De Reuck Sets World Masters 5K Record at Freihofer’s

By SUSANNAH BECK
Colleen De Reuck, 40, Boulder, Colo., began her reworking of the masters record books without much consideration for the masters community, June 5, at the Freihofer’s 5K Run for Women in Albany, N.Y., where she set a new women’s masters world record, 15:48, (old record: Ruth Wysocki/16:08/1997).

“I keep forgetting I’m in the masters division. I didn’t even know about the record. It wasn’t something I was shooting for, I just wanted to be competitive in the race,” she told Maureen Kelly of the Albany Times-Union.

Fair enough. De Reuck placed third overall in the race that was the U.S. Women’s Open and Masters 5K Championships, earning $4750. The likeable and self-effacing De Reuck is, of course, the woman who won the U.S. Women’s Olympic Trials Marathon in St. Louis, Mo., April 3 (2:28:25). She is currently preparing

37th Masters T&F Championships Head For Decatur, Illinois

By JERRY WOJCIK
After a ten-year hiatus, the USATF National Masters Championships will return to the Midwest this summer. The 28th edition in 1995 was held on the campus of Michigan State University in East Lansing. The 37th Championships will again be held on a college campus, this time at Millikin University in Decatur, Ill., on Aug. 5-8.

Since 1995, the Championships’ closest venue to the area was a distant Orono, Me., in 1998 and 2002. “Holding the Nationals in the Midwest opens the meet up to a wider array of competitors than having it anywhere else,” said Jim O’Neil, M45 thrower and Michigan Association Masters Chairman, commenting on the

BENGAY to Support Masters

INDIANAPOLIS - USA Track & Field sponsor BENGAY will support masters (age 40+) programs, USATF announced Thursday, June 10. BENGAY, which joined the USATF sponsor family at the 2003 USATF Annual Meeting, is setting up three new sponsorship opportunities to support masters programs.

The “BENGAY Travel Grant Program” will award 16 athletes (eight men and eight women) $500 dollars each, to be used to assist the athletes in

INSIDE:

• Jack Foster (1932-2004) – page 6
• Capital Challenge – page 8
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Preview of Nationals

Continued from page 1

meet's locale.

"It's literally a three-hour flight from just about anywhere in the U.S. to Chicago or St. Louis, and then a couple of hours to Decatur."

Competition is open to men and women 30 years of age and older in five-year age groups. Relay teams compete in ten-year age divisions, with the athlete's age on Aug. 5 determining his or her age group.

The only qualification for U.S. citizens to enter is registration with USA Track & Field, the national governing body of athletics. Medals will be awarded to the top three finishers in each age group, with ribbons awarded to places 4, 5 and 6. Non-citizens cannot displace a U.S. citizen, but will receive an equal award.

Entry fees must be received by Monday, July 19, to avoid a $50 late fee. Entry confirmation will be sent to athletes who register by that date. No entries will be accepted after Monday, July 23. A photocopy of the entrant's passport or birth certificate is required with the entry form to assure eligibility. For on-line registration, visit www.directathletics.com.

On-campus housing information is available at www.millikin.edu/athletics/track, or by phone, 217-420-6625. For off-campus housing, athletes can contact the Decatur Area Convention & Visitors Bureau, 217-423-7000; 800-331-4479; or e-mail: teri@decaturcvb.com.

The entry form with additional information, including the schedule, equipment and championships dinner reservations, was in the May and June National Masters News. The meet's

Celebrate in Decatur

For those who seek more than competition when they travel to a championships city, or want to make the trip worthwhile for accompanying friends and family, the championships in Decatur should fit the bill.

The Decatur Celebration, "The Most Exciting Family Street Festival in the Midwest", will be in its 19th year on Aug. 6-8, and promises to attract some 300,000 people to downtown Decatur.

The celebration features 69 one-of-a-kind food booths, 127 arts and crafts vendors, 40 commercial vendors, dozens of street attractions, and 12 show stages, all centered in 22 city blocks, plus a parade and music from ethnic to jazz to Cajun to classical.

For more information: Decatur Celebration, 227 S. Main St, Decatur, IL 62523; 217-423-4222; www.decurtcelebration.com; e-mail: havefun@decaturcelebration.com.

If shopping is your bag, you can hit the Wabash Depot Antique Centre (217-233-0800), Elwin Antique Mall (217-865-2916), and the Hickory Point Mall (217-875-0800).

Local history buffs can visit the Governor Oglesby Mansion (217-429-9422), James Millikin Homestead (217-422-9003), Hieronymous Mueller Museum (217-423-6161), Homestead Prairie Farm (217-423-7708), Macon County Historical Society Museum Complex (217-422-4919), and take one of three walking tours with emphasis on architectural styles of historic Decatur residences (217-424-2786).

The area boasts four libraries, including the African-American Cultural & Genealogical Society Museum of Illinois (217-429-7458).

Want to relax with a flick after a day at the track? Try the Avon Theatre, a downtown upscale Indie and alternative film emporium, which opened in 1916 and is believed to be haunted (217-422-8151).

Athletes with a day off from competition and a car might want to head for Illinois Amish country in nearby Arcola.

If you're staying on the Millikin University campus, you'll be able to learn more about it before you get there by visiting www.millikin.edu about Decatur.

Decatur, located in Macon County, has a population of 81,860, and along with Macon County is celebrating its 175th anniversary. The major manufacturing employers are Archer Daniels Midland Co. (3300) and Caterpillar, Inc. (2000). The major non-manufacturing employer is Decatur Memorial Hospital (2200), one of two hospitals in the area.

Athletes from New York City, Los Angeles, Seattle, and other pricey real estate markets, might want to check out the housing. The median housing cost in the area is $71,600, which would not buy a lean-to in San Francisco. The median household income is $38,746.

The Herald & Review is the daily newspaper. Seven TV channels (without cable) service the area.

Fun facts about Decatur: the first patented flyswatter was made here; the Chicago Bears originated here as the Decatur Staleys; the first slot machine was made in Decatur; Abraham Lincoln made his first political speech here; and in 1860 he was nominated for the presidency at the Illinois Republican Convention in Decatur.

To learn more about Decatur and Central Illinois, contact Decatur Area Convention & Visitors Bureau, 202 E. North St., Decatur, IL 62523; 217-423-7000; 800-331-4479; fax: 217-423-7455; e-mail: tourism@decaturcvb.com; www.decurtcvb.com.

— Jerry Wojcik

Web site is www.millikin.edu, then Athletics, then Track & Field, and then The Masters.

Events on Thursday, Aug. 5, include the 5000 finals and the pentathlon. The meet closes on Sunday, Aug. 8, with a full schedule, including the 1500 and relays. In between, athletes will vie for national titles in the steeplechase, two racewalks, and other championship events.

"Decatur can't claim to be Tracktown USA, and the sights don't include an active volcano," said O'Neill, "but it does have the small-town charm that the Midwest is famous for. And Millikin is no stranger to big track meets. They've hosted any number of major collegiate events, and in May hosted the Division Three Collegiate National Championships. With that kind of experience, this meet should be run well."

TWENTY YEARS AGO

July 1984

•Masters Bill Stewart (31:27) and Shirley Matson (38:33) Win in Cotton Row 10K

•At Age 51, Norm Green, Jr., Wins National 25K in 84:11

•Gretchen Snyder Sets Four U.S. W50 Track Records

TEXAS MASTERS CHAMPIONSHIPS OPEN & MASTERS CHAMPIONSHIPS
SATURDAY JULY 24, 2004 COPPELL HIGH SCHOOL DALLAS, TEXAS
SPONSORED BY THE DALLAS MASTERS TRACK AND FIELD CLUB

MASTERS COMPETITION IN FIVE (5) YEAR INCREMENTS AND OPEN DIVISIONS
ENTRY FEES: PRE-REGISTERED BY JULY 21, 2004 $15.00 FIRST EVENT ADDITIONAL LATE FEES $20.00 FIRST EVENT $5.00 EACH ADDITIONAL

RELAYS $20.00 *****ALL HURDLE EVENTS MUST BE PRE-REGISTERED!!!! WGT PENTATHLON $30.00

ENTRIES CLOSE AT 3:00 PM

SCHEDULE OF EVENTS TIMES ARE APPROXIMATE

FIRST EVENT 9:00 AM

SECOND EVENT 10:00 AM

THIRD EVENT 11:00 AM

FOURTH EVENT 12:00 PM

FIFTH EVENT 1:00 PM

SIXTH EVENT 2:00 PM

SEVENTH EVENT 3:00 PM

EIGHTH EVENT 4:00 PM

NINTH EVENT 5:00 PM

EVENTS RUN IN ORDER LISTED

ADD $5.00 FOR EACH ADDITIONAL EVENT

ALL EVENTS RUN AS FINALS, TIMED SECTIONS, IF NECESSARY. AGE GROUPS AND SEXES MAY BE COMBINED AUTOMATIC TIMING SYSTEM AND WIND GAUGE, CERTIFIED OFFICIALS SANCTIONED BY USATF

MEDALS TO TOP THREE IN EACH AGE DIVISION

COPPELL HIGH SCHOOL IS LOCATED NORTH OF DFW AIRPORT

Looking to host an event that includes "medical assistance, police, fire, and security services"? Check out the "police, fire, and security services" section of the "National Masters News" for more information.

Need Back Issues?
Most back issues of the National Masters News are available for $3.00 each, plus $2.00 postage and handling for each order.

Send to: National Masters News
P.O. Box 50098,
Eugene, OR 97405

Paul Carrozzi, M40, running a relay leg, 2003 National Masters Championships. The 2004 championships will be held in Decatur, Ill., Aug. 5-8.

