Rocket City’s Silver Anniversary Edition Dominated by Masters

By JIM OAKS

HUNTSVILLE, Ala. — When Andrey Kuznetsov arrived for this year’s Huntsville Times Rocket City Marathon, he was considered a serious contender for the overall win, not just the masters title. His 2:05:55 in a 10K race in Pennsylvania the previous weekend indicated the Russian dynamo was ready to run well in Alabama, and his recent best marathon time made him the top seed for the race.

However, the 44-year-old Kuznetsov was not the only Russian master in Huntsville for the 2001 race on Dec. 8. He brought along two other relatively new 40-year-old Russians, Gennady Temnikov and Alevtina Naumova.

When the race was over, these two not only won the respective masters titles but each also took the overall win in the 25th running of Alabama’s first and oldest marathon. Temnikov clocked 2:20:21, the third best masters time on the course. Naumova lowered the women’s masters course record to 2:39:38 while running the fourth fastest.

Continued on page 9

Masters Slog To Muddy Wins In Sunmart 50K and 50 Mile Runs

By JOHN WELCH

HUNTSVILLE, Texas — A quartet of masters runners distinguished themselves at the 2001 Sunmart Texas Trail Endurance Runs, Huntsville State Park, on Dec. 8. Masters champions fared no worse than seventh-place overall in both the men’s and women’s 50-Mile and 50K held at the popular park 60 miles north of Houston.

Over 1000 runners from 40 states and 13 countries — the largest in Sunmart’s 12-year history — were nearly upstaged by probably the worst conditions Mother Nature has ever given the event, which came in the form of a cold, steady rain and ankle-deep mud.

Little daunted by the environment, Tania Pacev, 42, Littleton, Colo., ruled the day for the W40+ set in her initial Sunmart attempt with a first-place overall finish in the 50-Mile in 7:07:13. The next two slots also belonged to masters runners: Sally Brooking, 45, Marietta, Ga., 7:55:46.

Cresting the hill at the 2001 USATF National Masters 8K Cross-Country Championships, Rochester, N.Y. (from l): Steve Hust, Michigan Stiders, 7th M45; Rich Coughlin, Adirondack AC, 3rd M40; Kevin Williams, Adirondack AC, 5th M40; and Dominic Wyzominski, West Penn TC, 4th M40. The National Masters Winter 6K Championships will be held Feb. 9 at Fort Vancouver, Wash.

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INSIDE:

• World and USA Indoor T&F Records — pages 15-18

• Shirley Matson Profile— page 7

• Racewalking — page 10

Tania Pacev, 42, Littleton, Colo., first woman overall (7:07:13), Sunmart Texas Trail 50 Mile.
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SUBMASTERS
I wanted to respond to the possible dissolution of the submasters group as mentioned in the January issue of NMN. I am a 33-year-old runner and, not too surprisingly, am very much against any such change. I am most curious as to the reasoning behind the movement.

While fairly new to the masters scene, I have competed in four National Championships. They are the highlight of my running year. In my limited experience, I have noticed that some treat the “under 40” group as a nuisance, but I'm not sure why.

I ran track in college and struggled to stay motivated through my 20s (another situation noted in NMN). When I learned of the masters opportunity, I was immediately interested. It has completely re-energized my training. In Baton Rouge in July, I ran my fastest 400 in the last 10 years. That would not have happened without the M30 opportunity. I was not an individual national champion last year, but the pursuit of that goal is one of the strongest motivators I have.

I don’t know what the reasoning is for this need to drop the 30-39 group. I genuinely hope it is not just a way for the older groups to separate themselves from the “young guys.” Also, what is gained by letting us compete, but not allowing us to claim a national championship? It has been clear to me for quite some time that if you were not an athlete, your organization didn’t need you around.

Also, what is the procedure used to determine Master of the Year Awards? If this was the method used, I do not agree with the selection of the outstanding race walker of the year in the M80-84 group.

We are amateurs, and we who have not gotten much of a response. I think the people who volunteer to put on events, which I am trying to change. I believe awards should be based on results only.

Paul Geyer
Rochert, Minnesota
(The selection criteria stated by Phil Byrne in his article on the Athlete of the Year Awards in the January issue apply to track & field athletes, exclusive of race walkers. The racewalking awards were done by members of the Masters Racewalking Committee, not by the Masters Track & Field Awards Subcommittee – Ed.)

RACEWALK AWARDS
In NMN’s January issue, an article appeared describing the procedure used to determine Master of the Year Awards. If this was the method used, I do not agree with the selection of the outstanding race walker for the year in the M80-84 group.

I am proud of my accomplishments, and I like the sport well enough to become Chair of Minnesota Racewalking in a state that doesn’t recognize race walking in most of its events, which I am trying to change. I believe awards should be based on results only.

MAREK WENSZ
from e-mail

FIVE YEARS AGO
February 1997

Steve Scott (40, 4:15) and Kim Campo (41, 5:07) Win National Mile Road Tittles in San Diego

Doug Kurtis (M40, 2:22:55) and Joyce Deane (W40, 2:59:46) First in Rocket City Marathon

Leo Torres (43, 6:16:26) and Diane Ridgway (47, 7:30:57) First in USATF Masters 50 Mile; Sue Mahieu (49, 3:35:19) and Paulette Dow (40, 4:23:03) in 50K

MIKE POLANSKY

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Convention Wrap-Up

Everyone should be aware that the minutes that appeared in last month's issue of National Masters News were not the official minutes. Due to deadlines, the official minutes were not ready, and Jerry Wojcik did a great job of reporting what happened at the convention. The official minutes will appear on the USATF Masters Web page and in the official convention booklet. I will comment on some of the differences in the reports and selected happenings.

Team Manager

With the election of Sandy Pashkin as our new team manager and her ability to appoint two assistant managers, we will hopefully provide the assistance athletes need at all venues during international competition.

Legends Events

Legends events are now the Masters Invitational Program. Many thanks to John Cosgrove for the great work he did in getting this program going. He promises to still work on some of the meet that has in the past. Mark Cleary will take over and focus on masters participation in USATF Indoor and Outdoor Championships. We will put our limited financial resources in those areas in which we get the best return.

2005 WMA Championships

Rex Harvey reported that WMA is taking the threat of terrorism very seriously at the 2005 Championships in San Sebastian, Spain. After Sept. 11, what is going on in that part of the world takes on a whole different meaning and is now of greater concern for everyone. We have just learned that Seville, Spain, has backed out of holding the IMG World Games in 2005 for contract reasons. We don't know if this will help or hurt participation in the San Sebastian meet.

2007 WMA Championships

The WMA General Assembly is now requiring to know the bidding cities 180 days prior to the next General Assembly, which will be in July 2003 at the Carolina, Puerto Rico, Championships. This means that the USA must decide on a representative city by early September of this year.

You will recall the final recommendation on all International Track and Field competition comes from the Board of Directors of USATF with the recommendation of the Masters LDR and Track and Field committees. These committees will be working closely with the National Office to solicit proposals from U.S. cities and conduct site visits where necessary.

The Masters Track and Field Executive Committee will have to make its recommendation since the entire Masters Track and Field Committee won't meet again until December. We need as much input as possible from all members, especially delegate members of the masters committees. We are working on a timetable that will appear on the USATF Masters Web page.

Meet Manual

Rex Harvey brought up the need for more volunteers at the convention. We have learned that the National Office is putting together a new comprehensive, integrated plan for the USATF Web site, which includes the Masters section. We will rely increasingly on this form of communication as time goes on.

Records

Thanks to Mary Trotto for the great job she did filling in for Pete Munde, the Masters Records Coordinator. The Masters T&F Committee’s approval to give certificates to those who break U.S. records is a great step forward. These people deserve to have some significant, lasting recognition for their accomplishments.

Active Athlete Representative

Congratulations to Dave Clingan on his election as an Active Athlete Representative on the Executive Committee. He will be a great contributor and communicator to everyone.

Meet Manual

We should give thanks to Ken Weinbel for finishing this important document.

Regional Coordinators and Awards Committee

These groups worked really hard at the convention and made significant progress.

Emerging Elite Athletes

There will be great opportunities for us with emerging elite athlete participation in masters events as proposed by Craig Masback.

30-39 Athletes

Much was written last month about the 30-39 age groups. Did everyone know that sub-masters are under the jurisdiction of the Open Committee?

Marin County, California's Tamalpa Runners M60-69 squad that set three world records in 2001 for the 4x1600 (21:40.2), 4x1500 (20:32.62), medley relay (12:41.24) (from l) Robert Gormley, Steve Lyons, Jon MacPherson, and Jim Williams.

