Russians Triumph at “Brutal” Boston

BY SUSANNAH BECK

“Boston was brutal,” explained my aunt, Sarah Reed, 47, a first-timer at Boston. “It could have been the hills, a little dehydration, and the amazing amount of congestion at all the water stops. Both my quads and calves were screaming at me. It was a gorgeous day, but about 71 degrees in Hopkinton, which was a bit warm. I could tell who had run the next day at the airport, because we all got pretty well sunburned.”

Brutal, indeed. It was hot and head-windy at this year’s Boston Marathon, April 21. The course itself, challenging as usual: hilly, hilly, hilly, and from 20-24 miles, a quad-mangling downhill.

Moscovite ex-pats Fedor Ryzhov, 43, 2:15:29, and Firaya Sultanova-Zhdanova, 41, Gainesville, Fla., 2:31:30, bulled through the race to each claim their second masters titles at Boston. Ryzhov was first master in 2001, Sultanova-Zhdanova was first women’s last year.

Eddy Hellebuyck, 42, Albuquerque, N.M., made a great play for the masters title, hounding Ryzhov literally step for step, from one side of the road to the other for 35K. Television coverage showed the diminutive Hellebuyck one step behind Ryzhov, aggressively drafting off the slightly larger man, and certainly ruffling Ryzhov’s composure.

The pace set by the elite open men on that hot morning was conservative; a significant masters moment was overlooked by TV commentators as Ryzhov and Hellebuyck actually led the lead pack of the race at around the ten mile mark.

Ryzhov, who lives in Portugal and was running Boston for the fourth time, made his breakaway move on the big downhill, putting a minute on Hellebuyck before the 40K mark, and starting to reel in the leaders. He placed sixth overall.

Hellebuyck, 2:17:18, finished tenth overall, and was the top U.S. runner. “Sure, 2:17 is not a good time,” Hellebuyck wrote on www.letsrun.com’s message board, “but the windy conditions were horrible. Three things I am proud of were my 1:45:19 half-marathon split, which is pretty good running into a headwind... Secondly being the first U.S. runner in a major..." Continued on page 6

Races in Texas and California

Draw Elite Masters Fields

BY SUSANNAH BECK

The 21st Annual Schlotzsky’s Bun Run 5K got Austin, Texas, cooking, April 13, with hot masters prize money ($1500/first) that drew spectacular elite masters away from big boy Carlsbad 5000 ($1000/first), Carlsbad, Calif., the same day.

**Bun Run**

In sunny Texas, Andrew Masai, 43, Nairobi, Kenya, 14:32, and Lyubov Kremleva, 41, St. Petersburg, Russia/Gainesville, Fla., 16:16, savored delicious masters victories in the midst of multi-weekend racing binge. Gennadi Temnikov, 41, Russia/Maryland, 14:39 ($750), Peter Fleming, 41, UK/Colorado Springs, Colo., 15:05 ($500), and Paul Zimmerman, 42, Carlsbad SK. Both were timed at 14:38.

**Masters Thrill Crowds at Penn Relays**

By PETER TAYLOR

PHILADELPHIA, April 26 - Big, ardent crowds; marvelous efficiency (who else would allot only 25 minutes for 103 teams to run a 4 x 200?); and masters performing brilliantly - these traditions were all in evidence today as the Penn Relays completed its 109th running at Franklin Field.

The Sprint Force America quartet of 2001 world M40 400 champion Saladin Allah, U.S. M40 indoor 400 record holder Ray Blackwell, national M50 champion Ed Gonera, and 2003 indoor sprint champion Mitchell Lovett lived up to its resume with an awesome 3:25.09 (51.27 per man) in the M40+ 4x400. The time was made even more impressive by the cool weather (high of 58) and the wet track.

AURA International was second (3:35.76) and Maryland Masters third (3:36.33). The M75+ 100 again elicited a huge response. Announcer Ron Lopresti introduced the athletes in spirited fashion, giving special attention to 101-year-old Everett Hosack. Immediately

**INSIDE:**

- 2003 Indoor Rankings - pages 17-20
- World Championships Preview - pages 21-23
ELIGIBILITY: Competition is open to all men and women 30 years of age and older. Age on August 7, 2003 will determine a competitor's age group. Individuals competing will be held in age groups of 5-year increments starting at age 30. Relays will be held in age groups of 10-year increments.

Proof of registration with USA Track & Field will be required from all U.S. citizens. On-site registration will be available. However, we strongly urge you to obtain your USA Track & Field membership card in advance through your local association or online at usatf.org.

Proof of date of birth will be required from all competitors in advance. A photocopy of your passport or birth certificate must be sent with your entry form to ensure eligibility.

AWARDS: USSF Championships medals will be awarded to the top three U.S. citizens in each age division of each championship. Ribbons will be awarded to places 4-6. Individual winners will also receive a Champion's Patch (limit one per athlete). All competitors will receive a Certificate of Participation.

ENTRY FEES AND PROCEDURES: All entries must be RECEIVED BY MONDAY, JULY 21, 2003. Confirmation of entry will be sent to all competitors who have registered by July 21st. Late entries received after July 21st will be assessed a $50 penalty. Absolutely no entries will be accepted after Monday, July 28, 2003.

No entry will be considered complete unless accompanied by full payment of fees. There will be no refunds of entry fees for any reason.

On-line registration is available at www.eugenechamps.com. All entry deadlines will apply. Proof of date of birth must be provided before you receive your athlete's packet.

With the encouragement of the USA Masters Committee, an 8-kilometer road race will be held on Sunday, August 10th, primarily on the bike paths along the Willamette River. This event is not an official Championships event; however, non-Championships medals will be awarded to the top three in each age group.

A commemorative USA Masters T-shirt may be purchased for $8.50 in advance, or $12.00 on site.

AIR TRAVEL: The Championships Organizing Committee has been able to obtain air discounts on United/United Express through Eugene Tour & Travel (1-800-905-4131) at least five percent on an excursion fare. Tavel dates are August 2 through August 14. Air can be ticketed into Eugene or Portland. Tickets are subject to all applicable restrictions imposed by the airlines. When calling ask for the "Masters Desk".

ACCOMMODATIONS - HOTEL/MOTEL: A complete listing of hotels and motels is available at our website (eugenechamps.com), or call 1-800-547-5445.

DORMITORY HOUSING: To reserve dormitory housing at the University of Oregon, contact the University Housing Office directly at 1-800-280-6218 or 1-541-346-4303. Fax: 1-541-346-5345. To register online, go to eugenechamps.com and click on dormitory housing. Email inquiries may be directed to roomers@uchousing.uoregon.edu. Room rates are $41 per person per night double occupancy (3 meals included), and $47 per person per night for a single (3 meals included). Room only rates are $29.25 per person double occupancy, and $34.25 single occupancy. Please Note: Dormitory housing must be arranged directly with the University Housing Office, not with the Championships organizers.

SHUTTLE: Free shuttle for athletes and accompanying persons will be available from the Eugene airport to the University area on Wednesday 8/6 and Thursday 8/7. Free return shuttles to the Eugene airport will be available on Sunday 8/10 and Monday morning 8/11 from the dormitories.

EQUIPMENT: Maximum spike length in 1/4" for all surfaces except the high jump and javelin runways, which may take 3/8" spikes. Meet management will have field event implements (including a range of vaulting poles) and starting blocks available for use by all competitors. Personal implements and blocks may be used by a competitor, subject to approval by weights & measures. Personal implements are exempt from the loss-of-identity rule; i.e., they need not be made available to other competitors.

CHAMPIONSHIPS DINNER: A dinner open to all athletes and accompanying persons will be held at the end of competition on Saturday, August 9. Cost is $18.50 per person. Pre-purchase of tickets with your entry is encouraged.

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Event Schedule

Thursday Track
5000 Finals W/M
800 Prelims M
400 Prelims W/M

Thursday Field
Pent(M) LJ, JT, 200, DT, 1500
Pent(W) HH, HJ, SP, LJ, 800
Pole Vault W, M70+
Shot Put W/M

Friday Track
5000 Race Walk W/M
High Hurdles Prelims M
100 prelims W/M
1500 Prelims M
400 Finals W/M
High Hurdle Finals W/M
Steepchase W/M

Friday Field
Long Jump W/M
Discus W
Javelin M 70+
Hammer M30-69
Pole Vault M50-69
High Jump M30-69

Saturday Track
10K Run W/M
1500 Round 2, if necessary, M
Int. Hurdles Prelims M30-64
100 Finals W/M
800 Finals W/M
200 Prelims W/M

Saturday Field
Pole Vault M30-49
High Jump M50+

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2003 USA National Outdoor Track & Field Championships

Entry Fee Form

All Entries Must Be Received By July 21, 2003

Last Name _____________________ First Name _____________________ Initials ________
Address _____________________ City _____________________ State __ Postal Code ____________
E-mail Address _____________________ Telephone (Day) ___________ (Home) ___________ (Office) ________
Fax No. _____________________ Telephone (Eve) ___________

Event__ Date ___________ Fee ________
1. ___________ $35.00
2. ___________ $20.00
3. ___________ $20.00
4. ___________ $15.00
5. ___________ $15.00
6. ___________ $15.00
7. ___________ $15.00
8. ___________ $35.00
9. ___________ $35.00
10. ___________ $35.00

Championship Supporter (Optional) ___________

USATF Masters Committee Fee (Mandatory) $10.00
Championships Supporter (Optional) $15.00

Total Amount $ ___________

Payment for entry fees, shirts, and Dinner tickets must accompany your entry form. To pay by check or money order, send full payment (I made out to the Championships Organizing Committee) to Post Office Box 10825, Eugene, OR 97440.

To pay by Visa or Mastercard, complete the following:

VISA MC

Credit Card No. ___________ Expiration Date ___________

Signature _____________________

If paying by credit card, you may fax this form to 541-878-1016. If paying by check or money order, mail this form along with payment to the address above.

WAIVER

I hereby declare that I am in good health and am properly conditioned for the competition, and that I am of the stated age on this application. I absolutely relieve Northwest Event Management, Inc., Oregon Track Club, USA Track and Field, USATF Oregon, the corporate sponsors, and the University of Oregon of any responsibility for any injury, loss or damage to myself or my property which may sustain in the course of (or in connection with) the 2003 USA National Masters Outdoor Championships. I also verify that I am registered or will register with USA Track & Field for the year 2003.

Signature _____________________ Date ___________
PROMOTING MASTERS

For the last two years, I've made presentations at the Optimist Club, to the men of a large Lutheran church, at a Boy and Girl Scouts annual dinner, two community sessions that were announced in our local paper (15-20 attended), and at the local retirees' CIO meeting.

My presentation covers, among other items, the differences between masters and Senior Olympics. I take implements and show them during the talk. Most have never seen a hammer or weight and are not aware of the decrease in the size of the implements as athletes get older.

During my talk, I demonstrate a "put" with the shot rather than a throw, and drop a shot, which I've secretly substituted with a foam ball, on the table to get their attention. So far, no one has had a heart attack when it hits the table.

I don't charge for my presentation, just hoping to get people involved in the masters movement. Presently, I'm working with a 69-year-old retired PE teacher. She will compete by the middle of the summer in local meets. I think she has potential.

Ray Feick
Gilbertsville, Pennsylvania

WEIGHTY MATTERS

Carol Young's suggestions in the May issue to change the superweight go a little too far. The intent of the superweight was to create a challenge to the regular weight by trying to get close to doubling the existing weights, not to create a similar event by adding four pounds. My suggestions: W70+ 20#, instead of the present 25#; M80+ 25#, instead of the present 35#.

Pay Carstensen
from e-mail

SOUTHEASTERN MEET

I am bitterly disappointed in the handling of the men's 100 in the Southeastern Masters Meet/USATF-NC Championships in Raleigh, May 4. I went there with the world best for age 82 in mind. They ran me unopposed. The age group just below mine went off with only two men, and the age group below them ran another man unopposed.

Usual procedure is to combine age groups, so there is at least some semblance of competition. We all agreed that, had they combined all four of us in one race, we would have enjoyed it more and run faster.

