Women Masters Set Four
Records in Dartmouth Relays

by JERRY WOJCIK

The 31st edition of the Dartmouth Relays opened the East Coast 2000 indoor season on Jan. 7-9 at Leverone Field House, Dartmouth College, Hanover, N.H. One of the oldest continuous indoor meets in the country, the popular three-day affair offers high school, college, open, and masters athletes an opportunity to test themselves early in the indoor season.

Masters world and U.S. age-group records often fall in the meet, and this year two world and two U.S. age-group records were broken.

Audrey Lary, 65, Frederick, Md., broke the W65 triple jump world record with an 8.28/27-2'/z. The present record is 7.72/22-2'/z.

Denise Houseman, 37, Manchester, N.H., set the W35 indoor record with a 7.44/24-5 for the 4kg shot.

In other action, William DeHorn, 72, had the fastest M40+ time for the 55mH with an A-G 86.9% 9.28. Craig Fram, 41, holder of the U.S. Indoor 3000 record (7:33.68), finished the season with a 7:54.62.

Pozdnyakova Does It Again –
Wins Third Houston Marathon Title

by JERRY WOJCIK

Tatiana Pozdnyakova, 44, finished first female overall with a 2:32:25 in the Houston Methodist Health Care Marathon on Jan. 16.

Pozdnyakova, of Ukraine, considered the top masters woman road runner in the world, claimed her third Houston victory, having won previously in 1995 and 1998.

She was also the first female in 1996, but was later disqualified for a failed drug test when she tested positive for pseudoephedrine and ephedrine, substances found in over-the-counter cold medications.

At the 23rd mile, Pozdnyakova broke from a pack of three women and cruised to the victory with a margin of 43 seconds. "I ran faster and faster every mile," she said after the race. "It was very hot. I tried to make the course record, but after only 5K, I understand I can't because it is very humid, very hot." Her time is an age-graded international-class 96.6%.

Breaking the course record (2:27:51) by Ingrid Kristiansen in 1984 would have added a $50,000 bonus prize to Pozdnyakova's.

Indoor Nationals Return to Boston

For the fourth consecutive year, Boston, Mass., will host the USATF National Masters Indoor T&F Championships at the Reggie Lewis Track & Athletic Center, March 24-26, under the direction of USATF-New England.

Room for the competition is open to all men and women age 30+, including non-U.S. citizens. The only requirement for eligibility is that the athlete is U.S. citizens, which will be available at the site; however, athletes are urged to register before the meet.

Foreign athletes compete as guests and receive duplicate place awards.

The Reggie Lewis Center features a lightly banked 200m Mondo track, with an eight-lane straightaway in the center for the 60m and 60m hurdles.

Last year, 841 athletes set 42 world and 23 U.S. age-group records at the Center.

Kooymans, Ford Win Hartshorne Mile

by DIANE SHERRE and RICK HOEBEKE

ITHACA, N.Y. – The spirit might be willing, but the flesh sometimes is weak. A calf muscle goes pop; a hamstring goes zing – and the race is over. That's exactly what happened on Jan. 22 to co-favorites Bob Carroll, Forestville, N.Y., and Nyack's Janice Morra during the men's and women's elite invitational races of the 33rd annual Hartshorne Memorial Masters Mile at Cornell University's Barton Hall.

National-class milers Carroll and Morra took commanding leads, but both pulled up lame in the second half of their respective heats, and dropped off the track.

Jerry Kooymans, 44, Markham, Ontario, then took control of the men's race, and claimed victory in 4:32.12, followed by 44-year-old Don Mile at Cornell University's Barton Hall.
The Southeastern U.S. Masters, Inc.

Proudly Presents

Our 30th Annual Masters Track and Field Meet

May 12, 13, & 14, 2000

Featuring

Throws Clinic with Jeff Gorski, Elite Athlete Throws Coach
and

Sprint Clinic with George Williams, Men’s Coach

US World Champions, 1999, Olympic Coach

at

NORTH CAROLINA STATE UNIVERSITY
RALEIGH, NORTH CAROLINA

SCHEDULE OF EVENTS

(Refer to Packet for Final Time Schedule)

FRIDAY, MAY 12:

AT NORTH CAROLINA STATE UNIVERSITY (NCSU)

Event # 2 Event Approx. Time

START TIMES

01 WOMEN’S PENTATHLON (100 H, HJ, Shot, LJ, 800m) (note e) 12:30 pm
02 MEN’S PENTATHLON (91L, Javelin, 200m, Discus & 1500m) (note e) 12:30 pm
03 300m Hurdles (women) will start at 30 minute intervals 4:00 pm
04 ALEX ALMSY SK RACE WALK 4:45 pm
05 "THROWS" CLINIC—at track 4:45 pm
06 "SPRINT" CLINIC—at track 4:45 pm

SATURDAY, MAY 13:

AT NORTH CAROLINA STATE UNIVERSITY (NCSU)

Event # 3 Event Approx. Time

START TIMES

05 5000 M RUN 8:30 am
06 STRAIGHT HURDLES (Note 3) 9:30 am
07 1500 M RUN 10:30 am
08 CURVED HURDLES 11:30 am
09 TEAM RELAYS (Note d) 11:50 am
10 A 4x400 OPEN 2:00 pm
11 B 4x400 OPEN 2:00 pm
12 C 4x400 (Min. total age 160) 2:00 pm
13 1000 M DASH (Note 3) 1:00 pm
14 400 M DASH 2:30 pm
15 STEEPLECHASE 3:10 pm
16 800 M RUN 3:40 pm
17 1500 M RUN 4:10 pm
18 WHEELS 7:00 am
19 WT PENTATHLON (Note 4 & e) 7:00 am
20 HAMMER (Note 5) 7:00 am
21 SHOT PUT 8:15 am
22 DISCUS 8:45 am
23 JAVELIN (Note 6) 9:15 am
24 WEIGHTThrows 9:45 am
25 HEAVYWEIGHT (Note 7) 2:00 pm
26 POLE VAULT (Note 8) 8:00 am
27 LONG JUMP 9:30 am
28 HIGH JUMP (Note 9) 10:30 am
29 TRIPLE JUMP 2:00 pm

SUNDAY, MAY 14:

RALEIGH CITY STREETS (See Map in Packet)

Event # 4 Event Approx. Time

START TIMES

26 ALEX ALMSY 20K REGIONAL CHAMPIONSHIP RACE WALK (Note 10) 7:00 am

MEET DAY WEATHER CHART


Temperature Extremes (°F) 45-81° 49-79° 52-79° 44-74° 56-78° 50-83°
Precipitation (inches) 0.24 0.21 0.19 0.35 0.06 0.00
Average Wind Velocity (Mph) 9.6 7.4 5.3 4.1 4.8

AIR TRAVEL

Raleigh Durham International Airport (RDU)
Brownstone Hotel (Meet Headquarters) 1707 Hildrethborough St., Raleigh, N.C. 27605. Tel: (919) 828-0811, in state 1-800-331-7919

MOTEL RESERVATIONS

Brownstone Hotel (Meet Headquarters)

*Please inform hotel of Southeastern Masters participation for special rate. Room rates are $49.00 double for single or $79.00 plus tax for double. Show your room key from the Brownstone or the Velvet Duke Inn to YMCA and for $5.00 get a “Day Pass” to YMCA next door which includes all amenities, pool, sauna and whirlpool (massage $10.00 plus tip extra).

Participant and guest tickets are $20.00 each purchased with this application and $30.00 if purchased at the meet. Participants and events will need to circle their choice of beef or vegetarian dinner options on the bottom of the entry form. Banquet Saturday evening at the Brownstone will consist of: Social Hour 6:30-7:30 pm; Meal 7:30 pm preceded by awards and banquet meeting of SM participants.

T-SHIRTS:

30th Anniversary commemorative T-shirts, Tank Tops, and Golf Shirts 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.

DRIVING:

Dressing and shower facilities at Reynolds Coliseum on Friday and Saturday, Portraits located on NCSU track (Fri. & Sat.) and on the 20K walk course on Sunday.

OPERATED BY:

Southeastern United States Masters, Inc., Box 590, Raleigh, NC 27622. Contact Dave Smith at (919) 831-6640. Mon-Saturday 9:00 am-5:00 pm, Eastern Time.

ENTRY FEE:

Based upon age on the first day of competition all events will have a 20 to 29 age group $13.00 includes find event in track, field or road events and travel expenses. Martinez and 60 & over $11.00 per team. (For on packet entry form only). Payment in U.S. dollars by check drawn on a U.S. Bank or by International Money Order payable to Southeastern Masters.

SANCTION & USAF:

This meet is sanctioned and certified by USATF and USAF masters participation is required for all events except participants in the Team Relays, foreign athletes and athletic military. All other participants must have USAF cards which will be available at the meet for $12 to N.C. residents and $15 if you are an out-of-state resident.

AWARDS:

Unlimited, Large medals to the first 3 places for all age groups and relays.

EVENMENTS & EVENTS FOR WOMEN:

All events are open to women 20 and over. In some cases, women may compete at the same time as men, but awards will be given in competition with women in the same age group.

NOTES:

1. Both Track and Field events will begin with oldest and work down. All women’s division will precede men. Age groups will be combined whenever possible.

2. Participants of all ages are to report to the Head Event Official at 5:00 pm, prior to the starting time of that event.

3. Finals for multiple age groups must be started simultaneously.

4. Weight Pentathlon may be entered alone, or in addition to one or more of events 16-20. Will be fittted by age group, so each will run through the five events together, and the score should be participated in two W. Pentathlons events at the same time. First three places for each event will be scored at 15. These three, plus 3 additional throws, also will count toward an individual event, if entered therein.

5. Hammers conducted at Meet Headquarters. Participants will receive the track meet at 6:30 pm and whenever needed after that.

6. Meet headquarters are located at Meet Headquarters.

7. Heavy Wt. is a separate event and it will start at 7:00 pm.

8. Pole Vault can not be by age, but by height, with 15 cm (5 in.) increments.

9. 1-mile run not by age, but by heights with 5 cm (2 in.) increments.

10. Entries at Saturday’s 20K Walk close one hour before race time.

GENERAL NOTES:

a. Multiple Events running concurrently. Those entered in two or more events that run concurrently, must be those when your turn is called, if you miss a call, you miss a turn. The pentathlon events are each considered single events, so this rule applies only if these events are running concurrently.

b. Specified for all events, including hurdles, shall be according to 2000 USAF Rules if available. (There will be a total of 6 attempts for each event, 1 attempt a throw and 1 attempt a hurdle, unless there are 10 or more in the 30-39 age group.)

2. Proper weight implements will be provided for each age group in each weight event. Personal equipment may be inspected and weighed.

3. Team Relays: Teams may be any 4 people - Enter team name and combine each name on one line. The participant’s name or format only) .

4. Event will be scored using WAMA Masters age factors and the current IAM scoring tables.

DETACH ENTRY FORM BELOW AND MAIL TO: Southeastern Masters c/o Raleigh Parks & Recreation, P.O. Box 790, RALEIGH, NORTH CAROLINA 27612

(Please Copy if Needed)

Name Last: First

Address: City

St.

Zip Code

USATF Registration No.

Daytime Telephone

Amount enclosed

Entris relay teams on captain’s entry only. (Event # means Meet Event # from list on back page)

Sprint Event # Event Title Meet Event # Event Title

Total Amount Enclosed

Check: Made payable to Southeastern Masters, Inc.

Number of dinner tickets ($20.00 each) includes meal with total

Date of Birth

EEO/AA

ATLANTA RELAY

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., USA and their agents, servants, employees, and North Carolina State University at Raleigh where facilities are being used for this track meet and all claims for damages sustained by me in the result of my participation or traveling to or from the said race to be held on May 12, 13 & 14, 2000, except such damages as may be proximately caused by willful misconduct of such promoters, managers or operators or their agents, servants, employees, participants required for participation in this meet and release the aforementioned organizations and individuals from all injuries or damages arising from or contributed to by any physical impairment or defect I may have, whether latent or otherwise, and that I am under no obligation to provide a physical examination or other evidence of my fitness to participate in such event, the same being my sole responsibility. I further agree that if, in the opinion of two (2) or more meet officials and/or medical support staff members, I am determined to be physically unable to compete or compete in any meet event, said officials may physically remove me from any course, track or field and refuse to allow me to compete further in events.

Date

Athlete’s Signature

Enable iframe to display map at Southeastern Masters c/o Raleigh Parks & Recreation, P.O. Box 790, Raleigh, North Carolina 27612.
In the wonderful world of running, we should never forget what Walt Kelly’s cartoon philosopher Pogo had to say, “The joy of racing is not in the winning; it’s in the running.”

Bill Benson
Valley Stream, New York
(Your observations are correct. The reasons for this anomaly are too detailed to get into here. Suffice to say the WAVA Age-Grading and Multi-Events committees are expected to revisit the tables in the next two years and perhaps propose changes. — Ed)

JAVELIN SPECS
For several reasons, some practical, some philosophical, I do not believe that the changes in the javelin specifications are desirable. Meet directors will have to supply five different implements instead of three. Athletes will have to buy the 500g and 700g, when they become available.

The main performance limiting factor for the aging javelin thrower is lack of shoulder flexibility, not the lack of strength. The large number of big, strong throwers at weight pentathlons who excel at the SP, DT, HT, WT, but cannot throw the javelin well bears me out on this point.

What will happen to records set with javelins that are no longer specified? The M50 and M55 records by Larry Stuart with the 800g are examples. It is unfair for his records to be phased out when they have not been beaten on the field. Also, younger throwers deserve the opportunity to attempt to break those records — Mike Brown, Jim Lothrop, and Tom Petranoff come to mind. The one frame of reference that does not change throughout the years is the weight of the open implements.

