Egle, Kennedy Emerge Victorious at 37th Annual Hartshorne Mile

By DIANE SHERRELL

It was strength vs. speed for the men, and a strategic chess game for the women in the elite invitational races on Jan. 24 at the 37th annual Hartshorne Memorial Masters Mile held at Cornell University in Ithaca, N.Y.


Egle won a prize purse of $300 for the victory, and a performance bonus of $400 for breaking the 4:26 barrier. In the elite women’s race, earmarked by tactics — not time — Karen Kennedy, 45, Portland, Ontario, won.

Just In:
The NSGA announced that Phil Raschker, 57, has been named one of five finalists for the AAU’s James E. Sullivan Award honoring the nation’s outstanding amateur athlete.

Hellebuyck Eighth at Maratlon Trials

Eddy Hellebuyck, 43, Albuquerque, N.M., raced to an eighth-place finish at the U.S. Men’s Olympic Marathon Trials, Birmingham, Ala., Feb. 7. The usually-prolific racer competed little in the months leading up to the marathon, as he dealt with tendinitis in his ankle.

A stint at the U.S. Olympic Training Center in Chula Vista, Calif., cured him of his ills, however, with

INSIDE:

• 2003 Outdoor T&F Rankings
  — pages 15-22
• Coaching/Training List
  — page 36


Boston to Host 30th Masters Indoor Championships

The 2004 National Masters Indoor Championships (NMIC) are now just a few short weeks away, with the opening events taking place on Friday, March 26, at the Reggie Lewis Track & Athletic Center in Boston. Here are a few last minute details regarding the meet.

The headquarters hotel, the popular Westin Copley Place, is filling up fast, so be sure to make your reservations there as soon as possible. (1-800-WESTIN-1 or 617-267-9600. 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 special discount rates ($116 double) for the three days before and after the meet. The hotel also offers discount parking at $15/24 hours. Other hotels may also be available offering more modest rates. The deadline for the special rates at the Westin is March 11. For those seeking a roommate, I will do my best to make such arrangements. Contact me at pmbr02129@aol.com, or 561-832-4345; 617-513-2928 (cell).

The Thursday night opening social/dinner is again set for Bertucci’s Restaurant located one block from the

Magillus, Troncoso Glow in Snow

BY SUSANNAH BECK

The Indiana Invaders Track Club hosted the USATF National 6K Cross Country Championships, Feb. 8-9, Indianapolis, Ind., as part of a weekend of racing that included the Masters 6K Championships.

A flat, speedy course, made slow and difficult by snowy conditions and freezing cold, greeted the runners, who made circuits of a 2K loop. Peter Magill, 42, South Pasadena, Calif., led the men’s field and his team, Team Runners High, based in Long Beach, Calif., to the M40+ team victory. Magill reported to NMN the following recap:

"... The temperature was in the mid-to-low 20s, with snow flurries that picked up during the final two kilometers of the
Run Philadelphia’s Longest Street For 10 Miles

25th Anniversary

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BROAD STREET
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THE TRADITION CONTINUES!

SUNDAY, MAY 2, 2004 - 8:30 AM

A weekend of fun for the country’s second largest ten-mile run!

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Friday, April 30th and Saturday, May 1st at the Cruise Terminal Building with over 50 booths

TO REGISTER:
• For an official entry form, send a self-addressed stamped envelope to:
  Blue Cross Broad Street Run
  P.O. Box 18543
  Philadelphia, PA 19129
  or call 215-235-7481
• Register on the internet at:
  www.broadstreetrun.com

- Over 10,000 runners
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- T-Shirt pickup at the Cruise Terminal Building
- Free transportation to start
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- ChampionChip® Timing
- Music on the course
- Digital clocks at every mile
- Loads of fun for kids

www.broadstreetrun.com

DEADLINE
NMN is written by masters athletes for masters athletes... We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material, results, schedule items, and advertising is the 10th of the month before date of issue.
Send to: National Masters News, P.O. Box 50098, Eugene, OR 97405

Sunny weather and constant therapy. The center is available free of charge to athletes ranked in the top 15 in their event in the U.S. Hellebuyck was seeded 4th going into the Trials with his 2:12:47 run at Twin Cities last fall.

After running in the lead pack through 15 miles, Hellebuyck slowed from 5:06 pace to 5:16 over the last 11 miles. The weather in Alabama was cold and windy, and it snowed a little in the final miles.

Hellebuyck posted at www.let-srun.com, "Personally, 8th place made me happy. I am not a cold weather runner. My best races have been at 85+ degrees with humidity. But no excuses, I thought I could master the conditions, but others did better."

Other masters in the field included Richard Byrne, 40, Sciota, Penn., 2:25:49, 46th; Paul Aufdembrege, 40, Redford, Mich., 2:26:42, 52nd; Mark Newman, 42, Germantown, Tenn., 2:32:40, 65th; and Alfredo Viguezas, 41, Woodland, Calif., who dropped out after the 20 mile mark.

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GEORGE BANKER
Tami Graf, first W65 (26:42), leads a small pack, Red Ribbon 5K.
I'd like to see the pentathlon scheduled for Sunday, since this is a low key day, with the 200 and relays taking up the schedule. Aside from this arrangement, I'm all for having a separate championship, much like the decathlon. This would give some of our exceptional Decathletes a better competitive chance in their respective individual events.

I feel Mike Janusey (javelin) and Greg Foster (long and triple jump) would love to get their superb individual events out of the way; then have a better chance at recovery, with a multiple events competition scheduled for Sunday.

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**From the Publisher**

Thanks to our subscribers and sustainer, we are pleased to still be producing the official U.S. and world publication for masters track & field, long distance running and racingwalking.

In January 1980, the printing of National Masters News was moved from Pennsylvania – where it had been printed since 1977 – to Southern California, where Al Sheahan became the publisher.

In 1992, Jerry Wojcik, editor, moved from the Los Angeles area to Eugene, Ore., and much of the track races for the publication was sent from Eugene to Los Angeles to be printed every month. The NNMI office moved from Los Angeles to Eugene in December 1994, and we added Suzy Hess to the staff. Runner's World took over financial control of NNMI in February 1995 with the production still being done in Los Angeles by Sheahan and Angela Egremond.

In January 2002, Runner's World returned control of the NNMI to the staff.

Recent changes for the National Masters News include Egremond's move to Eugene from the Los Angeles area. We are happy to report also, that after 24 years, we have moved the printing to Eugene.

The subscription services department remains in Los Angeles.

We are very excited about these changes, and since most of the editorial work originates from the Eugene office, we will now have a closer relationship with the printer and more efficient editorial control.

Our goal remains the same. We are a publication written by masters athletes for masters athletes – providing information that cannot easily be found elsewhere.

--Suzy Hess
Sanctions Pay Off

There has been much controversy concerning the value of USATF sanctions. Most of us know that all our USATF Championships must be and are sanctioned. But what about all those other meets held around the country, many of which USATF members participate in? This is a large number.

I wonder if our members who participate in these meets realize they may not be sanctioned, and whether they ask if they are. Do our members realize that if they break an age-group record in a non-sanctioned meet, it will not count? For rankings, we will start to indicate non-sanctioned meets with an asterisk. At some point, we may not even include non-sanctioned meets in our USATF rankings.

Why would we rank meets that aren’t sanctioned by us if we aren’t sure the USATF rules of competition are followed? Would we be ranking apples and oranges?

Money Well Spent

Yes, a sanction costs money, but isn’t it worth it? USATF stands ready to help facilitate competitions. There are series discounts. Associations and the Masters T&F Committee are there to help if financial aid is needed.

I’m not saying we will help every Senior Games meet with money, but there are other ways we may help. Every USATF masters athlete should also be a volunteer. Why not? If we can criticize, we should help in trying to make things better.

USATF is the national governing body for track & field. As such, all meets sanctioned by USATF must follow the USATF rules of competition. Hopefully, that gives one confidence that they are competing on a level playing field. I know it isn’t perfect, but it is a good place to start.

Group Insurance

Also, the meet, the athlete, and the officials get group insurance—a great benefit at little cost. I can’t imagine that USATF officials would want to participate in a meet that wouldn’t provide insurance for them.

The National Senior Games Association, which is a member of USATF, recommends that all its members have their meets sanctioned by USATF. We need everyone to help get this message out—every athlete, official, and volunteer. Thanks in advance for your help.

5th ANNUAL SADDLEBACK MASTERS’ MEET

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

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

DIRECTIONS: Located between 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 additional event, and Family Relay is free.

LATE ENTRIES: Accepted on the day of the meet, but you must enter at least one hour prior to events to insure entry.

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

USATF Sanctioned Meet. You must have 2004 USATF Card.

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

Registration fee: $20, (includes 1st event). # of additional events: + $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

Atten: Mark Blethen Questions? Contact Mark (949) 582-4640

(Note: NO REFUNDS)

ENTRY FORM

NAME: ___________________________ SEX: M F AGE: ______ DOB: ______

ADDRESS: ___________________________ CITY: ______ ST: ______ ZIP: ______

PHONE: ( ) ______ FAX: ( ) ______ E-MAIL: ______

2004 USATF #: ______

T-SHIRT SIZE: (Circle size of shirt) M L XL XXL

AMOUNT ENCLOSED: $__________

PAYABLE TO: SADDLEBACK COLLEGE FOUNDATION.

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

Atten: 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: ______

GEORGE BANKER
Ruth Anderson: Nearly 75 and Still Going Strong

Over the past 31 years, Ruth Anderson has garnered enough memories to fill several thick journals and scrapbooks. A pioneer in women’s distance running, Anderson, 74, set numerous records during her 40s and 50s, at everything from a half-mile on the track to 24-hour runs of well over 100 miles. She won nine gold medals at world veterans competitions along with eight silver and 14 bronze. She was one of the first two women inducted into the Road Runners Club of America Hall of Fame. It would take an entire page in this publication to list her achievements.

While Anderson is not nearly as competitive as she was two decades ago, she’s still at it, currently training for the World Masters Athletics Non-Stadia Championships, scheduled for April 18-24 in Auckland, New Zealand.

“I still enjoy competition, even if my standards aren’t as high to win,” says Anderson, who, with her husband John, moved to Eugene, Ore. from Oakland, Calif., last year. “I try to set a good age-group example, so as to encourage other older women to keep competing, or to get started.”

Looking back, Anderson considers the 1979 London to Brighton 54-mile race, which she finished in 7 hours, 46 minutes, 16 seconds, as her most memorable running experience, primarily because she was the first official female entrant, which opened the race to other women.

Fond Memories
She also has fond memories of the 1983 and ’86 Western States 100 miles as well as winning, at age 50, the open women’s 50-mile national championship in 1980 with a time of 7:10:58.

After a little more thought, Anderson remembered her victory in the 1976 Pike’s Peak Marathon, her time of 5:09:14 still the age 45-49 record for the race.

But it’s not the records and awards that stand out so much as all the friends she has made around the world. “The great friends and the fascinating travel experiences,” she says, “have been the greatest rewards.”

