 Masters Put on a Show in Boston

By MARK CLEARY

BOSTON – The masters women's exhibition 200 at the USA Open Championships at the Reggie Lewis Center, March 8, was easily the most competitive field thus far in the Invitational Program for women. All five women in the field clocked between 26.00 and 27.98. Phil Raschker set a W55 world record of 27.81. The field included two women each in the W40 and W45 age groups and one woman in the 50-54 age group, and represented five different states: Raschker, Georgia; Jacqueline Board, Arizona; Lesia Batiste, Louisiana; Sarah Lawson, Massachusetts; and Denise McField, Missouri. Batiste and McField were out fast for the first 100. Batiste pulled away in the last 50m, running very strong. Board came on strong in the final 75m to grab second place. Raschker said she felt very good about her race, especially since she drew lane 6 and could not see her competition for most of the race. "I almost spared myself on the railing at the finish," she said.

Going into the men's 3000 race, most savvy track fans felt that Tony Young, who had already run a 4:08.6 mile, 1:53 800, and 8:22.99 3000 this season, would take home the masters spot, 23:54 to 23:57.

Pawlik, Raschker Top Scorers

USA Heptathlon Held in Wisconsin

By JEFF WATRY

The 2003 National Masters Indoor Heptathlon Championships was a splendid affair held at Carthage College in Kenosha, Wisc., March 8-9. Some really good battles took place in various age groups. The meet was scored using the new WMA factors, so scores will be lower when compared to previous years. The big showdown in the M45 was

By SUSANNAH BECK

Pozdnyakova, Somers-Smith Top Women

Hellebuyck Wins in Two Road Races

By SUSANNAH BECK

Pozdnyakova Wins L.A. Marathon

Tatyana Pozdnyakova, 48, the Russia-born Ukrainian from Gainesville, Fla., won the women's open division of the L.A. Marathon, March 2, with a 2:29:40 run over a new, flatter, faster marathon course. She was the top masters runner, male or female, by 11 minutes.

It was a sunny, warm day, with temperatures rising into the 70s by noon. More than 23,000 runners participated in the around-the-city event. Pozdnyakova was the runner-up at L.A. last year, when she ran 2:30:26, behind her training partner, race winner Lyubov Denisova.

Pozdnyakova has won several marathons in recent years (Ocean State '02, 2:29:00, W45 World Best; Cincinnati Flying Pig '02, 2:34:35; Houston '00, 2:32:25) but she is now credited with being the oldest person ever to win a major marathon. She turned 48 two days after the race. "Running keeps me young," she told reporters at the finish line. She took home $31,000 and a Honda Accord for her win.

Pozdnyakova told reporters that she would like to win a marathon at age 50, and then retire from competitive racing. She has been at the top of the sport since the early 1980s when she ran 3:56 for 1500m.

Hellebuyck Win in Two Road Races

Eddy Hellebuyck, 42, Albuquerque, N.M., of course, ran both.

Sports fest 8K

The leprechaun-like speedster began the weekend in Virginia Beach where, in terrific racing conditions – the best seen at Sportsfest in recent memory, 43 degrees, sunny and still at the start – Hellebuyck duked it out with Andrew Masai, 43, Chapel Hill, N.C. Down the beachside boardwalk finish, Masai out-kicked defending champ Hellebuyck by three seconds for the top masters spot, 23:54 to 23:57, 8th and 10th overall. Jerry Clark, 50, Charlotte, N.C., also raced like a thoroughbred, cantering to 26:24 for sixth M40+

Charlie Rose, 70, Mooresville, N.C., rocketed to 31:52 for the M70 crown.

Tatyana Pozdnyakova, 48, UKR/Gainesville, Fla., 51:54, wins the W40+ at the Gate River Run 15K, Jacksonville, Fla., March 8, one week after her L.A. Marathon win.

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All of the women competitors in the USA Masters Indoor Heptathlon Championships, Kenosha, Wisc., March 8-9 (from l): Becky Sisley, 63, Mary Trotto, 55, Phil Raschker, 56, (top), Liz Johnson, 46, Loraine Tucker, 56, and Johnnye Valien, 77.
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GETTING A "HAND"LE ON RECORDS

On your mark! Get set! Go! Did you get a record? Who knows? Recently, major problems with WMA record-keeping have been disclosed. Some of this can be explained by the fact that there are elite athletes who break masters age-group records at open meets.

There is another problem, however, with the USATF masters records. Hand-timed records for 400m/440y and under are still listed. This is directly contrary to Article IV, Record Rule 183.5: "For races up to and including the 440 yards, only performances timed by an approved fully automatic timing device shall be approved as records."

On more than one occasion, a masters athlete has been denied a U.S. or world record because his "automatic" record time was just over the old "hand-timed" record. The 1994 Age-Graded Tables give the following rule of thumb for conversions from hand to automatic times: an additional 0.24 seconds for hand times from automatic times: an additional 0.14 of thumb for conversions from hand to automatic times. An additional 0.24 seconds for hand times from automatic times is only listed. This is timing device shall be approved as rules.

Presumably, the reason that the conversion for the 400only is 0.14 is that the starting gun is near the finish line. However, to provide a fair start in the 400, the starter is often situated out at the first turn, more than 50m from the starting line. In other words, in the 50m you get a 0.24 conversion, but in 400m where the starting gun may be farther than 50m from the finish line, you get a 0.14 conversion. And if a conversion is needed for a hand-timed 400, why not for the 1000? No reason is given, other than that above 400, hand-timed marks can count as records.

The USATF Competition Rules do not recognize hand conversions for record purposes and yet there are still numbers of masters U.S. Masters Indoors/Outdoor records on the books:

1. Indoor – 200 M90 76.4; 400 M90 2:54.0
2. Outdoor – 100 M35 10.3; M60 11.8, M65 12.6, W85 p34.7; 200 M35 20.8, M55 23.6, M70 26.8, W85 p58.4; 400 M70 62.2, M75 68.5, M80 75.4, M90 200.2, W35 56.8; 400H M45 55.7, M50 58.1.

The only rule that discusses the conversion factor is Article III, Rule 76: "For seeding purposes only, the conversion factor of .24 seconds between fully automatic and manual timing must be used when conversions are made (i.e., the manual time plus the conversion factor equals the fully automatic time for seeding purposes under Rule 75)."

Interestingly, before 2003, this rule used the 0.14 conversion factor for events above the 200 including the 400. Now the conversion factor for seeding purposes is 0.24 regardless of the distance.

A couple of other things to keep in mind: Under Rule 182, no record (including masters) is acceptable unless it is in a competition advertised and held before the day of competition at a USATF-sanctioned meet, and includes a printed program with the names of the entrants for the events. In addition, there must be at least three competitors. Under Rule 250.8, masters records may be made in mixed age and/or mixed sex competitions. Also, don't forget that you are responsible for any record paper work. A record application can be found at

http://nationalmastersnews.com/recor d_application.html

In summary, it is time for masters records to get its house in order and recognize all records through 400 as automatic times. As for the older hand-timed marks? These can be recognized as "Noteworthy Performances" as set out in Article IV, Rule 188.

David E. Ortman
Seattle, Washington

WMA DISCLAIMER

This is a letter I submitted to the WMA Forum (http://www.worldmasters-athletics.org/index.php?id =forum).

I wish to bring to the attention of the WMA officers, council, and athletes that the disclaimer on the XV WMA Championships entry form for Puerto Rico is inappropriate for accompanying persons.

I was informed by USATF that my wife should sign and date in both the competitors signature block and the disclaimer block on a copy of the entry form if she were accompanying me.

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

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Indoor Heptathlon

Continued from page 1

shaping up to be a barn-burner until Todd Christensen no-heighted in the high jump. Ken Ellis was rolling and exceeded Christensen's world best mark from last year by about 100 points with a 5311 total. All previous records are being converted to new factors.

Denver Smith surpassed the M75 U.S. age best with a strong showing of 5098. He was welcomed back by the other athletes after quite a few years off the circuit. Records will continue to fall to him.

Phil Rascher, 56, scored world records along the way to another superlative score of 6724. She exceeded her marks in six of the seven events from her record performance last year, breaking her own W55 world records in the long jump (4.62) and 60H (10.08) with a 4.75 and a 10.06.

Emil Pawlik posted the top score among the men (5478).

Becky Sisley, 63, got the W60 U.S. record with a 4294, as did Johnny Valien, 77, in the W75 division with a 4904. Both looked good over the 27 hurdles - thanks to the Gill Company - who helped sponsor the meet.

A big thanks to the staff and athletes from Carthage College who helped put on a great meet. We have been invited back for next year, so we have at least one choice to present at the convention this year.
The 34.92 Degree Sector

As a throws athlete, I have a special place in my heart for a level playing field in the throws as well as all other areas of our sport. One thing I believe really differentiates USATF masters from others is our discipline in following the rules. But this is not always easy.

Every year some rules change for various reasons. The implementation of new rules is another matter. Some of us have unique experiences with new javelins, new weights, etc. I think there is a really significant one this year that we are all going to have to watch out for. The IAAF, and thusly USATF, has changed the sector for the shot, discus, weight, and hammer from 40 to 34.92 degrees. This means you’ll be throwing into a more confined sector.

This is not a problem for everyone, especially if you practice with a 34.92 sector. However, most of us practice at NCAA and high school facilities that have not made the change. I have raised the subject with the USATF Board of Directors, who may be accepting NCAA marks for qualification for the U.S. Championships on fields not meeting our specifications. The Board will accept these marks for the time being, while encouraging the NCAA to make the change to the 34.92 sector.

What will USATF masters do? First, be assured that ALL championships must follow the new 2003 Rules of Competition. We strongly recommend that all USATF sanctioned meets use the 34.92 sector. When a sanction is awarded, the awardee is agreeing to follow the USATF Rules of Competition.