Since there is little or no point in running alone (we do that enough in training), I skipped the 200, and I don't mind telling you that I was more than slightly peeved. I paid $47 and drove 350 miles for that misadventure. Egregious.

My time? Oh, yes. It was a little over one second off the world best.

Marlen McWilliams
Supply, North Carolina

MASTERS EXHIBITION

I found the title 'Masters Put on Show in Boston' (NMN April) for the article on the masters exhibition races at the Open Championships in Boston quite appropriate. Why do masters athletes need to 'put on a show' to gain recognition?

Mark Cleary's program is flawed in that it focuses primarily on the younger 40-year-old athlete who, quite honestly, hasn't "paid his dues" on the masters circuit. We have some incredible masters athletes who deserve this 'spotlight' after many, many years of quality participation in masters athletics.

If anyone needs a list of top quality, deserving athletes aged over 60 for the next masters exhibition, I will provide it immediately. Not only have the older athletes paved the way for us, but you will find many times that their age-graded times are superior to the younger runners.

Frank Schiro
New York City

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National Masters News
June 2003

Sustainers for June 2003

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

We are grateful for the support of masters athletes.

Special thanks this month go to:

Steven Bowles
Marshall Lipton
Robert Pratte
Herbert Tolbert
Richard Wilcox

Henderson, Nevada
Kingston, New York
Albuquerque, New Mexico
Montgomery Village, Maryland
Long Beach, California

FAREWELL

This letter is a farewell to my activities and a look back on my 34 years of veterans activities. Some of the "young" council members among us must remember the efforts of dedicated people, who paid travel and hotel expenses by themselves and made it possible to realize what we have now.

It seems that the aim of "friendship and health" goals at the start of the veterans movement has changed in some cases to "politics." I wish that, in the future, friendship remains.

Besides 34 years of WMA council activities, I have also run 100 marathons and several 100K runs.

Jacques Serruys
President, European Veterans Athletic Association

(In his involvement with the masters movement, Serruys has served as vice-president of WAVA was involved in the founding of IJAGL in 1968, the world association of long distance runners, was co-founder of the EVVA in 1978, and has been a WMA council member as delegate of Europe.)

MASTERS THROWING SECTOR

The throwing sector for the masters discus, hammer, and weight throws needs to be reconsidered. The objective in these events is distance, not accuracy. Because spinning is involved in these events and the thrower delivers the implement with maximal effort, it is very difficult to control the direction of the throw. A wider sector will not help the implement travel farther, but a narrower sector can negate an otherwise fair, long throw.

When I began competing in these events as a college freshman in 1958, the sector was 90 degrees, and sector fouls were rare. The following year, the sector was reduced to 60 degrees, and sector fouls were still uncommon. When world-class marks in the discus and hammer began to soar in the 1970s and 1980s, the sector was again reduced, first to 45 degrees, then to 40 degrees, and sector fouls became common. Now we have the 34.92-degree sector.

The main reason these sector reductions were made was to safely accommodate the discus and hammer within the track infield at major meets in Europe, as well as at the Olympic Games and the IAAF World Championships. A narrower sector allows a narrower cage opening which, hopefully (but not always), will contain errant throws.

But, in the USA, the hammer is seldom held within the track infield, even at major meets such as the open USATF and NCAA national championships. To a lesser extent, the discus is also often held outside the track.

Even major masters meets such as the USATF national championships and the WMA world championships usually hold the hammer (and often the discus) outside the track. Thus, a wider sector could be used safely in college, open, and masters meets in the USA. USATF rules could differ from IAAF rules on this issue, as they do on other issues.

The masters throwing sector for the discus, hammer, and weight throws should be 60 degrees, as it is for high schools. The high schools use a wider sector because most young throwers have less developed throwing skills than college or open throwers. Likewise, most masters throwers have diminished throwing skills compared to college or open throwers.

The concept of a wider sector for masters is consistent with the lighter
PITS  A Pole Vault or High Jump Pit is an important purchase. We offer both UCS and First Place Pits because their quality and guarantees are the best. Both offer a 10-year guarantee on materials and workmanship and a lifetime guarantee on handles and straps. Call our team of experts for guidance and selection of the right pit with new safety features for your program.

HURDLES  Our hurdle selection can't be beat. From top-of-the-line championship hurdles to lightweight rocker models. Choose UCS, Gill or First Place, available in school colors and screened with your school name. Order now for delivery in time for your meet!

JAVELINS  With the right Javelin your thrower will add distance. Our javelin experts will make sure you get the right implement. Our selection is top notch including Sandvik, Pacer-Held, OTE, Nemeth, Legend and First Place®. Tell us about your thrower, we'll get the right javelin to you quickly from our large inventory.
Third Wind

By MIKE TYMN

Bill Olrich Ready for Victory Lap

For many years, Bill Olrich of Lexington, Kentucky, has been ranked among the top competitors in his age group. His racing days are over, however, as Olrich, 67, has been diagnosed with inoperable brain cancer.

Not too long ago, doctors gave Olrich up to a year to live (on this plane of existence). However, after some recent seizures, indications are that he will make it to the finish line sooner than had been anticipated.

"Bill appears to have lost the ability to talk and swallow, among other functions," said Sonny Whit, a friend and fellow Lexington runner. "He may not have much more time."

Olrich competed in high school track, taking third in 440 in the Kentucky prep championships of 1953, recording 53 seconds and change on a muddy cinder track. He also played football on a team that included Paul Hornung as quarterback. At the University of Louisville, he was a two-way end, catching passes from future professional great Johnny Unitas.

In those days, Olrich carried around 200 pounds on his six-foot frame. Following college, Olrich began a career as an insurance claims adjuster for a national independent adjustment company. With wife Linda, he would raise six children, including Bill, Jr., now 44 and a standout masters runner in his own right.

Return to Running

It wasn't until 1972, at age 37, after his father died from a sudden coronary, that Olrich returned to running, as part of a lifestyle change. He would shed some 50 pounds from his college weight before becoming competitive. In 1977, competing in the 40-44 division, Olrich, then 42, won the 5000 (15:44) and 10,000 (32:57) in the national masters championships. He also finished fourth in the Louisville Metro Marathon that year with a 2:30:06.

At age 46, Olrich won the 45-49 division of the Nike Grand Prix 10K in Philadelphia with a time of 32:28. I ran in that race, and had pulled away from Fritz Mueller at about five miles. I thought I had the division won, when about 10 yards from the finish line, this guy goes flying by me like he was running the 100.

Avoiding the Limelight

I later found out it was Bill and was hoping to meet him at the awards ceremony, but he didn't show up. A few years later, I wanted to feature Bill in my masters column in Runner's World, but he declined. I gathered that he didn't want any recognition.

"Sonny Place, a neighbor and another fellow runner, described Olrich as a very private person. "He never talked much about his times or his accomplishments," said Place, "but we all knew he was good."

In 1985, at age 49, Olrich lowered his 10,000 personal best to 32:23.

Boston Marathon

Continued from page 1

marathon, and top ten finish. Third, I made my sponsors proud.

Firaya-Sultanova set the women's masters course record at Boston last year (2:27:58), but this year had a more difficult run. "I thought I was better prepared this year... but the weather was different," the red-headed powerhouse told the Boston Globe. After running with the lead women's pack for most of the race, she faded to seventh place in the closing stages of her usual Boston performance. Top U.S. master Linda Somers-Smith, 41, San Luis Obispo, Calif., recovering from the flu. placed third, well off her usual form, in 2:49:41.


The Boston Marathon capitalizes on its rich history, of course, even clinging to some traditions that may be antiquated for a reason, such as the age-group groupings: 40-49, 50-59, 60-69, 70+.


Mitsunobu Fukuda, 63, Usunomiya, Japan, was one of the few runners to race faster than he did last year. His 2:53:59 (1:24:33/31:29) this year won him the "Seniors" category in which he placed third last year (3:01:53).


Triathlete Mary Nathan, 62, Far Rockaway, N.Y., 3:54:15 (1:47:41/2:06:34), repeated as "Seniors" women's winner, just two minutes off her time last year.

Boston had 17,046 finishers this year, with a drop-out percentage of only 3% on a challenging day. Runners from every state and 73 countries participated. Bucking the national trend, women comprised only 37% of the field.

For excellent photos of top U.S. masters at the Boston Marathon (men and women finishing faster than 3:10 or so), go to www.fast-women.com/photos/boston03/ or www.mensracing.com/photos/boston03/index.html.

-- from race reports by Boston Globe, and Letsrun.com
Exercise Training – the Fountain of Youth

I recently returned from Dallas, Texas, where I was poked, prodded, deprived of blood, dunked in a tank, and run to exhaustion. These procedures were all part of a study to determine how aging and exercise affect the function of the heart and to what extent endurance exercise training programs can prevent or treat congestive heart failure in the elderly. As individuals age, their hearts weaken and stiffen. This can lead to inadequate pumping and an excess of fluid which is linked to congestive heart failure. The test subjects’ diastolic heart function was evaluated using the latest imaging techniques.

Three different groups of people over 65 were tested: 1) masters athletes, 2) healthy sedentary people (a group hard to find), and 3) people with congestive heart failure. The study, proposed by researcher Dean Palmer at the University of Texas, was funded by a $1.7 million grant from the National Institute of Health and took place at the University of Texas Southwestern Medical Center.

Rigorous Testing

As a member of group one, I pounded the treadmill for my VO2 max: was hooked up for an EKG, an echocardiogram, and for a series of controlled breathing exercises; underwent a 24-hour blood pressure monitor (try that some night you don’t want much sleep); etc. was entubed for an MRI scan; had a catheter inserted into my arm which led directly into the heart (to measure pressure before each beat); and, last but not least, was placed in a box-like chamber (from the waist down) that sucked blood into my lower body via a vacuum device (testing the heart’s reaction to negative pressure).

When my blood pressure dropped to 70, I got nauseous and dizzy and nearly passed out. That was normal. I felt just fine in a few seconds when they sent my blood north again.

Positive Results

According to Dr. Benjamin Levine, associate professor of internal medicine at the medical center and chief doctor on the research team, “Exercise is one of the most important things any individual can do to maintain their vigor and functional capacity as they age.” Ever since a landmark study in 1966, researchers have been getting positive feedback on the importance of exercise training to a healthy heart. Results have been irrefutable.

Despite a few “inconveniences” in the testing, I was very grateful to be able to take part in the study. The cost of undergoing such procedures on my own dime would be unthinkable. And in the end I came home with the knowledge that I had the heart of a 25-year-old. That’s certainly an incentive to keep exercising!

Now if only the region’s worst ice storm in 30 years hadn’t passed through while I was there, I could have gotten in a little sightseeing.

Tesh Teshima

After finishing the Big Island International Marathon, Hilo, Hawaii, March 23, these four runners had completed 1023 marathons (from I): Layne Reibel, M45, 5:28:44, 154 marathons; Henry Rueden, M50, 6:15:42, 332 marathons; Eugene DeFonzo, M60+, 5:41:31, 206 marathons; and Donald Lang, M60, 6:23:16, 331 marathons.
New Treatment for Plantar Fasciitis

Previously, we've discussed plantar fasciitis and various methods of prevention and treatment. In the past year, a new mode of therapy has emerged in the form of shockwave or extracorporeal shockwave therapy.

As most readers know, plantar fasciitis is mainly a running injury. Due to overload and biomechanical pathologies, the plantar fascia becomes inflamed at its attachment to the heel bone. This results in thickening of the plantar fascia and pain.

Various Therapies

We have discussed the various modes of treatment including shoe therapy, orthoses, injection therapy, physical therapy, and oral medication. These have, in part or in whole, proven successful when tailoring treatment to the individual patient's risk factors and preferences.

In essence, extracorporeal shockwave therapy is an electromagnetic shockwave guided by ultrasound to the medial plantar area of the foot. These are usually mobile units designed for orthopedic use.

Depending on the unit, treatment starts out with the lowest energy levels with approximately 50 impulses (up to 2000 impulses) of energy. This usually requires three separate treatment sessions.

