Hosack Sets Records at Age 100; Raschker Breaks Five World Records; 810 Masters Break 26 World Indoor Records at USA Championships

By JERRY WOJCICK

BOSTON, Mass. — More history was added to this city’s annals at the USATF National Masters Indoor Track & Field Championships held at the Reggie Lewis Track Center on March 22-24. Well, maybe not on the same level with the Boston Tea Party or the Battle of Bunker Hill, but pretty impressive by masters standards.

First off, despite some concerns about air travel after the September 11 tragedy, a new-record number of masters entered. Secondly, a 100-year-old man competed in an indoor national championships, establishing two world records and two U.S. potential records. Lastly, 26 world and 18 U.S. pending age-group records were broken or established in the three-day meet.

The Championships, in its sixth-consecutive meeting here since 1997, drew 810 athletes, who competed in five-year age groups starting at age 30. Most of the states were represented, including Hawaii and Alaska, with the usual strong guest contingent from Canada, and guest athletes from the Netherlands and Sweden.

Last year, 814 athletes, the second-largest turnout ever for an indoor

Continued on page 8

NMN Back at the Helm

As of Jan. 1, 2002, Rodale Press has relinquished its ownership of National Masters News, which it had acquired on Jan. 1, 1995. Since then, the National Masters News had been under the jurisdiction of Runner’s World, one of Rodale’s publications.

Complete control of the NMN has now reverted to its primary staff members: Jerry Wojcik, Suzy Hess, Al Sheehan and Angela Egremont.

Essentially, we will continue to operate as we have in the past, with some minor changes. The editorial office will remain in Eugene, Ore., with the same phone and fax numbers, and the same e-mail and Web site addresses. The layout and printing will continue to be done in Los Angeles as it has been for over two decades.

Suzy Hess will add the title of Publisher to her position of Administrative Editor, handling mar-

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- Revised World T&F Records — page 20

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Sultanova, Kipkemboi Take Masters Titles in Boston

By SUSANNAH BECK

Under a foggy shroud and temperatures in the high fifties, with little wind, conditions at the Hopkinton start were propitious for a good run, contrary to the weather forecast that had predicted heat.

Kenyan Joshua Kipkemboi, 43, Concord, Mass., was on top again at the Boston Marathon, April 15, taking the 40+ title back from Fedor Ryjov, 42, Russia (via Portugal), the man who beat him here last year. In the process, Kipkemboi ran the second fastest masters time here ever (John Campbell ran just two seconds slower than his second again in 2:15:56), at Boston, where he was second in ‘99 (2:17:11) , andCities (2:12:46), a much faster course.

It was an exciting tactical race for the $10,000 masters win. A masters pack consisting of Kipkemboi; Ryjov; Gennady Temnikov, 40, Russia; Sammy Ngatia, 42, Ft. Carson, Colo.; and Mohamet Nazipov, 40, Russia, went out with the leaders, who dawdled through the first 5K in 16:00.

Continued on page 6

Finalists in the M35 60m (from l): James Smith; Orlando Matthews, third (7.33); Rawie Crichton, second (7.29); Robert Thomas, first (7.26); Andre Bridgett; Robert Walters; and Richard Hill, USATF National Masters Indoor Championships, Boston.

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Continued on page 6
every day at dawn, the ocean asks, "you wanna race?"

WT15 WOMEN'S RUNNING SHOE

A supportive cushioned trainer
- Abtech® cushioning in the heel and forefoot
- TPU EVA Post provides support for mild to moderate over pronation
- Stability Web® provides comfort support and torsional stability
- Split Heel Delux for a cushioned ride with E drains® Foot Pad for long-lasting heel cushion
- Available in widths 2A, B, C

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www.newbalance.com 1-800-253-NEW

©2002 New Balance Athletic Shoe, Inc.
REHAB AND TRAINING
In 2001, I took first place in the M60 long jump and triple jump in the Masters Championships in Boston. After winning five gold medals in the Israeli Championships and one in the Russian Championships in the summer of 2001, I had increased my training to three hours a day and was having fantastic results.

Then, in February 2002, I had a stress test and was diagnosed as having a problem in my heart rate. An angiography revealed that my left main artery was 90% blocked.

On Feb 8, I underwent bypass surgery to correct the problem. A month after surgery, I began a rehab program and fully intended to return to competitive sporting activities within six months.

I would be interested in hearing from other competitors who have undergone similar surgery to hear about their rehab progress, training and return to competition.

TEN YEARS AGO
May 1992

• National Masters Indoor Championships Draw. 640 Athletes to Columbus, Ohio
• Doug Bell (14:50) Beats Wilson Waigwa and Henry Rono in Carlsbad 5000
• International Veterans 8K X-C Held With IAAF X-C in Boston
• New Zealand's Derek Turnbull Sets Six M65 World Records

INDOOR CHAMPIONSHIPS
Having been subjected to a comedy of errors at open and masters meets over the years (last-minute changes in schedule, delays of many hours, competitors taking over heat assignments from officials, times not recorded, etc.), I was wonderfully surprised by the professionalism of the first national masters championships I attended in Boston this year.

Events went off at the planned times, so we competitors could time our warm-ups correctly, and the officials were expert and pleasant.

The announcing by Peter Taylor was the icing on the cake. Hearing the race called as an older competitor works so hard to give us such a great meet.

plus abrasions on the head and knee. Several witnesses saw the incident.

I am writing primarily to point out the danger of letting non-participants roam the area at will. As I was being taken to the ambulance, my wife looked back at the track just as the 200 started, all lanes filled, and she saw about five teenagers running all over the track chasing each other. As we left, we could hear yells of "Clear the track," "Get off the track." I was in the ER all afternoon, but not once did anyone call or come to check on me. I have heard nothing from anybody connected to the sponsoring organizations as to whether I lived or died. Incidentally, I took first in the 600m and long jump and hope someone will send the medals to me.

We incurred great expense due to this accident, as we had to call my son down from Michigan to help my wife drive the 900 miles home. Of course, we paid his expenses and plane fare home.

To add insult to injury, a steel tape was not used, even though I had called the 0.00 to the 0.00 on the track record (3.77) by a little over an inch with a 3.80 but apparently to no avail.

I sincerely hope that this letter will be a "wake-up call" for better supervision and control by officials and administrators of future masters meets.

Tom Kennell
Seagrove Beach, Florida

NATIONAL HEPTATHLON CHAMPIONSHIPS
I would like to thank Masters Combined-Event Coordinator Jeff Watry, Carthage College, and its staff for running an excellent National Heptathlon Championships in Kenosha, Wis.

The time needed to prepare for the meet must be staggering. I appreciate the effort it takes to provide masters such an outstanding event. I have been impressed by the competitors who have participated in this event for the last two years, because they help and encourage fellow competitors in the true spirit of sportsmanship. I consider myself lucky to have the opportunity to compete against great athletes, who are even better people.

I would also like to thank everybody at NMN for providing a marvelous comprehensive resource for masters. I, like many others, look forward to every issue.

Mark Twedt
Rockwell, Iowa
For those wishing to experience the natural outdoor beauty of “Vacationland” a variety of activities including rafting trips, hiking, biking and area outings were organized. From the beautiful nearby coastal villages to inland attractions, Maine offers exceptional state parks and recreational areas.

University of Maine
Clearence Beckett Family Track & Field Facility
Orono, Maine

Other Related Web Sites:
USA Track and Field National Web Site
WWW.MASTERSTrack.COM // NCAA // NCAA TRACK CHAMPIONSHIPS
Maine Association of USAF // The University of Maine Homepage

Welcome to the University of Maine

MASTERS TRACK & FIELD CHAMPIONSHIPS 2002

COMPETITION ENTRY FORM

2002 USA Track & Field National Masters Outdoor Championships
University of Maine, Orono, ME

Please use this form (or make a photocopy) complete it, and mail with a check for entry fees to:
Willi Gallernt, Maine Masters Entry
University of Maine, 8747 Memorial Gymnasium
Orono, ME, 04469

All entries must be received by July 17 to be guaranteed a confirmation reply.

PLEASE PRINT CLEARLY: proof of date of birth is required of all competitors in advance. A photocopy of birth certificate, or passport, or driver’s license must be mailed with entry form.

Last Name: First Name: M L
Mailing Address: City: State: Zip code: Office: country:
Phone: [home] [cell] e-mail:

2002 USAF registration number: [Club/team]
U.S. citizen [circle one]: Yes / No
Resident Alien [circle one]: Yes / No
Country of Citizenship:

[circle one] Female / Male: Date of Birth: Month Day Year:
AGE as of August 8, 2002:

EVENT NAME: Best recent performance: FEE

Pentathlon (this does not count as your first event) [Fees $30]

100m, W/ M - Finals
3000m, W/ M - pre
10000m, W/ M - pre
Shuttle W/ M - all ages - 2 throw areas
Pole Vault: W/ M - all ages & M 60+

2002 Championship Program & performance list [Fees $25]

FREE Athlete Championship T-Shirt - [Circle size] S M L XL XXL
Additional T-Shirts with commemorative Mouse Logo Number per size: # S M L XL XXL @ $10 each

Championship Cookout & Downeast Entertainment on Sat. Aug. 10
Number attending the cookout @ $11 each
Place number of people attending at each area before the selection below:
A) Lobster: B) Sausage: C) Chicken: D) Vegetarian Lasagna.
Late fee for entries postmarked after July 17, 2002 [Fees $25]

USATF NATIONAL MASTERS COMMITTEE SURCHARGE FEE [Fees $10]

TOTAL AMOUNT DUE: [Fees $25]

Wish to pay by check payable to the University of Maine?

USATF NATIONAL MASTERS CHAMPIONSHIPS AUGUST 8 - 11, 2002

SCHEDULE OF EVENTS

Thursday August 8, 2002
5000m, W/ M - Finals
400m, W/ M - pre
1000m, W/ M - pre
W/ M - Finals
W/ M - Finals
Shuttle W/ M - all ages - 2 throw areas
Beer W/ M - all ages & M 60+
North W/ M - all ages & M 50+

Friday August 9, 2002
5000m, W/ M - Finals, on the track
1000m, W/ M - pre
400m, W/ M - Finals
High Jump W/ M - pre
1500m, W/ M - pre
100m, W/ M - round 2 if necessary
Distance W/ M - all ages - 2 throw areas
Pole Vault: M 50 - 59
High Jump W 50 - 59
Long Jump W 50 - 59
Triple Jump W/ M - all ages
Note: Additional Events will be scheduled.

Wednesday August 7, 2002
6 pm - Franklin Championship Coast Feast
Sunday August 12, 2002
Road Walk 100 W / M
2000m, W/ M - round 2, if necessary
1500m, W/ M - Finals
3000m, W/ M - Finals
200m W/ M - Final
Relays
Hammer W/ M - all ages - 2 throw areas

**Residents and women first unless otherwise noted.

Specific times will be set once all entries are in.

