Lesley Chaplin 41 Mt. Park, GA 199
10) Linda Frisby 51 Grandlucjon, CO 197
11) Patsy Valadka 40 Houston, TX 188
12) Diana Fitzpatrick 40 Larkspur, CA 156
13) Suzi Morris 40 Encinatas, CA 146
14) Jane Welzel 43 P. Collins, CO 144
15) Cindy Klee 40 Lake Worth, FL 143.5
16) Kimberl Camp 42 San Diego, CA 126
17) Ruth Vomund 40 Ventura, CA 125
18) Bev Dockey 40 St. Paul, MN 114
19) Marilyn Grussom 56 Greenwood, IN 106
20) Suzi Morris 67 Indianapolis, IN 96

(Compiled by Road Running Information Center)

(Information provided by RRIC.)
USA 5K X-C

Continued from page 1
1:02:38, ahead of the Cats AC of Rochester, whose time was 1:03:52.
Kathryn Martin, 47, Northport, N.Y., W45 winner, was second woman in 19:09 and top age-graded performer with an 83.8% Ford was second with 82.6%, and Ellen Nitz, 58, of the Detroit Motor City Striders was third with a 77.8% 22:56.
Tim McMullen, 45, of the Harriers, topped the men with his 86.6% 16:08, followed by Fram at 86.4% and Rick Hoochke, 49, Ithaca, N.Y., with an 85.9% 16:47.
Fram had no masters history coming into the race, as he had just turned 40. He works in athletic footwear design and manufacture for Puma in Brockton, Mass., a field he entered when Nike had a plant near his home in New Hampshire. Although he runs several off-road events each year and competed in an international mountain run, he considers himself primarily a road racer. He continues to train on the 75-85 mile a week level and has been able to maintain times close to the personal bests achieved in his 20s (29:51 10K).
Patti Ford said she did a lot of running as a child growing up on a dairy farm but never competed in high school or college. She took up jogging in 1979 to help quit a two-pack-a-day smoking habit with the help of a faculty-staff program at Syracuse U., where she was an administrative assistant in the mathematics department. She gave up that position four years ago when daughter Erin was born - ten days after Patti ran an "easy" 5K. She’s had success on the roads and has a 2:56 marathon to her credit, but says cross-country and the indoor mile are her favorites.
The other team champions were M50-59 Raritan Valley-NJ; M60-69 Syracuse Chargers; M70+ Belle Watling AC-Buffalo; and W50-59 Motor City Striders.
The race was also the Canada vs.

Masters Fly in Big Bird

by RON MARINUCCI
ROSEVILLE, Mich. - The 20th annual Big Bird Runs on Nov. 8 attracted over 800 runners on a surprisingly mild Michigan November morning. The marquee 10K had 241 masters, out of 468, with the other participants taking part in the competitive 4K and one mile.
Several top masters times were turned in on the flat course (only two expressway over-passes provided "hills"), Gerard Malaczynski, 56, finished with a best masters performance 36:29 (A-G 31:06, 87%). Wally Herrala, 54, posted a 36:08 (31:24, 85%).
Masters winners were Dave Furey, M40, 33:27, and Sandy Schubert, W40, 44:55.

National 8K X-C

Continued from page 1
lead to finish first overall by 22 seconds in a fine time of 26:37. Clark's time was more than a minute slower than the course record 25:08, set by Steve Scott in 1996. Bob Carroll, 42, Forrestville, N.Y., was second in 26:58.
The M50-54 group produced the grandmasters (50+) champion, Peter Hallop, 51, Ann Arbor, Mich., who won in 28:18. Other division winners included Dick Wilson, 66, Lawrence, Kansas, M65, 33:12, and Jim Forshee, 72, Ann Arbor, Mich., M70, 34:34. Edgar Morgan, 80, Louisville, was the oldest finisher, in 51:35.
Jeanne Olash, 41, Louisville, won the women's race with a 30th-overall time 30:34. Robin Statis-Hallop, 42, Ann Arbor, was second in 31:56. Ellen Nitz, 58, Milford, Mich., was the women's grandmasters winner with a 37:54.
Team competition was spirited, as more than half of the race entrants also competed on 11 teams representing five running clubs. The M40-49 winner was Runners Forum TC of Indianapolis. The M50-59 title went to the Motor City Striders of Detroit. The well-represented Victory AC of Louisville won the M60-69, W40-49, and W60-69 titles.
Following the race, runners enjoyed a complimentary pizza buffet and soft drinks provided by Papa John's International. Other sponsors who made the Championships possible were Gateway Press of Louisville and the Brown-Forman Corporation of Louisville. The 8K Cross-Country Championships will return to Louisville on Oct. 24, 1999.

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Get the "Edge"
Sandy DeNoon: Pain No Obstacle to Success

Sandy DeNoon (W40) is the subject of this month’s interview. Following are some of her 1998 racewalking achievements: Indoor 3K, 1st, 15:11:53; Outdoor 5K, 3rd, 25:59:86; 15K, 1:23:23; Niagara 10K, 1st, 53:58.

EW: After years of back pain, how did you get the pain controlled so you can race, and race so well?
SD: I found a doctor in Michigan who was able to diagnosis and correct the problem. I have a lift in my shoe and I do a series of 10 exercises every day. I also see an osteopath every two to four months when my back bothers me.
EW: What was the final diagnosis?
SD: Sacral shear. I injured myself by rotating my sacrum and then torqueing it so I tore the tendons and ligaments on each side. Every time I would walk, there was nothing there to hold my sacrum in place. It moved around.

The doctor found that I have one hip slightly smaller than the other. As soon as I started walking after he adjusted me, the hip imbalance would throw it out again. The lift in my left shoe and the exercises I do, balance and strengthen my stomach, back, quads and hams.

EW: The intensity of racing doesn’t bother you?
SD: Probably the one thing that bothers my back the most is hills.

Typically, it happens when I am going slower rather than faster, because I am making less contact with the ground and not pounding as hard.

EW: So now you have a double reason to go fast.
SD: I love to race. I changed my workout recently. I am running every day instead of racewalking. I felt I was pushing myself as hard as I could with the racewalking and in order to get better, I needed to run. I think it is going to take some time to notice an improvement. I am always tired and sore after my running workouts now.

When I first started racewalking seriously in January for the Indoor Nationals, I remember telling Don every night that my legs hurt and I was tired. By May, my legs didn’t hurt any more and I wasn’t tired. I was just training well. Now, with the running, my legs hurt all the time and I am tired all the time. So I am again pushing myself at a different level. At least that is what I am hoping it is.

EW: You aren’t worried about getting injured running?
SD: No. I only plan on doing this for a couple of months to see how it does. My goal is to be able to run a couple of times a week and do the rest racewalking.

When I was just racewalking, I typically trained five days a week, compet-

much longer than you can at a 9-minute pace.

EW: Racing a 20K competitively also requires considerably more training time.
SD: I think so. If I decide to compete, I want to be really competitive and it will require putting in longer workouts and double workouts. I have found that sometimes I break down if I go too long. In April, I went from doing 40 to 50 miles a week. I had to take three days off because I injured myself trying to make a big jump in my mileage while training just as hard.

