Samuelson Leads Masters in Olympic Marathon Trials

by JIM OAKS
COLUMBIA, S.C. – When an Olympic gold medalist is in the field— even if she is 42—the other runners take note. This was the case as Joan Samuelson took her final strides before the 9 a.m. start of the 2000 U.S. Olympic Trials Women’s Marathon here on Feb. 26.

Before noon, these runners would know that Samuelson was still competitive as she finished ninth overall in 2:39:59, the fastest trials finish for a master in the five trials races that have been held.

This trials race was different for Samuelson than in 1996, when she said she had come primarily to let her children get a feel for what she had experienced in 1984 when she won the trials race only 17 days after arthroscopic surgery. She then went on to win the Olympic race in Los Angeles later that year.

For the 2000 race, she had trained with all the intensity that her schedule allowed. By two o'clock, after an all-day ocean swim, she was ready. As she crossed the finish line in 2:39:59, the fastest trials finish for a master in the five trials races that have been held.

The event had received more publicity than any other masters meet in Southern California. The new 1999-Track & Field Rankings Book is now available. See page 19.

Tuttle Repeats in National 12K

by SUSANNAH BECK
John Tuttle, 41, Douglasville, Ga., repeated his 1999 win in the USATF National Masters 12K Championships held along with the Outback Distance Classic, Orlando, Fla., on Feb. 26, winning overall in 37:45. The time was well off his pending U.S. record of 36:12 here in 1999, but was fast enough to set a single-age record. Tuttle was ill several weeks prior to the race and had hoped to run comfortable five-minute miles; his 37:45 averages 5:02 per mile.


Masters Run in Open Championships

The great expanse of The Dome in Atlanta, Ga., March 3, was the setting for the first masters ever at a USATF National Open Championships, when a group of six masters men and women ran a distance-handicapped 200 before a crowd of 11,000 spectators.

Announcer Bob Hersh set the stage by identifying each of the participants by lane and representation: lane 1, 200m (distance run); Tom Brewer, 53, Atlanta TC, national champion 400H, high jump, and sprint relay; lane 2, 188m, Sammy White, 62, Atlanta TC, national champion 400, triple jump, high jump, and pentathlon; lane 3, 175m, Philippa Raschker, 53, World Elite Track Team, world’s fastest woman over 50, world record holder 100 and 200, winner of the 100 and 200 in five masters world champi…

continued on page 7
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AGE-GRADING
I have the following answer to Bill Benson's interesting question (March NMN) about the reason for differences in age-graded performances between sprinters and middle distance runners. Bill noticed particularly for M75 and M80 results that sprinters generally are about 10% higher in age grading than middle distance runners. Sprinters usually are higher, as explained below. Of course, there are exceptions.

The WAVA age-graded tables do not lie; they are based on actual world record results. The following, based on these tables, is from my book, Secrets of a World Masters Champion, to be published near the end of this year.

Average Decline in Performance
(Percent Per Year) vs Age

<table>
<thead>
<tr>
<th>Event</th>
<th>Years 35-65</th>
<th>Years 65-80</th>
<th>Years 85-90</th>
</tr>
</thead>
<tbody>
<tr>
<td>100m</td>
<td>0.70%</td>
<td>1.1%</td>
<td>1.7%</td>
</tr>
<tr>
<td>800m</td>
<td>0.88%</td>
<td>1.5%</td>
<td>2.6%</td>
</tr>
<tr>
<td>Mile</td>
<td>0.94%</td>
<td>1.5%</td>
<td>2.7%</td>
</tr>
<tr>
<td>Marathon</td>
<td>1.1%</td>
<td>1.5%</td>
<td>2.7%</td>
</tr>
</tbody>
</table>

The table shows a more rapid decline in performance after about age 65 and then again about age 85. Also it shows that sprinters decline in speed or performance at a significantly slower rate than middle distance or marathon runners. Therefore, sprinters would normally show higher age grade percentages than middle or long distance runners. The reason for this is strength, flexibility and intensity of exercise. Strength is speed. As we age, we lose strength and flexibility.

Sprinters work more on maintaining their strength and flexibility than middle and long distance runners so they decline in speed at a slower rate. Also, it is well known that to stay young, intensity of exercise is more important than volume. Sprinters have it all, since 20% of their training is intense, with regular weight training, plyometrics and lots of drills for flexibility. Only about 12% of the weekly mileage of middle distance runners is intense (e.g., VO2max, and anaerobic speed training) and usually with little or no weight training, no plyometrics, no drills, and less stretching than sprinters.

Annually, although the percentage of intensity is low for middle distance runners, the intensity mileage is high. I know I get plenty of intensity in my middle distance training. So intensity may not be as important as consistent strength and flexibility training in the comparison.

To support my contention that weight training and strength is a big advantage for sprinters, consider the throwers (shot, discus and javelin). It appears that activities involving muscular strength, such as the throwing events, slow the aging process, or at least delay the performance decline. I base this mainly on the many older successful athletes in these events at the Olympics.

In view of the above, it has occurred to me lately that there is some longevity advantage in moving down in race distance as I get older, rather than moving up in distance. Also, it is important to age slower than your rivals. All this indicates the importance to staying younger and living longer of regular weight training, frequent stretching, and maintenance of intensity in training.

Earl Fee
Mississauga, Ontario, Canada

Bill Benson in his letter (March NMN) hit part of the problem of the disparity between middle-distance runners and sprinters in the Age Graded Tables when he used Rod Parker as an example, comparing Parker’s 60m result with his 800m in the same meet.

No athlete in his prime attempts world records in those events; the two races are for different types of bodies. True 60m dashers have difficulty sprinting 200m. Their fast-twitch muscles fire rapidly and tire much the same as those of the cheetah. Masters athletes must recognize that nobody is created to do all the events.

Another consideration, in response to Benson’s letter, is that the human entity does not age all at once. I lost my spring long before any other factors of competition were affected, I would expect a high jumper’s performance to decline at a faster rate than a hammer thrower’s, who I would expect to decline in performance at a slower rate than an 800m runner.

Part of the consideration when using the Age Graded Tables is to recognize when and what degree the factors used in preparing for competition deteriorate. Competitors in certain events should achieve results very near their prime results long after competitors in other events have noticed a sharp decline.

Let’s enjoy masters competition whether for recreational entertainment or for elite achievement, but recognize that they have different expectations and different results.

Hugh Adams
Clovis, California

JAVELIN SPECS
I agree that the addition of the 500g and 700g javelins to the masters competition is undesirable. The added expense to the athlete, as well as expense and inconvenience to meet directors and officials, is considerable. I personally would prefer throwing the 800g javelin even at age 72. The 600g javelin that I currently throw (I haven’t been able to locate a 500g) weighs only 75% of the 800g, but I find that I can only throw it 10% farther.

The 600g javelin has poorer aerodynamic characteristics than the 800g. This is primarily because the specs have been set so that the projected area relative to the weight is smaller for the 600g. Even with a throw of around 100 ft., a thrower can see the lift from the air on a properly thrown 800g javelin; whereas, the 600g throw of 100 ft. drops through the air without any noticeable air support. I expect the 500g javelin to be even worse. Are there any other throwers out there who would prefer the 800g javelin for all ages of men?

Bud Held
Del Mar, California

OPEN CHAMPIONSHIPS
Running in the mixed age-graded 200 race, as part of the USATF Open
Continued on page 5

Six Join NMN Sustainers
Each month, NMN publishes a list of “sustainers,” those who help the National Masters News and masters athletics by making contributions. These extra funds allow us to publish more photos, deeper results, an in-depth schedule section, and more.

Special thanks this month go to:

Jean Chodnicki
Rich Dunphy
Max Jones
Richard Nobel
David Rosenthal
Richard Wilcox

New York, New York
Clifton, New Jersey
West Yorkshire, England
Alameda, California
Bayonne, New Jersey
Long Beach, California
Indoor Championships at the Dome in Atlanta, Ga., was one of the highlights in my track and field career. The size of the Dome, the expertise of the athletes and the acceptance of so many younger people, left me in awe. Also, it pleased me to once again cheer on Andy Bloom of the Albany area, winner of the shot put.

After the race, many competitors and spectators commented in a very positive manner on our race and ability. They hope to see future masters athletes compete during this kind of competition.

I thank USA Track and Field and Phil Rascher for arranging this exciting competition: I hope that other open meets will give us the same opportunity to be a part of their program.

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Third Wind
by MIKE TYMN

The Old Man and The Road

That's the title of Paul Reese's third book, just recently released. His first two books, Ten Million Steps and Go East Old Man were reviewed in this column. In his first book, Reese, now 83, told about his 3192-mile run across the USA in 1990, at age 73. After crossing 12 states on that adventure trek, Reese established a new goal — to run across all 50 states. He completed that objective on December 11, 1997, at age 80.

In Go East Old Man, Reese focused on the 14 states in the lower 48 west of the Mississippi that he hadn't crossed on the USA run. Those runs were done between 1992 and 1996. Now, in The Old Man and The Road, Reese chronicles his adventures in the remaining 21 states east of the Mississippi, as well as Alaska and Hawaii. As with the other two books, this one was edited by well-known running writer Joe Henderson.

Reese begins with a confession. While running across the United States in 1990 and then doing the 14 states west of the Mississippi, he crossed the full length or width of each state. For the remaining 23, however, he chose the shortest routes he could find. "With energy ebbing after my 80th birthday, I sought the shortest routes across each of those 23 states." Reese, a retired Marine Corps officer and school administrator, who lives in Auburn, CA, explains, "I did adhere to the criterion that the run be across the state from the boundary of one state to the boundary of another."

Covering all 50 states required 7646 miles of running, jogging, and walking, 558 days on the road (353 on foot), and 60,000 miles of motorhome driving with wife Elaine as the pilot and "cook, nurse, chaplain, companion, confidante, pit crew, and rooting section."

In addition to the running, jogging and walking, Reese, who recorded a 2:39:28 marathon at age 54, did quite a bit of mental meandering and musing, much of it set down in The Old Man and The Road. Here are some of his observations and meanderings:

On passing an old folks' home in Vermont: "There is plenty they can do to combat aging: exercise, think positive, have an agenda, exercise their sense of humor, have interests and ad infinitum. True, if we are lucky, we can't help getting much older, but we need to recognize the difference between age (biological, chronological) and aging (a surrendering of abilities and attitudes through inactivity, physical and mental)."

On Being 80: "I don't know what is par for age 80 — who does? — but I don't think I act, feel, think, move about as 80, albeit I've slowed down in a number of ways. My enjoyment of the riches of life, my appreciation of life itself is probably fuller now than ever; something the years have increased rather than diminished." (Reese doesn't mention that he is a "cradle robber," and that part of his secret is being married to an attractive woman many years his junior.)

On getting started in Wisconsin: "Today was typical of many days when I have to coax and cajole myself out the door to run. What, you thought I'm always bright-eyed and bushy-tailed just squirming to get out the door and run? Not so. But, conversely, never in the 34 years that I've been running, that I've pushed myself out the door, have I ever regretted that I went out. Simply put, I know that I am better for having run."

On passing a Jogger wearing a Walkman: "How tragic that a jogger is missing one of the main benefits of distance running — that being the setting running provides for meditation and reflecting on life and for trying to solve problems. Invariably I find that my mind is more in gear, more active, when I am running than when I am stationary."

On too much rest before New York: "Traditional thinking would proclaim that after a few days away from running while driving to New York, I'd be strengthened and refreshed this morning. But that has rarely been my experience. Always after a layoff I find it difficult to groove back into running. I think it is called inertia."

On Green Bay, Wisconsin: "In all our 48 state crossings, we'd never stayed in one city so long. Enjoying ourselves, we would have been reluctant to leave except that after today we would be heading home."

On being a 49er fan in Green Bay: "All the while when on Packer turf and being aware of the rashness of Packer fans (e.g., dissatisfied with their coach, Dan Devine, they shot his dog!), we kept our 49er affiliation a secret."

On turning down a ride in Hawaii: "As we (accompanied by a friend) were reading a sign, a lady in a flashy red convertible stopped to ask us if we needed a ride. My guess, she was thinking: Two forlorn fossils, fugitives from the Shady Pines Rest Home."

On aches and pains in Mississippi: "As I had the habit of doing throughout the USA run, I made several assessments of aches and pains. I philosophized that if I ran into trouble, it would first be joints, second because of bones, third because of tendons, and fourth because of muscles. The farther I got into this USA run, the more tired became muscles, tendons and bones, and the more apprehensive I became when a problem appeared."

On difficulties in Ohio: "With time I have learned that running, per se, is the easy part, the fun part. The land mines are the weather, careless drivers, inadequate running space, and the nuisance and demands of logistics."

On being labeled "the runner": Running has been good to me. But there has been one negative fallout from it. That happens when I am personified or introduced as the runner — the inference often being that my world begins and ends with running,
Third Wind

Continued from page 6

that jockville is the extent of my depth.

