Ryjov Wins This Time, Karlshoj Repeats in Boston

By JERRY WOJCIK
Fedor Ryjov, 41, avenged last year’s loss to Joshua Kipkemboi, 42, by turning the tables with a masters win in the 25th Boston Marathon, April 16.

Ryjov, a Russian citizen who lives in Portugal with his family, ran an eighth-place 2:13:54. Kipkemboi, 42, Kenya, was 11th-overall, in 2:14:47. Performance times were slowed a bit this year by a slight, but steady, headwind on the famous point-to-point course from bucolic Hopkinton to downtown Boston, and sunny skies that became a bit warm by race’s end.

Last year, Kipkemboi finished in 2:17:11, and Ryjov in 2:17:38, in less than ideal conditions with wind chills in the low 20s. Ryjov ran his first marathon in 1982 after running track times of 8:09 for 3000, 14:00 for 5000, and 28:15 for 10,000. Referring to countryman Andrey Kuznetsov’s wins in 1998 and 1999, Ryjov said, “Russian masters have a tradition of winning at Boston.”

Kipkemboi edged Ryjov for international-class, age-graded performance honors, 97.1% to 97.0%.

Sammy Ngaita, 41, Fort Carson, Colo., was second, finishing in 2:17:12. Kipkemboi edged Kuznetsov, 41, of Russia, for third place in 2:17:38, in less than ideal conditions with wind chills in the low 20s.

Times and Temperature Drop at Broad Street 10 Mile

By SUSANNAH BECK
The 22nd Independence Blue Cross Broad Street 10 Mile Run, May 6, was more forgiving this year: the weather was cooler, and the course didn’t change. Broad Street habitués mostly ran at least a minute faster than they did the year before, when 80-degree weather turned the street molten.

The race, which traverses Philadelphia north to south in a straight shot on one of the city’s liveliest streets, attracted more than 7000 runners this year, and saw many repeat age-group winners. The race offers masters prize money five-places deep, with $400 going to the winners.

Veteran Broad-Streeter Brendan Hilliard, 43, Lansdown, Pa., repeated his masters win in 2000, running away with the 40+ race once again, in 52:59, almost a minute in front of his closest 40+ pursuer, and :57 faster than his time the year before. Hilliard is the 40th man 40+

48,000 Cheer Masters in Penn Relays

By PETER TAYLOR
PHILADELPHIA, April 28 – Michael Johnson and Marion Jones were magnificent in this year’s Penn Relays, and high school 4-minute miler Alan Webb lived up to his notices, but how about the athletes age-40-and-over? The crowds were huge (48,922 today, Saturday), and the masters were brilliant. What a perfect lesson for fans of open, college, and high school track: “The masters are the truth.”

About 4:45 p.m. today, nine M40+ teams lined up for the 4x400.

A brilliant opening 49.1 for Sprint Force America by Sal Allah, 41, there was little doubt about the winner. Kevin Morning, 45, uncorked a 50.1 leg, followed by a 52.1 by Ed Genora, 48.

When anchor Ray Blackwell, 42, hit the end of the backstretch, displaying that marvelous Blackwell stride, the crowd roared. Dr. Blackwell, a cardiothoracic surgeon, clocked 49.5 for his leg, going through the line in 3:20.83, an astonishing 50.2 per man for the team.

Masters Star in Mt. SAC Relays

More than 3000 spectators cheered masters runners in three age-graded races at the 43rd annual Mt. SAC Relays in Walnut, Calif. (25 miles east of Los Angeles) on April 22.

The women’s age-graded 100m was won by Kathy Bergen, 61, La Canada, Calif., in 11.59. Cindy Steenbergen, 41, Fort Worth, Tex., was second, followed by Pat Peterson, 75, Albany, N.Y.

Each runner got a distance handicap based solely on her age. Bergen ran 80.3 meters, while Peterson, the oldest runner in the field, ran 69.2 meters.
after a few miles, the weight of the world isn't so heavy.

achieve new balance

WB54 WOMEN'S RUNNING SHOE

A high-mileage stability training shoe
- Aicura® cushioning in the heel and forefoot
- Graphite Ballistic® stability technology
- TPU medial post® provides motion control
- Stability Web® offers lightweight midfoot support
- C-Cap® Midsole provides maximum cushioning and flexibility
- N-Durance® heel pad for increased durability
- Available in four widths: 2A, B, D, 2E

www.newbalance.com 1-800-253-2525
© 2001 New Balance Athletics, Inc.
WHITLOCK SETS WORLD M70 RECORD
in Buffalo Half-Marathon

By JEFF JOHN
GRAND ISLAND, NY - Canadian Ed Whitlock shattered the M70 world record in the Greater Buffalo Track Club Half-Marathon, held in this Buffalo suburb on April 21. Whitlock sped over the USATF certified loop course in an astounding 1:22:23, finishing 14th of 285 runners. The current record is 1:27:44 in 1997 by John Keaton, then 72.

Whitlock, a retired mining engineer from Milton, Ontario, turned 70 in March and seems poised to set world records in every distance from the 1500 to the marathon. It's likely to happen soon, since he races frequently.

If other schools respond like Baylor has, participation should increase tremendously. Our cross-country races in the late '40s and early '50s were all road races of 2.7 miles in the Fort Worth area. We also hope to compete in the USATF Masters X-C races in November and December and State Senior Games.

Robert Coffey
Fort Worth, Texas
817-927-2407

DON TAVOLACCI
We were saddened to learn of the death of Don Tavolacci, for many years

Six Join NMN Sustainers

Each month, 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.

Special thanks this month go to:

Steven Bowles, Henderson, Nevada
Ross Carter, Eugene, Oregon
Ronald Manion, Norristown, Pennsylvania
Tim McMullen, Bishop, California
Jerry Reiser, Wichita, Kansas
Richard Wilcox, Long Beach, California

NATIONAL MASTERS NEWS Subscription Form

The National Masters News is the official world and U.S. publication for masters track & field, long distance running and race walking. It contains information you can't get anywhere else. Subscribe Now.

2nd Class rates:

USA, Canada, (Air mail) Foreign rates: $6
(USA, Canada, (Air mail)) as a one year contribution to your work
México) 1st Class rates: (USA, Canada, (Air mail)) $42
(USA, Canada, (Air mail)) $45
México) $80
(USA, Canada, (Air mail)) $85
México) $115

Circle applicable sports: T L R (T&F; L=LDR; R=R-W)

Name

Address

City State Zip

Send to: National Masters News
Subscription Dept.
P.O. Box 16597
North Hollywood, CA 91615-6597
Or Call: 818/760-8983
EVERYTHING TRACK & FIELD, EVERYTHING FAST AND PRICED RIGHT!
We Carry UCS, Gill, Pacer, First Place, Nelco and More.

RELY ON M-F ATHLETIC FOR YOUR TRACK REQUIREMENTS.

Our 2001 Catalog Is Ready!
Request Your FREE Copy.

68 pages chock full of equipment, implements and accessories.
A great reference and a dependable, low cost source.

Call Toll-Free 1-800-556-7464
Fax Toll-Free 1-800-682-6950

M-F ATHLETIC COMPANY
11 Arnflex Drive, P.O. Box 8090
Cranston, RI 02920-0090 USA
E-Mail: mfathletic@mfathletic.com
Visit Our Web Site: www.mfathletic.com
Sutton Hits the Comeback Trail

Although he is making no predictions, Jim Sutton is eyeing the American 800 and 1500 records for the 70-74 division. "I'm hopeful, but I don't really go for records," says Sutton, a professor of Education at Alvernia College in Reading, Pa. "I never run from the front. I always come from the back. So there has to be someone there pushing the pace for me to have a chance at a record."

Sutton will enter the 70-74 division on June 30 and return to serious competition at the Nationals in Baton Rouge, July 25-28. He might also compete in the Senior Games at LSU the preceding week. The American records at risk are 2:27.57 and 5:14.97, both by James Lytjen in 1991. Earl Hatton of Holland has held the 800 in 2:27.57 since winning the 1999 World Championships at that distance. In the 1995 Nationals at Spokane, Sutton found himself some 180 meters behind Paul Hatton with about a mile remaining. "I thought I should step it up, so on the 10th lap I caught him, then hung on his back until approximately 300 meters from the finish," Sutton remembers that victory.

"I told Paul there was some unknown guy on my shoulder, that I would be kicking with 200 to go, and that he could go whenever he wanted. He kicked immediately, and we took off, never to hear the likes of the other runner. I felt embarrassed for what I said, but Paul only laughed."

Sutton's training these days calls for approximately 40 miles a week, most of it on trails. He rarely trains on the track and his longest run of the week is 8-9 miles at 7-8 minute mile pace. He does speed work by picking it up on the flats.

No Concessions to Age

As for the effects of aging on his performance, Sutton hesitates before responding. "I do feel the slowdown," he muses. "There's no doubt about it. It's there. You can't deny it, and it's not conditioning or anything like that. Some days you really have it and some days you don't. That's the main thing. When I do have it, I don't feel any different than when I was 60. But I don't concede anything to age. I absolutely refuse to think about it. That's the way I am."

A Box of Medals

One of his fondest memories, however, is of his 60-64 mile record of 4:58.2, also in 1991 (his 4:32.09 for 1500 that same year converts to a 4:54.60 for the mile). In order to respond to a question as to the number of indoor and outdoor national championships he has won, Sutton had to go searching for a shoebox in the attic. There he found his medals and came up with four championships at 800, 11 at 1500, four in the mile, two at 3000 meters, one at two miles, three at 5000 meters, three at cross-country, and one in a relay, a total of 29.

Perhaps the race that really called attention to Sutton was the 1500 at the 1987 Nationals in Eugene. That's when he outkicked defending champion Ray Hatton, until then undefeated in his age division for some 15 years. "I had heard that Hatton was the best, but that he rarely ran outside of Oregon," says Sutton, recalling his victory. "That was one of the reasons I went there."