EW: Do you ever compete in runs?
SD: I like to racewalk against the runners. There is a 12K run that usually has about 2500 entries. This year I finished 913th. It is exciting to racewalk as fast as most people run. The attitude of the runners is great in that race. They don’t say, “Oh, I can’t let a walker beat me.” They say, “Oh, look how fast you’re walking. That’s so great.”

(Sandy’s Husband, Don — ew)

Sandy DeNoon’s Exercise Routines

Hamstring Stretch
• Lie on your back with a towel rolled placed under the lumbar spine to maintain neutral mechanics. The left leg is held actively straight.
• Flex the right hip to 90 degrees and place both hands behind the lower aspect of the right leg (thigh).
• Keep the elbows straight and actively extend the right knee, feeling a stretch behind the right leg.
• Active dorsiflexion of the right ankle can be added for an additional stretch.
• Hold for 5 seconds. Repeat 6 times.
• Switch legs and repeat on the opposite side.

Hip Adductor Stretch
• Sit with your back against a wall maintaining a neutral lumbar lordosis. If you are unable to do this, a bolster underneath the ischial tuberosities may be needed to promote an anterior tilt of the pelvis.
• Place the soles of the feet together and actively externally rotate and adduct both lower extremities.
• The hands are placed on the floor behind the hips to assist in lifting and anteriorly rotating the pelvis while performing the active external rotation of the lower extremities.
• Hold for 30 seconds. Repeat 1 time.
• Repeat on the opposite side.

Lumbar Spine Rotation and Strengthening
• Lie supine with the knees and hips flexed and feet flat on the floor.
• Adduct both arms to the shoulders are at 90 degrees of adduction with palms facing upward.
• Slowly drop the knees toward the left to stretch the right side of the hip and low back region.
• From the fully stretched position, attempt to return to the starting position working segmentally, touching each level of the lumbar spine from above down to the table or floor before bringing the hips and pelvis back to the neutral position.

(Sit this exercise is best accomplished by performing a posterior pelvic tilt, working diagonally from cephalad to caudal. Repeat 6 times.)

Sit Back Exercises
Objective is to strengthen abdominal muscles.

Level I
• Sit on floor with knees bent and heels on floor.
• Extend arms in front of body above and not touching knees.
• Sit back “half way” and hold the position for a slow count of five (5 seconds).
• Adduct both arms, twice daily.

Level II
• Sit on floor with knees bent and heels on floor.
• Clasp hands behind neck.
• Sit back “half way” and hold the position for a slow count of five (5 seconds).
• Return slowly to upright position.
• Repeat six times, twice daily.

Level III
• Sit on floor with knees bent and heels on floor.
• Touch right knee with a left elbow and sit back half-way, holding for a slow count of 5.
• Return slowly to original position.
• Alternate procedure with right elbow touching left knee and repeat.
• Complete six repetitions in each direction, twice daily.
by MARILYN J. MITCHELL

Joan Benoit-Samuelson’s masters win came as a complete surprise to NYRRC President and CEO Allen Steinfeld, who had not even known she was running in the race. Indeed, she provided one of the day’s better quirky stories – 12th woman overall in 2:41:06, she was the second U.S. finisher, just ahead of Ann Marie Lauck (29, 2:42:52). First U.S. woman was Libby Hickman (33, sixth overall in 2:33:06).

Winner of the first women’s Olympic Marathon in the 1984 Los Angeles Olympic Games, Joan Benoit, as she was known then, captivated the world – indeed, the world- with her Olympic Marathon, she did not decide to run the race until 10:30 p.m. the night before, during a phone call from a New York Times Square restaurant to her husband at home. In New York to do a Nike clinic, she discovered that a Saturday evening departure would get her home in the middle of “trick-or-treating,” and she and her husband decided that she might as well stay in the city overnight. And if she stayed overnight, she might as well run the race.

Since her intention to compete was tentative, no one had informed Steinfeld, who was unaware that she was running until her name was announced as she crossed the finish line.

NYC Marathon

Continued from page 1

second consecutive NYC Marathon win with the second fastest finish in the history of the race, in 2:08:45. Franca Fiacconi, 33, of Italy, after finishing third in 1997 and second in 1996, was the first female in 2:25:17. The 31,456 finishers of 32,398 starters was a 97% finishing rate. Of the starters, 22,537 were men and 8919 were women. Race day temperatures ranged from the 40s to the 50s, with humidity ranging from 56% to 63% when the first male crossed the finish line, making for ideal marathon conditions.

While statistics remain unofficial until race footage and photos are viewed and discrepancies reconciled, NYRRC President and CEO Allen Steinfeld does not see the high finishing rate as unusual, given that only 1/3 of the runners are local and 2/3 are from elsewhere in the U.S. and the world. Even though the city normally offers free public transportation to runners who drop out (with evidence of their race bib and number), it would be difficult for many of the non-local runners to find their way to the finish area without continuing along the course.

Furthermore, Steinfeld thinks that the substantial financial investment made by the runners to reach New York provides many of the participants with a significant incentive to finish the race. Statistics indicate that the 1998 NYC Marathon will continue to be the world’s largest marathon in terms of finishers.

...I wanted to get an Olympic Trials ‘A’ qualifying time.” An ‘A’ qualifying time of 2:42:00 or faster means, among other things, that a qualifier’s expenses to the trials will be paid.

In a previous NYC Marathon, Benoit-Samuelson ended up in the medical tent with severe dehydration and asthma, requiring intravenous fluids. “I didn’t know if I’d ever run another marathon,” she said, and further discussions reveal that she felt at the time that the situation may have been life-threatening. Also, she was extremely upset that her children witnessed her physical distress and that it created trauma for them.

“l realized last year that marathoning wasn’t as important as being a mother,” she recalled. Now, 11-year-old Abby and 8-year-old Anders are the priority, and while she finds time to run every day, she does so after soccer matches and tournaments and other children’s activities are scheduled.

This prioritization results in a novel method of selecting races. For example, she says that perhaps she would compete in the 1998 Hartford Marathon, because one of her children had a soccer tournament nearby. She had considered shipping away to run the race and returning to the tournament. But it was raining on race day and she decided not to run. She had also considered the Bay State Marathon, but decided against it because she does not do well on flat courses.

Although she had requested a running bib and number from The Elite Athletic Coordinator for the NYC Marathon, she did not decide to run the race until 10:30 p.m. the night before, during a phone call from a New York Times Square restaurant to her husband at home.

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Cancel All World Records

Statistician Marty Post raised some interesting points in an Opinion article titled "It’s Time To Set The Record Straight," that appeared recently in Runner’s World Daily, that magazine’s on-line edition. For those without Internet access, or who missed the article which appeared on October 5, 1998, Marty suggested setting aside FloJo’s world 100-meter record of 10.49, set at the 1988 Olympic Trials in Indianapolis.

Reason? FloJo’s mark was so obviously wind-aided. Practically every other mark made in the stadium that day was wind-aided. Omega’s wind gauge showed 0.0 meters per second during the running of FloJo’s 100 heat and certainly malfunctioned. Yet, for whatever reason, those who determine which marks earn record status (both at the USATF and IAAF level) chose to ignore the obvious. The record was accepted.

