Shaheed, Valien Named Best 2001 T&F Athletes; Hellebuyck, Robertz Top LDR Picks

Honors Also go to Hilliard, Pataki, Byrne, Mathews and Johnson

Nolan Shaheed, 51, Pasadena, Calif., and Johnnie Valien, 76, Los Angeles, Calif., were chosen as the outstanding male and female athletes for 2001 by the Masters T&F Committee of USA Track & Field, the governing body for athletics in the U.S., at its annual convention in Mobile, Ala., Nov. 27-Dec. 1. They were honored at the Awards Breakfast.

Lad Pataki, 55, of California, and Vanessa Hilliard, 60, of Florida, were given the Outstanding Single Performance Awards, Pataki for his world record 5366 points in the weight pentathlon at WAVA-Brisbane, and Hilliard for her throw of 57-1/17.38m with the 12# weight.

Valien received three more honors: the award for best female performer in the combined-events and election as the W75 Master's Athlete of the Year in both track and field.

The racewalkers of the year were Gayle Johnson, W50, and Paul Johnson (not related), M60.

Continued on page 12

Keston, Ottaway, Heitzman Among 24 Runners Honored by USATF

The USATF Masters LDR Committee selected 24 Athletes of the Year, who received recognition at the Awards Breakfast at the USATF Annual Convention in Mobile, Ala.

Several things are axiomatic about age-group award winners. They are typically in the earlier ages of their age group. Athletes who can be competitive with runners two-to-four years younger in their age groups are truly exceptional. Despite this, most award winners have won the award before.

This year it is fitting to honor the new faces in the crowd of winners. Among them were Eddy Hellebuyck, 40, of New Mexico, and Janet Robertz, 41, of Minnesota. Seldom has any runner appeared on the scene with more eclat than Hellebuyck, who won all of our championships, set a couple of records, and defeated John Tuttle, 2000 M40 athlete of the year, three times in head-to-head competition.

Hellebuyck’s only challenge seems to be what he can do for an encore. Robertz won the 15K championship at Tulsa and amassed enough excellent times to edge out 11 other stellar competitors.

Other new honorees were John Barbour, 47, Massachusetts; Frank Ruona, 55, California; Dick Wilson, 69, Kansas; and Muriel Merl, 75, New York. Barbour beat out several previous winners by recording a number of outstanding times in his native New England. Ruona won the Carlsbad 5000 and added quality wins to earn him the title.

Wilson’s performances are even more remarkable, considering he is in the last year of his age group. Unfortunately, in order to defend his newly won crown, he will have to dethrone his neighbor, Paul Heitzman, 70, Kansas, who won the award for the fourth straight year, albeit in a new age

Continued on page 8
every day at dusk, the ocean asks, 
"you wanna race?"

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MURPHY’S LAW
This is all about determination and never, never giving up.
Murphy’s Law was in full force. First, I took a tumble on the sidewalk just two weeks before leaving for Brisbane and banged up my left knee a bit.
Then, imagine arriving at L.A. Airport from New York on Saturday hoping to board a plane to Australia only to discover you don’t have your passport. There was no one to FedEx it to me. So I found myself on a plane from L.A. to New York on Sunday, returned to L.A. Monday afternoon, and departed for Brisbane Monday night.

After five days and nearly 30 hours of flying, I arrived in Brisbane on Wednesday to learn a hotel room had never been reserved for me. Less than 24 hours later, I was on the track competing in the WMA 5K racewalk.

I heard Doris Cassels rapidly approaching me in the last 100 yards or so, but determined to finish with dignity. Instead of breaking into a sprint and risking a DQ, I chose to maintain a steady pace. I missed the silver by three seconds.

A few days later in the 10K, I earned two silvers, a W60 individual and a USA W60 team silver.

So don’t let a few obstacles stop you. Push them aside, and fight to the bitter end for whatever you want to achieve.

Elton Richardson
New York, New York

POSTAL CHALLENGE
Baylor University Alumni aged 70+ encourage and challenge any and all groups aged 70+ to beat our 5K three-man (Paul Heitzman, 70, class of ’53, 20:30; Robert Coffey, 70, ’52, 22:59; and Norman Alsobrook, 71, ’52, 24:28) team time of 67:57.

We ran on the Baylor track in Waco, Texas, on Nov. 15, and were supervised and timed by coaches Clyde Hart and Todd Harbour. We will repeat this next year with more of our classmates and welcome and encourage any challenge to our record.

We tried to make this very official, but welcome looser road race challenges if the distance is accurate and the start-finish are reasonably close to each other. What better way to celebrate your 50th anniversary!

Robert Coffey
3509 Overton Park E.
Fort Worth, TX 76109

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Anaheim, California

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Santa Fe, New Mexico

Grace & Joni Shirley
San Diego, California

James Stookey
Dickerson, Maryland

Thom Weddle
Burnsville, Minnesota

George Yannakakis, 69, Sparks, Md., first M65 (45.22), 2001 St. Patrick’s Day 10K, Washington, D.C.

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Burnsville, Minnesota

John Whitemore, 102, Montecito, Calif., receives the Paul Spangler Award for the Best Athlete 80+ from Beverly Lewis, Club West president, and Gordon McElhanney, vice-president. Whitemore, who established two age-group records (discus, 20-5; javelin, 18-10) in the 2001 Club West Meet, shared the award with Ross Carter, 87, Eugene, Ore.
2002 NATIONAL MASTERS INDOOR TRACK AND FIELD CHAMPIONSHIPS
Reggie Lewis Track and Athletic Center - Boston, Massachusetts
March 22 - 24, 2002
Presented by USA Track & Field-New England

SCHEDULE OF EVENTS

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<tr>
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<td>8:00 a.m. Registration Track</td>
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<tr>
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<td>9:00 am 60M Preliminaries and Trials, All</td>
<td>3:00 pm Long Jump Men 60-69</td>
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<td>10:00 am Men 60-69</td>
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<td>Order of Events</td>
<td>4:30 pm 4x400M Relays All</td>
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<td>Women</td>
<td>5:00 pm 60M Hurdles Trials and Hurdles</td>
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<td>60 M Hurdles</td>
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<tr>
<td>Men</td>
<td>11:00 am</td>
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<td>60 M Hurdles</td>
<td>1:00 pm Shot Put Women 50-59</td>
<td>to follow Superweight Women 30-59</td>
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<tr>
<td>Trials</td>
<td>11:00 am Shot Put Men 50-59</td>
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<td>Shot Put</td>
<td>2:30 pm Shot Put Men 30-59</td>
<td>11:00 am Superweight Women 60-69</td>
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<td>Long Jump</td>
<td>4:30 pm Weight Women Men 50-59</td>
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<td>Long Jump</td>
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<td>to follow Superweight Men 50-59</td>
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<td>Hurdles</td>
<td>3:00 pm Long Jump Men 30-39</td>
<td>to follow Superweight Men 30-49</td>
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<td>3:00 pm Pole Vault Women AND</td>
<td>9:00 am Long Jump Men 30-39</td>
<td>Jumps</td>
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<td>Men 60+, together</td>
<td>10:00 am Long Jump Men 40-49</td>
<td>10:00 am Long Jump Women, All</td>
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<td>12 noon High Jump Men 30-39</td>
<td>11:30 am Triple Jump Men 40-49</td>
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<td>1:30 pm High Jump Men 50-59</td>
<td>12:30 pm Triple Jump Men 50-59</td>
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<td>3:00 pm Pole Vault Men 40-49</td>
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<td>9:00 pm Long Jump Men 100+</td>
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COMPETITION ORDER
Women followed by men, oldest to youngest. Age groups may be combined to fit sections. If the number of entrants in an age group does not exceed the number of available lanes, preliminary rounds of the 60 meters, 60 meter hurdles, and 200 meter relays will be eliminated, finals only will be run as scheduled. The Championships will be delayed for any reason. NOTE: field event starting times may need to be adjusted due to the size of fields.

FACILITY IMPLEMENTS
Starting blocks is restricted to those provided by the facility. All shoes will be checked, with only 1/4" pyramid spikes or flats permitted, no hexagonal elements. Acceptable spike implements will be available at the meet. There will be one weight and two shot circles, throwing onto a synthetic surface. Soft-shell shot and bag weight implements only, except for the Superweight (men 30-69), which will be contested indoors.

Starting heights will be determined by facility equipment and meet officials. Minimum High Jump height will be 7' 0", minimum Pole Vault height will be approx. 5 feet. Pole vaulters should bring their own poles.

There will be no 27 inch hurdles.

Please refer to the implement rules that went into effect as of 4/1/2001.

MEET INFORMATION
Meet information will be available at www.usatfine.org
A list of entrants will be posted beginning on March 1st.
Call USATF-New England at (617) 566-7600 or e-mail office@usatfine.org

ELIGIBILITY
Competition is open to all runners over age 20 and age group or masters level. All ages are cumulative, including non-US citizens. Individuals will compete in five-year age groups, relays in 10-year age groups. The meet will be run in accordance with USATF Competition Rules and Regulations. A 2002 USATF membership will be required for all US residents and card must be shown at number pick-up. Membership may be obtained through local associations or on-site at the meet for $20.

ENTRY
Entry deadline is March 8, 2002. Entry fee is $30 for the first event, $15 for each additional event. Entry fee for the Pentathlon is $60 (the pentathlon does count as first event). After March 8th a late fee of $10 per event will be charged. No entries, additions or/or changes will be accepted after March 18, 2002. Relay registration will take place on-site only at $20 per team. In order for a competitor’s name to be listed in the meet program and to receive final instructions, entries must be received no later than March 1st.

HEADQUARTERS HOTEL
Headquarters hotel is The Westin Copley Place Boston, 10 Huntington Avenue, Boston - $99 single/double, $109 triple, and $119 quad occupancy. 1-800-WESTIN-1 or 1-617-262-9000.

To get the special rates reservations must be made by March 7, 2002, mention the National Masters Championships at the time of making your reservation.

AWARDS
USATF Championship medals will be awarded to the top three places in each age group of each event final. Foreign athletes will receive a duplicate award. Championship patches will be presented to winners of individual events. Patches are limited to one per participant.

THURSDAY NIGHT SOCIAL
There will a dinner get-together on Thursday night. Details to follow. $20 per person (dinner/soda drinks/coffee/tea/gratuities).

FRIENDS OF THE NATIONAL MASTERS CHAMPIONSHIPS
Help ensure the high quality of the Championships and future meets with a donation. All contributors will be listed in the official meet program and on the USATF-NE website. Please consider one of the following:
- Platinum - $250. Platinum level contributors will receive an event bag, polo shirt, t-shirt and pin.
- Gold - $100. Gold level contributors will receive an event polo shirt and pin. Silver - $50. Silver level contributors will receive a meet T-shirt and pin. Bronze - $25. Bronze level contributors will receive a pin.

PAYMENT:
Entry fee for all events must accompany your application. Make checks payable to USATF-NE, US funds only, drawn on a US bank. All fees must be paid prior to the meet.

MAIL TO: National Masters Indoor Championships
USATF-NE, P.O. Box 1905, Brookline, MA 02446.
The street address is: 201 Beacon Street, Suite 207
Brighton, MA 02135.
What Simon Sez, Simon Duz

When Farley Simon told me of his plans to run a sub 2:30 marathon, possibly break the American 45-49 marathon record of 2:25:50, set way back in 1984 by Jim Bowers, and maybe even win the Marine Corps Marathon on October 25, I thought he was being very unrealistic. I would have given 1000-1 odds against him winning, and 100-1 against him going under 2:30.

I knew that Simon, a retired Marine gunnery sergeant now living in Hawaii, had won the 1983 Marine Corps Marathon in 2:17:45 while turning in other impressive times in his younger time, but I still didn't see him running much faster than 2:35, even after he ran a 3:34:10K in Hawaii during April, which suggested about a 2:38 marathon. I knew that he had had more than his share of injuries in recent years and was training for the Marine Corps Marathon injury-free for the first time, but I still didn't see him running much faster than 2:35, even after he ran a 15:40 5K a few weeks before the marathon.

I should have known that what Simon says, Simon usually does. Although he didn't break the American record, he still won the race with a 2:28:28 effort.

Thwarted by the Wind

"My goal was 2:23, but the conditions were not conducive to running that kind of time," Simon told me upon returning to his Hawaiian home. "The temperature was perfect, but it was just too windy. I really think I could have bettered the record if the wind wasn't what it was."