WELCOME to the Orono, Old Town, Bangor region of Maine! You will discover yourself surrounded by friends as you enjoy those USATF National Masters Track & Field Championships.

Travel Arrangements: The Bangor Visitor Services office is easily finding using your car travel arrangements. They will assist you in finding the best discount and in meeting your needs. Contact 207-454-8000 or 800-682-4125

For Additional Information and Registration Call 207-801-0401, or email usaftravel.mainee@usafmaine.org for information on convenient campus dorms, and meal packages. Private off campus may also enjoy meals and meal packages on campus: great variety, special needs, and family or singles.

Arrive Early and Board / camping facilities for the time of trip
Contact: The Bangor Convention and Visitors Bureau on 800-51-MAIN (800-51-6264) or email usaftravel.mainee@usafmaine.org

The University of Maine will work to meet the needs of all participants. See your packet for more details.

Field Facilities located in these
University of Maine.

Welcome to the University of Maine!

Website: USATF National Masters Track & Field Championships

State and Country: Maine

For more information contact:
Rolland Ronson, Executive Board,
Maine USATF & UMaine Track & Field Coach or call 207-581-1077
http://www.umeaustin.edu/track/trackfield.html

Host Site of the USAF National Masters Track & Field
2002 Championships

Welcome to the University of Maine
**True Seniority at 65?**

"They shall bring forth fruit in old age..." – Psalms 92:14

Having recently celebrated my 65th birthday, I feel as if I have cleared the final hurdle to senior citizen status. I have reached the threshold of true seniority. But whether that means I am now an "old man," I’m not sure. I thought my grandparents and Harry Truman were old when they were a mere 60, but I don’t feel as old as I thought they were.

It is somewhat confusing these days as to when one becomes a "senior citizen" as well as when one becomes old. At 60, I received certain senior discounts by becoming a member of AARP. At 65, I qualified for a state property tax exemption, senior coffee at Jack-in-the-Box, and the senior menu at Denny’s restaurants. At 60, I qualified for senior coffee at Burger King, but not much more. At 62, I was eligible for a 10-percent discount on several airlines and senior prices at our local movie theater chain. To my knowledge, there aren’t any more discounts available to me at 65, but I can now ride the Honolulu bus free and collect social security without a penalty.

Of course, if I were still competing, I could take advantage of being in a new age group. I could, in a sense, escape the trammels of old age by running with those only I could take advantage of being in a new age group. I could, in a sense, run at the risk of fatal injuries than those younger men seeking his wisdom on old age. He admits that he is not as vigorous as when he was a soldier in the Punic War, but, as you see, old age has not entirely destroyed my muscles, has not quite brought me to the ground.

Use What You Have

Cato tells the man that he does not miss the bodily strength of a young man any more than a young man misses the strength of a bull or elephant. "You should use what you have, and whatever you may choose to do, do it with all your might."

The younger men continue to question Cato. "My dear Lachius and Scipio," Cato responds, "we must stand up against old age and make up for its drawbacks by taking pains. We must fight it as we should an illness. We must look after our health, use moderate exercise, take just enough food and drink to recuit, but not to overload, our strength. Nor is it the body alone that must be supported, but the intellect and the soul much more. For they are like lamps; unless you feed them with oil, they too go out from old age."

It is only that I don’t feel as old as I would, except, that is, paradoxically, when I am running.

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**Boston Marathon**

Continued from page 1

Ngatia, third master at Boston last year in 2:23:07, slipped off the pace first to finish back in a disappointing 2:32:43. Nazipov was the next to go, followed by Temnikov, leaving Rylov and Kipkemboi to forge ahead, lockstepped, through 2:25K.

"I was passed at the end last year (by Rylov), so I knew I had to use my knowledge and run a tactical race. I thought, I can’t let him pass me like last year. We were together until about 25K, and then I made a move and left him behind," Kipkemboi explained after the race. He dropped a 15:18 5K surge and put 40 seconds on Rylov by the 30K mark.

It was a gap Rylov couldn’t close, though he ran the next three 5K splits faster than Kipkemboi, and eventually closed to within 16 seconds, in 2:13:04. Temnikov finished third (2:20:26), with Nazipov coming home in 2:22:56. Glen Guillemette, 42, West Warwick, R.I., was first U.S. master and fifth (2:26:51).

Vladimir Krivoy, 51, UKR/Halifax, Mass., repeated as the "veteran" (50-59) division winner (2:35:11) under Boston’s ten-year age-group system, improving over four minutes since last year. Alan Oman, 52, Babylon, N.Y., made it back to Boston for 2002, running his fastest time in a few efforts for second (2:42:16). Oddvan Hausken, 60, Norway, stalked defending champion Joe Burgers, 63, St. Petersburg, Fla., for 40K before unleashing a furious kick that reeled in Burgers from 24 seconds back to win the Seniors (60+), 2:55:21 to 2:55:55. Nice kick!

Firaya Sultanova, 40, Moscow, Russia, made waves in the women’s race, amazing onlookers as she blew Priscilla Welch’s 14-year-old CR (2:30:48, ’88) out of the water, running a 2:27:58, good for fifth overall, and $31,500 in prize money and bonuses.

Two-time masters defending champion Gitte Karlshoj, 44, Hoejberg, Denmark, ran a better time than last year, with a 2:35:01, but fell off Sultanova’s pace by 5K, finishing ninth overall.

Sultanova, a Russian Olympian at 10,000, has raced regularly on the U.S. roads in the past few years, but made real strides at the marathon distance just recently, particularly with her 12th place showing at the World Championships in Edmonton last year, where she clocked a 2:30:58.
Boston Marathon

Continued from page 6 hopes to compete for Russia in the marathon at the 2004 Olympics in Athens.


Masako Matsumura, 50, Japan, ran a fog-burning 3:02:41 to top the W50+. Janet Ladue, 51, Canada, improved by 22 minutes over last year to finish runner-up in 3:07:35. Mary Nathan, 61, Far Rockaway, N.Y., dominated the senior ladies by over nine minutes (3:52:11).

Rodgers Rop, Kenya, was first overall in 2:09:02. Margaret Okayo, Kenya, was first woman, with a course record 2:20:43. This was the 106th Boston Marathon. About 17,000 runners were at the start of the race in Hopkinton, west of Boston.

FIFTEEN YEARS AGO May 1987

- National Masters Indoor Championships Attract 441 to Baton Rouge

- Peter Hallop (41, 15:52) and Judy Greer (40:18:56) Win National Masters 5K Titles in DeLand, Fla.

- Norm Green, Jr., 55, Has Best Age-Graded Performance (51:05:94.1%) in National Masters 15K Championships

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**Portland Masters Classic/OR Assn.**

**USAT&F Championships**

**June 22 & 23, 2002**

Sponsored by the Portland Masters Track Club

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

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

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**Tentative Schedule for Saturday, June 22nd**

<table>
<thead>
<tr>
<th>Track Event</th>
<th>Time</th>
<th>Field Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>10,000 m Run-M&amp;W</td>
<td>10:00 am</td>
<td>Pole Vault, Women &amp; M60</td>
</tr>
<tr>
<td>5000 m Racewalk-M&amp;W</td>
<td>11:15 am</td>
<td>Long Jump, M30-59</td>
</tr>
<tr>
<td>2/3 K Steeplechase-M&amp;W</td>
<td>12 noon</td>
<td>Javelin, Women &amp; M60</td>
</tr>
<tr>
<td>80 m High Hurdles-M&amp;W</td>
<td>1:00 pm</td>
<td>Weight Throw, All Men &amp; Women</td>
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<tr>
<td>100 m High Hurdles-M&amp;W</td>
<td>1:20 pm</td>
<td>Long Jump, All Women &amp; M60+</td>
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<tr>
<td>110 m High Hurdles-M&amp;W</td>
<td>1:40 pm</td>
<td>Javelin, Men 30-59</td>
</tr>
<tr>
<td>150 m Dash-M&amp;W</td>
<td>2:00 pm</td>
<td>Pole Vault, M40</td>
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<tr>
<td>400 m Dash, M&amp;W</td>
<td>3:45 pm</td>
<td>Super Weight Throw, All Men &amp; Women</td>
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</tbody>
</table>

*Winners of each division are eligible for age-graded 100 meter dash on Sunday*

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**Tentative Schedule for Sunday, June 23rd**

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<td>Hammer Throw Women &amp; Men 65+</td>
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<tr>
<td>3000m IM Hurdles, M &amp; W</td>
<td>11:00 am</td>
<td>Discus, Women 65-74</td>
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<tr>
<td>4000m IM Hurdles, M</td>
<td>11:20 am</td>
<td>High Jump, Women and Men 60-</td>
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<tr>
<td>200m Dash, M&amp;W</td>
<td>12 noon</td>
<td>High Jump, Women 30-50 to 59</td>
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<tr>
<td>1 mile Racewalk, M&amp;W</td>
<td>1:00 pm</td>
<td>Discus, Women and Men 65+</td>
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<tr>
<td>800m run, M&amp;W</td>
<td>1:30 pm</td>
<td>Triple Jump, Men &amp; Women</td>
</tr>
<tr>
<td><em>Age graded 100m Dash</em></td>
<td>2:30 pm</td>
<td>4 x 100 m Relay 3:00 pm</td>
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<tr>
<td>4 x 400 m Relay</td>
<td>3:15 pm</td>
<td>4 x 800 m Relay 3:30 pm</td>
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</tbody>
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Normally, running events begin with women, and are older to younger

**Entry Form – Portland Masters Classic/OR Assn. Championships - 2002**

Please Print

Name_________________________Age(6/22/02)__________________Birth Date__/__/____
Address_________________________City____________________________State______Zip_____
Phone_________________________Club Affiliation____________________Male__Female__USAT&F #

Events

<table>
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<th>Best '01-02 Mark</th>
<th>1</th>
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<th>4</th>
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- T-shirt
- Each additional event
- Late fee after 6/13/01

**Entry Fees**

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**Waiver: Must be signed to compete**

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

Signed______________Date______________

---

**Shilo Inn Hotel**

Gresham, OR

2752 N.E. Hogan Drive

Gresham, OR 97030

(503) 997-1777

(800) 222-2244 toll free

(503) 674-5985 Fax

www.shiloinns.com

$69/night both single or double occupancy

Schedules listed are tentative

USAT&F Membership required to compete

Meet Headquarters: Shilo Inn

Packets: Available at Shilo Inn, Fri. June 21st, 6-8 PM and at Mt. Hood C.C. starting at 9:00 AM both days.

Concessions: Food concession available during the meet.

Reception: PMTC invites you to share provided refreshments at the end of the events on Saturday held at the stadium. Please let us know if you plan on partaking by signing up on Entry Form.

