Boston to Host 29th Masters Indoor Championships

The 29th USATF Masters Indoor Championships, March 28-30, is just a few weeks away, with the opening events taking place on Friday, at the Reggie Lewis Track & Athletic Center in Boston. Here are a few last minute details regarding the meet.

The headquarters hotel, the four-star Westin Copley Place, is filling up fast, so be sure to make your reservations as soon as possible (1-800-WESTIN-1 or 617-262-9600 – refer to National Masters Championships).

Keep in mind, if you’re planning on arriving in Boston early or staying late, that the hotel will also provide the same special discount rates for the three days before and after the meet. Current plans are to put any overflow reservations at the nearby Sheraton Boston. Other hotels may also be available, offering more modest rates.

For those seeking a roommate, I Continued on page 9

LeBourne Defends Title
Blanchard Sets Mark in Hartshorne Mile

By DIANE SHERERR
ITHACA, NY. – It was Super Oval Saturday in the men’s and women’s elite invitational races at the 36th annual Hartshorne Memorial Masters Mile at Cornell University, Jan. 25.

Anselm LeBourne, Maplewood, NJ, proved worthy of his world-class track titles, and Patty Blanchard of Dieppe, New Brunswick, Canada, set a W4S world record in the women’s elite mile.

LeBourne, 43, world champion in the M40 800 and 1500, defended his Hartshorne elite men’s title in 4:24.46. LeBourne, who was ranked the No. 1 masters miler in the U.S. in 2001, won $300 for the victory, and another $400 for breaking the 4:26 mark.

Schenectady’s Tom Dalton, 44, placed second among elite milers in 4:25.35. The defending M40 national masters indoor champion in the 3000 meters (8:38.89), Dalton was elected the 2002 masters cross-country runner of the year by USATF. Bob Carroll, 46, Orchard Park, N.Y., finished third in 4:39.02.

Designated pace-setter Scott Weeks, Groton High School track and cross-country coach, led LeBourne and Dalton through the half-mile split in 2:06. Carroll followed in 2:16, with the second-tier pack another five seconds back.

Dalton attacked from the gun and closely shadowed LeBourne for the Continued on page 4

Boulder RR Takes Six of Seven Team Titles
Olds, Ayala-Troncoso Win in Muddy National 6K Cross Country

BY JERRY WOJCIK

David Olds seems to thrive on wet, muddy cross-country courses. Last December, he won the National Masters 10K Championships over a slippery 2K circuit in heavy winds in Rocklin, Calif. On Feb. 15, he followed that up with another first in the USATF National Masters Winter 6K X-C in Houston, Texas.

The course, a 2K figure-eight loop in Houston’s Buffalo Bayou Park, was described as treacherous and soggy. Shortly after the start of the women’s race, the light drizzle became a steady rain, ending the men’s race. A relatively small number of masters athletes, 61 men and 34 women, participated in the first of two days of USATF championships.

Olds, 41, Los Angeles, Calif., of the So Cal TC, ran a 21:42 over the course, which measured out at 6113m, to take the race from Robert Winn, 44, Ogunquit, Me., 22:06, who was second to Olds in Rocklin. Last year in the Winter 6K, at Vancouver, Wash., Olds ran a 19:37, finishing second to Eddy Continued on page 7

Masters on Indoor Records Rampage

By JERRY WOJCIK

Masters started breaking records in New England over the Jan. 10-12 weekend in the first major meets of the indoor season.

On Friday evening on the 10th, at the Dartmouth Relays, Hanover, N.H., Jeanne Daprano, 66, of Georgia, broke the W65 3000m world record of 13:09.42 with a 13:09.19. The present record, set in March 1994, is held by Joselyn Ross, Great Britain.

In the weight throw, Carl Wallin, 61, Dartmouth track coach and meet director, hit 18.04/59-2½ with the 20# to up the present M60 U.S. mark of 17.51/57-5½ by Dick Hotchkiss. Ray Feick, 71, Pennsylvania, increased the M70 U.S. record of 14.70/48-6½ for the 16# by Austin Baggett by almost four Continued on page 8
The Southeastern U.S. Masters, Inc. proudly presents our 33rd annual masters NC USASTF championships May 2, 3, & 4, 2003 featuring throws clinic with Jeff gorski, elite athlete throws coach and jumps clinic with George Williams, men's Olympic coach 2004 at North carolina state university Raleigh, North Carolina

The officials and sponsors of the Southeastern Masters invite all athletes 19 years of age or older to participate in one of the premier masters meets in the world. The headquarters will be the holbrook inn brookstone hotel. There will be three days of competition featuring men's and women's pentathlons, a weight pentathlon, 5k, 10K & 20K race walks, team relays and all regular track and field events at the NC state university campus. On Friday, May 2 a "jumper" clinic will be held at 3:30 pm and a "throwers" clinic will be held at 6:30 pm at the NC state university track. In case of inclement weather the clinic will move indoors to the Pullen arts center at the same times listed.

operated by: Southeastern United States Masters, Inc. Box 398, Raleigh, NC 27620 Contact Dale Smith at (919) 811-6318 Monday, Friday 9:00 am to 5:00 pm. Eastern Time, or by e-mail at dale.smith@raleigh nc us.

age divisions: Based upon age on the 50th day of competition, all events will have a 19 to 29 age group and 5 year age groups for 30 and older. INDIVIDUAL events.

entry fee: $50.00 includes first event in track. field or road events plus final results booklet and $9.00 for each additional event. Relay entries are $20.00 per team. Entries or cashier's checks only. Payment in U.S. dollars by check drawn on a U.S. bank or by International Money Order made payable to Southeastern Masters. NO REFUNDS AFTER APRIL 13, 2003.

sanction usatf registration: This meet is sanctioned and certified by usatf, and a 2003 usatf membership is required for all events (except participants in the team Relays, foreign athletes and active military. All other participants must have 2003 usatf cash which will be available at the meet for $20 or contact Kathleen Broke at (919) 772-6179 for usatf membership.

awards: Distinction, large medals to the first 3 finishers for age groups and relays. North Carolina men and women 30 and older will be eligible for NC USASTF Championship medals. No individual may receive two medals for the same event.

late entries: Additional $5.00 late fee required for each event postmarked after April 13, or if received after April 14. 2003. Events may be dropped at any time (no refund). No late entries or changes to track and field events will be accepted after 3 p.m. EDT, Friday, April 25, 2003. Entries in Saturday's team relays and in Sunday's 10K and 20K race walks close one half hour before race time.

running surface: Now lane 400 meter marvin 2000 track for track events, and asphalt for 10K and 20K race walks.

packet pickup: All participants must pick up their packets prior to reporting to the first event. Friday 7:30 am to 8:00 pm at track. SATURDAY 6:30 am to 4:00 p.m. at track. SUNDAY 6:00 am to 6:30 am starting line.

events for women: All events are open to women 19 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.

parking: If you are parking on campus, check in registration for a parking pass.

scheduling of events (refer to packet for final time schedule)

Friday, May 2

Event 
Track Events 1 & 2 
Field Events 1 & 2 

Approx. Time
8:30 am
6:00 pm

Approx. Time
8:00 am
6:45 pm

Event 
5000 M RUN
SOUTH HURDLES (Note 3)
1,500 M RUN
CURVED HURDLES
TEAM RELAYS (miles)
4X100 OPEN
4X400 OPEN
100 M DASH (Note 3)
400 M RUN
STEPPLECHASE - Cash Award (Note 10)
800 M RUN
200 M DASH

Event 
THROWS CLINIC - at track
HEAVYWEIGHTS - at track

Note:
1. Both track and field events will begin with starts and work down. All women's divisions will proceed next. Age groups will be combined whenever possible.
2. All events are open to the track and field official 15 years to the present during the time of that event.
3. Final results of multiple hours 600 and weight will be available on the track and field board.
4. Weight lifting will be facilitated by age group, so groups will progress through the lifts together, and no participation will be required unless you have signed up for the weightlifting area at the same time. At women's competition and men's open pool who is the winning partner in an 8 x 400 meter relay. Winners that take part in the next scheduled event will be determined. Check in registration on Friday or report to group parking area.
5. Master's $3000 event: $100,000+ will be available for the track event. The $10,000 first place will be determined. Check in registration on Friday or report to group parking area.
6. Weight lifting will be facilitated by age group, so groups will progress through the lifts together, and no participation will be required unless you have signed up for the weightlifting area at the same time. At women's competition and men's open pool who is the winning partner in an 8 x 400 meter relay. Winners that take part in the next scheduled event will be determined. Check in registration on Friday or report to group parking area.
7. There will be a $100 cash award for the best overall age group performance (track and field).

General notes:
1. Following lunch: All competitors and spectators are encouraged to participate in the lunch. There will be a cash bar available by request from the USATF headquarters.
2. Traffic: Traffic will be available to all competitors and spectators at the meet. We will have security personnel to direct traffic and keep the area clear. There will be no vehicles allowed to enter or leave the site during the course of the meet.
3. Parking: Parking is available to all competitors and spectators at the meet. There will be no vehicles allowed to enter or leave the site during the course of the meet.

meet weather chart

Average Wind Velocity (mph)
0.1
6.0
1.0
7.0
2.0
8.0
3.0
9.0
4.0
10.0
5.0
11.0
6.0
12.0
7.0
13.0
8.0
14.0
9.0
15.0

1997
1998
1999
2000
2001
2002
Temperature (°F)
54
55
54
54
58
60
Percipitation (inches)
0.0
0.0
0.0
0.0
0.0
0.0
Average Wind Velocity (mph)
0.1
0.3
0.5
0.7
1.0
1.5
2.0

Athletic release
In consideration of the acceptance of this entry, hereby, for myself, my heirs, executors, administrators and assigns, release and discharge the sponsor, promoters, managers and operators of the University of California at the Southeastern U.S. Masters Track and Field, Inc., USATF and the agents, servants, employers, and North Carolina State University at Raleigh whose facilities are being used for this track meet from any and all claims for damages suffered by me as the result of my participation or travel or return from the same near to or from the track meet by me on May 2, 3, & 4, 2003, except such damages as may be provably caused by willful misconduct of such promoters, managers or operators or their agents, servants or employees. Specifically I acknowledge the risk of the conditioning required for participation in this meet and release all of 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 patent, and that they are 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 2 or more officials and medical support staff members, I am determined to be unsafe to compete or compete in any meet, said officials may remove me from any course, track or field and refuse to allow me to compose further in events.
SENIOR COMPETITION
In his February 2003 “Weight Room” column, Jerry Wojcik wrote about Senior Olympic/Games people who compete in large numbers but not so in masters meets. SO athletes are not frightened by so-called “elite” athletes, and many masters athletes compete in SO meets.

One reason that SO athletes do not attend masters meets may be the cost. SO athletes can compete in all events for about $25-$35 and make a day of it. In a masters meet, I can pay $25 to run the 100 in 14.5 seconds, change clothes, and go home or stick around to watch my friends do their thing. If masters meets charged a flat fee for three or more events, they would draw more.

SO competitors would be more competitive if they worked on one event, but they do everything: 100, 200, long and high jumps, shot, discus, hammer, and then “sing and dance.”

