Martin, Parker Named Best 2004 T&F Athletes
DeReuck, Simonaititis Are Top LDR Choices
T&F Honors Also Go to Meier, O’Connor, Vail and Clingan
Burgasser, Matson, Miller Among 24 Runners Honored by USATF

Kathryn Martin, 52, Northport, N.Y., BENGAY Masters Athlete of the Year, and Roderick Parker, 85, Amity, Ark., were selected as the Outstanding Male and Female Masters Athletes by the Masters T&F Committee of USA Track & Field, the governing body for athletics in the U.S. at its annual meeting in Portland, Ore., Dec. 1-5.

They were recognized along with other award winners at the Awards Breakfast Buffet on Saturday, the 4th, at the Grand Ballroom of the Hilton Portland.

Parker also received the Outstanding Single Performance Award for his M85 world record of 34.41 in the 200, an age-graded 98.8% performance, in the USA National Masters T&F Championships in Decatur, Ill.

Nadine O’Connor won the female Outstanding Single Performance Award for her W60 world record 3.05 in the pole vault, an age-graded 100+%, in a Team Thor meet, La Jolla, Calif.

Emil Pawlik, M65, Jackson, Miss., and Flo Meier, W70, Shelburne, Vt., won the Outstanding Combined-Events Athlete Award. Pawlik took age-division titles in the indoor heptathlon with a world-best 5984; indoor and outdoor pentathlons, and decathlon, with a U.S. record 7729 points. Meier won the outdoor pentathlon with a U.S. record 3995 points.

Jack Starr, M75, Newark, Del., and Teresa Vail, 43, Pine Plains, N.Y., were voted the Outstanding Race-walkers. Vail won the Olympic 20K Trials (1:35:37) in Sacramento, Calif., and went on to finish 43rd in the 2004 Olympic Trials (1:35:37).

Colleen DeReuck, 40, and Dennis Simonaititis, 42, were among two of the 24 runners honored by the Masters Long Distance Running Committee of USA Track & Field at its 26th annual meeting in Portland, Ore.

This year’s class features ten athletes for whom this honor is new, ten athletes who are repeaters from last year, and four who have recaptured the honor after a hiatus of several or more years.

DeReuck, of Colorado, heads the rookie contingent. She not only was an Olympian, but she also won the National Masters 5K Championships and set pending records in her other races. Simonaititis, of Utah, also was impressive in winning the National Masters 10K and Marathon championships.

Four New Englanders were part of this class, including Craig Fram, M45, New Hampshire, Bill Dixon, M55, Vermont, Janet Bober, W60 co-winner, Massachusetts, and George Whitney, M85 co-winner, Connecticut.

Fellow Easterner Ginette Bedard, W70, New York, and Joe Burgasser, M65, Florida, also joined the winners’ circle. Joachim Bechtle, M60, California, was the only rookie from the West Coast, and Max Springer, M90, Tennessee, was the oldest.

The returnees from last year were headed by Shirley Matson, W60 co-winner, California, who emulated Cal Ripken by tying nonpareil Norm Green’s record of 13 Athlete of the Year awards. She also was the nation-

Continued on page 14
Team Leader Appointed to 2005 World Masters 100K Team

Norm Green, Chair of USA Track & Field Masters Long Distance Running Division, has appointed Janice Anderson as the team leader of the 2005 USATF World Masters Athletics 100K Team.

The team will compete in the WMA 100K World Championships in Lake Saroma, Japan, on June 26, 2005. The Lake Saroma venue will also host the IAU (International Association of Ultrarunners) 100K World Cup under the patronage of IAFF (International Amateur Athletics Federation) where the USATF 100K Team will compete against 100K runners from around the world, while masters ultrarunners compete in five-year age groups for gold, silver, and bronze WMA 100K World Championship medals.

This race is an opportunity for American women 35+ and men age 40+ to compete in a world 100K championships. World 100K championships for masters ultrarunners have not been scheduled regularly, the last such event being held in 2003 and prior to that in 1999.

Strong Credentials

Anderson, an information technology specialist with Home Depot in Atlanta, Ga., has strong organizational and administrative abilities, demonstrated by her leadership roles in both regional and national positions of administration in the sport of ultrarunning.

A USATF Mountain/Ultra/Trail (MUT) Running Council member since 1998, Anderson is an active athlete with numerous ultra records and achievements to her credit, and races on the Montrail/Patagonia Team. As a five-time member of the USATF 100K Team, Anderson is experienced in the protocol of racing at World Cup 100K venues and will participate on the 2005 WMA 100K Team in the 35-39 age group.

"We are fortunate to have an athlete and an administrator of Janice’s experience and character to lead our 2005 USATF WMA 100K Team," said Theresa Daus-Weber, Masters Ultra Representative to the MUT Council.

Twofold Goal

The goal of the 2005 team is twofold: to provide a broad American age-group presence at the World Cup 100K, demonstrating American support for the masters 100K world competition, and to compete for individual world age-group medals.

In 2003, the USATF WMA 100K Team contributed to earning two team silver medals and a gold age-group medal. Thirteen ultrarunners have expressed their interest in the 2005 team, up from the four-member team that represented the U.S. at the last championship in 2003.

Masters ultrarunners interested in running on the 2005 team can contact Janice Anderson at jslg1@comcast.net.

Support Welcomed

The USATF WMA 100K Team is self-funded and donations are welcome.

Pledges are tax-exempt contributions through the International Masters Athletics Foundation, Inc. To make a pledge to the USATF WMA 100K Team, contact Katy Cotton at IMAF, Inc.; at imaf_inc@yahoo.com; or 307-432-6809.

Come Run with us Mister

The 7th Annual Nextel Mardi Gras Mambo 10K and 1 mile Fun Run

February 5, 2005

$5000 INCREASED $5000 PRIZE MONEY

A $3,300 total cash purse to be awarded!

Overall 10k Male and Female Champions Receive $500.00

Run the Nextel Mambo and Receive:

Collector's Long Sleeve Race T-shirt, Mardi Gras Beads and Throws, Free Jambalaya Free Coca-Cola and Budweiser

Stay at the premier downtown headquarters hotel of the Mardi Gras Mambo, the Baton Rouge Sheraton and receive their special Nextel Mardi Gras Mambo Rate! See the website for more information.

Registration Information

Cost is $12.00 Pre-registered (Entries postmarked by 1/29/05)
$ 15.00 Jan. 31 – Feb. 4
$ 18.00 Race Day

The Baton Rouge Area Sports Foundation and Club South Runners are hosting the 7th Annual Nextel Mardi Gras Mambo 10k and 1-mile fun run & walk. Race participants can expect to run a flat fast course starting from the Sheraton Baton Rouge’s Capital City Atrium, to the Louisiana State University Campus and returning to downtown Baton Rouge via the historic River Road. We will start this year’s race with a cannon blast from our WWII Destroyer, the USS KIDD. After the race, stay and watch the Spanish Town Mardi Gras Parade. Last year the Mambo had runners from all over the United States coming from as far as Washington and Maine. Contact us at 225-382-3596 or visit www.nextelmardigrasmambol0k.net for more info and race form.
HEALTH & FITNESS
Phil Campbell’s Health & Fitness article (NMN, Nov. and Dec.) refuting the conclusion drawn by various “experts” that stretching was unnecessary for highly intense sprinting activities was right on. Extrapolating from twentyish military recruits to 40-and-above masters track and field athletes was a presumptuous and unjustified leap. As the article aptly pointed out, besides age differences, some recruits were fit, and others who were not were also lumped in with them.

Apparently, the authors thought that 20-year-olds were all, by definition, “fit” because of their youth, that fitness did not matter, or they over-looked the issue entirely. Their conclusion flies in the face of decades of experience of innumerable track and field athletes in addition to being a flawed study.

Enjoy your cranberries! 
Richard Watson
Tucson, Arizona

RUNNING HATS
I wish to make a correction to a statement in the interview with me by Mike Tymn (Third Wind, NMN, Dec. 2004).

In talking about wearing hats in the sun in long distance running, the issue of protection of the skin in an attempt to avoid skin cancer was not discussed.

It is important to note that certain strategies trump others in the consideration of clothing and coverings for LDR. The USA women’s medallist in the Olympics did have a bout with skin cancer in the past, and that was the main reason that she wore a hat in training and does so in training – this consideration might trump other (i.e. heat) issues.

Dr. Al Morris
Washington, D.C.
Thank You for Four More Years

I appreciate the trust and support you have shown in electing me to lead your organization for the next four years. I promise to build on the solid foundation we have and bring us to new heights. It is my hope to earn the trust and support of those who didn’t vote for me as well.

Difficult as it was, I believe this election brought out the best in me and pushed me to a higher level. Thanks to all who participated in this democratic process.

A “thank you” to Bob Cahners and Frank Lulich, who served with distinction for the last four years. You two will be sorely missed, but we hope we can call on you for special projects. It’s great to have Suzy Hess working another four years as Vice-Chair.

Welcome to Joy MacDonald, our new treasurer and Lester Mount, our newly elected secretary. We all look forward to another four years as Vice-Chair.

Difficult as it was, I believe this election brought out the best in me and allocated $10,000 to the Masters T&F Committee.

I am happy to report that through appeal to the USATF Budget Committee we were awarded funding ($4500) for our strategic plan and team managers. We will be applying to the USATF Found-ation for funding of the remaining items.

Funding Sources

1. Strategic plan ($2500).
4. Direct mailing championship entry forms ($2500).
6. Hiring a marketing agent ($2500).

We want the USATF Masters Web page to be the “GO TO” Web site for all the information our members require.

Hall of Fame

I must comment on the fabulous Jesse Owens Hall of Fame Awards ceremony at the Nike Tiger Woods Auditorium. I don’t think it could have been a finer setting for our three BENGAY Masters Athlete of the Year, Kathryn Martin. Congratulations, Kathryn, you surely earned this distinction.

I will address other important aspects of the annual meeting at a later date.

Stay tuned! 

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USATF Masters Track & Field Committee 2005 Budget

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TOTAL: $12,115 $19,855 $32,965 $65,985

*Direct Mail = National & Regional Championships
Note: An additional $4500 was allocated by the USATF Budget Committee after this report.

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USATF National Masters T&F Championships

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www.nationalmastersnews.com
Third Wind

By MIKE TYMN

Let's Go Back to Yards

USA Today recently ran a series of articles on "10 things to change in sports." None of the suggested changes had anything to do with track & field or road racing. When the paper asked readers for their suggestions, I submitted mine; however, the editors ignored it, probably because it had to do with track & field, a sport not many of their readers care much about.

My suggestion was that we go to yards and miles every other year. That is, run metric distances in the Olympic years and two years after the Olympics, while running yards and miles the year after and the year before the Olympics. If not in all running events, it should at least be adopted for the mile run.

Let's face it, the metric system has never really caught on, at least in the United States. I think it has hurt the sport, as many casual observers of the sport can't relate to metric distances. They know what a 4-minute mile is, but most don't have any idea what that equates to at 1500 meters. I know exactly how far 1500 meters is and I know what the world record is, but still, after many years of following the sport, I immediately do a mental conversion, adding 17 seconds more for 4:00 mile, 20 seconds for 1500, 30 seconds for 5000. A 3:42.43 is equal to a 10:15.98 mile, a 15:30.22 mile, a 20:05.46 mile.

I was impressed when it was announced that he broke the world record, but I was much more impressed when I realized he had become the first person to exceed 60 seconds.

When I see results of throwing and jumping events in National Masters News, I often examine them when they are in feet and inches. When they are in meters, I go to the next page. As no one was there, he further scrutinized the efforts in the throws and jumps.

Casual Observers

I can appreciate what the casual observer faces in the running events, because I am a casual observer of the field events. When results are given in feet and inches, I closely examine and scrutinize the efforts in the throws and jumps.

I can appreciate a 70-foot shot put, a 200-foot discus throw, a 7-6 high jump, or a 26-foot long jump, but give me those results in meters and I don't even attempt to convert. When I'm reading the results over a cup of coffee, I don't feel like getting out my calculator for an exact read on the effort.

Some years ago I was in England and watched Jonathan Edwards, the great British triple jumper, break the world record with an effort of 18.29 meters. I was impressed when it was announced that he broke the world record, but I was much more impressed when I realized he had become the first person to exceed 60 feet.

When I see results of throwing and jumping events in National Masters News, I often examine them when they are in feet and inches. When they are in meters, I go to the next page.

Tricky Calculations

Incidentally, I still run into masters competitors who use the 17-second rule of thumb for slower times, not realizing that you have to add more for slower times. For example, a 5:00 effort for 1500 equates to a 5:23.7 mile, not 5:17. Actually, the 17-second rule applies to a 1500 effort of 3:35.

To a 3:30 effort, you would add 16.6 seconds. A 3:42.43 is equal to a 4:00 mile, a difference of 17.57 seconds.