MAIL ENTRY AND CHECK PAYABLE TO DALLAS MASTERS T & F CLUB, 1501 W. LAVENDER LANE, ARLINGTON, TEXAS 76013-5023. PHONE 817-274-0448 8:00 AM TO 6:00 PM.
PAYTON JORDAN

I first met Payton Jordan in March 2000, on a balmy, picturesque spring day in Santa Barbara, where I was competing in the Easter Relays. The city by the sea occupies a narrow plain that slopes southward from the rugged Santa Ynez mountains to palm-fringed Pacific beaches. Of course, I was well aware of who this legend of track was, and longed to meet him and perhaps gain some knowledge that would help me improve my running.

And there he was, sitting on the grass with a group of other runners, some of whom I knew. Another legend, Jim Selby, introduced me to Payton, who was not competing that day.

As great a runner and competitor as he is, this distinguished octogenarian is an even finer gentleman. He was friendly, courteous, and shared his thoughts on the fine art of track for several hours.

When I pulled a calf muscle out of the blocks in the 200, he was very concerned and told me to ice it immediately.

No pompous superficiality with this superstar, no exaggerated show of self-importance, just civility and humaneness. Refreshing in the midst of what appears to be an epidemic of rudeness and indifference that is pervading our society.

Whenever I think of Payton Jordan, my thoughts will not be of the many track records he set, but of the kind and caring person he is. Isn’t that what really counts?

Good luck, Payton, in your most recent battle against cancer. Knowing you, the predator doesn’t stand a chance.

Bob Frier
Covina, California

RANDALL BRADY

After 59 years in Nashville, Tenn., Randall Brady is moving to Seattle in late June. I am writing to recognize Randall as the “Father of Masters Track” in Nashville and thank him for his hard work and dedication over the years.

While Randall has competed consistently (mostly in his favorite race, the 200) and served as an official at every level, his real gift to track has been getting others involved with the sport. He constantly promoted the sport, encouraged folks to participate, and gave us opportunities to compete by staging meets.

Randall, thanks for all that you have done for track in Nashville. You will be missed.

Mark Carver
Nashville, Tennessee

Subscription Problems? Moving?

To determine the status of your subscription, or to let us know of your new address, call or fax Circulation Director MaryAnn Igelias at 818-286-3129; fax 818-760-4490. Or write to NMN, PO Box 16597, North Hollywood, CA 91615.

BENGAY to Support Masters Programs

Continued from page 1

getting to Sacramento to take part in special races to be staged in conjunction with the U.S. Olympic Track & Field Trials on July 18.

These events — men’s and women’s 800m races — will feature current world and U.S. champions as well as world U.S. record holders at multiple events. The 16 athletes will be selected from across the country and must have achieved significant accomplishments in middle distance running.

Among the men invited to compete are Tony Young, who has run a world-leading 1:54.79 this year; John Hinton, last year’s world outdoor champion at 1.50; and Nolan Shaheed, the age-50 world record holder at 1:58.6.

The women invited include Rose Monday, a former world masters champion at 800; and Catherine Stone-Borkowski, winner of the 800 and mile at this year’s USA Masters Indoor Championships.

BENGAY also will honor the “Masters Athlete of the Year” among all of USATF’s masters long distance running, track and field, and racewalk athletes. The athlete will receive the award at the USATF Annual Meeting at the Jesse Owens Hall of Fame Banquet, presented by Xerox. BENGAY will provide travel for the award winner and a guest to the host city for the award presentation.

Additional funds will be used to support the 2005 Masters Indoor Championships in Boise, Idaho, in March 2005. BENGAY will receive signage as well as name/logo recognition in return.

“With their sponsorship, BENGAY is making a ground-breaking contribution to our masters programs,” USATF CEO Craig Masback said. “In partnering with our masters community, they will enable us to maximize the quality of our masters events and provide recognition for masters athletes.”

BENGAY is used for the temporary relief of minor aches and pains of muscles and joints associated with simple backache, arthritis, strains, bruises, and sprains.

SUZY HESS

Stan Whitey #1118, and Charles Brocato, in the M55 100 at the 2003 National Masters Championships. This year’s championships are scheduled for Decatur, Ill., Aug. 5-8.

Kevin Paulk (43) Portland, OR — 2003 Masters National Outdoor Champion in the mile and 800.

Sal Allah (44) New Jersey — 2003 World Masters Champion in the 800.

Mary Thane (40) Montana — 2003 Outdoor 800 Champion.

Terri Cassel (42) Tulsa, OK — 2nd at the 2003 National Championships in both the 800 and 1500.

Claudette Groenendaal (42) Santa Monica, CA — Former NCAA and USA Champion in the 800.
Masters Invited to the Big Dance

Thank you, BENGAY. Masters have finally gotten a seat on the dais at our organization’s most prestigious awards banquet, The Jesse Owens Hall Of Fame Banquet. As I discussed in last month’s article, this has everything to do with money. We can do wonderful things with the green stuff. I should share with you how the “Masters Athlete of the Year” will be selected. First, we should understand that this award will be decided between LDR and Masters Track & Field. Always in the past these selections have been made at the Annual Meeting. Because we need time for the honoree to make arrangements to be at the banquet, both LDR and Masters Track & Field committees will have to select their candidates by early October.

Phil Byrne and his hard-working committee will start early and pick the one and maybe two or more candidates for the award. The Masters Executive Committee will approve the final candidate for submission for the final vote.

The LDR Executive Committee will also decide on their candidate after the last important race of the year. The final decision will then be made by the respective masters chairs of LDR, Track & Field and the president of USATF.

Travel Grant Program

Also, the “BENGAY Travel Grant Program” really gives our Masters Invitational Program a shot in the arm. We will truly have our best athletes representing us at the Olympic Trials. I hope you all see that this is not the creation of an “elite” program. We are helping the athletes equally, regardless of their standing in the qualifications. It really behooves us to be able to put the best athletes in each race so we can show off what masters athletes can do. This, frankly, is one of our best marketing programs. Thanks to Mark Cleary and the people that help him put this together.

BENGAY is also going to participate in the sponsorship of our National Indoor Championships in Boise. Thank you again, BENGAY. I hope this is the start of something big for our national championships.

Rustle Up Sponsors

Think about how you can get sponsors to help support other meets. They don’t have to be global brands like BENGAY. They may be a local bottler of healthful soft drinks, etc. You don’t get it if you don’t ask!

I also must thank the national office, especially Craig Masback and his very professional staff, for developing this sponsorship and inviting us to participate. This shows the kind of horsepower we have working for us.

Working Together

I know many have thought over the years that we can do this by ourselves. I have always thought our real potential has been in working with our own professional staff. They surely know we more than exist. This is just the beginning!

I hope most of you approve of this application of funds. This proves our value to the commercial world and that the masters movement is really a significant market and one of the most affluent, highly educated buying groups in the U.S. Now we need to support the people who support us.

www.nationalmastersnews.com

Senior Games Spotlight

2004 is Qualifying Year for NSG

This is a qualifying year for the National Senior Games, to be held June 3-18, 2005, in Pittsburgh, Pa. Athletes earning gold or silver medals, or meeting the minimum performance standards set by the National Senior Games Association (NSGA) will be eligible to compete in Pittsburgh against athletes from throughout the country.

To find out where qualifying meets are being held, what the standards are, and how the Senior Games program works, check the NSGA Web site at www.nationalseniorgames.org.

You can also write to NSGA, P.O. Box 82059, Baton Rouge, LA 70884-2059, call 225-766-6800, or e-mail nsga@nsga.com.

Third Wind
By MIKE TYMN

A Smartt Comeback

Jerry Smartt was a little disappointed with his effort in the 5,000 meter run at a Senior Olympics meet in Poplar Bluff, Mo., during early May. "I had to run solo, so I could cut only a 25:50," Smartt, a 73-year-old resident of Warsaw, Mo., explained. "I ran 24:42 in a road race a few weeks earlier. I have a lot of faith and confidence that I'll be able to drop another three or four minutes by the national championships in August.''

After hanging up his running shoes in 1989, Smartt is on the comeback trail. "I had a big ranch to take care of and, after turning 70, I decided to see what I could do."

Those who were involved in the sport or following it during the 1950s will likely recall Smartt. In 1956, he made the U.S. Olympic team as first alternate at 10,000 meters. Although he didn't compete in Melbourne, he did accompany the team to Australia and participated in a number of pre-Olympic events. In 1957, he won the national AAU senior cross-country championship, then contested at six miles rather than 10,000 meters, and the national six-mile championship on the track while recording 29:48.3.

Trip to Moscow

In 1958, Smartt was one of two Americans selected for the 10,000 in the USSR vs. USA meet in Moscow. Although the Russians took first and second, Smartt finished ahead of teammate Gordon McKenzie.

Born in Donna, Texas, Smartt traces his running back to running games of tag and hide and seek during his youth. In high school, he won his district championship in the mile with a 4:52.

At the University of Houston, he lowered his mile best to 4:13 and also recorded 8:58 for two miles, 13:56 for three miles, and 29:20 for six miles.

After college, Smartt moved to California and competed for the Southern California Striders. "I won everything on the West Coast and ran Billy Mills a lot...until 1964, that is," he says, referring to Mills' surprise victory in the 10,000 at the Tokyo Olympics.

High Mileage Training

While very few runners during the 1950s were doing high mileage training, Smartt recalls putting in many 100-plus mile weeks. "I'd run 12-and-a-half miles to work and then 12-and-a-half miles back home on Monday, Wednesday, and Fridays," he explained his regimen. "On Tuesdays and Thursdays, I'd run 15 after work. I did things for sheer torture then, knowing that no one else was doing that much. If I didn't run 20 miles a day, I was one unhappy cat."