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TWENTY YEARS AGO
March 1983

- England’s Ron Hill, 44, Wins Masters Division in Both Orange Bowl 10K (31:27) and Orange Bowl Marathon (2:27:14) in One Week in Miami
- Bill Stewart, 40, Runs Fastest Ever M40+ Indoor Mile (4:11:0) in Ann Arbor
- Larry Walker, 40, Breaks M40+ Record for Indoor Mile Racewalk (6:22:3)

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USATF Illinois Masters Indoor Track and Field Championships
Sunday March 16, 2003
Westwood Sports Center - Sterling, IL

All Athletes 30+ 2003 USATF numbers needed

Fees: $15.00 1st event
$5.00 each additional before March 11th
After Tues. March 11, $20.00/$5.00

Field Events: 10:00 AM, Running Events: 11:00 AM

Mail Entries to:
Sterling Track Club
PO Box 958, Sterling, IL 61081
http://www.sterlingparkdistrict.com
Kevin Braunskill 815-622-6201

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CZEM

Hartshorne Mile

Continued from page 1

entire eight laps. The duo was running so fast and in such perfect synchronization, that it appeared they were racing on a tandem bicycle.

At his own peril, with 400m to go, Dalton passed LeBoum on the backstretch. But LeBoum, who has run the 800 in 1:54, quickly regained his lead by launching a lethal kick to the finish.

“I knew Dalton was close, but it’s a race and sometimes you do well, and sometimes you don’t,” said LeBoum, an analyst in the New York Stock Exchange. “The race was a little harder than expected, but this is my first race of the season. I felt OK until we passed through 800 meters, so I slacked off the pace a bit to get ready for my kick. When Tom passed me, I thought, ‘Let me just tuck in behind him.’ I know I can kick, and that’s what I was going to do.”

“I’d rather have run a 4:18 than a 4:24. But it’s early, and I will do much better as time progresses,” he said. “I’m going to be OK.”

Dalton, the reigning M40 5K and 8K cross-country champion, knew exactly whom he was up against for the title.

“I love running the mile and indoor races, but I’m really a longer distance runner,” said Dalton, employed by New York State Higher Education in Albany. “Anselm is an 800, 1000 and mile (track specialist). He’s coming up; I’m coming down. But I’m glad I gave him a race. Anselm is a tremendous athlete, whom I’ve raced many times. I highly respect the guy.”

Blanchard, who also owns the W40 indoor mile world record (4:57.71), was primarily concentrating on the clock in her race. The 5-8, lithe Canadian crossed the finish line in 5:08.55, shattering the existing W45 world record of 5:18.10, held by Patti Ford, Lafayette, N.Y.


Sharp, a lieutenant in the Ithaca Fire Department, ran a personal best performance in the Argentine 10k and nearly matched the passing Kennedy with three laps to go.

“I was worried our times were beginning to slow down, and I wanted to keep that 5:20 pace,” said Sharp, a world-class summer and winter biathlete (run or ski/shoot). “Then I was worried if I could hang on to the end, but I was very pleased with my race.”

Blanchard, who holds most Canadian provincial masters records from 800 to 10,000, won $300 for the victory, a $400 bonus for the world record and $200 for breaking the existing Barton Hall W40+ meet record of 5:15.86.

As in the men’s race, a pace-setter was enlisted to aid the lead women, especially for the world record assault. Becky Heuer, 38, Orchard Park, N.Y., served as Blanchard’s rabbit, and fin-
USATF Masters T&F Mission Statement

At the 2002 annual convention in Kansas City, your Masters Track and Field Committee unanimously approved the following mission statement: "The USATF Masters Track and Field Committee is the official governing body of the sport of Masters Track & Field. Its mission is to establish and conduct masters age-group programs that will provide opportunities for competition, fitness, health and camaraderie from the local to the international levels."

Is everyone happy with this? Are we missing anything? How do we differentiate ourselves from the National Senior Games Track & Field? I would appreciate your input on this.

Now that we have a mission statement, we need to use it. We need to print it and refer to it whenever we are identifying our group. Hopefully, it will find a prominent place in the National Masters News and the USATF Masters Web site, as well as all national, regional and association masters meets and correspondence.

The next step should be a strategic plan, in which we should include the following: initiatives, goals, strategies, responsible parties, action plans, benchmark, and budget.

Do we have the volunteers to work on this? Please identify yourselves! 

WMA Meet in Puerto Rico

The deadline for the USATF-National Office to receive entries for the World Masters Athletics Championships meet has been extended to April 7, 2003. Don't wait until the last minute to make your hotel and accommodation arrangements. Remember, Puerto Rico is an island, and the primary way to get there is by plane. If you want too long, flights on the days you plan to arrive and leave may be filled.

Also, remember that there will drug testing at this meet. All drug testing and medical exemption procedures are under the IAAF. If you want too long, you may not have enough time for exemptions, etc. This is your responsibility. More specific information on this subject is being included with the entry booklets sent out by the USATF National Office.

Hayward Classic

Northwest Regional Masters Track & Field Championships

University of Oregon ≈ Eugene

June 21 & 22, 2003

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We Welcome Letters

- Letters submitted to Write-On should include your full name, signature, address, and daytime telephone number. Information other than your name and city in which you live are kept confidential.
- E-mail submissions same as above (except, of course, no signature).
- Keep it short. Concise letters developing a single theme are more likely to be published.
- Please type and double space.
- Letters are condensed and edited.
- Not all submissions are published.

WeberTrack & Field Report

By GEORGE MATHEWS

Chairman, USATF Masters Track & Field

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**HAYWARD CLASSIC**

**Northwest Regional Masters Track & Field Championships**

**University of Oregon ≈ Eugene**

**June 21 & 22, 2003**

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**Track & Field Report**

By GEORGE MATHEWS
Chairman, USATF Masters Track & Field


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**General Information**

**ENTRIES:** 3-year age divisions for men and women age 30 and over.

**ENTRY FEES:** $15 flat entry fee (no-shirt), $7 additional entry fee, $4 each additional event.

**ENTRY DEADLINE:** Postmarked by Friday, June 13, 2003.

**LATE ENTRIES:** Late fees after June 13. Entry accepted after 5 pm Thursday, June 19.

**RELATIVE AGE:** No HD 10-year age groups. Most wear distinctive tops. Relay entry fees will be collected day of the race only, no later than 11:00 AM Sunday, June 22nd.

**AWARDS:** Northwest Regional medals awarded for 1st, 2nd, 3rd, ribbons for 4th, 5th and 6th NW Championship patches for athletes registered with USATF in the NW region.

**FACILITY:** All-weather track and runways (max 14” spikes allowed).

**IMPROVEMENTS:** OTCM will have some throwing implements available.

**HOTEL RESERVATIONS:** Phoenix Inn, 850 Franklin Blvd, Eugene, OR 97403. Call 1-800-344-7823 for reservations. Favorable rates if reserved by May 20th (mention Hayward Classic).

**PACE CAR:** Phoenix Inn, 6-8 pm, Friday, June 20 or Hayward Field after 7:30 am.

**RECEPTION:** Sponsored by OTCM, Saturday, June 21, 4:30 to 6 PM at the Casanova Center.

**REGIONAL MEETING:** Saturday evening following the reception.

**WEB:** [www.haywardclassic.com](http://www.haywardclassic.com)

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**T-SHIRT ** $10.00

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Third Wind

By MIKE TYNN

How Fast Do We Slow Down?

D o we slow down at a constant rate, or at an accelerated rate? To put the question a different way, do we lose the same amount of time each as we age, or do we lose more and more time as we get older? Based on his study of marathon records, Professor Ray Fair of Yale University concludes that the slowdown is constant for a number of years but then it accelerates. In the marathon, the "transition age" is 59.6 years. That is, from ages 35 to 59.6, the slowdown rate is constant - 0.62 percent per year. After that it increases by 0.12 each year. In other words, the downhill slope gets steeper after 59.6 years.

Ray C. Fair


What do all those things have in common? "They can all be explained and analyzed using the tools of the statistical sciences and statistics," Fair explains in the book's introduction.

Plotting Times

Using marathon age records (as they were a few years ago), beginning with Paul Pilkington's 2:12:13 at age 35, going on up through Norm Green's 2:25:51 at 52, Clive Davies' 2:42:48 at 66, and ending with Ed Benham's 4:17:51 at 84, Fair plots the times on a graph and demonstrates how the slope is constant up to age 59.6, before it begins to slope more upward (or downward, depending on how you view it).

While there are records beyond age 84, Fair did not use them as he felt there have not been enough runners in those age categories to make them statistically reliable. In fact, it may just well be that the accelerated rate after 59.6 is a result of fewer people in the upper age groups.

"Since hundreds of thousands of people age 35 have run a marathon, the world record for that age is probably close to the best time that could ever be run - the biological minimum," Fair points out. "On the other hand, far fewer people age 84 have run a marathon, so the current world record for that age may not be that close to the best that could ever be done. Think about it this way. If, in the next 20 years, hundreds of thousands of people age 84 run a marathon, the (record) time of 4:17:51 might be lowered considerably."

Some may ask why Fair didn't find a few dozen marathoners who have been running for 25 or more years and chart their slowdown rate. It's because there is no way to factor in the motivational aspect and other variables. It would be difficult to find people who approach the same race each year with the same intensity, and, of course, weather conditions could vary from year to year and further distort the data.

Initial Improvement

Another problem with individual results is the effect of adaptation and experience. Most runners, even those taking up the sport in their middle or later years, improve for the initial 5-10 years, because they are molding the body to the demands of the sport, while learning how to train harder and harder. In those early years, the improvements from adaptation and experience more than offset the losses to aging. This aspect leads many older runners to falsely assume that they are defying the aging process.

Nevertheless, it seems clear that running and other exercise does retard the aging process. 'I am struck by how small the deterioration rates are," Fair comments.

"The age factor for age 75, for example, is 1.499 (using age 35 as 1.00), only 32 percent larger than the age factor for age 55. The deterioration rate is thus only 32 percent over these 20 years. Even some one age 85 is only about twice as slow as he was at 35. Given these numbers, societies may have been too pessimistic about losses from aging for individuals who stay healthy and fit. Societies may have passed laws dealing with older people under incorrect assumptions.

Middle Distances

Fair also determined the transition age for the "middle distances" - 400 through 10,000 meters. It is 59.5 years, almost exactly the same as for the marathon. However, the slowdown rate before the transition age in the shorter distances was 0.81 percent, significantly higher than the 0.62 for the marathon. But, on the other hand, the increase in the slowdown rate after the transition age was smaller than in the marathon.

In other words, the slowdown rate in the middle distances is larger in the early decline, but not as fast as in the marathon in the later years. "The larger slowdown rates for the early ages may mean that speed deteriorates faster than endurance," Fair offers.

Predicting slowdown rates in running is not too much unlike predicting wine prices by vintage. But you'll have to read Fair's book to get a handle on that. It is available on the Internet through amazon.com and barnes&noble.com. (Mike Tynn can be reached by e-mail at metgat@aol.com)

What Is Running USA?

Running USA, a 501(c)(3) tax-exempt organization, is dedicated to improving the status of road running, raising its awareness among the public and corporate America, and supporting and developing U.S. distance runners through Team USA Distance Running.

Founded in March 1999 with USA Track & Field, its membership includes major U.S. road races, running associations, members of the athletic industry, athlete legends and media.

Its event members represent over 240 races, including some of the leading races in the U.S., over 1.5 million participants, millions of spectators, and over $1.9 million in annual prize money.

For more information on Running USA, its objectives and members, visit its Web site: http://www.runningsusa.org, or call Ryan Lamppa, 805-696-6232.

Tuttle, Bogacheva Take Masters Firsts in Naples

By SUSANNAH BECK


"It was OK. I was hoping to run a little faster," Tuttle told the Naples Daily News. "A few years ago, I did run faster. This time it felt hard. I was with the leaders the first two miles, but I realized that just wasn't going to be. So I backed off and got into a sort of comfort zone. I kept looking at people, and I didn't see anybody who was better, except (Gary) Romesser. So I thought I was in good shape.


