Masters Best Overall in First Washington, D.C. Marathon

A good masters start to a new race
- Andrey Kuznetsov, 44, Rockville, Md., and Victoria Mills, 40, Atlanta, Ga., were the overall winners in the inaugural Washington, D.C., Marathon on March 24.


Mills finished in 2:54:30, over two minutes ahead of the next female finisher. Becky Backstrom, W40, was sixth woman, with a 3:07:34. Mary Astrop captured the W45 title in 3:22:47, while Shirley Blush won the W65 contest in 3:51:08.

The 4315 finishers were aided and encouraged by more than 2000 volunteers and thousands of spectators who lined the streets of Washington for the first running of this race. Plans for the 2003 edition are already online at washingtondcmarathon.com.

- Jerry Wojcik/Susannah Beck

Rutto, Fischer Win in Pittsburgh

Gilbert Rutto, 41, Kenya, 2:15:35, pushed to third place overall in a gang of charging Kenyan countrymen at the UPMC Health System City of Pittsburgh Marathon, May 5, picking up $2500 for his trouble.

Sandra Fischer, 40, Allison Park, Pa., steam-rolled to 9th place female overall in 2:52:23. She earned $1000 and the 40+ title.

Tim Hewitt took the M45 crown in 2:52:28, while Susan McDermott captured W45 honors in 3:32:03.

Good times were turned in by M65s John Dugdale (3:23:47) and Ray English (3:26:08).

INSIDE:
Entry Forms for T&F Meets:
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- Western Regionals — page 9
- National Decathlon — page 11
- Hayward Classic — page 18
- And more

Kuznetsov Wins In Broad Street Run

By SUSANNAH BECK
The great Russian former cross-country skier Andrey Kuznetsov, 44, Rockville, Md., helped to make Philadelphia’s Broad Street 10 Mile Run, May 5, the most competitive masters field on the East Coast that weekend, smashing the 40+ course record in the process.

On a warm day that saw slow times generally (despite a CR from the men’s overall winner), Kuznetsov, 50:13, 10th overall, led a speedy group of New Yorkers that included Paul Mbugua, 40, Rosendale, 50:38; Francis Kamau, 41, Westchester, 50:50; Fred Klevan, 40, Merion Station, 51:06; and Mike Platt, 40, Syracuse, 51:58.

Kuznetsov was coming off a 10K 40+ win (30:27) at the Sallie Mae 10K in Washington, D.C., the week before, where Mbugua also ran (31:01), third 40+. All five finished within ten places of one another at Broad Street, and all but Platt were under the 51:28 CR set by Brendan Hilliard in 1998.

It’s not only the international elite who troll the roads for trophies: David Webster, 49, Stevensville, Md., 57:44, also won his division at both Sallie

50,000 Cheer Masters in Penn Relays

By PETER TAYLOR
PHILADELPHIA, Penn. — Attendance at this year’s Penn Relays (50,827) on April 27 was better than ever, and masters competitors from around the country again showed they are “the real deal.”

In the M75+ 100, Wilford Scott, 75, Texas, and Hall of Famer Mel Larsen, 77, Iowa, duked it out for overall honors, with Scott prevailing in a brilliant 13.95 (Payton Jordan has the U.S. mark of 13.72).

Everett Hosack, 100, Ohio, came through with a world record of 43.00 for M100 (wind was legal for all the masters 100s). The crowd’s reaction both before and during the race was enthusiastic in the extreme, with Everett the special object of its affection.

After the race, Maurice Greene reportedly wanted to have his photo taken with Mr. Hosack, but the “king” had gone.

In the 4x400 for M40+, which directly followed the USA vs. the World 4x400, Sprint Force America’s Mitchell Lovett led after one lap, with Aura International’s Archie Glaspie.

Continued on page 8
Go beyond energy bars. Accelerate to the next level.

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Unlike energy bars, Runners Advantage supplies creatine directly to your muscles. This quickly helps boost your energy by supplying more ATP. This is the fuel we use for all muscle movement. Our formulation contains over 20 ingredients that will help maximize your performance, combat lactic acid buildup, protect your joints, and enhance your recovery. Ingredients include magnesium, glucosamine, amino acids and vitamin B12. All are in a completely safe and soluble liquid form, and are rapidly absorbed into your bloodstream. Runners Advantage won’t cause any side effects, or make you bulk up. All it does is help you exercise harder and longer.

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**WMA WEB SITE MISSES MARK**

Masters athletes may be gray, but their Web sites shouldn't be. That's the bottom line reaction of U.S. and international masters athletes and officials to the top body's new home page — www.world-masters-athletics.org.

Some observers, however, are taking a harsher tone toward the work of Nick Russi, the Swiss webmaster chosen by WMA President Torsten Carlslu to produce a new Web site for the 25-year-old organization.

After WMA itself raised expectations of a "visually appealing" site full of photos, meet information, and training and coaching tips (in English and Spanish), the resulting product — unveiled April 13 — fell flat in the eyes of many.

"A feeble start," said one WMA official.

Bland

It's just kind of bland," said track coach Louise Tricard, a masters sprinter.

Said an Australian observer: "I won't be looking over there too often for a source of fresh and reliable information.

**TEN YEARS AGO**

• Mike Heffeman (61, 26:19) Wins 9th Annual Fifty-Plus 8K

• Pierre Levisse (40, 29:33) and Priscilla Welch (47, 34:38) Top Masters in Sallie Mae 10K

• Payton Jordan, 75, Sets M75 WRs in 100 (13.5) and 200 (28.3)

**NATIONAL MASTERS NEWS**

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**KUDOS**

Our USATF/AARP Georgia Championships on April 19-20 went well. Registration was up over 30% from last year. We think it was from the ad we ran in the NMN in March.

Bigger and better next year!

Jim Hite

**DALLAS AGE-GRATED 200**

The Dallas Masters T&F Club ran an age-graded 200 at the University of Texas-Arlington meet at Maverick Stadium, Arlington, May 4. A staggered start based on the ages of the participants was used.

Bill Collins, 51, ran a 20.44 to win, with Wayne Bennett, 65, finishing second (21.46). Joe Summerlin, 70, was third (22.22), Clay Ully, 37, fourth (23.97), Horace Grant, 49, fifth (23.97), John Bechtold, 43, sixth (24.07), and Bert Williams, 39, seventh (24.10).

The crowd and the college and university runners were surprised at how fast we "old" guys could "haul it down the track." UT-A has invited us back for both of their annual meets next year.

The Dallas Masters Club thanks Coach John Sauerhage and his staff, Kyle White and Wayne Cunnings, for this opportunity to get masters track before the public. It was a great experience.

Wayne Bennett

**TEAM SCORING RULES**

This is an open letter to World Masters Athletics Council members. I have been instructed to write that, as we understand, at a meeting in Puerto Rico in March, the WMA Council decided to change the rules on team scoring only weeks before the World Non-Stadia Championships.

Although there may be an argument that the council was within its powers to change the way a particular rule had been interpreted previously, in law, certainly in UK law, interpretation followed established precedent and change would be new law to be enacted, or, in the case of WMA, a change passed at the General Assembly.

We are an affiliated country, but we have not yet been advised by WMA's Secretary as required by WMA Constitution 7(e)vi. Instead, only the seven regional secretaries were informed of the rule changes. We were only alerted by copy of a letter from the European VAA Technical Manager to WMA objecting to the council making constitutional changes without first referring them to the WMA General Assembly.

We have 117 entries (one of the largest) in the Non-Stadia championships in Italy, some of whom are now threatening to withdraw. As the only member in our age group, they were hoping to score in an otherwise incomplete younger age-group team.

On checking the WMA Web site, in his summary of the March meeting, the WMA states the General Assembly was discussing team rules for non-stadia events that in team events the athlete can score for a team only in his/her own age-group, i.e., not go down to a lower age-group.

A copy of a communication from the Chairman, Ron Bell, to his Non-Stadia Committee reads: "Athletes will not be allowed to change age groups to compete in teams. The exception to this rule is the cross-country and the Eiden relays.

The Law & Legislation Committee was unable to help on clarification as they had not been consulted (see Constitution 9(c)). Are the cross-country..."
WMA Regional Championships Set for Leon, Guanajuato, Mexico, Aug. 22-25

Below is the entry form for the WMA North & Central America & Caribbean Regional Track and Field Championships to be held in Leon, Guanajuato, Mexico, August 22-25.

Closing date for entries is July 21. Entry must be on the official entry form. Entry packages are available in the U.S. from Sandy Pashkin, by e-mail: spashkin@aol.com, or mail: 301 Cathedral Parkway, Unit 6U, New York, NY 10026. Paul Geyer's tour members will receive packages directly from Paul. In Canada, packages will be available through the CMAA.

On receipt of the entry package, it will be the individual's responsibility to send the completed form, with payment, to the Mexican organizing committee, using the first of the two addresses given in the package.

ON THE MEET: The local organizing committee determined to stage a first-class meet and have the facilities to do it. Our NCC technical team of Sandy Pashkin, Brian Keaveney and Rex Harvey is giving the guidance they need to ensure success. They also have the full backing of the Guanajuato State government. Guanajuato is a tourist center and takes pride in its heritage, so it should be a very interesting visit.

REGIONAL DEVELOPMENT: The upcoming meet is important to us in many ways, not least because it offers the best opportunity for us to decide our future together. At our WMA World Championships, relatively few of our region's countries are represented. Hopefully, in Leon, we will enjoy a more fully representative forum.

