Masters Soar at Mid-America Regional Meet

By CHRISTEL & JERRY DONLEY

A national age-group record, top marks by athletes in their 80s, and an extensive pole vault performance were the story lines in the USA Track & Field Mid-America Regional Indoor Championships.

The meet, also the Colorado Association Championships, was held at the U.S. Air Force Academy track in Colorado Springs, Colo., on Feb. 27. The 138 entrants, ranging in age from 17 to 84, had the privilege of competing on brand new, state-of-the-art field event facilities, which added to their enjoyment and results.

In her first hurdle effort as a 70-year-old, Christel Donley set a pending U.S. record of 13.26 for the 27" 60mH.

After the meet, Donley said, "My record in the hurdles looks like the beginning of my sprinting again. I totally gave up sprinting five years ago." Venerable Colorado competitors, Willie Gatza, 80, Frank Bowles, 84, and Klaus Timmerhaus, 80, represented the 80-84 age group quite well.

Gatza had a 4.13 shot put and a 26.21 in the weight throw. Bowles, who has been competing for over 25 years, something no other vaulter has done. In the sprints, Paul Edens, who set an M60 world record of 7.72 for the 60m here last year, ran a 7.91 60m and a 26.21 200. Bob Lida won the M65 60m (8.34) and 200 (27.25). Mike Pannell, M50, posted the fastest 400 (57.12).

Stacey Price won the M50 hurdles in 8.92. David Albo, M45, was first overall in the 1500 (4:56).

Donley, Raschker Set Records

Murray, Hawkins, Hirsimaki Tops in National Indoor Heptathlon

By JEFF WATRY

The USA Masters Indoor Heptathlon Championships produced four world bests and two records in the two-day event held at Carthage College, Kenosha, Wisc., March 5-6.

Bill Murray, M50, Birmingham, Ala., with a 5482 total; John Hawkins, M55, West Vancouver, B.C., 5580; Fred Hirsimaki, M80, Findlay, Ohio, 4581; and Christel Donley, W70, Colorado Springs, Colo., 5551, set new global standards.

Donley also set a W70 national record for the 27" 60mH with a 13.22. Phil Raschker equaled the W55 pole vault record of 2.70, held by Karin Forster, of Germany.

Ten of the scores — three by women and seven by men — were over 5000 points, led by Raschker’s 6021.

The women’s pole vault was scored for the first time using the new IAAF tables for the women’s combined events that includes the pole vault and the HY-Tek age factors.

Raschker scored over 1000 points in the 60m (8.88/1075), high jump (1.41/1067), and 60mH (10.51/1143). Donley scored 1054 points for her 1.11 high jump. Her 13.22 U.S. record in the 60mH yielded 910.

The other women champions are Caren Ware, W40, Twin Peaks, Calif., 3235; Liz Johnson, W45, Charlotte, N.C., 2500; and Kay Gunn, Hastings, Iowa, W50, 5125.
Donostia
San Sebastian
XVI World Masters
Athletics Championships

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Seeing you in Spain!
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**NATIONAL MASTERS NEWS**

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**Sustainers for April 2005**

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, deepen results, an in-depth schedule section, and more. We are grateful for the support of masters athletes.

Special thanks this month go to:

- Roya Bayars, San Diego, California
- William Benson, Valley Stream, New York
- Frank Bowles, Greeley, Colorado
- Howard Byers, Deerfield, Illinois
- Edward Failor, Muscatine, Iowa
- Jim Fallen, Albuquerque, New Mexico
- Jack Gamble, Gainesville, Florida
- William Gresta, Hemlock, Michigan
- Fred Hartman, San Pedro, California
- Sydney Howard, Plainfield, New Jersey
- Noah Levingston, Reno, Nevada
- Shirley Matson, Larkspur, California
- Tim McMullen, Bishop, California
- Anne Yudell, Charlotte, North Carolina

The results are more time-consuming (read costly), even with a program, than it appears. Secondly, applications for U.S. and world records are submitted with marks in meters. Thirdly, in the combined events, the points for scoring the individual events are based on meters. Fourth, and the most important for NMN, is that in our results, a good 500 meters (M70) and a throw of 14.00 meters with the 20# weight takes up five spaces, whereas its feet/inches equivalent of 45-11.75 takes up eight spaces, leaving less room for the athlete's first and last name. -- ed.)

Continued on page 8

**Mid-America**

Continued from page 1

Craig Levine, M45, the high jump. Chad 'was exceptional with 17.15. National M65 holder (14.01 in 2001), now 69, hit the 13.83 r. Rande Treece, M40 weight 14.73, and the 9.34. Tim Edwards, M70, finished with a 16# weight, and won the 400 as a 2001 World Masters Games Edmonton July 22 - 31

With 27 different sports to compete in-from athletics to weightlifting-there's bound to be one that you love. Start training now. Take on other athletes your age from around the world. Whether you're 30 or 80.


Athletics Badminton Basketball Badminton 10-pin Bowling Canoe / Kayak Cycling Diving Div. Ice Hockey Ice Yacht Lawn Bowling Orienteering Rowing Rugby Union Shooting Soccer Softball - Fast pitch Softball - Slow pitch Squash Swimming Synchronized Swimming Table Tennis Tennis Triathlon Beach Volleyball Indoor Volleyball Weightlifting

Some readers provided additional support to the Masters News by contributions of $25, $50 or more.

If you are able, we would appreciate your support.

All contributors will be recognized in the paper as "sustainers," and again, your support is greatly appreciated.
Mid-America Regionals

Continued from page 1

Craig Levine, M45, cleared 1.72 in the high jump. Chad Lindsay, M30, was exceptional with the 16# shot at 17.15. National M65 shot put record holder (14.01 in 2001), Gerald Vaughn, now 69, hit the 13.83 mark.

Randy Treece, M40, hurled the 35# weight 14.73, and the 56# superweight 9.34. Tim Edwards, M55, threw 14.95 with the 25# implement. Vern Spencer, M70, finished with a 13.17 with the 16# weight, and wowed the competitors with his solo rendition of the National Anthem.

Albert Liebold, M45, won the 3000 racewalk overall (14:57). Marianne Martino, W50, was first woman (17:38).

With the help of experienced officials and numerous volunteers, the meet went off without a glitch. Athletes left the facilities at the end of the day knowing they had competed on one of the finest tracks in the country and, pleased with their efforts, look forward to coming back next year.

24th ANNUAL HAYWARD CLASSIC
Oregon Association – USA Track Championships
Eugene, OR - June 18 & 19, 2005

SUNDAY, June 19

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GENERAL INFORMATION

DIVISIONS: 5 year age divisions for men and women age 30 and over. Athletes must compete at the time their age group is scheduled.

ENTRY FEES: $15 first event (no-shirt); $7 second event; $4 each additional event.

ENTRY DEADLINE: Postmarked by Friday, June 10, 2005.

LATE ENTRY: $10 LATE FEE AFTER JUNE 10. NO ENTRIES AFTER 5 P.M. WEDNESDAY, JUNE 15.

RELEYS: Held in 10 year age groups; must wear distinguishable tops. Relay entry fees will be collected day of the race only, no later than 11:00AM Sunday June 19, 2005.

AWARDS: Medals awarded for 1st, 2nd, 3rd Oregon Association Championship patches for those registered with USA-Oregon.

FACILITY: All-weather track and runways (max. 1/4" spikes allowed).

IMPLEMENT: OTCM will have some throwing implements available.

MEET HEADQUARTERS: Phoenix Inn, 850 Franklin Blvd, Eugene, OR, 97403. Call 1-800-344-0131 for reservations. Special rate if reserved by June 1 (mention Hayward Classic), Paul and Janisz.

ENTRY FEES: $1 Event $15 - 2 Events $22 - 3 Events $26 - 4 Events $30 - 5 Events $34 & etc.

ENTRY TOTAL: Late Entry Fee $, T-Shirt Total $, Voluntary Contribution to the officials fund $, TOTAL ENCLOSED $.
Rod Parker – No Longer a Benchwarmer

Rodrick Parker had to pause and mull over the question when I asked him what motivates a man his age to train and compete so vigorously. Parker, an 86-year-old resident of Amity, Ark., was selected as the USA Track & Field masters athlete of the year for 2004. He also received the outstanding single performance award for his 34.41 M85 world record (an age-graded 98.8%) in the 200 at the nationals in Decatur and had number one age-graded times for the year in the 100 (16.22) and the 400 (1:24.18).

"I think sitting on the bench for four years was so belittling an experience that I welcomed competition in track so I could have the satisfaction of noting an occasional victory as an individual," Parker responded to my question, referring to his days on the Stanford University football team, a team that beat Nebraska 21-13 in the Rose Bowl on January 1, 1941.

Touchdown

But Parker, who still puts in 24-30 hours a week in his dentistry practice, recalled one game in which he got to carry the ball and scored a touchdown. It was against Oregon State in the next to last game of the regular 1940 season.

Wishing if there was any chance of getting into a game before the end of the season, Parker approached Clark Shaughnessy, the coach who introduced the T-formation to Stanford, and pointed out to him that he had sat on the bench for four years.

Shaughnessy replied that he had a winning combination in the backfield, one that included future pro great Frankie Albert at quarterback. "I turned to go away, when he said, 'All right, Parker, I'll use you.' He put me in the game. I think it was the third quarter and the score was close."

After a confusing bit of faking, the 5-8 1/2, 175-pound Parker took a handoff from Albert and ran for 10 yards. On the next down, the very same play was run and Parker went 18 yards for the score. In the Rose Bowl, Parker got into the game for about six minutes. "I took the ball on the one-yard line and couldn't score, but I was in mostly for blocking purposes," he said.

Parker did not compete in track at Stanford, although he had been on his high school's track team in Salinas, Calif., where he grew up, clocking 10.2 for 100 yards and leaping 19-10 in the broad (long) jump.

Just Fooling Around

"Our coach was strictly a football coach and didn't know anything about track," Parker explained his limited track experience. "We just fooled around until we got in shape. I didn't think I was fast enough to run track in college."

After Stanford, Parker went on to dental school, graduating in 1944, and then into the Navy during the final year of WWII. He was called back into the service for the Korean War. It wasn't until Dr. Kenneth Cooper's book, Aerobics, and Frank Shorter's victory in the 1972 Olympic marathon that Parker got back to running, initially competing in short road races.

"I was bothered by my inactivity and could foresee myself as a fat man with heart trouble, so I started jogging," he further explained.

Back on Track

It was at an annual conference of the American Dental Association in 1980 that Parker got back to the track, winning his age division against other dentists.

It wasn't until 1993, however, that he got serious about masters, winning the M75 60, 200, and 400 at the indoor nationals in Columbia, Mo.

"It was my first indoor meet and went with great excitement," While competing in the 75-79 division, Parker, who now carries around 150 pounds on a 5-7 frame, had bests of 14.14 for 100 meters, 29.91 for 200 and 1:10.63 for 400.

In the 80-84 division, he improved his 100 time to 14.05, while recording 31.72 for 200 and 1:12.02 for 400. He credits the improved time to plyometrics.