OR Assn. USAT&F Meeting will be held following the reception.
Reverse Muscle Atrophy

A recent article has surfaced regarding reverse muscle atrophy which I feel warrants interrupting our treatment sequence of articles. There is much controversy regarding the various dietary supplements that are supposed to rejuvenate and turn us into 18-year-olds again. One of those is the supplement creatine.

A recent study has shown that creatine supplementation can shorten the duration of rehabilitation needed to restore muscle mass following an episode of disuse atrophy, concludes Peter Hespel and his colleagues. Their study included 19 healthy men and women in a 12-week double-blind study examining the subjects quadriceps muscle.

One leg was mobilized in a cast for two weeks, then half of the group was placed on placebo and the rest on creatine. The cast was removed and both groups placed on a strengthening program for a 10-week period. The quadriceps was measured after three and ten weeks. The control group showed 9% and 14% gain in strength, respectively, while the creatine group showed 9% and 14% gain in strength, respectively. Power also increased in the creatine group over the control group by 42% to 52%.

Biopsy reports showed that creatine pumped up both fast twitch and slow twitch muscle fibers. There was a 15% increase in muscle size and power in the contralateral leg, which did not perform any exercise.

The study showed that creatine is effective in inducing muscle hypertrophy. However, there are side effects when taking creatine, and these probably override the need to take this supplement in the senior athlete.

(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.)

Indoor Nationals

Continued from page 1

championships, set 16 world and 28 U.S. records.

Everett Hosack, of Ohio, who was 100 on Feb. 28, competed in the 60m (27.29) and 4kg shot put (3.52), establishing world records in both. After the 60m race, he matched his physical agility with a touch of wit, saying, "If I had worn my spikes, I would have cut my time in half." He also set potential U.S. records with the 12kg weight (5.10) and 35kg super weight (2.21).

Phil Rascher, of Georgia, 55 on Feb. 21, led the record-setters with five world and one U.S. Her most impressive performance came in the pentathlon 60H, when she ran a 10.06, an age-aged 98.6%. The present record is 10.98. In the pentathlon, she was the top scorer of all competitors with a 4905. She considers herself still not completely recovered from injuries, but says she should be 100% for the Nationals in Orono, Me., in the creative group over the control group by 42% to 52%.

Biopsy reports showed that creatine pumped up both fast twitch and slow twitch muscle fibers. There was a 15% increase in muscle size and power in the contralateral leg, which did not perform any exercise.

The study showed that creatine is effective in inducing muscle hypertrophy. However, there are side effects when taking creatine, and these probably override the need to take this supplement in the senior athlete.
**Rankings Report**

**Last Call for Indoor Rankings Marks**

By JERRY WOJCICK

The 2002 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 section by this issue, send them (in meters for field events) with documentation (name of meet, date, etc.) before May 17 to the rankers below:

55m/60m/200/HJ/PV – Larry Patz, 534 Gould Hill Rd., Contoocook, NH 03229; e-mail: B6883578@aol.com.

400/800 – Ruth Bremiller, 590 W. 29th Ave., Eugene, OR 97405; e-mail: brem@oregon.uoregon.edu.

55mH/60mH/3000 – David Ortmann, 7043 22nd Ave. NW, Seattle.

WA 98117; e-mail: deo@foxinter.net.

LJ/TJ/SP – James Gerhardt, 834 Thornvine Lane, Houston, TX 77079.

1500/Mile/WT/SW/3000RW – Jerry Wojcick, NNN, PO. Box 50098, Eugene, OR 97405; e-mail: jerrywoj@aol.com.

Data sent to me for events for which I am not the ranker will not be forwarded to the appropriate rankers.

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**HAYWARD CLASSIC**

*Hayward Field = University of Oregon*

**June 29 & 30, 2002**

**SATURDAY, June 29**

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<td>3,000 Meters</td>
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**SUNDAY, June 30**

**TRACK | TIME | FIELD**

| 5,000 Meters (men before women) | 9:00 | Marathon All M/W 60+ |
| 400 Meter Hurdles | 1:15 | 1 Mile Racewalk |
| 800 Meters | 1:35 | 200 Meters |
| 1,500 Meters | 2:00 | 1500 Meters

**GENERAL INFORMATION**

**DIVISIONS**: 5 year age divisions for men and women age 30 and over.

**ENTRY FEES**: $14 first event (no-chip), $6 second event, $4 each additional event.

**ENTRY DEADLINE**: Postmarked by Friday, June 21, 2002.

**LATE ENTRY**: $10 Late Fee after June 21. 
**B) ENTRIES AFTER 5 PM THURSDAY, JUNE 27.**

**RELAYS**: Held in 10 year age groups, must wear distinguishable tops. Will be a team scoring event.

**AWARDS**: Medals awarded for 1st, 2nd, 3rd, ribbons for 4th, 5th, and 6th.

**TEAM COMPETITION**: Team scoring. First Place Traveling Trophies for 1st, 2nd and 3rd. Team affiliation must be on entry form. Minimum number of members for teams.

**MEET HEADQUARTERS**: Phoenix Inn, 850 Franklin Blvd., Eugene, OR 97403. Call 1-800-344-0131 for reservations.

**INDICATE HAYWARD CLASSIC for group rate. Register early - space limited.**

**PACKETS AVAILABLE AT PHOENIX INN 8-8 PM, FRIDAY, JUNE 28 & AT HAYWARD FIELD AFTER 7:30 AM, SATURDAY, JUNE 29.**

**RECEPTION**: Sponsored by OTCM, Saturday, June 29, 4:30 to 6:00 pm at the Casanova Center. Light refreshments.

**WEB**: www.haywardclassic.com

**EMAIL**: brem@oregon.uoregon.edu

**USATF SANCTIONED**: ALL COMPETITORS MUST BE USATF MEMBERS (applications at registration)

---

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

---

**Will you attend the Saturday night reception? Yes ☐ No ☐ Number attending ☐**

I have read the rules that I or my hosts are required to agree to. OTCM is a sponsor of this athletic event arising from any injury. Be sure to inform that you will attend or not participating in the event. I declare that I am in good health to participate.

Signed: ____________________________ Date: __________

**SEND ENTRY WITH PAYMENT TO**: OREGON TRACK CLUB MASTERS, C/O RUTH BREMILLER, 590 W. 29TH AVE., EUGENE, OR 97405 (541) 687-9675

**Sponsored by the Cities of Eugene and Springfield = Presented by Oregon Track Club Masters**
The common orthodoxy is to treat injury with ice for the first 36 to 48 hours and then apply heat after all signs of bleeding have disappeared. The purpose is to calm the nerves, numb the pain and stop bleeding. The problem is that icing also inhibits the healing benefits of heat without creating negatives.

Warm vs. Hot
To repeat: heat does not mean hot. Do not use hot water. Do not use a hot heating pad. Use ice and moderate heat, alternating between the two.

Some people worry about the discoloration heat may cause by spreading blood from the injury site into surrounding tissue. This consequence may not be cosmetic, but it is not harmful. In fact, the surrounding healthy tissue is better suited to hauling blood waste away. Another common worry concerns blood clotting. Keep in mind that the exclusive use of ice encourages pooling and clot formation.

Healing Combination
By alternating ice and heat, you maximize the benefits of both. Ice numbs the pain by soothing the aggravated nerves. Heat reduces pain and swelling, and prevents knot formation by stimulating circulation and the elimination of cellular waste.

Elite athletes routinely sit in an ice-cold tub followed by a warm tub to treat the microscopic tears in their muscles after a hard workout or race.

Ice and Heat Form a Healing Combo
The following is from an interview with Jolene Steigerwalt, W55. Her best times in 2001: 5K, 30:39; 10K, 62:17; and 20K, 2:18:43. Jolene is a registered nurse and certified massage therapist. She graduated from the College of William and Mary/Riverside Hospital, Va., 1965, with a B.S. in nursing; San Diego State University, 1978, with a B.A. in psychology; and San Diego State University, 1985, Nursing. She holds certification as a massage therapist from the International Professional School of Bodywork with a specialty in chronic pain and muscle dysfunction.

The purpose is to calm the nerves, numb the pain and stop bleeding. The common orthodoxy is to treat injury with ice for the first 36 to 48 hours and then apply heat after all signs of bleeding have disappeared. The purpose is to calm the nerves, numb the pain and stop bleeding. The problem is that icing also inhibits the healing benefits of heat without creating negatives.

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“Fast Eddy” and Pozdnyakova Prevail at Azalea Trail 10K

By SUSANNAH BECK

Defending masters champ, Eddy Hellebuyck, 41, Albuquerque, N.M., lowered the M40 10K record for the first time last month at the Azalea Trail Run 10K, Mobile, Ala., March 23.

His 29:36 reduced the record (29:37) he co-held with Steve Plascencia. “I ran a more intelligent race this year,” Hellebuyck explained. “Last year I went out too hard and didn’t have it at the end. This year I ran a more controlled race.” Kenya’s Simon Karori, 42, took runner-up M40+, 30:31.

The women’s race showcased this year’s most compelling emerging masters rivalry, between old-timer Tatjana Pozdnyakova, 47, UKR/Gainesville, Fla., and Lyubov Kremleva (sometimes spelled Kremlyova), 40, RUS.

Both women are former world-class Soviet-bloc milers with sub-2:40 15K credentials; now they’re vying for retirement benefits on the U.S. road circuit.

Azalea Trail marked the middle of five race match-ups in five weekends between the two alpha females, with the Poz out-kicking Kremleva 33:28 to 33:29 for the 40+- win and $1000. As this issue goes to press, however, Kremleva’s got the decision three times out of five in face-to-faces.

Chuck McMahon Memorial Masters Track & Field

Saturday, June 29, 2002, 7:00 a.m.
San Diego State University

FACILITIES:
Brand new, fast Mondo track; Mondo Javelin & Jump runways. 3/16" pyramid spikes required (will be enforced), 1/4" for Javelin. Underground free parking below track.

HOSTED BY:
San Diego Senior Sports Festival and San Diego Track Club

ENTRY FEE:
$20 registration fee plus $5 per event entered. ($5 fee per relay participant—participant must be registered)

AGE:
Open to all Athletes 30+ years

PRE-REGISTRATION:
All events DEADLINE postmarked by 6/21, late entry $10 after 6/21, day of event late fee $15 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 to run heats, the final will be run at the scheduled time.)

AWARDS:
Medals to first three registered competitors in each age group.

DIRECTIONS:
(1-5, 1-805, or I-15) south to I-8 east. Take Fairmount/Mission Gorge exit south. East on Montezuma to 55th street. North on 55th to stoplight, left into parking garage.

SCHEDULE:
Posted on website after 6/26: www.sdseniorgames.org

PARKING:
Free – Donated by SDSU

Name ___________________________________________ Phone Number/evening: (____)____________________

Address ___________________________________________________________ E-Mail Address: __________________________

City/State/ZIP ___________________________________________________________

Track Events (approx. times)

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<td>Discus</td>
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<td>Javelin</td>
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Fees enclosed: $20.00

WAIVER: In consideration of your accepting my entry, I,______, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release forever any and all rights, claims or damages I may accrue against USA Track and Field, SDSU, San Diego Senior Sports Festival, SDTC and all sponsors of this meet, their successors, representatives and assigns, for any and all injuries suffered by me while traveling to and from the meet and while competing in the meet.

