

# NATIONAL MASTERS NEWS

The official world and U.S. publication for masters track & field, long distance running and racewalking

275th Issue

July 2001

\$2.50



JERRY WOJCIK

Finalists in the W55 80-meter hurdles, 13th World Veterans Championships, Gateshead, England (l to r): Nanette Cross, GBR; Jacqueline Charles, GBR; gold medalist Marianne Maier, Austria; and Riet Jonkers, The Netherlands. The 14th Championships will be held in Brisbane, Australia, July 4-14.

## 6000 Athletes from 79 Nations Enter World Championships in Australia

More than 6000 veteran athletes from 79 nations have entered the 14th WAVA World Veterans Athletics Championships this month in Brisbane, Australia.

Entries were still being tabulated at NMN press time, but if the event draws more than 6000, it will be the second-largest World Veterans Championships ever held, surpassed only by the 12,178 participants – including 9701 Japanese – who competed in Miyazaki, Japan, in 1993. Two years ago, the 13th Championships in Gateshead, England, drew 5949 athletes from 74 countries.

The championships will be held from

July 4-14. They are the largest athletics event in the world sanctioned by the International Athletics Federation – larger than the open World Track and Field Championships and larger than the athletics component at the Olympics.

“More than 70 percent of participants are coming from overseas,” said Vinje House, Media Assistant. That would mean a record 4200 foreign entrants. It is the largest representation of countries to have ever competed in a Brisbane sporting event.

All men over age 40 and all women

Continued on page 17

## Baton Rouge to Host Nationals

South Louisiana will welcome the 2001 USATF Masters Track and Field Championships to Baton Rouge, where Louisiana State University will play host to the competition on July 25-28.

The Baton Rouge Local Organizing Committee (BRLOC) expects over

800 athletes from across the country and around the world to experience Louisiana's unique brand of culture, cuisine, festivals and, most of all, Southern hospitality.

The event will be held in conjunction with the biennial National Senior Games – an 18-sport festival for individuals over age 50 – which will be held in Baton Rouge from July 14-28. A total of 8657 athletes have entered that event.

All entries postmarked after July 2 are subject to a \$50 late registration fee. The cutoff date for late registration is July 9. Packet pickup for athletes will be at Celebration City at the

Continued on page 9

## St. Hilaire Wins National Masters Title in Freihofer's 5K

By SUSANNAH BECK

Judi St. Hilaire, 41, Somerset, Mass., will not be settling for masters crowns much longer. Her return to running last year, as a masters runner, is becoming a return to elite *open* running. She just can't help it.

On June 2, St. Hilaire won the 40+ crown at the USATF Masters 5K Championships/Freihofer's Run for Women in Albany, N.Y., in 16:18, just 12 seconds off Ruth Wysocki's masters world best 16:06 (Freihofer's, 1997).

More impressive, is that Hilaire's time placed her fifth in the open race, the USATF Open National Championship, and earned her \$2750 combined prize money. Mary Knisely, 42, Naperville, Ill., was a slim 11 seconds back, in 16:27, good for sixth overall, and \$1850.

Two-time defending 40+ champion, Carmen Troncoso, 42, Austin, Texas, finished in 16:40, third master and ninth overall, for \$1250. Hank Brown, long-time USATF liaison to Freihofer's, and *Running USA* wire correspondent, called it “the most competitive masters race in the history of the event.” Joan Benoit-Samuels, Jane Welzel, and Gordon Bakoulis also toed the starting

Continued on page 8



VICTOR SAILER / PHOTO RUN

Judi St. Hilaire, 41, en route to a 16:18 Masters National Championships win at Freihofer's Run for Women 5K, Albany, N.Y., June 2.

## Keston Stages Comeback

## Records Fall in Hayward Meet

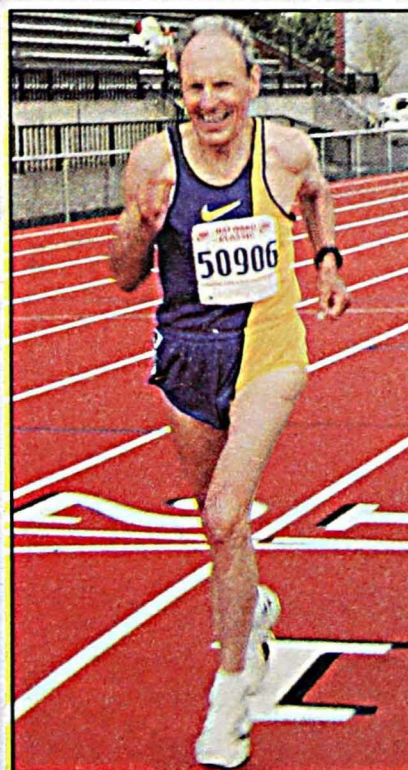
By JERRY WOJCIK

Two world, one U.S., and hosts of Hayward Meet and Oregon Association records fell in the 21st annual Hayward Classic, Eugene, Ore., on June 9-10.

John Keston, 76, broke the M75 world record for the 10,000 with a 41:59.06. His time betters the present record of 42:03.4 by David Morrison of Great Britain in 1989. Keston holds the M70 U.S. records for the half-marathon and marathon.

After three years of devastating injuries, including a broken left fibula, Keston made his return a notable one in the first running event on Saturday morning. “Before my injuries, I was running 50-60 miles a week,” he said, after the race. “Now I walk two days in a row, four miles in the morning and two in the afternoon, and on the next

Continued on page 15



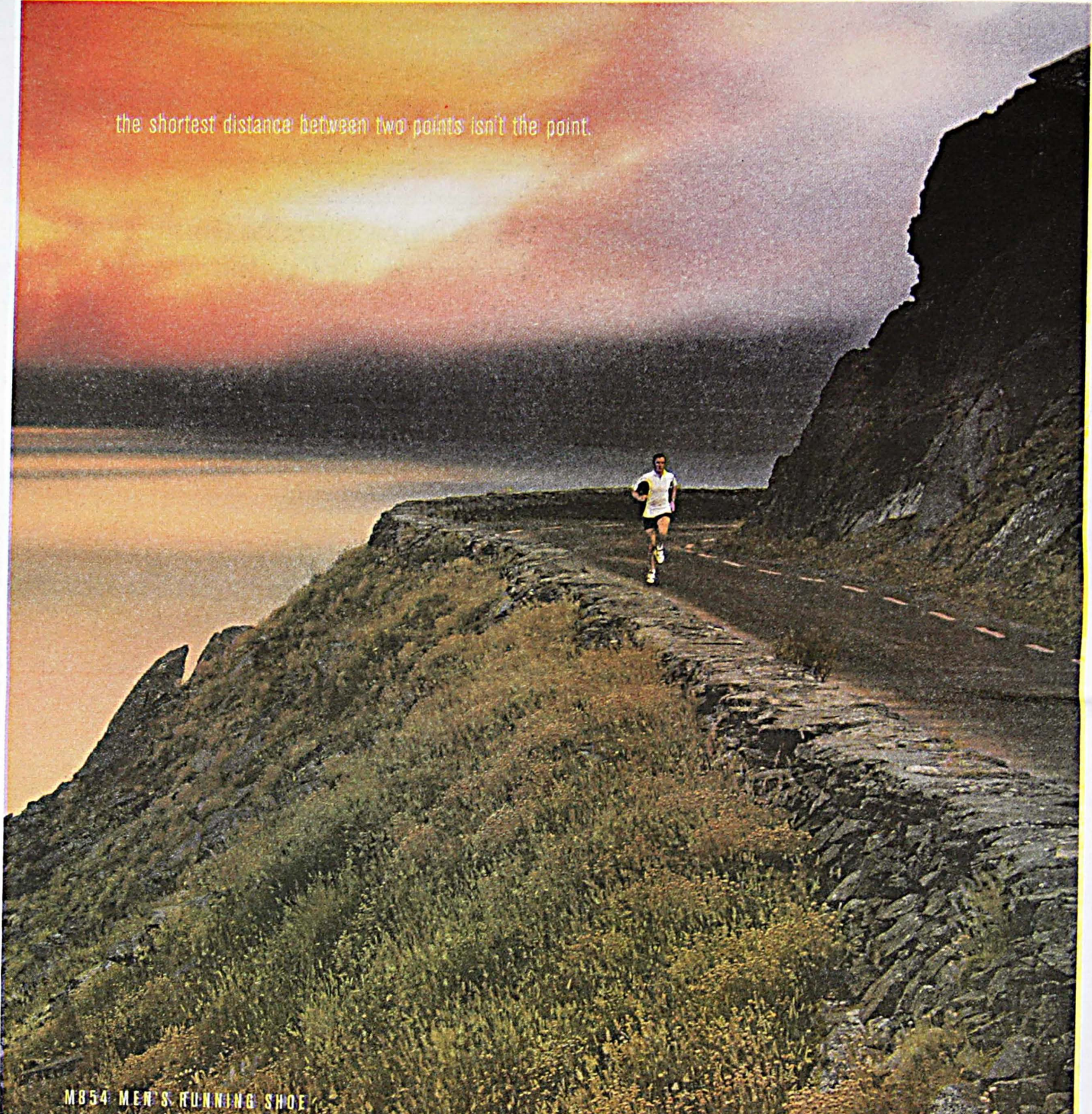
SUZY HESS

John Keston, 76, on his way to an M70 pending world record of 41:30.52 in the 10,000, Hayward Classic, Eugene, Ore., June 9-10.

### INSIDE:

- 2001 Indoor Rankings – Pages 19-22
- Cotton Row 10K – Page 12
- Southeastern Meet – Page 8

the shortest distance between two points isn't the point.



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CONTENTS

DEPARTMENTS

USATF Officers ..... 3  
 Letters to the Editor ..... 4  
 T&F Report ..... 5  
 Five Years Ago ..... 5  
 Third Wind ..... 6  
 Profile ..... 7  
 The Foot Beat ..... 8  
 Racewalking ..... 10  
 Twenty Years Ago ..... 10  
 On the Run ..... 12  
 Ten Years Ago ..... 13  
 The Weight Room ..... 14  
 Rankings Report ..... 14  
 Report from Britain ..... 16  
 WAVA Officers ..... 16  
 WAVA/USATF Specs ..... 16  
 Masters Scene ..... 18  
 Fifteen Years Ago ..... 18  
 Schedule ..... 23  
 All-American Standards .. 26  
 Results ..... 27

FEATURES

Freihofer's 5K Run ..... 1  
 Hayward Meet ..... 1  
 National T&F Meet ..... 1  
 Brisbane Meet ..... 1  
 Hurdlers Make Commercial 4  
 S.E. Meet ..... 8  
 Long Island Senior Games . 9  
 Princeton Invitational ..... 9  
 S.E. Regional ..... 10  
 Hall of Fame ..... 11  
 Cotton Row 10K ..... 12  
 Revision of Standards .... 13  
 Hosack Breaks Record ... 15  
 Bids for 2005 ..... 16  
 Dixon Ready for Brisbane. 17  
 Indoor Rankings ..... 19

ENTRY FORMS/RACE & PRODUCT INFO

New Balance ..... 2  
 NMN Subscription Form ... 4  
 San Diego Senior Olympics 5  
 Arkansas Senior Olympics . 7  
 Natl. Weight Pentathlon ... 9  
 The Master Board ..... 11  
 Publications Order Form ... 13  
 Larry Stuart Video ..... 14  
 Race Sponsorship ..... 18  
 T&F Rankings Book ..... 21  
 Masters Age Records ..... 24  
 T&F News ..... 38  
 Huntsman Games ..... 39  
 Muscle Marketing ..... 40



# NATIONAL MASTERS NEWS

The official world and U.S. publication for masters track & field, long distance running and racewalking.

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**Billing/Production Coordinator:** Lisa Binder  
**Production:** Carol Covey, Kim McGill  
**Printing:** American/Foothill Publishing Co.  
**Track & Field Records:** Pete Mundle  
**Long Distance Records:** Road Running Information Center  
**Racewalking Records:** Bev LaVeck  
**Track & Field Rankings:** Jerry Wojcik  
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 The *National Masters News* (ISSN-07442416) is published monthly, with an annual subscription rate of \$26.00. Main office address: 14155 Magnolia Blvd. #338, Sherman Oaks, CA 91423. Periodicals postage paid at Van Nuys, CA 91409.  
 The *National Masters News* is an official publication of USA Track & Field and of the World Association of Veteran Athletes. As an independent publication, its editorial policy is not necessarily that of USATF or WAVA.  
**Executive Officers of USATF:** Bill Roe, President; Craig Masback, Executive Director.  
 To inquire about a USATF card, call USATF in your area, or 317-261-0500.  
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**Mailing:** The issue is mailed the last week of the month prior to the cover date.  
**Postmaster:** Send address changes to: National Masters News, P.O. Box 16597, No. Hollywood, CA 91615.  
**Subscriptions:** A one-year subscription (12 issues) is \$26.00 (mailed 2nd class). Add \$16 for 1st class (USA & Canada) or \$19 for foreign air mail. Please send all correspondence on subscriptions to NMN, P.O. Box 16597, No. Hollywood, CA 91615, 818/760-8983.  
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### HOW TO BE A CHAMPION

To my friends and competitors who may be wondering what happened to me, after taking a year off, I have discovered there were many things missing from my life due to spending so much time training, traveling, and competing. I do miss the close friendships and camaraderie that I had through the years in track.

Now, my interests have gone to woodworking, gardening, hunting, fishing, and spending time with my wife, children, and 34 grandchildren. However, after reading Earl Fee's book, *How to Be a Champion from 9 to 90*, I may be motivated to start up again next year to see if I can do better after correcting my faults.

After reading Fee's book, I realized that if it had been in my hands 12 years ago, I'm sure I would have become a

better runner, because it spelled out all the things I did wrong, what I didn't do, and what I should have done, and how I, at times, defeated myself.

Anyone who wants the best documented information on how to do their best in all areas of the sport should read the book. The \$20 investment will be the very best money ever spent on a track item.

Chuck Sochor  
Gowen, Michigan

### SCHEDULING

I'm sure that Louis Vodopya in his May letter on scheduling conflicts would not refer to meet directors as stupid if he knew the problems of scheduling meets from his own experience. We schedule the Michigan Association Championships based on availability of a facility and volunteers and officials.



JERRY WOJCIK

Asta Larsson, Sweden, winning the W65 80H (16.11), 13th WAVA Championships, Gateshead, Great Britain.

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CZZMN

I don't know if Tennessee has a meet that fits Vodopya's schedule. If not, maybe he could be a leader and organize a masters/open meet.

It's not easy pleasing everyone.

Al Owens  
 Grand Valley State U.  
 Allendale, Michigan

### WALKERS IN BRISBANE

I was greatly disturbed by Ron Bell's letter in the April issue on banning slow walkers in the WAVA-Brisbane marathon. As president of the largest walking club in the Midwest, I know many of our members use correct racewalking technique; however, the majority are fitness walkers.

We have members from ages 8 to 86, who walk at substantially different paces. As the number of competitive racewalks dwindle (because we cannot provide the numbers necessary to include such an event), we are forced to do non-competitive walks and/or runs in order to meet any kind of long

distance goals. It would be sad if we were turned away from an event because of lack of speed only.

The idea of disqualifying walkers because they are on the course too long is a ridiculous one and should be abolished immediately. It discourages people from participating and setting goals.

While attending a 15K racewalk, I saw the oldest competitor, in his late 80s, finishing last with a time nearing two hours. I do not know of a judge, competitor, volunteer, or spectator who left the course until this person completed his race. We are all in this together and being on the sidelines to support fellow athletes (walkers, runners, wheelchair participants, kids) is part of it. Hanging out until the race is completed is just part of the program.

If officials are miffed by the stragglers, recruit new officials with a little more compassion.

Nancy S. Goldman  
 President, Chicago Walkers Club



Masters hurdlers who were featured in a TV commercial filmed in Miami for a Dutch vitamin and supplement manufacturer (l to r): Jim Stookey, M70; Courtland Gray, M55; Karl Smith, M40; and Lowell Bonifield, M65.

## Masters Chosen for Dutch Vitamin Ad

By COURTLAND GRAY

Last month, four masters hurdlers got a brief glimpse of life on the glitzy side of professional athletes. They found messages on their answering machines calling for accomplished hurdlers to make a TV commercial in Miami.

Karl Smith (M40), this writer (M55), Lowell Bonifield (M65), and Jim Stookey (M70) were the chosen "talent" of this full-scale production. They traveled to Miami in early May, but rain washed out production, requiring a return visit three weeks later.

Producers quickly learned the value of trained masters hurdlers when two local masters athletes pulled muscles the first day and had to be replaced by twenty-something hurdlers. Enter the make-up specialist, who was responsible for making them and Karl Smith look gray enough to approach Jim Stookey in age and appearance.

When the scenario of the production was revealed, it was quickly dubbed the Ground Hog Day hurdles. In each and every take over two days, just as in the movie, the outcome was always the same...Stookey first and everyone else second.

The commercial was for a Dutch company that produces vitamins and supplements, and showed runners rac-

ing over hurdles, only to reveal their senior status at the end. There were lots of interesting close-ups of body parts to be spliced into various individual and group action hurdle clips. It will be shown in the European market on CNN, but will not be seen in the U.S.

The masters were surprised by the immense scale of the production, seeing huge camera cranes, high speed 35mm cameras mounted on ATVs, wardrobe trucks, catering trucks, 1000 amp sun lamps, and over 50 extras posing as officials, coaches, photographers and spectators. The masters even had their own motor home as a resting spot.

The outdoor set was draped with national flags and bunting exceeding the scope of our own national meets.

It was a very enlightening and entertaining experience, despite the work day in the Miami sun that commenced at 5:45 a.m. and concluded at 6:30 p.m.

It was a compliment to the international masters movement that this large, international company selected masters hurdlers as a focus of a major ad campaign. They were repaid by a superb effort by the masters to create a professional environment and polished product.

Perhaps some U.S. companies will also soon recognize the marketing potential of the healthy lifestyle of masters athletes. □



# T&F Report

By **GEORGE MATHEWS**  
Chair, USATF Masters  
Track & Field

## We Need to Listen to Our Bodies

In the last nine months I have witnessed two friends of mine, throwers, slow down with the same symptoms of what I can only describe as lethargy. Many reasons were given as to what their problem might be. These men grew up in an era where MEN didn't make excuses. This is very unfortunate for them and the people around them. It's probably not their fault. They were brought up that way.

This attitude of not listening to one's body can be very dangerous. Both men wound up having quadruple bypass heart surgery. One had a heart attack prior to the surgery. Luckily both men survived and are doing very well. However, they could have easily gone the other way.

Masters athletes who participate in the throws or other short burst events don't seem to feel the onset of coronary heart disease the way runners do. Even though a runner may have coronary disease and still run, he or she may

know sooner than a thrower when they have a 90% blockage.

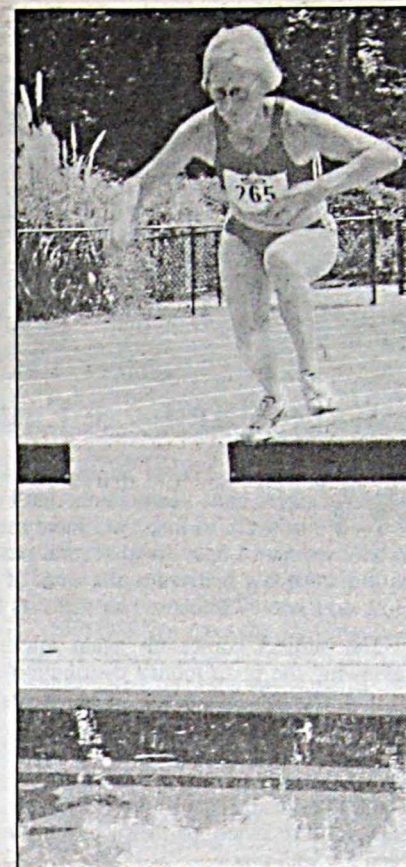
Although not a medical professional, I understand that throwers need to include more aerobic activities in their training regimen to help condition the cardiovascular system and lessen the likelihood of suffering one of these unfortunate surprises. If you listen to your body, it will tell you what it needs.

Short of this, maybe we need to consider requiring annual physical examinations for this group. It proba-

bly should include a stress test EKG with a good heart rate threshold.

We need to be careful also not to mask the discomfort with painkillers. A recent *Sports Illustrated* article on the physical damage professional athletes have endured, mostly football players, related that most of the players would do it all over again if they knew what they know now, but wouldn't take the painkillers. Neither should the masters athlete.

We need to listen to our bodies, and take care to preserve what we have been given as long as we can. □



**PAUL HRONJAK**  
Hillen Stubendorf, W50, winner of the Bob Boal Award for the best age-graded steeplechase performance, a 74.2% 9:47.32, Southeastern U.S. Masters Meet, Raleigh, N.C., May 4-6.

