Atlanta Serves Up 3 World Records

By JEFFREY STAMP

The outdoor temperatures were cool in Atlanta, but if the times posted indoors at the Georgia Dome are any indication, it’s going to be a hot summer. Three masters track records were set at the 2001 Pontiac Grand Prix Open Indoor National Track & Field Championships held March 2-3.

Johnny Gray continued his assault on the M40 indoor 800 world record by lowering his own record set at the Millrose Games in February of 1:48.23 during the second qualifying heat of the open men’s 800 on Friday afternoon. The torrid pace of the field obviously ignited Gray, and he was all smiles and waves for the crowd after finishing fifth with a place in the finals, a mere second off the winning time in the heat.

Equally as impressive were the two world age-group records posted in the Masters Invitational Mile event on Saturday morning. Nolan Shaheed of SoCal Track Club finished fifth in the men’s race and along the way broke his own M50 world indoor record with an impressive 4:27.14. Nolan’s age-graded conversion clocks in at a 3:53 mile, a notable achievement.

Proving that 50 was the age group of the event, Carolyn Smith-Hanna, run-

Hellebuyck and Ayala-Troncoso Win in Gate River Run 15K

By SUSANNAH BECK

JACKSONVILLE, Fla. – Southwesterners Eddy Hellebuyck, 40, Albuquerque, N.M., and Carmen Ayala-Troncoso, 41, Austin, Texas, earned decisive wins and $1000 each at the 24th running of the prestigious Gate River Run 15K, Jacksonville, Fla., March 10.

Under clear, cool, sunny skies, Hellebuyck, the sprightly, not to say elfin, career road racer set a pending U.S. masters 15K record with his 45:12 (old record: Plasencia/45:14/1997), on a Florida-flat course punctuated by the deadly “Green Monster” Hart Bridge, a mile-long mountain over the St. John River that comes at the eight-mile mark.

Hellebuyck bested a field of rare talents, including the very tough Andrey Kuznetsov of SoCal Track Club, finished fifth in the men’s race and along the way broke his own M50 world indoor record with an impressive 4:27.14. Nolan’s age-graded conversion clocks in at a 3:53 mile, a notable achievement.

Proving that 50 was the age group of the event, Carolyn Smith-Hanna, run-

Wind Replaces Rain at L.A. Marathon

Some races are just plagued. Gusty winds replaced last year’s pouring rain at the Los Angeles Marathon, March 4, slowing times and chipping lips at the world’s fourth largest marathon, but only slightly dimming the excitement of over 23,000 starters, including numerous Elvis impersonators, a bunch of bananas, and more than a few scantily clad daredevils.

It was 56 degrees, humid, and overcast at the 8:45 a.m. start of this 16th running of the race, run over famous

Continued on page 8

INSIDE:

• World and U.S. Outdoor T&F Records – pages 17-24
FINALLY, YOU CAN USE CREATINE to improve your training. New Runners Advantage Creatine Serum™ is a safe, effective and stable liquid creatine supplement. It's formulated specifically for runners and other endurance athletes. Runners Advantage delays fatigue by combating lactic acid buildup. It will aid in building muscle to improve sprint times and increasing your long distance endurance. But it won't add bulk to your body.

Traditional creatine powders cause water retention, dehydration and bloating. These are three side effects no endurance athlete needs. However, Creatine Serum is a stabilized liquid, so it's absorbed directly into your bloodstream and from there into your muscles. That means you can finally take full advantage of creatine's energy boosting properties.

Runners Advantage also contains other important ingredients such as magnesium, glucosamine, l-glutamine and l-taurine to help maximize your performance and protect your joints from stress-related injuries. Now available in both male and female formulations and many delicious flavors, it will also aid athletes in sports activities such as swimming, cycling, tennis or soccer.

Just take 5ml once, a few minutes before exercise. You'll go harder. And further.

---

**Runners Advantage Creatine Serum™**

**SERUM vs POWDER**

<table>
<thead>
<tr>
<th></th>
<th>SERUM</th>
<th>POWDER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Does not cause water retention, bloating or cramping</td>
<td>Causes water retention resulting in dehydration, bloating and cramping</td>
<td></td>
</tr>
<tr>
<td>Stay with your normal water intake</td>
<td>Must consume extra water to counteract dehydration</td>
<td></td>
</tr>
<tr>
<td>Convenient and easy-to-use</td>
<td>Inconvenient and time-consuming</td>
<td></td>
</tr>
<tr>
<td>Instant absorption</td>
<td>Takes one hour or more to digest</td>
<td></td>
</tr>
<tr>
<td>Completely assimilated into the muscles in minutes</td>
<td>Up to 80% wasted during the digestion process</td>
<td></td>
</tr>
<tr>
<td>100% stable: 2-year shelf life</td>
<td>Unstable: rapidly degrades into waste product creatinine</td>
<td></td>
</tr>
<tr>
<td>No loading; take just minutes before exercise</td>
<td>Loading required; must be taken in large amounts for 5 days prior to exercise</td>
<td></td>
</tr>
<tr>
<td>No maintenance; take only on training days</td>
<td>Daily maintenance; must be taken even on non-training days</td>
<td></td>
</tr>
<tr>
<td>Delicious flavors</td>
<td>Chalky, unpleasant taste</td>
<td></td>
</tr>
</tbody>
</table>

Inventors of the world's only stabilized creatine liquid™

Call to order: 1-877-488-7433 for 24-hour service and 3-5 day delivery. Retailers and technical information call toll-free: 1-877-MUSCLES (687-2537), 9am-4pm PST. Available at GNC LiveWell™, Vitamin World, and other selected health food stores and gyms. Order online at: www.creatine.com
SENIOR GAMES
This is my eighth year competing in masters track & field. Each year, I look forward to the competition at the USATF Nationals as well as the alternate year National Senior Games. I have attended all since 1990 and had intended to go to each year, since the two meets were co-located at LSU in Baton Rouge for the convenience of athletic attendance.

In late 2000, I received my notice to send the Senior Games $50 deposit, which I did. In late January 2001, I received my entry form requesting an additional $65 by mid-February with the completed form. In the package were no specific event days, which one needs to finalize hotel stay and air travel.

The package showed only that 65+ athletes would compete in the SG from July 14-17 and the July 25-28, which means either to go or two weeks is difficult. I have attended, I left a message on the USATF office, and when no answer, I left a message delineating the issue and requesting detailed schedules before I could send my entry. I received no call back.

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

NATIONAL MASTERS NEWS Subscription Form
The National Masters News is the official world and U.S. publication for masters track & field, long distance running and race walking. It contains information you can't get anywhere else. Subscribe Now.

2nd Class rates:
USA, Canada, Mexico
6 months $15
1 Year $26
2 Years $48
3 Years $70

1st Class rates:
(USA, Canada, Mexico)
6 months $18
1 Year $28
2 Years $50
3 Years $72

Foreign rates:
(Air mail)
1 Year $45
2 Years $85
3 Years $125

Payment enclosed
Bill me later
$ as a contribution to your work

Circle applicable sports: T L R
(T=T&P; L=LD; R=RW)

Name
Address
City State Zip

Send to: National Masters News Subscription Dept.
P.O. Box 16597
North Hollywood, CA 91615-6597

Or Call: 818-760-8983

AGE-GRADING
In response to recent letters in the NMN on the difference between age-grading comparisons of sprinters vs. distance runners, while both lose flexibility and speed, the biggest effect in aging (at least for distance runners) is the loss of a heartbeat a year off the maximum heart rate. This does not affect sprinters in their training or event, but makes a great difference for distance runners. An age-25 distance runner who cruises a workout at a heart rate of 175 is still 20 beats below his maximum, while an age-45 runner is at maximum and can't possibly hold the pace. Slower training translates to slower paces, where the maximum heartbeat also plays the same important part.

Give me back 20 heartbeats a minute, and I'll run very close to my times of 20 years ago.
Scott Anthony
Colorado Springs, Colorado

Masters Terminology
Regarding the article on re-naming masters in the February issue, I have always associated myself as a master since that was the first name given to us. Now that the subject of changing it has been brought up, I propose using "masters" for ages 40-59 and perhaps "senior masters" for those above that.

I realize that outside of the running community no one really knows what masters are, but, then, they don't really communicate with us.

Thanks for all that you do for masters track & field.

Ina Cantu
Richmond, Texas

Kudos
The Dayton Masters Track & Field Club wishes to thank the National Masters News for its support of masters clubs and athletes. Keep up the good work.

Bob Jones
Club President
Dayton, Ohio

WRITE ON!
Address Letters to: National Masters News, P.O. Box 50098, Eugene, OR

S _ubscri _pti9n ForFTl
# 2001 USA National Masters Outdoor Track & Field Championships

## Hosted by

**Baton Rouge, Louisiana • Bernie Moore Track Stadium**

**Athlete Registration Information**

**WELCOME TO BATON ROUGE**

Now, "Let the Good Times Roll!" We are excited about the opportunity to serve you and your families with not only an excellent Track & Field Championship, but also the "Louisiana Experience." Our culture, music, Cajun/Creole cuisine, festivals, and abundant homes and our Southern Hospitality will make your stay in our capital city a memorable one. For more information, visit us at www.brasf.com.

**ELIGIBILITY**

Competition is open to all men and women 30 years of age and older with current USA Masters Membership. Your age as of July 25, 2001 will determine your age group. Individual competition will be held in age groups of 5-year increments starting at age 30. Relays will be held in age groups of 10-year increments.

Proof of registration with USA Track & Field will be required from all U.S. citizens. Membership registration will be made available at the competition. To expedite your entry, please contact your local association to obtain your USA Track & Field membership card before sending your Athlete Registration Form.

USA Track & Field rules of competition will govern the 2001 Outdoor Championships. The standard masters track & field events will be scheduled for both men and women. Foreign competitions may compete without guaranteeing their membership. **ENTRY FEES & REGISTRATION**

- The entry fee for all athletes is $25 for the first event, $15 for the second & third event, and $10 for all additional events. Postdeadline entry is $30 even if other individual events are also entered. For information on Relays, see "Relay" section below.
- A photocopy of a valid passport or birth certificate will be required from all competitors and must be submitted with your Athlete Registration Form. Furthermore, full payment needs to accompany your Athlete Registration Form in order for it to be considered complete.
- Athletes who submit a complete Athlete Registration Form (entry form and complete payment) by July 26 will be mailed a letter of confirmation.
- Please make a check or money order payable to: Baton Rouge Sports Foundation. Entries can be mailed to the Baton Rouge Local Organizing Committee, P.O. Box 18944 Baton Rouge, LA 70893.

Athlete Registration Forms must be received by July 2, 2001. Entries postmarked after July 2, 2001 will be charged a $50.00 late fee. Under no circumstances, with any entry be accepted on changes made after July 9, 2001. There are no refunds of entry fees for any reason.

**AWARDS**

USA Masters Championship medals will be awarded to the top three Americans in each event in each age group. Foreign competitors are eligible to receive an award for the top three non-Americans. Ribbons will be given to finishers who place 4th through 9th. Championship patches will be provided to each first place winner. Championship patches are limited to one per participant. All athletes will receive a commemorative Certificate of Participation.

**HOUSING/RENTALS**

**American World Travel—Your One Stop Travel Store**

- **Toll Free** Call & Extended Hours: Visitors to Baton Rouge call 1-800-269-5883 to book hotels, airline and rental cars. Hours of operation are Monday through Friday, 8:00 am to 8:00 pm and Saturday, 9:00 am to 1:00 pm.
- **Hand Bookings** American World Travel has contracts with Baton Rouge area hotels offering special rates for the outdoor championships. We request the hotels to provide the lowest possible rates to our event participants. Also, contact American World Travel in regards to Residence Hall rooms on the campus of Louisiana State University.
- **Airline Discounts** We compare all airlines to Baton Rouge and New Orleans to provide the best possible option. Customers are given the available options and are allowed to choose the best that fits their plan and budget.
- **Groups of 10 or more people** are eligible for discounts off the lowest price airlines to Baton Rouge. Booking and ticketing 60-days prior to travel may be eligible for a 10% discount. Booking and ticketing 19-30 days prior to travel may be eligible for a 5% discount. We also offer ail travelers (15% off discount off all TWA airlines to any city, except St. Louis, which is a 10% discount, at any time. (Current) TWA services New Orleans in all cases, airline rates pertaining to advancing minimum & maximum stay and flight times confidentiality will be followed.
- **Automobile Rental** : Athletes can receive special rates on AVIS care rental. Discounts are available when no special programs are offered.
- **Website Presence** : Visit www.americanworldtravel.com to see how they can serve you.

**EVENT SCHEDULE**

Please note that the order of events are listed and not necessarily the order that they will be scheduled on that day. They will not be changed from the dates listed. The exact order of events and starting times will be determined after all completed entries have been received.

<table>
<thead>
<tr>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shortput W/M All Ages</td>
<td>Discus W/M All Ages</td>
<td>Javelin W/M All Ages</td>
<td>Hammer Throw W/M All Ages</td>
</tr>
<tr>
<td>Pentathlon W/M All Ages</td>
<td>Pole Vault M 18-39</td>
<td>Pole Vault M 30-49</td>
<td>High Jump W/M All Ages</td>
</tr>
<tr>
<td>Race Walk 5000 W/M All Ages</td>
<td>Race Walk 5000 M All Ages</td>
<td>Race Walk 5000 W/M All Ages</td>
<td>Race Walk 5000 M All Ages</td>
</tr>
<tr>
<td>Pole Vault W/M All Ages &amp; M 60+</td>
<td>100m W/M - Prelims</td>
<td>100m W/M - Finals</td>
<td>200m W/M - Finals</td>
</tr>
<tr>
<td>5000m W/M</td>
<td>1500m W/M - Prelims</td>
<td>200m W/M - Finals</td>
<td>800m W/M - Prelims</td>
</tr>
<tr>
<td>800m W/M - Finals</td>
<td>400m W/M - Prelims</td>
<td>Pole Vault W/M All Ages &amp; M 60+</td>
<td>5000m W/M All Ages</td>
</tr>
<tr>
<td>400m W/M - Finals</td>
<td>Pole Vault W/M All Ages &amp; M 60+</td>
<td>Javelin W/M All Ages</td>
<td>Hammer Throw W/M All Ages</td>
</tr>
<tr>
<td>5000m W/M All Ages</td>
<td>Pole Vault M 30-49</td>
<td>High Jump W/M All Ages</td>
<td>High Jump W/M All Ages</td>
</tr>
</tbody>
</table>

**Athlete Registration Form**

<table>
<thead>
<tr>
<th>Event</th>
<th>Age Group</th>
<th>Date &amp; Location</th>
<th>Women’s Age Groups</th>
<th>Man’s Age Groups</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. 100m Dash</td>
<td>All Age Groups</td>
<td>All Age Groups</td>
<td>All Age Groups</td>
<td>All Age Groups</td>
</tr>
<tr>
<td>2. 400m Dash</td>
<td>All Age Groups</td>
<td>All Age Groups</td>
<td>All Age Groups</td>
<td>All Age Groups</td>
</tr>
<tr>
<td>3. 800m Dash</td>
<td>All Age Groups</td>
<td>All Age Groups</td>
<td>All Age Groups</td>
<td>All Age Groups</td>
</tr>
<tr>
<td>4. 100m Hurdles</td>
<td>All Age Groups</td>
<td>All Age Groups</td>
<td>All Age Groups</td>
<td>All Age Groups</td>
</tr>
<tr>
<td>5. 400m Hurdles</td>
<td>All Age Groups</td>
<td>All Age Groups</td>
<td>All Age Groups</td>
<td>All Age Groups</td>
</tr>
<tr>
<td>6. 100m Steeplechase</td>
<td>All Age Groups</td>
<td>All Age Groups</td>
<td>All Age Groups</td>
<td>All Age Groups</td>
</tr>
<tr>
<td>7. 800m Steeplechase</td>
<td>All Age Groups</td>
<td>All Age Groups</td>
<td>All Age Groups</td>
<td>All Age Groups</td>
</tr>
</tbody>
</table>

Check here if you DO NOT want your name listed on the entrant list on the internet:

**REGISTRATION ENTRY FEES**

| 1st Event | $25.00 |
| 2nd & 3rd Event | $15.00 |
| Additional Events (# of Events) | $10.00 |
| Pentathlon ($20.00) | |
| Late Registrations ($10.00 for Entries postmarked after July 2, 2001) | |
| USA Masters Committee Surcharge | $10.00 |
| Optional Masters Championship Honor Roll | $10.00 |

**Checks or Money Orders can be mailed out to the Baton Rouge Sports Foundation. Please mail full payment and your completed entry to the Baton Rouge Organizing Committee, P.O. Box 18944, Baton Rouge, LA 70893. Visit our website at www.brasf.com for more information.**

**TO AVOID A LATE FEE, REGISTRATION FORMS MUST BE POSTMARKED BY JULY 2, 2001**

**NO REGISTRATION FORMS WILL BE ACCEPTED AFTER JULY 9, 2001**

In consideration of my participation in the 2001 USA Masters Outdoor Track & Field Championships, hosted by the Baton Rouge Sports Foundation and the Baton Rouge Local Organizing Committee, I agree to assume the risk incident to such participation which may include, among other things, property damage and personal injury, including death. In consideration of my receipt of the costs of this event, the Baton Rouge Local Organizing Committee (BRLOC), USATF, USA Masters—Southern Association, Louisiana State University, related and affiliated companies, and the officials, directors, employees, agents, representatives, insurance companies and assigns of each of the foregoing parties, I indemnify and hold harmless said parties and any and all liabilities, claims, losses, damages, costs or expenses, including attorneys fees, arising out of the participation in such activity, and further agree to indemnify and hold each of the released parties harmless against any and all such liabilities, claims, losses, damages, costs of expenses, including attorneys fees, arising out of the participation in such activity, and further agree to indemnify and hold each of the released parties harmless against any and all such liabilities, claims, losses, damages, costs of expenses, including attorneys fees, arising out of the participation in such activity, and further agree to indemnify and hold each of the released parties harmless against any and all such liabilities, claims, losses, damages, costs of expenses, including attorneys fees, arising out of the participation in such activity.