Born in Grenada, Simon moved with his family to Brooklyn, New York, at age 15. Because of part-time jobs, he didn't participate in sports in high school. After joining the Marine Corps in 1978, Simon became interested in running.

"It was their emphasis on physical fitness that got me started," Simon explained, adding that he "maxed" the annual physical fitness test every year he was in the Corps. That meant doing 20 pull-ups, doing 80 sit-ups in two minutes and running three miles in 18 minutes or faster.

He ran his first road race in 1979 and began winning races and setting records while stationed in Hawaii during the early 1980s. He still holds the Hawaii state records in the half-marathon (1:07:12) and at 30K (1:37:47).

Sidelined by Injury

Simon was stationed in San Diego when he entered the masters arena and turned in some outstanding efforts, including a 3:14:10 for 10K, a 2:25:25 in the Marine Corps Marathon, and a 2:22:42 in the Cal International Marathon in Sacramento. But then injuries began to take their toll. First, it was a stress fracture in his leg and then groin injuries. In September 1999, he underwent foot surgery, which kept him out of action for nearly a year. "I think I started back too soon," Simon said. "I should have been more patient and waited until I had healed completely."

In preparing for the recent Marine Corps Marathon, Simon regularly put in 90-100 miles a week of training. "The last couple of months of training went very well," he said. "My wife accompanied me on a bike on my tempo runs, and when I started slacking off she would let me know. On my Sunday 24-milers, she would hand me water so that I wouldn't have to stop. I ran injury-free for the first time in a long time. It was really a great feeling."

Focus on Training

Besides the long run on Sunday, Simon focused on a weekly track workout and a quality tempo run once a week. "As long as I had those three workouts in, I didn't worry about the overall mileage," he said. "Everything else was easy mileage, recovery mileage, usually twice a day, but there were days when I'd wake up and was too tired for a morning run. So I'd just roll over and go back to sleep. I didn't worry about it. The main thing was to get those three quality workouts in every week."

Back on Track

His track work usually consisted of doing six to eight 1000-meter repeats in around three minutes with a 300-400 meter jog between. "The last two weeks, I was able to run them in 2:50," Simon said. "That's when I knew the legs were back and I was ready to go."

Being a marine, Simon knows that when you "jerk the trigger," you don't hit the target. He kept that in mind during his training. "There were many times I felt I could have run faster during my workouts," he explained, "but I'd ask myself if that was the wise thing to do and usually decided it wasn't. I took my time and it seemed to have paid off."

Simon is now looking ahead to the Boston Marathon next April.
Mobile Hard to Beat

As described on television, "Mobile hooked the Big Fish." The USATF convention in Mobile, Alabama, was the Big Fish in a small pond. They treated us right and appreciated our being there. Kansas City and Portland will have to work hard to do better.

Mobile was good for masters in particular. We completed the business we came to take care of. Congratulations to everybody who contributed to making this convention a success. Particular kudos go to the Masters Executive Committee who spent many hours in conference calls and doing homework preparing for this convention.

The use of the conference call during the year has proven that we can conduct business throughout the year. We plan on more of them in 2002. We might even see if we can get the Masters Committee on a conference call if we have a need to during the year. We are trying to develop a good e-mail list of all the delegates so we can have great communication with all of them. I would ask that all the delegates send their pertinent information to mrsec@aoi.com.

Communication is paramount in making our organization run. This is what I told the General Competition Division at the convention. Most of you probably don't even know what the General Competition Division is. I didn't either until I went to the second meeting of this group at the convention.

Grass Roots

Luckily, Ken Weinbel, the previous Masters T&F Chair, was at the second meeting to tell us where it came from. The important thing is what is it there for - primarily to serve as a link between Masters, Youth and the Associations committees, to coordinate our activities, problems and plans. Also, it serves to promulgate the "grass roots" process of our organization.

Of course, I think there are two meanings to grass roots, depending on who you are. Obviously youth and emerging athletes are the most commonly identified groups with grass roots. That's why the associations are so important in providing the coaching and development for these groups.

I think of the associations as the grass roots for masters, because they provide the basic competitions that need to be held for our athletes. We need to reach out from our regional level to make sure that every association at least puts on a Masters Association Championships, plus as many masters competitions as possible. We will provide some additional resources, when available, to help make it happen.

Non-elite Athletes

We all agreed that it didn't seem really necessary for a whole division to have this get-together. The real need is serving the group of non-elite athletes from ages 20-29. This is where some emerging and elite athletes may come from. When you consider that the average age of our Olympic athletes and medal winners was 29, we are missing some great potential.

The Masters Committee has told me loud and clear that they don't think it is the Masters Committee's responsibility to merge the 20-29 group into our group. The minutes will give you the details on this matter. Bob Fine, Southeast Regional Coordinator, did get a motion passed that would allow this group into Regional Championships on an optional basis and that no Championship status would be given these athletes.

The General Competition Division has recommended that athletes ages 20-39 be a separate sport committee. This may mean that masters lose the 30-39 age group. I need to hear from all members how you feel about possibly not having the sub-masters 30-39 as part of the masters program. Maybe still allowing them to participate in masters meets, but not in any championship status, as Bob Fine suggests.

There are many other subjects from the convention that I will share with you in the next issue. I wish you all Happy New Year, and look forward to a GREAT 2002.
Mornings More Injurious for Runners

In our study of 4000 injured long distance runners, we noticed that the majority of injuries from running occurred in the morning. A recent study by E.R. Eichner, M.D., involving circadian rhythms, points out that we evolved from a planet that rotates through a day-night cycle. As a result, each one of us has a body clock that follows a day-night cycle. This influences our behavior as well as our sports performance. If so, we are not ready for exercises early in the morning or late at night, when the clock is set for sleep.

This body clock can also set rhythms in metabolism, temperature, heart rate, blood pressure, bronchial caliber and hormone output. All of these things affect our sports performance. For example, from 3 a.m. to 5 a.m., blood pressure is at its lowest, bronchi at their narrowest, and body temperature at its coldest. Why? Because we are supposed to be asleep.

Most research suggests that we perform better over the course of the day. Most runners tested were fastest in the p.m. Endurance also peaks in the p.m. Men on a treadmill ran 2% longer in the p.m. Men were also better by 2-3% at stair running and long jumping.

This is, of course, a general hypothesis, but some studies are very interesting. For example, take a West Coast team on Monday Night Football. In the NBA, when teams flew cross-country, visitors scored four points more when they came east versus west. Why? Because a night game is earlier on the body clock of an eastern team.

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So, take it or leave it. Many of us have great workouts in the afternoon or evening during the week, but when we have to get up and race early on the weekends, we end up not doing as well.

(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.)

LDR Athletes of the Year

Continued from page 1

Merl posted the six best equivalent times in her age group, among her other accomplishments.

Carolyn Smith-Hanna, 50, New York, and Joan Ottaway, 57, California, were selected age-group winners, as well as the female cross-country athletes of the year. Edith Allen, 90, California, became only the second runner in the history of the awards to garner two (W85, W90) in one year. Norm Green is the other.

Jane Welzel, 46, Colorado, Shirley Matson, 60, California, and Toshiko d'Elia, 71, New Jersey, added to the impressive list of awards they have already received. Gerry Davidson, 80, California, picked up her third straight award, and Margret Betz, 65, New York, returned to the winner's circle after a seven-year absence.

Frequent winners Gary Romesser, 50, Indiana; Jack Nelson, 61, Illinois; Warren Utes, 81, Illinois; and Dudley Healy, 87, New Jersey, were again the class of their age groups.

John Keston, 76, Oregon, won his age group award after a four-year absence. Abraham Weintraub, 91, New York, had outstanding times in distances from the 5K to the marathon.

Ultra-masters winners were Sue Smith-Hanna, of New York, W50 Masters Track and LDR Athlete of the Year, and Cross-Country Athlete of the Year.

Ellen Trapp, Florida, and Rudy Amanador, New York, Kari DiStefano, 42, Colorado, was chosen the USATF Mountain Runner of the Year. The Paul Spangler Award is awarded to the athletes of the year in the oldest age groups, and this year went to Allen and Weintraub. The Otto Essig Award for Meritorious Service to Masters LDR was presented to Jerry Crockett for his outstanding leadership, diligence, and contributions to Masters LDR. Crockett has taken the office of USATF LDR Division Chair.

For times to be eligible for award consideration, they must have been properly recorded on a certified course, with results submitted to and accepted by the Road Running Information Center. The RRIC exercises sufficient quality control to assure Masters LDR that all USATF rules have been followed, creating a level playing field for all runners from Maine to California.

Ruth Anderson did her usual outstanding job of coordinating the women's awards for this, her last year. I will be coordinating both men's and women's awards next year. Suggestions and recommendations to improve the awards can be sent to me (see contact info on p. 3).

— Donald H. Lein

USATF Masters Long Distance Running Committee
Athletes of the Year-2001

<table>
<thead>
<tr>
<th>Age</th>
<th>Group</th>
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<tr>
<td>50</td>
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<td>Gary Romesser</td>
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<tr>
<td>55</td>
<td>Joan Ottaway</td>
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<td>Frank Ruona</td>
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<td>Shirley Matson</td>
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<td>Jack Nelson</td>
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<tr>
<td>65</td>
<td>Margret Betz</td>
<td>NY</td>
<td>Dick Wilson</td>
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<tr>
<td>70</td>
<td>Toshiko d'Elia</td>
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<td>75</td>
<td>Muriel Merl</td>
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<td>80</td>
<td>Gerry Davidson</td>
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<td>Warren Utes</td>
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<td>85</td>
<td>Edith Allen</td>
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<td>Dudley Healy</td>
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<tr>
<td>90</td>
<td>Edith Allen*</td>
<td>CA</td>
<td>Abraham Weintraub*</td>
<td>NY</td>
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*Paul Spangler Athlete of the Year
Otto Essig Award: Jerry Crockett
X-C Athletes of the Year: C. Smith-Hanna & J. Ottaway; John Dalton, 43, NY
Ultra-Masters of the Year: Rudy Amanador, NY; Sue Ellen Trapp, FL

Paul Heitzman, of Kansas, M70 Masters LDR Athlete of the Year.

SUZI HESS

Carolyn Smith-Hanna, of New York, W50 Masters Track and LDR Athlete of the Year, and Cross-Country Athlete of the Year.

Ellen Trapp, Florida, and Rudy Amanador, New York, Kari DiStefano, 42, Colorado, was chosen the USATF Mountain Runner of the Year.
Masters Cross-Country Annual Meeting Report

By CAROLE LANGENBACH

Masters cross-country running now comes under the jurisdiction of the one-year-old Cross-Country Council of USATF, not the Masters Long Distance Running Committee. At the recent USATF Annual Convention in Mobile, Ala., the following cross-country items were decided:

The Council will encourage and promote Regional Cross-Country Championships for Open and Masters using the seven regions as defined in USATF’s Governance Manual.

Bids for these events should be directed to the Council’s Executive Committee. As the masters representative to the Council, I will distribute and receive bid applications for all masters cross-country championships. Some regions already hold championships and are requested to contact the Council for scheduling coordination.

By promoting regional events, the Council’s goal is to increase and upgrade championships at the association level also. Ideally, a regional meet would be held two to three weeks before the fall national championships; however, the Council did award a regional championship for open and masters to the Colorado Association to be held at Buffalo Ranch in Boulder, Sept. 29, 2002. Contact Tim Dolen at tdolen@compuServe.com for more information.

The Council approved the option for meet directors of the Winter and Fall Nationals to charge a higher entry fee for masters runners than for open runners. Since the meet director is responsible for providing masters medals, this will provide additional funds, so that all declared members of masters teams will receive medals, not just the scoring members.

In keeping with the spirit of promoting team competition in cross-country, the custom of not charging a team fee for all age division teams will be continued.

Beginning in 2002, masters men and women will compete at the 6K distance at Winter Nationals and the 10K distance at Fall Nationals in conjunction with the Open Championships. Other distances for masters cross-country events will be awarded separately. Traditional masters cross-country events include, but are not limited to, the 4K, 5K, 8K, 12K, and 15K.

The Masters LDR Committee chose the following athletes as Masters Cross-Country Athletes of the Year: Tom Dalton, 43, Potterdam, N.Y., and dual awardees, Joan Ottaway, 57, Murphys, Calif., and Carolyn Smith-Hanna, 50, Pittsford, N.Y.

Congratulations!

