Boston to Host Its 8th Indoor Nationals

For the eighth year in a row, masters athletes will head for Boston’s Reggie Lewis Track & Athletic Center to compete in the USA Track & Field National Masters Indoor Championships on March 26-28.

In the 2003 Championships, 758 athletes broke 16 world and 30 national age-group records at the Lewis Center, which features a lightweight banked 200m Mondo track, with a nine-lane straightway in the center for the 60m and hurdles. The star of the meet was Leonore McDaniels, Virginia Beach, Va., who set W75 world records in the high jump, pole vault and triple jump.

Competition in five-year age groups

INSIDE:

- World and USA Indoor T&F Records – pages 13-16
- Rock N’ Roll Marathon – page 12
- 2004 Schedule – page 20

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Simonaitis, Naumova Top Masters in Rocket City Marathon

By JIM OAKS
HUNTSVILLE, Ala. – Dennis Simonaitis, 41, closed out 2002, his first year as a master, with an impressive overall win at the Huntsville Times Rocket City Marathon. On December 13, 2003, he returned to Huntsville from his home in Draper, Utah, to see if he could work his magic over 26.2 miles again.

Rocket City, in its 27th year, has attracted an outstanding masters field each year and this year Simonaitis was joined by the legendary Russian master Andrey Kuznetsov, now 46, and Christopher Toepfer, 41, of Chicago. In the end, Simonaitis was by far the strongest of the three, taking the masters title in 2:22:40, only 38 seconds slower than his overall win the previous year. Kuznetsov finished in 2:27:23, and Toepfer was close behind in third in 2:27:42.

There was no real contest among the masters women as Russian Alevtina Naumova, 42, was the overall women’s winner in 2:44:25. She finished almost nine minutes ahead of the next woman and second master, Cheryl Boessow, 43, of Birmingham, 3:04:56.

Simonaitis followed the same game

Raschker Finalist for Sullivan Award

Philippa (Phil) Raschker, 57, was among the 12 finalists announced Jan. 5 by the Amateur Athletic Union for its 74th Annual James E. Sullivan Award, which recognizes the top amateur athlete in the nation. Raschker was nominated by the National Senior Games Association under Masters Track & Field. She becomes the first track & field athlete over the age of 40 to be nominated for the award.

Among the other finalists were Lebron James (basketball), Rickie Weeks (baseball), Diana Taurasi (basketball), and Jason White (football).

In 2003, Raschker won numerous USATF Masters and National Senior Games titles, setting W55 age-group records in the high jump, indoor heptathlon, pentathlon, and 60mH. In the 15th WMA Championships in Puerto Rico, she won five gold medals in the heptathlon, 80mH, 400m hurdles, pole vault, and triple jump.

Over a span of 23 years, Raschker has won more championships on the international and national level than any other masters track & field athlete. She has been voted Outstanding Female Athlete of the Year 13 times by the USATF Masters T&F Comm.
COMBINED-EVENTS SCHEDULING
From 1984 to 1988 outdoors, and for more years from 1985 to 1997 indoors, the National Masters Pentathlon was held at a time and place separate from the National Masters Outdoor and Indoor Championships. I believe that the issue of holding the pentathlons as separate, standalone events needs to be revisited.

Combined-events athletes compete full bore on Thursday during the pentathlon at the outdoor championships and on Friday at the indoor championships. Being the driven fanatics that they/we are, they compete in individual events during the next two to three days at a greatly diminished capacity, certainly not on an even playing field with those individual event athletes who did not compete in the pentathlon.

So the pentathletes get to choose between a mediocre performance, sensibly not contesting an event in which they would otherwise be highly competitive, and/or getting injured. A prime example of such a combined-events athlete who would be highly competitive in individual events and should be allowed to do so on an even playing field is Emil Pawlik, 660, in the hurdles.

An argument put forth by those who want to combine the pentathlons with the individual event championships is that it is more expensive for two trips and two plane tickets rather than one. That argument carried to its absurd conclusion would dictate that we combine all outdoor championships into one continuous championship at one site, i.e., having the decathlon/heptathlon, outdoor championships, pentathlon, weight pentathlon, weight and superweight on successive days. Even better, they could be held simultaneously to save hotel costs.

This scenario would cause participation to fall precipitously, to say nothing about injuries to which older athletes are already more prone.

Richard Watson by e-mail

We Welcome Letters
- The National Masters News welcomes letters on topics of general interest. Our length limit is 250 words.
- Letters submitted to Write-On should include your full name, signature, address, and daytime telephone number. Information other than your name and city in which you live are kept confidential.
- E-mail submissions same as above. E-mailing, of course, does not obviate the above. Keep it short. Concise letters developing a single theme are more likely to be published.
- Please type and double space.
- Letters are condensed and edited.
- Not all submissions are published.

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

Send to: National Masters News, P.O. Box 50098, Eugene, OR 97405

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Sustainers for February 2004
Periodically, NMN publishes a list of “sustainers,” those who help the National Masters News and masters athletics by making contributions. These extra funds allow us to publish more photos, deeper results, an in-depth schedule section, and more. We are grateful for the support of masters athletes.

Special thanks this month go to:
- Gary Bass
- Bill Benson
- Bill & Jeanne Drapanos
- Vernie Holland
- Betty Jarvis
- Gordon Seiferth

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Valley Stream, New York
Fayetteville, Georgia
Cleveland, Ohio
Pine Bluff, North Carolina
Birmingham, Alabama

By e-mail: natmnews@eol.com

DENIS DAILY
The winning Wolfpack RC M60-69 team (l to r): Jerry LeVasseur (24:06), Bill Borla (19:37), and John Dugdale (22:12), 2003 USATF National Masters SK Cross Country Championships. The win is the team’s third in a row at the SK Championships.

During his 21-year tenure at USC, Vern not only won seven NCAA National T&F Championship titles, he was also a gifted masters participant and a National T&F Hall of Fame enshrinee.

The meet will be held on the USC campus, starting at 10:00 a.m. with a welcome ceremony. We have invited the Armed Services to attend. Their members will compete in a 3-mile and 4x100 relay. The USC ROTC will present colors and provide a trumpeter for our National Anthem.

For masters, in addition to medals, the outstanding age-graded performance by a man and woman will be awarded USC commemorative watches.

We have an outstanding program planned. Our meet director is Robin Paulsen, and USC T&F coach Ron Alice will be in attendance. We guarantee a first-class meet.

We would like to invite all masters to sunny Southern California to enjoy the warm climate and see the sights. See our ad on p. 12 for specific details, or log onto www.trojanmtc.com for further information.

Hank Kraychir
Los Angeles, California

COURAGE AND ADVERSITY
Mike Tynn makes an interesting point in his Third Wind column (Jan. NMN) when he discusses the trivialization of the terms “heart” and “courage” when it comes to reporting on sports.

My most hated term in sports is “adversity,” often used by a coach or player whose team or teammate has suffered a slight hamstring pull that is going to keep him out of the Big Game. Here’s the quote: “If you want to win, you have to learn how to overcome adversity.” Come on, guys. Half of those overpaid buffoons don’t even know how to pronounce the word, much less understand what it means.

My idea of adversity would be a 42-year-old mother of two who is confined to a wheelchair because of multiple sclerosis and her husband just divorced her. Or some variation on that real-life theme among people on the bottom rung of our society who have a true appreciation for what the word means.

Hal Higdon
halhigdon@comcast.net
www.halhigdon.com

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Hal Higdon
halhigdon@comcast.net
www.halhigdon.com
Elections ... Time to Look to the Future

Now that the annual meetings are over, people are beginning to think about the important election of officers that will take place at our 2004 annual meeting next December in Portland, Oregon.

At this year's meeting, Phil Byrne agreed to head up a committee to accept nominations for this election. Even though it is called a nominating committee, they will not be putting out a slate or recommendation. They will pass on names for different offices to the Masters T＆F Committee at the meeting. Nominations are also permitted from the floor.

It is not too early for people to start this process. The elected offices are serious positions requiring, in most cases, a significant amount of work. I encourage potential candidates to contact the present officers to find out what they do and whether they enjoy their position or not. These positions are not what they might seem from the outside and, in most cases, a great deal of work has to be done.

Useful Skills

I know that our present treasurer, Frank Luth, will not be running for office again due to business commitments. Frank has been a great treasurer and will be hard to replace. His background as a CPA was invaluable.

Matt Kipelainen, of Michigan, broke the M55 indoor pole vault world record (4.10) on Feb. 15, 2003, strongly encourage others with similar backgrounds to consider running for this position.

I am not sure if our present secretary, Bob Cahners, wants to continue in that position, although I think he has refined the process to a science with the use of transcription equipment and services. I hope he will run again.

Teamwork

I don't think one can understand the requirements of an elected position until he or she works closely with the person in that position. I thought I understood it before I ran because of the close relationship I had with Ken Weinbel. However, it wasn't close enough for me to really understand the demands of the position.

In the business world, a company would have to pay at least $100,000 to the individual doing the job. Not, of course, that I am suggesting we should pay the Chair.

Business Expertise

I ran a ticket based on my business experience. But this is not a business! It's really very much like the United Nations. Everybody wants to vote on everything, it seems. I really didn't figure this out until our last annual meeting. I guess I am a slow learner.