Hatton's leisurely 2:30 for the first half played into Sutton's strength, his blazing kick. Sutton crossed in 4:32.0 to Hatton's 4:32.2 and there was no doubt by the expression on Hatton's face at the finish that he was shocked.

Fast-Twitch Runner

While he considers himself primarily a fast-twitch runner, Sutton has done well at 5000 meters as attested to by his three national championships at that distance. In the 1995 Nationals at Spokane, Sutton found himself some 180 meters behind Paul Hatton with about a mile remaining. "I thought I should step it up, so on the 10th lap I caught him, then hung on his back until approximately 300 meters from the finish," Sutton remembers that victory.

"I told Paul there was some unknown guy on my shoulder, that I would be kicking with 200 to go, and that he could go whenever he wanted. He kicked immediately, and we took off, never to hear the likes of the other runner. I felt embarrassed for what I said, but Paul only laughed."

Sutton's training these days calls for approximately 40 miles a week, most of it on trails. He rarely trains on the track and his longest run of the week is 8-9 miles at 7-8 minute mile pace. He does speed work by picking it up on the flats.

No Concessions to Age

As for the effects of aging on his performance, Sutton hesitates before responding. "I do feel the slowdown," he muses. "There's no doubt about it. It's there. You can't deny it, and it's not conditioning or anything like that. Some days you really have it and some days you don't. That's the main thing. When I do have it, I don't feel any different than when I was 60. But I don't concede anything to age. I absolutely refuse to think about it. That's the way I am."

Boston Marathon

Continued from page I

Coho., was third in 2:23:07. Paul Zimmerman, 40, Beaverton, Ore., running his first marathon as a master, finished fourth in 2:23:45.


The first age-70-and-over runner in the M60+ race was Keizo Yamada, 73, Japan, 34th overall in 3:39:32.

Gitte Karlshoj, 41, of Denmark, defended her women's masters title with a 13th-place finish in 2:36:36, about a minute slower than last year's time. A part-time runner, she started running at age 23, and has good speed for a marathoner, with a best of 8:44 in the 3000.

Gordon Bakoulis, 40, New York City, was second in 2:43:16, followed by Joseph Colombo-Janin, 48, of France, in 2:44:39, to give her the top age-graded performance at 92.6%, with Karlshoj at 91.7%.

Oregan native Meghan Arbogast, 24, of Portland, Ore., celebrated her 25th birthday on race day with a fourth-place finish at her first Boston, running 2:45:52. Typical of fan support at Boston, Arbogast's father drove from Monroe, Wash., and made it to the finish line with a few minutes to spare.

More than half-a-million cheering runners and themselves alike, and probably never to hear the likes of the other runner. I felt embarrassed for what I said, but Paul only laughed."

Sutton's training these days calls for approximately 40 miles a week, most of it on trails. He rarely trains on the track and his longest run of the week is 8-9 miles at 7-8 minute mile pace. He does speed work by picking it up on the flats.

No Concessions to Age

As for the effects of aging on his performance, Sutton hesitates before responding. "I do feel the slowdown," he muses. "There's no doubt about it. It's there. You can't deny it, and it's not conditioning or anything like that. Some days you really have it and some days you don't. That's the main thing. When I do have it, I don't feel any different than when I was 60. But I don't concede anything to age. I absolutely refuse to think about it. That's the way I am."

Victor Sailer | Photo Run

Gordon Bakoulis, 40, second masters woman (2:43:16), Boston Marathon, April 16.
Broad Street 10-Mile

Continued from page 1

40+ course record holder, at 51:28, which he ran in 1998.

Terry Permar, 46, Pineville, Pa., repeated as M45 winner, .50 faster than last year, in 53:50. Gary Fanelli, 50, Bryn Mawr, Pa., ran a speedy 56:19, for the M50 award. Robert Taggert, 60, Newark, Del., 65:47, moved up to the M60 this year, leading that age group as handily as he did M55 the year before, and almost two minutes faster.

Ruben Melendez, 66, Philadelphia, also repeated, at 70:31, for the M65.

In the women's race, Shirley Geerling, 42, Paoli, Pa., 63:34, kept the W40+ title another year. Leah Whipple, 49, Kimberton, Pa., sped up by four minutes and went from second to first in the W45. Repeaters Joy Hampton, 54, Clarksboro, N.J., won the W50 in 71:02, and Sandra Folzer, 61, Glen side, Pa., took 17:26 off her 2000 time to win the W60 in 76:51. Andrea Gerbstad, 66, Berwyn, Pa., also repeated, winning the W65 at 92:42.

The 2001 Broad Street Run raised money for the American Cancer Society, and was sponsored by Independence Blue Cross, the Philadelphia Daily News, and the Philadelphia Recreation department.

Subscription Problems?

Moving?

To determine the status of your subscription, or to let us know of your new address, call or fax Circulation Director Sonia Avila, at 818-760-8983; fax 818-985-1213. Or write to NMN, PO Box 16597, North Hollywood, CA 91615.

October 30, 2001

Appleton, Wisconsin

Community First Fox Cities Marathon

TDS Metrocom Half Marathon

26.2 Mile Relay Marathon

Appleton Papers 13.1-Mile Power Walk

For further information, contact us at: 1-877-230-7223

www.foxcitiesmarathon.org
Effects of Adolescent Sports Activity in Later Years

I am always scanning medical literature to see if there are any significant articles pertaining to masters athletes. I previously discussed a study conducted in Finland that pointed out that exercise has a favorable effect on mobility and may delay the onset of physical disability.

In a second study, an investigation was performed to determine if sports in adolescence or adulthood can cause disability in older men. The study was performed with 1321 former elite male athletes who had represented Finland in international competition and 800 who were seen as healthy, but non-competitive. The study compared endurance athletes, track and field participants, shooters, and other power sports competitors.

It was interesting to note that knee ligament injuries were rare among long distance runners, shooters and control subjects, but were common among soccer players and wrestlers. Actually, 52 per cent of soccer players reported hospital treatment for knee injuries.

Other studies showed a relationship between running and hip osteoarthritis but, on x-ray, although there were osteoarthritic changes, there was no loss of function. The reports of hip pain were low in these athletes.

It was surmised that lower body mass in endurance athletes may prevent the occurrence of hip problems. It was also found that repetitive loading during adolescence and adulthood has no harmful effects on knee joint function at older ages.

On the other side of the coin, heavy weight training and high body mass index among power sports athletes may predispose them to knee osteoarthritis. This group had higher disability odds for hip and knee disability than those with a lower body mass.

The study pointed out that former elite endurance and track and field athletes reported less hip disabilities than the control subjects.

Although the role of vigorous athletic activity on knee function in later years is controversial, the authors feel that aerobic activity when younger has a low risk of injury and can be recommended to maintain health and a disability-free life in old age.

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr John Pagliano, The Foot Beat, NMN, Box 5098, Eugene, OR 97405. He can also be reached by e-mail at TheFootBeat@aol.com.)

Dorothy “Dot” Donley

Dorothy J. Donley, known to masters athletes as “Dot,” passed away April 16 at a hospice care center in Colorado Springs, Colo., where she had fought since January 1998. She leaves her husband and three sons.

Married to Jerry Donley – USATF Masters T&F Chair from 1983-1989 and world champion pole vaulter – Dot accompanied him on his trips to over 15 countries.

A graduate of Beloit College in Wisconsin, Dot was the consummate liberal arts college graduate, which nourished her interest in education, the fine arts, and community involvement. She was one of the first women to become a Ruling Elder in the First Presbyterian Church in Colorado Springs and taught Sunday school for over 15 years. She served as the chair of the Colorado Springs Master Park and Recreation Advisory Committee, participating in the development of a recreational master plan for that city. On the trip with her husband, she took advantage of the opportunity to visit art galleries in every city.

Donations may be made to either the Dorothy J. Donley Memorial Fund of the First Presbyterian Church of Colorado Springs, 219 East Bijou, Colorado Springs, CO 80903, or to Beloit College, 700 College St., Beloit, WI 53511-5595, for the Women’s Recreation Program or Women’s Athletics.
Penn Relays

Continued from page 1

The time broke the world masters best of 3:21.54, set by a USA team in 1989.

After their magnificent performance, the four gleeful sprinters took a slow, emotional, and well-deserved victory lap. Team United finished second in an excellent 3:27.30 (Ben James, Tyrone Guiden, Anselm LeBourne, and Michael Puckering).

About an hour earlier, five men went to the line for the M75+ 100 (only last year's winner Ray Bower and Oscar Harris, both 77, were under 80). Bower, in lane 5, and Jim Manno, 80, in 6, went at it "tooth and nail."

Manno is a picturesque, high-step sprinter; Bower runs lower to the ground with a resolute style. At the end, it was Manno in 15.32 to Bower's 15.73. Manno waved to the crowd, in turn warmly showered by expressions of admiration, as he experienced one of his greatest thrills ever. He first competed at the Relays in 1941, and this was his fourth attempt at winning the 75+ race.

Yesterday evening, the indomitable Charles Allie, now a familiar name to the masters announcer at Penn, once again turned in a clutch relay leg in the 4x400 for M50+ and W40+. With a substantial deficit after taking the stick from NADIA TC teammate John Aiken, the 53-year-old Allie collared AURA International's Jesse Norman on the far turn, then went on to victory in a U.S. best of 3:43.48. Keith Peterman and Dorel Watley ran the first two legs for NADIA. AURA was second in 3:45.87.