Growing up in Omaha, Nebraska, Anderson attended a private girls’ prep school, lettering in basketball, field hockey, volleyball, and tennis. She also took equestrian training, both English and Western styles. But, of course, there were no real opportunities for girls or women to run in those days. It wasn’t until 1972, at age 43, that Anderson started running.

Swimming to Running
Working as a nuclear chemist at Lawrence Radiation Laboratory in Livermore, Calif., she would regularly swim laps for fitness in her employer’s pool, during the lunch hour. “But the pool was closed in November 1972 due to the high cost of heating that winter,” Anderson explains how she got started. “There was already a small group of runners training on the roads near the lab. I was invited to join them, along with a couple of my fellow swimmers, making six women and 20 men.”

Anderson started with a mile at about 8-minute mile pace and was soon up to doing three miles. It took her about six years to fully adapt to the sport, most of her personal best times recorded between 1976 and 1979, during her late 40s.

She ran everything from a 2:45:2 for 800 meters and a 5:57 mile to a 1:29:33 half marathon and 3:04:19 marathon, the latter coming in the 1978 Avenue of the Giants Marathon. In 1978, she did a 100-mile race in 16:50:47. In 1986, at age 57, she covered 110.25 miles in a 24-hour event.

100 Marathons
At age 65, Anderson ran the Twin Cities Marathon in 4:11:56. Her 100th and last marathon was the 100th Boston Marathon in 1996.

Anderson put in anywhere from 40 to 65 miles a week during her peak years. “During the work week, I’d run six to eight miles with my lab colleagues on our noon hour,” she recalls.

“When daylight savings began, I would join a group of trail runners in a park in the Oakland hills on Tuesday evenings. Most weekends I would use a race for speed work, sometimes both Saturday and Sunday.” For a track meet, she would try to do short repeats of 220 to 660 yards on Wednesdays.

“My training these days no longer focuses on a specific event,” she continues, “but more on the type of events I hope to run. Since retiring in 1991, I’ve concentrated on tough trails for nearly everyday training, usually going six miles or more at a pace determined by the difficulty.”

Effects of Aging
How has aging affected her? “Up until the last couple of years, the physical aspect was keeping me fit enough to do the exercising and training needed for the events I wanted to do,” she answers. “Mentally, I’m not as motivated to do the hard training required to be as competitive as I’d like to be.”

When she’s not running, Anderson enjoys reading, mostly mysteries, birding, art and music, as an observer or listener.

“But traveling to foreign countries is what I look forward to most,” she ends the interview. “It gives me a chance to meet up with the international friends all over the world I’ve met by competing in the various masters championships.”

USATF Preserves Masters Age Divisions

The American Ultrarunners Association (AUA) recently announced that the age increase in their masters division does not affect the standard USATF age-groups used for ultra distance national championships, age-group record keeping, and awards. Masters ultrarunners will continue to be scored and recognized in 5-year age-groups beginning with age 40 at USATF events, and the USATF Road Running Information Center, the official record keeper for long distance running, will continue to keep records for the standard ultra distances in 5-year masters age-groups.

AUA’s masters age division begins at either 45 or 50 years of age, depending on the race distance, while USATF recognizes masters runners who are age 40 and over. AUA President Kevin Settles announced AUA’s masters age increase in the February issue of National Masters News.

AUA proposed this change, which will be in effect only at AUA events, to the USATF MUT Running Council in November 2003, inviting MUT to follow AUA’s lead in this area.

MUT Chair Nancy Hobbs tabled the proposal, as it required a change to USATF rules and the MUT Running Council was not convinced that there was any evidence to support the change, which would exclude masters ultrarunners aged 40 to 49 years old from awards, records, and recognition. Such a change would adversely affect younger masters who would have less incentive to compete in ultra distance races after they turn 40 or 45.

“arageimpact of raising the master’s age would create a disincentive for older athletes to stay active in their sport. A reason ultrarunners compete into their 40s is due to the masters age-group awards and the competition within those age groups. I really looked forward to turning 40 because of the new age group,” states MUT Council Member Eric Clifton, 45, a highly awarded masters ultrarunner.

“Having to compete with 25-year old hot shots for another 10 years would be daunting.”

For the latest in top-level track & field
ant ri 's Ag th e Ni and earned an e qual pri ze pur e o f her coa h, pulled Eg i and B oy d thr o u g h March to th e du o of o r f o ur la p. D e ig n a te d in th e and 1 5, clo e ly trailed Byd fo r five la p. D a lt o n t ayed clo e th h a lf in pa ce- etle r S co tt W eek , th e Gr to n Hi g h h oo l tr ack and cro cou ntry " I
Canadian Fe t iva l of R ace 5K m a te r titl e in th e in ide lan e and keeping my th e fir t tim e B oy d bloc k e d th e move. th ra ce h o n e t b eca u se, win or h e hit th a t pet e for F lee t Feet R a i n g of Chi cago. in 3 1 :00, and claimed the Syr ac u e
When Mike did go by , he h a d ton s m o r l eft than I and h e wouldn 't l e t me h a l f la p to go, I s tart e d to tighten up , but m ain tai n e d th e le a d. If you take had to ge t fir t. It' s a big
year when h a d a couple of other track r ace under my former USATF m as ters cro ss -country ri ce between 600 and 800 meter s, and ru n n e r of the year .

two guy up front were running really strong, especially Mike. He has the leg cross country little s tronger on the longer track guy won, which is predictable .

"It was the track guy versus the cross country guy," said Boyd, who h ad a couple of other track races under my belt," said Dalton, a former USATF masters cross-country runner of the year. "I wasn’ t comfort­ able between 600 and 800 meters, and in the mile you have to be comfortable at least through 1000 meters. Those two guys up front were running really strong, especially Mike. He has the leg speed for the shorter stuff, and I’m a little stronger on the longer stuff."

"It was the track guy versus the cross country guy," said Boyd, who won $150 for second place. "And, the track guy won, which is predictable."

The elite women’s race was anything but predictable. With so much parity in performance among the top-seeded women, the lead changed numerous times, with runners moving up and down the line like pieces on a chess board.

"The time is slower than I had hoped for, but I’ve learned you race for time or you race to win," said Kennedy, third in 2003 and second in 2002. "I was happy to follow for six laps. Then when I went through the half in 2:53, I knew strategically I had to go soon because a couple of the Ontario girls had good kicks."

Myette, who was fourth in 2003, also had a lethal kick. She stayed back with Kennedy while the others traded places, surging forward or falling back as some were swallowed up by sneak attacks.

"I thought this race was going to be a math race, based on calculations that you have to do a certain time per lap split," said Myette, a standout in track, road and cross country. "But once we got going, it turned into a race. We kept changing places, and I kept saying to myself, ’Stay up front.’"

Myette was then passed by Kennedy, Nicholson and Patti Ford, Lafayette, N.Y., who owns the W45 U.S. mile record. But Ford lost ground after her bold move, while Myette, beginning on the fifth lap, moved hard in pursuit of Kennedy, and passed Nicholson and Ford to regain her position. Kennedy was less than a second ahead at the finish.

"I pushed it, and kept pushing to get enough lead where I wouldn’t be out­ kicked in the final 100 meters," said Kennedy, who attacked with 600 meters to go. "To come here and finally win it is awesome."

"I was trying to keep Karen in my sights, and when some ladies went ahead of me, I thought, ’That’s OK. Just get going, find your rhythm, do your best and on the last lap kick it in,”’ added Nicholson. "I’m happy with third."

"It was like being a spectator in a chess game, watching people make their moves,” Myette said. “When Patti went by me, I woke up and told myself it was time to get into the game. It absolutely wasn’t my fastest race, but I’ve never enjoyed the mile more.”

Among notable age-group performances, Frank Moore, 81, Ithaca, N.Y., clocked a 7:17.98.

Meet director Rick Hoebeke and co­director Tom Hartshorne created the inaugural Charlie McMullen Memorial Award to honor the three-time Hartshorne Masters Mile winner, Rochester, N.Y., who died at the age of 52 in August after a long battle with cancer.

The McMullen award was given to the male who ran the fastest non-elite race mile time. This year’s recipient was Fred Kitzrow, 48, Delmar, N.Y., who finished in 4:55.73.

Perennial supporters Ken Zeserson and Cornell professor emeritus Bob Babcock again provided sponsorship for this year’s men’s and women’s elite events.
Treadmill Training

With winter upon us, the use of treadmills increases. Recent articles in the New York Times and San Francisco Chronicle indicate that treadmill use is increasing. Benefits are several, including time savings, protection from the elements (not a problem in California, of course), and protection from stray dogs.

Oren and others have performed studies of gait patterns comparing treadmill vs. ground running, which have shown significant differences. On the treadmill there is a decreased rate of non-support, meaning that the foot is on the treadmill longer than on the ground in outdoor running. Murray and his colleagues point out that, if this is true, there are more heel strikes, more propulsive push-off, and more energy expended than in over-ground running. Although this may aid the cardiovascular system, those with mechanical flaws will suffer.

When the angle of the treadmill is increased, there is a shift of weight onto the ball of the foot, increasing pressure in this area.

Ongoing studies by Nigg, et al., show that while running on a treadmill, subjects placed their feet in a flattened position than when running on the ground. This might, therefore, cause instability to the midtarsal joint area.

Other factors include shear forces on the foot, which need further study, but there may be a shifting of the shear forces from the forefoot to the rear foot area.

This is not a condemnation of the treadmill, rather cautionary advice to those with mechanical faults in the foot and leg. You may want to consider outdoor running if there is any indication that the treadmill plays a role in the etiology of your running injuries.

(Dr. John Pagliano can be reached by e-mail at thefootbeat@aol.com)
Magill, Troncoso Glow in the Snow

Continued from page 1

race. There was a slight wind that nev-

theless chilled you to the bone when you were running into it. The course

was almost entirely hard-packed snow,

though the first 200 meters was soft

snow and there were stretches of slush

and ice throughout. The ground beneath

the snow (what little we saw of it) was

frozen solid.

“As for my club, Team Runners

High, we left 71-degree weather in

Southern California and arrived in

Indianapolis knowing that the colder

weather teams, the Boulder Road

Runners and Front Line Racing fore-

most among them, would think they

had a climate advantage. At the gun, a

tightly packed group of runners (me,

Mike Scannell, Mike Egle, Lance

Deening, David O’Keefe, Andrew

Athes, and David Olds) took off, cover-

ing the first 1K in 3:01, stretching out

the pack of 100 runners by the 1K mark.”

“By 2K, Scannell, Deening, and I

separated from a second pack of

O’Keefe, Athes, and Olds. I continued to

lead, and by 3K Scannell and myself

had begun to separate from Deening.

Right before 4K, Scannell tried to

too into the lead, but I held him off, having

decided that I would control the race my-
self—thinking that if it came down to a

kick my 1500 meter speed would give

me the advantage.

“But right after the 4K mark,

Scannell started to drift back, losing

nine seconds by the 5K mark, then

another 15 seconds over the 6th and

final K. The remainder of my club ran

an incredibly impressive race, with

seven finishers in the top 10 runners

and placing our seventh man in front

of Boulder’s third man and Front Line’s

fourth. . . . We tucked the cold-weather

teams (Front Line Racing from

Michigan and the Boulder RR), solidify-

ing, I think, our position as the top

M40-49 club in the country.”