Leon also represents an opportunity to involve Latin America in our affairs, an excellent lead-in to next year's World Championships in Puerto Rico. We may be able to extend this a little further if Guatemala comes through with a bid for our 2004 Regional Championships.

The Central American countries all have active masters programs, and at their Central American Championships, one finds the enthusiasm and joie-de-vivre that characterized WAVAs early years. But for those outside Canada, the U.S. and Mexico, international competition is difficult; local economies differ from those of North America, so travel costs are prohibitive. The alternative is to take our competition to them; giving us a good reason to consider the Caribbean, and for example, Guatemala, as competition sites.

Aside from deciding on 2004, there will be two other important items on our agenda in Leon our Constitution and our Election. On the Constitution, it will likely be proposed that we separate the positions of President and WMA Council Representative. This separation of duties applies in other WMA regions and has logic to it. This issue of NMN is not the place to put forth reasons, but the discussion will move forward from this point. Proposals for change must be in the hands of our Secretary 90 days before the date of the Assembly.

The election, as always, will be important, particularly so if the Constitution is reviewed. It is not known how many of the present executives will wish to continue, but that will soon be known. Given the strength of the present team, one must hope most will continue and that new candidates will bring experience and willingness with them.

Meanwhile, our sport continues to thrive and each of us is the better for our involvement. Looking forward to Leon and seeing many of you there.

—Brian Oxlby, President, NCCWMA

WORLD MASTERS ATHLETICS
XV Regional Championships
Guanajuato 2002
August 22 - August 25, 2002

Events Schedule

Thursday, August 22
08:00 am 8,000 m Cross Country (M & W all ages)
08:00 am 5,000 m Track Walk (Stadium Enrique Fernandez M.)

Penalton Men (LJ, Javelin, 200 m, Discus & 1500 m)
Penalton Women (Hurdles, HJ, SP, LJ, 800 m & Shot Put)

08:00 am Preliminaries

07:00 pm NCC-WMA Executive Council Meeting

Friday, August 23
08:00 am 100 m Dash Preliminaries
80 m Hurdles 150 m Hurdles
Pentathalon
800 m Finals

08:00 am 1,500 m Run (Stadium Enrique Fernandez M.)
Long Jump
Javelin
Discus
400 m Finals
2,000 m on 3000 Steeplechase
Opening Ceremonies (Stadium Enrique Fernandez M.)

08:00 pm NCC-WMA GENERAL MEETING

Saturday, August 24
08:00 am 5,000 m Racewalk on Road (this event will take place at expolpa park).
5000 m Run (Stadium Enrique Fernandez M.)
100 m Finals
300/400 m Relay

08:00 am 400 m Relay
08:00 am 400 m Finals
08:00 am 200 m Dash Preliminaries

07:00 pm NCC-WMA Executive Council Meeting

Sunday, August 25
07:00 am Non-Stade
08:00 am Half Marathon (M & W all ages)

08:00 am 1,500 m Run (Stadium Enrique Fernandez M.)
200 m Finals
100 m Relay
4400 m Relay
Weight Pentathlon
Triple Jump

08:00 pm NCC-WMA GENERAL MEETING

COMPETITION ENTRY FORM

Note: 1) Each event starting time will be determined after all entries have been received and entered into computer. However, under no circumstances will an event be changed from the day listed below.
2) Women will always compete first followed by men, oldest age group first down to youngest.

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Triple Jump

08:00 pm NCC-WMA GENERAL MEETING

Official Agency
GENERAL INFORMATION E-mail: sheridanvata@hotmail.com

amendesm@conacyt.mx jaimejuanvalero@prodigy.net.mx (0155) 5875 83 19

The World-Wide Association of Athletes Masters (WMA), altogether with the Mexican Federation of Athletes Masters, A.C. and under the auspice of the State Commission of the Sport and attention to the youth of the Government of the Guanajuato State summons to The North American, Central American Championship and of the Caribbean in the Leon, Guanajuato City from the 22 to the 25 of August of 2002.
Third Wind

By MIKE TYMN

Exploring the Soul of the Marathon

When Gail Waesche Kislevitz was preparing for her first marathon, the 1993 Ocean State Marathon in Warwick, RI, she found books filled with advice on training, nutrition, injury prevention, stretching, pacing, etc. However, she realized that the marathon is more than a competitive running event, that it is an experience, an adventure, a life-changing event that it is an event with a soul — a life-changing experience, an adventure, a life-changing event.

Kislevitz began asking friends who had run marathons about their first encounters with the 26.2-mile monster. She was captivated by their stories. She soon came to realize that the marathon is more than a competitive running event, that it is an experience, an adventure, a life-changing journey. She felt that a book was needed to capture the “soul” of the marathon.

In her book, First Marathons, published in 1998 by Breakaway Books, Kislevitz tells the stories of 37 runners, some world-class, some local class, some just ordinary runners, and how they dealt with their first marathon experience, their hopes, their fears, their goals, their obstacles, their heartaches, their triumphs.

Tales of Inspiration

The 37 stories include those of well-known champions like Bill Rodgers, Grete Waitz, Ted Corbitt, and John Kelley, but there are back-of-the-packers, too, like Thomas King. “He was an obese, semi-suicidal guy who decided to run a marathon to save his life,” Kislevitz explains. “I think his story was the most inspiring. And judging from the influx of monthly letters I receive, he is everyone’s favorite.”

King tipped the scales at over 300 pounds when he decided he had to do something to curb the risk of strokes and heart attacks. Hearing of Oprah Winfrey’s marathon, he concluded that if she could do it, there was no reason he couldn’t.

“Tears streamed down my face as I crossed the finish line,” King’s story reads. “I was in total disbelief. All those wasted years, all the suffering, all the humiliation just poured out of me, never to be felt again. I was a new person, a runner.”

In further musings over the 37 marathoners, Kislevitz recalls the story of masters standout Toshi d’Ella.

“She was my personal inspiration last year when I was diagnosed with endometrial cancer and had to undergo surgery,” Kislevitz offers.

Beating Ill Health

I was worried I would never run again, but Toshi told me she had cervical cancer at 50 and three months later broke a world record at Boston. Because of her, I had the courage to run two marathons in one week three months after my surgery as a testimony that I was alive and still kicking.”

Asked to pick her most interesting interview, Kislevitz pondered the question for a few seconds before naming Sister Marion Irvine, who qualified for the 1984 Olympic marathon trial with a 2:51 at age 54.

“Because she came to running so late in life, at 47, and was a smoker, overweight, and a nun, which isn’t a career choice that encourages running around in shorts,” Kislevitz explains her selection. “When she spoke to me about the spiritual side of running — not the religious — I goot goose bumps.

“She also explained how running made her more compassionate to others, which surprised me, because typically you think of a nun as being compassionate. Of course, I should have known better than that after attending Catholic schools for 10 years and getting smacked around by less-than-compassionate nuns.”

In the book, Irvine states: “Prior to running, I wasn’t experiencing life, wasn’t alive inside. Running gave me that opportunity. It changed my life in ways I never expected. When I’m outside doing a dawn run on the Oregon beaches, I look around and thank our creator for the breathtaking scenery. I’ve had incredible out-of-body experiences running the Washington Cascades.”

Twenty-six Year Wait

Although Kislevitz first started running in 1967, at age 16, it took her 26 years to get around to the marathon. “My two older brothers ran cross-country at our high school and I was envious of their freedom to run all over town, free as birds and loving it,” she recalls.

“Since there was no girls’ track or cross-country, I decided to run on my own. I wanted experience what they were feeling, and I did. I loved it from my first run around the block, late at night so no one would see me and make fun of me. I wore my Keds and took the dog along.”

Kislevitz continued to run in the “stealth mode” throughout her college years in Boston, entering her first race in 1976, the L’eggs 10K in New York’s Central Park. Still, it would be 17 more years before she would attempt a marathon. “Those years were filled with working and commuting, and traveling internationally, as well as raising two children,” she says. “The marathon was a dream to me, as it is to most runners, but I didn’t have the time or dedication at that stage of my life.”

Sharing the Experience

Now, having lived her dream, Kislevitz wants to share the marathon experience with others, and she wants them to understand that it is a way of life, that it is an event with a soul — a soul that gives rise to a spirit that spurs us in other pursuits.

Kislevitz also authored It’s Never Too Late: Personal Stories of Staying Young Through Sports, and is now putting the finishing touches on her second book, which will discuss what you do after you’ve run your first marathon.

“I think that so many people nowadays come to the marathon through Team in Training approaches and after they finish that first one are left at the finish line like a one-night stand,” she explains her motivation for the second book.

“Because most of them were never runners prior to the fund-raiser that got them there in the first place, they don’t know what to do afterwards. They have to learn to own and love their running in reverse.”
Broad Street Run

Continued from page 1

Mae (35:14) and Broad Street.

Broad Street attracts a dedicated and loyal following that includes many repeat division contenders. Frank Webb, 57, Millville, N.J., moved up from third M55 in 2001 to leader of the pack this year, 63:17.

Jack Brennan, 60, Katonah, N.Y., 1:05:19, put an end to Bob Taggart's division topping reign (first M55 in '00, first M60 in '01). The 61-year-old Taggart, Newark, Del., placed second this year in 1:06:01.

Vincent Criniti, 67, Flourtown, Pa., 71:17, keeps getting faster, moving up to first M65 this year from runner-up last year (74:11), and third the year before (78:01). Richard Hoban, 71, Conshohocken, Pa., 80:17, and Oliver Williams, 77, Philadelphia, 95:02, were repeat winners at M70 and M75, respectively. Walter Small, 80, Norristown, Pa., celebrated reaching the M80s this year by running his fastest Broad Street in years, 1:55:22.