Some three hours earlier, the distance medley relay (1200-400-800-1600) was contested, mostly with open squads but with two masters quartets. Anselm LeBourne, world 800 and 1500 meter champion, got things off to a fine start with a 3:06.9 1200 (3:53.6 1500 pace) for Team United, with former national indoor 60m champion Barnwell unleashing a 53.2 400. Steve Nearman then ran a 2:02.5 800, and Tom Dalton finished the job in an excellent 4:21.2 (splits from coach Rodney Wiltshire).

Team United finished sixth overall, obliterating the world 40+ standard (10:34.6, set in 1990 by the Boston RC), with a sensational 10:23.81. Scheduled for 2:45 p.m. was the M40+ 100, the first of six masters 100s that were contested with a twist – no false start, by order of meet director John Mauck.

Sprints scheduled for the M40+ were all close: Melvin Fields won the M55+ in 12.44 over 1964 Olympian Edwin Roberts (12.47); California's Harold Tolson held off Larry Colbert for the M60+ gold (12.68 to 12.79); Donald Beck challenged Bill Wright in the M65+, but Wright won it by a few inches (13.74 to 13.77) with the crowd roaring.

Late Friday morning, the 4x100 relays were contested. In M40+, Sprint Force America had a good-sized lead after three legs, with anchorman Bob Bowen (who ran 11.65, 23.66, and 52.43 at the Nationals in 1998 at age 46) the beneficiary. Maryland Masters, anchored by Holloway, was second at that point. Holloway, who ran 10.86 at Orono at age 37, closed resolutely to win by about a foot – 43.57 to Sprint Force America's 43.61.

In the M50+, it was Norman look-
Following is Part II of reflections of racewalkers who competed in the Masters Indoor 3K Championships in Boston, Massachusetts, March 29.

Stan Sosnowski, M50, silver medalist, 15:30.80.

This race was just what I needed to jumpstart my comeback. As I crossed the finish line, I felt like I was on the road back. At least that’s what everyone was shouting as I was nearing the end. I’m having a hard time getting back into racing since my road accident, but the vertical support from the lap counters, spectators, and fellow athletes really pulled me through.

The facility at Reggie Lewis is very good and the meet well organized. My only regret is that they didn’t combine really the good and the meet well organized. My chase.

Bob Keating having a hard time getting back into rae- of cards .early and had to .race smart. .

18:21.56 . gentleman and a good racer .

weather” meter indoor track. We don’t often have What a race! I didn’t prevail, but I

short, and 15 laps with 4x15 turns does competition and hold the lead . I used a

under the watchful eye of six judges who the heels of Rita Sinkovec ,

race . The leader, Yoko Eichel

were a number of good walkers behind couldn’t duplicate my performance of

16:57.63) and Kathy Frable

were not going to pass, and they didn’t! It was an exciting experience and

18:08.30 )

for the 14th lap.

were a number of good walkers who wear themselves win the

short .ones. I’m very determined and, lete.

na and the strength to eventually over- ter which

number of walkers who wear themselves win the

50-54

and 55-59 age groups. It passing someone

13:36.80).

was on the road had a couple of slow races

I needed to

I

crossed the perform up to my own expectati.ons.

I think

with

to overtake him.

I probably stayed a little too far behind before making the

final move. Jack knew I was coming and accelerated to the finish just ahead of

me. Paul Johnson was just behind me pushing me all the way, so I had the best of both worlds - chasing and being pushed. The only negative was the plac ing of the M55-59 walkers in our heat. It was somewhat distracting to have Rich Friedlander laping us 60-69-year-old walkers.

I felt good after the race, somewhat like I felt after the 5K race in Gatehead when I finished 4th after Gerhard Weidner, Jack Bray and Max Green. It’s great to be with terrific competition.

Baton Rouge to Host
34th Nationals

Bernie Moore Track Stadium on the campus of Louisiana State U. will be the site of the 34th annual USAF National Masters T&F Championships in Baton Rouge, La., July 25-28.

The track is home to many National Open Championships and national competitions. The event will be hosted by the Baton Rouge Sports Foundation and will conclude two weeks of senior sporting activity, led off by the National Senior Games biennial championships on July 14-28.

“We are excited about the opportunity to serve you and your families with not only a spectacular athletic event, but also the ‘Louisiana Experience,’” said Jerry Stovall of the Sports Foundation. “Our culture, music, Cajun/Creole cuisine, festivals, Continued on page 13
One part of this newspaper that is of particular interest is the "Write On" section. It is here that readers get a chance to let everyone else know what they think is good and/or bad about our sport. It is healthy for people to be able to express their opinion. It is the democratic way.

I do have a concern that people think that by getting their opinion published in NMN, anything is necessarily going to be discussed about their problem, if it is a problem that they seek to resolve.

NMN is one way USATF communicates with its members. The official USATF masters website, direct written communication, email, and meetings are others. NMN is not an operating entity of USATF. It is one way the officers of USATF masters get information about the needs of its members.

One of my jobs as the CEOS of NMN is to try and keep costs of the newsletter down. Last year a state audit discovered that NMN did not have a proper system to deal with state revenue. In the event NMN has to deal with state revenue, the audit recommended that NMN hire a full-time executive director of USATF masters.

This is a concern that people think that by getting their opinion published in NMN, anything is necessarily going to be discussed about their problem, if it is a problem that they seek to resolve.

NMN is one way USATF communicates with its members. The official USATF masters website, direct written communication, email, and meetings are others. NMN is not an operating entity of USATF. It is one way the officers of USATF masters get information about the needs of its members.

I can't guarantee that everyone will get direct answers immediately, but your input will definitely be considered. The best way to communicate with us is by email, or snail mail if email is not available.

Most of us still have to make a living and can't always take a call when someone else in another part of the country wants to talk. We can deal with email at the best time opportunities we have. I recently get between 20 and 30 emails a day, but welcome more.

Your input is very important to us.
Communications – The Good and the Bad

In all the time I have been involved in Masters Track & Field I have been a very interested reader of National Masters News. I look to NMN for all that’s going on in our sport. They have and continue to do a great job in that regard.

National Senior Games CEO Resigns

David Hull, who has served as President and CEO of the National Senior Games Association since 1997, turned in his resignation May 5 at the request of the NSGA Board of Directors.

Jack Neumann, Chairman of the Board since October, 1999, has been named interim CEO.

“We are appreciative to David Hull for his service and contributions to the NSGA, our Games, and the senior movement,” Neumann said. “I will make every effort to ensure that we maintain the momentum that the NSGA has experienced in recent years.”

The Baton Rouge-based NSGA promotes local and state games for people over 50 in more than 20 sports in all 50 states. It will host its biennial National Senior Games in Baton Rouge, July 14-28. Organizers have predicted upwards of 10,000 senior athletes, including 1,300 track and field.

“Hull had a lot of plans that sounded great, but a lot of those plans did not materialize,” Neumann said. “There were some red flags there with regard to the fiscal management of the organization. He wasn’t meeting the expectations of the board. The board decided it was in his best interests and the board’s best interests for him to resign.”

Neumann did not say whether Hull will receive the rest of his $150,000-a-year salary through the budget year ending in June.

The NSGA has been under financial pressure. Sponsorships, the major source of revenue for NSGA, are reportedly behind the level of the 1999 Senior Games. Eight of the NSGA’s 24 staffs have been laid off in an attempt to cut costs. Last year a state audit discovered poor financial controls had allowed a former employee to steal $190,000 from the games. The auditors said they had warned Hull about management defects, which apparently were not fixed.

“We don’t have enough money to be able to host the games at the level we believe is appropriate,” Jay Dardenne, a Louisiana state senator and chairman of the local organizing committee, told the Baton Rouge Advocate. “But the games are not in jeopardy. We have some fundraising work to do, but they are going to be successful.”

Dardenne, chairman of the State Senate’s Finance Committee, said he might seek money from the state. He said the Senior Games have a significant economic impact that justifies state aid. Four years ago, the state reportedly gave NSGA $1.25 million to move to Baton Rouge from St. Louis. Holding the games in Baton Rouge this year was a condition of that aid.

A week after Hull’s departure, Baton Rouge Mayor Bobby Simpson persuaded the Metro Council to grant $100,000 in city-parish funds to assist the event.

“We’re prepared to turn over everything to the local organizing committee that they need to run the event,” said Phil Godfrey, Vice-President of the National Games.

The situation is not expected to affect the NSGA National Masters Track and Field Championships, which are also set for Baton Rouge, on July 25-28.

The Advocate reported that Hull got the CEO job in 1997 after the administration of Gov. Mike Foster made Hull’s hiring the No. 1 condition of the group receiving state aid. The Foster administration later officially dropped that demand, but the association hired Hull a few months later anyway.

A search to name a new President and CEO will begin immediately. Tom Wilkinson, NSGA board member and recently retired assistant executive director of the U.S. Olympic Committee, has been appointed by Neumann to chair the search committee to fill the post.

— Al Sheahan

USATF Masters is a very democratic organization. The membership elects officers to represent them. These elected officers are responsible for carrying out the business of USATF Masters. Therefore, it makes sense that members make their elected officers aware of the good and the bad they see in the USATF organization. Your officers are listed on p. 3 of NMN. I encourage all members to communicate the good and the bad to these elected representatives.

I can’t guarantee that everyone will get direct answers immediately, but your input will definitely be considered. The best way to communicate with us is by e-mail, or snail mail if e-mail is not available.

Most of us still have to make a living and can’t always take a call when someone in another part of the country wants to talk. We can deal with e-mail at the best time opportunities we have. I presently get between 20 and 30 e-mails a day, but welcome more.

Your input is very important to us.
On The Run
By HAL HIGDON

Guaranteed Improvement:
To Run Fast, First Run Slow

As I was heading into the final mile of Tampa’s Gasparilla Run, a woman appeared at my shoulder and said, “Mind if I run with you for a while?”

