Martinez, Ayala-Troncoso
Win National 8K Cross-Country

By JERRY WOJCIK
VANCOUVER, Wash. — One masters cross-country reign ended and another remained intact in the USA Masters 8K Cross-Country Championships held on the grounds of the Fort Vancouver National Historic Site on Feb. 12.

Danny Martinez, 42, Alhambra, Calif., halted Brian Pope’s dominance of this season’s cross-country circuit with an eight-second victory in 26:36. Pope, 42, Oxford, Miss., running for the So Cal TC, held off Daniel Gonzalez, 42, Mountain View, Calif., who finished third in 26:49.

Pope had won the USA Masters 5K XC Championships (14:54), Saratoga Springs, N.Y., last October; the 8K XC Championships (25:08), Boston, Mass., in November; and the 10K XC Club Championships (36:03), held just across the Columbia River in Portland, Ore., on a sloppy course in December.

But the day belonged to Martinez, "The course was great," he said. "I think it benefited me because it wasn’t a fast course. I’m more of a strength-runner, so the conditions here really

Boise to Host 31st National Masters Indoor Championships

The 31st USA National Masters Indoor Championships will be held in the Northwest after several years in the Northeast, when the city of Boise, Idaho, hosts the meet at the Idaho Center on March 11-13.

The Idaho Center is located in Nampa, some 17 miles west of Boise, and home of the Jacksons Indoor Track, a six-lane, 200m, banked Mondo synthetic surface, with eight lanes within the oval for the 60m and hurdles. It is the same track used for the USA National Championships when they took place in Atlanta, Ga.

Competition will be held in five-year groups and is open to all men and women age 30+. No qualifying is necessary to enter. The only requirement for U.S. citizens is a USA Track & Field membership, available at the site.

In addition to a full schedule of indoor events, including the 3000m racewalk, relays, and weight throws, the meet will oversee the USA National Masters Indoor Pentathlon Championships, in its 20th year, on Friday, March 11.

The men’s pentathlon events are the 60mH, long jump, shot put, high jump, and 1000m, in that order. The women’s events are the 60mH, long jump, shot put, high jump, and 800m.

This year’s championships will include the first official USA National Masters Club Championships.

LeBourne Wins Men’s Race

De St. Croix Breaks W50 World Record at Hartshorne Mile

By DIANNE SHERRER
ITHACA, N.Y. — An Alberta Clipper snow storm rolled through Central New York on Jan. 22, while the Vancouver Express roared around Barton Hall’s track in the 38th annual Hartshorne Memorial Masters Mile held at Cornell University.

Maureen de St. Croix, 51, Vancouver, B.C., won her first Hartshorne elite women’s title in 5:10.87, setting a pending W50 mile world record.


De St. Croix and Kramer ran the second- and third-fastest times ever recorded in the 25-year history of the women’s Hartshorne Masters Mile.

In the elite men’s race, Anselm
USA Masters Outdoor Championships in Hawaii
August 4 - 7, 2005
Cooke Field, University of Hawaii, Honolulu
Entry Deadline: July 5, 2005. Late entries accepted with penalty until July 16.

OFFICIAL COMPETITION ENTRY FORM – USA MASTERS OUTDOOR CHAMPIONSHIPS
PLEASE TYPE OR PRINT CLEARLY – IF WE CAN’T READ IT, YOU ARE NOT REGISTERED!

Name ___________________________________________ Male ______ Female ______

Street Address or Box Number ________________________________

City __________________________ State __________ Zip __________ Age on __________

E-mail ____________________________________________ Country of Citizenship 8/4/05

Phone __________________________ Phone __________ Date of Birth** 2005 USATF

Daytime (____) __________ Evening (____) __________

Track Club Affiliation __________________________ Home Town Newspaper __________

Club __________________________ Or News-Radio Station: __________________________

Indicate "Unattached" if not a member of a USATF-registered club. Indicate one or both.

Best Open or Masters T&F Achievement __________________________

I have a disability for which I am requesting the following accommodation: __________________________

**PROOF OF AGE REQUIRED – ENCLOSE COPY OF BIRTH CERTIFICATE OR PASSPORT INFO PAGE.

Event Best Performance (2004-2005) Your Costs
1. ____________________________ $35
2. ____________________________ $15
3. ____________________________ $10
4. ____________________________ $10
5. ____________________________ $10
6. ____________________________ $10

Pentathlon __________________________

Surcharge for entries received after July 5 deadline __________________________

USATF Masters Committee Fee (mandatory for all participants) __________________________

$10 Required $10

T-Shirt Order: _______ shirts @ $10 ea. (includes one pin) Circle Size(s): S M L XL 2X

On-Campus Meals (circle your choice -- see details at left): Plan A ($55) Plan B ($75)

Hawaiian Luau (August 6): Number of Adult Tickets ___________ Youth tickets ($18) ___________

Total: (You may pay by check or credit card) __________________________

To pay by check or money order (payable to Hawaii Champs), send this form and full payment to:

Hawaii Champs, 1493 Halekoa Drive, Honolulu, HI 96821

Questions: call 808-732-8805

To pay by VISA or MasterCard, complete the following and fax to 808-735-0188, or mail to above address:

Credit Card Number __________________________ Name of Card Holder __________________________

Signature: __________________________ Expiration Date ________ VISA ______ MC ______

WAIVER AND RELEASE STATEMENT

I AGREE to comply with all rules, regulations and event instructions of the USATF and Hawaii Champs (LOC). I UNDERSTAND that participating in USA Masters Outdoor Championships events is potentially hazardous and can result in serious injury or death. I am aware of and expressly assume all risks associated with participating in these events, including but not limited to falls, contact with other participants and objects, effects of weather, including heat and humidity, traffic, and condition of facilities. IN CONSIDERATION of your accepting this entry, I for myself and anyone entitled to act on my behalf, waive and release from any and all claims for injuries and damages I may have against the LOC, the City and County of Honolulu, State of Hawaii, University of Hawaii, all Sponsors, and USATF and their agents and representatives, caused by negligence of any of them arising out of my participation in this championship, including pre- and post-competition activities. I TEST that I am physically fit and have sufficiently trained for competition in these championships. I FURTHER CONSENT to receive medical treatment which may be advisable in the event of illness or injuries suffered by me during this event, and I agree to pay for the costs of my medical treatment. I FURTHER AGREE to receive mailings from USATF and LOC vendors which do not obligate me to purchase any championship related product. I ALSO GIVE PERMISSION for the free use of my name, voice or picture in any broadcast, telecast, advertising promotion or other account of this event.

SIGN HERE: __________________________ DATE: __________

March 2005 National Masters News page 3
METRIC VS. FEET & INCHES
I enjoyed Mike Tym's article regarding metric vs. English measurements in track and field (Jan. NMN). Although I was educated in the sciences, using metric measures, and while living in Europe for three years became familiar with liters and kilometers, I still find it difficult to view some results in metric.

My own interest is in the long jump. As I read results listed in one version more precisely.

The most ridiculous thing the high schools ever did was to adopt the 1600 and 3200 as races. The coaches voted for these simply because it's convenient. No one in the world runs these races, other than America.

A runner wants to know how his time compares to others. A high school runner has to compare his 1600 time to the rest of the world's 1500 times. Dumb!

LONG RECOVERY
I haven't died or retired from competition. I've been coming back for a year-and-a-half from a two-centimeter tear in my plantar fascia a few months after the 2003 Indoor Nationals.

I was two months in an air cast, then gradual walking, later began running, adding a minute at a time every other day, and took several months to work up to a 15-20 minute run.

Then I made the serious mistake of one cross-country outing - 30 minutes at walking pace. ('I'm skied and raced for 20 years. Didn't think about the augmentation of the foot being similar to running up hill.)

Re-injury, on crutches, air cast, started all over again. I've been at 20 minutes for some months now (treadmill since winter began), and very gun shy, but gradually building some speed and distance.

Any suggestions (regular e-mail) for coming back from this kind of injury would be most welcome. This has been my longest time away from competition in over 50 years.

Grace Butcher P.O. Box 274 Chardon, OH 44024 grace_butter@msn.com

HENRY W. "DICK" HARDY

SOUTHEASTERN U.S. MASTERS
announces its inaugural
FRED T. HARDY SPECIAL RECOGNITION CASH AWARDS PROGRAM for its 35th Annual Track & Field Meet
Durham/Raleigh, North Carolina - May 6-8, 2005

RALEIGH, NC, February 7, 2005 - Southeastern U.S. Masters Track & Field, Inc., announced its first ever Special Recognition Cash Awards Program in honor of Fred T. Hardy, who coached track & field for 35 years at the University of Richmond in Virginia, retiring in 1985. For the May 2005 Southeastern U.S. Masters and Open Track & Field Meet, two special $500 cash awards will be given - one to the best age-graded track performance and one to the best age-graded field performance. This program was made possible by the generous contribution from one of Coach Hardy's athletes at the University of Richmond with a multi-year commitment.

The Southeastern U.S. Masters and Open Track and Field Meet enters its 35th consecutive year and will be staged at Duke University in Durham, North Carolina, May 6 & 7, and in Raleigh on May 8, 2005. Sanctioned by USA Track & Field, the event is a full meet, presenting all traditional track and field events, including men's and women's pentathlon, weight pentathlon and racewalking. The 2005 meet includes the North Carolina USA Masters Track & Field Championships (at Duke May 6 & 7) and the Open 20K Racewalk South Championship (in Raleigh on May 8).

In addition to the awards discussed above, there are additional cash awards - $100 each for the best age-graded steeplechase performance (Bob Boal Award) and the best age-graded mile performance (Max Hamlyn Award). The meet attracts participants from 25 states and several international competitors.

Entry forms may be downloaded from HYPERLINK http://www.southeastermasters.org www.southeastermasters.org and found in the February 2005 issue of National Masters News. You may also contact Dale Smith with questions at (919)831-6836, Ext. 2.