## FIVE YEARS AGO July 1996

- Steve Scott, 40, Sets U.S. Masters Mile Record (4:10.43) in Prefontaine Meet, Eugene, Ore.
- Antoni Niemczak (M40, 33:10) and Nancy Grayson (W45, 39:12) First Masters in Cotton Row 10K
- Tom Stevens (40, 39:22) and Anne Audain (40, 43:07) Winners in National Masters 12K Championships/Art Fest River Run

# SAN DIEGO SENIOR OLYMPICS AND CHUCK MCMAHON MEMORIAL TRACK MEET



**DATES:** Saturday, September 15, 2001  
**SITE:** San Diego State University  
**AGE DIVISION:** Chuck McMahon: 40+ Senior Olympics: 50+

**Early Bird Registration Date:** August 17, 2001  
**Final Registration Date:** August 31, 2001

Event Code	Description	Approximate Start Times
RA-03	5000m Racewalk	7:00am
TR-07	3000m run	
RA-01	1500m Racewalk (Expert)	
RA-02	1500m Racewalk (Novice)	
TR-08	80/100/110m hurdles	10:00am
TR-06	1500m run	
TR-04	400m run	
TR-02	100m dash	
<b>LUNCH BREAK</b>		
TR-09	300/400m Hurdles	1:00 pm
TR-01	50m dash	1:30 pm
TR-05	800m run	
TR-03	200m dash	
TR-10	2000m Steeplechase 30* (Men 60+/All Women)	
TR-11	3000m Steeplechase 36* (Men 40-59)	

FIELD EVENTS		
FD-07	Hammer Throw	8:00am
FD-03	Long Jump	10:00am
FD-01	High Jump	9:00am
FD-02	Pole Vault	9:00am
FD-06	Discus Throw	9:00am

FD-05	Shot Put	1:00pm
FD-08	Javelin Throw	After Discus Throw
FD-04	Triple Jump	After Long Jump

Final start list and times will be available September 7th at the Opening Ceremony.

**RULES:** USATF Masters rules will apply.

**AWARDS:** Gold, Silver & Bronze medals to the top 3 in each event.

**For More Information Contact:** Senior Olympics Office - Call (619) 226-1324  
Track & Field Commissioners: Graeme and Joni Shirley (858) 292-6132  
Email: [theshirleys@abac.com](mailto:theshirleys@abac.com)

Join us for "A Celebration of Athletes" at the Balboa Park Club on September 7, 2001 6:30 to 9:30 pm. Enjoy a buffet dinner, entertainment and dancing to popular music. A fun and entertaining evening!!

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## CHUCK MCMAHON MEMORIAL TRACK MEET

Co-Sponsored by San Diego Track Club



### 2001 TRACK & FIELD INDIVIDUAL ENTRY FORM

COMPLETE ALL INFORMATION BELOW. (Form may be duplicated).

LAST NAME: \_\_\_\_\_ FIRST NAME: \_\_\_\_\_ MI: \_\_\_\_\_  
STREET ADDRESS: \_\_\_\_\_  
CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_  
PHONE NUMBER: \_\_\_\_\_ AGE AS OF 12/31/2001: \_\_\_\_\_ BIRTHDATE (MO-DAY-YR): \_\_\_\_\_ FEMALE MALE (Check one)

Person to contact in case of emergency  
Name: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_ Relationship: \_\_\_\_\_

Please check events to enter (\$5 per event)  
**RACEWALKING**  
 RA-01 1500m Racewalk (Expert)  
 RA-02 1500m Racewalk (Novice)  
 RA-03 5000m Racewalk

**RUNNING EVENTS**  
 TR-01 50m dash  
 TR-02 100m dash  
 TR-03 200m dash  
 TR-04 400m dash  
 TR-05 800m run  
 TR-06 1500m run  
 TR-07 3000m run  
 TR-08 80/100/110m hurdles  
 TR-09 300/400m hurdles  
 TR-10 2000m Steeplechase 30\* (Men 60+/All Women)  
 TR-11 3000m Steeplechase 36\* (Men 40-59)

**FIELD EVENTS**  
 FD-01 High Jump  
 FD-02 Pole Vault  
 FD-03 Long Jump  
 FD-04 Triple Jump  
 FD-05 Shot Put  
 FD-06 Discus Throw  
 FD-07 Hammer Throw  
 FD-08 Javelin Throw

Early Bird Registration Fee: **\$35.00**  
 Add \$10 after 8/17/01 \_\_\_\_\_  
 Event Fee: \$7/person/event \_\_\_\_\_  
 Addtl. Celebration of Athletes tickets: \$20 each \_\_\_\_\_  
 Donation to SDSSF: \_\_\_\_\_  
 Total Amount Enclosed: \_\_\_\_\_  
 Will you be attending the Celebration of Athletes on Friday, September 7, 2001 at 6:30PM?  
 YES  NO  
 Make check payable to: SDSSF  
 and mail check & entry to P.O. Box 84202  
 San Diego, CA 92118  
 Questions? Call (619) 226-1324 or (858) 292-6132

### RELEASE OF LIABILITY

**PHOTO & FILM WAIVER:** I hereby grant full permission to the organizers, their agents, employees, and representatives to use my name, voice, and/or picture or film in any broadcast, telecast, advertising, promotion or other use in relation to the San Diego Senior Olympics.  
**LIABILITY WAIVER:** I, undersigned participant, hereby agree to indemnify and hold harmless the organizers of the San Diego Senior Olympics (SDSO), San Diego Senior Sports Festival and all sponsors, their agents, employees, and representatives and assigns, from any and all actions or claims of whatsoever kind or nature which I or my representatives or assigns may have or at any time in the future have due to any injury or property damage arising out of my participation in the SDSO. I understand and agree that any dispute regarding injury or property damage caused by myself or by another participant is not the responsibility of the San Diego Senior Sports Festival or SDSO. I warrant and represent to the organizers that I am in good physical health and condition, am physically able to compete in the event(s), and know of no physical restriction whatsoever which would prohibit my participation in the SDSO. The organizers have advised me that it would be in my best interest to consult a physician prior to my preparation for and participation in the SDSO. I recognize and understand that the preparation and competition may necessitate strenuous physical activity and could possibly activate an unrecognized pre-existing cardiovascular disorder or other physical condition, which I may have, thereby resulting in serious or life-threatening physical harm to me. The organizers have my permission to have a physician treat me during my participation in the SDSO.

Print name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## Third Wind

By MIKE TYMN

### Gender and Age Equity Lacking in Boston

Whenever I have attempted to promote gender equity in this column, there have been claims that I am a male chauvinist. There is absolutely no truth to that. As I have mentioned before, I know what it feels like to be a woman. I have lived several past lives as a woman, a fairly recent one as an Indian squaw married to the chief of the tribe. That chief is currently my wife. How do I know? Because she still acts like a chief.

The subject comes up again after reviewing the prize money distribution in the Boston Marathon. The prize money is divided equally among the first 15 women and first 15 men, with \$80,000 each going to first place, \$40,000 each to second place, \$22,500 each to third place, on down to \$1500 each for 15th place.

However, if we gender-grade the race, the women are getting more than their share, although it's not nearly as bad as it was five or six years ago when I last gender-graded the race. I can't

locate that column offhand, but, as I recall, I figured then that if the race had been gender-graded and prize money given to the first 30 places, 23 men would have won prize money and just seven women. Most of the women would have been between 15th and 30th.

The gap was definitely smaller for the 2001 Boston Marathon. Had prize money been awarded to the top 30, there would have been 18 men and 12 women cashing in. However, Catherine Ndereba, the women's winner, would have beat out Bong Ju Lee, the men's winner, for first place.

#### Gender-grading Basis

My gender grading was based on taking the percentage difference between the race records, both established in 1994, for men (2:07:15) and women (2:21:45). The women's record is 11.4% slower than the men's record. If we boost Ndereba's time by 11.4%, she improves from her actual time of 2:23:53 to a gender-graded time of 2:09:09, 34 seconds better than Lee's winning time of 2:09:43.

Lee would have finished second, while the next two men would have been third and fourth, followed by the second place woman in fifth place.

Of course, we have to consider the possibility that the women's record is still on the soft side. The difference between the world records for men (2:05:42) and women (2:20:43) is a little higher, at 11.9%, than Boston's 11.4%, but, strangely, when we get down to the sprints the gap between men and women narrows. At 400

meters, where the records are 43.18 and 47.60, the difference is just 10.24%. If the difference between the men's and women's marathon record were 10.24%, the women's record would be 2:18:34.

#### Gap Narrows with Distance

According to the scientists, women narrow the gender gap as the distance goes up. To put it another way, men have a bigger advantage in the sprints because of their greater strength, while women, because of their higher body fat percentage, are theoretically much closer to men at the longer distances. But that theory doesn't hold up when you examine the world records.

Check out the accompanying box for the percentage difference between men and women at standard racing distances. If the difference in the marathon were the same as at 100 meters (7.15%), the women's record would be 2:14:41. I am aware of the concerns that have been expressed relating to the women's sprint records.

It is interesting to note that the percentage difference between men and women at both 10,000 meters and the marathon is the same, while the 1500 record is just a small fraction under that. The women's 5000 and 800 records both appear to be soft.

Another factor to be considered is the percentage of men and women in the field. It might be argued that where men outnumber the women, the prize money structure should be based on that. I couldn't find the numbers on male and female participants in Boston, but in most races the men outnumber the women by roughly two to one. Thus, an equitable distribution of prize money might be two thirds of the cash to men and one third to the ladies.

#### Times Are Improving

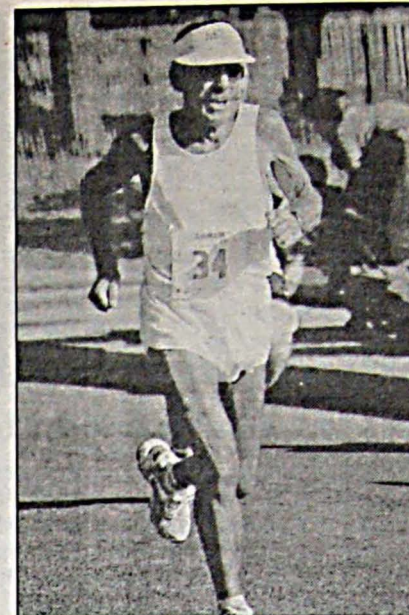
The good news is that women's times are improving, but, looking at it as objectively as possible, I can't think of one argument in favor of equal prize money. When I said the same thing in this column some years ago, one stand-out woman runner wrote that it's fair now because things were so unfair to women in the past. In other words, it's right that women get more than their share now because they were short-changed in years past. If that's the case, then give some of the money to the female masters in the 50-over divisions because they are the ones who missed out 30 or more years ago.

I think it's a matter of mostly male race directors not wanting to be subject to attack by aggressive women and not really giving much thought to what equality really means.

#### Limited Age Groups

More than gender equity, however, Boston is lacking in age equity. It's hard to believe that a race as big and popular as the Boston Marathon still has only 10-year age groups and no division beyond 60-69. They call the 40-49 "masters," the 50-59 "veterans," and the 60-69 "seniors." That must mean that 70-over runners are not welcome. Only the "masters" receive prize money.

I wonder what would happen if some veterans phenom beat out one of the



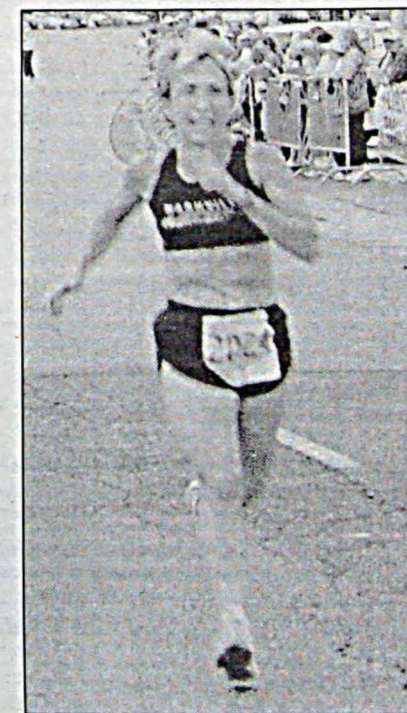
GEORGE BANKER

John Cahill, 77, first M70+ (46:03), Sallie Mae 10K, Washington, D.C., April 29.

masters for a prize money spot. Since it is advertised only for masters (40-49), could the veteran claim prize money? Could the masters runner he beats out have a cause of action against the marathon officials since they advertise prize money only for the "masters" division? Of course, that is not likely to happen, but it would make for an interesting issue.

The fact is that we lose about a minute a year in the marathon as we age, meaning 10-year age groups are much too wide. Boston should join the 21st Century and go to five-year age groups. Better yet, they should consider adopting age-grading, allowing for equality on a single-year basis.

Unfortunately, older men and women aren't as aggressive or as persuasive in their lobbying efforts as younger women, so it probably won't happen in the foreseeable future. □



JIM OAKS

Shannon Reade, 41, Gallatin, Texas, first W40+ (39:24) WZYP Cotton Row 10K, Huntsville, Ala.



ART SHAHZADE

Elaine Iba, W40, broke six meet records in the Visalia Masters Classic, May 19. Tammy Mack established a W35 meet record 13.7 in the 100.

#### PERCENTAGE DIFFERENCE BETWEEN WORLD RECORDS FOR MEN AND WOMEN

100 --	9.79 v.	10.49	=	7.15%
200 --	19.32 v.	21.34	=	10.46%
400 --	43.18 v.	46.60	=	10.24%
800 --	1:41:11 v.	1:53:28	=	12.04%
1500 --	3:26.00 v.	3:50.46	=	11.87%
5000 --	12:39.36 v.	14:28.09	=	14.31%
10,000 --	26:22.75 v.	29:31.78	=	11.94%
Marathon --	2:05:42.00 v.	2:20:43.00	=	11.94%

# PROFILE

by FRANK SCHIRO

## Sprinter Ed Gonera & Sprint Force America

**E**d Gonera, 49, won the 1997 M45 WAVA World Championship at 100m in South Africa, and has been on three M40 world record-setting relays with his team, Sprint Force America. He lives outside New York City and works full-time as a distributor.

The first time I heard about Ed Gonera was in 1995. I was a committed road runner looking through a copy of *National Masters News* for masters results, and I came to a picture of Ed. It stated that his split for 400 in a sprint medley (New York Relays) was 48.6! I thought it was a misprint...little did I know.

Later that year, I met the man at the Metropolitan Athletic Conference Indoor Championships at the NYC Armory. I recognized him from the photo in NMN and went up and introduced myself. I was met with a warm and genuine smile, and was introduced in turn to several other track and field masters athletes. Ed was invaluable and generous in his advice to this new recruit to masters track & field.

"Don't measure yourself against anyone else, measure yourself against yourself," he would say. Ed told me to look for "progressive improvement," feeling that this was the key to his success. And, most importantly, something Ed has reminded me of several times over in the following years, "Enjoy yourself!" Over the years I have come to know him quite well... in fact have had the privilege of running on a few relay teams with him myself.

### Another Outlet

Ed first got involved with masters track and field in May of 1994, at age 42. Still playing basketball and football after a lifetime in sports that included a stint at semi-pro football, Ed was looking for another outlet for his incredible competitive energy. In his first masters competition, he ran an 11.8 100m, in sneakers, with no sprint-specific training. He remembers the helpful masters athletes at that meet who were more than willing to "show him the ropes."

C.D. Cook, the talented New York area masters sprinter and police detective, was one of the first athletes to show Ed a helping hand. Gonera went on to win the first of his many national 400 championships that summer in Eugene, Ore., winning the M40 400 in 50.17. He also placed third in the 200 (22.68) and fourth in the 100 (11.24). And he anchored the winning 4x400 relay squad.

After this auspicious debut, Ed started to develop specific workouts and, more importantly, a workout philosophy that has served him well in the years since. For instance:

- Progressive improvement: "When doing a sprint workout, I attempt to do negative splits. For example, in a 10x200 workout, I may begin at, say, 29 seconds and slowly attempt to bring the time down to 24 for the last 200 (this is with a three-minute full rest between intervals). What I seek is progressive improvement against

myself, not others. As the season progresses, my splits reflect the intensity of my training and subsequently my times should improve."

- Measure yourself from this point forward: "I do not judge my performance from high school or college times. I take into consideration my lifestyle, including family and work responsibilities (Ed is married to his number-one fan, Ann Marie, and has two children, Kristina and Corey)."

- Make it fun: "Masters track & field has been a pleasure for me and I plan to continue forward, keeping the needed balance for improvement as well as appreciation for that improvement."

- Personal initiative: "I have had success in my masters career because I have been willing to do the work needed for success - you cannot blame the coach, the organization, etc., for what is lacking. You have to take responsibility and attempt to improve the existing structure."

### Record-setting Spree

Ed is continuing to improve to this day. In a 13-month period between March 2000, and April 2001, he ran on three world record setting relays: M40-49 indoor 4x400 at the 2000 Boston Masters Nationals (3:31), M40-49 indoor 4x200 in February this year at the Front Runners Track Meet (1:31), and M40-49 outdoor 4x400, this spring, at the Penn Relays (3:20).

The outdoor record was so fast, averaging 50-point seconds per lap, that Gonera & Co. beat the open women's Olympic Development 4x400 team that included Marion Jones, the first time a masters team has ever done so. And so fast that they were invited to run a very rare Penn Relays victory lap in front of 48,000 cheering fans. So who is the rest of this amazing relay team?

### A Positive Forum

In 1999 Gonera, along with Sal Allah and myself, took the initiative and founded Sprint Force America. When asked what was his motivation to start a new club, Ed said, "I wanted to develop a club that was a vehicle to help the athlete improve performance and attain new goals. I wanted to provide a positive forum for growth and advancement."

"When I went to South Africa I discovered many qualified athletes from the USA were not able to go because they lacked financial support. One of my specific goals for SFA is to obtain corporate sponsorship for further development of masters athletes as well as masters track and field."

"The masters track and field movement will improve only if we are willing to improve it. It is easy to criticize and find



From left: Ed Gonera, Kevin Morning, Sal Allah and Dr. Ray Blackwell.

fault - I would rather spend my efforts in positive improvement. Again, this means hard work."

### Focus on Speed

Unlike other clubs, where the focus might be on developing membership and coordinating socials, Sprint Force America focuses on speed. There are presently 11 runners, most with elite credentials. Says Gonera, "At this point in my career, I seek not only continued self-improvement, but group improvement, team improvement."

"Training together, however, is a rare event, as everyone works, from Dr. Ray Blackwell's crazy hours as a cardiothoracic surgeon, to Allah's two-job schedule. What we do provide for one another is unlimited positive support as well as constructive criticism."

### Brisbane Next

What's next for Ed and Sprint Force America? Brisbane. Most of the team will

be traveling to the World Veterans Championships in Australia this month. Look for Ed, Allah, Kevin Morning, Blackwell, Brady Crain, Alex Constantinau, and Neville Hodge.

SFA will not have the opportunity to race as a team, because the relay teams at World Championships are National, and selected based on individual rankings established in the individual heats. Still, there is little doubt that SFA will have a significant presence on the United States relay teams, and they are looking forward to wearing the National team uniform. And look for Ed in *Sports Illustrated* (May issue) featured in "Faces in the Crowd." □

(Frank Schiro, a familiar face on the New York running scene, is a fellow Sprint Force America sprinter. For more information about Sprint Force America, check out the SFA website at [www.sprintforceamerica.com](http://www.sprintforceamerica.com).)



## Arkansas Sr. Olympics

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Open to all men and women 50 years of age and older.  
Individuals will compete in five-year age groups.  
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Throws include discus, javelin and shot put.  
Jumps include high jump, pole vault and long jump.

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PAGLIANO'S PODIATRIC POINTERS

## The Foot Beat

By JOHN W. PAGLIANO  
D.P.M.

### Fibromyalgia Syndrome

**F**or those who are not familiar with the term, fibromyalgia is a condition in which there is widespread muscular pain and fatigue, especially in the lower extremities. This is still a new pathology as far as sports medicine is concerned, and is a very difficult malady to treat. It affects women more than men at a ratio of 20:1.

Fibromyalgia pain usually occurs in the joints and is similar to arthritic pain, except that it is not arthritis. It is most noticeable after using the muscles, especially in repetitive activities such as running. Many people with fibromyalgia cease their physical activities due to the pain, which, in turn, makes the fibromyalgia syndrome worse.

There is also a lack of energy, and sleep disturbances, along with headaches, restless leg syndrome, and, of course, joint pain.

Unfortunately, there are no blood tests or x-rays which show fibromyalgia syndrome (FMS).

When we examine runners with FMS, their feet and legs are tender to palpation and can cause trigger point pain.

There is really no cure for the musculoskeletal pain and fatigue of those with FMS. Some experts feel that this is the precursor to other more severe disease problems. However, most patients do not become crippled with FMS and there is no evidence that it will last a lifetime.

There is increasing evidence that a regular exercise routine is essential for FMS patients. Although this is somewhat difficult, due to the joint pain,

patients who get into a regular exercise routine do much better.

Drugs such as aspirin and Advil are not particularly effective, but they do take the edge off the pain. Sometimes a trigger point injection of steroid or local anesthesia is of some help.

The most suitable exercise is pool therapy and the use of an Aqua Jogger type of device. This should be monitored by a physical therapist.

Pool therapy is highly recommended interspersed with a walking or light-jogging program. You would have to run on grass or dirt, or other soft surface in a highly cushioned shoe. If there is some type of foot imbalance, a shock-absorbing orthosis should be used.

It is advisable to have an x-ray to determine if there is a heel spur under the calcaneus. Otherwise, this may be a plantar fasciitis, which is a treatable condition. □

*(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 50098, Eugene, OR 97405. He can also be reached by e-mail at TheFootBeat@aol.com.)*



Weight pentathletes at the Southeastern U.S. Masters Meet, Raleigh, N.C., May 4-6 (l to r): Lillian Snaden, W70 winner; Kate De Angelis, second W70; Kay Gradick, W80 winner; and Betty Jarvis, W85 winner.

### Freihofer's Run

Continued from page 1

line.

St. Hilaire is no newcomer to Freihofer's, a race where experience counts. Run on a rolling loop course, it is reputed to get easier with repetition; first-timers rarely happily surprise themselves here. It's muggy. It's upstate New York in June. It's riddled with tactical kinks.

