



Toshiko d'Elia, 67, New Jersey, won the 3000 and broke the W65  
world of 7:35.0 in the mile with a 6:59.89, National Masters  
Indoor Championships, Boston, March 21-23.

MAY

1658

Photo by Jerry Wojcik

only  
1-cpl



The administration team of the Durban Organizing Committee at track one with the new scoreboard in the background. From left: Elaine Kay, Fikile Mtolo, Linda Barron and Linda Ngcipe,

Int  
2nd

100%



5/1 ✓ Scott Tyler, ✓ a U.S. citizen residing in Canada, ~~was~~ the  
winner of the M55 60mH in 10.61. 10602

MAY

Photo by Jerry Wojcik

W #30

1-cue





Members of the Durban Organizing Committee launch a media drive. Top, from left: Harry Naidu, UBE the mascot, Monty Hacker. Bottom, from left: Rishi Hansraj, Willie James Ward, Vijay Nathaniel, Peter Grobler, Basil Carnie and Linda Barron.

100% 2 cup  
mt



Paul Heitzman, 66, Kansas, after winning the M65 mile  
race in 5:34.28, National Masters Indoor Championships,  
Boston, March 21-23.

1402  
Photo by Jerry Wojcik

1-Cal





Avenue of the Giants Marathon and 10K, May 4, 1997.  
Scenery, ambiance, and sport. SASE: 281 Hidden  
Valley Road, Bayside CA 95524.

Photo from Gay Gilchrist

10002

any  
2 up



1009

The Power Bar Masters relay team that broke the U.S. 4x800 M40-49 record of 8:11.8 set in 1983, with an 8:09.06 at a meet at Santa Barbara City College, March 15, finishing second in a field of college teams, from left: Peter Mogg, 42, Simi Valley, Calif., (2:03.3); Steve Wulf, 43, Woodland Hills, Calif., (2:03.5); Daniel Barry, 41, Calabassas, Calif., (2:01.4); and Nolan Shaheed, 47, Pasadena, Calif. (2:00.9).

ans

2-ge

may

Photo ~~from Peter Mogg~~  
by Nancy Finkelstein





W#32

1857  
Chris Horton, 41, ran an age-graded 81.8%  
4:51.00 in the National Masters News Mile, 1996  
Hayward Classic, Eugene, Ore.

Photo by Jerry Wojcik

MAY with article

1- copy





Start of the M55 mile, National Masters Indoor  
 Championships, Boston, March 21-23, won by Sid Howard, #329,  
 58, New Jersey, in 5:04.05. Tim Simpson #643, Vermont,  
 was second in 5:04.92.

*Cliff top & bottom*

Photo by Jerry Wojcik

*any 2-nd*



1 W66-64 1159 1  
 Finalists in the 60m, National Masters Indoor Championships,  
 Boston, from left: Audrey Lary, Fei-Mei Chou, Ann Yudell (third in 9.99),  
 Christel Miller (winner in 9.97), Phyllis Bradley, Maureen  
 Murphy, and Barbara Jordan (second, also in 9.97).

photo by Suzy Hess

crop txb  
 2012





100% 1  
All of the women superweight entrants, USATF National Masters Indoor Championships, Boston, <sup>standing,</sup> from left:

#2 Ruth Welding, W40, Vanessa Hilliard, W55, Suzy Hess, W55, Lisa Jaramillo, W30, Joan Stratton, W45, Deborah Ecklund, W Libby Hagemann, W75; seated, from left: Sue Hallen, W40, Lillian Snaden, 65. Crop top

COE MAY Photo by Suzy Hess



↑ 1304 ↑  
Ed Hoheny, 53, first M50 (38:39), St. Paddy's  
Day 10K, Washington, D.C., March 16.

