441 U.S. Athletes Enter World Championships in Puerto Rico

Four hundred and forty-one U.S. entrants are among the 2600 masters athletes traveling to Carolina, Puerto Rico, for the 15th biennial World Masters Athletics Championships on July 1-13. Masters from the 138 WMA affiliate countries will be contending for recognition as the best in the world in five-year age-groups starting from women 35-39 and men 40-44.

The winning USA W60-64 4x400 team in the 14th World Masters Athletics Championships, Brisbane, Australia (from l): Carolyn Cappetta, Kemisole Solwazi, Yvette LaVigne, and Jeanne Daprano are entered in the 15th World Masters Championships in Puerto Rico.

Ayala-Troncoso Captures U.S. 5K

By SUSANNAH BECK
Two-time masters 5K champion Carmen Ayala-Troncoso, 44, Austin, Tex., added another national masters title to her resume, May 31, winning the masters division at the 25th Freihofer's Run for Women 5K, Albany, N.Y., the National Masters 5K Championships.

The humble queen of cross-country and road romped to 16:47 in her 12th Freihofer's appearance since 1991, displaying a happy return to fitness after a humdrum 17:35 fifth place masters finish here last year. Ayala-Troncoso was first master here in 1999 (16:37) and 2000 (16:38).

This year, in a star-packed field that was also the women's open National Championships, Ayala-Troncoso placed 11th overall.

After the race, the Texas brunette said, "This was my most satisfying race, even better than when I won in 2000."

Burangulova Wins Cotton Row 10K

By JIM OAKS
HUNTSVILLE, Ala., May 26. - The attention given to Dan Browne, one of America's top distance runners, as he tried to break the men's record of 29:10 on the challenging WZYP Cotton Row 10K course, made spectators miss a magnificent run by Ramila Burangulova.

The 41-year-old Russian native not only smashed - by more that two minutes - Nancy Grayson's masters mark of 35:35 in 1992, but set the women's open record at 33:34, breaking the mark of 33:49 run by Australian Olympian Carolyn Schuwalow in 1993.

Although 22-year-old Kenyan Emily Samoei led the women's race through the first mile, Burangulova took the lead in the second mile, pushed the pace and was unchallenged by the younger runner during the race. The Texan brunette said, "This was my most satisfying race, even better than when I won in 2000."

Leonore McDaniels set three W75 world records in the National Senior Games.

McDaniels Stars in Senior Olympics

By JERRY WOJCIAK
Leonore McDaniels, who broke three W75 world records in the 2003 National Masters Indoor Championships, had another hat trick in the track & field portion of the National Senior Games/Senior Olympics held at Norfolk State University in Virginia.

Competing in the first session for athletes aged 65 to 100+ on May 28-31, McDaniels broke world W75 records in the high jump (1.13), pole vault (1.72), and long jump (3.38).

The present W75 WR for the high jump is held by Helgi Pedel (CAN) at 1.10, set in 1999. Johnnye Valien (USA) has the pole vault record of 1.70, set in 2000. Paula Schneiderhan (GER) holds the long jump record at 3.34, set in 1999.

Josephine Gregg smashed the W90 record for the 100, held by Canada's blind runner Ivy Granstrom at 47.84 set in 2002, with a 35.77. Eleanor

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Carl Senkbeil, 66, one of 16 runners who have completed all 24 WZYP Cotton Row 10K races, Huntsville, Ala.
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Di Pietro Claims First National Title

Simontaitis Pounces, Trounces in Masters 20K

By SUSANNAH BECK

Wheeling, W.Va., home of the famous Grave Creek conical burial mound, played host to the USATF National Masters 20K Championships, May 24.

It is billed as one of the toughest mid-length road races in the country, and Dennis Simontaitis, 40, Draper, Utah, took advantage of the seriously mounding course to put another nail in the coffin of master rival Eddy Hellebuyck, 42, Albuquerque, N.M. Simontaitis lost the Masters 5K Championship to the phenomenal Hellebuyck this year at Carlsbad by a single stride, but the Ogden 20K marked Simontaitis' second national masters title in two weeks; he was tops at the River Bank Run 25K, Grand Rapids, Mich., May 10. Take that, Eddy!

Hellebuyck and Simontaitis ran together through five miles, at which point "fast Eddie" threw in a surge, creating a gap that would take Simontaitis miles to close. But close it he did. Together again, Simontaitis made his move at the top of the hill near 12 miles. Only 4/10 mile remained, but Hellebuyck was unable to cover the move, and played dead by jogging it in.

Hellebuyck is known for racing far and wide nearly every weekend. Simontaitis seems, in this regard, to be following in his footsteps. A week after Wheeling, Simontaitis placed third-overall at the Salt Lake City Classic 10K, 31:05; which, with 5000 feet altitude, converts unofficially to +/-29:37, the U.S. 20K record (held by Hellebuyck). Simontaitis told the local Salt Lake Tribune, "[My] motivation is high...I'm going to keep going all summer. I'm just going to pounce while the iron is hot."


In the women's race, this year's unbelievable Russian missile, Firaya Sulimanova-Zhadanova, 42, Gainesville, Fla., made a play for the open women's race, in her fourth weekend of racing since her masters win at the Boston Marathon (2:31:30) five weeks before. After a strong start, she settled for third overall, 1:12:15, winning $1000 for a new masters course record. Triathlete and six-footer Lee Di Pietro, 45, Ruxton, Md., was the U.S. women's masters champion, and second W40+, 1:20:40. It was her first national championships title, and half-a-minute faster than her 40+ win here last year.

"Last year when I ran, I really liked the course. The hills present a challenge, but overall I enjoy running here in Wheeling. I'm really excited about today. For a 45-year-old woman to come and run as well as I did and win the national title, I am very happy," Di Pietro told local reporter Don Clegg. Gloria Jansen, 55, Edina, Minn., 1:35:49, also collected a course record with her W55 title. She was seventh W40+.

Richard Hall, 60, Bloomingdale, Ohio, topped the M60, 1:22:27, and Matt Norris, 75, Olmsted Falls, Ohio, whizzed to 1:49:57 for the M75. Both set course records in the process.

Race sponsors staked $3500 in masters prize money. This was the first year of the Ogden Newspapers 20K's three-year contract with USATF to hold the 20K masters championships. The race Web site is www.ogden20kclassic.com.

-- from reports by Dave Monti, M. Jount and A. Aragon/Salt Lake Tribune; Don Clegg/The Intelligencer.
WMA GENERAL ASSEMBLY

I have a question about the WMA General Assembly agenda for Puerto Rico: what events are proposed for deletion or addition to the men’s and women’s pentathlons?

I have read the 21 changes to the WMA Constitution and By-Laws to be considered in Puerto Rico per the June National Masters News, and read over Web sites without finding out these details. I would like to make comments on changes to my favorite event. I wish that the proposed changes could be announced in detail several months before any votes are taken.

My overall impression of the multitude of changes to be considered in Puerto Rico is that most represent rearrangement of the deck chairs to suit the special interests of a few individuals. Every year we go back and forth to keep up with these changes. Our little club tries to keep an inventory of all of the implements, equipment, etc., in order to host first-class, conforming meets. We may have to give up this goal if constant changes keep taking place. For example, in recent years we have bought all kinds of expensive hammer, weight and javelin. We cannot afford 27-inch hurdles at this time.

Rule changes make record-keeping a real challenge. Do we eliminate the valiant efforts of those great athletes of the past who used the obsolete implements, jumped outdated height hurdles, or ran the invalid spaces? Our club record book is a mess, especially the hurdles, multi-events and throws sections.

Regarding Item 13, why should council members be banned from voting on matters for which they receive compensation? This kind of rule would affect those council members who are honest and upfront with their dealings. It is desirable to have council members who have been devoted to masters track & field for a lifetime, even if they have developed some business activities related to masters events based on their talents and success.

The issue of the odd/even years when WMA and WMG championships will be held is of great interest in Hawaii. Our club athletes are preparing for the 2005 National Masters Championships scheduled for Honolulu. That summer the National Senior Olympics will be held in June, WMA Championships in Spain in early July, Pan Pacific Games in Sacramento in July, and World Masters Games in Edmonton until two days prior to the National Masters Meet in Honolulu. Who speaks at the meeting in Puerto Rico on behalf of the USA National Masters Championships?

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

We are grateful for the support of masters athletes.

Special thanks this month go to:

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Another critical problem related to so many changes: administrators, officials and athletes at many meets are not aware of current rules applicable to masters competitors.

Jack Karbens
Hawaii Masters Track Club
Honolulu, Hawaii

WORLD RANKINGS

Last year, thanks to widespread requests by masters athletes from around the world, WMA agreed to take over the responsibility of compiling and posting World Masters Rankings. After four years of developmental work on the masterstrack.com Web site, the time had come for rankings to become an official, authorized product of WMA, the international governing body of the sport.

WMA's first attempt at world rankings occurred during the 2003 indoor track season. Though hampered by formatting problems, the WMA rankings were posted on-line and updated regularly throughout the indoor season. Meet results from all over the world were compiled into lists that appeared on the Internet and made readily available to all athletes. Formatting issues stirred debate and controversy, but at least WMA appeared committed to the task of maintaining and updating rankings during the course of the season, carrying on the tradition of the masterstrack.com rankings in that regard.

Unfortunately, the 2003 Outdoor World Rankings are quite a different story. The 2003 WMA World Masters Championships in Puerto Rico are rapidly approaching, yet the 2003 Outdoor World Rankings are nowhere to be found. For the first time in four years, there is no place for an athlete to go and check his/her rankings status during the track season. As the World Championships draw near, this vital service to athletes has been abandoned. WMA has dropped the ball.