The women's field set up like a national championship preview, with luminaries in all the age groups. Bogacheva, who ran a 2:29 win at the Twin Cities Marathon last fall, used Naples as a workout for a big spring marathon effort. New master Lisa Vail, 40, Gainesville, 1:16:26, promises to challenge for U.S. women's masters title this year.

Olympian warhorse Tatyana Pozdnuyakova, 47, Gainesville, 1:18:27, made leisurely work of her W40+ third. Claudia Kasen, 45, Orlando, 1:24:24, showed good form for second W45.

Susanne Ray, 50, Maplewood, Minn., and Gloria Jansen, 55, Edenia, Minn., made the trip south from Minnesota to try their legs in some warmer weather. They topped their age groups in 1:27:18 and 1:27:38, respectively.

6K X-C Championships

Continued from page 1

Hellebuyck (19:15).

Olds commented on the race, “I was leading from the start, and coming down the first steep downhill, caught a rock with my spikes, fell forward, slid in the mud for 20 meters, felt like I was accelerating, but was able to regain my footing and remain in first place throughout the race.”

Ronnie Parks, 41, Tulsa, Okla., finished third overall (22:10). Dave Dooley, 55, Eric, Colo., was the top performer with an M55 victory in 25:34. Thom Weddle, 64, Burnsville, Minn., with a 27:27, was the only male repeating champion from the 2002 Winter 6K in Vancouver.

The Boulder Road Runners swept all four ten-year team divisions, with the M40-49 Boulder quintet the best at 1:09:03.

In the women’s race, Carmen Ayala-Troncoso, 43, Austin, Texas, with a 23:49, successfully defended her 2002 victory in Vancouver. Ayala-Troncoso, of Team Run Texas, said after the race, “It was wet and muddy and wonderful out there.”

Laura Bruess, 42, Boulder, Colo., was second in 25:29. Kelly Krueell, 43, Portland, Ore., of Team Oregon, took third (25:34) and combined with fourth-place Meghan Arborgast, 41, Corvallis, Ore., 25:34, and fifth-place Jennifer Teppo, 44, Vancouver, Wash., 25:58, to win the W40-49 team title, as they did in the 10K Championships in Rocklin.

Shirley Matson, 62, Larkspur, Calif., won the W60 race in 30:16, good enough to take top performance honors among the women. She joined Ayala-Troncoso, Nancy Smalley, 76, Boulder, Colo., 54:11, and Louise Adams, 81, Boulder, Colo., 55:41, as 2002 repeat winners.

The Boulder Road Runners won both the W50-59 and W60-69 titles, for

Continued on page 9

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**The Foot Beat**

**By JOHN W. PAGLIANO, D.P.M.**

**Corns and Calluses**

Corns and calluses are the most common, yet least discussed problem, in the athletic community. Most can be easily treated, but there are certain conditions in which more aggressive therapy is needed. Corns and calluses are really the body’s physiologic response to intrinsic or extrinsic pressure and friction.

Intrinsic means foot deformities, such as bunions, hammertoes, dropped metatarsals, high arches, low arches and various abnormal foot biomechanics. Extrinsic factors include improper shoes, ill-fitting shoes, heat, road surface, and moisture.

A corn is a thickening of the external layers of skin due to a local increase in pressure. These are those pesky hard, round lesions that usually occur over the second and fifth toes, and under the ball of the foot. They can be very painful.

A soft corn is a variation of this lesion, often found between the fourth and fifth toes in the interspace. These are usually softer in appearance. They can be quite painful and are aggravated by tight shoes.

**Calluses**

Calluses, on the other hand, represent a diffuse thickening of the epidermis caused by an increase in direct or repetitive forces across the weight-bearing area of the foot. These are most common under the metatarsal heads and the bottom of the heel. At times, these growths can protect the underlying soft tissue. However, when the keratin proliferates, these can become painful.

There is another type of lesion called a plantar keratosis. This is somewhere between a corn and callus. It is a small, well-demarcated lesion that usually occurs under the ball of the foot. They can be quite sore at times, and are usually due to a bone prominence under the metatarsal head.

Treatment tends to be conservative. Use a well-cushioned, properly fitted shoe. Leave plenty of room in the toe box, so it will not impinge on the ends or tips of the toes. I prefer a mesh type of shoe upper to allow the foot to "breathe." You may wish to use an over-the-counter insole, which will afford additional cushioning.

I always used Vaseline in the past when running longer mileage, which certainly helped reduce friction beneath the feet.

Non-medicated pads are often helpful and will keep the shoe from rubbing on the dorsal lesions, especially for those with hammertoe deformities. Crest pads also may help in this area.

**Biomechanical Deformity**

For those with biomechanical deformities, it may be necessary to use an over-the-counter or custom foot orthosis. This will reduce the excessive pronatory forces and reduce pressure on the affected areas.

By using your manual dexterity, you may wish to remove off the callus or pare down the thickened skin. However, if you have marginal eyesight and lack flexibility, a foot specialist can do this for you.

If extremely painful corns are hindering the workout, surgical excision of the underlying bone spur may be recommended. This can reduce the offending portion of bone and eliminate the skin lesion.

Again, when treating calluses, these may be pumiced or reduced down. This should be done in a regular basis. For those with diabetes or circulatory problems, your foot specialist should perform this.

In summary, high levels of activity can cause friction lesions, which may reduce the effectiveness of your training program. By simply changing footwear, using Vaseline and reducing the lesion, you may be able to continue your training program in a pain-free manner. 

(De John Pagniano can be reached by e-mail at thefootbeat@aol.com)

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**Indoor Records Rampage**

Continued from page 1

Two corns 16.00/52-6.

James Crawford, 78, Connecticut, threw an M75 U.S. record 11.60/38-0/4 with the U.S. about a half-foot more than Vince Sempronio’s 11.43/37-6. The present records for those three age groups were made in the 2002 Masters Indoor Championships at Boston.


In other action in the Dartmouth meet, Ed Gonera, 50, with 24.27 and 54.36, and Roger Pierce, 58, with 25.90 and 57.67 in the 200 and 400, were the standouts in the sprints. Colin Mcardle, 58, won the M55 1500 with a 4:45.56. Michael Shiaras, 51, was the farthest in the shot (50-11).

Hurdles record-holder Barbara Jordan, 67, took five firsts, including the 55mH (12.53).

At the New England Championships at Brown U., Pierce, with a 25.49 200 and 55.30 400, and David Neuman, M40, and Jesse Norman, M55, with three wins each, were the sprint sensations.

Jack Thorhommil won the M60 mile and 3000 with a 10.58.04, which should rank him in the first five. Jerry Espinoso, M40, was top man in the high jump at 1.78/5-10. Jordan took five W65 firsts again, improving in the 55mH (12.19). Joe Light, M55, finished the 1500 race walk in 8:17.38.

Solid early-season marks aside, entries at both meets were down.

"Attendance was relatively slim; Dartmouth probably more due to being a workday. Looks like a lot of runners in the greater Boston area went to the Boston U. All-Comers instead of the Brown meet, and others (non-runners) seemed to simply not attend," commented Steve Vaibones, USATF New England manager and director of the 2003 Masters Nationals in Boston.

"Too bad, because if the numbers don’t increase at Brown in ’04, they are going to reconsider hosting the meet. It’s a lot of work for little return. Read another way: if masters do not support masters meets instead of open meets which allow masters to run in them, then there may be some folding of masters club meets."

**More Masters Records**


On Jan. 25 in the New Balance Games, Armory &T&F Center, NYC, Lyubov Kremleva, 40, of Russia, ran a brilliant 4:29.72 mile, well under the W40 world record of 4:57.71 by Patty Blanchard, Canada, in 1999.

Regina Jacobs, who will be 40 in August, broke the open world record for the 1500 with a 3:59.98 on Feb. 1, in the adidas Boston Indoor Games at the Lewis Center. Mary Slaney now holds the W35 record at 4:03.08, set in March 1997. Doina Melinte’s open world record was 4:00.27, set in 1990.

In the Millrose Games at Madison Square Garden on Feb. 7, Gail Devers, 36, smashed the W35 world record for the 60H with a 7.78. Yelizaveta Chernyshova, of Russia, has the record at 8.04 in 1993. Pearl Miles-Clark, 36, ran the 400 in 55.08, better than the W35 U.S. record of 56.66 by Alethea Morris in March 2000.

Competing in the open division in the Millrose Games, Oneshea Lewis, 42, broke her W40 national record in the shot put at 48-2, demolishing her record of 45-10, and placed fifth in the 20# weight with a record 55-9/4. Her present record is 55-1. Both were set in January 2002.
Indoor Nationals

Continued from page 1
will do my best to make such arrangements. Contact me at pmb02129@aol.com or 561-832-4345.

The Thursday night social/dinner is again set for Bertucci’s Restaurant, one block from the Westin at 20 Stanhope St. It is directly behind the Hard Rock Cafe at 131 Clarendon St. Social starts at 6:30 p.m., dinner 7:30, dress is casual, $20/person. All athletes, guests, officials, volunteers, and organizers are invited. Please use the entry form in the January NN, or e-mail or call me to make a reservation.

The Athletes’ Meeting will be held on Saturday evening at the track as soon as the competition is completed for the day. At this meeting, the awards for the 2002 Age-Group Winners and the Athletes of the Year will be presented. It saves the Awards Committee a great deal of time and expense and offers honorees more recognition when they are present at the meeting to receive their awards.

Representatives of the Local Organizing Committee from the WMA World Championships, scheduled for

this summer in Puerto Rico, have asked to have a presence here, and we have agreed to accommodate them. We expect they will have a booth and also have a few minutes for an update at the Athletes’ Meeting.

The first masters indoor championships, billed as the “Masters Indoor AAU Championships,” took place at Peddie School, Hightstown, N.J., on March 8, 1975.

Bob Fine, through the Masters Sports Association in New York City, was listed as the contact. Athletes who participated in the 1975 championships and will be at the 2003 Championships are asked to meet with Jerry Wojcik, of the National Masters News, after the Athletes’ Meeting on Saturday for inter-

views and a group photograph.

For additional information on the 2003 meet, please check our Web site: www.usattoe.org.

If you have any extra time while in Boston, you might consider getting tickets for the extraordinary Treasures of Egypt exhibit at the Museum of Science, which opened recently to rave reviews (tickets: 617-723-2500), or taking a ride through the famous Big Dig, the first sections of which are opening this winter. (You’ve already paid for your tickets for this one!)

We look forward to seeing everyone in Boston for another great meet.

Phil Byrne, Chairman
Masters Track & Field
USATF-New England

6K X-C Championships

Continued from page 7
a total, including the four by the men’s teams, of six out of seven team victories.

Post-race comments from division winners included this by M65 Ino Canta, “I loved it. It was a real cross-country course. The hills were too short. We don’t have hills in this part of Texas.” The best comment of the day came from Adams, the W80 winner, “It was the toughest race I ever ran, but it was fun and I smiled all the time.”

— Thom Weddle contributed to this article

SADDLEBACK MASTERS MEET

Saturday, March 8, 2003 @ Saddleback College, Mission Viejo, CA

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

DIRECTIONS: Located between L.A. & San Diego (5 Frwy, Exit Avery) 15 minutes south of Orange County Airport.

