

NATIONAL MASTERS NEWS

The official world and U.S. publication for Masters track & field, long distance running and race walking.

175th Issue

March, 1993

\$2.50

Coghlan Sets World Indoor Mile Record

Irishman Lowers Waigwa's Mark to 4:05.95 at the Millrose Games

by DAVID ZINMAN

NEW YORK — With the roar of a near capacity crowd ringing in his ears, Eamonn Coghlan unleashed a 60-second last quarter and lowered the world masters indoor mile record to 4:05.95 at the Millrose Games, Feb. 5.

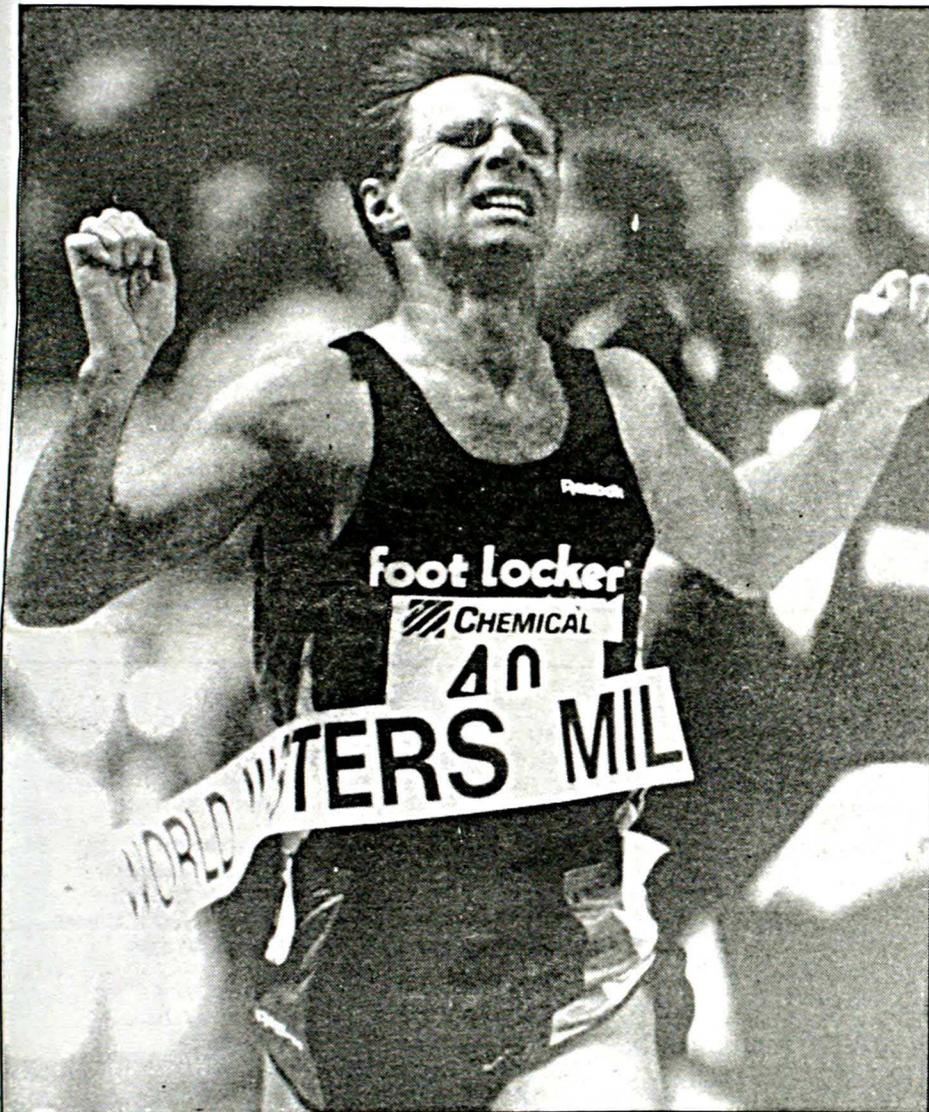
It marked the second time in a week that the Irishman shattered the mile standard for runners 40 years and older. Five days earlier, in Gainesville, Fla., he clocked 4:08.49 — slashing almost five seconds off Wilson Waigwa's world 40+ indoor mark of 4:13.05.

But he saved his best effort for the Millrose meet at Madison Square Garden, the scene of his triumphs of yesteryear.

"The crowd was louder than I ever expected," said an emotional Coghlan who turned 40 in November. "I don't think I have ever experienced the intensity and electricity that I did tonight. It was unbelievable. Even the officials were cheering."

Coghlan, whose 3:49.7 clocking ten years ago still stands as the world indoor mile record and makes him the only man to run sub-3:50 indoors, easily outclassed an eight-man field. He finished 30 yards ahead of John Bermingham, an unheralded 41-year-old Australian living in Canada who had done 4:17 in his only other indoor race. Another 20 yards back was Ken Pope-

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Eamonn Coghlan sets a new world masters indoor mile record of 4:05.95.

Jack McManus/Agence Shot

Atkins, Caldwell Win National 5K X-C

The USATF National Masters 5K Cross-Country Championships were held along with the open championships in Sandy, Ore., on Feb. 6. Fifty-one masters, 44 men and seven women, finished the course.

Herman Atkins, of Washington, M40-44 winner in 16:00, was the first

to cross the finish line. Oregon's Paul Zitzelsberger, second M40, with a 16:34, was Atkins' closest competition. Alan Beck, of Oregon, took the M45 race with a 17:17.

Alaska's Roy Reisinger was the M50 contest winner in 18:22, with David

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Over 400 to Compete in Nationals

More than 400 athletes from throughout the nation will compete in the 1993 USATF National Masters Indoor Track and Field Championships

on March 19-21 in Bozeman, Montana.

The annual event will be held on the 200-meter tartan track at Brick Breeden Fieldhouse at Montana State University.

It's the first time the meet has ever been held in the Northwest. Bozeman is a rapidly-growing community where real estate prices have shot up one-third in the past two years, according to local sources.

National championship medals will be awarded to the first three places in each event for each five-year age group for both men and women from age groups 30-34 to 95+. Ribbons will be awarded to the 4th, 5th, and 6th place finishers. National champion patches

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The Snohomish TC winning M50-59 team of (l to r) David Pitkethly, Bob Langenbach, Roy Reisinger, Albert Huff, Derek Mahaffey and Bill Iffrig, USATF National Masters 5K Cross-Country Championships, Sandy, Ore., February 6. Photo from Carole Langenbach

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The *National Masters News* is devoted exclusively to track & field, long distance running, and racewalking for men and women over age 30. Each month it delivers 24 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, and all the inside scoops and information that affect the world of masters athletics competition.

Some masters events are sponsored by USATF, the national governing body for athletics in the USA. Some are sponsored by individuals, clubs or other senior organizations.

Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to ages 40+, 50+ or 55+; (please check the schedule for details). Some events require advance registration. Some require a current USATF card (\$7 to \$12 per year, depending on the region). To inquire about a USATF card, call USATF in your area, or 317/261-0500. There are no qualifying standards for most masters athletics events.

NMN welcomes contributions — results, schedule info, photos, letters, articles, and opinions. Manuscripts should be typed, double-spaced, but legibly handwritten material is also acceptable. Results should be typed, single-spaced. Please include a stamped, self-addressed envelope if return is desired.

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5K Cross-Country

Continued from page 1

Pitkethly, of Washington, the M55 champion (19:16), and Oregon's Joseph Mallon, the M70 winner (27:18).

The M40-49 team title went to the Atkins-led Snohomish TC, which also took the M50-59 title, with Reisinger setting the pace.

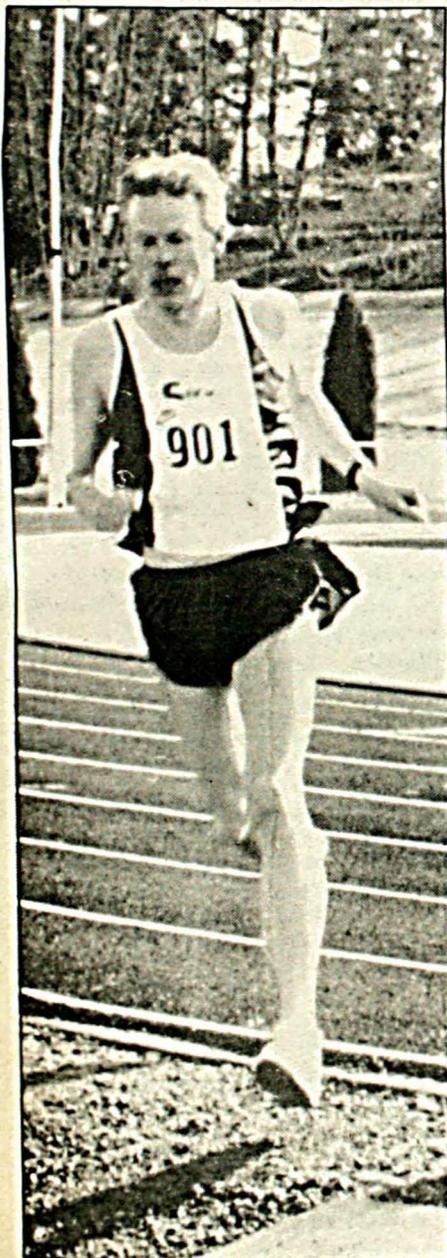
Oregonian Laura Caldwell, W40, was the first masters woman, with a 19:19. Kate O'Neil, of Washington, is the W45 champion (20:40). Judy Groombridge, of Washington, took the W50 win (22:05). Christine Curtis, another Washingtonian, won the W55 gold medal.

Groombridge's Snohomish TC took the W50+ team trophy.

Harry Simonis, of Oregon USAT&F, directed the entire event.

The grass, gravel, and bark-covered course was three loops of the sports fields and woods surrounding Sandy High School. The day was unseasonably warm, but excellent officiating and course monitoring by USA T&F of Oregon made it an outstanding masters event. □

— From Carole Langenbach



David Pitkethly, M55 first with a 19:16. USATF National Masters 5K Cross-Country Championships, Sandy, Ore., Feb. 6.

Photo from Carole Langenbach

Ten Years Ago

- England's Ron Hill, 44, Wins the Masters Division of Both the Orange Bowl 10K and Orange Bowl Marathon in Miami, FL
- Bill Stewart, (M40, 4:11.0) Better World Indoor Mile Mark in the Michigan Relays
- Mike Manley Sets U.S. Masters Marathon Record of 2:17:10 in Houston



Herman Atkins, M40 winner in 16:00, leads Paul Zitzelsberger, M40 second (16:34), after one loop of the three-loop course, USATF National Masters 5K Cross-Country Championships, Sandy, Ore., Feb. 6.

Photo from Carole Langenbach

1992 Track & Field Rankings Book Now Available

The 1992 U.S. Masters Track and Field Rankings book is now available.

The 52-page book features men's and women's 1992 5-year outdoor rankings for all track & field events — over 100-deep in some events. The book also includes racewalking rankings.

The price is \$6.00 and is available from NMN. See form on page 18.

23rd ANNUAL SOUTHEASTERN MASTERS INTERNATIONAL TRACK, FIELD AND ROAD WALK CHAMPIONSHIPS

April 30, May 1 & 2, 1993
St. Augustine's College
Raleigh, North Carolina

The officials and sponsors of the Southeastern Masters invite all athletes 20 years of age and over to participate in one of the premier Masters meets in the world. There will be three days of competition featuring pentathlons, weight pentathlon, 5K & 20K* walks, 4x100 relay*, and all regular track and field events at the NCSU campus (*only these events offer an open division). The "Throws" and "Jumps" Seminars will be held on Friday at 7 p.m. at the Mission Valley Inn, the meet headquarters.

Age divisions: Based on age on day of competition; all events will have 5-year age groups from 20 to 90+. In addition, the 4x100 relay and 20K race walk will have an open division (with one category for 19 and under in the walk).

Entry fee: \$8.00 includes first event in track, field or road event, final results booklet and 1993 souvenir. \$6.00 for each additional event. Relay entries are \$16.00 per team.

Sanction: This meet is sanctioned and certified by USA Track & Field (TAC), and USATF registration is required for all events (except participants in the 4x100 relays, foreign athletes and active military. You may register at the meet.

Awards: Large medallions to first 3 places in each event in each age division.

Late Entries: Additional \$3 late fee for each event if postmarked after April 16, or if received after April 23. No late entries or changes to T&F events will be accepted after 5 p.m. EDT, Tuesday, April 27, 1993. Entries in Sunday's 20K walk will close one half hour before race time.

Facility: Nine-lane, 400-meter Chem-Turf track for track events; asphalt-road walk.

Hotel Reser.: Mission Valley Inn (Meet Headquarters), Avent Ferry Rd., Raleigh, NC 27606. Phone: 919-828-3173 or 1-800-223-2252. (Free shuttle to and from RDU). Please inform motel of SEM for special rate.

Buffet: Participants and guest tickets are \$11 each if purchased with this application and \$13 if purchased at the meet. Includes social hour, buffet, followed by awards and general meeting of participants.

SCHEDULE OF EVENTS

(Refer to Packet for Final Time Schedule)

FRIDAY, APRIL 30: AT NORTH CAROLINA STATE UNIVERSITY (NCSU)

Event #	Event	Start Times
01	WOMEN'S PENTATHLON (100 FH, HJ, Shot, LJ, 800 m) (Note 1)	NOON
02	MEN'S PENTATHLON (LJ, Javelin, 200 m, Discus & 1500 m) (Note 1)	NOON
03	3000 m (Sections will start at 30 minute intervals) (Note 1)	3:00 pm
04	ALEX ALMASY 5K WALK (Note 2)	5:00 pm

SATURDAY, MAY 1: AT NORTH CAROLINA STATE UNIVERSITY (NCSU)

Event #	Track Events (Note 1)	Approx. Time	Event #	Field Events (Note 1)	Approx. Time
05	5000 M RUN	8:00 am	15	THROWS	
06	STRAIGHT HURDLES (Note 3)	9:30 am	16	WT PENTATHLON (Note 4)	8:00 am
07	1500 m RUN	10:30 am	17	SHOTPUT	8:00 am
08	CURVED HURDLES	11:30 am	18	HAMMER (Note 5)	9:00 am
09	OPEN 4 x 100 m RELAY	11:50 am	19	DISCUS	10:00 am
10	100 m DASH (Note 3)	1:00 pm	20	JAVELIN (Note 6)	11:00 am
11	400 m RUN	2:10 pm	21	WEIGHT TOSS	NOON
12	STEEPLECHASE	3:10 pm	22	HEAVYWEIGHT (Note 7)	approx. 2:00 pm
13	800 m RUN	3:40 pm		JUMPS	
14	200 m DASH	4:10 pm	23	POLE VAULT (Note 8)	8:00 am
			24	LONG JUMP	10:00 am
			25	HIGH JUMP (Note 9)	10:30 am
				TRIPLE JUMP	2:00 pm

SUNDAY, MAY 2: RALEIGH CITY STREETS (See Map in Packet)

Event #	Event	Start Times
26	ALEX ALMASY 20K Road Walk (Note 10) TAC/USA Southern Regional 20K Race Walking Championship (Note 11) A 10 K Road Race will NOT be held.	7:00 am

DETACH ENTRY FORM BELOW AND MAIL TO: Southeastern Masters c/o Raleigh Parks & Recreation, P.O. Box 590, RALEIGH, NORTH CAROLINA 27602

(Photo Copy If Needed)

Name: Last First Init. Sex Age Birth Date Mo. Day Yr.

Street City State Zip Code

Tac Registration No. Daytime Telephone

Area Code

Enter relay teams on captain's entry only. (Event # means MEET Event # from list on page 2)

Meet Event #	Event Title	Meet Event #	Event Title	Meet Event #	Event Title

Number of dinner tickets (@ \$11.00 each) Total Amount Enclosed

Number of T-shirts @ \$8.00 Where did you hear about our meet?

Mens sizes: S, M, L, XL List sizes ordered: Where did you get your entry form?

ATHLETIC RELEASE

In consideration of the acceptance of this entry, I hereby, for myself, my heirs, executors, administrators and assigns, release and discharge the promoters, managers and operators of the City of Raleigh and the Southeastern U.S. Masters Track and Field, Inc., Cooper Group, The Athletic Congress (TAC) and their agents, servants, employees, and North Carolina State University at Raleigh whose facilities are being used for this track meet from any and all claims for damages suffered by me as the result of my participation in or traveling to or from the said races to be held on April 30, May 1 & 2, 1993, except such damages as may be proximately caused by willful misconduct of such promoters, managers or operators or their agents, servants or employees. I specifically acknowledge the nature of the conditioning required for participation in this meet and release the aforementioned organizations and Individuals from all injuries or damages arising from or contributed to by any physical impairment or defect I may have, whether latent or patent, and agree that they are under no obligation to provide a physical examination or other evidence of my fitness to participate in such event, the same being my sole responsibility. I further agree that if, in the opinion of two (2) or more meet officials and/or medical support staff members, I am determined to be unable to safely complete or compete in any meet event, said officials may physically remove me from any course, track or field and refuse to allow me to compete further in events.



Address Letters to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

ATHLETES OF THE YEAR

I appreciate all the work that is done at NMN to tabulate and print masters results, giving recognition to athletes who toil with little or no financial incentive.

However, as a member of the North Jersey Masters, I was quite puzzled at the selection of Jim Mathis for the M55 track and field award. In the past year, my clubmate, Ken Baker, had higher rankings, better times, and set a world record in the indoor 800 meters in the process.

For example, during the indoor season, Ken was ranked ahead of Mr. Mathis in the 400 meters (NMN October 1992) and beat Mathis in the National Championships. During the same meet, Ken won the 800 meters. In fact, his indoor world record, a 96+ age-graded performance, ties the American outdoor record for the 800.

Ken's outdoor performances were just as noteworthy, where his times in the 400 meters and 800 meters would have easily won at the National Championships.

Certainly, I wish to take nothing away from Mathis' fine performances. But I feel that an athlete who sets a world record and wins an indoor national championship would have been the better choice for the athlete of the year award.

*Roger S. Gutzwiller
Oakland, New Jersey*

POOR ORGANIZATION

The National Masters 8K Cross-Country Championships race in Boston on November 21 was the poorest organized of any I have attended. And they have it again for 1993!

If you've never been to Boston, transportation is a real problem. The organizers didn't even send a map showing the location of the race site. There was no packet pick-up or check-in the day before where you could have asked questions. The director told me by phone, you are on your own — we'll be at the race site (wherever that was) the morning of the race.

The day before the race I took the two-hour bus and subway trip to the

park to look over the course. There I was told by a policeman that this was the highest crime area in Boston and I shouldn't be there by myself.

The day of the race there was no place to get out of the cold and drizzle, unless you were lucky enough to have a car. The small registration tent was surrounded by mud, all refreshments were sold, and they ran out of water. The course was poorly marked and one of the top runners lost because he went the wrong way. It was a mess.

Doesn't USATF have requirements for a club to qualify for a National Race?

*Mary Elizabeth Norckauer
Baton Rouge, Louisiana*

FINANCIAL SUPPORT FOR ATHLETES

One of my best friends has been active, and quite successful, in masters competition for the past 12 years. Unfortunately, as he grows older, the financial ability to attend meets becomes more difficult. I think this is true for many of the older, finer masters athletes.

Many of the recent major meets (1992 outdoors in Spokane, 1993 indoors in Montana, and 1993 outdoors in Utah) have been in sections of the country where most athletes have to travel quite a distance. At least, if the major meets alternated between coasts, it would give most athletes a chance to participate periodically.

If the masters is truly a competition between the best athletes in each field in an age bracket, then the masters organization should find financial support for these athletes before the competition is narrowed down to a few economically elite.

*Margaret Martin
Marlton, New Jersey*

MASTERS MILE RECORDS

It seems the indoor mile record will continue to be a thorn in your side until you establish some guidelines for, and consistency in, record acceptance.

I watched with great amusement as Coghlan ran a "world record" in the indoor mile, and Popejoy ran a U.S. record.

It seems that the rules change at the whim of East Coast meet directors.

When I ran 4:11 in 1983 at age 40, it seemed to be acceptable to compete in open competition. A few years passed and the masters mile became a media event. The rules were modified so that records in the mile event (only) necessitated a "masters only" field.

Now I see an open runner is allowed in the race if his function is to "rabbit" the field.

Why? Who makes these decisions?

In women's track, records set in mixed races are not allowed. The results of the New York race were tainted. The rabbit created an unfair advantage.

Part of the responsibility for this continuing problem rests with your publication. If you had had the fortitude to stand up to Marc Bloom (et al) several years ago, to demand an accurate and truthful accounting of this event, then much of the hype and bull crap that has gone on would have been avoided.

It's disrespectful to the fine masters milers of today to insinuate that they need help to set records. Keep the playing field level.

*Bill Stewart
Ann Arbor, Michigan*

(Stewart is mistaken. Masters rules have never required that a record be set in a "masters-only" field. A rabbit is acceptable in masters, as well as open, competition. Stewart's 4:11 mile was never ratified as a WR because the paperwork and documentation never reached Pete Mundle's Records Committee. It's as simple as that, regrettably. TAC's 1992 Convention clarified that USA "masters records can be made in mixed age and/or mixed sex competitions." Women's records set in mixed road races are allowed. The results of the New York

Continued on page 5

NATIONAL MASTERS NEWS
Subscription Form

The *National Masters News* is the official world and U.S. publication for Masters track & field, long distance running and race walking.

Masters competition is sponsored worldwide by the World Association of Veteran Athletes and in the USA by USA Track & Field. The *National Masters News* gives you information that's available nowhere else: schedule information, meet and race results, training advice, race and meet stories, profiles, photos and articles by the top Masters writers in the nation. It's the best — if not the only — source of world, national, regional and local Masters information.

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Each month, NMN Publishes a list of "sustainers," those who help the National Masters News and masters athletics by making contributions. These extra funds allow us to publish more photos, deeper results, an in-depth schedule section, and more.

Special thanks this month go to:

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Write On

Continued from page 4

race are not tainted, any more than Roger Bannister's first sub-four minute mile in 1954 was tainted because he used a couple of rabbits. Coghlan's and Popejoy's records are "pending" until the marks are officially approved by Mundle's committee. The policy for approving age-group records is consistent and, now, hopefully, a bit clearer. — Ed.)

WEIGHT EVENTS

Congratulations to the USA Masters Track & Field Committee for recommending that the Weight Pentathlon be an official WAVA event from 1995 on. There has been a steadily increasing interest and participation in this very challenging multi-event.

To make the Weight Pentathlon a viable and fair multi-event, we recommend the adoption of the 3k shot put, 3k hammer, and 400g javelin for men 80 and over, in addition to the 20# weight. Women 40 or over now use all these, so their use would be consistent with the sex/age differential.

We also recommend adoption of the 16# weight for 50+ women, and the 12# weight for 70+ women, in addition to the 2k shot put and 2k hammer for this age group.

There are at least three radically different Weight Pentathlon scoring systems being used by meet coordinators, all based on differing age factors and scoring tables. Because of their 20 years of experience in scoring the Weight Pentathlon, we recommend the Phil Partridge/Bob Stone method. This method was used with uniform acceptance in Eugene, in 1989 during the International Weight Pentathlon.

Manuel and Helen White
Helena, Montana

The 35 lb. weight should not be substituted for the existing 56 lb. weight for the 60 and over age groups. The following statistics support this view: at the National Indoor Cham-

pionship on April 5, 1992 in Columbus, OH: M30-M55 = 12, M60+ = 10 competitors; at the National Outdoor 56 lb. Championship on October 3, 1992 in Greenville, SC: M30-M55 = 8, M60+ = 9 competitors (the oldest competitor 83 years); at the Holiday Throwing Meet on December 27, 1992 in Delray Beach, FL: M30-M55 = 1, M60+ = 9 competitors (two over 80 years).

The proposed weight substitution would be a great disservice to the M60+ age groups, to numerous organizations and clubs, and especially to a mentor like Nolan Fowler who dedicated uncounted hours and money to get the 56 lb. weight throw popular again.

At the time the vote was taken to substitute the 35 lb. weight, the committee members probably were unaware how many over 60 competitors enjoy the 56 lb. weight throw, many times outnumbering the younger age groups.

Pay Carstensen
Babylon, New York

KUDOS

One of the best kept secrets of the masters schedule is the Dartmouth Relays, probably because they are held on Friday, an inconvenient time for many who would like to participate. However, I would like to comment for those unfamiliar with the event.

The New Hampshire setting is beautiful and the facilities outstanding. In particular, the throwing events are sheer joy for the field athletes. The organizing committee is excellent, but much of the credit is due to masters athlete and Dartmouth throwing coach Carl Wallin.

During the weekend, over 3000 athletes of all ages participate and when inevitable glitches in perfection occur, Carl handles each situation graciously and judiciously. All athletes, young and old, are treated with respect, which makes the event enjoyable for all, year after year.

Barbara Stewart
New York, New York

CHAPSON AND ANDERSON
REMEMBERED

I was saddened by the passing of Harold Chapson and Herb Anderson. They were great competitors as well as great champions.

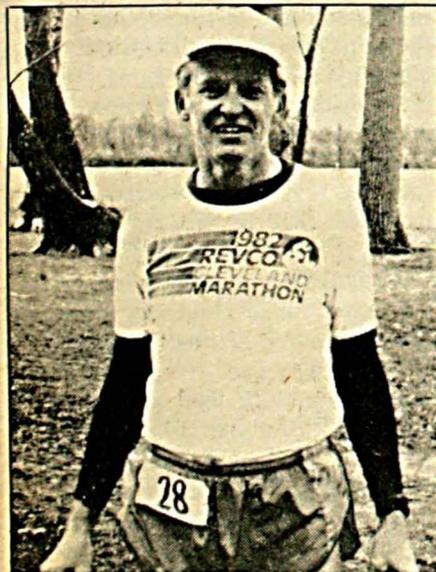
Anderson came to the Senior Olympics meet in 1974. He borrowed my javelin, telling me he had never thrown a real one but had made a wooden one from a poplar tree for practice. I thought he was kidding but he was telling the truth and took the gold anyway.

I had a heart attack on October 25th but plan on returning to competition this coming summer. Masters field and track has given me a lot of health and satisfaction these years and I hope it will keep on growing every year.

Buell Crane
Twin Falls, Idaho



Masters women of the Northern California Seniors Track Club, from left: Judy Ace, Kay Lyons, Shirley Dieterich, and Martie Behrens. Photo by Thelma Rubin



Richard Sitter, M50 champion (7:00:28), 1992 TAC/USA 50 Mile Championships, Columbus, Ohio. The 1993 event returns to Columbus on March 28.

Photo by John White

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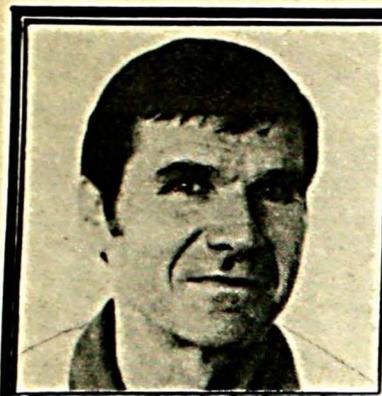
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Third Wind

by Mike Tymn

Dick Lacey: More Than 60 Years In Track

Now 82, Dick Lacey of Clearwater, Florida, is still running hard. "I must be the only person still alive who has been active in the sport for more than 60 years," Lacey says in a telephone interview. "All my contemporaries are dead or haven't been involved with track and field for years."

With a best of 21.1 for 200 meters, Lacey was one of the top sprinters in the country during the early 1930s. He was an Amateur Athletic Union (AAU) National Junior Champion and in '31 and '32 was a close fourth in the AAU Seniors behind Eddie Tolan, George Simpson and Ralph Metcalfe, who were 1-2-3 in the 1932 Olympic 200.

"It amazes me that we did as well as we used to," Lacey comments. "We ran on cinder-clay tracks and with the minimal training in vogue in those days. I regularly do more of a workout now in one day than I used to do in a week back in the 30s. Back then, the theory was that you shouldn't run very much. You were very moderate in your training, not just the sprinters but distance runners, too."

Some readers provide additional support to the National Masters News and to the Masters program by sending contributions of \$25, \$50 or \$100 a year. If you are able, we urge you to join them. All contributors will receive a free copy of the new Masters Age Record book and will be listed in the paper as a National Masters News sustainer.

Typical Training Week in 1933

Lacey recalls a typical week of training 60 years ago as something like this: Monday, 500 time trial; Tuesday, 330 time trial; Wednesday, 2 x 200 hard; Thursday, 440 time trial; Friday, rest; Saturday, meet; Sunday, off.

"In effect, we were running what amounted to an all-out race every day we trained. Based upon my coaching, I tend to think we overdo it a little these days. I don't remember back then there being nearly the number of injuries there are now. It seems like distance runners are always getting hurt."

After hanging up his spikes, Lacey remained active by playing tennis regularly and also doing some occasional recreational running. He stayed in the sport of track & field as both an official and a coach. It was in 1973, at age 63, that he got back into competition. His peak year as a masters competitor was 1977 when he got his 200 time down to 28.6 and won four medals (gold in both hurdles, silver in 200 and high jump) at the World Games in Sweden.

In the '85 World Games, Lacey captured the high jump, and in Turku last year he took third in the high jump and the 400.

"I'm happy now if I run around 38 seconds for 200, which is about what people in my age group do," he says.

Raised in England

Born and raised in England, Lacey recalls a form of interval training in the public schools there. "They say interval training began with Zatopek, but I always figure I was in on the origins of interval running," he says. "I was 14 and went to one of those so-called public schools in England. Part of our routine was to go out two or three times a week. We'd jog awhile and then we'd sprint. One of the older boys in the rear would have a swagger stick and if we slowed too much he'd hit our rear-ends. That made us pick up the pace. Looking back on it, I can see that what we were doing was a kind of interval running."

Lacey came to the United States at age 16 with his parents, settling down in Westchester County, New York. He competed for Colgate University and then for the New York Athletic Club. He coached track in the New York schools for 35 years and served as chairman for track & field for New York state for many years. Since retiring to Florida in 1979, Lacey has continued to coach, officiate, and direct meets.

"It's been very interesting seeing over these some 60 years the development that has taken place in the sport," Lacey remarks. "It's especially interesting observing the masters competition and how aging affects us."

Sprinters Decline More Rapidly

Lacey feels that sprinters decline much sooner and much more rapidly than distance runners. "You never see any masters sprinters whose times are comparatively anywhere near those of John Campbell," he explains. "And I myself would be delighted if I could run 200 and 400 in times nearly comparable to the five- and 10K times of Ed Benham, who is just a couple of years older."

"The most significant factor in my decline in performance has been a rather steady drop in motivation. It has been increasingly difficult to motivate myself to train hard and to compete. Many of my contemporaries in the older age groups have noticed the same thing about themselves. Motivation aside, though, the greatest and fastest decline seems to come in the early 70s."

Lacey also feels that those who take up running late in life, competitively speaking, adjust to aging much better than those who had run in their youth



Dick Lacey

and then returned to competition as masters. "For instance, Priscilla Welch told me that she felt it was an advantage to her to have started running at 35, as she didn't have to carry around the baggage of former records and big victories in her youth. She had no way to go but faster. Ed Benham said pretty much the same thing."

Aging Inevitable

But Lacey has also observed that many late bloomers don't seem to understand that at some point in time the gains from adaptation will be overcome by the losses to aging. "Many older distance runners I know amaze me by refusing to take account of the fact that, like it or not, age is a big factor," he says. "They become terribly frustrated that they are not running as fast as they did a year or two or three years ago. They think they just need to put in more miles, and they almost invariably end up getting hurt."

These days, Lacey tries to run every other day and lift light weights on the off days. "I find that if I don't take off every other day, it's a diminishing return thing," he says.

A typical workout for Lacey now is to do five 200s at his all-out 400 pace or 10 fairly hard 100s.