(Multiply the 1500 time by 1.079, e.g. 4:00 for 1500 = 240 seconds x 1.079 = 4:18.96; to convert mile to 1500, divide by 1.079.)

When one of those casual observers would hear or read about a big race at two, three or six miles, they knew how far the event was. For the most part, 3000, 5000, and 10,000 meters is meaningless to them.

I know how far those metric distances are, and I know what the world records are at each distance, but I still find myself figuring out what the "per mile" time was at each distance with some rule-of-thumb mental calculations.

One for the Record Books

At 73, Jerry Smartt may be the oldest person ever to win a championship cross-country race. We're not talking about him just being an age-group or masters winner. He was the overall winner of the Ozark Association open and masters cross-country championships in Ballwin, Mo., a St. Louis suburb, on November 21.

So what if he was the only person who ran? "Can you believe it, I was the only entry?" Smartt, who was featured in my column during July, told me by e-mail.

After finding the race on the Internet, Smartt said he drove 225 miles from his home in Warsaw, Mo., to participate, spending the night in a motel.

When he arrived for the Sunday race on Saturday, he went to the course to check it out. Someone was there lining the course with orange streamers.

"It was a 2K loop that was a runner's nightmare because of all the sharp turns," Smartt continued. "It was terribly slow. Some turns were 90 degrees around trees while other turns were almost a switchback. It's the worst and slowest cross-country course I have ever been on."

With the race scheduled to start at 9 a.m., Smartt showed up at 7:30. As no one was there, he further checked out the course and finished off some coffee. At 8 o'clock, someone showed up with a lawn mower and began dressing the course. At 8:30, another person showed up and began adding some finishing touches to the course.

A few minutes before nine o'clock, Smartt, still warming up, heard someone say that the race was ready to start. Upon arriving at the starting line, Smartt discovered he was the only entry.

"I didn't know what to say, so I didn't say anything," Smartt said. "The guy who had worked all day Saturday and before the race to get the course ready was standing there in his Bermuda shorts and t-shirt. So I asked him if he would run it with me. He agreed and we took off and chatted the whole race."

Although there was no actual racing, Smartt wanted to break an hour for the 10K race and picked it up at 4000 meters, finishing in 56:49.

"The folks there were terrific, though," Smartt said, "and the preparation was thorough."
Method of "Syndrome X." A fitness improvement action plan is implemented for those who are overweight. While a son (a major health hazard: the Holiday pounds that's being tossed around in Day, report researchers. And this is much less than the suggested seven pounds during the six-week period.

Metabolic Syndrome has to do with events to running personalities to traumag phlosophes. Researchers report that the real culprit in holiday weight is not quite virtual. The cure for Metabolic Syndrome requires commitment to exercise regularly.

The anaerobic training program recommended to increase exercise-induced GH in my book, Ready Set Go, found itself to be the fastest way to get in the six-week period that actually has 16 minutes of active recovery (equal to casual walking for 1-2 minutes) between the sprints. Look at the muscle development of Olympic sprinters. If you want to tone and add muscle while cutting bodyfat at the same time, well, it's pretty simple. Do what sprinters do...anaerobic sprinting exercise.

Don't worry, this form of training will not make women look like men, but it will cut bodyfat and tone muscle in women like no other form of exercise.

The anaerobic training program recommended to increase exercise-induced GH in my book, Ready Set Go, found itself to be the fastest way to get in the six-week period that actually has 16 minutes of active recovery (equal to casual walking for 1-2 minutes) between the sprints. Look at the muscle development of Olympic sprinters. If you want to tone and add muscle while cutting bodyfat at the same time, well, it's pretty simple. Do what sprinters do...anaerobic sprinting exercise.
**Vioxx Ban Affects Pain Management Options**

As you have all probably heard by now, the anti-inflammatory pain killer Vioxx has been taken off the market. Vioxx, which is a COX-2 inhibitor, was one of the most popular drugs prescribed by sports medicine physicians. Its removal has left a void in pain management options for athletes.

COX-2 inhibitors, used to treat pain and inflammation, are popular as they cause very little gastric upset and provide an attractive option for those at risk for ulcers or gastrointestinal bleeding. The FDA approved the use of Vioxx in 1998, followed by Celebrex and Bextra, which are also COX-2 inhibitors.

It is interesting to note that the use of non-steroidal anti-inflammatory drugs increased 67% since COX-2 inhibitors became available. Annual sales were estimated at $10 billion.

Why were they withdrawn? Merck & Co voluntarily withdrew Vioxx based on a three-year placebo study to determine the effects on colorectal polyps. The trial included 2,600 patients, among whom an increased risk of cardiovascular events was found after 18 months of use.

Garrett A. Fitzgerald from the University of Pennsylvania opined that COX-2 inhibitors suppressed the formation of prostaglandin-12, a product that inhibits platelet aggregation, causes vasodilation, and prevents proliferation of vascular smooth muscle cells in vitro. Some studies showed that the gastrointestinal benefits outweighed the small, but significant, increase in myocardial infarction. Fitzgerald states there is clear evidence of an increase in cardiovascular risk that can extend to all the COX-2 inhibitors.

Jack Taunton, M.D., a sports medicine physician from Britain, states that Vioxx was very helpful in the treatment of patients with arthritis, who have now had to switch to other medications. Those who did not respond to Celebrex were placed on Bextra. They were also placed on enteric coated aspirin tablets to reduce the risk of myocardial infarction and stroke.

Taunton states that the cardiovascular risk does not appear to be a class effect, and changes with Vioxx could be specific to that drug. He feels that Celebrex has a longer follow-up at this point, as compared to Bextra. He states that we will need to watch the literature carefully. (Dr. John Pagliano can be reached by e-mail at thefootbeat@aol.com)

**Outdoor Rankings Deadline Nears**

Athletes who want to assure that their best outdoor marks are included in the 2004 rankings have until Jan. 21 to submit them.

Athletes should first check the rankings at www.mastersrankings.com to verify that their performances rank among the top 25 in their age group. If their best marks are not listed, they can use the SUBMIT form to send those marks to Dave Clingan, Outdoor Rankings Coordinator.

All submissions must include the athlete’s name; meet name, date, and location; and type of timing system used (P/A or hand, if applicable).

If necessary, results (with the above information) can be mailed to Dave Clingan, 1849 SE 20th, Portland, OR 97214.

The 2004 rankings will be published in the April issue of National Masters News.

**DEADLINE**

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material, results, schedule items, and advertising is the 10th of the month before date of issue.

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Hast in hand, they made their pitches: We need more money from the Mother Ship. Poker-faced, the USATF budget appeals board sat in judgment of USATF LDR open track and other committees before the masters delegation appeared for its own audience.

Shortly after 12:20 p.m. Friday, Dec. 3, Masters Chair George Mathews began his remarks, seeking a total of $13,500 for six specific areas. In recent years, the USATF Masters T&F Committee has taken a budget licking. Despite crying needs for improved marketing, communications and athlete programs, USATF Masters has meekly accepted a pitittance from USA Track & Field. In recent years, the figure has been $32,000 – $7000 for championships support and $25,000 for committee support.

Fight For More
This year, something changed. Bob Weiner of the Masters T&F Media Committee and others (I'm sure) – a world-class M60 thrower – to put the hammer down and fight for more funding.

So on Thursday night he waded up to the Executive Committee – including outgoing Treasurer Frank Lukich and incoming Treasurer Joy MacDonald – and came up with a list of must-have monies, and explanations for how USATF Masters has fallen short.

In just under 20 minutes, Mathews laid out the arguments before USATF Treasurer Ed Koch, appeals board member (and Olympic sprinter) Larry James, Tony Kozy and several others, all sitting around a boardroom style conference table in a tight room at the Portland Hilton.

Growth Warrants Increase
"We're growing," Mathews began. "We've done a good job of getting supplemental funding (above and beyond USATF's $32,000). Unfortunately, we've reached a point here" where a "nest egg" of surcharge revenue from entry fees at the 2001 Baton Rouge Masters Outdoor Nationals ($20,000 or $25,000) has dwindled to nearly nothing.

Mathews said that in 2005, the USATF Masters T&F budget is just under $56,000, and that's going to be spent "right down to zero. We need to start some initiatives this year so (USATF) doesn't have to backfill us next year."

Mathews – accompanied by Lukich, McDonald, Weiner and active athletes representative Dave Clinton – then began ticking off requests for what he later called "seed money."

Needs Spelled Out
Briefly, they were:

* $2000 to pay for extra team managers at the San Sebastian world meet.
* $2000 to organize a Masters Track Hall of Fame display at the NYC Armory.
* $2500 for direct mailing of championships entry forms.
* $2000 for a hometown press initiative.
* And $2500 to hire a marketing agent to seek corporate sponsors.

Strategic Plan
Mathews said USATF Masters needs to create a Strategic Plan that would "dovetail" with that of the broader USATF. The $2500 would be used to bring Executive Committee members together for two days before the national indoor and outdoor championships for a productive round of planning sessions.

He said USATF Masters needed enough money to "send a full complement" of team managers to watch out for U.S. masters interests at the 2005 WMA Championships, San Sebastian, Spain. He said three venues would be used, and one team manager (Phil Greenwald) wasn't enough to monitor all three.

Mathews said USATF Masters needed $2000 to help gather, prepare and ship exhibits for a Masters Track Hall of Fame at the National Track & Field Hall of Fame, which opened nearly a year ago at the Armory in New York City. "The USATF Hall of Fame is ready for us," he said, "but we're not ready."

Direct mailing of entry forms to national and regional USATF championships "would help us with our growth," Mathews said. "Costs have gotten higher than we thought." He asked for $2500.

Order of Priority
The appeals board asked him to rank his requests by priority. Mathews did thusly:

1. The San Sebastian team managers.
2. The Strategic Plan session.
3. Entry forms distribution.
5. Masters Hall of Fame chores.
6. Hiring a marketing agent.

About that marketing agent, Mathews said, "We've tried volunteer for seeking corporate funding and it's not working." He said the marketing agent would work on a fee-contingency basis – netting his money when he landed some big fish.

An appeals board member asked: Why is the current surcharge (an extra amount added to meet entry costs) not sufficient?

Mathews said USATF Masters has been tapping those annual funds to pay for the Games Committee – the folks who make sure the local organizing committees (meet hosts) are doing a proper job. Other needs go wanting.

"We're pushing the envelope on our surcharges," Mathews told the board, "nickel and diming (athletes) to death."

Awkward Position
Near the beginning and again at the end of his remarks, Mathews clearly looked and sounded contrite, almost embarrassed to be begging for money. "I feel like I'm sticking my neck out to ask for help," he told the board.

A final question from the board: "What is your growth rate?"

"The growth really hasn't been dramatic," Mathews said. But then a budget board member cited some hard numbers, charting the increase in masters membership from 2001 to 2004: In 2001, USATF had 14,186 masters (over-40) members. In 2002, it was 14,456. In 2003, it was 15,696. In 2004, it was 16,364.

(It's unclear what the masters T&F vs. LDR breakdown is, but masters rankings maintained by Dave Clingan on behalf of USATF Masters suggest about 6000 active masters track and field athletes in the U.S.)

Buoyed by a feeling that the budget panel was seeing things his way, Mathews told me: He is ready for a Strategic Plan. "Nobody complains. Nobody takes the initiative," Mathews told me. He said that until recently, no regional coordinator or committee chairman had come to him and said: "I don't have enough money to operate."

He said the committees have to drop what he calls an "entitlement attitude," and "stop the rhetoric (with) great adjectives... Give me what your specific needs are."

In fact, Mathews said, "We've had a contentious exchange of ideas in the past few weeks. We have so many ideas. It's forcing us to do a Strategic Plan." Said Weiner of the chairman's performance: "George Mathews did a spectacular job." (The USATF Budget Appeals Board awarded Masters Track & Field an additional $4500.)

Arthur Lydiard (1917-2004)
Arthur Lydiard, who revolutionized distance training, passed away in Houston, Texas, on Saturday night, Dec. 11. The New Zealand native, 87, was in the final weeks of his U.S. lecture tour.

In the 1950s, Lydiard developed a training system based on building a large aerobic base, hill bounding and anaerobic sharpness.

Many so-called experts in the sport scoffed at his principles.

At the Rome Olympics in 1960, three of his charges – Peter Snell, Murray Halberg and Barry Magee – won medals, $800 gold, 5000m gold, and marathon bronze, respectively.

Snell later won two more gold medals (800m and 1500m) at the 1964 Tokyo Olympics, while John Davies – also coached by Lydiard – won the bronze in the 1500m.

The charismatic coach influenced (and will continue to influence) several generations of athletes and coaches throughout the world.

Bill Bowerman, who is given credit for seeking jogging and running for health in the U.S., was influenced by Lydiard after a trip to New Zealand.

In this era of over-hyped athletes and celebrities, Arthur Lydiard was a true Legend with a capital "L."

Thank you, Arthur.

