The U.S. team at the 2005 WMA 100K Championships (l to r): Katy Cotton, Roy Pirrung, Amanda McIntosh, Craig Robertson, Dee Dee Grafius, Chris Frost, Tania Pacey, and Mark Godale.

U.S. Women Sweep Top Three Places
Godale, McIntosh Win WMA 100K

By LORRAINE GERSITZ


From the outset of the race, Gardner and Kimberla ran in unison with a small pack of male runners. The course was a little soft from rain three days prior to the race, but the temperature was ideal,

DeWitt, Veneziano First Masters in Rocket City Marathon

By JIM OAKS
HUNTSVILLE, Ala. - Two new names were at the top of the masters list at the end of the 2005 Rocket City Marathon on Dec. 10. George DeWitt, 47, of Huntsville, ran 2:41:12, and Lisa Veneziano, 41, West Chester, Ohio, ran 3:05:51 to take titles in the 29th edition of Alabama's first marathon when it started in 1977.

DeWitt moved to Huntsville from Indianapolis in the summer of 2005 and even though he is in the upper half of the 40-49 age group, he has become the "man-over-40" to beat if you plan to win a local masters title. For this year's Rocket City, he was also the man no other 40+ entrant from anywhere could beat over 26.2 miles on Huntsville's streets. DeWitt spent his early years in New Jersey, attended high school in Maryland, where he was a member of his school's state championship cross-country team, and got an electrical engineering degree at Duke.

"I ran a little at Duke, but not enough to call myself a college runner," DeWitt said. "During the first years I worked in Indianapolis and helped raise five kids. I didn't have too much time for running. I got interested again as I approached 40 and began to take part in races in the area. I would say that races from 15K to the half-marathon are my favorite distances and I enjoy trail races at any distance."

At Rocket City, DeWitt had a half-marathon split of 1:19 on his way toward a goal of sub-2:40. "I was shooting for a six-minute pace, but fell off the pace around mile 12," DeWitt said. "Then I brought it back some, but as usual in a marathon, the last six miles felt like bowling balls were

Harrington, Seeley First in 50K
Gardner, Henderson Top Masters in Sunmart Texas Trail 50 Mile

By JOHN WELCH
HUNTSVILLE, Texas - Masters runners again found themselves near the top of the heap at this year's Sunmart Texas Trail Endurance Runs at Huntsville State Park on Dec. 10. Last year's 50-mile winner, Connie Gardner, 42, Medina, Ohio, fell to second place behind Nikki Kimball, 34, Bozeman, Mont., but still managed to win the women's 50-mile masters title for the third year in a row.

Gardner, a youth swimming instructor, who was named the USATF Ultra Runner of the Year in 2003, crossed the finish line on the shores of Raven Lake in 7:11:00.

Kimball, who was the USATF Ultra Runner of the Year for 2004, was timed in 6:55:59 for her first Sunmart victory. Marlene Hall, 40, Cedar Park, Texas, was the second W40+ finisher (7:37:39). Chris Gibbons, 44, Hackensack, N.J., was third W40+ (7:48:59).

From the outset of the race, Gardner and Kimberla ran in unison with a small pack of male runners. The course was a little soft from rain three days prior to the race, but the temperature was ideal,
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Hosted by the 2006 USATF Southeast Region and NCUSATF Association Masters Track & Field Championships
with The Open 20K Race Walk South Championship May 6, 5, & 7, 2006
Featuring
Coach Fred T. Hardy Special Recognition Cash Awards Program
Throws Clinic with Jeff Gorskii, Elite Athlete Throws Coach
Pole Vault Clinic with Todd Erbst
K-Lab Research Project
Duke University in Durham, North Carolina
10K & 20K Race Walk on Beryl Road, Raleigh, NC

Check our website for updates and results at www.southeasternmasters.org

The Board and sponsors of the Southeastern Masters invite all athletes of 19 age and over to participate in the greatest Masters Meets in the world. Headquarters will be the Millennium Hotel, Durham, NC. There will be two days of competition featuring men's and women's events, a weight throwing, 10K race walk, track relay and all track and field events at the Duke University Track. The 10K & 20K race walks will be held Sunday, May 7 on the regular course on Beryl Rd., Raleigh, NC.

Operated By
Southeastern United States Masters, Inc., 2401 Wade Avenue, Raleigh, NC 27607. Contact Dale Smith at (919) 631-4830 ext. 2 Monday - Friday 9 a.m. - 5 p.m., Eastern Time, or by e-mail at dsmith@smithline.net.

Age Divisions
Based on age on the first day of competition, all events will have a 29 and younger group and 50 and younger group for 50 and older athletes.

Entry Fee
$15.00 includes event entry on track, field or road events plus final results booklet. $0.00 for each additional event. Relay entries - $20.00 per team on a cap. entry form. Payment in U.S. dollars by check drawn on a U.S. bank or by International Money Order made payable to Southeastern U.S. Masters. Fees include entry into Southeast Region Championship (check box on back). No refunds after April 24, 2006.

Sanction & USATF Registration
This meet is sanctioned and certified by USATF, and a 2006 USATF membership is required for all events (except participants in the Team Relay, foreign and active military). All other participants must have 2006 USATF cards which can be obtained online at www.usatf.org, will be available at the meet, or contact Katherine Branch at (919) 772-4211 or karbrach@bellsouth.net.

Awards
Southeast Region medals in the first 5 places for all age groups/polyclips. Club Championship trophies for the 50 year age group and over, plus overall combined Club Championship trophies to top 3 Southeast Region Masters Clubs. All athletes receiving medals should report to the Track Meet Director for awards. Awards will be given for 30 and older athletes for 2006 USATF Championship Patches. Certificate for participation at no charge.

Late Entries
No late entries or changes to track and field events will be accepted after 5 p.m. EDT, Friday, April 28, 2006. Entries in Saturday's Team Relay and in Sunday's 10K and 20K race walks close one half hour before event. Events may be dropped at any time (no refunds).

Running Surface
48 2-lane 400 meter BSS 1000 synthetic surface track for track events, and asphalt for 10K and 20K race walks.

Packet Pickup
All participants must pick up their packets prior to reporting to their first event.

Friday: 7:30 a.m. to 4:00 p.m. at track
Saturday: 6:30 a.m. to 4:00 p.m. at track
Sunday: 6:30 a.m. to 6:30 a.m. at Lonnie Burney Field on Beryl Road, Raleigh, NC.

Meet Day Weather Chart

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Air Travel
Raleigh Durham International Airport (RDU)

Hotel Reservations
Millennium Hotel (Meadowbrook) 2401 Campus Walk-Ave, Durham, NC 27705, (919) 681-5757 or (800) 633-5379. (A shuttle roundtrip and from RDU is available $44 per person.) Please inform hotel of Southeastern Masters track and field participation for special rate. Rooms are $72 plus 15% for the 2 guests and the meet. RNs will arrive early and leave later day, and 23 per day. A pay shuttle is available to and from the Track at $30 per day.

Banquet
A clad-down meal will be served in a Banquet room at the Millennium Hotel at 6:30 p.m. on Saturday, May 6. Banquet tickets are $20.00 which purchased with this application. A short business meeting and special awards presentation will follow at approximately 7:15 p.m. Eyes only for the Awards presentation are $15.00 and will be on the meet.

T-Shirts
Commemorative T-shirts and tank tops will be available at the meet. You may purchase your choice of shirt by referring to the bottom of the entry form for prices and shirt sizes.

Dressing
Dressing and shower facilities will be available at Duke Track on Friday and Saturday. Rooms are located at Duke Track (Friday and Saturday) and portables will be on the 10K and 20K race walk course on Sunday.

Athletic Release
In consideration of the acceptance of this entry, I hereby, for myself, my heirs, executors, administrators and assigns, release and discharge the sponsors, promoters, managers and operators of the City of Raleigh and the Southeastern U.S. Masters Track and Field, Inc., USATF and any and all organizations and individuals from all actions and damages arising from or contributed to by any physical impairment or deficit I may have, whether known or unknown, and agree that they are under no obligation to provide a physical examination or other evidence of my fitness to participate in this meet, the same being my sole responsibility. I further agree that if in the opinion of two (2) or more officials and/or medical support staff members, I am determined to be not fit to compete at my present state, I must withdraw from the meet or, officials may physically remove me from the course, track or field and refuse to allow me to continue competing in this event. I grant permission to Southeastern Masters U.S. Masters Track and Field, Inc., without compensation, to use my picture, motion picture, or any other reproduction of me participating in this event.

Athletic Signature
Date
TEAM MANAGERS

We cannot any longer ignore Mr. Robert Mimm’s inaccurate statements (Oct. NMN) about the role of team managers at WMA meets. Both of us have been LDR team managers at the WMA World Championships in Puerto Rico and at San Sebastian.

First, team managers do not make any meet rules. We are all guests of the local organizing committees.