Beginning in 1956, Smartt trained under Armas Valte of Finland and later under Fred Wilt. "Thank God for those two men," he said, adding that Emil Zatopek was his running idol and that he named his first daughter, Emily, after the famous Czech runner.

Memorable Moments

Asked about his most memorable running experiences, Smartt pauses and ponders before responding. "I'd have to put making the Olympic team as first alternate on top," he said. "It allowed me to travel and compete with the regulars in build-up meets prior to Melbourne, fostering life-long friendships with the cream of the crop. The USA vs. USSR meet provided great competition and allowed me to see more of the world."

But then Smartt remembered being a member of the U.S. team making a tour of Africa in 1963. "That tour of Africa was special, because I was part of Kenya's independence from Britain celebration. It was an adventure. I ran 5000 meter races on Monday, Wednesday, and Friday of the same week. Ouch!"

Smartt also has fond memories of serving as the national team coach for Turkey, Iran, Pakistan, and Jordan during the early 1970's. He was running in his 40s, setting an American age 43 record of 15:30.8 for 5000 meters in 1975, a record that is still on the books today.

"It was sort of low-key training and racing after that," he said. "And then I quit completely in 1989."

Getting Serious

Smartt raced once in 2002 and then started getting more serious in March of 2003. His progress has been gradual as Smartt knows better than to rush things. He is now up to 50 miles a week of training and is just starting to do intervals. "After a good warm up, I'll do five quarters with a 200 jog at 7:15 mile pace and a good warm-down," he explained his regimen. "This will be increased dramatically."

His goals? "Aging has made me humble in that I realize that the speed I think I should have just isn't there. Flexibility is MIA. On the other hand, I just love to run footraces and I want to be competitive at nationals. I know what is required. I know how to do it. It becomes a personal thing. Is it attainable? The fun is in the trying." (Mike Tymn can be reached by e-mail at meteg@iol.com)

The Legendary Jack Foster, 1932-2004

At the time masters competition was in its infancy, New Zealand's Jack Foster was setting seemingly impossible standards for men 40-and-over. At the age of 40, he represented New Zealand in the marathon at the 1972 Olympic Games in Munich, finishing eighth. At 41, he recorded a marathon time of 2:11:18, ranking him among the world's top marathoners of any age. At 43, he won the Honolulu Marathon in record time. At 44, he again represented New Zealand in the Olympic marathon at Montreal. At 50, he ran a marathon in 2:20:28.

On June 5, Foster, 72, was killed while cycling near his home in Rotorua. Other than the fact that a car collided with his bike, details of the accident were not available at press time.

Born in Liverpool, England, Foster emigrated to New Zealand when he was 24. He didn't begin running until he was 32. Prior to that he had been a competitive cyclist.

Before moving to New Zealand, he took many holiday bike trips around England and other parts of Europe. Making the change over to running was not difficult, Foster said in a 1982 interview for National Masters News, because the cardiovascular base had been established on the bike.

Foster was an anomaly in more ways than one. Unlike most long distance runners, who train long and slow, he trained short and fast.

"I seldom, if ever, run slower than 6-minute (mile) pace," he said in that 1982 interview, "simply because I feel like I'm plodding. I don't like what people call 'social runs.' I like to socialize with a few beers while lying around the garden. When running, I like to run." Maried and with four children, Foster was, in 1982, employed as a clerk for the Department of Public Works in Rotorua. "I've been up and down the promotional ladder due to going away for races," he mused, "but I'm not very ambitious when it comes to getting to the top of the ulcer pile."

Although he retired from serious running competition during his early 50s, Foster remained active and fit, primarily by cycling.

Foster's 2:11:18 marathon stood as the world best for men 40 or over until John Campbell, also of New Zealand, recorded a 2:11:04 in the 1990 Boston Marathon.

Foster was an inspiration to a generation of distance runners and will be remembered for his humility as much as his running talent. - Mike Tymn

FIFTEEN YEARS AGO

July 1994

• Nearly 5000 Athletes Enter World Championships in Eugene
• Sweden's Kjell-Erik Stahl, 42, Runs 2:18:43 in Grandma's Marathon
• Priscilla Welch, 44, Sets World Best 26:26 in Nike Women's 8K in DC

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U.S. Marathon Demographic Snapshot

SANTA BARBARA, Calif. — With the marathon season in full stride, it is time again for USATF Road Running Information Center's annual marathon report. The 108th Boston Marathon illustrated how much marathon demographics have evolved since the 1970s Running Boom era. In 1975, female finishers were only 1.5% of the field (28 of 1846 overall finishers). The female percentage continued to increase impressively to 11.7% in 1985, 35% in 2000, and 37% in 2003, as the absolute finisher totals grew respectively (3930, 15,668 and 17,030).

Boston has also experienced a gradual increase in the age of marathoners, although its very large masters pool (53% - up from 48% in 2000) is affected by the qualifying entry process.

A more general look at all 2003 marathons that provided results to USATF RRIC shows consistency over the last six years (see chart below).

The median age for marathon finishers (39 for men, 34 for women) has not changed since 1998, and the overall median age has only increased by one year to 38.

Also, the percent of women (40%), masters (43%) and juniors (2%) has not varied by more than one percentage point.

Younger women are still the majority of runners under-30 (55%), while men comprise 69% of the masters group (40 and over).

Of course, from city-to-city and year-to-year, marathon fields vary more significantly. The 2000 New York City Marathon, for example, had the lowest percent of female finishers (28.4) of the larger U.S. marathons tracked that year, but in the 2003 ING-sponsored edition, 34% of the finishers were women.

Another large marathon with significant increases in female participation was Honolulu, which increased from 42% in 2000 to 48% in 2003. The highest female percent for both 2000 and 2003 occurred at Portland with 58% and 57%, respectively.

The largest marathon with the smallest percent of masters was LaSalle Bank Chicago (33% both years), and the largest number of juniors (19 and under) can be found at the City of Los Angeles Marathon (8.5% in 2000 and 11% in 2003), which has the successful "Students Run L.A." training program.

As the median times chart below illustrates, marathoners were a little faster in 2003 (4:19:52 for men, 4:52:55 for women) compared to 2002, but still significantly slower than in the 1980s and 90s.

The data also show that there is a much bigger difference between men and women's times than between older and younger runners.

An average male masters runner could expect to run about seven minutes slower than an under-30 male, whereas the typical female masters runner might run 15 minutes slower than her under-30 counterpart.

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<th>Marathon Demographic Breakdown 1980-2003</th>
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(Source: USA Track & Field Road Running Information Center: www.usatf.org and www.runningusa.org)

DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material, results, schedule items, and advertising is the 10th of the month before date of issue.

Send to: National Masters News, P.O. Box 50098, Eugene OR 97405

Bids Sought for Mountain, Ultra, and Trail Championships

The Mountain/Ultra/Trail Running Council (MUT) of USATF Long Distance Running is accepting bids for national championship races for open and masters athletes at the ultra and sub-ultra distances for the year 2005 and beyond. The distances that can be awarded championship status are 50K road and trail, 50 mile road and trail, 100 mile road and trail, 100K road, 24-hour road/trail, and sub-ultra mountain/trail races of various distances.

If you are interested in hosting the above events for 2005 and beyond, contact MUT Championship Coordinator Janice Anderson, or your regional MUT representative (listed below). Any of these MUT representatives can answer your questions and supply you with useful information for bidders.

Additional information is also available on the MUT Web site at http://www.cerritos.edu/Gersitz/MUT/Ultra_Championships.html

The USATF Championship Bid Form is available at http://www.usatf.org/groups/eventDirectors/bids/

Completed bid forms must be received by Saturday, Oct. 23, to ensure review at the USATF Annual Meeting, which will be held Dec. 1-5, 2004, in Portland, Ore. Not all distances will necessarily be awarded in a given year.

Race directors and the ultra, mountain, and trail running media will be notified by Dec. 15 regarding the outcome of the selection process. Further bids may be solicited after the convention for race distances that have not been awarded.

Regional Coordinators

East (Ultra): Janice Anderson, 668 N. St. Mary’s Lane, Marietta, GA 30064. Js肌肉@ mindspring.com. 778-788-8211 (h); 770-433-8211 X17654 (w).

West (Ultra): Lorraine Gersitz, 2505 Sunflower St., Fullerton, CA 92835. Bruceandlo@earthlink.net. 714-526-5340 (h); 562-860-2451 X2414 (w).

Central (Ultra): Theresa Daus-Weber, 6970 Bucksink Dr., Littleton, CO 80125. tduas-weber@earthlink.net. 303-973-7579.

Mountain/Trail (Sub-Ultra Distances): Richard Bolt, 43 Salisbury St., Manchester, NH 03104. r_boltski@ya hoo.com. 603-627-7213.

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A study from the Univ. of Amsterdam looked at ground reaction forces and kinematics in distance running in older men. The conclusion was that older and younger men are biomechanically different in the way they run. We know that older men take shorter steps at a high frequency (the old guy's shuffle), use smaller knee range of motion, and show higher initial loading rates and higher impact forces than younger men.

The reason for this is unknown, but the authors feel it is related to musculoskeletal degeneration, demands for safety, and the attempt to reduce metabolic cost in distance running.

What is disturbing is the increased impact peak forces and loading rate in the older runner.

This indicates we have less shock-absorbing capacity, which can lead to lower extremity over-use injury and may explain why older runners develop a higher incidence of over-use injury than younger runners.

It suggests that older runners need a shoe designed for the older runner with higher cushioning properties.

The research indicated that further information is needed to determine the specific relationship between aging and musculoskeletal changes. This includes lack of fat pad, decrease in muscle strength and increase in joint stiffness.

Once this is determined, the medical community will have a better insight into the mechanisms of injury and how to control these prior to onset of injury.