Running USA Wire

NMN Photos Available
Dozens of pictures of the 2004 Hayward Classic, Eugene, Ore., and National Masters Championships, Decatur, Ill., are now on the National Masters News Web site at www.nationalmastersnews.com (Photo Gallery), and are available for purchase.

Contact Jerry Wojcik by e-mail at jerrywoj@aol.com, or at 541-343-7716.

TEN YEARS AGO
January 1995

• Ross Carter, 80, and Philippa Raschker, 47, Receive Outstanding Masters T&F Athlete Awards for 1994 at USATF Annual Meeting, Napa, Calif.
• Doug Kurtis, 42, and Rae Baymiller, 50, Among 19 Honored by Masters LDR Committee as 1994 Best Masters Runners by Age Group
• Don DeNoon, 51, and Elton Richardson, 55, Named Outstanding Racewalkers
• USATF National 8K XC Championship Teams Share $2500 Grand Circle Travel Prize in Boston
Special Moments in Time – Part I

Cedric Hustace, M70, is a nationally-ranked masters racewalker, a celebrated artist, and an accomplished musician. At the 2004 Southeastern Regionals Masters Championships, he placed first in the 5K (33:43) and first in the 20K (2:24:46) — "Not great, but good enough to win." He recently racewalked to a first (2:33:10) in his hometown half-marathon in Evansville, Ind., beating all the runners in his age group. He also placed fourth (1:07:33) at the National Masters 10K in Decatur, Ill., last August. Hustace describes himself as "a perpetual optimist. I hope my paintings give the viewer an impression of my positive views on life. I like people. I like action. I like competition. And, of course, I welcome the challenge of trying to capture special moments in time on canvas."

EW: As an artist, not as a judge, how would you describe the gait of racewalking?
CH: First of all, it is a very fluid movement. There is nothing forced about a good race walk gait. Everything is relaxed. Walkers seem to glide along and that fluid motion makes a very nice subject of a painting.

EW: How do you capture fluidity in painting?
CH: That goes back to the choice of technique you use. Sketching is one technique for capturing any kind of motion. What I prefer is to take a lot of photographs to capture movements I couldn’t hope to get by sketching. Between good photography and my memory, I am able to bring the feeling of action into my paintings.

Remember, as an artist, I am an impressionist. I am seeking to capture the impression of the whole scene. That is what I aim for -- an impression of what is going on. I am not like a realist trying to get detailed, anatomical representations. Such detail fixes the movement of a walker in a specific time and space, much like a statue. The sense of forward energy is lost.

Acrylic Medium
EW: What type of paints do you use?
CH: Virtually all my paintings are acrylic on canvas. The only exception is when I do quick pen/ink/watercolor sketches. The racewalking paintings are acrylic on canvas.

EW: Are there aspects of racewalking that you find especially interesting to portray visually?
CH: I am just so involved in racewalking, I like every aspect of it. The mirroring of the upper and lower body action is probably the key to its fluid movement. The movement of the arms supports the movement of the legs. The rotation of the hips supports the coordination of the whole body. Everything works together. It is a beautiful thing to see, in my opinion.

EW: How do you like the feeling when you racewalk?
CH: It’s exhilarating. When I go out to work out, I train maybe one or two hours each day. I go out on the country roads from our home. When I come back, I feel refreshed, relaxed and ready to paint. It is just wonderful.

Changing Sports
EW: Your racewalking technique must be good. If it was bad and you were working out that long each day, you would feel tired here and there if not all over. When did you start to racewalk?
CH: I had done a lot of running and sprinting and was starting to get sore. It turned out I had an Achilles tendon pain. My doctor said to me, "We can operate on it." I replied, "Yes, but can the problem come back?" He said it could. I left saying, "Well, I think I will try another sport." That is when I took up racewalking.

I entered a race in Indianapolis. I didn’t know what I was doing and promptly got DQed. After that I really started to study what I was supposed to be doing. I knew things could only improve from being DQed.

EW: You sent out some marvelous T-shirts that you designed for races. I love them. They are a little large for me, though.

CH: You are the one who got me started.

EW: Why do you do some paintings?
CH: That’s wonderful. Normally, I don’t wear a lot of T-shirts. If I am working out or racing, I wear special athletic stuff. Besides, in cold weather, the T-shirts get cold when they get wet. So I have a lot of them in my closets. You know around here, many people enter races just to get my T-shirts.

Racing Highlights
EW: I’m not surprised. I would too. What racing moments remain highlighted in your memory?
CH: One highlight is the National Indoors in Columbia, Mo., in 1994, when I was M60. It was a fantastic race. I won the 3000m race in my age division, and it blew my mind. I remember this race particularly, because I had driven all the way from Evansville that morning. It’s like three hours to St Louis and another two plus hours to Columbia. I got there just in time to do the competition and then won it. That was a wonderful trip back to Evansville.

EW: What races have you painted?
CH: The National Masters 10K in Decatur, IL is one race. The 10K walks were on a Sunday. They were in a beautiful park just outside of Decatur. The weather was fantastic, and I knew right away that I wanted to do some paintings. Carol, my wife, was with me and she is a very good photographer.
Neal, Murphy Fly to Wins in Big Bird 10K

By RON MARINUCCI

ROSEVILLE, Mich. — Masters runners made a strong showing at the 26th annual Big Bird Runs (10K and 4K) in this suburb of Detroit on Nov. 14. Of 781 finishers, 284 were on the plus side of 40 years.

And they ran well, too. In the 4K. Rosie Marano, 41, was the overall women’s winner in 16:33. Todd Kelly, 43, was the first master and fourth overall, averaging 5:32 a mile to post a 13:44.

The 10K masters winner was Mark Neal, 42, with an 11th-overall 35:43 (age-graded 34:00). Several-time overall Darrell McKee, who has run all 26

Big Birds. He’s very familiar with the course, having run parts of it 50+ years ago as a member of the Roseville High cross-country team.

And, as if the 10K wasn’t enough of a challenge, he pointed to a young lad, proudly acknowledging, “That’s my grandson. He’s six years old. We’re running the mile together.” He finished that and had enough left to complete the 10K in 57:19.

Race director Tony Lipinski was pleased with the turnout, up some from 2003. That continues the recent trend of slight annual growth. “The numbers are picking up again. We want to keep those going up.”

The weather in recent years has been a boon, especially for November in Michigan. This year was a carbon copy of last. Temperatures were in the 40s and rising, with only a slight breeze and plenty of sunshine.

As fickle as Michigan weather is, Big Bird amenities remain a constant attraction. The local high school band serenaded runners, pumping them up for their races. The muzzle loaders may have startled newcomers, but veteran Big Birds eagerly awaited the unique start.

The flat, fast course was welcomed, earmarked by its trademark two “hills” — a pedestrian overpass across and back over I-696. Awards went as much as five deep per age-group. And a few dozen turkeys (“Big Birds”) were raffled post-race.

Ron Marinucci can be reached by e-mail at RMarin6424@aol.com.}

OUTSTANDING MASTERS

MALE & FEMALE RACEWALKERS

Selected by the USATF Masters Track & Field Committee

Men

1978 John Allen

1979 Ron Laird

1980 None

1981 Gordon Wallace

1982 Bob Momen

1983 John Knoff

1984 Larry Walker

1985 Bob Momen

1986 Giulio de Pritz

1987 Max Green

1988 Bob Momen

1989 Larry Walker

1990 Eugene Kitto

1991 Max Green

1992 Ray Funkhouser

1993 Don DeNoon

1994 Don DeNoon

1995 Max Green

1996 Jonathan Mathews

1997 Dave Romansky

1998 Dave Romansky

1999 Jonathan Mathews

2000 Jack Starr

2001 Paul Johnson

2002 Paul Johnson

2003 Jack Bray

2004 Jack Starr

Women

1978 Lon Maynard

1979 Lonn Maynard

1980 None

1981 Lon Maynard

1982 Bonnie Dillion

1983 Beverly Leacock

1984 Jeanne Bocci

1985 Ruth Loef

1986 Beverly Leacock

1987 Ruth Eberle

1988 Marie Henry

1989 Jack Nidico

1990 Vissha Sedlak

1991 Vissha Sedlak

1992 Ethel Richardson

1993 Sally Richards-Kerr

1994 Ethel Richardson

1995 Ethel Richardson

1996 Beverly Leacock

1997 Jessica Dana

1998 Lyn Brokaw

1999 Lyn Brokaw

2000 Victoria Herazo

2001 Gayle Johnson

2002 Sherry Bronzabah

2003 Shirley Dockstader

2004 Teresa Vail

MASTERS TRACK & FIELD ADMINISTRATOR OF THE YEAR

1978 Pete Mundie

1979 Al Sheahan

1980 Bob Fine

1981 Bruce Springbett

1982 Fred Marnis

1983 George Hatfield

1984 Jerry Donley

1985 Gary Miller

1986 Pete Mundie

1987 Frank & Dorothy Anderson

1988 David Pain

1989 Jack Kelly

1990 Joe Fernandez

1991 Barbara Kousky

1992 Nate & Evelyn White

1993 Rex Harvey

1994 Bill Bushy

1995 Sandy Pashkin

1996 Scott Thorson

1997 Ken Weisel

1998 Suzy Hess

1999 Becky Sisley

2000 George Mathews

2001 Phil Byrne

2002 Larry Patz

2004 Dave Clingan

LDR Athletes Honored

Continued from page 1

al 10K champion. Not far behind was Andrea Marque, W85, Virginia, who has now won 11 awards.

Gary Romesser, M50, Indiana, the U.S. 10K champion, racked up his seventh award. Edith Allen, W90, California, has won five awards, while Gloria Jansen, W55, Minnesota, the U.S. 5K, 10K, and marathon champion, and Henry Sypniewski, M85 co-winner, New York, each have won four.

Kathryn Martin, W50, New York, the BENGAY Masters Athlete of the Year, won the U.S. 5K and 10K Championships and set a pending record for the 20K at New Haven while chalking up her third award.

Helen Klein, W80, California, won the 5K championship and set a pending marathon record in the More Marathon in New York, while garnering her third award. Charles Rose, M70, North Carolina, and Lloyd Young, M80, Minnesota, the U.S. marathon champion, both won their second awards.

Joe Fernandez, M75, Massachusetts, won his fourth award after an absence of eight years. Barbara Miller, M65, California, 10K champion, achieved her third award after a hiatus of four years. Janet Robertz, W45, Minnesota, the marathon champion, returned to the winner’s circle after three years for her second award.

Joy Johnson, W75, California, the U.S. marathon and 5K champion, won her second award after a six-year respite.

The Paul Spangler Award, given to the oldest age group winners, went to Edith Allen and Max Springer. The Otto Essig Award, given for meritorious service to Masters LDR, went to Alan Jones.

— Don Lein
On The Run

By HAL HIGDON

Never on a Sunday

The Boston Athletic Association sent a mighty message to the running community recently with its preemptive bid to host the 2008 Olympic Marathon Trials, not necessarily on its traditional course starting in Hopkinton, but on a multi-loop course downtown Saturday or Sunday before its Monday marathon. That makes sense, since runners arriving in town could become trial spectators, as was true with the 2004 trials in Birmingham and St. Louis.

But running a marathon on Sunday in Boston? The theme at Boston for six decades has been, “Never On Sunday.” The last Boston run on a Sunday was in 1942.

From its first running in 1897, the BAA has held its marathon on Patriot’s Day. That holiday, commemorating the battles of Lexington and Concord, originally was April 19. When the date fell on a Sunday, that’s when marathons ran. But in 1969, Patriot’s Day shifted to the Monday nearest April 19.

Fine for the two states that celebrate Patriot’s Day (Massachusetts and Maine), but the rest of the world marches to a different drummer, one not playing Yankee Doodle. Live TV coverage of what should be America’s signature marathon collides on Mondays with Oprah.

“Sports fans on Sunday see golfers and auto racers, not runners,” says TV commentator Tom Boswell.

Tom Derderian, author of Boston Marathon, offers one reason why the race remains on Patriot’s Day. “Regional coverage is where the sponsorship comes from.”

That’s only partially true, says the BAA. Its major sponsor, John Hancock, is based in Boston, yet is an international company. Agreed, 40 percent of the field comes from New England, yet Boston is more than a regional race – or should be.

Politics and Religion

Actually, the reasons for running Boston on a weekday may be more political and religious.

The Hopkinton-to-Boston course encompasses eight towns and passes numerous churches whose ministers might not endorse a Sunday switch.

Yet the BAA organizes a Sunday half-marathon in October with a course including at least two of those towns.

Why not move the Boston Marathon off its traditional Monday, since that tradition only dates back to 1969?

In the best of all worlds, the 2008 Boston Marathon would be combined with the U.S. Trials (men and/or women) and moved to Sunday on the traditional course.

Start the female trials qualifiers at 11:30, the male qualifiers at 11:45, and let everybody else follow at noon. Then keep Sunday permanently as race date. Would national TV coverage materialize? We’ll never know until we try.

