Boston Hosts Its 9th Nationals

By JERRY WOJCIK

For the ninth year in a row, masters athletes converged on Boston for the USATF National Masters Indoor Championships, and the consensus was that "practice does make perfect.

The meet, held at the Reggie Lewis Track and Athletic Center on March 26-28, drew 726 men and women athletes, age 30-and-over, who competed in five-year age groups through 90-94. While the numbers were down from the 758 in 2003, records and performances were up.

Twenty-eight world and 28 U.S. records were broken or established. Last year, 16 world and 30 national records were revised. World and national records are pending until approval by the masters international and U.S. record committees.

The star of the meet, Max Springer, 90, Knoxville, Tenn., competed in the 15K race.

WMA Breaks 44 WRs in Sindelfingen

By JERRY WOJCIK

Athletes who competed in the inaugural World Masters Athletics Indoor Championships in Germany, left the host city of Sindelfingen with 44 pending age-group world records in their wake.

Championship events were held in "das Glaspalast" arena in Sindelfingen, a city of 60,700, about 15 kilometers from Stuttgart, the capital of the federal state of Baden-Wurttemberg. The arena has eight lanes for the 60m sprint and hurdles within its 200m four-lane track.

De Reuck Captures Women's Olympic Marathon Trials

BY SUSANNAH BECK

By the time you read this, Colleen De Reuck will be a masters runner, which is why we made an exception, and put the 39-year-old winner of the U.S. Women's Olympic Marathon Trials, St. Louis, Mo., April 3, on the front page.

Running a very conservative strategy, De Reuck, 2:28:25, made her fourth Olympic team and beat the best field of U.S. women marathoners assembled in the past decade, including the overwhelming favorite, Deena (Drossin) Kastor, 31, Mammoth Lakes, Calif., 2:29:38. And all just ten days before turning forty. Bravo, Colleen!

The course was criterium-style, consisting of almost four laps around a 6.88-mile loop in the open greenwspan of Forest Park. The loop itself consisted of five pancake-flat miles followed by a 1.8 mile stretch of gradual hills. Bright sun was tempered by temperatures in the low 40s at race start, and a palpable but not dominating breeze.

Unlike her usual racing style, which includes early speeds that approximate jet lift-off, De Reuck played a sensible waiting game that consisted of steady 5:40 miles. Patience paid off, as she caught several fading early leaders during the third lap. De Reuck finally reeled in the big fish, a hard-bonking Kastor, at 24 miles.

"I was surprised," said De Reuck after the race. "I said before I thought the only way Deena wouldn't win was if a dog ran out on the course and grabbed on to her leg. But I've run in lots of marathons, and I know that anything can happen." In fact, on a freezing day on the same course last year, De Reuck herself lost the lead on the final lap, as she succumbed to hypothermia.

De Reuck, the affable South African native who became a U.S. citizen in 2000, has been a force on the roads since she moved to the U.S. in the early 1990s. She has also excelled at cross-country, her favorite running...
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Track Commissioner: Vernon Smith (949) 713-3917
PAYTON JORDAN

In December 2003, Payton Jordan underwent 11-1/2 hours of surgery to remove a rare cancer (mucoepidermoid carcinoma) from his neck, and then underwent 10 weeks of radiation. His wife Marge's lymphoma returned after eight years in remission.

In reflecting on the cancers that he and Marge are fighting, he said, "We are thinking positive thoughts, thoughts of running a good race, and winning! You have no idea how powerful the love and prayers from our family and track family have been for us in meeting this challenge."

Karen Huff by e-mail

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Sustainers for May 2004

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

We are grateful for the support of masters athletes.

Special thanks this month go to:

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• E-mail submissions are at your own risk (except, of course, no signature).
• Keep it short. Concise letters developing a single theme are more likely to be published.
• Please type and double space.
• Letters are condensed and edited.
• Not all submissions are published.

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CZSNN
### 2004 USA National Masters Outdoor Track & Field Championships

**August 5-8, 2004 • Millikin University, Decatur, Illinois**

**Presented by Millikin University & The Decatur Area Convention & Visitors Bureau**

#### Event Schedule

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<td>Javelin M70+, W60+</td>
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<td>100 Finals W/M</td>
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### 2004 USA National Outdoor Track & Field Championships

**COMPETITION ENTRY FORM**

All entries must be received by **July 19, 2004**

<table>
<thead>
<tr>
<th>Last Name</th>
<th>M, F Age (as of August 5, 2004)</th>
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<tr>
<td>First Name</td>
<td>Date of Birth (M) D Y</td>
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<td>Address</td>
<td>2004 USATF #</td>
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<td>Telephone</td>
<td>Telephone (Evening)</td>
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</tbody>
</table>

### Payment Information

- **Payment** for entry fee, shirts and dinner tickets must be made payable to Millikin University, 1184 W. Main Street, Decatur, IL 62522.
- To pay by check or money order, send full payment made payable to Millikin University, 1184 W. Main Street, Decatur, IL 62522.
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### WAIVER

I hereby declare that I am in good health and am properly conditioned for the competitions, and that I am of the stated age on this application. I absolutely relieve Millikin University, USA Track & Field, USATF Illinois, and corporate sponsors of any responsibility for any injury, loss or damage to myself or my property, which I may sustain in the case of (or in connection with) the 2004 USA National Masters Outdoor Championships. I also verify that I am registered or will register with USA Track and Field for the year 2004.

**Signature**

**Date**
Bob McMillen Missed History by Inches and Seconds

"I sometimes think I can do more than I can," said Bob McMillen by phone from his Anaheim, Calif., apartment. He was referring to the fact that he had given some thought to participating in the Los Angeles Marathon a week earlier but then decided against it.

"I’m not in any shape for that kind of thing," he continued. "I’m 76 years old now. I walk a few miles a day and do a little jogging, but I’m not up to doing a marathon. I’m just a has-been."

McMillen was alluding to his track career that included a silver medal at 1500 meters in the 1952 Helsinki Olympics, a race in which he narrowly missed the gold medal and the distinction of becoming the first American winner at that distance since Mel Sheppard in 1908. (Sheppard is still the last American to win the 1500.)

Olympic Final

Running last among the 12 finalists, including England’s Roger Bannister, in the Olympic Final, McMillen covered the last quarter in 55.9 seconds, overtaking everyone except Chief Barthel of Luxemburg. Another few yards and McMillen would have had the victory.

Both Barthel and McMillen were credited with 3:45.2 and shared in the Olympic record. It was also a new American record for McMillen. Bannister finished fourth with a 3:46.3. The first eight finishers were all under Jack Lovelock’s Olympic record of 3:47.8, set in 1936.

"Bob was truly one of America’s all-time greats in the mile," Payton Jordan, McMillen’s coach at Occidental, recently told me. "No other modern day American has placed higher in the Olympic metric mile, and no other American shared the Olympic record, as he did with Josey Barthel."

Sub-4 Anniversary

As Tom McMillen, Bob’s younger brother, sees it, the 50th anniversary of the first sub-4 mile should have been on September 13, 2002, not on May 6 of this year, or perhaps on some other date in 1952 if Bob had had more opportunity to run the mile in 1952.

"If he would have been in that mile in Antwerp," Tom said, referring to a September 13 meet following the Olympics in which the leaders went through two laps in 2:00.2 and three laps in 3:02.3, "he would have run the final lap in 57 seconds and would have been the first under four minutes. But he had run five 1500s, two 800s, one 2000, a 1000, and a mile in Edinburgh before that, and that was just too much running for Bob, or anyone."

Slow and Soft Americans

While Roger Bannister became the first person to officially break four minutes in the mile 50 years ago, on May 6, no American would do it until June 1, 1957, when the University of California’s Don Bowden won a 3:58.7 in Stockton, Calif.

In a letter written by Percy Wells Cerutty, the somewhat eccentric Australian coach, to Stanford coach Payton Jordan on October 14, 1958, Cerutty suggested that the problem with American middle-distance runners was the failure to recognize the need for upper body development.

"I am shocked at the poor understanding of upper body movements, use of arms, etc," Cerutty wrote to Jordan, further mentioning that he was gradually convincing runners and coaches in England and the rest of Europe by personal demonstration. The letter frequently mentions Cerutty’s best student, Herb Elliott, who earlier in the year lowered the world record in the mile to 3:54.5 and the 1500 WR to 3:36.0.

At his training camp in Portsea, Cerutty had Elliott and other top Australian runners lifting weights and doing pull-ups and push-ups for upper body strength, something frowned upon by most coaches of that era. As part of his Stoten Creed (from ‘Stoic’ and ‘Spartan’), Cerutty also had them doing pull-ups and push-ups for upper body development.

Cerutty suggested that the problem with American middle-distance runners was the failure to recognize the need for upper body strength, something frowned upon by most coaches of that era. As part of his Stoten Creed (from ‘Stoic’ and ‘Spartan’), Cerutty also had them doing pull-ups and push-ups for upper body development.

Cerutty envisioned a 3:40 mile. "If they were to develop the upper body types like Don Bowden could [go well under 4 minutes], honestly, Payton, I can foresee and envisage how it could be done, to build up such a type to run thru each 440 around 55 seconds. Imagine a big, upstanding type, properly conditioned, mature (Elliott, remember, is only 20!) who can run to start with, and do laps in 55. Sounds ridiculous? Of course, not, and work out what it means to the mile if such a one could unleash a last 440 in 50 seconds, as Elliott did in an 880. I marvel at how poor and weak they are, not how good!"

The world record now stands at 3:43.13, although that may be a little soft considering that the current 1500 WR equates to a 3:42.27. - Mike Tymn

Very low key then and now, Bob, a retired building contractor and widower, shrugs at his brother’s comment. "Yeah, but that’s kind of hindsight," he offered after breaking four minutes in Antwerp or even at a later date, before Bannister made history on May 6, 1954. "Things weren’t so commercialized then and I had to make a living and get married. I was getting just $15 a week (for expenses)."

Meet Record

At Cathedral High School in Los Angeles, McMillen won the 1946 California state championship in the mile with a 4:24.0, a new meet record. In 1948, at 19, he won the national junior college championship in the mile with a 4:23.6, then went on to make the Olympic team that year in the steeplechase. However, in the London Olympics, he fell face first into the water on the last jump of his heat and failed to qualify for the final.

In 1950, he won the two-mile in the Coliseum Relays with a 9:02 and lowered his mile best to 4:07.8. Prior to attending Occidental in 1951, McMillen was a front-runner and sometimes outkicked. Under Jordan’s tutelage, he changed his strategy, hanging well behind the leaders and finishing with a strong kick. To capture a spot on the ‘52 Olympic team, he ran his last 400 meters in 58.3, winning going away in 3:49.3.

Finishing Kick

"I did a lot more ins and outs," McMillen explained the finishing kick he found in 1952. "We’d run a hard 100, jog a 100, run 100 again, that sort of thing."

Brother Tom recalled that Bob wasn’t particularly motivated to train for the Helsinki Olympics. "He got a job to frame a house in Westwood," Bob said. "He went to school in the daytime and then he would drive out to the job and start working around 4 o’clock. Then, he’d work until it got dark. Here it was the Olympic year and Bob did not want to go through with all the training it took to get in shape." But Tom and a friend convinced Bob to let them take over his carpentry duties while he trained for the Olympics.

Post-Olympics

Although he never broke 4:05 for the mile, McMillen’s best 1500 of 3:44.8, recorded three weeks after the Olympics, equates to a 4:02.7 mile. With today’s tracks, shoes, and modern training methods, he surely had the potential to go well under four minutes.