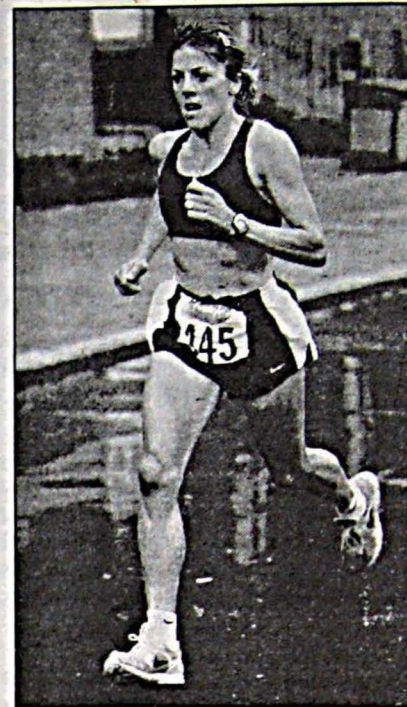
The start is on an uphill, into the wind as often as not, then a second mile of several turns and more deceptively small-looking rolls. The last mile is long, flat, never-ending. A final left turn lets you know when to start your kick for the arch of balloons over the finish line, retracing, downhill now, the uphill of the start.

Only the balloons are actually rather far away. It's a depth-perception *trompe l'oeil* that always makes for exciting finishes, as early kickers storm and fade and sometimes regroup, and others come from behind.

St. Hilaire won the open race twice in the 1980s, and came back from retirement to finish second 40+ here last year (16:31). While well off her PB on this course (15:25 in 1989, the U.S. 5K road record at that time), her time here today is especially impressive considering that open times reflect a "slow" day, for the most part. The week before, she was not even sure she would run the race, due to a pinched nerve in her neck and some ankle problems.

"I had so many distractions, so many little nagging injuries, and I didn't know if I'd be able to focus mentally. I just came in and said, 'Whatever happens, happens.' And it was actually probably the right attitude... Winning the masters title really makes me appreciate my win in the open event even more. I'm running and training like before, but I'm enjoying it much more now."

Mary Knisely's approach was a bit more resolute. The former Olympian at 3K wanted Wysocki's masters world best. "I was going for the record today. I was really focusing on this race. I think



VICTOR SAILER / PHOTO RUN

Mary Knisely, 42, powers to a W40+ 16:27 second place at Freihofer's Run for Women 5K, Albany, N.Y., June 2, setting a new U.S. single-age record.

we can break it. Next year we'll come back and go for it," she said. Troncoso was also happy with her effort, commenting, "I ran really good today... I had one of my best races, mentally and physically."

St. Hilaire, Knisely, and Joan Ottaway, 57, Murphys, Calif., 19:48, all set U.S. single-age records at Freihofer's. This, Ottaway's fourth single-age record at the 5K, eclipses Barbara Miller's 1997 19:57.

Terry Mahr, 52, Oregon, Ohio, shared the W50 spotlight for a change, battling to the wire with a newcomer to her division, Carolyn Smith-Hannah, 50, Pittsford, N.Y. They both ran a super fast 18:33, though Mahr was given the nod in the results. Anny Stockman, 68, Rensselaer, N.Y., ran away with the over-65 laurels by over four minutes, with her 26:19. □

— From *Running USA Wire and Albany Times-Union reports.*

### Records Erased in Southeastern Meet at Raleigh

By PAUL HRONJAK

While a little on the warm side for distance runners and walkers, the weather was otherwise beautiful for the 31st annual Southeastern U.S. Masters Meet in Raleigh, N.C., May 4-6.

Eight U.S. records were set or tied. Erika Messner, W65, broke the shot put (9.30) and javelin (12.43) records; Juanita Brookover, W85, increased the records in the shot (5.01) and javelin (11.46); and Gerald Vaughn, M65, set a shot put record (13.65). These marks are all pending approval by the USATF Records Committee in Mobile, Ala.

Meet records were plentiful with 46 broken or tied. Messner led the way with five meet records, including a U.S. best of 12.43 for the newly-adopted 12# weight, and Betty Jarvis, W85, had meet records in the hammer, weight throw, and weight pentathlon.

A new award was instituted this year for the best age-graded steeplechase performance. Named the Bob Boal Award (after the meet founder), the \$100 cash award was won by Hillen Stubendorff, W50, for her 9:47.32 in the 2000m, an age-graded 8:05.54 (74.2%).

The 21st annual Ed Barron Award, for an individual who has made significant contributions to the advancement of masters athletics, was presented to Len Olson.

A number of javelins did not pass the inspection of weights and measures official, Tony Wayne, even though they had been used in a number of large meets. Athletes reported that other meets were not checking the caliper of the shaft as required. The failed implements included the new 700g javelin purchased for the meet. □





SUZY HESS

Brian McKenna, M60, in the discus, Long Island Senior Games, Brentwood, N.Y., May 19.

## Long Islanders Compete in Senior Games

By JERRY WOJCIK  
BRENTWOOD, N.Y. – One-hundred-and-sixty track and field athletes made up the largest portion of the 600 entrants in the multi-sport Long Island Senior Games held at Suffolk Community College, Brentwood, N.Y., in the center of Long Island, May 16-20. Sprinters and throwers made up a large portion of the field on this sunny, warm weekend.

Michael Milove, M55, included a win (13.24) in a field of 13 in the 100, and posted the best time of 16.9 in the 100H, among his several other victories. Adlin Mair, the top-ranked W55 (30.96) in the outdoor 200 in 2000, won the 200 here in 32.5.

Ivan Black, M50, and Mary Trotto,

W50, were multiple winners in the sprints, hurdles, and jumps.

In the discus, Linda Van Valkenburg, W55, won with a 75-8. Richard Hudson, M50, hit the 135-0 mark, and Frank Illuzzi, M60, a 134-3, in the javelin.

Seth Kaminsky, M60, with an 8:04.05, and Annette Kaminsky, W55, 10:42.34, posted the fastest times in the 1500 racewalk.

Athletes on Saturday were treated to a complimentary barbecue by Outback Steakhouse and a Celebration of Athletes program, when medals were awarded. Eleanor Scott, who was instrumental in the organization of the first L.I. Senior Games in 1999, was the executive director. □



SUZY HESS

Richard Rosen, M55, in the 100, Long Island Senior Games, Brentwood, N.Y., May 19.

## Baton Rouge to Host Nationals

Continued from page 1

Pete Maravich Assembly Center on the LSU campus.

Celebration City will be open from July 24 through July 27 from 8:00 a.m. to 8:00 p.m. and on Saturday, July 28, from 8:00 a.m. to noon. Athletes will need a picture ID in order to pick up their event credentials.

Once athletes arrive in Baton Rouge, a free shuttle will be provided from Baton Rouge's Ryan Airport to Celebration City. The shuttle will run between 8:00 a.m. and 8:00 p.m. Baton Rouge public transit will also be made available for masters athletes for an \$11 fee, which covers one person for one week on all public bus routes. Tickets for the Baton Rouge public transit system can be purchased at Celebration City.

All travel arrangements for the 2001 Championships are being handled by the official travel partner of the event, American World Travel. AWT offers airfare and automobile discounts as well as hotel bookings around the Baton Rouge area. Athletes are encouraged to stay at the host hotel of the event, Sheraton Baton Rouge, in order to take advantage of the free hotel-to-campus shuttle as well as other benefits.

Sheraton Baton Rouge is conveniently located in downtown Baton Rouge next to the Mississippi River. American World Travel can be contacted toll free at 1-800-269-5885 or on the web at [www.americanworldtravel.com](http://www.americanworldtravel.com).

Baton Rouge offers a wide variety of activities to keep athletes busy between events. Organized tours will be available for purchase at Celebration City. Step back in time and tour one of the many antebellum plantation homes situated on the rivers and bayous of South Louisiana. Athletes can also dodge the alligators on various swamp tours offered only a few miles outside of the city.

Historic downtown Baton Rouge features the Louisiana State Capitol Building, the tallest in the United States, which offers a breathtaking

view of the Mississippi River from the observation deck. While downtown, athletes can also explore the World War II Battleship USS Kidd as well as the adjoining naval museum. For more information on these and other tourist attractions, contact the Baton Rouge Area Convention and Visitors Bureau at 225-383-1825.

Commemorative event T-shirts will be offered in advance to all athletes for \$8 and for \$10 during the event. Spectators can also purchase T-shirts for \$12. The Athlete Championships Dinner, affectionately named the Cajun Bayou "Fais-Do-Do," will be held Friday night from 6:00 to 9:00 p.m. Tickets for this event are \$14 and can be pre-purchased during registration or at Celebration City.

Finally, to avoid carrying cash around campus during competition, BRLOC will be offering Tiger Express Debit Cards for all competitors. The debit cards can be used all around LSU campus, and LSU dining will be discounted 10% when a Tiger Express card is used. Best of all, any lost or stolen cards can be invalidated and reissued to athletes. Cards can be purchased with a \$75 deposit, and additional funds can be added at any time during the games.

The Local Organizing Committee looks forward to welcoming athletes to Baton Rouge for this year's masters competition. For more information, athletes can visit the official website at [www.brasf.com/masters.htm](http://www.brasf.com/masters.htm). David Burton from BRLOC can also be contacted at 225-578-9140 or via e-mail at [dburton@brasf.com](mailto:dburton@brasf.com) □

### 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, results, schedule items, and advertising is the 10th of the month before date of issue. Send to: *National Masters News*, P.O. Box 50098, Eugene OR 97405

## Hernandez, Green Win Princeton 1500

By HAROLD NOLAN


George Hernandez, 40, New York, and Duane Green, 50, New York, the two new kids on the block in their respective age groups, ran 1-2 in the 2001 Second Annual Larry Ellis Invitational Masters 1500, held as part of the Princeton Invitational, Princeton, N.J., May 11.

Hernandez led a nine-man all-star field in 4:17.3 to win the M40-49 race, while Green ran a 4:19.1 to lead the M50+ runners. Hernandez' time was

short of the meet record 4:13.8 by Don DiDonato last year. Green's time broke the M50+ record of 4:22.2, held by Harold Nolan.

This year's race was named after the late Larry Ellis, long time Princeton track coach, head coach of the 1984 U.S. Olympic track and field team, and supporter of masters running.

Of special interest was the fact that the nine runners represented seven different clubs in the Northeast, giving notice to the strong club system existing there. □

2001 USA NATIONAL MASTERS WEIGHT PENTATHLON August 25, 2001 - Syracuse University - Syracuse, NY	
Last Name _____	M _____ F _____ Age (as of Aug. 25, 2001) _____
First Name _____	Date of Birth _____ / _____ / _____ Month Day Year
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1. Hammer _____	_____
2. Shot Put _____	_____
3. Discus _____	_____
4. Javelin (Mondo Surface 1/4" spikes maximum) _____	_____
5. Weight Throw _____	_____
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Championships Supporter (optional) _____	(\$ ) _____
Extra Barbecue Ticket _____	(\$12.00) _____
Total Amount \$ _____	
T-shirt Order (Circle one) S M L XL XXL XXXL	
Payment for entry fees and extra BBQ tickets must accompany your entry form. Send full payment (check or money order) made out to the Syracuse Chargers Track Club. Please send payment to:	
Syracuse Chargers Track Club, Gary L. Crawford, 4096 Griffin Rd., Syracuse, NY 13215 - Phone (315) 492-2845	
Waiver: In consideration of this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs and executors, and administrators, waive and release any and all rights and claims for damages I may have against the Syracuse Chargers Track Club, Inc., the Syracuse Chargers, Inc., Syracuse University, USA Track & Field, and all other sponsors and their representatives. I attest and verify that I am physically fit and have sufficiently trained for these events. I am aware that the medical support for these meets will be volunteer medical personnel who will be prepared to administer first aid assistance only. Meet personnel have my permission to request emergency medical treatment. I hereby certify that I have read all the terms and conditions of this release and intend to be legally bound thereby.	
I also verify that I am registered or will be registered for the year 2001 with the USA Track & Field.	
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## Masters Racewalking

By ELAINE WARD

### James Leppik – Psoas Muscle and Core Stability

**J**im Leppik, a sports scientist, attained his post-graduate diploma in 1997. He holds a diploma in massage therapy and a certificate in sports therapy. He has been coaching racewalking in Australia for 15 years and many of his athletes have won state and national medals at both junior and senior levels. He is currently undertaking masters research in exercise physiology, studying the time course of changes in "muscle ion regulation" during prolonged exercise in humans cycling at 75% VO<sub>2</sub> max to fatigue. He states that though there is still more work to be done, there is a large fall in the "calcium release mechanism" at fatigue. This seems especially large between 45 minutes of exercise and fatigue, and much more so with unfit subjects. Calcium is the central control of muscle force and contraction. Following are his observations on psoas muscle and core stability.

#### Core Muscle Stability

Recently, I have been focusing on the importance of core stability. The core muscles are the transverse abdominis muscles, multifidus muscles along the spine, gluteus medius and the internal and external obliques. Their stability has a direct effect on the psoas muscle, which originates in the lumbar spine and terminates in the groin. This stability also affects a number of other muscles.

As the core muscles fatigue, other, less well-trained muscles substitute for them. This substitution causes a "dropping out" of the hip, which places great stress not only on the psoas, but

on the hamstrings iliotibials, quadriceps and adductors. It also places a walker at greater risk of injury.

#### Most Important Muscle

The psoas is the most important muscle for a racewalker as, together with the glutes, it provides the majority drive required to perform. (Runners can rely much more on their quads.) During walking, the psoas produces an eccentric contraction at push-off which requires and provides more muscle force, but is significantly more fatiguing. The action becomes concentric as the leg passes under the hip.

A tight psoas can stop a "train" (a train with a psoas muscle would be novel) no matter how strong the other muscles are.

Most psoas problems are nearly always a direct effect of weak core stability. As the core muscles fatigue, the psoas tends to act as a stabilizing muscle rather than a driving muscle. In taking on this additional function, it can become overworked and go into spasm. Such spasm can cause problems to the lower back, stomach, diaphragm, groin, glutes and hamstrings. It can affect posture and technique and sometimes cause differences in leg lengths.

#### Chain Reactions

**Hip rotation:** The psoas and the gluteals are large muscles that work in unison. The gluteus maximus is important to the external rotation of the hips, whereas the psoas is responsible for internal rotation.



JERRY WOJCIK

Rob Frank, M45 5000 racewalk winner (25:59.76), Hayward Classic, Eugene, Ore., June 9-10.

If core strength is weak, the psoas becomes overworked and the glutes become tight and less efficient, placing additional stress on the psoas. As a consequence, the iliotibial band tightens as the hips become more responsible for forward drive which can create a soreness down the side of the shin. In this manner, weak core muscles place a heavy workload on the psoas which can affect many areas, both posteriorly and anteriorly.

**Lordosis (sway back):** Due to its size, a tight psoas can greatly affect a walker's posture, producing either an anterior or posterior tilt of the pelvis by pulling the walker's upper body forward or backward.

As many walkers have a lordosis, the exact mechanism is this: a tight psoas forces the upper body forward, causing the quadratus lumborum muscles along the lumbar spine to react to the stress by contracting and pulling the body back for balance.

This balancing action compresses the spine, which puts stress on the sciatic nerve which, in turn, can affect the

piriformis (in the glutes) and the hamstrings. This chain reaction causes some walkers to lose control of one of their legs.

**Diaphragm:** The diaphragm also works closely with the core abdominals and psoas. The diaphragm relies heavily on the core abdominals to exhale air under the extreme pressure of a race. If the core muscles are weak, or the psoas is tight, the effect on the diaphragm can be severe. Obviously any adverse affect on the diaphragm is a problem as athletes rely on oxygen for performance.

To test yourself, take a deep breath and see if you can get your stomach muscles to rise above your rib cage. A neuromuscular release of the diaphragm by massage as well as increasing upper back strength are remedies that balance the strength of the upper back and chest muscles. Opening up the rib cage muscles used in breathing eases the work of the core abdominals and psoas.

**Leg lengths:** A tight psoas on one side can pull the hip on the same side forward and raise the hip. This action creates a muscularly directed leg length difference as well as stressing the hamstring muscles. It also pulls the shoulder down to create an upper body "diagonal effect" placing stress on the upper spine. This is the cause of some headaches.

One-sided tightness in the psoas is most common and causes as many problems as bilateral tightness. It can distort a walker's technique by putting a slight sideways twist to the body and affect gait, particularly when there is a "short leg."

**Misaligned feet:** Another factor that may affect the core abdominals and thus the psoas is misaligned feet. Any misalignment in the feet can affect posture. As the feet form our base when standing and walking, if they are misaligned the whole body becomes misaligned.

Try rotating your feet inwards at the forefoot and feel the stress on the knees and hips.

Similarly, many years of training can produce weakness in the arches of the feet causing them to fall when the foot is weight bearing. Fallen arches produce the same symptoms as misaligned feet.

The improvement to performance by a strong, stable core can be quite significant. A properly working psoas increases its ability to help provide a powerful push off. It also reduces the stress on other working muscles, including the diaphragm. □

### TWENTY YEARS AGO July 1981

- Ralph Zimmerman, 40, Runs a 2:25:38 to Win RRCA National Masters Marathon Championship
- Russ Meyers Sets WRs in the M75 110H (20.83) and 400H (89.58) in Southeast Regionals
- Marcie Trent Races to a W60 10K AR 46:23 in Nordstrom Women's Run

Some readers provide additional support to the *National Masters News* 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 Records* book and will be listed in the paper as a *National Masters News* sustainer.

### Need Back Issues?

Most back issues of the *National Masters News* are available for \$2.50 each plus \$1.50 postage and handling for each order.

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### Vaughn Hits U.S. Shot Record in S.E Regionals

Gerald Vaughn, 65, left the USATF Southeast Regional Masters Championships with a pending M65 national record 45-11½ for the 5kg shot put. The present record is 44-7 by Phil Mulkey in 1999. This year's championships were held in Birmingham, Ala., on June 8-9.

In other events, Jim Stookey, 61, the 2000 Masters Male Athlete of the Year, ran an age-graded 91.0% 14.09 in the

100, and a 95.0% 13.51 in the 80H. Charlie Polhamus, 57, had the best vault of the meet, with a 12-0.

Roger Chassay, 62, won the 200 with an age-graded 88.0% 27.22. David Amster, M50, won the 800 in 2:15.70 and the 1500 in 4:37.81.

Phil Raschker, 54, the 2000 Masters Female Athlete of the Year, scored 5073 in the pentathlon. □

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## USATF Masters Hall of Fame is Growing

By NORMAN GREEN

The USATF Masters Hall of Fame is in its sixth year. Marilyn Mitchell, of New York City, was the primary individual lobbying the joint Masters Committees to approve a proposal for the Hall of Fame and managed the election process of the first class in 1996. Seven persons were elected that year from 49 nominees. Mitchell undertook a major task and did it well, setting the stage for the years that have followed.

In 1997, Masters T&F appointed Bob Fine, Len Olson, and Louise Tricard to a Masters Hall of Fame Committee; Masters LDR appointed Charles DesJardins, Norm Green, and Dudley Healy. The committee met at the WAVA Championships in Durban to set forth its nominating/electing process and criteria for selection.

The most significant criterion was that nominees must have been active in our sport for at least 10 years. Other criteria were that: (a) electees must receive at least 50% of the votes cast, (b) up to 10 would be elected, (c) nominees stay in consideration for three years, and (d) committee members are not eligible. Green was chosen to serve as secretary and manage the process.

Twenty-five persons were nominated without regard to category, with seven of them being elected by members of the joint Masters Committees.

The 1997 election proved controversial because only three women were among the 25 nominees. The fact that two of the three females were elected and that after two classes the hall contained seven females and seven males made no difference for many. As a result, the committee has been much more conscious ever since about ensuring a fairer gender balance among its nominees.

In 1998, Ruth Anderson replaced DesJardins on the committee, and the Old-Timers category was instituted. Old-Timers are defined as deceased or inactive for at least five years and are elected directly by the six-person committee, supplemented by the chairs of the respective Masters T&F and LDR Committees (initially, Jerry Crockett and Ken Weinbel), plus two others (initially, Al Sheahen and Evelyn White).

Five Old-Timers were elected from 18 nominated as the class of 1998. Members of the joint committees, plus previously elected Hall of Famers, elected 10 active honorees in 1998 from 24 nominated.



MIKE POLANSKY

Bill Benson (c), 81, with running buddies (l to r) Jack Dwyer, Sam Zinn, Tom Trunkes, and Odd Sangesland, still going strong with a combined age of 350 years, after a talk at a recent Greater Long Island Running Club meeting. Benson reminisced about his running career that goes back to the 1930s at Ohio U. and his return 30 years later at age 60.

Eleven active persons were elected in 1999 from a slate of 25, while five of 17 Old-Timers were also elected. Three nominees receiving very few votes across three years were removed from the 2000 ballot.

As reported in January's *National Masters News*, nine actives (of 24 nominated) and five Old-Timers (of 17 nominated) were elected in 2000. The result of these first five years means that the USATF Masters Hall of Fame now contains 59 honorees (20 female, 39 male; 34 T&F, 22 LDR, 3 RW; 47 athletes, 4 administrators, 8 athlete/administrators). Two active and six old-timer nominees were removed from the 2001 ballots for finishing their three-year consideration.

The Masters Hall of Fame Committee serving in 2001 has had a change in membership, reflecting primarily the administrative change in Masters T&F. The members are Jerry Donley, Mel Larsen, and Bev LaVeck for Masters T&F, supplemented by George Mathews and Len Olson for Old-Timers; Masters LDR representatives are Norm Green, Dudley Healy and Joan Ottaway, supplemented by Ruth Anderson and Jerry Crockett.