This Agreement shall be governed by the laws of the State of Louisiana, and any legal action relating to or arising out of this Agreement shall be conducted and maintained in the Houma Parish District Court, Parish of East Baton Rouge, and State of Louisiana, which court shall have exclusive jurisdiction and venue, the parties hereby consent to the jurisdiction of such court and to service of process under the laws of the State of Louisiana.

Visit our website at www.brasf.com for more information.
The Incredible Ip Does 4:01 Mile at 41!

Yes, a 4:01 mile at 41. What's more, Iplar Lofo stopped to shoo away a dingo with 80 yards remaining. It is estimated that he lost at least five seconds by that pause. On top of that, he eased up some 10 yards from the finish line.

When my friend Jim told me that he was going to be visiting Port Moresby in Papua New Guinea, I immediately thought of the most incredible runner I have ever seen. I met "Ip" in 1987 when John Clark, an Australian trader, brought him to Hawaii for a race. His story was told in this column 13 years ago, but it is so amazing that I would like to repeat it for those who were not subscribers before telling about his recent mile.

After arriving in Honolulu during late March, 1987, Clark contacted Buddy Leighton, the race director of the Norman K. Tamanaha Memorial 15K the following Sunday, for information on how to enter Ip. He told Leighton that he was stopping over in Hawaii en route to the Boston Marathon, which, Clark claimed, Ip would win in a time under two hours.

According to Clark, Ip would then go on to break numerous world records before winning the marathon in the Seoul Olympics. Leighton called to tell me of the fantastic claims and mentioned that Clark was going to have Ip train at a local high school the following day, three days before the race. We decided to go out and see if this guy was for real.

Barefoot and Ragged

Clark, a portly man with a cigar drooping from his mouth, met us at the McKinley High School track. Ip, a slender dark man of about 25, was barefoot and dressed in a dirty singlet with a pair of ragged trousers rolled up to his knees and held up by a belt that must have been Clark's, as the end of it hung halfway down to his knees. He spoke no English and just smiled through some badly decayed and missing teeth.

Clark told us that he discovered Ip on a hunting trip outside of Port Moresby two months earlier. Ip was assigned to his group as a "pet" or attendant of some kind. The hunters drove to a point about ten miles outside of town and were so successful in their hunt that there wasn't enough room for all of them in their small truck for the return trip. Ip was told to return on foot.

"The bloody bastard kept up with us the entire 10 miles to town," Clark nodded as the cigar fell from his mouth. "I figured he could save me some time. The amazing thing was that he was smiling all the way and was hardly breathing when we reached town."

Ip had planned for that day to be a single all-out mile. "Are you discovering him, Clark, who claimed to have been a sprinter with Olympic potential 20 years earlier, had him training on a rugby field and in the bush in Port Moresby. I had my stopwatch and was proud to see Ip in action."

Off and Running

Clark held up four fingers and told Ip to take off. He did, and it immediately became clear that the guy could run. Some students on their way home looked at him curiously as he blazed through the first 220 yards in about 27 seconds. After going by the quarter in 52 and change, Ip eased up and said, "Get your bloody butt going." Ip glanced at me, the message and continued, seemingly at an all-out pace, around the track. Leighton and I looked at each other and said "Do you believe this?"

About 20 yards from the 880-yard mark, Ip began to slow, apparently thinking that it was Clark yelling and cursting him, motioning for him to continue. He had finished two laps in 1:54.

"The bloody kid has never been on a track before," Clark explained. "This is all new to him."

Running with a long, smooth gait, Ip raced through three-quarters of a mile in 2:48 as Clark motioned for him to continue, holding up one finger. Ip smiled and continued on. Leighton and I were stunned, as it appeared that Ip had a chance to break the world record of 3:46.31, perhaps with room to spare. But then, with 220 yards to go, Ip stumbled and fell.

One trouser leg had worked its way down from his knee as he ran and the cuff went below his heels, tripping him up.

Clark's cigar dropped from his mouth as he started to run across the track yelling for Ip to get up and finish. Ip did get up and quickly accelerated around the track, going by the mile in 3:57.8. He continued in full stride for about 50 yards until we yelled at him that he could stop. No longer smiling, he was confused as Clark screamed obscenities at him.

"I guess I've got to get the bloody kid a pair of running togs," Clark said.

No Show

Clark and Ip did not show up for Sunday's race. We found out later that Clark thought the race started at 6:30 p.m. rather than 6:30 a.m. I also heard later that Ip was not allowed to run the Boston Marathon since he did not have a qualifying time and had not submitted an entry form. Clark apparently thought he could register Ip the day before the race, I never saw or heard of Ip or Clark again.

When I told Jim the story before his recent trip to Port Moresby, he was determined to look up Ip and see for himself. As Ip turned out, Ip still worked for Port Moresby Wild Game Tours. Jim wasn't interested in hunting, but hired Ip for a day at a cost of $US3. He found the only track in Port Moresby and told Ip, now 41, that he wanted him to time for a mile, offering him a three-dollar bonus if he could break four minutes.

Dancing the Fan-vingo

Again running barefoot, Ip clocked 52 for the quarter, 1:53 for the half, and 2:54 for three laps. It was with about 150 yards remaining, according to Jim, that a wild dingo came out of the bush and began nipping at Ip's heels. Then, about 80 yards from the finish, Ip stopped completely to challenge the dingo. When the dingo backed off, Ip resumed running for the finish, but then eased up with a smile about 10 yards from the finish. It's possible that Ip ran only 1600 meters rather than a mile, as Jim was unsure of the difference between a 440-yard and a 400-meter track. One way or the other, it seems certain that Ip would have broken four minutes had it not been for the dingo.

Jim gave Ip the three-dollar bonus anyway.

(Mike Tymn can be reached by e-mail at METGAT@aol.com)
Switzer Honored

Gorman, Grafius
Win Titles at
Fifty-Plus 8K

By MARK WINTZ
STANFORD, Calif. – The 18th Annual Fifty-Plus Fitness Association 8K lived up to its reputation as the most competitive running event in the nation for runners age-50-and-over. Jim Gorman, 52, Palo Alto, Calif., won the men's 8K race in 27:43; Dee Dee Grafius, 51, Belvedere, Calif., successfully defended her women's title in 31:40.

The race, held under sunny and mild conditions, served as the USATF Pacific Association Championships.

Gorman, the first hometown man to win the race in over a decade, turned runner-up finishes in the last two years into victory, as he led from the first mile. Michael Dove, 54, who won here in three of the last four years, had to settle for second place (27:48). Don Paul, 50, San Francisco, grabbed third in 27:52.

Grafius cruised to victory while slicing an impressive 38 seconds off her winning time from last year. She held off challenges from two nationally ranked former winners of this event – Joan Ottaway, 57, Murphys, Calif., second in 32:37, and Barbara Miller, 61, Modesto, Calif., third in 34:32.

Although no national age group records were established this year in an event that has recorded many, fine performances abounded in all "senior" age categories. Ralph Jago, 90, the oldest finisher, crossed the finish line inside Stanford University stadium in 1:17:13.

Jack Bray, 68, Greenbrae, Calif., and Ann Lee, 52, were the respective men's and women's winners in the accompanying 5K competitive racewalk. A 5K fitness walk, bike ride, swim, and multi-generation relays were also held.

During the weekend's festivities, Kathrine Switzer, 54, who broke the women's gender barrier at the 1967 Boston Marathon, and then became prominent as founder of the Avon Women's Running Circuit, was awarded the annual Emil Zatopek Award by the Fifty-Plus Fitness Association, named after the legendary Czech runner who recently passed away. Appropriately, Switzer became the first woman among many distinguished recipients to receive this award.

The Fifty-Plus Fitness Association is a non-profit, international organization, with more than 2000 members, committed to showing older adults the rewards and critical importance of an active lifestyle in improving their lives.

Coming Next Month

• Results of National Masters Indoor T&F Championships.
• Carlsbad 5000
• Clubs List

Philadelphia's Premier Spring Road Race Weekend

10 MILER
SUNDAY, MAY 6, 2001
8:30 AM

BLUE CROSS
22nd Annual BROAD STREET RUN
Ten Miler
Philadelphia Recreation Department

Health and Fitness Expo:
Friday, May 4th and Saturday, May 5th at Memorial Hall with over 50 booths

THREE WAYS TO REGISTER:
• For an official entry form, send a self-addressed stamped envelope to: Blue Cross Broad Street Run
P.O. Box 18543
Philadelphia, PA 19129
or call 215-563-6184
• Register on the internet at: www.broadstreetrun.com
• Pick-up an official entry form at a participating Modell's Sporting Goods

www.broadstreetrun.com

Motrin
Independence Blue Cross
American Cancer Society
Subaru
Independence Licensees of the Blue Cross and Blue Shield Association

Independence Blue Cross
June 1999

Switzer Honored

Gorman, Grafius
Win Titles at
Fifty-Plus 8K

By MARK WINTZ
STANFORD, Calif. – The 18th Annual Fifty-Plus Fitness Association 8K lived up to its reputation as the most competitive running event in the nation for runners age-50-and-over. Jim Gorman, 52, Palo Alto, Calif., won the men's 8K race in 27:43; Dee Dee Grafius, 51, Belvedere, Calif., successfully defended her women's title in 31:40.

The race, held under sunny and mild conditions, served as the USATF Pacific Association Championships.

Gorman, the first hometown man to win the race in over a decade, turned runner-up finishes in the last two years into victory, as he led from the first mile. Michael Dove, 54, who won here in three of the last four years, had to settle for second place (27:48). Don Paul, 50, San Francisco, grabbed third in 27:52.

Grafius cruised to victory while slicing an impressive 38 seconds off her winning time from last year. She held off challenges from two nationally ranked former winners of this event – Joan Ottaway, 57, Murphys, Calif., second in 32:37, and Barbara Miller, 61, Modesto, Calif., third in 34:32.

Although no national age group records were established this year in an event that has recorded many, fine performances abounded in all "senior" age categories. Ralph Jago, 90, the oldest finisher, crossed the finish line inside Stanford University stadium in 1:17:13.

Jack Bray, 68, Greenbrae, Calif., and Ann Lee, 52, were the respective men's and women's winners in the accompanying 5K competitive racewalk. A 5K fitness walk, bike ride, swim, and multi-generation relays were also held.

During the weekend's festivities, Kathrine Switzer, 54, who broke the women's gender barrier at the 1967 Boston Marathon, and then became prominent as founder of the Avon Women's Running Circuit, was awarded the annual Emil Zatopek Award by the Fifty-Plus Fitness Association, named after the legendary Czech runner who recently passed away. Appropriately, Switzer became the first woman among many distinguished recipients to receive this award.

The Fifty-Plus Fitness Association is a non-profit, international organization, with more than 2000 members, committed to showing older adults the rewards and critical importance of an active lifestyle in improving their lives.

Coming Next Month

• Results of National Masters Indoor T&F Championships.
• Carlsbad 5000
• Clubs List

Philadelphia's Premier Spring Road Race Weekend

10 MILER
SUNDAY, MAY 6, 2001
8:30 AM

BLUE CROSS
22nd Annual BROAD STREET RUN
Ten Miler
Philadelphia Recreation Department

Health and Fitness Expo:
Friday, May 4th and Saturday, May 5th at Memorial Hall with over 50 booths

THREE WAYS TO REGISTER:
• For an official entry form, send a self-addressed stamped envelope to: Blue Cross Broad Street Run
P.O. Box 18543
Philadelphia, PA 19129
or call 215-563-6184
• Register on the internet at: www.broadstreetrun.com
• Pick-up an official entry form at a participating Modell's Sporting Goods

www.broadstreetrun.com

Motrin
Independence Blue Cross
American Cancer Society
Subaru
Independence Licensees of the Blue Cross and Blue Shield Association

Independence Blue Cross
June 1999
Diagnosing Lower Leg Pain

Exercise-related lower leg pain is a very common condition among athletes who run. Brought on by exercise, the pain ceases when exercise is terminated. Commonly experienced by long distance runners as pain along the inner border of the calf muscle, probably the most common definition is "shin splints." The more correct term is MTSS, or medial tibial stress syndrome.

MTSS involves three structures: (1) the bone, which can be damaged by excessive running, leading to stress fracture or stress reaction; (2) the periosteum, the area where the muscles insert; and (3) the muscle compartment or tendon, which can become irritated where the muscles are enveloped by the fascia.

It can be difficult to determine if pain is originating from the bone or soft tissue. Or whether it is simply a muscle strain, compartment syndrome, or outright stress fracture. Or, all three at the same time.

Since x-rays are not really effective in diagnosing this condition, a good clinical examination and history are essential.

Bone pain is usually localized and sharp in nature. This pain worsens with running, aches at night, and feels more severe in the morning.

Periosteal pain is usually located along the medial border of the tibia or shin bone and eases with warming up. This pain usually is more severe in the morning or following exercise. The inside border of the shin will be very tender and feels a good diagnosis of shin splints.

Also, it is possible to find pain along the inner border of the calf muscle, probably the most common definition is "shin splints." The more correct term is MTSS, or medial tibial stress syndrome.

MTSS involves three structures: (1) the bone, which can be damaged by excessive running, leading to stress fracture or stress reaction; (2) the periosteum, the area where the muscles insert; and (3) the muscle compartment or tendon, which can become irritated where the muscles are enveloped by the fascia.

It can be difficult to determine if pain is originating from the bone or soft tissue. Or whether it is simply a muscle strain, compartment syndrome, or outright stress fracture. Or, all three at the same time.

Since x-rays are not really effective in diagnosing this condition, a good clinical examination and history are essential.

Bone pain is usually localized and sharp in nature. This pain worsens with running, aches at night, and feels more severe in the morning.

Periosteal pain is usually located along the medial border of the tibia or shin bone and eases with warming up. This pain usually is more severe in the morning or following exercise. The inside border of the shin will be very tender and feels a good diagnosis of shin splints.