"Bob had three things going for him," said Tom. "First, a slow heart rate of 40 beats a minute; second, great endurance; and third, natural ability to run and win. He could have been the first to break four minutes."

Bob joined the army and was sent to Korea in 1953. He attempted a comeback in 1957, but never really got the momentum going again.

"No, not really," Bob responded when asked if many people recognize or remember him as an Olympic silver medalist and standout middle-distance runner.

"But I remember, and it still means a lot to me." (Mike Tymn can be reached by e-mail at mtymn@aol.com)
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Injury to the Knee

One of the most common injury sites among runners is the knee. Of the various types of such injury, anterior knee pain is one of the most common. A study of 700 distance runners conducted by Wake Forest University looked at differences between non-injured runners and runners with anterior knee pain.

Among factors examined were training patterns, anthropometrical values, rear foot motion, ground reaction forces, muscular strength and endurance variables. Among the findings:

- Stretching did not appear to be beneficial in preventing injury.
- The injury group showed a higher arch or a more rigid foot pattern. This type of foot has a smaller weight-bearing area and greater pressure during the support phase of running. Therefore, arch height may be associated with a higher risk of knee injury.
- The control group was bigger, leaner and stronger, which may be an asset in protecting the distance runner from injury by more effectively dissipating the stresses associated with running.
- Leg length differences did not appear to have an effect.
- Both groups wore their shoes more than the recommended 300-400 miles. The injured runners tended to replace their shoes more frequently, perhaps due to injury. The high arch foot cannot absorb shock and the ability of a shoe to attenuate shock is reduced with increased wear.
- Although hard to determine, it appeared that the incidence of injury was more likely to occur as mileage increased.
- As the foot strikes the ground during the first 10% of the support phase of gait, the runner’s weight, magnified by the acceleration of gravity, increases the load on the lower extremities. As the foot pronates, there is an increase in shock absorption.
- Since the injured group tended to have a higher arch foot, there was less pronation, resulting in a more rigid landing and increased shock to the lower extremity, thus contributing to the overuse injury.
- The injured group was weaker in knee extension.
- Those with higher arched feet were more likely to be affected with anterior knee pain and, as such, pronated less through the first 10% of gait.

In essence, there appear to be several functions that contribute to anterior knee pain, including weakness of the leg. Runners need to include a strength training program as part of their exercise program.

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

Cross-Country Council Makes Changes Affecting Masters Athletes

By CAROLE LANGENBACH

The Cross-Country Council Executive Committee met at the Winter Nationals in Indianapolis on Feb. 7, and made decisions on several topics affecting masters.

Beginning in 2005, the masters competition distance at Winter Nationals will be 8K for men and women. The masters competition distance at Fall Nationals will be 10K for men and 6K for women. The Council will continue to accept bids for stand-alone masters championships (e.g., 5K).

After receiving input from many masters clubs that participate in our national championships, it was decided to submit a rules proposal to change masters scoring from "time scoring" to "place scoring." There are many good reasons to keep the scoring the way it is now, so this topic requires discussion. Masters reps around the country should discuss this with their local athletes.

The decision will be made by convention attendees at this year’s USA Track & Field Annual Meeting in Portland. Part of the proposal will deal with how many runners will displace for each team: for teams of six from each team (men’s 40+ and 50+), eight will displace. For teams of three scorers (men’s 60+ and 70+ and all women’s teams), five will displace.

One masters championships has been added to this year’s schedule. The Adirondack Association was awarded a 5K masters championships. The meet will take place at Saratoga Spa State Park in New York on Sunday, Oct. 17.

As always, please contact me with your cross-country concerns (see p.3).
Whittemore, 104, Comes Out of Retirement

By BEVERLEY LEWIS

John Whittemore, the oldest active masters athlete in the world, recently came out of retirement to establish a new world single-age record best for the M104 4kg shot put. With his walker stashed on the side of the circle, Whittemore, who admitted to being a little shaky in the knees, nonetheless put the shot 1.78/5-10 3/4.

The history-making event took place at the recent Santa Barbara Easter Relays Combined Masters/ Open/Youth meet on March 28 at Santa Barbara City College.

Certifying officials were Southern California Masters Chair and USATF official Andrew Hecker, USATF official Gene Cassidy, recently retired SBCC coach and now masters meet director Robin Paulsen, and Club West President and USATF official Beverley Lewis.

After announcement of the record, Whittemore was given a standing ovation by the stadium crowd. Small children clamored to have their photographs taken with the truly “Master of Masters” athlete, while Whittemore’s daughter Joan Close looked on approvingly. “Daddy enjoyed this,” she later said.

Whittemore’s exploit was later shown on KEYT TV News in Santa Barbara as well as on the Los Angeles TV news shows. The Santa Barbara News Press also devoted a column to him.

Now that he is out of retirement, Whittemore intends throwing the javelin, shot and discus at Club West’s upcoming masters meet in October.

DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material, results, schedule items, and advertising is the 10th of the month before date of issue.

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JULY 11, 2004
*2004 OPEN & MASTERS PENTATHLON*
JULY 24, 2004

WHERE: Valley High School, 1505 Candelaria NW, Albuquerque. From I-25 go west on Candelaria, from I-40 take Rio Grande north to Candelaria and go east.

AGE DIV: Open 19-29, Masters in 5-year age increments.

ENTRY FEE: T&F Meet $12 for the first 3 events, $3 each additional. Pentathlon $12. Valid 2004 T&F cards are required and will be available at the meet, $15 to residents of New Mexico, $20 for non-residents, or they are available online at http://www.usatf.org/membership.

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

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31 Sandhill Road
Los Lunas, NM 87031
Kathy Fones, Meet Director, 505-865-8612 fax 505-565-8387 foneskn@aol.com

SCHEDULE OF EVENTS FOR JULY 11, 2004

Track Events
4:00PM 3000M Racewalk M-W
4:30PM 3000M Run W
5:00PM 5000M Run M
5:30PM 80-100MH W
5:45PM 80-100-110MH M
6:15PM 4X100 M-W
6:30PM 1500M Run M-W
6:45PM 400M W
7:00PM 5000M
7:15PM 800MM
7:30PM 3000M
7:45PM 1500M
8:00PM 800M
8:15PM 400M W
8:30PM 1500M
8:45PM 3000M
9:00PM 5000M
9:15PM 800M
9:30PM 1500M
9:45PM 3000M
10:00PM 5000M

Field Events*

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PENTATHLON $12

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Payment: $12 for 3 events, $3 each additional

AWARDS: Medals to the first 3 in each age group. Make checks payable to: NM USATF.

SCHEDULE OF EVENTS FOR JULY 24, 2004

3PM MEN’S PENTATHLON: Long Jump, Javelin, 200m, Discus, 1500m.

3PM WOMEN’S PENTATHLON: 100m, High Jump, Shot Put, Long Jump, 800m.

ENTRY FORM

T&F MEET

PENTATHLON

(entry circle)

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ATHLETE’S SIGNATURE ____________________________ DATE ____________________________

Athletic Waiver Release: In consideration of your acceptance of my entry, I hereby for myself and executors release, and forever discharge any and all claims for damages which I may have or may hereafter acquire, against NM USATF, UNM, and all other sponsors or their officials or agents, for any damages which may be suffered by me. I certify that I am in good health and that my level of training is such that I am prepared to compete in this event.

ATHLETE’S SIGNATURE ____________________________ DATE ____________________________
Masters Racewalking
By ELAINE WARD

Donna Cunningham on Balanced Alignment – Part 2

Last month Donna Cunningham, W55 gold medalist at the 2003 Outdoor Masters Nationals in the 5K and 10K racewalks, discussed the importance of positioning or balancing the body in concert with gravity. This month, she continues by focusing on some of the exercises that helped her achieve her gold medals in Eugene. Donna is a certified instructor of Vance Bonner’s method of structural reprogramming. Dr. Bonner can be reached by e-mail at www.thevancecenter.com. — ew

EW: Most masters racewalkers understand the importance of stretching for flexibility. What makes the Bonner system special?

DC: They may not understand the relationship of a muscle’s ability to stretch and to contract. Muscles are designed to expand and contract. When one function is neglected, imbalance occurs. Think of an elastic waistband that is stretched too much and becomes slack. It then loses the ability to contract at all.

The exercises in the system are designed so that opposing muscle groups are functioning equally to bring the body into balance as well as permitting maximum joint flexibility. They will automatically show you the areas where you are too tight or have lost contractual strength.

What makes the Bonner system special is that it is not just about muscle care. It is about how a person stands and moves without creating muscle tension and pain. It focuses on the structural programming needed for the balanced alignment of the entire body.

Proper Positioning

I tell my classes that if they want to improve their athletic ability they must first think about the positioning of their feet, knees, pelvis, chest, shoulders and head. All the exercises I teach focus on supporting proper body positioning.

Along the way, my students become aware of how well or poorly their muscles help. I want them to learn to check and adjust their body alignment when they are standing and moving. If their body parts are aligned, their muscles will function properly without tension or discomfort.

EW: So what throws our bodies out of alignment?

DC: Any imbalance in the tension of the muscles that are working to support and move us. Muscles are in a balanced relationship when they are equally strong and flexible. Poor alignment occurs when one set of muscles is too weak and slack while its opposing set of muscles is too tense and tight.

The famous swayback often reveals weak abdominal muscles and tight back muscles. Without strong support, the belly sags forward and pulls the lower back with it, shortening the muscles of the lower spine.

Frequently, imbalances are caused by trauma and overuse. It is not uncommon for competitive athletes to experience overuse injuries when they are trying to improve their performances.

Hamstring Injuries

Racewalkers experience a lot of hamstring injuries. Aggravating causes are poor alignment of the feet, knees and pelvis, and an imbalance of the quadriceps and hamstrings. The strength of the quads overpowers the weaker hamstrings. Though time heals the hamstrings, if positional adjustments are not made, there is a high risk of repeat injury.

EW: It is not unusual to see walkers stretch their calves and hamstrings, but ignore their shins or quadriceps. Or they might work to strengthen their abdominal muscles, but not bother stretching their backs. Do you give a routine that racewalkers can automatically follow to get everything aligned and working properly?

DC: Definitely. Joint flexibility requires muscles that work together so they can lengthen and shorten to perform the movements demanded of them. Range of motion tests reveal where joints are tight or weak. The arm motion of racewalkers requires flexibility in the shoulders. If the shoulder joints are free, the arms can make big loose circles. If the hip joints are free, the legs can make large forward, sideways and downward circling motions.

Stretching Exercises

EW: What are two exercises you give racewalkers for their arm swing and hip rotation?

DC: The doorway stretch is good for increasing the flexibility of the shoulder joint so the arm may move in a full arc. This movement stretches across the chest and opens and frees the shoulder joints.

Stand facing an open doorway with your feet a little back from the center of the door. Check to see that you are standing in alignment, feet parallel and knees flexed slightly. Without rotating back, place one hand, palm out, against the back of the doorsill as a point of resistance so you can feel a lengthening of the arm and a contraction between your shoulder blades.

Then, imagine there is a hook at the top of your head extending from the top of the door frame and that you are stretching your neck and spine upward. Lean slightly forward, directing the stretch out through your elbows as well. If this position is difficult, start with your hands lower down on the door frame, either in a straight position or the right angle position.

A good stretch for hip rotation is the cross-legged sit: This one opens the hip joints, knees and ankles. It also releases the sides of legs and buttocks.

Sit on the floor with your legs crossed in front of you, but not tucked under each other. Position your legs so that one is in front of the other on the floor. Extend your arms straight in back. Making fists with your hands place them on the floor and push up with your knuckles.