Thinking she might be one of my V-Teamers (those who subscribe to my Virtual Training online), I invited her to run along. “Where are you from?” I asked. “Here!” she said—rather abruptly, I thought, for one who seemed so eager to finish that 15K race with me.

I told her my race plans for that day. I was training for Grandma’s Marathon in June, using my own Novice training schedule, which dictated a 7-mile run that weekend. Thus, I ran the first 7 miles of the 9.3-mile Gasparilla Run and walked mile 8. I had just resumed running, planning to jog the rest of the way to the finish line as my “cooldown,” when she joined me.

We hadn’t run for more than a quarter mile together when the woman excused herself, saying she planned to “cooldown,” the last mile together when the woman running, planning to jog the rest of the way to the finish line as my walk. Curious, I thought, for one who seemed so eager to finish that 15K race with me.

As ambitious as my 7/7/70 plan sounds, even that might be considered subservient to the greater goal of motivating myself to maintain my fitness at a high level as I move into my senior years.

Out Too Fast
A friend of mine had less success at Gate. He called several days later to confess that he had crashed badly. In peak shape, he positioned himself near the front so that he would minimize time lost crossing the line. Alas, that proved his undoing. The faster front runners inspired him to run too fast in the early miles. By the time he realized it, he was cooked. He had to walk toward the finish and actually finished well behind me.

“Look at this way,” I consoled him. “Next year, you’re guaranteed improvement, because you ran so slow this year”.

Thus, even our failures become successes. When it comes to running, there is no such thing as a bad race, only less successfully executed good races. Next year I may be able to run both Gasparilla and Gate faster—or maybe not. But if that woman who ran briefly with me at the former joins me again, I hope she at least sticks around to the finish.

(Hal Higdon is a Senior Writer for Runner’s World. For training advice, visit his Web site: www.halhigdon.com.)

Clive Davies

Clive Davies died April 25 in Portland, Ore., from complications after a stroke. He took up running at age 57 and was still breaking records at age 70.

Davies still holds U.S. records in the M60, M65, and M70 age-groups in distances from the 10K to the marathon and many single-age records from 60 to 68.

In 1982, at age 66, Davies ran the Boston Marathon in 2:43:56, despite losing 90 seconds starting at the back of the pack and having to run on grass to pass slower runners. A year later, Sports Illustrated wrote that Davies could be called “the world’s most gifted distance runner.”

He was inducted into the Roadrunners of America Hall of Fame in 1983.

Davies was born in Swansea, Wales, on Aug. 7, 1915, and moved to the U.S. in 1929. He worked as a graphic designer in Portland for many years.
Fast Times Set at Indy Half-Marathon

The Indy 500 Festival Weekend produced some fast half-marathon times in Indianapolis, May 5, with hometown Gary Romesser's 1:11:09 setting a new U.S. M60 single-age record (old record: 1:11:53/ Vasquez/1990), and Andrew Masai, 41, Kenya/Albuquerque, running a fabulous 1:05:17 for the M40+.

Tim Mylin, 41, Carmel, Ind., was second M40+ in 1:10:54. Strong age-group wins were registered by Mike Tolen, 56, St. Louis, Mo., 1:24:31; Paul Hamilton, 63, Cincinnati, Ohio, 1:26:33; and Dick Wilson, 69, Lawrence, Kansas, 1:31:33.


Baton Rouge

Continued from page 10

antebellum homes and our Southern hospitality will make your stay in our capital city a memorable one.

The entry form is again published in this issue on page 31. Registration deadline is July 2. For more information, visit the web site at www.brasf.com, or phone 800-269-5885.

Rachel Portner, 47, second overall (60.05), Tamanaha Memorial 15K, Honolulu, April 8.

PUBLICATIONS ORDER FORM

<table>
<thead>
<tr>
<th>Masters Age Records (2000 Edition)</th>
<th>Quantity</th>
<th>Total (US$)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men's and women's world and U.S. age bests for all track &amp; field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1999; 66 pages. Lists name, age, state and date of record. Compiled by Peter Mundie, WAVA and USATF Masters T&amp;F Records Chairman. $5.00.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| Masters Track & Field Rankings (2000) | |
|--------------------------------------|----------|-------------|
| Men's and women's 2000 U.S. outdoor track & field 5-year age group rankings. Coordinated by Jerry Wojick, USATF Masters T&F Rankings Chairman. All T&F events, including mile, relays, weights, racewalks, and combined events. $8.00. |

| McMahon Family Trust Masters Track & Field Indoor Rankings (2000) | |
|------------------------------------------------------------------|----------|-------------|
| Indoor rankings for 2000. 4 pages. $1.50. |

| Masters Age-Graded Tables | |
|--------------------------|----------|-------------|
| Single-age factors and standards from age 8 to 100 for men and women for every common track & field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sizes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. $5.00. |

**Running Research News**

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

**Masters Track and Field: A History** by Leonard Olson

Olson, a master competitor since 1970, traces the development of masters T&F from its start in San Diego in the late 1960s to its expansion into present-day world championships, with emphasis on the personalities and events that helped shape this historic movement in sports. 64 photographs, tables, appendix, bibliography, and index. 320 pp. $65.

**Back Issues of National Masters News**

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

**Running Research News**

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

**Masters Track and Field: A History** by Leonard Olson

Olson, a master competitor since 1970, traces the development of masters T&F from its start in San Diego in the late 1960s to its expansion into present-day world championships, with emphasis on the personalities and events that helped shape this historic movement in sports. 64 photographs, tables, appendix, bibliography, and index. 320 pp. $65.

**Back Issues of National Masters News**

Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. $35.00 per year.
threws-only, sites, often on privately owned land, don’t dot the U.S. map with great frequency. Several years ago, Gary Kelmenson established KeiField on his property in Santa Cruz, Calif. It attracts a small turnout, often throwers honing their weight pentathlon skills. Readers may have seen his ad for the sale of the property in recent NMN issues.

The late Manuel White, who still holds M75 and M80 U.S. hammer, javelin, and weight records, had a throws site on his property in Helena, Mont., where he conducted meets. I don’t believe it is presently in use.

The Seattle Masters Athletic Club has worked successfully with the Seattle Parks & Recr. Dept. to upgrade the throwing facilities at West Seattle Stadium. Located next to a good track, it is not strictly a throws-only locale but is used for masters training and meets, including the Weight & Superweight Championships in September.

New Heights

A schedule item listing the Southeast Regional Masters Weight Pentathlon on June 23 at the SE Regional Masters Throwing Training Center in Rocky Mount, N.C., caught my eye, and I contacted John von Rohr, the sender, and asked what the SERTMTC was all about.

What von Rohr has accomplished takes the throws facility concept to a new level. Here is his reply:

“I have the great pleasure of building a brand new, $8 million dollar school facility on 34 acres of land across the street from a four-year college. As I am the overall ‘planner’ for this site, I have specifically designed throwing facilities, to include separate shot and hammer/discus training facilities. This is a custom-designed area, and I am adding some nice personal touches to it, to include an implement storage area and permanent, non-blather type seating for spectators.

“There is a new gym on the grounds where athletes can change, go to the ‘potty’ and take showers. I will personally ensure that this facility will offer a unique throwing experience and that it will be a place for record-setting efforts.

Shortage of Facilities

The ‘training’ idea came to me from one of my throwing buddies, Peter Farmer, an Australian Olympian, who fervently supports this concept. We jointly decided that there was a distinct shortage of both facilities and coaches in the Southeast, at which time we decided to hold clinics here for masters athletes on an ongoing basis, mostly in conjunction with meets.

“If you check with Peter, Bob Gunn, Dave Vandergriff or Mike Valle, you will be able to determine that the meets I run are always first-class and that record-breaking marks are routine. That is because we do not run ‘track meets,’ we run ‘throws meets’ and these athletes take priority. I did the same thing in Florida.

Next year we plan on having about four to six clinics/meets and offer athletes/handicaps/age groups where throwers can come to learn, throw and excel.

“We have some great coaching talent in this area, in particular in the hammer, so we have great expectations for the future.

“Regarding the June 23rd meet, the point of contact is John von Rohr, 305 Mayfair Drive, Rocky Mount, NC 27804, 252-443-9923 (days) or 252-937-0895 (nights). E-mail: jvomaroo@comcast.net.”

Most throwers won’t ever have the luxury of training and competing at a facility like the one von Rohr has been able to create, so athletes – both new and old – in the region shouldn’t need encouragement to show up for the June 23rd weight pentathlon, if only to check out the scene.

Rankings News for 2001

By JERRY WOJCICK

The list of rankers for the 2001 outdoor season will be published in a future issue, once the rankers have been established. Until then, athletes are asked not to send marks to me, but to wait until the rankers are named.

“We need a ranker for the high jump and pole vault. A computer and e-mail are necessities. If you’re interested, contact me at 541-343-7716, or Jerry woj@aol.com.

Available since March, the 2000 Masters Track & Field Rankings book includes both automatic and hand-timed marks for the 100, 200, and 400. It also contains rankings for the rarely run 3000 and 10,000, and the combined events, compiled by Alan Russell, and racewalk ladders for the 5K, 10K, and 20K, compiled by Phil Howell.

The 2001 McMahon Family Trust Indoor Rankings will be published in the April issue.

Jim Gerhardt, of Texas, the shot put ruler, forwarded the results of the Houston Senior Olympics, April 1, to the NMN, and a note about them to me. He says that the ages in the meet (and all Senior Games in Texas and across the country, he assumes) are based on athletes’ ages as of Dec. 31, 2000. “This puts a lot of athletes in the next age group,” he says. “In a masters meet, the age group is determined by the entrant’s age on the day of the meet, or the first day of a multiple-day event.”

Referring to the Houston results, Gerhardt pointed out two instances of athletes in the wrong age group. In the M65 javelin, a 64-year-old athlete defeated a 65-year-old (both threw well, Gerhardt notes), and in the M70 shot put, a 69-year-old barely loses to Gerhardt, 72. He then asks, as a ranker, what can be done about this?

