U.S. Athletes Are Stellar in Linz

By MARILYN MITCHELL
LINZ, Austria – More than 3000 athletes from approximately 60 countries gathered on the world’s stage here to earn the right to call themselves the world’s best masters indoor track and field athletes in the 2nd WMA World Championships on March 15-20.

The meet, open to men and women age 35-and-up, also included championships in several outdoor and non-stadia events, including the winter throws, an 8K cross-country, a 10K road walk, and a half-marathon.

U.S. athletes turned in outstanding performances, led by Bill Collins, Houston, Texas, who won the M55 60m, 200, and 400 (54.22), and established, en route, two world records in each of the semi-finals and finals of the M55 200, with 23.70 and 23.36, respectively.

Not satisfied with that, he returned later in the week to break his own 7.47 60m world record by running 7.46 in the heats and semi and then broke that record by running 7.34 in the finals. His stunning performance earned him the USATF “Athlete of the Week” honors for March 21.

Some of his fellow athletes teased Collins, when he, a man of extensive open and elite experience, admitted that he had not carried his running gear in his hand luggage and that the airlines had sent his running gear into outer space.

Nonetheless, Collins, a natural goodwill ambassador, performed so graciously, without complaining about lost luggage and borrowed shoes, that his competitors commiserated with him even though he beat them.

Spectators who did not know Collins snickered at his first and second races

Loken Repeats Win at More Marathon

Susan Loken, 42, successfully defended her title at the women-masters-only More Marathon held in Central Park, New York City, on March 26.

Loken, of Phoenix, Ariz., a single mother of three, ran a slower 2:50:01 than her course-record 2:45:35 last year, but still managed to win the race by two-and-half minutes from Doreen McCoubrie, 44, Malvern, Pa., who did, however, take age-graded honors over Loken, 86.0% to 85.3%.

Stephanie Hodge, 40, Long Island City, N.Y., finished third in 2:57:33.

"I used to run as an excuse to get out..."
25th ANNUAL HAYWARD CLASSIC
JUNE 24 – 25, 2006
Northwest Regional Masters Track & Field Championships

GENERAL INFORMATION
ENTRY FEES: $15.00 first event; $7.00 second event; $4.00 each additional event. LATE ENTRY FEE: $10.00
ENTRY DEADLINES: Postmarked by Friday, June 9th. LATE ENTRY DEADLINE – 5PM TUE., JUNE 20
Awards: Northwest Regional medals awarded for 1st, 2nd, 3rd, ribbons for 4th, 5th, and 6th. Championship Patches for NW Athletes winners.
Facility: All-weather track and runways (spikes 15" Max.) Implements: OTCM will provide throwing implements.
Sanction: USATF. Divisions: 5 year divisions for men and women age 30 & up. Relays, 10 year age groups, must wear distinguishable tops.
Packet Pickup: Phoenix Inn 6-8 pm, Friday, June 23 or Hayward Field after 7:30 am Saturday, June 24.
Meet Headquarters: Phoenix Inn, 850 Franklin Blvd, Eugene, OR 97403. Call 1-800-344-0131 for reservations. Special Hayward Classic rate if reserved by June 1st. www.phoenixsuites.com/hotels/eugene/
Reception: Sponsored by OTCM, Saturday, June 24, 4:30 – 6 pm at the Phoenix Inn. Light refreshments.
Regional Meeting: following reception. Contacts: website: www.haywardclassic.org email: brem@uoregon.edu

ENTRY DEADLINES:
ENTRY reserved (H) _____ (W) _____ (F) _____
INFORMATION
FEES – DUE BY JUNE 9th

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2006 HAYWARD CLASSIC ENTRY BLANK
Northwest Regional Masters Championships JUNE 24-25, 2006

Last Name ________________________________ First Name ________________________________
Address ________________________________ City ________________________________ ST Zip ______
Tel (H) ___________________________ (W) ___________________________ Email ________________________________
Sex: Male ______ Female ______ Age as of June 24 ______ Birth date (month/day/year) ___/___/______

EVENTS Put an X in the boxes of the events that you are entering. Fill in 2005/2006 Seed times for your 100, 200, 400 and 800

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<td>javelin/ hammer/ discus/ weight/ superweight/</td>
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[ ] Yes, I will need ADA accommodation. Documentation must be submitted by May 11, 2006

USATF Association ___________________________ USATF Club ___________________________ USATF Registration number ___________________________

Make check payable to OTCM and mail to: Oregon Track Club Masters, c/o Ruth BreMiller, 590 W 29th Ave, Eugene, OR 97405

Waiver: In exchange for acceptance of this entry, I for myself, executors, administrators and assigns, do hereby release any rights and claims for damages to me or my property I may have against OTCM, USATF, USATF Oregon, University of Oregon, and any and all sponsors and individuals involved with the presentation and conduct of this meet. I hereby attest that I have full knowledge of the risk involved in competing in this event and am physically fit and sufficiently trained to participate in this event.

Signature ___________________________ Date ___________________________
SCHEDULING

Have any throwers, aged 60-99, had a look at the schedule for the Nationals in Charlotte? We throw the shot on Thursday and then are allowed to stay in town until Sunday to throw the discus. That is unless you want to commute home, 460 miles in my case, after the shot and come back two days later for the discus.

I guess they figure the gas it would cost me to pull that round trip would cost more than to stay and enjoy Charlotte’s hospitality and motel prices.

This is exactly the type of treatment it will take to adversely affect the masters, along with scheduling up against each other and the flourishing state Senior Olympics meets.

I’ve been in the masters for nineteen years and hate to see this happen, but I think I’ll skip the discus this year, or maybe the shot, or maybe both.

Low Vodopya
from e-mail

COLUMNISTS

The columns by both Mike Tymn and Hal Higdon in the April issue were excellent. No place else can you find stuff like this. I hope they both write more columns that look back over time.

Tom Sheehan
Washington, D.C.

KUDOS

Wayne Hanson, of Shreveport, La., saw my name in NMN and e-mailed your office to get my address, after which he dropped me a note in the mail.

Nothing unusual about this, except that Wayne and I were last in contact in Baltimore in 1956 when I was in the Air Force and he was doing Navy work, and we were both running in local meets, he a distance man, me, a sprinter. That’s how we met.

Upon getting his note, I phoned him, and we had a great half-hour talk. So thanks to the power of NMN, a track relationship was renewed after 50 years.

Bob Anderson
by e-mail

(Anderson is the founder of Runner’s World and the subject of Hal Higdon’s column last month. – ed)

FIVE YEARS AGO

May 2001

- 814 Athletes Set 16 Indoor WRs at USA Championships in Boston
- Simon Karori (41, 14:12) Wins USA Masters 5K Championships at Carlsbad 5000
- Fedor Ryjov (41, 2:13:54) and Gitte Karshoj (41, 2:36:36) First in 105th Boston Marathon

Sustainers for May 2006

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:

Cliff Bedell
Scottsdale, Arizona

M.P. Doc Bennett
Stonewall, Oklahoma

Steve Bowles
Henderson, Nevada

Eric Braschwitz
Cary, North Carolina

Terry Cannon
Santa Maria, California

Al Morris
Washington, D.C.

Jim Noone
Fairfax, Virginia

Emil Pawlik
Ridgeland, Mississippi

Len Rosen
Salem, New Hampshire

Five Masters

LENNY WACZKO

UMaine at Farmington

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

FINALIST IN THE M60 60m HURDLES (L to r): Joe Johnston, second (9.87), John Clifford, third (10.40), James Hollister, first (9.40), and Michael Milove, fourth (10.48), USA Masters Indoor Championships, Boston, Mass.

OCEAN STATE SENIORolympics
SMITHFIELD, RI

Sunday, June 11, 2006 - 9 a.m.

100m • 200m • 400m • 800m • 1500m • 5000m
Discus • Shot Put • Javelin • Long Jump • Triple Jump
High Jump • Hammer

Masters athletes (40+) and Senior athletes (50+) are welcome!

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Rhode Island Senior Olympics Hotline at 401-431-5007
or e-mail mlyons@weei.com
March Madness

Many athletic fans are consumed with college basketball during the month of March. I must admit that normally I am, too. This year was an exception. I was totally immersed in masters track and field for more than half of the month, and that doesn’t include practices. Of course, I am referring to the two biggest masters championship meets going on in competition with the NCAA college basketball championships.

First was the 2nd WMA World Indoor Championships in Linz, Austria. In order for me to participate in my events I had to start traveling on Saturday, March 11, mainly because of frequent flier flight availability, to get to Linz for the shot put competition starting on Wednesday morning, March 15, at 8:30 a.m.

As those of us who have been to these international meets before know, you must be there at least the day before competition to do your packet pick-up, declaration, and general orientation of the logistics of the venue. This was the beginning of my competitions, which would end on Sunday, the 19th.

Getting Specific

Now to the madness, in particular. Some might perceive this whole agenda that I spell out to be madness. Austria at that time of year is a winter wonderland. One might ask why anyone would dare compete in the hammer throw during a snow storm. I guess it’s because it’s a competition and some of us, or even a lot of us, are competition junkies. There were over one thousand throwers in this meet. The discus and javelin throwers had a heated field. The hammer and weight throwers had a snow field. What a challenge.

To make things interesting, my hammer competition was moved from noon to 3:15 p.m. It gets dark around 6:00 p.m. in that part of the world. To make things more interesting, we threw out of a poor discus cage. I have never seen hammers going in so many different directions. It was a good thing that no world record was broken on this field.

On the way home, I stopped in Boston for another seven days. As usual, this was a wonderful indoor championships for most competitors. Not perfect by any means. Much effort was expended by many people to provide the best experience possible. Many records and outstanding performances were recorded in both meets.

We had an unfortunate situation in Boston, when an athlete at her first National Championships didn’t declare for her race and, therefore, couldn’t race.