"As I said, I'm not as motivated as I was 15 years ago, but I still feel good," he ended. "I plan to go to 100, at least." □

100M FIELD

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McMullen Wins National 8K Cross-Country

Charles McMullen, of Rochester, N.Y., M40-44 winner, finished first with a 24:15 in the National Masters 8K Cross-Country Championships held at historic Franklin Park in Boston on Nov. 21. McMullen's closest competition came not from the M40 ranks but from Laurence Olsen, Millis, Mass., M45 winner in 24:41.

Dave Reinhart, M40, Wilbraham, Mass., held off Michael Gage, M40, Bangor, Me., to take third place by one second with a 24:45.

Other men's division champions are M50 Chuck Keating, Wellesley, Mass., 29:23; M55 Ken Mueller, Bellingham, Mass., 29:36; M60 Joe Fernandez, Fairhaven, Mass., 30:32; M65 Bill McCaffrey, Lebanon, N.H., 33:03; M70 Ed Buckley, Clinton, N.Y., 37:21; and M80 Robert Boal, Wake Forest, N.C., 54:01.

The M40-49 team championship went to the Central Mass. Striders led by Reinhart. Keating took the Boston RC to the M50-59 team first. The Millrose AA won the M60+ championship behind Bill Fortune, Pearl River, N.Y., who ran 32:22.

The women's winner was Rebecca Stockdale-Wooll, W40, of Chaplin, Conn., who won over Janet Maguire, W40, Norfolk, Mass., by a minute with a 31:07. Robin Emery-Rappa, Bridgewater, Mass., took the W45 contest in 32:26. Nancy Frisillo, New Hartford, N.Y., won the W50 race with a 33:09.

The other champions are M55 Carolyn Cappelletta, Concord, Mass., 35:24; W60 Joyce Hals, Lexington,



Charles McMullen, shown here in the Rogaine 5K, led all runners in the National Masters 8K Cross-Country in Boston, Nov. 21.

Victor Sailer/Agence Shot

Mass., 37:56; and W65 Mary Norckauer, Baton Rouge, La., 47:31.

The Liberty AC, led by W40 Sally Sundborg, Sudbury, Mass., third woman (32:14), took the W40+ team championship.

The event was sponsored by Grand Circle Travel and hosted by the Boston RC, with Fred Treseler serving as race director. □

Russians Dominate Houston-Tenneco Marathon Masters

by JOHN WELCH

The Russians are coming! The Russians are coming! Actually, they breezed into and out of town so fast that hardly anyone except the competitors and spectators at the Houston-Tenneco Marathon on January 24 recognized them. Leonid Mosseyev, 40, from the former Soviet Union, sped to an easy masters victory over John DiCarlo, 41, of San Antonio, Texas.

Considering the 30 mph wind gusts and the 30° temperature at the start of the race, the times were pretty good. Mosseyev's 2:29:37 was also good enough for 21st out of the throng of 4800 runners. DiCarlo, one of the best masters runners in the Lone Star State, held onto the runner-up slot with a 2:38:50, 37th overall.

Dennis Williams, 47, of England, held off Peter Dunn, Austin, Texas, for the third masters spot, by 30 seconds, finishing in 2:44:18.

Mosseyev's Russian teammate, Irina Bondarchuk, 40, had an easier time with her victory as she sped to a 17-minute margin over Nancy Prejean,

47, of Deer Park, Texas. Bondarchuk, obviously not affected by the environment very much either, turned in a 2:49:47. The 14th overall time among the women, it would have also tied for 80th place among the men.

Prejean was 28th female, with a 3:07:14. Debbie Peeples, 41, Tyler, Texas, took third (3:10:53). Jeannie Rice, 44, Mentor, Ohio, was fourth (3:17:21). □

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 and advertising is the 10th of the month before date of issue. Send to *National Masters News, P.O. Box 2372, Van Nuys, CA 91404.*

Kurtis, Virga Tops in Marathon

Waigwa, Larrieu-Smith Win in Charlotte 10K

Wilson Waigwa, 43, of El Paso, Texas, won the Charlotte Observer Masters 10K in Charlotte, N.C., on Jan. 9, by over a minute with a 30:47 in rainy, 42° weather. Charles McMullen, 41, Rochester, N.Y., was second (31:54), and Earl Owens, 43, Dunwoody, Ga., took third (32:16). Waigwa won \$2000; McMullen, \$1000, and Owens, \$500.

Fifth in the women's open race, Francie Larrieu-Smith, 40, of Dallas, Texas, won the women's masters title and a total of \$2600 with a 34:55. Carol McLatchie, 41, Houston, Texas,

captured second place (35:44), worth \$1200. Laura Caldwell, 40, Lake Oswego, Ore., finished third (36:56) for the \$500 award.

The three 10K races (men's, women's, masters men) drew 4068 registrants.

In the Charlotte Observer Marathon, Doug Kurtis, 41, of Northville, Mich., in his second marathon in six days, having won in Hanoi, Viet Nam, on Jan. 3, was second overall with a 2:23:08, behind Jim Nicholson (27, 2:21:58). Kurtis's effort was worth a total of \$4000. North Carolinian Sadot Mendez, 41, of Hertford, finished ninth (2:33:11) to win \$1150. Bob Schlau, 45, Charleston, S.C., won \$500 as third master (2:34:21).

Carol Virga, 42, of Boca Raton, Fla., was third female, in 2:55:40, bringing her total take to \$3000. Claudia Ciavarella, 43, Arlington, Va., was second 40-and-over woman (3:02:10) for \$1400 in prizes. Lena Hollman, 41, Chapel Hill, S.C., pocketed \$500 for third (3:15:01).

The marathon drew 1368 entrants. Masters runners shared \$17,000 of the races' total cash prizes of \$53,800.

NationsBank was the primary sponsor. □

Five Years Ago

- Web Loudat (41, 4:20:04) Wins the Millrose Masters Mile at Madison Square Garden
- Steve Ferraz (M40, 31:33) and Gail LaDage Scott (W40, 37:30) Are Overall Winners in the Paramount, CA, 10K
- Bill Rodgers (M40, 30:39) defeats Frank Shorter in The Runner's Den 10K in Phoenix, AZ

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Pagliano's Podiatric Pointers

THE FOOT BEAT

by JOHN W. PAGLIANO, D.P.M.

Achilles' Tendinitis

Q. I am a 56-year-old track and road race runner. For a year, my Achilles' tendons have become sore with the onset of warm weather, remaining a problem until the fall when the trouble seems to evaporate. Stretching, ice-water soaks and anti-inflammatories become a daily ritual. This problem never completely incapacitates me but handicaps my training with sometimes two or more miles of jogging to warm-up enough for speed work. I am a low-mileage runner with no seasonal pattern of increased mileage. I wonder if I am losing something (a vitamin or mineral?) in the copious sweat of summer. I don't know of anyone else with this problem.

A. Unfortunately, yours is one of the more common complaints among 'veteran' long distance runners. In fact, Achilles' tendinitis is the most common running injury in men over 40.

The Achilles is the largest tendon in the body, extending from the calf muscle, the gastrosoleus, into the back of the calcaneus, the heel bone. This tendon is essential for running gait and is what pushes us up off our toes. So you have to use the tendon while running.

While we age gracefully, the Achilles' tendon does not. The blood supply to the tendon decreases approximately 40 per cent after we reach the age of 30, causing it to become somewhat 'brittle' with loss in elasticity. For those of us who run higher mileage, the tendon becomes irritated and sore, especially after running up

hills or performing interval workouts. Although most of us can 'run through' the soreness, it does place a damper on our speed and distance.

In order to reduce irritation to the tendon, I prefer a regime that might increase the blood supply to the area and reduce soreness. First, I would suggest hot water soaks at night. This will increase blood flow to the area and possibly provide added elasticity. You should soak in rather hot water for at least 20 minutes.

Prior to workouts, I would suggest walking half-miles rather than stretching the tendon at this time.

Characteristically, runners tend to over-stretch and irritate the tendon. Start off slow and gradually build up the mileage.

Avoid steep up-hills and intense interval training for the time being.

Use a shoe with a high rearfoot to it or place 1/4" lift in each heel to reduce the pull of the Achilles when you are running.

You may want to take aspirin, non-steroidal anti-inflammatories or Ascriptin tablets on a daily basis. This may reduce the swelling to the tendon area and increase the blood flow.

You may also want to consult your local foot specialist (a sports specialist) to determine if there is any type of biomechanical foot deformity that may be causing irritation to the tendon. Those with high-arch feet, pes cavus,

are prone to develop Achilles' tendinitis. If there is some type of over-pronation component, you may wish to try an over-the-counter or custom foot orthosis. This will reduce the rotation of the heel bone at the achilles insertion and allow you to run with very little stress to the Achilles.

You may also wish to ice down the achilles after your workout, but I would limit this to 8-10 minutes. I prefer the heat in the evening. You may have to cross-train for a few weeks until the soreness subsides, then you can return to your running program as you wish.

There are obviously other less conservative methods such as injection therapy and surgical correction, but I would advise avoiding this type of treatment unless recommended by your foot/sports medicine specialist. □

Jim Rose Dies Suddenly

by REX HARVEY

Jim Rose, 45, a Gulfport, Miss., attorney, died suddenly in his sleep early on Jan. 17, apparently of cardiopulmonary arrest.

He was stricken while overnighting in Baton Rouge with the Long Beach High School Track Team with whom he voluntarily worked. He was doing what he loved — working with young people in track & field.

"He lived to help young athletes," said his brother Richard.

Each year, he took a group of high schoolers to a track camp in Arkansas at his own expense.

"He believed that providing something positive for kids to do and supporting them at it was the only way to keep them from getting into trouble," his brother said. "He gave his time and money to support what he believed."

Jim was a respected criminal lawyer with the mettle to take controversial cases others wouldn't touch. A fellow lawyer said: "Every time I saw him in court, he made me proud to be a member of the legal profession."

Jim was very active in masters track and field. He worked out regularly and competed widely and frequently. He

earned the bronze medal in the National Masters Decathlon Championships in Los Angeles (1988) and the silver medal in Thomasville (1989). He and his family traveled to the World Championships in Melbourne (1987) and Eugene (1989).

Like most multi-event athletes, Jim was a serious competitor who did a lot of physical and mental preparation. Yet he was always ready and willing to help others, and the sport in general, in any way he could. He spearheaded the drive that resurfaced and lighted the track at Gulfport H.S. and made it available to the public 24 hours a day. He organized masters and open track meets in the area so people had a chance to compete.

Jim was apparently in good health, but he also realized, as we all should, his mortality. While working out with a friend the day before his death, he prophetically said: "Well, we may die tomorrow, but today we'll do our best."

I can just hear Jim making that statement in his soft Southern manner. What else can the rest of us do but grieve his death and follow his sage advice. □

Smith, Coker Tops in Paramount 10K Race

by JERRY WOJCIK

Nolan Smith, M40, was first finisher in the 12th annual World Masters Division race held along with the Paramount 10K in Paramount, Calif., on January 16. The race, for which masters had to meet division qualifying times, escaped the rain, which held off until 30 minutes into the race.

Smith took the race in 32:06, with Ron Gee, M40, second (32:50), and Barry Molony, M40, third (32:53). Ron Jensen won the M45 division with a 34:48. Catarino Gonzalez took the M50 contest with an even faster 34:15. John Brennand ran a 36:27 to win the M55 division. U.S. record-holder Norman Green, Jr. ran a course record 35:23 for the M60 age-group win.

Other division winners were Milo

Sather, M65, 45:57; Tom Edwards, M70, 45:24; Eddie Lewin, M75, 48:36; and Paul Spangler, M90+, 1:40:21.

In the World Masters women's race, Loi Coker, W40, was the best of just four W40+ qualifying runners, with a 38:49. Yvette LaVigne took the W50 division (42:21). Jeanne Hoagland won the W55 division (45:28); and Mary Storey, the W65 race (51:14).

In the open masters 10K, Bob Becker, M40, was first in 33:12. First masters woman, Sheri Hall, W40, should have opted for the World Masters race, which she might have won with her 37:03.

The races, staged by Oscar Rosales with support from the City of Paramount and its Rotary Club, raised money for a high school scholarship fund, which in 1992 totaled \$8500. □



Randi Bromka, 40, was first master overall in the National Masters 24-Hour Championships, Sacramento, Calif., Dec. 30-31. Iouri Esperson, 32, Russia, was first overall.

Photo by Ruth Anderson

Bromka First Master in 24-Hour Race

by JERRY WOJCIK

Randi Bromka, a 40-year-old woman ultra-marathoner from Montana, was first master and third overall with a total of 138.29 miles in the USA Track & Field National Masters 24-Hour Championships, held at the Gibson Ranch, Sacramento, Calif., on December 30-31.

In the event, which was also the open championships, Bromka's total was surpassed only by Iouri Esperson, a

guest competitor from Russia, who finished with 147.75 miles, and Tom Possert, 30, of Ohio, who totaled 142.00.

First masters man was Roy Pirrung, 44, of Wisconsin, with 124.00 miles.

Other division winners were David Kim, 50, Calif., 110.50; Glen Zirbel, 62, Iowa, 90.00; Barbara Miller, 48, Calif., 97.16; Eldrith Gosney, 51, Calif., 102.31; and Ruth Anderson, 63, Calif., 77.00. □

PROFILE

Larry Jessee Sets World Pole Vault Record

Eamonn Coghlan isn't the only newly-turned-40 athlete who has set a world masters record lately. Larry Jessee vaulted 17 feet, ¾ inches Dec. 11, in El Paso to demolish the previous world 40+ pole vault mark of 16-9¼, set by Sweden's Kjell Isaakson in 1988.

Jessee is a former U.S. record-holder in the event, with a vault of 18-8¼ in 1982. He was U.S. champion in 1977 and 1978, and an NCAA champion in 1974 at the University of Texas at El Paso (UTEP).

He was ranked #1 in the USA in 1979 and 1980 and ranked on the top ten world list for nine consecutive years. He had four vaults over 18-8, ten vaults over 18-6, and 80 vaults over 18-0 in competition. Now he's going after masters records.

"I hope to raise the masters mark to 18 feet or better," he said from his home in El Paso. "I've worked very, very hard to regain top form."

Jessee strained his Achilles last September and says his days are divided between training and therapy.

"I hope I can really bring some

positive attention to the masters scene," he said with no false modesty. "Some big vaults are on the way."

Born in Dayton, Ohio, Jessee vaulted 15-10 to rank #1 on the 1970 National and World High School list. In 1971, he ranked #13 in the world at 16-10. After enrolling at UTEP, he fractured bones in his back and was out of action for a year before coming back to win his 1974 NCAA title. He represented the U.S. on national teams eight times.

Jessee works as a sporting goods distributor. He and his wife Janise have two children, Billy and Bobby, ages six and four.

"If I can vault 18-0 or 18-6 at age 40," he said, "just think how this will motivate younger vaulters age 16-20 to readjust their goals to 18-plus."

Jessee acknowledges pole vaulting is



Larry Jessee

a demanding sport for anyone, let alone someone over 40.

"If people see me out there at 40 doing this, maybe it will motivate them to get out and jog, lift weights or do

something to improve their lifestyle."

Jessee said he hopes to compete in the national masters outdoor meet this year and in the World Veterans Championships in Japan. □

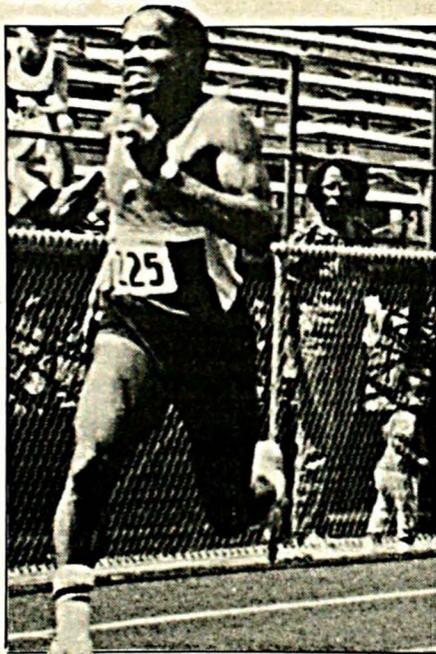
Ozzie Dawkins Dies

Dr. Ozzie Dawkins, one of the most popular athletes in masters track and field, died February 15 of heart problems in Los Angeles. He was 64.

A high school and college track star, Dawkins competed in the 100, 200 and 400 in masters competition in the 70s and early 80s. He suffered a severe heart attack several years ago, which weakened him and ended his competitive career. He had participated in several world championships and came to Turku in 1991 to visit with friends and watch the competition.

An anesthesiologist at Martin Luther King Hospital in the Watts area of Los Angeles, Dawkins' home was always open to fellow masters athletes passing through town.

An overflow crowd of about 300 attended Catholic services on February 20 at Forest Lawn Mortuary in Los Angeles. □



Ozzie Dawkins

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Building A Training Program

This is Part II of Ian Whatley's presentation of Training Techniques given at the Louisville TAC Convention. Part I, published in the February NMN, presents general principles of training, and three key training velocities - Supra Maximal, VO₂ Max, and Lactate Threshold. Part II presents two additional key velocities - Long Distance and Recovery, and concludes with how to build a training program based on all five velocities. Again, with Ian's permission, I have taken his written outline and combined its highlights with those of a tape transcription made of his lecture. — EW.

Long Distance

Objective: Aerobic conditioning or base work. Velocity: 70 to 80 percent of maximum heart rate. Typical work periods: Up to 180 minutes of walking. If you are not walking within 70 to 80 percent of your maximum heart rate (about 75 percent of your 10K race speed), your training is inefficient. If you are too tired to walk at 75 percent of your 10K race pace, you should probably be resting. Do a stretching session, see your chiropractor, or do whatever helps refresh you.

Recovery

Objective: To allow the body to rest and recover to prevent over-training. Velocity: 70 to 80 percent of maximum heart rate. Distance: Short.

Recovery velocity is easy walking; however, again, in order to avoid training with poor form, the pace should be about 75 percent of your 10K race pace or 70-80 percent of your maximum heart rate. The basic training difference between long distance and recovery efforts is the distance walked. The recovery distance is short and, therefore, less stressful than long distance training.

Why Do I call Supra Maximal, VO₂ Max, Lactate Threshold, Long Distance and Recovery velocities key training velocities? Because they hit very specific physiological functions within the body. They hit coordination, your maximum oxygen uptake, lactate threshold, and base training. You are building new enzyme systems, new chemical systems, new blood vessels at the microscopic level, new bone and muscle as well as burning off body fat.

It is important to note that there are gaps between the key velocities. We have actually found that training in these gaps or velocities is less effective. You can do hybrid sessions which will be very hard work and will have training value, but are much less effective. Maximizing effectiveness is the principal purpose and advantage to key velocity training. You get as much bang for your dollar as possible to make your training time count.

Building A Program

How do you build a training pro-

gram based on the five key velocities? Do you just take part of them and have a mixed diet, doing a bit of each every week? Or is it better to focus on one at time?

We have found that if you do one type of training and focus on it, you will get the maximum benefits. It takes three to six weeks of specific physiological stress for the body to adapt. For example, three sessions a week of one type of training such as VO₂ Max over a period of three to six weeks will improve your ability in that particular area. After this, you are probably better off changing your focus and doing another type of training, such as Lactate Threshold, for three to six weeks, etc. When you come back to the VO₂ Max training again, you focus on it for another three to six weeks. This way you get the maximum improvement for each time period.

When training, there is a strong tendency to want to do more each week than the previous week. *Error!* You need to train at a given target level for the three-to six-week period.

For example, let's say you were doing 1000-meter reps to improve your maximum oxygen uptake capacity. You go out on the track and walk 1000 meters in five minutes and do five reps of five minutes each. You get into the session and you throw up on your nice new Nikes. These are sessions that go into the diary, "Ugh - tired!"

The next week you come back, you have two choices. You feel a little bit better and feel you might be able to do the same workout at 5 x 4:55 for 1000 and risk spoiling the Asics that you bought to replace the Nikes, or you can repeat the session 5 x 5 for 1000 meters. You decide to do the 5 x 5 x

Racewalk Records

Beverly LaVeck is now responsible for men's and women's racewalking records for 5-year age groups and single-age bests. Write Bev at 6633 N.E. Windemere Rd., Seattle WA 98115.

1000 again and finish thinking, "That was darn hard work, but it didn't feel quite as bad as last week and I still have nice clean shoes." You have made the correct choice.

Another example of do's and don'ts: Don't increase your weekly mileage by more than 8% or 5 MPW every three weeks. Specifically, don't add two miles every week to your mileage. Instead, go 30 MPW for three weeks and then go to 35 MPW for the next three weeks.

You should go with a specific training load and feel the effort to do it decreasing over the three to six week period. The alternative of increasing your training work load frequently leads to more injuries, more over-training, and is a less effective use of your time. Train at a set target velocity and feel as though it is getting easier with time. Then change in one step to increase the workload.

Questions

How Do You Maintain Improvements When You Shift Focus From One Type Of Training To Another?
Loni Cornell - Washington

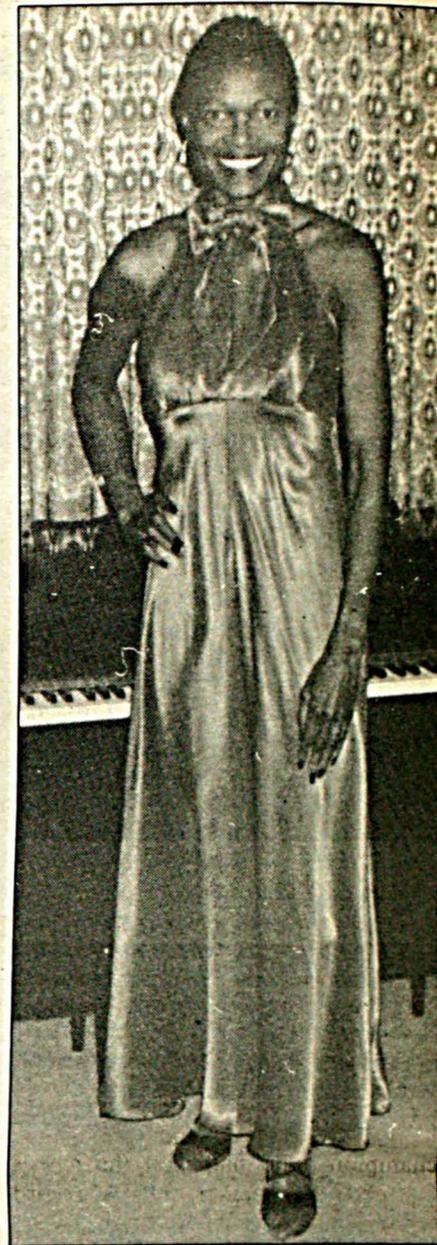
Other aspects should be on a "maintenance schedule" of one a week or one every other week. For instance, if you are focusing on Supra Max or efficiency training over a five week period, you could maintain by doing a total of 2 VO₂ Max Workouts, 2 Lactate Threshold Workouts, and one Long Distance workout spread over the five week period.

What About The Hard Day/Easy Day Workouts? Roger Sessions - Penna.

Individuals vary. You need to find a pattern of hard and easy days which works for you. You may find that you need two or three days between hard workouts before you can tolerate another intense stress. One common pattern is the "hard day/easy day" in which the key training days are alternated with recovery days.

You may also wish to try the "two-on, two-off" system. This groups two hard days with two easy days, and is becoming quite popular. The reason it works has to do with the breakdown products of the muscles.

Experts have done a lot of sticking of needles in muscles and taking of blood to see what the time course is for the breakdown products. If you do a very hard training session, you see a peak in the breakdown process of the muscles, 48 hours later — the amount of time it takes for breakdown products to get through the system. So the suggestion was: Why don't we try doing our second hard training session



Elton Richardson, NYC, 53, voted the outstanding W40+ walker for 1992, trades her usual shorts and sweats for more appropriate "Big Apple" evening wear.

the next day while the breakdown products from the first session are on their way up.

Hard day/easy day may mean that you do a hard session and then come back and do your next hard session just when all the breakdown metabolites are at their worst in the body. Some people found that they could tolerate the two really hard days together, then two days off, much better than hard day/easy day. For others, it didn't work at all.

Again, it varies from individual to individual and you should experiment to find what works best for you. □

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Coghlan Sets World Indoor Mile Record

Continued from page 1

joy, 42, of Wheaton, Ill., the world masters 1500-meter champion, who lowered his own U.S. masters indoor mile record from 4:16.00 to 4:14.59.

Despite his overwhelming victory, Coghlan and the crowd were both a little let down. His goal was to become the first master to break the four-minute mile. But a nagging leg injury cut his speed training. He said he got in only five track sessions in the five weeks before the race and those all came in the last 10 days.

Coghlan's trip from Dublin, where the former Villanova star now lives, put him on a hectic schedule.

Two days after Millrose, he clocked 4:07.25 to win the Mobil One Invitational masters race in Fairfax, Va. Popejoy was second in 4:16.21 and Charles McMullen, 41, of Rochester, N.Y., was third in 4:18.06.

The two masters races were part of a series of four mile events sponsored by *Runner's World*. The next two will be held outdoors at the Penn Relays in Philadelphia in April and at the New York Games in May.

Officials reported that 18,176 attended the Millrose meet which, they said, was the largest crowd to see an indoor meet in this decade. Unquestionably, it was Coghlan who filled the house because the 1983 World 5000-meters champion, who had won the meet's featured Wanamaker mile a record seven times, is a local favorite.

There was four-minute mile fever in the Garden. *Runner's World* billed the Millrose race as one "that promises to make track history." To introduce the event an Irish woman sang the Irish National Anthem in Gaelic — "Abhran Na Bhfiann ("A Soldier's Song"). The partisan crowd included Coghlan fans from as far as California, Bermuda, and even a contingent of 30 from his

home track club, the Metropolitan Harriers of Dublin.

Holy Grail

But the sub-four-minute masters mile has so far become a kind of unreachable Holy Grail. It has already proved to be too formidable for the likes of such elite athletes as Rod Dixon, John Walker, Mike Boit, and Waigwa. Others like Jim Ryun, Kip Keino, and Peter Snell were so far out of shape when they turned 40 that they did not even attempt it.

Because of the intensity of the training, some feel the feat may prove as elusive and difficult as it was for younger runners who flirted with the four-minute mile through the 1930s and 1940s until Roger Bannister finally cracked the barrier in 1954. Said Millrose meet director Howard Schmertz: "The problem masters runners have is that when they do speed work, their bodies can't stand it."

Nevertheless, Coghlan thought he had a decent shot at it after posting a 4:06.64 road mile in Edinburgh, Scotland in September. It was an especially fast outing considering it came after a 30-month layoff from mile racing.

But speed work proved too much for his aging muscles. Coghlan developed a hamstring strain. The injury curtailed track workouts even though he went to Gainesville in early January for therapy and the warm Florida sun. Given all that, Coghlan conceded he probably never had a real chance to break four minutes. "The four-minute mile was unrealistic (tonight)," he told a press conference after the Millrose race.

Still, lowering the world masters indoor mark by nearly five seconds and then by almost another three seconds the first 20 yards, then I forgot about it, and then I felt it in the last two laps."

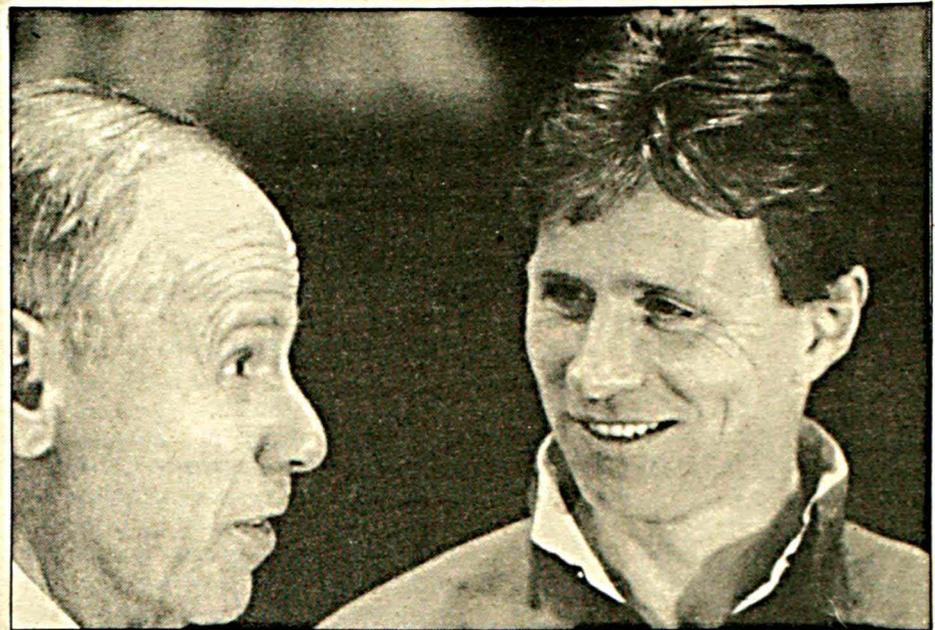
Because of his injury, Coghlan said he was not able to use centrifugal force — a trademark of his salad days — to whip off the tight turns on the Garden's high banked, 160-yard track. "I relied on the crowd to carry me over the last three laps."

In 1990 when Coghlan dropped out within the span of a week was no small achievement. "He was under tremendous pressure," said Millrose meet director Schmertz. "He had to produce. And he did."

Rabbit Too Fast

When the gun sounded, Frank Conroy of Providence, R.I., a 26-year-old rabbit, whipped through a brisk 57-second quarter; Waigwa was second and Coghlan was third in 59 seconds, about 12 yards off the pace. That was too far away to benefit from Conroy's effort. "Conroy went too fast," Coghlan said. "The plan was for me to say 'Up' for faster and 'Down' for slower. He didn't hear me say, 'Down.'"

Conroy hit the half in 1:59 with Waigwa next and Coghlan at 2:02, now



Millrose Games Meet Director Howard Schmertz (left) talks with Eamonn Coghlan.

Photo by David Zinman

almost 20 yards behind. Some thought Coghlan gave away too much ground. For a while, so did Coghlan, "I said to myself, 'Don't panic', but I knew Wilson hadn't run that fast in a long time. I thought he would come back."

Coghlan employed a tactic from the days when he was called "chairman of the boards" and was virtually unbeatable indoors. "I went into a trance. I forgot the laps. I didn't want to know how many were left. Then, with two and a half laps (about 400 meters) to go, I came alive."

When Conroy passed the three-quarters mark in 3:04, he dropped out. Waigwa took the lead with Coghlan ten yards back at 3:06. The rest of the field was strung out far behind.

For a moment, it looked like Waigwa might give Coghlan a race. But only for a moment. The pace was too much for Waigwa, who would finish fourth, and he went wide to let Coghlan by. To a deafening crescendo, Coghlan pushed himself to a 60.36 final quarter.

Springy Board Track

Part of the problem in breaking four minutes, Coghlan said, was the Garden's springy board track. "My legs started going a little bit from under me," he said. "It was the bounce in the boards. I felt my hamstring tighten in of the elite runners circuit, he thought his days of running under 4:20 were over. But when he moved back to Dublin, he began working out with younger runners. "At first, they were blowing me away at 10 miles. I kept training regularly. As time went by, they started saying, 'Eamonn, you're looking like your old self in body weight.' Soon, the spark came back to my legs."

"When I ran in Dublin on Sept. 3 in a 10K handicap road race in the wind and rain in the Phoenix Park club championship, I was the scratch man and the oldest in the race.

"I ran 30:04 to win and I broke the course record by a minute-and-a-half. That was the turning point in my mind."

Even though he is still five seconds

away, Coghlan has by no means given up on smashing the barrier. "I improv-

Continued on page 14

Masters Mile Top Media Story

The press coverage for the *Runner's World* Masters Mile at the Millrose Games in New York, Feb. 6, was the most extensive ever for a masters event.

The top sports headline in the *New York Times* on Feb. 6 was "Coghlan Posts Mile Record of 4:05.95." Filip Bondy's article led off with Coghlan's record performance and devoted five paragraphs to the Irishman. The rest of the meet, including Noredine Morcelli's 3:55 mile and Butch Reynold's victory over Kevin Young, followed.

Earl Gustkey's story in the *Los Angeles Times* led with Reynolds, but said "the other featured race was the Masters Mile," and gave the race five paragraphs.