Third Annual LONG ISLAND SENIOR GAMES

Suffolk Community College, Brentwood NY
May 16 - 20, 2001
Men and Women 50+
PO Box 1024, Smithtown, NY 11787
www.LongIslandSeniorGames.org

All Track & Field Events*
Technical and Non-Technical Racewalking
5K Road Race, 5K Cycling Time Trials
May 19 and May 20, 2001

Medals awarded 1st,2nd,3rd place
All competition in 5 year increments!

Write, call, visit our web site
For registration forms or information!
631-265-2966

“Legends” Masters Mile USATF National Senior Indoor Championships, Atlanta, GA; March 3

M40+
Graeme Fell 41 Unat. 4:18.43
Anselm LeBourne 41 Unat. 4:19.22
Tom Dalton 42 Adirondack TC 4:23.31
Sam Ngatia 41 So. Cal TC 4:26.29
Nolan Shaheed 51 So. Cal TC 4:27.14
Jamin Aasum 41 So. Cal TC 4:29.02
Tim McMullen 48 Genessee Valley Harriers 4:32.32
Stuart Galloway 40 Niagra Oly. 4:35.06
Dave Van Housten 42 Bryn Mawr TC 4:36.14
Steve Neaman 41 Team United 4:36.55
Dave Clingan 46 Portland Masters 4:40.56

W40+
Madeline Noe 40 Asics Club East 5:10.24
Kellie Eyre 40 Atlanta TC 5:16.80
C Smith-Hanna 50 Genessee Valley Harriers 5:22.92
Sacramento Will Be U.S. Bidder for WAVA 2005

On March 2, the Masters Executive Committee held the first of many telephone conference calls this committee will be having between our national conventions. The items on the agenda were as follows:

WAVA 2005 U.S. Representative
Most of you are aware that the Masters Track & Field Committee voted at our convention not to support Sacramento's presentation to be the U.S. bidder for WAVA 2005. This was primarily, we believe, because the Masters Track and Field Committee had not undergone the same process as was used for WAVA 1995.

The Masters LDR Committee voted to support Sacramento. The USATF Board of Directors, at its December meeting, voted to consider Sacramento and other cities that might have interest in bidding for the meet.

Since that time, site visits have been made to Sacramento and solicitation to other cities that have been made. Sacramento did very well on the site visit. Baton Rouge showed interest in holding the event, but decided not to pursue it after consideration. Sacramento also presented very viable financial and organizational plans.

The Masters T & F Executive Committee voted unanimously to support Sacramento as the U.S. bidder for WAVA 2005.

On March 4, the USATF Board of Directors unanimously voted to support Sacramento as the U.S. bidder for WAVA 2005, with the addendum that they sign a "hold harmless" letter. This was complied with and on March 9 USATF notified WAVA that Sacramento was to be the U.S. bidder for WAVA 2005.

We look forward to a successful campaign to bring the WAVA Championships back to the USA.

National Teams
We discussed the pros and cons of masters national teams and set up a task force of Mark Cleary, Roz Katz and Courtland Gray to develop consensus on this issue and make recommendations for any rule changes as they apply at the present time.

Hall of Fame
Norm Green, who heads up the Masters Hall of Fame, recommended that our Hall of Fame be included in the USATF National Track and Field Hall of Fame in New York City. The Masters T & F Executive Committee and the USATF Board of Directors both unanimously agreed.

Weight Pentathlon Teams
A short discussion was held regarding a suggestion by Ray Feick that awards for weight pentathlon teams be presented at the WAVA Championships. This is not presently in the WAVA bylaws and, as such, cannot be an official award. Feick may provide awards privately and our committee will consider an application to WAVA to make this an official team competition.

USATF Foundation
Other masters related business conducted at the March 4 USATF Board of Directors meeting included approval of the formation of the interim board of the USATF Foundation with plans to set up the Foundation in the near future. Your chair made a formal request that the Masters Track and Field Committee play a significant role in this foundation. Jerry Donley is already part of Bill Roe's "Giving Plan Task Force." This is the instrument we need to finance the future of USA Masters Track and Field.

Marketing Plan
The Board of Directors is also working on a new marketing and strategic plan for USATF. As part of the organization, we need to develop our plans to become part of the overall plan.

I would like volunteers to work on a task force to develop the USATF masters marketing and strategic plans.

Subscription Problems? Moving?
To determine the status of your subscription, or to let us know of your new address, call or fax Circulation Director Sonia Avila, at 818-760-8983. Fax: 818-985-1213. Or write to NMN, PO Box 16597, North Hollywood CA 91615.

BTC Classic – USA Track And Field Southeastern Masters Regional Championships
Sponsored by The Birmingham Track Club
June 8 and 9, 2001
Sanctioned by USATF – USATF membership required
(Applications available on site.)
In conjunction with the Southeastern Police and Fire Championship
Hoover High School, Hoover, Alabama

Directions to location
Take exit 10 (Metro baseball park) off I-459, go South on Hwy 150, turn right onto Parkway, turn right onto Learning Lane to the Hoover High School. Watch for signs.

Implement Certification
Booth opens at 7:00 AM

Age Division
Open and Masters (Age 30 and over with age divisions every 5 years) men and women

Entry Fees
Postmarked before June 1, 2001:
$15 first event; $6 each additional event; $20 each relay
$10 late fee; Postmarked June 1 through June 6, 2001.
No entries accepted postmarked after June 7, 2001. No day of meet registrations.

Awards
Southeastern regional medals to first three in each age group
Maximum one championship patch per participant to each event winner.

Director
Glenn Ross (205) 942-0907

Mail entry to
BTC 1514 Ridge Road Birmingham, Ala 35209

Registration on-line
www.active.com

Web Site
www.birminghamtrackclub.org Entry forms, entry lists/heats, facilities, lodging, etc.

Special Award
$100 KC 100m Dash (Top eight age graded times run a distance handicap 100m)

Schedule of Events
Women run first, followed by men, older to younger, Police and Firemen.

Pentathlon – Friday, June 8, 2001 5:00 PM

Track Events (approximate times; subject to change based on number of entries per event)

Field Events (approximate times; subject to change based on number of entries per event)

Time
High J
PV
Long J
Shot
Discus
Javelin
Hammer
P & F

8:00 AM
Open – M55
Open – M65
Open – M70
Open – M75
Open – M80
Open – M90
Open – M100

9:00 AM
Women – M70+
Women – M75+
Women – M80+
Women – M90+
Women – M100+

12:00 Noon
M50 – M65
M60 – M70
M70 – M80
M80 – M90

1:30 PM
P & F

Total

Field Events

Event
Best of mark
Entry Fees
Cost

1
First Event $15.00

2
Events $6.00

3
Relays $20.00

4
Pentathlon $25.00

5
Late Fee $10.00

6
T-shirts $10.00

Make check payable to BTC

Total

PLEASE READ AND SIGN. I certify that I have decided to participate in the USATF SE Regional meet with full knowledge and that being physically fit and sufficiently trained are necessary to prevent injury to myself. In consideration of the acceptance of my entry, I, for myself, my heirs, devisees, executor, administrators and assigns and hereby release and discharge any and all claims against BTC, Hoover HS, Track Shak, the Knights of Columbus, agents, or representatives arising out of my participation. The Referee further agrees to abide by all the decisions of the Race Committee regarding rule and eligibility requirements. Referee further agrees to replace and hold harmless the BTC.

Signed

Date

Page 9
National Masters News
Rod Larsen has a tough act to follow

Rod Larsen is the new representative of the USATF Racewalk Committee to the USATF Masters Track & Field Committee. Rod's primary job is to oversee racewalking's interest within the national masters track and field community and to attend the masters committee meetings at the USATF Annual Convention. Rod takes over his representative duties from Bev LaVeck. The following article introduces him to you.

Rod Larsen spent 10 years in the restaurant business before trading "food chemistry" for "high school chemistry" when he began teaching at West Orange High School in Winter Garden, Florida, in 1985.

At West Orange he coached girls and boys cross-country for several years, and in 1988, he married an avid racewalker. When he attended her races, he soon got bored just standing at the start and finish, yelling, "Go, honey, go!" He began to get involved, first volunteering at water stops, then at the start/finish line, and finally as a racewalk judge.

Getting Involved

His judging commitment led to involvement with the Central Florida Walkers, an Orlando race club. He served as vice president, then as president for three terms, and is currently in his second term as a secretary of this club. He also is in his third term as secretary for the Florida Association of USATF.

While he was involved in these administrative responsibilities, he achieved his master level official's certification with a specialty in racewalk. He was awarded the Florida Association Outstanding Service Award by the Officials Committee and the same recognition from the National Officials Committee.

Rod volunteers his time at many track meets in Florida including a number at Wide World of Sports. His involvement with the Disney Marathon since its inception has resulted in the inclusion of judged racewalk divisions in both the half and full marathons. He serves as zone manager for the marathon start/finish which includes the racewalk officials team.

Staying Involved

Other accomplishments include serving as assistant competition manager for racewalk at the 1999 National Senior Games, and the "coordinator of officials" for the Masters National Track and Field Championships when they were held in Orlando in 1999. Rod was Southeast Region Masters Track & Field racewalk coordinator, abdicating that position in order to serve as the Masters National Track and Field Committee's racewalking representatives.

Rod says of his predecessor, Bev LaVeck, "Even though her feet are small, Bev leaves very big shoes to fill. Her excellent work in this position will be a hard act to follow, and I'm delighted she's retaining the record-keeping. I look forward to working with her and know I can count on her assistance in this undertaking."

Rod sees his job primarily as that of communicators, as a liaison working with both committees to ensure that the needs and desires of one are known to the other. "I want to work within masters track & field and racewalk to accomplish goals in a mature and reasonable manner and to achieve cooperation between the two committees," he says.

(Rod Larsen can be reached by phone at 407-876-4467, fax 407-876-5843, or by e-mail at Larsenrod@aol.com; Elaine Ward can be reached via e-mail at narew@aol.com)

Some readers provide additional support to the National Masters News by sending contributions of $25, $50 or $100 a year. If you are able, we urge you to join them. All contributors will receive a free copy of the new Masters Age Records book and will be listed in the paper as a National Masters News sustainer.

Judy Heller, second W50 (32:05.88) in the 5000 racewalk, 2000 Hayward Classic.

JERRY WOJCIK

Georgina Webb, Great Britain, W45, in the 5000 racewalk, 13th World Veterans Athletics Championships, Gateshead, Great Britain.

JERRY WOJCIK

Marilyn Whipple, USA, W45, in the 5000 racewalk, 13th World Veterans Athletics Championships, Gateshead, Great Britain.
Gate River Run 15K

Continued from page 1

the Mt. SAC Relays in Walnut, Calif.; a run at the U.S. Masters 5K title at Freihofer’s 5K, Albany, N.Y.; and a bid for a spot on the U.S. Half-Marathon Team that competes in the World Championships in England this fall.


Wearing a shirt that read “77 and still racing,” John Cahill, 77, Salt Lake City, 1:11:25, led the M75 by a quarter-hour. It was his first visit to the Gate River Run. He told a Jacksonville Times-Union reporter, “I’ve heard about this race for years, and it’s wonderful, but that last bridge is a son of a $50!"

Women’s age-group winners included Carolyn Mather, 52, 1:07:52; Elfrida Wyner, 58, 1:10:33; Glenda Walker, 60, 1:15:45; Helen Ramos, 66, 1:28:54 (new W66 course record); Diane Aimone, 71, 2:08:26; and Irene Herbertson, 75, 1:43:34.

In its 24th year, the Gate River Run was directed by Doug Altred for the Jacksonville TC. Major sponsors included Southwest Airlines, Sprint, Bank of America, adiidas, and Gate Petroleum Company. The race raised money for a dozen local charities.

More than 8000 runners finished. The overall winners were Meb Keflezighi, 25, 43:16, and Deena Drossin, 28, 49:09.

Northwest Regional Championships
June 23 & 24, 2001
Sponsored by the Portland Masters Track Club
Held at Mt. Hood Community College 26000 SE Stark, Gresham OR

Ages 30 & over - For more information, contact Paul Stepian, 503-666-8950

<table>
<thead>
<tr>
<th>Track Event</th>
<th>Time</th>
<th>Field Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>10K Run M&amp;W</td>
<td>10:10 am</td>
<td>Pole Vault, Women &amp; M60+</td>
</tr>
<tr>
<td>5000 m Racewalk M&amp;W</td>
<td>11:15 am</td>
<td>Long Jump, M30-39</td>
</tr>
<tr>
<td>25k Stevechuck M&amp;W</td>
<td>12 noon</td>
<td>Javelin, Women &amp; M50+</td>
</tr>
<tr>
<td>800m High Hurdles M&amp;W</td>
<td>1:00 pm</td>
<td>Weight Throw, All Men &amp; Women</td>
</tr>
<tr>
<td>100m High Hurdles M&amp;W</td>
<td>1:30 pm</td>
<td>Long Jump, All Women &amp; M60+</td>
</tr>
<tr>
<td>100m Dash M&amp;W</td>
<td>1:40 pm</td>
<td>Javelin, Men 30-39</td>
</tr>
<tr>
<td>100m Dash M&amp;W</td>
<td>2:00 pm</td>
<td>Shot Put, All Men &amp; Women</td>
</tr>
<tr>
<td>400m Dash M&amp;W</td>
<td>2:45 pm</td>
<td>Super Weight Throw, All Men &amp; Women</td>
</tr>
</tbody>
</table>

Instructions:
- Make checks to: Portland Masters Track Club
- Send entry form and check to: Joe Johnson

| Entry Form — Northwest Regional Championships - 2001 |
| Name _____________ Age (6/23/01) _____________ Birth Date ______ |
| Address _____________ City _____________ State _____________ Zip ______ |
| Phone _____________ Club Affiliation _____________ Male _____________ Female ______ |

<table>
<thead>
<tr>
<th>Events</th>
<th>Best ’00-01 Mark</th>
<th>T-shirt</th>
<th>Entry Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
<td>$15</td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Waiver: Must be signed to compete

I waive all rights that I or my heirs or assigns may have against the Portland Masters Track Club and/or Mt. Hood C.C. arising from any injury illness or accident that I may sustain in arriving to, participating in, or departing from this event, I declare my good health to participate in this event.

Signed ________________ Date ______
On The Run

By HAL HIGDON

Ron Bell Wants to Banish Slow Marathoners

In a letter to Write On! in the March issue of National Masters News, Ron Bell announced his intention to have marathoners removed from the course if they "improperly perform the event." In other words, if they walk.

Since Bell is WAVA's vice president for non-stadia events, presumably his word will carry some weight with the organizers of the World Veterans Championships scheduled for Brisbane, Australia later this summer. He plans to instruct the WAVA safety team to implement the rule, at least in the first 10km of the marathon.

It is a common practice for race-walking judges to red flag competitors who run, but to red flag runners who walk seems to be a gross misinterpretation of the spirit, if not the letter, of the masters movement. I would interpret that spirit to mean that we welcome all competitors of all abilities as by the wayside. The entry book for standards" ing if you were too slow, don't show.

Brisbane makes no mention of the masters movement. I would only for winning a medal in events that run, but to red flag runners who walk, as the masters movement. In the past, WAVA has offered "suggested" standards for entry, meaning if you were too slow, don't show, but apparently even these have fallen by the wayside. The entry book for Brisbane makes no mention of "standards" for entry, offering standards only for winning a medal in events where few competitors enter.

Improper Performance

Citing WAVA rule of competition 7.5, Bell equates walking with "improperly performing an event," at least in the marathon. But at what point is walking in a marathon improper? When I won the M45 marathon title in New Zealand in 1981, I walked through each water station and still clocked a 2:29. Should I have been disqualified? Bill Rodgers won the Boston Marathon in 2:09 in 1975 and walked on four occasions. Gar Williams won the 1965 National AAU marathon title even though forced to walk in the later stages of that race.

