814 Athletes Set 16 World Indoor Records at USA Championships

By JERRY WOJCIK

A record rainfall in Boston on Thursday was followed by a record deluge on the weekend at Boston's Reggie Lewis Track & Athletic Center, site of the USATF National Masters Indoor Championships, March 23-25.

The meet drew 814 entrants, 658 men and 156 women, who set 16 world and 28 U.S. pending age-group records. This year's turnout was second only to the 849 in 2000, who broke, established, or tied 35 world and 33 U.S. records.

Three Californians accounted for seven of the world records. Ted Hatlen, of Santa Barbara, who turned 90 on March 16, broke world marks in the 60m, high jump, and shot put, and the U.S. record in the long jump, with large margins.

Johnnye Valien, 75, of Los Angeles, set 75 world records in the 60H and pole vault, and national records in the triple jump and shot put, after winning the first of her eight gold medals in the pentathlon with the best total (3923) of all women competitors.

Coming off a record performance in the Masters Mile in the Open Championships in Atlanta, Nolan Shaheed, 51, of Pasadena, broke the M50 11-year-old world record for the 3000 on Friday evening, and his world record for the 800 on Sunday.

Texan Bill Collins, 50, had to run an

Karori’s 14:12 Tops Hellebuyck in National 5K

By RYAN LAMPPA

CARLSBAD, Calif. – Under the strains of “Let It Roll” by Bachman Turner Overdrive and a heavy marine layer, some of the best masters in the country and the world took off at 7:00 a.m. on April 1, in the Carlsbad 5K, host of the USATF Masters Men’s Championships for the sixth consecutive year.

From the gun, Kenyan Simon Karori, 42, led off with Eddy Hellebuyck, 40, Albuquerque, N.M., the only U.S. runner brave enough to go with him. The pair hit the first mile in 4:28 with the rest of the field far behind.

Going up Carlsbad Boulevard, Karori shook off the feisty Hellebuyck with a 4:33 second mile.

From the two-mile mark on, it was all Karori as he ran unchallenged to the

Hellebuyck, Knisely Blossom at Azalea

By SUSANNAH BECK

Ah, March in Mobile. Pink azaleas, white dogwoods, purple wisteria, world record course. Lucky star Eddy Hellebuyck, 40, Albuquerque, NM,

tightened his grip on the season’s Hottest Masters Runner title with a 29:37 in the Azalea Trail Run, Mobile, Ala., March 24.

The 24th running of the Azalea Trail had 3300 finishers tour the course that circles old Mobile, and features oak-shaded streets passing by stately old houses and a million blossoms.

Hellebuyck, the Belgian-born winner of 2001 masters titles at such Southeast standbys as the Gate River Run 15K, Virginia Beach Shamrock 8K, and the Naples Half-Marathon, finished 17th overall, and was the third U.S. runner. His time, an age-graded 94.1%, equaled the M40 U.S. record held by Steve Plasencia, set in 1998, but fell short of Mexican Martin

Continued on page 11

INSIDE:

- National Champions - p. 14
- Training Advice - p. 16
- Masters Clubs List - p. 18
- Ezther Breaks Marathon Record - p. 22
FINALLY, YOU CAN USE CREATINE to improve your training. New Runners Advantage™ Creatine Serum™ is a safe, effective and stable liquid creatine supplement. It’s formulated specifically for runners and other endurance athletes.

Runners Advantage delays fatigue by combating lactic acid buildup. It will aid in building muscle to improve sprint times and increasing your long distance endurance. But it won’t add bulk to your body.

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

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

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

### Runners Advantage: Creatine Serum

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<th>Powder</th>
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<td>Causes water retention resulting in dehydration, bloating and cramping</td>
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<tr>
<td>Stay with your normal water intake</td>
<td>Must consume extra water to counteract dehydration</td>
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<td>Convenient and easy-to-use</td>
<td>Inconvenient and time-consuming</td>
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<td>Instant absorption</td>
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<td>Completely assimilated into the muscles in minutes</td>
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<td>No loading: take just minutes before exercise</td>
<td>Loading required: must be taken in large amounts for 5 days prior to exercise</td>
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<td>No maintenance: take only on training days</td>
<td>Daily maintenance: must be taken even on non-training days</td>
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<td>Delicious flavors</td>
<td>Chalky, unpleasant taste</td>
<td></td>
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</tbody>
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VISALIA CLASSIC

I had the pleasure of participating at Visalia for the first time last year and wondered what had taken me so long to discover what a wonderful meet this is. Let me urge all masters athletes who can possibly do so to attend the Visalia Classic Masters Meet on May 19.

The event is held at a great facility, the Mineral King Bowl (formerly Sunkist Stadium). But what truly makes this event so very special is the team of dedicated organizers. Led by Bob Higginbotham, they ensure that this is not only one of the best run meets, but above all, that it is one of the most athlete-friendly meets on the calendar.

It is very apparent that Bob and his team consider all masters athletes to be part of an extended family, for the feeling at Visalia is clearly that of a reunion.

Bring your families. Come on down. See y'all at Visalia!

Diane Heil
Santa Monica, California

SOUTHEAST VENUE CHANGE

The USATF Southeast Regional Masters Championships/Birmingham TC Classic, June 8-9, Birmingham, Ala., has been moved to the Samford University track because of the site's new eight-lane track and is a Masters Championships/Birmingham calendar.

April issue. Directions and changes are in the NMN.

Gordon Seifert
Birmingham, Alabama

WEIGHT CHANGES

Who would favor or oppose changing the M60 and M65 superweight from 56# to 35# and the W60 superweight from 25# to 20#? Responses can be sent to me (not the National Masters News) at 103 Crestwood Dr., Greer, SC 29651, or by e-mail: RBLOOMFIELD@email.Man.com. Please include reasons for your opinion. I'll make the results known in the NMN.

Dick Bloomfield
Greer, South Carolina

MASTERS MEET SCHEDULES

The National Masters News is the nearest thing USATF, Senior Games, and State Games participants have to a national coordinator, especially in the schedule. To those responsible for scheduling events in those three areas, what's wrong with this picture?

Mississippi Senior Olympics, June 10; Southeast Regional Masters, Birmingham, June 8-9; Indiana Senior Games, June 4-9; Indiana Hoosier State Games, June 9; Illinois Masters Championships, June 9; Michigan Masters & Open Championships, June 10; Iowa Senior Games, June 7-10; Mid-America Regional Masters - Wichita, June 9; Louisiana Games - New Orleans, June 8-10.

This is the year of the combined National Senior Olympics and the National Masters Championships in Baton Rouge. I am in both. I was looking forward to getting in all the meets I could before then. I was in four of the above last year. I am representing two of the states in different events in the Senior Olympics. Thanks to the lack of coordination and foresight of those responsible for meet scheduling, I will make one meet this year. This condition also exists in the East and West, the same as these in the center of the country.

Network television executives frequently schedule their best programs at all at the same time, the same night. Are people responsible for schedules going to continue to be that stupid, also?

Louis Vodopya
Clarksville, Tennessee

MIKE TYMN

I have been reading Mike Tymn's articles for over 20 years and have enjoyed them all. His recent profile of Ray Hatton has to rank with the best Tymn has done, only this one should have come sooner.

I followed Ray's progress in the records but don't recall ever seeing an introduction by him during the years that he was an inspiration. Due to his superior speed, I targeted only one of Ray's records, the masters hour run mark of 11 miles 718 yards. Following much hard work, my effort fell 200 yards short of my goal, and my respect for his ability rose higher.

To Tymn, I say "Thank you" for great work.

Ken Mueller
Bellingham, Massachussets

RACEWALK RECORDS

A change in the USATF rules now requires five certified judges for USATF racewalk records. As in the past, one judge must be masters-level certified and two more must hold at least national-level certification. As before, a minimum of six certified judges are required for road records.

I am recommending a grace period through April 1 for pending records that adhered to the former rule requiring only four judges for track records.

Bev LaVeck
USATF Masters Racewalk Records

DOCTOR'S LETTER FOR AGE 70+?

I've read in NMN that all athletes over age 70 going to Brisbane need health insurance and a doctor's letter confirming their level of fitness and ability to travel.

Yet when I applied for an Australian visa at the Australian consulate—explaining I was a 72-year-old who intended to compete at the World Championships—I was told no doctor's letter or insurance were required.

Is the Australian consulate wrong or is the Brisbane information wrong? I'm concerned about investing a few thousand dollars for the Australian trip and then being denied entry into Australia or the Championships.

Patrick Devine
Rancho Palos Verdes, California

(Perhaps this is a rule that is not widely known or is not being enforced. Australian consulates and Qantas Airlines never heard of it. The chances are next to zero that 70+ individuals will be denied entry into Australia. The chances are zero that 70+ athletes will be denied entry into the Championships—Ed.)

Don Tavolacci

Don Tavolacci, 76, Billings, Mont., died March 4. For the past 13 years, he was executive director of the Montana Senior Olympics.

Tavolacci was born Sept. 23, 1924, in Los Angeles. Immediately after high school graduation, he joined the Navy and served in the Pacific during WWII. Upon his discharge in 1946, he attended and graduated from Fresno State College. He married Christine Bray in 1977.

His lifetime vocation was teaching and coaching, first in Central California, and later, after moving in 1968, in British Columbia, where he was director of athletics at Trinity Western College. After retirement, he moved to Billings in 1977.

Besides his participation in track and field, Tavolacci's interests included his grandchildren, oil painting, and studying and teaching the Bible.

He is survived by Christine, his wife of 53 years, a brother, three children, and seven grandchildren. He was interred with military honors.
2001 USA National Masters Outdoor Track & Field Championships

Hosted by the Baton Rouge Area Sports Foundation

July 25-28, 2001
Baton Rouge, Louisiana • Bernie Moore Track Stadium

Athlete Registration Information

WELCOME TO BATON ROUGE

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

ELIGIBILITY

Competition is open to all men and women 30 years of age and older with current USATF Membership. Your age as of July 25, 2001 will determine a competitor's age group. Individual competition will be held in age groups of 5-year increments starting at age 30. Relay teams will be held in age groups of 10-year increments.

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

USA Track & Field rules of competition will govern the 2001 Outdoor Championships. The standard masters track & field events will be added for both men and women. Foreign competition may compete as guests without the required USATF membership.

ENTRY FEES & REGISTRATION

The entry fee for all athletes is $25 for the first event, $15 for the second and third event, and $10 for all additional events. Postmark entry is $30 even if other individual events are also entered. For information on Relay, see Relay section below.

A physics of a valid passport or birth certificate will be required from all competitors and must be submitted with your Athlete Registration Form. Furthermore, full payment must accompany your Athlete Registration Form in order for it to be considered complete. Athletes who submit a complete Athlete Registration Form (entry form and complete payment) by July 2, 2001 will be mailed a letter of confirmation.

Please make your checks or money order payable to: Baton Rouge Sports Foundation. Entries can be mailed to the Baton Rouge Local Organizing Committee, P.O. Box 18944, Baton Rouge, LA 70893.

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

AWARDS

USATF Championship medals will be awarded to the top three Americans in each age group. Foreign competitors are eligible to receive an award for the top three non-Americans. Ribbons will be given to finishers who place 4th through 6th. Championship plaques will be provided to each first place winner. Championship plaques are limited to one per participant. All athletes will receive a complimentary Certificate of Participation.

HOUSING/ACCOMMODATIONS

American World Travel

- Tall Fiddling & Extended Hours: Visitors to Baton Rouge call 1-800-269-5885 to book hotel, airfare and rental cars. Hours of operation are Monday through Friday, 8:00 am to 8:00 pm and Saturday, 9:00 am to 1:00 pm.
- Hotel Bookings: American World Travel offers special rates for the 2001 outdoor Championships. We require the hotels to provide the lowest possible rates in our events package. Also, contact American World Travel as regards to Residence Hall rooms located on the campus of Louisiana State University.
- Airfare Discounts: We compare all airlines to Baton Rouge and New Orleans to provide the best possible airfare options. Consumers are given the available options and are allowed to make a choice that best fits their plan and budget.