Marty, whose duties at Runners World include serving as chief statistician, feels the record should be deleted if only because it makes more difficult the task of today’s top sprinter, Marion Jones, to set a world 100-meter mark.

"FloJo deserves much for her contributions to the sport," opines Marty, "but Marion Jones deserves something, too. She deserves a fair shot at the world record."

Fat Chance

What are the chances of FloJo’s record being removed from the books? Slim to none, I would say. The Association of Track & Field Statisticians can list the record as "probably strongly wind- assisted," but that organization doesn’t ratify records; it only reports records. Marty notes that for the record to be removed, USATF would need to initiate decertification, following IAAF procedures. (This could happen when the USATF records committee meets at that organization’s annual meeting in December.)

But USATF, ignoring questions of possible drug use raised by the media, recently beatiﬁed FloJo at a memorial service in Indianapolis. For those of you raised in the wrong church, beatiﬁcation is one step short of sainthood. USATF, which presides over a sport that in this country is underfunded and undersponsored, is hardly going to open a 10-year-old can of worms. Many at the top levels of the sport feel embarrassed by publicity given to performance-enhancing drugs, feeling such talk scares sponsors away.

In another Opinion article, also carried by Runner’s World Daily, Roadrunners Club of America’s Don Kardong even suggested that he agreed with International Olympic Committee President Juan Samaranch that restrictions on use of some performance-enhancing drugs (those without known side effects) should be relaxed. Athletes in sports such as golf, tennis and baseball are considered “cleaner” than track athletes, only because they aren’t tested for what they take to get a leg up on the competition.

Whether or not that occurs, don’t count on the IAAF to initiate its own decertiﬁcation. Any move by either USATF or IAAF or IOC or any other alphabet body to rewrite the record book would be considered by many as being either racially and/or politically motivated. And they probably would be right.

Don’t Count On It

Also, don’t count on the former East Germans or other Eastern Europeans to hand back any gold medals or renounce their records either, despite the fact that, since the fall of the Berlin Wall, many have been implicated as having benefitted from performance-enhancing drugs.

And we all know – don’t we? – that those Chinese women must have been adding something other than Paul Newman’s Own to their salads. Has the Berlin Marathon course been remeasured yet? What about Tegla Omega’s 10,000-meter world record, the answer is blowing in the wind.

Top M45 finishers and race sponsors, Oyster Festival 5K, Oyster Bay, N.Y., Oct. 17, (l to r): Oyster Bay Town Councilman Len Symons; Vice-President Mary Durkin of primary corporate sponsor State Bank of Long Island; N.Y. State Assemblyman David Sidkman; John Lupski, M45 first (18:09); John Poemmerl second; Patrick Vioila, third; Jim Stajk, fourth; and Oyster Bay Town Supervisor John Venditto.

Despair Not

However, help is at hand. Within the next 15 months we can remove all tainted marks, wind-aided and drug-aided. I’m talking about the arrival of the new millennium. As we all know, at the stroke of midnight on December 31, 1999 – or January 1, 2000, depending on your point of view – all clocks will begin running backwards and the hard-drives of our computers will melt. One magazine recently suggested, only partly in jest, that to prevent this meltdown we simply begin the Twentieth Century again, starting with January 1, 1900. Well, why not? It was a bad century. In one stroke, we could remove Hitler, Stalin, Hiroshima and Vietnam from our history books.

We also have this option with our track statistics. Whether initiated by the USATF, the IAAF, WAVA or the ATFS (which in case you’re forgotten is the Association of Track & Field Statisticians), we should simply cancel all records made during the old millennium. Remove them from the books, bad and good. This way we can eliminate FloJo’s 100-meter mark, as well as all marks made by drug-using East Germans and tainted Chinese. Throw out the home run records too.

All old records can be recorded as PM for Pre-Millennium. All new records can be recorded as PM for Post Millennium. Begin anew. The first fast woman who can gather a field of sprinters and timers on January 1, 2000, can be acclaimed 100-meter world record holder, even if her time is slower than 15.0. Eventually, world records will return to a respectable level, whether anyone runs 10.49 again or not. 

So, for those of you who remain heretics, is one notch above beatiﬁcation.

And what about masters records? How legitimate are some of those? Although there was a room in the main stadium at the World Veterans Championships in Durban, South Africa, last year with a sign on it that said “Drug Testing,” I saw no evidence of athletes being tested after races I ran.

She... or He?

Soon after returning home, I called an athlete who had won multiple events in Durban for an article I was writing for Runner’s World. When she answered the phone, I thought it was her husband talking. Was her masculine voice the result of steroids, or was it natural? Do masters athletes want to suffer the inconvenience and expense of eliminating performance-enhancing drugs from our level of the sport, when testing younger athletes seems so ineffective?

Occasionally, a Mary Slaney or a Uta Pippig get caught with high testosterone levels, but then the attorneys take the field, and the legal cash registers go ker-ching, ker-ching, wasting money that could be spent on the promotion of our sport.

Getting back to FloJo’s fast 100 of a decade ago, some have suggested that the standard that disqualifies records for wind readings over 2.0 mph is too stringent and should be relaxed. Maybe so, maybe not.

In his article in Runner’s World Daily, Marty paraphrased Bob Dylan by suggesting that the time may be a-changing. Had he been listening to Peter Paul & Mary in the 1960s, he would have realized that to the question whether FloJo will lose her 100-meter world record, the answer is blowing in the wind.
**PUBLICATIONS ORDER FORM**