Doreen McCoubrie, 40, Haddonfield, N.J., 59:35, was the first masters woman in years to break the golden hour barrier, and picked up some of the five-deep masters prize money ($400 for first). Beth Howlett, 49, Boothwyn, Pa., 71:09, topped the W45 after third places in '00 and '01.


The Broad Street Run is notable for its one-road north-to-south dissection course of downtown Philadelphia. It is sponsored by Blue Cross/Blue Shield and raises money for the American Cancer Society. For the curious, Andrey Kuznetsov has a Web site online – soon to be available in English – at http://mir.glasnet.ru/~korzo/

FIFTEEN YEARS AGO

June 1987

- Web Loudat Wins Bud Light Legends Mile in 4:20.89
- Priscilla Welch, 42, Sets Masters Women's WR of 2:26:51 in London Marathon
- England's Dave Clark (43, 2:21:37) and Sweden's Evy Palm (45, 2:36:24) Take Top Masters Prizes in Boston Marathon
- Paul Bruvik (44, 1:24:21) and Judy Kewley (42, 1:36:00) Score Masters Triumphs in Las Vegas Half-Marathon

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Penn Relays

Continued from page 1

second. After two laps it was even, as rising star Darnell Gatling got it all back for AURA International. Ed Gonera, of Sprint Force, eventually took over on the third leg, and 2001 world champion Sal Allah went on to win the gold in 3:26.78, with AURA next in 3:31.11.

Yesterday's fun started with the 4x100. In M40+, the Sprint Force America team of Tony Fulton, Lovett, Val Barnwell, and Allan Tissenbaum won in a lightning-quick 43.43, with AURA International next in 44.65.

In the M50+, W40+ race, the winner was Maryland Masters (Mel Fields, Robert Koontz, Mike McDaniel, Jeff Polk) in 48.03. Sprint Force America was second (48.61) and Houston Elite, featuring women sprinters Renee Sterrett and Stephanie Vega, and Bill Collins as anchor, took third in 49.63.

In the afternoon's 100m dashes, Lovett won the M40 in 11.10, with Tissenbaum a close second in 11.14.

In the M45, defending champion Neville Hodge was first in a storming 11.06; Thomas Jones second in 11.51. The M50 was headed by Bill Collins, who drew away at will after a slow start, setting an M50 world record of 11.37; Alston Brown took silver in 11.97.

Collins, an All-American at Texas Christian University, has an amazing 10.95 pending from earlier in the year at Southern University, Baton Rouge. Now 51, Collins cites being injury-free for a full year as part of the reason for his recent brilliance; he also mentioned weight training for his upper body. Given his international performances (sweeping the 100 through 400 at Brisbane, running at age 48 the fastest 100 of all competitors at Gateshead, winning the 100 at Buffalo) and his dominance in this country, he appears to have moved into the second position all-time among U.S. male masters sprinters after Payton Jordan.

In the M55, Ohio's Lloyd Hathcock moved out smartly in mid-race to win by daylight in 12.35. Koontz second in 12.59. In the M60, 1964 Olympic bronze medalist Edwin Roberts went gold (also in 12.35), with California's Harold Tolson (12.62) second after stumbling early.

In the M65, Larry Colbert took the prize in 12.84, but Dick Camp (13.08) gave him a strong challenge before succumbing.

In the day's final masters event, the 4x400 for M50+, it was Sprint Force America, with Carroll "Butch" Blake anchoring, with a slight lead at the final exchange, thanks to Roger Pierce's strong third leg. NADIA TC, with Charles Allie, was second, with AURA International third. Jesse Norman, of AURA, lost his shoe on the final exchange but stormed past both Allie and Blake to take a clear lead on the backstretch. Unfortunately for AURA, it didn't last, as both Allie (54.8 unofficially) and Blake (in 55.3) came back, with Allie prevailing at the wire (3:49.13 for NADIA to 3:49.57 for Sprint Force America). March, ran a 34:58.54. She came through the 5000 in 17:18.2, lost contact with the pack she was with, and ran the rest of the way by herself.

Northwest Regional Championships

July 19 & 20, 2002

Sponsored by the Utah Association of USATF

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

For more information, contact John Kanon, 801-756-0925

Entry Form - Northwest Regional Championships - 2002

Name: AURA

Age 30 & over - For more information, contact John Kanon, 801-756-0925

Welcome!

June 2002

Bidding for the San Sebastian Games continued yesterday. Three design representatives would not bid without a visit to the site.

The basis for the bid is to follow the San Sebastian Games.

The inspection panel of the bidders, based on the site visit, will then deliver their reports and evaluations to the Council for their consideration.

The next Council meeting is scheduled for October 27, 2002.

The Council will recommend to the Assembly which candidate will host the Games.

This year's Games will be the 2002 Games of the XXVII Olympiad.

The Games will be held in the United States.

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Track & Field Report

By GEORGE MATHEWS
Chairman, USAFT Masters Track & Field

Bidding Procedures May Change

We have learned from Tom Jordan, Executive Vice-President of World Masters Athletics, that bidding procedures for World Championships may change after the bids are in by September 1, 2004 (in the year preceding the San Sebastian Championships in 2005). The changes would be as follows:

1. Three designated Council representatives would undertake their inspection visits to the bid cities for the purpose of evaluating each of the bids on merit.

2. The basis for evaluation would strictly follow the IAAF criteria as spelled out by Cesar Moreno Bravo, WMA representative to IAAF.

3. The inspection parties would grade the bids, based on their evaluations, and then deliver their reports, grading, and evaluations to members of the Council for their consideration, at the latest, prior to the next Council meeting.

4. The next Council meeting would begin two days earlier than usual in order that the bidders be given the opportunity to make their presentations to the Council and to meet and address any queries which the Council may have.

5. After hearing from the bidders and after due consideration of the reports, grading and evaluations of the inspection parties, the Council will deliberate and decide on the recommendations it will place before the General Assembly.

6. The Council will then make the presentations to the General Assembly, together with its recommendations and leave it to the Assembly to sanction its recommendations.

7. In this way there will be no formal bids by the bidders to the Assembly, and, to protect against any suggestion of impropriety or bribery on the part of any member of the Council, no gifts in excess of the value of $15 may be accepted.

Jordan noted to me that this procedure will not be in place at the 2003 General Assembly, where the bids will be presented for 2007. It is possible the Council may amend the above to have ward as in the past, the only change in procedure is that the bidders will be first on the agenda at the General Assembly. I am not sure why all this is being done. I never thought that any Council member could possibly be bribed. I thought the biggest problem with the process was that the bidders weren’t given enough time to make their presentations and handle questions and answers.

I believe there was block voting going on at the last General Assembly, but I don’t think we can or should stop that if that’s what people want to do. I really think that the decision belongs with the General Assembly by vote, not a sanction of recommendation.

It is scary that this could be enacted for the next bidding process. I know that USAFT Masters wouldn’t let the Masters Executive Committee get away with such serious changes.

My biggest concern now is to get the time needed for the bidder presentations. I recommend at least one hour each, that this new procedure not be enacted in 2003, and it be reconsidered for the future. Jordan has offered to distribute my views to the Council members at the appropriate time.

I welcome your input.

Please find below the detailed information for the USAFT Western Regional Masters Championships.

**USAFT Western Regional Masters Championships**

**presented by SO CAL Track Club**

**JULY 13-14, 2002 • Saddleback College - Mission Viejo, CA**

**SATURDAY, JULY 13 (Tentative)**

Women’s Pentathlon will begin at 6:00am

<table>
<thead>
<tr>
<th>Track</th>
<th>Time</th>
<th>Field</th>
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<tr>
<td>10,000 (M&amp;W)</td>
<td>8:00</td>
<td>Hammer (All M&amp;W)</td>
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<tr>
<td>5000 Racewalk (M&amp;W)</td>
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<td>Steeplechase (M&amp;W)</td>
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<td>Pole Vault (All W, M60+)</td>
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<td>110m Hurdles (M&amp;W)</td>
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<td>100m Prelims (M&amp;W)</td>
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<td>1500m (M&amp;W)</td>
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<td>400m Prelims (M&amp;W)</td>
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<td>Long Jump (All W, M60+)</td>
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<td>400m Finals (M&amp;W)</td>
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<td>Javelin (M30-59)</td>
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<tr>
<td>4x400m Relay (M&amp;W)</td>
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*NOTE: Hammer will be contested at UC Irvine*

**SUNDAY, JULY 14 (Tentative)**

Men’s Pentathlon will begin at 8:00 am

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<tr>
<th>Track</th>
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<tr>
<td>5000m (M&amp;W)</td>
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<td>Discus (M30-64)</td>
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<td>9:00</td>
<td>High Jump (All W, M60+)</td>
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<td>High Jump (M20-59)</td>
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<td>4x800m Relay (M&amp;W)</td>
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<td>Discus (All W, M65+)</td>
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<td>4x100m Relay (M&amp;W)</td>
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<td>Triple Jump (M&amp;W)</td>
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Meet Info:
- The meet will be held in the Western Region is the Fairfield Inn by Marriott located at 26328 Oso, Mission Viejo, CA 92691. For reservations call: (800) 228-2800. The hotel is a 5 minute drive to Saddleback College. The special nightly rate is $75.00 single or double. Book by 5:00pm, 6/14/02.
- Mentals will be awarded to first 3 places in each 5-year age division.
- Implements must be checked in 30 minutes prior to event.
- Events begin with women oldest to youngest; then men oldest to youngest.
- Entries postmarked after July 25th must include late entry fee of $20.00. No entries accepted after July 8.
- Entry fees will be $20.00 1st, $12.00 2nd, and $6.00 for each additional event. Make checks payable to Mark Cleary and mail to: Mark Cleary, 16 Charca, R.S.M., CA 92688. Meet Contact: runnermark@cox.net

**TWENTY YEARS AGO**

June 1982

- Cindy Dalrymple (W40, 55:25) and Mike Tymn (M45, 49:43) Top Masters in Hawaii’s Norman K. Tamanaka 15K

**ENTRY FEES**

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Waiver: Must be signed to compete. I waive all my rights that I or my heirs or assigns may have against the So Cal Track Club and/or Saddleback College and UC Irvine arising from any injury illness or accident that I may sustain in arriving to, participating in, or departing from this event. I declare my good health to participate in this event.