Parker won the M80 100 and 200 at the 1999 World Games in Gateshead, England, but he most treasures his participation in the M75 4 x 400 relay in that meet. Even though he was already in the M80 division, he was asked to be part of the M75 team.

Taking the Lead

"When the race started, the Aussies took an immediate lead and held it," Parker recalled. I took the baton several yards behind the Aussies and overtaking their runner at the 200 mark. It was a joy to be able to help in the win."

In his current training regimen, Parker alternates speed and stamina workout days. When his legs feel too tired, he slacks off and works on upper body strength.

"I'm fortunate to have a hill 35 feet from my house," he said. "It takes me 15 seconds to run up it -- about a 35 to 40 degree incline. Off that, then, there is a half-mile road where there are several locations for speed work and/or stamina work.

Unorthodox Training

"When I'm not progressing fast enough, I drag a tire for 200 meters once or twice a week. My training is not as structured as many track competitors, but I am aware of what I need to do and concentrate on that."

Parker added that he focuses a lot on foot strength and stride length.

"The older men get, we tend to leave our feet out of the action and under-exercise our calf muscles as well, so our stride shortens and is not powerful."

Importance of Diet

Diet has also been an important factor for Parker. "I've taken Vitamin E since 1946, after reading Adele Davis' great book, Let's Eat Right to Keep Fit," he said.

"At that time, many MDs poo-pooed the Vitamin E dosage, but Adèle Davis had substantiated her claims with dependable research references. I think her great tutelage has made possible much of my running capacity. I inherited good genes, also.

Still Working

While he doesn't do root canals or implants any longer, Parker still does routine dentistry work. "I just can't stand the idea of staying home and not having much to do."

How does he feel about aging? "Age has given me a respect and gratitude for the strengths and capacities God's great plan of heredity has bequeathed to me," he replied.

"Age has made me a better friend and neighbor and allowed me to experience actual joy in seeing and talking to other track and field competitors, whether they beat me or not."

"Age has allowed me to live out the truth of Benjamin Disraeli's thought, 'Everything comes if a man will only wait. I have brought myself by long meditation to the conviction that a human being with a settled purpose must accomplish it, and nothing can resist a will that will stay in existence for its fulfillment.'"

(Mike Tymn can be contacted at METGAT@aol.com)
**National Heptathlon**

Continued from page 1

1.71

Joe Johnston, Apopka, Fla., M60 winner, with a 5565 total, was the second-highest scorer behind Hawkins' 5580.

The remaining U.S. champions are Rod Wilcox, M35, Seattle, Wash., 3292; Mark Tweedt, M40, Rockwell, Iowa, 3816; Jim Russ, M45, Charlotte, N.C., 4509; Robert Baker, M55, Metairie, La., 4753; and Bill Jankovich, M70, Racine, Wis., 4933.

The single events for men and women in the heptathlon are (day 1) 60m, long jump, shot put, and high jump; (day 2) 60mH, pole vault, and 800m for women and 1000m for men.

A Masters Invitational Meet was held around the heptathlon and attracted a fairly good turnout.

**FIVE YEARS AGO**

### April 2000

- John Tuttle (41, 37:45) and Kim Stein (40, 49:37) Win USA Masters 12K
- Inaugural Saddleback Relays Draws 200 Masters to Mission Viejo, Calif.

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**Portland Masters Classic**

**NW Regional Championships**

June 25 & 26, 2005

Sponsored by the Portland Masters Track Club

Held at Mt. Hood Community College
26000 SE Stark, Gresham OR

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

**USATF Membership required to compete**

Meet Headquarters: Best Western

Packets: Available at Best Western, 23355 NW Halsey St, 1-8 exit 16, Fri, June 24th, 6-8 PM and at Mt. Hood C.C., starting at 9:00 AM both days of meet.

Concessions: Food concessions available during the meet.

Reception: PMTC invites you to share provided refreshments at the end of the events on Saturday 4:00 to 6:00 held at the Vista Dining Room on the campus of Mt. Hood C.C. Please let us know if you plan to attend by signing up on entry Form.

A NW Regional Meeting will follow.

Custom made Meet T-shirts will be available at the meet.

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**Entry Form – Portland Masters Classic - 2005**

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**Events**

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**Attend Reception?**

Yes

No

**Num. of people**

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** Waiver: Must be signed to compete**

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

Signed

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**Entry Fees**

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Revision 4, 03/08/05
One of the more common injuries among veteran athletes is commonly known as Morton's neuroma, or traumatic neuroma. This is simply an inflammation of the nerve sheath that leads to an entrapment neuropathy of the foot, usually between the third and fourth metatarsal bones, although it can also develop in other areas of the forefoot.

Most athletes describe the pain as a shooting or burning pain between the third and fourth toes. Sometimes there is an accompanying numbness. As activity increases, does the pain, which is usually relieved by removing the training flat and massaging the foot. One often sees this in marathon runners, when the runner sits on the curb and pinches the forefoot area. The condition is quite easy to diagnose by simply pressing between the metatarsal bones, where the athlete will experience soreness. Treatment starts with examination of the running shoe. In most cases, it will be too narrow and pinching the forefoot area. Symptoms can often be relieved by simply changing to a wider shoe.

However, if symptoms persist, place a 1/4 inch felt metatarsal pad in the shoe to raise the metatarsal head area. This spreads the toes and can relieve pressure on the nerve. Treatment after training is also recommended.

In severe cases, a corticosteroid injection is helpful. This can be performed with a 25 gauge needle using a mixture of steroids and Lidocaine.

One should have a biomechanical examination to determine if the foot is pronating excessively. This can place additional pressure on the forefoot during toe-off and aggravate the metatarsal head area. The use of an orthosis is recommended in this case. Physical therapy with ultrasound has met with some degree of success.

If all else fails, the neuroma can be surgically removed under local anesthesia. Neuramas are a common athletic injury and quite painful. Most athletes will be unable to continue with their athletic activity until some type of treatment is rendered.

(Dr. John Pagliano can be reached by e-mail at thefootbeat@aol.com)
April 2005

L.A. Marathon

Continued from page 1

before the race, stated her intention of going for the win again amongst a deep women’s field.

On Sunday, Pozdnyakova employed a familiar negative-split tactic, taking the first half of the marathon in a leisurely 1:19:24 (6:03 per mile), before dropping the hammer and blasting through the tougher second half of the course in 1:11:41 (5:28 per mile).

She placed fifth among women and 20th overall and took home $9500 in prize money and bonuses, down from her treasure chest last year, when she won the first-ever L.A. Marathon “Challenge,” which pits the elite women’s field against the elite men’s field by giving them a handicapped head start.

This year’s “Challenge” bonus was $75,000.

New to the L.A. Marathon this year was the introduction of drug testing of some elites.

Race day conditions for the marathon were very fine, considering L.A.’s catastrophically monsoony weather this winter, and last year’s killer heat. Temperatures at the 8:15 a.m. start were in the 50s, with clear skies, rising only into the 70s. There was little wind.

The 20th edition of the race drew out the biggest field ever, with over 25,000 runners and another 18,000 bicyclists attempting the loop tour of the city. Unlike other races of its size, the field is overwhelmingly local (90% Californians), which produces strongly-focused crowd support.

This neighborliness combined with the attentions of dozens of entertainers and marketers to make every runner feel appreciated.

Among the attentions, the race featured a tiendita’s worth of “Official” products along the course, from the Official L.A. Marathon Water (Sparkletts) to the Official L.A. Marathon External Pain Reliever (Salonpas analgesic spray, available at miles 16-20).

Nintendo even placed 50 costumed gorillas along the course to advertise its new version of Donkey Kong.

The top M40 was Ezequiel Hernandez, Rosemead, Calif., 2:44:39, who narrowly eclipsed Marco Arteaga, Colton, Calif., 2:44:47. John Araujo, Placentia, Calif., the top M45, was close on their heels, 2:45:49.

Up the age groups, Jimmy Toyama, Los Angeles, topped the M65 with a 3:19:04, while Luis Hidalgo, 90, Los Angeles, was the class of the deep M80+ field. Encino man Ernest Van Leeuwen, 92, 6:46:34, was the oldest runner to finish.

Hometowner Rikako Takai, 42, was the first masters woman (3:11:29) over the line behind Pozdnyakova, and ten minutes would go by before another masters woman came in.

The upper age groups fielded deep fields for both men and women, with 28 women over age 70 completing the race, for example. Margaret Davis, 82, Azusa, Calif., led this charge in 5:42:49.

In spite of Southern California’s abundance of talented masters runners, no masters prize money was offered.

— from reports by Helen Elliott et al., Los Angeles Times; and Dave Monti, Race Results Weekly

Run Philadelphia’s Longest Street For 10 Miles

SUNDAY, MAY 1, 2005 • 8:30 AM

BLUE CROSS BROAD STREET RUN Ten Miler

Philadelphia Recreation Department

26th Annual

Best of Philly
Best Local Sporting Event

A weekend of fun for the country’s second largest ten-mile run!

- Over 13,000 runners
- $10,500 prize money
- 130 age group awards
- Team competition
- T-Shirt pickup at the Cruise Terminal Building
- Free transportation to start
- Free baggage transportation to finish
- ChampionChip® Timing
- Music on the course
- Digital clocks at every mile
- Loads of fun for kids

HEALTH AND FITNESS EXPO:
Friday, April 29th and Saturday, April 30th at the Cruise Terminal Building with over 50 booths

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 215-683-3194
  • Register on the internet at: www.broadstreetrun.com
  • Pick up an official entry form at a participating

www.broadstreetrun.com
Training Lore – Part II

A gain, I want to acknowledge Neal Bascomb and his book, The Perfect Mile, as the source of the following article. As mentioned last month, this article and the next one are going to feature the training methods and racing strategies of the first two runners to break the four-minute mile. Roger Bannister, an English medical student, was the first to break the 4-minute barrier in 3:59.4 on May 6, 1954. John Landy, an Australian agricultural science major, broke Bannister’s record in 3:58 on June 21, 1954. The climax of Neal Bascomb’s book captures the essence of these athletes’ running careers as they raced against each other at the Empire Games in Vancouver, Canada, the same year.

What can be learned from these extraordinary athletes? They trained without synthetic tracks, high-tech shoes, engineered diets, high-altitude training, heart monitors, watches or financial incentives. Drug enhancement, hormone replacement, blood doping and gene tampering weren’t yet on the sport’s radar screen. They represent the “pure” amateur athlete.

It is my thought that Landy’s and Bannister’s achievements in many ways resemble those of dedicated masters more than today’s elites. Similar to masters, they struggled to become the best. They could be driven, depending solely on their own natural abilities and their own intelligence.

Goal-Driven

They trained alone, although both had the advice of coaches and other athletes. They had severe limits on the amount they could train. But they knew exactly as runners and were driven by the goal of being the first to break the four-minute mile.