All sanction holders should be encouraged to purchase a rule book for the current year. I have asked that the Associations Committee require Associations to include an update of all new rules for the current year with each sanction. It is the responsibility of the meet organizer, not the officials, to provide the correct sector. I have asked that the officials provide information as to the sector used with meet results.

What can the rank and file athletes do? Number one: encourage use of the 34.92 sector whenever possible. Maybe some of you can purchase rolls of sector tape, as I have done, to lay out the 34.92 sector. The preferred color by some officials is yellow, so they can easily differentiate from the white 40 degree sector. Instructions are in the 2003 Rules of Competition book.

The only other question I have is how do we feel about comparing marks and records from 40 degree sectors? I personally don’t think we should allow records from a 40 degree sector. What about non-record marks from a 40 degree sector? Even if we do, how would athletes feel about their marks on a non-rule compliant sector? Aren’t we having fun?

FIFTEEN YEARS AGO

April 1988

• Bob Schlau (40, 2:19:27)
  Bests Bill Rodgers in Los Angeles Marathon

• Larry Stuart Sets M50 Javelin World Record (210-0)

• 12-City Masters Running Circuit Organized by Dean Reinke

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The Wisdom of Big Rock

Ah, Mike-san, I trust you have now learned how to win,” the man I know as “Big Rock” said to me on a visit to Honolulu last year. Big Rock is a Japanese Zen priest who spent two weeks living with my wife and me in 1985. He was part of a cultural exchange program designed to further the conversational abilities of English students in foreign countries. Gina and I had anticipated someone of college age, but when the program director asked us if we’d accept a 60-year-old Zen priest, we shrugged and then concluded that it might be an interesting experience.

Except for wearing a business suit instead of an orange robe, Big Rock was exactly as I had pictured him when I met him at the airport, shaven head, glasses, slight of build, stern looking. When Gina asked what we should call him, he said his name translated in English to Big Rock and therefore we could call him that if it would make it easier for us. When I later checked his Japanese-English dictionary, I saw that “Stone” would have been a more appropriate translation, but we had already taken to calling him Big Rock.

As I drove to meet him at the hotel on his most recent visit to Hawaii, I recalled our conversations of 17 years earlier. I remembered having difficulty reconciling the mastery of martial arts, so often associated with Zen practitioners, with the Zen teaching of total humility and indifference to winning. I wondered how the samurai warriors of old could perfect their techniques and excel if they lacked the desire to win. I spent several hours discussing this with Big Rock.

Doomed to Defeat

“Your understanding is correct,” Big Rock told me, smiling. He spoke slowly but fluently, often nodding with certain words to put special emphasis on them. “The person intent only on victory is doomed to ignominious defeat,” he said, pausing long enough to find the word ignominious in his dictionary and then struggling to pronounce it. “It is the person who does not concern himself with winning who will emerge victorious.”

I pointed out to him that many great athletes are clearly driven by a desire to win, to be the best in their sport, and must have egos to match their salaries.

“Ah, but you assume that they are victorious because they have been declared winners,” Big Rock responded after again smiling at my comment and then pondering it for several seconds. “They are victorious only if they have the determination to fight at the same level.”

“The true warrior does not enter such an arena. He has no need for materialistic gain and ego gratification. The type of person you mention may experience an external victory, but internally he continues to hunger. His hunger increases as his appetite for still greater fame and fortune mounts. He will not experience an internal victory, which is what the true warrior seeks.”

I told Big Rock that I more or less understood that, but I still could not understand what motivated the samurai to train endless hours in pursuit of excellence if he did not want to put it to a test of some kind.

Master of Oneself

Perhaps you have confused what it is the samurai is attempting to master,” Big Rock replied. You assume that the samurai is practicing long hours to master his technique as a warrior. This is not true. He is attempting to become master over himself. He knows that he cannot completely be victorious, but at the same time he knows that he must never cease the struggle.

“The true samurai does not train long hours to become stronger,” Big Rock continued. “He strives to become weaker. We have a saying in our religion that a tree that is unbending is easily broken. It is the hard and the strong that will fall. The soft and weak will overcome.”

Was Big Rock saying that the old samurai warriors were weak men?

“That is so,” he answered. “They may have been strong of body, but the true samurai was weak internally. The word you might use is ‘humble.’ Yes, that is the word. To be weak is to be humble. To be strong is to be proud.”

I asked Big Rock what motivated the samurai to fight fiercely once he was engaged in combat. Big Rock smiled and suggested that perhaps I had watched too many Toshiro Mifune movies. Even though Big Rock would sometimes chide me, he did it in a very humble way, the manner of which is difficult to express in writing.

“What you must understand, Mike-san, is that a true samurai would not willingly engage in combat, as to do so would be a sign of insecurity. If he found it necessary to defend himself, he would do so. But his attacker would not be a true samurai, because only an insecure person would invite combat.”

Already Dead

Big Rock further explained that the true samurai would not fear death, because he already considers himself dead—dead to the world, that is. Therefore, he would not have his mind on dying. “How does one think about dying when he is already dead?” Big Rock explained, shaking his head.

“No, he would be concentrating on the blow he is delivering and he would deliver it with more intensity and accuracy.”

Big Rock went on to explain that the attacker, on the other hand, would be insecure; otherwise he would have no reason to attack. His insecurity was based on fear, primarily the fear of death. This insecurity and anxiety resulted in him not focusing on the moment. Rather, he was looking ahead to the future, to his death, or to the possibility of defeat and his loss of ego, which in that culture would have been worse than death.

During Big Rock’s recent visit to Hawaii, I again brought up this subject. In my notes from my earlier discussion with Big Rock, I penned “staying in the moment” in my notebook. I asked Big Rock, now approaching 80, for clarification of this, telling him that I understood this to mean not dwelling on the past or thinking ahead to the future but focusing on the task at hand.

“Yes, that is so,” he replied, his English even more polished than during his previous visit, “but the important thing for you to understand is that you do not want to live in the moment, as so many of you Westerners say. You must live in eternity. It is only then that you can remain in the moment.”

Death is a Door

I asked Big Rock how one goes about living in eternity. He paused, again went to his dictionary and, after a minute or so, pointed to the word “polarity.” “Yes, yes,” he continued enthusiastically, as he repeatedly jabbed the dictionary with his finger.

“You must shift your polarity. You must move from the material to the spiritual. You must forget about earthly possessions, about what you Westerners call ‘getting ahead,,,… about outdoing others, what you call winning.”

“You must stop pursuing material wealth, stop nursing the grief and troubles you encounter in your pursuit of wealth, stop being smug about how practical you are in your bondage. You must realize that the goal of life should not be one of achieving wealth and fame. The goal of life, as we see it, is death. You must be able to see death as the means by which you can unfold and come to the higher consciousness.”

Death is not a wall. It is a door and all of life should be aimed at going gracefully through that door to the higher consciousness.”

It is only, after fully grasping this, Big Rock stressed, that we can fully live in eternity.

Putting it all together, it seemed that Big Rock was saying that there is not much point in pursuing athletic excellence. The gains would be material ones, such as awards and ego appeasement. What would be the point of pushing oneself in training, running maybe 100 miles a week, when the goals are not worthy ones? I continued to discuss this with Big Rock over lunch.

Deeper Meaning

“Yes, no, Mike-san,” Big Rock counseled. “You must go deeper to understand my meaning. It is only through suffering that the inner self can unfold and come to the higher consciousness. Such suffering, if you want to call it that, is all part of the plan. In more primitive cultures there are enough challenges in simply surviving.

“In advanced cultures with all of the mechanization, people must invent...
L.A. Marathon

Continued from page 1

The top male master was local standout Roberto Leonardo, 40, Van Nuys, Calif., 2:40:46, who last fall won the OTHC High Desert 50K, Ridgecrest, Calif., 3:16:37, and was the top master, Feb. 15, at the Route 66 Mile (4:38). Los Angeles’ Jose Luis Diaz, 47, repeated as the M45 winner, 2:45:53.

Many runners showed their liking for the new course by running enormously faster than last year. Among them were Terese Alonso, 58, L.A., who won the M55 with a 2:46:52 (3:18:51 in ’02). Shinchichi Nonomura, 74, Iwate, Japan, wowed the crowd with a 3:34:51, good for the M70 title. Aloysius Casey, 71, Redlands, Calif., improved by half an hour over last year, finishing second M70, 4:21:24.

Ernie Van Leeuven, 90, Encino, Calif., made a much ballyhooed effort to break the M90 world best (Singh/6:45:31/2002), which certainly seemed within reach after his 6:43:07 at L.A. last year. Van Leeuven ran the race with his nephew, the 1972 Olympic biathlete Pete Korns, 57, Jackson, Wyo. They followed a strategy of running the first half-marathon, and then walking it in. Unfortunately, Van Leeuven’s 6:54:36 (chiptime 6:54:25) fell 9:05 short of the mark. Perhaps giving television interviews during the race slowed him down. “I’ll be back,” he told the Daily News.


2002 W60 winner Marilyn Clark, 64, Marina Del Rey, Calif., 4:26:41, ran

SUNDAY, MAY 4, 2003
8:30 AM

TO REGISTER:

• For an official entry form, send a self-addressed stamped envelope to:
  Blue Cross Broad Street Run
  P.O. Box 18543
  Philadelphia, PA 19129
  or call 215-235-7481

• Register on the internet at:
  www.broadstreetrun.com

www.broadstreetrun.com
Glucosamine and Chondroitin

Probably among the most commonly used "nutraceuticals" by masters athletes are glucosamine and chondroitin. Most of us take it for osteoarthritis in the knees. Two of the most enticing properties of these medications are their excellent safety record and the assertion that they may reduce the progression of cartilage damage.

The Bulletin on Rheumatic Diseases believes that the body of evidence supports modest efficacy of glucosamine and chondroitin in the treatment of "osteoarthritis symptoms." They believe these products are safe and play a valuable role in the management of these disorders. They also feel further studies are needed to determine their clinical applicability.

