John Lupski, 44, second overall (17:56), Oyster Festival 5K, Oyster Bay, N.Y.,

Photo by Mike Polansky
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
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
Burke Koncelik, 42, overall women's winner (19:11),

Photo by Mike Polansky

Photo by Jim Oaks
Jane Welzel (13) started easily 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
Members of the WAVA Council and the Durban Organizing Committee inspect the facilities at Stadium 1 in Durban.

Photo by Carroll DeWeese
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
View of the Golden Mile Hotel area from Stadium 1 in Durban.
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
Robert Yara won master title at the 1995 WZYP Rocket City Marathon. Seen here at mile 11, he was third in '96.

Photo by Jim Oaks

Photo by Terry Weijink-Cal
Outgoing officers 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.

Photo from Carole Langenbach
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

Photo by Jerry Wojcik
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.

Photo by Carroll DeWeese
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

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

Photo by Jim Oaks
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 master's 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 (20-7¾), Eugene Indoor Meet, Eugene, Ore., Feb. 2. Photo by Suzy Hess
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

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