WMA needs to get this program back on track. Seasonal rankings need to be compiled during the track season, not after the season is over. They need to include results from all legitimate competitions, not only the national championships of WMA's affiliates. They need to be organized by five-year age groups (not single year) so that athletes can readily compare their marks against other athletes within their competition brackets.

These and other concerns about rankings will be on my mind when I meet with WMA Records & Rankings Chair Brian Oxley in Puerto Rico. Hopefully, we will have a constructive dialog that will help resuscitate the WMA Rankings. Meanwhile, Brian seems to be under the impression that only a few Americans actually care about how the rankings are being handled. So, in the next few weeks, I urge everyone who cares about the rankings to share their concerns with Brian via e-mail at brianoxley@sympatico.ca. Your input is important!

Dave Clingan
USA Masters Rankings Coordinator

ON THE RUN

Thank you for the great coverage you have given and continue to give masters track & field. However, a recent editorial by Hal Higdon is, in

Continued on page 7
A Busy Summer Heats Up

We are at that time of the year again when we have wonderful competitive opportunities available throughout most of the country. The West Coast has a string of meets for the athlete who has the time and money, starting at the Mexican border with the West Regional Championships in San Diego, July 26-27, and ending up in Richmond, B.C., Aug. 16-17. In between, we have the Pan Pacific Games in Sacramento, Aug. 1-3, and of course, our National Championships in Eugene, Aug. 7-10. All that in a three-week time span.

Remember, all USATF members and visitors are welcome to compete in the Regional Championships. I have been working with Mark Cleary, West Region Masters Coordinator, on this meet, and it promises to be a good one. Interesting is the amount of cooperation we have here in San Diego with the Senior Olympics people. Susan Loveall and her staff and volunteer group are administering this meet for us.

We also worked together on our Association Championships at the Chuck McMahon Meet on June 28. Hopefully this is a good example of how we can use each group’s strengths to our mutual advantage.

Pentathletes Unite

My involvement in this meet also highlights the need for more organization of the local pentathlon groups. As we know from experience, it is difficult to combine these pentathlons with a regular meet. Pentathletes need to get together and put on their own meets, or find others to put them on, with our help, of course.

A good way to get this going is with clubs. The club is our future. I thought the club scoring from our Indoor Championships was quite impressive. Did everyone know there were that many clubs? Hopefully, all those club members will wear their club colors in Eugene and all the meets they compete in. There will be club scoring in the Outdoor Championships. If you all like this scoring, could official scoring be far away?

FIVE YEARS AGO

July 1998

- Joan Benoit-Samuelson, 41, Finishes First (16:33) in the USATF National Masters Women’s 5K, Albany, N.Y.
- Tom Mather (40, 33:30) and Tatiana Pozdnyakova (43, 36:05), First Masters in WZYP Cotton Row 10K

Athlete’s Questionnaire

Also, I would like to encourage all athletes, whether you go to Eugene or not, to fill out the athlete’s questionnaire that we sent out to all USATF Masters Track & Field members with the entry forms for Eugene. We would like to develop a data base on your personal profile for future media opportunities. You don’t have to be an Olympian to qualify.

Date Conflicts

Speaking of meets, some of our members have been noticing the conflict of dates in the next couple of years, particularly internationally. It would be constructive if the world would coordinate these schedules so as not to conflict. We have been working on international meetings on this subject, and are trying to get better coordination.

I can tell you that much of this starts with what we can control, our own National Championships. We can’t set a date, as we have for Hawaii in 2005, and expect that WMA will change their World Championships in San Sebastian in 2005. WMA set theirs first, and we went ahead and awarded our National Championships to Hawaii in 2005. Even though this is a U.S. Championships, for a lot of people it is a major trip. How many long trips can one afford in a year?

I will have to accept some fault in this. The meet was awarded under my leadership. Maybe this is reason to re-examine how we make these awards. Perhaps there is too much passion of the moment at the USATF annual meeting?

Site Information

I would like to see more advance information on the sites, and more deliberation from the delegates before they get to the annual meeting. Somehow, I would also like to give my input on the sites without getting slaughtered, as I did at last year’s meeting in Kansas City for my site report on Boise. I am sure you will have much to contribute on this subject. Let me know. I’m listening.

Puerto Rico is turning into a much bigger meet for us than we earlier thought. At last count 440, not bad. Many of us will look terrific in those 1996 USA Olympic uniforms (order form on p. 11). Thanks to Suzy Hess for the great work she has done in facilitating this.

GOOD LUCK!
**Third Wind**

By MIKE TYMN

The 7-11 Conundrum

Until Paula Radcliffe of Great Britain entered the marathon arena in 2002, it was generally thought that the 100-meter record of 10.49 seconds by the late Florence Griffith Joyner was a fluke of some kind, an anomaly, an aberration. No other female sprinter, including Marrian Jones, has approached it. But, in lowering the marathon world best of 2:17:18 last year and then to 2:15:25 this year, Radcliffe has given credibility to "Flojo's" record.

Here's why: While Flojo's 100-meter record, set back in 1988, is just 7.26% higher than the current men's record of 9.78 seconds, all other records from 200 meters to the marathon, including Flojo's 200-meter mark, were, before Radcliffe, 10% or more than the men's record, the average being 11%.

It simply didn't make sense that the 100-meter record should deviate so much from all the other records. The 100-meter record should have been about 10.8 seconds to be in line with the other records. However, Radcliffe's 2:15:25 in this year's London Marathon is just 7.79% more than the men's record of 2:05:38 by Khalid Khannouchi.

To put it another way, the percentage difference between the men's and women's world records is now seven to eight percent in both the 100 and the marathon. It remains at 10 percent or more at all other distances from 200 to the 10,000 (see accompanying chart).

**Three Possibilities**

There are three possible conclusions: 1) all the women's records between 200 and 10,000 are significantly soft; 2) the men's 100-meter and marathon records are soft; 3) Griffith Joyner and Radcliffe came from the planet Krypton and therefore should not be compared with mere earthlings.

Based on the 100-percent age-graded standards of 2:06:50 for men and 2:20:47 standards for women, it is just mind-boggling performance came just a few weeks after another mind-boggling performance -- a 2:29:40 victory in the Los Angeles Marathon by Karrin Tanja Pozdnyakova, just two days short of her 48th birthday. On an age-graded basis, Pozdnyakova's time is equal to a 2:18:21 for women. On a gender-graded basis, it is equal to a 2:04:38 for men.

As the chart indicates, the softest women's record is the 5000 time of 14:28:09 by Junxia Wang of China. It has an 14.32% higher than the men's record of 12:39:6 by Haile Gebrselassie of Ethiopia. If the women's record were lowered to 7.79% more than the men's record, it would be 13:25:21. That's just four or five seconds slower than Steve Prefontaine's one-time American record. That challenges my boggle threshold. Does it yours?

Back in 1985, I wrote a column for The Honolulu Advertiser in which I claimed that the then men's record of 2:21:06 by Ingried Kristiansen of Norway was soft. I pointed out that Evelyn Ashford's 100-meter world record of 10.79 seconds was 8.66% more than the men's record of 9.93 by Calvin Smith and that such a percentage difference in the marathon would result in a 2:18:11 for women.

**Endurance vs. Strength**

I further stated that since physiologists tell us that women are better suited to endurance activities than to those requiring strength or great anaerobic output, the women's marathon record should be significantly under 2:18. There were smirks, snickers, and scoffs from some of my running friends at the suggestion that a woman could run under 2:18.

So, should we look for a significant reduction in the women's records from 200 to 10,000 in the near future? What is going on here? I put these questions to a panel of experts.

"I've read the speculations about Flojo's time," said Joe Henderson, often referred to as the dean of running writers. "The same finger-pointing hasn't applied to Paula Radcliffe as a way of explaining her accomplished marathon times. Most telling will be her result when she next runs a track 10,000. It's highly unlikely that she'll close that gap to seven-plus percent."

Rich Englehart, a Massachusetts psychologist and running writer, says that he finds it difficult to believe that a sub 2:18:21:06 for men is soft. I think some women's records are too new for statistical comparisons with men's events to mean very much," he added, adding that the 5000 is such an event.

**Maturation Process**

Englehart feels that we're now seeing the end of "the women's marathon in the last couple of years and the performances are now getting to where they should be, relatively to men. "There is one other factor in that the 5000 is more an event."

"Khanouchi appears to be a 27-plus 10K runner who is very good in the marathon," she explained. "It would seem that Gebrselassie and (Paul) Tergat in their sub-26:30 10K primes should be able to approach 2:02:30 for the marathon."

Indeed, using the tables of comparative performance formulated by scientists Jack Daniels and Jimmy Gilbert ("Oxygen Power"), it does appear that the women's marathon "record" is soft, as Gebrselassie's world record of 26:22:75 at 10,000 equates to a 2:01:32 marathon.

**Physically Superior**

I asked Somers Smith if she had any thoughts concerning Pozdnyakova's 2:29:40 at age 48. "Incredible," she responded. "She looks so good, young, and strong. You would never pick her out from a lineup as being 48. Her time is less amazing to me than is her ability to race consecutive weekends posting fast times and winning, even after running a marathon. She doesn't break down. She obviously is physically gifted just like Paula Radcliffe."

Somers Smith adds that the best of the best are vastly different from the average or even other elites.

"How did Michael Jordan make other players look slow or clumsy? And yet these men were NBA level players. I had the privilege of watching Paula in Chicago from the lead truck and watching her run world-record pace and then turn into the wind at 23 miles and still pick up the pace. At that time, I thought she could run 2:15.