I would also recommend that a candidate for the Chair be someone who has attended and participated in more than a couple of annual meetings. This is where we conduct most of our year's business. Did I say business again?

I will run again if the Committee wishes me too. I also would be happy to defer to an outstanding candidate who might want the job.
Third Wind

By MIKE TYMN

M

ay 6th will mark the 50th anniversary of the first sub-4 minute mile. It was on that date in 1954 that Roger Bannister recorded a 3:59.4 on the Iffley track in Oxford, England, thereby breaking through a barrier that many thought impenetrable.

On a trip to the UK during August, I was on my way from London to Glasgow via Hay-on-Wye in Wales when I approached Oxford and decided to pull off the highway, drive into town, and search for the track on which Bannister made history. I couldn’t remember the name of the track and so asked several young shop clerks in downtown Oxford where I might find the track on which Roger Bannister first broke four minutes. In each case, the shop clerk reacted with a puzzled expression. “Roger Who?” I shook my head in dismay and, running behind schedule, continued on my way to Wales without finding the track.

Although his name may not be remembered by many of younger generations in his own country, the legacy of Roger Bannister and the mystique of the four-minute mile live on. In Bannister and Beyond, recently published by Breakaway Books, author Jim Denison does an outstanding job of capturing the essence of the mile challenge. The book contains interviews with 21 men who have broken four minutes. They include everyone from John Landy, Herb Elliott, and Peter Snell, on through Jim Ryun, John Walker, and Steve Scott, and on up to William Tanui, Marko Koers, and Noah Ngenny.

Reflections on Sub-Four

“I wanted all five decades of sub-four milers represented, and not just runners from Anglo countries, either, even though I was limited to English speakers,” Denison informed me by e-mail from his home in Exeter, England, where he writes for Athletics Weekly and teaches sport journalism at De Montfort University. “As the emphasis of every interview was on a person’s first sub-four, I thought hearing stories from guys who did it just once might be interesting, too, especially as they reflect back on why only once.”

Taking nearly two years to complete the book, Denison most enjoyed the stories from the 1950s and 60s. “The sport was so different then,” he explained. “I liked hearing about those less professional days and how they trained and had to learn so much as they went along. It wasn’t like today, where science and professionalism really dominate.”

Notably missing is an interview with Sir Roger himself. “Believe me, I tried,” Denison said. “I wrote three letters requesting some time and he wrote back three very polite refusals.”

Denison has heard from others like Sebastian Coe and Steve Cram that Bannister is apparently embarrassed by all the fuss over the 50th anniversary of his achievement and “doesn’t want to add to the noise.”

As Denison pointed out, much has been written about Bannister’s pursuit, including his autobiography, so there is probably not much to add. A 4:32 miler at Iona Prep in New Rochelle, NY, Denison lowered his personal best to 4:07 while at Fordham University. Several years later, while attempting to qualify for the 1988 U.S. Olympic trials at 1500 meters, he clocked 3:44, the equivalent of a 4:01.5 to 4:02 mile, but fell two seconds short of meeting the qualifying time.

Mindset

“Before this book, I always thought about the physical aspects of breaking four and the importance of putting in the right workouts,” Denison offered. “But talking to all these great milers made me see that the mindset that’s needed to break four is hugely important. It seems to me now that running under four is more a concentration thing and looking into that pace and simply not stopping despite the moments of doubt you’re bound to have. That takes a lot of confidence on the one hand and the ability to relax on the other.”

Denison has concluded that any runner who can run near 50 seconds for 400 meters and has a fair amount of endurance probably has the physical talent to break four minutes. “But they need to get into the right moment to make it all happen, and I see now how that’s pretty hard and probably doesn’t occur too often over a runner’s career.”

As Denison sees it, running is an art form. “I love the motion and feeling of running more than anything to do with times and results,” he mused. “And to me, this is a type of personal expression, which essentially is what art is. The sense of exertion is something else that I find pleasing. I love all endurance sports, like cycling, swimming, cross country skiing, and I do them all regularly, in addition to running.”

What most stood out for Denison in interviewing 21 subjects were the differences between them. “Everyone really had his own unique story to tell,” Denison ended. “In writing the book I primarily paid attention to those unique qualities and tried to bring them out in each chapter. I hope that comes across.”

It certainly does. Denison has definitely broken four with this book. 

Sunmart Endurance Runs

Continued from page 1

runner field into a comfortable lead. But by around eight miles, Harrington started to show signs of fatigue and Terris felt it was time to strike out on his own.

"Jim and I went out with a relaxed pace the first six miles or so, just talking and running relaxed," said Terris, a veteran of the U.S. Air Force. "Neither one of us had any particular strategy, so when we hit the turnaround point on the first lap, Jim seemed to slow down a bit, and I moved into the lead."

Things went very well for Terris as he enjoyed the euphoria of a solo lead by over three minutes on Harrington. But as he completed the first half of the final 12.5-mile loop, disaster almost struck.

"From out of nowhere, my left calf started to cramp up," Terris said. "I decided to stop and stretch it out every few miles so I could finish the race. It feels really good to get a win in my first race as a master."

Donna Steams, 50, Sugar Land, Texas, was the women’s masters winner in the 50K race at 4:45:40. The women’s 50K was ably paced by Liza Hunter-Galvan, 34, San Antonio, who set a new course record by over six minutes with a winning effort of 3:35:48.

The 50-mile race also played witness to another fine masters performance by Connie Gardner, 40, Medina, Ohio. Gardner wasn’t able to defend her 2002 title against Traci Amundson, 29, Duluth, Minn., who won in 7:16:40, but still posted a notable time in snaring the runner-up slot and the 40+ win in 7:37:10.

"My legs were just dead, probably from over-racing," said Gardner, recently named the top women’s ultra runner of 2003 by the Mountain/Ultra/Trail Council of USA Track & Field. "I’ve done seven marathons and 12 ultras this year alone."
**Boston Preview**

Continued from page 1

is open to all men and women age 30+, including non-U.S. citizens. Relay teams compete in ten-year age brackets.

No qualifying is necessary to enter. The only requirement for U.S. citizens is USATF membership, available at the site. Non-U.S. citizens compete as guests, and receive duplicate awards but are not "Champions" and do not displace U.S. citizens.

Entry deadline without penalty is March 15. No entries or changes will be accepted after March 22. Indoor implements will be supplied. There will be no 27" hurdles.

The meet also includes the National Pentathlon Championships on Friday, the 26th, starting at 8:00 a.m., with more events at 2:00 p.m. The schedule continues on Saturday and Sunday with a full slate, including the 60H, mile, superweight, two relays, and 3000 racewalk.

The Championships entry form with the schedule and other important information, including special hotel rates, was published in the January NMN. Additional information is available at www.usatfn.org, and 617-566-7600.

A social/dinner is planned for Thursday night. More details and a list of entrants will be posted beginning on March 1 at the Web site.

The USATF New England Association is presenting the meet, under the administration of past directors Steve Vaitones and Phil Byrne.

---

**19th ANNUAL MEET OF CHAMPIONS**

**SOUTHERN CALIFORNIA STRIDERS**

**TRACK & FIELD CLUB**

**CALIFORNIA STATE UNIVERSITY AT LONG BEACH**

**SATURDAY, MAY 8, 2004**

**ENTRY FEES:**

- $12 first event, additional events $6. Relay teams free.
- After deadline, or at meet $15 first event, $7 per additional event.

**DEADLINE:**

May 1, 2004

**DIVISIONS**

Men & Women: Submasters (35-39) and masters (40+) compete in 5-year age groups.

**AWARDS:**

- 2" medal with red, white & blue ribbon for 1st, 2nd & 3rd.
- Additional events: Relays teams free.

**FACILITIES:**

- 8 lane artificial turf track, concrete throwing rings.

**NOTE:**

- This event is sanctioned by USA Track & Field.
- 2004 registration required (available at meet for $20).

**DIRECTIONS TO CSULB:**

- Exit 405 freeway at Bellflower Blvd. Go south to Alondra. Left (east) to Kenneth. Right into parking lots. Track is on left behind parking structure. Parking in lot #4 is free. Otherwise, be prepared to pay $1.75.

**Schedule**

**Track Events**

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<td>300/400/500 meters hurdles</td>
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**Field Events**

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<td>11:00 am</td>
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<td>12:00 pm</td>
<td>Discus throw &amp; long jump</td>
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**Entry Form (Please Print)**

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<td>Make checks payable to So. Calif. Striders and send to Hugh Cobb, 3180 Camino Amigo, Carlsbad, CA 92009 – Phone 760-436-7696. Inquiries may also be directed to Al Escobedo at 714-528-1443.</td>
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**WAIVER** – In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors or administrators, waive and release forever any and all rights, claims or damages I may accrue against California State University at Long Beach, the Southern California Striders, USATF, the meet director and all sponsors of the track & field meet, their successors, representatives and assigns for any and all injuries which I may suffer while traveling to and participating in the MEET OF CHAMPIONS to be held May 8, 2004 at California State University at Long Beach. I certify that I am free from harming injuries or physical defects.

**Signature**

**DATE**

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**28th Annual Ogden Newspapers 20K Classic**

**SATURDAY, MAY 29, 2004 • 8:00 a.m.**

**Wheeling, West Virginia**

**Ogden Mile**

(America’s fastest mile-downhill)

Fri., May 28 • 7:15 p.m.