The Masters Committee includes them in our meets on a non-championship basis and keeps unofficial records. This group must break open records to be official!

Marketing

Welcome aboard to Jeff Stamp as head of our Marketing Committee. This professional should really help us get the recognition and rewards we deserve.

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Reggie Lewis Track & Athletic Center
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TWENTY YEARS AGO

February 1982

- Jim Burnett, 41, and Judy Fox, 40, Named 1981 Outstanding T&F Athletes at T&F Convention in Reno
- Clive Davies, 65, and Sister Marion Irvine, 52, Chosen Top 1981 LDR Athletes
- Gordon Wallace and Lori Maynard Voted Outstanding Racewalkers
Is There Really Pain in Running?

When the emergency room admitting clerk asked me to describe the pain I was experiencing on a scale of 1-10, with 10 being the worst possible pain, I was forced to struggle mentally as well as physically. I asked him how bad it has to be before it is considered a 10. How does one know when they have reached 10? When the clerk reacted with a perplexed smile, I knew he didn’t have the answer and that I would have to come up with my own gauge.

I quickly reasoned that being nailed to a cross or burned at the stake had to be 10. If so, I couldn’t very well call my pain anything close to that. And yet, it was unbearable, torturing, tormenting, excruciating. I figured the clerk must have been asking for a relative figure. But if I had never experienced anything higher than a 3 or 4 previously, how could I know where I stood on the pain scale?

I finally reasoned that if the pain got any worse I would request Dr. Kervorkian, not an ER physician. Therefore, I must have “maxed out.” I told him that I was at “three” at that very moment, but that every 4-5 minutes it would jump to a 10 for about 30 seconds before subsiding again.

Runners talk about the pain they must endure in order to succeed. “To play like this with pain that is unbearable yet is being borne, to summon up the presence of death itself, is to become a high-wire artist at some lofty place in human existence,” writes sports philosopher George Leonard in his classic book, The Ultimate Athlete, of the distance running experience.

If that type of experience is called “pain,” then I would have to rate my most “painful” running experiences at about a “one” on that scale of 10, at least in comparison with my recent physical trauma. I’d call the running experience mere discomfort, not pain. However, based on my running experiences and a somewhat macho attitude when it came to getting poked with needles, I had always thought I had something of a high pain threshold. I’m not so sure anymore. In fact, I’m wondering if I even clear the “wimp” section of the scale.

Points of Reference

To me, pain was always identified by my youthful experiences at the dentist, before they were using anesthetics. Perhaps I have been lucky compared with most people who have lived 65 years.

I badly cut my arm on the broken window of my Uncle Alvin’s 1932 Essex when I was about six years old, but I didn’t even realize it was cut until I noticed blood pouring from my deep wound some seconds later and looked at my arm all the way down to the bone. I recall being surprised that there was no pain with such a deep cut.

When I broke my arm about 15 years ago, I remember a complete lack of sensation in my hand and wrist, as if it had been totally severed from me, but I would not call that real pain, just numbness. When the doctor “set” the arm, I did experience a split-second of what must have been pain, as I remember a definite “shock” and almost blacking out.

What I was attacked by a swarm of “killer” bees in the jungles of Guam about 30 years ago and suffered more than 40 bee stings, I recall only something akin to an electrical shock, an instant “zap.” They all seemed to sting at exactly the same time.

I’ve had my share of emotional pain, but I think different scales have to be used for emotional and physical pain.

Nothing had prepared me for the recent painful experience, which involved having a full bladder and not being able to void one ounce of it. My plumbing system had completely shut down as a result of a urinary tract infection, and while it was gradual over a three-day period, I didn’t realize how bad it was until there was complete shutdown and the pain really set in.

A New Standard

My wife rushed me to the ER, but the pain continued there for another hour as I waited in line for attention. A catheter seemingly as round as a milk shake straw brought immediate relief, but the insertion of the catheter without anesthetic brought pain worse than that I had been experiencing every 4-5 minutes. That was my new standard for 10, the full bladder issue having to be reduced to a 9.5.

Exactly how the duration of the pain plays into it is something else to be considered. Is a 9.5 for 30 seconds worse than a 10 for 10 seconds?

When I later described my pain to a friend, he said it sounded like the time he had a kidney stone. His doctor told him then that kidney stone pain was considered worse than that of giving birth. In thinking back upon it, I must have looked like a woman in the throes of childbirth. I know I was arching my back and breathing or blowing rhythmically as hard as I could.

Too Long “On Hold”

My problem seems to have begun with covering the Honolulu Marathon for The Honolulu Advertiser while riding in a cramped pickup truck for 2 hours 15 minutes. There was also 30 minutes of sitting in the truck before the start and 30 minutes of interviews immediately after the race, during which time I was fighting off the urge. The urologist concluded that those three-plus hours combined with a lack of proper hydration in my everyday diet, somehow gave birth to the infection.

Proper hydration is something I had failed to learn over the years. While my wife would constantly tell me I needed to drink more water, I concluded that if my body wanted more water, my thirst glands would send the proper message. But it apparently doesn’t work that way.

A 10 on the pain scale should definitely help me to remember to better hydrate in the future.

(Footnote: You can reach Mike Tymn by e-mail at METGAT@aol.com)
Shirley Matson: Setting Masters Records for Over 20 Years

By SUSANNAH BECK

To most readers, USATF Masters Hall of Famer Shirley Matson hardly needs introducing here. For those of you who are reading National Masters News for the first time, however, Shirley Matson is the unofficial doyenne of U.S. masters running, and has been for almost as long as women have been running publicly in this country. In her 20-year 40+ career, Matson, 61, has set 29 U.S. and five world age-group records from the mile to the marathon. A lifetime Californian, the retired home economist, nutritional consultant, and entrepreneur now calls the hills of Marin County home. Her most recent WR was the 60+ mile, 5:58:69, set Sept. 16, 2001, at the Champions Run for Children in San Francisco. The following is an interview with Shirley on her career and tips to other runners.

When did you start running? What got you started?

I started jogging in the early 1970s, about age 32. A friend of mine ran and I asked him how to do it. He said to start walking and, when I felt like it, jog until I got tired and felt like walking again. He said to alternate walking and jogging and eventually I would walk less, run more, and be able to complete a three-mile run around Lake Merritt in Oakland.

I followed his directions exactly and immediately listened to my body and saw what it felt. It was fun and exciting to see how I was able to gradually walk less and run more. In a few weeks I was able to jog three miles. His advice was the greatest for a beginner, and it is the same advice I now give to anyone who asks.

I continued to run three miles on and off for several years. Then I entered some races at the encouragement of friends:

1977: First race, 5K, in 19:27, second woman overall. The next day I raced my first 10K in 41:29, again second woman overall. I had never run six miles before that race.


1980: First marathon, 3:58:34.

1981: This was the year I decided to start running seriously, Tim Murphy (before he started Elite Racing) suggested I try to qualify for the first women’s Olympic Marathon Trials in 1984. Just three years after racing seriously, Tim Murphy (before he started Elite Racing) suggested I try to qualify for the first women’s Olympic Marathon Trials, saying it would be historic.

I decided to try. My training consisted of alternating hard 12-mile, hilly runs (6:50 pace), with 8-mile easy, flat runs. My personal friend/coach was an advocate of quality, not quantity, and convinced me to “keep my legs fresh.” I was afraid I was getting enough miles in, so I sneaked in two 14-milers!

I continued to race 10Ks and ran two PRs (35:58, 35:56) three weeks before the marathon. My goal pace was 6:25 for a 2:48 marathon, leaving a three-minute cushion to meet the qualifying time of 2:51.

I felt fit and ready to race, but somewhat concerned because I hadn’t done many long runs. I even overheard some runners say, “She won’t be able to do it, because she hasn’t done any long runs.”

Goal Pace

On the day of the Mission Bay Marathon in San Diego, January 15, 1984, the air was cool and crisp. I wore my regular training shoes and my regular training gear, just so I would feel “at home.” I hit the first mile in exactly 6:25 and felt fine. Right on pace.

Again I overheard some runners saying, “She’s going too fast,” as they slowed down. But I was on goal pace. The next few miles I actually picked up the pace and was ahead of schedule and hit the half in 1:23:34 (6:22 pace). I didn’t have a lot of practice drinking water on the run, so I devised a clever scheme. I tied a straw around my neck and tucked it into my singlet. I figured I could easily sip water as I came to the aid stations. Never having practiced this technique, I soon realized this was a big mistake. The first thing you get when you sip through a straw is air! After a number of unsuccessful attempts, and not getting any significant water, I abandoned the idea.

