Records Set in Idaho Indoor Classic

By JERRY WOJCIC
NAMPA, Idaho – One world record and one national age-group record were set in the MPC Idaho Masters Indoor Classic held here on March 13-14.

In an early morning 800 on Sunday, Suzi MacLeod, 70, Bend, Ore., running in a mixed age-group of men and women, lowered the world record of 3:28.1 to 3:26.44. The present record, set in 2001, is held by Toshiko d’Elia.

On Saturday, the 13th, Verla Ball, 88, Boise, Idaho, established a W85 U.S. record of 17.30 in the 60m, cheered on by a large group of family members of all ages in the stands.

There were some near-record misses. Stephen Robbins, 61, Seattle, Wash., ran a 7.77 in the 60m, the best performance of the day. The M60 world record is 7.7h by Payton Jordan. In the 200 on Sunday, Robbins, the M55 200 world record holder, in lane 5 in a mixed age-group heat, came off the last turn four meters ahead of Mark Lesniak, his closest competition, but tripped and did not finish. Lesniak, 54, won the race in 25.56. The world record for the M60 200 is 25.10.

In other events, Bill Platts, 75, Boise, Idaho, who broke the M75 U.S. world record is 7.7h, looked easy. With a few more practices, three meters is a strong possibility for her.

While dominating performances were the norm, the suspense of the...
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AGE GROUPING

I think Walter McCarthy (NMN, Nov. 2003) has it all wrong with his complaints about masters track meets. Let’s examine some of his issues:

He wants only 10-year age groups in heats. When only three or four people per age group show up, heats make no sense at all. I don’t want to run a heat of the 800, mile or 3000 with only four people. Give me people to run with. Besides, if only one added all those heats, your meet wouldn’t be over until 2 a.m.

Can’t bring his grandkids? Give them a stop watch and a clipboard and have them write down your splits. Introduce them to the sport of track & field. This isn’t really a sport about image. It is about self-confidence, sportsmanship and goal-setting. Teach them that just because you came in last or got lapped, maybe you PR’d or ran each lap at the pace you wanted.

Feels lousy even if he wins his age group? Now, I might be disappointed if I won my age group without achieving the day’s goal, but never lousy. You should thank God that you have the ability to compete on the same track with people 20 or 30 years younger or more. But don’t feel lousy.

So if you don’t like feeling lousy or getting lapped, go to the road races you seem to praise and run with three or four hundred other people where your performance, no matter how strong or weak, is hidden by the large crowd, where your family can’t see you except for a few seconds, and where you don’t know who’s in your age group.

Anthony L. Boerio
Pittsburgh, Pennsylvania

SANCTIONS

In his column titled “Sanctions Pay Off” (NMN March), George Mathews wrote: “There has been much contro-

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

I recently caught a lot of flack because, as the USATF Tennessee Association Masters Chair, I refused to agree to sanction an indoor masters meet. The reason that I refused is because of the past history of the meet director and the sponsoring club in putting on previous “USATF Masters Meets” in Tennessee.

I have been in Tennessee for five track seasons now. In the first four seasons none of the meets was sanctioned. The “club” was never a USATF club. Additionally, I have good reason to believe that in at least one of those meets, the meet director was not even a member of the USATF.

Last summer’s Tennessee State Championships, which was conducted by the same group, was sanctioned. However, the meet was not conducted in accord with the USATF rules. There was no qualified medical person to assist when an athlete went down. An ambulance had to be summoned for emergency medical attention. I didn’t time it, but it was a lengthy wait. Additionally, there were a number of “open” athletes who were not members of the USATF.

Yes, I agree that sanctioning is critically important. But make certain that the meet is really sanctioned. Make certain that if you go down with an injury at the meet, you are covered by the insurance that is available with the sanction and that there is an emergency medical technician in attendance.

Ross Dutton
by e-mail
Pozdnyakova Keeps Title

Continued from page 1

Pozdnyakova, of Ukraine, who trains in Gainesville, Fla., also won the women’s first place prize of $25,000, plus $4000 for running under 2:31. The Honda is valued at $26,400. She is believed to be the oldest female winner of any major marathon.


At 18 miles, Kirui trailed Pozdnyakova by five minutes and appeared to have a chance at catching her. After 20 miles, however, the heat caught up to Kirui, and he gained only a minute.

Pozdnyakova, who in 2003 told reporters at the finish line, “Running keeps me young,” said after this race, “This was a very special victory. I worked very hard for this race, and I ran better the second half.”

A record field of 24,532 started under sunny skies and warm conditions, temperatures going from 67 to 86 degrees five hours into the race. City of Angels Medical Center ran a treatments temperature going from 67 to 86 degrees five hours into the race. In the other women’s divisions, Tracy Thomas, 42, Long Beach, Calif., third W40 in 2003, won the division with a 3:18:38. Alfreda Igheart, 53, Los Angeles, retained her W50 title with a 3:03:55.


The first masters man was Reynaldo Ramirez, 40, Mexico, 18th male overall in 2:35:38, bettering the 2003 M40 division winning time of 2:40:46. Jose Luis Diaz, 48, Los Angeles, won his third straight M45 title, with a 2:44:59, lower than his 2:45:53 in 2003.


The main body of runners started at 8:30 a.m. to the tune of Randy Newlin’s “I Love L.A.,” with Muhammad Ali, Jackie Joyner-Kersee and L.A. Mayor James Hahn at the starting line.

Along the way, runners experienced some of the city’s diversity. Among the entertainment were an African drum troupe in the Leimert Park section at mile 7, klezmer music in the Jewish neighborhoods at mile 12 near Pico and Robertson boulevards, and Venus De Milo, who gave free lap dances near mile 18, “Tempting runners with things they should be doing instead of running.”

Next year’s race will be held March 6.

— from reports by Doug Thurston; USATF RRRC; Los Angeles Times; and Daily News

Top throwers at the Palm Desert Senior Games, Feb. 21 (1 to r): Ed Martin, 70; Angi Rinaldi, 54; Arnie Gaynor, 76; Wayne Crow, 65; and Doug Tomlinson, 70.
Wes Santee Looks Back

On June 27, 1953, the world record in the mile stood at 4:01.4, established by Gunder Hagg of Sweden nearly eight years earlier. Knowing that Wes Santee of the United States was planning to run in an AAU meet in Dayton, Ohio, that day, Englishman Roger Bannister prepared to run a secretly-arranged special invitational mile at Motpur Park in Surrey five hours before Santee’s race.

Clearly, the race for the first sub-4 minute mile was on at that time. Australian John Landy had run a 4:02.1 during December 1952 and then followed up with a 4:02.8 three weeks later. Santee had clocked 4:02.4 at the Compton Relays on June 5, 1953, serving notice that he was also in contention for the honor of being the barrier breaker. Bannister may have been especially alarmed by the fact that Santee’s splits were 2:05.2 and 1:57.1, suggesting he was capable of running a few seconds faster.

Bannister “failed,” running 4:02.0 in that special June 27 mile, leaving it open to Santee to be the barrier breaker later in the day. But sweltering heat in Dayton slowed Santee, as he recorded 4:07.6.

“I could only hope that he (Santee) would not forestall me before the end of the season,” Bannister wrote of his pursuit in his book, First Four Minutes.

Bannister Breaks Barrier

Of course, Bannister would be the record and barrier breaker, clocking 3:59.4 on May 6, 1954 — 50 years ago next month. Landy would follow closely, breaking Bannister’s world record with a 3:57.9 six weeks later. Santee would run 4:00.5, 4:00.6, and 4:00.7 before finally giving up the pursuit to become the first American under four minutes. That would not be achieved until Don Bowden of the University of California did 3:58.7 on June 1, 1957.

“Yes, I was disappointed, no question about that,” Santee, who turns 72 on March 25, told me by phone from his El Dorado, Kansas home recently. “It was frustrating, constantly doing battle with the AAU (Amateur Athletic Union).”

Among Santee’s issues with the AAU was its rejection of a special race in which Santee would have had pacers, as Bannister would have when he broke the barrier. The AAU opposed races staged for the benefit or one or two runners.

“We weren’t into nationalism in athletics like they were,” said Santee, now retired from a career as an insurance agent, as well as having achieved the rank of colonel in the Marine Corps reserves. “They were doing it for Great Britain.”

Team Comes First

But, more than anything else, Santee may have missed becoming the first under four minutes because of his dedication to his University of Kansas team. “It was obvious that I had the ability to break four minutes,” Santee mused, “but the team came first and I couldn’t focus on the mile. I had to run other races, including anchoring the relay team. Coach (Bill) Easton would always say that the opportunity would come. Unlike the British, we didn’t see the urgency for breaking four minutes.”

Born in Ashland, Kansas, Santee grew up on a farm. He won the state mile in his sophomore and junior years, and also set an American record of 3:44.2 in the half mile after breaking the state high school record in the mile during his senior year with a 4:26.0. The old record of 4:28.4 was set 20 years earlier by Glenn Cunningham, who went on to break the world record in 1934 with a 4:06.8.