"Certain superheroes have the luck of having a great day with good competition and good weather and, concomitantly, produce a superb result that stands out statistically for a while. We should be glad we can appreciate these records and can ever look forward to the next great natural-produced feat, statistically anomalous or not." (My Tymn can be contacted by e-mail at metgar@aol.com)
By JEFF DARMAN

The 22nd SGMA Capital Challenge® took place Wednesday, May 7, in Washington, D.C.'s Anacostia Park. A large contingent of 25 Congressmen and Senators, plus Agency Heads, Federal Judges and scores of media were among the 600 runners who took part in the three mile team race. Teams were captained by a U.S. Senator, representative, cabinet member, or sub-cabinet presidential appointee, federal judge, on-air media personality or professional journalist.

The purpose of the SGMA Capital Challenge is to determine who is fittest: the Legislative Branch, the Executive Branch, the Judicial Branch, or the media that covers them, and to raise money for the DC Special Olympics. This year almost $12,000 was raised.

 Abe Lincoln and George Washington were on hand to hold the finish tape and “work the crowd” before the race, engaging in animated conversations with today’s politicians and those who cover them.

Senator John Ensign (R-NV), took home the top senator finisher’s honor again (19:51), knocking over a minute off his 2002 time, while Kay Bailey Hutchison (R-TX) was named the women’s winner, reducing her time by several minutes (33:45). Representative Bart Gordon (D-TN) is still the fastest man in Congress (Mike Synar Award) with his 17.42 time.

Overall winners were Jim Hage of the Washington Post (15:27) and Janel Kiley of National Geographic (17:50). Former world record holder, Jim Ryun, again enlisted his twin sons and his daughter for his team and retained House Division team honors.

Foreign Relations Committee Chairman, Senator Richard Lugar, continued his streak by finishing his 22nd straight Challenge. Race records were set by Judge James Baker (Judicial Division) of the U.S. Court of Appeals for the Armed Forces, who ran a time of 16:39, smashing his old record of 17:06, and correspondent Teri Schultz (electronic journalist), of Fox News with a time of 22:06.

The media were well represented with teams including national correspondents from Fox, CBS, NBC and NPR. Most Team Name (James B. Kenin Award) went to “My Cornys are Hurtin,” captained by Senator John Cornyn (R-TX).

As always, the race had a festive air and included pre-race entertainment. The不幸/surprise was that runners quenched their thirst with pure water provided by Chubb, smoothies from Stonyfield Farm Yogurt, and munched on fruit and chocolate croissants.

The SGMA Capital Challenge highlights the ability of many of the nation’s busiest leaders to stay fit. Challenge title sponsor, SGMA International, and contributing sponsors, Fannie Mae, Chubb, McDonald Bradley, Stonyfield Farm Yogurt, Roll Call and Running Times donated additional funds to DC Special Olympics, as well as paying all race expenses.

Write On

Continued from page 4

my view, demeaning, juvenile, and inappropriate.

While I was just in the gaps, age-wise, to miss military service, my Dad’s four brothers all served in WWII, and my brother and brothers-in-law served in Korea. Our ancestral hometown in Pennsylvania, still in the family, was founded in 1794 as the Donatón Lands given to veterans in the Revolution. I am grateful to all of the vets for the freedoms I have enjoyed.

Mr. Higdon’s political drivel tramping on the blood of Americans belongs in his diary, not the NMN. His soapbox is undeserved and intrusive. Let Higdon run on the beach or wherever, but not “run off” in our sports information piece.

I have lined up with him before, and may again, but will keep my sentiments to myself.

Edwin Alexander
Stitwill, Kansas

MASTERS MUST REFOCUS

I am not privy to the justification for narrowing the throwing areas for the weight events and would hope that some USATF or Masters T&F Committee member would explain the considerations which led to this decision.

However, the question for masters is whether its rules should now try to mirror the IAAF Open standards, or whether we should have somewhat more relaxed standards, recognizing the need to attract athletes below the ex-Olympian standard.

Please do not mistake this as endorsement of a relaxation of the rules, e.g., overlooking fouls, permitting non-standard implements, toying with the number of throws, etc. We can all have a good time within the constraints of well-officiated events.

However, we are no longer attracting people who were once good competitors at the high school or, perhaps, college level, particularly those over sixty. I have a cousin who is in his 70s, who regularly organizes teams for the Hood-to-Coast Run and who is a great long distance runner. However, he is intimidated by what he perceives as very professional competition at the masters level. Not very fun!

Maybe we need to create an Elite Class to accommodate some of the athletes who have excelled at the national level or beyond. Or perhaps, for example, the sector for the weights needs to be widened to 10 degrees for the throws once the age of 50 or 60 is attained, similar to what we do with the implement weights.

I don’t know the answer, but the wizards at the top of the masters organization need to get away from their infatuation with the super-performers and think about how to attract Joe and Jill Six-Pack.

Neil Saling
by e-mail

SOUTHEASTERN MEET

In response to Marilyn McWilliams’ letter (NMN, June) regarding the Southeastern Meet in Raleigh, N.C., on May 4, communication is best accomplished by two people talking directly, but McWilliams chose to air his complaint before he contacted us.

The Southeastern Masters Meet is planned and operated by a very dedicated group of volunteers who strive to produce the most professional and athlete-friendly meet they can. We welcome feedback that will allow us to do our job better. However, when these people’s efforts are unfairly criticized in a national publication, I feel compelled to set the record straight.

McWilliams did not inform us of his desires before or during the meet. After the meet, he chose not to complain to us, but instead wrote letters to USATF and National Masters News.

Since our practices have been called into question, let me explain our rationale. In some previous meets we have combined age groups, but unfortunately that has had unpleasant consequences. We had letters complaining of having to compete with people in younger age groups, different sexes, heats being run earlier than expected and lots of dead time between events.

Combining was equated to “cattle herding,” running the meet for officials and race administrators and not the athletes, etc.

We try to adhere to the age-group discipline, but we try not to be doctrinaire about it. We had one runner this year who, despite being two age groups removed from Earl Fee, wanted to run against him. We were able to accommodate him and he succeeded in beating the “Great One.” We had another runner whose daughter’s schedule changed at the last minute, and he wanted to sign up, at the last minute, for a race he thought he would not be around for, and we accommodated him, gladly.

We discarded this topic at our banquet, but I specifically requested that athletes let us know, in advance, if there is anything we can do to enhance their experience at our meet. Obviously, there are times we cannot accommodate the athlete’s wishes and those are primarily when the requests are in contradiction of the rules, the circumstances are beyond our control, or, as in McWilliams case, we were not aware of his wishes.

Again, all we are sorry that he had an unpleasant experience at our meet. We want to invite him back to show the kind of professionalism and “southern hospitality” we are noted for. However, McWilliams, as well as others, will have to tell us in advance what they want out of our meet. We/I can be reached at:

Don Lein, President
Southeastern Masters Track and Field Association, Inc.
P.O. Box 290 Raleigh, NC 27602

NATIONAL SENIOR GAMES

Another National Senior Games has come to an end! It was wonderful to see old friends and make new ones. We would like to express our gratitude to Ed Fitzgerald, meet director, his wife, Marilyn, and to all the members of his family for putting on such a good t&f meet.

Ed had to straighten out registration problems caused by others, which he did with unflagging good humor. He did his best to accommodate competitors with heavy schedules of events, so that they did not have to miss one event while competing in another.

The Norfolk State U. track was in excellent shape, and the massage people were inexpensive and talented. Athletes enjoyed being allowed onto the infield to watch the action and support their friends.

A big thank you to all the Fitzgerald family and volunteers!

Phil Raschker
Pat Petersen
Leonore and Russ McDaniels
Ann Carter
Good Habits Can Have a Lasting Impact

This may have nothing to do with masters, but at a recent American College of Sports Medicine Meeting, a study showed that active kids are more likely to be lean and healthy during their youth, while inactive adolescents are more likely to become adults who do not exercise. This study showed that the physical activity levels and behavior in children to help predict physical activity levels of adults. They also said that physically active children do not necessarily grow up to be adults who exercise.

The first study was done in children, kindergarten through third grade, as they felt this was an important transition period. The children's activity movements were tracked during the day. Fatness levels were measured. Obviously, those engaged in vigorous activity were more likely to stay lean, while those who watched TV the most were 2.4 times more likely to gain fat in middle childhood.

They pointed out that evidence shows that physical activity promotion in children matters a great deal and impacts the children's immediate health.

They did find, however, that in adolescents this might not be true. Those who are inactive as children tend to grow up to be inactive adults. However, when you are physically active as an adolescent, you may not be physically active as an adult.

As we expected, daily and consistent health promotion across the lifespan is the key to getting adults to participate in some physical activity as part of their daily routine.

"Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, e-mail Dr. John Pagliano at thefootbeat@aol.com"

Oregon to Host 36th Masters Nationals

In August, historic Hayward Field, Eugene, Ore., "Track Capital of the U.S.," will again play host to a National Championships. This time it will be the 36th USATF Masters T&F Championships on the 7th-10th. Over 1500 men and women are expected to vie for national titles.

Competition will be held in five-year age groups starting at age 30, with relays held in age groups of 10-year increments. No qualifying is necessary, except to be a registered member of USATF, the governing body for athletics in the U.S.

When last held here in 2000, the Championships drew 1503 athletes, from every state and 12 countries, who set seven world and 21 U.S. age-group records. A large number of foreign guest athletes are expected this year as well.

Gold, silver, and bronze USATF medals will be awarded to the top three U.S. citizens in each event, and ribbons to places 4-6, with duplicate awards to non-citizens. All will receive a Certificate of Participation.

Opening with the 5000 and pentathlon for men and women on Thursday, the 7th, the meet has a full schedule, including two raceswalks, before closing on Sunday, the 10th, with three relays.

In 2000, the weather was near-perfect, warm but not hot, and rainless, typical in Eugene in August.

All entries must be received by Monday, July 21st. Late entries will be assessed a $50 penalty, with none accepted after Monday, July 28th. Proof of birth date is required in advance. A copy of the athlete's passport or birth certificate must be sent with the entry form, or presented at packet pick up if registration was done on-line, available at www.eugenchamps.com. The entry form was published in the June issue of NMN.