The national TNT telecast showed the entire race and an interview with Coghlan afterwards.

In its Feb. 8 Track and Field column, *USA Today* gave the masters story four long paragraphs.

"Coghlan was responsible for the sellout crowd (18,176)," said Marilyn Mitchell and David Zinman, who covered the race for NMN. "He literally brought in thousands of people," said Mitchell.

It seems clear that other meet directors could add to their gate by including a masters event or two in their program. The masters events have proven very popular where they've been held.

While the average person still probably doesn't know what the word "masters" means in athletic terms, it's safe to say that, now, at least the U.S. track and field community does.

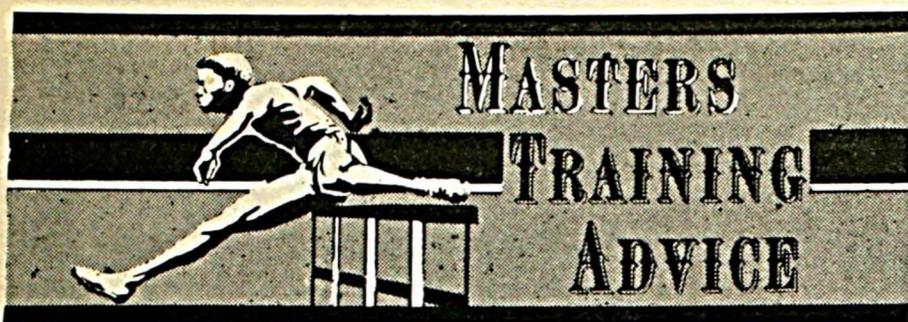
That's progress. □

Coghlan To Try Again

By the time you read this, Eamonn Coghlan may already have lowered his masters mile record of 4:05.95.

Thanks to Ollan Cassell, Executive Director of USATF, Coghlan was to take another crack at a sub-four-minute-mile in a special masters race on Feb. 26 at the USATF Open Indoor National T&F Championships in New York City.

It's the first time a masters race has ever been held at a national open meet. Marilyn Mitchell, who will report on the race in next month's NMN, said: "Ollan agreed to add the race to give Eamonn another chance at the record and because there's so much interest in him here in New York."



Cold Weather Training

by DAN CONWAY

If the snow covering is wet or if there is a crust on top, there is no better place to run than on a frozen lake. Either of these two conditions is necessary. Otherwise traction is bad, you can slip, and injury is very possible, not to mention frustration.

But if things go right, as they sometimes do, give me a long run on a beautiful lake, with 15 inches of ice beneath me. What a way to build a base.

At night the lakes are really something as the darkness is broken by the moon, the stars, and the lights of homes far off on the shoreline. The silence is broken only by the crunching of snow beneath your feet and your own breathing. No other sound is heard except perhaps the wail of coyotes in the distance. This is a time when most people are safely tucked away watching T.V.

As for a workout, it can be tough. On a windy day, you are hit by snow and wind that give the sense of running in place. You have to lift your knees or you may go down in a heap. And yet you do have a cushion to protect your legs from a pounding.

Most important is how you dress for your icy workout:

Head - Wear a wool stocking cap and windbreaker hood. You can cut the top off your wool stocking cap and pull your head through so it covers your mouth, neck, chin and nose. Breathing through the wool warms incoming air. One-piece ski masks are also good in bad winter conditions.

Upper Body - Wear a light, long-sleeve polypropylene shirt next to the

skin which draws the sweat to the outer layers. Over that, wear a t-shirt and long-sleeved t-shirt; over that a nylon windbreaker. If the temperature is below zero, wear a wool sweater instead of a long-sleeved tee-shirt. If the temperature is 20 below zero, wear a hooded sweatshirt over the wool sweater and windbreaker.

Hands - Wear mitts which are warmer than gloves.

Lower Body - Briefs, running shorts and nylon windpants are okay. If it is colder, you will also need tights. And severe cold calls for cotton sweat pants and a nylon windbreaker. Be sure to tuck your wool sweater down so as to cover your private parts or you may go from bass to soprano in the local choir.

Feet - You can wear the same shoes as usual, and the socks can be cotton or a wool blend. One pair should suffice.

I now find I enjoy a winter run in January in Wisconsin more than I do a June, July, or August run in practically any other place. For example, last summer in New Orleans for the Olympic Trials, I unwisely went out for a run at noon and it was 24 hours before I was back punching again. □

Dan Conway ran a pending world M50 indoor mile record of 4:41.31 last year, and has won several national masters road race championships. He lives in chilly Chetek, Wisconsin.

Kurtis Runs 68th Sub-2:20 Marathon In Las Vegas

It's still not easy but it's definitely routine for Doug Kurtis, who ran 2:18:55 to win the 27th annual Las Vegas Marathon on Feb. 6 in Las Vegas, Nevada.

Kurtis, 40, scored his 32nd marathon win and his 68th under 2:20 to creep within one race of catching world record-holder Kjell-Erik Stahl of Sweden, who has 69 sub-2:20s to his credit. As overall and masters winner, he collected two purses for a total of \$15,000.

"I was feeling strong almost all the way," said Kurtis, "(it was) a nice pace. I had no problem at all physically. Navarro (Artemio, Mexico City,

last year's winner) has so much speed, I can beat him in the marathon but in a 25K or under, he creams me."

Kurtis, who was fresh from a victory last month in Hanoi, Vietnam, and second place the following week in Charlotte, S.C., was expected to run under 2:20, but "getting creamed" would not be unexpected considering the world-class field of runners in Las Vegas from more than 30 countries.

Race favorite Pierre Levisse, 40, of France, predicted a 2:14 but dropped out with a pulled muscle after four miles and left the lead to Dan Streble, 29, of Green Bay, Wis. Streble held the lead for most of the race but relinquished it to the main pack who had been stalking him for 16 miles. Kurtis made his move at about 21 miles and held on for the win.

The next two overall finishers were also masters — an unprecedented 1-2-3 over-40 sweep. Luis Lopez, 43, of San Jose, Costa Rica (2:19:38) was second and Domingo Tibaduiza, of Reno, Nev. (2:19:57), third.

Navarro, last year's overall winner, was fifth master and seventh overall in 2:22:00.

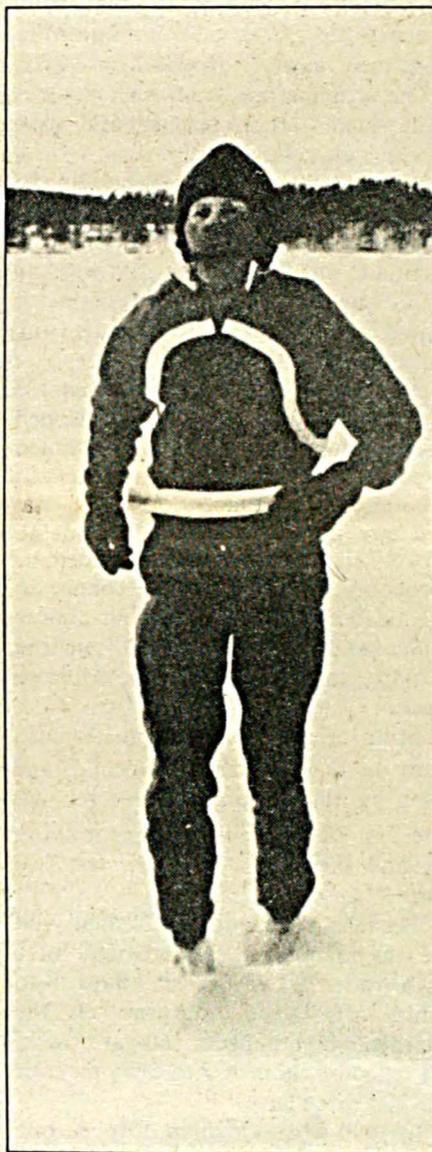
The first 40+ female was Karen Blackford of Ann Arbor, Mich. (42, 2:49:36), followed by Candy Dodge, 43, of Canyon Country, Calif. (2:53:28).

Why so many top masters at this race? Maybe because \$10,000 went to the winner of the men's masters race, while only \$5000 each went to the open men's and open women's winners.

In addition to the marathon, a half-marathon and relay were held.

Chuck Smead, Mosca, Colo., won the men's masters half in 1:07:37 (18th overall), while Houston's Carol McLatchie took 40+ female honors in 1:14:49. California's Ron Jensen, fourth in the World Veterans M40 1500 in Finland, won the M45 bracket in 1:13:49. Yvette LaVigne of Los Angeles took the W50 crown in a good 1:30:15.

The three events drew 4000 participants. The race was ably directed by Al Boka and sponsored by Las Vegas Events and Vacation Village, among others. The event drew strong local media support and is becoming more popular each year. □



Dan Conway

Jones, Gee First in National 25K

by JERRY WOJCIK

Marina Jones, 40, of Rancho Santa Margarita, Calif., was first female overall in the Mission Bay 25K, which also served as the National Masters championships on Nov. 14 in San Diego, with a 1:43:54. Merle Heimberg, 42, Los Angeles, finished second W40+ in 1:46:13.

Age-graded honors among the masters women went to Eileen Pue, 52, San Diego, W50 winner in 1:53:04 (AG 1:26:54).

Ron Gee, 41, was first M40+ with a 1:26:43. Gee, of Los Angeles, third overall, beat Phil Camp, 45, Chula Vista, Calif., to the finish by 30 seconds. However, Camp, fourth overall, won masters best age-graded honors for his 1:27:13 (AG 1:19:36).

Patrick Devine, 64, Rancho Palos Verdes, Calif., M60 winner, had the best age-graded performance of all runners age-50-and-over with a 1:47:37 (AG 1:22:56). The race was directed by Joni Shirley. □

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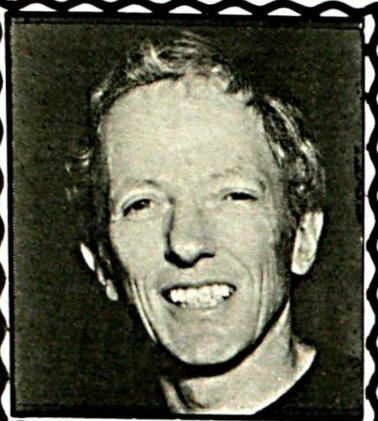
HELP US GROW

Would you like to help spread the word of the masters program by distributing free copies of the *National Masters News* at road races in your area?

Most masters track and field athletes are aware of NMN and the USATF masters program, but many masters long-distance runners are not. You can help let them know about us by taking some copies to races in your area and setting them on or near the registration table. We guarantee they'll disappear fast.

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On The Run

by Hal Higdon

Swing Easy Into Spring

Several years ago Chicago runners appeared for a mid-March race in winter finery. Many wore sweat pants, long-sleeved shirts, warm-up jackets, hats. Looking around at the starting line, I thought, "People are going to suffer."

The problem was a freak glitch in the weather. Warm winds from the southwest had pushed temperatures to 65°F that morning. After my finish, I walked back to my car and watched stragglers coming across the line, shirts soaked with sweat, jackets tied around waists.

Failing to check weather reports before leaving for the race that morning, they had arrived ready for winter without realizing we would be faced by summer race conditions.

Winter usually doesn't bypass spring for summer that often, but unless you prepare for the change of seasons, you can suffer some uncomfortable workouts, and also risk injuries that can limit later success.

Adjusting clothes is relatively easy. The runners who appeared at that race with only one uniform option probably never made that mistake again. We learn from experience.

Layered Clothing

Savvy runners know that, particularly for spring races, you arrive with several layered options in the area of clothing. A pre-race warm-up quickly tells you whether or not to shed that long-sleeved jersey in favor of a tank top. When I travel to the Boston Marathon in April, I usually bring several changes of clothes, because that race is notorious for being cold one year, hot the next.

One important rule to remember is that you can always shed layers on a hot day. But you won't be able to don gloves on a cold day if you failed to bring them. When in doubt, bring too much.

More difficult is the mental adjustment in training needed to survive sudden seasonal changes. If you've spent the winter logging long, slow miles to build an endurance base, you can't suddenly switch to the track on a warm day and start running interval quarters without risking muscle soreness — and damage.

I pride myself on the ability to keep my options open. I'm probably the only runner who ever arrived at the Boston Marathon carrying cross-country skis. The year was 1984. When I hailed a cab at Logan Airport that April, other runners who knew me thought I was insane when I arrived at

the hotel with my ski bag.

Actually, I was en route home from Norway via Italy. My wife had taken a year's sabbatical from her job as an elementary school teacher, and we had spent several months that year researching a book tracing her family roots through Italy to Albania in the fifteenth century. (Titled "Falconara," the book is scheduled for publication this spring.)

In March, we visited Norway while I wrote an article on marathoner Grete Waitz. I also competed in several cross-country ski races, one in Oslo, another in Lillehammer, site of the 1994 Olympic Winter Games.

Then we headed south for Italy, where the weather was considerably warmer. The shift from winter to summer was similar to that in the Chicago race described above. I was in great shape because of the ski-training done that winter. So I switched to run-training at an equal level of intensity. In a local road race, I finished a surprising fourth overall.

Then I became injured.

My cardiovascular system was well-tuned, but the muscles used to propel me in running races were not. Because of good snow cover, I hadn't done enough running over the winter to keep them so. It was like placing a Porsche engine on a Volkswagen chassis. The chassis was not capable of sustaining the torque the engine could develop.

Gradual Transition to Outdoors

The same may be true for you if you cross-trained through the winter, maintaining your conditioning on Stair-Climbers and NordicTracks or through swimming or skiing. You're well ahead of slugs who spent the winter watching TV and chugging beer, but you still need a gradual transition to full-time running outdoors.

The same for those who stayed outdoors running bundled up, building base mileage. If you switch too suddenly to speedwork, you also court injury. The best strategy for indoor and outdoor trainers is to retrain slowly once the violets bloom. Cross-trainers should wean themselves slowly from their machines. Others should do the same from their long-mile training.

Actually, what I learned from my Norway/Italy experience was that dur-

ing ski season I needed to maintain a certain level of running even when I could ski instead. Cross-trainers need to do some running and slow-trainers should do some speedwork.

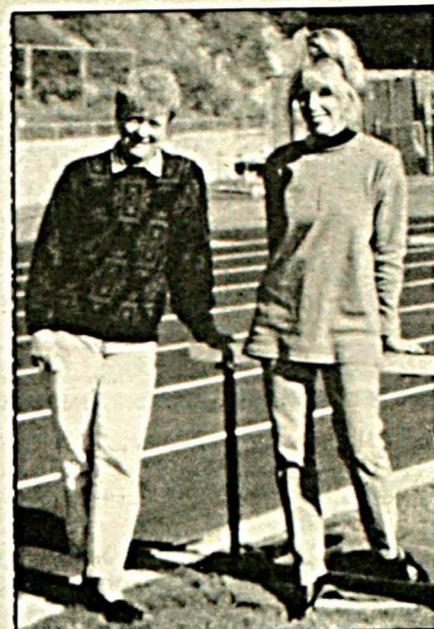
Starting from Zero

If you're starting from zero conditioning after a winter of somnolence, you need to begin at the beginning again even if you are not a beginner. A runner who might have been in good shape in November can't resume in March at the same effort level. That's a recipe for certain disaster — and a visit to the physical therapist.

For both beginners and born-again runners, you need to start with easy training and build gradually to where you were or where you want to be. Start by combining walking and jogging. Run only every other day, allowing your body a recovery day between. Keep the mileage low and the tempo slow.

The transition from winter to summer through spring doesn't need to be hard. You can make it easy if you take it easy. □

Hal Higdon, Senior Writer for Runner's World, has two new books coming out this spring: Marathon: The Ultimate Training & Racing Guide (Rodale Press) and Falconara: A Family Odyssey (Roadrunner Press). The latter was written in collaboration with wife, Rose.



Commonwealth Games representatives and former training partners from Sydney, Australia, Betty Moore (left) and Beverley Lewis, pictured in Santa Barbara, Calif. Moore, who held the World 80m Hurdles record of 10.5 in 1962, represented England in the Games, winning silver medals in both the hurdles and relay. She is now the vice-president of Athletics New South Wales in Sydney. Lewis, a bronze medalist in the long jump while representing Australia, is a former world rated sprinter who has made her home in Santa Barbara for the past nine years along with her film and TV director/producer husband, Robert Lewis. Beverley, a USATF official who also competes in masters events, was recently elected Vice President of Santa Barbara's Club West.

The Masters Running Guide

by Hal Higdon

The definitive book of training for runners over age 40

Only \$9.95 plus \$1.25 postage. Also available by Higdon: *Run Fast and Marathon: The Ultimate Training and Racing Guide* (April 19). Subscribe to *National Masters News*, the official publication for masters runners.

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MASTERS TRACK & FIELD REPORT

by BARBARA KOUSKY
Masters T&F Chairman

USA May Bid for '95 WAVA Championships

Over 350 invitations to bid were sent to a combination of cities, sports organizations, track clubs and USA Track and Field Associations requesting their participation in the bidding process for selection of the U.S. site for our bid for the 1995 WAVA Championships. The invitation included a general background on the WAVA Championships, minimum requirements for the venue, as well as financial expectations for the organizers.

If you know of any entity interested in receiving a bid packet or information on the bid process please have them contact me. The written bid must be received no later than May 1 and the selection will be made by the U.S. Site Selection Committee by July 15. WAVA requires that a contract be signed no later than 60 days prior to the bid presentation which will be made during the WAVA General Assembly on October 14.

New USA Masters Brochure

An updated brochure, outlining the U.S. program for masters including track and field, long distance running, and racewalking, will be available for distribution beginning at our Indoor Championships in Bozeman. All Regional Coordinators will receive an ample supply, as will those masters clubs that are periodically listed in the *National Masters News*.

Six World Records Set At Dartmouth

by JERRY WOJCIK

The masters contingent in the 24th Dartmouth Relays held at Leverone Fieldhouse in Hanover, New Hampshire, on Jan. 8, left that fine facility with one U.S. and six world indoor age-group records.

Phil Raschker increased her own W45 WR of 32-5½ for the triple jump to 32-7 and lowered the U.S. W45 record of 28.63 in the 200 to 27.62.

Other track WRs were broken by Pat Peterson, who changed her own WR of 35.25 in the 200 to 35.08, and Joyce Hals, who broke the W60 800 mark of 3:11.1 with a fast 2:56.75.

In the pole vault, Boo Morcom, upped his M70 WR of 9-11 to 10-4, while Jutta Riegel established a W50 record with a 7-0.

Shot putter Ken Withee broke the M80 WR of 28-9 ¼ with a 30-4.

The meet, which drew over 3500 participants, was directed by Dartmouth Coach Carl Wallin, and sponsored by Nike, Coca Cola, and Billings Dairy. □

If you belong to a club that is not listed and/or would like copies of the brochure for distribution through your club or local seniors center please let me know.

1993 Competition Rules Available

Please consider this a reminder that it is the athlete's responsibility to be aware of the general rules of athletic competition, as well as the rules specific to his or her event. The updated 1993 Competition Rules Book is available for purchase for \$10.00 (from NMN or USA Track and Field). With the number of rule changes made during the Convention, now is an excellent time to make an important investment in your sport. □

Over 400 to Compete in Nationals

Continued from page 1

(one per athlete) will be awarded to first place winners. There are no qualifying standards for the meet, except to be at least age 30.

The early registration deadline was February 26. The regular deadline (\$18 first event/\$13 2nd event/\$10 next events) is March 6. After March 6, it's \$30/\$20/\$20.

The entry form was published on the back pages of the January and February issues of the *National Masters News*. Athletes can also call or write Bob Sager for a form (see schedule for details).

Last year's meet drew 640 participants to Columbus, Ohio, but the entry list is expected to drop below 500 this year due to the less populous location.

Kathy Close and meet organizers have lined up low-cost hotel rates at the meet headquarters Holiday Inn, Grand Tree Inn, Bozeman Inn, Comfort Inn, and Days Inn. Most provide free shuttle service to the airport. A Fieldhouse shuttle will run from the Holiday Inn, which is within easy walking distance from the other motels.

Participants can receive a discounted airfare from Continental Airlines. Call 1-800-522-8747 for information.

Popejoy's U.S. Record Set With Injured Hernia

Ken Popejoy's new U.S. masters mile record of 4:14.59 at Millrose was remarkable since he ran the last half of the race with an injured hernia.

"I had to push it back in whenever I made a strong move," the Wheaton, Ill., attorney said. "Sunday at Mobile it was painful, but I held on for second."

Popejoy had laproscopic surgery on February 15 and will miss the indoor nationals in Bozeman. He hopes to be jogging by March 1 and be ready for the Penn and Drake Relays.

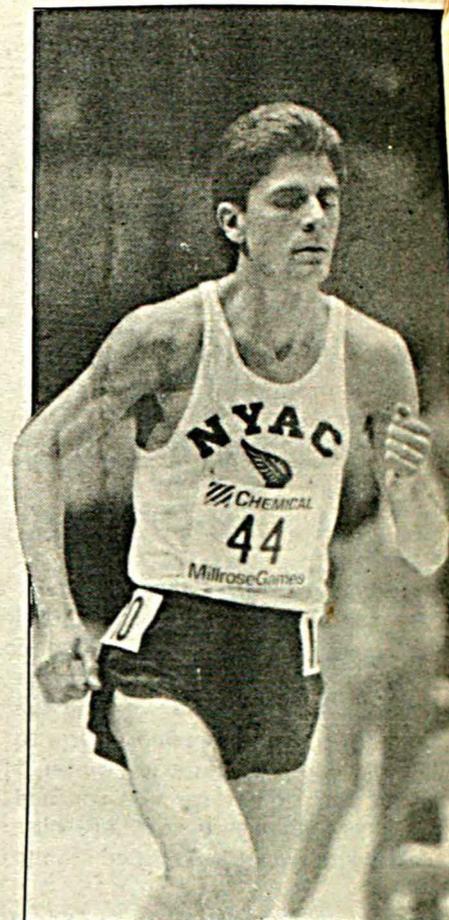
"My pre-op tests showed a resting pulse at 34," he said. "I was in shape for a much better race."

Coghlan Sets World Indoor Mile Record

Continued from page 11

ed (from the Gainesville meet to the Millrose mile) by almost three seconds. I feel with a little bit of luck in terms of no injuries and no breakdown in training, I will definitely break the four minute mile."

One thing seems certain. If he does

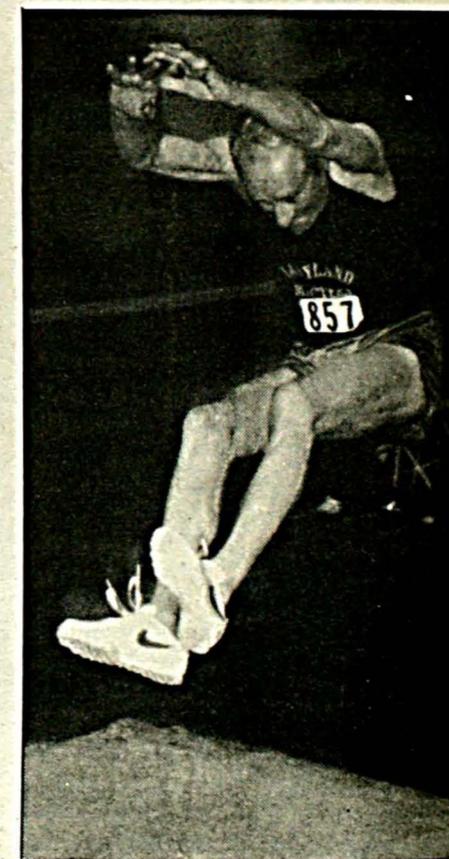


Paul Mascali, 40, placed 7th (4:23.20) in the Masters Mile in the Millrose Games.

Victor Sailer/Agence Shot

break the barrier, Coghlan thinks he is likely to do it this year. He has his mind focused and seems to be on a roll. "If I don't do it in 1993, it is highly unlikely I will do it in 1994."

Even if he doesn't make it, he gave a cheering Millrose crowd a fortysomething performance to remember. □



Ed Matthews, M75, of Maryland, better known as a sprinter, reaches for distance in the triple jump, 1992 TAC/USA National Masters Indoor Championships, Columbus, Ohio. The 1993 championships will be held in Bozeman, Mont., March 20-21. NMN/Jerry Wojcik



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SPORT QUILTS. Personalized quilts made from your favorite T-Shirts. Ideal birthday gift. For brochure send SASE to Anne Tifanie, Rt. 2, Box 139, Leesburg, VA 22075 (703) 338-2835.

26th Athens Marathon & 3rd Half-Marathon. Sunday, April 4, 1993, 12 noon. Athens, Ohio. USATF certified, rural, out & back courses. Cash awards. \$17 entry fee before March 28. Send SASE to Athens Marathon, P.O. Box 2282, Athens, Ohio 45701 or call (614) 594-8669.

PEAR BLOSSOM RUN - 17th annual - April 10 - 10 mile, Mayor's Cup Mile & 2 mile - 4,000 entries - Parade - Street Faire - Barbecue - 'EVERYONE'S A WINNER' - Closes March 15 - Long SASE: Pear Blossom Run - PO Box 146 - Medford, Oregon 97501 - Jerry & Zella Swartsley (503) 535-1205 eves.



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World Track & Field Indoor Age-Group Records

Compiled by Jack Fitzgerald and Pete Mundle of the Records Committee of the World Association of Veteran Athletes (WAVA) through performances verified as of February 7, 1993

n = noteworthy mark, p = pending verification of date of birth, wind velocity, etc.

MEN'S WORLD INDOOR RECORDS

60 Meters			
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M40 6.97	Eddie Hart(US)	40	3-24-90
M45 7.02	Stan Whitley(USA)	45	3-23-91
M50 7.4	Ron Taylor(GB)	50	3-15-86
M55 7.53h	F. Taylor(GB)	55	3-25-88
M60 7.57	Hugo Martenstein(US)	55	3-24-90
M65 7.6	Hugo Martenstein(US)	56	3-31-90
M70 7.7	Ron Taylor(GB)	60	1-7-78
M75 7.8	Payton Jordan(US)	66	3-8-86
M80 8.46	Cecil Paul(CAN)	72	4-1-89
M85 8.99	Payton Jordan(US)	72	4-1-89
M90 p8.9	Haribotti Guiseppi(ITA)	75	2-23-91
M95 9.83	Haribotti Guiseppi(ITA)	76	2-23-92
M00 p9.7	Ahti Pajunen(FIN)	80	3-3-90
M05 11.92	Vittorio Colò(ITA)	80	2-23-92
M10 15.52	Konrad Boas(US)	85	4-1-89
M15 15.92	Nikko Salonen(FIN)	90	- -87

200 Meters			
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M40 22.6	Hanno Rheineck(WG)	42	3-10-85
M45 23.4	Roger Pierce(US)	45	1-5-90
M50 p22.70	Stan Whitley(USA)	46	4-5-92
M55 23.8	Ron Taylor(GB)	52	3-15-86
M60 24.7	Ron Taylor(GB)	56	3-31-90
M65 26.37	Jack Greenwood(US)	62	4-2-89
M70 p26.14	Charley Williams(GBR)	60	- -91
M75 26.92	James Law(USA)	65	3-24-91
M80 28.00	Payton Jordan(US)	72	4-2-89
M85 32.5	Ahti Pajunen(FIN)	76	- -86
M90 p31.0	Giovanni Diguardo(ITA)	76	- -91
M00 32.9	Barry Ivers(USA)	80	3-17-91
M05 42.51	Konrad Boas(US)	86	3-25-90
M10 p48.6	Nikko Salonen(FIN)	90	- -87

400 Meters			
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M40 50.64	James King(US)	40	2-9-90
M45 p50.15	Fred Sowerby(ANT)	40	2-22-92
M50 p50.16	Fred Sowerby(ANT)	40	4-4-92
M55 51.15	Stan Whitley(USA)	45	3-23-91
M60 54.0	Larry Colbert(US)	52	3-18-89
M65 56.17	James Mathis(US)	56	3-23-91
M70 59.82	Earl Fee(CAN)	60	4-1-89
M75 60.67	James Law(USA)	65	3-23-91
M80 66.03	John Alexander(US)	70	3-24-90
M85 74.38	Giovanni Diguardo(ITA)	75	3-2-90
M90 79.6	Aleksander Ernesaks(CAN)	80	3-7-92
M00 1:56.20	Konrad Boas(US)	86	3-24-90
M05 p2:47.3	Nikko Salonen(FIN)	90	- -87

800 Meters			
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M40 1:55.63	Pete Browne(GB)	41	2-16-90
M45 1:57.81	Ken Sparks(US)	45	3-25-90
M50 2:05.8	Ken Baker(USA)	50	1-17-88
M55 2:08.9	Ken Baker(USA)	55	3-22-92
M60 2:16.64	Earl Fee(CAN)	62	1-18-92
M65 2:24.82	Harry Tempam(GB)	65	3-17-91
M70 2:42.0	Austin Neuman(US)	70	3-23-86
M75 2:53.1	David Morrison(GB)	75	3-26-89
M80 4:40.0	Ronald White(GB)	80	- -
M85 p3:44.6	Henry Zachman(USA)	80	1-14-90
M90 p3:50.0	Henry Zachman(USA)	80	3-17-90
M00 6:18.0	Herb Kirk(US)	87	2-5-83

1500 Meters			
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M40 3:58.2	Alun Roper(GB)	42	3-25-88
M45 p3:56.7	Ken Popejoy(USA)	40	3-16-91
M50 p3:56.9	Ken Popejoy(USA)	40	2-8-91
M55 p3:49.9	Eamonn Coghlan(IRE)	40	2-5-93
M60 4:03.69h	John Potts(GB)	45	3-9-90
M65 4:19.21	Benjamin Johns(CAN)	50	1-31-87
M70 4:28.9	James Sutton(US)	55	1-4-87
M75 4:44.39	James Sutton(USA)	60	4-4-92
M80 p4:43.8	Cesare Bini(ITA)	61	- -91
M85 4:53.02	Harry Tempam(GB)	65	3-17-91
M90 5:27.4	Austin Neuman(US)	70	3-23-86
M00 6:01.6	Austin Neuman(US)	75	2-24-91
M05 p5:42.9	A. Parma(ITA)	76	- -91
M10 7:04.2	Paul Spangler(US)	80	3-18-79
M15 14:28.4	Nikko Salonen(FIN)	90	- -88

One Mile			
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M40 p4:05.95	Eamonn Coghlan(IRE)	40	2-5-93
M45 p4:23.81	Ken Sparks(US)	47	2-9-92
M50 p4:41.31	Dan Conway(US)	53	2-15-92
M55 p4:40.08	Fay Bradley(US)	52	2-4-90
M60 4:53.3	John Connor(US)	55	2-25-90

3000 Meters			
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M40 8:24.8	Chris McCubbins(CAN)	40	1-18-86
M45 8:46.80	Renato De Palmas(ITA)	45	3-9-85
M50 8:58.8	Les Presland(GB)	50	3-31-90
M55 p9:37.9	H. Rankin(GBR)	55	2-22-91
M60 10:18.8	Rino Lavelli(ITA)	61	3-2-90
M65 p9:59.46	Luciano Accuarone(ITA)	60	2-22-91
M70 p10:13.0	Giovanni Bravo(ITA)	60	3-4-90
M75 p10:18.6	Will Marshall(GB)	60	3-26-89
M80 11:04.2	John Fraser(GB)	67	3-31-90
M85 p10:55.67	Necca Antonio(ITA)	67	2-22-91
M90 11:27.4	Scotty Carter(US)	70	3-15-87
M00 13:08.2	Gordon Porteous(SCO)	75	3-26-89
M05 18:20.6y	Byron Fike(US)	80	3-20-88
M10 16:53.4	A. Petrone(ITA)	80	2-25-89