Doubly Unpleasant

Depending on the type of unit, the patient needs to have local or regional anesthesia or, in some cases, general anesthesia. In all honesty, most consider the therapy to be unpleasant, not only physically, but financially as well. For example, we've seen estimates ranging from $3000 to $6000.

Varied Results

Numerous studies have been conducted with participants reporting improvement ranging from placebo effect (35%) to treatment (72%).

As to whether extracorporeal shockwave therapy should be used for long distance runners with plantar fasciitis, it seems that the jury is still out. Additional controlled trials specifically with athletes probably need to be performed, but this method of treatment is an interesting concept that may become the treatment of the future.

Carlsbad 5K

Continued from page 1

Austin, 15:10, made it an honest race. Local heroine Carmen Ayala-Troncoso, 44, cranked out a 16:43 for second W40+, ahead of supernova Tatyana Pozdnjakova, 48, Russia/Gainesville, Fl., 17:04, third. Ayala-Troncoso also took home $1500 as first female Austinite.

Race sponsor Schlotzsky's is a deli-ateessen franchise based in Austin. John Wooley, CEO and president of Schlotzsky's, Inc., was especially tickled by the elite field, and announced plans to increase the prize money for next year.

Carlsbad 5000

Under the same sunny sky, 1373 miles farther west, just where the land stops and the surfing begins, Carlsbad hosted its 18th annual bevy of battles. The famously fast T-shaped course would be further flattened by the beating feet of nine separate races for invitational, open, and masters men and women, walkers, and wheelers. It was breezy, and wifly Eddy Hellebuyck, 42, Albuquerque, N.M., oultered Dennis Simonaitis, 40, Draper, Utah, for a 14:38-14:38 win ($1000-$500).

For Hellebuyck, it would be his second-to-last tune-up race for the Boston Marathon in eight days. For Simonaitis, an expensive reminder to keep working on his kick.

Carlbad 5K

(Carlbad's) 14.

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Carlsbad 5K

Continued from page 1

Austin, 15:10, made it an honest race. Local heroine Carmen Ayala-Troncoso, 44, cranked out a 16:43 for second W40+, ahead of supernova Tatyana Pozdnjakova, 48, Russia/Gainesville, Fl., 17:04, third. Ayala-Troncoso also took home $1500 as first female Austinite.

Race sponsor Schlotzsky's is a deli-ateessen franchise based in Austin. John Wooley, CEO and president of Schlotzsky's, Inc., was especially tickled by the elite field, and announced plans to increase the prize money for next year.

Carlsbad 5000

Under the same sunny sky, 1373 miles farther west, just where the land stops and the surfing begins, Carlsbad hosted its 18th annual bevy of battles. The famously fast T-shaped course would be further flattened by the beating feet of nine separate races for invitational, open, and masters men and women, walkers, and wheelers. It was breezy, and wifly Eddy Hellebuyck, 42, Albuquerque, N.M., oultered Dennis Simonaitis, 40, Draper, Utah, for a 14:38-14:38 win ($1000-$500).

For Hellebuyck, it would be his second-to-last tune-up race for the Boston Marathon in eight days. For Simonaitis, an expensive reminder to keep working on his kick.
Penn Relays

Continued from page 1

after the crack of the starter’s pistol the athletes were engulfed by a huge roar – what a fabulous show it was.

Mel Larsen, 78, got there first (14.45), with Ed Cox, 75, second (15.02) and last year’s winner, Wilford Scott, 76, next (15.46). Champion Goldy, 86, was first over 50 (18.79), and Hosack turned in a 55.73. The presenter of the Penn Relays watch, Olympian Jon Drummond, effusively praised Larsen, Scott, and Cox.

Six masters teams lined up for the 4x400 mixed relay (men 50+, women 40+, or any combination). Herman “Tony” Belcher gave Maryland Masters a nice lead after one lap, but Roger Wood turned in a 55.73. A healthy advantage after two. Blake passed to Ed Gerend, and that was it, as Sprint Force America won handily in 3:42.88.

Maryland Masters was timed in 3:50.14. An all-women’s team, Bohemia TC (Caryl Senn, Phoebe Anderson, Helen Visgass, and Lori McKewough were listed), took fifth in 4:37.22.

Six masters sprints, from M40 through M65, were run. In the M40, Mitchell Lovett, who runs the 100 in a seemingly unhurried fashion that calls to mind the style of a 400 runner, was safely in front at the finish (11.25). Cornell Stephenson of California was second (11.40).

In M45, California’s Kevin Morning was searching for defending champion (four-time Olympian Neville Hodge) at the start, but could not find him, as Neville had scratched due to injury. Morning, who went double gold at the XIV World Masters Games, Brisbane, with an 11.24 in the 100 and a torrid 22.36 in the 200, edged world M40 100 champion Val Barnwell, 11.38 to 11.47.

Morning later said that everyone wants to run against Hodge (the M45 world recordholder at 10.96) and pronounced Penn the best meet of all in which to run.

The M50 100 saw the absence of world champion Bill Collins, 52, injured in the 4x100 earlier in the day just after the announcer had proclaimed him the world’s fastest man over-50, which all reports indicate he is. In his stead, Bob Bowen surged to victory in his characteristically authoritative style (12.15), with Jesse Norman next (12.56) and the ultra-versatile Alston Brown third (12.63).

In M55, California’s Stan Whiteley celebrated his return to the Penn Relays after a 39-year absence (he ran for famed springam H.S., of Washington, D.C., in the 1964 edition) by getting the job done in 11.99, downing Charles Allie (12.21) and Robert Koontz (12.48).

In M60 there was no one who could touch Steve Robbins (12.34), who used his patented high-knee, piston-like style to win over Richard Jones (13.08) and a masters great of years back, Harry Tolliver (13.40). Finally, in M65, New England’s Reverend Dick Camp won impressively in 13.47, with Richard Ocker second (13.71) and Bill Bittner third (13.82).

In the M40+ 4x100, a Maryland Masters squad of Eugene Vickers, Thomas Jones, Neville Hodge, and Jeff Gold sizzled to a 44.08, even though Hodge, somewhat doubtful before the race, injured himself during his leg. Southern California TC was second (44.34) and Sprint Force America third (44.35).

The M50+4/W40+ race was similar, as the upper naturally fast Collins (he now holds the M50 world 100 mark at an unreal 10.95 seconds) treated the crowd to a display of awesome form and speed, only to be clearly hobbled late. Still, the Houston Elite squad of Allie, Collins, Horace Grant, and John Hartfield prevailed easily in 46.44, with Maryland Masters running 46.97 and AURA International 48.01.

FIFTEEN YEARS AGO

June 1988

- ICI Signs on to Sponsor 15-Year Race Masters Circuit
- Masters Course Records Set by Ryszard Marczak (43, 2:17:53) and Priscilla Welch (43, 2:30:53) in Boston
- Bill Tobin (5:31:38) and Jan Kreuz (6:37:22) Top Masters in National 50 Mile

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Competitive racewalkers have an advantage over fitness walkers. They enjoy an inner drive that motivates them to train and become the best they can. Over the years, I have asked many athletes, “Why do you compete?” Some answers follow.

Donna Cunningham: Up until my early forties, I thought I was a non-competitive person, but after winning my first race, the floodgates opened. I’ve continued to surprise myself ever since. Maybe it was all those years working with racehorses. It’s the feeling of when one horse looks others “in the eye” and refuses to let them pass or wears them down inches at a time. Anyway, I caught the spirit.

Even now when I’m out for an easy jog and see somebody else up ahead, I find myself trying to match strides just to see if I can’t be that little bit better. Racing is fun. The endorphins are up and I can usually go just a little beyond myself. If things in my life aren’t working out particularly well at the moment, it can be a source of self-satisfaction to have done a good race. And if the race has really taken a lot out of me, as is often the case, there’s that wonderful feeling of deserving to take a rest.

If it wasn’t for the incentive of racing, I’m sure my morning workouts would eventually consist of walking from the coffee shop to the newspaper in the front yard. I’m grateful to everybody else who “gets out there and does it,” and who shares the ups and downs.

Don DeNoon: Masters racewalking is great because it provides an opportunity for people to reach goals in athletic pursuits. Goals are what make life go. When I was 48, my goal was to try to make the Olympic Trials. It kept me going.

Other people have the goal of winning their age-group division in a particular race, or of beating a masters record. People can grab hold of such goals at any age and become physically fit and mentally alive.

Elton Richardson: Competition is a way of reaffirming my health and my strength. I think of 1984 and 1985 and how I could barely walk because of osteomalacia and surgery. I am a new person for being an athlete.

Jim Carmine: When I race, my drive is to be the best master in the race. I am confident that I can be competitive, and that is what I want to be. I want to be up at the top. I set goals for myself that I can obtain, and then strive to push beyond them in a race.

I have learned that there is no age limit to what you can do. I have gotten where I am today because I recognize no limits and will not recognize them. You can excel within the potential of who you are yourself.

Patti Kennedy: I compete because I love to compete. I wasn’t competitive when I was younger, but I got into racewalking several years ago and found it was something I could do and have fun with. I love to see how far I can go and who I can beat. It is an up for me.

Now that I'm older, it's a little easier. There aren't as many in my age group (W70), and I still love to do it. Then there's the social part. I so enjoy meeting people at races. Over the years, you see the same people and it gets to be like a big family.

Enrique Camarena: I have been experiencing a lot of things that I never thought would happen to me during the last few years that I have been competing. The more I discipline what I am doing, the more I learn. Everything comes together.

Discipline, mind set, relaxing and racing. That is why I never get afraid that someone is going to beat me. If they can go faster, fine, but my mind is already set on what I am going to do.

By being able to set goals and achieve them, competition builds self-confidence and self-esteem. When
Track & Field Report

By GEORGE MATHEWS
Chairman, USATF Masters Track & Field

Status of the Inaugural World Indoor Championships

As a follow-up to last month’s report on the bid by New York, I am sad to report that the WMA Council has voted to recommend that the first WMA Indoor Championships be held in Sindelfingen, Germany. They can only recommend, as the General Assembly has not yet approved that such an event be added to the Championships agenda.

We knew that, going into the bid process but thought it was worth the chance that the General Assembly would approve the Championships and approve having it start in 2004 instead of 2006. We believed our strong technical superiority, 6 lanes vs. 4 lanes, and the ability to have the weight throw indoors, as well as many other points, would make us the obvious choice. We thought, wrongly, that the Council would consider New York to be the best venue available for this inaugural event. Considering this, together with the fact that the next two outdoor championships will be in Europe, it seemed fair that the United States would get this event.

When I pointed out the European dominance over the next few years, Torsten Carlu, WMA president, said we should be happy to have had the indoor championships in Puerto Rico, which is a U.S. Territory. He fails to understand that the second-place bidder for the 2003 WMA Championships is not part of the U.S. Federation and is, therefore, not an award to the U.S.

Why would anybody outside of Europe waste their time and money on a WMA bid that is obviously awarded on political merit? This being said, one thing is clear, the present WMA Council does not follow the WMA Constitution and By-laws. What will it take for them to gain credibility of its members? I hope the Council will make sure there is complete disclosure of the technical reports immediately so all delegates will have time to review them in advance of the General Assembly in Puerto Rico.

I suggest that the question of whether there should be a WMA Indoor Championships be taken up in the first session. And, if approved, that a vote be taken in the second session regarding whether the General Assembly should follow the Council recommendation to uphold the illegal award to Germany. If not, then the bidders should be given a chance to make their presentations to the General Assembly and then vote. Germany is well aware that this could happen. All bidders were warned by Mr. Carlu that this could happen.

Even if this is the case, I believe, considering the European dominance of this organization, we will probably lose. I think WMA needs to review how it does business and follows its own Constitution. There are other issues concerning promoters of international competitions being on the Council. They will probably just change the Constitution to meet their personal business requirements. We will see!

Racewalking

Continued from page 10

you commit yourself to a training program and discipline yourself to do it, it is good for all the rest of your life. Sport gives you a chance to prove yourself to yourself.

Don Johnson: The competitive spirit is individual to each person. Some competitors have to go by the book and do all the advised training mileage. Then, when they get into a race, all they can do is what they have put in.