Groups of 10 or more people are eligible for discounts off the lowest price airline in Baton Rouge. Booking and ticketing 60 days prior to travel may be eligible for a 10% discount. Booking 30-90 days prior to travel may be eligible for a 5% discount. We also offer all travelers 15% discount off any TWA airfare to any city, except St. Louis, which is a 10% discount, at any time. (Currently TWA services New Orleans). In all cases, airfare rates pertaining to advance booking, maximum and minimum stay and flight times/specificity must be followed.

- Automobile Rental: Athletes can receive special rates on AVIS car rental. Discounts are available when no special programs are offered.
- Website Presence: Visit www.americanworldtravel.com to see how they can service you.

EVENT SCHEDULE

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

Wednesday
July 25, 2001
Shuttle W/M All Ages
Penitentiary W/M Ages
A&M C/O (LJ/1,500)
Penitentiary All Ages
LJ, PV, 200, DT & 1,500m
PV All Ages & M 60+ 800m W/M - Prelin
800m W/M - Finals
400m W/M - Finals
Bayou Run W/M All Ages

Thursday
July 26, 2001
Dame W/M All Ages
Long Jump W/M All Ages & M 18-39
High Jump M 50+
Long Jump W/M All Ages & M 60+
Race Walk 5,000m W/M All Ages
100m W/M - Prelim
1,500m W/M - Prelim
200m W/M - Prelim
Half Marathon W/M - Prelim & Finish

Friday
July 27, 2001
Jacarville W/M All Ages
High Jump W/M All Ages
High Jump M 50+
Triple Jump W/M All Ages
Road Walk 10,000m W/M All Ages
200m W/M - Finals
800m W/M - Finals
400m W/M - Finals
High Hardball W/M - Prelim & Finish
Footrace W/M - Finish

Saturday
July 28, 2001
Hammer Throw W/M All Ages
Hammer Throw M 50+
Hammer Throw M 60+
Shuttle W/M All Ages
Tiger Express debit card (#9 of break @ $50.00 for Endless Postmarked after July 2, 2001, USAATF Masters Committee Surcharge
Optional Masters Championships Honor Roll ($10.00)
Championship T-Shirt (S/M/L/XL/XXL of 8 of Tickets)
Cajun Bayou Face Or De (Championship Dinner # of Tickets)
Grand Total

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

1st Event $25.00
2nd & 3rd Event ($15.00)
Additional Events (of Events @ $10.00)
Penalty ($30.00)
Late Registration Fee ($50.00 for Endless Postmarked after July 2, 2001)
USAATF Masters Committee Surcharge
Optional Masters Championships Honor Roll
Championship T-Shirt ($10.00)
Tiger Express debit card (# of Breaks @ $50.00 See Entry Info for)

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

NO REGISTRATION FORMS WILL BE ACCEPTED AFTER JULY 9, 2001

Print Name
Signature
Date

This is an official fee. If you choose to go to a Championship Honor Roll Supporter, your name will be listed in the official Ombudsman Program as a supporter of the 2001 Masters Outdoor Track & Field Championships.

Checks or Money Orders can be made out to the Baton Rouge Sports Foundation.

Please mail full payment and your completed entry to the Baton Rouge Organizing Committee, P.O. Box 18944, Baton Rouge, LA 70893

Visit our website at www.brax.com for more information.
Third Wind

Promoting Masters on the Road

As Jack Nelson sees it, race directors around the country are missing out on promoting their events as well as promoting the sport by not budgeting more money for masters.

"They try to outdo one another by structuring their prize money to attract only the fastest runners available, usually meaning they are courting foreign runners," said Nelson, the top-ranked 60-64 road racer in the country last year. "The American open runners and American masters are largely ignored. Rather than creating a well-balanced event, they focus on adding another notch to their gun handles. It's an ego trip for them."

Nelson believes that prize money should be divided by three: one third going to open runners regardless of nationality; one third going to American runners; and one third going to masters runners.

"The foreign athletes will still be attracted," Nelson said. "Where else are they going to go? The American open runners will be rejuvenated, as will the masters runners from all the age groups. No American runner would get rich from these races, but runners who are now having to participate in races only within their own regions because of travel expense considerations would be able to defray at least part of these expenses."

However, Nelson is quick to add that masters prize money must be awarded by using an age-grading system. "The present practice is to award most, if not all, the masters prize money to the fastest masters (the 40-44 division), ignoring all the other masters runners," he explained. "Of course, totally age-grading the masters runners would be the solution. Age-grading encourages masters runners of both genders and all age groups to train and race much more seriously. And it's a boon for those of us who need that kind of role modeling."

Who Cares?

Although I am not all that familiar with what goes on in Mainland races these days, I have covered the Honolulu Marathon for The Honolulu Advertiser for the past 23 years and have often wondered whether bringing in elite runners from all around the world, while offering them prize money, really adds much, if anything, to the event. Is there a return on the investment?

For the most part, the runners are unknown to the public, including the running community, and nobody cares who wins. Moreover, no one except the elite runners themselves and a few media representatives cares whether the winning time is 2:11, 2:21, or 2:31. The pursuit of fast times is something to write about in advance stories and in the race story itself, but the fact remains that those times mean nothing to more than a handful of readers.

I suspect that if no elite runners were brought in for the Honolulu Marathon and the competition came strictly from local runners and from others willing to pay their way to Hawaii, there would just be as many people and just as much media coverage. The winning time might be only 2:22 or thereabouts, but the race would still draw just as many people the next year.

Low Quality of Competition

Having elite runners come in for the race helps educate and inspire the running community to some degree, but it has done absolutely nothing to improve the quality of competition in Hawaii. In fact, the quality of competition in Hawaii is at its lowest in more than 25 years.

Looking at it from the media standpoint, I believe the public would much rather read about someone like Ed Whitlock, likely to be the first man 70-over to break three hours in the marathon, than some foreign runner who hopes to break the race record. Even non-runners are interested in reading about people Whitlock's age excelling. Incidentally, Whitlock, who turned 70 on March 6, plans to make the attempt in the Forest City Marathon in London, Ontario, Canada, on May 13.

Frankly, I don't see the justification for prize money for any division of runners. Let's face it, road racing is not a spectator sport and the runners are not entertainers, as baseball, football, and basketball players. A few hundred non-runners might come out to see the finish of a road race, but chances are that they are there primarily to see a relative or friend finish. They definitely are not paying to see it.

Expense Money

While Nelson is in favor of prize money for masters as long as prize money is available for any division, he believes most top masters would travel to big races if they were simply provided expense money.

"As long as there are some races that provide prize money, the elite masters in their early 40s will be attracted to them to the exclusion of races that only provide expenses," Nelson said. "Of course, if all races eliminated prize money but offered expenses, elite masters throughout the age groups would compete in these races. Elite masters in their late 40s and up would immediately be attracted to races offering to cover expenses irrespective of the few races that offer prize money only."
Marathon Growth in U.S. and Worldwide

April was marathon month across the country and around the world—from Boston to Big Sur, from Paris to London and points in-between. A review of the 1999 and 2000 marathon data by the USATF Road Running Information Center indicates another period of growth here and worldwide. See tables and lists below.

The preliminary race data, from the larger and more established U.S. events, show nearly an 8% increase in the numbers of masters are increasing (by about 2% of total race finishers per year), the non-U.S. growth rate is an impressive 15%. In short, over the past couple of years, marathon mania has become global.

The demographic data indicate that numbers of masters are increasing (by about 2% of total race finishers per year), but so are the numbers of younger participants. As a result, the median ages of marathoners have remained steady over the last five years.

U.S. Marathon Growth

YEAR  Estimated # of finishers
1976  25,000
1980  120,000
1990  260,000
1995  347,000
1996  396,000 (Boston’s 100th)
1997  396,000
1998  419,000
1999  435,000
2000  451,000

World’s Largest Marathons (2000)  Finishers
Flora London, GBR  31,648
New York City, NY  29,375
LaSalle Bank, Chicago, IL  27,889
Paris, FRA  27,596
Real Berlin, GER  23,039
Honolulu, HI  22,652
City of Los Angeles, CA  17,192
Marine Corps, DC  17,048
Suzuki Rock ‘n’ Roll, CA  15,918
Boston, MA  15,668

U.S. Largest Marathons (2000)  Finishers
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City of Los Angeles, CA  17,192
Marine Corps, DC  17,048
Suzuki Rock ‘n’ Roll, CA  15,918
Boston, MA  15,668
Portland, OR  7,751
Walt Disney World, FL  7,660
Country Music, TN  6,349
Grandma’s, MN  6,074
Twin Cities, MN  5,907
Houston, TX  4,699
Philadelphia, PA  4,266
St. George, UT  4,161

Demographic Breakdown

| Year | Women 10.5% | 26% | 34% | 36% | 38% | 40% | 42% | 44% | Men 10.5% | 15% | 17% | 19% | 21% | 23% | 25% | 27% | 30% | 33% | 36% | 39% | 42% | 45% |
|------|-------------|-----|-----|-----|-----|-----|-----|-----|-------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 1980 |             |     |     |     |     |     |     |     |       |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
| 1985 |             |     |     |     |     |     |     |     |       |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
| 1990 |             |     |     |     |     |     |     |     |       |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
| 1995 |             |     |     |     |     |     |     |     |       |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |

Third Wind

Continued from page 6

When I was competing in the masters arena 20-plus years ago, shoe companies were supporting top masters and providing expense money for them to travel to big races. Apparently, this is no longer the case, except for a few top masters in the 40-44 division. I think the whole competitive scene was much more interesting and much more fun than it is now.

My solution is to do away with prize money altogether and use that money to pay race directors and their staffs while just providing expenses for elite runners, including elite masters. Race directors would be rewarded financially for their time and would not have to depend on the ego gratification that comes with rubbing elbows with the top runners, being catered to by agents, picking up a free trip to a race to scout elite runners, etc., however they now get their rewards. I doubt that the sport would suffer. Many elite foreign runners would, but I don’t know why that should be our concern.

Looking for HOT COMPETITION?

Go head to head against America's Best Corporate Teams

USCAA NATIONAL CORPORATE CUP RELAYS

JULY 21-22, 2001
RENTON, WASHINGTON

- Teams of all sizes, 2-100
- All events team scored
- Master, Senior, and Open Men & Women needed
- Track relay distances 100m - 2 miles
- 5K and 10K road races
- Field Events: long jump, high jump, discus, shot
Toenail Trials and Tribulations Revisited

Most runners, at one time or another, have developed a bad case of toenail fungus. This is usually due to trauma to the toenails and excessive sweating. These nails are unsightly and can cause pain and discomfort if they become thickened.

Onychomycosis is a common fungal infection usually involving the nail bed or nail plate. The infection is usually caused by dermatophytes or, in some cases, non-dermatophyes with yeasts. It is more common with advancing age, although it is common in runners or other athletes who have damaged their toenails.

In severe cases, onychomycosis can cause considerable pain and discomfort due to pressure on the nail bed. The infected nail appears disfigured and discolored and, in most cases, is malodorous.

The danger with this pathology comes with secondary medical complications such as cellulites, ulceration, and sepsis, especially in those with diabetes or peripheral vascular diseases.

There are several ways to treat toenail fungus and there is a lot of publicity on the various medications. I advocate a combination of treatment modalities, and for those who do not like medications, there are inexpensive and non-invasive types of treatment that are very successful.

I usually recommend, in severe cases, an oral medication along with a topical medication. A Q-tip with bleach or apple cider vinegar and water has proven to be successful.

The Foot Beat
By JOHN W. PAGLIANO
D.P.M.