Keep your elbows locked to form a firm lever to support your torso as you sit tall. Point your toes and keep your legs flat. You should feel a stretch on the outside of the hip of the forward leg. Switch legs and repeat.

To increase the intensity of this stretch and include the neck, drop your head forward and feel a stretch all the way down your spine. Place your hands out in front with your forearms on the floor. If possible, let your head gradually drop all the way to the floor while keeping your sit bone down. Focus on the back of your neck as this is a key place to release.

EW: How many exercises do you give your students?

DC: It depends on what each needs. Vance Bonner has 34 exercises. There are many for the feet, knees, hips, back and arms that are excellent for racewalkers. But again, the objective of what I teach is to get the bodies of my students in balanced alignment. The stretching and strengthening exercises are the means to this end.

(Elaine Ward can be reached by e-mail at nwsf@aol.com)
ATHLETES WHO ENTER A NEW DIVISION THIS MONTH — MAY 2004

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Compiled by Pete Mundle
The History of Masters Miles

Twenty thousand spectators watched the first masters mile orchestrated by David H.R. Pain in 1966 as part of a popular San Diego track & field meet that attracted some of the fastest runners in the world. Les Land was meet director. Pain recalls: “I approached Land with the idea of adding a race for runners over 40. He was lukewarm until I suggested the name ‘Masters Mile.’ That hooked him. Although we played second fiddle to the likes of Peter Snell, Jim Ryun, Billy Mills and Gerry Lindgren, the catchy name found its way into wire-service reports. As a result, open track meets elsewhere began including the event, spurring interest in masters athletics.”

One individual contacting Pain for suggestions the following year was Jim Hartshorne, an ornithologist from Ithaca, New York, home of Cornell University. Hartshorne talked the track coach at Cornell into inserting a masters-only event in an indoor meet limited to college athletes.

“The race proved successful,” wrote Rick Hoebeke in the newsletter of the Finger Lakes Runners, “so Jim got on the telephone to race directors of all the major track meets on the East Coast in an attempt to sell them the idea.”

Not On My Track

Not all race directors were impressed. “I don’t want some old fart dropping dead on my track,” said one. But within a few years several major meets added masters events, including the Knights of Columbus Games in Boston, the Millrose Games in New York and the Penn Relays in Philadelphia.

I met Jim Hartshorne during the tour to Europe for masters runners that Pain organized in the summer of 1972. Jim talked me into running his masters mile, which conveniently was after another masters mile in an indoor track meet in Philadelphia that I ran several times. In my first Philadelphia appearance, Jim Hershberger of Kansas and I ran a near dead heat, both breaking the tape, falling and sliding across the boards. These were old men? The crowd loved it.

Shoving Match

Even better was the same masters mile in Philadelphia two years later. I held the lead into the last lap when Henry Kupczyk, a Polish Olympian who had emigrated to the U.S., passed on the outside of the final turn and shoved me into the infield. Moving back on the track, I pushed Henry, unfortunately propelling him forward, so he beat me.

Despite finishing one-two, we were disqualified, the win going to Frank Pflagling, who also had won the previous year. I argued with officials that Henry had been disqualified at the time of the first push, so I shouldn’t have been disqualified, since technically he was no longer in the race when I fouled him. Somehow, they failed to appreciate the logic of my argument.

After the Philadelphia race in 1973, I traveled to Ithaca to run at Cornell, placing second to Hal Snyder.

Hartshorne Miles

Jim Hartshorne had competed in the first masters track & field meet in San Diego in 1968, winning the mile in 4:50.5. He was a single father charged with raising three young children, his wife having died in an accident. The Cornell Masters Mile continued under Hartshorne’s direction, and in 1981 he added a women’s mile that attracted nine competitors.

In 1991, Rick Hoebeke of the Finger Lakes Runners took over management of the races, which became the Hartshorne Memorial Masters Miles after Jim’s death three years later. The race continues to this day, the oldest men’s as well as women’s masters miles in North America, perhaps in the world.

(Hal Higdon is a contributing editor for Runner's World. The above article is an excerpt from The Runner’s World Guide to Masters Running, scheduled for publication in the spring of 2003.)

De Reuck Captures Trials

Continued from page 1

expression, and recently won the U.S. cross-country championships in Indianapolis this March.

This will be De Reuck’s fourth Olympic team; she represented South Africa three times: once at 10K, and twice in the marathon. She is coached by her husband, Hugo, who is well known in Colorado for his work with the Boulder Striders and the Running Republic of Boulder clubs.

It was a solid day for some of the other top masters in attendance. Jenny Spangler, 40, Lake Villa, Ill., coming into the Trials, placed eighth, thanks to her 2:32:39 at Chicago last fall, placed tenth, 2:36:30. She ran a daring race, going out with the hard-charging lead pack. By halfway (1:15:01), though, she was drifting backwards through the field, and dealing with quadriceps difficulties. Spangler was able to stay in the drift, however, and held on for tenth.

Right behind Spangler and gaining, Linda Somers-Smith, 42, San Luis Obispo, Calif., employed the reverse approach, and ran a come-from-behind race, working her way through the field from 13th in the opening half to eleventh place overall, 2:37:28.

Spangler and Somers-Smith, of course, went one-two at the 1996 Olympic Marathon Trials in Columbia, S.C., in 1996, and represented the U.S. in Atlanta.

Susan Loken of Phoenix, Ariz., the next master in, significantly improved on her 59th seeding by finishing 32nd overall, 2:44:23.

From the Minnesota masters scene, Janet Robertson, 44, Shorewood, 2:47:14, placed 47th. Kelly Keeler, 42, Blessing, just qualified at the Trials with a 2:43 qualifier, but caught a cold the week before the race, and was unable to finish. Six-time Olympic Trialist Bev Docherty, 45, St. Paul, cruised to 68th, 2:52:21.

The enduring Angela French, 45, Lacey, Wash., was also running her sixth marathon trials, and made it through St. Louis in 3:02:41, for 94th place. Oregonians Rosa Gutierrez, 40, Glendale, 2:52:34, and Meghan Arbogast, 42, Corvallis, 3:10:40, had very “off” days, but stoutheartedly stuck it out.

The Women’s Olympic Trials Marathon is unique in creating an atmosphere of such excitement and camaraderie, that otherwise sensible elite runners forget the first rules of racing and line up at the starting line sick, injured, and even recently postpartum, just happy to participate in what for many has become an “old home week” celebration.

Carole LeGate, 41, Green Bay, Wisc., for example, seeded 63rd after her 2:44:44 win at the Green Bay Marathon last spring, entered the race despite a stress fracture sustained a month before. She told the Green Bay Press-Gazette, “I ran 14 great miles,

but I had a tightness in my leg... I knew that would happen, but by mile 16, I slowed down a bit. At mile 18, I was just hoping I could finish, and by 20, I couldn’t run another step.” Le Gate reported looking forward to the 2008 Trials, when she will be 45.

Veteran marathoner Dr. Marie Boyd, 44, now of Missoula, Mont., started her warm-up process for the race by nursing her four-month-old baby. Boyd reported before the race that she was just happy to be there and it wouldn’t bother her if she even got lapped.

One masters runner who did show some sense was Joan Benoit-Samuelson, 46, Freeport, Me., who withdrew from the field a week before the race with a recalcitrant Achilles tendon problem.

It was an excellent day for spectators, who could cheer for their favorites as many as 15 times around the course, and enjoy the park’s recently restored 1904 World’s Fair monuments. The top three places at the Trials earned spots on the Olympic team that will compete in Athens late this summer. For complete results, go to www.usatf.org.
FIFTEEN YEARS AGO
May 1994

- 658 Athletes from 47 States Compete in Indoor Nationals at Columbus, Ohio
- John Campbell (40, 2:14:19) and Priscilla Welch (44, 2:35:00) Win Masters Titles in Boston Marathon
- Wilson Waigwa (40, 14:22) and Laurie Binder (41, 16:54) Set U.S. Masters Records in Carlsbad 5K

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 be listed in the paper as a National Masters News sustainer.
Another Weight Column! You’re 110% Correct

If I ever need a savory topic in a hurry, I can always count on the weight. Since we started to go Boston’s Reggie Lewis Center nine years ago for the Indoor Championships, the talk among weight throwers was who would be the first to bounce one off of the back wall there, which, I would guess, is about 65+ feet from the throwing circle inside the cage. The best bet was former Olympian hammer thrower Tom Gage.

Gage, who has been revising hammer and weight records since turning 60 last year, never got the chance. In the 2004 Championships at the Lewis Center, to avoid the fallout from a ricocheting record, the M60 event, complete with circle and sector, was tactfully held inside the 200m track. A smart move. Gage was near the 75-0 feet range with a 22.82/74-10 1/2 U.S. record with the 20# weight.

Seven more age-group weight records were broken. Gage and three others also set superweight records.

Official Event
The weight was adopted as an official WMA event last summer in Puerto Rico. What will happen to Gage’s mark and the others in terms of world records? The WMA Records Committee customarily accumulates “best” marks for three years for a new event before issuing world records for that event from the stockpile.

In the U.S., a couple of years ago, the Masters T&F Committee voted to drop the three-year waiting period. Now, top marks are submitted to the USATF Records Committee to be approved at the annual meeting. This year, it will be held in Portland, Ore., in early December.

There are no world records for the superweight because it is not a WMA event. Consequently, there are no age-graded tables for the superweight. The age-graded percentages for the superweight seen in the 2004 Indoor Championships results elsewhere are based on the tables for the weight, which is why they’ve been deleted from the results in this issue. Gage’s 56# superweight toss of 9.06 is given a 39.9% performance in other published results. Can’t be.

Of all of the marks in the Championships in Boston, just three are at the 100%+ level. You guessed it – in the weight throw. It occurs occasionally in other events as well, but seems endemic to the weight.

Earl Fee, 75, Canada, ran a WR 2:32.47, an age-graded 99.0%. That fits. He’s the best in the world. Gerald Vaughn, North Carolina, holder of the M65 U.S. record at 14.01, did a 13.53, an age-graded 99.1%, in Boston. That works because he’s at the top of his age group at 69.

Shadow of Doubt
Some people, seeing a performance level of 111% or more, must marvel at the athlete’s skill. Others, including me, wince.

I don’t want to take anything away from an athlete who scores an age-graded 112% or such, but a mark that computes at over 100% doesn’t enhance a performance. It casts a shadow of doubt over its credibility.

Your mutual funds may have gained 105% in value over the years. Your high school track or football coach may have exhorted you to give 110% in the big meet or game against Elvis Presley High, but not much else is 100%.

Isolated Phenomenon
It wouldn’t be so bad if the phenomenon appeared in other events, but it seems to be more common in the throws. It’s particularly troublesome when the mark is over a 100% but is not a record performance. The other hand, a solid record performance that is far below the 90% international class level or even the 80% national level stirs up questions.

The enigma of the 100%+ performance in any event looms larger when Phil Byrne, Masters T&F Awards Subcommittee Chairman, and his crew get together at the USATF Annual Meeting to decide on age-group Athletes of the Year and Outstanding Athletes awards. An athlete’s age-graded performance is a big factor of who is selected in the final voting, so how do you treat figures that come from an event in which the age-grading seems to be top heavy?

Knock off 15%? How about 8%? Disregard it completely?

Distance people and jumpers (sprinters seem to do pretty well in age-grading) must wonder what they have to do to hit those 100% standards, or even get in the 90% when awards time rolls around.