Other people will just come alive in a race and go way beyond their training. They essentially get more out than they put in. I think the competitive spirit is something inside.

Bob Mimm: If I go to a race, I like to win. Yet if I don’t win, I am ready for the next race. I know some people who will not enter a race if they don’t think they can win. I think the competitive spirit is simply the desire to compete.

(Ellie Ward can be reached by e-mail at narlof@aol.com)
On The Run

By HAL HIGDON

The Road to Waldo

A friend warned us about Waldo. "It's a speed trap," she said. "Go more than one mile an hour over the speed limit, and they'll nail you! It's been on national TV.

Waldo is a small town a couple of dozen miles north of Gainesville. I was scheduled to deliver a speech to the Florida Track Club. We would need to pass through Waldo driving south from Jacksonville. Forewarned, I shifted speeds as signs warned me of changes in the limit from 65 to 45 to 55 to 35, then back up to 65 mph. Every few miles, the limit moved up or down. You didn't dare miss a sign for fear of getting caught.

Approaching a school zone, we were instructed to drive 15 mph if the yellow light was flashing. Remarkably, all the cars in front of me were going exactly that speed! How often do you see that happen?

Deserved Reputation?

I'm not sure Waldo deserves its bad reputation as a speed trap. Maybe its citizens merely want to slow down crazy drivers. University of Florida students pass through Waldo coming from and going to home. Had some of them thoughtlessly driven too fast in the past? Gotten caught? Do students post signs in the dorms warning friends to slow down? Can you think of a better form of speed control.

Back in Illinois, I sometimes travel I-65, the main route for students from the University of Illinois and Illinois State University traveling to and from Chicago. Students often rush past, driving 90 mph, talking on their cell phones, weaving in and out of traffic. Not quite as wild as the Autostrada in Italy, but close. Perhaps Illinois needs a Waldo. Perhaps a lot of our highways do.

During the question-and-answer period of my talk in Gainesville, one of the runners asked: "How do you avoid injuries?"

Setting Limits

I suggested that you needed to determine the precise amount of training (how many miles, how much speedwork) that permits you to maximize performance without getting hurt. Then you do slightly less than that amount, except for occasional and cautious pushes above to see if you can nudge your training and fitness upwards.

Maximizing performance depends on balancing speed with distance, hard work with rest. Get the formula right, know when to put on the brakes, and you won't have to waste money being seen by sports doctors.

Close Parallel

Driving back to Jacksonville later that evening, I realized that I had been speaking of Waldo, the ultimate speed trap. Just as signs on the roads through Waldo show shifts from 65 to 45 to 55 to 35, then back up to 65 mph, we also need to shift levels of training as we seek to maximize performance and avoid unnecessary injuries.

We all need a speed trap. We all need a Waldo. Finding one is the great challenge.

(Hal Higdon is a Senior Writer for Runner's World. For more information on training, visit his website at: www.halhigdon.com.)
**TEN YEARS AGO**

**June 1993**

- Wes Wessely, M45, and Trudy Branderhorst, W40, Capture National Masters 5K Titles in Alaska
- Chuck Moeser, 41, and Rose Malloy, 44, Win in Cherry Blossom 10 Mile

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**Masters California State Games**

**DATE:** Saturday, July 12

**SITE:** Cuyamaca College, 900 Rancho San Diego Parkway, El Cajon

**TIMES:** 8:00am start. Most field events will have a 2 hour open pit. Athletes may compete at any time during the 2 hour time span.

**REGISTER ONLINE:** www.calsategames.org

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California State Games is a multi-sport festival of Olympic-style competition for California's amateur athletes of all ages and abilities. State Games is a community based member of the United States Olympic Committee.

**FOR MORE INFORMATION, CONTACT:** Event Directors: Arnie Robinson, 619-263-7334; Nelson Alexander, 858-569-2090

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The Weight Room
By JERRY WOJCIK

The Indoor, Not Over Yet

Spring has been late in coming here to Eugene, so, even though it's June, that gives me license to mention the 2003 Masters Indoor Championships in Boston. One shot put, nine weight throw, and three superweight records fell. The most notable was a 10.79 by W40 Oneita Lewis in the 35# SW, to erase her own 8.85 in 2001, an increase of well over six feet.

For those wondering how nine weight records, most just one year old, could be broken in one meet, let me explain. Last year, the Masters T&F Executive Committee voted not to wait for three years while accumulating "bests" before submitting marks for new events or events with new implements (weight pentathlon, for instance) for approval at USATF's annual meeting. In the past, we had followed the path that WMA takes, which is to stockpile potential "best" marks of new events for three years before culling out the records.

Now, marks of record quality, such as for the recently adopted WMA weights, are submitted for approval without any delay. The ASAP adoption eliminates what many thought was the delusive "best" when referring to outstanding marks for three years. It also diminished the possibility that U.S. record breakers might have gone to the Hayward Field in the sky before receiving recognition.

It also made for questionable records based on marks at national championships, while better marks from meets where directors dragged their feet or didn't submit forms at all are nowhere to be found.

Potential world records in the combined-events that include a new event (javelin, weight, hurdles) by U.S. masters have been on hold because of the WMA three-year waiting period.

In answer to a query about the shot put, Rule 202 in the USATF Competition Rules Book states: "The maximum diameter for all outdoor shots used in masters competition shall be 130mm for men and 110mm for women."

Speaking of indoor activities, it appears that the first WMA indoor world championships may still be up for grabs. Instead of the Armory T&F Center in NYC, we might get Sindelfingen in Germany. Outside of the U.S., Canada, and several other enlightened countries, the weight, not a WMA-sanctioned event, is not on the schedule in most national indoor championships, and the superweight is unheard of. The WMA General Committee Chairman, was even toying with the idea of adding some outdoor throwing events, weather not withstanding, if the world indoor championships came to NYC to entice throwers by giving them a little bang for their buck.

Even if the science & technology mutual funds in my portfolio take a huge jump by next year, I don't think I'll be needing any euros until I get to Spain in 2005.

Assembly in Puerto Rico will vote on adopting the weight in 2005.

I hope that there will be a campaign to add the weight and superweight to the championships if they take place outside of the U.S., which will certainly have both if the championships come to NYC. If inclusion of the weights doesn't happen, I can't imagine many U.S. throwers, most of whom enter the shot, weight, and superweight in our championships, traveling halfway around the world for one event.

2003 Hayward Classic Offers Championships Preview

Athletes who plan on entering the 2003 National Masters Championships can preview the venue and the ambiance of famed Hayward Field, the site of the Championships, by competing in the Hayward Classic, scheduled for June 21-22, at Hayward Field, University of Oregon, Eugene.

Hosted by the Oregon Track Club Masters, the Hayward Classic, "America's Premier Masters Meet," is open to men and women aged 30-and-above, competing in five-year age groups.

In addition to the usual track & field events, the Hayward Classic offers some events not found in most masters meets: 10,000, 5000 racewalk, steeplechase, weight throw, superweight, an age-graded mile, and three relays.

This year's meet is also the USATF Northwest Regional Masters Championships. Guest athletes from out of the region are welcome to enter but are not recognized as regional champions. The OTCM will provide throwing implements, including the 56# superweight for men 30 to 69.

USATF registration is necessary and may be acquired at the meet headquarters Phoenix Inn, at packet pickup, 6-8 p.m., on the 20th, or at Hayward Field during the meet. For reservations at the Phoenix Inn, call 800-344-0131. A Saturday evening reception is planned for 4:30 p.m. at the U. of Oregon's Casanova Center.

The entry deadline must be post-marked by Fri., June 13. A $10 late entry fee will be charged after the 13th. No entries will be accepted after Thurs., June 19. For more information, contact 541-687-9675; brem@oregon.oregon.edu; www.haywardclassic.com.

The USATF Masters National Championships are scheduled for Aug. 7-10.
Micros Plan Assault On M40 4X1500 World Best

On Sunday, June 22, four "Mighty Micros" will be taking on the M40-49 4x1500 world best mark at the Hayward Classic, Eugene, Ore. The squad will consist of Peter Magill, Tony Young, David Olds, and Angel Roman. The present world's best stands at 16:44.78 by France, but the "Micros" are itching to bury that one. "We want to go sub-16, really put this mark out where it won't get touched for a while," said Magill.

That may be a bold statement, but not really — considering the impressive credentials of this group. Tony Young has a pending M40 U.S. 1500 record at 3:46.43. David Olds is the current national masters cross-country champion at 10K and 6K. Angel Roman is the 2002 Indoor 800 champion. Peter Magill has already clocked 3:58.44 for 1500 this year.

All currently hold world bests as members of a masters 4x1600 or distance medley, or both. These guys are the cream of the crop of M40 masters milers.

A reception, shortly following this historic race, will be held at the nearest brew pub. Go "Micros!

— Dave Clingan, President, Mighty Micros T&F Brew Club

Write On

Continued from page 4

implements and lower hurdle heights used for the upper age groups.

Abe Sheinker
Youngstown, Ohio

RECORD APPLICATIONS

On March 8, I competed in the MAC O/M Championships in NYC’s Armory T&F Center. Also competing that day were two of the finest women runners in the U.S. — Long Island’s Kathy Martin, W50, and Marie-Louise Michelsohn, W60 — who both broke age-group records in the 3000.

After my 800 race, I was surprised to see Kathy’s husband, Chuck, walking around trying to get signatures on the record application form. I told him that it was the responsibility of officials to do the paper work, not him. In truth, he had to do it, because there was no one else around who seemed interested.

Chuck had the application form due to the wisdom of the National Masters News which includes a copy with the indoor and outdoor age records it publishes. I told him there were rules involving record submissions and that he didn’t have to run all over the Armory to get signatures from the photo evaluator, chief timekeeper, three timekeepers, referee, starter, measurer’s certificate, and a newspaper clipping and marked program, all of which are on the form.

I remembered that I had read something in the NMN on records and, when I got home, found in the NMN, March 1999, in a “Speakers Corner” by Graeme Shirley, USATF Masters T&F Rules Coordinator, the following: “First, the officers of the USATF Masters T&F Committee need to accept responsibility for what we publish. It is not the athlete’s job to bring the form, get signatures on it, and know where to send it. It is our job to properly document the history of the sport.

“Second, as the governing body, it is our job to enforce Rule 180.2 and Rule 52: ‘For all athletics meets, there shall be included in the list of officials a Recorder of Records. The Recorder of Records shall see that records are properly applied for. He/she should have at the site of the competition an adequate supply of record forms. He/she should have no other duties.’

Would someone from the powers that be decide whether the rules should be followed, or if it is up to the athlete to submit forms?”

Bill Benson
Valley Stream, New York

KUDOS

Congratulations on an outstanding May 2003 issue of National Masters News. I very much enjoyed the coverage of the Indoor Championships in Boston, Mike Tymon’s feature on Jim Manno, and the records section.

Regrettably, my review of the records only put a punctuation mark on my sorry state of fitness, but I do move to a new age category in two years!

Dallas Masters Stage Age-Graded 200

By WAYNE BENNETT

The Dallas Masters T&F Club staged an age-graded 200 at the U. of Texas-Arlington Open Track Meet, May 3, for the second year in a row. Proving that age-grading works, the top four finishers were within 0.19 seconds of each other at the finish line.

Cindy Steenberg, 49, was the winner with a time of 21.34 seconds, running 159.4m. The other runners were Ed Jones, 58, second, 21.38, 169.5m; Wayne Bennett, 66, third, 21.51, 160.4m; Don Denson, 62, 21.53, 164.9m; Joe Summerlin, M71, fifth, 23.51, 154.6m; and Bernard Scott, 43, sixth, 25.20, 187.4m.

We have already been invited back for next year’s meet. Coach John Sauerhage, head UT-A track coach deserves a big “Thank you” for letting us have this event. We felt we put on a great show for the college youngsters who watched us. They were impressed that we can still move well at our age. One of our goals is to show them that track is a sport for life.

Thanks for all you do on behalf of our sport.