The General Assembly of WMA voted for the singlet requirement. In Puerto Rico, the first time that all competitors were required to wear national singlet, the team managers permitted the athletes to compete without the singlet, if the local officials allowed it. However, at team managers’ meetings, we were warned that failure to wear the national singlet was grounds for disqualification. We, in turn, warned the athletes.

In Puerto Rico, we know of only one athlete who was disqualified. At other times, the clerks notified us, and we provided singlets to the athletes.

We did not relish the role of running around providing singlets to athletes. We saw many a race begin as athletes wearing a ratty T-shirt. In San Sebastian, most athletes had the singlet or some version of it. We looked good for a change.

As for Mr. Mimm’s statement that the athletes are being forced to advertise for Nike because we are wearing the national uniform, we looked at the singlet, airborne top and wind suit, and they are devoid of Nike identification, except for the swoosh in one spot. If Mr. Mimm does not like it, he can cover it up. Most clothing today is identifiable by some logo.

Every athlete who wanted to, competed in every LDR race during the December races. We know of only one athlete who arrived after the start of his cross-country race, and we took him to the start. He did fairly well in the standings. The one-hour rule only applied to team declarations.

The LOC required all team entries to be submitted one hour before the start of the race. The teams were formed with the athletes present at the time of the team submission. Since we had more athletes, it is quite possible that an athlete could be left off the team if he or she did not check in with the team manager one hour prior to race time.

In the past, teams were created with people who were not present at the time of the declaration and the USA was left with no team. We did not want that to happen, as it did in Brisbane.

Mr. Mimm alleged that he was denied a gold medal. He failed to show up at the time of the team declaration. How can we place an individual on a team when others were present, and he was not? He chose not to be there for whatever reason.

A team manager has to provide for the majority of the athletes. If we recall, because of the procedure, we had many teams with only two singlets in the distance races.

We hope this clarifies many of the misstatements Mr. Mimm has been making concerning the role of the LDR team managers.

Charles DesJardins
Carson City, Nevada
Mary Rosado
New York, New York

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February 2006

Sustainers for February 2006

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:

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WMA 100K

The WMA 100K Championships in Bariloche, Argentina, were run just as summer was about to begin in this mid-December race. Warm temperatures, along with a hilly course, mirrored the event held two years earlier.

When the temperature reached its peak, so did the course. A 20K loop of a mountain brought runners to a brisk walk or crawl.

One of those who played it cautiously in the early kilometers was Mark Godale, 35, of Ohio. Following the race, Mark commented that the lead runners were not carrying any water between aid stations, and although they had built up a lead, it was swallowed by the heat of the day.

Speaking of the heat, Mark, having left his hometown where temperatures were below zero (Fahrenheit), with only 15K to go, knew he was in trouble as he began to feel the effects of the sun.

Without breaking stride, and to the amazement of the motorcyclist providing him protection from the traffic, Mark made a 90-degree turn and jumped into the glacier-fed lake, only a few paces from the road. After a thorough bathing, including washing his hair and all of the salt that had drained from his overheated body, he returned to the course at the point at which he had left and went on to win with a nine-minute margin in a course record 8:28:10.

Had the water not been so cold, he might have spent those nine minutes lowering his body temperature gradually and lost the race.

“Absence-Minded Professor” in 1961.

One missed point in Tynan’s magical mumbo-jumbo is that India is the center of levitation, as far as I know. There swam tens of disciples to levitate and do other fantastic things. Naturally, India should be the track and field paradise. Why long jumpers have not gone there is a mystery in itself.

Risto Marttinen
Mechanicsville, Virginia

DOPING

At the WMA Women’s Meeting, San Sebastian, Spain, Aug. 27, Stan Perkins, Chairman of the WMA Doping & Medical Committee, reported that WMA proposed to hold a seminar at the next World Championships in Riccione to address an apparent lack of information and knowledge, particularly in South America, on prohibited drugs and drug testing.

I referred to the current IAAF Rule, whereby if an athlete is found to have a prohibited substance in his/her sample, that athlete is guilty until he/she can prove their innocence.

You could, for example, have a female competitor from South America who is being prescribed hormone replacement therapy come to Riccione unaware, through lack of information, that it contained a performance-enhancing substance. She would be deemed a drug cheat.

A seminar there may help, but it may not be well attended. WMA needs to address the issue directly with its affiliates.

—Bridget Cusken
via e-mail

KUDOS

Thank you so much for covering the Halstead Masters and Open Track Meet in National Masters News in the December issue. It is very much appreciated.

Bob Everoski
Halstead, Kansas
Track & Field Report
By GEORGE MATHEWS
Chairman, USATF Masters Track & Field
He Also Had a Dream

I had planned on writing about some more goings on at the Annual Meeting in Jacksonville for this article, but felt it would be significant to share my recent experience, which I believe ties into many experiences with which we are involved. Most of us in our sport have heard and know about the fantastic Olympic victory by Billy Mills in the 10,000 meters in Tokyo in 1964. I remember it as one of the most exciting victories in Olympic history. Unfortunately, we haven’t won gold in the 10,000 since then. I guess that makes it even more significant.

I noticed a newspaper advertisement that the Kootenai County (Idaho) Task Force on Human Relations was sponsoring Billy Mills’ presentation “Winning Spirit.” I thought this would be a great subject for me and our fellow athletes to experience, so I decided to go. Luckily, my neighbor knew Billy from the Marine Corps and a presentation in Yakima, Wash., and arranged for us to have dinner with him. What a surprise! This man is much more than a special person who won Olympic gold in dramatic fashion.

Charismatic Personality
He might be one of the most charismatic people I have ever met. He is an inspiration to young and old alike. We all have dreams to fulfill, I hope. I would love to have him speak at one of our meetings or meets, but think it is probably out of our budget range, unless someone wants to sponsor the presentation. Billy does this for a living.

Thank you, Dr. Martin Luther King, Jr., and Billy Mills, for sharing your dreams with us, and stimulating us to have dreams of our own.

Billy Mills

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The “Resurrection” of a Runner by a Runner

Edward Bates, a 49-year-old resident of Micanopy, Fla., faced two aerobic challenges on October 22. By his own standards, he didn’t do very well in the first, finishing a 5K in 20:32, significantly slower than an 18:13 last winter. “It was the toughest 5K I’ve ever run,” Bates says, explaining that there were some brutal hills and that it was about a half-mile above sea level in the Appalachian Mountains.

Bates was much more successful in the second aerobic challenge, however. After finishing the race, he began walking back to his car and saw another runner on his back, about 30 yards from the finish line. He observed a woman vigorously pushing on the runner’s chest in an effort to revive him, as another woman held his mouth open.

No Heartbeat

Bates was informed that the man, a local middle school teacher later identified as “Ron,” had no heartbeat and had not been breathing for about two minutes. He was apparently “dead!”

Feeling compelled to in some way assist, Bates asked the woman who was attempting to pump the man’s heart if he could take over. The woman rejected the offer, saying that she was a professional.

As the other woman continued to hold the man’s mouth open, Bates wondered why she was not beginning mouth-to-mouth resuscitation.

At that time, an ambulance pulled up and two paramedics jumped out. One cut open the man’s shirt and began attaching a defibrillator. Bates asked him if someone wasn’t going to attempt mouth-to-mouth resuscitation, but he received no response.

On the Sidelines

Since his doctorate is in education, not medicine, Bates assumed they knew what they were doing and continued to observe. When the paramedic pushed the button on the defibrillator, nothing happened. One of the paramedics then placed an oxygen mask over the man’s mouth. Again, the body remained motionless.

About then, Bates became aware of two other men kneeling at his side. “We’re doctors,” Bates recalled one of them saying. “We can take it from here.”

Bates doesn’t know what compelled him to then blurt out, “I’m a runner!” as if to say something extraordinary had to be done and he’s the only one there able to do it.

“The audacity of my adrenaline-charged statement astonishes me even to this day,” Bates muses, smiling and shaking his head. He continued kneeling over the downed runner with the two doctors as the paramedics yelled for everyone to get back as they again tried the defibrillator. Still, nothing happened.

Taking Action

“At this point, about five minutes had passed since my arrival on the street scene, and Ron was about seven minutes post-mortem,” Bates relates. “Realizing that he was now probably well past traditional therapy, I decided that I had to jettison my premeditation and take some kind of action.”

As if guided by some higher force, Bates took charge. He states that he took his right forearm, moved the doctor and the woman near the man’s head off to the side and impatiently said, “Get out of my way!”

Still on his knees, he filled his lungs to capacity as he put his head back and exhaled into the dead runner’s lungs with all his might. Nothing happened.

“I then remembered from my two-day CPR course three decades earlier that you have to pinch the victim’s nose closed to prevent the air from escaping,” Bates continues the story.

The woman pumping on the man’s chest was still at it, and Bates told her to continue. He pinched the man’s nose, again filled his lungs to capacity and exhaled with everything he had. “This time, his chest surged skyward,” Bates goes on. “I repeated the maneuver five, ten, fifteen times, I don’t know. The rest of the world seemed to vanish.”