Photo by George Banker

1-Go  
any





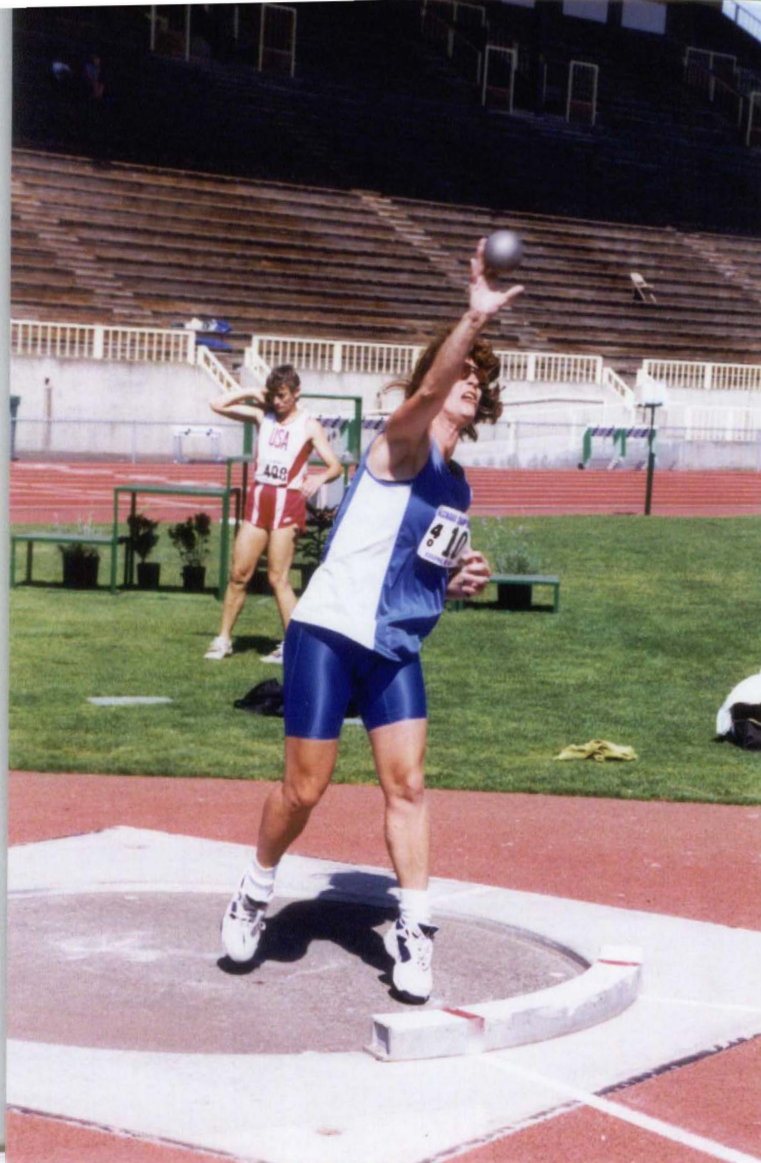
Sharon Dolan, 50, W50-54 winner (1:36:38), Bethesda  
20K, Bethesda, Md., March 2.

*crop  
top to head*

*1252*

Photo by George Banker

*any  
1-cpl*



W#2

Crop top

↑ US,  
Kimmie Allegre, W40 winner of the pentathlon with 2523  
points, NCCWAVA Regional Championships, Eugene, Ore.,  
Aug. 21-24.

1158

Photo by Jerry Wojcik

1-cave





W#23

May

Laurel Williams, 44, Arkansas, W40 winner (18:46.92),  
3000 racewalk, National Masters Indoor Championships, Boston,  
March 21-23.

852

1-Col

Photo by Jerry Wojcik



w #30

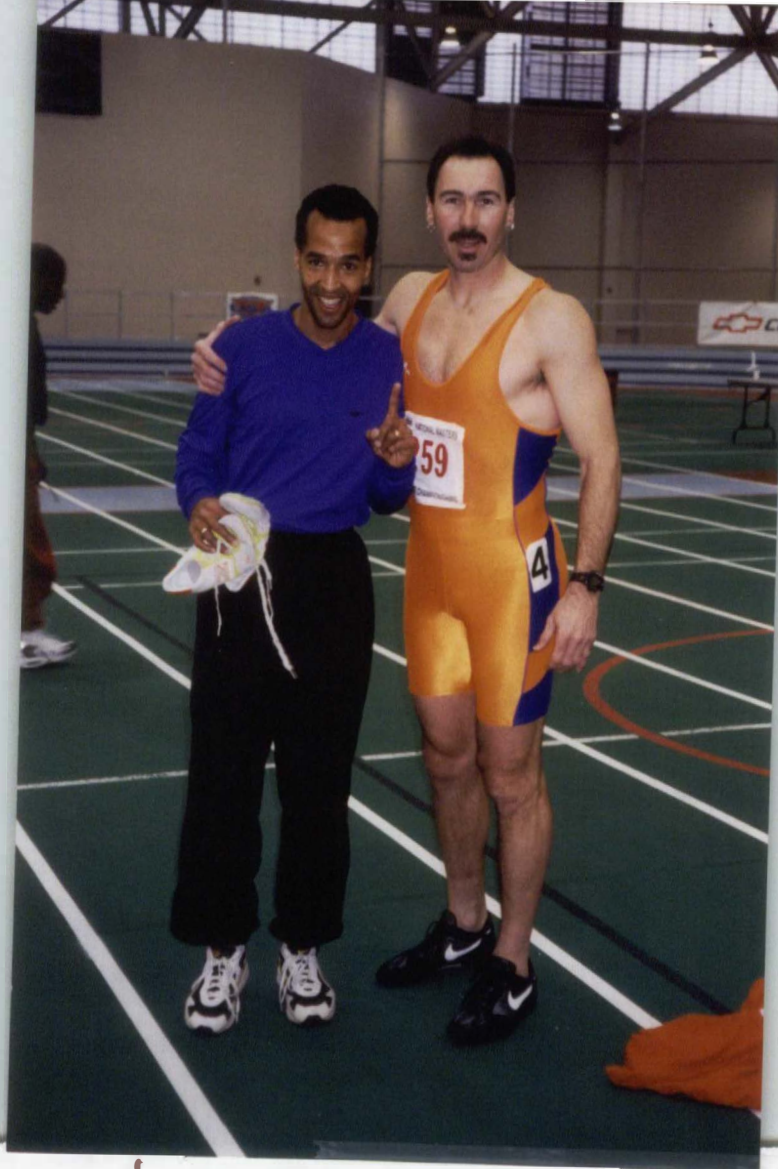
Louise Adams, 75, Colorado, set four world record in the 400, 800, mile, and 3000, National Masters Indoor Championships, Boston, March 21-23.