A study by Cibere, et al., from the Arthritis Research Center of Canada, in Vancouver, performed a trial study to show that possibly the symptoms of knee OA in patients who take glucosamine and can actually worsen over time. The worsening effect was just as common in patients receiving glucosamine as those who received placebos.

Therefore Cibere summarized, glucosamine was not effective with respect to any outcomes assessed. There was no evidence of benefit to those with OA.

This is the first trial indicating patients taking glucosamine fared worse over time.

So, perhaps if your knees are getting worse while taking glucosamine, stop taking it. If they are getting better, take it. You can side with either study. (Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, MNM, Box 50098, Eugene, OR 97405.)

Masters Exhibition Races

Why are masters exhibition races set up so that only young 40-year-olds have a shot at winning? I was at the recent USATF National Championships in Boston, and I found these exhibitions a little awkward to watch because they were not as much a masters competition, but rather, a competition for young M40s.

Phil Raschker, 56, set a W55 world record, yet only managed to place fourth in the masters women’s 200 meter exhibition. She was never really in the race, and no one had a clue (or seemed to care) about her record performance.

The incredibly talented Nolan Rasheed, 53, had no chance in the 3000, finishing a distant 10th place (I know he has been ill, but how could he possibly compete with these young runners?).

It doesn’t seem to benefit masters track to place elite runners like Raschker and Shaheed in such a position, when it could be easily remedied by implementing a distance handicap.

Write On

Continued from page 4

Upon objection, I was told that this was mandated by WMA.

Is this really so? If so, it is totally inappropriate. The disclaimer asserts that the signator is properly conditioned for competitions. My wife is not, nor will she be. It further gives consent to drug testing. She should not and does not consent to drug testing.

While the intent of having an accompanying person sign the disclaimer is evident, it is not only inappropriate for an accompanying person to do so, but, in all but unusual cases, to do so would probably perjure the accompanying person.

In my opinion, WMA has failed to provide an appropriate accompanying person’s disclaimer and should suspend the disclaimer requirement for accompanying persons until an appropriate disclaimer is provided. If WMA needs a disclaimer signed by accompanying persons before Puerto Rico, then WMA should work quickly to provide an appropriate disclaimer for accompanying persons.

Ron Kirkpatrick
Los Alamos, New Mexico

OLD FRIENDS

The years keep rolling along, but treasured friendships of the old masters gang remain, and the memories of the good times shared are cherished.

A recent phone call from Aileen and Bernie Hogan, two great masters champions from "down under" emphasized the very special bond we forge as we take part in the wonderful sport of track & field. Aileen and Bernie wanted to be remembered to all of their good friends in the USA. As always, Bernie’s exuberance and enthusiasm came through loud and clear. His parting words were "Good on you, mates," in the true Aussie fashion.

Like yours truly, Aileen and Bernie have hung up their spikes, but they will always be remembered as the true champions and special friends they are to us.

Payton Jordan
Santa Barbara, California
Sprint Stuff

By ROGER PIERCE

I have a good friend, a fellow masters sprinter, with whom I have trained for over 10 years. We are like brothers. I am 58 and Tom is 52. I have been fortunate enough to have captured some world and national championships and records.

Tom has never won, except at the regional level. Our workouts are legendary, and I have to smile when I think of the number of people over the years who have trained with us and left shaking their heads and muttering about the intensity and duration of our interval workouts.

Tom uses his engineering background to analyze all our workouts, but I call an end to practice, usually right after Tom announces, "Just one more 400." I have to tell him, "We are done for the night!" Sometimes less is more.

He is a warrior on the track and a fierce competitor, but also a gentle soul trying to do his best. Tom is unfortunately injured much of the time, despite heroic attempts to stay fit, healthy and strong.

He sprints with injuries and is constantly rehabbing his legs, particularly his Achilles, and always in the process of healing something that has been snapped, strained or torn.

His stride length is short, he doesn't lift his knees high enough, his arms do not drive properly, but he is always working on his technique, analyzing and improving. In practice, he pushes himself relentlessly. No one tries harder than Tom. Together we have pulled each other through injuries, triumphs and defeats.

One doesn't have to win world championships to be successful in masters track. The PR breakthroughs we all experience during the course of our masters careers can be as important and memorable as any world or national title. It is the apparent little victories even in training which, upon reflection, often stand out in our memories.

I truly believe that it is the race, not the result, which is of supreme importance. It's the process that's important; not the winning, but the run...what more can one ask of oneself than to have given everything possible leading up to, and in, a particular race?

When I won the 400 World Championship in Australia in 2001, there were friends all around yelling support, and it was an incredibly moving emotional moment for me. Tom was at the finish area hugging me with tears in his eyes. He knew firsthand all

Records Revised in MAC Meet

By JERRY WOJCIK


The present record for the 1500 is 5:22.7 by Carolyn Smith-Hannah, of New York, in January 2000, and the 3000 is held by Joan Ottaway, of California, at 10:44.0, set in February 1995.

A quartet from the Long Island-based Bohemia TC broke the W40-49 world best of 5:48.29 for the 4x400, held by a U.S. team, by well over a minute with a sensational 4:33.14. The team members were Phoebe Anderson (66.91), Kellie Stamm (74.58), Carol Senn (66.28), and Lori McKeeough (65.29).

The Sprint Force America M50-59 team set a world best of 3:40.20 for the 4x400, over three seconds better than the present 3:43.43, held by a U.S. squad. The splits for SFA were Frank Schiro (55.34), Roger Pierce (56.47), Carroll Blake (55.44), and Ed Gonera (52.78).

Continued on page 11

USATF NATIONAL MEN’S AND WOMEN’S MASTERS CHAMPIONSHIP

27th Annual Ogden Newspapers 20K Classic

SATURDAY, MAY 24, 2003 • 8:30 a.m.
Wheeling, West Virginia

Ogden Mile
(America’s fastest mile-downhill)
Fri., May 23 • 7:15 p.m.

Ogden Newspaper
5K Run
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Sat., May 24 • 8:45 a.m.

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Wild and Wonderful
West Virginia
Isokinetic and Isotonic Rehabilitation Machines are used to treat the arms, legs, hips, knees, ankles and back. Isokinetic means an "accommodating resistance." You set the speed of the machine, and it provides resistance that relates directly to the energy you invest.

Isokinetic machines, by contrast, have a fixed resistance. You set the weight and you must work through that resistance on every repetition, regardless of your strength or fatigue level. Costing tens of thousands of dollars, these machines can be found at many sports medicine clinics or fitness centers.

Keragen is a gel that podiatrists inject directly into the foot to provide extra cushioning between the skin and the bone. In this non-surgical procedure, the podiatrist simply injects the gel into the injured part of the foot to relieve pain and pressure. The gel wears away in 6 to 18 months and may need to be replaced.

Laser Therapy involves the shooting of a helium neon laser into the injured tissue to stimulate circulation. It speeds the arrival of healing nutrients as well as the removal of waste by-products.

Massage Therapy ranges from the gentle, soothing strokes of Swedish massage to the deep, cross-strokes of the Cyriax method. Shiatsu massage, or acupressure, uses pressure on specific trigger points to relieve areas of biomechanical stress.

All forms of massage can speed athletic recovery by soothing tense muscles and speeding the flow of healing nutrients through the bloodstream to the injured areas. They also help flush the system of lactic acid and other metabolic waste products. The Cyriax method works deep into muscles to break up scar tissue and adhesions. Massage also has psychological benefits.

Microcurrent Therapy is a technique that uses a low current of electricity to restore electrical balance to injured tissue. It is based on the theory that since all tissues have electrical charges, there is an optimum electrical balance that is disturbed by injury. It is an acupuncture stimulation achieved with electricity instead of needles.

Orthotics made by a podiatrist or orthopedist are inserted as insoles to protect and support the foot and to correct musculoskeletal misalignment. Such misalignment can be caused, for example, by flat feet or leg length discrepancy. Over-the-counter foot supports, by contrast, are not necessarily corrective, although their added cushioning and support may be beneficial.

Pneumatic Braces are air-filled braces that were used initially in the treatment of leg stress fractures, but are now being used for sprains as well. With a pneumatic brace, it is possible for the athlete to continue training while healing. For example, the brace allows flexion and extension of the foot, while prohibiting lateral movement.

A Rehabilitative Exercise Bike is an isokinetic machine used for recovery. It offers "accommodating resistance." Set the speed of the bike and it provides resistance that relates directly to the energy you invest. You can find these machines at many sports medicine clinics and fitness centers.

R.I.C.E. is the basic first-aid recommended for many injuries that involve swelling and inflammation. The acronym R.I.C.E makes it easy to remember the four parts of treatment: Rest, Ice, Compression and Elevation. Generally you should stop and rest as soon as you realize an injury has taken place.

Use ice (ice bags, commercial cold packs and ice massage) to control pain and swelling in 15 to 20 minute sessions the first 24 hours. Compression, preferably from an elasticized bandage, helps control swelling by inhibiting internal bleeding and fluid accumulation.

Transcutaneous Electric Nerve Stimulation - TENS is done with a device that sends electrical signals to nerves near an injury site. Constant neural stimulation masks or blocks pain signals so that an athlete can go on with rehabilitative exercise.

TENS usually consists of two small electrodes connected to a hand-held, dual channel stimulator. The athlete can adjust the amplitude and gradually increase it to a comfortable intensity. TENS reportedly reduces muscle atrophy, joint stiffness and the need for narcotic pain relievers.

Ultrasound uses high-frequency sound waves outside the normal range of human hearing to produce deep heat that is applied directly to an injured area. Ultrasound sends heat deeper into the tissues than any other treatment. This procedure is given in a series of short treatments and is among the most commonly prescribed healing strategies. It is painless and accurate.