SIGNATURE: ___________________________________________ DATE: __________________________

Masters News
On The Run
By HAL HIGDON

Indoor Nationals

Continued from page 8

that has changed now with her recently acquired U.S. citizenship.

In the M40 mile, the largest field of the meet with 23 runners in two heats, Doug Martyn, 42, Mass., emerged the winner (2:34.48/91.0%) with Conor O’Driscoll, 40, N.Y., second (2:34.51), and Rich Marion, 40, Mass., third (2:34.72).

Vincent Struble, 51, N.C., broke the M50 pole vault world record by two centimeters with a 4.32, an age-graded 94.3%. Afterward, he commented that, returning to vaulting after years away from it, he hadn’t the success he’d hoped for because he was often injured from training as if he were still a young athlete. Then, on the advice of fellow vaulters, he adopted a less arduous training regimen. In 2000, he was ranked seventh M50 outdoors at 3.96; in 2001, he was first at 4.30. Struble broke the record by strategi-

Graduated event best 89.4% 14:19.40.

Excitement at the Finish

Every championship in Boston seems to have one race that athletes talk about later as a remarkable performance by an athlete. This year, it came in the M45 400 when Ed Gonera, 49, N.Y., who appeared to be hopelessly out of contention for most of the race, in last place at least by five yards with 100 meters to go, went into high gear to catch Archie Glapy (53.63), N.J.; Keith Royston (54.17), N.J.; Stephen Coenen (54.21), Va.; and Herman Belcher (54.80), Md., to win in 53.28.

Other close finishes included Californian Nolan Shaheed’s win with a 2:06.47 in the M50 800 over Alston Brown (2:06.73), N.Y., and David Salazar (2:06.81), N.M.; and Henry Hawk, Ark., winning the M65 800 with a 2:30.47 over Ken Baker, N.J., who ran a 2:30.72. Baker, holder of the M55 U.S. record (2:08.9), returning after a long layoff from injuries, said afterward that he’d made his move too late, not realizing that he had that much energy left.

In the 3000, not known for close finishes, Rob O’Hara, 47, Mass., won the M45 race over Jim Robinson, 48, N.Y., 9:32.99 to 9:33.39.

New Faces in Old Places

While many athletes have competed in all six championships here, this was the first for some. Waymer Moore, 41, Mich., who competed at Michigan State about 20 years ago, made a successful debut into masters championships competition with wins in the W40 60H (8.35) and 200 (26.24). Chuck Rose, 55, Calif., wasn’t quite as triumphant in the 60 and 200 in his first nationals, but said he enjoyed every minute of it.

Waiting for a cab at the Westin Hotel on her way to Boston’s Logan

Continued on page 15

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Compete in world-class Games at the Huntsman World Senior Games acclaimed the premier international competition for all male and female athletes 50 and better...and more than competition...it is an event that will change your life!

October 7-19, 2002
All skill levels Welcome!

Call Now! For more information 800-562-1268
or visit us at www.seniorgames.net

Jerry Wojcik, u
Editor, will contin-
continue to service
our small, almost
customized, advertising
consultant.

We have incre-
about 6000 subscri-
more than we would like to in-
World/Rodale Press
would like to incre-
our growing into
health,aging

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After our acquis-
Press in 1995, con-
Sustainers program,
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(WMA 1997) and WMA
can increase our
interest to the grow-

Suzy Hess, National Masters News
NMN at the Helm

Continued from page 1

ketting, advertising and running the Eugene office.

Jerry Wojcik, under the title of Editor, will continue to edit copy, assemble the schedule, and coordinate results with assistant editors Jane Dods, Susannah Beck, and Erich Reid.

Al Sheahen, with the title of Editor-at-Large, will oversee the production of the magazine in Los Angeles, act as consultant, and write an occasional article.

Angela Egremont, Associate Editor, will do the layout, final editing and proofreading before printing and serve as liaison with the printer.

We have increased our base of about 6000 subscribers to over 6500, a little more than we had when Runner’s World/Rodale Press acquired us, but would like to increase that figure with the growing interest of “baby boomers” in health, fitness, and running.

Our advertising income has always been somewhat weak and has diminished even more as a result of the present recession in spite of help from Runner’s World. We hope that it will increase substantially when the economy recovers and when meet/race directors realize they can boost their entries by advertising. The primary advertising contact will be Hess in the Eugene office, with Runner’s World continuing to service the accounts it has sold in the past.

After our acquisition by Rodale Press in 1995, contributions to our Sustainers program, which allowed us to publish more photos, deeper results, an in-depth schedule section, and more, essentially dried up. We interpreted that as an objection by frequently generous sustainer donors to giving funds to a large corporation rather than our small, almost “family-owned” business. The publication also lost substantial revenues when USATF (1997) and WMA (2002) dropped their financial support.

We hope that our past sustainer will revive their altruism toward the National Masters News, and that new ones will come aboard, so we can increase our coverage of topics of interest to the growing ranks of masters athletes. 

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PUBLICATIONS ORDER FORM

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Mail to: National Masters News Order Dept.
P.O. Box 50098, Eugene OR 97405

Name ____________________________
Address __________________________
City ___________________________ State ______ Zip ________

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Running Research News

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

Back issues of National Masters News

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Overseas Mail (add $5.00 per book)

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$2.00
Lewis Center Walls Unscathed in Boston

Fears that the walls of Boston's Reggie Lewis Center, the site of the Masters Indoor Championships, would collapse under the barrage of the new WMA weights were baseless, I'm pleased to report. The lighter weights, never thrown here before, gave some people concerns that the implements would be bouncing off the wall behind the last measurable mark. Some throwers hit a wall all right, but not that one, instead ricocheting errant throws off the wall to the right of the sector.

Tom Gage, M55, of Montana/Louisiana, who some thought had the best chance of hitting the wall with the 25#, threw a meet's longest 19.7064-74, with room to spare. So, the cement block wall is probably safe until Gage becomes 60 and uses the 20#, or Lance Deal, who holds the M35 indoor record out in the cold (almost literally, becomes that one, instead ricocheting errant throws off the wall to the right of the sector).

Actually, interest in throwing the lighter WMA weights created a different problem. Twenty-seven women showed up to throw the weight this year in contrast to 16 in 2001. Officials, stuck with the pre-posted starting time of 3:00 on Friday, couldn't have started earlier without leaving some throwers out in the cold (almost literally, because it was 19 degrees outside with a wind chill that felt like a minus 5).

Consequently, there was a backup of about an hour for the older men throwers who followed the women. Ed Daniels, throws coordinator, said that meet organizers would make schedule adjustments if the numbers appear to be similar in 2003. All of the other events went on and off as scheduled.

100% Plus

Onethia Lewis, 41, New York, improved on her weight throw mark of 15.52 here last year with a 16.42/53-10¾, age-graded at way beyond 100%.

In the shot put, U.S. record-holder, Gerald Vaughan, 66, North Carolina, was the best performer (13.92/96.8%) after Everett Hosack, who established an M100 record (3.59/12.07).

M50

Edwin Lukens, 52, Pennsylvania, registered a win with 1.70/1.98. The plastic 35# and 25# record for the 35# will be retained as potential records, and when the new markers are chosen, those who could change divisions before they are credited with marks, and older athletes, who could leave us (Heaven forbid!) for the Hayward Field in the sky, before their "bests" become records.

From Champ to Chump

On a personal note, I'm claiming to be the first master to go from two national indoor titles to last and second last places in one year. In 2000, I took firsts in the weight and superweights, by two centimeters in the weight and superweights, by two centimeters. I was the victim of the birthday, not mine, others. We're not talking about guys who show up to throw in Izod sports shirts and K-Mart leisure shoes with Velcro straps.

The M70 division was inundated by present and former champions, record holders, and all-around tough competitors born in late 1930's Austen Baggett, Florida; Leonard Olson, Florida; Ray Feick, Pennsylvania; and Pay Carstensen, Florida. Plus, Wendell Palmer, the M65 U.S. discus record holder from Texas, was waiting in the wings until he turned 70 last month.

This process of incoming and outgoing athletes gives masters sports a uniqueness not found in other forms of entertainment. In what other diversion would I be looking forward to getting older? Hope springs eternal, if arthritis doesn't set in first.


<table>
<thead>
<tr>
<th>Event Age</th>
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<th>Name</th>
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Age Group Records, USATF

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World Relay Bests

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<td>USA</td>
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</table>

Kathy Gradick, throwing the discus here, is 2001 second-ranked W80 (12.07) in the javelin.
Indoor Nationals

Continued from page 12

Airport, Moore said, "It was nice to meet people who have a passion for the sport." On Saturday afternoon, at the athletes' meeting held at the Reggie Lewis Center, 2001 track & field and racewalking honorees were presented their awards.

The championships were organized by USATF- New England, under the directorship of Steve Vaitones and Phil Byrne. Peter Taylor, as he has for all six meets here, carried the burden of announcing for the three days. Lancer Timing Services handled the results.

The primary sponsors were New Balance, M-F Athletic Company, American Track & Field, Dunkin' Donuts, Belmont Springs, and Veryfine. Masters athletes will return to Boston for the Indoor Championships next year and in 2004.

First five in the M45 400 (from l): Keith Royster, third (54.17); Ed Gonera, first (53.28), and Arche Gaspery, second (53.63); Stephen Coenen, fourth; and Herman Belcher, fifth, National Masters Indoor Championships, Boston.

Crown Valley Senior Olympics
Track & Field Meet - Saturday, June 15, 2002
Pasadena City College - Robinson Stadium
1570 East Colorado Blvd., Pasadena, CA.

Meet Director: Christel Donley
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

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<td>5,000M Walk</td>
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<tr>
<td>10:30</td>
<td>5,000M Run</td>
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<td>11:00</td>
<td>800M Walk</td>
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<td>50M Dash</td>
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<td>12:15</td>
<td>1,500M Run</td>
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<tr>
<td>12:45</td>
<td>1,500M Walk</td>
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<tr>
<td>1:15</td>
<td>Grandparent Relay</td>
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<tr>
<td>1:40</td>
<td>400M Run</td>
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<tr>
<td>2:00</td>
<td>100M Dash</td>
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<td>3:00</td>
<td>800M Run</td>
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<tr>
<td>3:40</td>
<td>200M Dash</td>
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</tbody>
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Entry Fees: $25.00 Registration Fee, plus $5.00 per event
Divisions: 5 year divisions, for men and women, age 50+
Miscellaneous: Competition order - oldest to youngest, women first (except HJ & PV which start at lowest height); Throwing implements not provided, except SP; Must bring own vaulting pole; PV for experienced vaulters only.