60 Meter Hurdles

DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M40 8.15	Stan Druckrey(US)	40	4-1-89
M45 8.76	Willie Davenport(US)	45	4-1-89
M50 8.83	Scott Tyler(CAN)	51	3-9-91
M55 9.21	Laurence Pratt(US)	55	4-1-89
M60 9.36	Jack Greenwood(US)	62	4-1-89
M65 10.14	Edwin Lukens(US)	67	4-1-89
M70 10.18	Denver Smith(USA)	65	3-24-91
M75 11.01	Boo Morcom(US)	70	2-15-92
M80 p10.5	Tom Patsalis(USA)	70	4-4-92
M85 11.20	Frank Finger(USA)	75	3-24-91
M90 13.37	Ahti Pajunen(FIN)	80	3-3-90

High Jump

DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M40 6-7	2.00 John Hartfield(US)	41	2-23-86
M45 6-3 1/2	1.92 Mark Chelnov(URS)	46	3-18-90
M50 5-10	1.78 John C. Brown(US)	51	2-15-81
M55 5-10	1.78 Milton Newton(US)	51	3-30-85
M60 5-10	1.78 Richard Richardson(US)	53	3-15-87
M65 p5-11	1.80 Vittorioano Dovrandi(ITA)	50	2-22-92
M70 5-7 1/4	1.71 John C. Brown(US)	56	1-11-86
M75 5-5	1.65 Jim Gilchrist(US)	62	3-24-90
M80 5-0	1.52 Burl Gist(US)	65	3-30-85
M85 4-9	1.45 Esko Kolhonen(FIN)	71	- -86
M90 4-5 1/4	1.35 Esko Kolhonen(FIN)	76	3-3-90
M00 p4-7 1/4	1.40 Esko Kolhonen(FIN)	75	- -89
M05 p4-6	1.37 Ian Hume(CAN)	75	3-24-90
M10 4-0	1.22 Wesley Ward(USA)	82	2-15-92
M15 3-3 1/4	1.00 A. E. Pitcher(USA)	88	2-18-90
M20 p1-5 3/4	0.45 Mikko Salonen(FIN)	90	- -87

Pole Vault

DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M40 15-3	4.65 Richard Christoph(USA)	40	3-1-92
M45 p16-5	5.00 Kjell Isaksson(SWE)	40	- -88
M50 14-6	4.42 Roger Ruth(USA)	45	2-18-73
M55 13-6	4.11 Boo Morcom(USA)	54	3-14-76
M60 13-2 1/2	4.02 Boo Morcom(USA)	59	- -81
M65 12-4 3/4	3.78 Jerry Donley(USA)	60	2-25-90
M70 11-1 1/2	3.39 Boo Morcom(USA)	67	1-6-89
M75 10-4	3.15 Boo Morcom(USA)	71	1-8-93
M80 9-3	2.82 Carol Johnston(USA)	76	3-19-88
M85 7-10 1/2	2.40 Carol Johnston(USA)	80	4-4-92
M90 5-6	1.67 A. E. Pitcher(USA)	86	3-19-88

Long Jump

DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M40 23-1	7.03 Stan Whitley(US)	40	2-22-86
M45 22-7 3/4	6.90 Tapani Taavitsainen(FIN)	45	2-3-90
M50 21-2 3/4	6.47 Stig Backlund(FIN)	50	3-3-90
M55 19-3 1/4	5.87 Boo Morcom(US)	55	3-13-77
M60 17-6 1/2	5.34 Boo Morcom(US)	60	3-14-82
M65 17-5 1/4	5.31 Melvin Larsen(US)	66	1-13-91
M70 15-8	4.77 Gilberto Gonzalez(PUR)	70	2-26-84
M75 13-0 3/4	3.98 Esko Kolhonen(FIN)	76	3-3-90
M80 p13-5 3/4	4.11 Haribotti Guiseppi(ITA)	75	2-24-91
M85 11-8 1/2	3.57 Karl Trei(CAN)	80	3-10-90
M90 8-3	2.51 Everett Hosack(US)	86	3-19-88
M00 p4-11	1.50 Mikko Salonen(FIN)	90	- -87

Triple Jump

DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M40 46-5	14.15 Sean Power(GB)	40	- -
M45 45-1 1/4	13.75 Stig Backlund(FIN)	48	- -88
M50 45-0 1/4	13.72 Stig Backlund(FIN)	50	3-4-90
M55 40-0 1/4	12.20 Olavi Heimi(FIN)	58	3-18-90
M60 39-9 1/2	12.13 Amelio Comprita(ITA)	60	3-9-85
M65 35-10	10.92 Amelio Comprita(ITA)	65	3-3-90
M70 32-5 1/2	9.89 Heikki Simola(FIN)	72	- -84
M75 28-1 3/4	8.58 Vittorio Colò(ITA)	76	3-13-88
M80 p30-10	9.40 Heikki Simola(FIN)	75	- -87
M85 23-11 3/4	7.31 Karl Trei(CAN)	80	3-10-90
M90 p25-1 1/4	7.65 Vittorio Colò(ITA)	80	2-22-92
M00 15-10 1/4	4.83 Konrad Boas(US)	85	3-31-89
M05 p12-6 1/2	3.82 Mikko Salonen(FIN)	90	- -87

Shot Put (35-49: 16#; 50-59: 6kg; 60-69: 5kg; 70+: 4kg)

DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M40 65-10 1/4	20.07 Brian Oldfield(US)	40	1-17-86
M45 51-9 1/2	15.78 Ed Hill(US)	45	3-19-88
M50 p56-11 1/2	17.36 Matti Jouppila(FIN)	45	3-3-90
M55 51-10	15.80 Carl Wallin(USA)	50	1-10-92
M60 48-0 1/2	14.64 Raimo Leino(FIN)	55	3-3-90
M65 p48-4	14.73 Velkko Kojala(FIN)	55	- -87
M70 55-2 1/2	16.83 Reino Mäkeläinen(FIN)	60	- -81
M75 50-1 1/2	15.20 Volto Elo(FIN)	65	- -82
M80 43-5	13.23 Ross Carter(US)	71	3-30-85
M85 42-3	12.88 Volto Elo(FIN)	75	3-3-90
M90 30-5	9.27 Leon Joslin(USA)	80	4-5-92
M00 20-9 1/2	6.34 Everett Hosack(US)	86	3-19-88
M05 p27-5 1/4	8.36 Lamberto Cicconi(ITA)	86	2-23-91
M10 p14-3	4.34 Mikko Salonen(FIN)	90	- -87

2000 Meter Walk

DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M40 8:28.50	Robert Care(GB)	43	3-17-91
M45 8:33.4	David Stevens(GB)	47	3-21-84
M50 8:58.0	David Stevens(GB)	51	3-25-88
M55 9:29.4	Leno Sciarretta(ITA)	55	3-2-90
M60 10:42.0	Har Creel(GB)	64	3-27-87
M65 10:39.6	Len Creel(GB)	65	3-25-88
M70 10:41.4	James Grimwade(GB)	70	3-27-87
M75 p10:12.72	Charles Coleman(GBR)	70	3-17-91
M80 10:50.8	James Grimwade(GB)	75	3-25-88

3000 Meter Walk

DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M40 13:08.0	Robert Care(GB)	42	3-31-90
M45 p12:41.0	Matti Katilla(FIN)	40	- -88
M50 p12:42.62	Ray Funkhouser(USA)	40	4-4-92
M55 p12:55.8	Heikki Lahtinen(FIN)	40	3-3-90
M60 12:58.0	Jan Roos(CAN)	47	1-28-84
M65 13:59.2	Jan Roos(CAN)	51	4-1-89
M70 14:27.6	Mario Sciarretta(ITA)	55	3-2-90
M75 16:03.8	Max Gould(CAN)	60	1-30-82
M80 p14:44.51	Max Gould(CAN)	60	4-4-92
M85 p14:46.4	Boris Olenov(URS)	60	3-19-89
M90 16:03.0	Max Gould(CAN)	66	1-28-84
M00 17:31.6	Pauli Mäkinen(FIN)	70	3-9-90
M05 p15:27.96	Tonetti Franco(ITA)	70	2-24-91
M10 18:35.8	Chico Scimone(ITA)	75	2-14-87
M15 20:35.0	Ake Strang(FIN)	82	3-4-90
M20 p20:07.0	Ake Strang(FIN)	81	- -89

WOMEN'S WORLD INDOOR RECORDS

60 Meters

DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
W35 8.05	Beatrice Waldh(SUI)	39	3-9-85
p7.92	Jocelyn Kirby(GBR)	35	1-8-93
p8.0	Jocelyn Kirby(GBR)	35	12-5-92
W40 8.10	Phil Raschker(USA)	44	3-23-91
W45 8.4	Una Gore(GB)	48	3-28-87
W50 8.35	Phil Raschker(USA)	45	4-4-92
W55 8.7	Una Gore(GB)	52	11-17-90
W60 9.1	Asta Larsson(SWE)	55	- -87
W65 9.4	Joan Ogden(GB)	60	3-25-88
W70 10.1	Mary Wixey(GB)	67	3-25-88
W75 10.03	Patricia Peterson(USA)	65	4-4-92
W80 10.36	Mary Bowermaster(US)	71	4-1-89
W85 11.75	Millie Crews(US)	75</	

Continued from previous page

Long Jump table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for Willie White, Phil Raschker, Aata Larsson, etc.

Triple Jump table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for Phil Raschker, Phil Raschker, Rosemary Chrimes, etc.

Shot Put (35-49: 4Kg; 50+: 3Kg) table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for Bronwin Carter, Svetlana Melnikova, etc.

2000 Meter Walk table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for Lillian Millen, Lillian Millen, Pam Horwill, etc.

3000 Meter Walk table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for Cath Reader, Metajl Graham, Julie Ratner, etc.

MEN'S AMERICAN INDOOR RECORDS

60 Meters table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for Eddie Hart, Stan Whitley, Kenneth Dennis, etc.

200 Meters table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for Bill Collins, Roger Pierce, Stan Whitley, etc.

400 Meters table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for James King, Stan Whitley, Larry Colbert, etc.

800 Meters table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for Russ Schmeichel, Nolan Smith, Ken Popejoy, etc.

1500 Meters table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for Nolan Smith, Ken Popejoy, Ken Popejoy, etc.

One Mile table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for Byron Dyce, Ken Popejoy, Ken Popejoy, etc.

3000 Meters table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for Peter Hallop, Ken Popejoy, Salih Talib, etc.

Two Miles table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for Peter Hallop, Ernest Billups, Victor Weckler, etc.

60 Meter Hurdles table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for Stan Druckrey, Willie Davenport, Charles Miller, etc.

High Jump table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for John Hartfield, Herm Wyatt, Milton Newton, etc.

Pole Vault table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for Richard Christoph, Roger Ruth, Boo Morcom, etc.

Long Jump table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for Stan Whitley, Stan Whitley, Shirley Davison, etc.

Triple Jump table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for John Hartfield, Ira Davis, Dave Jackson, etc.

Shot Put (35-49: 16#; 50-59: 6Kg; 60-69: 5Kg; 70+: 4Kg) table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for Brian Oldfield, Edward Hill, Carl Wallin, etc.

Weight Throw (35-59: 35#; 60+: 25#) table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for Ed Burke, Harold Connolly, Bob Backus, etc.

WOMEN'S AMERICAN INDOOR RECORDS

60 Meters table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for Irene Thompson, Phil Raschker, Phil Raschker, etc.

200 Meters table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for Jo Ann Angotti, Marcia Hulse, Phil Raschker, etc.

400 Meters table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for Irene Thompson, Phil Raschker, Pamela Calvert, etc.

800 Meters table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for Nancy Shafer, Barbara Pike, Barbara Pike, etc.

1500 Meters table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for Cindy Bremser, Kathy McIntyre, Robin Villa, etc.

One Mile table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for Carol Urish-McLachlie, Barbara Pike, Marilyn Harbin, etc.

3000 Meters table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for Carol Urish-McLachlie, Barbara Pilutze, Joni Shirley, etc.

Two Miles table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes records for Carol Urish-McLachlie, Barbara Pike, Mary Czarapaka, etc.

Continued on next page

Continued from previous page

60 Meter Hurdles

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
W35	10.08	Sherice Duchamp(MI)	35	3-25-90
W40	9.60	Phil Raschker(GA)	43	2-16-91
W45	10.20	Phil Raschker(GA)	45	4-4-92
W50	11.52	Christel Miller(CA)	54	4-1-89
W55	11.47	Christel Miller(CA)	55	3-25-90
W60	14.19	Shirley Kinsey(CA)	60	3-25-90

High Jump

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
W35	5-4	1.62 Skipper Clark(NY)	36	3-24-84
W40	5-0 3/4	1.54 Phil Raschker(GA)	43	2-16-91
W45	4-10 1/4	1.48 Phil Raschker(GA)	45	4-5-92
W50	4-3	1.29 Becky Sisley(OR)	51	2-2-91
W55	4-1 1/4	1.25 Christel Miller(CA)	55	3-25-90
W60	4-1 1/4	1.25 Leonore McDaniel(VA)	63	3-24-91
W65	3-9	1.14 Mary Bowermaster(OH)	67	3-30-85
W70	3-7	1.09 Mary Bowermaster(OH)	70	3-19-88
W75	3-0	0.91 Vivian Nelson(PA)	75	3-5-88

Pole Vault

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
W35	p8-0	2.44 Phil Raschker(GA)	35	3-14-82
W40	8-0 1/2	2.45 Phil Raschker(GA)	44	2-16-92
W45	9-1	2.77 Phil Raschker(GA)	45	1-8-93
W55	5-1 1/2	1.56 Lucy Ann Brobst(NC)	58	2-16-92

Long Jump

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
W35	20-2 1/2	6.16 Willye White(US)	36	3-3-75
W40	18-5	5.61 Phil Raschker(GA)	40	3-28-87
W45	17-7 3/4	5.38 Phil Raschker(GA)	45	2-23-92
W50	13-7	4.14 Christel Miller(CA)	50	3-30-85
W55	12-3 3/4	3.75 Betty Vosburgh(GA)	59	3-23-91
W60	12-3	3.73 Betty Vosburgh(GA)	60	2-23-92
W65	11-1	3.38 Mary Bowermaster(OH)	66	2-26-84
W70	10-10 1/4	3.31 Mary Bowermaster(OH)	70	3-19-88
W75	7-6 1/4	2.29 Vivian Nelson(PA)	75	3-5-88

Triple Jump

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
W35	35-0 3/4	10.69 Phil Raschker(GA)	37	3-18-84
W40	35-4 1/2	10.78 Phil Raschker(GA)	41	3-20-88
W45	33-10 1/2	10.32 Phil Raschker(GA)	45	4-3-92
W50	27-5 1/2	8.37 Christel Miller(CA)	53	3-19-88
W55	26-7 1/4	8.11 Lucy Ann Brobst(NC)	58	4-3-92
W60	25-3 1/2	7.71 Betty Vosburgh(GA)	60	4-3-92
W65	20-8	6.30 Josephine Sullivan(SC)	65	3-24-90
W70	17-10 1/4	5.44 Libby Hagemann(MA)	70	3-17-91

Shot Put (35-49: 4Kg; 50+: 3Kg)

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
W35	40-6 1/4	12.35 Joan Stratton(CA)	37	4-2-89
W40	38-10 1/2	11.85 Joanne Grissom(IN)	41	1-25-80
W45	32-11 3/4	10.05 Vanessa Hilliard(FL)	49	3-24-91
W50	41-6 1/2	12.66 Joanne Grissom(IN)	51	3-25-90
W55	32-4 1/4	9.86 Bernice Holland(OH)	58	2-22-86
W60	33-1 1/4	10.09 Bernice Holland(OH)	63	3-25-90
W65	28-1 1/2	8.57 Bernice Holland(OH)	65	4-5-92
W70	25-5 1/2	7.76 Mary Bowermaster(OH)	71	4-2-89

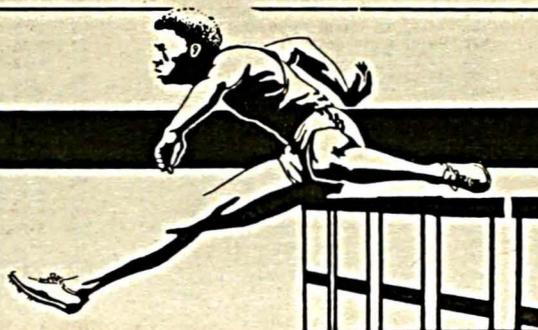
Weight Throw (35-49: 20#; 50+: 16#)

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
W35	p38-9	11.81 Joan Stratton(CA)	38	3-17-90
W40	p38-10 1/2	11.85 Joan Stratton(CA)	37	1-6-89
W45	39-11 1/4	12.17 Joan Stratton(CA)	40	2-15-92
W50	38-4 3/4	11.70 Vanessa Hilliard(FL)	49	3-24-91
W55	40-6 1/4	12.35 Joanne Grissom(IN)	51	3-24-90
W60	30-1	9.17 Anne Cirulnick(NY)	57	3-22-92
W65	32-11 3/4	10.05 Bernice Holland(OH)	63	3-24-90
W70	26-2 1/4	7.98 Libby Hagemann(MA)	70	4-4-92

INDOOR PENTATHLON RECORDS

M30	3738 pta	Mark Brittenham '91	(8.38, 6.47, 11.64, 2.02, 3:02.40)
M35	3597 pta	Jeff Watry '92	(9.17, 5.95, 10.44, 1.87, 2:52.17)
M40	3658 pta	Rex Harvey '90	(9.04, 6.06, 12.02, 1.65, 3:13.60)
M45	3748 pta	John Meisner '91	(9.60, 5.69, 8.70, 1.76, 3:06.97)
M50	3821 pta	Dale Lence '91	(9.06, 5.39, 9.70, 1.70, 3:37.42)
M55	4026 pta	Phil Mulkey '91	(9.46, 5.07, 12.57, 1.54, 3:48.93)
M60	3615 pta	Denver Smith '87	(10.18, 4.58, 11.50, 1.37, 4:18.00)
M65	4292 pta	BOO MORCOM '87	(11.16, 5.07, 10.60, 1.37, 3:48.00)
M70	4009 pta	Boo Morcom '92	(11.01, 4.19, 9.70, 1.27, 4:12.58)
M75	2821 pta	Ham Morningstar '92	(15.68, 3.13, 10.371, 1.21, 6:10.67)
W30	1888 pta	Colleen Lehr '91	(12.84, 1.30, 8.01, 3.84, 2:53.12)
W35	1746 pta	Marion Pierce '86	(11.93, 1.17, 9.20, 3.61, 2:56.50)
W40	3755 pta	Phil Raschker '91	(9.60, 1.54, 7.14, 5.13, 2:46.74)
W45	3889 pta	PHIL RASCHKER '92	(10.04, 1.47, 7.37, 5.38, 3:11.60)
W50	No Mark		
W55	3368 pta	Christel Miller '90	(11.89, 1.28, 8.58, 3.89, 3:23.50)
W60	3686 pta	Betty Vosburgh '92	(12.84, 1.13, 6.61, 3.73, 3:00.00)
W65	2434 pta	Pat Peterson '92	(15.04, 1.07, 4.82, 2.52, 4:20.85)

compiled by Phil Mulkey



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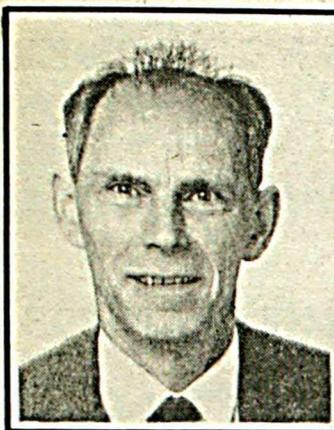
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International Scene

by TORSTEN CARLIUS, WAVA Secretary

Report from the Secretary

We are all looking forward to the WAVA World Veterans Championships in Miyazaki, Japan, Oct. 7-17, 1993. The event should be superbly staged. The invitation booklet has been distributed to all WAVA affiliates.

The new WAVA Handbook has also been mailed to all affiliates. Florence Bobin is our new day-to-day liaison at the IAAF office in London, and does a good deal of work for us. Our cooperation with the IAAF is going well.

General Assembly

The WAVA General Assembly will be held on Thursday, October 14 in Miyazaki. Any proposed amendments to the Constitution/By-laws, and any nominations for six Council offices — President; Executive V-P; V-P, Stadia; V-P, Non-Stadia; Secretary; Treasurer — must be in my hands no later than July 14.

The Council has used its right to nominate officers and has nominated all six current officers (see below) for another term.

A new Women's Representative to the Council must be chosen in Miyazaki, since the current member, Bridget Cushen, has served the maximum five consecutive terms. Nomination and election of the Women's Representative is made at the Women's Assembly, scheduled for October 12.

WAVA Championships

The General Assembly will sanction the next World Veterans Championships — both Stadia and Non-Stadia. In Turku, the Assembly chose Singapore to host the 1995 World Championships (Stadia), but Singapore with-

drew last year.

The General Assembly must therefore choose a new candidate for both 1995 and 1997. Any affiliate who wants to bid for either of those events must contact me no later than April 14, 1993.

For the Non-Stadia World Championships, Canada has been selected to host the 1994 event, so bids may be made in Miyazaki to stage the 1996 races. Again, any such bids must be received by me by April 14, 1993.

Anyone interested in receiving a "Bidder's Booklet" should contact Bob Fine, WAVA Executive V-P.

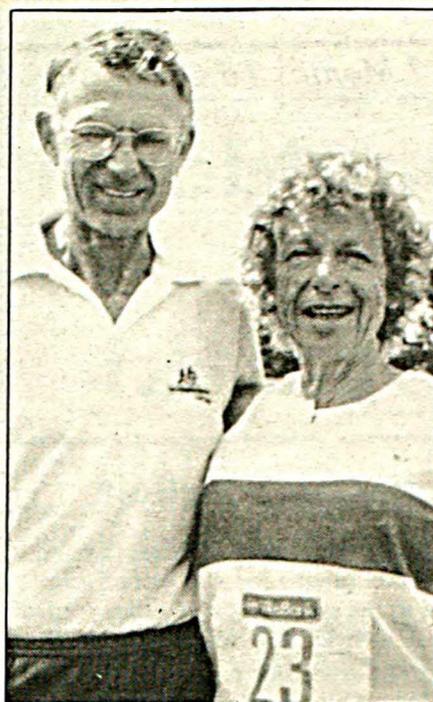
WAVA Affiliates

In Turku, WAVA had 70 affiliates. Today the number has risen to 84.

Doping Control

It is WAVA's intention to conduct doping control at all WAVA Championships beginning with Miyazaki. WAVA now works closely with the IAAF and has set up its own Doping Committee, composed of Cesar Moreno Bravo and Bob Fine, Chairman. This Committee is responsible for doping control at all WAVA World Veterans Championships and will follow the IAAF "Procedural Guidelines for Doping Control."

I wish you a happy and successful 1993 and look forward to seeing you in Miyazaki later this year. □



Leo Benning, executive chairman of the Western Province Masters Athletic Association, congratulates Jane Geldenhuys, 65, after she has broken Jaclyn Caselli's world W65 record of 13:15.6 for the 3000m with a 13:02.3, Port Elizabeth, South Africa, Dec. 5.

photo by Keth Sayster

Sweden, South Africa, the USA and Puerto Rico May Bid for 1995

Malmo (Sweden), Durban (South Africa), the USA and Puerto Rico are considering bidding for the 1995 WAVA World Veterans Athletics Championships, according to Bob Fine, WAVA Executive Vice-President, who is coordinating the bidding process.

(See Track & Field Report on page 14 for details of the USA bid).

Singapore was awarded the 1995 Championships by WAVA's General Assembly in Turku in 1991, but withdrew last year. According to WAVA's Constitution, bids must be submitted to WAVA for both the 1995 and 1997 Championships — as well as the 1996 Non-Stadia Championships — no later than April 14, 1993.

The General Assembly will choose sites at its meeting in Miyazaki, Japan, on October 14. □

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Pinehaven, Upper Hut
New Zealand

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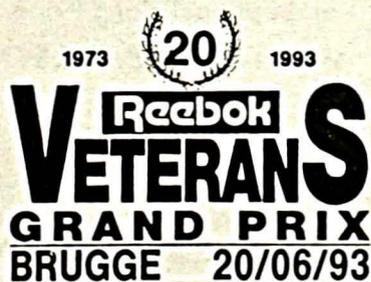
Join us for the 20th annual Brugge Veterans Grand Prix 10K/25K Road Races in picturesque Brugge, Belgium, on June 20, 1993.

This is traditionally one of the finest international events for masters/veteran road racers. The races draw veteran runners from throughout the world.

Open to Men 40+ and Women 35+. Competition in five-year age groups. Commemoration medal to all finishers.

Entry fees (in Belgian Francs): 10K: 500 BF; 25K: 650 BF; Pasta Party: 400BF. All fees must be paid in Belgian Francs by Eurocheque or IMO (International Money Order).

Send to: Jacques Serruys, Korte Zilverstraat 5, B-8000, Brugge, Belgium





7 Months To Go

Countdown to Miyazaki

Preparations for Games on Schedule

Preparations continue for the 10th WAVA World Veterans Athletics Championships. Helen Pain, owner of Sports Travel International — one of several masters travel agencies conducting tours to the event — just returned from a trip to Miyazaki, Japan, where the Games will be held on October 7-17.

"Everything looks good," she said. "The organizers are working hard and the whole town appears to be involved."

Pain said the organizers have hired a British English teacher to train 500 volunteer interpreters.

"Robert Henderson was concluding a two-year teaching contract, but the organizers persuaded him to stay on through the Games," she said.

The construction of the secondary track is on schedule. Originally, a university track four miles away was to be the second track. But when the university refused to resurface it, the organizers decided to build a brand new, state-of-the-art track on the site of a rugby field in Miyazaki's Sports Park — only a five-minute walk from the main stadium.

"The cross-country race will be held on a beautiful, rolling course in a rural area," Pain said. "When you get to the top of the hill, you get a wonderful view of the countryside."

The event is open to men age 40+ and women age 35+. Entry forms are available from any of the masters travel agencies, most of whom are also planning post-Games tours of Japan, China, Hong Kong, etc. The entry

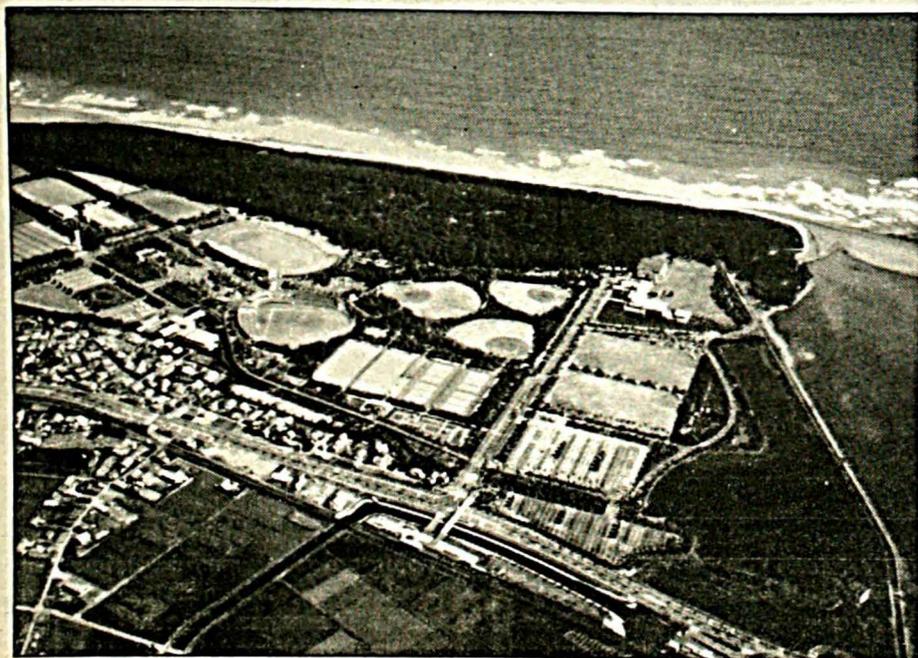
form will also be printed in either the May or June issue of NMN.

"The most important aspect of these WAVA Championships is not the number of participants, the quality of performances, or the extent of the facilities," said Cesare Beccalli, President of WAVA. "What is important is the camaraderie and good will engendered when people of widely different backgrounds participate in a common activity."

Beccalli expects the Championships will have the largest number of participating countries in WAVA's history.

"The interchange of cultures and ideas is more important and lasting than any medal count," he said. "Our exposure to Japanese culture and the Japanese 'way' will be a valuable educational experience. The hospitality of the Japanese people can only be matched by the beauty of their countryside. I have been working with the Japanese organizers for four years, and we have developed a close relationship in working towards a common goal."

"I warmly invite all veteran competitors to come to Miyazaki to attend this great event and to enjoy our beloved sport." □



Aerial view of the Miyazaki Sports Park, site of the 10th WAVA World Veterans Athletics Championships in Miyazaki, Japan, Oct. 7-17, 1993.



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POST-MIYAZAKI TOUR

October 18-30

Hong Kong option

Oct. 30-Nov. 2

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Report from Britain

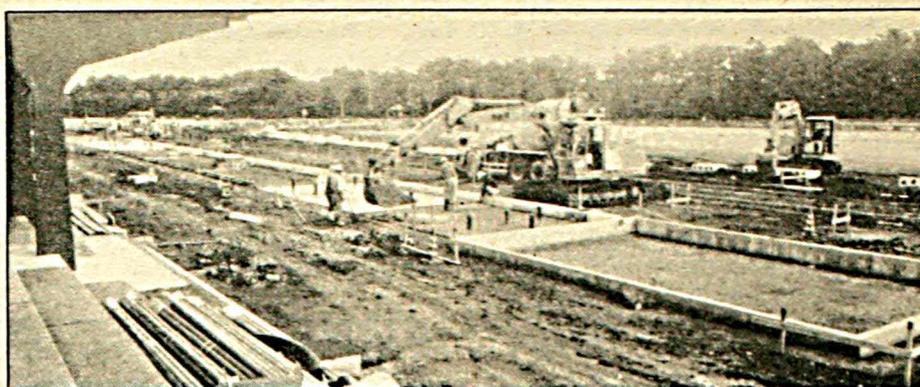
By ALASTAIR AITKEN of *Athletics Today*, and
MARTIN DUFF of *Athletics Weekly*

In the British road runners "star rank" lists published recently, the top M40+ was Elswick's Mick McLeod, with 157 points. Exeter's Gordon Seward was second, 117, and Steve Sear of Woodford Green, third, 116. Points were determined on their general performances in ranked races for the season.

The first over-50 man was Cardiff's Elwyn Davies, 124. The first three lady veterans were Liz Hughes, 218,

Bronwen Cardy-Wise, 184, and Zina Marchant, 155.

Forty-year-old Bob Treadwell has won overall three open cross-country Surrey League races this season and was first veteran in the Centresport 10K at Crystal Palace, Dec. 27, in 30:50 over an undulating road course. He has not looked back since winning his first M40+ cross-country race in the Home Vets International in Balfort in November. □



Construction crews tearing up the rugby field in Miyazaki Sports Park. A new, 400-meter track is being built to be used as the secondary track, only a 5-minute walk from the main stadium. The track is scheduled for completion in August.



Start of South Africa Masters Marathon Championships, Dec. 19, Cape Town. Johan Diener, winner of M40 section (2:51:29), is fifth from left, front row.

Photo by Leo Benning

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UPDATE

NORTHWEST EVENT MANAGEMENT'S

Miyazaki '93 Tour

SOME SPACE STILL AVAILABLE

Our tour to Miyazaki is filling rapidly, but there are still some spaces available. The NEM, Inc. tour includes:

- Roundtrip on United Airlines with West Coast departure to Osaka, earning you 11,000 Mileage Plus points — 13,500 from the East Coast!
- 13 nights accommodation including breakfast in A, B, or C hotel categories.
- Transfer to Miyazaki Airport upon return.
- Tour accessories, including custom t-shirt.
- The experience of Northwest Event Management, Inc., specialists in Masters Track & Field travel.

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To hold your place, send \$100 per person deposit to: NEM, Inc., Box 10825, Eugene, OR 97440. Phone 503/687-1989 or 800/392-1369. FAX 503/687-1016.

If you have not received our Miyazaki brochure, write or call today.