Breathe of Life

Bates was not simply blowing lightly in a rhythmic manner as he had been taught in the CPR course. He was using rapid, explosive bursts of air.

“I was trying to hit them every two seconds with incredible volume, which is why I almost passed out,” he explains. I felt that something unique was required at that point, that maybe a huge burst of air might jump start his system.”

As he continued working on the man, Bates heard a seemingly distant voice coming from the paramedic five feet away, “He’s got a heartbeat! He’s got a heartbeat!” Then, the woman on his right exclaimed that he was breathing. Ron’s eyes began to focus.

Bates remembers the reaction around him as “total shock” as he fell backwards into the arms of one of the doctors and saw a group of students holding hands and praying.

Bates heard a few hours later that Ron was pronounced dead.

Ironically, his finish time of 2:41:12 was within five seconds of his 2003 performance in this race, a race he remembers well as the first time he was ahead of another Indianapolis masters legend, Gary Romesser. DeWitt was 25th overall that year in 2:41:17 with Romesser 24th in 2:42:45.

Veneziano had waited five years to run at Rocket City. “I had entered the race with some friends in 2000, but found out I was pregnant and didn’t run that year,” she said. “I had my first child in 2001 and a second in 2002.”

She came back strong in 2005, taking second second at Detroit in 3:03:02 in October and winning the masters title here seven weeks later. “I wanted to take three hours in your race, but lost steam around 12 or 13 miles,” Veneziano said.

Her half-marathon split of 1:30:33 was not far below the desired pace, and although she slowed down in the second half, she maintained her overall position and actually moved up one when one of the early leaders dropped out. Veneziano finished fourth woman overall and picked up an additional $250 to add to the masters award of $750.

Veneziano attended a small Pennsylvania high school and did not participate in sports. She studied industrial engineering at Penn State and now works for General Motors at their Cincinnati parts distribution center as a quality manager at the facility. She started running in 1989 when a friend in Michigan invited her to a race. She enjoyed early success in competition and ran her first marathon in 1990. In Bates, assumed what then, she had completed 31 marathons (her best a 2:50:38 in 2000) before winning the 2005 Rocket City masters title.

Bates was thrilled to be under new direction. Suzanne Taylor took over the reins from Malcolm Gillis, who had directed the race for eight years. The first 20 had been directed by Huntsville Track Club charter member Harold Tinsley.

For the second year the race was without a title sponsor, but Taylor, as a co-owner of the local Fleet Feet running store, was able to secure partial sponsorship that allowed the race to provide long-sleeved technical shirts to entrants and caps and medals for all finishers. She was also able to secure author and coach Jack Daniels as the clinic speaker following the Friday night pasta dinner.

To meet budget, Taylor maintained the level of prize money that had been used during the past year with masters winners receiving $750. Second and third awards were $500 and $250.

The other masters award checks went to DeWayne Satterfield, 41, Huntsville (2:45:25); Todd Hamby, 40, Rutherfordton, N.C. (2:48:15); Barbara Holcomb, 43, Cullman, Ala. (3:10:09) and Sue Bozgoz, 41, Fayetteville, Ga. (3:16:16).

This was the second straight year that Satterfield has been the second...
Rocket City Marathon

Continued from page 6

In 1991, Durden, then 40, ran 2:32:48 to take the masters title at Rocket City. He returned to the site of his last complete marathon and his first attempt at the distance since undergoing prostate surgery in 2004. Things went well for the first 30K. "It was going okay through 19 miles," Durden said. "I was on probably about 2:53 pace and then I tripped and fell hard. I don't know why. And then it was just a struggle to get to the finish before rigor mortis set in."

Durden finished in 3:08:34, but could take consolation in an age-division award and the fact that he and Amy were among the top husband and wife teams. If there had been a "Bionic Woman" award, it would have gone to W45 women's age group winner, Amy Barrow, 48, Nashville, Tenn., who ran 3:25:20 and was the fifth master. Barrow has two titanium metal hip replacements and is looking forward to better things. "It was quite exciting to run a marathon without pain in my hips," she said. "I am hoping for a great running year next year."

Budget constraints caused race director Taylor to eliminate the age-graded money that had been paid to grand masters in the past several years. This probably reduced the level of competition in the older age groups; however, some impressive age-graded performances were recorded. The top five age-graded performers were Ken Brewer, 64, Oxford, Ala., 3:15:27; Sherman Stanford, 58, Opelousas, La., 3:04:20; Rick Ventura, 51, Avon, Ohio, 2:53:35; Thomas Mayfield, 67, Marshall, Ark., 3:23:47; and Anne Park, 66, Huntsville, 4:23:33. All were age-division winners. In addition, Park was one of the lucky winners of the two $500 random drawings that are made among entrants at the end of the awards ceremony.

Last year, Garry Elkins, 63, Gadsden, Ala., and Dean Godwin, 66, Akin, S.C., were the last two runners who had completed all previous Rocket City Marathons. Godwin had problems with his hip in 2004 and had to stop at 10 miles. However, he returned this year to help at packet pickup and to encourage Elkins as he ran for the 29th year. Elkins completed his 29th in 3:45:24 and looks forward to number 30 in 2006.

This year the race enjoyed a 12% growth, up to 974 from 869 in 2004. Masters runners in the field totaled 600 (469 men and 131 women).
Nail Fungus – Unsightly and Uncomfortable

One of the more common afflictions affecting track and field athletes is onychomycosis, or nail fungus. Virtually all of us, at one time or another, have developed the thick discolored toenails that are sometimes referred to as "runner’s nails."

There are several very high-priced topical and oral medications to treat this condition, ranging from $300–400 a month. Therefore, you may wish to consider some less expensive methods of treatment.

Onychomycosis is a fungal infection of the nail bed and nail plate. The nail becomes discolored and thick. It is more common with advancing age, although it is common in runners and other athletes who have suffered prior toenail damage.

Why bother to treat it? Well, it is certainly a benign condition, but it can cause pain and discomfort due to pressure on the nail bed. This is usually due to ill-fitting shoes.

Avoiding the Problem

Obviously, the most important treatment is to avoid getting the fungus in the first place. Avoid trauma and wear properly fitting shoes. Trim the nails. Wear absorbent or cotton socks.

Dry the feet thoroughly and avoid walking barefoot in health clubs and public showers. Treat affected family members. Use anti-fungal sprays in your shoes. Bring your own instruments when having a pedicure treatment.

Treatments

There are several over-the-counter medications that have proven successful. These may not cure the condition, but will reduce the thickness of the nail. These include Fungidone Tincture, Mycocide, and Tineaicide. These are usually applied to the nail twice a day.

One should keep the nails as thin as possible and use a nail file on a daily basis.

Tea tree oil, a component of Tineaicide, has proven successful.

Soaking the feet three to four times a week in a mixture of apple cider and vinegar, 1:1, has been successful. This produces a 5% acetic acid solution, which debrides and kills the fungal nail elements.

If you have tough skin, a drop of Clorox bleach on the affected nail once a week will help clean out the fungal debris and also act as a deodorant.

So, prior to launching into high-priced medications, you might want to try these simple applications.

Although there are a multitude of other treatments, including vinegars, kerosene, green tea, etc., we need a broad-spectrum medication that has proven successful.

For more information, you can visit the website at thefootbeat@aol.com

FIVE YEARS AGO
February 2001

Steve Wilson (M40, 2:24:23) and Cheri Robinson (W40, 2:50:48) First Masters in Rockiet City Marathon

Joe Smidnak, 40, and Sally Brooking, 44, Are Masters Winners in Sunmart Texas Trail 50 Mile; Robert Clements, 41, and Beverly Buss, 40, First Female Overall, Are First in the 50K

2003 WAVA World Championships Moved from Kuala Lumpur to Puerto Rico

Roman, Swan Star in 37th Dartmouth Relays

By JERRY WOJCICK
Mary Roman, 70, and Pamela Swan, 42, had national indoor record marks at the 37th Dartmouth Relays held at Leverone Field House, Dartmouth College, Hanover, N.H., on Jan. 6.

Roman, of Norwalk, Conn., surpassed the W70 record for the 1500m and the 3200m. In the shot, she recorded an 8.40/27.6-7.5, and in the weight, a 10.42/34.2-2.5.

The present record for the shot is held by Christel Donley at 7.87/25.10 in January 2005. The weight record belonged to Audrey Larr at 10.15/33.7-5.5 in March 2005.

Swan, of Bowdoin, Me., upset the W40 pole vault mark of 2.60/8-6.25 by Donna Schultz in February 1999 to 2.70/8-10.25.

The meet drew athletes from out of the region who went home winners. James Broum, 54, Sarasota, Fla., won the 60H in 9.06. Fellow Floridian, Bob Cahners, of Naples, out of action in 2004 with shoulder surgery, hit 16.61/53.4-8.5 with the 16H weight.