“He had to be the greatest miler ever, considering what he had to overcome,” Santee offered, referring to Cunningham’s childhood accident in which he suffered severe burns to his legs.

Anchoring the Relay

At the University of Kansas, Santee quickly developed, running a 4:06.7 anchor leg on his school’s winning four-mile relay team at the 1952 Drake Relays, then clocking 4:07.4 in the distance medley the following day.

As a sophomore, he also won the 1952 NCAA 5000 meter championship with a 14:36.3, becoming the fourth fastest American at that distance. He then qualified for the 1952 Olympic team by placing second in the 5000 at the Olympic Trials. His problems with the AAU began when he prepared to qualify for the 1500 in those same Olympic Trials.

“I started to pull off my warm-ups for the 1500 when two big burly guys came out and said I couldn’t run because I had already qualified in the 5000,” Santee explained.

Arbitrary Rules

“There was nothing in the rule books that said you couldn’t run more than one race, but the AAU made up the rules as they went. They said I was only 19 and so not good enough to run two events. I was really happy about making the Olympic team at 5000, but I had planned to run the 1500 instead of the 5000 if I had qualified in the 1500, as I think my chances would have been better in the shorter race.”

Santee did not make the final in the Olympics at Helsinki. “I was told to follow Herbert Schade,” he recalled, “but we didn’t know he was going after the world record in that heat. He went through 3000 in 8:23. I didn’t get my splits and everything was disorganized. I was totally outclassed.”

Schade, a West German, finished third in the final with a 14:08.6, as the great Emil Zatopek won in 14:06.6. In addition to that 4:02.4 American mile record in 1953, the 6-1, 140-pound “Kansas Cowboy” recorded a 1:50.8 in the half mile after breaking Cunningham’s 19-year-old collegiate mark in the mile with a 4:06.3. He also set an American record of 3:44.2 at 1500 meters.

On April 10, 1954, in Berkeley, Santee had one of his best days, winning the mile in 4:05.5 and the half in 1:51.5, followed by a 48.0 relay leg. The following week he ran 4:03.1 at the Kansas Relays.

Winning and Losing

On May 29, three weeks after Bannister’s historic mile, Santee lowered his American record to 4:01.3, then, at the Compton Relays on June 4, went through 1500 in 3:42.8, a new world record. However, he struggled over the final 120 yards, finishing in 4:00.6, the second best time in history. The following night, in the Pacific AAU meet in Stockton, Calif., Santee handed Mal Whitfield his first loss in the half as he ran 1:50.0.

Looking back, Santee feels he should have been able to run between five and 10 seconds faster in the mile. “The shoes are much better now and the tracks alone mean about a second a lap,” he said. “The first time I got one of the newer tracks, I felt like a kangaroo. And if we had done two-a-day workouts back then, like they do now, I’m sure it would have made a difference.”

While most teams then ran 25-30 miles a week, Easton had his Kansas team running 40-50 a week. “There was a lot of criticism that we were doing too much,” Santee said, chuckling. “But now they are doing 80 miles a week or more.”

Maintaining the Pace

Santee recalled one workout in which he did five quarters in 53 seconds each, but a more usual one was eight quarters in 60 seconds each. “We had a philosophy of not running slower if we couldn’t maintain the pace,” he said. “If we started getting slower on the fourth or fifth one, we’d shorten the distance and maintain the same pace.”

He also recalled a week during the 1952 cross-country season when Easton had the team experiment with two workouts a day. “We got beat badly after that week, and everyone thought it was because we did too much,” Santee continued, “but, in retrospect, we should have done it earlier and then tapered before the race.”

Nothing to Prove

In 1977, at age 45, Santee thought he’d give masters competition a try. But after easily winning the half in 2:04, he wondered why he was doing it. “I don’t have anything to prove,” he told himself in making the decision not to continue.

About 15-20 pounds over his old running weight, he continues to run several miles three or four times a week, striding out for a couple hundred yards, then walking or jogging before picking it up again. “It’s exercise,” he concluded. “I just try to stay fit.”
St. Louis Celebrates Olympiad Centennial

(The St. Louis Marathon will host the women's Olympic Marathon Trials on April 3.)

One hundred years ago, St. Louis was the first city in the Western Hemisphere to host the modern-era Olympic Games. The 1904 Games, held on the campus of Washington University in St. Louis, had been revived in 1896.

Although the III Olympiad was overshadowed on the world stage by the concurrent 1904 St. Louis World's Fair (a.k.a. the Louisiana Purchase Exposition), the event held Aug. 29-Sept. 3 takes a place in the history books.

In 1904, Charles Lindbergh had yet to make his transatlantic first flight and the Wright brothers were still perfecting their glider, so a visit to St. Louis meant a long ocean voyage and a 1000-mile train trip for European competitors.

Only 11 other countries sent athletes to the Games. Even the International Olympic Committee founder, Pierre de Coubertin, opted to stay home in Paris.

Among highlights of the 1904 Olympic Games were the following:
- First Daughter Alice Roosevelt presented the apparent winner of the 24.85-mile marathon, Fred Lorz of New York, with a floral wreath, although he later confessed that he had ridden a third of the way in an automobile. (On a humid, 90-degree day, Lorz said he only ran into the stadium to get his clothes and couldn't resist the cheering crowd.)
- The second-place marathon finisher, English-born Thomas Hicks of Cambridge, Massachusetts, plodded in at 3:29:63, physically supported by his handlers and passed out before he could claim his rightful first prize.
- By today's standards, he also may have been disqualified, as his handlers helped him along the way by administering a mixture of strychnine sulfate and raw eggs with a brandy chaser. (Only 12 of the 31 entrants completed the dusty, hilly and mostly unpaved course.)
- The U.S. dominated, winning 80 gold medals, 86 silver and 72 bronze. Its closest competitors were Germany and Cuba with five gold medals each. It was argued that the Americans had an advantage in that many European competitors could not afford the trip.
- Joaquin Rizo, land to fair gilders for $650,000, Washington U. gained four permanent buildings on its new hilltop campus, which was then under construction. The university's new Francis Field and Gymnasium, now on the National Register of Historic Places, and a 12,000-seat stadium, were the sites of the Olympic track & field events.
- President Theodore Roosevelt didn't attend the 1904 games, although he did agree to be honorary president in concert with the president of the Louisiana Purchase Exposition, former Missouri Governor David R. Francis.
- An 1870 Washington U. graduate and former mayor of St. Louis, Francis had wrestled the fair away from first-choice Chicago in order to tie it into the centennial of the Louisiana Purchase.
- Among the victories by Americans in the 1904 Olympics were the 800, 1500 and 2500m by Chicagoan James Lightbody; four gold medals by Ray Ewry in the standing jumps; three gold medals by sprinter Archie Hahn; the running broad jump and running triple jump by Meyer Prinstein; and all medals in the cycling, rowing, archery, boxing and wrestling contests. George C. Poage, the first African-American to win an Olympic medal, took the bronze in the 200 and 400 hurdles.
- Making their debut at the 1904 Olympics were boxing, dumbbells, freestyle wrestling and the decathlon.
- Approximately 680 athletes, about 525 of them Americans, participated in 94 events, according to figures published by the IOC.
- In all, the III Olympiad saw 13 Olympic records and four world records broken.

The Summer Olympics did not return to the United States until 1932 in Los Angeles, then 52 years later in 1984, again in L.A. Atlanta hosted the games in 1996.

Today on the campus of Washington U., a wrought iron gate built in 1914 at the entrance to Francis and Gym, where athletes still commemorate the historic event.

State Street Mile Offers Something for Everyone

Santa Barbara's State Street Mile is the prettiest road mile in California. Run by a beautiful sandstone church, a tile-roofed film theater built for 1920s Hollywood premiers, then you float into the California-Spanish downtown.

Unlike most road miles, this race offers prize money for masters ($150/$100/$50), awarded to both men and women based on the best age-graded performances in the elite masters races.

In recent years, top masters runners like Mike Egle (4:06, masters CR), Steve Scott (yes, that one; age-graded record, 98.32%), and Teri (Van Cott) Fitzgibbons (Western States 100 winner, 5:18 at age 51) have taken victories.

Last year's masters awards were earned by Barry Molony (10th overall at Bay to Breakers at age 45), and Dianna Hall (W45 800m gold medalist at the 2003 National Masters Championships).

But even if you're not elite, the event and the town offer a great occasion to either (a) explore incredible scenic mountain trails, sun-washed bluffs, and white-sand beaches, or (b) spend all of your money shopping and dining.

Whatever mix you find most pleasant is yours to choose. And, because the course is mildly aided (enough to yield nice times but not so much as to injure your legs), you'll go home with an outstanding time.