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

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

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

LATE ENTRIES: Accepted on the day of the meet, but you must enter at least one hour prior to events to insure entry. $10 Late Fee is additional to other fees.

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

ORDER OF EVENTS: Women then Men, Oldest to Youngest, except 5K and 3K are combined.

Registration fee: $20, (includes 1st event). # of additional events x $5 = 
Total Amount Enclosed $ (CHECK PAYABLE TO: SADDLEBACK COLLEGE FOUNDATION)
Mail Entry with check: Saddleback College Athletic Dept., 28000 Marguerite Pkwy, Mission Viejo, CA 92692
Allen: Mark Blethen Questions? Contact Mark (949) 582-4640 (Note: NO REFUNDS)

ENTRY FORM

NAME
SEX: M F AGE DOB
ADDRESS
ST ZIP
PHONE ( )
FAX ( )
E-MAIL
T-SHIRT SIZE: [Circle size of shirt] S M L XL 
AMOUNT ENCLOSED: $ 
PAYABLE TO: SADDLEBACK COLLEGE FOUNDATION
MAIL TO: Saddleback College Athletic Dept., 28000 Marguerite Pkwy, Mission Viejo, CA 92692
Allen: Mark Blethen You may contact Mark Blethen at (949) 582-4640

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

Athlete’s Signature Date
Treatment Options for Muscle Stress and Injury – Part I

The new competitive season is here. In recent columns, we have introduced you to a new video and book on Dynamic Self-Massage, offering you methods of preventing muscular stress and injury so that you do not have to experience downtime from your training. It also offers you methods of accelerating your recovery after injury. The following summarizes some of the many other available treatment modalities.

Acupuncture is an ancient remedy based on the theory that the body is full of energy pathways that have an ideal or optimum state of energy flow. This therapy involves treatment at "trigger points" that relieve areas of stress to restore normal energy flow and, consequently, normal performance.

While acupuncture is non-invasive, using pressure applied with fingers, thumbs and the heel of the hand, acupuncture involves the insertion of fine sterile needles to a depth of a few millimeters. Advocates say acupuncture is especially effective in reviving exhausted and over-stressed muscles.

Anti-Inflammatory Agents suppress the inflammatory process. Aspirin is an effective anti-inflammatory that helps control the pain of athletic injuries. Ibuprofen is another. Acetaminophen is not.

Which anti-inflammatory is best for you is contingent upon the "three Cs": compliance, cost and complications, according to Lowell Lutter, M.D., a marathoner and orthopedist located in St. Paul, MN.

Compliance refers to following a regular, prescribed, intake schedule. Controlling inflammation requires a high dose strategy, not a pill here or there. It often involves taking 10 to 16 aspirin a day or 8-12 ibuprofen a day for a full week, according to Dan Larson, M.D., director of sports medicine at Yale University.

Complications (possible side effects) from aspirin include stomach irritation, abnormal stomach bleeding, heavy menstrual flow in women, dizziness, nausea, tinnitus (ringing in the ears) and hyperventilation. Ibuprofen has a shorter list of side effects including drowsiness, indigestion, nausea and light-headedness. Consult your doctor about their use.

Aqua Running or Walking is a fairly new alternative for injured athletes. It is usually done in a swimming pool and allows you to keep exercising while avoiding the normal stress of impact. Aqua running or walking also offers the extra benefit of resistance. Try to move with the same speed you would on land and you will meet 850 times the resistance.

Wear a Wet Vest (a flotation device) or just run or walk in a pool. Devote the same time to warm up, cool down and stretching that you would on dry land.

Arthroscopy is a diagnostic or surgical procedure in which the surgeon examines the inside of a joint. It is less invasive than traditional surgery, requiring just one or two tiny holes in a joint. Through these holes, the surgeon inserts an arthroscopic instrument with a system of lights and lenses that allows a view of the inside of a joint. Commonly used on the knee, arthroscopy requires considerably less time for rehabilitation than traditional surgery. Patients are usually walking within two days.

Chiropractic is manual manipulation of the spine to achieve a proper skeletal orientation with regard to the other systems of the body, especially the neural and muscular systems. By relieving pressure on the nerves and connecting these relationships, chiropractic realignment can relieve discomfort and enhance performance.

Cryotherapy provides a local application of cold for therapeutic reasons. Cold is applied with commercial cold packs, ice bags, ice compressors, or ice massage to reduce pain and swelling immediately following an injury. Generally, ice is applied several times a day for a period of 15 minutes. It also may be helpful before workouts and competition.

Electrical Muscle Stimulation (EMS), otherwise known as electrostimulation or electrotherapy, is a treatment to prevent muscular atrophy accompanying the immobilization of a limb. It also may be helpful in reducing swelling and pain around an injured joint and for treating spasms.

Heat Therapy is a treatment involving hot compresses, whirlpools, ultrasound, heat lamps or hot pads. It is generally used after ice therapy that has helped stop fluid accumulation at the point of injury. Heat promotes healing by dilating the small blood vessels in the area, increasing blood circulation and the inflow of healing nutrients. It also helps reduce pain and spasm.

Hydrotherapy is a water treatment that includes everything from whirlpools to underwater therapy. Some devices (whirlpools) mimic a massage effect, others make use of hot or cold water. With acute injuries, hydrotherapy can be used to chill the area to prevent further tissue damage. With some other injuries, heat helps reduce soreness and restore mobility.

(Elaine Ward can be reached by e-mail at narwf@aol.com)
Steve Vaitones – Administrator Extraordinaire

By SUSANNAH BECK

U sually National Masters News showcases athletes in our Profile column. But sometimes an administrator comes along whose ongoing contribution to the sport is so essential and well known that he or she deserves a profile all on its own. Such is Steve Vaitones, 46, managing director of USATF New England.

Vaitones is the driving force behind USATF NE, probably the strongest USATF Association in the country. He is the tall, dark, and handsome thin guy you see working every big meet in New England. A long-time contributor to New England Runner and a former national caliber racewalker, Vaitones is also the director of this month’s USATF National Masters Indoor T&F Championships in Boston. He’s everywhere, does everything.

NMN: Where are you from? Are you married?

SV: Gloucester, Mass., will always be home, but I live in Waltham. I'm really married to my job.

NMN: What are/were your primary athletics events?

SV: In my highly competitive days (1980s-90s), the 50K walk was my primary event, though I competed at all distances. The 50K became harder to train for as work responsibilities increased. I did get away from really competitive walking for a short while and did some running. Now I compete at local events, but am not training more than 40 miles a week. I might try to run a few more marathons. The one event I most enjoy competing in is cross-country.

NMN: Tell us about your racewalking career, how you got started, etc.

SV: As a Bates College freshman, I wasn't a "scholarship level" athlete, but still ran cross-country. When track season came around, I became team manager.

I tried racewalking during the season sort of on a lark -- if I couldn't qualify in the running events, then how about the walk? Coach Walt Slovenski gave me the opportunity, and I finished fourth of seven in the Black Bear Relays. Somehow that hooked me. I transferred to U. Maine, and they had had a walker there before me (past USATF Racewalking Chairman Bruce Douglass).

I combined team manager duties there with training for the walk, and the successes I had kept me interested and continuing beyond college.

I took racewalking really seriously in the mid-1980s and went from a career track job to part-time work to train, and did get to the 1988 Olympic Trials. I was the first "non-qualified" in both 1992 and 1996, and my personal best at 50K is 4:27:28.

It was -- and still is -- tough to find any local training partners for high caliber racewalking almost anywhere in the country. I did have a regular training partner from the "glory days." Mark Fenton, but he retired and got a "real life" before I did. Right now, I train mostly alone, given work hours, but I try to run with the Somerville Roadrunners' weekly runs.

NMN: Tell us about your work at USATF NE.

SV: Being the Managing Director of USATF NE, the "Executive Director" so to speak, sounds like there's a big plush office, and I wear a suit. I'm 50% of the staff, and Paul Ryan makes up the other 50%. With such a small office, both people have to know what is going on, and we both do a lot of work hands on and "in the trenches."

As one of only a handful of full-time managers of USATF association offices, I am very fortunate. It's only because of our wide range of programs, huge number of events, and many clubs that we are successful.

Most of my position deals with event directors and clubs on sanctions, events, and the programs we have in the association. I also deal with the national office, and oversee projects that come from our (volunteer) board of officers and sports chairs, since they often can't do the things that need to be done during a business day. Related to that, it's funny when people call and apologize for interrupting and asking a question about the sport -- that's our job in the office.

I also serve as director of those association championships we organize and run ourselves, as well as any regional or national championships -- like the National Masters Indoor Championships. This is mostly as part of my USATF-NE position, though there are plenty of busman's holidays and weekends.

I officiate at cross-country or track events most weekends from September through June, and am then involved with a variety of summer events. I'm also involved with the national racewalking committee, where I am the Junior Team coordinator, and also with the cross-country committee. But I wouldn't do this if I really didn't love the job.

NMN: How does the structure of USATF NE differ from other USATF Associations?

SV: Again, we are very fortunate in the New England association to have a full-time office, not working from a back room in a sports store or from someone's kitchen table. And I emphasize the word fortunate. New England always had an office back through the sport -- AAC, TAC, and USATF -- mostly because of the rich history and tradition in all sports around here.

There were some shaky days in the 1980s where the office and staff were really cut back, but it has been pretty stable for years, even without the benefit of the major marathons which used to require all runners to be USATF members. We jokingly refer to USATF NE as a "hopelessly non-profit organization."

The frugal Yankee in me wants to get as much as possible out of the resources we have.

We also have a tradition of well-rounded and hardworking boards. We try to encourage as much participation as possible through clubs and events. It isn't always perfect, for example we don't have as much participation in some parts of the association -- Vermont and western Massachusetts, for example.

Some of that has to do with the provinciality of New England -- there's so much here, people don't want to travel to anything if it takes much more than an hour, while most of the country has far larger distances and geographic areas to cover. But we see the room for improvement, and want to meet those challenges.

NMN: Does USATF NE include all six New England states?

SV: The association covers only Massachusetts, New Hampshire, Rhode Island, and Vermont. That goes way back into the AAU days of the sport when that organization ran all sports. I believe Maine broke away in the 1940s because of revenues that came in off box events going back to the central office (in Boston). No one I've talked with really knows why and when Connecticut went off on its own.

NMN: What is your involvement with New England Runner magazine?

SV: I'm a contributor, writer, and landlord for it. Well, USATF NE and New England Runner share an office suite -- conveniently located near the 22-mile mark of the Boston Marathon course -- which works for both of us and makes the office a real central resource in the sport. If we don't have the answer, they do, and vice versa. It's a good relationship, and probably unique in the country. I write some short pieces and many stats.

NMN: USATF NE has a great Web site. Who's responsible?

SV: I gather and write the content with contributions from our board. Our Webmaster, Justin Kuo (who is also our racewalking chair), puts it together in a timely manner. We try to update the headline news at least once a week, and the rest of the site on a regular basis, even if it's only one or two things to keep people aware that we do, in fact, update it. There's nothing more frustrating than seeing sites where "2001" is still a coming attraction, and I don't mean the movie.

Web sites are now often the introduction to the sport for masters, youth, and the athlete who is becoming more competitive. USATF associations in particular have to keep their Web sites up to retain a leading role in their local athletics community.

NMN: Where would you like to see USATF NE in five years? Where would you like to be in five years?

SV: In the long term, I'd like to see the NE Association working more on a state level in each state and then build up to an even more cohesive association.