But it was too late and the damage was done. By the half marathon point I had the worst side-stitch and felt I couldn’t continue. I yelled to my friend on the sidelines and said I would have to drop out. He said to keep going, slow down, breathe, and it would go away. Don’t give up.

I slowed to 6:28 and 6:31 for the next two miles. It took quite a while for the pain to subside, and then I was too afraid to take water. So I didn’t. At 20 miles I was exactly on 6:25 pace (2:08:10), and then the real struggle began.

With no water, I slowed down for the last 6 miles (6:42, 6:33, 6:47, 6:55, 6:47, and 7:00) and wondered if I could hang on to the finish line.

How has your training and competing changed over the years?

Less mileage, less speed, longer warm-ups and recoveries. More injuries, more fatigue, more rest, more icing, more mental depression and frustration. It’s hard to accept the fact that every year I get slower and don’t have the energy to do as much as I used to do. I have now gone “full circle” and am running my slowest times since my first race in 1977. Layoffs from injuries (from five months to two years) have caused major setbacks and I have never backed to the level where I dropped off.

What do you consider your most memorable meet or race?

I have so many, it’s hard to pick. But here are two memorable races.

First, qualifying for the first women’s Olympic Marathon Trials in 1984. Just three years after racing seriously, Tim Murphy (before he started Elite Racing) suggested I try to qualify for the first women’s Olympic Marathon Trials, saying it would be historic.

I decided to try. My training consisted of alternating hard 12-mile, hilly runs (6:50 pace), with 8-mile easy, flat runs. My personal friend/coach was an advocate of quality, not quantity, and convinced me to “keep my legs fresh.” I was afraid I was getting enough miles in, so I sneaked in two 14-milers!

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With no water, I slowed down for the last 6 miles (6:42, 6:33, 6:47, 6:55, 6:47, and 7:00) and wondered if I could hang on to the finish line.

Closing In

At five miles, with Cindy ahead by 100 yards, I began to close the gap. At six miles was on her shoulder. Even though a little voice inside said, “Who do you think you are, no one has beaten Cindy before,” I answered, “I’ve already done it, so just do it.” With that I sprinted so fast I thought my legs would give out.

I crossed the line in 3:59 and Cindy came in 3:60:36 to everyone’s surprise, especially mine! I won $1,000, a bouquet of roses and a beautiful hand made trophy. The race proved to me the power of the mind.

Advice to Beginners

When I am asked how to get started running, my advice is the same as that given to me when I began. “Start out slow and jogging, and find what feels comfortable to you.” Set a realistic time goal (30-45 minutes) or a distance goal (1-3 miles). Go easy and listen to your body. Complete your goal.

Continue your walking and jogging program until you are able to jog the complete distance (or time goal). Keep doing it until it becomes easy and comfortable. If it was too challenging, adjust your goals so you can meet it.

You may wish to start with every other day, then work up to five days per week. When you can do that consistently and comfortably, then you can gradually increase your distance. Start to build a base, a strong foundation. You must build endurance before you can tackle speed.

Running is more than crossing the finish line. It is a personal journey. So enjoy your journey, and as your fitness improves, celebrate your accomplishments, and don’t be too hard on yourself.

“Do I want to run today?” You just plain do it. Unless, of course, you are sick, injured, or have pressing family/business concerns.

Rest is a very important component of your training regime, to allow your body to recover and repair damage done with the hard efforts. Listen to your body. If you feel tired, rest... without guilt! Most of us are willing to do the hard work, and feel that the harder we train, the more we will receive. But as we age, we need more rest and recovery time.

As you build your endurance and begin to feel stronger, you can integrate a little “speed work” to improve your leg turnover.

In closing, you can establish a training plan—or not. You can write down your goals or not. You can plan ahead or not. Remember, things happen; life will get in the way of your plans. But you are not alone, you have a whole community to support you. And like me, you will be able to do it. Like me, you will have the power of the mind.
Three U.S. Centenarians Plan to Compete

This year, the M100-104 division will be a bit more crowded when John Whittemore is joined by two more active U.S. athletes, as Everett Hosack and Erwin Jaskulski move into this age group.

Whittemore, 102, a resident of Montecito, Calif., has been competing in the M100 division alone since reaching 100 on Nov. 10, 1999. In the throws, his specialty, he holds the M100 world records in the javelin (6.69/21-11), shot put (3.15/10-4), and discus (7.38/24-2), plus numerous single-age world and U.S. records, two coming in the 2001 Club West Meet, Santa Barbara, Calif., in the discus and javelin.

From a conversation she'd had with Whittemore, Beverley Lewis, Club West president, quoted him as saying, “One hundred was all right, but 102 is pretty tough.”

Senior Olympics and the Aloha State Games and an acquaintance of Jaskulski, commented, “Erwin is planning on competing again, so that he can establish records in the M100 age group as well.

“His is slowing down a little – his 100 meter time is about three seconds slower than his world record of two years ago. He still runs every day in the hallway of his apartment building. It is about 50 meters from one end of the building to the other, and he runs back and forth six times every day. That way he doesn’t have to put shoes on.”

The chances of all three competing in the same meet are slight. Whittemore and Jaskulski compete primarily on their home turf – Whittemore in Santa Barbara, and Jaskulski in Honolulu.

At their present ages, when one of them shows up for a meet, it becomes a local media event. If all three made an appearance as M100-104 athletes in the same meet, it would be worthy of international coverage.

– Jerry Wojcik

Erwin Jaskulski

John Whittemore

Hosack, of Highland Heights, Ohio, will turn 100 on Feb. 28, and is planning on competing in the Masters Indoor Championships a month later in Boston.

Blessed with a little more youthful versatility and closer proximity to indoor venues than Whittemore and Jaskulski, Hosack owns the M95 world record in the indoor 60m (16.96), 200 (66.78), and shot put (4.06), and U.S. 25# weight (3.67/12-0) and 35# superweight (3.13/10-3). He holds the M95 U.S. records for the 100 (38.66), hammer (10.60/3-9), and superweight (2.78/9-1'). He also owns 16 world age records, primarily in the throws.

Jaskulski, an Austrian citizen residing in Honolulu, will be 100 on Sept. 24, 2002. A sprinter, he holds the M95 world record in the 100 (24.01) and 200 (57.58). Last November, in the Hawaii Senior Olympics, Honolulu, he ran the 100 in 31.68 and 200 in 72.34.

Mark Zeug, president of the Hawaii

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Evetter Hosack

Ervin Jaskulski
Rocket City Marathon

Continued from page 1 overall time.

Naumova, who had celebrated her 40th birthday in January 2001, a month later ran 2:37:45 at the Motorola Austin Marathon. After some summer races in Russia she returned to the U.S. In October for the Twin Cities Marathon, where her time was 2:39:48.

Temnikov became a master in September and ran 2:23:25 in October, finishing first master and fourth overall at the Baltimore Marathon. On Nov. 18 he was the overall winner at the Philadelphia Marathon in 2:21:07. This year’s male masters field included two-time defending champion Steve Wilson, Lafayette, Ind., and Maryland’s Jim Hage. Lee Dipietro, Ruston, Md., and former masters winner Joyce Deason graced the women’s master field. However, it was evident early in the race that none of these would challenge the Russian contingent.

Through the first two miles, Wilson and Hage stayed with Kuznetsov and Temnikov in the lead pack, but by the six-mile mark, only the two Russians were still in the chase for Kefah Keraro, the 31-year-old Kenyan leader. As the race progressed, two other open runners joined Temnikov and Kuznetsov in the chase pack behind Keraro, who had opened a 30-second gap by the 13.1-mile mark.

The two Russian masters worked together, dropped the two younger runners and fought the leader in the 22nd mile. There Temnikov surged ahead and took a 30-second lead over Keraro by mile-24 with Kuznetsov trailing the Kenyan by another 30 seconds. In the final two miles, Kuznetsov caught the tiring Keraro and beat him to the finish in 2:22:01, a 13-second margin. Hage was sixth overall in 2:29:59 and Wilson followed in 2:30:52, giving masters runners four of the top seven finish places.

For the third year, age-graded money was distributed to grandmasters. This year Terry McCluskey, 53, Vienna, Ohio, won the $1000 first prize for his 2:47:06 performance. Gary Romesser, 51, Indianapolis, last year’s age-graded winner, was right behind McCluskey in 2:47:16, good for third place ($300) age-graded money. Don Coffman, 58, Stamping Ground, Ky., ran 2:56:27 for second place ($750) age-graded. Coffman won the masters title here on five different occasions in the mid-1990s.