Magill and Team Runners High also

won the recent Masters 10K Cross

Country Championships, Greensboro,

N.C., in December 2003.

James Robinson, 50, Genesee Valley

Harriers, won the M50 contest in

21:16, his M50-59 team taking second.

Dave Dooley, 56, Boulder RR, repeated

his M55 title from last year’s 6K cham-

pionship adventure in Houston, Texas,

and led the Boulder RR to the team
title.

Thom Weddle, 55, 20-25, topped the

M65, while Dick Wilson, 72, 27-12, held

off two Boulder RR finishers, William

Smythe, 74, 31-09, and Donald

Hayes, 72, 32-04, for the M70 crown.

One hundred men competed in the

race, including 16 from Colorado.

In the women’s race, one of the

U.S.’s finest cross country runners over

the past 20 years, Carmen Ayala-

Troncoso, 44, Austin, Texas, made a

successful play for her umpteenth

National Masters Cross Country title,

running 22:36 over the Indy course and

putting two minutes on the field. She

also competed in the Open Women’s

4K the following day, finishing a

respectable 20th place, 13:46.

Cheryl Harper, 41, Orem, Utah, 24:34,
raced to second place, holding off

Schenef Wright, 40, Running Republic of

Boulder, 24:40. Harper’s daughter,

Amber, a college student at BYU, fi-

nished third in the Junior 6K race, win-

ning a spot on the U.S. Junior World

Cross Country team.

The Running Republic of Boulder

won the W40+ team title, supported

by Wright, Karen Murphy, 7th, 25:39,

Diane Thompson, 8th, 27:09, and

Carolyn Benson, 9th, 27:17. They are

coached by Darin DeReuck, the hus-

band of Women’s Open 8K winner

Colleen DeReuck.

Suzanne Sarto, 50, 28:11, Running

Republic of Boulder, took the W50 title.

Gloria Jansen, 56, Prairie

Striders, made the trip from Minnesota

to claim the W55 title, 28:23. The

Boulder RR, led by second

W50 Catherine Nicoletti, 53, 28:52, second

W55 C. Gail Hunter, 59, 29:29, and

Lois Calhoun, 68, W60 winner, ran

away with the W50+ and W60+ team
titles.

Cold temperatures winnowed the

field to 21 starters, of whom 16 hailed

from Colorado.

Full results are available at www.
onlineraceresults.com.
Factoids for Masters

The following information appeared in the April and October 2003 issues of the Front Range Walkers' newsletter edited by Bob Carlson, M75. The reference articles are How To Protect Your Body From Time by Madeline Chinnici, Brachycardia by Brian Stanford, Ph.D., and Carbohydrates: The Complexities of a Simple Food by Nancy Clark, MS, RD.

Aging

As more and more masters race-walkers are competing into their 80s, they can maintain confidence that their muscles will be there for them. According to Madeline Chinnici you can keep as much as 94 percent of your muscle mass well into old age. She cites the studies of gerontologist John Rowe, M.D., President of Mt. Sinai Medical Center in New York City.

"The impact of chronological aging has been overemphasized. A substantial portion of the physical changes we consider natural to aging are actually due to environmental toxins, lack of exercise, poor diet, and such bad habits as smoking and excessive drinking."

By adolescence, you have your lifetime supply of muscle cells. Muscle building exercises enlarge these cells. Inactivity causes them to shrink, but they retain the capacity to enlarge. Consequently, adding exercise at any age will increase muscle mass.

In a research study at Tufts University, ten unift men and women, one as old as 96, worked out with free weights regularly. By the end of the two-month study, participants had increased their thigh muscle strength by an average of 174 percent and their muscle mass by 9 percent.

According to Chinnici, new research is showing that men and women who have a healthy lifestyle can set back their biological clocks, or at least slow them, by as much as 40 years. Scientists are finding that the very fit body of a 70-year-old can compare favorably to the moderately fit body of a 30-year-old. While some body parts do weaken as a natural result of aging, many have the potential of remaining "young" well past middle age.

Heart Rate

A resting heart rate can vary from the extreme low of 30 beats per minute in the highly conditioned, endurance athlete to 100 beats per minute or more in the sedentary adult. A low resting heart rate, or brachycardia, usually means that the heart is working very efficiently while a high resting heart rate means that the heart is working inefficiently.

According to Brian Stanford, Ph.D., brachycardia offers a physiological advantage to athletes. "The reduced heart rate allows a longer rest between beats, and more blood enters the ventricles (the chambers of the heart that pump the blood). This larger amount of blood stretches the heart muscle and leads to a stronger contraction and a greater ejection of blood. As a result of prolonged endurance training, the heart becomes larger and stronger, and the heart rate decreases further. At a given workload, the lower the heart rate, the higher the stroke volume and the more aerobically it fits the person."

Stanford compares the hearts of the sedentary person and the athlete. The sedentary person's heart is less efficient because it must beat faster and work harder to equal the cardiac output of the athlete as it pumps smaller amounts of blood. When both hearts are beating at a similar maximum rate during intense exercise, the sedentary person's heart is again less efficient because stroke volume is lower, so cardiac output is lower. (Cardiac output equals heart rate multiplied by stroke volume, the amount of blood pumped per minute.)

Pre- and Post-Exercise Carbs

Nancy Clark, MS, RD, includes the following in her article on carbohydrates: The goal of pre-exercise eating is to boost the carbohydrate energy surge but minimize the insulin surge. Insulin transports sugar out of the bloodstream and into the muscles. When combined with exercise, high insulin can contribute to a rapid lowering of blood sugar and the unwanted symptoms of hypoglycemia. Hence, low-glycemic foods are preferable for pre-exercise meals and snacks because they produce less of an insulin surge. And they are particularly good before prolonged endurance exercise, because they provide a sustained entry of glucose into the bloodstream.

High glycemic carbohydrates are best after exercise. When sugar is readily available, the muscles will recover faster. To hasten recovery after intense training, an athlete should eat at least 50 grams (200 calories) of a high- or moderate-glycemic carbohydrate as soon as possible, and two hours later eat another 50 grams of a high- or moderate-glycemic food. Muscles can refuel with liquid carbohydrates (juices, sports drinks) just as well as with solid foods. Because fatty foods can block sugars from reaching the bloodstream, baked potatoes and bagels should be eaten with limited butter and cream cheese.

The body can use only so much carbohydrate post-exercise. A 50 gram dose is adequate for a 150 pound athlete. More isn't better. Lighter athletes can eat proportionately less and heavier athletes proportionately more.

Clark provides an index based on 50 grams of carbohydrate for the following foods. High glycemic foods have a glycemic value above 60; moderate 40-60; low less than 40. The glycemic response to food varies in individuals, but these numbers are given as a reasonable average.

High glycemic foods: glucose 100; baked potato 98; cooked carrots 92; honey 97; corn flakes 83; white bread 72; whole wheat and white bread 72; raisins 64; banana 61;

Moderate glycemic foods: corn 58; peas 51; white pasta 50; oatmeal 49; orange juice 46; oranges 43; grapes 43; rye bread 42.

Low glycemic foods: apples 39; ice cream 36; whole milk 34; kidney beans 33; lentils 29; barley 22; raw carrots 16; nuts 11.

(Elaine Ward can be reached by e-mail at narw@aol.com)
A New Beginning for American Ultrarunning

Since 1984, the American Ultrarunning Association (AUA) has been consistent in its leadership in developing opportunities for ultrarunners and facilitating programs and national teams. The AUA was instrumental in the founding of the International Association of Ultrarunners (IAU) in 1984, and played a key role in bringing ultrarunning under the umbrella of USA Track & Field in 1986. Throughout the years, the AUA has steadily stood by the American ultrarunner and focused on its mission of serving the sport of ultradistance running.

On Jan. 1, 2004, the AUA embarked on a new venture that creates partnerships with ultrarunning entities that have proven track records in serving the runners. The AUA is partnering with Ultrarunning Magazine, as its core membership base and publication vehicle. This publication has stood the test of time and remains the centerpiece of communication for American ultrarunning. With complete event coverage and a variety of columns ranging from training advice to whimsical stories of the participants, this magazine represents the best forum from which the AUA can serve its constituents.

New Direction

The AUA is moving in a new direction to reach all ultrarunners, regardless of age or gender. We aim to facilitate the organization and promotion of competitive championships and to bring a value added proposition to these events. The AUA will foster this competitive environment to further the development of ultrarunners of all abilities. We will also provide an avenue for athletes to participate in international competition. We continue to represent the United States at the international level with representation among the International Association of Ultrarunners (IAU).

The AUA will have a marketing-driven focus, with a goal of promoting the sport of ultrarunning to the mainstream public. We will package a set of ultrarunning products to better attract sponsors to the sport. As one of the founding members of Running USA, we will continue to support their movement and to further our involvement with that organization.

Advisory Groups

The AUA will consist of two advisory groups to help guide us in this new direction. An athlete advisory group will provide direct feedback from elite (or front-of-the-pack) ultrarunners to the mid-level and masters age-groups. A second advisory group will consist of race directors whose interest lies in the formation of a well balanced championship calendar. These two groups will act as the AUA executive board on matters relating to their respective needs.

The AUA is very much interested in improving the overall performance of ultrarunners. As with marathoning, ultrarunning has seen a parallel drop in performances, for both open and masters runners. We will create a forum aimed at development of the ultrarunner, for both newcomers and veterans.

Peak Performance Age

The AUA is planning on adjusting its masters age groups, to bring them into line with statistical analysis of the actual effect of aging on ultramarathon performances. Forty-plus is the average age of our open, elite championship medalists, proof that a runner's peak performance age at ultradistances is advanced beyond that of sub-ultradistances.

"2004 will be an exciting year for American ultrarunners," says Kevin Setnes, President of the American Ultrarunning Association. "For a change, they will feel like they are receiving something tangible from a national organization and not merely a card with a number on it. They will clearly be able to identify who we are and what we are trying to do for them."

(For more information on the American Ultrarunning Association, please visit www.americanultra.org)

USAFT Georgia Association Masters
Track and Field Championships

Masters Pentathlon Championship - Open Track and Field Competition

Friday and Saturday, April 16-17, 2004

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

Championships for all athletes 30 years of age and over. Competition for athletes 19-29 years of age. Out of state athletes are welcome.

MOTEL FOR PARTICIPANTS:
Best Western Central, 45 Eisenhower Dr., Savannah; 912-355-1000; $60 per night, two double beds, non-smoking, identify as taking part in the track and field championship. Must be about three miles from track, just off Abercorn.

DEADLINE FOR THIS RATE IS APRIL 13, 2004.

INFORMATION: Jim Hite, PO Box 717, Milledgeville, GA 31061; 478-982-4881; FAX: 478-982-9984; jimhite34@bellsouth.net

Coach Ted Whiteman: (511) 921-351-3506

All participants must be members of USAFT. Memberships will be available for purchase on site. You may also purchase a USAFT athlete's number on-line at usatfn.org, click on membership.

