

17:55

FINISH LINE PROMOTION

Y'S OYSTER FEST

BANK OF LONG ISLAND



John Lupski, 44, second overall (17:56), Oyster

Festival 5K, Oyster Bay, N.Y.

Photo by Mike Polansky

1-col



90cc 4796 16092
(1:06:19)

Miguel Tibaduiza, 40, seen here at the National Masters Cross-Country Championships in Stanford, was fourth master in the National Masters Half-marathon in Las Vegas, Feb. 9.

Photo by Ed Lock

w #35



1-cal

70%

1 any

Ruth Heidrich, 61, captured four gold medals in the W60-64 (3:41:22) Las Vegas Senior Olympics, and was second in the Honolulu 30K.

Photo by Tesh Teshima



Chop
+ 2b



140%



1-cpl
18:47

Burke Koncelik, 42, overall women's winner (19:11),

Oyster Festival 5K, Oyster Bay, ~~xxxxxx~~ N.Y., Oct. 19.

Photo by Mike Polansky



Jane Welzel, Ft. Collins, Colo., finished fourth overall and first (and only) master in 2:44:55 at the USA Women's Marathon Championship in Columbia, S.C., on Feb. 8.

Photo by Jim Oaks

croo tab

1-Gal



Jane Welzel¹ (13) started easily¹ and gained position as the USA Women's Marathon Championship in Columbia, S.C, progressed. Here, near mile 7, she has passed 35-year-old Joy Smith of Sugar Land, Texas, to move into seventh place, *Feb. 8.*

Photo by Jim Oaks

15-5-82
drop 7:16 1-car



1259

Members of the WAVA Council and the Durban
Organizing Committee inspect the facilities at
Stadium 1 in Durban.

1st

w #16

2-nd



Members of the winning W60-69 Victory Athletic Club team, from left: Bernice Martin, 62, Rose Taylor, 60, and Lucy Gleason, 61, USATF National Masters 8K Cross-Country Championships, Louisville, Ky., Oct. 27.

Photo by Carroll DeWeese



1250
Great Britain's Peter Johnson, 42, won the 10K road race, Jan. 18, and the 5000 on the track, Jan. 19, at the 1st International Veterans Meet, Marsascala, Malta.

Photo from Bridget Cushen

1-col

w #17

int
crop
+ + b



View of the Golden Mile Hotel area from Stadium 1
in Durban.

lat 125° 2

w #16

2-cel



¹ ^{1-ql} ¹
Phil Raschker, ~~49~~, won the M45 200 with an age-
graded 92.9% 26.66, USATF Masters Indoor Championships,
Greensboro, N.C., March 29-31.

Photo by Jerry Wojcik

14502

crop top
with
story



^{MYB, 1}
Robert Yara won masters title at the 1995 WZYP Rocket City Marathon. Seen here at mile 11, he was third in '96.

1-oul

Photo by Jim Oaks



50cc
1996
W # 23

1740

Jamie Cohen, ^TM40, finished the 5000^T racewalk in 26:34,

Hayward Masters Meet, Eugene, Ore., ~~June 29, 30.~~

Photo by ~~Scott~~ Terry Nejeit-cal



Outgoing Officers

100%

~~Members~~ of the USATF Masters LDR Committee who retired
at the end of 1996, from left: George Vernosky, treasurer;
Carole Langenbach, secretary; and Charles DesJardins,
chairman.

MARCH

Photo from Carole Langenbach

J. Cal

any



any 1269
Steve Winkel, #696, outsprints Anthony Krainik for the M35 bronze in the 400, 1996 Masters Indoor Championships. This year's championships are scheduled for Boston on March 21-23.

Photo by Suzy Hess

g-coe



1500' 1600' /-col

Alan Beck, M50, Portland, Ore., clocked a
4:41.3, Eugene Indoor Meet, Eugene, Ore.,
Feb. 2.

MAR 24

Photo by Jerry Wojcik



any 1509
Birgit Horn, 52, third woman (33:54) and first W50-54, races
Ken Combes, fourth M60-64, to the finish, USATF National
Masters 8K Cross-Country Championships, Louisville, Ky.,

Oct. 27.