(Elaine Ward can be reached by e-mail at narwf@aol.com)
Masters at Open Champs

Continued from page 1

indoor season on the 307m track at the University of Washington, would dominate the stellar field. No one would have guessed that new masters runner Brian Pope, 40, would provide Young with all he could handle. Pope was a 4.02 miler at the University of Mississippi and, like Young earlier, had been lying low the past couple of years, waiting to make a big splash as a master.

With 400 to go, Pope took the lead and built it to six meters with 100m to go. Coming off the final turn, Young showed his devastating speed, passing Pope with 30 meters left.

"I knew I had to go early because Tony has that 1:53 speed. Maybe I should have gone with 600 to go," Pope said.

John Hinton, 40, hung on for third, with Mike Egle, 41, fourth, and Tom Dalton, 44, fifth.

Coming Next Month

• Outdoor Age-Group Records
• National Indoor Championships
  —story, photos, results

This was by far the deepest field for any Masters Invitational Program race to date. However, the Masters Invitational mile at the Drake Relays on April 26 should rival the 3000 field in Boston.

The qualifying standard for the Drake Relays Masters mile is 4:28. All masters who have met the qualifying standard during the 2002 or 2003 seasons are encouraged to apply before the April 1 deadline at usatf.org. Click on Masters, then click on Masters Invitational Program.

We are looking for the top 16 milers in the United States. This race promises to be the top Masters mile of the year. Competitors' hotel expenses will be covered, but the athletes will provide their own transportation to Des Moines, Iowa, and pay for their own meals.

Last year, Irishman Colm Rothery won the inaugural event, in 4:16. He is interested in coming back this year to defend his title. Tony Young (4:08.6), John Hinton (4:11), Mike Egle (4:16) and Tom Dalton (4:23) have already committed to the event. The entire field can go under 4:25, with a few runners under 4:14.

We are looking at these masters races going to a whole new level. Why? Because we can.

Sprint Stuff

Continued from page 9

the pain and injuries we had endured leading up to that race.

Only seven weeks earlier I had struggled through a 74:400 in practice because of a chronic back injury. It was so painful to sprint that I had almost resigned myself to just traveling to Australia with my friends and enjoying the experience. Tom was injured in Australia, but ran a gallant 400 trial, leading for 300 before crashing and burning with an Achilles injury.

My victory was as much for him as me and we all sprinted in New England who toil with us under terrible conditions most of the year. But the point of all our efforts is not the victory, but rather the process we pass through during our training in the cold, the difficult 100 and 200 intervals done with short recovery in the dark. The friends we meet and train with, the PRs, the laughter, the pain, the frustrations, the injuries, the recoveries, and the long trips to Boston to train on a decent indoor track in the bitterly frigid and unforgiving New England winter.

At times, we become so focused on the finish, the final outcome, that we lose sight of the fact that the run, the training, the race, the actual process, is more important than any result. It is these aspects of our lives, the daily struggles, in which our characters are forged. We should pass through these moments and recognize them for what they are; opportunities to seek and experience our grandest dreams.

I am in awe of Tom and many other masters I have met over the years who train their hearts out; men and women who, for the greater part, do not score or place on the national or world level. Individuals like Tom, who experience the joy of being where they are at the moment, training diligently, constantly working towards their own perfection, whatever they visualize it to be. These folks in masters sprinting are very special, and I thank all of them for their centering presence in my life.

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, reports, schedule items, and advertising is the 10th of the month before date of issue.

Send to: National Masters News, P.O. Box 50998, Eugene OR 97405

April 2003 National Masters News page 11

18th ANNUAL MEET OF CHAMPIONS
CALIFORNIA STATE UNIVERSITY
AT LONG BEACH
SATURDAY, MAY 10, 2003

ENTRY FEES: $12 first event, additional events $6. Relay races free.
After deadline, or at most $15 first event, $7 per additional event.

DEADLINE: May 3, 2003

DIVISIONS: Men & Women: 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: A new artificial surface track, concrete throwing rings.

NOTE: This event is sanctioned by USA Track & Field. 2003 registration required.
(Available at meet for $20)

DIRECTIONS TO CSULB:
Exit 405 southbound at Bellflower Blvd. Go west to Atherton. Left onto Signal. Right into parking lot. Track is on left behind parking structure.
Parking lot #14 is free. Otherwise, be prepared to pay $1.75.

Schedule

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

Field Events
11:00 am Hammer throw, pole vault & high jump
12:00 pm Discuss throw & long jump

Last Name _____________________________
First Name _____________________________
Address _______________________________________
City __________________________ State __________ Zip __________
Date of Birth ___________________________ Age on 5-10-03 Girl
Sex M F Phone ____________________________

USA &T No __________ Club __________________

Events ____________________________________

Amount Enclosed _________________________

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WEATHER – In consideration of your acceptance of any entry, I understand to be legally bound, do hereby for myself, my heirs, executors or administrators, waive and release forever any and all rights, claims or causes of action, whether the same now exist or may exist against or be set up by the President, the Secretary and Treasurer, California State University at Long Beach, the Southern California Track, USA &T, the meet director and all sponsors of the track & field meet, their wives, children, representatives and assigns for any and all claims, whether legal or equitable, which may be suffered while entering in and participating in the MEET OF CHAMPIONS to be held May 10, 2003 at California State University at Long Beach. I certify that I am free from having incurred or physical defects.
On The Run
By HAL HIGDON

Confessions of a Drug User

M y primary physician recently sent me to a lung specialist to see if we could cure the asthma-like symptoms that had plagued me since October, the aftermath of a bout with bronchitis the previous winter. I could barely breathe when I ran — if I could run — and sometimes I awakened in the morning gasping for breath.

The specialist prescribed Advair, which is actually a combination of Fluticasone Propionate and Salmeterol. It is dispensed by an oral inhaler. I had been using another inhaler, Combid, for several months, but while Combid relieved my symptoms, it didn’t help to prevent them. With the new inhaler, I was amazed at the sudden improvement in my breathing. I could run free again.

One minor problem: The ingredients in Advair are on the restricted substance list of the United States Anti-Doping Agency. Salmeterol, specifically, is listed as a stimulant. It increases alertness and blood flow to the muscles, states Jeff Podraza, Pharm.D., manager of drug references for the USADA.

That means that if I’m tested at the World Masters Championships in Puerto Rico this summer, I could get caught using a “performance-enhancing drug.” I could be suspended for two years. Any medals I won (and I have won four gold medals at previous Championships) could be stripped from me. Worse would be the embarrassment to me as a recognizable spokesman for running as a healthy sport.

Questionable Advantages

The advantages of an endurance athlete taking Advair seem questionable to me. Too much stimulation could cause a marathoner problems if he goes out too fast in the early miles. One side effect from my inhaler is dehydration. I often awaken with a dry mouth. That is probably due to the Fluticasone, suggests Dr. Podraza, who also cites Salmetero’s anabolic properties.

Salmeterol is a so-called Beta-2 Agonist, which is used to increase the weight of livestock in feed lots. Athletes apparently can use it to gain strength and weight, although that too has pluses and minuses. I can’t see how the ingredients in Advair would do me much good as an endurance athlete, but still — they are on the USADA list.

But how do you explain the large number of elite athletes who suddenly seem to have asthma? Consider that among athletes surveyed at the Olympic Games in Sydney, 10 percent took asthma medications in the three days before being drug tested, although only one percent of the general population has asthma.

Australian Olympians who declared themselves asthmatic increased from 10 percent to 20.6 percent from 1988 to 2000. According to the late International Olympic Committee medical chief Alexander de Merode, the number of those using asthma drugs at the Olympic Winter Games ranges between 70 to 80 percent. Do these athletes know something that the rest of us do not know?

Suspension Risk

Must I risk suspension if I continue to use my asthma medication and am drug tested in Puerto Rico this summer? Not necessarily, as I learned after calling the USADA’s drug reference line: 1-800-233-0393. Athletes with questions about medications, prescribed and unprescribed, are encouraged to do so. They also can visit the USADA Web site (www.ussantidoping.org) to check a list of banned drugs.

I called the toll-free number and left a message. Dr. Podraza called back within the hour. He explained that while the ingredients within Advair are restricted substances, my physician could provide me with permission to use my inhaler. There is a form for that purpose on the Web site.

But if I didn’t know that, or showed up at the Worlds without realizing that my medication was a banned substance, I could face suspension for two years. That happened to an American female sprinter at a previous World Masters Championships. She got busted for using a common hormone, Estratest, which unfortunately contains testosterone.

Today’s athletes need to remain extra alert to assure staying clean. Even over-the-counter medications and dietary supplements can get you in trouble if you don’t know what’s in them.

It was a lot simpler for us in the old days. We simply ran.

(Hal Higdon is a Senior Writer for Runner’s World. He has competed in eight Olympic Trial races, his best performance, fifth in the 3000 meter steeplechase in 1960. Visit his Web site at www.halhigdon.com.)

Hellebuyck Wins

Continued from page 1

Gainesville, Fla., an athlete for whom one runs out of adjectives, ran a stupendous effort, 25:56, finishing third woman overall — one second out of second place — and setting a new W40+ world best (old best Wysocki/26:19/1997), just two weeks after winning the L.A. Marathon. This is the classic Pozdnyakova Process, the unconventional ability to race well almost immediately after a marathon.

The career trackster-turned-marathoner (at age 39) has said in the past that she doesn’t mind racing right after a marathon: she’s in great shape, after all, and has put in a lot of training. Meanwhile, in the week between L.A. and Shamrock, she won the W40+ at the Gate River Run 15K, Jacksonville, Fla., March 8, in a relatively moderate 1:31:54.

Lyubov Kremlyova, 41, Warren Street/RUS/Gainesville, Fla., who graced the cover of the National Masters News last month after setting a new W40 indoor mile record (4:29), flew in behind The Poz at Virginia Beach, for second W40+, also under the old 8K world best. Kremlyova has a 1500 PR of 3:58.

Hometowner Dai Roberts, 41, UK/Virginia Beach, was third overall, 2:28:11, in the accompanying Shamrock Marathon.