Craig A. Masback
CEO, USA Track & Field

My husband, Jeff, and I really enjoy the National Masters News. It has re-inspired Jeff to get on the track and try to qualify for nationals. He avidly reviews times in his age group and started indoor track this winter for the first time in years.

Nancy Hobbs
Chair
USATF Mountain Ultra Trail Running Council
Colorado Springs, Colorado

Twenties Years Ago

June 1983

• Bill Stewart, 40, Breaks M40-44 1500 AR with a 3:54.87

• Philadelphia Masters TC Sets M40-49 AR of 3:25.40 for 4x400 at Penn Relays

• Bill Hall (42, 2:23:19) and Tina Hayward (42, 3:02:35) First Masters in Boston

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In St. George, Utah...
## 2003 McMahon Family Trust U.S. Masters Indoor Track & Field Rankings

Rankings compiled by Larry Patz (Weight & Superweight compiled by Jerry Wojcik)

<table>
<thead>
<tr>
<th>Distance</th>
<th>Event</th>
<th>Name</th>
<th>Age</th>
<th>Weight</th>
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<tr>
<td>55 Meters</td>
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<td>Name</td>
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<td>60 Meters</td>
<td>60 Meters</td>
<td>Name</td>
<td>Age</td>
<td>Weight</td>
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</tbody>
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### Table 1: 2003 McMahon Family Trust U.S. Masters Indoor Track & Field Rankings

- **55 Meters**
  - Name: Bill Sullivan
  - Age: 59
  - Weight: 190
  - Score: 55.35

- **60 Meters**
  - Name: Larry Miller
  - Age: 60
  - Weight: 190
  - Score: 55.35

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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 just the athletes and competitions; it's about the techniques and strategies used by the coaches who 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 Beaux Greer and legends such as Al Oerter, Michael Carter and John Powell are just what you are looking for. Technique tips from knowledgeable athletes and coaches such as Jud Logan and Jay Silvester are invaluable. LSTJ provides the coverage and photos of major competitions that you won't find anywhere else. 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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WMA Venue Choice a Disappointment to U.S.

Even though only two of our six regions are familiar with the sweaty, noisy, intimately competitive indoors, we decided to attempt a "World Championships." Anything that adds opportunity to our sport has to be good for it. Right?

The U.S. was seriously encouraged to bid, especially in the aftermath of 9/11. George Mathews went to bat and revealed that New York had a superb facility. He worked hard with them and was heartened all along the way. However, in our democratic milieu, Malmo, Sweden, and Sindelfingen, Germany, also emerged as bidders.

To evaluate them, Rex Harvey and Torsten Carlius expensed time and effort in visiting all three. In a carefully prepared report, the conclusion was that New York was way ahead, not least because it offered six lanes. None of the bidders had terminal weaknesses.

When I read the report, I thought Canada might also have thrown its cap into the ring, with its great training facility in North York, but then I realized it was only a training venue with no spectator capacity. Nor does it have New York's adjacent YMCA.

Now to the current crunch. Carlius, as eager as he is to move ahead, asked the WMA Council to vote on the report. I have to say that not everyone understood that this could only be a "recommendation." Even today's speedy Internet dialogue is flawed.

Some of us realized that the evaluation report had to be given credibility. Others thought along global lines - in other words, "Where would everyone like to go next if all three are possible sites?"

My view is that such thinking is for the affiliates, not the WMA Council. Unless the Council is prepared to assume responsibility for saying where you, "the affiliates," should go next. The weakness of that argument is perhaps that Europeans, in the absence of a Council decision not dominated by Europe, might prefer to stay home. Alternatively, our affiliates might want to visit new venues. Who knows?

Council's vote? A narrow majority voted for Sindelfingen, but there must and will be a vote in the Assembly in Puerto Rico. Despite all unproductive rumors to the contrary, this is still a democratic body, and the Assembly must and will decide.

Rankings

Last year, picking up the rankings gauntlet so delicately dropped by Dave Clingan, I rose to the challenge, thinking it a good notion, but worried somewhat by the thought that we might in the future compete on a nebulous virtual field of claimed performances, rather than shoulder to shoulder on a hard track. I was also smitten by the difficulty of bringing all 150 affiliates together in a hitherto undeveloped common cause.

I announced a policy for our first year. It was based on building a reporting system amongst our affiliates, with credibility established by looking at national and international championships. After all, given a totally credible world-side system reaching down to one's own level, it is immediately possible to see where one stands.

I had personal experience of the credibility issue, once having been startled to find myself highly ranked in an international steeplechase list until I remembered the meet. The organizers had been unable to find all the steeplings, despite all of us searching, so we ran one short, just to have a race. The results reached a keen compiler in another country and, bingo, I had my name in lights.

In the U.S. you are in good hands. Dave Clingan may be able to compile all known performances and so satisfy everyone. He is to be commended if he does. He will find it a huge task. Now multiply that task by 150.

This year's indoor season gave us the opportunity to explore. The totally willing, hard working and unpaid Ross Dunton (WMA's budget is limited and spoken for - another topic for another day) pulled in more results from Europe than had been uncovered before.

Dunton also experimented with an individual submission system which may be developed in the future. Facing the much broader task of levelling the playing field for all affiliates, we have fallen back on the policy announced last year. Thus far, the only complaints have been from the U.S.

WMA Venue Choice a Disappointment to U.S.

Games

Above, I said, "Anything that adds opportunity to our sport has to be good for it. Right?" I don't think so. Our aim is to provide the best in masters athletics. Our constitution, supported by the IAAF, requires us to be the sanctioning body for international masters athletics competition. Indeed our constitution also states that anyone "promoting, organizing, conducting or advertising any international masters competitions which has not been sanctioned by the WMA "may not be a member of Council or of any Committee or a delegate to a General Assembly."

My interpretation is that it's up to individual countries as to how they develop the sport, but internationally we have and must retain control. A Canadian motion to the Assembly in Puerto Rico aims to define our future relationship with the International Masters Games Association, a recently developed entrepreneurial endeavor which depends for success on the millions of volunteer hours which have gone into all the main sports, and which openly conflicts with our own long-standing world championship series.

I've only a year to go as your regional president. I would like to see some of these issues resolved before that year is out. Meanwhile, keep fit, folks!

---

Report from Britain

James Todd Dies at Age 81

One of the true gentlemen of masters athletics passed away quietly on April 10. The previous evening he and his wife visited the Northern Ireland Hall of Fame to which he had been elected the previous year.

Todd was the first British athlete to be awarded the Queen's MBE for his services to veterans athletics. He celebrated his 52nd wedding anniversary on March 24. The former Army champion represented Ireland in the international cross-country championships as a senior. He was a true amateur, spending his working days as a plasterer.

Despite over 30 years of living and working in the war torn province, he managed to travel and win European and world masters titles at 800, 1500 and 5000 indoor and outdoor. He still holds the M70 and M75 3000 and M75 8000 world indoor records as well as the M75 5000 outdoor. Ironically, it was 20 years ago in Puerto Rico that he had one of his finest victories, defeating John Gilmore in the M60 5000.

The quiet-spoken man will be sadly missed. — From Bridget Cushen
One Month to Go

More than 4000 masters athletes, friends, and family members will descend on Carolina, Puerto Rico, from July 1-13 to participate in the 15th biennial World Masters Athletics Championships. To help us understand a bit of the island's culture and significance to the United States – NMPN presents this capsular summary.

The Land
Puerto Rico is a 1050 miles southeast of Miami, and 550 miles north of Venezuela on the northeast tip of the Caribbean Sea. Close to the "Bermuda Triangle," it's the fourth largest of 7000 tropical islands called the West Indies. It's 110 miles long and 36 miles wide. Most of Puerto Rico's cities are small towns, with scattered settlements.

The Government
Puerto Rico is a commonwealth, associated with the United States. The legal system is based on Spanish civil code and adapted U.S. state laws. Inhabitants are U.S. citizens, but do not vote in U.S. presidential elections. They do, however, send voting delegates to the Democratic and Republican national conventions.

Popular elected governors have served since 1948. The Governor is Silo Calderon, elected in November 2000 to a four-year term. In 1952, a constitution was enacted providing for internal self-government. A bicameral legislative assembly consists of 28 senators and 51 representatives, elected by popular vote for four-year terms. Puerto Rico elects, by popular vote, a resident commissioner to serve a four-year term as a nonvoting (except in committees) member in the U.S. House of Representatives.

The two major political parties are the Popular Democratic Party or PPD (pro-commonwealth), and the New Progressive Party or NPP (pro-U.S. statehood). The Puerto Rican Independence Party or PIP is pro-independence, but has only two of the 79 seats in the assembly. In plebiscites held in 1967, 1993, and 1998, voters chose to retain commonwealth status. Puerto Rico conducts international affairs through the U.S. State Department, but is treated in many ways like a U.S. state. Residents pay no federal income taxes (except on federal employees' salaries), but their own commonwealth taxes are often higher than the taxes mainland Americans pay.

History
Populated for centuries by the Taino Indians, the island was invaded by Spain in 1493 during Columbus' second voyage to the Americas. In 1508, Ponce de Leon made it a Spanish colony, renaming it Puerto Rico (rich port). The Indians were forced into slavery mining gold. Four hundred years of colonial rule saw the Indians nearly exterminated and African slave labor introduced.

On July 25, 1898, during its war with Spain, the U.S. invaded Puerto Rico. Spain was forced to give up Cuba, and to cede Puerto Rico, Guam, and the Philippines to the U.S. In 1917, as Puerto Ricans were called on to fight in World War I, American citizenship was bestowed on residents of the island, but Puerto Rico was still run by Washington. After World War II, Puerto Rico achieved the commonwealth status it still enjoys in effect.

The People
Four million people live on the island. The population is a mixture of African and Spanish, with French, Scottish, German, Irish, and Lebanese mixed in. Fifty thousand Americans live on the island. Blurred racial lines tend to discourage prejudice and lessen racial tension. Discrimination is forbidden by law. The death penalty is prohibited. Life sentences are often high for foreign travelers. Credit cards are widely accepted. Voltage and wall outlets are the same as the USA. The U.S. dollar is the legal currency. Driving is on the right-hand side of the road. Most of the road signs are in English.

Religion
About 99 percent of Puerto Rico's population is Christian, with about 85 percent Roman Catholic.

Language
Spanish is the major language, but English is spoken on most of the island.

General Info
No passports or visas are required for U.S. citizens. U.S. visas are required for foreign travelers. Credit cards are widely accepted. Voltage and wall outlets are the same as the USA. The U.S. dollar is the legal currency. Driving is on the right-hand side of the road. Most of the road signs are in English.

Gambling
Although it's not advertised, casino-style gambling is legal in Puerto Rico. All gambling venues are located within specified hotels.

Taxes and Tips
Local taxes are included in all purchases. There is a 9% hotel tax in a non-casino hotel and an 11% hotel tax with casino. Service charge is not added to the bill, a 15-20% tip for restaurants and nightclubs is expected.

Telephone
Puerto Rico has U.S. style telephone service (area code 787). A local call costs 25 cents. Local information is 411, or 1-787-555-1212. At the center of the phone book are blue pages in 840 total.
Future of World Masters Athletics to be Decided at General Assembly in Puerto Rico

The General Assembly of World Masters Athletics (WMA) will be held on Thurs., July 10, 2003, at the Ritz-Carlton Hotel during the 15th biennial WMA Athletics Championships in Carolina, Puerto Rico.

Sites for future World Championships – including the 2004 Indoor, 2006 Non-Stadia, and 2007 Stadia – will be chosen by delegates from more than 80 nations.

Three cities have bid for the 2004 event – Sindelfingen, Germany; New York, USA; and Malmo, Sweden. The WMA Council has recommended Sindelfingen (7 votes), over New York (5 votes) and Malmo (2 votes).

Vancouver, Canada is the only bidder for the 2006 races, while Riccione, Italy is the sole bidder for the 2007 event. (San Sebastian, Spain, was selected in 2001 to host the 2005 Stadia Championships.)