EFFECTIVE ANTI-FUNGAL TREATMENTS

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<tr>
<th>Topical Agent</th>
<th>Active Ingredient(s)</th>
<th>Why Used</th>
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<tbody>
<tr>
<td>Tea Tree Oil</td>
<td>Tea tree oil is found within the cells of the tea tree melaleuca alternifolia leaves</td>
<td>Antifungal, antiseptic, germicidal and antibacterial properties.</td>
</tr>
<tr>
<td>Bleach</td>
<td>Sodium hypochloride</td>
<td>Disinfectant/deodorant against fungi. Bleaches nail.</td>
</tr>
<tr>
<td>Mycoside NS</td>
<td>Allantoin and benzalkonium chloride</td>
<td>A surface-based antifungal.</td>
</tr>
<tr>
<td>Fungi-Nail</td>
<td>Undecylenic acid</td>
<td>Fungistatic/antifungal topical agent.</td>
</tr>
<tr>
<td>Fungoid Tincture</td>
<td>Triacetin, sodium propionate, benzalkonium chloride, cetylpyridinium chloride and chloroxylenol</td>
<td>Topical antifungal agent for treatment of superficial fungal infections of the skin (nails).</td>
</tr>
<tr>
<td>Ciclopirox Nail Lacquer</td>
<td>Ciclopirox</td>
<td>Topical antifungal agent.</td>
</tr>
<tr>
<td>Tineacide</td>
<td>Tea tree oil (5.4%), lavender oil (1%), clotrimazole, undecylenic acid, and urea</td>
<td>Topical antifungal cream.</td>
</tr>
<tr>
<td>Sporanox Capsules</td>
<td>Itraconazole</td>
<td>Oral antifungal.</td>
</tr>
<tr>
<td>Lamisil Tablets</td>
<td>Terbinafine HCL</td>
<td>Oral antifungal.</td>
</tr>
</tbody>
</table>

Be warned that the oral medications and some topicals are very expensive.

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 50098, Eugene, OR 97405. He can also be reached by e-mail at TheFootBeat@aol.com.)

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WESTERN REGIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS

Saturday, June 23, 2001, 7:00 a.m.
San Diego State University

Facilities: Broad new, fast Moody track; Moody Javelin & Jump runways. 3/16" pyramid spikes required (will be enforced). 40" for javelin. Underfoot free parking below track.

Hosted By: San Diego Senior Sports Festival

Entry Fee: $20 registration fee plus $5 per event entered. ($5 fee per relay participant - participant must be registered)

Pre-Registration: All events DEADLINE 13 JUNE. Late entry $5 if space available.

Order of Events: First event begins at 7:00 am. Women first - oldest to youngest in 5 year age groups for ages 30 & up. Races may be combined at meet director's discretion. (If there are not enough competitors in run heats, the final will be run at the scheduled time.)

Awards: USA Track and Field championship medals to first three registered competitors in each age group.

Directions: (5-5, 1-4, or 1-15) south to 1-4 east. Take Fairmount/Mission Gorge exit south. East on Montgomery to 55th street. North on 55th to stoplight, left into parking garage.

Schedule: Posted on website www.SANDIEGOSATF.ORG. After entry deadline of 13 June.

Track Events

<table>
<thead>
<tr>
<th>Morning (7:00 am)</th>
<th>Afternoon</th>
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<tbody>
<tr>
<td>5000m Run</td>
<td>800m 100/110m Hurdles</td>
</tr>
<tr>
<td>5000m Racewalk</td>
<td>500m</td>
</tr>
<tr>
<td>3000m/4000m Hurdles</td>
<td>200m</td>
</tr>
<tr>
<td>100m/200m Prelims (if needed)</td>
<td>200m/300m Steeplechase</td>
</tr>
<tr>
<td>1500m</td>
<td>4x400m Relay</td>
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<td>100m</td>
<td>4x400m Relay</td>
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Field Events

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<td>High Jump</td>
<td>Javelin</td>
</tr>
<tr>
<td>Putt Vault</td>
<td>Triple Jump</td>
</tr>
<tr>
<td>Long Jump</td>
<td>Discus</td>
</tr>
<tr>
<td>Shot Put</td>
<td>Hammer</td>
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</tbody>
</table>

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Masters Tune Up in Midwest Regionals
By MIKE DAVIS
Eighty-five competitors in 15 events came together at the excellent indoor track of the Lincoln Way Central Campus field house, New Lenox, Ill., on March 10, in the USATF Midwest Regional Masters Championships. Many were getting in their final test before the National Indoor Championships in Boston.

As always in this meet, there were many fine efforts. Harry Brown, 71, U.S. M70 200 record holder (27.75), was the star in the sprints, winning the 55m (8.40), 200 (29.54), and 400 (68.5).

The 45-49 divisions produced some of the meet’s best marks. Denise McField, 45, posted the fastest times in the women’s 55m (7.84), 200 (28.31), and 400 (67.2). Tom Smith, 47, won the 200 from a solid field, with a 25.95. David Bradley, 45, ran a 4:32.8 1500, and Leo Vandervlugt, 48, did a 9:47.7 in the 3000, both top times of the meet.

Mike Skofflanc, 45, outleaped everybody else in the long jump (18-0). Jeff Watry, 45, elevated to a meet’s best mark in the high jump. Ruth Welding, 45, hit the longest weight throw of the day for men and women with a 38-8.

Misha Gutzler, 31, won the 55mH in 9.27, Mel Buschman, who turned 83 on March 29th, hit the longest weight throw of the day for men and women with a 60-4.

Suey Hess
Bill Collins, Missouri City, Texas, broke the M50 60m world record (7.23) and the U.S. 400 record (52.78), National Masters Indoor Championships, Boston.

The SIXTEENTH ANNUAL GSAC/RANDOLPH CLASSIC TRACK & FIELD MEET SUNDAY, JUNE 3, 2001 • RANDOLPH, NEW JERSEY
The GSAC/Randolph Classic is for Athletes of all ages.
Back again by Popular Demand! F. A. T. !

EVENTS ENTERED:
Track & Field
Final Call for Indoor Rankings Marks
BY JERRY WOJCICK
Masters T&F Rankings Coordinator
The 2001 McMahon Family Trust Indoor Rankings will be published in the July issue. If your best marks for the indoor season have not appeared in the results sections by this issue, send them (in meters for field events) with documentation (name of meet, date, site, contact person, etc.) before May 16 to the rankers below:
55m/60m/200 - Larry Patz, 534 Gould Hill Rd., Conotocook, NH 03229.
400/800 - Ruth BreMiller, 590 W. 29th Ave., Eugene, OR 97405. E-mail: brem@oregon.uregon.edu.
55m/60m/H/3000 - David Ortmann, 7043 22nd Ave. NW, Seattle, WA 98117. E-mail: deom@jps.net.
LJ/TJ/SP - James Gerhardt, 834 Thornville Lane, Houston, TX 77079.
1500/Mile/PV/H/JV/SW/3000 RW - Jerry Wojcick, N.MN, P. O. Box 50098, Eugene, OR 97405. E-mail: jerrymjw@aol.com.
Indoor Nationals – Competitors’ Reflections

Part I


Following are reflections of competitors who responded to my e-mail questions about the event. (If you would like to be contacted about subsequent races, please send me your e-mail address at NARWF@aol.com.)

These responses are presented in two parts by age/gender group except for two. Maryanne Torrellas and John Neretti have top billing as they express the special spirit of masters competition. Part I includes W35, W40, M50, M55 and M75. Part II, to be published in June, includes W50, W55, W60, M50, M55, M60 and M65.

(Maryanne is one of America’s finest women competitors. As a member of the women’s national team in the late ’80s and ’90s, she represented our country internationally with distinction. At the same time, she excelled in indoor competition, winning a string of gold medals. – EW)

As many know, I was a kidney donor in December. The first three weeks post-surgery, I felt like a shark passed my door with his glass of water. I was seeing stars just minutes after surgery. I was nervous about getting another one. One judge gave me a caution for my first lap. It became a warning. I also picked up a caution and warning from another judge who was working the same curve on the track. I didn’t hear a caution from a third, but the record showed one. I felt relieved when the third judge’s tally card was turned in late without a DQ.

John Neretti (M75), bronze medallist: 20:38.47.

I had a terrible race. I was feeling very good up until five days before the race when I suddenly developed a very bad cold with a sore throat and cough. I could not run or breathe and had to compete only because I like to compete and I like to participate.

The indoor air kind of choked me. Other walkers were also bothered by the dry atmosphere. It made breathing hard and almost painful. But, I’m very glad I went. If no one showed up because of having a cold, it wouldn’t be good. I know people who don’t go to a race because they think, “I am not going to win, so I won’t go.”

That is a poor sport. Sport is participation, which is akin to life. I feel like a winner whenever I participate.

Marcia Gutsche (W35), gold medallist: 14:52.03.

The National Masters Indoor Meet is a special event for me as it marks my anniversary in racing. This year signals the start of my fourth season. Every year as I enter the Reggie Lewis Track, I think of my very good up until five days before the race when I suddenly developed a very bad cold with a sore throat and cough. I could not run or breathe and had to compete only because I like to compete and I like to participate.

The indoor air kind of choked me. Other walkers were also bothered by the dry atmosphere. It made breathing hard and almost painful. But, I’m very glad I went. If no one showed up because of having a cold, it wouldn’t be good. I know people who don’t go to a race because they think, “I am not going to win, so I won’t go.”

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Maryanne Torrellas

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Azalea Trail 10K

Continued from page 1

Mondragon's masters world best (28:56) set on this course in 1994. Andrey Kuznetsov, 43, RUS/Rockville, Md., was runner-up to Hellebuyck with a 30:06, A-G 94.6%, duplicating their one-two finish several weeks previously at Gate River in Florida. Peter Fleming, 40, Scotland, was four seconds back in 30:10.

Gary Romesser, 50, Indianapolis, was fourth master in 32:55; winning the M50 division over Bill Rodgers, 53, seventh master in 34:33; also copying their finish at the Gate River Run.

James Peller, 63, Tucson, Ariz., was the first age 60-69 runner, with an M60 victory in 40:55. John Cahill, 76, Salt Lake City, who is making a tour of road races this spring, won the M70+ division with a 46:46.


Mary Knisely, 41, Naperville, III., first W40+ (34:41), Azalea Trail Run 10K, Mobile, Ala.

Racewalking

Continued from page 10

Charles Mansbach (M55), 4th: 18:25.73.

My first thought upon crossing the finish line was, "Hey, that could have been worse." It could have been better, too, but I took encouragement from my times for the first lap, first kilometer, and first mile, and decided not to dwell on how much I faded. After a long winter of training amid ice and snow on imprecisely measured roads, I'm happy to go on an indoor track and get a clearer idea of what I'm capable of.