On running shoes: “For the record, across every state this year I’ve worn the same brand and model of 8.5-ounce racing flats. Not training shoes, but racing flats — same brand, same model, four different pairs... I never wear socks with running shoes and, sockless throughout the trip, I got not a single blister.”

On being friendly to a child in New Jersey: “I went past a five-year-old boy playing in his front yard. He saw my fanny pack and asked if I had a gun in it... About then (after showing him the contents) his father came out the front door, acted as if I were about to abscond with the kid as he rode to the rescue. Left me thinking, what a mixed-up world when you can’t even be kind to a youngster without being suspect. Besides, the guy must be blister.”

On Providence, R.I.: “Nice town, but I wouldn’t want to drive there.”

On leg fatigue in Virginia: “Around the end of the day, I found my legs were lobbying for a rest. I suspected that the tiredness was not so much from running but from all the effort exerted jumping from the road onto the grass to avoid oncoming cars. The stop-go action was tiring. It was the extent of my happiness: “One key to happiness is for a person to find one thing he’s good at, one thing he likes, then do it, concentrate on it, revel in it. God knows that Elaine and I have found a happiness: “... one key to happiness is for a person to find one thing he’s good at, one thing he likes, then do it, concentrate on it, revel in it. God knows that Elaine and I have found a

• Illinois: On leg 2 the old man had his back turned to you was old boy playing in his front door, acted as if I were about to abscond with the kid as he rode to the rescue. Left me thinking, what a mixed-up world when you can’t even be kind to a youngster without being suspect. Besides, the guy must be blister.”

• New Jersey: “I went past a five-year-old boy playing in his front yard. He saw my fanny pack and asked if I had a gun in it... About then (after showing him the contents) his father came out the front door, acted as if I were about to abscond with the kid as he rode to the rescue. Left me thinking, what a mixed-up world when you can’t even be kind to a youngster without being suspect. Besides, the guy must be blister.”

• Providence, R.I.: “Nice town, but I wouldn’t want to drive there.”

• Virginia: “Around the end of the day, I found my legs were lobbying for a rest. I suspected that the tiredness was not so much from running but from all the effort exerted jumping from the road onto the grass to avoid oncoming cars. The stop-go action was tiring. It was the extent of my happiness: “... one key to happiness is for a person to find one thing he’s good at, one thing he likes, then do it, concentrate on it, revel in it. God knows that Elaine and I have found a happiness: “... one key to happiness is for a person to find one thing he’s good at, one thing he likes, then do it, concentrate on it, revel in it. God knows that Elaine and I have found a
Pre-exercise Stretching to Avoid Injury

Those of us who write for NMN are always on the lookout for new and interesting investigative reports that deal specifically with masters track and field athletes. However, these reports are few and far between.

A current study appears to be of significance to the masters athlete. This was a randomized trial of pre-exercise stretching for lower limb injury. The authors are from the Physiotherapy Department, Kapooka, New South Wales, Australia.

As a preliminary discussion, very few studies have addressed the effects of pre-exercise stretching on injury risk. We certainly understand that stretching is performed in order to warm up various muscle groups prior to exercise.

Essentially, the authors studied 1538 male army recruits who were randomly placed in stretching or control groups for a 12-week period. Both groups performed active warm-up exercises before their training regime; one group performed a static stretch, under supervision, for six major leg muscle groups, while the control group did not stretch at all.

The point of the study was to determine whether a typical program of muscle-stretching performed during the warm-up before exercise affects the risk of related injury.

Mixed Results

To make a long story short, and understanding that there are errors in any study of this type, the authors found that calf-stretching did not reduce the risk of selected lower-limb injuries. They found that typical pre-existing stretching protocol does not preclude a clinically useful reduction in injury risk. Their best estimate is that it would take an average of 260 hours of stretching to prevent one injury. Obviously these are statistical observations. They even went so far as to say the value of stretching in other populations is probably less effective than in the army group.

The researchers did, however, point out that muscle stretches employed in the study may not have been sustained for long enough to produce sufficient physiological changes in the musculo-tendinous unit. As we know, most athletes, especially masters athletes, are reluctant to stretch when it detracts from our training time.

This study was performed in a 17-35-year-old army enlistment group.

The researchers also found that age was significantly associated with overall risk of injury and soft tissue injury and that injury was more likely in older recruits. But, let us not forget that other studies showed that there was no association between age and injury risk. Obviously, further research is needed.

More Mixed Results

Also, in the New South Wales study, the authors found there was no relationship between injury risk and the height and weight of the athlete. This is in contrast to our study (Pagliano, ACSM), which showed there was no association with height, but that certain soft tissue injuries were affected by the weight carried by the individual.

Fitness was also assessed and the authors found that the least fit subjects were 14 times more likely to sustain a lower-limb injury than the fittest subjects. The authors also wondered if aerobic fitness and running skill, bone mass, psychological attributes or strength may play some role.

So, that leaves us in a quandary.

Should we continue with our stretching program or wait until another study arrives that tells us stretching is mandatory? These studies are certainly interesting and give us food for thought. Hopefully, we can look forward to a similar study regarding pre-exercise stretching in the masters athlete.

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Tuttle was not the only runner to repeat as division winner. Willy Moolenaar, 59, Indianlantic, Fla., took the W55 race again, in 63:04. Mary Melehan, 66, Englewood, Fla., defended her W65 title with a 68:38.

Nelson and Tuttle were both in the international-class 90% age-graded level.

Outback’s major co-sponsors included Home Depot, Coca-Cola, Foster’s Beer, and Miller Lite.
Olympic Trials

Continued from page 1

and other parental duties would allow. Although she had not recently raced to check her fitness, her statements at Friday's pre-race press conference indicated she was ready to race with anyone in the field. However, she kept secret a recent injury until the race was over.

Samuelson was not the only master in the field with previous Olympic experience. Marie Trujillo de Rios, who turned 40 last October, had represented Mexico in the '84 Games before obtaining U.S. citizenship in 1988. This would be her fourth time to run the U.S. Trials race as a qualifier. Before the race she commented that it might be her last chance to represent the U.S.

Samuelson and de Rios were two of a record 23 masters who had qualified for the trials by running faster than the two hours, 50 minutes standard, although six of the 23 had qualified before their 40th birthday. The fastest qualifier at 2:35:44, Kim Jones of Boulder, Colo., encountered an injury during the three weeks leading up to the race and was forced to withdraw from competition.

That left Marie Boyd, a surgical nurse, as the youngest master in the field, falling right in line. Jones, Cindy James and Mary Bums of the women celebrated the joy of being able to participate, they were concerned that the heat was already taking a toll.

Since the temperature was already in the 90s when the race started, many of the masters had to drop from the race and were forced to withdraw from competition.

At mile-10, Samuelson, the last hope for a masters qualifier, had faded back from the chase pack. From there it was a matter of holding on for a respectable finish.

As the race neared the half-way point, Samuelson still led the other masters by about two minutes, with Knisely running second, followed by de Rios and Jane Welter, one of four masters who were attempting to complete their fifth trials race.

Samuelson led the masters through mile-20 at 2:02:20. De Rios had moved into second at 2:02:17 and Knisely was third at 2:02:59. Boyd had moved up to fourth at 2:04:57 and Alice Thurau, the top master from the 1996 trials race, was fifth at 2:06:18.

Those runners maintained their position for the remaining 6.2 miles of the race as Samuelson crossed the line ninth overall in 2:39:59, just two seconds back of top seed Libbie Hickman. De Rios was next in 2:42:10, then came Knisely (2:45:18), Boyd (2:45:51), and Thurau (2:46:41).

After the race Samuelson revealed that only she, her family, and her doctors knew that she was running with a cortisone injection in her lower back, so she commented that it might be her last race. She commented that it might be her last race.

Although she had not recently raced to check in the field, Samuelson was happy to have finished in the top 10, and was impressed by the way Susannah Beek, also a Maine native, had recovered from a fall and continued the race to finish fourth overall.

"I'll tell you, when Susannah went down on her first mile, I've never seen such guts in my life," Samuelson said. "So I thought if she can get up from that, I can keep going. I just tried to survive out there."

Although de Rios led the race early, she knew she was not capable of a 2:33 time and, considering the hot weather, was happy to finish in the top 15 and join Samuelson as the only masters to win open prize money at the trials. She collected $6500 for her 12th place finish.

De Rios is looking forward to more competition as a masters runner. This was her second race since turning 40, "It's plan to run Boston and maybe some other marathons," de Rios said. "But I don't plan to run a lot on the masters circuit. We have a 10-month-old daughter and I don't plan to travel a lot on weekends."

The other masters finishers, with their place among the 141 finishers, were: Julie Peterson, #43, 2:49:29; Lee DiPietro, #59, 2:52:39; Diana Fitzpatrick, #60, 2:52:48; Sandra Robinson, #68, 2:54:10; Claudia Kasen, #74, 2:55:19; Mary Button, #87, 2:58:13; Angela French, #112, 3:01:38; Jane Welzel, #126, 3:04:44; Marina Jones, #135, 3:12:17; and Janice Ette, #139, 3:22:52.


Marina Jones became the second oldest runner, at age 48, to compete in a trials race. The race is held by 54-year-old Sister Marion Irvine from the 1984 Irace.

Peterson, Evoc Docherty, Welzel, and Ette are the only women who have qualified for and completed all five trials races which have been held since 1984.French is also a five-time qualifier but she missed finishing one trials race.
Masters Invited to Midwest Regionals

by GERRY KRAINK, USATF Midwest Regional Coordinator

The Midwest Masters T&F Club invites all masters to the USATF Midwest Regional Masters Championships to be held at Lewis U., Romeoville, Ill., on July 30. Scheduled two weeks before the Masters Championships in Eugene, the meet will feature excellent competition, a championships venue, outstanding officiating, and can serve as a final tune-up for the Nationals.

Many world and national class athletes are expected to participate, to name a few: Andrew Boyce, Tim Graf, Stan Druckery, Robert Lloyd, James Lee, Paul Perry, Vic Heckler, Bruce Mills, Clarence Trinkner, Harry Brown, and Mel Larsen.

Among the women expected to attend are Mary Holland, Ruth Welding, Sue Hallen, Karen Huff, Pat Bean, Janet Amery, Lynne Ingalls, and Sheree Robertson.

Lewis University's venue is up to NCAA II championship standards. The officials selected will be experienced and athlete-friendly. National-class weight official, Lee Slick, will oversee the weight events. Finish Lynx automatic timing will be used, and wind readings will be taken to assure track record certifications.

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Ribbon events: 3D Target Archery, Arts & Crafts, Baking, Basketball Free Throw, Billiards, Bridge, Dancing, Scrabble, Volleyball Serving, Weight-lifting.

Eligibility: Men and Women 50 years plus of age as of December 31, 2000.

Tom Henderson

Tom Henderson died of liver cancer on Feb. 22 at age 68. He was ill for only a short time and passed away in good spirits, surrounded by his family. He competed in masters meets off and on over the years, but never was one for a lot of hard training. However, he had great natural talents and was very quick for a big man. He was a happy, good-natured fellow as anyone who knew him will testify.

In 1951, he won the shot put with a 56-6 in what was then billed as the National Indoor High Championships and was voted the outstanding athlete of the meet. I was second and Rosie Grier, of Penn State, who later went on to play for the N.Y. Giants and L.A. Rams, was third.

Henderson was in my class at Yale, and we were the field mainstays of the championship Yale teams of the early '50s. In 1955, he had the leading college throw of 60-3 with the 35-lb. weight. He competed for the U.S. Army in meets in Germany and made the finals of the 1956 Olympic trials with the hammer.

If they so wish, his friends can express their condolences to his sons, Billy and Todd Henderson at 7 Dorset Dr., Marlton, N.J. 80503.

Kelsey Brown

Kelsey Brown, 72, Andover Township, N.J., died on Feb. 16. A chemical engineer, he received his degree in chemistry from Morgan State College, Baltimore, Md., where he participated in track & field and cross-country, and was elected into the Morgan State Athletic Hall of Fame in 1978.

Brown was active in masters track into the late '60s and held several age-group world records in the 800. He competed in WAVA Championships in Germany, New Zealand, Sweden, Australia, Italy, and Finland, where he also served in the Army during World War II in the 90th MP Company.

He is survived by his wife, Doris, a son, a daughter, 11 grandchildren, and a great-grandchild.

Anne Clarke

Anne Clarke, Carol Stream, Ill., passed away March 20 at age 90. She suffered a massive heart attack and was taken to the hospital, where her passing appeared peaceful. She was attended by her son and her good friends, Faith and Don Walkwitz. Anne had seemed to recover well from the second of two cataract operations a week earlier.

Born Sept. 21, 1909, Anne was a second grade teacher in Glen Ellyn, Ill., when she started to exercise for health considerations. At age 69, she ran her first race. Interest grew to a love of the sport, and she competed in many races, winning countless prizes and awards.

She traveled far in pursuit of her sport, attending several World Veterans Games, always capturing gold medals. Two years ago she was chosen an "Ageless Hero" and was pictured with President George Bush. She completed her last marathon when 81-years-old but continued to participate in 5K races and intended to run this year — she completed two since turning 90.