Under the able direction of Malcolm Gillis, the race experienced significant growth again this year, up from 1229 in 2000 to 1397. Part of the growth is attributed to this year’s cancellation of the Memphis Marathon. The Memphis race had been scheduled for the first weekend in December, so Huntsville drew more entrants from Arkansas, Missouri and western Tennessee than normal.

For a rainy day, the number of finishers was high. Of the approximate 1252 starters, 1175 finished. This 94% finish rate was the second highest in the 25-year history of the race, and the finish total was only exceeded in 1981 and ‘82, two years when 1985 and 1938 runners registered.

The oldest finisher was Ed Burnham, 82, Kansas City, Mo. The WWII Air Force veteran told a reporter on Friday that he expected his time to be around seven hours, based on his 7:19 finish in Tulsa a few weeks before. However, the rain must have kept Burnham’s engine cool. He finished in 6:48:38, accompanied by a pretty 20-year-old lass from Tennessee. Burnham didn’t start running marathons until he turned 70 and retired from his job with the Veterans of Foreign Wars. Since then he has completed 124 marathons in all 50 states and Mexico.

Friday’s feature story in the Huntsville Times was on local runner James Foreman, who at age-67 was one of three runners who had completed all 24 of the previous Rocket City Marathons. Foreman made it through one more on Dec. 8, this time in 4:32:53. Joining Foreman with perfect 25-year participation were Dean Godwin, 62, Aiken, S.C.; in 3:42:22, and Garry Elkins, 59, Gadsden, Ala., in 3:45:34.

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Sore Shins

The following is taken from a lively discussion on the Internet about a conditioning problem known to most racewalkers as “sore shins.” Coach Jake Jacobson, www.coachjake.com; Coach Gary Westerfield; and Jack Mortland, Editor of the Ohio Racewalker, jmortlan@columbus.rr.com, were three of the many participants.

Q: I would like to know how other racewalkers strengthen their shins. I’m relatively new to racewalking and have experienced very sore shins, usually during the first mile or two of a workout. Are there any particular exercises that strengthen the shins to prevent pain?

A: Some walkers, especially beginners, develop soreness in the shin muscles. It is common to call any pain around the front, inside or outside portion of the lower leg “shin splints.” Medical specialists consider “shin splints” a garbage term for it is not specific enough. Muscle soreness or pain?

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Garcia and Hubbard
HUFF-and-Puff for 50K Trail Title

By SUSANNAH BECK

Why would anyone hold a 50K Trail race in Northern Indiana on Dec. 29? And why would anyone consent to run it? You know it's going to be cold. And windy. And snowy.

These are the questions entrants in the USATF National 50K Trail Running Championships asked themselves in the weeks leading up to the early morning dark at Huntington Reservoir. "warming up" (in 15-degree weather) for the three-lap, 10.8 mile loop course around the lake. Not a difficult course per se: pretty flat, mostly trail with a few stream crossings, and only a bit longer than 50K, coming in at 32.4 miles.

Of course, there was a good wind blowing up the Wabash, but only an inch of snow on the trail, and some ice, which was a blessing compared to last year when 18 inches of snow greeted runners, and slowed the usual winning times by as much as two hours.

Several of the U.S.'s strongest ultrarunners made an appearance for the National Championships, among them Garcia, and Charles Hubbard, 40, Bloomington, Minn.

Garcia came to the event as the 2001 100K titlist and seven-time member of the U.S. 100K National Team, while Hubbard is known for a 17-race winning streak at 50K, only recently halted. The two had never met or competed against one another before — amazing, considering the smallness of the world of competitive ultrarunning.

Garcia took the day, but only barely, with a 3:39:13 win to Hubbard's 3:41:02. Garcia's plan to run a strong second lap resulted in a second lap deficit to Hubbard exiting the aid station, thanks to taking time to ingest a large number of calories. He soon found himself a full minute in arrears.

Said Garcia, "I didn't know if I was going to catch him. But then I got within 30 seconds, and even though I felt pretty bad, I was closing in. When I caught him at the last aid station (three miles from the finish), he just stopped, looked at me, and said, 'Go ahead, Garcia, get up there where you belong.' He just let me go."

Hubbard was having a difficult race, and wasn't even aware that he was in the lead. "I thought Jim was ahead of me and when I turned and saw him come into the aid station, I said, 'What the hell are you doing here?' After that, it was just a matter of trying to hold onto second place."

On to USATF Masters Rules

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April 6, 2002: Track
April 7, 2002: Field
April 7, 2002: Racewalking
April 7, 2002: 10k Road Race

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Website: www.cvrd.org

Registration Deadline: March 8, 2002

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Registration Deadline: March 8, 2002
On The Run
By HAL HIGDON

My 7-7-70 Quest:
Almost Over The Rainbow

The morning before the Honolulu marathon, photographer Georg Deussen positioned us on Waikiki Beach for a family photo. We were sixteen: three children (and spouses), eight grandchildren plus Rose and myself. This would be our Christmas card.

Despite a mostly sunny sky, a light rain brushed my face. I looked behind. A rainbow began to form, arching into the ocean. A good omen for the next day’s run. I was running the sixth of seven marathons in seven months to celebrate my 70th birthday and help raise $700,000 for seven separate charities.

My family decided to attend one of the marathons. What better choice than Honolulu? Luckily, Rose and I had enough frequent flyer points to assist everybody in reaching the Hawaiian Islands.

Rebellious Fashion
Rose and I love seeing our grandkids. Our first morning in Honolulu, grandson Jake, age seven, appeared with a wicked grin on his face. "Turn around and show Grandpa," instructed his mother. Jake spun, revealing the numbers "7-7-70" cut into the back of his hair. I’m not a fan of rebellious fashion, but I gave Jake a pass on this one.

Friday night we attended a party at the home of Jack Scaff, M.D., the cardiologist who founded the Honolulu Marathon in 1973. Jack has run each one since. His wife Donna demonstrated her hula dancing ability by teaching the movements to two of our grandchildren, Angela and Holly. The next morning she sent a pair of hula skirts to our children (and spouses), eight grandchildren plus Rose and myself. This would be our Christmas card.

To assist me in my 7-7-70 Quest, my family decided to attend one of the marathons. What better choice than Honolulu? Luckily, Rose and I had enough frequent flyer points to assist everybody in reaching the Hawaiian Islands.

FIFTEEN YEARS AGO
February 1987

- Don Coffman (2:30:36) and Cindy Dalrymple (2:52:53) were Top Masters in Rocket City Marathon
- Boo Morcom, 66, Wins National Masters Indoor Pentathlon With 4772 Points
- Al Oeter Sets M50 Discus WR With 65.30 Heave in Florida’s Holiday Weight Pentathlon

Profile: Shirley Matson

Continued from page 7

to that tree. Play around with varying speeds and recoveries.

"You can’t go wrong if you go according to how you feel. The main thing is that you run faster than your normal easy run. You will undoubtedly feel invigorated and energized. Alternate hard days with 1-2 easy days."

Sustained Distances
Later on you can run a sustained three miles at a "comfortable/hard" pace. You will know what that is. It’s hard, but not all out. You can handle it, but you won’t be carrying on a conversation. This is a good run to do alone, or with someone of your ability who has the same goals in mind. Start with a one- or two-mile warm up and finish with a mile cool down.

Weekends are the time for a nice enjoyable run. It means longer than you normally run. If your longest run during the week is 3 miles, try to go 4-6. If you can run 8 easily, go 10-12, etc.

Again, listen to your body and run at a comfortable, conversational pace. This is the best time to share the joy of running with your friends or running club.

But most of all, remember, “It’s fun to run.” So enjoy the sport, the fitness benefits and the camaraderie of other runners. If you are blessed with good health, don’t waste it... use it or lose it.
NSGA Experiencing Hard Times

In a report to National Senior Games Association affiliates, Jack Neumann, Chair, NSGA Board of Directors, painted a gloomy picture of the organization's fiscal position. Among the finance items, the report noted that the staff work week at the NSGA headquarters in Baton Rouge had been cut to four days and that salaries were reduced 20%. It also stated, "It is clear that corporate sponsorships at the national level are all but disappearing." For example, "LaurusHealth (VHA) informed us that they were terminating their agreement as of that date (Dec. 10, 2001), and thus are not liable for their final payment of $333,333 due June 10, 2002."

The report explained that efforts were being made to improve the fiscal situation, such as seeking "significant financial assistance through the USOC Foundation and the Pennington Foundation in Baton Rouge," and "working to realize some compassionate relief from Bank One and other creditors."

Finally, the report proposed that senior athletes and state organizations who "want a national organization with a centerpiece of National Games...will have to share support of them," the support coming in the form of a mandatory membership fee. For example, a $25 per member fee, which would split $10 to the member's state organization, $10 for the national office, and $5 for membership promotion, a monthly newsletter, Pacersettes, and data maintenance.