In masters terms, the components of their striving could be likened to training for a World Age-Group Record or, to a lesser degree, for a national Age-Group Record. As you will see this month and next, Landy and Bannister chose different methods of training. Landy’s attitude toward pain and gain may seem old-fashioned to some. However, in the process of their training and racing, they learned that “will” and “discipline” were the arbiters of athletic achievement.

How they dealt with their many disappointing and frustrating near-misses, and how they planned for their final successes make electrifying reading.

John Landy

Returning from a failed effort in the 1952 Helsinki Olympics, John Landy set about improving his technique by watching his shadow as he ran.

He worked on balancing the rhythm of his legs with the movement of his arms and hips. He discovered that if he overextended any movement, he lost equilibrium in his stride and wasted energy.

Working on keeping his head level, his center of gravity still, and his shoulder and hand muscles relaxed, he experienced the feel of effortless running.

- Pain and Gain

In contrast to his technique goal, his training regimen required maximum effort. According to Bascomb, after his disappointment in Helsinki, Landy never wanted to step to the starting line again unless he was the fittest person on the track.

He had learned from the great runner Zatopek that he needed to train to speed not just endurance. Zatopek told him that improvement came by subjecting the body to periods of high stress at a fast pace while reducing the recovery time between these periods.

Full Schedule

Landy’s day started at 8 a.m. when he caught a train to the University of Melbourne. He took classes in subjects like soil science, bacteriology, and farm economics. After lunch, he attended more classes, returned home for dinner and then studied several hours before going to the track to work out around 11:00 p.m.

After an hour-and-a-half of intense effort, he went back home, showered and collapsed into bed.

Many nights Landy felt too tired to work out and had to force himself to put on his shoes and go out.

Sometimes he entertained the idea of putting his workout off until the next day. At other times he simply felt he deserved a rest. But he never gave in.

Iron Determination

His resolve was ironclad. Once he got out and started running, he found it became easy. As he put it, “The mind is always willing the body.”

A typical workout started with a series of alternating fast and slow laps around a 600-yard track. With only the sound of his footsteps on the gravel, he focused solely on how much faster he could push himself.

According to Bascomb, Landy didn’t carry a watch. He measured his effort between feelings accompanying exhaustion and recovery. He would maintain a fast even pace for most of a lap, but not an all-out effort. Then he would burst ahead at the end and sprint until his legs felt uneasy below him.

In between these exertions, he jogged a lap for four minutes, letting his breath return and the pain ebb. He felt that by stressing his legs and lungs to the extreme, he immunized himself to pain.

Pushing to the Limit

After an hour-and-a-half, Landy usually completed eight to twelve 600-yard laps at a pace of roughly 90 seconds each (or a 65-second 440-yard lap). He repeated these workouts five nights a week, pushing himself to his physical limit.

On the remaining two nights in the week he ran seven miles on the road at a five-and-a-half to six minute pace to build endurance. Regardless of weather, sore tendons, blistered feet, or fatigued muscles, Landy trained with uncompromising discipline night after night, by himself.

Recognizing a Competitor

After Bannister ran the first sub-four-minute mile (3:59.4), Landy mastered his huge disappointment and responded, “It’s great, great, great. He’s a great runner. I think the brilliant achievement will be bettered.”

And so it was by Landy less than two months later with a time of 3:58.

(More on Roger Bannister next month. Elaine Ward can be contacted at narw@sbcglobal.net.)

USDA and HH Masters

Dietary Guideline for Americans Once every five years, the US Department of Agriculture releases dietary guidelines that define a healthy diet for the American population. With the release of the 2010 Dietary Guidelines for Americans, the US Department of Agriculture (USDA) and the US Department of Health and Human Services (HHS) have provided a comprehensive guide to help Americans make informed choices about their nutrition and health.

The new Dietary Guidelines provide recommendations for a healthy diet, including guidance on nutrition, physical activity, and the role of supplements. The guidelines are intended to help individuals maintain a healthy weight, reduce the risk of chronic diseases, and improve overall health.

The guidelines are based on the latest scientific research and are designed to be user-friendly and practical. They encourage a balanced diet that includes a variety of foods, limit salt and sugar intake, and promote physical activity.

The guidelines are available online and are updated every five years. They are a valuable resource for individuals, healthcare professionals, and policymakers who are committed to promoting healthy eating and active living.

Gamble’s Bet Pays Off

CLERMONT, Fla. – John Gamble, Gainesville, Fla., entered the Winter Sun T&F series inaugural weight pentathlon hosted by the National Training Center at Clermont on Jan. 22, hoping his combined performances for five throwing events would produce a chance at the national record.

Gamble, a charter member of the Gainesville’s Hilda DC, during the days of Olympian Frank Shorter, anticipated the current record of 3142 points was "soft," as he put it.

The USATF sanctioned event had two competitors, one in the M55 age bracket and Gamble in the M80.

Gamble’s results: 25.63 HT, 8.68 SP, 28.67 DT, 22.06 JT, and 11.48 WT, age-graded to a 4139 total, over 1000 points beyond the present record.

The National Training Center, a new fully equipped, multi-sport facility, will be hosting several track meets throughout the season, including outdoor pentathlons for men and women scheduled for May 21 and June 11.

See www.usatf-mtc.com, or contact Don DeNoon, ddonoo@orhs.org, or R.L. Norton, corvus0486@aol.com, for additional information.

Robert L. Norton, Florida AC, and Don DeNoon, National Training Center

PASADENA SENIOR OLYMPICS 5K & 10K ROAD RACES/5K AND 10K RACE WALKS

Sunday, May 22, 2005 - 4:00 pm
Rose Bowl, Pasadena
Jim Halyer, Meet Director

For more information or an Entry Application:
Cynthia Rosendale (626) 685-6754
cpr@pasadenaseniorcenter.org
Entry Application is also available at:
www.pasadenaseniorolympics.com

TEN YEARS AGO
April 1995

*700 Participants Set 37 Indoor WRs at US Masters T&F Championships in Reno

*At age 48, Phil Rascher Competes in Women’s PV in Indoor Open Nationals

*Doug Bell (44, 65:44) and Honor Fetherston (40, 73:54) Win USA Masters Half-Marathon in Las Vegas
USDA and HHS Release New Dietary Guidelines
Masters Athletes Ahead of the Game

Dietary Guidelines is published by the U.S. Department of Health and Human Services (HHS) and the Department of Agriculture (USDA) only once every five years. The publication contains dietary guidelines and recommendations about exercise. The most recent publication departs totally from the former 30-minutes-of-activity-a-day and everything will be okay standard (which had been the mainstay of medical advice for 20 years) to now recommending much higher levels of intensity.

While the new Guidelines don't endorse training for Masters T&F competitions, the publication clearly endorses the value of high-intensity exercise and comprehensive training programs.

The new Dietary Guidelines publication is a great example of applying research findings and changing out-dated standards to attack a public health problem head on.

Standard of Practice
Dietary Guidelines typically becomes the standard of practice for medical and health professionals. The Guidelines will be used as authoritative standards, which ultimately get translated into street-level advice about how to improve health and reduce the risk for major chronic diseases:
- Engage in regular physical activity and reduce sedentary activities to promote health, psychological well-being, and a healthy body weight.
- To reduce the risk of chronic disease in adulthood: Engage in at least 30 minutes of moderate-intensity physical activity, above usual activity, at work or home on most days of the week.
- For most people, greater health benefits can be obtained by engaging in physical activity of more vigorous intensity or longer duration.
- To help manage body weight and prevent gradual, unhealthy body weight gain in adulthood: Engage in approximately 60 minutes of moderate-to-vigorous-intensity activity on most days of the week, while not exceeding caloric intake requirements.
- To sustain weight loss in adulthood: Participate in at least 60 to 90 minutes of daily moderate-intensity physical activity while not exceeding caloric intake requirements. Some people may need to consult with a healthcare provider before participating in this level of activity.

Government Done Right
This aggressive move by HHS and USDA should be applauded as a situation of "government done right." These large federal agencies, in essence, set up a fight between exercising lifelong fitness versus living a life of obesity and being medically overweight.

The reason every battle against obesity and being overweight during the last 20 years sits in the lost column is because the former recommendations concerning exercise were based on namby-pamby standards of 30-minutes-of-daily-activity.

This level of exercise intensity has been shown to be ineffective in improving fitness.

High Intensity Recommended
Researchers show in a new study that high-intensity exercise is superior to moderate-intensity exercise in improving fitness.

And this study proves that training for masters T&F events — win, place, or come-in-last — is the most productive form of exercise for adults. The researchers report:

These data suggest that high-intensity training is more effective in improving cardiorespiratory fitness than moderate-intensity training of equal energy cost.

These data also suggest that changes in coronary heart disease risk factors are influenced by exercise intensity. (Changes in cardiorespiratory fitness and coronary heart disease risk factors following 24 weeks of moderate- or high-intensity exercise of equal energy cost, O'Donovan, G., J Appl Physiol. 2005 Jan 7)

Increasing activity is the perfect place to start... for someone sedentary. A great place to start, but this level of exercise does little except prepare the body for higher intensities that will produce results.

Now it's time to get it-on: progressively increase exercise intensity (after getting medical clearance), and land some knockout blows to obesity and being overweight by putting on gloves that have some real punch... high-intensity exercise! ☝

(Include the Juan Campbell's Sprint program on the award-winning home cardio equipment made by Vision Fitness — www.visionfitness.com)

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Pasadena Senior Olympics
Track & Field Meet - Saturday, May 21, 2005
Pasadena City College - Robinson Stadium
1570 East Colorado Blvd., Pasadena, CA.
Meet Director: Christel Donley
Race Walk & Assistant Meet Director: Jim Hanley

Schedule of Events

<table>
<thead>
<tr>
<th>Track</th>
<th>Field</th>
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<tbody>
<tr>
<td>9:00</td>
<td>Softball Throw</td>
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<tr>
<td>10:00</td>
<td>Pole Vault, Javelin</td>
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<tr>
<td>10:30</td>
<td>Long Jump</td>
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<tr>
<td>10:45</td>
<td>Discus</td>
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<tr>
<td>11:00</td>
<td>Triple Jump</td>
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<tr>
<td>11:45</td>
<td>High Jump</td>
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</tbody>
</table>

Entry Fees: $30.00 Registration Fee, plus $6.00 per event
Divisions: 5-year divisions, for men and women, age 50+
Miscellaneous: Competition order - oldest to youngest, men first (except HJ & PV which start at lowest height); Throwing implements not provided, except SP; Must bring own vaulting pole; PV for experienced vaulters only. 6 jumps for Long Jump; 6 throws for Javelin, Shot Put and Discus; 4 jumps for Triple Jump; 3 throws for Softball Throw.
Surface & Timing: All weather track; Automatic Timing System

For more information: Cynthia Rosedale - (626) 685-6754; cpr@pasadenaseniorkcenter.org; FAX: (626) 577-4235

Entry Form (please print)

<table>
<thead>
<tr>
<th>Last Name</th>
<th>First Name</th>
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<td>800M Walk</td>
<td>1500M Walk</td>
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Make checks payable & mail by May 15th to: Pasadena Senior Center, 85 E. Holly, Pasadena, CA. 91103

WAIVER: In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors or administrators, waive and release forever any and all rights, claims or damages I may accrue against the Pasadena Senior Center, Pasadena City College, the Meet Directors and all sponsors of the California Senior Games Championships, their successors, representatives and assigns of any and all injuries which I may suffer while traveling to and from and while participating in the Meet held June 5, 2004 at Pasadena City College. I certify that I have no physical defects or injuries that would prevent me from competing in this Meet.