About Fred T. Hardy
Fred T. Hardy coached track for 35 years at the University of Richmond in Virginia and established an elite program that succeeded on a collegiate and international level. His student-athletes knew him as a great teacher who elevated all athletes beyond their initial potential. During his years at Richmond, Hardy coached 45 All-Americans on the men's side and 20 All-Americans on the women's side. He also guided two Olympians and three NCAA national championships.

Hired during the summer of 1950, Hardy retired from Richmond in August 1985. Before coming to the University, he coached at John Marshall High School, Richmond, VA, where also as a student, he set the state schoolboy record for the mile (4:33.3) in 1936.

Hardy received both his bachelor's and master's degrees from the University of North Carolina. While at Chapel Hill, he was one of the Tar Heel's top distance runners and served as team captain during the 1940 season. On February 9, 2002, he was inducted into The University of Richmond Athletic Hall of Fame. The following year the University honored him when they dedicated a newly installed, state-of-the-art track in his name. Hardy continues to live in Richmond, Virginia.

About Southeastern U.S. Masters
The Southeastern U.S. Masters, Inc., is a non-profit organization of volunteers from all walks of life with its home in Raleigh, North Carolina. Founded in 1971 by Bob Boal, the organization conducts the oldest continuous masters track & field meet in the United States.
National 8K XC

Continued from page 1

suited me well, whether it’s hills or mud.”

Odis Sanders, 45, Eugene, Ore., Oregon TC Masters, won the M45 race in 27:47, two seconds faster than David O’Keefe, 46, Orchard Park, N.Y., Genesee Valley Harriers.

Rick Becker, 50, Selah, Wash., 3 Rivers RR, turned in one of the best performances of the 123 finishers in the race, with a 14th-place 28:21.

The remaining masters national champions are Dave Dooley, 57, Erie, Pa., Boulder RR, 31:27; Gale Pfueller, Minneapolis, Run N Fun, 35:09; Bill McChesney, 76, Eugene, Ore., Oregon TCM, 38:38; Bill Hutchison, 40, Portland, Ore., third M70-79, 1:30:33; Suzi MacLeod, 54, Beaverton, Ore., Oregon TCM, 49:46; and John Keston, 80, McMinnville, Ore., Oregon TCM, 43:23. Keston turned 80 a day after the 10K XC Championships in December, when he had to run as an M75 but won in 56:41.

The course was a four-loop 2K, essentially flat with several rises and muddy areas from a morning rain, but not nearly as bad as the 10K XC layout in December. The weather was gray overcast with some drizzle, and temperatures in the middle 40s. The masters men’s race went off at 12:30, after the Community Race.

Team winners were Team Runners High, first with a score of 32 in the M40-49 division, led by Peter Magill, 43, fourth in 26:54; Oregon TC Masters, with 49 points, was second of seven teams entered, with Odis Sanders the first scorer.

The M50-59 were Odis Sanders, Boulder RR, 22 points, with Dave Dooley, the first team member. The Snohomish TC with two M60-69 teams were first (9 points) and second (12 points), and also took the M70-79 contest with 6 points on the basis of a 1-2-3 finish, led by Bill Hutchison.

In the women’s race, Carmen Ayala-Troncoso, 45, Austin, Texas, retained her XC diva stature with an easy win of the lead over the 25-women field with a 30:13. She took the lead from the start and extended it as the race progressed.

“I ran as hard as I could,” she said. “I knew that if I let up even a little bit someone could come up and beat me. The first lap was very tough. I had to go out harder than I wanted to win.”

Ayala-Troncoso did not run the 5K XC in Saratoga Springs, but won the 8K XC in Boston (29:17) and Club XC in Portland in December, where the W40+ ran a 6K (25:10), so she finishes the season three for three.

Katie Courtwright, 40, Sante Fe, N.M., was second (32:02). Helen Hutchison, 40, Portland, Ore., third, 32:57. Brooke Troncoso, 45, Austin, Texas, retained the W50-59 division was won by the Bowerman AC, the only team entered.

The other women’s winners were Laura Caldwell, 52, Lake Oswego, Ore., Bowerman AC, 36:40; Jeanette Groesz, 55, Redmond, Ore., 35:34; Jane Dods, 69, Springfield, Ore., Oregon TCM, 56:13; Suzi MacLeod, 71, Bend, Ore., 52:45; and Ruth Anderson, 75, Eugene, Ore., Bay Area Ultra Runners, 70:52.

The first three men and women received $125, $75 and $50 each. The best three age-graded performers received the same amounts. Martinez, with an 84.1%, was the top male performer. Becker was second, 83.9%, and Dooley, the first scorer, 83.8%. Ayala-Troncoso was best female, 85.4%, Groesz, second, 79.6%, and Courtwright, third, 77.2%.

While the masters men ran on the course following the earlier Community Race, the women ran at 1:30 p.m., after the Junior Women’s 6K, Open Men’s 4K, and Open Women’s 8K, which left the course churned up enough for the officials to post cones around a tight turn at one point.

Forty-year-old Colleen De Reuck was the winner of the Open Women’s 8K with a 27:24. De Reuck, 2004 Olympic in the marathon, qualified as one of the top six to represent the U.S. in the 2005 IAAF XC Championships, St. Galmier, France, March 19-20.

The two-day affair was conducted by the USATF Oregon Association under the direction of Harry Simonis.
Third Wind
By MIKE TYMN

Michael Georgi: “Mr. Consistency”

I got through it. That’s about all I wanted to do,” said 52-year-old Michael Georgi after completing the December 12 Honolulu Marathon in 2 hours, 56 minutes, 7 seconds. It was Georgi’s 100th marathon dating back to September 1970 when he ran the Santa Barbara Marathon in 3:37. It was also his 23rd Honolulu Marathon. “And my second slowest,” he added, pointing out that his slowest was a 2:56:48 in the 2000 race, and mentioning that he was slowed by a sciatica condition during the last three weeks of his training for the 2004 race. His marathon best is 2:25:12, recorded in the 1981 Honolulu Marathon.

I’ve often thought that if anyone wanted to observe the effects of aging on a runner, Georgi, because of his consistency, would be the ideal subject. His training and motivation have varied little over the years.

In fact, on the date of our interview, a few days after the Honolulu Marathon, Georgi had recorded 81 consecutive days of running, a streak that dates back to October 11, 1982, and has called for a minimum of three miles each day. His daily average during those 22-plus years is 10.21 miles.

Long Training Runs
“For the past 25-plus years, I have trained on a regimen of 80-85 miles per week most of the year, all LSD (long, slow distance) and hills,” he explained his training.

“I have thoroughly shunned speed work and track intervals as being too short-term goal oriented, and have taken a perverse pleasure in watching advocates of such training injure themselves into retirement. Additionally, I have nothing but disdain for the gels and power drinks; they simply produce expensive urine, in my estimation, while people try to use them as substitutes for actual training.”

Growing up in Santa Barbara, Calif., Georgi ran cross-country and track in high school after realizing that, at 108 pounds, he would never be a football star. His high school bests were 4:42 in the mile and 10:20 for two miles. He did not compete in college.

The Farther, the Better
“It wasn’t until I was done with my undergraduate studies and a few years of active duty in the Marines that I was finally capable of doing the prerequisite training necessary for times closer to my ultimate ability,” he said.

“I came to the realization that I could perform best as the distance got longer.”

After that 2:25:12 personal best, Georgi, an economics teacher at Honolulu’s prestigious Punahou School, has three other sub-2:30 performances, including a 2:27:13 in the 1984 Oakland Marathon, a 2:28:19 in the 1980 Maui Marathon, and a 2:29:55 in the 1982 Hilo Marathon. Thus, his prime years were between ages 28 and 32.

His two slowest marathons were the 1975 Pike’s Peak race (5:05) and the 1977 Paul Bunyan in Maine (4:22).

“Pike’s Peak was the most difficult, as I had done no hill training for it,” he said. “The easiest was, paradoxically, my fastest, Honolulu ’81, because I was so well prepared.”

International Sphere
While 55 of his marathons have been in Hawaii, he has competed in marathons around the world, including Thailand, Turkey, Germany, Poland, Italy, Switzerland, The Netherlands, and Spain. He calls the Big Sur Marathon in California the most scenic.

Thirty-six of his 100 marathons have been sub-2:40 efforts, while his median time (50th fastest) is 2:45:45 for the 1995 Avenue of the Giants.

His best effort as a masters runner was 2:38:33 in the 1995 Napa Valley Marathon, and his best 50-plus time is 2:48:48 in the 2002 Honolulu Marathon.

Unwelcome Effects of Aging
“Aging has thrown quite a monkey wrench into the otherwise ideal situation,” said Georgi.

“I train slower, race slower, and recover slower. This has proven to be exhilaratingly difficult to accept even though I recognize the inevitability of the process.”

He added that, while it once took eight or nine training sessions a week to put in his 80-85 miles, it now takes 13-14 sessions and that his longest training run of the week the past three-five years has been 15 miles. “I just can’t do it anymore,” he added.

Avoiding Injuries
Besides not doing speed work, Georgi feels that his ability to avoid serious injury and maintain his streak is a result of his low body weight (122 on 5-foot-4 frame) and efficient foot plant.

But he admits that slower times are making it more and more difficult to maintain motivation.

“I’m pretty much resigned to getting out of competition within the next year or so,” he ended the interview.

It truly distresses me to have some 28-year-old beat me by 10 seconds in a 10K with a 37:00 mile and feel has accomplished something worthwhile.”

(Mike Tymn can be contacted at METGAT@aol.com)
Deal Some Clubs

As a result of the recent adoption of an official masters national club championship, several readers have contacted NMN indicating an interest in joining a club. Their questions boil down essentially to one: "What are the benefits of joining a club?"

To find out what clubs offer their members, we thought up a few questions on the spur of the moment and sent them to clubs selected at random.

The Questions

- Do you have monthly meetings?
- What is on your program for your women's teams, open and masters?
- Do you have social events that the members can attend at the club?
- What are the monthly costs for club membership?
- Do you send them to clubs selected at random.