After all of this, I should be thankful that the weight throw provides me with fodder about once a year. If only I could dish the dirt on the shot, discus, and javelin; although, the javelin is rumored to be a problem in some social circles.

(Jerry Wojcik can be reached by e-mail at jerrywoj@aol.com)
Monica Joyce Keeps Title in the Family

Magill’s Swift Kick Wins Carlsbad 5000

Held two weeks earlier this year than last, the granddaddy of carnivalesque California races, the Carlsbad 5K, March 28, delivered big masters events once again, with separate heats for 40+ men and women. This year saw the assembly of 1245 racers in the masters men’s event, and 800 in the women's.

Hot off his USATF National Masters 6K Cross-Country Championships win in Indianapolis, Feb. 7, Peter Magill, 42, South Pasadena, Calif., made up a 20-meter deficit in the last 300m of the speedy T-shaped downtown course to burst past Brian Pope, 41, Oxford, Miss., 14:51 to 14:52. Danny Martinez, 42, Alhambra, Calif., 14:54, and Alfredo Vigueras, 41, Woodland, Calif., 14:56, made it a tight race. Last year’s runner-up by a hair, Dennis Simonaitis (14:38 in 2003), 41, Draper, Utah, 15:06, was fifth.

Magill decided to enter the race only that morning, as a tight hamstring had been bothering him. Insomnia and the thought of his teammates getting to run without him, however, got him out of bed and into the car. Magill runs with Team Runners High of Long Beach, Calif.

Team Runner’s High member Dave Parsel, 48, Costa Mesa, Calif, 15:53, cruised to the M45 title here, edging veteran miler Steve Scott, 47, Carlsbad, 15:59.

Nolan Shaheed, 54, Pasadena, Calif., won the M50, 15:54. Shaheed is getting faster again after a few 16:00+ performances here since his 15:36 M50-54 age-group record here in 2001 (which still stands).

Michael Dove, 57, Salinas, Calif., 17:30, just surpassed John Combs, 56,
Sindelfingen Pulls Off a Surprising Success

We have certainly had our share of championships opportunities lately. Following are my views of those I’ve already attended, and those I would like to see.

First there was the inaugural World Masters Athletics Indoor Championships in Sindelfingen, Germany. I must admit I did not expect a lot from this meet. I guess I was so close to the New York bid for these Championships that I was skeptical that they could pull it off on a four-lane track.

Well, they did a very good job, considering the circumstances. Many records were broken and most athletes, including myself, had a good time. The weather was quite cold and snowy for the outdoor throws, especially for Southern California and Florida athletes, but we dealt with it. It was the same for everyone. That’s what makes this the great sport that it is.

Would I do it again if I knew what I was getting into? You bet I would! I was disappointed that only 65 U.S. athletes chose to experience this first ever world indoor championships. Those who didn’t missed a wonderful experience. The camaraderie among athletes was outstanding. This was especially so for my roommate, veterinarian Bob Sager. He hugged more non-Americans than the Secretary General of the United Nations. When he finishes inseminating all the cows in Montana, I think there is a job for him on the East River in New York.

Speaking of New York again, in some ways I am almost glad they didn’t get these Championships. Considering the state of affairs in the world today, they might not have had the turnout needed to break even. When our world settles down a little, I hope they try again. They have an outstanding venue.

2006 Indoor World Meet

Another outstanding venue will be Linz, Austria, for the 2nd WMA Indoor Championships in 2006. Their presentation for the event was almost as good as Jerry Bookin-Weiner’s presentation at the annual meeting for the 2006 NCCWMA Regional Championships. Linz did almost everything perfectly. You know that is true when there are very few questions. They were slick.

I did have a question for them, as you might guess. They seem stuck on putting us weight throwers outside in the cold. I informed them that there are such things as indoor throwing weights. They acted surprised, and said they would look into it. I volunteered to send them some U.S. suppliers’ catalogs. This could be a double-edged sword, since they will probably cut the sector lines as they did in the shot put in Sindelfingen.

Sticking to the Rules

The voting was not without controversy. The General Assembly meeting was only to select the 2006 site. As usual, federations were required to identify their delegates 30 days in advance of the Assembly. And, as usual, many federations did not declare their delegates. In fact, only 19 or 20 did so, out of 50, 60 or maybe 70 federations.

Much politicking and pressure was in sway prior to the Assembly. Some said it really wasn’t a real assembly and so everyone could vote on a site without following the rules.

The WMA Council tried to figure out what to do and couldn’t reach agreement. They decided to put it to a vote by the seated delegates to decide if the non-seated delegates could vote.

The U.S. delegation asked that the vote be by secret ballot. This was complied with and the vote was a tie. That left it to the chairman, Torsten Carlius, to break the tie with his vote. I must say I was most surprised that he voted NO. This surprised everyone. Thank you, Mr. Carlius! Only the seated delegates voted. And you know the results. Let’s have a large representation in Linz.

Ancona, Italy, had an uphill battle, but will probably be a good bidder in the future.

Indoor Nationals – Boston

How many times can I say that this meet keeps getting better, year after year? They did it again this year, and the records prove it. Thanks to the meet directors for the special accommodation for our long-throwing M60+ weight throwers. Throwing the weight in the middle of the track, just like the big boys. Wow!

Another thing that really impressed me about this meet was the number of athletes collecting medals who have had major surgical and cancer treatments during the past couple of years. In the interest of privacy, I won’t name names, but you know who they are. What an inspiration to all of us.

This sport is more than a lifetime sport. It is passion personified. The passing of the banner to Boise was an impressive gesture and a real show of class by the Boston organizers. Boise has big shoes to fill.

Besides the fantastic media work by Jill Geer from the National office and Bob Weiner and his Media Committee, we even had our National CEO, Craig Masback, in attendance on his way to Athens. He was very impressed with all aspects of the meet. Thanks for your attention, Craig. We look forward to our return to Boston in 2006.

Club Championships

One thing we haven’t publicized enough in these championships is the club scores. I am working to get this information out, but am having trouble getting everyone behind the effort. As you may recall, the Masters T&F Committee agreed to have club scoring on an unofficial basis until we decided not to continue or made it official at the next Annual Meeting. Hopefully, we will make it official at the next Annual Meeting in Portland, Ore.

I would also like to see us start running regional club championships on an unofficial basis to see how that would work out. We might also look into running the masters club championships in conjunction with the open regional championships, which could use the critical mass. Please let me know how you feel about this.
Athletes Set 56 World and U.S. Records

Continued from page 1

200, 400, 800, 3000, long jump, and triple jump, setting three world and three national M90-94 records. He lowered the U.S. record in the 200 from 76.4 to 49.32, and the 400 record from 2:54.0 to 1:57.00. For his performances, he was named USATF’s Athlete of the Week.

Earl Fee, who turned 75 a week before the meet, should have been Canada’s Athlete of the Week. Considered, by many as the best 800 masters runner in the world, smashed three M75 world records in the 400, 800, and mile. In the mile on Saturday, running unchallenged, he ran a 5:41.95, about 45 seconds below the present record of 6:27.16.

Roderick Parker, M85, AR, set world records in the 200 (35.74) and 400 (85.14/old record 98.5), and a national record in the 60m (9.86). Alston Brown, 55, NYC, scorched the M55 mile in 4:49.33, a world record time.

Suzi McLeod, W70, OR, ran to world records in the 400 (87.26) and 800 (3:20.14). After the 400, she said, “I was nervous as hell. I had never run a 400 before. When I was entering, my husband said, ‘You can’t go all that way and just run an 800.’”

Leland McPhie, CA, another M90, set a world put record (6.71), and U.S. records for the weight (6.96) and superweight (2.70).

Evelyn Wright, W65, MD, topped the high jump world record of 1.23 to 1.24, and broke the U.S. throw record (11.59).

Five 3000m racewalk records were set, including an M75 by Jack Starr, DE, 17.52.74, and W85 by Benno-Carls, CA, 27:11.02.

Dual national records went to Kathy Jager, W60, AZ, in the 60m (9.04) and 200 (30.59); Sid Howard, M65, NYC, 800 (2:23.79) and mile (5:23.05); Tom Gage, M60, MT, weight (22.82) and superweight (9.06); and Bob Ward, M70, TX, weight (19.09) and superweight (10.30). Eight weight and four superweight records fell or were established.

Quadruple gold medalists among the women were Jager, W60, Wright, W65, Alethea Morris, W35, NYC, in the three sprints and high jump, and Leondre McDaniel, W75, VA, who won all of the jumps, with a world record 1.80 in the pole vault, better than her record of 1.71.

Besides Springer, M90, and McPhie, M90, the other male four-time gold medalist was James Stooke, M55, MD, with wins in the 60m and three jumps.

Close races started with the M35 60m, when Hoy Thurman, 36, GA, won by 1/100 of a second over Barney Borromeo, 36, MA, 7.19 to 7.20.

Loretta Woodward, 49, GA, with an 8.65, held off Irene Thompson, NY, 8.66, and Denise McField, MO, 8.67, to win the W45 60m.

In the first 400 heat, Ed Goner, 51, NY, overtook Francis Schiro, 51, NYC, in the last few meters to win the gold medal, 54.31 to 54.34. After Schiro had led all of the way, Robert Thomas, 37, IN, won the 400 with an

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### 2004 USATF NATIONAL MASTERS INDOOR CHAMPIONS, BOSTON, MASS., MARCH 26-28

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**ENTRY FEES**

Corporate Mile — $5.00 Relay — $10.00 Pentathlon — $30.00

**COMPETITOR’S 1st Event $20.00 / $10.00 Each Additional Event — OR — $35.00 For First 4 Events**

Fee must accompany entry form. Entries received after June 1, 2004 will be assessed a $35.00 late fee. Any entries received after June 4, 2004 will not be guaranteed electronic results. Payment must be made in the form of a certified check or money order made payable to: M-NCPPC.

### SPORTSPLEX MASTERS MEET

Sunday, June 6, 2004

**Start Time:** Field Events — 10:00am

**Track Events — 10:00am**

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**Eligible Athletes:** Men & Women 5-year age divisions starting at 30 years and over.

**Men & Women Open Division ranging from 20-29 year olds.**

**Spectators:** $5.00 Relay — $30.00 Pentathlon — $30.00

**COMPETITOR’S 1st Event $20.00 / $10.00 Each Additional Event — OR — $35.00 For First 4 Events**

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**Registration information is available by request.**

Meet application can be downloaded from www.pgsportsandleam.com

For more information call (301) 583-2660.

**VENUE SPECIFICATIONS**

- 8-lane, 400-meter oval track, on Martin’s poured rubber surface. ½ inch spike ONLY.

Kathy Martin, W50, won three events and broke her U.S. record in the 3000 with a 10:23.84, National Masters Indoor Championships, Boston.

1.93 from last year’s championships here. Regina Richardson, 39, NC, led Boston with a national record 11.07 in the triple jump, after winning the long jump.

Ron Summers, 51, IL, hit a world record 16.65 with the 6kg shot.

Top performances by age-grading went to Stan Whiteley, 58, CA, for his 99.4% 7.67, and Harry Brown, 74, IL, for his 99.3% 8.55 in the 60m.

Top performer in the distance races was Fee, 75, with a 99.0% 2:32.47 in the 800.

Continued from previous page outstanding 48.88.

Karla Del Grande, 50, Canada, was pushed to a world record 62.28 by Jacqueline Board, 50, AZ, 62.82.