Proposed Amendments

Also on the agenda in Carolina will be various proposed amendments to the WMA Constitution and By-Laws. Among them:

1) To establish a new 35-39 age bracket for men.
2) To eliminate the 35-39 age bracket for women.
3) To allow the Council, instead of the General Assembly, to choose Championship sites.
4) To allow Council nominations only from affiliates, not from the Council.
5) To transfer all duties of the Discipline Committee to the Law and Legislation Committee.
6) To confirm the Indoor Championships will be held in even-numbered years.
7) To clarify the site-inspection procedures.
8) To substitute the 10K for the 50K in the Non-Stadia Championships.
9) To allow an athlete to compete in a lower age group in team-scoring events.
10) To eliminate term limits for Council members.
11) To post Council minutes on the WMA website.
12) To post quarterly financial statements on the WMA website.
13) To ban council members from voting on "any matter involving an event in which they are receiving any compensation."
14) To require the General Assembly to determine any changes to the sanctioning rules.
15) To require WMA, not the local organizer, to determine entry fees.
16) To change W50 weights: Shot from 3k to 4k, Javelin from 500 to 600 gms.; Hammer from 3k to 4k.
17) To change W60 javelin from 400 to 500 gms.
18) To demand IMGA (World Masters Games) move its quadrennial event to even-numbered years and pay a $100,000 fee to WMA. If not, WMA will refuse to sanction the IMGA Games.
19) To refuse to adopt the new IAAF false-start rule.
20) To introduce the weight throw as an individual event beginning in 2005.
21) To reevaluate the events in the pentathlon.

Anyone is welcome to attend the General Assembly, but only delegates may vote. At least one delegate from each nation is expected to attend the Assembly with suggestions or comments on any of the above matters, or on any aspect of the World Masters Athletics program (see page 2 for U.S. delegates).

Meetings of the six WMA Regions North America, South America, Europe, Africa, Asia, and Oceania – will be held on Mon., July 7. Anyone is welcome to attend any meeting.

Countdown to Puerto Rico

Continued from page 22

English
Weather
Temperatures should reach the 90s during the day and dip to 70 at night. Rain is likely sometime during the week. The hurricane season runs from June through November.

Economy
Industry (45%), services (54%), and agriculture (1%) compose the Gross Domestic Product. The labor force is divided into industry (20%), services (77%), and agriculture (3%). Encouraged by duty-free access to the USA and by tax incentives, U.S. firms have invested heavily in Puerto Rico since the 1950s. U.S. minimum wage laws apply. Main industries are pharmaceuticals, electronics, apparel, food products, and tourism. Nearly five million tourists arrived in 1999.

Time
The island does not observe Daylight Savings Time, but Atlantic Standard Time (AST), the same as Eastern Daylight Time, applies.

Athletic Status
Puerto Ricans carry U.S. passports. Puerto Rico fields its own national and international athletic teams, rather than competing for places in U.S. teams.

Vieques
For 60 years, the U.S. Navy ran a bombing range and staged war games on Vieques, an island a few miles off Puerto Rico's east coast. Since 1999, more than 1600 protesters have been arrested for civil disobedience. But on May 1, 2003, the U.S. Navy transferred control of the island to the U.S. Department of the Interior, which then gave it over to the U.S. Fish and Game Department. Residents are complaining that war materials left abandoned by the Navy are creating health hazards.

Carolina
Carolina (pronounced CARE-O-LEE-NA), the site of the championships and a 10-minute drive from San Juan, has a population of 177,806. Once an important center of sugar production, Carolina is now dubbed the industrial capital of Puerto Rico.

For more information on what to do and see in Puerto Rico before and after the WMA Championships, visit www.puertorico2003.org, or go to the National Masters News web site at www.nationalmastersnews.com and link to WMA Championships, Puerto Rico.

Opening Ceremonies
The Opening Ceremonies will be held during the evening of Tues., July 1, at the Roberto Clemente Stadium. All athletes, family and friends are welcome to participate. All athletes will be invited to march into the stadium with their teams.

Closing Ceremonies
The Closing Ceremonies will be held on Sun., July 13, at 7:00 p.m.

"I can assure you that your stay in Carolina, Puerto Rico, during the 15th World Masters Athletics Championships will be gratifying," said Governor Calderon. – Al Sheahen

World Masters Games 2005

Edmonton, Canada, will host the 2005 World Masters Games on July 22-31. To avoid a date clash with the 2005 WMA World Championships, WMA has had discussions with IMGA (International Masters Games Association) to find the best dates for the events. In Edmonton as the 16th WMA World Masters Athletics Championships Stadia will be organized in San Sebastian, Spain, on July 7-16.

The agreement now reached means that the athletic events in Edmonton will start on July 27. The Games will finish on July 31 but - if necessary - the athletic events can go on until August 2.

– Torsten Carius, WMA President

NEW USA MASTERS UNIFORMS FOR WMA WORLD CHAMPIONSHIPS COMPETITION

The uniforms for masters athletes have been expanded to include an updated quality, USA77 has worked with the USA77 project by releasing the new stock from the 1996 Olympic Games in Atlanta. The uniforms are available from National Masters News.

Available uniform items include singles, warm-ups, rain suits, stretch shorts ("half-tights"), T-shirts, polo shirts, hats, underwears, and more. Unfortunately, not all sizes are available in every style. WMA will not have a total count of what's available until all shipments have arrived from Indianapolis.

All items will be sold at a first-come, first-served basis. On Track, Inc., www.ontrackclassified.com, phone 510-867-2099, will be selling some of their remaining "USA" uniform stock; these uniforms are available for WMA competition.

Note: The only required uniform item for WMA Championships is a single purchased by the WMA Masters Committee, which will include the "grandfathered" singles. All other items are optional. (Product web site)

Singlet $20
Sizes available: Women's XS, L, XL, XXL, XXXL, XXXL
Men's: S, M, L, XL, XXL, XXXL, XXXL

Running shorts $10
Polyester mesh, spandex, loose fit, L, XL, size runs small. Sizes available: Women's XS, S, M, L, XL, XXL, XXXL

Harness $15
Very small
Sizes available: XS, S, M, L, XL, XXL

Women's Cap Sleeved T-shirts $12
Sizes available: Women's XS, S, M, L, XL, XXL

Women's Cap Sleeved T-shirts $12
Sizes available: Women's XS, S, M, L, XL, XXL

Half-tight/Single Shots $12
Female sizes only.
Sizes available: Women's XS, S, M, L, XL, XXL

Women's Suspenders $15
Sizes available: Women's XS, S, M, L, XL, XXL

Women's Briefs $7
Sizes available: Women's L, XL, XXL

Leather Shorts $20
Sizes available: Men's L, XL, XXL, XXXL

Rain Suit $20
Pants run small. Sizes available: Men's S, M, L, XL, XXL, XXXL

Men's Suspenders $15
Sizes available: Men's XS, S, M, L, XL, XXL

Women's Briefs $7
Sizes available: Women's XS, S, M, L, XL, XXL

Plaid Shirt $15 to $25
Sizes available: Men's M, L, XL, XXL, XXXL

Women's Flag Singlet $15
Sizes available: Women's XS, S, M, L, XL, XXL

Women's Suspenders $15
Sizes available: Women's XS, S, M, L, XL, XXL

Deals "Model" Skirts $15
Poly and spandex. Sizes available: Women's XS, S, M, L, XL, XXL

Cotton knit shorts $15
Sizes available: Women's XS, S, M, L, XL, XXL

Heathered polo shirt $15
Sizes available: Women's XS, S, M, L, XL, XXL

Heathered T-shirts $10
Sizes available: Women's XS, S, M, L, XL, XXL

Shirt $10
Sizes available: Women's XS, S, M, L, XL, XXL

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**NATIONAL**

- From Bev Laveck, USAATF Masters Racewalking Coordinator: "USAATF has made some changes to RW record requirements, which are not reflected in this application form. In 2003, an age group RW for masters over 74.

- Wright had an 29th oHer a 1 .23 is held by three others.

- $21,000 in ges , not to ur, 5 K record must be broken & submitted with the application to the USAATF office. The new application form is on p. 10.

- Hal Higdon, NNMs “On the Run” columnist, was honored on the May 3-4 weekend in NYC with the Career Achievement Award of the American Society of Journalists and Authors. According to the presenter, he is the “highest award given by the Society to member writers.” To read Higdon’s acceptance speech, go to www.halhigdon.com/Articles/ASJA2.htm.

- Evelyn Wright’s 965 WR 1.264.27 in the 5K was set in the 1990s. The results of the 29th National Masters Championships, Boston, MA, held February 1-2 in the city. Wright had an early 1:27:42 in the Virginia Masters Championship, the present record of 1:26.42, which is held by three others.

- The Twin Cities Marathon, hosting the USAATF National Masters Championships for the 12 consecutive year, Minneapolis, Oct. 5, will offer a $176,000 prize purse, it was announced by TCN officials, April 21. Of that amount, $21,000 is designated for masters overall, male and female, with $4,000 for first, down to $500 for fifth. Another $12,000 is set aside for the first three masters finishers, male and female, with $3,000 for first, $2,000 for second, and $1000 for third. The top age-graded masters man and woman will get $100 each, and age-group winners, through 70+, will collect $300. Masters runners who place in the first-10 overall will be eligible for open prizes as well. Winners overall will collect $20,000 each. The TCM three-day weekend, Oct. 3-5, also includes a 5K fun runwalk, children’s fun run, pasta dinner, two-day health and fitness expo, and a 10 mile race.

**EAST**

- Kathy Martin and Marie-Louise Michelsohn smashed records in the MAC Masters’ 10K. Kathy, 60, is a member of Argonaut TC in Central Park, NYC. She fathered a new record at the Ruth Anderson Runs. She set a new age group record at the NYC Marathon, Hampton, VA. April 26. Barbara Mathewson, 53, Virginia Beach, was top performer with a 93-woman 93.22, $21,000 in ges, not to ur, 5 K record must be broken & submitted with the application to the USAATF office. The new application form is on p. 10.

- Alayne Adams, 41, is on a roll. On April 27, she ran 23:26 to take first place overall in the women’s division of the NYC Marathon. It was the first win for G. Labeque Classic 4-Mile. Two weeks later, she was again the first finisher in 1:23:39 at the NYRR Child Magazine’s Mother’s Day Women’s 10K — both races in Central Park, NYC.

- Catherine Stone, 18, 41:81 was the overall women’s winner at the NYRR Rabbit Run 5K, April 19, Central Park, NYC. Amador Ybanez, 46, 16:36, prevailed once again on the men’s side: Jake Ulick, 83, ran a remarkable 21:05.

**SOUTHEAST**

- Dai Roberts, 41, Virginia Beach, VA, with a second-overall 70:36, and Cindy O’Dell, 41, Virginia Beach, with a third-woman 93.22, $21,000 in ges, not to ur, 5 K record must be broken & submitted with the application to the USAATF office. The new application form is on p. 10.


- Derrick Kremleva, 41, 43:52, won the M55 division in 1998, which converts to a 3764. Top scorer was Dan Percy, 57, with a 42:05. Finished 46:10. strode to masters firsts.

- Kathy Martin and Marie-Louise Michelsohn. 41, 1841, was the women’s runner-up at the NYC Marathon, Hampton, VA. April 26. Barbara Mathewson, 53, Virginia Beach, was top performer with a 93-woman 93.22, $21,000 in ges, not to ur, 5 K record must be broken & submitted with the application to the USAATF office. The new application form is on p. 10.

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USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior teams 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 55. 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 50098, Eugene OR 97405.