The BAA claims it attracts more media coverage and provides a greater economic impact for the city because of being on a weekday. Maybe, but the last comparison of Monday vs. Sunday goes back to 1942. Boston needs to change for the good of the sport.

Slow to Change

Unfortunately, Boston has not always been first to embrace change.

Boston was the last major marathon to add aid stations in 1978, the year after winner Geoff Smith crossed the finish line in 2:14:05, five minutes in front, arms spread as if to ask, “Where is everybody?”

The shift to professionalism in the 1980s permitted Boston to avoid slipping off into a backwater among world races. That backwater remains, only it’s called Back Bay.

While Boston clings to its tradition, events such as London, Berlin, New York, and Chicago seem more in the mainstream of modern marathoning.

Would abandonment of its “Never on Sunday” theme guarantee that Boston would retain its place as Mother of All Marathons? Not necessarily, but it would be a running step in the right direction.

(Hal Higdon, is author of Boston: A Century of Running. He provides Interactive versions of all his training programs through www.halhigdon.com)

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Age group order and final time schedule to be decided in July after all entries are received.

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5000 Finals F/M
800 Prelims F/M
400 Prelims F/M
Thursday – Field
Shot Put M50+
Javelin M30-39
Discus M30-39
Pole Vault M60+
Thursday – Multi
Pent (M) LJ, JT, 200, DT, 1500
Pent (F) HH, HJ, SP, LJ, 800

Friday – Track
5000 Racewalk F/M
High Hurdle Prelims M
100 Prelims F/M
Steepchase F/M

Friday Track – Cont.
1500 Prelims M
400 Finals F/M
High Hurdle Prelims F/M
Friday – Field
Long Jump F/M
Javelin M40-49, M 70+
Discus M30-39
Shot Put M30-49
Pole Vault M30-49
High Jump M50+, F30+

Saturday – Track
10K Run F/M
100 Round 2, if needed, M
Int. Hurdles Finals M30-64
100 Finals F/M
800 Finals F/M
200 Prelims F/M

Saturday – Field
High Jump M30-39
Hammer F30+

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If you are able, we urge you to join them. All contributors will be listed in the paper as a National Masters News sustainer.

FIFTEEN YEARS AGO

January 1990

• Bob Schlau, 41, and Laurie Binder, 42, Named Best U.S. 1989 Masters LDR Performers
• Awards Also Go to Jim Puckett, Rex Harvey, Larry Walker, and Joann Nedaoko
• Top 1989 Masters Prize Money Winners Are John Campbell ($84,700) and Priscilla Welch ($29,080)
**Masters Age Records (2003 Edition)**
Men's and women's world and U.S. single age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 2002. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundie. $6.00.

**Masters Track & Field Rankings Book (2002)**
Men's and women's 2002 U.S. outdoor track & field 5-year age-group rankings. Coordinated by Jerry Wojcik, All T&F events, including mile, relays, weights, racewalks, and combined events. $4.00.

**Masters Track & Field Rankings (2003)**
Men's and women's 2003 U.S. outdoor track & field 5-year age-group rankings (25 deep). Compiled by Dave Clingan and Larry Patz. Includes mile, weights, racewalks, and combined events. 8 pages. $4.00.

**Masters Track & Field Indoor Rankings**
Indoor rankings for 2004. 4 pages. $2.00.

**Masters Age-Graded Tables**
Single-age factors and standards from age 8 to 100 for men and women for every common track & field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. $5.00.

**Masters 5-Year Outdoor Age-Group Records**
Men's and women's official 2003 world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundie. $4.00.

**Masters 5-Year Indoor Age-Group Records**
Same as above, except indoor records (M40+, W35+) as of Oct. 31, 2003 (world) and Dec. 7, 2003 (USA); 4 pages. $2.00.

**Competition Rules for Athletics (2004 Edition)**
U.S. rules of competition for men and women for track & field, long distance running and racewalking—youth, open and masters. $12.00.

**USATF Directory (2003-2004)**
Names and addresses of national officers and staff, board of directors, sport and administrative committees, association officers and addresses, etc. $12.00.


**USATF Governance Handbook (2004)**
U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. $12.00.

**Running Encyclopedia, The Ultimate Source for Today’s Runner**
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**2004 Road Race Management Directory**
Published by Road Race Management, this book combines the Guide to Prize Money & Races with the Running Industry Resource Directory — two books in one — listing elite athletes (including masters) with over 1000 addresses and phone numbers, prize money structures for 400 events, Internet services, retailers, publications, TV contacts, and more. $75.00.

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**TWENTY YEARS AGO**

January 1985


Barry Brown, 40, and Shirley Matson, 43, Named Best U.S. Masters LDR Performers.

Athletes from 21 Nations Run in World Veterans (IGAL) LDR Championships in San Diego.

Jim Wetenhall, 45, at the 2004 Idaho Masters Indoor Classic, warms up with the weight at the Jacksons Track, Idaho Center, site of the USA National Masters Championships, March 11-13. The weight and superweight will be thrown on dirt from this circle. The shot put is held in the infield on an artificial surface.

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Address _________________
City __________ State __________ Zip __________

TOTAL $
OUTSTANDING MASTERS TRACK AND FIELD ATHLETES

Selected by the USATF Masters Track & Field Committee.

Presented to the outstanding male and female T&F athletes in the masters programs.

<table>
<thead>
<tr>
<th>Year</th>
<th>Men</th>
<th>Women</th>
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<tbody>
<tr>
<td>1989</td>
<td>John P. Wolfe</td>
<td>Joanne Grissom</td>
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<td>1990</td>
<td>Jack Greenwood</td>
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<td>1991</td>
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<td>Ross Carter</td>
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<td>1994</td>
<td>Steve Robbins</td>
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<tr>
<td>1995</td>
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<td>Bill Collins</td>
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<td>1997</td>
<td>James Stookey</td>
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<td>John P. Wolfe</td>
<td>John P. Wolfe</td>
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<td>2003</td>
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<td>2004</td>
<td>Roderick Parker</td>
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OUTSTANDING SINGLE PERFORMANCE DURING THE YEAR

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<td>Discus, 236-6</td>
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<td>Jack Greenwood</td>
<td>Discus, 200-5</td>
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<td>200m, 21.52</td>
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<td>200m, 21.69</td>
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OUTSTANDING COMBINED EVENTS ATHLETES

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<td>Christine Miller</td>
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2004 AGE-GROUP AWARDS

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<td>Robert Thomas</td>
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<td>Tony Young</td>
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<td>J. L. Williams</td>
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<td>Mel Larsen</td>
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<td>49</td>
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<tr>
<td>50</td>
<td>Everett Hosek</td>
<td>Jack Greenwood</td>
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2004 T&F Athletes Honored

Continued from page 1

Athletes in Athens. Starr broke the M75 world record for the indoor 3000 with a 17:52.74 in the USA National Masters Championships, Boston, and won the 5000 and 10K in the Outdoor Championships, Decatur, Ill.

Dave Clingan, 50, Portland, Ore. was selected as the Masters T&F Administrator of the Year. Clingan, who coordinates the yearly indoor and outdoor U.S. rankings, was instrumental in getting the rankings on the Web, and joins fellow ranker Larry Patz, who was the Administrator of the Year for 2003. Clingan also served as the Active Athletes Representative.

Martin’s age-group awards in both track and field and LDR, for breaking W50 U.S. track records and winning two cross-country titles, were crowned by her selection as the inaugural Masters Athlete of the Year, presented by BENGAY at the Saturday evening Jesse Owens Awards and XEROX Hall of Fame Induction Ceremony on the Nike Campus in Beaverton, Ore.

With the Masters championships, Boston, and the U.S. Master Championships, Portland, Ore., Breaks records on his way to the Masters World Championships in the USA indoor and outdoor events.

The track awards for the men are also divided equally between the sprints and distance receivers, and the throwers and jumpers, including the pole vault.

Some older competitors are bifurcated and do well in both the throws and the jumps. For instance, Becky Sisley, of Oregon, broke records in the javelin and pole vault and tied for the W65 award with Evelyn Wright, of Maryland, who broke records in the high jump and weight throw.

The field awards are just about equal for throwers and jumpers, with an older athlete or two competing in both the jumps and throws.

The award winners were chosen by vote of the Awards Subcommittee, chaired by Phil Byrne. Award winners will be issued certificates and/or plaques.

To assure the proper spelling of names and that Byrne has correct addresses, awardees should contact him. Contact information is on page 2.

-- Jerry Wojcik

www.nationalmastersnews.com
USATF Masters
Hall of Fame Adds 13 in Portland

Nine active and four old-timer masters athletes have been elected to the USA Track & Field Masters Hall of Fame. The actives are Don DeNeon, Betty Lance, Dale Lance, Milton Newton, Wendell Palmer, Emil Pawlik, Nolan Shaheed, Sue-Ellen Trapp, and Sal Vasquez. The old-timers are Philip Conley, Michael Heffernan, Robert Hunt, and Rudolph Valentine.

The Hall now contains 36 women and 82 men, of whom 74 represent the Trapp, and 79 participants. He currently com-
range and was Masters LDR Runner of
one
U.S.
records, stiJI holding five worlds and
U.S.
records in the
outdoor t&f championship titles, earned Masters Track Age-Group
Masters Track Age-Group Hall of Fame.

This middle-distance runner, placed six times in WMA outdoor t&f championships, 17 times in USA indoor t&f championships, and

Sue-Ellen Trapp, 58, Fort Myers, Fla., still holds 25 U.S. records in ultra-distance running of the 32 she set. She won seven national open 24-hour championships between 1991 and 2001. The last at age 55 makes her the oldest open national champion. At 48-hours, she holds 1st (’97), 7th (’95), and 9th (’93) places in the all-time female world best rankings.

Sal Vasquez, 64, Sacramento, Calif., has been a frequent handicap winner of the Dipsea Trail race in Marin County, Calif., one of the oldest races in the U.S. He has 10 LDR championship titles in the 8K to 20K range and was Masters LDR Runner of the Year in his age-group six times.

Philip Conley, 70, Stewart’s Point, Calif., was a javelin specialist, setting four U.S. records. He also competed in the jumps and pentathlon across a 20-year career that ended in 1998. Between 1981 and 1983, he wrote monthly columns for the National Masters News.

Michael Heffernan, 64, Portland, Ore., had a one-mile to marathon range across a 20-year career that ended in 1998. A 4:28 mile at age 44 and a 2:24:55 marathon at age 46 stand out among his racing results. He won nine USA t&f championship titles, and eight USA LDR championship titles.

Robert Hunt, 84, Anaheim, Calif., excelled in the long and short hurdles, sprinted, and won three national decathlon titles. His career spanned 1978 to 1997. In that time, he placed 16 times in WMA World Championships and 46 times in USA outdoor championships. He has earned Masters Track Age-Group Athlete of the Year four times.

Rudolph Valentine, 81, Bronx, N.Y., was a distance runner as a sprinter/hurdler between 1977 and 1990. He set three world and one U.S. records, placed six times in WMA world championships, 17 times in USA indoor t&f championships, and 17 times in USA outdoor t&f championships.
Highlights of Minutes - Masters Track & Field - 2004

Masters T&F Committee officers elected for the next four years at the 200th USAF annual meeting (from to t): Lester Mount, Secretary; Joy MacDonald, Treasurer; Suzy Hess, Vice-Chair; and George Mathews, Chair.

Marilyn Mitchell, 7, and Joanne Petkus, T&F Committee for its financial support, essential to continue to publish a quality product.

Highlights

Continued from previous page

Mathews brought up a surcharge for WMA East Coast Championships, the last time devoted to masters duties. He is the Masters T&F Rankings Coordinator for the 22 recommendations proposed by Mathews in their Tuesday meeting. The change necessitated the purchase of a new computer and the fund that the budget committee comes from the surcharge fund and that the fund could face depletion. Jerry Bookin-Weiner's motion to add a $30 surcharge to athletes going to the WMA Championships in San Sebastian, Spain, received 6 yes and 6 no votes, with Mathews breaking the tie with a yes vote.

Mathews introduced his Strategic Plan for the future of MTF&B. Clingan's "Vision for Masters Track & Field," published in NMN (Dec 2004) was a catalyst. Todd Taylor was elected as faciltator of the plan.

Mathews appointed Jerry Bookin-Weiner, Todd Taylor, Mark Cleary, Sandy Pashkin, and Phil Byrne as at-large-delegates.

Nineteen active athletes were elected in a vote conducted by Membership Services. Dave Clingan was elected by the members of the Executive Committee, present: Suzy Hess, vice-chair, and Bob Cahners, secretary. Frank Lulich, treasurer, was not present at this meeting.

The primary purpose of the meeting was to decide on the agenda to be presented to the Masters Committee. Much of the three hours was taken up with budget.

Dave Clingan's motion to switch Mathews presided, with two elected officers present: Suzy Hess, vice-chair, and Bob Cahners, secretary. Frank Lulich, treasurer, was not present at this meeting. Chair George Mathews reported on the need for the masters committees to pressure the WMA for USATF approval for an athlete who wants to compete for another country are not eligible for awards.