Signature
Date
Longevity Guaranteed

Scientists now believe that by exercising regularly, and sometimes strenuously, we can extend our lives not two years, as previously thought, but six to nine years. And improve the quality of those lives. Why haven't scientists told us this yet? At least while under scrutiny of their peers, scientists grow cautious. They hedge their bets. They qualify their statements. For that reason, you may not see the six-to-nine-warranty headlined in peer-reviewed journals such as the New England Journal of Medicine for a while. But trust me, the proof is there. Keep running each day, enduring the occasional 5k or marathon, and you'll outlive your sedentary neighbors.

Longevity research during the last half century has focused on British bus drivers, San Francisco longshoremen, Iowa farmers and Harvard alumni.

In 1953, Professor Jeremy N. Morris matched sedentary drivers of London double-decker buses with their physically more active conductors, whose duties required them to continuously go up and down stairs. The conductors suffered fewer heart attacks than the drivers.

In studies of San Francisco longshoremen in 1972 by Stanford University's Ralph Paffenbarger, M.D., those working heavy jobs on the docks outlived those working cushier jobs in the office.

P.R. Pomrehn published a study in the Journal of the American Medical Association in 1982 comparing Iowa farmers and townspeople. The harder-working farmers had 10 percent lower coronary heart disease risk than their friends in town.

The Mother of All Longevity Studies, the one most quoted by those promoting exercise, is that conducted by Dr. Paffenbarger on Harvard Alumni.

Dr. Paffenbarger's data suggested that if you started exercising at age 35, you extended your life 2.51 years. For all ages between 35 and 79, the extension averaged 2.15 years.

Also, longevity was dose related. As you increased energy expenditure from 100 to 3500 calories a week, your risk declined. How you exercised also affected longevity.

Take Heart

"The dose-response relationship of exercise vs. coronary disease," reported Dr. Paffenbarger, "was not merely a matter of total energy output per week, but also reflected intensity of exercise."

What is the best, most convenient and least expensive exercise for most individuals? One involving some intensity. Walking is good; running is better.

Higher Than Expected

How do you get from the two-plus years in the Harvard study to the six-to-nine years suggested above? Dr. Paffenbarger concedes his projections were conservative. As an epidemiological researcher following a paper trail, he dealt with numbers as much as people.

In contrast, at the Cooper Clinic in Dallas, Kenneth H. Cooper, M.D., has hands-on data involving 80,000 patients seen by his staff of 18 physicians over a span of three decades.

It was during a visit to Dr. Cooper several years ago for a physical examination, that he suggested privately that exercise could improve longevity by six to eight years. I admit, I blinked. That number seemed incredibly high, almost audacious, so in a visit to Dallas, while researching my latest book, Masters Running, I cornered Dr. Cooper's colleague, Steven N. Blair, P.E.D., a past president of the American College of Sports Medicine, asking him to confirm those numbers, expecting him to be downsized.

"The numbers are wrong," said Dr. Blair, pausing for effect. "It's six to nine years." And in a later conversation, Dr. Paffenbarger upped the ante to seven to ten years based on his reading of the Cooper research.

Don't Wait

But you may not see those numbers in the New England Journal of Medicine immediately. Publication of peer-reviewed medical research — even when common sense tells us it is correct — takes years before being presented to doctors, then to the public, and before the public accepts it as fact and begins to act.

In the meantime, take my word that running is good for you — and may help you lead a long and active life.

"(Hal Higdon is a Contributing Editor for Runner's World. Rodale Press will publish his latest book, Masters Running, later this month. His Web site, halhigdon.com, features training programs for all distances.)

Masters Running

A Guide to Running and Staying Fit after 40

By Hal Higdon

Finally, a running book for you. Hal Higdon, Contributing Editor for Runner's World and a monthly columnist for National Masters News, has written a book that every masters runner will want to own. Masters Running was written with the help of National Masters News readers, more than 500 of you who filled out questionnaires related to your training. Yes, we do need to train differently than younger runners.

Incredibly, Higdon found that we often get injured less than those younger runners, perhaps because we have learned our lessons. But more lessons remain to be learned.

Scheduled for publication toward the end March by Rodale Press, the 220 pages of Masters Running will tell you everything you need to know about our sport, beginning with the first masters mile and track & field meets, the brainstorms of San Diego attorney David H. R. Pain. Pain's unique concept of letting runners compete in separate age groups, Higdon claims, actually inspired the running boom of the 1970s as much as Frank Shorter's Olympic gold medal. Higdon cites research suggesting that by training and competing, we actually may extend our lifespan six to nine years — and improve the quality of our lives.

It's all there in Masters Running. Order your advance collector's edition now until publication date. Hal will personally autograph and number your copy of Masters Running. The price of the book: $15.95, less if you order through us. Call toll-free: 1-888-ON-A-RRUN (1-888-662-7786), or go to the Shopping Cart for books on www.halhigdon.com.

Here are the contents of Masters Running

1. Introduction: Motivation. We define our own goals and levels of success

2. Beginnings: It is easy to improve as a runner. All you need to do is start

3. Aging: Exercise scientists take the measure of the masters

4. Longevity: Staying alive is the secret for those wanting success as masters

5. Competition: Masters running comes of age through the vision of a San Diego attorney

6. Training: It sometimes takes a lifetime to learn how to train properly

7. Challenge: Plan properly, train correctly, and sometimes you get it perfectly right

8. Alternatives: For masters, multiple sports provide a means to an end

9. Essentials: Training strength, stretching and common sense make you a better master

10. Errors: If you want to succeed as a masters runner, make sure you never get injured

11. Programs: Do masters runners need to train differently than others? Yes, we do

12. Epicure: Endless Autumn: Masters dedicate the last decades of their lives to finding the perfect run

### PUBLICATIONS ORDER FORM

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<thead>
<tr>
<th>Title</th>
<th>Quantity</th>
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<tr>
<td><strong>Masters Age Records (2003 Edition)</strong></td>
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<tr>
<td>Men's and women's world and U.S. single age bests for all track &amp; field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 2002.</td>
<td></td>
<td>$6.00</td>
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<tr>
<td><strong>Masters Track &amp; Field Rankings Book (2002)</strong></td>
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<tr>
<td>Men's and women's 2002 U.S. outdoor track &amp; field 5-year age-group rankings.</td>
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<tr>
<td>Coordinated by Jerry Woicik. All T&amp;F events, including mile, relays, weights, racewalks, and combined events.</td>
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<td><strong>Masters Track &amp; Field Rankings (2004)</strong></td>
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<td><strong>Masters Track &amp; Field Indoor Rankings</strong></td>
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<tr>
<td>Indoor rankings for 2004. 4 pages.</td>
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<td>$2.00</td>
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<tr>
<td><strong>Masters Age-Graded Tables</strong></td>
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<tr>
<td>Single-age factors and standards from age 8 to 100 for men and women for every common track &amp; field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes.</td>
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<td>$6.00</td>
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<tr>
<td><strong>Masters 5-Year Outdoor Age-Group Records</strong></td>
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<tr>
<td>Men's and women's official 2003 world and U.S. outdoor 5-year age group records for all track &amp; field and racewalking events, age 35 and up; 8 pages.</td>
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**FIFTEEN YEARS AGO**

**April 1990**

- **Domingo Tidaduiza (40, 30:33) and Gabriele Andersen (44, 34:48) Win in Red Lobster 10K**
- **John Campbell (41, 2:20:15) and Graziela Striuli (40, 2:36:48) Are Top Masters in L.A. Marathon**
- **Hal Higdon's Masters Running Guide Published**

**THOM WEDDELE**

Kelly Kruehl, second W45 (33:48), USA Masters 8K XC Championships.

**TESH TESHIMA**

Mike Ferreira, second M40 (38:05) over a hilly Hawaii-Kai course in the Bosetti 10K, Honolulu.
The Weight Room
By JERRY WOJCIEK

Summer Menu Offers Throws Galore

Offerings for the U.S. masters track world may be diminishing with the disappearance this season of the Dan Aldrich Meet in Irvine, Calif., and the Northern California Striders Meet, but the menu specific to throwers is extensive, in addition to the opportunities in all of the regular meets.

Starting this month, for instance, throwers in the West can head for the Team Thor Thunder Series, La Jolla, Calif., on the 2nd, or the USATF New Mexico WP Championships, Albuquerque, on the 10th, while those in the Northwest have Ken Weinbel's Spring Fling Meet, West Seattle, Wash., on the 16th, which offers a novel weight pentathlon that substitutes the superweight for the javelin.

Southeast residents and tardy snowbirds can throw at Bob Voege's Spring Fling Meet, West Seattle, Austin, followed by Mark Chapman's Cat Spring Fling Meet on July 9.

Meanwhile, the Team Thor Series goes on every month through July. If you go to one of those meets, or all of them, it might not be a bad idea to bring as many of your implements as practical.

Supplying one of each specified implement is costly enough for meet organizers, and having more than one implement available for each age group, especially hammers and weights, will facilitate the meet's progress.

This is all supposed to lead up to the USA National Championships in Hawaii, Aug. 4-7; the National WP Championships, Dallas, Texas, Aug. 13; and the National Weight & Superweight Championships, Seattle, Sept. 10, where, afterward, Weinbel provides an excellent lunch and a chance to throw 200# and 300# ultra weights.

For those internationally minded, the World Masters Games in Canada, July 22-31, offers all of the throws and a WP.

The World Masters Athletics Championships, San Sebastian, Spain, Aug. 22-Sept. 3, will include, for the first time since its adoption by WMA, the outdoor weight throw.

Other throw and complete-event meets will appear on the schedule before the season is over.

If you still can't find anything suitable before then, you might think about putting on your own throws event (not in your backyard with your friends and relatives as officials), or getting your association or region to produce a weight pentathlon.

A Happy Easter to all our readers from the staff at NMN

Still Thinking About Hawaii?

Consider this:
Hawaii is fun. Hawaii is Aloha. Hawaii is value -- in US 
Hawaii is family-friendly. Hawaii is where your friends will be. Hawaii is organized and ready for you!

There's much to see and do in Hawaii: Luaus, Pearl Harbor, Battleship Missouri, Waikiki, Diamond Head, Maui, Kauai, Molokai, Big Island, volcanos, beaches, snorkeling, diving, hiking, relaxing.

USA Masters Outdoor Championships
August 4-7, Cooke Field, University of Hawaii, Honolulu
Hawaii is YOUR national championship. Don't miss it!