Signed ___________________________ Date ___________________________
Masters Racewalking

By ELAINE WARD

Fitness and Exercise Basics, Part I

William Risser, M.D., a prominent orthopedist in Pasadena, Calif., founded the Risser Orthopaedic Group. He has served as President of the American Academy of Applied Nutrition, professor of orthopedics, member of many orthopedic societies, and is a strong advocate of exercise. The following is adapted from a long article he wrote entitled "A Program for Muscular Fitness." Part I is an introduction to the exercises to be presented next month in Part II.

Strong muscles play an important part in the circulation of the blood through our bodies. The action of the heart is to pump blood, but the action of our muscles determines how much blood gets to any part of the body. They act as a relay pump – increasing blood flow to their local parts.

Muscles contain fluid, chiefly blood. When a muscle contracts, blood is forced out of the muscle; when it relaxes, fresh blood flows back in. It is not unlike a rubber bag filled with fluid. As the rubber bag is squeezed, fluid is emptied from the bag. With release of pressure, fluid rushes back in. A time element is necessary for refilling.

In order to keep our muscles strong and to improve blood flow through our bodies, we need physical activity or exercise. Physiologically, flexibility exercises may involve a complete range of motion of a joint, with rest periods for the exchange of fresh blood.

Working out may involve putting a joint through an incomplete range of motion with little or no rest period. As a result, there is no complete emptying of fatigue products collected in the blood during the workout nor a complete refilling with fresh blood. The result of this type of physical activity is fatigue. In contrast, a full range of joint motion with its stretching activity is refreshing.

The derivation of the word, exercise, is from two Latin words: ex, (from), and arcere (enclosure). The enclosure refers to an intrinsic enclosure, a limitation of motion of our joints known as joint contractures.

Horizontal to Vertical

Joint contractures may be either inherited or acquired. For example, inherited contractures have developed in our spines forming spinal curves, as a result of changing from the horizontal spine of the quadruped to the vertical spine of the biped. These spinal curves are a result of the stress of gravity.

The spines of the fish or snake, supported by the water or land, respectively, are straight. There was no need for an anteroposterior curve. Cervical lordosis, supported by its ligamentum nuchae, was first noticed in the quadruped whose horizontal spine was supported by its four extremities. As bipeds, we have a spine with a cervical and lumbar lordosis and a thoracic kyphos. These anteroposterior spinal curves tend to increase with fatigue, disease or demineralization of bone. Joint contractures occur on the concave side, and stretched and weakened muscles are present on the convex side of these curves.

Gravity

Another factor affecting the spine is gravity. The force of gravity is constant. Muscles that pull up oppose gravity. Muscles that pull down act in much the same way as a rope tied to the top of a tent pole puts down. The downward force is borne by the tent pole, which must lean slightly away from the pull of the rope. In this analogy, the spine is the tent pole and the posterior muscles of the trunk are the rope pulling down with gravity.

A simple guide to determine good posture is as follows: A straight edge of a ruler placed at the dorsolumbar spine should be vertical or slightly forward like the tent pole. The average or normal posture shows a ruler at the dorsolumbar junction leaning backward. With the spine straightened, the posterior body muscles, especially the gluteals and upper spinal muscles, pull down in the direction of gravity. They do not pull down with gravity if the spine is inclined backward.

(Next month, Part II will present exercises that stretch out our joint contractures and educate the posterior muscles to pull down with gravity. Elaine Ward can be reached by e-mail at narwf@aol.com)
Masters Star in Mt. SAC Relays

More than 2000 spectators cheered masters runners in four age-graded races at the 44th annual Mt. SAC Relays in Walnut, Calif. (25 miles east of Los Angeles) on April 21.

The women's age-graded 100m was won by Kathy Jager, 58, Glendale, Ariz., in 11.63. Defending champion Kathy Berger, 62, La Canada, Calif., was second, followed by Jacqueline Board, 48, Apache Junction, Ariz.

Each runner got a distance handicap based solely on her age. Jager ran 82.4 meters, while Johnsone Valien, 75, Los Angeles, the oldest runner in the field, ran 69.2 meters.

A men's age-graded 100m was held for the first time, with Harold Tolson, 64, San Diego, holding of Stan Whitley, 56, Altadena, Calif., 10.46 to 10.53. Harold Morioka, 59, Vancouver, B.C. was third. Tolson ran 81.0 meters, while Bill Daprano, 75, Atlanta, Ga., the oldest runner in the race, ran 73.0 meters.

The announcer 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 and other top open runners.

DeeDee Grafius, 52, Modesto, Calif., who's been burning up the roads this spring, won over eight other women ranging in age from 39 to 73.

Each woman ran the full 800 meters. The oldest, Sumi Onodera-Leonard, 73, Huntington Beach, Calif., started with the gun. The next oldest, Jeanne Daprano, 65, Atlanta, Ga., followed 21 seconds later and so on down to the youngest runner.

Grafius' total time was 2:10. Since she started 42 seconds after the gun, that meant her actual running time was a sensational 2:28, faster than the age-53 U.S. women's mark of 2:30 and close to Shirley Matson's W50-54 U.S. age-group record of 2:25. At that, she was all out to edge Daprano, whose total time of 3:12 meant she ran an actual 2:51, nearly three seconds faster than her W65 world-record-breaking 2:53.4 at the U.S. National Masters Indoor Championships in Boston three weeks earlier, and only five seconds off Carolyn Cappetta's outdoor U.S. W65 mark of 2:46.3. Joni Shirley, 55, San Diego, was third.

In the men's age-graded 800, Morioka and Sid Howard, 63, Plainfield, N.J., wagged a dramatic elbow-to-elbow battle from the turn to the finish line. Morioka prevailed, 2:38.2 to 2:38.4, in the closest masters 800-meter finish in Mt. SAC history. Morioka started 25 seconds behind the oldest runner, Al Escobosa, 74, Placentia, Calif., so his actual time was an outstanding 2:13.2. Howard, the M60 U.S. record-holder (2:12.71) trailed the gun by 19 seconds and had an actual time of 2:19.4, faster than his M60 winning 2:20.87 at the Indoor Championships in Boston. Mac Allen, 44, Austin, Texas was third.

The handicaps for the races were established by World Masters Athletics (WMA) and are listed in The Masters Age-Graded Tables book. To order a copy, see page 13.

Two regular races for masters were held. Steve Cummings won the M50+ 100 with an 11.7. In the M40+ 200, Kevin Morning, 46, won with a wind-aided 21.97. The M45 world record is 22.21.

The races were organized by John Cummings, Elaine Iba, and Stan Whitley.

"Meet director Scott Davis and the people at Mt. SAC are very supportive and are happy with the crowd excitement these races generate," Cosgrove said. "That's why they're willing to give us such good prime-time slots. We plan to do it bigger and better next year."

- Al Sheehan
On The Run

By HAL HIGDON

You Gotta Have Hart

A low-lying fog bank smothered the surface of the St. Johns River as I drove over the Hart Bridge at 7:00 on a Saturday morning in early March. I was headed to the starting line of the Gate River Run. The skyscrapers of downtown Jacksonville several miles westward seemed suspended in a sea of gray, creating a mystical moment.

Several evenings before, I had attended a pre-race pasta party with weatherman Tim Deegan, who had predicted 100 percent humidity for the River Run's 8:30 start. He got that one right!

Tim also predicted temperatures rising to near 80 degrees by 10:00, about the time I hoped to again be crossing the Hart Bridge, this time on foot. Sure, the scenery is superb, but few runners can summon the strength at that point to look upriver. With a mile to go, we might not be so happy about the accuracy of his forecasts.

I followed Tim to the podium at the pasta party and offered my own prediction: that I would start in the back the accuracy of his forecasts.

But at the two-mile mark, the fog was so thick it seemed a shame I have to wait another day or two before. Following a period last year when I ran seven marathons in seven months, I took January off to heal my wounds.

Most of my runs in February were a mile or two at most, walking as much as jogging. Only a week into March, I was faced with the River Run. While I wanted to run the 15k (the American championships), I didn't want to die doing it, figuratively or literally.

Then I managed a five-mile on Ponte Vedra Beach. Then another, and another after that. This convinced me that I was in middling shape. Inspiration on race day should allow me to bridge the distance from five to nine miles.

A Bridge Too Far

"Bridge" certainly has fearful connotations to the 8000 or so who enter the Gate River Run each year. The 15K race features two bridges over the St. John's River, one in the early miles, one in the late miles. Near the start, the Main Street Bridge presents only a minor challenge. Near the finish, the Hart Bridge definitely seems a bridge too far.