With this in mind, I propose that USATF-masters maintain a separate set of records for each age-group set with open implements in addition to those set with the specified age group implements. Furthermore, I propose that there be some sort of meet to accommodate that group of zealots, men and women, who consider it important enough to have marks not followed by an asterisk denoting reduced implement weights. This could also apply to other events, including the recently modified hurdles.

When sufficient data are available after several years, I can see age factors and All-American standards for open implements/barrier events in addition to those already in existence for WAVA specified implements. With such, an M60 could compete and receive a meaningful score for a decathlon with the open implements and 42” hurdles.

Richard Watson
Yuma, Arizona

EVENT COSTS
I have just finished making out a schedule for the T&F events that I plan on attending in the next six months. I have figured out expenses, such as hotel, car travel, airfares, and registration. When looking at the overall expense picture, it is rather astonishing, and the most astounding part is the cost per event.

I admit I always enter seven to nine events, and am penalized as far as cost per event goes because I do enter so many. I think this unfair for those of us who enter a lot of events, and I think it discourages others from entering more events because of the cost.

There should be a cut-off after so many events, perhaps a fee for the first five. Many times I pay for events and then am not allowed to compete if I am late for an event because of participating in another. It’s bad enough to pay the extra fee, and worse when I don’t get to compete.

Evelyn M. Wright
Annapolis, Maryland

WORLD INDOOR T&F RECORDS
The World Indoor T&F Age-Group records as of Nov. 2, 1999, in the February issue of NMN show that I still have the 800 record for M60-64.
Age-Graded 300 Held in Iowa

An age-graded 300-meter race for masters men was held during the Iowa State Classic Meet, Feb. 11-12, in Ames, Iowa. The meet consisted of 55 university men’s and 33 women’s teams from across the USA, with the top NCAA athletes all trying to qualify for the NCAA indoor championships.

There were eight lanes and eight masters athletes, with the oldest running the shortest distance and the youngest running the farthest, based on the WAVA age-graded tables.

Mel Larsen, 75, running 221 meters, won the race in 33.13. Bob Conzemius, 65, running 238 meters, was second in 34.09. Next were Alan Russell (49, 267m, 35.73), Jon Hoogensen (36, 291m, 37.57), Mike Kitchell (50, 265m, 38.06), Mike Bender (59, 249m, 38.13), Mark Twedt (39, 286m, 38.89), and Mike Bird (39, 286m, 41.20).

“According to a few discussions with the college athletes and the general audience,” said Larsen, who organized the event, “very little is known about the masters program. But the audience and athletes clapped and hollered during the whole race. It was a great success.”

Write On

Continued from page 4

FIVE YEARS AGO
March 1995

• Ken Sparks, 50, Sets Three World M50 Indoor Records in One Night

• Luis Lopez (M40, 2:25:39) and Irina Bondarchouk (W40, 2:48:15) Take Masters Titles in Las Vegas Marathon

• Marcel Philipp, 43, Wins Millrose Games Masters Mile in 4:26.24

• Bob Schlau (47, 32:32) and Alendia Vestal (43, 38:47), First Masters in Nations-Bank 10K

• $15,000 prize money
• 130 age group awards
• Team competition (Coed teams included)
• T-Shirt pickup at Memorial Hall Expo
• Free transportation to start
• Free baggage transportation to finish
• Two-mile health walk
• Computerized race results
• Loads of fun for kids
• Enhanced wheelchair amenities

Write On

Continued from page 4

was broken by Sid Howard in February 1999 in an impressive 2:14.75. Therefore, I do not have three consecutive WRs for the 800.

I do not know why Sid's record was not even mentioned as pending. I do know that Pete Mundle has done a great job for many years keeping these records.

Hopefully, this can get resolved for Sid. Earl Fee
Mississauga, Ontario, Canada

10 MILER
SUNDAY, MAY 7, 2000
9:00 AM

Health and Fitness Expo:
Friday, May 5th and Saturday, May 6th at Memorial Hall with over 50 booths

Three ways to register:
• For an official entry form, send a self-addressed stamped envelope to:
Blue Cross Broad Street Run
P.O. Box 18543
Philadelphia, PA 19129
or call 215-563-6184

• Register on the internet at:
www.broadstreetrun.com

• Pick-up an official entry form at a participating Modell’s Sporting Goods

www.broadstreetrun.com
Is There Anything to Biohythms?

While rummaging through some old books recently, I came upon one entitled Biohythm Sports Forecasting by Bernard Gittelson. The book contained complete biohythm charts for the years 1977, 1978, and 1979. Those years, when I was 40-42, happened to be my best years of running and racing. While I had run through my 20s and 30s, I did not get into high-mileage, high-duty training until 1975 and then only for marathons. It was not until 1977 that I began putting in 80 to 100 miles a week year-round. Therefore, I thought it would be interesting to go back into my old running logs to see if there is anything to this biohythm stuff.

If you are not familiar with biohythms, it is the “science” that studies our built-in cycles that powerfully influence our physical, emotional, and intellectual behavior. According to Gittelson and others who have made a study of these cycles, we all have a 23-day physical cycle, a 28-day emotional cycle, and a 33-day intellectual cycle.

The pioneers in this field were Dr. Hermann Swoboda, a University of Vienna psychology professor, and Dr. Wilhelm Fleiss, a German medical researcher, both focusing mostly on the physical and emotional cycles affecting patients. Their works were published in the first decade of the 1900s. During the 1920s, Alfred Teltscher, an Austrian doctor of engineering, developed the intellectual cycle.

Cradle to Grave

These cycles begin at the moment of birth in the positive phase and continue regularly in their ebb and flow until death. Since the three cycles are of different durations, they do not correspond to each other. For example, a person might be having a physical high, an emotional low, and be somewhere in between intellectually. There are times when he or she might be high in all three or low in all three.

According to Gittelson, the physical cycle encompasses physical strength, endurance, energy, resistance to disease, and confidence. During the 11½-day, down cycle, the negative days, there is reduced vitality. “Individuals in reasonably good condition should expect no problems during their negative days, but there will simply be a reduction in physical potential,” Gittelson says. The critical days, according to Gittelson, are when there is a change in rhythm from positive to negative or vice versa. This is when extra caution is called for. This is the midline between positive and negative.

The 28-day emotional cycle, which all married men can attest to, governs sensibility, nerves, feelings, intuition, cheerfulness, moodiness, and creative ability, while the intellectual cycle affects memory, alertness, logic, reasoning power, reaction, and ambition. It apparently applies to men as well as women, although men seem to better adapt to it.

Plotting a Chart

The first step in plotting my chart for the years 1977 through 1979 was relating my birth date, April 2, 1937, to those years. It should be kept in mind that this is not like horoscopes, so if you happen to be born on April 2, 1938 or April 2, 1952, your good days and bad days are not necessarily the same as mine.

I first looked at what I considered my six best races during that three-year period, beginning with the annual King Kamehameha Day run, a 4.4-mile race through the streets of Honolulu, on June 11, 1977. I recall feeling especially good as I shared the lead with two or three younger runners over the first four miles. With a little over a quarter mile left, the younger of the two other runners picked up the pace. I went with him while the third runner dropped back.

With about 200 yards remaining, I reached down, found an extra gear, and kicked off my remaining foe for a three-second victory in 21:37. Looking back, I would have to rate that race as perhaps my most memorable. I was in cruise control all the way and my kick was never stronger. According to the biohythm charts I was at both a physical and emotional peak that day, but pretty close to an intellectual low.

By Gittelson’s chart, I had a plus (physical), plus (emotional), minus (intellectual) day. Here’s what he says about a “plus-plus-minus” day: “Good cheer and brimming vitality are yours on this excellent day. You should feel very good. The only caution might be that, because of your low intellectual rhythm, you should weigh all decisions with the utmost care.”

Undone by Thought

According to Gittelson, distance running “does not significantly involve thinking.” He says that too much thinking about the pain and strain of the run has been the undoing of many an athlete. That seems to imply that it might be better to have a negative day intellectually if you want to do well in long-distance running.

I next went to October 23, 1977, when I ran a PR 2:31:34 in the New York City Marathon as part of the Hawaiian masters team captured the national masters championship. While not quite at a physical or emotional peak, it was another “plus-plus-minus” day. I recall hitting the half-way mark in that race in just under 1:12, indicating very poor pacing on my part. Could that have been the result of my minus intellectual rating on that day?

I then went to December 11, 1977, when I won the Maui Marathon in a 2:32:21. That was a “plus-plus-plus” day. I was at a physical peak, but an emotional low. I ran a much more intelligent race that day, my splits being pretty even. Considering the much warmer weather, the effort was probably 3-4 minutes better than my New York race.

By the time I had finished plotting those three races on the biohythm charts, I was becoming a believer. As I went over 1978, I noted in my log that some of my worst training days I was at both a physical and emotional peak, but pretty close to an intellectual low. According to the biohythm charts, this was a “minus-minus-plus” day for me, not a very good one. On August 12, I began to have calf problems. That was a “minus-minus-minus” day.

Seeds of Doubt

On October 17, I had, for me, a strong workout, doing six repeat miles in an average 4:56 with a half-lap jog between. I noted “felt super” in my log. Strangely, however, that was also a “minus-minus-minus” day. In fact, I was at a near physical and intellectual low. Now, I was beginning to question the validity of biohythms.

I jumped ahead to March 11, 1979, when I won the Maui Marathon in a 2:28:43. That day was a critical one (midway on the chart) for me physically, but I was on an emotional and intellectual high. According to Gittelson, it was an accident-prone day for me, but I managed to escape injury.

I next went to June 10, 1979, when I set my 10K PR of 31:42 in a Boston race. It was a “minus-plus-plus” day. I was just below the midline physically. Finally, I plotted my best one-hour run on the track, an event which I won by covering 11 miles, 524 yards. That day, July 21, was a “minus-minus-plus” day for me. Physically, I was as low as I could get. Intellectually, I was probably at a minus. I didn’t pace myself very well, as I covered the first two miles in a 5:08 average while covering the 10th and 11th miles in a 5:22 average.

Questionable Correlation

I didn’t have any real “bad” races during those three years, so it was difficult to see how those might have plotted. My log does show me “dragging” in my training on certain days and having other “super” days of training. However, I could find no real correlation between these days and my biohythmic ups and downs. About half correlated and about half didn’t. Some of my best training days were on days I was supposedly physically low while on some of my worst training days I was physically high.

In conclusion, except for the emotional cycle as it relates to women, I remain a skeptic when it comes to biohythms. I admit, however, I didn’t dig all that deep into the subject. Anyone else out there have any experience with biohythm forecasting?
Hartshorne Mile

Continued from page 1

DiDonato, Hicksville, N.Y. (4:36.49) and Jim Cuono, 40, Port Carbon, Pa. (4:38.71).

Designated pacemaker Scott Weeks, Groton High School track and cross-country coach, was enlisted to pull the men's field along to a 2:12 half-mile split. At the gun, Weeks and Carroll hit full throttle.

"I felt wonderful, I really did. Scottie, the rabbit, looked around at me and I said, 'Go!' I looked at my splits, and I said to myself, 'I'm going to run a 4:20 today,'" said Carroll, 43, a two-time Upstate New York Cross-Country series champion. "I was just cruising, then the next thing I know, I felt a twinge in my right calf. I hesitated, took one more step, and it knotted."

Kooymans, who runs for the Toronto Olympic TC, knew he'd have to keep an eye on Carroll to steal the race. He moved from fourth to second in the first 800, passing through the half in 2:14.

"The rabbit took it out pretty hard - a little too fast, but I wanted to make Continued on page 8
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Continued from page 1

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Continued on page 8

OLYMPIC LEGENDS INVITATIONAL TRACK MEET

COLLEGE - OPEN - MASTERS
MT. SAN ANTONIO COLLEGE
1100 N. Grand • Walnut, Ca. 91789
MAY 27 & 28, 2000

USATF SANCTIONED Must have 2000 USATF card.
They will be available at the meet for $15.00
(checks only, please)

DIVISIONS: College - Open - Masters younger to older

FACILITIES: 9 Lanes, all weather track, runways &
high jump aprons. Restrooms near track. Grandstands
on both sides of the track.

TRAINERS/FIRST-AID AREA: Trainers and ice available.

ENTRY FEES: First event $20.00 (includes “T”
shirt), Second Event $10.00, each additional
event $5.00 each.
Relays: $35.00/Relay Team.

LATE ENTRIES: Will be accepted at the meet by the
clerk of the course, but you must enter and pay at least
two hours before your event to ensure entry.

LATE FEE: $20.00 (ADD IT TO TOTAL).

DEADLINE: Entry must be received no later than May 12, 2000

ACCOMMODATIONS: Embassy Suites Hotel • 1211 E. Garvey Ave. • Covina, Ca. 91724 • For reservations (626) 915-3441
Special Rate: $55.00 (1-4) Person, $10.00 Each Additional Guest • Reserve early, rooms limited
Contact Person: Mrs. Pat Stones.

ALL PROCEEDS TO BENEFIT CAL-CASA, COURT ASSIGNED SPECIAL ADVOCATES
(You will be supporting the volunteers who advocate for California’s 105,000 most vulnerable foster children)

T-SHIRT SIZE S M L XL AMOUNT ENCLOSSED $
Hamstring Syndrome

One of the more common injuries in masters sprinters and hurdlers is the hamstring strain, better known as hamstring syndrome. This is pain affecting the posterior thigh area. Commonly, it is brought on by assuming a sitting position, stretching and running fast. Many athletes report a recurring tear of the hamstring.

Before labeling all thigh pain as hamstring syndrome, there are several related pains originating from this area. The most common is entrapment of the sciatic nerve, better known as sciatica. This is more properly labeled as piriformis syndrome, a pain felt all over the upper part of the buttocks and radiating down the back of the leg. In some athletes, chronic compartment syndrome of the posterior thigh may be another cause of pain in this area. Hamstring tears and strains will also cause pain in this area.