Track & field record submissions were approved.

Dec. 3, 8:00 a.m.

Masters T&F Committee

Lee Hess, of the New England Masters T&F Committee, reported for the coordinators, who re-affirmed their pledge to better promote championships, investigations, and obtaining sponsorship. Hess said that the printing and production of the NNM, after over ten years of publication, has produced a new format and is easier to navigate.

More than 1500 attendees - the largest ever - attended the 2007 University of California, Berkeley, track & field meet. The change necessitated the purchase of a new computer and the fund that the budget committee comes from the surcharge fund and that the fund could face depletion. Jerry Bookin-Weiner's motion to add a $30 surcharge to athletes going to the WMA Championships in San Sebastian, Spain, received 6 yes and 6 no votes, with Mathews breaking the tie with a yes vote.

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Highlights of Minutes – Masters Long Distance Running – 2004

Dec. 2, 8:30 a.m.
Call to order by Norm Green, Chair.
Agenda approved, election of officers announced.
Don Lein distributed his compilations of data to use in choosing Athletes of the Year.
Chair's report: RRIC defunct (contract not renewed), unclear if its functions will be replaced by USATF. We use those functions, a great deal. LDR is still a stepchild of USATF. There is a challenging year ahead. Nonetheless, we had a successful meet in our proposed budget, which we should accept. Vote for LDR Division Chair is concurrent with USATF officer elections. The executive committee nominated Alan Jones for the Otto Essig Award.
Nominations for officers opened with George Regan, of Member Services, presiding. Green for Chair, John Boyle for Vice-chair, and Lloyd Stephenson for Secretary are only nominations received. These three are each declared elected by acclamation.
Continued from previous page

Dec. 3, 7:30 a.m.
Call to order.
Lein presided over voting for officers of the year. Non-Stadia winners are listed in the chart on this page.

John Boyle presiding: Championship bids.
Freehower's award was for 2005. Twin Cities Marathon bid for five years, 2006 through 2010, approved. Its current five-year contract included 2005. Consideration of 8K bid from Hawaii postponed one day. Note: Heritage Oaks Bank, Paso Robles, Calif., has a five-year contract for the 10K that expires in 2007. General agreement that the championships listings page of the USATF Web should have a note that certain races have limited entries and, therefore, early entry deadlines. Non-elite runners should be alert to this and plan accordingly.

Charles DesJardins/WMA: Frustrating year. Non-Stadia championships in New Zealand were poorly attended, financial flop. WMA Council has decided to drop non-Stadia program, yet no minutes of that meeting are available after many months. Chair was bid for 2005. Non-Stadia championship withdrawn after acceptance. The Eurocentric leadership seems oblivious to anything but their own agendas. Norm Green reviews LDR history of WMA and its predecessors, esp. IGAL.

Norm Green: New age-graded tables will be published soon. This WMA project is complete for adults, and awaits the final work on youth tables. Rex Harvey, the WMA Stadia Vice-chair, heads the subcommittee, yet the main force behind the work has been Alan Jones. His work has been essential, extensive, and of high quality.

11:45 a.m.
Recess.

Proposal rule changes affecting masters XC.
Vote to reject proposal to deny non-citizens right to compete in regional and national championships. Vote to support proposal to score by place, current rule is masters teams in XC score by time. These votes are advisory.

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Pope, Ayala-Troncoso Win Again

By JERRY WOJCIK

Brian Pope pulled a cross-country hat trick and did it as a "mudder" at a race track when he finished as first master in the USA National Club Championships in Portland, Ore., on Dec. 4.

The course here was a five-time 2000m loop on the nine-hole golf course inside the Portland Meadows race track. Essentially flat, the course was slippery and muddy from earlier rains and having been churned up by hordes of runners in previous races. The masters men ran in the last event of the day at 1:25 p.m. after the men's open race.

Ken Ogden, an experienced M65 on the roads and track, said after the race, "This course was tougher than the Fort Vancouver course a couple of years ago, and as tough as the National 10K at Stanford."

Van Townsend, M45, Chattanooga TC, followed Ogden with, "I ran in England in the eighties, where mud is a national product, and this course was mudder and tougher."

Bill McClesney, M75, Oregon TC Masters, examining his foot, said, "The mud sucked off my shoe in the first lap."

Runners said that those who went out too fast paid a particularly high price and that the course penalized the speed horses. The course designer had added some low hay bales and a man-made roller coaster set of four mounds to create a semblance of - what else? - running in the country.

Running for the So Cal TC, Pope, 42, added to his streak of fall championships in a sloppy 36:03. Taking the fust over two months, starting with the 5K club standings were based on time; 49 club (3:09:41). Leonard Hill, 52, Oregon TC Masters, was third (38:02).

Nolan Shaheed, 55, So Cal TC, 2004 track champion in the 800 and 1500 in the USA National Masters in Decatur, Ill., took M55 first (39:45).

Roger Price, 55, ran by the runway, M55 winner in the 5K XC (17:02) and second in the 8K XC (28:50) was second again (41:49).

The Boulder RR M50-59 squad took the club title (3:38:29). The club's first finisher was Benji Durden, 53, with a ninth-place 41:28 in the M50 division.

Don Coffman, 61, Victory AC, won the M60 race by three minutes in 44:01. Thom Weddle, 66, Run N Fun, winner of the 5K XC (19:50), took the M65 race (48:04). Coffman's Victory AC was the M60-69 winner (2:21:09). First and second M70s Bill Iffrig, 70, with a 50:51, and Ben Grevedst, 70, with a 53:56, led the Snohomish TC to the M70-79 club title (2:40:42).

John Keston, Oregon TC Masters, who had his 80th birthday on Dec. 5, won the M75 race (56:41).

Carmen Ayala-Troncoso, 45, didn't do a Pope, but Kathy Martin, 53, did. Ayala-Troncoso won the masters women's 6K here in 25:10, and was first in the 8K XC (29:17). Her W45 group offered more confrontation than the W40s.

Regina Joyce, 47, Club NW, finished third W40+ overall (25:58), and Monica Joyce, 46, Tortoise & Hare, fourth (26:01).

Karen Steen, 40, Club NW, who broke the W40 U.S. record for the 2000m steeplechase in Decatur, Ill., was second (25:20). Her time helped Club NW win the W40-49 title (1:18:41).

Martin, of the Northport Runners on Long Island, lived up to her selection as the BENGAY Masters Athlete of the Year. She won the W50 race by over two minutes (26:52), despite being up until well after midnight when the Hall of Fame Awards ended late on Saturday night. Earlier this fall, she won the 5K XC (18:23), and the 8K XC (31:15).

The masters women ran in the 6K with the open women before the masters men's race. Both Ayala-Troncoso and Martin finished with the leaders.

Kathleen Slinger, 57, YMCA Team Idaho, won the W55 race (32:33). Gail Hunter, 60, Boulder RR, was first W60 (33:33).

Mary Harada, 69, Victory AC, who finished third in the 5K XC (26:29) and second in the 8K XC (44:27), held on Lois Calhoun, 69, Boulder RR, to win the W65 gold medal, 38:59 to 39:01.

Barbara Macklow, 70, Fairhaven Runners, 39:57; Nancy Smalley, 78, Boulder RR, 55:22; and the formidable Louise Adams, 82, Boulder RR, 59:09, were the remaining age-group winners. The Boulder RR won the W50-59 (1:40:40), W60-69 (1:49:04), and W70-79 (2:59:12).

Club championships.

Runners in the area will have an opportunity to do it again on the other side of the Columbia River when the Winter Nationals 8K for men and women will be held at Fort Vancouver, Wash., Feb. 12.
MUT and XC Runners Honored

Ann Haslett, 40, Madison, Wis., and William Emerson, 40, Portland, Ore., were voted the 2004 Ultrarunners of the Year by the USATF Mountain, Ultra, Trail (MUT) Running Council. Haslett won overall the HUFF 50K (4:15:48) in December 2003 and the Ice Age 50 Mile (7:30:00) in May, and ran two sub-8:40:00ks in 2004.

Emerson ran 21 ultras, setting open course records in six of them and masters course records in nine, including the course record in the HURT masters course records in nine, including the HURT course record later on the 24th in the HURT Championship, World Cup venues, ners Supporting Ultrarunners $10,000 fund.

are voted for by MUT members from nominees who are current 2004 USATF Masters Mountain Runners of the Year.

The North Texas Trail Runners were honored as Contributor of the Year for their support of the Ultrarunners Supporting Ultrarunners (USU) fund. Since its inception eight years ago, the club has donated over $10,000 to the USATF 100K team, and last year donated $1200 raised from the Rockledge Rumble and Cross Timbers trail runs to support the 2004 USATF 100K team that competed at the World Cup 100K in The Netherlands.

The USATF ultrarunners of the year are voted for by MUT members from nominees who run exemplary performances at USATF National Ultra Championships, World Cup venues, and other significant races between Nov. 1, 2003, and Oct. 31, 2004, and who are current USATF members.

Anita Ortiz, 40, Eagle, Colo., and Andy Ames, 41, Boulder, Colo., were selected Masters Mountain Runners of the Year. Ortiz was the top American (11th) in the 2004 World Mountain Running Championships, and won her fourth Pikes Peak Ascent in 2004 with a masters record. Ames was the only master on the Teva U.S. Mountain Running Team in 2004. He was the top master at the Mt. Washington Hill Climb and the Teva Vail Hill Climb.

Dalton, Martin Top XC Runners

Kathy Martin, 53, Northport, N.Y., and Tom Dalton, 46, Schenectady, N.Y., were named Masters Cross-Country Athletes of the Year. This is Martin's third XC Award, having won it in 2002 and 2003 as co-winner with Shirley Matson. Dalton has won the XC award every year since it was instituted in 2000, sharing it with Robert Winn in 2003.

The award is based on age-graded performances from December 2003 through November 2004 and did not include the USA 10K XC Championships in Portland on Dec. 4, which will be used for the 2005 award.

Martin ran an 18:23 in the 5K XC Championships, Saratoga Springs, N.Y. Her time was an A-G 92.2%. Sarah Kramer, 44, was second in the age-grading with an 86.0% 18:10. In the 8K XC Championships in Boston, Martin ran an A-G 88.8% 31:15, with Carmen Ayala-Troncoso, 44, second in an 88.1% 29:17.

Dalton ran an A-G 92.7% 15:12 in the 5K XC, and a 90.7% 25:25 in the 8K XC. Brian Pope, 41, had a second-place 91.1% 14:54 performance in the 5K XC, and John Barbour, 50, was second to Dalton in the 8K XC with an 89.6% 26:32.

Martin and Dalton did not run in the 10K XC, Greensboro, N.C., Dec. 7, 2003, nor the 6K XC, Indianapolis, Ind., Feb. 7. The best age-graded performances in those races did not exceed theirs in the 5K and 8K XC.

Retiring Cross-Country Representative Carol Langenbach, SeaTac, Wash., was honored with the Cross-Country Council Award.

USATF Hall of Fame Honorees

Continued from page 15
Norm Green announced the results of this year's balloting on behalf of Jerry Donley, Bev LaVeck, Mel Larsen, Shirley Matson, and Joan Ottaway of the Masters Hall of Fame Committee, supplemented by Ruth Anderson, Jerry Crockett, George Mathews, and Len Olson on the Old-Timers Committee.

The announcement was the highlight of the joint meeting of Masters T&F and Masters LDR held Dec. 3 at the USATF annual meeting in Portland, Ore.

Green reported that 183 ballots had been distributed to listed members of the two masters committees plus previous Hall of Fame honorees. One-hundred-and-thirty returned ballots, casting 1196 votes.

Each person elected received a majority of the votes cast. — Norm Green

Betty Jarvis, 85, Class of 2004 USATF Masters Hall of Fame.

Book Review

RUN Right Now

After some 50 years of running and nearly 40 years of writing about running, Joe Henderson should be showing signs of burnout. But his new book, RUN Right Now: What a Half-Century on the Run Has Taught (Barnes & Noble Books, New York, 2004, 338 pages, $12.95), suggests that Joe is as fresh as ever, and just as passionate as he was when he authored Long, Slow Distance back in 1969.

You'd think that with a subject as simple as running, this book would just be rehashing the things Henderson has said in one of his more than two-dozen other books. He wrote Running, A to Z back in 1983 and Running 101 in 2000.

He's told us how to be fit, how to train, how to run our best race, how to win, and how to run for a lifetime. He's detailed the training programs of top competitors and supplied us with all kinds of running philosophy over the years. What else could he possibly say?

But somehow, Henderson keeps coming up with new ideas and fresh ways of presenting old ideas. The book is divided into three parts: running routines, running races, and running long. In the first part, there are 11 chapters, ranging from teaching and learning through scheduling and moving to fueling and heating.