I wrote about this after San Sebastian, and here it happens again in our own National Championships which isn’t as complicated as the World. The declaration process was...
Third Wind
By MIKE TYMN

The Lessons of Pacing

Many years ago, a feature article in a trade newspaper discussed the results of a scientific study which found that the average worker puts out only about 60 percent of a full effort during the work day. The writer of the article and the executives he quoted saw this as a sad state of affairs, as if the average worker spent 40 percent of his or her work time goofing off.

When my boss showed me the article and said something to the effect that he hoped our employees were not so slothful, I commented that 60 percent sounded about right, although 70 percent effort would be a good goal, even if it would be extremely difficult to measure. My boss was shocked by my comment, assuming that no manager would condone anything less than 100-percent effort by subordinates. I anxiously waited for my explanation.

I proceeded to explain my reasoning to him, applying the principles of pacing oneself through a race to pacing oneself through a work day, a work week, or a career. As an example, I hypothesized a person able to run four minutes to the mile. I pointed out that this runner might be capable of running an all-out quarter in 50 seconds and 100 meters in 11.5 seconds, but there is no way he can maintain his all-out 100-meter speed for a full mile. To do so would mean covering a mile in close to three minutes.

Thus, in pacing himself, the-four- minute man is really putting out at somewhere around 75 percent of an all-out effort. More average runners would likely be in the 55-65 percent range.

Stepping Up the Effort

I pointed out to my boss that whenever I was preparing for a vacation, I would significantly step up the effort in order to get everything cleared off my desk and up to date. At those times, I felt I was putting out well over 90 percent. By the end of the day I was completely exhausted and really in need of a vacation.

There is no way, I told him, that I could maintain that 90 percent effort, even 80 percent, day in and day out. It was too stressful. I'd suffer burnout in a matter of weeks or months. We have to pace ourselves through a work day just as we pace ourselves in a race.

My boss didn't know much about running, but he acted as if he understood what I had said, sort of shrugged, and walked away, apparently thinking there might be something to it.

Early Burnout

This pacing paradigm can be applied to a career. During a 40-plus year work career, I saw a number of hard-charging junior executives, out to climb the corporate ladder in record time, crash and burn on the first or second "quarter" of their careers after putting in long, stressful hours on the job.

The same paradigm can be applied to a runner's running career. Look at some of the greats of distance running who were putting in 100-plus mile weeks during their 20s and making Olympic teams, only to fizzle in their 30s and perhaps hang it up when it was time to enter the masters arena.

Those who continue into the masters ranks often did not maintain relative elite status as masters. However, that's not to suggest that what they did was wrong. Had they paced themselves for a lifetime of recreational running or low-key competition, they likely would never have been successful in their younger years, assuming, of course, that "success" means winning races.

Trade-off

It's a trade off - push your limits during your younger years and then lose motivation and perhaps struggle physically a little during your later years, or pace yourself during your younger years and never experience the thrill of victory.

There's something to be said for both approaches, depending on your values and goals.

High school coaches today are reluctant to push promising young runners, because they fear that too much too soon in their lives may result in injury or mental burnout by the time they are ready for college competition. The coaches are following seemingly sensible long-term pacing guidelines in allowing the boys and girls to slowly adapt to the demands of distance running and peak when physical maturity has been obtained.

However, here also, there is a trade-off. The high school boy or girl who is subjected to some real hard training, as Jim Ryun was many years ago, might well acquire a discipline that helps in other areas of life - a discipline not acquired on the more cautious training regimens of most high school coaches.

Lifelong Benefit

So what if the student never realizes his or her potential as a runner? If lessons concerning dedication and discipline are learned in high school and keep the student out of the trouble so many teenagers get into today, maybe early burnout as a runner is a good thing.

If you think there's nothing wrong with the state of affairs among youth today, you probably won't buy into my suggestion that we rethink how we push high school runners, or if you are turned off, as I am, by the physical and moral decline among young people, it is something to consider.

If it were up to me, I'd bring back the draft and make two years military service mandatory for every high school graduate, male or female, even before beginning college.

But if we can't put them into the military, I'm all for flogging them on the track.

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

More Marathon

Continued from page 1

The reigning USA Marathon masters champion, she has already run a 2:41:31 marathon this year and is aiming to go under 2:39, the "A" qualifying standard for the 2008 U.S. Olympic Trials. McCoubrie collected $1,000, and Hodge, $500, of the race's $14,000 prize money.

Close to 4000 runners and walkers, all women, aged 40 or over, took part in the third annual event, which consists of four undulating loops, all inside Central Park. Last year's race drew about 3500.

The More Marathon is actually two races: a regular marathon open only to women 40 and over, and a half-marathon, featuring teams of two women, one of whom must be 40 or over.

In the marathon, Ginette Bedard, 72, Howard Beach, N.Y., produced the top women's performance of the day, with a pending W70 U.S. record of 3:46:03, worth a monumental, age-graded 100+% prize money. The time bettered her 3:46:18, also pending, on Nov. 6, 2005.

Billie Moten, 68, NYC, second W65 last year in 5:53:04, improved to a 5:52:35 and won her division race, Bertha McGruder, 77, NYC, repeated her 2005 W75 win, with a 6:04:51.

Tatyana Pozdnyakova, 51, UKR/Gainesville, Fla., was the overall winner of the half-marathon in 1:16:07, another 100+% age-graded time. A week before, she had finished sixth-female (2:35:46) in the Los Angeles Marathon, and on Saturday was the first masters woman (34:44) in the Azalea 10K, Mobile, Ala.

In the two-person half-marathon relay, a pair of runners from Ohio took top honors. Ann Alyanak, 27, the head cross-country coach at the University of Dayton, joined forces with 1995 USA Marathon champion Debbi Kilpatrick-Morris, 42, to win in a combined time of 2:36:03.

While Sunday dawned damp and chilly in Central Park, the competitors' red, yellow, purple, pink, and blue running jackets were brilliant in contrast with the damp leaf trunks and asphalt paths. The runners' spirits shone brightly, too.

"The atmosphere is so relaxed and everyone is having so much fun," said More Marathon spokesperson Grete Waitz.

In many cases, runners didn't have to look far to find someone with a T-shirt or jacket like their own. A number of women traveled to New York with a training group or running club, such as 90 members of Michigan's Team Playmaker, which has entered close to 100 women in each of the three editions of the race.

Twenty Mercury Masters suited up for the half-marathon; this New York-based group comprises women 50-and-over, who have among them competed in 200 marathons worldwide.

"This race gives us an opportunity to run with like-minded women," said Ilene Kent, 51, NYC.

The event was held under the direction of the NYRR.

-from reports at www.nyrr.org
Track & Field Report

Continued from page 5

explained on both websites and in the booklet available at the meet. That being said, we need to do whatever we can to avoid this in the future.

Positive Outcome

The result of this sad situation was that the person who had the bad experience found out the process and started informing people as they registered of the need to declare and report to the clerk again 15 minutes before the start of their race. She has volunteered to be our athlete advocate on this problem at the Outdoor Championships so this doesn't happen to anyone else.

Congratulations to this person who just didn't complain about a situation, but volunteered to be part of the solution to the problem.

Another problem we are working on concerns the finals for foreign athletes in our championships. Our rules say that a foreign athlete cannot displace the top six U.S. athletes in a final. That is a problem for foreign athletes when we run on a six-lane track.

The Games Committee made the decision to award duplicate medals based on time for the foreign athletes who were displaced by U.S. citizens in the finals. Their place was determined by their time in the previous heat.

I apologize to the foreign athletes who were not happy with running in the finals in an event because of our rules.

We are submitting rule modifications for this year's rule changes to either change the number of U.S. citizens to five in indoor meets or run those problem events as timed finals.

Thanks to Jim Flanik, our new Games Committee Chair, and his team of Carroll DeWeese, Becky Sisley, and Dick Hotchkiss for a fantastic job.

Most throwers enjoyed throwing the 56 lb. weight indoors for the first time with an indoor weight.

March was Mad, but I, for one, am very happy with March. I hope others were as well. Q

(See Mathews can be contacted by e-mail at georgematheus@adelphia.net)

TEN YEARS AGO

May 1996

* 727 Athletes Set 28 Indoor WRs at Nationals in Greensboro, N.C.

* Herbert Steffny (42, 2:19:33) and Lorraine Moller (40, 2:32:02) Top Masters at 100th Boston Marathon

* Boguslaw Maminski (40, 14:28) and Mary O'Connor (40, 16:45) Set Masters Course Records in Carlsbad 5000/National Masters Championships

Jay McKeen, second M50 in the shot put, USA Masters Indoor Championships, Boston, Mass.

Jerry Wojcik

Mary Harada, on her way to a W70 mile U.S. record, USA Masters Indoor Championships, Boston, Mass.

Jerry Wojcik

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Achilles Tendinitis  Plantar Fasciitis  Ankle Sprains  Arches  Knee Pain  Shins  Legs  Elbows & More
Shin Splints, MTSS or TSF?

Shin splints, a common running and jumping injury, is really a catch-all phrase for pain along the anterior shin area. More specifically, from a medical point of view, we are talking about medial tibia stress syndrome (MTSS) and tibial stress fracture (TSF).

MTSS can best be described as a bone stress reaction to repetitive loads to the tibia. The most common overloads are training error, hard running surface, shoe type, and biomechanical deformity. Many studies indicate MTSS to be more common in women athletes. Some researchers consider MTSS a precursor to TSF.

Athletes usually complain of an ache along the anterior shin area associated with running activities. The pain can worsen with increase in activity or distance. The pain tends to occur in the distal one-third of the tibia, although symptoms can extend farther up the leg. Soft tissue swelling may occur in more severe cases.