NO ONE will be allowed to participate without a USAFT athlete's number, which must be on the entry form.

USAFT ASSOCIATION medals will be awarded to the top three in each masters (30 and up) five-year age group, men and women. and to top three open (19-29) in each event. Out of state participants will receive comparable place awards, but may not display any Georgia athlete.

This event is sanctioned by USA Track and Field, and USAFT rules apply.

Deadline for entry is April 13, 2004.

Entry fee: $15 for first event, includes T-shirt; $5 for each other event. Relay team: $10 per team.

Timing by Finishline.

EVENT INFORMATION:
10,000M run, 5000M walk and 5000M run: all age groups will compete in a single event. Age group identification will be on runners' backs.

"Pre-eliminaries: 100M, 200M, 400M, 400M/100M hurdles, if eight or less are entered in any age group, trials or heats will be contested in that age group and all entrants will move to the finals. If nine or more are entered in any age group, trials or heats will be run with heat winners and the next fastest times, completing a field of eight participants, added to the finals. Since the NUMBER OF PARTICIPANTS WILL BE KNOWN BY APRIL 14, YOU MAY CONTACT THE MEET DIRECTOR (Jim Hite, at email and/or phone numbers listed above) TO FIND OUT IF YOU WILL HAVE A PRELIMINARY HEAT. NORMALLY, THERE ARE VERY FEW PRELIMINARY HEATS IN MASTERS ASSOCIATION MEETS, BUT TO MAKE SURE AND NOT TO BE LEFT OUT, CALL!!!"

RELEAYS: Please indicate on entry on which relay(s) you will enter. Teams are to be made up within 10-year age groups for masters, beginning with 30-39. Teams also will be made up of open (19-29) athletes.

Note: age groups may be combined within events in the interest of time and competition, but awards will not be affected.

REGISTRATION: Register on site at: usatfn.org

ENTRY FORMS ARE AVAILABLE AT USATFN-NE WEB SITE www.usatfn.org
**On The Run**  
By HAL HIGDON

**Taking the Measure of the Masters**

As part of the research for my next book, *The Runner’s World Guide to Masters Running*, I recently posted a questionnaire on my website and in the *National Masters News*. The response was much more than I had anticipated. Nearly 500 runners took the time to fill out what admittedly was a long and detailed questionnaire. I am impressed with all of you. Thanks for your time and effort.

I won’t complete the book until the spring of 2004, and it won’t be available for sale until the spring of 2005, but in the meantime I didn’t want you to wait to learn the results of my survey. I had posed 34 questions, some of which were designed to obtain “good quotes” for the book. Others were designed to uncover interesting anecdotes about runners over the age of 35 (the current international designation of when you become a “masters runner”). Still others were designed to provide us with some statistical information about you as a master.

Rather than doing all the analysis myself, I hired my grandson Kyle (age 15) to do the work along with his younger brother Wesley (age 13) and younger sister Holly (age 10). They all run cross-country, play soccer, take piano lessons and still find time to get good grades. But they did the job. Here are some of the preliminary results from our survey.

Not all questions lend themselves to a statistical breakdown, so not all questions are listed below. In the breakdown, percentages do not add up to 100%, because people had the opportunity to check more than one box in any given category. Also, the results are somewhat skewed because of the much higher response I got via the Internet.

Because my Web site features training programs for marathons and other races, most of those visiting the site (and responding) are long distance runners. So while the information gathered may relate to the typical masters “runner” (that being the subject of my book), it may not be exactly the same as for the typical masters “athlete.”

1. What events do you participate in?
   - Long distance running: 92%
   - Middle distance: track: 11%
   - Short distance: track: 9%
   - Field event: jumping: 5%
   - Field event: throwing: 4%

2. Does the term “Masters Running” apply to all events or only running?
   - All events: 49%
   - Only running: 47%

3. What age did people start running, and how long have they been running?
   - Started running at age 35 (on average)
   - Have been running for 15 years

4. What is important to you about running?
   - Physical fitness: 93%
   - Setting personal records: 68%
   - Relaxation: 60%
   - Looking good: 45%
   - Camaraderie: 57%
   - Competition: 32%
   - Setting world records: 6%
   - Other: 30%

5. Are you interested in world or national competition?
   - Yes: 14%
   - No: 86%

6. How long has it been since you had your last physical examination?
   - 1.95 years (on average)
   - Never had a physical: 12%

7. Among those who had physicals, what percentage had a stress test?
   - Yes: 29%
   - No: 71%

8. In your training, how many days a week do you:
   - Train in your main event:
     - 4.5 days (on average)
   - Cross-train:
     - 1.01 days
   - Rest:
     - 1 day

9. If you are a runner, do you do speedwork?
   - Yes: 71%
   - No: 24%

10. How many days do you do strength training?
    - 1.65 day on average
    - (The percentage of those who did no strength training was 27%)

11. Do you include stretching in your training?
    - Yes: 85%
    - No: 15%

12. What injuries have you suffered as a masters runner?
    - Muscle pull: 32%
    - Knees: 30%
    - Plantar fascia: 26%
    - Non-running injury: 22%
    - Iliotibial band: 20%
    - Achilles tendinitis: 17%
    - Shin splints: 16%
    - Stress fracture: 9%
    - Health-related problems: 8%
    - No injuries: 10%

13. Do you take supplements to improve your health?
    - Yes: 65%
    - No: 35%

14. Do you take supplements to improve performance?
    - Yes: 15%
    - No: 85%

15. Do you have a coach?
    - Yes: 30%
    - No: 70%

(Hal Higdon is a Senior Writer for *Runner’s World* and a regular contributor to *National Masters News*. For more of his articles and training programs, visit his Web site at www.hal-higdon.com.)
### PUBLICATIONS ORDER FORM

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<tr>
<td><strong>Masters Age Records (2003 Edition)</strong>&lt;br&gt;Men's and women's world and U.S. age bests for all track &amp; field events, age 35 and up, and for all racing events, age 40 and up, as of Oct. 31, 2002; 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundie.</td>
<td>$12.00</td>
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<tr>
<td><strong>Masters Track &amp; Field Rankings Book (2002)</strong>&lt;br&gt;Men's and women's 2002 U.S. outdoor track &amp; field 5-year age-group rankings. Coordinated by Jerry Wojcik. All T&amp;F events, including mile, relays, weights, racewalks, and combined events. $8.</td>
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<td><strong>Masters Track &amp; Field Rankings (2003)</strong>&lt;br&gt;Men's and women's 2003 U.S. outdoor track &amp; field 5-year age-group rankings (25 deep). Compiled by Dave Clingan and Larry Patz. Includes mile, weights, racewalks, and combined events. 8 pages. $4.00.</td>
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<td><strong>Masters Age-Graded Tables</strong>&lt;br&gt;Single-age factors and standards from age 8 to 100 for men and women for every common track &amp; field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. $6.00.</td>
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The Indoor Season, It Ain’t Over Yet

The indoor season for masters west of the Rockies has been essentially non-existent for a couple of years. But who cares anyway, when you can train outdoors in warm, dry weather until the early spring meets roll around in California and Arizona?

In the Northwest, however, where sunshine is at a premium during the winter, a couple of indoor meets would be welcomed before the drizzle stops and the outdoor season starts in April or May.

A couple of years ago, a popular indoor meet was held in Eugene until problems arose with the portable track, and the meet disappeared. Another meet in Portland, now passe, drew a small masters field, but it was better than nothing.

The former indoor meet in Reno, the site of the Masters Championships in 1995, held during the February three-day President’s Weekend was a big hit with masters. The facility was user-friendly, especially for throwers, and the city’s tourist offering were an additional inducement. Husbands and wives of competitors could do something else besides sit in the stands and watch people run around in circles.

Attendance Down
This season, reports and results of masters indoor meets on the East Coast indicate that attendance was not what it has been in previous years, perhaps the result of a harsh winter so far, or athletes focusing on the inaugural WMA Indoor Championships in Sindelfingen, Germany, March 10-14, or our National Masters Championships in Boston, March 26-28.

On March 13-14, Northwest masters who had to pass on Sindelfingen will have an opportunity not only to compete indoors but also to preview the Idaho Sports Center in Boise, site of the 2005 National Masters Indoor Championships. Actually, the meet is in Nampa, about 20 miles west of Boise.

The track, installed in November 2002, is the same one used for the USATF National Championships at Atlanta’s Georgia Dome. It is a 200m, six-lane, banked, Mondo surface, with eight lanes for the 60m races and long jump, pole vault, and high jump runways inside the oval.

Accommodating Venue
Throwers should find the venue just as accommodating as runners and jumpers will. The superweight, rarely offered in an indoor meet, is on the schedule for the 14th. The shot put will take place inside the oval on an artificial surface. Both the weight and superweight will be thrown on a dirt surface next to the oval, according to Mark Murdock, meet director.

The Web site for the Idaho Masters Classic is www.usatf.org/assoc/sr, and contains information on the meet, the city of Boise, the facility (with pictures), accommodations, and an entry form. Entries are open to March 1, and only online entries will be taken after that date. (E-mail: idahoclassic@earthlink.net; phone: 208-859-9219)

The meet also offers Westerners headed for Boston’s Reggie Lewis Track & Athletic Center two weeks later, an opportunity to test their mettle against the many good athletes in the West, Northwest and Mid-America regions.

This is the eighth year in a row that the Lewis Center will host the Masters Championships. After Boise/Nampa in 2005, they will return to the Lewis Center in 2006.

Rankings Report
Ready for Rankings? Better Read This

This issue contains the 2003 U.S. Masters Outdoor Track & Field Rankings (see next page). They were compiled by Dave Clingan and Larry Patz. The lists for men and women ages 30-39 were done by Robert Walter. Tom Higbie did the trackwalks.

The indoor rankings for 2004 will be done by Larry Patz and will be published in the May issue and also on the National Masters News Web site at www.nationalmastersnews.com after the 2004 National Masters Indoor Championships in Boston. Patz can be reached at 534 Gould Hill Rd., Contoocook, NH 03229; e-mail: B6883578@aol.com.

Changes to the 2003 Outdoor and 2004 Indoor Rankings sent to the National Masters News will not be forwarded to Clingan or Patz.
### U.S. Outdoor Masters Dash & Field Rankings for 2003

Rankings compiled by Dave Clingan and Larry Patz

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<th>Distance</th>
<th>Event</th>
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<th>Age</th>
<th>Time</th>
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<td>100m</td>
<td>100m Dash</td>
<td>River Brown</td>
<td>43</td>
<td>10.01</td>
<td>Todd Cantrell</td>
<td>55</td>
<td>10.93</td>
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<td>9:23.31</td>
<td>Richard Hain</td>
<td>43</td>
<td>9:22.91</td>
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Note: The above data represents the top 10 performers in the 100m, 200m, 300m, 400m, 800m, 1500m, 2000m, and 4000m dash events for masters athletes. These rankings were compiled by Dave Clingan and Larry Patz.
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<table>
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<td>10000m Racewalk</td>
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<td>20000m Racewalk</td>
<td>20:22:45</td>
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<td>30000m Racewalk</td>
<td>30:32:54</td>
<td>31:53.10</td>
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The above table shows the times and distances for the racewalk events.
Weinbel Honored as Originator of Meet
Masters Brave Cold for Dartmouth Relays
By JERRY WOJCIC

Despite a New England freeze that had temperatures at 10 degrees, masters athletes filled a warm Leverone Field House on the Dartmouth College campus, Hanover, N.H., for the 35th Dartmouth Relays, on Jan. 9.