The Old-Timers process for 2001 is now under way. Twelve persons have been nominated, with a maximum of five to be elected. The Committee will review biographies for 25 active nominees this summer, with ballots and bios being distributed in September to cur-

rent Hall of Famers and members of the joint Masters Committees. The results will be announced at the USATF convention in Mobile, Ala., this coming November.

Don Austin, Masters T&F Awards Chair, processed awards for those elected to our USATF Masters Hall of Fame between 1997 and 2000. Beginning in 2001, Green has undertaken this task directly and can announce that awards for the class of 2000 who have submitted their photographs (the plaque features a "head & shoulders" photo) were being engraved in May.

A total of 110 individuals have been considered between 1996 and 2000. Both the Old-Timer and Active committee processes have been tested and proven across these five years. The database of national and world-level championship age-group placements (top three in T&F, top one in LDR) maintained by Green has more than 10,000 lines and grows almost every month. Names of possible nominees come from all over and are reviewed by the committee as soon as Green can verify that the individual has met the 10-year participation criterion.

Anyone having issues of *National Masters News* prior to 1982 is invited to contact Green (address on p. 3). His database lacks the championship information for years before 1982. Anyone desiring to nominate self or another masters individual is invited to contact Green or another committee member. □

### NATIONAL MASTER'S HALL OF FAME

Name	Discipline	Category	Gender	Status
Andberg, Bill	LDR	Athlete	Male	Old-Timer '00
Anderson, Herb	T&F	Athlete	Male	Old-Timer '98
Anderson, Ruth	LDR	Athlete/Admin.	Female	Elected '96
Baker, Thane	T&F	Athlete	Male	Old-Timer '99
Benham, Ed	LDR	Athlete	Male	Elected '97
Billups, Ernie	LDR	Athlete	Male	Old-Timer '00
Boal, Bob	LDR	Administrator	Male	Elected '98
Bowemaster, Mary	T&F	Athlete	Female	Elected '99
Bright, Norm	LDR	Athlete	Male	Old-Timer '00
Bulkley, Dan	T&F	Athlete	Male	Elected '99
Cappetta, Carolyn	T&F	Athlete	Female	Elected '00
Carter, Ross	T&F	Athlete	Male	Elected '98
Chapson, Harold	T&F	Athlete	Male	Old-Timer '98
Clarke, Anne	LDR	Athlete	Female	Old-Timer '00
Clarke, Polly	T&F	Athlete	Female	Old-Timer '98
Corbitt, Ted	Ultra	Athlete	Male	Old-Timer '99
D'Elia, Toshika	LDR	Athlete	Female	Elected '96
Davies, Clive	LDR	Athlete	Male	Old-Timer '98
Donley, Jerry	T&F	Athlete/Admin.	Male	Elected '99
Fitzgerald, Bill	T&F	Athlete	Male	Old-Timer '00
Gorman, Miki	LDR	Athlete	Female	Elected '96
Green, Max	RW	Athlete	Male	Elected '98
Green, Norman	LDR	Athlete	Male	Elected '96
Greenwood, Jack	T&F	Athlete	Male	Elected '97
Grisson Joanne	T&F	Athlete	Female	Elected '99
Harvey, Rex	T&F	Athlete/Admin.	Male	Elected '00
Higdon, Hal	LDR	Athlete/Admin.	Male	Elected '99
Hills, Claude	T&F	Athlete	Male	Elected '99
Irvine, Manon	LDR	Athlete	Female	Elected '98
Jordan, Payton	T&F	Athlete	Male	Elected '96
Klein, Helen	Ultra	Athlete	Female	Elected '99
LaVeck, Bev	RW / T&F	Athlete/Admin.	Female	Elected '96
Larsen, Mel	T&F	Athlete	Male	Elected '00
Lukens, Ed	T&F	Athlete	Male	Elected '00
Matson, Shirley	LDR	Athlete	Female	Elected '98
McDaniels, Leonore	T&F	Athlete	Female	Elected '00
Mehl, Pearl	T&F	Athlete	Female	Elected '99
Mendyka, Edith	T&F	Athlete	Female	Old-Timer '99
Miller, Christel	T&F	Athlete/Admin.	Female	Elected '97
Miller, Gary	T&F	Athlete	Male	Elected '99
Mimm, Bob	RW	Athlete	Male	Elected '98
Morcom, Boo	T&F	Athlete	Male	Elected '97
Mulkey, Phil	T&F	Athlete	Male	Elected '00
Mundie, Pete	T&F	Athlete/Admin.	Male	Elected '98
O'Neill, Jim	LDR / T&F	Athlete	Male	Elected '98
Obera, Irene	T&F	Athlete	Female	Elected '96
Oerter, Al	T&F	Athlete	Male	Old-Timer '99
Ottaway, Joan	LDR / T&F	Athlete	Female	Elected '00
Pain, David	T&F	Administrator	Male	Elected '97
Peterson, Pat	T&F	Athlete	Female	Elected '98
Raschker, Phil	T&F	Athlete	Female	Elected '97
Ratelle, Alex	LDR	Athlete	Male	Old-Timer '99
Sheahen, Al	T&F	Administrator	Male	Elected '98
Sheahen, George	LDR	Administrator	Male	Old-Timer '98
Spangler, Paul	LDR	Athlete	Male	Elected '97
Stuart, Larry	T&F	Athlete	Male	Elected '99
Utes, Warren	LDR	Athlete	Male	Elected '99
Whitley, Stan	T&F	Athlete	Male	Elected '00
Wojcik, Jerry	T&F	Athlete/Admin.	Male	Elected '00

Italics = deceased

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## On The Run

By HAL HIGDON

### Hanging Out with the Vets

One focus of my life during the last quarter century has been the World Veterans Championships. Organized by the World Veterans Athletics Association (WAVA), the "World Vets" attracts approximately 5,000 track & field competitors from 75 or more different countries every other (odd-numbered) year to different venues around the world. Male competitors must be over the age of 40; female competitors must be over 35.

This year's Championships are scheduled for Brisbane, Australia, between the dates of July 4 and 14. I will be going there to run the marathon on the final day of the meet. I placed third in the M45 division of the marathon at the 1977 World Vets in 2:38:54 and won that same age division in 2:29:27 in Christchurch, New Zealand, four years later, only four months short of my 50th birthday.

Thus, running the World Veterans Marathon as the second marathon in my 7-7-70 Quest has special meaning for me. This time I won't be going for gold. Having run Grandma's Marathon only four weeks before as my first marathon, I'll be happy to finish in a time somewhere under five hours.

#### 7-7-70

For those of you who missed my earlier column, "7-7-70" refers to the fact that for the rest of this year and into the next, I will be running 7 marathons in 7 months to celebrate my 70th birthday and help to raise \$700,000 for 7 separate charities. I started with Grandma's Marathon in June; the Walt Disney World Marathon in January 2002 will be the 7th and final leg in my 7-7-70 Quest.

That there exists a world track & field championships for older runners is due to the vision of David H.R. Pain, who was an attorney in San Diego, when he started jogging in his mid-40s. Missing the competition he once found in handball, Pain convinced a local promoter to add a "master's mile" for runners his age in an open track meet.

Eventually Pain founded his own track meet for runners over 40. In 1972, he took a group of masters runners to a series of meets in Europe, which laid the groundwork for the first World Veterans Athletics Championships in Toronto, Canada, in 1975.

I ran in that first World Vets in Toronto, winning the M40 3000 meter steeplechase in 9:18.6, still the American masters record. I have competed in every Championships, except Puerto Rico in 1983. I had a minor injury, but could have run. One of my major regrets is not having attended. Only a handful of athletes have competed in all of the Championships. Brisbane will be the fourteenth World

Veterans Athletics Championships. It will be only my thirteenth. Bad luck!

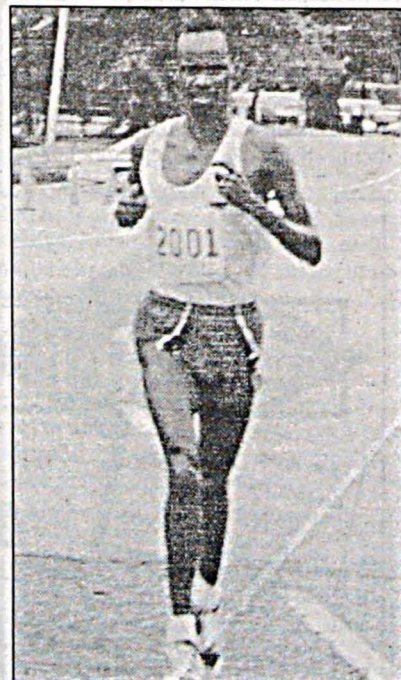
#### Fighting Alzheimer's Disease

I plan to dedicate my run in Brisbane to The Alzheimer's Association. Alzheimer's Disease is a problem that affects older people, and that certainly includes those at the World Vets. While the majority of competitors are in their 40s, 50s and 60s, every Championships also has athletes competing in their 70s, 80s and 90s.

Alzheimer's is a progressive, degenerative disease of the brain, and the most common form of dementia. Approximately 4 million Americans have Alzheimer's Disease. In a national survey, 19 million Americans said they had a family member with Alzheimer's Disease, and 37 million said they knew someone with that disease.

Are runners immune to Alzheimer's Disease? Some years ago, I wrote an article for *Runner's World* titled "Can Running Make You Smarter?" It revolved around the work of a professor

Continued on page 18



JIM OAKS  
Andrew Masai, 41, Kenya, won a second straight WZYP Cotton Row 10K masters title in 30:48, two days after setting a masters course record in a 20K at Wheeling, W.Va.



JIM OAKS

Four of five masters in the WZYP Cotton Row 10K, Huntsville, Ala., (l to r): John Tuttle, second; Tom Redding, third; Terry Daniel, fourth; and Ervin Reid, fifth.

### Masai, Reade Take Masters Firsts at Cotton Row

By JIM OAKS

HUNTSVILLE, Ala., May 28 — Perhaps the new secret to winning the masters crown at the WZYP Cotton Row 10K is to run another hard race two days before. At least that is the formula Kenyan Andrew Masai has used in the past two years at this Memorial Day event.

This year Masai "warmed up" with a record-breaking 1:03:48 on the hilly Ogden Newspapers 20K Classic, Wheeling, W.Va., on Saturday, drove the 600 miles to Huntsville on Sunday and Monday, and won his second straight Cotton Row in 30:48. In 2000, he had broken the Cotton Row masters course record with a 29:38 two days after finishing third overall at the Expo 10K in Knoxville, Tenn.

For the second year, John Tuttle, former U.S. Olympian in the marathon and the 1999 Cotton Row champion, was runner-up in 32:17. He had raced a 5K in 15:08 in Atlanta on Saturday.

To add credence to the "race-on-Saturday" theory, the Cotton Row women's masters winner, Shannon Reade, 41, Gallatin, Tenn., ran 39:24, just two days after touring the Expo 10K course in 38:40.

The truth is that all three could probably have run faster at Cotton Row without their Saturday efforts, but there were no other entrants to challenge them this year.

After Tuttle took the lead for about the first half-mile of the race, Masai and six younger Kenyan runners blew by on their way to a 4:50 opening mile.

"I felt pretty good before the race and during my warm-up," Tuttle said. "But I knew in the first mile that it was not going to be one of my better days. After Masai and the other Kenyans went by me, I just tried to get through the rest of the race."

Tuttle was still over a minute ahead of third place, taken by Tom Redding, a new master from Memphis, Tenn., in 33:40. Terry Daniel, 44, from nearby Guntersville, Ala., was fourth in 35:39,

and 51-year-old Ervin Reid, Campobello, S.C., was fifth in 36:02.

Reade was the only masters woman to break 40 minutes this year. Joyce Deason, 45, Shreveport, La., was second in 41:06; Amy Barrow, 43, Nashville, Tenn., took third in 41:19; and local master, Becky Davis, 43, was fourth in 43:13.

Reade is a native of Kentucky. She did not run in high school or college, but started running for fitness in 1982. When her first daughter was born in 1994, she laid off running for five years, but decided to train again as she approached 40. Her efforts have paid off and she has become one of the top women masters in the Southeast. At Huntsville she was also fast enough for a fourth overall among the women, adding \$300 to the \$500 she took for the masters win.

Masai said he was looking forward to some races in the U.S. with fellow Kenyan Simon Karori later this year. The two were ranked 1-2 among masters by the USA Track & Field Road Running Information Center for 2000.

Tuttle, who has been the most prolific masters runner in the U.S. in the past two years, says he plans to keep racing frequently so long as he can stay with the top masters.

"I'm still going to races about every weekend," Tuttle said. "I'm running 50-to-60-mile weeks and really like to run 5K races when I can."

Last fall he had three 5K races in the mid-14-minute (14:46, 14:42 and 14:31) range, all run in his native state of New York.

Two of the best age-graded runs this year were by grandmasters. Don Coffman, 58, Stamping Ground, Ky., ran a 36:56 (30:59 A-G), and Ervin Reid a 36:02 (32:06 A-G). Coffman was the top master as ranked by *Runner's World* in 1984, and was runner-up three times (1984, '85 and '87) at Cotton Row.

Of the 1641 entries in this year's 22nd edition of the 10K, 702 were masters (558 men and 144 women). □

## All-American Standards to be Revised

By LEN OLSON  
*USATF Masters Standards Committee Chair*

The adoption of new implements, such as the 500g and 700g javelins and the WAVA weights for M50+ and W60+, has resulted in many inquiries as to the establishment of All-American Standards for those implements.

Three factors are involved in determining the Standards: the Age Graded Tables, world and U.S. records, and rankings. The Age Graded Tables are critical to deriving standards that are neither too high nor too low. Presently, the standards are being revised, but should be available in the fall.

Pete Mundle, USATF Masters T&F Records Committee Chair, usually gathers data for new events/implements for three years before submitting the best marks to USATF for record approval.

The A-A Standards are used for both indoor and outdoor performances. In the U.S., the new WAVA weights were not used until April 1, after the indoor season. Consequently, indoor data by U.S. throwers will not be available until after the 2002 indoor season. Basing the Standards for the new weights on one year's performances (the rankings) is expeditious, but risky, and sure to result in demands for revisions soon after publication.

The Committee will start examining available data as soon as the Age Graded Tables are approved because they are the most important factor in determining the Standards, and, hopefully, we'll have viable standards before the usual three years.

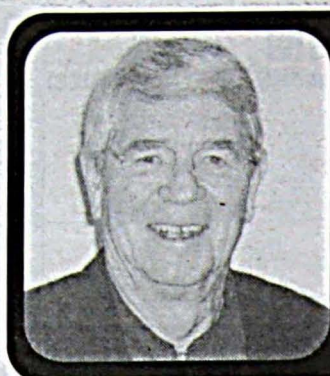
We are looking for a couple of volunteers who have expertise in the jumps and the long distance running events to help in perhaps revising some standards. If you are interested, please contact Leonard Olson, 3 Oceans West Blvd., #5C4, Daytona Beach, FL 32118-5991. □

### TEN YEARS AGO July 1991

- 5052 Athletes from 53 Nations Enter IX World Championships in Turku
- Mathis, Raschker, and Vosburgh Star in Birmingham Meet
- Dan Conway (52, 34:38) Top Age-Graded Runner in Minneapolis 10K

## PUBLICATIONS ORDER FORM

	Quantity	Total (US\$)
<b>Masters Age Records (2001 Edition)</b> Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 2000. 56 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$5.00.	_____	\$ _____
<b>Masters Track &amp; Field Rankings (2000)</b> Men's and women's 2000 U.S. outdoor track & field 5-year age group rankings. Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman. All T&F events, including mile, relays, weights, racewalks, and combined events. \$8.	_____	\$ _____
<b>McMahon Family Trust Masters Track &amp; Field Indoor Rankings (2001)</b> Indoor rankings for 2000. 4 pages. \$1.50.	_____	\$ _____
<b>Masters Age-Graded Tables</b> Single-age factors and standards from age 8 to 100 for men and women for every common track & field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. \$6.00.	_____	\$ _____
<b>Masters 5-Year Age-Group Records</b> Men's and women's official world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up, as of August 1, 2000; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$2.00.	_____	\$ _____
<b>Masters 5-Year Indoor Age-Group Records</b> Same as above, except indoor records (M40+, W35+) as of July 20, 2000 (world) and December 3, 2000 (USA). 4 pages. \$1.50.	_____	\$ _____
<b>Competition Rules for Athletics (2001 Edition)</b> U.S. rules of competition for men and women for track & field, long distance running and racewalking—youth, open and masters. \$12.00.	_____	\$ _____
<b>USATF Directory (2000/2001)</b> Names and addresses of national officers and staff, board of directors, sport and administrative committees, association officers and addresses, etc. \$12.00.	_____	\$ _____
<b>USATF Governance Handbook (2001)</b> U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. 152 pages. \$12.00.	_____	\$ _____
<b>International Scoring Tables</b> Complete scoring tables for 21 men's and 17 women's individual events. All events, and the event orders, in normal multi-events are included. Decathlon, heptathlon, indoor & outdoor pentathlon, indoor heptathlon, and weightlifting. Brief scoring instructions, age factors for the common WAVA multi-event, and instructions for hand times and automatic times are included. In English and German. Pocket size (4 1/2 x 6). \$12.00.	_____	\$ _____
<b>Masters Racewalking</b> Thirty American coaches and athletes share ideas on Technique, Training and Racing. This book is a unique and complete resource. Edited by Elaine Ward. \$15.00.	_____	\$ _____
<b>USATF Logo Patch</b> 3 color embroidered 4" x 3". \$4.50.	_____	\$ _____
<b>USATF Race Walking Patch.</b> 3-color embroidered 4" x 3" with gold trim. \$5.50.	_____	\$ _____
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<b>2001 Road Race Management Directory</b> Published by Road Race Management, this book combines the Guide to Prize Money & Races with the Running Industry Resource Directory – two books in one – listing elite athletes (including masters) with over 1000 addresses and phone numbers, prize money structures for 400 events, Internet services, retailers, publications, TV contacts, and more. \$75.00.	_____	\$ _____
<b>Running Research News</b> Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. \$35.00 per year.	_____	\$ _____
<b>Masters Track and Field: A History</b> , by Leonard Olson Olson, a masters competitor since 1970, traces the development of masters t&f from its start in San Diego in the late 1960s to its expansion into present-day world championships, with emphasis on the personalities and events that helped shape this historic movement in sports. 64 photographs, tables, appendix, bibliography, and index. 320 pp. \$65.	_____	\$ _____
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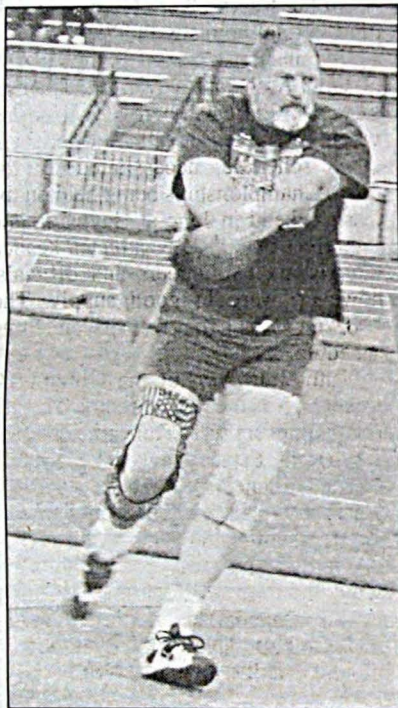
## The Weight Room

By JERRY WOJCIK

### From the Outback to Brisbane and Back Out to Baton Rouge

Although the number of U.S. entrants to Brisbane is about 100 less than those at Gateshead, the throwers line-up looks as if we'll hold our own in Australia. Carol Finsrud, the most successful U.S. thrower at Gateshead, is a Brisbane entrant. She won the W40 weight pentathlon by almost 600 points and was a gold medalist in the discus and silver in the shot.

U.S. athletes took four gold medals in the Gateshead weight pentathlon, which made up for what some consid-



Dick Hotkiss, M65, heaved the newly-adopted 20# weight 57-5/8, Hayward Classic, Eugene, Ore., June 9-10.

ered a weak showing by our throwers. They again should present a strong field in the WP, with Finsrud being joined by the other Gateshead winners: Ken Jansson, M40, who was also the winner of the hammer, Lad Pataki, M50, and Bob Ward, M65. Pataki missed all of the throws at Gateshead because of family illness, arriving just in time for the weight pentathlon. I won't be surprised if all four repeat, even with the added two-year handicap.

#### A Good WP Slate

We may have more WP winners. I see several very good new age-group, all-around throwers on the entrant list. I think, however, that pentathletes from other regions, particularly Europe and Australia, may improve their Gateshead scores. They've become more familiar with the weight throw, which up until a few years ago was the province of throwers in the U.S., where weight throwing started.

Returning medalists in the discus will be Tom Fahey, M50, silver; Bernice Holland, W70, silver; and Betty Jarvis, W80, bronze. Javelin throwers Michael Brown, M45, gold; Gary Reddaway, M55, bronze; and Holland, bronze, are entered.

#### Baton Rouge Bound

Ten days later, I hope to see all of those not headed for the Outback after



Harvey Lewellen, M70, winner of three throws, Hayward Classic, Eugene, Ore., June 9-10.

Brisbane at our National Championships in Baton Rouge, La.