It’s unlikely that Senior Games/Olympics meet organizers can change the rule to prevent athletes from ending up in the wrong age group or in two groups. We can make the problem known to NMN readers affected by the rule and advise them to contact the rankers of their events if they are placed in the wrong division.

A correction to the 2000 outdoor rankings: M60 javelin, Jim Turner, moves from 53rd to 30th with a 35.31 mark.
Mt. SAC Relays

Continued from page 1

Announcer Dixon Farmer introduced each runner before the race, extolling their achievements and drawing the crowd into the race.

Two age-graded 800s were held—one for women, one for men—in the prime-time Sunday slot preceding Marion Jones' 300m world record attempt.

Lynn Naftel, 56, Escondido, Calif., who played soccer for 22 years before taking up running only three years ago, won over five other women ranging in age from 38 to 72.

Each woman ran the full 800 meters. The oldest, Sumi Onodera-Leonard, 72, Huntington Beach, Calif., started with the gun. The next oldest—Naftel—followed 38 seconds later and so on down to the youngest runner.

Naftel's total time was 3:22.80, which meant her actual running time was 2:44.80. She ran all out to hold off Diane Heil, 43, Santa Monica, Calif., who finished in 3:23.10 (2:25.10 actual time). Mary Macauley, 38, Eugene, Ore., was third.

The first-ever men's 800 age-graded race followed the women's event. Nolan Shaheed, 51, Los Angeles, the 1:58.65), started 34 seconds behind the eldest runner, Jim Selby, 72, and finished in a total time of 2:39.11 (2:05.11 actual time). He held off Steve Gallegos, 46; Golden, Colo., who clocked 2:40.96 (2:09.96 actual), Dan McCormack, 62, Eugene, Ore., was third.

The handicaps for the races were established by the World Association of Veterans Athletes (WAVA) and are listed in the Masters Age-Graded Tables book on page 17 (100) and page 19 (800). To order a copy of the book, see page 13 in this issue.

The races were organized by John Cosgrove, Elaine Iba, Diane Heil, and Mark Cleary.

West Regionals to Feature Fast Track, Top Athletes

By JONI SHIRLEY

So, you keep telling yourself you should be able to run faster. Well now, maybe you can at this year's USATF West Regional Masters Track & Field Championships in San Diego, June 23, at the brand new facility at San Diego State University. The track sits on top of a multi-level parking structure that provides a cooling breeze and a larger layout than the previous SDSU track. Rahn Sheffield, Head Track & Field Coach of SDSU, played a major role in the design of the facility. It is fast! The nine-lane, state-of-the-art Mondo Starflex is the same material as the Atlanta Olympic track, without the heat and humidity.

The track has curves that are 130-meters in distance, allowing for much faster times. The lanes are 48" and marked for international as well as national and high school competition.

The facility features three shotput rings, four long jump and triple jump pits, four pole vault runways, two high jump areas, adjustable (height and distance for the water jump) steepleschase barriers, and javelin and discus throwing areas.

The track is laid out to take advantage of wind in either direction for the sprints and jumps. The hammer throwers are conducted on a lower field adjacent to the facility.

Jose Barbosa, who turned 40 on May 27, may make an attempt at the M40 800 world record currently held by Peter Browne at 1:51.25.
5000+ Athletes from 76 Nations Expected

Despite the entry deadline being postponed from March 31 to April 20, entries continue to dribble in to Brisbane for the 14th WAVA World Veterans Athletics Championships, July 4-14. One problem is that entries need approval by national federations, and some WAVA affiliates have been slow to get their money and information to Brisbane.

Nevertheless, organizers are still predicting more than 5000 athletes (men age 40+; women age 35+) from at least 76 nations will descend on Brisbane for the biennial event, which will feature competition in a five-year age group through 95+. All common track and field events will be staged, along with road walks, cross-country races and a marathon.

The names of the nearly 400 participants from the USA who signed up are printed on this page. Confirmation-of-entry letters, along with a wealth of pertinent information, will be mailed shortly.

During the Championships, a comprehensive shuttle service will be conducted from the airport, city center, and major accommodation sites to all competition venues and to major Brisbane attractions. This service will run on a regular timetable and will be free to all accredited athletes, accredited accompanying persons, and officials.

The Australian dollar, which was worth US 80 cents in 1999, has dropped to a value of US $1.45. That means each US dollar is worth nearly two Australian dollars. In practical terms:

- Can of Coca Cola: A$1.30 = US$0.87
- Pot of Beer: A$2.20 = US$1.13
- Capri Sun: A$1.28 = US$0.77
- McDonald's Big Mac Meal A$5.00 = US$3.26
- Fillet Steak with Chips and Salad: A$14.00 = US$8.17
- Day Tour to Sunshine Coast: A$100.00 = US$62.00
- Handpainted silk scarf from Eumundi Markets: A$8.00 = US$4.10
- Minimum bet on blackjack at casino: A$5.00 = US$2.56

Spectators fill the stands at Gateshead Stadium for the opening ceremonies at the 13th WAVA Championships, Gateshead, Great Britain.

Taste of Australia Party Night:
A$55.00 = US$28.15
Movie: A$13.00 = US$6.65

Organizers have received many questions about what time events will be held. But the final time schedule will not be finalized until all the entries have been tallied. The day of the event, the start of the competition program in the entry book, will remain tentative.

A range of equipment will be supplied for all field events. Athletes bringing their own implements are reminded there will be a holding point at both the Brisbane International and domestic airports. Organizers can arrange transport for them to ANZ stadium.

Three warm-up meets are tentatively scheduled: Sat., June 23 and Sat., June 30, 8 am to 11 am, State Athletics Centre (next to ANZ Stadium in Brisbane); Sun., July 1, Griffith University Campus at Parklands on the Gold Coast (75km south of Brisbane), 8 am to 6 pm.

Because of strict quarantine controls in place due to the foot-and-mouth disease outbreak in Europe, athletes should clean their spikes before entry. If not clean, customs officers will clean them at the airport before you're allowed to pass Customs Control.

The Taste of Australian Party Night will be held on Tues., July 10, at the BNA Showgrounds in Fortitude Valley with an estimated 3000 people. You may wander from buffet to buffet and sample all the different foods from around the country. Australian music and entertainment will flow through the evening.

Recommended sightseeing includes the Queensland Art Gallery, located in the heart of Brisbane at the Performing Arts Centre. 

U.S. Entrants to 2001 WAVA Championships - Brisbane, Australia

Confirmation of entry by the following U.S. athletes for the 14th WAVA World Veterans Athletics Championships, Brisbane, Australia, are posted in this section. The complete list appears on the inside back cover of this magazine.

[Continued on page 17]
General Assembly to Consider
Drug Policy in Brisbane

Before we meet in Brisbane, I wish to reiterate here the most important issues that are likely to come up in the General Assembly meetings. WAVA Secretary, Monty Hacker, has just about completed our General Assembly booklet outlining all the expected proposals, bids, and nominations, which will be published on WAVA’s web site.

**WAVA Drug Policy**

This is a very vital issue in which we are becoming increasingly involved. We have had some cases, and are also confronted by other aspects of this problem. The Council has a proposal to the General Assembly that WAVA shall strictly follow the IAAF rules. Canada has a similar proposal. The WAVA Council will discuss this issue at its meeting before the committees by removing the area that we shall follow the IAAF rules.” What this paper will contain is, of course, not possible to say here; however, it must imply that we shall also seek cooperation with the new world body for drug testing (WADA). Perhaps our “future” rests with WADA.

**World Masters Games**

As we now know, the International Masters Games Association (IMGA) is recognized by the International Olympic Committee as the world body for all veterans’ sports. Moreover, IMGA has decided to change its World Masters Games (WMO) from even-numbered years (Melbourne 2002) into odd-numbered years (2005, 2009, etc.), which means the WAVA Stadia Championships and WMG will clash every four years.

To me it is obvious that some kind of coordination and cooperation is necessary but, again, what attitude WAVA shall take must be discussed at, and decided by, the General Assembly.

**Election Procedures**

The Council proposes that we change the election procedure for our Stadia, Non-Stadia and Doping and Medical committees by removing the area representation and, instead, allowing the chairmen to nominate up to six members who will create the teams needed to develop these areas. This is essential and probably our most important issue.

**Women’s Committee**

The Council proposes also that we abolish the Women’s Assembly and instead establish an official Women’s Committee that can better handle our female athletes’ interests. This will guarantee a much stronger voice for the women in decision-making.

**Vote Calculation**

Belgium proposes that an Affiliate with 100 or more competitors at the last three Non-Stadia World Championships shall have one more delegate at the General Assembly, up to a total of no more than five votes. This proposal was discussed previously in Durban in 1997, but was tabled as we had little awareness of participation at the Non-Stadia World Championships. Now we are better informed and, hopefully, the Assembly will approve this proposal.

**Bid for 2004 and 2005**

The General Assembly will make its recommendations as to future organizers of our World Championships. For the 2004 World Non-Stadia Championships, Auckland, NZL, is the only bidder, but for the 2005 World Stadia Championships we have three bidders: Helsinki, FIN; San Sebastian, ESP, and Sacramento, USA.

As I write this, the inspection visits are close to completion, which may result in a change in the number of bidders.

**Brisbane 2001**

I do hope many, many athletes will visit Brisbane and enjoy what we hope and believe will be the best Championships ever. Brisbane welcomes you and we wish you all a wonderful stay and good luck in your athletic endeavors.

**Countdown**

Continued from page 16

Arts Complex right on the river of South Bank. Bookings can be made for all day tours via the Internet at www.gtaus.com.au/wava/. Among the new tours are the Tangalooma Wild Dolphin Resort, the St. Helena Day Tour (penal settlement), the River Boat Dinner Cruise, a Dinner and Show at Jupiters Casino, and more.