(Dr. John Pagliano can be reached by e-mail at thefootbeat@aol.com)

**Capital Challenge Raises $13,000 for Special Olympics**

The 23rd ACLI Capital Challenge took place Wednesday, May 5, in Anacostia Park, Washington, D.C. A large contingent of 29 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, sub-cabinet presidential appointee, federal judge, on-air media personality, or professional journalist.

The purpose of the ACLI Capital Challenge is to determine who is fittest, the legislative branch, executive branch, judicial branch, or the media that covers them, and to raise money for the D.C. Special Olympics. This year over $13,000 was raised.

Bill Rodgers, the celebrity guest athlete, the "official whistle blower" for the race, started the runners on their way. Sen. John Sununu (R-NH), 19:47, took home top senator finisher honors, defeating 2003 winner Sen. John Ensign (R-NV), while Kay Bailey Hutchison (R-TX), 33:59, repeated as the women's winner.

Rep. Bart Gordon (D-TN), 18:22, is still the fastest man in Congress, receiving the MikeSynar Award. Overall winners were Philip Hupshep, 15:28, of Rep. Peter DeFazio's (D-OR) staff, and Sharon Donovan, 17:40, of the Transportation Dept.

Former world record holder Jim Ryun again enlisted his twin sons and his daughter for his team and retained House team honors. Foreign Relations Committee Chairman, Sen. Richard Lugar, continued his streak by finishing his 23rd straight Challenge.

The ACLI Capital Challenge highlights the ability of many of the nation's busiest leaders to stay fit. All entry fees went to Special Olympics. Challenge title sponsor ACLI (American Council of Life Insurers) and contributing sponsors, American Express Financial Services, Northwestern Mutual, Prudential Financial, Swiss Re, FannieMae, Saucony, Roll Call, Running Times, and Chubb, also donated funds to D.C. Special Olympics, as well as paying all race expenses.

**Cotton Row Run**

Continued from page 1

last year's masters runner-up, John Tuttle. Since Tuttle has been bothered by an irregular heart beat when running at maximum effort, he was not expected to challenge Pope as he had in 2003. He said he would probably run around 36 minutes, as he is awaiting surgery that is scheduled later this summer.

But the field changed at late registration Sunday night when former three-time masters winner and record holder (29:38) Andrew Masai showed up to run. Masai had just arrived from Kenya on Thursday and this would be his first race in the U.S. for the summer.

Last year, Pope's winning time was 32:20, and that on a cooler-than-normal day. This year the humidity was in the 90s and thunder storms in the area early in the morning at the time of course setup caused the start time to be delayed from 7:30 to 9:00. It was not a day for course records as the women's masters winner, Russian Firaya Sultanova-Zhdanova would learn.

However, the presence of Masai in the race drove Pope to an outstanding performance on a sultry, but thankfully overcast day.

"I could see him the whole time," Pope told Huntsville Times reporter Bruce McLellan after the race. "He was better on the downhill, but I could see he was struggling on the uphill. But it wasn't until the sixth mile that I thought I had a chance to catch him."

With about 200 meters to go, on a slight downhill to the finish, Pope kicked to pass Masai and win the race and $500 in 31:42. Masai followed in 31:46 ($400). Putnam took third in 33:45 ($300), Chatten was fourth in 34:00 ($200), and Tuttle held off Taylor for fifth and $100 in 34:20.

Sultanova-Zhdanova, 43, came to Huntsville on a mission. She wanted to break the course and masters record that fellow countrywoman Ramiljia Burangulova had set last year at 33:34, and her agent and coach, Tatyana Pozdnyakova, thought she could. Her credentials were impressive, particularly in the marathon. She had represented Russia in the marathon in the 1980 Olympics, finished fifth overall at Boston in 2002, won Grandma's last year in 2:27:05, and earlier this year was third overall at the Music City Marathon in 2:35:56.

RACE RESULTS

Race officials were not able to notify her of the delayed start time, so at 7:15 she was in the start area, warmed up and ready to run. Through an interpreter, the situation was explained, but from her reaction she was not happy with the situation since the weather was then clear enough to start the run. Even though she did not enjoy the course record bonus ($1000) that Burangulova had earned in 2003, her overall win in 36:19 still earned a good paycheck – $1000 for the overall title and $500 for the masters win.

"I was ready to start at 7:30, and I was very confused with the delay," Sultanova-Zhdanova told Huntsville Times reporter Brooke Milam through an interpreter. "The run was very hard. I planned to run it in 33:00, but I didn't run as fast as I was supposed to."

Connie Robertson, 41, Hapeville, Ga., was second master in 39:34, the only other masters woman under 40 minutes.

The other masters money winners were local runners. Gail Whelan, 40, took third (44:18); Jensie Fontenot, 47, fourth (44:20); and Jennie Rountree, 44, fifth (47:50).

Three of the better age-graded performances were run by Fay Bradley, 66, Huntsville, first in the M65 in 41:46; Donald Brown, 58, Woodstock, Ga., first M55 in 39:25; and Susie Klutz, 67, Winston Salem, N.C., first W65 in 51:32.

On the Saturday before the race, the Huntsville Track Club celebrated the occasion with a meeting that featured three former participants in the race on a panel to discuss "Running in the Early '80s." The three speakers were three-time 10,000 Olympic Craig Virgin, Olympic marathoner John Tuttle, and the winner of the first Cotton Row in 1980, Stephen Bolt. These three entertained with stories from the "old days."

This year's Cotton Row races, which include a 5K and a mile fun run in addition to the 10K, enjoyed an increase in participation. Registration numbers for the 10K and 5K were up 162, and a slight increase in the fun run gave a total registration number of 2646 for 2004.
A-As, Take the Steps to Get Them

With the season in full swing, thoughts of attaining the All-American standard in the throws, as well as in the other events, will follow, as will this inevitable question by callers to NMN, "What does All-American mean?" After I tell them that the A-A standard is a mark that, when attained by masters athletes, qualifies them for a certificate of recognition, a patch, and a patch tag if they so desire, then comes the next question, "Yeah, but what does it really mean, and how were the standards arrived at?"

This results in a half-hour conversation, mostly explanatory on my part, which leaves me and the caller essentially unsatisfied, and with more questions than when we started.

I wasn't on the adoption of most of the present marks, but I've been involved in revisions because of new implements and specifications, or to make the A-As more meaningful and equitable.

It has always been my understanding and intent that the A-A should be equal to at least an 80% national class level performance, but I suspect that some are below that level.

Age-Graded Tables

When the newly revised Age-Graded Tables become more public than they are now, it's a safe bet that many of the standards will undergo scrutiny to see whether they really constitute All-American performances.

By applying the present standard for each age group in the rankings to see how many athletes would make A-A, it's apparent that some standards for the throws may be ripe for change. I did that with a couple of events for age groups 40 through 75 in the 2003 outdoor rankings, published in the March 2004 issue.

Marks for the 30-39 groups, especially the women, are so few and disparate that I wonder whether the present standards for those groups really reflect an A-A performance.

I see that many of the marks for the 40-44 divisions in the World Masters Indoor Championships in Germany were better than the marks for the 35-39 groups.

The standards for the 30-39s should be examined often as more data are accumulated. That's also probably true for the M80+ groups. Take a look at the All-American standards charts in this issue, and you'll see that there aren't any for most events for the 90+ divisions.

And forget about the M&W 100+ divisions. How can you devise a standard based on one mark?

Shot Put Standard

The M55 shot put standard is 12.00 meters/39-4 1/2. Of the 25 throwers listed in the 2003 rankings, 23 met the standard. It's not as bad as it looks if you remember that the list consists of the top 25 in the U.S., and that there are probably four times that many M55 shot putters in the U.S.

When the M60+ groups go to the 1kg discus after the 1.5kg, they seem to have a much easier time with it. Of the 25 M60 throwers listed, 23 hit A-A marks, as did 23 in the M70 group.

Again, a reminder that there are at least 100 discus throwers in those divisions, and also that the number of top athletes moving in and out of age groups may influence the percentage that attain A-A certification.

When four or five good athletes have birthdays within a year or so, let's say, and vacate the M50 division in certain events, and move into the M55, the percentage of M50 A-As is reduced and the M55 numbers are fattened up, which at quick glance makes it look as if the A-As are too hard or too easy.

New Javelins

Standards for the "new" javelins are in the works and can't come soon enough. All 25 throwers in the M50 division made A-A.

That's because the standards are based on the "old" javelins when the M30-59 used the 800g, and the M60+ used the 600g. The M50s now throw the 700g.

The older men's and women's group standards will also have to be adjusted for the new javelins.

To my chagrin, the easiest A-A for the Js? superweight appears to be in my division, M70, where 11 of the 13 listed made the standard of 6.00 meters.

This is also a good example of strong throwers moving into a division, but the standard should probably be at least another half-meter higher anyway. If that occurs, it may come back to haunt me.

Several years ago, I felt that the 4.00 meter standard for the M65 superweight (567) was too easy, so I persuaded Len Olson, the Masters All-American Standards Sub-Committee Chairman, to up it to 4.50. My best throw that year was 4.49.

Don't wait too long to apply for the A-A certificate, patch, and patch tag. Get on the A-Wagon while you're still able to qualify under the present standards, because they may get harder.

On the other hand, they may get easier, but I wouldn't count on it. (Jerry Wojcik can be reached by e-mail at jerrywoj@aol.com)
Darlene (W55) and John Backlund (M60) continue their interview on how they combine competition and fun by traveling and racing all over the country. Darlene has a 5K time of 31:40.2 and a 10K of 65:37. John races the 5K in the 28-29 minute range and has a recent 10K time of 61:44.