DET. ~~11/19~~ Photo by Carroll DeWeese 1-cal



← 1 col. 902 →

First master, Patty Zerbesky,
40, heads for finish line at the
Long Island ~~Summer~~ 5K
Women's Run.

Photo from Old Bethpage RRC
~~Road Runners Club~~



Ray Parrella, 61, second M60 (32:04), USATF National Masters 8K
Cross-Country Championships, Louisville, Ky., ~~Oct 27~~ ^{any}

Photo by Carroll DeWeese

Det.

4-237

100%

1-100



David Samuel, Southern Director of the RRCA,
is all smiles at mile 5 of the 1996 WZYP
Rocket City Marathon.

1-000

Photo by Jim Oaks



WV

~~THE DOCTOR WATANABE AWARDS~~
~~by GEORGE SIMAN~~ 1602

BEEN A LOT
 AL MIAO
 ID HAVE
 IDENTIFIED
 THE CHILD

THE L.A. VALLEY ATHLETIC CLUB HELD ITS
 ANNUAL PRESENTATION OF THE DOCTOR ROBERT
 WATANABE AWARD AT THE FAMOUS FRIARS CLUB
 IN BEVERLY HILLS, CA.

"THE ATHLETE OF THE YEAR 1996" TROPHY
 WENT TO THE GREAT HURDLING CHAMPION AND
 FAMILY MAN, THEO VILTZ OF THE L.A. VALLEY
 ATHLETIC CLUB.

THEO'S ATHLETIC HONORS DATE BACK ALL
 THROUGH HIGH SCHOOL AND COLLEGE, INCLUDING
 PAC 8 AND NCAA CHAMPION IN THE 110 METER
 HIGH HURDLES.

HIS MASTERS ACCOMPLISHMENTS INCLUDE
 SEVERAL NATIONAL CHAMPIONSHIPS AND, ALSO,
 WAVA CHAMPION.

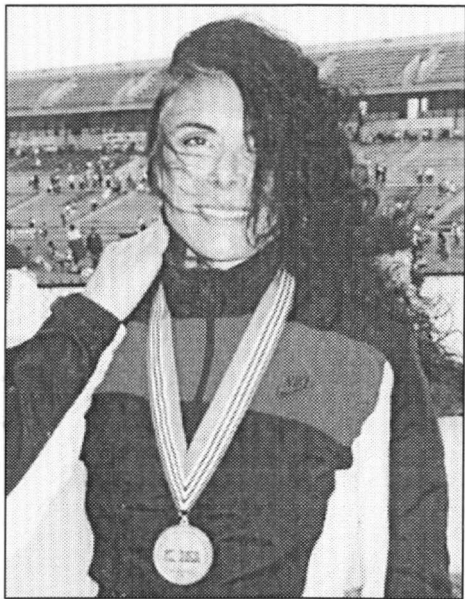
DR. WATANABE WOULD HAVE BEEN VERY
 PLEASED TO PRESENT THIS TROPHY.



Rosalie Carman won the W50-54 shot put (20-7³/₄), Eugene Indoor Meet, Eugene, Ore., Feb. 2.