Surface & Timing: All weather track; Lynks timing system

For more information, please call: Cynthia Rosedale - (626) 685-6754; cpr@pasadenaseniorcenter.org
Crown Valley Senior Olympics - Pasadena Senior Center
85 East Holly Street, Pasadena, CA. 91103

Last Name _____________ First Name ____________
Address ____________________________
Phone _______________________________

Events: 50M _ 100M _ 200M _ 400M _ 800M _ 1,500M _ 5,000M _ 4 x 1600M _
PV _ JT _ LJ _ SP _ HJ _ DT _ SB _ Grandparent Relay (NC) _
800M Walk _ 1,500M Walk _ 5,000M Walk _

Make checks payable & mail by May 31st to:
Pasadena Senior Center, 85 E. Holly, Pasadena, CA. 91103

WAIVER: In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors or administrators, waive and release forever any and all rights, claims or damages I may accrue against the Pasadena Senior Center, Pasadena City College, the Meet Directors and all sponsors of the 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 15, 2002 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 ____________

Marsha Lerner 52, Minnesota finishing the 1000 in the pentathlon, National Masters Indoor Championships, Boston.

Michael Moser, 52, Minnesota, finishing the 1000 in the pentathlon, National Masters Indoor Championships, Boston.
Monica Joyce Wins W40+ Race in Carlsbad 5000

Hellebuyck Scores Weekend Double

By SUSANNAH BECK

Despite setting a pending U.S. road record for the M40-44 10K the day before and 3000 miles away (Cooper River Bridge Run, 29:23), Eddy Hellebuyck, 41, Albuquerque, N.M., had little trouble disposing of the stellar field at this year's Carlsbad 5K, Carlsbad, Calif., April 7.

Hellebuyck, who credits his spritely frame (he stands just over 5 feet, 11 inches) and the ability to race so well so frequently, has been dominating the roads this month with six wins in five weekends and racing generally faster than last year, though he ran 14 seconds slower here than his runner-up time from Carlsbad 2001 (14:34). He is coming off a winter of reduced racing due to injury.

Danny Martinez, 40, Alhambra, Calif., 14:50; Sam Ngatia, 42, Ft. Carson, Colo., 14:52; and Jon Sinclair, 44, Ft. Collins, Colo., 14:53, formed a pack that made Hellebuyck work for his $1000 paycheck, all four finishing in five exciting seconds. Sinclair, the 2000 Carlsbad 40+ winner had the highest age-grading of the day with a 93.2%, and ran one second faster than he did in 2000.

Former mile star and cancer survivor, Steve Scott, 45, was fifth in 15:19. Conditions were fair but breezy on the T-shaped superfast oceanside race course.

Doug Bell, 51, Grecley, Colo., 15:46 (A-G 92.9%), ran away from local luminary Nolan Shaheed, 52, Pasadena, Calif., 16:09, but wasn't fast enough to nab Shaheed's M50-54 AR (15:36) set here last year. He did improve on his time from last year, however, which was a single-age record for M50 (15:50).

Michael Seaman, 51, Edina, Minn., third M50, turned in a fine 16:18. Carlos Valle, 66, San Bernadino, Calif., topped the M65, with an A-G 87.0% 19:21, while Antonio Tejada, 80, Bellflower, Calif., cruised at 8:02/mile to take the M80 in 24:58 (81.3%).

In the women's masters race, Irish 3000m Olympian Monica Joyce, 43, Pinckney, Mich., 16:48, proved third

Monica Joyce, finishing first (16:48) in the W40+ race, Carlsbad 5000, Carlsbad, Calif., April 7.

Continued on page 17
Carlsbad 5000

Continued from page 16

time’s a charm, and finally took the 40+ crown here after third- and second-place finishes in 2000 (17:18) and 2001 (17:03).


Defending W80-champion Gerry Davidson, 81, Fallbrook, Calif., ran a competitive 31:36 (78.9%), but lacked for company in her division.

NORTHERN CALIFORNIA SENIORS TRACK/FIELD CLUB 4TH ANNUAL MARK GRUBI MEMORIAL CLASSIC

EDWARDS FIELD UNIVERSITY OF CALIFORNIA BERKELEY SUNDAY JUNE 2ND 2002

ENTRY: MUST BE POSTMARKED BY MONDAY MAY 27TH 2002. PHONE AND FAX ENTRIES AVAILABLE AT 415 457-8177 E-MAIL DONROSE43626@CS.COM

FEES: $15.00 First event (N.C.S.T.C. members get second event free) $10.00 for each additional event. $20.00 per event late entries.

CONTACT: Don Rose 43 McAllister Ave. Kentfield, Calif. 94904

ELEGIBILITY: All men and women with current 2002 USATF registration Meet day USATF registration available for $20.00

AGE GROUPS: 30 yrs and above in 5 yr groups. Race day age determines group Younger participants with approval of meet director.

AWARDS: Medals to first three places in each age group.

T-SHIRTS: Participant shirts available $18.00

FACILITIES: Edwards Field is one of the best facilities on the West Coast.

HEATS: 5 year groups where possible. All athletes are subject to drug testing.

Clement, Kreuz Prevail in 50K Road Race

By SUSANNA BECK

It’s been a hard year for 50K Championships. Last winter’s Huff 50K Trail Championships braced runners with 15-degree temperatures and an inch of snow. This spring’s 50K Road Championships, held March 23 on a 5K loop in Pittsburgh, Pa., treated the 41 finishers to windy days up to 40 mph, and temperatures as low as 24 degrees.

But then, ultra love that stuff. Tim Clement, 41, Solon, Ohio, withstood the variety of adversities and claimed the masters title with a hearty 3:30:46 (ninth overall), gathering a five-minute cushion on Bob Dion, 46, Readboro, Vt. Jan Kreuz, 54, Cincinnati, Ohio, 4:16:32, captured the women’s masters laurels, followed by Debra Moore, 49, Louisville, Ky., 4:53:07, and Joyce Hodges-Hite, 64, Millen, Ga. (Hodges- Hite was an age-group winner at the Huff race also).

Age division standouts included: Roy Purington, 53, Sheboygan, Wis., 3:54:26; Frank Probst, 58, Burke, Va., 4:12:02; and Ed Ayres, 60, Manassas, Va., 4:17:07.

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Northwest Regional Championships

July 19 & 20, 2002

Sponsored by the Utah Association of USATF

Held at the University of Utah/Day High Track, 1400 East Sunnyvale Avenue, Salt Lake City, UT

Age 15 & over - For more information, contact Kurt Mann, 801-962-0295

Please Print

Entry Form - Northwest Regional Championships - 2002

Name ____________________________ Age ____________________________

City __________ Zip __________

Club Affiliation __________________________

Entry Fee $ ______

Each additional event $ ______

USATF $ ______

Event __________________________

Date __________

Signature __________________________

Amount enclosed $ ______

In order to compete in the 2002 Northwest Regional Championships, entry must be returned to USATF NW Region Director. Entries will be accepted at the meet and will be accepted if available. All entries will be due at least 48 hours prior to the meet.

Results will be posted on line on Meet registration website. All competitors will receive a medal and a certificate for participation.

Please mail this form to:

Kurt Mann

Utah Regional Championships Director

P.O. Box 1814

Salt Lake City, UT 84117

This meet is for members of USATF and non-members of USATF. Non-members must pre-register and pre-pay the entry fee. Non-members will be charged $10.00 ($15.00 for NAU.)
Another Success Story in Boston

T

he National Masters Indoor Championships were a great success. It was one of the best attended indoor championships ever, and many world and U.S. records were broken. Many thanks to all who made this great meet possible.

New Marks

From our experience in Boston, we are dealing with how to define new marks for the implement changes in the weight throw for M50+ and W60+. In the past we have called the new marks "bests" for three years until the marks settle down. There are many in the throwing ranks who think this is unfair. The new weights in question have been approved WMA weights for some time. Many of the athletes in these groups will be out of their age brackets before the end of the 3 years, until the marks are finally called the new marks. I also want everyone who breaks a record to be out of their age brackets before the end of the 3 years. until the marks are finally called the new marks. I also want everyone who breaks a record to be out of their age brackets before the end of the 3 years.

Life is too short for this procedure. I am calling for the records to count now! We will have to deal with the extra record-keeping this may cause. I also want everyone who breaks a record to get a certificate, whose design we approved recently.

Athletes' Meeting Minutes

Minutes for our athletes' meeting at the Championships can be found on the USATF Masters home page: www.usatf.org.

World Indoor Championships

Many of you may be aware that WMA has approved a World Indoor Championships to start in 2004. The great high jumper, John Thomas, is the director of Boston's Reggie Lewis Center, and Steve Vaiontes, of the USATF New England Association, would very much like to see this inaugural meet at the Reggie Lewis facility. We are in the process of preparing solicitations for cities interested in representing the United States in this bid process.

We have a lot of work to do in meeting the Sept. 1 deadline for presentation of bids to the WMA Secretary. The U.S. representative must be approved by the USATF Board of Directors before presenting its bid to WMA. The same deadline applies for the 2007 World Outdoor Championships. Decisions on both these sites will be made at the General Assembly meeting at the Carolina World Championships in Puerto Rico in July 2003.

Rankings Coordinator

Jerry Wojcik, Masters T & F

Rankings Coordinator, after many years, is giving up his valuable indoor and outdoor rankings at the end of 2002. We want to thank Jerry for the great job he has done.

We have already received an excellent proposal from Dave Clingan to take over the rankings, but feel we need to open the position up to others who might also wish to make a proposal. Therefore, anyone wishing to be considered for this position, please present a proposal to me by June 1.

Fundraising Ideas

Latest idea for raising funds for USATF Masters: Build a house and sell more lottery chances than the cost of the house. I am not sure how this would work on a national level, but sure works well for North Idaho College.

Drug Testing

In my article last month, I stated that, "Youth and open athletes are (drug) tested both in and out of competition." Now we understand that youth are NOT tested, in or out of competition. The only younger age group tested, other than open, are athletes participating in the USATF Junior Nationals. I apologize to anyone who might be upset by the missatement.

Tennessee Masters Track and Field Championship

Don Brady Memorial

Saturday June 15, 2002 - Middle Tennessee State University

Murfreesboro, Tennessee

10:00am P V, W T (m #25, m #35)
11:00 HJ, LJ, LJ (LJ Pentathlon)
12:00 SP, TJ, LJ, TJ (TJ Pentathlon)
1:00 DT, (200m Pentathlon)
2:00pm (DT Pentathlon)
2:45 1500m Pentathlon
3:00 1500m RW
4:00 Break
4:00p 100, 110m H
4:20 800m
4:35 3000m H
4:50 3000m
5:15 400m
5:35 1500m
5:50 300, 400m H
6:10 100
6:30 200

Fees: $ event #1 $ event #2 $ event #3 Total $

Feet: $ each additional $ each additional $ each additional.