As for something that sounds less like "we should cure all diseases and have world peace," it would be great to establish one or more track & field training centers around the association, either full track venues, or covering specific field events, which we're working on with Tom Petroff (throws) and with Air Time Athletics (pole vault).

As for myself in five years, I'd like to be able to go on a real vacation! ☺
Reflections On a Space Disaster

First learned I might ride the space shuttle when I checked my answering machine and encountered 37 messages. It was the summer of 1985. I was in Wisconsin on a magazine assignment, interviewing Norm Green at a church camp for an article in The Runner magazine. I pulled off the road to use a phone booth en route home. This was in the era before cell phones.

The messages were requests for interviews: everyone from Newsways to Newsday to News Radio. NASA had just released the names of the final candidates to become Journalist-in-Space. Five thousand media members had requested applications. Two thousand actually applied. One hundred journalists made the first cut. Walter Cronkite and myself plus ninety-eight others.

Science wasn’t my normal beat, although I enjoyed reading about space exploration, beginning with H.G. Wells as a kid. I was a general reporter covering politics, business, celebrities, fitness, anything that sold, including one children’s book on space. As running grew in popularity, I shifted more and more of my writing into that arena.

Maybe I didn’t have Cronkite’s credentials, but who did?

Disaster Strikes

I spent the next week looking into cameras and talking into microphones. Six months later, the same reporters called again to probe my reactions to Teacher-in-Space Christa McAuliffe’s having died when Challenger exploded.

Now, seventeen years after that tragedy, the loss of Columbia rekindles painful memories. Shock. Horror. Tears. Sorrow. Nausea. The realization that it could have been me.

The second cut in 1986 among shuttle candidates was to forty. I traveled to Iowa City for interviews and was chosen, along with Walter Cronkite, to continue. The first cut to five was in Washington with the final decision to be made at the Johnson Space Center in Houston. I figured that if Cronkite and I got into a showdown, I had the edge in fitness. Though age fifty-four, I was still running marathons under three hours and competing in triathlons.

I’ll never know if I would have been chosen, because NASA allowed the Journalist-in-Space program to lapse. Disappointed, I let the space program slip to the recesses of my mind—as did many Americans. Then several years ago, we bought a condo in Florida, near the ocean east of Jacksonville. My wife and I were coming up from the beach one afternoon and noticed a crowd. I asked why “Space launch,” someone explained.

We were two hours north of Cape Canaveral by car. I didn’t expect to see much, but then I spotted the vapor trail of a shuttle shooting into space. A chill gripped me. I called lost dreams.

Hand of Fate

Chance often dictates our fates. In the Army, the military transport bound for Europe before mine crashed in a rainstorm. Driving with our kids in the car, we sideswiped a deer that, had it appeared a second earlier might have crashed through our windshield. Three thousand people lost their lives at the World Trade Center, because they arrived for work early.

Few of us can predict our hour of death, but we would like to go with dignity—and maybe go quickly. Riding to the Rome Airport in 1985 after the World Masters Championships, I sat next to Paul Spangler. A runner in his eighties, he had won several gold medals. “My goal is to run until I’m a hundred,” Spangler confided.

He never made it. A few days before his ninety-fifth birthday, Spangler dropped dead of a heart attack while running. A lot of runners who knew Paul Spangler thought, “That’s the way to go! Doing what he loved most.”

What better can you say about the Columbia astronauts than they died on top of the world, doing what they loved most? Space exploration will continue, but everyone who comes later will stand on their shoulders. If you don’t believe me, just ask Walter Cronkite.

Hal Higdon is a Senior Writer for Runner’s World and author of The Team That Played in the Space Bowl (for children). Visit his web site at www.halhigdon.com

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

www.nationalmastersnews.com

This will enable foreign athletes to subscribe without having to convert foreign currency to U.S. currency.
Hellebuyck Gets Spring Fever

If it's springtime, Eddy Hellebuyck, 41, is racing his way into shape again and accumulating frequent flyer miles.


Hellebuyck continued his travels with another layover, another M40 win, at the 3M Half-Marathon, Austin, TX, Feb. 2, 1:07:01, just holding off Peter Fleming, 42, Colorado Springs, CO, 1:07:02, and Dennis Simonattis, 41, Draper, UT, 1:07:06. Robert Fletcher, 70, Fredericksburg, TX, turned in a 1:38:38.


Next stop on the Hellebuyck tour: the Mercedes Marathon, Birmingham, AL, Feb. 8, site of the USATF Open Men's Marathon Championship. In the freezing and windy championship weather, heat-loving Hellebuyck runs uncomfortably and never feels good. He dropped out at 16 miles, only to return the following morning to win the Mercedes Half-Marathon outright, 1:10:26, in warmer, windless conditions.

Katharine Edmonds, Birmingham, 1:30:42, galloped to the W40 Half-Marathon garland. In the citizens' Mercedes Marathon, Cheryl Boessow, 42, AL, won the women's race overall, 3:07:01, and Jeff Terry, Homewood, AL, was the only master under three hours 2:39:41.

<table>
<thead>
<tr>
<th>CURRENT NMN PHONE/FAX NUMBERS AND ADDRESSES</th>
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<tbody>
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<td><strong>Publications, Editorial:</strong> Phone: 1-541-343-7716</td>
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<tr>
<td>(Jerry Wojcik, Suzy Hess)</td>
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<tr>
<td>Jane Dods, Susannah Beck)</td>
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<td><a href="http://www.nationalmastersnews.com">www.nationalmastersnews.com</a></td>
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<td><strong>Publisher:</strong> Phone: 1-541-343-7716</td>
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<td>(Suzy Hess)</td>
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<td><strong>Subscriptions Only:</strong> Phone: 1-818-760-8983</td>
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<td>(Laura Yadon)</td>
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<td>North Hollywood, CA 91615</td>
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<tr>
<td><strong>Masters Age Records (2002 Edition)</strong> Men's and women's world and U.S. age bests for all track &amp; field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 2001. 56 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, USATF Masters T &amp; F Records Chairman. $6.00.</td>
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<td><strong>Masters Track &amp; Field Rankings (2001)</strong> CLOSE OUT $4.00.</td>
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<td><strong>Masters Track &amp; Field Rankings (2002)</strong> Men's and women's 2002 U.S. outdoor track &amp; field 5-year age group rankings. Coordinated by Jerry Wojcik, USATF Masters T &amp; F Rankings Chairman. All &amp; F events, including mile, relays, weights, racewalks, and combined events. $8.00.</td>
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<td><strong>McMahon Family Trust Masters Track &amp; Field Indoor Rankings</strong> Indoor rankings for 2002. 4 pages. $2.00.</td>
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<tr>
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<td><strong>Masters 5-Year Indoor Age-Group Records</strong> Same as above, except indoor records (M40+, W35+) as of Sept. 15, 2002 (world) and Dec. 7, 2002 (USA). $2.00.</td>
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<tr>
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<td><strong>USATF Governance Handbook (2002)</strong> U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. 152 pages. $12.00.</td>
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<td>City State Zip</td>
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## MASTERS COACHING / TRAINING

On this page is a list of masters coaching groups throughout the USA. Sites and individuals listed offer a variety of different programs. Some are free, others require a membership or training fee. Some are informal gatherings in a supportive group without a professional coach. Often, an individual volunteer serves as a leader without professing any coaching qualifications. Some coaches are very experienced, with Olympic level abilities and their credit. Most programs focus on specific or selected events/distances, which is noted on the chart. Interested athletes should contact the named individuals at the listed phone numbers.

<table>
<thead>
<tr>
<th>Name/Organization</th>
<th>Location/State</th>
<th>Events</th>
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<tr>
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<td>Progressive Training Team</td>
<td>U of South Florida</td>
<td>T&amp;F, S. MD, LD</td>
<td>C-Dr. Val Vlcek</td>
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<td>AA/all &amp; FJ/CC.</td>
<td>Dallas, TX</td>
<td>S</td>
<td>Joe Hinkle</td>
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<tr>
<td>Terry Jessup</td>
<td>Dallas, TX</td>
<td>LD</td>
<td>C-214-526-5118</td>
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<td>Bob Wallace</td>
<td>Dallas, TX</td>
<td>LD</td>
<td>C-214-361-6493</td>
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<td>Robert Vaughan</td>
<td>McKinney, TX</td>
<td>LD</td>
<td>C-972-562-2736</td>
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<tr>
<td>Lee Davis</td>
<td>West LA College, Culver City, CA</td>
<td>S</td>
<td>C-Lee 904-595-6674</td>
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<tr>
<td>Ross Dunton, SCS</td>
<td>1520 Woodcock Drive</td>
<td>S.F.</td>
<td>C-Ross Dunton</td>
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<tr>
<td>Fred Hestad, Riverside TC</td>
<td>Riverside, CA</td>
<td>S, PV, F</td>
<td>C-Fred 909-360-4309</td>
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<tr>
<td>George Mahore</td>
<td>CSU-Long Beach, CA</td>
<td>S, MD</td>
<td>C-George Mahore</td>
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<tr>
<td>Dave Rodda</td>
<td>CSU-Long Beach, CA</td>
<td>S, F, D</td>
<td>C-Dave 310-300-9771</td>
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<tr>
<td>Willie M. &quot;Wham&quot; Thompson</td>
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<td>TH</td>
<td>C-Moore</td>
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<td>Elaine Wadd</td>
<td>Pasadena, CA</td>
<td>RW</td>
<td>C-818-577-2264</td>
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<tr>
<td>Pat Connelly</td>
<td>Birmingham H.S., Tucson, AZ</td>
<td>MD, LD</td>
<td>C-818-994-0628</td>
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| Hawaiian Masters TC | U of Hawaii-Manoa | S, TH, F | C-

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<td>C-Eugene Driver</td>
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<td>John Olesiak</td>
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<td>Tom Craig</td>
<td>Oakland, CA</td>
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<td>C-510-383-1361</td>
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<td>Personal Best Program</td>
<td>Reston, VA</td>
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<td>C-Dr. Neil MacLaughlin</td>
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<td>Racewalking</td>
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<td>C-Jack Boyko</td>
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<td>SAAA</td>
<td>Santa Barbara, CA</td>
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<td>Gen. Fitness</td>
<td>C-Ladalov</td>
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<td>S, MD, LD</td>
<td>C-Sam McClendon</td>
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<td>Cole Coast Track Club</td>
<td>Irvine, CA</td>
<td>LD, MD, S</td>
<td>C-Bill Summerlin</td>
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<td>Young At Heart Racing</td>
<td>Colorado Springs, CO</td>
<td>MD, LD</td>
<td>C-Young Gary</td>
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<td>Tim Graf</td>
<td>Joint Jr. College</td>
<td>Fr. 4:30 p.m.</td>
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<td>Rio Rojas Running</td>
<td>Boulder, CO</td>
<td>LD</td>
<td>KR-Joe Roca</td>
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<tr>
<td>Judy Heller</td>
<td>Portland, OR</td>
<td>RW</td>
<td>C-Judy Heller</td>
</tr>
<tr>
<td>Paul Anthony-Schmert</td>
<td>940 Robert Rd. #006</td>
<td>Lincoln, NE 68521</td>
<td>LD</td>
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<tr>
<td>Down Valley Rockets</td>
<td>Cathedral City HS</td>
<td>All T&amp;F</td>
<td>C-Sam Jackson</td>
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<tr>
<td>Tony Carter</td>
<td>Clearwater, FL</td>
<td>S, F, D</td>
<td>C-Tony Carter</td>
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<td>Ira Ram Ltd.</td>
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<td>LD/DSF</td>
<td>C-Ira Ram</td>
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<tr>
<td>Dixon Hemphill</td>
<td>Fairfax, VA</td>
<td>MD, LD</td>
<td>303-267-5273</td>
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<tr>
<td>Jerry Hunt</td>
<td>Sea breeze HS, Daytona Beach, FL</td>
<td>MD, LD</td>
<td>C-Hunter</td>
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<td>&quot;The Fast Program&quot;</td>
<td>Boca Raton, FL</td>
<td>S, MD, LD</td>
<td>C-Bill Wells, Site Director</td>
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<td>San Diego Panthers TC</td>
<td>San Diego, CA</td>
<td>T.S.</td>
<td>C-James King</td>
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<td>Mark Miller</td>
<td>Ruidoso, New Mexico</td>
<td>S, LJ, TJ</td>
<td>C-Miller</td>
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<td>Training Mgs. Systems</td>
<td>Los Gatos, CA</td>
<td>TH</td>
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Mid-America Championships Held in Colorado

By JERRY WOJCIK

The USATF Mid-America Regional Masters Indoor Championships was a two-day affair, Feb. 8-9, at Colorado State University, Fort Collins. Shot putters made up the largest field with 19, followed by the 200 with 18 runners.