Neumann closed the report with this plea: "Please give consideration to a joint state/national membership fee as a step in the right direction for finding "our way out" of our present and future difficulties." -Jerry Wojcik

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PUBLICATIONS ORDER FORM

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<tr>
<th>Quantity</th>
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<tr>
<td>Masters Age Records (2001 Edition)</td>
<td>Men's and women's world and U.S. age bests for all track &amp; field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 2000. 56 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&amp;F Records Chairman. $5.00.</td>
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<tr>
<td>Masters Track &amp; Field Rankings (2000)</td>
<td>Men's and women's 2000 U.S. outdoor track &amp; field 5-year age group rankings. Coordinated by Jerry Wojcik, USATF Masters Track &amp; Field Rankings Chairman. All T&amp;F events, including mile, relays, weights, racewalking, and combined events. $4.</td>
</tr>
<tr>
<td>Masters Age-Graded Tables</td>
<td>Single-age factors and standards from age 8 to 100 for men and women for every common track &amp; field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. $6.00.</td>
</tr>
<tr>
<td>Masters 5-Year Age-Group Records</td>
<td>Men's and women's official world and U.S. outdoor 5-year age group records for all track &amp; field and racewalking events, age 35 and up, as of August 1, 2000; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&amp;F Records Chairman. $2.00.</td>
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<tr>
<td>Masters 5-Year Indoor Age-Group Records</td>
<td>Same as above, except indoor records (M40+, W35+) as of May 25, 2001 (world) and November 30, 2001 (USA). $1.50.</td>
</tr>
<tr>
<td>USATF Governance Handbook (2001)</td>
<td>U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. 152 pages. $12.00.</td>
</tr>
<tr>
<td>International Scoring Tables</td>
<td>Complete scoring tables for 21 men's and 17 women's individual events. All events, and the points for the open, masters, and all multi-events are given. Includes heptathlon, indoor &amp; outdoor pentathlon, indoor heptathlon, decathlon, heptathlon, indoor &amp; outdoor pentathlon, decathlon, and heptathlon. Brief scoring instructions, age factors for the common WAVA masters rankings, and instructions for hand times and automatic times are included. In English and German. Pocket size (4½ x 6). $12.00.</td>
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<td>How to be A Champion from 9 to 90</td>
<td>Earl W. Fee, world-record-holder in the M65 and M70 800, reveals his secrets that enabled him to achieve over 30 world records in 15 years of running. 420 pages, 25 chapters, 100s of excellent references. US$19.25/CAN$28.50, plus postage &amp; handling.</td>
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<td>Masters Track and Field: A History</td>
<td>By Leonard Olson, a masters competitor since 1970, traces the development of masters T&amp;F from its start in San Diego in the late 1960s to its expansion into present-day world championships, with emphasis on the personalities and events that helped shape this historic movement in sports. 64 photographs, tables, appendix, bibliography, and index. 320 pp. $65.</td>
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<td>3 color. 3&quot; x 2-1/2&quot;. $2.00.</td>
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<td>2001 Road Race Management Directory</td>
<td>Published by Road Race Management, this book combines the Guide to Prize Money &amp; Races with the Running Industry Resource Directory — two books in one — listing elite athletes (including masters) with over 1000 addresses and phone numbers, prize money structures for 400 events, Internet services, retailers, publications, TV contacts, and more. $75.00.</td>
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<td>Back Issues of National Masters News</td>
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National Masters Indoor Championships Update

The entry form (see p. 5 of NMN’s Jan. issue) for the 2002 National Masters Indoor Championships (NMIC), March 22-24, Boston, Mass., provides most of the important information regarding this meet. Additional information is also available on the meet Website which is updated regularly (www.usatf.org). There are a few items, however, that we thought worthy of special mention as they involve changes or additions designed to offer enhancements over previous years.

Meet Headquarters Hotel
USATF-New England, the Local Organizing Committee, has negotiated a three-year contract with the Westin Copley Place Hotel to serve as the meet headquarters hotel for 2002-2004. This is a four-star, four-diamond hotel rated as one of the finest in Boston, located in Copley Square in the heart of the Back Bay. For 2002, the rate for a single/double room will be $99/night, with a rate of $109 for a triple, and $119 for a quad. (Note: the "track rate" for these rooms is $59/night.)

The same special rates will be available from March 19-26 for those arriving in Boston early or staying late. Guests can upgrade their rooms to a junior suite for $40/night. Parking will be at a special reduced rate of $10/night with unlimited in/out privileges (normally $30/night). It will be on a space available basis, but we expect there to be plenty of room.

Guests who are members of the Starwood Preferred Guests (SPG) program will receive double points for this stay. The hotel is one block from the MBTA Orange line from which it is three stops to the track. It is also just a few blocks from the Amtrak Back Bay station where trains coming from the south (New York City, etc.) stop.

Guests should make their own reservations by calling 800-WESTIN-1 or 617-622-9600, and referring to the National Masters Indoor Championships. Reservations may be cancelled without penalty up to 24 hours before check-in, and departure dates may be changed at check-in without penalty. The reservation deadline for the special rates is 6 p.m., March 7.

We feel very fortunate to be guests of this outstanding hotel at such exceptional rates, and we hope it will prove popular with those attending the meet.

Matching Roommates
We will operate a "matching roommates" service for those looking for one or more additional roommates at the Westin. Call 617-242-8822 or e-mail pmb02129@aol.com. We cannot guarantee results, but we’ll do our best.

Athletes Meeting
In the past, the Athletes Meeting at the NMIC has been held on Saturday at 8 p.m. For obvious reasons, this has not been a convenient time for most participants and attendance has been low. This year we will have the meeting on Saturday, at approximately midday. We regret that some athletes will have events going on at that time, but we believe this time will be much more convenient for the majority. The meeting will be held in the gymnasium adjoining the track, and should last about 45 minutes. We plan to give out the annual awards for 2001 at this meeting.

Evening Social and Dinner
Last year we organized an unofficial "Pentathletes Party" for athletes, guests, organizers, officials, volunteers, media, etc., on the night before the meet began. We are doing this again and invite everyone to attend.

Pole vaulters wait for a practice vault, 2001 Masters Championships, Boston. The 2002 Championships will be held again in Boston, March 22-24.

The dinner will be held on Thurs., March 21, at Bertucci’s Restaurant, 43 Stanhope St., one block from the hotel, and will include soft drinks, rolls, salad, three pasta selections, coffee/tea, tax and tip for $20. Social at 6:30 p.m.; dinner at 7:30 p.m. Please sign up and pay for this on the entry form.

Friends of the Meet
As in the past, we invite attendees to become "friends" of the meet at the platinum, gold, silver or bronze level. In addition to the items listed on the entry form for these supporters, platinum level Friends will receive an upgrade to a junior suite at the meet headquarters hotel (two nights maximum).

Local Transportation
We continue to explore the issue of buses and/or MBTA passes for transportation between the Westin and the track, and will have more to say on this as soon as possible. There will be shuttle buses running to the airport on Sunday afternoon.

———Phil Byrne
USATF-NE Chair
International Championships

Masters To Be Showcased at Open Championships

Top masters men and women competitors will be featured in marquee events in 2002 at both the Indoor Open Championships at the Armory in New York City, March 1-2, and the Outdoor Championships at Stanford on June 21-22.

The featured masters events at the Indoor Championships will include an invitational women’s 400, and an invitational men’s mile, both scheduled for the Saturday session, March 2. The 400 is scheduled for 12:48 p.m., and the mile for 12:53 p.m. Qualifying standards have been set at 69.0 for the women, and 4:30 for the men.

This showcase field is the first of three events that are the focus of the Masters Invitational Program headed up by Mark Cleary. “There will be many exciting opportunities ahead for talented masters athletes to show off their skills, and the world their extraordinary abilities, which will touch the hearts of many spectators and athletes alike,” Cleary explained. “We will work toward gaining support of the USATF National Office to obtain duplicate medals for our masters competitors. They gave duplicate medals to the top three who competed in the Outdoor Open Nationals in Eugene last year,” he added.

Besides serving as coordinator of the masters fields for the Open Championships, Cleary has also worked hard with Mark Kostek, Director of the Drake Relays, to field a featured Masters Men’s Mile that will race in front of a sell-out crowd of over 15,000 on Saturday, April 27.

Interested masters athletes over 40 can contact Mark Cleary at runnermark@cox.net for more information on these races and official entry forms, or submit their best times for the 2001 season. These times will be verified and invitations to compete will be issued to the athletes with the fastest times until the field is filled.