Dormitory housing at the U. of Oregon is still available and can be reserved by contacting the University Housing Office at 800-280-6218, 541-346-4303; fax 541-346-3545, and online at www.eugenchamps.com.

A Championships dinner, open to all athletes and guests, will be held indoors at the end of competition on Saturday, Aug. 9th. A non-championships 5K road race will be held early Sunday, the 10th. Registration for it is available on the entry form.

The meet is presented by the Oregon Track Club Masters and Oregon Track Club. The primary sponsors are Puma, Gill Athletics, PeaceHealth, and willamette.net.

Cotton Row 10K

Continued from page 1

the rest of the race. Samoei finished second in 34:01.

Browne missed his record bonus by 10 seconds, but Burungalova earned two $500 bonus donations (women's open record and women's masters record) in addition to $1000 for open money and $500 for the top masters prize.

The second masters woman, Marie Spinnler, 41, Hagerstown, Md., won $400 for her finish and would have won the masters division in 12 of the 23 previous Cotton Row Runs with her 37:37. Spinnler, who ran in college at Eastern Kentucky and now works as a counselor at Hagerstown Community College, was satisfied with her first attempt at Cotton Row.

"It was a challenging course," Spinnler said. "I had not driven the course before the race Monday. I figured we would end up on the trail in thing. But that hill (Mountain Wood) was a tough one."

Janice Addison, 43, Columbia, S.C., was third ($300) in 38:08, and Connie Robertson, 40, Hapeville, Ga., also broke 40 minutes in 39:34 ($200). Shannon Reade, 43, Gallatin, Tenn., was fifth ($100) in 40:51.

The absence of three-time masters winner (2000-2002) Andrew Masai from this year's race set up a battle between two former Southeastern Conference runners, John Tuttle (Auburn) and Brian Pope (Ole Miss) for the men's masters title. Pope was a freshman at Ole Miss when Tuttle was finishing in Auburn, so the two did not race in college.

Pope turned 40 last December and has enjoyed masters competition in indoor track and on the roads this year. His close second-place finish in 8:23.70 to Tony Young in the Masters Exhibition 5000 at the USATF Indoor Championships in Boston in early March was faster than the previous U.S. record. Only Eddy Hellebuyck was faster than Pope's 30:58 at the Azalea Trail 10K in Mobile, Ala., in late March.

Tuttle, a former Olympic marathoner, has enjoyed four years as the dominant southern masters runner since his 40th birthday in 1998, and he didn't give up the 2003 Cotton Row title without a fight.

According to Pope, Tuttle went out hard at the start and was the first master through the first quarter-mile.

"Tuttle came up and passed me in the first mile," Pope said. "I was right behind him at the mile in 5:02. We were basically together for the next mile and I don't think he knew I was a master. He led to the hill, and I decided to push hard and gained what I thought was a good lead by the top and thought I had dropped him. I pressed harder as I could on the downhill after mile-three, but around the four-mile mark Tuttle came flying by me and I thought it was all over."

Between miles four and five, Tuttle and an open runner, James Scott, missed a left turn. Pope was close enough to call them back, but not close enough to pass them before they corrected their mistake.

"I did catch up enough that I was able to pass him before mile-five, but he came back and was a little ahead of me at the five-mile marker," Pope continued. "I pushed the last mile as hard as I could and finally pulled away, but I was looking back on the turns."

Pope won the 2003 master's title in 32:20, and Tuttle took second in 32:40. Tim Ensign, 40, Chattanooga, Tenn., was third in 33:42, followed by Lance Winders, 40, Mansfield, Tenn., and Marty Clarke, 41, Huntsville, in 35:04.

Joe Quillen, 63, Cullman, Ala., and Susie Kultz, 66, Winston-Salem, N.C., had impressive age-graded runs. Quillen's 40:35 translated to a 31:43 and Kultz's 49:48 was equivalent to a 32:12.

Although 10K finishers were down slightly to 1432 this year, the masters fields were deeper. The 5K race grew to 546 finishers with Marty Clarke coming back to win the men's masters title in 17:20 and Debbie Page, 43, Scottsboro, Ala., the top women's master in 23:27.

Sixteen runners have now completed all 24 Cotton Row Runs. This year Don Hillis, 46, led with a 42:51, followed by Charlie Van Valkenburgh, Bruce Woody, James Carroll, Bill McDowell, Gary Deere, Jon Turner, Bill Allbritton, Carl Senkbeil, Joanell Bie, Merrill Jones, Kevin Jose, Betty Byrne, Lon Porch, Jack Kachelman and 67-year-old Moody Davis.
Meet Records Abound at Visalia Classic

By BOB HIGGINBOTHAM

Forty-two meet records were set in the Visalia Classic Masters Meet on May 17 in Visalia, Calif. Athletes from Utah set six records. Rodney Brown, 56, St. George, Utah, set three: 100 (14.9), 200 (31.2), and 400 (70.1). Doug Spanbauer, 68, Fruit Heights, Utah, recorded the other three: long jump (14-2 '/), triple jump (30-7), and high jump (4-8).

Elaine Iba continued her domina-
Continued on page 12

Texas Masters Championships
Open and Masters Track and Field Championships
Saturday, July 26, 2003, Coppell High School, Dallas, Texas

Registration Form

Entry fees: Pre-registered by July 23, 2003 - First event $15.00, $5.00 for additional events.
Late registration: First event $20.00, $5.00 for additional events.
$20.00 for Relays, $30.00 for the Weight Pentathlon

Name ___________________________ DOB ___________ Age on 7/26/03 ___________
Sex ____________________________
Address ___________________________ City ___________ State __________
Phone ____________________________ Dallas Masters Member? __________

I, the undersigned, hereby agree to release and discharge the Dallas Masters Track and Field Club, the USAFT Southwest Association, Coppell ISD, any of their agents or representatives, the participants of said meet and anyone connected with the meet from liability resulting from any accident and/or injury that I may sustain while competing or participating in said track and field meet. I certify that I am conditioned and physically able to compete in this meet.

Athlete's Signature ____________________________ Date __________

Circle the events you want to enter and your best performance (if any) in 2002-2003:

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Optional: Texas Masters Championship T-shirt with original design and NO advertising, $10.00

Total Amount Paid: ____________________________

Mail entry and check payable to:
Dallas Masters T&F Club
1501 W. Lavender Lane
Arlington, TX 76013-5823

July 2003
National Masters News
Masters Racewalking

By ELAINE WARD

Age-Grading Issues For Masters Athletes

In the last five years, age-graded results have become increasingly used in masters racewalking events. This article explains age grading, presents the reasons for its popularity, discusses the seeming discrepancy in the standards for younger and older racewalkers, and gives information on a fast Internet resource for age-grading your finish times.

Age Grading

Age grading is a subjective process based on careful analysis of "worst" times at each age for both men and women. It is not an exact science. However, it provides one of the best available tools for evaluating, forecasting and comparing walking and/or running performances.

The performance percentage values estimate how your race times compare to a "world best" time for the same age-gender-distance combination as your own. For example, a 75% result estimates your race pace to be 75% of a "world best" pace at your age. All distance comparisons are based on a competitor being physically able to do the various distances and to have trained for them properly. Being able to perform at a 75% level in a 5K in no way infers that you can go out and perform at the same level in a 10K.

A printed copy of the Masters Age-Graded Tables is available from National Masters News for $6.00 plus $2 for postage and handling (see p. 13).

Benefits

Bill Moremen, M75, Southern Cal Walkers: As an older person, I appreciate the age-graded formula for calculating results. Having racewalked for 14 years, my times have been getting slower and slower, which can be rather discouraging.

The age-graded formula gives you a way of looking at yourself from another perspective. You are competing with the best walker in the world at your age and are no longer competing with the finish times of others in a race. This allows you to feel competitive with younger athletes as they are also competing against world best performances at their age and may not get a better percentage than you.

Older vs. Younger Walkers

Why do older walkers seem to fare better than younger walkers with age grading? This question was raised by Charlie Mansbach, 58, of the New England Walkers. The following answers evolved in his consultation with Bev LaVeck who was instrumental in setting up the age-graded tables for racewalking.

Mansbach: It seems that younger walkers in their twenties and thirties face more of a challenge in getting high performance percentages than older walkers. I continue to see my Grand Prix age-graded percentages go higher, even as my times get slower.

LaVeck: The times in the Age-Graded Tables are based on world best performances, smoothed to fit a curve with consistency between distances. In a nutshell, the difference between the times of younger U.S. walkers and the world best performances of their peers is greater than the difference between U.S. masters and the world best performances of their peers. U.S. men in their twenties and thirties aren't walking sub-3:40 50Ks, or sub-1:20 20Ks as walkers in other countries are. This sets a high comparative standard for the U.S. open men.

The world best performances I used for masters are the single-age bests. The curve that the standards follow shouldn't be too easy since they have to accommodate some outstanding international veterans (Gibb, W第五, et al., and we had to keep all scores under 100. Also, because international documentation and standards were sketchy or unknown, especially for the older best performances, I gave older performances the benefit of the doubt regarding judging and proper course length.

As world records have dropped for the younger women in the 20K, revised Age-Graded Tables will probably become tougher for U.S. women, too. I haven't seen any new world best performances among masters women. This might mean that the shape of the curve will change, perhaps showing a sharper decline with age at present, since I haven't seen a corresponding change in the performance of older women.

Another possible factor in the relatively high scoring age-graded performances of U.S. masters is that we have more opportunity to compete with most of the rest of the world (although Australia, New Zealand and South Africa seem to be exceptionally well organized).

Also, for cultural and economic reasons, the international pool of outstanding older racewalkers may be much smaller than the pool for younger elite racewalkers. So it's possible that out there, somewhere, there are older racewalkers who can potentially shatter the current world best performances and cause adjustments in the tables. We just don't know.