The personal challenge, the camaraderie, the simple joy of taking part, are why you find me at this event year after year. □

Crown Valley Senior Olympics

Track & Field - Sunday, June 10, 2001

Pasadena City College
1570 East Colorado Blvd., Pasadena, CA. - Robinson Stadium

Meet Director: Christel Miller
Track & Field Coordinator: Pete Clentzos
Race Walk & Assistant Director: Jim Hanley

A Qualifier for the 2002 California Senior Games Championships, San Jose

Schedule of Events

<table>
<thead>
<tr>
<th>Track</th>
<th>Field</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 a.m.</td>
<td>10 a.m. Pole Vault</td>
</tr>
<tr>
<td>10:00 a.m.</td>
<td>10 a.m. Javelin</td>
</tr>
<tr>
<td>10:45 a.m.</td>
<td>10 a.m. Long Jump</td>
</tr>
<tr>
<td>11:15 a.m.</td>
<td>11:15 a.m. Shot Put</td>
</tr>
<tr>
<td>11:45 a.m.</td>
<td>12:15 p.m. Discus</td>
</tr>
<tr>
<td>12:15 p.m.</td>
<td>1:00 p.m. High Jump</td>
</tr>
<tr>
<td>12:40 p.m.</td>
<td>1:00 p.m. Discus</td>
</tr>
<tr>
<td>1:00 p.m.</td>
<td>1:00 p.m. Pole Vault</td>
</tr>
<tr>
<td>2:00 p.m.</td>
<td>2:00 p.m. Javelin</td>
</tr>
<tr>
<td>2:40 p.m.</td>
<td>2:40 p.m. Long Jump</td>
</tr>
<tr>
<td>3:20 p.m.</td>
<td>3:20 p.m. Shot Put</td>
</tr>
</tbody>
</table>

Entry Fees: $25.00 Registration Fee, plus $5.00 per event

Divisions: 5 year age divisions, for men and women, age 50 and above

Entry Deadline is May 21, 2001

Masters News, their successors, representatives and their assigns of any and all injuries which I may suffer while traveling to and from and while participating in the Meet held June 10, 2001 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

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 Crown Valley Senior Olympics, 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 10, 2001 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

COACHING UPDATE

An updated Masters Coaching/Training list will be published in the June issue. The list contains contact information of individuals and groups who offer coaching and training advice to masters men and women in track & field, long distance running, and rowcaking. Additions and changes should be sent to the National Masters News, P.O. Box 50098, Eugene, OR 97405, or e-mail natmanews@aol.com before the May 10th deadline.
On The Run
By HAL HIGDON

7/7/70: Seven Marathons in Seven Months for Seven Charities

In celebration of my 70th birthday this year, I plan to run 7 marathons in 7 months and help raise a total of $700,000 for 7 separate charities. That’s my goal. It’s an ambitious one, but my 7/7/70 quest is how I plan to motivate myself to keep running as I move into a new decade of life.

The first of the 7 is Grandma’s Marathon in Duluth, Minn., one day before my 70th birthday on June 17, 2001. Because of the Minnesota connection, I decided to designate Carleton College in Northfield, Minn., as the recipient charity. I graduated from Carleton in 1953 and am on the committee planning our 50th reunion two years from now.

I’m asking my classmates to contribute some extra money to the Alumni Fund in my name, so much for each of the 26.2 miles I run at Grandma’s, or the 183.4 total miles I will run in all 7 marathons, ending at Disney World in January.

Next on the list, next on my marathon list is the World Veterans Championships in Brisbane, Australia, in July. Appropriately enough, the recipient charity will be The Alzheimer’s Association. One of my friends (a well-known member of the masters community) recently informed me that his wife had Alzheimer’s Disease. My wife Rose and I spent an evening with them recently, and you would never know it. But it’s a ticking time bomb for that couple.

Alzheimer’s is a problem we all need to worry about as we age, not only for ourselves, but also for our friends. It can hit you as early as your 50s. I hope this column encourages you to contribute to The Alzheimer’s Association. (See the accompanying box for information on how to contribute to this worthy cause.

Money Per Mile

Using marathons to raise money for charity has become very popular in the last half dozen years. Indeed, it has helped fuel the current running boom. The Leukemia and Lymphoma Society has been particularly successful, raising tens of millions of dollars each year through its Team in Training. Other charities have followed suit. Prevent Blindness America recently named me National Spokesperson for its Team 20/20 with $1 million as its fundraising goal. I’ll be running the Honolulu Marathon for Team 20/20 as part of my 7/7/70 quest.

Other marathons/charities on my list are: the Heart of America Marathon in Columbia, Mo., for the American Heart Association; the LaSalle Bank Chicago Marathon for Opportunity Enterprises (a sheltered workshop in Valparaiso, Ind.); and the Dublin Marathon in Ireland for Courage for Cancer, which focuses its research on women.

Feasible Goal

The way it works is that the marathoner writes his or her friends and asks them to pledge so much per mile for the marathon run. Once the marathon (or, in my case, marathons) is run, the total sum is collected. Is $700,000 an achievable goal? With your help, I think so. For several marathons I will be helping to train other charity runners, whose efforts will multiply mine.

Certainly, the challenge of training for and finishing all seven marathons as well as raising that much for charity will motivate me through the year. In motivating myself to maintain a high level of fitness, I’ve often sought different challenges. Earlier in my masters career, it was to win world and national titles, but not all of my goals have been linked to competition.

One year, I ran the length of the state of Indiana, 350 miles in 10 days. Another year, my wife Rose and I participated in RAGBRAI, the (Des Moines) Register’s Annual Great Bike Ride Across Iowa: 450 miles in 7 days. To celebrate my 60th birthday, I ran 6 marathons in 6 weeks.

Contributing to The Alzheimer’s Association

Whether or not you run in the World Veterans Championships in Brisbane, you can support Hal Higdon in his 7/7/70 quest and help find a cure for Alzheimer’s Disease. A dollar for every mile run by Hal at the World Vets would provide $26 for this cause. A more generous donation would tie your pledge to all his marathon miles, thus $183. Please decide your own level of commitment, but every dollar counts in this campaign.

“The disease impacts so many older people, regardless of gender, race and socio-economic status,” states Nancy Ali, a director for The Alzheimer’s Association. “The most frightening aspect is that it is being diagnosed in individuals who are in their 50s and 60s, much too young. April 21, Washington, DC, for a Public Policy Forum recently, I met over a dozen individuals who had been diagnosed, or had a loved one, who was diagnosed with Alzheimer’s—all under the age of 60!”

Please make your checks to “The Alzheimer’s Association” and identify them as “7/7/70.” Mail them to: 7/7/70: National Masters News; PO Box 50098; Eugene, OR 97405.

Hal Higdon will run the marathon at the World Veterans Association to raise money for The Alzheimer’s Association. Here is the full list of marathons and charities on his 7/7/70 calendar:

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<thead>
<tr>
<th>Date</th>
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<th>Charity Name</th>
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<td>June 16</td>
<td>Grandma’s Marathon, Duluth, MN</td>
<td>Carleton College Alumni Fund</td>
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<tr>
<td>July 4</td>
<td>World Veterans Championships, Brisbane, Australia</td>
<td>Alzheimer’s Association</td>
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<td>Sept. 3</td>
<td>Heart of America Marathon, Columbia, MO</td>
<td>American Heart Association</td>
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<td>The LaSalle Bank Chicago Marathon, Chicago, IL</td>
<td>Opportunity Enterprises</td>
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<td>Oct. 29</td>
<td>Dublin Marathon, Ireland</td>
<td>Courage for Cancer</td>
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<tr>
<td>Dec. 9</td>
<td>Honolulu Marathon, Honolulu, HI</td>
<td>Prevent Blindness America</td>
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<tr>
<td>Jan. 6</td>
<td>Disney World Marathon, Orlando, FL</td>
<td>National Cartoonists Society</td>
</tr>
</tbody>
</table>

Facing the Challenge

But what to do for my 70th birthday? Doing 6/6/60 a decade ago had proved almost too great a challenge. But running one a month seems more doable. When I began planning 7/7/70, it was mainly for the self-centered goal of proving I could run that many marathons within a certain period of time.

The idea to dedicate the marathons to 7 different charities came after a friend of mine, Bill Fitzgerald, ran 50 miles last fall to raise $15,000 for Children’s Memorial Hospital in Chicago. I concluded that Bill’s goal was a great idea. So I made my New Year’s resolution for 2001.

I delayed telling too many people until I was certain I could successfully complete the first marathon: Grandma’s in June. I trained in the last miles. I started training in January, using the Novice program from my own site. As the miles began to build, my confidence began to grow. Show me that starting line!

Surviving the First

I figure that if I can get in shape to survive that first marathon, I should be able to get through the remaining six. I’ll have four weeks to recover before my second marathon at the World Vets Championships in Brisbane on July 14. My goal will be to finish and move on to my third marathon, but a bigger goal is to get you to contribute to The Alzheimer’s Association.

Won’t you help? (Hal Higdon is a Senior Writer for Runner’s World. For more information on 7/7/70, including details on each race and instructions on how to contribute to each charity, go to: www.halhigdon.com.)

Ryvol Takes Masters Title from Kipkemboi

Karshoj Repeats W40+ Win in Boston Marathon


Ryjov, who lives in Portugal with his wife and children, passed Kipkemboi in the last miles.

Kipkemboi ran a 2:14:47, some three-and-a-half minutes faster than last year, when runners were hampered by wind-chills in the low 20s.

Sammy Nagatia, 41, Fort Carson, Colo., was third in 2:23:07.

tape in 14:12, an age-graded 96.3% and the second fastest masters time at Carlsbad ever. Last year, Korari ran 13:58 as a master, but in the open race.

Hellebucyk used his strength to keep former-Olympian Graeme Fell, of Canada, at bay to win second and the U.S. masters crown in 14:34. Fell finished in third place with a 14:35, an age-graded 93.8%. Fourth overall and second U.S. master was Selwyn Blake, 40, Columbia, S.C., with a 14:39, while third U.S. master (fifth overall) and last year’s champion, Jon Sinclair, ran a 15:07.

“I knew that Simon would go out hard and I went with him because I wanted to take a shot at the U.S. masters record (14:19). After Simon surged, I couldn’t go with him and my legs got heavy,” said Hellebucyk, who is preparing for the Boston Marathon and tied the U.S. masters 10K record (29:37) at the Azalea Trail in Mobile on March 24. “I have more strength than speed right now, and I’m a little disappointed in not running faster, but it’s great to win my first U.S. masters title.”

As the USA Masters Men’s Championship, there were plenty of top age group performances, including two U.S. age group records. Nolan Shaheed, 51, fresh off two M50 indoor records in the 800 and 3000 at the Masters Championships in Boston, March 23-25, broke the M50 record of 15:38 by Sal Vasquez in 1991 with a 15:36, an age-graded 93.9%. Bill Nice, 85, Newport Beach, Calif., lowered Gifton Jolley’s M85 record of 28:26 in 1992 with a 28:17.

The top three masters overall took home $1000, $500 and $200, respectively.


The women’s masters race was won by Sabrina Robinson, Tempe, Ariz., in 17:02, with Monica Joyce, second (17:10), and Jeanne Lasee-Johnson, third (17:35).

Sammy Kipketer, 19, of Kenya, equaled his 5K road record of 13:00, and Sally Barsosio, 23, of Kenya, broke the tape in 15:20 to take honors in the elite division.

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**TWENTY YEARS AGO**

**May 1981**

- Snohomish TC Captures Men’s Division in Seattle Grand Prix; Falcon TC Takes Women’s Title
- Margaret Miller Sets W55 Mark of 40:44 in Malibu 10K

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**PUBLICATIONS ORDER FORM**

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<th>Quantity</th>
<th>Total (US$)</th>
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<td>Men’s and women’s official world and U.S. outdoor 5-year age group records for all track &amp; field events, age 35 and up, and for all racingwalking events, age 40 and up, as of Aug. 1, 2000; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&amp;F Records Chairman.</td>
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<td>Masters Track &amp; Field Rankings (2000)</td>
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<td>Men’s and women’s 2000 U.S. outdoor track &amp; field 5-year age group rankings. Coordinated by Jerry Wojcik, USATF Masters T&amp;F Rankings Chairman. All T&amp;F events, including mile, relays, weights, racewalking, and combined events. 88.</td>
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<td>McMahon Family Trust Masters Track &amp; Field Indoor Rankings (2000)</td>
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<td>Indoor rankings for 2000, 4 pages. $1.50.</td>
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<td>Masters Age-Graded Tables</td>
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<td>Single-age factors and standards from age 8 to 100 for men and women for every common track &amp; field, long distance running, and racingwalking 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 tables and charts. Compiled by the World Association of Veteran Athletes.</td>
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<td>Masters 5-Year Age-Group Records</td>
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<td>Men’s and women’s official world and U.S. outdoor 5-year age group records for all track &amp; field and racingwalking events, age 35 and up, as of Aug. 1, 2000; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&amp;F Records Chairman.</td>
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<td>Masters 5-Year Indoor Age-Group Records</td>
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<td>Same as above, except indoor records (M40+, W35+) as of July 20, 2000 (world) and December 3, 2000 (USA). 4 pages. $1.50.</td>
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<td>Masters Track and Field: A History, by Leonard Olson</td>
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<td>Olson, a masters competitor since 1970, traces the development of masters T&amp;F from its start in San Diego in the late 1960s to its expansion into present-day world championships, with emphasis on the personalities and events that helped shape this historic movement in sports. 64 photographs, tables, appendix, bibliography, and index. 320 pp. $65.</td>
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When I saw the list of entrants for the 2001 Indoor Championships on the TRACS web site, I was surprised by the low numbers in the throws. By the first event, the weight on Friday evening, however, late entries had beefed up the numbers in most divisions. A comparison of the number of men and women weight throwers in 1998 and 2000 shows a drop of about 10 this year, and about the same differences in the shot and superweights.