Did you miss the Outdoor Championships in Baton Rouge?

DON’T MISS MARDI GRAS!

Come (back) to Baton Rouge for the

Nextel Mardi Gras Mambo 10K
February 9, 2002  Baton Rouge, LA

~10K - 8:00 AM, One Mile Run - 8:10 AM
Both races begin from the Capitol Atrium
Packet pickup February 8 & race day

~ Awards: 10K Overall M&F, Masters M&F, Grandmasters M&F Also, M & F, 1st-3rd in groups 14&U, 5 yr. 15-79, 80&U
1 Mile: Overall Male & Female
Best Costume & Best Decorated: Wagon & Tricycle
~ Cost: $12 till Feb 4, $15 Feb 5 - 8, $18 race day (subtract $5 for no shirt)
Checks to: BR Area Sports Foundation

~ Travel: Discount travel contact American World Travel (800)866-7686
~ Free cajun food, beer and Coke to paid race participants. Festival follows race!!
**Masters Racewalking**

**by ELAINE WARD**

The Aging Process - Part 2

Last month, Ian Whatley and Wayne Armbrust discussed aging and loss of strength. This month they discuss methods of training to combat strength loss.

**Track Training**

*Ian Whatley:* After reading Wayne’s comments, I started to experiment at the track. I walked the 100 meter straights fast while using the curves of the track for recovery. I did this workout wearing an 8-pound vest with either my Meridian sports shoes or my regular racing shoes. I noted that the decrease in my strength was most marked at the ends of my range of motion when I was at full speed and wearing the added weight.

**Wayne Armbrust:** I really think the best way to develop the ability to produce force at high rates of contraction is to drag a light weight. This is a more specific form of training for the purpose than a weighted vest or shoes. I made a harness that the walker wears to drag the weight, that allows walking with a minimum of interference. I originally developed this to train sprinters.

I recommend a weight between 8 and 15 pounds, enough to provide some resistance, but not so much that it disturbs the walking technique. I recommend that the walker have two training elements per week dragging this weight during the specific preparation phase, and one per week during the pre-competitive phase with an occasional element during the competitive phase. One workout we use is: 8-2x100m at 95-100% effort with 100m recovery dragging a 4kg (8.8lb) weight.

**Velocity and Turnover**

*IW:* Forward velocity (speed in meters per minute) is what you get by multiplying stride length by stride rate.

A runner taking 200 strides per minute of two meters in length will go 400 meters per minute. Maintaining the same pace of 200 strides, but covering 450 meters per minute, the runner must increase his stride length to 2.25 meters. To fly through the air for this longer distance, the runner must push off harder.

What does this mean for racewalkers? Racewalkers can’t take legal strides much over 1.2 meters unless you have extraordinarily long legs. Most of us will stride at about 90 cm. to 1.1 meters for each step. Therefore, in order to go faster without breaking the rules, we need to change the other half of our equation’s stride rate.

To racewalk faster, you need to increase the number of steps you take in a minute. You need to work on a faster turnover while maintaining legality.

*WA:* Masters racewalkers can only extend stride length by developing a strong push-off to the rear, pushing off as far as the rear as possible so as to make the angle the force vector makes with the ground as small as possible. This maximizes the horizontal component of force and minimizes the vertical. This requires developing as much force as possible at a high rate of contraction.

At the Goodwill Game on Sept. 6, 2001, in Brisbane, Australia, Olimpiada Ivanova of Russia pushed off extremely far to the rear, producing a three-meter strides with a small vertical component, tending to keep her on the ground. She also made contact very close to her center of mass in front, making contact on her heels with her toes up.

This technique virtually eliminated any tendency to “pole vault” off the ground or to generate a bending movement about the knee. It also minimized braking forces, allowing her to conserve energy over the 20K distance. I measured her cadence of 214/min three times on her last lap with a slight flight phase of about 33 milliseconds. Because her push-off is so flat, the flight is very low and cannot be seen by the naked eye. Her knees were absolutely straight from the point of contact until passing through the vertical.

(Elaine Ward can be contacted by e-mail at narf@Aol.com.)

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**Outstanding Racewalkers – 2001**

Selected by the Masters Track & Field Committee of USATF

Outstanding Racewalkers: Paul Johnson and Gayle Johnson

**Age-Group Awards**

<table>
<thead>
<tr>
<th>Age</th>
<th>Men</th>
<th>Age</th>
<th>Women</th>
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<tr>
<td>35-39</td>
<td>Johathan Matthews</td>
<td>35-39</td>
<td>Cheryl Rellinger</td>
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<td>40-44</td>
<td>Ian Whatley</td>
<td>40-44</td>
<td>Victoria Herazo</td>
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<td>Sherry Brosnaham</td>
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<td>50-54</td>
<td>Richard McGuire</td>
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<td>Gayle Johnson</td>
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<td>55-59</td>
<td>Don DeNoon</td>
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<td>Kathy Frable</td>
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<td>60-64</td>
<td>Paul Johnson</td>
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<td>65-69</td>
<td>Jack Bray</td>
<td>65-69</td>
<td>Sami Bailey</td>
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<td>70-74</td>
<td>Robert Eisner</td>
<td>70-74</td>
<td>Ruth Perraud</td>
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<td>75-79</td>
<td>Bob Mimm</td>
<td>75-79</td>
<td>Miriam Gordon</td>
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<td>80-84</td>
<td>Herb Appel</td>
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<td>Jane Dauter</td>
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<tr>
<td>85-89</td>
<td>Bill Patterson</td>
<td>85-89</td>
<td>Mary Haines</td>
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**USATF National Masters Racewalking Championships – 2002**

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<th>Event</th>
<th>Site</th>
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<tr>
<td>March 24</td>
<td>3000 (indoor)</td>
<td>Boston, MA</td>
</tr>
<tr>
<td>May 5</td>
<td>30K</td>
<td>Sacramento, CA</td>
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<tr>
<td>June 2</td>
<td>15K</td>
<td>Evansville, IN</td>
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<td>August 9</td>
<td>5000</td>
<td>Orono, ME</td>
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<tr>
<td>August 11</td>
<td>10K</td>
<td>Orono, ME</td>
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<tr>
<td>September 1</td>
<td>40K</td>
<td>Fort Monmouth, NJ</td>
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<tr>
<td>September 21</td>
<td>5K</td>
<td>Kingsport, TN</td>
</tr>
<tr>
<td>September 28</td>
<td>One-Hour</td>
<td>St. James, NY</td>
</tr>
<tr>
<td>October 20</td>
<td>20K</td>
<td>Coconut Creek, FL</td>
</tr>
</tbody>
</table>

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Some readers pre-paid the Nation $1000 to send their contribution for the Nation. By SUSANNE: Native-Maine the day at the National 6K Cru­ships, Dec. 7. Memorial Park: mental relics of USA. Greater Lowell face went to work critic­tion-style con­cept described a. Two hay bales times muddy, turned grassy Bad­ing, laborious windy.

Winn led most Tim Minor, 43, realized too late it was too much of an effort in the last heat and him off by a step before collapsing 19:12 to 19:15.

Mike Platt, 40, finished a close 2nd, Agg’s tightly-paired (Minor/Ostenber­ton) was able to do (Winn/Barbour/Barbour) win in the slingshot despite the excellent Lowell’s coach John Barbour, 47, didn’t make it past the opening ceremony. Being away from home masters covered the field was not regional contests, Geneseo Valley brotherhood, and duniel for M50-59 bringing 19 men. Don Coffin dominated his division.

Thom Weddle, 62, waged a close replaying his brother Nationals in Roch­elle. It was Weddle in the 7K, seven seconds, 29:36. Delph, 60:24:23, 24:33, and Rick that comprised the team that won the group Snohomish (Lfrig/O’Hare/Joseph) Sara Freitas, 4-­ciso-based Impala, the competitive woman to 23:26 win in from Keller, 42. Concord, Wisconsin Runners.

The youthful Lithuanian won the competition, though the meet was fought to the nation. In the finishing straight, Mrs. Keller had to cut back, but was back to the competition and Mrs. Keller was able to win the race.
Winn Wins National 6K XC; Freitas Leads Impala Herd

By SUSANNAH BECK

Native-Mainer Bob Winn, 43, carried the day at the Mobile, Ala., USATF National 6K Cross-Country Championships, Dec. 1, held at Battleship Memorial Park. Surrounded by monumental relics of U.S. war machinery and a crowd of USATF conventionees, the Greater Lowell Road Runners' distance ace went to work on the three-loop 2K criterion-style course, which one participant described as "flat but not fast."

Two hay bales per lap and soft, sometimes muddy, sometimes sandy, footing turned grassy Battleship Park into a grueling, laborious slog. At least it wasn't windy.

Winn led most of the race, ghosted by Tim Minor, 43, Reebok Aggies, who realized too late that he had given Winn too much of an early gap. Minor closed hard in the last half-mile, but Winn held him off by a three-second margin, 19:12 to 19:15.

Mike Platt, 40, Syracuse Chargers, finished a close third in 19:18. The Aggies' tightly-packed five-man team (Minor/Ostenberg/Rios/Shaver/Boynston) was able to outrun Greater Lowell (Winn/Barbour/Bates/Sightier/Goodwin) in the M40-49 team contest, despite the excellent effort of Greater Lowell's coach and number-two man, John Barbour, 47, fifth overall in 19:43.

Teams were scored by aggregate times of three runners.

Being away from New England's fertile masters cross-country population, the field was not as sizeable as some regional contests, but Victory A.C. and Genesee Valley brought full teams to the meet, and dueled each other for the M50-59 bragging rights in a division of 19 men. Don Coffman, of Victory A.C., dominated his division with a 21:59 run.

Thom Weddle, 63, and Carl Grimm, 62, waged a close battle in the M60+, replaying their bout at the 8K X-C Nationals in Rochester, NY, last month. It was Weddle in front again, by a scant seven seconds, 23:46 to 23:53. Bill Delph, 60, 24:23, Ray Parrella, 66, 24:33, and Rick Erdmann, 60, 25:21, comprised the three-man Victory A.C. team that won the M60-69. The well-grouped Snohomish (WA) Track Club (Iffrig/O'Hare/Joslin) was second.

Sara Freitas, 43, of the San Francisco-based Impala Racing Team, won a competitive women's race, with a 23:20 to 23:26 win in front of teammate, Carol Keller, 42. Corrine Hlavka, 44, of Wisconsin Runner, was third in 23:31.

The youthful Impala squad had little competition, though the Atlanta Track Club did present well with four runners spread over numerous age groups. Speedy Carolyn Smith-Hanna, 51, fifth overall in 24:37, ran unattached. Boston's Liberty Track Club was well represented by cross-country mavens Andrea Hatch, 58, 31:58, and Mary Harada, 66, 32:37.