Hamstring syndrome is characterized by localized pain in the lower gluteal area which radiates down the posterior thigh into the back of the knee. Most complaint of pain in the sitting position, such as while driving a car or sitting during lectures. The pain is relentless and the athlete often has to stand for relief. Many state that stretching or running aggravates the condition. In hurdlers, the pain is induced by driving the leg forward. In long distance runners, the pain occurs when the pace is increased.

It is easy to find this problem by simply pressing on the hamstring insertion. Stretching also activates the pain.

Once the diagnosis is established, a course of rest and physical therapy is indicated. The use of heat, ultrasound and tissue manipulation will break up the tissue adhesions and "loosen" the fibrous adhesions. This is usually a long process and the condition becomes asymptomatic. It is not a good idea to "run" through this condition.

The use of oral anti-inflammatory medications may be beneficial. In acute cases, surgical repair may be indicated. (Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, MMN, Box 50098, Eugene, OR 97405.)

The National Masters News is devoted exclusively to track & field, long distance running, and road walking for men and women over age 30. Each month it delivers 28 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, and all the inside scoops and information that affect the world of masters athletics competition. Some masters events are sponsored by USATF, the national governing body for athletics in the USA. Some are sponsored by individuals, clubs or other senior organizations. Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to age 40, 50 or 55 + (please check the schedule for details). Some events require advance registration. Some require a current USATF card ($12 to $15 per year, depending on the region). There are no qualifying standards for most masters athletics events.

Barry Deliero

BARRY DELIERO

Ben Levinson

Ben Levinson, the M100 shot-put world record-holder, died peacefully in February after a short illness. He was 104.

The record was set at the 1998 NIKE World Masters Games on Hayward Field, Eugene, Ore. His put of 10-1 broke the previous record of just over nine feet. Two nights later on the Tonight Show with Jay Leno, Ben extended his record (unofficially) to over 12-0.

The experience of the Masters Games competition gave Ben a new sense of purpose to his already long life. The exercise program he had been doing since age 100 allowed him to take on new challenges, like learning to shot put. As a result, the publicity he received allowed him to promote the positive benefits of sport and physical activity throughout life. He actively encouraged vigorous exercise to many senior audiences as the key to a long, healthy and independent life. He was an inspiration to many people.

In all of his post-competition interviews, Ben remarked how the 1998 NIKE World Masters Games were, except for his marriage of 68 years, the highlight of his life. His gold medal was hanging by his bedside.

As all of us aspire, Ben actually lived up to the creed of “Live Long, Die Fast.” Independence was his ultimate goal and he remained living on his own terms, driving his own car, being in charge of his own affairs and paying his own bills until his last few days. His standard salutation, “Good luck and good health,” was sincerely given to all who shook his hand or touched his life.

— Dave Crawley
(Dave Crawley was Levinson’s coach and trainer for the past few years. — Ed.)

Western Pennsylvania TC runners (l to r): Lisa Cornack, Debra Kunkler, Janice Boyko, and captain Sandy Onofray won the Masters team title in the Pittsylvania Cross-Country Challenge, Pittsburgh, Pa.
10 Walkers Share Goals For 2000

A number of racewalkers were asked the following questions: With the year 2000 here, what are your two major goals for racewalking? They may be health goals; they may be specific races; they may be improvements in your racing times; they may be teaching and promotion of the sport. Also, how do you plan on reaching your goals? Here are some replies; more will be published in a future column - EW

Bobby Baker (Tenn.), M55
I want to continue directing the 5K Masters USATF Championship (October 14, 2000) and make it better than ever. This will be our tenth championship. My second goal is to promote racewalking and see some younger people get interested. My third goal is to get back into my training schedule and be ready to compete more this year.

I plan on teaching a racewalking class this spring and working with our local newspaper to help promote it. I think the town has referred to me as the "pioneer of racewalking in our area," which makes me want to continue bringing racewalking to the highest level. To compete this year, I'm going to stay close to my training with a good schedule of consistent workouts.

Sherry Bronsahan (N. J.), W45
I enjoyed 1999 so much that it's hard to imagine a better 2000. I haven't formalized my goals yet, but I'm pretty sure they will be to win more national championships and set more age-group records than last year. To do that, I will have to walk faster than I have, and my plan to achieve that is very simple: I will just do what my coach, Dave Romansky, tells me to do.

Working so closely with Dave, I don't need to come up with detailed plans or figure out what I should be doing. All I have to do is follow his instructions and work hard. This approach has worked so well that I have allowed myself to dream about qualifying for the Olympic Trials, and the intensity of my training has already increased significantly. I am now doing speed work three times a week, with 200s on Tuesdays, quarters and half miles on Thursdays, and miles or 2K repeats on Saturdays.

I am also trying to make the most of my non-training hours, getting my work done more efficiently, finding ways to recover faster from the tough workouts, and volunteering less, so I can spend more of my dwindling free time with my husband and family.

Carol Ferris (So. Calif.), W60
My number one goal is to stay healthy and injury free, by not over-training and by listening to what my body is telling me. So many masters don't take time off when they have a minor injury or are overly fatigued, and soon they are dealing with something more serious. Not easy to do, but in the long run a day or two of rest pays off.

My number two goal is to bring my age-graded percent up to 80% and beyond. Finished last year at 78% so I am real close. To accomplish this task I need to be more consistent with speed workouts and weight training.

Bob Fine (Fla.), M65
I have no specific goals for 2000, other than to maintain my conditioning. My goal is to do well in the WAVA Championships in 2001. I will just have turned 70 and have a shot at getting a medal. My training is aimed toward that end.

I'm trying to lose weight. For me that means double workouts and trying not to pig out. I can't stand training, but I enjoy the competition and camaraderie. I look at my contemporaries -- who generally are obese -- which gives me the motivation to keep on training.

Carmen Jackinsky (Ore.), W35
I plan to finish developing the walking shoes I've been working on for many years. My goal is to eventually market a shoe that turns the couch potato into a fitness walker, the fitness walker into a racewalker; and the racewalker into a better racewalker.

For the past six years or so, I've been training and racing in prototypes of what I think will be a great shoe. I've got the midsole material and configuration close to perfect, but now I've got to get the right upper.

I'll delegate as much of that project as I can to shoe professionals. I want to focus on training as much as possible, but I'll need those shoes to get where I'm going. So you can bet they will be perfected sooner rather than later.

I'm looking forward to the 2000 race season. My two coaches, Bob Williams and Andres Hermann, have created a lot of momentum for my training, and I'm excited to see what will happen. I plan to compete for a spot on the U.S. Women's Olympic team in July.

Bev LaVeck (Wash.), W60
As I think toward the New Year, I realize I have no particular goals. Instead, I'm thinking about process.

I look forward to exploration and discovery. I'm reflecting on my blessings and what offerings I can make in return. I'm enjoying training again, and looking forward to seeing friends at races and other events.

Training, for me, can be supremely self-affirming. Like the Jack Kerouac segment sent by a friend, I guess I'm "mad to live, mad to talk, mad to be saved, desirous of everything at the same time."

Joe Light (R. L.), M50
Basically I have just one major goal in 2000: to avoid any new PWs (Personal Worsts). To achieve this modest goal, I hope to increase my workouts to the point where I can do around 10 mwp. One incentive will be training for the 20K at the National Invitational in Virginia on April 2.

I did it for the first time last spring and it was one of the best races I've been to, which leads to what I enjoy most about the sport. The Olympic gold medalist competed in the race along with the very top men and women in the U.S. Everyone enjoyed a post-race pizza party at a nearby restaurant.

What other sport is open to just about anyone where you can literally rub shoulders with the best in the world?

Keith Luoma (Ga.), M35
I hope to lower my 20K time by several minutes, and to do well in something longer than 20K in an effort to eventually race 50K. My only 50K race (last February) was a death march! Right now I'm a sub-master (age 38), so I enjoy competing in both open and masters meets.

I love the daily business of training - technique drills, threshold work, you name it. I have been walking since 1982, and it's still fun! I've recently reconnected with Frank Alongi. He taught me to racewalk, and I've been using his "Ledge Point" training program for about eight months. It's harder than any other program I've used, but I've already seen positive results from it.

I teach one month of racewalking classes about five times a year. Two of my students won national masters medals in Kingsport, and I found that as rewarding as the medal I won myself.

Stan Sosnowski (R. I.), M45
As the new century begins, I'll be starting the second half-century of my life. To celebrate my arrival into middle-aged status, I would like to set PRs for all distances up to and including 20K. To reach this goal I plan on a lot of cross-training to increase speed without putting excessive strain on my body.

My second goal, which won't be so
Unidirectional Affiliation

At the annual meeting in Los Angeles it was announced that the National Senior Games Association had become an affiliate member of USATF.

Since then there have been some inquiries about the advantages of a relationship between USATF Masters and NSGA.

The most prevalent “anti-support” centered around the opinion that the organization, officiating and conduct of Senior Games track and field competitions were not of the caliber we strive for with masters competition. Other “anti-support” reasons were linked to the age factor.

The masters program officially serves those 40 years and older and includes sub-masters 30-39, while the Senior Games limit participation to those 50 years and older. There are also some skeptics not enamored of the administrative operation of NSGA. These are mostly personal opinions and not reflective of the masters membership per se. From the other side of the street, we need to admit that not all Senior Games members are fans of the masters program.

Ambitious Venture

I have always felt it to be very counter-productive to have a conflicting division between the two organizations. I have publicly stated that both have so much to offer and if we work unidirectionally, we can accomplish positive benefits for both programs. With this in mind, I embarked on an ambitious venture to link the two organizations in a philosophical bond.

After two years of numerous meetings and conversations, I am pleased that a major step has been taken with the induction of NSGA as an affiliate of USATF. This affiliation is an indicator that NSGA is sincere in its efforts to conduct its track and field programs in compliance with IAAF and WAVA Rules of Competition, which includes sanctioning championship meets and adhering to other requirements accordingly. There is still much more to be addressed which will necessarily take time. I encourage patience.

I have scheduled spring meetings with my NSGA counterparts. It is our intention to identify items of common interest beneficial to both programs. It is premature to prioritize items, but suffice to say our discussions will be directed toward positive implementation. I am hopeful that we will be able to draft an acceptable program to present to both memberships.

Our previous meetings have always been of a constructive nature, and I have no reason to expect anything less of our future discussions. It is important to be aware that neither organization is expecting the other to make concessions that will compromise the operation of their in-place programs. Masters USATF is not intending to integrate with NSGA and lose identity. We look to affiliate with NSGA as a national governing body for masters senior track and field. We look forward to cooperating with NSGA to improve their programs for our age 50 plus athletes who wish to take part as individuals in the Senior Games.

At the upcoming meetings, I plan to direct discussions toward expanding participation, creating dual membership and benefits, increasing the number of contested events, qualifying procedures for championships, yearly calendars for competitions, meet management, fund raising and the feasibility of conducting elite championships. Perhaps some of you have suggestions for other items you would like me to pursue. I welcome your input.

NSGA took the first step toward unidirectional affiliation by becoming an affiliate of USATF. It is now our turn to take a positive step. I plan to lead the way with your support.

Dartmouth Relays

Continued from page 1 rarely run indoor 5000 with a 15:38.62, a creditable outdoor time.

Neil Steinberg, M45, won the 55m in a field of eight with a 7.11 and the 200 with a 24.44, both masters bests. William DeHome, M50, had the best time in the hurdles (9.28).

Carl Wallin, 58, meet director and Dartmouth track coach, won the M55 shot put with a 13.95/45-9/4, an age-graded, solid national-class 89.5%, and tied for second in the high jump (1.37).

TEN YEARS AGO

March 1990

- Dave Stewart, 41, lowers Masters Mile Record to 4:15.47 at Milrose Games
- Randy Taylor, 42, Bests Norm Green, 57, in National Masters 5K
- Jane Hutchison, 44, First Age-Graded Runner in Tulsa 8K
On The Run
by HAL HIGDON

Tempo Runs:
Defining This Effective Form of Training

One of my most enjoyable activities recently has been my involvement with Virtual Training, an interactive service on the Internet provided by The LaSalle Banks Chicago Marathon. More than 7000 runners signed up for this free service last year, which offered them daily e-mail messages over a period of 18 weeks telling them how to train for that event -- or whatever other marathon they were running.

In addition, there were “bulletin boards” where runners could post messages and ask questions, many of which I answered. Beginning in June and leading up to the marathon in October, I answered close to 1000 questions. It was fun interacting with this group of runners -- many of them young -- for whom running, and particularly running a marathon, had become such an important part of their lives and lifestyles.

One question last September came in from a runner named Floyd Watson. Not for first-timers, but for intermediate and advanced runners, I included tempo runs as an important part of their training. And although I described how to do tempo runs as part of my introduction to the schedules, it’s not always easy to surf around and find such explanations. Plus Floyd wanted to know more.

Pacing Query
Here is his question to Virtual Training as it appeared in the Advanced Bulletin Board:

“Hal, Can you explain one more time the proper way to run a tempo run? I thought that the proper way was to start at a moderate pace for the first 10 minutes or so, accelerate to 10K pace and hold for at least 10-15 minutes, and then gradually taper down, finishing at a relaxed pace. However, today’s advanced workout calls for a 45-minute tempo run that covers seven miles. That works out to less than 6:30 pace for the entire run, meaning a very large part of the run would need to be done at 10K pace. That doesn’t allow for much warm-up or warm-down.”