There are several ways to diagnose MTSS. Probably the most common is a bone scan, which is very specific for MTSS and TSF. An MRI can also be used for diagnosis.

Initial treatment consists of rest and modification of running activities. Usually the rest period extends between six weeks and three months. Ice has been proven to some help early in the treatment phase. Non-steroidal anti-inflammatory may be used to reduce pain.

During this time, other activities, such as swimming, may be used for conditioning. Upper body conditioning is advised during this rest period. Physical therapy, including muscle massage, electrical stimulation, or iontophoresis may also be used.

Once the condition has resolved itself, a gradual return to running can be started. This should include the use of properly cushioned shoes, orthoses for those with biomechanical foot deformities, and avoidance of hard running surfaces. A good stretching program should also be included.

A two days on, one day off approach should be applied to the running program to allow for rest from repetitive overload as a result of training.

Dr. John Pagliao can be reached by e-mail at thefootbeat@aol.com

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

Martin, Verrington First Masters in 50K

Kathy Martin and Dan Verrington were the masters firsts in the USATF National 50K Championships held at Caumsett Park, Lloyd's Neck, N.Y., on March 5.


Athletes ran on a 2.61-mile loop course, with temperatures at a windy, cold 32°F. The race, also the Long Island Association Championships, drew 116 starters and had 84 finishers, 50% of whom were 50-and-over.

-from Mary Trotto

Hayward Classic to Celebrate 25th Year

The Hayward Classic, contrary to recent reports, is alive and well and will be held on June 24-25 at historic Hayward Field on the University of Oregon's campus in Eugene, for the 25th time.

Acknowledged as the best masters meet in the country outside of the national championships, the meet offers two days of excellent competition from local masters and athletes who come from all over the U.S. to participate at Hayward Field; abundant and experienced officials; and events not found in the usual masters meet, including an age-graded mile, the superweight, two racewalks, and three relays, plus the meet provides all throwing implements.

Presented by the Oregon TC Masters, the meet will also serve as the USATF Northwest Regional Masters Championships. Northwest Regional medals will be awarded for 1st, 2nd, and 3rd places. USATF Northwest registered athletes who win an event will also be awarded a championship patch. All entrants will receive a 25th anniversary commemorative pin.

The meet organizers are planning to have on display all of the T-shirts and programs from all 25 Hayward meets. They plan, also, to honor the athletes, officials, and volunteers who may have participated in all 25 previous meets, and the athletes who competed in the first Hayward Classic on April 17, 1982.

Anybody who participated in all 24 Hayward meets, or was at the first one in 1982, is urged to notify the meet organizers at Ruth BreMiller's contact numbers below.

Entry deadline is Friday, June 9 postmark, with an added late entry fee of $10 until 5:00 p.m., June 20.

The Phoenix Inn will again serve as the meet headquarters. A special Hayward Classic rate is available if reserved by June 1: 800-344-0131; www.phoenixinn.com/hotels/eugene. A reception will be held at the Phoenix Inn on Saturday from 4:30 to 6:00 p.m.

For more details, contact OTCM, c/o Ruth BreMiller, 590 W. 29th Ave., Eugene, OR 97405; www.otcmasters.org; e-mail: brem@uoregon.edu.

We Welcome Letters

- The National Masters News welcomes letters on topics of general interest.

Letters submitted to Write-On should include your full name, signature, address, and daytime telephone number. Information other than your name and city in which you live are kept confidential.

- E-mail submissions same as above (except, of course, no signature).

- Keep it short. Concise letters developing a single theme are more likely to be published.

- Type please and double space.

- Letters are condensed and edited.

- Not all submissions are published.

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Dietary Sugar

Q: I just purchased your Ready, Set, Go! Synergy Fitness book and a Vision Fitness treadmill. I need some clarification on eating sugar within two hours of a workout. Is it only refined sugar or any carbohydrate?

A: Great question concerning sugar and carbs during the two-hour synergy window. I’d really watch the refined sugar and fast-burning carbs during the recovery, because researchers show that some seemingly innocent carbohydrates can act like refined sugar. Also, there are a couple of variables that come into play that can change the rules for adults wanting to maximize growth hormone (GH) from exercise.

Research shows that a spike of insulin is what you want to avoid after training, because this increases somatostatin (the hormone that shuts down GH).

Glycemic Index

The Glycemic Index was created to measure and compare the way individual foods produce an insulin response. When you look at the list of high (fast-burning carbs), moderate, and low glycemic load carbohydrates, there are surprises – white bread, for example, rates higher (70) than a chocolate bar (49) at producing an insulin response.

Frozen tofu must have a low Glycemic Index number – correct? Not hardly. This is one of the highest insulin-producing carbs and gets a 115 rating.

Not only is it difficult to estimate the glycemic rating of food, but what makes this issue even more complicated is that the insulin-producing process is variable for every adult to some degree. And it depends on where someone is on the Metabolic Syndrome chart.

Metabolic Syndrome

Metabolic Syndrome (relates to insulin resistance and cholesterol levels) just became an official medical condition in 2001, and the research shows that even a few carbs can spike insulin for some people with insulin resistance. If someone is lean and doesn’t need to drop a lot of body fat, then they can probably have some slow-burn, low Glycemic Index rating carbs without spiking insulin, and maybe even some refined sugar.

When I train young athletes in speed, I explain that the research shows 20 to 25 grams of protein with a 4 to 1 ratio of carbs to protein starts the recovery process quicker. This advice is given to everyone as general advice in most fitness magazines today.

Clearly, young athletes more concerned with fast recovery than maximizing GH release should do this. However, if someone is middle-aged, and keeping GH circulating as long as possible is the goal (like it is for me, personally), this means protein intake (20 to 25 grams after training) is a great strategy, but the glycemic rating of carbs needs to be monitored because of the variable impact on insulin.

I’m sorry for sounding like a politician running for office with such a long answer. I suggest taking a look at the Glycemic Index for your favorite foods and consider getting some low to medium glycemic rated (slow to medium burning) carbs before training to fuel exercise intensity.

Sprint 8 Getting Results

A few months ago, my doctor told me I had to make changes in my life. My cholesterol was high at 234, triglycerides were extremely high at 415, and as a diabetic, my A-1-C was 7.4. My doctor doubled my medication and informed me that my diabetes was affecting my kidneys.

So I read Ready, Set, Go! Synergy Fitness and started training. When I trained young athletes in speed, I explain that the research shows 20 to 25 grams of protein with a 4 to 1 ratio of carbs to protein starts the recovery process quicker. This advice is given to everyone as general advice in most fitness magazines today.

Clearly, young athletes more concerned with fast recovery than maximizing GH release should do this. However, if someone is middle-aged, and keeping GH circulating as long as possible is the goal (like it is for me, personally), this means protein intake (20 to 25 grams after training) is a great strategy, but the glycemic rating of carbs needs to be monitored because of the variable impact on insulin.

I’m sorry for sounding like a politician running for office with such a long answer. I suggest taking a look at the Glycemic Index for your favorite foods and consider getting some low to medium glycemic rated (slow to medium burning) carbs before training to fuel exercise intensity.

Continued on page 10
Masters Racewalking

Racewalkers Recount Experiences at Championships – Part VIII

This, the eighth column in a series, reflects more comments received from those attending the World Masters Championships in San Sebastian, Spain. The USA medal count at the World Championships: 8 gold, 7 silver and 5 bronze individual medals; 5 gold, 1 silver and 2 bronze team medals. – ew

Carol Bertine, W55, Worlds: 5K, 8th, 30:57.17; 10K, 8th, 1:05:50.

Although San Sebastian is a beautiful city and I was thrilled to be there for the WMA Championships, I am always nervous before a race, wanting to do my best and not knowing how I’m going to feel once the race starts. Racing in the Worlds just increases my level of anxiety. It is big time! I kept telling myself there was no reason to be nervous, since I knew I had no chance of getting a medal as I might in a race back home. But the memory of the 5K I won last year, having had very little sleep the night before.

My race was at 6 pm so I had all day to fret. I tried relaxing in my room, with little success, so I went to the stadium to watch the W60 5K walk. I saw my friend and training partner, Janet Robinson, do an awesome race – a PR just six seconds over her goal.

Afterwards, I had to relax. I went back to my room and used some relaxation and visualization techniques we learned from our coach, Jim Coots. By the time I went to the track for my 5K, I was relatively calm.

Race 1: Close Call

At the start line I knew what I had to do – just do my own race at my own pace. But I surprised myself by doing better than my goal pace for the first nine laps. That is why I was stunned when my lap counter showed me a card with a big 4 on it when I knew I only had three laps to go. I told him, “No,” as I zipped by and “No” again when he showed me a 3.

When I came around again, they gave me a bell so I figured they must have found the error. When I did my final lap and crossed the line and was about to celebrate my great time, they yelled, “One more!” This time I think I whispered, “No,” and did one more lap. I had just beat my former PR by 33 seconds, and I was not going to let them take that from me.

I went out to discuss the problem with my lap counter who referred me to the Chief Judge. My Spanish served me well. I kept telling the lap counter to just check my splits to find where he might have made a mistake.

I was finally informed that they weren’t taking splits. They were just making checks when we came by. This way, if your lap counter blinks and misses you, be prepared. In my case, I had three friends keeping my splits. The judge made note of that, and then checked the videotape.

Apologies

I guess they counted how many times I came around and in the end I won. My lap counter gave me two times. I was just making checks when we came by. This way, if your lap counter blinks and misses you, be prepared. In my case, I had three friends keeping my splits. The judge made note of that, and then checked the videotape.

Health & Fitness

Continued from page 9

the Sprint 8.

After four months on your program, my cholesterol dropped to a normal rate of 141, triglycerides dropped to 276 (a 139 point drop and still dropping), and my A-1-C dropped to 6.4. I look forward to receiving even more amazing results when I return to the doctor after some more speed work! Your program works! – Mike C.