Photo by Suzy Hess

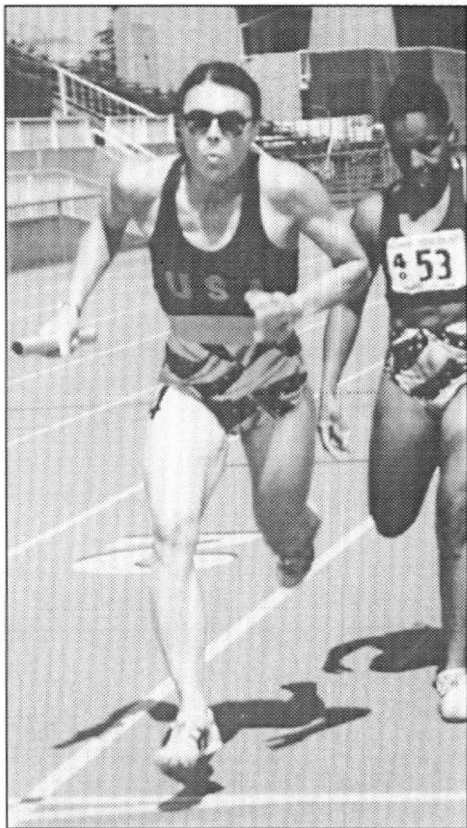
March 1997



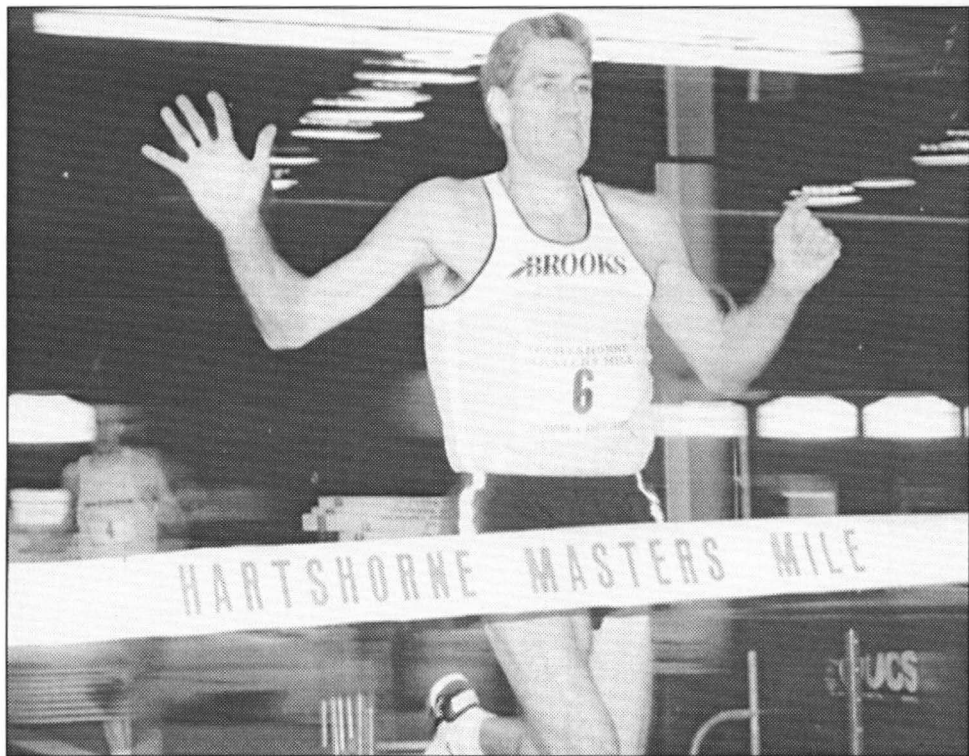
Mary Libal



Larry McIntyre, Poteet, Texas, M45-49 indoor and outdoor pole vault champion in 1996.



Mary Libal, W45, took the baton from Jacqueline Board, W40, and ran an unofficial 56.9 anchor leg to break the W40-49 WR in the 4X400 (3:58.70). Photo by Suzy Hess



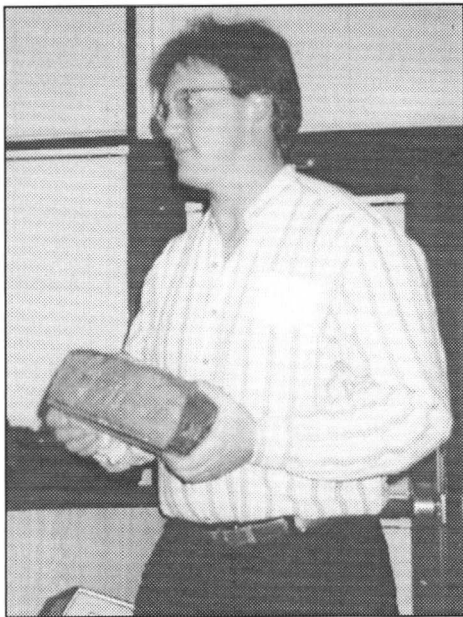
Steve Gallagher, 41, Winter Park, Fla., winning the Men's Elite Mile (4:22.06), Hartshorne Masters Mile, Ithaca, N.Y., Jan. 18.

Photo by Frank Dimeo



The hammer hole sculpture, commissioned by the Oregon Track Club and made by Dick Hotchkiss for presentation to Lance Deal.

Photo by Suzy Hess



Lance Deal, 1996 Olympic silver medalist in the