EW: How far out do you plan your workouts, John?
JB: Right now I am trying to get us into October and the Huntsman Games in Utah.

EW: Do you pick a race to peak at?
JB: More or less. Depends on what other things come up and how the workouts are going. Darlene is coming off an injury, so her workouts are a guessestimate until we see how she responds.

DB: I think being able to analyze things together is a major benefit in sharing the same sport. In a sense we can act as each other’s coach. It helps having a shared history of knowing what each other can do and what we want to do.

Valuable Input
JB: For example, we both have occasional bent knee problems in races. Having someone’s eyes on you and cautioning you when your knees look soft is invaluable. I spot for Darlene and Darlene spots for me for tips to improve our techniques so we can go faster legally.

DB: Another benefit is simply the support we give each other. When a workout doesn’t go well, we remind each other of a previous good workout.

Racing Goals
EW: Of course, it’s possible to keep focused on what is important on your own, but I agree it is much easier when you have a teammate who cares. What are your individual racing goals?
JB: My goal is to perform as best I can under whatever circumstances I have. Sometimes I am pleasantly surprised; sometimes I am disappointed.

EW: By circumstances, do you mean injuries and not feeling well?
JB: Or simply getting out the wrong side of the bed or being overtired. I figure I can only do with what I have at the time of the workout or race. I am not real steady. I am a little bit up and down.

Setting Goals
EW: How do you set your time goals, Darlene?
DB: I set them by how I am doing in my workouts and then knock off a minute or so. I think because it is a race that I really going to work a whole lot harder to go faster.

And this is where John is so supportive. If I don’t make my goal, John will say, “Now be realistic. Look how well you did do. There’s always another race.”

EW: I am always very pleased when walkers come into our club as couples.

DB: In the younger years with children, you don’t have time to be together. If you’re off doing different recreational activities. In sports you can warm up and cool down together, work out in the same location together, travel to sporting events together.

TWENTY-FIVE YEARS AGO
July 1979

• Gas Crunch Affects Turnout in Grandfather Games, Los Angeles

• 45 Meet Rords Set at Masters Sports Association Championships, NYC

• Nick Newton, 45, Top Master in 100m (11.73) and HJ (5.8), Mt. SAC Relays

Then soccer as coaches for our kids and as players for ourselves.

When John retired and we were on our own, it was natural to take up a sport we could both do.

Perfect Sport
JB: Racetracking fits us perfectly as we like to travel and we can work out anywhere. We don’t have to find a track or depend on others to practice or play. It is something that is easy for the two of us to do wherever we are.

And the sport keeps us in shape for the adventures we like to take. We hiked the Inca Trail to Macau Pachu this past fall. In 2002, we went to Antarctica which was definitely a trip of a lifetime.

DB: We have wonderful freedom. Our motor home gives us the freedom to pick up and go wherever we want; our sport gives us the freedom to work out wherever we are and race with a wonderful group of fellow athletes across the country.

We love our life style. “Hey out there, try it.”

(Elaine Ward can be reached by e-mail at narw@aol.com)
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A Delicate Matter

I t happened one day. I went for a run along Lake Shore Drive near my home in Long Beach, Indiana. A regular route. Five miles. Nice view of Lake Michigan, a few hills that take me out of my static pace, always a training advantage. I know the mile points, which allows me to monitor pace. A course run regularly. Takes me an hour.

And suddenly I felt the urge for — ummmm — more privacy.

I was caught in No-Man's-Land, or perhaps more accurately, No-Toilet-Land. Too far along to head back home; no open relief stations in sight. With all the new construction and remodeling occurring in my home town, shouldn't there be a portable toilet somewhere in the next mile?

It was early morning. Not that many prying eyes. I descended a set of stairs to the beach where I would be out of sight and grabbed some grass and leaves.

Several days passed before the itching began. How can I describe the eczema and the agony? You don't want me to describe it to you, right? Also, how do you ask your wife to apply some lotion to make the itching stop? I tried an anti-itch lotion called Respite. I tried an ointment recommended by the pharmacist called Cortizone-10. Both helped somewhat, but "somewhat" doesn't cut it when you're jumping out of your chair.

I tried ibuprofen, rationalizing that it is the anti-inflammatory that might quell the flames. Some help. I alternated lotion and ointment, but even applying them caused irritation. Showers and soap in the right place helped, but can you take showers a day?

Then I thought of ice, the magic potion we are taught to use to quell our fasciitis, shouldn't it help with poison écstasy and the agony?

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The itching stopped — at least for a while. But how do you explain to a doctor how you suffered frostbite? And do you put your ice bag back in the freezer when you're not using it?

I discovered that if ice is applied too soon after the lotions and ointments, they all come off on the plastic bag, and it looks pretty disgusting. You don't want to hear more, do you? So why are you still reading?

I discovered a side effect from the ice application. It seems to serve as an enema. Have I discovered something that other runners could use in their pre-race preparation, so they wouldn't need to waste time standing in portable toilet lines? Could this product be patented?

How about a name: Charmin' Ice? Would it have any appeal to female customers? How would you advertise such a product in the pages of Cosmo?

You're not going to get a supermodel to promote your product, are you? You're not going to get a top masters runner for some time, Marcia Nash.

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I discovered a side effect from the ice application. It seems to serve as an enema. Have I discovered something that other runners could use in their pre-race preparation, so they wouldn't need to waste time standing in portable toilet lines? Could this product be patented?

How about a name: Charmin' Ice? Would it have any appeal to female customers? How would you advertise such a product in the pages of Cosmo?

You're not going to get a supermodel to promote your product, are you? You're not going to get a top masters runner for some time, Marcia Nash.
Report from Britain

Sub-Four Anniversary Celebrated

By BRIDGET CUSHEN

The 50th anniversary of Roger Bannister's sub-four-minute mile on May 6, 1954, was celebrated with invitational men's and women's mile races on the same Iffley Road athletic track in Oxford. In weather conditions not dissimilar to those on the historic night, it was an Australian, Craig Mottram, 23, who won the mile in 3:56.64. Sonia O'Sullivan won the women's in 4:27.79. Alison Hurford, W40, a world medallist in the 800, was pleased with her 5:03.03.

Glasgow police officer, Clare Cameron, notched up 10.41 in the W45 shot put, a 35.68 discus, and a 31.67 hammer at a league meeting in Scotland. Liz Sissons set a W55 British javelin record of 28.66 at a meet in London. Not to be upstaged by her siblings winning the Under-15 and U17 hammer in the Midlands, mum Diane Smith won the W40 with a 41.14.

Bill Gentleman, M60, won the Scottish hammer title with a 33.65. World M40 indoor shot put silver medallist, Andy Turner, won his county hammer title (49.10) and was runner-up in the shot (14.09).

At the Veterans AC meet, Mark Baker won the M40 100 (11.9) and 200 (24.7). Sue Yeomans, who set a European indoor W50 pole vault record at the WMA championships, Sindelfingen, has cleared 2.70 in her first outing this summer.

Alan Williams, M50, cleared 4.10 to win the Kent county title. Tony Wells, M55, won the county masters 100 (13.2), 200 (27.0), 400 (58.), and his favorite event, the 400H (66.1) – all in one day.

Guy Amos, second in the British M40 cross-country last March, ran the 5000 in 14:24.2. Martin Rees, 51, retained the West Wales title in 15:21.5.

The national road relays held in Sutton Park, Birmingham, May 22, attracted entries from all the major British clubs. The women's 3-stage x 3 mile event, run in 10-year age-groups from 35 through to age-55+, was won for the first time by Liverpool Harriers. Jo Thompson, covering the opening stage in 16:51 to give the City of Bath an unassailable lead in the 45-54 race, as marathon runner Zina Marchant and Sue Brigen held pole position throughout. The Sepentine Running Team won the W55+ race ahead of Coventry Godiva.

The current BMAF M40 cross-country winning team and defending title holders,Cambuslang AC, arrived from Scotland in full strength. After being outside the first 10 in the early stages of the six per team event, they worked their way through as Jack Brown on the penultimate leg and John Cowan on the glory lap, recorded the two fastest individual stages.

M50 Nigel Gates' 14:57 for the 3-mile circuit would place him an equal third in the M40 group. It was not good enough to prevent Oxford City's team from taking their fifth M50 title.

IAAF Approval Required for Therapeutic Use Exemptions

It is essential and important that athletes using medical drugs must apply to the IAAF for an approval.

For athletics, both IAAF and WMA grant such applications, but today sometimes on different levels with the result that:

- WMA will always accept decisions by IAAF
- IAAF will soon accept WMA decisions provided they are taken after IAAF/TOC rules.

This means that a masters athlete who competes in both WMA and IAAF/NGB sanctioned competitions should seek an IAAF decision, while masters athletes competing only in WMA competitions must send their application to: Karri Wichmann, Ritarikatu 7, FIN-00170 Helsinki, Finland.

He is appointed to handle these applications on behalf of the WMA Doping and Medical Committee.

-- Stan Perkins, Chairman

WMA Doping and Medical Committee

---

MAREYES GODAY, VEN, fourth W35 in the long jump (4.88), 15th WMA Championships, Puerto Rico.

Donn Kirk, third M70 in the 5000, 2003 National Masters Championships.

WMA web site: http://www.world-masters-athletics.org
Masters Scene

NATIONAL

- Mike Powell, 40, LJ world-record-holder, will vie for one of the three spots on the U.S. Olympic team. In training since Sept-ember, he believes he can qualify in the Trials in July at Sacramento and even medal in Athens. But if he can't reach his USATF standards before the Trials, he will call off his comeback. "I'm not going out there and embarrass myself. If I can't get 26-6 by the Trials, I'm not going out there," he said.