**Schedule**

**TRACK & FIELD**

**NATIONAL**

**June 14-15.** USA Track & Field Heptathlon Championships, Charlotte, N.C. Dr. Gordon Edwards, 10009 Withers Rd., Charlotte, NC 28278. 704-588-6885; gedwards@carolina.rr.com

**August 7-10.** 36th Annual USA Track & Field National Championships, Hayward Field, Eugene, Ore. Northwest Event Management, PO Box 10825, Eugene, OR 97440. 541-687-1989; fax: 687-1016; email: nem@nnevent.com; Web site: www.usatfchamps.com

**August 23-24.** USA Track & Field Masters Weight Pentathlon Championships, Colorado State U., Fort Collins. Jerry Bookin-Weiner, 1920 Navajo Dr., Fort Collins, CO 80525. 970-482-0616; jbook@colorado.edu

**September 6.** USA Track & Field Masters Weight & Superweight Championships, West Seattle Stadium. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-993-3923; kweinbel@atthi.com

**EAST**

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

**June 1.** Garden State AC/Randolph Classic, Randolph, N.J. Open/M&W/50+

**July 12-22.** Nuthag State Games, Warner Robins, GA 31088. 478-955-7765; fax: 478-955-5555; email: info@nuthagstategames.org; Web site: www.nuthagstategames.org

**July 12, 26.** PVTC Meets, Langley HS, McLean, Va. 8:30 am. 703-671-2520.

**July 26.** USA Track & Field East Regional Masters Championships, Springfield, Mass. USA Track & Field NE, 617-566-7600; fax: 734-632-0222; office@usatfne.org

**July 27.** Mid-Atlantic USA Track & Field Masters T&F Association Championships Meet, Germantown Acad., Ft. Washington, Va. 9:30 am. USA Track & Field membership required. Kyle Mecklenburg, see July 9.

**August 9, 23.** PVTC Meets, Langley HS, McLean, Va. 8:30 am. 703-671-2520.

**August 10.** Granite State Senior Games, Manchester, N.H. 50+; 602-622-9041; www.nhseniorgames.org

**August 30-31.** Potomac Valley Games Meet, TC Williams HS, Alexandria, Va. 8:30 am. 703-671-2520.

**October 26.** Philadelphia Masters All-Comers Runners Pentathlon (3000/8000/ 200/1500/4000) & Weight Triathlon (SPJIT/D), Germantown Acad., Ft. Washington, Pa. Runners: Kyle Mecklenburg, 215-393-1382; krmeck@erols.com; weights: Ray Feick, 610-754-6007; feick@aol.com

**SOUTHEAST**

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

**June 7.** Atlanta T.C. Masters & Open T&F Meet, Emory U. Track, Atlanta, Ga. 404-231-9064 x20; www.atlantatrackclub.org

**June 13.** Jacksonville TC Mile Festival, Jacksonville, Fla. 904-388-7860; www.jacksonvilletrackclub.org

**July 14.** USA Track & Field Florida Championships, Clermont. Bob Fine, 561-499-3370; BobFine@aol.com

**July 21.** Florida Sunshine Games, Tampa. Bob Fine, 561-499-3370; BobFine@aol.com

**July 10.** USA Track & Field Championships, Mobile. Julius Shine, 251-661-1567.

**July 12.** USA Track & Field Tennessee Masters Meet, Vanderbilt U. Randall Brady, 615-383-6733; Frank Schmidt, 615-851-2630.

**July 29.** USA Track & Field Southeast Regional Masters Championships, Clemson U., S.C. Bob Fine, 561-499-3370; BobFine@aol.com

**MIDWEST**

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

**June 7.** USA Track & Field Masters/Open Championships, Sterling HS, Sterling. Kevin Braunskill, 815-622-6201.

**June 14-16.** USA Track & Field Masters & Open Championships, Kenosha. Patrick Pretty, 262-675-2605.


**July 29.** Midwest Sprint, Mid-Distance & Weight Challenges, Oak Forest HS, Oak Forest, Ill. Geraik Kranik, gkeriak@atthi.com

**July 29.** Dayton Track Classic, Welcome Stadium, Dayton, Ohio. Bob Jones, PO Box 17006, Dayton, OH 45417. 937-837-2754; bjrun@juno.com

**July 26.** Cleveland Classic, Independence HS, OH. Rob Wilson, manielliathletics.com; www.ohbtc.org

**July 27.** USA Track & Field Midwest Regional Masters Championships, Oak Forest HS, Oak Forest, Ill. Geraik Kranik, gkeriak@atthi.com

**ON TAP FOR JUNE**

**TRACK AND FIELD**

Now in full swing, the season opens with the Garden State AC/Randolph Classic, N.J., on the 1st and closes with the Portland, Ore., Masters Classic, on the 28th-29th, and the New Jersey Championships, Tinton Falls, on the 29th. In between, the slate includes the USA Track & Field Masters Championships, Wicthea; MAC Association Championships, Queens, NYC, and Southwest Association, Nevada Association, and Florida Association Championships, on the 14th; USA Track & Field Northwest Regional Championships/Hayward Masters Classic, Eugene, Ore., on the 21st-22nd; and Chuck McMahon Memorial Meet, San Diego, on the 28th.

**LONG DISTANCE RUNNING**

Not yet stifled by summer heat, offerings range from the USA Track & Field New Jersey Masters 5K Championships in Tenafly; Gardena 5000, Los Angeles; and Danner-Arbor, Mich., Half-Marathon on the 1st; to the Hospital Hill Half-Marathon, Kansas City, Mo., on the 7th; the Platinum Performance State St. Mile, Santa Barbara, on the 15th; Grandmas Marathon, Duluth, Minn., and Double Dipsea Handicap 13.7 Mile, Stinson Beach, Calif., and Mt. Washington 7.6 Mile, Gorham, N.H., on the 21st; and Women's Distance Mile/Festival Midnight 5K, Columbia, Md., on the 27th.

**RACEWALKING**

The USA Track & Field Masters 15K Championships take off in Evansville, Ind., on the 1st, followed by the Florida and Indiana Association 5K Championships on the 15th.

Robert Hahn, Texas TC, winning a silver medal in the M50 100H (16.16); 2002 National Masters Championships, Orono, Me. The 2003 Championships are scheduled for Aug. 7-10 in Eugene, Ore.
NATIONAL NEWS

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June 22. Star of the North Games, Century HS, Rochester, Minn. 800-756-STAR; www.starofthenorthgames.org

July 27, Blair Open Meet, Blair HS, Nebraska. 402-634-2930; www.blairrunners.com

These are just a few of the over 200 events listed at www.runnersworld.com/events. Check it out, and see all the races happening in your area.

JUNE 2003

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

June 14. USATF Southwest Association Masters & Open Championships, Coppel HS. Texas. www.dallasmasters.com

June 14-15. USATF Southern Association Championships, Hattiesburg, Miss. www.rickseabrooks.com

June 21. Lions Waterloo Throwers Meet, Austin, Texas. www.waterfoottrackandfield.org

June 21. North Texas Age-Group Championships, Gorman HS, Tyler. Bob Hahn, 903-561-9511; northtexastrack@ya hoo.com

July 12. Cat Spring Grunt V Throwers Meet, Cat Spring, Texas. Mark Chapman, 979-732-5591; email kj4vus@interintl.net

July 26. Texas Masters Championships, Coppel HS, Dallas, Texas. www.dallasmasters.com

WEST

Arizona, California, Hawaii, Nevada, New Mexico

June 6. USATF Pacific Championships, Sacramento, Calif. 916-983-4715

June 7-8. Hawaii Masters TC Championships, Kaiser HS, Hawaii Kai. HTMC, PO Box 15763, Honolulu, HI 96823. www.12erealty.com/htmc.htm

June 8. USATF SCA Championships, Orange Coast College, Costa Mesa, Calif., 4 p.m. No advance registration. Andy Hecker, 805-642-3879; www.trackinfo.org/SCA.html


June 24-August 3. (Tentative.) All-Comers

NORTHWEST

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

June 4, 11, 18, 25. Club NW All-Comers Meets, Edmonds Stadium, Edmonds, Wash. 7 pm. 206-729-9793


June 7. Seattle Park Dept. Masters Meet, West Seattle Stadium. Dennis Cook, 206-684-7094; dennis.cook@seattle.gov


June 14. Inland Northwest Association Age-Group Championships, Pullman. Mike Hinze, 509-332-1168; hinze@pullman.com

June 14-15. USATF Oregon M/OY Championships, Sandy HS, Roger Hall, 541-687-9675; www.oregonat.org


June 26. Hayward Field All-Comers Meet, Eugene, Ore. 5 pm.

June 28-29. Portland Masters Classic, Mt. Hood CC, Gresham, Ore. Paul Stepan, 3011 NE Linden, Gresham, OR 503-666-8950; 1stepan@yahoo.com

July 2, 9, 16, 23, 30. Club NW All-Comers Meets, Edmonds Stadium, Edmonds, Wash. 7 pm. 206-729-9972

July 3, 10, 17, 24. Hayward Field All-Comers Meet, Eugene, Ore. 5 pm.


July 19. Inland Northwest Masters Classic, Pullman. Jeff Schaller, 435 SW State St., Pullman, WA 99163. 509-322-3148; jeffschaller@parabon.com


July 25-26. Seattle Masters Classic, West Seattle Stadium. Ken Weinbel, 206-932-3923; kweinbel@atbhi.com

July 6, 13. Club NW All-Comers Meets, Edmonds Stadium, Edmonds, Wash. 7 pm. 206-729-9972

October 6-8. Huntsman Senior Games, St. George, Utah. 800-562-1268; www.seniorgames.net; hws@gsthg.com

LONG DISTANCE RUNNING

JUNE 6. USATF National Masters Championships/Vail Hill 8 Mile Mountain Climb. Mike Ortiz, 970-479-2280; mortiza@vailrec.com

JUNE 23. USATF National Masters Championships/Comanche Creek 10K Trail Race, Comanche Creek, TX. 903-875-7700

SEPTEMBER 28. USATF National Masters Championships/Heritage Oaks Bank 10K, Paso Robles, Calif. Mitch Massey, 1153 Santa Rosa St., San Luis Obispo, CA 93401. 805-544-7200, x105; fax: 546-2750; mmassey@heritageoaksbank.com

OCTOBER 5. USATF National Masters Championships/Euron Cities Marathon, Minneapolis, Minn. 612-925-3500; www.euronticemarathon.org


DECEMBER 7. USATF National Masters 10K Cross-Country Championships, Greensboro, N.C.

CANADA

June 16-17. Canadian National Masters Championships, Richmond, B.C. douglas.j.smith@sympatico.ca

INTERNATIONAL


EAST

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

June 1. Riverside Ramble 10K, Bronx, N.Y. 914-963-9102.


June 13. Peninsula TC Moonlight Run 5K, Hampton, Va. 757-930-3169 (h)

June 2003

Continued from page 26


June 15. NYRR Father’s Day 5 Mile, Central Park, NYC. 212-860-4455; www.nyrr.org


June 21. Mt. Washington 7.6 Mile Road Race, Gorham, NH. 603-863-2537; race time@gsr.com


June 27. Women’s Distance Festival Midnight 5K, Columbia, Md. 410-964-1998; www.striders.net


June 29. Lions Sizzler 20K, Bedford, N.H. 603-622-1230; lions-sizzler.org

July 6. NYRR Bronx Half-Marathon, Bronx, NYC. 212-860-4455; www.nyrr.org


August 2. Beach to Beacon 10K, Cape Elizabeth, Me. 5000 limit. 888-480-6940; www.Beach2Beacon.org

SOUTHEAST

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

July 4. Peachtree 10K, Atlanta, Ga. 404-231-9064; www.atlantatrackclub.org

March 1 deadline 55,000 limit.


July 19. Crazy 8’s, Kingsport, Tenn. 423-245-8311; www.crazy8s.org


SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

June 13. Inola 5K Run for St. Jude, Inola, Okla. 7 p.m. 918-334-9420; email: inolamarathon@theegg.com


WEST

Arizona, California, Hawaii, Nevada, New Mexico

June 1. Suzuki Rock N’ Roll Marathon, San Diego. 800-311-1255; www.mrmarathon.com

June 1. Acton Leo Club 5K, Agu Duce, Calif. Laura Steibel, 661-269-1277; Fred Fate, fredate@yahoo.com

June 1. Gardena 5000, Gardena (Los Angeles), Calif. 310-323-7285; gardena5000.com

June 1. Golden Gate Games 10K & 5K, San Francisco. 415-450-6510; www.guardsmen.org

June 4. 11, 18, 25. Nite Moves 5K Summer Series, Santa Barbara, Calif. 6:35 pm; www.runsaranaburugram.com


June 8. Liberty 4 Mile/Freedom from Domestic Violence, San Diego, Calif. Kinave Events, 949-452-3466; lisa@kinaveevents.com

June 8. Aptos Women’s Five Mile, Aptos, Calif. 831-335-7521.