Age Grading Calculator

Phil Howell has made calculating your age-graded percentages easy on the North American Racewalking Foundation Web Site (see below). All you have to do is enter your race distance, gender, race age and finish time and click the calculator. Up comes your age-graded percentage.

The calculator gives age-graded percentages and age-adjusted times for ages 8-100 for walking distances of 1500m, 1 mile, 3K, 5K, 8K, 10K, 15K, 20K, 25K, 30K, 40K and 50K, plus some popular running distances: 1 mile, 5K, 10K, and 20K.

The calculator allows you to:

• age-grade up to five performances at the same or different distances based on estimates of equivalent effort
• compare walking and running performances at popular distances
• estimate your finish times for other distances (walking or running)
• estimate your age-adjusted finishing times for other distances (walking or running)
• estimate your finish times as if you were any age from 8 to 100.

You can also use the calculator to answer the following types of questions: Based on my recent 5K or 10K times, what is a reasonable goal for me in the 20K?

At age 54, do my slower times really indicate poorer performances?

Given my recent best times, which distance offers me the best opportunity for improvement?

How do my current walking times stack up against my running times in high school?

Did that runner who passed me in the race this weekend really beat me?

Who was the age-graded winner of our 5K/10K/20K extravaganza last Saturday?

Phil was made calculator templates that provide same age, different distance comparisons, and same distance, different age comparisons. For fun and training assistance try Phil's calculators at http://members.aol.com/RWNARF. (Elaine Ward can be contacted by e-mail at sward@aol.com.)
Chirmes, Rees Set World Records

Trying to fit a gallon into a pint pot was how the meet director described the packed two-day program of the BMAF Championships, Derby, England, June 7-8. Over 170 entered the 100/200 sprints. Athletes bound for Puerto Rico welcomed the somewhat humid conditions on the first day of competition, but a strong wind whirled around the arena buffeting the 200/400 finalists on the afternoon of day two. Competitors from Australia, New Zealand, Belgium, and Ireland gave the meet added impetus.

Rosemary Chirmes, a British international for over 20 years in the discus, now a W70, set three world records: discus (51.62), shot (11.02) and high jump (1.23).

Thirty-two British records were broken, and as the weight was included for the first time and contested by all age groups, a further 20 meet records entered the books.

Stephen Peters took the M45 100 (11.37), 200 (22.99), and 400 (51.87). Howard Mossop set the first British record in the M45 400H in 55.89, and John Ross got two British records in the M65 100 (12.91) and 400 (61.19). Neil Griffin set M55 British records in the shot (14.00) and discus (48.46). Gordon Darbon got British records in the M70 80H (14.54) and 300H (52.03).

Averil McClelland had the frustrating experience of clocking W55 100 and 200 record times of 12.5 and 26.1 in May, only to be told that they would not be ratified because there was no electronic timing. At this meet she set a British record of 12.74 and also won the 200 in 26.50. Virginia Mitchell walked away with two golds in the W40-400 (58.12), a British record, and the 400H (65.58).

Veronica Boden, making a return to competition at age 44, now the mother of three young children, set a British record of 7:29.56 for the 2000m steeplechase. She won the first BMAF championships, then 3000m, nine years ago. Pat Gallagher achieved a great double in the W55 800/1500 in new record times of 2:38.90 and 5:23.34.

Several records were broken during the busy competitive month of July when each county holds its championships. The masters mingle with the open and inspire the juniors. Martin Rees took over two seconds off of the M50 5000 world record, held since 1991 by Antonio Villanueva, of Mexico, when Rees won overall in the West Wales championships in a brilliant 14:53.2, May 11, after leading all the way for a meet record also.

Steven Tooogood, M40, was just that for his open rivals, showing them a clean pair of heels in the Essex County 400, winning in 51.81. Peter Gordon broke the M50 British discus record when representing the North East at the Inter-Counties Championships, Bedford, May 24, with a 52.95. He is going to Puerto Rico.

Among the most competitive BMAF championships are the road relays held annually on the traffic-free roads of Sutton Park, Birmingham, attracting over 700 clubs. This year saw the return of several ex-Olympians running for their clubs: John Graham, a 2:09:00 marathoner in the 80s, Dave Long, Jeff Norman, Colin Kirkham, Nick Rose, Bernie Ford and his wife, Ann, and Malcolm Flint, all turned out in wet and blistering conditions.

A Titanesque-like battle was assured when two fierce Celtic rivals, Swansea Harriers from Wales, and the Scottish club, Cambuslang, clashed in the eight-stage M40-49 race. Swansea moved Martin Rees down an age group, and he stormed round the three-mile course in an incredible 14:37 pegging back Cambuslang’s lead by a minute and 13 seconds. By stage seven, one second separated the two clubs, when Jack Brown, running the second fastest stage, brought the Scots home to take the coveted trophy in 2:03:22 from Swansea (2:03:59).

Complete results are on the BMAF Web site: www.bmaf.org.uk.

Puerto Rico Preview

Continued from page 1

Britain, 182, Mexico, 135, and Canada, 88. The U.S. entrants were listed by name and single age in the June National Masters News, along with a summary of proposed amendments to the WMA Constitution and By-Laws to be decided during the General Assembly, Thurs., July 10th.

For the first time at a World Championships, entrants in each event by-group with the athlete’s country, single age, and submitted recent best mark can be found at http://www.puertorico2003.org/champ_s_athletes.asp.

Results will be posted soon after each event. "...no later than five minutes after the last competitor finishes," according to Manuel de Jesus, WMA Championships spokesman, on three Web sites: http://www.cyberscoreboard.com/sport.php/Sport=1; http://www.bmafedresults.com; and the WMA home page, http://www.puerto rico.2003.org.

The Opening Ceremonies will be held on the evening of Tues., July 1, at the Roberto Clemente Stadium. The first events on the 2nd are the 8K cross-country, heptathlon, decathlon, and hammer. A gala party is scheduled for Monday evening, July 7. The Closing Ceremonies are set for Sun., July 13, at 7 p.m., following the relays, women’s weight pentathlon, and marathon.

The 14th World Championships in Brisbane, Australia, in early July of 2001, drew 4976 competitors, with 405 from the U.S.

Two decades ago, the 5th World Veterans Games were hosted by San Juan, Puerto Rico, and drew 1935 athletes from 88 nations. Forty world and 15 U.S. records were set. Stars from the U.S. included Phil Raschker, W35, Jack Greenwood, M55, Ed Benham, M75, Konrad Boas, M80, and Herb Anderson, M80. In the medal count, the U.S. won 91 golds, 94 silvers, and 63 bronzes.

The 15th WMA Championships will be covered in the August issue with results, articles, and photographs.

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New USA Masters Uniforms

For WMA World Championships Competition

The uniforms for masters athletes have been expanded to include an updated version. USATF has helped with the project by releasing the overstock from the 1996 Olympic Games in Atlanta. The uniforms are available from National Masters News.

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

All items will be sold on a first-come, first-served basis OnTrack, Inc. (www.ontrackandfield.com, phone 800-487-3296) will be selling some of their remaining "ISA" uniform stock; these uniforms are acceptable for WMA competition.

Note: The only required uniform item for WMA championships is a single officially approved by the USA Masters Committee, which will include the "grandfathered" singles. All other items are optional (Photos on web site)

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(Unless available online at www.nationalmastersnews.com)
Steeplechasing Spans Generations
on a Small College Campus

I spotted the news on the Web site of my alma mater, Carleton College. Dan Bucy, a sophomore from Sioux Falls, SD, placed sixth in the 3000 meter steeplechase at the NCAA Division III championships. Dan's school record time of 9:09.50 won't scare the Kenyans, who usually dominate that event, but it's a minute faster than I ran a half-century earlier at another NCAA Championship, placing ninth.

In my defense, that meet was the first time I had ever seen, much less tried, to clear a water jump. Back then, Carleton didn't have steeplechase barriers. I trained using high school high hurdles three inches higher. But competition was easier then. Few other Americans knew how to run the 'chase either, even though Horace Ashenfelter won a gold medal at the 1952 Olympics. Despite two-footing every water jump landing, I missed qualifying for the Olympic Trials by only four seconds. I eventually would improve my time, though my Olympic dream proved elusive.

Coincidentally, Dan's Uncle Greg lives in my hometown of Michigan City, Indiana. Greg Bucy went to high school about the same time as my three children. He was a high-scoring point guard. My son David played basketball with Greg through 10th grade before shifting to tennis. Several days after I learned about Dan Bucy's achievement, his grandmother stopped by my house. She planned to visit Carleton for Dan's older brother's graduation and wanted to bring Dan one of my autographed running posters. (Don't anybody tell him.)

Fond Memories

I expect to visit Carleton myself in a few weeks for my college class's 50th reunion. I've visited the campus frequently since my graduation in 1953 and serve on the planning committee for that reunion. Among events scheduled for reunion weekend is a 5K run/walk through the Carleton Arboretum. I have fond memories of the Arb, where I ran cross-country a half century ago. Joining me in the 5K will be Rob Oden, the college's new president, another runner. President Oden recently told me his first day in Northfield he ran 16 miles. "I got lost," he sheepishly confessed.

Dan probably will have left campus by the time I arrive in Northfield, Minnesota. I've never met him. While on campus, I certainly plan a nostalgic trip to the Carleton stadium, site of my collegiate races, some of them won, some of them not. The current track is smooth and rubberized, not the rough cinders on which I trained. Carleton now has a steeplechase water pit and barriers the correct size. If I had such a track and equipment and were I armed with the knowledge to run the correct style, would I have improved on my modest collegiate accomplishments? I'm not sure I want to contemplate that question. We do the best we can during the time we are given.