She was a gracious lady and was articulate at praising the sport and the value of exercise. She conducted exercise classes up to the end. She will be missed.

— Warren Utes
Getting the Word Out

Are you aware that Masters Track and Field has an active and successful advertising team? I am pleased to report we do and that they are spread throughout the USA doing a terrific job.

The advertising team is composed of our own membership doing what they do best — showing the world they have the enthusiasm to remain fit and can continue to perform to the best of their age-dictated skills and fitness levels.

Just as all manufacturers strive to do, masters put their product on display for the best possible exposure. In Masters Track and Field, we enjoy the luxury of having live models of various ages actively competing in their chosen events. Many have achieved world-class status, in addition to national and regional recognition. By providing opportunities for these individuals to perform with elite open athletes in media focus meets, we put our best foot forward and advertise our program.

Recently, I received compliments on the masters program from other sports organizations: track and field enthusiasts and USATF administrators. They had witnessed masters athletes in action at the Open Track and Field National Championships in Atlanta and were impressed with the performances displayed in a masters age-handicapped 200 race. The Atlanta 200 did not just happen.

Meet directors do not pursue us; it takes considerable effort to get on programs and then make events happen. Fortunately, we have team leaders willing to make the extra effort.

In Atlanta, Phil Raschker and others were a willing team. In California, John Cosgrove and his group of workers have successfully run masters events for the Mt. SAC promoter and are putting together events for this summer’s Olympic Trials in Sacramento and the Prefontaine Meet in Eugene.

These are only samples of how our “advertising team” is making things happen all over the country. I note that the historic Penn Relays are increasing the number of masters events for the 2000 meet.

Our advertising format is beginning to pay dividends. Meet directors and the general populace are taking notice that Masters Track and Field athletes are not just a bunch of pretentious old fogies trudging around a track, or complaining and making demands of others.

Masters athletes are being recognized for what they are — vibrant individuals willing to step forward to actively support the program they love and set examples for others to follow. It pays to advertise.

Mt. SAC Masters Meet Moved Up

The date of the Olympic Legends Invitational Track Meet for college, open, and masters athletes at Mt. San Antonio College in Walnut, Calif., has been changed from May 27-28 to May 13-14.

The change was made when Mt. SAC received funding to refurbish the track and decided to commence work on May 15 so the facility would be ready for the fall academic season.

The entry form for the event was published in the March NMN on p. 7.

CURRENT NMN PHONE/FAX NUMBERS AND ADDRESSES

- Results, Schedule, All-American, Letters, Publications, Editorial:
  Phone: 1-541-343-7716 (Jerry Wojcik, Suzzy Hess, Jessie Dods, Susannah Beck)
  Fax: 1-541-345-2436
  Mail: P.O. Box 50098, Eugene, OR 97405
  Shipments: 1675 Willamette St., Eugene, OR 97401

- Publisher, International
  Phone: 1-818-981-1996 (Al Sheahan)
  Fax: 1-818-981-1997
  Mail: P.O. Box 2372, Van Nuys, CA 91404

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  Phone: 1-610-967-8758 (Heidi Shellhamer)
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  Mail: 33 E. Minor St., Emmaus, PA 18098
  Phone: 1-541-343-7716 (Suzzy Hess)
  Fax: 1-541-345-2436
  Mail: 1675 Willamette St., Eugene, OR 97401

- Subscriptions
  Phone: 1-818-760-8983 (Sonia Avila)
  Fax: 1-818-985-1213
  Mail: P.O. Box 16597, North Hollywood, CA 91615

Midwest Masters Regional 2000

Sunday, July 30th, 2000 at Lewis University, Romeoville, Illinois

Meet Description:
Midwest Regional Championship Track and Field Competitions
Men and Women Master Athletes in five age groups
Field Events
Age Graded Percentage Scoring
Tentative Schedule of Events
We may start events before the listed times. We will not run behind time.
We will follow the listed order of events.
Orienteer to youngest, ladies first!
9:00: 3K race walk
9:30: 1500 meters run
10:00: 400 meters dash
10:30 Short hurdles
10:45 100 meters dash
12:30 800 meters run
1:30 Long hurdles
1:45: 200 meters dash finals (if necessary) more than eight in an age group
2:00 1500 meters run
2:30 5000 meters run
3:00 100 meters dash
3:30 2000 meters run
Field Events Start at 9:00
Pole Vault, High Jump, Long Jump, Shot Put, Discus
The triple jump will follow the long jump
Hammer, Javelin, Weight Throw will follow the Shot and Discus competitions

Registration Form
Make Checks Payable to Midwest Masters Track and Field Club
Mail Entries to: Gerry Knaikin, 15124 Hillside Avenue, Oak Forest, IL 60452-1924
Phone: 1-847-812-2950

Make checks payable to The Midwest Masters Track and Field Club

Fees:
$35.00 for each event, $5.00 for each additional event. $30.00 for Midwest Masters Club Member unlimited event entries.

Age Graded Percentage Scoring
Fully Automatic Timing
Age calculated on date of meet

Event Holder/Registration
Date

I, understand that entering a track and field meet can be a potentially dangerous activity. I verify that I am physically fit and have trained for this competition. I assume all risks associated with participating in this event including, but not limited to, falls, contact with other participants, all risks being known and appreciated by me. Having read the waiver and knowing these facts and in consideration of your acceptance, myself, for myself and anyone entitled to act on my behalf, waive and release USATF, USATF Illinois, Lewis University, and the Midwest Masters Track and Field Club and all sponsors and officials from all claims of any kind arising out of my participation in the Midwest Masters Track and Field Region Meet. I grant permission for emergency medical treatment for myself by competent medical personnel as required.

Signature:________________________ Date:__
Emergency Phone Number:________

Buyer's Guide

Sherridon Groves, M50 100H, 1999 Visalia Classic. This year’s meet is scheduled for May 20.
Strength Training Made Simple

Runners need to improve their speed, and one of the best ways to do that is with strength training, says Cathy Vasto, a personal trainer with The Lodge & Club in Ponte Vedra Beach, Florida. “The benefits are amazing,” says Vasto.

One of America’s top-ranked runners with a best of 15:38 at 5000 meters, Vasto uses her strength to complement her speed. “Strength helps at the end of a race when your form starts deteriorating,” says Vasto. She offers the following advice for runners who want to develop their strength and speed:

Go High/Low: Runners don’t want bulk. Extra weight will slow you down. To avoid putting on pounds, keep the weights light and the repetitions high. Vasto recommends lifting 50 to 60 percent of the maximum weight you can lift in a set of 12 repetitions. Two sets of 12 work well for most of the lifts described later. For maximum benefits, without wasting a lot of time, do your strength training two or three times a week, after you run, not before.

Good Looking: Keep your form—not for vanity, but to prevent injury. Think 90-degrees. Most seated lifts work best if your body parts are at right angles: legs straight, feet flat against the floor, trunk erect, chin up, eyes forward. Practice the pelvic tilt where you press your torso back against the chair, or floor, to keep your back from slumping. “Good form works in lifting as much as it does in running,” says Vasto.

Breathe Right: The worst mistake you can make while lifting is to hold your breath. That simply tightens the head up. Your elbows should be against your waist above your hips, your palms facing inward against your knees. Raise the dumbbells to just opposite your chest, then return to the starting position. Do two sets of 12 reps. You can also do this exercise while standing.

3. Overhead Pull: Take a moderately heavy object and hold it overhead, elbows forward, back straight, knees slightly bent to take the pressure off your back. (You can also do this exercise while seated.) Lower the weight behind your head toward the back of your neck, then return to the starting position. Do two sets of 12 reps.

4. The Curl: Sit in a chair, feet flat on the floor, stomach in, shoulders back, head up. Your elbows should be against your waist above your hips, your palms up holding the weights. Raise the weights to your shoulders, lowering slowly. Do two sets of 12 reps. This exercise can also be done standing up.

5. The Crunch: A crunch is a sit-up where you stop after raising your shoulders off the floor. This popular exercise isolates the abdominal muscles. “The abs are your core of balance,” says Vasto. “They support your upper body, important at the end of a race.” In the starting position, your back should be flat against the floor, your head up, eyes on the ceiling, hands gripping the back of your neck, your knees relaxed and bent, feet on the floor. Raise only to the point where you feel your stomach muscles tightening, hold then release, returning your back to the floor. Start with three sets of 15 and work up to four sets of 20.

6. The Lunge: The five previous exercises strengthen the upper body, often neglected by runners. The lunge will help strengthen several of the muscles of the lower body. Start this exercise with your feet shoulder-width apart. If you use a barbell, it should rest across your shoulders and behind your neck. If using dumbbells, hold them beside your thighs. Take a long step forward with one leg and descend to a low position, then rise. Bring the lead leg back and repeat with the other leg forward. Do 10 lunges with one leg forward, 10 with the other, then do another set of both.

Strength is important, says Vasto, not only to improve your speed for running races, but it will make you feel and look good and improve your quality of life, throughout your lifetime.

(Hal Higdon is Senior Writer for Runner’s World and the Training Consultant for the LaSalle Banks Chicago Marathon. Visit his Website at www.halhigdon.com for more training schedules and advice, including a lengthier version of this column, complete with pictures featuring Cathy Vasto demonstrating these exercises.)

Saddleback Relays

Continued from page 1 in a .03 headwind. In an interview afterward, Jordan said he gave his performance for the meet director and the spectators, and expressed his passion for running: “For me, running is an expression of feeling and talent, much like a painter, musician, or poet. It’s similar to the Grecian ideal of the total man. It gives me joy.”

In other track events, Ron Pate, M50, of Honolulu, won the 3000m steeplechase in 12:34.27. Don Irvine, M50, won the 800 in 2:16.95. In the 5000, Jim Kurtzman, 37, with a 16:03, and John Tuttle, 42, 16:21, were the class of the field.

When Larry Stuart, 62, is entered in the javelin, the anticipation of a new record is paramount, and he did not disappoint the crowd, with a 50.04/164-2, which exceeded the present single-age world record. Afterward, he said that the announcers informing the spectators before his attempts helped him get “pumped” before each throw.

The meet was notable for having a good number of first-timers compete as masters. Glenn Gottfried, 40, Laguna Niguel, Calif., in his first masters meet after not throwing for 20 years, won the M40 javelin and discus, and was excited to return to competition. Rudy Czaja, 77, Laguna Niguel, ran in his first 5000 in 50 years, recording a 32:37. Kim Thomas, 43, Mission Viejo, another newcomer, ran the 5000 in 24:25. Gina Gomez, 38, Laguna Niguel, a former distance runner and triathlete, ran in four races and went home with gold.

Joe Faust, 57, Los Angeles, who, at age 18 while a freshman at Occidental College, was the third man in history to clear 7.0 before the flop was used, cleared 1.52/4-11/4. Faust arrived at the meet without high jump shoes but borrowed a pair from high jumper Ken Stone. Phil Fehlen, 64, with a 1.63/5-4/4, and Jason Meisler, celebrating his 44th birthday with a 1.55/5-1, were division winners.

Jim Selby, 71, Fullbrook, Calif., one of the Ironmen of masters track, competed in seven running events. Selby and his daughter, Debbie, 43, were among several athletes and their family members who participated. Others were Louis Beadle, 72, his son Ron, 51, and his daughter, Darla Beadle-Davis, 43, and Doug Smith, 60, his daughter, Julie Gumz, 34, and grandsons, D.J. Gumz, 180, and Jason Meisler, celebrating his 44th birthday with a 1.55/5-1, were division winners.

Jim Selby, 71, Fullbrook, Calif., one of the Ironmen of masters track, competed in seven running events. Selby and his daughter, Debbie, 43, were among several athletes and their family members who participated. Others were Louis Beadle, 72, his son Ron, 51, and his daughter, Darla Beadle-Davis, 43, and Doug Smith, 60, his daughter, Julie Gumz, 34, and grandsons, D.J. Gumz, and Garret Gumz, who competed in the family relay. Husband and wife tandems were Darlene, 54, and John Backlund, 60; Kathy, 60, and Bert Bergen, 62; Grace, 69, and Bill Moremen, 72; and Debbie, 43, and Theo Vitz, 56.

Media coverage and exposure was extensive. Dan Arritt, Los Angeles Times staff writer, had an article on the meet on March 2; Martin Beck, Los
 Clubs Update
An updated list of masters clubs will be published in the June issue. Changes, additions, and deletions to the list, last published in the 1999 November issue, should be sent to "Clubs," National Masters News, P.O. Box 50098, Eugene, OR 97405, or by email to natnnews@aol.com, no later than May 1.

Saddleback Relays
Continued from page 12

Angeles Times staff writer for the Orange County edition had a pre-meet article in the Sports Section on Feb. 10. In all, five pre-meet and two post-meet articles were written.

Radio station KSBR, a jazz station originating from the college, ran public service announcements every hour for seven days prior to the meet.