Kathy Martin, 52, NY, after breaking her record of 10:33.72 for the 3000 with a 10:23.84 on Friday, came back to win the mile on Saturday and the 800 on Sunday. Catherine Stone-Borkowski, 41, NJ, posted the fastest times for the men in the mile (5:18.85) and 800 (2:25.26).

Chris Hughes, 36, MI, and Chris Yorges, 38, OR, battled in the mile, with Hughes prevailing, 4:34.55 to 4:36.65. Hughes returned for the 800 for an attempt at a double, but was foiled by David Nash, 36, IA, who ran a 1:55.37 to Hughes’ 1:59.11.

In the 3000 on Friday evening, Chris Chisholm, 41, CT, was the fastest man on the track, winning overall in 8:48.27.

Courtland Gray, 60, TX, ran a 9.04 in the 60mH. Emil Pawlik, 65, MS, did a 9.77. Both are world record times, although Gray had a better mark in the WMA Championships in Germany two weeks prior.

Pawlik was the then scorer in the pentathlon (4329), with Young Steigerwalt (4015) and Young Steigerwalt, 14-45, 50...55, among the women with a 3556.

Anna Wldarczyk, 53, CA, guest athlete and Polish ex-Olympian, had the quickest 60mH (10:25).

In the high jump, Bruce McCanter, 46, VA, bettered the M45 U.S. record with a 1.88, but has a pending mark of...
Record-setting Liberty AC W60-69 4x800 team (l to r): Mardi Reed, Carrie Parsi, Regina Wright, and Mary Harada, National Masters Indoor Championships.

Continued from previous page

the 800, and a 96.8% 5:41.95 mile. Pawlik’s 9.77 world record in the 60mH was worth 95.7%, but the best performer was Charley Miller, 66, TX, second to Pawlik with a 96.7% 9.83.

Leonore McDaniels was top among the jumpers with a 98.2% 1.09 high jump. Racewalker Don DeNoon, 60, FL, scored a 91.9% for his 3000m world record 14:22.23.

Summers’ world record 16.65 in the shot put was worth 84.4%, but Gerald Vaughn, 60, NC, had an M65 winning throw (13.53) valued at 99.1%. The 100% plus compilers were all weight throwers: Oneitha Lewis, 43, NC, 7.82, %; and Gage, the Long and High Jump. Racewalker Don DeNoon, 60, FL, scored a 91.9% for his 3000m world record 14:22.23.

An unofficial club scoring showed Carla Harada, second to Ito in the 60mH, with a 98.2% 9.83.

The Potomac Valley TC topped the women’s clubs with 65.5.

At the Athlete’s Meeting held on the track at the Lewis Center on Saturday, Fernando Roman, representative of the NCCWMA Championships organizing committee provided information on the meet. Phil Byrne, Masters T&F Awards Committee Chairman, presented certificates and plaques to the winners of the 2003 awards who were present. Sandy Paschik answered questions about the uniforms for the WMA Championships in Spain in 2005.

Pre-championships publicity originated from Bob Weiner, of the Masters Media Sub-committee, and Jill Geer, USATF Communications Director. Local press coverage during the Championships was extensive. The Boston Herald did daily feature articles on Fee, Stone-Borkowski, and Christensen, 46, UT, who competed in the shot and hurdles.

The Boston Globe interviewed M90s Springer and McPhee. Fox TV News did a segment on the meet on its Saturday night broadcast. Runner’s World also covered Fee’s world records. Consolidation of the complete articles and TV coverage can be found at www.weinerpublic.com/page155.html.

The meet was hosted by the USATF New England Association, under the direction of Steve Vaitones, with assistance from Ed Daniels, Phil Byrne, and Lee Hess. The Masters Games Committee of Paschik, Rex Harvey, Becky Sisley, and Dick Hetchkiss provided additional support.

Peter Taylor did most of the announcing for three days. Lancer Timing handled the scoring and timing.

The primary sponsors were Dunkin’ Donuts, M-F Athletic Company, Verizon Wireless, American Track & Field, and the Merrimack Valley Striders.

After the Championships, Chris Yorges, M35, said, “The quality of performances from the 30-year-olds to Springer and McPhee was outstanding, and enhanced by the announcing of Pete Taylor. I’ve been to several championships here in Boston. This was the best.”

The 2005 Indoor Championships will be held in Boise, Idaho.

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Visit the National Masters News on our Web site at: www.nationalmastersnews.com

THE NINTEENTH ANNUAL GSAC/RANDOLPH CLASSIC TRACK & FIELD MEET
SUNDAY, JUNE 6, 2004
RANDOLPH, NEW JERSEY

The GSAC/Randolph Classic is for Athletes of all ages. This Year’s Classic is dedicated to the memory of Irwin Bernstein.

TRACK EVENTS

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<tr>
<td>5000 Meters</td>
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<td>High Hurdles</td>
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<td>Mile Run</td>
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<td>Youth 100 M Dash</td>
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<td>100 Meter Dash</td>
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<td>Youth 400 M Dash</td>
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<td>RW Mile</td>
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<td>800 Meter</td>
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<td>200 Meter Dash</td>
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<tr>
<td>4X400 Relay (Youth)</td>
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FIELD EVENTS

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<tr>
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<td>10:00 am</td>
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<tr>
<td>Shot Put, 60 &amp; up</td>
<td>10:00 am</td>
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<td>Long Jump</td>
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<td>Javelin</td>
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<td>Discus, 60 &amp; 100</td>
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<tr>
<td>Followed by 60 &amp; up</td>
<td>10:00 am</td>
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<tr>
<td>High Jump</td>
<td>10:30 am</td>
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<td>Weight Throw</td>
<td>1:00 pm</td>
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<tr>
<td>Triple Jump</td>
<td>2:00 pm</td>
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</tbody>
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Divisions: Open (Age 15-29), Submasters (Age 30-39), Masters (Age 40+) in 5 Year Age Groups. Youth (9-10, 11-12, 13-14) Athletes age 14 and under may only compete in Youth Events. All events will be run Youngest to Oldest. Times are approximate. 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 but are not provided by the meet director.
USATF MEMBERSHIP REQUIRED! Card must be presented, NO EXCEPTIONS!

FEES: Pre-registered - Received on or before June 1, $ 7.00 per event. Post-entry (after June 1) - $ 10.00 per event.
Relay Teams - Open and Masters Teams $16.00. Youth Teams $12.00.

AWARDS - Medals for First, Second, and Third place in each age division.
For an application send a self addressed stamped envelope to M. Bost, P.O. Box 458, Ironia, NJ 07845.

Meet application can be downloaded from www.usatfnj.org at the Track & Field Page.
A USAF Ultrarunning Update

As a USAF Mountain, Ultra and Trail (MUT) at-large council member, I would like to help clarify recent issues involving USAF and the AUA. In the February and March 2004 issues of National Masters News, USAF made several announcements that concern ultrarunning in the U.S.

Primarily, USAF has changed masters age groups at AUA events to start at age 55 or over, depending on the distance. The “USAF Preserves Masters Age Divisions” announcement that appeared in the March issue was incorrectly credited to AUA. In fact, that article (NMN, March, p. 6) was submitted by USAF/MUT to confirm that at USAF events the masters age groups will remain at increments of five years starting at age 40.

AUA’s arguments for raising the minimum masters age groups are not compelling and would only serve to benefit a handful of 50+-year-old masters runners, while causing significant harm to the much larger population of affected 40-49-year-old runners. Since there is no mass outcry about the traditional masters age groups, there is no need to fix what is not broken.

In addition, AUA’s “A New Beginning…” statement contains inaccuracies and misleading information. One inaccuracy that needs clarifying is the partnership of AUA with UltraRunning (UR) Magazine. Initially, AUA intended to use the UltraRunning subscriber list as its membership base.

What benefit UR was to have gained from this partnership is unclear. However, UR has since maintained its neutral status as a pure information source, and has not relinquished its subscriber list for AUA membership.

Another inaccuracy concerns the U.S. representation on the International Association of Ultrarunnerers (IAU). AUA has in fact represented the U.S. on the IAU board in the past, ostensibly as a USAF proxy. Rather, they will do so by actively signing on with AUA.

I also dispute the AUA statement that ultrarunning performances have declined for both masters and open runners. While it is true there has been a slight drop in performances at the 100K distance, this is attributable simply to there being less interest and fewer races at that distance. At other ultra venues and distances, including the 50K trail and 100-mile trail races, especially at the 24-hour event, performances have been as good as or better than ever.

At the San Diego One Day 24-Hour National Championships in November 2003, Pam Reed set the U.S. women’s track 24-hour, W40-44, 100-mile, and 200K records.

Another issue of concern to masters ultrarunners involves AUA’s attempted takeover of the USAF 100K National team. I refer to it as a takeover because the MUT council of USAF has not approached the AUA as an “outsourcing” vehicle for the team. The AUA has aggressively tried to supplant the MUT Council’s oversight of the 100K team.

The AUA alleges to have substantial funds to contribute for the travel expenses of the USAF 100K National team. In exchange for said funds, all USAF asks for is control of team logistics and selection.

When outside agencies provide money for a sport, they are considered sponsors and as such should have no control of team logistics and selection. The majority of the MUT Council voted not to sell the USA 100K National team.

USAF president Bill Roe affirmed MUT’s vote with the statement, “I am not in favor of abdicating any portion of our governance obligation to comply with the International Associations of Ultrarunners/International Association of Athletics Federations (IAU/IAAF) invitation for USAF to name USA teams, as we do for all disciplines of our sport.”

After the vote, USAF withdrew three previously sanctioned USAF National Championships and declared them “American Championships.” At about the same time, they stated they would fund an “American” team at the 100K World Challenge in September in Winschoten, Netherlands.

While I applaud the USAF’s efforts to increase U.S. presence in the World Cup event, said “American” team would not be able to compete as recognized U.S. national team and all their runners will essentially be competing in the open division as individual runners. The USA can rally their runners’ times for comparison with the international teams, but the team has no legitimate standing.

I would like to end by saying that ultrarunners receive more from the USAF than just a “card with numbers on it.” USAF/MUT provides credible, nationally recognized championship races at a variety of distances and terrains, annual awards and recognition for runners of all ages, and a fair, unbiased open selection process for a recognized U.S. national team.

(For more information on the American Ultrarunning Association, please visit www.americaultra.com)
Sullivan Award Goes to Swimmer

Masters athlete Phil Raschker, 57, and three other amateur athletes lost out to swimmer Michael Phelps in their bid for the 2003 Sullivan Award. Raschker was a finalist with LeBron James of the Cleveland Cavaliers, Diana Taurasi of the NCAA women's basketball champions U. of Connecticut, and speedskater Apolo Anton Ohno.

Phelps, 19, who set a world record at age 15, will try to equal Mark Spitz's seven Olympic gold medals in Athens. At the awards presentation at New York Athletic Club in Manhattan on April 13, Raschker said, "The majority of Americans are over 40 now, and 35 million Americans are over 65. I hope that my presence in the finals inspires lifetime fitness as we age. Sports are breaking the age stereotype. I am extremely grateful to the Senior Games and to Masters Track and Field for providing great opportunities for all Americans to stay fit for a lifetime."

Cox News Service reported, "Raschker was almost giddy when the formal ceremony ended Tuesday night and the autograph session began. She wore a blue-green crushed velvet dress with a halter top that showed off the muscles in her arms and her back."

"I'm not used to this kind of stuff," Raschker said. "For the masters program, we're just not used to getting any kind of publicity."

Over 100 newspapers carried A.P. stories of Raschker's nomination, mentioning "57-year-old masters track and field athlete Philippa Raschker, an accountant from Marietta, Ga."