In the sprints, Roger Pierce, 59, Essex, Mass., starred in the 60m (8.03), 200 (26.33), and 400 (58.97). Gregory McBride, 49, Boston, Mass., ran a 24.94 200.

Audrey Lary, 69, Frederick, Md., part of a strong contingent who made the trip up from Maryland, won the 60m (9.73), 200, long jump, and triple jump (26-6 1/4). Pamela Swan, 40, Bowdoin, Me., won the 200 (29.66), pole vault (8-6), and long jump.

Bruce Davis, 40, Cambridge, Mass., won the M40 1500 from Sam Davis, 43, Colchester, Vt., 4:19.89 to 4:21.74, but Davis took the 3000, 9:28.08 to 9:44.38.

Dartmouth College’s men’s cross country/track coach Barry Harwick, M45, and his father, John, M70, of the West Penn TC, both won their 1500 races.

In a rare 5000 on the track, James Hebert, 45, North Reading, Mass., posted the fastest M40+ time of 17:21.77.

Bill Murray, 50, Birmingham, Ala., with a 10.49, won the 60H from Robert Hahn, 52, Tyler, Texas, and took firsts in the high jump, pole vault, long jump, and triple jump.

Barbara Jordan, 68, South Burlington, Vt., the W65 U.S. record holder (13.01), ran the 60H in 13.07.

James Stockey, 73, Dickerson, Md., was the standout in the triple jump with a 23-1 1/4.

Meet Director Carl Wallin, 62, outdistanced everybody else in the shot put (46-6 3/4) and 20# weight (59-8 1/4). Don Fulkins, 50, Hanover, N.H., belted the 25# weight to 53-3 3/4.

Samuel Meesker, 75, Pawlet, Vt., was a scant two centimeters off the M75 U.S. record of 11.43 with 11.41 for the 16# weight.

SW Regions Staged with Red Raider Classic
By JERRY WOJCIC

The Red Raider Classic hosted the USATF Southwest Regional Indoor Masters Championships on Jan. 31 at Texas Tech University in Lubbock.

Dorothy Vander Cruyssen, 58, of the Houston Gold club, took home six gold medals with wins in the 55m (8.90), 200, 55mH, high jump (1.22), long jump, and shot put. Middle distance specialist Rose Monday, 44, opted for the 400 and ran a 61.01.

World record holder Bill Collins, 53, running for Houston Elite, posted the fastest times of the meet in the 55m (6.92) and 200 (23.90). Donald Neidig, at the top of his age group at 59, had the third fastest 200m time of the day (24.78), and ran a 55.08 400.


Stacey Price, top ranked M45 in the 55H (8.37) in 2003 and now 50, posted the quickest hurdle time of 8.15. Lowell Bonfield, 70, Dallas Masters, past indoor champion, ran a 10.56.

Ken Ellis, 46, Team Oklahoma, high jumped 1.77. Terry Porter, 51, Team Altius, was tops in the pole vault at 4.40.

Bill Murray, 50, had the longest shot put (12.87). National discus record holder for M65 and M70, Wendell Palmer, M70, hit 11.67 with the 8kg shot.

19th ANNUAL MEET OF CHAMPIONS
SOUTHERN CALIFORNIA STRIDERS
TRACK & FIELD CLUB
CALIFORNIA STATE UNIVERSITY AT LONG BEACH SATURDAY, MAY 8, 2004
ENTRY FEES: $12 first event, additional events $6. Relay teams free.
After deadlines, or at least $15 first event, $7 per additional event.
DEADLINE: May 1, 2004.
DIVISIONS: Men & Women: Submasters (30-39) and masters (40+) compete in 5-year age groups.
AWARDS: 2" medal with red, white & blue ribbon for 1st, 2nd, & 3rd.

FACILITIES: 8 lane artificial surface track, concrete throwing rings.

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

DIRECTIONS TO CSLUB: Exit 405 freeway at Bellflower Blvd. Go south to Alhambra. Left (signal) to Signal. Right into parking lot. Track is on left behind parking structure. Parking in lot #14 is free. Otherwise, prepare to pay $1.75.

Schedule
Track Events
11:00 am 80/100/110 meter hurdles
11:30 am 1500 meters
12:00 pm 100 meters
1:00 pm 300/400 meters hurdles
1:30 pm 3000 meters

Field Events
11:00 am hammer throw, pole vault & high jump
12:00 pm discus throw & long jump
1:30 pm shot put & triple jump
3:00 pm javelin throw

ENTRY FORM (Please print)

Last Name ___________________________ First Name ___________________________
Address
City ___________________________ State ___________________________ Zip ___________
Date of Birth ___________________________ Age on 5-8-04 ___________________________
Sex ___________________________ M F ___________________________
USATF & No. ___________________________
Club ___________________________

Amount Enclosed ___________
Make checks payable to So. Calif. Striders and send to Hugh Cobb, 3180 Camino Arroyo, Carlsbad, CA 92009 - Phone 760-436-7696. Inquiries may also be directed to Al Escabosa at 714-528-1443.

WAIVER - In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors or administrators, waive and release forever any and all rights, claims or damages I may accrue against California State University at Long Beach, the Southern California Striders, USAATF, the meet director and all sponsors of the track & field meet, their representatives and assigns for any and all injuries which I may suffer while traveling to and participating in the MEET OF CHAMPIONS to be held May 8, 2004 at California State University at Long Beach. I certify that I am free from permanent injuries or physical defects.

SIGNATURE ___________________________ DATE ___________________________
Dynamic Warmup

Lately many running coaches, including myself, have begun to realize that there is a much better way of warming up for training or competition than the traditional (jog, static stretch, and perhaps some strides). This new way uses exercises that mimic running and is called the dynamic warmup. A dynamic warmup involves ABC sprint drills (described below), leg swinging exercises, fast strides, and plyometrics, but with little or no static stretching in view of its several major disadvantages during a warmup. The rationale for this switch to little or no stretching before a workout or competition and the advantages of the dynamic warmup are explained below.

Static stretching is still very beneficial and needs to be done daily, but at the right time, and always after warming the muscles. Static stretching is recommended shortly after the workout, when muscles are warm; this provides maximum flexibility, improves recovery, and reduces lactate and soreness in muscles, thus helping prevent injury. But after a strenuous workout or hard race, particularly if there are sore muscles, wait two hours before stretching to let the micro trauma and lactic acid subside.

Disadvantages

Recent research trials and literature surveys indicate the following disadvantages of static stretching before training or a race:

• Static stretching does not warm up muscles sufficiently. The warming up during jogging is often lost during the long static stretching session, usually 10 to 15 minutes. This is particularly the case during cold outdoor weather.

• There is little similarity or specificity between static stretching and the rapid lengthening (eccentric contraction) and shortening (concentric contraction) of muscles under load while running when injuries occur.

• Static stretching, even though mild, leads to some micro tears in muscle cells and stretching masks pain. Therefore, static stretching immediately prior to training, particularly if stretching is intense or prolonged, could lead to injury if followed by intense or prolonged exercise.

• Possible decreased performance. Research shows stretching within 60 minutes before the start of competition or training leads to decreased force output. Peak force and rate of force may be reduced by a few percent. Strength decreases slightly up to an hour after long static stretching. Hence performance is decreased in endurance and speed events.

• Many recent trials and literature surveys indicate static stretching before exercise is not beneficial to prevent injuries: for example, notably an Australian study of 1538 army recruits doing intense exercise (Pope, et al, 2000), and a review of 138 sport science articles (Shirer, 1999).

However, I believe it is impossible to be conclusive on this point since there are many variables to consider: e.g., elite vs. recreational athlete, young vs. old athlete, flexible vs. inflexible athlete, intense exercise vs. non intense, and type of sport. In fact, the risk of injury appears about even in favor of static stretch, or not at all before a workout; this would be a fairer statement.

• This is not a central nervous system activity, unlike running or a dynamic warmup.

• There is no similarity to actual running, since most of the stretching is done while stationary while sitting or lying down.

• Static flexibility deals with structure and maximum range, whereas dynamic flexibility—in running—deals with the central nervous system and “easy range of motion (McHugh, 1977).” Big differences.

• Decreased blood flow compared with dynamic warmup.

• In some events, such as sprinting, too much flexibility can be detrimental.

Summary of Disadvantages

In view of the above disadvantages, stretching before a strenuous workout or competition is not recommended. Instead, a dynamic warmup is recommended. However, the traditional jog and gentle stretch before an easy workout could still be retained.

Ideal Warmup

An ideal warmup increases muscle and joint temperature by one or two degrees, and simulates actual running movements, which stimulate the central nervous system, and cardiovascular, psychological and physiological systems. As explained below, the dynamic warmup does all of these more effectively than static stretching.

Advantages of Dynamic Warmup

• Consistent ABC drills practiced for about six weeks could result in reduced stride contact time by about 0.01 seconds. This is a significant improvement: for example, about one second in a 200m race or over a minute in a 10K race.

• Joint mobility is improved to a greater extent compared to static stretching.

• The cardiovascular system is worked on at the same time as the muscles and joints.

• The movements are specific to actual running. The movements reinforce and teach the good running form movements that improve running performance. Hence, running form/technique can be worked on and improved during the warmup.

• The movements result in increased muscle temperature compared to static stretching; hence, muscle contractions are more rapid and forceful.

• By simulating actual running movements, the athlete is better prepared physiologically and psychologically for training or competition, compared to static stretching.

• By substituting dynamic movements for static stretching, the muscle micro tears can be avoided.

• The activities normally include fast movement plyometrics (jumping, hopping, bounding), which result in forces of 5 to 10 times body weight through the whole body and central nervous system. These exercises will improve reaction time, strength, explosive power, and stride length; also, running economy in distance runners can be improved by 4 to 6 percent.

• A dynamic warmup involving plyometrics activates the neural pathways of the central nervous system in movements mimicking running movements. The plyometric exercises will help to retain the neural pathways. This is particularly important to older athletes who tend to lose neural path-ways and associated fast twitch fibers due to lack of fast resistive movements in training.

Recommended Warmup Sequence

1. Sprinters walk or jog for 400 meters. Distance runners jog for about a mile.

2. Leg swinging to exercise all parts of the lower body except the calves. (See my book, How To Be A Champion, From 9 to 90, Body, Mind, Spirit Training, chapter 12, for details of eight exercises, if not familiar.)