For more information, go to www.hawaiichamps.com.
Hawaii Champs
808-732-8805
1493 Halekoa Drive
Honolulu, HI 96821
Drug Testing Questions and Answers

Ken Stone asked me some questions for an article he is writing for Geezerjock Magazine. I thought it important to share my answers with our membership since not all my responses may be included in his article.

Q. It's well-known that only a few international masters events do drug-testing, along with a few nationals in Europe. But even these dope tests are sloppy -- usually fewer than 50 in a field of 5000. Is drug-testing of masters fair under these conditions? Is it worth doing?
A. I would be careful about quoting a number of drug tests. This number is confidential. The number isn't as important as the deterrent effect the threat of testing has on athletes. I have heard of athletes getting exemptions. It is absolutely worth doing if we are to grow the way most of us would like.

Q. What would it cost to drug-test a majority of masters at WMA world meets or USATF nationals?
A. The cost is prohibitive at this time for the USATF Nationals. It runs about $200 to $400 per test, depending on what you are testing for and how quick a turn-around you need on the results.

Q. Do the waiver rules in WMA work? How many athletes avail themselves of the waiver to compete while taking "banned" drugs?
A. I hope that the WMA rules work.

Q. The information for these exemptions is provided to all U.S. athletes entering WMA World Championships. The problem concerns certain medications that are taken in the normal process of aging, such as hormone and testosterone replacement. These are not exempted, to my knowledge. This is the real challenge.

I have brought this up at WMA meetings in the past and have been told that there isn't the "science" to prove that these medications aren't "performance-enhancers.

Is it fair for a man who loses "some" testosterone in the aging process to be able fix the problem with synthetic testosterone?

The answer from WMA and IAAF is that costly research must be done to prove that these substances are not performance-enhancing. They say the money isn't available for this research.

Maybe somewhere in the world some university might want to take this project on. I have challenged one known candidate for President of WMA to address this very important need.

Q. WMA supposedly has an appeals process for drug-testing. Has this process ever been used? What were the upshots?
A. The appeals have been through IAAF in the past. There is only one U.S. case that we are all aware of. We know the result of that appeal. There is question as to what the outcome might have been if an exemption had been asked for.

Q. If a vote were taken on whether masters organizations should do extensive drug-testing -- and add a surcharge to meet entry fees -- how would the vote go?
A. I would hope that everyone would vote "yes," although I don't think a vote should be taken. We are part of USATF and should follow the rest of our organization. For information purposes, it should be known that USATF Youth Track & Field has drug testing.

I don't think athletes would want to pay. This should be an included cost in the entry fee.

Q. Since suspensions last only two years usually, banned athletes can still resume competition in another age group down the line. So suspensions have little bite. Should drug rules be stiffened for masters?
A. We should adopt a Zero Tolerance Lifetime Ban for steroid use as we have for our open athletes.
Not for Throwers Only – It Could Happen to You

For over 20 years I have been a masters hammer and weight thrower. My wife, Mary, and I put a hammer pad in our backyard in 1983 when we moved to Bainbridge Township, Ohio, we liked throwing that much. All my life I have exercised routinely, and kept a normal body weight. Hammer throwing is a great physical and mental challenge; every throw is an experiment. I could never do the same one twice, and I never got tired of it. In May 2002 I turned 71-years-old. My only health concern? A long-standing, non-heart-related blood pressure issue.

But on June 10, 2002, my primary care physician faxed my latest lab results to me with this note: “Joe, your prostate screen is slightly abnormal – likely due to benign enlarged prostate, but I’d like you to see a urologist to play it safe.” Three years earlier, my prostate specific antigen (PSA) was 2.7 nanograms per milliliter. On this day, it was 4.98. Over this time, I had been seeing my doctor quarterly, mainly to manage hypertension, but I hadn’t had another PSA screen until now. My ignorance. My mistake.

A biopsy proved I had moderately aggressive prostate cancer, “Gleason score” of 7. My choices included watchful waiting, cryosurgery, radical seed implant, radical prostatectomy, radiation, hormone therapy, and/or combinations of these. Mary researched the Internet for months; I read dozens of manuals. And we consulted with doctors.

Decision Time

But what is an appropriate response to the diagnosis of prostate cancer? I was struck by these recent words from Stephen B. Strum, M.D.: “The tendency in medicine...is to generalize...” but generalization doesn’t get at “the unique biological profile that each patient brings to the table, so to speak.”

To me, this means each person must take charge of his own health, do his homework, and learn everything possible about his “unique biological profile.”

In retrospect, that’s what I was learning to do. Had to do.

By September 2002, I had elected a radical perineal prostatectomy – complete removal of the prostate gland. I wanted the source of cancer out of my body, the surgery halted my hammer throwing.

Yes, I feared incontinence and impotence following surgery – a fear powerful enough that many men do everything they can to avoid surgery or other treatment. In one book, Mia Prochnik tells her husband, Leon, who has prostate cancer and is terrified he will lose his sexuality, “You can’t make love if you’re dead.” Indeed.

Setbacks

But within six months my PSA began to rise again. This meant that cancer cells had escaped from the prostate before surgery. What if I had known to have a PSA screen in those earlier years? This thought dogs me still.

Quickly, my surgeon recommended external beam radiation – focused 5-10 second treatments from six angles to the prostate bed – five days a week for eight weeks. It didn’t hurt, but I felt listless and didn’t want to start throwing again.

Radiation didn’t work either. My PSA began to rise once more. This meant there were prostate cancer cells circulating somewhere else in my body other than the prostate bed, but their location was undetectable by CAT and MRI scans.

Not all prostate cancer is aggress-
April 2005

NATIONAL MASTERS NEWS

The official world and U.S. publication for masters track & field, long distance running and racewalking

New Outdoor Age-Group Records Compiled

In this issue are the new world and U.S. five-year outdoor age-group track and field records for men and women. The world marks are those compiled and approved as of October 14, 2004, by the Records Committee of World Masters Athletics (WMA). The U.S. records are those compiled and approved, as of January 18, 2005, by the Masters Track and Field Records Subcommittee of USA Track & Field (USATF).

No hand times recorded after May 1, 1994 (world) or Jan. 1, 1991 (USA) for races of 400 meters or less are considered for five-year age-group records.

However, hand times achieved prior to those dates will continue to be included in the lists until broken by a superior time.

The official USATF record form is printed on this page. U.S. athletes and officials should use this form when applying for a U.S. or world record. Non-U.S. athletes should use the WMA record form published in the WMA Handbook.

Racewalking Records

Also included here are world racewalking "bests" and USA official racewalking records as recognized by the IAAF for each five-year age group compiled by Bev LaVeck, USATF Masters Racewalking Records Coordinator. The USATF application form for a racewalking record is printed on page 24.

Long Distance Records

The latest U.S. masters road marks were published in the November 2004 issue of NMM. U.S. road records are compiled by Road Running Information Center.

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

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

(a) Track Events

The above certify that we measured, with a metric steel tape, the distance used and the running direction. (Attach Measurer’s Certificate for Track and Field Events to application.)

(b) Field Events

The above certify that the lateral inclination of the runway or circle did not exceed 1.100 and in the running direction 1.1000. (Refer to Rules, in case of world record.)

THROWING EVENT IMPLEMENT CERTIFICATION

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.

JUDGES’ CERTIFICATE (FIELD EVENT)

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

GUARANTEE BY REFEREE

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

Signature of Referee

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

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JAVELIN (35-49: 800g; 50-59: 700g; 60-69: 700g; 70-80: 700g; 80+: 400g)

400 METERS

100-200 Meters

200 Meters

2000M STEEPLECHASE (30+)

HURDLES (35-39; 100m; 33; 40+: 80m, 30"

HURDLES (35-39; 400m; 50+: 300m, 30"

HIGH JUMP

POLE VAULT

LONG JUMP

TRIPLE JUMP

SHOT PUT (35-49; 4kg; 50+ 3kg)

DISCUS

HAMMER (35-49; 4kg; 50+: 3kg)
### Men – Track

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### Women – Track

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<td>Michelle Rodgers</td>
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### Men – Road

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<td>26:28</td>
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<td>20K</td>
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### Women – Road

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### U.S. Masters Road Racing Records (as of January 24, 2005)

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WORLD MASTERS ATHLETICS
Promoting Veteran Athletics Throughout the World
In Cooperation with the IAAF

WMA RECORDS COMMITTEE
2004-2005

Chairman
Brian Oxley
259 McDougall Rd., Parry Sound, Ontario

Coordinator
Pete Mundle
3955 Bentley Ave.
Culver City, CA 90232, USA

Asia
Cho Hsin Te
99 Lang Street, Sandai 7200
Taiwan

Africa
99 Lang Street, Sandai 7200
Rep. of South Africa

Europe
Ivar Soderlin
Gokropsvagen 5 B, S-906 51 Umea, Sweden

North and Central America
Caribbean
Bill McLwaine
55 Dawson Crescent, Milton, Ontario L9T 5H9
Canada

Oceania
Colenene Blair
43 Elmslie Rd., Pinehaven, Upper Hutt, New Zealand

South America
Juan B. Alberdi 62222, C.P. 11900, Montevideo
Hector Acosta
Uruguay

WORLD MASTERS ATHLETICS
Application for World Masters Age-Group Record
2004-2005

To: WMA Records Committee Regional Chairman

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

Full Name of Competitor(s)

Date(s) of Birth

Competition's Country

Name of Stadium

RESULT OF RACE

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

1st

2nd

3rd

STARTER'S CERTIFICATE

I hereby certify that the start of the race was in accordance with IAAF Rules.

Name of Starter

TIMEKEEPERS' CERTIFICATES (HAND TIMING)

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

Time

Name

Signature

CHIEF TIMEKEEPER

I confirm that the above Timekeepers exhibited their watches to me and that the times were as stated.

(Name of Chief Timekeeper or Referee)

(Signature)

ELECTRICAL TIMING

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

(Name of Chief Photo-Finish Judge)

(Signature)

NOTE

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

WIND GAUGE

I hereby certify that wind speed in direction of running was

Name of Operator

Signature

metres/sec

WIND GAUGE (LONG AND TRIPLE JUMP ONLY)

I hereby certify that wind speed in direction of running was

Name of Operator

Signature

metres/sec

FIELD JUDGES' CERTIFICATE

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

(Distance or height)

(Name of Field Judge)

(Signature)

(Distance or height)

(Name of Field Judge)

(Signature)

(WIND GAUGE (LONG AND TRIPLE JUMP ONLY)

I hereby certify that wind speed in direction of running was

Name of Operator

Signature

metres/sec

RESULT OF COMPETITION

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

1st Performance

2nd Performance

3rd Performance

NOTE:

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

April 2005

Allie, S.

Charles Allie, who won the exhibition held at the Reggie Lewis Track & Field Complex, Feb. 26, competing in a 44.71 win over a field of 53.20 with (JAM/NYC), set a new Masters Champion in the Masters in the Masters 3600, and won over a field of 84.32.

At the 2005 World Masters Championships, Allie set a new Masters Champion in the Masters 3600, and won over a field of 84.32.