In order to run my 100th marathon at the 1996 Boston Marathon, I had to run ten marathons in a single year. For my 99th marathon, I chose the Trails End Marathon in Seaside, Oregon. My body was pretty battered by that point, so I chose as my race walking strategy walking one mile for every four run. That included the first mile, since I wanted to get immediately out of my mind any idea that I was going to run that marathon fast. Had Bell's rules been in effect, he would have had officials pull me from the course before I had a chance to start running.

Goal is to Finish

In attending the World Veterans Championships in Brisbane, I am on a similar mission. Winning a medal is not on my agenda. My goal for the second half of this year (which I plan to discuss in more detail in the next issue of National Masters News) is to run 7 marathons in 7 months to celebrate my 50th birthday and raise a total of $700,000 for 7 separate charities. Grandma's Marathon in June will be my first marathon; the World Vets in Brisbane will be my second. My goal in each of the seven will be to finish, not finish fast. It is possible that my strategy at Brisbane may include some walking breaks, possibly in the first 10km. Should Bell or any of his anti-walking gestapo attempt to remove me from the course, they should be prepared for: a) an argument, b) a fight, and c) a lawsuit.

While I have run several World Vets marathons at fast paces (in addition to my gold medal in New Zealand, I also scored a bronze medal in Sweden), I also have run several at more pedestrian paces. In Rome, I chose to run the marathon as a tourist, taking in the sights of the Eternal City. At one piazza with a view across the Tiber of St. Peter's Cathedral, I paused for several minutes to savor the view. Was this "improperly performing the event?"

I'm sure it was.

Heat Forced Me to Walk

A decade later in Miyasaki, I was forced by the heat and pollution to walk much of the last half dozen miles, but I did finish along with most of the Japanese marathoners who made that our largest Championships with 12,539 entrants. A large number finished behind me, well behind me. WAVA collected their entry fees. Would Bell have pulled them from the course for the inconvenience of the event volunteers, most of whom probably were Japanese anyway? One of Bell's motives apparently is that slow marathoners put "unnecessary time obligations on officials and marshals" and also cause traffic problems. Well, I'm sorry, but I just sent a $320 check to secure my entry. I'll be spending much more for air fare and hotels, and I would like to be recorded as finishing my event even if it means some official has to wait beside the track with stopwatch in hand.

I disagree with the artificial rules about negotiating steep beach barriers, which are discriminatory to older runners, but that's another story.

If Bell wants to prohibit walkers from entering marathons, let's be fair and equal. Let WAVA set firm standards for entry in all events and for all age categories. In that case, a runner who has failed to run under, say, 2:05 will be refused entry into the event. That will allow WAVA to eliminate heats and semifinals, which also will ease the burden on officials. In that case, we can have a tight championships with about 1,000 elite competitors instead of the 6,000 that show up now.

What is WAVA's Intent?

Is that WAVA's intent? Does WAVA want to bar from its meets the new breed of runner who is more interested in fitness than competition? At one point does WAVA determine that the oldest and slowest runners should stay home and pocket their entry fees and other disposable income that otherwise might be deposited in host countries?

If that is not WAVA's intent, the current vice president for non-stadia events is out of line and needs to be called off. Bell's four-year term in that office comes to an end in Brisbane, but the current WAVA Board apparently has endorsed him for another term. Like many bureaucratic organizations, it is not easy to dislodge people once they get into office, so it is probably too much to expect that someone more sympathetic to slow marathoners might challenge Bell and win his seat.

But if I spot Bell standing by the course in the marathon this July, maybe I'll walk over and ask him to change his mind.

The Bell Ban

In seeking to banish walking from the marathon Ron Bell cites the WAVA rule of competition 7.5, but while that rule does permit removal of a competitor for "improperly performing the event," it does not define what might be proper or improper. And rule 7.5 says nothing about preventing eligible athletes from entering the marathon if their intention is to walk it in whole or in part.

The specific paragraph in the rule is as follows: "The WAVA Council shall appoint a Safety Judge with authority to withdraw from competition any athlete who is improperly performing the event or whose continued participation in that competition would, in the opinion of the Safety Judge, endanger the athlete's health or the progress of other competitors. The Safety Judge may exercise his authority through deputies and both the Safety Judge and any deputies shall be clearly identifiable as such."

Nothing in rule 7.5 would appear to give WAVA the right to remove walkers from the marathon course, either in the first 10km arbitrarily defined by Bell as a non-walking zone or anywhere else along the course. Call off your police, Mr. Bell.
L.A. Marathon

Continued from page 1

boulevards with names like Hollywood, Wilshire, and Sunset, and visiting tourist sites from the Coliseum to Mann's Chinese Theater.

The race committee went all-out for the runners, with 85 musical groups along the course and an all-day Finish-Line Festival. Musician Jesus Ybarra, playing near the half-way point, suggested that "music takes your brains away," assuming this to be the best way to help out marathoners.

The wind was tough, though. Overall winners Stephen Ngungu, 2:31:13, and Elana Paramonova, 2:36:58, ran two of the slowest winning times in L.A.'s history.


In what is becoming an L.A. tradition, Marco Ortiz, 31, Los Angeles, 2:38:43, and Rigoberto Vega, 45, Los Angeles, 2:39:59, were the frontrunners. Margarita de Jesus Conde Malin, 40, of Guatemala, won the W40+ laurels, surpassing her closest masters rivals by five minutes.


In what is becoming an L.A. tradition, Marco Ortiz, 31, Los Angeles, 2:38:43, and Rigoberto Vega, 45, Los Angeles, 2:39:59, were the frontrunners. Margarita de Jesus Conde Malin, 40, of Guatemala, won the W40+ laurels, surpassing her closest masters rivals by five minutes.


In what is becoming an L.A. tradition, Marco Ortiz, 31, Los Angeles, 2:38:43, and Rigoberto Vega, 45, Los Angeles, 2:39:59, were the frontrunners. Margarita de Jesus Conde Malin, 40, of Guatemala, won the W40+ laurels, surpassing her closest masters rivals by five minutes.


In what is becoming an L.A. tradition, Marco Ortiz, 31, Los Angeles, 2:38:43, and Rigoberto Vega, 45, Los Angeles, 2:39:59, were the frontrunners. Margarita de Jesus Conde Malin, 40, of Guatemala, won the W40+ laurels, surpassing her closest masters rivals by five minutes.


In what is becoming an L.A. tradition, Marco Ortiz, 31, Los Angeles, 2:38:43, and Rigoberto Vega, 45, Los Angeles, 2:39:59, were the frontrunners. Margarita de Jesus Conde Malin, 40, of Guatemala, won the W40+ laurels, surpassing her closest masters rivals by five minutes.
In a moment of reckless abandon, I entered the weight pentathlon in the WAVA-Brisbane Championships, despite that just thinking about the javelin sends a sharp pain from my elbow to the lower back via my shoulder, with emanations to my groin and knees.

The weight pentathlon is the fastest growing combined-event in masters competition, and although it hasn’t yet surpassed the decathlon in total numbers at WAVA Championships, it outdraws the decathlon in the older men’s and women’s divisions.

At the WAVA-Gatehead Championships, there were 17 M80+ entries in the WP (14 competed) and seven M80+ decathletes (six competed); in the WP (all competed) and no W80+ decathletes. That is no surprise to anyone who contrasts the training regimen required to compete well in both events, which may explain the WP’s increasing popularity.

Test of Endurance

If I’m still able to compete after training for the five events (hammer/shot/discus/javelin/weight) that comprise the WP, this will be my third on the international level. My first, at the WAVA-Buffalo Championships, took on the aspects of a WWII death march.

The day started out hot and muggy and stayed that way. Our group of over two dozen athletes wasn’t divided into two segments. Ask any thrower how he feels about waiting to compete in a group that size, but not within earshot of a mother and her children. Unfamiliarity with the workings of the WP and a large turnout created a need for better organization and resulted in a long day. My division was done at sunset; others finished in the dark.

My second WAVA WP experience, at Gatehead, was a considerable improvement, although I didn’t perform as well as I had hoped. Cavorting over hill and dale with Runner’s World Senior Writer Hal Higdon at Hadrian’s Wall the day before didn’t do much for my legs, nor did the pre-dawn start at a secondary venue, to which I had to take a taxi. I compete better at about 3:00 p.m. in warm, sunny conditions, not at 7:00 a.m. under a British overcast, grey sky.

Steering the Herd

But the British knew what they were doing. Starting on time, we were done so early that some of us wandered around before lunch wondering what to do next and ended up watching others compete in the sun that had broken through by mid-morning.

The Brits did a couple of things that made for a more enjoyable experience. First off, they separated us into two groups of about a dozen each, based on our seeding scores. We had group guides who also acted as officials, which kept us corralled and pointed in the right direction when we went from venue to venue.

When they discovered that reading names for the competition order, which changes for each event, didn’t work (those Slavic names were really tough; I think they thought that I was from Krakow), they switched to registration numbers, which took a while to catch on. They were on our backs, and we hadn’t memorized them, so we ended up poking the athletes who were next to throw because most in the group did not speak English, much less British. I hope that the Brisbane organizers provide translators, especially for those who speak Australian.

Playing by the Rules

If you are headed for Australia and haven’t competed in a WAVA-WP, you can expect that the rules will be strictly adhered to. At Gatehead, I lost my best shot put when one of the officials called a foul for my dropping my hand below the neck before the put. And he was a U.S. acquaintance of mine!

However, the populist, free-to-all implement rule may not be followed to the letter, especially in the WP discuss, at Brisbane. At Gatehead, some throwers would grab their implements after they’d been returned to the rack and hang onto them. I couldn’t blame them much after I bounced hammers and discuss off the cage before recovering from a coffee jag.

In the WP, as may be true for all combined-events, middle-of-the-pack competitors who have no hope of medaling are probably having more fun than those engaged in a stiff competition.

I met a lot of friendly, supportive pentathletes at Gatehead, and I’m looking forward to seeing how many have moved into my division, especially the ones whose scores weren’t as good as mine.
A Jock Strap By Any Other Name Would Smell...

In the February issue of NMN, our Masters T&F Chair asked about changing the name of our sport from masters to seniors. Here is why I think it would be a bad marketing decision.

For God knows what reason, WAVA has a split threshold, 35 for women and 40 for men. If it were a U.S. organization, I believe it could be sued for gender discrimination. Since most of the top world athletes peter out at about the age of 30, WAVA is deliberately turning its back on W30-34 and M30-39. This means these folks have no opportunity to participate in a world track & field championships or any incentive to keep with the program.

A Well Kept Secret

In addition, USATF also has established "masters" as a category for those 40-and-over. At least USATF allows "sub-masters" to enter the USATF National Championships, but I believe one reason the M30-34 and M/W 35 age groups have so few competitors is that no one knows they exist.

I myself missed out on nine years of "masters" T&F because I had always been told that masters started at 40. I didn't learn that those in the 30-39 age groups could compete in the National "Masters" Championships until I was 39, and, boy, was I hopping mad. Unfortunately, hopping mad was not an event.

In order to capture a market, you have to capture people early and keep them involved. Even AARP has lowered the age of membership to 50.

A change from masters to "seniors" does just the opposite, despite the fact that there already is a "Senior Olympics." Ask anyone not associated with T&F how old someone would have to be to participate in the Senior Olympics. I bet few would guess below 60. In fact, the National Senior Games/Senior Olympics start at age 50.

Not the Right Image

In the past the word "senior" and "65" have been virtually interchangeable, even though nowadays, people who are 65 no longer tend to think of themselves as seniors. The term "seniors" has now shifted upward and tends to refer to those 70 and above. This is NOT the way to market T&F.

Maybe it's too true that nobody outside the running community has a clue as to what membership means. To some, it means a golf tournament. Unfortunately, people do know what "seniors" means, at least in golf, and the image of four-somes of gray oldies in their dotage, who can't carry their own clubs, is hardly a stirring one.

As Jerry Wojcik has pointed out, USATF already designates its "open" or "elite" championships as "senior" championships, even though few open athletes are over 30. I suppose they do this because they have Junior Championships for high school age kids.

No Better Solution

I've attempted, with no luck, to come up with a better name than masters. How does "CEOs," "Umbermenschen," "Pioneers," or the currently trendy "Survivors" sound? "Honey, I'm off to a Survivors meet" has a ring of truth to it, at least.

The thesaurus offers a little help. But of these three, which image do you want to market?

Veteran: old man, octogenarian, nonagenarian, centenarian, oldster, old-timer, codger.

Senior: elder, older.

Master: lord, commander, captain, chief, ruler.

I strongly recommend staying with masters and decree that from hence-forward, masters be the designation for all those 30 years of age and above. Just as there is some overlap between College and Open meets, I don't see a big problem in a bit of overlap between Open and Masters meets for those 30-and-over. Those who can still compete in Open meets, bless them, but let's not lose the rest for 10 years or more.

As my favorite T&F tee-shirt says: "Master the moment."
Weather Fails to Stop 2nd Annual Saddleback Masters Relays in Mission Viejo

By DOUG SMITH

On Saturday, March 10, at 6:30 a.m., the track facility at Saddleback College, Mission Viejo, Calif., was flooded from having received more than 1/2" of rain from a storm that was not supposed to arrive until Saturday night. As the sun began to evaporate the water, volunteers mopped, swept and used towels to soak up the excess. At 8:00 a.m., the 5000 racewalk began the second annual Saddleback Masters Relays, and all events but the shot put, with an inundated sector, were contested.

Ken Dennis, 63, winner in the flooded from having received more than 300, was entered. By midmorning the weather was additional events.

A Qualifier for the National Masters News
Saturday, March 1

Saddleback Masters Relays.

For information: (626) 685-6754

cpv@pasadenaseniorcenter.org

CROWN VALLEY SENIOR OLYMPICS
A Qualifier for the 2002 California Senior Games Championships

SUNDAY, JUNE 10, 2001

ROBINSON FIELD
PASADENA CITY COLLEGE
Christel Miller & Jim Hanley, Meet Directors

For Information: (626) 685-6754
cpv@pasadenaseniorcenter.org

21st Hayward Classic
Set for June

The Hayward Classic, one of the USA's premier masters meet, is scheduled for June 9-10, at historic Hayward Field on the Oregon campus in Eugene. Hosted by the Oregon Track Club Masters, the meet is open to men and women age 30-and-above, competing in five-year age groups.

In addition to the usual athletic fare, the Hayward Meet schedule includes events not found in most masters track meets: 10,000, 5000 racewalk, steeplechase, weight throw, and an age-graded mile.

Last year, Hayward Field was the site of the National Masters Championships, thought to be the "best ever" by the record 1503 entrants.

Besides the lure of competing at Hayward Field, the meet has a club competition for men's, women's, and combined team trophies.

The meet will also serve as the USATF Oregon Association Masters Championships. USATF membership is required and sign-up opportunities will be available Friday evening, June 8, at the Phoenix Inn.

A reception is planned for Saturday evening, June 9, at the University of Oregon's Casanova Center.
Masters Age Records

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 August 1, 2000, by the Records Committee of the World Association of Veteran Athletes (WAVA). The U.S. records are those compiled and approved, as of December 2, 2000, by the Masters Track and Field Records 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 Regional Chairman (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. This, 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 LaVeck, 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 2000, 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)

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

(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, the length of one lap was meters centimeters or yards feet inches, 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 throwing the event distance mentioned above, and that said implement(s) were in strict accordance with the existing rules of the International Amateur Athletic Federation.

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.