3. Sprint ABC’s drills. Do 2 x 30m of each with brisk walk back. (See my book, chapter 7, for details of the following drills, if not familiar):

   • High knee marching.
   • Foreleg extension marching (exaggerated running motion).
   • Butt kicks.
   • Gestapo skipping.
   • High knees running.
   • Karioka (sideways running while criss-crossing the legs).

4. Quick-low-short steps drill for 15 meters, then accelerate for 15 meters.

5. 12 lunges.

6. The following drills are done on the spot:

   • Feet bouncing for 30 seconds (stand on one foot, bounce the other foot rapidly).
   • Fast arms drill for 1 minute sitting or standing.

5. Plyometrics

Start in initial weeks with double leg hops, about 20 foot contacts per session and work up to one-legged hops and a total of 60 contacts per session after a month. Progress to bounding after about 3 weeks.

6. Sprints

Do 5 x 50m at 90% effort with walk back. First and last reps are slower.

7. Walk 400 meters and start the training or competition.

Some of the above steps may be omitted. Not counting the walks, a shorter version of the above should take only about 25 minutes. In this time, a mild perspiration and increased heart rate should be achieved.

(To obtain a copy of Earl Fee’s book, How To Be A Champion From 9 to 90, Body, Mind, Spirit Training, see Publications Order Form on p. 13.)

TWENTY-FIVE YEARS AGO
March 1979

• Occidental Life Insurance Co. to Sponsor Masters Program

Report from Britain

By BRIDGET CUSHEN

In their build up to the WMA Indoor Championships in March, British athletes took full advantage of the many open meets throughout the country and, competing against younger athletes, achieved some brilliant confidence-boosting performances.

One of the most extraordinary was the shattering of Nolan Shaheed’s M50 indoor world record of 2.02.88 in 2001. In a meet in Birmingham on Jan 25, Londoner Dave Wilcox, a former WMA world 800 champion, knocked 2.36 off the current record with a 2:00.52, finishing fifth after a great last-lap tussle with three other well matched opponents.

The English Institute of Sport’s super new indoor facilities in Sheffield that opened in the autumn was used by the North of England AA for their championships on Jan 31. Averil McClelland, current world silver medalist from Puerto Rico, broke her British W45 200 record of 26.86 set only the previous month in Manchester, storming round the 200m bowl in 26.39 for a new European record, right on cue for Sindelfingen. Earlier in the meet, she just missed the 60m record with 8.34. Wendy Lang, W40, cleared 1.60 in the high jump.

In the same week as he reached his 40th birthday, Royal Air Force officer, G. J. W. Dunson twice broke the UK high jump record, clearing 1.85 on Jan 27 and 1.90 two days later. At the other end of the scale, Norman Carter, 75, cleared 1.15, also a British record. Neil Griffin, now M55, improved his British record to 14.45 in a meet in London on Jan 31.

Two local pole vaulters, Brian Harlick, M60, and Dave Blunt, M50, cleared 2.80 and 3.20, respectively. In Cardiff, Sean Power, better known as a triple jumper, raced to a new UK M60 60m record 11.08.

Fifty-two competitors tackled the British Masters pentathlon at the super 6-lane National Indoor Arena in Birmingham on Feb 1. Charmaine Johnson defeated the world champion, Jenny Brown, by 3353 points to 3324 in the W40. John Charlton ran up more points in the M55 group than some of his younger opponents. (Full results are on the BMAF Web site: www.bmaf.org)

The Scottish combined events championships were held the weekend of Jan 31-Feb 1 in Kelvin Hall. An M55 British heptathlon record of 5267 was amassed by Ty Lewis. Brian Slaughter took the M45 title with 4761, and Julian Kennedy the M50 with 3975.

Alasdair Ross won three M50 Scottish titles on the very banked arena: 60m, 7.70; 200, 24.68; and 400, 55.89. Ester Linaker, who won the W60 100/200 in Puerto Rico, coasted to a 60/200 9.24/31.85 double. She is the current European indoor and outdoor title holder.

FIFTEEN YEARS AGO

March 1989

* Mike Boit, 40, Lowers World Indoor Masters Mile Mark to 4:15.88
* Australia’s Tony Murray, 41, Breaks Ron Bell’s World Indoor Masters Mile Record with a 4:12.58
* Emmet Parker, M60, and Gina Faust, W50, Are Top Age-Graded Runners in Paramount Masters 10K

A New Zealand Invitation to the WMA Non-Stadia Championships

Have you ever contemplated being presented with a world championship medal from an athletics legend like New Zealand’s Arthur Lydiard?

That’s an opportunity that the masters athletes of the world will have during the seventh edition of the World Masters Athletics Non-Stadia Championships in Auckland, New Zealand, in April.

Many of New Zealand’s past world and Olympic middle- and long-distance champions will be in attendance during the week-long competition of road running and racewalking, along with relay action – the first of an expanded WMA format.

Preceding the championships, athletes will have the opportunity to complete a training run through the Waiauaru Ranges, hosted by the 85-year-old Lydiard, the doyen of all athletics coaches. It was the miles upon miles over these roads churned out by “Arthur Boys” that gave the world Peter Snell, Sir Murray Halberg, John Davies, Barry Magee, and Bill Baillie, among many others.

Along with John Walker, Dick Quax and Alison Rowe, a number of these legends will combine to present a series of seminars/forums throughout the championships and will be involved in medal presentations.

The championships commence on April 18 with a 10K and conclude on April 24 with the half-marathon.

In between, two relays will be conducted – a cross country relay and the extremely popular Eiden relay (six runners competing over the marathon distance of 42.195K).

The road racewalkers haven’t been neglected either, with three events ranging from the 10K through to the 50K.

For those who prefer marathon running, then the Rotourn Marathon on May 1 is for you. This year sees the celebration of the 40th running of the longest established marathon in the Southern Hemisphere. Official WMA marathon world championship titles will be at stake in this race.

And in another first for WMA, online entries are being taken through the official championships Web site: www.wma2004.org. A steady stream of international entries is currently being received.

New Zealand is a very affordable country to visit. A wide range of accommodation options is available at competitive rates and can be secured on line or by e-mailing: accommodation@wma2004.org. For additional details contact Peter Penenmor, NZ WMA 2004 OC, 09649 9 267 5542; Fenel@xtra.co.nz.

U.S. ENTRIES IN WMA WORLD CHAMPIONSHIPS

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<td>Melton, James M 35</td>
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<td>Miller, Charley M 66</td>
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</table>

Gold medal M55 USA 4x400 relay team (3:47.25), 15th WMA Championships, Puerto Rico (l to r): Charles Alle, Warren Graff, Larry Bannum, and Roger Pierce.
Masters Scene

NATIONAL

• USA Track & Field has adopted the IAAF rule for false starts, which changes the first false start to the field with subsequent false starts resulting in disqualification of the athlete committing the false start. The change does not affect masters, youth athletes, and events such as track end event competitions, which will follow the rule that disqualifies an athlete only if he or she commits a second false start. The change (Rule 162.12) was approved at the 2003 Annual Meeting in Greensboro, NC, and went into effect Jan. 1. For a listing of rule changes approved in Greensboro, see www.usatf.org/about/an/annual/meeting/2003

• Kathy Martin, Northport, NY, broke her W50 1500 AR of 5:02.28 set last year, with a 4:57.7, in the Long Island Championships at Long Island’s Suffolk CC, Feb. 8. Martin was honored as the Athlete of the Year in the Cross Country, LDR, and track by the USATF Masters committees for 2002 and 2003.

• Bob Cahners upped his M60 AR of 18:19 with the 200 4:57.7, raced to a 2:09.56 in the 55m, USATF Masters Mile Championships, Grand Valley St. U., Allendale, Jan. 18. Chuck Sochor, 76, won the 55m (9:15) and 2000 (2:09.56) (11:08). Tom Bunner, 48, took the M40 200 in 25.24, and was over 3:96 in the PV. Tom Smith, 55, won the 2000 and an M55 first in the 400m (1:58.32). Hilary George, 55, was the farthest in the SP (13:34.26), and Jim Wettenhall, 49, tops in the weights (16:94).


• Beth Harvey, 50, Flushing, MI, took the women’s 5K overall in 19:46.57, and 4000, Snowflake Run, Flushing, Jan. 10. Brad Armstrong, 41, Northville, MI, won a M40 (18:30), with Dave Canute, 55, Durand, MI, second (19:37). Jim Forshee, 77, Ann Arbor, MI, won the M70 contest (24:17). In the 1K, John Tisdale, 51, Garden City, MI, 39:41, and Maggy Zider, 53, Pontiac, MI, 47:16, were first masters. Ellen Nitzi, 63, Milford, MI, sped to a 49:17.

WEST


• Mike Maguire, 41, Livermore, CA, 16:52, and Leni Runnings, 40, Davis, CA, with a woman 18:06, were masters victors in the Davis Stampede 5K, in Davis, Feb. 8. Tim Keenan, 54, Redwood City, CA, 3:35:36, and Steve Lydon, 43, Santa Rosa, CA, 41:58, nailed down master’s firsts in the 10K. Mike Ammon, 58, Carmichael, CA, was top performer in the race with an age-graded 87.6% 3644.

• Charlie Lorch, 40, Fairfeld, CA, 75:17, and Kathleen Aragon, 44:49, 1st in the masters firsts in the half-marathon. Other division winners included the California Age Group Club, 91:13, and Connie Rowden, 45, Folsom, CA, 95:17.

• All-around athlete Yoko Eichel, W55, Woodland Hills, CA, 44:58, turned to third woman overall at the Paramount (CA) 10K, Jan. 10.

• At the Richard Oliver Memorial 5K Racewalk, Pasadena, CA, Jan. 18, Donna Cunningham, 51, 30:52, was first master woman. At the Paramount (CA) 10K, Jan. 10, Mike Lodge, 55, 35:42, turned to first overall man, 60:22.

SOUTHEAST


• New master, Rosa Gutierrez, 40, Glendale, CA, made quick work of the revived Gastonia Distance Classic 5K, Gastonia, NC, Feb. Jan. 25, winning the women’s race overall, 55:13.24, and Gutierrez, a former cross-country coach, now training for the USATF Women’s Olympic Trials Marathon in April. She has a 2:39:40 qualifying time from the 2002 Twin Cities Marathon.

MIDWEST

• The USATF Midwest Regional Masters Championships will be held along with the National Masters Indoor Heptathlon in March 2004.

CORRECTIONS

• The M75 AR for the 400 by Rodney Brown in the USATF Indoor Field Results in the February issue, shown as 70.89 in March 29, 2003, is incorrect. His error. Brown won at all three Indoor Championships was 70.09.

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH – MARCH 2004

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<tr>
<th>ATHLETE NAME (RESIDENCE)</th>
<th>BIRTH DATE</th>
<th>AGE GROUP</th>
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<tr>
<td>Marnie Buge (CA)</td>
<td>3-6-44</td>
<td>50-54</td>
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<tr>
<td>Marla Brown (CA)</td>
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</table>

Athletes listed above entered a new age group. Check our website for additional listings.

Compiled by Pete Mundlo
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 NMI, P.O. Box 50098, Eugene OR 97405.