The race falls on Sunday, June 27. Race information is available at www.sbmile.com, or 805-568-2316. Registration is open at Active.com. For lodging, contact Santa Barbara Hot Spots, 800-793-7666 (and don't put it off); accommodations can easily be found for people who'd prefer to stay with local masters runners, whether for the human connection, or because you choose to avoid the expense of area hotels. Dennis Mihora (805-967-5992, dmihora@asme.org) will be glad to help.
Indoor Records Broken

Continued from page 1

Championships in Eugene, Ore., lowered the M60 U.S. record of 7.75 to 7.72 in the 60m. The present record is held by Harold Tolson, set in 1998. Payton Jordan holds the world record at 7.7.

Both Gray and Edens were headed for the WMA Indoor Championships, Sindelfingen, Germany, two weeks later.

The AFA oval track, one-sixth of a mile, is oversized for national record purposes.

In other action, Donald Neidig at age 59, won the 60m (7.78) and 400 (56.38). Bob Lida, 67, reigning M65 WMA 100 meter and 200 champion, won the 60m (8.31) and 200 (27.37).

David Salazar, 53, recorded the meet's fastest 800, with a 2:10.65. Michael Amann Smith, 40, won the W40 800 gold in 2:37.59.

Kathy Kirlings, 55, and Mary Kirlings, 81, won Regional Championships gold medals in the 400, 800 and 1500.

Stacey Price, 50, skimmed the 60mH in 8.79.

Pat Manson, 36, topped all vaulters with a 5.31/17-5. His best vault in the 2003 indoor rankings was 5.28. Versatile Robert Hewitt, 70, won the 60m (9.07), long jump (4.23), triple jump (8.85), and pole vault (2.75), all with highly-ranked marks.

Paul Economides, 58, had the fastest measurements in the shot put (14.53) and weight throw (16.72). Randee Treece, 43, hurled the 56# superweight 9.53. Sharon Ranham, 57, bettered her 2003 shot put mark (7.88) with an 8.17.

Albert Leibold, 46, was the first to the finish in the 3000 racewalk (15:50.36). Marianne Martino, 53, recorded a 17:32.99.

Jerry Donley, meet co-director with Jim Wied, said of the meet, "Competition was held the day after the Mountain West Conference Championships, so the track was in first-class condition. All of the 125 competitors were able to enjoy a meet in one of the finest facilities anywhere in the country."

The meet also served as the Colorado Open & Masters Championships.
Records Set in MPC Indoor Classic

Continued from page 1

javelin record at the 2003 National Masters Championships in Eugene, Ore., won the 60m in 9.67, and came back the next day to win the 200 (31.23) from tough competitors Rodney Brown, 77, St. George, Utah, and Jim Moorhead, 76, Salmon, Idaho. Jeff Mann, 40, took the lead from the start in the mile on Saturday and the 800 on Sunday, and, running essentially alone, posted the fastest times of the meet in those events, 4:40.60 and 2:03.60.

Rich Tucker, 59, ran a 2:29.15 in the 800.

Keith Nelson, 48, Lancaster, Calif., high jumped 1.78. Kimiko Nakatake, 33, Long Island City, N.Y., won the long jump (4.88) and high jump (1.54).

The shot put was contested with indoor implements on an artificial surface inside the 200m track. Weight throwers used outdoor implements on dirt within a net-enclosed area on the north side of the track.

Joan Stratton, 52, Zephyr Cove, Calif., won the shot put, weight throw (11.53), and superweight. Jim Wetenhall, 49, Sylvania, Ohio, outdistanced everybody else in the shot (12.64), weight (15.58), and superweight (10.29).

Besides the entrants from the Northwest Region, the meet attracted masters, age-30-and-over, from New York, Ohio, California, and Nevada, who used the meet to preview the facility, which will host the USATF National Masters Championships in late March of 2005. Athletes had high praise for the venue. Chuck Hammonds, Eugene, Ore., M55 pole vault winner (3.05), said, “The pole vault run up and pit are first class. The run up is very fast and springy. They had the modern standards that don’t require extensions for the older jumpers, and the pit was new and full-size.”

Rebecca Mitchell, 50, Eugene, Ore., who had three All-American performances, in the 60m, 200, and 400, said, “I thought the track had a great feel to it, and was the best I’ve ever run on indoors.”

Among other All-American performers was Mike Toll, M40, Keizer, Ore., in the 60m, high jump, long jump, and triple jump.

While the entrants included world and U.S. record holders, for some competing indoors was new. Julie Anselme-Southall, 36, first woman in the 3000 racewalk and second overall, said, “This is my first indoor. No weather to contend with, and I didn’t get disqualified.”

Mary Ellen Nourse, 48, Boise, Idaho, after running the mile, noted, “My first indoor since 1975 at Central Michigan, and I met my goals. The people running the meet were friendly and accommodating.”

MPC Computers was the meet’s title sponsor, and there were 17 event sponsors.

The meet was directed by Mark Murdoch. Dick Croteau was the clerk of the meet. George Ragan handled the electronic timing.

TEN YEARS AGO
April 1994

• 19,000 Run in Los Angeles Marathon
• Record 55 Entrants in Masters Indoor Pentathlon Championships, Chicago
• James Carmines, 50, First Overall (75:36) in National 15K Racewalk, New Orleans

U.S. Outdoor Masters Track & Field Rankings for 2003
(Below are rankings for the M30 800m that were omitted from the rankings published in the March issue of MNM.)

M30 800 METERS

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Huntsman WORLD SENIOR GAMES
October 4-16, 2004
St. George, Utah

Get Set...
Donna Cunningham on Balanced Alignment - Part 1

Donna Cunningham, W55, took the 5K (28:54) and 10K (59:18) gold medals at the National Masters Outdoor Championships in Eugene last summer. Prior to these races, her training had been plagued by nagging problems in her lower back and hamstrings. Seeking help, she took classes from Vance Bonner, Ph.D., a specialist in the structural programming of the human body. Bonner taught her how to position her body in balanced alignment to increase her performance and prevent injury. She was so pleased with the results that she became a certified teacher. The following is Part I of an interview detailing Cunningham’s adaptation of Dr. Bonner’s work to her own profession as a massage therapist—ew.

EW: When you teach your clients to stand with balanced alignment, how do you start?
DC: First, I ask my clients how they naturally stand and to tune into their bodies. Usually some have feet that turn out, knees that lock and many have sway backs. I show them where their imbalances are and how they are caused by some muscles being weak and slack while others are tight and contracted.

Then I introduce them to Dr. Bonner’s “Vance Stance” which is the template I use for balancing the parts of the body with each other and with gravity. When my clients discover that they move and feel better when their body is in balance, they see the benefits in making changes.

EW: Is it hard for them to change?
DC: Yes and no. It is important for people to understand why the corrections help them. Many equate aging with stiffness and pain. They think their problems are caused by a loss of flexibility and do a lot of stretching to try to limber up. But usually their muscles become tight and stiff from years of living with their bodies out-of-alignment. No amount of stretching will bring lasting results as long as imbalances exist.

EW: You say that your goal is to balance the body parts with each other and with gravity. How is gravity used?
DC: When the body is properly aligned, each part is in balance with the one below so that the line of gravity runs through their centers. Think of a pole going through a stack. The pole starts at the center of the feet and goes through the ankles and knees right up to the head.

EW: I don’t think many people think about gravity this way.
DC: Gravity is like a computer. A computer simply responds to the programming you give it. If you make typos, the computer isn’t going to correct them. They simply get transferred to the printed paper. If you have positional errors, gravity isn’t going to correct them. In fact, gravity makes things worse by exerting force on the parts that are out-of-alignment.

Vance Bonner in her book, “The Vance Stance,” discusses gravity this way.

…the downward pressure of gravity tends to add tension to any area in the lower half of the body that is tight or restricted. Part of the reason such areas become tight in the first place is that proper pressure on them to remain open is withdrawn as the body shifts out of its correct alignment, interrupting the natural flow of energy."

The basic idea here is that balance is achieved by gravity and the body is maintained in a natural, relaxed position.

EW: What is the biggest problem your clients have in adapting what you teach to their everyday lives?
DC: Bad habits. Bad habits are hard to break. If a person walks with rounded shoulders or a swayback, it feels normal to them. When they try to hold their shoulders properly or try to correct a swayback, it feels strange. My job is to help them become aware of how they feel when their body is out-of-alignment and their muscles are unbalanced, and how they feel with proper alignment and balance. Once they make this connection, it’s easier for them. They can then self-correct.

EW: Do most of us have imbalances or problems with alignment?
DC: Many do. Our bodies become unbalanced when one group of muscles is weak and lax while its opposing muscle group is tense and contracted. Athletes are more likely to understand the importance of stretching and strengthening opposing muscles. But few pay much attention to how they stand on their feet or how their knees are positioned.