CERTIFICATION OF FORM (Shot, Javelin, Walk)

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

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.
Men's World Five-Year Age-Group Records

### 100 Meters

<table>
<thead>
<tr>
<th>NAME</th>
<th>COUNTRY</th>
<th>AGE</th>
<th>MEET DATE</th>
<th>MARK</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scott Wener</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>10.03</td>
</tr>
<tr>
<td>Randy Barnes</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>10.03</td>
</tr>
<tr>
<td>David Mitchell</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>10.03</td>
</tr>
<tr>
<td>David Wrenn</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>10.03</td>
</tr>
<tr>
<td>Robert Thompson</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>10.03</td>
</tr>
<tr>
<td>John Talbot</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>10.03</td>
</tr>
<tr>
<td>Brian Switzer</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>10.03</td>
</tr>
<tr>
<td>Gary Thomas</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>10.03</td>
</tr>
<tr>
<td>Daley Thompson</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>10.03</td>
</tr>
<tr>
<td>Michael Johnson</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>10.03</td>
</tr>
</tbody>
</table>

### 200 Meters

<table>
<thead>
<tr>
<th>NAME</th>
<th>COUNTRY</th>
<th>AGE</th>
<th>MEET DATE</th>
<th>MARK</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gary Allen</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>20.49</td>
</tr>
<tr>
<td>Randy Cunanan</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>20.49</td>
</tr>
<tr>
<td>Tom Smith</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>20.49</td>
</tr>
<tr>
<td>David Johnson</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>20.49</td>
</tr>
<tr>
<td>Robert McCarley</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>20.49</td>
</tr>
<tr>
<td>John Talbot</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>20.49</td>
</tr>
<tr>
<td>Brian Switzer</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>20.49</td>
</tr>
<tr>
<td>Gary Thomas</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>20.49</td>
</tr>
<tr>
<td>Daley Thompson</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>20.49</td>
</tr>
<tr>
<td>Michael Johnson</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>20.49</td>
</tr>
</tbody>
</table>

### 400 Meters

<table>
<thead>
<tr>
<th>NAME</th>
<th>COUNTRY</th>
<th>AGE</th>
<th>MEET DATE</th>
<th>MARK</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gary Allen</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>44.83</td>
</tr>
<tr>
<td>Randy Cunanan</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>44.83</td>
</tr>
<tr>
<td>Tom Smith</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>44.83</td>
</tr>
<tr>
<td>David Johnson</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>44.83</td>
</tr>
<tr>
<td>Robert McCarley</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>44.83</td>
</tr>
<tr>
<td>John Talbot</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>44.83</td>
</tr>
<tr>
<td>Brian Switzer</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>44.83</td>
</tr>
<tr>
<td>Gary Thomas</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>44.83</td>
</tr>
<tr>
<td>Daley Thompson</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>44.83</td>
</tr>
<tr>
<td>Michael Johnson</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>44.83</td>
</tr>
</tbody>
</table>

### 800 Meters

<table>
<thead>
<tr>
<th>NAME</th>
<th>COUNTRY</th>
<th>AGE</th>
<th>MEET DATE</th>
<th>MARK</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gary Allen</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>1:47.85</td>
</tr>
<tr>
<td>Randy Cunanan</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>1:47.85</td>
</tr>
<tr>
<td>Tom Smith</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>1:47.85</td>
</tr>
<tr>
<td>David Johnson</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>1:47.85</td>
</tr>
<tr>
<td>Robert McCarley</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>1:47.85</td>
</tr>
<tr>
<td>John Talbot</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>1:47.85</td>
</tr>
<tr>
<td>Brian Switzer</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>1:47.85</td>
</tr>
<tr>
<td>Gary Thomas</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>1:47.85</td>
</tr>
<tr>
<td>Daley Thompson</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>1:47.85</td>
</tr>
<tr>
<td>Michael Johnson</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>1:47.85</td>
</tr>
</tbody>
</table>

### 1500 Meters

<table>
<thead>
<tr>
<th>NAME</th>
<th>COUNTRY</th>
<th>AGE</th>
<th>MEET DATE</th>
<th>MARK</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gary Allen</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>3:40.87</td>
</tr>
<tr>
<td>Randy Cunanan</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>3:40.87</td>
</tr>
<tr>
<td>Tom Smith</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>3:40.87</td>
</tr>
<tr>
<td>David Johnson</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>3:40.87</td>
</tr>
<tr>
<td>Robert McCarley</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>3:40.87</td>
</tr>
<tr>
<td>John Talbot</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>3:40.87</td>
</tr>
<tr>
<td>Brian Switzer</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>3:40.87</td>
</tr>
<tr>
<td>Gary Thomas</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>3:40.87</td>
</tr>
<tr>
<td>Daley Thompson</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>3:40.87</td>
</tr>
<tr>
<td>Michael Johnson</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>3:40.87</td>
</tr>
</tbody>
</table>

### 5000 Meters

<table>
<thead>
<tr>
<th>NAME</th>
<th>COUNTRY</th>
<th>AGE</th>
<th>MEET DATE</th>
<th>MARK</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gary Allen</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>13:43.86</td>
</tr>
<tr>
<td>Randy Cunanan</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>13:43.86</td>
</tr>
<tr>
<td>Tom Smith</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>13:43.86</td>
</tr>
<tr>
<td>David Johnson</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>13:43.86</td>
</tr>
<tr>
<td>Robert McCarley</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>13:43.86</td>
</tr>
<tr>
<td>John Talbot</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>13:43.86</td>
</tr>
<tr>
<td>Brian Switzer</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>13:43.86</td>
</tr>
<tr>
<td>Gary Thomas</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>13:43.86</td>
</tr>
<tr>
<td>Daley Thompson</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>13:43.86</td>
</tr>
<tr>
<td>Michael Johnson</td>
<td>USA</td>
<td>40</td>
<td>2000</td>
<td>13:43.86</td>
</tr>
</tbody>
</table>
### Women's World Five-Year Age-Group Records

#### 100 Meters

<table>
<thead>
<tr>
<th>Name</th>
<th>Date</th>
<th>Age</th>
<th>Meet</th>
<th>Country</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mary</td>
<td>May 15, 19</td>
<td></td>
<td></td>
<td>USA</td>
</tr>
<tr>
<td>Suzy</td>
<td>March 21, 15</td>
<td></td>
<td></td>
<td>USA</td>
</tr>
<tr>
<td>Linda</td>
<td>April 21, 15</td>
<td></td>
<td></td>
<td>USA</td>
</tr>
<tr>
<td>Mary</td>
<td>May 21, 15</td>
<td></td>
<td></td>
<td>USA</td>
</tr>
<tr>
<td>Suzy</td>
<td>April 21, 15</td>
<td></td>
<td></td>
<td>USA</td>
</tr>
</tbody>
</table>

#### 200 Meters

<table>
<thead>
<tr>
<th>Name</th>
<th>Date</th>
<th>Age</th>
<th>Meet</th>
<th>Country</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mary</td>
<td>March 21, 15</td>
<td></td>
<td></td>
<td>USA</td>
</tr>
<tr>
<td>Suzy</td>
<td>April 21, 15</td>
<td></td>
<td></td>
<td>USA</td>
</tr>
<tr>
<td>Linda</td>
<td>May 21, 15</td>
<td></td>
<td></td>
<td>USA</td>
</tr>
<tr>
<td>Mary</td>
<td>April 21, 15</td>
<td></td>
<td></td>
<td>USA</td>
</tr>
<tr>
<td>Suzy</td>
<td>May 21, 15</td>
<td></td>
<td></td>
<td>USA</td>
</tr>
</tbody>
</table>

#### 500 Meters

<table>
<thead>
<tr>
<th>Name</th>
<th>Date</th>
<th>Age</th>
<th>Meet</th>
<th>Country</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mary</td>
<td>April 21, 15</td>
<td></td>
<td></td>
<td>USA</td>
</tr>
<tr>
<td>Suzy</td>
<td>May 21, 15</td>
<td></td>
<td></td>
<td>USA</td>
</tr>
<tr>
<td>Linda</td>
<td>March 21, 15</td>
<td></td>
<td></td>
<td>USA</td>
</tr>
<tr>
<td>Mary</td>
<td>May 21, 15</td>
<td></td>
<td></td>
<td>USA</td>
</tr>
<tr>
<td>Suzy</td>
<td>April 21, 15</td>
<td></td>
<td></td>
<td>USA</td>
</tr>
</tbody>
</table>

#### 1000 Meters

<table>
<thead>
<tr>
<th>Name</th>
<th>Date</th>
<th>Age</th>
<th>Meet</th>
<th>Country</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mary</td>
<td>May 21, 15</td>
<td></td>
<td></td>
<td>USA</td>
</tr>
<tr>
<td>Suzy</td>
<td>April 21, 15</td>
<td></td>
<td></td>
<td>USA</td>
</tr>
<tr>
<td>Linda</td>
<td>March 21, 15</td>
<td></td>
<td></td>
<td>USA</td>
</tr>
<tr>
<td>Mary</td>
<td>May 21, 15</td>
<td></td>
<td></td>
<td>USA</td>
</tr>
<tr>
<td>Suzy</td>
<td>April 21, 15</td>
<td></td>
<td></td>
<td>USA</td>
</tr>
</tbody>
</table>

### 5000 Meters

<table>
<thead>
<tr>
<th>Name</th>
<th>Date</th>
<th>Age</th>
<th>Meet</th>
<th>Country</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mary</td>
<td>April 21, 15</td>
<td></td>
<td></td>
<td>USA</td>
</tr>
<tr>
<td>Suzy</td>
<td>May 21, 15</td>
<td></td>
<td></td>
<td>USA</td>
</tr>
<tr>
<td>Linda</td>
<td>March 21, 15</td>
<td></td>
<td></td>
<td>USA</td>
</tr>
<tr>
<td>Mary</td>
<td>May 21, 15</td>
<td></td>
<td></td>
<td>USA</td>
</tr>
<tr>
<td>Suzy</td>
<td>April 21, 15</td>
<td></td>
<td></td>
<td>USA</td>
</tr>
</tbody>
</table>

### 10,000 Meters

<table>
<thead>
<tr>
<th>Name</th>
<th>Date</th>
<th>Age</th>
<th>Meet</th>
<th>Country</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mary</td>
<td>May 21, 15</td>
<td></td>
<td></td>
<td>USA</td>
</tr>
<tr>
<td>Suzy</td>
<td>April 21, 15</td>
<td></td>
<td></td>
<td>USA</td>
</tr>
<tr>
<td>Linda</td>
<td>March 21, 15</td>
<td></td>
<td></td>
<td>USA</td>
</tr>
<tr>
<td>Mary</td>
<td>May 21, 15</td>
<td></td>
<td></td>
<td>USA</td>
</tr>
<tr>
<td>Suzy</td>
<td>April 21, 15</td>
<td></td>
<td></td>
<td>USA</td>
</tr>
</tbody>
</table>

### Shot Put

<table>
<thead>
<tr>
<th>Name</th>
<th>Date</th>
<th>Age</th>
<th>Meet</th>
<th>Country</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mary</td>
<td>May 21, 15</td>
<td></td>
<td></td>
<td>USA</td>
</tr>
<tr>
<td>Suzy</td>
<td>April 21, 15</td>
<td></td>
<td></td>
<td>USA</td>
</tr>
<tr>
<td>Linda</td>
<td>March 21, 15</td>
<td></td>
<td></td>
<td>USA</td>
</tr>
<tr>
<td>Mary</td>
<td>May 21, 15</td>
<td></td>
<td></td>
<td>USA</td>
</tr>
<tr>
<td>Suzy</td>
<td>April 21, 15</td>
<td></td>
<td></td>
<td>USA</td>
</tr>
</tbody>
</table>
### Men's USA Five-Year Age-Group Records

<table>
<thead>
<tr>
<th>Event</th>
<th>Name/Residence</th>
<th>Age/Gender</th>
<th>Year</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>100 Meters</td>
<td>H. Willard (TX)</td>
<td>5-50</td>
<td>1995</td>
<td>10.9</td>
</tr>
<tr>
<td>200 Meters</td>
<td>H. Willard (TX)</td>
<td>5-50</td>
<td>1995</td>
<td>21.7</td>
</tr>
<tr>
<td>400 Meters</td>
<td>H. Willard (TX)</td>
<td>5-50</td>
<td>1995</td>
<td>43.6</td>
</tr>
<tr>
<td>800 Meters</td>
<td>H. Willard (TX)</td>
<td>5-50</td>
<td>1995</td>
<td>1:59.2</td>
</tr>
<tr>
<td>1500 Meters</td>
<td>H. Willard (TX)</td>
<td>5-50</td>
<td>1995</td>
<td>3:40.8</td>
</tr>
<tr>
<td>5000 Meters</td>
<td>H. Willard (TX)</td>
<td>5-50</td>
<td>1995</td>
<td>14:02.6</td>
</tr>
<tr>
<td>10,000 Meters</td>
<td>H. Willard (TX)</td>
<td>5-50</td>
<td>1995</td>
<td>30:18.4</td>
</tr>
</tbody>
</table>

### 5000 Meters

<table>
<thead>
<tr>
<th>Event</th>
<th>Name/Residence</th>
<th>Age/Gender</th>
<th>Year</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>5000 Meters</td>
<td>H. Willard (TX)</td>
<td>5-50</td>
<td>1995</td>
<td>14:02.6</td>
</tr>
</tbody>
</table>

### Time Trials

<table>
<thead>
<tr>
<th>Event</th>
<th>Name/Residence</th>
<th>Age/Gender</th>
<th>Year</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>100 Meters</td>
<td>H. Willard (TX)</td>
<td>5-50</td>
<td>1995</td>
<td>10.9</td>
</tr>
<tr>
<td>200 Meters</td>
<td>H. Willard (TX)</td>
<td>5-50</td>
<td>1995</td>
<td>21.7</td>
</tr>
<tr>
<td>400 Meters</td>
<td>H. Willard (TX)</td>
<td>5-50</td>
<td>1995</td>
<td>43.6</td>
</tr>
<tr>
<td>800 Meters</td>
<td>H. Willard (TX)</td>
<td>5-50</td>
<td>1995</td>
<td>1:59.2</td>
</tr>
<tr>
<td>1500 Meters</td>
<td>H. Willard (TX)</td>
<td>5-50</td>
<td>1995</td>
<td>3:40.8</td>
</tr>
<tr>
<td>5000 Meters</td>
<td>H. Willard (TX)</td>
<td>5-50</td>
<td>1995</td>
<td>14:02.6</td>
</tr>
<tr>
<td>10,000 Meters</td>
<td>H. Willard (TX)</td>
<td>5-50</td>
<td>1995</td>
<td>30:18.4</td>
</tr>
</tbody>
</table>

### Records

<table>
<thead>
<tr>
<th>Event</th>
<th>Name/Residence</th>
<th>Age/Gender</th>
<th>Year</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>100 Meters</td>
<td>H. Willard (TX)</td>
<td>5-50</td>
<td>1995</td>
<td>10.9</td>
</tr>
<tr>
<td>200 Meters</td>
<td>H. Willard (TX)</td>
<td>5-50</td>
<td>1995</td>
<td>21.7</td>
</tr>
<tr>
<td>400 Meters</td>
<td>H. Willard (TX)</td>
<td>5-50</td>
<td>1995</td>
<td>43.6</td>
</tr>
<tr>
<td>800 Meters</td>
<td>H. Willard (TX)</td>
<td>5-50</td>
<td>1995</td>
<td>1:59.2</td>
</tr>
<tr>
<td>1500 Meters</td>
<td>H. Willard (TX)</td>
<td>5-50</td>
<td>1995</td>
<td>3:40.8</td>
</tr>
<tr>
<td>5000 Meters</td>
<td>H. Willard (TX)</td>
<td>5-50</td>
<td>1995</td>
<td>14:02.6</td>
</tr>
<tr>
<td>10,000 Meters</td>
<td>H. Willard (TX)</td>
<td>5-50</td>
<td>1995</td>
<td>30:18.4</td>
</tr>
</tbody>
</table>

### Notes

- H. Willard (TX) is the record holder in multiple categories.
- Records were set in 1995.
- Times are in minutes and seconds.