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.
# Outstanding Masters Track and Field Athletes

Presented by the USATF Masters Track & Field Committee

## Year Men Women
1978 George Ker Irene Obara
1979 Ernie Bills, 34 Joann Grissom
1980 Al Quert Jim Burnett
1981 Jack Burnett Phil Raschker
1982 Al Quert Phil Raschker
1983 Jack Greenwood Polly Clarke
1984 Ed Burke/Perry O'Brien Iris Obara
1985 Jim Burnett Phil Raschker
1986 Jack Greenwood Christel Miller
1987 Tom Pashalis Betty Vosburgh
1988 Gary Miller/Stan Whiteley Shirlie Matson/Phil Raschker
1989 Jack Greenwood Phil Raschker
1990 Larry Almberg Christel Miller/Phil Raschker
1991 Jack Greenwood Betty Vosburgh
1992 Stan Whiteley Phil Raschker
1993 Phil Mulkey Phil Raschker
1994 Ross Carter Phil Raschker
1995 Steve Robbins Phil Raschker
1996 James Stooker Mary Libal
1997 Bill Collins Phil Raschker
1998 James Stooker Leenore McDaniel
1999 Mel Larsen Phil Raschker
2000 James Stooker Phil Raschker
2001 Nolan Shaeed Johnnie Valien

## Outstanding Single Performance during the Year

- Brian Oldfield, 40
- Jack Greenwood, 60
- Jack Oldfield, 70
- John Powell, 40
- Larry Stuart, 50
- Al Quert, 52
- Larry Almberg, 43
- Payton Jordan, 74
- Jack Greenwood, 65
- Philippa Raschker, 44
- Payton Jordan, 75
- Shirley Matson, 51
- Phil Mulkey, 61
- Ross Carter, 80
- James Bartensou, 40
- Mary Libal, 45
- Walt Butler, 55
- Vanessa Hilliard, 55
- Glen Conley, 40
- Vanessa Hilliard, 56
- Larry Stuart, 60
- Leslie Lehamen, 35
- Mel Larsen, 76
- Irene Obara, 65
- Johnnye Valien, 65
- Ian Gray, 60
- Chris Yorgcs, 60
- T&F Athletes of the Year

## Winners for 2001

- Brian Oldfield, 40
- Jack Greenwood, 60
- John Powell, 40
- Larry Stuart, 50
- Al Quert, 52
- Larry Almberg, 43
- Payton Jordan, 74
- Jack Greenwood, 65
- Philippa Raschker, 44
- Payton Jordan, 75
- Shirley Matson, 51
- Phil Mulkey, 61
- Ross Carter, 80
- James Bartensou, 40
- Mary Libal, 45
- Walt Butler, 55
- Vanessa Hilliard, 55
- Glen Conley, 40
- Vanessa Hilliard, 56
- Larry Stuart, 60
- Leslie Lehamen, 35
- Mel Larsen, 76
- Irene Obara, 65
- Johnnye Valien, 65
- Ian Gray, 60
- Chris Yorgcs, 60

## Age-Group Awards

### Men

<table>
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<tr>
<th>Age</th>
<th>Track</th>
<th>State</th>
<th>Field</th>
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<td>Robert Thomas</td>
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<td>Art Henson</td>
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<tr>
<td>33</td>
<td>Chris Yorges</td>
<td>OR</td>
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<td>75</td>
<td>John Keston</td>
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PUBLICATIONS ORDER FORM

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<td>Masters Age Records (2001 Edition)</td>
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<tr>
<td>Men's and women's world and U.S. age bests for all track &amp; 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&amp;F Records Chairman.</td>
<td></td>
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<td>Masters Track &amp; Field Rankings (2000)</td>
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<tr>
<td>Masters Age-Graded Tables</td>
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<tr>
<td>Single-age factors and standards from age 8 to 100 for men and women for every common track &amp; 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. 80 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. $6.00.</td>
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<tr>
<td>Men's and women's official world and U.S. outdoor 5-year age group records for all track &amp; 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&amp;F Records Chairman.</td>
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<tr>
<td>Masters 5-Year Indoor Age-Group Records</td>
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<tr>
<td>Same as above, except indoor records (M40+, W35+) as of July 20, 2000 (world) and December 3, 2000 (USA). 4 pages.</td>
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<tr>
<td>Competition Rules for Athletics (2001 Edition)</td>
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<tr>
<td>U.S. rules of competition for men and women for track &amp; field, long distance running and racewalking—youth, open and masters.</td>
<td></td>
<td>$12.00</td>
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<tr>
<td>USATF Directory (2002/2001)</td>
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<tr>
<td>Names and addresses of national officers and staff, board of directors, sport and administrative committees, association officers and addresses, etc.</td>
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<td>$12.00</td>
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<tr>
<td>USATF Governance Handbook (2001)</td>
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<tr>
<td>U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. 152 pages.</td>
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<tr>
<td>International Scoring Tables</td>
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<td>Masters Racewalking</td>
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<td>2001 Road Race Management Directory</td>
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<td>Published by Road Race Management, this book combines the Guide to Prize Money &amp; 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.</td>
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January 2002

National Masters News

page 13
Weight Pentathlon Punkin Pills

Throwers did well in the age-group awards given out at the USATF Convention in Mobile, Ala., with two honored for the outstanding performances of the year: Lad Patakii, 55, was selected for scoring a world record 5366 in the weight pentathlon at the WAVA World Championships in Brisbane; Vanessa Hilliard, 60, for a 57-0/4/17.38 mark with the 12# weight age-graded at over 100%.

To put Patakii’s performance in perspective, it surpasses the highest total (5334) of all the world records presently listed for the WP, and upped the existing WR of 5152 by Klaus Liedtke by over 200 points. The All-American Standard for M55 is 3000.

Hilliard’s mark surpasses the best of 14.09 with the 12# weight thrown in the W60 weight pentathlon at Brisbane by 10 feet-9 inches. This, after she’d been about ready to stop throwing the weight pentathlon in the towel, plagued by illness, injury and surgery following best single performance honors for her hammer throws in 1996 and 1997.

I competed with Patakii in the weight pentathlon at Dick Hotchkiss’ Great Punkin Throws Meet at Grass Valley, Calif., last October. The masters competed along with a large turnout of some 70 high school, college, and open athletes on a glorious Northern California fall day. Patakii scored 5266, using the 800g javelin instead of the 700g, and bettered his Brisbane 25# weight throw of 18.60 by over four feet with a 19.34.

I’d come down for the meet from Eugene with Tom Allison, 71, who wanted another WP before the year ended, and Ross Carter, 87, who wanted to test his mettle for the five events after what he considered a less than successful year. He did resoundingly well with single-age records in the total (3928) and individual marks.

My purpose was to erase a somewhat less than glowing Brisbane score of 2826.

Before we started, I mentioned that the Eugene group hadn’t made any plans for lunch or verification (name of meet, date, site, scores, and bettered his

Those and half of a candy bar I shared with Allison were all that I had for sustenance during the five events. By the end of the day, I had bettered my Brisbane mark by over 700 points to 3537, which, if done at Brisbane, would have placed me sixth, increased my all-time PR for a weight pentathlon by over 200 points, and improved my PR with the 16# weight by a whopping 4 feet-4 inches, measured by Hotchkiss no less, the masters weight honcho.

I’ve never been one for supplements prior to or during a competition, confining my intake to an extra 400g Vitamin E, or a larger dollop of homemade strawberry jam on my toast on days that I compete. I used to stoke up with a platter of fried chicken and large glasses of chocolate milk before the Hayward Meet in Eugene at a local smorgasbord until it went under and was replaced by a Blockbuster, which also described my cholesterol at the time.

I don’t know whether my feats were attributable to the salubrious Northern California temperature of about 80 degrees, the competitive atmosphere generated by the other pentathletes and the college kids, the candy bar, or the pills, but I’ve hinted to friends and family that a supply of Patakii’s pills would be a thoughtful and appreciated birthday gift.

Rankings Deadline Draws Near

Rankings Deadline Draws Near

By JERRY WOJCiK

USAJT Masters Rankings Coordinator

The 2001 outdoor season rankers are listed below. If your best marks have not appeared in the NMN results section by this issue, send them with verification (name of meet, date, site, director’s name, etc.) to the appropriate compilers. Marks sent to me for events that I am not compiling will not be forwarded.

The deadline for submissions to the compilers is Jan. 31.

Athletes whose best marks were made in the WAVA-Brisbane Championships, Syracuse, N.Y. (from I): Ruth Welding, W45 first (3607), Sue Hallen, W40 third, Oneitha Lewis, W40 first (4879), and Carol Finsrud, W40 second. Welding and Lewis were honored as Masters Field Athletes of the Year in their age groups at the USATF Convention in Mobile, Ala.

Four of the 19 women in the 2001 Masters Weight Pentathlon Championships, Syracuse, N.Y. (from I): Ruth Welding, W45 first (3607), Sue Hallen, W40 third, Oneitha Lewis, W40 first (4879), and Carol Finsrud, W40 second. Welding and Lewis were honored as Masters Field Athletes of the Year in their age groups at the USATF Convention in Mobile, Ala.

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Athletes whose best marks were made in the WAVA-Brisbane Championships, Syracuse, N.Y. (particularly in the combined events) or in the National Senior Games/Senior Olympics and did not appear in the NMN results section should send those marks to the rankers.

IOH: 400, 4x100, 4x400 - Larry Fatz, 534 Gould Hill Rd., Contoocook, NH 03229; e-mail: b6883578@aol.com

400 - Ruth Bre Miller, 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 Otterman, 7043 22nd Ave. N.W., Seattle, WA 98117; e-mail: deo@foxinternet.com

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

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

Javelin - Tom Allison, 4925 Hunters Glen Dr., Eugene, OR 97405; e-mail: allisonjavelin@aol.com

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

Combined events - Alan Russell, 1713 Amberst Dr., Ames, IA 50014; e-mail: russell@iastate.edu.

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Javelin - Tom Allison, 4925 Hunters Glen Dr., Eugene, OR 97405; e-mail: allisonjavelin@aol.com

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Dalton, Kramer, Syracuse Chargers Reign in Florida 5K X-C

By JERRY WOJCIK

Thomas Dalton, 43, Schenectady, N.Y., ran away from the field to win overall in the USATF National Masters 5K Cross-Country Championships in DeLand, Fla., on Nov. 18. Dalton, one of 14 mostly upstate New Yorkers who made up the 30-male field, ran a 15:42 on the loop course of 80% grass and 20% hard dirt, to take the race by almost a minute.

Steve Gallagher, 45, Winter Park, Fla., finished second with a 16:40. Timothy Murphy, 41, Liverpool, N.Y., was third in 17:33. Other division champions included Sverre Falk-Pedersen, 53, Fish Creek, Wisc., 18:39, and Thom Weddle, 63, Burnsville, Minn., 20:09. Dalton (14:32), Gallagher (15:13), and Weddle (15:42) were the top age-graded performers.

New York’s Syracuse Chargers AC’s quest to the Sunshine State to win the team titles paid off with wins for the Tim Murphy-led M40-49 squad of Mark Rybinski, 46, Gary Radford, 45, Peter Davis, 42, and Brian Dodge, 48, and the M70-79 trio of Joseph Conrad, 72, Howard Rubin, 73, and David Rider, 71.

Unlike the men’s field, the women’s was all-Floridian. Sarah Kramer, 41, Fort Walton Beach, won the race from Claudia Kasen, 44, Orlando, 19:13 to 19:38. Both were age-graded at 16:07. Sheila Haire, 46, of DeLand, gave the locals something to cheer about with a W45 victory in 21:45.

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23rd Annual Convention of USA Track and Field – 2001

Highlights of Minutes – Masters Track & Field – 2001

Craig Masback, USAF Track and Field Administrator, spoke to the Masters TF Committee, USAF Convention. Masters TF & Field George Mathews and Vice-Chair Suzy Hess presided over the masters meetings.

Executive Committee members and other committees as we look to the future.

Tom Light, Masters TF Law & Legislation representative, reported that among the issues to be resolved in L & L was the status of national clubs. Included in the items and announcements brought before the committee:

The WMA Championships in Puerto Rico have been extended another day, July 2-3.

The weight pentathlon has been moved from the Combined-Event jurisdiction (Jeff Warry) to the Weights Coordinator (Dick Hotchkiss).

Sandy Pashkin was elected by the Executive Committee to the position of Masters TF team manager, Pashkin, having served in that office previously, is a member of the Executive Committee of the Masters TF.

Purdue U.; Penn State U.; Northern Arizona U.; Baton Rouge, La.; North Carolina (Chapel Hill); Oregon; Stanford; Washington State; West Virginia; and Wisconsin were successful. We need to develop more communication between Masters.

The 2000 Masters Committee Meeting Minutes were approved.

Frank Rich, Masters TF Treasurer, gave the budget report. The total budget amount for 2002 is the same as it was for 2001. The 2002 budget on page 18. George Mathews said the conference calls, retreats, and face-to-face meetings in 2001 were successful. We need to develop more communication between Masters.