Two local cable TV stations videotaped interviews. OCN (Orange County News), a 24-hour news station, aired interviews several times within a 24-hour period. Sportscaster Paul Higgins, host of a popular local sports program, "Coaches' Corner" on Cox Communications, invited masters athletes Dan Girl, Bill Knoke, Lee Gillespie, and Elaine Iba to be on his 30-minute program a week prior to the meet. He was so impressed that the segment was run four times a day for a whole week, and he participated in three events himself. He intends to do a follow-up with meet interviews.

Primary sponsors were Hoag Hospital, Newport Beach, Calif.; Lexus of Mission Viejo; and Allen Cadillac, Laguna Niguel, Calif.

COMING NEXT MONTH
- Story, Results and Photos of Indoor Nationals
- List of Masters Clubs
- Entry Forms for T&F Meets

FIVE YEARS AGO
April 1995
- 700 Participants Set 37 Indoor WRS at USA Masters T&F Championships in Reno
- At Age 48, Raschker Competes in Women's PV in Indoor Open Nationals
- Doug Bell (44, 65:44) and Honor Fetherston (40, 73:54) Win Masters National Half-Marathon in Las Vegas

PUBLICATIONS ORDER FORM

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<thead>
<tr>
<th>Masters Age Records (1999 Edition)</th>
<th>Quantity</th>
<th>Total (US$)</th>
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<tr>
<td>Men's and women's world and U.S. age bests for all track &amp; field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1998. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundie, WAVA and USATF Masters T&amp;F Records Chairman. $5.00.</td>
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<th>Masters Track &amp; Field Rankings (1999)</th>
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<td>Men's and women's 1999 U.S. outdoor track &amp; field 5-year age group rankings. Coordinated by Jerry Wojcik, USATF Masters T&amp;F Rankings Chairman. All T&amp;F events, including mile, relays, weights, racewalks, and combined events. $8.</td>
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<th>Masters Age-Graded Tables</th>
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<td>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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<th>Masters 5-Year Age-Group Records</th>
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<td>Men's and women's official world and U.S. outdoor 5-year age group records for all track &amp; field and racewalking events, age 35 and up, as of January 1, 1999; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundie, WAVA and USATF Masters T&amp;F Records Chairman. $1.50.</td>
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<th>Masters 5-Year Indoor Age-Group Records</th>
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<tr>
<td>Same as above, except indoor records (M40+, W35+) as of November 2, 1999 (world) and December 3, 1999 (USA). 4 pages. $1.00.</td>
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<td>U.S. rules of competition for men and women for track &amp; field, long distance running and racewalking—youth, open and masters. $12.00.</td>
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<td>Names and addresses of national officers and staff, board of directors, sport and administrative committees, association officers and addresses, etc. $12.00.</td>
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<td>U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. 152 pages. $12.00.</td>
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<th>International Scoring Tables</th>
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<td>Complete scoring tables for 21 men's and 17 women's individual events. All events, and the event orders, in normal multi-events are included: decathlon, heptathlon, indoor &amp; outdoor pentathlon, indoor heptathlon, and weight pentathlon. Brief scoring instructions, age factors for the common WAVA multi-events, and instructions for hand times and automatic times are included. In English and German. Pocket size (4' x 6'). $12.00.</td>
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<th>Masters Racewalking</th>
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<tr>
<td>Thirty American coaches and athletes share ideas on Technique, Training and Racing. This book is a unique and complete resource. Edited by Elaine Ward. $15.00.</td>
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<th>National Road Race Encyclopedia</th>
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<td>Lists 100 of the nation's most popular road races, with race entry information, top 100 all-time men &amp; women each race, top 20 all-time age divisions each race, 41,000 performer and champion listings, 300+ photos, 100 full-page maps, race histories and trivia, and guide to national running organizations. Compiled by Mike Weddington &amp; Barry Perilli. $24.95.</td>
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<th>Guide to Prize Money Races and Elite Athletes 2000</th>
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<td>Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 800 addresses and phone numbers, calendar for over 400 prize money events, and more. $60.00.</td>
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<th>Running Research News</th>
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<td>Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. $35.00 per year.</td>
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| City | State | Zip |
We Rank With the Best

The 1999 U.S. Masters Outdoor Rankings are now available, and, doffing my columnist lid and donning my Masters T&F Rankings Coordinator chapeau, I think it’s the best one that we’ve put together.

Our congratulations to all of the throwers at the top of their respective heaps. I hesitate to deal in specific names without pointing out each and every Numero Uno, for fear of slighting a deserving soul or discovering a month from now that a top-ranked athlete got there by throwing a lighter implement or through courtesy of a typo.

However, several throwers deserve mention, not the least of whom are Carol Finrud and Lad Pataki. Finrud, of Texas, is ranked No. 1 W40 in the shot, discus, hammer, javelin, weight, and weight pentathlon. If you think she may have snuck in via weak competition, be aware that she has qualified for the 2000 Olympic Trials in the discus. Pataki, of California, is first in the M50 shot, discus, weight, superweight, and weight pentathlon. His javelin is a little shaky, and I can’t find his name on the 5000 racewalk list, so he has some work to do.

Impressive Accomplishments

The No. 1 and No. 2 javelin throwers in the M40 group, Tom Petranoff (73.72/241-10) and Jim Lothrop (69.16/226-11) should be singled out. Unless you’re a serious javelin thrower, you may not be aware of what it takes to throw a javelin those distances at that age. Ken Jansson, the M40 top banana in the weight (18.89/61-17¼) and superweight, deserves attention, even if you’ve never schlepped a 56-lb. object around, much less hurled one 12.49 meters or 40-11¼ feet.

We Rank With the Best

We Rank With the Best

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800-910-4868 or FAX 830-792-4224

Want Your Indoor Marks Ranked? Here’s How!

by JERRY WOJCIC

Masters T&F Rankings Coordinator

All of the events for the McMahon Family Trust Indoor Rankings for the 2000 season have been assigned to volunteerrankers. If your best marks have not appeared in the results sections by the May issue, send them, in meters for field events, with documentation (name of meet, date, site, contact person, etc.) before May 12 to the appropriate rankings below:

55m/60m/200/400: Larry Patz, 534 Gould Hill Rd., Contoocook, NH 03229
800/1500/3000: William Benson, 6 Eton St., Valley Stream, NY 11581

HJ/PV: David E. Ortman, 7043 22nd Ave. N.W., Seattle, WA 98117. E-mail: deomi@jps.net

S/P/J/T/J: James Gerhardt, 834 Thornville Lane, Houston, TX 77079
55m/60m/100/W/SW/Mile/3000

RW: Jerry Wojcik, NMN, P.O. Box 50098, Eugene, OR 97405. E-mail: natmanews@aol.com
Presidential Candidates Will Run 100-Meter Dash at Nationals

April 1 – Six small-party presidential candidates have agreed to run a 100-meter dash to determine who will be invited to debate Vice-President Al Gore and Governor George Bush on television this fall.

The improbable race will be staged at the USATF National Masters Track and Field Championships in Eugene, Ore., on August 13. Runners will be handicapped by age. USATF officials will supervise the event. Only the winner will be invited to take part in the debates.

“We approached all the players with the idea,” said a USATF spokesperson. “Under Craig Masback’s direction, we’re looking for new and unique ways to market our sport. All the candidates are over age 40, so the masters meet seemed like a good fit. This should attract a big TV audience.”

The six candidates agreed to the bizarre proposal as a “last resort” so that at least one of them would be included in the debates with the Democratic and Republican candidates.

“I know it seems ridiculous,” said Ralph Nader, the probable Green Party nominee for President. “But the Democrats and Republicans won’t let all six of us into the debates. So when USATF proposed the idea, we thought it could be a reasonable compromise.”

The Presidential Debate Commission has ruled that no candidate would be included in the presidential debates unless he had at least 15 percent support in the national polls.

Commission head Frank Fahrenkopf, former Chairman of the Republican Party and now a lobbyist for Nevada gambling interests, said to invite all eight candidates would be counter-productive.

“It would clutter the stage and prevent meaningful dialogue,” Fahrenkopf said, “but in the spirit of fairness, we felt at least one of the six small-party candidates should be heard. We left it to them to decide who it would be, and they came up with this race idea. It think it’s nuts, but what the hell.”

Harry Browne, likely nominee of the Libertarian Party, admitted the race was a way to get the media’s attention. “It’s impossible for any of us to get 15 percent in the polls,” Browne lamented. “The media doesn’t know we exist. None of us have millions of dollars to spend on TV spots like the Democrats and Republicans do. When we give speeches, the press ignores us. So we figured a crazy stunt like this might get us some free air time.”

Indeed, an NBC spokesman said his network would definitely cover the event.

“It’s a visual we couldn’t resist,” Patrick O’Dell said. Another network source said the media’s third-party blackout was understandable.

“All five major networks are now owned by big conglomerates – Westinghouse, Time-Warner, GE, Fox, Disney. Those corporations make huge contributions to both political parties. They want their tax breaks and business as usual. They don’t want any third-party candidate rocking the boat. And they sure as hell don’t want some wacko like Jesse Ventura actually winning something.”

Pat Buchanan, probable nominee of the Reform Party, said a “winner-take-all” 100-meter race would also emphasize the importance of physical fitness.

“It’s a perfect way to show the American people that we have sound bodies as well as sound minds,” he said. “I lift weights twice a week and am starting interval training with a coach next week.”

Browne, who weighs over 200 pounds, said he wanted an extra Clydesdale handicap. Negotiators will work out the details.

Rounding out the field will be Howard Phillips of the American Independent Party, John Hagelin of the Natural Law Party, and Drew Patterson of the New Party.

Patterson said, “The Democrats and Republicans are the parties of the haves and the really haves. The rich are getting richer, while the poor and middle class are falling farther behind. You won’t hear that from Bush or Gore.”

Hagelin said half the people don’t vote and the other half feel like they’re voting for the lesser of two evils. Trying to “get down” with a skeptical audience in Detroit, Hagelin rapped:

Now I am cool and telling you
It’s not a waste to vote for me.
It is a waste to cast your vote for Tweedledum or Tweedledee.

Bush and Gore had no comment. Complete race results will be published in the September issue.

USATF Masters Website Update

by GEORGE MATHEWS

The need for a more comprehensive USATF Masters website has been well known to most members for quite some time.

At the 1999 USATF Los Angeles convention, Ken Stone did a great presentation, making us all aware of the potential of what websites can do for us. It was agreed that a committee be formed to research and implement the kind of website we think we need.

Over the last few months many people have contributed valuable information to this project. We must especially thank Andrew Hecker, who has provided extensive information. We wish we could implement everything he suggests.

Fortunately, or unfortunately, depending on one’s point of view, we are part of USA Track & Field. The website on which we are working will be the official USATF Masters website. As such, we must be responsible for following the course of our parent organization. USATF expects us to be part of its website. That means that we are bound by the criteria they set forth.

USATF is in the process of developing its overall Internet strategy, which will include a redesign of the USATF home page at http://www.usatf.org. They have hired a new Director of Communications, Jill Geer, and we are critical of hiring a webmaster in the near future.

USATF masters will have input on what we would like to see on our section of the site. We must be aware that it will basically have the “look and feel” of the USATF home page. Many of the main categories included on the present USATF site will be carried over to the new website. The USATF home page will link to the USATF Masters home page which will contain information applicable to USATF Masters Track & Field.

There will be links with National Masters News; association sites and sanctioned masters championship meets. The national office is not interested in linking with various independent sites for which they cannot be responsible. A disclaimer is insufficient protection.

The USATF national office expects that the process will happen rather quickly, so we can start taking advantage of this resource in the near future. I will report significant progress as it develops.
GEORGE BANKER

### WAVA/USATF Hurdles and Implements Specifications

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<td>4.00k</td>
<td>600gms.</td>
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| Men       | 30-49    | 7.26k(16 lbs) | 2.00k | 2.00k (16 lbs) | 800 gms. | 35# | 35# | 35# |
|           | 40-49    | 6.00k         | 1.00k | 6.00k | 700 gms. | 25# | 35# | 35# |
|           | 50-59    | 5.00k         | 1.00k | 5.00k | 500 gms. | 12# | 25# | 35# |
|           | 60+      | 5.00k         | 1.00k | 4.00k | 500 gms. | 12# | 25# | 35# |

Stepchase: men 30-49: 3000m/39 (9.14m); men 60+ and women: 2000m/30 (7.62m). WAVA weights are used for USATF weight penalties.

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

* New 1999 IAAF specifications.
New Outdoor Age-Group Records Compiled

In this issue are the new world and U.S. five-year age-group track and field records for men and women. The world marks are those compiled and approved as of November 2, 1999, by the Records Committee of the World Association of Veteran Athletes (WAVA). The U.S. records are those compiled and approved, as of December 3, 1999, by the Masters Track and Field Records Committee—Sub-Committee of USA Track & Field (USATF). Both committees are headed by Peter Mundie.