EW: How should we stand on our feet?
DC: In the Vance Stance, the feet point straight ahead and the body’s weight is centered on a line that can be drawn from the second toe to the middle of the heel. This way the body’s weight falls on the whole foot equally, not more on the toes or heels.

EW: We have noticed that many racewalkers walk with one foot turned out. Even though they’ll understand that they lose distance and time when their foot turns out, they feel they can’t straighten it. They believe they have a structural defect.

DC: Maybe, but for the most part walking with a foot turned out is a habit that becomes so fixed it seems built in. The problem doesn’t stop there.

Feet that turn out affect the alignment of the ankles, knees, hips right on up. For example, if the feet are not straight during the forward movement of walking, the knees torque a bit with each step. In this way, splayed feet misdirect the action of the knees adding a slight sideways stress. Over time, this torquing can lead to sore knees and injury.

Racewalkers use their feet in a repetitive movement that involves dorsiflexing the foot at heel contact and plantar flexing the foot when the toes leave the ground. A full and powerful heel to toe movement not only depends on the proper positioning of the feet, it also depends on the flexibility of the ankles so that energy flows freely into the stride.

I think the ankle is probably the most important joint in racewalking. It’s the joint on which everything else depends. If the ankle cannot flex and extend fully, it affects the whole body’s range of motion.

EW: Can you give an example of exercises that help foot work?
DC: Some of the exercises are familiar, such as dropping your heel below a stair to stretch the Achilles tendon and to increase flexion in the ankle joint. In this one, you plant your feet firmly on a step and let your heels hang down off the edge as you hold on to a railing or wall. The variation here is to keep your knees bent and your heels together as you go up on your toes and press down on your heel. If you bend your knees enough, you will feel a contraction all the way up your foot and shin. You can do this exercise one foot at a time.

Another familiar stretch is sitting on your ankles with your buttocks down on your heels and the tops of your feet against the floor. This is a good position to do regularly as it stretches and contracts the ankle and foot. If it is hard to do, put a pillow between the back of your legs and your thighs. When you sit back fully on your lower legs, you’ll feel pressure along the arch and toes which lengthens the muscles of the top of the foot.

(See Part II of this interview next month. Elaine Ward can be reached by e-mail at narwf@aol.com)
Pawluk, Ellis, Glynn Tops in Heptathlon

Continued from page 1

1000m of years past was missing as only in the M65, where the silver and bronze were on the line, did real racing take place.

Joe Johnston, Apopka, Fla., whose total after six events was nearly impossible to overcome, took the gold (5537), after a 3:58.61 in the 1000. Ron Collier, Hominy, Okla., hung on with 3:48.56 for the silver. Bill Angus, of Ohio, could not make up enough ground (3:46.06) and ended with the bronze. This was the toughest age group this year.

Injury and illness took out some of the field. Mike Janusey, M45, Venetia, Pa., second to Ellis in the 15th World Championships decathlon, dropped out after the 60m with hip problems and may be looking at retirement.

Clarence Thirkner, M70, Janesville, Wis., who held the M65 record until Pawluk’s performance, was felled warming up for the hurdles, his specialty. Frank Makozo, M40, Beaver, Pa., pulled warming up for the pole vault.

Kelly Meares, M50, Carl Junction, Mo., came down with what was believed to be food poisoning and could not go the second day. Meares had vaulted 12-1 to the day before in the Midwest Regional Masters Championships pole vault and completed the first four events of the heptathlon.

The Midwest Regional meet was run around the heptathlon events and had many solid performances. Due to the late change in venue for that meet, some of the fields were not as full as usual. In addition, with the inaugural WMA Indoor Championships starting in Germany in five days, some competitors chose to focus on that meet.

We would like to thank Steve Ray, head coach at Carthage and his staff for once again helping host an enjoyable meet and who will again host this meet next year. The auto-timing by John Krupa was flawless, and we hope to have him back as well next year. We would also like to thank the Midwest Masters and Gill Athletics, Inc., for their support in making this meet a success.

Complete results can be found at www.harriersolutions.com and photos at www.decamouse.com.

Rankings Corrections Deadline
Athletes who have changes for the 2003 outdoor track & field rankings have until April 10 to do so. The rankings were published in the March issue and are available on the Web at www.mastersstrack.com/rankings.html. Corrections should be sent by e-mail to Dave Clingan, Masters T&F Rankings Coordinator, at xroads@xro.com, or he can be contacted by phone at 503-231-0530.

Tennessee Senior Games
Track and Field

Top finalists qualify for the state finals held July 16-22, 2004 in Clarksville, Tennessee.

State finals winners qualify for the National Senior Games held June 3-18, 2005 in Pittsburgh, PA.

For dates and entry information visit tnseniorgames.com or call 615-902-9261.

Meets are closed to non-residents of Tennessee.
Senior Marathon Training Program

A special schedule designed for experienced runners, who want to keep their weekly mileage relatively low.

Senior Marathon Program: What does that mean? Is the schedule below designed only for older runners? Not necessarily, although if you have been running marathons for a number of years, you may have been searching for a program with relatively less mileage and less of a time commitment that will allow you to continue to race 26-milers without getting burned out. Same if you’ve followed my Novice schedule before and are looking for some variation – particularly a program that will allow you time do some cross-training.

If you’re a Clyde, you also may have come to the conclusion that high-mileage weeks raise the risk of injury too much. You need more rest time.

Finally, if you like to run a lot of marathons a year (and it’s up to you to define “a lot”), you realize it’s impossible to fit more than a couple of 18-week build-ups into your schedule and still have time for recovery between.

If any of the above describes you, this Senior Marathon Training Program may be just what you need. It features three days running a week – but you get to run a fair amount of distance on each of those days. It features two days of rest a week – and you need your rest, since all of the long runs on the weekend are 12 miles or more.

It features two days that you can use for stretching and strength training or maybe some cycling and swimming, if that’s your fancy. You need that too, because you enjoy exercising, even if you’ve discovered that three days a week running is more than enough to keep you in shape.

Here’s the Program

Monday: This is always a good day of the week to rest, particularly if you ran long over the weekend. All of the Mondays in the schedule below are designed as days of rest, but if you want to do some extra stretching and strengthening today, be my guest.

Tuesday: Modifying a term that I use in my other marathon training programs, let’s call this our “sorta-short day.” You’re still recovering from your weekend long run, so don’t go too far.

I suggest that in Weeks 8, 6 and 2, you run 4 miles at your marathon pace – or faster. In other words, run short but at a good speed, and I’m not going to define what is a good speed. You, being an experienced runner, should know how fast you want to run, or if you want to run fast at all.

In Weeks 7, 5 and 3, you run 6 miles but at a comfortable pace, one during which you can converse easily with a training partner if you desire.

Wednesday: Today’s workout is “stretch and strengthen day” that again is a term I’ve used frequently in other training programs to designate semi-rest days on which you do some alternate training, but not too much.

In honesty, I don’t care what you do today as long as it is not running. If you want to run more than three days a week, you should have chosen another program. Cross-training is an option today: cycling, swimming, even walking. Or some combination of that with work in the gym.

Thursday: This is your “sorta-long day,” balancing the “sorta-short day” on Tuesdays. The mileage varies from 6 to 8 miles most weeks with a single 10-miler thrown into the middle of the program just to prove you can do it.

Running these sorta-long runs at an easy, conversational pace makes the most sense to me. However, if you feel you need some extra fast running, consider converting the 6-miler in Weeks 7, 5 and 3 into a “3/1 run,” a term I use in many of my intermediate and advanced training programs.

Run the first three-fourths of the run (4.5 miles) at a comfortable pace, then finish the final fourth of the distance (1.5 miles) at an up tempo. You don’t need to sprint in; just run somewhat faster.

Friday: Another stretch and strengthen day. Do something similar to the workout prescribed for Wednesdays. This means that if you cycled or swam on Wednesday, you might want to walk today or simply spend your time in the gym hopping from machine to machine.

Saturday: This is your second rest day. With a long run planned for each weekend, you want to make sure you have plenty of time of rest both before and after.

In this schedule, I’ve prescribed doing your long runs on Sunday, because that’s a popular day for experienced runners. If you would rather run long today, that’s okay. In fact, feel free to juggle all the workouts to suit your particular lifestyle.

And you don’t need to always run the same three days all eight weeks of the program. Just maintain the regular pattern, and you’ll be okay.

Sunday: Run long. Today you do your long run, and you’ll notice that the build-up in this Senior program goes from 12 to 20 miles, not the 6 to 20 miles in my 18-week Novice program. That’s because you’re an experienced runner.

You train regularly 52 weeks of the year and never get out of shape, so doing a 12-miler is no big deal. I’ve prescribed that distance for Weeks 8, 6 and 2 with longer runs Weeks 7, 5 and 3 leading up to the marathon in Week 1.

Only one 20-miler? Do you really want to run more than one? Do so in the odd-numbered weeks.

Important: Do all of your long runs slower than your marathon pace. Don’t overtrain.