<table>
<thead>
<tr>
<th>Quantity</th>
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<tr>
<td></td>
<td><strong>Masters Age Records (1998 Edition)</strong></td>
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<td></td>
<td>Men's and women's world and U.S. age bests for all track &amp; field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1997. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundie, WAVA and USATF Masters T&amp;F Records Chairman. $5.00.</td>
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<td><strong>Masters Track &amp; Field Rankings (1997)</strong></td>
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<td>Men's and women's 1997 U.S. outdoor track &amp; field 5-year age group rankings, 52 pages. 125-deep in some events. All T&amp;F events. Compiled by Jack Lance, USATF Masters T&amp;F Rankings Chairman. $7.00.</td>
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<td><strong>Masters Track &amp; Field Indoor Rankings (1998)</strong></td>
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<td>Same as above, except indoor rankings for 1998. 4 pages. $1.50.</td>
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<td><strong>Masters Age-Graded Tables</strong></td>
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<td>Single-age factors and standards from age 8 to 100 for men and women for every common track &amp; field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. $6.00.</td>
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<td><strong>Masters 5-Year Age-Group Records</strong></td>
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<td>Men's and women's official world and U.S. outdoor 5-year age group records for all track &amp; field and racewalking events, age 35 and up, as of March 1, 1998. 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&amp;F Records Chairman. $1.50.</td>
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<td><strong>Masters 5-Year Indoor Age-Group Records</strong></td>
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<td>Same as above, except indoor records (M40+, W35+) as of May 1, 1998. 4 pages. $1.00.</td>
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<td><strong>Competition Rules for Athletics (1998 Edition)</strong></td>
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<td>U.S. rules of competition for men and women for track &amp; field, long distance running and racewalking—youth, open and masters. $12.00.</td>
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<td>Names and addresses of officials of USATF and operating organizations. 8 pages, including all-time records, course measurement, etc. $12.00.</td>
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<td><strong>USATF Governance Handbook (1998)</strong></td>
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<td>U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. 152 pages. $12.00.</td>
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<td><strong>IAAF Scoring Tables</strong></td>
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<td>Official world scoring tables for men's and women's combined-event competitions. $12.00.</td>
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<td><strong>IAAF Handbook</strong></td>
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<td>1996/1997 rules and regulations handbook. $15.00.</td>
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<td><strong>International Scoring Tables</strong></td>
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<td>Complete scoring tables for 21 men's and 17 women's individual events. All events, and the event orders, in normal multi-events are included: decathlon, heptathlon, indoor &amp; outdoor pentathlon, and weight pentathlon. Brief scoring instructions, age factors for the common WAVA multi-events, and instructions for hand times and automatic times are included. In English and German. Pocket size (4¼ x 6½). $12.00.</td>
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<td>Lists 100 of the nation's most popular road races, with race entry information, top 100 all-time men &amp; women each race, top 20 all-time age divisions each race, 41,000 performer and champion listings, 300+ photos, 100 full-page maps, race histories and trivia, and guide to national running organizations. Compiled by Mike Weddington &amp; Barry Penilli. $24.95.</td>
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<td><strong>Guide to Prize Money Races and Elite Athletes 1998</strong></td>
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<td>Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 800 addresses and phone numbers, calendar for over 400 prize money events, and more. $60.00.</td>
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**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

**NMN Expands Web Site**

National Masters News has expanded our web page and now has a private domain. We now include 2 home pages, both the WAVA and USATF, All American Standards charts and applications, a review of back issues, the Publications Order Form, an application for a subscription, coaches list, and links to other sites of interest. People can sign on from the world wide web. The page may be viewed by entering the address: http://www.national-mastersnews.com

**Bill Rodgers, 50, was first master (56:23) in the Virginia 10 Miler, Lynchburg, Sept. 26.**
**Coming of Age in Mastersland**

December seems to create a heightened awareness of the passage of time (a euphemism for getting older). Perhaps it’s subliminal reaction to media depictions of the past year as a decrepit, bearded geezer, often wearing St. Vincent DePaul casts, gazing longingly at the baby New Year, starting life innocently wearing only a diaper and a smile, ready to tackle whatever life may cast in its direction.

The approaching millennium may be responsible for an additional dose of malaise. It’s not just the end of a century, but also the end of a thousand years. That has a ring of finality and closure to it. Talk of an accompanying apocalypse doesn’t help either.

**Ready-made Excuse**

Masters are particularly sensitive to getting older when they approach the top of their age brackets. Actually, being in that position has some advantages. But first off, you have to announce your age repeatedly at every meet to all within earshot well into the season. This works; I’ve done it. Now you have a built-in excuse for poor performances and failing to medal at the regionals and nationals when your competitors have three or four years of youth in their favor. On the other hand, if you outscore somebody who is younger, you can gloat a little.

Best of all, if you are a “miner” thrower at age 49, 59, etc., you may be looking forward to entering, in another year, an age group in which the implements get lighter. In this respect, throwers will have to concede that we are favored.

**No Handicaps Here**

As triple jumpers get older, do they compete in a “double” jump or a “single” jump? Do long jumpers contest an event adjusted for age to a “short” jump? Sprinters don’t run 85 meters instead of the 100 when they hit 60, or 150 meters instead of the 200 when they get to be 70; they’re running the same distances they did when they were 18. Meanwhile, throwers at age 70 get to heft a shot that’s about half as heavy as the one they used in college. It’s a blessing. Yeah, I know that distances and barrier heights have been reduced in the hurdles and steeplechase for older athletes. But I can see where, for athletes who are 70-and-over, the barriers in those events might be eliminated, as well as the bar in the pole vault and high jump.

**Challenging Time**

On the other hand, Senator John Glenn’s return to space after 36 years at age 77 appears to have made the U.S. populace aware that life does not have to end for men and women who have beat the life expectancy tables. Recently, I saw a man interviewed on television, who said, “If Glenn can do that at 77, I’ve got a lot left in me. I’m only 70.”

So, let’s welcome the New Year and drink a toast of Metamucil to Glenn, and on second thought, if he is as septuagenarian, can hurl into space and orbit the globe, 70-and-older masters are probably still capable of launching themselves over barriers and bars and circling the track as they have been doing for some 30 years already.

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**The Weight Room**

by JERRY WOJCIK

Weight Pentathlon Cyberthrows

Hey, Thrower! Got a couple of first class stamps? Or better yet, fire up your modem and point it to WP Cyberthrows. That’s all you need; well, almost all you need, to participate in monthly Weight Pentathlon (WP) Cyberthrows. It’s helpful to have the implements for your age group and gender.

These unofficial “virtual meets” have the goal of promoting throwing and WP events. Throwers can compare their practice marks to those of others in their age group, some of whom they may never actually compete against in person. Participants to this point have come from several states, the Netherlands, and Australia.

Here’s the idea. Record your practice marks in the five WR throws, or use a combination of practice and meet marks. Then pass on the marks to the address below. Complete results (age-graded marks, performance level percentage, and points) for all entrants are forwarded to participants and interested parties.

There are no entry fees, no medals, no travel costs, and no T-shirts, but perhaps some of the fun of an official competition.

Here’s how. By the 15th of each month, send your five marks, along with your name, location, gender, and age group to: Lorraine and Reed Quinn, 1271 Citrus Drive, Leesburg, FL 34788, E-Mail: Lorreed@aol.com. If you use “snail mail,” a SASL will be appreciated. Results are sent out a couple of days after the 15th and will be posted on Bill Patrick’s web site at http://users.sccoast.net/thrower/

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**A Generous Athlete Remembers NMN**

by JERRY WOJCIK

Recently, the National Masters News Editorial Department was honored with a bequest from the McMahon Family Trust created in 1990 by Mr. and Mrs. Charles A. McMahon. Charles, or Chuck, as he was more familiarly known among masters athletes, died Sept. 12, 1994, in San Diego of cancer. His wife, Jane, passed away on Jan. 15, 1997.

Chuck McMahon had been a master thrower from the early 1970s to 1992, when he underwent surgery to his knees and received a hip replacement. As a high schooler in Illinois, Chuck competed in the throws, hurdles, and middle distances. In the 1930s, he won medals in regional and national AAU competition. From age 51 to 76, he set eight world and U.S. single-age records in the throws.

A construction manager, Chuck built landmark high-rise buildings, including the 20-story Home Tower in downtown San Diego. He supervised the construction of the Anheuser-Busch Brewery in the Van Nuys area of the San Fernando Valley and an underground garage at Pershing Square in Los Angeles. In 1965, he was named “Outstanding Professional Engineer of the Year.”