WAVA/USATF Hurdles and Implements Specifications

HURDLES

WOMEN

Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish
30-39	100m	.840m	13.00m	8.5m	10.5m
		33"	42'8½"	27'10½"	34'5"
40-49	80m	.762m	12.00m	8.0m	12.00m
		30"	39'4"	26'3"	39'4"
50-59	80m	.762m	12.00m	7.0m	19.00m
		30"	39'4"	22'11½"	62'4"
60-69	70 Plus				
30-39	400m	.762m	45.00m	35.00m	40.00m
			30"	147'7½"	114'9½"
40-49					
50-59	300m	.762m	50.00m	35.00m	40.00m
			30"	164'0½"	114'9½"
60-69	70 plus				

MEN

30-39	110m	.991m	13.72m	9.14m	14.02m
			39"	45'	30'
40-49					
50-59	100m	.914m	13.00m	8.50m	10.50m
			36"	42'8"	27'10½"
60-69	100m	.840m	13.00m	8.50m	10.50m
			33"	42'8"	27'10½"
70 plus	80m	.762m	12.00m	7.0m	19.0m
			30"	39'4"	22'11½"
30-49	400m	.914m	45.00m	35.00m	40.00m
			36"	147'7½"	114'9½"
50-59	400m	.840m			
60+	300m	.762m	50.00m	35.00m	40.00m
			30"	164'0½"	114'9½"

IMPLEMENTS

AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN		
Women	4.00k	1.00k	4.00k	600gms.		
				3.00k	400 gms.	
Men	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.		
				30-49	6.00k	800 gms.
				50-59	1.50k	600 gms.
				60-69	5.00k	600 gms.
				70 plus	4.00k	1.00k

MASTERS SCENE

NATIONAL

• **Bev LaVeck**, USATF Masters Committee Racewalking Rep, will be keeping RW US 5-yr. age-group records for M&W35+, as well as single-age bests for US women and women's world bests, plus she is also involved in the compilation of RW rankings. To report women's bests or get info, write her at 6633 N.E. Windemere, Seattle, WA 98115.

• **Ron Laird**, member of four USA Olympic Teams, two Pan American Games, and 16 other USA International Teams, is offering a racewalking camp on April 4-10 in Tioga, Texas. Laird won 65 national championship titles and set 81 USA records at distances from 1K to 25 miles from 1962-1976. Now 54, he was recently inducted with **Fred Wilt** into the New York Athletic Club Hall of Fame. "I still feel it's better to walk than run slow," he said. Now living in Ashtabula, OH, Laird can be reached at (216) 998-1371.

• The 2nd Annual "Building the Complete Athlete" M-F Seminar Series — for therapists, trainers, conditioning specialists, and sport coaches — will be held in Chicago (May 7-9), Orlando (July 9-11), Phoenix (Nov 12-14), Baltimore (Nov 19-21) and Los Angeles (Dec 3-5). Cost is \$325. 1 (800) 556-7464.

EAST

• **Marny Gilluly**, 43, Washington, D.C., was first female overall, with a W40+ course record 68:58, Greenbelt 10 Miler, Greenbelt, MD, Dec. 26. **Bob O'Berti**, 45, Waldorf, MD, took the M40+ in 61:31. In the companion 20 Miler, **Ben Beach**, 43, Bethesda, MD, was first overall in 1:59:28, while **Anne McHenry**, 42, Silver Springs, MD, was top W40+ in 2:44:04.

• **Paul Mascali**, 40, Manhasset, NY, ran a 4:20.6 in open competition at an indoor meet in Boston, Jan. 16. Mascali was a close second (4:20.38) to **Al Swenson** (4:20.08) in the M40+ race, Fifth Ave. Mile, NYC, last September.

• **Ann Davies**, 46, outlegged the W40+ field in the NYRR Central Park 20K, Jan. 17, with a seventh-female 1:24:52. **Richard Shave**, 40, was first M40+ in 1:12:13. **Janine Maltas**, 66, romped to a 1:55:52, while **Joe Burns**, 63, won the M60 race in 1:27:01.

• **Daniel Brach**, 42, was eighth of 876m finishers in 26:56, NYRR Season Opener 8K, Central Park, Jan. 10. **Anna Thornhill**, 52, was 11th of 429w with a 32:54. **Lawrence Torella** (43, 33:31), sixth of 904m, **Thornhill** (40:44), third of 364w, blew to masters wins in the NYRR Northwind 10K, Central Park, Jan. 24. **Bill Fortune**, 64, captured the M60 race in 40:26, and **Queenie Thompson**, 70, ran a 67:11 to take the W70+ win. **George Hirsch**, 58, publisher of *Runner's World*, won the M55

race by over a minute with a 40:32. On the 31st, **Thornhill** scored another masters victory with a 20:03 in the Super Bowl 5K, Central Park. **Nick Caswell** took the M40+ face-off in 16:47.

• The names of two indoor meets in February's t&f results were inadvertently switched. The Dec. 19 meet at the USMA-West Point should have been titled "MAC Reebok Season Opener," and the Dec. 27 meet at Princeton U. should have been "MAC Chemical Bank Christmas Classic."

SOUTHEAST

• **Karen Macharg**, 44, Hialeah, FL, roared to a first female overall with an 18:48 in the Jungle Jog 5K, Miami, Jan. 10. **David Bowden**, 48, Ft. Lauderdale, steamed through the course in 16:58 for second overall. **June Marie Provost**, 59, Naples, FL, was first female racewalker in 29:58.

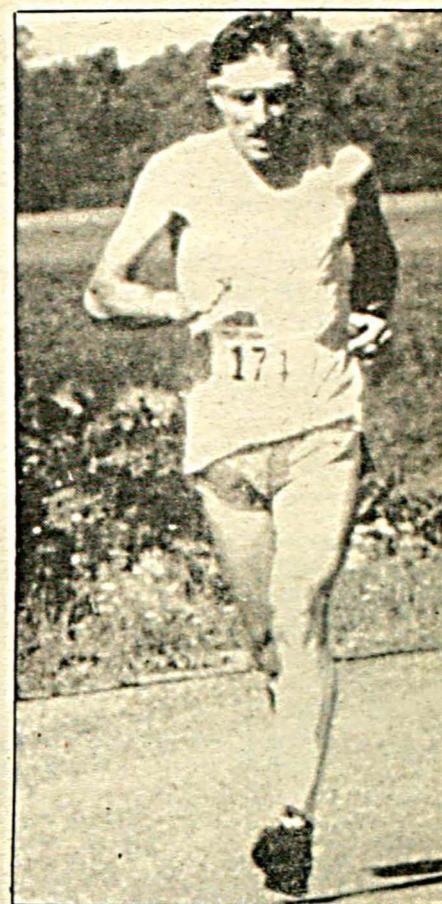
• The meet listed last month under T&F-Southeast for June 12 in Atlanta is not the Regional Championships. The Regionals are tentatively set for some time in September, probably in Gainesville.

MIDWEST

• **Ken Popejoy**, indoor and outdoor 800 and 1500 champion in 1992, broke the 3000m indoor U.S. record (8:44.0) with an overall win of 8:43.9 in open competition, Chicago, Jan. 16. On Jan. 30, he broke the 800m WR (1:55.63) with a first place 1:55.41 in another open race in Platteville, WI.

WEST

• **Dr. Fred Niedermeyer's** company, Educational Development Specialists (EDS), was awarded the nation's highest environmental honor — the President's Environmental and Conservation Challenge Award. The award recognizes innovative environmental initiatives and promotes a conservation ethic throughout the USA. Niedermeyer is an M50 hurdler in Los Angeles. The award honors EDS for producing a series of seven complete educational units for kindergarten through sixth grade called "Think Earth." The goal of the program is to teach children to conserve natural resources, to reduce waste and to minimize pollution.



Jim Boyle, 42, Rochester, N.Y., topped the masters field in the Sauerkraut 20K, Phelps, N.Y., with a tenth-place 1:11:47.

Photo by Ed Cloos

NORTHWEST

• The **Eugene Indoor Meet**, Jan. 30, brought together over 50 competitors. Meet Director **Becky Sisley** reports 25 new records were established, including two each by M50 **Al Phillips**, LJ (17-10) and HJ (5-3), and M55 **Hugh Barnhill**, 50m (6.92) and LJ (15-1).

INTERNATIONAL

• Americans and Canadians are invited to join Team USA/Canada for Pre Goodwill Games Fitness Festival Competitions in 1993. The Competitive Tour will feature travel to and the opportunity to compete in three countries: Russia, Finland and Sweden. All American fitness enthusiasts, relatives and friends are welcome to register. Early registration is suggested due to space limitations. Contact **Elizabeth Morris**, '93 Fitness Festival Competitive Tour Registrar, AICEP, 10 Canvin, Suite 33, Kirkland, Quebec H9H 4S4, Canada. Phone (514) 697-3735, Fax (514) 697-0628. (See ad on page 7).

• A new board of directors was elected to WAVA's South American Region: President: **Albano Ariza**, Colombia; Exec. VP: **Hector Acosta**, Uruguay; VP-T&F: **Jorge Manrique**, Peru; VP-LDR: **Victor Soto**, Chile; Women's Rep: **Iris DeVieytes**, Uruguay; Secretary: **Jorge Alzamora**, Chile; Treasurer: **Jose Figueras**, Uruguay. The South American delegate to WAVA is **Jorge Alzamora**.

• **Johan Diener** (M40, 2:51:29) and **D. Lorenzen** (W35, 3:10:10) finished first in the South Africa Masters Marathon Championships, Cape Town, Dec. 19. **R. Hugo**, M50, was fourth M40+ in 2:58:04.

• Host families are being sought for 25 high school students from European and other foreign countries for the upcoming school year, in a program sponsored by the American International Youth Student Exchange Program (AIYSEP). The students, all fluent in English, have been screened and will have spending money and medical insurance. Host families may deduct \$50 per month for income tax purposes. If you're interested in hosting, please contact AIYSEP, 200 Round Hill Rd., Tiburon CA 94920. 1 (800) 347-7575.

• The new WAVA Handbook is now available. Send \$6.25 to NMN, PO Box 2372, Van Nuys CA 91404.

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, MAR. 1993

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
DON BADINELLI (PHOENIX, AZ)	3-21-28	65-69
JIM BEVINS (SUSANVILLE, CA)	3-8-38	55-59
TOM BUCKINGHAM (GB)	3-11-18	75-79
JIRI CECHAK (CZE)	3-25-38	55-59
DON COFFMAN (FRANKFORT US)	3-19-43	50-54
HAROLD COLEN (HUNTINGTON, NY)	3-28-28	65-69
NORM CYPRUS (YONKERS, NY)	3-17-38	55-59
JOHN DAVIS (US)	3-4-38	55-59
BYRON DYCE (GAINESVILLE, FL)	3-27-48	45-49
OLLE ELVLAND (SWE)	3-9-18	75-79
FRANK GALATA (CANADA)	3-13-28	65-69
JOHN GARCIA (GARDEN GROVE, CA)	3-9-18	75-79
ALFRED GUIDET (CALIFORNIA CITY, CA)	3-16-18	75-79
ED HALPIN (RIVERSIDE, CA)	3-9-18	75-79
STEPHEN JAMES (GB)	3-10-38	55-59
BERT LANCASTER (PHILADELPHIA, PA)	3-19-28	65-69
THOMAS MCDERMOTT (BRADENTON, FL)	3-15-18	75-79
ROBERT MESSERSMITH (VIEJO, CA)	3-21-33	60-64
AARNE MIETTINEN (FIN)	3-27-13	80-84
NOVICA MILICEVIC (CAN-SCOTTSDALE, AZ)	3-23-28	65-69
OSCAR MOORE (GLASSBORO, NJ)	3-31-38	55-59
PHILIP MUNN (GB)	3-16-23	70-74
ARNE PETERSSON (SWE)	3-24-23	70-74
HANS POTTSCH (AUT)	3-2-33	60-64
SEAN POWER (GB)	3-20-43	50-54
HARRY SLEETH (MALO, WA)	3-20-98	95+
LLOYD SLOCUM (GREENLAND, NH)	3-16-33	60-64
RAYMOND SPENCER (CHULA VISTA, CA)	3-5-23	70-74
WALTER STUBBINGS (AUS)	3-10-13	80-84
HYLKE VANDERWAL (CANADA)	3-21-38	55-59
MATTI YRJOLA (FIN)	3-26-38	55-59
GINGER BALDWIN (LA JOLLA, CA)	3-14-33	60-64
ELLEN BEAUDRY (EDINBURG, TX)	3-25-18	75-79
JEANNE BOCCI (DETROIT, MI)	3-30-43	50-54
MELINDA CARTER (AUSTIN, TX)	3-17-48	45-49
CAROL FLEXER (BELLEVUE, WA)	3-8-43	50-54
BURNIS HICKS (ALPINE, TEX)	3-9-13	80-84
PHYLLIS KENT (SYRACUSE, NY)	3-15-28	65-69
JOSEPHINE KOLDA (SAN FRANCISCO, CA)	3-24-18	75-79
JANET LEDDER (IRVINE, CA)	3-25-43	50-54
EDITH LEIBY (HONOLULU, HI)	3-23-23	70-74
BAB MARKS (US)	3-17-28	65-69
LEONORE MCDANIELS (VIRGINIA BCH, VA)	3-6-28	65-69
PATRICIA NESLEY (WASHINGTON, DC)	3-29-28	65-69
CATHY PRIMER (MUNCIE, IN)	3-26-43	50-54
BARBARA SAUER (MA)	3-22-48	45-49
ALICE TURKOWSKI (PORTLAND, OR)	3-3-28	65-69
MARCHE UNNASCH (SUNNYVALE, CA)	3-0-38	55-59
MARY VARANI (STERLING HTS, MI)	3-6-18	75-79
DAWN WELCH (GRANTS PASS, OR)	3-26-48	45-49
PAT THORSEN WHITE (SEATTLE, WA)	3-25-28	65-69
KATHERINE YORK (MODESTO, CA)	3-2-13	80-84
BRITA BERG (FRA)	3-31-28	65-69
MARIJA BOROJKOVA (URS)	3-27-33	60-64
DEBBIE BRILL (CAN)	3-10-53	40-44
VLASTA CHLUMSKA (CZE)	3-30-23	70-74
ANTJE GLEICHFELD (WG)	3-31-38	55-59
MOLLY HOFFMANN (CHL)	3-7-28	65-69
SHIRLEY KENNEDY (AUS)	3-17-28	65-69
LUCYNA KRAWCEWICZ (POL)	3-14-38	55-59
DOERTE NEUMANN (FRG)	3-20-38	55-59
DIANE PALMASON (CAN)	3-15-38	55-59
MARGARET ROBINSON (AUS)	3-22-38	55-59
PATRICIA SCHOLES (NZL)	3-12-38	55-59
IDA SPEISS (SWI)	3-27-38	55-59
BRITTA TIBBLING (SWE)	3-19-18	75-79
ANNI WENTZIEN (WG)	3-6-38	55-59



Dottie Gray, W65, is pleased with four golds, two silvers, and a bronze, St. Louis Senior Olympics.

Photo by Hank Kiesel

schedule

Track and field events feature competition for men and women over 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 2372, Van Nuys, CA 91404.



TRACK & FIELD NATIONAL

March 19-21. USATF National Masters Indoor Championships, Bozeman, Mont. Bob Sager, 545 Coulee Dr., Bozeman, MT 59715. 406/587-1141.

April 17. USATF National Masters 56-lb. Weight Throw Championships, Woodstock, Ill. Chuck Klehm, 1218 North Route 47, Woodstock, IL 60098. 312/551-3720.

June 12-18. U.S. National Senior Sports Classic Senior Olympics, New Orleans. 55+. USNOSO, So. Outer Forty Dr., Ste. N360, Chesterfield, MO 63017. 314/878-4900.

July 10-11. USATF National Masters Decathlon/Heptathlon Championships, Columbus, Ohio. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.

August 11-14. USATF National Masters Championships, Provo, Utah. USATF, 615 S. 300 East, Salt Lake City, UT 84111. 801/538-2062.

September 25. USATF National Masters Weight Pentathlon Championships, Woodstock, Ill. Chuck Klehm, 1218 North Route 47, Woodstock, IL 60098. 312/551-3720.

March 25-27, 1994. USATF National Masters Indoor Championships, Columbia, Mo.

August 11-14, 1994. USATF National Masters Championships, Eugene, Ore.

EAST

Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, No. Virginia, Pennsylvania, Rhode Island, Vermont

March 7. USATF Eastern Regional Masters Indoor Championships, Lehigh U., Bethlehem, Pa. 10 a.m. SASE to Peter Taylor, 3120 School House Ln. JA9, Philadelphia, PA 19144. 215/842-3807.

March 21. Greater Rochester TC Indoor Meet, U. of Rochester, N.Y. 3 p.m. Rick Guido, 6 Timber Lane, Fairport, NY 14450. 716/425-3116h/359-5257w.

April 22-24. Penn Relays, Philadelphia. Pole vault (age-graded, elite only), Runner's World Masters Mile (M40+, elite), 4x100, 4x400, 100m for M75+. Peter Taylor, 3120 School House Ln., J-A9, Philadelphia, PA 19144. 215/842-3807. Deadline March 26.

May 16. NY Masters Spring Classic, Merchant Marine Academy, Kings Point, L.I., N.Y. SASE to Eric Weissbrot, 7 Drury Ln., Great Neck, NY 11023. 516/487-1417 (7-9:30 p.m.).

June 4-5. Connecticut Senior Olympics, 55+. U. of Bridgeport. Jack Boitano, 105 Castle Dr., Stratford, CN 06497. 203/377-2917.

June 6. New Jersey USATF Champion-

ships, Monmouth College, West Long Branch. SASE to: Sandy Kalb, 22 Addison Rd., Howell, NJ 07731. 908/363-5426.

June 27. Garden State AC International Meet, Randolph HS, N.J. Morton Hahn, GSAC, 19 Bedminster Rd., Randolph, NJ 07869. 201/625-1764.

July 3. Niagara USATF Association Senior/Masters Championships. Dave Reinhardt, 101 E. 4th St., Jamestown, NY 14701. 716/488-2203.

July 25. USATF East Regional Masters Championships, Syracuse, N.Y. Pre-registration only. Evelyn White, 118 Foxcroft Ln., Fayetteville, NY 13066.

SOUTHEAST

Alabama, Florida, Georgia, N. Carolina, S. Carolina, Tennessee, Virginia

March 20. Sunshine State Masters Championships, Bradenton. M&W40-54. See below.

March 20. Florida State Senior Games Championships, Bradenton. M&W55+. Sunshine Games Foundation, 1330 NW 6th, Suite D, Gainesville, FL 32601.

April 17. Florida AC Meet, Naples, Rudy Vlaardingbroek, 10311 Windsor Way, Naples, FL 33942. 813/597-6870.

April 24. Florida AC Meet, Palm Beach Gardens. Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445. 407/499-3370.

April 30, May 1-2. Southeastern Masters International Championships, North Carolina St. U. Pentathlon/wt pentathlon/5K and 20K walks. Raleigh Parks & Rec., P.O. Box 590, Raleigh, NC 27602. Ray Fulghum/Dale Smith, 919/831-6640, M thru F, 9 to 5, EST.

May 8. Jacksonville Meet. Lamar Strother, 1511 S. McDuff Ave., Jacksonville, FL 32205. 904/388-7860.

May 22. Florida USATF Masters Championships, Showalter Field, Orlando. Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445. 407/499-3370.

May 29. Tennessee Masters Championships, U. of Tenn. Dean A. Waters, 132 Newport Dr., Oak Ridge, TN 37830. 483-7743(eve).

May 29. Birmingham TC Classic. Samford U. Gordon Seifert, 1514 Ridge Rd., Birmingham, AL 35209. 205/879-8031.

June 12. Atlanta TC Meet, Emory U. Julia Emmons, Atlanta TC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305. 404/231-9065.

June 12. Miami Northwest Express Meet. Jesse Holt, 1310 NW 90th St., Miami, FL 33147. 305/836-2409.

July 10. Southeastern Masters Classic, Greenville, S.C. Dick Bloomfield, 103 Crestwood Dr., Greer, SC 29651. 803/879-7839(eve).

July 17. Nashville TC Meet. Vanderbilt U. Open/masters. Randall Brady, 2709 Linmar Ave., #5, Nashville, TN 37215. 615/383-6733.

MIDWEST

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

March 6. Illinois Indoor USATF Meet, Proviso West HS, Hillside. Paul Masse, 312/539-1644; Mon. & Wed. 6-8 p.m. Do not call high school.

March 14. Illinois Meet, Highland Park H.S. Lee Slick, 815/338-2880.

June 19. Cleveland Track Classic, site TBA. Jeff Gerson, 4173 Wilmington, South Euclid, OH 44121. 216/382-2656.

July 10. Dayton Masters Classic, Open & Masters. Bob Jones, 513/837-2754.

July 31. Midwest Masters Championships, Marshall U., Huntington, W.Va. (Not the regional championships.) David Stooke, 119 Cheyenne Tr., Ona, WV 25545. 304/736-8474.

MID-AMERICA

Colorado, Iowa, Kansas, Minnesota, Missouri, New Mexico, N. Dakota, Nebraska, S. Dakota

March 28. Lincoln TC Indoor Challenge, Knight Field House, 12 p.m. Gary Bredehoft, 4037 N. 20th St., Lincoln, NE 68521. 402/435-7061. SASE.

April 25. Leading Edge/Lincoln TC Open & Masters Meet, Woody Greeno Track, 12 p.m. Gary Bredehoft, 4037 N. 20th St., Lincoln, NE 68521. 402/435-7061. SASE.

June 12-13. Lincoln TC Decathlon/Heptathlon, Ed Weir Track. SASE to Gary Bredehoft, 4037 N. 20th St., Lincoln, NE 68521. 402/435-7061.

June 26. USATF Mid-America Regional Masters Championships, Lincoln, Neb. See June 12-13.

SOUTHWEST

Louisiana, Mississippi, Texas, Arkansas, Oklahoma

March 6. 4th annual Lubbock Christian U. Masters Indoor Meet. Submasters/masters, walking & running events only. Steve Ireland, 3309 94th St., Lubbock, TX 79423. 806/792-6430.

March 28. Savings of America Senior Olympics. Butler Stadium, Houston. 55+. 5K/10K runs on March 29. Terri Riha, Coordinator, Jewish Community Cntr, 5601 S. Braeswood, Houston, TX 77096. 713/551-7250.

WEST

Arizona, California, Hawaii, Nevada

March 13. LACC All-comers meet, Los Angeles. 10 a.m., \$3 all events. ("Indoor" distances will be run outdoors). L.A. Patriots, 213/662-1062.

March 13. Throws Series #13, Stanford U. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

March 27. River City Spring Track Festival. Sacramento St. U. SASE to Michael Holzgang, P.O. Box 255131, Sacramento, CA 95865. 916/489-7881 (7-9 p.m.).

April 24. Ken Carnine Classic, CSU-Sacramento. Michael Ackley, 4649 Oakbough Way, Carmichael, CA 95608.

Continued on next page

ON TAP FOR MARCH

TRACK AND FIELD

The USAT&F National Masters Indoor Championships, the first ever in the Northwest, opens for a three-day run in Bozeman, Mont., on the 19th.

Prior to that, action can be had at indoor meets in Texas, Illinois, and Ontario, Canada, on the 6th, and in the East Regionals in Philadelphia on the 7th.

Afterwards, the outdoor season lurches into motion with meets in Florida and California on the 27th.

LONG DISTANCE RUNNING

National Masters Championships will be held for the 8K in Virginia Beach, Va., on the 20th, and the 50 Mile in Columbus, Ohio, on the 28th.

On the 7th, Westerners can opt for the Austin, Texas, Marathon or the L.A. Marathon or the Mercury News 10K, San Jose, Calif.

The Jacksonville 15K in Florida and the St. Patty's 10 Mile in Pennsylvania top the offerings on the 13th.

The New Bedford, Mass., Half-Marathon and the Stanford 50+ 8K are scheduled for the 21st.

The Azalea Trail 10K, Mobile, Ala., on the 27th, and the fast-course Carlsbad 5000 in California on the 28th, help to wrap up the month.

RACEWALKING

The 3000m indoor championships will be held at Bozeman on the 19th. The St. Patrick's Day Walks are set for the 21st in Long Beach, Calif., as is the USAT&F Texas State 5K Championships in Austin.

FLORIDA ATHLETIC CLUB TRACK & FIELD CHAMPIONSHIPS PALM BEACH GARDENS, SATURDAY, APRIL 24, 1993, 8:00 A.M.

FLORIDA ATHLETIC CLUB - NAPLES ON THE SEA MEET NAPLES, SATURDAY, APRIL 17, 1993

Palm Beach County, Florida finally has a brand new, artificial surfaced track. All standard running events from 100 meters to three kilometers, high hurdles & 5km walk. Shot, discus, long jump, triple jump, high jump, hammer, javelin, & pole vault. Ages 19 to 80+. Awards three deep by five year age divisions.

Shake off winter - come on down and stay awhile. Reduced hotel accommodations and car rental. You'll have all of the summer recreational activities, plus the beach, dog track, baseball, Kravis Art Center, shopping and just plain "sunning".

On April 17th, the Florida Athletic Club will be hosting the "Naples on the Gulf" track meet. Make it a twosome. Visit the west coast of Florida and then come over to our "Gold Coast."

Send a self-addressed stamped envelope to:

Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445
407-499-3370; for the Fla. Athletic Club Championships, April 24th.
Rudy Vlaardingbroek, 10311 Windsor Way, Naples, FL 33942
813-597-6870; for the Naples on The Gulf Meet, April 17th.

Continued from previous page

April 24. 17th Annual John Ward Master Meet, Santa Ana, Calif., 25+. Al Siddons, Rancho Santiago College, 17th at Bristol, Santa Ana, CA 92706. 714/564-6936.

May 8. River City Invitational. Sacramento St. U. SASE to Michael Holzgang, P.O. Box 255131, Sacramento, CA 95865. 916/489-7881 (7-9 p.m.).

May 15. Southern Calif. Striders Meet, CSU-Long Beach. Open/Submasters/Masters. Jon Lomax, 213/666-0379.

May 30. Dan Aldrich Memorial Meet, UC-Sunkist Bowl. Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 209/732-8030.

May 23. Dan Aldrich Memorial Meet, UC-Irvine, Calif. Matt McCormick, 714/586-9942h.

June 6. Pasadena Senior Games, Occidental College, Los Angeles. 50+. Christel Miller, director, Cynthia, 818/795-4331.

June 12. USATF/Pacific Open and Masters Championships, Los Gatos HS. Willie Har-matz, c/o Athletic Performance, 55 W. Main St., Los Gatos, CA 95030. 408/354-7365; 354-5660.

June 19. SCA/USATF District Pentathlon Championships, Occidental College, Los Angeles. Men's & women's pentathlons & weight pentathlon. SASE to: Gary Miller, 1740 Grandview Ave., Glendale, CA 91201. 818/843-2139 until 9 p.m.

June 26. SCA/USATF Championships, UC Irvine, Calif. Marvin Thompson, 213/662-1062.

July 3. River City Independence Invitational. Sacramento St. U. SASE to Michael Holzgang, P.O. Box 255131, Sacramento, CA 95865. 916/489-7881 (7-9 p.m.).

July 11. Trojan Masters Classic, USC, Los Angeles. Russ Reabold, 1125 N. Stimson, La Puente, CA 91744. 818/917-6289.

July 31-August 1. USATF West Regional Masters Championships, Cerritos College, Norwalk, Calif. Marv Thompson, LAPOC, 2301 Hyperion Ave., Ste P, Los Angeles, CA 90027-4711. 213/662-1062.

NORTHWEST

Alaska, Idaho, Montana, Oregon,
Utah, Washington, Wyoming

May 22. Oregon Senior Olympics, Silverton Union HS. 40+. 5 Mile Road Run at 8:30 a.m. Amy B. Castle, 6350 Cascade Hwy., N.E., Silverton, OR 97381. 503/873-8577.

June 5. Senior Sports Festival, Seattle. Diana Hovland, 100 Dexter Ave. No., Seattle, WA 98109.

June 12. Volcano Classic. Emil Torquato, 28 Sunset Pl., St. Helens, OR 97051. 503/397-4102.

June 26. Inland Northwest Masters Classic. Stan Johnson, City of Richland, 650 George Washington Way, Richland, WA 99352. 509/943-2689.

July 10. Helena Masters & Seniors Meet, Vigilante Stadium. Manuel/Helen White, P.O. Box 5058, Helena, MT 59604. 406/227-5020.

July 17-18. USATF Northwest Regional Masters Championships (Hayward Classic), Eugene, Ore. Timothy Shelley, 2748 Agate, Eugene, OR 97403. 503/896-3210.

July 30-31. 15th Montana Masters Meet, MSU, Bozeman. Mike Carignan, P.O. Box 5132/MSU, Bozeman, MT 59717-5132.

October 20-22. Huntsman Chemical's 50+ Senior Games, St. George, Utah. Ken Jolley, 431 W. Tabernacle, St. George, UT 84770. 801/628-1442.

CANADA

March 6. Ontario Masters Indoor Championships, York U., Toronto. M&W35+. Brian Keaveney, 426 Valermo Dr., Etobicoke, Ont. M8W 2L9. 416/252-7047.

INTERNATIONAL

March 6-7. Russian Veterans Sports Association Indoor Meet, Penza, Russia. February 15 deadline. Vadim Marshv,

Russia, Moscow Region, 141400 Hlmky, Kudryavtseva Str., 10.

March 12-14. New Zealand Masters Championships, Auckland. Rosalie Green, 92 Kiwi Esplanade, Mangere Bridge, Auckland, N.Z.

April 9-12. Australian Veterans Athletic Championships, Adelaide. February 22 deadline. Dot Browne (Hon. Sec. AAVAC), Victory St., Mitcham 3132 Victoria.

May 28-30. All Japan Masters Athletic Championships, Kobe. Kobe Branch, Kintetsu International, 6F Kobe Kotsu Center Bldg., 10-1 1-chrome, Sannomiya-cho, Chuo-ku, Kobe-shi, 650 Japan. 078/391-4891; FAX 078/391-4559.

October 3. Athletic Veterans of Hong Kong Meet. Low-key meet. AVOHK, GPO Box 10368, Central Hong Kong, Tel: 608-1392.

October 7-17. 10th WAVA World Veterans Athletics Championships, Miyazaki, Japan. M40+, W35+. Entry deadline July 1. 10th WVAC, 5-15, Miyata-cho, Miyazaki City, Miyazaki Prefecture 880, Japan. Phone: 81-985-32-3376; Fax: 81-985-31-1153.

LONG DISTANCE RUNNING NATIONAL

March 20. USATF National Masters 8K Championships, Virginia Beach. Jerry Bocrrie, 2308 Maple St., Virginia Beach, VA 23451. 804/481-5090.

March 28. USATF National Masters 50 Mile Championships, Columbus, Ohio. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.

April 24. USATF National Masters 5K Championships, Anchorage, Alaska. Roy Reisinger, 2630 Forest Park Dr., Anchorage, AK 99517. 907/277-7279.

June 27. USATF National Masters Half-Marathon Championships, Fairfield, Conn. Mick Midkiff, 32 Summit Rd., Riverside, CT 06878. 203/324-9822.

September 25. USATF National Masters 10K Championships, Oklahoma City. Jim Thorpe 10K. Roger Foster, Oklahoma City RC, 2601 N.W. Expressway #601, Oklahoma City, OK 73112. 405/752-1813.

October 3. USATF National Masters Marathon Championships, Minneapolis. Twin Cities Marathon. Bruce Mortenson, 15301 Highland Pl., Minnetonka, MN 55345.

October 31. USATF National Masters 10K Cross-Country Championships, Louisville, Ky. Bill Nault, 203 Brown Ave., Louisville, KY 40207. 502/897-3772.



Ed and Judy Hagerman were both winners in the 50-59 divisions, Silver State 10K, Reno, Nev.

Photo from Bob Macmahon



Hal Smith won the M55 shot put (43-9), Club West Meet, Santa Barbara. Val Olotoa (c), M35, and Stew Thomson, M55, look on.