One of the main reasons I'm going is to check out Bernie Moore Track Stadium, which, according to reviews I've had from people not given to hyperbole, ranks somewhere between the Eighth Wonder of the World and Hayward Field. Throwers will be glad to learn that it has two separate shot put areas, a choice of three wind-directional discus areas, two hammer cages, and a synthetic runway for the javelin.

The schedule is also competition

friendly for throwers, with the shot on the 25th, discus on the 26th, javelin on the 27th, and hammer on the 28th. A far cry from the good ol' days (like six years ago), when the hammer was scheduled on the first day along with the pentathlon, meet planners having forgotten that the hammer sector, if within the stadium, overlapped the discus and javelin sectors used in the pentathlon.

The hammer would be three hours late before it ever started. Even worse was that the next championships director would use the same schedule, so that it took a couple of years of yowling by throwers to have events adjusted.

#### Primary Purpose

Once in a while I come across masters at a major meet who confess that their primary purpose in showing up is to enjoy the local restaurants, see the sights, shop, and hit the night spots, behaving as if they're on a vacation instead of proceeding through the whole affair as if they'd lose their souls to Satan if they didn't win a medal. After decades of aimlessness and lack of direction at national championships, I think I have reached the stage of maturity exemplified by those who go to experience life beyond the track.

From what I've been told, Baton Rouge has much to offer the peripatetic traveler - Cajun/Creole cuisine, zydeco, jazz, antebellum homes, history, the Huey Long saga, and games of chance on the Mississippi riverboats - so after I've seen Bernie Moore Stadium, taken my throws, and performed my NMN duties, I'll be off to take in the sights and paint the town red, or more appropriately, purple and gold. □

## Rankings Report

By JERRY WOJCIK

Generally, the number of marks for all events in the 2001 McMahon Family Trust Indoor Rankings in this issue were slightly less than in 2000. This may have been a consequence of several important meets, such as the East Regionals, failing to publish results, and athletes whose marks did not appear in the results pages failing to send their best marks to the rankers.

An interesting note is the increase in the number of runners in the mile, the most publicized masters indoor event, at the expense of the 1500. Indoor meet directors, who can opt for the mile or 1500, seem to prefer the higher profile mile for their indoor schedules, but outdoor directors don't, it appears.

In past outdoor rankings, the total lists for the 1500 are about three times larger than they are for the mile. In the 2000 Outdoor Rankings Book, there are 83 M40s listed in the 1500. In the M40 mile, there are 40 listed. The W70 1500 shows 14 runners; the W70 mile has one. Outdoor directors have the same 1500/mile option as indoor directors do, so why don't they select the mile, to which most Americans can relate, rather than the 1500?

Rankers for the 2001 outdoor season are:  
100, 200, 4x100, 4x400 - Larry Patz, 534 Gould Hill Rd., Contoocook, NH 03229

400 - Ruth BreMiller, 590 W 29th Ave., Eugene, OR 97405; e-mail: brem@oregon.uoregon.edu

800, 1500 - Erich Reed, 2359 Columbia, Eugene, OR 97403; e-mail: erichreed@yahoo.com

Short hurdles, long hurdles, steeplechase, 5000 - David Ortman, 7043 22nd Ave. N.W., Seattle, WA 98117; e-mail: deom@jps.net

High jump, pole vault - Joy MacDonald, 6721 NE 21st Road, Ft. Lauderdale, FL 33308; e-mail: ftlredskin

Long jump, triple jump, shot put, discus - James Gerhardt, 834 Thornvine Lane, Houston, TX 77079

Javelin - Tom Allison, 4925 Hunters Glen Dr., Eugene, OR 97405

Mile, 3000, 10,000, hammer, weight, superweight - Jerry Wojcik, NMN, P.O. Box 50098, Eugene, OR 97405; e-mail: jerrywoj@aol.com

2000 Outdoor Rankings Corrections  
M85: Ross Carter should have been ranked first in the SP with a 10.18, not second with a 9.95, and first in the HT with a 20.33. □

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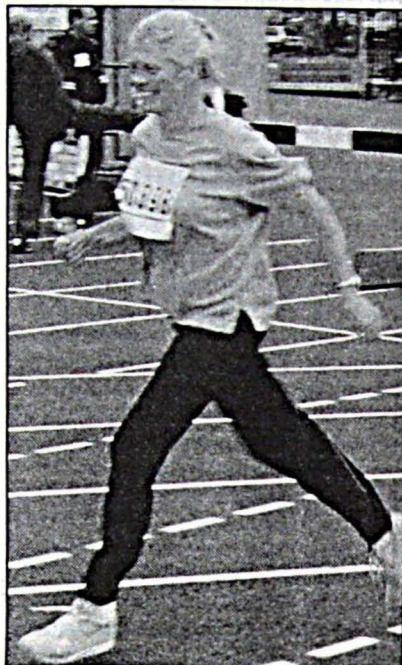
Former AAU National Champion  
World Masters Champion from  
ages 45 to 60

## Hayward Classic

Continued from page 1

day, I run 14-16 miles, and do some speed work. I get in my 50-60 miles, and I'm not tired like I was before."

Keston also ran the 1500, 3000,



SUZY HESS

Milicent Whinston, W70, winner of four gold medals, Hayward Classic, Eugene, Ore., June 9-10.

5000, and the mile, setting two single-age records.

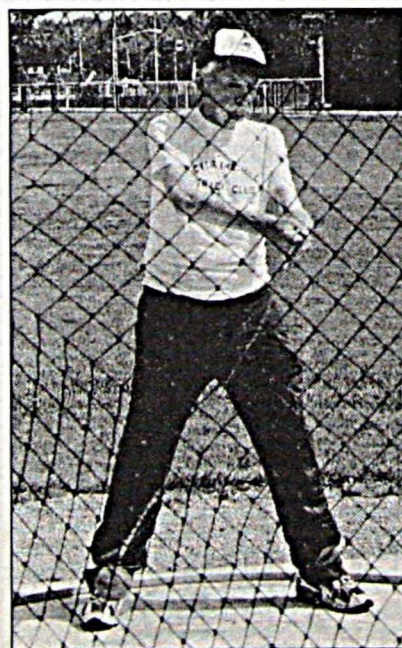
Other record-breakers were Olga Kotelko, of Canada, who upped Mary

## Hosack, Age 99, Breaks Hammer Record

By ADRIANNE AMBROSE

Everett Hosack was determined to break the M95 world hammer throw record in 2001, and no man alive was going to stop him...literally.

At age 99, Hosack, Chagrin Falls,



ADRIANNE AMBROSE

Everett Hosack, 99, broke his M95 world record of 10.60 for the hammer with an 11.20, North Coast Meet, Independence, Ohio, May 20.

Bowermaster's 0.93 world record for the W80 high jump to 0.98/3-2/4, and Cathy Cole, 40, who set a W40 U.S. record of 3.00/9-10 in the pole vault. Phil Raschker holds the current record at 9-6 1/4.

In the *National Masters News* Age-Graded Mile on Saturday, Dan McCormack, 62, last year's winner, shared first-place honors with Marie-Louise Michelsohn, 59, of Long Island, N.Y., both age-grading at the 88.4% level. McCormack was first overall in 5:21.12 in a field of 14; Michelsohn, one of six women in the race, ran a 5:58.74. Keston placed third with a 6:27.81 (A-G 86.7%). The award was presented at a reception sponsored by the Oregon Track Club Masters, Saturday evening, at the University of Oregon's Casanova Center.

In the sprints, Paul Edens, a recent 60, won the 100 with a 93.9% 12.59 and the 200 with a 92.4% 25.93. Stacey Price, 47, took the M45 110H race in 16.25, an age-graded 90.1%.

One of the best contests of the meet came in the M60 800, when Don McMillan fought off McCormack to win, 2:18.37 to 2:18.67, with both age-grading over 90%.

Corey Swim, M30, excited the crowd with a meet and association record 6-8 in the high jump.

Charles Coats, M40, won the 3000 late Saturday in a day's best 9:03.68, and returned early Sunday morning to post the fastest 5000 time of 15:33.84.

Ohio, has outlived most of his track and field competition. Still, he manages to keep his aggressive edge by pitting himself against the record books. "John Whittemore in California has set quite a few records for age 99. I intend to break all of them," said Hosack.

At the North Coast Invitational, Independence, Ohio, May 20, Hosack smashed his M95 world record of 10.60 in 1998 by throwing the hammer 11.20. "I'd thrown it over 36 feet (11.00) before, so I thought I stood a pretty good chance of breaking the record," he commented on the track at Independence High School.

John Whittemore holds the current javelin record of 7.38 for a 99-year-old. "I believe the javelin was Whittemore's best event," remarked Hosack, "but I'm still going to try and beat it." □

## Coming Next Month

- Results, stories and photos of 14th WAVA World Veterans Championships in Brisbane, Australia
- (Note: The August issue will be mailed on July 31, one week later than normal.)



JERRY WOJCIK

Dan McCormack, 62, and Marie-Louise Michelsohn, 59, shared first-place honors with each at 88.4% in the *National Master News* Age-Graded Mile, Hayward Classic, Eugene, Ore., June 9-10. Ruth Obadal (l), president of the Oregon TC Masters, who provided the trophies, and Suzy Hess, of the *National Masters News*, made the presentation at the athletes' reception Saturday evening.

Deanna O'Neil, W35, was first woman in 16:51.20. Marcial Soto, M45, was the first finisher in the 10,000 with a 33:55.50.

Marg Radcliffe, W55, surpassed her third-place ranking in 2000 in the javelin (25.99) with a 26.58.

Age 50+ weight throwers threw the newly-adopted WAVA weights. Todd Taylor, M50, who finished with a 16.65/54-7 1/2 with the 25#, said, "I like it. It's fun to throw and not as hard on the body as the 35# was." Richard Hotchkiss, M60, after the farthest throw of the day (17.52/57-5 1/4) with the 20#, remarked, "It's a different event now. The difference in the force of the pull between the new 20# and the old 35# means you have to adjust."

Kelly Murphey Glenn, W40, in 26:39.28, and Rob Frank, M45, in 25:59.76, were firsts in the 5000 race-walk.

In the team competition, the host Oregon TC Masters won the men's and women's trophies, with respective totals of 260 and 168, and the overall trophy, with 428 points. The Portland

Masters TC finished second with 144 by the men and 121 by the women, a 265 total. Racewalkers Northwest was third in total points with 87.

The meet also served as the USATF Oregon Association Masters Championships. Entrants were down somewhat, attributed to the earlier-than-usual schedule, necessitated by the Open Championships being held on the last weekend in June at Hayward, and the effect of 400 U.S. athletes headed to Brisbane. Volunteers and officials, however, were in good supply. The 2002 meet will return to its late June schedule.

Ruth BreMiller, of the Oregon TC Masters, was the meet director. The primary sponsors were Duncan & Brown, Inc., Real Estate Analysts; Carter & Carter Financial Services; Sporthill; Track Town Pizza; Gill Athletics; and Pacific Continental Bank.

The weather was cool with some wind but no rain. KEZI, the ABC affiliate in Eugene, had reporters at the meet on both days, with coverage during the evening and late night news. □



JERRY WOJCIK

Joe Dudman (l), M35 winner (16:22.88), and Marcial Soto, M45 winner (16:40.46), in the 5000, Hayward Classic, Eugene, Ore., June 9-10.

### Record British Entry for Brisbane

By BRIDGET CUSHEN  
About 380 British veterans have entered the 14th WAVA Championships in Brisbane, taking with them another 200 supporters/family members.

European 100/200 champion, Philip Delbaugh, leads the M40 sprinters. Stephen Peters, Viv Oliver, and Wally Franklyn are joined in the M45 age group by Robert Cawson and John Barclay. Kermit Bentham, who ran so well in the European Indoors last March, has entered the M40 200/400. Howard Moscrop has entered the 400H only; he ran 54.3 and recorded a 15.7 in the 110H recently.

Bill Foster has entered the M40 5000/10,000, having clocked a 15:14.83 5000, June 2, but one of the fastest times in Britain this season was recorded by Mike Boyle, 14:59.6. Brian Slaughter is on course for a good M40 decathlon and ex-Olympian, Nick

Phipps, tackles the M45 event. Alastair Dunlop, a teacher living on a remote Scottish island, hopes to repeat his success in the M45 800/1500.

Paul Oakes, M45, will compete in the pole vault and decathlon, while his wife, Pat, is in the heptathlon. Neil Griffin has recorded some excellent distances in the M50 shot (14.32) and discus (46.22). Malcolm Fenton set a British record in the M45 hammer (59.09).

In the M50 age group, Bob Minting ran 54.1 for 400; he'll double with the 800 in Brisbane.

Double Olympian, Ron Hill, is in the 8K cross-country, where he will meet Les Presland in the M60 category, both in their first World T&F Championships. After an absence of a few years, Bill Stoddard, one of the stars in Toronto and Gotenborg, returns in every event from the M70 1500 to the marathon.

Jane Pidgeon leads a very strong W35 entry; she competes in the 5000 and should have a good steeplechase. Julie Money, Lesley Hopkins and Jennie Mathews entered the shorter events. Alison Hurford recently ran a 2:17 800 and 4:50.5 1500 in Croydon.

Bronwyn Cardy-Wise, who spent some time working in Australia recently, returns for the W45 1500, 5000, 10,000, plus cross-country, where she will meet her Midlands rival, Diane Underwood.

Caroline Marler set W50 world

indoor 400/800 records in March. Tokyo Olympian, Maureen Lewington, has entered the W50 100/200/400. Marilyn Anness, W50, cleared 2.00 in the pole vault on June 2.

The durable Pat Gallagher has never returned from a world or European championships without a medal. After setting W55 world indoor records for 1500 and 3000 last March, she is on course for a hat-trick. Evaun Williams has entered all the W60 field events and will renew her rivalry with Helen Searle. □

### Three Cities to Bid for 2005 Championships

Three cities will bid to host the 16th WAVA World Veterans Athletics Championships in 2005: Helsinki, Finland; Sacramento, USA; and San Sebastian, Spain.

Only one city – Auckland, New Zealand – will bid for the 2004 WAVA Non-Stadia Championships.

The sites for the two events will be determined by delegates to the WAVA General Assembly in Brisbane, Australia, on July 11.

Carolina, Puerto Rico, has been confirmed as the site of the 15th WAVA Championships in 2003.

#### Proposed Amendments

Also on the agenda in Brisbane will be various proposed amendments to the WAVA Constitution and By-Laws. Among them:

- 1) To allow men and women to compete together when there are small numbers of competitors.
- 2) To allow a shorter length of the hammer wire.
- 3) To change the distance of the cross-

country event to 8K for all age groups.

4) To mandate that all competitors wear approved national uniforms.

5) To allow small countries an extra vote in the General Assembly based on participation in the Non-Stadia Championships.

6) To tighten rules forbidding drug use and to conform to the IAAF drug-testing policies.

7) To change the word "veterans" to "masters."

8) To replace the women's "assembly" with the women's "committee."

9) To hold a 100K World Championships in odd-numbered years.

10) To reduce the number of members of working committees from 10 to six.

Web sites for the cities that will be bidding for the 2005 World Veterans Athletics Championships at the WAVA-Brisbane Championships are, for Sacramento: <http://www.sacsports.com>; and for the Helsinki: <http://www.helsinki2005.com> □

WAVA/USATF Hurdles and Implements Specifications						
HURDLES						
WOMEN						
Age Group	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8 1/2"	8.5m 27'10 1/2"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
60+	80m	.686m 27"				
30-39	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
40-49	400m	.762m 30"				
50-59	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
60+	300m	.686m 27"				
MEN						
30-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49	100m	.914m 36"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"	10
50-59	100m	.840m 33"	16.00m 52'6"	8.00m 26'3"	12.00m 39'4"	10
60-69	100m	.840m 33"				
70-79	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"	8
80+	80m	.686m 27"				
30-49	400m	.914m 36"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	400m	.840m 33"				
60-69	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
70+	300m	.686m 27"				
IMPLEMENTS						
AGE GROUP	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT	SUPER WEIGHT
USATF						
Women						
30-49	4.00k	1.00k	4.00k	600 gms.	20#	35#
50-59	3.00k	1.00k	3.00k	500 gms.*	16#	25#
60+	3.00k	1.00k	3.00k	400 gms.	12#	25#
Men						
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.	35#	56#
50-59	6.00k	1.50k	6.00k	700 gms.*	25#	56#
60-69	5.00k	1.00k	5.00k	600 gms.	20#	56#
70-79	4.00k	1.00k	4.00k	500 gms.*	16#	35#
80+	4.00k	1.00k	4.00k	400 gms.*	12#	35#

Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m)  
WAVA weights are used for USATF weight pentathlons.  
Note: The 50m, 55m, and 60m indoor hurdle races use the same heights, distance to first hurdle, and distance between hurdles as the outdoor hurdle races for the respective age groups.  
\* New 1999 IAAF specifications.


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Torsten Carlus  
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S-25276 Helsingborg, Sweden  
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## Rod Dixon is Ready to Challenge the Best in Brisbane

By KEN STONE

Rod Dixon, who turns 51 on July 13, is a member of the New Zealand Sports Hall of Fame for his exploits on the track and roads, including a bronze medal in the Munich 1500 and a 1983 New York Marathon victory. But unlike most Hall of Famers, he hasn't hung up his spikes.

In 1995, Dixon waged a legendary battle with California's Nolan Shaheed at the World Veterans Athletics Championships in Buffalo, N.Y., winning the 1500 in the M45 age group by a tiny margin – 4:01.21 to Shaheed's silver-medal mark of 4:01.67. Dixon also won the 5000 at Buffalo in 15:12.0.

Six years later, Shaheed is in fabulous shape, manifest in a 4:06.36 for 1500 on May 5 at the Steve Scott Invitational in Irvine, California. But he's not a lock for gold at the Brisbane world WAVA meet in July.

Dixon is back. And ready to rumble.

The man who ran 3:33.89 at the 1974 Commonwealth Games in Christchurch (Filbert Bayi's world record race) and clocked his PR mile of 3:53.62 in Stockholm in 1975, says he is training for another go at WAVA gold.

"I competed in Buffalo for the Champs in '95," Dixon said. "I ran the 45+ 1500 and 5000, had fun, and thought, 'well, maybe go give it a crack this year at 50+.' I may only run the 1500 this time, however. I'll see how it goes."

But he's not running just for fun. "I feel I'm capable of running 4:05-4:10 for 1500 and 14:50-15:00 for 5," he said from his rural home north of Auckland. "I've had some good runs lately in the Sky Tower Vertical Challenge (a 1082-step climb in which Dixon finished in the top 10 overall) and a couple of cross-country races over 8K and 5K. I am always in running shape, and carry the same weight – 155 – as I did in 1972."

Dixon is familiar with his potential competition at Brisbane – including a likely rematch with Shaheed, who ran a world record M50 800 last year of 1:58.65.

"I had read where Nolan is smoking it," Dixon said. "That 1:58 is the key to the 1500; you have to keep the speed as you get older and work on it, as he has done, and I think God-given speed, which he also has and works on."

To train harder is not the answer to performing as a veteran, he says. "The key is be the best that you can be and get the lows up and the highs down; train smart with respect to the rest of your life."

But as far as Brisbane is concerned, "The important issue would be that we have a couple of rounds to qualify for the final and that they are on consecutive days," he said. "Then I hope the strength aspect of the 1500 final will be the decider, and the winning will be based on strength and tactics."

"Whatever the deal, it's so great to feel the surge of excitement for a great competition at 50. I still feel it in the veins."

Dixon appears to be invigorated anew as a father, too. Already the parent

of two grown daughters from a previous marriage, Dixon is the father of twin 3-year-olds, Hugo and Cecile, with the new love of his life, Kerry, 43, a former flight attendant.

In a recent New Zealand magazine profile, the three-time Olympian said

there is more to life than winning: "Personal achievement, personal pride and not being influenced by others... Participating and doing your best should count. If that means beating your previous best time... then that should count for something." □

### Brisbane Preview

Continued from page 1

over age 35 are eligible to compete in the championships. They will compete in five-year age groups through 100+ in all track and field events, cross-country, racewalks and marathon.

The championships will deliver a full track and field program of 1302 events. It is estimated the meet will produce 121 hours of running competition, 179 hours of jumping action, and 342 hours of throws.

#### Economic Impact

"Not only will the event be a sporting spectacle, it will also be a tremendous economic bonus for Brisbane and Queensland," House said. "We estimate that the event will generate \$21.7 million (US\$11 million) for the State. It will deliver over 6000 bed nights for Brisbane. The championships will certainly be one of the signature events being held in Australia this year."

#### Competition Schedule

Competition gets under way on Wed., July 4. Opening ceremonies will be held Sat., July 7, at 7 p.m. Action continues through Sat., July 14, with off days on Sunday the 8th and Wednesday the 11th. The Taste of Australia International Party Night takes place on Tues., July 10, at 7 p.m. The closing ceremony is set for July 14 at 7 p.m.

The final competition schedule will be posted on the Games' website at [www.worldvac2001.com.au](http://www.worldvac2001.com.au).

#### Marathon

"A new marathon course has been proposed," said Events Manager, Jacey Octigan. "The Busway course is unavailable and will not be used. The new course, recently used for the Queensland Half Marathon, starts and finishes at South Bank. It's mainly flat with plenty of shade and views of the river at every turn."

#### Venues

The QEII Sports Complex at Nathan will be the venue for most of the competition. The two major track and field facilities are located side by side in this complex. A third track to be used on the first few days is located at the U. of Queensland, 8 km. from the city center.

#### Results

Results will be available for Aus. \$1 the day after competition.