Ruth Welding, 50, Elk Grove Village, Ill., threw the 16H weight 13.81/43.7-5 to win the W50 division. Sue Hallen, 48, Elk Grove Village, Ill., was the W45 shot put winner (7.36/24-1.5).

Rick Parker, 58, Indianapolis, Ind., won the 60m (8.12) and 200 (27.47), Paolo Bentivoglio, 43, Hanover, Ohio, won the 3000 (9.52.73).
Boston to Host its 10th Indoor Nationals

After nine years in a row, with a year off in 2005, Boston's Reggie Lewis Track & Athletic Center will again host the USA National Masters Indoor Championships, on March 24-26.

Last year, masters went to the Northwest. to Boise/Nampa, Idaho, where 593 men and women entrants set 21 world and 39 U.S. age-group records.

In the 2004 championships in Boston, 726 athletes broke 28 world and 28 national age-group records at the Lewis Center. The competition, in five-year age groups, 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 13. No entries or changes will be accepted after March 20.

The Lewis Center features a lightly-banked 200m Mondo track, with a nine-lane straightaway in the center for the 60m and hurdles. There are one weight and two shot circles onto a synthetic surface. Indoor implements will be supplied.

The meet also includes the USA National Pentathlon Championships on Friday, the 24th, starting at 8 a.m., with other events starting at 2 p.m. The schedule continues on Saturday and Sunday with a full slate, including the 60m, mile, two relays, 3000 racewalk, all of the jumps, and the weight throw.

A club champion will also be decided. In 2005 at Boise, the first masters club scoring event after two years of trials, the So Cal TC was first, with the Oregon TC Masters second, and the Potomac Valley TC third.

The championships entry form with the schedule and other important information was published in the January NMN. Additional information is available at www.usatf.org, 617-566-7600, and office@usatf.org.

The headquarters hotel is the Marriott Copley Place Boston with rates at $129 single/double and $139 for triple occupancy; 888-236-2427, or 617-236-5480. To get the special rates, guests, and receive duplicate awards to USA11' athlete's registration. Semi-finalists must move to the finals.

The USATF New England Association is presenting the meet, under the administration of experienced meet directors, Steve Vaito, Lee Hess, John Oleksi, and Gary Snyder.

Visit the National Masters News on our Web site at: nationalmastersnews.com

USATF GEORGIA ASSOCIATION MASTERS TRACK AND FIELD CHAMPIONSHIP • USATF GEORGIA ASSOCIATION RACEWALKING CHAMPIONSHIP • OPEN TRACK AND FIELD COMPETITION

FRI 14-15, 2006

SITE: Savannah State University; Ted Wright Track; Skidaway and LaRoche Ave.

MOTEL FOR PARTICIPANTS: Hampton Inn, Stephenson Ave. at Habersham, Savannah; 912-355-4100

STAND-UP EVENT: Savannah Masters Open Meet, Savannah Masters Club Prep Meet at Skidaway Island S.C.

Masters for all athletes 30 years of age and over. Competition for athletes 19-29 years of age.

MOTEL FOR PARTICIPANTS: Hampton Inn, Stephenson Ave. at Habersham, Savannah; 912-355-4100

25 rooms have been set aside at $67 per night, two double beds, non-smoking. Deadline for this rate is March 13, 2006. Reservations can be made only through AAA of Savannah. Call 1-800-AAA-1212 or 1-912-352-8322, ext. 7322, ask for Debbie Bussell. If Ms. Bussell is not available, ask for Tamara Green. State you wish to reserve a room for the USA Track and Field meet. Motel is east block of a east on GA 204, about three miles from Savannah State University.

INFORMATION: Jim Hite; PO Box 717; Miller, GA 30442; 478-982-4881; FAX: 478-982-9984

All participants must be members of USATF. Memberships will be available for purchase on site. You may also purchase a USATF athlete's number on-line at usatf.org, click on membership. NO ONE will be allowed to participate without a USATF athlete's number, which must be on the entry form.

Masters Pentathlon medals will be awarded to Georgia residents and to the top three opens (19-29) in each event. Out of state participants will receive comparable place awards, but may not displace a Georgia athlete. $100 will be awarded to the masters athlete with the best age graded performance. This event is sanctioned by USA Track and Field, and USATF Rules apply.

Deadline for entry is April 11, 2006.

ENTRY FEE: $15 for first event, includes T-shirt; $5 for each other event. Relay team: $10 per team, in addition to each individual's first event fee.

Timing by Finishline. EMF will be on site, as will sports massage therapist (no charge to the athlete).

EVENT INFORMATION

100m/200m run, 500m walk and 500m run: all age groups will compete in a single event. Age group identification will be on runners' backs.

Preliminaries: 100m, 200m, 400m, 400m/110m Hurdles: If eight or less are entered in any age group, no trials or heats will be contested in that age group and all entrants will move to the finals. If nine or more are entered in any age group, trials or heats will be run with heat winners and the next fastest times, completing a field of eight plus. (This is the last and only year for 110m hurdles)

NO CHANGES will be accepted after the entry deadline.

The championships entry form with the schedule and other important information was published in the January NMN. Additional information is available at www.usatf.org, 617-566-7600, and office@usatf.org.

The headquarters hotel is the Marriott Copley Place Boston with rates at $129 single/double and $139 for triple occupancy; 888-236-2427, or 617-236-5480. To get the special rates, guests, and receive duplicate awards to USA11' athlete's registration. Semi-finalists must move to the finals.

The USATF New England Association is presenting the meet, under the administration of experienced meet directors, Steve Vaito, Lee Hess, John Oleksi, and Gary Snyder.

Visit the National Masters News on our Web site at: nationalmastersnews.com

USA National Masters Indoor Championships, Boise, Idaho. The 2006 championships will be held in Boston on March 24-26.

DEADLINE

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

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

Suzi Hess

Suzi Hess


Mixed age-group racewalkers in the 3000, 2005 USA National Masters Indoor Championships, Boise, Idaho. The 2006 championships will be held in Boston on March 24-26.

NOTE 1: Age groups may be combined within events in the interest of time and/or competition, but awards will not be affected.

NOTE 2: In lane races, runners must run in assigned lane! This is extremely important when using an automatic timing system. There will be no exceptions.

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

Register on line at: active.com

SCHEDULE OF EVENTS

Track

Friday 14-15, 2006

7:15 p.m. Mile Run final (Women first, then Men)
7:30 p.m. 1000m Run final (Women first, then Men)

Saturday 14-15, 2006

8:00 a.m. 5000M Race Walk Men
8:00 a.m. 5000M Run Women
9:30 a.m. 5000M Run Men
10:00 a.m. 100 Hurdles Men
10:10 a.m. Preliminaries
10:30 a.m. 100M/110M Hurdles Men
11:00 a.m. 800 Women
11:15 a.m. 110/110M Hurdles Women
12:00 p.m. 3000 Steeplechase Men
12:50 p.m. 4X400M Relay Men

Finals

10:20 a.m. 4X100M Relay Men
10:30 a.m. 1500M Run Men
11:00 a.m. 100 Hurdles Women
11:15 a.m. 110/110M Hurdles Men
12:00 p.m. 3000 Steeplechase Women
12:50 p.m. 4X400M Relay Women

Field

Saturday 14-15, 2006

9:00 a.m. Long Jump (men first)
9:30 a.m. High Jump (men and women)
10:00 a.m. Shot Put* Women
10:10 a.m. Shot Put* Men
11:00 a.m. Discus*
11:15 a.m. Pole Vault (men and women; starting height to be determined)
12:00 p.m. Javelin*
12:30 p.m. Discus*
1:00 p.m. Pole Vault (men and women; starting height to be determined)
1:30 p.m. Javelin*

*NOTE: Shot put, discus and javelin implements will be available. Personal implements will be checked and approved for use in the competition on day of meet.

PLEASE NOTE: That those taking part in SP, DT, JT may do at ANY TIME within 55 minutes after the start of the event. This is to make it easier for those participating in events with conflicting times.

(a) If necessary
(b) Barriers for 2K SC are 36°

**PENTATHLON: Pentathlon events will start approximately 30 minutes after the completion of the previous event.

PLEASE NOTE: Running events could be moved forward up to 20 minutes, if conditions warrant. Athletes are urged to pay close attention to announcements throughout the day.
WMA 10K
Continued from page 1

place Uruguay.

The impressive USATF masters team also set five age-group course records: Godale, M35; Roy Pirrung, M55, 9:09:07; Kathy Cotton, W35, 13:06:18; Pace, W45, 10:00:08; and Graupius, W55, 11:54:46.

This team was the largest that the United States has sent to a masters world ultra championships. The four returning veteran team members showed their experience against teams from Canada, Colombia, Spain, Uruguay, and host country Argentina.

On previewing the scenic race course, veteran USATF 10K team member Pace said, "The course is very hilly, the part around the lake and the last 20K has lots of hills...the temperature may be up to 80°F. It looks like running in San Francisco."

The four-and-four woman USATF masters 100K team represented a mix of states and two decades of age groups.