The Responses

Club Northwest - 350 members. Sponsors teams to XC Regionals and Nationals every year. Both men's and women's teams, open and masters. The top 12 XC runners get full uniforms and shoes free, others pay about 40% of the cost.

At least three masters runners are in the top 12. All expenses are paid to Nationals - travel, lodging, vans, and entry fees. Athletes pay for their meals.

Some cases, masters athletes pay half the cost of the travel and lodging, but vans and entry fees are covered. CNW meets once a month. We have a broad agenda each month. We have an acting board, and a published list of policies.

It costs $30 to join, and for that you get Northwest Runner magazine and discounts to many CNW sponsored races and track meets. We operate under a charter, and many of our open policies are published on the Web site: www.cnw.org.

We have a pizza and beer gathering once a month at our club headquarters. But our social agenda has been pretty spare in the past two years. Our club also includes many throwers, jumpers and "non-distance" runners, who are eligible for the uniform, jersey, all the gear (except running shoes, which are generally declined by the throwers and jumpers). - Tom Cotner

Seattle Running Club - 350 members. $35 yearly membership. Sends teams to XC Nationals, M&F, masters and open. Usually sends six team members for open, four for masters. Like CNW, travel and lodging are covered. Makes no distinction between masters and open, so costs are covered for all athletes.

This club has weekly runs and pizza on Thursday night. The major emphasis of this club is trail and ultra running, but they have a strong core group of fast men and women, especially LDR - Tom Cotner

Snohomish Track Club - founded in 1967 by three teachers in Snohomish, Wash., northeast of Seattle. We are mainly a long distance running club.

We were national champions in masters cross-country running for many years, and also gained name recognition through Norman Bright wearing our singlet on his world travels. When Norm passed away, he left our club an inheritance, so now we charge new members $15 to join, but no subsequent dues at this time.

Our club members get a periodic newsletter, and the cross-country team members get their entry fees paid, plus a small travel stipend. We also pay entry fees for road relays (Haney to Harrison, Hood to Coast, etc.). We sell our singlets to non-competitive members, but give them to cross-country team members.

In the "olden days" we had regular meetings and monthly potlucks/runs, but now that our membership is older and everyone is so busy, we only have a summer picnic and a Christmas party.

We have had the same officers for several years since there is not much activity. We still register our club with USATF and with the Secretary of State (Washington). - Carole Langenbach, Club Secretary

Asics Aggie Running Club - annual dues are $40. The club provides uniforms and shoes. The club provides entry fees (to national meets only), and pays travel for open athletes as our sponsor, Asics, is primarily interested in open team performance. We also provide that the masters members can afford those items.

Our only meeting is an annual meeting of club officers; members live too far from each other for frequent meetings; most communication is via our Web page and e-mail.

Social events: annual camp week (attendees must pay a fee); post race parties after our two club-sponsored XC meets (club pays for food/drinks). - Charles Alexander

If you would like to answer the above questions, we'd be glad to publish your responses. Keep the club's accomplishments and those of its members to a minimum.

(If your club was not listed in the Clubs List published in NMN (Nov. 2004), send that information to NMN, Clubs, P.O. Box 50098, Eugene, OR 97405; fax: 541-345-2436; e-mail: natmanews@aol.com.)

Hartshorne Mile

Continued from page 6

Le Bourne tuck in two strides behind him. A brave tactic by Egle, but futile.

With less than a lap to go, Le Bourne launched his famous kick.

"I wanted to stay right behind the rabbit, but he was too far ahead," said Egle, who competes for Fleet Feet Chicago.

"So, I felt like I was doing all the work. Then I knew Anselm was right there the whole race, drafting off me, and that also scares you.

"But I'm not making any excuses. Anselm is simply amazing. I was on a pace to run the best time this year, but he had too much left."

Le Bourne, who took a few years off from racing to be a soccer dad, feels a comeback at age-45 is looking good.

"I was looking for a faster time today, but I'll take the win," said Le Bourne of his third victory.

"I went into the race thinking I'm going to sit behind Mike because he ran a 4:21 last year, and I figured if he was in that type of shape, he'd take me to at least a 4:20."

"But while I was sitting behind him, I was getting kind of anxious. I wanted to move a bit earlier, because the pace was slow."

"But a win is a win. I'm 45 now, and to come back and win, I can't complain about that at all."

SUCCESSFUL FIVE YEARS AGO March 2000

- Women Masters Set Four Records in Dartmouth Relays
- Jerry Kooymans (44, 3:52.12) and Patti Ford (44, 5:24.82) Win Hartshorne Mile
- Tatiana Podosnyakova, 44, Wins Third Houston Marathon Title (2:32:25)

USA Track and Field Championships

Masters Track and Field Championships

Masters Pentathlon Championship • USA Track Association Racewalking Championship

Open Track and Field Competition

Friday and Saturday, April 15-16, 2005

Savannah State University • Ted Wright Track

Skidaway and LaRoche Ave.

Championships for all athletes 30 years of age and over.

Out of region athletes are welcome!

Motel for Participants:

Hampton Inn, Stephenson Ave. at Habersham, Savannah; 912-355-1000

25 rooms have been set aside at $65 per night, two double beds, non-smoking. Deadline for this rate is March 14, 2005. Reservations can only be made through AAA of Savannah. Call 912-351-8222, ext. 2237, ask for Debbie Bussell or Tamara Greene.

Your wish to reserve a room for the USA Track and Field meet. Motel is a block east of Aerocorn (GA 204), about three miles from Savannah State University.

Information: Jim Hite, PO Box 717, Millen, GA 30442

478-982-4881; FAX: 478-982-9984

jimjoyce34@bellsouth.net

Coach Ted Whitaker; SSU; 912-351-3506

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

Deadline for entry is April 12, 2005.

EMT will be on site, as will sports massage therapist (no charge to the athlete). Deli meals from Midtown Deli will be delivered to the track around 11:30 a.m., but you must place your order on your entry form. No orders can be taken the day of the event. See entry form on p. 5, February 2005 issue of National Masters News.

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

Timing by Finishlyns

Register on line at: active.com
Plantar Fasciitis – Part II

Continuing from last month on the topic of plantar fasciitis, we must not overlook our training programs. Overtraining is commonly thought of as a major etiological factor in the development of plantar fascial strain. Chronic repetitive stress will cause irritation and breakdown of the plantar fascia. Obviously, acute injury, such as that caused by stepping on a rock or off the curb, can cause injury to the heel.

One should not overlook training flats. I find it surprising that most middle and long distance runners still wear lightweight flats when they train on harder surfaces. For long distance workouts, one must use a well-cushioned durable training flat with high shock-absorbing capacity. If you want to race in a lighter weight shoe, that is acceptable.

Running on concrete is not a good idea for those who have plantar fasciitis. There is no shock absorption and a high degree of stress is transferred into the heel area.

Causes of Injury

Clement and Taunton (Canadian Family Physician, 1980) wrote that most running injuries are due to training errors, training surface, lack of flexibility and strength, poor footwear and abnormal biomechanical foot and leg position. This still holds true today.

How do you determine if you have plantar fasciitis? Most athletes will describe the initial discomfort as a "bruise" to the bottom of the foot. Most of us will try to run through this type of injury. It does become a little sore as one walks and exercises.

Symptoms

Typical symptoms include "rest" pain. This is a sharp pain in the morning after arising or after sitting. As the condition becomes more chronic, the athletic activity will lessen and the persistent pain will become severe. The pain usually occurs on the bottom of the foot toward the inside of the arch, although the pain can occur entirely across the bottom of the foot and up into the arch area.

Other Causes

Heel pain in athletes is not exclusively due to plantar fasciitis. Other diagnoses include Achilles tendinitis, rheumatoid arthritis, osteoarthritis, Dupuyen’s contracture, tarsal tunnel syndrome, nerve entrapment and fracture.

When diagnosing this condition, it is always a good idea to determine if there is some kind of bone abnormality with an x-ray. This should rule out most occult fractures and heel spurs.

Eight percent of those with plantar fasciitis have an associated heel spur. This may be non-contributory to the heel pain. There are many theories as to the role of heel spur in those with plantar fasciitis.

Perhaps the best way to determine the nature and location of plantar fasciitis is through a bone scan, which can also rule out fracture. (Dr. John Pagliano can be reached by e-mail at thefootbeat@aol.com)

Glynn Hits Big Time on Letterman and Oprah

Kay Glynn, 52, Hastings, Iowa, USATF 2004 W50 Field Athlete of the Year, after appearances on the Jimmy Kimmel and Dave Letterman shows, made the daytime talk show circuit on the Oprah Winfrey program in the first week of February.

"I’ve just returned from taping a show with Oprah (to be aired Feb. 21) on the subject, ‘I look younger than I did 10 years ago.’ It was an awesome experience, and I did splits on folding chairs, while wearing my track workout clothes, and got a standing ovation. ‘Being on the Kimmel and Letterman shows this fall was exciting, but getting my hair cut, colored and fixed by Celine Dion’s stylist, and being attended to by wardrobe people who do the Oscars was another experience altogether.

“When asked how much I worked out, I told Oprah that I was running track and field in the masters program and spending about three hours a day working out learning to pole vault, hurdle and high jump.”

Texas Tech Hosts SW Regional Indoor Meet

The Wes Kittel Classic hosted the USATF Southwest Regional Indoor Masters Championships at Texas Tech in Lubbock, on Jan. 29.

In the sprints, Rogert Charlton, 41, was the quickest in the 55m (6.96) and 200 (23.69). Cindy Steenberg, 50, ran the 55m in 7.96 and the 200 in 24.72.

Stacey Price, 51, topped a solid M50 field in the 55m with a 7.26 and won the 55H (8.36). Lowell Bonfield, 71, did a 10.32 in the 55H.

Donald Neidig, 60, finished the 200 in 24.72 and the 400 in 56.25. David Jones, 40, posted the best time in the 400 (51.88).

Jim Fallan, 54, won the M50 800 in 2:25.39. David Salazar, 54, ran the mile in 4:57.38.

In the field events, Chris Sperry, 40, high jumped 1.68. Shawn Anger, 34, long jumped 5.92.