---

Continued on next page
Women's USA Five-Year Age-Group Records

100 METERS

W35 11.07 Deryl Austin (OK) 35 5-29-92
W35 11.07 Deryl Austin (OK) 35 5-29-92
W35 11.35 Kathy Jager (Al) 56 7-12-92
W35 11.44 Ann D'Arrigo (AL) 56 7-12-92
W35 11.55 Annette Tarbell (CT) 58 6-13-92

200 METERS

W55 22.84 Phil Raischer (CA) 42 8-3-89
W55 23.45 Phil Raischer (CA) 42 8-3-89
W55 23.72 Mary Kline (NY) 50 10-27-87
W55 23.72 Mary Kline (NY) 50 10-27-87
W55 23.98 Anne Crossland (OH) 63 12-9-89
W55 24.06 Joan Langston (NY) 63 12-9-89
W55 24.15 Joan Langston (NY) 63 12-9-89
W55 24.23 Joan Langston (NY) 63 12-9-89
W55 24.35 Joan Langston (NY) 63 12-9-89
W55 25.06 Joan Langston (NY) 63 12-9-89

400 METERS

W80 54.34 Joan Austin (CA) 36 8-15-90
W80 54.34 Joan Austin (CA) 36 8-15-90
W80 55.61 Joan Austin (CA) 36 8-15-90
W80 55.61 Joan Austin (CA) 36 8-15-90
W80 55.88 Joan Austin (CA) 36 8-15-90
W80 55.88 Joan Austin (CA) 36 8-15-90
W80 55.97 Joan Austin (CA) 36 8-15-90
W80 55.97 Joan Austin (CA) 36 8-15-90
W80 56.17 Joan Austin (CA) 36 8-15-90
W80 56.17 Joan Austin (CA) 36 8-15-90

3,000 METERS

W105 9:35 Diane Sage (CA) 43 10-22-95
W105 9:35 Diane Sage (CA) 43 10-22-95
W105 9:35 Diane Sage (CA) 43 10-22-95
W105 9:35 Diane Sage (CA) 43 10-22-95
W105 9:35 Diane Sage (CA) 43 10-22-95
W105 9:35 Diane Sage (CA) 43 10-22-95
W105 9:35 Diane Sage (CA) 43 10-22-95
W105 9:35 Diane Sage (CA) 43 10-22-95
W105 9:35 Diane Sage (CA) 43 10-22-95
W105 9:35 Diane Sage (CA) 43 10-22-95

8,000 METERS

W105 27:17 Diane Sage (CA) 43 10-22-95
W105 27:17 Diane Sage (CA) 43 10-22-95
W105 27:17 Diane Sage (CA) 43 10-22-95
W105 27:17 Diane Sage (CA) 43 10-22-95
W105 27:17 Diane Sage (CA) 43 10-22-95
W105 27:17 Diane Sage (CA) 43 10-22-95
W105 27:17 Diane Sage (CA) 43 10-22-95
W105 27:17 Diane Sage (CA) 43 10-22-95
W105 27:17 Diane Sage (CA) 43 10-22-95
W105 27:17 Diane Sage (CA) 43 10-22-95

10,000 METERS

W105 38:34 Diane Sage (CA) 43 10-22-95
W105 38:34 Diane Sage (CA) 43 10-22-95
W105 38:34 Diane Sage (CA) 43 10-22-95
W105 38:34 Diane Sage (CA) 43 10-22-95
W105 38:34 Diane Sage (CA) 43 10-22-95
W105 38:34 Diane Sage (CA) 43 10-22-95
W105 38:34 Diane Sage (CA) 43 10-22-95
W105 38:34 Diane Sage (CA) 43 10-22-95
W105 38:34 Diane Sage (CA) 43 10-22-95
W105 38:34 Diane Sage (CA) 43 10-22-95

20,000 METERS

W105 74:58 Diane Sage (CA) 43 10-22-95
W105 74:58 Diane Sage (CA) 43 10-22-95
W105 74:58 Diane Sage (CA) 43 10-22-95
W105 74:58 Diane Sage (CA) 43 10-22-95
W105 74:58 Diane Sage (CA) 43 10-22-95
W105 74:58 Diane Sage (CA) 43 10-22-95
W105 74:58 Diane Sage (CA) 43 10-22-95
W105 74:58 Diane Sage (CA) 43 10-22-95
W105 74:58 Diane Sage (CA) 43 10-22-95
W105 74:58 Diane Sage (CA) 43 10-22-95

Women's USA Five-Year Age-Group Records
### Men's World Masters Relay Bests (as of March 1, 2001)

#### 4x100

<table>
<thead>
<tr>
<th>4x100</th>
<th>Men</th>
<th>4:29.78</th>
<th>USA (Austin, Collins, Mitchell, Harfield)</th>
<th>2-19-92 Houston, TX</th>
<th>4:29.78</th>
<th>2:00-Buffalo, NY</th>
</tr>
</thead>
</table>

#### 4x200

<table>
<thead>
<tr>
<th>4x200</th>
<th>Men</th>
<th>1:29.85</th>
<th>USA (Austin, Collins, Mitchell, Harfield)</th>
<th>2-19-92 Houston, TX</th>
<th>1:29.85</th>
<th>2:00-Buffalo, NY</th>
</tr>
</thead>
</table>

#### 4x400

<table>
<thead>
<tr>
<th>4x400</th>
<th>Men</th>
<th>3:25.40</th>
<th>PM (Thrall, Bourne, Xandt, Rohr)</th>
<th>3-10-00 Philadelphia, PA</th>
<th>3:25.40</th>
<th>2:00-Buffalo, NY</th>
</tr>
</thead>
</table>

#### World Best Performances – Racewalk (as of March 1, 2001)

**Men**

<table>
<thead>
<tr>
<th>M200</th>
<th>Name</th>
<th>Time</th>
<th>City</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:38</td>
<td>D. SMITH</td>
<td>2:34:43</td>
<td>Mtl</td>
<td>2-3-95 Southhampton, MA</td>
</tr>
<tr>
<td>11:39</td>
<td>M. GARDINER</td>
<td>2:38:45</td>
<td>Mtl</td>
<td>2-3-95 Southhampton, MA</td>
</tr>
<tr>
<td>11:40</td>
<td>M. K. COLE</td>
<td>2:38:45</td>
<td>Mtl</td>
<td>2-3-95 Southhampton, MA</td>
</tr>
<tr>
<td>11:41</td>
<td>A. BAKAY</td>
<td>2:38:45</td>
<td>Mtl</td>
<td>2-3-95 Southhampton, MA</td>
</tr>
<tr>
<td>11:42</td>
<td>L. WRIGHT</td>
<td>2:38:45</td>
<td>Mtl</td>
<td>2-3-95 Southhampton, MA</td>
</tr>
<tr>
<td>11:43</td>
<td>R. SMITH</td>
<td>2:38:45</td>
<td>Mtl</td>
<td>2-3-95 Southhampton, MA</td>
</tr>
<tr>
<td>11:44</td>
<td>A. COLE</td>
<td>2:38:45</td>
<td>Mtl</td>
<td>2-3-95 Southhampton, MA</td>
</tr>
<tr>
<td>11:45</td>
<td>L. SMITH</td>
<td>2:38:45</td>
<td>Mtl</td>
<td>2-3-95 Southhampton, MA</td>
</tr>
</tbody>
</table>

#### Women’s U.S. Masters Relay Bests (as of March 1, 2001)

<table>
<thead>
<tr>
<th>4x100</th>
<th>Women</th>
<th>4:59.34</th>
<th>USA (Dee, Evans, Bliss, Calvert)</th>
<th>3-10-00 Philadelphia, PA</th>
<th>4:59.34</th>
<th>2:00-Buffalo, NY</th>
</tr>
</thead>
</table>

Note: all times are in minutes and seconds (e.g., 2:34:43 means 2 hours, 34 minutes, and 43 seconds).
Continued from previous page

USA Masters Racewalking Records
(as of March 1, 2001)

Outdoor Records

Men — Track

3000 meters
- 11:26.2
- Jonathan Matthews, San Francisco, CA, 5/15/93
- Steve Pomeroy, Arington, VA, 5/18/93
- James Cameron, Alexandria, VA, 10/14/98
- Donald Godfrey, Brookline, MA, 9/17/98

5000 meters
- 25:07.6
- Jonathan Matthews, San Jose, CA, 5/18/94
- Kay Frank, Philadelphia, PA, 4/24/93
- Larry Williams, St. Louis, MO, 9/19/94
- James Cameron, Alexandria, VA, 10/14/98
- Jack Starr, Alexandria, VA, 9/17/98
- Paul Blacker, Brookline, MA, 9/17/98

10,000 meters
- 31:06.6
- Jonathan Matthews, Philadelphia, PA, 4/30/94
- Kay Frank, Philadelphia, PA, 4/30/94
- Jack Starr, Alexandria, VA, 5/17/98

Marathon
- 2:19:06
- Jonathan Matthews, San Francisco, CA, 5/15/93
- Stan Charnesky, Enriendale, IL, 7/11/94
- Steve Pomeroy, Arington, VA, 7/8/95
- Jonathan Matthews, San Diego, CA, 12/11/99
- James Cameron, Alexandria, VA, 10/14/98
- Donald Godfrey, Brookline, MA, 9/17/98

Women — Track

3000 meters
- 13:30.6
- Thomas Hwang, San Francisco, CA, 9/15/93
- Donna Charnesky, Alexandria, VA, 9/15/93
- Carol Johnson, Edwardsdale, IL, 8/17/99
- Ben Loomes, Alexandria, VA, 9/15/99
- Peter Pollock, Alexandria, VA, 9/15/99
- Robert Kane, Alexandria, VA, 9/15/99
- Janet Kane, Alexandria, VA, 9/15/99
- Emily Kane, Alexandria, VA, 9/15/99
- Robert Kane, Alexandria, VA, 9/15/99
- Jan Kane, Alexandria, VA, 9/15/99
- James Cameron, Alexandria, VA, 10/14/98
- Donald Godfrey, Brookline, MA, 9/17/98

5000 meters
- 23:28.7
- Jonathan Matthews, Enriendale, IL, 7/11/94
- Kay Frank, Philadelphia, PA, 5/17/99
- Larry Williams, St. Louis, MO, 9/19/94
- James Cameron, Alexandria, VA, 10/14/98
- Jack Starr, Alexandria, VA, 9/17/98
- Paul Blacker, Brookline, MA, 9/17/98

10,000 meters
- 43:45.2
- Jonathan Matthews, San Francisco, CA, 5/15/93
- Stan Charnesky, Enriendale, IL, 7/11/94
- Jack Starr, Alexandria, VA, 5/17/98
- Donald Godfrey, Brookline, MA, 9/17/98

10,000 meters
- 35:48.1
- Jonathan Matthews, San Francisco, CA, 5/15/93
- Stan Charnesky, Enriendale, IL, 7/11/94
- Jack Starr, Alexandria, VA, 5/17/98
- Donald Godfrey, Brookline, MA, 9/17/98

10,000 meters
- 2:19:06
- Jonathan Matthews, San Francisco, CA, 5/15/93
- Stan Charnesky, Enriendale, IL, 7/11/94
- Jack Starr, Alexandria, VA, 5/17/98
- Donald Godfrey, Brookline, MA, 9/17/98

Women — Road

5000 meters
- 11:45.8
- Jonathan Matthews, San Francisco, CA, 5/15/93
- Stan Charnesky, Enriendale, IL, 7/11/94
- Jack Starr, Alexandria, VA, 5/17/98
- Donald Godfrey, Brookline, MA, 9/17/98

10,000 meters
- 22:27.3
- Jonathan Matthews, San Francisco, CA, 5/15/93
- Stan Charnesky, Enriendale, IL, 7/11/94
- Jack Starr, Alexandria, VA, 5/17/98
- Donald Godfrey, Brookline, MA, 9/17/98

20000 meters
- 45:22.6
- Jonathan Matthews, San Francisco, CA, 5/15/93
- Stan Charnesky, Enriendale, IL, 7/11/94
- Jack Starr, Alexandria, VA, 5/17/98
- Donald Godfrey, Brookline, MA, 9/17/98

50,000 meters
- 1:34:39.9
- Jonathan Matthews, San Francisco, CA, 5/15/93
- Stan Charnesky, Enriendale, IL, 7/11/94
- Jack Starr, Alexandria, VA, 5/17/98
- Donald Godfrey, Brookline, MA, 9/17/98

The elderly. Their loved ones. Your community.
Volunteers of America helps hundreds of thousands of veterans protect their health, independence and well-being every year. With programs that range from assisted living and other housing facilities to home care services, computer learning centers and transportation. For over 100 years, we've helped build better communities by enriching lives and restoring self-sufficiency and hope. Find out how you can help today. Call 1-800-899-0089 or visit www.voa.org.

There are no limits to caring. 

Volunteers of America®
WORLD ASSOCIATION OF VETERAN ATHLETES
PROMOTING VETERAN ATHLETICS THROUGHOUT THE WORLD
IN COOPERATION WITH THE IAAF

WAVA RECORDS COMMITTEE
2001-2002

Chairman
Brian Oxley
259 McDougall Rd., Parry Sound, Ontario
P2A 2W7, Canada

Coordinator
Pete Mundle
4017 Via Marina, Apartment C-301,
Venice, CA 90292, USA

Asia
146 Jalan Meranti 7, Taman Sikamat Utama,
70400, Serambian, N.S., Malaysia

Africa
10 Bennington Road, Tamboerskloof, 8001,
Leo Benning
Capetown, South Africa

Europe
Ivar Soderlind
Sweden

North America
Bill McIlwane
M6P 2R6 Canada

Oceanica
Box 48 078, Silverstream, Upper Hutt,
Colleen Blair
New Zealand

South America
Juan B. Alberdi 6222, Montevideo 11500,
Hector Acosta
Uruguay

Other members
22 Chandler, Steyning, West Sussex
Dave Burton
B44 3NG, England

Clyde Riddock
cyde.riddock@austpost.com.au

Rel Harvey
6744 Connecticut Colony Cir., Mentor,
OH 44060, USA

Beverly LaVeck
6833 NE Windermere Road, Seattle, WA
98115 USA

USA TRACK & FIELD
APPLICATION FOR MASTERS & SUB-MASTERS RACE WALK RECORD

WORLD ASSOCIATION OF VETERAN ATHLETES
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 is submitted:
(please type or use capitals throughout)

Event
Full Name of Competitor(s)
Date(s) of Application
Age-Group
Age-Beat Performance
Name of Event
Name of Operator

RESULT OF RACE

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

CHIEF PHOTO-FINISH JUDGE
I 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.

WIND GAUGE
I hereby certify that wind speed in direction of running was _______ metres/sec.

FIELD OFFICER'S CERTIFICATE
I hereby certify that the measurements used in the record claimed has been examined by me
after performance and conforms exactly with the relevant I.A.A.F. Rule except as modified by WAVA By-Laws
(Appendix A) for veterans competition. I further certify that the implement used weighed

EQUIPMENT JUDGES' CERTIFICATE
We hereby certify that the measuring apparatus used in the record claimed has been examined by me
after performance and conforms exactly with the relevant I.A.A.F. Rule 148, paragraph 10(a). We further certify that the circle or runway complies with
I.A.A.F. specifications.

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

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

WORLD ASSOCIATION OF VETERAN ATHLETES
PROMOTING VETERAN ATHLETICS THROUGHOUT THE WORLD
IN COOPERATION WITH THE IAAF

WAVA RECORDS COMMITTEE
2001-2002

Chairman
Brian Oxley
259 McDougall Rd., Parry Sound, Ontario
P2A 2W7, Canada

Coordinator
Pete Mundle
4017 Via Marina, Apartment C-301,
Venice, CA 90292, USA

Asia
146 Jalan Meranti 7, Taman Sikamat Utama,
70400, Serambian, N.S., Malaysia

Africa
10 Bennington Road, Tamboerskloof, 8001,
Leo Benning
Capetown, South Africa

Europe
Ivar Soderlind
Sweden

North America
Bill McIlwane
M6P 2R6 Canada

Oceanica
Box 48 078, Silverstream, Upper Hutt,
Colleen Blair
New Zealand

South America
Juan B. Alberdi 6222, Montevideo 11500,
Hector Acosta
Uruguay

Other members
22 Chandler, Steyning, West Sussex
Dave Burton
B44 3NG, England

Clyde Riddock
cyde.riddock@austpost.com.au

Rel Harvey
6744 Connecticut Colony Cir., Mentor,
OH 44060, USA

Beverly LaVeck
6833 NE Windermere Road, Seattle, WA
98115 USA

USA TRACK & FIELD
APPLICATION FOR MASTERS & SUB-MASTERS RACE WALK RECORD

Event
Full Name of Competitor(s)
Date(s) of Application
Age-Group
Age-Beat Performance
Name of Event
Name of Operator

RESULT OF RACE

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

CHIEF PHOTO-FINISH JUDGE
I 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.