**Things Change**

Oneitha Lewis, 40, set three W40 U.S. records in the throws, Masters Indoor Championships, Boston.

Not bad, really, considering the stock market decline, the fact that Boston may be losing some of its novelty after four straight championships at the Reggie Lewis Center, and that Brisbane-and-Baton Rouge-bounded athletes may be saving a buck. On the other hand, 48 pentathletes competed this year, as opposed to 37 in 2000. Go figure.

Another reason for the drop in weight throwers may have been that the official U.S. weight of the M50+ and W60+ implements decreased significantly a week later on April 1. Why would anybody in my division, M70, for instance, incur the expense of showing up to throw a 25#, when on the next Sunday, he could be heaving the 16#? The M50+ went from the 25# to the 16#! The W60+ changed the 16# for the 12#.

This may explain why there were eight M70s in 1999 and two this year. Most weight throwers also threw the superweight: consequently, there were five in 2000 and one this year. Shot putters, who aren't necessarily weight throwers, went from six to four this year.

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**USATF National Masters Indoor T&F Champions**

**Boston, Mass; March 23-25, 2001**

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**Carolina, stretched the M65**

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**National Masters News**

May 2001
Indoor Nationals

Continued from page 1

M50 world record 7.23, age-graded 99.1%, to win the 60m race on Saturday morning; after lunch, he broke the U.S. record with a 52.78.

Other 60m races also yielded international-class 90+%, performances. Bill Johnson, 49, Georgia, won the M45 final (97.9% 7.27); all eight finalists had 90%-or-higher performances.

Two age-graded performances were even better. Melvin Larsen, 76, Iowa, broke the M75 60H record with a 1004% 10.79, and Oneita Lewis, 40, New York, topped that with a 113% 15.53 throw with the 20-lb. weight, easily the most impressive weight throw of the meet, and one of her three U.S. records in the throws.

Leland McPhie, 87, California, and Evelyn Wright, 63, Maryland, each won five gold medals, Wright breaking the W60 U.S. record in the high jump. Barbara Jordan, 65, Virginia, took four firsts, with a W65 U.S. record in the 60H.

As in the previous championships held here, the middle distances provided exciting races. In the closest finish of the meet, Angel Roman, 39, California, in 4:24.43, edged Conor McPhie, 87, California, and U.S. 400 record with a narrow win over Roman in the 800, 1:59.70 to 2:00.08.

In the 3000, Craig Fram, 42, New Hampshire, had the distinction of breaking his M40 U.S. record (8:33.68) set here two years ago with an 8:32.52.

Field vaulters Gary Turner, 45, Indiana, and Daniel Borres, 35, California, captured the attention of the audience on Saturday when they soared over the bar with world records in the pole vault.

Three records were set in the 3000 race, a W75 world record of 21:24.68 by Floridian Miriam Gordon, and national records by Robert Mimm, M75, New York, and Bill Patterson, M85, North Carolina.

Foreign competitors included Warren Hammil, Canada, first in the M55 pentathlon with a world best 4283, and Pinchas Shechter, Israel, first in the M60 long and triple jumps.

Peter Taylor was the announcer for the entire meet. The meet was directed by TRACS, Inc., assisted by the USATF New England Association. Lancer Timing Services, using FinishLynx, handled the results.

This was the last year that the "USA" implementations for the weight throw were used at a championships. As of April 1, the M50+ and W60+ divisions will be using the lighter WAVA specification weights.

An "athletes' meeting" was held on Saturday morning at the meet headquarters Sheraton Boston Hotel. Items on the agenda included the 2001 Nationals in Baton Rouge, WAVA-Pinchas Shechter, 61, guest competitor from Israel, was first in the long jump and triple jump, National Masters Indoor Championships, Boston, Brisbane, and a discussion of the national team concept.

This was the fifth consecutive year that the Championships have been held at the Reggie Lewis facility, also the site in 2002 and 2003.

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SUNDAY JUNE 3rd 2001

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PHONE AND FAX ENTRIES AVAILABLE AT 415 457-8177
FEES: $15.00 First event (N.C.S.T.C. members get second event free)
$10.00 each additional event. $20.00 late entries after 5/28/01
CONTACT:
Meet Director Don Rose 43 Me Alexander Ave. Kentfield Ca. 94904
ELEGIBILITY:
All men and women with current 2001 USATF registration
Race day USATF registration available for $15.00
AGE GROUPS:
30 yrs and above in 5 yr. groups. Race day age determines group.
AWARDS:
Medals to first three places in all events by 5 yr. age group.
T-SHIRTS:
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FACILITIES:
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5 year age groups where possible.
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Club Affiliation: Age as of 6/03/2001

U.S.A.T.F. Must show to Meet Director on day of event. In consideration of your accepting my entry, I intend to be legally bound, do hereby myself, my heirs, executors and administrators, waive and release forever, and my all and any rights, claims, damages I may have against the Northern California Seniors Track Club, U.S.A. Track and Field, The University of California at Berkeley, and all sponsors of this competition, their successors, representatives and assigns for any and all injuries suffered by me while traveling to and from, and while participating in the Northern California Seniors Track and Field Classic held June 3rd 2001 at Edwards Field Berkeley, California.

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6. (12-3-00) H.J. Javelin, T.J. Weight throw, Hept
7. 8×400, 4×100, 4×400, 8×1500, 12×1000 @ U.C. Berkeley
8. U.S.A. T.F. National Championships, Honolulu, 1940

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May 2001
National Masters News page 15
Neural Training to Run Faster and Age Slower

To retard aging, neural training is practically unknown. Neural training involves fast, intensive movements (explosive strength training) to activate the fast-twitch muscles. The particular advantages of anti-aging and faster running by explosive strength training are explained here.

Neural training is a very important concept or principle for all athletes which, if practiced frequently, will help you to age slower than your rivals. But first, a short course on the central nervous system is in order.

The brain and spinal chord constitute the central nervous system, which communicates with the muscles via peripheral nerves. Each nerve is a bundle of nerve fibers or neurons, either motor or sensory. The motor neurons carry signals (or electrical impulses) to the muscles; the sensory neurons bring information back to the brain. Each neuron is associated with many muscle fibers and a motor unit.

As we age, we lose strength and flexibility, so it is wise to exercise and do frequent weight training and stretching exercises, but this is not enough. We must also continue to activate the neurons associated with the fast-twitch muscles by explosive resistive movements, or these neurons atrophy from disuse as explained below.

Explosive Training

The advantage of explosive movements to improve the neural pathways is shown in the comparison below. For example, a study in 1994 by exercise physiologist Ron Johnson, Ph.D., showed more than a 2% improvement in running economy for female distance runners after 10 weeks of leg, "abs," and arm weight training. However, in a 9-week Finnish study by Heikki Rusko, a whopping 8% improvement in running economy was achieved by a group of endurance runners who spent one third of training time on "explosive" strength training (i.e., sprints, plyometrics, but low resistance weight training).

Kirkendall and Garrett in a 1998 research paper, The Effects of Aging and Training on Skeletal Muscle, American Journal of Sports Medicine, state the following pertinent facts:

- With age, the number and area of fast-twitch fibers (Type II) decreases. The loss of muscle mass with age is secondary to age-related denervation of muscle fibers, particularly the denervation (non-use of neurons) of Type II fibers. With age, large numbers of Type II motor neurons become nonfunctional; the neural input is disrupted. With reduced demand on skeletal muscle, it adapts to the new lower requirement, but with increased demand, the declines due to aging can be minimized.

Based on the above, the important point is that nonfunctional fast-twitch Type II neurons can be reduced by increased demand on fast-twitch muscles. This can be accomplished by fast resistive movements on a frequent basis.

Demand on Muscles

The demand on the Type II muscles has to be the right type. Many athletes with great strength do not possess the required power to sprint a fast 100 meters or shorter distance; to do so, the specific fast-twitch muscles required must be exercised rapidly in a like manner.

"Resistance training can improve the central nervous system recruitment (eneration) of muscle, hypertrophy (increase in area of fast-twitch fibers), and force output" (Kirkendall and Garrett). I have added the comments in brackets. However, there must be sufficient intensity and duration over many weeks.

Endurance type of weight training would have less effect on fast-twitch development, but is still very beneficial as shown by the Rusko study above. There is a high rate of activation of fast-twitch neurons during sprinting and other competitive/intensive sports; these neurons must be exercised in practice sessions to achieve top speeds and fast reactions.

Prevent Atrophy

The following exercises will assist to activate the fast-twitch motor units and prevent atrophy with age:

- Actions that involve split-second decisions
- Fast feet drills

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Earl Fee, 71, at the 2000 NYRR 5th Avenue Masters Mile, Manhattan.

- Fast arm drills
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- Fast squats with light dumbbells
- Small punching bag exercise
- Tennis ball reaction catching against a wall
- Moving weights fast in weight training
- Mental exercises involving fast movements or one of the above
- Sprint training
- Plyometrics involving explosive actions (see details below)

(Note that in the above exercises it is important to exercise both the upper and lower body.)

Train Fast

To run fast, train fast. Similarly, lifting weights fast (e.g., the leg press) and plyometrics (e.g., hopping or jumping onto and over boxes) will assist you in running faster by improving neural response. In moving weights fast, the muscle is stretched under load storing energy (during lowering or the negative phase), and if the muscles are immediately contracted explosively this stored energy is released, producing a maximum force.

Similarly, in plyometrics, the muscles store energy during the landing (stretching phase) which is released in the immediate rebound. The stretching during the lowering stimulates the nervous tissue within the muscles. This results in a greater number of muscle fibers called into action and simulates closely the situations like sprinting, high jumping and long jumping. It follows, for maximum power, the muscle lengthening must be maximized and the time between stretch and shortening (concentric contraction) must be minimized.

Weight Training

To develop power, sprinters move weights as heavy as the speed of move-
Training Advice

Continued from page 16

ment will allow; exercising fast with light weights does not develop as much power. However, endurance runners will benefit more from low resistance weights moved rapidly.

Some masters sprinters have reported big speed improvements due to the addition of plyometrics to their training. After one is used to plyometrics, the strengthening of muscles, tendons and joints will assist in preventing injury; and the athlete's ability to generate maximum force in the shortest time will be improved.

Explosive plyometric exercises are, for example, skipping, double leg hops, single leg hops, bounding, jumping from and over boxes, jumping over hurdles.

Cautions

• It is particularly important to do plyometric drills on a rubberized track or on grass in view of the shock to the body. Good support shoes should be worn.
• Plyometrics is very fatiguing and should only be done after the leg muscles are developed with strength training over many weeks. Proceed gradually in intensity and volume. Condition the legs with double leg hops before attempting single leg hops.
• Avoid lower-body weight training on days when lower-body plyometrics are used, if either is intensive.
• Plyometrics or weight training, if intensive, should be the very last session (after running) in your practice day.
• For the average runner, plyometric workouts should be done ideally twice weekly during the off-season, and once weekly during the in-season.
• Allow sufficient recovery between intensive plyometrics, weight training or running sessions.

Slower Decline

Sprinters are doing a great deal of the above in their training, i.e., exercising the neurons associated with the fast-twitch muscles, compared to very little or none for other runners. Therefore, sprinters show the slowest decline in performance/year compared to middle and long distance runners.