After June 8th. Between June 8th and June 14th.

Timing: FinishLinx. Look for results at CFPI timing.com and National Masters News

Sponsors: Middle Tennessee State University, Cavity Bank, Nashville Striders, Team Nashville Athletic Store

Awards: Medals to top three in each age group

Equipment: May be inspected at venue. You must provide your own equipment

Name: Age (day of meet):
Address:
Zip:

Waiver: In consideration of your acceptance of my entry into this meet I, for myself, my heirs, devisees, executors, administrators, and assigns, hereby release and discharge any and all claims against officials, NFHS, Nashville Striders and all sponsors for any injury I may receive by participating in the meet. I do further attest that I am physically fit to participate in the meet.

Signature: Date: 06

Roger Price, first M55 in the 400 (57.08) at the start, National Masters Indoor Championships, Boston.

NM USATF MASTERS TRACK & FIELD MEET

WHEN: July 2, 2002, 3:00PM Field Events; 4:00PM Running Events
WHERE: Milne Stadium, Albuquerque, NM. From I-25, go east 1 block on Coal SE to Mulberry, then south on Mulberry. Mulberry runs into Milne Stadium

AGD DIV: 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80
ENTRY FEE: $12 for the first 3 events, $3 each additional. Valid 2002 TF cards are required and will be available at the meet for $15 to residents of NM and $20 for non-residents.

AWARDS: Medals to the first 3 in each age division.

DEADLINE FOR ENTRIES: July 2, 2002. Make checks payable to: NM USATF
31 Sandhill Road
Los Lunas, NM 87031

MEET DIRECTOR: Kathy Fones, 505/865-8612 FAX 505/566-8387

SCHEDULE OF EVENTS

Track Events

4:00PM 3000M Racewalk M-W 7:00PM 400M M 3:00 SP, LJ, HJ
4:30PM 3000M Run W 7:10PM 100M W 4:30 JV, TJ, PV
5:00PM 5000M Run M 7:20PM 100M W 5:30 Discus
5:30PM 800-100M H 7:30PM 800M W 6:30 Hammer
6:45PM 4X100 M-W 7:45PM 200M W
6:30PM 1500M Run W 8:00PM 200M M
7:00PM 400M W 8:20PM 4X400 M-W
If 3 sign up, 400M W will be run at 4:25 **IMPLEMENTS WILL NOT BE PROVIDED
Concessions and restrooms available at the track.

ENTRY FORM

NAME(LAST) (FIRST) AGE SEX

ADDRESS CITY STATE ZIP

DATE OF BIRTH T & F PHONE

events: 1.
2.
3.
4.

ATHLETE'S SIGNATURE DATE
### World Indoor Track & Field Records
(Revised and approved as of March 1, 2002)

#### Men

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Grafius Three-Peats, Bernhard Wins Debut in Fifty-Plus 8K

By MARK WINTZ
PALO ALTO, Calif. – On a weekend when Stanford Cardinal basketball was in the air, the weather was definitely for the ducks at the 19th Annual Fifty-Plus Fitness Association 8K road race and 5K walk at Stanford University on March 17.

Under a persistent downpour, Dee Dee Grafius, 52, Modesto, Calif., claimed her third straight victory in the women’s 8K race in 31:49. Tom Bernhard, 50, Fremont, Calif., topped the men in 27:46 in his first appearance at this event. The race, serving also as the USATF Pacific Stonn since 1991, concluding a weekend slate of health and fitness activities for senior adults age 50+.

This race is historically one of the world’s finest examples of senior fitness. It is limited to runners 50+ with competitive age divisions through 90 years and above. This year, Jack Friedlander, 80, of Foster City, Calif., was the oldest finisher, completing the just-under-5-mile course at a 10-minute-per-mile pace.

Grafius, cheered on by her daughter, Amy (also a competitive runner), led from wire to wire. Melinda Morse, Pleasant Hill, Calif., and Melody Amb-Schultz, 60, Ross, Calif., placed second (32:54) and third (34:03), respectively.

“I felt so good today, and was really kind of surprised,” said Grafius, whose best events are the 800 and mile. “My coach, Mary Shea, has had us doing only base work so far this year, no speed work, so I expect to get faster in the next few months.”

Shea, the head women’s track and cross-country coach at Modesto Junior College, is a former All-American and U.S. Olympic Trials qualifier at 5000 and 10,000m.

Bernhard was accompanied by last year’s third-placer, Don Paul, for about half the race before he surged to a convincing 26-second victory. Paul, 51, San Francisco, was second (28:12). Three-time race winner, Michael Dove, 55, Salinas, Calif., placed third (28:32). Jim Gorman, 53, Palo Alto, last year’s men’s champion, was fourth (28:40).

“I thought the race was going to be between Don and myself today,” Bernhard commented. “I’ve been slowly getting healthier and rounding into good shape, so I thought I had a pretty good chance. This is the first race I’ve placed first overall, so I couldn’t be happier.”

Spada, 75, Morro Bay, Calif., set a new race record in the M70, finishing in an outstanding 39:51. Although U.S. age records have been established here over the years, this year’s wet conditions slowed most performances.

The winners of the judged 5K race-walk were Jack Bray, 69, Greenbrae, Calif., in 27:54, his sixth victory at Fifty-Plus, and Doris Cassels, 62, San Rafael, Calif., in 31:22.

During the weekend’s festivities, Denis Waitley, Ph.D., a productivity consultant and author of The Psychology of Winning, was awarded the Annual Emil Zatopek Award by the Fifty-Plus Fitness Association. Fifty-Plus created the award in 1991, named after the great Czechoslovakian distance runner, who won three gold medals at the 1952 Olympic Games in Helsinki. The feat has never been duplicated.

This prestigious and one-of-a-kind award is bestowed on individuals who attain excellence in sports and in life, and who, in doing so, inspire others (especially older individuals) to live a fit and active lifestyle.

Recipients have included Stanford track coach legend Payton Jordan, U.S. marathoner Bill Rodgers, New York City Marathon founder Fred Lebow, prolific running writer Joe Henderson, and decathlete Bill Toomey. The 2001 recipient was Katherine Switzer, the female gender barrier-breaker-at the 1967 Boston Marathon.

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

See www.50plus.org for complete results.

TWENTY FIVE YEARS AGO
May 1977

• At Age 42, Miki Gorman Is First Woman Overall in Boston Marathon (2:48:44)
• Corona del Mar (Calif.) TC Sets World M50-59 4x100 Relay Record (48.0)

THE SEVENTEENTH ANNUAL GSAC/RANDOLPH CLASSIC TRACK & FIELD MEET
SUNDAY, JUNE 2, 2002
RANDOLPH, NEW JERSEY

The GSAC/Randolph Classic is for Athletes of all ages.

Back again by Popular Demand! F. A. T. !

TRACK EVENTS

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<th>Event</th>
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<tbody>
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FIELD EVENTS

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<td>Long Jump</td>
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<td>Javelin</td>
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<td>Discus, under 60</td>
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<td>Weight Throw</td>
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<td>Triple Jump</td>
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Note: Some field events may start later than listed.

Divisions: Open (Age 15-29), Submasters (Age 30-39), Masters (Age 40+) in 5 Age Groups, Youth (9-14), 11-12, 13-14) Athletics 14 and under may only compete in Youth Events. All events will be run Youngest to Oldest, Male first, and events may run ahead or behind schedule. Meet director may combine age divisions if the size of the fields warrant.

Registration Closes 30 Minutes Prior to Each Event. Don't be Shut Out! Pre-enter!

SPKES ALLOWED - 1/4" or less. HURDLE HEIGHTS & IMPLEMENTS - USATF Open and Masters Rules.

STARTING BLOCKS are permitted in all events. Please do not exceed USATF membership allowed.

USATF MEMBERSHIP REQUIRED - Card must be presented, NO EXCEPTIONS! Can apply at meet $20.00 - Youth $14.00.

FEES - Free to Randolph NJ residents who pre-register. Randolph residents must be USATF member.

Pre-registered - Reserved on or before May 21 - $1.00 per event.
Relay Teams - $14.00 - Open and Masters Teams.
Awards: Medals for First, Second, and Third place in each age division.

CONCESSION STAND on Site. SHOWERS AVAILABLE

For an application send a self addressed stamped envelope to M. Bast, P O Box 458, Irwin, NJ 07845
Or email request to madeline. bent@att.net

For more information call Mort Hahn 973-625-1764
WMA Web Site Up and Running

The past month has seen many important activities, key among which are: (1) implementation of the new WMA web site, (2) printing of the new Handbook, and (3) preparations for our Non-Stadia Championships in Riccione, ITA, on May 24-26, for which we hold very high expectations. Below are my comments on these and a number of other issues.

WMA Web Site

We are very happy to finally present our new WMA web site, built by MediaSprint in Switzerland, with Nick Russi as webmaster. It has taken some time to get it all in place, a primary reason being the choice of WMA's new logo, which was too important a decision to be rushed. However, all is now accomplished and our web site address is: www.world-masters-athletics.org.

Let me also say we are fully aware that we are not the first to have a web site. Vladimir Mokry, M60, Slovak Republic, in the triple jump (9.73), World Veterans Championships, Brisbane.

who are interested. Much of the information in the Handbook is also available on our web site.

The Handbook can be ordered from our Secretary, Monty Hacker, and it will also be available for purchase through the National Masters News.

Non-Stadia Championships

Our World Masters Non-Stadia Championships will be held in Riccione, ITA, on May 24-26. We owe great success with an expected 2200 athletes from 25 countries.

Riccione, ITA, on May 24-26, for which we have already given much indication that they will use the page.

For a while we will keep the old web site open as it still offers information of interest. Ultimately, we will probably transfer some of that data to the new web site.

WMA Handbook 2001-2003

The new WMA Handbook was printed at the end of April and, as you read this, should already be on its way to our Affiliates. This time we have printed more copies than previously, and at least 200 will be available for sale to those regions for information on their own activities with links to their Championships. Currently, Europe is the only area with its own web site (www.evaa.nu). We can offer the others an information channel on the Internet, and I think this is just what WMA should do. The North and Central America & the Caribbean and Ocean regions have already indicated that they will use the page.

One of the improvements is that you will find one page for each of our six regions. It is my intention and my hope that these pages will be used by our regions for information on their own

Continued on page 23
British Indoor T&F Championships Yield Three World and 13 British Records

By BRIDGET CUSHEN

The large increase in entries, particularly in the younger age groups, at the British Indoor Championships at Kelvin Hall, Glasgow, Scotland, March 16-17, reflects the current burgeoning popularity of veterans athletics. Forty-three entered the pentathlon, and three heats were needed in all age groups in the sprints.