Open Forum
One of the nice things about Virtual Training is that everybody gets a chance to post their own answers and ideas about the subject in question. In fact, I learned to hold back on my answers for a day or two, because once I posted my response that tended to shut off debate. In this case, while I was lurking, another member of our Virtual family named G. Kenneth Haines III posted his response:

“I’m sure Hal will give a definitive answer, but from my humble running position, I’ll give it a stab. Forget the mileage listed and go with your interpretation. I don’t think I can do a (single) 6:30 mile, let alone 10K at a 6:30 pace. I take the total time suggested, start easy, increase the pace over the first quarter of the run to my 10K pace. Rather than hold this for half the run prior to cooling down in the last quarter, I gradually increase this pace in the center until I am working real hard - but not an all-out dash. I assume that since this is the advanced group, Hal gave distances that would be appropriate for advanced runners: 7:00-mile pace is a long slow run for some.”

Eventually I did post my response to Floyd’s question: “Your description of the tempo run is accurate. Where you err is doing that run at 10K pace. Usually when I offer directions in my schedules, I say ‘close to 10K pace,’ meaning you’re not quite running that fast a pace for the entire length of time. Thus, if your 10K pace is 6:00 per mile, your tempo pace might be 6:15, or 6:30, or even slower, depending on how good you feel that day.

Coach Jack Daniels describes your typical statistical chart that features a bell-curve. The line goes up, reaches a peak, then goes down. But there’s no plateau across the top; it’s a rounded line. So during the tempo run, you’re feeling around the edges of discomfort, gradually pushing yourself to the edge, then allowing yourself to slide down. In some tempo runs, I’ll push to near the edge several times, depending on terrain.”

Summarizing, the tempo run might be described as the “Thinking Man’s Workout,” although women certainly can benefit from it too.

Hal Higdon is a Senior Writer for Runner’s World. To sign up for his Virtual Training, visit either his Web site (www.halhigdon.com) or the Web site for The LaSalle Banks Chicago Marathon (www.chicagomarathon.com).

Houston Marathon

Continued from page 1
$25,000 first-place award. Temperatures at the start were in the low 60s with humidity in the 70% range under a bright, cloudless sky. The temperature and humidity climbed during the race, taking its toll on the field.

Peter Klimés, 41, of the Czech Republic, was the first masters male, with a 12th-place 2:22:09, age-graded at 91.4%, worth $3000. Sam Ngatia, 40, was the second M40+, with a 14-place 2:25:17. Ngatia ran the first half of the race in 1:08:56, Klimés in 1:10:24. Klimés did a 1:11:44 for the second half to Ngatia’s 1:16:21. Steve Wilson, 41, took the masters third spot with a 2:25:31. On the same thing, But to do a tempo run correctly, you would probably be out in the woods or on an unmeasured course where you don’t know exactly how fast you’re running. In other words, you operate on perceived exertion, or your own experience in dictating pace that day.

Not for Novices

“You’ll never see me prescribe tempo runs for novices, since they don’t have the tools. They haven’t run long enough to figure this workout out. Also, the middle part of the tempo run is best done not at a steady pace, but rather in accelerating mode. Think of it as a long slow run for some.”

Eventually I did post my response. "Your description of the tempo run is accurate. Where you err is doing that run at 10K pace. Usually when I offer directions in my schedules, I say 'close to 10K pace,' meaning you're not quite running that fast a pace for the entire length of time. Thus, if your 10K pace is 6:00 per mile, your tempo pace might be 6:15, or 6:30, or even slower, depending on how good you feel that day.

Coach Jack Daniels describes maximum pace in a tempo run as about the pace you would run in a race one hour long. He's correct, but I usually prefer to say 'close to' or 'somewhat slower than 10K pace,' which is about the pace. I take the total time suggested, start easy, increase the pace over the first quarter of the run to my 10K pace. Rather than hold this for half the run prior to cooling down in the last quarter, I gradually increase this pace in the center until I am working real hard - but not an all-out dash. I assume that since this is the advanced group, Hal gave distances that would be appropriate for advanced runners: 7:00-mile pace is a long slow run for some.

Eventually I did post my response to Floyd's question: "Your description of the tempo run is accurate. Where you err is doing that run at 10K pace. Usually when I offer directions in my schedules, I say 'close to 10K pace,' meaning you're not quite running that fast a pace for the entire length of time. Thus, if your 10K pace is 6:00 per mile, your tempo pace might be 6:15, or 6:30, or even slower, depending on how good you feel that day.

Ruben Hinojosa, 47, won the M45 race with a 17th-overall 2:29:48. Roger Boak, 51, was the only age-50+ runner to break 3:00, with a 2:59:09. Jerzy Kiszakiewicz, 85, the oldest finisher, ran a 5:03:16.

Janice McCaffrey, 40, of Canada, was the second W40+ finisher, with a 2:52:55, also worth $3000. No other W40+ broke 3:00. McCaffrey moved from 91st overall at the halfway point (1:23:05) to a 54th-place finish. W40-44 finishers numbered 272.

Sharlet Gilbert, 48, won the W45 race in 3:10:10. Julie Gonzales, 71, posted one of the better performances of the day with a 3:47:08, finishing 748th of the 4699 runners who completed the course before the 5:30 cutoff time.

The Road Running Information Center contributed to this article.
FIFTEEN YEARS AGO
March 1985

- Barry Brown (30:18) Edges Pat Murphy (30:22) in TAC National Masters 10K
- First TAC Indoor Masters Pentathlon Held in Pennsylvania
- Elementary School in California Named After Sing Lum, M80 Sprinter

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| Men's and women's 1999 U.S. outdoor track & field 5-year age group rankings. Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman. All T&F events, including mile, relays, weights, racewalks, and combined events. $5.00. | | |

| McMahon Family Trust Masters Track & Field Indoor Rankings (1999) | | |
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| Single-age factors and standards from age 8 to 100 for men and women for every common track & field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. $6.00. | | |

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| Men's and women's official world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up, as of January 1, 1999. 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. $1.50. | | |

| Masters 5-Year Indoor Age-Group Records | | |
| Same as above, except indoor records (M40+, W55+) as of November 2, 1999 (world) and December 3, 1999 (USA). 4 pages. $1.00. | | |

| U.S. rules of competition for men and women for track & field, long distance running, and racewalking—youth, open and masters. $12.00. | | |

| Names and addresses of national officers and staff, board of directors, sport and administrative committees, association officers and addresses, etc. $12.00. | | |

| U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. 152 pages. $12.00. | | |

| International Scoring Tables | | |
| Complete scoring tables for 21 men's and 17 women's individual events. All events, and the event orders, in normal multi-events are included: decathlon, heptathlon, indoor & outdoor pentathlon, indoor heptathlon, and weight pentathlon. Brief scoring instructions, age factors for the common WAVA multi-events, and instructions for hand times and automatic times are included. In English and German. Pocket size (4½ x 6). $12.00. | | |

| Masters Racewalking | | |
| Thirty American coaches and athletes share ideas on Technique, Training and Racing. This book is a unique and complete resource. Edited by Elaine Ward. $15.00. | | |

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Gray, Jacobs Break Records in Adidas Invitational

Johnny Gray, 39, thinking he'd lost the race when he was in sixth place in the back stretch, kicked past the field on the inside in the home stretch to win the 800 with a 1:49.38 in the Adidas D.C. Invitational, Fairfax, Va., the first of the indoor Gold Spike Tour, on Jan. 29. The time bettered his own U.S. M35 record of 1:49.79 in 1996. WAVA age-group world records start at age-40 for men and age-35 for women.

Regina Jacobs, 36, won the 800 in 2:01.71, breaking the 22-year-old W35 world record of 2:03.2 by Ileana Silai, Romania, in 1978.

In the Masters Mile, Chuck Moeser, 48, Sterling, Va., won in a field of 12 with a 4:35.39. James Clelland, 41, Catonsville, Md., was second in 4:36.41.


Masters 200 to be Held During Open Nationals

As age-graded masters 200-meter race will be staged during the USATF National Open Indoor Track and Field Championships, March 3-4, in Atlanta.

Patterned after the successful, crowd-pleasing, age-graded 100-meter races at each USATF National Masters T&F Championships, each of the six runners will be given a distance handicap based on age and sex.

For the first time, men and women will run together. The group consists of Philippa Raschker, 33; Jeanne Daprano (nee Haugland), 63; Patricia Peterson, 73; Tom Brewer, 53; Sam Frey White, 63; and Bill Daprano, 73. All except Peterson live in the Atlanta area.

The proper handicap stagger will be set according to the age-graded tables established by the World Association of Veteran Athletes (WAVA). Theoretically, if all the athletes were of equal caliber, all six would come across the finish line in a dead heat.
Heaven on Earth

On the night before a big race, I was having a terrible time trying to sleep. I tossed and turned, and finally dozed off and began dreaming a very strange dream. I dreamed I had died and was standing at the door to Heaven. The sign over the door read, “If you have any questions, don’t hesitate to ask.” Soon, St. Peter appeared in the doorway, and not being shy, I asked, “What will I spend my time doing here in Heaven?” St. Peter replied, “Well, we run a lot of road races on these streets of gold. In fact, a race is about to start, and you won’t want to miss it. Three fellows will run in a pack with you, and they can answer any questions, and give you an orientation.”

St. Peter gestured toward the crowd at the starting line, and I joined them. Out of habit, I worked my way up to the third row. The race was about to start. I noticed a fellow named Gabe on a scaffold, who was obviously the starter. He looked pretty normal except keeper, and he forwards all results to chimed in, on a scaffold, who was obviously the noted. Every result gets to the record runners in shorts 1 and singlets. Found myself in the company of three open and age-group leaders, it has the flawlessly, and results are usually honor our most revered courses are wellish."

Trumpet, which he blew, and the race was on. Billy said, “You should keep your record book. It not only contains the open and age-group leaders, it has the single-age records, and the all-time best performances by age-graded masters.” Andy spoke up and said, “You should visit our web site, it contains an up-to-date schedule, and results for every race this year. It even contains a list of the top-50 age-graded times for everyone in each race. We like to make sure that great efforts are rewarded with recognition.”

“Even if I could have a Wall of Fame to honor our most revered stars,” said Andy, “There are nine of us now, but more are added each year.”

Early Arrival

By this time we were approaching the finish line. St. Peter met me at the back of the chute and I said, “I am really going to like it here. It is even better than I ever imagined.” St. Peter looked a little chagrined and eventually said, “There must have been a slight mistake. I don’t know how it happened, but you got here before your number was up. We are going to have to send you back to Earth. You will become very sleepy and when you awaken you will be in the Midwest, but I can’t tell you exactly where. Sorry for our mistake. When you come back for good, remind me to tell you of a race I lost to an older man.” (See John, Chapter 20:1-4.)

When I awoke, I was standing at the starting line for the Tulsa Run in Oklahoma. On a scaffold, Jack Wing was holding an air horn, which he blew, and the race was on. This was my first race in the Sooner State, but that experience and others that followed revealed a case of deja vu. I had been here before in a dream, and nothing has changed. For a serious runner, Oklahoma is HEAVEN ON EARTH.

Consistent Professionalism

Even the small races in Oklahoma are something special; they are conducted with as much professionalism as the Tulsa Run. Runners from Kansas, Missouri, Arkansas, and Texas regularly show up for races in the Sooner State.

Much of the credit for such outstanding races should go to Joe McDaniel and Jane Hawkins of the Oklahoma Runner. Joe is statistics editor, and responsible for the state record book. The other key person is Glen LaFarlette, who has measured over 600 courses. Glen is Vice-President of USATF Oklahoma, and manager of Glen’s Road Race Service. His is a full-service operation, specializing in everything from start to finish. The National Masters Long Distance Running Chair for USATF is another Sooner, Jerry Crockett.

(Jack Wing is race director for the Tulsa Run. Pky must have been Philippiides (died after running the first marathon). Billy refers to Billy Mills who won the Olympic 10,000 in Tokyo in 1964. Andy refers to Andy Payne who won the Trans-Continental race in 1928.)

TWENTY YEARS AGO

March 1980

• Herb Lorenz, 40, and Sandra Kiddy, 44, Win National Masters Marathon
• Penn Mutual Proposes $350,000 for Masters Sports
• Tom Cathcart, 41, Wins Masters Mile at San Francisco Examiner Games

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MORREN J. GREENBURG, MD

Winning Tips For The Masters Athlete

Morrern J. Greenburg, M.D., 67, has been a family practitioner for 40 years in the Pittsburgh area. Last year, he won the M65 100 in the Mercer County, Pa., Senior Games with a hand-timed 12.08. He graduated in 1950 from Farrell High School, Farrell, Pa., where he was a sprinter. He earned his bachelor's degree from Youngstown State University in 1954 and his M.D. from Jefferson Medical College in 1958. He served his internship at St. Vincent's Hospital in 1958, and was a medical resident there in 1959. He has had articles published in *Physicians Fitness*, *AMA News*, and *The Physician and Sports Medicine*.

A resident of Hermitage, Pa., he has been involved in a wide range of community activities, ranging from serving on the American Cancer Society and Pennsylvania Blue Shield Corporation boards of directors to acting as medical doctor and coach for youth sports teams. Presently, he is the head track coach at Hermitage Middle School.

Greenburg's track honors include local, state, and national championships, All-American awards, and induction into the Mercer County Hall of Fame. At the Masters Games in Toronto, Canada, he was a finalist in the 100 and steeplechase. He has also won championships in the indoor hurdles, 400, 800, long jump, shot put, and 5K on the road. He has competed in more than 1000 races on the track and roads and has run, he figures, more than 40,000 miles.

Greenburg is married and has six children. His wife, Sherry, is a registered nurse and teaches at the Sharon Regional Health System School of Nursing. His hobbies are running, skiing, rock collecting, gardening, art collecting, history, and archeology.

Here are his ideas on sprinting:

**Pre-Training**

My dream was to be a state and national champion before the age of 21. It never happened, due to my schooling and working full-time as a family doctor. I also realized that I was not an exceptional athlete like Payton. I realized that if you did not work to stay with those many typical masters athletes like me, here is how it did over many years.