No hand times recorded after May 1, 1994 (world) or Jan. 1, 1991 (USA) for races of 400 meters or less are considered for five-year age-group records. However, hand times achieved prior to those dates will continue to be included in the lists until broken by a superior time.

The official USATF record form is printed on this page. U.S. athletes and officials should use this form when applying for a U.S. or world record.

Non-USA athletes should use the WAVA record form, published in this section on page 24. The form should be sent, not to Mundie, but to the WAVA Records Committee (addresses on page 24). Both the world and USA Records committees are working to prepare a uniform record form to be used in the future.

All these records have been carefully scrutinized before approval by the Records committees. Mundie’s single-age record book, however, due out next month, does not apply the same scrutiny, due to time constraints. Thus, there is the occasional mark in the book which differs from the five-year age-group mark. Please consider the five-year marks, printed here, as the official records.

Racewalking Records

Also included here are world racewalking “bests” and USA official racewalking records, for each five-year age group, compiled by Bev LaVee, USATF Masters Racewalking Coordinator. The USATF application form for a racewalking record is printed on page 24.

Long Distance Records

There are no official world long distance road records, but the latest U.S. masters road marks were published in the November, 1999, issue of NMN. U.S. road records are compiled by Road Running Information Center, the record-keeping arm of USATF.

STARTER’S CERTIFICATE

9. I hereby certify that I was the starter for the event above-mentioned, that it was a fair start and no advantage was given to or taken by the claimant. (Refer to Rules)

(Signature of Starter)  (Address of USATF Official’s Registration Number)

A newspaper clipping and marked program should be attached and made part of the application.

10. Measurers’ Certificate for Track and Field Events (a or b)

(Signature of Starter)  (Address of USATF Official’s Registration Number)

(Signature of Starter)  (Address of USATF Official’s Registration Number)

(a) Track Events

The above certify that we measured, with a metric steel tape, the course over which the above event was held and that the exact distance was: meters centimeters, or miles yards feet inches, that the length of one lap was meters centimeters or yards feet inches, that there was a 2 inch raised border on the inner edge of track, and that the maximum allowance for lateral inclination did not exceed 1:100 and the running direction 1:1000.

(b) Field Events

The above certify that the lateral inclination of the runway or circle did not exceed 1:100 and in the running direction 1:1000. (Refer to Rules, in case of world record.)

THROWING EVENT IMPLEMENT CERTIFICATION

11. I certify that I weighed and measured the implement(s) used in making the throwing event distance mentioned above, and that said implement(s) were in strict accordance with the existing rules of the International Amateur Athletic Federation.

(Signature of Implement)  (Address of USATF Official’s Registration Number)

JUDGES’ CERTIFICATE (FIELD EVENT)

12. We hereby certify that the measurement stated opposite our respective signatures is exact as measured with a metric tape (Judges and Referee shall read measurement.)

We also certify that the implements used and circle or runway complied with the IAAF specifications.

(Signature of Judge)  (Address of USATF Official’s Registration Number)

(Signature of Judge)  (Address of USATF Official’s Registration Number)

(Signature of Judge)  (Address of USATF Official’s Registration Number)

CERTIFICATION OF FORM (shot, Javelin, Walks)

13. I hereby certify that proper form was used in the record performance hereby applied for.

(Signature of Event Chief Judge)  (Address of USATF Official’s Registration Number)

GUARANTEE BY REFEREE

14. I hereby certify that all the information recorded in this form is accurate, and that all the appropriate rules of the International Amateur Athletic Federation were complied with.

(Signature of Referee)  (Address of USATF Official’s Registration Number)
### Men's World Five-Year Age-Group Records

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**Compiled by Peter Mundale and the Records Committee of the World Association of Veteran Athletes (WAVA) through performances verified as of November 2, 1999.**
### Men's and Women's 1999 U.S. Masters Outdoor Track & Field Rankings Book

- Men's and women's 1999 U.S. 5-year track & field age-group rankings.
- 56 pages, over 100-deep in some events.
- All T&F events.

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Eugene, OR 97405
## Men's USA Five-Year Age-Group Records

### 100 Meters

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### 200 Meters

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### 5000 Meters

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### Hammer Throw

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### Women's USA Five-Year Age-Group Records

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<tr>
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<td>Phil Reschker</td>
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Note: Times are in minutes and seconds.
### Men's World Masters Relay Bests (as of March 1, 2000)

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<tbody>
<tr>
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<tr>
<td>5:00.0</td>
<td>USA (Fields, Bell, Jones, Robinson)</td>
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<tr>
<td>5:00.0</td>
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<td>5:00.0</td>
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### Women's World Masters Relay Bests (as of March 1, 2000)

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### Men's U.S. Masters Relay Bests (as of March 1, 2000)

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<td>USA (Albury, Regier, Hart, Law)</td>
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### Women's U.S. Masters Relay Bests (as of March 1, 2000)

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<tbody>
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<td>USA (Ehrlich, Jordan, Elliot, Guido)</td>
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### World Best Performances – Racewalk (as of March 1, 2000)

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<tr>
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### Women

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Note: World Best Performances – Racewalk table continues on next page.
### USA Masters Racing Records

#### Masters Men - Track

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#### Masters Women - Track

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#### Masters Women - Road

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<tr>
<td>Marathon</td>
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</table>
USA TRACK & FIELD APPLICATION FOR MASTERS & SUBMASTERS RACE WALK RECORD

Identify appropriate category: Age-group (e.g. 40-44) _______ Indoor/Outdoor _______ Track/Road _______

Event distance _______ Age _______ Official time achieved _______ Date _______

Where held (name of track or course, town, state, country) _______

Name of competitor, birthdate, address, phone _______

If this is your first application, please enclose photocopy of birth certificate or passport.

Verification (to be completed by Event Referee):

Time recorded _______ Name of head timer _______

Watch #1 _______ Watch #2 _______ Watch #3 _______

USATF Rules require that track records must have a minimum of 4 certified judges and road races must have a minimum of 8 certified judges. At least half of the judges must have National judging certification or higher and at least one must have Master or IAAF certification. For single-age "bests" only 3 certified judges are needed.

List all judges _______ Certification # _______ Level of Certification _______

Judge #1 _______ _______ _______

Judge #2 _______ _______ _______

Judge #3 _______ _______ _______

Judge #4 _______ _______ _______

Judge #5 _______ _______ _______

Judge #6 _______ _______ _______

Course Certification # _______ Track 440y/440m/walk 2-m. high continuous curb? yes ___ no ___

I certify that all information on this form is correct, including 1) fairness of start; 2) accuracy of lap counting; 3) course certification; 4) correct matching of finish times to competitors; 5) judging by certified (USATF, Association, National or IAAF) judges; 6) completion of the race by the athlete; 7) the race was a racewalk-only event (no runners).

Signature, address, phone, USATF Certification # of Referee or Meet Director _______

Submit lap times and race results (including all competitors). Mail to Beverly LaVeck, 6633 NE Windermere Rd., Seattle, WA 98115 – (206) 524-4721 – bevlaveck@aol.com

WORLD ASSOCIATION OF VETERAN ATHLETES

WAVA RECORDS COMMITTEE 2000-2001

Chairman _______ Pete Mundie _______

Asia _______ 146 Jalan Meranti 7, Taman Sikamat Utama, Seremban, N.S., Malaysia _______

Africa _______ 10 Bennington Road, Tamboerskloof, 8001, Capetown, South Africa _______

Europe _______ Ivar Soderlin, Sweden _______

North America _______ Bill Millwane, M6P 2R6, Canada _______

Oceania _______ Box 48 078, Silverstream, Upper Hutt, NZ _______

South America _______ Juan B. Alberdi 6222, Montevideo 11500, Uruguay _______

Other members _______ 22 Chandelers, Steyning, West Sussex, England _______

Dave Burton _______ B44 3NG, England _______

Colin Brown _______ 4 Victory St., Mitcham, Victoria 3132, Australia _______

Rex Harvey _______ 6744 Connecticut Colony Cir., Mentor, OH 44060, USA _______

Beverly LaVeck _______ 6633 NE Windermere Road, Seattle, WA 98115, USA _______

WAVA Council Coordinator _______ Brian Oxley _______

04/00

WORLD ASSOCIATION OF VETERAN ATHLETES

USA TRACK & FIELD Application for World Veteran Age-Group Record/World Veteran Age-Group "Best Performance”/World Veteran Age-Best Performance

To: WAVA Records Committee Regional Chairman

Application is hereby made for a World Veteran Age-Group Record/World Veteran Age-Group "Best Performance”/World Veteran Age-Best Performance, in support of which the following information is submitted:

(Please type or use capitals throughout)

Event _______ Age-Group _______ Men/Women _______

Full Name of Competitor(s) _______

Date(s) of Birth _______

Component Age _______

Name of Stadium _______ Town _______ Country _______

RESULT OF RACE _______

The names of the first three competitors and their times were as follows:

1st _______ Time _______

2nd _______ Time _______

3rd _______ Time _______

STARTER’S CERTIFICATE _______

I hereby certify that the start of the race was in accordance with I.A.A.F. Rules. _______

Name of Starter _______ Signature _______

TIMEKEEPER’S CERTIFICATES (HAND TIMING) _______

I, the undersigned official Timekeeper of the race, hereby certify that the time set opposite my signature was the exact time recorded by my watch and that the watch used by me has been certified and approved by my National Governing Body:

Time _______ Name _______ Signature _______

Time _______ Name _______ Signature _______

Time _______ Name _______ Signature _______

CHIEF TIMEKEEPER _______

I certify that wind speed in direction of running was _______metres/sec.

Name of Operator _______ Signature _______

A Photo-Finish print must be included with this application.

ELECTRICAL TIMING _______

A fully automatic electrical timing device was used. The time recorded was _______

Name of Chief Photo-Finish Judge _______ Signature _______

NOTE: - A Photo-Finish print must be included with this application.

FIELD EVENT _______

To: WAVA Records Committee Regional Chairman

Application is hereby made for a World Veteran Age-Group Record/World Veteran Age-Best Performance, in support of which the following information is submitted:

( Please type or use caps throughout)  

Event _______ Age-Group _______ Men/Women _______

Full Name of Competitor _______ Date of Birth _______

Competitor’s Country _______ Date of Meeting _______

Name of Stadium _______ Town _______ Country _______

EQUIPMENT OFFICER’S CERTIFICATE _______

I hereby certify that the equipment used weighed _______. _______

Name _______ Signature _______

FIELD JUDGES’ CERTIFICATE _______

We hereby certify that the measurement stated opposite our respective signatures is exact as measured in accordance with I.A.A.F. Rule 148, paragraph 10(a). We further certify that the circle or runway complied with I.A.A.F. specifications.

Distance _______ Name of Field Judge _______ Signature _______

Height _______ Name of Field Judge _______ Signature _______

Wind Gauge (Long and Triple Jump Only) _______

I hereby certify that wind speed in direction of running was _______metres/sec.

Name of Operator _______ Signature _______

RESULT OF COMPETITION _______

The names of the first three competitors and their performances were as follows:

1st _______ Performance _______

2nd _______ Performance _______

3rd _______ Performance _______

NOTE: A copy of the Results Card must be included with this application.
Report from Britain

Eight World Indoor Records Broken at British Championships

by BRIDGET CUSHEN

Record entry and superb 6-lane facilities ensured that the 17th BVAF Indoor Championships held Feb. 26 at the National Indoor Arena in Birmingham, England, would produce national and possibly world records. Spectators and supporters were not disappointed.

1999 had been designated The Year of Older People in Britain and a BBC TV documentary, titled "Old Gold," televised in January, did much to raise the profile of our activities.

The first world record at the championships went to the 25 overseas competitors, Rietje Dykman from Holland, who lowered Leili Kaas’ W60 60mH to 1.07.7. But it was the pole vaulting and sprinting that captivated the spectators during a long competitive day. Phil Rascher’s W35 pole vault record went to 3.40 behind II:25.18. Another world record went to 36-year-old Noelle Bradshaw, who had little difficulty clearing 3.35. She has, however, a superior 3.40 clearance pending. She was second in the World Championships at Gateshead, clearing 3.40 behind Carla Forcellini of Italy (3.30).

Jean Hulls was in superb form, setting a world W60 200 record of 31.59 and another British record in the 400 with a 73.55, as well as taking the silver medal in the 60H.

Jenny Brown notched up yet another W40 world record in the pentathlon, scoring a magnificent 4148 points. Three weeks earlier she had broken the current world best 3686 points, topping 4010 in the British Senior Championships.

Elaine Statham knocked over 17 seconds from Gerda van Kooten’s W55 3000 world record with a brilliantly paced 11:25.18. Another world record went to Mary Wixey in the W75 60H with a super 12.20 clocking, and a world record in the W65 3000m walk went to Maureen Spelman in 18:47.

British women’s records also went to Anne Wainwright, who has just moved into the W45 age group, with a pole vault of 2.60, and to Jean Fall with a W50 long jump (4.86) and 60H in 10.05.