#### Cardcall

Athletes, accompanying persons, officials, volunteers and media people will receive a phone card in their registration packets. It's simple to use – just phone the number on the back of the card to pre-charge the card using your credit card. Then, when calling home, just call a local Australian number, log

in your pin number and then dial anywhere in the world – for as little as eight cents a minute.

#### Weather

The daily temperature will be around 21°C (70°F). Evenings will be 9°C (48°F), which is fairly chilly. Most July days are clear and sunny. The sun rises around 6 a.m. and sets around 5:30 p.m. Bring a jacket or sweater for the evenings and early mornings.

#### USA Team Meetings

USA team managers Charles DesJardins and Don Austin will hold daily meetings for U.S. athletes – probably at 10 a.m. A team managers' meeting will be held daily at 8 a.m.

#### General Assembly

Everyone is invited to attend the WAVA General Assembly meeting on Wed., July 11 at the headquarters Carlton Crest Hotel in downtown Brisbane. Only delegates may vote, however. Contact your national delegate if you have an opinion on some item of business (see page 3 for U.S. delegates).

Regional, stadia and non-stadia meetings, and the women's assembly will be held on Sun., July 8, also at the Carlton Crest. Again, everyone is welcome to attend.

#### Tours

Tours can be booked at the Athlete Services Center.

#### Time Difference

Australia is 14 hours ahead of New York and 17 hours ahead of Los Angeles. Thus, when it's 6 p.m. on Tuesday in Los Angeles, it's 11 a.m. on Wednesday in Brisbane.

#### Jet Lag

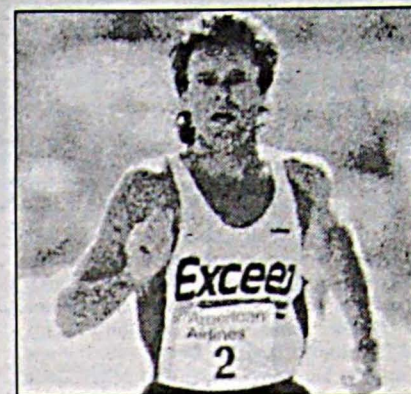
You can't avoid tiredness and jet lag, but you can make things easier if you: 1) take your shoes off – feet tend to swell during flight; 2) don't eat or drink too much; 3) get off at transit stops and walk around; 4) stretch your legs by standing on tip-toe; 5) do deep breathing exercises; and 6) exercise in any way possible.

#### Relay Teams

Relays (4x100, 4x400) are limited to one team per country per five-year age group. The selection process varies from country to country. U.S. relay teams will be formed by taking the best four U.S. times in each 5-year age group from the 100m and 400m competitions in Brisbane. Exceptions may be made by Austin to make the teams "competitive."

#### Sections

The 5000 and 10,000 runs, steeplechase, and 5000 track walks will have seeded sections based on estimated performances. The faster sections will go



Rod Dixon

last. Overall best times from all sections will determine the age-group winners.

#### Advancement from Heats

In track events from 1500 down, heats will be run, if necessary. At least two competitors will advance from each heat to the next round.

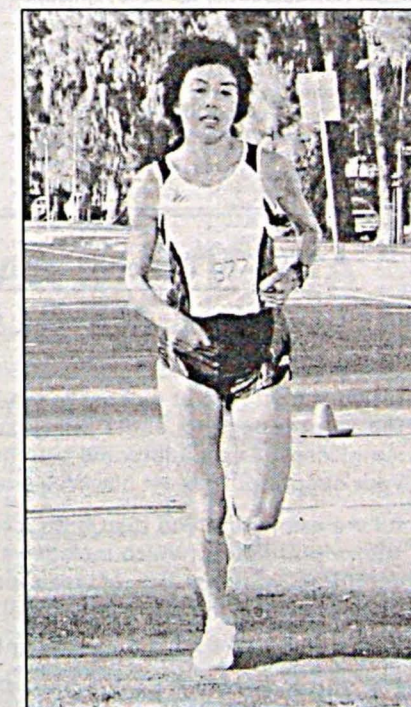
#### National Uniforms

In WAVA Championships, everyone competes as an individual, not as a member of a national team (except in team scoring events). Athletes may wear a uniform of their choice – either a national uniform, club uniform, or favorite t-shirt. There will be national team scoring in the relays, marathon, cross-country and road walks.

Anyone wishing to score as a member of a team must wear a uniform clearly identifying the country he/she is representing. Moreover, the Brisbane community is encouraging the wearing of national uniforms in the streets and around town so residents will know where the athletes are from.

"I have no doubt that Brisbane is the ideal venue for a world-class event such as the World Veterans Championships," said Jim Soorley, Lord Mayor of Brisbane. "I look forward to welcoming competitors to our great city." □

– Al Sheahan



TESH TESHIMA

Sayuri Kusutani, 42, from Mie, Japan, second female overall (18:04), Cinco de Mayo 5K, Honolulu, May 6. Living in Hawaii to study English, Kusutani ran the Berlin Marathon in 2:40:05.

# Masters Scene

## EAST

• **Graeme Fell**, M40, in 30:57, and **Anastasia Stekas**, W40, 43:07, cruised to masters wins in the Shelter Island 10K, Shelter Island, NY, June 9. Other division winners were 50-59 **Alan Oman**, 36:50, and **Terry Guadi**, 46:19; 60-69 **Donald Davis**, 45:01, and **Florence McArdle**, 61:51; and M70+ **John McManus**, 77, 57:04.

## MIDWEST

• Olympic marathoner **Linda Somers-Smith**, San Luis Obispo, CA, took a break from her law practice to win the masters division at the Old Kent River Bank Run 25K, Grand Rapids, MI, May 12. She picked up \$1500 for her 1:30:58. **Marie Boyd**, Albuquerque, was second, 1:34:09, taking home \$750. **Andrey Kuznetsov**, Rockville, MD, 1:19:06, narrowly beat **Simon Karori**, Kenya, 1:19:37, for the men's 40+ title.

• The Ogden Newspapers 20K in Wheeling, WV, May 26, drew a fantastic international masters field with its \$1000 first place lure. **Andrew Masai**, 41, Kenya, prevailed over **Paul Evans**, 40, England, 1:03:48 to 1:04:05. **Tatyana Pozdnyakova**, 46, Ukraine, outran the masters women to finish in 1:17:51. **Bill Rodgers**, 53, Boston, 1:23:21, and **Ron Hill**, 62, England, 1:33:47, were also on hand.

## MID-AMERICA

• **J.P. Worcester**, M40, in 33:39, and **Deb Torneden**, W40, in 36:12, sailed to masters firsts in the Wichita River Run 10K, Wichita, KS, May 12. **Larry Davison**, M55, broke the 40:00 barrier with a 39:51.

• Irishwoman **Catriona Dowling**, 43, Boulder, CO, had two high altitude 10K masters wins recently. She won a trip to the Avon National Championships in Phoenix in December by winning the 40+ at the Avon-Denver 10K, May 12, 39:12, and was the top master in the citizens race at the enormous Bolder, Boulder 10K, May 28, 37:36.

• **Paul Heitzman**, 69, Eudora, KS, set a pending single-age record for 12K, 50:27 (previous record: Roger Gill/63:04/1990) at the Trinity Hospital Hill Run, Kansas City, MO, June 3.

• The Longest Day Races, Brookings, SD, April 21, were plagued by cold, rainy, windy weather. **Tony Gialanella**, 45, Arlington Heights, IL, 3:20:42, and **Michele Lastovica**,

42, Omaha, NE, 4:36:04, took the masters titles in the marathon. **Miles Beacom**, 41, Sioux Falls, SD, captured the half-marathon M40+ first, 94:51. Masters 10K winners were **Steve Flieger**, 50, Mitchell, SD, 48:36, and **Vicky Nelson**, 40, Sioux Falls, 43:14. In the 5K, **Tim Zbkowski**, 49, Maple Grove, MN, 20:42, was first M40+, and **Carol Klitzke**, 54, Maple Grove, was first female in 26:59. First 5K M40+ racewalkers were **Mike Wiggins**, 52, Hawarden, IA, 24:57, and **Bertha Aldrich**, 65, Alden, IA, 35:59.

## SOUTHWEST

• **Paul Johnson** lowered the M65 US record of 58.79 held by the late John Law, with a 58.05 in the USATF Southwestern Association Masters Championships, Dallas, June 2. In 2000, Johnson was top-ranked in the 400 with a 59.14. In other events, **Courtland Gray**, M55, sailed over the 100H in 14.98; **Ken Jansson**, M40, hit 58.70/192-7 in the HT; and **Bob Ward**, M65, scored a 15.63/51-3 1/2 with the newly-adopted 20# weight.

• **Arthur Lawrence**, M55, hurled the javelin 164-5 in the Kerrville Senior Games, Kerrville, TX, April 28. **Wayne Bennett** won the M65 200 in 27.18. **Margaret Hinton**, W80, included a 3-6 HJ in her five firsts.

## WEST

• **Yvette Lavigne** broke her W60 mile WR of 6:09.38, run exactly one year ago at the same meet, with a 6:03.39 in the Dan Aldrich Memorial Meet, UC-Irvine, May 27. **Marie-Louise Michelsohn**, 59, of Long Island, NY, set a mile age record of 5:58.97. A total of 178 athletes competed; all of the meet proceeds go to the UCI T&F program.

• **Irina Bogacheva**, of Kyrgyzstan, 2:33:09, was the women's 40+ winner and fourth overall at the Suzuki Rock 'n' Roll Marathon, San Diego, CA, June 3. **Ty Strange**, Santa Rosa, CA, 2:38:25, led the 40+ men. Each earned \$1000.

• **Jo Greenberg**, M50, let loose a mighty javelin toss of 67.32 for a best (700g) at the Southern California Striders Meet of Champions, Long Beach, CA, May 12.

• **Victoria Amarasekara**, W40, set a new U.S. record in the long jump at the John Ward Masters Meet, Santa Ana, CA, April 8. Her 18-1 erased the 17-1/4 mark set by Phil Raschker in 1991.

## NORTHWEST

• **Ken Jansson**, 43, of Kansas, with a 4253 total, and **Tom Gage**, 57, Louisiana, 4129, were the men's top scorers in the Seattle Masters AC Spring Fling, West Seattle Stadium, April 18. **Georgia Cutler**, 58, of Oregon, was the No. 1 woman, with a 3416. SMAC will host the National Masters WT & SW Championships, Sept. 8, at W. Seattle Stadium under the direction of **Ken Weinbel**.

• **Kathy Pidcock**, 46, Parker, CO, logged a female first 9:36:21 in the Wyoming Marathon Races Double Marathon (52.4 miles) Laramie, May 27. **Steve Bremner**, 46, Colorado Springs, CO, won the masters title in the marathon (3:12:31). **Donna Romans**, 53, Kansas City, MO, was the first W40+ in the half-marathon with a 2:20:19.

• **John Cahill**, 77, Salt Lake City, UT, ran well at Sallie Mae 10K in Washington, DC, in April, winning the M70, 46:03. He is the U.S. single-age record holder for the M70 12K. On his success: "I think it's the mental attitude to run in the pain zone and not in the comfort zone. My first mile was 7:15."

• **Paul Zimmerman**, M40, with 32:49, and **Myra Klettke**, W40, 38:45, zipped to firsts in the Oregon RRC Masters 10K Championships, West Linn, May 28.

## CANADA

• **Ed Whitlock**, 70, Milton, ONT, missed his goal of being the first M70+ to break three hours in the marathon at the Forest City Road Races (aka London Life) Marathon, London, ONT, May 13. He did set a pending 70+ world best, running 3:00:23, to eclipse American **John Keston's** 3:00:50. "I figured I was going to have trouble before the race started as I have not been running as well this year as last, for no apparent reason. I am training the same and have no specific injuries, although my legs have been generally more aching than normal..." Whitlock may make another sub-3:00 attempt at

the Columbus Marathon in October, a course familiar to him, where he ran 2:52:50 last year.

## INTERNATIONAL

• Three athletes in the U.S. Entrants to Brisbane List in the July issue are not U.S. citizens. They are **Ahmet Ardaman**, Turkey; **Benson Ford**, Jamaica; and **Homi Hormasi**, India.

• The Mountain/Ultra/Trail (MUT) Council of USATF has selected the U.S. team to compete in the 2001 IAU 100K World Challenge on Aug. 26 in Cedar, France. Included in the 12 who have confirmed their intent to compete are age-40+ runners **James Garcia**, 42, Westford, MA; **Tom Johnson**, 42, Loomis, CA; and **Chrissy Ferguson**, 40, Conway, AR. **Luanne Park**, 40, Redding, CA, and **Christy Cosgrove**, 40, Boxford, MA, are women alternates.

• **Eddy Hellebuyck**, 40, Albuquerque, NM, has been named to his second U.S. Men's Marathon World Championship Team, to compete in Edmonton, Canada, in August. He represented the U.S. at the 1999 World Championships, where he placed 26th, several months after becoming a U.S. citizen. Hellebuyck represented his native Belgium at the 1996 Atlanta Olympics in the marathon. He has won 21 marathons, and has a PR of 2:11:50 (1994).

• WAVA President, **Torsten Carlus**, announced in April that the International Masters Games Association (IMGA) is officially recognized by the International Olympic Committee (IOC) as being the world governing body for veterans multi-sport festival games. Part of this recognition is that IMGA shall respect the IOC Charter and perform drug testing at all World Masters Games beginning in Melbourne next year.

Web sites for the cities that will be bidding for the 2005 World Veterans Athletics Championships at the WAVA-Brisbane Championships are, for Sacramento <http://www.sacsports.com>, and for Helsinki: <http://www.helsinki2005.com>

## On The Run

Continued from page 12

at Colorado State University, who tested people young and old, those who exercised and those who did not. His subjects took standard intelligence tests.

Among younger people, there seemed to be no difference in intelligence, whether or not one exercised. Among older people, however, particularly those over the age of 60, those who exercised seemed to be more able to hang onto their brain power. "We're seeing more and more studies that suggest a link between running and intelligence," says Amby Burfoot, editor of *Runner's World*.

## FIFTEEN YEARS AGO July 1986

• **Atlaw Belilgne** (41, 32:12) and **Judy Pickert** (42, 39:35) Win Masters Division in Cotton Row 10K for Second Year

• **Phil Conley** Breaks His Own M50 Javelin AR With a 186-6

• **Gabriele Andersen**, 41, Races to a 35:31 Masters Victory in Freihofer's 10K

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## Positive Effect

Nobody seems to know why. Perhaps aerobic exercise, because of its positive effect on the cardiovascular system, promotes continued and increased blood flow to the brain and prevents long-term brain cell deterioration. Or maybe the fact that you enjoy running, or any other activity, even chess, keeps you interested in life, thus mentally more alert.

Nobody yet has suggested that running might make you immune to Alzheimer's Disease. The cure for that disease has yet to be found. But runners can help fund the research that may result in such a cure and increased help for those who suffer from Alzheimer's Disease and their loved ones. Support me in my 7-7-70 Quest. Your dollars can make the difference.

Contribute now to help cure Alzheimer's Disease. Make your check out to The Alzheimer's Association and identify it as "Hal Higdon's 7-7-70 Quest. Mail your donation to: The Alzheimer's Association, 919 N. Michigan Avenue, Suite 1100, Chicago, IL 60611. Or, you can contribute online by credit card over a secure connection to Alzheimer's or any of the other six charities, by going to the 7-7-70 section of: [www.halhigdon.com](http://www.halhigdon.com). □

(Hal Higdon is a Senior Writer for *Runner's World* and the training consultant for The LaSalle Bank Chicago Marathon.)

2001 McMahon Family Trust U.S. Masters Indoor Track & Field Rankings

(Coordinated by Jerry Wojcik)

55 Meters Compiled by Larry Patz

Table listing 55 Meters rankings for men's 30-34, 35-39, 40-44, 45-49, and 50-54 age groups.

60 Meters Compiled by Larry Patz

Table listing 60 Meters rankings for men's 30-34, 35-39, 40-44, 45-49, and 50-54 age groups.

200 Meters Compiled by Larry Patz

Table listing 200 Meters rankings for men's 30-34, 35-39, 40-44, 45-49, and 50-54 age groups.

400 Meters Compiled by Ruth BreMiller

Table listing 400 Meters rankings for men's 30-34, 35-39, 40-44, 45-49, and 50-54 age groups.

800 Meters Compiled by Ruth BreMiller

Table listing 800 Meters rankings for men's 30-34, 35-39, 40-44, 45-49, and 50-54 age groups.

1600 Meters Compiled by Ruth BreMiller

Table listing 1600 Meters rankings for men's 30-34, 35-39, 40-44, 45-49, and 50-54 age groups.

3200 Meters Compiled by Ruth BreMiller

Table listing 3200 Meters rankings for men's 30-34, 35-39, 40-44, 45-49, and 50-54 age groups.

6400 Meters Compiled by Ruth BreMiller

Table listing 6400 Meters rankings for men's 30-34, 35-39, 40-44, 45-49, and 50-54 age groups.