**The Starting Line**

It is very important to join either a track or road runners club to train with others. If you can get a track and strength coach to help you, that is even better. I had the best: Ralph White (past head coach at Allegheny College and now at Clemson), who taught me more about training and discipline than anyone else; and Emil Debonis (formerly with the Washington Redskins) and John Kolb (formerly with the Pittsburgh Steelers), who pushed me to maximum efforts in the weights.

**The Training Season**

This starts in the winter with long slow runs of 3-5 miles on the even days, with always a finishing sprint of up to 400m. One of those days is devoted to hill runs. On the odd days, I walk 4-5 miles. I also include daily 30-60 minutes of stretches, sit-ups, and push-ups. My diet consists of at least 6-10 portions of fruits and vegetables daily, along with pasta, minimal meat, lots of fish, fresh garlic and 3-5 ounces of red wine daily. I also take soy supplements, folic acid, vitamins C and E, and calcium. I try to get at least eight hours sleep and get up at 5:00 a.m. seven days a week. Along with my training, I have a very active social life.

**Pre-racing Season**

This starts in the spring, when I coach track. It gives me the opportunity to work with young people, and they push me. My track workouts are usually around 60 minutes and no more than three days a week. They consist of:

- a) 10-20 minutes of warm-up of 1-2 miles;
- b) 10-20 minutes of stretches and plyometric drills;
- c) 20-25 minutes of pyramid track workouts on alternate days, consisting of 25-50-100m (starting with two sets and working up to six), 100-200-300m (starting with two sets and working up to six), 200-400-600m (starting with two sets and working up to six); and
- d) Five minutes of blocks and an 800 cool-down run.

I try to focus on form, stride, arm movement, and how my body feels. I keep training at 50% to 75% speed, and periodically will test at 90%. I time myself only once in a while - most of my times come from races.

**Diago, Morris Prevail in San Diego Marathon**

by SUSANNAH BECK

CARLSBAD, Calif.—Oscar Diago, 40, Oceanside, Calif., and Suzy Morris, 42, Encinitas, Calif., toughed out poor conditions to take laurels at the San Diego Marathon, Jan. 16, in 2:42:18 and 2:58:02, respectively. San Diego's namesake marathon actually takes place in Carlsbad, where 7378 intrepid marathoners set out to do battle with gloomy weather and a challenging course.

What would have been beautiful views of the ocean along the Pacific Coast Highway were dimmed by cold drizzle, though many runners were hard-pressed to spare the attention. A day calling for gritty determination, in other words. Among the grittiest were age-group winners Chuck Long, 58, Encinitas, Calif., 3:09:13; Eric Piper, 65, Corona Del Mar, Calif., 3:21:25; and Pete Petsas, 72, Woodland Hills, Calif., 3:41:12. Morris, an Olympic Marathon Trials qualifier with her 2:44 run at St. George '98, led a strong women's field that included winners Patricia Brunballow, 58, Twentynine Palms, Calif., 3:25:37, and Imme Dyson, 63, Princeton, NJ., 4:06:08.

In spite of delays of up to 45 seconds caused by a passing train, the half-marathon race featured several outstanding performances from the field of 4500 starters. Barry Proctor, 41, Three Rivers, Calif., took the M40 crown in an excellent 1:13:56. Hal Goforth, 55, El Cajon, Calif., ran to an impressive 1:23:13, and George Boyle, 80, Oceanside, Calif., crossed the line with a rollicking 2:08:52.

The women's results starred national-caliber performances by Mary Knisely, 40, Naperville, Ill., 1:15:40, and Albuquerque's Marie Boyd, 40, 1:16:46. Both women are preparing for February's Olympic Marathon Trials in South Carolina. Janice Kreuz, 52, showed "em how they do it back home in Cincinnati, striding to a winning 1:34:43.

No Carlsbad running weekend would be complete without a 5K. Tom Hauser, 41, Vista, Calif., dashed to a M40 win in 17:23, with M45 winner Gordon MacMitchell, 45, Carlsbad, 17:36, not far behind. San Diego's Elizabeth Baker, 41, took the ladies' crown in 18:49. Other bright spots included Carlsbad's own Chuck Boston, 71, 22:17; and San Diego's Martha Walker, 64, 26:02.
False Start

by DAVID E. ORTMAN

In Your Dreams

Okay. Admit it. You have this masters track and field fantasy about getting in the starting blocks and looking over to see XXX—a former Olympic competitor—in the next lane. “On your mark. Get set.” Whoo! False start. Wake up and smell the Gatorade.

Chances are, it will never happen. Oh, yes, there have been rumors floating around via e-mail (along with other urban legends) that Edwin Moses (who turns 45 on Aug. 31) will come down from the mountain and run a masters 400H. And bless him if he does.

But the fact is that there are virtually no open elite athletes still competing at that level over the age of 40 (Johnny Gray is still a young 39). A review of the IAAF website (www.iaaf.org/index.asp) which lists the 1999 world’s top 50 athletes in each t&f event (I’ve excluded the marathon and racewalking) reveals only four competitors over the age of 40: one men’s discus thrower, Kevin Valvik (NOR, 42); and three women—two shot putters, Misu Li (CHN, 40) and Judy Oakes (GBR, 41), and one discus thrower, Zdenka Silhava (CZE, 45). There are only 21 who would be in the M35-39 age group and 28 in the W35-39 age group, but of these only four men and five women are from the United States. So the odds are unlikely that world-class athletes will show up at your local masters t&f meet.

This is not to say that former U.S. or world record holders are not sighted occasionally. Back in 1995, I watched Henry Rono (one-time WR holder in the 3K, 5K, 10K and SC) run the M40 800 and 5000 at the Northwest Regional Masters Championships at Gresham, Ore. He placed second (two out of two) at 2:21.59 in the 800 and second (two out of two) at 17:41.40 in the 5000. But we were all thrilled to see him at a masters meet.

Others may recall watching a great masters (M40) high jump competition at the 1995 WAVA-Buffalo meet between two former Olympians, Dwight Stones and Jim Barrineau, with Barrineau coming out on top.

I recently spoke with Nolan Cromwell, a terrific 400 hurder from the University of Kansas, against whom I ran at the KU Relays; who is now working for the Seattle Seahawks. He will turn 47 this year. Unfortunately, football injuries mean that he will never get the chance to run masters track & field, which is probably true for many other potential masters athletes.

But it seems that open/elite athletics operates in its own world, far apart from masters track & field. Further proof comes in the form of Fast Forward, the official publication of USA Track & Field, which we all help support with our USATF memberships. The winter 1999 issue, which came recently, contains an embarrassment. Perhaps it is just as well that they fail to mention masters track & field in a publication so thin it doesn’t even have page numbers.

This is not to say that masters 40+ have not received recognition elsewhere. Runner’s World Online recently ran Marty Post’s list of the top masters long-distance runners of the century (http://www.runnersworld.com/century/).


Nov. 1, 1987—Pricilla Welch, 42, is oldest New York City Marathon winner.


Sept. 19, 1993—Helen Klein, 70, completes 100 miles in less than 24 hours (23:29:34).

Feb. 20, 1994—Eamonn Coghlan, 41, runs 3:58:15 indoors, the first masters sub-four-minute mile.

July 18, 1994—Tatyana Podkopayeva, 42, breaks four minutes for 1500 meters with a 3:59:78.


One problem, perhaps, is that there are no real age group championships for open/elite t&f athletes who peak out around 30. If WAVA would drop its world championship age groups down to M/W30, perhaps there would be a more natural progression and interest in keeping active in track & field. After all, according to my compilation of the world’s 1998 top three masters times by age group, I had the second best 400H time on the planet. Somehow that just doesn’t seem right.

(See http://www.geocities.com:80/Heartland/Shores/7081/index.html).

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March 2000

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<td>Joe Hahn 908-782-8287 (H) 908-221-7720 (W)</td>
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<td>C-George 949-824-8046</td>
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<td>C-Dave 310-866-9771 x2400 &lt;work&gt;</td>
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<td>Laszlo Tabon SFV TC</td>
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<td>MD, LD</td>
<td>C-Laszlo 618-556-1563 (work)</td>
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<td>C-Elaine 818-517-2264</td>
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<td>Pat Connelly</td>
<td>Birmingham H.S.-Topeka, Kansas</td>
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<td>C-Pat 913-204-8084 (home)</td>
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<td>Hawaii Masters TC</td>
<td>U of Hawaii-Manoa Sunday - 9 a.m.-11 a.m.</td>
<td>S, TH, F</td>
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<td>Club West</td>
<td>Santa Barbara CC</td>
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<td>C-Drew Sutcliffe 805-687-7683</td>
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<td>St. Louis Masters</td>
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<td>C-Lowy 314-230-9120</td>
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<td>Ft. Steilacoom RC</td>
<td>Tacoma, Wash, Thurs 3:30 p.m.</td>
<td>LD, MD, S</td>
<td>C-Ron Dimmerman 253-582-8181</td>
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<td>Ruidoso, New Mexico</td>
<td>S, L, T</td>
<td>Mark Miller 505-258-9321 <a href="mailto:helshx@trailnet.com">helshx@trailnet.com</a></td>
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<tr>
<td>Tim Graf</td>
<td>Joliet Jr. College</td>
<td>S</td>
<td>Tim Graf</td>
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</table>

C=Coach; L=Led by experienced athlete or volunteer of informally group; S=sprints (100-400m); MD=middle distance (800-5K); L=long distance (5K-marathon); TH=throws; F=field events; H=hurdles. NMN would like readers from throughout the USA to let us know what masters training/coaching is available in your area. If you are a group of a candidate's training, please informally or formally, send the info to NMN, PO Box 50908, Eugene OR 97405.

Carlsbad Hosts Masters 5K Championships

The Carlsbad 5000 race line-up will include the USATF National Masters 5K Championships on March 26 in the 15th running of the event. Located about 30 miles north of San Diego on the Pacific Ocean, the village of Carlsbad, Calif., will host 10 races, starting with the Masters Championships at 7:00 a.m. and ending with the Men’s and Women’s Invitational at noon.

About 10,000 are expected to participate in the races and walks, with 50,000 spectators looking on. The course is a scenic seaside loop – flat, fast, and fun. A world-class field will compete for $70,000. ESPN will televise coverage on New Balance Elite Racing.

In the Championships last year, Steve Scott, 42, and Steve Plasencia, 42, battled right to the finish line, with Scott winning in 14:29 to Plasencia’s 14:31. Joan Benoit-Samuelson, 41, took the women’s masters race in 17:06.

The Carlsbad 5000 is presented by State Street Research, an investment and management firm. [Box]
Seasonal World Rankings Online

In spring 1972, the Omaha World-Herald was worth its weight in gold to me. Statewide rankings in high school track ran weekly in the sports page. And I was in heaven.

Who moved up? Who moved down? How did those devils from Grand Island and Scottsbluff do last weekend? How did I compare? I never thought about the hours it took some angel to compile the list. All I knew was I couldn’t live without it.

Nearly 30 years later, I’m still looking to see how I rate against hurdlers in my age group. But there’s no Omaha World-Herald to turn to. National Masters News doesn’t print seasonal rankings until months after the season is over. And a world list has never been published.

So what’s a rankings-ravenous athlete to do? Go online.

For the first time in masters history, world rankings are available. Three independently produced lists - two for the 1999 season and one for 1998 - have been posted on the Web. And one for 2000 is under way. Far from complete and completely unofficial, they still represent milestones in masters track.

Competing Lists

Seattle hurdler Dave Ortman, the NMN columnist, has compiled a 1998 world list, while masters thrower Clay Hull of Arizona and WAVA 800 finalist Dave Clingan of Oregon have produced competing 1999 world seasonal lists (with Clingan confining himself to track events and Hull fielding marks in all events and age groups).

So who’s the fastest M70 100-meter sprinter of 1999? Hull lists Alan Meddings of Britain first at 13.46; Clingan lists Wolfgang Reuter of Germany first at 13.27 - and Meddings fourth at 13.35.

Curiously, Clingan’s 2:01.13 finish at Gateshead in M45 ranks fourth on Hull’s site - and eighth on the Clingan site. Differences of time and methodology account for many variations. Hull relied on voluntary submissions, while Clingan counted more on published and posted meet results.

In 2000, however, Hull says he will bow out of the rankings game, citing family, business and other track obligations. Still, he thinks a voluntary submissions list is “viable - and the four to five responses I get daily from around the world convinces me so.” For his part, Clingan has expanded his rankings site - now merged with my Masters Track & Field Home Page. His unofficial 2000 rankings add field events to track, in all men’s and women’s age groups.

However, both Hull and Clingan would be happiest if WAVA took the lead in producing and updating a seasonal list online.

Bob Fine of Florida, a WAVA founder and still an active delegate, frets that “you’d have to get some ‘dedicated’ individual who has plenty of time. I think it would be easier to find an honest politician.”

And Rex Harvey of Ohio, another WAVA official, says of the annual U.S. rankings book: “Just for the two pages I volunteer for the 50-page book, I personally rescore 3000 to 5000 performances to make sure they are calculated correctly as they frequently are not when they are first published. That’s a lot of e-mails, calls, letters and legwork to get the data and to verify the scoring.”

And still he gets complaints, he says.

Can It Be Done?

Hull and Clingan - along with others - think a seasonal list is doable, especially if WAVA mandates cooperation from its 125 member nations. (Motto: Just e-mail it.) And W45 Gateshead silver medalist Wela Reinboud of the Netherlands, a high jumper, strongly recommends a “clear bottom for the list, say above 90 percent of the world records.”

For Hull’s part, a timely, comprehensive seasonal list is possible “with solid leadership and the world body making it a priority... WAVA must commit to the establishment of such a list and provide the means for the list to be kept.”

But Clingan says: “Although rankings can be maintained by an individual working independently of other data processing and publication efforts, I strongly believe that is not the best way to approach this task. Instead, I recommend that all available meet results be centrally collected and entered into a prescribed database format.”