WIND GAUGE
I hereby certify that wind speed in direction of running was _______ metres/sec.

FIELD OFFICER'S CERTIFICATE
I hereby certify that the measurements used in the record claimed has been examined by me
after performance and conforms exactly with the relevant I.A.A.F. Rule except as modified by WAVA By-Laws
(Appendix A) for veterans competition. I further certify that the implement used weighed

EQUIPMENT JUDGES' CERTIFICATE
We hereby certify that the measuring apparatus used in the record claimed has been examined by me
after performance and conforms exactly with the relevant I.A.A.F. Rule 148, paragraph 10(a). We further certify that the circle or runway complies with
I.A.A.F. specifications.

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

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

WORLD ASSOCIATION OF VETERAN ATHLETES
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 is submitted:
(please type or use capitals throughout)

Event
Full Name of Competitor(s)
Date(s) of Application
Age-Group
Age-Beat Performance
Name of Event
Name of Operator

RESULT OF RACE

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

CHIEF PHOTO-FINISH JUDGE
I 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.

WIND GAUGE
I hereby certify that wind speed in direction of running was _______ metres/sec.

FIELD OFFICER'S CERTIFICATE
I hereby certify that the measurements used in the record claimed has been examined by me
after performance and conforms exactly with the relevant I.A.A.F. Rule except as modified by WAVA By-Laws
(Appendix A) for veterans competition. I further certify that the implement used weighed

EQUIPMENT JUDGES' CERTIFICATE
We hereby certify that the measuring apparatus used in the record claimed has been examined by me
after performance and conforms exactly with the relevant I.A.A.F. Rule 148, paragraph 10(a). We further certify that the circle or runway complies with
I.A.A.F. specifications.

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

NOTE: A copy of the Results Card must be included with this application.
The USA Track & Field Road Running Information Center has finished compiling the 2000 World Road Rankings for Masters. In the overall masters division, 73 men and 64 women 40 years or older achieved the time standard of a 10K equivalent of 31:40 (for men) or 36:30 (women). The number of ranked male runners has stayed about the same for four years, whereas the number of masters women has steadily increased from 36 in 1997.

Not surprisingly, the Kenyan masters men have followed their younger counterparts by increasing their presence in the rankings. In 2000, four of the top 10 spots were held by Kenyans, led by #1 runner Simon Karori, compared to 1997 when there were no Kenyans in the top 10. Karori and #3 John Tuttle of the U.S. switched places from 1999 to 2000. The #2 runner in 2000 – Andrew Masai (KEN) – beat Karori in several major road races but had a smaller point total since he competed in fewer events.

The Foot Beat

Continued from page 8

The women’s masters rankings were dominated for the fifth year in a row by Tatiana Pozdniakova of the Ukraine. For the last four years she has averaged an impressive 19 quality performances and prize money earnings of over $56,000 annually. The American women have continued to be strong as a group with between four and six athletes in the top 10 from 1997 to 2000. The top American was Judi St. Hilaire (#3).

For the last four years, Pozdniakova has pocketed the highest prize money total from road events of any masters athlete, male or female. In 2000, reported masters prize money earnings totaled $623,320, or 7% of the prize money total. Of this amount, women in 638 payments earned $350,135, while men in 619 payments took home $273,185. This was an increase from a total of $286,522 for women (537 payments) and $237,149 (551 payments) for men in 1999.

New masters to watch in the next six months include Americans Eddy Hellebueyck, Selwyn Blake (40th birthday, March 13), and Gordon Bakouli. They will have formidable competition from last year’s top veterans as well as Alektrina Naumova (RUS, Jan. 16), Paul Evans (GBR, April 13), Mohamed Ezzeher (FRA, April 26), Irina Bogacheva (KZ, May 30) and Ramila Burangulova (RUS, July 11).

Details of all top runners and performances can be viewed at http://www.runningusa.org/media/rank_mast_wld.html.

---from USF Road Running Information Center
Preparations in Full Swing for WAVA Championships

Only three months to go before the start of the 14th WAVA World Veterans Athletics Championships in Brisbane, Australia, July 4-14. More than 5000 athletes from over 70 nations are expected to attend.

The staff in Brisbane is in full preparation mode. We are receiving bulk entries daily. Our registration department estimates that to input and accredit all the athletes and other participants will take over 350 man hours.

New staffers who have joined us in the last few weeks include Marketing Service Officers Allison Biggins and Robert Lacey.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Race Distance</th>
<th>Hurdle Height</th>
<th>To 1st Hurdle</th>
<th>Between Hurdles</th>
<th>To Finish</th>
<th>No. of Hurdles</th>
</tr>
</thead>
<tbody>
<tr>
<td>WOMEN</td>
<td></td>
<td></td>
<td>--------------</td>
<td>----------------</td>
<td>-----------</td>
<td>---------------</td>
</tr>
<tr>
<td>30-39</td>
<td>100m</td>
<td>.840m</td>
<td>13.00m</td>
<td>8.50m</td>
<td>10.50m</td>
<td>10</td>
</tr>
<tr>
<td>40-49</td>
<td>80m</td>
<td>.762m</td>
<td>12.00m</td>
<td>8.00m</td>
<td>12.00m</td>
<td>8</td>
</tr>
<tr>
<td>50-59</td>
<td>80m</td>
<td>.762m</td>
<td>12.00m</td>
<td>7.00m</td>
<td>19.00m</td>
<td>8</td>
</tr>
<tr>
<td>60+</td>
<td>80m</td>
<td>.686m</td>
<td>27&quot;</td>
<td>50 .00m</td>
<td>35 .00m</td>
<td>40</td>
</tr>
<tr>
<td>30-39</td>
<td>400m</td>
<td>.762m</td>
<td>45.00m</td>
<td>35.00m</td>
<td>40.00m</td>
<td>10</td>
</tr>
<tr>
<td>40-49</td>
<td>30&quot;</td>
<td></td>
<td>147'7&quot;</td>
<td>114'9&quot;</td>
<td>131'2&quot;</td>
<td></td>
</tr>
<tr>
<td>50-59</td>
<td>300m</td>
<td>.762m</td>
<td>30&quot;</td>
<td>50.00m</td>
<td>35.00m</td>
<td>40</td>
</tr>
<tr>
<td>60+</td>
<td>300m</td>
<td>.686m</td>
<td>164'1&quot;</td>
<td>114'9&quot;</td>
<td>131'2&quot;</td>
<td></td>
</tr>
</tbody>
</table>

| MEN       |               |               |--------------|----------------|-----------|---------------|
| 30-39     | 110m          | .914m         | 13.72m       | 9.14m          | 14.02m    | 10            |
| 40-49     | 90m           | .840m         | 16.00m       | 8.00m          | 12.00m    | 10            |
| 50-59     | 90m           | .762m         | 12.00m       | 7.00m          | 19.00m    | 8             |
| 60-69     | 80m           | .686m         | 27"          | 45.00m         | 35.00m    | 40            |
| 70-79     | 80m           | .762m         | 30"          | 50.00m         | 35.00m    | 40            |
| 80+       | 80m           | .686m         | 27"          | 50.00m         | 35.00m    | 40            |
| 30-39     | 400m          | .914m         | 45.00m       | 35.00m         | 40.00m    |               |
| 40-49     | 30"           |               | 147'7"       | 114'9"         | 131'2"    |               |
| 50-59     | 300m          | .762m         | 30"          | 50.00m         | 35.00m    |               |
| 60-69     | 300m          | .686m         | 164'1"       | 114'9"         | 131'2"    |               |

The new Nordic competition equipment for ANZ Stadium and new implements were tested at the Australian Open T&F Championships, March 23-26. Greg Gilbert is the Equipment and Competition Infrastructure Manager.

Tourism Services Full tourism services – including accommodation requests, bookings for car rental, and day tours – will be provided throughout the championships at the Athlete Services Center. Included will be: River Cruise and Wildlife Park, Sunshine Coast Hinterland, Sailing Moreton Bay, Sanctuary Cove and the Gold Coast, and Whale Watching Cruise. Other recommended attractions are the New Farm and Mt. Coot-tha.

-U.S. Entry Deadline Extended to April 15

The official entry deadline for the 14th WAVA World Championships has been extended to April 20, but U.S. athletes should send their entries to USA Track & Field no later than April 15.

Entry and accommodation forms are available directly from Brisbane (see schedule for details), from any of the masters travel agents hosting low-cost tours (see ads in past issues of NMN), or from either of the masters travel managers: Don Austin and Charles DesJardins; addresses on page 3.

U.S. entries must be mailed, along with proof of age (a copy of either your birth certificate or passport; driver’s license is not proof of age), and a copy of your 2001 USATF membership card to Mark Springer, WAVA Entry, USATF, One RCA Dome, Suite 140, Indianapolis, IN 46225.

TEN YEARS AGO April 1991

- John Campbell (42, 2:14:33) and Priscilla Welch (46, 2:40:20) Win in L.A. Marathon
- Campbell Runs World Masters Best 14:18 in Edison 5K; Warren Utes Sets U.S. M70 5K Mark of 18:13
- Cliff Pauling, 56, Stars in NYC Meet
Records Set in South Africa

By LEO BENNING

The Western Province (Capetown area) Veterans T&F Championships in Bellville, South Africa, Feb. 9-10, drew 160 entries, 30 from neighboring provinces. Four South African and 16 Western Province records were bettered. Three of the four S.A. records came in the racewalks: M35 Isak Nel, 20K, 1:45:25; W30 Gwen Smeeton, 10K, 55:26; and W50 Daphne du Preez, 10K, 57:43.

South Africa Veterans has just received a fairly substantial sponsorship from Proton Short Term Insurance of R75,000 (US$9600) per year for five years. This bodes well for the future. We have had only very small sponsorships (for S.A. championships) before.

Proton also sponsored the WP Veterans 10K road race on March 14 in Parow (20km from Capetown), which was one of the first races in South Africa to have prize money for 70+ runners.

Philip Rabinowitz, M95 world-record holder for the 20K racewalk, turned 97 and is still walking competitively in the track 5000 and up to 15K on the road. At the WP Regional Championships, he finished the 5000 in 43:46, an age-97 world best.

Rabinowitz is still working as a bookkeeper in his daughter’s pet food business and even worked on his birthday. He ascribes his success to the support of his family, his health, and the fact that he is not idle. He usually walks 6-8km every day, if the weather is favorable.

Jean Horne, Canada, W65, 800m winner (2:55.28), 13th World Veterans Athletics Championships, Gateshead, Great Britain.

Masters Scene

NATIONAL

- The Oregon TC will be hosting the 2001 USA Outdoor T&F Championships, June 21-24, Hayward Field, Eugene, Ore. Tickets are available only through Ticketmaster. Go to Ticketmaster.com and click on Oregon, or call Ticketmaster at 503-224-4400. An all-session (4-day) reserved package is $60 adult, and $53.50 child, 10-and-under. All-session general admission package is $43.50 adult, and $34.50 for 10-and-under. Individual day tickets go on sale June 14 from Ticketmaster. For event, housing, and entry information, go to EugeneChamps.com.

- The 2003 Summer National Senior Games/Senior Olympics will be held in the Hampton Roads, Va., community, according to an announcement by National Senior Games Association (NSGA) president and CEO, Dave Hull, Jr. The Games are scheduled for May 27-June 9 and will be held in various venues throughout the Hampton Roads area. Track & field and road racing are among the 18 sports presently offered for athletes age 50+. The 1999 Summer National Senior Games in Orlando drew close to 12,000 participants, who contested 817 events in 15 days. About the same number of participants are expected for the 2001 Games in July in Baton Rouge, La.

EAST


- The Shore AC team of Harry Nolan (2:11.3), Rick Lapp (2:08.5), Mark Sepkowski (2:18.9), and Pete Rehfeldt (2:15.5) regained the M50-59 4x800 world best it lost two years ago, with an 8:55.3 at the NYC Armory, March 17. The present best is 8:56.69 by California's West Valley TC.


- Long Island Association masters honorees for 2000 were Bill Benson, 81, Valley Stream, NY, and Marie-Louise Michelson, 59, Stonybrook, NY, for T&F; Jim McGrath, Medford, NY, and Nadya Dmitrov, Smithtown, NY, and Liz Goldstain, Rockville Centre, NY, for RW; and Don Di Donato, 42, Hicksville, NY, and Kathy Martin, 49, Northport, NY, for LDR. The presentations were made at the 2nd LITF Indoor Championships, Brentwood, NY. The present record is 5:40.0 by Beryl Skelton in 1985.

- On Feb. 23, Marie-Louise Michelson, of the Bohemia TC, recorded a pending WS51 1500 U.S. record of 4:11.8 in the LITF Indoor Championships, Brentwood, NY. The present record is 4:14.0 by Marble in 1996.

- On Feb. 18, Rudy Afanador, 42, W45, 17:13.2. Click Richards, W65, was top performer in the 600 (9.20) and LJ (5.31), USATF Colorado Indoor Championships, Colorado Springs, Feb. 25. Rick Esley, W45, romped to a meet's best in the 400 (54.18) and won the 200 (25.41).


- Dave Parcel, M45, 28:00, and Sherril Curi, W45, scored masters firsts in the Brea, Calif, 8K, Feb. 18. Sally Tyree, W55, took the W55 race in 41:05.

- The times for the Masters Men's 200 from the Maryland Elite Grand Prix Invitational, Jan. 27, p. 30, March issue, were scrambled when forwarded to HMN. Most of the marks were attributed to the wrong runners and should be disregarded.

SOUTHERN SOUTHWEST CALIFORNIA 16TH ANNUAL MEET OF CHAMPIONS CALIFORNIA STATE UNIVERSITY AT LONG BEACH SATURDAY, APRIL 15, 2001

ENTRY FEE $13 for event, additional events $5. Relay means free. Late entries $15 extra, per $6 per additional event.

DEADLINE: May 1, 2001

DIVISIONS: Men & Women: Open (29 or younger); Submasters (30-39) and Masters (40+) compete in 5-year age groups.

AWARDS: 1st medal with red, white & blue ribbon for 1st, 2nd, & 3rd.

FACILITIES: All events are under the roof and air conditioned.

NOTE: 2001 USATF registration required. (Available at meet for $15)

DIRECTIONS TO CHEER: Exit 405 freeway at Bellflower Blvd. Go south to Long Beach Blvd. Left (north) to Long Beach Blvd. Right into parking lot. Continue to beyond structure on left.

Schedule of Events

Track events

11:00 a.m. 4x100 meter relay 1:45 p.m. 400 meter sprints
11:15 a.m. 1500 meter run 2:10 p.m. 800 meter run
11:45 a.m. 800-1000 meter hurdles 2:40 p.m. 200 meter sprints
12:10 p.m. 200 meter dash 3:00 p.m. 3000 meter run
12:30 p.m. 100 meter sprints 3:30 p.m. 3000 meter hurdles
12:50 p.m. 400 meter sprints 4:00 p.m. 800 meter hurdles
Field events

11:00 a.m. hammer throw and pole vault 1:30 p.m. shot put and long jump
12:00 p.m. discuss throw and javelin jump 2:30 p.m. javelin throw and triple jump

Last Name First Name

Address (Include Zip)

Date of Birth Age on 5-12-91 Sex M F Phone

USATF No. Club Events

Amount Enclosed_ ( Make checks payable to So. Calif. Striders)

Mail entry & payment to Hugh Cobb - 3180 Camino Arroyo, Carlsbad, CA 92009 Phone: 760-433-7799

WARRANTY: In consideration of your accepting me as your agent, I, signing my name below, hereby agree to indemnify, defend, and hold harmless the Southern California Striders, Inc., its officers, directors, agents, employees, successors, and assigns from and against any and all claims, demands, lawsuits, judgments, expenses, and liabilities that may arise against Southern California Striders, Inc., its officers, directors, agents, employees, successors, and assigns due to any act or omission on my behalf. I agree to hold harmless any and all persons with whom I or any portion of the Striders team may travel or train in conjunction with this meet. Signature: Mike Cobb Date: May 20, 2001 at California State University at Long Beach. I certify that I am the sole bumpsigner or physical author. SIGNATURE DATE
USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are usually limited to age 50 and over. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. International T&F meets are usually limited to men over 40 and women over 35. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to MNM, P.O. Box 50098, Eugene OR 97405.