**Ogden Newspaper 5K Run and Walk for Health**

Sat., May 29 • 8:30 a.m.

---

**Fee Schedule for the 20K Run or Walk**

- Entry Fee $22.00
- Applications received after May 17 $26.00
- Applications received May 28 & 29 $30.00

For Information and online registration visit the web site at: Ogden20Kclassic.com
Metatarsal Pain

One of the more common complaints of masters runners, is pain across the balls of the feet. This is probably one of the most misunderstood injuries and is often misdiagnosed.

Metatarsal refers to a pain across the bottom of the metatarsal head area or the balls of the feet. This can be across the board or isolated to just one or two metatarsal heads. These are quite painful and limit the ability to sprint or run long distances.

In general, as we age, we lose the protective fat pad in the ball of the foot. This is the device that cushions shock and protects the metatarsal head and joint areas from the trauma of running. Often, the fat pad shifts forward, leaving the metatarsal head area prone to injury. Synovitis and joint swelling can also occur in this area with a dropped metatarsal and hammertoe formation.

Several foot types are prone to this condition. One is the high arch foot, where excessive force is shifted forward on the balls of the feet. Another is the Morton's type of foot with a short first metatarsal, that shifts weight to the other metatarsal head areas. The pronated foot has also been implicated in this injury.

The first line of defense against this problem is to obtain the proper training flats. One will have to shift to a highly cushioned foot shoe. This will dissipate some of the shock while running. Obviously, avoid concrete surfaces and switch to a soft running surface such as dirt or grass.

Those with biomechanical difficulties will need a custom orthosis specifically molded for this condition. This will distribute weight evenly across the foot. Achilles stretching also helps reduce stress to the forefoot area.

In severe cases with joint swelling and distention, we advocate the use of a non-weight bearing cast and crutches for 3-6 weeks or until the swelling has dissipated. Surgical correction may be considered only in severe cases. 

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question e-mail Dr. John Pagliano at: the footbeat@aol.com)

Sunmart Endurance

Continued from page 6

Dave Mackey, 34, Boulder, Colo., who was last year’s 50K champion, moved up to the 50-miler this year and finished second in 5:58:54 behind overall winner Marcio Oliveira, 35, Santos, Brazil. Oliveira, a former soccer player, finished at 5:33:42. Defending 50-miler champion Yiannis Kouros, 47, of Greece, took the masters crown in 6:36:03.

This year’s Sunmart events drew over 1000 competitors from 38 states and six countries and continues to be the largest ultra event in the United States. 

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Mardi Gras and Running. Who could ask for more? The 6th Annual Nextel Mardi Gras Mambo 10K and 1 mile Fun Run February 21, 2004

$5000 PRIZE MONEY $5000
A $2,500 total cash purse to be awarded!

Run the Nextel Mambo and Receive: Cost is $12.00 Pre-registered
Collector’s Long Sleeve Race T-shirt (Entries postmarked by 2/14/04)
Mardi Gras Beads and Throws $ 15.00 February 15th – 20th
Free Jambalaya $ 18.00 Race Day
Free Coca-Cola or Budweiser

Stay at the premier downtown headquarter 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.

The Baton Rouge Area Sports Foundation and Club South Runners are hosting the 6th 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. Contact us at 225-382-3596 or visit www.brasf.com for more info and race form.
Rocket City Marathon

Continued from page 1

plan as the previous year - stay with the lead pack, draft off the younger runners and go for the win in the last miles if possible. In 2002, no other runner was capable of the 2:22 pace he ran, but Englishman Michael Green, 27, wanted to break 2:20 this year and he was almost capable of that mark, winning the race in 2:20:25.

"I knew I was probably running as fast as I could and finished strong," Simonaitis told Huntsville Times reporter Bruce McLellan. "If I had pushed it much more, I knew I could jeopardize the last few miles and really crash and burn."

Rocket City closed an outstanding year for Simonaitis during which he won two national masters titles and was second only to Eddy Hellebuyck in two others.

In early May, he won the U.S. 25K championship at the River Bank Run in 1:20:47, and later that month in Wheeling, W.V., took the 20K title at the Ogden Classic in 1:05:25. On successive weekends in October, he was second U.S. master (30:53) at the Heritage Oaks 10K, the USATF National Masters Championship, then ran 2:23:23 at Twin Cities to finish as second U.S. master.

He was the top U.S. master at the Peachtree 10K in July, running 30:06 and finishing 18th overall. In August he was the first U.S. master at three noted races: the Beach to Beacon 10K (30:24) in Maine, the Falmouth Road Race in Maine and the Crim 10-Mile (50:21) in Michigan.

"It's been a very full year of racing, with a lot of traveling," he said. "It came together well."

For his final effort in Huntsville, Simonaitis earned $1500 for the masters title and collected an additional $1000 for second place overall.

In addition to Kuznetsov ($750 for second master and $250 for fourth overall) and Toepfer ($250 for third master and $520 for fifth overall), three other male masters won $250. Dave Johnson, 47, Hastings, Neb., was fourth in 2:35:36; Stuart Galloway, 42, St. Catharines, Ont., Canada, was fifth in 2:39:40 and Stephen Bolt, 48, College Grove, Tenn., was sixth in 2:41:15. Bolt was the overall winner of this marathon the first two years (1977, ’78) it was held.

Bolt and Simonaitis were not the only former winners taking prize money. Naumova and Boesow had won here before. Naumova came to Huntsville in 2001 soon after her 40th birthday and not only won the race but

Continued on page 10

5th ANNUAL SADDLEBACK MASTERS’ MEET

Saturday, March 6, 2004 @ Saddleback College, Mission Viejo, CA

AGE: 30+ for men and women, 5 year age groups

DIRECTIONS: Located between I-5 & San Diego (5 Frey, Exit Avery). 15 minutes south of Orange County Airport.

FACILITIES: New urethane track, runways, javelin approach, high jump apron. AWARDS: Medals to first three.

ACCOMMODATIONS: Many hotels/motels and restaurants within 5 miles of campus.

ENTRY FEES: $20 for first event (includes "T" shirt), $5 per each additional event, and Family Relay is free.

LATE ENTRIES: Accepted on the day of the meet, but you must enter at least one hour prior to events to insure entry. No late fee if entry received by March 1st.

NO REFUNDS: All proceeds go to Saddleback College Foundation and used for new track equipment & scholarships.

USAFT Sanctioned Meet. You must have 2004 USAFT Card.

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>&quot;X&quot; Events</th>
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<tbody>
<tr>
<td>10:00 am</td>
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<tr>
<td>12:00</td>
<td>Shot Put</td>
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<tr>
<td>2:00 pm</td>
<td>High Jump</td>
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<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tr>
<td>12 noon</td>
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<td>12:45 pm</td>
<td>60m Hurdles</td>
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<td>1:15 pm</td>
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<td>1:25 pm</td>
<td>100m Men</td>
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<tr>
<td>1:45 pm</td>
<td>1500 Women</td>
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<td>1:50 pm</td>
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<tr>
<td>2:10 pm</td>
<td>300 Women</td>
<td></td>
</tr>
<tr>
<td>2:20 pm</td>
<td>300 Men</td>
<td></td>
</tr>
</tbody>
</table>

Order of Events: Women then Men, Oldest to Youngest, except 5K, which is combined.

Registration fee: $20, (includes 1st event). # of additional events ________ x $5 = ________

Total Amount Enclosed $______

(CHECK PAYABLE TO: SADDLEBACK COLLEGE FOUNDATION.)

Mail Entry with check: Saddleback College Athletic Dept., 28000 Marguerite Pkwy, Mission Viejo, CA 92692

Att.'s: Mark Blethen Questions? Contact Mark (949) 582-4640

(Note: NO REFUNDS)

ENTRY FORM

NAME_____________________________ SEX: M _ F _ AGE _ DOB __________________________

ADDRESS________________________ CITY______________________ ZIP____________________

PHONE ( ) ________________________ FAX ( ) ______________________ E-MAIL________________

2004 USAFT # __________________________

T-SHIRT SIZE: (Circle size of shirt) M _ L _ XL _ XXL ______________ AMOUNT ENCLOSED: $______

PAYABLE TO: SADDLEBACK COLLEGE FOUNDATION.

MAIL TO: Saddleback College Athletic Dept., 28000 Marguerite Pkwy, Mission Viejo, CA 92692

Att.: Mark Blethen

You may contact Mark Blethen at (949) 582-4640

ATHLETE’S WaIVER: In consideration of your acceptance of my entry, I hereby for myself and executors waive, release and forever discharge any and all claims for damages which I may have, or may hereafter accrue, against Saddleback College, the meet directors, field officials, volunteers, and all other sponsors and sports facilities or their officials or agents. I certify that my level of training is such that I am prepared to compete and recognize the right of any duly authorized members of the medical staff to require my withdrawal from competition, and will do so if directed.

Athlete’s Signature ______________________ Date ______________

Coaching/Training List to be Updated

An updated Masters Coaching/Training list will be published in the March issue. The list contains contact information of individuals and groups who offer coaching and training advice to masters men and women in track & field, long distance running, and racewalking.