Update Three Months Later

I just returned from my doctor’s office. After seeing my results continue, my doctor wants to know about your program so he can do it himself.

My cholesterol dropped even more. It’s now down to 127 (down from 234). Even though my medication diet has not changed at all during the last three months, my triglycerides have continued to drop another 100 points and I’m down to 176 (from 415). – Mike C.

(For an autographed copy of Phil Campbell’s New Edition, 4th Printing of Ready, Set, GO! Synergy Fitness, 2nd Ed., the comprehensive fitness training guide, 300 photo illustrations, 384 pages, $19.95. For ordering information call toll free: 866-565-3311. For more info visit his website: www.readysetsoffitness.com)
Masters Score 39 A-A Marks in East Regionals

By JERRY WOJCIRK

Athletes from age-30-to-90+ recorded 39 All-American performances in the 2007 National Masters Indoor Championships.

The meet, the first East Regional in several years, was held at Susquehanna University, Selinsgrove, Pa., on March 18.

Among the A-A performers were Oscar Peyton, M50, who bolted to A-A performances with the fastest marks of the meet in the 60m (7.29 trials, 7.30 final) and 200 (24.16).

Cheryl Meissner, W50, in only her third track meet, qualified for A-A recognition in the 60m (9.34) and 200 (32.63).

Earl Wentz, M90, ran a 12.40 in the 60m. Louis Coppens, M60, is an All-American in the mile (5:41.72) and 3000 (11:18.92).

Tom Rauscher, M55, vaulted 3.05/10-0. In the shot put, Charles Roll, M55, hit 14.04/46-0 3-4 w. the 6kg, and Larry Horine, M75, 11.61/38-1 1-4 w. the 4kg.

In the weight throw, Terry Shuman, M60, topped men’s field with a 14.92/48-1 1/2, but Brenda Start, W30, was the farthest of the day w. 15.42/50-7 1/4 w. the 20#. □

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TWENTY YEARS AGO
May 1986

• Brother-Sister Team of Lee Sargent (M40, 1:50:39) and Fordie Madera (W40, 2:00:38) win in Price Chopper 30K

• U.S. 1989 World Veterans Games Ponders Top $100,000

• Rosemary Chimes, W50, sets four WRs in British Veterans Indoor Championships

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Wanna Be In the Indoor Rankings for 2006?

Athletes who want to assure that their best indoor marks are included in the final 2006 rankings have until May 6 to submit them.

Athletes should first check the rankings at www.mastersrankings.com to verify that their performances rank among the top 25 in their age group.

If not listed, athletes can send their marks to Larry Patz at indoorrankings@aol.com. Include athlete’s name, date of birth, meet name, date, location, and type of timing system (FAT or hand, if applicable).

The 2006 indoor rankings will be published in the June National Masters News.

Note that this applies to INDOOR marks made in 2006. □

California Senior Games Championships
The California Qualifying Meet for the 2007 National Senior Games – Louisville, KY.
Track & Field Meet - Saturday, June 3, 2006
CalTech – Fox Stanton Track
1200 East California Blvd., Pasadena, CA. 91106
Meet Director: Christel Donley; Race Walk & Assistant Meet Director: Jim Hanley

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<th>Schedule of Events</th>
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Entry Fees: $30.00 Registration Fee, plus $6.00 per event
Divisions: 5 year divisions, for men and women, age group.
Miscellaneous: Competition order - oldest to youngest, women first (except HJ & PV which start at lowest height); Throwing implements not provided, except SP; Must bring own vaulting pole; PV for experienced vaulters only. 4 jumps for Long Jump and Triple Jump; 4 throws for Javelin, Shot Put and Discus; 3 throws for Softball Throw.
Surface & Timing: Mondo Track – 3/8” pyramid spikes only; Automatic Timing System
For more information: Cynthia Rosadale - (626) 685-6754; CynthiaB@pasadenaseniorcenter.org; FAX: (626) 577-4235

Entry Form (please print)

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Address Phone E-Mail T-Shirt: S M L XL XXL

Events: 50M 100M 200M 400M 800M 1500M 5000M PV JT LJ TJ SP HH DT SB

Make checks payable & mail by May 24th to: Pasadena Senior Center, 85 E. Holly, Pasadena, CA 91103

WAIVER: In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors or administrators, waive and release forever any and all rights, claims or damages I may accrue against the Pasadena Senior Center, CalTech, the Meet Directors and all sponsors of the California Senior Games Championships, their successors, representatives and assigns of any and all injuries which I may suffer while traveling to and from and while participating in the Meet held June 3, 2006 at CalTech. I certify that I have no physical defects or injuries that would prevent me from competing in this Meet.

Signature Date
COMEBREROTHENEBRINNINGSICOOOL
NEWfor2006—CombinedEventsCompetition

Open&MastersAthletes—Pentathlon*Heptathlon*Decathlon

May27-28
DevelopmentMeet
McCullochStadium,Salem, Oregon

June17-18
OregonAssociationChampionships
McCullochStadium,Salem, Oregon

Information/Entryformsposted...USATFwebpage...www.usatf-oregon.org

August12
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Info&downloadentries:www.bendtrackmeet.com

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**Fine Marks Cap Fifty-Plus
8K Run and Bay Area Senior Games**

By MARK WINITZ
PALO ALTO, Calif. — March 12.
The 23rd Annual Fifty-Plus Lifelong Fitness Weekend and its inaugural companion event, the Bay Area Senior Games, concluded today, while showcasing the abilities of hundreds of senior athletes.

Under cool conditions and dripping skies, Emil Magallanes, 50, of Boise, Idaho, in 28:18, and Heidi Swan, 52, Larkspur, Calif., in 30:42, scored almost uncontested victories in the Weekend’s showcase event, the Paul Spangler Memorial 8K, around the Stanford University campus. The race also served as the USATF Pacific Association 8K Championships, and had 151 finishers age 50+.

“My plan was just to see how the race shaped up and run my own race. I felt confident, since I’ve been doing a lot of track work,” said Magallanes, who was planning to compete in the mile and 3000 at the USA Masters Indoor Championships in Boston.

Behind Magallanes, Fletcher Lesley, 50, of San Francisco, and Lloyd Stephenson, 51, also of San Francisco, registered a close race for the runner-up spot. Lesley finished second in 29:08, with Stephenson third in 29:11.

Swan captured the women’s crown following impressive age 50+ victory last fall at the USA Masters 10K Championships, and the USATF-Pacific Indoor and 30K championships, making her one of the premier U.S. female runners in the W50 division.

Swan’s 30:42 time at today’s race puts her among the top half dozen U.S. 8K performers of all time in her division.

Kim Rupert, 51, Hillsborough, Calif., secured second place in 33:09; Karen Kunz, 51, Folsom, Calif., was third in 33:23.

The oldest finishers in the seniors race were Harold Thurston, 87, Los Altos, Calif., 55:01; and Joy Johnson, 79, San Jose, Calif., 52:44.

The all-time oldest finisher in the race’s record book is Dr. Paul Spangler, the veteran multi-age-group record holder to whom the event serves as a memorial. Spangler last competed at the Fifty-Plus race in 1993 just before his death at the age of 94.

The winners of the companion 5K race were Jack Bray, 73, Kentfield, Calif., 28:33; and Leslie Sokol, 48, San Jose, Calif., 28:49.

In conjunction with the Weekend, Fifty-Plus Lifelong Fitness also conducted the first-ever Bay Area Senior Games today, which offered a multitude of athletic events including track and field, swimming, tennis, and table tennis—all for senior athletes.

Top performers in the track and field competition included: Nadine O’Connor, 64, 100m, 14:22; Cherrie Sherrard, 68, shot put, 26-4; Larry Lettieri, 58, 100m, 12:43; Roger Tsuda, 71, 100m, 14.00; and Matthew Pruitt, 58, who won both the 200 (26.26) and 400 (59.87) dashes.

Also at the Weekend’s festivities, 1968 Olympic figure skating gold medalist Peggy Fleming was honored as the 16th recipient of the Annual Emil Zatopek Award bestowed by Fifty-Plus Lifelong Fitness. The honor, named after the splendid Czech Olympic distance runner, is awarded to individuals who have attained notable achievements in sports, and in doing so have inspired others to live a healthy lifestyle.

“Through my skating, I’ve learned so much about myself. My sport taught me what I could do with my talents, whether in the rink or in the rest of my life,” said Fleming on accepting the Zatopek Award at the Fifty-Plus Annual Awards Dinner on Saturday. “I think exercise tests us in so many ways, our skills, our hearts, our ability to bounce back after setbacks. This is the inner beauty of sports and competition, and it can serve us all well as adult athletes.”

Cheryl Sinclair, Pacifica, Calif., received the 2006 Fifty-Plus Ambassador-of-the-Year Award. Dottie Phillips, Sunnyvale, Calif., was the recipient of the organization’s Volunteer-of-the-Year Award.

Fifty-Plus Lifelong Fitness is a non-profit, international organization built in Palo Alto, Calif., with 2000 members, whose mission is to provide a longer and more independent lifestyle for adults by expanding awareness and involvement in health and fitness activities.

These major sponsors helped make the Fifty-Plus Fitness Weekend and Bay Area Senior Games possible: City of Palo Alto Recreation, Classic Residences by Hyatt in Palo Alto, Palo Alto Medical Foundation, Palo Alto Weekly, Catholic Healthcare West (CHW)/Sequoia Hospital, and Stanford University Hospital.
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If faster
and he had better marks in Linz. Valien also
won six gold medals in world record event by WMA, since the
doors world record s , per WMA Council
WMA Indoor Champions in Linz.

While he had nine U.S.室内 championships, in the 60m and 200m races, and
ran the 200m in 21.78/7-1/2.