Toward the end of the eighth mile, runners turn onto the Hart and begin a half-mile climb featuring a 6 percent grade that peaks 141 feet over the river before descending. The climb punishes the lungs; the descent pummels the legs.

Nevertheless, I put on a brave front when interviewed earlier in the week by Florida Times-Union correspondent Laurie Cason, who was writing a story on the challenge imposed by the Hart Bridge. "The course is easy," I said. "Just one hill at the end." Of course, that was before I planned to run it.

Actually, that hill at the end is what makes the Gate River Run unique. That and race director Doug Alfred's ability to attract top American runners such as defending champions Meb Keflezighi and Deena Driscoll. Bill Rodgers, who had won the first River Run in 1978, also was on hand to celebrate the event's 25th anniversary.

Although I had told the pasta party crowd that my goal was merely to finish, a secondary goal was to run the entire distance. The previous two years, I had walked on the ascent of the Hart Bridge. I didn't care how fast my time was, I just wanted to hit the top of that bridge running!

A Steady If Slow Pace

Starting in the back row provided me with the slow start I needed to make that goal achievable. It took five minutes to cross the starting line. Many in front of me were walkers, but I showed no interest in doodling around them.

Across the Main Street Bridge and through San Marco, I maintained a steady if slow pace, and only began to increase the tempo of my steps in the fifth mile along Atlantic Boulevard. By then, I was catching and passing hundreds of runners who were paying the price for having started too fast.

Turning onto the ramp leading onto the bridge, I skipped past the water station, not wanting to interrupt my rhythm.

My running stride was only a bit faster than those walking around me, but at least I was still running. Passing the 8-mile mark, I glanced left at downtown Jacksonville. With the sun high and the temperature now 80 as predicted by Tim Deegan, the fog was long gone, but I didn't waste much time on the scenery. I flew past feeling refreshed exulting from the fact that I was back running again.

Meb and Deena successfully defended their championships. Bill Rodgers, however, dropped out because of a calf injury. One more Gate River Run out of the way, and it seems a shame I have to wait another year to run it again. With no planned marathons to interfere with my next year's training, I might set my goal as not only running every mile, but running them fast.

Jones, Kuznetsov Win in Old Kent 25K

By JERRY WOJCIK

Kim Jones, W40, and Andrey Kuznetsov, M40, captured masters titles with times in the top 20 in the Old Kent River Bank 25K, Grand Rapids, Mich., May 11. This year's race was the USA open men's and women's championships.

Jones, Fort Collins, Colo., was ninth female in 1:36:05, worth $1800 in open and masters money. Jane Welzel, also of Fort Collins, was second W40+ in 1:39:41. Andrey Kuznetsov, RUS/ Rockville, Md., continued his hot streak on the roads, with a 15th-place 1:20:19, good for $1500.

The event brought out many of the state's fine road runners to meet the 25K challenge, a race that Joe Henderson in his Running Encyclopaedia refers to as "one of the few occupying the black hole of running between half-marathon and marathon."

Marathoning A to Z 500 Ways to Run Better, Faster, and Smarter

By Hal Higdon

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June 2002

National Masters News

June 2002

Drake Master

By MARK CLEARY

The Master's Elite Drake Relays, Sioux City, Ia., May 27, featured seven of the 800 indoor champions who entered the Drake Relays. A 15mph wind, a very tough crowd, and organizers, and will be back next year; become an ongoing event. The race, part of the 2002 USA Running Circuit - a USATF road series featuring USA Championships - had almost 4200 finishers.

(For the fields of the 400 (5:3 or faster), more entrants, as do 800 (2:35 or faster), Open Championships)

For more information, contact Cleary at 712-244-2700.

www.xro.com /Cleary
Rothery Wins
Drake Masters Mile

By MARK CLEARY

The Master's Elite Mile at Drake Relays, Sioux City, Iowa, April 26-27, featured seven of the top U.S. milers, as well as 2001 double world champion at 800 and 1500, Colm Rothery of Ireland. Temperature at race time was 42 degrees with a 15 mph wind, and a wet track that impacted the race.

David Nash, the M30 2002 national indoor 800 champion and coach at Morningside College in Sioux City did a fine job setting the pace for the first 800. Rothery was through in 2:05.7, and the pack followed in 2:09:2:11. Rothery hit an outstanding split of 64 for his third quarter, with a chase passed of Graeme Fell, but it was clear they would not catch him.

Rothery gallantly pushed the pace with 400 to go, but slowed to a 65 last quarter, amazing given the conditions. After the race, he said, "With good weather, the sub-4:10 I was looking for would have been reasonable." His 4:16.54 was a stellar performance for his first time on U.S. soil.

In the race for second through fourth, Fell took the early lead on the final lap at the top of the backstretch. Egle and Fell stormed off the final turn onto the straightaway, where Magill passed Fell 30 meters out, but could not quite get Egle.

Even Egle, who had run 4:17 recently, could only manage a 4:24.59, and Magill ran a 3:56.42 1500 eight days later.

One competitor had this to say about the race: "The rain we could see, the wind we could feel, the tornado warnings we could hear on TV, but nothing prepared us for the Irish hurricane that swept away at the gun and shredded the finish tape long before anyone else turned into the final stretch."

I think Peter Magill said it best: "The people at Drake were fantastic. They fed us, housed us, and treated us like celebrities. Then more than 10,000 fans braved a rainstorm and tornado warnings to cheer us on. There was as much energy in the stadium as there was in the storm."

"Thanks to Meet Director Mark Kostek and Event Organizer Mark Cleary for putting this great event together."

I can speak for Mark Kostek when I say the athletes deserve all the credit. This event was so well received by the crowd, organizers, and athletes, that it will be back next year and could become an ongoing tradition at the Drake Relays.

(The fields for the masters men's 400 (53.0 or faster) still need a few more entrants, as does the women's 800 (2:35 or faster) in the USATF Open Championships, Stanford, June 21-23. Contact Cleary at 949-589-0242 (7:00 a.m. - 10:00 p.m. PDT); www.xro.com /Cleary.html)
The Weight Room
By JERRY WOJCIC

Jerry Wojcik's column will resume in July.

Oregon Track Club
Masters Invite
All to Hayward

The Hayward Classic, "America's Premier Masters Meet," is scheduled for June 29-30, at historic Hayward Field, University of Oregon, Eugene. Hosted by the Oregon Track Club, Masters, the meet is open to men and women age 30-and-above, competing in five-year age groups.

In addition to the usual track & field events, Hayward offers events not found in most masters meets: 10,000, 5000 racewalk, steeplechase, weight throw, an age-graded mile, and 4x100, 4x400, 4x800, and medley relays. Besides the lure of competing at Hayward Field, the meet includes a club competition for men's, women's, and combined team trophies.

USATF registration is necessary and may be acquired at the meet headquarters Phoenix Inn, at packet pick-up, 6-8 pm, on the 28th, or at Hayward Field during the meet. A Saturday evening reception is planned for 4:30 pm on the 29th at the U. of Oregon's Casanova Center.

A $10 late entry fee will be charged after June 21; entries accepted until 5:00 pm, Thursday, June 27. (see ad on p. 18)

For more information, contact 541-687-9675; brem@oregon.uoregon.edu; www.haywardclassic.com.

THE 3rd ANNUAL
LONG & STRONG
THROWERS CLASSIC

The Long & Strong Throwers Journal (LSTJ) is a quarterly publication dedicated to the throwing events in track and field. It is the only throwing periodical of its kind in the world. LSTJ is about more than technique and training. LSTJ focuses on the personal side. Elite athletes and coaches give insight into their keys for success and the personalities behind their achievements. LSTJ's interviews with top name throwers such as Adam Nelson, Suzie Powell and Breas Greer and legends such as Al Oerter, Michael Carter and John Powell are just what you are looking for. Techniques tips from knowledgeable athletes and coaches such as Jud Logan and John Smith are invaluable. LSTJ provides throwers coverage and photos from major competitions that you won't find anywhere else. LSTJ touches on the issues that affect the throws community. Whether you are a coach, athlete or official, or a Scholastic, Open or Masters competitor, it is crucial that you never stop learning! Let Long & Strong help you reach your potential!

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AWARD
Most running events will be one smooth. How award ceremonies will be prepared so the awards are smooth, and youthful a focal point.

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Write On

Continued from page 4

try races in Italy being run under the rules as stated in the current WAVA handbook? Or under the Non-Stadia Committee’s rule changes on p. 47 in the Brisbane program?

Or, as Team Managers were instructed by the WMA Non-Stadia Committee Chairman at their meeting in Brisbane?

If the Chairman of the Non-Stadia Committee’s version is correct, in Italy an athlete can only compete in his/her age-group team on the first two days of competition, but can compete in his/her age-group plus score for a younger team on day three.

We are totally confused.

Bridget Cushing  
Honorary Secretary  
British Veterans Athletics Federation

AWARD CEREMONIES

Most running and track & field events are well-organized and function smoothly. However, many of the award ceremonies could be improved. Competitive athletes spend much time in preparation for an event and have a right to be properly informed of the results.

Here are some suggestions to improve the award ceremonies at races and meets:

1. The announcer should be familiar with the participants and the pronunciation of their names.

2. The announcer should thoroughly familiar with the events and should consider reversing age-group awards, starting with the oldest to the youngest, so that younger people stay within the area.

3. Awards should be in five-year age groups to a minimum of 70 years unless a special situation exists.

4. Printed race results with age-group winners clearly defined should be posted as soon as available in the awards area and on the Internet.