TRACK & FIELD

NATIONAL

March 6-7, USAFT National Masters Indoor Heptathlon Championships, Kenosha, Wis. Jeff Warty, 24302 77th St, Paddock Lake, WI 53168. 262-843-3367(h); jwarty@Gilgallathletics

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

August 5-8, 37th Annual USAFT National Masters Championships, Decatur, Ill. Don Lay, 1184 W. Main St, Decatur, IL 62522. www.milkin.edu

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

August 21-22, USAFT National Masters Decathlon & Heptathlon, Neosho, Mo. Jeff Warty, 24302 77th St, Paddock Lake, WI 53168. 262-843-3367(h); jwarty@Gilgallathletics

September 11, USAFT National Masters Weight & Team Championships, Seattle, Wash. Ken Weiblein, 4103 Hillcrest Ave SW, Seattle, WA 98116. 206-932-3923; kwiblein@attbi.com

EAST

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

March 6, MAC O/M Championships, USAFT Master and O/M Indoor Championships, Haverford College, 4:00 pm. Meet managed by Philadelphia Masters T&F Association. Events: 60H, 60, Mile, 400, 800, 200, 3000, LH, DJ, TJ; SP. No PV. Automatic timing. No spikes or spike shoes. Pre-entry available. USAFT membership required/available at meet. Kyle M. Wuebker, 215-393-1382; kruecker@eol.com

March 21, 6th Annual Front Runners Indoor Track Meet, Armory T&F Center, 168 St. & Ft. Washington Ave, NYC. (s) Martin McElhinney, 212-673-5461.

May 13-15, Virginia Senior Games, Virginia Beach. Anna Thaw, 804-730-9447.

June 5, Claude Hills Memorial Throw-a-thon, Albright College, Reading, Pa. 15 implements—3 implements per event. Ray Feick, 2987 Lurther Rd., Gilbertsville, PA 19525. 610-754-6007; ffeick@aol.com

June 6, Superweight & Ultra Weights Meet, Gilbertsville, Pa. See Jun 5.


June 24-26 (tent), USAFT East Regional Masters Championships.

SOUTHEAST

Alabama, Florida, Georgia, South Carolina, Tennessee, Virginia


March 27, USAFT-National Training Center Meet, Clermont, Fla. O/MU; Don DeNeno, 352-241-7144; x4206.

April 3, Carolina Masters Invitationa, Johnson C. Smith U., Charlotte, N.C. Masters & M&W-29, 704-588-6855; gedwards@carolina.rr.com; www.carolinarracktrackandfield.org


April 10, USAFT-National Training Center Meet, Clermont, Fla. O/MU; Don DeNeno, 352-241-7144; x4206.

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

April 16-17, USAFT Georgia Assoc Masters T&F Championships, Savannah State U., Ted Wright Track, Skidaway & LaRoche Ave., Savannah, Ga. Jim Hite, 478-982-4881; www.active.com

May 7-9, 34th Annual Southeastern Masters & Open Meet/USAFT North Carolina Masters Championships, & Masters 20K RW South Championships, NC St. U.; Raleigh, SE Masters, c/o Raleigh Parks & Rec., 2401 Wade Ave., Raleigh, NC 27607. 919-733-5670; www.southeastersports.org


May 22, USAFT-National Training Center Meet, Clermont, Fla. O/MU; Don DeNeno, 352-241-7144; x4206.

May 29, Florida Track Classic, Furman U., Greenville, S.C. SATF to Adrian Craven, 109 Woodhaven Dr, Greenville, SC 29609. 864-233-0333.

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


June 19, USAFT Southeast Regional Masters Championships, Clermont, Fla. (s) Don DeNeno, 352-241-7144; x4206; www.usafny.com

July 6-12, Tennessee Senior Games, Clarksville. Christine Dewbre, 615-902-9261.

MIDWEST

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

June 6-7, USAFT Midwest Masters Championships, Kenosha, Wis. Held along with the National Masters Indoor Heptathlon & Decathlon, 24302 77th St, Paddock Lake, WI 53168. 262-843-3367(h); jwarty@Gilgallathletics


June 12-13, USAFT North Region & Orak Association Open & Masters Championships, Edwardsville, Ill. (s) Peggy Paskay, 314-469-0577; email: pshhn@illinet.net

MID-AMERICA

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

March 12, USAFT Minnesota Indoor Championships, U. of Minnesota, Minneapolis (ages 70 and older), 763-595-8944; www.usafmnm.org

March 14-15, USAFT Iowa Indoor Championships, Ames. Marek Wense, mwense@iastate.edu

June 6-10, Black Hills Senior Games, Rapid City, S. Dakota. 605-394-1887.


June 22-23, Colorado vs. Minnesota Senior Games, Greeley. Sheri Lobmeyer, 970-350-9433.

June 26, Missouri State Senior Games, Columbia, Mo. Jack Miles, 573-882-1462; smsg.org/seniorsports

August 21, Halstead Masters & Open Mini Meet, Halstead HS, Kansas. 4:00 pm; Bob Everoski, Halstead Rec. Commission, 316-835-3366; 835-2286. 

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

March 20, Mardi Gras Weight Pentathlon ON TAP FOR MARCH

TRACK AND FIELD

The first World Masters Athletics Indoor Championships will be held in Sindelfingen, Germany, on the 6th. Sixty-five U.S. athletes are among the 2600 from 55 countries expected. Before that, combined-event athletes will compete in the Masters Heptathlon Championships, Kenosha, Wis., on the 6th. After that, everybody will be in Boston on the 26th-28th for the 30th Masters Indoor Championships. Stay-at-homes in the Northwest can head for the Idaho Masters Indoor Classic, in Nampa, on the 13th-14th. More indoor championships are available at the MAC and Virginia on the 6th; Minnesota, on the 12th; Mid-Atlantic, on the 13th; and Iowa, on the 14th. Outdoors, the Saddleback Masters Meet in Mission Viejo is set for the 6th.

LONG DISTANCE RUNNING

The New Bedford, Mass., Half-Marathon hosts the USAFT National Masters Championships on the 21st. The Bayou City Classic 10K comes to Houston on the 6th. The City of Angels is the stage for the L.A. Marathon on the 7th, also the date for the Napa Valley Marathon in California, and the Polar Bear 5 Mile in Indianapolis. The Gate River Run 15K in Jacksonville, Fla., will determine the USA Open men's and women's championship on the 13th. The Paul Spangler Memorial 8K at Stanford, and Henry Weinhard's St. Patrick's Day Race in Seattle go off on the 14th. Virginia Beach, Va., will see the Shamrock Sportsfest Marathon on the 20th. On the 21st, the More Magazine Marathon for 40+ will run through Central Park, NYC, and the Human Race 8K is scheduled for St. Paul, Minn. Central Park, NYC, will again be the locale for a major race, the NYRR 8000/USA Men's Championship on the 27th, followed by the Cantor 5000 in California on the 28th.

RACEWALKING

Title championships will be up for grabs in the 3000 at the Masters Nationals in Boston on the 28th.
March 6. OMTFA Indoor Championships, York, PA.


INTERNATIONAL


July 22-August 1. Europe Championships, Arhus & Randers, Denmark. www.world-masters-athletics.org


August 27-29. NCCWMA Championships, Dorado, Puerto Rico. www.world-masters-athletics.org

October 21-27. Oceania Championships, Raratonga, Cook Islands. www.world-masters-athletics.org


LONG DISTANCE RUNNING

NATIONAL

March 21. USATF National Masters Championships/New Bedford Half-Marathon, New Bedford, Mass. 508-998-5068; 617-566-7600; nhbm@gnbctc.org

April 4. American Ultrarunning Association 100K Championships, Kettle Moraine, Wisc. 262-495-3229; www.americanultra.org/ultrafind.html

May 12-16. RRCA Convention, Lake Tahoe, Calif. www.rrca.org


June 5. USATF National Masters Women’s Championships/Freihofers 5K, Albany, N.Y. George Regan, 518-273-5552; www.freihofersrun.com; 5k@freihofersrun.com

June 5. USATF National Masters Championships/TEVA Spring Runoff 6.3 Miles, Vail, Colo. 206-325-4800; sports@vailrec.com


July 31. USATF National Masters Championships/White River 50 Mile Trail Race, Crystal Mountain, Wash. 206-325-4800; www.whiteriver50.org

September 11. America Ultrarunning Association Championships/Olender Park 100 Mile, Sylvania, Ohio. 419-885-7399; www.americanultra.org/olanderfind.html


October 3. American Ultrarunning Association Championships/Twin Cities Marathon, Minneapolis. twnicities marathon.org


November 7. USATF National Masters 8K Cross-Country Championships, Boston, Mass. Steve Vaitoes, office@usatffe.com

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


December 18. USATF National Masters Championships/HUFF 50K Trail Run, Huntingon, Ind. www.huf50k.com

EAST

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

March 6. NYRR Brooklyn Half-Marathon, NYC. 212-423-2271; www.nyrr.org

March 6. Newark District Classic 20K & 5K, Newark, N.J. 973-733-6454; email: santagomt@ci.newark.nj.us


March 27. NYRR 8000 USA Men’s 5K Championships, Central Park, NYC. 212-860-4455; www.nyrr.org

April 1. New York Health & Racquet Club Backwards Mile, NYC. www.nyrr.org


April 10. NYRR Brooklyn Half-Marathon, Brooklyn, NYC. 212-860-4455; www.nyrr.org

April 17. New Jersey 10K Masters Championships, Guiderland HS, Albany, N.Y. Jim Tierney, runnerjm@aol.com


May 1. Ohio Shore Marathon/Relay & Half-Marathon, Rochester, N.Y. 585-264-1480; ohioanishomarathon.com


May 18. NYRR Downtown Dash, Lower Manhattan. 6:30 pm. 212-860-4455; www.nyrr.org

Marathon, Burlington. 800-880-8149; www.vcm.org

SOUTHEAST
Alabama, Florida, Georgia, N. Carolina, S. Carolina, Tennessee, Virginia
March 13. Gate River Run/USATF 15K Championships, Jacksonville, Fla. 904-731-1900; www.gaterrunner.com
March 27. Upkorn’s Monument Avenue 10K, Richmond, Va. 804-285-9495; www.sportsbackers.com
March 27. Azalea Trail 10K, Mobile, Ala. Port City Pacers, PO Box 6427, Mobile, Al. 36601; 251-473-7223.
April 3. Umstead 100 Mile & 50 Mile, Raleigh, N.C. 919-847-7613; www.ncroadrunners.org/umstead

MIDWEST
Illinois, Indiana, Kentucky, Michigan, Ohio, Wisconsin, West Virginia
March 2. Humana Heart Mini Marathon 15K, Cincinnati, Ohio. 513-281-4048; www.heartmini.org
March 27. Rodes City 10K, Louisville, Ky. 502-584-3112; www.rodescityrun.com
April 3. Athens Marathon, Athens, Ohio. 740-594-3825; athensmarathon.com
April 10. Pope John’s 10 Miler/USA Men’s Championship, Louisville, Ky. www.papajohn10miler.com
April 25. Cleveland Marathon & 10K, Cleveland. Ohio 800-456-3826; www.clevelendmarathon.com
May 2. Flying Pig Marathon, Cincinnati. Ohio 513-721-7447; flyingpigmarathon.com
May 8. Indianapolis Life 500 Festival Mini-Marathon & 5K. 800-638-4296; www.500festival.com