MARTA

TRACK & FIELD

ADMINISTRATOR

OF THE YEAR

1978 Pete Mundle
1979 Al Sheehan
1980 Steve Bieger
1981 Steve Bieger
1982 Stan Hatzfeld
1983 Joe Lein
1984 Jerry Donley
1985 Gary Miller
1986 Pete Mundle
1987 Frank & Dorothy Anderson
1988 David Pain & Chuck Phillips
1989 Jim Packard
1990 Barbara Kousky
1991 Jerry Wojciech
1992 Pete Mundle
1993 Steve Bieger
1994 Bill Bushby
1995 Sandy Pashkin
1996 Scott Thorp
1997 Don Austin
1998 Ken Weinberg
1999 Suzy Hess
2000 Becky Sisley
2001 George Mathews

USATF National Masters TF & Field Championships

<table>
<thead>
<tr>
<th>Meet</th>
<th>Site</th>
<th>Date</th>
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<tr>
<td>Indoor Heptathlon</td>
<td>Milwaukee, WI</td>
<td>March 2-3</td>
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<tr>
<td>Indoor Pentathlon</td>
<td>Boston, MA</td>
<td>March 22</td>
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<tr>
<td>Decathlon/Pentathlon</td>
<td>TBA, NJ</td>
<td>July TBA</td>
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<tr>
<td>Pentathlon</td>
<td>Orono, ME</td>
<td>August 8</td>
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<tr>
<td>Outdoor</td>
<td>Orono, ME</td>
<td>August 8-11</td>
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<tr>
<td>Weight &amp; Superweight</td>
<td>Seattle, WA</td>
<td>September 7</td>
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<tr>
<td>Weight Pentathlon</td>
<td>St. Amant, LA</td>
<td>November 9</td>
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<tr>
<td>Indoor</td>
<td>Boston, MA</td>
<td>March TBA</td>
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<tr>
<td>Outdoor</td>
<td>Eugene, OR</td>
<td>August 14-17</td>
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<tr>
<td>Weight Pentathlon</td>
<td>Fort Collins, CO</td>
<td>August TBA</td>
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<tr>
<td>Weight &amp; Superweight</td>
<td>Seattle, WA</td>
<td>September 7</td>
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<tr>
<td>Indoor</td>
<td>Boston, MA</td>
<td>March TBA</td>
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<tr>
<td>Outdoor</td>
<td>Decatur, IL</td>
<td>July 29-August 1, or August 5-8</td>
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Discussion followed with the tone from the national level. Authorization was approved to fund additional assistant managers for the WMA Championships in 2003. Mark Cleary assumes John Cosgrove's position as coordinator of the Masters Invitational Program Committee.

Rex Harvey said that the World Masters Association prefers that its initials "WMA" be referred to as "World Masters" or simply "WMA," not "wama." A new logo is expected to be ready in March. He also announced that there will be no declarations (as experienced at past world championships) at the 15th Championships in Puerto Rico, and that IAAF rules will be followed for qualifying for the field events.

Harvey reminded the committee that a USATF Masters Website Subcommittee does exist and that it is dedicated to working through the USATF for the Masters Championships. Committee was introduced: Sandy Pashkin, New York, George Mathews and Vice-Chair Suzy Hess.
January 2002 National Masters News page 17

Highlights of Minutes – Masters Long Distance Running – 2001

Tuesday, Nov. 27-6:30 p.m.
Jerry Crockett, Chair, opened the meeting. He announced that Member Services disqualified 23 associations for failure to supply annual meeting minutes and/or laws. Joyce Hodges-Hite was shifted to Active Athlete, Mary Rosado to WMA Delegate, and Crockett to Chair as their voting designations.

Athlete of the Year Award Nominations
Ruth Anderson and Don Lein submitted their reports, stating that RRIC had considered the nominees according to their top marks.

Otto Essig Award Nominations
Nominees for the Otto Essig award for meritorious service to Masters LDR were Jerry Crockett and Bill Spencer.

Amending the Operating Procedures
Amendments to Operating Procedures recommended by the Executive Committee were adopted unanimously: redefinition of WMA and IAAF; adjusting tasks for chair, secretary, and outstanding athlete committee; and adding two new officers: vice-president and treasurer. The Chair, Crockett, has resigned, and the positions of secretary and WMA delegate are also vacant. Member Services states that the new office can be three years.

Chair’s Report
The 2002 budget remains at its present level of $30,000; Cross-Country Council will get $6000; and Mountain, Ultra, Trail (MUT), $4000. Discussion ensued regarding difficulty of marketing sponsors. The Chair, Crockett, has resigned, and the positions of secretary and one WMA delegate are also vacant.

Voting Vacancies
Norm Green was nominated for Masters LDR Chair; Barb Leininger, secretary; and Charles DesJardins, WMA delegate.

WMA Report
Green distributed a written report and noted the significant help received from the Indianapolis office in processing athlete entries. The Executive Committee decided to allow a third meeting (section 9) to cover nominations, voting, elections, and vacancies.

Cross-Country Awards
After Bill Quinlisk offered his nomination, it was moved that “Senior” be replaced by “Open” throughout the Governance Book; definitions of IAAF and WMA are changed; minimum number of championship delegates has been increased to 12; event entry fees will remain with the sponsoring organization; grievance appeal period increased to 30 days in unattached events; and moving from one club to another will still require 90 days in unattached status.

Elections
Norm Green, Chair; Barb Leininger, Secretary; and Charles DesJardins, WMA Delegate, were elected by acclamation. Committee members who have been asked to serve and have agreed are Championships Coordinator, Ken Robichaud; Athlete Information Center Coordinator, Barb Leininger; and USATF District 2 Representative, Pete Copeland. The WMA Council is considering the possibility of a world indoor championships.

RAIC Report
American Airlines has a direct flight from Dallas, and Continental from Houston to Leon.

New Business
Discussion centered on a possible amendment to marketing masters LDR a legitimate leadership responsibility, as proposed by Don Lein and Jack Wing. DesJardins announced that a major international issue is the validation of birth records. American Airlines has a direct flight from Dallas, and Continental from Houston to Leon.

Norm Green, elected Masters LDR Chair, USATF Convention, Mobile, Ala.

the next WMA non-Stadia Championships will be held May 24-26 in Riccione, Italy. Entries are to be sent through the USATF national office as in the past year.

Harvey stated that the WMA Council is concerned about Basque terrorism relative to the 2005 World Championships in San Sebastian, Spain, and is contemplating shifting the event to Helsinki, the second highest bidder. The Chair is considering the possibility of a world indoor championships.

The NCCWMA Championships are scheduled for Aug. 22-25 in Leon, Mexico. Harvey reported that American Airlines has a direct flight from Dallas, and Continental from Houston to Leon.

Madeleine Bost asked Harvey and Tom Jordan, WMA Executive Vice-President, to propose that local organizers provide ribbons for the fourth through sixth places in the WMA World Championships.

Mary Trotto said that the U.S. uniforms worn at Brisbane were “the pits.” George Mathews responded that we might be able to get Bill Roe, USATF President, to support the idea of masters wearing the elite U.S. uniform with an added word “masters” on it. Crockett noted that the first step was for Mathews and Norm Green, incoming Masters LDR Chair, to clearly the idea with USATF leadership.

Continued on page 18

USA Track National Masters LDR Championships

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>February 9</td>
<td>6K X-C</td>
<td>Fort Vancouver, WA</td>
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<td>March 23</td>
<td>50K</td>
<td>Pittsburgh, PA</td>
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<td>July 27</td>
<td>50 Mile Trail</td>
<td>Crystal Mt., WA</td>
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<td>August 24</td>
<td>50K Trail</td>
<td>Sausalito, CA</td>
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<td>September 14-15</td>
<td>24-Hour Marathon</td>
<td>Sylvania, OH</td>
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<tr>
<td>September 29</td>
<td>Marathon</td>
<td>Minneapolis, MN (2003-05)</td>
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<td>October 19</td>
<td>100K</td>
<td>Duluth, MN</td>
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<td>October 26</td>
<td>15K</td>
<td>Tulsa, OK</td>
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<td>November 3</td>
<td>8K X-C</td>
<td>Rochester, NY</td>
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<td>November 24</td>
<td>5K X-C</td>
<td>Holmdel, NJ</td>
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<tr>
<td>December 14</td>
<td>10K X-C</td>
<td>Rocklin, CA</td>
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</tbody>
</table>
Highlights of LDR Meeting

Continued from page 17

National Masters News Report

Jerry Wojcik and Suzy Hess gave this report. Wojcik explained that production is based in Eugene, Ore., and publishing is done in the Los Angeles area. The Eugene staff includes Jane Dodds and Suzanne Beck. Al Shearer, as publisher, heads the L.A. area crew of Angela Egremont, Associate Editor, and the typesetting and production personnel at American-Foothill Publishing. Circulation is over 6,500, with over 100 complimentary issues.

Material for publication can be sent by USPS, e-mail, and fax to Eugene. Occasionally, important information is mistakenly sent to the subscription department in North Hollywood, Calif.

Wojcik explained that the process of obtaining results for publication has changed, particularly for road races. Up until a few years ago, results were forwarded to the NMN office upon request. Now, because most races have their own Web sites, NMN has to search for data, a sometimes labor-intensive task. Track and field results can be found also at www.masterstrack.com.

Hess said that digital photos sent to NMN are often unreadable when bundled into a compressed file. NMN prefers photos one at a time, jpg format with high resolution, and the subject identified by name, race/meet and date, and photographer credited. NMN uses MSOffice 95, 2000, and MAC programs. Hess encouraged having Web sites linked and stated that she handles publicity inquiries from national media (e.g., Newsweek and Sports Illustrated), which often are requests for photos. NMN maintains a photo library and could use more pictures of LDR. Madeline Bost asked about missing photos. NMN responded that the All-American Standards committee is waiting for enough marks in new events (steeplechase, javelin, weights) to generate the reasonable A-A Standards for new events.

Proposed WMA Rule Change

Bob Fine gave the history of why many men do the 20K racewalk and women the 10K, and noted that NCCWMA and U.S. Masters T&F have standardized the distance for both sexes at 10K because elder walkers have problems with longer walks during summer weather and take longer to recover. Several years ago, a proposal for WMA (then WAVA) to adopt the 10K was defeated by the WAVA General Assembly by one vote. A motion was approved for the U.S. to submit a WMA rule change for men to walk the 10K. □

—Norman Green, Masters LDR Secretary

Highlights of T&F Meeting

Continued from page 16

Masters T&F Treasurer’s Report

The Masters T&F Committee has been allocated $30,000 by the USATF Finance Committee for our year 2002 budget. This amount is unchanged from the past few years and presents us with a challenge in meeting our varied needs with such limited resources.

The Masters T&F Executive Committee approved the budget for submission to the membership at the Annual Meeting in Mobile. Several minor changes from last year’s budget were explained and several questions from those in attendance were answered. The budget was then brought to a vote and was unanimously approved by the voting delegates.

USATF National Office receives just $5.50 from the annual dues paid by each USATF member. The remaining dues, which vary by Association, go to the local Associations to finance their individual operations.

When Craig Masback spoke to the Masters T&F Committee at the Annual Meeting, he confirmed that the amounts received by National Office from our dues is actually less than the amount given back to the Masters program (budget allocation and indirect costs). □

—Frank Lulich

Masters Track & Field Budget

<table>
<thead>
<tr>
<th>Name</th>
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<th>2002 Budget</th>
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<td>Chairman – G. Matthews</td>
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<td>$4,700.00</td>
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Reviewing the Masters Awards Process

The Masters Track & Field Awards Committee met during the USATF convention in Mobile, Ala., to select the winners of this year’s awards. As usual, many of the selections were very difficult, as there were several outstanding candidates, but we do feel comfortable that we had a very experienced group of people reviewing a carefully compiled list of results and that we conducted the process with as much expertise and integrity as possible.

The committee was somewhat expanded from prior years. All four elected officers participated, as did all the Regional Coordinators whose schedule permitted. Jerry Wojcik, our rankings coordinator; Dave Clingan, who maintains an extensive additional rankings data base; Mary Trotto, sitting in for records expert, Pete Mundie; and six active athletes representing different ages, regions, and disciplines also participated. Other active athletes were present as observers.

Before selecting winners, we reviewed our operating policies to make them explicit and to be sure we were all on the same page. I don’t believe we broke any new ground here (with a couple of exceptions), but we thought it would be useful to share them with everyone. Following is a brief summary of the policies and the process.

Citizenship

These awards are for U.S. citizens as indicated on meet entry forms. They can be living anywhere. Dual citizens must be competing for the U.S. Resident aliens (green card holders) are not eligible.

Open/Elite Athletes

After considerable discussion, we voted to consider for awards only those athletes age-30 and over who compete as masters in masters meets.

Meets

We included results from the indoor and outdoor national championships, the WAVA world championships, the regional championships (indoor and outdoor) and the national decathlon/heptathlon and weight pentathlon championships. We added (for the first time) major meets: National Senior Games, the Dartmouth Relays, the Southeast Masters, the Hayward Classic, Penn Relays, Club West, Visalia Classic, etc. A couple of smaller meets were included for the results of athletes over age-90 where it was their only meet. All meets were USATF-sanctioned, and were known to the committee as well-run meets.

Other Results

Where we were aware of outstanding, verifiable performances in other meets (from our rankings people, records people, nominations we received, NMN stories, etc.), we included them. We believe we had all AR and WR performances included. We also included results from individual events in combined-event competition where we had the information.