NMN/Jerry Wojcik

November 7. USATF National Masters 15K Championships, Schenectady, N.Y. Lee Wilcox, 10 Eaton Rd., Troy, NY 12180. 518/274-7444.

November 20. USATF National Masters 8K Cross-Country Championships, Franklin Park, Boston. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802.

November 20. USATF National Masters 25K Championships, San Diego. Joni Shirley, 11212 Via Carroza, San Diego, CA 92124. 619/292-6132.

EAST

Connecticut, Delaware, Massachusetts,
Maryland, Maine, New Hampshire,
New Jersey, New York, Pennsylvania,
Rhode Island, Virginia, Vermont.

March 13. Potomac Valley TC 5 Mile Trail Race, Arlington, Va. Ed DeMoney, 703/524-1320.

March 13. St. Patty's 10 Miler. 10 Miler, P.O. Box 252, Leesport, PA 19533. 215/926-4303.

March 21. New Bedford Half-Marathon, New Bedford, Mass. Half-Marathon, P.O. Box 79546, No. Dartmouth, MA 02747. 508/999-5005.

March 21. NYRRRC The Rites Of Spring 10K, Central Park, NYRRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.

March 28. Tappan Zee 10K. Adi Steingraber Award for M&W40+. Tappan Zee Sports Booster Club, Box 249, Orangeburg, NY 10962. 914/359-5425.

April 3. Fools' Run 5K/10 Mile, Kutztown, Pa. Masters money. L&M Computerized Sports, 7 Westwood Dr., Mantua, NJ 08051. 215/683-8860.

April 4. Cherry Blossom 10 Mile, Washington, D.C. SASE to Cherry Blossom, P.O. Box 884, Middletown, MD 21769. 301/371-5583.

April 18. Western Heights Middle School 5K. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076; Western Heights, 791-4351(day).

April 18. Sallie Mae 10K. Mike Miller, Sallie Mae 10K, 1050 Thomas Jefferson St., N.W., Washington, DC, 20007-3871. 202/728-6456.

April 19. 97th Boston Marathon. Must meet qualifying times. Deadline March 8. SASE to Boston Athletic Assn., P.O. Box 1993, Hopkinton, MA 01748. 508/435-6905.

April 24. NYRRRC Trevira Twosome 10 Mile/2 Mile, Central Park. NYRRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.

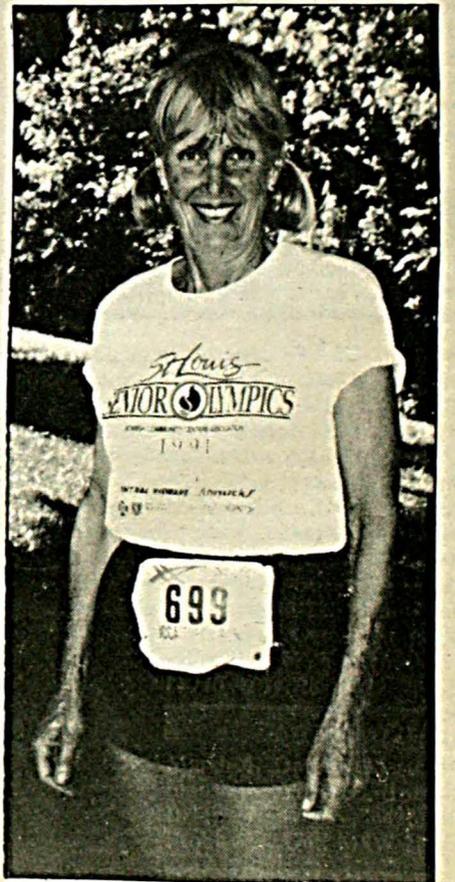
May 2. Pittsburgh Marathon. Leonard Duncan, 429 Fourth Ave. Ste. 1001, Pittsburgh, PA 15219. 412/765-3773.

May 2. Buffalo Marathon. Tom Palmer, 800 Delaware Ave., Buffalo, NY 14209. 716/837-7223.

May 2. Newsday Long Island Half-Marathon, East Meadow, N.Y. Patti Kemmler, Eisenhower Park, East Meadow, NY 11554. 516/542-4437.

June 5. Freihofer's 5K for Women, Albany, N.Y. George Regan, 233 Fourth St., Troy, NY 12180. 518/273-0267.

Continued on next page



Jane Clarkson of St. Louis won four W55 sprint firsts, including the 50M (8.5), St. Louis Senior Olympics.

Photo by Hank Kiesel

Continued from previous page

SOUTHEAST

Alabama, Florida, Georgia, N. Carolina, S. Carolina, Tennessee.

March 6. Reedy River Run 10K/5K, Greenville, S.C. Reedy River Run, SCN Bank, P.O. Box 969, Greenville, SC 29602.
March 6. Strawberry Classic 10K/5K, Plant City, Fla. Masters money. SC, P.O. Box 29372, Tampa, FL 33687. Darrel Gordon, 813/264-5423.
March 13. River Run 15,000. River Run, 3853 Baymeadows Rd., Jacksonville, FL 32217.
March 13. Shamrock 5K/10 Mile, Lake Worth, Fla. Jim Cook, Box 8205, West Palm Beach, FL 33407. 407/689-2648.
March 20. Emerald City 8K. Masters money. Greenwood RC, P.O. Box 1352, Greenwood, SC 29648. Bob Drinkard, 1-800-726-0341.
March 20. Heart of Florida Citrus 10K/5K, Winter Park. Event Marketing, 1322 N. Mills Ave., Orlando, FL 32803. 407/896-5473.
March 20. Lightning 10K. Masters money. Brian Doby, race director, 1100 Woodward Ave., Montgomery, AL 36106. 205/240-8650.
March 21. Spring Classic Holder Half-Marathon. Millard Shumate, 3312 Palmira, Tampa, FL 33629. 813/831-9381.
March 27. Azalea Trail Run 10K. Azalea Run, P.O. Box 6427, Mobile, AL 36660.
April 3. Cooper River Bridge 10K, Charleston, S.C. M&W40 + \$1500/\$1000/\$500. CRB 10K, M.U.S.C. Wellness Center, 45 Courtenay Dr., Charleston, SC 29401-1117. 803/792-0345.
April 17. Drachen Fire 5K Run For Arthritis, Williamsburg, Va. Arthritis Foundation, Va. Chapter, 110 Maycox Ave., Ste. 3, Norfolk, VA 23505. 1-800-456-4687.

MIDWEST

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

April 3. YMCA Midwest Masters Classic 8K, Omaha. M&W35+. Stan Shirk, 5019 Parker St., Omaha, NE 68104. 402/554-8645.
April 4. Athens Marathon/Half-Marathon. SASE to Mark Graham, P.O. Box 2282, Athens, OH 45701. 614/594-8669.
April 18. Toledo Glass City Marathon. Pat Wagner, Toledo RR, P.O. Box 5656, Toledo, OH 43613. 419/385-1072.
April 25. West Bloomfield Half-Marathon/5K. Miriam Kaplur, 3325 Middlebelt Rd., West Bloomfield, MI 313/334-5660.
May 8. Old Kent River Bank 25K. Stuart Gillette, P.O. Box 2194, Grand Rapids, MI 49501. 616/771-5261.
May 29. Big Boy 20K Classic. Hugh Stobbs, P.O. Box 1046, Wheeling, WV 26003. 614/633-5000.

MID-AMERICA

Colorado, Iowa, Kansas, Minnesota, Missouri, New Mexico, N. Dakota, Nebraska, S. Dakota

March 28. Kansas City Ekiden Marathon/25K Relays, Overland Park, Kans. Categories include age-graded and masters at both distances. Bill/Jean Buchanan, 8575 W. 110th, #100, Overland Park, KS 66210. 913/681-8171.
April 17. 24th annual Longest Day Marathon/10K/5K/5K RW, Brookings, S. Dak. Charles S. Roberts, Jr., M.D., 1345 First St., Brookings, SC 57006. 605/692-2334.
May 2. Lincoln Marathon/Half-Marathon. Nancy Sutton, LTC, 5309 South 62nd St., Lincoln, NE 68516. 402/423-4519.
May 31. Bolder Boulder 10K. \$10,000 masters. Meet Director, P.O. Box 9125, Boulder, CO 80301. 303/444-7223.



All-Army Champion Alberto Rivas ran 2:47:02 for 2nd M50 in the Honolulu Marathon, Dec. 13.

Photo by Tesh Teshima

SOUTHWEST

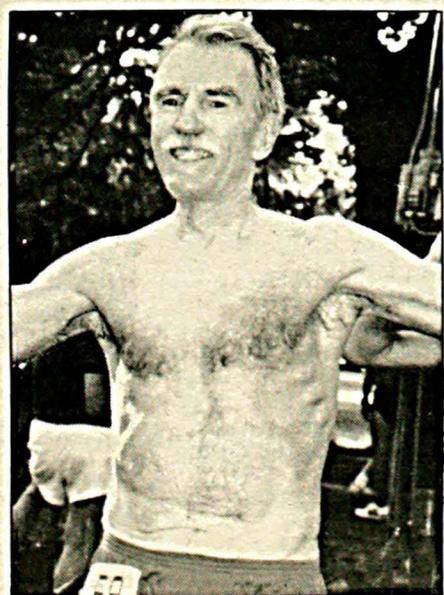
Arkansas, Louisiana, Mississippi, Oklahoma, Texas

March 7. Austin Marathon/Marathon Relays. SASE to Marathon, P.O. Box 684456, Austin, TX 78768. 512/472-3272.
March 20. Crescent City 10K. Mac DeVaughn, 8200 Hampton St., #217, New Orleans, LA 70118. 504/861-8686.
March 28. Austin American-Statesman Capitol 10,000. Renet Presas, 305 S. Congress, Austin, TX 78704. 512/445-3596.
April 10. Tishomingo Whirlwind 5K. Jim Kennedy, 1500 E. Main, Tishomingo, OK 73460. 405/371-2528.
April 18. Redbud 10K/2 Mile. Jane Politte, 6488 Avondale, #184, Oklahoma City, OK 73116. 405/272-6382.

WEST

Arizona, California, Hawaii, Nevada

March 7. Mercury News 10K. Susan Zellers, 750 Ridder Park Dr., San Jose, CA 95190. 408/920-5533.



William Burgess is first M60 (2:37:33), Bud Light 30/30 Road Race, Honolulu, HI.

Photo by Tesh Teshima

March 7. Los Angeles Marathon. L.A. Marathon, 11110 W. Ohio Ave., #100, Los Angeles, CA 90025-3329. 310/444-5544.
March 21. 10th annual 50+ 8K Championship Run. Stanford U. Stadium, Calif. Plus 5K Race & Fitness Walks. Lee Haskell, P.O. Box D, Stanford, CA 94309. 415/323-6160.
March 28. Carlsbad 5000, Carlsbad, Calif. Elite Racing, 2431 Morena Blvd., Ste. 28, San Diego, CA 92110. 619/274-5440.
April 17. Lake Powell Marathon/10K, Page, Ariz. Marathon, P.O. Box 3148, Page, AZ 86040. 1-800-835-4671.
April 18. Bonne Bell Women's 10K. Rhody Co. Productions, 3929 California St., San Francisco, CA 94118. 415/387-2178.
May 16. S.F. Examiner Bay To Breakers 12K. Masters money. Athletes Coordinator, P.O. Box 7260, San Francisco, CA 94120. 415/777-8743.

NORTHWEST

Alaska, Idaho, Montana, Oregon, Washington, Wyoming.

April 10. Pear Blossom 10 Mile. 4000 entries, close March 15. Long SASE: Pear Blossom, P.O. Box 146, Medford, OR 97501. Jerry & Zella Swartsley, 503/535-1205(e).
April 25. Northwest Natural Gas 8K (RRCA National Championships). Dave Green, 700 NE Multnomah, #950, Portland, OR 97232. 503/294-9333.
May 2. Lilac Bloomsday 12K. \$6000 masters. SASE to Lilac Bloomsday Assn., P.O. Box 1511, Spokane, WA 99210. 509/838-1579.

CANADA

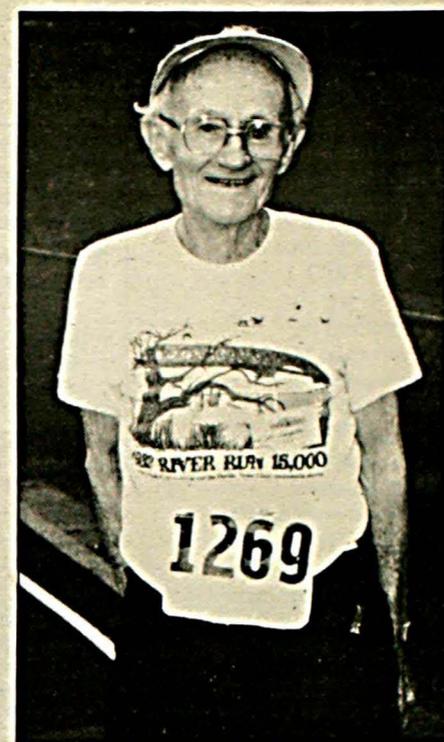
April 10. Ontario Masters 8K Championships, Toronto. M&W35+, 5 yr. div. Doug Smith, 58 Newmarket Ave., Toronto, Ont. M4C 1V9. 416/699-5818.

INTERNATIONAL

June 20. 20th Annual Brugge Veterans Grand Prix 10K/25K, Brugge, Belgium. M40+, W35+. Jacques Serruys, Korte Zilverstraat 5, B-8000, Brugge, Belgium.
October 7-17. 10th WAVA World Veterans Athletics Championships, Miyazaki, Japan. M40+, W35+. Entry deadline July 1. WVAC, 5-15, Miyata-cho, Miyazaki City, Miyazaki Prefecture 880, Japan. Fax: 81-985-31-1153.

RACE WALKING

March 5. Racewalk Technique & Training Clinic, Portland, Oregon. John Hanan, 503/692-2787 or ARWA, 303/447-0156.
March 14. Park Racewalkers Annual St. Patrick's 5K, Central Park, NYC. Stella Cashman, 320 E. 83rd St., Box 18, NYC 10028. 212/628-1317.
March 19. USATF National Masters 3000m Indoor Championships, Bozeman, Mont. See National T&F Indoor Championships in schedule.
March 21. USATF Texas State 5K Racewalk Championships. 5K fun walk. Richard Charles, POB 3948, Austin, TX 78764. 512/448-0118.
March 21. St. Patrick's Day Walks, Long Beach, Calif. Easy Striders, 24422 Chrisanta Dr., Mission Viejo, CA 92691. Lucy Shoemaker, 714/951-0766.
March 28. National Invitational World Cup Qualifier 20K (men) 10K (women), Washington, D.C. Sal Corallo, 34-66 Roberts Lane No., Arlington, VA 22207. 703/243-1291.
April May. Potomac Valley TC Spring Racewalk Clinics, Washington, D.C. area. Saturdays & Tuesdays. Valerie Meyer, 703/671-3655.



John Pianfetti, second (12:40), M80+ 1500 racewalk, St. Louis Senior Olympics.

Photo by Hank Kiesel

April 1-4. Walking Club Conference, Big Sur Lodge, Calif. Walking Magazine, 9-11 Harcourt St., Boston, MA 02116. 617/266-3322.
April 3. RW Technique & Training Clinic, Kalamazoo, Mich. ARWA, 303/447-0156.
April 4-10. Ron Laird Racewalking Camp, Healing Springs Ranch, Tioga, Texas. Ron Laird, 4706 Diane Dr., Ashtabula, OH 44004. 216/998-1371.
April 4. Capt. Ron Zinn Memorial 10 Mile, Asbury Park, NJ. Shore Athletic Club, Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764.
April 4. New England USATF 20K RW Championships, Boston. NEUSATF, P.O. Box 1905, Brookline, MA 02146. 617/566-7600.
May 16. USATF National Masters 50K Championships, Monmouth College, West Long Branch, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764.
May 27-31. ARWA RW Training Camp, Boulder, Colo. ARWA, 303/447-0156.
July 10. USATF National Masters Men's 10K Championships, Niagara Falls, N.Y. David Lawrence, 94 Harding Ave., Kenmore, NY 14217. 716/875-6361.
August 11-14. USATF National Masters Championships, Provo, Utah. 5000m track/women 10K road/men 20K road. See National T&F Championships in schedule.
August 15. USATF National Masters Championships, Albany, N.Y. Women 20K/men 25K. Bob Ryan, 22 Lake Placid Commons, Lake Placid, NY 12946. 518/523-2240(h); 523-3764(b).
September 12. USTAF National Masters 40K Championships, Ft. Monmouth, N.J. Elliott Denman, 28 Locust Ave., West Long Branch, NJ 07764. 908/222-9213.
September 18. USATF National Masters 5K Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 615/349-6406.
September 25-26. USATF National Masters 100K/100 Mile Championships, Xenia, Ohio. Jack Blackburn, 690 Home Ave., Xenia, OH 45385. 552/376-8019; 372-6908.
October 3. USATF National Masters 1-Hour/2-Hour Championships, MIT, Cambridge, Mass. Philip McGaw, 156 Blue Hill Ave., Milton, MA 02186. 617/698-1806.
October 31. USATF National Masters 30K Championships, Atlanta, Ga. Carol Sams, 1513 Stoneleigh Circle, Stone Mountain, GA 30088. 404/469-2429.

CLUBS

Below is a partial list of masters track & field and long distance running clubs arranged by region. Some offer work out facilities. Most have social programs and annual awards. If you'd like to find out more about what's going on in your area, contact one. To have your club listed, please send the necessary information to National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

EAST

Four Winds TC
1303 Marvista St.
Pittsburgh, PA 15212
412/322-9392

Liberty AC
14 Rutland St.
Cambridge, MA 02138
Syracuse Chargers Track Club
18 Foxcroft Drive
Fayetteville, NY 13066

Boston AA
P.O. Box 1993
Hopkinton, MA 01748

Atlanta TC
236 E. 78th, Box 6
New York, NY 10021

Finger Lakes RC
P.O. Box 321
Newfield, NY 14867
607/273-1107

Potomac Valley Seniors TC
250 S. Whiting St.-315
Alexandria, VA 22304
703/370-5646

West Pennsylvania TC
1245 Alamae Rd.
Washington, PA 15301

Shore Athletic Club
22 Addison Road
Howell, NJ 07731

The Achilles Heel
(for disabled)
9 East 89th St.
New York, NY 10128
212/398-0348

North Jersey Masters
P.O. Box 56
Ridgewood, NJ 07450

Greater Rochester TC
P.O. Box 92608
Rochester, NY 14692

New Jersey Striders
P.O. Box 742
Madison, NJ 07940

Central Park TC
250 W. 89th St., #P4F
New York, NY 10024
212/619-4240

New York Pioneer Masters
2400 Sedgwick Ave., Suite 25C
Bronx, NY 10468
212/733-8767

Garden State AC
19 Bedminster Rd.
Randolph, NJ 07869
201/625-1764

Maine Walkers Club
1570 Broadway
Bangor, ME 04401
207/947-3333

Maryland Masters TC
107 Rosewood Ave.
Baltimore, MD 21228-4939
410/744-2652

Tri-State Masters T&F Club
734 W. Franklin St.
Hagerstown, MD 21740
301/733-6076

NYRR
9 E. 89th St.
New York, NY 10128
212/960-4455

Buffalo Belles and Brawn
266 Puritan Rd.
Tonawanda, NY 14150

Greater Springfield Harriers
206 W. Weymouth St.
Springfield, MA 01108

New York AC
180 Central Park South
New York, NY 10019

Philadelphia Masters
3120 Schoolhouse Lane (J-A9)
Philadelphia, PA 19144
215/842-3807

New York Masters Sport Club
5831 Bell Blvd.
Bayside, NY 11364

Plainview Old Bethpage RRC
62 Sylvia La.
Plainview, NY 11803
516/433-0919

Connecticut Racewalkers
889 Donna Dr.
Orange, CT 06477
203/795-6441

Boston RC
79 Manet Rd.
Chestnut Hill, MA 02167
617/964-7802

Taconic RRC
P.O. Box 99
Baldwin Place, NY 10505
914/765-5074

Avanti Sport TC
9 Baker St.
Bristol, RI 02809

Millrose Team
240 W. 98th St.
N.Y., NY 10025
212/663-5641

Nadia TC
1500 Sylvan Terrace
Pittsburgh, PA 15221
412/244-9812

New England Walkers
83 Riverside Ave.
Concord, MA 01742
508/369-7912

Sugarloaf Mt. AC
Box 659
Amherst, MA 01004

SOUTHEAST

Carolina Masters AC
3120 Libeth St.
Charlotte, NC 28205
800/642-0513

Tidewater Striders
A. Morris, Rm. E-222
Armed Forces Staff College
Norfolk, VA 23511-6097
804/444-5547

Central Florida Masters
P.O. Box 1824
Deland, FL 32721
904/736-0002

Huntsville TC
8811 Edgehill Dr.
Huntsville, AL 35802

Atlanta TC
3097 E. Shadowlawn Ave. NE
Atlanta, GA 30305

Memphis Runners TC
P.O. Box 17981
Memphis, TN 38187-0981
901/683-MRTC

Port City Pacers
P.O. Box 16907
Mobile, AL 36616

Virginia Track Club
P.O. Box 5696
Charlottesville, VA 22905

Greenville Track Club
P.O. Box 16262
Greenville, SC 29607
803/242-6600

Richmond T&F Club
P.O. Box 6701
Richmond, VA 23230
804/272-3544

Star City Striders
P.O. Box 8331
Roanoke, VA 24014
703/966-RUNN

Florida AC
3250 Lakeview Blvd.
Delray Beach, FL 33445

Nashville TC
2709 Linman Ave. #5
Nashville, TN 37215
615/383-6733

Miami RC
Tropical Park
7920 S.W. 40th St.
Miami, FL 33155
1-800/940-4RUN

North Carolina RRC
P.O. Box 26761
Raleigh, NC 27611
919/231-0714

Spartanburg RC
820 Patch Dr.
Spartanburg, SC 29302
803/582-7128

World Elite Track Team
P.O. Box 71022
Marietta, GA 30007



MIDWEST

Miami U TC
Millet Hall Athletic Dept.
Oxford, OH 45056

Legend Harriers
6543 Beecher Rd.
Granville, OH 43023

Over The Hill TC
4173 Wilmington Rd.
South Euclid, OH 44121

Wisconsin United AC
1205 Manhasset Pl.
Madison, WI 53711
608/271-6725

Fitness Track Club
12954 Asbury Pk.
Detroit, MI 48221

Wolfpack Track Club
2449 Southway Dr.
Columbus, OH 43221
614/481-7745

Ann Arbor Track Club
P.O. Box 7551
Ann Arbor, MI 48107
313/426-5430

Indianapolis TC
901 W. New York St.
Indianapolis, IN 46223
317/274-6780

Ohio River RRC
933 Kenosha
Kettering, OH 45429
513/299-7461

Midwest Masters T&F Club
P.O. Box 6147
Rockford, IL 61125
815/332-4743

Wabash River RC
2019 Hall St.
Lafayette, IN 47904
317/742-3426

Victory AC
P.O. Box 6667
Louisville, KY 40206
502/893-6057

Columbus Roadrunners
P.O. Box 15584
Columbus, OH 43215-0584
614/890-1309

Dayton Masters TC
P.O. Box 17706
Dayton, OH 45417
513/837-2754

Manitowoc Area TC
1404 Silver Creek Rd.
Manitowoc, WI 54220
414/684-0912

MID AMERICA

Omaha RC
P.O. Box 31219
SaddleCreek Station
Omaha, NE 68132

Mid-America Masters
P.O. Box 14668
Lenexa, KS 66215

Lawrence TC
P.O. Box 3743 Jayhawk Station
Lawrence, KA 66044

Lincoln TC
2900 John Ave.
Lincoln, NE 68502

Prairie Striders
Box 267
Brookings, SD 57006

St. Louis TC
2885 Hampton Ave., No. 101
St. Louis, MO 63139
314/781-3926
782-3726 (raceline)

St. Louis Metro Masters
536 Windsor Mill Dr.
Ballwin, MO 63011
314/394-4166

Ozark Mountain Ridge Runners
P.O. Box 10067
Springfield, MO 65808-0067
417/881-8884

Santa Fe Striders
P.O. Box 1818
Santa Fe, NM 87504
505/983-2144

Los Viejos T&F Club
728 Loma Vista Dr. NE
Albuquerque, NM 87106
505/265-8234

American RW Association
P.O. Box 18323
Boulder, CO 80308-8323
303/447-0156

SOUTH WEST

Tulsa Running Club
P.O. Box 300
Tulsa, OK 74102

Space City Masters
15106 Chasehill Dr.
Missouri City, TX 77087
713/721-9388

Houston Masters Sports Assoc.
7733 Moline
Houston, TX 77087

West Texas Masters
P.O. Box 1584
Ozona, TX 76943
915/392-3773

King of the Hill TC
48 Chateau Haut Brion
Kenner, LA 70065
504/467-1197

Louisiana Lightning TC
1459 Verna St.
New Orleans, LA 70119
504/486-8066

New Orleans TC, Inc.
P.O. Box 52003
New Orleans, LA 70152-2003
504/482-6682

East Texas T&F Club
3334 S. SW Loop 323, Ste. 128
Tyler, TX 75701
903/561-9511

Beaumont TC
P.O. Box 4112
Beaumont, TX 77704-4112
409/898-1308

Oklahoma City RC
2408 N.W. 112th Terrace
Oklahoma City, OK 73120
405/752-9097

Waterloo T&F Club
4112 Burnet Rd.
Austin, TX 78756
512/458-6010

San Antonio TC
21024 Cedar Br.
Garden Ridge, TX 78266
512/651-5414

Dallas Masters T&F Club
1130 E. Parker Rd., S-203
Plano, TX 75074
214/422-2273

WEST

Island Empire Racewalkers
9847 Cedar Ave. Ste. 18
Bloomington, CA 92316
714/877-3548; 824-2336

Valley Isle RRA
P.O. Box 330099
Kahului, HI 96733
808/242-6042

Los Gatos Athletic Assoc.
P.O. Box 1328
Los Gatos, CA 95031

Seniors TC
P.O. Box 2699
Crestline, CA 92325

San Diego Track Club
P.O. Box 7853
San Diego, CA 92107
619/270-SDTC

Trojan Masters TC
1125 Stimson
La Puente, CA 91744
818/917-6289

San Diego Athletic Assoc.
P.O. Box 829
Del Mar, CA 92014
619/755-3658

West Valley TC
P.O. Box 459
San Carlos, CA 94070

West Valley Joggers & Striders
1124 Kennington Ave.
Sunnyvale, CA 94087
408/246-2651

Golden Gate Race Walkers
106 Sanchez St. #17
San Francisco, CA 94114

Empire Runners
4700 Fougler Dr.
Santa Rosa, CA 95405

No. Calif. Seniors TC
3887 18th St.
San Francisco, CA 94114
415/626-8601

Fresno Joggers
846 N. Harrison
Fresno, CA 93728
209/237-4718

Walkers Club of L.A.
610 Woodward Blvd.
Pasadena, CA 91107
818/792-4573

All-American TC
8307 Joan Lane
West Hills, CA 91304
818/716-7280

Club West
P.O. Box K
Goleta, CA 93116
805/687-6323

Southern Calif. Striders
1483 Westerly Terrace
Los Angeles, CA 90026
213/666-0379

Sierra Racewalkers
P.O. Box 513
Carmichael, CA 95609
916/483-2917

Hawaii Masters TC
P.O. Box 15763
Honolulu, HI 96830-5763

Easy Striders Walking Club
2718 Monogram Ave.
Long Beach, CA 90815
213/429-5739

Pico Rivera Athletic Club
9502 Reichling Lane
Pico Rivera, CA 90660
213/942-8774

Gardena Valley Runners
1345 W. 168th St.
Gardena, CA 90247
213/327-6960

L.A. Valley Athletic Club
15355 Mulholland Drive
Los Angeles, CA 90077
818/784-0496

San Fernando Valley TC
10631 Lindley Ave. #220
Northridge, CA 91326
818/780-7719

So. Calif. Corporate AA
2408 Paseo Noche
Camarillo, CA 93010
805/987-8052(r); 494-2302

Active 5
P.O. Box 7132
Newport Beach, CA 92660
714/831-6473

Elite Health TC
5267 1/2 Village Green
Los Angeles, CA 90016
310/559-9739

High Country RR
c/o Running & Fitness Den
310 Washington St.
Reno, NV 89503
702/329-3443

River City TC
P.O. Box 255131
Sacramento, CA 95865
916/489-7881

Corona del Mar TC
19103 S. Andmark Ave.
Carson, CA 90746
310/638-7125

L.A. Patriots
2301 Hyperion Ave. #P
Los Angeles, CA 90027
213/662-1062

A Running Experience Club
P.O. Box 3209
Long Beach, CA 90803
310/987-2703

Great Strides Honolulu
1521 Punahou St., #1002
Honolulu, HI 96822
808/942-9567

NORTHWEST

Team Alaska TC
2420 Glenwood Dr.
Anchorage, AK 99508
907/279-2773

Southern Oregon Sizzlers
P.O. Box 665
Medford, OR 97501

Portland Masters TC
406 W. 32 St.
Vancouver, WA 98660

Avia RE-TREADS
c/o Gina Blanchette-Cupp
2533 125th Ave. NE
Bellevue, WA 98005
206/885-4372

Bigfoot Masters
Spokane Community College
N. 1810 Greene St. MS-2050
Spokane, WA 99207-5399

Snohomish TC
4261 S. 184th
Seattle, WA 98188

Oregon Track Club Masters
P.O. Box 11364
Eugene, OR 97440

Phidippides Running Club
P.O. Box 2315
Salem, OR 97308
503/399-7057

Anchorage RC
P.O. Box 211923
Anchorage, AK 99521-1923
907/337-8606



RECIPIENTS OF CERTIFICATES AS ALL-AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE

M30-34			
Remo Biagioni	Pentathlon	3029 pts.	8-13-92
Warren S. Taylor	Shot Put	53-0	8-09-92
	Discus	163-7	7-15-92
M35-39			
Bob Thomas	800M	2:03.92	4-05-92
Thomas V. Wilson	Pole Vault	14-6	4-04-92
M40-44			
Robert Bowen	100M	11.21	8-19-92
	200M	22.83	8-19-92
Pat Crandall	Pentathlon	3283 pts.	2-15-92
	110H	16.6	5-03-92
M45-49			
George Mathews	56# Wt.	9.78	4-05-92
	16# Hammer	47.25	5-02-92
	35# Wt.	14.64	4-04-92
Jerry Whitten	Mile RW	7:21.2	10-17-92
M50-54			
Bob Brewer	1500 RW	7:28.7	2-08-92

M55-59			
Dick Glasgow	100M	12.6	9-20-92
	200M	26.53	6-20-92
Phil Mulkey	Hurdles	18.04	7-11-92
	High Jump	5-1 1/2	10-17-92
	Pole Vault	11-0	6-06-92
	Long Jump	17-6 1/2	8-22-92
	Triple Jump	33-2 1/2	2-22-92
	Shot Put	42-10 1/2	10-17-92
	Discus	127-4	6-06-92
	Javelin	120-8	8-22-92
Charles Richard	Long Jump	16-1	9-19-92
	Triple Jump	33-3	6-15-91
	Long Jump	16-1	4-20-92
M60-64			
John C. Copp	High Jump	4-8	9-06-92
	100H	19.6	9-06-92
	100H	18.98	6-13-92
Alan Maxwell	100H	18.98	6-13-92
Kenneth Weinbel	5k Hammer	119-6	6-13-92

M65-69			
F. Hirsimaki	High Jump	4-8	4-04-92
	Pole Vault	8-6	5-02-92
	100H	19.0	6-20-92
	Decathlon	5542 pts.	7-25-92
	56# Wt.	13-5	1-12-92
	Triple Jump	29-9 1/2	2-16-92
	Pentathlon	3170 pts.	9-06-92
	Long Jump	14-2	11-21-92
Don Walsh	300H	58.1	8-01-92
M70-74			
Joe Bergthold	100M	13.70	7-11-92
	200M	28.20	7-11-92
	400M	67.70	7-11-92
Tim Murphy	100M	13.01	7-11-92
	200M	27.56	6-13-92
M80-84			
Harold Hoffmann	1500M	10:50.80	6-28-91
W50-54			
Roslyn Katz	3k Hammer	28.42	8-13-92

U.S. MASTERS ALL AMERICAN STANDARDS OF EXCELLENCE FOR MASTERS RACE WALKERS

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
1500	6:42	6:53	7:03	7:15	7:29	7:45	8:04	8:26	8:49	9:19	11:00	11:45	13:02
Mile	7:12	7:24	7:36	7:49	8:04	8:21	8:41	9:18	9:42	10:30	11:48	12:36	14:03
3000	13:59	14:23	14:46	15:12	15:36	16:12	16:54	18:00	19:00	20:30	23:00	24:36	27:18
2Mile	15:04	15:30	15:54	16:24	16:54	17:30	18:12	19:24	20:27	22:06	24:48	26:30	29:24
5000	23:36	24:13	24:48	25:33	26:24	27:18	28:24	30:24	31:54	34:33	38:42	41:24	45:54
10K	48:38	49:10	50:27	51:54	53:33	55:26	59:06	63:21	66:30	70:09	78:36	84:06	93:18
15K	1:12	1:14	1:16	1:19	1:23	1:27	1:31	1:35	1:40	1:47	1:58	2:10	2:22
20K	1:38	1:40	1:43	1:47	1:52	1:57	2:02	2:09	2:17	2:27	2:40	2:55	3:10
50K	4:30	4:36	5:00	5:09	5:20	5:41	5:53	6:20	6:48	7:12			

A minimum of two judges must be present and the competition must be limited to racewalkers (i.e. no runners)

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0
400	63.5	65.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	96.5	103.3
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48
Mile	5:34	5:44	5:55	6:07	6:26	6:49	7:19	7:46	8:47	9:39	10:45
5000	19:45	20:30	21:20	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.5	79.9	84.4	88.8							
300H					66.0	72.0	79.0	87.0	96.0		
HJ	1.42	1.35	1.27	1.19	1.12	1.07	1.02	.97	.92	.89	.84
	4-8	4-5 1/2	4-2	3-11	3-8	3-6 1/2	3-4 1/2	3-2 1/2	3-0 1/2	2-11	2-9
LJ	5.00	4.60	4.25	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.00
	16-5	15-1	13-11 1/2	12-9 1/2	11-8	10-6	9-4 1/2	8-6 1/2	7-8 1/2	6-11	6-7
TJ	10.00	9.20	8.60	7.80	7.18	6.40	5.70	5.20	4.70	4.20	3.80
	32-10	30-2 1/2	28-2 1/2	25-7 1/2	23-7	21-0	18-8 1/2	17-1	15-5	13-9 1/2	12-5 1/2
Shot	10.30	9.30	8.40	7.70	7.95	7.20	6.50	5.80	5.25	4.70	4.25
	33-9 1/2	30-6 1/2	27-7	25-3 1/2	26-1	23-7 1/2	21-4	19-0 1/2	17-3	15-5	13-11 1/2
Jav	29.50	33.50	27.50	21.50	25.00	19.00	18.00	16.00	15.00	14.00	13.50
	129-7	109-11	93-6	70-6 1/2	82-0	62-4	59-1	52-6	49-2	45-11	44-4
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.5
	98-5	91-2	85-4	78-9	72-2	65-8	59-1	52-6	49-2	45-11	44-4
Hammer	35.0	32.5	30.0	25.0	23.0	22.0	20.0	18.0	14.0	12.0	9.0
	131-3	114-10	98-5	82-0	75-6	72-2	65-8	59-1	45-11	39-5	29-7
20#Wt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75

notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
 2) Short hurdles: 30-39: 33"; 40+: 30"
 3) Shot put: 30-49: 4k; 50+: 3k.
 4) Javelin: 30-49: 600gm; 50+: 400gm.
 5) Hammer: 30-49: 4k; 50+: 3k.
 6) Metric heights and distances are the standard; feet and inches listed for convenience.

