Laurie O'Hara leads Hal Higdon in the 1973 USA National Masters 10,000 in San Diego.
Many-time world pole vault champion Jerry Donely shows what it's like training in Colorado in the springtime (April 27).
Lifting weights for the athlete or the rehab patient puts the focus on training the entire body rather than just a single body part. This is an important aspect of Perform Better's Functional Training and Rehabilitation plan and that's why in their new catalog, they offer a complete weight set for only $229. This includes a 1200 lb. test bar, plus two each 45, 35, 25, 10 and 2.5 weights as well as four 5 lb. weights. The quality weight set has been designed for the most conservative budgets and offers great value. For more information or for a Perform Better Catalog call toll-free 1-800-556-7464, fax 1-800-582-6950 or write Perform Better, P.O. Box 8090, Cranston, RI 02920-0090.
The Durban Organizing Committee planning strategy for the Championships. From left: Harry Naidu (vice-Chairman); Monty Hacker (Chairman); Linda Barron (Chief Executive Officer).
Mary Rosado, 47, New York, ran a 41:33, USATF National Masters 10K Championships, Plainview, N.Y., April 12. Ed Melnik, 41, wears the colors of the host Plainview-Old Bethpage RRC.

Photo by Mike Polansky
Joan Rowland, New York, winner of the W70 3000 racewalk (20:55.51), National Masters Indoor Championships, Boston.

Photo by Suzy Hess
Howard MacMillan, 70, New York, winning the M70 400 in 72.54, National Masters Indoor Championships, Boston, March 21-23. Harold Johnson #352, 71, Georgia, was second (73.49). Sam Madia $429, 73, Pennsylvania, third (73.52).

Photo by Jerry Wojcik
first U.S. thrower
Dick Lee, M60, Oregon, in the weight throw

Photo by Suzy Hess
Age-division winners at the Pear Blossom 10 Mile, Medford, Ore., April 12, from left: Marcia McChesney, W65, Bill McChesney, M65, Dawn Russell, W70, and Jane Dods, W60.

Photo by Lowell Russell
John Waggoner (rear left) and Thomas Crumrine (rear right) of sponsor Nationwide Insurance congratulate M75 award winners (l to r): Bill Benson, Bob Davan, winner in 53:45, and Manfred Gundell, USATF National Masters 10K Championships, Plainview, N.Y., April 12.

Photo by Mike Polansky
Melanie Reske, world shot putter, 1996 Hayward Classic, Eugene, Ore. This year's meet will be held on June 28th. Photo by Suzy Hess.
Doug VerMeer, M40, 5000 racewalk (27:09), Hayward Masters 1996 Meet, Eugene, Ore. June 29

Photo by Jerry Wojcik

Suzy Hess

Photo by George Banker
Maryland,

Bill Walsh, 51, second M50 in the triple jump (35-6), National Masters Indoor Championships, Boston, March 21-23.

Photo by Jerry Wojcik

Photo by Suzy Hess
Runners in the age-handicapped masters 100m, Mt. San Antonio College, Walnut, Calif., April 20. From left: Johnnye Valien, 71; Sumi Onodera-Leonard, 68; Kemisole Solwazi, 57; Mary Libal, 47 (first in 11.52); Denise Foreman, 40 (3rd); Elaine Iba, 36; Joy Upshaw-Margerum, 35; Grace Dinkins, 30 (2nd).

Photo by Ken Stone
Doug Kurtis #31, 45, and Bill Rodgers, 49, after finishing the Indianapolis Life 500 Festival Half-Marathon, May 2. Kurtis was fifth master (1:10:07) and Rodgers, sixth (1:10:17), in the race, the third consecutive 1997 Indy Life Circuit event.

Photo from Don Carr
Aerial view of Durban. The two stadiums are in the center. The Indian Ocean is on the left. Downtown Durban is at the top. Some of the cross-country course is at the bottom on the golf course.
Paul Mascali, 44, Manhasset, N.Y., was runner-up masters for the second year (32:39) in a row, USATF National Masters 10K Championships, Plainview, N.Y., April 12.

Photo by Mike Polansky
Geoff Hughes, M50-54, finished with a 30-10 in the shot put, Eugene Indoor Meet, Eugene, Ore., Feb. 2. Photo by Jerry Wojcik
First W55, Judith Flannery, 57, with a 1:45:58, Bethesda 20K, Bethesda, Md., March 2. Photo by George Banker
Adina Valdez, 35, New York, destroyed the world record of 58.60 for the 400 by four seconds with a 54.48, National Masters Indoor Championships, Boston, March 21-23. She also broke the U.S. record of 2:14.94 with a 2:12.07.

Photo by Jerry Wojcik
Pete Taylor, of Philadelphia, head announcer, awaits the next event, National Masters Indoor Championships, Boston, March 21-23.

Photo by Jerry Wojcik
Jim Aneshansley #20, USA, on his way to a gold medal (2:24.04) in the M60 800, NCCWAVA Championships, Eugene, Ore., with Charles Kirkby, USA, following. Photo by James Fields
Bill Rodgers, 49, second master, Cherry Blossom 10 Mile, Washington, D.C., set a U.S. single-age mark of 52:22, in winning the M45 race. Chuck Moeser, 45, Herndon, Va., was second (53:51).

Photo by Bob Burgess

Photo from Fifty Plus Fitness Association
Tim Edwards, M45 1996 national weight and superweight champion, Seattle.

Photo by Suzy Hess
Angela Wall, 34, of Aurora, Colo., finishes the Revco-Cleveland Marathon in 3:32:34, May 4, in Cleveland, Ohio. Photo by Tom Sheahan.
Kapiolani Park is the backdrop for Gordon Hartshorn; son, Mike, who ran 3:41; and daughter Michele (4:00).
Doug VerMeer, M40, 5000 racewalk (27:09), Hayward Masters Meet, Eugene, Ore.

Photo by Suzy Hess
That's the frozen Arctic Ocean in the background. Nanisivik, Canada (Baffin Island), July 1992.
Denise Foreman, 40, Washington, broke three world W40 records in the 60m, 200, and 400, National Masters Indoor Championships, Boston, March 21-23. Photo by Jerry Wojcik