July 27. San Francisco Marathon, Half-Marathon, & Relay. chroniclemarathon.com

July 27. Wharf to Wharf 6 Mile, Santa Cruz, Calif. 831-475-2196; wharf2wharf.com

August 17. America’s Finest City Half-Marathon & 5K, San Diego. 858-792-2900; www.achalf.com

August 17. Silver State Marathon & Half-Marathon, Reno, Nev. Email: lonrungs@aol.com; www.silverstatestriders.com

August 31. Peer to Peak Half-Marathon, Santa Barbara, Calif. 805-564-8879; www.runsanta Barbara.com


NORTHWEST

Alaska, Idaho, Montana, Oregon, Washington, Wyoming


July 3. Firecracker 5K, Memorial Stadium, Seattle. 206-729-9962; www.pro motionevents.com

July 4. Sierra Mist Butt to Butt 10K, Reno. 514-687-1989; buttobutt.org


August 2. ORRC Pacific Crest Trail 50K/50 Mile, Timothy Lake to Timberline Lodge, Ore. 503-970-4228; www.orrc.net


INTERNATIONAL

November 16. WMA 100K Championships, Zan-en Dam, Taipei. www.iau.org.tw

RACEWALKING

June 1. USAFC National Masters 15K Race Championships, Evansville, Ind. Mike Hudson, 1005 Meadowbrook Dr., Evansville, IN 47712. 812-457-0304

June 15. USAFT Florida 5K Race Championships, Clermont. 561-499-3370.


Summan, 317-935-0161.

June 22. USAFT MAC 15K RW Championships, NYC. Stella Cashman, 212-628-1317.


August 7-10. USAFT National Masters 5000 (8th) and 10K (10th) RW Championships, Eugene, Ore. See National T&F Schedule.


October 19. USAFT National Masters 50K RW Championships, Beaupp, N.Y. Mike Roth, PO Box 504, Old Bethpage, NY 11777. 631-979-9603.


T&F-East

July 19. Long & Strong Throwers Classic, McCaskey HS, Lancaster, Pa. Glenn Thompson, 3604 Green St., Harrisburg, PA 17110. 717-235-1720. Thrower60@aol.com; www.longandstrong.com
<table>
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<th>Gender</th>
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<td>55-69</td>
<td>5'0&quot;-5'3&quot;</td>
<td>100-130</td>
<td>M/F</td>
<td>Women, some height and weights listed for reference.</td>
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<tr>
<td>70+</td>
<td>5'0&quot;-5'3&quot;</td>
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<td>Women, some height and weights listed for reference.</td>
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**Table Notes:**
- The Age-Group column lists the age range for each category.
- The Height column specifies the height range for each category.
- The Weight column lists the weight range for each category.
- The Gender column indicates whether the list is for males (M) or females (F).
- The Notes column provides additional information or references.

**U.S. Masters All-American Standards of Excellence for Racewalkers**

**Mile Race: 3,000 meters (1.87 miles)**

**Women:**
- 5:50:00

**Men:**
- 5:45:00

**5K Race: 5,000 meters (3.1 miles)**

**Women:**
- 14:45:00

**Men:**
- 14:40:00

**10K Race: 10,000 meters (6.2 miles)**

**Women:**
- 34:30:00

**Men:**
- 33:30:00

**20K Race: 20,000 meters (12.4 miles)**

**Women:**
- 1:20:00

**Men:**
- 1:15:00

**Mile Walk: 1,600 meters (1 mile)**

**Women:**
- 6:00:00

**Men:**
- 5:30:00

**5K Walk: 5,000 meters (3.1 miles)**

**Women:**
- 18:30:00

**Men:**
- 17:30:00

**10K Walk: 10,000 meters (6.2 miles)**

**Women:**
- 42:00:00

**Men:**
- 39:00:00

**20K Walk: 20,000 meters (12.4 miles)**

**Women:**
- 1:20:00

**Men:**
- 1:15:00

**Notes:**
- The standards are listed for both men and women.
- The times listed are for the top performances in each age-group.
- Some events have specific height and weight standards listed for reference.

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

Name: [REQUIRED]
Address: [REQUIRED]
Sex: [M] [F] [REQUIRED]
City: [REQUIRED]
State: [REQUIRED]
Zip: [REQUIRED]
Date of Meet: [REQUIRED]
Meet Site: [REQUIRED]
Event: [REQUIRED]
Mark: [REQUIRED]
Hurdle Height: [REQUIRED]
Weight of Improvement: [REQUIRED]

1. If you have equaled or bettered the standard of your event, please fill in all application completely.
2. A copy of your results or a note stating in which event your results appeared MUST accompany this application.
3. Please send $10 for a certificate, $10 for a patch, and $10 for a patch tag showing event and year. The cost for both certificate and patch is $15. The patch is bordered at the time of $15.
4. Send to: American, National Masters News, P.O. Box 50998, 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.
**EAST**

**MAC Masters Indoor Championships, NYC Armory**

**March 8**

**60m**
- M30 Tony Russell 7.17
- M35 Norm Kimble 7.20
- M55 Tanja Brown 6.99
- M60 Mel Walker 7.01
- M70 Mel Walker 7.10
- M80 Mike Devon 6.99
- M90 Jim Bowers 7.32
- M100 Joe England 7.32
- M110200m
- M30 Allan Kline 21.83
- M35 Bob Johnson 21.43
- M55 Tom John 21.35
- M60 Ron Acheson 21.70
- M70 Dave Taylor 22.03
- M80 Tom John 21.90
- M90 Jack Moore 22.06

**200m**
- M30 Randy Smith 22.63
- M35 Allen Kinkead 23.11
- M55 Joe Kinkead 23.04
- M60 Tony Smith 22.88
- M70 Albert Smith 23.26
- M80 Joe Kinkead 23.00
- M90 Jack Moore 23.35

**400m**
- M30 Warren Munday 48.70
- M35 Bob Johnson 49.70
- M55 Tom John 49.15
- M60 Ron Acheson 49.26
- M70 Dave Taylor 49.46
- M80 Jack Moore 49.53
- M90 Jack Moore 49.84

**800m**
- M30 Mark Williams 1:55.49
- M35 Bob Johnson 2:05.08
- M55 Frank Handelmaier 2:14.40
- M60 Bill Brown 2:11.64
- M70 Chris Rush 2:33.77
- M80 Charlie Watson 2:21.76

**1000m**
- M30 Julian Adi 2:42.82
- M35 John Smith 2:40.82
- M55 Ron Acheson 2:32.97
- M60 Ron Acheson 2:26.98
- M70 Jack Moore 2:19.17
- M80 Jack Moore 2:13.27

**1500m**
- M30 John Smith 3:39.04
- M35 Bob Johnson 3:38.43
- M55 Ron Acheson 3:32.73
- M60 Ron Acheson 3:28.99

**5000m**
- M30 Julian Adi 14:37.58
- M35 John Smith 14:38.19
- M55 Ron Acheson 14:34.29
- M60 Ron Acheson 14:35.28

**10000m**
- M30 Julian Adi 30:35.49
- M35 John Smith 30:36.56
- M55 Ron Acheson 30:36.87
- M60 Ron Acheson 30:37.98

**15000m**
- M30 Julian Adi 51:47.39
- M35 John Smith 51:49.40
- M55 Ron Acheson 51:50.51
- M60 Ron Acheson 51:51.62

**Marathon**
- M30 Julian Adi 2:19:17
- M35 John Smith 2:19:18
- M55 Ron Acheson 2:19:19
- M60 Ron Acheson 2:19:20

**Tennis**
- M30 John Smith 2:19:17
- M35 John Smith 2:19:18
- M55 Ron Acheson 2:19:19
- M60 Ron Acheson 2:19:20

**Field**
- M30 Julian Adi 2:19:17
- M35 John Smith 2:19:18
- M55 Ron Acheson 2:19:19
- M60 Ron Acheson 2:19:20

**Track & Field Results**

**Send please send results to: National Masters News, P.O. Box 352, Eugene OR 97403. We generally do not publish results more than 3 months old. Results are typed (maximum 28 spaces /214 wide) in metric format in our record release prepare. Deadline is the 10th of the month prior to issue date.**

**National Masters News**

**Issue No. 29**

**June 2003**
### June 2003

#### National Masters News

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### University of Oregon Mini Meet Eugene, April 12

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### Photo Finish

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### Masters Track & Field Classic

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<td>22:30</td>
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</tbody>
</table>

**Notes:**
- The table includes full names, times, ages, genders, and events for various participants in the half-marathon event.
- The race took place in June 2003.
- Many participants are listed multiple times, indicating either multiple races or multiple entries by the same person.
- The event is named in the table, with full details provided in the notes.
Continued from previous page

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, JUNE 2003

<table>
<thead>
<tr>
<th>Athlete (Residence)</th>
<th>Birthdate</th>
<th>Age Group</th>
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<th>WOMEN</th>
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<tr>
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<tr>
<td>40-49</td>
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<tr>
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<tr>
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<tr>
<td>60+</td>
<td>60m</td>
<td>.686m</td>
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| **MEN** |
|-------------------|----------|--------|
| 30-39  | 110m  | .937m | 13.72m | 9.14m | 14.00m | 10 |
| 40-49  | 90m  | .840m | 13.00m | 3.5m | 10.5m | 10 |
| 50-59  | 90m  | .840m | 13.00m | 3.5m | 26'3" | 26'3" | 10 |
| 60-69  | 80m  | .762m | 12.00m | 7.0m | 66'8" | 66'8" | 8 |
| 70-79  | 80m  | .762m | 12.00m | 7.0m | 66'8" | 66'8" | 8 |
| 80+    | 80m  | .840m | 16'0" | 22'11/16" | 114'9" | 114'9" | 7 |
| 60+    | 60m  | .686m | 12.00m | 39.4' | 114'9" | 114'9" | 7 |

**IMPLEMENTS**

<table>
<thead>
<tr>
<th><strong>Age Group</strong></th>
<th><strong>Shot Put</strong></th>
<th><strong>Discus</strong></th>
<th><strong>Hammer</strong></th>
<th><strong>Javelin</strong></th>
<th><strong>Weight</strong></th>
<th><strong>Super Weight</strong></th>
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<tbody>
<tr>
<td>30-49</td>
<td>4.0k</td>
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<td>4.0k</td>
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<td>1.5k</td>
<td>5.0k</td>
<td>600 gms.</td>
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<td>50#</td>
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<td>60+</td>
<td>6.0k</td>
<td>2.0k</td>
<td>6.0k</td>
<td>600 gms.</td>
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<td>50#</td>
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**Men**

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<th><strong>Age Group</strong></th>
<th><strong>Shot Put</strong></th>
<th><strong>Discus</strong></th>
<th><strong>Hammer</strong></th>
<th><strong>Javelin</strong></th>
<th><strong>Weight</strong></th>
<th><strong>Super Weight</strong></th>
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<tbody>
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<td>30-49</td>
<td>7.26k (16lbs)</td>
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<td>600 (16 lbs)</td>
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<td>2.0k</td>
<td>6.0k</td>
<td>600 gms.</td>
<td>12#</td>
<td>50#</td>
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**Note:** Steeplechase: men 30-59: 3000m/36 (914m); men 60+ and women: 2000m/30 (7.62m)

*Steepeld: men 55 and 60 indoor hurdle races use the same heights, distance to first hurdle, and distance between hurdles as the outdoor hurdle races for the respective age groups. For all age-groups indoors, 5 hurdles are run.*

Compiled by Pete Mundle, Masters & T&F Records Coordinator
N is for fit, not fashion. N is for technology, not gimmickry. N is for sticking to your principles. Real shoes engineered for real athletes. In multiple widths, not just multiple sizes. N is for the 1041 hi-tech trainer. With N-ergy™ for advanced supportive cushioning. And ABZORB® SBS for ultimate shock absorption. N is for science. The science of running.