Cut-off Date

We included meets completed by Sept. 30, 2001, if the results were published in NMN by the November issue. We recommended in our report to the full masters group the that same policy be used in the future; this was approved. Thus, if major meets occur during the last quarter of the year, they will count in the following year, unless they are reported in NMN in the November issue. The World Senior Games in October 2002 will be right on the cusp, and their inclusion will depend on when they are reported.

Nominations

We asked for nominations from the field both in NMN and via the masters group. Many were received along with supporting data. Such nominations were not necessary in order to be considered. They were simply a way to try to make sure no deserving candidates were overlooked.

Working Document

The data base that resulted from all the sources listed above totalled around 1400 lines of data. (One line of data was one event for one athlete in one meet.) This was culled down to about 1000 lines to make the committee’s work more efficient.

This typically resulted in 4-8 candidates for each award. The objective was to gather the relevant data in order to pick the winners, not to develop a comprehensive data base of all events for all athletes in all meets.

Selection Criteria

The actual selection process is an art, not a science. The committee focused on an athlete’s place in national and world championships, strength of competition, actual performance number, age-graded performance, records set, consistency, and head-to-head performance. Often a consensus quickly evolved.

In other cases a vote was taken, sometimes more than one. Two factors we tried not to consider were recovery from/dealing with injury, and “it’s his/her turn” concept. We simply tried to pick the athletes who had the best year.

Age-Graded Performance

This is a very important discriminator, and is one of the most helpful factors in judging the relative merits of a top sprinter vs. a top distance runner, or a top jumper vs. a top thrower. Unfortunately, these figures are typically published only for national and world championship meets. In addition, the accuracy of these tables is questioned by some.

It is our understanding that new (improved?) tables will be published early in 2002. We hope that will be the case, and we hope we’ll see these figures reported more frequently.

Combined-Events

For many years, the combined-event awards have been determined by a mechanical formula, which gives “points” to the top three finishers in the...
USATF Masters Hall of Fame Adds 15 in Mobile

Ten active and five old-timer masters athletes and administrators have been elected to the USATF Masters Hall of Fame. The actives are Louise Adams, Stan Druckrey, Tom Gage, Burl Gist, Vanessa Hilliard, Bernice Holland, John Keston, Archie Messenger, Roy Pirung, and Becky Sisle.

The old-timers are George Braceland, Bud Deacon (deceased), Ray Hatton, Jim Law (deceased), and Melvin Trent (deceased). The Hall now contains 25 women and 45 men, of whom 45 represent the discipline of T&F, 26 LDR, and 3 racingwalking.

Louise Adams, 80, Boulder, CO, is a middle distance specialist who still holds four indoor world records of the seven she set. Winner of 44 national or world championships in her age group across a 24-year career, she has been named "Masters Track & Field Athlete of the Year" by USATF four times.

Stan Druckrey, 53, South Milwaukee, WI, is an outstanding hurdles man who has set eight age-group records in his specialty and still holds the M40 110H and 400H world records set in 1989. He has 32 first-place finishes to his credit at the national or world level.

Tom Gage, a 58-year-old weight man from Billings, MT, currently holds five of his six records. Of special note is his M55 U.S. hammer throw of 60.88 that age-graded. Van Wie. He holds 57 national or world championship titles, and USATF named him "Masters Field Age-Group Athlete of the Year" ten times.

Burl Gist, 81, Anza, CA, has been outstanding in the high jump and hurdles. Across his 30-year career he set seven world and two U.S. records, while finishing first 33 times at national and world championships. His records came between the ages of 60 and 71.

Vanessa Hilliard, 60, St. Petersburg, FL, has dominated her age group in the hammer, shot, and discus. She still holds seven records of the 17 she set along the way to her 55 national or world championship titles. USATF honored her as "Masters Field Age-Group Athlete of the Year" seven times and declared her W55 HT of 47.76 in 1996 and W56 HT of 47.40 in 1997 the outstanding single performances of those years.

Bernice Holland, 74, Cleveland, OH, set 28 age-group records across her 19-year career in the throws and weight pentathlon. From time to time, she displayed skill in the jumps that expanded the range of her 60 championship titles. She is the "Masters Field Age-Group Athlete of the Year" five times.

John Keston, 77, Minnneapolis, OR, has dominated his age group in distance running for more than a decade. His four records span from one mile to the marathon. He has won 262 of his 280 races since 1986 for events from 200 to several of the most prestigious marathons in the world. A broken hip in 1997 from a bike accident and a broken fibula in 1999 were momentous setbacks. In 2001 at the Hayward Classic, he won the M75 1500, mile, 3000, 5000, and 10,000 (the last a pending world record).

Archie Messenger, 78, Waterville Valley, NH, is another middle distance specialist. He participated in seven WAVA championships, though he excelled most indoors. All of his six records were set indoors, with the M65 800 and mile U.S. records still on the books from 1989. He has 46 national titles to his credit.

Roy Pirung, 53, Sheboygan, WI, is an athlete of whom one can say the longer the event, the better he is. Roy has set 26 U.S. records for ultra events from 50K to 48 hours, and still holds 15 of them. He is a four-time first U.S. finisher in the 250K Spartathlon, Greece. In the 48-hour championships, Surgeres, France, he was second overall in 1997, third in 2000, and again second in 2001. From 1985 to the present, he has been ranked in the top three for USA for distances beyond 100K.

Becky Sisle, 62, Eugene, OR, has dominated the U.S. javelin, currently holding the record for W50, W55, and W60 and has held the world record in the pole vault since she began at age 55. She has displayed administrative competence in many capacities, leading Masters T&F to name her Masters Administrator of the Year in 2000. She has set 19 records and taken 57 national/world championship titles. She has served on the Masters T&F Executive Committee since 1997.

George Braceland, 88, Drexel Hill, PA, has competed from 100m to the Boston Marathon, from decathlons to 20K racewakles. He set 10 records in
the 1970s in the pole vault, hurdles, pentathlon and decathlon. He also set five "records" in racewalking, prior to USATF's ratification process. He was a co-founder of the Philadelphia Masters but has been hampered by macular degeneration in the past 10 years.

Bud Deacon, Turner, OR, died at the age of 88 following a career that spanned 1968 to 1987. He was a decathlete specializing in the pole vault, competing from Honolulu for the first half of his career. He set 26 records, seven in the decathlon. He participated in the first International Veterans meet of 1972.

Ray Hatton, 69, Bend, OR, displayed excellence from the mile through 10K, with occasional sorties up to 25K. He set 14 records and still holds eight of them. He was a pioneer in the early '70s as a distance runner on both track and road and set numerous early records at distances no longer listed (2 miles, 3 miles, etc.).

Jim Law, Charlotte, NC, died in 1996 at the age of 70. This sprinter still holds four U.S. records of the six he set. He finished first 31 times in national and international championships and became a spokesman for the National Senior Games. USATF named him "Masters Track Age-Group Athlete of the Year" three times.

Marcie Trent, Anchorage, AK, died at the age of 77 while trail running in Alaska. She had a range from 800m to 50 miles, setting 11 U.S. records along the way. She completed 59 marathons and 11 ultras, finishing first female in two 50-milers after age 60.

Norm Green announced the results of this year's balloting on behalf of Masters T&F and Masters LDR.

Green reported that 150 ballots had been distributed to listed members of the two masters committees plus previous Hall of Fame honorees. Ninety-nine returned ballots, casting 897 votes. Each person elected received a majority of the votes cast.

**Athletes Who Enter a New Division This Month, Jan. 2002**

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Compiled by Pete Mundie, World and U.S. Masters T&F Records Chairman
Report from Britain

By BRIDGET CUSHEN

Celebrating their centenary this year, Falkirk Harriers were delighted to host the annual British & Irish Veterans international cross-country races, and then witness their local man win the title for Scotland by a whopping 26 seconds.

Tommy Murray reached veteran status last May. In June, he won the BVAF half-marathon and was delighted to represent Scotland at Falkirk. He led the 148-strong field over the undulating 10K course from the start to win in 28:45. Colin Donnelly came in second, with 29:01, and Colin Meek, 16th, to complete the scoring four.

Meanwhile, close packing by Mike Hawkins, second, Bill Foster, fourth, Steve Murdock, fifth, and Mike Boyce, sixth, ensured England retained their coveted M40 trophy. Scotland was second with 33 points, from Ireland, Wales and Northern Ireland.

Scotland won the M45 team race, but England won the M50, M60 and M65 titles. Individual age group wins went to England’s David Neill, M45, Graham Tuck, M50, Graham Woolton, M55, and, just one second behind, the first M60, Robert Toogood. Major Keith Spacie needed all his military tactics to outmaneuver a strong M65 chasing pack.

Anne Keenan-Buckley, W35, emphatically retained the individual title she has won for the last two years, and led Ireland to their only team victory of the day. Sheila Allen won the W40 race, while Dr. Karen Wootton, M55, and, just one second behind, the first M60, Robert Toogood.

WMA/USATF Hurdles and Implements Specifications

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WMA Regional Championships
LEON, MEXICO • August 21-25, 2002

XV WMA INTERNATIONAL CHAMPIONSHIPS
SAN JUAN, PUERTO RICO • July 2-12, 2003

TRAVEL TOGETHER AND SAVE!!!!!!!!!
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Masters Scene

NATIONAL

- Elliot Denman, experienced RW champions-
ship directors and RW official, has written
the Anthology of the Oklahoma AAA. (1965)
Sydney (2000). Selling for $25, it can be
purchased from Elliot Denman, PO Box 381,
West Long Branch, NJ 07764.

- John Tullie, 43, Douglasville, GA, with a
25.12, and Lee Dipietro, 43, Ruxton, MD, with
a fourth-female, masters record 29.45, smoked
the Outback Steakhouse Cooper Classic 5K,
Hyattsville, MD, Nov. 18, for masters firsts.
Dean A Bernathy, 42, College Park, MD, 25.42,
and Dave Berardi, 41, Baltimore, MD, 25.44,
took 2nd and 3rd 5Ks, Tami Greif, 45, Lusby, MD,
scratched to a 65W win in 41.58.

- Gordon Bakouli, W40, continued her win-
ing ways, placing first overall in three recent
NYRR races in Central Park at The Not Quite
the NYC Marathon 5K, Oct. 28, 17:11; the Race
to Deliver 4-Miler, Nov. 18, 22:00; and the United
We Run 4-Miler, Dec. 2, 22:13.

- Outrunning all other ultra runners at the
Knickerbocker 60K, Central Park, NYC, Nov. 24,
was Kevin Sheldon-Smith, 42, Tulsa, who
topped the women's masters crown was Gail
Marino, 40, 5:26:03. Guenter Ehrich, 68, fin-
ished in a strong 6:09:40.

- Andrey Kuznetsov, 44, RUS/Rockville, MD,
will have to start working hard for the money
pretty soon; he only narrowly beat fellow
Rockville-Russian and new masters master
Tennimov, 40, 31:00, to 31:07 at the West
Chester, PA, Brian's Run 10K, Dec. 2. Madeleine
Nee-Schlaenz, 41, Framed, NJ, held up the
women's 40W, crown, with her 36:22 win over
Lee Dipietro, 43, Ruxton, MD, 37:02.

SOUTHWEST

- Kevin Kragen, 41, hummed to a 36:50 win
overall in the Turtle Creek 10K, Dallas, TX, Oct.
6. Bill Shaw ran a slow 39:09 to win the M55 race.
Mike Parsons, M45, 17:31, and Teresa Sellers,
W45, 21:32, cracked to masters firsts in the 5K.

- Oklahoma Runner magazine recently
selected two masters runners as Oklahoma
Runners of the Year for 2001. Ron Wall, 44,
Tulsa, was chosen for Male Runner of the Year.
Kim Bricken, 41, Edmond, winner of the
Oklahoma Memorial Marathon, was named the
choice for Female Runner of the Year. The awards go
to the runners deemed to have had the best year of
racing, considering both results and participation.

- At the Tulsa Turkey Trot, George Marchetti, 59,
Tulsa, ran a blistering 17:57 for 5K, establishing
a new Oklahoma single-age record.