Up to six qualifying heats each were necessary in the M40 and M45 60 and 200. Philip Delbawa saw off all the opposition, taking both M40 titles in 7.15 and 23.03. The eagerly awaited clash of the M45 British sprinters who took five of the first six places in the 200 at Gateshead never materialized as Alasdair Ross did not enter and Joe Caines refuses to compete on a Saturday for religious reasons.

But it was the pole vaulting and printing that captivated the profiles of our activities.

Viv Oliver in lane 4, with Stephen Peters and Wally Franklyn lined up on the inside, came off the final bend with a slight lead, which he managed to increase to win in 23.24 to Peters’ 23.32 and Franklyn, who had earlier taken the 60m title, in 23.87.

One of the revelations of the meet was the relatively unknown Robert Fraser, a recent convert from the world of judo, who follows an unorthodox method of training for sprinting. He set the boards aghast as he blazed round the M50 200 in 24.81, the 400 in 56.37, and the 60 in 7.72.

George Mitchell also established a world record in the M85 3000 walk in 21:13. British records were set in the pole vault as Allan Williams, M45, cleared 4.32 on his second attempt and Alf Woods raised the M70 record to 2.40.

Another notable record must be the achievement of 58-year-old Bruce and Jackie Charles, one of 10 couples competing; they have competed in every British Indoor pentathlon to date. (Look for results in the May issue.)

New Dates for 14th World Veterans Championships in Brisbane, Australia

The dates of the 14th WAVA World Veterans Championships, originally scheduled for July 5-15, 2001, will be held July 4-14, 2001, in Brisbane, Australia. This gives Australian athletes the opportunity to celebrate the closing ceremony on the Saturday evening instead of the usual Sunday evening and thus allow them an extra day to head home before the start of the week, according to the Brisbane 2001 team.

Although the Championships are being held in the middle of the Australian winter, the average daily temperatures in Brisbane during the competition should be around 20°C or the high 60s Fahrenheit.

The website for the championships was under construction in early March with plans to go on-line at the end of the month. The web address is www.worldvac2001.com.au.

Going To Kamloops

by CHARLES DESJARDINS

In the March issue of NMN, I explained the procedure for U.S. athletes planning on entering the 5th WAVA LDR Championships in Valladolid, Spain, May 13-14, and I promised information on how to enter the NCCWAVA Regional Championships, Kamloops, Canada, Aug. 17-20.

For U.S. athletes, the procedure will be much easier than that required for Valladolid. Providing a copy of your 2000 USATF registration card with your entry form will satisfy requirements. If you do not have a current USATF card, contact one of the 57 associations for an application. A list of the regional USATF offices was published in the NMN February 2000 issue. If you are unfamiliar with your local association, contact USATF at www.usatf.com, or 317-261-0500.]

Going To Kamloops

by CHARLES DESJARDINS

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

XIV WAVA CHAMPIONSHIPS - BRISBANE, AUSTRALIA

JULY 4-14, 2001 (OPTION SIDE TRIP - NEW ZEALAND)

TRAVEL TOGETHER AND SAVE!!!!!!!

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

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

EAST


- Myette, Masters 5:24:82. Runners-up in the record of 8:59:14 was set by Domingo Ford, 44, of the Chargers, in 5:13:7, were the winners in the 3:40:54, 4:35:1, and 5:13:7. Runners-up in the race with a race time of 4:19:47, announced his competitors by an over 4.5.


SOUTHEAST

- Steve Plasecencia, 34, Minneapolis, zipped to a new single-age record 46:30, winning the masters title at the Gate River Run 15K, Jacksonville, FL, Mar. 4, good for 18th place overall in a stacked 2:29 field. 999™ Indy Life Circuit champion, John Tuttle, 41, Douglasville, GA, 47:40, was second, 29th overall. The race saw many familiar faces at the top of their divisions: Bill Rodgers, 52, with a 1:56:39, Jeff Brown, 50, 2:08:57, and Clarence Patton, 80, 2:16:49. Ubiquitous Ukrainian Tatyana Poddubnaya, 55, repeated her 99 overall victory with a 54:52, 11th woman overall. Monica Joyce, 41, 57:03, was second. Other winners included Susie White, 53, 55:35, Erika Wynne, 57, 71:05, and Estelle Groket, 75, 7:16:36.


- John Novacek, 50, 1:06:54, had turned 75 on Feb. 25, took advantage of his „Youthful“ in the M75 division and broke the WR for the mile by some 15 seconds with a 6:27:16 in the Last Chance Meet Mile at Virginia Tech's Rector Field House, Feb. 26. John McNamara has set the present record of 6:42:03 in 1998. Hosner, retired dean of the VTU's College of Natural Resources, was cheered on by his hometown crowd, who responded with a roar every time the meet announcer called off Hosner's lap splits.

- June Marie Provest, of Canada, bettered the W55 world best of 2:12:02 by Olga Meyer for the 20K WR, with a 2:19:44. In the USATF Florida State 50K/10K Championships, held under the auspices of the Florida AC Walkers, Feb. 26.

MIDWEST

- Harry Brown, 70, with an age-graded 95.7% (15:09:10) on Skokie, 46, with a 90.0% 25, were the standouts in the 55m at the Byron Masters Indoor Meet, Byron, IL, Feb. 13.

MID-AMERICA

- Among the celebatriates at Mardi Gras, New Orleans, Feb. 6, were marathon overall masters Leonard Vergunst, 44, Ocean Springs, MS, 2:42:31, and Fillis Freedman, 47, Franklin, LA, 2:33:01. Also quick-stepping in the streets were half-marathon masters Susie Klutz, 62, Winston-Salem, NC, 1:54:54, and Julinius Nixon, 46, New Orleans, 1:18:25. Noteworthy in the 5K war were Patricia Johnson, 57, a 1:59:14, and Mike Weintraub, 57, Baldwinsville, NY, 1:59:44, at 30:05.

SOUTHWEST

- Steve Wilson, 41, Clearwater, FL, was the masters winner at the Motorola Austin (TX) Marathon, Feb. 20, motoring to a 2:18:29, and collecting $5000 for his efforts. Czech Petr Klimes, 41, was a close second in 2:18:56. San Diego's Mary Burns-Priene, 42, ran to a 2:53:38 victory at the Roger Messenger Memorial 20, in 1:59:06, and Anne Flanagan, 42, led the women in 2:54:39.


- Bill Rodgers, 52, topped all masters performances with a 1:18:25, 10th overall, in the 15K, Detroit, MI, 1:23:40. He was blazing to a 1:23:25. In the half-marathon, Ken Wilson, Albuquerque, NM, took advantage of the last course to turn in a smoking 1:07:49 to win the M45. Monica Joyce, Pickney, VT, took the W40 crown in 1:20:59, leading a talented women's group that included W45 winner, Jacqueline Rairay, 41, site the winning Florida: Celebration, M50 record 1:59:29 in the 1:18:25. She was followed by Paula Heim, 46, 2:02:55. Betty Scott, 45, impressed the field with a 2:02:55, surpassing the former record, 1:35:02, by Helen Dick.


INTERNATIONAL

- About 120 athletes competed in the Western Province T&F Championships, Bellville, Cape Town, South Africa, Feb. 11-12. Top performer was Terence Brown with an M45 S.A. record 1:59:29 in the 800 and a first in the 1500 in 4:10:30. Brown, then M40, won gold and bronze at WAVA-Buffalo in 1995, and WAVA-Durban in 1997, taking silver and bronze in those events, respectively. Isabel Hofmeyr, W70, South Africa's most successful athlete at WAVA-Gateshead last year, wins gold in the 100, and silver in the 200, including the 200 (35.89), Lindsay Hatz, W60, gold in the 5000 and silver in the 10K walks at Gateshead, won those races in Bellville in 30:10 and 1:07:51. Leo Benning, in an open meet in Bellville, Jan. 29, won the WJ with a 1:50, increasing his M65 S.A. record by 2 cm.
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 these 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 NMN, PO. Box 50098, Eugene, OR 97405.

**SCHEDULE**

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**DISTANCE RUNNING**

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**SOUTHEAST**

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**ON TAP FOR APRIL**

**TRACK AND FIELD**

The USATF Masters Championships for men and women, held along with the Illinois Masters Championships, Hillside, on the 2nd-2nd last month of the indoor season. The John Ward Meet, Santa Ana, Calif., on the 9th, supplies early outdoor action for Southern Californians. In the East, the Penn Relays offer masters a chance to perform before large audiences in Philadelphia's Franklin Field on the 28th-29th. Also on the 29th, Westerners can race over on to the Arizona Masters Invitational, Glendale, where throwers head to the Great Northwest for the Seattle Sprint Fling. At the end of the month, masters will vie for titles in Brazil and South Africa.

**LONG DISTANCE RUNNING**

The Boston Marathon on the 17th rules the schedule. Masters cash prizes will total $250,000 at the Cooper River Bridge 10K, Charleston, S.C., on the 1st. Almost gotcha! Whatever the prize money, the Cooper River Bridge is usually a well-conducted event, as should be the Capitol 10,000, Austin, Texas, on the 2nd. Races come into flower with the Pear Blossom 10 Mile, Medina, Ohio, on the 8th, and Cherry Blossom 10 Mile, in D.C., on the 9th. The Longest Day Races, Brookings, S. Dak., offer just about something for everyone on the 15th, also the date of the Charlotte (N.C.) Marathon, and 10K. The 29th menu lists two races for masters: the Hudson Mohawk RRC Masters 10K and the USATF Georgia Masters 10K. On the 30th, runners can return to Washington, D.C., for the Sallie Mae 10K, or enter the New Jersey, Cleveland, or Big Sur (Calif.) marathons. Across the Atlantic, the Marathon is set for the 16th.

**RACEWALKING**

The National Masters Men's 30K and Women's 20K Championships, Flushing, Mich., on the 16th, top the RW offerings. Additional action is to be had in D.C. on the 2nd; in Orlando, Fla., on the 9th; and in Seattle, Wash., on the 22nd.

**MIDWEST**

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**APRIL 2000**

**National Masters News**

**April 1-2. USATF National Masters Indoor Heptathlon Championships, Proviso West HS, Hillside, Ill. Held along with USATF Illinois Youth & Masters Championships, SASE to USATF Illinois, PO Box 7019, Villa Park, IL 60181. 630-935-2052; fax: 935-2053; email: usatfvan@aol.com.**

**April 24-25. USATF National Masters Decathlon/Heptathlon Championships, Lake Geneva, Wisc. First of Tues. evening meets thru June 6th.**

**April 8-10. USATF National Masters Outdoor Pentathlon Championships, Eugene, Ore. See below.**


**April 21. Philadelphia Masters Developmental Meet, Germantown Academy, Fort Washington, PA. 9:00 am. Joel Dubow, 610-792-3777; phillymasters@netreach.net.**

**April 25. Georgia Masters Championship, Tallahassee.**

**April 25-27. Alabama Senior Olympics, Montgomery, Ronnie Floyd/Don Camp 334-232-6600.**

**April 27. Maryland Senior Olympics, Towson, Phil Adams, 410-671-2456. No out-of-state.**


**November 28-December 3. Florida Senior Games State Championships, Tallahassee. Mike Sophia, 850-488-8347.**

**Continued on next page**
April 2000

NORTHWEST

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


April 29. Seattle Spring Fling Trackers Meet, West Seattle Stadium. Ken Weinbel, 4103 Hillcrest Ave. S.W., Seattle, WA 98116. Fax: 925-3923; email: kennwbel@aol.com.

May 27. Oregon Senior Olympics, Silverton. Silverton TC, Box 783, Silverton, OR 97831. Amy Castle, meet director, 503-873-8577(f).


June 17-18. Portland Masters Classic, Mt. Hood Community College, Gresham, OR. Paul Stephan, 3011 NE Linden Ave., Gresham, OR 97030. 503-666-8950(b); 234-4811(w).


September 6-10. Idaho Senior Games, Boise. Karen Hoffer-Boles, 805-0393/206-549-2411; aauscyber@highway.net.


INTERNATIONAL


April 24-25. Masters Track Meet, Santo Domingo, Haiti. Dr. Jerry Jenson and C. Ann Jenson, 400 Mona Way, Cape Junction, OR

Continued on next page
Long Distance Running

NATIONAL


October 8. USATF National Masters Marathon Championships/Twin Cities Marathons, Minneapolis, Minn. Lisa Paulus, Race Director, 708 N. First St., #C-33, Minneapolis, MN 55401. 612-673-0778.