Don Isett, 65, vaulted over 15.78. Steve Partridge, 50, won the shot put with a 15.78. Christel Donley, 70, high jumped 1.07, and put the shot 7.88.
Online Entries Make Registration Easier

At this time of the year, most us are well on our way to making competition plans for 2005. This year the USATF National Office is trying to make this easier than ever before. We now can enter the National Indoor Masters Track & Field Championships in Nampa (Boise), Idaho and the National Outdoor Masters Championships in Honolulu, Hawaii, online at www.usatf.org.

That should make this chore much easier for people who hate writing out checks, as I do. Particularly paying bills. I was an early adapter to pay-by-phone and pay-by-computer as they rolled out.

The entry forms we are using are a variation of the online forms used by open athletes for several years. As is really need a volunteer to act as liaison for our Masters Web page on contact me directly to let me know of your interest in this position.

Web Liaison
As I say this, I’m reminded that we really need a volunteer to act as liaison for our Masters Web page on www.usa.org. There are many opportunities to make this your number one “Go To” Web site for everything to do with Masters Track & Field. Please contact me directly to let me know of your interest in this position.

Besides this service, you may already know that all the information you need for entering the WMA World Outdoor Championships is available on www.usatf.org. The National Office will be processing all those entries, since they must be submitted by the Federation only.

New Appointments
Team manager for San Sebastian, Phil Greenwald, has announced his assistants: Marilyn Mitchell and Frank Lulich. Congratulations, Marilyn and Frank. We all need to appreciate this volunteer effort, since half of their expenses are coming out-of-pocket. Thank you, Phil, Marilyn and Frank.

Support for Championships
I would also like to ask for your support of our two National T&F Championships in Idaho and Hawaii, and the WMA Championships in San Sebastian, Spain. I know some are thinking about some “Games” meets in lieu of one of these meets. We would ask that you give these three meets top priority in your decision-making.

Strategic Plan
As most of you know by now, your executive committee will be holding the first of two all-day planning sessions prior to the Masters Indoor Championships in Boise, Idaho, on March 10. I would again like to extend our request for your input on this very important activity. We hope to set the future course for USATF Masters Track & Field with this strategic plan.

The broad topics we will be dealing with include the following:
1. Review mission statement
2. Identify initiatives
3. Analysis of strengths, weaknesses, opportunities and threats

Your input is greatly appreciated.

Calling on all shot and weight throwers entered in the Indoor Championships in Boise. We would appreciate it if athletes would bring their legal indoor shots and outdoor weights to these championships. We are trying to help Boise defray some of the costs associated with putting on this meet. Thank you!

Boise to Host Nationals
Continued from page 1

for Saturday night.
Entry deadline, without penalty, was Feb. 23. No entries will be accepted after March 1. The entry form was published in the NMN December and January issues. For more meet information, call 208-859-9219, or e-mail: masterschamps@earthlink.net; online registration: www.usatf.org/assoc/sr, or www.masterstrackandfield.com.

The headquarters Grove Hotel (888-961-5000) is located in Boise. For information about Boise and accommodations at hotels with rooms blocked for the championships, contact the Boise Convention & Visitors Bureau: 800-635-5240; www.boise.org.

Staying in Boise and Looking for a Restaurant?

Suggestions from a Boise resident:
Bardenay (distill their own liquor – rum, gin and vodka)
Cottonwood Grille
Angel’s (seafood)
Tablerock Brewpub & Grill (brew beer)
Asiago’s – Italian (small restaurant downtown, larger one located on Cole Road, north of the mall)
Gernika – Basque Pub and Grill
Epi’s – Basque restaurant in neighboring city of Meridian
Carba – Mediterranean
Emelio’s – in the Grove Hotel
The Gamekeeper – upscale, in the Owyhee Plaza Hotel

Emelio’s, Cottonwood Grille, and Angel’s are moderately priced. Gamekeeper is the most expensive.

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Training Lore – Part I

As we approach the increasing challenges of the racing season, including the WMA Championships in San Sebastian, Spain, now is a good time to see how our training methods have developed from the past. The common denominator between the athletes of ancient Greece and Rome and those of today is the driving quest for self-improvement. The desire to racewalk or run faster, to jump higher or to throw longer, has led athletes to search for special ways to optimize their natural abilities and win the gold.

In his superb book, *The Perfect Mile*, Neal Bascomb follows the training of three exceptional runners who became determined to break the four-minute mile after suffering defeats at the 1952 Helsinki Olympics. Much can be learned from these athletes’ efforts and will be the subject of this column next month. To set the stage for their stories, Bascomb gives a brief history of athletic training up to the 1950s.

Increasing Effort

According to Bascomb, the Greeks understood the importance of increasing exertion over time, as we do. However, some of their ways of increasing strength offer novel solutions. For instance, one athlete, Milo of Croton, walked every day with a calf in his arms, in order to slowly increase the power of his arms and legs as the cow matured.

Other aspects of their training are familiar. The Greeks focused on nutrition, giving their athletes special herbs and mushrooms before competition. Sport-specific training occurred in four-day cycles. The first day consisted of light exercise, the second, intense effort; the third, rest; and the fourth, moderate exercise. Aristotle recommended breath-holding for increasing lengths of time to improve endurance.

The ancient Romans prepared their athletes, runners and gladiators, with attention to diet as well. At the beginning of the training season, their diet was limited to dried figs, boiled grain, and fresh cheese. Meat was added later – usually pork.

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Bascomb quotes one Roman as saying, “If they lived but one day on any other food, [the athletes] found their vigor manifestly impaired the next day.” Athletes were only allowed small portions of water and sexual intercourse was forbidden.

Tough Methods

To condition them to pain, slaves flogged their backs with rhododendron branches until they bled. On a more humane level, they took tepid baths and extended periods of rest after workouts.

Bascomb states that by the 17th century athletes were having their spleens removed to increase their speed, an operation with a one-in-five chance of death. (If that sounds excessive, how about some of today’s drugs?)

In 1813, Captain Barclay, a one-miler, published his ideas of proper training. Some of his suggestions seem strange, such as purging the body with Glauber salts, or eating a breakfast of “beefsteak or muttonchops under-done with stale bread and old beer.”

His training schedule, on the other hand, laid a foundation for others to improve upon. His training day started at five o’clock in the morning and ended at eight o’clock on the night.

He recommended that athletes “sprinkled half a mile up hill, walk six miles at a moderate pace, eat breakfast at 7 am, walk six miles at a moderate pace, lie in bed without clothes for 30 minutes at noon, walk four miles, eat dinner at 4 pm, sprint half a mile immediately after dinner, walk six miles at a moderate pace, and go to bed at 8 pm.”

As time passed, athletes substituted more running for walking.

Reversal of Thought

During the 19th century, a reaction set in, and it was generally thought that too much exercise guaranteed an early death.

Some physicians went so far as to propose that an individual was born at five o’clock in the morning and died immediately after dinner. Athletes could enjoy the freedom of running through forests and up and down hills, speeding up and slowing down in tune with their bodies.

There was still much concern about the effect of extreme physical effort on the body. Bascomb notes that in 1927 British physiologist and Nobel laureate Archibald Hill warned, “It is not unusual for an athlete to tear a tendon, or to strain a muscle, and not unknown even for him to pull off a piece of a bone by an exceedingly violent effort. We are obviously not far from our limit of safety. If we doubled our speed of movement...athletics would become a highly dangerous pastime.”

Though there was no corroborating evidence, it was generally believed that overtraining could permanently damage the heart and other organs. This gloomy prediction did not affect athletes’ efforts to do better and better.

By the 1950s, when runners were targeting the four-minute mile, all sorts of conflicting advice was circulating through the sports world. Champions and the coaches of champions claimed that they had perfect methods of training.

Their many sure-fire ways to train led more to confusion than enlightenment, and athletes had to find out for themselves what was best for them.

(Next month, Neal Bascomb will again be the source of how runners trained to break the four-minute mile. Without the science of today, these athletes came up with highly individualized training methods that accommodated full-time, demanding careers commitments. The Perfect Mile, by Neal Bascomb, is a great read for those who enjoyed Seabiscuit and Charizards of Fire! Published in 2004 by Houghton Mifflin Company, it can be found on Amazon.com. - cw. Elaine Ward can be contacted at naryuf@sbglobal.net.)
How to Keep Your New Year’s Resolution to Train

New Year’s Resolutions motivate many to make commitments to exercise. Fitness centers will be flooded with great intentions during the first week of January. Sadly, within a few short weeks after New Year’s Day, fitness center visits begin to decline.

Want an easy way to stay off the fitness commitment dropout rolls? Here’s a simple tip that could double your workouts this year. **Strategy for the Long-Haul**

The key to long-term fitness training is to be aware that motivation levels come and go.

The one day that you decide to miss could be the last workout for a year. Long-term training is not a physical issue, it is a mental one.

I have a mental practice that I use to help me through the tough days when I do not feel like training. It’s simple — I don’t make the decision to miss a workout until I first change into my training clothes.

If I decide to miss a workout, that’s okay (sometimes it’s unavoidable), but I always make the effort to change clothes first.

Most of the time, just changing into training clothes is enough to get me started. Once started, this typically becomes the best workout of the week.

Why People Stop Exercising

Never have I met anyone who made a conscious decision to stop exercising. Everyone who has stopped exercising began by “missing once.” That one miss led to another, then another.

The key to long-term training is to understand the mental risk associated with missing “one workout.” I can’t overemphasize the importance of mentally making an issue of missing “one workout.”

Missing one workout will not hurt you physically. Mentally, however, missing a workout permanently breaks the habit of training — until you make the next workout.

The Take Home

When deciding to miss a workout, make a mental note that you just decided to “stop training permanently”... until you have completed the next workout.