National Half-Marathon

Sunday dawned misty in the historic fishing port of New Bedford, where the U.S. Masters Half-Marathon Championships did not present Hellebuyck with much competition, in spite of his fatigue. It was the first half-marathon championship held for masters since the year 2000, and the New Bedford crew generously stepped up to include the masters event in its big weekend just a few months prior.

On what became a breezy day in the 50s, Hellebuyck did fight a steep battle for first place overall, finishing just five seconds behind younger winner Gabriel Muchiri, 24, KEN/Philadelphia, 1:06:46 to 1:06:51, both of them out front by a minute.

Hellebuyck drafted off Muchiri for 13 miles before Muchiri threw down the hurt in the last downhill quarter mile and pulled away. “I felt I had a little left at the end and had known he was that fast, I would have pushed him a little more on the hill,” Hellebuyck told The , “But I can’t complain. He deserves it. I was drafting on him all the way. I’m almost old enough to be his father.”

“New Bedford is known for its fast course (Ingrid Kristiansen set a WR here in 1989), though there are two significant hills at three and 12 miles. Other fish in the sea included Michael O’Brien, Durham, N.H., who ran 1:10:42 for runner-up spot in the masters championships. Defending M50 champion Vladimir Krivoy, 52, U.K./Halifax, Mass., 1:19:19, retained his title. Though not eligible for the U.S. Championship, due to his citizenship, he showed good fitness in preparing to defend his M50 title in the Boston Marathon, April 21.

Carlton Mendell, 81, Portland, Me., who races even more often than Mr. Hellebuyck, topped the M80, 3:23:12.

Last year’s masters marathon champion, Linda Somers-Smith, 41, San Luis Obispo, Calif., who led the women’s field through six miles, ran unchallenged to the women’s championship, finishing third woman overall, 1:17:27. Susan Faber, 40, Oxford, Conn., 1:22:36, was second W40+. Janet Borer, 58, Burlington, Mass., reeled off a 1:33:39, the sixth masters woman over the line.

In the age-graded competition, for which prize money went ten-deep, Hellebuyck and Somers-Smith topped the lists. O’Brien was second for men, followed by ultrarunner Dan Verrington, 40, Bradford, MA, 1:12:40. Actual age-graded marks were not available at the time of this writing.

Hellebuyck and Somers-Smith are both entered to run the Boston Marathon April 21.
L.A. Marathon

Continued from page 7

four minutes faster than last year, but the age-group got tougher and she placed third to Eva Svitak, 60, Newbury Park, Calif., 4:15:52, and Linda Crismond, 60, Tarpon Springs, Fla., 4:22:47.

The W65 was especially fast, with Rosa Cazares, 67, Monterey Park, Calif., 3:40:02, and Gina Locsmind, 67, British Columbia, Canada, 3:47:26, running like a couple of fillies from Santa Anita Race Track.

Chieko Allwein, 70, Manhattan Beach, Calif., topped the W70, 4:41:42., displacing defending champion Anna Hollenberg, 73, Redlands, Calif., who still trotted 25 minutes quicker than last year, 4:49:12. The W80+ was nabbed by 2002’s W75 titlist Margaret Davis, 80, Azusa, Calif., 5:37:15, also 25 minutes faster than last year.

Hae Choi, 89, Long Beach, Calif., was the oldest woman finisher, 5:54:02 (official time 5:58:56), a possible W85 record (Mintz/6:53:50/1990).

This was the 18th running of the L.A. Marathon. Honda is the major sponsor of the event. Two million spec-

ators helped make the day. New among the usual fare of athletes wearing costumes, running for causes, or demon-

strating triumphs of the human spirit, etc., were many who wore paint or signage that suggested “No War.”

Chip times were used by the race in determining age-group placings, and were used in this article, unless other-

wise stated.

—from L.A. Daily News and L.A. Times reports

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<td>Men’s and women’s world and U.S. age bests for all track &amp; field events, age 35 and up, and for all racing events, age 40 and up, as of Oct. 31, 2001. 56 pages. Lists name, age, state and date of record. Compiled by Peter Mundie, USATF Masters T&amp;F Records Chairman. $6.00.</td>
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Masters Track & Field Rankings (2001) CLOSER OUT $4.00


McMahon Family Trust Masters Track & Field Indoor Rankings Indoor rankings for 2002. 4 pages. $2.00.

Masters Age-Graded Tables Single-age factors and standards from age 8 to 100 for men and women for every common track & field, long-distance running, and racing event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. $6.00.

Masters 5-Year Age-Group Records Men’s and women’s official world and U.S. outdoor 5-year age-group records for all track & field and racewalking events, age 35 and up, as of Mar. 1, 2002; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundie, USATF Masters T&F Records Chairman. $2.00.

Masters 5-Year Indoor Age-Group Records Same as above, except indoor records (M40+, W35+) as of Sept. 15, 2002 (world) and Dec. 7, 2002 (USA). $2.00.


USATF Directory (2003) Names and addresses of national officials and staff, board of directors, sport and administrative committees, association officers and addresses, etc. $12.00.


USATF Governance Handbook (2003) U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. 152 pages. $12.00.

Running Encyclopedia, The Ultimate Source for Today’s Runner Twenty-six chapters from A to Z of history, facts, personalities, events, terms, and pictures of running by Joe Henderson and Richard Benyo. Chapter W, for example, starts with “waffle sole” and ends with “Wysocki, Ruth.” A must for every runner’s library. 417 pp. $24.95.

How to be a Champion from 9 to 90. Earl W. Fee, world record holder over 30 times in masters events from 300H to mile, describes in detail how and why of running training. Applicable from sprinters to marathoners. 404 pages, 25 chapters, over 300 expert references. US $19.25/CAN $29.50. plus postage & handling. $ |

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2003 Road Race Management Directory Published by Road Race Management, this book combines the Guide to Prize Money & Races with the Running Industry Resource Directory – two books in one – listing elite athletes (including masters) with over 1000 addresses and phone numbers, prize money structures for 400 events, Internet services, retailers, publications, TV contacts, and more. $75.00.

Running Research News Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. $35.00 per year.

Back Issues of National Masters News Issues: $3.00 each. Postage and Handling Overseas Air Mail (add $5.00 per book) TOTAL $2.00 $2.00 $4.00

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TESH TESHIMA

Sayun Kusutani, 43, outran the field of 1200 and cruised to victory (36:18), Straub’s Women’s 10K, Honolulu, March 2.
A Thrower’s Trek and More

In August, throwers can get enough action west of the Rockies to last several winters. It all starts with the track & field events in the multi-sport Pan Pacific Masters Games in Sacramento, Aug. 1-3, and extends to the USATF National Masters Championships, Eugene, Ore., Aug. 7-10, and the Canadian National Masters Championships, Richmond, B.C., Aug. 16-17. The entire itinerary for the three events is essentially a straight shot north on Interstate 5, starting in Sacramento.

The Pan Pacific Games (PanPac in 1989 and the Nike Masters Games in 1998) will remember the expertise with which they were conducted. Be sure to send money liberally in California and Oregon, as both states' economies are in desperate need.

On to Canada and Back

Richmond, B.C., is near Vancouver, north of the U.S. border of Washington and about 100 miles north of Seattle, which is roughly a five-hour jaunt from Eugene on I-5 again. You’ll pass the not-to-be-missed San Juan Islands on the way, all reachable by ferry. If you’re planning on making this part of the trip, carry a passport or birth certificate and be prepared to wait a bit at the border.

If your vacation time, strength, and wallet are not exhausted, you can hang out in the San Juans or leisurely tour the route from that part of Canada through Washington, Idaho, and Wyoming to Fort Collins, Colo., north of Denver, to the National Masters Weight Pentathlon Championships, scheduled for Aug. 23-24.

Or, after Richmond, you can head back down I-5 to Seattle and work out for a couple of weeks at West Seattle Stadium in preparation for the National Masters Weight & Superweight Championships to be held there under the direction of Ken Weinbel on Sept. 6.

No Javelins Allowed

Speaking of Seattle and Weinbel, if that journey doesn’t sate your thrower’s appetite, you might consider starting your season with his Spring Fling Throwers Meet at the West Seattle venue in late April. Weinbel, one of a group of throwers who think the javelin should not be a part of a weight pentathlon, stages a WP at this meet, substituting the superweight for the javelin. The contention of the WP critics of the event as it is now structured is that the javelin is not a “weight” event.

The argument bears some consideration. Very few, if any, top javelinists ever enter a WP, and most weight pentathletes are not keen on javelin throwing anyway. Check out the results of any WP, and the javelin will be the worst event in points and age-grading in almost every athlete’s score.

Source of Injury

Of all the throws, the javelin offers the most extensive injury mine field, and masters throwers after a certain age lose the flexibility and quickness needed to throw the javelin well, if they ever had those qualities.

For scoring the SW, Weinbel uses an equitable scoring method called the Partridge Tables, developed some years ago.

This year’s Fling takes place on Saturday, April 26. For non-local throwers who need a good meet to jump start their seasons, this may be it, and you won’t have to explain to air-port security why you’re shipping a spear across the country.

Rankings Report

2003 Indoor Season Rankers

Masters athletes whose best marks for the 2003 indoor season do not appear in the National Masters News by the May issue should send them to the rankers below before May 15. Include the name of the meet, the name of the director with his/her phone number or e-mail address, the date, and site, with field event marks in metric.

55m, 60m, 200, 400, 800, 1500, Mile, 3000, 55mH, 60mH, HJ, PV, LJ, TJ, SP, and 3000 RW: Larry Patz, 534 Gould Hill Rd., Contoocook, NH 03229; e-mail: B6883578@aol.com.

WT, SW: Jerry Wojcik, VMN, P.O. Box 50098, Eugene, OR 97405; e-mail: jerrywoj@aol.com.