For the Indoor Championships in NYC, there will be a field of six for the women’s 400 and 12 for the men’s mile along with four alternates for each race. All participants will be required to pay all meet expenses including entry, travel, and lodging. The deadline for submitting entries for the March 2nd Indoor Nationals event is Feb. 15.
New Indoor Age-Group Records Compiled

In this issue are the new world and U.S. indoor five-year age-group track and field records for men and women. The world marks are those compiled and approved as of May 25, 2001, by the Records Committee of World Masters Athletics (WMA). The U.S. records are those compiled and approved, as of Nov. 30, 2001, by the Masters Track and Field Records Sub-Committee of USA Track & Field (USATF). Both committees are headed by Peter Mundie.

No hand times recorded after May 1, 1994 (world) or Jan. 1, 1991 (USA) for races of 400 meters or less are considered for five-year age-group records. However, hand times achieved prior to those dates will continue to be included in the lists until broken by a superior time.

The official USATF record form is printed on this page. U.S. athletes and officials should use this form when applying for a U.S. or world record. Non-USA athletes should use the WMA record form, which is published in the WMA Handbook and the April 2001 issue of WMN. It will again be printed in the April 2002 WMN along with the new list of outdoor records.

Both the world and USA Records Committees are working to prepare one uniform record form to be used in the future.

STARTER’S CERTIFICATE
9. I hereby certify that I was the starter for the event above-mentioned, that it was a fair start and no advantage was given to or taken by the claimant. (Refer to Rules)

JUDGES’ CERTIFICATE (FIELD EVENT)
12. We hereby certify that the measurement stated opposite our respective signatures is exact as measured with a metric tape (Judges and Referee shall read measurement). We also certify that the implements used and circle or runway complied with the IAAF specifications.

GUARANTEE BY REFEREE
14. I hereby certify that all the information recorded in this form is accurate, and that all the appropriate rules of the International Amateur Athletic Federation were complied with.
## World Track & Field Indoor Age-Group Records
Approved by the Records Committee of World Masters Athletics (WMA) as of May 25, 2001

### Men's World Indoor Records

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## Men's U.S. Indoor Records

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## Long Jump

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## Shot Put (35-49 kg)

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### 3000 Meter Hurdles

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### Women's 60 Meters Indoor Records

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### Men's World Indoor Masters Relay Bests (as of May 1, 2001)

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### Men's American Indoor Masters Relay Bests (as of May 1, 2001)

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<td>(42413)</td>
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<td>90-99</td>
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Note: Records are listed according to age group, with the youngest group listed first. Times are in minutes and seconds.
WMA Holds High Hopes for World Athletics in 2002

After a very successful 2001 for WMA, I have very great expectations for 2002, but am fully aware that our achievements depend on our ability to work together sincerely and do our best to promote the masters athletics movement. I will do my best and trust that I and the Council will have your support.

Much has happened since December as you will see from my following comments.

Webmaster/Logo

After an extensive search, we are pleased to announce that WMA has a new webmaster. He is Nicholas (Nick) Russi from Switzerland. He has his own company, MediaSprint. Nick is an experienced webmaster who for many years has been responsible for the EAA (European Athletic Association) and "Weltklasse" (Zurich IAAF Grand Prix Gala) websites.

We have signed a one-year contract with Nick, but expect our relationship to continue over the next years. Our new WMA website, which should be operational as you read this, will be available at either www.masters-athletics.org or www.world-masters-athletics.org. If one does not give you access, try the other.

WMA is also working on a new logo.

Stadia Championships

San Sebastian, Spain, was awarded the 2005 WMA World Championships – Stadia by an overwhelming majority at the General Assembly in Brisbane. We hope to visit San Sebastian this month to meet with the LOC and sign the contract.

I must comment that I was disheartened on becoming aware of a sudden and unexpected statement that WMA is considering a withdrawal of these Championships from San Sebastian and awarding them to Helsinki, Finland. I want to take this opportunity to underline strongly that any such statement is an error. There are no such discussions going on and, as far as the Council is concerned, we intend to have the contract with San Sebastian signed as soon as possible so we can start the preparations with the LOC. San Sebastian will be our host city for 2005.

World Masters Games

The 2002 World Masters Games will take place in Melbourne, Australia, in October. The 2005 World Masters Games, according to the IMGA Annual Meeting's decision, suddenly have no host city. I previously informed you that the 2005 World Masters Games would be awarded to Seville, Spain, posing the problem of competition for our own Championships in San Sebastian. However, in December came the announcement that Seville has withdrawn as host city, meaning that there is currently no host city for these Games in 2005.

Thus the competition – and possible cooperation – in Spain between the World Masters Games and our WMA World Championships no longer exists, enhancing our chances of a highly successful event in San Sebastian. The IMGA Board of Governors will, of course, now be seeking a new host city for the 2005 World Masters Games, but

Continued on page 20
International Scene
Continued from page 19
it is too early to speculate on where this will be.
Africa
The Africa Delegate on the WMA Council, Hannes Brooysen, of South Africa, has over the last several years been very hesitant to pursue development of masters athletics on this vast continent. We have a good stronghold in the southern nations, but individual athletes from various other countries. It has been difficult to raise an interest over the whole continent.
The WMA Council has decided to try launching a development program for Africa. At a meeting in November with IAAF and some Africa NGBs it was decided to use the 2002 Africa Veterans Championships in Mauritius as a starting point. Athletes from eight to 10 countries will be invited and, during the Championships, a seminar will be held on how a development program could be set up. We feel this is the only way to meet the athletes, and hope the initiative will lead to the development of masters athletics at least in some other parts of Africa.

Non-Stadia Championships
This year’s World Championships are the Non-Stadia Championships in Riccione, Italy, during the last weekend of May. As preparations continue, we have every reason to expect our own Non-Stadia World Championships ever with a great number of athletes in attendance. I trust that all those interested will visit the LOC web site at www.riccione2002.wma.org.

Stadia Championships
Our inspection visit in November to Puerto Rico, site of the 2003 World Championships - Stadia, showed that the LOC is doing a very good job. The organization has been established and most posts already filled by competent committee members. The WMA Council will hold its next Council meeting in Puerto Rico, the first week of March, during which final decisions will be made on a number of issues such as the daily program, transportation, entry booklet, etc. The mayor of the host city, Carolina, has promised that a new main stadium will be built to accommodate these Championships and we are creating our program accordingly.
I began this column with hopes and expectations for the new year. I will finish by saying that I hope to see many of you during the coming year and express here my best wishes to you all for a successful 2002.

WMA Women’s Committee Report
By MARINA HOERNECKE-GIL
WMA Women’s Representative
Several months have passed since the foundation of the WMA Women’s Committee, and I am very proud to say that it all is going well. Contact with Helen Tobin, Oceanica; Iris Menza, South America; Hella Kupke, Africa; Glory Barnabas, Asia; and Selma Turkkal, Europe, has been very frequent, and I am waiting for a reply from the North Central & America’s Indian delegate, Monica Tang.

My thanks to those who offered their help on behalf of the U.S., Suzy Hess, Beverly Vaek, Mary Rosado, and Ruth Anderson, and all others from the different regions. My suggestion to be in contact with the other women who are represented in other WMA committees, like Sandy Pashkin, Wilma Perkins, Barbara Dunsford, and Colleena Blair, was approved. Any other women who want to contribute should contact their area delegate, or me directly.

The delegates to the WMA committee know very well that this does not change the rules. The fact that I was the European Women’s Representative for ten years gave me the opportunity to meet a lot of other women, and I do not want to lose them as friends.
With the aim to present a good dossier in March, when the WMA Council meets in Puerto Rico, and hope the kindness and friendship.

WMA Regional Championships
LEON, MEXICO • August 20-24, 2002

WMA International Championships
SAN JUAN, PUERTO RICO • July 2-12, 2003

TRAVEL TOGETHER AND SAVE!!!!!!!
If you are not on our mailing list and wish to be, please mail, fax, or E-mail your address to Paul Geyer, Master Race Walker, at the address below. Packages will be to and from all destinations from USA and Canada. Side trips will also be offered.

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World Masters Athletics
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Pepper Galanti
Bahnstrasse 1
CH 8954 Kilwangen
Switzerland
Phone: 41-56-401-2311
Fax: 41-56-401-2319

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Cesar Moreno Bravo
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10000 Xochimilco, D.F., Mexico
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WMA web site: http://www.wma.org
Masters Scene

NATIONAL

Tolbert, 45, Montgomery
On the Week program is designed to recognize outstanding performers at all levels. A new honor is named each week and is posted at the USATF Web site. Selections are based on top performances and results from the previous week.