- Other age 40+ Olympic Trials hopefuls include David Ashford, 41, of Illinois, who ran a 1:04.09 for the 42" 110mH in the Jim Bush SCC Championships, Occidental College, June 5; Al Joyner, triple jump, with a 16.56; Arne Bradstock, javelin, 74, and Roger Kingdom, hurdles, 13.98.

- Kari DiStefano, 45, Telluride, CO, 52.21; and Andy Ames, 41, Boulder, CO, 45.40, were the top dirt-lovin' masters at the USATF 10K Trail Running Championships hosted by the Teva Mountain Games at Vail, CO, June 5. DiStefano, who won the race in 2003, was third woman overall, and Ames, fifth man overall.

EAST

- Brian Pope, 41, broke the M40 U.S. 3000 record with a 6:16.87 (1600 in 4:45.02) in the Boston High Performance Meet, Boston, June 5, taking third in a race against open runners half his age. Tony Young holds the present record at 6:23.78, set last year when he was 41.

- Jack Starr, 75, Newark, DE, set M75 walk/jog world records in the Al Reiter RRs, Point Pleasant, NJ, May 23, with a 66.38 for the 10K track and 8971 meters in the one-hour. Top masters finishers in the 20K were Tom Quattrocchi, 53, Sportsworld, NJ, 2:08:22; and Sherry Brosnan, 52, Bridgewater, NJ, 2:21:09.

- Chris Chatten, 40, Columbus, MD, 54:01; and Thomas Dever, 46, Terre Haute, IN, 54:29, were fourth and fifth overall, 200th George Washington Parkway 10 Mile, Alexandria, VA, April 25. Laura Freix, 42, Centreville, VA, 64:25; Leslie Minnix-Wolfe, 42, Herndon, VA, 64:42; and Maria Spinelli, 42, Hagerstown, MD, 65:19, were third, fourth and fifth females. Brian Klippkein, 40, Bowie, MD, sixth in 18:58, and Win Persina, 43, Washington, DC, fourth in 19:48, were first masters in the 5K.


- Fred Kitzrow, 48, Albany TC, was third (4:50.74) with Harold Nolan, 57, Shore AC, fourth (4:53.05), and Larry Glazer, 41, Orca TC, fifth (5:03.80).

- Placing second and third overall at the NYRR Downtown Dash 4K, Financial District, NYC, May 18, were Conor O'Driscol, 42, 15:08, and Jerry Macari, 44, 13:10, only seconds behind winner Alexander Belavin, 31, 12:55. Danielle d'Angelo, 42, 16:39, led the masters women, with Amy Dietrich, 84, finishing in a strong 19:56. On June 6, O'Driscol, 43, 15:16, led the entire field at the NYRR Anniversary Run 4.6K, Central Park, NYC. Corinna Cortes, 43, 17:49, brought home the masters women. Age-group standout was Ginette Bedard, 70, 23:22.

SOUTHEAST

- Al Swenson, 57, in 17:34, and Carol Postigo, 42, with a first female 19:03, were top masters, Tour of the Gables 5K, Coral Gables, FL, May 29. Hans Fendi, 74, was first M70+ in 23:42.

- Luis Souza, 41, with a second-overall 17:32, and Chris Motz, 50, 21:10, took the masters titles in the Memorial Day Classic 5K, Weston, FL, May 31. John Corcoran, 56, won the M55 race in 19:15. The Florida AC-Walkers will become the South Florida Racewalkers on Sept. 1. "We will stand alone, not part of the Florida AC," said Dan Koch, South Florida, who will host the USATF Masters 20K RW Championships at Coconut Creek, on Nov. 14.

- Allan Smith, 73, set an M70 U.S. record in the 1500 at the Central Florida Classic, Clermont, FL, on May 22. His 4:14.11 erases the 4:15.74 set by James Lytten in 1991. At the USATF-NTC Spring Flng #2, Clermont, FL, April 10, Mike Brown, 56, broke the M50 WR for the 700g javelin with a 69.58. The current record is 65.88 by Esa Kiiro (FIN) in 2001.

WEST

- Nadine O'Connor, 62, and Bud Held, 76, set age-group WRs in the PV, both clearing 3.00 in the Dan Aldrich Memorial Meet, UC-Irvine, May 31. This marks the ninth time O'Connor has raised the W60 record (currently held by her at 2.80) for a total of 55cm, more than 21 1/2 inches. The present M75 record is held by William Bell at 2:35 in 1997.


- Dennis Simonaitis, Draper, UT, 39:01, and Firaya Sultanova-Zhdanova, Russia, 41:41, were the top masters at the Bay to Breakers 7.46M Race, San Francisco, CA, May 16. The wavy-tressed James Shereneta, 40, La Jolla, CA, 1:12:05, was the overall winner at the Saddleback Memorial Half-Marathon, May 31, Laguna Hills, CA.

NORTHWEST


INTERNATIONAL

- Leo Benning, reporting on the South Africa Masters Championships, Durban, "This year we had only 328 participants, much lower than the usual 400 or so. However, we did have six athletes from Zimbabwe. Twenty-four S.A. records were set. The star performers were 80-year-olds. Lena Grobler had six records from the 200 to the weight pentathlon, and Lucas Nel won the 100, 200, 400, and 800 (SAR 3:02.00)."

OBIITURY

- Ivy Granstrom, of Canada, died April 14 in Vancouver, BC, Canada. She was 92. A holder of W80 and W85 world records from the mile to the 10,000, Granstrom, who was blind, is remembered by masters athletes all over the world for her endeavors on the track competing against sighted athletes, with the aid of Paul Hoeberigs, who was tethered to her

We Welcome Letters

- The National Masters News welcomes letters on topics of general interest.
- Letters submitted to Write-On should include your full name, signature, address, and daytime telephone number. Information other than your name and city in which you live are kept confidential.
- E-mail submissions same as above (except, of course, no signature).
- Keep it short. Concise letters developing a single theme are more likely to be published.
- Please type and double space.
- Letters are condensed and edited.
- Not all submissions are published.

CORRECTIONS

- Rankings Changes: Outdoor 2003
  - Discuss M75 Arthur Brandt, 16th
  - Javelin M75 Arthur Brandt, 16th
  - Indoor 2004
  - M55 M50 Bobby Terrell, 5th
  - M60 M45 Randy Frey, 1st handtime
  - M70 Robert Hewitt, 6th
  - 400m W60 MarieMichesohn, 1st
  - 800m M40 Kevin Heffernan, 13th
  - 1500m W60 MarieMichesohn, 1st
  - M1000 M40 John Hinton, 2nd
  - 5000m M50 Joe Bolster, 22nd
  - 3000m M55 Alston Brown, 1st
  - 10000m M65 Sidney Glazer, 1st
  - 5000m M65 Arthur Brandt, 18th
  - 15000m M65 Arthur Brandt, 18th
  - 10000m M40 John Hinton, 2nd
  - 5000m M50 Joe Bolster, 22nd
  - 3000m M55 Alston Brown, 1st
  - 10000m M65 Sidney Glazer, 1st
  - 5000m M65 Arthur Brandt, 18th

(Send $12 + $2(s/h) to National Masters News Order Dept., P.O.Box 50098, Eugene, OR 97405)
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 open to men and women over age 35. Entry blanks for national and regional championships will generally be published 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.

**-track & field**

**Nationals**


- **August 14-15**: USATF Masters National Weight & Pentathlon Championships, Reading, Pa. Ray Feick, 610-754-6007; ffeick@aol.com

- **August 21-22**: USATF Masters Decathlon & Heptathlon, Neosho, Mo. Jeff Warr, 3224 CR 2700E, Penfield, IL 61862; 217-367-8348, x152, jwarr@gillathletics.com

- **September 11**: USATF National Masters Weight & Superweight Championships, Seattle, Wash. Ken Weinbel, 4103 Hilcrest Ave SW, Seattle, WA 98116; 206-938-3985; kweinbel@comcast.net

- **June 3-18, 2005**: National Senior Games, Pittsburgh, PA. National Senior Games Association, PO Box 82059, Baton Rouge, LA 70884-2059; www.nsga.com

**East**

<table>
<thead>
<tr>
<th>State</th>
<th>City</th>
<th>Location</th>
<th>Dates</th>
<th>Description</th>
</tr>
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<tbody>
<tr>
<td>Virginia</td>
<td>Virginia, VA</td>
<td>July 7: Metro Harriers Challenge Meet, Glen Burne, MD.</td>
<td>July 7</td>
<td>Virginia Specimen Games, Williamsburg, VA.</td>
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<tr>
<td>Vermont</td>
<td>Vermont, VT</td>
<td>July 8: Thursday Night Twilight Races, Rochester, NY.</td>
<td>July 8</td>
<td>Vermont Twilight Series, Burlington, VT.</td>
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<tr>
<td>Maryland</td>
<td>Maryland, MD</td>
<td>July 10: 5th annual Long &amp; Strong Throwers Classic, Cocolico HS, Denver, PA.</td>
<td>July 10</td>
<td>Pennsylvania Senior Games, Scranton, PA.</td>
</tr>
<tr>
<td>Massachusetts</td>
<td>Massachusetts, MA</td>
<td>July 14: Runner’s Pentathlon, Knox TN. Masters &amp; Open; starts with 3200, ends with 200. Ross Duston, 865-774-0023; <a href="http://www.coachr.org/tennmastersentry.htm">www.coachr.org/tennmastersentry.htm</a></td>
<td>July 14</td>
<td>Massachusetts Senior Games, Boston, MA.</td>
</tr>
<tr>
<td>Connecticut</td>
<td>Connecticut, CT</td>
<td>July 24: 5th annual Hartford Open Miler, Hartford, CT.</td>
<td>July 24</td>
<td>Connecticut Senior Games, Hartford, CT.</td>
</tr>
<tr>
<td>Rhode Island</td>
<td>Rhode Island, RI</td>
<td>July 24: Rhode Island Senior Olympics, Stonefield, RI.</td>
<td>July 24</td>
<td>Rhode Island Senior Olympics, North Smithfield, RI.</td>
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**Southeast**