(Phil Campbell, M.S., M.A., FACHE, is the author of Ready, Set Go! Synergy Fitness; www.readysetgofitness.com)

Visiting National Masters News on our Web site at www.nationalmastersnews.com

Masters Cash in at Gasparilla Distance Classic

By SUSANNAH BECK

Elite masters runners took advantage of the latest incarnation of the Gasparilla Distance Classic Road Race, Feb. 5, flocking to Tampa, Fla., for the huge masters marathon prize money at a race that has been reinventing itself almost annually.

Once a venerable, high-visibility, pro-circuit 15K, then a no-prize-money local affair, then called Hops by the Bay, and now back to building a national event, Gasparilla this year offered a whopping $8000-4000-1500-1000-500 masters money spread, roughly three times what was laid out for the open field. A generous purse for locals was also on tap.

Masters men took six of the top seven spots overall. The big bucks went to Russian trackster Oleg Strijakov, 41, a 2:11 marathoner and many-time Georgian national record-holder. Strijakov led a pack of five elite masters through a halfway split of 1:10 flat, before gradually pulling ahead with eventual winner Zepherinus Joseph, 29, St. Lucia.


Strijakov lost Joseph with two miles to go, but held on to second place with a 2:19:06. Top U.S. master Dennis Simonaitis, Draper, Utah, was the best of the rest on the day at 2:22:36.

Moroccan/Flagstaff, Arizona Driss Dacha, 42, 2:24:09; Russia’s Fedor Ryzhov, 44, 2:25:33; Kenyan Jackson Kipnok’ok, 44, 2:28:41; and Angel Roman, 43, Garden Grove, Calif., 2:33:20; completed the masters sweep.

Firaya Sultanova-Zhadanova, Russia /Fla., 43, cruised to eighth place overall, and first woman, banking a double-dipping $10,250. While she told the St. Petersburg Times that “Not running fast is not an option,” the U.S. all-comers masters record holder (2:27:58/2002) cruised to a pokey-for-her 2:38:18.

Anne Van Schuppen, 44, of The Netherlands, was second woman overall, 2:42:42, with Minnesota’s finest, Janet Robertz, 45, completing the ladies sweep, 2:45:03.

FIFTEEN YEARS AGO
March 1990

• Dave Stewart, 41, Lowers Masters Mile Record to 4:15.47 at Milrose Games

• Randy Taylor, 42, Bests Norm Green, 57; in National Masters 5K

• Jane Hutchinson, 44, First Age-Graded Runner in Tulsa 8K

For more on Masters Cash in at Gasparilla Distance Classic, visit MastersCashIn.com
On The Run
By HAL HIGDON

Cruise Control

Running on a treadmill and trying to ignore the TV set overhead in favor of the seascape before me, I heard that six to eight inches of snow was headed for Eastern Long Island. I didn't want to hear that, nor hear depressing news from Iraq or any other world crisis point. This was vacation time, and I was cruising the Caribbean. One of the reasons I had signed up for a cruise was to escape weather, and news, and other Real Life distractions.

My wife Rose and I actually were on our first cruise, a week-long journey on the Costa Mediterranea, essentially a floating Las Vegas hotel. There was glass and marble and stainless steel and polished wood and cushioned carpets everywhere. Until now, I had avoided cruises, which I perceived as featuring mostly eating, drinking, gambling, eating, fancy shows, and more eating.

Where to Run?

From time to time, Rose or I would consider a cruise of the Greek Islands, or Alaska, or even Antarctica, but one heard that the average cruise passenger gains a pound a day, and that frightened me.

No small challenge, given testimony from a sax player with the band, who sat next to us at breakfast one morning. "We've been on a dozen cruises," he claimed, "and we've never encountered food this good before."

Thus, after breakfast, Rose and I headed for the upper deck and walked for an hour. We chose as another calorie-burning strategy avoiding elevators and using stairways. Since our stateroom was on the 7th floor with most of the activities on the 2nd or 9th floors, that helped.

Returning from a week on the upper deck and walking offshore might not be that ideal either.

But at a Christmas party, we got into a conversation with a couple who in January were going on a cruise featuring the Tom Milo Band, an 18-piece orchestra from our area that plays the music of Glenn Miller, Benny Goodman, Duke Ellington.

When we got home that night, I told Rose, "We're going."

After sending our deposit to Wal-Mart Vacations, I learned that the Costa Mediterranea had a fully equipped fitness center with nearly a dozen treadmills and a short but usable running track, but I was also welcome to jog on the upper deck of our floating hotel.

After several tours around deck, I judged that one lap equaled near a third of a mile. Ten laps equaled maybe three miles, enough to burn a few calories and offset the great quantities of food available to us.

Balancing Act

That became the challenge: to log enough miles for my next marathon, but to balance calories burned with calories consumed. I had heard that the average cruise passenger gains a pound a day, and that frightened me.

www.NJMasters.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.

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TWENTY YEARS AGO
March 1985

- Barry Brown (3:18) Edges Pat Murphy (3:22) in TAC National Masters 10K
- First TAC Masters Indoor Pentathlon Held in Pennsylvania
- Elementary School in California Named After Sing Lum, M80 Sprints
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Racewalking
Centenarian Becomes Sprinter

In October 1996, I read about Philip Rabinowitz’s performance in a 25K road walk in Cape Town in a local newspaper. He was then 92 and it was an outstanding time for such an elderly man. I managed to track him down and told him all about Western Province and South Africa Masters and invited him to join. His response was “Why not?”

That was the start of it all. A week later he came to a masters track meeting and entered the 5000 walk. Unfortunately, it rained continuously, and he decided to call it a day after a couple of laps. That was his first visit to a track in his life.

Philip works as a bookkeeper in his daughter’s pet food factory and while he doesn’t use a calculator, he does a very good job.

Moderation
He believes in moderation in all things. He drinks orange juice, eats at least three apples every day, and drinks a lot of gin before bed.

He was born in Lithuania and emigrated to South Africa as a 21-year-old to escape religious persecution. In his early years he played soccer, tennis, and bowls. His wife died about nine years ago.

In the 1997 WAVA Championships in Durban he took part in the M90 5000 and 20K walks and took gold in both (45:27.80 and 3:02.51).

Since then he has kept up walking regularly, mainly on the road, where he has never been beaten. His daughter, Joyce, with whom he lives, felt that he should stop walking the 20K and try some other easier event.

Branching Out
So, at the SAMA Championships in Outshoorn in 2000, he won the 5000 and the shot put. I coached him in the shot for a few weeks before, and Laurie Wale, another master, also assisted. Philip won both events. However, he was not particularly keen to continue with the shot put.

In 2004, Coach Hannes Wahl suggested that he try the sprints. Consequently, he started doing the 100 in June and then the 200 in November.

Philip now has the following world records (several are pending) or bests - M95 5000 walk, 2:45.58; M95 20K walk, 2:48.19; M100 100m, 30.86; M100 5000 walk, 48:02.0; and M100 200m (77.59).

Philip Rabinowitz

Training
Basically he walks four to five kilometers Monday to Friday and perhaps twice that distance on Saturdays. When he trains for the 100m, he walks a 100m slowly, keeping his pulse to 72-75 bpm. Then he walks a 100m faster, with his pulse 80-90. This is followed by a 100m that he runs with his pulse not higher than 110.

The rest between the 100m is five-to ten minutes. Coach Wahl, his wife, and Philip’s daughter help with the timing, starting, and taking his pulse. When he trains for the 200m, he walks 2 x 100m and runs only 1 x 200m. This training is done for two weeks before the race.

His training is monitored, and if the first 50m is too fast he is stopped. He is never allowed to get out of breath. At present he is being monitored by the Physiology Dept at Stellenbosch University.

U.S. Masters Athletes
Invited to Polish Championships in July

The Polish Association of Veteran Athletes (PAVA) was established in January 1990 in Torun. In 1978, the first masters competition was held in Gdansk.

Some years later, in 1983, another masters meet was held in Zdzislaw Wola, directed by Wojtek Kikowski.


Gabriel Mankowski was chosen as the first president of PAVA in Torun and has held the office since 1992.

In 1998, Julian Pelka was elected as vice-president.

Today, there are over 300 PAVA members. Just as many compete in non-stadia competition. PAVA is maintained by member fees and occasionally by sponsors, such as Polanik, Lotto, Menis, and the city of Torun.

SAMA
2000,
Gdansk

Medalists in the M50 pole vault (r to l): E.K. Gissurarson, ISL, 2nd (4.10); Allen Williams, GBR, 1st (4.24); and Russell Jackson-Ace, USA, 3rd (3.00). 15th WMA World Championships, Puerto Rico.

The 16th WMA Championships will be held in San Sebastian, Spain, Aug 22-Sept 3.

U.S. Masters Athletes
Invited to Polish Championships in July

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By BRIDGET CUSHEN
Older athletes have taken advantage of the mild winter and abundance of road races to record fine age-group performances.

On Feb. 6, Dot Fellows, W60, lowered the British five-mile best that had stood for nine years, to 34:25. Eileen Quinton, W75, who won the BMAF 10K in 54:13 in the fall, has now lowered the W75 best to 53:10.

Tracey Morris, 28th in the Olympic marathon in Athens, had to pull out of the Welsh W35 team for the British & Irish cross-country in November due to injury, but is now back to winning ways, taking a local North of England 10K race in 33:43.

Her main target is to make the Welsh team for the Commonwealth Marathon in Australia in 2006. Another top marathoner, Sue Caris, W55, finished 20th in the same race in 3:56.

Current No. 1 on the road, Dave Taylor, who turned 41 in January, easily defended his Surrey County senior cross-country. The 5th European Veterans Indoor Championships will be held in Eskilstuna, Sweden, March 10-13.

British entries at 38 women and 81 men, including eight M35, are well down on the 1995 we had in San Sebastian two years ago. The overall figure is also expected to be much lower.

There are, however, several defending champions on the team, including Darren Maynard, who won the M40 400 and 800 in a meet record 50.06/1:58.24, now back after a frustrating protracted injury period.

Alan Williams, M50, recently cleared 3.95 in the pole vault.

Averil McClelland, who took an early flight home from the European outdoor last August with a torn hamstring, ran 8.38 over 60m in Sheffield on Jan. 30, and will go for the W45 60m, 200 and 400 in Sweden.