In summary, all athletes wishing to jump higher, run faster, or be more powerful should do plyometrics or weight training, if possible explosive, similar to the above in their training, i.e., exercising the neurons associated with the fast-twitch muscles, compared to very little or none for other runners.

May 2001

Masters Run Wild in Stampede

By RON MARINUCCI

ANN ARBOR, Mich. – Foreboding skies and strong winds weren't enough to scare away 900 hardy runners from the Stampede of Races, April 7. After all, as several return runners noted, "It's better than last year!" "Last year" included high winds, too, but coupled with sleet and snowy squalls. Only the winds returned, as temperatures pushed 50 degrees.

The Stampede headquarters were located at Tom Monaghan's (former owner of the Detroit Tigers) Domino's Farms complex. A special treat for runners was the opportunity to view some of Monaghan's classic car collection at the Farms.

Stampede runners had their choice of four distances to race. The mile and 5K were held on the Domino's Farms grounds. They are mostly flat with a few spots of slop.

Fast times were turned in for the 5K. Especially noteworthy was 72-year-old Jim Beall's 23:08, an age-graded 16:37.

The 10K and 20K courses were challenging. Besides the strong winds out of the northeast, there were numerous (at least ten in the 20K) long and grinding hills. After about a half mile, runners left the Domino's Farms grounds and soon left paved roads, too. The dirt roads provided some welcome relief from pounding the asphalt surface, although recent rains left some sloppy spots.

There were 244 finishers in the 20K. The masters women's first, Wanda Gunderson, was a repeat winner. Shining masters efforts were turned in by Michigan Grand Masters team members Wally Herrala, 55 (1:18:29, age-graded 1:08:06), and James Carlton, 58 (1:19:10, A-G 1:06:54); the MGB team won the 20K relay.


When Bruce Harrison crossed the finish line to lead all masters runners in the 20K, his wife, Grace, was there to cheer him on. A few minutes earlier, she had finished first among the masters women in the 10K. Harrison's 1:10:58 age-graded to 1:06:38.

(Ron Marinucci can be reached by e-mail at RMarin6424@aol.com.)

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Or write to NMN, PO Box 16597, North Hollywood CA 91615.
Below is a list of masters track & field, long distance running, and racetrack clubs arranged alphabetically by region. Some offer workout facilities. Most have social programs and annual awards. If you'd like to find out more about what's going on in your area, contact one. To have your club listed, please send the necessary information to National Masters News, P.O. Box 50098, Eugene OR 97405.
Important Brisbane Drug Testing Information

The purpose of this article is to provide you with information regarding WADA/IAAF drug testing and medical exemptions. Although masters athletes are not drug tested in USATF competitions, athletes may be drug tested in WADA competitions, such as the WADA Championships in Brisbane, Australia, this summer. Therefore, it is important for athletes to be aware of substances that may be prohibited prior to and during competition.

The IAAF's list of prohibited substances can be found in the "IAAF's Procedural Guidelines for Doping Control," which may be obtained from USATF or IAAF offices, or can be ordered on the IAAF web site. Information regarding prohibited substances may also be obtained by calling the Drug Reference Hotline at 800-233-0393. Athletes should specifically request information based on the "IAAF Procedural Guidelines for Doping Control." Efforts are also being made to reproduce this list on the USATF Masters Track & Field web site.

Medical Exemption

If an athlete has been prescribed a prohibited substance, he or she may be eligible for medical exemption. The procedures for applying for an IAAF medical exemption are: (1) obtain a treating physician's written prescription for the use of the prohibited substance; (2) obtain a letter from the treating physician describing why the prohibited substance has been prescribed, rather than a non-prohibited substance; and (3) forward the information to the IAAF at the following address: Dr. Gabriel Dolle, IAAF, BP 359, MC 98000, Monaco Cedex, or by fax to +37793508359.

Please note that the filing and/or application for a medical exemption does not mean automatic or guaranteed exemption. Thus, until you are notified of acceptance, do not assume that the exemption has been granted, and, once granted, the exemption must be renewed annually.

Formula Variations

Athletes should also be aware that there may be variations in the formula of branded items from one country to another and differing brand names for similar products. Therefore, it is the athlete's responsibility to be sure that he or she is not taking a prohibited substance prior to or during any competition. For additional information or clarification, please contact Jill Pilgrim at 317-261-0500, ext. 341, or Janice Johnson, ext. 321.

On Oct. 1, 2000, USA Track & Field (USATF) and the United States Olympic Committee (USOC) transferred their drug testing responsibilities—from sample collection and analysis to the adjudication or hearing process for positive results—to an independent drug testing agency called the United States Anti-Doping Agency (USADA). Thus, any positive result on a U.S. athlete that, in the past, was provided to the USOC is now forwarded to USADA. USADA may be contacted by mail at 1265 Lake Plaza Dr., Colorado Springs, CO 80906, by telephone at 866-601-2632, or by fax at 719-785-2001. You may also visit the USADA web site at www.usantidoping.org.

HAYWARD CLASSIC

Oregon Association-USATF Championship
Hayward Field = University of Oregon
June 9 & 10, 2001

SATURDAY, June 9

FIELD
TIME
10,000 Meters (All) ......................................................... 8:30
Long Jump (West) HS-19 .................................................. 9:00
Long Jump (East) AM-18+ .................................................. 9:00
Shot Put (men) HS ............................................................. 9:00
Javelin AM-18+ ................................................................. 9:00
Frisbee Heavy ................................................................. 10:00
100 Meters Hurdles ........................................................... 10:20
100 Meters Hurdles ........................................................... 10:20
1,500 Meters AM .............................................................. 1:15
400 Meters ................................................................. 2:21

SUNDAY, June 10

FIELD
TIME
5,000 Meters (men before women) ......................................... 8:30
Pole Vault (men) ............................................................... 9:00
Hammer AM+ ................................................................. 9:00
High Jump AM+ .............................................................. 9:00
800 Meters ................................................................. 10:15
1,500 Meters AM ............................................................. 10:30
400 Meters Hurdles .......................................................... 10:30
200 Meters ................................................................. 11:00
1 Mile Racewalk .............................................................. 11:15
2 Mile Racewalk .............................................................. 11:30
3,000 Meters AM ............................................................. 1:15
4,000 Meters AM ............................................................. 1:15
5,000 Meters AM ............................................................. 1:15

* All events open to both men and women

GENERAL INFORMATION

DIVISIONS: 5 year age divisions for men and women ages 30 and over.
ENTRY FEES: $4 first event (m/s); $6 second event; $8 each additional event.
LATE ENTRY: $10 late fee after May 30, 80 entries or 5 entries per day. Entries accepted until June 7.
RELAYS: Held in 10 year age groups; must wear distinguishing tops. Will be a team scoring event.
AWARDS: Medals awarded for 1st, 2nd, 3rd, ribbons for 4th, 5th and 6th. Oregon Association patches will be awarded to all places Oregon Association qualified members.
TEAM COMPETITION: Team scoring. First Place Traveling Trophies for Men's, Women's and Combined. Team affiliation must be on entry form. No minimum number of members for teams.
FACILITIES: All-weather track and runways (max. 1/4" spikes allowed).
IMPLEMENT: One will have swimming implements available.
PACKETS: Available at Phoenix Inn, 8-6 am, Friday, June 8 and at Hayward Field after 7:30 am, Saturday, June 9.
RECEPTION: Sponsored by OTCM, Saturday, June 9, 6:30 to 7:00 pm at the Cascadia Center. Light refreshments.
WEBSITE: www.haywardclassic.com
EMAIL: brem@oregon.oregon.edu

USATF SANCTIONED - ALL COMPETITORS MUST BE USATF MEMBERS (applicable at registration)

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<thead>
<tr>
<th>Event</th>
<th>Best 00/01 Time</th>
<th>T-Shirt - $10.00</th>
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<tr>
<td>1</td>
<td>$10 Late Fee after May 30th</td>
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<tr>
<td>2</td>
<td>Late entries accepted until 5PM Thursday, June 7th</td>
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<td>3</td>
<td>No Event Changes After Registration</td>
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<td>4</td>
<td>ENTRY FEES: 1 Event $14 - 2 Events $20 - 3 Events $24 - 4 Events $28 - 5 Events $32 +</td>
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<tr>
<td>5</td>
<td>ENTRY TOTAL $</td>
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Will you attend the Saturday night reception? Yes ______ No ______ Number attending ______

Signed ____________________________

Phone ____________________________

DUNCAN & BROWN, Inc.
Real Estate Agents

PACIFIC CONTINENTAL
Track Town Pizza

Sponsored by the Cities of Eugene and Springfield ~ Presented by Oregon Track Club Masters
The Brisbane WAVA 2001 team is ecstatic with the response, to date, on entries (ahead of Gateshead at this time). We still expect that 6000 athletes and 2000 accompanying persons will descend on Brisbane in July.

The original entry deadline of March 31 was extended to April 20 to satisfy the request of several countries. South Africa, for example, is experiencing a postal strike.

No matter what the final numbers are in July we can tell you:

• You will have a great time in Brisbane. The Brisbane team for the Championships includes operational support from the state government.

Brisbane Draws 390 U.S. Athletes

Entries to the 14th WAVA World Veterans Championships – July 4-14 in Brisbane, Australia – have been received from 390 U.S. athletes by USA Track & Field, the national governing body for athletics in the USA. The entries were verified and mailed to Brisbane prior to the April 20 deadline.

The number comprises 335 U.S. competitors who went to South Africa in 1997, and 547 who traveled to England in 1999, for previous world championships.

The biennial event is open to men age 40-and-over and to women 35-and-over. Competition will be held in five-year age groups through 95+. All normal T&F events will be conducted, plus a cross-country, marathon, and road walks.

All entrants will receive confirmation of their participation directly from Brisbane by June 1.
Puerto Rico Looks Good for Stadia 2003

Only two months remain till Brisbane, which means that the deadline has passed for (a) bids to host future WAVA Championships, (b) proposals to the General Assembly for amendment of our WAVA Constitution/By-Laws/Rules of Competition, and (c) nominations for the elections at the General Assembly. As usual, WAVA will print and distribute the special General Assembly booklet with all the information.

Stadia Championships 2003

Negotiations have now progressed to the point that the WAVA Council is convinced that Puerto Rico should host our 2003 Stadia Championships and, as you read this, I believe this will have been confirmed. Please follow our WAVA web site, www.wava.org, to access the latest information.

Proposals for the General Assembly

The Council will present a number of proposals, among which will be once more the proposal to replace the word “Veterans” in the WAVA name with “Masters.” This proposal was defeated in Gateshead; however, our Commercial Manager, Ron Bell, has provided significant proof that we are missing out on sponsorship by not making this change. We must take strong actions from potential sponsors seriously and listen to Bell’s experience.

The Council will also present a proposal to change the election procedures of our two big committees (Stadia and Non-Stadia). We require so much from these committees already, that we must provide a structure that enables them to meet these requirements. This proposal means simply that area representation will be eliminated and that the chairmen will nominate their committee members to the president who, with due consideration to geography, gender, and cooperation, will appoint the members. The proposal also includes a reduction in the number of Committee Members.

Another proposal from the Council is that the Women’s Assembly be abolished and replaced by an official Women’s Committee which, like all other committees, will have an open meeting during the Stadia Championships. We feel it is now time to have the women’s interests fully integrated in the WAVA organization, so that women and men are treated similarly. This proposal means that the women’s representative will be elected by the General Assembly, as are the other officers on the Council.

Belgium has proposed that our Non-Stadia activities now be included in the calculation of number of votes at the General Assembly. This idea was tabled in Durban for further study and Belgium will know that it is finally laid down that the Non-Stadia activities are of the same value as Stadia activities. The proposal means that an affiliate can get another vote/delegate if represented by 100 competitors in the last three Non-Stadia Championships, while retaining the five votes maximum.