Aussie lingo:

Give it a bash – try something
Blowing your dough – spending your money
Ta – thanks

For more info, contact any of the USA masters travel agents, or Brisbane directly at: phone: +61 7 3343 3000; fax: +61 7 3343 3040; email: wavanews@gldevents.com.au; web site: www.worldvac2001.com.au; news group: wwa.email: wavanews@egroups.com.
Report from Britain

By BRIDGET CUSHEN

Despite cross-country running and road races in rural areas being abruptly halted because of the foot and mouth epidemic, some excellent performances have been recorded in road races held within permitted areas.

Anne Keenan-Buckley, W35, travelled from Ireland to run in the Balmoral Castle International 5 Mile on April 14, finishing fourth behind Gite Wami of Ethiopia in 26:55. Keenan-Buckley, who has won the W35 British & Irish International Veterans cross-country race for the past two years, also represented Ireland in the IAAF cross-country March. Currently in top form, she should be impressive in Brisbane.

Vanessa Hilliard, W50, another outstanding early season form, won a 10K in her native Scotland in 37:46.


FIVE YEARS AGO
June 1996

- David Raunig (41, 32:14) and Raye Bayler (52, 37:57) First in Masters 10K Championships on Long Island.
- Milt Silverstein, 76, Wins Penn Penn Relays M75+ 100 (14.64).
- Vanessa Hilliard, 55, Breaks Records in Florida Meet.

WAVA/USATF Hurdles and Implements Specifications

<table>
<thead>
<tr>
<th>HURDLES</th>
<th>WOMEN</th>
<th>MEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age Group</td>
<td>Race Distance</td>
<td>Hurdle Height</td>
</tr>
<tr>
<td>30-39</td>
<td>100m</td>
<td>.101m</td>
</tr>
<tr>
<td>40-49</td>
<td>100m</td>
<td>.101m</td>
</tr>
<tr>
<td>50-59</td>
<td>100m</td>
<td>.101m</td>
</tr>
<tr>
<td>60-69</td>
<td>100m</td>
<td>.101m</td>
</tr>
<tr>
<td>70-79</td>
<td>100m</td>
<td>.101m</td>
</tr>
<tr>
<td>80+</td>
<td>100m</td>
<td>.101m</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>IMPLEMENTS</th>
<th>WOMEN</th>
<th>MEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age Group</td>
<td>Shot Put</td>
<td>Discus</td>
</tr>
<tr>
<td>30-39</td>
<td>4.00k</td>
<td>1.00k</td>
</tr>
<tr>
<td>40-49</td>
<td>4.00k</td>
<td>1.00k</td>
</tr>
<tr>
<td>50-59</td>
<td>4.00k</td>
<td>1.00k</td>
</tr>
<tr>
<td>60+</td>
<td>4.00k</td>
<td>1.00k</td>
</tr>
<tr>
<td>30-39</td>
<td>7.26k (16 lbs)</td>
<td>2.00k</td>
</tr>
<tr>
<td>40-49</td>
<td>6.50k</td>
<td>1.50k</td>
</tr>
<tr>
<td>50-59</td>
<td>6.50k</td>
<td>1.50k</td>
</tr>
<tr>
<td>60-69</td>
<td>6.50k</td>
<td>1.50k</td>
</tr>
<tr>
<td>70-79</td>
<td>6.50k</td>
<td>1.50k</td>
</tr>
<tr>
<td>80+</td>
<td>6.50k</td>
<td>1.50k</td>
</tr>
</tbody>
</table>

Steppelchase: men 30-38: 3000m (914m), men 60+ and women: 2000m/30'' (1.76m) WAVA weights are used for USATF weight categories.

Note: The 50m, 65m, 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.

* New 1999 IAAF specifications.

JERRY WOOD

Antonio Camodeca, Italy, passes an opponent in the M70 5000, 13th WAVA Championships, Gateshead, Great Britain.
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 are limited to men and women over age 40. International T&F meets are usually limited to men over 40 and women over 35. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 5098, Eugene, Oregon 97405.

ON TA P FOR JUNE

TRACK AND FIELD

Combined-events head for Tacoma, Wash., and the USATF National Masters Decathlon & Heptathlon Championships on the 16th-17th. Regional Masters Championships are scheduled for the Southeast on the 8th-9th, Birmingham, Ala.; Mid-America on the 16th, Wichita, Kansas; Southwest in Mandeville, La., and West in San Diego, on the 23rd; and Northwest on the 23rd-24th, Portland, Ore. The rest of the schedule is packed with USATF Association and State Championships, State Games, Senior Olympics/Games, and local meets. The Hayward Masters Classic, Eugene, Ore., on the 9th-10th, is also the Oregon Association Championships.

LONG DISTANCE RUNNING

Freihofer’s 5K Run for Women honors the National Masters Women’s Championships on the 2nd, Albany, N.Y. On the 9th, the Shelter Island 10K goes off on the eastern end of Long Island, while the Steamboat Classic 4 Mile plays in Peoria, Ill. The challenging, uphill Mt. Washington 7.6 Mile in New Hampshire, and the venerable Grandma’s Marathon, Duluth, Minn., are set for the 16th. California’s Western States 100 Mile waits ultra-marathoners on the 23rd.

RACEWALKING

The National Masters 15K opens the month in Evansville, Ind., on the 3rd, followed by, among other events, the East Region 20K, Eisenhower Park, L.I., N.Y., on the 9th; the Brown Senior Olympic Games, and local meets.

June 14-16, USATF Wisconsin championships, Madison, Mary Stroud, 608-274-2470.
June 23, Hooiser State Games Finals, Louisville. 317-392-6175; michelle@usablock.com.
June 29, July 1, 6-8, Ohio Buckeye State Games, Miamisburg. 937-868-3560; fax: 937-868-3530; buckeye@stategames.org.

Villa Park, IL 60181: 630-953-2052.

Schedule


June 25, Granite State Senior Games, New Hampshire. Open to out-of-state. 603-676-8000.


June 9-10, USATF Southeast Regional Masters Championships/Pole & Fireman Championships, Hoover HS, Birmingham, Ala. Glenn Ross, 205-942-0097; gross@jcc.cc.ua.edu; Entry form in April NMN.

June 10, Northwest Classic, Miami-Dade CC North Campus. NW Classic, 1310 NW 90th St., Miami, FL 33147. 703-835-2409 (after 9 pm).

June 14-17, Florida Sunshine State Games, Orlando. 941-893-1837; fax: 941-0423; www.flasports.com.


June 22, Jacksonville TC All-Comers Meet, Bolles School, Jacksonville, Fla. 7 pm. 904-388-7850.

June 23-24, USATF Southeast Regional Masters Weight Pentathlon Championships, Rocky Mount, N.C. John von Rohr, 305 Mayfair Dr., Rocky Mount, NC 27804. 252-443-9923(d), 919-695-2954(c); bigbrows @ymail.com.


June 29, USATF Tennessee Championships, Nashville. Cecil Moore. 901-726-6409; cmooresport@bellsouth.net.

June 30-July 1, Alabama Sports Festival, Mobile. Shon Peck-Love, ASF, shonkp@alagames.com.

July 4, 23rd annual Jacksonville TC Summer Classic, Bolles School, Jacksonville, Fl. 904-387-0528.

July 14-17, Georgia Games, Marietta. 770-528-3550; www.georgiagames.org.


July 27-August 2, Tennessee Senior Games, Clarksville. 615-902-9261.

MIDWEST

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

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


June 9, Illinois Masters Road Relays at University of Illinois. 217-333-6520; info@ilustr.org.

June 19, Illinois State Masters Championships/All Comers Open Meet, Wilde Field, Lisle, III. USATF Illinois, PO Box 7019.
June 29. Blair

July


Games, Rochester . Carrie Francke Dr ., Rm. 2001


July 31-August 5. Rocky Mountain USAlF Pacific Games, Greeley, Colo .


6th-St. Louis, 17th-Blue Springs, Kirkville; 17th- Springfield; 23rd-24th-Kansas City, Farmington. Bob Murray, Competition Coordinator, Show-Me St. Games, 573-882-2103; murbayb@missouri.edu


July 21. Inland Northwest Masters Classic, Pullman. Wash. Jeff Schaller, 455 SW State St., Pullman, WA 99163. 509-332-3148; jeffschaller@whitetone.com

July 25-26. USATF Alaska Championships, Anchorage. Tom Light, usatfk@aol.com

August 17-18. Seattle Masters Games, West Seattle Stadium. Some events Fri. evening. Ken Weinbel, 4103 Hillcrest Ave., SW, Seattle, WA 98116. 206-938-3859; kwbel@home.com

Canadas

June 9-10, Ontario Masters Championships, Toronto, Canada. Doug Smith, 58 Newmarket Ave., Toronto, Ont. M4C 1V9, Canada. 416-699-5818; www3.sympatico.ca/ontario_masters

INTERNATIONAL

June 1-3. XXVI Campeonato Nacional de Atletismo de Pista y Campo Veteranos, San Luis Potosi, Mexico. 044-54-38-36- 54; eportillo@starnet.ne.mx

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


July 4-14. 14th WAVA World Veterans Championships, Brisbane, Australia. M40+, W55+. David Lloyd, WA, PO Box 7889, Waterfront Place, Brisbane.

continued on next page
LONG DISTANCE RUNNING

NATIONAL

June 2. USATF National Masters Women's 5K Championships/Freiboer's, Albany, N.Y. George Regan, 233 Fourth St., Troy, NY 12180. 518-273-0257.


WA 98122. Scott McCoubrey, 919 E. Pine St., Seattle, WA 98122.