<table>
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<tr>
<td>Tennessee</td>
<td>Tennessee, TN</td>
<td>July 10: Tennessie Masters Meet, University School, Jackson. Ross Dunton, 865-774-0023; <a href="mailto:coachr80@bellsouth.net">coachr80@bellsouth.net</a>, <a href="http://www.coachr.org/tnmastersjackson.htm">www.coachr.org/tnmastersjackson.htm</a></td>
<td>July 10</td>
<td>Tennessee Masters Meet, Jackson, TN.</td>
</tr>
<tr>
<td>South Carolina</td>
<td>South Carolina, SC</td>
<td>July 24: 50th annual South Carolina State Senior Olympics, Charleston, SC.</td>
<td>July 24</td>
<td>South Carolina Senior Games, Charleston, SC.</td>
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<tr>
<td>Florida</td>
<td>Florida, FL</td>
<td>July 14: Florida Senior Olympics, Sarasota, FL.</td>
<td>July 14</td>
<td>Florida Senior Games, Sarasota, FL.</td>
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<tr>
<td>Georgia</td>
<td>Georgia, GA</td>
<td>July 11: Georgia Senior Olympics, Atlanta, GA.</td>
<td>July 11</td>
<td>Georgia Senior Games, Atlanta, GA.</td>
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<tr>
<td>Alabama</td>
<td>Alabama, AL</td>
<td>July 14: Alabama Senior Olympics, Huntsville, AL.</td>
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<td>Alabama Senior Games, Huntsville, AL.</td>
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<tr>
<td>Arkansas</td>
<td>Arkansas, AR</td>
<td>July 21: Arkansas Senior Olympics, Fort Smith, AR.</td>
<td>July 21</td>
<td>Arkansas Senior Games, Fort Smith, AR.</td>
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<tr>
<td>Mississippi</td>
<td>Mississippi, MS</td>
<td>July 24: Mississippi Senior Olympics, Jackson, MS.</td>
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<td>Mississippi Senior Games, Jackson, MS.</td>
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**Midwest**

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</thead>
<tbody>
<tr>
<td>Illinois</td>
<td>Illinois, IL</td>
<td>July 3: Cleveland Track Classic, Independence, OH. Over The Hill TC, R. Harvey, 440-339-5688; J. Gerson, 473-0636</td>
<td>July 3</td>
<td>Midwest Senior Olympics, Cleveland, OH.</td>
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<tr>
<td>Ohio</td>
<td>Ohio, OH</td>
<td>July 9-25: Ohio Senior Olympics, Akron, OH.</td>
<td>July 9-25</td>
<td>Ohio Senior Olympics, Akron, OH.</td>
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<tr>
<td>Ohio</td>
<td>Ohio, OH</td>
<td>July 17: Dayton Track Classic, Welcome Stadium, Dayton, OH.</td>
<td>July 17</td>
<td>Dayton Track Classic, Welcome Stadium, Dayton, OH.</td>
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**Mid-America**

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<tbody>
<tr>
<td>Colorado</td>
<td>Colorado, CO</td>
<td>September 18: Norm Bower Memorial Weight Pentathlon, Kent St. U., Kent, OH.</td>
<td>September 18</td>
<td>Norm Bower Memorial Weight Pentathlon, Kent St. U., Kent, OH.</td>
</tr>
</tbody>
</table>

**Long Distance Running**

- **The White River 50 Mile Trail Race**: Crystal Mountain, WA, on the 31st, is a USATF Masters National Championships. The celebratory July 4th weekend lists the Peachtree 10K, Atlanta, GA; Firecracker Mile, Claywood, MI; and the Butte 10K, Eugene, OR, on the 4th. The Empire State hosts the Vytra Women’s 5K, Farmingdale, on the 10th; the Utica Boilermaker 15K on the 11th; and the Subaru Buffalo 4 Mile on the 14th, also the date for the Cincinnati 8s 8K, Kingsport, TN. The Quad-City Times Bix 7 Mile, Davenport, IA, takes off on the 24th, followed by the Wharf to Wharf 6 Mile, Santa Cruz, CA, on the 25th. The Seafair Torchlight 5K, will run through Seattle on the 31st.

**Racetrack**

The MAC 5K Championships, NYC, march off on the 11th. The 20K Olympic Trials will be held in Sacramento on the 27th-18th.

**On Tap for July**

**Track and Field**

Regional championships are scheduled for the Wissota, CATOSA, OK, on the 17th; Northwest, Pullman, WA, on the 17th-18th; East, Springfield College, MA, on the 24th; and West, Los Angeles, on the 24th-25th. Other meets of interest include the California State Games, San Diego, on the 16th; two meets in Albuquerque, NM, on the 11th and 24th; Texas Masters Championships, Seattle Masters Classic, and Tennessee Masters Meet, on the 24th; and Mid-Atlantic Masters Championships on the 25th.

Center/Olympic Training Facility, Carson, Calif. Mark Cleary, runnerman@cox.net

**August 4-8**: New Mexico Senior Olympics, Las Cruces. 505-623-5777; www.nmseniorolympics.com

**August 5-8**: Elko Senior Olympic Games, Elko, NV. 775-779-2292; ee255@citlink.net

**September 25-October 9**: Nevada Senior Games, Las Vegas. (4) NSG, 3111 S. Valley View Blvd. M-103, Las Vegas, NV 89102; nevadaseniorolympics.com

**October 17**: 14th Senior Track & Field Meet, CSU-Long Beach. 40+ Bigalna Egger, 6220 Bristol Parkway, #135, Culver City, CA 90231; 310-625-0271; fax: 645-8618; www.seniorolympics.org

Center Olympic Training Facility, Carson, Calif. Mark Cleary, runnerman@cox.net

**August 5-8**: Elko Senior Olympic Games, Elko, NV. 775-779-2292; ee255@citlink.net
**BRAZIL**

- Brazilian Half Marathon, August 10
- Iraclion Half Marathon, August 10

**MID-AMERICA**

- Colorado, Iowa, Kansas, Minnesota, Missouri, Nebraska, South Dakota
  - July 15: Quad-City Times Bix 7 Mile, Davenport, IA. www.bix7.com
  - August 21-22: Pikes Peak Ascent (21st) & Marathon (22nd), Manitou Springs, CO. 719-473-2625; pikespeakmarathon.org

**WEST**

- Arizona, California, Hawaii, Nevada, New Mexico
  - July 4: 4th of July 5K Blast, Las Vegas, NV. Las Vegas RT, 702-450-4788; lasvegasmorningteam.com

**INTERNATIONAL**

- Darin Roesler, shares his training secrets on fitness and running. His techniques can make you faster, stronger, more flexible and a healthier athlete overall.

**RACEWALKING**

- July 11: USA Track Walk Relay, Santa Barbara, CA. 805-564-8879; www.runsantaclaracoum
- August 27: Portland to Coast Walk Relay, 303-441-4938; americasdowntownmile.com
- August 4: Butte to Butte 10K, Eugene, OR. 541-687-1989; www.butterbutterute.com
- August 17: Nike 10K, Beaverton, OR. 503-634-9440; www.eventmgmt.com
- July 17: Aspen Meadow 15K Trail Race, Bend, OR. 541-350-3938; willracepromotions.com
- August 27: Fred Meyer Hood to Coast Relay, Mt. Hood to Seaside, OR. 198 miles; 12-person teams. 503-292-4626; hoodtocoast.com
- Portland to Seaside, OR. 128 miles; 8-12 person teams. 503-292-4626; hoodtoacoast.com

**How to be a Champion from 9 to 90**

**Body, Mind & Spirit Training**

By Earl Fee

World-class masters runner, Earl Fee, shares his training secrets based on an extensive knowledge of physiology and all aspects of fitness and running. His techniques can make you faster, stronger, more flexible and a healthier athlete overall.

Name ____________________________

Address __________________________

City ____________________________ State ______ Zip ______

(Send $12 + $2(sh) to National Masters News Order Dept., P.O.Box 50098, Eugene, OR 97405)
### U.S. MASTERS ALL-AMERICAN ACHIEVEMENT FOR RACELIVES

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<th>Time</th>
<th>Age</th>
<th>Achievement</th>
<th>Notes</th>
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<td>46:30</td>
<td>M</td>
<td>50-59</td>
<td>5:12</td>
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<tr>
<td>3K</td>
<td>7:30</td>
<td>M</td>
<td>50-59</td>
<td>1:55</td>
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<tr>
<td>5K</td>
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<td>M</td>
<td>50-59</td>
<td>3:56</td>
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<td>10K</td>
<td>31:00</td>
<td>M</td>
<td>50-59</td>
<td>7:06</td>
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<tr>
<td>20K</td>
<td>1:01</td>
<td>M</td>
<td>50-59</td>
<td>14:12</td>
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### APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

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</tbody>
</table>

1. You have earned or equaled your certificate of excellence, please fill out this application, complete all sections of this form, and mail to the address listed above.

2. Please include a certificate, $10 for a patch, and $10 for a patch tag showing event and year. The cost for both a certificate and patch ordered at the same time is $15.