In the W35 division, Terri Lowe won the
nation's 60mH race, finishing second in the 60m.

For the younger men's weight division, the
men in age groups to 27.27.27.27.

Robert Hewitt, M70, won the
penta-then with a U.S. record 3716, and
followed it up with U.S. record in the pole vault, long jump and triple jump. Mary
Bergen, W75, set a world record in the
other, from speed to strength, with
firsts in the 60m and 200m, and
all three
throws.

Some fields were noticeably larger than in previous years. Eighteen
entrants in the W40 200 were win-

dowed down to a final six, the number of lanes on the Lewis 200m oval.

Paul Heitzman broke M75 U.S. records in the
3000 and mile, USA Masters Indoor Champions, Boston, Mass.

May 2006

2006 USA MASTERS INDOOR CHAMPIONS, BOSTON, MASS., MARCH 24-26

2006 USA Masters News

May 2006

Nations - Boston

Continued from page 1

record in the 3000 with a 12:52.22, and
followed that up on Saturday with a mile record of 6:23.95. His steady on-
pace performances in the 3000 impressed some of the younger runners.

Peter Magill, winner of the M40 3000
(8.43.12), said, “That M75 guy who
broke the record ran a great race.”

Kathy Bergen, W65, and Robert
Whilden, M70, were double world
record-breakers, Bergen in the 60m (9.27) and high jump (1.83), and
Whilden in the 60m (8.20) and 200 (27.11).

Karli Smith, M45, a Jamaican citizen,
raced the 60mH in 6.81 to break the world record of 8.22 that was about a week
old, set by Dexter McClyde in the 2nd
WMA Indoor Championships in Linz,

Franklin (Bud) Held, upped the M75
eel vault record to 2.90, and Johnny
Valien added the W80 triple jump record to 5.57.

Bill Collins, M55, was credited with
world record in the 800, 60mH and
60H.

Pamela Swan, W40, set a world
record with a 12:52.22, and
60mH.

Roman went from one track extreme to
the other, the shot put and weight
throw.

James was the top shot putter (14.70/48-2 3/4) and weight
thrower (41.92/137-9 3/4), in the
triple jump, erasing the
12.38/40-7/1-
by the recently deceased Dave Jackson
in 1983.

Tom Gage, M60, was the top shot
putter (14.70/48-2 3/4) and weight
thrower (21.78/71-5/2) among the
men.

The men in age groups M30 to M65 had to throw outdoors with the metal outdoor implement, often in Boston's inclement spring weather.

Gage was the best with the new
implement at 8.28/27.2.

In 2004 in Boston, Gage, at age 60, threw the 56# outdoor
implement for the first time in the
men’s ten-year history of the meet.

USATF’s Athlete of the Week on March
24th.

Louis A. Miller, W65, of New Jersey, was
awarded the 2006 Louis A. Miller
Awards for most steps in the pentathlon,
12,52.22, and
60mH.

The more experienced
men, like March 24th.

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Awards for most steps in the pentathlon,
12,52.22, and
60mH.
Boise/Nampa, he threw 8.40/27-6 3/4, using the metal/outdoor implement in a throwing area that was dirt indoors.

Bob Ward broke his own M70 U.S. record of 10.30/33-9 1/2 with the 35# superweight with a 10.61/34-9 3/4.

Christel Donley, W70, showed a remarkable consistency or a terrific training regimen when she scored 4102 in the pentathlon, one point below her last year.

Peter Taylor, who did most of the announcing for the three days, was struck by the large number of quality women sprinters in the lower age brackets, probably caused, he said, by the interest vying to get into college hockey's Frozen Four. Bob Weiner, Chair of the Media Subcommittee, was able to finalize coverage by WBZ CBS TV and in the Boston Globe and Boston Herald.

Leslie Chaplin-Swann, who broke W45 U.S. records in the 800 and mile, commented on the meet, "Boston was an incredibly well-organized meet.

The track seemed fast. As I ran my mile on Saturday, much of which is a blur, I do remember Peter Taylor saying that I had become a citizen last October and even mentioned the date!

As I ran, I remember thinking, 'Wow, that's pretty neat'. I'm sure a lot of other athletes had the same feeling of pride as Peter announced their accomplishments."

The traditional pre-meet gathering was held at Bertucci's Brick Oven Restaurant, within walking distance of the meet hotel, Marriott Copley, on Thursday, March 23.

The meet was conducted under the auspices of USATF-New England, and directed by Steve Vaitones, with Lee Hess, serving as co-director.

M-F Athletic Company and Shooting Star Media were the primary sponsors.

The Reggie Lewis Center will be site of the USA Masters Indoor Championships in 2007 and 2008.
Profile
by RON MARINUCCI

Duane Spitz – Running Hard, Just Not As Fast

Back in 1973, Duane Spitz won the Motor City Marathon (later the Detroit Free Press Marathon) in a then personal best of 2:23:05. Five years later, with the same change, “I was second in the first Free Press,” Spitz recounted, adding, “I finished second by three or four seconds.” He also won marathons in Saginaw, Mich., and Athens, Ohio. He posted his marathon PR (2:17) in Miami, Fla. In all, he ran five sub-2:20s. He finished in the top five in big-time marathons in Dallas, Cleveland, and Chicago, in addition to Detroit.

He was fast, as those who remember Midwest running of 20 or 30 years ago will recall — and still is. Doug Kurts, marathon legend and Free Press Marathon director, once told me Spitz “was one of the top road racers in the 1970s and early ’80s.”

If anyone is a historian of Michigan road racing, it’s Scott Hubbard. He said of Spitz, “All I know is that he was fast. He was always way up there in the results.”

Running for Health

Run mainly for my health now,” Spitz related. “I don’t do many races any more, maybe three or four races every couple of years.” But, he conceded wryly, “When I’m racing, I’m still pretty competitive.” Then, he quipped, “I’m still running as hard, just not as fast.” That’s a matter of opinion.

Now 57, he still ran 16:34 for 5K at the age of 52. A couple of years later, he followed that with a 17:14. And he also ran a 28:41 five-miler and 34:13 10K at 52! A bit self-deprecat­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­�
USATF Foundation Alive and Well

The USATF Foundation is alive and well and in the process of growing in size. No grants have been made for the benefit of the masters program at this time, due to a lack of funds in the masters account, which has between $2000 and $3000.

In the opinion of the Foundation's director, Tom Jackovic, the amount is not yet sufficient to support grants.

To help Jackovic evaluate requests for grants, the Masters Committee will provide some consensus as to priorities the Foundation should consider before making grants to any masters activity.

However, guidelines will be of little value unless the masters individually support the Foundation.

Gifts to the Foundation for the benefit of the masters programs will be so used. Gifts cannot be made for the benefit of individuals, but programs and activities can be designated. This is one reason for the Committee to set up some priorities.

Hopefully, there will be someone, or many, who can make a very sizeable gift that will provide a huge boost to masters programs. But, for those of us who do not have sizeable estates or assets, small gifts can have a great impact, if they come from a large number of people.

Specifically, give thought to making donations to the Foundation in memory of those of our competitors who have passed on, or who have had an impact on the masters program in general or on you individually.

For instance, one such person who was killed recently in a tragic air plane crash, Paul Johnson, had a great impact on the masters program and a great number of us individually. Honoring him with a gift to support the track and field activities that he loved so much would be greatly honoring to him and to his surviving family.

For more information, Jackovic can be reached at 412-918-1271, and by e-mail at tom.jackovic@usatf.org.

-Jerry Donley

The indoor track, with outside view, 2nd WMA World Indoor Championships, Linz, Austria.

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NMN, P.O. Box 16597, North Hollywood, CA 91615.

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

Sanctioned Event

21st ANNUAL MEET OF CHAMPIONS
SOUTHERN CALIFORNIA STRIDERS
TRACK & FIELD CLUB
CALIFORNIA STATE UNIVERSITY AT LONG BEACH
SATURDAY, MAY 20, 2006

ENTRY FEES: $25 first event (includes T-Shirt); additional events $5. Relay teams free. After deadline, or at meet $35 first event (includes T-Shirt), $5 per additional event.


DIVISIONS: Men & Women: Open, Sub-Masters, and Masters (40+) compete in 5-year age groups.

AWARDS: 3rd medal with red, white & blue ribbon

FACILITIES: 8 lane artificial surface track; concrete throwing rings. Electronic Timing

NOTE: This event is sanctioned by USA Track & Field. 2006 registration required (available at meet for $30).

DIRECTIONS TO CULIB: Exit 405 freeway at Bellflower Blvd. Go south to Atherton. Left (east) to Signal. Right into parking lot. Track is on left behind packing structure. Parking in lot #14 is free. Otherwise, be prepared to pay $1.75.

Track Events

11:00 am 80/100/110 meter hurdles 1:25 pm 200 meters
11:30 am 1500 meters 2:45 pm 800 meters
12:00 pm 100 meters 3:15 pm 4X100 Relay
12:30 pm 300/400 meters hurdles 2:45 pm 400 meters
1:30 pm 3000 meters

Field Events

11:00 am hammer throw, pole vault & high jump 1:00 pm shot put & triple jump
12:00 pm discus throw & long jump 2:00 pm javelin throw

ENTRY FORM (Please Print)

Last Name: ___________________________  First Name: ___________________________
Address: ___________________________, Phone: ___________________________
City State Zip
Date of Birth: Age on 5-20-06 Sex M F
USATF No. ___________________________ Club?