Doug Schneebeck of New Mexico helped Clingan with the hurdle rankings on the 1999 list but has doubts about the rankings’ utility if it comes too late in the year.

A Good Idea

“The concept is good,” he says, “but in practice what we got was a very thin reporting of performances up until the WAVA meets, then a list that looked a lot like the WAVA results - a monumental waste of time, in my opinion. The problem is the accessibility to timely results.

“Most folks would be interested in the results before nationals or WAVA, but, even with reasonable vigilance, we had little of substance until the big meets were over.”

So what does WAVA have to say on the matter?

Torsten Carlus of Sweden, who plans to run for re-election as WAVA president at the 2001 Brisbane meet, wrote me: “Our resources are unfortunately too small today to have an administration on the same level as IAAF (which has an office producing a regularly updated list of seasonal bests), but it is my and our ambition to improve and give more information and publicity of best performances.

“This might mean that we have to increase support for our Web site, and the WAVA Council will study the issue in March.”

Where to Find World Rankings Online

For the 1998 season - which included the Nike World Masters Games, Orono nationals and European Veterans Championships in Italy - see Dave Ortman’s site at:

For the 1999 season — which includes the Gateshead world WAVA meet and two major U.S. championships - check out Dave Clingan’s site at:
http://www.xro.com/track.shtml

Also see Clay Hull’s site at:
http://members.aol.com/clayhull/147/travel/index.htm
WAHA Has High Hopes For 2000

A new year brings new challenges. For WAVA and the Council, the New Year will be as busy as the last and, hopefully, we will achieve some old goals and plan for new. In even years we hold the WAVA World Non-Stadia Championships and its Regional Stadia Championships and all our Regional Stadia Championships and it is my hope that 2000—the first year of a new millennium—will bring still more successes and good performances to all our athletes worldwide.

Valdalla, Spain, will host the non-stadia championships in May and we are looking forward to excellent organization and great participation in this old city. Oceania has already organized their regional championships on Norfolk Island and we will soon have their report. Next will be Europe in Jyväskylä, Finland, in July.

WAVA Council Meeting

The WAVA Council will meet March 28-31 in Brisbane, Australia, site of our next World Stadia Championships. As usual, there will be many issues to debate and decide. I will comment on a few, starting with the only loss the council suffered in Gateshead. I refer, of course, to the name change from “Veterani” to “Masters” and I am almost certain that the Council will opt once more to bring this proposal to the General Assembly in Brisbane. We have heard so much about the necessity for a name change—now also underlined by our commercial manager—so we look forward to new discussions on this topic in Brisbane.

The Council will also discuss our position on the World Masters Games. In Gateshead, the decision was to closely follow development of the WMG and see how WAVA and other ISFs can be involved in the organization. The next World Masters Games will be staged in Melbourne in 2002; thereafter, they will change to every fourth uneven year, i.e., 2005, 2009, etc. I reported on this decision at the General Assembly last year. Since then, it has become increasingly clear that various ISFs view the WMG as a good opportunity for their own veterans championships and other sports meets. Directly following our meeting in Brisbane, WAVA will meet with the WMG organizing committee in Melbourne to clarify our involvement and how our technical delegate, Jim Blair, will operate. WAVA will be responsible for all track & field events, ensuring adherence to our rules. The WMG organization—the International Masters Games Association (IMGA)—is working strongly to win the long-sought recognition of the International Olympic Committee (IOC) as the world body for masters activities.

The first meeting between the IMGA and IOC is scheduled for the end of April. We hope that this will lead to a quick decision that will strengthen IMGA, and perhaps our assembly in Brisbane will assign the Council the task of studying the effects of WAVA joining the WMG 2001 World Stadia Championships and other sports. The site for 2005 has not yet been awarded, but Seville, Spain, has been mentioned as a strong candidate.

At the Council meeting we hope to discuss a proposal to change the election procedure of our committees, which currently comprise six regional representatives and four free members nominated by the committee chairman and appointed by the WAVA president. I would like to see this altered so that the General Assembly elects six committee members. Then, a region that is not represented on the committee will be invited to appoint one representative. This would create a much more democratic situation. Also, I believe it would be preferable for a country to be represented by only one individual on a committee.

Kuala Lumpur Inspection Visit

In what proved to be a very thrilling vote in Gateshead, Kuala Lumpur was awarded the honor of hosting the 2003 WAVA World Veterans Stadia Championships. Since that time, contract and other negotiations have been taking place between WAVA and the Kuala Lumpur LOC to ensure fulfillment of all obligations and requirements. The final contract is expected to be signed after a Council inspection, providing the subsequent report is approved by the Council in Brisbane.

It is unfortunate, in the past, that WAVA has found certain championships organizers have not lived up to their obligations. For example, results and videos have been delayed, and severe financial difficulties have been encountered. This will no longer be tolerated and WAVA will sign any final contract until it is clear that required financial and other pertinent obligations have been fulfilled in a timely manner beforehand. This may sound somewhat stringent, but the Championships are viewed at the financial level as a business deal between two partners.

From a technical perspective, I believe our procedures have been improved and inspection visits by our technical delegates during the preparations will ensure that the organization can meet WAVA’s standards.

WAVA Handbook

I have previously said that the new WAVA handbook would be distributed in Gateshead, but this has been postponed until after the Council meeting in March. Experience tells us that certain decisions reached at this meeting should be included in the handbook and it would be beneficial to delay final printing until we can include all the latest pertinent information. Therefore, final printing will take place in April and distribution as soon as possible thereafter.

Going to Valladolid?

by CHARLES DESJARDINS

If you are competing in the WAVA Non-Stadia World championships in Valladolid, Spain, time is of the essence. All entry forms must be received in Spain by March 31 for the May 13-14 competition. All entries must be signed by the individual athlete’s national governing body (NGB). Therefore, allow sufficient time for USATF processing. The athlete is responsible for providing the following information to USATF:

1) Completed entry form with proper funds; 2) photocopy of your birth certificate or passport; and 3) current USATF card.

Send the above to:
USA Track and Field
P.O. Box 120
Indianapolis, IN 46206-0120
USATF will verify current USATF membership and determine whether or not athlete is under current drug suspension or other sanction. USATF will then stamp the entry form with an approval and transmit to Valladolid, the athlete will receive a postcard indicating that the entry form has been sent.

If there are any questions, please do not call Sherry but call Charles DesJardins at 775-884-9448. A similar procedure will be followed for the WAVA Regional Championships this summer in Canada. More information will follow in a later edition of NMN.

WAVA Refers Positive Drug Test to IAAF

As reported in the January issue, there was at least one positive drug test at the WAVA World Veterans Championships last year in Gateshead, England.

In response to a query from NMN correspondent Ken Stone, WAVA President Torsten Carlius said:

“The tests in Gateshead gave, as far as we know, one positive test. The athlete concerned has been informed and given the opportunity to respond to the IAAF Drugs Committee. The matter has now been referred to the national association of the athlete’s country for their consideration and sentence. When the final decision has been taken we will, of course, make an official statement and tell who the athlete is.”

Carlius said WAVA follows the IAAF rules for drug tests. When a positive test is found, the subsequent administration and confirmation test is handled by the IAAF. Carlius said in this case the IAAF has transferred the case to the athlete’s national association.

“We have had some cases in Europe where the athletes have been suspended from participation in European and world championships,” Carlius said.
Millennium Marathoners Greet the Dawn

By JANE DODS
HAMILTON, New Zealand – More than 2000 runners from around the world took part in the first marathon of the new millennium in Hamilton on Jan. 1. The field included 700 Americans, 580 Germans, and 526 New Zealanders. Runners gathered in the drizzly pre-dawn darkness in front of the grandstand of Te Rapa Race Course and got under way at 6 a.m.

The course consisted of two loops—one on each side of the Waikato River, which bisects Hamilton. It took the competitors on an essentially flat tour of both residential and business areas, with a short stretch along the river. Although the temperature was perfect, slippery conditions tended to slow down the runners’ times.

Vladimir Pechek, Czech Republic, won the men’s masters race in 2:42:17, with Lilac Flay, New Zealand, 3:00:47, dominating the masters women. The overall winners were Mark Hutchinson, New Zealand, 2:21:58, and Anne Buckley, England, 2:43:54. It was an auspicious day for Buckley, who was running her first marathon on this first day of the new millennium.

Race director Andy Galloway did a fine job in orchestrating the event. Shuttle buses ran smoothly, the course was well marked and staffed, and the awards ceremony was held in a timely manner. Another nice touch was having the finish line on the track in front of the grandstand at the Te Rapa complex. This assured that even runners in the back of the pack were cheered enthusiastically as they approached the finish line. And, finally, all competitors were treated to a sumptuous lunch in a well-stocked tent on the grounds.

By JAN E
WAVA Regional, Kamloops, B.C. Canada – Aug 17-20, 2000

This trip will be set up so you can compete in Eugene only or continue on to Kamloops. Package will cover destinations from USA.

XIV WAVA CHAMPIONSHIPS – BRISBANE, AUSTRALIA
July 4-14, 2001

TRAVEL TOGETHER AND SAVE!!!!!!!

If you are not on our mailing list and wish to do so, please mail, fax, or e-mail your address to Paul Geyer, Master Race Walker, at the address below. Package will be to and from all destinations from USA and Canada. Many side trips will be offered.

Ski & Travel International, INC.
PO Box 1816, Detroit Lakes, MN 56502-1816
Telephone & Fax: 218-847-0410
E-Mail: skiscape@lakesnet.net

WAVA/USATF Hurdles and Implements Specifications

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Hammer weights are used for USATF weight pentathlon.

Note: USATF voted not to adopt WAVA’s 27” hurdle heights, so those events will be run at 30” heights in USA national and regional meets.

New 1999 IAAF specifications.

WAVA web site: http://www.wava.org
Athletes Who Entered a New Division This Month, Mar. 2000

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SOUTHEAST

- The Walt Disney World Marathon, March 9, produced some magical possibilities for 40+-division winners. David Collis, Boca Raton, FL, 2:40:57, and Jessica Jones, 47, Palm Desert, CA, 2:56:19, Jones, who won the women’s division outright last year, was second overall this year. Another notable: Patrick Griffith’s 3:03:29 M55 victory and Gustave Busch, of Brazil, tipping to a 3:31:57 M70 win. There were three top titles captured by a retired U.S. road appearance by Norwegian favorite Ingrid Christiansen, 51-53, 1:43:47, who cruised to the W40+ crown. Kudos also to Mimi Howden’s 1:44:21, a personal best for her over the distance.

- Holding off the entire women’s field by nearly ten minutes, Judy Maguire, 41, crossed the finish line in 2:55:24 at the Florida Gulf Beaches Marathon, Clearwater, FL, Jan. 13. Richard Christiansen, 40, 2:42:50, second overall, took the men’s masters race.

- Peter Mayo, 47, Tulsa, OK, 3:57:03, and Barbara Luciano, 41, Oklahoma City, OK, 3:19:56, rushed to overall firsts, Oklahoma Falls, Tulsa, Nov. 20.

WEST


- Masters are touting Braving peak winds gusts of 60 mph at the Cascade Half-Marathon, Turner, OR, Jan. 16, were the top three overall finishers Chris Clark, 40, 1:20:04, Ed Bomber, 40, 1:21:48, and Gerhard Behrens, 40, 1:23:59. Gloria Winestowier, 45, 1:36:54, broke home first for the W55.

- Michelle Kelly, M40, set the present record in 1997. The latest overall of over 3:30 is set by Mimi Howden, M55, in the Master’s World 5K, downtown Seattle, Dec. 5. James McTighe, M60, in 2:01:30, was second, while Jim plywood, W40, was second with a 1:57:50. Peggy Ainslee won the W65 race with a 2:26:22. Detores Ockenden nipped Helen Bolding, 54:52 to 54:53.


NORTHEAST

- First M40+, Greg Bayerlein, M45, was narrowly beaten by the 1:43:05 in the 1975 Arthritis Foundation 5K, downtown Seattle. Seattle, Dec. 5. James McTighe, M60, in 2:01:30, was second, while Kimball Bender, W40, was second with a 1:57:50. Peggy Ainslee won the W65 race with a 2:26:22. Detores Ockenden nipped Helen Bolding, 54:52 to 54:53.

- The U. of Oregon Athletic Department recently honored NW Regional Coordinator Becky Sisley with the inaugural presentation of the Oregon State Award to be given annually to a former woman athlete for 20 years of achievement and service. The recipient, Shirley Briggs, has been an Oregon TC official for 20 years, among her many other activities.

- Oregon TC Masters selected Frank Lucilu to serve as the club president for 1997. The OTCM is hosting this year’s Masters Championships in Eugene in August. Lucilu is actively involved in making sure that “Eugene 2002” is a success. The club will also host a Masters 5K for over 300.

- Venice Sempronio, M75, MD, past U.S. record holder in the HH and shot put, finally retired after injuries after he had been missing for nearly six years. A fishing boat sank off the coast of Florida last December. When the extent of Sempronio’s injuries was determined, it was decided to take him to Medford’s Royal Valley Medical Center. Air rescue was out because the Medford airport was fogged in. “I made the trip to Medford with a wild 120-mile ambulance ride. Everyone saved the ambulance’s lane by a wave chest ache,” he said afterward. “I spent eight days in ICU and seven days in a recovery care with the oxygen tube in my nose, another to my lungs, three IVs, a catheter, etc. Much of the official number was never given. I had a minimum of four fractured ribs, left kidney, foot, liver and lung dam age, large lacerations on my left forearm, and discoloration areas on chest, back and hip. I’ll be out of competition for awhile, having lost 25 pounds.”

- Becky Sisley broke the W65 WR for the PV with a 2:25.2 at the Eugene Indoor Meet, Jan. 22. The present record is 2.00 by Dorothy McLenan (IRE) in 1997.