June 2. USATF Mid-Atlantic Championships/Rotary 8K, Moorestown, N.J. M.O. 856-215-6344.


June 17. Run for the Arts 5K, Troy, N.Y. 518-273-0552.

June 23. USATF Connectik 10K Championships/Harwinton Down-Hill, Harwinton, Conn. 203-574-3310, wgraustein@snet.net.

July 1. Massapequa Firecracker 5K, Massapequa Park, L.I., N.Y. Alex Flynn, 516-796-1900.

July 1. USATF Adirondack 10 Mile Championships/Adirondack Distance Run, Lake George, N.Y. 518-668-4558; director@lennres.com.


August 4. People's Beach to Beacon 10K, Cape Elizabeth, Me. 888-480-6940; www.

SOUTHWEST


July 4. Peachtree 10K Road Race, Atlanta, Ga. SASE to Atlanta TC, 3097 E. Shadowland Ave., Atlanta, GA 30305.


MIDWEST


Top three M50 pentathletes (1 to r): James Sauers, second, Carter Holmes, first, and Gene Iver, third, National Masters Indoor Championships, Boston

Continued from page 22

Cross-Country, Huntington Beach, Calif.
6:00 pm. 714-841-5417; www.nealind.com/finishline

NORTHWEST

June 2. USATF Utah 10K Championships/ Salt Lake Classic, Salt Lake City. M\&O.
081-532-0459 larrysmith3ee@hotmail.com
June 9. USATF Utah Championships (M\&O)/Heart of Holladay 5K, Holladay.
801-272-7615; usatf@usconnect.com
907-345-4474.
541-687-1999; www.buttertobutte.org
503-292-4626: www.hoodtocoast.com

RACEWALKING

June 3. USATF National Masters 15K RW Championships, Evansville, Ind. Rick Williams, 515 E. Jennings St., Evansville, IN 47630. 812-858-0333, x140.
June 9. USATF East Region 20K RW Championships (M\&O), Eisenhower Park, N.Y. USATF LI, 516-349-9157; office@litf.org
June 11. USATF Ozark 3K RW Championships, St. Louis, Mo. Ginger Mulanax, 314-298-0916; gmulanax@hotmail.com
June 16. USATF Pacific 5K RW Championships (M\&O), San Francisco. Ron Daniel, ron.daniel@lncmo.com
June 16. USATF Wisconsin RW Championships, Madison. May Stroud, 608-274-4270; rstroud@execpc.com
June 18. USATF Ozark 50K RW Championships, St. Louis, Mo. See June 11.
June 24. USATF Metropolitan 15K RW Championships, NYC. Park RunWalkers, 212-628-1317; francisca@lncmo.com
June 29. USATF Tennessee RW Championships, Nashville. Cecil Moore, 901-726-6281; cmoorjr@ymahoo.com
July 22. USATF Wisconsin 30K RW Championships, Kenosha, Mike Dewitt, 262-595-2405: dewitt@uw.edu


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

21ST CENTURY AGELESS GAMES
AUGUST 5, 1 P.M. • UNIVERSITY OF MINNESOTA
Early Morning “R” Track & Field
A demonstration of physical perfection in form is less likely in amateur masters and seniors age groups. Therefore, no one, esp. over 60, scratches. Out of boundary releases are measured and deducted from the release.

Long and triple jumps are “Spot Measured” from the toe takeoff to the farthest backfoot landing (actual jumping distance).

NO FALSE STARTS. LISTEN. AFTER THE ORDER, “ON YOUR MARK,” “get set,” DO NOT LOOK AT THE STARTER - LISTEN FOR THE GUN SOUND BEFORE MOVING, AND YOU CANNOT FALSE START. The starter will not extend a “hold” unnecessarily. A deliberate prestart eliminates your race time only; and wastes energy (sorry, but it is not fair to force a restart penalty on the other runners).

Field events will not close to anyone pre-registered.

To encourage diversity and variety in training, one limited entry fee covers multi events unlimited (& family).

Whereas, there are fewer trained Sr. men and Sr. women hurdlers; to encourage continuing participation on safe open entry gate hurdles; individual spacing between 3 hurdles lowered accordingly is a choice: 27-24, 18-16, 12-10, 8-6, 4-2-0 meters. The Second family group may have 1-2-3-family hand-off. Larger families may have two teams. Three-member families may “adopt” a child approx. 12, or Older Family. Family categories are: (oldest in) OPEN, Masters 40+, Seniors 60+. (This fun event originated to involve patiently waiting families of multi events.)

-optional 200 meters 4x50
**RECIPIENTS OF ALL-AMERICAN AWARDS**

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

<table>
<thead>
<tr>
<th>Event</th>
<th>200</th>
<th>400</th>
<th>800</th>
<th>1500</th>
<th>3000</th>
<th>5000</th>
</tr>
</thead>
<tbody>
<tr>
<td>20-24</td>
<td>29.6</td>
<td>59.4</td>
<td>1:53</td>
<td>4:18</td>
<td>9:35</td>
<td>18:30</td>
</tr>
<tr>
<td>25-29</td>
<td>30.7</td>
<td>61.4</td>
<td>1:56</td>
<td>4:25</td>
<td>9:50</td>
<td>19:13</td>
</tr>
<tr>
<td>30-34</td>
<td>31.9</td>
<td>63.9</td>
<td>2:12</td>
<td>4:41</td>
<td>10:21</td>
<td>20:03</td>
</tr>
<tr>
<td>35-39</td>
<td>33.5</td>
<td>67.8</td>
<td>2:30</td>
<td>5:00</td>
<td>11:00</td>
<td>21:35</td>
</tr>
<tr>
<td>40-44</td>
<td>35.3</td>
<td>72.0</td>
<td>2:50</td>
<td>5:25</td>
<td>11:45</td>
<td>23:10</td>
</tr>
<tr>
<td>45-49</td>
<td>37.4</td>
<td>76.3</td>
<td>3:10</td>
<td>5:51</td>
<td>12:30</td>
<td>24:40</td>
</tr>
<tr>
<td>50-54</td>
<td>39.8</td>
<td>80.8</td>
<td>3:30</td>
<td>6:19</td>
<td>13:15</td>
<td>26:10</td>
</tr>
<tr>
<td>55-59</td>
<td>42.4</td>
<td>85.6</td>
<td>3:50</td>
<td>6:47</td>
<td>14:00</td>
<td>27:40</td>
</tr>
<tr>
<td>60+</td>
<td>45.6</td>
<td>90.5</td>
<td>4:30</td>
<td>7:25</td>
<td>15:20</td>
<td>29:20</td>
</tr>
</tbody>
</table>

### U.S. MASTERS ALL-AMERICAN STANDARDS FOR WOMEN

<table>
<thead>
<tr>
<th>Event</th>
<th>200</th>
<th>400</th>
<th>800</th>
<th>1500</th>
<th>3000</th>
<th>5000</th>
</tr>
</thead>
<tbody>
<tr>
<td>20-24</td>
<td>29.0</td>
<td>58.6</td>
<td>1:48</td>
<td>3:56</td>
<td>8:16</td>
<td>15:35</td>
</tr>
<tr>
<td>25-29</td>
<td>30.2</td>
<td>61.1</td>
<td>1:54</td>
<td>4:15</td>
<td>8:40</td>
<td>16:53</td>
</tr>
<tr>
<td>30-34</td>
<td>31.8</td>
<td>64.5</td>
<td>2:10</td>
<td>4:40</td>
<td>9:15</td>
<td>18:14</td>
</tr>
<tr>
<td>35-39</td>
<td>33.7</td>
<td>68.8</td>
<td>2:30</td>
<td>5:07</td>
<td>10:00</td>
<td>19:35</td>
</tr>
<tr>
<td>40-44</td>
<td>35.7</td>
<td>73.6</td>
<td>2:51</td>
<td>5:36</td>
<td>11:25</td>
<td>21:40</td>
</tr>
<tr>
<td>45-49</td>
<td>38.1</td>
<td>78.9</td>
<td>3:30</td>
<td>6:30</td>
<td>12:20</td>
<td>23:20</td>
</tr>
<tr>
<td>50-54</td>
<td>40.6</td>
<td>84.6</td>
<td>3:53</td>
<td>6:55</td>
<td>13:25</td>
<td>24:45</td>
</tr>
<tr>
<td>55-59</td>
<td>43.3</td>
<td>90.5</td>
<td>4:37</td>
<td>7:35</td>
<td>14:30</td>
<td>26:15</td>
</tr>
<tr>
<td>60+</td>
<td>46.2</td>
<td>96.5</td>
<td>5:21</td>
<td>8:15</td>
<td>15:35</td>
<td>28:45</td>
</tr>
</tbody>
</table>