Events

Amount Enclosed $ ________ Make checks payable to So. Calif. Striders and send to Brenda Mathews, 1284 N Mark Lane, Anaheim, CA 92807 714-779-3416. Inquiries may also be directed to Eric Dixon 949-831-1336 Striders web site: www.SCStriders.org

WAIVER: In consideration of accepting your entry, I, intending to be legally bound, do hereby for myself, my heirs, executors or administrators, waives and forever exonerate my and all right, claims or demands I may make against California State University at Long Beach, the Southern California Striders, USATF, the meet director and all sponsors of the track & field meet, their successors, representatives and assigns for any and all causes which I may suffer while participating in the MEET OF CHAMPIONS to be held May 20, 2006 at California State University at Long Beach. I certify that I am free from bungling injuries or physical defects.

SIGNATURE ___________________________ DATE ________

The Long & Strong Throwers Journal (LSTJ) is a quarterly publication dedicated to the throwing events. It is the only throwing periodical of its kind in the world. LSTJ is about more than technique and training. Elite athletes and coaches give insight into their keys for success. LSTJ provides throws coverage and photos from major competitions that you won't find anywhere else. LSTJ touches on the issues that affect the throws community. LSTJ interviews with top throwers such as Adam Nelson, John Goudin, Erin Gileath, Aretha Hill and Breaux Greer are just what you are looking for! Let LSTJ help you reach your potential!

Four issues (1 year): $20 (U.S.) or $35 for two years (1 issue free); $24 (foreign, U.S. funds) or $48 (two years). All available back issues (17) plus future issues through July 2005 for $100 (2 issues free), $125 for foreign subscribers (2 issues free); c/o Glenn Thompson, 3604 Green Street, Harrisburg, PA 17110; Thrower60@aol.com

www.longandstrong.com
For Sprints and Jumpers Only: To Stretch or Not to Stretch?

It is common to observe people engaging in passive stretching prior to their regular physical activity. Stretching is believed to reduce the risk of injury and to promote better performance. Nevertheless, laboratory experiments do not support this belief. Furthermore, these experiments provide evidence that acute passive stretching may be detrimental to competitive performances where maximal force or torque output is necessary. Thus, it has been shown under laboratory conditions that stretching causes a deficit in strength of concentric muscle actions such as in sprinting.

For instance, it was found that 10 minutes after static stretching of the quadriceps and hamstring muscle groups, the maximal performance for both knee flexion and knee extension one-repetition maximum lifts declined significantly (by 7.3% and 8.1%, respectively).

Similar results were found when static stretching was replaced by ballistic (shock) stretching. In every participant, stretching reduced the height of a standing jump (4.4%) and countermovement jump (4.3%).

Considering the acute effects of passive stretching in the laboratory setting, Arnold G. Nelson and his colleagues from the Department of Kinesiology and the Athletic Department, Louisiana State University, Baton Rouge, La., decided to test whether or not pre-performance stretching would negatively affect performance of explosive sports such as sprinting.

More specifically, the investigators were interested in determining whether or not pre-event stretching would slow a person’s start out of the blocks and thus result in a poor race performance (Acute effects of passive muscle stretching on sprint performance, Journal of Sports Sciences Vol. 23, pp. 445-454, 2005).

Study Participants

The participants were members of the Louisiana State University’s nationally ranked track and field team who were all competing in the statistical date (2003) in the NCAA outdoor season. Eleven males and five females completed the study.

All 16 athletes competed in multiple events (sprints, jumps, decathlon), and had practiced sprint starts almost daily for at least two years. The participants were not informed of the results until after the study was completed.

Experimental Procedures

Within 10 minutes after each stretching protocol (there were a total of four such protocols), every participant performed three times 20m sprints. All sprints were performed on an indoor rubberized track to minimize variations in climatic conditions.

Springs were initiated from standard starting blocks set to individual preferences and were timed with an automatic timing device. Utilizing a press pad placed under the fingers of the sprinter’s right hand in the starting position, this timing device starts when the sprinter lifts the fingers off the pressure pad, and stops when the sprinter breaks a single laser light beam projected across the track 20m from the starting line.

The height of the laser beam above the ground was approximated to the height of the sprinter’s waist. Sprint tests were performed as part of each athlete’s Monday workout program. Four different stretch protocols were used, each being performed on a different Monday over four weeks.

The four stretching protocols were: no stretching on either leg (NS), both legs stretched (BS), forward leg in stretching position stretched (FS) and rear leg in stretching position stretched (RS). The order of the different protocols and their assignment to the different athletes were randomized to minimize any potential effect of the order of stretching.

Before being stretched, each athlete performed the following warm-up: jog one-repetition maximum lifts declined

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Time (s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>NS</td>
<td>3.17*</td>
</tr>
<tr>
<td>BS</td>
<td>3.21</td>
</tr>
<tr>
<td>FS</td>
<td>3.21</td>
</tr>
<tr>
<td>RS</td>
<td>3.22</td>
</tr>
</tbody>
</table>

* Significantly different from the other protocols.

Interestingly, when the statistical analysis was performed only on the best time of each trial, nearly identical results were obtained to those shown in the table above.

Conclusions

First, the 20m sprint time is significantly increased when sprints are performed after stretching, whether the stretch includes just one leg or both. In other words, it seems that pre-performance stretching exercises could negatively affect skills that require multiple repetitive high power output.

This is in addition to those that depend mainly on maximizing a single output of peak force or power such as in high jump, long jump and pole vault.

Second, it is interesting that the decrement in speed occurred without stretching one of the main muscles utilized to perform the quadriceps.

Another factor found a decrease in jump height after stretching mainly the quadriceps. Thus, it is plausible to assume that stretching the quadriceps could have even more negative effect on sprint speed.

While there are several theories as to the mechanisms involved in the negative effects of stretching on power performance, and we may choose to be cautious about concluding that the stretching effect on 20m sprints carries on to the 100m and 200m sprints, it is reasonable to assume that this is the case.

In this study the sprints were performed within 10 minutes after stretching and data do not exist as to the effects of stretching on sprints that are performed 30 minutes or 60 minutes later. Nevertheless, data do show that a 9% decrement in maximum isometric plantar flexion torque was present 60 minutes following an aggressive 30 minute stretching of the planter flexor.

(Avital Schurr can be contacted by e-mail at aoscholl10@louisville.edu)
Continued from page 1

With his standing starts, but by the time he was halfway down the track leading the other competitors and on his way to record performances, bemusement turned to “shock and awe” and all smirking ceased.

The nameless, unassuming obtained a pair of new German running shorts and Collins borrowed shoes from another runner, but he was quick to point out that he finally received his lost luggage and set the records in his own $7 Nike, which he bought seven years ago from a store that was going out of business.

“I’ve had those shoes ever since. My situation is 1 never trained in spikes. The only time I wear the spikes is at a track meet, so they don’t wear out. They’re actually half-miler shoes—they’ve got a heel on them. They’re not sprint shoes.”

Not to be outdone, Dexter McCurdy, M42, Warner Robins, Ga., turned his world-record performances of his own, one in the 60m semi-finals (8.35), and the other breaking his own record in the finals with an 8.32.

McCloud was so eager to record his success with his family that he said, “I gotta go home and see my babies...being my wife and kids. I even miss the dog!”

McCloud continued, “I was surprised this morning to get a record, because I did so many wrong things in the race...the race was kind of wobbly.”

As to the question concerning whether or not he was surprised that he did not get the record in the U.S. on his previous attempts, he said, “No, because they were under some trying conditions.”

He lost a shoe in an attempt in New York, and won in another race the next day in New Jersey.

Three other U.S. hurdlers were on the awards stand. Don Drummond, Fresno, Texas, won the M35 race (8.10), and James Broun, the M50 race (9.12), with Robert Zahn, third (9.37).

Emil Pavlik, Jackson, Miss., 2003 USATF Masters Athlete of the Year, broke the M65 world record for the 60mH with a 10.17 in the pentathlon, which he won with 4264 points.

Equally exciting was the M60.64 4x200m world relay mark of 1:44.99 set by Paul Edens, Sam Hall, Roger Pierce, and Steve Robbins, smashing the old mark of 1:45.24, set by a German team in 1979 in Sandefjord.

Edens was especially happy with the world-breaking relay performance, because he was a “very unhappy little camper” concerning his individual events.

“I was disappointed...I’ve been sick...I had the wrong wax on. That’s what I think I was doing...I had the wrong wax on,” referring to Olympic skier Bode Miller, who failed to medal in the recent Winter Olympics in Torino, Italy.

Robbins also won the 60m (7.87) and 200m (22.52) at Upshaw-Margem, Los Altos Hills, Calif., won the W45 200 (26:21) and was second in the long jump (5.25/17-2 3/4).

New M65 world champion in the 800m, Long Howard, New York City, got his revenge on the field, when this time he did not allow himself to become boxed in as he had done in most of his races in the 2005 WMA Outdoor Championships in San Sebastian, Spain. However, his participation in Linz was doubtful until the last minute.

“The 8’s is my race. On February 2 in training, I pulled both hamstrings. I had no speedwork for four weeks. March 4th, I was contemplating not running. I wanted to run, but I had to work my way back.”

In Linz, both the winning 6-strong men’s and women’s teams relied on a master athlete to clinch the coveted trophy. Greg Hull, M40, was the final scorer for his club racing home 56th from the 1500-15000 field.

Katie Ramsey, W45, has been running brilliantly for some time; here, she finished eighth in the women’s race. The following weekend they both won their age-groups decisively at the British Masters Champs in Bournemouth.

In very competitive races in all age groups, Mark Hargreaves took the M45 title on what is virtually his home course. Nigel Gates, M50, and Mike Hager, M55, who won their 8K XC titles so convincingly in Linz, were equally as emphatic here.

The Scottish Masters XC Championships, postponed March 4 due to several M40 and M45 discus rounds, were run over 10K. Fiona Matheson added the W40 title to her British masters 10K road race; finishing home some 60m clear of the outstanding W55 Lucinda Stevenson.