Following the race, the award ceremony was attended by most of the participants. The gold, silver and bronze medals were hand-crafted and imprinted with the words "Campeonato Mundial 100K Ultramarathon, Bariloche, Argentina."

All those finishing received a medal

Report from Britain

BY BRIDGET CUSHEN

British masters mourn the unexpected death of Tony Banks, a former Sports Minister and a great supporter of masters sport. He suffered a stroke while on holiday with his wife in Florida.

The end-of-year track and field rankings are a great opportunity on the health of the sport. British masters hold their own on the senior/open list.

Ranked yet again is Alan Williams, now M50, who cleared 4.40 in the pole vault.

In the No. 2 spot in the shot put is Mark Proctor, M40, with 20.04, and 13th is Steve Whyte, M40, at 16.18.

Leading W35 endurance runner, Kate Ramsey, who represented GBR in the IAAF World Cup race, was 210.55 in the marathon, running 2:18:47 last April, and W35 Debbie Mason’s 2:36:59 ranks fifth.

The cross-country season started in October with league races throughout the season, followed by the county championships and the geographical area championships building up to the national in the spring.

How many athletes can produce a winning team medal from area championships for a continuous 40 years in this most demanding of sports? Archie Jenkins, 53, can do just that. Running as a senior for his lifelong club in the East, he competed in December, he was sixth, seventh, picking up a senior silver medal.

In the comfort of the indoor arena, Brian Harlick, M70, cleared 2.40 in the pole vault. W35 John Pirrung, of the silver medalist, Helen Godsell, W50, raced to an 8.44.

As the closing date for the WMA Indoors in Linz is imminent, a record number of competitors have entered.  

ized workouts with my club helped. Of special benefit was a one-hour time trial eight days prior to the 10K. As this was my only distance workout, I wondered if it really would have the needed endurance to complete the race.

My pre-race anxiety is consistent with my normal state. I am a high-strung person and was so nervous during the 5K, I did not notice the different colors on the track until the next day when I was not competing. So my mind is anything but calm before a race.

My two main objectives in the 5K and 10K were to finish the distances and not be disqualified. Everything went fine.

(Elaine Ward can be contacted by e-mail at narnly@bigglobal.net.)

TEN YEARS AGO

February 1996

- Robert Yara (40, 2:30:46) and Joyce Deason (40, 2:53:49) First Masters in Rocket City Marathon
- Paul Mascali (42, 16:04) and Kathy Martin (44, 18:50) Win in Record Field in L.I.'s Ho Ho 5K
- Senior Games/Olympics Lower Competition Age from 55 to 50

Don't Miss

Athletes wh...

Don't Miss

Athletes wh...

Don't Miss

Athletes wh...

Don't Miss

Athletes wh...
Sunmart newcomer, maintained a lead over Koerner just past of the race by the end of the second of four 12.5-mile loops. Kochik, a competition, and I didn't their sustained effort who competed for the pace etters in the men 's race. I was surprised with the strong manship delivered by a pair of Seattle, Wash., standouts, Phil Kochik, 27, and Hal Koerner, 29, who finished first and second in respective times of 5:46:57 and 6:11:53.

Eric Bindner, 49, Littleton, Colo., who was the top master in 2004, finished eighth overall and second master in 7:08:55. Bill Patience, 51, Georgetown, Texas, was the third master in 7:11:05.

Bob Sweeney of New York and Paul DeWitt of Colorado were the early pacers in the men's 50-mile, but their sustained effort forced them out of the race by the end of the second of four 12.5-mile loops. Kochik, a Sunmart newcomer, maintained a steady pace, and pulled clearly into the lead over Koerner just past 30 miles.

"I was surprised with the strong competition, and I didn't think I'd be able to run this well," said Kochik, who competed for the University of Akron (Ohio). "I was really just trying to not fall down on the last lap. On the last lap, my legs weren't feeling so great."

In the men's 50K, all eyes were on Uli Steidl, 33, Seattle, Wash., who in 2004 broke Rich Hanna's 1994 course record (3:12:25) with a 3:11:45. Steidl still had a lot of tricks up his sleeve this year, too, as he sped to another course record time of 3:07:47. Jason Saitta, 27, Parker, Colo., was second behind Steidl at 3:18:25.

Jim Harrington, 40, Negaunee, Mich., was the top masters finisher and third overall in 3:28:59. Fellow masters newcomer, Mike Wasson, 40, Monument, Colo., was sixth overall and the second master at 3:48:46. William Henderson, 43, Bellaire, Texas, was the third master in 3:49:46.

"I took a wrong turn near the end of the race, and that probably added about three to four minutes to my time," said Harrington, who is a public health educator. "I was really happy, because I was leading on the last lap. It might have been pretty close to a negative split."

Wendy Terris, 36, San Antonio, Texas, paced the women's 50K field with her eighth-place overall finish at 3:51:46. Suzy Seeley, 46, Houston, Texas, moved up from second master in 2004 to take this year's masters crown in 4:35:59.

Diana Shervey, 40, Portland, Ore., was the second master (4:38:00), and Melissa Huerta, 42, Dallas, Texas, was third (4:47:10). Nearly 900 runners from 38 states and seven countries made the 16th annual Sunmart race the premier ultra running event in the United States.© continued from page 1
On The Run

The Distance Runner’s Diet – What to Eat and Drink in Your Next Race

Good nutrition – both before the race and during – is critical if you hope to excel in any running race. When you run long distances, your energy requirements increase. In an article on endurance exercise in The Physician and Sportsmedicine, Walter R. Frontera, M.D. and Richard P. Adams, Ph.D., comment, “During sustained exercise such as marathons, your total energy requirements increase 10 to 20 times above resting values.” Runners need to eat more of the proper foods to fuel their muscles. They also need to drink more, particularly in warm weather.

At a sports nutrition seminar in connection with the 1992 U.S. Olympic Marathon Trials in Columbus, Ohio, Linda Houkooper, Ph.D., a registered dietitian at the University of Arizona, made clear that endurance athletes in particular should get most of their calories from carbohydrates. More about that later. The only problem is that with 35,000 items in the supermarket, marathon runners sometimes need help determining which foods are highest in carboh ydrates. Unles you plan to eat simple carbohydrates, those who choose a fad diet that low- ers carbohydrates or caffeine. Those who choose a fad diet that low- ers carbohydrates, those who choose a fad diet that low-

Some people seeking to finish their first marathon, however, are more than 15 pounds overweight – or they think they are. So they also attempt to lose some additional weight by dieting. To a certain extent, this isn’t a bad idea, assuming you choose your diet prudently. Those who choose a fad diet that lowers carbohydrates intake make a major mistake. That’s because most fad diets fail to provide enough energy for endurance activities. Stay away from the so-called “Zone,” “Atkins,” or “40-30-30” diets. Their emphasis is low carbohydrates is merely a short-term fix to losing weight.

You don’t need to patronize Italian restaurants to ensure an adequate supply of complex carbohydrates. I sometimes choose a Chinese restaurant, because rice is also high in carbohydrates. And Nancy Clark, R.D., director of nutrition services for SportsMedicine Brookline in Boston, and author of Nancy Clark’s Sports Nutrition Guidebook, points out that you can get plenty of carbs in most American restaurants.

If you eat soup (such as minestrone, bean, rice,or noodle), potatoes, bread and vegetables along with your main dish, and maybe grab a piece of apple cobbler off the dessert tray, you can end up eating more carbohydrates than fats or protein.

Carbohydrates are particularly important the night before your race, and even before your long runs or walks leading up to race day. That’s because why a lot of endurance races offer “pasta parties” the night before. Be sure to drink plenty of fluids the day before the race, but stay away from diuretics that contain alcohol or caffeine.

It’s also a good idea to top off your fuel tank with a light carbo snack before going to bed. You also might consider rising early on race day so you can have a light, pre-race meal.

Toat or a bagel washed down with orange juice and maybe one cup of coffee works well two or three hours before the race start – but practice this routine before your long training workouts to make sure this doesn’t upset your stomach.

Learning to Drink

Once the race starts, hydration becomes important, particularly if it is a warm day. Drink, drink, drink. Do this during your long workouts in practice too. Not only will drinking fluids make your weekend long workouts more comfortable, but it also will teach you how to drink and how often to drink. Drinking while you run is not an instinctive tech-

Some tennis player would start a match without practicing lob; no golfer would play a game without learning how to pitch from a sand trap. And no runner should enter a half-marathon without figuring out how and when to drink.

Drinking while running definitely is not easy. Unless you grasp the cup carefully, you can spill the contents on the ground. If you gulp too quickly, you can spend the next mile coughing and gasping.

If you dawdle at aid stations, you can waste precious seconds. And if you gulp down a replacement drink you aren’t used to, it might make you nauseous.

Drinking on the run is a science – and so you need to practice. Do this during your training runs, particularly your long training runs.