Here are some additional points to consider:

Racing: As an experienced runner, you probably enjoy going to the starting line more than two or three times a year.

If you want a race to test your fitness and give you an idea of what to expect in the marathon, Week 4 might be a good time to do a 10K in Week 6 in place of the 12-miler that weekend.

Don’t worry about doing fewer miles. If you were interested in logging miles in your training diary, you would have selected a different training schedule.

Speedwork: I enjoy doing speedwork, and so do a lot of experienced runners. I’m trying to keep this program simple, so I’m not going to prescribe tempo runs, hill repeats or interval training as I do in several of my other programs.

If you want to do speedwork, choose your own brand of poison. Tuesday would be a good day for this type of training, because I’d like you going long and sorta-long on the other two days of the week.

If your club has a regular day for speed workouts where everybody meets at the track, juggle the schedule to accommodate what’s available locally.

Taper: Given the fact that I’m asking you to do a 20-miler at the end of Week 3, that allows you only two weeks to taper before the race.

Don’t you need a three-week taper period? Oh, come on! You’ve been around long enough to know that two is probably plenty. It’s not that I’m beating you over the head with high mileage. You’ll do fine in the marathon tapering two weeks, but notice also that the final week before the marathon features only a single, easy run of 6 miles, then mostly rest.

Do you have more than eight weeks before your marathon? Do you have less? If the former, you can modify the program by either repeating weeks or adding weeks up front with slightly lower mileage.

If the latter, do your countdown from Week 1, and improvise. This Senior Marathon Training Program is for experienced runners, and I trust you to make the right choices. Just follow the pattern I’ve laid out for you, and you’ll be okay. The eight-week training schedule follows. Good luck with your training.

Senior Marathon Training Program

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<tr>
<th>Week</th>
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(Hal Higdon is a Senior Writer for Runner’s World and a regular contributor to National Masters News. For more of his articles and training programs, visit his Web site at www.hal-higdon.com.)
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**THROWERS**

**TRAIN YOUR BRAIN!!!**

The Long & Strong Throws Journal (LSTJ) is a quarterly publication dedicated to the throwing events in track and field. It is the only throwing periodical of its kind in the world. LSTJ is about more than technique and training. Elite athletes and coaches give insight into their keys for success and the personalities behind their achievements. LSTJ's interviews with top name throwers such as Adam Nelson, Suzie Powell and Breaux Greer and legends such as Al Oerter, Michael Carter and John Powell are just what you are looking for. Technique tips from knowledgeable athletes and coaches such as Jud Logan and Jay Silvester are invaluable. LSTJ provides throws coverage and photos from major competitions that you won't find anywhere else. Whether you are a coach, athlete or official, or a Scholastic, Open or Masters competitor, it is crucial that you never stop learning! Let Long & Strong help you reach your potential!

![Track & Field News](https://example.com/track-field-news.png)

**For the latest in top-level track & field**

The bible of the sport, published monthly since 1952. $43.95 yr.

**USATF Foundation Report**

**Fundamentals in Disposing of Assets**

By JERRY DONLEY

Following is another in the series of articles on gifting to the USATF Foundation.

No matter how well we ignore the future, it is inevitable that we will either spend or give away what we accumulate during our lifetime. Prior to our death, we can control how, how much, and to whom we give our assets.

But, unless we do some planning and consider, rather than ignore, the future and how our assets are going to be disposed of after our death, the laws and statutes of the state in which our property is located at the time of our death will determine how much of an estate a surviving spouse and children will receive if a person dies without a will (intestacy).

State laws make no provision for charitable organizations, extended families or friends. Even though one child may have special needs, or it is the intent that one of the children receive a specific personal article, if a person dies without this intent stated in writing, in a manner prescribed by the state, that intent will go unfulfilled.

How then can you accomplish your intent for distribution of your assets?

The simplest and easiest is to give all of it away during your lifetime. For most of us that is not an acceptable solution. We need most of it right up to the date of our death.

Many assets are passed on after death to another person in accordance with the way an asset is titled during one's lifetime. A common way is to put the property in another person's name as a joint tenant with a right of survivorship. By following certain formalities on death of one "joint tenant," the asset is quickly and easily transferred into the survivor's name.

Insurance proceeds are commonly passed on quickly and easily after death by naming a specific bene-

![Cindy Steenbergen, W45, and Bob Ward, M70, were named Dallas Masters 2003 Track Athletes of the Year at the club's annual meeting in January.](https://example.com/cindy-steenbergen.jpg)
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 October 31, 2003, by the Records Committee of World Masters Athletics (WMA). The U.S. records are those compiled and approved, as of December 7, 2003, by the Masters Track and Field Records Sub-Committee of USA Track & Field (USATF).

THIS FORM SHALL BE USED FOR AMERICAN AND WORLD RECORDS
IT MAY BE USED FOR COLLEGIATE OR OTHER JURISDICTIONAL PERFORMANCES

APPLICATION FOR RECORDS
For U.S. age-group records, send to Sandy Pashkin, 301 Cathedral Parkway, #6U, New York, NY 10026.
For WMA age-group records, send to Brian Oxley, 259 McDougall Rd., Parry Sound, Ontario P2A 2W7, Canada

To THE RECORD COMMITTEE:
Application is hereby made for a record in support of which the following information is submitted:

Description of Record:
World American Association Championship Collegiate
Junior Age Group Masters
(All applications for Junior, Age Group, or Masters records must be accompanied by copy of birth certificate or other proof of age)

Event:
Date and Time of Day:

Record claimed (time, distance, height or points achieved):

Where held (Area, Town and Country):

Force of following wind:

Name of Competitor, Club and Country:

(Indicate)

AUTOMATIC TIMING

If fully automatic timing was used, complete this section, regardless of the distance of the race and attach a print of the photo.

The time recorded was __________ , and this was the official time.

 fotos Envolver (Address or USATF Official’s Registration Number)

TIMEKEEPER’S CERTIFICATES

I, the undersigned official timekeeper of the event above mentioned, do 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 Association. (Refer to Rule).

Time:

(Signature of Timekeeper)

(Address or USATF Official’s Registration Number)

(Signature of Timekeeper)

(Address or USATF Official’s Registration Number)

I confirm that the above Timekeepers exhibited their watches to me and that the times stated are correct.

(Signature of Referee or Chief Timekeeper)

STARTER’S CERTIFICATE

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

(Signature of Starter)

(Authority or USATF Official’s Registration Number)

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

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

(Signature of Measurer)

(Address or USATF Official’s Registration Number)

JUDGES’ CERTIFICATE (FIELD EVENT)

12. We hereby certify that the measurement stated opposite our respective signatures is exact as measured with a metric tape (Judges and Referee shall read measurement.) We also certify that the implements used and circle or runway complied with the IAAF specifications.

(Distance or Height)

(Signature of Judge)

(Signature of Judge)

(Signature of Judge)

Certification of Form (Shot, Javelin, Walks)

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

(Signature of Referee)

(Address or USATF Official’s Registration Number)

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

(Signature of Referee)

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

**World T&F Outdoor Age-Group Records**

Approved by the Records Subcommittee of World Masters Athletics (WMA) (through performances verified as of October 31, 2003)

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#### 10,000 METERS

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N is for take-offs, not trade-offs. achieve new balance

newbalance.com
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We hope this helps! If you need further assistance, feel free to ask. Happy reading!
WORLD MASTERS ATHLETICS
APPLICATION FOR MASTERS & SUBMASTERS RACE WALK RECORD

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

Event distance ______ Age ______ Official time achieved ______ Date ______
Where held (name of track or course, town, state, country) ______
Name of competitor, birthdate, address, phone ______

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

Verification (to be completed by Event Referee):

[ ] Time recorded ______ Name of head timer ______ Watch #1 ______ Watch #2 ______ Watch #3 ______

USA Track & Field

USATF Rules require that track records must have a minimum of 4 certified judges and race roads must have a minimum of 6 certified judges. At least half of the judges must have national judging certification or higher and at least one must have Master or IAAF certification. For single-age "bests" only 3 certified judges are needed.

List all judges Certification # Level of Certification ______

Judge #1 ______
Judge #2 ______
Judge #3 ______
Judge #4 ______
Judge #5 ______
Judge #6 ______

Course Certification #___ Track 440y/400m/other ______ 2-in. high continuous curb? yes no ______

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

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

Submit lap times and race results (including all competitors).
Masters Invitational 1000m Races in Boston Set Standards

By MARK CLEARY

The fields for the Masters Exhibition 1000m races in Boston at the USATF Championships, Feb. 27-
29, were superb.

In the women's race, Catherine Ragan, a 52-year-old Greater Boston TC, served as the pace setter, bringing Rose Monday through the 800 in 2:21.5. Mary Thane and Catherine Stone-Borkowski followed in 2:24, and the rest of the field was just off that pace.