I competed with Chuck quite a few times in Southern California after I became involved with the masters movement in 1972. Although he was proficient in all of the throws, I always thought that his best event was the javelin, my event at the time. At the Trojan Classic in 1985, I remember that Chuck, in the M70 division, with a throw at about 102-0, was a mere foot or two short of my best throw in the MSS group.

Chuck may be better remembered by some other athletes for his red metal wagon with which he hauled all of his implements at the meets. Some of us used to kid him about it. Having a good sense of humor, he took the kidding good naturedly, and we soon gave up ribbing him. Now when I think about it, he was smarter than we were, lugging implements, shoes, and whatever around during the meets, which, for throwers, often started at 8:00 a.m. with the hammer and lasted until 3:00 or 4:00 p.m. with the javelin.

Chuck also did something else that makes more sense now than it did two decades ago. He would exercise with a lifting bar with light weights before he competed, “pumping himself up” physically as well as mentally for the competition, while the rest of us were standing around doing a little stretching.

Physiologists suggest that getting the blood coursing through the body by “pumping up” before competing may be more beneficial to enhanced athletic performance than the normal “Trying to relax.”

“Once you get hooked on being a competitor, you can enjoy being one the rest of your life,” he said at one time. For me, that was right on the mark. His attitude and presence at meets helped to foster my involvement with masters track & field by making it fun. For that and for the beneficence of the McMahon Family Trust, I and the editorial staff of the National Masters News are deeply appreciative.

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**FIVE YEARS AGO**

December, 1993

- **12,178 Athletes Take Part in 10th World Veterans Championships, Miyazaki, Japan**
- **Dr. George Sheehan, Guru to Thousands of Runners, Loses Race to Cancer**
WAVA Launches New Site on the Internet

We have long felt it necessary to have open communication with all affiliates and athletes, and I am happy to announce you will now find WAVA under the following address on the Internet: http://www.wava.org.

It is our sincere hope that you will find this site worthwhile and informative. I owe much gratitude to Rex Harvey, who built this site. We invite visitors to the site to give us feedback on what is missing, or what could be done better. We can be reached at the following e-mail addresses: rexjh@aol.com, or torsten.carlius@helsingborg.se. Do not hesitate to contact us—we have built the site for you and it is your needs we want to take care of.

WAVA has also offered its six regions a link to and from the WAVA site to promote themselves and provide appropriate information.

World Masters Games

This is an ongoing issue that comes closer to solution, month by month. I have, in earlier issues of NMN, outlined our wishes and requirements and reported on discussions between WAVA and IMGA, in our quest to make WAVA the responsible entity for all track & field events at future World Masters Games.

IMGA held its General Assembly in Monte Carlo on October 16, when it was confirmed that those ISFs wishing to take responsibility for their own events will be allowed to do so. This means that WAVA will step in and appoint Technical Delegates for future World Masters Games who will ensure that WAVA rules and routines are followed in all respects.

The next World Masters Games will be in Melbourne in 2002, and we will do our utmost to promote this event, and supervise the organization and preparations—all in a spirit that will guarantee good future relations with IMGA. As WAVA President I am very pleased with this development which no doubt is a step toward further cooperation between our two organizations.

Regional Championships

The even years are the years of our Regional Stadia Championships. As of the beginning of November, four regions will have held their Championships, with two remaining: South America and North & Central America and the Caribbean. I have visited two Regional Championships (Europe and Asia) and can only say that I am very impressed by the organization and the athletes’ performances. Both were at a very high level, especially the European Championships, which drew 4291 athletes from 38 countries.

Speaking of the Championships, the Regions also have their General Assemblies and from these I would like to mention the following:

• Europe confirmed Jacques Serruys as President; while also electing Dieter Massin, Germany, Vice President; Marina Hoernecke-Gil, Spain, Secretary; and Pekka Kurki, Finland, Treasurer. Jacques Serruys will succeed Wilhelm Koster as European WAVA Delegate.

• Jyväskylä, Finland, was awarded the 2000 European Championships.

• Asia elected Kiyoshi Kounoike, Japan, President; to succeed Mr. Har­yomataram; confirmed Hari Chandra, Singapore, as Secretary and WAVA Delegate; and elected Hisashi Jinzenji, Japan, as Treasurer.

• India (probably New Delhi) was awarded the 2000 Asian Championships.

Coordination Meeting

For many years, IAAF and WAVA have held one meeting a year to coordinate activities. This year’s meeting occurred on November 21, at which time two topics were of particular importance to me, i.e., how WAVA can develop regional cooperation with IAAF regional bodies and how WAVA could use the IAAF Development Centers for veterans coaching/education. We all know that the need is very great but we must formulate clear and constructive ideas. It is my hope that in 1999 the resources and interest will be found to organize veterans training courses at two such centers at least. Any ideas are very welcome.

XIII WAVA CHAMPIONSHIPS
GATESHEAD, ENGLAND
July 29-August 8, 1999
Travel Together and Save!!!

To get on mailing list, please mail or fax your address to Paul Geyer, Master Race Walker, at the address listed below. Many optional tours all over Europe available. Package will cover to and from all destinations in USA and Canada. As soon as a package is ready, you will receive the completed information. The Durban Trip in ’97 was a great success. Be a part of the Trip to Gateshead!

SKI & TRAVEL INTERNATIONAL, INC.
P.O. Box 1816, Detroit Lakes, MN 56502-1816
Telephone & Fax: (218) 847-0410
E-mail: skiescape@lakesnet.net
8000 Expected at 13th World Championships

Plans are moving forward for the XIII World Veterans Athletics Championships next year in Gateshead, England, from July 29 to August 8. The entry forms are available through any of the U.S. masters travel agents (see ads on this page), or from USA team manager, Sandy Pashkin, 301 Cathedral Pkwy, #6U, New York, NY 10026.

Upwards of 8000 participants from as many as 100 countries are expected for the biennial event. "We can promise an event that will be second to none, to be enjoyed by competitors and spectators who can be assured of a warm welcome," said Councillor Brian Richmond, Mayor of Gateshead.

"We know we can rely on tremendous support from our local community," Richmond continued. "Prominent people, regionally and nationally, and a number of large companies and organizations, have pledged their commitment towards ensuring the Championships are a huge success." Complete entry information and timetables will be published in the January, 1999 issue of NMN, along with updated tips on accommodations and tours.

by MARTIN DUFF

World 10K champion Rob Wise retained his M40 title in the British Veterans 5K Championships, Sutton Park, Birmingham, on Oct. 11, but was bested by Toronto world 10K winner Nigel Gates, M45. A year ago in this competition, Gates pulled up injured.

This year, he ran with the pack for the opening laps before moving ahead to win in 15:17 over a twisty, hilly course. Wise held on for second and the M40 gold in 15:25.

In the separate M50-59 race, Peter Hyde, M50, was the best tactician, winning on the final lap in 16:04. Martin Ford, a new name in vets competition, took the M55 title in 16:58, outkicking who clocked 17:06.

World record holder Steve James bided his time in the M60 race before heading past Fred Gibbs to win, 17:20 to 17:30. Gerry Spink took the M65 crown in 18:32.