Drinking on the run is necessary for survival. Here’s why. During exercise, the body usually produces more heat than you can get rid of by sweating. A marathoner’s body temperature gradually rises 3 or 4 degrees to 102 degrees Fahrenheit, an efficient level for energy utilization. At this point, your air-conditioning system is in sync with the environment and you perform well.

If the weather is too hot or too humid, or you become dehydrated – resulting in a drop in sweat production – the body’s temperature can soar to dangerous levels. Your muscles will not perform efficiently at temperatures that are too high (over 104), so that will slow you down.

This is an important defense mechanism, because if you fail to sweat and your core temperature rises past 108, you may suffer heatstroke, a potentially serious problem that can cause headaches and dizziness, and in extreme cases convulsions, unconsciousness, and death.

So drink up – but don’t drink too much or too often, otherwise you’ll waste time waiting to use the portable toilets along the course. You have to learn how to drink properly, and that’s why you need to practice drinking during your long workouts.

Tips for Staying Cool

What strategies can runners use to avoid problems on hot days? Here are some training trips for proper hydration:

1. Drink before running. Drink adequately and drink often up to two hours before the start. Excess body water will be passed as urine before you start to run. Two hours before, however, stop drinking otherwise you’ll be pushing into the buses.

2. Drink while you run. Just before the gun sounds, you can start drinking again. Once you’re moving, you’ll sweat off any excess liquid before it reaches your kidneys. You also need to drink frequently while running, especially during warm weather. You’ll run faster and recover sooner. Carry a water bottle if necessary.

3. Walk to drink. Don’t try to gulp it down while running through the aid stations. You’ll be able to drink more if you stop or at least walk. You’ll lose less time than you think. I once ran a 2:29 marathon walking through every aid station on a hot day.

4. Drink after running. Drink as soon as you stop, but even after your initial thirst is quenched, you still need to keep drinking. One sign of your hydration level is to check your urine. Clear urine is a sign of good hydration.

5. Don’t overestimate your ability. Realize that you can’t run as fast when it’s warm. Don’t expect to set a Personal Record, and don’t be afraid to bail out early (at least start slowing down) when you’re starting to overheat.

(Adapted from Hal Higdon’s Marathon: The Ultimate Training Guide. Check out more training information at www.halhigdon.com.)
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Let's Go Clubbing This Year

What to look forward to in 2006? The MS0+ will have the 3k shot and hammer with which to set new records. We'll have the Ultra Weight Pentathlon to experiment with to see whether it merits championships status. One thing we probably won't see are club championships on the association and regional levels.

I don't recall seeing club championships totals for any results in 2005 other than for the national indoor and outdoor championships. The So Cal TC won the first official indoor club championship in Boise, Idaho, and the Fleet Feet-Sacramento squad won the first outdoor championships in Honolulu.

Boosting the Numbers

I thought the purpose of club championships was to beef up our anemic programs at the lower levels by injecting the idea of the "good old college try" to meets, thereby recruiting men and women who might be lured by the idea of scoring points even though they might not be winners.

Club memberships would increase as athletes developed a sense of camaraderie and a need to belong to a group rather than competing unattached.

That was the impression I had during its two-year trial period before it became official last year. If that isn't the main basis for a club championship, then what is?

One More Responsibility

What happened? Nothing. Why? Probably because the USATF Masters Committee hasn't really promoted the idea on levels below the championships yet. But the more likely reason is that including club championships in an association or regional meet burdens the overworked meet director with another task that takes careful planning.

Among other tasks, besides the expenditure of purchasing trophies, he has to include the club membership item in his entry; and then he has to find a volunteer to tally up the points if he doesn't have a program to do it. And finally, worst of all, he has to put up with all of the post-meet complaints from athletes who fail to enter their clubs, belong to another club but forget to mention it, know that an individual from the winning club is not a member of that club, re-figure the points and discover an error, etc.

By the time the dust settles, he'll end up having to locate someone from the winning club to send the trophy to more expense.

Slow Acceptance

If this isn't the reason why the club championship idea was non-existent in 2005, then what is? Maybe it just takes a while for new ideas to be adopted by masters.

Whatever the reason, why don't we encourage meet directors to stage a club championship by rewarding them when they do? Maybe a check for $200 or more to defray expenses would be incentive enough for some meet directors to include a club championship.

The USATF masters budget for 2006 includes $4000 for direct mail, which entails sending out information/entry forms for national and regional championships. I'll bet that these go to a lot of athletes who are well aware of what's happening, don't need to be informed about those meets, and enter through another avenue.

Redefine Purpose

 Couldn't we revitalize the direct mail budget and distribute some of it to directors who put on a club championship? Or find money from another source?

Plus, if a director shows an interest in a club championship, he should be put in contact with people who have experience in that realm to help design a strategy, and have information available for those who wish to include a club element in their meets.

Maybe the solution is as simple as somebody volunteering to do the job at an association and regional meet to relieve the director of another responsibility.

Alerting the Media

Meanwhile, if a meet director is interested in a club championship, the director should be assisted by the Masters Media Committee (who are experienced enough to do it in minutes) in composing a press release to local media about the winners and top placers.

Maybe the So Cal TC winning a club championships won't impress the sports jaded folks in Los Angeles and Orange counties, but I'm sure that the Atlanta TC or New Jersey's Shore AC could get some press if those clubs scored high in the final combined team totals.

Winning a club championship should be a big deal and should be treated as such, both before and after the fact.

---

The Weight Room

By JERRY WOJCICK

TRAIN YOUR BRAIN!

The Long & Strong Throwers Journal (LSTJ) is a quarterly publication dedicated to the throwing events. It is the only throwing periodical of its kind in the world. LSTJ is about more than technique and training. Elite athletes and coaches give insight into their keys for success. LSTJ provides throws coverage and photos from major competitions that you won't find anywhere else. LSTJ touches on the issues that affect the throws community. LSTJ's interviews with top throwers such as Adam Nelson, John Godina, Erinn Gilreath, Aretha Hill and Breaux Greer are just what you are looking for! Let LSTJ help you reach your potential!

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NATIONAL MASTERS NEWS

The National Masters News now takes VISA and MasterCard for subscriptions and gift subscriptions on its Internet Web site:

www.nationalmastersnews.com

This enables foreign athletes to subscribe without having to convert foreign currency to U.S. currency.

TWENTY-FIVE YEARS AGO

February 1981

• 2400 from 44 Nations Compete in 9th World Veterans Championships, Christchurch, New Zealand
• Antonio Villanueva Sets 10K World Best of 30:34.2
• Joan Ulliot Establishes New W40 World Best for 25K in 1:46:20
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 championships, which may be limited to men and women over age 40. International T&F meets are open to men and women over age 35. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMM, P.O. Box 50004, Eugene, OR 97405.
NORTHWEST
Alaska, Idaho, Montana, Oregon, Utah, Washington, Wyoming

February 25. The Outside in Arena Throws Meet, Connell (between Tri-C, Spokane), WA. Outdoor Implementation of FT/W/SW, PO Box 38, Connell, WA 99326. 509-234-8006; ftselalter@centurytel.net

June 10-11. Portland Masters Classic/Oregon Masters Championship, Mt. Hood CC, Gresham, OR. Paul Step, 3001 NE Lin惇, Gresham, OR 97030; 503-666-8950(9); list@pym.net

June 24-25. 25th Hayward Classic/USATF Northwest Regional Masters Championships, Eugene, OR. Dick Lamster, 207-892-4526; www.maine trackclub.com

May 25. OMTFA Winter Mini-Meet, York, U. 416-438-6842; canadiamastersathletics.com

Canada


March 11-12. Thai Veterans Championships, Zhang Mai, priusbeat@hotmail.com

March 15-18. 2nd WMA World Indoor Championships, Lint, AZ. www.lintlin2006.com


May 19-30. European Veterans Athletics Association Championships, Poznan, POL. www.evacw2006.pl


LONG DISTANCE RUNNING
NATIONAL


February 4-5. USA National Championships/ Rocky Racoon 100 Mile Trail, Huntsville, TX. jpsupport@usai.org; www.hillcountrytrailrunners.org/race/RockyRaconne.html

February 18-19. USA National XC Championships, Van Cortlandt Park, NYC. Masters 8K on the 18th. usatf.org; Andrea Haver, 212-860-4455.