WEST

- Catarino Gonzalez, 59, Inglewood, CA,
hastened to an A-G best 91.9%, third-overall
17:04 for the masters title. Jet to Jetty 5K, Playa
Del Rey, CA, Nov. 17. Sharon Lolesto, 50, Long
Beach, CA, flew to the W40+ first in 21:13.
Susumu Ninomi, Manhattan Beach, CA, won the
M65 race with a steady 31:59. Takayoshi
Yagisawa, 47, nabbed the masters win in the
10K with a 36:10. Patricia Shapiro, 51,
Chatsworth, CA, dashed to the W40+ first with a
42:23.

- David Oida, 40, Los Angeles, motorcd to an
age-aged 87.6% 15:21 overall first, Terry
Fox SK, Los Angeles, Nov. 18. Laura Stokley,
40, Los Angeles, left loose a 23:19 for the W40+
win. Julian Myra, 83, Marina del Rey, CA,
finished with a 34:30.

- USAF 2001 M50 Track Athlete of the Year,
Nolan Shaheed, 52, Pasadena, CA, zipped to
an age-aged 90.5% 16:19 to win overall the
Minne Ripertion 5K, Los Angeles, Nov. 11; where
four of the five first finishers were M40+. Robert
Lyons, 67, Long Beach, CA, won the M55 race
in 21:52. Wendy Wright, Sharon Lolesto, 50,
with a 21:28. In the 10K, Willette Page, 41, Los
Angeles, bested the female field with a 41:44
overall win. First M40+ was Joe Dennis, 55, Los
Angeles, CA, with an A-G 83.6%, third-overall
37:28.

- On Nov. 22nd, Nolan Shaheed was even
more impressive with an M40+ victory with an
age-aged 91.4% 15:41; equal to an open
13:46, in the Diana Point Turkey Trot 5K, Dana
Point, CA, and M65+ was Nolan Shaheed,
13:46, in the Dana Point Turkey Trot 10K,
Vejo, CA, 41. Ivan Carson, 50, finished with
the top masters in 36:30. The day's events drew
to a close.

- Diana Fitzpatrick, 43, Lakる Park, CA,
"swam" to a 2:59:18 win at Sacramento's
California International Marathon, Dec. 2. Forty-
five-degree weather combined with rain running
and stiff headwinds to put a damper on efforts across the board. Vitus
Ezerak, 40, San Francisco, 2:56:49 led the
M40+ by three minutes.

NORTHWEST

- Becky Sisley, Regional Coordinator,
reports that the regional web site is up and run-
ing. The site contains: (1) directory of clubs
association, and the regional advisory group, (2)
The Blue Street Newsletter, (3) calendars of
indoors and outdoor meets, (4) regional meet
results and records, (5) links to various resources,
and (6) news worthy items. This site is
hosted by the University of Oregon at:

INTERNATIONAL

- Allan Ryninks, M40, 2:50:58, and Malana
Vys, W40, 3:15:45, captured firsts in the South
Africa Veterans Marathon. Stellenbosch, Nov.
17. Tony Riddick broke through the three-hour
buffer with a 2:59:59 for the M50 win. Fran
Prockebusch was second W40+ in 3:19:54. In
the half-marathon championships, Albertus
Bock, M55, 1:21:52, and Tilda Krugman,
W40, 1:32:42 were first 40+. Lara Neyler won
the M70 race in 1:45:00.

- Three masters women will be heading to
Bangkok Thailand; next November, courtesy of
Avon Running, Gordon Bakouli, 40, NYC,
35:02, placed third overall at the Avon Running
National Championship 10K, Phoenix; AZ, Dec.
9, earning herself a spot in the open category;

- Stan Thompson, of Honolulu, passed
away Nov. 11, 2001, at age 91. A masters IAM
(1971) who was an Olympic Gold Medalist in the
Hawaii TC for 25 years, organized Senior
Olympics meets, created road races, and
ecouraged hundreds to gel started in masters
track. At age 87, he was still training for the pole
v便可 and competing in the sprints and weight
pensation. In his youth, he returned kickoffs
and punts for the U. of Illinois, and quarterbacked
Scherz H.S. to the championship game in
Soldier Field in Chicago.

Reviewing the Awards Process

Continued from page 19

national and WAVA combined-event
competitions, including the weight
pennathons, and for AR/WR performances.
This approach was intended to elimi-
stitute the "politics" involved, as well as
to encourage participation. It has been
unique in that no subjective judgment
was involved.

One problem with this approach is
that, unfortunately, many age-group
winners have no competition, especially
among women and older men. There is
also the question of how many each meet
and each record should count. My sense is that most athletes
believe using actual points scored in
these major meets should also be a
major factor in these awards.

We will have more to say on this
within the next couple of months, and
may adopt a new approach for 2002.

Best Single Performance/Best
Athlete of the Year

These top awards clearly are among
the most difficult selections. The com-
mittee looked at the various age-group
winners, with the principal focus being
on national and world championships,
age-scored grades and AR/WR perfor-
nances.

Administrator of the Year

This is more subjective than any other
award, as there are few, if any,
quantitative measures that apply. There
were several people nominated, and the
committee selected the one individual
it felt had contributed the most to the
masters program in 2001.

We have no illusions that this
process is perfect. It has evolved over
the years, and we'd like to think that
this year we built upon the legacy of the
past and moved it a step forward by
expanding the data base, broadening
the committee, opening up nomina-
tions, and making policies more explic-
It is still there for improvement.

We have redundancies in the some-
what parallel efforts to do rankings,
records, and awards, and the committee
would benefit by having the material in
their hands before the convention.
The presentation of the awards could
be done sooner than the following summer
(traditionally at the National Outdoor
Championships). These and other ideas
are under discussion. We'd welcome suggestions and volunteers to help with
this process.

In the meantime, I'd like to thank all
those who served on this year's committee,
and extend the committee's congratulations to this year's winners. We
wish everyone a healthy and successful 2002.

Phil Byrne, Chair
Masters T&F Awards Committee

33rd Annual LONGEST DAY

Marathon
Half Marathon
5K
5K Race Walker
Relays
Saturday, April 20, 2002
Brookings, S.D.

Charles S. Roberts, M.D.
2034 Monarch Lane
Brookings, S.D. 57060

Kurt Osborne—Co-chair
First National Bank of Brookings
P.O. Box 5057, Brookings, S.D. 57060

Andy Stockham—Co-chair
236 Heather Lane West
Brookings, S.D. 57006

Consult our website: www.prairiestriders.net

All Profits and Pledges to Easter Seal Society.
USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are usually limited to age 50 and over. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. International T&F meets are usually limited to men over 40 and women over 35. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to MMN, P.O. Box 5098, Eugene OR 97405.

**TRACK & FIELD**

**NATIONAL**

**March**
- 1-2. Masters Invitational Events at USATF National Open Indoor Championships, Armory Center, N.Y. Mark Cleary, 949-389-0242; runnemark@home.com
- 3-5. USA Masters Indoors Indoor Invitational, Providence, R.I. Send SASE to Tom O'Connell, Box 3921, Providence, RI 02912. 401-683-1041.
- 10. MAC O&M Indoor Meet, 168th St. Armory, Manhattan, N.Y. 7:30 am-9 pm eastern.
- 13-14. U. of Maryland-PVA Indoor Series, Prince George's Complex, Landover, M., Tim Baker, 301-588-4425; tba3e03@atgglobal.net
- 19. USATF Indoor Championships, Long Island Championships, Brentwood, N.Y. 516-349-9157; Spolansky@aol.com
- 20-21. LFIF Indoor Meet, Suffolk CC, Brentwood, N.Y. 6:30 pm. www.lif.org
- 23. USATF Masters Indoor Championships, Suffolk CC, Brentwood, N.Y. 9:00 am. www.lif.org
- 24-26. MAC O&M Indoor Meet, 168th St. Armory, Manhattan, N.Y. 8 am-9 pm eastern.
- 27. USATF Masters Indoor Championships, Haverford College, Haverford, PA. 3:00 pm, phillymasters@netreach.net
- 27. Potomac Valley Association Indoor Championships, Episcopal HS, Alexandria, VA. Tim Baker, 301-588-4266; tba03@atgglobal.net

**MIDWEST**

- **February**
  - 3. USATF Michigan Indoor Championships, Grand Valley St. U., Allendale Jerrie Bayes, GVSS, Office 97-Field House, Allendale, MI 49401. 616-895-3360; Ba3es@gvsu.edu
  - 24. Ohio Indoor Championships, Findlay. 800-472-9502; arce@mafindlay.edu
- **March**
  - 6. USATF North Region Masters

**SOUTHEAST**

- **February**

**NOR**

- **January**
  - 30. February 19. AAI Masters Indoor Meet, Episcopal HS, Alexandria, VA. Tim Baker, 301-588-4266; tba03@atgglobal.net

**SOUTHWEST**

- **February**

**MID-AMERICA**

- **February**
  - 23. USAF Mid-America Regional Masters Indoor Championships, Colorado St. U., Fort Collins. Jim Weed, 116th Eagle Rd., Blvd., CO 80203. 303-469-5607; wesleis9@qwest.net

**SOUTHWEST**

- **January**
  - 20. Jackson Indoor Meet, Jackson, Miss. Masters compete with college athletes. 10 am. Emil Pawlik, 601-957-9435; Epawli001@es.com
  - 30. March Lions Waterloo Meet, Lake Travis HS (near Austin), Texas. lionswaterloool@email.net

**CONTINUED**
**January 2002**

**LONG DISTANCE RUNNING**

**NATIONAL**


March 23. USATF National Masters Championships/GNC 50K, Pittsburgh, PA. Chris Gibson, 1475 Laurel Dr., Pittsburgh, PA 15235. 412-560-6406; Chrisgnc50@yahoo.com.

**June 1.** USATF National Masters Women's Championships/Friehofer's 5K, Albany, N.Y. George Regan, 233 Fourth St., Troy, NY 12180. 518-273-0267.


**September 14-15.** USATF National 24-Hour Championships, Olander Park, Sylvania, Ohio. Dan Brannen, 4 Strawberry Ln., Morningside, OH 43060. 937-598-1201; danbrannen@earthlink.net.


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**WELCOME**


March 9. Connell Hammer Festival, Connell, Wash. 10:00 am. Ken and Sharon Sellereite, 509-234-8606; selleresit@bossiss.com.


June 23-24. Portland Masters Classic/Oregon Association Championships, Mt. Hood CC (Portland area); Paul Stepan, 3101 NE Linden, Gresham, OR 97030. 503-666-8950; steplan@qcom.net.


July 19-20. USATF Northwest Regional Masters Championships, East HS, Salt Lake City, Utah. (Fri.-Sat. meet).


St. Pullman, WA 99163. 509-332-3148(h); jeffschaller@turbonet.com.


March 2-3. 11th Oceania Championships, Geelong, Australia. 2002 Oceania Veterans Games, PO Box 1918, Geelong, 3220, Australia.


October 5-13. World Masters Games, Melbourne, Australia. Multi-sport, WMG, Locked Bag 202, South Melbourne, VIC 3205. AUST. E-mail: info@2002worldmasters.org; www.2002worldmasters.org.

November 2-10. 11th South American Championships, Cochabamba, Bolivia. Pablo Vera, PO Box 24, Cochabamba, Bolivia. 591-4-252698; fax: 591-4-4119200; asambol2002@yahoo.com.


John Humphrey, first M70 (98-99), Hickam 19K, Honolulu.
February 2. Pomoco Group Hampton
February 2. Uwharrie Trail 40 Mile
Fort Myers, Florida. Phone: 1-800-266-5426; www.val.org


Arkansas, Louisiana, Mississippi, Oklahoma, Texas.