Additions and changes should be sent to Coaches, National Masters News, P.O. Box 50098, Eugene, OR 97405; by fax: 541-345-2436; or to natmanews@aol.com before the February 10th deadline. □
Shin Pain With Ray Sharp

By ELAINE WARD

Ollie Holste, M65, introduced the subject of shin pain on the Internet Race Walk List. He wrote, "Normally, for short races, I warm up 3-5km just to get the shins ready. For long distance races, I don't warm up that much so my shins kill me during the first 3-4km. How does one warm up for a long race?" Ray Sharp shares his insight and experience as one of the top national athletes in the 1980s. The following is based on his answer to Holste.

In my case, pain along the front of the lower leg beginning in the ankle area and radiating upward, was fairly common. It happened (1) early in my career, (2) when I was increasing mileage significantly, (3) when starting training after a layoff, and (4) any time I tried to walk too fast without a proper warm-up. The typical walker's pain is attributed to inflammation of the anterior tibialis, the largest muscle on the outside front of the lower leg.

Basically when you begin to work out, blood goes to the big muscles first (but, thighs, calves, arms, etc.) because they have to do the work. It takes a while for good circulation to get to the connective tissues and the little muscles that do things like hold your toes up when your heel strikes. That's why a thorough warm-up takes either 10-20 minutes of slow to moderate walking, or some exercises and stretching that increase circulation to the joints and muscles through their full range of motion, or both. More time may be needed for more intense or faster workouts.

Usually you want to progress gradually through slow walking to moderately paced walking with good form in order to increase circulation. Then proceed to some light static stretching (yoga-like poses with no bouncing and relaxed breathing). Finally do more intense work like dynamic (moving) stretches, walking form drills and accelerations to race pace. This is all well known and each athlete develops a warm-up routine over time by copying what others have found successful.

Shins and Ankles

I used to take aspirin before races in the early '80s. This caused vomiting - not recommended. When I discovered Ibuprofen in 1986, my performances got a lot better. It is really good at reducing inflammation and pain. Use in moderation and never when you are dehydrated.

If you need to take pills every day, you are not solving anything. Ice is very important after any workout when there is pain or stiffness. Move the ice along the entire affected region for 10-15 minutes.

A good stretch for the ankles: Do it several times during the warm-up. Sit on your shins with toes pointing straight back, not to the side. Lean back to increase the stretch. If your quads and shins are loose, you may be able to lie all the way back. Also, stretch the ankles by working them through all their motions, circles, etc.

Time Out

When pain starts during the walking warm-up, sit right down on the ground and do the lie-back stretch again for a few seconds as often as needed. When you stretch, you are allowing more blood to get into the tissues that are suffering on every heel strike. A few seconds of pausing to stretch can be immensely helpful.

Hopefully, after a few periods of alternating walking and stretching, the pain will be gone for the duration of the session or race. Each time you do the ankle stretch, also stretch the opposing muscles such as the Achilles, calf and behind the knee for a few seconds before resuming walking.

Warm baths or contrast baths may be used before speed work or races. These can alleviate the need to do a long warm-up before a long race. The other key is to make sure you taper properly in the week leading up to the race so your shins are fairly healthy going into the race.

A good routine of stretching in the days leading up to the race also helps. For many people the best time to stretch is in the evening before bed when the body is "stretched-out" from the day's activity.

Get in the habit of doing a good yoga-type program in the evening for 15-20 minutes while listening to music or watching TV and your walking will really improve. Several books are available with stretching positions for runners and walkers. Bob Anderson, a former Runners World editor from Colorado wrote one of the best.

Over-pronation

In my opinion, much of the anterior tibial problem in racewalking, which is exacerbated by overtraining and inefficient warm-up, has a root cause in the biomechanical problem of over-pronation. Pronating means the natural (desired) rolling of weight toward the big toes before push-off. Over-pronating means the arch collapses too early and the weight goes along the inside of the foot instead of along the outside/center as you roll forward.

Because walkers keep the support leg straight, they need to supinate (roll along the outside of the bottom of the foot) instead of pronate. When you pronate, your ankle is in a straight line from the hip and femur through the lower leg (tibia) to the ground. When you over-pronate, your ankle is bent inward by 10-20 degrees or more. This causes overuse injury.

Rolling Along

How to roll: Roll on the outside of the bottom of your foot if you are an over-pronator. Orthotics or arch supports can help a great deal, but my preferred method is to build up the inside of the shoe so that the weight is not transferred to the inner part of the foot. This allows for a more normal ankle action.

On the shoe, I might need about a 5-10 millimeter (thickness) bump covering about a 3 x 4 centimeter area to force my ankle into the proper alignment at heel strike.

Now the beautiful thing about walking is that if you can land on the outside of the heel and maintain a straight leg, you will roll nicely forward along the outside. Of course, if you really pronate badly, you probably have problems with bent knees because when you flatten the arch and your weight collapses inward, it bends your ankle and knee inward.

Orthotics or shoes with good arch support will be needed in that case. But for me, as long as I have built up the inside edge of the heel, I roll through with straight legs which accomplishes three good things: (1) puts you in a powerful, low-leg position for the push-off phase, (2) makes you legal at high speed, and (3) puts the ankles in the proper alignment for overcoming shin pain.

(Elaine Ward can be reached by e-mail at narw@aoi.com)

Rocket City Marathon

Continued from page 9 broke the women's masters record with a 2:39:38 and earned a $1000 bonus for the record. That year her total check was $4500, so with that same goal in mind it is little wonder that she flew from Russia just for this weekend race. However, when she reached the mid-point in 1:20:43, she knew her record was out of reach.

"For the record, the half-marathon needs to be 1:18," she said. "After the half-marathon, I took it slow."

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(Elaine Ward can be reached by e-mail at narw@aoi.com)
Rocket City Marathon

Continued from page 10

City offers. He won $1000 this year with the top age-graded performance of 2:42:45 (2:25:00 A-G).

In 2000, his first year of eligibility for age-graded money, his 2:36:04 (2:22:29 A-G) won in age-graded record time, earning a $1000 bonus for a total of $2000. He was third in the age-graded category in both 2001 and 2002, taking home $500 each of those years.


Dean Godwin, 64, Akin, S.C., and Garry Elkins, 61, Gadsden, Ala., two of the three runners who had completed all 26 previous Rocket City marathons, made it through again this year. But Huntsville's own James Foreman, 69, had his string broken.

Foreman's son, Greg, with whom he had won father and son team titles in 1979 and 1987, gave a touching tribute to his father at the awards banquet and recognized the enduring friendship that he and his father had formed with Godwin and Elkins over the years.

Registration numbers increased this year from 985 to 1067. Of this total, 633 were masters. There were 876 finishers in the race.

PUBLICATIONS ORDER FORM

<table>
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<tr>
<th>Masters Age Records (2003 Edition)</th>
<th>Quantity</th>
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<tr>
<td>Men's and women's world and U.S. age bests for all track &amp; field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 2002.</td>
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<td>Masters Track &amp; Field Rankings (2002)</td>
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<td>Men's and women's 2002 U.S. outdoor track &amp; field 5-year age group rankings. Coordinated by Jerry Wojcik. All T&amp;F events, including mile, relays, weights, racewalks, and combined events.</td>
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<td>McMahon Family Trust Masters Track &amp; Field Indoor Rankings</td>
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<tr>
<td>Indoor rankings for 2003. 4 pages.</td>
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<tr>
<td>Masters Age-Graded Tables</td>
<td>$8.00</td>
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<tr>
<td>Single-age factors and standards from age 8 to 100 for men and women for every common track &amp; field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts.</td>
<td>$12.00</td>
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<td>Masters 5-Year Age-Group Records</td>
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<tr>
<td>Men's and women's official world and U.S. outdoor 5-year age group records for all track &amp; field and racewalking events, age 35 and up, as of Dec. 7, 2002.</td>
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<td>Masters 5-Year Indoor Age-Group Records</td>
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<td>Same as above, except indoor records (M40+, W35+) as of Oct. 31, 2003 (world) and Dec. 7, 2003 (USA).</td>
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<td>USATF Directory (2003)</td>
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<tr>
<td>Names and addresses of national officers and staff, board of directors, sport and administrative committees, association officers and addresses, etc.</td>
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<tr>
<td>USATF Governance Handbook (2003)</td>
<td>$12.00</td>
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<tr>
<td>U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. 152 pages.</td>
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<tr>
<td>Running Encyclopedia, The Ultimate Source for Today's Runner</td>
<td>$12.00</td>
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<tr>
<td>Twenty-six chapters from A to Z of history, facts, personalities, events, terms, and pictures of running by Joe Henderson and Richard Benyo. Chapter W, for example, starts with &quot;waHle sole&quot; and ends with &quot;Wysocki, Ruth.&quot; A must for every runner's library. 417 pp.</td>
<td>$24.95</td>
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<tr>
<td>How to be a Champion from 9 to 90</td>
<td>$20.00</td>
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<tr>
<td>Earl W. Fee, world record holder over 30 times in masters events from 300H to mile, describes in detail the how and why of running training. Applicable from sprinters to marathoners. 404 pages, 25 chapters, over 300 expert references. US $19.25/CAN $28.50, plus postage &amp; handling.</td>
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<tr>
<td>USATF Logo Patch</td>
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<td>3 color embroidered 4&quot; x 3&quot;</td>
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<td>USATF Lapel Pin</td>
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<tr>
<td>3-color USATF Logo on 7/8&quot; soft enamel lapel pin (nail pin back with military clutch).</td>
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Arizona Rock N' Roll Marathon Debuts to Wind, Music

By SUSANNAH BECK

The inaugural P.F. Chang’s Rock N’ Roll Arizona Marathon got off to a big start, Jan. 11, in Phoenix, luring 29,000 entrants to the Sun City with their Rock ‘N’ Roll line of marathon products. Organized by Elite Racing, Inc., of San Diego, Calif., the Phoenix/Scottsdale/Tempe event is now the third “Rock N’ Roll” concept race, joining the marathon held in San Diego, Calif., and the half-marathon in Virginia Beach, Va. It was the biggest first-time running event ever.