March 5. USA National Championships/Long Island 50K Road, Long Island, NY. spalsky@aol.com; www.gliw.org

March 8-12. 40th RCAA National Convention, Hyatt Regency, Houston, TX. www.rcaaustin.org

June 11. USA National Championships/Tea Mountain Games Spring Runoff 10K Trail, Val, CO. mort@vailrec.com; www.rockiesonline.org

July 25. USA National Championships/White River 50 Mile Trail, Crystal Mountain, WA. seanruno@aol.com; www.whiteriver50.org

August 26. USA National Championships/Headlands 50K Trail, Sausalito, CA. gypsyarm@hotmail.com

SOUTHEAST
Alabama, Florida, Georgia, North, Carolina, South Carolina

February 10-12. Mercedes Marathon & Half-Marathon, Birmingham, AL. 205-890-7775; mercedesmarathon.com

November 3. Walt Disney World Marathon, Orlando, FL. 407-824-3898; www.disneyworldmarathon.com


February 16-19. Myrtle Beach Marathon, Myrtle Beach, SC. 843-293-8051; www.mbm.org


February 25. Outback Distance Classic 12K, Orlando, FL. 407-300-4422; trackshack.com

February 25. Mud in Your Eye XC, Virginia Beach, VA. 5K/6K/8K. 757-421-2602


March 4. USA ATC Classic Rock 5K, Mobile, AL. 251-473-7223; www.ppacercar.com

March 5. Sarasota Marathon, Sarasota, FL. 941-266-8546; www.sarasotamarathon.org

March 11. Gate River Run 15K, Jacksonville, FL, 904-731-1900; www.gaterrun.com

March 11. Luck of the Irish 5K, Mobile, AL. 251-473-7223; www.ppacercar.com


March 25. Azalea 10K/5K, Mobile, AL. 251-473-7223; www.ppacercar.com


April 1. Upright’s Monument Avenue 10K, Richmond, VA. 804-285-9495; www.sportsbackers.com

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


February 18. West End Tavern Chili Bowl 5K, Westlake, OH. 216-623-9933

February 29. Kentucky Derby Festival Marathon & Mini-Marathon, Louisville, KY. www.derbyfestivalmarathon.com

MID-AMERICA


March 18. Freesail Austin Marathon Half-Marathon, Austin, TX. www.freesailaustinmarathon.com

March 25. Cowtown Marathon, Fort Worth, TX. 817-731-7300

March 11. Bayou City Classic/RCCA 10K Championships, Houston, TX. www.baycyclyclassy.com

SOUTHEAST
Arkansas, Louisiana, Mississippi, Oklahoma, Texas


March 18. Freesail Austin Marathon Half-Marathon, Austin, TX. www.freesailaustinmarathon.com

March 25. Cowtown Marathon, Fort Worth, TX. 817-731-7300

March 11. Bayou City Classic/RCCA 10K Championships, Houston, TX. www.baycyclyclassy.com

WEST
Arizona, California, Hawaii, Nevada, New Mexico


February 5. Pacific Shoreline Marathon, Huntington Beach, CA. 949-581-0105; www.marathon.com

February 5. Davis Stampedo Half-Marathon, 10K & 5K, Davis, CA. www.changeforce.com

February 8. Orange County Ultra Run 50K & 100K, Long Beach, CA. 714-225-9349; www.oc100x.com

February 11. Sedona Marathon, Sedona, AZ. www.sedonamarathon.com

February 11. Great American Adventure Run 2.8 Miles & 4.4K, Huntington Beach, CA. www.safecircle.org


March 5. Molalla Valley Marathon/RCCA National Championships, Molalla, OR. 503-255-2609; www.molallamarathon.com

March 12. Pacific Memorial Fifty-Plus 8K/Pacific Association Championships & Racewalk, Stanford U. CA. Separate races for 50s, 50+ Livelong Fitness, 2483 E. Bayshore Rd., Suite 202, Palo Alto, CA 94303. 650-843-1750; info@50plus.org; www.50plus.org

March 19. L.A.Marathon XXI, Los Angeles, CA. 310-444-5544; lamarathon.com


February 2006
**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 by the Records Committee of World Masters Athletics (WMA).

---

### APPLICATION FOR TRACK RECORD

Mail to: Sandy Pashkin, 2888 Elysium Ave., Eugene, OR 97401

1. Description of Record: World __________ American __________ Male __________ Female __________ age group __________

   * application must be accompanied by copy of birth certificate or passport

   **Event:**

<table>
<thead>
<tr>
<th>Description</th>
<th>Date</th>
<th>City</th>
<th>State</th>
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<td>Outdoor</td>
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   **Competition Name:**

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<th>Date</th>
<th>Time of Day</th>
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</table>

   **Facility Name:**

<table>
<thead>
<tr>
<th>City</th>
<th>State</th>
</tr>
</thead>
</table>

   **Printed Full Name and age of Competitor:**

   **Competitor’s City, State and Club:**

   **Relay members in their running order:**

   **2. Starter’s Certificate:** I certify that the starting time was in accordance with USATF Rules.

   **Printed Name:**

   **Signature:**

   **3. Automatic Timing Certificate:** A fully automatic timing device was used, manufactured by _________.

   As Chief Photo Finish Judge, I certify that the times recorded were ________, and this was the official time.

   **Printed Name:**

   **Signature:**

   **4. Wind Gauge Certificate:** I certify, as the Wind Gauge Operator, that the wind was recorded as ________ m/s.

   **Printed Name:**

   **Signature:**

   **5. Surveyor:** I certify that the facilities used were in conformity with IAAF or appropriate Rules. The maximum allowance for wind speed did not exceed 1.1000 meters per second in the running direction. There was a form raised border on the inner edge of the track and the length of one lap was ________.

   **Printed Name:**

   **Signature:**

   **6. Hand Timing Certificate:** I certify that the time recorded by the official was recorded by the timer.

   **Printed Name:**

   **Signature:**

   **7. Guarantee by Referee:** I certify that all information recorded on this form is accurate, that the Officials conducting the event were qualified and that all WMA or USATF Rules of Competition were complied with.

   **Printed Name:**

   **Signature:**

   The height of the hurdles were:

   The following must be enclosed with this application for World and American Records:

   1. The printed program for the competition
   2. The complete results of the event
   3. A printed Photo Finish photograph

---

### APPLICATION FOR FIELD RECORD

Mail to: Sandy Pashkin, 2888 Elysium Ave., Eugene, OR 97401

1. Description of Record: World __________ American __________ Male __________ Female __________ age group __________

   * application must be accompanied by copy of birth certificate or passport

   **Event:**

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   **Meet Name:**

   **Date:**

   **Time of Day:**

   **Facility Name:**

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<th>City</th>
<th>State</th>
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   **Printed Full Name and age of Competitor:**

   **Competitor’s City, State and Club:**

   **2. Field Judge Certificate:** I certify that the measurement stated opposite our respective signatures is exact as measured in accordance with USATF or WMA Rules. We also certify that the circle, sector and/or runway is in compliance with WMA or USATF appropriate specifications.

   **Mark:**

   **Printed Name:**

   **Signature:**

   **3. Implement Certification:** I certify that I weighted and measured the implements used for the claimed record in accordance with WMA or USATF Rules and the implement conforms exactly to WMA Rules.

   **Printed Name:**

   **Signature:**

   **4. Wind Gauge Certificate:** I certify, as the Wind Gauge Operator, that the wind was recorded as ________ m/s.

   **Printed Name:**

   **Signature:**

   **5. Guarantee by Referee:** I certify that all information recorded on this form is accurate, that the Officials conducting the event were qualified and that all WMA or USATF Rules of Competition were complied with.

   **Printed Name:**

   **Signature:**

   The following must be enclosed with this application for World and American Records:

   1. The printed program for the competition
   2. The complete results of the event
   3. A printed Photo Finish photograph
# World Track & Field Indoor-Grou Records

Approved by the Records Committee of World Masters Athletics (WMA)

## Men's World Indoor Records

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<td>Bill Collins</td>
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## Men's U.S. Indoor Records

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<td>Eddie Jarrett</td>
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## Women's U.S. Indoor Records

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## USA Track & Field Indoor Age-Group Records

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## Women's Indoor Records

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## Records

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## Notes

- Records are approved by the Records Committee of USA Track & Field as of December 4, 2005.
- Records are for indoor events only.
- Records include both men's and women's categories.

### Additional Information

- Records for 5000 and 10,000 meters are for indoor races only.
- Records are updated annually by the USATF Records Committee.

---

**February 2006**

**National Masters News**

**page 19**
Apply for a Record Certificate

Masters athletes who currently hold or have set a USATF age-group record in 2004-2006, indoor or outdoor, can now apply for a U.S. Record Certificate. The certificate shows your name, event, age-group, and mark. See sample on this page.

The parchment certificate is 11 x 8 1/2 inches and is suitable for framing. The cost is $10 per certificate, and the price includes postage.

If you have any questions about the certificate, e-mail Sandy Pashkin at spashkin@aol.com.

DEADLINE

MMN is written by masters athletes for masters athletes. We need and welcome your reports of races, records, stories, photos, comments. 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

Also note:

- The USATF Masters Track & Field Committee recognizes your Name.

For outstanding achievement in setting an American Masters Record

Female 45-49 Event

54.59 meters at the National Championships in Honolulu, Hawaii August 6, 2005

Sandy Pashkin Masters Record Keeper

Also note:

- The remaining Chamfer in Sports Games, NYC; Feb 2006.
- Champions, Inc. vs. the World's Best Men 20, Adda Tray Am 20, Fall 2005.
- CA June; 31st Eugene, OR; June 21 and June Championships, F visachampionships, F

* Leslie Chapman was a US citizen records for the 800 with a 4:53.62 in the NY.