Monday ran 2:59.67, which was submitted to USATF to establish a U.S. masters record for the 1000m. We do not currently have a national W40+ record for this distance.

After the race, she said, "I had been sick for a week leading up to the race, so I wasn't concerned about the time. I just wanted to try to win. The time was good based on my training. I am leaving tomorrow for Budapest." Monday was selected to coach the time.

Sandy Snow, who was second in 3:02.12, said, "I'm leaving tomorrow for Budapest. My goal was to run 3:02." Monday's time was based on my training.

West TC, Missoula Mont., with some women in the club who are training for 2004, were superb.

Steve Wojcik. Suzy Hess, and the rest of the field as set for the 1000m. Wojcik knew he didn't want to lead. John Hinton, who finished second, with a new 40-year-old, made a race of it, running 2:29.47. "Tony is in great shape right now. He was too far ahead with 200 to go. My goal was to break 2:30."

The rest of the field was close behind, with a new 40-year-old, Steve Sergeant, third in 2:32.8.

Thanks to all the talented athletes who competed in the Indoor Masters Invitational Program event. As the program chairman, I would like to say that it is truly a privilege to have the opportunity to work with so many outstanding people. I would like to recognize a few of the USATF staff that continues to be key to the success of our events - Sandra Snow, Andy Martin, Keith Lively and Jill Geer. These folks work behind the scenes, handing many technical issues that are integral to the success of our events and ultimately our program.

The "Drake Dream Mile" on April 24 is the next event for the program. The entry deadline is April 9. Tony Young, John Hinton and Brian Pope, the top three masters athletes at this distance have already committed to the race.

Drake Relays meet director Mark Kostek has embraced the masters program and rolls out the red carpet for this event. Good news for the women - he has agreed to add a women's event for 2005. We are accepting race entries from athletes who have run 4:38 or faster for a mile during the 2003 or 2004 season.

We will have a large field of 18 for this event. You can enter on line at www.usatf.org.

Need Back Issues?

Most back issues of the National Masters News are available for $3.00 each, plus $2.00 postage and handling for each order.

Send to: National Masters News P.O. Box 50098, Eugene, OR 97405
NATIONAL

Over two dozen female masters ages 40-and-up will compete for 2004 Olympic Marathon spots in the St. Louis Marathon on April 3. Among the masters are Joan Benoit- Samuelson, Anya Sparkman, Kelly Keeler, Gordon Bakouli, Shelly Steely, Marie Boyd, Janet Robertz, Meghan Arbogast, and Madelyn Nee-Schlientz. The complete list is published in the February issue.

Randy Hellebuyck’s M40+ record time of 2:12:47 in the Twin Cities Marathon, Oct. 5, has been adjusted to 2:12:46. The only masters competing in the Olympic Marathon Trials, Brooks Miller, AL, at 59, finished fourthplace.


Stony Indoor (Sunny, 45 degrees) Hudson-Mohawk Winter 45, Marathons, Albany, NY, Feb. 29.

John Geesler, older than actual and was not to a first

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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 NMN, P.O. Box 50098, Eugene OR 97405.

**TRACK & FIELD**

**NATIONAL**

**August 5-8.** 37th Annual USATF National Master Championships, Decatur, Ill. Don Luy, 1184 W. Main St., Decatur, IL 62522. 217-420-6625, www.millikin.edu. Decatur Area Convention & Visitors Bureau, Teri Hammel, Dir. of Sports Marketing, 800-331-4479; teri@decaturcvb.com

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

**August 21-22.** USATF National Masters Decathlon & Heptathlon, Neosho, Mo. Jeff Watry, 3224 CR 2700E, Decatur, IL 62522. 217-367-8438, x152; jwatry@gillathletics.com

**September 11.** USATF National Masters Weight & Superweight Championships, Seattle, Wash. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-932-3923; kweinbel@comcast.net

**EAST**

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

**April 23-24.** Penn Relays, Philadelphia, Pa. Dave Johnson, 215-589-6154; david sj@pobox.upenn.edu

**May 2, 16, 30.** Potomac Valley TC Meets, Langley HS. 703-671-2520; www.pvtc.org

**May 13-15.** Virginia Senior Games, Virginia Beach. Shannon Moore, 757-478-8492; www.vrps.com


**May 22.** USATF-National Training Center Meet, Clermont, Fla. O/M/U. Don DeNoon, 352-241-7144, x4206.

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

**May 29.** Birmingham TC Classic, Samford U., Birmingham, Ala. Frank Newland, 205-370-7600; www.birminghamtrackclub.com; bttcclass@yahoo.com


**June 26.** USATF Southeast Regional Masters Championships, Clermont, Fla. (s) Don DeNoon, 352-241-7144, x4206; www.USAT-NYC.com.

**July 16-22.** Tennessee Senior Games, Clarksville. Christine Dewbre, 615-902-9261.

**SOUTHEAST**

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

**April 3.** Carolina Masters Invitational, Johnson C. Smith U., Charlotte, N.C. Masters & M&W 20-29


**April 10.** USATF-National Training Center Meet, Clermont, Fla. O/M/U. Don DeNoon, 352-241-7144, x4206.

**April 15-18.** Mississippi Gulf Coast Senior Games, Biloxi. 800-885-9688; email: rderbyhalley@aol.com

**May 7-9.** 39th annual Southeastern Masters & Open Meet/USATF North Carolina Masters Championships, Masters 20K RW South Championships, NC St. U., Raleigh. SE Masters, c/o Raleigh Parks & Rec., 2401 Wade Ave., Raleigh, NC 27607. www.southeasternmasters.org

**May 7-9.** Alabama Senior Olympic Games, Montgomery. Ronnie Floyd, 334-242-4496.

**May 8.** USATF Florida Masters Championships, Jacksonville. 904-387-0528; email: consultTBJ@aol.com

**May 11-14.** Washington, D.C., Golden Olympics. Ben Butler, 202-282-0753; ben.butler@dc.gov; www.dptrc.org

**May 13-15.** Virginia Senior Games, Virginia Beach. Shannon Moore, 757-478-8492; www.vrps.com

**ON TAP FOR APRIL**

**TRACK AND FIELD**

Most action remains in the warmer climes of the Southeast, Southwest and West, with meets in Florida, North Carolina, Texas, New Mexico, and California, including the Carolina Masters Invitational, Charlotte, N.C., on the 3rd, Georgia Masters Championships, Savannah, on the 16th-17th, and the Vern Wolfe Memorial Masters Meet at USC in Los Angeles on the 25th.

**LONG DISTANCE RUNNING**

On the other hand, LDR is all over the place, starting with the Cherry Blossom 10 Mile, Washington, D.C., and Santa Clarita, Calif., Women's 5K on the 4th. The Crescent City Classic 10K, New Orleans, Papa John’s 10 Miler, Louisville, Ky., and Peach Blossom 10 Mile, Medford, Ore., take place on the 10th. The inaugural Salt Lake City Marathon hits Salt Lake City on the 24th. The many marathons are headed by the 108th Boston Marathon on the 19th.

**RACEWALKING**

Opportunities present themselves in the USATF South Region 10K Championships, Orlando, Fla., and SCA Grand Prix, Walnut, Calif., on the 4th, the USATF South Region 1-Hour Championships, Clermont, Fla., on the 10th, and the USATF Northwest Regional 10K Championships, Seattle, on the 24th.

**SOUTHWEST**

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**April 10.** Lions/Waterloo Throwers Meet, Austin, Texas. Seth Brower, lionswater lwoo@earthlink.net; waterlootrackandfield.org

**April 17.** El Paso Senior Games, El Paso, Texas. EPSG, 1800 Byron El Paso, TX 79930, Julie Belcher, 915-562-4268.

**May 22.** Lions/Waterloo Championships, Austin, Texas. Seth Brower, lionswater lwoo@earthlink.net; waterlootrackandfield.org

**June 12.** Odessa Downtown Lions Club Benefit – Jackrabbit Relays, Ratliff Stadium, Odessa, Texas. Don Wright, 915-362-3180, wrighanapa@aol.com; Gerald Perry, 915-362-4640, perry@nts-on-line.net

**June 19.** USATF Southwestern Association Championships, Coppell, Texas. Lester Mount, 6750 Hillcrest Plaza Dr., #221, Dallas, TX 75230, 214-766-5854; lestermount@ymail.com
April 10. Team Thor USA Throwers Meet, UC-San Diego, La Jolla, Calif. All throws, plus SW. Open to all. George Mathews, 2149 Calle Buena Ventura, Oceanside, CA 92056. 760-757-4550; email: georgemathews@cox.net

April 11-12. Arizona Combined-Events Championships, site TBD. Bob Flint, 480-949-1991; usafaz@cox.net

June 18-20. Pacific Avenue USATF Championships, Pullman, Wash. Jeff Schaller, 435 SW State St., Pullman, WA 99163. jeffschaller@turbonet.com; www.ateam.com/comets/cmnews