**Schedule**

**NATIONAL**

June 16-17. USATF National Masters Decathlon/Heptathlon Championships, Tacoma, Wash. Mark Salzman, mesalaz@iast.net.


**EAST**

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

April 14. University of Rochester Alumni Invitational, Rochester, N.Y. Masters events TBD. Steve Nearman, Nearman@aol.com.


May 20. Ocean State Games, Providence, RI. 401-438-3154.

May 28. USATF Adironack Masters & Open Championships, Schuylerville, NY. 518-273-5552; usatrafair@aol.com.


August 10-12. USATF New England Championships, Boston, MA. 617-566-7600; office@usatfne.org; www.usatfne.org.

August 14-23. 3rd annual USATF Junior Championships, Bolles School, Jacksonville, FL. 904-387-0528.

**MIDWEST**

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

April 7. Masters & All Comers Open Meet/Regional Youth Championships, Proviso HS West, Hillside/Chicago, IL. USATF Illinois, PO Box 7019, Villa Park, IL 60181. 630-953-2052.


June 30. Indiana Hoosier State Games Meet, Bloomington, IN. Evansville, Ind. 812-464-7800.

July 4-9. USATF Illinois Masters Championships/All Comers Meet, Wilde Field, Lisle, IL. 630-953-2052.

ON TAP FOR APRIL

**TRACK AND FIELD**

Early season action continues in California in the John Ward Memorial Games, Santa Ana, on the 8th; and opens in the Southeast with the Georgia Masters Championships, Savannah, on the 21st. The Northwest gets in the swing with the Seattle Masters Throwers Spring Festival on the 28th. Masters run in feature races in the Kansas, Drake, Mt. SAC, and Penn Relays. The Australian Veterans Championships converge on Sydney on the 13th-16th.

**LONG DISTANCE RUNNING**

There’s no fooling around on the Island of Malta this April as the 105th birthday on the 16th. Before those races comes the Cooper River Bridge 10K, Charleston, SC on the 13th, and the Georgia Blossom 10 Mile in D.C. on the 8th. Later in the month, the schedule lists the Longest Day Races, Brookings, S. Dak.; on the 21st; Runner's World Half-Marathon, Allentown, PA.; and the Glass City Marathon, Ohio, on the 22nd; Hudson-Mohawk RRC Masters 10K, Guildersland, N.Y.; and Get in Gear 10K, Minneapolis, on the 28th; and the Oklahoma City Memorial Marathon on the 29th.

The 7th European Veterans Athletics Non-Stadia Championships (10K & Half-Marathon) come to Qormi, Malta, on the 28-29th.

**RACEWALKING**

The EVAA Championships on the island of Malta include a 30K for men and a 20K for women. The National Regional 10K Championships are set for Seattle on the 22nd.

Lisle, IL. USATF Illinois, PO Box 7019, Villa Park, IL 60181; 630-953-2052.


June 9, 16. Indiana Hoosier State Games Meet, Brooks Memorial, Evansville, Ind. 812-464-7800.

April 7. Valley Invitational, Des Moines, Iowa. W40+ 1500. John Cosgrove, jd.cosgrove@ieee.org

May 25-June 24. New Mexico Games, Albuquerque, NM. NMG, 1903 Avenida, Albuquerque, NM 87106. 505-764-1510; www.nmgames.com; grove@ieee.org

June 3. New Mexico Games, Albuquerque, NM

June 10. Iowa Senior Games, West Des Moines. 515-226-2898


June 10. USATF Minnesota Masters & Open Championships, Blaine. Marc Hoyler, 611-777-4924; marc@marylandfuel.com


June 22-23. North Dakota All Sport Senior Games, Fargo. 701-298-6980


June 23-24. Wisconsin Badger Masters & Open Championships, U. of New Mexico, Albuquerque. Kathy Fones, 31 Sandhill Rd., Los Lunas, NM 87031. 505-865-8162; fax: 565-8837; fonesk@aol.com

June 24-29. Kansas Sunflower State Games, Lawrence. SSG, PO Box 592, Lawrence, KS 66044. 785-884-7774; fax: 842-7731; www.sunflowerstategames.org

August 5-12. State Games of America, St. Louis. Mo. St. Louis Organizing Committee, 1309 North Highway Dr., Fenton, MO 63039; stategames@stategames.org


SOUTHWEST
Arkansas, Louisiana, Mississippi, Oklahoma, Texas

May 9. 12th annual Rivers/Waterloo Meet, Nelson Field, Austin, Texas. 10 am-6 pm. Seth Brower, seth@earthlink.net

June 2. USATF Southwestern Association Masters & Open Championships, Dallas, Texas. Leader Board: 13410 Mill Grove Ln., Dallas, TX 75240. 972-661-1551; leestermann@yahoo.com

June 8-10. Louisiana Games, New Orleans. 504-525-5678; Fax: 529-1622; www.louisianagames.com

June 16. Hill Country Classic Meet, Mason HS, Mason, Texas. Lee Graham, PO Box 884, Mason, TX 76856; 813-347-5620(h)

July 7. Texas Masters Championships, Dallas. Wayne Bennett, 817-274-0448; vwrunner@aol.com

WEST
Arizona, California, Hawaii, Nevada


April 21. KelField Throws Meet #4, Santa Cruz, Calif. 831-458-0300; kelfield@aol.com

April 22. Mt. SAC Relays, Walnut, Calif. Masters M&W 800. John Cosgrove, jd.cosgrove@ieee.org


May 12. Southern California Striders Meet of Champions, CSU-Longet Beach. Hulg Cobb, 760-436-7966

May 12. KelField Throws Meet #5, Santa Cruz, Calif. 831-458-0300; kelfield@aol.com


May 28-29. 15th annual Post-HS State Track Championships, Westwood H.S., Westwood, CA. 90301. 310-868-1000; Fax: 310-868-1001

June 1-2. USATF Pacific Championships, San Francisco St. U. Jerry Colman, 916-567-9690; sacc@aol.com


June 30. USATF San Diego Masters & Open Championships, Site TBA, Alland Hodgett, 619-660-4000; allandhodgett@gtec.net

June 30. USATF SCA Championships/ Trojan Masters, USC Cromwell Field, Los Angeles. 818-917-6289; Greg Charles, 4103 Hillcrest Ave., SW, Seattle, WA 98116. 206-938-3895; kweinel@home.com

October 21. SR Chinmoy Masters Games, CSU-Longet Beach, Calif. M&W 40+

NORTHWEST
Alaska, Idaho, Minnesota, Oregon, Utah, Washington, Wyoming

April 8, 22, 29. Oregon TC Masters Clinics, Hayward Field, Eugene. Larry or Teresa Pine, 541-895-5420, pine@pond.net

April 14. Oregon TC Masters Mini-Meet, Hayward Field, Eugene. 9:00 am. Fee to post-HS athletes. Includes SC

April 28. Seattle Masters Spring Festival, West Seattle Stadium. Throws only. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-938-3895; kweinel@home.com

May 6. Oregon TC Masters Clinics, Hayward Field, Eugene. Larry or Teresa Pine, 541-895-5420, pine@pond.net

May 6, 29. Oregon TC Masters Mini-Meets, South Eugene HS, 5:00 pm. Larry or Teresa Pine, 541-895-5420, pine@pond.net


June 7-10. Wyoming Cowboy State Games, Casper. 353-865-8422; fax: 865-8548.

June 9-10. Iowa Senior Games, West Des Moines. 515-226-2898.
NATIONAL MASTERS News

LONG DISTANCE RUNNING

April 1. USATF Masters Men's 5K Championships/Carlisle 5000, Carlisle, Calif. Tracy Sundlin, 10509 Vista Soreno Pkwy., #102, San Diego, CA 92121. 619-450-6510.

South


OPEN

Aug. 3-12. IAAF World Championships VIII, Edmonton, Canada.

SEATTLE


April 29. 14th Annual Open 5K Run, Waco, Tex. 254-776-8722; texasrunners.com/striders.

WISCONSIN

May 5. Wisconsin Marathon, Milwaukee, Wis. 414-346-3623; raceinfo@wisconsinmarathon.com.

APRIL 2001

WEST

April 5. 14th Annual Mid-Day Mile, Princeton, Minn. Tom Falvey, 419-475-0731; bigboy20K@aol.com.

NEW ENGLAND

April 30. 5K Road Race for Sick Cell/RCC is a children's cancer charity, Providence, R.I. 401-421-0255; www.sickcell.org.

MID-AMERICA


SOUTHWEST


April 6. 10K Road Race, Thirty, Wis. 608-236-6332; www.30thrun.com.


WEST

Arizona, California, Hawaii, Nevada


NORTHWEST


TRUTH/BANK ONE Great Race Sports Festival XXI

We “RUN” a “GREAT” Memorial Weekend.

We invite you to join us for one of the most exciting road racing events of the year!


May 6. 25th Lilac Bloomday 12K, Spokane, Wash. LB 12K, PO Box 1311, Spokane, WA 99210. April 13 deadline. www.bloomdaysrun.org-

May 20. Capital City Marathon, Olympia, Wash. 360-768-7186; capitalcitymarathon.org-

May 26. Up the Lazy River/ORRC Masters 10K Championships, Mary S. Young Park, West Linn, Ore. ORRC, 4840 SW Western Ave., Beaverton, OR 97005. 530-291-8699; fax: 520-0242; www.active.com-

May 27. Wyoming Marathon, Medicine Bow Half-Marathon, & Rocky Mountain Double Marathon 52.4 Miles, Laramie. Brent Weigner, 307-635-3316; www.active.com-


JENNY WOJCIK


CS.MSU.SU


RACEWALKING

April 22. Northwest Regional 10K RW Championships, Seattle. Bey LaVeck, 206-534-4721; beylavock@aol.com-


November 4. USATF National Masters 20K Championships, Coconut Creek, Fla. Dan Koch, 954-970-3634; racewalker@cyberagency.net
### Recipients of All-American Awards

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Name</th>
<th>Age</th>
<th>Gender</th>
<th>Weight</th>
<th>Height</th>
</tr>
</thead>
<tbody>
<tr>
<td>1500m</td>
<td>3:32</td>
<td>John Tsaloff</td>
<td>22</td>
<td>M</td>
<td>150</td>
<td>5'11&quot;</td>
</tr>
<tr>
<td>800m</td>
<td>1:50</td>
<td>Brian Exxon</td>
<td>21</td>
<td>M</td>
<td>152</td>
<td>5'10&quot;</td>
</tr>
<tr>
<td>5000m</td>
<td>13:30</td>
<td>Alan Muller</td>
<td>20</td>
<td>M</td>
<td>170</td>
<td>5'11&quot;</td>
</tr>
<tr>
<td>10000m</td>
<td>29:10</td>
<td>John O'Connor</td>
<td>22</td>
<td>M</td>
<td>175</td>
<td>5'11&quot;</td>
</tr>
</tbody>
</table>

### U.S. Masters All-American Standards for Men

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Name</th>
<th>Age</th>
<th>Gender</th>
<th>Weight</th>
<th>Height</th>
</tr>
</thead>
<tbody>
<tr>
<td>100m</td>
<td>10.4</td>
<td>John Tsaloff</td>
<td>22</td>
<td>M</td>
<td>150</td>
<td>5'11&quot;</td>
</tr>
<tr>
<td>200m</td>
<td>20.8</td>
<td>Brian Exxon</td>
<td>21</td>
<td>M</td>
<td>152</td>
<td>5'10&quot;</td>
</tr>
<tr>
<td>400m</td>
<td>44.3</td>
<td>Alan Muller</td>
<td>20</td>
<td>M</td>
<td>170</td>
<td>5'11&quot;</td>
</tr>
<tr>
<td>800m</td>
<td>1:50</td>
<td>John O'Connor</td>
<td>22</td>
<td>M</td>
<td>175</td>
<td>5'11&quot;</td>
</tr>
<tr>
<td>1500m</td>
<td>3:32</td>
<td>John Tsaloff</td>
<td>22</td>
<td>M</td>
<td>150</td>
<td>5'11&quot;</td>
</tr>
<tr>
<td>5000m</td>
<td>13:30</td>
<td>Alan Muller</td>
<td>20</td>
<td>M</td>
<td>170</td>
<td>5'11&quot;</td>
</tr>
</tbody>
</table>

### U.S. Masters All-American Standards for Women

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Name</th>
<th>Age</th>
<th>Gender</th>
<th>Weight</th>
<th>Height</th>
</tr>
</thead>
<tbody>
<tr>
<td>100m</td>
<td>11.8</td>
<td>Elizabeth Clark</td>
<td>60</td>
<td>W</td>
<td>120</td>
<td>5'4&quot;</td>
</tr>
<tr>
<td>200m</td>
<td>23.6</td>
<td>Jane Smith</td>
<td>55</td>
<td>W</td>
<td>130</td>
<td>5'5&quot;</td>
</tr>
<tr>
<td>400m</td>
<td>55.6</td>
<td>Mary Johnson</td>
<td>50</td>
<td>W</td>
<td>140</td>
<td>5'6&quot;</td>
</tr>
<tr>
<td>800m</td>
<td>2:01</td>
<td>Susan Brown</td>
<td>45</td>
<td>W</td>
<td>150</td>
<td>5'7&quot;</td>
</tr>
</tbody>
</table>

### APPLICATION FOR ALL-AMERICAN CERTIFICATE/PATCH

**NAME:**

**AGE-GROUP:**

**ADDRESS:**

**SEX:** M / F

**CITY:**

**STATE:**

**ZIP:**

**DATE OF MEET:**

**MEET SITE:**

**MARK:**

**HEIGHT:**

**WEIGHT OF IMPLEMENT:**

**Hurdles:**

**Shot put:**

**Discus:**

**Javelin:**

**Throw:**

**Hand:**

**Finger:**

**Supplementary Information:**

1. If you have earned or bettered the standard of excellence, please fill out this application completely.
2. A copy of your results or a note stating in which issue you received your results appeared MUST accompany this application.
3. Please send $10 for a certificate, $10 for a patch, and $10 for a patch tag showing event and year. The cost for both a certificate and patch ordered at the same time is $15.
4. Send to: All-American, National Masters News, P.O. Box 50098, Eugene OR 97405.
5. A 3-color, 6" by 10" certificate, suitable for framing, and/or a 3-color, 3" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.

### Supplemental Information

- **National Masters News**
- **April 2001**
- **Page 33**
EVERYTHING TRACK & FIELD, EVERYTHING FAST AND PRICED RIGHT! 
We Carry UCS, Gill, Pacer, First Place, Nelco and More.

RELY ON M-F ATHLETIC 
FOR YOUR TRACK REQUIREMENTS.
Our 2001 Catalog is Ready! 
Request Your FREE Copy.
68 pages chock full of equipment, 
implements and accessories. 
A great reference and a 
dependable, low cost source.

Call Toll-Free 1-800-556-7464 
Fax Toll-Free 1-800-682-6950

M-F ATHLETIC COMPANY
11 Amflex Drive, P.O. Box 8090 
Cranston, RI 02920-0990 USA 
E-Mail: mfathletic@mfathletic.com 
Visit Our Web Site: www.mfathletic.com
after a few miles, the weight of the world isn't so heavy.