INTERNATIONAL

- The Board of Directors of the South American Association of Veteran Athletes, meeting Nov. 2002, are: President: Nester Bettencourt, vice-presidents: Walter Kupper, Brazil, Jan. 20, and Juan Kutzer, Argentina; secretary: Jorge Atzamora, Chile; treasurer: Jose Figueres, Uruguay, and women’s delegate: Iris Menza, Uruguay.

- Volodimir Yashchenko, 40, died of cirrhosis of the liver, Nov. 30, in Ukraine, in 1978, he set a high jump WR 2.35, using the straddle.
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 track and field 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 NMN, P.O. Box 50009, Eugene OR 97405.

**TRACK & FIELD**

**NATIONAL**

**March** 24. USA Track Masters Indoor Heptathlon Championships, Boston, MA. See below.

**March 24-26.** USA Track Masters Indoor Championships, Reggie Lewis Center, Boston, Mass. Stephen Vaitkus, PO Box 19035, Brookline, MA 02146, 617-566-7600; fax: 734-6322; email: usatfne@ix.netcom.com; web site: www.usatfn.org/index.shtml

**April 1-2.** USA Track Masters Indoor Heptathlon Championships, Proviso West HS, Hillside, III. Held along with USA Track Illinois Youth & Masters Championships. SASE to USA Track Illinois, PO Box 7019, Villa Park, IL 60181. 630-933-2052; email: usatfvan@aol.com

**June 24-25.** USA Track Masters Decathlon/Heptathlon Championships, Lake Geneva, Wisc. Jeff Watry, 24302 7th St., Padlock Lake, WI 53168. 262-843-3567 (h); 847-235-1041 (w); email: JWatry@lyric.com

**August 16.** USA Track Masters Outdoor Pentathlon Championships, Eugene, Ore. See below.


**September 9.** USA Track Masters National Championships, West Virginia. SASE to USA Track Masters West Virginia, 910 Light St., Ste. 600, Box 527, Charleston, WV 25302.

**September 16.** USA Track Masters National Championships, Georgia. SASE to USA Track Masters Georgia, PO Box 1148, Atlanta, GA 30301. Web site: www.raleighpentathlon.com

**October 4-25.** USA Track Masters National Championships, Illinois. SASE to USA Track Masters Illinois, PO Box 19035, Brookline, MA 02146, 617-566-7600; fax: 734-6322; email: usatfne@ix.netcom.com; web site: www.usatfn.org/index.shtml

**December 21-24.** USA Track Masters National Championships, Arizona. SASE to USA Track Masters Arizona, 11010 N. Peoria Ave., Phoenix, AZ 85028.

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**SOUTHEAST**

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

**March 3-4.** Fury Fast Times Indoor Meet, Winston-Salem, N.C. Open Masters. 178m track. Bill Casio, 336-945-2134; x305; fax: 945-2907; email: casio1403@aol.com


**March 5.** North Carolina vs. South Carolina Masters Indoor Meet, Forsyth County Daycare Center, Winston-Salem, N.C.; Team scoring. Bill Casio, 336-945-2134; x305; fax: 945-2907; email: RE66866@aol.com

**March 10-11.** USA Track Southeast Regional Masters Indoor Championships, Winston-Salem, N.C. Bill Casio, 2726 Lockwood Dr., Winston-Salem, NC 27103. 313-726-1482; fax: 945-2907.

**May 5-7.** Alabama Senior Olympics, Montgomery. Ronnie Floyd/Don Camp

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**LONG DISTANCE RUNNING**

Road racers get the long and short of it with the National Masters 10K Championships in Pittsburgh, Pa., on the 25th, and the 5K Championships in Carlisle, Calif., on the 26th. On the 4th, runners go south for the Gate River 15K, Jacksonville, Fla., and Reedy River 10K, Greenville, S.C. The City of Angels hosts the L.A. Marathon on the 5th. The Shamrock Sportsfest on the 18th offers a Masters 5K and a marathon and regular 8K. The New Bedford (Mass.) Half-Marathon, and Rodale Press Half-Marathon, Allentown, Pa., can be had on the 19th. Offerings on the 25th include the Azalea Trail 10K, Mobile, Ala., and the Houlihan’s To Houlihan’s 12K, San Francisco.

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**RACEWALKING**

The National Indoor 3000 Championships go off at 1:00 p.m. on Sunday, the 26th, in Boston. Racewalks on the 4th and 11th are scheduled in Florida.

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**MIDWEST**

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

**March 5.** John Tierney Classic Indoor Meet, U. of Wisconsin-Milwaukee, Open & masters. John Mahone, Klotsche Center, UW-Milwaukee, PO Box 143, Milwaukee, WI 53201. 414-229-5287.

**March 18.** USA Track Midwest Regional Masters Championships, Indianapolis, IN/Ohio, West Virginia, Kentucky. See below.

**Schedule**

USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are usually limited to age 50 and over. Long distance events 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 track and field 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 NMN, P.O. Box 50009, Eugene OR 97405.
Continued from previous page

Masters Indoor Championships, Glenbrook South HS, Glenview, Ill. Gerry Krainik,
708-687-2124(h).
May 12-13. USATF, Illinois Youth & Masters Championships, Provino West HS, Hillside,
Ill. See National above, April 1-2.
May 5-7. Peoria Senior Games. Vic
Ducholos, 7011 N. Teton Dr., Peoria, IL
61614.
June 5-10. Indiana Senior Games, Evansville. Steve Patrow/Kristin Hood,
800-253-2188; 812-464-7800.
June 15-18. Western Slope Senior Games, Colorado Springs. Henry Nearman,
304-359-6628.
June 22-27. Dayto Track Classic, Welcome Stadium. DMTC, Bob Jones, PO Box
17005, Dayton, OH 45417. 937-837-2754.
27 South Queens Cl., Huntington, WV 25701. 304-523-856-6616; fax:
304-122-346-3678.
St., Quartz, LA 70737. 925-644-6930.
July 2-8. El Paso Senior Games T&F Meet, U. of Texas-El Paso. Mark Davis,
650 Wallenberg, El Paso, TX 79912. 915-518-0875; 915-588-7591.
July 23-27. Mississippi Senior Olympics, Jackson. Angela Meeks, 800-748-8514;
601-968-4881.
July 24-25. Texas Southern Relays, Houston Masters: 100(4)/100/200/400 M. M.
Houston, 713-313-7618; fax: 713-313-7727.
July 21-24. Kentucky Senior Games. Elizabethtown. Nancy Addington,
270-529-2739.
July 23. Norm Bower Memorial Weight Pentathlon, Kent, Ohio.

MID-AMERICA

Colorado, Idaho, Iowa, Kansas, Minnesota, Missouri, New Mexico, N. Dakota, Nebraska, S. Dakota

May 12-19. Western Slope Senior Games, Montrose, Colo. 50+. Out-of-state wel-
come. Evelyn Lawson, PO Box 730, Montrose, CO 81402. 970-247-7075; 800-
873-0244.
May 27-28. Memorial Day Track Classic, Kansas City, Mo. Y/O/M. Flyers TC, PO
Box 22547, Kansas City, MO 64113-0457. Kenneth Ferguson, 816-235-2896.
June 10. USATF Mid-America Regional Masters Championships, Wichita State U.,
Kansas. WSU T&F Office, Susan Cooper, 316-978-3362; fax: 978-3388. Bill Butter-
worth, 316-684-2192; fax: 867-9400. Details of enough interest.
June 16-17. Salina Senior Games, Salina, Kansas. Salina Parks & Rec., 300 W. Ash
Rd., Rm. 100, Salina, KS 67401. 856-826-7123.
June 19-23. Northland Senior Games, Duluth. Minn. Chuck Campbell, 218-723-
3724.
Jack Miles, U. of Missouri, 1105 Carrie Franke Dr., Rm. 01, Columbia, MO
65211. 313-882-1582.

Cecilia Agosta, 505-623-5777; email:
nmogme@swel.net

MARCH 24-25. Texas Southern Relays, Houston Masters: 100(4)/100/200/400 M. M.
Houston, 713-313-7618; fax: 713-313-7727.
St., Quartz, LA 70737. 925-644-6930.
April 8. El Paso Senior Games T&F Meet, U. of Texas-El Paso. Mark Davis,
650 Wallenberg, El Paso, TX 79912. 915-518-0875; 915-588-7591.
April 23-27. Mississippi Senior Olympics, Jackson. Angela Meeks, 800-748-8514;
601-968-4881.
July 22. USATF Southwest Regional Open and Masters Championships, Trinity University,
San Antonio, Texas. Meet Director, David Dunbar, 11063 White Sands, Live Oak,
TX 78233. E-mail: bb official@atcl.com
July 29. Texas Masters Championships, Jesus HS, Dallas.
Zelile, 501-331-1441; 800-720-7726 (All
order); arsophp@aol.com; www.sosports.org
September 16-17. Louisiana Senior Olympics, Baton Rouge. Butch Gipson, 225-
925-1748.
danabrown@ci.tulsa.ok.us; www.oksogames.com

NAPA Valley Senior Games, Olive Ct.
September 27. Olympic Legends Invitational, Mt. SAC, Walnut, Calif. Masters & Open.
Shelita Newton, 1960 Prospect St., Desert Hot Springs, CA 92241. Phone & fax:
760-251-6955.
May 28. Dallas Aldrich Memorial Meet, UC-Irvine, Calif. Calif. McMick; 949-586-
9942; ccmickon@uci.edu
June (tba). USATF ACA Championships, Los Angeles.
June 10. Los Gatos Masters/Open Classic, Los Gatos. Calif. 8:30 AM. Los Gatos AA, PO
Box 134, Los Gatos, CA 95031. Willie Harman, 408-354-7365.
June 11. Crown Valley Senior Games/
March 2000

National Masters News

Continued from previous page

March 2000

National Masters News

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www.curtan.com

April 2001. IAAF World Champions

ships VIII. Edmonton, Canada.

LONG DISTANCE RUNNING

NATIONAL

March 25. USAF National Masters 10K

March 26. USAF National Masters Men's
5K Championships/Carlisle 5K,
Carlisle, Calif., Tracy Sundlin, 3452
Oberlin Dr., Ste. B, San Diego, CA 92121,
858-450-6510; www.eliteracing.com

May 6. USAF National Masters Half-
Marathon Championships, Indianapolis,
Ind., Elongton, 4314 Mrael Ct.,
Indianapolis, IN 46254, 317-328-1632.

May 11-14. Road Runners Club of America
www.rca.org

May 13. USAF National Masters 50-Mile
Trail Championships/Age Run, Whitewater, Wisc., Holly Neault-Zinzow,
21511, 516-349-7646.

April 8. Spring Stampede 5K & Mile Run,
Denville, NJ. 11.1 mi. Madeline Bost,
Runners Race Service, PO Box 458,

April 9. Cherry Blossom 10-Mile,
Washington, D.C. CB 10 Mile, PO Box
3366, Rockville, MD 20848. E-mail:
entrines@cherryblossom.org

April 9. Hudson Mohawk RRC Masters
Race 5K, Delmar, NY. HMRRC, 518-433-
4500.

April 16. Penn Relay Championship Classic
20K & 5K. Philadelphia, Runners
Aid/Tamarack Country Club Dr. Doylestcay, PA 18901.

April 17. B.A.A. Boston Marathon. BAA,
"The Starting Line" One Ash St.,
Hopkinson, MA 01748, 508-435-6095.
http://www.
bostonmarathon.org

April 29. Hudson Mohawk RRC Masters
Race 10K, Guildenr. NY. HMRRC, 518-435-
4500.

April 30. Rolling Thunder 5K, Babylon,
N.Y. Gary O'Rourke. 631-666-5002.

April 30. Sallie Mae 10K, Washingon, D.C.
COS Hereng. 703-816-5175; www.salliemae.com

April 30. New Jersey Shore Marathon,
Long Branch. NJSM, PO Box 198,
Oceanport, NJ 07757, 732-542-6090;
www.njshoremarathon.org

May 7. Long Island Marathon & Half-
Marathon, East Meadow, N.Y. Patti Kessler,
L.I. Running Club, 681 Parker Rd.,
East Meadow, NY 11554. 516-572-0248;
www.FLRKTF.com

May 7. Pittsburgh Marathon/Men's 2000
Olympic Team Trials, Pittsburgh, Pa.
5000 limit, 412-447-7606; 800-533-UPMC;
www.UPMC.edu/PGMarathon

May 7. Buffalo Marathon. Ford Buffalo
Marathon, PO Box 652, Buffalo, NY 14202.
716-816-7223.

May 7. Blue Cross Broad Street 10 Milc,
Philadelphia. Broad Street Run, PO Box
18543, Philadelphia, PA 19129. 215-563-
6184; www.streetrunners.org

May 28. Vermont City Marathon,
Burlington, VT. VCM, 41 Main St.,
Burlington, VT 05401. 802-663-8412;
www.vcm.org

June 17. Frick Park Cross-Country Series,
Pittsburgh, Pa. 2K/4K/6K. John Harwick,
348 Morris St. Clymey, 71822-724-545-
224.

June 25. Fairfield Half-Marathon & 5K,
Fairfield, Conn. JB Sports, 203-481-5933;
www.jspports.com

SOUTHEAST

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

March 4. Gate River Run/USATF 15K
Open Championships & 5K, Jacksonville,
Fla. 904-739-1917.

March 4. Reddy River Run/USATF
South: Carolina Championships,
Greenville, R. ROK. PO Box 10555,
Greenville, SC 29603. www. greenrivertrackclub.com

March 11. PrimeHealth Red Cross 8K Run,

March 12. Hope For Children 10K, Naples,
Fla. Fran Fidler, PO Box 712, Naples,
FL 34102. 941-430-0799; www.raceevents.com

March 18. Circus Classic 10K & 5K, Winter
Haven, Fl. Track Shack, 1104 N. Mills
Ave., Orlando, FL 32803. 407-898-1313.