Report from Britain

Stress produces a hormone called Cortisol which attacks muscle mass and the body’s organs. Cortisol inhibits the body’s ability to perform and increases the time it needs to recover. Stress is the result of over 3000 studies conducted by 1200 scientists over the last 45 years. These studies found that “adaptogens” produced better endurance, higher levels of performance, and shorter recovery times. Some of these adaptogens were used by the Russian Olympic teams during the 1950s and 1960s.

StressX contains 7 of the most researched adaptogens
StressX is safe and non-toxic

To find out more about StressX, go to: www.lnvalyouble.com
To order StressX, go to: www.lnvalyouble.healthywize.com

March 2005
100 Meters
March 2005
100 Meters

Philip Rabinowitz

INCREASE ENERGY • IMPROVE ENDURANCE
DECREASE RECOVERY TIME

Stress produces a hormone called Cortisol which attacks muscle mass and the body’s organs. Cortisol inhibits the body’s ability to perform and increases the time it needs to recover. Stress is the result of over 3000 studies conducted by 1200 scientists over the last 45 years. These studies found that “adaptogens” produced better endurance, higher levels of performance, and shorter recovery times. Some of these adaptogens were used by the Russian Olympic teams during the 1950s and 1960s.

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## March 2005

### National Masters News

**10,000 Meters**

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### More Information and Resources

- [Masters Swimming](http://mastersswimming.com)
- [Masters Track and Field](http://masterstrackfield.com)
- [Masters Triathlon](http://masterstriathlon.com)
- [Masters Cycling](http://masterscycling.com)
- [Masters Triathlon](http://masterstriathlon.com)
- [Masters Tennis](http://masterstennis.com)
- [Masters Golf](http://mastersgolf.com)

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**Additional Coverage**

- [Masters Swimming](http://mastersswimming.com)
- [Masters Track and Field](http://masterstrackfield.com)
- [Masters Triathlon](http://masterstriathlon.com)
- [Masters Cycling](http://masterscycling.com)
- [Masters Tennis](http://masterstennis.com)
- [Masters Golf](http://mastersgolf.com)
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<tr>
<th>National Masters News</th>
<th>page 21</th>
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<td>March 2005</td>
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**500M Racewalk**

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<td>Joe Figlich</td>
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<td>Kirk Webster</td>
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**5000M Race**

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**10K Race**

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<td>Bob Jones</td>
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### National Masters News

#### March 2005

**Coaches List, by Region**

#### EAST – CT, DE, MA, MD, ME, NH, NJ, NY, PA, RI, VT, Washington DC

<table>
<thead>
<tr>
<th>Name/Organization</th>
<th>Location/Site</th>
<th>Events</th>
<th>Contacts</th>
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<tbody>
<tr>
<td>AT &amp; T Runners &amp; Friends</td>
<td>Bethesda, MD</td>
<td>S, L</td>
<td>Joe Henn 908-563-7383</td>
</tr>
<tr>
<td>Coaches Who Care</td>
<td>Penn Vet, TH</td>
<td>TH</td>
<td>Samuel Meuser 215-893-0600</td>
</tr>
<tr>
<td>MC2 Athletics</td>
<td>Trinity College, Hartford, CT</td>
<td>S, MD, LD</td>
<td>C-Sam McClendon 860-685-1170</td>
</tr>
<tr>
<td>J. &quot;Moose&quot; Miller</td>
<td>Southington, CT</td>
<td>TH</td>
<td>860-621-3128</td>
</tr>
<tr>
<td>Dr. Alfred Morris</td>
<td>Washington, DC</td>
<td>MID/LD/SpJumps</td>
<td><a href="mailto:alfred.morris@phs.ca">alfred.morris@phs.ca</a></td>
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#### SOUTH EAST – FL, GA, NC, SC, TN, VA

<table>
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<th>Location/Site</th>
<th>Events</th>
<th>Contacts</th>
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<tbody>
<tr>
<td>Carolinas T &amp; F Club</td>
<td>Charlotte, NC</td>
<td>Alt Events</td>
<td>Dr. Gordon Edwards 704-588-6885</td>
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<tr>
<td>Tony Carter</td>
<td>Spartan, FL</td>
<td>S, F</td>
<td>727-215-2825</td>
</tr>
<tr>
<td>Ross Dunton, SC/CS</td>
<td>Sevenwires, TN</td>
<td>S, M/LD</td>
<td><a href="mailto:coachaki@worldnet.att.net">coachaki@worldnet.att.net</a></td>
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<tr>
<td>Dr. Gordon Edwards</td>
<td>Charlotte, NC</td>
<td>All Events</td>
<td>704-588-6885</td>
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<tr>
<td>The Fast Program</td>
<td>Boca Raton, FL</td>
<td>S, MD, LD</td>
<td>Bill Wiles, Site Director 561-977-9824; <a href="http://fastprogram.com">http://fastprogram.com</a></td>
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<tr>
<td>First (Furman Inst. of Running &amp; Scientific Training)</td>
<td>Greenville, SC</td>
<td>LD</td>
<td>C-Mickey McNaughton</td>
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<tr>
<td>Gulf Coast Racers</td>
<td>Dale City, FL</td>
<td>RW</td>
<td>757-567-0855</td>
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<tr>
<td>Jerry Hall</td>
<td>Daytona Beach, FL, MD, LD</td>
<td>386-210-7219</td>
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<tr>
<td>Inks Run, Ltd.</td>
<td>Greensboro, NC</td>
<td>LD/BF</td>
<td>C-Terry VanHattan 919-725-8464</td>
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<td>National Training Ctr.</td>
<td>Clermont, FL</td>
<td>S, F</td>
<td>Dennis Mclachlan, Bobby Haeke, Don DeLong 321-241-7144, 74206</td>
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<tr>
<td>Personal Best Program</td>
<td>Fairfax, VA</td>
<td>MID/LD</td>
<td>Daxon Hemphill 703-290-2277</td>
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<tr>
<td>Dr. Ron Kuk</td>
<td>Tampa, FL</td>
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<td>C-Dris Vaknin 813-971-7627</td>
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<td>Bobschull Racing Team</td>
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<td>American Walking Association</td>
<td>Boulder, CO</td>
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<td>C-Viola Sadak 303-938-9531</td>
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<td>FL, Collins, LD</td>
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<td>C-John McClain 954-383-1000</td>
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<td>PA Anthony Schmitz</td>
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<td>McHoas Running</td>
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<td>L-Gordon Reiter 314-230-9120</td>
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#### SOUTH WEST – AR, LA, MS, OK, TX

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<td>Kyle Hitchner</td>
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<td>Speed Training Inst. for Athletic Performance</td>
<td>McKinney, TX, 75070</td>
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#### WEST – AZ, CA, HI, NV, NM

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<td>Irvine, CA, MD, S</td>
<td>C-Bill Sumner / Rick Herr 949-676-7076</td>
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<td>CA Club West</td>
<td>Santa Barbara, CA, MD</td>
<td>C-Geoff Bradshaw 805-583-5022</td>
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<td>Birmingham HS &amp; Santa Monica HS</td>
<td>CA</td>
<td>C-Pat Connelly 818-272-1086</td>
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<td>Costigos Deportes</td>
<td>Alhambra, CA, MD</td>
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<td>Leo Davis West LA</td>
<td>Culver City, CA, S</td>
<td>Leo Davis West LA Culver City, CA, S, L</td>
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<tr>
<td>Desert Valley Rockets</td>
<td>Cathedral City, CA, All T &amp; P</td>
<td>C-Sam Jackson 760-770-2210, 760-342-7300</td>
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<tr>
<td>Gamespeed</td>
<td>Brentwood, CA</td>
<td>S</td>
<td>Aaron Tipling 925-513-6767</td>
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<tr>
<td>Chilat College</td>
<td>Hayward, CA</td>
<td>S</td>
<td>Ken Grace 510-234-6626</td>
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<td>Hawaii Masters TC</td>
<td>U of Hawaii-Manoa, S, TH, F</td>
<td>C-McGregor McMahan 808-756-0579</td>
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<tr>
<td>Effet Huygens</td>
<td>Sacramento, CA, S</td>
<td>510-545-6100</td>
<td></td>
</tr>
<tr>
<td>High Performance Running Club</td>
<td>Phoenix, AZ, MD, LD</td>
<td>C-Dean Hebert 602-829-7473</td>
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</tr>
<tr>
<td>McCaul Training</td>
<td>San Diego, CA, MD/LD</td>
<td>C-Greg McMahan 858-756-0579</td>
<td></td>
</tr>
<tr>
<td>George Meadea</td>
<td>CSLU-Long Beach, CA, S, MD, F</td>
<td>C-310-498-8405</td>
<td></td>
</tr>
<tr>
<td>Mark Miller</td>
<td>Redwood, OR, MD, S, L</td>
<td>503-258-3921</td>
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<tr>
<td>Reebok Argie R.C.</td>
<td>24130 Summit Woods Drive, Los Gatos, CA 95033</td>
<td>C-Joe Fabris</td>
<td><a href="mailto:JoeFabris@msn.com">JoeFabris@msn.com</a></td>
</tr>
<tr>
<td>River City Track Club</td>
<td>Sacramento, CA, MD</td>
<td>C-Mike Holzgang 916-498-7881</td>
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<tr>
<td>Davis Holly</td>
<td>CSLU-Long Beach, CA, S, MD, TH</td>
<td>C-Bobbie Mandle</td>
<td><a href="mailto:bobbie25250@att.net">bobbie25250@att.net</a></td>
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<tr>
<td>Sacramento</td>
<td>Sacramento, CA, MD</td>
<td>C-Elier Haynes &amp; Delma Thompson 916-971-1511</td>
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<tr>
<td>SBA</td>
<td>Santa Barbara, CA, MD</td>
<td>C-510-576-1965</td>
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<tr>
<td>San Diego Panthers Track Club</td>
<td>San Diego, CA, T, F</td>
<td>James King, Randy Thompson 619-475-5552</td>
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<tr>
<td>So. Cal Track Club</td>
<td>Trabuco Hills, CA</td>
<td>C-Mark Clean</td>
<td>949-589-0242</td>
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<tr>
<td>Sports Training Program</td>
<td>Orange City, CA, S, H, J</td>
<td>C-Charles Moses 714-740-4432, 334-8729</td>
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<tr>
<td>Drew Sulcliffe</td>
<td>Larkspur, CA, MD</td>
<td>C-415-921-7435</td>
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<td>SFV TC and Burbank</td>
<td>Culver City, CA, MD</td>
<td>C-Laszlo Tabori 818-556-1563 (work)</td>
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<tr>
<td>Canyon Del Oro HS</td>
<td>Tucson, AZ, TH, J</td>
<td>C-William Tenney 520-825-4766</td>
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<tr>
<td>Wilbur &quot;Moose&quot;</td>
<td>Long Beach, CA, TH, F</td>
<td>C-John Taylor 510-838-0636</td>
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<tr>
<td>Elaine Ward</td>
<td>Pasadena, CA, S</td>
<td>213-795-3243</td>
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#### NORTHEAST – AK, ID, MT, OR, UT, WA, WY