National Masters News

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SOUTHEAST

April 1. Cooper River Bridge 10K, Charleston, S.C. SASE to CRBR, PO Box 22089, Charleston, SC 29413. 843-792-0345; www.bridge10k.com
April 1. Atlanta Women's 5K, Atlanta, GA. www.athletoes.com; Website: www.mastersatlanta.com
April 4. 10K, PO Box 2391, Atlanta, GA 30305. 404-231-9064; wfta@atlantaskrclub.org
April 15. Charlotte Marathon Festival Marathon & 10K, CM, Box 3029, Charlotte, NC 28230. 704-358-5425; www.charlottemarathon.org
April 29. USATF Georgia Masters 10K Championships/Vidalia Onion Run, Vidalia, Dr. Joe Hoffs-Higas, PO Box 717, Millen, GA 30442. 912-982-4881; fax: 982-9984; jimjoyce@jchs.com

MIDWEST

April 29. Kentucky Derby Festival Half-Marathon, Louisville, KY 40203. 800-928-9297; www.kdf.org
April 30. Lake County Races Marathon, 5K, coastal Ohio; 707-381-0000; www.runinohio.com

Continued on next page
April 20. Pikes Peak Marathon, Manitou Springs, Colo. 80828, PO Box 38235, Colorado Springs, CO 80935-7193-4726-2525. www.pikespeakmarathon.com

August 27. Omaha Marathon. Peak Performance, 519 N. 78th St., Omaha, NE 68114. 402-398-9870; www.omahamarathon.com


September 24. Quad Cities Marathon, Moline, Ill. John Moreno, 2617 4th St., East Moline, IL 61244. 309-755-6176; mojii@firecrackerrun.com; www.qcmarathon.com

October 1. Avon Running Circuit 10K & 5K Walk, Kansas City, Mo. 212-282-5350; www.avonrunning.com

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

April 2. Capitol 10,000, Austin, Texas. Capitol 10,000, PO Box 2936, Austin, TX 78768. 512-429-3598


April 20. Crescent City Classic 10K New Orleans. Rick Lusky, PO Box 13587, New Orleans, LA 70185. 504-861-8666; fax: 861-8687

May 6. Bayou Bash Relay (42.81 mile), Houston. Texas. 713-723-5810; www.altacusa.com

May 13. Gum Tree 10K, Tupelo, Miss. GT 762-7780; www.tupelomarathon.org

June 27. BMW Laguna Beach 5K, Laguna Beach, Calif. James Catlett, 949-494-3900. 9th Street, Laguna Beach, Calif. www.lagunabeach5k.com

July 5. Bolder Boulder 10K, Boulder, Colo. Rich Castor. 1695 Linden Ave., Boulder, CO 80304. 303-492-8776(d); fax: 449-0726; email: castor@sportsindia.com

July 6. Half-Marathon, Goodland, Kansas. HPM, PO Box 960, Goodland, KS 67735. 785-899-5286


July 8. Trinity Hospital Half-Marathon, Kansas City, Mo. Mike Lundgren, 5840 Fontana Dr., Fairway, KS 66203. 913-262-9190(e); fax: 498-6111; www.HealthMidwest.org

July 16. Grandma’s Marathon, Duluth, Minn. GM, PO Box 16234, Duluth, Minn. 55818. 218-727-0947; email:grandmas@grandmarathon.com; www.grandmarathon.com

July 19. Skagit Valley Sunflower 5K, Mount Vernon, Wash. 360-335-3000; 360-335-3448; info@skagitrun.com


July 23. Quad Cities Marathon, Moline, Ill. John Moreno, 2617 4th St., East Moline, IL 61244. 309-755-6176; mojii@firecrackerrun.com; www.qcmarathon.com

August 21. Examiner Bay to Breakers 12K, San Francisco. Paulette Castadio, 2760 Mission St., San Francisco, Calif. 415-888-8742; fax: 512-7682; email: stracuzzi@sfgate.com

August 28. Big Sur International Marathon, Big Sur-Carmel, Calif. Wally Kastner, BSM, PO Box 22260, Carmel, CA 93922. 831-626-2783. 626-2783


May 6. Southern California Hillside Footrace 7.5 Mile, Huntington Beach, Calif. Oscar Rosales, 714-841-5417


May 10. Orange County Marathon & Half-Marathon, Irvine, Calif. OC Masters, PO Box 11364, Irvine, CA 94421. 949-783-0716

November 30. Orange County Marathon & Half-Marathon, Irvine, Calif. OC Masters, PO Box 11364, Irvine, CA 94421. 949-783-0716

October 1. Avon Running Circuit 10K & 5K Walk, Kansas City, Mo. 212-282-5350; www.avonrunning.com

October 8. Park Forest Fieldhouse 20 Mile, St. Louis, Mo. St. Louis TC, 314-647-2100; 800-238-3594

October 15. 31st annual Longest Day Marathon, Relay Half-Marathon, 10K, 5K, 5K RW, Brown Sugar, St. Dak. Kat Dobbs, 605-605-6924-2479; email: kosborne@firstnb.com. Jack Youngberg, 696-2433; email: jack@firstnb.com

November 1. Run For Rent 5K, St. Louis, Mo. 800-818-RENT; www.rentmyrun.org

November 28. Minnesota Marathon, Peak Performance, 519 N. 78th St., Omaha, NE 68114. 402-398-9870; www.omahamarathon.com


EAST

Syracuse Chargers Meet

Syracuse U., Jan. 15

55m

M40 Bill Liberman 7.2
M45 Dan Swanson 7.6
M50 Jerry Hendricks 7.7
M55 Mike Gross 15.2
M60 Tom Fonda 7.9
M70 Howard MacMillan 8.8
W25 Tom Scott 19.6
W45 Irene Thompson 7.7
W50 Kathy Cinna 8.5

300m

M30 Mike Boni 41.3
M40 Bill Liberman 4.29
M45 Dan Swanson 4.22
M50 Gary Geiger 4.58
M60 Jerry Hendricks 5.71
M70 Howard MacMillan 5.65
W30 Angela Scott 42.6
W35 Beth Heuer 37.3
W45 Irene Thompson 4.53
W50 Kathy Cinna 50.3

1000m

M30 Mike Boni 5.213
M35 David Carroll 5.253
M40 Bob Gear 5.232
M45 Tom McCullen 5.247
M50 Don Rappazzo 5.258
M60 Bob Miller 5.277
W35 Betty Heuer 2.573

2000m

M30 Dan Reid 11.555
M40 Rob Wilson 9.460
M50 Tom Wilk 10.260
W35 Emmy Lennan 10.200
W40 Pat Ford 10.372
W50 Evelyn Pinelli 13.350

55mH

M45 Thom Crowley 9.8
W40 Betty Pinelli 18.9
M30 Mike Thompson 16.0
M40 Gary Kennedy 9.6
M45 Jerry McGinnis 10.0
M50 Jerry Kelly 8.0

Long Jump

M35 Eric Laliok 15.10
M45 Irene Thompson 14.46

Shot Put

M30 Deep 13.33

Greig Klein 11.91
M55 Gary Crawford 10.16
W50 Jodi Cairina 9.28

Weight

W30 Brian Gane 11.38
W50 Pat Lynn 11.42
W55 Gary Crawford 7.68
W60 Mathew 13.52
W70 Ed Statler 13.52

Potomac Valley TC Indoor Meet

Alexandria, Va., Jan. 23

55m

Masters Men

M40 Mike Coda 5.46
M45 Bob Tate 5.47
M50 David Daniels 6.07
M55 Mike Lyons 5.55
M60 David Gay 5.33
M70 Jay Wilson 5.23

60m

M30 Brian Lassiter 16.17
M40 Rich Coult 17.23
M45 Eric Buftress 15.38
M55 Jay Wilson 13.52
M60 Mark Collett 13.51

Elite Men

M45 Kyle Lerner 31.45
M45 Kyle Cady 31.45
M50 Jay Brunett 31.42
M60 Mort Horan 31.45

$400m

M35 Tom Hartman 1:26.88
M40 Tom Peterson 1:26.87
M45 Tony Smith 1:26.87
M50 Brian Andrews 1:26.87
M60 Roosevelt Weaver 1:26.87

USATF-NJ Masters Indoor Track Championships

Hackensack, N.J., Feb. 13

55m

M30 Andre Bredgett 8.15
M35 Chris Angulo 8.16
M40 Glenn Peterson 8.17
M45 Andy Roberts 8.18
M50 Mark Valvassori 8.20
M60 Keith Rosier 8.21
M70 Dave Golfen 8.22

$400m

M35 John McDonald 9.55
M40 Bob Nadeau 9.56
M45 Charlie Covino 9.57
M50 Champion Gold 9.58
W30 R. Moore-Robinson 9.59
W40 D. Adams 9.60

$800m

M35 Alonzo Brown 9.61
M40 John Andrews 9.62
M45 Dave Golfen 9.63
M50 Rick Banta 9.64
M60 Roosevelt Weaver 9.65

USATF Masters Outdoor Track Championships

Alexandria, Va., Feb. 6

55m

M30 Mike Coda 4.58
M40 Bob Tate 4.56
M45 David Daniels 4.58
M50 Mike Lyons 4.55
M60 David Gay 4.55
M70 Jay Wilson 4.55

60m

M30 Brian Lassiter 16.47
M40 Rich Coult 17.23
M45 Eric Buftress 15.38
M55 Jay Wilson 13.52
M60 Mark Collett 13.51

Elite Men

M45 Kyle Lerner 31.45
M45 Kyle Cady 31.45
M50 Jay Brunett 31.42
M60 Mort Horan 31.45

$400m

M35 Tom Hartman 1:26.88
M40 Tom Peterson 1:26.87
M45 Tony Smith 1:26.87
M50 Brian Andrews 1:26.87
M60 Roosevelt Weaver 1:26.87

Continued on next page
### SOUtheast

**Virginia Military Indoor Championships**

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<td>1600m</td>
<td>George Branceld</td>
<td>4:30.0</td>
</tr>
</tbody>
</table>

### MID-America

**Early Morning “R” Track & Field Meet**

<table>
<thead>
<tr>
<th>Distance</th>
<th>Event Name</th>
<th>Time</th>
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<tbody>
<tr>
<td>55m</td>
<td>John Moe</td>
<td>6.86</td>
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<tr>
<td>400m</td>
<td>John Hunter</td>
<td>47.3</td>
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<tr>
<td>800m</td>
<td>Tony Natale</td>
<td>1:49.7</td>
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<tr>
<td>1500m</td>
<td>Mark Cramer</td>
<td>3:54.2</td>
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<tr>
<td>3000m</td>
<td>Gary Scalfon</td>
<td>9:20.9</td>
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<tr>
<td>400m Hurdles</td>
<td>Jeffery Nuckles</td>
<td>54.0</td>
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<tr>
<td>800m Hurdles</td>
<td>Richard Bolten</td>
<td>1:48.2</td>
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<tr>
<td>1500m Hurdles</td>
<td>Tracey Barnette</td>
<td>4:22.8</td>
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<tr>
<td>3000m Hurdles</td>
<td>Marilyn Fitzgerald</td>
<td>9:03.3</td>
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<tr>
<td>400m Steeplechase</td>
<td>John Morris</td>
<td>6:15.8</td>
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<tr>
<td>1600m</td>
<td>George Branceld</td>
<td>4:30.0</td>
</tr>
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INTERNATIONAL
Oceanside Games
Norfolk Island; Jan. 16-23

100m
M100 Marko Barcic 10.63
M95 John Backlund 12.06
M90 Bruce Wotherspoon 12.25
M85 Jari Hagberg 13.16
M80 Graeme Goodyear 13.93
M75 Harry Sharp 13.95
M70 Graham Brown 14.07
M65 Gene Shirley 14.13
M60 Wayne Baglow 14.24
M55 Rudi Hochreiter 14.32
M50 Mark Santinoko 14.44
M45 Mark Gardner 14.50
M40 Kevin Matthews 14.61
M35 Steven Hughes 15.08
M30 Marko Barcic 15.16
M25 John Backlund 15.28
M20 John Backlund 15.39
M15 George Backlund 15.50

5000m
M100 Pat Brown 15:24.44
M95 John Backlund 15:29.95
M90 Bruce Wotherspoon 15:33.74
M85 Jari Hagberg 15:36.41
M80 Graeme Goodyear 15:39.92
M75 Harry Sharp 15:43.13
M70 Graham Brown 15:46.24
M65 Gene Shirley 15:50.14
M60 Wayne Baglow 15:54.22
M55 Rudi Hochreiter 15:58.34
M50 Mark Santinoko 16:02.45
M45 Mark Gardner 16:06.50
M40 Kevin Matthews 16:10.55
M35 Steven Hughes 16:14.60
M30 Marko Barcic 16:18.65
M25 John Backlund 16:22.70
M20 John Backlund 16:26.75
M15 George Backlund 16:30.80

400m
M100 Marko Barcic 44.16
M95 John Backlund 44.30
M90 Bruce Wotherspoon 44.44
M85 Jari Hagberg 44.58
M80 Graeme Goodyear 44.72
M75 Harry Sharp 44.86
M70 Graham Brown 44.99
M65 Gene Shirley 45.13
M60 Wayne Baglow 45.27
M55 Rudi Hochreiter 45.41
M50 Mark Santinoko 45.54
M45 Mark Gardner 45.68
M40 Kevin Matthews 45.82
M35 Steven Hughes 45.96
M30 Marko Barcic 46.10
M25 John Backlund 46.24
M20 John Backlund 46.38
M15 George Backlund 46.52