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

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 a certificate and patch is $15 at the same time is $25.
4. Send to: All-American, National Masters News, P.O. Box 50098, Eugene OR 97405.
5. A 3-color, "4" by 10" certificate, suitable for framing, and/or a 3-color, 4" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.
<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Name</th>
<th>Age Group</th>
<th>Team</th>
</tr>
</thead>
<tbody>
<tr>
<td>100m</td>
<td>10.90</td>
<td>Johnnie Brown</td>
<td>14</td>
<td>AURA</td>
</tr>
<tr>
<td>200m</td>
<td>21.32</td>
<td>Kaliukat Thomas</td>
<td>11</td>
<td>Speed Dynamics</td>
</tr>
<tr>
<td>400m</td>
<td>43.77</td>
<td>Gary Snyder</td>
<td>13</td>
<td>Maryland Masters</td>
</tr>
<tr>
<td>800m</td>
<td>1:51.21</td>
<td>John Hobbs</td>
<td>15</td>
<td>Central Park TC</td>
</tr>
<tr>
<td>1500m</td>
<td>3:55.10</td>
<td>John Hesley</td>
<td>15</td>
<td>AURA</td>
</tr>
<tr>
<td>5000m</td>
<td>14:34.95</td>
<td>Larry Donohue</td>
<td>50</td>
<td>Speed Dynamics</td>
</tr>
<tr>
<td>100m Sprint</td>
<td>10.01</td>
<td>Jim Hesley</td>
<td>15</td>
<td>Speed Dynamics</td>
</tr>
<tr>
<td>200m Sprint</td>
<td>21.32</td>
<td>John Hobbs</td>
<td>15</td>
<td>Central Park TC</td>
</tr>
<tr>
<td>400m Sprint</td>
<td>43.77</td>
<td>Gary Snyder</td>
<td>13</td>
<td>Maryland Masters</td>
</tr>
<tr>
<td>800m Sprint</td>
<td>1:51.21</td>
<td>John Hesley</td>
<td>15</td>
<td>Central Park TC</td>
</tr>
<tr>
<td>1500m Sprint</td>
<td>3:55.10</td>
<td>John Hesley</td>
<td>15</td>
<td>Central Park TC</td>
</tr>
<tr>
<td>5000m Sprint</td>
<td>14:34.95</td>
<td>Larry Donohue</td>
<td>50</td>
<td>Speed Dynamics</td>
</tr>
</tbody>
</table>

---

**Results**

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Name</th>
<th>Age Group</th>
<th>Team</th>
</tr>
</thead>
<tbody>
<tr>
<td>100m</td>
<td>10.90</td>
<td>Johnnie Brown</td>
<td>14</td>
<td>AURA</td>
</tr>
<tr>
<td>200m</td>
<td>21.32</td>
<td>Kaliukat Thomas</td>
<td>11</td>
<td>Speed Dynamics</td>
</tr>
<tr>
<td>400m</td>
<td>43.77</td>
<td>Gary Snyder</td>
<td>13</td>
<td>Maryland Masters</td>
</tr>
<tr>
<td>800m</td>
<td>1:51.21</td>
<td>John Hesley</td>
<td>15</td>
<td>Central Park TC</td>
</tr>
<tr>
<td>1500m</td>
<td>3:55.10</td>
<td>John Hesley</td>
<td>15</td>
<td>Central Park TC</td>
</tr>
<tr>
<td>5000m</td>
<td>14:34.95</td>
<td>Larry Donohue</td>
<td>50</td>
<td>Speed Dynamics</td>
</tr>
</tbody>
</table>

---

**Note:** Please consult the full report for complete results.
ATTENTION! RACE DIRECTORS

TELL ME ALL ABOUT IT!

Just give us the word, and RUNNER’S WORLD will provide these items for your next race at no cost to you! Choose from bib numbers, plastic drawing basement s, or raffle prizes such as duffel bags, calendars, and sunglasses. As an additional benefit of the program, we will advertise your event, for free, on our Web site and in Runner’s World Magazine.

All we ask is that you distribute a special RUNNER’S WORLD discount subscription offer (which includes a free training guide), and send us a complete mailing list of race participants (name, address, city/state/province and zip/postal code) within 30 days after your event.

That’s it! So take advantage of our Race Sponsorship Program.

For more details, go to the RUNNER’S WORLD Web site at www.runnersworld.com and click on “Sponsorship.” For more information run paul yasso at bart.yasso@rodale.com or call toll free 1-800-638-0482.

U.S. TV Schedule, 2001 Outdoor Track & Field

TV times subject to change. All times Eastern. Check local listings.
## 2001 USA National Masters Outdoor Track & Field Championships

**Hosted by the**

* Batton Rouge, Louisiana • Bernie Moore Track Stadium

### Athlete Registration Form

<table>
<thead>
<tr>
<th>First Name</th>
<th>M.I.</th>
<th>Last Name</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Street Address</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>City</th>
<th>State</th>
<th>Postal Code</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Country</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Date of Birth (MM/DD/YYYY)</th>
<th>Age as of July 25th, 2001</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Daytime Phone</th>
<th>Evening Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Male/Female</th>
<th>U.S. Citizen</th>
<th>2001 USA Masters #</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### REGISTRATION FEES AND CERTIFICATION

- **Entry Fee**: $25.00 for the first event, $15.00 for the second event, and $10.00 for all additional events. A per-person entry fee of $20.00 is also required for all other events. For information on entry fees, see Registration section below.
- **Certification**: All competition participants must be registered athletes. A photocopy of the official Host Hotel will be required for all competition participants. For information on registration, see the Registration section below.

### Housing/Rentals

- **American World Travel**
  - **Your One Stop Travel Store**
    - **Toll Free Booking**: 1-800-380-5585 to book hotel, airfare and car rental. Hours of operation are Monday through Friday, 8:00 am to 6:00 pm and Saturday, 9:00 am to 1:00 pm.
    - **Hotel Bookings**: American World Travel has contracted with Baton Rouge area hotels offering special rates for this year's Outdoor Championships. You may book your hotel by calling the hotel's direct number or by using the American World Travel website at www.amwtravel.com.
    - **Airfare Discounts**: American World Travel has contracted with all airlines to Baton Rouge and New Orleans to provide the best possible airfare options. Customers are given the available options and are allowed to choose the best plan that suits their needs.

### EVENT SCHEDULE

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

<table>
<thead>
<tr>
<th>Day</th>
<th>Events</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday, July 25</td>
<td>Discus WM All Ages, Pentathlon WM All Ages, Pentathlon MM All Ages, Pentathlon MS All Ages, Pole Vault W All Ages &amp; MS 60+</td>
</tr>
<tr>
<td>Thursday, July 26</td>
<td>Discus WM All Ages, Pentathlon WM All Ages, Pentathlon MM All Ages, Pentathlon MS All Ages, Pole Vault W All Ages &amp; MS 60+</td>
</tr>
<tr>
<td>Friday, July 27</td>
<td>Javelin WM All Ages, Pole Vault M 30-49, Javelin MM All Ages, Pole Vault M 50+</td>
</tr>
<tr>
<td>Saturday, July 28</td>
<td>Hammer Throw WM All Ages, High Jump WM All Ages, Triple Jump WM All Ages, Long Jump WM All Ages, Shot Put WM All Ages, 100m WM All Ages, 100m WM Finals, 1500m WM All Ages, 1500m WM Finals, 800m WM All Ages - Finals, 800m WM - Finals, 400m WM - Finals, 400m WM - Finals, Steeplechase WM - Finals</td>
</tr>
</tbody>
</table>

### REGISTRATION ENTRIES:

- **1st Event**: $25.00
- **2nd & 3rd Event**: $15.00
- **Pentathlon**: $30.00
- **Late Registration Fee**: $50.00 for Entries Postmarked after July 2, 2001
- **USA Masters Certificate**: $14.00
- **Optional Masters Championship Honor Roll**: $30.00

### Checks/Money Orders

Checks or Money Orders can be made out to the Baton Rouge Sports Foundation. Please mail full payment and your completed entry to:

**Baton Rouge Organizing Committee, P.O. Box 18944, Baton Rouge, LA 70893**

Visit our website at www.brastf.com for more information.

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

By registering before July 2, 2001, you will avoid the $50.00 late fee. Checks or money orders are due in the mail no later than June 25, 2001. No entries will be accepted after July 2, 2001.

Print Name: ____________________________
Signature: ____________________________
Date: ____________________________

*The funds received will be forwarded to the National Masters Track & Field Committee to assist and support Committee members in attending the Championships.*

*If you do not wish to be included in the honor roll, you must specify this in your entry form.*

*The website is www.brastf.com for more information.*
Finally, you can use creatine to improve your training. New Runners Advantage™ Creatine Serum™ is a safe, effective and stable liquid creatine supplement. It's formulated specifically for runners and other endurance athletes.

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

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

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

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

### Runners Advantage™ Creatine Serum™

**FINALLY, YOU CAN USE CREATINE** to improve your training. New Runners Advantage™ Creatine Serum™ is a safe, effective and stable liquid creatine supplement. It's formulated specifically for runners and other endurance athletes.

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

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

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

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

### SERUM vs POWDER

<table>
<thead>
<tr>
<th></th>
<th>SERUM</th>
<th>POWDER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Does not cause water retention, bloating or cramping</td>
<td>Causes water retention resulting in dehydration, bloating and cramping</td>
<td></td>
</tr>
<tr>
<td>Stay with your normal water intake</td>
<td>Must consume extra water to counteract dehydration</td>
<td></td>
</tr>
<tr>
<td>Convenient and easy-to-use</td>
<td>Inconvenient and time-consuming</td>
<td></td>
</tr>
<tr>
<td>Instant absorption</td>
<td>Takes one hour or more to digest</td>
<td></td>
</tr>
<tr>
<td>Completely assimilated into the muscles in minutes</td>
<td>Up to 80% wasted during the digestion process</td>
<td></td>
</tr>
<tr>
<td>100% stable: 2-year shelf life</td>
<td>Unstable; rapidly degrades into waste product creatinine</td>
<td></td>
</tr>
<tr>
<td>No loading: take just minutes before exercise</td>
<td>Loading required: must be taken in large amounts for 5 days prior to exercise</td>
<td></td>
</tr>
<tr>
<td>No maintenance: take only on training days</td>
<td>Daily maintenance: must be taken even on non-training days</td>
<td></td>
</tr>
<tr>
<td>Delicious flavors</td>
<td>Chalky, unpleasant taste</td>
<td></td>
</tr>
</tbody>
</table>

Inventors of the world's only stabilized creatine liquid.

Call to order: 1-877-488-7433 for 24-hour service and 3-5 day delivery. Retailers and technical information call toll-free: 1-877-MUSCLES (687-2537), 9am-4pm PST.

Available at GNC LiveWell®, Vitamin World® and other selected health food stores and gyms. Order online at: www.creatine.com

June 2001