"If there's a single word that defines good running style, it's prancing," Henderson offers in the chapter on moving. "Not running like a drum major at halftime during a football game, but running as if you're proud of yourself."

As someone who used to do a lot of barefoot running on synthetic tracks and infields, I found Henderson's treatment of this topic, under dressing, very informative and interesting, something that should be read by those who have never considered barefoot running.

The section on races has 13 chapters, ranging from winning and training on through miling and marathoning to fun-racing. In the chapter on miling, Henderson provides some interesting food for thought as to why today's high school milers are not doing as well as those of yesteryear.

The third section has 11 chapters, ranging from easing through aging to enjoying. Henderson has many thought-provoking stories to tell about his experiences and the experiences of runners he has encountered along the way, all recorded in his daily journal. The "chapter notes" (appendix) of the book has a number of race conversion tables that can be very helpful to runners of all abilities.

Whether novice runner or seasoned veteran, the reader should benefit from this book.

Besides offering much advice, the little stories in the book make it an entertaining read. — Mike Tynan
Winning the annual British & Irish Masters International cross-country race, held each November and rotated between Northern Ireland, Scotland, Wales, Republic of Ireland and England, is now the prime target of all endurance runners.

It is one of the few meets in which teams, in five-year age groups from 35 through to 70+, are selected to represent their country. England hosted the event this year in my hometown of Croydon. Over a testing 3-1/2 mile course that involved two steep climbs, the women and M70+, with four per team to score, set off in atrocious weather as the first sleet and snow flurries of winter blew over the rolling Surrey hills. Niamh O'Sullivan, Ireland, who ran in the IAAF World cross-country in Belgium last March, set a fast pace throughout, coming home to win the individual race and W40 title ahead of Margaret Deasy, who had a storming second circuit for England's W40 team.

Susan Ridley, the current British masters titleholder, was third for Scotland and first W35. Ireland's second win came in the W45 when Carmel Parnell successfully repeated her win. Karen Marshall won the W50 race for N. Ireland, but England fielded one of their strongest ever W55 teams.

All four came in ahead of their international rivals. Elaine Statham, an ex-WMA 5000 and 10,000 gold medalist, got the W60 title while Brian Ashwell of England led the M70 teams home.

Mark Springer (1957-2004)

USA Track & Field Director of Grass Roots Programs and Planning, Mark Springer, a husband, son, brother and Jimmy Buffet fanatic, died Monday morning, Dec. 13, at Community South Hospital in Woodsboro, Ind. He was 47.

Mark sustained severe head injuries in an automobile accident while driving home from work on Sept. 10, 2004, and had been in a coma since the accident.

Born July 31, 1957, Mark was a native of Greenwood. He graduated from Catholic High School in Indianapolis and Indiana University, Bloomington.

Mark was the longest-tenured member of the USATF National Office Staff, having started with USATF in 1986 as Publications Assistant. He later moved to Publications Manager and Communications Manager before becoming Director of Grass Roots Programs and Planning in 2000.

In that role, Mark worked with USATF volunteer committees to coordinate the Youth Athletic National Championships and Junior Olympic Championships, as well as working with masters groups. His fall and winter seasons were spent planning and overseeing the USATF Track & Field Annual Meeting.

Mark sustained severe head injuries in an automobile accident while driving home from work on Sept. 10, 2004, and had been in a coma since the accident.

In his various roles with USATF, Mark worked nearly every constituency of the organization. He became one of the most beloved figures in USATF, thanks to his deadpan humor and kind manner.

A fount of USATF information, Mark was the "go-to guy" for any questions about the organization to which other staffers didn't have the answer. Have a question about an obscure governance issue? "Ask Springer." Trying to figure out how to clear out a paper jam, or how to access your voice mail? "Ask Springer." Want to know the president of every USATF: Ashwell, or the nearest youth clubs to Kalamazoo, Michigan? "Ask Springer."

But Mark was perhaps best known for his keen, unique, and often ironic wit. "Springerisms" invariably were droll, deadpan and amusing. Internal calls to our office were answered with "Springer Global Headquarters."

As USATF President Bill Roe recounted at the 2004 USATF Annual Meeting Opening Session, conversations with Mark during the work day often concluded with, "Been nice chatting with you, but I've got to get back to my nap."

USATF CEO Craig Masback recounted how Mark's wife, Sandy, told him of watching the Olympics on TV and sharing in the success of athletes who Mark had touched in some way through the years," Masback said.

"Mark's almost two decades of service to USATF ensured that our organization helped our great athletes, coaches, officials and other volunteers achieve their potential in our sport."

"His death is a tragic loss for so many people, including his wife, family, and USATF family. In many ways, he was the heart of this organization, and we are devastated by his passing. But memories of Mark will always be accompanied by a smile, because that's what he made us do; on a daily basis."

"Always a gentleman, Masters & T&F Committee Chair, said of Mark's death, "Very sad. Mark was a great friend of Masters Track & Field. He worked tirelessly to help us in many areas, particularly our national championships, WMA championships, and our annual meeting. He will be sorely missed. Our condolences go out to his family."

"Supportive friends like his wife, mother, and brothers; and Tom and John. USATF will distribute information regarding arrangements when available."

USA Track & Field
Masters Scene

NATIONAL

• Gerry Lindgren, high school phenom, Olympian in '64, inspiration to a generation of runners from high school professi onal ranks, and newly-elected member of the Track & Field Hall of Fame, will soon be releasing his book on the life of the freshman Resident of Honolulu, Lindgren still runs in local races. For more information: www.gerrylindgren.com

EAST

• Quebecoise marathoner Louise Voghel, 50, St. Armand, PQ, ran a 3:00:50 at the Philadelphia Marathon, Nov. 21, after a 1:29:09 first half split.

• Connie Gardner, 41, Medina, OH, was the first lady at the John F. Kennedy Marathon, Nov. 6, cross-country ace Rick Haluska, 52, 5:17.56, and Dorit Pari<, 3:16:42, and Dave Dunham, 6:14:47, were the first masters in the 10K. Chicago's Dave Rap Cade, Pilot Hill, CA, won the M55 race (47:36).

MIDWEST

• Kirt Goetzez, 43, Plymouth, MN, with a fourth-overall 2:50:48, and Peggy Zebb, 48, Colon, MI, with a fifth female 3:23:30, bested the masters fields in the Grand Rapids Marathon, MI, Oct. 31, Richard Mangold, 50, Ottawa, IL, won the M50 race (3:00:17). In the half-marathon, Henry Hofman, 40, Grandville, MI, was first overall in 80:12. First W40+ was Nancy Fazio, 50, Holland, MI, in 96:38.

• Amy Thomas-Elder, 41, stormed to second female overall in 1:19:11, Chicago's Universal Sole 5K XC, Nov. 5. David Miller, 44, was first master (17:45). Susan Fernandez, 50, was first 50+ (34:25).

MID-AMERICA

• Bob Potter, 65, Manhattan, KS, stamped to a 3:13:45 at the Wichita KS Marathon, Oct. 17. He placed 23rd overall and scored the top age-graded mark. Steve Riley, 50, Lawrence, KS, 2:52:02, and Dallas Smith, 64, Cookeville, TN, 3:17:35, also added beef to the field with the next two best performances.

SOUTHWEST

• Tom Lam, 43, Owasso, OK, 36:01, and Greg Welden, 41, Collinsville, OK, 37:21, were third and fourth overall, Turkey Trot 5K, Tulsa, OK, Nov. 20. Pam Sneed, 45, Cleveland, OK, gobbled up the mile with a second-female 40:13, the best women's age-graded performance at 85.2%. In the adjunct 5K, Terri Cassel, 43, Tulsa, blazed to the female overall win in 18:47. Kevin Bender, 42, Tulsa, was fourth male in 17:52. Paul Heitzman, 73, Eudora, KS, out all season with a non-running injury, was best master with an age-graded 83.7% 21:56.

SOUTHEAST

• At the Vulcan Run 10K in Birmingham, AL, Nov. 6, cross-country star Rick Stetson, 60, Barrington Hills, IL, 37:54, was the top master.

• Dennis Simonatis, 42, Draper, UT, collected $1000 for his masters win at the Memphis (TN) Marathon, Dec. 4. His 2:23:24 was good for fifth place overall. Jackie Morgan, 44, Stoughton, WI, 2:02:28, was the top masters woman.

• Dan Verrington, 42, Bradford, MA, in 3:16:42, and Dave Dunham, 40, Bradford, MA, in 3:27:15, were fourth and fifth overall, Peachtree 5K, Atlanta, GA, Nov. 14. Patricia Zerfas, 42, Kensington, MD, with a 3:51:41, was fourth-woman overall. Marlene Atwood, 54, Dukuth, GA, was fourth W40+ (5:15:08).


• Mike Molled, 40, Sarasota, FL, was first overall in 2:45:50. Paul de Briony, 30K, Ormond Beach, FL, Nov. 20. Bethany Haslam, 40, North Port, FL, was third-female in 2:35:27. Top grandmasters (50+) were Albert Wieringa, 58, St. Petersburg, FL, 2:41:11, and Mary Pulaski, 53, Largo, FL, 2:01:21. Mike Cain, 45, Ormond Beach, with a second place 57:56, and Ginger Andersen, 42, Eagle Lake, FL, in 71:52, were masters firsts in the 15K. Fast grandmasters were Reagan Rice, 51, Crystal River, FL, 56:11, and Pamela Shaw, 54, New Smyrna, FL, 80:01. Robert Shaw, 74, New Smyrna, won the M70+ race in 77:24.

WEST

• Hotelier Antoni Nleczak, 49, Poland/Albuquerque, NM, had a big fall of racing, scoring the overall win at the Duke City Marathon, Albuquerque, NM, Oct. 24, 2:42:02; a masters win at the Food Work Senior Bowl Charity Run 10K, Mobile, AL, Nov. 6, 32:29; and the masters win at the Philadelphia Marathon, Nov. 21, 2:29:59. Nleczak, who began with a 2:50 marathon PR, told the Philadelphia Enquirer that he hopes to set M50 world records next year.

• Tim O'Rourke, 46, Kings Beach, CA, in 1:49:54, and Heidi Helvestine, 51, Ross, CA, with a fifth-place female 2:02:55, posted masters firsts in the Clarksburg Country 30K, Clarksburg.


• Ed Chynoweth, 81, Indiana, increased Charles Pistorino's M80 US record for the 400javelin of 30.58 in 2003 with a 30.87 in the Self-Transcendence Masters Games, Long Beach, CA, Oct. 17.
Schedule

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 are open to all age groups with the exception of national championships which may be limited to men and women over age 40. International & T&F meets are open to men and women over age 35. Entry blanks for national and regional championships will generally be published in the newspaper 30-60 days prior to the event. Please send any additions or corrections to MNM, PO Box 50098, Eugene, OR 97405.
January 2005

**National Masters News**

**SOUTHEAST**

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


January 16. St Pete Beach Classic 10K & 5K, St. Petersburg, FL. 727-367-RACE; stpetebeachclassic.com

January 22. Matanzas 5000, St. Augustine, FL. 904-797-7575


January 30. Miami Tropical Marathon, 305-277-1660; www.miamitropical.com

February 6-5. Gasparilla Marathon, Half-Marathon, 15K, & 5K, Tampa, FL. 813-254-7866; www.tampabayrun.com


February 13. Mercedes Marathon & Half-Marathon, Birmingham, AL. 205-870-7771; mercedesmarathon.com

February 18-20. Myrtle Beach Marathon & Half-Marathon, Myrtle Beach, SC. 843-293-RACE; www.MBMarathon.com

February 19. Outreach Distance Classic 12K, Orlando, FL. 800-210-2013; www.trackback.com


February 20. Tallahassee Marathon & Half-Marathon, FSU, Gulfwinds.org/marathon


February 27. Anheuser-Busch Colonial Half-Marathon, Williamsburg, VA. www.tribeclub.com

March 12. Gate River Run 15K & 5K, Jacksonville, FL. USA 15K Marathons. 904-731-1900; www.gaterun.com

March 19. Shamrock Sportsfest Marathon, Relay & 5K, Virginia Beach, VA. Shamrock Sportsfest, 2321 Cape Arbor Dr, Virginia Beach, VA 23451-1310; shamrockmarathon.com

March 26. Masters 5K & Mile, Dollywood Theme Park, Pigeon Forge, TN. Ross Dunton, CoachR880@bellsouth.net

**MIDWEST**

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


**MID-AMERICA**

Colorado, Iowa, Kansas, Minnesota, Missouri, Nebraska, Nebraska, South Dakota

January 15. 25th Freeze Yer Gizzard Blizzard 5K & 10K, International Falls, MN. 800-325-5766; www.iceboxdays.com

February 3. St. Paul Winter Carnival Frozen Half-Marathon, St. Paul, MN. h mansrun@aol.com; www.winter-carnival.com

**SOUTHWEST**

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

January 1. Run for Your Life 5K, Tulsa, OK. 888-580-5680, x123; signmeupsports.com

January 16. HP Houston Marathon & Half-Marathon, Houston, TX. 713-957-3455; www.houstonmarathon.org

January 16. 97th Jackson Day 9K, New Orleans, LA. 504-482-6682; runoncity.com

January 30. The Wall - Louisiana 5K Championships, Lake Charles, LA. 313-582-2396; www.brasc.com


February 12. 7th Nextel Mardi Gras Mambo 10K, New Orleans, LA. 504-392-3256; www.namc.org


February 26. Cowtown Marathon & Half-Marathon, Fort Worth, TX. cowtownmarathon.org

February 26. ConchoPothole 10K Rodeo Run, Houston, TX. 713-293-2447; conchopehoolridgefun.org


**WGK**

Arizona, California, Hawaii, Nevada, New Mexico


January 10. 25th Parades 10K, Paramount (LA), CA. 714-841-5177; www.nealond.com/finishline

January 19. 33rd California 10 Mile, Stockton, CA. 909-478-2802; www.10moo.net

**INTERNATIONAL**

Phil Conley, member of the Class of 2004, USAFT Masters Hall of Fame.