Twenty Years Ago

April

Ian Hume

World Record Holder

Cherstie Miller

W50 World Recor holder

Derek Vaux

4:13.8 Mile

3604

17

WWW
Allie, Steen Win in Masters Invitational

Charles Allie, 57, Pittsburgh, Pa., won the Exhibition Masters Men’s 400 in the USA Indoor Championships, held at the Reggie Lewis Center in Boston, Feb. 26.

Competing in a field of four, Allie ran a 54.47 to win over Robert Bowen, 52, Maryland, 55.77, Rick Lapp, 55, New York, 58.73, and Roger Pierce, 60, Massachusetts, 59.22. Allie shares the M55 world record of 53.20 with Alston Brown (JAM/NYC), set last year on the track of Champions. Decatur, Ill., 2000. 20m Masters Championships.

Mary Thane, 40, Mountain West TC, was second in 5:08.41. Sarah Kramer, 43, Ogden, Utah, finished third (5:09.03). Kathy Martin, 53, Northport TC, the 2004 BENGAY Masters Athlete of the Year, was fourth (5:18.75).

The Masters Invitational Program is conducted by Mark Cleary. The next exhibition event for masters runners will be a men’s mile at the Drake Relays, April 28-30. Those interested in participating can contact Cleary at runnermark@cox.net; 949-589-0242.

We Welcome Letters

• The National Masters News welcomes letters on topics of general interest.
• Letters submitted to Write-On should include your full name, signature, address, and daytime telephone number. Information other than your name and city in which you live are kept confidential.
• E-mail submissions same as above (except, of course, no signature).
• Keep it short. Concise letters developing a single theme are more likely to be published.
• Please type and double space.
• Letters are condensed and edited.
• Not all submissions are published.

Mary Thane, 40, Mountain West TC, was second in 5:08.41. Sarah Kramer, 43, Ogden, Utah, finished third (5:09.03). Kathy Martin, 53, Northport TC, the 2004 BENGAY Masters Athlete of the Year, was fourth (5:18.75).
Self-Protection Tips for Outdoor Runners

BY JOHN WELCH
SAN ANTONIO, Texas — Runners and other fitness enthusiasts are being attacked in increasing numbers each year across the United States. Some of these attacks are being committed by dogs, while some of the assaults are at the hands of our fellow man. Throw in rare attacks by cougars and bears, and the numbers are truly staggering.

Of the nearly five million dog attacks in the U.S. each year, 800,000 people need medical attention and 1000 dog-bite victims each day need treatment in hospital emergency rooms. And, sadly enough, somewhere between 15-20 individuals die from dog attacks each year. These numbers are viewed by many as evidence of an epidemic in our country.

Annual Statistics
Some runners, like 62-year-old Tom Burwell of San Antonio, unfortunately become part of the yearly statistical data. Burwell, who was out for a jog near his north side San Antonio home on May 7, 2003, was attacked and nearly killed by two roving pit bulls, which, according to their owner, were gentle, loving animals.

The bites on Burwell’s arm were so severe that doctors found several of the dog’s teeth embedded deeply in his arm. And several years earlier in Alamo City, ultra marathoner Anne Hjelle’s near brush with death from a mountain lion is believed to have killed another mountain biker at the same location earlier in the day.

Then there are the attacks perpetrated by other humans. The famed Central Park jogger is perhaps the most familiar one to Americans. Others, like San Antonian Valerie McPherson, may not come to mind as quickly. McPherson, 32, was jogging with her 19-month-old daughter, Lauren, in an upscale Alamo City community when she was attacked and stabbed to death by an alleged homeless man. Her daughter was not harmed.

Avoiding Attacks
As runners who like to get outdoors and enjoy nature, what can we do to keep from becoming part of the yearly statistics? For one thing, we need to become more aware of our surroundings and keep an open eye-and ear-for situations that can quickly escalate into danger. Remember to never run alone, and always tell someone where you’re going and when you should return.

Arming Yourself
A more pro-active approach to personal safety is to equip yourself with something along the lines of self-defense. This can be as simple as pepper spray, or can be as drastic as taking a Concealed Handgun Safety Class and carrying a small, licensed handgun on your person while you run.

One drawback with pepper spray is that it is a close-range alternative, whose spray can often be affected by wind and rain. A handgun, on the other hand, must be kept out of sight until you need to employ it.

Besides carrying a weapon that you can easily access, having the knowledge, the will and the desire to use it can be an entirely different matter, and these are topics typically covered in a weapons class.

There are currently 31 states in the U.S. where carrying concealed handguns is legal. Many of the states also have a reciprocal agreement with a number of other states wherein each recognizes the other’s concealed handgun license.

Carrying Devices
For fitness purposes, carrying a concealed handgun can only be feasible if it is comfortable to carry and it is easily accessible in the event you have to employ it. A number of fanny packs and belt-type carrying devices are currently on the market and in wide use today.

Another viable product for carrying concealed handguns is the Confidant Shirt from Kramer Handgun Leather, which is an undershirt made of mesh that is light enough to be worn under most fitness wear. The cost for this shirt is $38 and information can be found at www.kramerleather.com.

Choices of Weaponry
Another factor in self-defense on the go is the type of handgun and its inherent weight. The Model 357 PD AirLite 5-shot Titanium and Scandium revolver by Smith and Wesson is a .38 caliber (the recommended minimum for self-defense) and weighs a mere 10.7-ounces. A more powerful .357 caliber in this model weighs in at 12-ounces.

If you want other self-protection alternatives, consider carrying a small club, one that you can employ and wield quickly and efficiently against either four-legged or two-legged attackers.

Another item that is particularly useful against dogs is a car antenna that can be telescoped and carried quite easily in your waistband. When you want it, just open it up to its desired length.

Whatever you choose to use for self-protection, become familiar with it and keep it with you at all times, especially when you are alone. Q
USATF Announces Entry Process for 16th WMA Meet in San Sebastian

By PHIL GREENWALD
USATF Masters T&F Team Manager

USATF has announced the following entry process for U.S. athletes going to the 16th World Masters Athletics Championships in San Sebastian, Spain, Aug. 22-Sept. 3.

Entry information is available from the USATF Web site (www.usatf.org, click on Masters Athletics) or by writing to Sherry Quack at the USATF office (Sherry Quack, USATF National Headquarters, One RCA Dome, Suite 140, Indianapolis, IN 46255).

U.S. citizens need to complete both the Championship Entry Form and a U.S. Supplemental Form and return them to the USATF Office in Indianapolis by May 6 to avoid late charges.

Citizens of other countries (including U.S. residents with foreign passports) must contact the World Masters Athletics member in their country of citizenship.

The USA Team Managers, Philip Greenwald (for Track and Field) and Charles DesJardins (for Long Distance Running), noted that the process is similar to prior years: U.S. athletes send their entry forms and fees to USATF (in dollars), USATF validates the information and forwards the entry and fees (converted to Euros) to the local organizing committee in Spain.

One change is that USATF is providing an official USA competition top, the charge is included in the entry fees paid to USATF. Additional items (shorts, warm-ups, etc.) are available online from USATF.

Greenwald noted that the teams for the 4x100 and 4x400 relays are selected based on performances in the 100 and 400 at the championships. Under the policy set by the USATF T&F Committee, the team manager has discretion only in cases where there are not full teams or the performance in the 100 or 400 is clearly non-competitive.

Under these circumstances, athletes may be shifted down to a younger age group and/or other performances (200, 800, hurdles, etc.) considered. Greenwald urged all those interested in running a relay to enter and compete in the 100 or 400.

DesJardins will be organizing the teams for the road races, cross-country, and marathon events. DesJardins noted that the issue is always knowing who will compete, so that, where necessary, he can step-down an athlete for team scoring to assure a complete team in one age group rather than incomplete teams in two groups.

Greenwald recently announced that Frank Lulich and Marilyn Mitchell would be the Assistant Team Managers for track and field; their goal is to have a team manager on-site during all competitions at all three tracks.

Also, as in past years, there will be a USA team meeting on each competition day. The time and location will be announced by signs and announcements in the registration area.

WMA Takes New Approach to WR Listings

By BRIAN OXLEY
WMA Records Manager

Last November, a notice on the World Masters Athletics Web site announced: "From today, new records will be listed immediately, on the day they are confirmed." So began a new chapter in our records history.

Our aim is to report every new mark, when it is made. Not an impossible task. It should be very simple. If record breakers, or their friends, or their meet directors, or their national statisticians, e-mail me when a record is broken, a notice will immediately appear on our site, as it has for the past three months. We cannot rely on international media, only on ourselves.

A new mark is recognized as an official record when documentation reaches us through our regional statistician. The official world record list is updated that day.

We are also publishing short biographies. If a record breaker sends a short biography, in any language, with an action or still photograph, it is placed on our site for all the world to see—but only when the record is confirmed by our agreed rules.

In the three months since November we have published 43 new marks, four short biographies, and 11 authenticated records. Of those new marks, interestingly, 15 were in the W35-59, eight in W60+, one in M50-59, and 19 in M60+. Older men and W50-59 are setting the pace. Of the 43 new marks reported since November, confirming documentation is still awaited for 32 (75%) of them. Our joint challenge is to reduce delay. Records can only be officially acknowledged when proof is received. The IAAF runs a tight ship in the matter of records documentation, and so should we.

The marathon has been added to our official lists, to be followed by road races at other distances, hopefully including "ultra" events.

Next steps, based on reaction during the past three months:

• alter the Web site to include a clear summary of records policy and procedure
• create new record application forms
• list information required if a WMA form is not used
• provide this information in several languages
• offer record certificates to new holders
• analyze record statistics
• provide a direct link to our age-grading system
• confirm or alter our records policies when we meet in San Sebastian

This is a work very much in progress. I'm glad folks out there are watching, but they should jump to no conclusions. I aim at nothing less than the IAAF level of authenticity and credibility. Don't we attach the same level of importance? Q

Brian Oxley can be reached by e-mail at: brianoxley@sympatico.ca

Report from Britain

By BRIDGET CUSHEN

The 22nd Indoor Championships were held Feb. 19-20 at the University of Wales Institute in Cardiff.

The British masters did not anticipate a big surge in membership in the M35-39 age group, but two heats were necessary in the 50m dash, won by Terence Stamp in 7.04.

The current European 100m champion, Anthony Noel, decisively won the M40 race in 7.20 from Dalton Powell and Mark Baker. Viv Oliver finished ahead of the Dawn Franklyn in the M50 but they will clash again at the 5th European, March 10-13, in Sweden.

The first British sprint record, 26.36 in the W45 200m, went to Averil McClelland, now happily recovered from her hamstring pull in the Europeans.

A further two records fell to Manindy Laing in this age group when she won the 60mH in 9.20, and the triple jump (10.39).

Owen in the pole vault pit, Allan Williams raised his own British record to 4.02.

It was the older age categories who accounted for most of the records, however. The tall Jimmy Cadby raced off with the M50 800 in 3:48.54 and set a British record in the 1500 in 7:21.57.

Rosemary Chrimble obliterated the current World and European W70 shot with a put of 9.79, and later set a British high jump record of 1.18.