The Sullivan Award has been presented by the Amateur Athletic Union since 1930.

Finalists in the M65 600m (1 to r): William Bittner; Marion Harrison, 1st (8.34); Dick Camp; Bob Lida, 2nd (8.38); Emil Pawlik; Paul Johnson, 3rd (8.49); Wayne Bennett, and Spencer Parrish, National Masters Indoor Championships.

State Street Mile

June 27, 2004 in Santa Barbara...

First Event: 8:00 a.m. State & Pedregosa

A Benefit for the District Attorney's Office Victim Witness Assistance Program

featuring...

Toyota of Santa Barbara Masters Elite Mile
Platinum Performance Elite Mile
Age Group Miles
Law Enforcement Mile
Three Dog Bakery Dog Mile
Santa Barbara News-Press Family Fun Mile

Pre-registration available online at www.active.com or www.sbmile.com

Race day registration begins at 7:00 a.m.

Call (805)568-2316 for an entry form and more information

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TROPHY

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First WMA Indoor Meet is a Hit

The first World Masters Athletics Indoor Championships were held in Sindelfingen, GER, March 10-14, just eight months after the General Assembly in Carolina, PUR, voted to add the event to its championships program. The LOC in Sindelfingen, i.e., the Württembergischer Leicht-athletik-Verband, together with great support from the City of Sindelfingen, accomplished a very professional job in this short period. As a result, the championships were highly organized and, consequently, a great success with 2637 athletes from 57 countries in attendance.

At this inaugural world indoor meet, it was a great pleasure to see all six WMA regions represented. As the host country, Germany had the biggest team (1216 athletes), but France, Great Britain and Italy were also strongly represented. I was very pleased to see that the unofficial M35-39 age group generated significant interest with 200 athletes participating.

Excellent Performances
The championships were organized in the splendid indoor arena, “das Glaspalast,” where the atmosphere was warm, very pleasant, and sportsmanlike. All good performances, of which there were many, were highly appreciated by the other athletes and spectators.

Outside “das Glaspalast” were the highly popular winter throwing events, cross-country and road walks. The winter throws are developing strongly and will be included in future World Masters Indoor meets. The running and jumping events need closer study, as they compete with the non-Stadia Championships in the same year.

Two cities (Ancona, ITA, and Linz, AUT) presented bids to the Council and Special Assembly for the 2006 WMA Indoor Championships. As a result, Linz, AUT, was awarded the next World Masters Indoor Meet, which will be organized in their wonderful Intersport Arena in March 2006. If not already available, their Web site, www.linz2006.com, will be available in the near future.

IAAF Representation
We were very happy to have many prominent IAAF representatives in Sindelfingen, all of whom expressed great satisfaction and future support. IAAF President Lamine Diack took a personal interest in the competition, as did IAAF General Secretary Istvan Gulyai, IAAF Vice President Helmut Digel, and EAA President Hansjörg Wirz.

The way in which the championships were organized, demonstrated that there is just one athletics family even if we exist in two world associations. At the IAAF Council meeting in Athens 10 days later, we received full support for approval of our wish that men also become masters at age 35 years. Also, the best masters will be

Athletes Invited to Canadian Meet

If your summer vacation plans are still up in the air, you might want to consider a visit to the 30th Annual Canadian Masters Track and Field Championships in Calgary, Alberta, Canada, July 17-18.

Masters athletes age 30+ are invited to compete in the 100 to 5000m, steeplechase, 80 to 400m hurdles, racewalking, all jumps, throws, pentathlon and exhibition weight pentathlon (see entry form on p. 23).

In addition, road racing enthusiasts can participate in a masters only age-graded 5K road race on Sunday, July 17. As you may already know, age grading is a wonderful opportunity to keep track of your own accomplishments over the years.

The 1st, 2nd and 3rd place awards are a prize value of CAN$300, $200 and $100, respectively, to the top three athletes, male or female, based on age-graded results. Also, gold, silver and bronze medals will be awarded in every five year age-group.

Apart from the excitement of competition, Canada’s mountains offer great opportunities for hiking or trail running. Visit www.mountarinrunning.com for more info.

Cultural activities abound. The Calgary Stampede and Edmonton Klondike Days are held just before and after the championships. The Cowboy Trail offers many opportunities for family fun.

For additional competition information and recreational opportunities contact: www.2004canadianmasters.com; e-mail: contact@2004canadianmasters.com; call (toll free) 866-286-1318; or write: 2004 Canadian Masters, PO. Box 48153, Calgary, Alberta T2X 3C9, Canada.

Canada welcomes you and your family to an exciting championships event in July, and invites you to extend your trip into a culturally and recreationally diverse vacation opportunity.

WMA Championships

Continued from page 1

About 2600 masters athletes age 35-and-over from 55 countries made up the field, primarily from the host country and adjoining nations. Athletes from Asia, Africa, Oceania, and South America were few, if any. Sixty-five U.S. athletes were listed as entrants.

Two athletes set three records each. Guido Muller, GER, who holds the M55 and M60 world records for the outdoor 110m hurdles, showed that he is just as fast indoors, with records in the 200 (26.05), 400 (56.95), and 60m*76SH (9.60). The 400 record is about two-and-a-half seconds better than the present record of 59.35 by Larry Colbert, USA.

Olga Kotelko, CAN, a recent 85, set world records in the high jump (0.89), long jump (1.91), and shot put (5.81).

Courtland Gray, M60, was the only U.S. athlete to score an age-group record, with an 8.85 in the 60mH. The present record is held by U.S. hurdler Phil Mulkey at 9.14 in 1993. Of the 44 records broken, 33 are held by U.S. athletes.

The relatively small contingent of U.S. entrants won more than its fair share of gold medals. Paul Edens continued his streak of international and national championships, with wins in the 200 and 400m hurdles, the 100m dash, and the 4x100m. Joe Barnwell, M45, took the 60m race in 7.32.

Robert Thomas was the winner in the WMA newly-approved M35 division in the 200 (22.64).

Larry Barnum, M60, took the gold in a close race with Vic Blanchard, GBR, 58.80 to 58.84, and second place in the 800 (2:18.88).

Sid Howard, M65, left for New York city with wins and U.S. records in the 800 (2:22.67) and 1500 (5:00.52). The records now stand at 2:22.14 and 5:05.5. Steve Gallegos (listed as Francksen in the results), at the top of his age group at 49, emerged victorious in both the 800 (2:03.35) and 1500 (4:09.95).

With Courtland Gray setting the pace, other U.S. athletes made their presence known in the 60mH. Dexter McCloud became the M40 world champion with an 8.37. Charley Miller, on the comeback trail after several years off, was second M65 (10.11).

The U.S. M60 4x200 team won the silver medal with a national record of 1:45.56.

Roger Price won the M55 8K cross-country race (25:07), on a moderately hilly course. His closest competitors were John Brown, M40, GBR, 22:34, and Brigitte Rupp, W40, GER, 26:35.

In the field events, Mike Shiras won the M50 shot put (15.08). Gregory Foster won the M40 pentathlon (4072). William Murray was the top scorer in the M50 pentathlon (4045). Highest scoring pentathletes were Rolf Geese, M60, GER, 4725, and Katalin Dek, W35, HUN, 4299.

Sullivan Award nominee Phil Rascher, W55, considered by many as the best masters athlete in the world and competing in his native Germany, with high hopes, tore a left hamstring in a 200 preliminary on Wednesday, the 10th.

"I sat out the rest of Wednesday and Thursday, wrapped my leg up tight and went on. I could not push off. Still, my technique got me a silver in the vault and triple jump. Gambling on height selection, with extreme pain at takeoff, got me a gold in the high jump."

Rascher also suffered injury in another way. Five of the world records broken are presently hers.

The discus, hammer, and javelin, offered as exhibition events, were held in two venues near the indoor arena in inclement weather. Marten Rögstrøm, M55, NED, had the farthest mark in the discus (48.33). Top marks in the hammer came from Swen Linden, M55, GER, 60.83, and Evaan Williams, W65, GBR, 40.27. Serhiy Havras, M45, UKR, hurled the javelin 62.32.

About the meet, Rascher said, "Germany did a great job, with so little time to prepare. The officials were courteous, helpful, friendly. The competition book was the best ever. Every championships meet should use it as their model."

Jeanne Daprano noted, "For me, this was a peaceful meet. I didn't see one anxious athlete like I usually see at the check-in and staging areas."

Hurdler Robert Zahn noted, "I've never seen so much beer consumed at a track meet."

The second WMA Indoor Championships will be held in Linz, Austria, in 2006.
By BRIDGET CUSHEN

The two day championships held in the four-lane Cardiff, Wales, arena, Feb. 21-22, was, as expected, one of the liveliest and most competitive for some years as athletes peaked for the World Championships, with the 35-39 age category entering a British Masters Championships for the first time, and competitors from Ireland and South Africa swelling the program.

Three weeks after shattering Nolan Shaheed’s M50 world 800 record with a 2:00.52, Dave Wilcock was going through the first 400 in under 58 seconds. Breaking free from his determined pursuers with two and half laps to go, he held on to win in the world record time of 4:12.67, erasing John Potts’ 4:14.73.

Runner up Dave Bedwell, with 4:13.46, was also inside the old record and the early pacemaker, Nigel Gates, held on for the bronze medal (4:17.58).

Drama followed, however, in the next race. As the M55 had completed half their 1500, the emergency alarm rang out with an order to clear the arena immediately. With less then three laps remaining, officials stood across the back straight directing the competitors out an emergency exit door.

Perspiring runners stood in below freezing temperatures while security staff carried out an intensive search, swiftly locating the problem – an inconsiderate sports person coming in from outside playing fields, who had lit a cigarette in the showering area, setting off the smoke alarm! The race was re-run as the last event of the meet.

Large entries in the 1500 and 3000 resulted in some excellent races. Nigel Gates, who recently lowered the M50 3000 world record to 8:49.38, had a solo run to win here in 8:59.

Sarah Heath took gold in the W40 1500 (4:42.84) and the 800 (2:16.93). There was a great tussle for W55 titles between the back-from-injury Pat Gallagher and double gold medalist from Puerto Rico, Margaret Auerbach, Gallagher winning the 800 (3:28.77), 1500, and 3000.

Neil Griffin, a paramedic, set a British M55 record of 14.99 in the shot put, in which he has ranked in the British senior top 10 for the past 38 years. Alan Williams, now back to optimum health, added .01 to his own M50 British pole vault record, clearing 4.01.

Helen Godsell, a new W50, won the 60m in 8.36, a European record, and the 200 (28.28).

Stephen Peters had a clean sweep in the M50 60m after setting a British record in his semi of 7.43. (Complete results available at www.bmaf.org.)

The national cross-country championships, run over 5K for women and M70+, and 10K for M40+, were held on March 20 over a very demanding course at Maiden Castle in the cathedral city of Durham. This is an ideal spectator course, as the athletes cycle four times, crossing a bridge, and running through playing fields before heading out through the boggy moorland and up a testing windswept hill.

The storms the previous day had abated, but high winds still swirled, buffeting runners as they reached the pinnacle of a steep hill.

Londoner Astrid Winger, Sue Wint, from Coventry, and Audrey Macmillan, all of whom recently won W35 status, made their masters debut in the 127-strong field. Just four seconds separated the first three in a frantic sprint to the finish, won by Susan Ridley from Clare Pauzer, W40, with Winger third and the early pacemaker Wint just holding off the second W40, Andrea Dennison.