Athletes are urged to notify rankers of errors in marks, names, and age groups in results already published to help assure correct results.
Training Advice

By EARL FEE

The Role of the Coach

Most athletes really do not have the know-how or drive to be self-coached. Hence, a knowledgeable/experienced coach is a valuable asset to attain your optimum performance and to prevent problems. But an athlete should also be fully aware of training for their specific event, since the coach is not always present. So the coached athlete becomes, in effect, the assistant coach.

The Coach Knows

A good coach is aware of:
- The physiological principles of the human body: The training principles that enable the athlete to reach his or her maximum potential. For example, specific training, supercompensation, neural/fat twitch training, periodization, etc.
- The mental training techniques: Self-assertive statements, visualization, relaxation techniques, focus, etc.
- The proper volume, speed and rest for each workout of the individual athlete. For example, too much or too little of any of these can be detrimental, or not helpful, resulting in progress too slow or too rapid.
- The why, when, where and how of training.
- Training must be specific to the event. Each of the five training (energetic) systems must be addressed, i.e., list from slowest to fastest systems: aerobic, anaerobic threshold, VO2max, anaerobic, and anaerobic lactate. (If you are still confused with these terms, see my book.) The coach stresses/concentrates on those systems that are most specific to the athlete's event.
- There can be only up to about 14 weeks of quality/intense workouts, including the taper before the big race or big meet.
- How the workout would feel by having done it himself or herself in the past, or the next best way (but not as preferable): having learned from the reactions of his or her athletes to similar workouts.
- The female problems that may affect workouts, i.e., low energy at certain times of the month, menstruation, incontinence, pregnancy, moodiness, etc. It takes several weeks for the body to adjust to a level of stress before it can handle a higher level. The coach readjusts workouts if the higher level of stress produces poor results.
- A steady diet of the same training week after week will not produce good results in performance. There has to be variety.

Enjoyable Experience

Making workouts enjoyable is achieved by making the workout attainable. This involves the selection of proper volume, intensity, and recovery between intervals and after workouts and races to suit each individual athlete. A light-hearted atmosphere of camaraderie interspersed with some humor contributes to an enjoyable experience and reduces the stress of the workout, or makes it more tolerable.

Ideally the coach thus provides a body/mind/spirit workout within the athlete's capabilities. Hence the athlete looks forward to the workouts and the workout is successful. There is nothing like success and accomplishment to keep the athlete going.

Setting Goals

Ideally the coach, in consultation with the athlete, sets goals (main goals and minor milestones) for the season, and both should work toward these goals. The athlete should be told the purpose of the workout. For example, to increase speed, lactate tolerance, anaerobic threshold, VO2max, long distance endurance, or strength.

Knowing the purpose makes the workout more tolerable, since the athlete believes it will bring him/her one step closer to their main goal.

Workout Details

Ideally the athlete should be told the details of the workout hours before or the day before. Thus the athlete is able to prepare mentally and the workout will be more successful. (One day about 10 years ago my coach sprung a big workout on me after my warm-up. I was to do a 1200-meter time trial at mile pace. I turned him down. For this kind of workout I needed some advance mental preparation, preferably the day before. Also, with advance warning I would have taken it easier the day before. After all, the athlete should have some say in the workout. Some days you are just not up to a particularly intense workout.)

Flexible Workouts

Normally a good coach enquires of the energy level and fitness of the athlete before the workout and adjusts the workout accordingly. Otherwise, the athlete should tell the coach of any problem. (During my university days with my coach Lloyd Percival – at the time probably the best track coach in Canada – I told him one day, "My legs

Continued on page 23
$52,000 Prize Purse
For combined 10K Races (Sanctioned & Certified)

USATF Master's
National 10K Championships
Age 40 and older (must be registered USATF member)
Start Time: 8:30 a.m.

PRESENTED BY Hampton Suites OF PASO ROBLES

Flat and fast — two loops through the downtown streets. Cost $33 pre-registration; no race
day registration. Open division, no age groups. Money awarded to top five places: $1,500
to winner for both male/female; $1,000 second place; $750 third place; $500 fourth place;
$250 fifth place; Age graded: $2,000 to winner for both male/female; $1,250 second place;
$1,000 third place; $750 fourth place; $500 fifth place; $300 sixth place; $200 seventh;
PA/USATF members are eligible for both their prize money and the overall prize money.

The California 10K Championship
Also top points race for PA/USATF (Sanctioned & Certified)
Start Time: 7:30 a.m.

PRESENTED BY TENET. Twin Cities Community Hospital

Flat and fast — two loops through the downtown streets. Cost $33 pre-registration; no race
day registration. Open division, no age groups. Money awarded to top ten places: $3,500
to winner for both male/female. $2,500 second place; $1,500 third place; $1,200 fourth
place; $750 fifth place; sixth place $500; seventh place $400; eighth place $100;
ninth place $300; tenth place $200. $8,000 of the total prize money is for
PA/USATF members only. PA/USATF members are eligible for both their prize money and the overall prize money.

Jamba Juice Presents Bananaman 5K (Certified)
Start Time: 9:15 a.m.

Flat and fast through the downtown streets. Cost $27 pre-registration; no race day registration.
No prize money. The objective is to beat the Jamba Bananaman or your personal best while having a great time!
Every entrant is eligible for the Grand Prize of a Jamba Juice a week for one year.

Fidelity National Title Presents 100-Yard Mascot Race
Start Time: 9:55 a.m.

Mascot Race. Cost Free. All mascots who enter are eligible for $500 grand prize.

PASO ROBLES Athletic Club Presents 1-Mile Run (Certified)
Start Time: 9:55 a.m.
Run for all ages. Cost $17 pre-registration; no race day registration.

OSH Presents 1/2-Mile Kids Race
Start Time: 10:25 a.m.

Kids race for ages 5-12 (parents can run with kids). Cost $10 pre-registration; no race day registration.

ARK Furniture Presents 75-Yard Kids Dash
Start Time: 10:35 a.m.

Kids' race for ages up to 5 years (parents can run with kids). Cost $5 pre-registration; no race day registration.

ConocoPhillips Presents The Diaper Dandy Dash For Cash
Start Time: 10:45 a.m.
For infants only. Each infant will crawl 10 yards. All entrants are eligible for $250 grand prize.
Cost $5 pre-registration; no race day registration.

ConocoPhillips Presents 2-Mile Walk
Start Time: 10:50 a.m.
Walk through the downtown streets with your favorite local TV news personality.
Cost $22 pre-registration; no race day registration.

The City of Paso Robles
Sunday, September 28, 2003
Downtown City Park
Paso Robles, California

The day includes activities for the entire family. Each participant receives a race T-shirt compliments Yesterdays Sportswear, medal,
pancake breakfast, smoothie from Jamba Juice, hot dog from Cupid's Hot Dogs, and an Official finish line photo compliments: HawaiiPhotoMan.com

If you have questions please contact:
Mitch Massey at (805) 544-7200 x 105
or by e-mail at mmassey@heritageoakbank.com

To learn more about Paso Robles visit their web site at
www.pasorobleschamber.com

All money generated from entry fees is donated back into the central coast non-profit community.
Greatest Prize Giveaway

All participants are eligible

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In consideration of the acceptance of my entry in the Heritage Oaks Bank Fun Run, I hereby waive, release and discharge any and all claims for damages, death, personal injury, disability, or property damages which may accrue to me as a result of my participation in this event. This release is expressly intended to discharge in advance Heritage Oaks Bank, its employees and sponsors, and the City of Paso Robles. I agree to comply with all the rules and regulations and event instructions for the safety of me and other participants.

Please make checks payable to: Heritage Oaks Bank Fun Run, 1135 Santa Rosa St., San Luis Obispo, CA 93401

Race Application You can sign up online at www.heritageoaksbank.com

Please use a separate form for each participant. See race descriptions at left.

Name ____________________________________________________________ M F Phone ______________________
Address ___________________________________________________________________________________________________
City __________________________ State ______ Zip __________
Date of birth ________ SSN __________________________ PA/USATF ID # __________________________

USATF Membership # ____________________________________________ (memberships available at race site)
☐ Hampton Inn ($33) ☐ Tenet/Twin Cities 10K ($33) ☐ Jamba Juice 5K Run ($27)
☐ Paso Robles Athletic Club ($17) USATF Masters National Championships The California 10K Championship Bananaman Run
☐ 1-Mile Run For All Ages ☐ Orchard Supply 1/2-Mile ($10) ☐ A&R Furniture 75-Yard Kids Race ($5) Kids ages up to 5 years
☐ Conoco/Phillips Diaper Dash ($5) ☐ Kids Race Kids ages 5-12 years ☐ KSBY TV 2-Mile Walk ($22) ☐ Fidelity Title 100-Yard Mascot Race (Free)
☐ 10-Yard Crawl For Infants Only

Please make checks payable to: Heritage Oaks Bank Fun Run, 1135 Santa Rosa St., San Luis Obispo, CA 93401

Please sign waiver
In consideration of the acceptance of my entry in the Heritage Oaks Bank Fun Run, I hereby waive, release and discharge any and all claims for damages, death, personal injury, disability, or property damages which may accrue to me as a result of my participation in this event. This release is expressly intended to discharge in advance Heritage Oaks Bank, its employees and sponsors, and the City of Paso Robles. I agree to comply with all the rules and regulations and event instructions for the safety of me and other participants.

Signature ____________________________________________________________ Date ______________

Parent/Guardian waiver and release for minor

Signature of Parent/Guardian __________________________________________ Date ______________

Name of minor ____________________________________________________________ Relationship to minor ______________

Date of birth ____________________________________________________________
IMGA to Hold General Assembly in Madrid

We are ever closer to our XVth WMA World Masters Championships in Carolina, Puerto Rico, on July 1-13. However, before then, the IMGA (International Masters Games Association) will be holding its General Assembly in Madrid on May 12, giving me the opportunity to explain our relationship to the IMGA and the World Masters Games, an issue I have been asked about by several people since my election to the IMGA Board of Governors.