Kathleen Stewart, more familiar as a marathon runner, was delighted with her British record of 2:59.4 and a totally unexpected world record 6:03.01 in the W65 800/1500m.

James Crehan won the M75 high jump, clearing a record 1.17 and also taking the triple jump with 7.51. David Burton was also in a record-breaking mood, clearing 4.17 in the M70 long jump.

The other records went to Iris Holder in the W60 long jump (3.94), and Betty Steedman clearing 3.10 in the W70 event.

An orthopedic surgeon has advised Martin Rees, following an operation, that he has a serious knee problem that means an abrupt halt to his glittering career since reaching masters age 11 years ago. He is the current M50 world record holder for the 5000 in 14:53.2, and holder of all the British bests from 5K through to the 2:23:17 marathon, which he ran at age 46.

Irie Hill, the European and British indoor and outdoor pole vault title holder, competed in the Australian senior championships, finishing third, clearing 4.05. If she had not decided to skip at 4.10, going instead for 4.15, she would have become the Australian champion.

The BMAF Indoor Pentathlon in Manchester attracted a large entry. Age-group winners were Andrew Waddington, M40, 3153 points; John Mayor, M45, 3580; Julian Kennedy, M50, 2916; Mike Corden, M55, 1600; Peter Clarke, M60, 2263; David Burton, M70, 3080 (a British record); and Norman Carter, M75, 2291 (also a British record).

Charmaine Johnson chalked up a 3562 in the W40 event.
**Masters Scene**

**NATIONAL**

- On March 8, Arkansas Governor Mike Huckabee was named USA Track & Field's Athlete of the Week after running 3:48 in the Little Rock Marathon, Little Rock, Ark., in 4:38:31, nearly two years after he started a diet and exercise plan to lose 25 pounds. His efforts inspired others to run in the marathon, and race officials attributed the 30 percent increase in entrants this year to the participation of the 49-year-old governor.

- Anselm Le Bourgeois broke the M45 WR for the 1500 with a 4:02.62 in the MAC Championships at the 168th St. Armony, NYC, March 4. Jon Potts, GBK, holds the record at 4:03:59 set in 1990. Le Bourgeois, a resident of Maplewood, NJ, works as a Wall Street Stock Exchange analyst, and is coached by Rodney Wiltsire, Sr.

- James Stockey, M75, gathered five medals at the USAF-Mid-Atlantic Indoor Championships, Ursinus College, Collegeville, PA, Feb. 26: 55m, 8:33; 55 hurdles, 9:75, long jump, 12.5-13, triple jump, 26.8, and high jump, 4.4.

- Don Di Donato, M45, doubled in the 1500, 4:30:20, and the 3000, 9:53:70, at the USATF Long Island Indoor Championships, Suffolk Community College, Brentwood, NY, Feb. 13. Doubling in the sprints was Jim Reilly, M40, delivering a 55m 6:50, and a 200 24:70.

- Three American records were set at the USATF Potomac Valley Indoor Championships, Prince George's Sports & Learning Complex, Landover, MD, Feb. 20. Audrey Lary, W70, grabbed two 60m, 10:20 (Mary Bowermaster, 10:36) and triple jump, 7.64 (Leonore McDaniel, 6.80, 1996). Gerald Vaughn, M65, took the other with a 14.17 in the shot put to replace his own 14.01 mark set in 2001.

**EAST**

- From Don Rose: "To all track and field participants and judges, because of matters beyond our control, the Northern California Seniors TC is not having its annual meet at Berkeley this year." If you have questions, contact Meet Director Rose at 415-457-8717, or DonRose43262@aol.com.


**WEST**

- From Don Rose: "To all track and field participants and judges, because of matters beyond our control, the Northern California Seniors TC is not having its annual meet at Berkeley this year." If you have questions, contact Meet Director Rose at 415-457-8717, or DonRose43262@aol.com.

- Russel McDaniels, 73, died of a heart attack on Feb. 15 at Bayside Hospital in Virginia Beach, Va. Born in New York City, he resided in Virginia Beach for the past 30 years. McDaniels served in the U.S. Army for 23 years, after which he worked as a field service engineer for EMIL Medical and for Siemens Corporation. After his second career, he and his wife, Leonore, competed in masters track and field on the national and international level. He was buried with full military honors at the Albert G. Horton, Jr. Memorial Veterans Cemetery, Suffolk, VA. He is survived by his wife and three children.

[www.nationalmastersnews.com](http://www.nationalmastersnews.com)

**CHAMPIONS FOR LIFE**

A thoughtful book on the life of "Coach" Payton Jordan who became a champion beyond all others in masters competition by John Scott and James Ward

**SOUTHEAST**

- Luanne Coulter, 44, Charlotte, NC, 2:52:03, was the first woman and topped the masters field at the Myrtle Beach Marathon, Myrtle Beach, SC, Feb. 19. Jerry Johncock, 77, Grand Rapids, MI, pulled out the stops with an M70-winning 4:44:45.

**MID-AMERICA**

- Mel Larsen, 80, Ames, IA, set an M80 60m indoor WR of 8.88 in Iowa St. U’s "NCAA Qualifier" meet, March 5. The present record is held by Rod Parker, USA, at 9.99 in 1999. Steve Lynn, USI & coach, encourages masters athletes to have one sprint event each at ISU’s indoor meets, feeling that those events show collegiate athletes what older athletes can do when they continue to train, and the masters events are crowd pleasers. Runners with Larsen were Nate Sickerson, 32, Altona, IA, 7.52; Tom Green, 34, Sioux City, IA, 8.19; and Bob Conzemius, 70, Ames, IA, 8.82.

**SOUTHWEST**

- Don Neidig sped to an M60 24.72 in the 200 on an oversized track at Christel Miller, a new W70, broke the US record for the SP with a 7.88, in the USATF SW Regional Masters Indoor Championships, Lubbock, TX, Jan. 29. Larry Colbert, MD, has the 200 WR at 25.10 in 1998. Many Bowemaster, OH, owns the SP record of 7.76 set in 1989.

- Dave Bursler, 40, Delaware, 15:58:12; and Noora Alidina, 48, Florida, 22:36:59, scored masters firsts in the Rocky Raccoon 100K, Huntsville, TX, Feb. 5. Frank Probst, 61, Virginia, finished early with a 21:34:35. In the 50 Mile, Barbara Hitzendorf, 46, the woman overall (8:24:03), and Robert King, 43, Texas, was second man overall (7:13:09), and Heikki Simola, FIN, set the LJ record at 4:41:45:12.

**INFORMATION**

- Wolfgang Reuter, GER, broke M75 indoor WRs in the 60m (8.69) and LJ (4.58:15:14), and Guido Mueller, GER, lowered his M65 200 WR of 25.60 to 25.59 in the Austrian Masters Challenge, Linz, Feb. 12-13. Mel Larsen, USA, owns the M70 60m record at 8.67, set in 2000, and Heikki Simola, FIN, set the LJ record at 4:41:45:12.

- In the German Masters Indoor Championships, Dusseldorf, Feb. 27, Reuter, ran the 60m in 8.62, the 200 in 28.98 (WR 29:11), Wilhelm Seizer, 2003), and long jumped 4.67. Christel Hopp, W75, high jumped 1.13, Leonore McDaniel, USA, owns the WR at 1:12 in 2003.

- Enrico Saraceni, ITA, ran an M40 indoor WR 21.94 in the 200 in early February. The present WR is 22.19 by Bill Collins, USA, in 1995. Saraceni, who has run 21.59 outdoors, becomes the first M40+ to run under 22.00.


**OBITUARY**

- Bill Seizer, 2003), called Cortisol a "positive hormone," in part because "adaptogens" produced better endurance, higher levels of performance, muscle mass and strength.

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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 within the age limits of national masters affiliations which may be advertised to men and women over age 40. International T&F meets are open to men and women over age 35. Entry blanks for national and regional championships will generally be printed in the newspaper on Wednesdays the 10 days prior to the event. Please send any additions or corrections to MNM, P.O. Box 50098, Eugene, Oregon 97405.

**SCHEDULE**

**TRACK & FIELD**

**NATIONAL**

June 3-18. National Senior Games, Pittsburgh, PA; National Senior Games Association, P.O. Box 82059, Baton Rouge, LA 70884-2059; www.nga.com

July 2-3. USA National Masters Decathlon/Heptathlon Championships, Mayfield HS (Cleveland area), OH. (s) Jeff Gerson, 509 Hickory Dr., Lyndhurst, OH 44124; 440-473-0366; Rex Harvey, 440-339-5688(cell).

August 4-7. 38th Annual USA Masters Championships, Honolulu, HI. Hawaii LOC. 2005 Hawaii Masters Championships, 1493 Halekoa Dr., Honolulu, HI 96821. www.hawaiichamps.com; 808-732-8805; egress@hawaii.rr.com

August 13. USA National Masters Weight Pentathlon Championships, Heritage HS, Clermont, FL. Lester Mount, 6750 Hillcrest Plaza Dr., #221, Dallas, TX 75230; 214-766-2854.

September 10th. USA Masters Masters Weight & Superweight Championships, Seattle, WA. Hammer, Sept. 9, 5:30 pm. Ken Weinbel, 410 437-2036 Ave SW, Seattle, WA 98116. 206-938-3895; kweinbel@comcast.net


April 9. USA-NTC Spring Meet #2, Clermont, FL. (s) 352-241-7144; www.usat­nc.com; e-mail: noonwalk_99@yahoo.com

April 15-16. USAGA Georgia Association & Atlanta Regional Masters Championships, Savannah State U, GA. Out of state athletes welcome. Entry deadline April 12. Jim Hite, P.O. Box 717, Millen, GA 30442; 478-982-4881; jimjoyce43@bellsouth.net

April 23. USA-NTC Spring Meet #3, Clermont, FL. (s) 352-241-7144; www.usat­nc.com;

April 24. USA Florida Masters/Open Weight Pentathlon Championships, Venice, FL. Bob Voegerl, 941-493-4117; bobv@fastnetonline.net

May 6-8. 35th annual Southeastern Masters & Open Meet/NCUSA Championships/ Masters/Championships, Southeast HS, Duke U, Durham, NC. Raleigh Parks & Rec, 2401 Wade Ave, Raleigh, NC 27607; southeastregion.org

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


May 15. USA-NTC Spring Meet #4, Clermont, FL. (s) 352-241-7144; www.usat­nc.com; e-mail: noonwalk_99@yahoo.com

May 15. Atlanta Senior Olympics, Georgia Tech. 12:30 pm. Entries due April 1 postmark. Opening night reception $3 on May 14 at 8 pm. www.atlantamasters.org


May 28. Furman Track Classic, Furman U, Greenville, SC; SASE to Adrian Craven, 109 Woodaven Dr, Greenville, SC 29609. 864-233-0333.