Continued from previous page

M50 Al Cestero 8.68 Dave Richard 8.7 John McKenzie 8.8 M4J Joe Schwieterman 8.66 John Dyer 8.9 Mark Twedt 9.01 Trace Barnette 9.0 Steve Janusz 9.43 Paul Zalimanski 9.57 John Billingsley 9.6 Erwin Jones 9.75 M45 Stacey Price 8.17 Robert Zahn 8.78 Jeff Watry 9.74 Robert Hahn 10.15 Joe Serdakowski 10.33 Tom Crowley 10.4 Gene Iwen 9.15 Lonn Davis 9.4 Ivan Black 9.50 Noah Peris 9.58 Robert Rovl 9.87 Joe McMahon 10.00 Carter Holmes 10.48 Neal Schuster 10.62 Oscar Henry 11.10 Michael Moser 12.83 M55 Courtland Gray 8.51 Michael Milove 9.80 Doug Geertgens 10.63 Chet Dow 10.72 Robert Gent 11.71 Mike Crosby 12.4 M60 Nate Byrd 8.9 Phil Byrne 9.86 George LaBelle 10.27 Rodger Young 11.33 Ed Fitzgerald 11.6 M65 Clarence Trinkner 10.46 Leon Trout 10.54 Cass Curtis 11.61 James Duncan 11.90 Glendale Markwell 12.51 M70 James Stookey 9.25 William Simmons 11.91 J Val Smith 13.16 W35 Phyllis Spencer 9.61 Denise Jones 14.60 W40 Liz Johnson 11.6 W45 Irene Thompson 9.74 W65 Flo Meiler 12.80	M50 Stan Druckrey 8.70 Rick Lapp 9.57 Alan Russell 9.93 Gene Iwen 9.97p James Sauers 10.42 William Foucher 10.79 Ivan Black 10.87 Carter Holmes 10.92 T W Tesche 11.14 Neal Schuster 11.94 Michael Garrity 13.39 Darryl Decker 13.82p David Friedman 13.92p Michael Moser 14.06p M55 Fred Johnston 9.15 Robert Baker 10.29p Michael Milove 10.42 Bill Angus 10.54 James Cawley 10.96p Tom Thorne 11.51 Ron Collier 12.24 Ernest Heimberg 12.51p Henry Clapper 13.13 M60 Grover Coats 10.06 Nate Byrd 10.12 Lowell Bonfield 10.27 Phil Byrne 10.59p Jim Kenney 11.44 John Head 11.46p Bruce Mills 11.88 M65 Lowell Bonfield 10.21 Clarence Trinkner 11.79 Bill Jankovich 12.19p Jim Leggett 12.35 Ritch White 14.31 M70 James Stookey 10.03 Jerry Donley 11.80 Will Robinson 12.14 M75 Mel Larsen WR10.09 W30 Misha Gutzler 10.30 W35 Charlene Landrum 8.96 Denise Jones 12.88p W40 Elaine Iba 10.92p Liz Johnson 11.97 Barbara Dickson 12.32p W45 Irene Thompson 10.54 Skipper Clark 12.18p Carolyn McCormick 13.38 Anne Fisk 14.62p Mary Trotto 18.28p W65 Barbara Jordan 13.91 W75 Johnnye Valien 15.68p	M45 Jeff Watry 1.75 Kevin McLaughlin 1.70 Ed Lenox 1.68 Valeriy Snezhko 1.68 John Valiska 1.62 Bob Doran 47 1.59 Pat Fahy 1.58 Robert Zahn 1.57 Al Cestero 1.55 Matt Heatfco 1.53 Kelly Meares 1.53 Keith Mathis 48 1.50 Don Helton 1.43 Richard Watson 1.43 Mike Roberti 1.42 Bob Blackburn 1.41 Mark Johnson 1.40 Phil Mulkey 46 1.38 M50 Milan Jamrich 1.72 James Sauers 1.69 Alan Russell 1.65 Lonn Davis 1.57 Terrell Schaffer 1.57 Carter Holmes 1.54 Richard Sobel 1.52 Oscar Henry 1.52 Ted Hatlen 0.99 W30 W30 Kimiko Nakatake 1.64 W35 Althea Morris 1.50 Dawn Best 1.17 Denise Jones 0.99 W40 Barbara Dickson 1.35 Carla Hoppie 1.30 Elaine Iba 1.29 Liz Johnson 1.25 W45 Patti Gilmour 1.17 Anne Lowe 1.09 W50 Skipper Clark 1.32 Hillen Stubendorff 1.20 Kay Sparks 1.10 Anne Fisk 0.99 Sharon Raham 0.97 Mary Trotto 0.95 W55 Linda Douglass 1.20 Cathy Primmer 1.15 Kathy Heitzmann 1.05 W60 Evelyn Wright 1.27 W65 Flo Meiler 1.12 Joan Burgess 1.05 Fei-Mei Chou 0.95 W75 Johnnye Valien 0.99 Margarethinton 0.95 R Jean Jones 0.86	Ray Feick 1.07 M70 James Stookey 1.37 Wm Simmons 1.27 Harvey Lewellen 1.27 J V Smith 1.27 BillButterworth 1.22 Bill Pardue 1.17 Dick Donley 1.14 Richard Soller 1.12 Des Margetson 1.07 Ev Po 1.04 M75 Bill Wambach 1.34 Ed Holmes 1.28 Frank Brako 1.19 Gil Young 1.14 Bill Chivvis 1.12 Scott Herrman 1.12 Mel Larsen 1.09 Doc Bennett 1.02 M80 Mel Buschman 0.91 M85 Leland McPhie 1.04 George Braceland 1.02 Bob Detweiler 0.74 M90 Ted Hatlen 0.99 W30 W30 Kimiko Nakatake 1.64 W35 Althea Morris 1.50 Dawn Best 1.17 Denise Jones 0.99 W40 Barbara Dickson 1.35 Carla Hoppie 1.30 Elaine Iba 1.29 Liz Johnson 1.25 W45 Patti Gilmour 1.17 Anne Lowe 1.09 W50 Skipper Clark 1.32 Hillen Stubendorff 1.20 Kay Sparks 1.10 Anne Fisk 0.99 Sharon Raham 0.97 Mary Trotto 0.95 W55 Linda Douglass 1.20 Cathy Primmer 1.15 Kathy Heitzmann 1.05 W60 Evelyn Wright 1.27 W65 Flo Meiler 1.12 Joan Burgess 1.05 Fei-Mei Chou 0.95 W75 Johnnye Valien 0.99 Margarethinton 0.95 R Jean Jones 0.86	Mark Fields 2.90 Joseph Reed 2.90 Dan McBride 2.89 Russ JacquetAcea 2.74 Richard Watson 2.60 M50 Dennis Phillips 4.32 Gene Bard 4.15 Vince Struble 3.81 Tom Rauscher 3.58 John Hoogasian 3.30 Jim Kelly 3.30 Alan Russell 3.20 Dennis Schmidt 3.05 Pete Fichter 3.00 T W Tesche 2.85 Michael Zahner 2.75 Mike Davis 2.70 Bob Reese 2.65 Joe McMahon 2.30 Carter Holmes 2.20 M55 Dan Borrey 4.06 Larry Holmes 3.35 Ron Collier 3.05 Jeff Tindall 3.05 Vic Radzovich 2.85 Tom Thome 2.80 Bill Angus 2.80 Buster Byrnes 2.55 Dennis Stemple 2.55 Robert Gent 2.40 M60 Gerald Counihan 3.35 Norm Cyprus 2.62 Rodger Young 2.44 M65 Taylor Goode 3.22 Duane Rykhus 2.82 Don Gray 2.74 Bill Jankovich 2.62 Allen Morris 2.52 Deke Conklin 2.42 James Duncan 2.12 Clarence Trinkner 2.10 Glendale Markwell 1.98 M70 Jerry Donley 2.92 Tom Hinkes 2.60 Harvey Lewellen 2.44 Ev Po 2.32 M75 Boo Morcom 2.44 Bill Chivvis 2.00 W35 Jennifer Croissant 3.05 W50 HillenStubendorff 2.52 Terri Phillips 2.22 Kay Sparks 1.82 W65 Brenda Bloomfield 1.07 W60 Evelyn Wright 1.83 W65 Flo Meiler 1.83 W75 Johnnye Valien 1.52	Long Jump Compiled by Jim Garhardt M30 Vincent Martin 6.92 Gordon McKee 6.50 Ron Weston 6.41 Robert Walter 6.20 Sam Smith 5.91 Oleg Mysikov 5.79 Jame Aubuchon 5.40 Matt Bogdanowicz 5.06 Corbin Lang 4.75 Tom Rosenthal 3.45 Richard Dye 3.15 Gary Kennedy 3.05 Curtis Neronski 3.05 Rob Doran 2.90 Gus Keriazas 2.85 Brian Wayda 2.80 Mike Roberti 2.75 M45 Gary Hunter 4.78 Brad Winter 3.90 Bob Crites 3.90 Tom Bunner 3.81 Peter McGinnis 3.75 Don Servrn 3.75 Steve Gorman 49 3.75 Earl Bell 3.70 Doug Sparks 3.60 Kelly Meares 3.60 Jeff Watry 3.35 Paul Smith 3.30 Matt Heathco 3.15	M35 Greg Foster 7.07 Ronald Content 6.35 Chip Johnson 5.92 Reggie Snowden 5.90 Tim O'Neil 5.81 Ralph Mitton 5.65 Joseph Patrone 5.56 Robert Harding 5.46 James Tunstall 5.33 Mark Twedt 5.30 Terry Williams 5.28 John McKenzie 5.20 Dolf Berle 5.15 Gary Font 5.12 Al Sheriff 5.08 Kevin Turner 5.05 Joe Wilson 5.00
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- **Publisher, International**  
Phone: 1-818-981-1996 (Al Sheahan)  
Fax: 1-818-981-1997  
Mail: P.O. Box 2372, Van Nuys, CA 91404
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Continued from page 23

jeffschaller@turbonet.com

**July 25-26.** USATF Alaska Championships, Anchorage. Tom Light, usatfak@aol.com

**July 26-29.** Washington State Senior Games, Olympia, Wash. Dan Donahue, Senior Games, PO Box 1487, Olympia, WA 98507-1487. 360-413-0148; www.puget soundgames.com

**August 16-18.** Wyoming Senior Olympics, Evanston. Steve Liechty, 307-789-1770; www.eprd.net. Open to out-of-state.

**August 17-18.** Seattle Masters Games, West Seattle Stadium. Some events Fri. evening. Ken Weinbel, 4103 Hillcrest Ave., SW, Seattle, WA 98116. 206-938-3895; kweinbel@home.com

**September 6-9.** Idaho Senior Games, Boise. 800-859-0324; 208-549-2411.

**October 8-20.** Huntsman World Senior Games, St. George, Utah. T&F-9th & 10th. Huntsman Senior Games, 82 West 700 South, St. George, UT 84770. 800-562-1268; 435-674-0500; fax: 435-674-0589; hws@infowest.com

### CANADA

**August 24-26.** Canadian Masters Championships, York U., Toronto. Jim Flowers, 479 Drewry Ave., Willowdale, Ontario, M2R 2K9, Canada. 416-226-4713; www.canadianmastersathletics.com

**September 8-9.** Montreal Masters Fall Decathlon. Bill DeHorn, 4046 Hingston St., Montreal, Canada H4A 2J7. 514-486-1006.

### INTERNATIONAL

**July 4-14.** 14th WAVA World Veterans Championships, Brisbane, Australia. M40+, W35+. David Lloyd, WVAC, PO Box 7889, Waterfront Place, Brisbane, Queensland 4001, Australia. Phone: 61 7 3343 3000. Fax: 61 7 3343 3040. Email: wavainfo@qldevents.com.au. Website: www.worldvac2001.com.au.

**August 11-12.** Russian Open Masters Games (t&f dates), Moscow. Vadim Marshev, fax: 7-095-5734150; marshev@cs.msu.su

**September 28-30.** Russian Veterans Championships, Krasnodar. Vadim Marshev, fax: 7-095-5734150; marshev@cs.msu.su

**October 5-14.** Australian Masters Games, Newcastle, NSW. AMG, PO Box 1599, Newcastle West, 2302, NSW, Australia. www.nhevents.com.au

**October 6-7.** Russian Multi-Event Championships, Sochi. Vadim Marshev, fax: 7-095-5734150; marshev@cs.msu.su

### OPEN

**Aug. 3-12.** IAAF World Championships VIII, Edmonton, Canada.

## LONG DISTANCE RUNNING

### NATIONAL

**July 28.** USATF National Masters 50-Mile Trail Championships, White River, Wash. Scott McCoubrey, 919 E. Pine St., Seattle, WA 98122. 206-329-1466.

**September 14.** National Run to Work Day. RRCA, 1150 S. Washington St., Suite 250, Alexandria, VA 22314. 703-836-0558; www.rrca.org

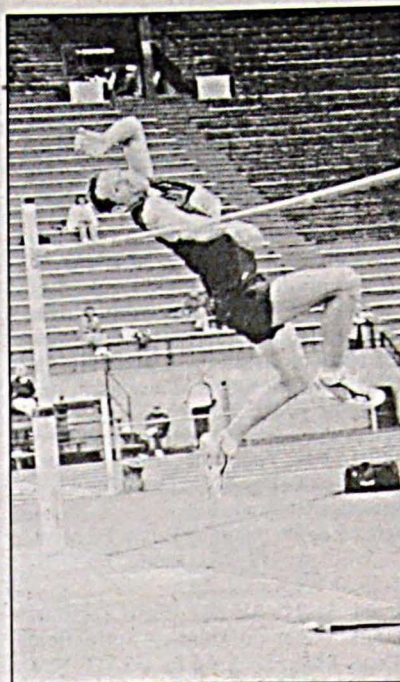
**September 15-16.** USATF National Masters 24-Hour Championships, Sylvania, Ohio. Tom Falvey, 3743 Woodmont Rd., Toledo, OH 43613. 419-475-0731.

**October 7.** USATF National Masters Marathon Championships/Twin Cities, Minneapolis/St. Paul, Minn. Dan Finanger, 708 N. First St., #CR-33, Minneapolis, MN 55401. 612-673-0778.

**October 27.** USATF National Masters 15K Championships/Tulsa Run, Tulsa, Okla. Jack Wing, 4038 E. 48th St., Tulsa, OK 74135. 918-292-1939.

**November 4.** USATF National Masters 8K Cross-Country, Rochester, N.Y. Peter Glavin, 160 Laney Rd., Rochester, NY 14620. 716-242-9031.

**November 18.** USATF National Masters 5K Cross-Country, DeLand, Fla. John Boyle, PO Box 1700, DeLand, FL 32721. 904-736-0002.



JERRY WOJCIK

Corey Swim set an M30 high jump meet record of 6-8 in the Hayward Classic, Eugene, Ore., June 9-10.

**December 1.** USATF National Masters 6K Cross-Country, Mobile, Ala. Steve Schoenwald, 6509 Timbers Dr., Mobile, AL 36695. 334-470-7730.

**December 29.** USATF National Masters 50K Trail Championships, Huntington, Ind. Mitch Harper, 5207 Hopkinton Dr., Fort Wayne, IN 46814. 219-436-0739.

### EAST

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

**July 1.** Massapequa Firecracker 5K, Massapequa Park, L.I., N.Y. Alex Flyntz, 516-796-1900.

**July 1.** USATF Adirondack 10 Mile Championships/Adirondack Distance Run, Lake George, N.Y. 518-668-4558; director@lem-reid.com

**July 2-August 27.** Shore AC Summer Road Race Series, Lake Takanassee, Long Branch, N.J. 1500 & 5K Run/RW. Every Monday, 6:30 pm.

**July 4.** NYRRC Fourth of July 4 Miler, Central Park. 212-860-4455; www.nyrrc.org

**July 7.** Western Pennsylvania TC Pittsylvania Mile Run, Carnegie Mellon U., Pittsburgh. John Harwick, 348 Morris St., Clymer, PA 15728. 724-254-2369.

**July 7.** Avon Women's 10K, Hartford, Conn. Beth Shluger, 860-652-8866; www.hartfordmarathon.com

**July 7.** Spirit of Gettysburg 5K & 1-Mile Fun Run/Walk, Gettysburg, Pa. 717-334-9171. www.vwcagettysburg.org. (See entry form on p. 6.)

**July 8.** Utica Boilermaker 15K, Utica, N.Y. 315-797-5838; www.boilermaker.com

**July 14.** Vytra Women's 5K, Farmingdale, L.I., N.Y. Ellen Weinstein, 516-349-7646

**July 14.** USATF New Jersey Masters 5K Championships/Teterboro Airport 5K, Teterboro. 732-381-0318; m2race@aol.com

**July 15.** NYRRC Bronx Half-Marathon, NYC. See July 4.

**July 15.** USATF New England 8 Mile Championships/Stowe 8 Miler, Stowe, Vt. Steve Vaitones, 617-566-7600; www.stowe8miler.com

**July 21.** Subaru Buffalo 4-Mile Chase, Buffalo, N.Y. 716-881-1652; fax: 884-9669.

**July 22.** USATF Connecticut Championships/Liberty Bank Middletown 4 Mile, Middletown. 203-481-5933; john@jbs sports.com

**July 28.** Silks & Satin 5K, Saratoga Springs, N.Y. 800-836-6976; rcox@nyso.org

**July 29.** Western Pennsylvania Gold Medal Camp Alumni 8K Cross-Country, California U. of Pennsylvania. 3:00 pm. See July 7.

**August 4.** People's Beach to Beacon 10K, Cape Elizabeth, Me. 888-480-6940; www.beach2beacon.org

**August 5.** NYRRC Manhattan Half-Marathon, Central Park. 212-860-4455; www.nyrrc.org

**August 11.** George Sheehan 5 Mile Classic, Red Bank, N.J. 732-988-7725.

**August 12.** Falmouth 7.05 Mile, Falmouth, Mass. Rich Sherman, 508-540-7000; www.falmouthroadrace.com

**August 25.** USATF New Jersey Masters Championships/Run for Life 5 Mile, Picatinny Arsenal, Rockaway.

**August 26.** NYRRC NYC Marathon Tune-Up 18 Mile, Central Park. See Aug. 5.

**August 26.** Eamonn Coughlan 5K Classic, Queens, N.Y. 718-460-5370.

**September 3.** New Haven 20K, New Haven, Conn. 203-481-5933.

**September 15.** Great Cow Harbor 10K, Northport, N.Y. Cow Harbor 10K, PO Box 41, Northport, NY 11768. www.cowharbor race.com

**September 16.** USATF New Jersey Men's 8K & Women's 5K Cross-Country Championships, Readington Twp. Julie Schick, 732-296-0006; usatfnj@aol.com

**September 16.** Dutchess County Marathon, Fishkill, N.Y. 914-473-3204; www.pojonews.com/dcclassic

**September 23.** Fall Leaves 5K/RRCA National Championships, Utica, N.Y. Utica RC, James Stasaitis, Jr., 315-797-4949; www.UticaRoadrunners.org

Continued on next page

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ART SHAHZADE

Herve Pastre, M50, anchoring the sprint medley relay team that set a world best 3:54.4 for M50-59, Visalia Masters Classic, May 19.



Continued from page 24

**September 28-29.** Reach the Beach 200-Mile Relay, Bretton Woods-Hampton Beach, N.H. 508-881-4505; www.rtbrelay.com  
**September 29.** Fifth Avenue Mile, NYC. NYRR, 212-860-2280; tkelly@nyrrc.org; www.nyrrc.org  
**September 29.** New Hampshire Marathon & 10K, Newfound Lake. 603-744-2150; www.newfoundchamber.com

**SOUTHEAST**

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

**July 4.** Peachtree 10K Road Race, Atlanta, Ga. SASE to Atlanta TC, 3097 E. Shadowland Ave., Atlanta, GA 30305.  
**July 4.** Yorktown Freedom Run 5K, Yorktown, Va. 757-722-1303.  
**July 21.** Bridge of Lions 5K, St. Augustine, Fla. 904-729-1917; www.1stplacesports.com  
**August 25.** Maggie Valley 8K Moonlight Race, Maggie Valley, N.C. 828-926-1686.  
**September 2.** Rock 'N' Roll Half-Marathon, Virginia Beach, Va. 800-311-1255; RnRHalf@eliteracing.com  
**September 9.** Naples on the Run 20K, Naples, Fla. Naples 20K, 2128 9th St. N., Naples, FL 34102. 941-434-9786.  
**September 29.** BB&T Virginia 10 Miler, Lynchburg. 804-845-5338; www.sportscapital.org

**MIDWEST**

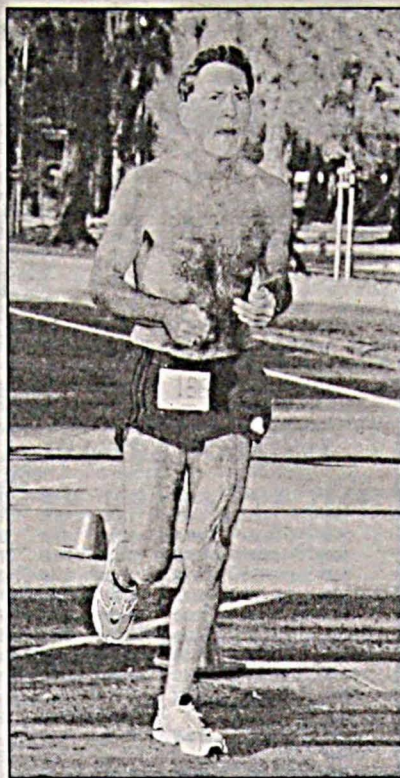
Illinois, Indiana, Kentucky, Michigan, Ohio, Wisconsin, West Virginia

**July 21.** CARA Saturday Night Shuffle 5K, Chicago. 312-666-9836; www.cararuns.org  
**August 11.** Paavo Nurmi Marathon, Hurley, Wis. 715-561-3290; rkelly@port-up.com  
**August 11.** USATF Illinois Mile Road Championships/State Street Mile, Rockford. 815-963-2171; usatfvan@aol.com  
**August 18.** Parkersburg Half-Marathon/USATF Men's & Women's National Championships, Parkersburg, W. Va. 304-424-2786; www.aActive.com  
**August 25.** Crim Festival of Races 10 Mile, 8K, and 5K, Flint, Mich. 810-235-3396; www.crim.org  
**September 1.** Charleston 15 Miler & 5K, Charleston, W. Va. Charleston Distance Run, PO Box 11595, Charleston, WV 25339. 304-348-6464.  
**September 3.** Park Forest Scenic 10 Mile, Park Forest, Ill. 708-748-2005; www.villa.geoparkforest.com  
**September 9.** Eriesistible Marathon, Erie, Pa. 814-866-6269; thompson1@erie.net  
**September 22.** USAF Marathon, Wright Patterson Air Force Base, Dayton, Ohio. 800-467-1823; http://afmarathon.wpafb.af.mil  
**September 30.** Fox Cities Community First Marathon, Appleton, Wisc. Marathon, Half-Marathon, 26.2 Mile Relay Marathon, & 13.1 Mile Power Walk. 877-230-7223; www.foxcitiesmarathon.org

**MID-AMERICA**

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

**July 1.** Fair St. Louis 10K & 3K, St. Louis, Mo. Dale Richardson, director, 636-405-1623.  
**July 14.** USATF New Mexico Championships/ Bastille Day 8K, Las Cruces. 505-524-7824.  
**August 11.** Avon Running 10K & 5K Walk/Run, Minneapolis. 651-688-9143;



TESH TESHIMA

David Devenot, first M60 (22:55), Cinco de Mayo 5K, Honolulu, May 6.

hermansrun@aol.com

**August 18.** Rochester TC/Holiday Inn Half-Marathon & 5K, Rochester, Minn. 507-282-5228; www.RaceberryJaM.com  
**August 19.** Pikes Peak Marathon, Manitou Springs, Colo. 719-473-2625; www.pikespeakmarathon.org  
**August 25.** Omaha Marathon, Omaha, Nebr. 402-398-9807; www.omahamarathon.com  
**September 9.** New Mexico Marathon, Albuquerque. 505-345-4274; www.newmexicomarathon.org  
**September 15.** Turkey Day 10K, Worthington, Minn. 800-279-2919(d); 507-376-5610(e).  
**September 29.** 39th annual Jackrabbit 15 Mile, Brookings, S. Dak. Shari Landmark, 605-688-5386; www.brookings.com/striders  
**September 30.** Duke City Marathon, Albuquerque, N.M. 505-880-1414; www.dukecitymarathon.com

**SOUTHWEST**

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**July 4.** Bethany Classic 8K/USATF Oklahoma West Championships, Bethany. 405-722-7907.  
**July 21.** Quad-City Times Bix 7 Mile, Davenport, Iowa. 319-359-9197; www.bix7.com  
**August 11.** USATF Arkansas 5K Championships, Hope. Don Still, dstill@arkansasrunner.com

**WEST**

Arizona, California, Hawaii, Nevada

**July 1.** USATF Pacific Mile Road Championships/Fleet Feet Capitol Mile, Sacramento, Calif. runinfo1@aol.com; www.rungoldmedal.com  
**July 8.** Chronicle San Francisco Marathon. CM, PO Box 828, Rialto, CA 92377. 800-698-8699; www.chronicleevents.com  
**August 19.** American's Finest City Half-Marathon, San Diego. Neil Finn, 619-222-5621; www.afhalf.com

**August 25.** Silver State Marathon, Reno. 775-849-0419; www.silverstatemarathon.com  
**August 26.** MM Millennathon, Oakland, Calif. 21 Miles & 21K. 888-441-2227; www.millennathon.com  
**August 30 (Thurs.).** Sunset in the Park Cross-Country, Huntington Beach, Calif. 6:00 pm. 714-841-5417; www.nealand.com/finishline