Following another visitor's visit, I checked the college online directory and found Dan Bucy's email address. (That was something unavailable at the time of my graduation a half century ago!) I emailed him congratulations for his accomplishment in my old event. I challenged him to get his 'chase time under 9:00 during his final two years at Carleton, maybe win an NCAA title, but couldn't resist adding: "Your goal should not be fast times, but rather still to be running at your 50th reunion." (Hal Higdon, Senior Writer for Runner's World, still holds the American M40 and M45 records for the 3000 meter steeplechase, set during the 1970s. He wrote a nostalgic article about running in the 1952 Olympic Trials in an article published by Sports Illustrated. Check it out at www.halhigdon.com by clicking on the following link: A Time of Wonder, Joy and Glory for Losers.)

Visalia Classic

Continued from page 9

in the sprint meet with wins in the 50m, 100, and 200, and lengthened the W40 meet record in the triple jump to 30-7.

Tina Bowkser, 50, Long Beach, Calif., had meet records in the 80H (15.1) and shot put (27-6).

Other record breakers included Bob Powers, 54, Santa Cruz, Calif., 174-8 in the javelin, and Steve Hardison, M50, 13-6 in the pole vault.

The race walker, 47, Bakersfield, Calif., posted the fastest 1500 time (4:30.9) in the meet, held under pleasant 80-degree temperatures.

NSG Senior Olympics

Continued from page 1

Pease, second in the race, also broke the record with a 46.01.

Throwing was full of spirit. Robert Stewart increased Beull Crane's M90 shot put world record of 1990 from 6.97 to 7.11. Jean Brubaker set a W75 world record in the shot put with 7.96, bettering the 7.91 held by Anny Binder (GER) since 1992. Trent Lane, world record in the shot put. Bettered the 7.91 held by Anny Binder (GER) since 1992: Trent Lane, world record in the shot put with 7.96, bettering the 7.91 held by Anny Binder (GER) since 1992. Trent Lane, world record in the shot put. Bettered the 7.91 held by Anny Binder (GER) since 1992.

In my finals, I filled for the 2000 M90 record in the javelin with a 12.97.

In the 3000 m race, Yoko Eichel, W55, 1988, and Robert Shires, M50, 1500 Meters, 1998, were first in the 5K. Harold Hoffman, who broke Hosack's M95 100 record, ran a 52.27.

In the 10K, Michael Jenkins, M50, second to Barr in the 5K by 16 seconds, won over Barr, 36:26 to 36:33. Cathy Fusco, W55, 20:34, was first in the 5K. Harold Hoffman, who broke Hosack's M95 100 record, ran a 52.27.

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Oak Apple 10K
Draws 1000

By RON MARINUCCI
ROYAL OAK, Mich. – The Oak Apple Run is one of southeast Michigan’s most popular springtime runs, regularly attracting upwards of 1000 runners. This year, the 26th Oak Apple, on May 31, was no exception.

Despite some unpleasant weather—a light, but cold drizzle accompanied by a stiff breeze and high humidity—871 runners finished the 10K, the marquee event. Another 200+ ran in a two-mile race, pushing the total number of participants to well over 1000 again. Staggered start times permitted runners to do both races if they chose.

Masters runners were well represented, comprising 40% of the total entrants. The flat course that wound through the residential and commercial streets of Royal Oak helped lead to some fast early season times.

The first masters runner was Tim Emmett, 47, who was seventh overall (35:35, age-ranked 32:41). The masters women were led by June Yaege, 50, 45:21.

Some top times were turned in by several past nationally-ranked age-
group runners. Among the men, Brian Harris, 68, ran 41:29 (31:26). Mark Credman, 56, led his age-group with 41:10 (35:10). The oldest finisher was the omnipresent Joe Thornburg at 86 years young (69:36, 39:05). (Ron Marincucci can be reached by email at RMarinucci@aol.com.)

Harshman Takes Princeton Masters Mile Title

Brian Harshman, 40, claimed a victory as he ran away with the Fourth Annual Masters Invitational Mile, 24th Princeton T & F Meet, May 10. In a field of nine, he led from the gun and was never challenged as he clocked a 4:29.92. Trailing the New Jersey resident were Chris Harkins, 44, 4:44:08, and former event winner Don DiDonato, 45, 4:47.45.

Harold Nold led the 50+ field with a 4:59.98 edging Roger Price, 54, 5:02.84.

The Masters Mile is sponsored each year by the Shore AC and run in conjunction with the Princeton U. T & F team. Assisting in the event coordination was Princeton assistant track coach Marc Anderson, a former national indoor masters track champion.

—From Shore AC

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Some readers provide additional support to the National Masters News by sending contributions of $25, $50 or $100 a year. If you are able, we urge you to join them. All contributors will receive a free copy of the Masters Age Records book and will be listed in the paper as a National Masters News sustainer.
A Bumpy Ride

No event on the masters road map has had more speed traps, dead ends, detours, and blind curves than the weight throw, and it's not over. Ooops, sorry, it cannot be called an official individual event yet, but its adoption as a bona fide World Masters Athletics event is on the WMA General Assembly agenda, July 10, in Carolina, Puerto Rico.

When the weight pentathlon was approved as a WMA event a decade or so ago, the weight throw, one of the five events in the WP, was not. This, despite the fact that the specifications for this non-WMA event were listed on the WMA Web site and in the WMA Handbook.

We in the U.S. added a couple of speed bumps of our own, when, instead of going along with the WMA implements designated for the WP from the beginning, we tried something else when the weight was contested as an individual event in our masters meets. While the WMA implements were the same as they are now in the U.S., back then we decided to have women age 60-and-over throw the 16# and men 60-and-over use the 25#.

From Weight to Superweight

It's hard to believe that we had 90-year-olds throwing the same weight as a 60-year-old. To show how off the road that was, we are now considering changing the superweight implement from 35# to 25# for men age 80-plus. What once was the weight implement may become the superweight for that group.

The WMA weights were adopted officially in the U.S. several years ago after athletes complained that throwing the heavier weights all year put them at a disadvantage in an international WP. At least that was the reason given for the change. I think we realized that we were going the wrong way on a one-way street.

We also became embroiled in the goofiness of "the outdoor at the indoor," which involves people breaking records with outdoor implements on a dirt surface at an indoor championships, such as happened in the 1995 Indoor Championships in Reno, and subsequent meets there.

Good Idea, But It Could Be Better

I'm glad to see the proposed adoption of the weight by WMA, but why wait until 2005? Why not make the event official as of January 1, 2004, or even earlier? The birth date for the "new" javelins approved at Gateshead four years ago was right after they were legalized, to accommodate the Southern Hemisphere masters programs, and those javelins as well as the specifications for them were practically non-existent! The WMA weights, both indoor and outdoor types, are available all over the world.

Let's hope that one of the U.S. representatives to the WMA General Assembly offers an addendum for an earlier adoption date to the weight throw proposal. After all, we in the U.S. are the weight throw authorities. The event has long been on our schedules in minor meets as well as in national competitions. I believe we are the only country in which an outdoor National Masters Weight and Superweight Championships is a separate meet. We have had published national age-group records for the weights, indoor and outdoor, for several years.

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Masters Scene

NATIONAL

- George Simon and Bill Weinacht are looking for two or three more 100s. In 2000, they had a heart by-pass or new valve, to form a 4x100 relay team to compete in the Nationals in Eugene. Nine years ago, the "By-Pass Four" (Simon, Weinacht, Tim Murphy and Tom Miller) completed as 70+ runners in the Nationals. Contact Simon at 818-798-9871.

- People interested in the last Paul Geyer's collection of track memorabilia - programs, booklets, pins, posters from WAVA Meets, etc. - may contact his wife, Doris Berglund Geyer, at skenscape@lakesnet.net.

- The U.S. record holder for the W55 2000m SC is not Sue Grigsby (8:21.66) as listed in the Women's USA Age-Group Records, May issue. p. 23. Grigsby is the record holder for W45.

- Andrew Masal, M40, KEN, and Tatiana Pozdnynakova, W45, UKR, were the world top-ranked masters in the roads on 2002. The top U.S. runners were Eddy Hellebucyk, M40, second, and Linda Somers Smith, W40, 10th. For more rankings and 2002 performances, go to www.runningusa.org.

- John Tuttle, 44, Douglassville, GA, with a fourth-place 54.32, and Laura Frei, 41, Centreville, VA, fifth female in 65.09, logged masters wins in the 19th George Washington Parkway 10K, Alexandria, VA, April 27. Develand Campbell, 50, Losaby, MD, was fifth M40.454, 50, Fuls Church, VA, was second W40+ (70.09). Hedy Marquie, 85, Alexandria, finished in 1:57:30.


- Masters winners at the NYRR Queens Half-Marathon, NYC, May 17, were Rob Isabelle, 41, 1:16:49, and Yumi Ogata, 41, 1:28:07. Age-group standouts included Alfred Fisher, 68, 1:35:34, and Mary Dunn, 1:26:08.

- Stacey Creamer, 43, 18:51, was the women's overall champion at the NYRR Skaggs-Walsh 5K, Quenched, NYC, May 17. Fernando Salvador, 40, 17:34, took the men's masters title. Anna Thornhill, 62, turned in an impressive 23:17.

- The George Sheehan 5th Avenue Mile for runners aged 60+ will celebrate its 10th anniversary on Sept. 7. "It appears that we may have the best group of runners to date," says Al Puma, director. "Prospective matches includes Vic Heckler, Sid Howard, and Maxwell Hamlyn in the M60. John Keston and John Cahlit in the M75, and Marie-Louise Michelson and Yvette Livigne in the W60, and perhaps some surprises!"