Records are for the 11:00.47 and 2004.

* Alton, 11:00.47 and 2004.

* Madison, 11:00.47 and 2004.

* Gerald Vaughan and the 4x400 SP with Clemson, SC.

* Craig H, 11:00.47 and 2004.

* Joanne Dow

* Dee Dee

* Joel and 5:03.15 for the 4x400 SP with Clemson, SC.

* Craig H, 11:00.47 and 2004.

* Craig H, 11:00.47 and 2004.

* Craig H, 11:00.47 and 2004.

* Craig H, 11:00.47 and 2004.

* Craig H, 11:00.47 and 2004.
Masters Scene

NATIONAL
* The remaining meets in the 2006 Visa Championship Series are Feb. 3, Milrose Games, NYC; Feb. 10, Tyson Invitational, Fayetteville, AR; Feb. 14, Prefontaine Classic, Eugene, OR. March 20, Adidas Track Classic, Carson, CA; May 27, Payton Jordan US Open, Palo Alto, CA; June 3, Nike Pre-Concours, Eugene, OR, June 10, Reebok Grand Prix, NYC; and June 22-25, USA Outdoor Championships, New York City.

SOUTHEAST
* Joey Warner, 42, Mobile, AL, was third overall in the men’s 10K. He ran 31:20, seven seconds behind first-place finisher, Andrew Miranda of Christiansen, KY, in 30:13. Miranda was the defending champion and the top finisher in 2005. Mike Crenshaw, 50, Decatur, GA, was second in 31:27, five seconds behind Warner. A 200 -yard mistake in the middle of the race cost Crenshaw a shot at the victory.

WEST
* David Olds, M40, bagged two wins in the Venice Christmas Run 10K & 5K, Los Angeles, CA. In the 10K, he won the race in 30:23, seven seconds ahead of second-place finisher, Kirk Voss of Bakersfield, CA, who clocked 30:30. In the 5K, Olds was the top finishing male in 16:56, followed by second-place finisher, Kirk Voss of Bakersfield, CA, who clocked 17:06.

EAST

MIDWEST
* Ann Hesselt, W40, in 5:10:39, was first in the 800 meter race, Dec. 17, while Chuck Schiementer, M45, was second overall in 4:18:19. Mark Hargis, W40, ran 5:20:24 for second place, and Bruce Winer, M50, was third in 5:30:47. Anne Poison, M55, ran a 6:32:04 for fourth place, and Amy Poison, M55, was fifth in 6:33:14.

SOUTHWEST
* David Wray, 42, Edmond, OK, 31:11, and Kathy Barkay, 49, Bethany, OK, 31:12, dominated the women’s 10K, with Wray winning by eight seconds. Gregory Taylor, W60, captured the second-place finish with a time of 32:33, followed by third-place finisher, 50-year-old Van Rhyne of Oklahoma City, who finished in 33:01.

OBITUARIES
* Bob Boal, a retired North Carolina St. U. economics professor, died Dec. 18 at Duke Hospita! in Durham. He was 93. Boal began competing in masters track & field in his late fifties and continued through the 90s. Born in 1919, Boal was a 14-time Olympian and a member of the Olympic track team from 1964 to 1972. He died in his sleep at his home in Durham.

CORRECTION
* Dave Nelson should have been listed as the winner of the 1976 National 8K XC. The 1976 National 8K XC was held in New York City's Van Cortlandt Park, Feb. 18.
### U.S. MASTERS ALL-AMERICAN STANDARDS

<table>
<thead>
<tr>
<th>Event</th>
<th>Men</th>
<th>Women</th>
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<tr>
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<td>32.3</td>
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<tr>
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<tr>
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### U.S. MASTERS ALL-AMERICAN AWARDS

**RECIPIENTS OF ALL-AMERICAN AWARDS**

<table>
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<tr>
<th>Award</th>
<th>Nominees</th>
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<tbody>
<tr>
<td>M30-34</td>
<td>Okinyl Ayungo, T.J. (13.83)</td>
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<tr>
<td>M35-39</td>
<td>Nick Dallacies, Craig Godwin (15.27)</td>
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<tr>
<td>M40-44</td>
<td>Ted Poules, Jim Karman, Dave Neumann, Bryan Stewart (9.54)</td>
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<tr>
<td>M50-55</td>
<td>Don Keller, Michael Wiggins, Linda Wells (5.14)</td>
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<tr>
<td>M70-74</td>
<td>James Koch, Robert Lehwiler, Elizabeth Rudy (5.37)</td>
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<tr>
<td>W45-49</td>
<td>Cynthia Morrison, WT (8.51)</td>
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<td>W50-54</td>
<td>Arlene Lewis, 5000 (12.11)</td>
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<tr>
<td>W55-59</td>
<td>Jeanne Ratsloff, 10000 (10.14)</td>
</tr>
</tbody>
</table>

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

**NAME**

**ADDRESS**

**SEX**

**AGE-GROUP**

**STATE**

**ZIP**

**MEET**

**DATE OF MEET**

**MEET SITE**

**EVENT**

**MARK**

**HURDLE HEIGHT**

**WEIGHT OF IMPLEMENT**

**CERTIFICATE**

**PATCH**

**PATCH TAG**

1. If you have qualified or bettered the standard of excellence, fill out this application completely.
2. A copy of your results or a note stating in which issue your results appeared MUST accompany this application.
3. Please send $10 for a certificate, $10 for a patch, and $10 for a patch tag showing event and weight of implement for both certificate and patch ordered at the same time.
4. Send to: All-American, National Masters News, P.O. Box 50088, Eugene OR 97405.
5. A 3-color, 8" x 10" certificate, suitable for framing, and/or a 3-color, 4" x 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.
Florida Senior Games State Championships
The Villages; Dec. 3-11

100m
M50: Brian Garber
M55: Harry Lowe
M60: W. H. Cole
M65: Jimmy Matthews
M70: John Hurd
M75: John Hurd
M80: John W. Wilson

200m
M50: Brian Garber
M55: Harry Lowe
M60: W. H. Cole
M65: Jimmy Matthews
M70: John Hurd
M75: John Hurd
M80: John W. Wilson

400m
M50: Brian Garber
M55: Harry Lowe
M60: W. H. Cole
M65: Jimmy Matthews
M70: John Hurd
M75: John Hurd
M80: John W. Wilson

800m
M50: Brian Garber
M55: Harry Lowe
M60: W. H. Cole
M65: Jimmy Matthews
M70: John Hurd
M75: John Hurd
M80: John W. Wilson

1500m
M50: Brian Garber
M55: Harry Lowe
M60: W. H. Cole
M65: Jimmy Matthews
M70: John Hurd
M75: John Hurd
M80: John W. Wilson

SOUTHWEST

Louisiana Lightning TC 1000m & Weight Puntation
St. Augustine, Fl.; Dec. 5

W50: Mark Galer
W59: Charles Cutrell
W65: Charles Cutrell

W70: William J. Ford
W75: William J. Ford

WEST

Sprint Puntation Honolulu; Nov. 27

06/30/2000/300/400
Philip O'Niel
2:56.4/6.87

USATF/NJ 10 Mile Championship
Central New Jersey; Oct. 11

Michelle's Big Red 5K
Washington, DC; Dec. 21

Overall

Brian Godsey (24)
Danie McDonald (18)
Kelly M. (15)
Peter Johnson (14)
Gary Peters (13)

Overall

Brian Godsey (24)
Danie McDonald (18)
Kelly M. (15)
Peter Johnson (14)
Gary Peters (13)

overall

Brian Godsey (24)
Danie McDonald (18)
Kelly M. (15)
Peter Johnson (14)
Gary Peters (13)

Philadelphia XC Challenge
Pittsburgh, PA; Nov. 12

M50: Dan Holland
M55: Jeff Bayly
M60: John Daily
M65: Gary Toney
M70: Robert DeW.
M75: T. Shandra
M80: John W. Shand

SOUTHWEST

SOUTHERN JUNIOR MARATHON/ MEMPHIS

Marathon

Kasan Teacher (5:40)
John DeWytre (5:40)
John DeWytre (5:40)

Overall

Kasan Teacher (5:40)
John DeWytre (5:40)
John DeWytre (5:40)

SOUTHWEST

SOUTHWEST

SOUTHWEST

SOUTHWEST

SOUTHWEST
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<td>Brian Alexander</td>
<td>1:04:35</td>
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<td>5K</td>
<td>Jeff Turner</td>
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### Houston Ultra 10K

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<td>Timothy Olszewski</td>
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### Run for Your Life 8K

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<td>Tim Smith</td>
<td>1:18:30</td>
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<tr>
<td>5K</td>
<td>John Smith</td>
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### Midsouth 50K

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<tr>
<td>5K</td>
<td>Jeff Turner</td>
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### Texas Marathon

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### Death Valley Borax Marathon

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### Death Valley Borax 10K

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