3. Send to: All-American, National Masters News, P.O. Box 50098, Eugene OR 97405.
### EAST

**Princeton Invitational Masters Mile**
Larry Ellis Invitational
**Princeton University, N.J., May 1**

<table>
<thead>
<tr>
<th>Event</th>
<th>Distance</th>
<th>Winner</th>
<th>Time</th>
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<tbody>
<tr>
<td>100m</td>
<td>100 yards</td>
<td>Andrew Gabbert</td>
<td>10.61</td>
</tr>
<tr>
<td>200m</td>
<td>200 yards</td>
<td>Andrew Gabbert</td>
<td>22.10</td>
</tr>
<tr>
<td>400m</td>
<td>400 yards</td>
<td>Andrew Gabbert</td>
<td>44.04</td>
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<tr>
<td>800m</td>
<td>800 meters</td>
<td>Andrew Gabbert</td>
<td>1:54.28</td>
</tr>
<tr>
<td>1 mile</td>
<td>1 mile</td>
<td>Andrew Gabbert</td>
<td>4:04.06</td>
</tr>
</tbody>
</table>

### SOUTHEAST

**USATF-NCT Spring Fling #2**
Clemson, FL, April 10

<table>
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<th>Event</th>
<th>Distance</th>
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<tbody>
<tr>
<td>100m</td>
<td>100 meters</td>
<td>Joe Johnston</td>
<td>10.28</td>
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<tr>
<td>200m</td>
<td>200 meters</td>
<td>Joe Johnston</td>
<td>21.48</td>
</tr>
<tr>
<td>400m</td>
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<td>Joe Johnston</td>
<td>45.30</td>
</tr>
<tr>
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<td>800 meters</td>
<td>Joe Johnston</td>
<td>1:13.02</td>
</tr>
<tr>
<td>1 mile</td>
<td>1 mile</td>
<td>Joe Johnston</td>
<td>4:08.06</td>
</tr>
</tbody>
</table>

**USATF North Carolina Masters Championships**
NC State, Raleigh, May 7-9

<table>
<thead>
<tr>
<th>Event</th>
<th>Distance</th>
<th>Winner</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>100m</td>
<td>100 meters</td>
<td>Joe Johnston</td>
<td>10.62</td>
</tr>
<tr>
<td>200m</td>
<td>200 meters</td>
<td>Joe Johnston</td>
<td>22.10</td>
</tr>
<tr>
<td>400m</td>
<td>400 meters</td>
<td>Joe Johnston</td>
<td>44.04</td>
</tr>
<tr>
<td>800m</td>
<td>800 meters</td>
<td>Joe Johnston</td>
<td>1:54.28</td>
</tr>
<tr>
<td>1 mile</td>
<td>1 mile</td>
<td>Joe Johnston</td>
<td>4:04.06</td>
</tr>
</tbody>
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### MIDWEST

**North Coast Invitational**
Cleveland Heights, OH
May 16

<table>
<thead>
<tr>
<th>Event</th>
<th>Distance</th>
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<th>Time</th>
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<tbody>
<tr>
<td>60m</td>
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<td>Joe Johnston</td>
<td>6.73</td>
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<tr>
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</tr>
<tr>
<td>200m</td>
<td>200 meters</td>
<td>Joe Johnston</td>
<td>22.10</td>
</tr>
<tr>
<td>400m</td>
<td>400 meters</td>
<td>Joe Johnston</td>
<td>44.04</td>
</tr>
<tr>
<td>800m</td>
<td>800 meters</td>
<td>Joe Johnston</td>
<td>1:54.28</td>
</tr>
<tr>
<td>1 mile</td>
<td>1 mile</td>
<td>Joe Johnston</td>
<td>4:04.06</td>
</tr>
</tbody>
</table>

**Birmingham Masters**
Classic, Birmingham, AL
May 29

<table>
<thead>
<tr>
<th>Event</th>
<th>Distance</th>
<th>Winner</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>100m</td>
<td>100 meters</td>
<td>Joe Johnston</td>
<td>10.62</td>
</tr>
<tr>
<td>200m</td>
<td>200 meters</td>
<td>Joe Johnston</td>
<td>22.10</td>
</tr>
<tr>
<td>400m</td>
<td>400 meters</td>
<td>Joe Johnston</td>
<td>44.04</td>
</tr>
<tr>
<td>800m</td>
<td>800 meters</td>
<td>Joe Johnston</td>
<td>1:54.28</td>
</tr>
<tr>
<td>1 mile</td>
<td>1 mile</td>
<td>Joe Johnston</td>
<td>4:04.06</td>
</tr>
</tbody>
</table>

**Field Meet**

<table>
<thead>
<tr>
<th>Event</th>
<th>Distance</th>
<th>Winner</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>100m</td>
<td>100 meters</td>
<td>Joe Johnston</td>
<td>10.62</td>
</tr>
<tr>
<td>200m</td>
<td>200 meters</td>
<td>Joe Johnston</td>
<td>22.10</td>
</tr>
<tr>
<td>400m</td>
<td>400 meters</td>
<td>Joe Johnston</td>
<td>44.04</td>
</tr>
<tr>
<td>800m</td>
<td>800 meters</td>
<td>Joe Johnston</td>
<td>1:54.28</td>
</tr>
<tr>
<td>1 mile</td>
<td>1 mile</td>
<td>Joe Johnston</td>
<td>4:04.06</td>
</tr>
</tbody>
</table>

**Track Meet**

<table>
<thead>
<tr>
<th>Event</th>
<th>Distance</th>
<th>Winner</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>100m</td>
<td>100 meters</td>
<td>Joe Johnston</td>
<td>10.62</td>
</tr>
<tr>
<td>200m</td>
<td>200 meters</td>
<td>Joe Johnston</td>
<td>22.10</td>
</tr>
<tr>
<td>400m</td>
<td>400 meters</td>
<td>Joe Johnston</td>
<td>44.04</td>
</tr>
<tr>
<td>800m</td>
<td>800 meters</td>
<td>Joe Johnston</td>
<td>1:54.28</td>
</tr>
<tr>
<td>1 mile</td>
<td>1 mile</td>
<td>Joe Johnston</td>
<td>4:04.06</td>
</tr>
</tbody>
</table>

**Long Jump**

<table>
<thead>
<tr>
<th>Distance</th>
<th>Winner</th>
<th>Distance</th>
<th>Winner</th>
</tr>
</thead>
<tbody>
<tr>
<td>100 yards</td>
<td>Andrew Gabbert</td>
<td>22.10</td>
<td>Andrew Gabbert</td>
</tr>
</tbody>
</table>

**Pole Vault**

<table>
<thead>
<tr>
<th>Distance</th>
<th>Winner</th>
<th>Distance</th>
<th>Winner</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 feet</td>
<td>Andrew Gabbert</td>
<td>3.00</td>
<td>Andrew Gabbert</td>
</tr>
</tbody>
</table>

**Discus**

<table>
<thead>
<tr>
<th>Distance</th>
<th>Winner</th>
<th>Distance</th>
<th>Winner</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 pounds</td>
<td>Andrew Gabbert</td>
<td>40.00</td>
<td>Andrew Gabbert</td>
</tr>
</tbody>
</table>

**Hammer**

<table>
<thead>
<tr>
<th>Distance</th>
<th>Winner</th>
<th>Distance</th>
<th>Winner</th>
</tr>
</thead>
<tbody>
<tr>
<td>7.25 pounds</td>
<td>Andrew Gabbert</td>
<td>22.10</td>
<td>Andrew Gabbert</td>
</tr>
</tbody>
</table>

**Spear**

<table>
<thead>
<tr>
<th>Distance</th>
<th>Winner</th>
<th>Distance</th>
<th>Winner</th>
</tr>
</thead>
<tbody>
<tr>
<td>40 yards</td>
<td>Andrew Gabbert</td>
<td>13.00</td>
<td>Andrew Gabbert</td>
</tr>
</tbody>
</table>

**Javelin**

<table>
<thead>
<tr>
<th>Distance</th>
<th>Winner</th>
<th>Distance</th>
<th>Winner</th>
</tr>
</thead>
<tbody>
<tr>
<td>120 yards</td>
<td>Andrew Gabbert</td>
<td>35.00</td>
<td>Andrew Gabbert</td>
</tr>
</tbody>
</table>

**Shot Put**

<table>
<thead>
<tr>
<th>Distance</th>
<th>Winner</th>
<th>Distance</th>
<th>Winner</th>
</tr>
</thead>
<tbody>
<tr>
<td>20 pounds</td>
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<td>40.00</td>
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</tr>
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</table>

**Discus**

<table>
<thead>
<tr>
<th>Distance</th>
<th>Winner</th>
<th>Distance</th>
<th>Winner</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 pounds</td>
<td>Andrew Gabbert</td>
<td>35.00</td>
<td>Andrew Gabbert</td>
</tr>
</tbody>
</table>

**Hammer**

<table>
<thead>
<tr>
<th>Distance</th>
<th>Winner</th>
<th>Distance</th>
<th>Winner</th>
</tr>
</thead>
<tbody>
<tr>
<td>7.25 pounds</td>
<td>Andrew Gabbert</td>
<td>22.10</td>
<td>Andrew Gabbert</td>
</tr>
</tbody>
</table>

**Spear**

<table>
<thead>
<tr>
<th>Distance</th>
<th>Winner</th>
<th>Distance</th>
<th>Winner</th>
</tr>
</thead>
<tbody>
<tr>
<td>40 yards</td>
<td>Andrew Gabbert</td>
<td>15.00</td>
<td>Andrew Gabbert</td>
</tr>
</tbody>
</table>

**Javelin**

<table>
<thead>
<tr>
<th>Distance</th>
<th>Winner</th>
<th>Distance</th>
<th>Winner</th>
</tr>
</thead>
<tbody>
<tr>
<td>120 yards</td>
<td>Andrew Gabbert</td>
<td>35.00</td>
<td>Andrew Gabbert</td>
</tr>
</tbody>
</table>
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N is for science, not fiction. achieve newbalance®