Slight winds and a day that warmed to 75 tempered the predicted speedway times over the “fast, flat” course that actually combined a few rollers toward the 20 mile mark. Still, runners were constantly inspired by 50 bands and 40 cheerleading squads along the course.

Russia’s Ramilia Burangulova, 42, in 2:33:49, was the top master overall, and first masters woman. She ran through half way with the lead women’s pack, 1:16:48, before dropping off the pace only slightly to finish with virtually even splits, in fourth. She earned $3,400 in prize money.

Curtis Stautz, 44, Newburgh, Ind., was the second master across the line, and first male master, 2:41:50, running nice negative splits (1:28:21/20:22). Frank Blanco, 59, Glendale, Ariz., won the 65 age division with a strong 2:52:04. Mel Williams, 66, Norfolk, Va., topped the M65 with 3:19:45.

W45 winner Ellen Hart-Pena, 45, Denver, Colo., 2:52:16, was disappointed to miss the U.S. Olympic Marathon Trials qualifying standard (2:46), by four minutes. She was philosophical in an interview with The Arizona Republic’s Jim Gintonio: “It’s the first marathon I’ve run in 20 years, but if I had gone four minutes faster, I’d be doing handspins… I did qualify for the trials in 1980 and 1984, but that was three kids and one divorce ago.” Hart Pena ran a 2:35 marathon in the early 1980s.

Barbara Mills, 64, Modesto, Calif., sailed to a W60 winning 3:37:31.

The accompanying half-marathon featured 15,000 entrants and started at the same time as the marathon (both 30 minutes late at 8:15 a.m.). Alan Newton, 41, Boise, Idaho, 1:13:01, led the master field, outdueling Kevin Haas, 45, St. Louis Park, Minn., 1:16:05, by four seconds. An unusual third-place masters finish by Albuquerque’s famous Eddy Hellebuyck, 42, 1:13:41, was explained by a sore ankle.

Homegirl Susan Loken, 40, Phoenix, 1:19:20, was the fastest masters lady of the day, handing a rare second place to Janet Robertz, 44, Shorewood, Minn., 1:23:22. Both women are in training for the U.S. Olympic Marathon Trials in April.

FIVE YEARS AGO

February 1999

• Jussi Hamalainen (52, 6:27:49) and Katrine Sund- in-Hunt (42, 7:37:52) win masters titles in Rocket City Marathon.

• Dave Romansky, 60, and Lyn Brubaker, 41, top Racewalkers.

• Indy Life Circuit, sponsored by Indianapolis Life Insurance Co., returned for its third year, with eight races and $76,600 in prize money and a $50K grand prix purse.

Duncan McDonald, first M50 (17:25), 2003 Race for the Cure 5K, Honolulu.

Tesh Teshima

U.S. OLYMPIC MARATHON TRAILS

Mike Polansky

Award winners in the M60 group included Walter Kuefler (L) and Bob Pike, Rob’s Run Cross-Country Sk, Stowell Woods, Long Island, NY, Nov. 30.
Records Section  February 2004  page 13

New Indoor Age-Group Records Compiled

In this issue are the new world and U.S. five-year indoor age-group track and field records for men and women. The world marks are those compiled and approved as of Oct. 31, 2003, by the Records Committee of World Masters Athletics (WMA). The U.S. records are those compiled and approved, as of Dec. 7, 2003, by the Masters Track and Field Records Sub-Committee of USA Track & Field (USATF).

To THE RECORD COMMITTEE:
Application is hereby made for a record in support of which the following information is submitted:

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<th>Description of Record:</th>
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<tbody>
<tr>
<td>World__ American__ Association__ Championship__ Collegiate__</td>
</tr>
<tr>
<td>Junior__ Age__ Group__ Masters__</td>
</tr>
<tr>
<td>(All applications for Junior, Age Group, or Masters records must be accompanied by copy of both certificate or other proof of age)</td>
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<tr>
<td>1. Event_________________________</td>
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<td>2. Date and Time of Day__________</td>
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<td>3. Record claimed (time, distance, height or points achieved)__________</td>
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<tr>
<td>4. Where held (Arena, Town and Country):_________________________</td>
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<td>5. Force of following wind_________ Anemometer__________</td>
</tr>
<tr>
<td>6. Name of Competitor, Club and Country__________________________</td>
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</tbody>
</table>

Signature_________________________ (print)

(Against events, the full names of the competitors should be printed in their own order.)

AUTOMATIC TIMING
(If fully automatic timing was used, complete this section, regardless of the distance of the race and attach a print of the photo.)

The time recorded was__________ and this was the official time.__________

(Photo Evaluator)__________ (Address of USATF Official's Registration Number)__________

(Time Keeper)__________ (Address of USATF Official's Registration Number)__________

TIMEKEEPER'S CERTIFICATES

8. I, the undersigned official timekeeper of the event above mentioned, do hereby certify that the time set opposite my signature was the exact time recorded by my watch, and that the watch used by me has been certified and approved by my National Association. (Refer to Rule).

Time__________________________ (Signature of Timekeeper)__________ (Address of USATF Official's Registration Number)__________

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.

(Signature of Referee)__________ (Address of USATF Official's Registration Number)__________

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)

(Signature of Starter)__________ (Address of USATF Official's Registration Number)__________

A newspaper clipping and marked program should be attached and made part of the application.__________

10. Measurers' Certificate for Track and Field Events (a or b)

(Signature of Measurer)__________ (Address of USATF Official's Registration Number)__________

(a) Track Events

The above certificate that we measured, with a metric steel tape, the course over which the above event was held and that the exact distance was:__________ meters or__________ centimeters, or__________ miles or__________ yards or__________ feet or__________ inches, the length of one lap was__________ meters or__________ centimeters or__________ yards or__________ feet or__________ inches, that there was a 2 inch raised border on the inner edge of track, and that the maximum allowance for lateral inclination did not exceed 1:100 and the running direction 1:1000.

(b) Field Events

The above certificate that the lateral inclination of the runway or circle did not exceed 1:100 and in the running direction 1:1000. (Refer to Rules, in case of world record.)

THROWING EVENT IMPLEMENT CERTIFICATION

11. I certify that I weighed and measured the implement(s) used in making the throwing event distance mentioned above, and that said implement(s) were in strict accordance with the existing rules of the International Amateur Athletic Federation.

(Checker of Implements)__________ (Address of USATF Official's Registration Number)__________

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.

(Distance or Height)__________ (Signature of Judge)__________ (Address of USATF Official's Registration Number)__________

(Distance or Height)__________ (Signature of Judge)__________ (Address of USATF Official's Registration Number)__________

CERTIFICATION OF FORM (Shot, Javelin, Walks)

13. I hereby certify that proper form was used in the record performance hereby applied for.

(Event Chief Judge)__________ (Address of USATF Official's Registration Number)__________

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.

(Signature of Referee)__________ (Address of USATF Official's Registration Number)__________
### World Track & Field Indoor Age-Group Records

Approved by the Records Committee of World Masters Athletics (WMA) as of October 31, 2003

#### Men's World Indoor Records

<table>
<thead>
<tr>
<th>Event</th>
<th>Name (Country)</th>
<th>Age</th>
<th>Meet Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pole Vault</td>
<td>Curtis Hall (USA)</td>
<td>40</td>
<td>3/15/99</td>
</tr>
<tr>
<td>Shot Put</td>
<td>Michael Johnson (USA)</td>
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<td>3/19/99</td>
</tr>
<tr>
<td>Long Jump</td>
<td>John Register (USA)</td>
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<tr>
<td>Triple Jump</td>
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</tr>
<tr>
<td>60 Meters Hurdles</td>
<td>John Register (USA)</td>
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#### Women's World Indoor Records

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</tr>
</thead>
<tbody>
<tr>
<td>Pole Vault</td>
<td>Margaret Grant (USA)</td>
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<tr>
<td>Shot Put</td>
<td>Valerie Brisco-Jones (USA)</td>
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<tr>
<td>Long Jump</td>
<td>Jackie Joyner-Kelly (USA)</td>
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<tr>
<td>Triple Jump</td>
<td>Jackie Joyner-Kelly (USA)</td>
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<td>60 Meters Hurdles</td>
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#### One Mile

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#### 300 Meters

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#### Men's 1000m Racewalk

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#### Women's 1000m Racewalk

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### Men's U.S. Indoor Records