USATF NE Managing Director Steve Valtone was presented the Will Cline Award at the 25th annual Big Apple Jingle Bell Run, Boston, Mass. The award is presented annually by the event and Bill Rodgers Running Center for long-term service to the sport in the New England region.


The Thursday Racing Team, Methuen, MA, squad of Mike Cooney, 42,999, Paul Hammond, 42.82, Doug Martyn, 42.78, and Craig Fream, 43.66, established an M40-49 world indoor best of 17.51.3 for the 4x1600, Boston U., Jan. 5.

Kathy Martin, 50, Northport, NY, few to an overall female first 29.41, MacArthur Airport BK, Bohemia, NY, Nov. 18. Don DiDonato, M40, soared to the M40+ win in 27.05. Dennis O'Brien, rocketed to the M50 victory in 27.37. On Dec. 8, DiDonato, 27.12, and Eliseshe Rainer, W40, 30.12, rolled to roars 5, Snowball 5, Wantagh, NY. Division winners included O'Brien, M50, 27.51, and Betty Horstmann, W55, 35.32.

Don Lawson of Saltenburg MD, ran with a first overall 27.04, Jingle Bell Run for Arthritis BK, Reston, VA, Dec. 1. Chuck Moeser, 50, Sterling, VA, was third in 28.51. Julie Heyenga, 41, Ashburn, VA, clocked a second female 32.56, with Sandra Adams, 52, Winchester, VA, fourth in 33.55. Larry Dickerson, 70, Burke, VA, ran a 37.43. On Dec. 18, 27.2, Bryan Alfonso, 42, Clarkston, MI, took the M40+ contest in 35.06, with second-place 40+ Tim Emmett, 46, Royal Oak, MI, finishing in 35.13.

MIDWEST

Cassidy, 51, Northville, MI, broke 40.00 with a fourth female 39.56 to win the W40+ race, Thanksgiving Parade 5K, Dec. 2. Bryan Alfonso, 42, Clarkston, MI, took the M40+ contest in 35.06, with second-place 40+ Tim Emmett, 46, Royal Oak, MI, finishing in 35.13.

MID-AMERICA

Rose Monday, 41, 800 gold medalist (2:18.36), WABWA - Brisbane, carrying the Olympic torch, in San Antonio, Texas, on its way to the Winter Olympics in Salt Lake City.

Seaman, 51, was second M40+ in 16.33. Kathryn Benhardus, 54, led a strong trio of W50s to the finish with a 24.06.
USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are usually limited to age 50 and over. Long distance events generally open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. International & meets are usually limited to men over 40 and women over 35. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMM, P.O. Box 50098, Eugene OR 97405.

**TRACK & FIELD**

**NATIONAL**

**March 1-2. Masters Invitational Events at USATF National Open Indoor Championships, Armory Center, NYC. Women's 400 & Men's Mile only. Mark Cleary, Masters Coordinator, 949-589-0242, runmark@cox.net.**

**March 2-3. USATF National Masters Indoor Heptathlon Championships, Carthage College, Kenosha, Wis. Jeff Witty, 2430 77th St., Paddock Lake, WI 53168. jwitty@parkson.com.**

**March 22. USATF Masters Indoor Pentathlon Championships, Boston. Men: 603/236-0910; women: 603/549-6226; fax: 734-6322; www.usatf.org; email: office@usatf.org.**

**July TBA. USATF National Masters Decathlon & Heptathlon Championships, City TBA, NY. Jeff Witty, 2430 77th St., Paddock Lake, WI 53168. jwitty@parkson.com.**

**August 6-11. 35th annual USATF National Masters Championships, U. of Maine, Orono. Rolland Ransome, U. of Maine, Memorial Gymnasium, Orono, ME 04469. 207-581-1077; maine@trackfield@yahoo.com; http://www.usa.me.state.edu/track_field.html.**

**September 7. USATF National Masters Weight & Superweight Championships, West Seattle Stadium. Ken Weinbel, 4103 Hilcrest Ave. SW, Seattle, WA 98116. 206-932-3923; kweinbel@atb.com.**

**November 9. USATF National Masters Weight Pentathlon Championships, St. Amant, LA. Jeff Baty, 321 E. Josephine Ave., St. Amant, LA 70737. 225-644-6930.**

**EAST**

**February 3, 10, 23. LITF Indoor Meets, Nassau CC, Garden City, N.Y.; 10th-Suffolk CC, Brentwood, N.Y. 9:00 am. www.litf.org.**

**February 7, 21. Thursday Night at the Races, 16th St. Armory, Manhattan, NY. 212-923-1803, 312.**

**February 9. Boston U. Invitational Indoor, Boston, Mass. 617-353-2911.**

**February 10. U. of Maryland-PV Indoor Series, Prince George's Complex, Landover, Md. Tim Baker, 101-358-4426; tbake03@attglobal.net.**


**February 15. MAC Multi-Event Championships, 168th St. Armory, Manhattan, NYC. 718-358-6233.**

**February 17. USATF NE Open Championships, Harvard U. Masters separate sections if numbers warrant. Usatf@ix.net.com.**

**February 22. MAC Association O&M Championships, 168th St. Armory, Manhattan, NYC. 6:00 pm. Non-Association competitors welcomed. MAC, 718-488-5711 (9 am-5 pm Eastern). www.mac-track.org; Roz Katz, 718-358-6233 (7:00 am E).**

**March 1. LITF Indoor Meet, Suffolk CC, Brentwood, N.Y. 6:30 pm. www.litf.org.**

**March 3. USATF Long Island Indoor Championships, Brentwood, N.Y. 516-349-9157; Spolansky@aol.com.**

**March 5-7. MAC Indoor Championships, Suffolk CC, Brentwood, N.Y. 9:00 am. www.litf.org.**

**March 9. USATF Maine Championships, Bowdoin U., Brunswick, Maine. 50, www.usa.nsatu.org.**

**March 11. Maryland Senior Olympics Indoor Meet, Towson U. 6:00 pm. Non-state. Phil Adams, Sr. Olympics, Towson U., Unit 1939, Towson, MD 21222. 410-704-4546; www.towson.edu/seniors.**

**March 16. Philadelphia Masters Indoor Championships, Haverford College. 3:00 pm. phillymasters@netreach.com.**

**March 16. Potomac Valley Association Indoor Championships, Episcopal HS, Alexandria, VA. Tom Baker, 510-588-4426; tbake03@attglobal.net.**


**May 15-19. Long Island Senior Games, Suffolk Community College, Brentwood, N.Y. LIGS, PO Box 1024, Smithtown, NY 11787. 631-265-2966; fax: 625-5239; www.longislandseniors.org.**

**June 29. West Penn TCC Pittsburgh Mile, Carnegie Mellon U., Pittsburgh, PA. 9:00 a.m. John Harky, 348 Morris St., Clymer, PA 15728. 724-254-2369.**

**SOUTHEAST**

**February 10. Birmingham TC Indoor Mini-Meet, Birmingham, Ala. 205-942-0907.**


**March 9. USATF Minnesota Indoor Championships, Bethel College, Arden Hills. USATF MN Indoor Championships, 1115 20th Ave. NE, Minneapolis, MN 55418. 612-230-3063.**

**April 27. Drake Relays Masters Men’s Invitational Mile, Drake U., Iowa. Mark Cleary,.runmark@cox.net. Entry deadline March 31. Travel expenses for top 3 seeds; race purse structure determined in March. Entry standard 4:30 or better. European athletes welcome. Travel expenses will not be covered for foreign athletes above top 3 seeds.**

**SOUTHWEST**

**February 16. Texas Tech Indoor Meet, Lubbock, Masters/HS, Paul Johnson, 806-795-5226; fax: 795-5226; pjohn@12034@ol.com; www.dallasmasters.com.**

**March 30. Lions Waterloop Meet, Lake Travis (Austin), Texas. lionswaterloop@earthlink.net.**

**April 13. USATF Mardi Gras Weight Pentathlon, St. Amant HS, St. Amant, La. Per Dupre. Field day and air/drift. 718-358-6238.**

**March 9. USATF Minnesota Indoor Championships, Bethel College, Arden Hills. USATF MN Indoor Championships, 1115 20th Ave. NE, Minneapolis, MN 55418. 612-230-3063.**

**SOUTHWEST**

**February 19. Arizona Senior Olympics, continued on page 23**
**MIDWEST**
Illinois, Indiana, Kentucky, Michigan, Ohio, Wisconsin, West Virginia