In the sprints, Steve Davis, 42, was the quickest in the 50y (6.09) and 200 (26.79). Teresa Drotar, 48, short hurdles finalist in the 14th World Veterans Championships, Brisbane, Australia, ran the 50y in 7.58 and the 50yH in 9.03. Dick Camp, 66, won the M65 race in a field of five with a 30.32.

Steve Gallegos, 47, ran the meet’s fastest 400 (56.80) and 1500 (4:23.3).

Rick Schreiner, 41, won the high jump with a 1.73. Doug Spanhower, 68, finished at 1.37, and Christel Donley, 67, at 1.17.

In the throws, Tom Gage, 59, had the best efforts in the shot (14.53) and weight (18.91), but yielded just barely to a younger Rande Treece, 41, in the 56# superweight, 9.01 to 8.95. Sharon Raham, 56, put the shot 7.88.

Top 3000m racewalkers were Michael Blanchard, 41, 15:58.1, and Marianne Martino, 52, 17:04.1.

Suzie Hess

Suzie Hess

Marek Wensel, M30, 2002 national champion in the 200 (22.84) and 400 (50.00), 2002 National Masters Championships.

Finalists in the 200 (from l): Ed Cox, 74; Earl Fee, 73; Harry Brown, 72, first (28.36); and Joe Summerlin, 70, 2002 National Masters Championships.
N is for performance. It's for every yard, every inch, every minute and every second. N is for dedication. It's for the 5am's and the hills and the miles you put in to become the best you've ever been. N is for fit. Not fashion. N is for technology, not gimmickry. N is for sticking to your principles. Real shoes engineered for real athletes. In multiple widths, not just multiple sizes. N is for shoes that fit better. Because shoes that fit better perform better. N is for New Balance.
WMA Gearing Up For World Events

I am sure 2003 will be another great year for masters athletics. Looking back on previous years, I can see a steady upward trend showing how our movement has developed and improved. This year should be no exception, but it means continued hard work and dedication.

Ever since the start in Toronto in 1975, odd-numbered years have meant the hosting of WMA World Masters Athletics Championships Stadia. Thus, 2003 will add one more to the long string of successful Stadia Championships. Carolina, Puerto Rico, awaits us! WMA 100K

This year also brings us something new. The 1st World Masters Athletics Championships 100K will be organized in Zan-wen Dam, Taipei, on Nov. 16. Two years ago, in Brisbane, the WMA General Assembly elected to add in Edmonton, Canada, in 2005. We and I am anxious to see how many athletes will participate.

These championships are organized by IAU (International Association of Ultrarunners) with whom we and especially our Non-Stadia Committee, have a very good relationship. These 100K World Championships will be organized every odd-numbered year, and the next event probably will be in The Netherlands, together with an IAU meeting.

You will find valuable information regarding these 1st World Championships on their Web site: www.iau.org.tw.

World Masters Games

The World Masters Games in Melbourne last year was a great success and, for WMA, a greater success as athletics represented the biggest sport with about 2400 participants. This correlates to about 10% of total participants and should be the minimum we have in the world. I believe it is known that one athlete was disqualified because, after a drug abuse suspension, he had not undertaken his proper reinstatement tests. But perhaps it is not known that we also did some drug tests in Melbourne. I am happy to say that all tests were negative and that no athlete was found guilty of drug abuse. Let's try to maintain this good record in the future.

The next World Masters Games will be held in Edmonton, Canada, in 2005. Initially we had a date conflict with Edmonton, as the WMA World Masters Athletics Championships Stadia will be organized on July 7-16 of the same year in San Sebastian, Spain. Edmonton proposed that the World Masters Games start on July 13, which we strongly opposed.

After much discussion, during which we said that WMA will ban the World Masters Games if they do not move their date, we have now reached an agreement that says that the WMA can start on July 21. However, the athletics events will not start until July 27, and will continue through July 31 and even up through August 2, if necessary. This is the best we can do for 2005.

For future World Masters Games, we will avoid these conflicts, as IMGA (International Masters Games Association) will, in 2004, award the 2009 World Masters Games so that dates will be well known to all.

As we have had many questions regarding relations between WMA and IMGA, I would like to say that the relationship between WMA and IMGA is only athletics, one of IMGA's core sports. IAAF is the IMGA affiliate for athletics, but has given WMA the task of representing athletics. Now that I am on the Board of Directors, we are better positioned to influence developments.

Manukau/Auckland 2004

We are entering the preparation stage for the WMA World Masters Non-Stadia Championships in Manukau/Auckland in 2004. I had the great pleasure of visiting these two cities last year and was very impressed by the courses and accommodations. These Non-Stadia Championships should be a great success and, for the first time, the expanded Non-Stadia program will continue over a whole week, i.e., April 18-24. A Web site should be available soon with such important information as course maps, etc.

Carolina 2003

We are coming closer to our World Championships in Carolina, Puerto Rico, on July 2-13 with the Opening Ceremony on July 1. The LOC, with Fernando Roman and William Alemán, is doing its best to offer us a wonderful championships meet. The main stadium is now being upgraded and the Mayor of the city of Carolina is very enthusiastic.

The LOC has great expectations for the Opening Ceremony, and I have been privileged to invite the United Nations Secretary-General, Mr. Kofi Annan, to attend. At this ceremony, we will play for the first time the new WMA anthem, written by a German composer. The Council has heard it many times, and we believe it will enhance the atmosphere of the Opening Ceremony.

Future Championships

Europe will organize its 4th Indoor Championships in San Sebastian, Spain, the first weekend of March. During the week thereafter, WMA will inspect Riccione, Italy (candidate for our 2007 Stadia Championships), as well as Sindelfingen, Germany, and Malmö, Sweden, who, together with New York, USA, are bidders for our 1st WMA Indoor Championships in 2004, subject to approval by our General Assembly in Carolina. I am confident that the Indoor Championships will add another dimension to our movement, and look forward to at least 2000 athletes at the inaugural championships.

Athletes Compete in Defiance of Ice and Snow

By BRIDGET CUSHEN

British 400 record holder, Darrell Maynard, opened his indoor season with a 50.21 clocking at the Welsh Championships on Jan. 12. At the same meet, Sean Power won the M55 triple jump, clearing 12.07, and Julian Kennedy, the M50 shot put, 10.88.

Alison Hurford, W40, ran 2:19.31 for 800, but there were red faces down in Surrey, however, when, at an end-of-term college open competition, Alf Wood, 75, cleared 2.20 in the pole vault, and only one other competitor vaulted higher!

Almost 200 British competitors have entered the IV European Indoor Championships, San Sebastian, Spain, March 6-9.

Fresh from her runaway victory in the recent British & Irish international cross-country race last November, Carol Wolstenholme came perilously close to topping the W55 five-mile road ranking list when she won the Alsatian 5 in 31:30. She has a 39:29 mark for the 10K.

With the whole of Britain in the grip of ice and snow during most of January, Trudi Thompson, a W40 international marathon runner, finished second in the East Scottish Senior Cross-Country, while Tommy Murray, M40, took silver in the West of Scotland race.

Death has claimed five prominent athletes within the last few weeks. Joe Phillips, 68, world silver medallist in Brisbane and current British record holder, died suddenly on Jan. 12, from cardiac arrest.

New Zealand-born hurdler, Ian Steedman, M70, died in December after a long illness.

After spending five years in POW camps in Poland and Germany, Leslie Arthur Batt went on to win medals in the 400 at the first World Championships in Toronto, 1975, and again in Gothenborg, 1977. He passed away in November at age 89.

Marathon and ultra distance international, Alistair Wood, died at age 69.

Inken Lehtonen, voted Veteran Athlete of the Year in her native Finland after winning two gold, one silver, and two bronze medals in the W65 field events at the European Championships in Potsdam last July, succumbed to cancer just before Christmas.
Entry Deadline Extended

The Organizing Committee of the 15th World Masters Athletics Championships has been authorized to extend the entry date from March 31 to April 30 without penalties. A US$50 penalty will be charged for entries submitted after April 30 until May 31. No entries will be accepted after May 31.

The entry deadline for U.S. athletes planning on going to Puerto Rico is now April 7. Athletes must acquire an application and send it with the required documentation (2003 USATF membership number and a copy of passport or birth certificate as proof of age) before the April 7 deadline for processing to USATF, c/o Mark Springer, One RCA Dome, Suite #140, Indianapolis, IN 46225. Mark.Springer@usatf.org; 317-261-0500; fax: 261-0513, attn. Mark Springer.

Entry booklets for the World Masters Athletics (WMA) Championships are available from two sources:

1) USATF Indianapolis (see above)

2) Northwest Event Management
   Phone: 800-392-1369
   Fax: 541-687-1016
   nem@nwevent.com

When you receive the entry booklet, please read the insert from the team managers (Sandy Pashkin, USATF Masters T&F; Mary Rosado, USATF masters LDR). It will contain entry, uniform, payment and competition information.

You can expedite the entry process by having your 2003 USATF card number and a copy of your passport or birth certificate as proof of age, ready for inclusion with your entry.

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<td>40-49</td>
<td>80m</td>
<td>762m</td>
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<tr>
<td>50-59</td>
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<tr>
<td>60+</td>
<td>80m</td>
<td>686m</td>
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| Age Group | Race Distance | Hurdle Height | To 1st Hurdle | Between Hurdles | To Finish | No. of Hurdles |
| 30-39 | 400m | 762m | 30" | 45.00m | 35.00m | 40.00m | 10 |
| 40-49 | 400m | 762m | 30" | 50.00m | 35.00m | 40.00m | 7 |
| 50-59 | 300m | 762m | 30" | 50.00m | 35.00m | 40.00m | 7 |
| 60+ | 300m | 686m | 27" | 1640" | 1149" | 1312" | 7 |

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<tr>
<td>80+</td>
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Note: The 55m and 60m indoor hurdle races use the same heights, distance to first hurdle, and distance between hurdles as the outdoor hurdle races for the respective age groups. For all age-groups indoors, 5 hurdles are run.
The new false start rule went into effect on Jan. 1 for IAAF meets, allowing only one false start (charged to the field, as is done in swimming). Any subsequent false starts will disqualify the culprit. USATF opposes the change and will continue to use the old rule (two false starts) in its domestic meets. Several years ago, masters, under the leadership of Louise Tricard, fought successfully to change the "no false start" rule to the present two false starts. Much of the argument against the "IFS" rule was based on what the rest of the world was doing (two false starts) at that time. No word from WMA yet on what will apply in Puerto Rico.