February 20. Camp Houston Marathon, Houston, Texas. www.campohoustonmarathon.com
February 2. Rocky Raccoon 100 Mile Trail Run, Huntsville State Park, Texas. Mickey Rollins, 198 County Place, Unit 2, Pipe Creek, TX 77063. 830-535-6492.
February 3. 3M Half-Marathon, Austin. Texas. 512-948-8888; www.3m.com/races/austin-3m
February 17. Motorola Marathon, Austin, Texas. 877-601-6686; www.MotorolaMarathon.com
February 24. Anheuser-Busch Colonial Half-Marathon, Williamsburg, Va. 757-221-3362; rsvp@wm.edu
March 10. Hope for Children SKRRCA Florida Championships, Naples, Fla. 941-574-3399; fax: 463-6788; www.hopeforchildren10k.org

National Masters News

February 3. Davis Stampede Half-Marathon, Davis, Calif. 530-757-2012; www.chargeofpace.com
February 10. Firecracker 5K & 10K, Los Angeles, Calif. 323-256-1363; www.firecracker10k.org
February 17. Palm Springs Half-Marathon, Palm Springs, Calif. 760-320-1314; greg@kleinplanksports.com
March 2. Los Angeles Marathon. 310-444-5544; www.lamarathon.com
March 17. Fifty Plus 8K, Palo Alto, Calif. Also 5K RW, Fitness Walk, & Generation Relays. Mark Winitz, 50+ Fitness Association, Box 20230, Stanford, CA 94309, 650-323-6160; www.50plus.org

U.S. MASTERS CHAMPIONSHIPS


U.S. MASTERS CHAMPIONSHIPS


U.S. MASTERS CHAMPIONSHIPS

SAN DIEGO, CALIFORNIA

February 21. Los Angeles Marathon Half-Marathon, Las Vegas, Nev. Las Vegas Marathon, P.O. Box 81262, Las Vegas, NV 89180. 702-876-3870; web: www.lvmarathon@aol.com; e-mail: lrmarathon@aol.com

Howard Bashant ran the first leg of the winnors (5:26.54) Taconic RR Seniors (50+) team, Ocean to Sound 50 Mile, 6-Person Relay, Jones Beach-Oyster Bay, Long Island.
## RECIPIENTS OF ALL-AMERICAN AWARDS

### U.S. MASTERS ALL-AMERICAN AWARDS

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<td>4:41</td>
<td>14:41</td>
<td>4:41</td>
</tr>
<tr>
<td>30K</td>
<td>50-54</td>
<td>5:50</td>
<td>16:50</td>
<td>5:50</td>
</tr>
<tr>
<td>40K</td>
<td>55-59</td>
<td>6:50</td>
<td>17:50</td>
<td>6:50</td>
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#### FOR WOMEN

<table>
<thead>
<tr>
<th>Event</th>
<th>Age Group</th>
<th>Mark</th>
<th>Time</th>
<th>Rank</th>
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<tbody>
<tr>
<td>5K</td>
<td>35-39</td>
<td>1:21</td>
<td>7:15</td>
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<tr>
<td>10K</td>
<td>40-44</td>
<td>2:32</td>
<td>8:32</td>
<td>2:32</td>
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<td>45-49</td>
<td>4:41</td>
<td>14:41</td>
<td>4:41</td>
</tr>
<tr>
<td>30K</td>
<td>50-54</td>
<td>5:50</td>
<td>16:50</td>
<td>5:50</td>
</tr>
<tr>
<td>40K</td>
<td>55-59</td>
<td>6:50</td>
<td>17:50</td>
<td>6:50</td>
</tr>
</tbody>
</table>

### APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

1. If you have equaled or bettered the standard of excellence, please fill out this application, completely.
2. A copy of your results or a note stating in which Issue your results appeared must accompany this application.
3. Please send $10 for a certificate, $10 for a patch, and $1 for a patch tag showing event and year. The cost for both a certificate and a patch tag is $15. The cost for both a certificate and a patch tag at the same time is $15.
4. Send to: All-American, National Masters News, P.O. Box 50998, Eugene OR 97405.
5. A color, 5" by 10" certificate, suitable for framing, and/or a 3-color, 3" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.
**TRACK & FIELD RESULTS**

Please send results to: National Masters News, P.O. Box 50089, Eugene OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 21/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

### EAST

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Name</th>
<th>Age</th>
<th>Gender</th>
<th>Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>55m</td>
<td>6.30</td>
<td>Bill Hahn</td>
<td>M50</td>
<td>M</td>
<td>50 yards</td>
</tr>
<tr>
<td>500m</td>
<td>1:47.75</td>
<td>George Ishik</td>
<td>M50</td>
<td>M</td>
<td>500 yards</td>
</tr>
<tr>
<td>1000m</td>
<td>2:36.00</td>
<td>Verson Knight</td>
<td>M50</td>
<td>M</td>
<td>1000 yards</td>
</tr>
<tr>
<td>200m</td>
<td>22.49</td>
<td>WSR Madagascar</td>
<td>M50</td>
<td>M</td>
<td>200 yards</td>
</tr>
<tr>
<td>400m</td>
<td>48.94</td>
<td>Bryan Gallawan</td>
<td>M50</td>
<td>M</td>
<td>400 yards</td>
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<tr>
<td>800m</td>
<td>1:36.00</td>
<td>Verson Knight</td>
<td>M50</td>
<td>M</td>
<td>800 yards</td>
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<tr>
<td>1600m</td>
<td>3:03.00</td>
<td>WSR Madagascar</td>
<td>M50</td>
<td>M</td>
<td>1600 yards</td>
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<td>M50</td>
<td>M</td>
<td>3000 yards</td>
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<tr>
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<td>M50</td>
<td>M</td>
<td>5000 yards</td>
</tr>
<tr>
<td>10,000m</td>
<td>29:36.00</td>
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<td>M50</td>
<td>M</td>
<td>10,000 yards</td>
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</table>

### M50-Hil len Stubendorf

<table>
<thead>
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<th>Age</th>
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<th>Distance</th>
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</thead>
<tbody>
<tr>
<td>500m</td>
<td>1:55.82</td>
<td>Calei Ewe</td>
<td>M50</td>
<td>M</td>
<td>500 yards</td>
</tr>
<tr>
<td>1000m</td>
<td>3:33.37</td>
<td>Calei Ewe</td>
<td>M50</td>
<td>M</td>
<td>1000 yards</td>
</tr>
<tr>
<td>2000m</td>
<td>6:16.58</td>
<td>Calei Ewe</td>
<td>M50</td>
<td>M</td>
<td>2000 yards</td>
</tr>
<tr>
<td>4000m</td>
<td>12:41.58</td>
<td>Calei Ewe</td>
<td>M50</td>
<td>M</td>
<td>4000 yards</td>
</tr>
<tr>
<td>10,000m</td>
<td>29:36.00</td>
<td>Calei Ewe</td>
<td>M50</td>
<td>M</td>
<td>10,000 yards</td>
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### M55

<table>
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<th>Age</th>
<th>Gender</th>
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<tbody>
<tr>
<td>500m</td>
<td>1:55.82</td>
<td>Calei Ewe</td>
<td>M50</td>
<td>M</td>
<td>500 yards</td>
</tr>
<tr>
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<td>3:33.37</td>
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<td>M50</td>
<td>M</td>
<td>1000 yards</td>
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<td>M50</td>
<td>M</td>
<td>2000 yards</td>
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<td>4000m</td>
<td>12:41.58</td>
<td>Calei Ewe</td>
<td>M50</td>
<td>M</td>
<td>4000 yards</td>
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<tr>
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<td>Calei Ewe</td>
<td>M50</td>
<td>M</td>
<td>10,000 yards</td>
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### NATIONAL

**USATF National Masters K/S Cross-Country Championships**

<table>
<thead>
<tr>
<th>Event</th>
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<th>Name</th>
<th>Age</th>
<th>Gender</th>
<th>Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>10K</td>
<td>36:57</td>
<td>Don Callman</td>
<td>M50</td>
<td>M</td>
<td>10K</td>
</tr>
</tbody>
</table>

### LONG DISTANCE RESULTS

Please send results to: National Masters News, P.O. Box 50089, Eugene OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 21/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

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<th>Gender</th>
<th>Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>5000m</td>
<td>14:36.00</td>
<td>WSR Madagascar</td>
<td>M50</td>
<td>M</td>
<td>5000 yards</td>
</tr>
<tr>
<td>10,000m</td>
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<td>WSR Madagascar</td>
<td>M50</td>
<td>M</td>
<td>10,000 yards</td>
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### WEST

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<th>Time</th>
<th>Name</th>
<th>Age</th>
<th>Gender</th>
<th>Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>5000m</td>
<td>14:36.00</td>
<td>WSR Madagascar</td>
<td>M50</td>
<td>M</td>
<td>5000 yards</td>
</tr>
<tr>
<td>10,000m</td>
<td>29:36.00</td>
<td>WSR Madagascar</td>
<td>M50</td>
<td>M</td>
<td>10,000 yards</td>
</tr>
</tbody>
</table>

---

**January 2002**

**January 2003**

- **EAST**
  - **RRCA Women's Distance Festival**
  - **Shore Athletic Cross-Country Meet**

**WES**

- **National Masters News**
  - **Track & Field Results**
  - **Long Distance Results**

---

**Masters**

- **M50 Mike Parker**
  - **M60 Mike Parker**
  - **M70 Tom Allison**
  - **M80 M Parker**
  - **M90 M Parker**
  - **Weight Pentathlon**
  - **Weight Pentathlon**
  - **Weight Pentathlon**
  - **Weight Pentathlon**

- **Contest Information**
  - **Contest Information**
  - **Contest Information**
  - **Contest Information**

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**Outback Stadium**

- **Herculean Streak**
- **Herculean Streak**
- **Herculean Streak**

---

**NYRR Race Across Central Park**

- **NYRR Race Across Central Park**
  - **NYRR Race Across Central Park**
  - **NYRR Race Across Central Park**

---

**Shore Athletics Cross-Country Meet**

- **Shore Athletics Cross-Country Meet**
  - **Shore Athletics Cross-Country Meet**
  - **Shore Athletics Cross-Country Meet**

---

**Historical Notes**

- **Historical Notes**
  - **Historical Notes**
  - **Historical Notes**

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**Notes**

- **Notes**
  - **Notes**
  - **Notes**

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**Front Matter**

- **Front Matter**
  - **Front Matter**
  - **Front Matter**
<table>
<thead>
<tr>
<th>Masters Age-Graded Tables</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Keep track of your progress over the years.</td>
</tr>
<tr>
<td>• Compare performances of older and younger individuals in the same or different events.</td>
</tr>
<tr>
<td>• Select the best performance in an event among all age groups.</td>
</tr>
<tr>
<td>• Score multi-events.</td>
</tr>
<tr>
<td>• See how much your performance should decline with age.</td>
</tr>
<tr>
<td>• Includes single-age factors and standards for each age from 8 to 100 for men and women for every common track &amp; field, long distance running, and racewalking event.</td>
</tr>
<tr>
<td>• Shows how to conduct an age-graded track &amp; field event, road race or racewalk.</td>
</tr>
<tr>
<td>• 60 pages. Easy to use.</td>
</tr>
<tr>
<td>• Detailed explanations, sample competitions, personal performance examples and charts.</td>
</tr>
<tr>
<td>• Compiled by the World Association of Veteran Athletes.</td>
</tr>
</tbody>
</table>

Send $6.00 plus $2.00 postage and handling to: NATIONAL Masters NEWS
P.O. Box 50098
Eugene, OR 97405
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The Magic

Beaches

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At the Northeast of our Sunny Island between the Atlantic Ocean and the Caribbean Sea

12 Days / 11 Nights / 1 Beautiful Coast

"Come and join the fun. Run with the Caribbean Rhythm, Jump to the Latin Beat and Compete in Your Favorite Sport While Having the Time of Your Life!"

master [ˈmɑːster, ˈbʌməstər] "He or she who can run, jump, throw, sprint, and dance in the tropics for 12 straight days"

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Endurance is the ability to draw on deep reserves of energy when you need it most. Take that ability to a new level with Runners Advantage Creatine Serum. It's been formulated specifically to help runners improve their training by providing a constant release of energy safely.

Unlike energy bars, Runners Advantage supplies creatine directly to your muscles. This quickly helps boost your energy by supplying more ATP. This is the fuel we use for all muscle movement. Our formulation contains over 20 ingredients that will help maximize your performance, combat lactic acid buildup, protect your joints, and enhance your recovery. Ingredients include magnesium, glucosamine, amino acids and vitamin B12. All are in a completely safe and soluble liquid form, and are rapidly absorbed into your bloodstream. Runners Advantage won’t cause any side effects, or make you bulk up. All it does is help you exercise harder and longer.

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Runners Advantage
Contains stable, soluble creatine that immediately refuels the muscles ATP content.
Contains immediately absorbed glucosamine for joint protection and recovery.
Contains over 20 beneficial ingredients for endurance athletes.
Minimal calories, doesn't affect diet.
Convenient to use, no water required.
Instantly absorbed, bypasses the digestive system.

Energy Bars
Energy is provided through digestive of sugar, carbohydrates and proteins.
Minimal or no joint protection.
Most contain large amounts of refined or artificial sugars.
Most contain 200 or more calories.
Must be combined with water for maximum effectiveness.
Digestion can take up to one hour.

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