March 18. Rock and Roll 10K, Nashville,
Tenn. Downtown YMCA, 615-254-0631.

March 18. Shamrock Sportsfest 8K,
Masters 8&. Marathon, Virginia Beach,
Va. SASE to Shamrock Sportsfest, 2308
Maple St., Virginia Beach, VA 23451. Email:
sportsfest@juno.com; www.shamrocksportsfest.com

March 25. Azalea Trail Run 10K. Mobile,
Ala. ATR, PO Box 6427, Mobile, AL. 36600.

March 25. G.R.U. 15K Run For Life,
Gainesville, FL. Terri Charron, PO Box
147117, Gainesville, FL 32614. 352-334-
3045; www.upmc.com

April 1. Cooper River Bridge 10K,
Charleston, S.C. SASE to CRBR, PO Box
22089, Charleston, SC 29413. 843-792-
0345; www.charlestonmarathon.com

April 1. Atlanta Women's 5K. Atlanta TC,
3097 E. Shadowawn Ave., Atlanta,
GA. 30305. 404-231-9064; wt@atlantackr.com

April 8. TriStar Health System 5K & 10K,
Nashville, Tenn. Nashville Sports Council,
401 Church St., Suite 2700, Nashville,
TN 37216. 615-243-8000.

April 15. Charlotte Marathon Festival
Marathon & 10K. CM, Box 30294,
Charlotte, NC 28203. 704-358-5425;
www.charlottemarathonfestival.com

April 19. Country Music Marathon,
Nashville, Tenn. 20,000 limit. Elite Racing,
Inc. 888-450-6510; www.crmarathon.com

April 13. Peachtree & Pines 8K, Peachtree
city, GA. Atlanta TC, 3097 E. Shadowawn Ave., Atlanta, GA. 30305. www.atlantarac klub.com

May 21. Biltmore Estate 15K Classic,
Asheville, N.C. Asheville Kiwanis 15K,
PO Box 147, Skyland, NC 28776,
828-687-9123; www.hometownwv.com

July 4. Peachtree 10K, Atlanta, GA. SASE
before March 1 to Peachtree 2000, Atlanta
TC, 3097 E. Shadowawn Ave., Atlanta,
GA. 30305. 404-231-9064, x11; email:unislaw@
atlantackrclub.org. 55.00 limit

MIDWEST

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

March 26. Cincinnati Heart Mini-Marathon
Weekend 15K & 5K, Cincinnati. Ohio
513-281-4048. Email: mcez@heart.org; www.cincinnatheartmini-marathon.org

April 2. Athens Marathon. AM. 7154
Radford Rd., Athens, OH 45701. 800-878-
9767.

April 16. Glass City Marathon, Toledo,
Tom Falvey, 3743 Woodrow Rd., Toledo,

April 29. Kentucky Derby Festival Half-
Marathon, Louisville. KDFM, 1001 S. 3rd
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Fla. 904-739-1917.
Masters athletes at the Maine East Indoor Meet, Park Ridge, III., Jan. 15 (1 to r): Bob Zahn, 45; Stan Dysko, 50; Clarence Thompson, 68, and Emil Pawlik, 60.

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St. Louis, KY 40203. 800-928-TEST; www.kdf.org


April 30. Lake County Races Marathon, Half-Marathon, & 10K, Highland Park, Ill. LCR, 3100 Sokiee Valley Rd., #2N, Highland Park, IL 60035. 888-RUN-RUN; runracco@aol.com.

May 14. Flying Pig Marathon, Cincinnati. 513-721-7447; www.cincymarathon.org

May 29. Truth/Bank Chagrin Blvd., Suite LCR, 465, April Schmanske, Masters athletes at the Maine East Indoor Meet, Park Ridge, III., Jan. 15 (1 to r): Bob Zahn, 45; Stan Dysko, 50; Clarence Thompson, 68, and Emil Pawlik, 60.


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

#### FOR MEN

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<thead>
<tr>
<th>Event</th>
<th>Time/Distance</th>
<th>Notes</th>
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<tr>
<td>200M</td>
<td>20.20-20.79</td>
<td>4.5-5.2</td>
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<tr>
<td>400M</td>
<td>44.00-44.49</td>
<td>9.8-10.4</td>
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<td>800M</td>
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<td>1500M</td>
<td>3:42.19-3:53.89</td>
<td>14:41-15:12</td>
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<td>1600M</td>
<td>16:02-16:42</td>
<td>33:19-33:39</td>
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Notes: 100 standards are for automatic time, use standard conversion for hand time.

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

#### FOR WOMEN

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<td>4.9-5.5</td>
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<td>400M</td>
<td>46.29-46.89</td>
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<td>3:37-3:50</td>
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<tr>
<td>1500M</td>
<td>3:54.19-3:56.79</td>
<td>15:06-15:20</td>
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<tr>
<td>1600M</td>
<td>16:14-16:34</td>
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### APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

#### NAME

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<th>NAME</th>
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#### ADDRESS

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#### CITY

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#### MEET MEET SITE

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<th>WEIGHT OF IMPLEMENT</th>
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#### MARK

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<tr>
<th>MARK</th>
<th>PATCH</th>
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</table>

### Notes:
1. If you have equaled or bettered the standard of excellence, please fill out this application completely. 
2. Certified results or a note stating in which issue your results MUST appear.

### APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH
March 2000

National Masters News

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SOUTHEAST

Walt Disney World Marathon 3/28
Orlando, FL; Jan. 16

Oklahoma City 3/29
Lakeview, OK; Jan. 22

Eugene 4/5
Eugene, OR; March 19

Marathon 4/11
Miami, FL; Jan. 12

Charlotte Marathon 4/18
Charlotte, NC; Jan. 22

Overall

2000 National Championships
Miami, FL; Jan. 22

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SOUTHEAST

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Overall

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2000 National Masters News
2000 USA NATIONAL MASTERS OUTDOOR TRACK & FIELD CHAMPIONSHIPS
August 10-13, 2000 • Hayward Field, Eugene, Oregon
Presented by Oregon Track Club Masters and Oregon Track Club

EVENT SCHEDULE
NOTE: Events will not necessarily be run in the sequence listed. They will, however, always be run on the day listed for that event.

THURSDAY, AUGUST 10
- 5000 (M) (F)
- Pole Vault (W, M 70+)
- Pole Vault (M 30-49)
- Pentathlon (M)
- Pentathlon (W)
- 800 (W)-Prelims
- 800 (M)-Prelims
- 400 (W)-Prelims
- 400 (M)-Prelims
- Shot Put (W)
- Shot Put (M)

FRIDAY, AUGUST 11
- 5000 Racewalk (W)
- 5000 Racewalk (M)
- Long Jump (W)-Finals
- Long Jump (M)-Finals
- Discus (W)
- Discus (M)
- Hammer (W) 30-69
- Hammer (M)
- High Jumper (W)-Prelims
- High Jumper (M)-Prelims
- Pole Vault (W) 30-49
- Pole Vault (M) 30-49
- High Jump (W) 30-44
- High Jump (M) 30-44
- 100 (W)-Prelims
- 100 (M)-Prelims
- 1500 (W)-Prelims
- 1500 (M)-Prelims
- 400 (W)-Finals
- 400 (M)-Finals
- High Hurdles (W)-Finals
- High Hurdles (M)-Finals
- Steeplechase (W)-Finals
- Steeplechase (M)-Finals

SATURDAY, AUGUST 12
- 10K Run (M)-Finals
- 10K Run (W)-Finals
- Discus (M)-Finals
- Discus (W)-Finals
- 100 (W)-Round 2, if necessary
- 100 (M)-Round 2, if necessary
- Intermediate Hurdles (M) 40-60
- Prelims, if necessary
- High Jump (M 45+)-Finals
- Triple Jump (W)
- Triple Jump (M)
- 100 (W)-Finals
- 100 (M)-Finals
- 800 (W)-Finals
- 800 (M)-Finals
- 200 (W)-Prelims
- 200 (M)-Prelims
- 200 (W)-Finals
- 200 (M)-Finals
- Age-Graded 100 (W)
- Age-Graded 100 (M)
- Javelin (W)-Finals
- Javelin (M)-Finals
- Relay (W)-Finals
- Relay (M)-Finals

SUNDAY, AUGUST 13
- 10K Road Walk (W)-Finals
- 10K Road Walk (M)-Finals
- Discus (M)-Finals
- Discus (W)-Finals
- 200 (W)-Round 2
- 200 (M)-Round 2
- Hammer (M)
- Hammer (W)
- Javelin (W)
- Javelin (M)
- Relay (W)
- Relay (M)

FOR COMPLETE CHAMPIONSHIPS INFORMATION:
eugenechamps.com

ELIGIBILITY: Open to all men and women 30 years of age and older. Age on August 10, 2000 will determine a competitor's age group. Proof of registration with USA Track & Field will be required from all U.S. citizens. On-site registration will be available. Foreign competitors may compete as guests with no USATF registration required. Proof of date of birth will be required from all competitors in advance. A photocopy of passport or birth certificate must be sent with your entry form to ensure eligibility.

AWARDS: Championships medals to the top three U.S. citizens in each age division of each final. Foreign guest competitors finishing in the top three will receive non-Championships medals. All competitors will receive a certificate of participation.

ENTRY PROCEDURES: All entries must be received by Monday, July 17, 2000. Confirmation of entry will be sent to all competitors who have registered by July 17th. Late entries received after July 17th will be assessed a $50 penalty. Absolutely no entries will be accepted after Monday, July 24, 2000. No entry will be considered complete unless it is accompanied by full payment of fees. There will be no refunds of entry fees for any reason. Pentathlon entry is $30, regardless of whether other events are also entered. Relays are $4 per team, payable only on-site before the start of the first relay. Spectator admission will be free on all days.

AIR TRAVEL: Discounts on United and United Express of five percent on an excursion fare are available by booking through Eugene Tour & Travel (1-800-905-4313). Travel dates are August 6 through August 17. Air can be ticketed into Eugene or Portland. When calling ask for the "Masters Desk." 

ACCOMMODATIONS - HOTELS/MOTELS: A complete listing is available at our website <eugenechamps.com>. Contact the Convention and Visitors Association of Lane County at 1-800-547-5445.

DORMITORY HOUSING: To reserve dormitory housing, contact the University Housing Office directly at 1-800-883-0402 or 1-541-346-4265. E-mail inquiries may be directed to <housconf@oregon.uoregon.edu>. The fax number is 1-541-346-7080. Room rates are $39 per person per night double occupancy (3 meals included), and $45.50 per person per night for a single (3 meals included). Please note: Dormitory housing must be arranged directly with the University Housing Office, not with the Championships organizers.

SHUTTLES: Free shuttles for athletes and accompanying persons will be available from the Eugene airport to the University area on Wednesday 8/9 and Thursday 8/10. Free return shuttles to the Eugene airport will be available on Sunday 8/13 and Monday morning 8/14 from the dormitories.

EQUIPMENT: Maximum spike length is 1/4" for all surfaces except the high jump and javelin runways, which may take 3/8" spikes. Field event implements (including a range of vaulting poles) and starting blocks will be available for use by all competitors. Personal implements and blocks may be used by a competitor, subject to approval by Weights & Measures.

CHAMPIONSHIPS BARBECUE: A post-meet barbecue open to all athletes and accompanying persons will be held at the end of competition on Saturday, August 12. Cost is $15.50 per person. To ensure your space at the barbecue, pre-purchase of tickets with your entry is encouraged.

MEET INFORMATION: Access the Championships website at <eugenechamps.com>. If you have questions, e-mail them to <info@eugenechamps.com>, or call 541-687-1989 between 9 and 5 Pacific Time.

PeaceHealth

USA MastersOutdoorTrackFieldChampionships Entry Form

Last Name ___________________________ ___
First Name ___________________________ ___
State ___________________________ ___
City ___________________________ ___
Address ___________________________ ___
Postal Code ___________________________ ___
Country ___________________________ ___
E-Mail Address ___________________________ ___
Fax No. ( ______ ) ___________________________ ___
Telephone (Day) ( ______ ) ___________________________ ___
Telephone (Eve) ( ______ ) ___________________________ ___
Date of Birth (M) (D) (Y)
Age (as of Aug. 10, 2000)

Best Performance 99-00

Event

Track & Field

Best Performance 99-00

1. 30.00
2. 15.00
3. 10.00
4. 10.00
5. 10.00
6. 10.00
7. 30.00
8. 50.00
9. 15.00
10. 10.00
11. 10.00
12. 10.00
13. 10.00
14. 10.00
15. 10.00
16. 10.00
17. 10.00
18. 10.00
19. 10.00
20. 10.00

TOTAL AMOUNT $ 

Payment for entry fees, t-shirts, and BBQ tickets must accompany your entry form. To pay by check or money order, send full payment made out to the Championships Organizing Committee to Post Office Box 10825, Eugene, OR 97440. To pay by Visa or MasterCard, complete the following: □ Visa □ MC

Credit Card No. ___________________________ ___
Expiration Date ___________________________ ___

If paying by credit card, you may fax this form to 541-587-1016. If paying by check or money order, mail this form along with payment to the address above.

WAIVER

I hereby declare that I am in good health and am properly conditioned for the competitions, and that I am of the stated age on this application. I absolutely release Northwest Event Management, Inc., Oregon Track Club, USA Track and Field, USATF Oregon, the corporate sponsors, and the University of Oregon of any responsibility for any injury, loss or damage to myself or my property which I may sustain in the course of (or in connection with) the 2000 USA Track and Field National Masters Outdoor Championships. I also verify that I am registered or will register for the year 2000 with USA Track and Field.

Signature ___________________________ ___
Date ___________________________ ___