The first record fell in the W55 60m when Val Parsons rocketed to an 8.64 clocking, below her recently approved 8.71 run on Jan. 27. She also ran a 29.49, not quite as good as her recent record 29.31, also on Jan. 27. A remarkable feat considering that, less than two years ago, she was close to death from meningitis.

Val Parsons set a British M50 60m record in 7.18.

Pity poor Kermitt Bentham, who set a British M40 outdoor record last summer, but found himself out of the medals in Brisbane due to a slightly under par performance. In Glasgow, a new young lion, Darren Maynard, appeared, to set a new British indoor record of 49.99 to Kermitt’s 50.66.

Alastair Dunlop and Dave Wilcox clashed again in the M45 800 with Alastair getting the nod, 2:02.25 to 2:07.50. In the M50 800, Dunlop won, 2:12.16 to 2:12.68. Great racing.

Neil Griffin’s M50 15.27 in the shot put showed good early season form.


There was some brilliant running in the men’s 200, 400 and 800, around the steep banked, four-lane arena, when up to 12 finalists were allowed through. Kevin Burgess set a British M45 60m record in 7.18.

International Scene

Continued from page 22

WMA President, I will raise one very important issue, i.e., to lower the men’s masters age to 35, the same as for the women. The WMA Council will present this proposal to the General Assembly in Puerto Rico the next year, but we must also have IAAF approval and the first opportunity to raise the issue will be in Riccione.

World Masters Games

There is still no news regarding the host city for the World Masters Games in 2005. The IMGA (International Masters Games Association) has held discussions with some cities, but no decision has been made and it will take some time to evaluate the candidate cities’ bids.

May 2002 National Masters News page 23

WMA REGIONAL CHAMPIONSHIPS
LEON, MEXICO • August 22-25, 2002

WOMEN'S REGIONAL CHAMPIONSHIPS
CAROLINA, PUERTO RICO • July 2-13, 2003

TRAVEL TOGETHER AND SAVE!!!!!!
If you are not on our mailing list and wish to be, please mail, fax, or E-mail your address to Paul Geyer, Master Race Walker, at the address below. Packages will be to and from all destinations from USA and Canada. Side trips will also be offered.

To Secure Your Space, Please Contact Us Now.
Ski & Travel International, Inc.
PO Box 1816, Detroit Lakes, MN 56502-1816
Telephone & Fax: 218-847-0410
E-mail: skiscape@linesnet.net / Web site: www.skii-escape.com
Check our web site for 2002 Ski Tours

Visit the National Masters News Website at:
www.nationalmastersnews.com

WMA/USATF Hurdles and Implements Specifications

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For all age groups indoor, 5 hurdles are run.

Notes:
- The 55m and 60m indoor hurdle races use the same heights, distance to first hurdle, and distance between hurdles as the outdoor hurdle races for the respective age groups.
- Steeplechase: men 30-39: 3000m/36" (914m); men 60+ and women: 2000m/30" (762m)

WMA weights are used for USATF weight perturbations.
East

- Budd Coates, M40, scored a first overall with a 71:03, Citizens Bank Caesar Rodney Half-Marathon, Wilmington, DE, March 17. Lori Walker, W40, was first masters woman (8:11). David James, M50 winner (79:56), and Leah Whipple, W50 first (93:09), ran well in claiming division wins.
  
  Dual record setters in the New Jersey Indoor Championships, Hackensack, Feb. 10, were NJ residents Champion Goldy, M85, 55m (10:00), and 200 (40:48), Terence Armstrong, M80, 800 (1:59:59) and 1500 (4:07:51); and Gregg Foster, M40, 200 (24:68) and TJ (13:33). The Shore AC won the masters team title; the 30-39 title went to the Running Company.
  
  
  Laura Yasso, 41, Center Valley, PA, was first W40 (3:49:57).
  
  - Derrick Steele, 43, 22:24, Ballston Lake, NY, and Beth Staliker, 42, Coeymans Hollow, NY, 26:00, scammed masters firsts, Rugen's Green 4 Mile, Green Island, NY, Masters: Dale Keenan, 51, Seikirk, NY 22:47, and Anne Stockman, 69, Rensselaer, NY, 33:97, were standout division winners.
  
  • John McKin, 43, Kings Park, NY, in 54:36, and Elizabeth Ratner, 41, Mineola, NY, with a one-second-out-of-first-place 60:59, reigned over the masters in the Kings Park Rural Championships, Kings Park, NY. Lori Harken-Malin, 45, Plandome, NY, was W40+ runner-up in 62:28. The race, one of the KeySpan Grand Prix Series, drew 775 entries and raised funds for the American Brain Tumor Foundation and local charities.
  
  
  • Chris Spinney, 42, Lynn, MA, with a seventh-place 74:24, and Donna Hurley, 44, Spurce Head, ME, in 89:17, locked up masters for the Massachusetts Law Enforcement Memorial Half-Marathon, Wakefield, MA; March 10. Bob Sholl, 55, Scarborough, ME, was 18th in 79:56.
  

MIDWEST

- Amador Ybannez, 45, 21:19, and Gillian Horowitz, 46, 24:38, were first masters to cross the line at the NYRR St. Patrick's Day Spring Fling 4-Miler, Central Park, NYC; March 17. Age-group standouts included George Hirschl, 67, 28:00, and Muriel Merli, 76, 37:18.
  
  - Masters champions at the NYRR Brooklyn Half-Marathon, March 9, were Alan Ruben, M40, 1:14:50, and Gordon Bakoula, 41, 1:17:32 (first woman overall). Staying in their age-groups were Alfred Finger, 67, 1:32:23, and Marilyn Gereesh Walsh, 58, 1:39:35.

SOUTHEAST

- Madelyn Noe-Schlientz, 41, broke Judy Fox's 20-year-old W40 U.S. record (35:32.1) in the 10K with a 35:28.7 in the Raleigh Relays, NC, March 29. She was sixth in a college-open-field event in the opening race, with temps in the low 70s and humidity at 80%.
  
  - Southern Knights Athletics, a new masters club in the Atlanta area, is staging a 5000 on the track to qualify M30-49/M50-59 runners for the A-A Standards of Excellence and its own All-Star and All-State Awards, May 25. It's the first of a series that will offer opportunities for runners to meet the Standards for all track events. The event starts with M40-49 at 7:00 a.m. at the club's training facility in College Park (GA). Contact Stewart Daniel, 404-787-4445; e-mail: runningtool@mac.com.

W55, 24:05.
  

- Anne Keenan-Buckley, 40, Liscó, Ireland, finished 10th in the world at the IAAF World Cross-Country Championships, Dublin, Ireland, March 24, running a 14:43 over the 4K course. She followed this return-to-form performance with a 32:18.10000m at Camsie, April 6, qualifying her for the Ireland squad for the European T&F Championships in Munch this August.

CORRECTIONS

- Earl Fee's time of 29:40 in the Canadian X-Championships race in the Feb. Edition of Masters Scene was for a 6K, which was run by the M70+, not an 8K.

OBSERVATIONS

- Kurt Gelhaar, M75, died while on a training run in Sudbury, Ontario, Canada, on Jan. 29. Born in Germany in 1923, he moved to Northern Ontario in 1949 to work in the mines. Gelhaar held 19 Canadian MI and road records. He won a gold medal in the 1500 (5:59.62) and a silver in the 10K X-C (48:54) at the World Masters Championships-Brisbane.

- Ed Bouldin, 55, a long-time racewalking competitor, died unexpectedly of a heart attack on Christmas Eve. A two-time Olympic Trials qualifier in the 20K RW in 1976 and 1984 and a regular part of the National Championships and running communities, he was a regular participant in local, regional, and national events for more than 30 years, and masters champion in the 20K in 1988. Among those who knew him, Larry Walker, Olympic 20K walker, said, "I remember him always charging out fast. He was a tough competitor." Bob Bowman, former chair, National Racewalking Committee, said, "He loved what he did, and was always very friendly and a real gentleman." Bouldin, a retired Los Angeles County sheriff, owned and operated a limousine service until his death. He is survived by his wife, Julie, and family.

Subscription Problems?

Moving?

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USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are usually limited to age 50 and over. Long distance events generally are open to all age groups with the exception of the perennial So. Calif. Striders Meet of Champions takes place at Long Beach Coliseum. The 18th-19th holds the L.L. St. Games, Brentwood, N.Y.; Rocky Mt. Qualifier/USATF New Mexico Masters Championships, Albuquerque; Florida AC Meet, Miami; Maine, North Coast Invitational, Brecksville, Ohio; and Central Calif. Assn. Championships, Visalia. UC-Irvine hosts the Dan Aldrich Memorial Meet on the 26th.

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May 2002

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Ogden20KClassic.com; email: Ogden20K@aol.com
June 8. Steamboat Classic 4 Mile, Pocata, Ill. 3:09-675-4279; www.steamboatclassic.org

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


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

May 4. Indianapolis 500 Festival Mini-Marathon & 5K, Indianapolis, Ind. 800-638-4296; www.500festival.com
May 5. Flying Pig Marathon, Cincinnati, Ohio. 513-721-7447; www.flyingpigmarathon.com
September 28. USATF Masters One-Hour Championships, St. James, N.Y. Michael Roth, Walk USA, 185 Lake Ave., St. James, NY 11780. 631-584-9924; mroth@netconnect.com
October 7-19. Human World Senior Games, St. George, Utah. Contact: 800-562-1268; www.seniorgames.net

SOUTHWEST
Arkansas, Louisiana, Mississippi, Oklahoma, Texas

May 25. Lone Star Paper Chase Marathon Relay & 5K, Amarillo, Texas. 800-692-4502, x3451; www.insidetexasrun.com

WEST
Arizona, California, Hawaii, Nevada

May 1. Jacqueline Hansen Tough Topanga 10K, Topanga, Calif. 310-455-8627; jhanen@canal.com
May 4. Hillesea 7.57 Mile, Huntington Beach, Calif. Staggered start. SASE to finish Line 7864 Connie Dr., Huntington Beach, CA 92648; www.nealand.com/finishline
May 18. Silver State 50K & 50 Mile, Reno, Nev. 702-375-5310

INTERNATIONAL
May 26. Vienna City Marathon, Vienna, Austria. www.viennamarathon.org
June 8-9. Argentinia National Masters 10K & Marathon Championships, Bahia Blanca, Argentina. CAVRA, tel/fax: 54-223-4819717; veteran@argentina.com
June 23. Brugge Veterans Race, Brugge, Belgium. Jacques Serry, Kammersstraat 37, 8000 Brugge, Belgium. 030-32-3418; fax: 030-32-33452; email: eva.serry@skynet.be