MID-AMERICA
Colorado, Iowa, Kansas, Minnesota, Missouri, N. Dakota, Nebraska, S. Dakota
April 4. Red Bud 10K & 5K, Oklahoma City. 405-842-8295; www.redbud.org
April 24. Get in Gear 10K, Minneapolis, Minn. 612-722-9004; getingear@qwest.net
April 25. Oklahoma City Memorial Marathon/Relays. www.okcmarathon.com
May 9. St. Louis TC Fitness Survival 5K & 10K, St. Louis, Mo. 314-453-4933; www.StLFF.com

SOUTHWEST
Arkansas, Louisiana, Mississippi, Oklahoma, Texas
March 6. Bayou City Classic 10K, Houston, Texas. 713-784-3915; bayoucityclassic.org
March 28. Statesman Capitol 10,000, Austin, Texas. 512-445-3938; www.statesman.org/cap10k
April 25. Oklahoma City Memorial Marathon & Relay, www.okcmarathon.com
May 15. Beach to Bay Relay Marathon, Corpus Christi, Texas. 361-881-6166; www.beachtob relay.com

WEST
Arizona, California, Hawaii, Nevada, New Mexico
March 6. Santa Ana North Rotary Health Run 5K, Santa Ana, Calif. 714-841-5417; www.nealand.com/finishline
March 7. City of Los Angeles Marathon. 310-442-5544; www.lamarathon.com
March 13. 25th St. Patrick’s 4 Mile, Fresno, Calif. 559-275-6318
March 14. Spirit Run 10K & 5K, Newport Beach, Calif. 760-434-6301; kinnevent.com
March 20. 5K Spring into Health, Whittier, Calif. 714-841-5417; www.nealand.com/finishline
March 28. Carlsbad 5000, Carlsbad, Calif. 800-311-1255; www.eliteracing.com
April 3. Ulis C. Williams 5K & 10K, Compton Community College, Calif. 714-841-5417; www.nealand.com/finishline

MID-AMERICA
March 6. 10K; April 4. Liberty 4 Mile Run/Walk, Coronado Bay Bridge, San Diego, Calif. 760-434-6301; www.kinanevents.com (click on Liberty icon)
April 4. Santa Anita Derby Days 5K, Santa Anita, Calif. 310-828-4123; raceplace.com
April 17. Run Santa Barbara Ten Miler & 5K, Santa Barbara, Calif. 805-564-8879; RunSantaBarbara.com
May 1. Law Day 15K/Relay, Santa Clara, Calif. Lauren Ludden, 908-962-0467; ludden@anticoumi.com
June 20. California Senior Games Championships 10K, Pasadena CC. Qualifier for 2005 NSG. Jim Hanley, meet director, 805-496-1829; jim@hanley.cc; www.pasadenaseniorolympics.org
June 27. California Senior Games Championships 5K, Rose Bowl, Pasadena. Jim Hanley, meet director, 805-496-1829; jim@hanley.cc; www.pasadenaseniorolympics.org

NORTHWEST
Alaska, Idaho, Montana, Oregon, Washington, Wyoming
April 10. Beaver Blossom 10 Mile & 5K, Medford, Ore. 541-535-1205; pearlboro.com/run
April 17. Oregon Marathon Relay & Marathon, Eugene. Randy Hillard, 540-668-5727
April 24. Inaugural Salt Lake City Marathon & 5K. 801-412-6060; www.saltlakecitymarathon.com
May 2. Bloomstad 12K, Spokane, Wash. 509-838-9573; marathonbyday.com
May 8. Lake Run 10K & 5K, Lake Oswego, Ore. 503-531-3140; www.racecenter.com

CANADA

INTERNATIONAL
March 28. Rome Marathon, Italy. 800-444-4097; www.marathontours.com
### U.S. MASTERS ALL-AMERICAN STANDARDS FOR MEN

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<tr>
<th>Event</th>
<th>MASTERS ALL-AMERICAN STANDARDS FOR MEN</th>
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<td>12.2 12.2 12.2 12.2 12.2 12.2 12.2 12.2</td>
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<tr>
<td>200m</td>
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<tr>
<td>400m</td>
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<td>800m</td>
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<td>Javelin</td>
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<td>Long Jump</td>
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<td>Triple Jump</td>
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### U.S. MASTERS ALL-AMERICAN STANDARDS FOR WOMEN

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### Application for an All-American Certificate/Patch

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 event your results appeared MUST accompany this application.
3. Please send this form to: US Masters Nationals, P.O. Box 50099, Eugene OR 97405.
4. A 3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 3" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.
Please send results to: National Masters News, 50098, Eugene OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results are compiled (manually) and pages are 21/4" wide in metric in our format receiving deadline. Deadline is the 10th of the month prior to issue date.

**EAST**

Long Island Developmental Meet, Suffolk CC
Brentwood, NY, Jan. 2

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<th>Event</th>
<th>Time</th>
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<tr>
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<td>M55</td>
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**USATF NJ Masters Indoor Championships**
Hamackensack, NJ, Jan. 4

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<td>J. Brown</td>
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**Races at New England Championships, Providence, RI, Jan. 11**

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**Prince George's Sports Complex Masters Meets Landover, MD — Jan.**

**Jan. 5**

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**National Masters News, page 31**

**March 2004**

- Article on page 122
- M40 results on page 123
- M45 results on page 124
- M55 results on page 125
- M60 results on page 126
- M65 results on page 127
- M70 results on page 128
- M75 results on page 129

- Dartmouth Relays
- Hanover, NH, Jan. 9 (s)

- Race results listed

- Finger Lakes Indoor Meet, Cornell U.
- Ithaca, NY, Jan. 11

- 60m
- M40 Andre Goncarovs 14:09
- M45 Mahmut Yesil 13:30
- M55 Don Mather 12:05
- M60 Robert Hahn 11:05
- M65 Joseph Egan 10:06
- M70 Steve Honeycutt 9:07
- M75 Peter Blank 8:08

- Dartmouth Relays

- M40 Bob Abbe 10:30
- M45 Mark Jones 9:30
- M55 John Kuhl 8:30
- M60 Pat Cosgrove 7:30
- M70 Steve Honeycutt 6:30
- M75 Peter Blank 5:30

**Continued on next page**
East - CT, DE, MA, MD, ME, NH, NJ, NY, PA, RI, VT

Name/Location/Site | Events |
---|---|
ATS&NJ Runners & Friends | Barberick HS & Mainland Central HS, Flemington, NJ |
NC 2 Athletics | Trinity College Hartford, CT |
L. "Moore" Miller | Southington, CT |
Dr. Alfred Morris | Washington, DC |
Western PA Track Club | Moon Township HS, Pittsburgh, PA |

Southeast - AL, GA, SC, TN, VA

Coach Roy Benson Running Ltd | Atlanta, GA |
Tony Carter | Clearwater, FL |
Ross Dunn, SCS | Seaverville, TN |
The "Fast Program" | Boca Raton, FL |
Gulf Coast Runners | Cedar Falls, IA |
Jerry Hurt | Daytona Beach, FL |
Ink Run, Ltd. | Greensboro, NC |
Personal Esteem Program | Fairfax, VA |
Progressive Training Team | U. of South Florida Tampa, FL |

Midwest - IL, IN, KY, MI, OH, WI, WV

Mike Detweiler | Parkside Athletic Club (Wisconsin) |
Miami Valley TC | Yellow Springs, OH |
Nine Sport | East Lansing, MI |
Bob Schulz Racing Team | Dayton, OH |

Mid-America - IA, KS, MN, MS, ND, NE, SD

American Walking Association | Boulder, CO |
Anatomiatic Management | Ft. Collins, CO |
Paul Anthony-Schmitz | Lincoln, NE |
Roy, Rejas Running | Boulder, CO |
St. Louie Masters | Parkway South HS |
Young At Heart Racing | Colorado Springs, CO |

Southwest - AR, LA, MS, OK, TX

Kyle Heffter | McAllen, TX |
Terry Jessup | Dallas M.U. |
Powell's Sports | Tulsa, OK |
Speed Training Institute for | 113 D Industrial Blvd, McAllen, TX 75569 |
Robert Vaughn | Dallas M.U. |
Bob Wallace | Dallas M.U. |

West - AZ, CA, HI, NV, NM

Name/Location/Site | Events |
---|---|
Cal Coast Track Club | Irvine, CA |
Club West | Santa Barbara, CA |
Pat Connolly | Birmingham H. S. Santa Monica HS, CA |

Coaches List, by Region

Suzanne Cordes | Alamos, CA |
Tom Craig | Oakland, CA |
Lee Davis | West LA College, Culver City, CA |
Desert Valley Rockets | Cathedral City HS City, CA |
Game Speed | Brentwood, CA |
Ken Grace | Chapel College Hayward, CA |
Hawaiian Masters TC | U of Hawaii Manoa |
Elmer Hayes | Sacramento, CA |
High Performance Running Club | Phoenix, AZ |
Noah Irakson | Oakland/SF |
Fred Mustard, Riverside TC | Riverside, CA |
Harrison Runners | Kentfield, CA |
口コミ Running | San Diego, CA |
George Metha | CSU Long Beach, CA |
Mark Miller | CSU Long Beach, CA |
Rebecca Apple | Los Gatos, CA |
River City Track Club | Sacramento, CA |
Dave Roda | CSU Long Beach, CA |
SACRAMENTO WNP | Sacramento, CA |
Sacramento Women's Sprinners | Sacramento, CA |
SBA | Santa Barbara, CA |
San Diego Panthers TC | San Diego, CA |
So. Cal Track Club | Mission Viejo, CA |
Sports Training Program | Orange City, CA |
Drew Sudol | Lakewood, CA |
Lasting Favor SPV TC | Cavalier City and Burbank, CA |
John Tonday | Canons Del Oro H.S. |
Willard "Howie" Thompson | Long Beach, CA |
Training Mng. Systems | Los Gatos, CA |
Ellie Ward | Passadena, CA |

Northwest - AK, ID, MT, OR, UT, WA, WY

Name/Location/Site | Events |
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Club Vault | Benton, OR |
Eugene Bun | Eugene, OR |
Laddish Filip | Eugene, OR |
Judy Heiler | Portland, OR |
Team David | Eugene, OR |
Upper States Athletics | West Anden, UT |
Bob Williams | Portland, OR |

C=Coach; L=Led by experienced athlete or Volunteer of informal group; S=Sprints (100-400m); M=diddle distance(800-1500); L=long distance(5k-marathon); TH=throws; J=javelin; F=field events. NNN would like readers from throughout the USA to know what masters training/caching is available in your area. If you know of a group that’s training together, informally or formally, send the info to NNN or to P.O. Box 50098, Eugene, OR 97405.