At the Commonwealth Games in Melbourne, Tracey Morris, W35, finished fourth in the marathon (2:33:13), running for her native Wales, after a long frustrating period out of action. Julie Myatt, who got a silver medal in the European W40 marathon, won the Stafford 20 Mile, March 12, in 2:08:11.

At an indoor meet before Linz, Tony Noel, M40, won the 60m in 6.93. Allan Williams, M50, cleared 4.20 in the pole vault, and Brian Harlick won the M60 with a 2.46.

At the first of the season’s outdoor meets in Kingston, Chris Melluish, M60, won the discus (33.99) and the hammer (46.79). Peter Gordon, who set several M40 and M45 discus records, has now moved to South Africa.

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Masters Scene

NATIONAL

* For information and entry forms for the 2006 USA Masters T&F Championships in May 6-7, NJ, visit mastersatlanticwest2006.com/2006USAMastersOutdoorTFChampionship/siteinfo.html

* Connie Gardner, 42, was first woman overall in the USA Championships/Rocks Racoon 100 Mile Trail Run, Hamilton, Ont., May 13. In the W40-49, David Richards won the M50 race with an 18:09:10. Larry Hall, 51, was first overall in the 250 Mile Blaze Rundown, Boulder, Colo., May 11. Wolpert, 43, won the W40 race (9:26:45). Louis Jolline, 73, was the first finisher 60+ in 13:44.49.

EAST


* Maggie Shaw, 43, Denver, CO, with a 40:06, was first woman overall in the USA Tour 10k for ASPire, Plainview, NY, April 1. Top masters division winners included Jaime Palacios, 51, Flushing, NY, finishing away from the M40+ with a 35:43; Doug Escher, 61, Garden City, NY, 45:56; and Yoshiko Takashashi, 70, NYC, 52:19.

* US record holder Teresa Vail, 42, was second in her division (1:35:18). USA 20k Team Trials for the IAAF World Race Walk Cup, Hauppauge, NY, April 9. Shown will be a member of the Team USA women's roster for the 2006 IAAF World Cup, Coruna, Spain, May 13-14.

* Leading the entire men's field at the NYRR Police-Fire 6k, Central Park, NYC, April 8, was Ken Bohan, 43, 28:27. He was USA Masters National Championships, Houston, March 11. Jeff Butler, 43, took the M40+ first in 34:59. Mitchell Garner, 56, broke the 40-99 barrier with a 39:40.


* Tatyana Pozdnoukhova, 51, UKH, was second in her division (5:17:43) in the Lost Angeles Marathon, March 19. Before the race, according to the L.A. Times, she announced that it would be her last. In 2003, Pozdnoukhova won the women's race in the inaugural challenge format, where the elite women ran first minute before the elite men. Jose Ortiz Pina, M40, Gardena, CA, was first M40+ with a 2:53:23 in the Los Angeles, won the M65 race with a sensation 2:56:59. Emme Van Leeuwen, 33, Croc, CA, finished 5th overall. In the M70, Los Angeles, it was marked by the deaths of two runners, both retired law enforcement officers, one age 70 and the other 65. Over 20 runners started the race.

* The Visalia Classic, Visalia, CA, usually scheduled for early May, was not held this year.

* Ed Klasson, 70, 1:33:36, aced his division at the Palm Springs Half-Marathon, Palm Springs, CA, March 5. Masters winners were Scott Konnagan, 42, 84:02, and Sherri Ellery, 41, 1:21. In the accompanying 5k, Cec St. Gme, 42, was the overall men's winner in 17:02, and Richard Paris, 42, 16:22 (second overall), grabbed the M40+ title.

* Carmen Ayala-Troncoso, 47, in 16:50, and Sean Wade, 40, in 14:53, score firsts in the Carlbad Masters 5000, Carlsbad, CA, March 5. Masters winners were Scott Konnagan, 42, 16:22 (second overall), grabbed the M40+ title.

* Cec St Germain, 50, took the M50 title in 15:53, and Peter Magill, 15:10, were second and third in the M40 group. Cec St Germain also won the M50 division.

* Among the division winners were Nalan Shaeed, M55, 16:19; Herb Phillips, M65, 18:19; and Gerry Davidson, W55, 8:05.19.01.

MIDWEST


* Joe Duddam, 41, 55:14, and Felicia Hazel, 42, 50:13, were the masters winners in the M70 and W50 races in the M70. Benel, 70, 6:39. 30th church's Half-Marathon, Monroe, OH, March 19.

* Joe Duddam, 41, 55:14, and Felicia Hazel, 42, 50:13, were the masters winners in the M70 and W50 races in the M70. Benel, 70, 6:39. 30th church's Half-Marathon, Monroe, OH, March 19.
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 or women over age 40 or 50. 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 NMIN, P.O. Box 50098, Eugene, OR 97405.

**SCHEDULE**

**TRACK & FIELD**

**NATIONAL**

**MID-AMERICA**

- **June 21-23**: USA Masters & Open Championships, Springfield, MA. USA-NEF, 703-424-4946.
- **July 1-4**: Masters AAA Championships, Rochester, NY. USA-NEF, 703-424-4946.
- **July 14-18**: Masters Meet, Huntington, IN. USA-NEF, 703-424-4946.
- **July 21-24**: USA Masters Open Championships, Greensboro, NC. USA-NEF, 703-424-4946.
- **August 1-2**: Masters Meet, St. Joseph, MI. USA-NEF, 703-424-4946.
- **August 15-18**: USA Masters Open Championships, Nashville, TN. USA-NEF, 703-424-4946.
- **September 1-4**: Masters Meet, Edenton, NC. USA-NEF, 703-424-4946.

**SOUTHWEST**

- **April 2-3**: Southwestern Masters Classic, Phoenix, AZ. USA-NEF, 703-424-4946.
- **April 15-17**: Southwestern Masters Classic, Phoenix, AZ. USA-NEF, 703-424-4946.
- **May 1-3**: Southwestern Masters Classic, Phoenix, AZ. USA-NEF, 703-424-4946.
- **May 15**: Southwestern Masters Classic, Phoenix, AZ. USA-NEF, 703-424-4946.
- **June 12**: Southwestern Masters Classic, Phoenix, AZ. USA-NEF, 703-424-4946.
- **July 10**: Southwestern Masters Classic, Phoenix, AZ. USA-NEF, 703-424-4946.
- **July 24**: Southwestern Masters Classic, Phoenix, AZ. USA-NEF, 703-424-4946.

**SOUTHEAST**

- **June 1-2**: Masters Meet, Austintown, OH. USA-NEF, 703-424-4946.
- **June 8-10**: Masters Meet, Austin, TX. USA-NEF, 703-424-4946.
- **June 15-17**: Masters Meet, Austin, TX. USA-NEF, 703-424-4946.
- **June 22-24**: Masters Meet, Austin, TX. USA-NEF, 703-424-4946.
- **July 6-8**: Masters Meet, Austin, TX. USA-NEF, 703-424-4946.
- **July 13-15**: Masters Meet, Austin, TX. USA-NEF, 703-424-4946.
- **July 20-22**: Masters Meet, Austin, TX. USA-NEF, 703-424-4946.

**SOUTHWEST Regional Championships**

- **May 19-20**: Masters Meet, Austin, TX. USA-NEF, 703-424-4946.
- **June 22-24**: Masters Meet, Austin, TX. USA-NEF, 703-424-4946.
- **July 27-29**: Masters Meet, Austin, TX. USA-NEF, 703-424-4946.

**WEST**

- **May 1**: Masters Meet, Austin, TX. USA-NEF, 703-424-4946.
- **June 5-7**: Masters Meet, Austin, TX. USA-NEF, 703-424-4946.
- **June 12-14**: Masters Meet, Austin, TX. USA-NEF, 703-424-4946.
- **June 19-21**: Masters Meet, Austin, TX. USA-NEF, 703-424-4946.
- **July 3-5**: Masters Meet, Austin, TX. USA-NEF, 703-424-4946.
- **July 10-12**: Masters Meet, Austin, TX. USA-NEF, 703-424-4946.
- **July 17-19**: Masters Meet, Austin, TX. USA-NEF, 703-424-4946.
- **July 24-26**: Masters Meet, Austin, TX. USA-NEF, 703-424-4946.
- **August 1-3**: Masters Meet, Austin, TX. USA-NEF, 703-424-4946.

**MIDWEST**

- **June 1-3**: Masters Meet, Austin, TX. USA-NEF, 703-424-4946.
- **June 8-10**: Masters Meet, Austin, TX. USA-NEF, 703-424-4946.
- **June 15-17**: Masters Meet, Austin, TX. USA-NEF, 703-424-4946.
- **June 22-24**: Masters Meet, Austin, TX. USA-NEF, 703-424-4946.
- **July 13-15**: Masters Meet, Austin, TX. USA-NEF, 703-424-4946.
- **July 20-22**: Masters Meet, Austin, TX. USA-NEF, 703-424-4946.
- **July 27-29**: Masters Meet, Austin, TX. USA-NEF, 703-424-4946.
- **August 3-5**: Masters Meet, Austin, TX. USA-NEF, 703-424-4946.
- **August 10-12**: Masters Meet, Austin, TX. USA-NEF, 703-424-4946.
- **August 17-19**: Masters Meet, Austin, TX. USA-NEF, 703-424-4946.
- **August 24-26**: Masters Meet, Austin, TX. USA-NEF, 703-424-4946.
- **September 20-22**: Masters Meet, Austin, TX. USA-NEF, 703-424-4946.
- **October 1-3**: Masters Meet, Austin, TX. USA-NEF, 703-424-4946.