RACEWALKING
May 5. USATF Masters 10K RW Championships, Sacramento, Calif. Ann Gerhardt, Buffalo Chips Club. PO Box 19910, Sacramento, CA 95819. 916-457-3466; fax: 457-0151
May 19. USATF MAC 20K RW Championships, NYC. 212-628-1317
June 2. USATF Masters 15K RW Championships, Evansville, Ind. Mike Hudson, Southern Indiana RWers, 1005 Meadowbrook Dr., Evansville, IN 47712. 812-477-3043; fax: 477-5836; email: indyrunners@apc.org
June 15. Crown Valley Senior Olympics, Pasadena, Calif. qualifier for 2002 Cali. Sr. Games Championships. Jim Hanify, Director, Contact: Cynthia Rosedale, 626-665-6754; fax: 577-4235; email: cp@pasadenaseniorcenter.org
June 23. USATF MAC 15K RW Championships, NYC. 212-628-1317
June 30. USATF Long Island 10K RW Championships, East Meadow, NY. 631-979-9603
August 8-11. USATF National Masters 5000 (9th) & 10K (11th) RW Championships, Orono, Me. See National T&A Schedule
September 1. USATF National Masters 40K Championships, Fl. Monmouth, N.J. Elliott Dennan, Shore AC, 28 N. Locust St., W. Long Branch, NJ 07764. 732-222-9080; elliottden@aol.com
September 21. USATF Masters 5K Championships, Kingsport, Tenn. Bobby Baker, 318 Twin Hill Dr., Kingsport, TN 37660. 423-349-6404; bbaker@preferred.com
September 28. USATF Masters One-Hour RW Championships, St. James, N.Y. Michael Roth, Walk USA, 185 Lake Ave., St. James, NY 11780. 631-584-9924; mroth@netconnect.com
October 7-19. Human World Senior Games, St. George, Utah. Contact: 800-562-1268; www.seniorgames.net
October 26. USATF Masters Championships,sgnss, Indian Tree, Del. 800-388-5682; info@rdonashwalton.com

CANADA
### U.S. MASTERS ALL-AMERICAN STANDARDS

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<tr>
<th>Event</th>
<th>20-34</th>
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### U.S. MASTERS ALL-AMERICAN STANDARDS FOR WOMEN

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

- **NAME:**
- **AGE-GROUP:**
- **ADDRESS:**
  - **SEX:** M / F
- **CITY**
- **STATE**
- **ZIP**
- **MEET DATE**
- **MEET SITE**
- **EVENT**
- **MARK**
- **HURDLE HEIGHT**
- **WEIGHT**
- **IMPLEMENT**
- **CERTIFICATE**
- **PATCH**
- **PATCH TAG**

1. If you have equaled or bettered the standard of excellence, please fill out this application completely.
2. A copy of your results or a note stating in which year your results appeared must accompany this application.
3. Please send $10 for a certificate, $10 for a patch, and $10 for a patch tag showing event and year. The cost for both certificate and patch ordered at the same time is $15.
   - A 3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 3" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.
National Masters Indoor Track & Field Championships
National Physical League
Track & Athletic Center
Boston, MA; March 22-24

60 METERS

400 METERS

800 METERS

National Masters News

MILE

Continued on next page
Continued from previous page

National Masters News

May 2002

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May 2002

Page 30
### Philadelphia Masters Indoor Championships

- **Haverford College, PA, Mar. 16**
- **M50**
  - **M50 John Borden** 1:01.8
  - **M50 Michael Kearns** 1:01.8
  - **M50 Paul Eberhardinger** 1:01.8
- **W50**
  - **W50 Alice Burton** 1:01.8
  - **W50 Carole Henry** 1:01.8
  - **W50 Denise Sellers** 1:01.8

### Philadelphia Masters Outdoor Championships

- **Tulip Street, Reading, PA, May 7**
- **M50 Steven Potts**
  - **M50 John Borden** 1:01.8
  - **M50 Michael Kearns** 1:01.8
- **W50**
  - **W50 Alice Burton** 1:01.8
  - **W50 Carole Henry** 1:01.8
  - **W50 Denise Sellers** 1:01.8

### 10000m Racewalk

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<tr>
<td>W30</td>
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### Midwest Masters Indoor Championships

- **New Lanark, IL, Mar. 9**
- **M55**
  - **M55 John Borden** 1:01.8
  - **M55 Michael Kearns** 1:01.8
- **W55**
  - **W55 Alice Burton** 1:01.8
  - **W55 Carole Henry** 1:01.8
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  - **W50 Alice Burton** 1:01.8
  - **W50 Carole Henry** 1:01.8
  - **W50 Denise Sellers** 1:01.8

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**Note:** The data provided is a snapshot of the standards and achievements in various age brackets across different events. For comprehensive details, please refer to the official records or archives.
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NORTHWEST

Shamrock Run 15K, 8K & 5K Portland, OR; March 17

15K

Overall
Sean Nesbit 27 46:53
Maria Runyan 33 52:45
Molly Trotman 31 52:54
Molly Scott 59 53:32
Mike Baldwin 59 54:29
Mark Nathan Cogan 60 55:49
Tina Harkins 61 57:42
Kathy Douglass 87 57:58
Susan Means 107:28
Jayd около 194:55

8K

Overall
Gagan Baldevi 35 24:44

WOMEN

Overall
Bonnie Lincoln 26 50:49

MEN

Overall
Bob Smith 27 44:18

NATIONAL MASTERS NEWS

May 2002

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, 2002

ATHLETE (RESIDENCE) BIRTHDATE AGES

SABINE ROGGE (GER) 5-6-62 44-44

SONJA KUPERS-COST (NED) 5-16-62 44-45

MARCELLE HILDENGREN (CHIAY, WA) 5-17-44 44-45

DEBBIE DOVE EERKES (HERSHEY, OR) 5-24-79 33-34

BRIDGER (ID) 5-27-79 33-34

CHARLES MILLER (PHOENIX, AZ) 5-29-79 33-34

ALAN WILLS (GBR) 6-5-79 33-34

SCOTT THORNSLEY (CAMP HILL, PA) 6-5-79 33-34

MARTINE ROGANS (RSA) 6-6-79 33-34

ZALALI CNCESINE (HUN) 7-5-79 33-34

LORRAINE GREEN (LA) 7-5-79 33-34

TOULA PAPANDREOU (EUGENE, OR) 7-20-79 33-34

GIBRALT MUG (CA) 7-26-79 33-34

MARY C. TROTSMAN (TOMMYHILL, NJ) 8-8-79 33-34

BJORN MORG (NOR) 8-18-79 33-34

MILDA SCHNACKENBERG (GER) 8-26-79 33-34

LINDA FRISBY (GRAND Junction, CO) 9-5-79 33-34

ANNE ANZELLOVA (CZ) 9-5-79 33-34

ANNE HOLDCOME (AUS) 9-5-79 33-34

TEREZAS AMUZ (HUN) 9-5-79 33-34

GRETHEN MERTEN (EUGENE, OR) 9-1-42 66-67

LISA HANISON (NEW YORK CITY, NY) 9-2-42 66-67

IRISH SJOAN (ROANOKE, VA) 9-6-42 66-67

SUSAN A. ALBERTS (ARK) 9-6-42 66-67

CATHERINE GANDER (MEX) 10-6-42 66-67

NIKA FANO (DEN) 10-8-42 66-67

LINDA THURSTEN (SOMERVILLE, NJ) 10-20-42 66-67

BIL SMITH (E STRAUSBURG, PA) 10-24-42 66-67

BEVERLY HILL (LOS ANGELES, CA) 10-24-42 66-67

MAGDELENA TOMLINSKA (RSA) 10-24-42 66-67

ALAN SLATER (CAN) 10-24-42 66-67

FAY RILEY (NZL) 10-24-42 66-67

LORAINE WOLFE (TORONTO, CAN) 10-24-42 66-67

SHEILA NEWTON (INGLEWOOD, CA) 10-24-42 66-67

HEINZ FEHR (FR) 10-24-42 66-67

KENNETH DAVIS (LOS ANGELES, CA) 10-24-42 66-67

WILLIE WATKIN (CA) 10-24-42 66-67

JOHN SANDERS (DREXEL HILL, PA) 10-24-42 66-67

MARLENE ALTMANN (GER) 10-24-42 66-67

FRANCES FISH (MEX) 10-24-42 66-67

MARIA JOHNSON (DALLAS, TX) 10-24-42 66-67

YVONNE ROANOKE (MEX) 10-24-42 66-67

SARA URIANG (PUR) 10-24-42 66-67

KERRT HOLLANDSWORTH (CAN-IND) 10-24-42 66-67

GLADYS WOODS (AUS) 10-24-42 66-67

DAVID LEE (SAN FRANCISCO, CA) 10-24-42 66-67

JAY PARLEVIIT (FRA) 10-24-42 66-67

JACK FOSTER (NZL) 10-24-42 66-67

MARIAN SANDHEZ (SAN LORENZO, CA) 10-24-42 66-67

JOHNNES CYRUS (AFR) 10-24-42 66-67

URSA SCHULTZ (GER) 10-24-42 66-67

URSA BLANCHE (GER) 10-24-42 66-67

EVEYLN SAUL (CAN) 10-24-42 66-67

RONDON SIGWARDS (PORTLAND, OR) 10-24-42 66-67

SHARON SANDHIK (EUGENE, OR) 10-24-42 66-67

JACK LAYTON (DALLAS, TX) 10-24-42 66-67

PHILIP BRUSCA (MOUNT HANTS, MA) 10-24-42 66-67

WILLIAM HAHN (NEW YORK CITY, NY) 10-24-42 66-67

EMIL SCHULZ (GER) 10-24-42 66-67

JANE GELDENHUES (RSA) 10-24-42 66-67

HEINIE BATES (GBR) 10-24-42 66-67

REINHARD MEINSEN (GER) 10-24-42 66-67

JAN EDVARD (MALT) 10-24-42 66-67

HERMAN SOLODSKY (MANHATTAN, KS) 10-24-42 66-67

DAN BUKLEY (PHOENIX, OR) 10-24-42 85-86

RICHARD MARGO (PALO, CA) 10-24-42 85-86

ELIZABETH TOMP (NED) 10-24-42 85-86

KAY ATKINSON (SAN FRANCISCO, CA) 10-24-42 85-86

FRITZ MUEHLER (GER) 10-24-42 85-86

ROBERT MACTARNAH (PORTLAND, OR) 10-24-42 85-86

CLAIRE AUSTINE (WEBSTER GROVES, MO) 10-24-42 85-86

FRANK FURRIS (SAGARO, FL) 10-24-42 85-86

FRANK DAVIS (DANVILLE, CA) 10-24-42 85-86

ARTHUR WRIGHT (SCIO, NY) 10-24-42 85-86

FRANZ POSLUSCHY (10-24-42 85-86

Compiled by Pete Mundle, World and U.S. Masters T&F Records Coordinator
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Contains immediately absorbed glucosamine for joint protection and recovery.
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Convenient to use, no water required.
Instantly absorbed, bypasses the digestive system.

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Energy is provided through digestion of sugar, carbohydrates and proteins.
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