<table>
<thead>
<tr>
<th>Name/Organization</th>
<th>Location/Site</th>
<th>Events</th>
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<tr>
<td>Club Vault</td>
<td>Beaverton, OR</td>
<td>PV</td>
<td>Jerry Cash 503-524-5045</td>
</tr>
<tr>
<td>Eugene RC</td>
<td>Eugene, OR, MD</td>
<td>C-Catherine Tewenyi Bellamy 541-343-4841</td>
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<tr>
<td>Judy Heiler</td>
<td>Portland, OR, RW</td>
<td>C-975-282-1677, 334-8729</td>
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<tr>
<td>Team David</td>
<td>Eugene, OR, LD</td>
<td>C-Dave McElrath 541-343-4846</td>
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<td>Upper States Athletics</td>
<td>Portland, OR, S, F, TH</td>
<td>C-Johnson 971-830-1960, 836-3291</td>
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<tr>
<td>Bob Williams</td>
<td>Portland, OR, MD, LD</td>
<td>503-643-6178</td>
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*CN Coach; L=Led by experienced athlete or Volunteer of informal group; SS=Sprinits (100-400m); MD=Middle distance (800-1500m); LD=Long distance (5000m-marathon); TH=throws, H=400m hurdles, H=Field events. N/A would like readers from throughout the USA to know what masters training/coaching is available in your area. If you know of a group that is training together, informally or formally, send the info to MM, P.O. Box 50084, Eugene, OR 97405.*
Masters Scene

NATIONAL

• Earl Fee, 800m and hurdles world record holder and author (How to Be a Champion From 9 to 90), was featured in the starting blocks in a full-page ad for Allianz Life Insurance of North America in USA Today, Jan. 7. Fee, of Canada, will be 90 on March 22.
• Outdoor Life Network and the Boston Athletic Association have announced a multiple-year partnership to provide live, wire-to-wire coverage to North American homes, making the Boston Marathon the first major U.S. road race to receive complete, live, national coverage. OLN is owned by Comcast.

The Mountain, Ultra and Trail (MUT)
Running Council of USATF announced on Jan. 26 the inauguration of a 100-Mile Trail National Championships. This new event will be hosted by the Mohican Trail 100 Mile Run, June 18-19, in Loudonville, OH, with the 2006 event going to the Rocky Raccoon 100 Mile Trail Run, Feb. 4-5, Huntsville State Park, Huntsville, TX.

EAST


• The WMA Council site inspection team visited the bids for the WMA 2008 World Masters Indoor Championships in January. At the deadline date of Sept. 1, 2004, there were three bidders: Budapest, HUN; Glasgow, GBR; and Lievin, FRA; but Budapest withdrew a week before the inspection took place. The bid award will be made at the WMA General Assembly in San Sebastian, ESP, on Aug. 30.

• It was sad news that Royce (Roy) Foley from Melbourne, Australia, died Saturday morning, Feb. 12. Many of you would know Roy as the protagonist who hounded many WAVA General Assemblies on throwing issues. He was the "Father of the Weight Pentathlon" and worked tirelessly with his U.S. and New Zealand counterparts to develop this event, eventually seeing it introduced into our Championships, and finally its acceptance as an official medal event at the world level. Roy served our sport very well as an athlete, coach, official, and administrator. While, in recent years, his loss of sight had limited his involvement, he still attended and competed in championships wherever possible. We will be sadly missed by the sport of athletics and, in particular, masters athletics.

• Stanley Perkins

SOUTHWEST

• Highlights of the hp Houston Marathon, Houston, TX, Jan. 16, included Jim Schielemann, 71, Jefferson, IA, capturing the M70, 3:31:55, at W60; and Barbara Kasen, 52, Milford, CA, 3:33:10 at W65. In the Half-Marathon, Benji Darden, 53, Boulder, CO, lighthouse it to a 1:19:10, and Wanda Olsen, 58, Milford, MA, laid down a 1:20:53, while Ino Cantu, 71, Richmond, TX, cruised the ant in the M70 with his 1:39:54. Firaya Sultanova-Zhdanova, 43, RUS/FI, hand­eled Colleen De Reuck, 40, Boulder, CO, a rare defeat at W40, 1:13:26 to 1:14:05, while cross-country champion Carmen Ayala-Troncoso, 45, Austin, TX, cruised to 1:21:57, for third W40+. Phyllis Lemenceello, 57, Nain, Scotland, rustled up a W55-topper, 1:37:54.

• Chris Lipscomb, M45, 30:09, and Pam Sneed, W45, 35:19, peppered to masters firsts in the Chili Day 8K, Oklahoma City, Jan. 22. Sandra Hanson, W55, finished in 39:57.

• “Grandmaster” winners at the Nandi Grand Prix Maraton 10K, Baton Rouge, LA, Feb. 5, were first are St. Michael's, 83, and Barbara Rimpilainen, 71, Richmond, TX, upped the ante at W65.

• With Nandi Grand Prix Maraton 10K, Baton Rouge, LA, Feb. 5, were first are St. Michael's, 83, and Barbara Rimpilainen, 71, Richmond, TX, upped the ante at W65.

WEST

• A week before her win at the Grand Prix Maraton 10K, Baton Rouge, LA, on the last day of the W65 race, Firaya Sultanova-Zhdanova, 43, RUS/FL, gambolled to a $5000 jackpot for third woman overall (3:26:03) at the Las Vegas Masters Marathon, Jan. 30. In the half-marathon, Antoni Niemczak, M45, Albuquerque, NM, 1:12:18, just edged Forrest Newman, M40, Fort Collins, CO, 1:12:21, for the men’s M40+ win. Conditions were windy.

• From Mac West, the Dan Aldrich Memorial Meet, nee Anteaters Meet, nee Grandfather Games, "This year we are going to have to cancel the Dan Aldrich Memorial Track Meet at UC Irvine due a personal conflict. We will resume the next meet and it will be better and bigger. Thank you to donors and sponsors.

• Diane Ridgway, 56, Arvada, CO, 3:28:38, and Imme Dyson, 65, Princeton, NJ, 4:28:12, came away from the cold at home to lay down big age-group wins at the formerly-known-as-the-San-Diego-Masters Marathon, Carlsbad, CA, Jan. 16. In the half-marathon, James Sheremet, 40, La Jolla, CA, and Anchorage, AK's John O’Connor, 56, cruised the M40+ race, 1:37:54.

• Westchester TC’s Yukiko Nishide, 43, JPN/Rye, NY, ran to second woman overall (3:25:38) at the Health Tbyee, GA, Marathon, Feb. 5.

• Masters winners at the NYRR 10 Mile, Central Park, NYC, Jan. 30, were Allen Ruben, 47, 55:29, and Yuri Oplt, 43, 1:04:02. Viva Decker won the W65a in 1:23:30.

SOUTHEAST

• Bobby Williams, 52, was first M40+, with a time of 17:34 in the St. Louis Tourism 10K Frostbite Series 12K, Dec. 18, and the SLTC 10 Mile, Jan. 2, with a 1:00:43. Claudia Kasen, 47, was third female in the 12K (1:25:39). Heidi Chard, 54, was fourth female in the 10 Mile (1:37:37).

NORTHWEST

• Karen Cross, 41, 1:26:44, won the women’s race, and Michael Skidman, M50, 1:22:27, was first M40+, Painters Half-Marathon, St. George, UT, Jan. 15.


• The 2005 World Masters Games LOC will travel across Alberta on April 29, through the Royal Alberta Museum and the US Pacific NW to promote awareness of the 6th World Masters Games, Edmonton, Alberta, July 22-31, through a "Regional Road Show" in 12 selected cities, including Portland, OR; Corvallis, OR; and Seattle, WA. For BR5 details, contact Ski Rimmler at 780-822-2113, or via email at ski.rimmler@edmonton.ca. For information on the World mastergames.com

OBITUARY

• Becky Sisley, competing in her first indoor meet at age 65 broke the W65 pole vault WR by over 9 inches in going 2:24 (7-4 1/4) at the University of Washington Open Indoor meet on Feb. 13. This height was the lowest the bar could go.

TRAIN YOUR BRAIN!