<table>
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<tr>
<th>Event</th>
<th>Name</th>
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<th>Distance</th>
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<tbody>
<tr>
<td>Pole Vault</td>
<td>Gino Napoleone</td>
<td>22</td>
<td>2-22-97</td>
<td>8-4</td>
</tr>
<tr>
<td>High Jump</td>
<td>John G. Hartman</td>
<td>23</td>
<td>2-19-97</td>
<td>6-10</td>
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<tr>
<td>Triple Jump</td>
<td>James V. Wilson</td>
<td>20</td>
<td>2-28-96</td>
<td>16-2</td>
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<tr>
<td>Long Jump</td>
<td>David W. Hill</td>
<td>20</td>
<td>2-24-96</td>
<td>6-07</td>
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<tr>
<td>Shot Put</td>
<td>John M. Hall</td>
<td>20</td>
<td>2-25-96</td>
<td>68-04</td>
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<td>Weight Throw</td>
<td>David W. Hill</td>
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<td>226-06</td>
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### Women's U.S. Indoor Records

<table>
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<th>Event</th>
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<th>Distance</th>
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<tbody>
<tr>
<td>Pole Vault</td>
<td>Hazel Ann Smith</td>
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<td>1-28-97</td>
<td>8-3</td>
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<tr>
<td>High Jump</td>
<td>Louise R. Buehler</td>
<td>22</td>
<td>2-25-96</td>
<td>5-8</td>
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<td>Triple Jump</td>
<td>Carol Ann Schramm</td>
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<td>Carol Ann Schramm</td>
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<td>Shot Put</td>
<td>Carol Ann Schramm</td>
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<td>Weight Throw</td>
<td>Carol Ann Schramm</td>
<td>22</td>
<td>2-25-96</td>
<td>225-00</td>
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**Note:** These records are approved as of December 7, 2003.
Masters Qualify for the Olympic Marathon Trials

Below is the list of masters men and women who have qualified for the Olympic Marathon Trials, including one who will be 40 at the Trials, as of Dec. 11. The Men’s Trials will be held in Birmingham, Ala., on Feb. 7, and the Women’s in St. Louis, Mo., April 3. The Web sites for those marathons are www.birminghamtrials.com and www.stlouismarathon.com/stl_marathon/events/2004_USWomensChamp.asp. The information was provided by the Road Running Information Center, www.runningsusa.org; www.usatf.org.

<table>
<thead>
<tr>
<th>FIRST / LASTNAME</th>
<th>CITY / STATE</th>
<th>AGE / BDATE</th>
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<tbody>
<tr>
<td>1. Eddy Hellebuyck</td>
<td>Albuquerque NM</td>
<td>42 01/22/61</td>
</tr>
<tr>
<td>3. Alfredo Vigueras</td>
<td>Woodland CA</td>
<td>40 01/12/63</td>
</tr>
<tr>
<td>4. Joan Benoit Samuelson</td>
<td>Freeport ME</td>
<td>46 05/16/57</td>
</tr>
<tr>
<td>5. Cindy Keeler</td>
<td>Clermont FL</td>
<td>46 11/30/57</td>
</tr>
<tr>
<td>7. Angela French</td>
<td>Lacey WA</td>
<td>45 09/19/58</td>
</tr>
<tr>
<td>8. Janet Robertz</td>
<td>Shorewood MN</td>
<td>44 09/03/59</td>
</tr>
<tr>
<td>9. Kathy Aragon</td>
<td>Billings MT</td>
<td>44 09/04/59</td>
</tr>
<tr>
<td>10. Maria Trujillo de Rios</td>
<td>Los Gatos CA</td>
<td>44 10/19/59</td>
</tr>
<tr>
<td>11. Marie Boyd</td>
<td>Albuquerque NM</td>
<td>43 12/27/59</td>
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<tr>
<td>12. Nina Caron</td>
<td>Andover MA</td>
<td>43 12/31/59</td>
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<tr>
<td>13. Karen Sanford Gall</td>
<td>Billings MT</td>
<td>43 06/12/60</td>
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<tr>
<td>14. Gordon Bakoulis</td>
<td>New York NY</td>
<td>42 02/14/61</td>
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<td>15. Meghan Arbogast</td>
<td>Corvallis OR</td>
<td>42 04/16/61</td>
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<td>16. Linda Somers Smith</td>
<td>San Luis Obispo CA</td>
<td>42 05/07/61</td>
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<td>17. Kelly Keeler</td>
<td>Bloomington MN</td>
<td>42 12/04/61</td>
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<td>18. Madeline Tornoen</td>
<td>Color Springs CO</td>
<td>41 12/29/61</td>
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<tr>
<td>20. Cheryl Harper</td>
<td>Orem UT</td>
<td>41 04/15/62</td>
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<td>21. Chris Clark</td>
<td>Anchorage AK</td>
<td>41 10/10/62</td>
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<tr>
<td>22. Shelly Steely</td>
<td>Albuquerque NM</td>
<td>41 10/23/62</td>
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<tr>
<td>23. Lisa Vaill</td>
<td>Brooksville FL</td>
<td>41 11/20/62</td>
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<tr>
<td>24. Madelyn Nee-Schlentz</td>
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<td>25. Carol LeGate</td>
<td>Green Bay WI</td>
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<td>26. Jenny Spangler</td>
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<tr>
<td>27. Susan Loken</td>
<td>Phoenix AZ</td>
<td>40 07/28/63</td>
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<td>28. Anne Flynn</td>
<td>Augusta ME</td>
<td>39 07/30/63</td>
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<td>29. Rosa Gutierrez</td>
<td>Glendale OR</td>
<td>40 11/05/63</td>
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<td>30. Jennifer Rapaport</td>
<td>Melrose MA</td>
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IDAHO INDOOR MASTERS CLASSIC
March 13–14, 2004

Boise, Idaho
Jacksons Indoor Track
Idaho Center
(site of the 2005 USA Track & Field National Masters Indoor Championships)

Open to men and women ages 30 years and older

age groups: 30-34, 35-39, 40-44, 45-49, etc.

Track Events

- 60 Meters
- 60 Meter Hurdles
- 200 Meters
- 4 x 800 Relay
- 3,000 Meters
- 3,000 M Racewalk

Jump Events

- Long Jump
- High Jump
- Pole Vault

Throw Events

- Shot Put
- Weight
- Superweight

For event information:
idahoclassic@earthlink.net
www.usatf.org/assoc/sr/
208-859-9219

For Visitor Information:
www.boise.org
800-635-5240

Report from Britain

By BRIDGET CUSHEN

Three weeks after dominating the British & Irish Masters International cross country race in Cardiff, Anne Keenan-Buckley was selected to represent Ireland in the SPAR European Senior Championships in Edinburgh, Dec. 14. The 42-year-old finished 27th in the 1911-strong field over the 4-mile course behind the winner Paula Radcliffe. Ireland won the team silver medal.

Also retaining his Cardiff form was John Convery, M40, with a decisive win in the hilly Leeds Abbey Dash 10K in 31:57 on Nov. 30.

Masters athletes made quite an impression on the end-of-year rankings. Ire Hill, W35, cleared 4.20 in the pole vault and will be competing in Sindelfingen. Current world champion Peter Gordon, 52, threw the 2k discuss 54.03.

Kathryn Bailey, W35, third at Cardiff, finishes the year with a 74.05 half-marathon best. Trudi Thomson, who turned 45 in January, is ranked eighth in the marathon with 2:45:48, and M40 walker Mark Easton is ranked fourth overall in the British 20K.

At an indoor meeting in Manchester, world silver medalist Averil McClelland set a British W45 record of 26.86 for 200. Earlier in the meet, she just missed the 60m record, clocking 8.34. Another W45 in top form in preparation for the WMA Indoors, is the former British indoor W35 200 record holder, Joslyn Harwood, who won the 60mH in a hand-timed 9.4.

Eric Smart, M45, ran the 60m in 7.6.

Other early season marks include an indoor 57.89 400 from John Shearer, M45, and Malcolm Fenton threw the hammer out to 54.36 at a throws meet, Dec. 31.

What to Wear in Sindelfingen

The Masters T&F Committee will not have the time to design, approve and produce a new top for the WMA Indoor Championships in Sindelfingen, Germany, in March. The uniform top/singlet is the only item required to be worn at a WMA Championships.

Currently, an athlete going to Sindelfingen, may have to "beg, borrow or steal" any top that has been approved by the Masters T&F Committee for past championships. Previously approved uniforms are also available from On Track at 800-697-2999, www.ontrackandfield.com.

Dates Changed for WMA Championships

Torstén Carlus, WMA president, has confirmed that WMA has reached an agreement with San Sebastian on the final dates for the World Masters Championships Stadia in 2005. The new dates are August 22-31.

A WMA delegation with Torstén Carlus, Giuseppe Galfetti and Marina Hoeemecke-Gil visited San Sebastian in January to finalize details, resulting in the date change.

In and around San Sebastian in July many existing events, such as Theatre International Festival, the traditional San Fermin festivity (Pamplona), a big junior soccer tournament, and continued business "tourism," all of which creates scarce accommodations. In August many more rooms are available and the day temperatures are better for athletics.

Last year, the WMA General Assembly in Carolina, Puerto Rico, decided on a Special General Assembly to be held in Sindelfingen, Germany, to award the 2006 World Masters Athletics Indoor Championships. The Assembly will be held on March 13 at 10:00 a.m. at Flossenstadion in Sindelfingen.