SOUTHEAST

- Evelyn Wright, 66, tied the W65 WR, held by Leorene Mc Daniels, for the WR with a 4:21.27. Birmingham Tri Classic, Standing UAL, May 17. In the KC Age-Graded 100m, Bill Johnson, 51, was first in 10.13, with Marion Harrison, 64, second, and John 60+). Also, vintage Decathlone, which scored the five best events, Jim Stotkey, 73, was top scorer with a 4364.

WEST

- Patricia "Trish" Porter broke the W40 WR for the HJ with a 1.73 in the New Mexico Games, Mine Stadium, Albuquerque, June 7. A stay-at-home mom with a son, 6, and daughter, 10, Porter, 40, of Albuquerque, is a U of Oregon grad, was a member of the 1988 U.S. Olympic team, and is married to former Olympian Pat Porter. Her PR is 6.5, and she plans on competing in the Masters Nationals in Eugene. The present WR record is held by Debbie Brill (CAN) and Carmen Karg (URS) at 7.2.

- Nolan Shadhe, 53, turned in a world single-age best for the 800 with a 2:01.91 in an open race at Occidental College in Los Angeles, May 10. The previous mark was 2:03.5 by Dean Smith in 1979.

- Unstoppable Irina Bogacheva, 42, Kyrgyzstan, won her second Uzbekistan Rock 'n Roll Marathon, San Diego, CA, June 1, 2:29:50, this time as a master. She also won the race outright in 1999 and has run all six Rock 'n Roll Marathons. Bogacheva is on a roll, with several very recent high-speed marathons in her wake: a first at the Country Music Marathon (April 6, 2:28.06), and a third place at the prestigious Nagoya International Women's Marathon in Japan (March 9, 2:28:17).

NORTHWEST

- Ray Propst, 74, was recently named State Games of Oregon Male Athlete of the Year for 2002 at the 2003 Kickoff Luncheon in Portland. Propst has participated in IM in the Summer Games for 12 years, and also for the past three in the Winter Games.

- Susan Faulkner, W40, 30.84, ran to second overall at the 11th Alaska Run for Women, Anchorage, June 7. Olympic marathoner and new master Christine Clark, 40, Anchorage, cruised in for third at 30:43.

- Dennis Simonaitis, 40, Draper, UT, per- peered to third overall at the Salt Lake City Classic 10K, May 31, 31:05. Correcting for 5000 feet altitude, that matches the U.S. M40 WR.


- The 2004 Canadian National Masters Championships will be held July 17-18 in Calgary, Alberta, according to Meet Director Dick Bear, and will include a Masters Age-Graded 5K Road Race. Web site address is www.2004canadianmasters.com.

- Troy Douglas, Netherlands, who broke the M40 100 WR of 10:18.32, Betty Cotteweg (NED) in 2000, with a 10:42 into a 2.2 wind in an IAAF Meet, Hengelo, NED, June 1, followed that up with a 10:29.1 (19 ms) win in the Golden Spike Meet, Leiden, The Netherlands, June 17.

- Merlot Ott, who turned 43 on May 10, lowered the W40 WR for the 200 for a fourth-place 23.33 in a meet in Cele, Slovania, May 25. Phil Raschker owns the present record of 24.84 in 1989.

- In a European Veterans AA has appointed its president, Dieter Massin (GER) as European delegate on the WMA Council of as of April. Massin replaces Jacques Serruys, WMA Vice-President at the founding of WAVA/WMA in 1977, and WMA Vice-President Non-Stadia for many years.

- The 27th South African Masters Championships, Pretoria, May 9-10, drew a disappointing entry of 41, writes Leo Benning, manager of the 14 South Africans headed for the 15th WMA Championships. Seven SA women's records and seven men's were broken, including an M90 WR of 3353 in the WP by Claude Sterley. The record is 2255 by Everett Hosack (USA) in 1995. The outstanding woman was Magdalena Tomlinson, 60, who won the 200, 400, 800 (14.93 SAR), and 3000 (55.1 SAR).

- Six weeks after placing 12th at the USATF Open Women's National Marathon Championship in St. Louis, MO (2:47:20), Meghan Arboagast, 42, Corvallis, OR, traveled across the Pacific Ocean to win the overall women's title at the City of Christchurch Marathon (NZ), 2:45:57, June 1. It was Arboagast's first visit to New Zealand since studying there as an agricultural exchange student 21 years earlier.
USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are usually limited to age 50 and over. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. International T&F meets are usually limited to men over 40 and women over 35. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 50098, Eugene OR 97405.

ON TAP FOR JULY

TRACK AND FIELD

The 15th World Masters Athletics Championships, Carolina, Puerto Rico, start on the 1st and finish on the 13th. Some 440 U.S. athletes are among the 2600 entrants vying for world titles. Action in the U.S. can be had at the Colorado Masters Meet, Vanderbilt U., California State Games, El Cajon, and Oregon State Games, Gresham, on the 12th. Post P.R., the schedule includes the Seattle Masters Classic, on the 25th-26th; the East Regional Masters Championships, Springfield, Mass., and Texas Masters Championships, Dallas, on the 26th; the Midwest Regional Masters Championships, Oak Forest, Ill., and Mid-Atlantic/Philadelphia Masters Championships, Fort Washington, Pa., on the 27th, and the West Regional Masters Championships, UC-San Diego, on both of those days.

LONG DISTANCE RUNNING

Vail, Colo., hosts the USAFT National Masters 8 Mile Mountain Climbing Championships on the 6th. The first week-end opens with a bang on Friday, the 4th, with a string of firecracker races, including the massive Peachtree 10K, Atlanta, Ga., Firecracker Fast 5K, Little Rock, Ark., and Butte to Butte 10K, Eugene, Ore. The NYRR Bronx Half-Marathon and the Calgary Herald Stampede Marathon, Alberta, Canada, fill up the 6th, followed by the Butte Maker 15K, Utica, N.Y., on the 13th. On the 18th, the Midwest has the Bastille Day 5K, Chicago, while, on the 19th, New York offers the Long Island Women's 5K, Farmingdale, and the Suburban Mile Chase, Buffalo, N.Y. The Clarksburg, W Va., 10K, and Quad City Times BIX 7 Mile, Davenport, Iowa, on the 26th, and the San Francisco Marathon on the 27th end the month.

RACEWALKING

The USAFT Indiana 5K Championship strides off on the 13th in Indianapolis.
**July 2003**

**NATIONAL**

**International**

July 2-13, 15th World Masters Athletics Championships, Carolina, Puerto Rico.


September 13-14, BMAF Decathlon & Heptathlon Championships, Woodburn Road, Sheffield, U.K. www.bmaf.org

**LONG DISTANCE RUNNING**

**NATIONAL**

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


August 23, USATF National Masters Championships/Golden Gate Headlands 50K Trail Run, Sausalito, Calif. Peter Franks, PO Box 26052, San Francisco, CA 94121. 415-381-4363(e); 667-4257(d).

September 13, USATF National Masters Championships/Olden Park 100 Mile Run, Sylvia, Ohio. Tom Falvey, 5835 Hideaway Ln., Sylvania, OH 43560. 419-885-7399.


October 5, USATF National Masters Championships/Twin Cities Marathon, Minneapolis, Minn. 612-925-3500; www.twincitiesmarathon.org.


November 8, USATF National Masters Championships/San Diego 1-Day. 24-Hour Run, San Diego, Calif. John Metz, 1419 S. Park St. Ocean Beach, CA 92107-8954.


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

**SOUTHEAST**

Alabama, Florida, Georgia, South Carolina, Carolina, Tennessee, Virginia

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

March 1 deadline, 55,000 limit.

July 4, Yorktown Freedom Run 5K, Yorktown, Va. Hal Herley, 757-898-6269; kherley@visi.net

July 4, Pippins Firecracker 5000, Naples, Fla. 238-434-9786; greenruner.

July 19, Huntsville Women’s Distance Festival 5K, Huntsville, Ala. 256-533-9977; www.huntsvilletrackclub.com

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

August 23, Maggie Valley Moonlight 8K, Maggie Valley, N.C. 828-926-1686; mvmoonlightrace.com


**MIDWEST**

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


July 4, Firecracker 4 Mile, Youngstown, Ohio. 330-758-8708.

August 16, Bastille Day 5K, Chicago. 773-868-3010; chicagoevents.org

August 19, Standard Federal Bank 10K Series, Grand Rapids, Mich. 888-904-5408; standardfederal10k.com

August 26, Greater Clarksville 10K, Clarksville, Va. 304-624-4100; www.clarksvilark10k.com

August 26, Fleet Feet Sports Women’s 5K & 10K, Chicago. 312-944-4113; www.fleetfeitchicago.com

August 1, Firecracker 1 Mile, Wheeling, W. Va. 7 pm. 740-859-7074; www.debbiegreen5k.com

August 1, Firecracker Women’s Distance Festival 5K, Toledo. Ohio. 819-633-6365; toledorunners.org


August 3, Chicago Distance Classic 20K, U. of Ill.-Chicago campus. www.chicagodistanceclassic.com

August 9, Paavo Nurmi Marathon & Relay, Hurley, Wisc. 715-561-4334; www.hurleywi.com

August 9, Age-Graded 4 Mile, Kokomo, Ind. 765-455-2283; www.ckrus.org

August 9, Run Thru Hell 10 Mile & 4.8 Mile, Pinckney, Mich. 734-878-6640; gauldracemanager.com


August 30, Charleston Distance Run 15K & 5K, Charleston, W. Va. 304-345-5433; charlestonidamarathon.com

**SOUTHWEST**

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

July 12, Midnight Madness 10K & 5K, Ames, Iowa. 515-232-6131; captainnimight@melodias.net

July 19, Rochester Women’s 4 Mile, Rochester, Minn. 507-289-8841.