5. In charity events, the event should be charitable to the athletes first. Age-group awards should be provided promptly.

6. The quality of the awards needs to be improved. The white marble base and the gold plastic figure must go.

Al Puma  
Brooklyn, New York

DOPE TESTING

I read with interest the “Track & Field Report” by George Mathews (April NMN) concerning anti-doping testing and why it can’t be tried within our borders. If we can’t trust 5% of masters athletes to compete on a level playing field with the rest of us, we must rely on USATF officials.

I suggest two things for taking a positive step to bring forward the name of cheats and to get rid of them. First, have every sanctioned masters meet turn over to a USATF Masters Anti-Doping account a certain percent of its entry fees, even if it means charging more to enter. This might help cover some of the testing costs.

Secondly, any masters athlete who sorts a world record must agree to undergo a random drug test within 90 days after setting the record, with a week’s notification. Seven days is not enough time for the chemicals to leave the body. If the individual refuses or fails the test, it will be assumed to be an admission of guilt, their records should be erased, and they should be suspended from masters competition and subject to random testing for two years.

Mathews asked how we would like to give a report to an anti-doping agency, telling them who are every minute of a 24-hour day for three months. I ask, “Why not?” He mentions the most extreme situation, done after someone has failed the test, it is an admission of guilt, their records should be erased, and they should be suspended from masters competition and subject to random testing for two years.

In every minute of a 24-hour day for three months, I ask, “Why not?” He mentions the most extreme situation, done after someone has failed the test, it is an admission of guilt, their records should be erased, and they should be suspended from masters competition and subject to random testing for two years.

Mathews’ article is a clear notification for those who would cheat that we can’t do anything about it. If we don’t try to do something because it seems impossible, we have already lost the fight without even trying.

Al Guidot  
California City, California

CAROLINA MEET

The Carolina Masters T&F Club and Mecklenburg County Parks & Recreation Department co-sponsored the Carolina Masters Meet in Charlotte, N.C., in April. We plan to make this an annual meet. Our club was formed in September 2001 and already has over 40 members ranging from 25 to 69 years of age.

I am the club coach and have over 35 years of coaching cross-country and track at the high school and college levels. I coached at University of Nevada-Las Vegas from 1969-1976 and Campbell U., N.C., from 1976-1979.

Our club is continuing to grow. After this meet, we had numerous inquiries. We hold practices three days (Tues., Thurs., and Sat.) per week. Interested athletes from high school graduates on up can contact me at 704-588-6885, or by e-mail: gedwards@carolina.rr.com.

Gordon Edwards  
Charlotte, North Carolina

SUPPORT FOR NMN

Two items in your May front page article “NMN Back at the Helm” caught my eye: the Sustainers pro-

gram and WMA support. I’m sure that “contributions to our Sustainers program, essentially dried up,” because folk like me saw no point in swelling Rodale’s already ample coffers still further when there are other organizations, particularly charities, which need the money just to survive.

I find appalling the fact that, “The publication also lost substantial revenues when USATF (1997) and WMA (2002) dropped their financial support.” I appreciate that USATF was near bankrupt at that time, but that makes little difference because its support of NMN would have been trivial in comparison with its total expenditure.

And I have no sympathy whatsoever for WMA, which has wasted money on drug-testing grandmothers on HRT, grandparents on Viagra, etc., etc. And it only changed its name from WAVA — how much did that cost? — so that it would attract some great sum of money from some secret sponsor. Why did WMA have to cut NMN off without a penny when it had all that extra cash floating in?

Max Jones  
Leeds, England

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NM6 steeplechasers on the awards stand, 2001 National Masters Championships, Baton Rouge, La., (from l): Ritch White; Tom Butterfield, 2nd (8:32.55); Frank Haviland, 1st (8:28.61); Ken Ogden, 3rd (8:46.50); and Jim Hile. The 2002 Championships are scheduled for Orono, Me., Aug. 8-11.
Road Records and Their Upkeep

Clearly, records are an integral part of any sport. During any sporting event, records of some type are announced/listed like “The meet record is held by...” Imagine any sport without some type of records. Unthinkable. Put simply, records, regardless of the level of competition, help define a sport and add to its history.

Part of our mission at the USA Track & Field Road Running Information Center is to maintain, compile, and distribute all the road records for USATF, plus the track records over 10,000 meters.

Our database contains over 5000 records (national-single-age and age-group marks for the standard distances). In addition, we also keep “unofficial” world open and masters road records.

This article will explain the record keeping process—its rhyme and reason and its importance to our sport.

A Little Background

In our sport, road records are relatively new, as the sport on a national level was only recognized in the RRTC (now USATF) in 1982 by TAC. As the running boom exploded, Young created a database to compile demographics, the best performances and unofficial records.

There were, however, three areas of concern. First, was the course accurate? Second, was the timing valid? And third, was the competition fair (i.e., no assistance, cutting the course, etc.)?

The first concern was addressed by creating a course certification program (i.e., accurately measuring a course with a reliable measuring device like a Jones counter). In the mid-70s, Ted Corbitt and the New York Road Runners Club were early pioneers in this area.

Once courses could be accurately measured and validated, the road race application—which will be explained in detail later—was created to document the course layout, timing and fair competition.

Sanctioned and Certified

At this time, it is important to define two terms commonly seen on road race flyers/ads: sanctioned and certified. A sanction refers to the event, and it can be obtained from your local USATF association. The sanction serves as a “seal of approval” and includes liability insurance.

An event is not certified; it is the course that is certified. If a race advertises a certified course, it means that the course was measured accurately by uniform standards. The course certification program is supervised by the USATF Road Running Technical Council (RRTC). In the United States, over 15,000 courses are currently certified.

How can you verify if a given race is certified? First, call the race and ask to go to its website. A race director should be able to rate off the certification number, or, even better, it should be prominently listed in any race material. If the course is certified, the race director has the paperwork (i.e., the course certificate and its accompanying map).

Certified courses are assigned a number. For example, a California course number will be “CA001.” The number is broken down as follows: CA stands for California, 02 is the year of certification, the last three numbers correspond to when certified (01 being the first one of the year for that certification) and RS is the certifier’s initials (the certifier verifies the measure’s numbers and paperwork).

A course has a ten-year life, but it can be renewed if the course remains the same. A change in the course’s layout due to construction or other reasons requires re-certification.

At RRTC, we have a master list of all the certified courses in the country and on our website (www.usatf.org), there is a certified course search engine. On the opening page at the top, click on the link “for runners/races” on the top menu. A downloadable certified course list—updated monthly—is available on the RRTC website (www.rttc.net).

The Criteria

Like track records, road records also have established criteria, which are explained in USATF Rule 185 (Rules Applicable to Long Distance Running Events). The Competition Rules book lists the rules pertaining to the sport of athletics. To order the book, see the resource section at the end of this article. In sum, Rule 185 and others cover the general issues raised by Ken Young and others when road running moved from a fringe sport to a legitimate one.

Along with the timing and fair competition requirements, in order to set a U.S. road record, the course must be record standard. A record standard course has two components: acceptable course and limited wind aid. The logic is simple: downhill running can be an aid and, likewise, the wind.

According to Rule 185.5, for all road races:
a) The course must not have a net drop of more than 1 meter per kilometer;b) The start and finish of the race must lie no more than 30% of the road distance apart as measured along the straight line between them, except when it can be shown that the average component of the wind direction at the head of the race (the lead runner) did not constitute a significant tailwind. NOTE: A tailwind is defined to be significant if it prevails consistently throughout more than 50% of the course during the race.

About 90% of U.S. courses meet the above criteria. A loop course—starting and beginning at approximately the same spot—is a record standard one. Like on a 400m track, the wind component is balanced out on a loop course.

If a course drops more than 1 meter per kilometer, it is not record standard. The vast majority of courses that do not comply with Rule 185.5(a) are point-to-point. The St George Marathon course, for example, is point-to-point and it drops 19m/km and thus, national records cannot be set on it.

Some point-to-point courses, however, can be record standard if, on race day...

Raschker Breaks Four U.S. Records in Georgia

By JERRY WOICIK

A month after breaking one W55 national and world five records at the 2002 National Masters Indoor Championships in Boston, Phil Raschker, 55, Marietta, Ga., broke four U.S. records in the USATF/AARP Georgia Masters Championships at Savannah State University, April 19-20.

In the 80H, Raschker ran an age-graded 93.6% 13.44, taking more than one second off the present record of 15.25, held by Christel Miller, set in 1990. Raschker also bettered another record held by Miller, for the triple jump (8.08/1990), with an 8.96.

Raschker’s other records also came in the jumps, with a 4.50 in the long jump, and a 1.36, an A-G 90.0%, in the high jump. Nadine O’Connor has the long jump record at 4.39 in 1998. Kathy Bergen set a high jump record of 1.33 in 1996.

In other events, good early season marks came from Marion McCoy, M50, who won the 100 in 12.02 and the 200 in 25.16. Anson Clappcott, M50, ran a national top-10 rank 37:20.82 in the 10,000 and won the 1500 with a 4:56.4.

Bryan Stewart, M40, South for the wind component was not significant. For example, at the 1998 Examiner Bay Breakers 12K, U.S. records were set. Although point-to-point, the Breakers had every point of wind and thus, records were possible.

Although courses with excessive drop and/or point-to-point with an aiding wind are not record standard, USATF does editorially recognize what is known as a U.S. "best" on either type of course. A "best" is the fastest time performance in an age group or open division from a non-record standard course.