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
Mile	4:31	4:35	4:42	4:53	5:07	5:25	5:49	6:14	6:51	7:38	8:42	10:10
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:00	33:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:15	69:30
110H	15.3	16.4	17.75	18.75								
100H					18.0	19.0	20.0	21.3				
80H									18.0	21.0	25.0	30.0
400H	57.6	59.7	62.0	64.4	67.2	70.6						
300H					48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC	10:00	10:20	10:55	11:40	12:30	13:20						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.13	1.02	.92
	6-4 1/2	6-3 3/4	5-9 1/2	5-6	5-2 1/2	4-11	4-7 1/2	4-4	4-1/2	3-8	3-4	3-1
PV	4.40	4.15	3.90	3.60	3.30	3.05	2.80	2.55	2.30	2.05	1.80	1.50
	14-5 1/2	13-7 1/2	12-9 1/2	11-9 1/2	10-10	10-0	9-2 1/2	8-4 1/2	7-6 1/2	6-8 1/2	5-11	4-11
LJ	6.55	6.20	5.85	5.45	5.10	4.75	4.40	4.00	3.65	3.35	3.00	2.65
	21-6	20-4 1/2	19-2 1/2	17-10 1/2	16-9	15-7	14-5 1/2	13-1 1/2	11-11 1/2	11-0	9-10	8-8 1/2
TJ	13.35	12.65	11.90	11.15	10.40	9.65	8.90	8.20	7.50	6.80	6.10	5.50
	43-9 1/2	41-6	39-1/2	36-7	34-1 1/2	31-8	29-2 1/2	26-11	24-7 1/2	22-4	20-1/2	18-1/2
Shot	15.20	14.10	13.00	12.00	12.40	11.20	12.00	10.80	10.00	8.80	7.65	6.50
	49-10 1/2	46-3 1/2	42-8	39-4 1/2	40-8 1/2	36-9	39-4 1/2	35-5 1/2	33-0	28-10 1/2	25-1 1/2	21-4
Discus	44.80	42.60	40.60	38.00	40.00	36.40	40.00	36.80	31.60	26.40	21.40	16.20
	147-0	139-9	133-2	124-8	131-3	119-5	131-3	120-9	103-8	86-7	70-2 1/2	53-2
Hammer	47.24	44.20	41.14	38.10	38.40	36.00	36.00	33.00	29.00	25.00	22.50	18.00
	15											

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. To keep information current, we generally do not publish results more than 4 months old. Results that are typed (maximum 28 spaces/2 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

EAST

Roesch Memorial Meet Buffalo, NY: December 13

55m	
W40 Jo Cross	8.1
M40 A. LaFramboise	7.3
Jim Kelly	7.9
M55 Carlos Vernon	7.5
M60 Ted Swanson	8.0
M65 George La Cava	10.0
M70 Al Palmer	10.4
300m	
W35 Sylvia Kapturowski	58.6
W40 Jo Cross	49.7
M40 Joe Difiore	41.1
M55 Carlos Vernon	48.1
M55 Emie Woodson	50.6
800m	
M35 Gary Raby	2:36
M45 Ted Sauer	2:32.6
M55 Emie Woodson	2:52.2
1600m	
W30 Beth DeCiantis	5:30.5
M30 James Coyle	5:04.7
M35 Gary Raby	5:30.5
55m Hurdles	
M40 A. LaFramboise	10.5
M60 Ted Swanson	10.48
Long Jump	
M40 A. LaFramboise	15-10 1/2
Jim Kelly	14-6 1/2
Shot Put	
W35 Sylvia Kapturowski	19-7 1/2
M30 Gerardo Diaz	39-2
M40 Ronald Lottler	29-1 1/2
A. LaFramboise	27-0
M65 George La Cava	31-0
M70 Al Palmer	27-4
High Jump	
M60 Ted Swanson	4-8
M65 George LaCava	3-1
M70 Al Palmer	3-5

Syracuse Chargers TC Indoor Meet: Syracuse, NY December 20

55m	
M30 Duncan Payne	9.5
M50 Tim Collins	10.3
55m	
M30 Russ Watson	7.2
M35 Mark Caldwell	7.4
M40 Jasper Royal	7.5
Jim Kelly	7.8
M50 Tim Collins	7.9
M65 Howard MacMillan	8.5
W35 Karyn Carrino	9.5
M60 MaryAnn Carrino	11.5
200m	
M30 Russ Watson	25.9
Adam Sheldon	26.9
M45 Paul Stelmaszyk	27.4
M50 Tim Collins	28.1
M65 Howard MacMillan	31.7
W35 Karyn Carrino	34.8
M60 MaryAnn Carrino	44.4
800m	
M30 Brendan Jackson	1:59.7
M35 Mark Caldwell	2:04.8
M40 Tom Carter	1:59.1
Kevin Morrisroe	2:20.7
M45 Dave Ladd	2:22.8
Paul Stelmaszyk	2:23.5
M50 John Allen	2:22.2
M55 Bob Rupert	2:37.0
M60 Wally McRae	2:39.0
W35 Irene Thompson	2:42.9
M40 Barb Blaszak	2:37.8
M45 Nadine Lowenstein	2:54.7
Mile	
M30 Duncan Payne	5:37.4
M40 Tom Carter	4:22.3
Jim Boyle	5:05.0
M45 Dale Ladd	5:22.0
Joe Reynolds	5:31.1
M50 Vince Colgan	5:27.6
M55 Bob Milner	5:27.4
Bob Rupert	5:44.6
M70 Nate White	6:56.5
M40 Barb Blaszak	5:32.7
Glorio Opzomer	6:12.5

Pole Vault	
M40 Kevin Donovan	12-0
M45 Tom Rauscher	13-0
Shot Put	
M30 Dave Talcott	32-5 1/2
M55 Chuck Yost	34-8 1/2

Dartmouth Relays Hanover, NH; January 8

55m	
M60 Richard Wiggins	8.48
M65 Bill Daprano	8.24
George Horner	9.23
M70 Vern Matteson	8.69
Angelo Oliver	10.61
Phil O'Connell	10.77
M75 Robert Mulliken	10.97
W35 Agathe Courteau	8.82
W40 Susan Reynolds	9.50
W45 Phil Raschker	7.84
Pam Duncan	8.72
Marlene Sachs	8.81
W50 Jutta Riegal	9.14
Barbara Stewart	9.48
W60 Liz Szawloski	10.37
W65 Pat Peterson	9.49
200m	
M30 Kevin Gleason	25.62
M35 Dominic St Jean	25.57
Ken Castro	26.05
Seige Prepetit	26.89
M40 Pershing Reid	24.94
Horace Hudson	25.41
John Hoogasian	26.39
M45 Roger Pierce	24.84
R Zimmerman	25.22
Mike Augeri	26.10
M50 Peter Tams	27.15
Bob Chinchillo	28.67
Michel Ricard	33.97
M55 Robert Cloutier	32.04
Dave Hanlon	32.36
M60 Bob Keegan	28.40
Al Crowley	29.56
Ross Mitchell	29.98
M65 Bill Daprano	29.96
George Horner	33.71
M70 Vern Matteson	32.25
W40 Sandy Miller	35.17
Judy Sanditen	36.14
Kathy Nary	38.24
W45 Phil Raschker	AR27.62
Pam Duncan	30.99
Elizabeth Riordan	31.25
W50 Charlene Francis	35.19
W55 Carolyn Cappetta	34.05
W65 Pat Peterson	WR35.08
(Peterson/35.25/'92)	
400m	
M30 Mark Baldani	55.38
Dave Sullivan	58.97
M40 Horace Hudson	54.99
Tom Cunningham	57.86
Jim Kelly	57.86
Clifford Smith	58.49
M45 Joe Kopka	57.32
Alan Taylor	57.98
M50 Bob Chinchillo	60.90
M55 Richard Croak	65.34
M75 Vern Matteson	90.38
W45 Susan Caccuitto	97.73
W65 Pat Peterson	90.74
800m	
M30 Dennis Contois	2:00.72
Jim Presig	2:03.13
Ted Carey	2:15.38
M35 Rick Smith	2:00.43
M40 Mike Sargent	2:08.92
Richard Puckerin	2:11.27
Bruce Bond	2:17.59
M45 John Babington	2:20.80
Jack Wilson	2:24.37
Ivan Frantz	2:32.56
M50 Fred Bertelsen	2:35.40
M55 Richard Croak	2:52.89
M60 Dale Ladd	2:28.81
M65 Archie Messenger	2:39.79
M70 Dan Geer	3:40.31
M75 Vern Matteson	3:32.37
W30 Kim Carlson	2:25.97
Marianne DiMascio	2:51.87
W35 Mary Crouse	2:52.29
W40 Cathy VanLueven	2:38.52
Sandy Miller	3:04.19
W45 Linda Upton	2:36.34
Ann Schmitt	2:37.96
W50 Barbara Pike	2:47.63
W60 Joyce Hals	WR2:56.75
(Laine/3:11.1/'87)	
Liz Szawloski	3:06.08
1500m	
M30 Jim Presig	4:06.04
Dennis Contois	4:06.91
Arthur Demers	4:19.92

M35 Rich Benner	4:05.29
M40 Brad Hurst	4:16.66
Rich Puckerin	4:21.08
Bruce Bond	4:39.17
M80 Francois St Jean	WR5:25.99
(Spangler/7:04.2/'79)	
W30 Kim Carlson	4:59.05
Marianne DiMascio	5:34.93
Jennifer Frost	5:36.99
W35 Debbie Tirrito	5:08.49
W40 Cathy VanLueven	5:25.80
Janet McViney	6:00.27
W45 Elizabeth Riordan	5:24.16
W50 Barbara Pike	5:34.61
Charlene Francis	5:48.34
W60 Joyce Hals	6:07.00
3000m	
M30 Chip Langmaid	9:07.72
Art Demers	9:28.65
Dave Sullivan	9:48.94
M35 John Dowling	9:28.56
Dana Waterman	9:39.21
Brian Collins	10:12.55
M40 Robert Colantuano	9:09.34
Gary Johnson	9:29.81
Randy Waterman	9:47.66
M45 Peter Dane	9:58.52
M50 Larry Jowett	10:35.36
Peter Szawloski	10:37.81
M80 Francois St Jean	WR12:03.33
(Fike/18:20.6y/'88)	
W35 Debbie Tirrito	11:07.77
Anne Ricardelli	11:16.80
5000m	
M30 Terry Wnek	16:13.14
Chip Langmaid	16:29.70
Bob Levoy	16:48.62
M35 David Boyle	17:55.61
M40 Dan Logan	17:07.69
Bill Babcock	17:26.58
Mike DuBois	17:31.74
M45 Ken Houle	16:18.18
Jim Murphy	17:21.17
W30 Carolyn Spangue	19:05.02
Libby Greaney	19:27.19
W40 Jan McViney	21:55.94
Gayle Wilson	21:57.93
W45 Andrea Hatch	22:01.05
Eliz Eldredge	25:52.40
55mH	
M30 Mark Baldani	8.23
M40 Horace Hudson	8.62
John Buckley	10.42
M45 Mike Augeri	9.92
M50 Paul Gansle	9.52
M60 Phil Mulkey	8.70
W30 Wendie Moore	10.78
W35 Agathe Courteau	11.40
W45 Phil Raschker	9.61
W65 Pat Peterson	13.92
M40+ Relay	
Greater Rochester	1:40.24
PTC	1:44.42
Boston RC #1	1:44.95
W40+ Relay	
Boston RC	2:10.86
Club Northeast	2:19.34
High Jump	
M30 John Baer	6-6
Ambroise Courteau	5-6
M35 Chris Polakowski	5-6
Dan St Hilaire	5-4
M40 John Buckley	4-6
M45 William DeHorn	5-4
Alan Taylor	5-0
M50 Paul Gansle	5-2
M60 Phil Mulkey	4-10
Ned Curran	3-4
Bob Mitchell	3-10
W30 Marianne DiMascio	4-4
W45 Phil Raschker	4-6
Pole Vault	
M30 Ambroise Courteau	13-6
Alan Haehnel	10-6
M40 John Hoogasian	12-0
John Buckley	9
M45 Wm De Horn	11-0
M55 Paul Richards	13-0
M70 Bob Morcom	WR10-4
(Morcom/9-11/'92)	
W50 Jutta Riegal	WR 7-0
Barbara Stewart	5-4
Long Jump	
M30 Kevin Gleason	17-5 1/2
M35 Chris Polakowski	17-3
M40 Dana Harrell	17-4
Rav Panek	15-11
Chris Hayden	15-8 1/2
John Hoogasian	15-8
M60 Phil Mulkey	16-4
Jim Stookey	16-0
M65 Bill Daprano	12-0
M70 Vern Matteson	12-2 1/2
W30 Wendie Moore	13-11 1/2
W45 Phil Raschker	16-5 1/2

MAC NYC Dept. Of Youth Services Meet Fordham U.; January 10

55m	
M30 Rockdale Hudson	7.3
M40 Thad Morris	7.1
M50 Allen Watson	7.7
M60 Giorgio Chiavelli	8.2
W40 Lorraine Tucker	7.8
220y	
M30 George Taylor	24.9
Vance Rogers	25.4
M40 William Overby	25.9
Don Hodge	26.1
M50 Cliff Pauling	27.7
M60 John Darrell	29.9
Giorgio Chiavelli	31.4
440y	
M30 Vance Rogers	54.9
Gary Downs	58.0
M40 Don Hodge	56.9
M50 Ed Small	58.8
M60 John Darrell	67.8
880y	
M30 Seth Okrend	2:16.4
M40 Bob Pertak	2:19.1
M50 Cliff Pauling	2:28.2
M60 Tom Talbott	3:03.6
Mile	
M30 Doug Miller	4:54.9
M40 Dan Gonzalez	5:01.4
Bob Pertak	5:03.5
M50 J Aneshansley	5:43.0
Long Jump	
M30 Vance Rogers	17-7 1/2
Rockdale Hudson	17-6 3/4
M60 Giorgio Chiavelli	11-2 3/4
W40 Lorraine Tucker	13-9 1/2
Shot Put	
M30 George Bardis	10.26
M40 Rich Dunphy	11.69
Gary Kastin	11.05
M60 Pay Carstensen	11.60
W50 Anne Cirulnick	9.13
Mile Racewalk	
M50 Bob Barrett	8:35.2
M60 Charles Minna	11:50.6
M70 Charles Jay	11:50.9

MAC USAir Championships Manhattan College, NYC January 15

55m	
M40 Ivan Black	7.3
M50 Cliff Pauling	8.5
M60 John Darrell	8.3
W40 Lorraine Tucker	7.9
W50 Barbara Stewart	9.0
300m	
M40 Mike Billman	44.8
M50 Jim Joule	48.9
M60 John Darrell	47.5
600m	
M30 Seth Okrend	1:36.3
M50 Cliff Pauling	1:41.4
1000m	
M30 Ting Kwok	3:21.6
M40 Dan Gonzalez	3:04.5
M50 John Orr	4:14.1
3000m	
M30 Alex Cuzzo	9:35.8
M40 Dan Gonzalez	9:45.0
High Jump	
M40 Ivan Black	5-0
Long Jump	
W50 Barbara Stewart	11-2 3/4
Triple Jump	
M40 Ivan Black	---
W50 Barbara Stewart	18-7 1/2
Shot Put	
M40 Ed Fox	10.61
M60 John Darrell	7.81
W40 Lorraine Tucker	8.83
W50 Barbara Stewart	7.05

Philadelphia Masters Track Association Swarthmore, PA; January 17

55m Hurdles	
M40 John P. Jones	10.3
M50 Nate Byrd	11.5
M60 George Taylor	12.3
M65 Oscar Harris	12.0
55m Dash	
W30 Pat Dantzier	10.3
M30 Brian Daly	7.3
M35 Phil Consentino	7.0
John Haines	7.4
Jack Mroz	7.5
M40 Karl Castor	7.1
Rick McMullin	7.2
Phil Felton	7.3
John P. Jones	7.3
Ed Laurelli	7.7
M45 Rab Hagin	7.6
Geo. Yankopolus	7.8
M60 Bob Keegan	7.3
George Taylor	9.1
M65 Oscar Harris	8.4
M75 David Hall	8.8
Car Schoener	9.5
M80 Claude Hills	10.1
1 Mile	
W30 Pat Dantzier	8:52.2
W35 Mary Ellen Malloy	5:43.7
M35 Tim Donovan	4:48.6
Tom Yunker	5:27.4
Warren Walker	5:28.2
Larry Balick	5:40.0
W40 Diane McManus	6:54.7
M40 Gary Tompkins	4:39.9
Bruce Albert	4:44.6
Phil Yoder	4:53.7
Bill Kehner	5:01.0
F. Dedrick	5:05.1
Larry Hart	5:17.0
Bob Harmon	5:17.4
Seth Bergmann	5:19.9
John Weber	5:24.0
M45 Bob Weiner	5:00.5
Geo. Sanders	5:25.2
Bill Indek	5:31.7
Joel Dubow	5:34.0
Carl Grossman	5:40.4
M60 Bill Mullin	6:27.6
M70 George Blyn	7:26.0
500m	
M35 John Burke	1:22.0
M40 Bill Krieger	1:15.7
Ben Draper	1:18.3
Gary Tompkins	1:18.5
M60 Jim Sutton	1:22.7
1 Mile Race Walk	
W30 Pat Dantzier	12:10.0
M40 Alan Robinson	8:55.2
M50 Larry Simmons	7:26.8
Joe Stefanowicz	8:48.4
M65 Ed Gavinski	9:12.7
1000m	
M30 Tim Wunsch	9:00.6
M35 Mark Yellin	9:29.8
Larry Balick	11:31.4
M40 Phil Yoder	9:50.0
Bruce Albert	9:55.6
Bill Kehner	10:03.0
Seth Bergmann	10:17.4
Bob Harmon	10:30.7
Larry Hart	10:49.9
Kyle Mecklenborg	12:16.4
M45 Dwayne Wartman	10:57.9
Carl Grossman	11:35.9
Gregg Atsert	12:31.9
200m	
W30 Pat Dantzier	1:13.0
M30 Brian Daly	44.7
M35 Jack Mroz	44.2
John Burke	46.1
M40 Phil Felton	38.7
Greg Florant	39.1
Karl Castor	39.6
Gary Tompkins	43.1
Ben Draper	43.2
M45 Ron Johnson	38.6
Rab Hagin	40.0
M50 Larry Simmons	43.0
M60 Jim Sutton	46.0
M65 Oscar Harris	51.0
800m	
M35 Warren Walker	2:29.1
M40 Diane McManus	3:15.7
M40 Russell Floyd	2:21.0
Jim Yester	2:21.5
M45 Gary Gordon	2:15.8
Bill Indek	2:30.5
Dwayne Wartman	2:31.1
Joel Dubow	2:44.5
M50 Jerry McFadden	2:22.0

Long Jump (in meters)	
M	

Continued from previous page

400 meter FastWalk
W40 Deb Vestal 2:58.78
M55 George LaBelle 2:12.05

Pole Vault
OPEN Blake Johnson 6-0
M40 Philip Johnson 10-0
M55 Joseph Griffin 9-0
W55 Rachel Lyga 5-0

Weight Toss #20
W55 Rachel Lyga 16-7

Shot Put
M40 Jerry Senters 44-8
M40 Timothy Fuehrer 25-5
M50 George LaBelle 34-6
M55 Jerry Anderson 29-6
W55 Rachel Lyga 22-7

Triple Jump
W55 Rachel Lyga 24-2

High Jump
M30 Bill Jahner 5-7
M35 Patrick Boulay 5-5
M50 George LaBelle 4-2
M55 Tom Langenfeld ---
W55 Rachel Lyga 3-8

Long Jump
M30 Bill Jahner 18-3
M40 Jim Dolezel 16-8 1/2
M50 George LaBelle 13-9 1/2
M55 Jim Peterson 14-3
Jerry Anderson 12-9
Joseph Griffin 11-8
W40 Deb Vestal 8-6
W55 Rachel Lyga 12-1

*All-American Performance
Fastest Family Fun Relay
3rd-Jahner, Bill(32) 1:21.03
Jenna(4) Therese(29)
Donna(52)

2nd-Galligan, Steve(45) 1:20.81
Colleen(4)&Alison(13)
Sarah(43) Jackie(11)
1st-PORNOY, Murray(41) 1:17.89
Kathy(40) Michelle(12)
Jackie Holmgren(11)*
Adoption allowed

WEST
Senior Olympics Festival Meet
Tucson, AZ; January 23

50m
M50 Robert Osterhoudt 6.89
M55 Harold Creason 7.17
M60 Gerald Doucet 7.04

M65 Ben Knaub 6.93
M70 Milt Silverstein 6.75
M75 Everett Penrod 9.98
M80 John Mays 7.96
W50 Cynthia Penrod 7.33
W55 Bobbie Peters 6.65
W60 Bonnie Lamm 10.52
W65 Bette Shulkin 9.92
W70 Mazie Nicholson 12.39
W75 Helen Johnson 12.42
W80 Helen Welch 13.77
W85 Rose Monda 12.95

100m
M50 R Osterhoudt 12.48
M55 H Creason 12.71
M60 G Doucet 13.84
M65 Ben Knaub 13.41
M70 Milt Silverstein 13.20
M75 E Penrod 18.20
M80 John Mays 17.50
W50 Cynthia Penrod 16.67
W55 Bobbie Peters 14.91
W60 J Doucet 15.55
W75 Helen Johnson 25.96
W85 Rose Monda 29.24

200m
M50 Andy Almaraz 29.88
M55 Harold Creason 26.48
M60 Charles Rice 29.48
M65 B Knaub 29.31
M70 M Silverstein 29.64
M75 E Penrod 43.73
W55 Bobbie Peters 34.10
W60 Joan Doucet 34.11

400m
M50 Eric Owers 59.74
M55 Sid Joseph 66.29
M60 Royd Shumway 65.23
M65 Robert Maccaa 73.87
M70 Carl Ziemat 94.88
M75 Martin Shilling 2:32.56
W60 Joan Doucet 80.67

1500m
M50 Larry Ettinger 5:36.58
M55 Volker Beer 6:10.16
M60 Frank Patania 5:36.50
M65 Dave Francis 7:15.14
W50 Sue Fletcher 6:11.79

High Jump
M50 Andy Almaraz 4-4
M55 Bob Berfeldt 5-2
M60 Royd Shumway 5-0
M65 Ben Knaub 4-0
M70 Hugh Hackett 3-8
M75 Chas Roloff 3-4
M80 John Mays 3-4
W60 Joan Doucet 3-10

Long Jump
M55 Bob Bergfeldt 15-6
M60 Gerald Doucet 13-8
M65 Ben Knaub 14-2
M70 Hugh Hackett 12-3 1/2
M75 Everett Penrod 9-4
W60 Joan Doucet 10-9 1/2
W65 Adele McCormick 6-10
W85 Rose Monda 3-8 1/2

Shot Put
M50 Duane Thompson 41-1 1/2
M55 Bob Beck 40-4 1/2
M60 Ben Clark 47-4 1/2
M65 Wellesley Goodwin 34-0
M70 Stan Sadofsky 35-8 1/2
M75 Murray Oguss 30-8 1/2
M80 John Mays 28-7 1/2
M85 William Kunter 22-1
W50 Laurie Rothrock 26-10 1/2
W55 Marlene Ramirez 26-11 1/2
W60 Barbara Brandt 20-6
W85 Rose Monda 13-2 1/2

Discus
M50 Robert Osterhoudt 102-0
M55 Ben McGrady 121-4
M60 Ben Clark 129-8
M65 W Goodwin 113-0
M70 Stan Sadofsky nma
W50 Laurie Rothrock 57-0
W55 Marlene Ramirez 58-2
W60 Barbara Brandt 70-5
W65 Adele McCormick 56-1
W70 Rene Roloff 47-1

Javelin
M50 Bufo Morrison 112-11
M55 Jim Rothrock 137-1
M60 John MacPherson 104-1
M65 W Goodwin 87-8
M70 Hugh Hackett 95-0
M75 Charles Roloff 69-4
W50 Pat Butcho 26-7
W60 Barbara Brandt 77-1
W65 Adele McCormick 62-2
W70 Renee Roloff 62-2

1500m Trackwalk
M55 David Blank 11:13
M60 Donald Thurber 9:26
M65 Wellesley Goodwin 9:55
M70 John Carroll 9:26
W50 Maggie Dembowski 12:02
W55 Johanna Smit 12:17
W60 Pam Chick 13:15

NORTHWEST
Seattle Masters AC Results
January Meets

25# Weight
M45 George Mathews 17.27
M65 Ken Weinbel 10.98
M70 Jim Minah 9.53
M80 Leon Joslin 7.64

35# Weight
M45 George Mathews 13.74
M65 Ken Weinbel 8.91
M70 Jim Minah 6.72
M35 Bill Galler 7.21
M80 Leon Joslin 80 4.81
(U.S. single-age record)

56# Weight
M45 George Mathews 9.13
M65 Ken Weinbel 5.79
M70 Jim Minah 3.73
M80 Leon Joslin 3.33

Eugene Indoor Meet
Eugene, OR; January 30

50m
M30 Lendy Raney 6.32
M35 Randy Kruse 6.33
M40 Ron Stutzman 6.39
M45 Dave Haverstock 7.41
M50 Joe Johnson 6.65
Bumper Emerson 6.81
Dennis Glasgow 7.00
Al Phillips 7.06
M55 Hugh Barnhill 6.92
Jim Schlewitz 7.48
M60 Alan Maxwell 7.85
M70 Cameron Hutcheson 9.05
W35 Debi Gurzi 8.26

100m
M30 Lendy Raney 41.4
M35 James Gregory 41.6
M40 Bruce Lang 43.0
M45 Fred Pietrzak 44.3
Joe Cavan 45.5
Dave Haverstock 45.7
M50 Joe Johnson 50.2
Bumper Emerson 43.2
Dennis Glasgow 45.8
M55 Jim Schlewitz 50.2
Fred Brandenfels 50.3
M70 Cameron Hutcheson 65.7
W35 Debi Gurzi 56.5

300m
M30 Lendy Raney 41.4
M35 James Gregory 41.6
M40 Bruce Lang 43.0
M45 Fred Pietrzak 44.3
Joe Cavan 45.5
Dave Haverstock 45.7
M50 Joe Johnson 50.2
Bumper Emerson 43.2
Dennis Glasgow 45.8
M55 Jim Schlewitz 50.2
Fred Brandenfels 50.3
M70 Cameron Hutcheson 65.7
W35 Debi Gurzi 56.5

600m
M45 Gary Rust 1:33.4
Fred Pietrzak 1:43.4
Jim Archer 1:43.8

1000m
M30 Steve Grube 2:58.0
M35 Stan Goodell 2:52.1
M40 Gary Thompson 3:18.9
M45 Eric Zemper 3:09.7

1500m
M30 Kevin MacDermott 4:32.8
Steve Grube 5:02.8
M45 Fred Pietrzak 5:07.6
Doug Madsen 5:20.9

M55 Ken Ogden 5:13.4
3000m
M45 Doug Madsen 11:05
M55 Ken Ogden 11:04
W45 Kay Krantz 14:12.0

50mH
M50 Al Phillips 8.36
M60 Alan Maxwell 9.38

High Jump
M35 Bill McKinney 5-10 1/2
M40 Tim Shelley 4-7 1/2
M45 Frank Lulich 5-4 1/2
Ken Underdahl 4-10 1/2
Chuck Chapin 4-7 1/2
M50 Al Phillips 5-3
Joe Johnson 4-10 1/2
M55 Fred Brandenfels 4-6
Jerry Newcomb 4-6
M60 Harvey Lewellen 4-7 1/2

Pole Vault
M30 Dan Umenhofer 15-0
M35 Dan West 14-6
Jim Lewellen 10-6
M40 Jerry Cash 14-0
M45 Ken Underdahl 9-6
M50 Larry Holmes 12-0

M55 Fred Brandenfels 9-0
M60 Harvey Lewellen 9-0

Long Jump
M35 Mike Larizia 20-9
Randy Kruse 20-1
M50 Al Phillips 17-10
Bumper Emerson 13-2 3/4
M55 Hugh Barnhill 15-1
Jerry Newcomb 13-4
M60 Harvey Lewellen 13-8
Alan Maxwell 12-3 1/2
M70 Cameron Hutcheson 8-2 1/2