**February 3.** Winterfest 5K, Kankakee, Ill. 815-949-1551.
**February 10.** Valentines 5K Run, Valparaiso, Ind. 219-548-3694.
**March 3.** Marathon, Northville, Mich. 248-347-4568; www.marinamarathon.com
**March 4-5.** LaSalle Bank Shamrock Shuffle 8K, Chicago. www.shamrockshuttle.com
**April 1.** West Bloomfield Marathon, W. Bloomfield, Mich. 248-738-2500; baldwks@twc.west-bloomfield.mi.us
**April 1.** Kentucky Derby Festival Mini-Marathon & Marathon, Louisville, Ky. 502-584-6383; kdf.org

**February 27.** Brooksville, Fla. 352-378-3370; brooksvillemarathon.com
**March 27-29.** Country Music Marathon & Half-Marathon, Nashville, Tenn. 615-862-6610; www.countrymusicmarathon.com
**April 16.** Coral Gables Half-Marathon & Half-Marathon, Miami, Fla. 786-365-2242; www.coralgables.com

**MID-AMERICA**
Colorado, Iowa, Kansas, Mississippi, Missouri, Nebraska, New Mexico, North Dakota, South Dakota

**February 2.** St. Paul Winter Carnival Frozen Half-Marathon, St. Paul, Minn. 651-223-4700; www.winter-carnival.com
**February 2.** Iowa City Winter Games 3K, Dubuque. Darrell Zinkle, 824 Soudan Ave., Dubuque, IA 52003. 563-582-6838.
**February 10.** Red Flannel 8K, Des Moines, Iowa. 515-471-8529.
**February 24.** Olympic Memorial Half-Marathon, St. Louis, Mo. 314-434-9577.
**March 10.** 33rd annual Long Distance Marathon, Half-Marathon, 5K, 5K Relay, & Relays, Brookings, S. Dak. Charles Roberts, 2034 Monarch Ln., Brookings, SD 57006; www.paliniridestars.com
**March 11.** Glass City Marathon, Toledo, Ohio. 419-385-7250; www.toledoroadrunners.org
**April 27.** Get-In-Gear 10K, Minneapolis, Minn. 612-722-9004; www.getingreat10k.com

**SOUTHWEST**
Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**February 2.** Rocky Racoon 100 Mile Trail Run, Huntsville State Park, Texas. Mickey Rollins, 19B Country Lane, Unit 2, Pipe Creek, TX 78073. 830-535-6492.
**February 3.** JAM Half-Marathon, Austin, Texas. 512-984-RACE; www.jamaustin.run
**February 9.** Conoco Rodeo 10K, Houston, Texas. 281-293-2447.
**February 9.** Nextel Marci Gras Mask 10K/Louisiana Senior Olympics, Baton Rouge. LA BIS Area Foundation, 2250-382-3596; www.bis.org
**February 17.** Nokia Sugar Bowl Mardi Gras Marathon & Relay, Half-Marathon, & 5K, New Orleans. 504-454-8607; www.mardigrasmarathon.com
**February 17.** Motorola Marathon, Austin, Texas. 877-601-6686; www.MotorolaMarathon.com
**February 23.** Cowtown Marathon & Relay, 10K, & 5K, Fort Worth, Texas. 817-735-2033; www.cowtownmarathon.org
**March 9.** Bayou City Classic 10K, Houston. 713-785-3917; www.baynacityclassic.com
**April 7.** Austin American-Statesman Capitol 10K, Austin, Texas. 512-445-3598; statesman.com/capitol10k
**April 21.** New Orleans Marathon. 504-443-2400; neworleansmarathon.com

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

**February 28.** Super Bowl Dash 10K & 5K, Olympia, Wash. 360-273-6490; www.ontherun.com
**February 10.** Truffle Shuffle 4 Mile, Eugene, Ore.
**March 24.** Mercer Island Half-Marathon & 8K, Mercer Island, Wash. 206-236-5323; x920; www.RaceCenter.com

**NATIONAL MASTERS NEWS**

**February 2002**

**INTERNATIONAL**
February 24. Marathon, Buenos Aires, Argentina. 54-223-4891971; veteranos@yahoo.com
February 24. Rome Marathon. 800-444-4997; www.romamarathon.com
April 7. Paris Marathon. 800-444-4997; www.parismarathon.com
April 14. London Marathon. 800-444-4997; www.marathon.com

**May 24-26.** WMA Non-Stadia Championships, Riccione, Italy (s. of Venice). www.riccione2002.com

June 12. Bruges Veterans Race, Brugge, Belgium. Jacques Serruys, Kammerstraat 37, 8000 Brugge, Belgium. 050-53-3417; evaa.serruys@skynet.be

**RACEWALKING**
February 2. All American City 10K Judged Run, Edinburg, Texas. 956-381-5631.
**February 10.** Connecticut Racewalkers Indoor Mall 3K Championships, Westfield Shoppingtowne, CT Post Office, Milford. Gaz Davis, CT Runners, 203-795-6441; gdavis@pol.net
**April 7.** USATF Missouri Valley 5K & 20K RW Championships, Columbia, Mo. 573-6675.
**April 29.** Regional 10K RW Championships, Seattle. Bev LeVan, 206-524-4721; bevlaveck@aol.com
**May 5.** USATF National Masters 30K RW Championships, Sacramento, Calif. www.usatf.org
**June 2.** USATF National Masters 15K RW Championships, Evansville, Ind. Mike Hudson, Southern Indiana Runners, 1005 Meadowbrook Dr., Evansville, IN 47712. 812-477-0304; 812-477-5836.
**August 8-11.** USATF National Masters 50K & 100K (11b) RW Championships, Orono, Me. See National T&P Schedule.
**September 1.** USATF National Masters 40K Championships, Rockport, Mass. N.J. Elliott Denson, Shore AC, 28 N. Locust St., W. Long Branch, NJ 07764. 732-222-9080; elliottd@verizon.net
**September 21.** USATF National Masters 5K Championships, Kingston, Tenn. Bobby Baker, 318 Twin Hill Dr., Kington, TN 37660. 423-349-6405; bbaker@preferred.com
**September 28.** USATF National Masters One-Hour RW Championships, St. James, N.Y. Michael Roth, Walk USA, 185 Lake Ave., St. James, NY 11780. 631-584-9824; mroth@ix.netcom.com
**October 20.** USATF National Masters 20K Championships, Coconut Creek, Fla. Dan Koch, Florida AC, 3331 N.W. 22nd St., Coconut Creek, FL 33066. 954-970-9634; fax: 954-0382; racewalker@cyberagency.net
ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, FEB. 2002

<table>
<thead>
<tr>
<th>AGE</th>
<th>GROUP</th>
<th>NAME</th>
<th>RESIDENCE</th>
<th>BIRTHDATE</th>
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<tr>
<td>50-54</td>
<td>Women</td>
<td>ANTONELLA CAPPIOTTI (ITA)</td>
<td>ANTWERPEN (EUGENE, OR)</td>
<td>2-14-62</td>
<td>40-44</td>
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<tr>
<td>55-59</td>
<td>Women</td>
<td>CHERYL ALSTON (PLAINFIELD, NJ)</td>
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<td>2-27-62</td>
<td>45-49</td>
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<tr>
<td>60-64</td>
<td>Women</td>
<td>REGINA JORDAN (JINNITOWN, CA)</td>
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<tr>
<td>65-69</td>
<td>Women</td>
<td>CLAUDIA KASENIORLANDO (FL)</td>
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<td>2-7-75</td>
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<tr>
<td>70-74</td>
<td>Women</td>
<td>LYN BRUBAKER (SACRAMENTO, CA)</td>
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<tr>
<td>75-79</td>
<td>Women</td>
<td>CAROL FRANZ (AUSTIN, TX)</td>
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<tr>
<td>80-84</td>
<td>Women</td>
<td>JENNIFER CUNNANE (GER)</td>
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<tr>
<td>85-89</td>
<td>Women</td>
<td>HEITZ (NORCROSS, GA)</td>
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<tr>
<td>90-94</td>
<td>Women</td>
<td>TAMARA KOBAT (UKR)</td>
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<td>95-99</td>
<td>Women</td>
<td>MICHAELA SEEBERGER (NED)</td>
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<td>100+</td>
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<td>YASUO SUZUKI (JPN)</td>
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<tr>
<td>110+</td>
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<td>DAVID WALLIS (BEL)</td>
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<td>2-27-100</td>
<td>95-99</td>
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Note: The 55m and 60m indoor hurdle races use the same heights, distance to first hurdle, and distance between hurdles as the outdoor hurdle races for the respective age groups. For all age groups indoors, 5 hurdles are run.
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