Some point-to-point courses, however, can be record standard if, on race day...
Masters Scene

**EAST**
- Fifteen years after setting the women's CR (4:39.2), Maria Pazarenzovs-Spinner, 40, was first female in 4:49 in the Main St. Mile, Westminster, MD, April 10. First M40+ was John Roemer, 42, with a placing of 4:50.1. Detroit's Paul Tokos, 40, took fourth (4:29). Bob Weiner, 55, won the M50-59 division, with a 5:22.

**KEYSPAN GRANDPRIX (4:58)**
- The race was April 21. were Amador Ybanez, 21, and Alayne Adams, 22, February. The present record is 1:40.86 by Kim Griffin, 40, of Madison, WI, and Laura Doolittle, 40, of Washington, DC, setting a new record in the 10K. The race was a part of the KeySpan Grand Prix and another event in the KeySpan Grand Prix of Long Island.

**MID-AMERICA**
- Masters scored overall wins in three of the four individual events in the 33rd annual Longest Day Races, Brookings, SD, April 20. Vicki Nelson, 41, Sioux Falls, SD, was first overall in the 5K (20:31), while Tim Zbikowski, 50, Maple Grove, MN, took the M40+ contest (21:44). Dave Brealy, 44, of Maple Grove, MN, won the M50-59 division (1:40:51). A new record was set in the 5K race (1:41:20).

**PASTA JUICE MILE**
- Pasta JuicE MD, Gaithersburg, MD, Lancaster, W65, Hastings, VA, and Lewiston, ME, were included. Joan Berman, 12:08.7, the women's race, was second overall in the 10K. Alayne Adams, 22, February, were Amador Ybanez, 21, and Alayne Adams, 22, February. The present record is 1:40.86 by Kim Griffin, 40, of Madison, WI, and Laura Doolittle, 40, of Washington, DC, setting a new record in the 10K. The race was a part of the KeySpan Grand Prix and another event in the KeySpan Grand Prix of Long Island.

**NORTHWEST**
- The race was the 3rd Edition of the Seattle Masters AC Spring Fling Weight Pentathlon, Seattle, May 4. Harvey Lewellen, 73, was the closest second (4:24), taking the overall title. Julienne White, 40, was third (2:50:14) in the women's race. The event was a part of the World's Best Masters Series and was won by Leonard Hill, 49, and Kalef Al-Othman, 40, with a time of 2:44.08.

**SOUTHWEST**

**CORRECTIONS**
- The runner in the picture of the National Masters Indoor Championships, Boston, on p. 19 of the May issue is Roger Pierce, not Roger Price. Pierre was the M55 400 winner in 57.06.
Julie Morrison Killed in Car Accident

Julie Morrison, co-founder with her husband Bruce of Running Journal, was tragically killed in a two-car accident Friday night, May 17, in Greeneville, Tenn. Morrison was a passenger in a vehicle operated by her husband, according to the Greeneville Police Department. Other passengers were Jennifer Shepherd and Cheryl Morrison.

Shepherd, the two Morrison's, and the driver of the second car were listed in fair condition.

"Julie was a woman full of life and great spirit," said Mary Lou Day, Editor of Running Journal. "She will be greatly missed. We ask that you remember Bruce and all of the Running Journal family in your thoughts and prayers in the coming days."
USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are usually limited to age 50 and over. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. International T&F meets are usually limited to men over 40 and women over 35. Entry blanks for national and regional championships will generally be printed in the newspaper 30 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 50098, Eugene OR 97405.

TRAK
TRUK
C31
June 13. Long & Strong Throwers Classic, J.P. Mc Kaskey HS, 445 Reservoir St., Lancaster, Pa. 9: am. Contact Glenn Thompson, 717-238-1702/throwers@aol.com, or Terry Shuman, 717-285-7943/ TGShuman2@aol.com; www.long andstrong.com for entry form.
July 14. USATF Long Island Championship Meet, Central Islip, N.Y. 516-349-1770; www.liatf.org
July 26-27. USATF East Regional Masters Championships, Springfield College, Springfield, MA. www.usatf.org
August 18. USATF New Hampshire Granite State Senior Games, Memorial HS, Manchester. Open to out-of-state. GSSG, 610 Front St., Suite B, Manchester, NH 03102-2610. 603-622-9041; www.nhstatesorgames.com

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

June 1. Furman Track Classic, Furman U., Greenville, S.C. SASE to Adrian Craven, 109 Woodhaven Dr, Greenville, SC 29609. 864-294-2220.
June 1. Miami Northwest Express Meet, Miami, Fla. Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445-5607. 561-499-3370; email: bobfine@aol.com
June 8. Atlantic Track Club Masters & Open T&F Meet, Emory University Track, Atlanta, GA. www.atlantatrackclub.org
June 8. Birmingham TC Classic/SouthEast Police & Fireman Championships, Sanford U., Birmingham, Ala. Glenn Ross, 205-942-0907; grous@jcc.caal.us. Entry form in April NMN.
June 8-30. North Carolina State Games, Raleigh. 919-361-3183, x2
June 15. Middle Tennessee St. U. Masters Meet, Murfreesboro. 615-651-2630.
June 15-17. Senior Games Classic, Palm Beach Gardens, FL. Residents only. See June 1.
June 17. Jacksonville TC All-Comers Meet, Bolles School Track, Jacksonville, FL. 7.00 pm. 904-384-TRAK.
June 22. South Florida Meet/Florida AC, Palm Beach Gardens. See June 1.
June 20. Jacksonville TC Summer Classic, Bolles School Track, Jacksonville, FL. Field - 5 pm; track 5:15 pm. Lamar Strother, 5151 S. McDuff Ave., Jacksonville, FL 32205. 904-384-TRAK,
August 31-September 1. USATF Southeast Regional Masters/PAV Championship Meet, T.C. Williams HS, Alexandria, VA. Mark Richards Pentathlon & Open Track & Field, Alexandria, VA. 703-996-9762; email: pent@keith.org.

ON TOP FOR JUNE

TRACK AND FIELD

The USATF Mid-America Regional Masters Championships is listed for the 8th in Wichita. Remaining major meets include the NCSTC/Mark Grubi Memorial, Berkeley, Calif., and GSAC Randolph, N.J., Meet on the 2nd. The Birmingham, Ala., TC Classic, Atlantic TC, and Saddleback Masters Meets on the 8th; the Crown Valley Senior Games, Pasadena, Calif., and Tennessee Masters Championships, Murfreesboro, on the 15th; the Portland Masters Classic/Oregon Assn. Championships, Gresham, and USATF SCA Championships, on the weekend of the 22nd-23rd; the Chico All-Masters Memorial Meet, San Diego, Calif., and the Hayward Classic, Eugene, Ore., on the weekend of the 29th-30th.

LONG DISTANCE RUNNING

Freiboer's 5K, Albany, N.Y., hosts the women's open and masters USA Championship on the 1st. The Rock 'N' Roll Marathon swings into action on the 2nd. Other offerings include the Shelter Island 10K, L.I., N.Y., and Steamboat Classic 4 mile, Peoria, Ill., on the 8th; The Mt. Washington 7.6 Mile, Gorham, N.H., on the 15th; The Platinum Performance State Street Mile, Santa Barbara, Calif., on the 16th; and Grandma's Marathon, Green Bay, Wisc., on the 23rd.

RACEWALKING

The USATF National Masters 15K Championships commence in Evansville, Ind., on the 2nd. The Crown Valley Senior Olympics, Pennsylvania, includes a 5K00 RW, on the 15th. New Yorkers can opt for the USATF MAC 15K Championships on the 23rd, or the USATF Long Island 10K Championships on the 30th.

MIDWEST

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

June 17. Cincinnati Classic Track, Welcome Stadium, Dayton, Ohio. Bob Jones, 937-837-2754; BJRun@Junco.com
June 7. Cleveland Classic Meet, Broadview Heights, Ohio. Robert L. Walters, Jr., 440-386-5315; rwalters@ prodigy.net; www.othc.org

Continued on page 20
NATIONAL Masters News

June 2. Jolly Jgotbaton Meet, Marysville, KS. No entry fee. 10 yr. age groups. Cleve Walstrom, Marysville, KS 66508. 785-562-3050(h); 562-3021(w).

June 4. Twilight All-Comers Meet, Albuqueruque, N.M. O.M. 505-925-5736.


July 15-16. Minnesota State Senior Games, Rochester, Minn.

July 20. 50th annual Montana Senior Games, Great Falls, Mont.

August 2-5. USATF Masters & Open Championships, Illinois State University, Normal, Ill.

August 10-12. USATF Masters & Open Championships, New Mexico, Albuquerque.

August 14-16. USATF National Road Race Championships, Rocky Mountain Region.


August 27-29. USATF Masters & Open Championships, Nashville, Tenn.

August 30-September 1. Rocky Mountain Masters Games, U. of Colo., Boulder, Jim

Weed, 1166 Eagle Rd., Broomfield, CO 80020. Jerry Donley, 719-635-1264, rockymtnmastersgames@cox.net.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

January 10. 10th annual Austin/Waterloo Championships, Leander HS (n. of Austin), Texas. www.austinwaterloochamps.com.

July 1-3. USATF Southwestern Masters Championships, Jesus HS, Dallas. Lester Mount, 972-661-1511; lesterm@ymail.com.

July 13. USATF Southwestern Regional Championships, Corpus Christi, Tex.


NORTHWEST

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

June 1. Seattle Parks Department Masters Meet, West Seattle Tennis Center. Duck Coul, 206-684-7014.