---

**NATIONAL**

- James Lohom, former wide receiver for the Green Bay Packers and M45 400 and long jump champion, was one of five M45+ NFL players elected to the Pro Football Hall of Fame in January. Lohom, who was selected sixth in the 1978 NFL draft out of Stanford, played for the Packers in 1978-1986, and four other teams, ending his career with the Eagles in 1993.

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**EAST**

- Masters runners swept the top three spots in both the male and female age-graded competition in the 2002 Mid-Atlantic Grand Prix consisting of 12 races between March and November in PA, NY, and NJ. The men were David James, 50, and James Diamond, 54, masters men, and Bobby Fassbender, 41, masters women.

**SOUTHEAST**

- Masters attendance was up 30% in the South/Trust Indoor Meet at Jack Brown, 51, Decatur locale Robert Baker, 57, New Orleans, won eight events, with a PR 10.0 in the PV. Don Drummond, 34, Georgia, bolted to a 6.88 in the 55m and 7.67 in the 55m Mac Allen, 45, Austin, TX, turned in a 4.94-24.94 mile.

**MID-AMERICA**

- Bobby Williams, 50, was first M40+ in both the St. Louis TC Frostbite Series 12k (42:22), Dec. 21, and 10 Mile (59:12). Jan. First W40 in the Detroit 5k on Feb. 10, M40 in the 10 Mile, Margie Martens, 41, and Jan Daker, 55, right behind in 1:14:46.

**SOUTHWEST**


**INTERNATIONAL**

- Valery Brumel, Olympic champion and WR holder in the high jump for the Soviet Union, died Jan. 26 in a Moscow hospital after a long illness. Brumel, the 1964 Olympic high jump champion, was a two-time medalist at the ’64 Tokyo Olympics, Brumel took the gold medal in 1964 Tokyo Olympics, his U.S. rival and friend, John Thomas, both flying at 7-1, Brumel the winner, 7-0. Brumel held the outdoor and indoor world records from 1961-1971 with a best 2.287-5/11. In 1965 his right foot was smashed in a motorcycle accident. After six years of rehabilitation, he returned to competition. The 66-year-old seminar, Jan. 29, 1961, he competed for Russia in the WAVA World Championships in Durban, SA, flying at a height of 7.5, and

**OBITUARIES**

- Several runners surpassed the AG 90% mark at the Ontario Masters Meet, York, U. Toronto, Jan. 12. Flying across the finish line in the 60m were Michael Lee Foon, 42, 7.08 (96.0%) and Richard Leech, 5.4, 7.98 (94.2%).

**CANADA**

- Tony Young, M40, U.S. outdoor mile record holder (4:09.61), chopped a 4:08.60 mile in the High Indoor Preview, U. of W., Seattle, on a 307m track. The USATF and WMA allow records on 200m tracks only. The M40 U.S. record is 4:11.00 by Bill Stewart, set 20 years ago in January 1983 On Feb. 1, Young ran a 4:09.80 in the U. of W. Husky Track Invitational.

- Diane Palmason, W60 distance runner from Burnaby, WA, with McLean McKinley, 45, hundo from Boise, ID, have been added to the NW Regional Advisory Group for Masters T & F. Both are national medal winners and regional record holders.

- Two sprinters surpassed the AG 90% mark at the Ontario Masters Meet, York, U. Toronto, Jan. 12. Flying across the finish line in the 60m were Michael Lee Foon, 42, 7.08 (96.0%) and Richard Leech, 5.4, 7.98 (94.2%).

- The 7th WMA Non-Stage Championships are scheduled for April 16-24, 2004, in Manukau-Auckland, New Zealand.

- Fedor Rhyzoff shuffled to a third-overall 2:24-33 at the Bermuda International Race Masters meet. Rhyzoff won the W45/60 10k. His winning time was 34:44. Zinaida Semenova cruised to the W40 win, 2:53-20. Mike Jacobs doubled her fun with W40 wins in both the 10k and Half-Marathon, 40:09 and 1:48-25. Mike Jacobs won the W40/50 10k. Her winning time was 34:44. Zinaida Semenova cruised to the W40 win, 2:53-20. Mike Jacobs doubled her fun with W40 wins in both the 10k and Half-Marathon, 40:09 and 1:48-25. Mike Jacobs won the W40/50 10k. Her winning time was 34:44. Zinaida Semenova cruised to the W40 win, 2:53-20. Mike Jacobs doubled her fun with W40 wins in both the 10k and Half-Marathon, 40:09 and 1:48-25. Mike Jacobs won the W40/50 10k. Her winning time was 34:44. Zinaida Semenova cruised to the W40 win, 2:53-20. Mike Jacobs doubled her fun with W40 wins in both the 10k and Half-Marathon, 40:09 and 1:48-25. Mike Jacobs won the W40/50 10k. Her winning time was 34:44. Zinaida Semenova cruised to the W40 win, 2:53-20. Mike Jacobs doubled her fun with W40 wins in both the 10k and Half-Marathon, 40:09 and 1:48-25. Mike Jacobs won the W40/50 10k. Her winning time was 34:44. Zinaida Semenova cruised to the W40 win, 2:53-20. Mike Jacobs doubled her fun with W40 wins in both the 10k and Half-Marathon, 40:09 and 1:48-25. Mike Jacobs won the W40/50 10k. Her winning time was 34:44. Zinaida Semenova cruised to the W40 win, 2:53-20. Mike Jacobs doubled her fun with W40 wins in both the 10k and Half-Marathon, 40:09 and 1:48-25. Mike Jacobs won the W40/50 10k. Her winning time was 34:44. Zina
USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are usually limited to age 50 and over. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. International T&F meets are usually limited to men over 40 and women over 35. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMM, P.O. Box 50098, Eugene, OR 97405.

ON TAP FOR MARCH

TRACK AND FIELD

The USATF National Masters Heptathlon Indoor Championships, Kenosha, Wisc., on the 8th-9th, is followed by the National Masters T&F Indoor Championships, Boston, on the 28th-30th. Additional indoor action is available in Lexington, Va., and Minneapolis on the 1st, Colorado Springs on the 2nd, NYC, Philadelphia, and Toronto, on the 8th, and in Sterling, Ill., on the 16th. Outdoors, the season opens with the Saddleback Masters Meet in Mission Viejo, Calif., on the 8th.

LONG DISTANCE RUNNING

New Bedford, Mass., hosts the National Masters Half-Marathon Championships on the 16th. A wide range of early spring races includes the Next Mardi Gras Mambo 10K, Baton Rouge, La., on the 1st; L.A. Marathon on the 2nd; Gate River Run, Jacksonville, Fla., on the 8th; USATF New England Half-Marathon Championships, Wakefield, Mass., on the 9th; Paul Spencer Memorial 5K, Palo Alto, Calif., and St. Patrick’s Corktown 4 Mile, Detroit, Mich., on the 16th; Washington DC Marathon and USATF New Jersey 20K Championships on the 23rd; and Statesman Capitol 10,000, Austin, Texas, on the 30th.

RACEWALKING

USATF National Masters Indoor 3000m Championships titles will be up for grabs in Boston on the 30th. Orlando hosts the South Region/Florida State 10K Championships also on the 30th.

SOUTHWEST

Arizona, California, Hawaii, Nevada, New Mexico

March 15, Mardi Gras Weight Pentathlon, St. Amant HS, St. Amant, LA. Also 56lb 9/8lb 200lb 300lb. Jeff Bayt, 321 E. Josephine St., Gozales, LA 70737, 225-644-6930, email: latrackandfield@yahoo.com.

April 12, 12th annual Lions/Waterloo Championships, Lake Travis HS, Austin, TX, www.waterloochampionships.org.

WEST

March 1, 15. Arizona Regulation Meets, Phoenix, AZ. Also 2nd, Tempe, 15th. 480-349-1991; USATF/AZ@cox.net

March 13, Saddleback Masters Meet, Saddleback College, Mission Viejo, Calif. SACE to Saddleback College, Athletic Info 284-3001.

SOUTHEAST

March 7, Georgia Games, Atlanta, GA. 1st, 1st. 404-996-3999.

March 9, 2nd Atlanta Masters Games, Atlanta, GA. 1st, 1st. 404-996-3999.

March 15, Saddleback Masters Meet, Saddleback College, Mission Viejo, Calif. SACE to Saddleback College, Athletic Info 284-3001.

Continued on page 22
AARP/USATF Georgia Masters Track and Field Championships
Master Pentathlon Championships
Open Track and Field Competition
Friday and Saturday, April 18-19, 2003

Savannah State University
Ted Wright Track
Skidaway and LaRoche Ave.

For information call:
Jim Hite at (478) 982-4881 or
E-mail: jimjoyce@jeffersonenergy.com
Fax: (478) 982-9984

Entry deadline: April 14
Must be USATF member
(may be purchased on site)

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

April 12. U. of Oregon Mini-meet,
Hayward Field, Eugene. No entry fee.
9 am. Frank Lulich, freugene@uol.com
April 12. Pear Blossom 10 Mile & 5K,
Medford, Ore. 541-531-1205; www.pearblossomrun.com
May 3. Spring Flying Thowers Meet,
West Seattle Stadium. Ken Weinbel, 206-938-3895; kweinbel@atbhi.com
May 25. Oregon Senior Olympics,
Silverton, Amy Castle, 503-873-8577.
June 5-7. Montana Senior Olympic Games,
Butte T&F/5K & 10K RR. Open
to out-of-state. Kay Newman, 2200
Bridge Dr., Bozeman, MT 59715. 406-586-5543; kayjn@int.net

WEST
New Mexico, Arizona, Nevada,
Utah, Colorado, Wyoming

June 7. Seattle Park Dept. Masters Meet,
West Seattle Stadium. Dennis Cook, 206-684-7094; dennis.cook@seattle.gov
June 14. Inland Northwest Association Age-Group Championships,
Pullman, Wash. Mike Hinz, 509-332-1168; hinzi@pullman.co
June 15. Oregon Association Y/O/O Championships,
Lincoln Field, 541-504-1077; www.usatf-oregon.org
June 21-22. Hayward Masters Classic/
USATF NW Regional Masters Championships,
Eugene, Ore. Ruth BreMiller, 541-687-9675; brem@oregonうoregon.edu; www.haywardclassic.com
June 28-29. Portland Masters Classic,
Mt. Hood CC, Gresham, Ore. Paul Stepan,
3011 NE Linden, Gresham, OR. 503-666-8950; stepepaz@ymail.com
July 12-13. State Games of Oregon,
Mt. Hood CC (Portland area). Keith Maneval,
503-607-7140.
July 19. Inland Northwest Masters Classic,
Pullman, Wash. Jeff Schaller, 435
SW State St., Pullman, WA 99163. 509-332-3148(b); jeffschaller@turbonet.com
July 24-26. Wyoming Senior Olympics,
Cody. Open to out-of-state. Amber Boyson,
307-587-2550; amboy@cityof
July 25-26. Seattle Masters Classic,
West Seattle Stadium. Ken Weinbel, 206-932-3923; kweinbel@atbhi.com

CANADA
March 8. Inaugural Canadian Masters Indoor Championships/34th Ontario Masters Championships
March 7-9. BMAF National Championships,

INTERNATIONAL
March 6-9. European Veterans Indoor Championships, Seville, Spain.
June 7-8. BMAF National Championships,

LONG DISTANCE RUNNING
NATIONAL
April 2-6. RRCA 46th Annual Convention,
Arlington, VA. mcrn.org
May 24. USATF National Masters Championships/Ohio 20K, Cincinnati, Ohio.