**NORTHWEST**

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

**July 4.** Butte to Butte 10K & 4.5 Mile Fitness Walk, Eugene, Ore. Northwest Event Management; 541-687-1989; www.butteto butte.org  
**July 13-14.** Mt. Rainier to the Pacific Relay, Ashford-Ocean Shores, Wash. 152.5 miles/11 persons; walk: 100 miles/7 persons. Hotline: 503-671-0202; fax: 206-782-5285; www.ontherun.com/rtp  
**July 21-22.** USCAA National Corporate Cup Relays, Renton, Wash. Debbie Woolman, 856-273-6096; www.uscaa.org  
**July 24.** Deseret News Marathon, Salt Lake City. 801-237-2135; www.deseretnews.com/run  
**August 4.** USATF Alaska 10K Championships, Anchorage. Robert Brewster, 907-337-9550; rbrewster@thealaskaclub.com  
**August 24.** Nationwide Insurance Hood to Coast Relay, Mt. Hood-Seaside, Ore. 195 miles. 503-292-4626; www.hoodtocoast.com  
**September 16.** Komen Portland Race for the Cure 5K, Portland, Ore. 503-553-3680; www.racefortheurepdx.org  
**September 30.** Portland Marathon, Ore. 503-226-1111; www.portlandmarathon.org  
**October 6.** St. George Marathon, St. George, Utah. Carlene Garrick, 435-634-5850; www.stgeorgemarathon.com

**CANADA**

**August 19.** 7th annual Marathon by the Sea, Saint John, New Brunswick. Also Half-marathon & 5 Mile. Marathon, c/o Canada Games Aquatic Centre, 50 Union St., Saint John, NB E2L 1A1, Canada. 506-658-4715; email: mrooney@aquatics.nb.ca; www.marathonbythesea.com  
**August 26.** Quebec Marathon, Half-Marathon, & 10K. 418-694-4442; fax: 694-4441; www.marathonquebec.com  
**October 21.** Casino Niagara International Marathon, Half-Marathon, & 5K, Niagara Falls, Canada. 905-356-9460; www.niagara fallstourism.com

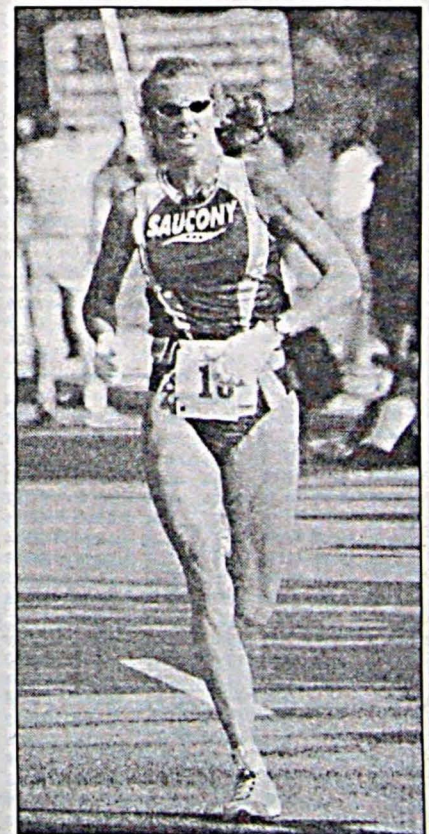
**INTERNATIONAL**

**August 26.** Gzhel International Cup (Long Distance & Racewalking), Gzhel (Moscow area). Vadim Marshev, fax: 7-095-573-4150; marshev@cs.msu.su  
**September 30.** Berlin Marathon. Marathon Tours, 617-242-7845; www.marathontour.com  
**October 14.** Avon Running 10K Global Championships, Budapest, Hungary. 212-282-5350; www.avonrunning.com

**RACEWALKING**

**July 15.** USATF Long Island 3K RW Championships, Hauppauge, N.Y. 516-349-9157; office@litf.org  
**July 22.** USATF Wisconsin 30K RW Championships, Kenosha. Mike DeWitt, 262-595-2405; dewitt@uwp.edu

**July 26.** USATF National Masters 5000 RW Championships, Baton Rouge, La. See T&F schedule.  
**July 28.** USATF National Masters 10K RW Championships (M&W), Baton Rouge, La. See T&F schedule.  
**August 12.** East Region RW Sprint Championships, Hauppauge, N.Y. 631-979-9603; Garyw@optonline.net  
**August 19.** USATF Ozark 10K RW Championships, St. Louis, Mo. Ginger Mulanax, 314-298-0916; gmulanax@hotmail.com  
**September 8.** Dick Beardsley 5K RW (judged), Detroit Lakes, Minn. Paul Geyer, race director, Detroit Lakes Chamber of Commerce, 800-542-3992; www.visitdetroitlakes.com  
**September 9.** USATF National Masters 40K RW Championships, Ft. Monmouth, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 732-222-9080.  
**September 16.** Louis Drazin Memorial 5.2 Mile Racewalk, Interlaken, N.J. 12 pm. Harry Drazin, 714 Fernmere Ave., Interlaken, NJ 07712. 732-531-2609.  
**September 22.** USATF National Masters 5K RW Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 423-349-6406.  
**October 7.** USATF National Masters One-Hour RW Championships, Worcester, Mass. Justin Kuo, 39 Oakland Rd., Brookline, MA 02445. 617-731-9889.  
**October 10-11.** Huntsman Senior Games 1500 (track) & 5K (on 11th) Racewalks, St. George, Utah. Clinic by Viisha Sedlak on Oct. 10 before 1500. See T&F - Northwest.  
**October 27.** USATF National Masters 100K Track RW Championships, Yellow Springs, Ohio. Vince Peters, 607 Omar Circle, Yellow Springs, OH 45387. 937-767-7424.  
**November 4.** USATF National Masters 20K RW Championships, Coconut Creek, Fla. Dan Koch, 954-970-9634; racewalker@cyberagency.net



GEORGE BANKER

Lee DiPietro, 43, fourth female (36:04), Sallie Mae 10K, Washington, D.C., April 29.













Continued from previous page

Table of race results including categories like Pole Vault, Long Jump, Shot Put, Discus, and Hammer, listing athlete names and times.

Table of race results continuing from the previous page, including categories like Pole Vault, Long Jump, Shot Put, Discus, and Hammer, listing athlete names and times.

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Visalia Classic

Visalia, CA; May 19

Table of race results for the Visalia Classic, listing athlete names and times.

Hawaii Masters Decathlon

Honolulu; May 27

Table of race results for the Hawaii Masters Decathlon, listing athlete names and times.

Dan Aldrich Memorial Meet

Irvine, CA; May 27

Table of race results for the Dan Aldrich Memorial Meet, listing athlete names and times.

Continued on next page





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Table with 2 columns: Name and Time. Includes entries like M30 Ryan McCann 39.38, M40 Allen Eggman 26.84, M50 G Kelmenson 36.38.

Table with 2 columns: Name and Time. Includes entries like W60 C Sherrard 19.89, W70 S Dietderich 15.24, M50 Bill Penner 27:43.4.

Table with 2 columns: Name and Time. Includes entries like W55 Jean Moule 61-10, W70 Pat Osmon 35-4, W80 Melanie Reske 42-1.50.

Table with 2 columns: Name and Time. Includes entries like Ron Jensen 29.60, M60 -200m Paul Edens 25.93, Herb Gee 27.33.

Table with 2 columns: Name and Time. Includes entries like Peggy Neal 5:14.17, W45 -1,500m Marcella Teran 5:21.21, M50 -1,500m Jeanette Groesz 5:50.04.

Table with 2 columns: Name and Time. Includes entries like M60 -10km Paul Slovick 52:37.00, M75 -10km John Keston 41:59.06, 4x100m Relay M40-49 OTCM 55.04.

NORTHWEST

Seattle Spring Fling W. Seattle Stadium, Seattle, WA; April 18

Table with 7 columns: MEN, HT, SP, DT, WT, SW, Total. Lists various athletes and their performance metrics.

Oregon Senior Olympics Silverton, OR; May 26

Table with 2 columns: Name and Time. Lists athletes and their times for various events like 100m, 200m, 400m, 800m, 1500m, 3000m.

Table with 2 columns: Name and Time. Lists athletes and their times for various events like M75 Craig McMicken 15:55.35, W40 Kelly Kruell 11:07.14.

5 Mile Road Run

Hayward Classic Eugene, OR; June 9-10

Table with 2 columns: Name and Time. Lists athletes and their times for the 5 Mile Road Run and Hayward Classic events.

Table with 2 columns: Name and Time. Lists athletes and their times for various events like M45 Pat Dettloff 10:11.2, M65 Ron MacPike 12:38.8, M70 Dick Vaughn 13:22.6.

Table with 2 columns: Name and Time. Lists athletes and their times for various events like W35 -1 MILE Sherri Sims 5:57.67, W40 -1 MILE Carla Hervert 5:35.81.

Table with 2 columns: Name and Time. Lists athletes and their times for various events like M70 -80m HH Ray Probat 17.63, M75 -100m HH Loren Swanson 19.35.

Continued on next page





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Table with 2 columns: Name and Time. Includes runners like Paul Zimmerman (1:21:02), Jim Hage (1:23:56), Kevin Haas (1:25:10), etc.

Ogden Newspapers 20K Classic (formerly Big Boy Classic) Wheeling, WV; May 26

Table with 2 columns: Name and Time. Includes runners like John Yuda (1:00:41), Teresa Wanjiku (1:11:07), M40 Andrew Masai (1:03:48), etc.

MID-AMERICA

Lincoln Marathon & Half-Marathon Lincoln, NE; May 6

Table with 2 columns: Name and Time. Includes runners like Joe Dan Metcalf (2:29:47), Roxi Enkson (2:53:10), M40 Jose Perez (2:43:37), etc.

Table with 2 columns: Name and Time. Includes runners like M45 Dave Johnson (1:15:11), M50 Fred Galata (1:25:47), M55 William Monahan (1:31:48), etc.

Avon 10K Denver, CO; May 12

Table with 2 columns: Name and Time. Includes runners like Jane Nogtho (34:48), W40 Catriona Dowling (39:15), W45 Susan McCabe (43:35), etc.

Wichita River Run 10K Wichita, KS; May 12

Table with 2 columns: Name and Time. Includes runners like Leon Shvetsov (29:53), Nancy Fazio (35:09), M40 JP Worcester (33:39), etc.

Table with 2 columns: Name and Time. Includes runners like Amy Thompson (45:25), M65 Davjd Arst (49:18), M Armstrong (52:50), etc.

Amy Thompson Run to Daylight 8K Kansas City, MO; May 28

Table with 2 columns: Name and Time. Includes runners like M40 Octavio Martinez (28:32), Tom Gilligan (28:57), Chris Nichols (29:13), etc.

Boulder Boulder 10K Citizens Race Boulder, CO; May 28

Table with 2 columns: Name and Time. Includes runners like M40 Peter Williams (33:13), M41 Rick Bruess (35:13), M42 Dan Skarda (33:52), etc.

Table with 2 columns: Name and Time. Includes runners like M47 Mark Bell (38:13), M48 Wayne Chick (37:25), M49 Margarito Berzoza (35:34), etc.

Table with 2 columns: Name and Time. Includes runners like M62 Nico Solomos (37:33), M63 Kenneth Simons (49:28), M64 Hans Sinkovec (46:25), etc.

Table with 2 columns: Name and Time. Includes runners like F47 Connie McKenzie (45:40), F48 Francine LeFebvre (46:54), F49 Peggy Muhn (41:05), etc.

Dam to Dam 20K Des Moines, IA; June 2

Table with 2 columns: Name and Time. Includes runners like Jacob Kirwa (1:02:44), Bonnie Sons (1:14:02), M40 Phil Kauder (1:06:52), etc.

Dam to Dam 20K Des Moines, IA; June 2

Table with 2 columns: Name and Time. Includes runners like M45 Raul DeAnda (1:11:58), Bernie Wilder (1:13:25), M50 Gary Julin (1:18:35), etc.

Table with 2 columns: Name and Time. Includes runners like W40 Ann Ringlein (1:23:31), Tricia McClain (1:24:47), W45 Sheila Maddock (1:25:57), etc.

WEST

Komen Sacramento Race for the Cure 5K Sacramento, CA; May 12

Table with 2 columns: Name and Time. Includes runners like Richie Boulet (15:55), Melanie Kleland (17:41), M40 Leonard Spersando (16:17), etc.

Palos Verdes Marathon San Pedro, CA; May 19

Table with 2 columns: Name and Time. Includes runners like Bill Lepiesza (2:59:42), Gina Catania (3:15:30), M40 Danny Westergaard (3:01:34), etc.

Pacific Sun 10K Kentfield, CA; May 28

Table with 2 columns: Name and Time. Includes runners like Josh Babiak (33:03), Eva Gut (39:14), M40 Peter Lewandowski (35:38), etc.

Fontana Days Half-Marathon Fontana, CA; June 2

Table with 2 columns: Name and Time. Includes runners like Gray Mavhera (1:05:44), Alena Vinitzkaya (1:12:19), M40 Phil Nicholls (1:12:51), etc.



Suzuki Rock & Roll Marathon San Diego, CA; June 3

Table with 2 columns: Name and Time. Includes runners like John Kagwe (2:10:07), Margaret Okayo (2:25:05), M40 Ty Strange (2:38:24), etc.

NORTHWEST

Wyoming Marathon Races Laramie; May 27

Table with 2 columns: Name and Time. Includes runners like --Rocky Mountain Double Marathon (52.4 miles)-- Overall Hal Koerner (7:19:38), Kathy Pidcock (9:36:21), etc.

Wyoming Marathon--Overall

Table with 2 columns: Name and Time. Includes runners like Dave Mackey (3:02:18), Laila Hughes (3:51:32), M40 Daniel Page (3:50:46), etc.

ORRC Masters 10K Championships West Linn, OR; May 28

Table with 2 columns: Name and Time. Includes runners like Paul Zimmerman (32:49), Myra Kletke (38:45).

Table with 2 columns: Name and Time. Includes runners like M40 Paul Zimmerman (32:49), M45 Mark Higginson (35:50), M50 John Shaw (37:03), etc.

RACEWALKING

Sanford Kaib 9-Mile RW Lakewood, NJ; May 27

Table with 2 columns: Name and Time. Includes runners like Handicapped Start Net Times 1 Jack Lach (1:18:19), 2 Frank Mirachi (1:44:37), etc.

Shore AC 2000 One-Hour Postal Racewalk

Table with 2 columns: Name and Time. Includes runners like Individuals Meters M40 Ian Whately (13:367), Reynaldo Carranza (11:787), Joe Berendt (10:833), etc.

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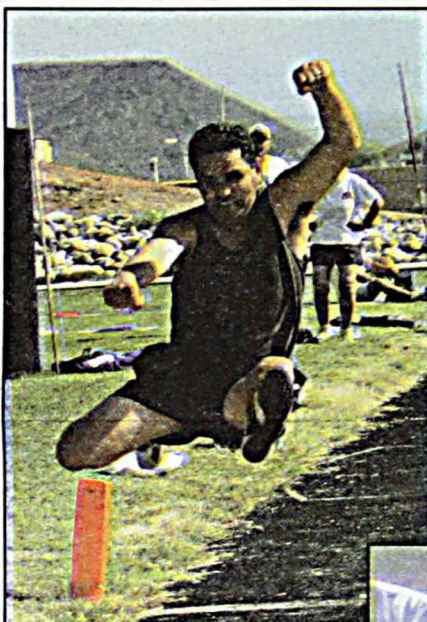
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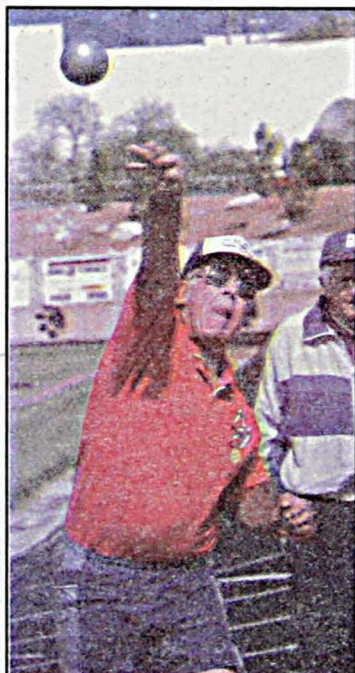
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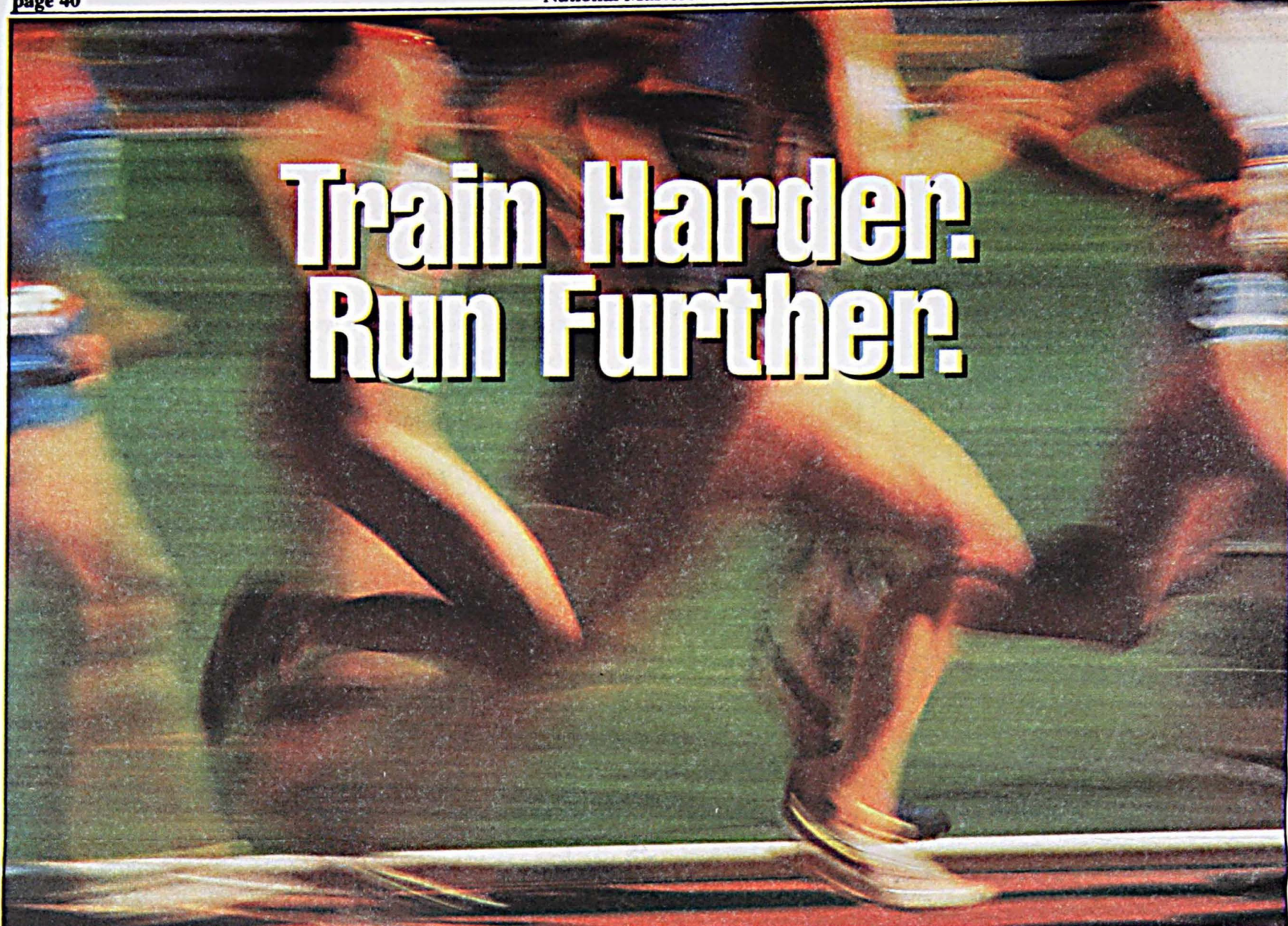
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2001 Huntsman World Senior Games**

<b>Basketball Shoot</b>		
Free Throw & 3 Point (W)	Oct.	12
Free Throw & 3 Point (M)	Oct.	15
Hot Shot (Women)	Oct.	12
Hot Shot (Men)	Oct.	13
<b>Basketball</b>		
3-on-3 (Women)	Oct.	10-12
3-on-3 (Men)	Oct.	12-13
5-on-5 (Men)	Oct.	15-19
<b>Bowling</b>	Oct.	15-19
<b>Bridge</b>	Oct.	10-12
<b>Cycling</b>	Oct.	9-12
<b>Golf</b>		
Social Golf	Oct.	8&15
Utah Senior Open	Oct.	15-16
Medal Golf	Oct.	16-17
2-Day Golf School	Oct.	10-11
2-Day Golf School	Oct.	12-13
<b>Horseshoes</b>	Oct.	15-18
<b>Lawn Bowls</b>	Oct.	15-18
<b>Mountain Biking</b>	Oct.	15-17
<b>Race Walking</b>	Oct.	10-11
<b>Racquetball</b>	Oct.	17-20
<b>Road Races</b>		
5K	Oct.	11
10K	Oct.	8
Half-Marathon	Oct.	15
<b>Softball</b>		
Men 60+, 65+	Oct.	8-12
Men 50+, 55+, 70+	Oct.	15-19
Women	Oct.	11-13
<b>Square Dance</b>	Oct.	8-11
<b>Swimming</b>	Oct.	10-12
<b>Table Tennis</b>	Oct.	8-12
<b>Tennis</b>	Oct.	8-13
<b>Track &amp; Field</b>	Oct.	9-10
<b>Triathlon</b>	Oct.	13
<b>Volleyball</b>	Oct.	17-20



<b>Racewalking</b>		
1500m	Oct.	10
5000m	Oct.	11
<b>Road Races</b>		
5K	Oct.	11
10K	Oct.	8
Half-Marathon	Oct.	15
Track & Field	Oct.	9-11
Triathlon	Oct.	13

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