June 1. USATF Pacific Championships, Hughes Stadium, Sacramenlo. Jerry Colman, 916-567-9690; sacstc@aol.com.

July 1. Kell Field Throws Meet #106, Santa Cruz, Calif. G. Kelsinmen, 831-458-0300; kelfield@aol.com.


October 2-5. National Senior Games, Tucson, Ariz.

LONG DISTANCE RUNNING

NATIONAL


June 1-3. USATF National Masters Women's Championships/White River 50 Mile Trail, Crystal Mountain, Wash.

July 4. USATF National Masters Women's Championships/Capitol Cities, Austin, Texas.

July 13-14. USATF National Masters Women's Championships/Kansas City, Mo.

September 25. USATF National Masters Women's Championships/Edmonton, Alberta, Canada.


October 19. USATF National Masters Women's Championships/Chesapeake, Va.


December 1-2. USATF National Masters Women's Championships/New Orleans, La.

International

August 15-25. 13th European Veterans Athletics Championships, Potsdam, Germany.

October 5-13. World Masters Games, Melbourne, Australia.

October 21-23. Caribbeans & Central America Masters Games, Leon, Mexico.

October 28-31. Florida Senior Games, Sarasota, Fla.

November 3-10. South American Senior Championships, Cochabamba, Bolivia.

November 29-30. Western Masters Games, Mexico City.

November 30-December 1. World Masters Games, Mexico City.

February 2-3. 4th annual World Indoor Championships, Valencia, Spain.

February 24-26. World Masters Track & Field Championships, Dallas, Tex.

February 24-26. World Masters Track & Field Championships, Dallas, Tex.

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February 24-26. World Masters Track & Field Championships, Dallas, Tex.

February 24-26. World Masters Track & Field Championships, Dallas, Tex.
**East**

- **June 1.** Moorestown Rotary 5K, Moorestown, N.J. 8:35-23:634.
- **June 1.** Komen National Race for the Cure 5K, Washington, D.C. 7:03-848-8888; nationalraceforbreastcancer.org.
- **June 13.** David Lerner Long Island Park, NYC. 212-860-4455; 932-9361.
- **June 15.** Mt. Washington 7.6 Road Race.
- **July 23.** Frick maker.com Utica, N.Y. 235-60-1420.
- **August 22.** Mayor’s Midnight Sun Marathon, Anchorage, Alaska. 907-266-8869; www.shriners.io.

**Midwest**

- **July 12.** Cellcom Green Bay Marathon, Green Bay, Wis. 800-889-1859; www.greenbaymarathon.com.
- **August 18.** 24th annual McConnell’s Ice Cream 5K & 10K, Santa Barbara, Calif. Kevin Young, 805-564-3400; kyong@uber.com.
- **August 22.** Sunset in the Park 2.8 & 4.8 Cross-Country Race, Huntington Beach, Calif. 6:00 pm. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417; www.nealand.com/finishline.

**Southwest**

- **June 28.** Tulsa MDA Nighttime Run, Tulsa, Okla. Sarah Covert, 918-749-7979; tulsaouthdistrict@mdausa.org.

**Northwest**

- **June 28.** Vis-a-vis Detroit Lakes Marathon, Detroit Lakes, Minn. 1-800-542-3992; www.visavisdetroitlakes.com.

**Canada**


**International**

- **June 8-9.** Argentina National Masters 10K & Marathon Championships, Bahia Blanca. CABA. CARF, tel/fax: 54-223-4819717, veterananos@yahoo.com.
- **June 23.** Brugge Veterans’ Race, Brugge, Belgium. Jacques Serry, Kammakerstraat 37, 8000 Brugge, Belgium. 0032-50-341781; fax: 0032-50-334325; email: eva.serry@skynet.be.
### RECIPIENTS OF ALL-AMERICAN AWARDS

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

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

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

**NAME:**

**ADDRESS:**

**SEX:**

**STATE ZIP:**

**CITY:**

**DATE OF EVENT:**

**EVENT:**

**MARK:**

**WEIGHT OF IMPLEMENT:**

**Hurdle 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 what year your results were obtained 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-3 color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 3" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.

---

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

**Event**

**M50-54**

**M55-59**

**M60-64**

**M65-69**
### TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results are by age group, gender, event, and time. Entry is done in metric in our format receive preference. Deadline is the 15th of the month prior to issue date.

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#### SOUTH WEST

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The image contains a list of names and associated times, likely from a marathon event. To convert this into plain text, we need to extract specific details and format them accordingly. Here's a possible representation of the data:

### Name and Times

- **Jersey Shore Marathon**
- **Saturday, May 25, 2002**

#### Age Group Results

- **Masters**
  - **W40+ Age-Graded 100**
  - **Nancy Whaley**
  - **W40+ Age-Graded 200**
  - **Tanya Keating**
  - **W40+ Age-Graded 300**
  - **Gail Gates**

- **M20**
  - **Bob Heilman**
  - **Bill Delph**

- **M55**
  - **Rob Snider**
  - **Debbie Reed**

- **M75**
  - **Tom Miller**

- **W40**
  - **Maeve O'Sullivan**

- **M40**
  - **John Roane**

- **M50**
  - **Don Chisholm**

- **W50**
  - **Linda Caccavale**

- **M60**
  - **Dave Blankenbusch**

- **W60**
  - **Donna Stankevich**

- **M65**
  - **Dave Blankenbusch**

- **W65**
  - **Donna Stankevich**

- **M70**
  - **Bob Heilman**

- **W70**
  - **Kathy Garlin**

### Additional Details

- **W40+ Age-Graded 100**
  - **Nancy Whaley**
  - **W40+ Age-Graded 200**
  - **Tanya Keating**
  - **W40+ Age-Graded 300**
  - **Gail Gates**

- **M20**
  - **Bob Heilman**
  - **Bill Delph**

- **M55**
  - **Rob Snider**
  - **Debbie Reed**

- **M75**
  - **Tom Miller**

- **W40**
  - **Maeve O'Sullivan**

- **M40**
  - **John Roane**

- **M50**
  - **Don Chisholm**

- **W50**
  - **Linda Caccavale**

- **M60**
  - **Dave Blankenbusch**

- **W60**
  - **Donna Stankevich**

- **M65**
  - **Dave Blankenbusch**

- **W65**
  - **Donna Stankevich**

- **M70**
  - **Bob Heilman**

- **W70**
  - **Kathy Garlin**
### M-AMERICA

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<td>Andrea Christiansen 31:32:21</td>
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<td>M40 William Jackson 33:30:00</td>
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<td>M45 Thomas Brandt 22:27:23</td>
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<td>M60 Richard Mandel 25:11:00</td>
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<td>M50 Andy Hogan 23:13</td>
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<td>M60 John Dina 18:43:00</td>
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<tr>
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<td>M50 Pat Saracco 41:57</td>
<td>M60 Randie Fine 19:09:00</td>
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<td>M50 Dave McReamie 45:57:48</td>
<td>M60 Ron Redd 23:22:22</td>
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<td>M60 Ron Redd 23:22:22</td>
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<tr>
<td>400K</td>
<td>M50 Tony Morgan 2:51:40</td>
<td>M60 Ron Redd 23:22:22</td>
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<td>1000K</td>
<td>M50 Mark Yang 4:06:05</td>
<td>M60 Ron Redd 23:22:22</td>
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### TOWARDS\NWEST

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<tr>
<td>Long Run 5K</td>
<td>Detroit, OH, March 23</td>
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<tr>
<td>Overall</td>
<td>Vincent Teamu 14:51:45</td>
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<tr>
<td>5K</td>
<td>Andrew Myers 15:09:30</td>
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<tr>
<td>10K</td>
<td>Johnette Allen 18:43:00</td>
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<tr>
<td>20K</td>
<td>Linda Saracco 23:13:00</td>
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<tr>
<td>100K</td>
<td>John Martell 25:11:00</td>
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### MICHIGAN\MID-AMERICA

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<td>33rd Annual Longest Day Races</td>
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<tr>
<td>Marathon -</td>
<td>Mark Mantle 34 3:08:23</td>
</tr>
<tr>
<td>1M</td>
<td>Andrea Christiansen 31:32:21</td>
</tr>
<tr>
<td>2M</td>
<td>Peter Cooper 31:00:42</td>
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<tr>
<td>3M</td>
<td>William Jackson 33:30:00</td>
</tr>
<tr>
<td>5M</td>
<td>Lary Beth 17:58</td>
</tr>
<tr>
<td>10K</td>
<td>Steve Douglas 20:44</td>
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<tr>
<td>10M</td>
<td>Andy Hogan 23:13</td>
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<tr>
<td>20K</td>
<td>Grace Harrison 15:57:24</td>
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<td>Ron Redd 23:22:22</td>
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### OMAHA\KANSAS CITY\MID-AMERICA

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<td>Michael Yang 4:06:05</td>
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### M-AMERICA\TOWARDS\NWEST

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<td>1000K</td>
<td>Ron Redd 23:22:22</td>
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</table>
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Too often, at national, regional, even world class events, there is zero or next to no major press coverage - despite top quality athletes who break national and or world records in your meet.


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E-MAIL: Weinerpublic@comcast.net
PHONE: 301-283-0821
Website: www.geocities.com/weinerpublic

ATHLETES WHO ENTER A NEW CATEGORY THIS MONTH, 2002

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<tr>
<th>RESIDENCE</th>
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Compiled by Pete Mundie, World and U.S. Masters T&F Records Coordinator
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