March 1. Little Cow Harbor 4 Mile,
Greenlaw, N.Y. 631-424-9883.
March 2. Kelley’s Pace Frostbite Fire 5 Mile,
Mystic, Conn. 860-536-8175.
March 9. USATF-NE Half-Marathon Championships, Wakefield, Mass. 617-
March 30, USATF National Masters Indoor 3000m RW Championships, Boston, Mass. See National T&F Schedule.

March 30, USATF South Region/Florida 10K RW Championships, Orlando. Pam Betz, 407-876-4467.

March 30, USATF 5K Racewalk Western Championships, Las Vegas HS, Las Vegas, NV. Phoner: 702-225-6938. Roberta Hatfield, email: RobertaFW@aol.com


April 9, Northwest PTAF Association 10K RW Championships, West Seattle Stadium. Bev LaVeck, 206-524-4721, bevelleck@aol.com

June 1, USATF National Masters 15K RW Championships, Evansville, Ind. Mike Hudson, 1005 Meadowbrook Dr., Evansville, IN 47712. 812-457-0304.

June 15, USATF Florida 5K RW Championships, Clermont 561-599-3370.

August 7-10, USATF National Masters 5000 (8th) and 10K (10th) RW Championships, Eugene, Ore. See National T&F Schedule.

September 6, Third annual North Central 5K RW Championships, Detroit Lakes, Minn. 701-234-9000.

May 9-10, USATF Florida 1500/3000 RW Championships, Plantation. 954-921-9190.


October 19, USATF National Masters 50K RW Championships, Hauppage, N.Y. Mike Roth, PO Box 504, Old Bethpage, NY 11767. 631-979-9603.


May 24-25, WMA Europe Non-Stadia Championships, Uphose, CZE. www.world-masters-athletics.org

May 25, Vienna Marathon, Vienna, Austria. Austrian Tourist Office, 800-965-3342; www.austria-tourismus

November 16, WMA 100K Championships, Zan-en Dam, Taipei. www.iau.org.tw

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

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

**NAME**

**ADDRESS**

**SEX**

**CITY**

**STATE**

**ZIP**

**MEET**

**DATE OF MEET**

**MEET SITE**

**EVENT**

**MARK**

**HURDLE HEIGHT**

**WEIGHT OF IMPLEMENT**

**CERTIFICATE**

**PATCH**

**TAG**

---

1. If you have equaled or bettered the standard of excellence, please fill out this application completely.

2. A copy of your results or a note stating in which issue your results appeared MUST accompany this application.

3. Please send $10 for a certificate, $10 for a patch, and $10 for a patch tag showing event and year. The cost for both a certificate and patch ordered at the same time is $15.

4. Send to: All-American, National Masters News, P.O. Box 50098, Eugene OR 97405.

5. A color, 8 by 10" certificate, suitable for framing, and a 3-color, 3" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.
**TRACK & FIELD RESULTS**

Please send results to: National Masters News, P.O. Box 601, Lincoln, NE 68501. Due to new computer formats, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 214 words) in metric format receive our preference. Deadline is the 10th of the month prior to issue date.

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**EAST**

Prince George's Sports & Learning Complex Indoor Meet Landover, MD, Jan. 5

55m
- W35 Regina Richardson 7.49
- W55 Alice Lee 9.81
- W60 Carol Haggard 12.01
- M30 Anthony Battle 5.64
- M50 Dan Davis 3.94
- M60 Ken Harris 7.04
- M55 Robert Kozzi 7.88
- M75 Bill Gordon 10.48

200m
- M30 Anthony Battle 23.29
- M40 Eugene Vickers 24.01
- M50 Ray Wind 51.49
- M60 George Verle 11.24
- M75 Dan Davis 6.90
- M35 Barney Borromeo 6.69
- W55 Elizabeth Riordan 14.32
- W75 Amber Perkins 14.54

400m
- M55 SS Robert Shulman 6.26
- M35 Barney Borromeo 24.01
- M60 John Hulman 6.09
- M75 Frank Brako 38.52
- W55 Mary Roman 10.34
- W60 Mary Roman 14.41
- W75 Dolores Huggins 14.32
- W35 Richarde Ferreira 31.89

800m
- M55 SS Robert Shulman 8.29
- M35 Barney Borromeo 32.84
- M60 William Hufnagel 33.96
- M75 Frank Brako 38.52
- W55 Mary Roman 23.79
- W60 Mary Roman 41.57
- W75 Linda Roman 31.97

1000m
- M55 SS Robert Shulman 8.02
- M35 Barney Borromeo 25.12
- M60 William Hufnagel 30.41
- M75 Frank Brako 45.32
- W55 Mary Roman 23.79
- W60 Mary Roman 41.57
- W75 Linda Roman 31.97

3000m
- M35 Barney Borromeo 6.79
- M75 Frank Brako 6.69
- W55 Mary Roman 23.79
- W60 Mary Roman 41.57
- W75 Linda Roman 31.97

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**Track & Field Results**

Please send results to: National Masters News, P.O. Box 601, Lincoln, NE 68501. Due to new computer formats, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 214 words) in metric format receive our preference. Deadline is the 10th of the month prior to issue date.

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**Michigan**

University of Michigan Indoor Meet Ann Arbor, MI, Dec. 13

55m
- W35 Kathy Martin 7.64
- W55 Linda Johnson 9.81
- W60 Carol Haggard 12.01
- M30 Anthony Battle 5.64
- M50 Dan Davis 3.94
- M60 Ken Harris 7.04
- M55 Robert Kozzi 7.88
- M75 Bill Gordon 10.48

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**Florida**

Florida State University Indoor Meet Tallahassee, FL, Dec. 14

55m
- W35 Kathy Martin 7.64
- W55 Linda Johnson 9.81
- W60 Carol Haggard 12.01
- M30 Anthony Battle 5.64
- M50 Dan Davis 3.94
- M60 Ken Harris 7.04
- M55 Robert Kozzi 7.88
- M75 Bill Gordon 10.48

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**Georgia**

Georgia Tech Indoor Meet Atlanta, GA, Jan. 19

55m
- W35 Kathy Martin 7.64
- W55 Linda Johnson 9.81
- W60 Carol Haggard 12.01
- M30 Anthony Battle 5.64
- M50 Dan Davis 3.94
- M60 Ken Harris 7.04
- M55 Robert Kozzi 7.88
- M75 Bill Gordon 10.48

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**North Carolina**

University of North Carolina Indoor Meet Chapel Hill, NC, Dec. 15

55m
- W35 Kathy Martin 7.64
- W55 Linda Johnson 9.81
- W60 Carol Haggard 12.01
- M30 Anthony Battle 5.64
- M50 Dan Davis 3.94
- M60 Ken Harris 7.04
- M55 Robert Kozzi 7.88
- M75 Bill Gordon 10.48

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**Pennsylvania**

Penn State Indoor Meet State College, PA, Jan. 12

55m
- W35 Kathy Martin 7.64
- W55 Linda Johnson 9.81
- W60 Carol Haggard 12.01
- M30 Anthony Battle 5.64
- M50 Dan Davis 3.94
- M60 Ken Harris 7.04
- M55 Robert Kozzi 7.88
- M75 Bill Gordon 10.48

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**Ohio**

Ohio State University Indoor Meet Columbus, OH, Dec. 14

55m
- W35 Kathy Martin 7.64
- W55 Linda Johnson 9.81
- W60 Carol Haggard 12.01
- M30 Anthony Battle 5.64
- M50 Dan Davis 3.94
- M60 Ken Harris 7.04
- M55 Robert Kozzi 7.88
- M75 Bill Gordon 10.48

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**New York**

New York University Indoor Meet New York, NY, Dec. 1

55m
- W35 Kathy Martin 7.64
- W55 Linda Johnson 9.81
- W60 Carol Haggard 12.01
- M30 Anthony Battle 5.64
- M50 Dan Davis 3.94
- M60 Ken Harris 7.04
- M55 Robert Kozzi 7.88
- M75 Bill Gordon 10.48

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**California**

California State University Indoor Meet Fullerton, CA, Dec. 19

55m
- W35 Kathy Martin 7.64
- W55 Linda Johnson 9.81
- W60 Carol Haggard 12.01
- M30 Anthony Battle 5.64
- M50 Dan Davis 3.94
- M60 Ken Harris 7.04
- M55 Robert Kozzi 7.88
- M75 Bill Gordon 10.48

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**Texas**

University of Texas Indoor Meet Austin, TX, Dec. 13

55m
- W35 Kathy Martin 7.64
- W55 Linda Johnson 9.81
- W60 Carol Haggard 12.01
- M30 Anthony Battle 5.64
- M50 Dan Davis 3.94
- M60 Ken Harris 7.04
- M55 Robert Kozzi 7.88
- M75 Bill Gordon 10.48

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**Wisconsin**

University of Wisconsin Indoor Meet Madison, WI, Dec. 12

55m
- W35 Kathy Martin 7.64
- W55 Linda Johnson 9.81
- W60 Carol Haggard 12.01
- M30 Anthony Battle 5.64
- M50 Dan Davis 3.94
- M60 Ken Harris 7.04
- M55 Robert Kozzi 7.88
- M75 Bill Gordon 10.48

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**Illinois**

University of Illinois Indoor Meet Champaign, IL, Dec. 1

55m
- W35 Kathy Martin 7.64
- W55 Linda Johnson 9.81
- W60 Carol Haggard 12.01
- M30 Anthony Battle 5.64
- M50 Dan Davis 3.94
- M60 Ken Harris 7.04
- M55 Robert Kozzi 7.88
- M75 Bill Gordon 10.48

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**Oregon**

Oregon State University Indoor Meet Corvallis, OR, Dec. 15

55m
- W35 Kathy Martin 7.64
- W55 Linda Johnson 9.81
- W60 Carol Haggard 12.01
- M30 Anthony Battle 5.64
- M50 Dan Davis 3.94
- M60 Ken Harris 7.04
- M55 Robert Kozzi 7.88
- M75 Bill Gordon 10.48

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**Washington**

University of Washington Indoor Meet Seattle, WA, Dec. 14

55m
- W35 Kathy Martin 7.64
- W55 Linda Johnson 9.81
- W60 Carol Haggard 12.01
- M30 Anthony Battle 5.64
- M50 Dan Davis 3.94
- M60 Ken Harris 7.04
- M55 Robert Kozzi 7.88
- M75 Bill Gordon 10.48

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**Montana**

Montana State University Indoor Meet Bozeman, MT, Dec. 12

55m
- W35 Kathy Martin 7.64
- W55 Linda Johnson 9.81
- W60 Carol Haggard 12.01
- M30 Anthony Battle 5.64
- M50 Dan Davis 3.94
- M60 Ken Harris 7.04
- M55 Robert Kozzi 7.88
- M75 Bill Gordon 10.48

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**New Mexico**

New Mexico State University Indoor Meet Las Cruces, NM, Dec. 15

55m
- W35 Kathy Martin 7.64
- W55 Linda Johnson 9.81
- W60 Carol Haggard 12.01
- M30 Anthony Battle 5.64
- M50 Dan Davis 3.94
- M60 Ken Harris 7.04
- M55 Robert Kozzi 7.88
- M75 Bill Gordon 10.48
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Beaches

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master [ˈmæstər] "He or she who can run, jump, throw, sprint, and dance in the tropics for 12 straight days"

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