Triple Jump
M30 Gary Lacey 43-5 1/2
M35 Mike Larizia 43-5
M40 Wing Man 32-3 1/2
M45 Ken Underdahl 30-6 1/2

Shot Put
M30 Mike Axtell 33-7
M45 Chuck Chapin 45-0
M60 Harvey Lewellen 34-11
M70 Cameron Hutcheson 30-1
W70 Melanie Reske 20-1

1500m Racewalk
M30 Steve Renard 6:27.5
M50 Bob Brewer 7:40.4

LONG DISTANCE RESULTS
Please send results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. To keep information current, we generally do not publish results more than 4 months old. Results that are typed (maximum 28 spaces/2 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

NATIONAL

National Masters 25K Championships
San Diego, CA; November 14

Overall
Hector Lopez 25 1:23:40
Marina Jones 40 1:43:54
M40 Ron Gee 1:26:43
Sam Hajj 1:32:15
Leonard Aguilar 1:32:26
David Nieman 1:33:12
Andy Mackay 1:36:22
Jose Alvarado 1:37:48
Donald Ocana 1:38:19
Richard Saltzman 1:39:36
Glenn Nakano 1:39:58
Salvador Gonzales 1:41:53
Jim Pool 1:41:59
Phil Camp 1:27:13
Peter Stern 1:30:53
Juan Cabeza 1:34:21
Dennis Kasischke 1:35:13
Ron Ogilvie 1:36:30
Ron Jensen 1:36:53
Hal Goforth 1:37:29
Dan Ashimine 1:39:43
Dick Nordquest 1:42:18
Gary Novak 1:43:42
Ken Moody 1:44:41

M50 Catarino Gonzales 1:34:55
Don Shanahan 1:39:09
Francisco Saiz 1:41:08
Ilans Dieben 1:43:22
Chuck McClung 1:43:49
M55 Sonny Monioz 1:41:14
Jerry Albert 1:42:44
Bill Crum 1:43:27
Andre Tocco 1:43:03
M60 Patrick Devine 1:47:37
Albert Nobuto 1:57:19
Dick Robinson 1:59:11
M65 Luis Ojeda 2:10:47
Ted Horner 2:22:16
M70 Bill Dietrich 2:41:20
M75 Wayne Zook 2:12:43
Dudley Healy 2:13:18
Eddie Lewin 2:15:06
W40 Marina Jones 1:43:54
Merle Heimberg 1:46:13
Robin Paine 1:50:09
W45 Wendy Watson 1:52:25
Jeannette Fonseca 2:08:36
Judy Bryce 2:10:20
W50 Eileen Pue 1:53:04
Gillian Ackland 2:20:18
Jane Fraser 2:35:17
W55 Dixie Madsen 2:19:31
W60 Ruth Anderson 2:22:53
W65 Mary Storey 2:20:59
W70 Gerry Davidson 2:31:55

AGE FACTORED RESULTS

NAME AGE GROSS TIME ADJUSTED TIME
1. Phil Camp 45 1:27:13 1:19:36
2. Ron Gee 41 1:26:43 1:21:16
3. Peter Stern 47 1:30:53 1:21:49
4. Patrick Devine 64 1:47:37 1:22:56
5. Catarino Gonzales 50 1:34:55 1:23:34
6. Hector Lopez 25 1:23:40 1:23:40
7. Jim Cairns 28 1:24:06 1:24:06
8. Juan Cabeza 48 1:34:21 1:24:20
9. Sonny Monioz 56 1:41:14 1:24:40
10. Bill Crum 57 1:43:27 1:25:41
11. Francisco Saiz 54 1:41:08 1:26:09
12. Andre Tocco 57 1:44:03 1:26:11
13. Sam Hajj 41 1:32:15 1:26:27
14. Sam Hajj 78 2:13:18 1:26:35
15. Dudley Healy 55 1:42:44 1:26:44
16. Jerry Albert 42 1:33:12 1:26:47
17. Ron Ogilvie 47 1:36:30 1:26:53
18. Eileen Pue 52 1:53:04 1:26:54
19. Hal Goforth 48 1:37:29 1:27:08

TAC/USA (USATF) National Masters 8K Cross-Country Championships
Boston, MA; November 21

M40
1 Charles McMullen NY 24:15
2 Dave Reinhardt MA 24:45
3 Mike Gaige ME 24:46
4 Bob McCusker CT 24:59
5 Swag Hartel KY 25:12
6 Bob Lafend MA 25:23
7 Tom Carroll MA 25:27
8 Philip Riley MA 25:32
9 Brian Kivlan NY 25:36
10 Jerry Learned MA 25:40

M45
1 Laurence Olsen MA 24:41
2 Albin Swenson CT 24:47
3 Sumner Brown MA 25:09
4 Harold Nolan NJ 25:20
5 Stoddard Melhado MA 25:37
6 Don Coffman KY 25:47
7 Bob Ollrich KY 25:50
8 Keith Meiklerid KY 25:58
9 Bill Pape NJ 26:02
10 James Mattingly NY 26:03

M50
1 Chuck Keating MA 29:23
2 Kirk Randall MA 29:46
3 Mooney Colman NY 30:18
4 Bob Reagan MA 30:23
5 Harold Hatch MA 30:26

M55
1 Ken Mueller MA 29:36
2 Sam Graceffo NY 30:20
3 Tony DeFeo MA 30:47
4 Bill Spencer NH 31:04
5 Daniel Cohen NY 31:52

M60
1 Joe Fernandez MA 30:32
2 Bill Fortune NY 32:22
3 Kenneth Jones NY 33:18
4 John Kirk MA 33:45
5 Herbert Waters Jr MA 35:47

M65
1 Bill McCaffrey NH 33:03
2 Lee Delanger MA 34:59
3 John McManus NY 35:05
4 Sid Toabe MA 36:04
5 Jack Haar NY 36:29

M70
1 Ed Buckley NY 37:21
2 Bill Tribou CT 37:24

M80
1 Robert Boal NC 54:01

W40
1 Rebecca Stockdale-Wooll CT 31:07
2 Janet Maguire MA 32:06
3 Sally Sundborg MA 32:14
4 Carol Weeks ME 33:36
5 Linda McLane MA 33:37

W45
1 Robin Emery-Rappa MA 32:26
2 Mary Ryzek MA 33:10
3 Margot Remington Oman MA 34:13
4 Elizabeth Riordan MA 34:33
5 Mardi Reed MA 36:50

W50
1 Nancy Frisillo NY 33:09
2 Madeline Bost NJ 34:43
3 Carrie Parsi MA 34:56
4 Charlene Francis MA 35:41
5 Barbara Pike MA 36:25

W55
1 Carolyn Cappetta MA 35:24
2 Tami Graf MD 38:17
3 Mary Harada MA 40:55

W60
1 Joyce Hals MA 37:56

W65
1 Mary Norckauer LA 47:31

Team:
M40-49
1 Central Mass Str 2:07:34
(Reinhart/LaFend/Learned/Nagatha/Rucki)
2 Greater Lowell RR 2:08:36
3 Victory AC 2:08:54
4 Shore AC 2:09:49
5 Tri-Valley Forerun 2:10:14

M50-59
1 Boston RC 2:32:30
(Keating/Randall/Hatch/Gautreau/Rearick)
2 Syracuse Chargers 2:38:36
3 Hartford TC 2:39:22

M60+
1 Millrose AA 1:40:45
(Fortune/Jones/McManus)
2 Greater New Bedford 1:41:18

W40+
1 Liberty AC 1:38:17
(Sundborg/Emery-Rappa/McLane)
2 Central Mass Str 1:39:45
3 Run To Win Maine 1:44:23

USATF National Masters 24-Hour Championships
Sacramento, CA
December 30-31

Overall Miles
Iouri Esperson RUS 142.00
Randy Bronka 40 MT 138.29
M40 Roy Pirrung 124.00
Bill Schultz 114.14
Robin Fry 110.00
M50 David Kim 110.50
Jim Barnes 106.39
Bob Longwell 104.23
M60 Glen Zirbel 90.00
W40 R Bronka 138.29
Jan Levett 116.00
Debra Moore 115.37
W45 Barbara Miller 97.16
W50 Eldrith Gosney 102.31
W60 Ruth Anderson 77.00
(Also the open championships)

USATF National Masters 24-Hour Championships
Sandy, OR; February 6

M40
Herman Atkins STC 16:00
Paul Zitzelsberger ORM 16:34
Robert Ray NP 16:45
Erkki Ojala NP 16:50
Gene Solomon ORM 17:02
Henry Nash STC 17:04
Philip Welch STC 17:12
Allen Boyce ORM 17:22
Barry Jahn ORM 17:26
Jim Price EXC 17:27

Mike Allison STC 17:28
James McGill STC 17:37
Doward Miller UNA 17:49
Phil Chapman UNA 17:53
Bernard Rate UNA 17:56
Matt Henderson UNA 18:01
Jim Hiebert PTC 18:15
Don Frazier STC 18:26
Red Fisher UNA 19:21
Brian Peterman UNA 19:57

M45
Alan Beck ORM 17:17
Herve Pastre ORM 17:52
Steven Ferraz NIK 18:12
Garry Kryszak NIP 18:30
Mike Tyler UNA 18:43
Mark Petersen UNA 21:31
Jim Peterson TRR 23:38

M50
Roy Reisinger STC 18:22
Warren Finke UNA 18:31
Tim Joslin Sr UNA 18:43
Mike Donoghue UNA 19:12
Ronald Hebert UNA 19:58

George Brandrath UNA 20:34
Mickey Beary UNA 20:46
John Spence UNA 23:19
James Dunlop Sr BB 23:53

M55
David Pitkethly STC 19:16
Derek Mahaffey STC 19:43
Bill Iffring STC 19:45
Ken Ogden PFM 20:01
Albert Huff STC 21:34
Bob Langenbach STC 22:51
Courtney Jones UNA 25:09
M60-69 No entrants

M70
Joseph Mallon OR 27:18

W40
Laura Caldwell OR 19:19

W45
Kate O'Neill STC 20:40

W50
Judy Groombridge STC 22:05
Ricki Vadset STC 24:22

W55
Christine Curtis STC 22:48
Suzi MacLeod OR 26:10
Nancy Peterson STC 27:41

Teams
M40-49 Snohomish TC 1:25:21
ORRC Masters 1:25:41
M50-59 Snohomish TC 1:38:40
W50+ Snohomish TC 1:09:15
STC-Snohomish Track Club
ORM-Oregon RRC Masters
NP-Nike Portland
EXC-Excelsior
PTC-Portland Track Club
NIK-Nike
TRR-Three Rivers RR
BB-Buffalo Bruins NY

EAST
NYRR Super Bowl 5K
Central Park; December 31

Overall
Andy Whitney 15:30
Diane Kee 18:37
M40 Nick Caswell 16:47
Keith Sullivan 17:18
Ernesto Ayalas 17:39
M45 Ed Barry 19:05
Kevin Lowry 19:12
Julio Aguirre 19:22

M50 Maury Dean 17:24
Sam Skinner 18:07
Tom Moore 18:53
M55 Gene Garbine 19:54
George Hirsch 20:12
George Reilly 20:34
M60 Joe Burns 20:32
Hans Hunsicher 20:58
Rudolf Benoit 21:15

M65 John McManus 20:46
George Thompson 21:19
M70 Bill Coyne 23:16
Tom Gibbons 25:29
M75 Charlie Feldman 27:47
Willie Rios 28:21
M85+Max Popper 89 41:39
W40 Jacqueline Seltzer 21:20
Elsa Gonzalez 21:44
Christy Summerson 22:40
W45 Laurie Baker 21:32
Laura Flores 22:28
Bonnie Dieterich 23:45
W50 Anna Thornhill 20:03
Joan Bondell 23:55
Marilyn Stephens 26:54
W55 Gudrun Phillips 21:59
May Chou 24:03

M60 D Finkelstein 28:06
Bertha Macgruder 32:10
W65 Jozi Neulinger 34:20
Marcella Tobins 35:03
W70 Althea Jureidini 37:56
Finishers: 1400
Weather: 37°/wSW12-18mph/clr

Kelley's Pace Frostdite 5 Mile
Mystic, CT; January 17

Overall
Dave Raunig 25:33
Carla Thompson 29:48
M40 Dennis Crowe 27:32
Tim Smith 27:44
John Lamattina 29:15
M50 Danny Klein 29:28
Ted Phillips 32:50
John Thomas 33:34
M60 Dana Sumner 33:28
Carl Hammen 38:52
Bill Aublitz 42:50
W40 Virginia Ereshena 38:16
Melanie Seaman 40:16
W50 Shirley Iselin 40:54
from C Hammen

Continued on next page



Continued from previous page

NYRR Central Park 20K
January 17

Overall	
Idris Mohamed 31	1:04:36
Jean Chodnicki 33	1:16:42
M40 Richard Shaver	1:12:13
Nicholas Caswell	1:12:44
Robert Briglio	1:13:28
M45 Edgar Sandoval	1:14:17
Hector Vargas	1:14:27
M50 Luis Flores	1:20:50
Benny Kim	1:21:57
M55 George Reilly	1:28:31
Philmore Brewer	1:28:40
M60 Joseph Burns	1:27:01
M65 George Thompson	1:38:39
M70 William Coyne	1:43:31
M75+Chas Feldman 77	2:01:26
Wilfredo Rios 76	2:06:51
W40 Pamela Cook	1:30:23
Barbara Peabody	1:45:10
W45 Ann Davies	1:24:52
Cheryl Ralya	1:25:36
W50 Anna Thornhill	1:25:04
W55 Lisa Praskins	1:30:59
W60 Cassie Bazar	1:58:35
W65 Janine Maltas	1:55:52
Finishers: 580m/171w	
Weather: 32°/h63w/6wmpm/sun	

NYRR Northwind 10K
Central Park; January 24

Overall	
Don DiDonato 35	31:29
Katherine Damon 31	40:25
M40 Lawrence Torella	33:31
Richard Shaver	34:48
Ahmed Mead	37:51
M45 Radames Acosta	37:06
Robert Hansen	38:35
Ed Barry	39:12
M50 Maury Dean	36:11
Sam Skinner	37:57
Pat Cosgrove	38:00
M55 George Hirsch	40:32
Phil Brewer	42:02
George Reilly	42:34
M60 Bill Fortune	40:26
Joe Burns	41:55
M65 John McManus	43:31
Jack Haar	44:03
John Corrigan	44:22
M70 Bill Coyne	47:52
Al Goldstein	51:53
Tom Gibbons	53:22
M75+Wilfredo Rios 76	57:59
Chas Feldman 77	58:28
W40 Amy Bahrt	43:20
Diane Hawkins	44:27
Elsa Gonzalez	44:42
W45 Laurie Baker	44:31
Flora Flores	45:55
Marilyn Gambardella	46:24
W50 Anna Thornhill	40:44
Harriet Oster	47:46
W55 May Chou	50:59
Margaret Carinci	51:06
Martha Chacon	51:33
W60 Toshiko d'Elia	50:40
Bunny Franco	52:48
W65 Amy Asch	92:41
W70+Queenie Thompson	706:7:11
Finishers: 904m/364w	
Weather: 47°/h65w/4w5mp	

SOUTHEAST

Jungle Jog 5K
Miami; January 10

Overall	
Dan Steiner 26	16:27
Karen Machary 44	18:48
M40 Francisco Rojas	17:38
Wm Shisler	19:17
Fred Burgess	19:51
M45 David Bowden	16:58
Dan Healy	17:24
M50 Al Echeverria	18:29
Matt Cucchiara	19:36
M55 Dn Magyari	18:40
M60 Jim Higgins	21:03
M65+Joel Matos 66	21:50
Ronald Storm 70	23:53
W40 Karen Machary 44	18:48
Anke Stimpson	23:24
W45 Ann Makoske	21:04
BettyLou Murphy	21:26
W50 Mimi Oliveira	23:12
W55 Harriette Hopkins	27:11
W60 Sylvia Weiner	23:57
--5K Racewalk--	
Overall	
Stanford Blake 44	28:49
JuneMarie Provost 59	29:58
M40 S Blake	28:49
M50 Jorge Contreras 50	37:50
M60+Robert Fine 61	28:52
W40 Alice Burch 40	38:22
W50 J Provost	29:58
W60+Shoshannah Raab 62	44:54

MID-AMERICA

Deaconess 5K
St. Louis, MO; November 22

Overall	
Jeff Williams 28	15:49
Brigid Freyne 22	18:39
M40 Dan Sebben 41	17:18
M45 Mike Toolen	18:01
M50 Tony Murray	18:33
M55 Tom Hower	20:10
M60 Leon Fennell	18:31
M65 Joe Bozarth	22:21
M70+Bill Schmitt 70	23:15
W40 Nancy Corbin	22:49
W45 Carol Bellora	20:47
W50 Jan Salvaggio	26:04
W55 Helga McLane	26:28
W60 Mary Specking	25:22
W65+Polly McCarthy 69	35:13

SOUTHWEST

28th Annual Mardi Gras Marathon
New Orleans, LA; January 16

Marathon Overall	
David Mullan	2:33:31
Cheryl Boessow	2:56:42
Masters Overall	
Bob Hermes	2:53:16
Lisa Lajoie-Lynn	3:42:39
M40-44	
Sheldon Skirten	2:58:06
Mark Marley	3:05:11
Paul Meyers	3:07:08
M45-49	
David Sears	3:11:42
Larry Schlueter	3:12:29
Bill Vislay	3:14:12
M50-54	
Robert Bowker	2:58:43
Frank Fradella	3:14:03
M55-59	
Malcolm Gillis	3:00:08
Marion Matchett	3:23:40
M60-64	
Richard Gonzales	4:21:23
M65+	
Mark Miller, 73	4:53:17
Ed Burnham, 73	4:55:39
M40-44	
Mary Briner	3:55:19
Patricia Post	4:00:48
Karen Sher	4:06:29
M45-49	
Gail Brown	4:12:02
Susan Carey	4:38:38
M50-54	
Mary Easley	4:20:06
Racewalkers	
Joseph Citron	5:13:09

Mardi Gras Half-Marathon
New Orleans, LA; January 16

Overall	
James Garvey	1:10:45
Jenni Peters	1:20:03
Masters Overall	
Dr. Pat Hambrick	1:14:22
Yvonne Lee	1:36:04
M40-44	
Don Rowland	1:17:03
Mike Diorka	1:18:46
Anthony Wayne	1:19:00
M45-49	
Lionel Augustin	1:27:00
Al Hotard	1:29:44
Dickie Prejeant	1:30:05
M50-54	
John Krause	1:34:16
Les Dauterive	1:36:07
M55-59	
Larry Fuselier	1:31:55
J. Will Baker	1:42:58
M60+	
Jim Wooten	1:46:13
Bill Cohen	1:48:10
M40-44	
Rosemary Siegel	1:36:05
Jane Vadas	1:55:38
Martha Jasperson	1:57:00
M45-49	
Nancy Holmquist	1:50:20
Tillie Clark	1:51:05

M50+	
Donnie Mollett	1:43:21
Elis. Van Battum	1:52:42
Racewalkers	
Elliott Taub	1:52:26
Ed Whiteman	1:52:52
Norman Frable	2:08:44
Kathy Frable	2:17:00
Michele Rodgers	2:23:10
Lisa Pitre	2:24:08

Mardi Gras 5K
New Orleans, LA; January 16

Overall	
Mark Gilmore	15:15
Pam Williams	18:06
Masters Overall	
Junius Nixon	16:58
Rachel Barbee	19:15
M40-44	
Yassine Belaabed	17:02
Ed Melnik	18:21
M45-49	
Juan Perez	17:27
Joseph Baron	19:50
M50-54	
Ed Strong	20:13
Lou Moyer	21:18
M55-59	
Gholam Peyman	19:19
Mike McAdam	21:12
M60+	
Eddie LeRouge	20:59
Paul Hebert	22:17
M40-44	
Carolyn Weigand	24:38
Terry Shaw	26:04
M45-49	
Juanthia Picou	23:50
Brenda Hopkins	27:18
M50-54	
Francis Ard	20:31
Linda Ohmstede	22:55
M55-59	
Patricia Johnson	32:32
Jo Ann Mumme	38:04
M60+	
Betty McNeely	26:53
Connie Butler	35:38
Racewalkers	
Vince Salito	32:35
Oliver Dailey	33:01
Eddie Gautreaux	34:57
Becky Comeaux	31:52
Bonnie McAfee	31:57
Karren Kloiber	34:28

Houston-Tenneco Marathon
Houston, TX; January 24

M40 Leonid Mosseyev	2:29:37
John DiCarlo	2:38:50
Peter Dunn	2:44:48
Rich Pennington	2:45:54
John Barnes	2:48:42
Robert Liebhauser	2:48:50
Frank Mihlou	2:49:31
Mike Davenport	2:50:12
Ron Woods	2:50:40
Jesus De la Cruz	2:51:14
M45 Dennis Williams	2:44:18
Angel Nunez	2:51:58
Ty Schmalz	2:52:17
Jim Boughter	2:54:49
Larry Owens	2:55:43
Tom Newman	2:56:31
Bill Sharp	2:57:26
Dean Denman	2:57:49
A Dominguez	2:58:44
Carlo Concha	2:58:47
M50 Charlie Viers	2:54:34
M55 Joannis Zorzos	3:04:24
Derek Huckson	3:13:35
Earl Weidner	3:13:53
Carlos Saucedo	3:21:04
Samuel Idrigo	3:21:22
Charlie Blalack	3:23:34
M60 Robert Ellis	3:04:27
Orville Kremmer	3:15:21
Bob Scott	3:23:53
Larry Engel	3:29:48
M65 Robert Fay	3:34:10
Dick O'Connor	3:43:57
Beacham Toler	3:51:36
M70 Ron Harrison	3:56:42
Gene Askew	4:29:35
W40 Irina Bondarchuk	2:49:47
Debbie Peebles	3:10:53
Jeannie Rice	3:17:21
Doris Wehr	3:18:16
Jo Stonecipher	3:18:25
Janet Gerber	3:24:48
W45 Nancy Prejean	3:07:14
MarilynMcNaughton	3:27:27
Dorothy Smith	3:27:33
Shirley Archer	3:36:12
W50 Jo Ann Flandaca	3:44:17
Kay Batchelor	3:47:52
Cecilia Caballero	3:49:49
W55 Joyce Gaskin	3:24:55
Agnes Courtney	4:04:22
W60 Thelma Willson	3:55:45
W65 Jan Richards	4:17:45

Paramount 10K
Paramount, CA; January 16

WORLD MASTERS DIVISION:	
M40 Nolan Smith	32:06
Ron Gee	32:50
Barry Molony	32:53
Barry Schaeffer	33:34
M45 Ron Jensen	34:48
Juan Cabeza	35:29
Michael Eck	35:47
M50 Catarino Gonzalez	34:15
Richard Greene	36:53
M55 John Brennan	36:27
M60 Norman Green	35:23
Albert Nobato	41:18
Gunnar Linde	41:32
M65 Milo Sather	45:57
M70 Tom Edwards	45:24
M75 Eddie Lewin	48:36
George Finkelstein	56:57
M80 Chick Dahlsten	nta
M90+Paul Spangler	100:21
W40 Lou Coker	38:49
W50 Yvette LaVigne	42:21
W55 Jeanne Hoagland	45:28
W65 Mary Storey	51:14
OPEN DIVISION:	
Overall	
Jesus Gutierrez	30:47
Michele Hopper	36:23
M40 Bob Becker	33:12
Donald Ocana	35:30
Jesus Figueroa	35:52
Glenn Nakaro	37:39
Leroy Anderson	38:00
M45 Terry Martin	36:17
Steve Notaro	39:00
Joe Marchant	39:13
Bill Theriault	39:20
Bill DeMocci	40:29
M50 Lee Baca	37:43
Greg Kelly	37:54
Pat Wicken	39:33
Simon Rubin	39:41
Robert Weinman	40:31
M55 John Rudberg	39:23
Bruce Lin	40:00
Leroy Kim	40:18
Booker Washington	40:30
Arnie Way	41:20
M60 Russel Peltz	45:35
Bob Vitale	45:46
Ignacio Masical	47:05
M65 Jack Green	49:10
Luis Marroquin	49:15
Bruce Odo	49:32
M70+Bill Dietrich	55:49
Ed Horning	56:17
Fred Shanley	60:34
W40 Sheri Hall	37:03
Merle Heimberg	40:22
Claudia Morales	44:35
W45 Ruth Ziony	70:41
W50 Liz Morton	51:22
Judy Stevens	59:00
W55 Mickie Perry	50:52
Delores Vega	58:51
W60 Pinkie Fisher	53:29

WEST

Senior Olympics Festival
5K/10K
Tucson, AZ; January 24

--5K--	
1 Don Branaman	54 20:26
2 Larry Ettinger	50 20:41
3 Frank Patania	61 20:43
4 Tom Wiper	54 21:07
5 Art Wright	51 22:21
12 Bob Martin	72 25:46
1W Sue Fletcher	51 23:47
2W Dessie Casey	53 26:59
3W Sue Smith	51 32:20
5W Dorothy Uloth	63 37:39
7W Lola Brown	72 42:39
--10K--	
1 Larry Ettinger	50 41:28
2 Don Branaman	54 41:53
3 Mitch Tillotson	56 44:14
4 Art Wright	51 45:17
5 Ole Veseth	62 46:08
9 Bob Martin	72 53:06
1W Sue Fletcher	51 46:50
2W Dessie Casey	53 55:32

Las Vegas Marathon
February 6

Overall	
Doug Kurtis	40 2:18:55
Kathy Smith	26 2:41:19
M40	
Doug Kurtis	MI 2:18:55
Luis Lopez	PR 2:19:38
Domingo Tibaduiza	NV 2:19:57
Tom Birnie	NZL 2:20:44
Artemio Navarro	MEX 2:22:00
Jose Luis Rubio	MEX 2:23:00
M45	
Karen Blackford	MI 2:49:36
Candy Dodge	CA 2:53:28
Sherri Hall	CA 2:54:08
Marina Jones	CA 2:57:58
Patricia Fenelli	CA 2:58:16
M65	
Bob Schlaw	SC 2:39:36
M75	
Jane Hutchison	MO 2:55:09
Laurie Murray	ALB 3:03:52

Las Vegas Half-Marathon
February 6

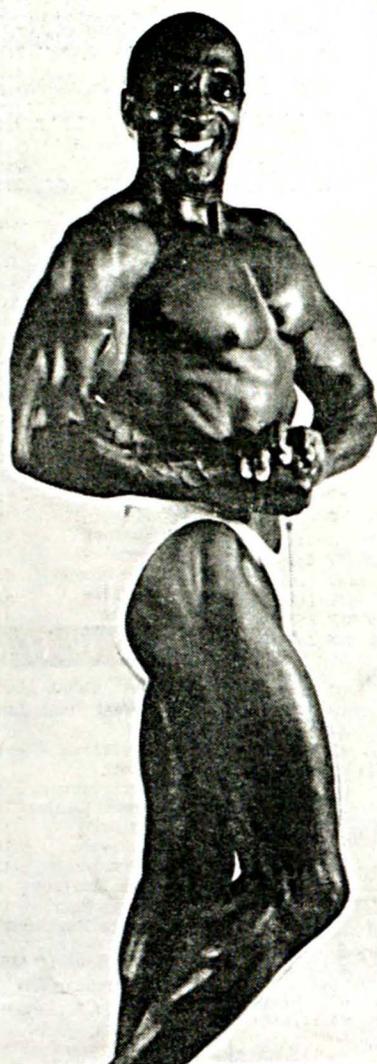
Overall	
Bo Reed	AZ 1:02:18
Lisa Weidenbach	WA 1:11:44
M40+	
Chuck Smead	CO 1:07:37
Rick Reimer	CO 1:10:29
Bob Becker	CA 1:10:41
Stephen Lester	UT 1:10:47
Larry Ingram	CO 1:11:49
M40+	
Carol McLatchie	TX 1:14:49
Suzanne Ray	AK 1:15:57
Loi Coker	CA 1:25:57
Yvette LaVigne	CA 1:30:15
Marcy Gilles	MN 1:30:18
-- from Everett Chase	

INTERNATIONAL

South Africa Masters
Marathon Championships
Cape Town; December 19

M40 J Diener	2:51:29
O Olivier	2:55:48
K De Wet	2:56:03
I McDonald	2:56:48
K Van Niekerk	3:11:16
M45 A Searle	3:03:42
J Morris	3:07:52
D Brown	3:13:51
K Duveen	3:15:44
D Underwood	3:15:47
M50 R Hugo	2:58:04
G Burdzik	3:15:16
M Boyes	3:16:18
M55 C Matthews	3:09:46
P Botha	3:13:57
J Adams	3:19:29
M60 H Malle-Veale	4:16:25
M Korolyi	4:22:36
H VanDer Merve	4:48:10</

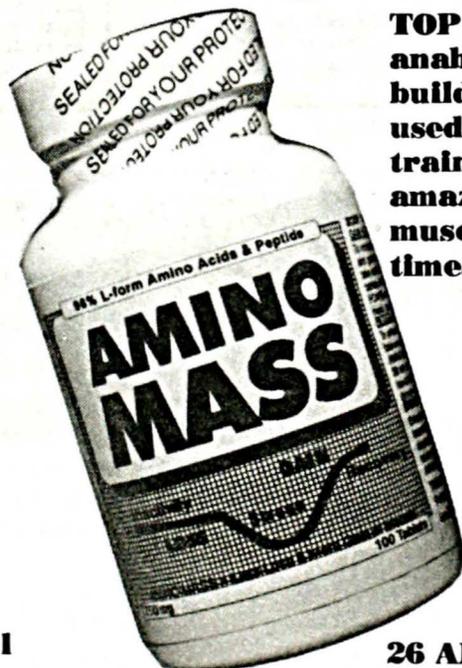
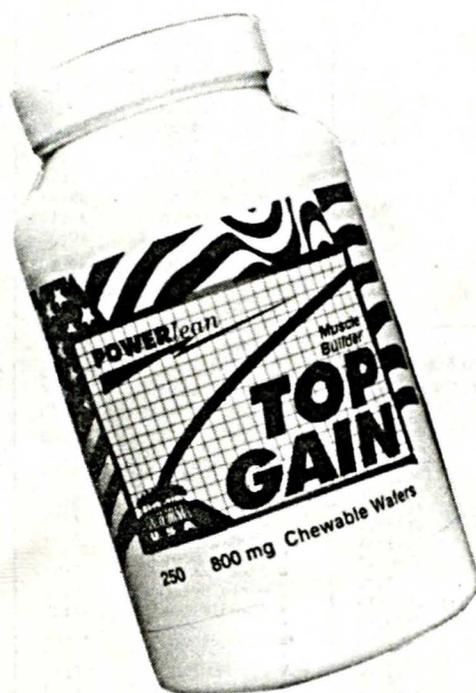
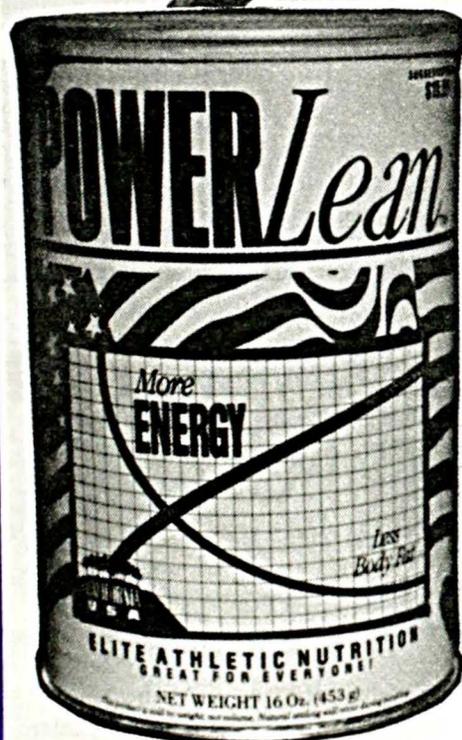
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