Heavy rain lashed the M40-49 race on the exposed hills. Virtually all starters completed the muddy four-lap circuit, a testimony to their fitness and endurance. The 10K race was won by local man Brian Rushworth.

David Neill, individual winner of the British & Irish international race last November, won the M45 title. A Scottish club won the team title, but a small team that traveled over from North Belfast got fifth place from among the top British clubs.

Nigel Gates easily won the M50 race, but only seconds split Brian Lloyd and Charlie Dickinson in the M55 race. Gates had won the world indoor 3000 in Germany the previous week. Steve James, also a world indoor winner, added the M65 title to his illustrious career.

Despite the adverse conditions, five men M70-74 and two M80+ fought through to the finish, led by Spink.
Masters Scene

NATIONAL

- The USATF XC Council has added the National Masters 5K XC Championships/Saratoga National Bank XC Classic, Saratoga Spa State Park, NY, Oct. 17, to the championship schedule.

EAST


- Marie Murphy, 44, won the More Marathon for W45, Central Park, NYC, March 26. Ron Erikson, W40, was second (3:10:18), Beth Morris, W45, third (3:11:15).

- Frank Moore's 7:17.88 in the 2004 Harlem Miler is a world best for age 80. Henry Sygniewski ran an outdoor 7:51.9 in 2000. Single-age bests can be either indoor or outdoor.


- Kathy Martin, 52, Northport, NY, "three-peat ed" her women's overall title win in the Nationwide Insurance 10K. Run for ASPIRE, Plainview, NY, April 5, with a 37:30, eight seconds better than her victory in 2003. Gerry O'Keefe, 41, Lyndhurst, NJ, took the masters win in 34:40. Bob Giamalvo, 54, Delhi, NY, won the M50 title in 35:15. Proceeds of the race went to the Stanley Kramer Memorial ASPIRE Scholarship Fund to help young amputees of the ASPIRE Program further their educations.

- "Masters will return to Madison Square Garden in 2005," says Francis Schiro, Masters Event Coordinator, Verizon Milrose Games. The plan is for a Masters Championships of the World, an Indoor Sprint Medley Relay, consisting of teams from six different regions, running 400-200-200-400. Entries must be submitted by Dec. 7, 2004, to Francis Schiro, Verizon Milrose Games, 524 E 5th St #1, New York, NY 10009. FrancisSchiro@aol.com

- Leading the masters pack at the NYRR Colon Cancer Challenge 4-Miler, Central Park, NYC, March 14, were Jerry Macari, M50, 22:21:22, and Lyubov Kremleva (third overall), 43:22:23. Finishing strongly in their divisions were William Fortune, 75, 31:25, Jonathon Berke, 64, 34:29, and Gayle Jones, 84, 36:07.

SOUTHWEST


MIDWEST

- Jim Schnieder, M50, 57:33, and Jeanne Olash, W45, 62:20, snizzed to masters victories, Papa John's 10 Mile, Louisville, KY, April 10. Barry Ross, M50, was second M40+ (58:14). Ray Parella won the M65 first prize in 65:09. Judith Harmony took the W60 race in 85:41. The Indiana Invaders have launched a masters f&i program for ages 30+. The addition of a masters program to the club, the fourth largest USATF club in the Midwest, will complement the club's elite development program. Team Director Greg Harper said, "Masters competition, as an Invader, offers a unique opportunity to compete as a team, to wear the team colors, and to have fun... The additional interaction that these athletes will have with our elite athletes should be interesting." He also said that the club was looking forward to creating and bidding for masters f&i events to be held in Indiana, increasing participation and participation for Indiana masters. For more information, check www.indiananaviders.com/masters.

- Bucking the crowd and coming out winners at the Rodes City Run 10K, Louisville, KY, March 27, were Gordon Sanders, 32:01, and Annette Bauer-European, 40:40.35. The race is in its 24th year and drew over 4700 participants.

SOUTHWEST

- Carmen Troncoso, 44, led all of the W40+ and most of the M40+ to the finish with a first-overall woman 36:11, Capitol Statesman 10K, Austin, TX, March 28. Paul Zimmernan, M50, was first master (32:18). Jerzy Kuszakiewicz won the M85 match-up in 74:17.

- Some of the best masters hammer throwers in the US will have an exceptional opportunity to compete in an invitational event in the Modesto Relays on May 7. Sponsored by AdvcoCare, the event will be held May 7 at Modesto Junior College at 11:30 am. Awards will be age-graded. Scheduled to appear are Bob Ward, M70, Stew Thomson, M70, Dan John, M40, Bob Cahnera, M60, George Mathews, M60, Tom Gage, M60, Jim Wetenhall, M45, Carl Reichard, M50, Todd Taylor, M40, Don Meyer, M50, Georgia Cutler, W60, Joyce Taylor, W50, Onelisha Lewis, W40, and Candy Fink, W45. Dick Fabick, USATF Masters Weight Event Coordinator, is the producer.

- The quartet of Frank Strong, Cornell Stephenson, Kevin Morning, and Willie Gault, running in that order and representing the invites-registered with the AGG, set an M40+ U.S. record of 42:73 for the 4x100 at the Mt. SAC Relays, April 8. The present record is 42:77, set in 2002.

- Linda Somers-Smith, 42, notched a first-overall woman in 38:30, Emerald Nuts Across the Bay 12K, San Francisco, March 25. Helvexte, W50, finished with the leaders in 46:57, Myra Rhodes, W70, ran a 64:01. Daniel Gonzalez, M40, was first M40+ (2:30:30).

- On March 20, Nadine O'Connor, 62, continued her assault on the W60 pole vault world record with a 9-8.92. She marked the eighth time she has moved the record up. She approaches the 3-meter mark. She tied for 9th among 23 college women vaulters at the Aztec Invitational track meet at San Diego St. U.

WEST

USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are usually limited to age 50 and over. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. International T&F meets are usually limited to men over age 40 and women over 35. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, PO. Box 50098, Eugene OR 97405.

**TRACK & FIELD**

**NATIONAL**

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<th>Event</th>
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<th>Location</th>
<th>Contact Information</th>
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<tr>
<td>May 29-30</td>
<td>Potomac Valley TC Decathlon, Langley HS. See May 2.</td>
<td>May 22-26</td>
<td>USATF East Regional Masters Championships.</td>
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<tr>
<td>June 19</td>
<td>19th annual MAC/ Randolph Classic T&amp;F Meet, Randolph, NJ. Mert Hahn, 973-625-1764; madeline.bostit@ att.net; <a href="http://www.usatfnf.org">www.usatfnf.org</a> (Track &amp; Field page).</td>
<td>June 6</td>
<td>Sportsplex Masters Meet, Landover, Md. 301-583-2660; <a href="http://www.pg">www.pg</a> sportsandlearn.com</td>
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**EAST**

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

May 29-30 | Potomac Valley TC Decathlon, Langley HS. See May 2. | May 22-26 | USATF East Regional Masters Championships. |
June 19 | 19th annual MAC/ Randolph Classic T&F Meet, Randolph, NJ. Mert Hahn, 973-625-1764; madeline.bostit@att.net; www.usatfnf.org (Track & Field page). | June 6 | Sportsplex Masters Meet, Landover, Md. 301-583-2660; www.pg sportsandlearn.com |

July 17. Dayton Track Classic, Welcome Stadium, Dayton, OH. Bob Jones, 937-837-2574; email: BJrun@junocom

**MID-AMERICA**

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

June 6. Jolly Jogathon Meet, Marysville HS, Kansas. F-noon; T:3:00 pm. Cleve Walstrum, 785-562-3021; Athletic Warehouse, 562-2424.


June 12. USATF Mid-America Regional Masters Championships, Edwardsville, Ill. Ed Rowald, 314-469-0579; pshinn@i1.net


June 26. Missouri State Senior Games, Columbia, Mo. Jack Miles, 573-882-1462; smsg.org/seniorgames

August 1. Blair Masters & Open Meet, Blair HS, NE. Mike Maryott, 402-426-5595.


**SOUTHWEST**

Arkansas, Louisiana, Mississippi, Oklahoma, Texas.

May 22. Oklahoma Association Age-Group Meet, Jenks. Mike Barber, 918-481-1176.

June 12. Odessa Downtown Lions Club Benefit – Jackrabbit Relays, Ratliff Stadium, Odessa, Texas. Don Wright, 915-362-3180; wrightanapa@aol.com; Gerald Perry, 915-362-4640; perry@mts-online.net

June 19. USATF Southwestern Association Championships, Coppell, Texas. Lester Mount, 6750 Hillcrest Plaza Dr., #221, Dallas, TX 75230. 214-766-2854; lestermount@yahoo.com

July 10. USATF Southwest Regional Championships, site TBA. Lester Mount, 6750 Hillcrest Plaza Dr., #221, Dallas, TX 75230. lestermount@yahoo.com

July 10. Cat Spring Grunt VI Throwers Meet, Cat Spring, TX. M&W30+. 979-732-5591; k9lur@intertex.net

**WEST**

Arizona, California, Hawaii, Nevada, New Mexico.

May 1. Team Thor USA Throwers Meet, UC-San Diego, La Jolla, Calif. All throws, plus SW. Open to all. George Mathews, 2149 Calle Buena Ventura, Oceanside, CA 92056. 760-757-4550; email: georgemathews@cox.net

May 1. Arizona Regulation Meet, site

Open Pentathlon, Albuquerque. See July 11.

**NORTHWEST**


June 4-5. Montana Senior Olympics, Butte. Open to out-of-state. Kay Neumann, 406-586-5543; kayjn@imt.net

June 5. Seattle Parks Departments Masters Meet, West Seattle Stadium. Dennis Cook, 206-684-7094; email: dennis.co ok@seattle.gov

June 7-13. North Idaho Senior Games, Lewiston. T&F on 12th; 5K on 10th. 208-7443-5580; 800-877-3206; www.cityoflewiston org

June 12. USATF Inland NW Association Championships, Pullman, Wash. (s) Mike Hinz, 509-332-1168; usatf.org/assoc/inw/ inland%20NW%20Sched.htm

June 12-13. USATF Oregon Y/O/M Championships, Sandy HS. HT & SC on 12th at Mt Hood CC, Gresham. www.usa­foregon.org

June 19-20. Portland Masters Classic. Paul Stepam, 3011 NE Linden, Gresham, OR 97030. 503-666-8950; 1stepen@yah oo.com

June 24-July 22. Oregon TC All-Comers Meets, Hayward Field, Eugene. Thursday evenings for ages 13+. Jill Mestler, 541-302-9416; jmemster@juno.com

June 26-27. Hayward Masters Classic, Eugene, Ore. Ruth BreMiller, 541-687-9657; bre@darkwing.oregon.edu; Johnny Faerber, meet director, 541-942-7127; johnnyfaerber@hotmail.com

July 3 (tent.). Bend Masters & Open Classic, Summit HS, Bend, Ore. Mac McCormick, 1055 NW Milwaukee Ave., Bend, OR 97701. 541-318-8513; cmccor mick@bendcable.com

July 10-11. State Games of Oregon, Mt. Hood CC, Gresham. Bill Cook, 2860 SW Lilybeth Place, Gresham, OR 97080. ww.cook@com cast.net

July 17-18. USATF Northwest Regional Masters Championships, Pullman. Wash. Jeff Schaller, 433 SW State St., Pullman, WA 99163; jeffschaller@turbonet.com; www.teamz.com/cometsc/news

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


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

**LONG DISTANCE RUNNING**

**NATIONAL**

May 12-16. RRCA Convention, Lake Tahoe, Calif. www.rrca.org


June 5. USATF National Masters Women’s Championships/Freihover’s 5K, Albany, N.Y. George Regan, 518-273-5552; www.freihoversrun.com; 5K@freihoversrun.com


**INTERNATIONAL**

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

July 29-August 1 (tent.). Africa Championships, Yaunde, Cameroon. www.worl­d-masters-athletics.org

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

October 21-27. Oceania Championships, Raratonga, Cook Islands. www.worldmasters-athletics.org


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


**CANADA**

May 29. Ontario Masters Club Championships, Site TBA. www3.sympatico.ca/ ontario.masters


July 17-18. Canadian Masters National
JENNY WOJCIK

Kathy Jager broke W60 U.S. records in the 60 (9.05) and 200 (30.59), National Masters Indoor Championships.