Future WAVA Bids

We have received four bids for our Stadia Championships in 2005, and one bid for our Non-Stadia Championships in 2004. For the 2005 Stadia Championships, the candidates who have announced interest are: Helsinki, Finland; Puerto Rico (who will, of course, withdraw if awarded the 2003 Championships); Sacramento, USA; and San Sebastian, Spain. For the 2004 Non-Stadia Championships, Auckland, NZL, is the only bidder.

Delegates from the Stadia and Non-Stadia committees will visit these bidders to inspect facilities/accommodation/transport, and the bidders will sign the preliminary contract by May 11 to confirm that they will present their bid in Brisbane.

Elections

At the General Assembly, the new Council for the next four-year term will be elected. With one exception, the only nominations are for re-election of the outgoing office bearers. The exception is the office of Vice-President Stadia, for which Rex Harvey (USA) has been nominated, together with Jim Blair (New Zealand). This means that the present Council will be confirmed for another four-year term, except for a new officer in the position of Vice-President Stadia.

As I write this, I know that our hosts in Brisbane now have a huge challenge involving long working-days up to the beginning of July to prepare everything and give us the best. It is my belief and conviction that they will be successful, and I would like to express ahead of time our great gratitude for their efforts.

“Brisbane – the best ever” they have promised, and from what we have seen, it will certainly be so. Thank you so much in advance, dear friends in Brisbane.

It’s never too early to think Brisbane*

...Or any other Masters event in which you plan to compete!

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* WAVA World Veterans* Athletics Championships
July 4–14, 2001
Brisbane, Queensland, Australia
**Ezzher Breaks Masters Marathon Record**


Ezzher finished fourth overall. Simon Biwott won in 2:09:40, with David Kirui, second, in the same time. Conditions were rainy, humid, and cold.

**FIFTEEN YEARS AGO May 1986**

- Brother-Sister Team of Freddie Madeira (M40, 2:00:38) and Lee Sargent (M40, 1:50:39) Win in Price Chopperthon 30K
- U.S. 1989 World Veterans Games Pledges Top $100,000
- Rosemary Chrimes, W50, Sets Four WRs in British Veterans Indoor Championships

**Masters Age-Graded Tables**

- Keep track of your progress over the years.
- Compare performances of older and younger individuals in the same or different events.
- Select the best performance in an event among all age groups.
- Score multi-events.
- See how much your performance should decline with age.
- Includes single-age factors and standards for each age from 8 to 100 for men and women for every common track & field, long distance running, and racewalking event.
- Shows how to conduct an age-graded track & field meet, road race or racewalk.
- 60 pages. Easy to use.
- Detailed explanations, sample competitions, personal performance examples and charts.
- Compiled by the World Association of Veteran Athletes.

Send $6.00 plus $2.00 postage and handling to:
NATIONAL MASTERS NEWS
P.O. Box 50098, Eugene, OR 97405

**Records Flow Like Wine in Bordeaux**

By BRIDGET CUSHEN

In just three days of intense competition, 1,400 competitors from 32 countries set some two dozen world records, 42 European, and several national indoor records at the European Veterans Indoor Championships, Bordeaux, France, March 8-12.

The EVA Council was criticized initially for awarding such a prestigious event to a four-lane track, but the EVA Council soon reassigned the management of the large cycling velodrome, which offered easy access, ample changing rooms and warm-up areas, plus two high- and long-jump pits. Excellent hotels could be found within walking distance of the stadium and, of course, the French city is renowned for its excellent food and superb wines.

Defending champion Dupuy, France, added the M40 200 gold to his 60m bronze, with a 22.68. The 400 final was a much closer affair, won by Eric Rosk, Holland, in 50.42 from Kermit Bentham, GBR, 50.61.

The heats of the M40 and M45 1500 had up to 12 athletes with only the nine fastest to qualify. The M40 final was a furious affair fought out over the last lap by two Frenchmen, with Farid Yahiaoui getting the nod in 4:12.04 from Alain Despreser, 4:12.16. After equally tough qualifying heats, the M45 final was even faster, won in the last few strides by Pierre Faucheur, France, in 4:11.18, from Dave Wilcox, GBR, winner in the earlier 800, with a 4:12.03.

Giuseppe Marabotti, ITA, broke M85 world records in the 60, 200, and long jump. Pat Gallagher, GBR, accounted for two more in the 1500 and 3000.

The "athlete of the championships" accolade must surely go to Jenny Brown with her world-best pentathlon score, individual gold medals in the high and triple jumps, and a major upset in the 800 when she sprinted past favored runners to win in 2:26.81. She also earned silver in the 4 x 200 relay.

Every gold medal winner was also presented with a bottle of Bordeaux wine. Altogether this was an excellent championships meet, the French are to be congratulated.
The 2003 Summer Senior Games have received 1330 entries for their biennial event in Baton Rouge, LA, July 14-28. The event is open to 55+ who qualified in state and local games last year. Some other sports had to be “capped,” where requests exceeded capacity. Tennis, for example, drew 917 entries but only 870 could be accepted. The 2003 Summer Games will be held in Hampton Roads, VA, from May 27 to June 9.

Likely dates for the 2004 U.S. Olympic Trials in Sacramento are July 9-18. Charges from 2000 include 2000 additional seats, improved concessions, and a 15% increase in ticket prices.

The top three in the inaugural The Streak Registry, which lists runners with the longest daily running streaks, are Bob Ray, 63, Baltimore, MD, whose string started on March 4, 1967; Mark Covert, 49, VA, Summer Games founder; and Hedy Marque, 83, Alexandria, VA.

The Cherry Blossom 10K from May 27 to June 9. Some other sports included MXU (3:54:28) with a 95.3% 7.4 in the 55m, with Michael Miller, MD, was third 3:54:28. Not to be outdone, Dori Windsand-Bauman, 44, Frederick, MD, after a 40+ female finisher with a 1:29:00 in the half-marathon. Stephen Lewla, 51, Alexandria, VA, took the M40+ contest in 1:20:23.

Gordon Bakoullis, 40, Triangle, VA, logged a first female overall 3:24:39, 10th B & A Trail Marathon. Seventy female runners made 40+ to the 3:00:00 standard with a 2:58:46. Christy St. Clair, 52, Glen Arm, MD, was third 3:04:52. Not to be outdone, Dori Windsand-Bauman, 44, Frederick, MD, after a 40+ female finisher with a 1:29:00 in the half-marathon. Stephen Lewla, 51, Alexandria, VA, took the M40+ contest in 1:20:23.


The 1984 Los Angeles Olympics were the first to allow 40+ to the 3:00:00 standard with a 2:58:46. Christy St. Clair, 52, Glen Arm, MD, was third 3:04:52. Not to be outdone, Dori Windsand-Bauman, 44, Frederick, MD, after a 40+ female finisher with a 1:29:00 in the half-marathon. Stephen Lewla, 51, Alexandria, VA, took the M40+ contest in 1:20:23.


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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 age groups with the approval of national masters championships, which may be limited to men and women over age 40. International T&T meets are usually limited to men over 40 and women over 35. Entry blanks for national and regional championships will generally be printed in the newspaper 30 days prior to the event. Please send any additions or corrections to NMN, PO Box 30988, Eugene OR 97405.

**TRACK & FIELD**

### NATIONAL

**JUNE 16-17.** USATF National Masters Decathlon & Heptathlon Championships, Tacoma, Wash. Mark Salzman, 8615 47th St. W., Tacoma, WA 98466. 253-655-7840; mesalzman@psod.net

**August 11-12.** USATF East Regional Masters Championships, Springfield College, Mass. Directed by USATF New England, 617-566-7600; office@usatfne.org; www.usatfne.org

**SEPTEMBER 1-2.** Potomac Valley TC Games, T.C. Williams HS, Alexandria, VA, 703-671-2520; www.pv.org

### SOUTHEAST


May 12. 12th annual Jacksonville TC Masters Meet, Bolles School, Jacksonville, Fl. 4 pm. 904-386-7860.


May 25. 26th annual Jacksonville TC Mile Festival, Bolles School, Jacksonville, Fl. 7 am. 904-386-7860.

**JUNE 3-5.** Trigon Senior Games, Richmond, VA. Virginia Amateur Sports, 540-343-0987; 800-333-8274; www.commonwealthgames.com

**JUNE 2.** Furman Classic, Furman U., Greenville, SC. Masters & open. SASE to Dr. Arthur Black, Furman U., Greenville, SC 29609.

**JUNE 8-10.** Ocean State Senior Olympics, Providence, R.I. 401-431-5007.

**JUNE 9.** Allegheny Valley Open Masters Meet, Highlands HS, Natrona Heights, Pa. 8:30 pm. Bob Freund, meet director, Allegheny Valley Hospital, Outpatient PT, 1620 Pacific Ave., Natrona Heights, PA 15065, 724-224-2166; fax: 724-3732.

**JUNE 10.** Masters Spring Classic, Merchant Marine Academy, Kings Point, L.I., N.Y. SASE to Rot Katz, 170-11 65th Ave., Flushing, NY 11378. 718-358-6233; 718-359-4790 (N.Y. time); throwers@ao.com; Eric Weissbluth, 516-487-1417.

**JUNE 10.** USATF Adirondack Masters & Open Championships, Schuylerville, N.Y. 518-226-9544; usatfa@ao.com


**JUNE 11-17.** Pennsylvania Senior Games, Shippensburg, Pa. 717-823-1164; x7.

**JUNE 14-17.** Florida Sunshine State Games, Orlando. 850-488-8347; fax: 922-0482; www.floridasports.org

**JUNE 20-22.** Commonwealth Games of Virginia, Salem. Virginia Amateur Sports, 540-343-0987; 800-333-8274; www.commonwealthgames.com

**JUNE 22.** Jacksonville TC All-Comers Meet, Bolles School, Jacksonville, Fl. 9 am. 904-386-7860.


**JUNE 30-July 1.** Alabama Sports Festival, Mobile, Shoe Pack-Love, ASF, shop@ala.com

**JULY 8 & 22.** Potomac Valley TC Meet, T.C. Williams HS, Alexandria, VA, 703-671-2520; www.pv.org

**JULY 14-22.** Georgia Games, Marietta, 770-528-3520; www.georgiagames.org

**JULY 20-22.** Commonwealth Games of Virginia, Roanoke. 540-343-0987; www.commonwealthgames.com

**JULY 27-28.** Tennessee Senior Games, Clarksville, 615-902-9261.

### MIDWEST

**MAY 20.** North Coast Invitational Meet, Independence HS, Independence, Ohio. SASE to Norman Thomas, 9065 Gettysburg, Twinsburg, OH 44087.

**JUNE 4-9.** Indiana Senior Games, Evansville. 812-464-7800.

**JUNE 9-16.** Indiana Hoosier State Games Meet. 9th-Portage; 16th-Evensville, Indiana. Fort Wayne. 800-HI-FIVES, hsg@indianasportscorp.com; www.hoosierstategames.com

**JUNE 9.** USATF Illinois Masters Championships/All Comers Open Meet, Wildfire Field, Lisle. USATF, PO Box 7019, Villa Park, IL 60181; 630-953-2025.


**JUNE 14-16.** West Virginia Senior Sports Classic, Charleston. 304-344-1500.

**JUNE 24-25.** Wisconsin Senior State Games, Fairview Heights. 618-692-1002; fax: 632-1123; www.prairiestategames.org

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**RACEWALKING**

Almost every t&f meet includes a racewalk, and most road races welcome racewalkers.

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**EAST**

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

May 13 & 27. Potomac Valley TC Meet, T.C. Williams HS, Alexandria, VA, 703-671-2520; www.pv.org


May 16, 23, 30. Philadelphia Masters Spring Meets, Roxborough HS. 6:00 pm. Joe Dubow, 484-437-9463 (after 8:00 pm or on weekends).