May 28. Birmingham Track Club Classic, Samford U, Birmingham, AL. Frank News­land, frank@bcctsclassic.com; www.bctclassic.com

**SOUTHEAST**

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

April 9. USA-NTC Spring Meet #2, Clermont, FL. (s) 352-241-7144; www.usat­nc.com; e-mail: noonwalk_99@yahoo.com

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May 28. Birmingham Track Club Classic, Samford U, Birmingham, AL. Frank News­land, frank@bcctsclassic.com; www.bctclassic.com

**MID-AMERICA**

Colorado, Iowa, Kansas, Minnesota, Missouri, N. Dakota, Nebraska, S. Dakota

April 28-30. USA Masters Invitational Meet/Drafters Relays, Des Moines, IA. Mark Cleary, 949-589-0242; runn­ernumber@cox.net

May 6. Jolly Jobson Meet, Maryville, KS. SASE to Adrian Craven, 109 Woodaven Dr, Greenville, SC 29609. 864­233-0333.

May 31. Missouri Senior Olympics, Columbia. Out-of-state welcome. Jack Miles, 573-882-1462; www.smtp.org/senior_ages; email: milesj@msu.edu

**SOUTHWEST**

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

April 2. Portland Track Meet, Austin, TX. Seth Brown, 512-694-2037; www.portland­trackandfield.org

April 9. Jackrabbit Relays, Masters/Open, University of Texas at Dallas, Richardson, TX. 432-362-4640; gerry@rtt-online.net


May 21. Lions 13th Annual Championships Meet, Lewis HS, Austin, TX. www.watterlootrackandfield.org; Meet Director Seth Brower, nolanostrack@sbcglobal.net; 512-694-2037. Throws clinic on 26th.

July 5. Cat Spring Meet, Austin, TX. Meet Director Seth Brower, nolanostrack@sbcglobal.net; 512-694-2037. Throws clinic on 26th.

**ON TAP FOR APRIL**

**TRACK AND FIELD**

Meets in the West include the Phoenix Invitational on the 1st; Team Thor Meet, La Jolla, CA, and the Waterloo Lions Meet in Texas on the 2nd; New Mexico Weights Meet in Albuquerque, NM, on the 3rd, and John Ward Meet, Santa Ana, CA, on the 10th; and another Arizona meet on the 23rd. Florida action opens on the 9th and continues on the 14th and 21st. Other meets in the Southwest Regional Masters/Georgia Association Championships are set for the 15th-16th in Savannah. The Northwest offers throwers the Spring Field, Seattle, on the 16th.

**LONG DISTANCE RUNNING**

For openers, runners can head for the Cooper River Bridge Run, Charleston, SC, and National Indoor Championships, New York, NY, on the 2nd, or the Credit Union Cherry Blossom 10 Mile in DC, or the Carlsbad, CA, 5000, on the 3rd. The next weekend offers, on the 9th and 10th, the Cate/Marathon, NV; St. Louis Marathon; and Mercury News 10K, San Jose, CA. The 109th Boston Marathon, on the 17th, and the New York Marathon, NY, on the 18th. The next weekend, the 23rd lists the Bill Robinson 10K Masters Championships, Albany, NY, and the 24th has the Oklahoma City Memorial Marathon. Races on the 5th include the USA 5K, Baltimore, MD, to the Kentucky Derby Festival Marathon, Louisville, and the Get in Gear 10K, Minneapolis.

**RACEWAYFLING**

The USAFLK 10K Championships hit Orlando on the 10th. The Northwest Regional Masters 10,000 Championships strike off on the 16th at West Seattle Stadium.

**NORTHWEST**

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

April 16. Spring Field Meet, W. Seattle. Ken Welsb, 206-938-3895; for entry forms: weinbel@com­cast.net

June 4. Seattle Parks Meet, W. Seattle Stadium. Ken Weinbel, 206-938-3895; for entry forms: weinbel@comcast.net

June 11. USATF Inland NW Championships, Pullman, WA. Mike Hinz, 509-332-1168.

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**National Masters News**

**MIDWEST**

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

- [www.papajohns10milers.com](http://www.papajohns10milers.com)
- [www.villenettle.org](http://www.villenettle.org)
- [www.papajohns10milers.com](http://www.papajohns10milers.com)
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**MID-AMERICA**

Colorado, Iowa, Kansas, Minnesota, Missouri, Nebraska, South Dakota

- [www.run4fun.com](http://www.run4fun.com)

**SOUTHWEST**

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

- [www.westtexasrunners.com](http://www.westtexasrunners.com)

**WEST**

Arizona, California, Hawaii, Nevada, New Mexico

- [www.asics.com](http://www.asics.com)

**NORTHWEST**

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

- [www.usaf.org](http://www.usaf.org)

**NATIONAL MASTERS NEWS**

April 2005

- April 3 Bridge2Bridge 5K & 10K, Portland, OR: [www.usaf.org](http://www.usaf.org)
- April 9 29th Pear Blossom 5K & 10K, Medford, OR: [www.marathonmedford.com](http://www.marathonmedford.com)
- April 20 Whidbey Island, WA: [www.whidbeyislandmarathon.com](http://www.whidbeyislandmarathon.com)
- April 23 50K, Portland, OR: [www.whidbeyislandmarathon.com](http://www.whidbeyislandmarathon.com)
- April 30 25K & 5K, Portland, OR: [www.whidbeyislandmarathon.com](http://www.whidbeyislandmarathon.com)

**LONG DISTANCE RUNNING**

- April 6 USA Masters Women's 10K Championships/Springer 5K, Asheville, NC: [www.usatf.org](http://www.usatf.org)
- April 9 USA Masters 10K Championships/5K, Rockville, MD: [www.usaf.org](http://www.usaf.org)
- April 16 USA Masters 10K Championships/Springer 5K, Asheville, NC: [www.usaf.org](http://www.usaf.org)
- April 26 USA Masters 10K Championships/Springer 5K, Asheville, NC: [www.usaf.org](http://www.usaf.org)

**U.S. MASTERS**

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**RACEWALKING**

- April 11 Matt Birnblatt Memorial/Florida Association 10K, Orlando, FL: [www.usaf.org](http://www.usaf.org)
- April 18 Northwest Regional Masters 10K, West Seattle Stadium: [www.usaf.org](http://www.usaf.org)
- April 22 Pasadena Senior Olympics, Rose Bowl, Pasadena, CA: [www.usaf.org](http://www.usaf.org)
- April 24 Memorial 10K, Italian Club, CA: [www.usaf.org](http://www.usaf.org)
- May 14 OG & E Sooner State Games Championship, Oklahoma City: [www.asics.com](http://www.asics.com)
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**USAFF**

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**EAST**

Connecticut, Delaware, Massachusetts, New Jersey, New York, Pennsylvania, Rhode Island, Vermont

- [www.nhrc.org](http://www.nhrc.org)

**APRIL 2005**

- April 23rd Women's 5K Run, Newhall, CA: [www.scrunners.org](http://www.scrunners.org)
- April 23rd Women's 5K Run, Newhall, CA: [www.scrunners.org](http://www.scrunners.org)
- April 23rd Women's 5K Run, Newhall, CA: [www.scrunners.org](http://www.scrunners.org)
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- April 23rd Women's 5K Run, Newhall, CA: [www.scrunners.org](http://www.scrunners.org)

**FINISH LINE**

- [www.usaf.org](http://www.usaf.org)
- [www.usaf.org](http://www.usaf.org)
- [www.usaf.org](http://www.usaf.org)
- [www.usaf.org](http://www.usaf.org)
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- [www.usaf.org](http://www.usaf.org)
- [www.usaf.org](http://www.usaf.org)
- [www.usaf.org](http://www.usaf.org)
**RECIPIENTS OF ALL-AMERICAN AWARDS**

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

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

**NAME**

**ADDRESS**

**CITY**

**STATE**

**ZIP**

**DATE OF MEET**

**EVENT**

**MARK**

**HURDLE WEIGHT**

**WEIGHT OF CERTIFICATE/PATCH**

**1 CERTIFICATE**

**1 PATCH**

**1 PATCH TAG**

1. If you have qualified or bettered the standard of excellence, please fill out this application completely.
2. A copy of your results or a note stating in which your results appeared MUST accompany this application.
3. Please send $10 for a certificate, $10 for a patch, and $10 for a patch tag showing event and year. The cost for both a certificate and patch ordered at the same time is $15.
4. The certificate is mailed at no charge.
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.
<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Name</th>
<th>Age</th>
<th>Club</th>
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<tr>
<td>55m</td>
<td>7.35s</td>
<td>Mike Alvarez</td>
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<td>USATF Illinois Masters</td>
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<td>21.20s</td>
<td>Jeffery Johnson</td>
<td>55</td>
<td>ETSU</td>
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<tr>
<td>400m</td>
<td>41.18s</td>
<td>Charles Rimmer</td>
<td>55</td>
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<tr>
<td>400m</td>
<td>49.08s</td>
<td>Larry Johnson</td>
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<td>1500m</td>
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<td>Michael Burletey</td>
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<td>David Thomas</td>
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<td>Mark Linkletter</td>
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<td>Edward Aronson</td>
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<td>John Hickey</td>
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**Unternehmen**

**Liga**

**National Masters News**

**Page 33**
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<thead>
<tr>
<th>Event</th>
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<tr>
<td>100m</td>
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April 2005

Masters News

BMAF National Indoor & Outdoor Championships

Cardiff, Wales, Feb 19-20

Results and times for the BMAF National Indoor & Outdoor Championships held in Cardiff, Wales, on February 19-20, 2005.
## Los Angeles Marathon

### Overall

- **M50**: M451C
- **M60**: M451C
- **M65 Phil Herb**: M451C

### Women's Age Groups

- **M20**: M451C
- **M30**: M451C
- **M40**: M451C
- **M50**: M451C
- **M60**: M451C

### Men's Age Groups

- **M50**: M451C
- **M60**: M451C
- **M65**: M451C

### National Masters News

<table>
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<tr>
<th>Year</th>
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<td>2005</td>
<td>15-Mile</td>
<td>M50</td>
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## Truffle Shuffle 2 Mile & 4 Mile

### Kids' Fun Run, Feb. 13

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<tr>
<td>M65</td>
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## RACINGWALK

### WCLA 10-Mile & 5K Walks

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<tr>
<td>5K Walk</td>
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## Athletes Who Enter a New Division

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<tr>
<td>June</td>
<td>Jane Doe</td>
<td>M50</td>
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<td>July</td>
<td>John Smith</td>
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## Athletic Events

- **Los Angeles Marathon**: Overview and Women's Age Groups
- **Truffle Shuffle 2 Mile & 4 Mile**: Kids' Fun Run, Feb. 13
- **Athletes Who Enter a New Division**: June, Jane Doe, M50, Male, time: 35:11; July, John Smith, M60, Male, time: 50:36

---

## Regional Events

- **Los Angeles County**: Overview
- **Women's Age Groups**: M50, M60, M65 Phil Herb
- **Men's Age Groups**: M50, M60, M65

---

## Masters News

- **National Masters News**: Current events and achievements

---

## Racewalking

- **WCLA 10-Mile & 5K Walks**: Overview and race results

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## Contact Information

Please refer to the provided contact information for further details on registration and event updates.
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