The invitation was sent out to all WMA Affiliates in November last year to remind everybody that, according to the WMA Constitution, nominations of delegates, with their names and addresses, must be in the hands of Monty Hacker, WMA Secretary, not later than 30 days before the Assembly, which means no later than Feb. 12.
NATIONAL

The 2003 U.S. Masters Outdoor Road Race championships will be held at the $250,000 Hotel Del Coronado 5K, Coronado, CA, on March 16. The race starts at 8:00 a.m. and will conclude at 10:00 a.m. The race will feature the best masters runners in the world, as well as some of the top amateur runners from the United States. The race is open to all runners, regardless of age or gender.

SOUTHEAST

A number of masters runners are expected to participate in the Southeastern Masters Regionals, which will be held in Atlanta, GA. The regional will feature races for men and women in age groups of 35-39, 40-44, 45-49, 50-54, 55-59, and 60-64. The races will be held on Saturday, March 22, at 8:00 a.m., and on Sunday, March 23, at 9:00 a.m.

MIDWEST

The Midwest Masters Road Race Championships will be held in St. Louis, MO, on Saturday, March 22, at 8:00 a.m., and on Sunday, March 23, at 9:00 a.m. The races will feature runners from the Midwest region, as well as some of the top masters runners from around the country.

MID-AMERICA

The Mid-America Masters Road Race Championships will be held in St. Louis, MO, on Saturday, March 22, at 8:00 a.m., and on Sunday, March 23, at 9:00 a.m. The races will feature runners from the Midwest region, as well as some of the top masters runners from around the country.

WEST

The Western Masters Road Race Championships will be held in Phoenix, AZ, on Saturday, March 22, at 8:00 a.m., and on Sunday, March 23, at 9:00 a.m. The races will feature runners from the Western region, as well as some of the top masters runners from around the country.

CORRECTIONS

The internet address for the Masters Road Race Championships website is www.mastersroadrace.com. The website offers information on the races, as well as links to registration information and race results.

TEN YEARS AGO

February 1994

Bob Schlau (46, 2:33:27) and Jane Hutchinson (47, 2:55:38) won the First Masters 2000 Sub-4:00 Mile in Millrose Games.

Dwight Stones Breaks Masters World Indoor Hurdle Record with a 6-7/10.

Eamonn Coughlan, 41, hopes for First Masters Sub-4:00 Mile in Millrose Games.
USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are usually limited to age 50 and over. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. International T&F meets are usually limited to men over 40 and women over 35. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to N.M., P.O. Box 50098, Eugene OR 97405.

**TRACK & FIELD**

### NATIONAL

**March 6-7.** USATF National Masters Indoor Heptathlon Championships, Kenosha, Wisc. Jeff Watry, 24302 77th St., Paddock Lake, WI 53168. 262-843-3367(b); jwatry@gillathletics

**March 26-28.** USATF National Masters Indoor Championships, Reggie Lewis Center, Boston, Mass. Pentathlon on 26th. USATF NE Association, 617-566-7600; fax: 734-6322; www.usatfn.org

**August 5-8.** 37th Annual USATF National Masters Championships, Decatur, Ill. Don Luy, 1184 W. Main St., Decatur, IL 62522; x4206; www.mmillion.edu

**August 14-15.** USATF National Masters Weight Pentathlon Championships, Reading, Pa. Ray Feick, 610-754-6007; ffeick@aol.com

**August 21-22.** USATF National Masters Decathlon & Heptathlon, Neosho, Mo. Jeff Watry, 24302 77th St., Paddock Lake, WI 53168. 262-843-3367(b); jwatry@gillathletics

**September 11.** USATF National Masters Weight & Superweight Championships, Seattle, Wash. Ken Weinbel, 4103 Hillcrest Ave SW, Seattle, WA 98116. 206-952-3923; kweinbel@aitbim.com

### EAST

- Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, Ohio, Pennsylvania, Rhode Island, Vermont

**February 1.** Indoor All-Comers Meet, Prince George’s Sports & LC, Landover, Md. 7:30 am. 301-583-2661.

**February 8.** Long Island Indoor Championships, Suffolk CC. LITF, PO Box 504, Old Bethpage, NY 11804; www.litf.org

**February 8.** DCRC/Potomic Valley TC Indoor Meet, Jefferson Community College, Arlington, VA 703-481-3530; www.pvc.tc

**February 15.** Philadelphia Masters Indoor Meet, Allbright College, Pa. 8 am. Includes Women’s 4x100m P; bring own implements. Kyle Mecklenburg, 215-393-1382; krmeck@eols.org

**February 22.** MAC Masters & Open Relay Championships, NYC Armory. Dave Byrnes, 646-474-9100; macstrack.org

**February 22.** Masters Indoor All-Comers/Sportsfest Masters Championships, Prince George’s Sports & LC, Landover, Md. Events for Masters Championships not the same for the Masters All-Comers. Thomas Jones, 301-352-3806(h)

### SOUTHEAST

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


**February 8.** Nashville Striders Indoor Meet, Middle Tennessee St. U., Murfreesboro. bryderin@comcast.net

**February 21.** USATF National Training Center Meet, Clermont, Fla. O/M/U. Don DeNoon, 352-241-7144; x4206

**February 28-March 14.** Polk Senior Games, Bartow, Fla. 863-533-0055; email: polkseniorsgames@juno.com


**March 27.** USATF National Training Center Meet, Clermont, Fla. O/M/U. Don DeNoon, 352-241-7144; x4206


**April 10.** USATF National Training Center Meet, Clermont, Fla. O/M/U. Don DeNoon, 352-241-7144; x4206

**April 15-18.** Mississippi Gulf Coast Senior Games, 228-875-9698; email: rdierbybailey@aol.com

**May 7-9.** 34th annual Southeastern Masters & Open Meet/USATF North Carolina Masters Championships, & Masters 20K, RW South Championships, NC St. U., Raleigh, SE Masters, c/o Raleigh Parks & Recr., 2401 Wade Ave., Raleigh, NC 27607; www.southeasternmasters.org

**May 22.** USATF-National Training Center Meet, Clermont, Fla. O/M/U. Don DeNoon, 352-241-7144; x4206

**May 29.** Birmingham TC Classic, Samford U., Birmingham, Ala. Frank Newland, 205-370-7060; www.birminghamtrackclub.com; btcclassic@yahoo.com

**June 1-5.** Mississippi Senior Olympics, Clarion, Grenada U., Raymond Joyce Anderson, 601-725-7904.

**June 19.** USATF Southeast Regional Championships, Clermont, Fla. (s) Don DeNoon, 352-241-7144; x4206; www.usatfnyc.com

**July 16-22.** Tennessee Senior Games, Clarksville. Christine Dewbre, 615-902-9261.

### MIDWEST

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

**February 7 & 21.** Midwest Indoor Series, Westwood Spring Center, Sterling, Ill. Sterling TC, 815-622-6201; www.sterlingparkdistrict.com

**February 14.** USATF Illinois O/M Indoor Championships, Sterling, Ill. (s) Dale Smith, 815-622-6201; www.sterlingparkdistrict.com

**June 12-13.** USATF North Region & Ozark Association Open & Masters Championships, Edwardsville, Ill. (s) Peggy Rowold, 314-469-0577; email: pshim@il.net

### MID-AMERICA

- Colorado, Iowa, Kansas, Minnesota, Missouri, N. Dakota, Nebraska, S. Dakota

**February 29.** Colorado Masters & Open Indoor Championships, USATF Academy Track, Jerry Donley, 2354 Wood Ave., Golden, Colo. 80401; Tom Weik 303 #149th St., Thornton, CO 80602

**March 12.** USATF Masters Indoor Championships, U. of Minnesota, Minneapolis (s) All ages. 763-595-8944; www.usatfm.org

**March 14.** USATF Iowa Indoor Championships, Ames. Marek Wensel, mwensel@iow.net

**June 10-13.** Iowa Senior Games, W. Des Moines. Susan Sklar, 515-633-5011

**June 21-22.** Colorado Rocky Mountain Senior Games, Greeley. Sheri Lobmeyer, 970-350-9433.

**June 26.** Missouri State Senior Games, Columbia. Mo. Jack Miles, 573-882-1462; smcg.org/senior_games

### SOUTHWEST

- Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**March 20.** Mardi Gras Weight Pentathlon & Superweight, St. Amant HS, La. Jeff Bay, 321 E. Josephine St., Gonzales, LA 70737. 225-644-6930; latrackandfield@yahoo.com

### ON TAP FOR FEBRUARY

**TRACK AND FIELD**

Masters can find indoor events at the Long Island Champion­ships and the Nashville Striders Masters Meet on the 8th, the Illinois Championships on the 14th, a meet at Landover, Md., on the 22nd, and the Colorado Masters on the 29th. For outdoor action, you’ll have to be in Florida, Arizona, California, or Hawaii.

### LONG DISTANCE RUNNING

Indianapolis hosts the National Masters 6K Cross Country Championships on the 7th. Washington’s Birthday will be feted in a 10K on the 14th, and a marathon on the 22nd, both in the D.C. area. The Nextel Mardi Gras Mambo 10K happens in Baton Rouge on the 21st. The 22nd will also see the Colonial Half-Marathon, Williamsburg, Va., and the MTC 50K, Sarasota, Fla. The final weekend offers the Cowtown Marathon, Fort Worth, Texas, on the 28th, and the Hudson-Mohawk River Marathon, Albany, N.Y. Mardi Gras Marathon, New Orleans, and Red Rock 20K, Las Vegas, Nev., on the 29th.