Mel Bailey, W35, raced to the women's title in 18:14, beating runner-up Diane Underwood, who was the top W45 in 18:21. Pat Gallagher was not far behind, winning the W50 race in 20:18, while Dee Tatskarisano claimed the W55 win in 20:40.

Gates, Bailey Win British Veterans 5K Championship Titles
Big Decisions Anticipated at Annual Meeting

The 1998 USATF Annual Meeting has the potential to be an occasion of monumental decisions. The restructuring Task Force will present its recommendations to the convention delegates for consideration and action. As you may already know, the Masters Committee was not satisfied with earlier recommendations proposed by the Task Force. I have advised them of our objections and presented an amended proposal which is more suitable for the Masters Committee. The Task Force has reviewed my proposal and acknowledged that it has some positive points, but, according to Ed Koch, Chairman of the Task Force, would not be supported in entirety by a majority of delegates.

The Task Force is now including in their final report the option to abolish the Executive Committee. If this action will satisfy our committee’s concerns about representation, Chairman Koch will personally support it before the Law & Legislation Committee. If the Executive Committee is abolished, the power of authority will be with the new Board of Directors, and each sport committee will be guaranteed a representative on the board.

By-laws Clarified
Chairman Koch also advised that the Task Force has clarified the by-laws to make it clear that the Sport Committee’s representative on the Board of Directors can be that committee’s chair, if the committee so chooses. This is a positive response to another of our objections to the original recommendations, which did not guarantee that our elected chairperson would automatically be seated as a member on the now proposed new Board of Directors.

I have advised Ed Koch that if the Task Force will abolish the present Executive Committee in favor of the new Board of Directors, on which the Masters Committee will have equal representation with the other sport committees, we can support the restructuring plan. However, if the Executive Committee is continued and we are not guaranteed representation, then we must decline support.

Partnership Pursued
I will be reporting to the Masters Executive Committee and attendees at the annual meeting, the status of our negotiations with the NSGA to partner with them in the Senior Olympics, beginning in the year 2001. After several meetings and numerous communications, the two organizations – USATF Masters and National Senior Games Association – are ready to present to their respective boards and committees agreements and plans for the partnership for consideration and approval.

The partnership will be productive for both organizations. Future NSGA track and field events will benefit from the leadership and direction afforded them by USATF masters’ experience in conducting local and championship events.

Strict adherence to IAAF rules, as they relate to masters competitions, will most definitely contribute to upgrading the senior meets. The USATF masters programs will derive benefit from the organizational skills and marketing ability of the NSGA administration.

There still are some logistical details to be worked out, but with the continued cooperative efforts of the parties involved, these should be willingly and readily resolved.

Home-turf Olympics
The prospect of adding a "USA Olympics" to their championship schedule is prompting masters athletes to encourage me to continue the partnership negotiations. The continuance of favorable comments and support from our membership motivates optimism that the Masters Committee will support the partnership at the Orlando meetings.

It is also encouraging to hear that similar negotiations are going well on the international level between WAVA and the International Masters Games Association (IMGA). WAVA president Torsten Carlius is reporting positive progress with regard to future cooperation between the two organizations, whereby WAVA will be responsible for all track and field events at future World Masters Games.

Our summit meetings are bearing fruit. The prospects of a USA Olympics and World Olympics are real. We need to support both the domestic and international efforts. There is still a lot of work to be accomplished as we look to connecting the two movements. It is most important that we unify with energy and focus to accomplish our desired results.

Outdoor T&F Rankings Progressing

by JACK LANCE, Masters T&F Rankings Coordinator

The 1998 outdoor track & field rankings are being compiled and should be completed by next March. The January 1999 National Masters News is the last issue from which results will be taken for the rankings.

Marks that have not been published in the NMN should be sent to me with verification (photocopy of meet results, or meet date, place, and director’s name with telephone number or address) no later than Jan. 25 at P.O. Box 276, Long Valley, NJ 07853; fax: 908-876-5856.

Unpublished marks for the outdoor mile, weight (USA implements, not WAVA), and superweight (indoor and outdoor) should be sent to Jerry Wojcik, P.O. Box 50098, Eugene, OR 97405; fax: 541-345-2436.

Multi-event scores, with verified individual event marks and implements, should be sent to Rex Harvey, 6744 Connecticut Colony Cir., Mentor, OH 44060; fax: 440-954-8111.

Information on the indoor rankings for 1999 will appear in a later issue.

NATIONAL

- Jane Weitzel, 43, FL Collins, CO, 35:20, outdistanced Scotland's Sandra Branney, 44, Glasgow, 35:22, to clinch the Avon 10K Championship masters title, Chicago, Nov. 22. Diana Fitzpatrick, Lakewood, CA, 43, placed third. Age group winners were Mary Ann Malarkey, 45, Evanston, IL, 39:56; Janice Kreuze, 51, Cincinnati, 4:57; and Delores Agnew, 49, Chicago, IL, 44:44; and Eileen Dwyer, 66, Flossmoor, IL, 47:46.

- Athletes who competed in the 1998 Nike World Masters Games and have not received a results book, can contact Northwest Event Management, by mail: PO Box 10825, Eugene, OR 97440; by phone: 541-687-1899; or by e-mail: nwm@drsn.net.

- Older is better? No one under the age of 40 appears as a model in the Women's Masters magazine. More. It's more realistic and reflects the burgeoning baby-bom population, says More's editor. After four issues, the magazine's circulation dipped up to 400,000, featuring "real issues, not fluff."

EAST


- Road Race Management, the newsletter for race officials, named Earl Reed, director of the Utica Boilermaker, as its 1998 Race Director of the Year. Reed accepted the award at the annual RRMM Race Directors' Meeting and Trade Show in Washington, DC, Oct. 24. The award is presented by Running Times magazine.

- The St. Louis Boilermaker, an annual 5K run in St. Louis, Oct. 17, was won by Janice Kreuze, 51, Cincinnati, 17:54 in a new masters record. Both masters, 2:14 and faster, were first overall in 30:43 and 33:04, respectively.

- Elected to the World Masters Hall of Fame this year are Dwight Daiker, 59, Kansas City, MO, 7:14 in the 1500; and J. B. Langford, 40, West Palm Beach, FL, in a masters world record of 1:14.8 in the 800.

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SOUTHEAST


- Rick Platt, 48, Williamsburg, VA, garnered two M40+ firsts, William and Mary Homecoming 5K, Williamsburg, Oct. 24, 16:50; and Coast Guard Semper Paratus 10K, Annapolis, VA, Oct. 31, 34:40. Sheri Segal, 41, Virginia Beach, VA, was second female overall in both races, 19:12 and 40:04. Tom Ray, 65, Kitty Hawk, NC, 41:15, and Andrew Polansky, 70, Williamsburg, 45:07, registered pending VA state records.


MIDWEST


- Eunice Wong, 66, Chagrin Falls, OH, established an M55 WR for the HT with a 34:54, and past Olympic Bernice Holland, 71, Cleveland, OH, broke the WO AR for the HT with a 74:10-4, 50/100. Both races were first overall in 30:43 and 33:04, respectively.