**NORTHEAST**

- **April 15**: Masters Meet, Boston, MA. USA-NEF, 703-424-4946.
- **May 6**: Masters Meet, Boston, MA. USA-NEF, 703-424-4946.
- **June 10**: Masters Meet, Boston, MA. USA-NEF, 703-424-4946.
- **July 15**: Masters Meet, Boston, MA. USA-NEF, 703-424-4946.
- **August 19**: Masters Meet, Boston, MA. USA-NEF, 703-424-4946.
- **September 16**: Masters Meet, Boston, MA. USA-NEF, 703-424-4946.
- **October 21-23**: Masters Meet, Boston, MA. USA-NEF, 703-424-4946.

**NORTHWEST**

- **May 1-3**: Masters Meet, Seattle, WA. USA-NEF, 703-424-4946.
- **May 8-10**: Masters Meet, Seattle, WA. USA-NEF, 703-424-4946.
- **May 15-17**: Masters Meet, Seattle, WA. USA-NEF, 703-424-4946.
- **June 12-14**: Masters Meet, Seattle, WA. USA-NEF, 703-424-4946.
- **June 19-21**: Masters Meet, Seattle, WA. USA-NEF, 703-424-4946.
- **July 10-12**: Masters Meet, Seattle, WA. USA-NEF, 703-424-4946.
- **August 7-9**: Masters Meet, Seattle, WA. USA-NEF, 703-424-4946.
- **August 14-16**: Masters Meet, Seattle, WA. USA-NEF, 703-424-4946.
- **August 21-23**: Masters Meet, Seattle, WA. USA-NEF, 703-424-4946.
- **September 11-13**: Masters Meet, Seattle, WA. USA-NEF, 703-424-4946.
- **September 18-20**: Masters Meet, Seattle, WA. USA-NEF, 703-424-4946.
- **October 2-4**: Masters Meet, Seattle, WA. USA-NEF, 703-424-4946.

**CANADA**

- **February 21-23**: Canadian Masters Championships, Moncton, New Brunswick. canadamas


## U.S. MASTERS ALL-AMERICAN STANDARDS

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<tr>
<th>Event</th>
<th>30-34</th>
<th>35-39</th>
<th>40-44</th>
<th>45-49</th>
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<td>16:52</td>
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</table>

### Footnotes:

1. All standards are for automatic time; use standard conversion for hand time.
2. Short hurdles: 30-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79.
3. Long hurdles: 30-59; 40-54; 55-64; 65-79.
4. Shot put: 30-59; 40-64; 55-64; 65-79.
5. Hammer: 30-49; 40-64; 55-64; 65-79.
6. Weight: 30-49; 40-64; 55-64; 65-79.
7. Javelin: 30-59; 40-64; 55-64; 65-79.
8. Metric heights and distances are the standard; feet and inches listed for convenience.

---

## U.S. MASTERS ALL-AMERICAN STANDARDS OF EXCELLENCE FOR RACEWALKERS

### Footnotes:

1. Notes: 100 standards are for automatic time; use standard conversion for hand time.
2. Short hurdles: 30-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79.
3. Long hurdles: 30-59; 40-54; 55-64; 65-79.
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7. Javelin: 30-59; 40-64; 55-64; 65-79.
8. Metric heights and distances are the standard; feet and inches listed for convenience.

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

**NAME**

**ADDRESS**

**SEX**

**M**

**F**

**CITY**

**STATE**

**ZIP**

**MEET DATE**

**EVENT**

**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, completely.
2. A copy of your results 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, National Masters News, P.O. Box 50098, Eugene OR 97405.
5. A color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 3" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.
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MEDTRONIC TWIN CITIES MARATHON
SUNDAY, OCTOBER 1, 2006
MARATHON WEEKEND SEPT 29 – OCT 1
May 2006

National Masters News  page 31

World Masters Athletics Championships

Indoor Championships, Saskatoon, March 31-April 1

50m
M55 Mark St John 6.69
M50 John Headley 6.80
M55 John Lloyd 6.93
M50 Arthur Evenson 7.73
M55 Bob Edwards 9.17
M60 Ted Bowes 9.77
M65 Max Coates 10.23

800m
M60 Max Gadd 1:59.25
M65 Brian Godsey 2:15.77

1500m
M60 Stuart Main 3:22.90

2000m
M55 Bobby Williams 4:22.01

5000m
M55 Jack Steedman 11:28.97

Saskatoon Kinsmen Indoor Championships, Saskatoon, March 31-April 1

50m
M70 Paul Headley 6.72
M60 John Headley 6.80
M70 John Ranta 7.83
M50 Arthur Evenson 7.73
M55 Bob Edwards 9.17
M60 Ted Bowes 9.77
M65 Max Coates 10.23

BMAF National Indoor Championships, Athletics News, April 5

60m
M35 Mark Denton 7.12
M40 Anthony Noel 7.08
M45 John Stewart 7.48

200m
M35 Paul Smith 22.98
M40 Anthony Noel 23.80
M45 John Stewart 24.48

400m
M35 Ed Williams 23.46
M40 John Stewart 23.80
M45 John Stewart 24.48

800m
M35 Paul Smith 22.98
M40 Anthony Noel 23.80
M45 John Stewart 24.48

1500m
M35 Paul Smith 22.98
M40 Anthony Noel 23.80
M45 John Stewart 24.48
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**Note:** The above table represents a simplified version of the data provided in the image. Each row corresponds to a different event, with the names of the athletes and their respective places. The table is truncated for brevity, but the full version includes much more detailed information.
Los Angeles Marathon

Los Angeles, CA
March 19

Overall

1. Bryon Nelson, 2:20:07
2. Paul Tergat, 2:20:21
3. Haile Gebrselassie, 2:20:43

Women

1. Maria Bueno, 2:33:41
2. Paula Radcliffe, 2:34:22
3. Deena Kastor, 2:35:56

Men

1. Thomas Panichelli, 2:19:06
2. Dennis Richey, 2:20:00
3. Robert Newsome, 2:20:20

Los Angeles Masters

Los Angeles, CA
March 19

Overall

1. John Rusk, 2:29:32
2. Rick Pejovic, 2:32:00

Women

1. Laura Young, 2:46:57
2. Shari Klink, 2:49:34
3. Cindy Cardwell, 2:50:06

Men

1. John Rusk, 2:29:32
2. Rick Pejovic, 2:32:00

Marathons 50K

Carlsbad, CA; April 9

Overall

1. Steve Jones, 2:07:28
2. Haile Gebrselassie, 2:08:17
3. Lelisa Desisa, 2:09:19

Women

1. Paula Radcliffe, 2:22:19
2. Debra Linger, 2:24:30
3. Marita Koch, 2:26:03

Men

1. Steve Jones, 2:07:28
2. Haile Gebrselassie, 2:08:17
3. Lelisa Desisa, 2:09:19

Women Running Wild 5K

Palm Springs, CA
March 19

Overall

1. Margie Nelson, 22:31
2. Tina Mauk, 22:59
3. Ann Van Der Linden, 23:18

Women

1. Margie Nelson, 22:31
2. Tina Mauk, 22:59
3. Ann Van Der Linden, 23:18

Men

1. Robert Robinson, 22:31
2. Tom Mauk, 22:59
3. Bob Van Der Linden, 23:18

Emerald Nuts Across the Bay 12K
San Francisco, CA; March 19

Overall

1. Charles Henson, 39:05
2. John McNamee, 39:40

Women

1. Sarah Gregory, 42:17
2. Jennifer Haynes, 43:15
3. Sarah McNamee, 44:12

Men

1. Charles Henson, 39:05
2. John McNamee, 39:40

Women Across the Bay 10K
San Francisco, CA; March 19

Overall

1. Jennifer Haynes, 33:18
2. Sarah Gregory, 33:47
3. Sarah McNamee, 34:15

Women

1. Jennifer Haynes, 33:18
2. Sarah Gregory, 33:47
3. Sarah McNamee, 34:15

Men

1. Charles Henson, 39:05
2. John McNamee, 39:40

Women's Marathon

Los Angeles, CA
March 19

Overall

1. Mary Komon, 2:22:19
2. Derartu Tulu, 2:23:18
3. Florence Kiplagat, 2:24:21

Women

1. Mary Komon, 2:22:19
2. Derartu Tulu, 2:23:18
3. Florence Kiplagat, 2:24:21

Men

1. Bill Rodgers, 2:10:21
2. Eliud Kipchoge, 2:11:02
3. Bernard Lagat, 2:11:26

Los Angeles Masters

Los Angeles, CA
March 19

Overall

1. John Rusk, 2:29:32
2. Rick Pejovic, 2:32:00

Women

1. Laura Young, 2:46:57
2. Shari Klink, 2:49:34
3. Cindy Cardwell, 2:50:06

Men

1. John Rusk, 2:29:32
2. Rick Pejovic, 2:32:00

New York 5K Race

Central Park, NY
March 19

Overall

1. Jerry Seinfeld, 16:18
2. David Letterman, 16:22

Women

1. Debra Linger, 19:32
2. Jennifer Haynes, 20:44
3. Sarah Gregory, 21:15

Men

1. Jerry Seinfeld, 16:18
2. David Letterman, 16:22

Bill Mathews 10K Race

Championships

Orlando, FL; April 2

Overall

1. John Fredericks, 28:14
2. Jerome Dray, 28:35
3. Ryan Silfies, 29:24

Women

1. Jennifer Haynes, 33:18
2. Sarah Gregory, 33:47
3. Sarah McNamee, 34:15

Men

1. John Fredericks, 28:14
2. Jerome Dray, 28:35
3. Ryan Silfies, 29:24

Bill Mathews 10K Race

Championships

Orlando, FL; April 2

Overall

1. John Fredericks, 28:14
2. Jerome Dray, 28:35
3. Ryan Silfies, 29:24

Women

1. Jennifer Haynes, 33:18
2. Sarah Gregory, 33:47
3. Sarah McNamee, 34:15

Men

1. John Fredericks, 28:14
2. Jerome Dray, 28:35
3. Ryan Silfies, 29:24