First of all, WMA and IMGA are two independent world sports associations, each of which organizes competition for masters. The difference is that WMA, like other international sports associations, is the one that sets the ideas on how the IMGA should be changed: IMGA Board of Governors and explaining our position. I had several national sports found a tion for ma s ters. The difference is that IMGA Board of Governors and explained our view. Now, four years later, I can see that we have confirmation on most of our requirements. The IMGA is recognized by the IOC as the world body for masters athletics.

Each sport participating at the World Masters Games in Melbourne was asked to appoint a technical delegate paid by the local organizing committee. We had drug tests in Melbourne and our WMA/IAAF rules were respected. However, the entry procedure is still not the one we want to have, as there is no confirmation by our affiliates.

This was apparent in the discussions for the next World Masters Games in Edmonton in 2005, when the IMGA President clearly stated at the IMGA General Assembly in Colorado Springs last November that IMGA cannot, and shall not, do anything that is not in line with our procedures. However, it is a fact that the World Masters Games exist, and we must find a way to live together and have some coordination of dates between us. This will be on our Council agenda at the next meeting in Carolina, Puerto Rico, and I am sure we will find a way to solve this issue.

By BRIDGET CUSHEN

Brown Ups M70 Pole Vault Record

Continuing his record-breaking sequence, Bob Brown, 70, cleared a magnificent 3.20 in the pole vault at the British Indoor Championships held in Kelvin Hall, Glasgow, Scotland, Feb. 15-16. Having taken Boo Morcom’s 1993 world record of 3.15 with a 3.17 last December, he was set to add the European Indoor title to the gold he won in Potsdam last August.

British records were broken in the M50 400 when Walwyn Franklin stormed around the steeply banked track in 54.53 holding off Viv Oliver (54.70) and the tall Doug Lucas (55.96); Tony Bowman won the M65 60mH in 10.30; and M65 Anthony Bateman reached out to 4.77 in the long jump. There was a great tussle in the M40 200 and 400 when Darrell Maynard clashed with Kermit Bentham.

Anne Wainwright set a W45 British pole vault record of 2.70, while Alan Williams cleared 4.05 for the men’s title. All-rounder John Charlton got a British record in the M55 pentathlon, notching up 3890 points. Ester Linaker, who won the W60 100 in the 14th World Veterans Championships in Brisbane, Australia, took the 60 (9.05) and 200 (31.29). Full results are on the Web at www.bvaf.org.uk.

The IV European Indoor Championships in San Sebastian, March 6-9, attracted a record 1585 competitors from 32 countries and had to be extended to four full days.


-Pete Gibson, 46, Merreeseboro, NC, gal­loped to a third-place overall in 17:41, in the aply named Swamp Run 5K, where runners had to go through ankle-deep mire, Williamsburg, VA, March 8. Despite conditions, race director Rick Platt, 52, Williamsburg, with an 18:57, and several others set course records. Sherry Volk, 41, Williamsburg, was first W40+ (22:12).

-Lisa Valentine, 41 Tierra Verde, FL, cele­brated her saint's day by running away (3:09:00) with the women's title at the Florida Gulf Beaches Marathon, Clearwater, Feb. 16.

-Masters shared the arena with open and youth athletes in the USATF Colorado Indoor Championships, USATF Academy, Colorado Springs, March 2. Top Masters included Stacy Price, 49, in the 60m (7.57) and 60M (9.06); Jerry Scriver, 52, 400 (55.11); Ric Rojas, 51, 800 (2:24.6); Gerald Vaughn, 67, SP (13.62); Teresa Drotar, 48, 60m (11.58); and meet director Jerry Doneley, 73, PV (2.75).

-Peter Fleming, 42, UK/Colorado Springs, CO, 2:23:20, sped to the masters win at the Motorola Marathon, Austin, TX, Feb. 16. Madelaine Tormoen, 41, Colorado Springs, CO, ran her second Texas marathon in a month, tak­ing the top W40+ - 2:49:02. She was second­place open woman at the hp Houston Marathon, Jan. 19, 24:35:30.

-Shirley Matson, 62, continued her record running with a 64:24 in the Sue Krnen 15K, San Diego, CA, March 1, reducing the W60 record of 64:42 by Margret Betz. It also bettered the age-62 record of 66:34 by Betz in 1999.

-Ed Whitlock, 72, broke the M70 1500 WR with a 5:14.15, in the inaugural Canadian Masters Indoor Championships, York U., Toronto, March 8. Whitlock, better known for his distance running, broke away from 800m WR-holder Earl Fee, 73, in the last 100 meters. Fee won the age-graded match-up with a 94.2 5:17:31 to Whitlock's 93.9%, and was top performer in the meet with a 96.6 2:32:23 800. Karla Del Grande, 49, topped all women's performances with a A-G 92.4 8:47 in the 60m.

-At the Teodoro Moscoso Bridge-spanning World's Best 10K, San Juan, PR, Feb. 23, Lyubov Kremleva, 41, Gainesville, FL, 33:13, took home $6K for fourth woman overall fin­ish. Maximo Olivetas Ortiz, 41, Cozorol, PR, 31:56, was the top-finishing M40+.


OBITUARIES

-Dan Borey, a masters pole vaulter, died of cancer in January. He was born Aug. 12, 1945, and was a resident of Villa Park, CA. He won the M54 pole vault at age 49 with a 4:60:01 in the 1995 World Veterans Championships in Buffalo, NY. Two weeks later he turned 50 and broke the M50 WR with a 4:50:14.9. He was a pioneer in the imaging industry, having created, with his brother, a company in the '70s in Belgium that built the first imaging scanner and the first imaging system in the world. At the time of his death, he was the co-founder and vice­president of sales and marketing of VisionShape, Inc. His survivors include his wife, Michelle, and a son.

-Grovenor (Grove) Bolles, 71, Orem, Utah, died Jan. 14, following a brief illness. He was top-ranked in the M70 discus and national champion at Baton Rouge, La., in 2001. He also won the discus in the 2002 Hayward Meet and the Northwest Regional Championships, Salt Lake City. He was born in San Francisco, July 18, 1931, raised in the East Bay area, and a standout in swimming, football, and basketball at Berkeley HS. At Santa Rosa JC, he starred as an all-conference tackle, national punting leader, and place kicker on the school's 1950 National Junior College Champion football team, and was inducted into the SFUC Hall of Fame in 1999. After service with the U.S. Coast Guard during the Korean War, he returned to finish his work at SFUC and threw the discus. Later, he played semi-pro football, and turned down an offer to play for the newly formed Oakland Raders to become the team's first punter. In the early '70s, he passed the week-long state architectural board tests for his architect's license, and worked for the next 20 years for several architectural firms, specializing in school design and construction. He was honored as one of the top 10 architects in Sonoma County history, and served as president of the American Institute of Architects. Upon retirement in the late '80s, he moved to Utah, where he has lived since. Eating well and dancing with his grandchildren. His survivors include four children and eight grandchildren.

-Robb (Robb) Bong, Linton, CO, passed away on Feb. 23. He was 56. A sprinter, he competed in the last 25 years through­out the U.S., and was a member of the winning M40 4x400 team in the 1991 Veterans World Championships in Turkia, Finland. At age 45, he ran the 400 in under 50 seconds. He was also a volunteer ranker for the masters sprints. Born in Canton, S. Dak., he went to Canton HS and held most of the sprint records for the school. After serving with the U.S. Army, he attended South Dakota St. U., graduating with a degree in electrical engineering. He is still listed on All-Time South Dakota Relay records. While working at Hewlett-Packard, he found time to be an assistant high school track coach. He was a craftsman in woodworking, having recently completed a baptismal font and candle stand for a Lutheran church in Monument, CO. Among his survivors are his wife of 32 years, Barbara, and two sons.

FIVE YEARS AGO

April 1998

- Age 51, Al Swenson Wins Cons 10K Masters Title with a 33:46 in Houston
- Tim McMullen (45, 4:29:77) and Patti Ford (42, 5:17:33) Win Hartshorne Memorial Indoor Masters Mile.
- 1998 Indy Life Circuit Schedule of Eight Races Finalized

DOUGLAS J. SMITH

ED WHITLOCK
SOUTHEAST
Alabama, Florida, Georgia, S. Carolina, S. Carolina, Tennessee, Virginia
April 5. Carolina Masters Invitational Meet. Johnson C. Smith U., Charlotte, N.C.-No meet day entries. T&F Clinic on April 6. 704-588-6885; gedwards@carolina.rr.com
April 6. Florida Meet, Boca Raton HS. Bob Fine. 561-499-3370; BobFine@aol.com
April 18-19. AARP/USATF Georgia Masters T&F Championships and Masters Relay Championships. Savannah State U. JIm Hite. PO Box 717, Millen GA 30442; 478-982-4881; Fax: 478-982-9984; jimjoyce@jeffersonenergy.com
May 4-5. Southwest Masters Meet/USATF-NC Championships. No. Carolina State U. Raleigh. N.C. Doug Smith, Southeastern U.S. Masters, Inc., PO Box 590, Raleigh, NC 27602; 919-831-6836; dsmiths@WakeUsc.edu
May 23. Florida Meet, Tampa. Bob Fine. 561-499-3370; BobFine@aol.com
May 24. Florida Meet, Clermont. Bob Fine. 561-499-3370; BobFine@aol.com
May 31. Jacksonville TC Meet. Jacksonville, Fla. Bob Fine. 561-499-3370; BobFine@aol.com
June 14. USATF Florida Championships. Clermont. Bob Fine. 561-499-3370; BobFine@aol.com
June 22. Florida Sunshine Games. Tampa. Bob Fine. 561-499-3370; BobFine@aol.com
August TBA. USATF Southeast Regional Masters Championships. Site TBA, South Carolina.