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## USA Track and Field Events

### NATIONAL

**CONVENTION, Clarion Hotel, Orlando, Fla.**
USA Track & Field Meetings, Reggie Lewis Center, Boston, site of the 1997 & '98 Championships. TRACS, Inc., 79 Manet Rd., Chestnut Hill, MA 02167. 617-332-3919; email: tracs@earthlink.net.

**MARCH 26-28. USA田 Track & Field National Championships, Reggie Lewis Center, Boston, site of the 1997 & '98 Championships.** TRACS, Inc., 79 Manet Rd., Chestnut Hill, MA 02167. 617-332-3919; email: tracs@earthlink.net.

**STOCKTON, Calif., April 1. Stockton Indoor Invitational, University of Stockton.**

**APRIL 2-3. USA田 Track & Field National Championships, Reggie Lewis Center, Boston, site of the 1997 & '98 Championships.** TRACS, Inc., 79 Manet Rd., Chestnut Hill, MA 02167. 617-332-3919; email: tracs@earthlink.net.

**AVONDALE, Ariz., April 24-25. Arizona Masters Games, Avondale, Ariz.**

**MAY 9-10. USA田 Track & Field National Championships, Reggie Lewis Center, Boston, site of the 1997 & '98 Championships.** TRACS, Inc., 79 Manet Rd., Chestnut Hill, MA 02167. 617-332-3919; email: tracs@earthlink.net.

**JUNE 2-3. USA田 Track & Field National Championships, Reggie Lewis Center, Boston, site of the 1997 & '98 Championships.** TRACS, Inc., 79 Manet Rd., Chestnut Hill, MA 02167. 617-332-3919; email: tracs@earthlink.net.

**JUNE 12-13. USA田 Track & Field National Championships, Reggie Lewis Center, Boston, site of the 1997 & '98 Championships.** TRACS, Inc., 79 Manet Rd., Chestnut Hill, MA 02167. 617-332-3919; email: tracs@earthlink.net.

**JUNE 26-27. USA田 Track & Field National Championships, Reggie Lewis Center, Boston, site of the 1997 & '98 Championships.** TRACS, Inc., 79 Manet Rd., Chestnut Hill, MA 02167. 617-332-3919; email: tracs@earthlink.net.

**JULY 10-11. USA田 Track & Field National Championships, Reggie Lewis Center, Boston, site of the 1997 & '98 Championships.** TRACS, Inc., 79 Manet Rd., Chestnut Hill, MA 02167. 617-332-3919; email: tracs@earthlink.net.

**AUGUST 7-8. USA田 Track & Field National Championships, Reggie Lewis Center, Boston, site of the 1997 & '98 Championships.** TRACS, Inc., 79 Manet Rd., Chestnut Hill, MA 02167. 617-332-3919; email: tracs@earthlink.net.

**SEPTEMBER 11-12. USA田 Track & Field National Championships, Reggie Lewis Center, Boston, site of the 1997 & '98 Championships.** TRACS, Inc., 79 Manet Rd., Chestnut Hill, MA 02167. 617-332-3919; email: tracs@earthlink.net.

**OCTOBER 9-10. USA田 Track & Field National Championships, Reggie Lewis Center, Boston, site of the 1997 & '98 Championships.** TRACS, Inc., 79 Manet Rd., Chestnut Hill, MA 02167. 617-332-3919; email: tracs@earthlink.net.

**DECEMBER 1-5. USA田 Track & Field National Championships, Reggie Lewis Center, Boston, site of the 1997 & '98 Championships.** TRACS, Inc., 79 Manet Rd., Chestnut Hill, MA 02167. 617-332-3919; email: tracs@earthlink.net.
SOUTHEAST
Alabama, Florida, Georgia, N. Carolina, S. Carolina, Tennessee, Virginia

December 6. First Tennessee Memphis Marathon. FTMM, PO Box 84, MO-8, Memphis, TN 38101. 800-893-RACE; fax: 901-523-4354.


January 10. Walt Disney World Marathon, Orlando, Fl. WDWM, PO Box 10000, Lake Buena Vista, FL 32830. 407-939-7810.


January 30. Phi Mu Half-Marathon, New Orleans. SASE to NOTC, PO Box 52003, New Orleans, LA 70152-2003. 504-482-6682; fax: 469-9268; e-mail: NOTC@runNOTC.org.


February 13. Gasparilla Distance Classic 15K, Tampa. SASE #10 to GDCA-RJ, PO Box 1881, Tampa, FL 33601-1881. 813-229-7866.


February 27. Myrtle Beach Marathon. MBM, PO Box 8780, Myrtle Beach, SC 29730-8780. 483-297-7223.

February 27. Blue Angel Marathon, Pensacola, Fl. BAMS MWR, Code 22000, 190 Radford Blvd., NAS Pensacola, FL 32505-5171. 850-452-4391; 452-3131.

March 26. Shamrock Sportfest Marathon, Masters 8K, Open 8K, and 5K Racewalk, Virginia Beach, Va. SASE to Shamrock Sportfest, 2308 Maple St., Virginia Beach, VA 23451.

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


SOUTHWEST
Arkansas, Louisiana, Mississippi, Oklahoma, Texas

December 5. Larry Fuselier 25K & 10K State Championships, Tammany Trace-Abita Springs, La. Aces St., New Orleans TC, PO Box 52003, New Orleans, LA 70152-2003. 504-482-6682; fax: 469-9268; e-mail: NOTC@runNOTC.org.


January 3. 2ndnd Day Johnson 5.6 Miles, 504-482-6682; fax: 469-9268; e-mail: NOTC@runNOTC.org.

December 6. Brian's Run 10K, West Chester. BR 10K, PO Box 2440, West Chester, PA 19383. 610-436-2737.

December 13. NYRRC Joe Kleinerman 10K, Central Park, NYC. NY RRC, 9 E. 89th St., NY, NY 10128. 212-423-2239.


January 19. 103rd Boston Marathon. SASE to New Orleans. NOTC, PO Box 52003, New Orleans, LA 70152-2003. 504-482-6682; fax: 469-9268; e-mail: NOTC@runNOTC.org.


January 17. Houston Marathon. SASE to HM, 720 N. Post Oak Rd., Suite 335, Houston, TX 77024. 713-957-3453.


February 13. Conoco 10K Rodeo Run, Houston. Conoco 10K, PO Box 4584, Houston, TX 77210. 281-293-2447.

February 14. Motorola Austin Marathon & Relays, Austin, Tex. Motorola Austin Marathon, PO Box 684587, Austin, TX 78768-4587. 512-505-8304.

NEW YORK
City, State, Phone number

GEORGE BANKER


January 17. San Diego Marathon, Carlsbad. Calif. In Motion, Inc., Dept. RT, 511 S. Cedros Ave., Solana Beach, CA 92075. 619-792-2900; fax: 792-2901; e-mail: imisdem@ael.com.

February 7. 33rd Las Vegas International Marathon, Half-Marathon, & 5K, Las Vegas, Nev. New course. SASE to Las Vegas Marathon, Al Boka, Director, PO Box 81262, Las Vegas, NV 89180. Phone/fax: 702-876-3870; Web: http://www.LVMarathon.com/

February 13. Great American Adventure Cross-Country Run (2.8 miles & 4.8 miles), Huntington Beach, Calif. SASE to Oscar Rosales, Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.