May 2. Our House 5 Miler/USATF NJ Masters Championships, Summit, N.J. 732-381-0318; mzrace@aol.com
May 8. The Race 5K, New Britain, Conn. 860-652-8866; www.hartfordmarathon.com
May 15. Long Island Greenbelt Trail 50K, Plainview, N.Y. 516-349-7664; spolan sky@aol.com
May 15. NYRR Queens Half-Marathon, Queens, NYC. See May 18.
May 18. NYRR Downtown Dash, Lower Manhattan, NYC. 6:30 p.m. 212-860-4455; www.nyrr.org
May 22. NYRR 10K, Manhattan. See May 18.
May 23. Wachusett Mountain 4.3 Miles, Princeton, MA. Barbara McManus, 508-890-8811; barbm301@charter.net
May 29. Mount Kearsage 8.5 Miles, Warner, NH. Paul Di Geronimo, 603-456-3029; p_dgeronimo@mctele.com
May 31. Blue Onion 10K, Hartford, CT. 800-652-8866; www.hartfordmarathon.com
June 5. Northfield Mountain Run 8.2 Mile, Northfield, MA. Dave Dunham: davedunham@verizon.net
June 12. NYRR Mini 10K, Central Park, NYC. 212-860-4455; www.nyrr.org
June 26. Mt. Ascunty Run to the Summit 3.8 Mile, Windsor, VT. 1-800-299-3071; dominick_25@hotmail.com
June 27. Double Trouble 15K, Morgantown, PA. USATF Mid-Atlantic Off-Road Series Race. Ron Horn, 610-779-2668; email: rhornps@aol.com
July 3. USATF Adirondack 10 Mile Championships, Lake George, NY. 518-273-5552; info@usatfadir.org

SOUTHEAST

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

May 31. Mercedes-Benz Cotton Row 10K & 5K, Huntsville, Ala. May 15 deadline. Jim Oaks, 256-536-1603; jaoaks@aol.com
July 4. Peachtree 10K, Atlanta, GA. Limited to 55,000. SASE to Peachtree 2004, Atlanta TC, 3097 East Shadowland Ave, Atlanta, GA 30305.

MIDWEST

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

May 2. Flying Pig Marathon, Cincinnati, Ohio. 513-721-7447; www.flyingpigmarathon.com
May 8. Indianapolis 500 Festival Mini-Marathon & 5K. 800-638-4296; www.500festival.com
May 15. Utica 5K, Utica, Mi. Lee Wolken, 586-731-8310.
May 21 (Fri). Wyandotte River 5K, Wyandotte, MI. Mary Reed, 734-282-9622.
June 5. Sunburst Marathon, Half-Marathon, 10K, & 5K, South Bend, IN. 574-647-3394; www.sunbursttraces.org
June 5. Steamboat Classic 4 Mile, Peoria, IL. www.steamboatclassic.org
June 11 (Fri). Zanglin Downriver Run One Mile & 8K, Trenton, Mich. 7:30 pm. 734-282-1100; www.zanglinrun.com
August 1. Chicago Distance Classic Half-Marathon & 5K. www.chicagodistanceclassic.com
September 25. Fox Cities Marathon, Half & Relay Marathon, 13.1 Mile Powerwalk, & 5K, Appleton, WI. Marnie Nordskog, Community First Fox Cities Marathon, PO Box 1315, Appleton, WI 54912-1315. 920-882-9499; 877-230-7722; www.focitiesmarathon.org

MID-AMERICA

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

May 1. Run Around Woman Plus 30K, Longville, Minn. 800-756-7583; www.lo ngville30k.com
May 9. St. Louis TC Fitness Survival 5K & 10K, St. Louis, Mo. 314-453-4933; www.STLFF.com
June 5. Dam to Dam 20K, Des Moines, IA. www.damtodam.org
July 24. Quad-City Times Bix 7 Mile, Davenport, IA. www.bix7.com

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

May 8. Gum Tree 10K, Tupelo, MS. 662-844-2391; tupelorunningclub.homestead.com
May 15. Beach to Bay Relay Marathon, Corpus Christi, Texas. 361-881-6166; www.beachtobayrelay.com

WEST

Arizona, California, Hawaii, Nevada, New Mexico

May 8. Bandelier Marathon, 50 Mile, & Relays, Los Alamos, NM. Rene LeClaire, 505-672-9159
May 15. 38th Palos Verdes Marathon & Half-Marathon, Palos Verdes, CA. 310-828-4123; www.w2promotions.com
June 19. Vicki’s 3000, Santa Barbara CC Track. 805-455-7246; leah@sbrunning.org
June 20. California Senior Games Championships 10K, Pasadena, CA. Qualifier for 2005 NSG. Jim Hanley, meet director, 805-496-1829; jim@hanley.cc; www.pasadenaseniorolympics.org
June 20. California Senior Games Championships 5K, Rose Bowl, Pasadena. Jim Hanley, meet director, 805-496-1829; jim@hanley.cc; www.pasadenaseniorolympics.com
June 27. Platinum Performance State
M55 triple jumpers (l to r): Roger Crockett, 2nd, Ivan Black, 1st (10.19), Michael Miolave, 3rd, and Gerard Dunne, 4th National Masters Indoor Championships.

May 1. USAF North Region & Indiana

May 8. USAF Florida RW Championships, Jacksonville. 904-387-0528; email: consultJTB@aol.com

May 22. USAF National One & Two Hour RW Championships, Kenosha, Wis. Mike DeWitt, 262-551-7600.

May 23. USAF MAC 20K RW Championships/Empire State Games Qualifier, Central Park, 90th St/5th Ave. Stella Cashman, 212-628-1317; franscash@aol.com

June 5. California Senior Games Championships, Pasadena CC. Qualifier for 2005 NSG. 1500 & 5000 RWs. Jim Hanley, meet director, 805-496-1829; jim@hanley.cc; www.pasadenaseniorolympics.org


June 13. USAF MAC 15K RW Championships, Central Park, 90th St/5th Ave. Stella Cashman, 212-628-1317; franscash@aol.com


July 11. USAF MAC 5K RW Championships, NYC. Stella Cashman, 212-628-1317; franscash@aol.com

July 17-18. USA 20K Olympic RW Trials, Sacramento, Calif.

August 5-8. USAF National Masters 500m & 10K RW Championships, Decatur, Ill. See National T&F Schedule.

August 8. USAF MAC 3K RW Championships, NYC. Stella Cashman, 212-628-1317; franscash@aol.com


October 10. USAF MAC 30K RW Championships, Central Park, 90th St/5th Ave. Stella Cashman, 212-628-1317; franscash@aol.com

October 11-12 (tent.). NCCWMA 15K Regional RW Championships, Coconut Creek, Fla. Bob Fine, 561-499-3370; bobbfine@aol.com


WMA/USATF Hurdles and Implements Specifications

<table>
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<tr>
<th>Hurdles</th>
<th>WOMEN</th>
<th>MEN</th>
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<tbody>
<tr>
<td>Age Group</td>
<td>Race Distance</td>
<td>Hurdle Height</td>
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<tr>
<td>30-39</td>
<td>100m</td>
<td>840m</td>
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<tr>
<td>40-49</td>
<td>80m</td>
<td>762m</td>
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<tr>
<td>50-59</td>
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<tr>
<td>60+</td>
<td>80m</td>
<td>686m</td>
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<tr>
<th>Implements</th>
<th>WEIGHT</th>
<th>SUPER WEIGHT</th>
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<tbody>
<tr>
<td>Women</td>
<td>30-49</td>
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<td>60+</td>
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<td>Men</td>
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<td>7.20k (16 lbs)</td>
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<td>50-59</td>
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<td>70-79</td>
<td>4.00k</td>
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<tr>
<td>80+</td>
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Note: 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. For all age-groups indoors, 5 hurdles are run.
### U.S. MASTERS ALL-AMERICAN STANDARDS FOR MEN

<table>
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<tr>
<th>Event</th>
<th>30-34</th>
<th>35-39</th>
<th>40-44</th>
<th>45-49</th>
<th>50-54</th>
<th>55-59</th>
<th>60-64</th>
<th>65-69</th>
<th>70-74</th>
<th>75-79</th>
<th>80-84</th>
<th>85-89</th>
<th>90+</th>
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<tbody>
<tr>
<td>10K</td>
<td>39:30</td>
<td>40:30</td>
<td>41:30</td>
<td>42:30</td>
<td>43:30</td>
<td>44:30</td>
<td>45:30</td>
<td>46:30</td>
<td>47:30</td>
<td>48:30</td>
<td>49:30</td>
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### U.S. MASTERS ALL-AMERICAN STANDARDS FOR WOMEN

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<th>70-74</th>
<th>75-79</th>
<th>80-84</th>
<th>85-89</th>
<th>90+</th>
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<tr>
<td>5K</td>
<td>22:30</td>
<td>23:30</td>
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<td>31:30</td>
<td>32:30</td>
<td>33:30</td>
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<tr>
<td>10K</td>
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<td>56:30</td>
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### APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

**NAME**
**ADDRESS**
**SEX**
**CITY**
**STATE**
**ZIP**
**DATE OF MEET**
**MEET SITE**
**EVENT**
**MARK**

**Hurdle Height**
**Weight of Implement**

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

1. If you have equaled or bettered the standard of excellence, please fill out this application.
2. A copy of this application or a note stating in which issue your results appeared MUST accompany this application.
3. Please send $10 for a certificate, $10 for a patch, and $10 for a patch tag showing event and year. The cost for both a certificate and patch ordered at the same time is $15.
4. Send to: All-American, Masters News, P.O. Box 500998, 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.
<table>
<thead>
<tr>
<th>Track &amp; Field Results</th>
<th>National Masters Championships</th>
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<tr>
<td>Event</td>
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<td>100m</td>
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<tr>
<td>200m</td>
<td>20.4</td>
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<tr>
<td>400m</td>
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<tr>
<td>Marathon</td>
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Note: Times are approximate and subject to rounding.

For more detailed information, please refer to the official National Masters Championships website.
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<tr>
<th>Name</th>
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<td>Bognar, Gabor</td>
<td>GEA 2168 3 van Heumen</td>
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<td>Brandl, Andreas</td>
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<td>Bruijn, Peter</td>
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<td>Bueken, René</td>
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<td>Bueter, Peter</td>
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<td>Büttinger, Christof</td>
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The 2004 Twin Cities Marathon is hosting the **USATF National Masters Marathon Championship** for the 14th consecutive year. Twin Cities Marathon Weekend includes the TCM Health and Fitness Expo, Sidney's Pasta Party, State Capitol 5K & Family Events, TC 10 Mile Run and Marathon. Fun for runners, wheelers, walkers and spectators.
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ULTIMATE GUIDE TO MARATHONS

SEPTEMBER 25 & 26, 2004
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