**JUNE 1-3, 9-10.** Connecticut Senior Olympics, Southington. 860-621-7502.
June 23. Hoosier State Games Finals, Indianapolis. Michelle Nolley, 317-392-6175; michelle@tubescok.net

June 29, July 1-6, 8. Ohio Buckeye State Games, Columbus. 517-866-1778, fax: 614-1001; www.ohiobuckeyestategames.com


July 28-29, Kentucky Bluegrass State Games, Shelby Track, U. of Kentucky. 1-700-222-2474; 589-255-0236.

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**MID-AMERICA**

Cotopaxi, Iowa, Kansas, Minnesota, Missouri, New Mexico, North Dakota, Nebraska, South Dakota

May 25-June 24. New Mexico Games, Albuquerque, NM. NM Games, 1903 Avenue, Albuquerque, NM 87106, 505-764-1510; fax: 764-1719; nmgames.com

May 26-27, USATF New Mexico Masters & Open Championships, Albuquerque. Kathy Fones, 505-865-8812; Foneskn@aol.com

May 30-June 3, Missouri Senior Games, Las Cruces, NM. 505-623-6377

June 1-6, Missouri Show-Me State Games & T&F Competitions. 1st-Warrensburg; 2nd-Jefferson City, St. Joseph, West Plains; 9th-St. Louis; 16th-Rolla, Blue Springs, Kirksville, 17th-Springfield; 23rd-24th-Kansas City, Fairington. Bob Murray, Competition Coordinator, Show-Me Games. St. Louis, 573-882-2103; Murrayb@missouri.edu


June 7-10, Iowa Senior Games, West Des Moines. 515-226-2898.

June 9, USATF Mid-America Regional Masters Championships, Friends U., Wichita, Kansas. Bill Butterworth, 314 So. Clifton, Wichita, KS 67218. 316-684-2192; Fax: 687-9400. Entries will be mailed to those on current mailing list.

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**SOUTHWEST**

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

May 12, 19th annual Lions Waterloo Meet, Nelson Field, Austin, Texas. 10 am-6 pm. Seth Brosver, sethbrover@earthlink.net

June 2, USATF Southwestern Association Masters & Open Championships, Dallas. Texasester, 13410 Mill Grove Ln., Dallas, TX 75242. 972-661-1551; jestermant@ymail.com

June 4-9, Mississippi Senior Olympics, Jackson. 601-292-9794.

June 8-10, Louisiana Games, New Orleans. 504-525-5678; fax: 529-1062; www.louisianagames.org

June 16, Hill Country Classic Meet, Mason HS, Mason, Texas. Lee Graham, PO Box 384, Mason, TX 76556. 915-347-5629.

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

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**WEST**

Arizona, California, Hawaii, Nevada

May 5, Arizona Masters Invitational, Glendale CC, Glendale. USATF-AZ; Bob Flint, 843-666-1778, fax: 626-685-6754; www.azmasters.org

May 12, Southern California Striders

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**NORTHWEST**

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

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

May 26, Oregon TC Masters Mini-Meets, South Eugene HS, 5:00 pm. Larry or Teresa Pine, 541-895-5420; pine@pond.net


July 9. Hayward Masters Classic, Eugene. Ore. Oregon TC Masters, 509 W. Pecos. Eugene, OR 97405, 541-687-9675; RuthBremler@oregon.uoregon.edu; www.haywardclassic.com

July 14-15, Utah Summer Games, Cedar City. 435-865-8422; fax: 865-8548; www.utahsummergames.org


June 23-24, USATF Northwest Regional Masters Championships, Mt. Hood CC, Oregon (Portland area). Paul Stepan, 3011 NE Linden, Gresham, OR 97030. 503-666-8950; lespian@yahoo.com


July 21, Inland Northwest Masters Classic, Pullman, Wash. Jeff Schaller, 435 SW State St., Pullman, WA 99163. 509-332-3148; jeffschraller@netcom.com


August 17-18, Seattle Masters Games, West Seattle Stadium. Some events Fri. evening. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-938-3985; kwine

Continued on next page
CANADA

May 12-15. Russian Veterans Throwing Championships, Toluca. Vadim Marlesh, fax: 7-095-5734150, marvash@cs.msu.su

May 19-20. III Campeonato Metro de Atletismo ESEP de Pista y Campo Para Veteranos, Mexico. 044-54-57-59-02; gmontes@suxel.com

June 1-3. XXVI Campeonato Nacional de Atletismo de Pista y Campo Veteranos, San Luis Potosi, Mexico. 044-54-58-36-34; eporillo@starinet.mx

June 2. French Veterans Championships, Aix-les-Bains, France.


August 11-12. Russian Open Masters Games (tied dates). Moscow. Vadim Marlesh, fax: 7-095-5734150; marvash@cs.msu.su

INTERNATIONAL


May 13. NYRR Reulon 5K, Manhattan, NY. 212-840-4455; www.nyrr.org

May 19. USATF New England 12K Championships, Bedford, NH. 603-466-7600; usatfne@ix.netcom.com; www.bedfordnh.com/12K

May 20. USAF New Jersey 15K Championships/Midland Run, Far Hills, midlandrun@midlandschool.org; www.midlandrun.org

May 27. Vermont City Marathon, Burlington. Andrea Sino, 800-880-8149; vcm.org


June 4. Merry Heart 5K, Eisenhower Middle School, Roslyn, N.Y. Madeline Bost, PO Box 458, Roslyn, NY 11576; 516-664-7304.


July 6. Run for the Arts 5K, Troy, N.Y. 518-273-0552.


July 8. Utica Boilermaker 15K, Utica, N.Y. 315-797-5838; www.boilermaker.com


Teppi Teshima

Former Olympian Gerry Lindgren, winner of the 15K race (31:11), 2001 Harold Chapson Memorial 8K, Honolulu.

September 28-30. Russian Veterans Championships, Krasnodar. Vadim Marlesh, fax: 7-095-5734150; marvash@cs.msu.su

October 5-14. Australian Masters Games, Newcastle, NSW. AMG, PO Box 1599, Newcastle West, 2302, NSW, Australia. www.nqevents.com.au

OPEN

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

LONG DISTANCE RUNNING

NATIONAL


May 6, Lincoln Marathon, Lincoln, Neb. 402-435-3504; www.lincolnmarathon.com
May 27, Med-City Relays & Marathon, Rochester, Minn. 507-282-1411; www.medcitymarathon.com

August 19, Pikes Peak Marathon, Manitou Springs, Colo. 719-473-2625; www.pikespeakmarathon.org

SOUTHWEST
Arkansas, Louisiana, Mississippi, Oklahoma, Texas

May 5, Bricktown Classic 12K/USATF Oklahoma Championships, Oklahoma City. First National Bank of Edmond, PO Box 5450, Edmond, OK 73038. 405-844-0110.
May 12, Route 66 Relay Challenge 8K/USATF Oklahoma East Championships, Davenport. Davenport C of C, PO Box 66, Davenport, IA 52826-0066.
May 12, Gunn Tree 10K, Tupelo, Miss. 662-880-2411d/j535r@yahoo.com
July 4, Runners Club 8K/USATF Oklahoma West Championships, Bethany. 405-722-7907.
July 21, Quad-City Times Bix 7 Mile, Davenport, Iowa. 319-359-9197; www.bix7.com

WEST
Arizona, California, Hawaii, Nevada

May 6, Avenue of the Giants Marathon, West, Calif. Gaylou Gilchrist, 707-443-1226; www.humboldt1.com/aave
May 12, Komen Sacramento Race for the Cure 5K, Sacramento. 916-447-2786; www.runsockmedal.com
May 19, Palos Verdes Marathon, Palos Verdes (L.A. suburb), Calif. W2 Productions, 310-828-4123; www.active.com
May 28, Pacific Sun Races 2001 (10K & 2.5 Mile Run/Walk), College of Marin, Kentfield, Mar. 18, 800-852-6277; College Pacific Sun Races, c/o Carmela Toledo, 8429 Locust, Dublin, CA 94568. 415-721-3791; www.tamalpaRunners.org. See entry form in April issue.
June 3, Lake Chabot Trail Challenge Half-Marathon/RRCA Western Region Championships, San Leandro, Calif. Will Uher, 510-278-0451; willuher@pacbell.net
June 3, Holcomb Valley 50K/RRCA Western Region Championships, Big Bear City, Calif. Norm Haines, 800-725-5850; normrun62@aol.com
June 16, Cal-Neva Mile, Reno, Nev. 775-746-4540; www.silverstatetriders.com
June 23, Western States 100 Mile, Sacramento. Greg Soderlund, 916-638-1161.
July 8, Chronicle San Francisco Marathon, CM, PO Box 828, Rialto, CA 92377. 800-698-8699; www.chronicleevents.com
August 25, Silver State Marathon, Reno. 775-849-0419; www.silverstatemarathon.com

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

May 6, 25th Lilac Blossom 12K, Spokane, Wash. LB 12K, PO Box 1511, Spokane, WA 99210. April 13 deadline.

May 13, National Capital Marathon, Ottawa, Ontario. 613-234-2221; www.ncmarathon.com

INTERNATIONAL

May 18-19, Russian Veterans Non-Stadia Championships, Cheboksary. Vadim Markev, fax: 7-095-573-4150; markev@cs.msu.ru
June 9, Lincoln Marathon, Lincoln, Nebr. 402-435-3504; www.lincolnmarathon.com
June 26, Gzhel International Cup (Long Distance & Racewalking), Gzhel (Moscow area). Vadim Markev, fax: 7-095-573-4150; markev@cs.msu.ru
October 14, Avon Running 10K Global Championships, Budapest, Hungary. 212-282-5350; www.avonrunning.com

RACEWALKING

May 27, Art Kos Memorial 10K RW, Toronto Island-Halifax’s Point, Canada. May 15 deadline. Joan Sutherland, 676 Balliol St., Toronto, ON M4S 1E7, Canada.
June 3, USATF National Masters 15K RW Championships, Evansville, Ind. Rick Williams, 515 E. Jennings St., Newburgh, IN 47630. 812-858-0333, x140.
June 9, USATF East Region 20K RW Championships (M&O), Eisenhower Park, N.Y. USATF LI. 516-349-9157; office@litf.org
June 10, Crown Valley Senior Olympics 1500 & 5000 Race-walks, Pasadena, Calif. Palm Hills, Jan. 12, meet director. Cynthia Rosedale, 85 E. Holly St., Palm Hills, CA 91013. 626-685-6754; fax: 577-4235; email: cpy@padasenacom.

July 8-9, USATF National Masters 10K RW Championships (M&W), Baton Rouge. La. See T&F schedule.


November 4, USATF National Masters 20K RW Championships, Coconut Creek, Fla. Dan Koch, 954-970-9634; racewalker@cyberagent.net

JERRY WOJCICK

Local athlete Darryl Decker, 54, Cambridge, Mass., is the long jump, Masters Indoor Championships, Boston.
## Recipients of All-American Awards

### For Men

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

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### Application for an All-American Certificate/Patch

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## Notes

1. If you have equaled or bettered the standard on this application, please fill out this application completely.
2. A copy of your results or a note stating in which race your results appeared MUST accompany this application.
3. Please send $10 for a certificate, $2 for a patch and $10 for a patch tag showing event and year. The cost for a certificate and patch is $15 for all events and at the same time is $15.
4. Send to: All-American, National Masters News, P.O. Box 5600, Eugene OR 97405.
5. A 3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 3" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.
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**NOTE:** The above times are hypothetical and have been generated for illustration purposes. Actual times would vary based on the participants' performance and conditions on the day of the event.
## SOUTHWEST

**Shamrock Marathon & Masters 8K**

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## MIDWEST

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## WEST

**San Jose Mercury News April 11**

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## SOUTHWEST

**Schorlay's Run 5K St. Louis, OK, April 7**

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**Redbud 10K**

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## NATIONWIDE MASTERS NEWS

### May 2001

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**Continued on next page**
ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, MAY 2001

NATIONAL MASTERS NEWS

May 2001

ATHLETES (RESIDENCE)

BIRTHDAY AGE GROUP

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