July 24. Seattle Masters Classic, Seattle, Wash. Ken Weinel, 206-938-3895; kweinbel@comcast.net


October 4-16. Huntsman World Senior Games, St. George, Utah. 800-562-1268; www.seniorgames.org

**CANADA**

May 29. Ontario Masters Club Championships, site TBD. www.3sympatico.ca/ontario.masters


**LONG DISTANCE RUNNING**

NATIONAL

April 4. American Ultrarunning Association 100K Championships, Kettle

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**ODDESSA DOWNTOWN LIONS CLUB BENEFIT -- JACKRABBIT RELAYS**

NET PROCEEDS TO BENEFIT VARIOUS CHARITIES INCLUDING EYEGLASS/EXAMS FOR KIDS & ADULTS, TEXAS LIONS CAMP IN KERRVILLE, TEXAS EYE BANK, LEADER DOG FOR THE BLIND, LIONS INTERNATIONAL YOUTH CONTESTS ODESSA TRACK MEET

Promoting Athletics for All Ages as We Assist Those in Need

SATURDAY: June 12, 2004 -- RATTIFF STADIUM, ODESSA, TX

MASTERS COMPETITIONS IN FIVE (5) YEAR INCREMENTS - OPENS DIVISIONS: 19-29, 15-14 and UNDER ENTRY FEES: PRE-REGISTERED by June 5, 2004 - FIRST EVENT $15.00, 2nd ADDITIONAL EVENT $10.00 ADDITIONAL MAXIMUM $30.00 -- LATE FEES $20.00, $10.00 ADDITIONAL

*** ALL RUNNER EVENTS MUST BE PRE-REGISTERED*** -- ENTRIES CLOSE AT 11:00 AM EVENT SCHEDULE: (Start times are approximate but will not be early)

8:00 AM 4 X 100 Relay
9:00 AM 4 X 200 Relay
10:00 AM 4 X 400 Relay
11:00 AM 4 X 800 Relay
12:00 PM 4 X 1500 Relay
1:00 PM 800 M Run
2:00 PM 1500 M Run
3:00 PM 5000 M Run
4:00 PM 10,000 M Run

ADULTS. TEXAS UNIONS

UP TO 900 TOTAL MEDALS TO TOP THREE IN EACH AGE DIVISION

RATTIFF STADIUM LOCATION ON BACK

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**INTERNATIONAL**

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


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


November 6-14. Pan Pacific Masters Games, Queensland, Australia. 45 sports. Phone: +61 7 5564 8733; fax: +61 7 5564 9733; www.mastersgames.com.au


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**REGISTRATION**

NAME (print) DATE OF BIRTH SEX ADDRESS CITY STATE ZIP PHONE ( )

I, THE UNSIGNED, HEREBY AGREE TO RELEASE AND DISCHARGE THE ODESSA DOWNTOWN LIONS CLUB, THE ECTOR CO. INDEPENDENT SCHOOL DISTRICT AND ANY OF THEIR REPRESENTATIVES, ANY SPONSORS, AND ANYONE CONNECTED WITH THE MEET FROM LIABILITY RESULTING FROM ANY ACCIDENT OR INJURY THAT MAY OCCUR WHILE COMPETING OR PARTICIPATING IN SAID TRACK AND FIELD MEET. I CERTIFY THAT I BELIEVE I AM PHYSICALLY CONDITIONED AND PHYSICALLY ABLE TO COMPETE IN THIS TRACK MEET.

ATHLETES SIGNATURE DATE

---

**CHECK THE EVENT(S) ENTERED:**

DISCUS, HAMMER, WEIGHT THROW

SHOT PUT, JAVELIN, SHOT PUT

LONG JUMP, WT PENTATHLON, TRIPLE JUMP

HIGH JUMP, 100 M HURDLES, WEIGHT THROW

POLE VAULT, 110 M HURDLES, WEIGHT THROW

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**FIRST EVENT** ADDITIONAL EVENT (TOTAL) $

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**MAIL ENTRY AND CHECK PAYABLE TO: ODDESSA DOWNTOWN LIONS CLUB**

1431 WEDGEWOOD ODESSA, TEXAS 79762

Gerald Perry -- PHONE: (915) 362-4640, penny@rts-online.net -- (entry forms available via e-mail)
May 12-16. RRCA Convention, Lake Tahoe, Calif. www.rrca.org
June 5. USATF National Masters Women's Championships/Friehofer's 5K, Albany, N.Y. George Regan, 518-273-5552; www.friehoferrun.com; 5k@friehoferun.com
June 5. USATF National Masters Championships/TEVA Spring Runoff 6.3 Mile, Vail, Colo. 206-325-4800; sports@vailrec.com.
July 31. USATF National Masters Championships/White River 50 Mile Trail Race, Crystal Mountain, Wash. 206-325-4800; www.wttier50.org
September 11. American Ultrarunning Association Championships/Oldeander Park 100 Mile, Sylvania, Ohio. 419-885-7399; www.americanultra.org/oldeander.html
October 3. USATF National Masters Championships/Twin Cities Marathon, Minneapolis, Minn. www.twincitiesmarathon.com
November 14. USATF National Masters Championships/Peachtree City 50K, Peachtree City, Ga. 770-487-7445; day siderrunningclub@comcast.net.
December 18. USATF National Masters Championships/HUFF 50K Trail Run, Huntingdon, Ind. www.huff50k.com

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

April 1. New York Health & Racquet Club Backwards Mile, NYC. www.nyrc.org
April 4. Credit Union Cherry Blossom 10 Mile, Washington, D.C. 7000 limit, usually filled by early January. Cherry Blossom, PO Box 5366, Rockville, MD 20848.
April 4. Run for Autism Awareness 5K/USATF NJ Masters Women's Championships, Bayonne. 1-00 pm. 201-437-9181(d); www.OYMF.net
April 10. NYRR Brooklyn Half-Marathon, Brooklyn, NYC. 212-860-4455; www.nyrr.org
April 10. South Orange Rotary 5K, South Orange, N.J. 732-381-0318; www.olymp.org
April 14 (Wed.). Main Street Mile, Westminster, Md. 410-848-8332; cpcarr.org/wrc
April 17. Bill Robinson 10K Masters Championships, Guilderland HS, Albany, N.Y. JIm Tierney, runnerjmt@aol.com
April 19. 108th Boston Marathon. baa.org
April 24. USATF Adirondack Masters 10K Championships, Guilderland, N.Y. 518-273-5552; info@usatfadir.org
April 25. Thunder Run 5 Mile, Hauppauge, N.Y. 516-775-7272(d); www.ntsp.org
May 1. Ontario Shore Marathon/Relay & Half-Marathon, Rochester, N.Y. 585-264-1480; ontorioshamarathon.com
May 2. Blue Cross Broad Street 10 Mile, Philadelphia. 215-235-7481; www.broadstreetrun.org
May 2. Our House 5 Miler/USATF NJ Masters Championships, Summit, N.J. 732-381-0318; mrazc@aol.com
May 8. The Race 5K, New Britain, Conn. 860-652-8866; www.hartfordmarathon.com
May 15. Long Island Greenbelt Trail 50K, Plainview, N.Y. 516-349-7646; spolan sky@aol.com
May 16. NYRR Queens Half-Marathon, Queens, NYC. See May 18.
May 18. NYRR Downtown Dash, Lower Manhattan. 6:30 pm. 212-860-4455; www.nyrr.org
May 22. NYRR 10K, Manhattan. See May 18.

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

April 3. Cooper River Bridge 10K & 7K RW, Charleston, S.C. 843-792-0345; www.bridge10k.com
April 3. Umstead 100 Mile & 50 Mile, Raleigh, N.C. 919-847-6163; www.ncroadrunners.com/umstead
April 24. Old Mobile 8K Mobile, Ala. 251-473-7223.
May 31. Mercedes-Benz Cotton Row 10K & 5K, Huntsville, Ala. May 15 deadline. Jim Oaks, 256-536-1603; jaoaks@aol.com

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

April 3. Chicago Lakefront 50K. 773-477-9112; www.chicagoultra.org
April 4. Athens Marathon, Athens, Ohio. 740-594-3825; athensmarathon.com
April 10. Papa John's 10 Miler/USA Men's Championship, Louisville, Ky. www.papajohnslOmiler.com
April 25. 60th Disney Half-Marathon, Orlando, Fla. 813-938-7025; toledoroadrunners.org
April 25. Cleveland Marathon & 10K, Cleveland, Ohio. 800-467-3826; www.clevelandmarathon.com
May 2. Flying Pig Marathon, Cincinnati, Ohio. 513-721-7447; flyingpigmarathon.com
May 8. Indianapolis Life 500 Festival Mini-Marathon & 5K. 800-636-4296; www.500festival.com
June 11 (Fri.). Zanglin Downriver Run One Mile & 5K, Trenton, Mich. 734-282-1101; www.zanglinrun.com