100mHurdles
M100 Pat Brown 13.24
M95 John Backlund 13.38
M90 Bruce Wotherspoon 13.52
M85 Jari Hagberg 13.66
M80 Graeme Goodyear 13.80
M75 Harry Sharp 13.94
M70 Graham Brown 14.08
M65 Gene Shirley 14.22
M60 Wayne Baglow 14.36
M55 Rudi Hochreiter 14.49
M50 Mark Santinoko 14.63
M45 Mark Gardner 14.77
M40 Kevin Matthews 14.91
M35 Steven Hughes 15.05
M30 Marko Barcic 15.19
M25 John Backlund 15.32
M20 John Backlund 15.46
M15 George Backlund 15.60

800m
M100 Marko Barcic 2:01.42
M95 John Backlund 2:02.56
M90 Bruce Wotherspoon 2:03.70
M85 Jari Hagberg 2:04.84
M80 Graeme Goodyear 2:05.98
M75 Harry Sharp 2:07.12
M70 Graham Brown 2:08.26
M65 Gene Shirley 2:09.40
M60 Wayne Baglow 2:10.54
M55 Rudi Hochreiter 2:11.68
M50 Mark Santinoko 2:12.82
M45 Mark Gardner 2:13.96
M40 Kevin Matthews 2:15.10
M35 Steven Hughes 2:16.24
M30 Marko Barcic 2:17.38
M25 John Backlund 2:18.52
M20 John Backlund 2:19.66
M15 George Backlund 2:20.80

800mHurdles
M100 Pat Brown 2:08.22
M95 John Backlund 2:09.36
M90 Bruce Wotherspoon 2:10.50
M85 Jari Hagberg 2:11.64
M80 Graeme Goodyear 2:12.78
M75 Harry Sharp 2:13.92
M70 Graham Brown 2:15.06
M65 Gene Shirley 2:16.20
M60 Wayne Baglow 2:17.34
M55 Rudi Hochreiter 2:18.48
M50 Mark Santinoko 2:19.62
M45 Mark Gardner 2:20.76
M40 Kevin Matthews 2:21.90
M35 Steven Hughes 2:23.04
M30 Marko Barcic 2:24.18
M25 John Backlund 2:25.32
M20 John Backlund 2:26.46
M15 George Backlund 2:27.60

100mTriplet
M100 Marko Barcic 11.26
M95 John Backlund 11.40
M90 Bruce Wotherspoon 11.54
M85 Jari Hagberg 11.68
M80 Graeme Goodyear 11.82
M75 Harry Sharp 11.96
M70 Graham Brown 12.10
M65 Gene Shirley 12.24
M60 Wayne Baglow 12.38
M55 Rudi Hochreiter 12.52
M50 Mark Santinoko 12.66
M45 Mark Gardner 12.80
M40 Kevin Matthews 12.94
M35 Steven Hughes 13.08
M30 Marko Barcic 13.22
M25 John Backlund 13.36
M20 John Backlund 13.50
M15 George Backlund 13.64

800mTriplet
M100 Marko Barcic 2:02.42
M95 John Backlund 2:03.56
M90 Bruce Wotherspoon 2:04.70
M85 Jari Hagberg 2:05.84
M80 Graeme Goodyear 2:06.98
M75 Harry Sharp 2:08.12
M70 Graham Brown 2:09.26
M65 Gene Shirley 2:10.40
M60 Wayne Baglow 2:11.54
M55 Rudi Hochreiter 2:12.68
M50 Mark Santinoko 2:13.82
M45 Mark Gardner 2:14.96
M40 Kevin Matthews 2:16.10
M35 Steven Hughes 2:17.24
M30 Marko Barcic 2:18.38
M25 John Backlund 2:19.52
M20 John Backlund 2:20.66
M15 George Backlund 2:21.80
LONG DISTANCE RESULTS

Please send results to: National Masters News, P.O. Box 5000, Eugene, OR 97435. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 29 spaces/21/2 wide) do not receive preference. Deadline is the 10th of the month prior to issue date.

NATIONAL USATF National Masters 12K Championships/Outback Steak Falls Classic Orlando, FL; Feb. 26

Overall

John Dei 41 2:17:38
Katherine Hunter 38 2:17:49
40 M & 40 W

M40 Vic Boniface 47.94
M45 Joseph Bouda 50.18
M50 Victor Beltran 47.44
M55 Don Ruben 47.55
M60 Larry Ruben 47.55
M70 Howard Ruby 46.41
M75 Bart Ross 77 2:18:04
W40 Kim Steil 49.76
W45 Kathy Sokol 50.18
W50 Karen McIver 52.27
W60 Susan LeDrew 50.87
Deli Norton 52.13
W45 Sarah Cipra 51.14
W50 Diana Reed 56.83
W60 Judy Kennedy 60.51
W70 Jolynn Lajoie 61.85
W80 Gail Sisson 61.95
W90 Mary Hageman 67.59
W55 Mary Nunn 68.38
W70/ANGELA BISTEAD 72:57.53

USATF National Masters 12K Championships/Outback Steak Falls Classic Orlando, FL; Feb. 26

Overall

Donald DiDonato 16:07
Robert Beatty 16:23
Don Ruben 16:26
Mary T. 16:31
Bradley Alaksin 16:37

WASHINGTON'S BIRTHDAY MARATHON
Greenbelt, MD; Feb. 20

Women's Marathon

Sharon Webster 3:08:45
Susan Bagalow 3:10:32
Judy Sample 3:11:15

EUROPE

NYRR National Five Miler 20K Central Park, NYC; Feb. 26

Overall

Art Gunther 28 2:20:20
Jean Cohan 30 2:20:23
William Tubert 29 2:20:24

NYRR Brooklyn Half-Marathon
Brooklyn, NY; March 11

Overall

Julie Chouinard 2 1:41:17
Yvonne Callan-Brito 2 1:41:17
Alan Ruben 2 1:41:17

SOUTHEAST

Bank of America Gasparilla Distance Classic 15K & 5K Tampa Bay, FL; Feb. 12

Overall

Russell Gerber 46.37
Laura Drake 52.29
AMO Art Set 26.39
Walter Conrad 52.18
Bobby Paxton 52.20
George Allen 52.15
Richard Ferrin 52.24
Fletcher Hazel 52.37
Tim Unger 52.43

NYRR Brooklyn Half-Marathon
Brooklyn, NY; March 11

Overall

Julie Chouinard 2 1:41:17
Yvonne Callan-Brito 2 1:41:17
Alan Ruben 2 1:41:17

NYRR Brooklyn Half-Marathon
Brooklyn, NY; March 11

Overall

Julie Chouinard 2 1:41:17
Yvonne Callan-Brito 2 1:41:17
Alan Ruben 2 1:41:17

NYRR Brooklyn Half-Marathon
Brooklyn, NY; March 11

Overall

Julie Chouinard 2 1:41:17
Yvonne Callan-Brito 2 1:41:17
Alan Ruben 2 1:41:17
Continued from previous page

Motorola Austin Marathon
March 23, TX; Feb. 26

Overall

Jenson Beno 222 2:14 10
Teresa Morgenstern 34 2:34 01
Bill Drey 232 2:34 02
Dave Wilson 232 2:34 03
Steve Wilson 232 2:34 04
Paul Mankin 232 2:34 05
Bill Drey 232 2:34 06
Rob Lee 232 2:34 07
Garry Funk 232 2:34 08
Jim D出血 232 2:34 09
Dave Lehman 232 2:34 10

W50 Betty Shoots 327 :06 Pellt Vandermey
W40 Suzy Seeley
1.465 David
M50 Gordon
Over
Daniele Treles
3M Austin
Kalhleen Calaghan 1:46 :44 Thelma
Pozdnyakova 44
McAndrews
lee
IWIiger

M50 Ernie Calhey

W60 AIIn
1 :23 :43

89

4:11 :40 Kin Wrinkle
1 :32 :27
1:25:21

W60 Maxine

W65 MiJ'Y

W45 Sheley
W40


Continued on next page

The Vegas Marathon & Half-Marathon is run by High Desert Events, Inc. The event was held on Saturday, Nov. 7, 2009, at The Orleans. The course started at The Orleans and ended at the Las Vegas Convention Center. The course features a mix of paved roadways and dirt trails around the city. The course is approximately 26.2 miles long. The race was open to runners of all ages and skill levels. The course was closed to traffic, allowing runners to enjoy a smooth and safe run. The course was marked with signs and volunteers at every mile. The event was well-organized and had a positive atmosphere. Overall, it was a great day for running.


May 13-14. National Capital Race Weekend, Ottawa. 10K (13th), Marathon, Half-Marathon, & 5K. NCM, Inc. PO Box 426, Station A, Ottawa, Ont., Canada K1N 6M2; 613-234-2221; email: ncmcm@rogers.com

October 22. Casino International Marathon & 4-Person Relay, Niagara Falls, Canada. Niagara Falls V&C Bureau, 5515 Stanley Ave., Niagara Falls, Ont., Canada L2G 3X4. 902-56-56 Falls; www.niagarafallstourism.com

INTERNATIONAL

May 7. Vancouver International Marathon. VIM, Box 3213, Vancouver, BC, Canada V6B 1G8; 604-253-1111; email: vimsports@vimsports.com

May 13-14. National Capital Race Weekend, Ottawa. 10K (13th), Marathon, Half-Marathon, & 5K. NCM, Inc. PO Box 426, Station A, Ottawa, Ont., Canada K1N 6M2; 613-234-2221; email: ncmcm@rogers.com

May 22-23. Chicago Marathon. Chicago, IL; 312-787-6700. 888-90-ENDURANCE;

May 30. Aetna New York City Marathon, New York City, NY; 212-717-5000. 888-90-ENDURANCE;

May 31. Tropicana 1/2 Marathon, Las Vegas, NV; 866-735-4330. 888-90-ENDURANCE;

JUNE 1st. Boston Marathon, Boston, MA; 857-278-2700. 888-90-ENDURANCE;

June 4th. New York City Marathon, New York City, NY; 212-717-5000. 888-90-ENDURANCE;

JUNE 11th. Chicago 1/2 Marathon, Chicago, IL; 312-787-6700. 888-90-ENDURANCE;

JUNE 18th. Copley 1/2 Marathon, Boston, MA; 857-278-2700. 888-90-ENDURANCE;

JUNE 25th. Boston Marathon, Boston, MA; 857-278-2700. 888-90-ENDURANCE;

JUNE 26th. Boston 1/2 Marathon, Boston, MA; 857-278-2700. 888-90-ENDURANCE;

JULY 3rd. Cincinnati 1/2 Marathon, Cincinnati, OH; 513-742-9878. 888-90-ENDURANCE;

JULY 10th. Copley 1/2 Marathon, Boston, MA; 857-278-2700. 888-90-ENDURANCE;

JULY 17th. Rochester 1/2 Marathon, Rochester, NY; 585-248-3444. 888-90-ENDURANCE;

JULY 24th. Chicago Marathon, Chicago, IL; 312-787-6700. 888-90-ENDURANCE;

JULY 31st. Boston Marathon, Boston, MA; 857-278-2700. 888-90-ENDURANCE;

AUGUST 7th. New York City Marathon, New York City, NY; 212-717-5000. 888-90-ENDURANCE;

SEPTEMBER 4th. Chicago Marathon, Chicago, IL; 312-787-6700. 888-90-ENDURANCE;

SEPTEMBER 11th. New York City Marathon, New York City, NY; 212-717-5000. 888-90-ENDURANCE;

OCTOBER 8th. Boston Marathon, Boston, MA; 857-278-2700. 888-90-ENDURANCE;

OCTOBER 15th. New York City Marathon, New York City, NY; 212-717-5000. 888-90-ENDURANCE;

OCTOBER 22nd. New York City Marathon, New York City, NY; 212-717-5000. 888-90-ENDURANCE;

OCTOBER 29th. Chicago Marathon, Chicago, IL; 312-787-6700. 888-90-ENDURANCE;

NOVEMBER 5th. New York City Marathon, New York City, NY; 212-717-5000. 888-90-ENDURANCE;

NOVEMBER 12th. Chicago Marathon, Chicago, IL; 312-787-6700. 888-90-ENDURANCE;

NOVEMBER 19th. New York City Marathon, New York City, NY; 212-717-5000. 888-90-ENDURANCE;

DECEMBER 3rd. Boston Marathon, Boston, MA; 857-278-2700. 888-90-ENDURANCE;

DECEMBER 10th. New York City Marathon, New York City, NY; 212-717-5000. 888-90-ENDURANCE;

DECEMBER 17th. Chicago Marathon, Chicago, IL; 312-787-6700. 888-90-ENDURANCE;

DECEMBER 24th. New York City Marathon, New York City, NY; 212-717-5000. 888-90-ENDURANCE;

DECEMBER 31st. Boston Marathon, Boston, MA; 857-278-2700. 888-90-ENDURANCE;
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