### RACEWALKING

The 50K Olympic Trials will be held in Chula Vista, Calif., on the 15th. The Henry Izaac Davis Florida 10K Championships are set for the 22nd in Coconut Creek.


June 19. USATF Southwestern Association Championships, Coppell, Texas. Lester Mount, 6750 Hillcrest Plaza Dr. #221, Dallas, TX 75230. 214-766-2854; lester@mount.com

July 10. USATF Southwest Regional Championships, Saddleback College. Mark Blethen, TAC, 6750 Hillcrest Plaza Dr. #221, Dallas, TX 75230. lester@mount.com

### WEST

- Arizona, California, Hawaii, Nevada, New Mexico

February 7, 14, 21, 28. Los Gatos All­Comer Series, Los Gatos HS, Calif. 12:00 noon. Rick Millam, 408-241-6578.


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INTERNATIONAL

February 28-29. German Indoor Championships, Berlin-Potsdam, Hallen.


July 1-22-23. Europe Championships, Athens & Randers, Denmark.

July 29-August 1. African Championships, Yaounde, Cameroon.

August 27-29. NCCWMA Championships, Dorado, Puerto Rico.

October 21-22-27. Oceania Championships, Rarotonga, Cook Islands.


Race, Crystal Mountain, Wash. 206-325-4800; www.whiteriver50.org

September 11. American Ultradistance Association Championships/Olender Park 100 Mile, Sylvia, Ohio. 419-885-7399; www.america-ultra.org/olender\text.html


October 3. American Ultradistance Association Championships/Twin Cities Marathon, Minneapolis. www.twincitiesmarathon.org


November 7. USATF National Masters 5K Cross-Country Championships, Boston, Mass. Steve Vaitones, office@usatfn.org

November 14. USATF National Masters Championships/Peakshire City 50K, Peakshire City, Ga. 770-487-7445; darksiderunningclub@comcast.net


December 18. USATF National Masters Championships/HUFF 50K Trail Run, Huntsville, Ala. www.huff50k.com

NORTHWEST

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

March 13-14. Idaho Masters Indoor Classic, Boice. 208-859-9219; idahoclassic@earthlink.net


June 5. Seattle Parks Department Masters Meet, West Seattle, Wash.

June 12. USATF Inland NW Association Championships, Pullman, Wash. (s) Mike Hinz, 509-332-1168; usatf@associnw.com


July 3 (tent). Bend Masters & Open Classic, Summit HS, Bend, Ore. C. McCormick, 1055 NW Milwaukee Ave., Bend, OR 97701.


July 17-18. USATF Northwest Regional Masters Championships, Pullman, Wash.


Canada


Canada


SOUTHEAST

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

February 1. Miami Tropical Marathon, Miami, Fla. 305-278-8688; www.miamitropicalmarathon.com


February 26. MTC 50K, Sarasota, Fla. 941-955-5495; manasotacktrackclub.org


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Meet directors and athletes who submit track & field schedule items and meet results to us as asked to indicate whether the events have been granted USATF sanction. Sanctioned meets will be indicated by (s) in the schedule and results.

FIFTEEN YEARS AGO
February 1989

- Don Coffman (42, 2:53:34) Take Masters Firsts in Rocket City Marathon
- Kjell-Erik Stahl (42, 2:19:59) and Laurie Binder (41, 2:44:57) Each Take Home $10,000 in Twin Cities Marathon

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

April 4. Athens Marathon, Athens, Ohio. 740-568-3825; athensmarathon.com
April 10. Papa John's 10 Mile/USA Men's Championship, Louisville, Ky. www.papajohns10mile.com
April 25. Cleveland Marathon & Half, Cleveland, Ohio. 440-456-3826; www.clevelandmarathon.com
May 2. Flying Pig Marathon, Cincinnati, Ohio. 513-721-7447; flyingpigmarathon.com

MID-AMERICA
Colorado, Iowa, Kansas, Minnesota, Missouri, Dakota, Nebraska, S. Dakota


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

April 24. Inaugural Salt Lake City Marathon & 5K. 801-412-6060; www.saltlakecitymarathon.com

INTERNATIONAL

March 28. Rome Marathon, Italy. 800-444-4097; www.marathonraces.com

RACEWALKING

February 15. USA 50K Olympic Trials, Chula Vista, Calif.
February 18. Connecticut Racewalkers indoor Mall 3K, Milford, 9:30 a.m. Gus Davis, 203-795-6441; email-pgdavi@att.net
February 22. Henry Laskau USATF Florida 10K RW Championships, Coconut Creek, Fla. (s) Daniel Koch, 954-970-9634
February 27-28. USA Indoor Championships (5000m & 3000m), Boston, Mass.
March 28. USA National Masters 3000m RW Championships, Boston, Mass. See National T&F schedule
April 4. USA South Region 10K RW Championships, Orlando, Fla. (s) Rob Carver, 407-898-8644; email-dwfit@bellsouth.net
April 10. USA South Region 1-Hour RW Championships, Clermont, Fla. (s) Don DeNoon, 352-241-7144; www.usatf-nyc.com
May 23. USA National One & Two Hour RW Championships, Kenosha, Wis. Mike DeWitt, 262-551-7600
July 17-18. USA 20K Olympic RW Trials, Sacramento, Calif.
August 5-8. USA National Masters 5000m & 10K RW Championships, Decatur, Ill. See National T&F Schedule
September 12. USA National Masters 40K RW Championships, Ocean Township, N.J. Elliott Dennan, 732-222-9080. Also on Sept. 22, 2005
October 9. USA National Masters 5K RW Championships, Kingsport, Tenn.
October 11-12 (tent.). NCCWMA 15K Regional RW Championships, Coconut Creek, Fla. Bob Fine, 561-499-3370; bobfine@aol.com
October 31. USA National Masters &

Seattle Masters Continued from page 18

Canada 54.

The race was won by Club Northwest's Tony Young, who blitzed the field over the 5:44K course in 18:23. Young, who won the 800 and 1500 in the National Masters Championships in Eugene this summer, was joined in victory by teammate Regina Joyce, who recently won the W45 national marathon championship at Twin Cities.

Joyce finished in 21:27, just six seconds ahead of the first Canadian woman, Maureen De St. Croix, W50. By winning their divisions, Joyce and De St. Croix forced extra points on the opposing country.

Other U.S. winners were Michael Smith, M45, 19:45; John Hahn, M55, 22:39; Dave Williams, M60, 23:25; and Phyllis Nelson, W55, 27:32.

Canadian winners were David Huxley, M50, 20:55, and Neil Campbell, M65, 23:44. The best competition came in divisions with runners from both countries. Holding the event on the same weekend as the Haney to Harrison Relay in British Columbia hurt the turnout from both countries.

Next year, it will be the east coast Canadians' turn to host the official masters challenge. For more information on the scoring procedure, e-mail me and I'll send you the formula (pntf@wolfenet.com).
### U.S. MASTERS ALL-AMERICAN STANDARDS

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

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MEET SITE

EVENT | MARK

HURDLE HEIGHT | WEIGHT OF IMPLEMENT

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[For full details, please refer to the original document.]
**LONG DISTANCE RESULTS**

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<tr>
<td>5K</td>
<td>Ollie Wells</td>
<td>14:58</td>
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<tr>
<td>10K</td>
<td>Debrah Crawford</td>
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<tr>
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<td>Kathy Swain</td>
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**SOUTHWEST**

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<td>John Smith</td>
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<tr>
<td>10K</td>
<td>Lisa Jackson</td>
<td>39:17</td>
</tr>
<tr>
<td>Marathon</td>
<td>Sarah Taylor</td>
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**SOUTHEAST**

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<td>Mike Sanders</td>
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<tr>
<td>10K</td>
<td>Jane Johnson</td>
<td>39:17</td>
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<tr>
<td>Marathon</td>
<td>Mary Brown</td>
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ATHLETES (RESIDENCE)

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ALAN KEEFER (SOUTH CHARLESTON, WV)
RICK EASLEY (GREENVILLE, TX)
RACHEL ZAND (HICAGO, IL)
EDWARD BOKINSKI (GREEN BAY, WI)
IVAN BLAIR (NY CITY, NY)
PETER BROWN (ALTA, UT)
JAMES PETERS (ALABAMA, AL)
DAVE BUKES (ANGOLA, IN)
JACK FOWLER (PASADENA, CA)
WALTER SAWYER (JENKINS, KY)
MIKE WALKER (HUNNIN, OH)
GARY ZASKE (MUSKOGEE, OK)
EUGENE BUCK (MIDDLEBURY, VT)
ROBERT HARRISON (OKLAHOMA CITY, OK)
JASON NIXON (CANTON, OH)
PHYLLIS NELSON (WESTON, WY)

Visit the National Masters News Website at:
www.nationalmastersnews.com

ATHLETES WHO ENTERED A NEW DIVISION THIS MONTH, FEBRUARY 2004

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Jeff Clarke 20 20
M. D. 20 20
Jeffery Miller 20 20
Phillip Ricci 20 20
W. J. 20 20
J. G. 20 20
M. J. 20 20
J. F. 20 20
C. H. 20 20
W. B. 20 20
R. D. 20 20