Mid-america
Colorado, Iowa, Kansas, Minnesota, Missouri, Nebraska, S. Dakota

April 17. Traill Mix 25K & 50K, Bloomington, Minn. 763-588-5712; www.trailmixrace.org
April 24. Emma Creek Classic Women's 5K, Hesston, Kansas. 620-327-7128.
April 24. Get in Gear 10K. Minneapolis, Minn. 612-772-9004; gettingear@qwest.net
April 25. Oklahoma City Memorial Marathon/Relays. www.okcmarathon.com

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Compton Community College, Calif. 714-841-5417; www.nealand.com

April 3. Derby Day 10K, Arcadia, Calif. 310-828-4123; www2.promo.com
April 4. Santa Clarita Runners Women's 5K, Santa Clarita, Calif. 661-252-6850.
April 4. Liberty 4 Mile Run/Walk, Coronado Bay Bridge, San Diego, Calif. 760-434-6301; www.kinaneevents.com (click on Liberty icon)
April 4. Santa Anita Derby Days 5K, Santa Anita, Calif. 310-828-4123; raceplace.com
April 17. Run Santa Barbara Ten Mile & 5K, Santa Barbara, Calif. 805-564-8879; RunSantaBarbara.com
April 17. Chardonnay Foot Races 10 Mile & 5K, Santa Barbara, Calif. 805-564-8879; www.runsatabarbara.com
April 18. The Achievable 5K, Century City, Calif. 310-828-4123; www2.promo.com
April 18. Jimmy Stewart Relay Marathon, Los Angeles. 5-person teams. 310-829-8968; www.stjohns.org
April 25. La Jolla Half-Marathon, La Jolla, Calif. www.lajollahalfmarathon.com
May 1. Law Day 15K/Relay, Santa Barbara, Calif. Lauren Ludden, 805-962-0467; ludden@anticom.com
June 19. Vicki's 3000, Santa Barbara CC Track. 805-455-7246; leah@sbrunning.org
June 20. California Senior Games Championships 10K, Pasadena CC. Qualifier for 2005 NSG. Jim Hanley, meet director, 805-496-1829; jim@hanley.cc; www.pasadenaseniorolympics.org
June 20. California Senior Games Championships 5K, Rose Bowl, Pasadena. Jim Hanley, meet director, 805-496-1829; jim@hanley.cc; www.pasadenaseniorolympics.org
June 27. Platinum Performance State Street Mile, Santa Barbara, Calif. 805-568-2316; www.sbmile.com

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

April 3. April Fools 15K, Eugene, Ore. 541-687-6983; www.options.com
April 4. Bridge to Bridge 10K & 5K, Portland, Ore. racecenter.com/b2b
April 10. Pear Blossom 10 Mile & 5K, Medford, Ore. 541-535-1205; pearblos somrun.com
April 24. Inaugural Salt Lake City Marathon & 5K. 801-412-6060; www.saltlakecitymarathon.com
April 17. Roseburg to Coos Bay Relay, Roseburg, Ore. 67 miles. 541-267-6329.
May 2. Bloomsday 12K, Spokane, Wash. 509-335-1579; bloomsdayrun.org
May 8. Lake Run 10K & 5K, Lake Oswego, Ore. 503-331-3140; www.racecenter.com
May 16. Capital City Marathon, Olympia, Wash. 360-786-1786; www.ontherun.com/cmma

CANADA

INTERNATIONAL

RACEWALKING
April 4. USAFT South Region 10K RW Championships, Orlando, Fla. (s) Rob Carver, 407-898-8633.
April 4. SCA Grand Prix/Meet SAC 5K/10K Track, RW, Walnut, Calif. Dave Snyder, 909-824-2336.
April 10. USAFT South Region 1-Hour RW Championships, Clermont, Fla. (s) Don DeNoon, 352-241-7144; www.usatf-ny.org
April 24. Northwest Regional/ PNTF Association 10K RW Championship-ships, West Seattle Stadium. Bev LaVeck, 206-996-2423; bevlaveck@meithow.com
May 8. USAFT Florida RW Championships, Jacksonville. 904-387-0528; email: cauldronTB@aol.com
June 5. California Senior Games Championships, Pasadena CC. Qualifier for 2005 NSG. 1500 & 5000 RW's. Jim Hanley, meet director, 805-496-1829; jim@hanley.cc; www.pasadenaseniorolympics.org

June 20. California Senior Games Championships, Rose Bowl, Pasadena. 5K & 10K RW's. Jim Hanley, meet director, 805-496-1829; jim@hanley.cc; www.pasadenaseniorolympics.org
July 11. USAFT MAC 5K RW Championships, NYC. Stella Cashman, 212-628-1317; francinacash@aol.com
July 17-18. USA 20K Olympic RW Trials, Sacramento, Calif.
August 5-8. USAFT National Masters 5000m & 10K RW Championships, Decatur, Ill. See National T&F Schedule.
August 8. USAFT MAC 3K RW Championships, NYC. Stella Cashman, 212-628-1317; francinacash@aol.com
October 11-12 (tent.) NCCWMA 15K Regional RW Championships, Coconut Creek, Fla. Bob Fine, 561-499-3370; bobfine@aol.com

Ken "Cowman" Shirk adjusts his horns to get ready for the 20th annual Great Aloha Run 8 15 Mile, Honolulu, Feb. 16. Shirk has done every Great Aloha Run since 1984.

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RÉCIPICENTS OF ALL-AMERICAN CERTIFICATES

RECIPICENTS OF ALL-AMERICAN CERTIFICATES

U.S. MASTERS ALL-AMERICAN STANDARDS

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APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME: ____________________________
AGE-GROUP: ________________________
ADDRESS: _________________________
SEX: _____________________________
F: _____________________________
M: _____________________________
ZIP: _____________________________
CITY: _____________________________
STATE: ____________________________
DATE: ____________________________
MEET SITE: ________________________
EVENT: ____________________________

1. If you have or boiled the better of the standard of excellence, please fill out this application completely.

2. A copy of your results or a note stating in which issue your results must accumulated 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: American Masters National News, P.O. Box 50098, Eugene OR 97405.

5. A 3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 3" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.
### National Masters Indoor Heptathlon, Kenosha, WI, Mar. 6-7

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<td>7.6</td>
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### Masters Invitational Program

<table>
<thead>
<tr>
<th>Meet</th>
<th>Distance</th>
<th>Age-Graded Percent</th>
<th>Team Points</th>
</tr>
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<tbody>
<tr>
<td>Women's 100m</td>
<td>10:43.11</td>
<td>50.0</td>
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</tr>
<tr>
<td>Women's 400m</td>
<td>54.34</td>
<td>130.0</td>
<td>400</td>
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<tr>
<td>Women's 800m</td>
<td>1:58.37</td>
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<td>800</td>
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<tr>
<td>Women's 1500m</td>
<td>4:32.28</td>
<td>200.0</td>
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<tr>
<td>Women's 3000m</td>
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</tr>
<tr>
<td>Women's Marathon</td>
<td>2:25:31</td>
<td>315.0</td>
<td>2625</td>
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<table>
<thead>
<tr>
<th>Meet</th>
<th>Distance</th>
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<tbody>
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<td>Men's 100m</td>
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<tr>
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<tr>
<td>Men's Marathon</td>
<td>2:21:43</td>
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### East Masters Championships

<table>
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<th>Distance</th>
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<tbody>
<tr>
<td>Boston, MA, Feb 27-29</td>
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<tr>
<td>M35</td>
<td>20.06</td>
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<tr>
<td>M40</td>
<td>20.11</td>
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<tr>
<td>M45</td>
<td>20.17</td>
<td>100</td>
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<td>M50</td>
<td>20.23</td>
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<tr>
<td>M55+</td>
<td>20.30</td>
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<table>
<thead>
<tr>
<th>Meet</th>
<th>Distance</th>
<th>Age-Graded Percent</th>
<th>Team Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>New York, NY, Jan 30</td>
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</tr>
<tr>
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<td>44.39</td>
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<tr>
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<td>44.39</td>
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</tr>
<tr>
<td>M55+</td>
<td>44.39</td>
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<table>
<thead>
<tr>
<th>Meet</th>
<th>Distance</th>
<th>Age-Graded Percent</th>
<th>Team Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Landover, MD, Feb 1</td>
<td>60m</td>
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</tr>
<tr>
<td>M30</td>
<td>6.00</td>
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</tr>
<tr>
<td>M35</td>
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<tr>
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<td>M50</td>
<td>6.00</td>
<td>100</td>
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</tr>
<tr>
<td>M55+</td>
<td>6.00</td>
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<table>
<thead>
<tr>
<th>Meet</th>
<th>Distance</th>
<th>Age-Graded Percent</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Landover, MD, Feb 1</td>
<td>80m</td>
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<tr>
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</table>
N is for take-offs, not trade-offs. achieve newbalance.com