MIDWEST
Illinois, Indiana, Kentucky, Michigan, Ohio, Wisconsin, West Virginia
June 29. Midwest Meet. Mid-Distance. Mid-Distance Meet. Open to masters. www.midsouthtrack.org
July 12-13, 17-20, Nutmeg State Games, East Hartford, Conn. 860-528-4588; www.nutmegstategames.org
August 9, 23. PVTC Meet. T.C. Williams HS, Alexandria, VA. 8:30 am. 703-671-2520.
August 30-31. Potomac Valley Games Meet. T.C. Williams HS, Alexandria, VA. 8:30 am. 703-671-2520.

ON TAP FOR APRIL
TRACK AND FIELD
Most action takes place in the warmer climes, starting with the Carolina Masters Meet, Charlotte, NC, on the 5th, the USATF New Mexico Weight Pentathlon, Albuquerque, on the 6th, and the Phoenix Invitational on the 5th-6th in Arizona, also the state to go to for meets on the 19th and 26th. The Lions/Waterloo Championships, Austin, Texas, is set for the 12th. The AARP/USATF Georgia Championships have a two-day run on the 18th-19th in Savannah, as do masters events in the Penn Relays, on the 25th-26th.

LONG DISTANCE RUNNING
On the 21st, the BAA Boston Marathon goes off for the 107th time. Meet highlights include the Rock River Bridge 10K, Charleston, S.C., on the 5th; Fools Five 8K, Lewiston, Minn., and Cherry Blossom 10 Mile, Washington, D.C., on the 6th; Pearl Blossom 10 Mile, Medford, Ore., on the 12th; Carlsbad 5000, Carlsbad, Calif., on the 13th; Crescent City Classic 10K, New Orleans, and Oregon Marathon & Relay, Eugene, Ore., on the 19th; and the Cleveland, Ohio, City Memorial, and Big Sur marathons, as well as the Bolder Boulder 10K, Colo., on the 27th.

RACEWALKING
Racewalkers will be featured for 60 minutes in the USATF Masters One-Hour Championships, Boca Raton, Fla., on the 6th. The Northwest/PNTF Association 10K Championships are scheduled for Seattle on the 19th.

MID-AMERICA
Colorado, Iowa, Kansas, Minnesota, Missouri, N. Dakota, Nebraska, S. Dakota
April 17-20. Kansas Relays/Masters 100, Mile, 800, & Relay. Lawrence. Ted Weaver, Theweaver@falcon.ckans.edu
April 23-26. Drake Relay/Masters 800 & Mile, Des Moines, Iowa. Mark Cleary, runnermark@home.com; Mark Kostek, 575-221-2211
June 8. Marysville Jolly Jogathon, Marysville HS, Marysville, WA. 10-yr. age groups. Field: 10:30 am; track: 3:00 pm. Cleve Walstrum, 785-562-3050 (h); 562-3021 (c)
June 14. USATF Mid-America Regional Masters Championships, Friends U., Wichita, Kansas. Bill Butterworth, 314 S.

Continued on page 21
April 5. Nationwide Insurance Run for ASPIRE 10K, Plainview, N.Y. 516-349-7616; eltrc@aol.com
April 6. Ocean City Half-Marathon, Ocean City, Md. OCH-M, 2509 Amber Orchard Court W., Ste. 301, Piney Orchard, MD 21113. info@oceancityhalfmarathon.com
April 10 (Thurs). Cherry Blossom 5K, Wilmington, Del. 302-654-6400; www.races2run.com
April 13. NYRR Run for the Parks 4 Mile, Central Park, NYC. 212-861-4455; www.nyrr.org
April 26. 10MRC Bill Robinson 10K Masters Championships, Guiderland HS, Albany, N.Y. Jim Tierney, runnerjimt@aol.com
April 27. Kingston 10K Classic, Kingston, N.Y. Dick Vincent, Pine OrchardAC@aol.com; 518-678-3293.
June 21. Mt. Washington 7.6 Mile Road Race, Gorham, N.H. 603-863-2537; race time@gsmrs.com

EAST
Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, No. Virginia, Pennsylvania, Rhode Island, Vermont

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

THOM WEDDELE

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

April 13. Ohio Glass City Marathon, Toledo. 419-385-7025; toledoroadrunners.org
April 26. Anthem Derby Festival Marathon & Mini-Marathon, Louisville, Ky. 800-928-3378; www.derbyfestivalmarathon.com
April 27. Cleveland Marathon. 216-378-0140; clevelandmarathon.com
May 3. Indianapolis Life 500 Festival Half-Marathon, Indianapolis, Ind. 800-638-4296; www.500festival.com
May 4. Flying Pig Marathon, Cincinnati, Ohio. 513-721-7477; flyingpigmarsathon.com
May 24. Ogden Newspapers 20K Classic, Wheeling, W. Va. Also Ogden Mile. Email: Ogden20k@ogden.com
May 25. Lakeshore Marathon, Chicago. www.lakeshoremarathon.org
June 28. Fit for Life Run, Elkhorn, Wisc.

MID-AMERICA
Colorado, Iowa, Kansas, Minnesota, Missouri, N. Dakota, Nebraska, S. Dakota

April 6. Fools Five 8K & Mile Road Races & Social Gathering, Lewiston, Minn. 1 pm. Alberto Salazar and Dick Beardsley to speak at Lewiston-Alutra HS at 2:30 pm. Dianne Risslow, Box 237, Lewiston, Minn. 55952, 507-523-3484; www.foolsfive.com
April 6. Spirit of St. Louis Marathon/USA Women’s Championships, Half-Marathon & 5K (on the 5th), St. Louis, Mo. 314-727-0800; www.stlouismarathon.com
April 18. Earth Day Half-Marathon, St. Cloud, Minn. 320-255-3325; chlaukos@stcloudstate.edu
May 25. Med-City Marathon, Rochester, Minn. 507-282-1411; www.medicitymarathon.com
June 1. Steamboat Marathon, Half-Marathon, & 10K, Steamboat Springs, Colo. 970-879-0882; steamboatmarathon.com
June 2. UMKC Trinity Hospital Hill Half-Marathon, 12K, & 5K. Kansas City, Mo. 816-235-6012; www.mararunning.org
June 21. Grandma’s Marathon. Duluth, Minn. 218-727-0947; www.grandmasmarathon.com

SOUTHWEST
Arkansas, Louisiana, Mississippi, Oklahoma, Texas

April 6. USATF Oklahoma Championships-West/Red Bud 10K Classic, OKC. 405-842-8295; www.okrunner.com
April 26. USATF Oklahoma Championships-East/Grace Race 5K, Tulsa. 918-249-9100; www.okrunner.com
April 27. Oklahoma City Memorial Marathon/Relays. 405-525-4242; okcmarathon.com
May 17. Sooners State Games 5K, Oklahoma City. 405-236-5000; www.dgroadracing.com

WEST
Arizona, California, Hawaii, Nevada, New Mexico

April 27. La Jolla Half-Marathon & 5K, La Jolla, Calif. 858-454-0777; www.lajollahalfmarathon.com
April 27. Big Sur International Marathon.
April 2003

National Masters News

page 23

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Mountain View, CA 94040 • 650/948-8188 • 650/948-9445 fax
## RECIPIENTS OF ALL-AMERICAN AWARDS

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

<table>
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<tr>
<th>ウィメンズ</th>
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### U.S. MASTERS ALL-AMERICAN STANDARDS FOR WOMEN

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

#### NAME

- **AGE-GROUP**
- **ADDRESS**
- **SEX**
- **M_F**
- **CITY**
- **STATE**
- **ZIP**

#### MEET

- **DATE OF MEET**
- **MEET SITE**
- **EVENT**
- **MARK**

#### HURDLE HEIGHT, WEIGHT OF IMPLEMENT

- **CERTIFICATE**
- **PATCH**
- **PATCH TAG**

#### NAME: 

- **AGE-GROUP**
- **ADDRESS**
- **SEX**
- **M_F**

#### CITY: 

- **STATE**
- **ZIP**

#### MEET: 

- **DATE OF MEET**
- **MEET SITE**

#### EVENT: 

- **MARK**

#### HURDLE HEIGHT, WEIGHT OF IMPLEMENT: 

- **CERTIFICATE**
- **PATCH**
- **PATCH TAG**

1. If you have equaled or bettered the standard of excellence, please fill out this application completely.
2. A copy of your results or a notation stating in which issue your results appeared MUST accompany this application.
3. Please send $10 for an all-American certificate, $10 for an all-American patch showing event and $10 for a patch ordered at the same time is $15.
4. Send to: All-American, National Masters News, P.O. Box 50098, Eugene Oregon 97405.

A 3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 1/4" enamelled patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.
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ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, APRIL 2003

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<td>75-79</td>
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Compiled by Pete Mumble, Masters T&F Records Coordinator
The Best Reasons Are
All Spelled Out.

PITS  A Pole Vault or
High Jump Pit is an
important purchase. We
offer both UCS and First
Place Pits because their
quality and guarantees
are the best. Both offer
a 10-year guarantee on
materials and workmanship and a lifetime guarantee on handles
and straps. Call our team of experts for guidance and selection of
the right pit with new safety features for your program.

HURDLES  Our hurdle selection can't be beat. From
top-of-the-line championship hurdles to lightweight
rocket models. Choose UCS, Gill or First Place,
available in school colors and screened with your
school name. Order now for delivery in time
for your meet!

JAVELINS  With the
right Javelin your thrower
will add distance. Our javelin
experts will make sure you get the
right implement. Our selection is top
notch including Sandvik, Pacer-Held, OTE,
Nemeth, Legend and First Place®. Tell us
about your thrower, we'll get the right javelin to
you quickly from our large inventory.
N is for fit, not fashion. N is for technology, not gimmickry. N is for sticking to your principles. Real shoes engineered for real athletes. In multiple widths, not just multiple sizes. N is for the 870 lightweight trail runner. NLOCK™ locks your foot inside the shoe. TRU-TRAK® locks your shoe to the ground. N is for happy feet. N is for happy trails.