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

Four issues (1 year), $30 (U.S.) or $35 for two years (1 issue free), $24 (foreign U.S. funds) or $48 (two years). All available back issues (17) plus future issues through July 2005 for $100 (2 issues free), $125 for foreign subscribers (2 issues free).

o/c Glenn Thompson
3604 Green Street, Harrisburg, PA
17110; Thrower60@aol.com

March 2005 National Masters News page 23

LONGANDSTRONG.COM
## Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 3</td>
<td>NYRR Thursday Night at the Races, The Armory, Washington Heights, Manhattan</td>
<td>7:00 p.m.</td>
<td>311-375-5720; 214-766-2854</td>
</tr>
<tr>
<td>March 4</td>
<td>MAC Masters Championships, 168th St, Armory, NYC. 6-11 p.m.</td>
<td>Ivan Black</td>
<td>917-679-8448</td>
</tr>
<tr>
<td>April 20</td>
<td>Syracuse U. T&amp;F Meet, Manley Fieldhouse. 6:00 p.m.</td>
<td>9:00 a.m.</td>
<td>315-492-9455; 92490; 5114-fe</td>
</tr>
<tr>
<td>May 22</td>
<td>Vermont Green Mountain Senior Track Meet, Burlington</td>
<td>Ardis Smith</td>
<td>802-824-6521</td>
</tr>
<tr>
<td>May 31 – June 5</td>
<td>Long Island Senior Games, Brentwood, NY</td>
<td>631-361-6644; 625-5229; 9261-361-6644</td>
<td>564-3400; <a href="mailto:kyoung@ibm.com">kyoung@ibm.com</a>; <a href="http://www.easterreelays.org">www.easterreelays.org</a></td>
</tr>
</tbody>
</table>

## NATIONAL

| March 5-6 | USA National Masters Indoor Track & Field Championships, Carthage College, Kenosha, WI. | (920) 526-1241; 920-526-1241 | jeff@allstarsports.com; www.usatfinc.com |
| March 11-12 | USA National Masters Indoor Championships, Nampa, Idaho. (Boise) | 803-849-9219 | jeff@allstarsports.com; www.usatfinc.com |

## MARCH 2005

| March 12 | USA Masters Indoor Championships, on the 11th-13th will be preceded by the USA National Masters Indoor Heptathlon Championships, Kenosha, WI. | 11-13 | 803-849-9219; jeff@allstarsports.com; www.usatfinc.com |

## LONG DISTANCE RUNNING

| March 12 | Los Angeles will watch the L.A. Marathon XX on the 6th. The Gate River 15k, Jacksonville, FL, and the Bay City 10k, Houston, TX, on the 12th will start off a St. Patrick’s Day parade of races around the world. The 19th offers the Shamrock 5k, Beach. 2005, Virginia Beach, VA, followed by the New Bedford MA, Half-Marathon, and the Atlanta SK for Women on the 20th. A 4-miles run will be held at Pigeon Forge, TN, and the Redwoods Wild River offers a 15k, in Crescent City, CA, on the 26th. |

## RACEWALKING

| March 13 | Indoor track enthusiasts will be on track in Jacksonville, FL, for the 3000m in the USA National Masters Championships on the 13th. |

## ON TAP FOR MARCH

### TRACK AND FIELD

The USA National Masters Indoor Championships on Idaho on the 11th-13th will be preceded by the USA National Masters Indoor Heptathlon Championships, Kenosha, WI, on the 5th-6th. Indoor meets are available in NYC, NY; Louisville, KY; and Minneapolis. For outdoor action, head for Arizona, California, Nevada, and Florida.

## CHRISTMAS WEEKEND

| March 12 | Florida will watch the Miami Marathon, 10th, Miami, FL, and the Bay City 10k, Houston, TX, on the 12th will start off a St. Patrick’s Day parade of races around the world. The 19th offers the Shamrock 5k, Beach. 2005, Virginia Beach, VA, followed by the New Bedford MA, Half-Marathon, and the Atlanta SK for Women on the 20th. A 4-miles run will be held at Pigeon Forge, TN, and the Redwoods Wild River offers a 15k, in Crescent City, CA, on the 26th. |

## RACEWALKING

| March 13 | Indoor track enthusiasts will be on track in Jacksonville, FL, for the 3000m in the USA National Masters Championships on the 13th. |

## LOCAL EVENTS

For more information, please visit www.usatfinc.com.
LONG DISTANCE RUNNING

NATIONAL


June 5. USA National Masters Championships/TEVA Vail 6.3 Spring Runoff, Vail, CO. www.usatf.org

June 18-19. USA National Masters 100 Mile Trail Championships, Loudonville, OH. www.usatf.org

July 10. USA National Masters 50 Mile Championships, Crystal Mountain, WA. www.usatf.org

August 7. USA National Masters 8K Championships, Honolulu, HI. Held in conjunction with USA Masters T&F Championships (see above).


October 2. USA National Masters Championships/Twin Cities Marathon, Minneapolis, MN. www.twincitiesmarathon.org; www.usatf.org

November 16. USA National Masters 5K XC Championships, Saratoga Springs, NY. George Regan, george@usatf.org

November 26. USA, Fall Nationals XC Championships, Rochester, NY. Masters: M10K & W6K. Bill Quinlin, 412-Hobbes, 114610-1113, 385-482-6371; bill@frontiernet.net

SOUTHEAST

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


March 12. Luck of the Irish 5K, Mobile, AL. 251-473-7223; www.pcpcarers.org


March 19. Shamrock Sportfest Marathon, Relay & 5K, Virginia Beach, VA. Shamrock Sportfest, 2231 Cape Arbor Dr., Virginia Beach, VA 23451-1310. shamrocksportfest.com


March 26. Atlanta Women's 5K, Atlanta, GA. 404-231-9064; www.atlantacharretteclub.com

March 26. Masters 4 Mile, Dollywood Theme Park, Pigeon Forge, TN. Feb 25-26 and 5/6 season pass to Dollywood. Ross Dunton, Coach80@bellsouth.net

March 27. U.S. Half-Marathon Championships, GA. www.usatf.org

April 2. Cooper River Bridge Run, Charleston, SC. 843-947-4183; www.bridge runoff.org

April 2. Bay-Bears Hall of Fame 5K, Hank Aaron Stadium, Mobile, AL. 251-473-7223; www.pcpcarers.org


May 22. Racing for a Cause 5K, Charleston, SC. 843-724-6662; www.racingforacause.com

May 22. City of St. Augustine Half-Marathon, FL. 904-824-8128; www.givehealth.org

May 24. Oklahoma City Marathon, Relay & 5K, Oklahoma City. www.okcmarathon.com

May 14. 5K & E Sooner State Games Half-Marathon, 10K & 5K, Lake Overholser, OK. 405-256-5000; www.okstatesgames.org

WEST

Arizona, California, Hawaii, Nevada, New Mexico

March 6. L.A. Marathon XX, Los Angeles. 310-444-5544; www.lamaraathon.com


March 13. Fifty-Plus Paul Spangler Memorial 5K, R.W. Palo Alto, CA. 504-843-1750; pre-registration is available via: www.active.com; www.50plus.org; info@50plus.org

March 13. Valley of the Sun Marathon, Mesa, AZ. www.valleyofthesunmarathon.com


May 12. Pasadena Senior Olympics. Rose Bowl, Pasadena, CA. 5000m & 10,000m. Qualifier for the 2006 California Senior Games Championships. Meet Director: Jim Hanley. 805-496-1829, jim@hanley.cc

NORTHWEST

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

May 5. SORSOC Shamrock Run 5 Mile, Central Point, OR. Mike Barrett, 541-779-1214


May 15. Tualatin 10K, 5K, Burnside, OR. 503-203-9166; www.othuneral.com/shamrock


April 29. Peach Blossom 5K & 10 Mile, Medford, OR. 541-335-1205; www.pearblossomrun.com

April 30. Whidbey Island, WA, Marathon


April 18. Women's Sisters 5K Championship, St. Louis, MO. 314-727-0800; www.stlouismarathon.com

April 23. 25th St. Louis Half-Marathon & 3000m, St. Louis, MO. 314-781-3926; www.stlouistrackclub.com

April 23. Salt Lake City Marathon & 5K, 801-412-6060; saltlakecitymarathon.com

May 1. Bloomday 12K/USATF Inland NW Championships, Spokane, WA. 509-838-1579; www.bloomdayrun.org


May 15. Capital City Marathon, Half-Marathon & 5K, Olympia, WA. 360-786-7868; www.capitolcitymarathon.org

INTERNATIONAL


May 28-29. ING Ottawa Marathon, Half-Marathon & 10K, Ottawa, Canada

RACEWALKING

March 13. USA National Masters Indoor 3000m Championships, Nampa (Boise), ID. www.usatf.org

April 16. Northwest Regional Masters 10,000m RW Championships, West Seattle Stadium. Riv Sanites, 111 Lost River Rd, Mazama, WA 98833. 509-996-2423; bevailingm@verizon.net

May 15. USA National Masters 15K RW Championships, Riveside, CA. www.usatf.org

May 21. Pasadena Senior Olympics, Pasadena CC, CA. 1500m & 5000m RWs. Qualifier for the 2006 California Senior Games Championships. Meet Director: Jim Hanley. 805-496-1829, jim@hanley.cc

August 5 & 7. USA National Masters 5000m (5th) and 10K (7th) RW Championships, Honolulu, HI. See National T&F above.


November 13. USA National Masters 20K RW Championships, Columbus, Ohio. 515-241-7144; www.usatf-nc.com; e-mail: noonewalk.99@yahoo.com

December 4. USA National Open & Masters One-Hour RW Championships, Jackson, FL. www.usatf.org
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<td>Steve Diehl (60-64)</td>
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<td>Rick Evans (50-54)</td>
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**U.S. MASTERS ALL-AMERICAN STANDARDS**

**For Men**

- **Event**: Mile
- **Standard**: 4:55.69
- **Age-graded time**: 3:27:52

**For Women**

- **Event**: Mile
- **Standard**: 5:35.57
- **Age-graded time**: 4:08:59
MR. SIX-MINUTE MILE

16 PRECIOUS SECONDS OFF OF LAST YEAR'S TIME

There are two ways to reward an athlete. With an endorsement check, or with better performance.

FOR LOVE OR MONEY?

The M766 is built to withstand the hours of training it takes to trim seconds off your time. Our innovative New Balance TS2° stability system and ABZORB° cushioning provide a ride that's both stable and surprisingly forgiving. So go ahead, train. And then train some more. The M766 is designed for longer workouts, and shorter times. Water-resistant model also available. Pictured here: New Balance MRT5017 Spike, MRT5016 Veto Short and Performance Cap. newbalance.com