RACEWALKING


December 13. Gran Prix #3 5K Racewalk, Central Park, NYC. Stella Cashman, Park Walkers USA, 230 E. 83rd St., Box 18, NY, NY 10028. Tel/fax: 212-628-1317; e-mail: FranciCash@aol.com.

Continued from previous page

**Louisiana Senior Olympic Games**

**Port Allen, LA; Oct. 9-10**

**100m**

- **M50**
  - Courtland 12.59
  - Donald Pellman 12.60
  - Paisley 12.93
- **M55**
  - Donald Pellman 12.80
  - Frank Noonan 13.07
  - Paul McBride 13.21

**200m**

- **M50**
  - Donald Pellman 24.64
  - Paisley 24.86
- **M55**
  - Donald Pellman 25.05
  - Frank Noonan 25.35

- **M40**
  - Robert Baker 44.58
- **M50**
  - Donald Pellman 45.49
  - Paisley 45.60
- **M55**
  - Robert Baker 46.39

**400m**

- **M50**
  - Donald Pellman 1:01.40
  - George Boulanger 1:02.42
  - Courtland Grey 1:02.47
- **M55**
  - Donald Pellman 1:02.55
  - Jim Badin 1:03.09
  - Paul McBride 1:03.25

- **M40**
  - Robert Baker 1:04.03
- **M50**
  - Donald Pellman 1:04.44
  - Hoagland 1:05.00
  - Bill Ferris 1:05.17
- **M55**
  - Robert Baker 1:05.27
  - Hoagland 1:05.28
  - Bill Ferris 1:05.37

- **M60**
  - Donald Pellman 1:06.20
  - Hoagland 1:06.48
  - Bill Ferris 1:06.89

**800m**

- **M50**
  - Donald Pellman 2:24.03
  - Jim Badin 2:24.72
  - Paul McBride 2:25.48
- **M55**
  - Donald Pellman 2:24.38
  - Jim Badin 2:25.07
  - Paul McBride 2:25.83

- **M60**
  - Donald Pellman 2:25.28
  - Jim Badin 2:26.00
  - Paul McBride 2:26.74

- **M70**
  - Donald Pellman 2:26.34
  - Jim Badin 2:27.16
  - Paul McBride 2:27.80

- **M80**
  - Donald Pellman 2:28.00
  - Jim Badin 2:28.74
  - Paul McBride 2:29.39

Next page...
NATIONAL Masters News

December 1998

Northwest Masters Hammer Trifecta

Hurtig Blazes Run Team

USATF National Masters 8K

Cross-Country Championships

Louisville, KY, Oct. 25

M50-Steffen/Joys/Connor

M60-0/8

Victory

M65-24.3

M70-0

W70-0

LONG DISTANCE RESULTS

Please send results to: National Masters News, Box 50058, Eugene, OR 97405. To keep information current, your results should be received within 3 months old. Results that are typed (maximum 28 spaces / % 2 wide) in your formal race receive preference. Deadline is the 10th of the month prior to issue date.

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ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, DECEMBER 1998

December 1998 page 27

National Masters News

W35 Patty Rosell ... 8,066
W40 Beth Gustafson ... 7,914
R Siddeko ... 9,907
Sonia Mara ... 8,341
W55 Pat Baran ... 7,991
W70 Ruth Perrault ... 7,551

Bob Biefer International 5000m Run

Bob Biefer International 5000m Run

Bobsled: 2:16.8

1998 World Cup Bobsledding

Lyon-Mont d'Arbois, Oct. 23

Scott Moir, Megan Blais, Brian McKeever, Kim Beattie

Wienerschnitzel

John Perry

John Perry

John Perry

Wienerschnitzel

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Wienerschnitzel
proudly presents
THE 1999 US NATIONAL MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS
March 26-28, Reggie Lewis Track & Athletic Center, Boston, MA
In cooperation with USA Track & Field - New England

FRIDAY 3/26
Facility opens at 7:30 AM
PENTATHLON - WOMEN
Order of Events
9:00 Hurdles
9:00 High Jump
9:00 Shot Put
9:00 Long Jump
9:00 800 Meter Run

PENTATHLON - MEN
Order of Events
9:00 Hurdles
9:00 Long Jump
9:00 Shot Put
9:00 High Jump
9:00 1000 Meter Run

Field Events
3:00 Weight (M60+, all W)
3:30 Shot Put (W60+, M65+)
3:30 Pole Vault (W, M70+)
3:30 High Jump (50-59)

Track Events
2:00 3K Run
6:30 60m Trials or Semifinals
7:30 60m Semifinals
8:00 400m Prelims

SATURDAY 3/27
Field Events
9:00 Shot Put (W30-59)
9:00 Shot Put (M60-64)
9:00 Long Jump (M50-59)
9:30 High Jump (all W)
9:30 Pole Vault (M60-69)
10:00 Long Jump (M40-49)
10:00 Shot Put (M50-59)
11:00 Long Jump (M30-39)
12:00 High Jump (M70+)
12:00 Shot Put (M40-49)
12:30 Pole Vault (M50-59)
1:30 High Jump (M60-69)
2:00 Triple Jump (W)
2:00 Shot Put (M30-39)
3:30 Weight (M30-59)
4:00 Pole Vault (M40-49)
4:30 High Jump (M30-39)

Track Events
9:00 Mile
11:30 60m High Hurdles Semifinal and Final
12:45 60m Semifinal and Final
2:15 400m Finals
3:30 3K Racewalk
6:00 800m Prelims
7:00 200m Trials

SUNDAY 3/28
Facility opens at 7:30 AM
Field Events
9:00 Triple Jump (M60+)
10:30 Super Weight (all)
10:30 Triple Jump (M50-59)
11:00 High Jump (M40-49)
11:00 Pole Vault (M30-39)
12:00 Triple Jump (M40-49)
1:30 Triple Jump (M30-39)

Track Events
10:00 200m Semifinals
11:30 800m Finals
1:00 200m Finals
2:30 4x800m Relay
3:00 4x400m Relay

MEET HEADQUARTERS HOTEL: TRACS is proud to announce that the Seaport Hotel (www.seaporthotel.com) will be the official race headquarters of the 1999 National Masters Indoor Track & Field Championships. As the newest luxury hotel on the Boston skyline, the Seaport Hotel is located in the heart of Boston's Harbor District. TRACS has secured an incredible discounted rate of 50% off the regular room fee. For additional hotel information, including rates, reservation information, and views of accommodation facilities, please visit our website at www.tracs.net. Reservations at this discounted rate can also be made by calling 617-385-4514 and identifying yourself as a participant in the National Masters Indoor Track & Field Championships.

TRANSPORTATION: TRACS will provide complimentary transportation between the Seaport Hotel and the Reggie Lewis Track & Athletic Center throughout the competition.

For more information on the 1999 National Masters Indoor Track & Field Championships, contact TRACS at 617-332-3919 or visit our website at www.tracs.net.