July 26, Quad City Times BIX 7 Mile, Davenport, Iowa. 319-359-9197; www.bix7.com

August 3, 26th Hennepin Lake Classic 5K & 10K, Minneapolis, Minn. 651-228-1986, x2; www.tselvents.com

August 10, Komen Race for the Cure 5K, Colorado Springs, Colo. 303-694-2030; cracefortecure.com

August 16, Pikes Peak Ascent 13.12 Mile, Manitou Springs, Colo. 719-473-2625; pikespeakmarathon.com

August 17, Pikes Peak Marathon, Manitou Springs, Colo. 719-473-2625; pikespeakmarathon.com

August 6, Dick Beardsley Half-Marathon & 5K, Detroit Lakes, Minn. 203-542-3992.

September 13, Turkey Day 10K, Worthington, Minn. 507-376-6105(d); 376-6105(e).

**SOUTHWEST**

Arkansas, Louisiana, Mississippi, Oklahoma, Texas


July 4, USATF Oklahoma Championships West/Liberty 8K, Bethany. www.okrunner.org.

July 26, Mohawk 5000, Tulsa, Okla. 918-665-8925; www.sigmuneup.com/mohawk5000

August 2, Blazer 2003 5K Sand Run, Tulsa, Okla. 918-295-6654; www.tauw.org

September 13, Komen Race for the Cure 5K, OSU-Tulsa. 918-744-5099; www.rctlusa.org

September 27, Hurricane Run 8K, Tulsa, Okla. www.hurricanerun.com

**WEST**

Arizona, California, Hawaii, Nevada, New Mexico

July 4, 4th of July 5K Blast, Las Vegas, Nev. 702-450-4788; www.lasvegasrunningteam.com

July 13, New Bastille Day 5K, Irvine, Calif. 619-298-7400; www.kathylopervents.com

July 13, Fire & Fire 5 Mile, Sacremento. 916-974-0786; www.rngoldmedal.com

July 26, Cypress 5K & 10K, Cypress, Calif. 714-229-6789.

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

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

August 2, Susan B. Anthony’s Women’s & Men’s 5K, Sacramento. 916-481-2365;

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www.buffalochips.net

August 10. Samara 5K, Los Angeles. 323-205-0556; www.msweeek.org

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

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

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

September 7. Terry Fox 4-Mile Run/Walk, Carlsbad, Calif. Kinane Events, 949-452-3466; lisa@kinanevents.com

September 28. Komen Orange County 5K Race for the Cure, Newport Beach, Calif. Kinane Events, 949-452-3466; lisa@kinanevents.com

October 5, Sacramento Marathon & Half-Marathon, Sacramento, Calif. www.sacramentomarathon.net

NORTHWEST

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

July 3. Firecracker 5000, Memorial Stadium, Seattle. 206-729-9962; www.promotionevent.com


July 26. Seafair Torchlight 5K, Seattle. 6:30 pm. 206-728-0123, x1101; www.seafair.com

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


August 22. Nationwide Insurance Hood to Coast Relay, Mt. Hood, Ore. 196 miles/12 per team. 503-292-4626; www.hoodtocoast.com

September 7. Ladies Day at the Races 5K & 10K, Bend, Ore. 541-382-7025; meadowlarkmanor.org


September 20. Prefontaine Memorial 10K, Coos Bay, Ore. 541-269-1103; prefontainerun.com

CANADA


INTERNATIONAL


GEORGE BANKER


July 27. BMAF 10 Mile Championships, Stoke on Trent, U.K. www.bmaf.org.uk

August 30. Puffer Ultra Trail Run 80K & 160K, Cape Town, South Africa. +27 21 6504256.

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

RACEWALKING


August 3. USATF MAC 3K RW Championships, NYC. Stella Cashman, 212-628-1317.

August 7-10. USATF National Masters 5000 (80th) and 10K (10th) RW Championships, Eugene, Ore. See National T&F Schedule


September 7. USATF Florida 1500/3000 RW Championships, Plantation. 954-921-9190.


October 5. USATF Indiana One Hour RW Championships, Indianapolis. Cheryl Sunnan, 317-835-0161.


de St. Croix, Palmason, Young Set Records

Masters running in open competition in the Northwest produced a host of distance records. Maureen de St. Croix, of Canada, broke three W50 world records in less than two weeks.

At the Review Kajaks Invitational Track Classic, Richmond, B.C., Canada, June 4, she knocked almost 22 seconds off the mile record with a 5:24:6 by Elaine Statham (GBR) in 1994, with a 5:02:80 in a mixed field under windy conditions.

In the Langley Pacific Invitation, Langlely, B.C., June 14-15, she broke the 800 world record with a 2:18:68 on Saturday, and the 1500 record with a 4:40:92 on Sunday. The present 800 record is 2:21:08 by Barbara Lehmman (GER) in 1992. The 1500 record is held by Jutta Pedersen (SWE) at 4:43:10 in 1997.

Even better, de St. Croix ran a 2:16:62 in the Hersey Harriers All-Comers on June 17, in Burnaby, B.C.

In the Kajaks meet on June 4, Canadian Diane Palmason, W65, in the same mile race as de St. Croix but out of helpful pacing range, ran a 6:19:04, about 14 seconds better than the 6:32:47 world W65 record by Jeanne DSnapro (USA) in 2000.


International Implements Challenge!!!

First of its kind for Masters Throwers!!!! To be held at beautiful Dartmouth College Hanover, New Hampshire Saturday and Sunday, August 16 and 17, 2003

- Five year age groups for men and women
- Men-16# shot put, 16# hammer, 2K discus, 800 gm. javelin, 35# weight
- Women-4K shot put, 4K hammer, 1K discus, 600gm. javelin, 20# weight
- Prizes for the top 3 placers in each event for each age group

For further information contact Carl Wallin at 58 Stoney Brook Road, Lebanon, NH 03766, or check www.lancertiming.com
New Mexico Games Albuquerque, NM, June 7

**M50**
- Tony Gonzalez 13.3
- Al Hamber 13.4
- Bob Carr 13.5
- Dick Allen 13.5
- Ferguson 13.5
- Gary McCallum 13.6
- Bill B. Mitchell 13.6
- Paul Koppert 13.8
- Andy Anderson 13.8
- Bob Hoffman 13.8
- John失效 13.8
- Joe Mariani 13.8
- Terry Lough 13.8

**M50**
- Ray Santola 13.9
- Mike Donnelly 13.9
- Dietmar Klaasen 13.9
- Ron Beaty 13.9
- Gil Goodson 13.9
- John Schulman 13.9
- Mike Sharafati 13.9
- John Hulbert 13.9
- Mike R. Johnson 13.9
- Mike Long 13.9
- Joseph T. Reynolds 13.9

**Short Hurdles**
- John Lee 17.10
- Bill Brown 17.10
- Jim O'Sullivan 17.10
- Mike Sharafati 17.10
- Al Santalo 17.10
- Mike Long 17.10
- John Schulman 17.10
- Mike Santalo 17.10
- Roy Santalo 17.10

**Long Jump**
- Al Santalo 4.78
- Mike Santalo 4.78
- Mike Sharafati 4.78
- Mike Long 4.78
- John Schulman 4.78
- Mike Santalo 4.78
- Roy Santalo 4.78
- Mike Sharafati 4.78
- Mike Santalo 4.78
- Mike Sharp 4.78

**Triple Jump**
- John Howe 10.34
- Mike Santalo 10.34
- Mike Sharafati 10.34
- Mike Long 10.34
- John Schulman 10.34
- Mike Santalo 10.34
- Roy Santalo 10.34
- Mike Sharafati 10.34
- Mike Santalo 10.34
- Mike Sharp 10.34

**Discus**
- Mike Santalo 5.62
- Mike Sharafati 5.62
- Mike Long 5.62
- John Schulman 5.62
- Mike Santalo 5.62
- Roy Santalo 5.62
- Mike Sharp 5.62
- Mike Sharafati 5.62
- Mike Santalo 5.62
- Mike Sharp 5.62

**Javelin**
- Mike Santalo 37.62
- Mike Sharafati 37.62
- Mike Long 37.62
- John Schulman 37.62
- Mike Santalo 37.62
- Roy Santalo 37.62
- Mike Sharp 37.62
- Mike Sharafati 37.62
- Mike Santalo 37.62
- Mike Sharp 37.62

**Superweight**
- Bill Blackmon 19.04
- Mike Santalo 19.04
- Mike Sharafati 19.04
- Mike Long 19.04
- John Schulman 19.04
- Mike Santalo 19.04
- Roy Santalo 19.04
- Mike Sharafati 19.04
- Mike Santalo 19.04
- Mike Sharp 19.04

**1500m**
- Tony Gonzalez 3:50.8
- Al Hamber 3:50.8
- Bob Carr 3:50.8
- Dick Allen 3:50.8
- Gary McCallum 3:50.8
- Bill B. Mitchell 3:50.8
- Paul Koppert 3:50.8
- Andy Anderson 3:50.8
- Bob Hoffman 3:50.8
- John失效 3:50.8

**5000m**
- Tony Gonzalez 15:39.6
- Al Hamber 15:39.6
- Bob Carr 15:39.6
- Dick Allen 15:39.6
- Gary McCallum 15:39.6
- Bill B. Mitchell 15:39.6
- Paul Koppert 15:39.6
- Andy Anderson 15:39.6
- Bob Hoffman 15:39.6
- John失效 15:39.6

**10000m**
- Tony Gonzalez 28:54.2
- Al Hamber 28:54.2
- Bob Carr 28:54.2
- Dick Allen 28:54.2
- Gary McCallum 28:54.2
- Bill B. Mitchell 28:54.2
- Paul Koppert 28:54.2
- Andy Anderson 28:54.2
- Bob Hoffman 28:54.2
- John失效 28:54.2
May 25

Overall

M55

Robert Breshears 25:49

May 25

Robert Breshears 25:49
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.