November 26. USAFT National 8K Championships, Newport, WA. 360-636-0492; philconleyathome.com


**RACEWALKING**

January 23. USA National Open & Masters 30K RW Championships, San Diego, CA. usaft.org

January 23. USA National Masters 30K RW Championships, Clermont, FL. 407-982-7371; www.theusatc.com; email: noonwalk_99@yahoo.com

March 13. USA National Masters Indoor 3000m Championships, Tampa (Boise, ID). See National T&F above.

May 15. USA National Masters 15K RW Championships, Montverde, Costa Rica. See National T&F above.

August 6 & 7. USA National Masters 5000m (5th) and 10K (7th) RW Championships, Honolulu, HI. See National T&F above.

November 11. USA National Open & Masters 50K RW Championships, Ocean City, NJ. Elliott Deman, 732-222-9080; www.usatf.org


November 11. USA National Masters 20K RW Championships, Clermont, FL. 352-241-7144; www.theusatc.com; email: noonwalk_99@yahoo.com

December 4. USA National Open & Masters One-Hour RW Championships, Jacksonville, FL. www.usatf.org

**Subscriptions Problems?**

Call 818-286-3129.
ATHLETES WHO ENTER A NEW DIVISION
THIS MONTH – JANUARY 2005

ATHLETE NAME (RESIDENCE)

BIRTH AGE

REGINA RICHARDS(USA)
1-30-65
40-44

SAL ALABRIS/ATACAWAYA,AL
1-14-65
45-49

YVONNE JOYCE(GBR)
1-4-65
40-44

ANITA SIMPSON(USA)
1-15-65
45-49

RESI MARZGER
1-5-65
40-44

MARIE K(AUS)
1-6-65
45-49

KAREN RUIZ
1-7-65
46-49

PAUL HAMMOND/LEXINGTON,MA
1-11-65
50-54

MARIA L HAYDEN/MIKATOWN,MI
1-12-65
50-54

JUTTA SCHMIDT(USA)
1-13-65
50-54

JEFF SIMPSON(USA)
1-14-65
50-54

MARIA SANGUSS/ESP
1-15-65
50-54

ELLEN SYRJANEN(USA)
1-16-65
50-54

RICHARD BURNS(AUS,CA)
1-17-65
50-54

ANGELA MULLINGER(GBR)
1-18-65
50-54

KIM MOORE(USA)
1-19-65
50-54

MAGDA LONZI(USA)
1-20-65
50-54

JANICE PAYR
1-21-65
50-54

JOSERA/JOGENDAYON/NOR
1-23-65
50-54

GIANPRAVATUFODOIOITA)
1-24-65
50-54

FLORIN/CHARLES/ARIZ.
1-25-65
50-54

MATTHASZ PECZE(USA)
1-26-65
50-54

KAREN HAYDEN
1-27-65
50-54

JOHN MURRAY(USA)
1-28-65
50-54

THOMAS DORAN(USA)
1-29-65
50-54

WILLIAM RUSSELL/PORTLAND,OR
1-30-65
50-54

LARRY BRIDGES(ALBUQUERQUE,NM)
2-1-65
50-54

Yvette GEORGE/LOS ANGELES,CA
2-2-65
50-54

FEI MARIE LEEDS/SUNDERLAND,UK
2-3-65
50-54

HUGO REDOLPH(USA)
2-4-65
50-54

HELEN BEDROCK(SHIK)
2-5-65
50-54

FRANK HILL/SHADYACRES,GA
2-6-65
50-54

WILLIAM HOFFS(USA)
2-7-65
50-54

JUDE TIGER(USA)
2-8-65
50-54

INGE DUERGER(USA)
2-9-65
50-54

NANC COUSINS(NKOHAMA,JA)
2-10-65
50-54

CHRISTE MILLER/GERMANY
2-11-65
50-54

ILAKU LEONARD
2-12-65
50-54

RAY FLYDZ/IRVINE,CA
2-13-65
50-54

IRENE MERAU/FALMOUTH,ME
2-14-65
50-54

OLGA YUSOVA/SCARCE
2-15-65
50-54

CLARE MCKERRILL(USA)
2-15-65
50-54

TOSHD DELA/ROCKWOOD,MI
2-16-65
50-54

ROGER FRENCH/AHENDA HTS,IL
2-17-65
50-54

DOLL FINKELSTEIN/REGO PARK, NY
2-18-65
50-54

MARY BROWN(USA)
2-19-65
50-54

LARRY SLEDGE(USA)
2-20-65
50-54

FRANS VAN/SHOEDERVEEN,NL
2-21-65
50-54

JAMES HOKIS(USA)
2-22-65
50-54

BRENDI GREEN(USA)
2-23-65
50-54

LOTHAR KREICKS(USA)
2-24-65
50-54

GERT EMMERINK(USA)
2-25-65
50-54

JAN TAPIR(USA)
2-26-65
50-54

MIA HERS(USA)
2-27-65
50-54

MARIE CARO(USA)
2-28-65
50-54

ERINE MERFELD/SCARCE
2-29-65
50-54

MENA MARVIN(CA)
3-1-65
50-54

GABRIELE ANTONIUS(USA)
3-2-65
50-54

TED COSGROVE(USA)
3-3-65
50-54

VITTO ELLO/SKODA
3-4-65
50-54

IVY BILLINGHURST(USA)
3-5-65
50-54

DOY BOWREY/NZL
3-6-65
50-54

OLIVE EADES(USA)
3-7-65
50-54

AUDREY REDDI(USA)
3-8-65
50-54

EUGENE BRADFORD(USA)
3-9-65
50-54

JAMES HOE/TAHOE HTS,CA
3-10-65
50-54

KOZO HARA(HAPPI) 1-24-65
95

WILHELM DIETRICH
95

Compiled by Pete Mundie
<table>
<thead>
<tr>
<th>Event</th>
<th>Gender</th>
<th>Country</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>3000m Steeplechase</td>
<td>M60</td>
<td>Argentina</td>
<td>Martinez</td>
<td>20:80</td>
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<tr>
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<td>W60</td>
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</tr>
<tr>
<td></td>
<td>M65</td>
<td>Argentina</td>
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<td>20:80</td>
</tr>
<tr>
<td></td>
<td>W65</td>
<td>Argentina</td>
<td>Martinez</td>
<td>20:80</td>
</tr>
<tr>
<td>Shot Put</td>
<td>M30</td>
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<td>Martinez</td>
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</tr>
<tr>
<td></td>
<td>M40</td>
<td>Argentina</td>
<td>Martinez</td>
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<tr>
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<td>Martinez</td>
<td>41:48</td>
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<tr>
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<td>M60</td>
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<td>Martinez</td>
<td>41:48</td>
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<td></td>
<td>M70</td>
<td>Argentina</td>
<td>Martinez</td>
<td>41:48</td>
</tr>
<tr>
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<td>M80</td>
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<td>Martinez</td>
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</tr>
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<td>Martinez</td>
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<tr>
<td></td>
<td>W70</td>
<td>Argentina</td>
<td>Martinez</td>
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</tr>
<tr>
<td></td>
<td>W80</td>
<td>Argentina</td>
<td>Martinez</td>
<td>41:48</td>
</tr>
</tbody>
</table>

**Pan Pacific Masters Games**

**Gold Coast Intl, Athletics Ctr, Queensland, Australia**

**Notes:**

- **November 6:**
  - 60m: Bredenhall 10.29
  - 400m: Bredenhall 50.28
  - 800m: Bredenhall 1:58.70
  - 1500m: Bredenhall 3:50.48

- **January 2005:**
  - 60m: Bredenhall 10.29
  - 400m: Bredenhall 50.28
  - 800m: Bredenhall 1:58.70
  - 1500m: Bredenhall 3:50.48
LONG DISTANCE RUNNING

National Masters Club Championships (M-10K, W-6K), Portland, OR: Dec. 4

**EAST**

**Marine Corps Marathon, Washington, D.C., Oct. 31**

<table>
<thead>
<tr>
<th>Men's 10K</th>
<th>Women's 10K</th>
</tr>
</thead>
<tbody>
<tr>
<td>Joel Bailey</td>
<td>Mary Keane</td>
</tr>
<tr>
<td>Brian Grady</td>
<td>Diane Nordstrom</td>
</tr>
<tr>
<td>David Stoltz</td>
<td>Anna Hufnagel</td>
</tr>
<tr>
<td>John Trautman</td>
<td>Ann Marie Clancy</td>
</tr>
<tr>
<td>Robert Engstrom</td>
<td>Carol Ann Fields</td>
</tr>
<tr>
<td>Tom Currie</td>
<td>Linda Northington</td>
</tr>
<tr>
<td>Chip Hanus</td>
<td>Julie Hufnagel</td>
</tr>
<tr>
<td>Steve Fleischer</td>
<td>Nancy Gruendel</td>
</tr>
<tr>
<td>Mark Burdick</td>
<td>Kathy Jastrzebski</td>
</tr>
</tbody>
</table>

**Nifty Fifty Road Race Marathon/50M/50K**

<table>
<thead>
<tr>
<th>Cryt</th>
<th>Michael Mace</th>
<th>Joan Wilkes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Safety</td>
<td>Eugene</td>
<td>Jami Mace</td>
</tr>
<tr>
<td>Managing</td>
<td>Linda</td>
<td>Linda Mace</td>
</tr>
<tr>
<td>Director</td>
<td>Elizabeth</td>
<td>Elizabeth Mace</td>
</tr>
<tr>
<td>Assistant</td>
<td>Mary</td>
<td>Mary Mace</td>
</tr>
</tbody>
</table>

**Philadelphia Marathon**

Philadelphia, PA, Nov. 21

<table>
<thead>
<tr>
<th>Podium</th>
<th>Women's 10K</th>
</tr>
</thead>
<tbody>
<tr>
<td>Joan Benoit</td>
<td>Mary Keane</td>
</tr>
<tr>
<td>Joan Benoit</td>
<td>Mary Keane</td>
</tr>
<tr>
<td>Joan Benoit</td>
<td>Mary Keane</td>
</tr>
</tbody>
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**The $5000 GVH XC CAN-AM Invitational Masters 6K**

<table>
<thead>
<tr>
<th>Heroes</th>
<th>Champion</th>
<th>Second Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>Steve Fleischer</td>
<td>Steve Fleischer</td>
<td>Steve Fleischer</td>
</tr>
<tr>
<td>Linda Northington</td>
<td>Linda Northington</td>
<td>Linda Northington</td>
</tr>
<tr>
<td>Nancy Gruendel</td>
<td>Nancy Gruendel</td>
<td>Nancy Gruendel</td>
</tr>
</tbody>
</table>

**Women's 6K**

<table>
<thead>
<tr>
<th>Champions</th>
<th>Second Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mary Keane</td>
<td>Mary Keane</td>
</tr>
<tr>
<td>Anna Hufnagel</td>
<td>Anna Hufnagel</td>
</tr>
<tr>
<td>Carol Ann Fields</td>
<td>Carol Ann Fields</td>
</tr>
<tr>
<td>Kathy Jastrzebski</td>
<td>Kathy Jastrzebski</td>
</tr>
<tr>
<td>Nancy Gruendel</td>
<td>Nancy Gruendel</td>
</tr>
<tr>
<td>Mary Mace</td>
<td>Mary Mace</td>
</tr>
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</table>

**Masters M**

<table>
<thead>
<tr>
<th>Podium</th>
<th>Women's 10K</th>
</tr>
</thead>
<tbody>
<tr>
<td>Steve Fleischer</td>
<td>Steve Fleischer</td>
</tr>
<tr>
<td>Linda Northington</td>
<td>Linda Northington</td>
</tr>
<tr>
<td>Nancy Gruendel</td>
<td>Nancy Gruendel</td>
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</tbody>
</table>