MAY

Photo by Jerry Wojcik

140926 / - Col





Sal Allah (1), 37, New Jersey, and Ed Gonera, 44, New York,  
of the winning M40-49 4x400m Central Park TC team, National  
Masters Indoor Championships, Boston, March 21-23.

w #30

MAY

1002

Photo by Jerry Wojcik

1-62

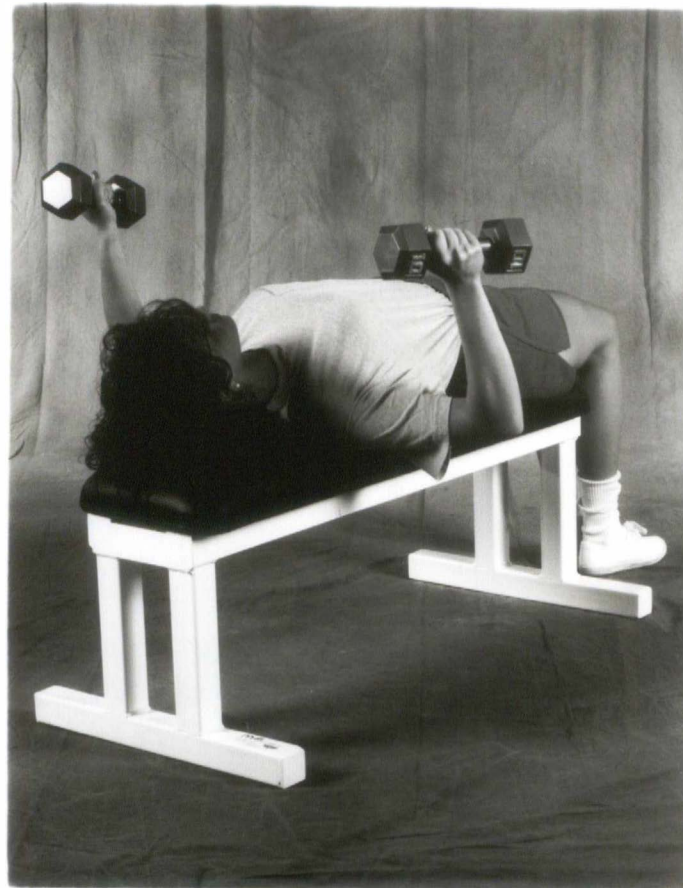
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In the 1997 Perform Better Catalog, a Flat Work Bench is offered for only \$95. This is just one of a number of heavy-duty weight training items that Perform Better has introduced this year. This high-quality equipment really stands the gaff of heavy use in a training room or rehab facility, yet is amazingly moderate in cost. For further information on this Flat Work Bench or a full catalog showing all their weight training offerings, call toll-free 1-800-556-7464, fax 1-800-682-6950 or write Perform Better, P.O. Box 8090, Cranston, RI 02920-0090.



#1.  
Mike Tyson  
specif. i.

W#1

WALTER BORTZ, MD...



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