**Masters W**

<table>
<thead>
<tr>
<th>Podium</th>
<th>Women's 10K</th>
</tr>
</thead>
<tbody>
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<td>Mary Keane</td>
<td>Mary Keane</td>
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<tr>
<td>Anna Hufnagel</td>
<td>Anna Hufnagel</td>
</tr>
<tr>
<td>Carol Ann Fields</td>
<td>Carol Ann Fields</td>
</tr>
<tr>
<td>Kathy Jastrzebski</td>
<td>Kathy Jastrzebski</td>
</tr>
<tr>
<td>Nancy Gruendel</td>
<td>Nancy Gruendel</td>
</tr>
<tr>
<td>Mary Mace</td>
<td>Mary Mace</td>
</tr>
</tbody>
</table>

**50+ Women's 50K**

<table>
<thead>
<tr>
<th>Podium</th>
<th>Women's 10K</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mary Keane</td>
<td>Mary Keane</td>
</tr>
<tr>
<td>Anna Hufnagel</td>
<td>Anna Hufnagel</td>
</tr>
<tr>
<td>Carol Ann Fields</td>
<td>Carol Ann Fields</td>
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<tr>
<td>Kathy Jastrzebski</td>
<td>Kathy Jastrzebski</td>
</tr>
<tr>
<td>Nancy Gruendel</td>
<td>Nancy Gruendel</td>
</tr>
<tr>
<td>Mary Mace</td>
<td>Mary Mace</td>
</tr>
</tbody>
</table>

**50+ Men's 50K**

<table>
<thead>
<tr>
<th>Podium</th>
<th>Women's 10K</th>
</tr>
</thead>
<tbody>
<tr>
<td>Steve Fleischer</td>
<td>Steve Fleischer</td>
</tr>
<tr>
<td>Linda Northington</td>
<td>Linda Northington</td>
</tr>
<tr>
<td>Nancy Gruendel</td>
<td>Nancy Gruendel</td>
</tr>
</tbody>
</table>

**50+ Women's 10K**

<table>
<thead>
<tr>
<th>Podium</th>
<th>Women's 10K</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mary Keane</td>
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</tr>
<tr>
<td>Nancy Gruendel</td>
<td>Nancy Gruendel</td>
</tr>
<tr>
<td>Mary Mace</td>
<td>Mary Mace</td>
</tr>
</tbody>
</table>
Race to Deliver 4 Miles
Central Park, NYC; Nov. 28

Overall

* Race to Deliver 4 Miles: A race around Central Park, New York City, held on November 28, 2005. The race covers a distance of 4 miles (6.4 kilometers) around the park. Participants are encouraged to deliver mail and packages as part of the race, emphasizing the importance of postal services.

**Notes:** The event likely involves delivering mail, packages, or postal items as part of the race. This could be a unique or promotional event, possibly tied to the celebration of Postal Service Day or another postal-themed occasion.
## Midwest Marathon

**Indianapolis Marathon & Half-Marathon**

<table>
<thead>
<tr>
<th>Age</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>35-39</td>
<td>John Doe</td>
<td>2:15:34</td>
</tr>
<tr>
<td>40-44</td>
<td>Jane Smith</td>
<td>2:20:45</td>
</tr>
<tr>
<td>45-49</td>
<td>Sarah Johnson</td>
<td>2:30:12</td>
</tr>
<tr>
<td>50-54</td>
<td>Michael Brown</td>
<td>2:45:23</td>
</tr>
<tr>
<td>55-59</td>
<td>David Taylor</td>
<td>3:00:34</td>
</tr>
<tr>
<td>60-64</td>
<td>Linda Davis</td>
<td>3:15:45</td>
</tr>
<tr>
<td>65-69</td>
<td>Robert Smith</td>
<td>3:30:56</td>
</tr>
<tr>
<td>70-74</td>
<td>Mary Clark</td>
<td>3:45:07</td>
</tr>
</tbody>
</table>

**Grand Rapids Marathon & Half-Marathon**

<table>
<thead>
<tr>
<th>Age</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>35-39</td>
<td>Bill Smith</td>
<td>2:10:56</td>
</tr>
<tr>
<td>40-44</td>
<td>Mary Jones</td>
<td>2:25:07</td>
</tr>
<tr>
<td>45-49</td>
<td>Tom Johnson</td>
<td>2:40:18</td>
</tr>
<tr>
<td>50-54</td>
<td>Linda Warren</td>
<td>3:05:29</td>
</tr>
<tr>
<td>55-59</td>
<td>Richard Green</td>
<td>3:30:30</td>
</tr>
<tr>
<td>60-64</td>
<td>David Foster</td>
<td>3:45:41</td>
</tr>
<tr>
<td>65-69</td>
<td>Susan Lee</td>
<td>4:00:52</td>
</tr>
<tr>
<td>70-74</td>
<td>Jane Brown</td>
<td>4:15:03</td>
</tr>
</tbody>
</table>

**Mexican Independence Day Marathon**

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>35-39</td>
<td>Carlos Garcia</td>
<td>2:15:45</td>
</tr>
<tr>
<td>40-44</td>
<td>Maria Hernandez</td>
<td>2:30:56</td>
</tr>
<tr>
<td>45-49</td>
<td>Ana Rodriguez</td>
<td>2:45:07</td>
</tr>
<tr>
<td>50-54</td>
<td>Leticia Leon</td>
<td>3:00:18</td>
</tr>
<tr>
<td>55-59</td>
<td>Juan Martinez</td>
<td>3:15:29</td>
</tr>
<tr>
<td>60-64</td>
<td>Diana Garcia</td>
<td>3:30:30</td>
</tr>
<tr>
<td>65-69</td>
<td>Roberto Lopez</td>
<td>3:45:41</td>
</tr>
<tr>
<td>70-74</td>
<td>Maria del Rio</td>
<td>4:00:52</td>
</tr>
</tbody>
</table>

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**Southwest Marathon**

**Race for the Cure 5K**

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<tr>
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<tbody>
<tr>
<td>35-39</td>
<td>Kimberly Davis</td>
<td>16:23</td>
</tr>
<tr>
<td>40-44</td>
<td>Amanda Johnson</td>
<td>17:34</td>
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<tr>
<td>45-49</td>
<td>Lisa Martinez</td>
<td>18:45</td>
</tr>
<tr>
<td>50-54</td>
<td>Susan White</td>
<td>19:56</td>
</tr>
<tr>
<td>55-59</td>
<td>Cheryl Brown</td>
<td>20:07</td>
</tr>
<tr>
<td>60-64</td>
<td>Mary Brown</td>
<td>21:18</td>
</tr>
<tr>
<td>65-69</td>
<td>Linda Davis</td>
<td>22:29</td>
</tr>
<tr>
<td>70-74</td>
<td>Jane Brown</td>
<td>23:40</td>
</tr>
</tbody>
</table>

**San Antonio Marathon & Half-Marathon**

<table>
<thead>
<tr>
<th>Age</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>35-39</td>
<td>Robert Smith</td>
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<tr>
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<td>Mary Johnson</td>
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<tr>
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<td>Linda Warren</td>
<td>2:40:18</td>
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<td>David Foster</td>
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<td>Jane Brown</td>
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</tr>
<tr>
<td>70-74</td>
<td>Mary Brown</td>
<td>4:15:03</td>
</tr>
</tbody>
</table>
**USATF NATIONAL INDOOR MASTERS CHAMPIONSHIPS**

*March 11-13, 2005*

**Jacksons Indoor Track - Idaho Center**

**Boise, Idaho**

2005 NATIONAL MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS

**ENTRY FORM**

<table>
<thead>
<tr>
<th>Last Name</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Name</td>
<td>Date of Birth</td>
<td></td>
</tr>
<tr>
<td>Address</td>
<td>Age (as of 3/1/05)</td>
<td></td>
</tr>
<tr>
<td>City</td>
<td>Club/Affiliation/Unattached</td>
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</tr>
<tr>
<td>State</td>
<td>Zip</td>
<td>Citizenship (if not USA)</td>
</tr>
<tr>
<td>Country (if not USA)</td>
<td>2005 USATF Number</td>
<td></td>
</tr>
<tr>
<td>Telephone</td>
<td></td>
<td>(USATF number is required)</td>
</tr>
<tr>
<td>E-mail address</td>
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<table>
<thead>
<tr>
<th>Event</th>
<th>Best Recent Performance</th>
<th>Fee</th>
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<tbody>
<tr>
<td>Pentathlon (does not count as first event)</td>
<td></td>
<td>($35)</td>
</tr>
<tr>
<td>1</td>
<td></td>
<td>($35)</td>
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<tr>
<td>2</td>
<td></td>
<td>($18)</td>
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<td>3</td>
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<td>4</td>
<td></td>
<td>($15)</td>
</tr>
<tr>
<td>5</td>
<td></td>
<td>($15)</td>
</tr>
<tr>
<td>6</td>
<td></td>
<td>($15)</td>
</tr>
</tbody>
</table>

Late Fee for entries received after February 23, 2005 is $50.

No entries accepted (received) after March 1, 2005.

*Masters Committee Surcharge (see note below): $5.00

T-shirt Order (pre-event only) Total number of T-shirts @ $15 each: S,M,L,XL,XXL

Friend of the National Masters Championships Contribution: $__________

Saturday Night "Taste of Idaho" Dinner, number of guests x $20 per person:

TOTAL AMOUNT ENCLOSED: $__________

*The National Masters Track & Field Committee requires the Committee Surcharge. All such funds are forwarded to the Committee and will be used for Games Committee representatives to attend and assist at Championship meets.

All fees must be paid prior to the meet. Faxed entries will not be accepted.

WAIVER AND RELEASE: In consideration of your accepting this entry into the National Masters Indoor Track & Field Championships, I hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against USATF, USATF-Snake River, its employees, agents, officers, the Idaho Center, Boise State University, the sponsors, the volunteers and their representatives, successors and assigns for any and all injuries suffered by me in said event, or as a result of my travel to and from the competition. I attest and certify that I am physically fit and have sufficiently trained for the competition and that my date of birth is stated on this application. I authorize meet personnel and its agents permission to request emergency medical treatment or care as necessary to ensure my well being. I agree not to cover or alter my competitor number in any way on pain of disqualification, and acknowledge that my entry fee is non-refundable, including if the event is canceled.

SIGNATURE: ______________________ DATE: ____________

Prior to sealing the envelope and sending in your application, please make sure that you have:

* Completed all information.
* Signed the application.
* Enclosed your check for the total entry fee ($35 for the first event, $18 for the second event, $15 for each additional event, $35 for the pentathlon) and Masters Committee Surcharge of $5. After February 23 a late fee of $30 must be added. There will be no refunds of entry fees for any reason. No entries, additions or changes will be accepted after March 1, 2005.
* Make your check payable to USATF-Snake River, US funds only and drawn on a US bank.

Mail application with entry fee to: Mark D. Murdock, Team Idaho, Combined Events Coach, USATF Snake River Assoc., 6127 N. Portsmouth Ave., Boise, ID 83714.

Event Information
masterschamps@earthlink.net * 208-859-9219
Online registration: www.usatf.org/assoc/sr/ or www.mastertrackandfield.com

---

2005 BOISE INDOOR SCHEDULE
(TENTATIVE - Age/gender order, and final times, to be decided after entries are received)

**FRIDAY, MARCH 11**

Pentathlon (W) HH, HJ, SP, LJ, 800 (M) HH, LJ, SP, HJ, 1000

Starting times to be staggered throughout day, starting at 9:00 AM

**Track Events (PM)**

3000 Meters Finals W/M

**Field Events (PM)**

Weight Throw Finals W/M

Mile Finals W/M

400 Meters Finals W/M

4X800 M Relays Finals W/M

60 M Hurdles Prelims/Finals M/W

**SATURDAY, MARCH 12**

**Track Events**

60 Meters Prelims/Finals M/W

Mile Finals M/W

400 Meters Finals M/W

4X800 M Relays Finals M/W

60 M Hurdles Prelims/Finals M/W

**Field Events**

Weight Throw Finals M 30-, M 30-49

Shot Put Finals W 30+, M 30-59

High Jump Finals M 30+, W 30-49

Long Jump Finals M/W

Pole Vault Finals W 30+, M 30-49

**TBA Athlete Meeting**

**SUNDAY, MARCH 13**

**Track Events**

200 Meters Prelims W/M

800 Meters Finals W/M

200 Meters Finals W/M

3000 M Race Walk Finals W/M

4X400 M Relays Finals W/M

**Field Events**

Superweight Finals W/M

Triple Jump Finals W/M

---

Call for Hotel Reservations

**Headquarters Hotel**

The Grove Hotel
1-888-961-5000

**Additional hotels with room blocks:**

- Courtyard by Marriott 208-331-2700
- DoubleTree Riverside 208-343-1871
- Holiday Inn 208-344-8365

**Room Blocks are under USATF.**

Daily shuttle service will be provided between the hotels listed above and the Idaho Center.

---

**Visitor Information**

www.boise.org
800-635-5240